

I/123445/2025

ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ
(ਐਡੀਲੀਏਸ਼ਨ ਸ਼ਾਖਾ)

ਵੱਲ

ਪ੍ਰਿੰਸੀਪਲ / ਮੁੱਖ ਅਧਿਆਪਕ/ਅਧਿਆਪਿਕਾ,
ਸਮੂਹ ਐਡੀਲੀਏਟਿਡ/ਐਸੋਸੀਏਟਿਡ ਸਕੂਲਜ਼, ਪੰਜਾਬ।

ਨੰਬਰ: (E-316957) ਪਸਸਬ-ਐਡੀ: 2025/ 2863 ਮਿਤੀ: 06/08/25

ਵਿਸ਼ਾ:- Implementing posh, Pocso, Gender Sensitization and Soft Skills Training.

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਸਬੰਧੀ ਪੱਤਰ Dr. Meenu Goyal, Corporate soft skills trainer/ Counselor , Founder Embrace life (mobile No:+91 9910882826) (ਕਾਪੀ ਨੱਥੀ) ਵੱਲੋਂ ਪ੍ਰਾਪਤ ਹੋਇਆ ਹੈ। ਜਿਸ ਅਨੁਸਾਰ ਪੰਜਾਬ ਰਾਜ ਦੇ ਸਮੂਹ ਐਡੀਲੀਏਟਿਡ /ਐਸੋਸੀਏਟਿਡ ਸਕੂਲਾਂ ਵੱਲੋਂ ਸਕੂਲਾਂ ਵਿੱਚ ਪੜ੍ਹਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ Posh Awareness, Pocso Awareness, Gender Sensitization and Soft Skills Training ਸਬੰਧੀ ਜਾਣਕਾਰੀ ਬਾਰੇ ਲਿਖਿਆ ਹੈ। ਇਸ ਲਈ ਆਪ ਨੂੰ ਹਦਾਇਤ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਕਿ ਉਕਤ ਅਨੁਸਾਰ ਕਾਰਵਾਈ ਕਰਨੀ ਯਕੀਨੀ ਬਣਾਈ ਜਾਵੇ। ਉਕਤ ਸਬੰਧੀ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ ਈਮੇਲ ਆਈ.ਡੀ embracelifetraining@gmail.com. ਤੇ ਸੰਪਰਕ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।

Hanandeep
8.8.25
ਸੁਪਰਡੈਂਟ (ਐਡੀਲੀਏਸ਼ਨ)

ਵਾ: ਸਕੱਤਰ, ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ।

1559
30-06-2025

Fwd: Proposal for Implementing POSH, POCSO, Gender Sensitization, and Soft Skills Training

SECRETARY OFFICE <secretary.pseb@punjab.gov.in>

Thu, 26 Jun 2025 2:26:11 PM +0530

To: "JOINT SECRETARY OFFICE" <jointsecretary.pseb@punjab.gov.in>, "ACADEMIC AND PLANNING BRANCH" <academic.pseb@punjab.gov.in>

Handwritten notes and signatures in the right margin, including a signature and the date 24/7/25.

===== Forwarded message =====
From: <embracelifetrainings@punjab.gov.in>
To: "SECRETARY OFFICE" <secretary.pseb@punjab.gov.in>
Cc: "ADMINISTRATION PUBLICATION AND ESTATE OFFICE" <ape.pseb@punjab.gov.in>
Date: Thu, 26 Jun 2025 14:12:32 +0530
Subject: Fwd: Proposal for Implementing POSH, POCSO, Gender Sensitization, and Soft Skills Training
===== Forwarded message =====

To:
The Secretary,
Punjab School Education Board,
Mohali, Punjab.

Subject: Proposal for Implementing POSH, POCSO, Gender Sensitization, and Soft Skills Training in Punjab Schools

Respected Sir/Madam,

Warm greetings from Embrace Life Learnings, a leading organization in education-based training and development, with a strong track record of delivering impactful learning interventions across schools, colleges, and corporate institutions.

We are writing to propose a comprehensive, state-wide training initiative for schools affiliated with the Punjab School Education Board (PSEB), focusing on:

POSH (Prevention of Sexual Harassment) Awareness

POCSO (Protection of Children from Sexual Offences) Act Training

Gender Sensitization for Staff and Students

Essential Soft Skills Training for Holistic Development

Rationale

In today's educational environment, academic excellence must be complemented by safe, respectful, and emotionally intelligent spaces. The pressing need to ensure student safety, uphold gender equality, and develop life skills demands structured and professional intervention.

Moreover, the National Education Policy (NEP) 2020 and CBSE/UGC directives recommend gender sensitization, child safety, and life skills development as mandatory areas of student and staff training.

Training Module

POSH Awareness	Legal compliance, safe
workplace culture	
POCSO Act Awareness	Child protection knowledge,
rights awareness	
Gender Sensitization	Students &
Staff Equality, empathy, non-discrimination	
Soft Skills Development	Communication, confidence,
leadership, decision-making	

Why Embrace Life Learnings?

Led by Dr. Meenu Goyal, an award-winning trainer and counselor with 20+ years of experience.

Trainers certified in POSH, POCSO, CBSE guidelines, and experiential learning models.

Customizable programs delivered in Punjabi, Hindi, and English for maximum reach and impact.

Proven record with reputed institutions across India including IIITs, NITs, Bal Bharti, and several state schools.

Proposal for Collaboration

We seek the Board's support to:

Introduce these trainings as part of regular teacher and student development calendars.

Provide circulars or directives to schools to adopt our certified training modules.

Support awareness campaigns and orientation sessions for school principals and administrators.

We are happy to:

Conduct a pilot session for select schools nominated by the Board.

Provide detailed training Reports, and feedback summaries

Next Steps

We humbly request an opportunity to meet and present the program details. We are confident that with your visionary leadership, this initiative will empower schools across Punjab to build a safe, inclusive, and future-ready learning environment.

Looking forward to your kind support and response.

Dr. Meenu Goyal
Corporate Soft Skills Trainer | Counselor
Founder, EMBRACE LIFE
Empowering Change, One Skill at a Time

☎ +91 9910662826
✉ embracelife@gmail.com

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"Creating a culture of respect and empowerment through effective training and personal development."

----- Forwarded message -----

From: **Embrace Life** <embracelife@gmail.com>

Date: Wed, 25 Jun 2025 at 15:26

Subject: Proposal for Implementing POSH, POCSO, Gender Sensitization, and Soft Skills training

To: <Secretary,PSEB@punjab.gov.in>

Cc: Meenu Goyal <meenu10679@gmail.com>

To
The Secretary,
Punjab School Education Board,
Mohali, Punjab.

Subject: Proposal for Implementing POSH, POCSO, Gender Sensitization,
and Soft Skills Training in Punjab Schools

Respected Sir/Madam,