

**CENTRAL BOARD OF SECONDARY EDUCATION**  
2, COMMUNITY CENTRE, PREET VIHAR, DELHI-110092

NO: D(A) / ARSH/2005/  
7, 2005

December.

Circular No.38/2005

To

All Heads of Institutions  
affiliated to the CBSE.

**SUBJECT: Programme for CBSE affiliated schools on  
Adolescence Reproductive and Sexual Health  
Education (ARSH Project)**

Sir,

The Govt. of India have in collaboration with UNFPA has drawn up a National Action Plan for introduction of Adolescence Reproductive and Sexual Health Education(ARSH) with the following objectives :

1. Facilitating adolescents to understand the perspective of physical, biological and emotional changes.
2. To initiate a sense of self awareness among adolescents to understand others.
3. To help adolescents to manage their emotions effectively.
4. To empower them with social skills that will help in building positive relationship with others.
5. To enable them to resist peer group pressure.
6. To acquire information and education on sex and reproductive health.
7. To help them to avoid vulnerability to risky behavior.
8. To enable them to resist sex exploitation and general based violence.
9. To understand the consequence of substance abuse and adopt preventive measures.
10. To help them to understand the seriousness of the epidemic HIV/AIDS.

The strategies for introduction of the above objectives will include:

- Awareness building
- Co-curricular activities
- Integration in the school curriculum
- Development of Life Skills

The CBSE would be shortly initiating a series of advocacy programmes to principals to understand and effectively implement the

objectives of the above project in their respective schools. This programme would further be followed up by training of Master trainers and building an appropriate school environment for the students to understand and practice the objectives of the project.

The advocacy programme of the principals would be conducted in various cities shortly and the Heads of Institutions are advised to participate in the training programmes as and when they are informed. The advocacy and the training for teachers would be carried out by a team of Resource persons who have been specifically identified for this project.

The Heads of Institutions are requested to extend their full cooperation and support for successful implementation of the project.

Yours faithfully,



**(G. BALASUBRAMANIAN)**  
**DIRECTOR (ACADEMIC)**