

Dated: 05/10/2026

MEMO

Subject: Implementation and prominent display of "Sugar Boards" in schools under Gomati District.

In continuation of the instructions conveyed vide the reference cited above, and in view of the recommendations of the National Commission for Protection of Child Rights (NCPCR) regarding sensitization of school-going children on excessive sugar consumption and hidden sugar content in packaged food, all Heads of Schools under Gomati District are hereby directed to ensure the following measures in their respective institutions:

A. Installation of Sugar Board:

A "Sugar Board" shall be installed and prominently displayed at a suitable and easily visible location within the school premises.

B. Student Sensitization:

Students shall be sensitized regarding daily sugar intake, excessive consumption of sugar and its associated health risks, including obesity, diabetes and other lifestyle-related health concerns.

C. Awareness regarding Packaged Food:

Necessary awareness shall be created among students regarding hidden sugar present in packaged food and beverages, including soft drinks, ice creams, confectionery and other processed food items.

D. Promotion of Healthy Dietary Practices:

Schools shall promote awareness among students regarding healthy, balanced and nutritious dietary choices and encourage them to avoid excessive consumption of sugary food and beverages.

E. Organization of Awareness Activities:

Suitable awareness programmes & activities on child nutrition, healthy eating habits and the adverse effects of excessive sugar consumption shall be organized at the school level through assembly activities, discussions, posters, quizzes, counselling, etc.

F. Participation of Teachers:

Teachers shall actively facilitate the sensitization and awareness activities and guide students towards adopting healthier dietary practices.

G. Maintenance of Records:

The Head of the Institution shall maintain proper records of the activities conducted and shall ensure that photographic evidence of the Sugar Board and awareness activities is preserved for verification.

H. Monitoring and Supervision:

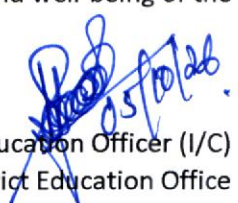
The Head of the Institution shall personally monitor the implementation of the above measures. The concerned Inspector of Schools shall also monitor compliance during school visits.

I. Submission of Action Taken Report:

A brief Action Taken Report & Compliance Report, clearly indicating the status of installation and display of the Sugar Board and awareness activities undertaken, shall be submitted to the District Education Office, Gomati, Udaipur, positively by 12 th October, 2026.

All concerned are hereby directed to treat the matter as important and accord top priority to ensure effective implementation of the above instructions in the interest of the health and well-being of the students.

Enclo: Sugar Board Poster


District Education Officer (I/C)
District Education Office
Gomati District Tripura

Say Low 5 to Sugar

Why Too Much Sugar Is Bad For You?

- May increase your **risk of Cancer**
- Increases your **risk of type 2 Diabetes**
- May increase your **risk of Heart Disease**
- Can lead to **Fatty Liver Disease**
- Increases **risk of developing Acne**
- It can cause **Weight Gain**



	High-Sugar Food	Sugar Content	Healthier Alternative	
	Soft Drinks	~10.6g per 100ml	Coconut Water	
	Chocolate Bars	~61.2g per 100g	Dates	
	Fruit Juices (Packed)	~14g per 100ml	Whole Fruits	
	Confectionery	~25.2g per 100g	Sweet Potato	
	Flavored Syrups	~63g per 100g	Pure Honey	
	Jam	~45–50g per 100g	Fruit Slices	

All values are approximate (~)



4 grams of sugar = 1 teaspoon

Use this tip to visualize added sugar on nutrition labels.

RDA* recommends limiting added sugar to **20g-25g (based on age) per day**—about **5%** of daily calories: aligning with the "**Low5**" approach to sugar intake.

Reference for RDA* : www.nin.res.in/downloads/DietaryGuidelinesforNINwebsite.pdf

No. F. 13(3-76)-SE/GL-II/2023
Government of Tripura
Directorate of Secondary Education
(General Section-II)

Dated, Agartala, the 01/10/2026.

M E M O

Subject :- Monitoring and implementation of "Sugar Boards" in schools.

Reference : Letter No. F.1(15)/TCP CR/24/906-11, dated 23/09/2026, issued by the Tripura Commission for Protection of Child Rights (TCP CR), along with the advisory of the National Commission for Protection of Child Rights (NCPCR).

The undersigned is directed to invite attention to the subject and reference cited above and to state that the **National Commission for Protection of Child Rights (NCPCR)** has recommended the installation of **"Sugar Boards" in all schools** with the objective of sensitizing students regarding their daily sugar intake, hidden sugars in packaged food, associated health risks and healthier alternative dietary choices.

Daily sugar intake through packed foods like Clod drinks, ice-cream etc are proving to be a health hazard to the children. Obesity, diabetes and other such food/life style related diseases has become very common today. To mitigate the risk sensitization and awareness programmes is very crucial.

In view of the above, all **District Education Officers (DEOs)** are hereby requested to issue necessary instructions to all schools under their respective jurisdiction to ensure the following :-

- Active installation and prominent display of "Sugar Boards" in the school premises;**
- Sensitization of students regarding **daily sugar intake and hidden sugars in packaged foods;**
- Awareness among students regarding the **health risks associated with excessive sugar consumption** and promotion of healthier dietary choices;
- Organization of suitable **awareness activities on child nutrition;**
- Regular monitoring of the implementation of the above activities at school level.

The DEOs shall ensure that the instructions are communicated to all concerned **Schools and Heads of Institutions/School Authorities** under their respective jurisdiction for necessary compliance.

A **brief report/confirmation regarding the action taken**, including the status of installation and display of "Sugar Boards" and awareness activities conducted may be furnished to this Directorate at the earliest for compilation and onward submission to the competent authority.

The matter may be accorded **top priority**.

(Sd/-)

Deputy Director
Secondary Education

Enclo :- As stated above.

To

The District Education Officer,
West/ Sepahijala/ Gomati/ South/
Khowai/ Dhalai/ Unakoti & North
for information and necessary action.

Copy to :-

- The PA/PS to the Director, Secondary & Elementary Education, Government of Tripura, for kind information.

Copy also to:-

- The Member Secretary, Tripura Commission for Protection of Child Rights (TCP CR), Govt. of Tripura, Melarmath, Agartala, West Tripura, Email : tcpcrtripura@gmail.com, Call : 0981-2986455 for kind information.


Deputy Director
Secondary Education

Government of Tripura
Tripura Commission for Protection of Child Rights
Melarmath, Agartala, West Tripura

Email: tcpcrtripura@gmail.com, Call: 0381-2986455

No. F. 1(15)/TCPCR/24/ 900-11

Dated: 23/09/2026

To,
The Director,
Directorate of Secondary Education,
Government of Tripura, Agartala, West Tripura.
&



The Director,
Directorate of Elementary Education,
Government of Tripura, Agartala, West Tripura.

Subject: Regarding Monitoring and Implementation of "Sugar Boards" in Schools during "Rashtriya Poshan Maah", 2026.

Reference: NCPCR Letter No- 227850/NCPCR-CH (1)/2022-23/PART-2/DD46475, Dated: 21/09/2026.

Sir/Madam,

With reference to the subject cited above, I am directed to **enclose herewith** a copy of the advisory received from the National Commission for Protection of Child Rights (NCPCR) regarding the monitoring and implementation of "Sugar Boards" in schools under the administrative jurisdiction of the State.

As you are aware, "Rashtriya Poshan Maah" is observed every year in September to strengthen awareness and collective action on nutrition. It provides an essential platform to promote healthy dietary practices, address malnutrition, encourage community participation, and improve the overall health and holistic development of children. Inspired by the Hon'ble Prime Minister's 'Fit India Movement', the NCPCR has strongly recommended the installation of "Sugar Boards" in all schools.

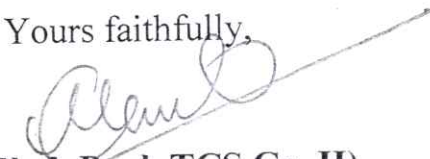
The primary objective of these boards is to sensitize students regarding their daily sugar intake, hidden sugars in packaged foods, associated health risks, and healthier alternative dietary choices. Notably, this proactive health initiative was also highly appreciated by the Hon'ble Prime Minister during his **122nd Episode of "Mann Ki Baat"** address.

In view of the above directive, I am directed to request you to kindly issue necessary instructions to all District Education Officers (DEOs), Inspectors of Schools (IS), and school authorities under your department to ensure the active setup and prominent display of "Sugar Boards" in institutional premises. Furthermore, schools may be directed to organize appropriate awareness activities focusing on child nutrition throughout this month.

A line of confirmation regarding the actions taken by your department in this regard will be highly appreciated.

Enclo: As stated.

Yours faithfully,


(**Madhab Paul, TCS Gr. II**)

Member Secretary, TCPCR

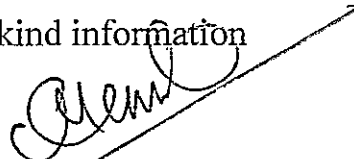
Melarmath, Agartala, West Tripura

Copy to:

1. The Director, NCPCR, Govt. of India for kind information.
2. The Director, SW & SE Dept., Govt. of Tripura for kind information.

Copy also to:

1. The Hon'ble Chairperson, TCPCR for favour of kind information.
2. All Hon'ble members, TCPCR for favour of kind information



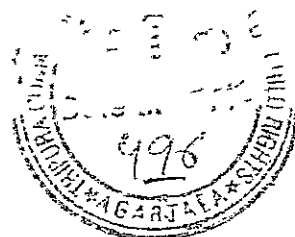
Member Secretary, TCPCR
Melarmath, Agartala, West Tripura

वि. रामनाथ रेड्डी, आई.आर.एस.
V. Ramana Reddy, I.R.S
निदेशक-
Director



सत्यमेव जयते
भारत सरकार
GOVERNMENT OF INDIA

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



Letter No- 227850/NCPCR-CH(1)/2022-23/PART-2/DD4647.

Date- 21 /09/2026

To,

Chairperson,

State Commissions for Protection of Child Rights (SCPCRs).

(As per the attached list)

Subject- Regarding Monitoring of "Sugar Boards" in schools during the "Rashtriya 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.

"Rashtriya Poshan Maah" is observed every year in September to strengthen awareness and collective action on nutrition. It provides a platform to promote healthy dietary practices, address malnutrition, encourage community participation, and improve the health, well-being and holistic development of children.

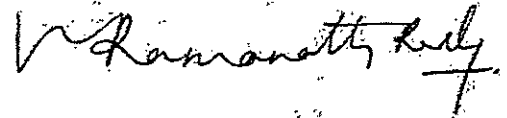
Inspired by the Hon'ble Prime Minister's 'Fit India Movement', the Commission, vide its Advisory dated 06.03.2025, recommended the installation of "Sugar Boards" in schools to sensitize students regarding sugar intake, hidden sugars, associated health risks and healthier dietary choices.

Subsequently, vide 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 view of the above, all the SCPCRs are requested to kindly monitor the implementation and display of "Sugar Boards" in the schools in your respective States/UTs and undertake awareness activities during Poshan Maah.

Your kind cooperation in promoting healthy nutritional practices among children will be highly appreciated.

Yours sincerely,



(V. Ramanadha Reddy)

Director