

SCERT SANDESH

NEWS LETTER

NATIONAL POPULATION EDUCATION PROJECT (NPEP)



राज्य शैक्षिक अनुसंधान और प्रशिक्षण परिषद्
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

Sector 32, UT Chandigarh



OUTCOMES 2021-22

❖ Release of Annual News Letter '**SCERT SANDESH** ' 2021

❖ **Material Development**

- Guidelines to implement Curricular Activities in Govt. Schools of UT Chandigarh
- Poster in print form (digital)
- Newsletter '**SCERT SANDESH 2022**'

❖ **Training**

- Training cum Orientation Programme for Prospective Teachers

❖ **Advocacy Programme**

- An Online Training Programme for Health Ambassadors on School Health & Wellness Programme for Govt. School Counsellors

❖ **Curricular Activities at State Level**

- Role Play Competition
- Folk Dance Competition
- Story Writing Competition
- Comic Writing Competition
- Poster Competition
- Model making Competition

❖ **Publication /Documentation**

- Printing of Guidelines of Curricular activities 2021-22
- Designing and Printing of Newsletter '**SCERT SANDESH-2022**'
- Research Study on 'Effect of Group Counselling on Examination Anxiety and Academic Stress of adolescents of Govt. Schools of UT Chandigarh.

NATIONAL POPULATION EDUCATION PROJECT (NPEP)

National Population Education Project (NPEP) was launched in India in 1980 by the Ministry of Human Resource Development (MHRD), as an integral part of the Quality improvement in Schools. It is a value laden concept funded by the Government of India and implemented in all the states and Union Territories of India. The National Council of Education Research and Training (NCERT) coordinates the implementation of the Project at the National and State level. The Programme provides for a study of the population situation in family, the Community, Nation and the World with the purpose of developing in the student's rational and responsible attitude and behaviour towards the situation.

The reconceptualised framework of Population Education views it as an Educational Process to develop in learners n understanding of inter- relationships between population and development, causes and consequences of population change and the criticality of the condition for population stabilization.

There is great need for Population Education in schools as young people of today will constitute the adult population in coming years. It is their reproductive behaviour when they become adult which is going to affect considerably the population situation in future. In order to achieve population stabilization the future parents, adolescents must be involved.

Objectives of Population Education

- ❖ Making Learners aware of the interrelationships between population and sustainable development.
- ❖ Developing in them an understanding of the criticality of essential conditions of population stabilization for better quality of life of present and future generations.
- ❖ Inculcating in them an understanding, rational attitude and responsible behaviour towards population and development issues.
- ❖ Making them understand the crucial aspects of adolescent reproductive health, focusing on the elements of process of growing up and implications of HIV/AIDS and drug abuse.
- ❖ Inculcating in them rational attitude towards sex, drugs and promoting respect for the opposite sex.
- ❖ Empowering them to take informed decisions on issues of Population and development including those of reproductive health.

MAJOR THEMES OF NPEP

Theme I: Population and Sustainable Development

- ❖ Population Growth and Structure ; Implications for population stabilization
- ❖ Population, Sustained Economic Growth and Poverty
- ❖ Population and Environment

Theme II: Gender Equality and Equity for Empowerment of women

- ❖ Gender Equality and Equity
- ❖ The Girl Child
- ❖ Male Responsibilities

Theme III: Adolescent Reproductive Health (Adolescence Education)

- ❖ Process of Growing up
- ❖ HIV and AIDS
- ❖ Drug Abuse

Theme IV: Family: Socio-Cultural Factors and Quality of Life

- ❖ Family as basic unit of Society
- ❖ Socio-Economic Support to the Family

Theme V: Health and Education: Key Determinants of Population Change

- ❖ Nutritious food and well being
- ❖ Health, Morbidity and Mortality
- ❖ Child Survival
- ❖ Health of Women and Safe Motherhood

Theme VI: Population Distribution: Urbanization and Migration

- ❖ Population Distribution
- ❖ Population Growth in Urban Agglomerations
- ❖ Migration

Theme VII: Safe Use of Internets, Gadgets and Media Literacy

NPEP TEAM SCERT, UT Chandigarh

Dr. Surender S. Dahiya	Director, SCERT
Ms. Serbjeet Kaur	Co-ordinator
Ms. Gurpreet Kaur	Member
Mr. Surinder Pal	Member
Ms. Usha	Member

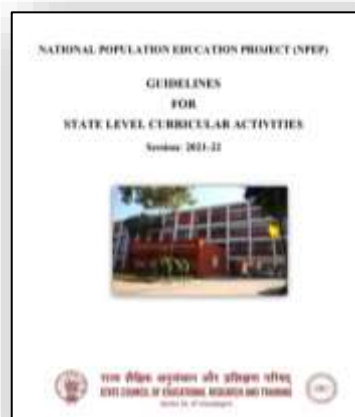
MATERIAL DEVELOPMENT

Development of Guidelines:

Guidelines for the following activities to be conducted at State Level were prepared by PEP team members at SCERT. Due to COVID-19 changes were incorporated in guidelines for the smooth conduct of activities.

- Role Play Competition
- Folk Dance Competition
- Story Writing Competition
- Poster Competition
- Comic Writing Competition
- Model Making competition related to NPEP

The guidelines were typed, printed and further distributed to all the government schools of UT Chandigarh.



Research Study

A Research study on the Effect of Group Counselling on Examination Anxiety and Academic Stress of adolescents of Govt. Schools of UT Chandigarh was conducted. Tool was developed by PEP team and after data collection and analysis major findings were enlisted in research study.

Development of Posters

Winning posters were selected for developing posters in digital form.

Development of material and manuscript for Annual Newsletter

Two days workshop was organized at SCERT on 24th and 25th March 2022 for the development of material and manuscripts for Annual Newsletter -2022 in which PEP team members participated.



Chandigarh at a Glance

Chandigarh is the best planned city in India, which is world renowned and quality of life, which is unparalleled. As the capital of the states of Punjab and Haryana and Union Territory of Chandigarh it is prestigious city. The faces of modern India, Chandigarh is the manifestation of a dream that Pt. Jawahar Lal Nehru envisaged and Le Corbusier executed.



- Capital city of two states: Punjab & Haryana
- Location: North India
- Area: 114 square kms
- Longitude: 76° 47' 14"E
- Latitude: 30° 44' 14' N
- Altitude: 304 - 365 meters above MSL
- STD Code: 0172
- Languages: Punjabi, Hindi, English
- Best Season to visit: Mid-August to November.
- **Educational Institutions:** Panjab University, Punjab Engineering College, PGIMER, National Institute of Technical Teachers Training and Research (NITTR), University Institute of Engineering & Technology (UIET), Regional Institute of English (RIE), Hotel and Catering Management Institute, Regional Institute For Mentally Handicapped (RIMH), Government College of Art (GCA), Post Graduate Government College, Homeopathic Medical College and Hospital (HMCH), Regional Institute of Co-operative Management (RICM), Government College of Commerce & Business Administration, State Council of Educational Research and Training (SCERT), Government Home Science College, Post Graduate Government College for Girls, Government College of Education, Government Central Crafts Institute for Women, Central Scientific Instruments Organization (CSIO), Govt. Rehabilitation Institute for Intellectual Disabilities (GRIID)
- **Tourist Places:** Leisure valley, Rock Garden, Sukhna Lake, Museum of Evolution of Life, Zakir Hussain Rose Garden, International Dolls Museum, The Hidden Valley, The Capitol, Museum and Art Gallery, National gallery of portraits, Le Corbusier Centre, Lalit Kala Academy.

Source: <http://chdsdmcentral.gov.in>
<http://chandigarhtourism.gov.in>

HEALTH AND WELL-BEING OF CHILDREN

Investment in the health of children is an important priority for health programmes supported by the government. In comparison to National Family Health Survey (NFHS-3, 2005-06), data from the recent survey (NFHS-4, 2015-16) demonstrate promising trends such as decline in the prevalence of stunting (low height for age) and underweight (low weight for age) from 48 per cent to 38 per cent and 43 per cent to 36 per cent, respectively, for children under the age of five years. However, these numbers remain unacceptably high and suggest that a large proportion of children are malnourished as they start school. These children are also more prone to infections and are likely to get trapped in a vicious cycle of disease and malnutrition that interferes with their ability to learn and has far reaching negative consequences for individuals, their families, and the country at large. Findings from the Study on Child Abuse commissioned by the Ministry of Women and Child Development in 2007 indicate that in the age group of 5-12 years, 69 per cent reported physical abuse; of these 55 per cent were boys. More than 50 per cent children also reported some form of sexual abuse. These findings are worrisome and challenge the notion that boys are safer than girls.

The age group of 10-19 years is commonly considered as a relatively healthy phase of life. However, during this period, children have unique health needs and concerns that have not received adequate attention in policies and programmes, until recently. Global evidence suggests that mental health disorders and road injuries are the major contributors to morbidity and mortality among young people. As per the Lancet Commission Report on Adolescents, 2016, suicides, road injuries, tuberculosis and depressive disorders were among the top four causes for 'health loss' among young people (age group of 10-24 years) in the country. While the increasing burden of non-communicable diseases is a serious concern for India, the country still needs to tackle the burden of communicable diseases and ill-health related to malnutrition.

Approximately 54 per cent of girls and 29 per cent of boys in the age group of 15-19 years are anaemic in India. Only 58 per cent girls in the age group of 15-24 years use hygienic methods during menstruation (NFHS-4, 2015-16). Substance misuse among children is an emerging problem that needs urgent attention. Findings from Global Youth Tobacco Survey-India (2009) show that 19 per cent adolescent boys and 8 per cent adolescent girls in the age group of 13-15 are currently using tobacco products.

The Indian society is in transition—globalisation, urbanisation, rapid economic growth and the ever expanding reach of the media and technology have created tensions in the process of social change and vastly changed the realities of young people as compared to the previous generation. However, social norms have not kept pace with the changing circumstances. Discrimination and neglect of the girl child manifests in compromised educational opportunities (61.5 per cent boys as compared to 52.8 per cent girls in the age group of 15-19 years are in educational institutions, NSSO, 66th Round, 2013) and harmful practices such as gender-biased sex selection, early marriage and dowry. A little over one-fourth (26.8%) of the girls in the country are still getting married below the legal age of 18 years. Findings from NFHS-4 also show that 35 per cent females and 32 per cent males in the age group of 15-24 years reported that wife beating was justified under specific circumstances, suggesting gender-discriminatory attitudes with high levels of acceptance of gender-based violence. Such attitudes among the youth of a country are a matter of concern.

Findings from Youth in India: Situation and Needs (2006-07) survey show that 82 per cent young men and 78 per cent young women in the age group of 15-24 years reported that family life education was important but only 15 per cent had received these inputs formally. These findings indicate the vulnerability of a large proportion of children in India. The reasons could be manifold. They may be poorly informed on several issues related to their health and well-being, or may lack the necessary skills, support and access to youth friendly services to translate their knowledge into safe and responsible behaviour.

SCHOOLS TO ENHANCE HEALTH AND WELL-BEING OF CHILDREN

The programme will be delivered through two trained teachers in every school designated as Health and Wellness Ambassadors. The programme is scheduled to roll out in aspirational districts with a potential for upscaling throughout the country. The key provisions include:

- School Health Promotion Activities
 - Age appropriate learning for promotion of healthy behavior and prevention of various diseases
 - Delivered through school teachers trained as Health and Wellness Ambassadors
 - Reinforce key learnings through existing school spaces and forums such as assembly, PTA meetings, Adolescent health days.
 - Access to psychological support.
- Health Screening and Services
 - The screening of children will be continued for 30 identified health conditions for early detection, free treatment and management through dedicated Rashtriya Bal Swasthya Karyakram (RBSK) mobile health teams
 - Iron Folic Acid (IFA) tablets
 - Albendazole administration
 - Provision of Sanitary Napkins
 - Access to counselors, help lines and adolescent friendly health clinics
 - Electronic Health Records
- Electronic Health Records
 - Electronic health record for each child



Growing Up Healthy



Emotional Well-being and Mental Health



Interpersonal Relationships



Values and Responsible Citizenship



Gender Equality



Nutrition, Health and Sanitation



Prevention and Management of Substance Misuse



Promotion of Healthy Life Style



Reproductive Health and HIV Prevention



Safety and Security Against Violence and Injuries



Promotion of safe use of Internet and Social Media Behaviors

*Source: Training and Resource Material
Health and Wellness of School-going Children
Under the Aegis of School Health Programme of Ayushman Bharat*

Training of School Teachers as Health Ambassadors under School Health and Wellness Programme

Online Training Programme for Health Ambassadors on School Health was conducted via online platform by SCERT, UT Chandigarh for counsellors of Govt. Schools of UT Chandigarh on **29.11.2021**

Orientation of Counsellors was conducted on four modules of School Health and Wellness in which 76 counsellors from Govt. Schools were trained as Health Ambassadors by State Resource Group of UT Chandigarh. Training on below mentioned Modules was imparted:

- 1. Substance Abuse**
- 2. Interpersonal Relations**
- 3. Nutrition Health and Sanitation**
- 4. Promotion of Safe use of Internet**



TRAINING / ORIENTATION PROGRAMME FOR PROSPECTIVE TEACHERS

Training cum Orientation Programme was organised on **09.12.2021** for prospective teachers of SCERT, UT Chandigarh. About 50 participants were oriented by experts.

Ms. Serbjeet Kaur, Coordinator PEP talked about the Population Education Project and its aims. Prospective teachers were given awareness about different activities and programmes related to PEP. Resource Person delivered a talk on the topic of **interpersonal relations** in which various challenges adolescents may face in classroom, tips for teachers in classroom situation and ways to handle these issues effectively were discussed.

Dr. Openderjeet Kaur another resource talked about health and nutrition and its need for healthy diet for children was discussed in detail.

Ms. Isha Anand highlighted the emerging issues related to internet and cyber crime. She discussed with the participants about safe use of internet on mobiles and labtops.

Ms. Gurpreet Kaur talked about gender equality and various issues and challenges related with it



STATE LEVEL FOLK DANCE COMPETITION

Due to COVID-19 entries were invited through recorded CDs / Pendrive / Google drive. State Level Folk Dance competition was organized through online mode. The Judgement by experts was done at SCERT Chandigarh on **29.12.2021** through digital mode. 35 teams from Govt. Schools of UT Chandigarh participated in the competition.

The winners were awarded with certificate of merit and cash prize of Rs.500/- Rs.300/- & Rs.200/- per participant for the First, Second & Third position respectively.

Dr. Surender S. Dahiya, Director SCERT, UT Chandigarh gave away the prizes to the winners on prize giving function dated 25.03.2022

Result of Role Play Competition is given below:

Position	Name of the School	Name of Winning Students	Theme Selected
First Position	Govt Model High School Sector - 38 West	Gunjan, Anmol Vishal, Naveen, Palak	Personal Safety
Second Position	Govt High School Sector-54	Bannty, Divyanshi Princi. Riya, Mamta	Safe Use of Internet
Third Position	Govt. Model Sr. Sec. School Sector-26 (TM)	Amrita , Gudiya Shamama, Gyanshu Sahil	Nutritious Food & Wellbeing



STATE LEVEL ROLE PLAY COMPETITION

Due to COVID-19 entries were invited through recorded CDs / Pendrive / Google drive. State Level Role Play competition was organized through online mode. The Judgement by experts was done at SCERT Chandigarh on **29.12.2021** through digital mode. 35 teams from Govt. Schools of UT Chandigarh participated in the competition.

The winners were awarded with certificate of merit and cash prize of Rs.500/- Rs.300/- & Rs.200/- per participant for the First, Second & Third Position respectively.

Dr. Surender S. Dahiya, Director SCERT, UT Chandigarh gave away the prizes to the winners on prize giving function dated 25.03.2022

Result of Role Play Competition is given below::

Position	Name of the School	Name of Winning Students	Theme Selected
First Position	Govt. Sr. Sec. School MMT Manimajra	Nisha, Rakhi, Nikhil Shivani, Khushi Shivani	Gender Equality
Second Position	Govt. Model High School Sector-49	Lalita Rawat, Monika Khushi Balodi, Aniket Sonia, Anushka	Female Foeticide
Third Position	Govt. Model Sr. Sec. School Sector-47	Manpreet Singh Gurpreet, Vikash Gurpreet Singh	Protection of Environment



STATE LEVEL POSTER COMPETITION

State Level Poster competition was organized under National Population Education Project (NPEP) by SCERT, UT Chandigarh. Entries of winners from school level competitions were invited for the State Level Competition in which **133 Posters from 48 Govt. Schools** were received. Themes for the competition were Sustainable Development, Adolescence Education, Family and Gender Equity and Equality. These posters were displayed at SCERT Chandigarh and judgement was done 16.12.2021 by experts.

The winners were awarded with certificates of merit and cash prize of Rs. 1000/- Rs. 750/- & Rs. 500/- respectively.

Dr. Surender S. Dahiya, Director SCERT, UT Chandigarh gave away the prizes to the winners on prize giving function dated 25.03.2022

Result of State Level Poster Competition as under:

Position	Name of the School	Prize Winner
First	Govt. Girls Model Sr. Sec. School Sector -20	Kashish Bhatia
Second	Govt. Sr. Sec. School, Sector- 45	Vineeta
Third	Govt. Model Sr. Sec. School Sector-33	Shiv Kumar



First



Second



Third

STATE LEVEL COMIC WRITING COMPETITION

State Level Comic Writing Competition was organized by SCERT, UT Chandigarh on 16.12.2021. Entries were invited in offline mode from students studying in classes VIII-XII of Govt. Schools of UT Chandigarh. **94 Comics from 34** Govt Schools were received and displayed for judgement at SCERT. Comics were made by students as per the themes of guidelines.

The winners of First, Second and Third Position holders were awarded with certificates of merit and cash prizes of Rs. 1000/-, 750/- and Rs. 500/-

Dr. Surender S. Dahiya, Director SCERT Chandigarh gave away the prizes to the winners on prize giving function dated 25.03.2022

Result of Comic Writing Competition is as under:

Position	Name of the School	Prize Winner
First	Govt. Model Sr. Sec. School Behlana	Zainab
Second	Govt. Model Sr. Sec. School, Sector- 21	Bhavya
Third	Govt. Sr. Sec. School, Mauli Jagran	Rajni



First



Second



Third

Story Writing Competition

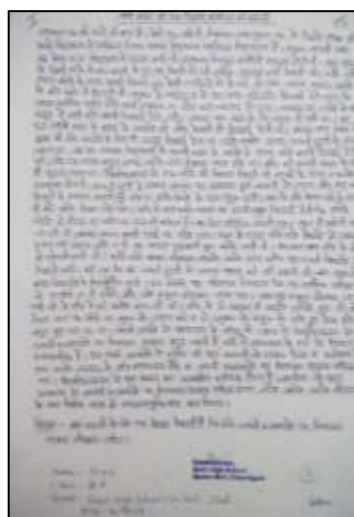
Story writing competition was organized on 14.12.2021 at SCERT in which entries were invited from students of classes 8th to 10th in offline mode. **62 stories from 34** Govt. Schools were received and first three comics were selected by experts.

Dr. Surender S. Dahiya, Director SCERT, and Ms. Serbjeet Kaur Coordinator PEP UT Chandigarh gave away the prizes to the winners on prize giving function dated 25.03.2022

Result of Story Writing Competition is as under:

Position	Name of the School	Prize Winners
First	Govt. High School, Sector - 46	Priya
Second	Govt. Model Sr. Sec. School Sector-23 (NYC)	Ankit
Third	Govt. Model Sr. Sec. School, Sector-8	Gaurimati

First



Second



Third



STATE LEVEL MODEL MAKING COMPETITION RELATED TO POPULATION EDUCATION

Model Making Competition related to Population Education, was organized by SCERT, UT Chandigarh on 03.01.2022 in online mode in which 25 models from 25 Govt. Schools were received in entries. All the models were received in recorded DVD's/CD's/Pendrive for judgment and best three models were selected by experts.

Dr. Surender S. Dahiya, Director SCERT, and Ms. Serbjeet Kaur Coordinator PEP UT Chandigarh gave away the prizes to the winners on prize giving function dated 25.03.2022

Result of Toy Making Competition is as under:

Position	Name of the School	Prize Winners
First	Govt. High School, Sector-54	Anshu Kumari Sachin
Second	Govt. Model Sr. Sec. School Sector-21	Vanshika Dhvani
Third	Govt. Model Sr. Sec. School Behlana	Aditya Prakash Kumar



First

Second

Third

Research Study

A Research study on 'Effect of Group Counselling on Examination Anxiety and Academic Stress of adolescents of Govt. Schools of UT Chandigarh'. The sample consisted of 200 Adolescents of classes 9th to 10th from four Govt. Schools. Tool was developed and data was collected for further analysis. Group counselling sessions in the form of online modules on selected topics were delivered to students and Pre-Post analysis was done with the help of statistical technique. After data analysis major findings of the research study were enlisted.



PROJECT PROGRESS REVIEW MEETING (PPR)

Project Progress Review meeting was held on 24th and 25th March 2022 chaired by Prof. Prof. Gouri Srivastava Head and Coordinator NPEP and other concerned members from NCERT New Delhi. Meeting was held in online mode.

Mrs. Serbjeet Kaur, Coordinator, PEP presented the project progress report of the previous session 2021-22 along with the various activities being conducted under PEP.

Plan of Action and Research Proposal for the session 2022-23 was prepared and presented for approval from NCERT.

WINNERS 2021-22

Poster Competition



1st Prize: Kashish
GGSS-20



2nd Prize: Vineeta
GSSS-45



3rd Prize: Shiv
GMSS-33

Comic Writing Competition



1st Prize: Zainab
GSSS Behlana



2nd Prize: Bhavya
GMSSS-21



3rd Prize: Rajni
GSSS Mauli Jagran

Story Writing Competition



1st Prize: Priya
GHS-46



2nd Prize: Ankit
GMSSS 23 NYC



3rd Prize: Gaurimati
GMSSS 8

Model Making Competition



1st Prize: Anshu
GHS-54



2nd Prize: Vanshika
GMSS-21



3rd Prize: Aditya
GMSSS-Behlana



1st Prize: Sachin
GHS-54



2nd Prize: Dhvani
GMSS-21



3rd Prize: Prakash
GMSSS-Behlana

WINNERS 2021-22

State Level Role Play Competition



1st Position
GMHS-38 W, UT Chandigarh

State Level Folk Dance Competition



1st Position
GSSS-Manimajra, UT Chandigarh



2nd Position
GHS-54, UT Chandigarh



2nd Position
GMHS-49, UT Chandigarh



3rd Position
GMSSS 26 TM, UT Chandigarh



3rd Position
GMSSS-47, UT Chandigarh

GLIMPSES 2021-22



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