

No.EDN-HE(21)B(15)38/2017-V  
Directorate of Higher Education  
Himachal Pradesh, Shimla-1

Tel: 0177-2653120 Extn. 234\_E.mail: genbr@rediffmail.com, Fax: 2812882

To Dated Shimla-1 the May, 2017  
All the Deputy Directors of Higher Education,  
Himachal Pradesh

Subject:- Regarding intake of WIFS IFA during summer vacation.

Memo,


This is with reference to the letter No.HFW-H(NHM)WIFS/2016-19800 dated 20-05-2017, received from the Mission Director (NHM), Himachal Pradesh, on the subject cited above, wherein it has been intimated that during summer vacations in the months of May, June & July, every year, it is observed that monthly converge of beneficiaries under the Weekly Iron Folic Acid Programme (WIFS) drops significantly. As per the guidelines received from the GOI, school going adolescent can be provided one IFA tablets for every week during the vacations for consumption at home. However, the protocol for consumption of IFA tablets followed during supervised ingestion must be reiterated before providing tablets. In an effort to ensure uninterrupted IFA supplementation to school going adolescent girls and boys, all the Educational Institutions should be asked to ensure the following:-

1. School going adolescents in classes 6<sup>th</sup> to 12<sup>th</sup> should be given IFA tablets (one IFA tablet for every week during vacations) to consume at home during vacations.
2. It is important to ensure that the adolescents and their parents/ caregivers are aware of the protocols for consumption of IFA that are followed during the WIFS day at schools.
3. Clear communication regarding the following should be ensured:-
  - a. Only one tablet should be consumed in a week.
  - b. The tablets should not be consumed empty stomach.
  - c. IFA tablets should not be chewed or broken and should be swallowed whole with water.



- d. IFA tablet intake may be deferred, if the adolescent is suffering from some illness like fever or pain in abdomen.
- e. Information regarding nearest available Health facility in case of any adverse event following IFA ingestion.
4. Innovation communication strategies may be adopted like providing flyers in local language to students, verbal communication in the classes and school assemblies, written communication to parents and guardians. Also, SMC meetings may be used as a platform to ensure communication regarding correct consumption of IFA.
5. Ensure availability of adequate stock of Blue IFA tablets in Government schools as per requirement before schools close for summer vacations.

In view of aforementioned, you are directed to issue necessary instructions to all the Government Educational Institutions under your administrative control to take appropriate action in the matter accordingly, as desired by the Mission Director (NHM, Himachal Pradesh, immediately).



Director of Higher Education,  
Himachal Pradesh

Endst. No. Even dated Shimla-1 the May, 2017

Copy for information and necessary action is forwarded to:-

1. The Mission Director (NHM), Directorate of Health Services, Himachal Pradesh, Shimla-9, w.r.t. letter number and date as mentioned herein above.
2. The Incharge, IT Cell, with the directions to upload the same on the Departmental website.
3. Guard file.



Director of Higher Education,  
Himachal Pradesh