

**Sensitization workshop for Heads of  
Centres of Excellence**

**Jointly organised by  
Central Board of Secondary Education and  
UNESCO New Delhi**

**11<sup>th</sup> July 2022  
Taj Palace Hotel, New Delhi**

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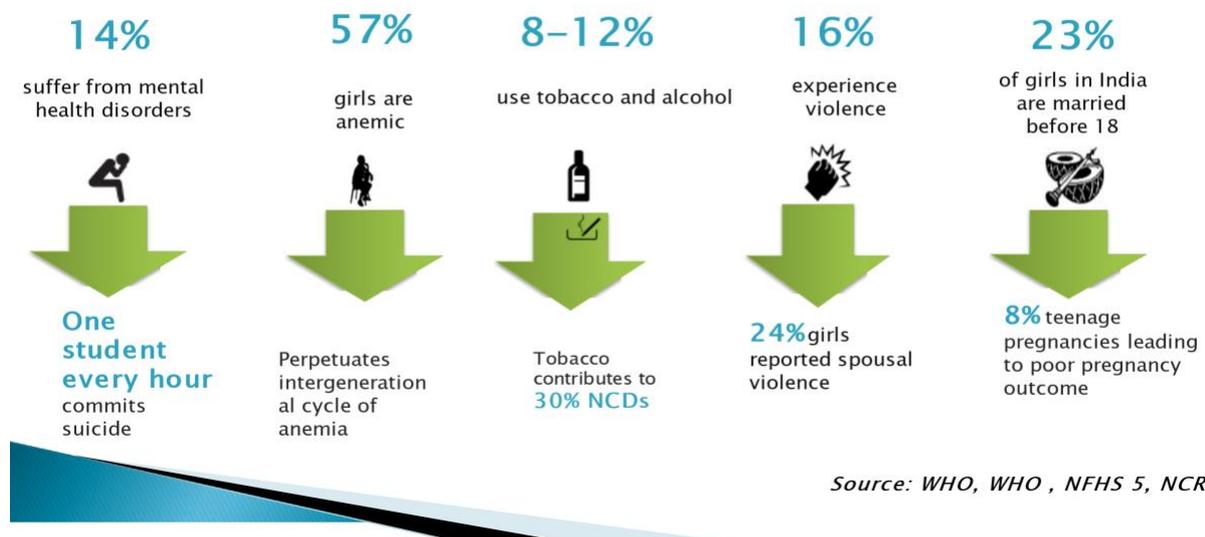
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## 1. Introduction

Adolescence is defined as a phase of life characterized by rapid physical growth and development, physical, social and psychological changes and maturity, sexual maturity, experimentation, development of adult mental processes and a move from the earlier childhood socio-economic dependence towards relative independence. This is also the period of psychological transition from a child who has to live in a family to an adult who has to live in a society.

Adolescent (10-19 years) in India represent almost one-third of the population. Though a large number of students are out of school but as a follow up of the NEP 2020, the majority will be enrolled in schools. As per NFHS-5, 23% girls are married before the age of 18. These factors have serious social, economic and public health implications. Adolescents are not a homogenous group. Their situation varies by age, sex, marital status, class, region and cultural disparate needs. Studies and statistics highlight the necessity to address the comprehensive health needs and concerns of adolescents in India.

### A Snapshot of Children Health in India



Source: WHO, WHO, NFHS 5, NCRB,

The School Health Programme (SHP) under the aegis of the Ayushman Bharat Initiative was launched by Honourable Prime Minister of India in April 2018. The SHP is a collaborative programme between the Ministry of Health and Family Welfare and the Ministry of Education. The programme aims to provide health education, health promotion, disease prevention, and improve access to health services in an integrated, systemic manner at the school level. The

National Council for Education Research and Training (NCERT) took the lead in developing content of the School Health Programme and the State Council for Education Research and Training have been tasked to roll-out the school health programme, to begin with in all aspirational districts and later scaled up to all Government schools across the country.

Talking about the relevance of the programme for Central Board of Secondary Education (CBSE) schools, it is important to understand that nearly 27,000 schools are affiliated to the CBSE catering to approximately 15 lakh students. The physical and psychosocial well-being of these children particularly of adolescents is very important. In view of the impact of Covid-19 pandemic on students, it is essential to provide them with 21st-century skills for their all-round development. The School Health Programme will further facilitate in building their resilience, mental well-being, self-esteem, social sensitivity, communication skills, and enhanced ability to lead a socially productive life. School Health Education is targeted at priority areas appropriate for their developmental stage and potential risks integrating life skills approach. There are 11 themes covered under the SHP with each module designed as an activity-based learning. (See Annexure 1.1 - presentation on SHP modules)

Under this programme, two teachers from 1.5 million schools in the country will be designated as 'Health and Wellness Ambassadors' and two students in every class will serve as health and wellness messengers. These two teachers will be trained to conduct sessions for students from Upper Primary, Secondary and Senior Secondary level. (Class VI – XI) on the following 11 themes. (See Annexure I.2- animated videos on SHP modules)

### Eleven Themes of School Health Programme



**Growing Up Healthy**



**Emotional Well-being and Mental Health**



**Interpersonal Relationships**



**Values and Responsible Citizenship**



**Gender Equality**



**Nutrition, Health and Sanitation**



**Prevention and Management of Substance Misuse**



**Promotion of Healthy Life Style**



**Reproductive Health and HIV Prevention**



**Safety and Security Against Violence and Injuries**



**Promotion of Safe Use of Internet, Gadgets and Media**

The Central Board of Secondary Education (CBSE) in partnership with UNESCO aims to implement the School Health Programme in all 27,000 schools affiliated with the Board. In an effort to ensure effective and smooth implementation of the school health programme at all levels, as well as to gain buy-in and support of all stakeholders a sensitization workshop for Heads of CBSE Centres of Excellence was organized on 11<sup>th</sup> July 2022, in the Taj Palace Hotel, New Delhi (See Annexure II – Agenda). Apart from the Heads of COEs, there was participation of high-level officials from the CBSE, NCERT, Ministry of Health and Family Welfare and UNESCO New Delhi (See Annexure III- list of participants)

## **2. Objectives**

Following were the objectives of this sensitization workshop -

- i) To orient the Heads of COEs on need for implementing SHP as well as the various components of this programme
- ii) To outline the support expected from the COEs and education officials at different levels for successful implementation of the SHP and,
- iii) To prepare a Plan of Action for the implementation of the programme.

The in-person participation of Dr. Ram Shankar, Director Training, CBSE, Dr. Biswajit Saha, Director Skilling, CBSE and Dr. Joseph Emmanuel, Director Academic, CBSE as well as all the heads of COEs in this workshop reflected the strong commitment of the CBSE to implement the school health programme. Dr. Sandeep Jain, Joint Secretary, Training CBSE was also present in the workshop and moderated some sessions.

Dr. Zoya Ali Rizvi, Deputy Commissioner (AH), MOHFW and Prof. Saroj Yadav, Former Dean (Academic) NCERT provided their valuable guidance in implementing this programme meaningfully. Dr. Abhay, Asst. Prof. CIET, NCERT also reiterated their commitment to strengthen this initiative.

The workshop offered a unique opportunity for dialogue, knowledge sharing, networking and collaboration, which are vital to accelerating the school health and well-being programme and ultimately contribute in achieving SDG goals, especially SDGs 4, 3 and 5.

### 3. Inaugural session

The inaugural session started with Sarita Jadav, National Programme Officer, UNESCO inviting all the dignitaries to the dais. She presented a brief overview of the workshop and the objectives. She welcomed all the officials and heads of Centres of Excellence (COEs) to the Sensitization workshop, which would lay the foundation for successful implementation of the school health programme in CBSE affiliated schools.



Following the introductory remarks, Dr Ram Shankar, Director training, CBSE welcomed Dr. Saha, Ms. Joyce Poan, Dr. Abhay, Dr. Zoya, and heads of COEs. He highlighted that it was a momentous occasion for CBSE as they were going to initiate an important programme focussing on health and wellness of learners, kickstarted with this meeting with heads of

COEs from 16 centres. He highlighted that it was not just an orientation or sensitization session for Heads of COEs but the responsibility of CBSE to work closely with UNESCO and NCERT in implementing the School Health Programme. There are 27000 schools affiliated to the CBSE and one can understand the magnitude of students studying in these schools. While emphasizing the importance of this programme, he highlighted the need for sensitization of various stakeholders and engagement of heads of COEs in fulfilling this objective. He outlined the roles and responsibilities of COEs for the implementation of SHP and thanked UNESCO team for this collaborative effort.

Ms. Joyce Poan, Chief of Education Sector, UNESCO thanked CBSE for taking this big step towards implementation of SHP in CBSE schools. She mentioned that the 2030 Agenda for Sustainable Development highlighting that quality education, good health and well-being, gender equality and human rights are intrinsically intertwined. Healthy and happy learners learn better, while poor health can have a detrimental effect on school attendance and academic performance. She pointed out that



UNESCO is pleased to collaborate with CBSE to promote health and well-being of all children and young people.



Dr. Zoya Ali Rizvi, Deputy Commissioner, Ministry of Health and Family Welfare (MOHFW) spoke about the importance of health and wellbeing and since adolescents' population in India is very high compared to rest of the world, their needs and concerns pertaining to mental, physical and emotional health necessitates urgent attention. She explained how SHP is connected to real life issues faced by adolescents and would facilitate in helping them access information and counselling services. She said that teachers are the backbone for successful implementation of activities under SHP and children must be motivated to pursue holistic growth and development.

Dr. Biswajit Saha, Director Skilling, CBSE appreciated the work carried out by UNESCO, NCERT and CBSE team. He informed the gathering that Smt. Nidhi Chibber, Chairperson, CBSE has endorsed the programme and given approval to go ahead on the collaborative effort. He informed that CBSE and UNESCO have



distributed Training and Resource materials to all CBSE affiliated schools across India. He further emphasized the need to increase digital dissemination of training material on SHP through NCERT and CBSE websites and other educational channels. He highlighted the joint responsibility of parents, teachers and schools to develop community linkages for health and wellbeing promotion for children and emphatically pointed out that mere completion of training will not serve the purpose until and unless it reaches the field level. He also underlined the need for impact analysis to be carried out as baseline and end line evaluation would help in monitoring the programme implementation. The training programmes need to be internalized and continuous to ensure smooth implementation of the SHP. He requested UNESCO to create short videos for each of the module under SHP to promote hybrid model of training and learning and further emphasized the role of trained teachers, principals and educational officials in successful implementation of this programme.



Dr. Abhay Kumar, Assistant Professor, NCERT emphasized the role of NCERT in developing the curriculum and training materials/resources for the SHP. He highlighted elements of National Education Policy (NEP) 2020 on digital education and reassured NCERT's collaboration for organising the Master Trainer (MT) training programme scheduled in August 2022. He also spoke about the Government efforts for increasing the

number of educational channels to provide quality education, and how these channels are being used as a supplementary and complimentary resource to reach out meaningfully to a large number of learners in schools.

Mr. Shailendra Sigdel, Statistical Advisor for South Asia, UNESCO congratulated CBSE for the implementation of this programme. He stressed on the importance of using empirical evidence for planning and conducting research and outlined that merely conducting baseline and end line surveys are not enough, and there is a need to document the entire implementation process, which can act as a useful



reference for other organisations and countries in implementing similar programmes.

#### **4. Technical Session**

The objectives of the technical session were to acquaint the heads of COEs about the evolution of the School Health Programme, achievements so far and the future course of action. There were two presentations as given below.

Presentation 1: Launch of the SHP in CBSE schools by Prof. Saroj Yadav, Former Dean Academic, NCERT

Presentation 2: Ayushman Bharat School Health and Wellness Programme by Dr. Zoya Ali Rizvi, Deputy Commissioner, Ministry of Health and Family Welfare (MOHFW)



Prof. Saroj Yadav, Former Dean Academic, NCERT highlighted the importance of the school health programme for adolescent learners and especially the relevance for CBSE schools. She made a detailed presentation about the guiding principles of SHP, implementation and materials developed by NCERT and other agencies under SHP (See Annexure 1.3- link for the presentation).

Dr Zoya Ali Rizvi, Deputy Commissioner, Ministry of Health and Family Welfare (MOHFW) presented the evolution of the programme, resource materials developed, and the road map being followed by different states and union territories for implementation of SHP. She also informed that some of the states have already started transacting activities at the school level. She made a detailed presentation about the implementation of the programme and the support provided by MOHFW for the same. (see Annexure 1.4- link for the presentation)

Dr Sandeep Jain, Joint Secretary, Training, CBSE spoke about the existing programmes on adolescent education and life skills and highlighted the importance of mental health of learners. He mentioned about the need to identify Master trainers from the existing pool of resource persons available with CBSE. He shared the schedule for the training of Master Trainers in August 2022 and highlighted the



roles and responsibilities of Heads of COEs and requested COEs to take support from the existing State Resource Groups for implementation of SHP. He also mentioned that the ultimate goal of the SHP is to reach the learners in schools.

Dr. Jain divided the 16 COEs into four groups and asked each group to chalk out a tentative plan for the future activities for implementing SHP in their respective regions.

Points for discussion –

1. Sensitization session for 27,000 principals from all CBSE affiliated schools
2. Selection of Master Trainers for each region under the COEs
3. Training plan of Health and Wellness Ambassadors (HWAs) through Master Trainers

## 5. Group Activity

### Group 1



Dr Mridula Singh, Deputy Secretary, COE New Delhi represented group 1. She said that details of the SHP could be shared with all the principals to make them understand the significance of programme before attending the session. Principals could easily be called for the session through various groups formed on social media as all the principals are well connected on it. She said that 12 Master Trainers (MTs) could be

identified based on selection criteria as shared by UNESCO. Since SHP is related to health, biology teachers can be a good option to become Master Trainer. She highlighted that the selected teachers must possess good knowledge about life skills and approachable for students. Regarding the training of Health and Wellness Ambassadors, 6 MTs could form a group who would provide training to one batch. In this way 10 sessions could be taken by these MTs and in each session 30 schools could be invited thereby training 60 teachers at a time (2 teachers from every school). So, in total 1800 teachers can be trained in 3-4 months' time.

### Group 2

Dr Rajeev Pandey, Head of COE, Prayagraj, UP represented Group 2. He said that for the principal sensitization session, coordination could be easily done through existing social groups. He mentioned that there are around 1900 schools under his region for which 2 Master Trainers from each of the district could be formed. Higher number of MTs could be selected from districts with more schools. For the training of HWAs, 19 groups



for 1900 schools could be formed and training could be carried out through MTs for each group.

### Group 3



Dr Tarun Kumar, Head COE, Patna represented group 3. For the identification of Master Trainer, database is available and they could be selected from it. His COE covers 62 districts (Bihar and Jharkhand) and most of the trainings are done in 3-4 districts as resource persons do not reach the rural areas. So, it is important to train resource persons at district level. He expressed interest to

work with SRGs and State Focal persons for SHP in Bihar and Jharkhand so that the 12 MTs can coordinate better for the implementation of the SHP. He emphasized the need to have a

permanent resource person in every district so that training of MTs can be carried out on a continuous basis.

#### **Group 4**

Dr Tushara. K, Assistant Secretary, COE, Thiruvananthapuram said that the sensitization workshop for principals can be easily facilitated through social groups. She emphasized that before selecting MTs, it is critical for each COE to go through the resource materials to have a better understanding about the programme. CBSE has been working on adolescent education programme, so existing resource persons could be used for training. For selecting



the HWAs, it is important to consider teachers who are approachable and possess good knowledge on life skills and open to learn about the same. After selecting the appropriate Master Trainer, plan for training of HWAs could be developed for the region.

#### **6. Valedictory Remarks and Way Forward**



Dr. Joseph Emmanuel, Director (Academic), CBSE was pleased to interact with Heads of COEs after a gap of two years. He emphasized that students should be recognized as Health and Wellness Messengers as they find it easier to approach their peers as compared to a teacher. He emphasized that maximum number of HWAs from every school irrespective of rural, urban or big, small should

should undergo training and implement SHP. There are multiple challenges due to Covid-19, and he encouraged Heads of COE to give priority to health and well-being of learners.

#### **7. Next Steps**

##### **CBSE level**

- i. Letter to Regional Offices about the implementation of the programme.
- ii. In consultation with UNESCO, identify resource persons who can train Master Trainers, who will thereafter train the HWAs. Resource persons can be identified from the CBSE pool of trainers as well experts who developed the SHP curriculum and training materials.
- iii. Schedule an online orientation session for all Principals of CBSE Affiliated schools before end July 2022. Resource materials, presentations and training manuals to be shared online with all Principals prior to the orientation session.

- iv. 200 Master Trainers (MTs) will be trained face to face at NCERT, New Delhi in two batches between 16-26<sup>th</sup> August 2022. Identified resource persons will train MTs who in turn will train 40,000 teachers selected from 20,000 schools (two teachers as will be selected from each school). These trained teachers will be called Health and Wellness Ambassadors.

#### **COE level**

- i. Develop a training plan and constitute training teams for roll out of training. The duration of each training session will be 3 days covering all 11 modules under SHP
- ii. Letters to schools for nominations of suitable teachers who can be trained as Master Trainers and undergo the training in NCERT in August 2022.
- iii. Roll out of training at the COE level as per plan
- iv. Monitoring and mentoring support during trainings and implementation.

#### **School level**

- i. All school principals to participate in the virtual orientation session to be scheduled in July 2022.
- ii. Identification, nomination and timely relieving of teachers for in-person Master Trainers training in New Delhi
- iii. Designation of two teachers per school as health and wellness Ambassador (HWA) and two students in every class as health and wellness messenger (HWMs)
- iv. Share the names and contact details of these HWAs and HWMs with COEs, CBSE and UNESCO New Delhi.
- v. Allotting time for the classroom sessions on a weekly basis and monitoring the sessions
- vi. Reporting as per indicators in the dashboard to be created for SHP
- vii. Constitution of School Coordination Committee for School Health Programme with representatives from school, NGOs, School Management Committee members



Mr. Prashant Yadav, Consultant, UNESCO New Delhi proposed vote of thanks expressing sincere gratitude to Dr. Ram Shankar, Director training, Dr. Biswajit Saha, Director Skilling and Dr. Joseph Emmanuel, Director Academic, CBSE and the whole team of heads of COEs present in the workshop. He also thanked Dr Zoya Ali, Prof. Saroj Yadav, Dr Abhay Kumar, and the UNESCO team for successfully organising the workshop.

## Annexures

### Annexure I- Resource Materials (Links)

1. Presentation on School Health Programme modules  
<https://drive.google.com/drive/folders/1Jjc1xfTWTJuznjMi86WZs70R7R63Xul-?usp=sharing>
2. Animated videos for 11 modules under SHP:  
<https://ncert.nic.in/healthandwell.php>
3. Presentation on launch of the SHP in CBSE schools  
<https://drive.google.com/drive/folders/1jnnsKMq1pQnt3tnKeDWdMLfZdT-3zcEk?usp=sharing>
4. Presentation on Ayushman Bharat for School Health and Wellness Programme  
<https://drive.google.com/drive/folders/1x1TKVHOOU7Rm9IUBztglYfsh4BtnHz3O?usp=sharing>
5. Presentation for students on Prevention of School-related gender-based violence (SRGBV). Access the UNESCO presentation with voiceover – [English](#), [Hindi](#)
6. Presentation for teachers on Prevention of School-related gender-based violence (SRGBV) Access the UNESCO presentation with voiceover – [English](#), [Hindi](#)
7. Poster on prevention and elimination of school-related gender-based violence (SRGBV) - English, Hindi, Gujarati, Tamil <https://en.unesco.org/news/together-we-stand-against-violence-and-bullying-schools>
8. Information booklet titled “Safe online learning in the times of COVID-19” to raise awareness of students and teachers on staying safe [English](#), [Hindi](#), [Marathi](#), [Tamil](#), [Telegu](#), [Bengali](#), [Gujarati](#), [Assamese](#)
9. Training and resource material:  
[https://ncert.nic.in/pdf/announcement/Training\\_Resource\\_Material\\_english.pdf](https://ncert.nic.in/pdf/announcement/Training_Resource_Material_english.pdf)
10. Material including activity calendar, role of HWA, Operational guidelines, facilitator guidelines:  
[https://drive.google.com/drive/folders/1GXnI9Y2Mzy\\_pcT6auFdtHfZ16tPGz3IB?usp=sharing](https://drive.google.com/drive/folders/1GXnI9Y2Mzy_pcT6auFdtHfZ16tPGz3IB?usp=sharing)

Annexure II- Agenda



**Health and Wellness Programme in CBSE Schools under Ayushman Bharat  
Sensitization workshop for Heads of CBSE Centres of Excellence**

**Date: 11<sup>th</sup> July 2022**

**Venue: Taj Palace Hotel, Sardar Patel Marg, New Delhi**

**Programme**

Time	Topic	Speaker
9:30 – 10.00 AM	Registration	
10:00 -10.10 AM	Welcome Address	Dr. Ram Shankar Director (Training), CBSE
10:10 -10.15 AM	Remarks	Ms. Joyce Poan Chief of Education, UNESCO
10.15 -10.25 AM	Remarks	Dr. Zoya Ali Rizvi Deputy Commissioner (AH),
10.25 -10.35 AM	Remarks	Prof. Amarendra Behera Joint Director, NCERT, New
10.35 -10.45 AM	Special Remarks	Shri. Anurag Tripathi Secretary, CBSE, New Delhi
10.45 -10.55 AM	Address by Chief Guest	Smt. Lamchonghoi Sweety Changsan
10.55 -11.00 AM	Vote of Thanks	Sarita Jadav, National Programme Officer
11.00 AM -11.15 AM	Tea and Refreshments	
<b>TECHNICAL SESSION</b>		
11.15 -11.30 AM	Education for Health and well-being	Ms. Sarita Jadav National Programme officer
11.30 AM-12.00 noon	Overview of the School health Programme and briefing on 11	Prof. Saroj Yadav Former Dean (Academic)
12.00 Noon -12.30 PM	Operationalization of School Health Programme	Dr. Zoya Ali Rizvi, Deputy Commissioner (AH), Ministry
12.30 – 1.15 PM	Roles and Responsibilities of COEs Principals and Teachers	Dr. Ram Shankar Director (Training), CBSE
01.15 -2.00 PM	Lunch	

Time	Topic	Speaker
2.00 - 3.00 PM	Preparation of Action Plan for Roll out of SHP in CBSE Schools	Dr. Sandeep Kumar Jain Joint Secretary (Training), CBSE
3.00- 3.30 PM	Q & A session	
3.30- 3.40 PM	Remarks	Dr. Biswajit Saha Director (Skilling), CBSE
3.40 -3.50 PM	Valedictory Remarks and way forward	Dr. Joseph Emmanuel Director (Academic), CBSE
3.50 -03.55 PM	Vote of Thanks	Prashant Yadav Consultant, UNESCO
4.00 PM	Tea and Refreshments	

Annexure III- List of participants

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