

DIRECTOR PUBLIC INSTRUCTIONS (EE)

Punjab School Education Board, (PSEB), E-Block, 5th Floor, (Mohali)

E-mail id:mdmpunjab@punjabeducation.gov.in

Punjab Phone No.0172-2210019

66/10/22

To,

The All District Education Officer's (SE/EE),

Punjab.

Memo No. MDMS/GM/02/2022/263830

Dated 04/10/2022

Subject:- Tithi Bhojan ਸਬੰਧੀ।

Please refer to Joint Secretary (EE.1), Ministry of Education, Government of India, New Delhi, D.O. No 1-7/2014- (Desk-MDM) Dated:- 28/09/2022 on the subject cited above. (Enclosed)

2.0 ਉੱਕਤ ਹਵਾਲਾ ਅਧੀਨ ਪੱਤਰ ਰਾਹੀਂ ਭਾਰਤ ਸਰਕਾਰ ਵੱਲੋਂ Tithi Bhojan ਦੇ ਸਨਮੁੱਖ ਵੱਖ-ਵੱਖ ਰਾਜਾਂ ਵਿੱਚ ਕੀਤੇ ਜਾ ਰਹੇ ਉਪਰਾਲਿਆਂ ਅਨੁਸਾਰ ਕੁਝ Activities ਨੂੰ ਸਕੂਲ ਪੱਧਰ ਤੇ ਕਰਨ ਯੋਗ ਹੋਵੇਗੀ ਜੇਕਿ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ।

- Possibilities may be explored to find potential donors in the community, who can provide Tithi Bhojan on rotation basis.
- To encourage the concept, the donors may be honoured during school functions/annual day of the schools etc.
- The provision of Tithi Bhojan, identification of donors, schedule of Tithi Bhojan distribution may be discussed during the meetings of the School Management Committee.
- Adequate care may be taken in providing food items that are culturally acceptable.
- Creative's, booklets, pamphlets, posters, memes, small videos may be prepared and disseminated for awareness generation at all levels.
- Various official media platforms like departmental websites and social media platforms like Twitter, Facebook, and WhatsApp etc. may be appropriately used for awareness generation and publicity.
- You may also consider to award/felicitate the good performing schools/blocks/ districts at appropriate frequency to elevate this noble nutritional intervention to a Janandolan.

3.0 ਉੱਕਤ ਅਨੁਸਾਰ ਸਕੂਲਾਂ ਨੂੰ activities ਸਬੰਧੀ ਜਾਣੂ ਕਰਵਾਇਆ ਜਾਵੇ ਅਤੇ ਕੀਤੀ ਗਈ ਕਾਰਵਾਈ ਬਾਰੇ ਮੁੱਖ ਦਫਤਰ ਨੂੰ ਸੂਚਿਤ ਕੀਤਾ ਜਾਵੇ।

Director Public Instruction (EE)

ਦਫਤਰ ਸਿੱਖ: ਸਿੱਖਿਆ, ਸਰਕਾਰ ਸਿੱਖੀ ਰਾਜਾਂ।
ਪਿਠੇਕਾਰ ਨੰ: ਜੀ.1/1 (1) 2022/1045 ਮਤ: 6/10/2022
ਉੱਕਤ ਦਾ ਉੱਤਰਾ ਬਹੁਤ ਸ਼ੁੱਠ ਅੱਖੀਆਂ ਤੇ ਇੱਕ-ਵਿੱਤ
ਪਾਲਣਾ ਪਿੱਤ ਤੁਸਿਆਂ ਸਾਂਚਾ ਤੁਸਿਆਂ
4 ਸਿੱਖੀ ਸਿੱਖਿਆ ਅਧਿਕਾਰੀ/1
ਦਫਤਰ ਜਾਰੀ



Prachi Pandey
Joint Secretary (EE.I)
Ministry of Education
Tel: - 011-23389247

D.O. No. 1-7/2014-(Desk-MDM)

Dated the 28th September, 2022

Dear Sir/Madam,

Pradhan Mantri Poshan Shakti Nirman (PM POSHAN) Scheme is one of the foremost rights based Centrally Sponsored Schemes. This Scheme covers all school children studying in Balvatika and Classes I-VIII in Government and Government- Aided Schools.

2. Guidelines on Tithi Bhojan have been issued to all the States/UTs during 2018 to encourage this concept in all schools. Several States and UTs have enthusiastically initiated the concept in different forms and given State specific name to popularize this nutritional intervention. Tithi Bhojan helps in involving the community in providing nutritious meals to school children.

3. You are, therefore, requested to explore the possibilities for the provision of nutritious and healthy food to the children as an additional food item or full meal under Tithi Bhojan with the help of community. This will help in restoring the joy of sitting and eating together among children which was disturbed during the closure of schools due to pandemic. A list of possible activities is mentioned below to promote this concept:

- Possibilities may be explored to find potential donors in the community, who can provide Tithi Bhojan on rotation basis.
- To encourage the concept, the donors may be honoured during school functions/annual day of the schools etc.
- The provision of Tithi Bhojan, identification of donors, schedule of Tithi Bhojan distribution may be discussed during the meetings of the School Management Committee.
- Adequate care may be taken in providing food items that are culturally acceptable.
- Creatives, booklets, pamphlets, posters, memes, small videos may be prepared and disseminated for awareness generation at all levels.
- Various official media platforms like departmental websites and social media platforms like Twitter, Facebook, and WhatsApp etc. may be appropriately used for awareness generation and publicity.
- You may also consider to award/felicitate the good performing schools/blocks/districts at appropriate frequency to elevate this noble nutritional intervention to a **Janandolan**.

4. Let us work together in providing additional meals/food items with the contribution from community to children and helping them to enhance their nutritional status and building immunity.

With warm regards,

Yours sincerely,

Prachi Pandey
28.7.2011
(Prachi Pandey)

To,
The Additional Chief Secretaries/Principal Secretaries/ Secretaries of
Dept. of Education/ Nodal Departments for PM POSHAN.
The Commissioners / Directors of PM POSHAN of all States & UTs