



Chinmay International School

(Affiliated to CBSE, New Delhi)
Anastu Road, Karjan, Gujarat- 391240

Circular No: CIS/Acad/2025/02

Date: 15.04.2025

Reference: CBSE Circular No. Acad-26/2025 Dated 14.05.2025

Subject: Establishing 'Sugar Boards' in Schools to Monitor and Reduce Sugar Intake Among Children

Dear Teachers and Students,

With reference to the above CBSE circular, this is to inform you that the National Commission for Protection of Child Rights (NCPCR) has raised concerns about the growing incidence of Type 2 diabetes and other health issues among children, mainly due to excessive sugar intake.

Studies show that children are currently consuming **13–15% of their daily calories from sugar**, which is much higher than the recommended limit of **5%**. High intake of sugary snacks, soft drinks, and processed foods leads to obesity, dental issues, and metabolic problems.

To promote better health and awareness among students, the school will be implementing the following measures:

1. Establishment of 'Sugar Boards'

The school will set up **Sugar Awareness Boards** that will display:

- Recommended daily sugar intake
- Sugar content in commonly consumed snacks and beverages
- Health risks of high sugar consumption
- Healthy alternatives and better food choices

These boards will help students make informed decisions and develop healthy eating habits.

2. Awareness Activities

The school will conduct the following awareness programmes:

- Workshops
- Seminars
- Awareness sessions

These activities will educate students about the harmful effects of excessive sugar consumption and encourage them to adopt mindful eating practices.

Submission to CBSE

A brief report along with photographs of the above initiatives will be uploaded by the school to the CBSE link on or before **15 July 2025**:

<https://shorturl.at/E3kKc>

Let us work together to build a healthier school environment and safeguard the well-being of our children.

All students are encouraged to take part and showcase their creativity in their mother tongue or regional language.

Warm regards,

Principal
Chinmay International School-CBSE