



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 /Director (Acad)/2025

Date:15.07.2025

Circular No: Acad-45/2025

All the Heads of Schools affiliated to CBSE

Subject: Establishing 'Oil boards' in school and promoting Healthy life style among students –reg.
Dear Principal,

This is in continuation with our earlier Circular No: Acad-26/2025 Dated: 14.05.2025 on Sugar Boards.

The data points out that there is a sharp rise in obesity among both adults and children. As per NFHS-5 (2019-21), over one in five adults in urban areas are overweight or obese. As per The Lancet GBD 2021 obesity forecasting study, published in 2025, the number of overweight and obese adults in India is projected to rise from 18 crores in 2021 to 44.9 crores by 2050, making it the country with the second-highest global burden. Prevalence of childhood obesity is impacted mostly by poor dietary habits and reduced physical activity.

In view of the above, all schools must sensitise their students and staff by:

- Installing Oil Board displays** (Digital/Static posters, etc.) in common areas (cafeterias, lobbies, meeting rooms and other public spaces) to raise awareness on harmful consumption.
- Printing health messages on all official stationery** (letterheads, envelopes, notepads, folders, etc.) and publications to reinforce daily reminders on fighting obesity.
- Promoting healthy meals and physical activity** in schools through availability of nutritious, healthier food options (more fruits, vegetables, and low-fat options, and by limiting availability of sugary drinks and high-fat snacks) and activity initiatives (such as encouraging use of stairs, organizing short exercise breaks, and facilitating walking routes).

A few prototypes of such boards are at annexure-I, and schools may like to customize these as per their requirements. School students can be encouraged to prepare such boards as a part of experiential learning. Relevant IEC material including posters, videos, etc. are available at official YouTube channel of FSSAI.

For details regarding the initiative, schools can contact Food Safety and Standards Authority of India through email at iec@fssai.gov.in.

In view of above, you are requested to do the needful in this regard so as to promote a healthier school environment and safeguarding the well-being of children.

With best wishes,

Dr. Praggya M. Singh
Director (Academics)



‘एकीकृत कार्यालय परिसर, सेक्टर - 23, द्वारका, नई दिल्ली - 110077’
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(An Autonomous Organisation Under the Ministry of Education, Govt. of India) **Annexure-I**


Sugar Facts


Sugar Board



**SUGAR IS MORE FOR TASTE, SERVES NO NUTRITION...
less sugar, more life**

MAXIMUM SUGAR INTAKE PER DAY - 25g =  x5 =  tsp

Do you know?
पता है क्या ?

All packaged foods have information on sugar; read labels

Sugar can be disguised as sucralose, mannitol, erythritol, xylitol, sorbitol etc.

Jaggery, honey, date syrup, maple syrup, brown sugar, caramel, molasses are equally bad

Tooth decay

Faster ageing

Affects mood





Poor heart health

Obesity

Diabetes

Effect of excess sugar on your body



Sugar Showdown!
किसमें कितनी है चीनी ?

| | | | | |
|---|--|--|---|---|
|  x6 |  x2 |  x11 |  x8 |  x4 |
| Per Serving | | | | |
|  x1 |  x11 |  x3 |  x5 |  x2 |
| | | | |  x2 |


Today's canteen snack(s)
इसमें इतनी है चीनी




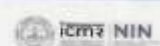
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X



Sugar? No Please!
"चीनी खाने में नहीं,
बस बातों में होनी चाहिए"


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| | | | | |
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|  x6 |  x2 |  x11 |  x8 |  x4 |
| Per Serving | | | | |
|  x1 |  x11 |  x3 |  x5 |  x2 |
| | | | |  x2 |

Today's canteen snack(s)
इसमें इतनी है चीनी



X



X

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Sugar Facts

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पता है क्या ?

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Jaggery, honey, date syrup, maple syrup, brown sugar, caramel, molasses are equally bad

Sugar consumption is linked to overweight and obesity

Sugar? No Please!

Sugar Showdown!
किसमें कितनी है चीनी ?

| | | | | |
|----|----|-----|----|----|
| | | | | |
| x6 | x2 | x11 | x8 | x4 |

Per Serving

| | | | | | |
|----|-----|----|----|----|----|
| | | | | | |
| x1 | x11 | x3 | x5 | x2 | x2 |

Today's canteen snack(s)
इसमें इतनी है चीनी

X

X

"चीनी खाने में नहीं,
बस बातों में होनी चाहिए"

OIL BOARD

Recommended limit
One should consume only
27-30 gms of fat/day

Which food contains how much oil?

| | | | |
|--|--|--|--|
| | | | |
| 1 Samosa (100 g; 362 Kcal) 28 g of fat | Kachoris (40 g; 166 Kcal) 10 g of fat | 1 Vadapav (127 g; 263 Kcal) 9.5 g of fat | 6 Slices Pizza (471g; 1377 Kcal) 40 g of fat |
| | | | |
| 10 Pakoras (130 g; 351 Kcal) 26 g of fat | Banana Chips (28 g; 147 Kcal) 9.5 g of fat | French Fries (117 g; 342 Kcal) 17 g of fat | 1 Burger (247 g; 590 Kcal) 20.5 g of fat |

Less Oil, More Life
आज से 10% कम



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ISSAI

SUGAR BOARD

Which food contains how much Sugar?

Recommended limit
Sugar intake should not exceed
25g/person/day for adults and
20g/day for children

| Food Item | Sugar Content | Calorie Content |
|-------------------------|---------------|-----------------|
| 1 Gulabjamun (62 g) | 32 g of Sugar | 203 Kcal |
| 1 tsp Jaggery (5 g) | 4 g of Sugar | 22 Kcal |
| Soft Drink (300 ml) | 32 g of Sugar | 132 Kcal |
| Flavored Juice (300 ml) | 36 g of Sugar | 171 Kcal |
| Chocolate (45 g) | 25 g of Sugar | 240 Kcal |
| Chocolate Pastry (87g) | 20 g of Sugar | 212 Kcal |

Less Sugar, More Life



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Copy to the respective Heads of Directorates, Organisations and Institutions 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, Eklatya 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-110054
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 –791111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil – Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
13. The Director, Jharkhand Education Project Council, Old HEC High School, JSCA Stadium Road, Jagannathpur, Sector-III, Dhurwa, Ranchi-834004 (Jharkhand)
14. Navy Education Society, Dte of Naval Education, Naval Headquarters, Ministry of Defence, West Block-V, RK Puram, New Delhi-110066
15. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
16. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
17. DS to Chairperson, CBSE
18. Secretary/ Controller of Examinations/ All Directors, CBSE
19. 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
20. All Joint Secretary/ Deputy Secretary/ PPS/SPS/Under Secretary/ Assistant Secretary, CBSE
21. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
22. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
23. In-Charge, Library
24. Record File



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