

No-EDN-HE(21)B(15)38/2016-WIFS  
Directorate of Higher Education,  
Himachal Pradesh, Shimla-1

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Dated Shimla-1 the February, 2017

To

All the Deputy Directors of Higher Education,  
Himachal Pradesh

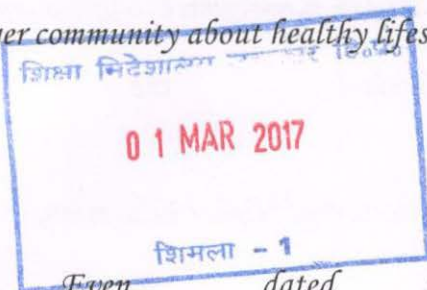
**Subject:-** Regarding "Healthy Children Healthy India".

Memo,

In pursuance to the letter No.EDN-B-Ga(17)-6/2016-IV dated 02-02-2017 received from the Principal Secretary (Education) to the Government of Himachal Pradesh, Shimla-2, on the subject cited above, it is informed that vide D.O. No. 27-54/2016-EE.16 dated 30-12-2016, Secretary, MHRD, GOI, Department of School Education & Literacy, Shashtri Bhawan, New Delhi, has informed that Ministry of Health and Family Welfare, Government of India, has prepared a booklet titled "Health Children Healthy India" to generate awareness amongst children about the lifestyles that can keep them healthy. As mentioned in the letter, the booklet depicts various aspects of healthy lifestyle like healthy diet, physical activity & exercise, weight management, personal and menstrual hygiene, healthy environment, substance abuse and road safety for children in a pictorial way. Since we all know that healthy children are known to have better scholastic achievements, the suggestions in this booklet will be very useful to the students as well as to the larger community about healthy lifestyles.

You are, therefore, directed to issue necessary instructions to all the Educational Institutions under your administrative control to co-ordinate with the authorities of Health Department of Himachal Pradesh for the arrangement of distribution of these booklets to the High & Senior Secondary Schools and also to disseminate the information contained in the booklet during the morning assemblies and in the bal-sabhas.

*This will not only help our children to stay healthy but will also help spread awareness in families and larger community about healthy lifestyles.*



*sd*

(Dr. B.L. Vinta),  
Director of Higher Education,  
Himachal Pradesh

Endst. No. Even dated Shimla-1 the February, 2017  
Copy for information and necessary action is forwarded to:-

1. The Principal Secretary (Education) to the Government of Himachal Pradesh, Shimla-2, w.r.t. letter number and date as mentioned herein above.
2. The Director of Health Services, Himachal Pradesh, SDA Complex, Kasumpti, Shimla-9, with the request to provide the copies of booklet to all Government High & Senior Secondary Schools through the Block Medical Officer / Community Health Centers of the concerned area, as mentioned in the D.O. letter of MHRD (Copy enclosed) titled "Healthy Children Healthy India", immediately.
3. The Incharge, IT Cell, with the direction to upload this letter on the departmental website.
4. Guard file.

*sd*

Director of Higher Education,  
Himachal Pradesh