



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/DS(MS)/2022

Date: 02.09.2022

Circular No: Acad-95/2022

All the Heads of Schools affiliated to CBSE

Subject: Poshan Maah and Pakhwada – reg.

Dear Principal

'POSHAN Abhiyan' launched by the Hon'ble Prime Minister aims to achieve improvement in the status of nutrition of both children and women. Poshan Maah and Pakhwada are celebrated every year by Ministry of Women and Child Development, Govt. of India. To observe Poshan Maah, theme-based activities are conducted across the country throughout the month of September as follows:

1. **Pledge:** Poshan pledge to be taken by students in schools during Poshan Maah reflecting the spirit of Bacha and Shiksha.

I pledge that:

- a. I will keep myself well-nourished and spread the message of healthy eating among my friends and family.
 - b. I will not purchase, promote, use or gift junk foods and unhealthy soft drinks.
 - c. I will eat green leafy vegetables and fruits.
 - d. I will adopt and promote safe cooking and eating habits.
 - e. I will keep myself well-hydrated and practice healthy hygienic habits of washing hands regularly.
2. **Sensitize regarding nutrition in formative years:** Group discussions/ debates may be organized on the issue of formative years. Banners, slogans may be placed in schools to sensitize the community on 'POSHAN BHI, PADHAI BHI' and create awareness in the community through appropriate/ related indigenous toys.
 3. **Sensitize children on nutrition:** Nutrition Fairs/ Rallies/ Nukkad Nataks may be organized on importance of millets in diet etc.
 4. **Nutrition Garden:** Nutrition gardens may be developed in schools by students.
 5. **Water Management:** Conduct awareness campaign for students on water management through school activities/ Science Fairs on water management.
 6. **Sensitizing parents through Parent-Teacher Meetings:** PTMs may be held by schools with parents with regard to nutrition and its relationship to physical and mental health and well being of the school children.

You are requested to do the needful in this regard so that stakeholders may learn about nutrition, importance of good health, staying fit, eating nutritious diet and maintaining good personal hygiene in its true sense so that the stakeholders stay healthy and can provide contribution towards nation building.

With Best Wishes

Dr. Joseph Emmanuel
Director (Academics)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली – 110002
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001.
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005.
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
13. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
14. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
15. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
16. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
17. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
18. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
19. In-Charge, Library
20. The Head (Media & Public Relations), CBSE
21. DS to Chairperson, CBSE
22. SPS to Secretary, CBSE
23. SPS to Director (Academics), CBSE
24. SPS to Director (Information Technology), CBSE
25. SPS to Controller of Examinations, CBSE
26. SPS to Director (Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE
28. SPS to Director (Training), CBSE
29. SPS to Director (CTET), CBSE
30. SPS to Director (EDUSAT), CBSE
31. Record File

Director (Academics)



‘शिक्षा सदन’ ,17 राऊज़ एवेन्यू ,इंस्टीटूशनल एरिया, नई दिल्ली –110002

‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002

