प्रो. डॉ. जसपाल एस. सन्धू
सचिव
Prof. Dr. Jaspal S. Sandhu
MBBS, MS (Ortho), DSM, FAIS, FASM, FAFSM, FFIMS, FAMS
Secretary

D.O. No. 14-24/2016(CPP-II)   10th November, 2016

Dear Sir / Madam,

The Ministry of Human Resource Development vide its letter No.13-65/2015-U.5 dated 20th October, 2016 has desired to issue instructions against availability and sale of Junk food in Higher Educational Institutions. Banning junk food in colleges would set new standards for healthy food and make the students live better, and learn better and also reduce the obesity levels in young learners, thus preventing life style diseases which have a direct link with excessive weight.

All the universities are requested to take necessary action on the following points:-

- To implement measures to sensitize the students on ill effects of junk food.
- Universities can serve as important data sources on student's health. Information on markers like body mass index (BMI)/percentage of body weight/waist hip ratio etc. can help in creating awareness among students towards their health.
- Orientation programs for faculty and staff be conducted on health issues.
- Wellness clusters should be created under the Students Welfare Department where counseling should be done regarding proper nutrition, proper exercise and healthy habits. These wellness clusters can also provide psychological support to the students to prevent and reduce the incidence of obesity in young students.

You are, therefore, requested that you may take necessary actions on the above points in your esteemed university and also circulate the instructions to all the colleges affiliated to your university.

With regards,

Yours sincerely,

(Jaspal S. Sandhu)