



गुलाम नबी आज़ाद  
GHULAM NABI AZAD



सत्यमेव जयते  
RECEIVED  
19 DEC 2011  
NEW DELHI

स्वास्थ्य एवं परिवार कल्याण मंत्री  
भारत सरकार  
निर्माण भवन, नई दिल्ली-110108

Minister of Health & Family Welfare  
Government of India  
Nirman Bhavan, New Delhi-110108

D.O. No.P.13015/6/2005-Nut. & IDD

December / , 2011

My dear Sh. Kapil Sibal

PEAS  
HAM

I am writing to draw your kind attention to our letter of even number dated 31.1.2007 (copy enclosed) indicating the increasing trend, particularly among school and college students and adolescent population, to consume junk food and carbonated drinks, which are rich in calories but deficient in vital nutrients. This has become a major public health concern world-wide, as these foods and drinks provide only energy but little or no vitamins and minerals.

2. This trend is being witnessed in our country also and is a cause of deep concern to all of us. You may be aware that lifestyle diseases, like diabetes, hypertension and cardiovascular diseases, have shown tremendous increase in the past couple of decades. These diseases have a positive correlation with sedentary lifestyle and consumption of unhealthy food rich in transfat.

3. Efforts are being made by my Ministry, in consultation with public health experts, nutritionists and dieticians, to promote healthy food and healthy life styles. We must emphasise on consumption of fruits and vegetables and promote a culture where people do regular physical exercises.

4. In this context, I would request you to kindly seriously consider issuing appropriate directions to the schools and colleges for promoting healthy food habits and discouraging foods high in saturated fat and carbonated drinks from their canteens. Children must be made aware of the benefits of consumption of fruits, vegetables and whole grains.

5. Such a step would go a long way in addressing the potential threat of diet related chronic non-communicable disorders.

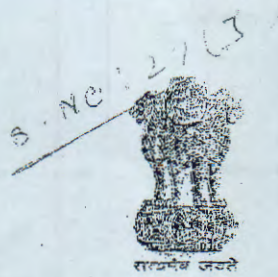
With regards,

Yours sincerely,

(Ghulam Nabi Azad)

Shri Kapil Sibal  
Hon'ble Union Minister of  
Human Resource Development,  
Shastri Bhawan,  
NEW DELHI - 110 001.





डॉ. अंबुमणि रामदास  
Dr. ANBUMANI RAMADASS

31 JAN 2007

D.O. No. P.13015/6/2005 Nut. & IDD Cell

Handwritten notes: "to all C.M.S. States", "Uf", "R Sec", "परिवार कल्याण विभाग", "नई दिल्ली", "31 JAN 2007", "W", "N".

Rawangi

I am writing this letter to draw your attention to the increasing trend, particularly, among school & college children and adolescent population to consume 'Junk foods' and Carbonated Drinks/Colas which are rich in calories but deficient in vital nutrients. There is a concern world-wide regarding increasing consumption of these foods and drinks which provide only energy and little or no vitamins and minerals. Further, tobacco consumption among adolescent population is also another major disturbing issue and is one of the most important risk factor for much of the morbidity and mortality and increase in diet related chronic non-communicable disorders.

This trend is being witnessed in our country also and is a cause of deep concern to all of us from the public health point of view. There are studies to indicate that there is a positive co-relation between consumption of foods with high energy, saturated fats, excess sugar, etc. (available through junk foods and carbonated drink/colas) and chronic degenerative non-communicable diseases such as obesity, hypertension, cardio-vascular problems, diabetes, stroke, cancers, etc.,.

There is reason to believe that consumption of junk food and carbonated drinks/cola drinks is increasing in colleges and among adolescents and young population. Educational Institute canteens are commonly serving foods such as colas, carbonated drinks, pizzas, burgers/hot dogs, chips/fries, etc.,. The increasing trend towards such a diet in school/college going students and youth is contributing to an increase of diet related non-communicable diseases among young population.

Efforts are being made by my Ministry in consultation with public health experts, nutritionists and dieticians to make people aware of the harmful health effects of "Junk Food" and Carbonated Drinks and also to promote Healthy Lifestyles.

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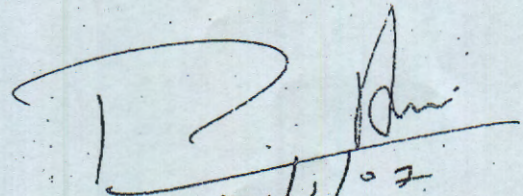


-: 2 :-

In this context, I would request you to seriously consider issuing instructions to the Vice-Chancellors of all Universities including Medical & Agriculture Universities of your State/UT for withdrawing of Junk Foods and Carbonated Drinks from Educational Institution canteens. Such a step would go a long way in addressing the potential threat of diet related chronic non-communicable diseases. It is also requested to issue a total ban on consumption, sale and availability of all tobacco products in the entire University area as well as colleges which may be outside the University campus and also there is need to adopt healthy life style and more physical activities including the playing of games among students of all sections of the society which will keep them in shape, happy and healthy.

With regards,

Yours sincerely,

  
3.1.07  
(Dr. Anbumani Ramadoss)

Dr. Raman Singh,  
Chief Minister,  
Govt. of Chattisgarh,  
Secretariat,  
Raipur.

35 letters