

ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ
(ਐਫੀਲੀਏਸ਼ਨ ਸ਼ਾਖਾ)

ਵੱਲ;

ਮੁੱਖ ਅਧਿਆਪਕ/ਮੁੱਖ ਅਧਿਆਪਿਕਾ/ਪਿੰਸੀਪਲ,
ਪੰਜਾਬ ਰਾਜ ਦੀਆਂ ਸਮੂਹ ਐਫੀਲੀਏਟਿਡ/ਐਸੋਸੀਏਟਿਡ ਸੰਸਥਾਵਾਂ।

ਨੰਬਰ: E (107461) ਪਸਸਬ-ਐਫੀ.2025/ 1935

ਮਿਤੀ: 20/3/25

ਵਿਸ਼ਾ: Regarding Establishing 'Sugar Boardss' in schools to Monitor and Reduce Sugar intake Among Children.

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਸਬੰਧੀ National Commission For Protection of Child Rights, Govt. of India ਵੱਲੋਂ ਨਾਲ ਨੱਥੀ ਪੱਤਰ ਵਿੱਚ ਸਕੂਲਾਂ ਨੂੰ ਬੱਚਿਆਂ ਦੁਆਰਾ ਲਈ ਜਾਂਦੀ Sugar ਸਬੰਧੀ 'Display Board/Sugar Board' ਸਕੂਲਾਂ ਵਿੱਚ ਲਗਾਉਣ ਬਾਰੇ ਕਿਹਾ ਗਿਆ ਹੈ। ਇਹਨਾਂ 'Display Board/Sugar Board' ਵਿੱਚ ਬੱਚਿਆਂ ਦੁਆਰਾ ਰੋਜ਼ਾਨਾ ਲਈ ਜਾਂਦੀ Sugar, Sugar ਤੋਂ ਬਣਿਆ ਭੋਜਨ (ਜਿਵੇਂ ਕਿ ਜੰਕ ਫੂਡ, ਕੋਲਡ ਡਰਿੰਕਸ ਆਦਿ), ਜਿਆਦਾ Sugar ਲੈਣ ਕਾਰਨ ਹੋਣ ਵਾਲੇ ਖਤਰੇ ਆਦਿ ਸਬੰਧੀ ਸੂਚਨਾ ਦਿੱਤੀ ਜਾਵੇ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਸਕੂਲਾਂ ਵਿੱਚ ਇਸ ਸਬੰਧੀ ਪ੍ਰੋਗਰਾਮ, ਵਰਕਸ਼ਾਪ ਆਦਿ ਕਰਵਾਏ ਜਾਣ। ਸਕੂਲਾਂ ਵਿੱਚ ਲਗਾਏ ਜਾਣ ਵਾਲੇ 'Display Board/Sugar Board' ਅਤੇ ਕਰਵਾਏ ਜਾਣ ਵਾਲੇ ਪ੍ਰੋਗਰਾਮ, ਵਰਕਸ਼ਾਪ ਸਬੰਧੀ ਸੂਚਨਾ NCPCR ਨੂੰ 30 ਦਿਨਾਂ ਦੇ ਅੰਦਰ-ਅੰਦਰ divyagupta.ncpcr@gov.in ਤੇ ਭੇਜੀ ਜਾਵੇ।
ਉਕਤ ਸਬੰਧੀ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਨਾਲ ਨੱਥੀ ਪੱਤਰ ਵਿੱਚ ਦਰਜ ਹੈ।

Harmandeep
20.3.25

ਸੁਪਰਡੈਂਟ (ਐਫੀਲੀਏਸ਼ਨ)
ਦਾ: ਸਕੱਤਰ, ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ।



डॉ. दिव्या गुप्ता
Dr. Divya Gupta
M.B.B.S, DGO
सदस्य
Member

राष्ट्रीय बाल अधिकार संरक्षण आयोग
NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS
भारत सरकार
GOVERNMENT OF INDIA



Letter No- 227850/NCPCR-CH(1)/2022-23/PART-2
Date- 06.03.2025

To

The Chairperson/ Secretary/Commissioner/Director
State Education Boards
(As per the attached list)

Subject- Regarding Establishing 'Sugar Boards' in Schools to Monitor and Reduce Sugar Intake Among Children.

Sir/Madam,

National Commission for Protection of Child Rights (NCPCR) is a statutory body formed under section (3) of the Commission for Protection of Child Rights (CPCR) Act, 2005 (No.4 of 2006) to ensure that rights of the children are protected especially those who are most vulnerable and marginalized. NCPCR under section (13) (1)(j) of CPCR Act, 2005 has mandate to inquire into the matters pertaining to violation and deprivation of rights and entitlements of children and other related provisions for children provided under the Constitution of India. In addition, the Commission has also been mandated to monitor the implementation of the Juvenile Justice (Care & Protection of Children) Act, 2015 (section 109, JJ Act, 2015), the Right to Education Act, 2009 and Protection of children from Sexual offences Act, 2012.

2. Over the past decade, there has been a significant increase in Type 2 diabetes among children, a condition once primarily seen in adults. This alarming trend is largely attributed to high sugar intake, often due to the easy availability of sugary snacks, beverages, and processed foods within school environments. The excessive consumption of sugar not only increases the risk of diabetes but also contributes to obesity, dental problems, and other metabolic disorders, ultimately impacting children's long-term health and academic performance. Studies indicate that sugar constitutes 13% of daily calorie intake for children aged 4 to 10 and 15% for those aged 11 to 18—substantially exceeding the recommended limit of 5%. The proliferation of sugary snacks, beverages, and processed foods, often readily available in school environments, contributes significantly to this excessive intake.

3. To address this issue, the Commission strongly recommends that all schools under your jurisdiction establish 'Sugar Boards'—visual information displays aimed at educating students about the risks of excessive sugar intake. **These boards should provide essential information, including the recommended daily sugar intake,**

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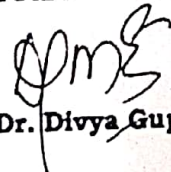
the sugar content in commonly consumed foods (unhealthy meals such as junk food, cold drinks, etc.), health risks associated with high sugar consumption, and healthier dietary alternatives. By implementing this initiative, schools can encourage informed food choices and promote long-term health benefits among students.

4. We request your esteemed office to kindly issue an official circular to all schools under your jurisdiction, directing them to establish Sugar Boards as a mandatory initiative. This circular should instruct schools to prominently display these boards in cafeterias, classrooms, and common areas, ensuring that students receive continuous awareness regarding the risks of excessive sugar consumption. Schools should also be encouraged to integrate this initiative into their health and nutrition programs, conduct periodic sugar-awareness activities/ workshops, and collaborate with healthcare professionals to reinforce the importance of balanced dietary habits. Your prompt action in issuing this directive will contribute significantly to promoting a healthier school environment and safeguarding the well-being of children.

5. A copy of circular, along with the details of the sugar boards displayed by the schools and workshops conducted may kindly be shared with NCPCR on divyagupta.ncpcr@gov.in within 30 days times.

With regards,

Yours sincerely,


(Dr. Divya Gupta)