



## "Sugar Awareness and Healthy Living" (Classes VI-X)

Dear Parent,  
Greetings!

In line with CBSE Circular

([https://cbseacademic.nic.in/web\\_material/Circulars/2025/26\\_Circular\\_2025.pdf](https://cbseacademic.nic.in/web_material/Circulars/2025/26_Circular_2025.pdf))

and with the objective of promoting a healthier lifestyle among our students, our school is launching a comprehensive campaign titled "**Sugar Awareness and Healthy Living**" for students of Classes VI to X.

This initiative aims to educate students about the harmful effects of excessive sugar consumption, encourage healthier dietary habits, and instil long-term wellness awareness through engaging and meaningful activities.

**The program will feature a range of exciting and interactive activities , including:**

- **Flameless cooking contests** featuring sugar-free recipes
- **Food stalls and awareness booths** displaying high- and low-sugar food comparisons
- **Creative poster-making, debates, slogan writing, and quizzes**
- **Student presentations** on diabetes awareness and sugar-related health risks

We believe your support is crucial to the success of this initiative. Parents are kindly requested to:

- Encourage and guide students in activity preparation at home
- Help gather simple ingredients for no-sugar recipes
- Motivate them to participate with enthusiasm and creativity

This campaign will run from **July to December 2025**, with a mix of class-based, team-based, and school-wide events. A detailed month-wise schedule has been attached and is also available on the school website.

Let us work together to build a community that values **health, nutrition, and responsible choices** for a better tomorrow.

For any queries or to share feedback, you may contact the class teacher or the activity in-charge **Ms Swati Arora (+91 97173 50653)**.

**Thank you for your continued support and cooperation.**

**(Suruchi Gandhi)**

**Principal**

Month	Activity Name	Focus Area	Participants (Classes)	Description	Material Required	Teacher Incharge
JULY'25	Refreshing, natural, and 100% sugar-free	Natural ingredients	6-10 (Teams of 2 / Individual)	Make drinks with zero sugar by asking your parents, daadi, naani. Examples: sattu, cucumber mint drinks.	Crockery (at own risk), basic ingredients, spoon	Ms Ishu, Ms Rashmi(zero period)
JULY'25	Food Stall - "Smart Snacks"	Healthy sugar-free recipes (flameless)	6-10 (Teams of 4)	Create and present sugar-free / low-GI recipes for tasting. Examples: oats chaat, fruit salad, sprouts chaat, nut bars.	Ingredients, serving plates, hygiene gloves, spoons	Ms Vidisha, Ms Neelam(zero period)
AUG'25	Flameless Cooking Contest - "No Sugar? No Problem!"	Healthy snack prep	6-10 (Teams of 4)	Make delicious sugar-free dishes using fresh ingredients without fire. Example: chana salad, ragi laddoos, smoothie bowls.	Basic preparation from home, fresh ingredients, bowls, spoons	Ms Pratibha, Ms Bharti(zero period)
AUG'25	Poster Gallery - "Sweet Truths"	Sugar awareness through art	6-10	Creative poster display on sugar risks, healthy habits, and CBSE guidelines for diabetic students.	A4 size sheet, colors, tape	Ms Ratika, Ms Jyoti(zero period)
SEPT'25	Food Stall - "Sugar Shockers"	Sugary food awareness	6-10 (Teams of 4-5)	Showcase high-sugar foods/snacks and demonstrate the sugar quantity in common items in front of the class.	Hygienically packed food items from home, printed sugar stats, labels	Ms Rohini ,Ms Tanvi(zero period)
OCT'25	Slogan Street	Sugar reduction advocacy	6-10	Create and display health slogans such as	A3 size sheet, colors, tape	Ms Sudiksha, Ms

				“Less Sugar, More Life”, “Rethink Your Drink”, etc.(can be done in english or hindi)		Charulata(zero period)
NOV'25	Debate - “Sugar: Sweet Poison or Misunderstood?”	Critical thinking	6-10	Debate the pros and cons of sugar consumption and its regulation. Team-based discussion in the classroom.	Arguments, facts, printouts, index cards, delivery prep	Ms Rohini,Ms Neerja(zero period)
NOV'25	Student Presentation - “Diabetes Awareness”	Medical understanding + CBSE circular	6-10	Present information on diabetes, dietary needs, and CBSE exam provisions for diabetic students. Present information on diabetes, dietary needs, and CBSE exam provisions for diabetic students. Teams will inform the in-charge in advance and submit their PPT in the group. At the end of each presentation, a short Q&A session will be held.	MS PowerPoint, Canva, projector, prepared in advance	Mr Ashish,Ms Shilaj(zero period)
DEC'25	Poster Collage - “Know Your Sugar”	Fact-based visual storytelling	6-10	Collaborative poster showing sugar content and storytelling based on a real-life incident of early death caused by sugar-related diseases.	Chart/collage sheet, images, colors, glue, story prepared by team	CT(zero period)

DEC'25	Quiz Booth - "Sugar Smarts"	Fun facts and nutrition quiz	6-10	Quick quiz about sugar, diseases, food labels, and health facts. Small prizes for correct answers to increase engagement.	Quiz sheets, pens, tokens/prizes	CT(zero period)
DEC'25	Feedback Wall / Pledge Corner	Guest engagement	6-10	Students will leave messages or pledges about lifestyle changes and reflections after learning about sugar's effects. Display boards will be placed outside each class where students will place sticky notes about changes they've made in their lifestyle. They will also exchange and discuss these changes with peers.	Sticky notes, markers, chart/board titled "Pledge Wall"	CT(zero period)