



TARANG Health Newsletter

Impact of our health education curriculum in 2023-24

Schools:

Last year, students from nineteen private schools were taught health education by their school teachers. There were 15 private schools from the Delhi NCR and Chandigarh area and four from Jaipur. Each teacher received eight hours of training from us on how to conduct health education. They were required to conduct 40 hours of health education during the academic year (2 classes/week).

Assessment:

To assess the change in health knowledge and behavior of 1923 Class VI students, over the academic year, one health knowledge and one health behavior questionnaire were administered to each student at the beginning and then again at the end of the academic year.

What type of questions were asked?

Questions related to the health topics that were taught, such as nutrition, hygiene, physical activity, tobacco, personal health etc.

Results of changes in health knowledge:

In Chandigarh area and Delhi NCR, students from 87% of schools (13/15) showed an improvement in health knowledge.

Results of changes in health behavior:

Improving health behavior is more challenging than health knowledge. Students of three schools showed an improvement in Behavior: Lotus Petal Foundation & Pratishtan Learning Center in Delhi NCR and St. Soldiers School in Chandigarh area.

Best performing schools:

We congratulate the students of these three schools for demonstrating an improvement in health behavior and knowledge. The teachers and the administration of these schools were very motivated and committed to health education.



Mr. Ranjan Kumar (Principal), Ms. Richa (Health Teacher), Ms. Neera Singh (Manager of St. Soldiers School), Ms. Pratiksha (Vice Principal), Ms. Jyotsana (Health Teacher) and Ms. Ashima (Health coordinator).

"In collaboration with Tarang Health Alliance, St.Soldiers School - Panchkula launched a comprehensive health program for Class 6 students last year. The program incorporated topics related to physical, mental and social health. Among other changes, I have noticed that the students have developed healthier eating habits and mental wellness. These healthy habits will help them throughout their lives. Since we need to keep reinforcing these healthy habits, we have decided to continue this curriculum for Class 6 and 7 students".

- Ms. Neera Singh.



**Mr. Kushal Chakravorty (Founder of Lotus Petal Foundation and Pratishtan Learning Center)
Ms. Bipasa Giri (Health Teacher) and Ms. Ruchira Verma (Principal)
Mr. Yudhisthir (Health Teacher).**

"In 2023, we partnered with Tarang Health Alliance, and this collaboration has been a deeply enriching experience for us. The curriculum developed by Tarang skillfully blends practical and theoretical knowledge. In a short period, we've witnessed a transformative change in our students' attitudes toward their health, particularly around healthy eating. They are beginning to take charge of their well-being, which is a remarkable step forward. We look forward to continuing our journey with Tarang Health Alliance to positively impact our students' health and inspire them to spread awareness about healthy habits within their communities".

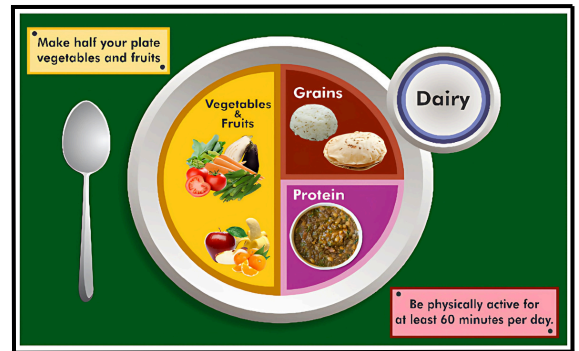
-Mr. Kushal Chakravorty

• PARENTS SECTION •

Daily Balanced Diet: A Simple Guide to Healthy Eating

This picture shows the proportion of foods one should eat every day to be healthy. Half of our daily intake of food should be vegetables and fruits (yellow area), a quarter of grains (brown area) and a quarter of protein (purple area) (focus on these areas sequentially). We should also have dairy every day in the form of milk, lassi, paneer etc. (focus on dairy).

To know more about a healthy diet, please read the chapter on Nutrition in our workbook "On the Way to Being Healthy".



• STUDENT TESTIMONIAL •



LAXMI

Student of Class 7 at GSSS Suketri, Panchkula, Haryana

I learned in my health class that we should not eat unhealthy food. I can fall sick if the food is unclean, very oily, and has high salt and sugar. Since last year I have become conscious and have stopped eating unhealthy food. I have been learning health since last year and by now I feel that by following instructions I have better health. Due to good health now I stand 2nd or 3rd in my class. I want to learn more in health class. My favorite food has become Palak, paneer, eggs, fish and pulses. These give protein to my body.

• HEALTHY TIFFIN SECTION • Besan Chilla recipe

Ingredients:

1 cup besan,
1 small onion,
1 small tomato,
1 green chili,
coriander leaves,
1/4 tsp turmeric,
1/2 tsp cumin seeds, salt, water,
oil for cooking



Steps:

1. Mix all ingredients in water and make into a smooth batter.
2. Heat a pan, add oil, pour batter, and spread thinly.

• STUDENTS SECTION •

It is a very hot day, and you are out with your friends. You are thinking of buying some cola.

STOP

Why?

Read the label very carefully. The 600 ml bottle has 64 g of sugar or about 16 teaspoons! You remember that you should not have more than 6 teaspoons of sugar in a complete day.

What will you do?

The best and least expensive choice is to drink cold, refreshing water. The other choice is to drink unsweetened lassi or freshly squeezed juice.

Why is too much sugar harmful?

It can make one overweight or obese, cause tooth decay, and reduce academic performance. Over the long term, it can cause fatty liver, heart disease, and diabetes.

