



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार, के अधीन एक स्वायत्त संगठन)

शिक्षा सदन, 17, इन्सटिट्यूशनल क्षेत्र, राउज एवेन्यु, दिल्ली-110002

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organization under the Union Ministry of Human Resource Development, Govt. of India)

Shiksha Sadan, 17, Institutional Area, Rouse Avenue, Delhi-110002

CBSE/DIR(TRG)/CSHP/2012

24 April 2012

Circular No. : Acad-04 /2012

**All the Heads of Schools
affiliated to CBSE**

Subject: Promoting Healthy food habits amongst Students

Dear Principal,

This is further to our circulars (Cir. No. 09/2006 dated 31.5.2006; Cir. No. 29/2007 dated 20.6.2007; Cir. No. 27/2008 dated 24.06.2008; Cir. No. 33/2008 dated 01.09.2008; Cir. No. 49/2008 dated 6.11.2008 and Cir. No. 18/2009 dated 19.01.2009) on **Comprehensive School Health Programme** in which the Board has requested schools to set up '**Health & Wellness Clubs**' in order to implement the Comprehensive School Health Programme.

The objectives of the **School Health Club**, as mentioned in the earlier circulars, are:

- To create Health Cards for each student
- To create a health newspaper at least twice a year/organize poster competition related to health issues
- To conduct surveys on health related concerns
- To organize 'health walks' as part of social campaigns
- To organize health fairs and immunization projects
- To tap the local resources in the community to arrange health talks
- To render service in any area affected by a disaster or a calamity
- To create health helpline within the school to help the students to destress, cope with emotional and social behaviour and to clarify misconceptions regarding adolescent health
- To teach the techniques of yoga and meditation to the students from an early age
- To inculcate in the students healthy and positive ways of living
- To teach health songs on various health topics
- Celebration of important days (World Health Day – April 7, etc.)
- Creating awareness regarding 'World No Tobacco Day' (May 31), 'World AIDS Day' (December 1) etc.

There is a worldwide concern regarding the increasing **consumption of 'Junk foods' and 'Carbonated Drinks/Colas'** which are rich in calories but deficient in vital nutrients (like Vitamins and Minerals).

This trend is being witnessed in our country also and is a cause of deep concern to all of us from the point of view of public health. There are studies to indicate that there is a positive co-relation between consumption of foods with high energy, saturated fats, excess sugar, etc. (available through junk foods and carbonated drinks/colas) and chronic degenerative non-communicable diseases such as obesity, hypertension, cardio-vascular problems, diabetes, stroke, cancers, etc.

The Board has time and again advised the schools that the School canteens should provide healthy snacks which can be monitored by the **Health Clubs** of the schools. Doctors/ Nutritional Experts/ Dieticians/ Counsellors/ Nurses/ Home Science Department may be involved in designing the recipes for the menu (*healthy, nutritious, wholesome*) and monitoring the quality of the food items. Junk/ fast food needs to be replaced completely with healthy snacks. **Carbonated and aerated beverages may be replaced with juices and dairy products** (*Lassi, Chach, Flavored milk etc.*).

contd....

Further, **tobacco consumption amongst adolescent population** is also another major disturbing issue and is one of the most important risk factor for much of the morbidity and mortality and increase in diet related chronic non-communicable disorders.

In order to address this issue, the Board expects the schools to follow the following guidelines for ensuring '**Tobacco free Schools**':

1. Display sign boards stating "**Tobacco Free School**" or "**Tobacco Free Institution**" at prominent places on the boundary wall outside the main entrance.
2. No sale of tobacco products **inside the premises and within the radius of 100 yards** from School/ Educational Institutions and mandatory signage in this regard to be displayed prominently near the main gate and on boundary wall of School/ Institution.
3. **No smoking or chewing of tobacco** inside the premises of institution by students/ teachers/ other staff members/ visitors.
4. Display of sign boards "**No Smoking Area- Smoking here is an offence**" of 60x30cm size inside the institution (as mandated by law).
5. Posters with information about the harmful effects of tobacco should be displayed at prominent places in the school/ institutions. Students should be encouraged to make their own posters on tobacco control themes.
6. A copy of the **Cigarette and other Tobacco Products Act (COTPA) 2003** needs to be available with the Principal/ Head of School/ Institution. (It can be downloaded from the website of the Ministry of Health & Family Welfare – www.mohfw.nic.in)
7. A "**Tobacco Control Committee**" needs to be in place. It may be chaired by Principal/ Head of School/ Institution, with members comprising of a science teacher, or any other teachers, school counselor (if available), at least two **NSS/ NCC/ Scout students**, at least two **parents representatives, area MLA, area SHO, Municipal Councilor, Member of PRIs**, any other member. The committee shall monitor the tobacco control initiatives of the school/ institute. The committee shall meet quarterly and report to the district administration.
8. Integrate **tobacco control** activities with the ongoing **School Health Programme** and **Health and Wellness Clubs**.
9. **Awareness** regarding the **hazardous effects of passive smoking** needs to be created among the students and this may also be a part of the **Parental Awareness Programmes**.
10. Promote writing of **Anti-tobacco slogans** on the School/ Institute stationery.
11. The Principal/ Head of School/ Institute shall recognize tobacco control initiatives by students/ teachers/ other staff and certificates of appreciation or awards may be given.
12. Regular vigilance against smoking at home and school needs to be emphasized. The matter can be discussed in PTA meetings with parents.
13. Awareness on recent laws enacted on prohibition of Tobacco products in public places needs to be created among students.
14. Project work on Substance/ Tobacco abuse may be assigned to students as part of school assignment across disciplines and '**No Tobacco Week**' may be celebrated in school.

Each year, 26th June is observed as the **International Day against Drug Abuse and Illicit Trafficking**. On this occasion Board expects schools to renew their resolve to fight this menace collectively by organizing awareness campaigns, conducting seminars and workshops and holding cultural Programmes and exhibitions etc.

The conflicting role models thrown up by the social context as well as the explosion of media often result in giving out ambiguous signals to young minds. It thus becomes even more mandatory that the schools serve as agents of change and transformation by bringing out the best from within each child.

Looking forward to your whole hearted cooperation

With best wishes and regards,

Yours sincerely,

Dr. Sadhana Parashar
Director (Training)

Copy with a request to respective Heads of Directorates/KVS/NVS/CTSA as indicated below to also disseminate the information to all concerned schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi - 110 016.
2. The Commissioner, Navodaya Vidyalaya Samiti, A-28, Kailash Colony, New Delhi.
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054.
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh- 160 017.
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim – 737 101.
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar- 791 111.
7. The Director of Education, Govt. of A&N Islands, Port Blair-744 101.
8. Director of Education, SIE, CBSE Cell, VIP Road, Junglee Ghat, PO 744103, A&N Island.
9. The Secretary, Central Tibetan School Administration, ESS ESS Plaza, Community Centre, Sector-3, Rohini, Delhi – 110 085.
10. All the Regional Officers of CBSE with the request to send this circular to all the Heads of the schools affiliated with the Board in their respective regions.
11. The Education Officers/AEOs of the Academic Branch, CBSE.
12. The Joint Secretary (IT) with the request to publish this circular on the CBSE website.
13. The Library and Information Officer, CBSE
14. EO to Chairman, CBSE
15. PA to CE, CBSE
16. PA to Secretary, CBSE
17. PA to Director (ACAD.)
18. PA to HOD (AIEEE)
19. PA to HOD (EDUSAT)
20. PRO, CBSE

Director (Training)