

No. EDN-U (G-I) WIFS/- 13044
Office of the,
Deputy Director of Higher Education
Una District Una (HP)
Email.ddhe-una-hp@nic.in

Dated Una- 174303

02 July, 2019

To

All the Principal/Headmaster
GSSS/HS in Una Distt.

Subject:- Regarding Promotion of Sun exposure programme in Schools.

Memo,

With reference to the Director of Higher Education Himachal Pradesh Shimla letter No. EDN-HE (21) B (15) 38/2018-WIFS-Vol-I dated 26 July, 2019 on the subject cited above.

The copy of Regarding Promotion of Sun exposure programme in Schools is enclosed herewith for your further necessary action.

Encls: As above


Deputy Director of Higher Education
Una District Una (HP)

Endst No. Even

dated

Copy to:- 1 The Director of Higher Education Himachal Pradesh Shimla for
information please.

- Sol -
Deputy Director of Higher Education
Una District Una (HP)

No.EDN- HE (21) B (15)38/2018-19
Directorate of Higher Education
Himachal Pradesh
Telephone Number: 0177-2653120, 2653575, 2651386, Extension: 234 Fax: 0177-2812882, 0177-2811247 E-mail: dhe-sml-hp@gov.in & genbr@rediffmail.com

Dated: Shimla-171001 the July, 2019


To

1. All the Deputy Directors of Higher Education, Himachal Pradesh
2. All the Principals/ Headmasters, Govt. Sr. Sec./ High Schools in, Himachal Pradesh

Subject: - **Regarding Promotion of Sun exposure programme in Schools.**


In pursuance to Government of Himachal Pradesh letter No. EDN-C-F(10)1/2019 dated 11 July, 2019, received from Principal Secretary (Education) to the Government of Himachal Pradesh, enclosing therewith copy of letter number F.No.22-1/2019-IS.4 dated 10-06-2019, received from the Under Secretary to the Government of India, MHRD, New Delhi, wherein it has been mentioned that health and well-being of School Students is a vital component of several recent policies and initiatives undertaken by the GOI. Vitamin-D deficiency and high proportion of calcium is another critical area of immense health concern among School Students. Vitamin-D deficiency prevails in epidemic proportions all over the Indian subcontinent, with a prevalence as high as 70 %-100% in the general population (Nutrients, 2014). During the growing up phase, school children remain highly susceptible to bone deforming effects of Calcium and vitamin-D deficiency manifesting as Rickets. At the same time, prevention of this deficiency remains equally important to prevent both short term and long term morbidity among children. Sufficient exposure to the sun can prevent Vitamin-D deficiency.

In order to promote sun exposure among school children to prevent Vitamin-D deficiency, you are directed conduct awareness lectures in the morning assembly on deficiency of Vitamin-D. Outdoor activities may be conducted for sun exposure in free/ extra periods. During the intervals the Students may be encouraged to play in field /open area. Teachers may also be advised to conduct as many physical activities as possible in open area so that Students are benefitted from sun exposure.


(Dr. Parmod Chauhan),
Joint of Higher Education
Himachal Pradesh Shimla-1

Cont.P-2

G-E


26/07/19


NDR


7736
30/7/19

P-2

Endst. No. Even Dated: Shimla-171001 the July, 2019

Copy for information and necessary action is forwarded to:-

1. The Principal Secretary (Education) to the Govt. of Himachal Pradesh, Shimla-2, w.r.t. above mentioned letter number and date.
2. The Joint Director of Higher Education(S), Inspection Cadre, Directorate of Higher Education, Himachal Pradesh.
3. All the Deputy Directors of Education (S), Inspection Cadre in Himachal Pradesh.
4. ✓ The Incharge, IT Cell, with the direction to upload the same on the Departmental website.
5. Guard file.


Joint Director of Higher Education
Himachal Pradesh Shimla-1

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5472261
18/06/19

F.No. 22-1/2019-IS.4
Government of India
Ministry of Human Resource Development
Department of School Education & Literacy

Shastri Bhawan, New Delhi,
Dated: June 10, 2019

To
The Secretary Education
All States/UTs

Subject: Promotion of Sun Exposure programme in Schools.

Sir,

I am directed to state that health and well-being of school children has been a vital component of several recent policies and initiatives undertaken by the Govt. of India. Vitamin-D deficiency and high proportion of calcium, is another critical area of immense health concern among school children. Vitamin D deficiency prevails in epidemic proportions all over the Indian subcontinent, with a prevalence as high as 70%-100% in the general population (Nutrients, 2014). During the growing up phase, school children remain highly susceptible to bone deforming effects of Calcium and Vitamin-D deficiency manifesting as Rickets. This disease can have severe developmental outcomes for the children and could also lead to lifelong deformity and disability. M/o Health & Family Welfare is strengthening the early identification and treatment of calcium and Vitamin-D deficiency and Rickets in school children under Rashtriya Bal Swasthya Karyakram. At the same time, prevention of these deficiency remains equally important to prevent both short term and long term morbidity among children. Sufficient exposure to the sun can prevent Vitamin-D deficiency.

Therefore, in order to promote sun exposure among school children to prevent Vitamin-D deficiency, States and UTs may issue necessary instructions to their schools for conducting awareness lectures on deficiency of Vitamin-D in school assemblies. Schools may also be advised to conduct outdoor activities in sun exposure in free/extra periods. During intervals the students may be encouraged to play in field/open area. Teachers may also be advised to conduct as many physical activities as possible in open area so that students are benefitted from sun exposure.

Yours faithfully,

(Rajesh Kumar Maurya)
Under Secretary to the Govt. of India
Tele-23384501

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Copy to:

State Project Directors, Samagra Shiksha
All States and UTs

G. P. K. V. C.

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22/7/19

DE-8063
16-7-19

No. EDN-C-F(10)1/2019
Government of Himachal Pradesh
Department of Elementary Education

From:



To

The Principal Secretary (Education) to the
Government of Himachal Pradesh

✓ The Director of Higher Education
Himachal Pradesh Shimla-1

The Director of Elementary Education
Himachal Pradesh Shimla-1

Dated: Shimla-171002, the

11th July, 2019

Subject:- Regarding promotion of sun exposure programme in schools.

Sir,

I am directed to enclose herewith photocopy of letter No. 22-
1/2019-IS.4 dated 10th June, 2019 received from the Under Secy. Govt. of
India, MHRD, Department of School Education & literacy, Shastri Bhawan,
New Delhi on the subject cited above and to say that the further necessary
instructions to the school in this behalf may be issued immediately under
intimation to this department as well as to the quarter concerned.

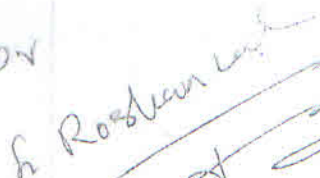
SB-General

HR, Education

Yours faithfully,


Deputy Secretary (Ele. Education) to the
Government of Himachal Pradesh.

Gaurav


29/7/19