

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY

LOK SABHA
UNSTARRED QUESTION NO. 2453
ANSWERED ON 04.08.2025

Appointment of Health Ambassadors in Schools

2453. Shri Balashowry Vallabhaneni:

Will the Minister of Education be pleased to state:

- (a) whether the Government has issued any advisory to all States and UTs for reducing 10 per cent of oil in cooking in view of childhood obesity and if so, the details thereof;
- (b) whether any training proposed to be given to teachers to identify obesity in students and guide parents to take suitable remedial measures, if so, the details thereof; and
- (c) the number of schools appointed student health ambassadors, State/UT-wise?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(SHRI JAYANT CHAUDHARY)

(a) to (c) The Hon'ble Prime Minister, while speaking in "Pariksha Pe Charcha 2025" and "Man Ki Baat" has expressed his concern about increasing childhood obesity among school students in India. Obesity amongst children in India is on the rise and has become a policy concern for the country. The passage of time has resulted in more sedentary lifestyles and a rapid shift away from traditional diets to consumption of fat rich processed foods and sugary drinks. The Hon'ble Prime Minister has suggested practical advices including importance of reducing the usage of cooking oil by 10% in day-to-day food consumption.

The Ministry of Education, Government of India has issued an advisory on 15 March, 2025, to all schools in the country, including the private schools, to encourage reduction of oil consumption in foods by 10 % to address student obesity.

To raise awareness about the benefits of reducing oil consumption, the advisory recommends the schools to conduct special classes, invite nutrition experts, and hold quizzes on healthy eating. Activities like Eco-Club discussions, yoga, and exercise sessions promote well-being may be organised in schools. Teachers may guide parents on managing obesity, while students engage in low-oil cooking, recipe sharing, and health tracking projects. Emphasis on better cooking methods, portion control, and limiting processed foods encourages balanced diets.

School Management Committees can involve parents and communities in sustaining these efforts. By aligning nutritional choices with physical fitness, the advisory reinforces the core message of the 'Fit India Movement' fostering active and healthy lifestyles as part of broader vision of a Swasth Bharat. The Advisory of the Ministry of Education is placed at **Annexure-1**.

To educate students about informed food choices and promote long-term health benefits among students, Central Board of Secondary Education (CBSE) has asked its affiliated schools to establish 'Sugar Boards' where information is displayed for educating students about the risks of excessive sugar intake. These boards should provide essential information, including the recommended daily sugar intake, the sugar content in commonly consumed foods (unhealthy meals such as junk food, cold drinks, etc.), health risks associated with high sugar consumption, and healthier dietary alternatives.

The Ministry of Health and Family Welfare (MoHFW), and the Ministry of Education (MoE), jointly implement the Ayushman Bharat – School Health and Wellness Programme (AB-SHWP) since 2020. Under this, two teachers per school trained as Health and Wellness Ambassadors (HWAs) conduct regular sessions on 11 themes including nutrition, health and sanitation, growing up healthy, and promotion of healthy lifestyles. State/UT-wise details of trained Health and Wellness Ambassadors is placed at **Annexure-2**.

ANNEXURE-2**ANNEXURE REFERRED TO IN REPLY TO PART (C) OF LOK SABHA UNSTARRED QUESTION NO. 2453 FOR 04.08.2025 RAISED BY SHRI BALASHOWRY VALLABHANENI, HON'BLE M.P. REGARDING APPOINTMENT OF HEALTH AMBASSADORS IN SCHOOLS****STATE/ UT WISE DETAILS OF TRAINED HEALTH AND WELLNESS AMBASSADORS**

| S.No | States/UTs | Teachers Trained as HWAs* |
|------|-------------------|---------------------------|
| 1 | A & N Islands | 266 |
| 2 | Andhra Pradesh | 47252 |
| 3 | Arunachal Pradesh | 1179 |
| 4 | Assam | 16244 |
| 5 | Bihar | 51788 |
| 6 | Chandigarh | 687 |
| 7 | Chhattisgarh | 13267 |
| 8 | DD-DNH | 496 |
| 9 | Delhi | 1440 |
| 10 | Goa | 812 |
| 11 | Gujarat | 53400 |
| 12 | Haryana | 14934 |
| 13 | Himachal Pradesh | 9150 |
| 14 | J &K | 20502 |
| 15 | Jharkhand | 31057 |
| 16 | Karnataka | 10227 |
| 17 | Kerala | 0 |
| 18 | Ladakh | 1448 |
| 19 | Lakshwadeep | 40 |
| 20 | Madhya Pradesh | 49216 |
| 21 | Maharashtra | 31175 |
| 22 | Manipur | 579 |
| 23 | Meghalaya | 4094 |
| 24 | Mizoram | 1694 |
| 25 | Nagaland | 658 |
| 26 | Odisha | 49291 |
| 27 | Puducherry | 380 |
| 28 | Punjab | 1876 |
| 29 | Rajasthan | 42117 |
| 30 | Sikkim | 1419 |
| 31 | Tamil Nadu | 570409 |
| 32 | Telangana | 6944 |
| 33 | Tripura | 6062 |
| 34 | Uttar Pradesh | 79502 |
| 35 | Uttarakhand | 11010 |
| 36 | West Bengal | 15838 |

*As per reports received from the States up to FY 2024-25.