

**Nagaland Board of School Education  
Kohima**

NOTIFICATION NO.33/2019  
Dated Kohima, the 30<sup>th</sup> July, 2019

NO.NBE-8/Ad-Misc(10)/2019-20:: Vitamin-D deficiency and high proportion of calcium is being considered as a critical area of immense health concern among school children. Many school children, during their growth phase, remain highly susceptible to bone deforming effects of calcium and vitamin-D deficiency manifesting as Rickets, which can cause severe developmental effects, disabilities in children. Sufficient exposure to the sun can prevent vitamin-D deficiency.

Therefore, as per Ministry of Human Resource Development (MHRD) directives, all heads of institutions are advised to provide necessary instructions, awareness on deficiency of vitamin-D during school assemblies, make conscious effort to conduct outdoor activities, physical activities in field/open area during free periods so that students are benefitted from sun exposure.

( Rangumbuing Nsarangbe )  
Addl. Secretary

NO.NBE-8/Ad-Misc(10)/2019-20/1646

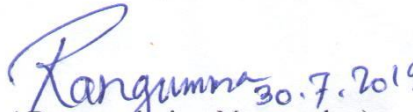
Dated Kohima, the 30<sup>th</sup> July, 2019

A. Copy for information and necessary action:

1. The Heads of Registered Institutions under NBSE.

B. Copy for information:

1. The Principal Secretary to the Government of Nagaland,  
School Education & SCERT, Nagaland, Kohima.
2. The Principal Director, School Education, Nagaland, Kohima
3. The Director, SCERT, Nagaland, Kohima.
4. All the District Education Officers.

  
( Rangumbuing Nsarangbe )  
Addl. Secretary