

Annual

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SCERT SANDESH

NEWS LETTER

STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING
(SCERT)

NATIONAL POPULATION EDUCATION PROJECT (NPEP)



राज्य शैक्षिक अनुसंधान और प्रशिक्षण परिषद्

STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

SECTOR 32, UT CHANDIGARH



GLIMPSES



OUTCOMES 2015-16

Material Development

- Development of Guidelines to implement Curricular Activities in Govt. Schools of UT Chandigarh
- Development of three selected posters
- Development of Newsletter "SCERT SANDESH 2016"
- Development of DVD of Role Play Competition.
- Development of DVD of Folk Dance Competition.

Training

- Organized training cum orientation Programme for prospective teachers

Advocacy Programme

- Organized one day Advocacy Programme for CRCs, APCs and counsellors of Government Schools of UT Chandigarh

Curricular Activities

- Organized State Level Folk Dance Competition
- Organized State Level Role Play Competition
- Organized State Level Poster Competition
- Organized State Level Photo Competition
- Organized State Level Competition on Models related to PE/AE issues
- Organized State Level Exhibition on Posters and Photos related to PE/AE issues.

Publication /Documentation

- Printing of Guidelines of Curricular activities
- Designing and printing of Newsletter "SCERT SANDESH-2016"
- Designing and printing of Posters



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 programmes provides for a study of the population situation in the family, the community, nation and the world with the purpose of developing in the students 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 an understanding of inter-relationships between population and development, causes and consequences of population change and the criticality of the conditions for population stabilization

There is great need for population education in schools as young people of today will constitute the adult population in the 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, who will be most important segment of society must be involved. Their changed attitude towards family size is vital. Population education through the school system could be a potent instrument for developing these attitudes and competencies among this group to take rational decisions.

Objectives of Population Education:

- ❖ Making learners aware of the interrelationships between population and sustainable development.
- ❖ Developing in them an understanding of the critically of essential conditions of population stabilization for better quality of life of present and future generations.
- ❖ Inculcating in them 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/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

- ❖ 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

ANGER MANAGEMENT

Anger is an emotional state which can be caused by external and internal events. At times memories of traumatic events can also trigger angry feelings. It is a natural adoptive response to threats or whenever you have been mistreated or wronged. It inspires powerful aggressive feeling and behaviour which allow us to fight and defend ourselves when we are attacked. A certain amount of anger is necessary for our survival but it becomes a problem when it harms you or others. Managing anger is sometimes challenging. It takes self awareness and self control to deal and manage aggression in a positive way.

Managing Anger:

- ❖ **Know your triggers:** If there are certain things that bother you or that you can not accept, know what they are and take steps to avoid them (Avoid people places and situations that bring out worst in you)
- ❖ **Think before you speak:** Take a few moments to collect your thoughts before saying anything because in the heat of the moment it can obscure love feelings and you might regret later.
- ❖ **Physical Activity:** Bring down your general stress levels with sports, exercise and relaxation. Practice walking, running, yoga whatever you enjoy doing.
- ❖ **Share your feelings:** Talk and share your feelings with a friend. He/she may help you get a different perspective on the situation.
- ❖ **Identify possible solutions:** Focus on resolving the issue at hand. Getting angry or cursing yourself will make things worse.
- ❖ **Let go of angry thoughts:** Learn to forgive, if you allow anger and other negative feelings to crowd out positive feelings, You will always feel bitter and sad
- ❖ **Use humour:** Use humour to release anger and tension. Avoid sarcasm as it can hurt others and make things worse.
- ❖ **Count to ten:** Count to 10 gives you time to cool down and you may overcome the impulse to lash out. If you still feel the same drink a glass of water and start counting again.

Serbjeet Kaur

MEDITATION

Meditation is a means of transforming the mind. Meditation practices are the techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. By engaging with a particular meditation practice you may learn the patterns and habits of your mind, and the practice offers a means to cultivate new, more positive ways of living. With regular work and patience, these nourishing focused states of mind can deepen into profoundly peaceful and energized states of mind.

Benefits of Meditation:

Physical Benefits of Meditation

With meditation, the physiology undergoes a change and every cell in the body is filled with more prana (energy). These results in **joy, peace, enthusiasm** as the level of prana in the body increases. On a physical level, meditation:

- ❖ Lowers high blood pressure, decreases any tension-related pain, such as, tension headaches, ulcers, insomnia, muscle and joint problems
- ❖ Increases serotonin production that improves mood and behaviour
- ❖ Improves the immune system and Increases the energy level, as you gain an inner source of energy

Mental Benefits of Meditation

Meditation brings the brainwave pattern into an Alpha state that promotes healing. The mind becomes fresh, delicate and beautiful. With regular practice of meditation:-

- ❖ Emotional stability improves and happiness increases.
- ❖ Meditation sharpens the mind by gaining focus and expands through relaxation.
- ❖ A sharp mind without expansion causes tension, anger and frustration.
- ❖ An expanded consciousness without sharpness can lead to lack of action/progress.

Meditation makes you aware - that your inner attitude determines your happiness. It cleanses and nourishes you from within and calms you, whenever you feel overwhelmed, unstable, or emotionally shut down.

Meditation brings harmony in creation

When you meditate, you are in the space of vastness, calmness and joy and this is what you emit into the environment, bringing harmony to the Creation/planet.

Meditation is like a seed. The more you cultivate a seed with love, the more it blossoms

TIME MANAGEMENT

'Time management' refers to the way you organize and plan how long you are going to spend on specific activities. The person who has learnt to manage his time well will lead his/her life happily. The benefits of learning this skill are enormous.

- ❖ Greater productivity and efficiency
- ❖ A better professional reputation
- ❖ Less stress
- ❖ Increased opportunities for advancement
- ❖ Greater opportunities to achieve important life and career goals

Failing to manage your time effectively can have some very undesirable consequences like :-

- ❖ Missed deadlines
- ❖ Inefficient work flow
- ❖ Poor work quality
- ❖ A poor professional reputation and a stalled career
- ❖ Higher stress level

Time Management can be done by following these small steps:

- ❖ **Establish priorities**
Not all tasks are essential. Make a prioritized list. Some tasks can wait. Some tasks can be delegated. Some tasks can be tossed
- ❖ **Know yourself**
Schedule highest priority tasks when you do your best work. Morning person or night owl-know who you are.
- ❖ **De-stress, Sleep and Be Healthy**
Stress reduces performance, as does lack of sleep. Be sure to get enough of both. Also, try walking or stretching activities in between studies to clear your mind and reset your brain for new information
- ❖ **Create a simple "To Do" list**
This simple programme will help you identify a few items, the reason for doing them, a time line for getting them done
- ❖ **Accomplish your planned task**
Do your task as planned. This will give you confidence and motivation to complete your task in future.

**What every young person, their family
and community has a right to know about**

HIV/AIDS

- ❖ AIDS is an incurable but preventable disease.
- ❖ All people, including children, are at risk for HIV/AIDS.
- ❖ HIV is most frequently transmitted sexually.
- ❖ Girls are especially vulnerable to HIV infection and they need support to protect themselves and be protected against unwanted and unsafe sex.
- ❖ The risk of getting HIV through sex can be reduced if people don't have sex, if they reduce the number of sex partners, if uninfected partners have sex only with each other, or if people have safer sex - sex without penetration or while using a condom.
- ❖ HIV infection can be passed from a mother to her child during pregnancy or childbirth or through breast-feeding.
- ❖ HIV can be spread by unsterilized needles or syringes, most often those used for injecting drugs.
- ❖ HIV is not transmitted by: hugging, shaking hands; casual, everyday contact; using swimming pools, toilet seats; sharing bed linen, food; mosquito and other insect bites; coughing, sneezing.
- ❖ Parents and teachers can help young people to protect themselves from HIV by talking with them about how to avoid getting and spreading the virus.
- ❖ People who have a sexually transmitted infection (STI) are at greater risk of getting HIV and of spreading HIV to others.
- ❖ Anyone who suspects that he or she might be infected with HIV should contact a health worker or an HIV/AIDS centre to receive confidential counselling and testing.
- ❖ Discriminating against people who are living with HIV or AIDS or anyone thought to be at risk of infection violates individual human rights and endangers public health. Everyone living with and affected by HIV or AIDS deserves compassion and support.

Source : www.nacoinia.org

www.unicef.org

ABOUT CHANDIGARH

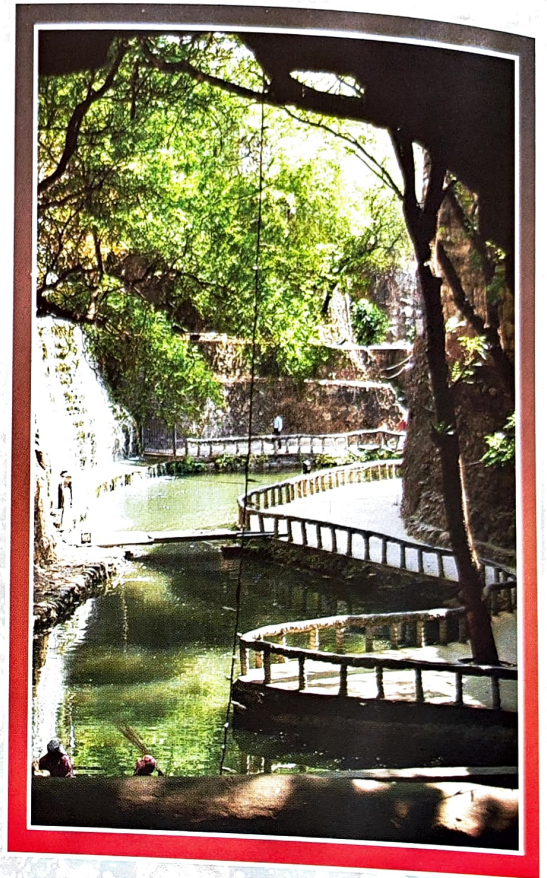
Chandigarh, the dream city of India's first Prime Minister, Sh. Jawahar Lal Nehru, was planned by the famous French architect Le Corbusier. Picturesquely located at the foothills of Shivaliks, it is known as one of the best experiments in urban planning and modern architecture in the twentieth century in India.

Chandigarh derives its name from the temple of "Chandi Mandir" located in the vicinity of the site selected for the city. The deity 'Chandi', the goddess of power and a fort of 'garh' laying beyond the temple gave the city its name "Chandigarh-The City Beautiful".

The city has a pre-historic past. The gently sloping plains on which modern Chandigarh exists, was in the ancient past, a wide lake ringed by a marsh. The fossil remains found at the site indicate a large variety of aquatic and amphibian life, which was supported by that environment. About 8000 years ago the area was also known to be a home for the Harappans.

In March, 1948, the Government of Punjab, in consultation with the Government of India, approved the area of the foothills of the Shivaliks as the site for the new capital. The location of the city site was a part of the erstwhile Ambala district as per the 1892-93 gazetteer of District Ambala.

The foundation stone of the city was laid in 1952. Subsequently, at the time of reorganization of the state on 01.11.1966 into Punjab, Haryana and Himachal Pradesh, the city assumed the unique function of being the capital of both, Punjab and Haryana while it was declared as a Union Territory and under the direct control of the Central Government.



CHANDIGARH

NO. OF DISTRICTS	CHANDIGARH	1	
AREA OF CHANDIGARH		114 sq.km	
POPULATION	PERSONS	1,054,686	
	MALES	580,282	
	FEMALES	474,404	
DECADAL POPULATION GROWTH 2001-2011		ABSOLUTE	PERCENTAGE
	PERSONS	154,051	17.10
	MALES	73,344	14.47
	FEMALES	80,707	20.50
DENSITY OF POPULATION (per Sq.km.)		9,252	
SEX RATIO (females per 1000 males)		818	
POPULATION IN THE AGE GROUP OF 0-6 YEARS		ABSOLUTE	PERCENTAGE TO TOTAL POPULATION
	PERSONS	117,953	11.18
	MALES	63,187	10.89
	FEMALES	54,766	11.54
LITERATES		ABSOLUTE	LITERACY RATE
	PERSONS	809,653	86.43
	MALES	468,166	90.54
	FEMALES	341,487	81.38

Census of India 2011

PROJECT PROGRESS REVIEW MEETING (PPR) 2014-15

Annual Project Progress Review meeting under NPEP was held at Amritsar, Punjab from 15.02.2015 to 16.02.2015 to review the implementation of NPEP activities of the years 2014-15 and to prepare the detailed plan of action along with Budget estimates for the financial years 2015-16. Mrs. Jasmine Josh, Coordinator, PEP presented the Progress report of the session 2014-15. Plan of Action 2015-16 was developed and finalized for the approval from NCERT. Mrs. Jasmine Josh also discussed the outcomes and achievements of the session 2014-15.

MATERIAL DEVELOPMENT

Development of Guidelines:

All the NPEP members participated in the development of the guidelines for the following activities:

- ❖ State Level Role Play Competition
- ❖ State Level Folk Dance Competition
- ❖ State level Poster Competition
- ❖ State Level Photo Competition-cum-Exhibition
- ❖ State Level Exhibition on Models related to NPEP

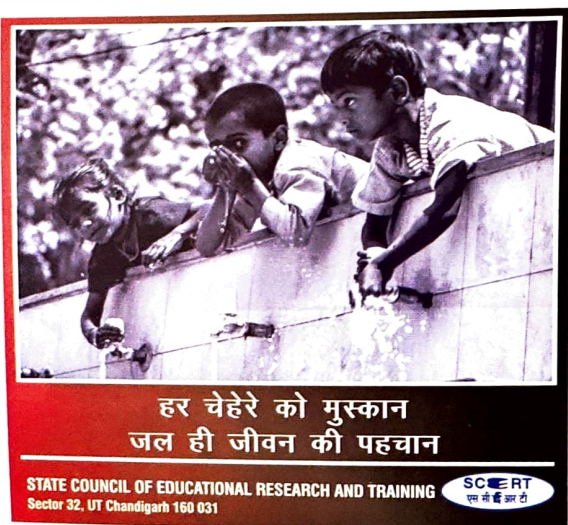
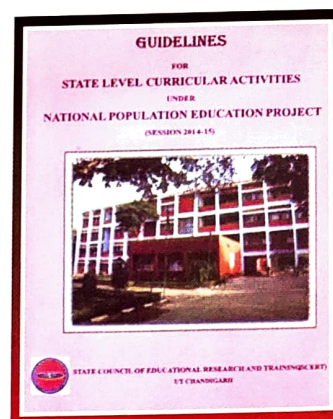
The guidelines were typed, printed and further distributed to all the government schools of UT Chandigarh.

Development of material and manuscript for Annual Newsletter

A two days workshop was organized on 2.2.2016 to 3.2.2016 for the members of PEP team at SCERT, UT Chandigarh to develop the material and manuscripts for Annual Newsletters.

Development of posters

Three selected posters were developed in print form.



TRAINING / ORIENTATION PROGRAMME FOR PROSPECTIVE TEACHERS

Training cum Orientation Programme was organised on 19-12-2015 and 20-12-2015 for Prospective Teachers of SCERT, UT Chandigarh. About 90 participants in two batches were oriented by eminent Resource Persons. Dr. Shilpa Puri, Psychologist from Punjabi University shared her views on physical and emotional changes that adolescents pass through. She emphasized that teachers play an important role in guiding them during this phase of life.

Dr. Ravneet Chawla from Govt. Home Science College, Sector-10, Chandigarh talked about inculcating life skill strategies among adolescents which will help them to lead a healthy life. Dr. Ranjay Vardhan, Associate Professor, PGGCG-42, Chandigarh shared his views on Gender Equality and equity.

Mr. Sunil Kumar, expert from State AIDS Control Society gave useful information about the causes, effects and symptoms of AIDS and how to share this information with adolescents. Mrs. Maninder Kaur talked about health and hygiene. She stressed upon healthy food habits to enjoy healthy life.

Mrs. Serbjeet Kaur, Coordinator NPEP sensitized the students about various issues of adolescents that prospective teachers may face in classroom situation and ways to handle them. Different activities and programmes related to NPEP were also discussed with them to create awareness.



ADVOCACY PROGRAMME

One day Advocacy Programme for CRCs/BRCs and Resource Teachers from Govt. Schools of UT Chandigarh was organized at SCERT on 8.2.2016. Mrs. Sangeeta Bhalla, Director, University Institute of Legal Studies spoke on Gender Equity. Dr. Daisy Zarabi, Sociologist from Panjab University interacted with the participants about organization of life skills based co-curricular activities in schools.



STATE LEVEL ROLE PLAY COMPETITION

State Level Role Play competition was organized under National Population Education Project (NPEP) on 26.10.2015 in the premises of Government College of Arts Sector 10, Chandigarh and was inaugurated by Dr. Surender S. Dahiya, Director, SCERT, UT Chandigarh. Entries were invited from Government schools of Chandigarh for the State Level Competition. 22 teams consisting of 132 participants from Govt. Schools of UT Chandigarh participated and interschool Role Play Competition was held for the students of class 9th of Govt. Schools of UT Chandigarh as per guidelines,

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 at State Science Exhibition

Director Higher Education, Mr. Rubinderjit Singh, Brar and Dr. Surender S. Dahiya, Director, SCERT UT Chandigarh gave away the prizes to the winning teams.

Result of Role Play is given below :

Position	Name of the School	Name of Winning Students	Theme Selected
First Position	Govt. High School, Dadumajra, Village	Bhawna, Arjun, Anuj, Aman, Ranjit Kumar	Drug Abuse
Second Position	Govt. Model Senior Secondary School, Sec-28-D, Chandigarh	Ramandeep, Kamaldeep, Mohit, Gurleen, Neha, Taibeer	Drug Abuse
Third Position	Govt. Senior Secondary School, Manimajra Town	Sudhankar, Kajal, Himanshu, Sahil, Sonia, Gaurav	Drug Abuse



STATE LEVEL FOLK DANCE COMPETITION

State Level Folk Dance competition was organized under National Population Education Project (NPEP) on 28.10.2015 by SCERT, UT Chandigarh, in the Government College of Arts Sector 10, Chandigarh and was inaugurated by Dr. Surnder S. Dahiya, Director, SCERT, UT Chandigarh. 126 participants from 21 Government Schools of UT Chandigarh participated in the competition as per guidelines.

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 at State Science Exhibition on 04.12.2015

Director Higher Education, Mr. Rubinderjit Singh Brar and Dr. Surender S. Dahiya, Director, SCERT, UT Chandigarh gave away the prizes to the winning teams.

The result of Folk Dance competition is given below:

Position	Name of the School	Name of Winning Students	Theme Selected
First Position	Govt. Model Senior Secondary School Sector 32-C, Chandigarh	Komal, Kajal, Arshsagar, Khushi, Aanshu, Yachika	Equal opportunities for boys & girls
Second Position	Govt. High School Dadumajra, Chandigarh	Shabnam, Neena, Komal, Jaspreet, Shallu, Sukhvair	Drug Abuse, Charms and Challenges of Adolescence
Third Position	GMSSS-Manimajra Town, Chandigarh	Renu, Megha, Jyoti, Priyanka, Pooja, Kajal	Female Foeticide



STATE LEVEL POSTER COMPETITION

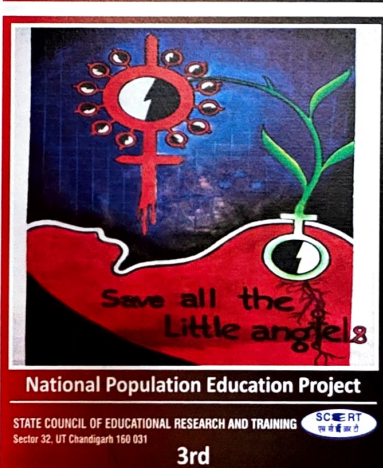
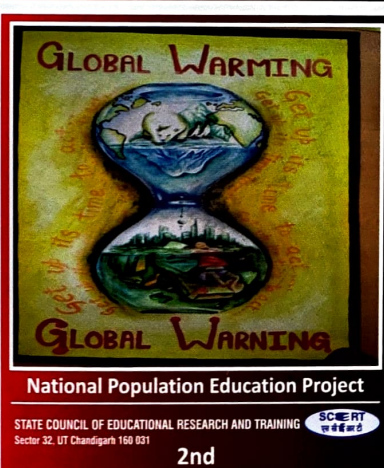
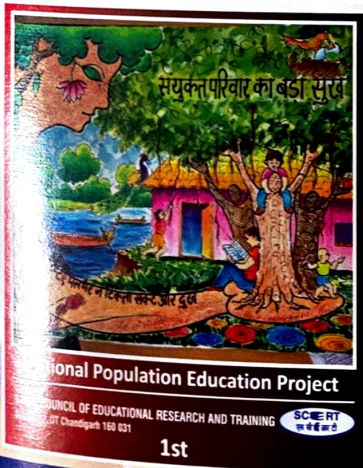
State Level Poster competition was organized under National Population Education Project (NPEP) by SCERT, UT Chandigarh. Entries of winners from school level competition were invited for the State Level Competition. The various themes for the competition were sustainable Development, Adolescence Education, Family and Gender Equity and Equality. Interclass and interschool poster competitions were held for the students of classes IX-XII of Government schools at UT Chandigarh as per guidelines. These posters were displayed at **43rd State Level Science, Mathematics & Environment Exhibition** held in the premises of SCERT from 1st to 4th December, 2015.

The poster Competition-cum-Exhibition was inaugurated by Sh. Vijay Kumar Dev, Advisor to Administrator, UT Chandigarh

The winners were awarded with certificates of merit and cash prize of Rs. 1000/-, Rs. 700/- & Rs. 500/- respectively. Director Higher Education Mr. Rubinderjit Singh Brar and Dr. Surender S. Dahiya, Director, SCERT, UT Chandigarh gave away the prizes to the winners.

The result of the same at State Level is as under:

Position	Name of the School	Prize Winners
First	GHS-32, D Chandigarh	Depender
Second	GMSSS-35-D, Chandigarh	Amandeep
Third	GMSSS-47-D, Chandigarh	Aman



STATE LEVEL PHOTO COMPETITION

State Level Photo Competition was organized by SCERT, UT Chandigarh. Entries from all the Govt. Schools of UT Chandigarh were invited. The last date for the submission of the photographs was 2nd November, 2015. The various themes for the competition were sustainable Development, Adolescence Education, Family, Gender equity and equality, Drug abuse and HIV Aids. As per guidelines, students studying in classes VIII-XII of Government schools of UT Chandigarh could participate in this State Level Photo Competition. These photographs were displayed at 43rd State Level Science, Mathematics & Environment Exhibition held in the premises of SCERT from 1st to 4th December, 2015.

The inauguration for the Photo and Poster competition-cum-Exhibition was done by Sri Vijay Kumar Dev, Advisor to the Administrator, UT Chandigarh . 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/-

Director Higher Education Mr. Rubinderjit Singh Brar and Dr. Surender S. Dahiya, Director, SCERT, UT Chandigarh gave away the prizes to the winners.

Result of photo competition:

Position	Name of the School	Prize Winners
First	GMSSS-35-D, Chandigarh	Vishal Verma
Second	GMSSS-35-D, Chandigarh	Amandeep
Third	GHS-7-C, Chandigarh	Ramu </td



1st



2nd



3rd

STATE LEVEL EXHIBITION ON MODELS RELATED TO

POPULATION EDUCATION

State Level Exhibition-cum-Competition on Models related to Population Education, was organized by SCERT, UT Chandigarh from 1st to 4th December, 2015 in the premises of SCERT, UT Chandigarh. About ten Schools participated and displayed their models during this Exhibition

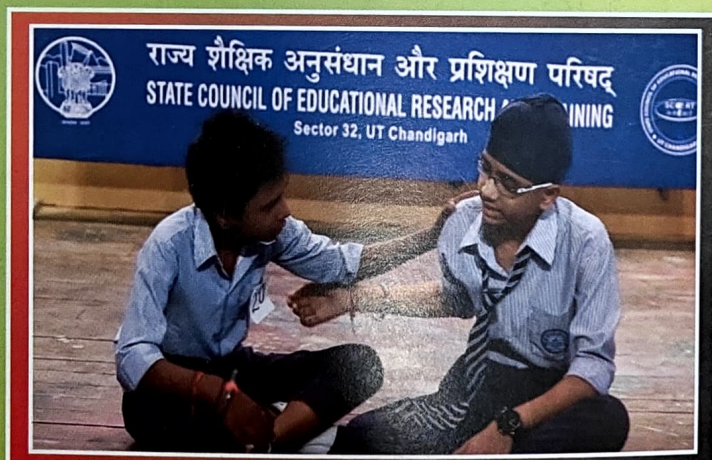
This Exhibition was integrated with State Science Exhibition to identify and nurture the innovative and creative talent among the students and to make the young learners aware of the relationship between population and development. The entries were invited from government schools of UT Chandigarh. The last date for submission of entries was 15th November, 2015

The winners were awarded by Director Higher Education, Mr Rubinderjit Singh Brar and Dr. Surender S. Dahiya Director SCERT, UT Chandigarh with merit certificates and cash prizes of Rs. 1000/-, Rs. 750/- & Rs. 500/-.

The result of the same at State Level is as under:

Position	Name of the School	Prize Winners
First	GSSS- Mauli Village	Amar Lal, Akash
Second	GMSSS-47-D, Chandigarh	Rohit Yadav, Aakash
Third	GMSSS-47-D, Chandigarh	Preeti, Ajay





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