



TARANG Health Newsletter



Our Mission:

Every child should be healthy so that they can realize their full potential when they grow up. To ensure that, we do the following:

1. Develop books and other educational materials to implement health education in schools.
2. Implement a school health program. Its key components are the health education of students and educating their parents about health.
3. Advocate for a change in education policy to make health education a compulsory subject in all schools in India.

Where do we work?

We work in private and government schools. We are working in 12 government schools in Haryana and 18 private schools in Delhi NCR, Chandigarh, and Jaipur. This year, about 9,000 Class VI & VII students will benefit from our health curriculum.

How do we implement health education in schools?

In government schools, Tarang employees teach health. In private schools, we train their school teachers to teach health.

Who funds us?

Most of our funds come from a CSR grant from Lal Path Labs Foundation.

What have we done this year?

1. Dr. Mehra visited the schools in April/May 2024 and met with the principals and students of the schools.
2. We signed an MOU with the Government of Haryana to implement our Health Program for Class VI & VII school students. Our seven teachers are teaching in 12 government schools of Haryana, and they are also conducting health education sessions for the parents of these students.
3. We have trained about 40 new health teachers in private schools.
4. Dr. Mehra had meetings with the Union Health Secretary Mr. Apurva Chandra, Dr. Saklani (Director of NCERT), and Mr. Amitabh Kant (Ex-CEO of NITI Aayog) to advocate for making health a compulsory subject in schools.

FOUNDER



Dr. Rahul Mehra, Executive Chairman of Tarang Health Alliance.

He believes that for India's sustainable economic growth, we need to put a much higher priority on preventing diseases. This needs to start by developing healthy habits in our children while they are in school. Rahul, born in 1948, earned his Bachelor of Technology from IIT Kharagpur and PhD in Bio-Medical Engineering from New York University. He has over 75 patents. He founded Tarang Health Alliance in 2016. He became the national representative of India, UNESCO Chair for Global Health and Education in 2019.

Quiz: How many years does an average Indian live "disease-free" compared to a person in Japan? Find the answer at the bottom of the next page.

• PARENTS SECTION •

What can parents do to ensure that their children are healthy?

- Children learn by observing.
Be a role model for a healthy lifestyle at home.
- Attend the "Parent Engagement Meetings" we conduct in schools frequently. We conduct both physical and online meetings. Topics covered include nutrition, hygiene, mental health, etc.
- Read the health book given to your child, "*On the Way to Being Healthy*," and discuss its contents with your child.



Physical parent engagement meeting held by Ms. Leena Khaneja (Tarang employee) at Govt. Sr. Sec. School (Sector-6) in Panchkula, Haryana.



Online parent engagement meeting held by Dr. Rahul Mehra for the parents of Gurukul Global School, Chandigarh.

• STUDENT TESTIMONIAL •



Raagni, a student of Class 7 at GSSS Suketri, Panchkula, Haryana

I learned in my health class that we should not eat junk food because it will spoil our health. We should exercise every day to improve blood circulation and muscle strength. Since I started studying health, I have been learning about how to improve my health. I was anemic earlier, but now I am regular with my tablet intake and eat vegetables and fruits. I like salad now and tell my family to eat only 6 teaspoons of sugar daily. I wait for my grandmother to come home from work so I can share everything I learned in health class that day.

• HEALTHY TIFFIN SECTION •

SPROUTED MOONG OR KALA CHANA CHAAT

Ingredients required

1. 1cup sprouted moong beans or kala chana
2. 1 small onion, finely chopped
3. 1 small tomato, finely chopped
4. Salt and lemon juice to taste



Instructions

1. Mix sprouted moong beans or kala chana with chopped onions and tomatoes.
2. Add salt and lemon juice to taste.
3. Serve it in a bowl or pack it in your child's lunch box.

• STUDENTS SECTION •

CAN ANYONE BE AN OLYMPIAN ?

Many, but not all, have the capacity to be Olympians. You must have some natural abilities. You also need motivation, discipline, and a strong work ethic. It may take about 10 years of training to reach that level of excellence. Neeraj Chopra was 13 years old when he decided that he wanted to be a javelin thrower. About 11 years later, he won the javelin gold medal in the Tokyo Olympics at the age of 24.

Neeraj Chopra

Neeraj Chopra, from Khandra, Haryana, started at BVN Public School. Overweight, his father pushed him to the gym. There, he found javelin throwing at Panipat's Shivaji Stadium. With athlete mentors, his efforts paid off. He won the 2020 Olympic gold. Now, he has won a silver medal at the 2024 Paris Olympics.



What are his current health habits?

He eats many vegetables, fruits, pulses, and yogurt. Also, he consumes eggs, chicken, and fish. Recently, he shared that he walks, meditates, and practices yoga every morning. Writing in a journal daily helps him organize his thoughts.



Manu Bhaker

Manu Bhaker was born in Gorla village, Haryana. Until 14, she won medals in various sports. The 2016 Olympics then inspired her to focus on shooting. At 16, she started winning in national and international shooting competitions. Now, at 22, she has won 2 bronze medals in the Paris Olympics. Her journey shows that passion and hard work lead to great achievements.



Manu Bhaker's fitness secret:

Yoga plays a crucial role in Manu Bhaker's fitness routine. Since shooting requires exceptional concentration and patience, yoga is a fundamental part of her daily regimen. She performs a variety of asanas and poses to maintain calmness and focus.



Answer to quiz on page 1: An average Indian lives for about 60 years "disease-free" as compared to 74 years in Japan.

Provide us with your feedback and let us know what you would like us to address in this newsletter. Email us at taranghealthalliance@gmail.com