



## THE TIMES OF INDIA

Dated: 29-07-2016

Page No:

### 'No junk food on Chandigarh schools' premises

Taking note of the fact that consumption of food that is high in fat, salt and sugar (HFSS) is rampant amongst school children, the National Commission for Protection of Child Rights (NCPCR) has directed Chandigarh education department to take undertaking from all private schools that junk food will not be provided on school premises since diseases occurring from such food and obesity have been reportedly found to affect the cognitive and physical development of children adversely.

The commission has asked the department to send a detailed compliance report (DCR) containing strategy adopted and action taken in the matter within 15 days. The same was forwarded to all city based schools by the office of the district education officer.

In the circular, NCPCR while taking cognizance under section 13(1) (f) and (k) of the CPCRA Act, 2005 stated that, "The consumption of food that is HFSS has been found rampant amongst school children leading to many health hazards and diseases viz. type 2 diabetes, hypertension, dyslipidemia, chronic inflammation and hyperinsulinemia with a risk of cardiovascular diseases in later life."

Recommending further, the commission stated, "In this regard Food Safety and Standards Authority of India (FSSAI) has framed guidelines on making available wholesome, nutritious, safe and hygienic food to school children in India to promote healthy lifestyle, good health, physical fitness and reduce risk of diseases." NCPCR further recommended that CBSE should ensure compliance to its circular on promotion of healthy snacks is strictly adhered to and follow up action on quarterly basis is done regarding the same.