

ਸੀ. ਰਾਮਾਨਾਥਾ ਰੇਡਡੀ, ਆਈ.ਆਰ.ਐਸ.
V. Ramanadha Reddy, I.R.S
ਨਿਰਦੇਸ਼ਕ
Director



भारत सरकार
GOVERNMENT OF INDIA

राष्ट्रीय बाल अधिकार संरक्षण आयोग
NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS



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16/9/2026
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D.O Letter No- 227850/NCPCR-CH(1)/2022-23/PART-2/46415

Date- 15/09/2026

To,

District Collector and Magistrate,

(As per the attached list)

Subject- Implementation of "Sugar Boards" in Schools and Awareness Activities under POSHAN Maah 2026.

Ma'am/Sir,

The National Commission for Protection of Child Rights (NCPCR) is a statutory body constituted under Section 3 of the Commission for Protection of Child Rights (CPCR) Act, 2005 for the protection and promotion of child rights and matters connected therewith. The Commission is mandated to monitor the proper and effective implementation of the Right of Children to Free and Compulsory Education (RTE) Act, 2009, as well as other legislations relating to child rights, including the Protection of Children from Sexual Offences (POCSO) Act, 2012 and the Juvenile Justice (Care and Protection of Children) Act, 2015.

In view of the observance of Rashtriya POSHAN Maah 2026, a nationwide nutrition awareness campaign under POSHAN Abhiyaan, led by the Ministry of Women and Child Development, Government of India, the Commission is undertaking awareness and sensitisation activities to promote healthy dietary practices among children.

Inspired by the Hon'ble Prime Minister's 'Fit India Movement', the Commission, vide its Advisory dated 06.03.2025, recommended the installation of "Sugar Boards" in schools to sensitise students regarding sugar intake, hidden sugars, associated health risks and healthier dietary choices. Subsequently, vide

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ਦਫਤਰ ਜ਼ਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ) ਬਠਿੰਡਾ

ਪਿਠ ਅੰਕਣ ਨੰ ਜੀ-1/1 () 2026/- 5041

ਮਿਤੀ: 16-09-26

ਉਕਤ ਦਾ ਉਤਾਰਾ ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀਆਂ ਨੂੰ, ਸੂਚਨਾ ਅਤੇ ਅਗਲੇਰੀ ਯੋਗ ਕਾਰਵਾਈ ਲਿੱਤ ਭੇਜਿਆ ਜਾਂਦਾ ਹੈ।

ਜ਼ਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ.)
ਬਠਿੰਡਾ
16/09/26

letter No. 227850/NCPCR-CH(1)/2022-23/PART-2 dated 02.07.2025, all State Education Departments were requested to issue necessary directions for implementation of the Advisory in schools under their jurisdiction. The initiative was also appreciated by the Hon'ble Prime Minister during "Mann Ki Baat."

In this regard, you are requested to kindly circulate the Commission's Advisory and ensure installation of "Sugar Boards" in schools under your jurisdiction at prominent locations. You are also requested to nominate a Nodal Officer, preferably the District Education Officer (DEO), for coordination and monitoring, and facilitate screening of an awareness video on healthy eating in schools, 'Poshan Mitr'.

A brief implementation report, along with photographs of the "Sugar Boards", may kindly be shared with the Commission at ms.ncpcr@nic.in and shaista.ncpcr@nic.in by 15.10.2026.

Yours sincerely,



(V. Ramanadha Reddy)

Director