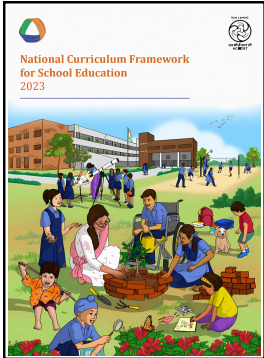




TARANG Health Newsletter

New School Health Education Policy & Curriculum: What is good & what needs improvement

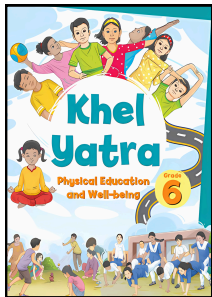


Good policy:

NCF has included “Physical Education (PE) & Well-being” as a curriculum area from Class 3-12. Physical Education teaches students how to be physically active and healthy. Well-being is defined as a combination of a person’s physical, mental, and social health. The goal of this curriculum area is for students to acquire the knowledge and skills/behavior to develop good physical, mental, and social health. NCF states that new textbooks will be developed for this curriculum area. One hundred hours of education have been allocated per academic year from Class 3-8 and ninety hours from Class 9-12. This is adequate time to teach the “Physical Education & Well-being” subject. This is a major step forward for the Indian education system and an important long-term investment in the health of our nation.

Curriculum needs improvement:

To determine which health topics have been covered in the curriculum, we reviewed the new Class 6 “Physical Education & Well-being” book titled “Khel Yatra” and the “Curiosity” science book. These are the only middle stage books that cover health topics and have been printed.

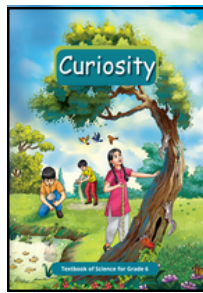


Khel Yatra:

The curriculum in *Khel Yatra* focuses primarily on physical activities and yoga practices. Physical Education in schools normally translates to students playing sports or doing physical exercises.

When executed properly, Physical Education can teach students some of the desired social behaviors, such as teamwork and effective communication, but not all. Developing other important social behaviors, e.g., healthy relationships and preventing violence, will be missed. It is also important to note that many students do not participate in sports, especially girls, and many schools do not have the space for sports activities.

Yoga is normally practiced in schools by students conducting asanas. It is very good for physical health and improving certain aspects of mental health, e.g., developing focus and concentration. However, other important aspects of mental health, e.g., goal setting, creativity, decision-making, and managing stress, will be missed. Therefore, teaching Physical Education and Yoga is unlikely to improve various important aspects of physical, mental, and social health behaviors.



Curiosity:

The only health topic covered in this science textbook is nutrition. It focuses primarily on descriptive knowledge and little on improving the dietary behavior of students.

The goal of this chapter should be to teach students the skill of planning and eating a healthy diet daily. We need to change their behavior so that they eat a healthy diet and improve their physical health.

Recommendations:

To reach the goal of “students acquiring the knowledge and skills/behavior to develop good physical, mental, and social health,” the following topics should be included in the curriculum and books for Classes 3-12.

- **Mental & Social Health:** The current topics of Physical Education (PE) and Yoga should be complemented by a class-based curriculum covering various topics on mental and social health. Topics on mental health should include self-esteem, values, management of stress and emotions, creativity, goal setting, decision-making, and empathy. Topics on social health should include healthy communication, healthy relationships, collaboration, and violence prevention.
- **Physical Health:** Students should be taught various topics, e.g., hygiene, tobacco, alcohol/drugs, air pollution, body changes/reproductive health, auditory/vision/dental health, and first aid. These topics were listed in NEP 2020 but are ignored or covered inadequately in the curriculum.



-Mr. Sanjay Kumar
Secretary of Education



-Mr. Saklani
Director of NCERT

During the last year, I met with several officials from the Department of Education and NCERT to advocate for a mandatory health education policy and discuss the health curriculum.

From the Department of Education, this included Mr. Sanjay Kumar (Secretary of Education), Mr. Anand Rao Patil (Additional Secretary), and Ms. Prachi Pandey (Joint Secretary, Training). From NCERT, I met with Mr. Saklani (Director of NCERT) and Prof. Ranjana Arora. These recommendations have been sent to all of them

- Dr. Rahul Mehra
Executive Chairman



-From the NCERT Class 6 book *Khel Yatra*

• PARENTS SECTION •

Children are the mirror of their parents

Children learn through observation and imitation. Activities like yoga, family walks, or cycling not only improve physical well-being but also strengthen family bonds. By prioritizing fitness and making exercise a family routine, parents set a powerful example. If a parent washes their hands thoroughly before eating every meal, their child will do the same. Handwashing with soap can protect one out of every three children who get sick from diarrhea.

We request parents to examine their own physical, mental, and social health habits so they can be good role models for their children.



Handwashing with soap prevents infections and maintains hygiene.



Mrs. Khushbu Kumari, a health educator, practicing yoga with her daughter Kaashvi Mishra.



• STUDENT TESTIMONIAL •



Chandani Praveen, a student of Class 6 at GSSS Sarhual, Gurgaon.

My name is Chandani Praveen. I study in Class 6. I enjoy the health class because it teaches us all about staying healthy. I feel that learning about health is very important because if we do not know what is good or bad for our health, we might fall sick. I have learned that if we do not eat nutritious food and do not maintain cleanliness, we may suffer from diseases. If we implement what we learn about health, we can maintain our physical health as well as that of our family. I enjoy this class very much and always try to follow what I learn about health. If we neglect it, we might fall sick frequently and even die early.

Thank you!

• HEALTHY TIFFIN SECTION •

LEMON RICE RECIPE

INGREDIENTS:

1. ¼ cup lemon/lime juice
2. ¾ tsp salt
3. 2 tbsp oil
4. ½ tsp mustard seeds
5. ⅓ cup cashews/peanuts
6. 2 garlic cloves, sliced
7. 1 green chille, halved
8. ½ tsp cumin seeds
9. 12 curry leaves (optional)
10. 2 tbsp chana dal (optional)
11. 1 tbsp urad dal (optional)
12. ¼ tsp turmeric
13. 3 cups cooked brown basmati rice

INSTRUCTIONS:

1. Mix lemon juice & salt in a bowl.
2. Heat oil, add mustard seeds, nuts, garlic, chile, cumin, curry leaves, chana & urad dal. Cook until nuts brown.
3. Remove from heat and mix in turmeric, rice, and juice.



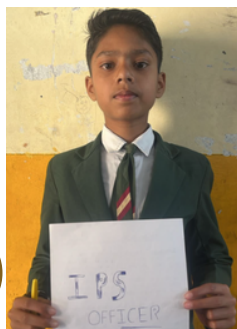
• STUDENTS SECTION •

A Sky Full of Dreams



SPORTS PLAYER

Nikunj,
a student of Class 6
at SNMS, New Delhi



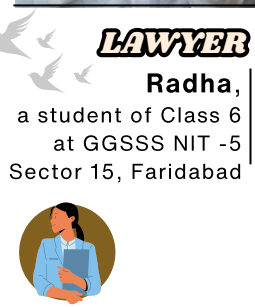
IPS OFFICER

Aayush,
a student of Class 7
at GMSS Sector-20,
Panchkula



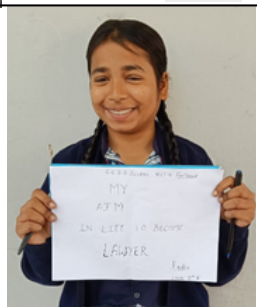
CRICKET PLAYER

Anshu,
a student of Class 7
at GSSS Suketri,
Panchkula



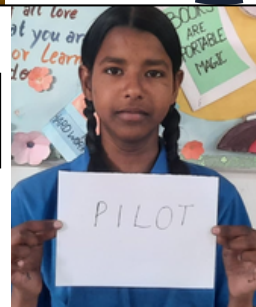
LAWYER

Radha,
a student of Class 6
at GGSSS NIT -5
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PILOT

Parul,
a student of Class 7
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ENGINEER

Nitanshu,
a student of Class 7
at PM Shri GGSSS
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Panchkula

