



# TARANG Health Newsletter

Wishing you all a joyful and healthy New Year!



## PRESS WORKSHOP

Dr.Mehra speaking to reporters, at journalist's workshop in Chandigarh, about the harmful impact of air pollution. On the left is Ms.Leena Khaneja, Director of Operations, who is holding the workbooks.



## INTERACTION IN SCHOOLS



Dr.Mehra, speaking to government school students.



Dr.Mehra teaching Class VI students of GSSS Suketri, Panchkula



Dr. Mehra teaching a class on "Air Pollution" to government school students in Delhi NCR.



Anand Rao Vishnu Patil, (Additional Secretary, Department of School Education & Literacy, Ministry of Education) with Ms.Leena Khaneja and Dr.Rahul Mehra in Mr.Patil's office.

## ADVOCACY

Dr. Mehra, discussing the content of NCERT Science books with Mr. Tarun Chaubasia, a member of the NCERT Science textbook committee.



## • PARENTS SECTION •

### Parents are role models of healthy behavior

More than 40% of Indian males either smoke or chew tobacco. Tobacco can cause cancer, heart disease or stroke and is extremely harmful to our health. When children observe their parents' using tobacco, they perceive it as acceptable because parents are their role models. Research shows that **30-50% of children are likely to use tobacco if their parents are tobacco users**. If you want to reduce the likelihood of your children using tobacco, the best action you can take is to stop using tobacco yourself.



## • STUDENT TESTIMONIAL •



Milan

Student of Class 7 at GSSS Suketri, Panchkula, Haryana

I had many shortcomings. I am learning a lot in my health class. It is helping me improve my habits. I have left eating fast food. I was short-tempered and now through regular meditation in the class, I have learnt to be calm and relaxed. I respect others and am learning a lot in class to improve my habits. Now I have also developed better relations with others. I want to learn more about cleanliness, exercise and improving my health.

## • HEALTHY TIFFIN SECTION •

### Fenugreek Paratha

#### Ingredients:

1. Washed Fenugreek
2. Aatta
3. Salt
4. Garlic
5. Green Chilli



#### Instructions:

First, take some fenugreek leaves and chop them into small pieces. After chopping, wash them thoroughly and mix them into the flour. Knead the flour into a dough, adding garlic, ginger, and green chili paste to enhance the flavor. Cook the paratha like a roti and serve it with curd for a delicious meal.

## • STUDENTS SECTION •

### Gukesh Dommaraju : **CHESS** Grandmaster



Gukesh, an **eighteen year old** chess player from Chennai, India is the 2024 World Chess Champion. He discovered his love for chess at the age of seven and became the world's second-youngest Grandmaster when he was only twelve and a half years old.

What sets Gukesh apart is not just his skill but also his disciplined lifestyle. He stays fit with regular exercise, eats a balanced diet, and practices yoga to maintain mental focus and calmness during high-stakes matches. He believes in hard work, learning from mistakes, and staying determined.



Fun fact: Every fifth child in the world is an Indian.

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](mailto:taranghealthalliance@gmail.com)