GSEB Sansodhan

(6)

ક્રમાંક:મઉમશબ/સંશોધન/૨૦૨૬/4447-80
ગુજરાત માધ્યમિક અને
ઉચ્ચતર માધ્યમિક શિક્ષણ બોર્ડ,
સેક્ટર-૧૦બી, જૂના સચિવાલય પાસે,
ગાંધીનગર. તા.૦૪/૧૧/૨૦૨૬

પ્રતિ,
જિલ્લા શિક્ષણાધિકારીશ્રી(તમામ),
ગુજરાત.

વિષય : શાળામાં અભ્યાસ કરતા બાળકોના આરોગ્ય, સુખાકારી તથા સર્વાંગી વિકાસને પ્રોત્સાહન આપવા માટે તૈયાર કરવામાં આવેલ "My Health World" શૈક્ષણિક સામગ્રીના ઉપયોગ બાબત.

સંદર્ભ : (૧) શાળા શિક્ષણ અને સાક્ષરતા વિભાગ, ભારત સરકારનો તા.૦૬/૧૦/૨૦૨૬નો પત્ર.
(૨) આરોગ્ય અને પરિવાર કલ્યાણ વિભાગ, ભારત સરકારનો તા.૨૫/૦૯/૨૦૨૬નો પત્ર.

ઉપરોક્ત વિષય અને સંદર્ભદર્શિત પત્રો અન્વયે જણાવવાનું કે, ભારત સરકારના આરોગ્ય અને પરિવાર કલ્યાણ મંત્રાલય દ્વારા શાળા શિક્ષણ અને સાક્ષરતા વિભાગ, શિક્ષણ મંત્રાલયના સહયોગથી શાળામાં અભ્યાસ કરતા બાળકોના આરોગ્ય, સુખાકારી તથા સર્વાંગી વિકાસને પ્રોત્સાહન આપવા માટે વિવિધ પહેલ હાથ ધરવામાં આવેલ છે.

હાલમાં બાળકો અને કિશોરોમાં વધતા જતા સ્થૂળતા, વધુ પડતું વજન, અનિયમિત ઊંઘ, શારીરિક પ્રવૃત્તિનો અભાવ, સ્ક્રીનનો વધુ પડતો ઉપયોગ તથા બિનઆરોગ્યપ્રદ આહાર જેવી સમસ્યાઓને ધ્યાનમાં રાખીને, નાની ઉંમરથી જ બાળકોમાં સ્વસ્થ જીવનશૈલી અને આરોગ્ય પ્રત્યે જાગૃતિ કેળવવી આવશ્યક છે.

આ હેતુસર ભારત સરકારના આરોગ્ય અને પરિવાર કલ્યાણ મંત્રાલય દ્વારા "My Health World" નામની ચિત્રાત્મક શૈક્ષણિક સામગ્રી તૈયાર કરવામાં આવેલ છે. આ સામગ્રી હિન્દી અને અંગ્રેજી ભાષામાં ઉપલબ્ધ છે. વધુમાં, બાળકોને સરળતાથી સમજાય તે હેતુથી ડિજિટલ તથા એનિમેટેડ શૈક્ષણિક સામગ્રી અને શરીરના વિવિધ અંગોના આરોગ્ય, સ્વસ્થ આદતો તથા સર્વાંગી સુખાકારીને લગતા ટૂંકા શૈક્ષણિક વીડિયો તૈયાર કરવાની કામગીરી પણ હાથ ધરવામાં આવેલ છે.

ઉક્ત શૈક્ષણિક સામગ્રી નીચેની વેબસાઇટ પર ઉપલબ્ધ છે:
વેબસાઇટ લિંક: https://nhm.gov.in/index4.php?lang=1&level=0&linkid=533&lid=777

ઉપરોક્ત બાબત અન્વયે આપના તાબા હેઠળની તમામ માધ્યમિક અને ઉચ્ચતર માધ્યમિક શાળાઓના આચાર્યશ્રીઓને ઉપરોક્ત શૈક્ષણિક સામગ્રીની જાણ કરવામાં આવે તથા શાળાઓમાં ઉપલબ્ધ આરોગ્ય શિક્ષણ સંબંધિત સામગ્રીનો શૈક્ષણિક અને સહઅભ્યાસિક પ્રવૃત્તિઓ દરમિયાન યોગ્ય ઉપયોગ થાય તે સુનિશ્ચિત કરવા જરૂરી સૂચનાઓ આપશો. આ ઉપરાંત, વિદ્યાર્થીઓમાં સ્વસ્થ જીવનશૈલી, પૌષ્ટિક આહાર, નિયમિત ઊંઘ, શારીરિક પ્રવૃત્તિ તથા સ્ક્રીનના સંતુલિત ઉપયોગ અંગે જાગૃતિ કેળવવા માટે શાળાકક્ષાએ યોગ્ય પ્રવૃત્તિઓ હાથ ધરવા જરૂરી કાર્યવાહી કરશો.

સંયુક્ત નિયામક
ગુજરાત માધ્યમિક અને
ઉચ્ચતર માધ્યમિક શિક્ષણ બોર્ડ,
ગાંધીનગર

બિડાણ: સંદર્ભ દર્શિત પત્ર

નકલ સવિનય રવાના :
- માન.અધ્યક્ષશ્રી, ગુ.મા. અને ઉ.મા. શિક્ષણ બોર્ડ, ગાંધીનગર

જિ. શિ. અ. કચેરી, પાટણ
પત્રની નોંધણી નંબર...8128.
તારીખ...5/11/26
સહી.....
ટપાલની સહી.....

D:\Divyesh\પરિપત્ર\health education 27.10.26.docx

ક્રમાંક. ક - ૩/પરચ/૨૦૨૬/ ૨૨૬૫૨
જિલ્લા શિક્ષણાધિકારી કચેરી,
અનાવીલ ભવન સામે, કારેલીબાગ,
વડોદરા.
તા.૦૫/૧૨/૨૦૨૬

૨/- જાણ તથા અમલવારી કરવા સારું.

જિલ્લા શિક્ષણાધિકારી
વડોદરા

પ્રતિ,
આચાર્યશ્રી,
સરકારી, ગ્રાન્ટેડ તથા નોન ગ્રાન્ટેડ પ્રાથમિક, માધ્યમિક અને ઉ. માધ્યમિક શાળાઓ,(તમામ)
જિ. વડોદરા.

નકલ રવાના (જાણ તથા અમલવારી કરવા સારું.)

- શિ.નિ.શ્રી/મ.શિ.નિ.શ્રી, (તમામ) જિ. વડોદરા

ક્રમાંક. ક - ૩/પરચ/૨૦૨૬/
જિલ્લા શિક્ષણાધિકારી કચેરી,
અનાવીલ ભવન સામે,

Gmail GSEB Sansodhan <sansodhan.gseb@gmail.com>

Fwd: Preventive and promotive health education and fostering the overall health, well - being and holistic development of school-going children - reg.

1 message

Chairman <chairman-gseb@gujarat.gov.in> 6 October 2026 at 17:50
To: sansodhangseb <sansodhan.gseb@gmail.com>

========== Forwarded message ==========
From: Milind Torawane IAS (GoG-Education Dept.) <secedu-pri@gujarat.gov.in>
To: "K V Patel(GoG- Education Dept.)"<js-pri-edu@gujarat.gov.in>, "Shri Anand Patel, IAS (GoG Education Dept)"<director-gcert@gujarat.gov.in>, "Chairman"<chairman-gseb@gujarat.gov.in>, "Rakesh R Vyas"<secretary-gshseb@gujarat.gov.in>
Date: Tue, 06 Oct 2026 17:33:47 +0530
Subject: Fwd: Preventive and promotive health education and fostering the overall health, well - being and holistic development of school-going children - reg.
========== Forwarded message ==========

Forwarded for necessary action.

Principal Secretary (Primary & Secondary)
Education Department,
Block No.5/7th Floor,
New Sachivalaya,
Gandhinagar-382011.
(O) 079-23251301/03

========== Forwarded message ==========
From: PMPY HEALTH <pmpyhealth@gmail.com>
To: <secy-sw@and.nic.in>, <secy_se@ap.gov.in>, <secretaryeducationap@gmail.com>, <ddsemdm@gmail.com>, "shah chowdhury" <shahchowdhury17@gmail.com>, <secy-edn-bih@nic.in>, <secy-edu@chd.gov.in>, <cg.school.edu.dept@gmail.com>, <secyedu@nic.in>, <secy-edu-dd@nic.in>, <rmsadnh@gmail.com.com>, <secedu-sect@goa.gov.in>, <secedu-pri@gujarat.gov.in>, <acssehry@gmail.com>, <secy-edu-hp@nic.in>, "pssed2020@gmail.com"<pssed2020@gmail.com>, <hrdjharkhand@gmail.com>, "prsprim-edu"<prsprim-edu@karnataka.gov.in>, <secretarypaladakh@gmail.com>, <pr.secy@ladakh.gov.in>, <secretary-utl2@utl.gov.in>, <psprd@mp.gov.in>, "acs.schedu2"<acs.schedu2@maharashtra.gov.in>, "MidDayMeal Manipur"<mdmmanipur2@gmail.com>, "Ambrose Marak" <achmarak@gmail.com>, <secretarysedmiz@gmail.com>, <osdplanning@gmail.com>, <secysme@gmail.com>, <psse@punjab.gov.in>, <secy.schooleducation@rajasthan.gov.in>, <secretaryeducation2022@gmail.com>, <swsec@tn.gov.in>, "prlsecyedu"<prlsecyedu@telangana.gov.in>, <pmposhantripura@gmail.com>, "Secretary UP"<addl.csbasic@gmail.com>, <secy-edu-ua@nic.in>, <secy-edu-uk@nic.in>, "wbssed"<wbssed@gmail.com>, "secy.gedu"<secy.gedu@kerala.gov.in>, <secy.hedu@kerala.gov.in>, <chmn-cbse@nic.in>, "Dinesh Prasad Saklani"<director.ncert@nic.in>, <commissioner-kvs@gov.in>, "Rajesh Lakhani"<commissioner.nvs@gov.in>, "Pankaj Arora" <chairperson-ncte@gov.in>, <addl.com.acad@kvs.gov.in>, <cm@nios.ac.in>, <secyedn.pon@nic.in>
Cc: <ramesh.meena@nic.in>, <singh.rkumar@gov.in>
Date: Tue, 06 Oct 2026 16:28:11 +0530
Subject: Preventive and promotive health education and fostering the overall health, well - being and holistic development of school-going children - reg.
========== Forwarded message ==========

Respected Sir/Madam,

Kindly find enclosed herewith a letter dated 06.10.2026 on the subject cited above for necessary action.

Regards,
PMP Health
D/o School Education & Literacy
Ministry of Education, Shastri Bhawan.

Thanks & Regards,

PA to Chairman
Gujarat Secondary & Higher Secondary Education Board,
Gandhinagar-382010.
*Phone (o) : **079-232-53817***

2 attachments

letter dated 06.10.2026.pdf
520K

letter dated 25.09.2026.pdf
1862K

c13

F. No. 1-39/2026-PMP (Health)
Government of India
Ministry of Education
Department of School Education & Literacy

Kartavya Bhawan-2, New Delhi,
Dated, the 6th October, 2026

To,

1. The Education Secretaries of all the States/UTs.
2. The Director, NCERT/SCERT.
3. The Chairman, CBSE.
4. The Commissioner, NVS.
5. The Commissioner KVS.
6. The Chairman, NCTE.
7. The Chairman, NIOS.

Subject: - Preventive and promotive health education and fostering the overall health, well-being and holistic development of school-going children – regarding.

Madam/Sir,

I am directed to refer to D.O. letter dated 25.09.2026 (**copy enclosed**) of the Department of Health & Family Welfare (DoH&FW), the Ministry of Health & Family Welfare and to say that the DoH&FW has developed a child-centric health education initiative designed to make key health concepts simple, relatable and engaging to build a practical and age-appropriate understanding of health and well-being.

2. The DoH&FW has further informed that as part of this initiative, health education content has been compiled into a pictorial learning resource titled "My Health World" (in Hindi and English) and this can be accessed at https://nhm.gov.in/index4.php?lang=1&level=0&linkid=533&lid=777.

3. In this regard, it is requested to disseminate the said resources widely among schools and stakeholders, wherever feasible, in relevant educational and co-curricular activities, with a view to promoting healthy habits, health awareness and overall well-being among school-going children.

4. This issues with the approval of the competent authority.

Encl.: - As above.

Yours faithfully,

(Rajesh Kumar Singh)
Under Secretary to the Government of India
Tele: 011-2401 4955

c16

मीरा श्रीवास्तव, आई.आर.एस.
संयुक्त सचिव
Meera Srivastava, IRS
Joint Secretary

भारत सरकार
स्वास्थ्य एवं परिवार कल्याण विभाग
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
Government of India
Department of Health and Family Welfare
Ministry of Health and Family Welfare

D.O. No. Z-28020/93/2025-CH
Dated: 25th September, 2026

Respected Madam,

As part of the ongoing collaboration between the Ministry of Health and Family Welfare (MoHFW) and the Department of School Education and Literacy, Ministry of Education, several initiatives have been undertaken to promote preventive and promotive health education and foster the overall health, well-being and holistic development of school-going children.

The growing prevalence of overweight, obesity and other lifestyle-related health conditions among children and adolescents has emerged as an important public health concern. These challenges are often associated with unhealthy dietary practices, insufficient physical activity, excessive screen exposure, irregular sleep patterns and increasing psychosocial stress, highlighting the need to promote healthy behaviours and informed lifestyle choices from an early age.

As deliberated during the 6th meeting of the Joint Task Force (JTF) on Early Childhood Care & Education (ECCE) held on 3rd August 2026, MoHFW has developed a child-centric health education initiative designed to make key health concepts simple, relatable and engaging to build a practical and age-appropriate understanding of health and well-being.

JS(PMPY) May like to consider

As part of this initiative, health education content has been compiled into a pictorial learning resource titled **"My Health World"**, available in both Hindi and English. To further enhance its reach and impact, the content has been transformed into child-friendly digital and animated learning resource in Hindi, focusing on healthy habits, organ health and overall well-being. In addition, work is in progress for development of the same video in English along with shorter duration organ-specific educational videos for wider dissemination through various media platforms.

These resources may be accessed at:
https://nhm.gov.in/index4.php?lang=1&level=0&linkid=533&lid=777

Given our shared commitment to nurturing healthy, informed and empowered children, I would request to disseminate these resources widely across schools and integrate, wherever feasible, within educational and co-curricular activities.

JS(PMPY)-258 2/10/26

I look forward to our continued collaboration in strengthening health promotion efforts within schools and in empowering children with the knowledge, attitudes and life skills needed to make informed choices and lead healthier lives.

Encl: Inputs on Agenda No. 1 and Agenda No.3.1.

Copy: Dir(SA)

With regards,

Yours sincerely,

(Meera Srivastava)

DS (RCH) 1/10/26

Ms. Archana Sharma Awasthi
Additional Secretary
Department of School Education & Literacy (DoSE&L)
Ministry of Education

#Measles Rubella Elimination
#Anemia Mukt Bharat

No. Z-28020/93/2025-CH
Government of India
Ministry of Health & Family Welfare
(Child Health Section)

Kartavya Bhawan- 1, New Delhi
Dated 25-09-2026

OFFICE MEMORANDUM

Subject: Forwarding of inputs on Agenda Item Nos. 1 and 3.1 in respect of minutes of 6th Meeting (MoM) of the Joint Task Force (JTF) on ECCE – reg.

The undersigned is directed to refer to Department of School Education and Literacy (DoSEL)'s OM No. 22-3/2021-EE.19/SS.13 dated 21.08.2026, forwarding therewith the minutes of the 6th Meeting of the Joint Task Force (JTF) on Early Childhood Care and Education (ECCE) held on 03.08.2026, and to enclose herewith the inputs on Agenda Item Nos. 1 and 3.1 for information and necessary action, please.

2. This issues with the approval of the competent authority.

Encl.: - As above.

Digitally signed by
Mohammad Amaan
Date: 25-09-2026
14:42:53

(Mohammad Amaan)
Section Officer
Tele: 011-24013395

To

Satish Srivastava
Under Secretary to the Government of India
Department of School Education & Literacy (DoSE&L)
Ministry of Education

Copy to:

1. Ms. Archana Sharma Awasthi, Additional Secretary, DoSE&L, MoE.
2. Ms. Shalini Agnihotri, Director, DoSE&L, MoE.

Copy for information to:

1. PPS to AS&MD (NHM), MoHFW.
2. PPS to JS (RCH), MoHFW.
3. PS to Deputy Commissioner & In-charge (CH, RBSK), MoHFW.

Inputs relates to the discussions held in the 6th meeting of the JTF on ECCE regarding agendas related to RBSK, MoHFW ie integration of health and education-related data of children aged 3-6 years and extension of health check-up services to Balvatikas

1. **Action Taken on Agenda Item 1: Data Integration of children aged 3-6 years**

- It is submitted under the Rashtriya Bal Swasthya Karyakram (RBSK), children are screened by Mobile Health Teams (MHTs) in Government and Government-aided schools (6-18 years) and Anganwadi Centres (0 to 6 years) as well as Balvatikas (3-6yrs) following a structured screening protocol. The health screening includes general examination including height, weight, vision assessment etc along with other listed health conditions under the RBSK's 4-D screening framework.
- Through the RBSK 2.0 web portal, the linking of ABHA IDs created by RBSK-MHTs with Permanent Education Numbers (PEN) received through UDISE+ of the Department of School Education & Literacy (DoSE&L) has already been completed and implemented across States/UTs for children enrolled in Government and Government-aided schools. The functionality to generate ABHA IDs for Balvatika children using Aadhaar and linking them with students' PEN IDs has already been integrated into the RBSK 2.0 web portal.

2. **As per para 3.1 : Digital health education resources developed under RBSK 2.0**

- Under Rashtriya Bal Swasthya Karyakram (RBSK) 2.0, Information, Education and Communication (IEC) materials such as health booklet (Hindi and English), videos, and posters have been developed and shared with States/UTs to generate awareness among children and parents regarding lifestyle-related health issues and to promote healthy lifestyle practices within communities.
- Further, the health booklets have been shared with the Department of School Education and Literacy, Ministry of Education, vide D.O. Letter No. Z-28020/35/2025-CH dated 27.04.2026 and D.O. Letter No. Z-28020/35/2025-CH dated 28.04.2026, with a view to strengthen preventive and promotive health education and enhancing awareness among school-going children.
- To enhance outreach and engagement, these materials have been digitized into child-friendly visual and animated learning resources focusing on healthy habits, human organs, and overall well-being. These digital resources are intended to facilitate wider dissemination, greater uptake, and improved health literacy among children and their families.
- The IEC material including the video can be accessed at https://nhm.gov.in/index4.php?lang=1&level=0&linkid=533&lid=777