



# Nagaland Board of School Education

Upper Bayavü, Kohima - 797001

Website: [www.nbsenl.edu.in](http://www.nbsenl.edu.in), Email: [nagaboard@gmail.com](mailto:nagaboard@gmail.com)

## **NOTIFICATION NO. 49/2025**


Dated Kohima, the 21<sup>st</sup> June, 2025

No.NBE-8/Ad-Misc(10)/2025-26:: It is hereby notified for information of all the Heads of Institutions registered under NBSE, that under the directives of the National Commission for Protection of Child Rights (NCPCR), all schools are directed to establish '**Sugar Boards**'- visual information displays aimed at educating students about the risks of excessive sugar intake. **These boards should provide essential information, including the recommended daily sugar intake, the sugar content in commonly consumed foods (unhealthy meals such as junk food, cold drinks, etc.), health risks associated with high sugar consumption, and healthier dietary alternatives.**

Over the past decade, there has been a significant increase in Type 2 diabetes among children, a condition once primarily seen in adults. This alarming trend is largely attributed due to high sugar intake, often due to availability of sugary snacks, beverages, and processed foods within school environments. The excessive consumption of sugar not only increases the risk of diabetes but also contributes to obesity, dental problems, and other metabolic disorders, ultimately impacting children's long-term health and academic performance.

Therefore, all concerned Heads are requested to disseminate information about the risk of excessive sugar consumption by prominently displaying these boards in cafeterias, classrooms, and common areas. Schools are also encouraged to integrate this initiative into their health and nutrition programs, conduct periodic sugar-awareness activities, workshops and collaborate with healthcare professionals to reinforce the importance of balanced dietary habits. This will help contribute significantly to promoting a healthier school environment and safeguarding the well-being of children.

A copy of circular, along with the details of the sugar boards displayed by schools and workshops conducted may kindly be shared with NCPCR on [divyagupta.ncpcr@gov.in](mailto:divyagupta.ncpcr@gov.in) within 30 days time.

  
21.6.2025  
(Rangumbing Nsarangbe)

**Secretary & Chairperson (Addl. Charge)**

No.NBE-8/Ad-Misc(10)/2025-26/ 2116

Dated Kohima, the 21<sup>st</sup> June, 2025

**A. Copy for information and necessary action:**

1. The Heads of Registered Institution under NBSE


**B.** Dr. Divya Gupta, Member, National Commission for Protection of Child Rights (NCPCR), 5<sup>th</sup> Floor, Chanderlock Building, 36, Janpath, New Delhi-110001

**C. Copy for information:**

1. The Commissioner & Secretary to the Government of Nagaland, School Education & SCERT, Nagaland, Kohima.

2. The Principal Director, School Education, Nagaland, Kohima.

**D. Office copy**

  
21.6.2025  
(Rangumbing Nsarangbe)

**Secretary & Chairperson (Addl. Charge)**