

SCERT SANDESH

NEWS LETTER

Annual

Issue
08

February 2017



NATIONAL POPULATION EDUCATION PROJECT (NPEP)



राज्य शैक्षिक अनुसंधान और प्रशिक्षण परिषद्

STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

SECTOR 32, UT CHANDIGARH



MESSAGE



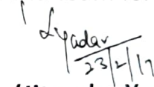
Jitender Yadav, IAS



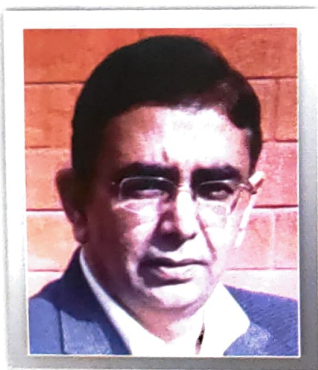
Director Higher Education
Chandigarh Administration

It gives me immense pleasure to congratulate State Council of Educational Research and Training UT Chandigarh on the publication of eighth issue of 'SCERT SANDESH'. Empowerment of adolescents and youth with the knowledge and life skills is necessary to enable them to respond to real life situations effectively. The role of teachers in this direction is indispensable. The efforts of the institution in bringing together teachers, students, prospective teachers and educationists to a common platform are commendable.

I hope that SCERT will continue with its initiatives towards effective intervention measures in responding to socio cultural problems and empowering the young learners with enhanced level of confidence, skills and desirable attitudes so that they are able to take rational decisions and become responsible citizens. My best wishes to Director SCERT and his team for this endeavour.


(Jitender Yadav)

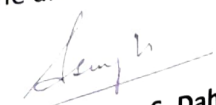
FROM THE DIRECTOR'S DESK



The thrust of Adolescence Education Programme (AEP) aims to empower young people with accurate, age appropriate and culturally relevant information to promote healthy attitudes and develop skills to enable them to take informed decisions. Population Education Programme focuses on teaching the young people to realize their responsibility regarding the population, situations of a family, a community, a country and the world. It aims at developing the young minds with a natural attitude and promoting a positive value orientation.

I believe that clear vision about the challenges of adolescence will help the young learners to maintain positive understanding of gender equity, prevention of HIV/AIDS and the substance abuse.

The Newsletter 'SCERT SANDESH' aims to highlight the activities and achievements undertaken under the Project and disseminate the core message of programme amongst adolescent population.


(Surender S. Dahiya)
Director, SCERT, UT Chandigarh



EDITORIAL

Esteemed Readers, we are elated to present you the eighth issue of our annual Newsletter 'SCERT SANDESH' under National Population / Adolescence Education Programme.

Young minds need realistic, accurate and appropriate information for healthy adult relationships but the variations in the socio-cultural context within the country has major implications for the health, quality of life and development of men and women.

The Population Education Cell of SCERT is a common canvas of activities conducted for adolescents, teachers and educationists. These activities give them exposure and adds to their level of confidence to meet the expected and unexpected challenges of life.

I express my sincere thanks to Prof. (Mrs.) Saroj Yadav, Dean Academics NCERT, New Delhi and her team NPEP for providing guidance and resource support for suceeseful implementation of this project in UT Chandigarh.

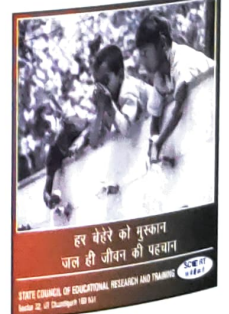
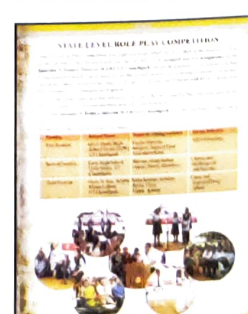
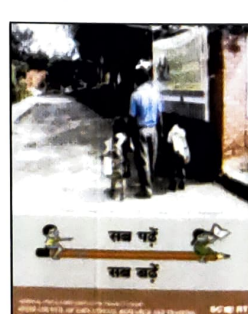
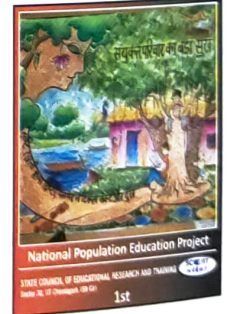
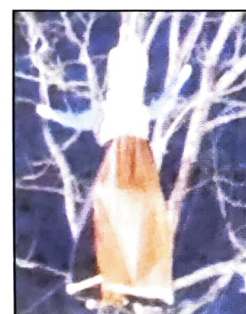
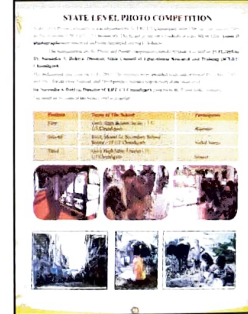
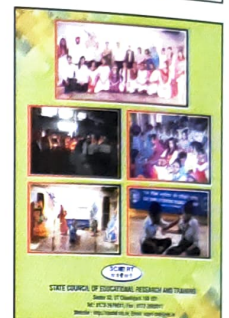
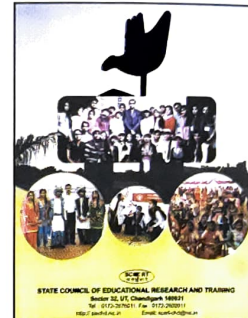
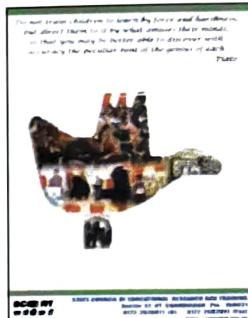
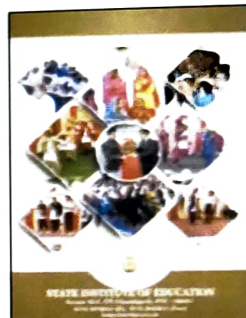
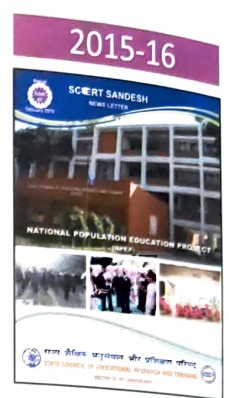
My heartfelt gratitude to our Director, Dr. Surender S. Dahiya for providing his continuous support, guidance and inspiration in executing the activities of the project and bringing about the publication of the Newsletter.

Serbjeet Kaur

PEP TEAM SCERT, UT Chandigarh

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

GLIMPSES



OUTCOMES 2016-17

Release of Annual News Letter 'SCERT SANDESH' 2017

❖ Material Development

- Development of guidelines to implement curricular activities in government schools of UT Chandigarh
- Development of two selected posters in print form
- Development of newsletter 'SCERT SANDESH-2017'
- Development of manual on 'Life skills' for Social Studies teachers of government schools of UT Chandigarh
- Recording of a talk on Adolescent issues on All India FM Radio

❖ Training

- Organized training cum orientation programme for prospective teachers

❖ Advocacy Programme

- Organized Advocacy Programme for Social Studies teachers 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-cum exhibition on Posters, Photos and Models related to PE/AE issues.

❖ Publication /Documentation

- Printing of guidelines for curricular activities
- Designing and printing of newsletter 'SCERT SANDESH-2017'
- Designing and printing of posters
- Research study on impact of role play and folk dance competitions on adolescents.



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 (QIS). 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 Educational 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 the family, 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 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 i.e. 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/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

HAPPINESS AND WELL BEING

Even though the term happy teens may seem like a contradiction yet teenagers can be happy. Although the popular perception about a teenager is of a stormy adolescent in constant conflict with his or her elders. Such an image may be changed if parents and teachers constantly work in this direction. Happiness is a state of mind whereas well being comes from physical, mental and emotional health. Happy adolescence leads to less mental disorders. It is important for teenagers to identify and engage in their signature strengths to help them advance into a good life. The day to day interaction and experiences of adolescents with their parents, peers, teachers and others are integral part of their well being. It is about maintaining balance in almost all spheres of life like social connectivity, harmonious relationships, satisfaction and finding meaning in life at large. We as parents or teachers need to boost child's happiness with praise and encouragement.

Good life style habits are an integral part of happiness and well being. Children should be praised for any act of goodness and helping behavior at right time and at right stage, whereas they also should be guided whenever they are defocused or distracted from the right path. Parents need to spend quality time with teens and be supportive in all ups and downs of their life.

Youth is an epitome of fire, a sphere of enormous energy, which needs direction and guidance to help them achieve their goals as well as serve society with responsible decisions and acts. A sense of moral and social responsibility needs to be inculcated in their character. Inculcating habits of sharing with less privileged, practicing kindness, accepting defeat and learning from them are important ingredients of happiness.

Healthy life style habits help youngsters stay away from stress and anxiety and help them to maintain positive outlook.

Another key ingredient to wellbeing and happiness for adolescents is learning life skills and practicing them in day to day routine to manage their goals and tasks in an effective manner. Resilience, confidence, decision making, assertiveness and emotional stability are major components which will help in providing stability and balance to their life. Planning and execution of right strategies for accomplishing a task is also an indispensable component of happiness and well being. Building a positive philosophy towards life gives a sense of meaning, making adolescence a gateway to a happy and blissful adulthood.

COUNSELLING PROGRAMME FOR STUDENTS

Adolescence is the transitional stage from childhood to adulthood. Students are under tremendous pressure as they are expected not only to succeed but also become toppers. At school, college/university level, there is a crazy rush to enter courses. Students who fail to get into the courses of their or parents' choice, get frustrated and their morale is very low. They get demotivated and start complaining parents, teachers and system in the society. The deteriorating value system of our society, failure of the political system to provide them opportunities, unrealistic life style, crime and violence, influence the students in a negative manner. Families are becoming smaller and smaller and are unable to provide them right direction and guidance. Thus students suffer from health problems, mental disorders, adjustment reactions, emotional problems, which get reflected in their behaviour in the form of:

- ❖ Irritability, stress, anxiety, anger outbursts, aggression including ragging.
- ❖ Boredom, sadness, lack of Interest in studies, absenteeism, dropping out from the course,
- ❖ Poor performance or failure in the examination, hopelessness and helplessness.
- ❖ Fears, apprehension, inferiority feelings, severe examination anxiety and pressure.
- ❖ Conduct problems like lying, stealing, running away from home, criminal activity, immoral sexual activities and self hurting behaviour.
- ❖ Withdrawal, loneliness, alcohol, substance abuse and addictions.
- ❖ Having medically unexplained symptoms, often getting sick, accident proneness.
- ❖ Depression, disturbed relationships with family, suicidal attempts.

Many students do not seek help and suffer in silence because of lack of awareness of counselling services, social stigma and lack of support of teachers at college level. Majority of students, who need help, remain unattended and uncared. So need for counselling services is essential with the help of awareness and support of teachers, parents and counsellors so as to help students to manage these problems and improve their mental well being.

Thus students who have these problems, there is an urgent need to identify and discuss causes so as to provide remedial interventions and solutions by expert Counsellors with the support of collaborative programme with teachers and parents.

Surinder Pal

GENDER EQUALITY AND EQUITY

Our players P.V. Sindhu (Badminton), Sakshi Malik (Wrestling) and Dipa Karmakar (Gymnastics) have created a new history at RIO Olympics by winning top laurels. Our men could not achieve but women did it. It speaks high for gender equity in a society where women are denied their basic rights. It is high time that we should start treating all equal and give them their due place.

Gender is defined as distinct from sex in that it refers to the social and cultural constructs which, while based on the biological sex of a person, defines his or her roles in society; thus gender-based violence is taken to mean the violence which is inflicted on a person because of their biological sex. In a parallel sense, a society in which there was no discrimination against anyone based on his or her sex could be said to have achieved gender equality, and more generally, gender equality could be defined as full equality between the sexes.

Gender equality, also known as **sex equality**, **sexual equality** or **equality of the genders**, implies that men and women should receive equal treatment, unless there is a sound biological reason for different treatment. The Equal Rights Amendment in the United States also aims to ensure gender equality. Gender equality is achieved when women and men enjoy the same rights and opportunities across all sectors of society, including economic participation and decision-making, and when the different behaviours, aspirations and needs of women and men are equally valued and favoured. *Gender equity is the process of being fair to women and men.*" (UNFPA). Equity does not mean, "We all get the same treatment." This would often be unfair and unreasonable. Special needs at all levels must be addressed. Equity means, "I get what I need." Gender equity is a set of actions, attitudes, and assumptions that provide opportunities and create expectations about individuals. In our definition of gender equity, gender is never separate from race, ethnicity, language, disability, income, or other diversities that define us as human beings. It offers a framework for educational reform in which all females and males :

- ❖ are engaged, reflective learners, regardless of the subject
- ❖ are prepared for future education, jobs, careers, and civic participation
- ❖ set and meet high expectations for themselves and others
- ❖ develop as respectful, inclusive, productive individuals, friends, family members and workers
- ❖ receive equitable treatment and achieve equitable outcomes in school and beyond

Dr. Ranjay Vardhan

ART OF PARENTING

Children are educated by what the grown-up is and not by his talk

Carl Jung

There is no one standard rule or correct method of raising children. Different children may need different levels of attention, expression of love and toughness. As a coconut tree requires 50 litres of water whereas rose plant will die with such quantity.

Raising children is one of the most challenging job in the world and the one for which you might feel the least prepared.

Here are few child rearing tips:

1. **Boosting your child's Self-Esteem:** Children start developing their sense of self as babies when they see themselves through their parent's eyes. Avoid making loaded statements or using words as weapons. Choose your words carefully. However little praise will make them feel proud.
2. **Set limits and be consistent with your Discipline:** Be clear and consistent while disciplining your child. Explain and show the behavior that you expect from your ward. Whenever you tell 'no', follow up with what the child should be doing instead.
3. **Make time for your child:** Adolescents seem to need less undivided attention from their parents than younger kids. Parents should do their best to be available when their teen does express a desire to talk or participate in family activities.
4. **Make communication a Priority:** You can't expect kids to do everything simply because you, as a parent, "say so". They want and deserve explanations. Make your expectations clear. If there is a problem, describe it, express your feelings, and invite your child to work on a solution with you. Be open to your child's suggestions as well.
5. **Be a good role model:** Young kids learn a lot about how to act by watching their parents. Before you lash out or blow your top in front of your child, think about this: is that how you want your child to behave when angry? Model the traits you wish to see in your kids: respect, tolerance, kindness, friendliness.

Be aware that you're constantly being watched by your kids.

Gurpreet Kaur



24 CARAT RED GOLD

“Light Up A Life

Donate Blood”

BLOOD IS NEEDED EVERY MINUTE

- ❖ To replace blood lost because of accidents or disease
- ❖ To treat shock due to injury
- ❖ For major & minor surgeries including open heart surgeries, transplants, etc.
- ❖ For burn victims
- ❖ For patients suffering from anaemia
- ❖ During child birth for the mother
- ❖ For exchange transfusion for new born infants
- ❖ To make blood derivatives which are used to treat medical problems
- ❖ For children suffering from ailments like Thalassaemia, Haemophilia, Leukaemia etc.

SOME MYTHS & FEARS

Some examples of superstitions and fallacies related to blood donation are given below:

- ❖ Blood donation causes weakness or fatigue.
- ❖ Donating blood disturbs the balance of the body.
- ❖ Fear that there may be an unpleasant reaction after giving blood.
- ❖ Fear of the needle.
- ❖ Fear of the sight of blood.
- ❖ Belief that one may develop characteristics of the donor.
- ❖ Fear of transmission of foreign genes.
- ❖ Fear of the possibility of discovering some disease.
- ❖ Belief that a man who gives blood for his wife will die before she does.
- ❖ Fear that women who gives blood will not be able to have children.
- ❖ Fear that the blood may be misutilised.
- ❖ A special diet is needed after donating blood.
- ❖ Belief that one will become a blood relative of the spouse.

Source: Information Brochure by Chandigarh State Aids Control Society

ABOUT CHANDIGARH

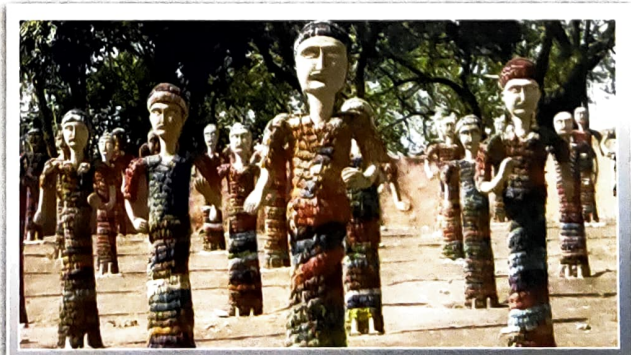
Chandigarh, the dream city of India's first Prime Minister, Sh. Jawahar Lal Nehru, was planned by the famous French architect Le Corbusier. Picturesquely located at the foothills of Shivaliks, it is known as one of the best experiments in urban planning and modern architecture in the twentieth century 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 to 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 distinction of being the capital city of both, Punjab and Haryana while it itself was declared as a Union Territory and under the direct control of the Central Government.

Famous Places to visit

Rock Garden

Rock Garden is a unique attraction as Chandigarh, in its being a magnificent gallery of artistic works made out of industrial and urban wastes. Rock garden in Chandigarh, India is a unique creation and connoisseurs come from different parts of the world to see this amazing garden. The raw materials have been molded to form lively images of animals, human beings, trees, etc. Founded by Nek Chand, a government official, in 1957, the garden preserves a special collection of artistry found nowhere else in the world. Chandigarh rock garden is an epitome of creativity and innovation. The credit for laying its foundation goes to Nek Chand, who was the then Road Inspector in the Engineering Department of Chandigarh Capital Project. Rock garden has been established in the form of an open-air



exhibition hall. The garden houses sculptures made by using a variety of different discarded waste materials like frames, mudguards, forks, handle bars, metal wires, play marbles, porcelain, autoparts,

Sukhna Lake

Sukhna lake is a popular artificial lake in Chandigarh, made at the foothills of the Shivalik hills. It was created by Le Corbusier, in the year 1958. It is an ideal place for exercises like walking, jogging, strolling and even organizing picnics. The lake is rich in natural beauty and serves as the shelter for several migratory birds as well. The nature lovers will find the Sukhna Lake of Chandigarh perfect for them

Open hand

Open Hand in Chandigarh, India is one of the most significant monuments of the city. The credit for laying down its plan goes to Le Corbusier. Chandigarh open hand monument has been designed in the form of a giant hand made from metal sheets that rotates like a weathercock, **indicating the direction of wind. This giant hand is 14 metres high and weighs around 50 tonnes.** The significance of open hand is that it conveys the social message of peace and unity that is "open to give & open to receive." Open hand is the city's official emblem

Chandigarh Capital Complex

Chandigarh Capitol Complex houses the seat of Government. Initially, it served as the seat only for the Govt of Punjab, but now it has **the headquarters of both, the Govt of Punjab and Haryana.** The credit for the awesome designing of the Capitol complex goes to Le Corbusier. **Located in Sector 1,** capitol complex in Chandigarh, India consists of three main edifices, namely, the Secretariat, the Legislative Assembly and the High Court. The three buildings of the Capitol

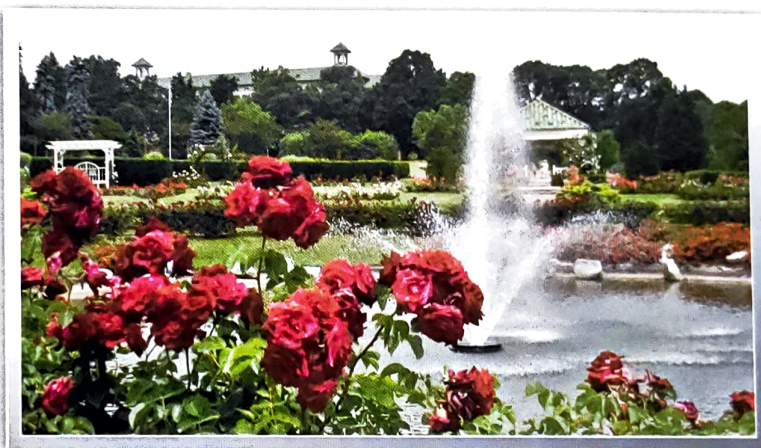


complex stand majestically representing themselves as the temples of democracy of free India. Capitol Complex is Le Corbsier's most spectacular work in the Chandigarh city. He had conceived the master plan of Chandigarh as analogous to the parts of the human body, in which Capitol Complex was supposed to be the heart. It consists of three architectural Government buildings, High Court, Secretariat, and Legislative Assembly. In the middle stands The Open Hand, the official emblem of the city, signifying the city's credo of "open to be given, open to receive".



The Rose Garden

Rose Garden of Chandigarh was established in 1967. Named after India's former President Dr. Zakir Hussain, this garden is the largest of its type in Asia. It is spread over an area of 27 acres and has more than 17000 plants, which represent some 1600 varieties of roses. Along with the roses, trees of medicinal value, like bel, bahera, harar etc, are also grown here. Rose Garden also boasts of some unique species, which further increase the beauty of the garden. The annual "Festival of Gardens" is organized in the garden in the month of February and is listed in the "National Calendar of Events". The best time to visit the garden is February-March, which coincides with the blooming season of the flowers.



Source:

<http://travelhimalayas.in/destinations/chandigarh/84-famous-places-chandigarh.html>

Source :http://chandigarh.gov.in/green_leisure.htm

PROJECT PROGRESS REVIEW MEETING (PPR) 2015-16

Project Progress Review meeting was held at Ahmedabad, Gujarat from 06.03.2016 to 07.03.2016 chaired by Dr. Hrushikesh Senapaty, Director NCERT, New Delhi and Prof. (Mrs.) Saroj Yadav, Dean Academics and Coordinator NPEP. Dr. Surender S. Dahiya Director SCERT and Mrs. Serbjeet Kaur, Coordinator, PEP presented the Progress report of the session 2015-16. Plan of Action 2016-17 was developed and finalized for the approval from NCERT. Mrs. Serbjeet Kaur discussed the outcomes and achievements of the session 2015-16.



STATE CORE COMMITTEE MEETING 2016-17

The meeting of State Core Committee of National Population Education Project was held on 12.07.2017 under the chairmanship of **Sh. Jitender Yadav IAS Director Higher Education UT Chandigarh**. The meeting was attended by Dr. Surender S. Dahiya, Director SCERT, Sh. Chanchal Singh, representative of Director School Education (DSE), Mrs. Vinay Sood, District Education Officer, and Mrs. Serbjeet Kaur, coordinator PEP.

At the outset the Director SCERT Dr. Surender S. Dahiya apprised the committee about the role of Ministry of Human Resource Development (MHRD) and NCERT in the implementation of the plan of Action of NPEP for the year 2016-17. He presented the activities undertaken in the year 2015-16 under the project and also placed the plan of action of NPEP 2016-17 before the committee for the approval of the same. The plan was discussed by the committee members and approved.



MATERIAL DEVELOPMENT

Development of Guidelines:

All the team members of PEP 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 02.02.2017 to 03.02.2017 for the members of PEP team at SCERT, UT Chandigarh to develop the material and manuscripts for Annual Newsletter

Development of Brochure

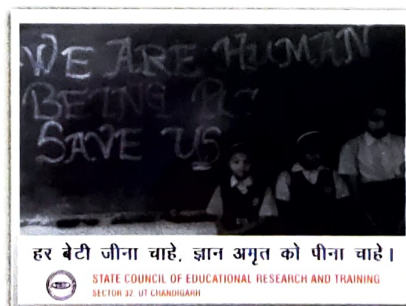
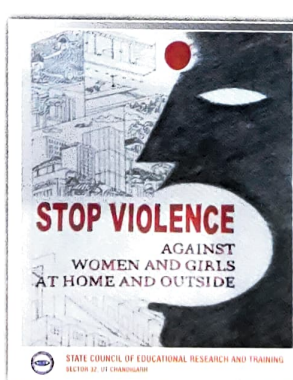
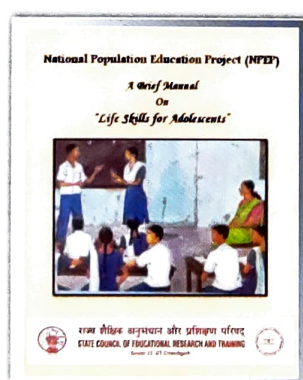
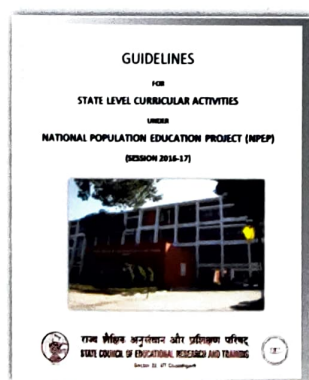
A brief information brochure on Life skills for prospective teachers was developed to give them information about skills of a teacher to connect with students.

Development of Manual

Manual on life skills for social studies teachers was developed to acquaint them with basic life skills that they need to inculcate amongst adolescents.

Development of posters

Two selected posters were developed in print form



TRAINING / ORIENTATION PROGRAMME FOR PROSPECTIVE TEACHERS

Training cum Orientation Programme was organised on **27-08-2016** for prospective teachers of SCERT, UT Chandigarh. About 85 participants in two batches were oriented by eminent resource persons. Mrs. Serbjeet Kaur, Coordinator PEP talked about the Population Education Project and its aims. Prospective teachers were given information about different awareness activities and programmes related to PEP. She discussed various issues of adolescents that may challenge teachers in classroom situation and ways to handle them.

Dr. Daisy Zarabi from Punjab University Chandigarh discussed and interacted in detail about Adolescent Education Programme.

Dr. Ranjay Vardhan, Associate Professor, PGGCG-42, Chandigarh shared his views on Gender Equality and equity. **Dr. Ravneet Chawla** from Govt. Home Science College, Sector-10, Chandigarh talked about inculcating life skill amongst adolescents which will help them to lead a healthy life. **Dr. Shilpa Puri**, Psychologist from Punjabi University shared her views on psychological issues and stressed upon the fact that teachers play an important role and under her guidance students learn the basic principles of life. **Mr. Sunil Kumar**, expert from State AIDS Control Society (SACS) Chandigarh gave useful information about the causes, effects and symptoms of HIV/AIDS and how to share this information with adolescents.

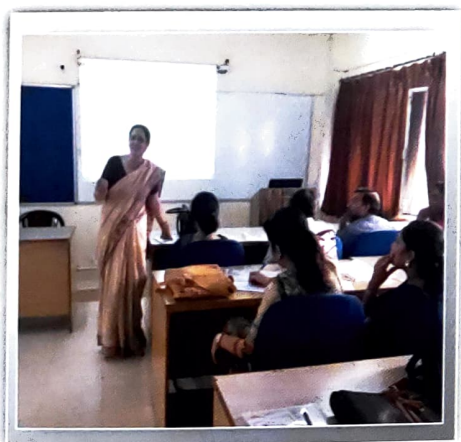


ADVOCACY PROGRAMME

One day Advocacy Programme for social studies teachers from government schools of UT Chandigarh was organized at SCERT on 27-09-2017. About 50 teachers from various government school of UT Chandigarh were participants in the advocacy programme. Resource persons in this advocacy programme were from different fields.

Dr. Bhavneet Bharti from Department of Paediatrics PGIMER Chandigarh explained in detail about growth and development of adolescents and its biological and psychological impact. Resource Person also motivated the participants to facilitate students or adolescents for spreading awareness with effective and open communication on various issues related to the adolescence stage.

Dr. Narinder Singh from Home Science College talked about importance of life skills and role of teachers in developing those life skills. Dr. Ranjay Vardhan from Govt. College Sector - 42 UT Chandigarh talked about Gender Equity and creating a classroom environment free from gender bias.



STATE LEVEL ROLE PLAY COMPETITION

State Level Role Play competition was organized under National Population Education Project (NPEP) on **06.10.2016** in the Auditorium of Post Graduate Government College, Sector 46, 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 110 participants from government schools of UT Chandigarh participated.

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 09.12.2016

Director Higher Education, **Sh. Jitender Yadav IAS** 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. Model Sr. Sec. School, Sector 33– D, UT Chandigarh	Prerna, Dakshina, Naman, Prtibha, Vivek	HIV - AIDS
Second Position	Govt. Model Sr. Sec. School, Sector 37– B, UT Chandigarh	Samta Wahi, Minakshi Bhatt, Tanisha, Aman Kumar ,Ishan Deol	Charms & Challenges of Adolescence
Third Position	Govt. Model Sr. Sec. School, Sector 8– B, UT Chandigarh	Nitika, Komal, Akash, Kaveri , Abhishek	HIV - AIDS



STATE LEVEL FOLK DANCE COMPETITION

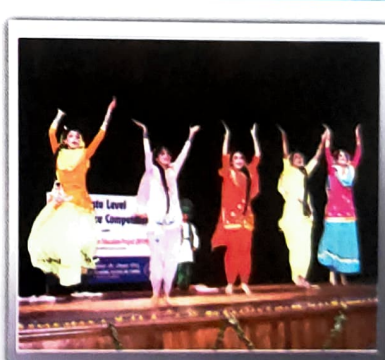
State Level Folk Dance competition was organized under National Population Education Project (NPEP) on **07.10.2016** by SCERT, UT Chandigarh, in the Auditorium Post Graduate Government College, Sector 46, and Chandigarh and was inaugurated by Dr. Surender S. Dahiya, Director, SCERT, UT Chandigarh. About 66 participants from 11 Government School of UT Chandigarh participants. As per the guidelines, inter school Folk Dance competition was held for the students of class 8th and 9th of Govt. School of UT Chandigarh

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 09.12.2016

Director Higher Education, **Sh. Jitender Yadav IAS** 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 Sr. Sec. School, Sector 46– D, UT Chandigarh	Vivek, Mandeep, Varun, Sai Arpan, Meghav, Inderpreet Singh	Protection of Environment
Second Position	Govt. High. School, Dadumajra, UT Chandigarh	Jaspreet kaur, Mena, Vikas, Komal, Shallu, Komal	Drug Abuse & Female Foeticide
Third Position	Govt. Sr. Sec. School, Manimajra (T) UT Chandigarh	Tanu, Manika, Divya ,Shivani, Krishma, Partigya	Environment & Save the Girl Child



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. 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 Governments schools at UT Chandigarh as per guidelines. These posters were displayed at **44th State Level Science, Mathematics & Environment Exhibition** held in the premises of SCERT from **6th to 9th December, 2016**

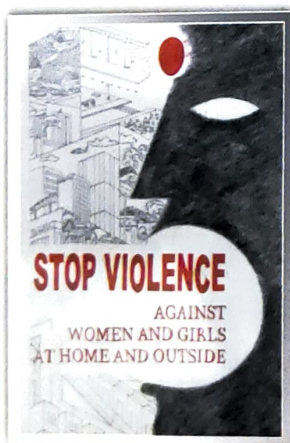
The poster Competition-cum-Exhibition was inaugurated by **Sh. Jitender Yadav IAS** Director Higher Education, UT Chandigarh

The winners were awarded with certificates of merit and cash prize of Rs. 1000/- Rs. 700/- & Rs.500/- respectively.

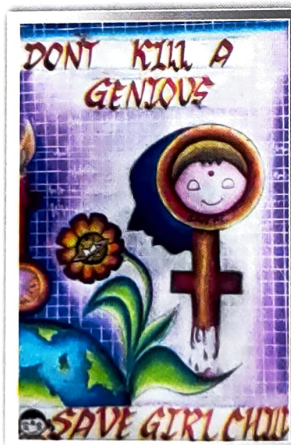
Director Higher Education **Sh. Jitender Yadav IAS** and **Dr. Surender S. Dahiya**, Director SCERT UT Chandigarh gave away the prizes to the winners.

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

Position	Name of the School	Prize Winners
First	Govt. High School-Hallomajra, UT Chandigarh	Chandan Kumar
Second	Govt. High School-46-C, UT Chandigarh	Sonia
Third	Govt. High School-32-D, UT Chandigarh	Rohit



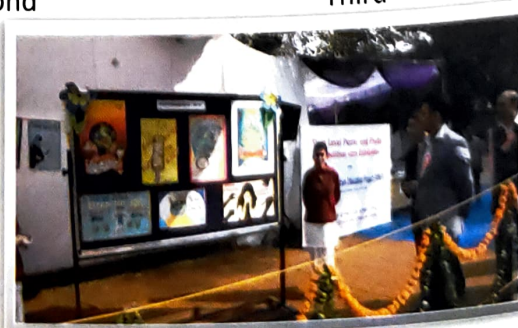
First



Second



Third



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 various themes for the competition were sustainable Development, Adolescence Education, Family and Gender equity and equality. 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 44th State Level Science, Mathematics & Environment Exhibition held in the premises SCERT from 6th to 9th December, 2016

The inauguration for the Photo competition-cum-Exhibition was done **Sh. Jitender Yadav IAS Director Higher Education**, 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/-

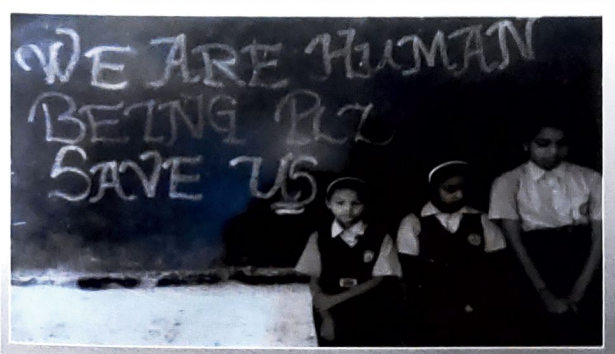
Director Higher Education **Sh. Jitender Yadav and Dr. Surender S. Dahiya**, Director SCERT, UT Chandigarh gave away the prizes to the winners.

Result of photo competition:

Position	Name of the School	Prize Winners
First	Govt. Model High School Khuda Jassu, UT Chandigarh	Shubham
Second	Govt. High School 41-A, UT Chandigarh	Prem
Third	Govt. Model High School Khuda Jassu, UT Chandigarh	Harsh



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 6th to 9th December, 2016 in the premises of SCERT, UT Chandigarh in which 22 Schools participated and displayed their models during this Exhibition after preliminary round which was conducted on 28.11.2016 consisting of 58 entries from various schools.

This Exhibition was integrated with State Science Exhibition to identify and nurture the innovation and creativity talent among the students and to make the young learners aware of the relationship between population and development. The entries were invited from Government school of UT Chandigarh.

The winners were awarded by Director Higher Education **Sh. Jitender Yadav IAS** and **Dr. Surender S. Dahiya** Director SCERT, UT Chandigarh with merit certificates and cash prizes of Rs. 1000/- Rs. 750/- & Rs. 500/- on 09.12.2016

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

Position	Name of the School	Prize Winners
First	Govt. Model Sr. Sec. School 19-C, UT Chandigarh	Jaspreet Kaur, Khayat
Second	Govt. Model Sr. Sec. School 16, UT Chandigarh	Supreet Kaur, Phalak
Third	Govt. Model High School 31-C, UT Chandigarh	Aman Chand, Gulshan
	Govt. Model High School Khuda Jassu, UT Chandigarh	Aishwarya, Lipsy Goel



Meeting with SACS Team

A meeting with members of State AIDS Control Society (SACS) UT Chandigarh was held in SCERT Premises on dated **11-02-2017** in which Dr, Jitender Dahiya (SACS Member), Ms. Serbjeet Kaur (PEP Coordinator) and other officials were present. Member from SACS Chandigarh apprised about the various activities being conducted by SACS team. Mrs. Serbjeet Kaur told the members that SCERT initiatives in this direction include AIDS sensitization programmes like orientation programme for prospective teachers of SCERT, nukkad natak and rallies on HIV-AIDS and awareness talks in all Inservice teacher training programmes.



Dr. Surender S. Dahiya, Director SCERT was apprised about plan of activities to be conducted next year in collaboration with SACS and PEP team.

Nukkad Natak

NSS Volunteers of D.El.Ed 1st Year performed Nukkad Natak at different venues in Behlana Village on **23.02.2017** to create awareness regarding HIV-AIDS, domestic violence and women empowerment. Role Play on HIV-AIDS was also performed in Govt. Model Sr. Secondary School

Behlana, UT Chandigarh for students of Class 8th to 12th to sensitize them on the above said issues. All the NSS volunteers enthusiastically participated in the event which was observed and appreciated by large gathering of local residents of the village.



Awareness Talk on Prasar Bharti All India Radio

An awareness talk on Prasar Bharti All India Radio, Chandigarh was organized on **30.01.2017** by PEP team of SCERT in which **Dr. Bhavneet Bharti**, Professor Department of Pediatrics, PGIMER Chandigarh was the expert speaker. The expert talked about important physiological aspects of adolescent stage and ways to handle it effectively. The talk was very informative as it threw light on many important issues to be taken care of during adolescent stage.



WINNERS

State Level Poster Competition



1st Prize: Chandan Kumar
GHS-Hallomajra



2nd Prize: Sonia
GHS-46



3rd Prize: Rohit
GHS-32

State Level Photo Competition



1st Prize: Shubham
GMHS-Khuda Jassu



2nd Prize: Prem
GHS-41



3rd Prize: Harsh
GMHS- Khuda Jassu

Sate Level Exhibition On Models



1st Prize: Jaspreet Kaur
GMSSS-19



2nd Prize: Supreet
GMSSS-16



3rd Prize: Aman
GMHS-31



3rd Prize: Lipsy
GMHS- Khuda Jassu



1st Prize: Khayat
GMSSS-19



2nd Prize: Phalak
GMSSS-16



3rd Prize: Gulshan
GMHS-31



3rd Prize: Aishwarya
GMHS - Khuda Jassu

WINNERS

State Level Role Play Competition



1st Position
GMSSS 33-D, Chandigarh

State Level Folk Dance Competition



1st Position
GMSSS 46-D, Chandigarh



2nd Position
GMSSS 37-B, Chandigarh



2nd Position
GHS Dadumajra village Chandigarh



3rd Position
GMSSS 8-B, Chandigarh



3rd Position
GSSS Manimajra, Chandigarh



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