



TARANG Health Newsletter

Our school was selected as one of the 10 best in the world in ‘Supporting Healthy Lives.’

In June 2025, the Girls Government Senior Secondary School (GGSSS) NIT-5 in Faridabad was shortlisted for the World’s Best School Prize in the category of “Supporting Healthy Lives.” Only ten schools were selected from across the globe, and GGSSS NIT-5 was the only one from India. The other shortlisted schools were from the UK, Turkey, Malaysia, Brazil, and other countries. This competition is organized by T4 Education, based in the United Kingdom. Their mission is to champion change and innovation to improve school culture. A representative from T4 Education visited the school to review our health program. Our curriculum includes topics related to physical, mental, and social health, and we also conduct workshops for parents on various health issues. GGSSS NIT-5 is one of the twelve government schools where we are currently implementing our school health program.



This was the writeup about GGSSS by T4 Education:

In disadvantaged communities, many young women face gender-based violence, discrimination, poverty, and extreme hunger. Girls are often forced into early marriage or left as primary caregivers at home, leading them to abandon their education. Those who continue their studies often struggle with mental distress and emotional trauma. To address these systemic challenges, the school has implemented a wellbeing-focused approach that prioritizes both physical and mental health. The school conducts workshops for parents on health and nutrition, while students share their learnings with their families and neighbours. By proactively equipping students with the tools to overcome adversity through its redesigned wellbeing-focused model, the school is empowering a generation of young women to confidently embrace the opportunities they rightfully deserve.



Newspaper Coverage:

Sunday Pioneer

HT Hindustan Times

F'bad govt school among world's top 10 major feat: Mahipal Dhanda

US Scientist's health education curriculum at a Faridabad govt school earns global honour

PNS ■ FARIDABAD

An innovative health education curriculum and program, designed by US-based scientist Dr Rahul Mehra, who also serves as India's National Representative for the UNESCO Chair for Global Health & Education, has propelled a Faridabad government school onto the global stage. Government Girls Senior Secondary School (GGSSS), NIT-5 Faridabad, has been named among the top 10 finalists for the World's Best School Prizes 2025, awarded by UK-based T4 Education, for its outstanding success in embedding health and well-being into daily learning.



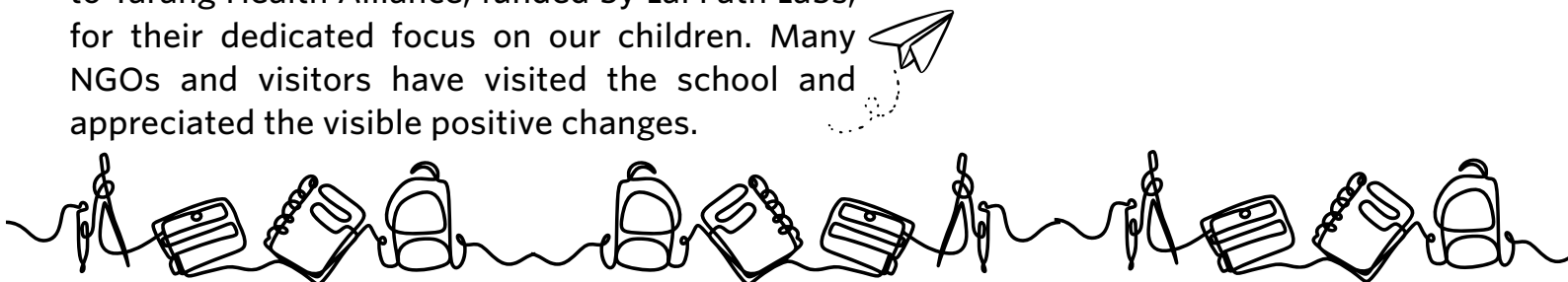
JULY 13, 2025



Haryana education minister Mahipal Dhanda on Thursday said that the Government Girls Senior Secondary School (GGSSS), NIT-5, Faridabad, has been named among the top 10 finalists for the World's Best School Prizes 2025, an honour shared by only four schools from India.

Ms. Seema Bhriugu, retired Principal of GGSSS, said: "Tarang Health Alliance came to our school and integrated health education into our regular curriculum. Ms. Khushboo started teaching the students right from the basics, using animation videos, educational materials, and charts. She also conducted regular meetings with the parents, showing them that healthy food doesn't have to be expensive. Gradually, we observed a visible improvement in the students' health."

Children who previously used to faint began showing signs of motivation. Their health habits improved significantly, school attendance increased, and they started taking an active interest in academics. This clearly demonstrated that good health is essential and that a healthy child can achieve anything. We are truly thankful to Tarang Health Alliance, funded by Lal Path Labs, for their dedicated focus on our children. Many NGOs and visitors have visited the school and appreciated the visible positive changes.



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