

The Sambhota Tibetan Schools Society initiated a four-month nutrition program, supported by The Tibet Fund, benefiting 438 children across four Tibetan Schools in India: STS Mussoorie, STS Darjeeling, STS Kalimpong, and STS Shimla. The program offers supplementary diets comprising seasonal fruits, vegetables, eggs, and protein-rich meats. These nutritious meals are provided consistently for 24 days each in the months of June, July, August, and September in the year 2023.

SOME PICTURES OF STUDENTS ENJOYING SUPPLEMENTARY DIET (STS, MUSSOORIE)





STS, DARJEELING





STS, KALIMPONG







STS, SHIMLA





SUPPLEMENTARY DIET REPORT

Sambhota Tibetan School (Mussoorie, Darjeeling, Kalimpong & Shimla)

Reporting Period: July – September 2023

- **No. of Students:** Total Student – 438
- **Classes:** I - XII
- **Total annual budget of the Supplementary Diet:** INR 11,86,260
- **No. of TB Cases:** Total - 0, Male – 0 Female – 0

- **How did the school implement the supplementary Diet Program?**

Upon the guidance of the school head, committees were established to execute this project. The committee conducted meetings to discuss the school menu and identify sources for obtaining fresh vegetables and fruits at reasonable prices. Deliberating on the physical and mental growth of our students, the committee formulated a well-balanced diet menu.

- **How did the supplementary diet benefit the students? (Result/Output)**

Following daily discussions and implementation of our supplementary diet program with staff & students, the school found that the provided supplements were highly advantageous. Additionally, it was observed that students appreciate each meal served in the hostels, leading to enhancements in their physical stamina, mental ability, and emotional well-being. This experience has underscored the significant benefits of the supplementary nutrition program for students.

- **Major achievements of the school if any during the reporting period?**

We observed a reduction in health issues among students following the introduction of supplementary diets. Each student exhibited good health and actively participated in school activities. Additionally, students engage in outdoor games during recess, showcasing their physical fitness.

- **Financial Statement**

Budget Sanctioned from	Amount	Payment	Amount
Tibet Fund	Rs 11,86,260	Utilized Closing as on 30th September 2023	Rs 11,86,260
Total amount	Rs 11,86,260	Total Amount	Rs 11,86,260

Conclusion:

We express our gratitude to **The Tibet Fund, USA**, for their financial support in offering a supplementary diet to our students, contributing to improved health outcomes. With the generous assistance from Tibet Fund, USA, students have enhanced their physical well-being by consuming the nutritious food we provided.