



CBSE/DIR(ACAD)/SEWA/2020

04th February 2020

Subject: Social Empowerment through Work Education and Action (SEWA) Projects – reg.

Dear Principal

Reference circular no. Acad-10/2018 dated 21.03.2018 and Acad-11/2018 dated 25.04.2018 wherein schools were advised to reserve one period every day for Health and Physical Education especially for class IX to XII as per the transactional strategies, guidelines and methodologies as given in the Manual on '**Mainstreaming Health and Physical Education**' available at the link:

[http://cbseacademic.nic.in/web_material/Circulars/2018/Health%20and%20Physical%20Education%20\(HPE\)%20IX-XII.pdf](http://cbseacademic.nic.in/web_material/Circulars/2018/Health%20and%20Physical%20Education%20(HPE)%20IX-XII.pdf)

As envisioned in the new format of HPE, each student will undertake activities categorized under the following strands:


- Strand 1: Games/Sports
- Strand 2: Health and Fitness
- Strand 3: SEWA (Social Empowerment through Work Education and Action)

The schools were also encouraged to place the record of activities they undertake under strands 1 and 2 on their own website under the 'Sports Corner' and updated at regular intervals and in case of SEWA, records to be kept ready for scrutiny by CBSE at any time during the year.

After scrutinizing a few SEWA Projects shared by schools, it has come to the notice of the Board that the philosophy of SEWA has not perhaps been appropriately comprehended by schools.

It is once again reiterated that SEWA is an integral component of HPE and focuses on the mental / emotional and social health of the child. All students of classes IX to XII (*for XII, only till end of the first semester/ term*) will participate in SEWA program round the year with the main objective of directing children's mind towards constructive activities with positive outcomes through the facilitation of creative and critical thinking. This would help them to develop self-confidence and self-esteem.

You may take up different SEWA Projects as per the guidelines outlined in the **Mainstreaming Health and Physical Education** Manual; discuss the projects undertaken in the meetings of your Hub of Learning; share feedback with each other; and then make appropriate changes to improve the quality and standard of SEWA Projects in your school.


(Dr. Joseph Emmanuel)
Director (Academics)