



TARANG Health Newsletter

543210 Campaign

Our “5-4-3-2-1-0: Countdown to a Healthy Life” national campaign was launched last month. It reminds youth to develop healthy lifestyle habits through easy-to-remember numbers. It reminds them that to be healthy, they must engage in each one of the activities listed in 5-4-3-2-1-0 every day.



Rahul Mehra, Ms. Leena Khaneja, teachers of Tarang Health Alliance (Panchkula), and students of Govt Senior Secondary School, Suketri (Panchkula) at the launch of the 543210 campaign. The students took an oath to follow the recommendations of the 543210 campaign every day.



What is the 543210 campaign and why is it important to follow it daily?

COUNTDOWN TO HEALTH

- 5** Five portions of vegetables and fruits daily.
- 4** Wash hands with soap and water at least four times a day. After toilet, before each meal.
- 3** Three portions (katoris) of protein rich foods daily.
- 2** No more than two hours of screen time every day.
- 1** At least one hour of physical activity every day.
- 0** Zero tobacco, sugary drinks and packaged salty snacks.

- 5** Eat 5 portions or servings of vegetables and fruits every day. For example, a banana or an apple is one portion of fruit. This will provide you with carbohydrates your body needs for energy, as well as minerals and vitamins that are essential for your body to stay healthy.
- 4** Wash your hands with soap and water at least four times every day. Once after going to the toilet and before eating breakfast, lunch, and dinner. This will prevent harmful germs from getting inside you and making you sick.
- 3** Eat 3 katoris of foods high in protein every day. Examples are daal, rajma, chana, eggs, chicken, etc. This will help your body grow, make your muscles strong, and help the body heal itself.
- 2** Limit screen time to no more than 2 hours every day. Screen time refers to the use of cell phones, television, or a computer. Excessive screen time is addictive, causes sleep disturbances, and is bad for your eyes.
- 1** Be physically active for at least 1 hour every day. This includes playing sports, yoga, bicycling, dancing, running, walking briskly, etc. It will help your body be strong, and it is also very good for your mental health.
- 0** Do not consume sugary drinks like colas, salty snacks (chips, namkeen), or tobacco. Over the long term, consuming sugary drinks and salty snacks can cause diseases like diabetes, heart disease, and dental problems. Using tobacco can cause lung and throat cancer.

LET'S START NOW !

• PARENTS SECTION •

Roots of Understanding:

Nurturing the Heart Before the Mind



In today's fast-paced world, parenting goes beyond providing basic needs; it demands emotional connection and understanding. Children face unique pressures from academics, technology, and social media, necessitating parents to be active listeners and emotional supporters, rather than just authority figures.

Empathy, patience, and open communication are crucial in parenting. Children who feel heard and accepted develop better self-esteem and emotional resilience.

Nurturing with love instead of pressure fosters understanding in today's parenting.



Modern parents should understand their child's feelings, fears, and dreams without judgment. Creating a safe space for self-expression fosters trust and strengthens bonds. Parents should value efforts, emotions, and support their child's individuality rather than focusing solely on achievements.

• STUDENT TESTIMONIAL •



I am extremely glad that I got a chance to learn Health Education, as I can clearly see it helping me in many different ways. I never knew that maintaining just basic hygiene and sanitation could prevent me from such dangerous diseases as typhoid and cholera. I have also learned that by making my communication better, I can have great friends and be respectful to others. The Health Educator has been so helpful and friendly while we were learning about any topic. The teacher also helps us with the things we are totally weak in or beginners at all the time. I have been using the guide provided in the book to improve my own health. I am so grateful that I get opportunities to learn this.

— Jiya Choudhary

a student of Class 8 at Lotus Petal Foundation, Gurgaon.

• SUMMER RECIPES SECTION •



Watermelon Basil Cooler

Ingredients

- 1.2 cups watermelon chunks (seedless)
2. A few fresh basil or mint leaves
3. Juice of 1/2 lemon
4. A pinch of salt

Instructions

1. Blend all ingredients until smooth.
2. Strain (optional) and serve over ice.

Benefits

Hydrating, antioxidant-rich, low in calories.



• STUDENTS SECTION •

Too much sugar is like poison !

May 16, 2025 article in Times of India:

"When 12-year-old Harshita (name changed) started feeling constantly fatigued and unusually thirsty, her parents initially brushed it off as summer heat. However, a routine health check-up revealed a surprising diagnosis – Type 2 diabetes, a condition once almost exclusively seen in adults. Harshita's case is part of a worrying trend that has prompted CBSE to take action".

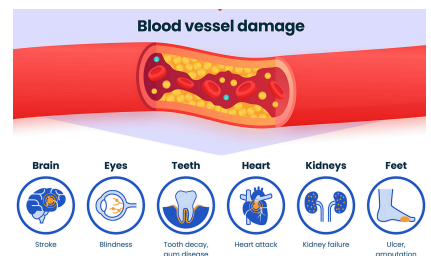
What is Diabetes?

It is a condition when the amount of sugar in your blood is too high. The sugar should go into your cells to give you energy, but it does not.



Why is it harmful ?

High blood sugar damages the blood vessels that provide oxygen and nutrients to every part of our body.



Diabetes can harm many organs, as shown in the picture

What can you do to prevent diabetes?

Eat a healthy, balanced diet and exercise every day. Avoid sugary drinks and try not to consume more than 6 teaspoons of sugar in a day. Always read the labels on packaged foods. Encourage your parents to follow these habits too.

Fact: About one in six school students have diabetes or pre-diabetes

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