

**VEDA VYASA D.A.V. PUBLIC SCHOOL, VIKAS PURI, NEW DELHI**

**VVDAV/VP/2018/12**

**Date:23.10.2018**

Dear Parent,

Sub : Mainstreaming Health and Physical Education in Schools.

1. Kindly refer to the CBSE circular No. Acad – 10/2018 regarding mainstreaming, Health and Physical education in schools for class IX to XII
2. This program is compulsory for all schools affiliated with CBSE wef academic session 2018-2019.
3. The main premise is to develop a whole person in their intellectual, personal, social & emotional growth. The CBSE has provided a comprehensive curriculum for (HPE) Health and Physical Education and (SEWA) Social Empowerment through Work Education and Action interspersing these with life skills.
4. The School program is divided into 4 categories and the students must pursue the activities mentioned under the categories:

Category – 1	Category – 2	Category – 3	Category – 4
Games & Sports (Minimum one of the following) Athletics / Team Games/ Individual Games	Health & Fitness Yoga Mass P.T	SEWA Social Empowerment through work education & Action	Health & Activity card Health and activity card

5. Every student must maintain a personal portfolio with the record of all activities performed. They will be evaluated on the portfolios, school annual records and finally graded.(refer to the attachment below)
6. All the activities will be evaluated and recorded by the school to be sent to CBSE as evidence.
7. For more details, kindly go through the Circular. Acad – 10/2018 on the CBSE website.
8. Hope you will cooperate with us and motivate your ward to actively participate in this program with a positive outlook.

Principal

*[Handwritten Signature]*  
23/10/18