

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
RAJYA SABHA
UNSTARRED QUESTION NO. 2901
ANSWERED ON 18.03.2026

Preventive health awareness and wellness programmes in schools

2901 Shri I.S. Inbadurai:

Will the Minister of EDUCATION be pleased to state:

- (a) whether preventive health awareness programmes conducted in schools, including initiatives by the Illness to Wellness Foundation, are recognised or supported under any national school education framework, if so, the details thereof;
- (b) whether the Ministry has issued guidelines encouraging schools to organise awareness activities on air pollution, hygiene and preventive health among students, if so, the details thereof along with the implementation status; and
- (c) whether preventive health and environmental awareness form part of experiential learning or co-curricular activities recommended under national education policies, if so, curriculum provisions and coverage across States, the details thereof?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION

(SHRI JAYANT CHAUDHARY)

(a) to (c): Education is a subject in the concurrent list of the Constitution of India and the majority of schools are under the administrative control of the respective State Government/Union Territory (UT) administration. However, recognising the importance of education, National Education Policy (NEP), 2020 has come into existence, which emphasises holistic development of learners including strengthening aspects related to health, wellness and environmental awareness in schools.

In line with the NEP, 2020, the Ministry of Education (MoE) accords high priority towards promoting health education, hygiene practices and environmental consciousness among school children through various schemes and initiatives such as Samagra Shiksha, Pradhan Mantri Poshan Shakti Nirman (PM POSHAN), School Health and Wellness Programme (SHWP), Rashtriya Bal Swasthya Karyakram (RBSK) and Eco Clubs for Mission LiFE. Moreover, the National Council of Educational Research and Training (NCERT) has incorporated themes related to health, nutrition, hygiene, air pollution and environmental sustainability in school curricula, textbooks and learning material at different stages of school education in an age-appropriate manner.

This Ministry in convergence with Ministry of Health and Family Welfare (MoH&FW) implements the School Health and Wellness Programme (SHWP) to promote preventive health awareness, healthy lifestyles and well-being among students through trained teachers and structured classroom sessions. As of Feb 2026, more than 14.82 lakh teachers have been trained as “Health and Wellness Ambassadors” under the SHWP. The training of teachers is carried out on 11 themes which includes modules on Emotional Well-being and Mental Health and Reproductive health and HIV prevention. Concurrently, health check-up of students for 30

identified diseases are conducted in convergence with the MoH&FW under the Rashtriya Bal Suraksha Karyakram (RBSK) with Health cards being maintained for all the students screened.

Under the centrally sponsored scheme of PM POSHAN Scheme, one of the foremost rights based Centrally Sponsored Schemes under the National Food Security Act (NFSA), 2013, about 11 crore students studying in Bal Vatika and classes I to VIII in 10.35 lakh Govt and Govt aided schools are served healthy hot cooked nutritious meals on all school days. Importance of eating healthy and balanced diet, knowledge of junk foods, nutritional fortification, sanitation and hygiene practices such as handwash and importance of School Nutrition Gardens (SNGs), are also promoted under the scheme.

Under the centrally sponsored scheme of Samagra Shiksha, this Ministry supports States/UTs in setting up Eco Clubs for Mission LiFE in all schools in order to sensitize students to environmental / climate change concerns and inculcate environment friendly attitudes and behavior among them. Under the aegis of Eco Clubs for Mission LiFE, school students participate in hands-on environment-related activities, including plantation of saplings, nature walks, cleanliness drives etc.

The MoE issues instructions from time-to-time to observe important days including World Environment Day, Earth Day etc. in schools across the nation by undertaking age-appropriate activities. On Earth Day 2025, a creative campaign “QR Codes for Flora” was undertaken under the aegis of Eco Clubs for Mission LiFE, blending environmental education with digital skills. As part of this activity, school students surveyed their school campus and generated QR codes for trees, shrubs etc. providing instant access to information about the tree’s name, species, characteristics and benefits. To mark World Environment Day 2025, a national webinar on Ending Plastic Pollution Globally was organized for all schools. The tree plantation campaign, Ek Ped Maa Ke Naam, was launched on World Environment Day 2025 in schools across the nation under the aegis of Eco Clubs for Mission LiFE, encouraging students to plant saplings along with their mothers. In 2025, the tree plantation drive was carried out in schools across India from 5th June to 10th October 2025, coinciding with the monsoon season in different agro-climatic zones. The campaign achieved the plantation of over 10.35 crore saplings in diverse locations, including school campuses, roads leading to schools/homes, neighbourhoods and other public spaces.

Besides, the MoE also promotes sports and physical education in schools through multiple policy and programme interventions aligned with the NEP, 2020 which emphasizes sports-integrated learning and recognizes sports as an integral part of the curriculum for holistic development, promoting physical fitness, teamwork, and lifelong healthy habits. A dedicated component on Sports and Physical Education is available under Samagra Shiksha to promote daily sports activities and fitness programmes in government schools with the objectives of ensuring holistic development of students by making them physically, mentally, psychologically, socially and emotionally fit.
