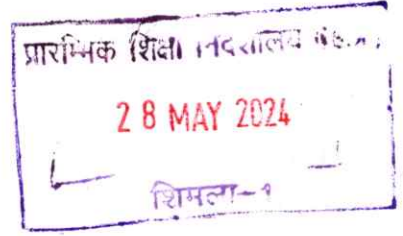


No. EDN-H(EE)(6)4-48/2023-24 Instruction
Directorate of Elementary Education,
Himachal- Pradesh
Dated Shimla - 171001, the May, 2024

To

1. All Deputy Directors (Elementary Education)
Himachal-Pradesh.
2. All Deputy Directors (Higher Education)
Himachal-Pradesh.
3. All Block Elementary Education Officers
Himachal-Pradesh.



Subject:- Guidelines on "Tithi Bhojan" to school students under PM Poshan Scheme -reg.

Sir,

Your kind attention is drawn towards this office Letter of even No. dated 05.11.2018 (copy enclosed) vide which guidelines on "Tithi Bhojan" under PM Poshan (Erstwhile Mid Day Meal) Scheme issued by the Government of India were circulated to you with the request to further circulate these guidelines to all schools for implementation. However, the Government of India has issued revised guidelines on "Tithi Bhojan" under PM Poshan Scheme as under:-

1. Concept of Tithi Bhojan

- i. The Concept of "Tithi Bhojan", a community participation programme was originally initiated by the State Government of Gujarat under the erstwhile Mid-Day Meal Scheme by relying on the Indian traditional practice of providing food to large number of people on special occasions such as festivals, anniversaries, birthdays, marriages, and days of national importance etc.
- ii. Members of the community provide nutritious and healthy food to the children as an additional food item or full meal on such special occasions/festivals.
- iii. This is completely voluntary, and the people in the community contribute either a complete full meal or contribute food items in the form of sweets, namkeens, fruits or sprouts etc. as an additional item. Tithi Bhojan is not a substitute to school meal. This only supplements or complements the meal provided in the school.
- iv. To encourage the community participation in the scheme the concept of "Tithi Bhojan", in which the community provides nutritious and healthy food to the children as an additional food item or full meal is being initiated in all the States and UTs under Pradhan Mantri Poshan Shakti Nirman (PM POSHAN). Under this programme the members of the community contribute /sponsor either utensils or food on special occasions/festivals in the form of sweets, namkeen, fruits etc as an additional item or complete full meal.

2. Benefits of Tithi Bhojan:

Tithi Bhojan helps to develop a sense of belonging among the community. It also helps in supplementation of the nutritional value of meal provided under PM POSHAN. Tithi Bhojan facilitates development of rapport between a school and the local community. The concept also helps in inculcating the feeling of equity among the children of all communities. Tithi Bhojan through the supplementary nutrition helps in strengthening the immunity of the school children during this challenging pandemic period.

3. Initiatives already taken to promote the concept:

A D.O. letter No. F.1-7/2014-Desk (MDM) dated, 20th November, 2014 from Honorable Shiksha Mantri, Government of India has been issued to all the State/UTs to encourage this concept. Several States and UTs have enthusiastically initiated the concept in different forms and given State specific name to popularize this nutritional intervention.

Some of the States and UTs have given a State specific name to Tithi Bhojan viz., Gujarat (Tithi Bhojan), Assam (Sampriti Bhojan), Andhra Pradesh ((Vindu Bhojanam), Punjab (Priti bhojan), Dadra & Nagar Haveli and Daman & Diu (Tithi Bhojan), Karnataka (Shalegagi NaavuNeevu), Madhya Pradesh and Maharashtra (Sneh Bhojan), Chandigarh (Tithi Bhojan), Puducherry (Anna Dhanam), Haryana (Betika Janamdin-School mein Abhinandan) and Uttarakhand (Tithi Bhojan), Rajasthan (Utsav Bhoj) Tamil Nadu (Nal Virundhu) etc.

4. Provision of Tithi Bhojan :

Possibilities may be explored for the provision of nutritious and healthy food to the children as an additional food item or full meal under Tithi Bhojan. This will help in facilitating restoration of children joy of sitting and eating together which was disturbed during the closure of schools due to pandemic. Moreover, Tithi Bhojan is also likely to be helpful in alleviating malnutrition.

5. Identification of the potential donors:

- i. Possibilities may be explored to find potential donors in the community, who can provide Tithi Bhojan at least once a month on rotation basis.
- ii. The donors may be honoured during school functions/annual day of the schools etc. to encourage them.
- iii. The nature of the food donation could be termed as a major donation e.g for a class or many classes or the whole school then the Donor may be invited to be present during the serving of Tithi Bhojan or Donor's name may be announced in the morning assembly.

6. Items to be provided under Tithi Bhojan:

- i. Food items to be provided may be a full meal or as an additional item or ingredients for a full meal or additional item.
- ii. The food articles, ingredients to be provided may be as per food habits of the children of the region.
- iii. Combination of cereal, pulse & vegetable may be provided in case of full meal.
- iv. Fruits, milk, sweets, eggs, biscuits, halwa, Chikki (groundnut and jaggery), sprouts or any other item liked by children may be provided.
- v. Seasonal fruits should be selected as they are nutritious and cost effective.
- vi. A list of food items preferred by children may also be prepared and shared with the concerned interested community people for future use to ensure maximum satisfaction of the children.
- vii. The concept was started in Gujarat where cash/cheque donations are not accepted. The same model may be followed by other States and UTs.

7. Frequency and sense of involvement in Tithi bhojan:

- i. To strengthen deeper involvement the community may be encouraged to provide "Tithi Bhojan" to school children at least once a month by adhering to hygiene and cleanliness protocols.
- ii. Children may sit together and enjoy a meal/additional food items in its true spirit.

8. Issues related to Food Safety and Hygiene:

Issues related to Food Safety and Hygiene along with some of the important points from 'Guidelines on Food Safety and Hygiene for School Level Kitchens under PM POSHAN, are reiterated as under:

- i. Freshly prepared food items may be provided to children. The expiry date should be checked in case of any packed items.
- ii. The food items should contain adequate nutrients and should be palatable, hygienic, and operationally feasible.
- iii. Vegetables, fruits and perishable food commodities should be selected fresh for consumption.
- iv. Perishable items should not be stored in plastic bags as these get spoilt quickly due to lack of transpiration. Such items have to be stored away from sunlight, in a cool place.
- v. The containers used for serving of meal should be made of non-toxic materials.
- vi. The food articles should be tasted by the teachers/SMC members/ cook cum helpers just before serving to the children.
- vii. Accessories and containers that come in contact with food and used for food handling, storage, preparation and serving should be made of corrosion-free materials which do not impart any toxicity to the food material and should be easy to clean and / or disinfect.
- viii. Every utensil or container containing any food or ingredient of food should at all times be either provided with a properly fitted cover/lid or with a clean gauze net or other material of texture sufficiently fine to protect the food completely from dust, dirt and flies and other insects.
- ix. All food handlers should maintain cleanliness, wear washed clothes and keep their finger nails trimmed, clean and wash their hands with soap / detergent and water before commencing work and every time after touching, raw or contaminated food or using toilet.
- x. All food handlers shall strictly adhere to Covid protocols and conduct themselves in accordance with covid appropriate behavior.
- xi. All Cook cum helpers / the person serving the food items, should avoid wearing loose items that might fall into food and also avoid touching or scratching their face, head or hair

9. Role of School Management Committee :

- i. During the meetings of the School Management Committee the provision of Tithi Bhojan, identification of donors, schedule of Tithi Bhojan distribution may be discussed.
- ii. The type and quantity of food items to be provided to children during Tithi Bhojan may be discussed in the SMC meetings.
- iii. Adequate care shall be taken in providing food items that are culturally acceptable.

10. Sabka Prayas

To encourage community participation, concept of “**Sabka Prayas**” may be practiced to augment Tithi bhojan. Sabka Prayas may be an effort of the community for which the community may be made aware about the following:

- i) Nutritional benefits of the provision of additional food items for school children. Seasonal fruits that are low-cost and full of vitamins and micronutrients may be provided to children.
- ii) A roster may be prepared at school level of all the community members interested in providing additional meal under tithi bhojan.
- iii) The community member who made the maximum contribution may be felicitated at Independence day / Republic day celebration.
- iv) It's actually through Sabka Prayas in which all the community members shall put in efforts to provide food items in the form of either full meal or fruits/sweets etc. the concept of Tithi Bhojan may successfully be made a Janandolan.

11. Monitoring of the initiative:

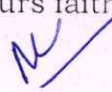
- i) A Register may be maintained for recording the information of number and type of meals/additional food items provided and periodicity.
- ii) State and UTs may develop State specific IT tools to gather information in this regard in conjunction with their MIS systems.

12. Awareness generation and Publicity of the initiative:

- i. Creatives, booklets, pamphlets, posters, memes, small videos may be prepared and disseminated for awareness generation at all levels.
- ii. Various official media platforms like departmental websites and social media platforms like Twitter, Facebook, WhatsApp etc. may be appropriately used for awareness generation and publicity.
- iii. To ensure the publicity of the scheme States and UTs also may consider to award/felicitate the good performing schools/blocks/districts at appropriate frequency to elevate this noble nutritional intervention to a **Janandolan**.

In view of the above, you are requested to circulate these revised guidelines on "Tithi Bhojan" to all schools for information and implementation you are also requested to take all necessary steps and give wide publicity to aware and encourage the local Community as well as various/ philanthropists and donors for providing "Tithi Bhojan" to the school students on special occasions/festivals as on additional food item or complete full meal.


Yours faithfully,


(Ashish Kohli HPAS)
Director Elementary Education
Himachal-Pradesh
Shimla-171001

Endst No. even Dated Shimla-171001

Copy for information & necessary action to:-

1. The Secretary (Education) to the Government of Himachal Pradesh Shimla-171002 for information please.
2. The Resident Commissioner Pangi District Chamba H.P.
3. The Director (MDM) Government of India, Ministry of Education, Shastri Bhawan, New Delhi.
4. The Director (Higher Education) H.P Shimla-1 with the request to issue similar directions to all DDHE's, Principals GSSS's and Head Masters GHS's H.P.
5. ADM/ADC/SDM Bharmour District Chamba H.P.
6. ADM/ADC/SDM Kaza District Lahaul & Spiti H.P.
7. Guard file


(Ashish Kohli HPAS)
Director Elementary Education
Himachal-Pradesh
Shimla-171001