

# SIE SANDESH

## NEWS LETTER

ISSUE-3

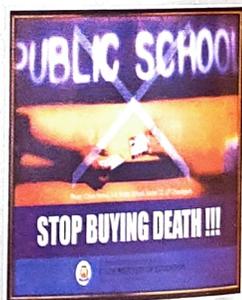
JANUARY, 2012

### POPULATION EDUCATION PROJECT



**STATE INSTITUTE OF EDUCATION**  
**SECTOR-32, UT CHANDIGARH**





## From Director's Desk

The aim and thrust of National Population Education Project (NPEP) has always been in consonance with the changes at the National and International level. These changes are effected because of the shifts taking place at regular intervals in the perception of population phenomenon. India is a country of large young population with about 320 million as young people.

This demographic dividend can be its greatest asset, if it can be encashed by providing them with the means to lead healthy, economically productive lives and further face the challenges of life in the most judicious manner.

This News Letter, "SIE SANDESH" is an important annual publication, which not only reflects the activities undertaken by the Population Education Project (PEP) of State Institute of Education (SIE), but also aims at disseminating information on important issues and concerns related to Population Education to its main target group, the young students and the Educational Functionaries.

**Dr. Surender S. Dahiya**  
Director

## Editorial

Dear readers, we are glad to present to you, the third issue of our annual News Letter "SIE SANDESH" under Population Education Project (PEP).

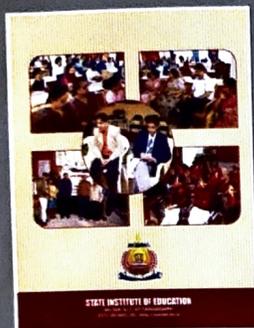
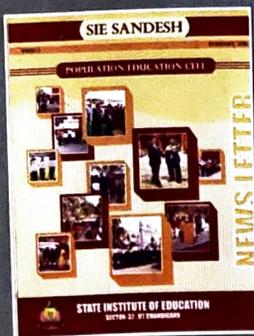
"SIE SANDESH" serves as a common platform for the students, teachers, prospective teachers, teacher educators, educational thinkers and administrators to share their ideas and experiences on various population related issues. It also highlights the activities and tasks accomplished under PEP of SIE.

I am grateful to Prof. (Mrs.) Saroj Yadav and her team in NPEP, DESSH, NCERT, New Delhi for their continuous guidance and resource support in bringing such publication in UT Chandigarh. I also express my deep sense of gratitude to our Director, Dr. Surender S. Dahiya for his valuable guidance and inspiration in shaping this News Letter and making it available to our readers.

Your views and comments will be highly acknowledged, we eagerly await for the same.

**Jasmine Josh**  
Co-ordinator

2011



सबके लिये शिक्षा की तैयारी कब आयेगी मेरी बारी???

POPULATION EDUCATION CELL  
STATE INSTITUTE OF EDUCATION  
SECTOR 22-C, UT CHANDIGARH



यह कैसी आस्था???

POPULATION EDUCATION CELL  
STATE INSTITUTE OF EDUCATION  
SECTOR 22-C, UT CHANDIGARH



कुल्हाड़ी का यह प्रहार रोक देगा जीवन की रफ्तार

POPULATION EDUCATION CELL  
STATE INSTITUTE OF EDUCATION  
SECTOR 22-C, UT CHANDIGARH

## OUTCOMES 2012

- ❖ Developed Guidelines to implement Co-curricular Activities
- ❖ Distributed Guidelines of Co-curricular Activities in the Schools of UT Chandigarh
- ❖ Training cum Orientation Program for Prospective Teachers
- ❖ Advocacy Program for School Principals / Heads of Govt. Schools of UT Chandigarh
- ❖ Advocacy Program for Media Persons / NGO's and Religious Leaders
- ❖ Organised State Level Role Play Competition
- ❖ Organised State Level Folk Dance Competition
- ❖ Organised State Level Poster Making Competition
- ❖ Organised Rally cum Nukkar Naataks highlighting issues related to Population Education
- ❖ Developed, Designed and Editing of News Letter
- ❖ Printing of News Letter-"SIE SANDESH"
- ❖ "Charms and Challenges of Teenagers" - A Documentary
- ❖ Organised Question-Box Activity on "Charms and Challenges of Teenagers"

## PEP TEAM

Name	Designation
Dr. Surender S.Dahiya	Director
Ms. Jasmine Josh	Co-ordinator
Ms. Neena Kalia	Member
Mr. Ram Pal	Member
Ms. Sarita Tiwari	Member
Mr. Janesh Malik	Member
Dr. Rajinder Kamboj	Member
Mr. Raman Kumar	Member
Mr. Kulwinder Singh	Member

# ABOUT 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 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) co-ordinates the implementation of the Project at the National and State Level.

Since its inception, the conceptual framework of Population Education has been undergoing changes quite frequently because of changes in perception of population phenomenon and its relationship with development.

The reconceptualised framework of the Population Education mirrors all the critical concerns. It provides a broader definition to the concept of Population Education as an educational process which develops among learners an understanding of interrelationships between population and development, causes and consequences of population change and the criticality of the essential condition for population stabilisation. It inculcates in them rational attitude and responsible behaviour, so that they may make informed decisions in respect of population and development issues; and also make them aware of the social consequences of their individual decisions.

## Main Objectives of Population Education

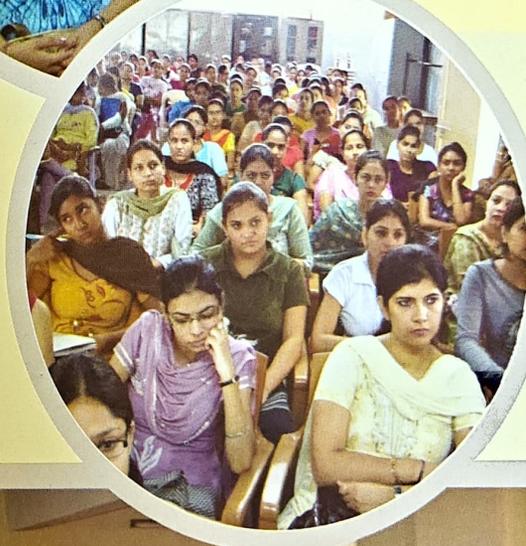
- ❖ Making learners aware of the interrelationships between population and sustainable development;
- ❖ Developing in them an understanding of the criticality of essential conditions of population stabilisation for better quality of life of present and future generations;
- ❖ Inculcating in them rational attitude and responsible behaviour towards population and developmental 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; and
- ❖ Empowering them to take informed decision on issues of population and development including those of reproductive health.

## TRAINING CUM ORIENTATION PROGRAM FOR PROSPECTIVE TEACHERS

Training cum orientation program for Prospective Teachers of B.Ed. Course of Dev Samaj College of Education, Sector 36, Chandigarh was organized on 17.09.2011 and for the Prospective Teachers of D.El.Ed. Course of SIE, Sector 32, Chandigarh on 13.10.2011 wherein 100 students from each of the two institutes attended the same.

Eminent Resource Persons such as Dr. Jatinder from State AIDS Control Society, shared his views on the most concerned issue of the present i.e. the havoc that HIV / AIDS is creating while embracing the young. Dr. Avnish Jolly, Social Activist talked about the reproductive rights of women, the most challenging and sensitive topic which needs our immediate attention. Prof. Renu Gandhi, Dept. of Life Long Learning and Extension, Panjab University, Chandigarh emphasised the role of our youth in the economic development of the country.

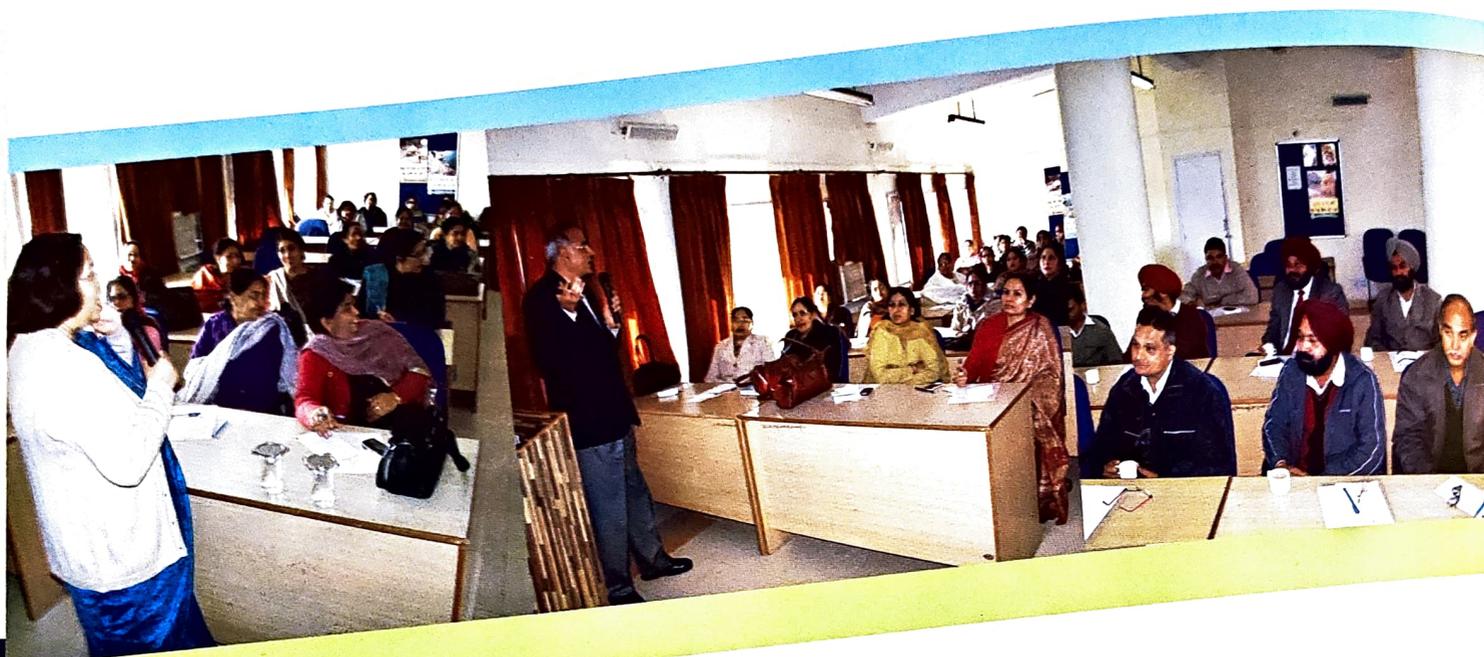
Dr. Surender S. Dahiya stressed on the role of teachers in developing positive attitude among students and inculcating in them the desirable values. Mrs. Jasmine Josh motivated the students to contribute towards building the nation, which is ahead of others in the developmental sphere.



## ADVOCACY PROGRAM FOR SCHOOL PRINCIPALS / HEADS

Two days Advocacy Program for School Principals / Heads of Govt. Schools of UT Chandigarh was organized under PEP on 21.12.11 and 22.12.11. About 70 Principals / Heads and their representatives attended the same.

Dr. Surender S. Dahiya while addressing the audience urged them to contribute their services as educationists to the development of the nation, by inculcating values in the young. This would further, for the times to come lead our country towards new developments.



Dr. Anil Sarwal, Associate Professor, DAV College, Chandigarh, sensitised the principals with a very challenging issue i.e. "Gender Equality and Empowerment of Women". He emphasized on the thinking of the great Indian philosopher – Dr. S. Radha Krishnan who once remarked that "if a man fails, we can still survive, but if a women fails there would be a disaster".

Prof. Dazy Zarabi, Dept. of Community Development, Panjab University, Chandigarh had an interactive session, she discussed the Adolescent Reproductive and Sexual Health (ARSH) which the audience unanimously agreed needs to be the top priority in our school education system.

Prof. Renu Gandhi, Dept. of Life Long Learning and Extension, Panjab University, Chandigarh gave information on "Census 2011 –

Challenges and Issues" where she emphasized that the states where female ratio was declining the economic development and literacy rate was also falling. Thus the development of any state was directly proportional to the sex ratio of that particular area.

Dr. Rakesh Sachdeva, Principal DAV School, Sec. 15, Chandigarh, shared her views on the importance of life skills for the harmonious development of the personality of our young school students.

Mrs. Jasmine Josh, Co-ordinator PEP, emphasized that as administrators, the Head of any Institute could change the fortune of the new generation and under whose able guidance the young population can blossom into mature adults.

## ADVOCACY PROGRAM FOR MEDIA PERSONS / NGO'S AND RELIGIOUS LEADERS

A one day Advocacy Program for Media Persons / NGO's / Religious Leaders was organized on 21.01.2012 wherein 36 participants from various strata of society attended the same. A panel discussion was held wherein renowned Resource Persons such as Dr. Avnish Jolly, Prof. Dazy Zarabi, Dr. D. P. Sharma, Mrs. Jasmine Josh, Mrs. Sarita Tiwari, Sister Lalita and Mr. Raman Kumar participated interactively with the audience and shared their views on the topic "The role of society/community in School Development".



The points of interaction were :

- Education and Social Equity in Elementary Education
- School Dropouts or Pushouts? Barriers for the Right to Education
- Distress Seasonal Migration and Its impact on Children Education and city at large
- Drug Abuse and General Inequality in Schools and its intervention
- Socio-economic factors and quality of life.
- Adolescents reproductive and sexual health.

Everyone unanimously agreed that the quality of school education needs to be at the forefront. Apart from the basic curriculum to be taught, the students should be made aware of the social scenario. The education has to be linked with the outside world where the student gets familiarised with the challenges of life and where he will need to make judicious decisions.

The participants also discussed the role of media in bringing awareness among the general public about the eradication of the evils that have shadowed our society at large.

## STATE LEVEL ROLE PLAY COMPETITION

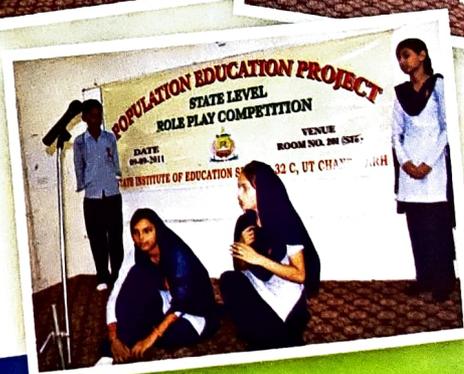
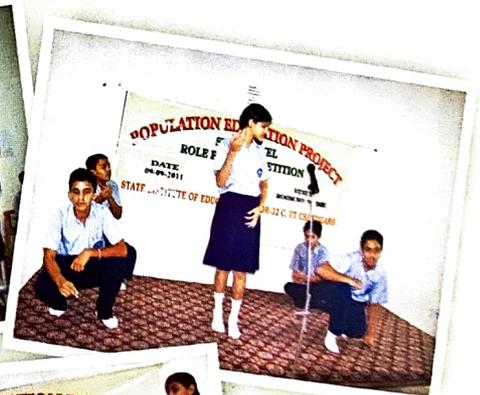
State level Role Play Competition was organized on 09.09.2011 in the premises of SIE Chandigarh, wherein 21 teams with 124 participants from various Govt. School of UT Chandigarh participated after competing at the inter- school level.

The winners were awarded cash prizes of ₹ 500/-, ₹ 300/- and ₹ 200/- per participant for the first, second and third position holders respectively at the state level.

The result of the same at the state level is as under:

Position	Name of the School	Name of the Participants
First	Govt. Model Sr. Sec. School Sector 47-D, UT Chandigarh.	Isha, Simran, Harshita, Rajat Pal, Chandan Kumar
Second	Govt. Model Sr. Sec. School Sector 22-A, UT Chandigarh.	Prashant Sharma, Naveen Kumar, Diksha Mahajan, Anjana, Shikha Chaudhary
Third	Govt. Model Sr. Sec. School Sector 40-B, UT Chandigarh.	Radhika, Kanika, Monika, Amanpreet Singh, Abhishek

The winning team at the State Level Role Play Competition i.e. Govt. Model Sr. Sec. School, Sector 47-D, Chandigarh participated at the Regional Level Role Play Competition held at SCERT, Gurgoan on 08.11.2011 and stood FIRST among the participating teams. This team further participated at the National Level Role Play Competition held at NCERT, New Delhi on 28.12.2011 and 29.12.2011 and secured fourth position at the National Level. The effort of the team was praiseworthy at all the levels.



# STATE LEVEL FOLK DANCE COMPETITION

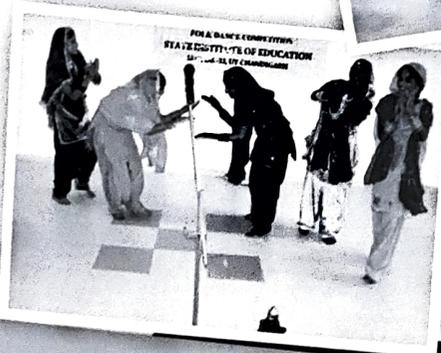
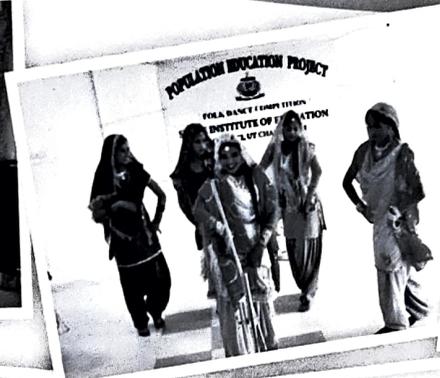
State Level Folk Dance Competition was organized by SIE on 12.09.2011, wherein 06 teams with 42 participants from various Govt. School of UT Chandigarh participated after competing at the inter-school level.

The winners were awarded cash prizes of ₹ 500/-, ₹ 300/- and ₹ 200/- per participant for the first, second and third position holders respectively at the State Level.

The result of the same at the state level is as under:

Position	Name of the School	Name of the Participants
First	Govt. Model Sr. Sec. School Sector 47-D, UT Chandigarh.	Manpreet Singh, Inderjit Singh, Lakhy, Balwinder, Prince Pal, Sikander
Second	Govt. High School Dadumajra, UT Chandigarh	Anu, Gurpreet Kaur, Sushma Bisht, Santosh, Komal, Nisha
Third	Govt. Model Sr. Sec. School MHC Manimajra, UT Chandigarh	Shiwani, Anuja, Robin, Rohit, Vikas, Harminder

The winning team at the State Level Folk Dance Competition i.e. Govt. Model Sr. Sec. School Sector 47-D, Chandigarh participated at the Regional Level Folk Dance Competition held at SCERT, Gurgaon on 08.11.2011 and stood fourth among the participating teams. The effort of the team was praiseworthy at all the levels.



## STATE LEVEL POSTER MAKING COMPETITION

State Level Poster Making Competition was organized by SIE Chandigarh. As per the guidelines, inter-class and inter-school Poster Making Competition was held for the students of Classes 9th to 12th in most of the Govt. Schools of UT Chandigarh and then entries were invited from these Schools for State Level. About 34 entries were received. These entries were displayed at an Exhibition held at SIE on 17.08.2011. The judgement for the same was done on the same day.

The winners were awarded cash prizes of ₹ 500/-, ₹ 300/- and ₹ 200/- for the first, second and third position holders respectively at the State Level.

The first ten entries were sent to NCERT for National Level Poster Making Competition.

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

Position	Name of the School	Name of the Participants
First	Govt. Model Sr. Sec. School Sector 40-B, UT Chandigarh.	Shivani Dogra
Second	Govt. High School, Sector 7-C, UT Chandigarh	Priyanka Kumari
Third	Govt. Sr. Sec. School Sector 15-C, UT Chandigarh.	Ashu Ram

## PRIZE WINNERS



Shivani Dogra



Priyanka Kumari



## DEVELOPMENT AND DISTRIBUTION OF GUIDELINES OF CO-CURRICULAR ACTIVITIES

The members of PEP of SIE, Chandigarh held a one day workshop to develop guidelines to implement co-curricular activities in Schools. The guidelines were typed, edited and got printed for further distribution to all the Govt. Schools of UT Chandigarh.



## QUESTION-BOX ACTIVITY ON CHARMS AND CHALLENGES OF TEENAGERS

Question-Box Activity was organised in four Govt. Schools of UT Chandigarh, where teenagers from classes IX and XI were shown the Documentary –“Charms and Challenges of Teenagers” and their responses were elicited. Queries of the students were answered by the experts from SIE Chandigarh. The panel of experts were Dr. Surender S. Dahiya, Ms. Jasmine Josh, Ms. Sarita Tiwari and Mr. Raman Kumar. This Activity was organised in the following schools:

- ❖ Govt. Model Sr. Sec. School Sector 35, UT Chandigarh
- ❖ Govt. Model Sr. Sec. School Sector 37, UT Chandigarh
- ❖ Govt. Model Sr. Sec. School Sector 47, UT Chandigarh

The sessions were very interactive and well attended by the students as well as the teachers. Many Principals demanded that this type of Activity should be organised frequently as such visuals and discussions leave an indelible impact on the mind of the students.



## ADOLESCENT REPRODUCTIVE AND SEXUAL HEALTH

The Adolescent Reproductive and Sexual Health (ARSH) needs to be an issue of concern in the today's prevailing scenario. The students need to be made aware of their physical growth, health and hygiene, sex and sexuality keeping in mind the levels of the receptivity of the students. The school curriculum can be one such media, which can convey the basic information. But at what stage, to what extent and in which manner the information has to be communicated is of utmost importance.

In the first stage, the students should be made aware of the physical aspect of their body, various systems, their functioning and their role in the growth and development of the child. It is important to prepare the students for the physiological and emotional changes that they are going to face. Child abuse has reached an alarming level and there is a tremendous need to educate the children about the scrutinized touches. Ignorance in this regard is often the cause of many thoughtless actions which have far reaching ramifications.

In the second stage, the students should be educated about health and hygiene related to their bodies. Myths and Misconceptions have to be discussed, keeping in mind the inquisitive nature of the students. Due weightage has to be given that only relevant information has to be communicated otherwise confusion may prevail in the experimental minds of the child.

In the third stage, the schools should be able to teach the teenagers about sex and sexuality. The psychological support of the parents in this regard should also be a part of the whole process. It is important to inculcate a healthy attitude about what is normal. The values and ethics need to be registered in their young progressive psyche. Their queries related to sex and sexuality need to be answered otherwise they would definitely try to satisfy their curiosity from wide range of sources, including peers, siblings, television, magazines, pamphlets, books and websites.

Last but not the least, the cloak of conservatism has to be shed and an aura of comfortability has to be created in the minds of the teenagers, teachers, parents and society at a large. The knowledge regarding this sensitive issue has to be imparted to the younger generation, because only and only awareness is the potent vehicle of social progress.

**Jasmine Josh**  
Co-ordinator PEP

## SCHOOL, SOCIETY AND POPULATION EDUCATION

The great caste divide in the Indian society has given place to great class divide. Economically disadvantaged face tremendous challenges. These people live in unsafe neighbourhoods with minimal opportunities for exploration and recreation. Their employment is less stable, and they are less likely to have access to basic health care. They suffer from chronic illnesses and medical problems which go untreated. Their adolescent children become victims of drug abuse, prostitution and low learning levels. The main objective of programs of population education is that this segment of population will learn from and come to respect one another if they are regularly exposed to learning situations in which they have sustained positive contact and equal social status.

The biggest challenges associated with such programs is in finding ways to bring diverse groups of people under one umbrella. People involved in advocating these programs need to understand how environment, of the rich or poor affects an individual and specially how children become victims of Social structures, processes and culture which effects their dispositions.

Every school needs to understand the very meaning of population education, philosophy of the subject, concerns of the family and reconceptualising the framework of population education to be integrated not only in curriculum but also day to day activities. The co-curricular activities are an effective medium to bring about attitudinal and behavioural changes regarding the population issue. Such activities generating awareness will be an effective means for skill development in adolescent education in Schools. The need of the hour is to have innovative activities for encouraging interaction between schools and communities so that we can do away with the social class divide and sit under one umbrella and focus on the problems of individuals. Rich or poor have no biological differences, their social structures are different but the answers to their problems such as drug abuse, teenage pregnancy, physical spousal abuse, relationship of families etc. remain the same.

**Sarita Tiwari**  
Member PEP

## FEMALE FOETICIDE

The Sikh Gurbani exhorts the mankind with the Shabad "*So Kyun Manda Aakhiye Jit Jamme Rajan*". In other words, the woman always has a dominant role to shape the future of mankind. Man has come a long way, he has now become "civilized" but his instinct to dominate the weaker sex has remained, turning into an obsession with time. His tools of oppression have become more civilized, sophisticated, advanced and techno-savvy.

In countries like India and China, people have maintained vestiges of cruelty more sinister than practice of sati in matter of female foeticide. The families that commit female foeticide love their living daughters, however that passion is not extended to female foetus. Female foeticide-this term in itself envelopes myriads of meanings, it smacks of the fact that a girl is killed before she is born or in other words, it acknowledges that in this whole conspiracy against women, against destruction of half of the population of society, there is technology privy to this heinous crime.

The Supreme Court's directive to the Government to implement provisions of Pre-Natal Diagnostic Technique Act banning sex determination tests and sex selection to prevent female foeticide was timely. The court has been closely monitoring the implementation since may-2001, regarding ban on use of ultrasound scanners for conducting such tests, till date.

Measures need to be implemented by the society. Steps like free education for women upto college in Government run institutions, creating a feminine movement so that women feel a sisterhood towards each other and stand up for a women in neighbouring house than turning a blind eye, providing extra incentive to the families with more than one girl child and making people aware of male female population destabilization. Equality EMPOWERS! This appalling practice of female foeticide has to be halted by one and all.

How far we are from this goal!

**Raman Kumar**  
Member PEP

## "CHARMS AND CHALLENGES OF TEENAGERS" - A DOCUMENTARY



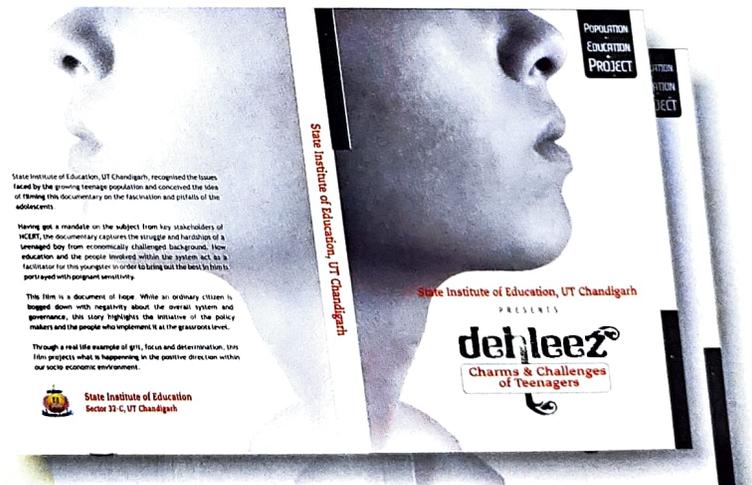
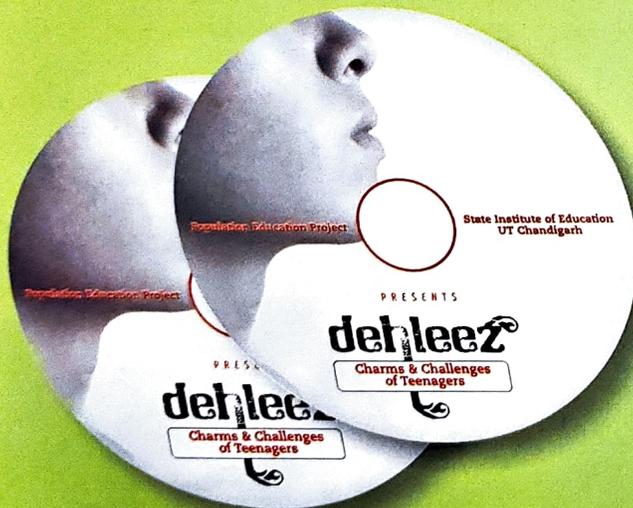
State Institute of Education, UT Chandigarh recognized the issues faced by the growing teenage population and conceived the idea of producing a Documentary on "Charms and Challenges of Teenagers" under PEP.

Having got a mandate on the subject from key stakeholders of NCERT, the documentary captures the struggle and hardships of a teenaged boy from economically challenged background. How education and the people involved within the system act as a facilitator for this teenager in order to bring out the best in him, is portrayed with poignant sensitivity.

This film is a document of hope. While an ordinary citizen is bogged down with negativity about the overall system and governance, this story highlights the initiative of the policy makers and the people who implement it at the grassroots level.

Through a real life example of grit, focus and determination, this film projects what is happening to the children belonging to under preavillage section of our society.

Biggest Challenge faced by the teenagers these days is education. It is the school and environment around the child which can gear him towards positivity and negativity, which has been well depicted through a visual mode.



# WINNERS

## STATE LEVEL ROLE PLAY COMPETITION



**First Position**  
Govt. Model Sr. Sec. School Sector 47-D,  
UT Chandigarh

## STATE LEVEL FOLK DANCE COMPETITION



**First Position**  
Govt. Model Sr. Sec. School Sector 47-D,  
UT Chandigarh.



**Second Position**  
Govt. Model Sr. Sec. School Sector 22-A,  
UT Chandigarh



**Second Position**  
Govt. High School Dadumajra,  
UT Chandigarh



**Third Position**  
Govt. Model Sr. Sec. School Sector 40-B,  
UT Chandigarh.



**Third Position**  
Govt. Model Sr. Sec. School  
MHC Manimajra, UT Chandigarh



**STATE INSTITUTE OF EDUCATION**  
**SECTOR-32 , UT CHANDIGARH**