

Education for Health and Wellness

CENBOSEC biannual e-magazine from CBSE
July - December 2022



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The views expressed by any author in his/her article /contribution published in Cenbosec do not represent the views of the Board.

Chairperson's Message

I am immensely pleased with the prospect of CENBOSEC resuming publication in its electronic form. With most of our activities going digital, it is befitting that CENBOSEC reappears in the form of an e-magazine.

The huge response received from the CBSE-affiliated schools in terms of articles on the theme of EDUCATION FOR HEALTH AND WELLNESS was overwhelming. I have no doubt that such a response is an index to the active interest of our principals, teachers and students in the various projects and programmes of CBSE.

This issue which focuses on **Health and wellness** reaffirms our commitment towards recognising the importance of physical and mental well-being of students and teachers in the overall scheme of school education.

The World Health Organization (WHO) has defined health as **"a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness)."** WHO defines wellness as **"the optimal state of health of individuals and groups," and wellness is expressed as "a positive approach to living."** The two definitions are succinct and self-explanatory. This publication goes into the entire gamut of the subject matter threadbare.

As an intelligent community, every school must motivate its stakeholders, students, staff and parents, to develop healthy habits. As a first step, we need to effectively disseminate the knowledge of healthy living, food habits, physical activity, an avoidance of unhealthy habits like junk food, substance abuse and the like. In short, we need to emphasise holistic health and make it the avowed philosophy of our collective life.

May I close with a suggestion? This e-magazine should reach all our schools, their staff and students. One of the possible channels would be the school libraries. Would it not be possible for every school to print a few copies in book form and keep them in the library? I make an appeal to the principals to think about this possibility. This issue is rich in its content and let it reach all our teachers and students, and through them, the wider community.

Best wishes for a peaceful and productive New Year – 2023.



Smt. Nidhi Chhibber IAS

Chairperson
Central Board Of Secondary Education

Foreword from the Director Academics

With great excitement, we the CBSE Academic Branch, announce the revival of our in-house educational magazine, CENBOSEC. We have spent the past few months working to rejuvenate the magazine and are thrilled to bring it back for all our readers. I convey my best wishes to everyone involved in releasing the CENBOSEC.

As you are aware, CENBOSEC is dedicated to providing insights into current issues and development in education through articles from educators of CBSE schools around the world. It is a precious resource, and reference for the educator fraternity as the articles, case studies, and best practices are from practitioners and are based on actual experience. The academic branch, authors and editorial board have spent much time reviewing and refining the content to ensure that the articles are engaging, exciting and relevant to our readers. We have tried a slightly different format, a fresh new design, and an additional flipbook to enhance the reading experience. Our goal is to create a magazine that not only provides valuable information but also helps educators adapt the knowledge in their schools and makes the readers look forward to the next issue of the magazine.

CBSE, on the lines of NEP 2020, is striving hard to implement a futuristic curriculum that would prepare our students for the jobs and technologies of the future. We are restructuring and aligning our curriculum to this objective. Some initiatives include competency-based education, a strong emphasis on STEM and 21st Century skills, emerging technologies and trends such as AI, robotics, renewable energy, sustainability, ethics and values, global citizenship etc. You can find the details of the work done by CBSE Academics in the reports section of this magazine.

CBSE believes that health and wellness education is essential to a well-rounded education and is crucial in supporting students' academic success and overall well-being. This issue of CENBOSEC is themed on school health and wellness. This publication covers a wide range of health and wellness topics under 11 subthemes, which are relevant and vital to students, educators and parents. This idea is to support and enhance the work of those dedicated to promoting health and wellness in our schools and communities.

I believe the transformation in education is possible only if the proper support and platform are made available to all our educators. CENBOSEC will be one of those committed to the cause of supporting and encouraging our educators. It will help educators to share their knowledge, best practices, and action plans and promote collaborative learning. I am sure this magazine will generate ideas and share best practices which are implementable in all CBSE schools, even those in the remotest corner of the country. It will contribute to the readiness of our schools for ushering in education 4.0.

We are grateful for the support of our contributors and readers and we are confident that this reincarnation of our magazine will be better than ever. We look forward to continuing to serve the CBSE community and making CENBOSEC a better and dependable resource for schools, educators and students alike. We hope this issue will serve as a valuable resource for those committed to promoting health and wellness in our schools. We welcome your feedback and suggestions and look forward to sharing more with you in future issues. Thank you for joining us on this important journey!



Dr. Joseph Emmanuel

DIRECTOR – ACADEMICS

Central Board of Secondary Education,
Delhi.

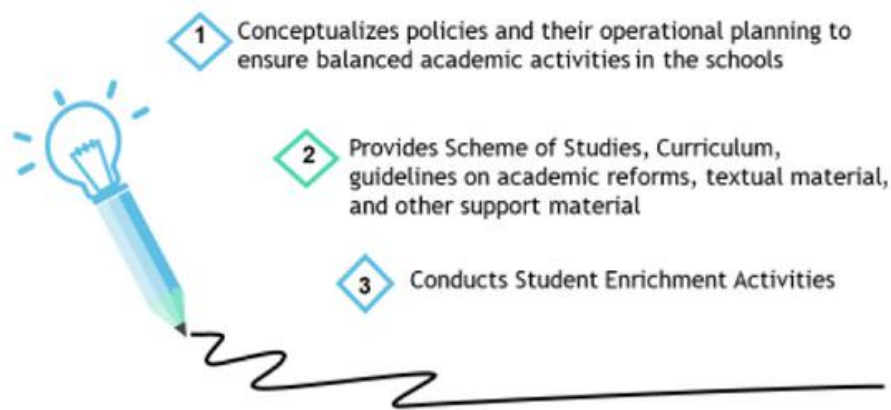
Academic Department Report 2022



A Brief Report of Activities conducted by The Academic Department during 2022-23

It is a great honor to present the comprehensive report of the activities undertaken by the CBSE Academic department, especially at this point, as the field of education is undergoing a paradigm shift. The information will cover the Board's vision, the status of various ambitious educational programs like the implementation of NEP-2020, the working of the academic department, activities undertaken post last year's curriculum committee meeting, and fresh proposals for the year ahead.

Academic Unit



Vision Of NEP 2020:

National Education Policy envisions an education system rooted in Indian ethos that contributes directly to transforming India (Bharat) sustainably into an equitable and vibrant knowledge society by providing high-quality education to all, thereby making India a global knowledge superpower. The policy envisages that the curriculum and pedagogy of our institutions must develop among the students a deep sense of respect towards the Fundamental Duties and Constitutional values, bonding with one's country, and a conscious awareness of one's roles and responsibilities in a changing world. The vision of the policy is to instill among the learners a deep-rooted pride in being Indian, not only in thought but also in spirit, intellect, and deeds. They should develop knowledge, skills, values, and dispositions that support responsible commitment to human rights, sustainable development and living, and global well-being, thereby reflecting a truly global citizen.

Progress On Implementation Of NEP 2020

- Competency-based education and assessment reforms.
- SAFAL – Structured Assessments for Analyzing Learning
- SSA – Standard Setting Authority – Standards for excellence in school education
- HPC – Holistic Progress Card
- Removing barriers between Academic and Vocational subjects & introducing new subjects
- Teachers' capacity building and Continuous Professional Development
- Career Guidance and Counseling
- Sahodaya Conference

About Academic Department

The Academic department aims to achieve academic excellence by conceptualizing policies and operational planning to ensure balanced educational activities in affiliated schools. The Scheme of Studies, curriculum, academic guidelines, textual material, support material, enrichment activities, and capacity-building programs are as per the broader objectives set in the National Curriculum Framework-2005 and in consonance with various policies and acts of the Government of India. CBSE is a student-friendly Board. It provides flexibility in the choice of subjects and a combination of courses with its vast offering of 72 subjects at the secondary level and 142 subjects at the senior secondary level. The Board defines appropriate approaches to academic activities to provide stress-free, child-centered, and holistic education to all children without compromising quality. Various innovative procedures are followed to achieve academic excellence in conformity with psychological and pedagogical principles.

Some Key Objectives of The Academic Branch

- 1.To define appropriate approaches to academic activities to provide stress-free, child-centered, holistic education to all children without compromising quality.
- 2.To analyze and monitor the quality of academic activities by collecting feedback from different stakeholders.
- 3.To develop norms for implementing various academic activities, including quality issues, to control and coordinate the implementation of educational and training programs of the Board, to organize academic activities, and to supervise other agencies involved in the process.
- 4.To adapt and innovate methods to achieve academic excellence in conformity with psychological, pedagogical, and social principles.
- 5.To encourage schools to document student progress in a teacher and student-friendly way.
- 6.To propose plans to achieve quality benchmarks in school education consistent with the National goals.
- 7.Organize various capacity-building and empowerment programs to update the professional competency of teachers.

Academic Activities 2022-23

- CBSE adopted rationalization done by NCERT for preparing syllabi for examinations. Reinstatement of the Annual Scheme of Assessment from 2022-23 is complete; vide Cir. No. Acad-48/2022, April 21, 2022
- Progressive inclusion of 10 percent higher order competencies-focused questions in the question papers of CBSE till 2025 - Action has been taken, and notification issued vide Circular No. ACAD-57/2022 dated 20.05.2022 for the Board Examination 2023
- Pilot of Structured Assessment for Analyzing Learning (SAFAL) in the schools affiliated with the Board. SAFAL Mock Test was conducted in 94 schools through online mode in September 2022.
- A pilot of the Holistic Progress Card is in progress in 74 affiliated schools.

- Organized the 28th National Annual Conference of CBSE Sahodaya School Complexes in October -November in collaboration with Sahodaya School Complex Vadodara. The two-day 28th National Annual Conference of Sahodaya School Complexes took place at Vadodara on 18th and 19th November 2022 on the theme 'Education 4.0- Reinventing Education for 2030 and Beyond', and around 800 principals participated in it. The two-day session discussed leadership for futuristic schools, technology, learning communities, transformational leadership, school community partnership, AI in education, and the shape of things to come in School Education. Many Books/Manuals/Handbooks of CBSE were also released. The conference concluded with recommendations like principals playing the role of transformational leaders, bringing AI and other technologies into the classroom, competency-focused education and assessment, and many more.
- Resumption in the conduct of CBSE Inter School Sports and Games competitions 2022-23. Approximately 4 lakh students have registered for various sports events at Cluster, Zonal and National levels in around 300 venues.

Enrichment Activities

- Budding Authors Program - In partnership with Central Square Foundation, Pratham Books Story Weaver, and National Book Trust to provide students with a platform to engage in reading different types of stories and learning to write effectively. This platform would promote creative writing, and students would have an opportunity to express their ingenuity and get a chance to see it published. As part of the program, we conducted a total of 03 workshops, and 8,055 (English 6822 and Hindi 1233) students participated in Phase II.
- Shikshak Parv (2022-23) -Minister of State of Education, Smt. Annapurna Devi, Dr. Subhas Sarkar, and Dr. Rajkumar Ranjan Singh jointly inaugurated Shikshak Parv 2022 on 6th September 2022 at Ambedkar Bhawan, New Delhi, and presented the "CBSE Honour for Excellence in Teaching and School Leadership 2021-22 " to 19 Principals and Teachers from CBSE-affiliated schools.
- Swachhata Pakhwada - CBSE advised its schools to observe Swachhata Pakhwada in all the schools in the country from 01st to 15th September 2022 as per the directions of MoE.
- Commemoration of 'Hyderabad State Liberation' -The schools situated in the erstwhile state of Hyderabad across the three states (Telangana, some districts of Maharashtra, and Karnataka) were requested to organize Prabhat-Pheris on the morning of 17th September 2022. Participating schools will be a part of an event at the inaugural Programme of 'Hyderabad State Liberation.'
- Project Veer Gatha Edition 2 - CBSE shared details of the Veergatha Edition - 2 Programme organized by MoD in coordination with MoE to encourage their students to participate. So far, 14,50,859 students have registered for the Programme to take part in the competition conducted at the National level.
- INSPIRE Awards - MANAK Scheme (2022-23): CBSE asked its schools to motivate their students to participate in the INSPIRE Awards - MANAK (Million Minds Augmenting National Aspirations and Knowledge), a scheme executed by the Department of Science and Technology (DST), Govt. of India with National Innovation Foundation-India (NIF), an autonomous body of DST.

- 2nd CBSE EXPRESSION SERIES: 'Tourism in India' for the Session 2022-23
- CBSE notified the 2nd expression series on the theme 'Tourism in India' for providing a platform for students to express their creative potential. A total of 2,22,922 students from the schools affiliated with the Board participated in this Series.
- CBSE-CVC Essay Writing Competition on the occasion of Vigilance Awareness Week 2022, organized by CBSE in collaboration with the Central Vigilance Commission to create awareness among school students. A total of 7,65,951 students participated in the competition from 36 states/ UTs in 664 venues.
- CBSE Heritage India Quiz – 2022 in its original format with the central theme of Azadi ka Amrit Mahotsav to celebrate and commemorate 75 years of independence and the glorious history of its people, culture, and achievements. The Inter-school quiz is expected to reach students across the country, thereby sensitizing them to the rich cultural diversity that is inherently Indian. Yet another worthy aim of the quiz program is to raise awareness about the conservation and management of our heritage. The Board, therefore, directed all school heads to ensure maximum participation of students in this quiz competition. 8,049 students from 2683 schools have registered for participation in the event from across the country.
- CBSE Adolescent Summit on Life Skills, Mental Health, Safety and Well-Being (15-17 December 2022). In pursuance of the holistic development of adolescents, CBSE has been notified to organize the CBSE Adolescent Summit on Life Skills, Mental Health, Safety, and Well-Being 2022 for the schools. This summit will provide schools with a face-to-face dialogue establishing good models for promoting life skills. School Heads were requested to use this opportunity to develop a sense of self-confidence in students and enable them to adopt suitable approaches to life processes, health, safety, and well-being.
- CBSE Inter-School Sports & Games Competitions (2022-23). CBSE organizes sports events at Cluster/Zonal and National levels for its independent category of schools every year in various age groups for girls and boys separately. The Board invited proposals from its affiliated schools to host these events and to participate by applying through an online portal. More than 4,10,000 students registered for the competitions, scheduled at 350 venues in 20 states.
- Observing Vigilance Awareness Week (VAW) – 2022 on the theme भ्रष्टाचार मुक्त भारत – विकसित भारत and other outreach activities like debates, quiz, etc. Relevant to the theme for disseminating anti-corruption messages and stressing the vision of a Vigilant India. A total of 7,65,951 students from 10246 schools have participated in the competition organized to celebrate Vigilance Awareness Week.
- Observe 31st October as The 'Unity Run' on Rashtriya Ekta Divas (National Unity Day) to commemorate the birth anniversary of Sardar Vallabh Bhai Patel. Schools were directed to mark the occasion in a befitting manner with great enthusiasm and organize 'Unity Run.
- With a focus on promoting Reading Literacy among students, the Board has notified the organization of the CBSE Reading Challenge 2022-23 October – November 2022. It is available in Hindi and/or English at two levels: classes 6th to 7th; and classes 8th

to 10th. The task for participating students would focus both on speed and accuracy. 93,095 students participated in the online competition conducted in all the schools affiliated with CBSE across the country.

- Āryabhata Ganit Challenge-2022 - to promote the application of Mathematics in daily life. All students of class VIII-X in CBSE affiliated schools are eligible for the School Level Competition (Level-1), and the top three students from each affiliated school registered for the first stage in Level 2. So far, 5,27,656 students have participated from 4,226 schools.
- Progression in Core Skills Programme in collaboration with British Council - under the Competency-focused Education Project (2020-23). This Programme aims to support teachers, school leaders and policymakers to develop core skills of Problem solving, Communication and Collaboration (Listening, Presenting, Teamwork) and Leadership in students through teacher training, implementation through school projects and consolidation by collaborative reflections. The Programme will have eight batches of principals, each having around 50 capacity-building participants.

New activities proposed for 2023-24 academic session

- We are working on the curriculum of the All India Secondary School Examination (AISSE) and All India Senior School Certificate Examination (AISSCE) for the academic session 2023-24
- Adoption of National Curriculum Framework 2022 for the Foundational Stage and 5+3+3+4 system in place of the 10+2 system initially in those CBSE-affiliated schools which offer education from the pre-primary stage.
- To organize 3 hours of the PRAYOG (Pradhanacharya Yojana for Growth) program towards 50 hrs. of CPD required
- Extension of HPC (Holistic Progress Card) Pilot classes 1 to 3 in 320 Schools across all CBSE regions in 2023-24.
- Promotion of the Disaster Management program in CBSE schools.
- Publication of the CBSE newsletter CENBOSEC in the revised format from July- December 2022 to be published in January 2023
- Collaboration with Azim Premji University for running a certification Programme in test development for teachers.
- Proposal for developing alternative assessment strategies for children with special needs.
- Proposal for implementing SAFAL, the Key Stage Assessment at Grades 3, 5 and 8 in all CBSE schools from the session 2023-24
- Implementation of the School Quality Assessment & Assurance (SQAA) Framework in CBSE Affiliated Schools and Integrate SQAA with the extension of the Affiliation Process.
- Development of a Life Skills Measurement Tool in English for Elementary, Secondary and Senior Secondary Stages in collaboration with Young Lives India and UNICEF.

- Collaboration with the British Council for working in the area of Science, Mathematics, Environment Education and Environmentally Sustainable Practices in CBSE schools.

To conclude, our report highlights the achievements and progress made by CBSE Academic Branch over the past academic year and the ongoing developments for the implementation of new expectations and requirements. We are proud to report significant progress towards innovation, competency-based education with great emphasis on students' physical, mental and emotional wellbeing. Our schools have implemented numerous successful initiatives to enhance the learning experience and social emotional skills of our students. We are committed to continue providing high-quality education to all of our students and look forward to building upon our successes in the years to come by keeping up with the need and expectations of NEP 2020.



Articles on “Education for Health and Wellness”



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GROWING UP HEALTHY



Growing Up Healthy

GLORIOUS BEGINNING – CLIMB THE STAIRS TO WELLNESS

Ayushman Bharat is about an opportunity for everyone to provide and **build an environment for a healthy lifestyle**. The Ministry of Health and Family Welfare and the Ministry of Human Resources and Development collaborate on the School Health Programme under Ayushman Bharat.

A wellness programme's main component is **behaviour modification** among students. It is possible to alter their behaviour and boost it with specialised support, skills, strategies, self-efficacy, and social support. Schools have been educating students about the **value of fitness and good health**. Through these programmes, students interact, feel valued, and comprehend the rationale behind a change in the wellness programme. As a result, both students' health and happiness are improving. They become more productive and goal-oriented.



A healthy lifestyle includes enough sleep, strengthening exercise, and a balanced diet. In addition, the teachers curate several offerings designed to take a more personalised approach to mental well-being, build resilience, support psychological safety among students, find pause moments, or participate in open dialogues.

One of the programme's teachers is leveraging and piloting to **provide ongoing support for the mental well-being** of students is the Health and Wellness Programme. The programme is about encouraging confidential, peer-to-peer support for one another—not to be a professional counsellor but to be that listening ear, a friend, or a teacher – where they can get appropriate support. As a result, the schools are getting overwhelmingly positive feedback and getting more students involved in **building a support network**.

Students **engaged in physical activity** and exercise, as well as those taught through it, will need help to eliminate stress. However, it can help deal with stress by providing a positive reaction in the body and mind. Being physically active releases beneficial hormones (endorphins) that create the **"feel good" factor** and enhance feelings of personal wellness.

In addition to the physical health risks, **poor eating habits can affect mental health** because of how the brain responds to stimuli. Regular or excessive junk or unhealthy food consumption changes the brain, which leads to dependency, craving, or addiction. On the other hand, **water has enormous benefits** for the body and mind, so enjoy it freely!

Through debates, panel discussions, and activities throughout the programme, the students realised that, in our busy lives, it could be hard to find the time to care for themselves, let alone have time to watch or help others. Still, there is a strong association between good mental health and engaging with others, sharing knowledge, and facing new challenges. In addition, volunteering or joining community-based projects and networks can provide new friends, reduce loneliness and isolation, and enhance feelings of pride and achievement in them.

When the students get stressed, angry or anxious, mainly when things go "wrong," it

overwhelms them. So then, the students are asked to develop their hobbies. Hobbies like - regularly making time for playing music or sports, crafting, singing, cooking, reading, or gardening can provide valuable "time" for studying and personal reasons. During the sessions, the importance of **practising meditation**, mindfulness, or deep breathing exercises to calm the mind and lower anxiety, which will help them reduce stress, was emphasised. In addition, the school introduced a **selection of mindfulness apps** and resources to the students.

The students are inspired to **set goals**, plan, and focus on objectives, often tasks associated with their profile. The young learners were acquainted with the importance of having a programme, or something to aim for that can be helpful in their lives. As a result, students **develop a sense of purpose and recognise their successes**, which creates a sense of achievement and enhances personal well-being.

The youngsters comprehended the need to **reach out to friends** through instant messages, which is a valuable way to keep in touch, but as humans, we thrive on social contact and **having personal connections**. Making time to be with friends and socialise can help reduce stress by boosting feelings of belonging and social harmony.

Through the sessions, the teachers discuss how to accept themselves. "I am what I am" and their words and actions accurately reflect who they are and what they believe. Understanding and valuing their true selves and being proud of their achievements can help bring about balance and a sense of calm that can help them be authentic. The students were encouraged to ask for help on everyday issues like money worries, bullying, relationship problems, and the pressure of studies at school.



A sudden change in circumstances can cause stress, anxiety, and sleepless nights. The youngsters sometimes just having someone to listen to or act as a "sounding board" can be hugely beneficial. Reaching out to teachers, counsellors, and peers is the



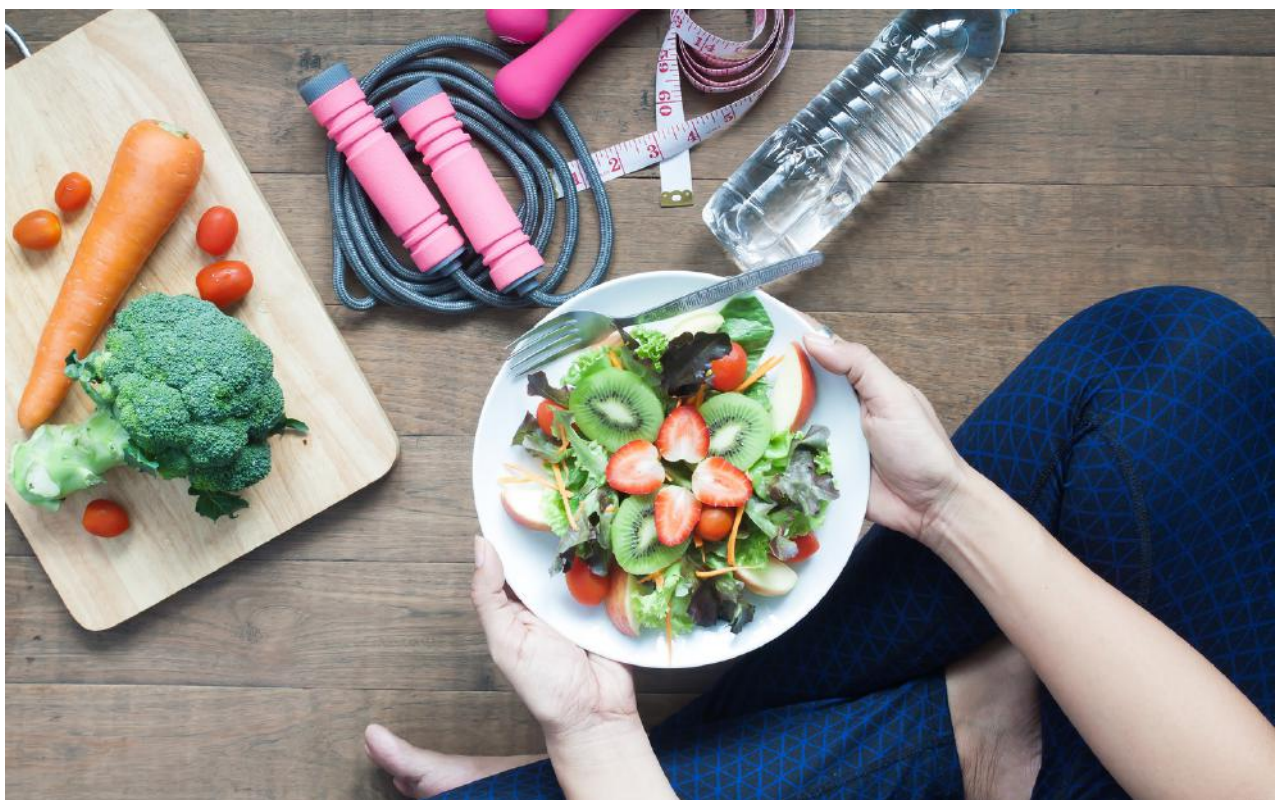
most sought-after. Under the programme, students **learn from their mistakes**. It's OK if they get things wrong. However, they should show appreciation and gratitude to their team if an error is flagged.

Teachers are successfully instilling the value of health and well-being through digital literacy, including by implementing wellness programmes in the curriculum to promote healthy eating practices and physical fitness. A happy body keeps us content and stimulates the growth of relationships. Positive attitudes and good thinking are hallmarks of healthy people. Exercise, eating in moderation, and getting eight hours of uninterrupted sleep are the foundations of a graceful, healthy, and happy existence. Adhering to the regulated and disciplinary regime would result in a beautiful body and mind, as well as optimal security, pleasure, and resource utilisation. As a result, it would develop strong self-esteem, confidence, and assertiveness and achieve well-served goals.



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Teacher,
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Growing Up Healthy

Are you HEALTHY? What would your answer be if someone asked you this question?

Does being healthy mean being disease free, fit and energetic, mentally calm, or happy? The presence of all of these together contributes to good health.

The official definition of health is complete physical, mental, and social well-being and not merely the absence of disease or infirmity (WHO 1946).

We all enjoy watching beautiful plants blooming in full glory! But how was that splendor achieved? It would have been the result of days, months, and years of the gardener's hard work, toil, and persistence.

Similar is the case with human beings. God has given us a beautiful body that grows from a baby into an adolescent and then into an adult, just like a seed grows into a plant. If the seed is healthy, it can bloom into a beautiful, healthy plant complemented by well-nourished soil and suitable weather. Likewise, the seeds of a healthy life are sown in childhood.

Given an opportunity and the required inputs, each child can blossom into a beautiful adult in body and mind. Almost 40% of the population in India is 0-18 years old. They are the future of the nation. How well we can utilize this demographic advantage will be determined by the thought, effort, and planning we invest in grooming these children during these formative years to achieve their maximum potential as healthy adults.

But what does it entail to accomplish this? Let us look at some of the critical aspects:

'You are what you eat'... this phrase aptly describes the importance of food and nutrition in our lives. This phrase assumes importance from a young age when the developing body is utilizing food to grow, and build up its cells, bones, muscles, etc.

Even our brain requires a constant supply of fuel to grow and function optimally. The quantity and quality of food consumed at this stage will determine how well the body maintains itself through the rough and challenging times of adulthood. Anything less than necessary can lead to inadequate growth, more than required can lead to obesity and related diseases, and inappropriate food selection can lead to malnourishment.

Children today are exposed to a lot of advertising and marketing. They are bombarded with innumerable junk food ads on television, billboards, the internet, etc. These influence and spoil their food choices, preferences, and habits. Unhealthy food habits, once created, are likely to continue into adulthood. The next epidemic that we are staring at could be childhood obesity. We must shield these young impressionable minds from becoming victims of such mindless promotions. This can happen only through proper education. Food, Health, and Nutrition should be a central subject in the curriculum, not just a tiny part of Science. The importance of adequate nutrition for our well-being must be instilled in children at every stage, from kindergarten to adolescence. Engaging in practical activities must accompany theoretical knowledge. With proper knowledge and techniques to select food that is good for the body, children will make more conscious and better food choices.

- 'Good things come to those who sweat'...and a robust and healthy body belongs to those who exercise and remain fit. Early childhood is a time of free play.

As the children grow, they are bubbling with energy. It is important to channel this energy properly. It can be in the form of sports, dance, or any other fitness routine. The benefits are not merely physical. Physical activity helps improve concentration, memory, mood, confidence as well as the general attitude of the students.

Exercise is known to increase the release of feel-good neurotransmitters called Endorphins. Any form of exercise can also act as a stress buster. It helps divert attention from anxiety or irritation and will most often result in happy, energetic, and focused children.

The importance of being physically fit must be instilled right from childhood. Schools should offer multiple ways for children to be physically active and make it an integral part of the daily routine along with academics.

Body achieves what the mind believes'....Our mind is a potent tool. It is a hotbed of emotions, thoughts, desires, motives, choices, etc. A lot of what we do and why, how we feel, behave or act, is a result of our experiences (good or bad) from a very young age.

So we must provide a safe, loving, and stimulating environment to the children and guide them to evolve into confident, thoughtful, and progressive beings who can make responsible decisions.

'Man is by nature a social animal'... Humans, especially the younger age group, crave the acceptance, presence, and comfort of others to feel psychologically and socially well. School is an excellent place to help nurture healthy relationships. Social interactions and establishing and maintaining positive relationships with your peer group and teachers can be a great confidence booster for any child.

Through such interactions, children imbibe essential life skills like patience, collaboration, managing conflicts, etc. Schools have a huge responsibility to help children achieve their best potential in terms of physical, mental, emotional, and social well-being. Schools can be the ideal setting to allow every child to establish healthy behaviors and habits for a lifetime.

Doing this is easier and more effective during childhood than trying to change unhealthy behaviors in adulthood. We have to guide children to learn not just to live but to thrive. Then only they can grow into confident and capable adults who live a positive, healthy, and wholesome life with the right attitudes and skills. These then become the resources that contribute to the nation's progress and propel it toward a bright and booming future.



Shaveta Sahni

TGT

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CORONA – THE FEAR FACTOR

Education for Health and Wellness

The pandemic has affected our professional and personal lives. It has challenged us and made us redesign our lives to move smoothly into our daily routines. But we all know very well that working with unexpected restrictions takes work. It has affected business, daily wages, art and culture, entertainment, food and beverage, transportation, the tourism industry, and education.

Education System has been poorly affected by the adversities of the lockdown because social distancing was the only precaution. Even the productive and non-productive occupations had to halt abruptly. This break has broken the whole system. People gradually realized the difficulties of wearing a mask, and when schools shut down on 22nd March 2020, a triangular gap formed between schools, students, and teachers.

A school without students is nothing but 'Hamlet without Hamlet.' Teachers are the 'Production tools,' and students are the raw materials borrowed for processing, and finally, they reach the market with the brand tag 'Tested and Certified.'

Today parents are more aware and concerned for the future of their children. Lockdown has affected their profession and earnings too. They don't understand the kind of education that will follow after the lockdown period. In this scenario, the students don't have any choice. Many teachers have started online classes and realized that only 25% to 50% of students actively participate in online courses. This pattern distinguishes between enthusiastic and sincere students and lazy and uninterested students.

Teachers should focus on passionate students by following the prescribed syllabus. At the same time, the weaker section of the students can find their relevant area of interest and has a choice to pursue vocational education so that after completion, they can quickly start earning. If individual online centers are recognized, students will have a wide range of choices for every subject. The students must showcase self-interest in their studies. Parents will be more responsible for teaching moral values to their wards. Besides the advantages of virtual classes, the students must remember the following points:

- Going to school doesn't mean only attending classes; it is an integral part of life where you acquire knowledge and skills.
- School is vital for overall development, including attending classes and events.
- Schools establish the emotional tie-up between the teachers and students.
- Schools help us to build our personalities and inculcate leadership qualities.
- Online trends cannot replace the aura of the physical presence of teachers in class.
- Time taught us 'Health is Wealth; students need to take care of their Online waves cannot replace the aura of the physical presence of the teachers in class with diseases at bay.
- Redesign learning methods
- Students must try earnestly to become responsible citizens of India.

The era of mask-ism and social distancing brought a new challenge to educationists: they are now forced to rethink and analyze the disastrous situation and consider all the effects and repercussions. Currently, the existing education needs fundamental changes in many areas. To fulfill that, boards, schools, students, and parents should cooperate and address the following aspects:

- How to redefine and redesign education?
- What will be the future structure and pattern of education?
- Prioritise practical-based education.
- New content must be added to education, i.e., 'Disaster Management,' 'Crisis Management,' 'Health and Hygiene,' 'Yoga and Physical Exercise,' 'Environmental Studies,' 'Social Reforms,' 'Influence of Technical Advancement,' 'Business Management' and 'Art of Living.'
- Individual study centres must decentralise the existing school system.
- Promote mobile edutainment for better understanding and smooth operation to impart the contents.
- To reduce the number of theory classes in schools.
- Encourage sports while taking precautions.
- Emphasise practical-based experiments and analysis.
- When schools reopen after a lockdown, follow covid appropriate seating arrangements.
- Teach certain subjects on select days based on the requirements of the syllabus.
- Students must undergo health checks regularly and practice 'Yoga.'

Conclusion:

We better understand the situation as we make hypothetical attempts to redefine and redesign education. Ordinary people and private school teachers are the victims of this situation. These unprecedented events will negatively impact the future generation and their career. Private school teachers cannot confidently encourage students to choose teaching as a career. When everything is messy, take time to reassemble and stand firmly. Thus, this is the right time to strengthen ourselves and think before putting together an action plan.

Pablo Neruda rightly said –

"Perhaps the Earth can teach us as when everything seems dead and later proves to be alive."



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Growing Up Healthy

Growing up healthy is justifiably a concern for the new India, where food delivery apps satisfy your appetite within thirty minutes, cycling switch positions with Netflix and popcorn, and triumphing in an online game gives more satisfaction than solving Sudoku.

For most urbanites, growing up turns out to be mechanical; they limit the amount of time spent with family and replace the void with quick instructions. Gone are the days when children woke up to the loving call of their mother, now a shrieking alarm wakes up both- who bothers about a good sleep that is said to be incredibly important for healthy living? Other everyday routines like on-the-go, instant cereals that replaced a fulfilling breakfast, rushing through the day, compressed lunch sessions, and the lunch boxes of children packed with processed foods and pizzas, burgers, and so on complete this cycle of modern lifestyle. But we find no harm in this as these commercial food giants have convincingly legitimized their products to be rich in nutrients and as good as home-cooked food that we all readily say 'cheers.' We are too tired to cook, and eating out is always so tempting and happening. So, where is 'HEALTH'? Besides, how will our children differentiate between healthy and not healthy?

Being healthy is just not related to eating healthy. Good eating habits, regular exercise, joyous family time, teaching good values, and being an ideal parent for your child will lead to your child's healthy growth. Recently 'growing up healthy' has become a challenge for parents. As parents struggle between deadlines and tight schedules, 'homemade' has been replaced by 'custom made'- name it (anything, not just food), and it will be served

Being healthy is essential not only for children but adults also. The contemporary popular culture of paying others for our work has resulted in too much dependency on outside help. Though it saves us time and energy, it makes us less physically active, less involved in family, and less aware of family needs. Consequently, the emotional bonding among family members suffers. We cannot deny that an emotionally weak child or an adult cannot achieve health in its true sense.

This is true for a sedentary lifestyle also. A sedentary lifestyle leads to many complexities in life, both physical and emotional, and psychological. It stops us from reaching our full potential. Such a state sets a foundation for anxiety and depression in later stages because we cannot achieve what we want. There is an increased chance that children and adults with unhealthy habits suffer from disruptions in learning, behavioral problems, hormonal imbalance, mood swings, and weak immune systems.

Growth continues throughout life. Therefore, it is imperative that we feed our body and mind with healthy food and thoughts respectively, add ample physical activity to our routine and let the body relax and rejuvenate with a sound sleep.

Starting early and making the RIGHT nutritional choices is essential, but making the change later in life is also worthy of appreciation. Positive early experiences related to healthy habits in eating, exercising, and emotional well-being go a long way. Remember, 'better late than never; an enlightened shift to healthy ways will add years to our life and make them blissful too. At the individual level, productivity increases, interpersonal skills improve, and self-esteem skyrockets.

School plays a critical role in the development of a child. It is a stage in a child's life when he is developing physically, emotionally, psychologically, and intellectually. Any lapse during this stage can be detrimental to the child and the family. Schools must include sports, curricular activities, music, dance, etc., for the overall development of a child. A school canteen is one such place that introduces a child to various choices outside his home, so it is vital to have healthy meal plans in school and encourage children to nutritious food. An invigorating environment both at school and home is also a cardinal feature that will determine the healthy growing up of a child. It is easy for children to get carried away by the vibrant, vivid, and catchy advertisements on TV & mobile. Speaking to them about how fake these advertisements are and how they only aim to sell the product and make money can help children make healthy choices. Healthy snacking is another area that needs special attention. Unsalted nuts and seeds, fruits & vegetable salads, soups, corn, cottage cheese, eggs, etc., should replace fried snacks. Before parents set standards for their children, they must also adopt those in their routine. 'Patience' is the keyword that will help them win the battle. The child may not readily eat what we offer him. There can be fussy eaters, but as a parent, don't give up on them too early. Keep innovating with healthy veggies, and porridge shakes, and above all, sit as a family with your child and eat together.

Children love to listen to stories, and if an account is about one of their favorite cartoon characters eating healthy food, they will adopt it quickly. This is my personal experience. Remember Popeye, a cartoon sailor who gains superhuman strength after consuming a ready-to-eat can of spinach. I always used this character and his incredibly unbelievable tasks to make my son believe that all that power in him comes from the superfood spinach. Today, he loves spinach. So, your child's initial years are the foundation for a healthy start. If you get this right, the later journey will be healthy too.



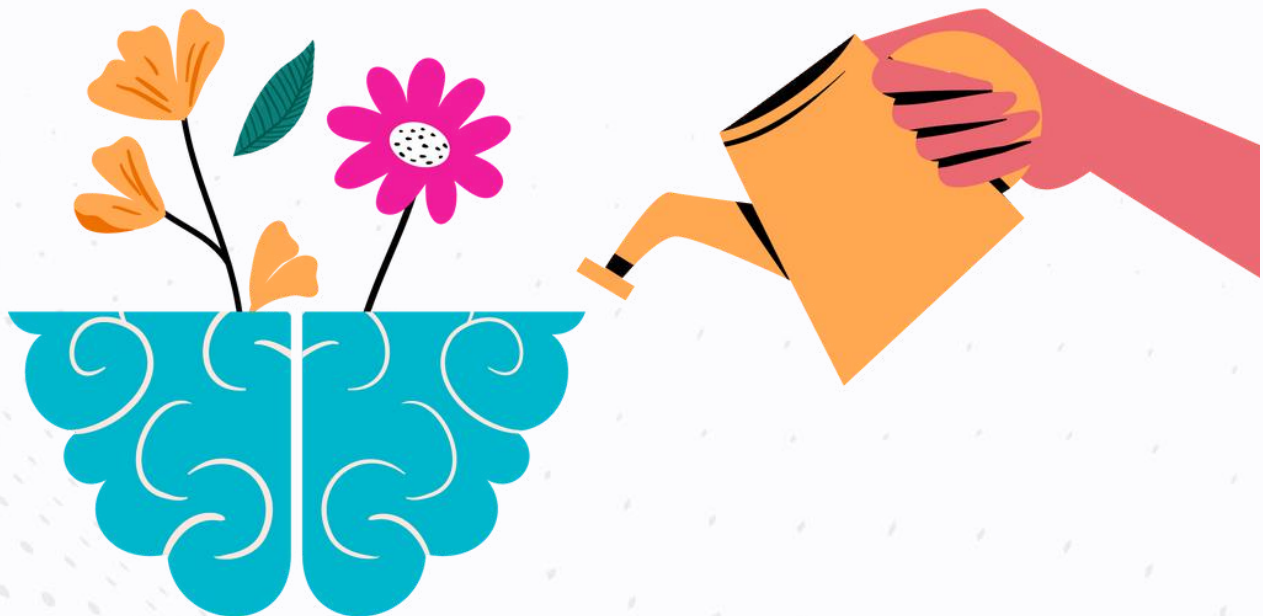
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EMOTIONAL WELL-BEING AND MENTAL HEALTH



Emotional Well-Being And Mental Health

'There is a crack in everything, that's how the light gets in'-Leonard Cohen

There are cracks in each one of us. Some are visible, while others are felt. The cracks that the naked eye cannot see are the ones that act as stumbling blocks in our journey of life. These cracks or challenges have to be dealt with utmost compassion towards oneself, and in no way should the guilt creep in. One certainly doesn't have to struggle silently and instead reach out for help. Seeking help reflects the great strength which lies in every person. One needs to unleash it. All you have to do is to concentrate on your driving more than your destination. One needs to remind oneself that those cracks are okay!

A lot of emphasis is given to emotional health these days. This scenario has given rise to a debate between Gen Z and the older generation, wherein the latter think that terms like depression and anxiety are overhyped. Every person needs to understand that these are real mental health issues that people face. Some know to cope with them and move on, while others suffer, clueless about what's happening inside. All of us need to learn to work on our inner world. The outer world would automatically become a happier place.

Emotional well-being affects your outlook on life, relationships, and health. Only when you're emotionally stable you handle the different aspects of your life and work without losing control. You can bounce back every time you reach a dead end. There has been increased awareness about mental health after the past two years of a pandemic that triggered intense emotions in people.

The best investment in today's scenario is to attend to your emotional well-being.

A mentally healthy person can generate positive emotions, thoughts, moods, and feelings and confront adversity and stressful situations with resilience. When your friend gets chosen to participate in a debating competition, but you feel equally good, do you feel encouraged to perform even better the next time, or does that make you resentful? Are you optimistic that a new opportunity will soon usher in when the time is right, or do you feel disappointed? Think about it and rate your emotional well-being. The focus needs to be on the positive emotions, while the negative ones must be controlled so that you can forge deeper relationships with those you love. Most importantly, do not let these negative feelings become irrational, excessive, or interfere with your daily routine. If they do, try practicing mindfulness or getting into talk therapy or cognitive behavior therapy.

Unfortunately, countless children find themselves entrapped within the shackles of negative thoughts, which lead to anxiety and stress. Adults must play a valuable role in bringing the blooming buds out of this so-called mental health stigma. They need to be reminded that it is OK to seek help. Sometimes we fail to realise that children spend most of their day at school where they create social relationships amongst each other. Schools play an essential part in a child's development, from academic attainment and social behaviors to emotional control and physical and moral growth.

Schools must provide support to children with psychological problems as these, in turn, affect academic growth. Emotional disorders are closely associated with educational

educ failure, which can have adverse effects, including aggression or even an increased rate of juvenile crimes. Poor teacher-pupil relationship at school is the onset of childhood emotional disorders and low academic achievement. So, teachers must create a peaceful bond with their students, thinking empathetically about their problems instead of judging them based on general assumptions. Endeavour to convince the students to speak their hearts out each time they face an academic and emotional obstacle. The students must be able to trust their teachers more than their peers. Offer support throughout every grade while assessing mental health needs by delivering proper help to the pupils. Most importantly, you should build collaborative relationships between the families of students and the schools.

Teach each child about the relevance of self-care. They need to learn to take responsibility for their emotional well-being by paying close attention to what they truly want. They should be able to recognize their mental health issues without any feeling of guilt. Instead of waiting for the pupils to come to us when they get into trouble, we (parents/teachers) must engage in dialogue in a classroom environment and conduct group discussions to get a perspective on what students think and the status of their emotional health. We must talk to the kids about the things that affect us and cast an impact on us rather than only indulging in lectures. Our approach should be child-centric.

A happy childhood is a central element of a successful life. Considering modern times and the exposure of kids to various

forms of media, the only thing that can be done is discrete vigilance by the parents at home without making them realise that their activities are being monitored. There has to be a bond of friendship with a perfect blend of wisdom and discipline between a parent and child or a teacher and child. Educating the pupils about Mental health can remove the fear and anxiety which is related to all the emotional disorders. This is how they would learn to share their thoughts in a safe and secure environment.

Through education, the concept of mental health can be normalized and the conversations can be promoted around the stigma to eradicate the fear completely. This is the only way to inculcate creativity and usher self-growth in a child's life.



Eeha Singh

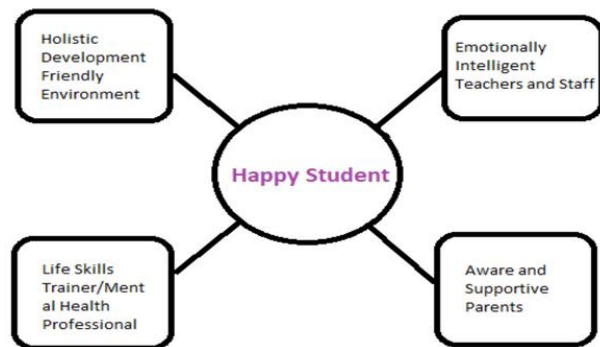
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Emotional Well-Being And Mental Health

A walk in nature, a talk with a friend, a shoulder to cry on, or just a masala tea with bread; sometimes all you need is an adventurous trek or to vent out how you feel on a pillow that won't crack.

When we talk about Wellness or Mental Health, it creates an image of a "Happy Person" in our mind, seemingly living a life with no worries and all fun. This image is not only deceptive but anxiety and doubt-provoking. "Why me?", "To be or not to be?", "Will they judge me?", "Is something wrong with me?" and "Will I ever be happy?". We forget that the idea is not to be happy every time but to conceive mechanisms that help us cope even when we think we can't. According to a statistical report released by the **Indian Council of Medical Research (ICMR)** in 2022, **12-13%** of school students in India suffer from mental, emotional, and communicative problems. Sadly, we live in a society that still stigmatizes mental health but mourns suicide. Childhood memories are the ones that always stay with us in the form of emotions and beliefs we have about ourselves. They are responsible for building our self-esteem, the foundation of our being. We might forget what was said to us exactly, but we always remember how a person made us feel, and as children, we look up to our elders as ideals and guides. We believe each word they say by heart. As teachers, we can make a kid grow into a body full of confidence or an individual full of self-doubt. There is a need to break the chain and bring change as whatever is said to the child is just words for us, but for them, it's the core of all the building thoughts, and if the seed is rotten, the tree can't bear healthy fruits. A school built on the values that prioritize character building over mere pedagogical

development cultivates individuals who are emotionally intelligent and resilient in their approach. This can only be achieved by holistically and persistently working on maintaining the **"Happiness Quotient"** of every stakeholder connected to the child. The **HEAL Model** attempts to explain how every member plays a crucial role in a student's **Schooling for Life:-**



HAPPY TEACHERS MAKE HAPPY STUDENTS!

Holistic Development- Friendly Environment:-

When discussing students' happiness quotient, an institution needs to keep one thing in mind: every child has different needs, motivations, and dreams.

- **School Premises as a Well-Being Promoter-** Illustration of Value-based messages through child-friendly vibrant wall paintings and display boards; Sports facilities to promote positive channeling of the negative energies.
- **School developing Critical Thinkers-** A library with Self-Help and other category books.

Emotionally Intelligent Teachers and Staff:-

The teacher, while teaching, tries to transform their pupils' innate qualities,

attitudes, aptitudes, and interests through the environment, experience, and skills. Thus, the learners' nature, mental level, interests, cognitive ability, personality, character, etc., are developed, and there is a modification in their behavior through education. Pestalozzi said, "the main concern of the teacher should be the mind (psyche) of the pupils, and the scheme of education must be based on an accurate knowledge of thought processes." Therefore, to promote teachers' competency development, a school must focus on the following:

- **Teacher Training-** CBSE Training and Workshops
- **Teachers' Compatibility-** Appointing employees with high EQ
- **Teachers' Recreation-** Stress-relieving activities for the staff- Gym, sports, yoga, dance, music, etc.

Aware & Supportive Parents:-

- **Family Engagement Programs** can be launched, providing continual communication from teachers and instructional volunteers and considering augmenting lessons with family members as guest speakers to share their profession, hobby, or background as relevant to the content.
- **Workshops on Parenting**

Life-Skills Trainer & Mental Health Professionals:-

- **Life Skills Workshop-** To see a difference in the masses and target every student equally, Life Skills need to be taught and practiced from the beginning in the form of stories, activities, interactive talks, etc.
- **Happy place-** The **counsellor's** room needs to be a place that promotes mental health and expression. It must have self-help boards, soft boards dedicated to news and articles on

mental health and eliminating the stigma attached to seeking professional help for emotional problems and a wall of kindness, gratitude, and appreciation.

"If you're happy and you know it, clap your hands," a memorable nursery rhyme that taught us to express ourselves when we feel joy. But it's time to realize that advanced generations, like the Z and Alpha, need to develop Emotional Intelligence rather than Analytical Intelligence. It's time to teach the children the art of expressing and regulating one's emotions and telling them, "If you're sad and you know it, tell someone; if you're angry and you know it, take deep breaths."

Now more than ever, a positive school climate is necessary to help maintain a school community that supports the well-being of faculty, staff, and students. Continuing high-quality instruction is paramount to nurturing generations who respect and care for each other.



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Emotional Well-Being And Mental Health

*Oh, you are being difficult day by day
Oh, careful, you are heading astray
Oh, are you not in control?
Your emotions seem to be on a roll
"STOP", I cried
And then the realization dawned,
the noise became loud
My opponent sat inside me, not out
My mind is the indomitable player
I wish to grab it in my hand,
and crush the betrayer
And stop the voices thrown at
every corner of my head
If they were bullets, I would have
been long bled and dead
My mind was not mine anymore
It was filled of everything I abhor*

A healthy mind can still carry a weak body, but what would a strong body do with an unstable mind? Health, hitherto, has been misconstrued as the existence of a tangible illness of the body. However, with growing attention to mental and emotional disorders, the intangibility of mental pain is coming to the surface. As pain is to a physical body, so is the disorder of emotions to the mind. If the body can experience pain and pleasure, so can the mind. Mental health encompasses our psychological, cognitive, emotional, and social well-being. When thoughts, emotions, and feelings create a stir, our mental health goes for a bumpy ride downhill, wherein people encounter demons such as anxiety, depression, bipolar disorders, and mental illnesses.

Today's most unfortunate mental and emotional disorders victims are tender-hearted young minds. As oxymoronic as it may sound, today's youth is 'depressed.' A stark statistic says that nearly ten percent of the children in the United States of America are suffering from anxiety and ADHD disorders.

One in five American adolescents has experienced a major depressive episode. Suicide is a leading cause of death among young adults in India. Unfortunately, suicide rates in India are much higher than the global average.

In the wake of an exponential and disproportionate increase in mental health problems among our children, a commensurate focus on emotional well-being right from childhood is the need of the hour. While the body needs exercise to sustain, we can't expect the mind to run at the pace of a treadmill all the time. We, as a society, need to preach patience and acceptance as practices to the younger generation. While ambitions and desires act like fuels for achievements, frequent breaks and repairs are required to run an excellent steady vehicle. Young students, driven by societal, parental, and peer pressures, have become overly future-oriented, which does not fare well at the mind and body level.

Parents and teachers, being a child's most personal and intimate connections, have a pertinent role to play here. Talking about mental health at the dinner table and in classrooms should be normalized and practiced actively. Apart from asking the child about what he did at school, he should also be comforted with the questions such as "How are you feeling?", "Tell me if you are not feeling okay!" more often. Talking about a child's emotional well-being should be an essential agenda in parent-teacher meetings.

Moreover, every institution, whether schools, colleges, or workspaces, should provide counseling and therapy as essential services to the students and the faculty. Meditation is a magic mantra for mental wellness. It slows down the pacing and racing thoughts and brings unmatched relaxation. Physical exercise also releases happy hormones such as dopamine and serotonin.

These are immediate mood lifters! Meditation, Yoga, and sports should be an irreplaceable part of the curriculum.

It is an undeniable yet unfortunate fact that the current numbers concerning mental health are overtly under-reported and hence underestimated. The invisible menace looms large like a death glare, particularly overpowering the young potential. It is crucial to normalize mental health disorders like common diseases of the body. The stigma surrounding the subject is unwarranted and harmful. A mere awareness of the problem can save lives. No one can relieve a person undergoing mental pain more than the one who tells him, I understand!

*It was a dark alley without an end
Until a flash of light met my eye
And a pair of ears heard my cry
A hand-held onto mine
And told me, " Friend, it is all going to
be fine"*

*In my deserted life, those were
the droplets of rain
Someone understood what I
could not explain*

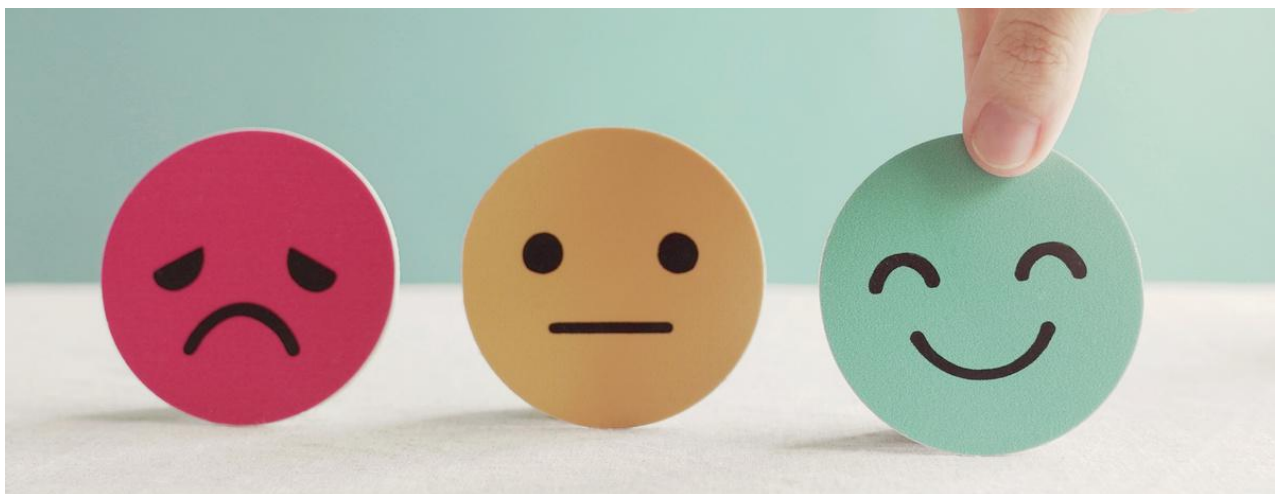
There is nothing more precious than a young life full of potential. We, as a society, need to be aware and alert. Let's fight the demons together and save the youthful assets of our future!



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INTERPERSONAL RELATIONSHIP



Effective Interpersonal Relationships: Key to Success

Each relationship should be reflective and respectful. To forge meaningful bonds with others: our friends, family, and coworkers, we need to develop committed ties with them. Research shows that interpersonal skills are essential for a relationship to thrive. It also states that individuals with healthy interpersonal relationships seldom have health issues and stay happy.

When we fail to connect with our peers or coworkers, we fail to form strong interpersonal bonds. While connecting with others, we must develop listening skills, respect for the other person's viewpoint, and empathy. Relationships are built on the principles of loyalty, reliability, and trust. When two people collaborate and interact with one another, the relationship becomes unique as they have similar goals and interests. We require interpersonal skills in every field, from personal to professional. It means managing conflict, collaborating with others, demonstrating fellow feelings, being a good listener, and effectively communicating, showing adaptability and positivity. These features are a benchmark for a successful career also.

We can create a positive work environment based on healthy interpersonal relationships. Any relationship takes time to develop and must withstand the winds of time. Interpersonal connections, specifically in the job, are complicated, and they undoubtedly affect work output. Research shows that on-the-job interactions between employees and bosses directly impact their performance. In other words, there is a need to prioritise professional connections to improve work quality, which will help personnel advance in their careers. In short, it is a skill anyone can learn and apply to connect with others.

According to renowned psychologist George Levinger, relationships go through five stages: the acquaintance stage, the building-up stage, the continuation stage, the degradation stage, and the termination stage. Every relationship does not necessarily go through all these stages, but we need trust and openness to last. Sometimes compromise is required for a relationship to sustain.

We must realise that a typical workday for a professional last for eight hours. They would almost certainly require colleagues with whom to converse and discuss various issues. According to recent research on interpersonal skills, productivity significantly increases when people work in groups rather than alone. Career advancement goes hand in hand when we form alliances and prove to our superiors that we have strong interpersonal abilities. A healthy partnership necessitates an open exchange of ideas, which leads to healthy communication. Observing nonverbal cues from coworkers also aids in the development of interpersonal skills. Posture, gesture, voice reactions, and hand motions are frequently more effective than words when communicating. Hence, it is critical to understand the body language of colleagues. Research on maintaining good interpersonal skills necessitates that communication should be text-based communication. It improves social abilities at work and reduces the likelihood of workplace conflicts and misunderstandings. Interpersonal relationships have a direct impact on an organization's culture. It is essential to have trustworthy coworkers with whom one can discuss one's secrets without others knowing about them. We need coworkers who can be friends while also giving us honest feedback. Furthermore, when people collaborate, great ideas are generated. They discuss various issues, weigh the pros and cons, and devise solutions that benefit the employees and the organization.

In the workplace, professionalism is essential. Criticism and backbiting are strictly prohibited. Being friends with your coworkers at work is critical, but knowing when to draw the line is necessary. Too much camaraderie is harmful and destroys coworker relationships. It is improper to interfere with a colleague's work. Everyone deserves their own space, and it is essential for healthy relationships. When we express our gratitude to our colleagues, a simple thank-you can motivate them to perform to their full potential. Employees should associate with mentors rather than just coworkers. Their advice and guidance assist them in shaping and discovering their true selves.

In today's world, schools are looking for ways to replace some of the abnormalities due to COVID. One of the major concerns is the rapid usage of technology. Nowadays, children spend their time in virtual worlds. The family, the fundamental pillar of society, is disintegrating, and interpersonal relationships are deteriorating. The younger generation is finding it increasingly difficult to live up to the expectations of their parents or community. We have noticed an increase in the addictive behavior of children, primarily gaming. They prefer playing video games to interacting with family or friends. Therefore, the onus of establishing interpersonal skills lies with the school.

Promoting the educational system towards good parenting and developing healthy interpersonal relationships is fundamental. The school must prepare students for the contemporary world by emphasizing active listening, flexibility, patience, building leadership, effective teamwork, responsibility and dependability, and increased motivation. The onus falls on the teachers; they should build a relationship with their students on trust rather than fear. These interactions have a long-term impact on the student's development. At times, resentment develops due to fear-

based relationship with the teacher. It occurs when the teacher insults or punishes them arbitrarily and portrays them negatively to their classmates. It ignites the desire for vengeance. Students' achievement is directly proportional to the nature of their relationship with their teachers. When the teacher and student get along well, it boosts students' creativity also.

Let's start by being more caring, caring, and cautious in building solid relationships that will support a higher level of interpersonal competence.

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Interpersonal relationship

An interpersonal relationship exists between two or more individuals who are socially related. Examples of such individuals include partners, family members, close friends, strangers, coworkers, and numerous others who make up the social ties in our life. For example, our general physical and mental well-being depends greatly on it. Our family and friends are what make us feel most at home. Social support from friends and family is crucial. These qualities, such as being truthful, remaining composed, forgiving, smiling, and devoting time to communication, are vital for developing and maintaining human relationships. As a result, we can create a unique connection with our coworkers, preserving mutual respect and trust. These abilities resemble a person's actions and strategies to engage with others successfully. People with outstanding interpersonal skills are likelier to establish lasting bonds and get along well with others. They are aware of friends, family, and associates. Numerous studies have revealed that those with close friendships, families, and communities are happier, experience fewer health issues, and live longer. Maintaining interpersonal connections is essential for the health of our entire body. According to psychology, some key elements underlying interpersonal attraction are physical proximity, similarity, and complementarity.



Accountability, collaboration, and active listening -

Good interpersonal interaction skills include communicating with one another, going out, cooking together, watching movies, spending time together, and using leisure time for entertainment. Relationships give you a sense of purpose in life and combat loneliness. For instance, your social support is greatly influenced by how close you feel to your family and friends. Your total physical and emotional well-being depends on your interpersonal relationships.



We need to improve our listening abilities. For our connection to stay strong, we must be truthful. We must be patient and practice effective communication. We must always communicate our feelings to be grateful for our relationships. We feel better mentally when we discuss our concerns with our partners. When we share our issues with them, we feel at ease. It is a powerful connection we experience with those closest to us. A strong link between individuals showcases the interpersonal relationship attractiveness between people, including friends, coworkers, relatives, etc., eventually bringing them close to one another. So, every relationship that satisfies your emotional and physical demands is essential.

A healthy self-concept results from how one perceives how others react to them, a product of interpersonal connections. To have a strong sense of community, establish solid interpersonal relationships marked by pleasant associations. The bonds made within them give security; interpersonal interactions are crucial for survival and cognitive and social growth. The links, exchanges, and alliances between two or more individuals are referred to by the four interpersonal relationships, including familial relationships, friendships, acquaintanceships, and romantic relationships.



Allow yourself opportunities to let people get to know the real you. This process is known as self-disclosure; you might feel they don't treat you or consider you a close friend. Allow showing the same care in return by sharing your feeling of love; affection will mean waiting for them to maintain interpersonal skills. We should learn to be open with the people in our life. Maintain healthy boundaries in any strong relationship and enforce them as well. On the other hand, being honest doesn't mean you should give others unlimited access to your thoughts and feelings, or twice respecting these boundaries shows that you care about each other's goals and needs.

To maintain good interregional relation we should also be good listeners. It helps to support an emotional validation when you reflect on their words.



Good communication is crucial for any relationship, so communication involves listening and will help us know what our partner is interested in telling us. Still, we must listen carefully so that the partner feels we care for them by listening to them. They think that you value them and their opinions. To maintain a good relationship, we should be friendly, give assurance, care for each other, and value people.



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VALUES AND RESPONSIBLE CITIZENSHIP



Values and Responsible Citizenship

Do you value values?

If not, do revalue!

**Juggle your experiences and your
learnings,**

**You will see your future unfold bright and
promising.**

Core values are installed in all of us by our parents, teachers, and close kith and kin, like some embedded software with replicating programs. As we grow, we learn to distinguish between good and wrong values, following the mantra 'learning from mistakes and not repeating them' as we develop into individuals. Our character and personality are the sum of our impressions from past experiences and influences.

Fables and parables, stories from great epics, and holy books provide the solid scaffolding for holding up those values throughout life. Indian epics like Ramayana and Mahabharata are resplendent with stories with moral lessons and characters that can either be emulated or disregarded. For instance, Rama & Yudhisthira are the ones to be imitated but ignore Ravana and Duryodhana as role models. Stories are an exciting and effective medium for teaching values to children. Technological advancements have transformed narratives from books and oral narrations to animated movies and tv-series. Role plays, and script writing is encouraged among students in schools and colleges for experiential learning and understanding the application of values learned.

While browsing for some tales from other ancient mythologies, I came across some old values in the Greek Epic Odyssey, authored by the legendary Homer. The Greeks live by these rules and traditions similar to our ancient teachings. Indians share many core values with Greeks: loyalty, hospitality, intuition to make decisions and solve

aproblems, teamwork, ingenuity - the ability to use creativity to handle situations and face challenges, justice served with equal punishments for crimes, and respect for God and one's family.

The foundation given by our school and society helps develop a complete individual, provided the learner imbibes the correct values in their life. Individuals responsible for themselves make a difference in their families, community, and country. Many great leaders came from diverse backgrounds, but their respect and responsibility toward themselves and their fellow citizens made them leaders. Due to Western influence, the changing social scenario has become a dilemma for the ingrained value system. Indian Cinema and mini-series on television channels exhibit themes to thrill the audience on the pretext of showing realism. Even young, immature children are exposed! When asked for their opinion on this, most teachers agreed that there is a high probability of the younger generation regarding such adult themes as quite usual. Such displays by the media give out the wrong message, harming the core values of children, and weakening the spine of the country. No school employs experts to impart proper sex education, which is an integral part of value education.

Values and citizenship work hand in hand, and the Indian Constitution gives essential guidelines for being a responsible citizen. It upholds the dignity of individuals, encouraging fraternity among all, irrespective of background. It defines the fundamental duties that every citizen should keep in mind for the progress of our country. We should teach them responsibility and compassion at a very young age. Dalai Lama has distinguished two types of compassion - one that we receive from our parents and thus, we mirror the same; the other comes out of reasoning and reflecting upon a situation.

We can avoid war if the majority fathom the basic reasoning that the destruction of our neighbors could be catastrophic for us too. Many scholars have criticized blind patriotism. Patriotism is not blindly loving your own country and being loyal towards it; intolerant to criticism. Patriotism with compassion for our neighbors could avert aggression. This understanding will produce responsible citizens of the world!

Our individuality and identity are directly proportional to the values imbibed through life. I agree with Elvis Presley, the world-renowned Rock and Roll singer who said – 'Values are like your fingerprints. Nobody's are the same, but you leave them all over everything you do.' Our values mold our self-image and self-esteem and leave a great impression on the people around us.



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Values and Responsible Citizenship

A value for life is something like oxygen for our body. A human being may belong to any culture or geographical location, but values solidify one's existence. The greater the importance of a person, the higher the respect one gets in society. The values of a person define their personality or character. Actions do not represent a value; instead, it is an abstract concept of developing the power of conscience to discriminate between right and wrong, good and evil, or virtue and vice. This process occurs in a child's mind before they get formal education. The family, the environment, and the people around play an essential role in setting up a foundation of values in life.

Nowadays, we see that value education has many takers. Why so? Do we lack values in our life? Are we facing problems in society because of education without values? Is it high time to introspect and bring the same into execution? Yes, it's become indispensable to impart value education in schools. If we look back to some decades before, we find that there was nothing like value education in separation. Values were closely associated with the life of students as they grew older; hence, life was sound and acceptable as per the norms of society. Growing up as a responsible citizen was common and needed no particular attention. But with the passing of time and changing scenarios, we see numerous instances of lives without values. All have endeavored to grow financially. Along with financial development, we must focus on becoming sympathetic toward the elders, parents, grandparents, and others who need our love and care. Cases of troubled marital life, sending old parents to old-age homes, etc., have become the new normal in society.

Fast-changing lifestyle has widened the gap between generations. This practice has thrown people of all age groups into seclusion and has hardly left anyone to live peacefully. Keeping this problem in view, intellectuals and educational experts stress the value of education.

Values are self-regulatory principles that build character and make one stand up against all odds or adverse conditions. Good values like honesty, modesty, kindness, etc., should be taught to children so they can possess self-confidence and lead successful lives. They will be able to discriminate between right and wrong and stand up against injustice. Moreover, students can perform critical thinking well if they possess values. The quality of selflessness will let the students think about others, even dumb and innocent animals. They will also be able to understand the importance of the environment and take the best care to protect it.

We use education, health, and employment as the leading parameters when discussing human resource development. And education means being literate and developing the skills required to pursue any profession. In a developed nation, the primary focus is on finance and the standard of living, including health. But above all, the values take their position. Now the question arises, who will educate values? Value is a quality other than something a teacher can impart through skills training or as a subject. It is the inherited properties of one's character transmitted to the children by conduct/behaviour. When people in the family and society seldom care about maintaining the values of life, how will a child inherit them? For example, we must value our cultural ethics and live a cultured life; but most families live far away from their cultural practices. Then, how can we expect children to possess essential values in life?

Responsible citizenship means that all the citizens of a nation understand their responsibility and act accordingly. Our country, India, is well known in the world for its unity in diversity. The vast sub-continent has its geographical variance along with various languages, traditions, and religious and social practices. The most significant value we possess is respecting others' religion, caste, creed, language, and traditions. And this value needs to be protected, maintaining the same practices by the citizens. Our education system and its rules give ample opportunity to students to grow responsibly for the nation while acquiring education in schools and colleges. Students thoroughly understand its geographical extent, history, cultures, and constitutional and political practices. When students add value to their lives, our country will be the ideal place to live, and people from other parts of the world will often visit India for contentment. Values not only best guide one's life but also build a nation's identity.

The value of education has been given the topmost priority in NEP-2020, a testimony that our educationists understand the situation and plan for educational system changes. The government and all the associated educational institutions have come forward to deploy the new changes together. Critical awareness is now being brought around by conducting different teacher training programs. The best thing is that people at all levels have realized the necessity of value education.

In the course of time, we will see gradual changes in our education system and society. The values that play a crucial role in life will prevail in society. All groups of people will have a blissful life full of values. Most importantly, teachers and parents must be role models by showing others gratitude, patience, and modesty. Telling them moral stories and the life history of great persons will inspire them a lot.

The value of education today will build the responsible citizens of tomorrow.



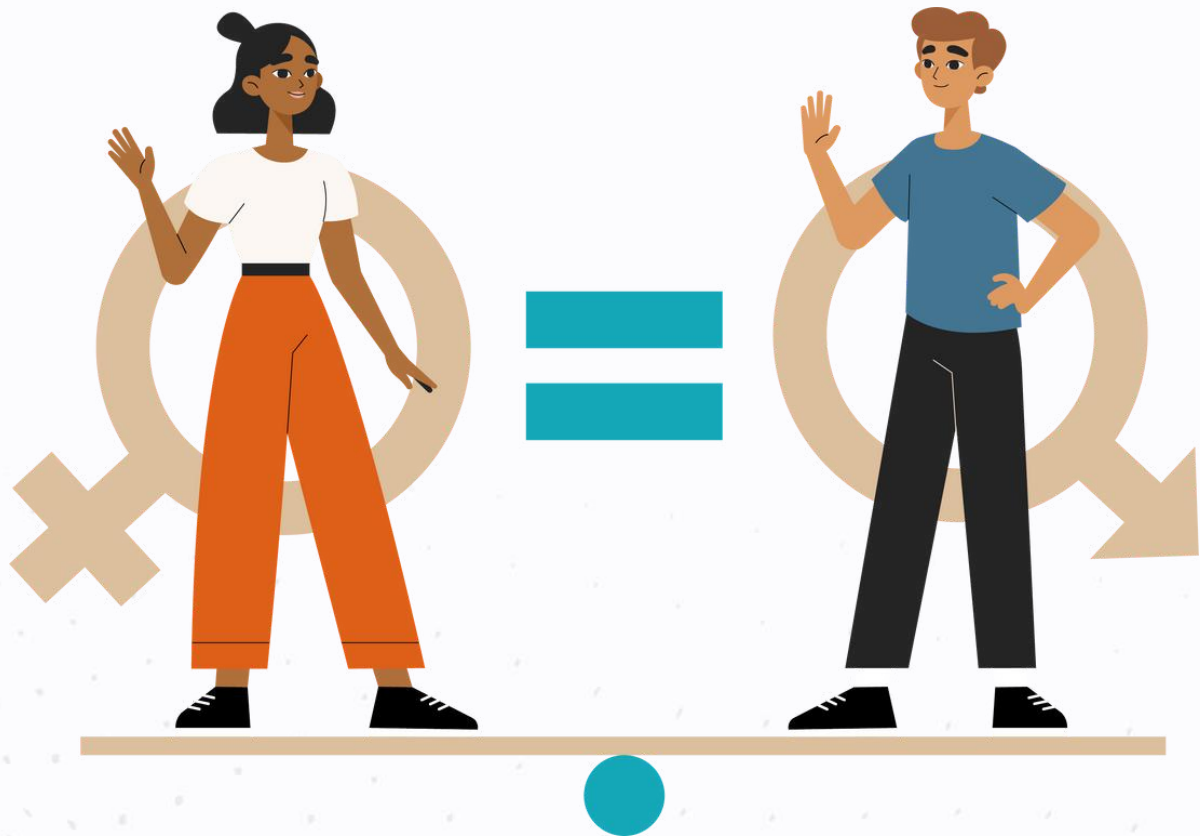
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GENDER EQUALITY



Gender Equality

People often confuse gender with sex. Sex is biological, and gender is how one perceives them. An individual can choose gender as it is the identity one wants to have. It also refers to the roles constructed by society and socially accepted behaviour. Generally, men and women follow expectations on how they should conduct themselves, the work they choose, and more. What needs to change is the expectations placed upon genders to display the set behaviour, but who set that ideal behaviour as the benchmark in the first place?

Gender Equality was made part of international human rights law by the Universal Declaration of Human Rights, adopted by the UN General Assembly on December 10, 1948, and recognizes that "All human beings are born free and equal in dignity and rights." As per the World Economic Forum's gender gap ranking, India stands 108 out of 149 countries. This stat is a significant concern as it highlights the immense gap in opportunities between men and women. (quoted from UN declaration)

In our gender-insensitive world, societal pressure starts to mount when a child is conceived and escalates with the newborn's arrival. Even the eunuchs demand more money if the family gets a baby boy, and the wishes start pouring in for the arrival of the legitimate heir. The toys and clothes selection continues to add to the ordeal where a girl gets to choose a doll while a boy is encouraged to play with cars, guns, and other aggressive toys. Where does it lead us? It leads to following the same mindset where the girls are supposed to take care of the house, and the younger siblings and the boys take up the role of so-called caretakers who can have anger issues and show aggressive traits. A girl in such a social setting should be docile and meek and will be dealt with loathing even if she laughs out loud.

A society where the girl can giggle and not laugh, and the boy ought to be an aggressive caretaker, not the preserver- do we assume that we are heading towards equality? Gender equality is not a choice but an essential component of a healthy society. The workforce also does not allow females to be the leaders; most men find it challenging to have female bosses because their male-centric mindset dictates that taking orders from a female is unmanly. In the process, the monthly struggle of a lady and the challenge of a working mother gets neglected.

Women in our society have not received their due in education, health, and decision-making while also lacking financial independence. One of the significant contributors to this discrimination is the marriage dowry system because women are considered objects and a burden. People prefer a male child and also like educating boys as they want to save money for a girl's marriage.

We need to acknowledge the fact that gender insensitivity and discrimination are deep-rooted, and to get away from this, we need to take massive steps, starting from the way a woman gives birth to a baby, to the toys and clothes, to the access to education and right to work. We need a culture where we appreciate the achievements of every gender and be sensitive to humans for the mistakes they make while learning and growing.

What we do not need is labelling. Labelling of toys, colours, jobs, and work according to gender. It is time we understand that one can achieve anything with hard work and sheer determination.

But it is easier said than done. Many houses still prefer a woman ready to sacrifice her dream job to manage the house.

Many women quit their jobs and opt out of leadership and high-paying jobs because of family responsibilities. But such expectation only comes in the lap of a woman. Can we be happy with equality alone in a culture where the girl is allowed to study but expected to do household chores after school, and a lady goes to the office to do work and then comes home to do additional duties? To shape a genuinely just society, we need to practice equity. Only when men decide to step down from their self-acclaimed thrones to bow down and take charge of household chores will a lady truly realise and leverage her potential. Urbanites do not understand the real struggles of women in rural areas where access to education or a better lifestyle has not trickled down like in the metros.

But the fact that gender attributes are socially constructed means that they are also amendable to change in ways that can make a society more just and equitable. In a world where women and girls represent half of the population and thus half of the potential, it is of utmost importance to end gender inequality, gender violence, and multiple forms of gender discrimination. Doing so will provide equal access to quality education and health, economic resources, and equal participation in the workforce, even in leadership and decision-making positions. In a country like India, where we take pride in having a female president, we also need to value all the women who are relentlessly working towards making our nation more successful.

Gender equity is the process of being fair to women and men. You can achieve this fairness only when you compensate for years of discrimination and struggle. Equity will only lead to equality. Equity leads to equality. We need women's empowerment and decision-making power for women in this male-dominated society, as women only understand the real challenges of being a female. Once women get hold of the key, equality at home and work and equal pay will follow suit.



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Gender Equality

**GENDER EQUALITY IS NOT A WOMAN'S ISSUE
IT IS A HUMAN ISSUE
IT EFFECTS US ALL."**



Since a few decades, the term Gender Equality has gained much popularity and seems to pop up invariably in random conversations. We find many Non-Government Organizations (NGOs) fighting for the emancipation of women in social and political areas. The question that directly arises is, what does Gender Equality actually mean?

DEFINITION OF GENDER EQUALITY

According to UNICEF, "Gender Equality means that men and women, girls and boys enjoy the same rights, resources, opportunities, and protection. It does not require that girls and boys or women and men be the same or be treated exactly alike."

ORIGIN OF GENDER IN-EQUALITY

The general view is that man was created superior by God himself. Hence, women are relegated to the background as they are, in many ways, inferior to men, both physically and mentally. So let us delve into our religious books to get an answer.

- The **Manu Smriti 3:56** clearly states, "where women and honored there the Gods are pleased. But where they are not honored, no sacred rights yield rewards."
- The **Bible mentions (Genesis 1:27)** that "God created man in his own image, in the image of God he created them; male and female He created them."
- According to the **Quran 17:70**, "both genders are dignified and are trustees of Allah on earth."

The above texts from religious books also affirm that God did not make any difference between a man and a woman. Then how did this disparity start?

FACTORS LEADING TO GENDER INEQUALITY

BELIEF IN ANCIENT TIMES:-

- In the olden days, **men were the breadwinners** and had the right to education; they had to go out and work to sustain their families and were considered superior to women. On the other hand, women were the homemakers, and their lives revolved around the four walls of their houses with no privilege to primary education. They were considered ignorant, illiterate, and inferior to men.
- We could also blame it on our **traditions** which always give the enviable position to the male in which men primarily hold a position of dominance and privilege. Additionally, we follow the **patriarchal Ideology** that justifies this dominance and attributes it to inherent natural differences between men and women.
- Sociobiologists believe that Gender Equality exhibits itself because of genetic and reproductive differences between men and women.

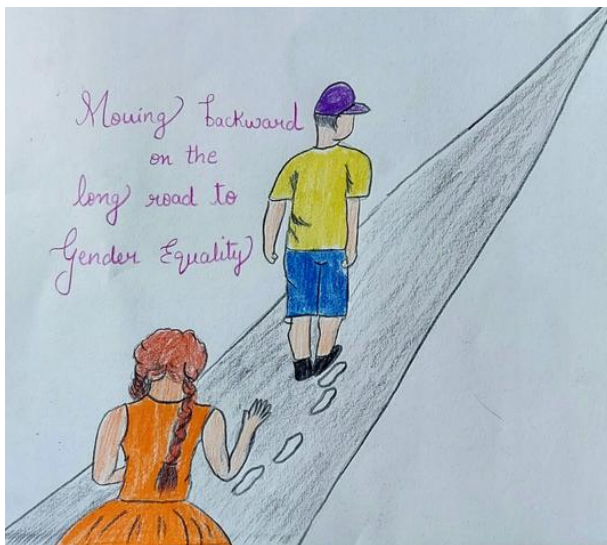
MODERN TIMES

Today, women emerged out of the four walls of their homes; they are highly educated and rub shoulders with their male counterparts in every sphere of life.

But are the women free in the true sense of the word? Even today, across many cultures and countries, women are not given their rightful place in society, and atrocities against them are rising.

Chief among these atrocities are:-

1. Sex trafficking
2. Foeticide
3. Wartime sexual violence
4. Female infanticide
5. Gender wage gap and other forms of oppression against women and girls.



According to the United Nations Population Fund (UNFPA), "despite many International Agreements affirming their human rights, women are more likely than men to be poor and illiterate. They have less access to property ownership, credit, training, and employment. This situation partly stems from the archaic stereotyping of women as child bearers and homemakers rather than the family's breadwinners. They are less likely than men to be politically active and far more likely to be victims of domestic violence".

SOLUTIONS:-

Gender equality has gained much momentum in the recent past, and we have numerous agencies, NGOs, and government agencies working for the liberation and upliftment of women worldwide.

1. A report recorded in 2017 noted that the global movement for equality had not assimilated the proposal of genders apart from men and women or gender specification of gender duplication.

2. A deliberation on a worldwide platform decided that if we want to attain gender equality, we need to eradicate the destructive practices that do not allow women and girls to take their rightful place in society.

3. Gender equality is much more than equal representation; it has its strong roots in equal rights for women, and more often than not, it requires policy changes.

4. Our goal is to attain gender equality using words like unisex or gender equity, by which we propose to achieve this goal. In contrast, gender equivalence or parity is a way by which we can find out about gender balance in a given situation. It could also be of assistance to realize that this equality is in no way the goal itself.

5. This gender bias could only end when we women teach the male children in our families to respect the physical difference between a man and a woman and never to look down upon his female counterpart as someone weaker or different from him. She is capable of many tasks and can accomplish anything she wants. In this lies her strength and capabilities.

Gender Equality is placed at the 5th spot of the 17 sustainable development goals set forth by the United Nations and is monitored annually by the **United Nations development programs**.

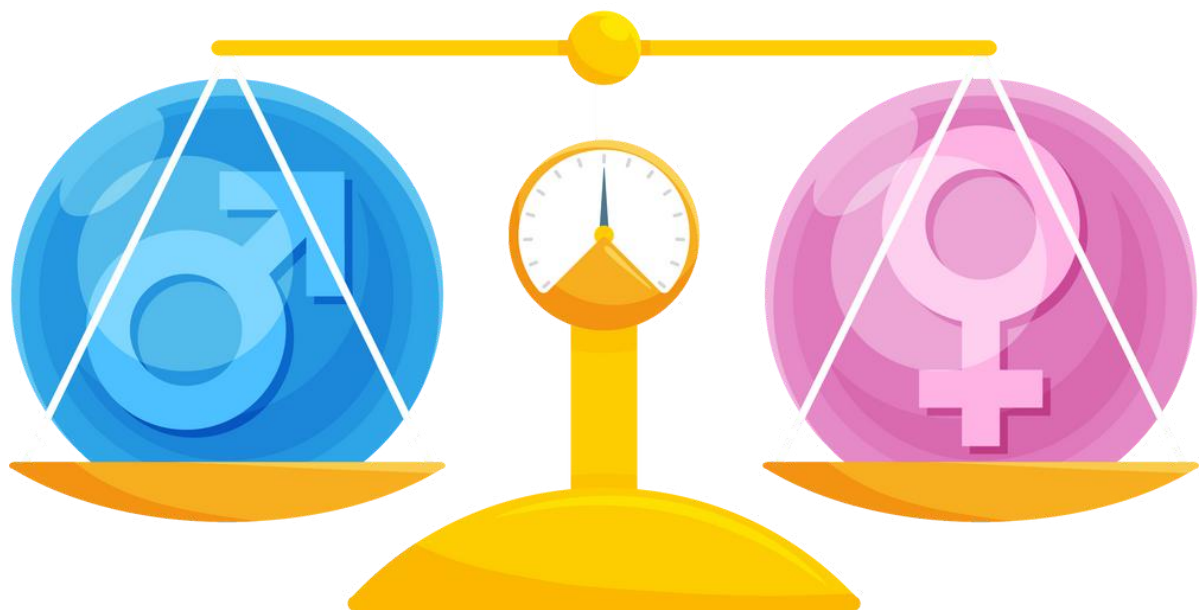
These words written by **Mathew Henry** in his commentary seem to sum up the whole Gender Equality issue aptly: "The woman was made of a rib out of the side of Adam; not made out of his head to rule over him, nor out of his feet to be trampled upon by him, but out of his side to be equal with him, under his arm to be protected, and near his heart to be beloved."



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WE ARE
ALL EQUAL



PREVENTION AND MANAGEMENT OF SUBSTANCE MISUSE



Prevention And Management Of Substance Misuse

The incidence of drug abuse in children and adolescents is higher than in the general population as these are stages of experimentation, exploration, identity formation, risk-taking, and assertion for independence in life. They encounter various stresses in education and employment, changing roles in the family and society, new-found responsibilities, and physical, mental, and emotional changes. During this transitional phase, adolescents achieve developmental independence and form intimate relationships. Adolescents often fall prey to abuse of drugs as they traverse this phase wherein social and peer pressures are difficult to resist, and access to substance use offers heightened emotion.

Many adolescents are vulnerable to substance abuse and addiction in India. One-eighth of the people involved in substance abuse are under 20 years of age, and most were introduced to drugs when they were younger than 15 years. There is a progressive decline in the initiation of substance use with increasing age. Initiation of drug use during preadolescence and childhood is often associated with poor prognosis and lifelong patterns of disturbing behaviour. Drugs can have long-lasting effects on the developing brain and may interfere with cheerful family and peer relationships and school performance.

Juvenile delinquencies are increasing, involving severe violence and criminality with greater involvement in substance abuse, but drug users seldom seek treatment. Thus, community-based programs are more appropriate and beneficial for this group's prevention and treatment of substance abuse.

Research shows that it is possible to reduce rates of use of tobacco, alcohol, and illicit drugs by a combination of regulation, early intervention, and harm reduction approaches than intensive treatment of conditional use, which puts the focus mainly on prevention. Therapeutic interventions are available through unique platforms like educational settings and mobile and online modes. Intervention approaches in adolescents range from legislation, regulation, and law enforcement to individual-level interventions such as early intervention and harm reduction in those using drugs.

Although adolescents are aware of the harmful effects of substance use, they take up this habit and continue with it. Comprehensive prevention and control programs in schools and the community, with stress on adolescents and their family members, are the need of the hour. Effective measures to shape the attitude of school children, boost self-confidence, development of healthy coping mechanisms will go a long way in creating drug-free young adults. Schools must provide a rich environment to increase awareness, prevent substance abuse, strengthen the capacities of various stakeholders to tackle this issue and ensure that the school encourages any student experiencing drug-related problems to seek help. Educational institutions can follow specific guidelines like:

1. Teachers and parents must set a good example. Teachers can be great influencers as they interact with young students regularly. They can look for personality changes, mood swings, physical appearance, school performance, increased secretive communication (especially to certain people), increased need for money, and, most importantly, intuition. However, judgment should not be hasty.
2. Establish appropriate professional development and relevant staff training to

define rules and consequences, and ensure children are aware of them. Confidentiality must be assured, and counselling to be kept separate from discipline. Focus on behavior, not the person—Destigmatise without condoning drug use, be empathetic, and encourage students to accept professional help if required.

3. Healthy problem-solving and decision-making skills to be advocated so that students learn to say “No” effectively. Help them realize that they can have fun and enjoy life without drugs. The stakeholders should make students understand that the so-called feel-good chemicals can be attained naturally by eating healthy food, listening to music, playing games, meeting friends, helping someone, etc.

4. Questionnaires can be given to the students after celebratory functions, asking them various questions related to it, interspersed with inquiries related to the use of tobacco or alcohol. Any student who affirms consumption or shows inclination must be screened and monitored appropriately.

5. Role plays and street plays on drug abuse must not glamorize the substances, the details of consumption, or the feelings associated with it. On the contrary, they must demonstrate how to say “No” to drugs, even for experimental use, as it may lead to occasional and regular use, culminating in addictive use. The message should be clear that drugs affect academic performance and physical, psychological, or personality changes, leading to violence, accidents, and hurting the people they love.

Developing healthy friendships and relationships is the key to overcoming the temptation of substance abuse. Professional help to students dealing with psychological issues like anxiety and depression can prevent them from falling into the trap of substance abuse. Additionally, helping students practice stress management skills will help them remain focused and realize their potential, promoting a healthy lifestyle free from addiction. Apart from this, parents must ensure adequate parent-child communication, a good relationship between siblings, fair distribution of responsibilities among all family members, and maintain an atmosphere of rapport and empathy conducive to a drug-free home.



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Prevention and Management of Substance Misuse

I will share a befitting story of Madhav to highlight the battles of a drug addict. The protagonist grew up in a respected family, with parents who owned a highly successful and reputed company and hardworking siblings who studied in prestigious institutes. At fifteen, Madhav was a joyful and bubbly young boy who loved playing cricket and many musical instruments. As fate would have it, he fell into the company of people who negatively influenced him. Inevitably, he began to feel pressured by his peers to engage in several harmful activities. His heroin addiction emerged at the mere age of seventeen and continued for nearly a decade. Despite knowing the situation, Madhav's parents refused to support him and immediately shunned him throughout his recovery. They sent him to a rehabilitation center, fearing that he would ruin the family's reputation. Madhav lost many friends during this time and was also diagnosed with crippling depression. It was difficult for him to admit this, and he strongly opposed his loved one's opinions. Recovering from rock bottom certainly was not an easy task. He battled withdrawal symptoms for a painstakingly long time. Fortunately, rehabilitation ended up helping Madhav remarkably, and he was determined to turn a new leaf. Even after six years of being clean, addiction was still something that continued to haunt him for the rest of his life.

Madhav is not the only person struggling with drug addiction. His situation is much more common than you think, and drug abuse affects millions of people across the globe. So, what exactly is drug abuse? Drugs are substances that can change the way the human mind and body perceive reality. Now you know why taking drugs is so dangerous, especially for youth.

Madhav's tale teaches reflects the negative influence of peer pressure. These substances are detrimental to our health and highly addictive. Although some drugs are used as a medication to treat patients, they are more often seen in a negative light, and for a good reason. Drugs are substances that make the victims dependent on them and make it exceedingly hard for them to end their temptations. You can quickly develop an addiction if you misuse these substances. Even today, it proves to be an increasing threat to the younger generations and ruins innumerable lives. Such a scenario is known as drug abuse or substance misuse. Taking advantage of them affects users in the long run and affects relationships and how people view them in society.

Consequently, victims may feel detached from the world and treated differently. There are more than 190 million drug users worldwide, and this issue does not seem to be ending anytime soon. Addicts are subject to the long-term repercussions that drugs produce and to various diseases such as Hepatitis B and C and even HIV. These problems should be taken very seriously and faced head-on if we ever want to prevent them.

Most people don't understand how addiction comes to be. They might assume that victims of drug abuse can choose when to stop and get their lives in order. Unfortunately, this is not the case. Addiction to these substances isn't just a need to consume them; it is a multifaceted disorder that severely impacts the minds of the sufferers. Researchers are actively trying to find ways to battle this complex condition and have effectively found treatments through which the victims can lead recovering lives. Prevention of substance misuse is effective with quite a few strategies. For example, introducing alternatives to drugs, which include

For example, one popular strategy involves introducing engaging activities to get their minds off of the thought of alcohol, tobacco, or any other drug and stop people from wanting to return to them.

Another way to deal with this menace is by recognising the problem and embedding it in the minds of teenagers. In most cases, drug addiction cases are hard to notice right off the bat, making it even more difficult for the affected to seek help. If you know of any family members or friends suffering from this awful issue, never hesitate to reach out to them or refer them to preventive treatments to help them restrain these inclinations. Sitting down and talking to them about their worries can significantly help them. Nevertheless, bear in mind that the symptoms shown by addicts vary from person to person. Every single person faces different circumstances.

There are numerous methods by which drug addicts themselves can focus on bettering their health. A crucial step towards recovery is surrounding themselves with the right people- who will support them along the way, encourage them, and assure them that they aren't alone. Speaking to a mental health specialist or learning more about the ill effects of these drugs and rethinking their decisions can also help speed up recovery. Most of all, unwavering willpower and intent to become healthier is the only mindset that can help us reach our end goal.

Recovering from drug addiction, or even offering a helping hand to someone going through the same, is undeniably a trying task. But as we've seen, there's nothing that consistent determination and a firm resolve from both patients and their close friends and family cannot overcome. Drug addiction remains a monster in our society but a very preventable one. All we need to do is come together to understand, diagnose and destigmatize substance misuse.



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PROMOTION OF A HEALTHY LIFESTYLE



Promotion Of A Healthy Lifestyle

LET'S REDEFINE SOME DEFINITIONS-

Health, in our country, is a well-built muscular body for men and a well-endowed figure for women. This belief is frail, delicate, and unhealthy because a person who does not fit into this narrow category will become 'bit' generously endowed in such a social setting. The WHO defines health as "a state of complete mental, social and physical well-being and not merely the absence of disease or infirmity."¹

Lifestyle is how you live your life, including your sleeping, resting, eating, working, and even thinking patterns. Thus promoting a healthy lifestyle would include supporting and spreading the need and importance of a healthy lifestyle. When doctors speak about lifestyle diseases, they refer to conditions like diabetes, obesity, stroke, hypertension, COPD, asthma, osteoporosis, etc. Lifestyle diseases result from undesirable lifestyles concerning diet, lack of exercise, stress, negativity, and sometimes even self-isolation. Thus an unhealthy lifestyle will result in conditions, some becoming chronic and some even fatal. According to an article published in Times of India on August 13, 2015, 25% of Indians may die due to lifestyle diseases before they reach 70.

2

WHY MUST THE PROMOTION OF A HEALTHY LIFESTYLE START EARLY?

Centuries ago, John Milton wrote: "The childhood shows the man, just as the morning shows the day." We cannot open our eyes one fine day at the age of 40 and look with bewilderment at the scary electrodes attached to our chest and limbs or raise our eyebrows when a lab technician informs us of the high sugar levels in our blood. In addition, we get a crash course in vague terms like insulin sensitivity, palpitations, COPD, diet control, and statins.

COPD, diet control, and statins. It is a daunting uphill task to suddenly usher in major metamorphosis from a couch potato to a treadmill carrot or from a relaxed complacent, always sitting posture to an active walking and running mode. It is too late for the metamorphosis; therefore, we manage our diseases rather than reversing them. On the other hand, if we had, as children, been made aware of proper diet, exercise, and fresh air, it would have become our normal instead of adjusting to new normals during adulthood or when one is at the threshold of middle age. Thus making our children aware of the difference between healthy and unhealthy and sensitizing them to the consequences will lay the seeds for a healthy lifestyle.

WHAT ARE THE COMPONENTS OF A HEALTHY LIFESTYLE:

A few components include:

- A balanced diet.
- Regular physical exercise.
- Adequate sleep and rest.
- A stress-free mode of living with diverse elements in a harmonious environment.

Having a loving and supporting family and friends paves the way for an emotionally strong individual. Having a purpose in life and enjoying the journey to achieve that purpose accomplishes mental health.

WHAT CAN SCHOOLS AND EDUCATORS DO:

The first step would be a close collaboration with the major stakeholders, the parents, and the teachers in accepting that good health begin from home and childhood. Thus the school is the second home that will nurture, strengthen and promote healthy lifestyles. Some steps would be:

1. Helping children to understand why junk and processed foods are bad for health and organising workshops and sessions with doctors and nutritionists to drive the point home.

2. Restricting the sales of unhealthy processed items in the tuck shops. This tactic covers the most popular chocolates, chips, soft drinks, samosas (with trans fats), and canned juices. Instead, the schools should promote plant-based whole foods and lean meats, and in the case of boarding schools, fruits and vegetables need to be part of the daily meals. In day schools, the teachers can have healthy Tiffin competitions to achieve the same goal.

3. In the Sports periods, the schools need to have robust and structured plans and infrastructure, including all sports and letting the children play according to their interests.

4. Teach children the importance of The Circadian routines and revise, reiterate and firmly let them imbibe the old but time-honored tradition of early to bed early to rise-making a man healthy, wealthy, and wise.

5. Refrain from rewarding children with sweets, chocolates, and ice creams and instead promote dry fruits and nuts, fresh fruits, and millet-based snacks.

THE BUCK STOPS WHERE?:

The parents, guardians, teachers, and schools are a part of the story, but the book is published elsewhere! The media- social, digital, and electronic undermines the whole effort of health drives and healthy lifestyle tips by pushing what is popular and likely to garner likes and hits. Advertising agencies are no less to blame as they ignore the health components for commercial benefit. They pay ludicrous amounts to celebrities to promote potentially carcinogenic packaged products in attractive wrapping, with enticing words and compelling visuals promoting the way to a hell of diseases and chronic suffering. The food industry employs chefs to spice up products to tantalise and titillate the taste buds of the most vulnerable section of the society-our children.

The pharma industries must sell their medicines, and rather than talking about disease reversal; they talk about managing diseases. A patient who starts taking blood pressure or diabetes medicine must take those for life and fatten the bank accounts of the pharma companies.

THE LAST BUT NOT THE FINAL WORDS:

The Governments and the people must work together for pledging to empower our present young generation, the alpha, and the subsequent beta, to the promises of a healthier today and tomorrow. One way to do this is by taking a leaf from the blue zones of Japan, which are famous for their people's longevity, and following the principles of IKIGAI (to live for a reason).

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REPRODUCTIVE HEALTH AND HIV PREVENTION



Reproductive Health and HIV Prevention

Public Health England defines 'Reproductive Health as the state of physical, mental and social, and behavioral well-being in all matters relating to the reproductive systems. India has served as a trailblazer, in the world, in raising awareness about the benefits of a reproductively healthy society and in implementing action plans at the national level. The primary step towards attaining a healthy reproductive community is to create awareness among citizens about reproductive organs, hormonal changes associated with adolescence, safe sexual practices, and sexually transmitted infections like AIDS. After the eyes, the reproductive organs are the second most sensitive organs of the human body. Hence, educating students about maintaining their health through hygienic habits is imperative.

The importance of providing sex education to children in their early years has disturbing data to support it, which says that nearly 12 million girls between the age of 15-19 years and 7,77,000 girls below 15 years give birth every year in developing countries of the world. The complications manifesting themselves during pregnancy and childbirth are the leading cause of the death of adolescent girls worldwide. Another alarming fact is that most of these pregnancies are unintentional and stem from the lack of sex education during this period. Hence, we cannot afford to overstate the importance of sex education.

The main components of reproductive health are family planning, sexual health, and maternal health.

Family planning:

The World Health Organization (WHO) defines 'family planning' as the ability of individuals and couples to anticipate and attain their desired number of children and the responsible timing of their births.

It is achievable by using contraceptive methods and medical interventions to treat involuntary infertility. A proper temporal gap between children ensures both the mother and child's physical and mental health.

Sexual Health:

Men's and women's reproductive health can be affected by sexually transmitted infections like HIV, Gonorrhoea, and Chlamydia. The use of contraceptives can prevent STDs.

Maternal Health:

The essential pillars in the reproductive health of women include:

- Menstrual cycle (physical hygiene, nutrition).
- Healthy relationships based on consent.
- An extensive focus on the mother's emotional well-being.

Medical care during pregnancy, in the prenatal and postnatal stages, is critical. Women should have access to adequate medical care during pregnancy to ensure the delivery of a healthy baby.

Suggested Approach for imparting sex education based on the reproductive health cycle:

To know and understand more about the reproductive health of humans at various ages, we can divide the human life cycle into four stages. Based on that, we can address different priorities at each stage through efficient sex education.

The different stages are:

1. Infancy and childhood (0 - 9 years): In this stage, the main areas of concern are - sex selection (resulting in feticide), discriminatory nutrition (gender-based), and healthcare.
2. Adolescence (10 - 18 years): The main areas of concern are - physiological changes, early marriage and childbearing (in rural areas), abortion, contracting AIDS/sexually transmitted infections, anemia, sexual abuse and violence, gender, and discrimination.

3. Reproductive period (15 - 45 years): The problems faced here are - forced marriage, sexually transmitted diseases, unplanned pregnancies, infertility, malnutrition, and pregnancy complications.

4. Post-Reproductive period: (45 + years): This period marks the onset of different age-related diseases. These diseases include cancer, cardiovascular disease, osteoporosis, sexual dysfunction, diabetes, menopause, etc.

Measures to bring awareness of reproductive health:

The government has taken various steps to create awareness among citizens about reproductive health, such as:

- Introduction of sex education in schools: Providing sex education to students in their early life helps prevent them from experimenting with their sexual organs and harming them. It also raises awareness about sexual abuse and allows them to stop it.
- Create audio and video media to aid understanding of reproductive health.
- Raise awareness through print media.
- Raise awareness about family planning, as the alarming growth rate of the population would lead to a scarcity of basic requirements. Reproductive and Child Healthcare (RCH) program was the improved version of the Family Planning Program launched in 1951.
- Complete information about the reproductive organs, physical and hormonal changes during adolescence, safe and hygienic sexual practices, sexually transmitted diseases, birth control measures, mother and newborn child care, etc.

Prevention from HIV

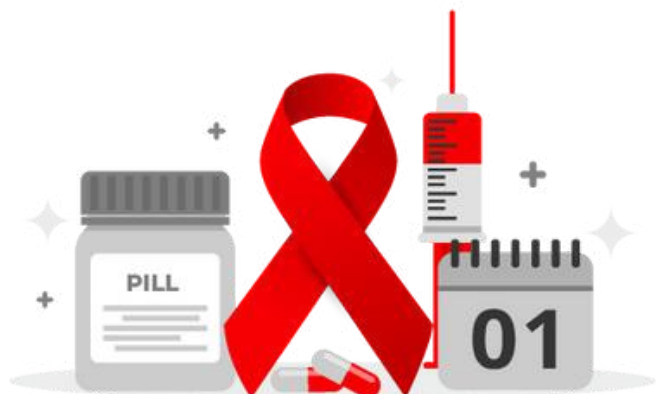
HIV is the leading cause of STD-related deaths, and we need to spread awareness to mitigate it.

Responsible sexual practices and an added emphasis on preserving reproductive health goes a long way toward achieving that.

1. The human immunodeficiency virus, or HIV, as it's more commonly referred to, is a virus that attacks the body's immune system, weakening its ability to fight disease-causing germs. It gets transmitted through infected blood, semen,, or vaginal secretions. The mother can also infect her child during childbirth and breastfeeding. If HIV infection is left untreated, it develops into acquired immunodeficiency syndrome (AIDS), the final stage of HIV infection, and is usually fatal.

2. The following precautions need to be taken to prevent the infection:

- Avoid casual sex and limit your sex partners.
- Always use condoms.
- Get regular check-ups for sexually transmitted diseases (STDs) which increase your risk of developing HIV.
- Use sterile needles/syringes and other piercing instruments and don't share them with others.
- Accept only HIV-screened blood if you are getting a blood transfusion.



Preserving our reproductive health is essential since it forms the backbone of propagating the human species on the planet. We all have a role in raising more awareness about the same. As teachers, we can make a profound difference by educating our students about the steps they should and should not take to preserve their reproductive health. We can't afford to overlook any detail in our reproductive health. One must take a proactive approach to sex education, ensuring that our current and future generations avoid any potential pitfalls related to their reproductive health that can affect their future as individuals and as a community.



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PROMOTION OF SAFE USE OF INTERNET, GADGETS AND MEDIA



Promoting safe use of the internet, gadgets and media with a focus on children and adolescents

We live in a world of technology, and all spheres of life, including personal, professional,, and social, are highly dependent on the internet, gadgets,, and media. The use of technology has made life easier and faster. However, the dependence on technology has also brought several challenges. If used appropriately, technology advancements can be a blessing, while improper use of technology advancements like the internet, modern gadgets,, and media, especially social media sites, can be harmful.

The challenges include threats to safety, security, privacy,, and physical and mental health. These include data theft, psychological or physical health issues, loss of jobs or interpersonal relationships, or maybe as severe as loss of life.

These threats result from ignorance or lack of appropriate knowledge, and the population segment most prone to such technology threats is the elderly and young children. Focusing our attention on children, school-going adolescents, internet gadgets, and media has become unavoidable. Promoting the safe use of these technologies should be done right from an early age and taught in schools and homes.

Many children and young adolescents fall prey to internet theft or privacy outbreaks. Additionally, several user-friendly and attractive applications available on mobile phones, laptops, tablets, etc., have inbuilt systems to gather private data or capture live voices or images. Such applications are prevalent among young children and may be dangerous for their safety. In addition, the internet is an information resource with both valuable and inappropriate content. Children

need to be exposed only to age-appropriate content and beware of sites that promote nudity, violence, or foul language, which may affect the proper growth of children.

Excessive use of technology like mobile phones and other gadgets is also a concern. More and more people, especially children, are getting addicted to mobile phones and laptops. Parents often complain of children cultivating habits like eating while viewing their cell phones or television, which may affect the dietary habits and the intake of nutrition required. It may also result in behavioural or other issues like short attention span, loss of concentration, etc., due to excessive screen time. Cell phone addiction is gradually becoming a serious issue amongst children and young adolescents and needs immediate attention. The covid-19 pandemic and the lockdown periods across the world have also encouraged the increased use of the internet, and social circles have become limited to the internet and social media sites only. Youngsters prefer to spend time on social media sites than go out and involving in sports and recreational activities. However, the excessive use of social media sites has also affected how people think about themselves. There is a high reliance on social media comments and likes when building a self-image. Issues like social media bullying or internet bullying also come up with significant challenges, where people get judged on their appearance or activities on social media alone.

While so many challenges come into the picture with the internet, gadgets, and media, it becomes vital to rightly educate children and school-going adolescents on these platforms' reasonable and safe use. This can be tackled at the parental, school, and government levels. Childhood and adolescence are tender ages, and most children in this age group learn from what they see around them. Hence, proper learning would start at home, where children

see their parents and other authoritative figures judiciously using gadgets, media, and the internet. At home, parents can take the initiative to guide children on the rights and wrongs of internet usage and social media sites to ensure appropriate usage. Parental guidance and monitoring must ensure that children do not use applications that breach privacy in any way. You can enable the parental control feature to prevent kids from accessing age-inappropriate sites. Parents from their end can also encourage children to involve in social activities outside the social media sites and get involved with children in activities such as sports to develop interest and overall personality.

At the school level, they can organise periodic internet maturity programs that focus on properly using the internet and gadgets and avoiding threats. There can be interactions with children on their usage of technology, and schools may arrange for counselling sessions or de-addiction in case the children are already addicted to the use of mobile phones or other gadgets.

The government also has a significant role in ensuring children's safe use of the internet, gadgets, and media. Also, we need strict cyber laws to reduce the risk of the internet and media-related safety issues. Government can also make it compulsory to conduct regular sessions on the internet safety and the proper usage of gadgets and media. Only through the collaboration of society can we ensure that the advancements in technology are a blessing

for young children and our future generation and not a threat to them.



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Promotion of Safe Use of the Internet, Gadgets, and Media

Welcome to the "Globalized world" where everything is available at the click of a button. We are connected and happy. Now I don't have to travel to get my tickets booked for railways/ Airways or even for matinee shows or even bother myself about traffic jams. I am making online purchases, ordering food, and sending gifts and wishes to my near and dear ones from the comfort of my home. Wow! I never imagined this was possible and that too within 20- 25 years. All thanks to the development in the field of Information and Communication technology. Kudos to the pioneers of these inventions. Guess what! I am an educator, and I never thought that I could get the liberty of working from home. But it happened! Isn't it amazing?



This digital world attracts us all. The social media platform has become a means of entertainment and livelihood: users create reels, vlogs, cooking and gaming videos, or seek business opportunities, to name a few. Remember how the internet kept the entire world connected during the world's worst medical emergencies? We know that digitalization has become an essential aspect of our life, but it has also brought challenges. The rates at which cybercrimes are increasing are very threatening. As per the report

As per the report published in TOI NIE, 85% of students have encountered cyberbullying at some point. Data hacking, cyberbullying, phishing, crimes against women/children, and online financial fraud (more than 60%) are rising. They are invisible intruders. Therefore, catching them requires a great deal of expertise. We have cybercrime cells wherein we can report such crimes. But the need of the hour is not to inform but to alert yourself so that you don't fall victim. Promoting safe use of the internet, gadgets, and media has become critical as the number of active internet users in India approach an estimated 900 million by 2025. Kaspersky, a global leader in cyber security and online privacy, released the result of its Digital Footprint Intelligence (DFI) report on the external threats covering the Asia Pacific (APAC) region in 2021. It clearly stated that India is one of the countries at risk of being attacked through public exploits at any moment. Learning about Darknet is even scarier, and a threat to the entire world as one cannot surf Darknet using safe search engines like chrome or safari. Also, one can play games banned in a particular region using a VPN or discord. Isn't it scary to explore an unknown world where nobody knows who is waiting to exploit you on the other side?

Being in the world of education provides me with continuous opportunities to learn something new daily. I recently got a chance to attend a workshop on cyber safety for girls/women and how to make the internet safe for everyone. These workshops were informative as both focused on spreading awareness about cyber hygiene. During these workshops, I learned that the Ministry of Home Affairs has recently launched National Cyber Crime Reporting Portal (NCRP) to facilitate the online reporting of cybercrime incidents. Thanks to the Ministry of Home Affairs for developing programs like Cyber Jaagrookta (Awareness) Diwas and making it mandatory for all CBSE schools to conduct

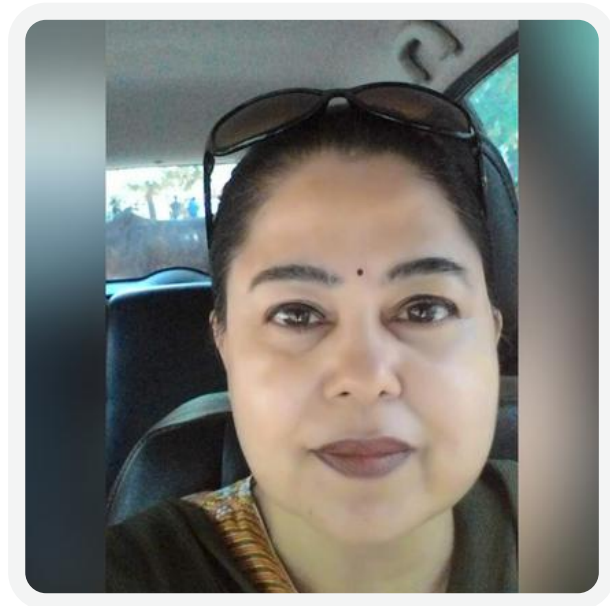
programs on the first Wednesday of every month to make students aware of the cyber security threats and preventive measures. The Ministry of Home Affairs has also published a handbook for Adolescents on Cyber Safety. The booklet aims to create awareness among people, especially students, about making this cyber world a secure world for them. Spreading awareness will help everyone to make an informed choice.

The government is playing a positive role by using media to spread awareness. Various channels broadcast social advertisements about ways to protect ourselves from becoming victims of such crimes. Their themes include advice to:

- Verify UPI id before making any payment,
- Update passwords frequently
- Refrain from sharing OTPs with others
- Perform two-step verifications for mobile applications and emails
- Avoid disclosing our details to anyone on social media.
- Keep one's ID private.

From time-to-time schools should conduct workshops for students. Each school should have cyber safety clubs and ambassadors which focus on spreading awareness about the same.

We come to know about many such cases from media reports. We ignore them as we feel that it can not happen to us. We must take good care of our cyber health and inculcate cyber hygiene habits to enjoy and explore this fascinating digital world. Be Internet smart and take care of your mental well-being.



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SAFETY AND SECURITY AGAINST VIOLENCE AND INJURIES



Safety and Security Against Violence and Injuries

Today's civilized world has witnessed many phases of struggle, combat, and clashes. Humans evolved from a pure wild beasts to today's sophisticated human breed. We have taught our cultural values, which are time-tested. Safety has been the primary concern of human beings since time immemorial. The concept of residing and hunting in groups evolved for safety and security. The use of fire sticks to keep away wild animals is the first step towards the building of a civilized world.

A Nation with having safe and secure society is known as a developed nation. 'Might is right is an obsolete notion, and today, even the weakest and most deprived person deserves the same security and safety as much as people of top order deserve. Violence and injuries are not only physical but mental too. Violence in today's complex society stems from technology, which is why cyber security is equally concerned with physical security.



In India, we have adopted various measures for the safety and security of the public, especially for protecting women and children—we have framed modern laws in our judicial system. Violence against women is more prevalent in rural areas than in urban areas. We have set up women's police stations, especially for women-related crimes, where women police officers conduct

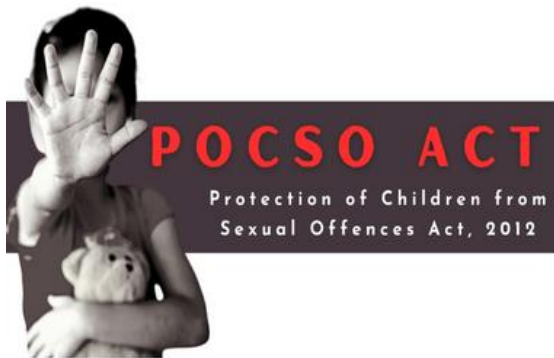
all proceedings. Here, ladies are offered fair investigation and trial by women officers. Dowry demand is still in existence and is widely prevalent social level. Our government has raised effective measures to uproot this social evil. Dowry prohibition act and Section 498 A IPC protect women's rights against cruelty. The Domestic Violence Act 2005 prevents physical violence against married or unmarried women. Special Protection officers are appointed at the district level to safeguard against any violence caused to women of any age.

In today's world, men and women contribute equally to services and other commercial activities. Sexual harassment in the workplace is thus often reported. Our civilized society took this problem seriously and passed the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013. This act ensures every woman's safety at her workplace so that she feels safe from any option comments or gestures. Moreover, every organization must appoint a special officer to whom women can openly report any objectionable act or innuendo threatening their woman.

Safety measures are the primary concern of governments and organizations, and they implement them through various rules like guidelines for constructing a building or road, safety equipment for workers, or arrangements for fire extinguishers in every commercial building. Human life is precious, and the government is trying to adopt strict traffic rules to prevent accidents. Rash and negligent drivers threaten their and other peoples' lives on the road. Rash and careless driving are punishable offenses, and such drivers are punishable under section 279,337 of IPC.

Children are the real treasure of society and should be our primary concern.

Children are delicate, sensitive, and nurtured with the best resources available to society. Sound mental and physical well-being in childhood complements their growth into better youth and human beings. Special laws are adopted to deal with delinquents differently from hardcore adult criminals. Trials of such delinquents are held by the Juvenile Justice (Care and Protection of Children) Act, 2015, commonly known as the Juvenile justice act. The act ensures child criminals don't receive harsh treatment, and the government prioritise the rehabilitation and mental and physical health of such children. Experiences in adolescence age leave a permanent scar on that child's memory and personality, and the Juvenile Justice Act ensures to save such children in conflict with the law from mental and physical injuries.



One of the most dreadful offenses on Earth is a sexual offense against children. Such act of adults is deeply rooted in society and widely prevalent. Stringent laws are needed to prevent such disdainful acts, and the most effective one in our country is the non-bailable act commonly known as POCSO. This act protects the rights of children against not only physical assault but also heinous crimes like pornography. Children should feel safe at school, parks, religious places, hostels, etc., and exclusive legislation like POCSO can be relied on to mitigate the number of such offenses by punishing the perpetrators with an iron hand. Along with all the measures above, the Narcotic Drugs and Psychotropic Substances Act of 1985, commonly known as the NDPS act, also plays

a vital role in preventing violence in society. Substances like drugs and other intoxicating materials create broad scope for violence in society; therefore, abusers should not go unpunished. Besides, environmental issues like Global warming are also being raised at the world level to keep our earth safe and green.

We have discussed most of the laws in short for an overview of efforts made by our government and society to prevent us from injuries and to create a healthier and safer environment. Our duty as responsible citizens is to participate and contribute to all the efforts and steps raised by society and the government. We must participate in public awareness programs about road safety, house, school, and public places. We should propagate all the above acts so that they can defend themselves and avail themselves of appropriate legal remedies. We have to remain concerned about the cleanliness and minimum use of chemicals. Staying secure is the best way to prevent injuries. As civilized citizens, we have to make this society a safer and healthier place to live. I am ready to play my part. Are you?



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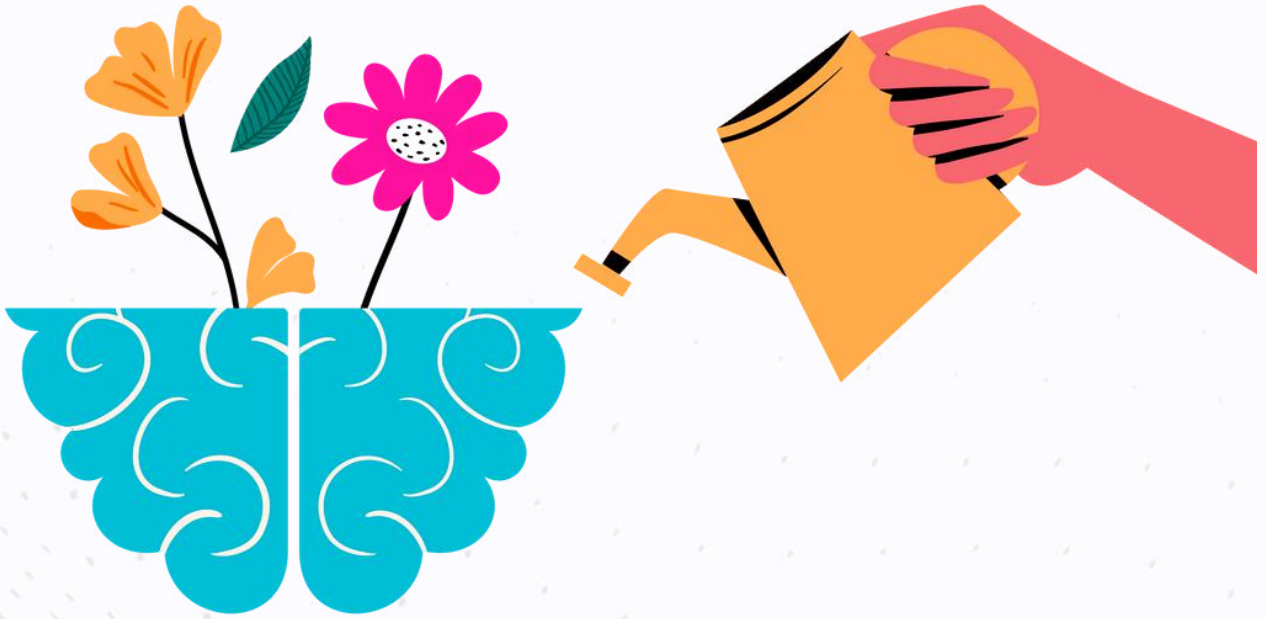
"स्वास्थ्य और कल्याण के लिए शिक्षा" पर लेख



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भावनात्मक कल्याण एवं मानसिक स्वास्थ्य

"जाकी रही भावना जैसी, प्रभु मूरत देखी तिन तैसी" रामायण में वर्णित उपर्युक्त चौपाई साफ बताती है कि जीवन में भावनाओं का कितना महत्व है, जिस व्यक्ति की जैसी भावना होती है उसे सारा परिदृश्य यहाँ तक कि भगवान भी वैसे ही दिखाई देते हैं। शारीरिक रूप से होने वाली समस्या दर्द कहलाती है परंतु यही समस्या मानसिक स्तर पर दुख कहलाने लगती है और यही दुख बढ़ते-बढ़ते अवसाद और अन्य समस्याओं को जन्म देता है। वास्तव में सकारात्मक सोच वाले व्यक्ति ही भावनात्मक तथा मानसिक रूप से स्थिर रहकर जीवन की नई ऊँचाइयों को छू पाते हैं। हर व्यक्ति के जीवन में कोई न कोई समस्या उपस्थित रहती है, कुछ व्यक्ति उन समस्याओं से मानसिक तथा भावनात्मक रूप से इतने प्रभावित हो जाते हैं कि चिड़चिड़ापन, नकारात्मक सोच, यहाँ तक कि आत्महत्या तक के विचार उनके मन में घर करने लगते हैं, परंतु जब व्यक्ति इन समस्याओं का सकारात्मक सोच के साथ सामना करके इन पर विजय प्राप्त करते हैं, यही विजय उनके भावनात्मक तथा मानसिक रूप से स्वस्थ होने की परिचायक होती है। अपनी भावनाओं को नियंत्रित करके रखना तथा सही समय पर सही प्रकार की भावनाओं का प्रदर्शन करना हमारे मानसिक स्वास्थ्य के लिए बहुत आवश्यक है। अगर कोई व्यक्ति भावनात्मक रूप से कमजोर है तो मानसिक रूप से अस्वस्थ हो सकता है परंतु अगर वह भावनात्मक रूप से मजबूत है और अपनी सोच को सकारात्मक रूप देना जानता है तो उसका मानसिक स्वास्थ्य हमेशा उच्च कोटि का बना रहेगा।

जीवन में सफलता प्राप्त करने के लिए शारीरिक स्वास्थ्य जरूरी है परंतु उससे कहीं ज्यादा आवश्यक है कि आप मानसिक स्तर पर स्वस्थ हों। मानसिक स्वास्थ्य में हमारे भावनात्मक, मनोवैज्ञानिक और सामाजिक कल्याण तीनों ही रूप शामिल होते हैं। यह प्रमाणित करता है कि हम किस प्रकार सोचते हैं, महसूस करते हैं और कार्य करते हैं। हमारे मानसिक तथा भावनात्मक स्वास्थ्य को बहुत सारे तथ्य प्रभावित करते हैं। हम सोचते हैं कि कोई बच्चा है तो हम उसे कुछ भी कह सकते हैं, वह उस बात के बारे में ज्यादा विचार नहीं करेगा परंतु उसके बारे में दिया गया हमारा वक्तव्य उसे मानसिक और भावनात्मक रूप से अस्थिर कर सकता है। बाल्यावस्था में बच्चों की आपस में तुलना करना, उन्हें किसी कार्य में हीन महसूस करवाना, उनका मज़ाक बनाना उनके मानसिक स्वास्थ्य पर लंबे समय तक असर बनाए रखता है। हमारे जीवन के कटु अनुभव,

परेशानियाँ, तनावपूर्ण घटनाएँ जैसे किसी प्रियजन की मृत्यु या विछोह, उपयुक्त वातावरण का प्राप्त न होना, ड्रग्स-अल्कोहल आदि का प्रयोग करना हमारे भावनात्मक और मानसिक रूप से टूटने के कारण बन सकते हैं। कभी-कभी इनका प्रभाव इतना तीव्र हो जाता है कि व्यक्ति को घबराहट, चिंता, अत्यधिक थकान, दैनिक गतिविधि करने में असमर्थता, उदासीनता, अवसाद, गुस्सा, हिंसा जैसे मनोभावों से दो चार होना पड़ता है। ऐसी अवस्था में जो व्यक्ति अपनी भावनाओं को सही प्रकार से संचालित कर उन्हें एक नई दिशा प्रदान करता है वह जीवन में मनवांछित फल तथा सफलता प्राप्त करता है अन्यथा सकारात्मक सोच तथा आत्मविश्वास के अभाव में वह पतन के गर्त में समा जाता है।

विश्व शारीरिक रूप से अक्षम ऐसे व्यक्तियों के उदाहरणों से भरा हुआ है जिनका भावनात्मक शोषण हुआ है परंतु उन्होंने अपने अंदर हीन भावना न लाकर अपनी कमजोरी को ताकत के रूप में बदल दिया। भारत में ही नृत्यांगना सुधा चंद्रन, बैडमिंटन खिलाड़ी गिरीश शर्मा, क्रिकेटर प्रीति श्रीनिवासन, स्काईडाइवर साई प्रसाद विश्वनाथन, पर्वतारोही अरुणिमा सिन्हा, अंतर्राष्ट्रीय पैरा एथलीट मलाठी कृष्णामूर्ति होला ने पैरों के न होते हुए भी अपने सपनों की उड़ान भरी तथा दुनिया के लिए उदाहरण बने। इनके अलावा दृष्टिहीन संगीतज्ञ रविंद्रजैन, पोलियोग्रस्त डॉक्टर सुरेश आडवाणी, चित्रकार साधना, पैरा तैराक भारत, लेखक ललित कुमार सभी ने अपने अपने क्षेत्र में ऊँचाइयों को छुआ। अगर वे भी भावनात्मक रूप से हार मान जाते तो उनका नाम इतिहास के स्वर्णिम पन्नों पर अंकित न होता। बाल्यावस्था तथा किशोरावस्था ऐसी अवस्थाएँ हैं जहाँ कोमल हृदय होने के कारण भावनात्मक रूप से प्रभावित तथा आहत होने की क्रिया अपेक्षाकृत शीघ्रता से होती है तथा यही वह उम्र है जब हमें उन्हें भावनात्मक रूप से सक्षम बनाने की जरूरत है। आज के भौतिकवादी युग में जब बच्चे अपने-अपने एकल परिवारों में विभिन्न प्रकार के यंत्रों में ही उलझे रहते हैं तो ऐसे में जरूरत है कि हम उन्हें समझें, समय-समय पर उनका मार्गदर्शन करें तथा उन्हें भावनात्मक रूप से मजबूत बनने में सहयोग करें। माता-पिता तथा विद्यालय का कर्तव्य है कि वे बच्चों में सामूहिक रूप से कार्य करने की क्षमता विकसित करें, उनकी गलतियों पर दंड देने की जगह सकारात्मक सोच दें, शारीरिक रूप से उन्हें सक्रिय रखें, उन्हें गलत बातों का विरोध करना तथा सही बातों का समर्थन करना सिखाएँ तथा जीवन में सात्विकता का क्या महत्व है उन्हें बचपन से ही उसके परिणामों और दुष्परिणामों से अवगत कराएँ।

कोई भी समस्या जीवन में हमेशा नहीं रहती अगर समस्या है तो समाधान भी है, इसी दिशा में सकारात्मक सोच बनाने हेतु प्रेरित करें। अगर कोई मनुष्य मानसिक रूप से स्वस्थ नहीं है तो उसे पागल घोषित कर उसका बहिष्कार करने की जगह हमें उसकी स्थिति को समझ कर मदद का हाथ बढ़ाना चाहिए। भावनात्मक तथा मानसिक रूप से स्वस्थ व्यक्ति सिर्फ स्वयं ही खुशहाल जीवन व्यतीत नहीं करता बल्कि उसका परिवार तथा देश भी उनसे प्रभावित होता है। अगर देश के नागरिक का मानसिक तथा भावनात्मक स्वास्थ्य अच्छा होगा तो वे अपने अपने क्षेत्र में ज्यादा लगन तथा उत्साह के साथ कार्य करके अच्छे परिणाम ला सकेंगे जो किसी न किसी प्रकार से देश के औसत जीवन स्तर तथा अर्थव्यवस्था को भी प्रभावित करेंगे। भावनात्मक तथा मानसिक स्वास्थ्य का कितना महत्व है यह इससे ही साबित हो जाता है कि संयुक्त राष्ट्र संघ ने 10 अक्टूबर को विश्व मानसिक स्वास्थ्य दिवस के रूप में घोषित किया है। किसी ने सही ही कहा है "मन के हारे हार है मन के जीते जीत" अर्थात् अगर हम अपने मन की भावनाओं को नियंत्रण में रखकर एक अच्छे मानसिक स्वास्थ्य के साथ जीवन यापन करते हैं तो जीवन में कुछ भी प्राप्त करना असंभव नहीं।



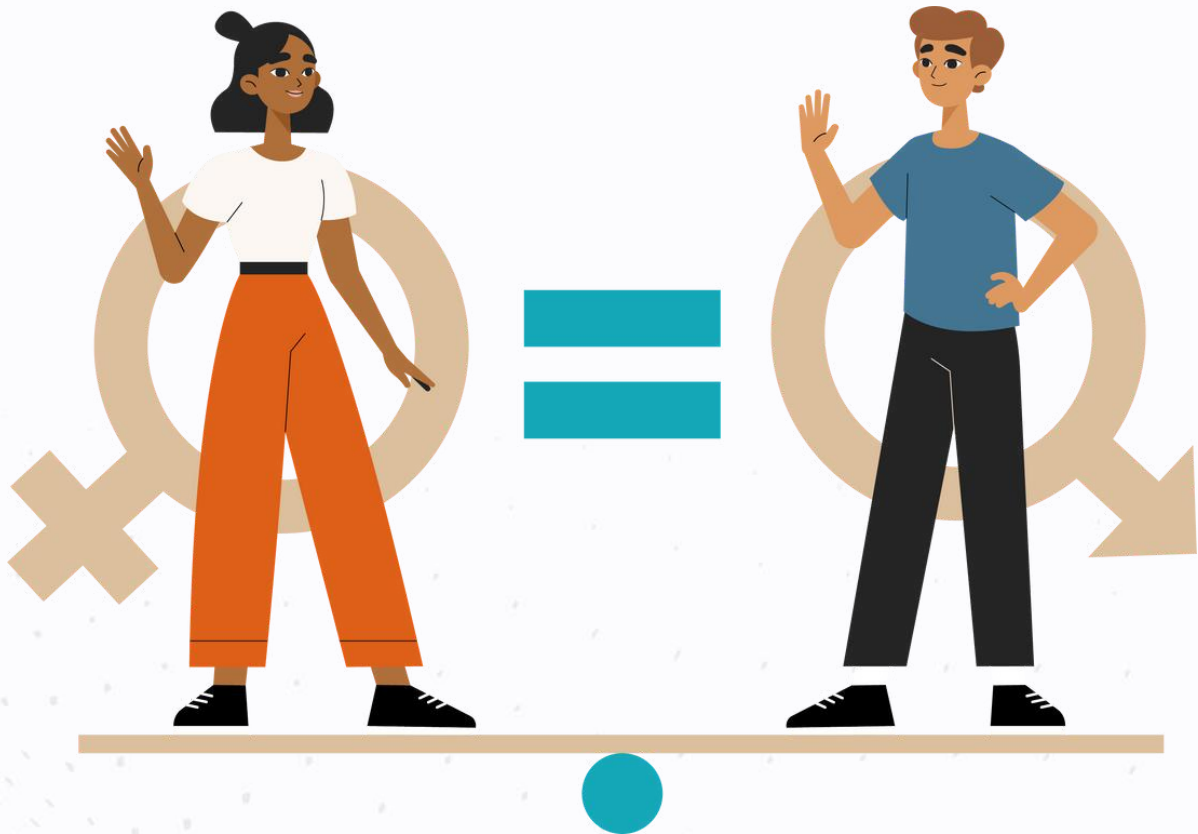
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लैंगिक समानता



लैंगिक समानता

क्या लड़कियों की तरह रो रहे हो? तुम लड़की हो देर रात बाहर नहीं जा सकती, लड़के होकर रसोई में काम कर रहे हो? लड़कियाँ जोर से नहीं हँसती! ऐसे कई कथन हमें अपने आस-पास बहुधा सुनने को मिल जाते हैं और यह सब यहीं तक सीमित नहीं है। हमारी फिल्मों, मीडिया यहाँ तक की पाठ्यपुस्तकों तक कई बार लैंगिक भेदभाव को बढ़ावा देती हैं। उदाहरणतः पुरुष क्रिकेट की मीडिया द्वारा अधिक चर्चा वहीं महिला क्रिकेट की उपलब्धियों को संक्षिप्त में अंकित करना। पुस्तकों में वीरांगनाओं का वर्णन उतना नहीं जितना वीरों का। ये तो मात्र कुछ ही उदाहरण हैं ऐसी कई असमानताएँ बहुधा परिलक्षित होती हैं। ऐसे में जब हम देश के विकास और उन्नति की बात करें तो प्रश्न उठता है कि यह लैंगिक समानता या जेंडर इक्वलिटी क्या है? इसको कैसे बढ़ावा देकर समाज तथा देश की प्रगति की जाए?

लैंगिक समानता का सही अर्थ है कि समाज में सभी लिंगों को सामाजिक व आर्थिक रूप से आगे बढ़ने के समान अवसर व प्रतिक्रिया देने की स्वतंत्रता मिले। हमारे देश में लड़के और लड़कियों का बचपन से ही अलग तरीके से पालन पोषण किया जाता है। जहाँ लड़के अपने अधिकारों के लिए स्वतंत्र होते हैं वहीं लड़कियों पर लगाई गई पाबंदियाँ उनके बढ़ते कदमों और ऊँचाई छूने के स्वप्न को थाम लेती हैं। लैंगिक पूर्वाग्रह से ग्रसित हमारा समाज समानता को स्वीकार ही नहीं करना चाहता। यह पूर्वाग्रह असमानता को ही जन्म देता है। कोई पुरुष नर्स नहीं बन सकता, महिलाएँ व्यापार नहीं कर सकती, ऑटो, बस नहीं चला सकती, पुरुष गृह कार्य नहीं कर सकते। ऐसे जाने कितने ही लैंगिक पूर्वाग्रह हमारे समाज में असंतोष पैदा करते हैं। इस मिथक को तोड़, पुरानी बेड़ियों में जकड़े समाज की बेड़ियों को खोल उन्हें समानता की सही परिभाषा समझाना आवश्यक है। लैंगिक समानता के लिए आवश्यक है कि इसकी शुरुआत परिवार से ही की जाए। लड़के और लड़कियों को बचपन से ही लैंगिक भेद - भाव के प्रति संवेदनशील बनाया जाए जिससे वे बड़े होकर एक स्वस्थ और उन्नत समाज का निर्माण कर सकें।

यदि अपने देश की बात की जाए तो आंकड़े बताते हैं कि ग्रामीण क्षेत्रों में 100 बालिकाओं में से मात्र एक बालिका 12वीं तक की शिक्षा पूर्ण कर पाती है और बात सिर्फ ग्रामीण क्षेत्र की शिक्षा तक ही नहीं अगर न्यायपालिका या राजनैतिक प्रतिनिधित्व की बात की जाए तो वहाँ भी

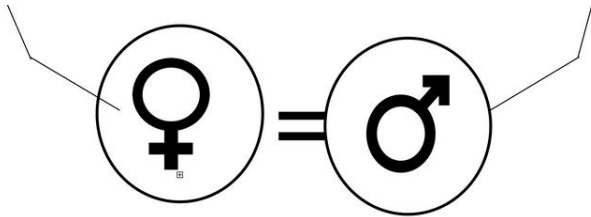
महिलाएँ पुरुषों से काफी पीछे है तो फिर लैंगिक समानता तो काफी पीछे ही रह गई। अगर जेंडर

इक्वलिटी को बढ़ाना है तो आवश्यक है कि प्रयासों में और जागरूकता में तेजी लाई जाए। सरकार के साथ कंधे से कंधा मिलाकर प्रयास किया जाए। भारत सरकार द्वारा महिला सशक्तिकरण के लिए चलाया गया 'मिशन शक्ति कार्यक्रम' महिलाओं व बालिकाओं को उनके अधिकारों व सुरक्षा के प्रति जागरूकता के लिए एक सराहनीय प्रयास है। यू.पी में हेल्पलाइन नंबर व पोर्टल की सुविधा महिलाओं को शोषण से बचाने व आवाज उठाने का एक सशक्त माध्यम है। दिल्ली में महिलाओं के लिए 'पिंक एंबुलेंस' सुविधा उनके स्वास्थ्य व सुरक्षा के लिए अदभुत पहल है। फिर कोई निर्भया न बने इसके लिए आवश्यक है कि महिलाएँ जानें कि उनके अधिकार क्या हैं? व कैसे वे उनसे लड़ें? विद्यालयों में जूडो, आत्मरक्षा के लिए कराटे आदि बालिकाओं को सबल बना रहे हैं।

**'नारी अब अबला नहीं वो सबला है,
शिक्षित है, कमजोर नहीं अब वह मजबूत शिला है।'**

परंतु जब बात समानता की हो रही है तो बालक जीवन भी उतना ही कठिन है। मुजफ्फरनगर में 16 वर्षीय किशोर का चार युवकों द्वारा दुराचार के बाद आत्महत्या की कोशिश यही दर्शा रही है। इसके लिए आवश्यक है कि बच्चे बाल अधिकार संरक्षण नियम को जाने व अपने अधिकारों का हनन न होने दें। विद्यालय में 'पोक्सो एक्ट' के तहत गुड टच, बैड टच के विषय में उन्हें बचपन से ही शिक्षित किया जाए और उन्हें अभिव्यक्ति की स्वतंत्रता दी जाए। बच्चे अपने मन की बातें व किसी भी प्रकार के शोषण के विषय में बिना झिझके अभिभावकों व शिक्षकों से बातचीत कर पाएँ। एक सुंदर और स्वस्थ समाज की आधारशिला हम ही रख सकते हैं। हम अपनी आगामी पीढ़ी को यही समझाएँ कि समानता सबका अधिकार है सबको साथ लेकर चलने में ही देश की उन्नति है। विद्यालयों के पाठ्यक्रम में लैंगिक समानता, लैंगिक संवेदनशीलता, सुरक्षा आदि के विषयों को शामिल करना चाहिए, जिससे समानता का एक वातावरण उत्पन्न किया जा सके। हमारी मीडिया व फिल्मों की आलोचना तब की जानी चाहिए जब वह अपने कर्तव्य भूल लैंगिक असमानता को दिखाकर लोगों की सोच को प्रभावित करने का प्रयास करें। अगर वो भी समाज की कुरीतियों और कमजोरियों को दूर करने का प्रयास करें तो उनके प्रयास भी लैंगिक असमानता को दूर करने में अपना योगदान दे सकते हैं।

'आओ निर्माण करें ऐसे समाज का,
कुरीतियों, पूर्वाग्रहों से दूर स्वस्थ आज का।
न 'तुम' न 'मैं' हूँ बस भाव हो 'हम' का,
हाथ मिलाकर चलें साथ में पथ प्रकाशित हो राष्ट्र का।



लैंगिक समानता का दृष्टिकोण



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लैंगिक समानता

लैंगिक समानता या जेंडर समानता वह स्थिति है जब मानव जाति अपने जैविक अंतरों के बावजूद सभी अवसरों, संसाधनों आदि के लिए समान अधिकार प्राप्त करें। उन्हें अपने जीवन में समानता, आर्थिक भागीदारी में समानता, जीवन जीने के तरीके में समानता, उन्हें निर्णय लेने की स्वतंत्रता देने में समानता, उनके जीवन में लगभग हर चीज में समानता का अधिकार होना चाहिए। वास्तव में यह लैंगिक समानता होगी।

हमारे वर्तमान आधुनिक समाज में लिंग समानता अहम और गंभीर मुद्दों में से एक है। यह महिलाओं और पुरुषों के लिए जिम्मेदारियों, अधिकारों और अवसरों की समानता को दर्शाता है। समाज के विकास के लिए लैंगिक समानता को बनाए रखना आवश्यक है। हालांकि हमारी धार्मिक मान्यताएँ महिलाओं को एक देवी अर्थात् कभी लक्ष्मी तो कभी सरस्वती तो कभी दुर्गा के रूप में मानती हैं, परंतु हम तो आज भी उन्हें एक मानव मात्र के रूप में पहचानने में भी विफल हैं। प्राचीन काल से हमारे समाज में स्त्रियों और पुरुषों के लिए कुछ रूढ़ियाँ और भूमिकाएँ निर्धारित की जाती हैं जैसे कि पुरुष घर में पैसा लाने के लिए हैं और महिलाएँ घर के काम करने के लिए हैं, परिवार की देखभाल करने के लिए हैं, इन रूढ़ियों को तोड़ा जाना चाहिए और पुरुष के समान ही और महिला को भी बाहरी दुनिया की चिंता करने के बजाय अपने सपनों को पूरा करने के लिए अपनी सीमाओं से बाहर आने देना चाहिए। हम सभी जानते हैं कि जागरूकता की कमी और असमानता के कारण समाज में महिलाओं के साथ कैसा व्यवहार किया जा रहा है।

लिंग समानता आमतौर पर पुरुषों और महिलाओं दोनों के लिए सभी स्तर पर समानता देना है, चाहे वे अपने घर-परिवार में हों या समाज में, चाहे उनकी शिक्षा की बात हों या नौकरी अथवा कार्य क्षेत्र की बात हों। परंतु कहीं न कहीं मेरा ये मानना है कि यह केवल महिलाओं तक सीमित नहीं है बल्कि पुरुषों को भी लिंग असमानताओं का सामना करना पड़ता है जब वे सामान्य से अलग करियर का चुनाव करते हैं। अंत में, लैंगिक समानता का अर्थ है सभी लिंगों का समान रूप से सम्मान करना, व्यवहार करना और स्व विकास के लिए समान अवसर देना। लैंगिक समानता का उद्देश्य पुरुषों और महिलाओं के बीच सभी सीमाओं और भेदों को दूर करना है। लैंगिक समानता पुरुष और महिला के बीच किसी भी प्रकार के भेदभाव को समाप्त करती है।

लिंग समानता पुरुषों और महिलाओं दोनों के लिए समान अधिकार और अवसर निर्धारित और निश्चित करती है। लैंगिक समानता महिलाओं के लिए राजनीतिक, सामाजिक और आर्थिक समानता की गारंटी देती है।

भारत में लैंगिक समानता अभी भी हमारे लिए एक दूर का सपना प्रतीत होती है। सभी क्षेत्र जैसे - शिक्षा, उन्नति और आर्थिक विकास के बावजूद, हमारा राष्ट्र लैंगिक असमानता की मानसिकता से पीड़ित है।

भारत या दुनिया के किसी अन्य हिस्से में लैंगिक समानता हमें तब प्राप्त होगी जब पुरुषों और महिलाओं, लड़कों और लड़कियों के बीच अलग - अलग नहीं अपितु दो समान व्यक्ति की तरह समान रूप से व्यवहार किया जाएगा, न कि दो भिन्न लिंगों की तरह। इस समानता की शुरुआत घरों, स्कूलों, कार्यालयों, वैवाहिक संबंधों आदि से होगी तभी यह संभव है। मेरे विचार से भारत में लैंगिक समानता का वास्तविक अर्थ तभी सार्थक होगा जब महिलाएँ सुरक्षित महसूस करें और हिंसा का डर उन्हें न सताए। भारत में लैंगिक समानता हासिल करने के रास्ते में कई अड़चनें भी हैं। जिसका एक प्रमुख कारण भारतीय मानसिकता का पितृसत्तात्मक व्यवस्था पर आधारित होना है। तुच्छ मानसिकता के कारण यहाँ लड़कों को लड़कियों की तुलना में अधिक मूल्य दिया जाता है लड़कियों को सिर्फ एक बोझ के रूप में देखा जाता है। इस कारण से, लड़कियों की शिक्षा को भी गंभीरता से नहीं लिया जाता है, जो फिर से भारत में लैंगिक असमानता के लिए अहम कारण है जिसको अनदेखा नहीं किया जा सकता है। वही दूसरी ओर बाल विवाह और बाल श्रम भी भारत में लैंगिक समानता की कमी में महत्वपूर्ण योगदान देते हैं। भारत में गरीबी भी लैंगिक समानता की राह में अड़चन बनती है क्योंकि यह लड़कियों को यौन शोषण, बाल तस्करी, जबरन विवाह और घरेलू हिंसा में धकेलती है, जिसके कारण भारत में लैंगिक समानता प्राप्त करना एक कठिन कार्य बन गया है।

ये सभी कारण पूरी समस्या का केवल एक छोटा हिस्सा है। भारत में लैंगिक समानता स्थापित करने के लिए अत्यंत प्रयास और ठोस कदम उठाने की आवश्यकता है। हम सभी भारत में लैंगिक समानता में सुधार के लिए एक छोटा सा महत्वपूर्ण बदलाव कर सकते हैं जैसे - माता-पिता को अपने लड़कों को लड़कियों की इज्जत करना और उनको भी बराबरी का दर्जा देना सिखाना चाहिए। इसके लिए, माता और पिता दोनों उनके आदर्श बनकर उनको प्रेरित कर सकते हैं। शिक्षा सभी लड़कियों के लिए अनिवार्य होनी चाहिए जिसके बिना भारत में लैंगिक समानता की उम्मीद करना बेकार होगा।

भारत में लैंगिक समानता को विकसित करने में स्कूली शिक्षा और सामाजिक संस्कृति भी महत्वपूर्ण भूमिका निभाती है। यौन शिक्षा, जागरूकता अभियान, कन्या भ्रूण हत्या का पूर्ण उन्मूलन, दहेज और बाल विवाह के विषाक्त प्रभाव के प्रति सभी को जागरूक करना चाहिए। भारत में पूर्ण लैंगिक समानता की राह कठिन है लेकिन असंभव नहीं है। हमें अपने प्रयासों में ईमानदार होना चाहिए और महिलाओं के प्रति सामाजिक दृष्टिकोण को बदलने हेतु कदम उठाने चाहिए। भारत में पूर्ण लैंगिक समानता के लिए, पुरुषों और महिलाओं दोनों को एक साथ काम करना होगा और समाज में सकारात्मक बदलाव लाना होगा। जब तक हम लैंगिक असमानता के बजाय लैंगिक समानता की दिशा में काम नहीं करेंगे, तब तक हम समाज की, देश की उन्नति को आगे नहीं बढ़ा सकते। लिंग समानता महिला सशक्तिकरण और अधिकारों के लिए एक वाक्यांश मात्र नहीं है, बल्कि दोनों लिंगों के लिए इसकी समानता महत्व रखती है। मुझे पूरा विश्वास है कि पूरी दुनिया हमारे आधुनिक समाज में पुरुषों और महिलाओं की बराबरी, समान भागीदारी को जल्द ही पहचान लेगी।

**लिंग भेद को जब हम मिलकर करेंगे दरकिनार
तभी समान होंगे समाज में सबके कर्तव्य और अधिकार**



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TGT (Hindi)

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अंतर्वैयक्तिक संबंध अर्थात् पारस्परिक संबंध



अंतर्वैयक्तिक संबंध अर्थात् पारस्परिक संबंध

ये संबंध सामाजिक, सांस्कृतिक एवं अन्य प्रभावों के संदर्भ में निर्मित होते हैं। यद्यपि मानव सामाजिक प्राणी है किंतु अंतर्वैयक्तिक संबंधों को स्वस्थ बनाने के प्रयास निरंतर करने पड़ते हैं और इन्हें स्वस्थ बनाने के लिए व्यक्ति में बचपन से ही बच्चों के सामाजिक एवं भावनात्मक विकास की ओर ध्यान देना होगा।

आज से पहले विद्यालयी परिप्रेक्ष्य में अंतर्वैयक्तिक संबंधों को स्वस्थ बनाने हेतु विशेष प्रयत्न की आवश्यकता नहीं समझी गई थी। परंतु विगत दो वर्षों में हमें इस विषय पर चिंतन-मनन और मंथन का जो समय मिला है, उसमें विद्यालयी स्तर पर अंतर्वैयक्तिक संबंधों के विकास की आवश्यकता की पुष्टि की गई।

जहाँ तक विद्यार्थियों के सर्वांगीण विकास की बात है, हमारी राष्ट्रीय शिक्षा नीति 2020 ने भी छात्रों के सामाजिक व भावनात्मक स्वास्थ्य के महत्व को स्वीकार करते हुए उसे शिक्षण-अधिगम का एक अभिन्न अंग माना है। यही कारण है कि हमारी आधुनिक शिक्षा नीति ज्ञान संबंधी विकास ही नहीं अपनी संस्कृति के प्रति जागरूकता, परस्पर सहानुभूति, चारित्रिक दृढ़ता, सामूहिक संबद्धता एवं नेतृत्व की क्षमता से जुड़े विभिन्न कौशलों के विकास पर बल देती है।

प्रश्न उठता है कि हमारी शिक्षा नीति में इस आमूल परिवर्तन की आवश्यकता क्यों थी ?

पहले संयुक्त परिवार हुआ करते थे और उनमें जीवन कौशलों का विकास बड़े ही सहज रूप से स्वयं ही बच्चे में विकसित हो जाता था। किंतु सामाजिक ढाँचे में आए परिवर्तन के कारण उत्पन्न हुए एकल परिवार एवं तकनीकी विकास ने बच्चों के सामाजिक एवं भावनात्मक विकास को किसी न किसी रूप में बाधित किया है और इसका प्रभाव उनकी बातचीत, प्रतिक्रिया, आचरण एवं तनावपूर्ण गतिविधियों से परिलक्षित भी होता है।

आज के छात्र इंटरनेट की दुनिया के प्रति अत्यधिक रुझान एवं ऑनलाइन गेम में निमग्नता के चलते सामाजिक जीवन कौशलों से विलग होते जा रहे हैं। वे परिवार एवं समाज से दूर होकर केवल इस बनावटी चकाचौंध पूर्ण जीवन में खोते जा रहे हैं। यही कारण है कि तनिक सी चुनौती और अभाव के चलते वे या तो तनाव पूर्ण होकर काँच के समान बिखर जाते हैं या

आक्रोश पूर्ण व्यवहार करने लगते हैं। अतः विद्यालयी स्तर पर विद्यार्थियों को ज्ञान की अपेक्षा जीवन कौशलों से सशक्त करना अति आवश्यक है। यही नहीं, उनके चरित्र में धैर्य, सद्भाव एवं दूसरों को सुनने की क्षमता का जो नितांत अभाव है उसे विकसित एवं परिमार्जित करना भी शिक्षण का प्रमुख उद्देश्य होना चाहिए।

यहीं से आरंभ होता है शैक्षणिक परिवर्तन का दौर ! इस हेतु शिक्षक वर्ग को प्रत्येक विषय की संकल्पना और उससे जुड़ी पाठ योजना में अंतर्वैयक्तिक संबंधों के कौशलों को आधार बनाना होगा।

हमें अपनी शैक्षणिक प्रक्रिया में सहयोगात्मक तथा सहभागिता युक्त गतिविधियों को अभिन्न अंग बनाना ही होगा।

सामूहिक गतिविधियाँ जहाँ एक ओर उनकी सृजनात्मकता का विकास कर सकती हैं, वहीं दूसरी ओर उनके संबंधों को प्रबलता प्रदान करने तथा उन्हें संवेदनशील व्यक्तित्व के रूप में स्थापित करने में भी सहायक होंगी। इनके माध्यम से हम विद्यार्थी को चर्चा - परिचर्चा तथा शोध - विश्लेषण से जुड़े अवसर प्रदान करेंगे, जिससे वे एक-दूसरे के साथ जुड़ सकेंगे तथा अपने भावों को अभिव्यक्त करने में सक्षम हो सकेंगे।

बच्चों की अभिरूचि को जागृत करने हेतु शिक्षक विविध गतिविधियों को आयोजित कर सकते हैं। जिन्हें प्रमुख रूप से दो भागों में विभाजित किया जा सकता है। पहली जिसमें अध्यापक या शिक्षक छात्रों को निर्देश देकर उनके द्वारा की जाने वाली गतिविधियों का अवलोकन करें। दूसरी छात्रों को ही संपूर्ण रूप से जिम्मेदारी देकर सामूहिक गतिविधियों का आयोजन करवाया जाए। इनके कुछ विकल्प हैं - प्लस माइनस इंटरैस्टिंग अर्थात् दिए गए विषय के सकारात्मक नकारात्मक एवं रोचक पहलुओं के विश्लेषण के माध्यम से छात्रों की चिंतन क्षमता का विकास किया जाता है। इसी क्रम में अन्य गतिविधियाँ हो सकती हैं - कंसीडर ऑल फैक्टर्स (कैफ), फ्लिप कक्षा, थिंक पेयर शेयर, फोर कॉर्नेर्स, सिक्स थिंकिंग हैट्स इत्यादि। दूसरी ओर बच्चों की कलात्मकता को आश्रय देते हुए ग्राफिक ऑर्गेनाइजर, वन मिनट एक्टिविटी, जिगसा आदि को भी सफलतापूर्वक कक्षा में करवाया जा सकता है। इन गतिविधियों के माध्यम से उनका ज्ञानात्मक विकास तथा उनके मनोबल एवं नेतृत्व क्षमता का विकास अधिक सहजता से करना संभव हो सकेगा।

छात्रों के सर्वांगीण विकास के उद्देश्य से आगे बढ़ने में हमारे यहाँ कई नवीन प्रयोग भी आरंभ कर दिए गए हैं। जैसे परोपकार की, सहायता की, सेवा की भावना को

बढ़ावा देने के लिए श्रमदान नामक गतिविधि करवाई जाती है। जिसमें प्रत्येक कक्षा के प्रत्येक छात्र को उसके अनुक्रमांक के अनुसार एक ना एक दिन अपनी कक्षा से बाहर अतिरिक्त सहायता कार्य हेतु प्रोत्साहित किया जाता है। जिसमें वह कर्मचारियों की भी सहायता कर सकते हैं, अध्यापकों की सहायता का बीड़ा उठा सकते हैं। पुस्तकालय तथा स्वास्थ्य केंद्र आदि में हर संभव श्रमदान की इच्छा से बच्चों को सेवा कार्य में लगाया जाता है। और यह प्रयास छात्रों में सामुदायिक कार्यों में सेवा करने की भावना को बल देने में अत्यधिक सार्थक सिद्ध हुआ है। इस प्रयोग की सफलता ने इस गतिविधि को दूसरे चरण पर ले जाने का हौसला भी दिया और हमने छात्रों को माह में एक बार वृद्धाश्रम, अनाथ आश्रम एवं नव निर्माण हेतु जो भी कार्य चल रहा है, वहाँ मजदूरों और उनके शिशुओं में साक्षरता का प्रचार करने हेतु प्रोत्साहित किया है।

छात्र ही नहीं शिक्षक एवं गैरशिक्षक कर्मचारियों में भी सहयोगात्मकता व सहभागिता से जुड़े क्रियाकलापों को विकसित करने हेतु विभिन्न कार्यशालाएँ समय-समय पर आयोजित की जा रही हैं। इसी श्रृंखला में छात्रों में संबंधों के विकास में उन्हें विभिन्न गतिविधियों जैसे सांस्कृतिक प्रार्थना सभा, श्रमदान, उपकर्मचारी वर्ग से जुड़े साक्षरता कार्यक्रम आयोजन में भागीदार बनाना भी जीवन कौशल के विकास में सहायक रहेगा।

अतः आवश्यकता है उपरोक्त गतिविधियों के साथ शैक्षणिक प्रक्रिया को सहभागिता पूर्ण बनाकर छात्रों को संवेदना से परिपूर्ण करने की। प्रत्येक विषय को

गतिविधि पूर्ण बनाने की और यह तभी संभव है जब हम बच्चों की सृजनात्मकता को जीवित रखने का प्रयास करें, उनके आंतरिक गुणों एवं जीवन कौशल के पोषण को शिक्षक अभिभावक एवं विद्यालय के सहयोग से प्राप्त करें।



Dr. Manisha Sharma

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इंटरपर्सनल रिलेशनशिप अर्थात् अंतर्वैयक्तिक या पारस्परिक संबंध

जैसा कि हम सभी इस सत्य से परिचित हैं कि मनुष्य एक सामाजिक प्राणी है, उसी तरह यह भी एक निर्विवाद सत्य है कि मनुष्य ही एक स्वस्थ समाज का निर्माण करता है। इस निर्माण के लिए हमारा अंतर्वैयक्तिक या पारस्परिक संबंध एक महत्वपूर्ण भूमिका निभाता है। एक व्यक्ति का अन्य व्यक्ति के साथ संबंध ही पारस्परिक संबंध कहलाता है। यह याद रखना चाहिए कि यह संबंध कभी भी एकपक्षीय नहीं होता है यह द्विपक्षीय संबंध है। हमारा किसी एक व्यक्ति से संबंध या व्यवहार और उसके प्रत्युत्तर में उस व्यक्ति का हमारे साथ व्यवहार या संबंध ही पारस्परिक संबंध कहलाता है।

एक विद्यार्थी के लिए इस पारस्परिक संबंध का बहुत अधिक महत्व है/ कक्षा में जब एक विद्यार्थी का दूसरे विद्यार्थी के साथ पारस्परिक संबंध प्रगाढ़ होता है, विश्वास पर आधारित होता है, तो एक दूसरे के शारीरिक, मानसिक एवं भावात्मक अभिवृद्धि का कारण बनता है। वहीं यदि यह संबंध परस्पर विद्वेष पर आधारित होता है तो एक दूसरे के लिए तनाव का कारण बनता है। इसलिए हमें पहले यह जान लेना चाहिए कि एक सुस्थिर एवं स्वस्थ पारस्परिक संबंध के लिए क्या-क्या आवश्यक तत्व हैं।

एक स्वस्थ पारस्परिक संबंध के लिए सबसे पहले ध्यान देने योग्य बात है- आदर या सम्मान का भाव। यह बहुत आवश्यक है कि हम एक दूसरे का सम्मान अवश्य करें। जब दो व्यक्ति एक दूसरे के गुणों, कमियों, समानता और असमानता को स्वीकार कर एक दूसरे के साथ सम्मानजनक व्यवहार करते हैं तभी पारस्परिक संबंध सुदृढ़ बनते हैं, अन्यथा यदि हम एक दूसरे की समानता - असमानताओं का ही सदैव आकलन करते रहेंगे तो कभी भी एक अच्छे सहपाठी, एक अच्छे सहकर्मी, एक अच्छा साथी नहीं बन सकते हैं, क्योंकि दो व्यक्तियों का हर परिस्थिति में समान होना संभव नहीं होता है।

एक स्वस्थ पारस्परिक संबंध के लिए दूसरी शर्त है - वैचारिक स्वतंत्रता। हमें सदैव एक दूसरे के विचारों को सुनना एवं समझना चाहिए। वैचारिक असहमति की स्थिति में भी एक दूसरे की परिस्थितियों, परंपराओं, सांस्कृतिक स्वरूप आदि का बहुत ध्यान रखते हुए एक दूसरे की स्वीकारोक्ति के साथ एक मत होना चाहिए।

यदि एक मत ना हो पाए तो असहमति को भी स्वस्थ मन से स्वीकार करना चाहिए। जैसे भी भारतीय वाद की विराट परंपरा असहमति पर भी सम्मानजनक रूप से सहमत होती है।

स्वस्थ पारस्परिक संबंध की तीसरी सबसे बड़ी शक्ति है - विश्वास। जब तक विश्वास की नींव मजबूत नहीं होगी, तब तक पारस्परिक संबंध भी खोखला ही रहेगा। इसके लिए यह आवश्यक है कि यदि आपका कोई सहपाठी, सहकर्मी या साथी आपको कोई बात बताता है, तो आप उसकी गोपनीयता का विशेष ध्यान रखें तथा काल, देश और परिस्थिति के अनुसार उसे एक सही परामर्श दें। ऐसा न करने की स्थिति में- 'सुनि अठलैहैं लोग सब बांटे न लैहैं कोय' के मनोभाव एक दूसरे के प्रति आ जाएँ तो यह संबंध निरंतर कमजोर होता चला जाएगा।

इसकी चौथी बड़ी शक्ति है - उदारता। हमारे आपसी संबंध सदैव 'स्व' की परिधि में नहीं घूमने चाहिए। जब हम अपने स्वार्थ या अपने हित का ही सदैव ध्यान रखते हैं तो इसकी संभावना भी बढ़ जाती है कि हम कहीं दूसरे का अहित तो नहीं कर रहे हैं। हमें सदैव इसका ध्यान रखना चाहिए। कभी-कभी अगर परिस्थिति अपने हित के अनुकूल ना भी हो तो भी हमें उदार भाव का ही परिचय देना चाहिए तथा सहमति की एक ऐसी पृष्ठभूमि बनानी चाहिए जहाँ सर्व के कल्याण की प्रधानता हो। यही वह भाव भूमि है जहाँ हम पारस्परिक संबंध को उत्तरोत्तर सुदृढ़ बना सकते हैं।

स्वस्थ एवं सुदृढ़ पारस्परिक संबंध की पाँचवीं सबसे बड़ी शक्ति है - स्वस्थ प्रतिस्पर्धा। हमें आज के समय के इस सत्य को स्वीकार करना ही होगा कि आज अपने ही भाई-बंधु-सखा सभी हमारे प्रतिस्पर्धी हो गए हैं। ऐसी परिस्थिति में हमें एक दूसरे को आहत करने की आवश्यकता नहीं है, क्योंकि हमें यह नहीं भूलना चाहिए कि शीर्ष पर पहुँचने वाला व्यक्ति नितांत अकेला हो जाता है। ऐसी परिस्थिति में हमें एक दूसरे से मात्र प्रतिस्पर्धा की भावना के स्थान पर एक स्वस्थ प्रतिस्पर्धा की भावना रखनी चाहिए। किसी भी शैक्षणिक व्यवस्था में इस भाव का होना सर्वोपरि है। स्वस्थ प्रतिस्पर्धा जहाँ एक ओर विद्यार्थियों को आगे बढ़ने के लिए प्रेरित करती है, वहीं दूसरी ओर किसी के भी मन में निराशा का भाव उत्पन्न नहीं करती है। अनेकानेक परिस्थितियों में यह सहयोग की भावना में बदल जाती है। स्वस्थ प्रतिस्पर्धा हमें एक ओर आशान्वित करती है, वहीं दूसरी ओर हमारे जीवन में दूसरों की श्रेष्ठता को स्वीकार करना भी सिखाती है। तभी हम कुछ सीखने की ओर अग्रसर होते हैं। यही एक दूसरे से सीखने का भाव हमारे पारस्परिक संबंध को और भी अधिक सुंदर बनाता है।

पारस्परिक संबंध को सुदृढ़ बनाने के लिए जहाँ एक ओर हमें यह ध्यान रखना है कि हमें क्या करना चाहिए, वहीं दूसरी ओर हमें अपनी सीमाओं का भी ध्यान रखना चाहिए। यह सीमाएँ ही हमारे संबंधों की रूपरेखा तय करती हैं। इसके लिए सबसे पहले हमें यह ध्यान रखना होगा कि हम एक दूसरे के विषयों में अनधिकार एवं अनपेक्षित हस्तक्षेप न करें क्योंकि ऐसा करने से विश्वास की डोर कमजोर होती है और आपसी संबंध संदेहास्पद हो जाते हैं।

'अतिपरिचयादवजा' का ध्यान रखते हुए हमें अत्यधिक निकटता से भी बचना चाहिए। हमें एक दूसरे के समय-असमय का भी ध्यान रखना चाहिए। एक दूसरे की व्यक्तिगत स्वतंत्रता का सदैव ध्यान रखते हुए व्यवहार करना चाहिए।

अंततः हमें करणीय एवं अकरणीय तथ्यों का ध्यान रखते हुए आचरण करना चाहिए।

अथर्ववेद में कहा गया है -

मा भ्राता भ्रातरं द्विषन्, मा स्वसारमुत स्वसा।
सम्यञ्चः सव्रता भूत्वा वाचं वदत भद्रया॥

अर्थात : भाई - भाई से द्वेष न करें, बहन - बहन से द्वेष ना करें। समान गति से एक-दूसरे का आदर सम्मान करते हुए परस्पर मिल-जुलकर कर्मों को करने वाले होकर अथवा एकमत से प्रत्येक कार्य करने वाले होकर भद्र भाव से परिपूर्ण होकर संभाषण करें।



Swati kumari

TGT - Hindi

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स्वस्थ जीवन स्वस्थ परंपराएँ



स्वस्थ जीवन स्वस्थ परंपराएँ

भोजन आधा पेट कर,
दुगुना पानी पी।
तिगुना श्रम चौगुनी हँसी,
साल सवा सौ जी।

उपरोक्त कहावत हम सदियों से अपने बुजुर्गों से सुनते आ रहे हैं, और तो और 'स्वास्थ्य ही सबसे बड़ा धन है' यह भी हम सभी भली-भाँति जानते हैं पर फिर भी हम अपने इस सर्वोत्तम सुख अर्थात् स्वास्थ्य को प्रमुखता नहीं देते हैं। आखिर ऐसा क्यों है? सबसे पहले हमें इस प्रश्न का उत्तर खोजना चाहिए तभी हमें स्वस्थ जीवनशैली से जुड़े बाकी प्रश्नों के उत्तर आसानी से प्राप्त हो सकेंगे। स्वस्थ जीवन शैली के लिए कुछ चीजें बहुत आवश्यक है जिन्हें हमें सर्वाधिक प्राथमिकता देनी चाहिए जैसे - नियमित दिनचर्या, स्वस्थ आहार, नियमित व्यायाम, पर्याप्त नींद और ध्यान ये जीवन के वे मूल मंत्र हैं जिन्हें अपनाकर हम आसानी से उत्तम स्वास्थ्य को प्राप्त कर सकते हैं।

स्वस्थ जीवन शैली विकसित करने के लिए सबसे पहले परिवार के प्रत्येक सदस्य को अनुशासित होना पड़ेगा। अभिभावक अनुशासित दिनचर्या का पालन करके और स्वस्थ जीवन शैली को बनाए रखते हुए अपने बच्चों के लिए एक उदाहरण स्थापित करें। बच्चे कम उम्र से ही अच्छी और बुरी दोनों आदतों को अपनाने लगते हैं। जब किसी के जीवन में स्वस्थ आदतें शुरू हो जाती हैं, तो यह एक जीवन शैली, दिनचर्या का हिस्सा बन जाती है और एक खुशहाल, स्वस्थ और रोग मुक्त जीवन सुनिश्चित करने में एक लंबा रास्ता तय करती है।

"नाश्ता दिन का सबसे महत्वपूर्ण भोजन है। यह न केवल हमें अच्छी ऊर्जा के साथ अपने दिन की शुरुआत करने में मदद करता है, बल्कि नियमित भोजन के समय पर टिके रहना और नियमित दिनचर्या का महत्व सिखाता है। बच्चों को अच्छे अनुशासन से सज्जित होने का मूल्य सिखाना महत्वपूर्ण है क्योंकि यह हमेशा जीवन के प्रति बेहतर दृष्टिकोण देता है। शरीर की जैविक घड़ी का पालन करने से पुरानी बीमारियों को दूर रखने में भी मदद मिलती है और यह सुनिश्चित करता है कि हम देर रात और सुबह की नींद से बचें। संतुलित और पौष्टिक नाश्ता करने से संपूर्ण स्वस्थ जीवन शैली को बढ़ावा मिलता है। प्रकृति भी नियत नियमों के तहत ही संचालित है। समय पर ही सूर्य उदय और अस्त होता है।

समय पर ही ऋतुएँ आती और जाती है। इस प्राकृतिक व्यवस्था में तनिक व्यवधान भी विकराल प्राकृतिक आपदाओं और असंतुलन का कारण बन जाता है। मनुष्य प्रकृति का ही अभिन्न अंग है। उसकी दिनचर्या भी प्राकृतिक रूप से ही चलायमान होनी चाहिए। विकास के नाम पर यदि हम इसमें व्यवधान उत्पन्न करते हैं तो इसकी परिणति जीवन में असंतुलन को निमंत्रण देना ही होता है।

सूर्य ऊर्जा का स्रोत है जिसके जागरण के साथ ही हम अपनी दैनिक गतिविधियों के लिए ऊर्जास्वित रहते हैं और उसके अस्ताचल जाते ही हमारे शरीर के अंग-प्रत्यंग जो पूरे दिन कार्यरत रहते हैं विराम अवस्था में पहुँचकर नए दिन के लिए ऊर्जावान बनने के लिए तत्पर हो जाते हैं। बिजली के आविष्कार ने हमें रोशनी का विकल्प तो दिया लेकिन साथ ही कई समस्याओं को जन्म दिया। आजकल विद्यार्थी रात देर तक जागकर पढ़ते हैं और सुबह देरी से उठते हैं।

नियमित दिनचर्या के लिए रवीन्द्रनाथ टैगोर का कहना था कि नियमित होना मन के लिए एक नियमित अवलंबन है। नियमित दिनचर्या से जहाँ समय का सदुपयोग होता है वही हम मानसिक और शारीरिक रूप से संतुष्ट होते हैं क्योंकि दिनचर्या का प्रभाव हमारे मन मस्तिष्क पर पड़ता है परंतु वर्तमान में हमारी दिनचर्या नियमित है ही नहीं। इसके कई कारण हैं, जैसे - देर रात तक पार्टी करना, सोशल मीडिया का अनावश्यक प्रयोग, नाइट आउट, रात में जागकर पढ़ाई करना या किसी अन्य व्यस्तता के कारण आदि। अनियमित दिनचर्या का कारण ही है कि आज छोटे से छोटा बच्चा भी रोग का शिकार है। आलस्य, तंद्रा, क्रोध और तनाव जैसी बीमारियाँ तो हर व्यक्ति में आम हैं।

'स्वस्थ जीवन शैली जैसे विषय पर विचार - विमर्श और चिंतन की आवश्यकता क्यों है? क्या हमने कभी इस पर विचार किया है? नहीं। तो आइए एक बार हम फिर चलते हैं अपने प्राचीन काल में..... और गंभीरता से विचार करते हैं।

असल में भारत भूमि संस्कारों, परंपराओं, रीति-रिवाजों, ऋषि-मुनियों और वेद - पुराणों की भूमि रही है। यह सदैव ही मानव जाति के लिए प्रेरणा का स्रोत थी। स्वस्थ जीवन शैली के कुछ ऐसे मूल मंत्र हैं जिन्हें हम सदियों से सुनते आ रहे हैं और सदियों तक सुनते रहेंगे पर फिर भी ऐसा लगता है कि हमारी वर्तमान पीढ़ी इसे पूरी तरह भूल गई है।

जो पुरातन पद्धतियाँ विश्व में लोगों का मार्गदर्शन करती आ रही हैं उन्हें आज हम अपनाते में धर्म का अनुभव करते हैं, ऐसा क्यों है? विकास करने, प्रगति करने और आगे बढ़ने का यह अर्थ कदापि नहीं है कि हम अपनी संस्कृति अपनी सभ्यता अपने संस्कारों अपनी धरोहर को भूल जाएँ। आज की पीढ़ी से यदि हम पूछें कि सुराही क्या है तो शायद वे आश्चर्य से हमारी ओर देखेंगे क्योंकि वर्तमान में सुराही देखने को नहीं मिलती है और मटके का स्थान फ्रिज ने ले लिया है। सिलबट्टा, खलबट्टा, फूंकनी, सिगड़ी, चूल्हा, गुरसी, चक्की इन का प्रयोग तो शहरों में लगभग ना के बराबर ही होता है। ब्रह्म मुहूर्त में उठकर स्नान ध्यान और पूजा पाठ का तो जैसे चलन ही समाप्त हो गया और रही सही कसर विदेशी कंपनियों के आगमन के बाद वर्क फ्रॉम होम, ऑनलाइन वर्क, तथा सोशल मीडिया ने पूरी कर दी है। असल में हम यह समझ ही नहीं रहे हैं कि यह विदेशों द्वारा फैलाया गया एक जाल है जिसमें हम ना चाहते हुए भी फँसते चले जा रहे हैं। बस, अब सोचना हमें है कि हम इस जाल में फँस कर अपने स्वास्थ्य के साथ खिलवाड़ करें अथवा पुरातन पद्धतियों को अपनाकर सुखी व निरोगी जीवन व्यतीत करें।



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इंटरनेट, गैजेट्स और मीडिया के सुरक्षित उपयोग को बढ़ावा देना



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'हमारे जमाने में ऐसा हुआ करता था' हम सभी ने उम्र के किसी न किसी पड़ाव पर इस उक्ति को ज़रूर सुना होगा। समाज वाकई बहुत तेजी से बदल रहा है। तार से जुड़ा फोन जो घर के किसी कोने में पड़ा रहता था आजकल हर व्यक्ति चाहे वो अमीर हो या गरीब मोबाइल फोन के रूप में उनके हाथों का गहना बना हुआ है। जहाँ एक समय ऐसा था कि लोग अपनी जिज्ञासाओं का हल किताबों में ढूँढ़ा करते थे, आज उनकी जगह गूगल ने ले ली है।

समय के साथ - साथ विज्ञान की इस तरक्की ने मनुष्य के जीवन को बहुत आसान बना दिया है। विज्ञान के इन अनगिनत अनुसंधानों की दौड़ की होड़ में जिसने प्रथम स्थान प्राप्त कर बाजी मारी है, वह है इंटरनेट एवं स्मार्ट फोन की दुनिया।

2019 तक इंटरनेट केवल कुछ सीमित लोगों की ही ज़रूरत थी जो विशेषकर आईटी सेक्टर में कार्यरत थे अथवा अन्य कार्यालयों में ईमेल आदि भेजने के लिए वहीं कुछ लोग फेसबुक एवं व्हाट्सएप पर अपने मित्रों एवं रिश्तेदारों से जुड़े रहने के लिए इसका प्रयोग करते थे। अतः यह कहना गलत न होगा कि इस समय तक इंटरनेट का मकड़जाल फैलने तो लगा था लेकिन यह आम लोगों की ज़रूरत न थी।

तभी 2020 में कोरोना की लहर ने लोगों को घरों में बंद रहने पर मजबूर कर दिया। व्यापार के साथ - साथ शिक्षा पर भी पूर्णविराम लग गया। इस काल में सबसे दयनीय स्थिति शिक्षण जगत की रही। अभिभावकों के साथ - साथ सभी शिक्षण - संस्थान भी सौच में पड़ गए कि आखिर कोरोना की मार से लड़खड़ाती शिक्षा - व्यवस्था को कैसे पटरी पर लाया जाए। ऐसे नाज़ुक दौर में इंटरनेट ने स्कूल को घर तक पहुँचाने में महत्वपूर्ण भूमिका निभाई। हर गली, मोहल्ले में छात्र मोबाइल एवं

लैपटॉप लिए ऑनलाइन कक्षा का आनंद लेते हुए दिखे। इतना ही नहीं विभिन्न टीचिंग ऐप ने शिक्षकों को अपनी शिक्षण पद्धति को ऑनलाइन में और अधिक मनोरंजक बनाने में सराहनीय भूमिका निभाई। इंटरनेट की सहायता एवं विभिन्न मीटिंग ऐप के प्रयोग ने दम तोड़ती शिक्षा व्यवस्था में मानो प्राण फूँक दिए।

जहाँ एक ओर इस इंटरनेट की मदद से शिक्षा व्यवस्था रफ्तार पकड़ने लगी वहीं दूसरी ओर इसके दुष्परिणाम भी दिखाई देने लगे। बच्चों को ऑनलाइन शिक्षा के बहाने मोबाइल और लैपटॉप मिल गए और साथ ही साथ इंटरनेट की सुविधा ने उन्हें विभिन्न सोशल मीडिया साइट से भी जोड़ दिया, जहाँ वो जो चाहे पढ़ सकते थे, देख सकते थे और तो और अपने मित्रों के साथ ऑनलाइन खेलों का भी आनंद ले सकते थे। इंटरनेट की सुविधा के कारण छात्र इस ऑनलाइन दुनिया के आदी हो गए।

हमारे देश में एक समय ऐसा हुआ करता था जब बच्चे बाहर खेलने जाने की जिद करते थे। हमने न जाने कितने ऐसे खिलाड़ियों के किस्से सुने हैं जो अपने अभिभावकों की डाँट की डर से छिप - छिपकर खेलने जाया करते थे। परन्तु आज की परिस्थिति विपरीत हो गई है, आज हर अभिभावक यह शिकायत करता हुआ दिखता है कि उनका बच्चा बाहर खेलने नहीं जाता। दिनभर मोबाइल एवं लैपटॉप के प्रयोग से आँखों पर बुरा प्रभाव पड़ रहा है। इतना ही नहीं बच्चे असामाजिक होते जा रहे हैं एवं अकेले रहना पसंद करने लगे हैं।

अतः अब समय आ चुका है कि हम अपने बच्चों पर अंकुश लगाएँ। अभिभावक सतर्क रहकर अपनी निगरानी में ही बच्चों को इनका उपयोग करने दें। बच्चों के विकास में निश्चय ही शिक्षकों एवं शिक्षण संस्थानों की अहम भूमिका होती है। अतः विद्यालयों में भी छात्रों को इंटरनेट एवं सोशल मीडिया के प्रयोगों से होनेवाले दुष्परिणामों को समझाना चाहिए। साथ ही साथ छात्रों को विभिन्न विषयों से संबंधित विश्वसनीय वेबसाइट की सूची उपलब्ध करवानी चाहिए, जहाँ छात्र अपने प्रश्नों के उत्तर ढूँढ़ सकें। विद्यालय में सोशल मीडिया के प्रयोग के समय ध्यान दी जानी वाली बातों पर एक जागरूकता अभियान चलाया जाना चाहिए।

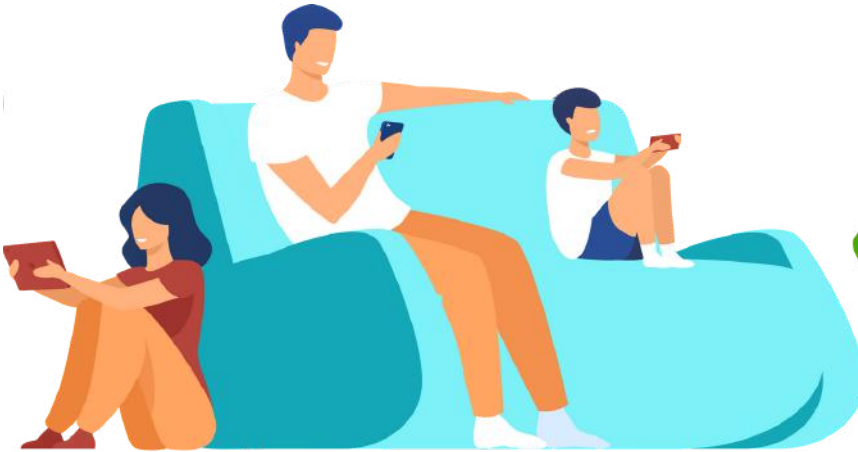
कहते हैं कि आदतें इतनी आसानी से नहीं जाती, लेकिन मेरा मानना है कि अभिभावकों एवं शिक्षण संस्थानों के संयुक्त प्रयास से निश्चय ही उनमें बदलाव लाया जा सकता है। आज की यह आवश्यकता है कि छात्र इस बात को समझें कि इंटरनेट कोरोना काल में समय की ज़रूरत थी, लेकिन यह अध्यापक का विकल्प कभी नहीं हो सकती। आज इंटरनेट पर बहुत सारी शिक्षण सामग्रियाँ उपलब्ध हैं, लेकिन उन सामग्रियों की प्रमाणिकता पर मुहर एक अध्यापक ही लगा सकता है। अध्यापक ही उनकी जिज्ञासा को सही राह दिखा सकता है। अंततः यह हमारी जिम्मेदारी बनती है कि हम उन्हें सही एवं गलत की पहचान करना सिखाएँ एवं उन्हें इस काबिल बनाएँ कि वे इस इंटरनेट रूपी वरदान का सही इस्तेमाल कर सकें। देखा जाए तो सोशल मीडिया की यह दुनिया भी हमारे समाज की तरह है, जहाँ अच्छे - बुरे सभी तरह के तत्व मौजूद हैं। हम अपने बच्चों को इससे दूर नहीं कर सकते लेकिन उस समझ को विकसित करने में उनकी मदद कर सकते हैं जहाँ वे अपने लिए अच्छी एवं उपयोगी वस्तु ढूँढ़ सकें क्योंकि ज़माना चाहे कोई भी हो, अच्छाई और बुराई, गलत एवं सही के परख का ज्ञान होना हर समय की ज़रूरत है और रहेगी।



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प्रजनन स्वास्थ्य व एच.आई.वी. की रोकथाम



प्रजनन स्वास्थ्य व एच.आई.वी. की रोकथाम

ऐ उम्र थोड़ा ठहर जा
अभी कुछ बचपना बाकी है।

उम्र का बढ़ना प्रकृति का नियम है। इसे रोकना नहीं जा सकता। बढ़ती उम्र के साथ स्वास्थ्य से संबंधित परेशानियों का सामना करना भी रोकना नहीं जा सकता। जैसे- जैसे बच्चा बड़ा होता है वैसे- वैसे उसमें अंतः स्त्राव (हार्मोन) से संबंधित परिवर्तन आते हैं और उन परिवर्तनों के कारण उन्हें अपने शारीरिक गठन में बहुत से परिवर्तन झेलने पड़ते हैं। यह परिवर्तन जरूरी भी है क्योंकि यह हर शरीर की, हर व्यक्ति की, हर समाज की, हर देश की माँग है। बच्चे में जब अंतः स्त्राविक (हार्मोनल) परिवर्तन आते हैं तो वह कभी-कभी अपने माता-पिता से और ज्यादातर समय अपने मित्रों के साथ साझा करता है। उनके मित्र भी ज्ञान के संबंध में उतने ही अपरिपक्व होते हैं जितना वह स्वयं। मित्र जाने अनजाने कई बार उसे गुमराह करते हैं तो कहीं-कहीं माता-पिता स्वयं इतने शिक्षित नहीं होते कि वह बच्चों को इस संबंध में पूरी जानकारी दे सके। वे स्वयं इन बातों को बच्चों से छुपाना चाहते हैं। आवश्यकता है कि पहले माता-पिता को शिक्षित किया जाए कि वे बच्चों से उस जानकारी को जिसे वे जानना चाहते हैं न छुपाएँ। बच्चों से खुलकर यौन शिक्षा के संबंध में बात की जानी चाहिए। जिससे बच्चे माता-पिता को मित्र की तरह समझे और अपनी सभी परेशानियों को साझा कर सकें।

दूरदराज के गाँवों में जहाँ सुविधाएँ नहीं हैं वहाँ लड़कियाँ मासिक स्त्राव के समय कपड़े का इस्तेमाल करती हैं और उसे धोकर पुनः इस्तेमाल करती हैं जो उनके सामने स्वास्थ्य से संबंधित समस्याओं को खड़ा कर देती हैं। ग्रामीण भारत में, सैनिटरी नैपकिन की अनुपलब्धता के साथ-साथ अस्वच्छ और भीड़-भाड़ वाले शौचालय तथा कहीं-कहीं शौचालयों की अनुपलब्धता ने महिलाओं की स्थिति को और खराब कर दिया है। भारत में कुल 40 करोड़ मासिक धर्म वाली महिलाओं में से 20% से कम सैनिटरी पैड का उपयोग करती हैं। शहरी क्षेत्रों में, यह संख्या केवल 52% तक जाती है। यह इंगित करता है कि लगभग आधी शहरी-आधारित महिलाएँ भी मासिक धर्म की सुरक्षा के लिए अस्वच्छ तरीकों का उपयोग करती हैं, जिससे वे स्वास्थ्य संबंधी समस्याओं के प्रति संवेदनशील हो जाती हैं। मासिक धर्म के समय सभी

लड़कियाँ यून एंड थ्री वाले स्वच्छता पैड का इस्तेमाल करें, यह सुनिश्चित किया जाना सरकार की जिम्मेदारी है। बहुत सी स्वयंसेवी संस्थाएँ इस दिशा में कार्य कर रही हैं। सरकार के द्वारा भी जागरूकता से संबंधित बहुत से कार्य किए जा रहे हैं। अभी भी बहुत कुछ ऐसा है जिसे जन-जन तक पहुँचाना है।

दूसरी समस्या है - एच.आई.वी. जो आने वाले समय में एक बड़ा रूप ले रही है इससे संबंधित जागरूकता उत्पन्न करना आवश्यक है। बच्चों को यौन शिक्षा का पाठ्यक्रम कक्षा नवी से ही प्रारंभ कर दिया जाना चाहिए क्योंकि आज मीडिया बच्चों की पहुँच में है इसी कारण बच्चे बहुत ही उल्टी-सीधी जानकारी हासिल कर लेते हैं। शिक्षा ही एक माध्यम है जिससे बच्चे सही जानकारी, सही समय पर प्राप्त कर सकते हैं। बच्चा जब अपने परिवार से खुल कर बात नहीं कर पाता तो वह शिक्षक से खुलकर बात कर लेता है।

यौन शिक्षा के साथ-साथ बच्चों को यह भी समझाया जाना जरूरी है कि एच.आई.वी. ऐसा रोग है जिसका इलाज संभव नहीं है। हाँ इलाज से पूर्व किए गए कुछ प्रबंधन से इसे रोकना अवश्य जा सकता है। सरकारी कार्यालयों में कंडोम मुफ्त में बाँटे जाने चाहिए एवं एच.आई.वी. रोग का ज्ञान हर एक नागरिक को होना चाहिए। जागरूकता ही एच.आई.वी. का इलाज है। एच.आई.वी. मात्र असुरक्षित यौन संबंध से नहीं बल्कि संक्रमित व्यक्ति द्वारा इस्तेमाल किए गए इंजेक्शन या संक्रमित व्यक्ति का रक्त स्वस्थ व्यक्ति के शरीर में चढ़ा देने से भी हो जाता है। जब व्यक्ति को यह ज्ञान हो जाए कि वह एच.आई.वी. संक्रमित है तो उसे अपने जीवन साथी के साथ शारीरिक संबंध स्थापित करने से बचना चाहिए। यदि कोई गर्भवती महिला एच.आई.वी. से संक्रमित हो जाती है तो उसके गर्भ में पल रहे बच्चे को एच.आई.वी. से संक्रमित होने से बचाया जा सकता है। यह ज्ञान देना भी जरूरी है।

असुरक्षित शारीरिक संबंध की वजह से बीते 10 सालों में देश में 17 लाख से अधिक लोग एच. आई. वी. से संक्रमित हुए हैं। हालांकि बीते कुछ वर्षों से तुलना करें तो वर्तमान में एच.आई.वी. से संक्रमित लोगों की संख्या में काफी कमी आई है। एच.आई.वी. संक्रमण 2011-12 में 2.4 लाख लोगों में दर्ज किया गया, जबकि 2020-21 में यह संख्या घटकर 85,268 हो गई। यह बीमारी छूत की बीमारी नहीं है इसलिए समाज में लोगों को जागरूक करना जरूरी है कि ऐसे लोगों के साथ दुर्व्यवहार ना करें बल्कि उन्हें मानसिक ताकत दें जिससे कि वह अपनी इस समस्या से लड़ सकें। एच.आई.वी. पीड़ित व्यक्ति के साथ रोजगार की भी समस्या आती है। वह जिस नौकरी

में होता है तो आने वाली स्वास्थ्य समस्याओं को देखते हुए उसे नौकरी से भी निकाल दिया जाता है। जहाँ एक ओर बीमारी पर खर्चा बढ़ जाता है वहीं दूसरी ओर आय के साधन समाप्त हो जाते हैं। ऐसे में व्यक्ति निराशा, कुंठा और भय का शिकार हो जाता है।

एक शिक्षित समाज से यह अपेक्षा की जाती है कि वह एच.आई.वी. पीड़ित व्यक्ति को समाज का ही एक अंग माने और उन्हें सामान्य जीवन जीने की सुविधा उपलब्ध कराए।

जन- जागरूकता, जनशक्ति व जन भागीदारी इस संबंध में जितनी अहम भूमिका अदा कर सकती है उतनी भूमिका सरकार के द्वारा बनाए कानून भी नहीं कर सकते। अतः हम सभी को इन समस्याओं के प्रति जागरूक होना चाहिए। यद्यपि सरकार के द्वारा प्रयास किए जा रहे हैं लेकिन वे सभी प्रयत्न तब तक नाकामी है जब तक कि मनुष्य स्वयं जागरूक ना हो।



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मूल्य और जिम्मेदार नागरिकता



मूल्य और जिम्मेदार नागरिकता

हमारी भारतीय संस्कृति विश्व में बहुत ही महान है। पूरे विश्व में मूल्य और संस्कारों के कारण हमारी भारतीय संस्कृति की अलग ही पहचान है। मूल्य हमें जन्मजात नहीं मिलते उन्हें आत्मसात किया जाता है। अरबन ने मूल्य के बारे में अपना मत व्यक्त करते हुए कहा है, मूल्य उसे कहते हैं जिनसे मनुष्य की इच्छाओं की तृप्ति होती है।

आज समय बदल रहा है। तकनीक ने लोगों को पास तो ला दिया है पर लोगों को एक-दूसरे से अलग भी कर दिया। आज के समय में लोग अपने लिए ही जीना चाहते हैं। शैक्षिक परिप्रेक्ष्य में मूल्य से तात्पर्य विद्यार्थियों में मानवता, देशप्रेम व दूसरों के लिए कल्याण जैसी अनेक भावनाओं का संचार करना है।

मूल्य का अर्थ है अच्छी बातें और ये अच्छी बातें हम घर-परिवार, स्कूल और समाज से ही सीखते हैं। व्यक्ति और समाज के लिए जो बातें अच्छी होती हैं जो मनुष्य के व्यवहार को नियंत्रित करती हैं, समाज के नियमों के अनुसार जीवन के पथ पर नियमन करती हैं ऐसी बातें मूल्य होती हैं। राष्ट्रीय अभ्यासक्रम 2005 में भी मूल्य शिक्षा पर बल दिया गया है।

बुरी बातें अपने आप आ जाती हैं लेकिन अच्छी बातें सीखनी होती हैं। आज समाज में बहुत-सी चीजें ऐसी घटित हो रही हैं जिससे हमें लगता है कि मूल्यों का कहीं-ना-कहीं हास होता हुआ नजर आ रहा है। आज हमें राष्ट्रप्रेम, राष्ट्रीय एकात्मता, परिश्रम का महत्व इन सभी मूल्यों की सबसे ज्यादा जरूरत महसूस हो रही है। निम्नलिखित मूल्यों का आज के समय में बड़ा ही महत्व है।

1. राष्ट्रप्रेम – आज हमारा भारत देश महासत्ता की ओर अग्रसर हो रहा है। देश के विकास के लिए लोगों में राष्ट्रप्रेम होना बहुत जरूरी है। अगर राष्ट्र के लोगों में राष्ट्रप्रेम ही नहीं रहा तो फिर यह सब चमक-दमक किसी काम की नहीं। छात्र जीवन से ही राष्ट्र के लोगों के प्रति आत्मीयता की भावना होना जरूरी है।

2. राष्ट्रीय एकात्मता- भारत में विविधता में एकता पाई जाती है। भारत में अनेक धर्म,भाषा,परंपरा और त्योहारों के बारे में विविधता नजर आती है। फिर भी हम सभी भारतीय एक ही छत के नीचे रहते हैं। बड़े ही उत्साह के साथ हर त्योहार को मनाते हुए, एक दूसरे को शुभकामनाएँ देते हुए अपना जीवनयापन करते हैं।

3. सर्व धर्म समभाव – धर्म एक संवेदनशील शब्द है। भारत में कई धर्म हैं। सबकी अपनी-अपनी विशेषताएँ हैं। हमें अपने धर्म के साथ-साथ दूसरों के धर्म का भी आदर करना चाहिए। सभी धर्मों का आदर करना यह जिम्मेदार नागरिक की खासियत है। सभी धर्मों का आदर कर ही हम देश की उन्नति में योगदान दे सकते हैं। राष्ट्रीय एकता के साथ-साथ ही धार्मिक एकता भी देश के विकास के लिए आवश्यक है।

4. स्त्री पुरुष समानता – स्त्री-पुरुष समानता का अर्थ है स्त्रियों को पुरुषों के बराबर सम्मान देना। पुराने समय में महिलाएँ केवल घर-परिवार को ही संभालती थीं। आज स्त्री हर क्षेत्र में आगे बढ़ रही है। पुरुषों के कंधे से कंधा मिलाकर हर क्षेत्र में अपना और देश का नाम रोशन कर रही है। राजनीति, शिक्षा, आर्थिक, सामाजिक और खेल जैसे हर क्षेत्र में महिलाएँ आज अपना और देश का नाम रोशन कर रही हैं।

5. वैज्ञानिक दृष्टीकोण – विज्ञान और वैज्ञानिक दृष्टीकोण का जीवन में बड़ा महत्व है। किसी की कही सुनी बात पर विश्वास न करते हुए अपने निरीक्षण और परिक्षण से नए-नए अनुभवों को जानना और समझना ही वैज्ञानिक दृष्टीकोण है। आज के विज्ञान के युग में संस्कारों और वैज्ञानिक दृष्टीकोण को अपनाकर सशक्त और कामयाब नई पीढ़ी का निर्माण करना समय की माँग है।

6. परिश्रम का महत्व – आज युवा पीढ़ी में परिश्रम का अभाव कहीं-ना-कहीं नजर आता है। हर कोई आरामदायी जीवनशैली अपनाना चाहता है। लोग रातोंरात अमीर बनने के सपने देख रहे हैं। आज की युवा पीढ़ी को परिश्रम का महत्व बताना बहुत जरूरी है।

7. नियमितता – समय का बड़ा ही महत्व है। समय को धन से भी कीमती माना गया है। समय का छात्र जीवन में बड़ा महत्व है। छात्र जीवन से ही समय नियोजन का सही महत्व समझा जा सकता है। हर काम को समय पर पूरा करने के लिए उचित समय नियोजन होना जरूरी है।

8. सुव्यवस्थितता – हर कार्य को व्यवस्थित रूप से करना बहुत जरूरी है। छात्र जीवन से ही हर काम समय पर पूरा और व्यवस्थित हो सकता है। घर के और विद्यालय के हर कार्य को मन से और सही ढंग से करना जरूरी है।

9. संवेदनशीलता- मानव सामाजिक प्राणी है। वह समाज का अभिन्न अंग है। वह समाज के हर सुख-दुःख में सहभागी होता है। छात्र अपने दैनिक अनुभव से समाज से जुड़ा होता है। उसने किताबों से और अपने

दैनंदिन अनुभव से समाज की संवेदना को महसूस किया होता है, अतः आज के समाज में मनुष्य का संवेदनशील होना बहुत जरूरी है।

10. सौजन्यशीलता- हमारी रोजमर्रा की जिंदगी में हमें हर कार्य को सौजन्यतापूर्वक पूरा करना चाहिए। एक दूसरे का आदर हो या फिर एक दूसरे को अभिवादन करना हो इन सबमें सौजन्यता नजर आनी चाहिए।

ऊपर बताए मूल्यों का अपने दैनंदिन जीवन में प्रयोग कर छात्र अपने जीवन को बदल सकते हैं और सबके सामने आदर्श का निर्माण कर सकते हैं।

हमारे ज्ञान-विज्ञान के मंदिर, सहकार विद्या मंदिर में अलग-अलग गतिविधियों तथा क्रियाकलापों द्वारा छात्रों के सर्वांगीण विकास पर ध्यान दिया जाता है।



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आज के बालक ही कल के नागरिक हैं। सहकार विद्या मंदिर में सभी त्योहार, निबंध प्रतियोगिता, कविता लेखन स्पर्धा, वक्तव्य स्पर्धा, वेशभूषा प्रतियोगिता, व्याख्यान स्पर्धा आदि प्रतियोगिताओं का आयोजन कर सभी मूल्यों का सही विकास कर उन्हें जिम्मेदार नागरिक बनाया जाता है।



मूल्य और ज़िम्मेदार नागरिकता

आज के इस भौतिकतावादी और तकनीकी प्रधान युग में जितना मानवीय मूल्यों का क्षरण हुआ है उतना कभी नहीं हुआ। इस अवमूल्यन की जितनी कीमत युवा पीढ़ी ने चुकायी है उतनी किसी ने नहीं। आज का युवा दिग्भ्रमित है, विचलित है, अस्थिर उसकी मनोवृत्ति हो गयी है, विचारों में उसके बिखराव है, मन में तनाव ही तनाव है। ऐसे में भटके हुए को सही मार्ग पर लाने और उसे एक ज़िम्मेदार नागरिक बनाने में मानवीय मूल्य ही अपनी महत्वपूर्ण भूमिका निभा सकते हैं।

नागरिकता की बात करने से पहले नागरिक को समझना होगा। एक नागरिक किसी भी राष्ट्र की सबसे छोटी इकाई होता है जो एक परिवार, समाज, और एक राष्ट्र के रूप में संगठित होता है। एक अच्छा नागरिक अच्छे परिवार को जन्म देता है और कई अच्छे परिवार मिलकर एक अच्छे समाज का निर्माण करते हैं। उस अच्छे समाज से श्रेष्ठ राष्ट्र बनता है। हम सभी को एक ऐसा अच्छा इंसान बनने का प्रयास करना चाहिए जिसमें मानवीय मूल्य कूट-कूट कर भरे हों। सभी के हृदय में सबके प्रति दया, करुणा और प्रेम का भाव हो। विचारों में उदारता हो, सब धर्मों के प्रति आदर हो और मन में ईमानदारी हो, जो किसी भी इंसान को बेईमान, हिंसक, क्रूर, कट्टर तथा धर्मान्ध होने से रोक सके।

ऐसा करना बिल्कुल भी असंभव नहीं है। बस हमें एक पहल करनी है और एक कोशिश को मूर्तरूप देना है। आईने पर पड़ी धूल को हटाना है। बच्चों को अच्छे नागरिक बनाने के लिए मानवीय मूल्यों का महत्व उन्हें बताना होगा। ऐसा करने के लिए निम्न गुणों को अपनाने के लिए उन्हें प्रेरित करना होगा।

1. सकारात्मक सोच – आज हमें बच्चों तथा युवाओं के व्यवहार में एक तरह की नकारात्मकता एवं बिना वजह का आक्रोश देखने को मिल रहा है। वे बहुत जल्दी हालातों से हार मान लेते हैं। उनमें अंतिम समय तक संघर्ष करने की प्रवृत्ति खत्म होती जा रही है। ऐसे में उन्हें सकारात्मक सोच रखने के लिए प्रेरित करना होगा। स्थितियों का सामना करने के लिए साहसी बनाना होगा। उन्हें आशावादी दृष्टिकोण अपनाना होगा, तभी वे निराशा के अन्धकार से स्वयं को बाहर निकालने में सक्षम हो सकेंगे।

2. ईमानदार एवं भरोसेमंद – बच्चों को ईमानदार बनाने के लिए उन्हें ईमानदारी का पाठ पढ़ाना होगा। वे अपना

हर कार्य पूरी ईमानदारी से करें जिससे लोग उन पर भरोसा कर सकें। उनकी एक भरोसेमंद विद्यार्थी के रूप में पहचान बन सके। वे परीक्षा में नकल अथवा अनुचित साधनों का प्रयोग ना करें। कई बार बच्चों को विद्यालय में कुछ रूपए पड़े हुए मिल जाते हैं तो वे तुरंत अपने अध्यापक को दे देते हैं। ऐसे बच्चों को मंच पर बुलाकर सम्मानित किया जाए तथा उनके इस कार्य की प्रशंसा की जाए, जिससे अन्य विद्यार्थी भी प्रेरित हो सकें। बालकों की एक सहज प्रवृत्ति होती है अनुकरण करना। उनके सामने जब अच्छे उदाहरण रखे जाएँगे तो वे अवश्य उनका अनुसरण करेंगे और सम्मानित भी होना चाहेंगे।

3. पर्यावरण संरक्षक – विद्यार्थियों के मन में पर्यावरण के प्रति प्रेम जगाना होगा। उन्हें स्वयं के जन्मदिन अथवा किसी विशेष अवसर पर पेड़-पौधे लगाने के लिए प्रेरित करना होगा। आस-पास जो पेड़-पौधे लगे हुए हैं उनकी रक्षा, उनकी देखभाल करने के लिए भी प्रेरित करना होगा, जिससे उसके मन में प्रकृति के प्रति प्रेम उत्पन्न हो सके।

4. नियम एवं कानून का पालन करने वाला – विद्यार्थी को नियम एवं कानून का पालन करने वाला होना चाहिए। नियम एवं कानून को भंग करने वाला कभी श्रेष्ठ नागरिक नहीं बन सकता। बच्चे विद्यालय में विद्यालय के नियमों का पालन करें। अगर वाहन चला रहे हो तो यातायात के नियमों की पालन करें। हेलमेट अवश्य लगाएँ जिससे किसी भी अप्रिय घटना से बच सकें।

5. अपने कार्यों के प्रति ज़िम्मेदार – विद्यार्थी को अपने कार्यों के अच्छे-बुरे परिणाम को स्वीकार करने का साहस होना चाहिए। अगर उससे कोई गलती हो जाती है तो उसके लिए माफ़ी माँगने में संकोच या झिझक नहीं होनी चाहिए। अगर वह या उसकी टीम कोई अच्छा कार्य करती है तो उसका श्रेय सभी को देना चाहिए। ऐसा करने से वह सभी का विश्वासपात्र बन सकेगा। उसमें ज़िम्मेदारी को वहन करने का गुण विकसित हो सकेगा।

इसी प्रकार उसे सामाजिक कार्यों को करने के लिए भी एक स्वयंसेवक के रूप में आगे आना चाहिए।

- सार्वजनिक सम्पत्ति को नुकसान नहीं पहुँचाना चाहिए। विद्यालय की दीवारों पर कुछ लिखना, कुर्सी-बेंच को तोड़ना, बगीचे से बेवजह फूल-पत्ती तोड़ना आदि कार्यों के द्वारा हम सार्वजनिक संपत्ति को नुकसान पहुँचाते हैं।

- आस-पास के परिवेश के प्रति जागरूक रहना चाहिए तथा औरों को भी जागरूक करना चाहिए, जिससे समय रहते किसी भी संकट से बचा जा सके। सामाजिक बुराइयों से बचने के लिए अच्छी पत्रिकाएँ पढ़ने एवं अच्छे लेख लिखने के लिए प्रेरित करना चाहिए।
- एक अच्छा पड़ोसी होना भी एक अच्छे नागरिक की निशानी है, जो सुख-दुःख में दूसरों के काम आ सकें तथा सदैव दूसरों की मदद करने के लिए तत्पर रहे।
- बच्चों में सभी के प्रति दयालुता का भाव होना चाहिए। दिव्यांगों के प्रति, पशु-पक्षियों के प्रति, जिससे वह उनके दुःख-दर्द को समझ सकें तथा उन्हें दूर करने में उनकी सहायता कर सकें।

इन्हीं सब गुणों का एक विद्यार्थी के मन में बीजारोपण कर हम उन्हें एक श्रेष्ठ नागरिक बना सकते हैं। उन्हें उनके कर्तव्यों से भली-भांति परिचित कराकर ही हम देश को सफलता के मार्ग पर अग्रसर करने में सफल हो सकेंगे।



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Hubs Of Learning – Reports from various CoE regions



Hubs Of Learning Activities

Hubs of learning are clusters of 4-5 neighborhood schools for the purpose of collaborative growth, promotion of self-improvement and enhancement of quality education. The following Hubs from Various CoE regions have been found to be most dynamic in conducting various activities during 2022.

https://cbseacademic.nic.in/web_material/Manuals/Latest%20Hubs%20of%20Learning.pdf

or

[https://cbseit.in/cbse/web/hubsAspxAutoDetect\(CookieSupport=1&AspxAutoDetectCookieSupport=1](https://cbseit.in/cbse/web/hubsAspxAutoDetect(CookieSupport=1&AspxAutoDetectCookieSupport=1)

Hubs Of Learning – Reports from various CoE regions

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HoL Report of RJ 0382 from CoE Ajmer

Lead Collaborator – Delhi Public School

NH-8, Jaipur Ajmer Highway, Jaipur 302026

Affiliation Number: 1730217

Member Schools

1. Brightlands Girls Senior Secondary School, Vaishali Nagar, Jaipur. Affiliation Number: 1730213
2. Indo Bharat International School, Unit II, Bhankrota, Jaipur. Affiliation Number: 1730231
3. Janta Girls Public School, Mansrovar, Jaipur. Affiliation Number: 1730233
4. My Own School, Shyam Nagar, Jaipur. Affiliation Number: 1730239
5. Rawat Public School, Bhankrota, Jaipur. Affiliation Number: 1730963
6. R K International School, Bhankrota, Jaipur. Affiliation Number: 1730998
7. Narayana E-Techno School, Gandhi Path, Jaipur: Affiliation Number: 1730989
8. SBIOA Public School, Mansarovar, Jaipur. Affiliation Number: 1730237
9. Sophia School, Gandhi Path West, Jaipur. Affiliation Number: 1730921



Summary of activities conducted in the session 2021-22

Session 1

Date: July 24, 2021

Topic: Cultivating Curiosity In Young Minds

Host: Janta Girls Public School

A total of eight schools participated in the session. The key points discussed in the session were the importance of building curiosity in children; curiosity building activities for small children;

Curiosity-building activities for teenagers and Life Lessons on Curiosity. Curiosity is the key to learning and problem-solving. Curiosity building develops qualities like being fearless, empathetic, and knowledgeable.

Session 2

Date: August 25, 2021

Topic: Open Book Exams Can Bring A Revolutionary Change In The Indian Education System

Host: Maheshwari Public School, Bagru

The session witnessed the active and dedicated participation of students of all eight member schools. They vociferously expressed their opinion in favor and against the motion.



Session 3

Date: October 23, 2021

Topic: Art Connects Math

Host: Brightlands Girls Senior Secondary School

The session emphasized that integrating Math with other art forms enhances understanding the otherwise seemingly tricky subject. It makes absurd concepts realistic.

Session 4

Date: January 20, 2022

Topic: Competency And Outcome Based Learning

Host: SBIOA Public School

A total of eight schools participated in the session. The key points discussed in the session were the teaching strategies and their domains, learning strategies and their domains, and the characteristics, advantages, and benefits of competency-based education.



Session 5

Topic: Financial Literacy Training

Host: Delhi Public School

The session, attended by 107 teachers, aimed at sensitizing them regarding their financial investments. The key points discussed were finance basics, retirement plans, and future investments. Teachers received valuable learnings about the tax deduction policy to manage the taxes and prepare themselves for unexpected emergencies.



Session 6

Date: September 29, 2022

Topic: Career Fest

Host: DPS Jaipur

Students of classes IX-XII attended the Career Fest at DPS Jaipur to elevate and enrich education and career prospects and to facilitate their opportunities in social, political, and economic fields. Students got a chance to meet the professionals of 15 prestigious Indian Universities and 15 Foreign Universities and to participate in the panel discussion on "New age careers and Careers of the Future." Around 1000 students from DPS, Jaipur, and hub member schools attended the fest.

Session 7

Date: October 8 - October 11, 2022

17th C L Jaipuria Memorial Tournament, 2022

Around 2000 participants from 37 CBSE recognised schools of Jaipur, including the hub member schools, participated in 13 sports events, including Football, Handball, Volleyball, Basketball, Badminton, Chess, and Relay Races.



HoL Report of Sri Sri Ravishankar Vidya Mandir, Bengaluru East from CoE Bengaluru

When CBSE launched the Hubs of Learning, we saw this initiative as an opportunity and a challenge to ensure that we collaborate and work to bring out the best in teachers, students, and all stakeholders. This fantastic initiative of CBSE about creating 'Hubs of Learning' to encourage collaboration among schools was welcomed with open arms by us, as teachers and students could share ideas and learn from each other. This opportunity would help teachers improve classroom practices, modify their teaching by understanding how others function, and contribute to their continuous professional development.



Hub Meeting

CBSE has given us so much learning through this Hub and ensured the active participation of all the schools. During the hub meetings, we discussed how we could enrich and uplift each other.



Planting Saplings In School Campus

Students participated in several collaborative and experiential activities to ensure active learning was happening. By providing such opportunities, children learned to observe, experiment, stretch their imagination, discuss, interact and share their ideas. These activities made their learning more joyful and helped them to build future-ready skills like presentation, communication, problem-solving, team building, and critical thinking.

We conducted numerous skill development activities to help them discover their inherent potential and enhance their creativity.



Hand On Learning



Karnataka Rajyotsava Day Celebration

We have collaborated in various areas like experiential and active learning, skill-based learning, arts and sports pedagogy, capacity building of teachers, and holistic development of children through life skills and value-based education. These activities have helped students to make new friends and develop respect and openness to learning from each other. Contributions from COE and RO have also played a significant role and have been instrumental in making Hub of Learning fruitful and effective.



UNITY RUN

Our forthcoming agenda would be to implement Teacher Exchange Program for Grades 6 to 8 for our mentor schools where teachers can share their best educational practices.

Under the Student Exchange Programmes, the hub schools will receive learnings from Ek Bharat Shresht Bharat activities. This program would serve as a platform for our students to interact with their counterparts at mentor schools and collaborate by sharing ideas.

SSRVMBE was also honoured with the Bangalore Sahodaya 'Exemplary Hub of Learning' under the leadership of Principal Dr. Reshma Ganesh for being an Active Learning Centre of Collaboration and Promoting team spirit among CBSE Schools.



Conferred With Bangalore Sahodaya Exemplary Hub Of Learning For Active Learning Centre Of Collaboration And Promoting Team Spirit Among Cbse Schools By Bangalore Sahodaya Schools Complex Association

HoL Report of MP0168, Indore from CoE Bhopal



The 'Hubs of Learning' is an initiative launched by CBSE for the exchange of both physical and intellectual resources among neighborhood schools. The HOL MP 0168 consists of five schools- Choithram School Indore, Agrasen Vidyalyaya Indore, Ryan International School Indore, IPS Eastern Campus Indore, and Anusuya School Indore. Choithram School is leading the group.

Under the concept of 'Learning by Sharing', an activity was initiated by Choithram School, Manik Bagh, wherein the teachers and students from member schools were invited on October 1, 2022. Teachers and students attended separate sessions. Teachers shared the best practices taught in their schools to encourage the professional development of teachers, to bring together expertise for the improvement of all stakeholders, to experience the joyful learning, and create educational leadership that collaborates at all levels for accelerating progress.

More than 50 students from the group participated in diverse art and craft activities and creative clay pottery. The students enthusiastically adhered to the learning, created the artifacts, and shared the knowledge.



The student's session ended with the Dussehra celebration, which they witnessed along with their peers and enjoyed the excitement.



The primary motive was to discuss and share teachers' views on different aspects of the teaching-learning process. The teachers had an hour's discussion on the rewarding practices they follow along with the innovative initiatives they took at their schools. The debate also incorporated suggestions on curriculum mapping and designing activities.

The exchange of ideas was an experience that opened new vistas and blissful learning about the learning culture prevalent in different institutions. The meeting was fruitful as it aimed to give insight into the best pedagogical practices in various schools.

We will continue such teacher-student interactions in the future by incorporating various aspects.

Regards

Rajesh Awasthi
Principal
Choithram School, Indore

HoL Report of 0491 from CoE Bhubaneswar

Lead School – Brilliant Public School, Bahatarai, Bilaspur, Aff No. – 3330074

Member School – St. Francis Hr. Sec. School, Ameri Road, Bilaspur, Aff. No. 3330058

Member School – Intelligent Public School, Ratanpur, Aff. No. – 3330266

Member School – Maa Kalyanika Public School, Pendra Road, Bilaspur, Aff No. – 3330259
(Inactive due to distance. It is more than 80 km far)

1. April, 2022: Inter School Quiz on Social Media and Cyber Safety- To evaluate the knowledge of the participants within academics as well as beyond academics. It is a unique and exciting way to motivate, inspire, encourage and reward children in their quest for knowledge. The objective behind Quiz on **Cyber Safety** is deepening students' knowledge on cybercrime and how to keep themselves safe while using Internet. The Quiz was conducted by a neutral authority **KIPS Publication**. 12 students of Grade 8, 9 & 10 of three member schools participated and more than 200 students witnessed the event. It was organized by the Lead Collaborator Brilliant Public School, Bilaspur.



HoL-0491, Inter School Quiz

2. June 2022: Many in Body One in Mind: Inter HoL Mass Suryanamaskar on the occasion of International Yoga Day – To understand the importance of yoga that “embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being” according to the message of our Honorable Prime Minister, Shri Narendra Modi. A total of 60 students and in-charge teachers of more than 13 CBSE Schools of Bilaspur district, along with around 300 students and teachers of Brilliant Public School, attended the Suryanamaskar occasion. Bahatarai became part of this International Yoga Day event organized by



HoL-0491, Inter HoL Mass Suryanamaska on IYD

3. July 2022: Spreading Social Awareness through Plantation Drive by conducting various activities like Nukkad Natak, Slogan Writing, Drawing, best out of waste activity, plantation of saplings, Distribution of Saplings/plants, paper bags, etc. All three schools of HoL-0491 conducted these activities in their schools and then shared their pictures, videos, and experiences with each other. Through this activity, students realised their responsibilities towards nature and expressed and shared their feelings through Posters, Nukkad Natak, Slogans, etc. Over 500 students from all three schools ie Intelligent Public School, St. Francis Hr Sec School, and Brilliant Public School participated in this project.



HoL-0491, Spreading awareness through Plantation Drive

4. August 2022: Capturing Aspiration: Photographic Campaign to Eradicate Hunger and Poverty – an experiential and fun-infused event to enliven the **UNSDG Goals** – SDG-01 **Zero Hunger** and SDG-02 **No Poverty**. Students of Grades IX to XII of all three schools, i.e., Intelligent Public School, St. Francis Hr Sec School, and Brilliant Public School, participated in this project. This project developed sympathy and empathy and will help students become sensitive and responsible citizens.



Hol-0491, Capturing Aspiration: Photographic Campaign

5. September 2022: Rendezvous 2022 – was an initiative to ensure the enhancement and quality of education and achieve educational equity in the community through various methods. This **Teacher Led Training** envisages guaranteeing the quality of education and its enhancement and achieving educational equity in the community through multiple methods. This event aims to make the teachers understand students' academic and psychological needs post-COVID, brainstorm efforts and ways to connect better with students, understand the importance of Project Based Learning, and make classrooms active by adopting new learning strategies. St Francis Hr Sec School, Bilaspur, organized the training. It was an intellectually stimulating gathering of over 200 teachers, and distinguished speakers from the three partner schools participated. Brilliant Public School gave an insight into Project Based Learning; Intelligent Public School highlighted the New Learning Strategies and St. Francis Hr. Sec. School spoke about the challenges and solutions to bridge the post-COVID divide among students. Teachers got an insight into project-based learning, which allows students to apply content knowledge and support the development of 21st-century skills like critical thinking, creativity, and communication. With the right strategy and appropriate teaching methods, a teacher can help students enhance their skills and abilities and foster better learning



HoL-0491, Teacher's Led Training

HoL Report of DPS Udhampur from CoE Chandigarh

Dr. Kunal Anand, Dy District Training Coordinator CoE Chandigarh & Principal DPS Udhampur presented a video on HUBS of learning & Azadi Ka Amrit Mahotsav at the National Conference on Inclusive Education held at Jammu on 21st & 22nd Oct. 2022. The presentation included various cultural and digital activities. He stated that the Jammu region houses 14 HOLs, and all LCs work dedicatedly for the same. It also highlighted HOL activities conducted from time to time. Four LC schools: Jammu Sanskriti School Jammu, DPS Udhampur, Model Academy & APS Janglote activities partook in the presentation. This included a beautifully composed video by the teachers of DPS Udhampur depicting the oneness in the culture of Jammu and Kashmir.

What are Hubs of Learning?

- Hubs of Learning are formed as clusters of 4-6 neighborhood schools each for collaborative growth, promoting self-improvement,, and ensuring the quality of education.
- It is a part of the board's policy to share, cooperate and learn from each other by forming a small cluster of schools into Hubs of Learning - for collaboration among schools for quality enhancement.
- Create a culture of support and healthy interdependence across different areas of teaching-learning, viz. curriculum planning, teaching-learning activities, and other school practices.
- Provide an opportunity to share a repertoire of ideas and instructional and assessment strategies that would help individual teachers to improve classroom practices and contribute to their continuous professional development

HOL Jammu: Jammu region houses 14 HOLs

Delhi Public School Udhampur Mentor School

Mentee Schools: Army Public School Dhar Road, KV No 2 Chennai, JNV Jagnoo, KC Gurukul Udhampur

Activities Conducted:

- DPSU hosted Virtual English Declamation Competition on World Literacy Day where Head CoE Chandigarh, Ms. Anjali Chhabra, was the Chief Guest & District Training Coordinator, Dr. PK Shrivastava, was the guest of honour.
- Inter School Mono Act Competition on the occasion of Hindi Divas Akel Abhinaya
- Fit India Initiative for Teachers under Hubs of Learning, where teachers from all the Mentee schools participated in Track & Field events, Athletics, Tug of war, Yoga, Zumba & Aerobics
- Go Green "Plantation Drive" on Van Mahotsav day under Hubs of Learning.

- April 1 as an April Cool day and not April Fool's Day, the most significant initiative under HUBS of learning by DPSU, to celebrate April 1 as April Cool Day, during which teachers planted saplings on the school campus.
- Hosting 1100 Tricolors in 121 minutes on 15th Independence Day 2020 and made a World Record
- Students of DPSU lighted 7500 Divas on 15th Independence Day 2021
- The culmination of 1 year-long Azadi Ka Amrit Mahotsav at DPSU with 7500 National Flags on August 15, 2022, along with APS Dhar Road, KV Chennani & KC Gurukul School

Mentor School Jammu Sanskriti School

- **Mentee Schools:** APS Mira Sahab, APS Kaluchak, Stephens International, Banyan International & Bhargava Public School.

Activities Conducted:

- Being the Mentor School, JSSJ conducted the annual meeting with all Mentee School Heads to discuss the yearly activity calendar and teachers' development programs to be undertaken under HUBS.
- JSS ensures to conduct diverse activities for physical and mental well-being. They hosted one such program on international yoga day with the theme HAPPINESS YOGA and included all HOL schools.
- Banyan International School Mentee School organized an event, "Artist Within Me," for teachers encompassing inter-school multi-activities under the Hubs of Learning Program to ensure the rejuvenation of the faculty in schools under HOL.
- Workshop on "BE A CHANGE MAKER "under Hubs of Learning. This activity aimed to brief the school of HOL about how they can bring change in their system to yield positive output.
- Bhargava Public School conducted a HOL activity whereby the Mentee Schools, namely, Army Public School Ratnuchak, Banyan International School, Stephen International School, and Jammu Sanskriti School, were extended invitations.

Model Academy school Jammu, Mentor School

Mentee Schools: Army Public School Jammu Cantt, Airforce Public School, KV No.1, RRL School, APS Damana

Activities conducted:

- APS Jammu Cantt hosted Inter school Green Earth skit competition on the occasion of Earth Day

- A workshop on “Indian Sign Language” was conducted.
- Model Academy conducted a Workshop on the Basics of Braille for teachers.
- Poster making competition organized on National Unity Day for all schools
- Inter-school Patriotic songs on account of the Independence Day Celebration under Hubs of Learning

Army Public School Janglote Mentor School

Mentee Schools:

Jammu Sanskriti School Kathua, JK Public School Kathua, KV No 1 Kathua, Convent School Kathua

Activities Conducted:

- APS Janglote conducted Teacher’s empowerment program under Hubs of Learning

HoL Report of Om Sadhana Central School from CoE Chennai

A learning hub is a technology-rich learning environment with physical and virtual components that provide formal and informal opportunities for learners to come together with peers, teachers, and other experts in their field. Schools must learn from each other and partner to augment their self-improvement.

Being the Lead School, the Principal of Om Sadhana Central School conducted an online meeting on 29th January 2022 for the member school principals. All the members decided to share the new learning experience in the discussion.

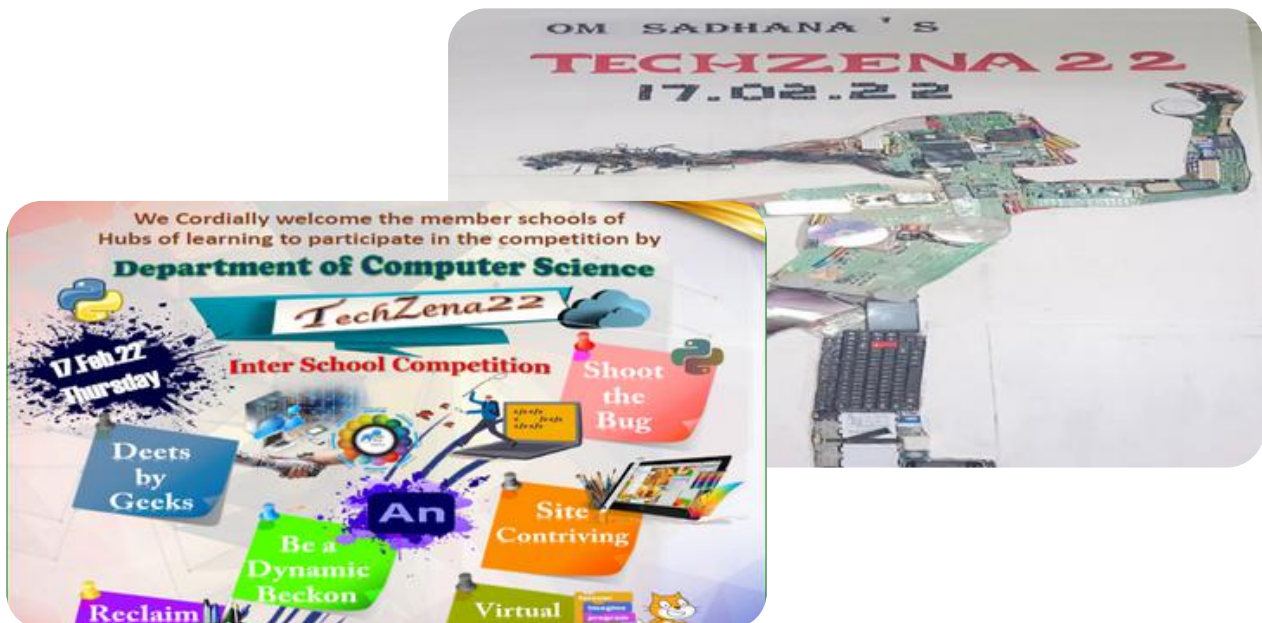
KMR International School organized the unveiling ceremony of Thiruvalluvar Square at their school premises. Many hub schools participated, and kids portrayed the Poet Thiruvalluvar.





Swami Vivekananda Vidyamandir Senior Secondary School celebrated National Science Day on 28th February with our hub schools. Our school has extended gratitude to the guests for joining us in this celebration. We shared our knowledge and research regarding various science topics and had a wonderful time together!

It is an excellent opportunity for our HUB schools to showcase our student's talents and encourage them to work harder.



17th February 2022 at Om Sadhana Central School. Six schools registered for the program from the eight hubs of schools invited.



SBOA CBSE Senior Secondary School conducted a cultural fiesta, SIRPANGAL 2022. Many students from the hub Schools participated and won prizes.



“TechZena22,” an Inter School Competition organized by the Computer Science department – on 17th February 2022 at Om Sadhana Central School. Six schools participated in the competition from the eight hubs of Schools invited.

Innovative pedagogies were adopted and executed by the students. Each group was categorized and judged by the panel of faculties. The winners of each category were announced and given prizes. SBOA CBSE School grabbed the overall trophy. It was the most enlightening moment of the whole event.



NMS School conducted EUREKA – Science Expo 2022 on the 24th & 25th of June 2022. All the students who witnessed the Expo learned through beautiful experiments.

These are some ways in which the schools are sharing, cooperating & learning from each other as Hubs of Learning!!

HoL Report of S.D. Public School from CoE- Dehradun

Hubs Of Learning Lead School: - S.D. Public School

Affiliation Number- 2130006

Address-Patel Nagar, Bhopa Road, Muzaffarnagar, U.P. -251001

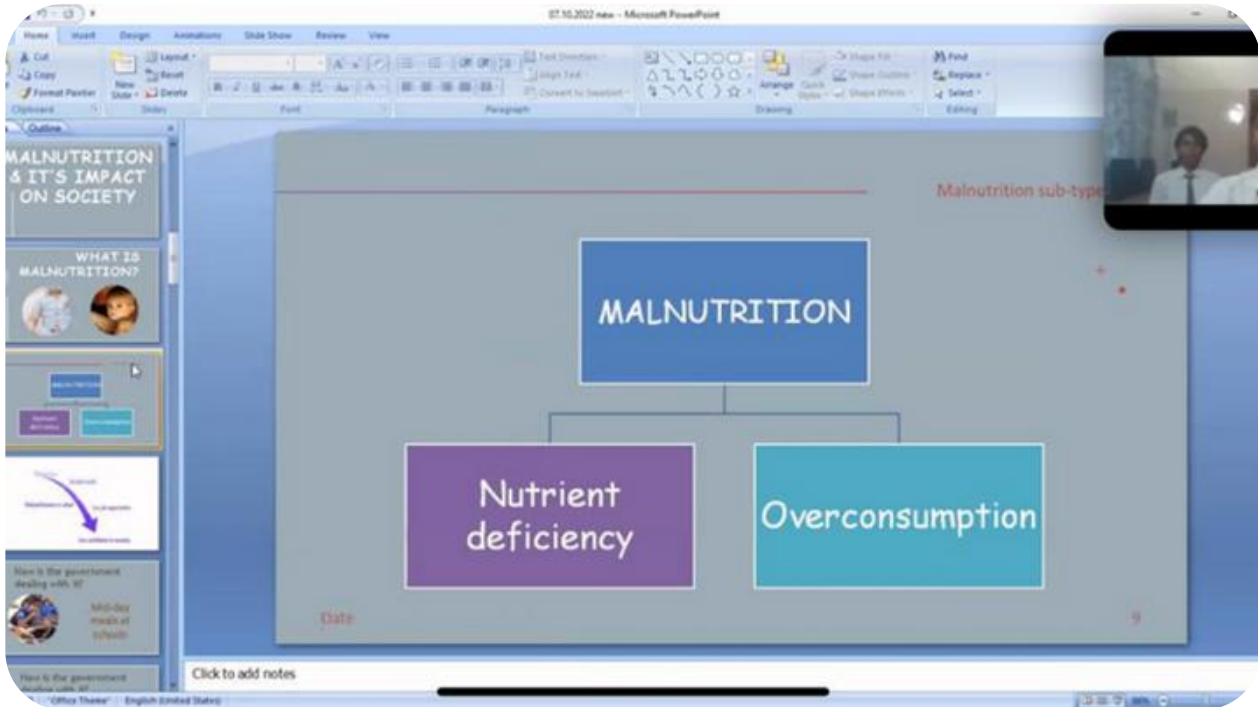
Name of Member School	Affiliation Number	Address
Shri Ram Public School	2131653	Saini Nagar, Khatauli, District- Muzaffarnagar U.P.-251201
Silver Oak Public School	2131674	Shamli Road, Pinna, District- Muzaffarnagar U.P.-251001
Spring Dales Public School	2131677	G.T. Road, Mansurpur, District- Muzaffarnagar U.P.- 251203
Himalay Public School	2132886	Saharanpur Road, Rohana, District- Muzaffarnagar U.P.-251202
Delhi Public School	2132893	NH-58, Bibipur, District- Muzaffarnagar U.P.- 251001

S.D. Public School conducted a webinar for the students and staff of all partner schools on 7th October 2022. The topic was "Nutrition Health and Sanitation." The best part of this activity was that peer educators conducted the entire webinar: Guncha Jain Class XII, Nidhi Dhawan Class XII, and Nandini Rai Jain Class XI, under the guidance of Mrs. Anita Datta (Principal), Mrs. Monika Sharma (Health and wellness teacher), and Mrs. Anupma Varshney (PGT Psychology).



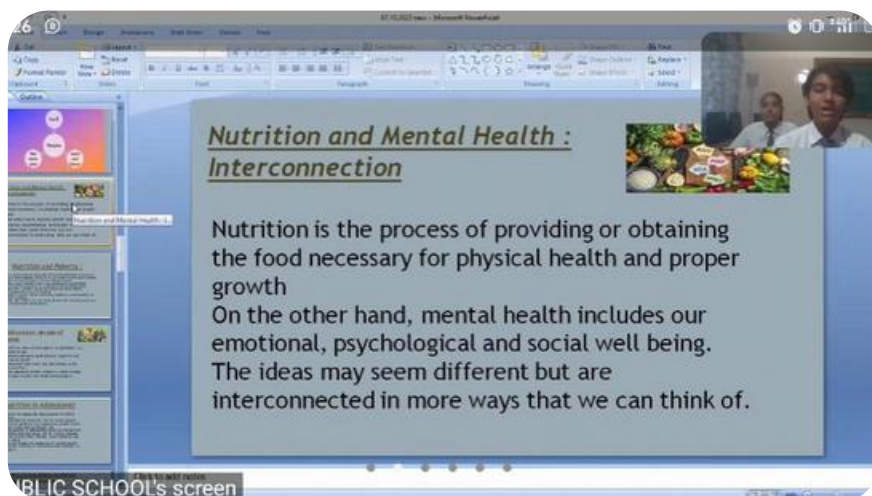
*Peer educator Gunch Jain, Nidhi Dhawan
Principal Mrs. Anita Datta, Health and
wellness teacher Mrs. Monika Sharma, PGT
psychology Mrs. Anupama Varshney and
Peer educator Nandini Rai Jain.*

Peer educator Guncha Jain explained the importance of nutrition: She described the impact of malnutrition on our health, society, and the country's economy. Along with the government's schemes to combat malnutrition in our country, The benefits of a healthy and balanced diet, the classification of nutrients, and variables that affect nutrient needs.



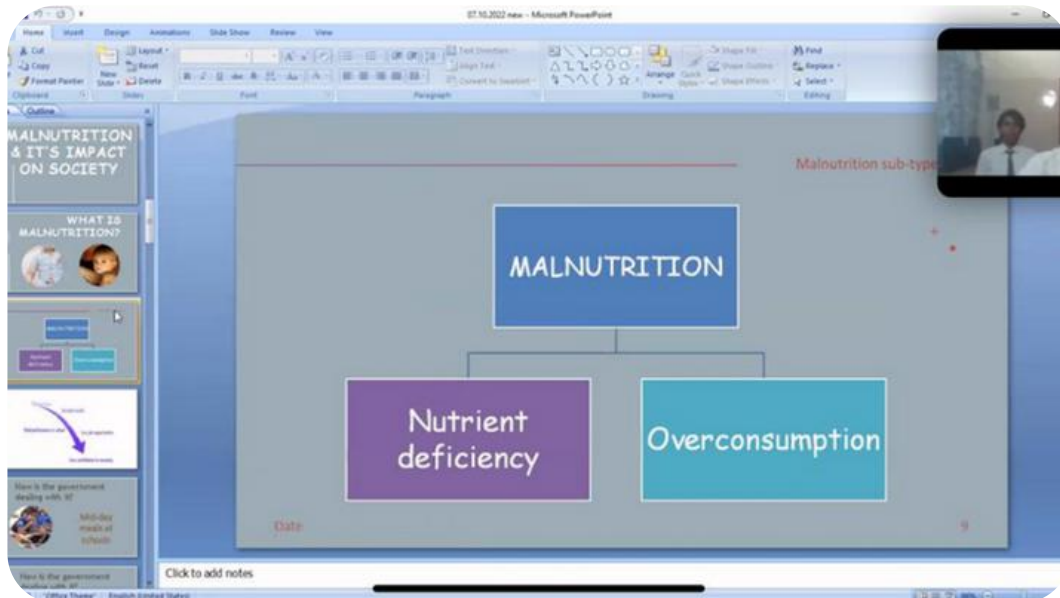
Peer educator Guncha Jain explaining malnutrition

Peer educator Nidhi Dhawan explained the interconnection of nutrition with Physical and mental health. Emphasizing the importance of psychological and physical well-being. The topics of nutrition and puberty, adolescence and age of changes, nutrition and adolescents, the consequences of a disturbed or unbalanced diet, effects of eating disorders, and food to be eaten to improve mental health were also explained



Peer educator Nidhi Dhawan explaining the interconnection between Nutrition and mental health

Peer educator Nandini Rai Jain explained the importance of sanitation. She explained why personal hygiene, house, kitchen, and washroom sanitation are essential for us. She also demonstrated ways to clean the kitchen, keep your washroom, body, and hair clean, and precautions to take during the menstrual cycle.



Peer educator Nandini Rai Jain explaining sanitation

All member schools appreciated the initiative and found this webinar informative. All member schools also enjoyed presentation skills and content.

Proposed Activities in Coming Months: -

Workshop on Cyberbullying and Safe use of the Internet: - As a HOL lead School S.D. Public school Muzaffarnagar plans to conduct a workshop on the safe use of the Internet and cyberbullying for the students at HOL member schools. Cyber experts and the cyber police branch will do this workshop.

HIV/AIDS Awareness Session: - The school is planning to conduct special HIV/AIDS awareness counseling sessions for senior classes of HOL member Schools on 1st December (World Aids Day). It will be an interactive session with quizzes, group discussions, activities, and expert lectures. We are also planning to conduct interaction with HIV-positive/ Aids Survivors with our volunteers; so that they can better understand the experiences and feelings of an HIV-positive/ Aids Survivor.

Workshop on Prevention and Management of Substance Misuse: -School will conduct a workshop/train-the-trainer program on substance misuse for the students at HOL member Schools. This workshop will invite volunteers/ peer educators from HOL member schools. They will receive training on conducting a workshop in their respective schools on preventing and managing substance misuse.

During these sessions, we also promote a campaign of taking the pledge "say yes to life, say no to drugs" in other schools. An "I Decide" club will be formed in each school to create awareness about substance abuse problems.

HoL Report of Bharatiya Vidya Bhavan's Mehta Vidyalaya, New Delhi from CoE Delhi East

Bharatiya Vidya Bhavan's Mehta Vidyalaya, Kasturba Gandhi Marg, New Delhi 110001 Affiliation No. 2730011 /Delhi Kannada Senior Secondary School, Lodhi Estate, New Delhi 110003, Affiliation No.2774013, Kerala Education Society Senior Secondary School SMS Marg New Delhi 110001, Affiliation No. 2774009, Andhra Education Society Dr. DDM Sr. Secondary School, 1 DDU Marg, ITO, New Delhi 110002 Affiliation No. 2778034

Our school BVB Mehta Vidyalaya has an active involvement in 'Hubs of Learning' with a mission to create an environment of collaboration for learning guided by 21st-century skills.

Bharatiya Vidya Bhavan's Mehta Vidyalaya continued its series of webinars on 'Electronics and Robotics' under the leadership of Dr. (Mrs.) Anju Tandon, Principal Mehta Vidyalaya, on April 20, 2022. The fourth webinar was where Mr. Mukesh Chugh, TGT Computer Science, Mehta Vidyalaya, was the resource person. There were approx. 45 participants attended the webinar. The webinar started with a quick recapitulation exercise of all the previous concepts taught in the last three webinars. The participant students answered all the questions and set a learning environment for the current session. Mr. Mukesh Chugh was delighted to hear the students' responses and interest and appreciated the participants' willingness. The practical experience of making an automatic car was the most exciting feature that motivated each participant student to continue the session. They were eager to buy their raw material and assemble such vehicles themselves. It was indeed an engaging and fruitful session, and all the students demanded to keep more such sessions in the future.

Bharatiya Vidya Bhavan's Mehta Vidyalaya, K.G. Marg, and Kerala Education Society Senior Secondary School organized a 'Physics Projects for Class XII' workshop on May 13, 2022. The workshop focused on the students of class XII- Science stream to give them more ideas to incorporate into their projects. Mrs. Yamuna Shekhar, Vice Principal, Kerala School; Mr. Amit Jain, PGT Physics, BVB Mehta Vidyalaya; Mrs. Annu Sagar, PGT Physics, BVB Mehta Vidyalaya and Mrs. Sudha Krishnakumar from DTEA School were the resource persons. 36 students participated from all three schools.



Engaged in doing Physics project work



Resource person as a facilitator

The workshop focussed on vital activities that were beneficial for the students and were thoroughly engaging. It was indeed a fruitful session.

The school also hosted an Inter-school football match on the 22nd of July 2022 for the Hubs Schools. The game was between Bharatiya Vidya Bhavan's Mehta Vidyalaya and Kerala School. The coaches of both teams were there to supervise the match. Both teams had 09 members, with a goalkeeper on both sides of the playground. Both teams were equally strong and showed excellent performance and skill. The moment of the day was the photograph time when both the teams stood together with their impartial coaches to capture it.



*Principal BVB Mehta Vidyalaya
encouraging each player*



*A quick guideline to the players
by the coaches*

It was a friendly match where each team played with true spirit, and I look forward to more such games in the future. **Hubs of Learning project is continuously moving ahead with the mantra of spreading knowledge by sharing resources.**

HoL Report of Modern Public School, Shalimar Bagh from CoE Delhi West

Modern Public School, Shalimar Bagh, hosted the CBSE Hub of Learning Programme as the leading school on 15 February. The Presidium School, Ashok Vihar, and New Shalimar Public School, Shalimar Bagh, were amongst the attendees. (All schools received intimation through the mail .) However, other government schools did not show up.

The lead school provided a common and shared platform across different areas of teaching-learning, viz. curriculum planning, teaching-learning activities, and other school practices. It focussed on skills, art and sports, capacity building of teachers, and holistic development of the child through life skills and value-based education. The topic of discussion was planning and designing the online curriculum and activities following the **UN Sustainable Development Goals**, which focus on developing people, protecting the planet, fostering peace, ensuring prosperity, and engaging in collaborative partnerships. Activities were designed and planned around these goals so that children could be sensitized and equipped with the knowledge, values, and skills necessary for effectively responding to the most significant challenges of this century and shaping a sustainable and prosperous world for all.

Under the lead collaborator, the Hub called for another meeting on 12 May to discuss the blending modes of teaching so that the students could learn both offline and online formats. The idea was to keep the number of students inside the class minimum. The member schools responded well so that they could work productively and fruitfully to make a meaningful contribution to the community.

Modern Public School, Shalimar Bagh, is committed to mitigating the risk arising from climate change. As a small step in this endeavour, the Eco Club of the school initiated 'The Environment Conclave - प्रण से परिवर्तन', an inter-school event on 26 July 2022. The program entailed many engaging activities developed on six environmental themes identified to generate awareness amongst future generations to combat climate degradation—the guest of honour, Dr. B.C. Sabata, former Senior Scientific Officer, Department of Environment, addressed the future generation and enlightened them on Environmental crises faced today and the pivotal role they can play for a sustainable planet. Resource person Mr. Pravin Mishra, a renowned environmentalist, organized a training session for all participants on the science of urban gardening. Each school under the Hubs of Learning has been assigned the task of designing an innovative eco-friendly solution to a societal problem as per the theme chosen by them and would mediate it in the coming sessions of this conclave. The event turned out to be genuinely informative and helped in fostering environmental consciousness in our green warriors.





HoL Report of Government Sr Sec School, Sombaria from CoE Guwahati

Affiliation No: 1820031

School Code: 37260

CBSE HUB OF LEARNING ACTIVITIES 2022

Government Senior Secondary School Sombaria, a lead school, along with neighbourhood schools, organised various activities to ensure the quality of education in schools. Due to COVID- 19, pandemic schools managed multiple programs offline. Below, we have included some selected activities conducted so far among a cluster of neighbourhood schools:-

Hub Activities

1. Azadi Ka Amruth Mahotsav

The various programs were organised under the banner of AKAM to foster a sense of love, gratitude, and respect for our great nation and to remember and acknowledge the immense contribution and sacrifices rendered by our great freedom fighters of the past. The programs organised include:

- Patriotic rally
- Patriotic song competition
- Patriotic Poem recitation competition



2. Swachta Abhiyan

Sombaria Sr Sec School and neighbourhood schools jointly executed a cleanliness and plantation drive in and around the school. They cleaned every nook and corner of the school and its premises as part of the program. This activity extended to the Bazar and hospitals. Unfortunately, several unwanted plants accumulated at those places because of the monsoon period and constant rain. Hence, it had become indispensable to weed out those plants. The Principal also administered Swachta pledge.



3. Poshan Maah

We organised painting competitions and house board decorations to teach the values and importance of food items in school. The Programme aims to spread the importance of cleanliness and hygiene.



HOL Report of Parvati Radhakishen Fomra School from CoE Noida

We formed Hubs of Schools as per CBSE circular No. Aff-12 dated: 09th March 2019, with the aim of Collaboration among affiliated schools for self-improvement and quality enhancement. A set of 5 schools led by the Lead Collaborator school initiated Hub formation and included:
Lead Collaborator School: PARVATI RADHAKISHEN FOMRA SCHOOL, MATHURA.
Code: UP2101

Member Schools:

M D JAIN PUBLIC SCHOOL, KOSI KALAN, MATHURA, UP
SMT ANGURI DEVI PUB SCH, HULWANA, CHHATA, MATHURA
NISHKALANKA MATA SCH, VILL & PO JAIT, MATHURA, UP KANHA MAKHAN MILLENNIUM SCH, AGRAVATIKA, MATHURA B. G. B. BRAJ EDUCATION ACAD, MAHAWAN, MATHURA, UP
Two new schools joined the group in 2022, namely:
VATSALYA PUBLIC SCHOOL, GOVERDHAN, MATHURA, UP
BABU DAUDAYAL ADVOCATE SARASWATI VIDYA MANDIR, MAHOLI, MATHURA, UP

Hub of schools meeting is conducted from time to time to plan the course of action for every session regarding resource sharing, teachers training, and workshop every year. Our Hub organised the primary teacher workshop on 29/0/2019 in online mode. Online sessions to conduct online classes and assessments to facilitate teachers across schools in 2020.

In 2021 Online and offline sessions of Orientation on NEP 2020 in skill development by Dr. Biswajit Saha, enhancing soft skills in the teaching-learning process by Kulbhushan Jad, mutual exchange of preboard question paper and answer key with uniform Timetable across Hub school. Conduct subject-specific webinars by subject experts of schools for internal training purposes focused on classes X and XII, detailing recent changes in evaluation patterns. We also conducted an online Webinar on Art-Integration by Gayatri Khanna to share best practices and enhance student collaboration. Finally, we scheduled a virtual workshop on learning objectives and outcomes for teachers.



An interschool slogan writing competition on “Covid Safety Protocol” was arranged for classes 1 to 5. Students enthusiastically took part, and winners received E-certificates. Attendees of the offline session received certificates of participation in the workshop for their valuable contribution in sharing their experiences and learnings.

We also conducted one-day financial literacy training Under the Director of Skill education, CBSE, for PRFS and newly added school teachers.



Principal

Kulbhushan Jad

HoL Report of Delhi World Public School, Bhiwani from CoE Panchkula

“Unity is strength when there is teamwork and collaboration, wonderful things can be achieved.”

Mattie Stepanek

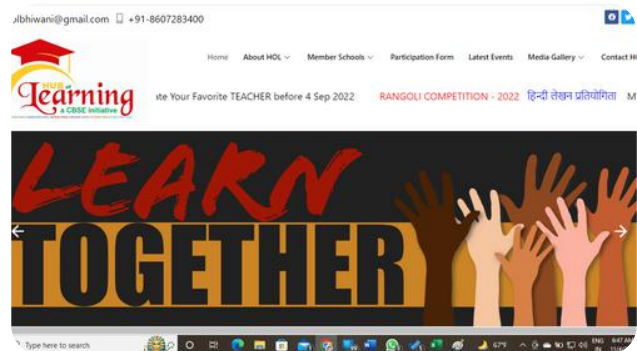
With the view of “togetherness” Hub of Learning, Bhiwani “Star Cluster” started its journey. Delhi World Public School, Bhiwani, is the Lead School, and under the guidance of Dr. Anita Sharma, the seed of HOL has become a plant and spreading its branches. The work of our HOL continued even during the Lockdown. The member schools helped each other wherever required.

As most of the member schools are competitors of each other, it took work to bring them under the same roof. We started with regular meetings to develop faith and respect for each other.



Principals of all member schools and the Lead School assembled for a meeting at B.K. Senior Secondary School, Bawani Khera (Bhiwani)

We decided to have a Logo, Name, Website, and Social Media accounts during the meetings. Without delay, the member schools started their work; as a result, our Hub possesses all the abovementioned things.



Logo of Hub of Learning, Bhiwani "Star Cluster"

Website of Hub of Learning, Bhiwani
"Star Cluster" www.holbwn.in

The website took all six member schools on a single platform. If a person wants to visit the website of all these six schools, he need not search them separately. We have linked the websites of all these member schools to this single website. It helped to create belongingness and togetherness.

The website contains information regarding upcoming events and the reports and results of the concluded events. We also collect the participation forms through our website. The website contains the contact details of all the schools. Along with all these, it also has an enriched media gallery that speaks to the success of our Hub.

Nowadays, Social Media is an essential part of our life. The Hub assigned all the member schools duties of managing popular Social Media Handles. This way, we aim to popularize our Hub among the students and teachers of our member schools and our entire locality and worldwide.

Social Media Accounts

Facebook: <https://www.facebook.com/profile.php?id=100071932454717>

Instagram: <https://www.instagram.com/holbhiwani/>

Twitter: <https://mobile.twitter.com/holbhiwani>

The motto of our Hub is All Round Development of our Students and Teachers. If teachers are well trained, they can guide the students better. Keeping this view in mind, our Hub continually organizes Teachers' Training Programmes. Teachers from all the member schools attended these programs and benefited.



Training Programme organized at Delhi World Public School, Bhiwani

To develop a spirit of competition, we organise different scholastic and co-scholastic competitions for our students. As a result, member schools no longer hesitate to send their students to other member schools. They have a strong bonding between them. Details of some of the competitions and activities are as follows: -

- Volleyball Match: Delhi World Public School, Bhiwani
- Education Fair: Delhi World Public School, Bhiwani
- Seminar on NEP: Delhi World Public School, Bhiwani
- Painting Competition: BK Sr. Sec. School, Bawani Khera
- Essay Writing Competition: Vaish Modal Sr. Sec. School, Bhiwani
- Rangoli Making Competition: Bhiwani Public School, Bhiwani



City Sr. Sec. School, Bawani Khera participating in Rangoli Competition.

HoL Report of Jamshedpur Public School, Jamshedpur from CoE Patna

3400026	K VIDYALAYA SURDA GHATSILA SINGHBHUM EAST JH	3430051	JAMSHEDPUR PUB SCH NEW BARIDIH JAMSHEDPUR JH	JHARKHAND
3430051 LEAD SCHOOL	JAMSHEDPUR PUB SCH NEW BARIDIH JAMSHEDPUR JH	3430051	JAMSHEDPUR PUB SCH NEW BARIDIH JAMSHEDPUR JH	JHARKHAND
3430151	S N S VIDYA MANDIR PO GHATSHILA E SINGHBHUM JH	3430051	JAMSHEDPUR PUB SCH NEW BARIDIH JAMSHEDPUR JH	JHARKHAND
3430223	AIWC ACAD OF EXCELLENCE JAMSHEDPUR SINGHBHUM E	3430051	JAMSHEDPUR PUB SCH NEW BARIDIH JAMSHEDPUR JH	JHARKHAND
3430293	NML KERALA P SCHL BHUYADIH AGRICO JAMSHEDPUR JH	3430051	JAMSHEDPUR PUB SCH NEW BARIDIH JAMSHEDPUR JH	JHARKHAND
3430395	SRI SRI VIDYA MANDIR KASHIDA EAST SINGHBHUM JH	3430051	JAMSHEDPUR PUB SCH NEW BARIDIH JAMSHEDPUR JH	JHARKHAND
3430715	BARIDIH HIGH SCHOOL	3430051	JAMSHEDPUR PUB SCH NEW BARIDIH JAMSHEDPUR JH	JHARKHAND

Lead School: Jamshedpur Public School

Our Vision: To Enhance Student & Teacher Enrichment Activities Through Collaboration

Our Motto: Together, Each Achieves More

1. The following in-house workshops were organized for the Hub member school teachers and principals.

- a. Gender Sensitivity
- b. Teaching & Learning Styles
- c. Violence in Schools
- d. Developing a Scientific Temperament among Students

2. **A joint workshop organised on E-waste Management** in association with Hulladek saw three of the HoL schools attending. As part of the event, Hub schools received E-waste bins.

3. **Sharing of Best Practices:** Attended by five HoL schools.

Students of all the participating schools presented one Best Practice of their school for other participating schools to emulate. Schools shared the following Best Practices.

- a. Use of Mind maps for teaching (Jamshedpur Public School)
- b. Safe Dismissal Process in school (AIWC Academy of Excellence)
- c. Student Engagement Activities (Kerala Public School, NML)
- d. Harmony and Excellence through Yoga (Baridih High School)
- e. Ayurveda in Curriculum (Sri Sri Ravishankar Vidya Mandir)

Future Plans: Conducting the following events in 2022-2023:

Nov: Atal Tinkering Lab- Innovation Fest

Dec: Inter School Science Fest, for HoL Member schools

Jan: Cultural Fest

HoL Report from CoE Prayagraj

In the last two years, we had to wait for the Corona pandemic to recede to start the work of Hubs of Learning.

This year under Hubs of Learning, all the schools have done some work with mutual consent. First, the Azadi ka Amrit Mahotsav started by celebrating it jointly with Gorakhpur Sahodaya Schools Association. All the participating schools expressed their gratitude towards the country by taking out a march of independence with a flag of 75 meters and slogan cards. In the second phase of the Azadi ka Amrit Mahotsav program, students from the schools presented cultural programs. The padayatra lasted about 4.5 kilometers long. During the padyatra, the children enthusiastically raised slogans along with the 75-meter-long tricolor.



Azadi Ki Amrit Padyatra (14th August 2022)

In the second program of Hubs of Learning, CBSE organized a one-day training workshop on 01/09/2022 at Alma Mater – The School. This workshop discussed Financial Literacy. More than 100 teachers participated in the workshop and got information from the resource person Shri Vinay Jain on different topics related to financial literacy.



One-Day Training Program on Financial Literacy (01st September 2022)

The third program of Hubs of Learning introduced a one-day training workshop on 23rd September 2022 at J P Education Academy under the guidance of the Center of Excellence (CoE), Prayagraj, the training division of CBSE. The theme of the workshop was Values Education. More than 60 teachers participated in the workshop. Principal Shri Balwinder Singh Ji, who came from Kanpur as a trainer, and Shri Tarun Rupani Ji, a Principal from Varanasi, organised the workshop.



One Day Training Program on Values Education (23rd September 2022)

In the fourth program under Hubs of Learning, a skit competition was organized on 1st October 2022 at Divine Public School under the guidance of the Gorakhpur Sahodaya Schools Association. Shri Asif Zaheer, General Secretary of Gorakhpur Theater Association, and Shri I H Siddiqui, a famous artist, and writer, judged the competition. Both the judges provided information related to theatrical performance to all the participating students.



One Day Training Program on Financial Literacy (01st September 2022)

HoL Report of The Modern School, Mumbai from CoE Pune

THE MODERN SCHOOL. Sicka Nagar, V.P. Road, Mumbai - 400 004

'Learning can happen anywhere and not just in the classroom' This aligns perfectly with the vision and mission of The Modern School, which constantly endeavors to create a community of learners and give back to society in terms of learning and growth. The entire team at The Modern School is invested in the collective consciousness to foster learning, create confident learners, and serve the community. From winning accolades in Inter School Competitions to focusing on safety measures in a Fire Drill, the fledgling CBSE school has hit the ground running despite the pandemic.

Within academics, students were encouraged to analyze and apply knowledge through innovative study and testing techniques.

Writing skills in English were taught innovatively. Students of Class 9 turned journalists and ran a newsroom creating a mock School Newsheet with groups of reporters dealing with different sections such as Science, Politics, Leisure, Sports, and an interview with a school teacher for their English project. Standard 10 learned about Saura Art in detail, created artwork depicting scenes from the Ramayana and Mahabharat mythologies, and wrote reports on the significance of the art in Odisha culture.

In Science, students learned to create mind maps of different concepts learned. Field Visits were incorporated into skill-based subjects with a visit to the local bank to study concepts in real-time in Banking and Insurance.

The Computer students created LAN, MAN, and WAN models as part of hands-on learning. In Science, Standard 7 made a homemade natural indicator from China Rose flowers while learning about Acids and Bases.

'Prevention is better than cure' – with this maxim in mind, the staff undertook several proactive initiatives.

The dental and eye check-ups promoted the importance of good health and hygiene. In both sessions, student volunteers, under the able guidance of their club in-charges, managed the smooth execution of the entire school, systematically undergoing the check-ups.

A Fire Safety session/Fire Drill was organised for all teaching and non-teaching staff. An Emergency response Team was set up, and fire drill norms were set up under professionals' guidance.

A mock Fire Drill was then organized for students and teachers to test and fine-tune emergency response capabilities.

The school held a special Cheetah Rehabilitation Awareness session in line with its vision to sensitize the students and make them responsible future citizens. Scientist Dr. C R Magesh from the National Museum of Natural History [under the Ministry of Environment, Forest and Climate Change, Government of India] visited the school on 15th September 2022 and spoke about the Reintroduction of the Cheetah in India. The assembly hall of 'The Modern School' was decorated with a cheetah theme. The students made and wore Cheetah masks.



Reintroduction Of The Cheetah In India

The students actively participated in the Daan Utsav Festival from 30th September to 7th October, learning the 'attitude of gratitude' towards those whose service in school, home, and society makes life smooth for all and towards those less privileged than them. Several activity clubs held weekly aim to expand innovative teaching beyond the classrooms.

The Heritage club has conducted sessions of interactive sensitization to local, national, and international heritage in its myriad forms. Also, students were taken on a tour around the Heritage structure buildings and appreciated the contrasts between modern and legacy structures. They dressed up in costumes from the different states of India and discussed the commonalities and differences in such diverse areas as fabrics, dressing customs, jewellery, and folk dances.

Using Scratch 2.0 standard, seven students are learning coding and gaming in the Coding club. Our school stood 3rd in the junior category in the C & D Ward Science exhibition held at Chandaramji School in Charni Road, Mumbai. Naman Sankhla and Lokesh Naik from standard 8 designed two video games that synthesized children's craze for playing video games with the need to sensitize them to environmental protection under the able guidance of the Computer and Science teachers. In August, students attended a Robotics Artificial Intelligence and Paper Plane-making workshop at the Nehru Science Centre.

In Social Science, students created models of Indian monuments and the solar system. Students of standard 6 created and enacted skits dressed up in costumes of different states to showcase and learn about Unity in Diversity. Students also made clay seals, pottery, and jewellery.

Azadi ka Amrit Mahotsav was celebrated with great zeal. The students organized a Prabhat Pheri, carrying posters with slogans on the freedom of India.



Prabhat Pheri

We conducted several activities like drawing and painting competitions, plays, dance, drama & poster-making contests. The school sets high standards for the students in the inter-house elocutions in Hindi, Marathi, and English. Students are encouraged to enact skits during assembly in all three languages to promote multilingualism.

One of our Science teachers, Ms. Dixita, participated in the CD Ward Science Exhibition, Teaching Aid category. She made a cost-effective and creative teaching aid. She created an innovative teaching aid with straws to teach concepts of Sound.

Karmayogi Divas is the day we appreciate "Selfless Dedication towards work." The Principal of The Modern School, Ms. Sangeeta Thacker, introduced the day. We celebrate this day by appreciating our Support Staff – Our peons and maids, for standing as pillars in the smooth functioning of The Modern School. As part of the Divas, we conducted various activities to entertain them. Students from all the classes prepared greeting cards. Finally, students received a token of appreciation and lunch. This heartfelt thought brought a big smile to their faces.



KARMAYOGI DIVAS

We will continue to work as a team for the betterment and welfare of our students.

HoL Report of Bhavan's Adarsha Vidyalaya, Kakkanad from CoE Thiruvananthapuram

Member schools:

CMI PUBLIC SCHOOL, THEVARA, COCHIN - AFFILIATION NO.930616

NAIPUNNYA PUBLIC SCHOOL, EDAKUNNU, ERNAKULAM - AFFILIATION NO.930610

SHOBHANA PUBLIC SCHOOL, KOTHAMANGALAM, ERNAKULAM - AFFILIATION NO.930600

ST. XAVIER'S PUBLIC SCHOOL, PULIYANAM, ERNAKULAM - AFFILIATION NO.930590

BRIGHT PUBLIC SCHOOL, KUNNACKAL, MUVATTUPUZHA - AFFILIATION NO.930585

Week-long Plasma Exhibition

Bhavan's Adarsha Vidyalaya, Kakkanad, and The Institute for Plasma Research, Gandhinagar, Ahmedabad, jointly organised a week-long exhibition, AURORAE 2022, a scientific outreach program on Plasma, the fourth state of matter. Dr. A V Ravikumar, Head Outreach Division, IPR, delivered the introductory remarks. Honourable Chairman of BV B Kochi CA Venugopal C Govind addressed the gathering. He said Plasma is present everywhere on earth, and humanity is yet to explore its wonders of it. Dr. V P N Nampoori, Emeritus Professor Dept Of Photonics CUSAT, was the day's guest, and he took a seminar for the teachers on 'Beauty in Art and Science.

Dr. A Vijakumar Emeritus Professor, Dept Of Mathematics CUSAT and Management Committee Member, BVB Kochi and Smt. Girija T S, Education officer, BVB Kochi, offered their felicitations. Sir K Suresh, Principal, Smt Bindu M R, Asst.Vice Principals and coordinators of the Education, Academic, and Research wings of BVB were part of the event. Around 200 Science teachers from All Kerala Bhavan's Schools and Professors and lecturers from various colleges attended the inaugural session.

IPR conducted training and seminars on Plasma, the fourth state of matter, and its application to students and teachers. The projects explained various applications of Plasma ranging from societal, industrial, medical, agriculture, and textiles to future energy generation from nuclear fusion. Around 1300 students and more than 100 teachers from various schools and colleges visited the exhibition and interacted with the experts. It was the first time Kerala hosted such an exhibition, and Prof M R Anantharaman, UGC-BSR Fellow, Dept of Physics, CUSAT, was the guest of the valedictory function. He addressed the students and said such exhibitions are inevitable in the present scenario as they would arouse curiosity among science aspirants. Smt. Jyothi P, Vice Principal, presented an overview of the week-long exhibition and said that scientists are an impending part of any nation for its growth and development. She also added that the purpose of conducting an event of this magnitude is to instill a scientific attitude and inspire students to pursue science in their future careers. Eighty students from Bhavan's Adarsha completed the training successfully. They explained the exhibits to others who visited the same. They received a certificate of appreciation from IPR. The teachers who attended the training received certificates and resource materials. Dr. A V Ravikumar, Head of the Outreach Division, expressed his gratitude and appreciated the management and Adarsha School for taking this initiative in conducting the week-long exhibition. Aurorae 2022 included a quiz on General Science, and Bhavan's Vidya Mandir Eroor won the first prize. Bhavan's Newsprint Vidyalaya Velloor and Bhavan's Vidya Mandir Elamakkara bagged the second and third prizes, respectively. A team of 8 experts from the Institute for Plasma Research, Ahmedabad, led the exhibition.



Reports on “Best practices of Schools” from various Regions



Regional Offices – School Reports

CBSE has 16 Regional Offices in India. Each region has selected a school based on its students' progress, achievement and overall performance of the school and the same, is published here. The purpose of the report is to provide a comprehensive overview of the school's best practices.

Reports on "Best practices of Schools" from various ROs

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Best practices of Mayoor School, Ajmer from Ajmer Region

Mayoor School, Ajmer

Affiliation No. 1730037

Mayoor School uses education as a catalyst to promote and teach the skills, values, and attitudes that enable our students to think and act globally. To lead healthy and productive lives, students need to equip themselves with the knowledge to combat sickness and disease. A healthy body develops a healthy mind, and a well-informed and exposed individual will make essential decisions for the future. To strengthen the bond of education with health in a coordinated and comprehensive manner, Mayoor School has been organizing events and practicing activities to infuse the health and wellness component as an integral feature of the school culture over the years. Below is just a glimpse of the efforts inculcated in the school to help achieve this goal.

Nutrition, Health, and Sanitation

'Poshan Abhiyaan,' the Government of India's flagship program, is celebrated in September every year, wherein multiple activities related to Nutrition awareness like group discussions and special talk shows. We also included an exercise to create a healthy menu card and poster making. The children were encouraged to share a nutritious meal with at least one child from the underprivileged sections of society living in their neighbourhood. The school conducted activities to understand the importance of a healthy and balanced diet. Our students prepared fresh lemonade, fruit salad, lassi, other healthy recipes, and a nutritious platter on April 13, 2022.

Also, fast food, packaged food, and aerated drinks are prohibited in lunch boxes and bottles. The school canteen serves nutritious meals, and the menu is changed weekly. The Vendor at the school has the License under the Food and Safety Standards Act of 2006. Since significant causes of illnesses, disabilities, and health-related challenges develop during childhood and adolescence, we organise yearly programs to promote health literacy, adopt healthy behaviours, and exchange healthy habits.



Poshan mah celebrated



Fruit Salad Day Celebration

Category: Oral Hygiene and Dental Care session for primary students took place on July 29, 2022, by Dr. Vandana Songara. To sensitize girl students about Health and Hygiene, Dr. Pritam Kothari, a renowned Obstetrician, and Gynecologist, conducted a talk show on October 4, 2022. The school has incinerators for the safe disposal of sanitary napkins. Certified cleaning chemicals maintain hygiene twice a day. Additionally, we have implemented regular spraying of pesticides and appropriate preventive measures to control pest infestation.

Talk on Health and Hygiene by Dr. Pritam Kothari

Wellness: The Social Aspect



Blood Donation Camp



Yoga Camp for Local Community



*Talk on Health and Hygiene by
Dr. Pritam Kothari*



*Talk on Dental Hygiene by Dr. Vandana
Songara*

We organise frequent events to build up responsible citizenship. The school counsellor runs a 'Happiness Club' club for building skills like teamwork, interpersonal communication, emotional intelligence, etc. As a regular annual feature, a Blood Donation Camp is organised for students, parents, and teachers every year in August. This year 46 units of blood were donated at a similar camp held on August 13, 2022. As part of the community outreach program, the school organised various yoga activities at different places to benefit everyone. We also distributed educational scholarships for the children of the Support Staff and saplings, stationery, clothes, and food to needy children on June 16, 2022.

Physical Well-Being and Mental Health

The Fit India Programme is held annually in December for both students and teachers. In April, the school organised the Art Camp in which artisans and professionals were invited from Chhattisgarh to teach the 'Dokra Art.' We also organized a leather, sculpture, and blue pottery workshop for teachers and students. Staff retreats are a regular annual feature that boosts the esteem and belongingness of the teachers. School has started a center for CWSN called 'Prayaas,' which caters to the educational, behavioural, social, and physical needs of children with disabilities like Autism, ADHD, Hearing and Speech impairment, etc.



*Celebration of International
Yoga Day by Staff*



Staff Retreat

Best practices of Whitefield Global School, Bengaluru from Bangalore Region

Our Best Practices

1. Cooking Camp

Cooking projects are an essential aspect of a young child's learning experience. It is important because it incorporates many lessons into one. Children have the opportunity to use new language, as well as learning math and science all at the same time.

Learning Outcome:

Attitude: Students will develop an attitude of judicious use of resources, budgeting, teamwork, cooperation, social values, self-reliance, and the art of cooking.

Skills: Students will develop numerous life skills like tracking time; enhancement of social skills by working together, communicating, and accepting responsibility with organisational skills. They learn some basic survival and bushcraft skills. They will develop skills in fire safety as well as managing risks.

Knowledge: Students learn different types of ingredients, menus, and costs of various products. Children will learn how to add, measure and use fractions while cooking. They learn how to cook on a fire and about outdoor meal preparation. They will also be taught basic math skills such as counting, weighing, and measuring.



2. Drop Everything and Read time, better known as DEAR time, is regularly set aside in the classroom schedule for students and their teachers to "drop everything and read."

DEAR time conveniently accommodates a variety of student interests and ability levels since each student selects for themselves the book(s) they wish to read. DEAR is not a substitute for other language arts instruction. Instead, DEAR supplements the regular reading program by encouraging independent reading, but it does not replace guided reading. DEAR is an integral part of the daily/weekly classroom schedule.

Learning Outcome:

Attitude: Students will develop the habit of reading with concentration. They will enhance critical thinking and reasoning.

Skills: Students will develop the skill of understanding and analysing the concept of writing the review of the content read and competent communicative skills

Knowledge: Students will be exposed to new words and books and thus have vocabulary expansion and expression of thoughts.



3. My Learning wall (What I learned this week)

Creating the “My learning wall- What I learned this week” for students helps improve their creativity, enhances their memory, and contributes to the effective learning of learners. The activity allows the brain to process certain kinds of information. Furthermore, it is possible that encouraging students to pen down or draw something about their learning increases their engagement and interest in the educational subject matter.

Learning Outcome:

Attitude:

- Students will develop an attitude of learning together and learning with each other.

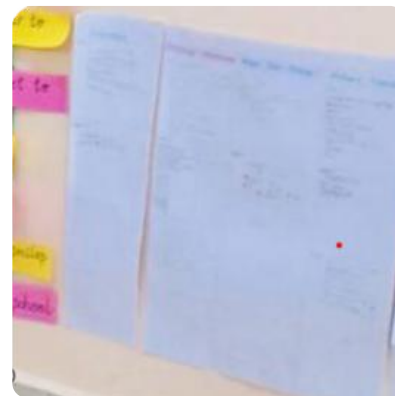
Skills:

- Students will develop numerous life skills like time management, interpersonal skills by working together, communication skills, numerical and logical reasoning, and art integration.

- Incorporating this activity in the classrooms helps increase information retention and recall and deepens comprehension.

Knowledge:

- Students learn to express their thoughts through mind mapping.
- Students will learn about quantification, general awareness of their surroundings, and language ability.



4. Student-Led Conference

Attitude:

- Develop organizational, communication, and reflection skills by participating in opportunities to prepare, reflect on, and discuss evidence of their learning and growth through project-based learning.
- Be able to engage parents and teachers as partners, as student-led conferences actively involve them in the goal-setting process.
- Be empowered to take responsibility and accountability for their learning and take ownership of their work and academic achievements.
- Find their voice and learn to take pride in their work, boosting their agency and purpose.

Skill:

- Solve problems that are important to them, including real community issues, more effectively—even learning from failure and possibly starting over
- Apply creative thinking skills to innovate new product designs and possibilities for projects.
- Build on their research skills and deepen their learning of applied content beyond facts or memorization
- Develop a critical thinking lens, asking questions and coming up with possible solutions for their project.

Knowledge:

- Identify processes involved in conducting student-led conferences.
- Chronologically structure the finer elements of planning and execution.
- Write strategies to manage projects and assignments more efficiently.
- Prepare reflection sheets and rubrics for assessments and feedback forms.
- Learn to manage obstacles more effectively, often learning from failure and making adjustments until they're satisfied with their work



5. Wall magazine:

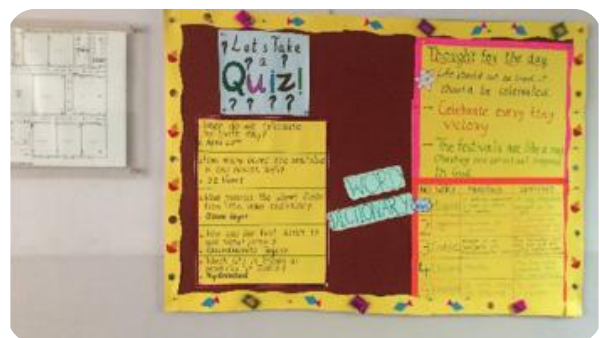
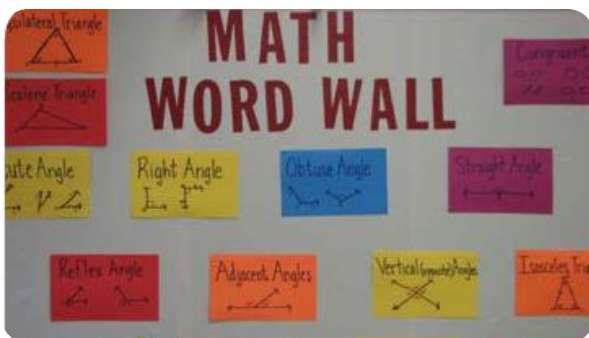
A wall magazine is a periodical run on a notice board where the students and other institution members can post and share their articles, poems, drawings, and compositions based on a particular theme. They can be in the form of collages giving a message. It encourages creativity in students, which makes them effectively utilize language for conveying ideas. Wall magazines are affordable media for grasping pupils' reading interests at the primary level.

Learning Outcome:

Attitude: Students will develop an attitude of teamwork, cooperation, and social values.

Skills: Students will develop numerous life skills like Critical thinking on a topic, Creative presentation of ideas, enhanced communication skills & language skills, and Reading skills.

Knowledge: Increase knowledge and understanding of the subject, using art as a language of expression.



6. We the People

We the People provide a platform for the speakers to put forth their ideas and suggestions based on various issues related to society and the environment. It helps people to become aware of the various happenings around the world.

Learning Outcome:

Attitude:

- Make it interesting, enjoyable, and possible for students to participate in the dialogue.

- Appreciate and build on the ideas of the students.

Skill:

- Demonstrate Higher order thinking based on their prior learning experience.
- Encourage students to self-question their experience.

Knowledge:

- Improve Literacy and Vocabulary skills.
- Develop the art of listening, comprehending, and debating.



7. Science Expo

Science Expo helps children observe, think critically, and provide a feasible solution to common issues. It also helps to develop Design Thinking in learners.

Learning Outcome:

Attitude:

- Become aware of the Common problems faced by the people.
- Be empathetic towards the environment.

Skill:

- Design creative, simple and executable solutions for the problem.
- Encourage creative thinking and develop psychomotor skills in the learners.
- Explore the new opportunities and technology available in research and development.

Knowledge:

- Promote interest in the field of Mathematics and Science.
- Create awareness about the Sustainable development of the locality.



Best practices of SAI International School, Bhubaneswar from Bhubaneswar Region

Name of the School: SAI International School

Affiliation No: 1530112

Address: 5-A, Chandaka Industrial Estate, Infocity Road, Patia, Bhubaneswar-751024

SAI International School has been practising new strategies and methodologies, exploring new arenas of pedagogy to make learning enriching and meaningful. We have prioritized **Active, Project-Based Learning and Enquiry-Driven Learning** in our Teaching-Learning process this academic year. This way, we encourage students to think beyond, develop critical thinking and bring **Design Thinking** into context, keeping the content in view and providing them with the freedom to identify problems around them and come out with creative solutions. Design Thinking makes students better equipped, and their voice gains a platform through peer teaching, learning, and mentoring, thereby exhibiting a positive learning experience and an environment of mutual respect.

"Every child is a thinker," and with this belief, SAI International School develops teaching-learning processes based on designing thinking.

Best Practice-1

(Imparting Designing Thinking Skills)

We develop the activities based on different aspects of **Design Thinking**. The teachers make the Lesson Plans so that students need to identify a problem around them and find the solution. They work in groups on real issues and come up with sustainable solutions. In the Bicycle projects, students created their future bikes and promoted the sustainable development goal of using less biofuel in the future.

In the process of learning, students have covered the following areas:

- Finding out the names of different parts of cycles through observations and from their library research.
- History of Bicycles: Comparing the pictures of other models of early bicycles to see the differences in their parts
- Consider how a part may change or evolve and provide additional usages in the future.



- Read case studies to see how bicycles played a role in women's empowerment.
- Collate data in a bar graph to see how the use of cycles differed in different areas of Bhubaneswar.

There are many such projects we have taken up in different subjects to develop original thinking and promote design thinking in class.

Students must identify the technological tool best suited to their needs to enable them to use those tools to create and disseminate information. The school has **special programs and advanced labs to create interactive robots, works of art, stories, games, and simulations to promote technological understanding, communication skills, collaboration, critical thinking, and creativity.**

Best Practice- 2 (Honing Leadership Skills)

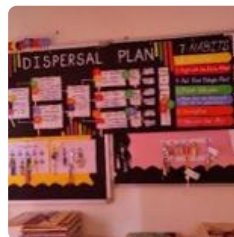
As a school, SAI International has always been committed to building a better India through education and creating future leaders with enhanced Social and Emotional Skills. Children go to school not only for academics but also to learn crucial life skills. SAI International has developed a comprehensive learning model to equip students with essential Leadership and Life **Skills**. The model impacts leadership, culture, and academics using the **See-Do-Get** Cycle by **Leader in Me**.

About Leader in Me

Leader in Me, an initiative of Franklin Covey education, comprises a global community of educators dedicated to unleashing human potential. Regional, national, and international events provide insight into how the Leader in Me process addresses common global educational challenges. The model integrates **five core paradigms**.

- **Everyone can be a leader.**
- **Everyone has genius.**
- **Change starts with me.**
- **Educators empower students to lead their learning.**
- **Develop the whole person.**

Teachers and leaders co-create the plans using strategies like Story Telling, Creative Visualization, Role Plays, Group Discussions, Simulation demonstrations, Case Studies, Debate, Music & Dance, and Brainstorming.



Best Practice - 3 (Active Learning Environment & Engaged Learners – Experiential Learning)

Keeping the NEP 2020 in focus, we have ensured Active Learning Strategies and mapped them across subjects in our curriculum. So most critical concepts are taught in an Experiential Learning Mode, where students arrive at their learning. Students in direct experience and focused reflection to increase knowledge, develop skills and clarify values.



Best Practice- 4 (Art Integration & Sports Integration)

To make learning joyful, we bring ART & Sports Integration into our curriculum at SAI. Thus Role Plays, Mock parliaments, Wall Charts, Models, and composing songs while learning similes, playing a Tug of war to understand Force in physics, and playing Hopscotch to understand mathematics multiples, are standard practices in our curriculum.



Best Practices 5 – Integrating 21st-Century Skills

To ensure that Saioneers emerge as equipped future citizens with values and skills, we have aligned subjects like SAI Samaskar, Global Studies, and Financial literacy in our curriculum.



Best Practices 6 – Gamification – toys as teaching aids

[Making Learning a joyful experience]
At SAI, we have included gamification and the designing of toys in teaching critical learning concepts. We assess learning through rubrics with relevant parameters.



Best practices of Chettinad Vidyashram, Chennai from Chennai Region

Introduction:

Chettinad Vidyashram endeavours to empower the pedagogue through multiple programs by some linguistic and literary adroit. Students' bulletin board flaunts crossword puzzles, word sleuth, and vocabulary collages- all developed by students in language sessions. Every event on the school premises is organised and anchored by the prefectorial body with remarkable communication skills. Language experts train alongside an ancillary team from the middle school.



Theatre Workshop: A meritorious metamorphosis that the amateur art enthusiasts undergo in terms of edifying confidence, augmenting language skills, and honing adeptness in history and epics, besides grooming interpersonal artistry inadvertently, is a derivative of the Theatre Skills they obtain from some stalwarts of the industry.



Integration- Tanjore Painting:

Religious iconography and the vignette made to accurate specifications, using distinct paraphernalia in the form of the traditional Tanjore Art, exposes the learners to a realm of the ornate native culture. As a result, students learn to synthesize hues and master measurements.

Pragya:

Discerning contemporary demands, team Pragya has been incepted by the school and facilitated by insightful counsellors. Emotional conditioning, mental well-being, and personal progression are the prime foci of the working unit. Pragya flaunts an array of trained therapists to step up the psyche of adolescents with sundry counselling techniques. Art and music-based therapy and other therapeutic interventions are employed to fortify the learners' department. Entrenching the teaching faculty with multiple sessions and enabling them to acquire the nuances of free teaching craft have added to the success of the learning package.

Inclusive Education:

The school takes pride in having adopted Inclusive Education. Learners, irrespective of differences, access education along with their counterparts. Students facing difficulties interact with others and benefit from the interaction, emulation, acceptance, and inclusion. E-Learning has been facilitated to such students appropriately. The person with dyslexia receives audio lessons, and the hearing disabled enjoy video tutoring. Storytelling, puzzles, and music accompanied concepts have had an endorsed impact on some students.

Yogic Science:

Universal science signifies the means and the end. To promote a healthy progeny, Chettinad Vidyashram infuses the art of spiritual undulation to tone down restive attributes, imbibe better academic input and excel in academics. Teachers and the taught reap the reward of Yogic Science, as one is subject o a wilful submission of natural

healing. The harmonized physical translation of dominance over one's self transforms the mundane into the exceptional.

Case Study:

Problem-solving and descriptive case studies comprise supportive learning tools for aspirants of Psychology. Description, identification of critical factors, analysis of the case in the light of relevant theoretical concepts, and recommendation/course of action comprise the strategy. The learner gains adequate adeptness in approaching complex exigencies the expert way.



Sangam:

Sangam is an initiative of the Political Science Department to provide a medium of enlightenment to its students on issues of national and global concern via a newsletter. This periodical enhances students' knowledge and allows them to share their profound views on subjects about the domain.



CV Model United Nations:

Model United Nations is an enviable platform that witnesses the congregation of student ambassadors. The convention imparts skills like research, public speaking, debating, and critical analysis of complex issues through viable deliberations. It serves as a platform to express the learners' views on issues of global concern and develop a feeling of universal brotherhood and camaraderie.



The Newsletter – Political Science Bard's beacon:

We conduct many activities as a part of English Literary Week. These programs facilitate the development and proliferation of speaking skills and writing expertise by providing a dais for students to exhibit and burnish their endowments. The school instills confidence and self-esteem in every learner.

Language Labs:

State-of-the-art language laboratories enable students to hear model pronunciation enunciated by a language expert. They call the intricacies of spoken language to refine theirs impeccably. Development of communication skills, good pronunciation, and self-esteem enhancement are some of the many benefits of these technological boons.

Math Laboratory:

The designed space promotes interactive sessions with an elaborate equipage comprising physical tools, viz., geometrical shapes, wall thermometer, counting abacus, time indicators, and tangram puzzles, enhancing the learners' experience.

Krishna Tirtha's Vedic Math, believed to be a compendium of knacks to accelerate elementary arithmetic computation, is effectively handled by resourceful mentors.

Legal Symposium: Legis Festis. It is the city's premier annual law event with a reputation for insight, relevance, and value among in-house counsel. The students participate and benefit from exposure to engaging content, exemplars of law, debates, and purposeful networking terrain.

Moot Court simulates court activities and arbitration proceedings through memoranda drafting to participate in arguments. Learners play motors and explore the less trodden terrain purposefully.



Generic Best Practices:

Students handle specific assignments on particular topics and gain conversance in terms and themes. We promote microteaching, a periodical practice in the teaching guild, and encourage knowledge sharing.

PowerPoint Presentation feature with slides prepared by students. Extrapolated reading is a mandatory item necessitated. Global and National economy analysed vide survey-based statistics as a micro topic for projects. Students gain knowledge on the subject. The learners suggest redressal and resuscitating measures in the given context.

We also curate Group learning activities for slow learners. Students learn to obtain value points from topics and gain adeptness in handling exam-related tasks.



Best practices of Rishikesh International School from Dehradun Region

Excellence in education and fostering the love of learning is the hallmark of RISHIKESH INTERNATIONAL SCHOOL. Here the teachers act as the facilitators and explain concepts, facts and encourage students to reveal their talents by conducting various activities.

As the restrictions eased out, schools looked forward to reopening their gates and welcoming back the students. **In the academic year 2022-23, the students of RISHIKESH INTERNATIONAL SCHOOL were facilitated to actively participate in INTER HOUSE ACTIVITIES/COMPETITIONS** which proved to be the key to bridging the prevalent learning gaps and strengthening the bonds. In last two years COVID had confined the students to four walls, though undoubtedly, they adapted very quickly to the 'New Normal' of online education. We at RIS proudly present the fact that we left no stone unturned to not only keep our students academically equipped but also involved in various online activities organised by the school. But there is no denying the fact that getting back to school rejuvenated the students and they exhibited exceptional energy to participate and excel in the presence of their teachers and friends .



After completing the Summer fun activities during Summer Break, students joined the school back in the month of July with loads of enthusiasm. In the month of July we conducted our Inter House Activities/Competitions which include Story Telling Competition (Gr. I & II), Quiz Competition (Gr. VI – VIII), Spellathon and Calligraphy (Gr. III – V), Hindi Rhymes (Pre-Primary) where students were awarded medals and certificates. Besides having these inter House Competitions we conducted The Plantation Day, Shaheed Diwas and AD-MAD activity. A POCSO workshop was organised for students to make them aware about Good Touch and Bad Touch, with a focus on Child Abuse Prevention. It included psychological and legal aspect of child safety. Along with these activities and competitions we organised Parental Workshops where parents participated in various activities organised by the school and learnt how to engage their children in constructive work by implementing 'Learn with Fun' concept. All the activities and competitions proved to be a boost for the students and helped them to gain more confidence.

In the month of August we gave a 'Midas Touch' to our regular classes by conducting Indoor Classroom Activities. We made these sessions more interactive through play, drama, props and teaching aids. Inter House Activities and Competitions also included Rakhi making (Gr. I – V), Quiz Competition (Gr. IX – XII) and Fancy Dress (Pre-Primary).



We celebrated Independence day with immense patriotic fervour to mark 75 years of being independent.

As it is said "A sound mind resides in a healthy body." With this belief we organised different sports competitions on National Sports Day, which brought the students out from their classrooms to the fields and gave an opportunity to show their talents.



In the month of September we conducted various activities and Inter House Competitions to reveal the talents of our students. Drawing Competition (Gr. I-VIII), Spellathon Competition (Gr. I & II), English Debate (Gr. IX-XII), Hindi Debate (Gr. IX-XII), GK Competition (Gr. I-V), Chess Competition were conducted and students were awarded medals and certificates. Along with all the competitions Rainy day (pre-primary), Yoga Activity and Multimedia Presentation were organized for mental, physical and holistic development of the children.

October month brought an opportunity for us to conduct lot of celebrations for our students. It started with commemorating the birth anniversary of Shri. Lal Bahadur Shastri and Gandhi Jayanti on 2nd October followed by Navaratri and Dusshera celebrations by the active participation of the whole school. Children participated and got to know the importance and significance of these celebrations.

There are many more inter house activities, competitions and celebrations awaited in this month and in upcoming months. The session 2022-2023 has been the year of progress and achievements. The school has been growing from strength to strength since its inception. It has witnessed an improvement in its infrastructural facilities, academic standards, quality of teaching, learning under the mentorship of school Secretary Captain Sumant Dang and Principal Mrs. Harleen Kaur Chaudhery. We are committed to make our students confident and responsible citizens of the country, promoting their holistic development.

Best practices of Ahlcon International School, Mayur Vihar-1 from Delhi East Region

The wrath of the pandemic, the dwindling time,
The ailing planet, the challenges byzantine,
Brace up the fledglings, build up their strength,
Ignite a healthy attitude, and synergize the absolute wealth!

Health is a multidimensional concept shaped by biological, physical, psychological, social, economic, cultural, and political factors. Growing up healthy is every child's right. Our Mantra is to attain well-being, sustain it, and make it a way of life. Ahlcon International School has been having a pervasive, cumulative, and self-amplifying approach towards robustly equipping millennial learners for a salubrious and wholesome life.

Young minds need a driving force to impel them towards being in their finest fettle. Cognizant of the sedentary lifestyle that students reeled under during the pandemic, we took up an expansive array of activities that accentuated the emergence of a future based firmly on promoting good health and well-being.

Cultivating Empathy and Social Awareness: We regularly organise assemblies on World Health Day, National Doctor's Day, Nutrition Month, and Socio-Emotional well-being such as kindness, empathy, and resilience. Students are aware of a healthy lifestyle, mental well-being, and how to keep the entire body fit and fine. The focus is on physical, mental, and spiritual development.

SDG Goal No. 3: Good health and well-being get reflected in the student's exposure to sports and inter-house activities. Community outreach programs, educational simulation, and academic activities support healthy living involving students, teachers, staff, and parents.

To direct everyone toward sustainable development, we have curated SDG, NEP-based programs, and curricula for the student's safety, health, and well-being. The theme "sustainable future" is a specific dimension of teacher action research.

A Spiritual start of the Day: Our day starts with an assembly prayer to invoke God's blessing, followed by breathing exercises and meditation to attain a calm and peaceful mind. Circle Time has planned and conducted regular wellness sessions that act as a springboard for children and help everyone take good care of their physical and mental health.

The Manthan sessions, meaning churning the self to focus on education and self-development in a real sense along with academic performance, is another project undertaken by the school for self-reflection and self-discipline. It includes the development of essential skills like observation, questioning, note-making, debating, and playing games to enhance logical thinking, analytical skills, experimenting, linking various facts, and many more.

Healthalicious Ahlconites: Students start their day with a healthy fruit break and stay energized for day-long activities. A specific time is allotted for a fruit break to begin the day on a healthy note. Moreover, it is when teachers connect with children and teach them social skills like sharing and caring.

The Essential Fuel: We provide mid-day meals to students of classes from Nursery to grade 2. Nutritious meals keep their belly and mind happy. The carefully planned menu is an example of a balanced diet. Our healthy mid-day meals also assist children in learning about different food items and the importance of a balanced diet. Eating together in school has empowered our children to take responsibility and learn essential dining skills like setting the table, wearing aprons, and arranging empty plates after meals. To ensure that children align with SDG Goal 2, Zero Hunger, they are motivated to take necessary steps to avoid food wastage.

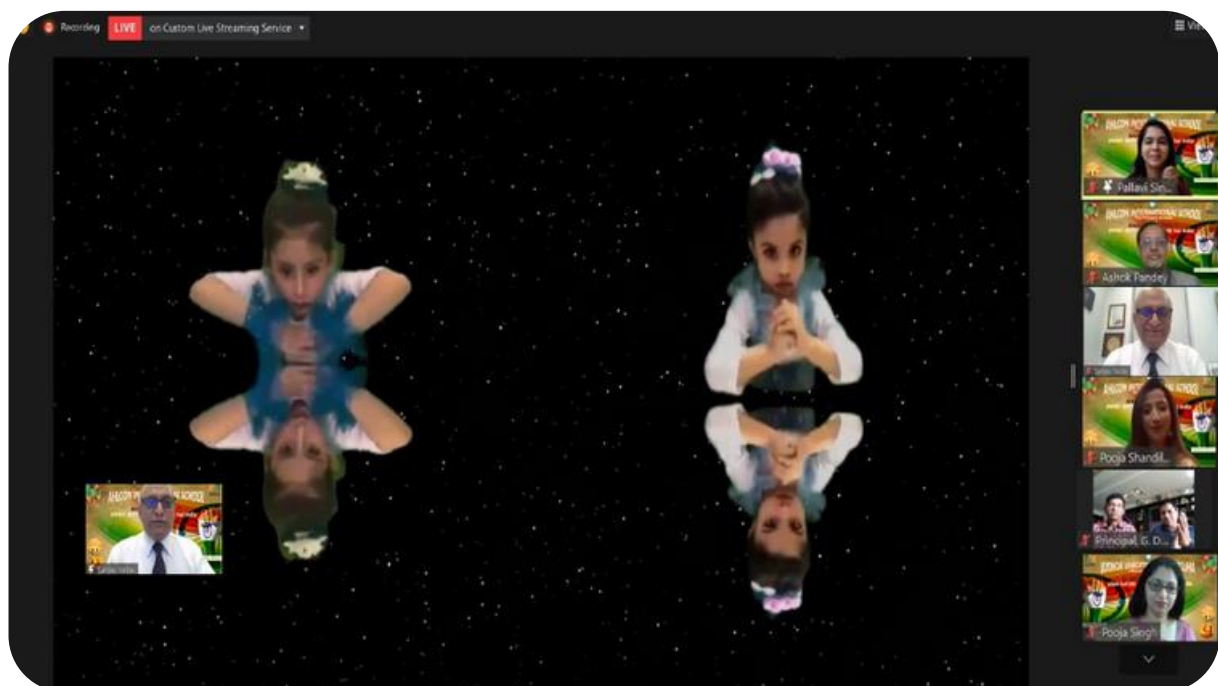
पढ़ाई भी, पोषण भी - Poshan mah: Initiatives like Poshan Maah and Nutrition Week have further helped us sensitize our students towards living a healthy and active life. Through structured conversation and bulletin boards, students are motivated to follow a healthy diet by making the right food choices. Young health enthusiasts participate in activities from designing their creative table mats to practising the proper dining etiquette.

Life skill activities promote making fruit bowls and salads to know the essential nutrients that make up a healthy, balanced diet. Gardening to conserve the environment and creating book banks to promote reading in school.

Fit India movement by the Ministry of Youth Affairs and Sports, Government of India has recognized the efforts of **Ahlcon International School as FIT INDIA SCHOOL** and honoured by allowing us to use the Fit India Logo and flag with a sense of pride and responsibility.

As part of celebrating Azadi Ka Amrit Mahotsav, themes of our Virtual / Hybrid Exhibitions and Annual Shows revolved around '**Swastha Bharat, Ayushman Bharat**' and '**सशक्त भारत - Fit Hai Toh Hit Hai Indi**'.

A healthy child today will help the country prosper tomorrow. We are contributing towards transcending the students into a better version of themselves through our efficacious endeavours that have remarkably actualized 'Growing Up Healthy' in both letter and spirit.



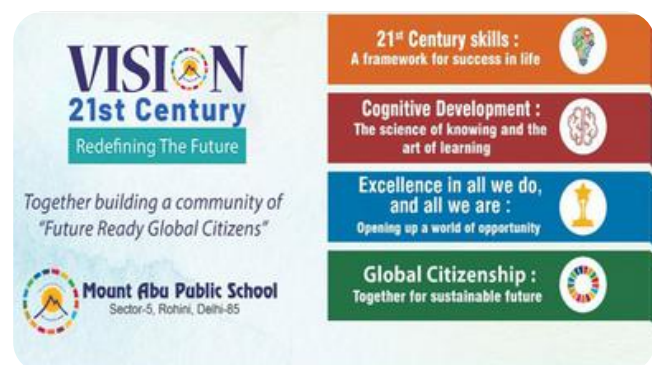
Best practices of Mount Abu Public School, Rohini Delhi from Delhi West Region

Mount Abu Public School Sec 5 Rohini Delhi has been defining CBSE education for over two decades. The school has achieved some rare milestones in the field of education. The Government of Austria has recently awarded the school with the "Intercultural Achievement Award 2022" for its Global Citizenship Education & Integration in a ceremony organised by the Austrian Ministry of Foreign Affairs in Vienna. In addition, Principal Ms. Jyoti Arora has been felicitated with the National Teachers Award 2020 by the Ministry of Education, Government of India, for implementing successful best practices.



"Intercultural Achievement Award" by Govt of Austria

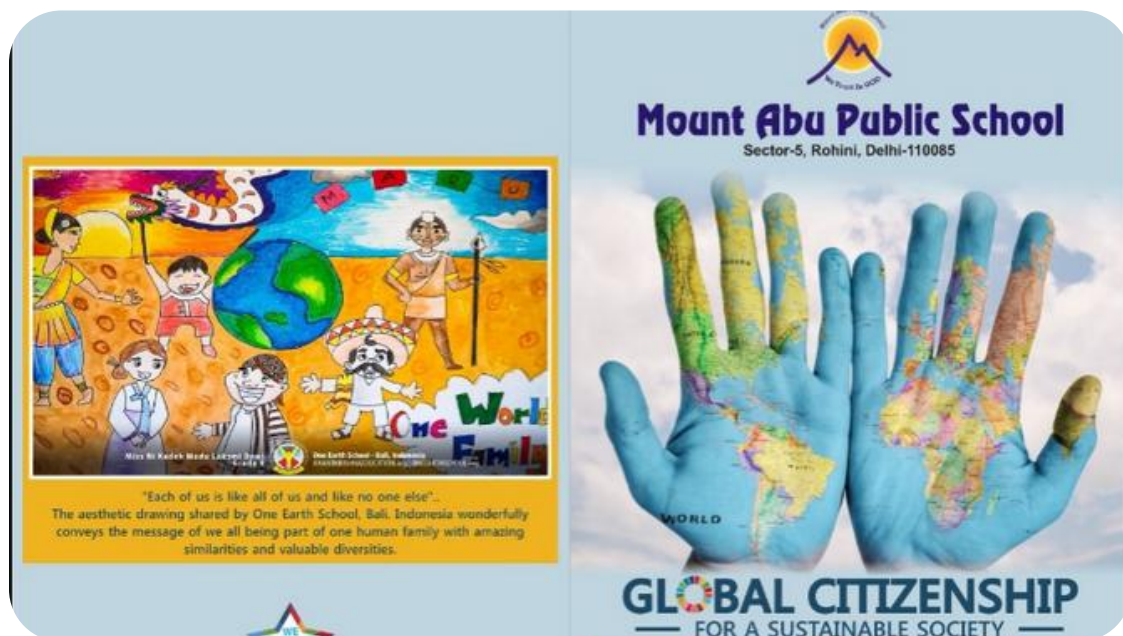
The Learning Community of Mount Abu Public School believes in working for a shared vision and mission. Keeping the demands and challenges of the 21st Century world in mind, the school has recently launched its revamped vision document. 'Vision 21st Century: Redefining The Future' aims at 'Together building a community of Future Ready Global Citizens'. Vision 21st Century is not a roadmap but a compass that enables each learning community member to know about the direction, which brings them closer to becoming a future-ready global citizen.



Vision of the School propagating 21st Century Skills

Global Citizenship Education: Together for Sustainable Future

The school has introduced a unique self-curated curriculum on Global Citizenship which promotes sustainability and intercultural dialogues at all levels. This rigorous integration fosters student agency, empathy, deep understanding, and skills to recognise the most significant global challenges and opportunities for our times and to advance sustainability, human rights, and peace. Students regularly engage with learners from across the Globe to celebrate diversity, appreciate differences and understand similarities. The school has partnerships with schools from diverse nations such as Indonesia, Taiwan, Scotland, England, Nepal, Chile, the USA, South Korea, and Turkey. Collaborative projects on various themes, such as Yoga, SDGs, and Technology, enable learners to build an inclusive perspective. Global Citizenship at Mount Abu School further integrates Climate Action, Community Outreach Programs, Exchange Visits, Research, Social Entrepreneurship, etc. The school has been honoured among 250 Climate Excellence Schools from across the World by Cartoon Network. Daily lessons often include climate conversations, understanding, and actions.



Self Curated Curriculum on Global Citizenship

21st Century Skills: A framework for success in life

The school has introduced the "Skill Saturdays" initiative, where students across all grades indulge in skill-based activities. However, this goal is way beyond these activities. Instead, we integrate life skill education through an inquiry-based and experiential approach. For example, sports class helps one to be a team person, and Visual Art allows one to manage stress and express emotions. The school has devised alternative assessment systems and 360-degree performance cards to assess skills and growth mindsets. Tech-enabled practices further enable the school to ensure that skill-based education is accessible to all and doesn't leave anyone. We have been a Microsoft Showcase School for five years, and all educators are certified Microsoft educators. This tech-enabled approach supported the school in transition during challenging pandemic times and is now supporting the school in developing skilled learners through a hybrid and more comprehensive policy.



Experiential Learning -An Active Involvement

Excellence in all we do and all we are: Opening up a world of opportunity

Mount Abu Public School ensures endless opportunities for its Global Citizens. The school has an environment that promotes constructive thinking and passionate working and a culture that supports promoting inclusion and innovation. Schools' Career and Guidance Centre help young adults understand their interests and even breaks career stereotypes. The culture encourages academic excellence by supporting ideation, research, achievements, and life-long learning. Individual attention further allows learners to follow their interests with passion. Infrastructure facilities such as Micro-Scale Chemistry Zone, Integrated Physics Zone, Virtual Biology Zone, Artificial Intelligence Lab, etc., provide personal space for learners to explore disciplines of their interests.



Exploring the World Around

Cognitive Development: The science of knowing and the art of learning

Knowing, learning, and understanding sound simple, but these are complex integrations of psychological, sociological, neurological, and other factors. Cognitive Development has a place in schools' curriculum where learners can independently understand their thinking processes, growth mindset, and learning habits. Mount Abu School was the first school in Delhi to introduce Astronomy Lab, well integrated with Atal Tinkering Lab. They provide ample time for these facilities in their daily schedule to help students understand meta-cognition further. Performance cards also reflect the cognitive development of the learner.

Mount Abu Public School has established itself as an organization that thinks, explores, learns, and achieves. Innovative and unique practices of the school have defined standards, set trends, and raised bars of the holistic education provided. Recognitions at the national and international levels are testimonials of these practices.



*Establishing Culture of
Innovation*

Best practices of Ram – Eesh International School, Noida from Noida Region

3 KNOWLEDGE PARK-1 GREATER NOIDA Distt- GAUTAM BUDH NAGAR (U.P)

PREPARING STUDENTS FOR LIFE.

Ram-Eesh International School has brought in a little shift in its priorities while drafting its strategies. In the wake of the Covid-19 occasioned lingering claustrophobic feelings among students, the school has :



Opened An Emotional Well Being Cell

The school comprises four faculties - Nursery, Junior, Middle, and Senior wings. The cell works in close collaboration with the team of Yoga Club, Sports Club, Music and Dance Club, and counsellors from the faculty of Psychology.

Social Well-Being Activities

- During summer vacation, the Social Welfare Club went to Tughalpur near PariChowk to help clean the region by picking up the polythene materials and sending them to a recycling unit in Noida.
- The Club students took to teaching the adult illiterate people of Wazidpur village, who agreed to attend these classes.



Visit to An Old age Home

Cultural Integration Drive

To promote cultural harmony and infuse the trait of composite culture among the students and society, the school conducted a medley of the multi-ethnic cultural fest in which the parents of students of various ethnicities performed various activities highlighting the virtues of their traditions. It included a series of regional dances, exhibitions, one-act plays, regional poems, historical episodes, presentations, etc.



Divine Blessings – Welcoming the Spring

Embracing The Concept Of Green School

- The Environment Club of RIS developed yet another rain harvesting system.
- The club students, in association with the Fine Arts Club students, created murals. They wrote graffiti on the pillars of the Noida metro, highlighting the significance of growing plants and trees.
- The discarded materials from the school were processed, converted into compost/ manure, and used in the lawns and gardens of the campus.
- With the support of the Pharmacy Institute of Ram-Eesh Institute, the RIS students participated in developing a Herbal garden that grows medicinal and aromatic plants having preventive and curative properties. The Social Environment Club members make concerted efforts to include the participation of all the nature-loving students. The motto of herbal gardening was –“Green Fingers Are The Extensions of a Verdant Heart.”



Ram-Eeshians in Love with the Green earth

Photography To Pep Up Creativity And Visual Expression

Every frame is a painting, and photography gives young minds a different perspective. It is not just clicking pictures; it's about keen analysis and observation. The Photography Club of RIS conducted an Intra School Photography Competition on the theme of 'Sunset Landscape' that saw photography enthusiasts putting up some great scenic beauty shots captured from their cameras.

Disaster Management Drills

Earthquake preparedness practices and fire fighting skills were imparted to the students by the invited experts in April and August, respectively. We conducted a "What To Do" program on 27th September to help students successfully manage emergencies like snake bites and road accidents. The School also imparted knowledge of the methodology of conventional CPR (Cardiac Pulmonary Resuscitation) using chest compression.

Awareness About Political Institutions And Forums

We conducted a quiz in April on the theme of “Different Constitutions of the Countries World Over.” Likewise, our children mimicked the Parliament by partaking in Mock Parliament to help students develop deep insight into the functioning of the Indian Parliament. Besides this, we also conducted the following:-

- Nukkad Natak
- Poster Making Competitions (to canvass for the School House Captains, Head Boy,, and Head Girl)

Inculcation of reflective thinking by

- Letting students take part in the assessment of their work.
- Giving them opportunities for decision-making (Investiture Ceremony- School Cabinet).
- Providing opportunities through role play to develop skills associated with negotiation, cooperation, and assertiveness.

Linguistic Enrichment Activities

- Extempore Poem Writing Competition.
- Word Scramble Competition
- Declamation Contest
- Bimonthly Student Edited Magazine
- Folk Song Fest
- Story Telling Contest

Ram-Eesh conducts its teaching practices to uphold the ideology of Dorothea Dix - the objectives of education “**...are neither few nor small, but to elevate the mind and give energy to the character.**”

Best practices of Pratap Public School, Panchkula from Panchkula Region

“The sheltering and nourishing environment created through variegated practices fortifies the students in a multifarious way.”

Pratap Public School, Sector-6, Karnal, takes pride in being the fountainhead of the plethora of activities conducted from time to time. With the intent to make overall development of Pratapians, they are individually encouraged to participate in all the activities wholeheartedly. Here are details of the accomplishment of such projects:

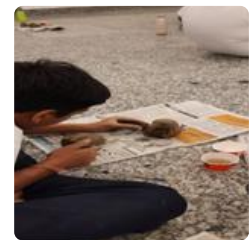
1. To etch this firmly in our minds,

We encourage our students to partake voluntarily by helping impaired children at Tapan Rehabilitation – A School for Speech & Hearing Impaired. Every month the school invites them to be part of different activities.



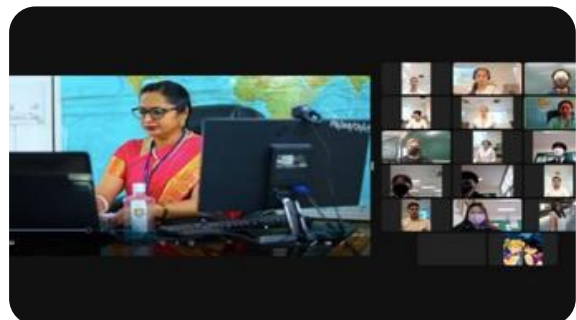
2. Together, we can achieve miracles

As mandated by CBSE to envision the above idea via the Hub of Learning program, the school started its wondrous journey with other partner schools in 2019. Apart from so many competitions and activities, the teachers and students of the partner schools took part in learning new art forms such as sculpting, clay modeling, and resin art.



3. Let's Explore Together

We also started a cultural exchange program with the four schools in Busan, South Korea, in April 2022 to develop a global perspective. Apart from that, we arrange monthly virtual meetings to experience the history and culture of each other. The students posed some fascinating questions during the virtual talk, especially about the commonality of Indian and Korean culture.



4. Providing Protective Place for Birds

To sensitize young minds towards the habitat of birds, the Art teachers organized the Art Making Activity for middle school students, who showed the step-by-step process of nest making using organic materials such as coconut husk, sack, yarn, etc.



5. Reading Revolution

The 'Book Review Project' is organized twice annually in consonance with the spirit of teaching reading skills. Recently class IX students collaboratively presented a review of the book 'Chanakya through PPT'.



6. Vertical Aeroponic Farming

We introduced a tower farming project in the school's backyard to impart modern farming methods that occupy less space. The students of classes VI to X also learned the automated planting system.



7. A Step to Save Nature

Class VIII students lead **Organic Waste Compost Drive**. Every student gradually converted kitchen waste into manure using specific containers with holes to turn the waste into manure.

8. Blend of Military Training and Value Education (NCC) Training

Shaping the young minds to serve our nation, we initiated NCC Training for the students of classes XI and XII. The cadets engage in different adventurous, social, physical, and cultural activities; the partakers rigorously participate in the projects assigned.



Preparing the boys and girls of classes IV to VII to take up adventurous tasks helps them improve their mental and physical growth. The **Cubs and Bulbuls** join the movement to learn to be self-reliant.

Primary section kids tied **Rakhi** on the wrist of the police personnel deputed in the police post of the area.



9. Veer Gatha Project: Motivation by Gallantry Award Winners

Instilling feelings of courage and bravery among the students of classes 6 to 12, Colonel Naresh Arya and Colonel Nixon Gallantry Award winners interacted with them to share their journey to the top. Also, we shared the stories of Kargil's Heroes with the students.



10. Alumni act as Facilitators

CBSE National topper was invited to school to interact with the students and share their success mantra. Rav Hanjra, the famous International Punjabi lyricist, was invited to school to interact with the students to ignite their minds and sharpen their intellect.



11. Plastic Free Zone

We made our school campus a plastic-free zone by strictly prohibiting plastic bags, aluminum foil, and single-use plastic items in the school area. Even during school exams, we do not keep the question papers in paper bags. In PTM, parents were also encouraged to pledge the same.



12. Constant Education through Leadership

To bring out the talent and caliber of the students to become future leaders of the country, National Youth Parliament was organized for the first time in the school on 30 July 2022. More than 50 students from classes IX to XII enacted an entire session of the Parliament, including question hour, calling attention to motions and legislation.



13. Showing Direction toward Dreams

Keeping in mind the sheer number of career options available in contemporary times, we arrange Career Counseling Sessions from time to time for the students of classes IX to XII.



14. "A good education is the foundation of a better future."

The cabinet members had an interactive session with the parents on the day of the P.T.M., i.e., 1st October 2022, Saturday. The students asked them about their opinions and perceptions of the school. In this way, our school took a step forward to involve the parents and get their feedback.



15. Reverence to Grandparents

To deepen the bond of love between the two generations, we organize a storytelling session by the grandparents for the kids of the primary section. Grandparents of a few little ones in kindergarten partook in the program to brighten the curious minds of the little champs.



16. Parents As Active Members of School

Standing on the same platform as the teachers' parents performed invigilation duty during the midterm exam this year. This novel practice enhanced the understanding between teachers, students, and parents.



Best practices of Bharatiya vidya bhavan's Bhagwandas purohit vidya mandir, Nagpur from Pune Region

Affiliation No: 1130151

School Code: 30169

:: Best Practice::

To instill the spirit of patriotism among students:

"Freedom came to us as the gift of our ancestors....Let us respect and value this precious present so that we may never lose it...." Jai Hind

To kindle the spirit of patriotism and to develop a sense of belonging to our motherland, we introduced the following:

"National Pride" - Implementation of Salutation "Jai Hind"

The school has introduced the practice of using "Jai Hind" as the salutation in place of "Good Morning," "Good Afternoon," or "Good Evening" to arouse the spirit of patriotism. NCC cadets of schools are in the habit of using the salutation "Jai Hind." Hence, we implemented the same greeting for the entire school from Std. I to Std. XII and students have adopted this practice with great enthusiasm elevating the fervor and true spirit of the Nation.

"Bharat Vandana" - Rendition of Patriotic Song at the time of arrival and dispersal of students

The school has adopted the practice of playing patriotic songs at the time of arrival and dispersal in various languages, which not only instills the spirit of patriotism but also encourages the feeling of "Unity In Diversity" and respect for all languages.

NCC Cadets lead from the front - "Kargil Diwas."

Kargil Vijay Diwas is commemorated every year on 26th July in India to observe India's victory over Pakistan in the Kargil War for ousting Pakistani Forces from their occupied positions on the mountain tops of Northern Kargil District in Ladakh in 1999. On this day, NCC cadets of the school participated in a Rally on school premises to honour the martyrs of the Kargil war. The cadets prepared posters/placards imparting knowledge about these martyrs like Captain Vikram Batra, Grenadier Yogendra Singh Yadav, Lieutenant Manoj Kumar Pandey, Lieutenant Balwan Singh, Major Rajesh Singh Adhikari, Rifleman Sanjay Kumar, and many more war heroes. These posters were placed at prominent school premises to enable the staff and students to pay tribute to these great martyrs.

Little Patriots - March Past on Independence Day

On the occasion of the "75th Independence Day" celebration, as part of "Azadi Ka Amritmahotsav," the budding patriots of Bal Mandir participated wholeheartedly. They showcased great energy and enthusiasm in a synchronized march past, representing the brave defense forces of the country viz Army, Navy, Airforce, and Sikh Regiment, and wore bright and crisp uniforms- a feast to behold.



Glimpses of Little Patriots – Marching on 75th Independence Day

Scout and Guide and NCC Cadets – “Har Ghar Tiranga”

The school's Scout, Guides, and NCC cadets rallied to encourage people to bring the Tiranga home and hoist it to mark the 75th Year of India's Independence. The rally at Yerla village, under the aegis of "Azadi Ka Amrit Mahotsav," encouraged the villagers to hoist the flag in their homes from 13th Aug to 15th Aug 2022.

The students also distributed the "National Tricolour" to show their connection to the Tiranga and embody their commitment to nation-building. The school also distributed the "National Flag" to students to invoke the feeling of patriotism in the students' hearts and promote awareness about the National Flag. The school also educated the students regarding the protocol for displaying the National Flag.



"Unveiling values of our National Heroes"- National festival Celebration viz Independence Day, Gandhi Jayanti and Shastri Jayanti, etc.

On the occasion of the 153rd Birth Anniversary of the 'Father of the Nation,' Mahatma Gandhi, and the 118th Birth Anniversary of the 2nd Prime Minister of India, Lal Bahadur Shastri, on 2nd October 2022, students of Art Education of classes VI to VIII prepared a one-of-a-kind creation in the form of life-size portraits of Mahatma Gandhi and Lal Bahadur Shastriji, crafted skillfully under the able guidance of Art Teachers Mr. Manoj Meshram and Mr. Tushar Sawai. We unveiled the images at a glittering ceremony of "Mahatma Gandhi and Lal Bahadur Shastri Jayanti" at the hands of Shri. Mahesh Dharmadhikari, Regional Director, CBSE, Pune Region.

On this occasion, students of Classes VI to XI presented a Dance Drama depicting a few noteworthy events of Mahatma Gandhi and Lal Bahadur Shastri's contribution to the freedom struggle in a positive manner. The Dance Drama choreographed was highly appreciated by one and all and left the audience spellbound. These activities represent the school's talent and artistic flair, showcasing the able leadership of School Principal Smt. Vandana Bisen.



Golden Moments – Participants of Dance Drama performed on Gandhi and Shastri Jayanti on 2nd October 2022, Sunday along with Shri. Mahesh Dharmadhikari, Regional Director, CBSE, Pune Region, School Principal Smt. Vandana Bisen and Ms. Madhumita Chuckerbutty

Best practices of Navajeevan Bethany Vidyalaya, Nalanchira, from Thiruvananthapuram Region

Navajeevan Bethany Vidyalaya, Nalanchira, within only 20 years, has carved a niche for itself in the educational sector of Thiruvananthapuram, Kerala. Providing excellent holistic education with accomplished and experienced faculty, state-of-the-art technology, spacious classrooms, a verdant campus, and a serene ambiance, the school run by Bethany management strikes a chord in every discerning member of society.

Navajeevan Bethany Vidyalaya has been donning the mantle for many services not only as a premiere educational institution of Thiruvananthapuram but also as a center for upholding community and environmental values. As part of our service to the community, in and around the vicinity of our school, we found ten families lacking proper sanitation facilities with girl children and grown-up women. We built ten spotless and hygienic toilets for them and continue with the upkeep and inspection of its facilities in line with the Prime Minister's "Swatch Bharat Abhiyan."

In connection with our mantra of honouring a person for their outstanding contribution to a chosen field, we started the Navajeevan Inspiration Award in 2016. The first recipient was Pallium India from the palliative field; the next awardee was Harish Vasudevan, the Environmentalist, and in 2018, our campus became "a plastic-free." The following year, we awarded Joby Mathew, a specially-abled arm wrestler cum motivational speaker. In 2020, we chose Mrs. Suma Thomas Tharakan, an organ donor, through the organ donation program platform. In 2021, the award went to our former Health Minister, Smt. Shailaja's Teacher.

Earnest and Young collaborated with Bangalore Dreams NGO, and Mar Ivanios College initiated a three-year program for monitoring interpersonal skills through a Psycho-Social leadership training program. The successful two-year-old program will benefit our students studying in Grades 5,6, & 7 whose parents cannot fulfill their needs. Every year as part of our charity drive, we contribute rice, clothes, money, and medicines to Thrippadam Old Age Home, Snehasadanam, Nalanchira, and TB Rehabilitation Centre, Pulayanarkotta.

Academics have always been our priority, and our faculty tries very hard to improve our students' grades through constant monitoring and motivation. NBV assures that the below-average students move up the ladder and the gifted become a centurion without compromising the ones in between. We can proudly say that all our students have succeeded in the CBSE board exams in the last seven years. Abhinav K Navin made us proud by scoring 500 / 500 in the CBSE 2021-2022 SSE examination, while seventeen other students scored centum in various subjects. We were also bestowed with the success of Jyothikaa Anil, who scored centum in Business Studies, and English, by scoring 99.4%, and Bhadra Sreekumar, who registered centum in Business Studies.

With the grace of the Almighty and the intercession of our Patron Mar Ivanios, we have been able to forge ahead in all fields with our flag flying high. The cooperation and constant support of our management, parents, well-wishers and stakeholders contribute to our growth, and we continue to move forward to achieve our goals.

Circulars - 2022

Circular No.	Month	Subject
TRG-163/2022	December	Webinar on Savitribai Phule's Impact on Women's Education in India कार्यक्रम विवरण Programme Schedule
Acad-162/2022	December	Sustainability Accelerator for Students - Accelerating a sustainability mindset in youth and advancing skills for green jobs
TRG-161/2022	December	5 days' Online Training on 'Animation as Digital Resource for Teaching & Learning' by CIET, NCERT
TRG-160/2022	December	Live Demonstration of Virtual Labs on DIKSHA portal scheduled by CIET NCERT
Acad-159/2022	December	Digital Exhibition showcasing the courage and sacrifice of Sahibzada Zorawar Singh ji and Sahibzada Fateh Singh ji on 26th December 2022
Acad-158/2022	December	India's G20 Presidency - reg.
TRG-157/2022	December	Inviting entries for the All India Children's Educational eContent Competition (AICEeCC)
Acad-156/2022	December	Commemoration of 1st Veer Bal Diwas on 26th December 2022
Acad-155/2022	December	3rd CBSE EXPRESSION SERIES for the Session 2022-23
Acad-153/2022	December	Bharatiya Bhasha Utsav - reg.
TRG-152/2022	December	Webinar on the topic 'Maithili Sharan Gupt Ji ke Lekhan mein Bharatiya Sanskriti ki Mahatta' कार्यक्रम विवरण Programme Schedule
TRG-151/2022	December	Dissemination of information regarding availability of Virtual Labs on DIKSHA Platform
CBSE-17/2022	December	CBSE Inter School Band Competition Apply Now
CBSE-16/2022	December	Pariksha Pe Charcha 2023 reg.
Acad-150/2022	December	Submission of details of Art-Integrated Project at KALASETU Portal
Acad-149/2022	November	Fit India School Week
Acad-148/2022	November	Celebration of Constitution Day
Acad-147/2022	November	Azadi Ka Amrit Mahotsav - Har Ghar Dhyam Campaign
Acad-146/2022	November	eRaksha Competition 2022 - Annexure
Acad-145/2022	November	Training and Assessment for Teachers Teaching Skill Courses Geospatial Technology
Acad-144/2022	November	Two-days' Capacity Building Program for Teachers Teaching "Fashion Studies" (skill subject) in CBSE affiliated schools
Acad-143/2022	November	Training and Assessment for the Teachers Teaching Skill Course, Medical Diagnostic
TRG-142/2022	November	Introduction of Capacity Building Programme on School Health & Wellness in CBSE affiliated schools
Acad-141/2022	November	Celebration of Janajatiya Gourav Diwas (15th November, 2022)

Circular No.	Month	Subject
Acad-140/2022	November	Extension of Last Date for Applying to Participate' in Āryabhāṭa Ganit Challenge-2022 Click here to apply.
TRG-139/2022	November	Webinar on Rashtriya Jagaran (National Awakening) and the role of Jaishankar Prasad Ji Webinar programme schedule: Jaishankar Prasad Ji - वेबिनार कार्यक्रम कार्यक्रम: जयशंकर प्रसादजी
TRG-138/2022	November	Continuous Professional Development (CPD) Courses being offered for the academic session 2022-23
Acad-137/2022	November	Industry Engagement & Technology Exposure Program for CBSE students
Acad-136/2022	November	Teacher Training Sessions to be conducted by CBSE in partnership with Microsoft
Acad-135/2022	November	Āryabhāṭa Ganit Challenge-2022 Click here to apply.
Acad-134/2022	November	CBSE Reading Challenge -2022-23
Acad-133/2022	October	Extension of Last Date for 'Registration of Students' and 'Applying to Participate' in CSBE Inter-School Sports & Games Competitions (2022-23).
Acad-132/2022	October	Extension of Last Date for Registration for CBSE Heritage India Quiz 2022-23.
Acad-131/2022	October	Project Veer Gatha Edition-2
Acad-130/2022	October	'Unity Run' on Rashtriya Ekta Divas (National Unity Day).
Acad-129/2022	October	Vidyarthi Vigyan Manthan (2022-23): Science Talent Search Examination
Acad-128/2022	October	Observing Vigilance Awareness Week (VAW) – 2022 in Schools
Acad-127/2022	October	Formation of Hubs of Learning- for Collaboration among Affiliated Schools for self-improvement
Acad-126/2022	October	CBSE Inter-School Sports & Games Competitions (2022-23).
Acad-125/2022	October	Global Handwashing Day (GHD) 2022 with theme 'Unite for Universal Hand Hygiene'
Acad-124/2022	October	Stamp Design Competition under 'Har Ghar AKAM Souvenir Aur Stamps' Celebrations
Acad-123/2022	October	Quiz Program to spread awareness regarding INTERPOL
TRG-122/2022	October	Announcement of "Multilingualism" as Training Theme for the sessions 2022-23
Acad-121/2022	October	CBSE Adolescent Summit on Life Skills, Mental Health, Safety and Well Being (15-17 December 2022).
Acad-120/2022	October	NHRC Award Winning Short Films – reg.
Acad-119/2022	October	CBSE Heritage India Quiz - 2022 Apply Now User Manual
Acad-113/2022	October	CBSE-CVC Essay Writing Competition
Acad-117/2022	September	Webinar on New Challenges before the Hindi Language and solutions from the point of view of Munshi Premchand Ji Joining information link
Acad-116/2022	September	CBSE Science Exhibition 2022-23 Click Here to Apply.
Acad-115/2022	September	Scouts and Guides Activities in Schools

Circular No.	Month	Subject
Acad-114/2022	September	2nd CBSE EXPRESSION SERIES: 'Tourism in India' for the Session 2022-23
Acad-113A/2022	September	Online Training on Virtual Labs for Teaching, Learning and Assessment
Acad-112/2022	September	Azadi Quest – reg.
Acad-111/2022	September	Vidyarthi Vigyan Manthan (2022-23): Science Talent Search Examination
Acad-110/2022	September	INSPIRE Awards – MANAK Scheme (2022-23)
Acad-109/2022	September	Inviting articles for CENBOSEC (July-December 2022)
Acad-108/2022	September	Project Veer Gatha Edition 2
Acad-107/2022	September	Year Long Commemoration of 'Hyderabad State Liberation' for the Period of 17.09.2022 to 17.09.2023
Acad-106/2022	September	Student Outreach Program - Road Safety: Roles & Responsibility
Acad-105/2022	September	Data Submission regarding Poshan Maah and Pakhwada
Acad-104/2022	September	Nari Shakti Puraskar - National Award for Women
Acad-103/2022	September	Rescheduled dates of Skill Expo cum Awareness Workshop for the Principals and Teachers on Skill Courses; in Agra on 21st October 2022 and Panipat on 31st October 2022
Acad-102/2022	September	Integrating AI and Tinkering in School Curriculum
Acad-101/2022	September	Industry Engagement & Technology Exposure Program for students of CBSE schools
Acad-100/2022	September	Data Submission regarding Swachhata Pakhwada
Acad-99/2022	September	Swachh Sagar Surakshit Sagar Campaign
Acad-98/2022	September	Fit India Quiz 2022
	September	Teacher's Day
Acad-97/2022	September	Swachhata Pakhwada – reg.
Acad-96/2022	September	Shikshak Parv (2022-23)
Acad-95/2022	August	Poshan Maah and Pakhwada
Acad-94/2022	August	Awareness Workshop for the Principals and Teachers on Skill Courses Apparel, Beauty & Wellness and Handicraft in Agra on 9th September 2022
Acad-93/2022	August	Two-day' Capacity Building Programme for Teachers Training "Typography & Computer Application" (Skill Subject) in CBSE affiliated Schools
Acad-92/2022	August	Teacher Training Sessions to be conducted by CBSE in partnership with Microsoft
Acad-91/2022	August	Training sessions for CS/IT/ICT teachers on 'Be Internet Awesome' program
Acad-90/2022	August	Orientation on IBM's AI Start-up School Programme for students to scale AI innovations

Circular No.	Month	Subject
Acad-89/2022	August	Two-days' Capacity Building Programme for teachers teaching 'Office Procedures and Practices' (Skill subject) in CBSE affiliated schools
Acad-88/2022	August	CBSE Budding Authors Programme
Acad-87/2022	August	Cyber Jaagrookta (Awareness) Diwas
Acad-86/2022	August	Har Ghar Tiranga Program
Acad-85/2022	August	Restart of '3030 Eklavya Series': A CBSE and IIT Gandhinagar Initiative
Acad-84/2022	August	Competitions being organized by Indian Knowledge Systems Division of Ministry of Education @ AICTE
Acad-83/2022	August	Orientation Session for Principals on School Health and Wellness Programme
Acad-82/2022	August	Revised Guidelines for Tobacco Free Educational Institutions - Annexure
Acad-81/2022	July	Skill Expo cum Awareness Workshop for the Principals and Teachers on Skill Courses in Panipat on 22nd August 2022 and Agra on 28th August 2022
Acad-80/2022	July	Skill Expo cum Awareness Workshop for the Principals and Teachers on Skill Courses Beauty and Wellness, Apparel, Fashion Studies and Textile Design in Lucknow on 5th August 2022
Acad-79/2022	July	Awareness Workshop for the Principals and Teachers on Skill Courses Apparel, Fashion Studies and Textile Design
Acad-78/2022	July	World Youth Skills Day – 15th July 2022
Acad-77/2022	July	CBSE EXPRESSION SERIES on 'Yoga for Fitness'
Acad-76/2022	July	National Guidance Festival 2022
Acad-75/2022	July	The Indian Navy Quiz (THINQ-22)
Acad-74/2022	July	CBSE Honour for Excellence in Teaching and School Leadership 2021-22 Date extended upto 12nd July, 2022
Acad-73/2022	July	Orientation Workshop for Principals and Teachers on 'Augmented Reality & Virtual Reality (AR-VR) {Skill Module for Middle school}
Acad-72/2022	June	CBSE Honour for Excellence in Teaching and School Leadership 2021-22 Date extended upto 10th July, 2022
Acad-71/2022	June	Free Online Course on 21st Century Skills for Teachers of CBSE affiliated schools
Acad-70/2022	June	CBSE Honour for Excellence in Teaching and School Leadership 2021-22 - Date extended upto 30th June, 2022
Acad-69/2022	June	Nomination/ Entries for National ICT Award for School Teachers for the year 2020 and 2021
Acad-68/2022	June	Observing International Day of Yoga (IDY) on 21.06.2022
Acad-67/2022	June	Teachers Training on Skill Course Food, Nutrition & Dietetics on 07th & 08th July, 2022
Acad-66/2022	June	Online E-Pledge Campaign 'Say Yes to Life, No to Drugs' (जीवन को हाँ कहें, नशे को ना कहें)

Circular No.	Month	Subject
Acad-65/2022	June	Har Ghar Tiranga Program
Acad-64/2022	June	Orientation and Teachers' training programme on 'Digital Citizenship' {Skill Module for Middle school}
Acad-63/2022	June	World Bicycle Day
Acad-62/2022	June	CBSE Honour for Excellence in Teaching and School Leadership 2021-22 Apply Now
Acad-61/2022	May	Celebration of National Reading Day, Week and Month, 2022
Acad-60/2022	May	Knowledge and Awareness Mapping Platform (KAMP) – An Initiative of CSIR - NIScPR
Acad-59/2022	May	Azadi ki Amrit Kahaniyan – A Video Series on Women Empowerment, Environment and Sustainability etc.
Acad-58/2022	May	Jigyasa – The Heritage Quiz
Acad-57/2022	May	Assessment and Evaluation Practices of the Board for the Session 2022-23
Acad-56/2022	May	Guidelines on Measures to Combat Ill Effects of the Heat Wave
Acad-55/2022	May	Formation of YUVA Tourism Clubs in CBSE Affiliated Schools
Acad-54/2022	May	National War Memorial: Performance by School Band Group – reg
Acad-53/2022	May	Training on Best Strategies from Remote, Blended and Hybrid Learning for School Leaders of affiliated Schools of CBSE
Acad-52/2022	May	Observing International Day of Yoga (IDY) on 21.06.2022
Acad-51/2022	April	Extension of date of registration for second phase of training programmes to be conducted under Adolescent Peer Educators Leadership in Life Skills, Health and Wellbeing Programme
Acad-50/2022	April	Curriculum of Skill Subjects for the academic session 2022-23
Acad-49/2022	April	Offering 'Design Thinking & Innovation' as a Skill Module to Middle school students
Acad-48/2022	April	Secondary and Senior School Curriculum 2022-23
Acad-47/2022	April	Pariksha Parv 4.0 by National Commission for Protection of Child Rights (NCPCR)
Acad-46/2022	April	Ek Bharat Shreshtha Bharat - Bhasha Sangam Brochure
Acad-45/2022	April	Adolescent Peer Educators Leadership in Life Skills, Health and Wellbeing Programme
Acad-44/2022	April	Ganga-Quest (2022) – An Online National Quiz by Ministry of Jal Shakti and Tree Craze Foundation
Acad-43/2022	March	YUVIKA – YUva Vlgyani Karyakram (Young Scientist Programme)
Acad-42/2022	March	Training and Assessment for the Teachers Teaching Skill Course, Beauty and Wellness (grade 9th and 10th).
Acad-41/2022	March	Training and Assessment for the Teachers Teaching Skill Courses, Computer Applications & Typography and Shorthand (English).

Circular No.	Month	Subject
Acad-40/2022	March	Strengthening of Sahodaya Movement
Acad-39/2022	March	CBSE EXPRESSION SERIES on 'National War Memorial'
Acad-38/2022	March	Setting up of 'Skill Hubs' in CBSE affiliated schools under the Skill Hub Initiative under PMKVY 3.0 scheme
Acad-37/2022	March	The Atal Tinkering Lab (ATL) Marathon 2021-2022 - Brochure
Acad-36/2022	March	Smart India Hackathon (SIH) Junior 2022
Acad-35/2022	March	Posters on NIPUN Bharat Lakshyas from Balvatika to Grade 3
Acad-34/2022	March	International Women's Day.
Acad-33/2022	March	Mental Health and Well-being Survey.
Acad-32/2022	March	CSIR Innovation Award for School Children (2022).
Acad-31/2022	March	National War Memorial, India Gate, New Delhi
Acad-30/2022	March	Training and Assessment for the teachers teaching Skill courses, Office Procedures and Practices and Shorthand (Hindi).
Acad-29/2022	February	'Saksham' National Competition 2021-22: Essay, Painting & Quiz to promote awareness on Conservation of Petroleum Products to young bright minds
Acad-28/2022	February	Election Commission of India's National Voter's Awareness Contest
Acad-27/2022	February	CBSE Storytelling Competition- 2022
Acad-26/2022	February	Suggestive Activities Calendar for FIT India Movement (March 2022 – Feb 2023).
Acad-25/2022	February	Introduction of Sanskrit (Code No.119) and English (Code No. 101) at the second level for classes IX-X from the academic session 2022-23.
Acad-24/2022	February	Training of Fashion Studies Teachers
Acad-23/2022	February	Celebration of 'Matribhasha Diwas' (Mother Language day) on 21.02.2022
Acad-22/2022	February	World Heritage Volunteers 2022 Campaign
Acad-21/2022	February	Training on "Hybrid Learning" teachers Schools of CBSE
Acad-20/2022	February	Principals' / Teachers' Consultation for CBSE Learning Standards Frameworks of Classes IX-X
Acad-19B/2022	February	CSIR Innovation Award for School Children (CIASC 2022).
Acad-19A/2022	February	Jigyasa Vigyan Mahotsav 2022

Circular No.	Month	Subject
Acad-18/2022	February	Free Online Teachers' Training Programme on 'Conducive Learning Environment'
Acad-17/2022	February	Submission of details of Art-Integrated Project at KALASETU Portal
Acad-16/2022	January	Heritage India Quiz: 2021-22
Acad-15/2022	January	Registration of PE Teachers for SAI LNCPE Foundation Level Training Program
Acad-14/2022	January	Swachh Vidyalaya Puraskar (SVP) 2021-22
Acad-13/2022	January	New Year Greetings 2022!- from Chairman, CBSE
Acad-12/2022	January	Inviting Citizen Registrations for Watching Live Streaming of Republic Day Parade and Beating Retreat Ceremony 2022
Acad-11/2022	January	Training of teachers teaching 'Multi Skill Foundation Course' at Secondary Level
Acad-10/2022	January	Principals'/Teachers' Consultation for CBSE Learning Standards Frameworks of Classes IX-X
Acad-09/2022	January	Standard Operating Procedure (SOP) for Republic Day Celebrations in all the schools of the country, 2022
Acad-08/2022	January	CBSE Science Challenge - 2021-22
Acad-07/2022	January	Sample Question Papers for Term II Examination of Classes X and XII for the session 2021-22
Acad-06/2022	January	E-pledge against drugs
Acad-05/2022	January	CBSE EXPRESSION SERIES on 'My Vision for India @100 years'
Acad-04/2022	January	"National Youth Day" and "Birth Anniversary of Swami Vivekananda"
Acad-03/2022	January	Inviting entries for the 26th All India Children's Educational Audio-Video Festival (AICEAVF)
Acad-02/2022	January	Public Outreach Programme: e-pledge against drugs
Acad-01/2022	January	Promoting and Sustaining Appropriate Hand Hygiene Behaviour Among Children

ACKNOWLEDGEMENT



Acknowledgements And Reflection

"Alone we can do so little; together we can do so much." – Helen Keller

We are delighted to be a part of the CENBOSEC Editorial Team. This task would not have been possible without the support and guidance of Ms. Arunima Mazumdar, JS, Academic Branch, the dedicated editorial team, contributions of articles and cover pages, reports, and other materials from schools and educators. We are truly grateful for your passion and commitment to producing high-quality content and literature.

We would like to express our sincere gratitude to the CBSE Chairperson, the Director Academics and his team, all the CoEs and Regional Offices for their contribution, support and guidance.

Hopefully, this issue will serve as a valuable resource for all educators, and they will enjoy reading it. We sincerely congratulate the authors, schools, and HoLs covered in this issue and the schools whose cover designs got selected for this issue of CENBOSEC. We also appreciate the initiative and efforts of all schools that send in their magazine articles. We thank you all for the overwhelming response and hope you will continue to participate in the coming editions.

We encourage all of you to submit your articles for the next edition, keeping in mind the following guidelines:

- Observe the rules provided in the notification.
- Adhere to the word limit specified.
- Run a plagiarism check using free software before submitting your article and rewrite any sections that exceed a 10% plagiarism rate.
- Include the topic, author's name, school name, affiliation number, and contact details in the word document with a photograph pasted in the document apart from a high-resolution photo you upload.

Once again, thank you for your contribution. We welcome your feedback to help CENBOSEC continue to improve.

Feedback: <https://forms.gle/1lvJ65MD2z2aFMhA8>

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CENBOSEC

July - December 2022

