



# 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/DIR(ACAD)/2021

September 09, 2021

Circular No.Acad-78/2021

All Heads of the Schools affiliated with CBSE

Subject: Celebration of “Rashtriya Poshan Maah” in schools – reg.

Dear Principals,

As you are aware POSHAN Abhiyan (National Nutrition Mission) was launched by the Hon'ble Prime Minister on 8<sup>th</sup> March, 2018. The Programme strives to reduce the level of stunting, under – nutrition, low birth weight in children and anemia in adolescent girls, pregnant women, lactating mothers as well as children. This is an ongoing programme.

2. **Rashtriya Poshan Maah** is being celebrated during the month of September, 2021 to further accelerate various activities under POSHAN Abhiyan and to create a **Jan Aandolan** in the Process by adhering to COVID – 19. Schools may carry out the following activities during this month:

- I. Organise POSHAN Assemblies with students in virtual/ physical mode to discuss malnutrition, its impact on society and value of healthy and balanced diet.
- II. Encourage their students to participate in E – quiz focusing on malnutrition, nutrition awareness to be organized by Govt. of India through Mygov Portal.
- III. Carry out a special plantation drive in School Nutrition (Kitchen) Garden.
- IV. Encourage students to attend programmes on POSHAN Abhiyan during POSHAN MAAH telecast by SWAYAMPRAKASH Channels of Ministry of Education.
- V. Hold Parent Teacher Meeting (PTMs) in online offline mode by with regard to nutrition and its relationship to physical and mental health and well-being.
- VI. Cover the portion in NCERT curriculum on nutrition and physical health in all grades in the month of September.
- VII. Have talks/ debates with students on the subject of nutrition during online classes.
- VIII. Adopt other innovative measures to propagate and promote this significant initiative to encourage children/ make them aware regarding nutrition, balances diet, junk food, eating healthy etc.
- IX. Issue necessary instructions to display the information/ creative at prominent places in the school.



‘शिक्षा सदन’ ,17 राऊज़ एवेन्यू ,इंस्टीटूशनलएरिया, नई दिल्ली-110002  
‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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3. You are also requested to share data regarding the participation under various activities mentioned above on <https://forms.gle/Vp7Y2cwzBhooE9gbA>  
Let us join hands to celebrate the true Spirit of Rashtriya POSHAN Maah along with our school children and empower them with the knowledge regarding nutrition.

Dr. Joseph Emmanuel  
Director (Academics)

**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 JeetSingh Marg, New Delhi-110016
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
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-160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
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 – 744101
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
10. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No.202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. 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
13. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
14. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
15. In charge IT Unit with the request to put this Circular on the CBSE Academic Website



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16. In-Charge, Library
17. The Head (Media & Public Relations), CBSE
18. DS to Chairman, CBSE
19. SPS to Secretary, CBSE
20. SPS to Director (Academics), CBSE
21. SPS to Director (Information Technology), CBSE
22. SPS to Controller of Examinations, CBSE
23. SPS to Director (Training and Skill Education), CBSE
24. SPS to Director (Professional Examinations), CBSE
25. SPS to Director (CTET), CBSE
26. SPS to Director (EDUSAT), CBSE
27. Record File

**Director (Academics)**



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