



CBSE/ACAD/DD(MS)/SPORTS/2018

Date: 21.03.2018  
Circular No.Acad-10/2018

**Principals/ Heads of the Institutions  
All CBSE affiliated Schools**

**Sub: Mainstreaming Health and Physical Education in Schools – reg.**

Health is often a state of physical, mental, emotional, social and spiritual well-being and not merely the absence of disease or infirmity. CBSE has decided to mainstream Health and Physical Education for classes IX to XII with the aim of holistic development of the child, leading to a well-balanced individual in all walks of life.

The aim of Mainstreaming Health and Physical Education is also to enable the students to attain an optimum state of health. Therefore, CBSE aims to provide a focussed curriculum for Health and Physical Education imbued with Life Skills in all its affiliated schools.

CBSE has planned to introduce a streamlined and well-designed Health and Physical Education Program to mainstream health and physical education in schools especially for students of class IX-XII w.e.f. session 2018-19. This program will be compulsory for all affiliated schools of CBSE

Keeping the above in view, the schools are advised that while preparing time-table for session 2018-19, one period every day may be reserved for Health and Physical Education especially for class IX to XII from session 2018-19 onwards. The transactional strategies, detailed guidelines and methodology for administering HPE (Health and Physical Education) to students will be available on CBSE website shortly.

(Anita Karwal, IAS)  
Chairperson, CBSE

**Copy to the respective heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:**

1. The Additional Director General of Army Education, A-Wing, Sena Bhawan, DHQ, PO, New Delhi – 110001
2. The Secretary, AWES, Integrated Headquarters of Mod (Army), FDRS Building No.202, Shankar Vihar (Near APS), Delhi Cantt – 110010
3. The Under Secretary (EE-1), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi – 110001



केन्द्रीय माध्यमिक शिक्षा बोर्ड  
CENTRAL BOARD OF SECONDARY EDUCATION

4. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
5. All Additional Directors/ Joint Directors/ Deputy Directors/ Assistant Directors, CBSE
6. In Charge IT Unit with the request to put this circular on the CBSE Academic website
7. They Deputy Director and Assistant Librarian, CBSE
8. PS to Chairperson, CBSE
9. SPS to Secretary, CBSE
10. SPS to Controller of Examinations, CBSE
11. SPS to Director (Information Technology), CBSE
12. SPS to Director (Special Exams and CTET), CBSE
13. PS to Joint Secretary (Coordination), CBSE
14. PS to Joint Secretary (IT)

**Chairperson, CBSE**