



ज्ञान-विज्ञान विमुक्तये

आचार्य मनिष र. जोशी
सचिव

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Secretary



सत्यमेव जयते



आज़ादी का
अमृत महोत्सव

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

D.O.No. 2-38/2025(CPP-II)(C.169290)

17 भाद्रपद, 1947/08th September, 2025

Subject: Installation of Oil & Sugar Boards - regarding.

आदरणीय महोदया/महोदय,

The Ministry of Health and Family Welfare, Government of India, in its recent communication, has pointed out that obesity in India is a serious public health concern, closely linked to chronic diseases such as hypertension, type 2 diabetes, heart disease, and certain cancers. Tackling obesity among the younger generation is vital to ensuring a healthier, more resilient future. Early intervention can significantly reduce the risk of developing non-communicable diseases (NCDs) later in life.

Consumption of nutritious foods such as fruits, vegetables, lean proteins, and whole grains provides essential nutrients and promotes satiety, while processed and sugary foods contribute to weight gain with little nutritional value.

To promote healthier dietary habits among youth, it is proposed that "Sugar and Oil Boards" be installed in all Higher Education Institutions. These boards will showcase facts about hidden fats and sugars in everyday foods, empowering students to make informed and mindful choices. Placing them in high-visibility areas such as corridors, canteens, and meeting rooms is expected to encourage healthier eating habits and reduce diet-related diseases.

A sample board shared by the Ministry of Health and Family Welfare is attached to this letter.


In this regard, all Higher Education Institutions are requested to adopt the following measures:

1. Install "Oil & Sugar Board" displays (digital/static) in common areas including canteen to highlight the risks of excess oil and sugar consumption.
2. Promote healthy habits in higher education institutions by offering more nutritious food options, limiting sugary drinks and high-fat snacks, and encouraging physical activity (stairs, walking routes, short exercise breaks).
3. Conduct regular nutrition and fitness workshops/webinars to reinforce awareness and support obesity prevention.

While these measures will help combat non-communicable diseases (NCDs), they will also foster a healthier, more resilient youth. All Higher Education Institutions are therefore requested to implement the above suggestions in letter and spirit, actively contributing to the promotion of a stronger, healthier generation.

सादर,

भवदीय,


(मनिष जोशी)

संलग्नक: उपरोक्तानुसार

सेवा में,

सभी विश्वविद्यालयों के कुलपति।

सभी महाविद्यालयों के प्राचार्य।









Sugar Facts

Sugar Board



SUGAR IS MORE FOR TASTE, SERVES NO NUTRITION...

less sugar, more life

MAXIMUM SUGAR INTAKE PER DAY - 25g =  x5 =      tsp

सेहत है तो सब कुछ है

Do you know?

पता है क्या ?

- All packaged foods have information on sugar; read labels
- Sugar can be disguised as sucralose, mannitol, erythritol, xylitol, sorbitol
- Jaggery, honey, date syrup, maple syrup, brown sugar, caramel, molasses are equally bad



Sugar consumption is linked to overweight and obesity

Sugar? No Please!

Sugar Showdown!

किसमें कितनी है चीनी ?

किसम कितना हे चीना ?

100 ml

x6

100 ml

x2

100 g

x11

100 g

x8

200 ml

x4

Per Serving

20 g

x1

100 g

x11

100 ml

x3

100 g

x5

20 g

x2

100 ml


x2


Today's canteen snack(s)


इसमें इतनी है चीनी

Mention your items here

No. of spoons

 X _____

 X _____

 X _____

**"चीनी खाने में नहीं,
बस बातों में होनी चाहिए"**



Sugar Facts

Sugar Board



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Tooth decay
Affects mood
Obesity
Effect of excess sugar on your body



Faster ageing
Poor heart health
Diabetes

Sugar Showdown!

किसमें कितनी है चीनी ?



Per Serving



Today's canteen snack(s)

इसमें इतनी है चीनी

Mention your items here

No. of spoons

 X _____

 X _____

 X _____

Sugar? No Please!

“चीनी खाने में नहीं,
बस बातों में होनी चाहिए”



SUGAR BOARD

Which food contains how much Sugar?

Recommended limit

Sugar intake should not exceed
25g/person/day for adults and
20g/day for children



1 Gulabjamun (62 g; 203 kcal)
32 g of Sugar



1 tsp Jaggery (5 g; 22 Kcal)
4 g of Sugar



Soft Drink (300 ml; 132 Kcal)
32 g of Sugar



Flavored Juice (300 ml; 171 Kcal)
36 g of Sugar



Chocolate (45 g; 240 Kcal)
25 g of Sugar



Chocolate Pastry (87g; 212 Kcal)
20 g of Sugar

Less Sugar, More Life





OIL BOARD

Which food contains how much oil?

Recommended limit
One should consume only
27-30 gms of fat/day



1 Samosa
(100 g; 362 Kcal)

28 g of fat



kachoris
(40 g; 166 Kcal)

10 g of fat



1 Vadapav
(127 g; 263 Kcal)

9.5 g of fat



6 Slices Pizza
(471g; 1377 Kcal)

40 g of fat



10 Pakoras
(130 g; 351 Kcal)

26 g of fat



Banana Chips
(28 g; 147 Kcal)

9.5 g of fat



French Fries
(117 g; 342 Kcal)

17 g of fat



1 Burger
(247 g; 590 Kcal)

20.5 g of fat

Less Oil, More Life

आज से 10% कम

Recommended limit
One should consume only
27-30 gms of fat/day



Which food contains how much oil?



1 Samosa
(100 g; 362 Kcal)
28 g of fat



kachoris
(40 g; 166 Kcal)
10 g of fat



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(127 g; 263 Kcal)
9.5 g of fat



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(247 g; 590 Kcal)
20.5 g of fat