

**Personal Attention**

No.EDN-HE(21)B(15)38/2018-V  
Directorate of Higher Education,  
Himachal Pradesh, Shimla-1  
Tel:0177-2653120Extn.234\_E.mail:genbr@rediffmail.com, Fax:2812882

Dated Shimla-1 the September,2018

To

1. All the Principals,  
Government Degree/ Skt. Colleges in,  
Himachal Pradesh
2. All the Principals/ Headmasters  
Govt. Sr. Sec./ High Schools in,  
Himachal Pradesh


**Subject:- Regarding Jan Andolan Under POSHAN Abhiyaan.**

On the above captioned subject, it is directed that following activities may be undertaken during the POSHAN Abhiyaan during the month of September, 2018:-

1. The Students of Colleges & Schools may be sensitized towards POSHAN in the morning assembly and a topic related to POSHAN may be discussed by the Teachers & Students. The other topics i.e. anemia, hygiene, de-worming, balanced diet etc. may also be discussed in the Morning Assembly.
2. Awareness campaign for adolescent girls' through lecture by Medical Expert may also be arranged.
3. Meeting of School Management Committee to make them aware about POSHAN and also a rally in the adjoining area.
4. Competitions i.e. poster making, slogan writing, quiz etc. on the topic POSHAN.
5. Hb testing of students may be done with the help of Health Department.
6. Material regarding POSHAN Abhiyaan is available on the website of Department of Women and Child Development, Himachal Pradesh.
7. Pledge (Annexure-B) may be taken in the morning assembly.

Apart from above, as desired by the Ministry of Women & Child Development, the detail of activities alongwith photographs conducted during the Poshan Maah, to be provided /sent to the District Programme Officer of Women & Child Development of the respective District (as per Annexure-A) for uploading the same on the portal.

शिक्षा निदेशालय उच्चतर शिक्षा


  
Director of Higher Education,  
Himachal Pradesh

07 SEP 2018

P.T.O.

Endst. No. Even Dated Shimla-1 September, 2018  
Copy for information and necessary action is forwarded to:-

1. The Director, Women and Child Development, Himachal Pradesh, Shimla-1, w.r.t. letter No. 15-25/2018-19044 dated 31-08-2018.
2. All the Deputy Directors of Higher Education in Himachal Pradesh, with the direction **to ensure that the detail of activities alongwith photographs conducted during the Poshan Maah (School wise), should be provided /sent to the District Programme Officer of Women & Child Development of the respective District (as per Annexure-B) as well as to this Directorate, in consolidated manner.**
3. The Technical Officer, IT Cell with the direction to upload the same on the Departmental website.
4. Guard file.

  
Director of Higher Education,  
Himachal Pradesh

### Annexure-A

#### List of District Programme Officers

Sr. No.	Name of DPO	Designation	Code	Phone No. Office	Mobile
1	Sh. Ranjeet	DPO, Kangra	01892	227114	94180-44529
2	Sh. Tilak Raj Acharya	DPO, Hamirpur	01972	225085	98168-66166
3	Smt. Ira Tanwar	DPO, Shimla	0177	2627360	94180-22038
4	Sh. Surinder Tegta	DPO, Mandi	01905	223845	94181-48003
5	Sh. Virender K. Araya	DPO, Kullu	01902	222105	94180-63793
6	Smt. Vandna Chauhan	DPO Solan	01792	221934	94180-30907
7	Sh. Madan Singh	DPO, Sirmour	01702	225607	94186-30757
8	Sh. Rakesh, Addl. Charge	DPO, Chamba	01899	220307	94184-59857
9	Sh. Arjun Negi	DPO, Kinnaur	01786	223436	94181-16600
10	Sh. Satnam	DPO, Una	01975	228499	98050-04920
11	Smt. Anju Bala	DPO, Bilaspur	01978	221514	98822-04230
12	Sh. Hukum Chand Sharma	DPO, Lahaul & Spiti	01900	222862	70187-99399

upload  
07/09/2018

## शपथपत्र

आज मैं भारत के बच्चों , किशोरों और महिलाओं को कुपोषण मुक्त स्वस्थ और मज़बूत करने का वचन देता हूँ।

राष्ट्रीय पोषण माह के दौरान मैं हर घर तक सही पोषण का सन्देश पहुंचाऊंगा/  
पहुँचाऊंगी सही पोषण का अर्थ , पौष्टिक आहार , साफ़ पानी और सही प्रथाएं।

मैं पोषण अभियान को एक देश व्यापी जन आंदोलन बनाऊंगा हर घर , हर विद्यालय ,  
हर गांव , हर शहर में सही पोषण की गूँज उठेगी।

इस जन आंदोलन से मेरे भारतीय भाई और बहन और सब बच्चे स्वस्थ होंगे और पूरी  
क्षमता प्राप्त करेंगे।

यह मेरी प्रतिज्ञा है!

सही पोषण .. देश रोशन