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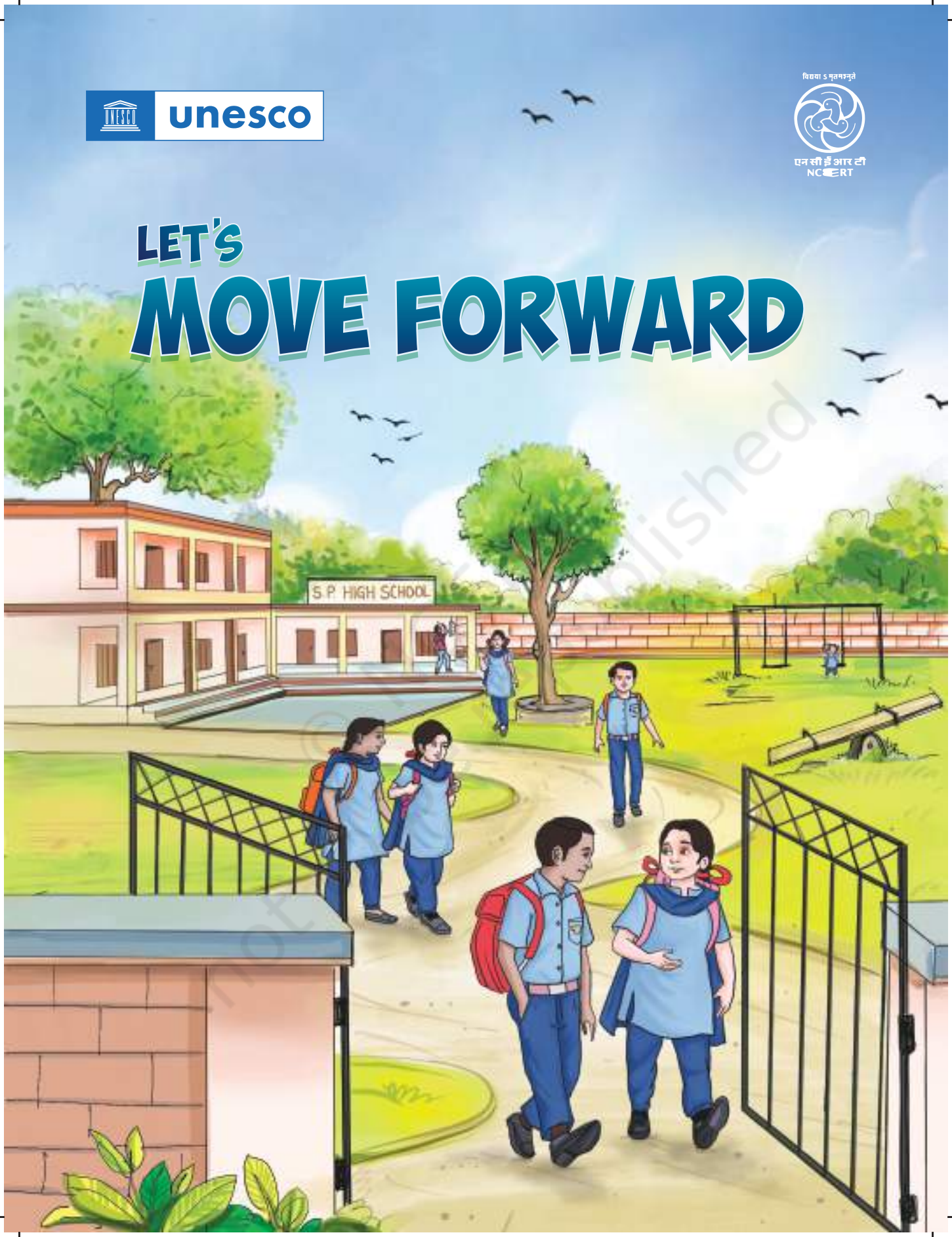
NCERT

LET'S MOVE FORWARD



Foreword

Quality education is the foundation of health and well-being, which is a prerequisite for national development. Schools create a unique opportunity to improve both the education and health of learners. The 2030 Agenda for Sustainable Development shows us that quality education, good health and well-being, gender equality and human rights are intrinsically intertwined. Healthy and happy learners learn better, while poor health can have a detrimental effect on school attendance and academic performance.

The National Council of Educational Research and Training (NCERT) took the lead in developing the School Health Programme curriculum and resource materials on health and well-being of adolescents in partnership with UN agencies and other partners. We are pleased to collaborate with the NCERT and the Ministry of Education, Government of India to promote health and well-being of all children and young people. Together we are committed to ensure that all children and young people benefit from good quality health education and have access to safe, inclusive, health-promoting learning environments.

This comic book covers eleven themes, notably growing up healthy, emotional well-being and mental health, interpersonal relationships, values and citizenship, gender equality, nutrition, health and sanitation, prevention and management of substance abuse, promotion of healthy lifestyles, reproductive health and HIV prevention, safety and security against violence and injuries and promotion of internet safety and responsible social media behavior.

The essence of joyful learning comes through this Comic book which aims at enhancing knowledge and awareness of adolescents on health issues and will also equip them with the necessary life skills to adopt healthy behaviour for their overall development.

We hope that students, teachers and health educators will use this Comic book to promote young people's right to education, health and well-being and work together to achieve an inclusive and gender equal society.

Eric FALT
Director and Representative
to Bhutan, India, the Maldives, and Sri Lanka

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धर्मेन्द्र प्रधान
ଧର୍ମେନ୍ଦ୍ର ପ୍ରଧାନ
Dharmendra Pradhan

सत्यमेव जयते

मंत्री
शिक्षा; कौशल विकास
और उद्यमशीलता
भारत सरकार
Minister
Education; Skill Development
& Entrepreneurship
Government of India

MESSAGE

I am pleased to learn that UNESCO New Delhi has developed a Comic book in partnership with NCERT on the 11 themes of School Health Programme under Ayushman Bharat.

Good health is a prerequisite for national development. Therefore, the health and wellbeing of adolescents is the topmost priority in nation-building efforts. Realising the facts about the health of adolescents, the Ministry of Education in collaboration with the Ministry of Health and Family Welfare, Government of India launched the School Health Programme (SHP) under *Ayushman Bharat*.

Education and health are inextricably linked, and schools are the ideal setting for both health education and health promotion initiatives targeted at children and young people. In pursuing the goals outlined in the National Education Policy 2020 for quality education, emphasis on health education for student's wellness such as fitness, good health, psycho-social well-being is imperative and needs to be addressed in school curriculum and pedagogy.

I would like to congratulate UNESCO New Delhi and NCERT for developing this Comic Book on health and well-being, which aims to increase knowledge, inculcate positive attitudes and enhance life skills in order to promote informed, responsible and healthy behaviours among school going children. I also extend my best wishes for the continued success for the School Health Programme and encourage all stakeholders to work together and spread information and awareness that contributes to transforming the lives of millions of children, adolescents and their families across our country.

(Dharmendra Pradhan)

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Acknowledgements

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It was produced following recommendations by the National Council of Educational Research and Training (NCERT) under the leadership of Prof. Dinesh Prasad Saklani, Director and Prof. Amarendra Behera, Joint Director, Central Institute of Educational Technology (CIET).

We would also like to acknowledge Dr. Mallika Preman, Principal, Tagore International School, and teachers and students from the school for reviewing the comic book and providing feedback.

The development and production of this comic book was coordinated by Sarita Jadav. Thanks goes to Joyce Poan and Prashant Yadav for their valuable review and inputs.

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This comic book is conceptualised, designed and illustrated by Clay Brains.

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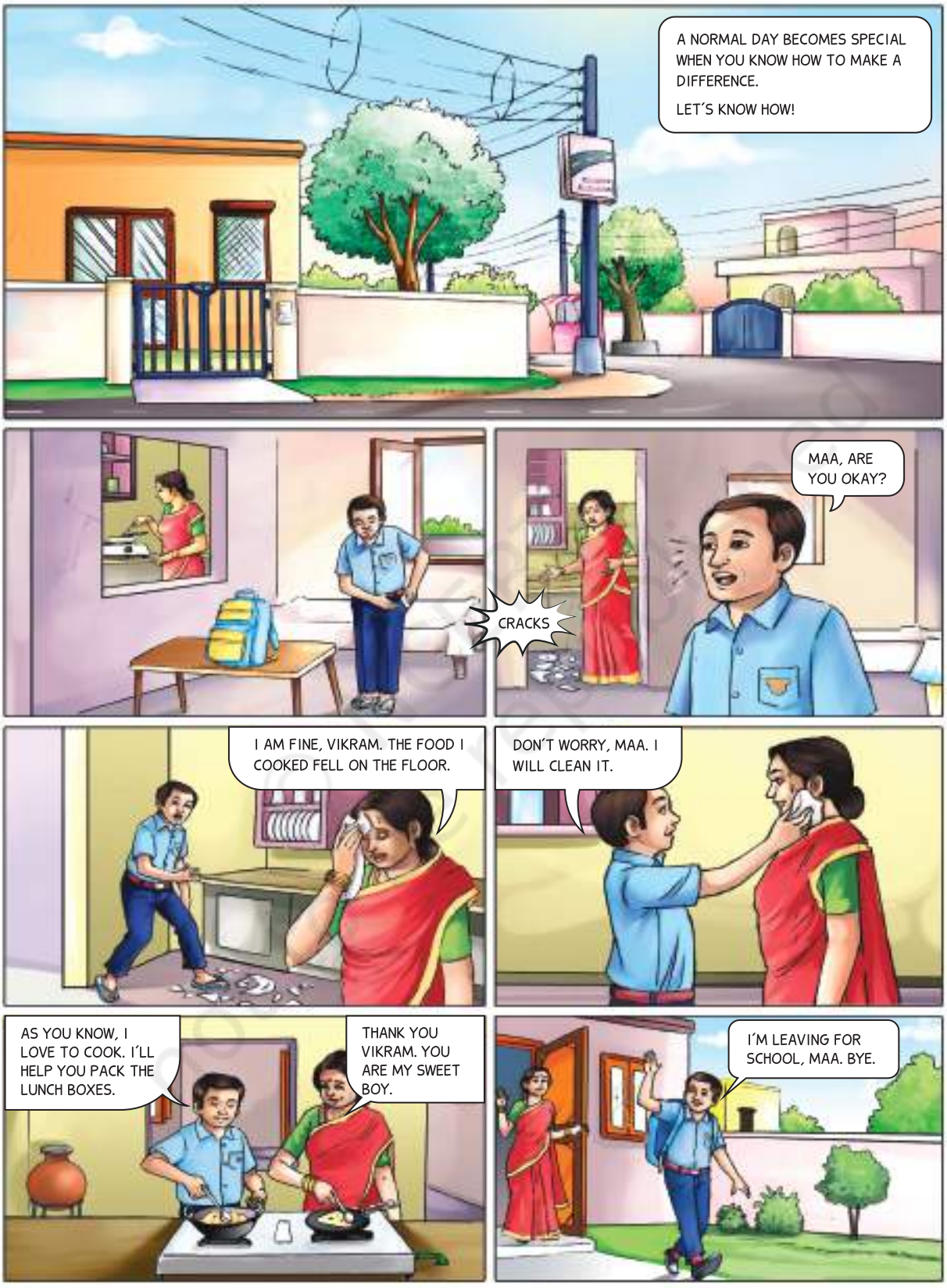
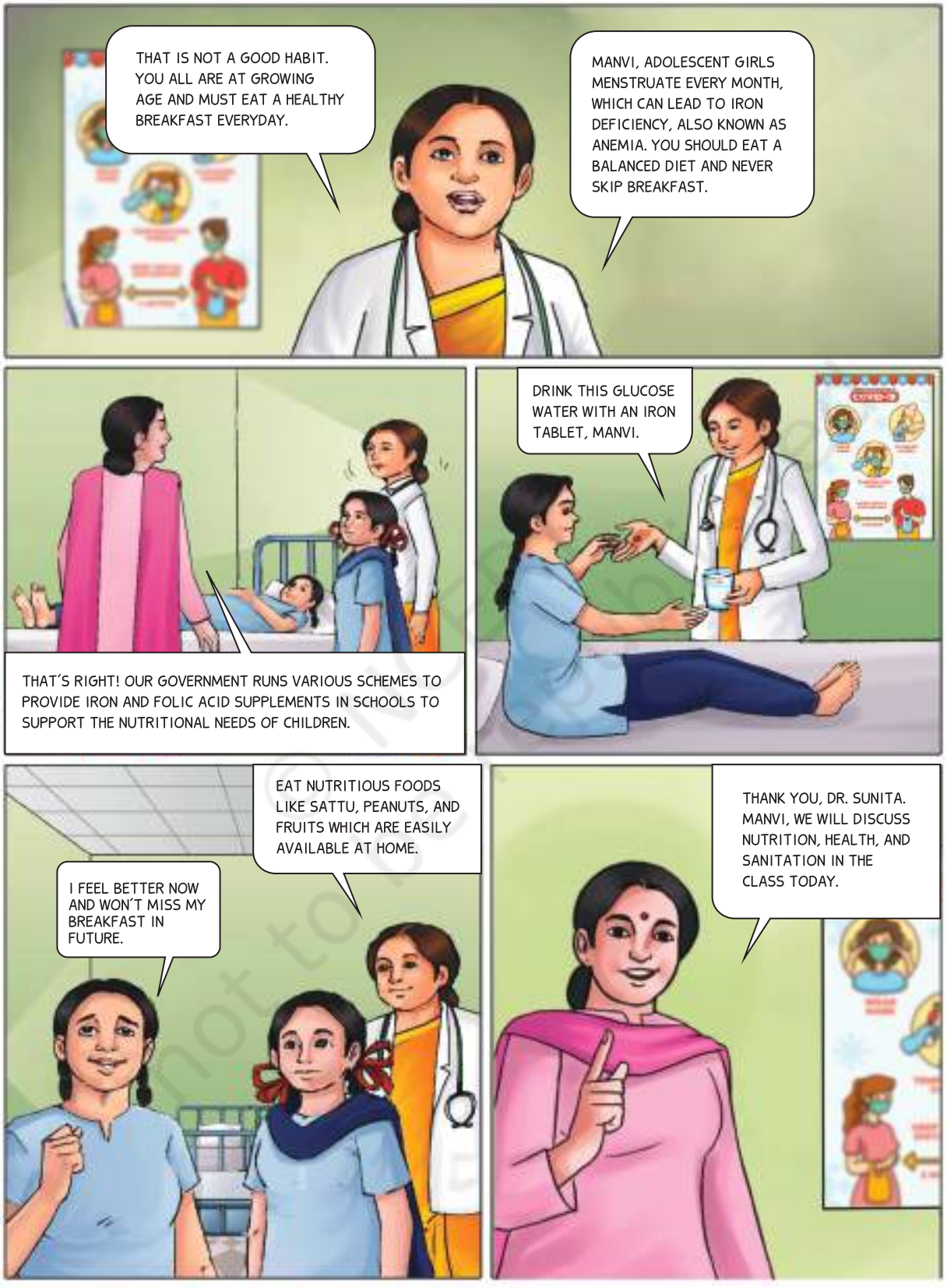
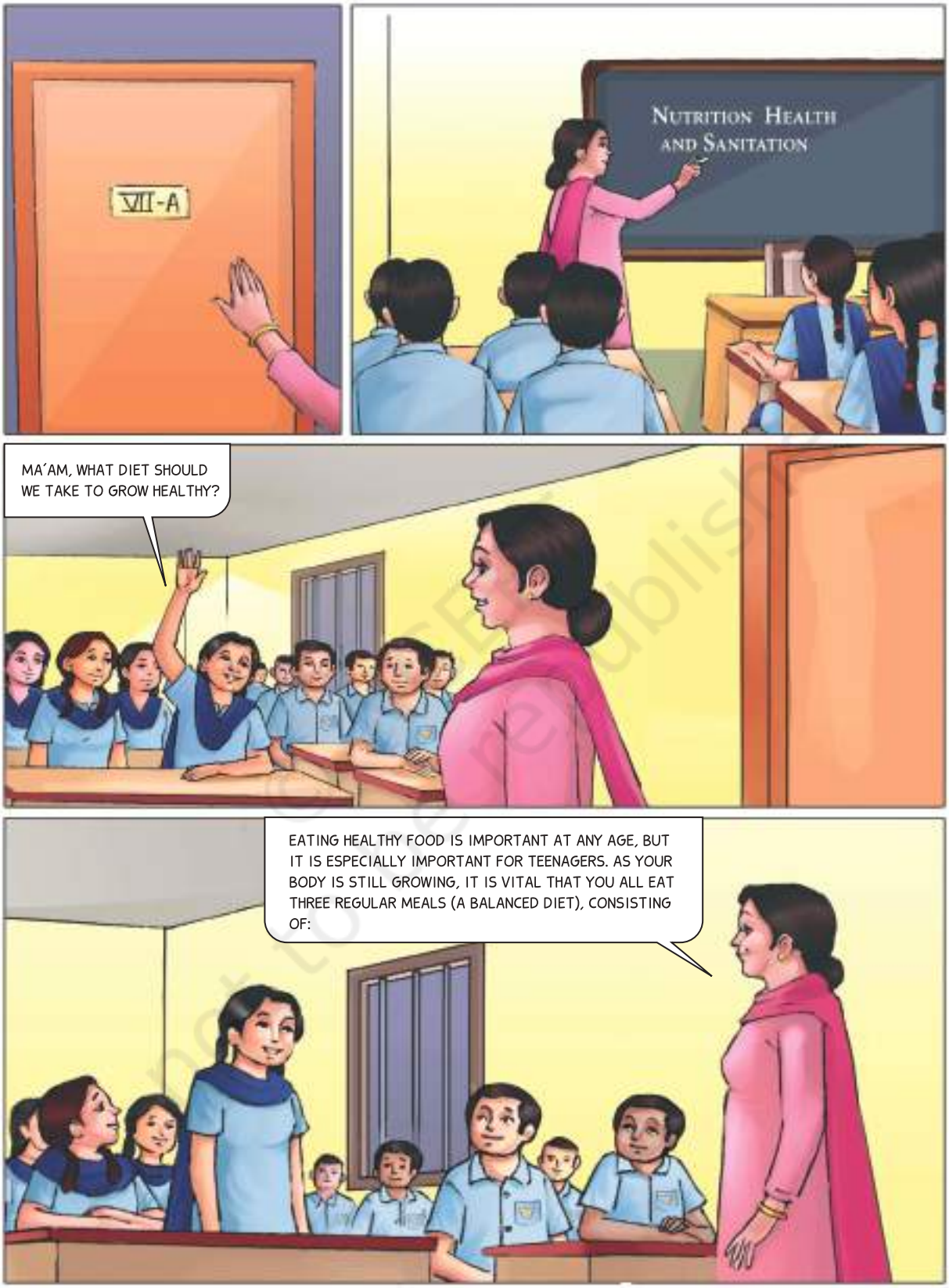

A NORMAL DAY BECOMES SPECIAL WHEN YOU KNOW HOW TO MAKE A DIFFERENCE.
LET'S KNOW HOW!
CRACKS
MAA, ARE YOU OKAY?
I AM FINE, VIKRAM. THE FOOD I COOKED FELL ON THE FLOOR.
DON'T WORRY, MAA. I WILL CLEAN IT.
AS YOU KNOW, I LOVE TO COOK. I'LL HELP YOU PACK THE LUNCH BOXES.
THANK YOU VIKRAM. YOU ARE MY SWEET BOY.
I'M LEAVING FOR SCHOOL, MAA. BYE.

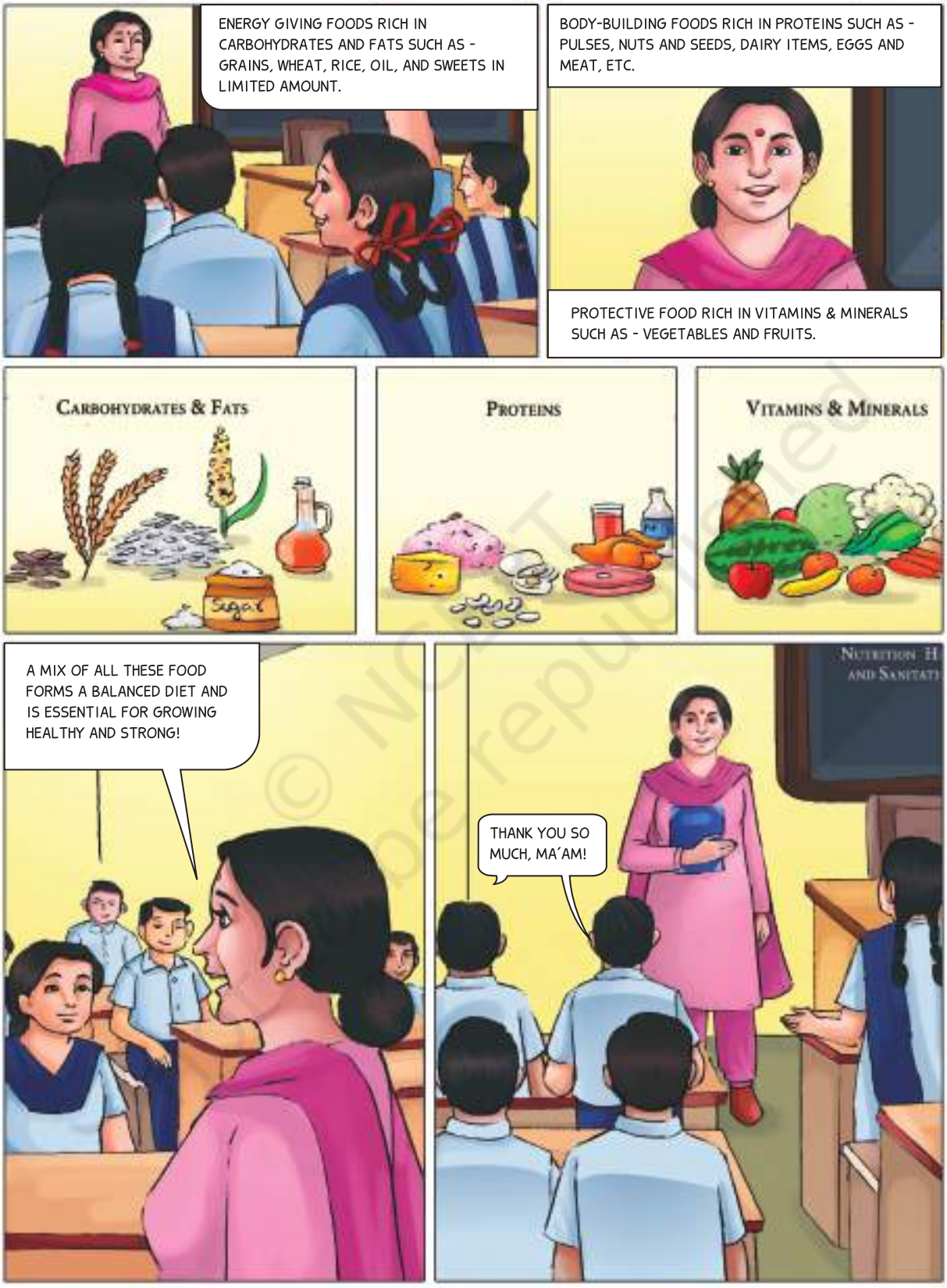
S.P. HIGH SCHOOL
GOOD MORNING, MA´AM!
Skill Subject Selection Day
GOOD MORNING STUDENTS, WE WILL TALK ABOUT SKILLS TODAY. YOU CAN SHARE ABOUT YOUR STRENGTHS AND WEAKNESSES, ONE BY ONE.
AS A CHILD I ENJOYED PLAYING KHO-KHO, BUT NOW I DO NOT LIKE IT AS MUCH.
THAT IS COMPLETELY NORMAL. DURING ADOLESCENCE, ALL CHILDREN UNDERGO PHYSICAL AND MENTAL GROWTH. SO IT´S OKAY IF YOUR INTERESTS CHANGE OVER TIME.
YES, MA´AM! I ENJOY DANCE AND YOGA THESE DAYS.
JATIN, YOU SEEM WORRIED. ARE YOU OKAY?
VIKRAM, I OFTEN HELP MY MOTHER IN THE KITCHEN AND I ENJOY IT... BUT
BUT? BUT WHAT, JATIN?
BUT IF I SHARE THIS WITH THE CLASS, STUDENTS WILL MAKE FUN OF ME AS WOMEN ARE SUPPOSED TO DO ALL THE COOKING AND CLEANING.
NO JATIN, IT IS FINE. I ALSO LOVE TO COOK AND HELP MAA IN THE KITCHEN. THESE ARE GENDER STEREOTYPES THAT SUGGEST ONLY WOMEN SHOULD COOK. COOKING IS A BASIC LIFE SKILL AND CAN BE PURSUED AS A HOBBY OR A PROFESSION BOTH BY MEN AND WOMEN.
JATIN, I AM SURE YOU´LL BECOME A GREAT CHEF BECAUSE YOU HAVE A STRONG INTEREST AND PASSION FOR COOKING.
YOU ARE RIGHT, VIKRAM. I WISH TO BECOME A CHEF SOMEDAY.
I GOT YOUR FAVORITE SANDWICHES FOR LUNCH TODAY AND I PREPARED THEM MYSELF.

MA'AM... I
REENA, IS EVERYTHING OKAY?
I... ENJOY PLAYING CRICKET WITH MY BROTHER BUT MY GRANDFATHER TELLS ME TO PLAY WITH DOLLS INSTEAD, WHICH UPSETS ME, SO I OFTEN GET INTO CONFLICT WITH HIM.
REENA, IT IS A COMMON MISCONCEPTION THAT CRICKET CAN BE PLAYED BY MEN ONLY. THIS IS A KIND OF GENDER DISCRIMINATION.
ELDERS GET CONCERNED ABOUT OUR SAFETY SO IT'S IMPORTANT TO UNDERSTAND THEIR FEELINGS AND HAVE A FRANK DISCUSSION WITH THEM.
WHEN WE FACE CHALLENGING SITUATIONS, IT IS IMPORTANT TO SEEK HELP FROM PARENTS, TRUSTED ADULTS, TEACHERS OR COUNSELLORS.
THANK YOU, MA'AM, I WILL DISCUSS IT WITH MY GRANDFATHER.
SCHOOL BELL RINGS
OKAY STUDENTS, WE WILL CONTINUE OUR DISCUSSION TOMORROW.
MANVI, I AM GOING TO FILL WATER. WOULD YOU LIKE TO COME ALONG?
YES, SURE.
LET'S GO.

LOOK AT THOSE PLASTIC WRAPPERS! STUDENTS SHOULD PUT TRASH IN DUSTBIN AND KEEP SCHOOL CLEAN.
STUDENTS OFTEN LEAVE THE TAP OPEN WHICH LEADS TO WATER WASTAGE. WE SHOULD CONSERVE RESOURCES LIKE WATER, ELECTRICITY AND FOOD.
THAT'S RIGHT.
WHAT HAPPENED, MANVI?
I FEEL WEAK AND MY HEAD IS SPINNING
HAVE YOU EATEN BREAKFAST?
NO, I DID NOT HAVE TIME.
WHAT HAPPENED STUDENTS?
MA'AM, SHE IS NOT FEELING WELL.
LET'S TAKE HER TO THE MEDICAL ROOM. DR. SUNITA CAN HELP US.
Medical Room
DOCTOR, MANVI TOLD ME THAT SHE MISSED BREAKFAST, AND I OFTEN NOTICE HER FEELING WEAK AND LIGHT-HEADED.


THAT IS NOT A GOOD HABIT. YOU ALL ARE AT GROWING AGE AND MUST EAT A HEALTHY BREAKFAST EVERYDAY.
MANVI, ADOLESCENT GIRLS MENSTRUATE EVERY MONTH, WHICH CAN LEAD TO IRON DEFICIENCY, ALSO KNOWN AS ANEMIA. YOU SHOULD EAT A BALANCED DIET AND NEVER SKIP BREAKFAST.
THAT'S RIGHT! OUR GOVERNMENT RUNS VARIOUS SCHEMES TO PROVIDE IRON AND FOLIC ACID SUPPLEMENTS IN SCHOOLS TO SUPPORT THE NUTRITIONAL NEEDS OF CHILDREN.
DRINK THIS GLUCOSE WATER WITH AN IRON TABLET, MANVI.
I FEEL BETTER NOW AND WON'T MISS MY BREAKFAST IN FUTURE.
EAT NUTRITIOUS FOODS LIKE SATTU, PEANUTS, AND FRUITS WHICH ARE EASILY AVAILABLE AT HOME.
THANK YOU, DR. SUNITA. MANVI, WE WILL DISCUSS NUTRITION, HEALTH, AND SANITATION IN THE CLASS TODAY.


VII-A
NUTRITION HEALTH AND SANITATION
MA'AM, WHAT DIET SHOULD WE TAKE TO GROW HEALTHY?
EATING HEALTHY FOOD IS IMPORTANT AT ANY AGE, BUT IT IS ESPECIALLY IMPORTANT FOR TEENAGERS. AS YOUR BODY IS STILL GROWING, IT IS VITAL THAT YOU ALL EAT THREE REGULAR MEALS (A BALANCED DIET), CONSISTING OF:



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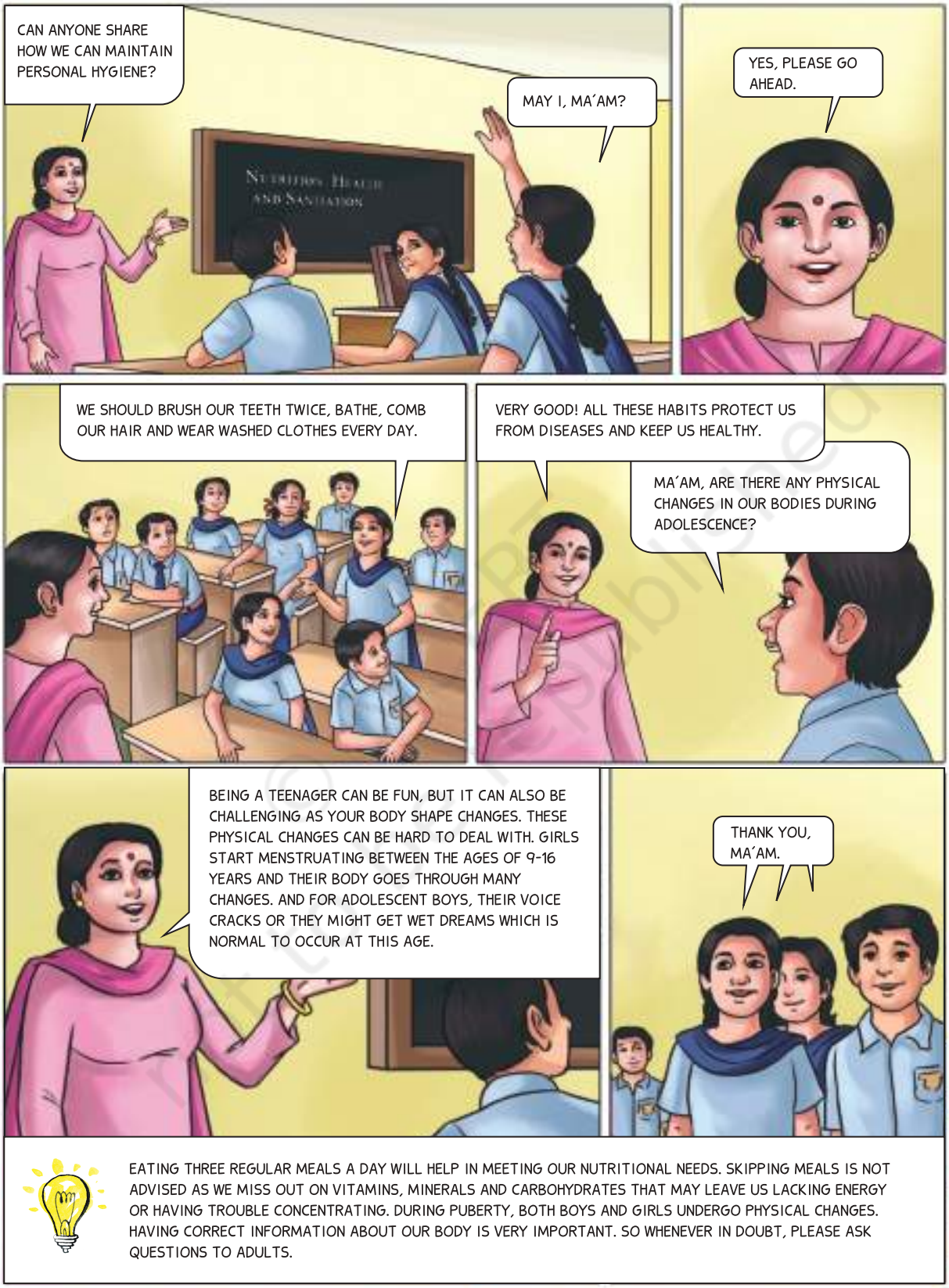
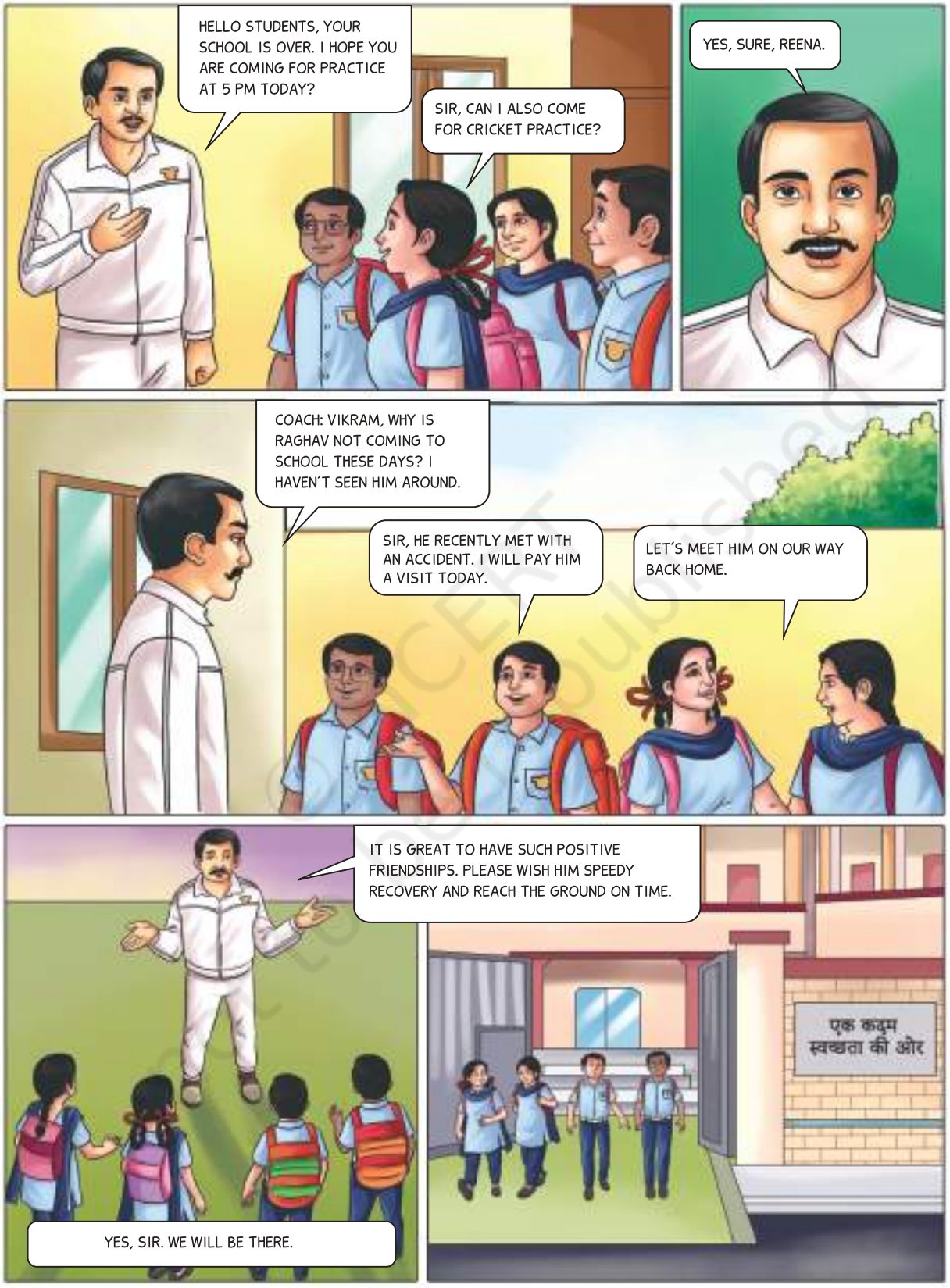

CAN ANYONE SHARE HOW WE CAN MAINTAIN PERSONAL HYGIENE?
MAY I, MA'AM?
YES, PLEASE GO AHEAD.
WE SHOULD BRUSH OUR TEETH TWICE, BATHE, COMB OUR HAIR AND WEAR WASHED CLOTHES EVERY DAY.
VERY GOOD! ALL THESE HABITS PROTECT US FROM DISEASES AND KEEP US HEALTHY.
MA'AM, ARE THERE ANY PHYSICAL CHANGES IN OUR BODIES DURING ADOLESCENCE?
BEING A TEENAGER CAN BE FUN, BUT IT CAN ALSO BE CHALLENGING AS YOUR BODY SHAPE CHANGES. THESE PHYSICAL CHANGES CAN BE HARD TO DEAL WITH. GIRLS START MENSTRUATING BETWEEN THE AGES OF 9-16 YEARS AND THEIR BODY GOES THROUGH MANY CHANGES. AND FOR ADOLESCENT BOYS, THEIR VOICE CRACKS OR THEY MIGHT GET WET DREAMS WHICH IS NORMAL TO OCCUR AT THIS AGE.
THANK YOU, MA'AM.
EATING THREE REGULAR MEALS A DAY WILL HELP IN MEETING OUR NUTRITIONAL NEEDS. SKIPPING MEALS IS NOT ADVISED AS WE MISS OUT ON VITAMINS, MINERALS AND CARBOHYDRATES THAT MAY LEAVE US LACKING ENERGY OR HAVING TROUBLE CONCENTRATING. DURING PUBERTY, BOTH BOYS AND GIRLS UNDERGO PHYSICAL CHANGES. HAVING CORRECT INFORMATION ABOUT OUR BODY IS VERY IMPORTANT. SO WHENEVER IN DOUBT, PLEASE ASK QUESTIONS TO ADULTS.



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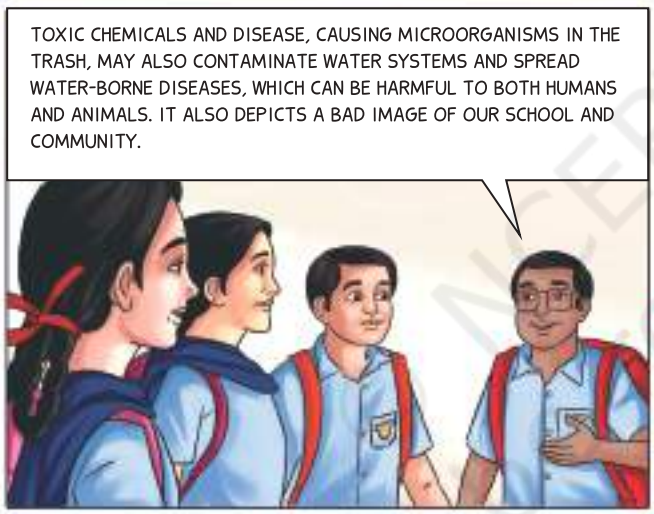

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OUR BEAUTY IS BASED ON HOW WE LOOK AT OURSELVES AS WELL AS THE VALUES WE POSSESS. BEAUTY AND IDEAL BODY IS A SOCIETAL-CONSTRUCT FALSE IMAGE. WE ARE BEAUTIFUL IN OUR OWN WAYS AND MUST NEVER FALL INTO FALSE PROMISES OF MISLEADING ADS.

EACH INDIVIDUAL HAS VALUES BASED ON FACTORS, SUCH AS FAMILY, PEERS, CULTURE, RACE, SOCIAL BACKGROUND, GENDER, RELIGION.

BUT WHAT MATTERS MOST ARE THE PERSONAL QUALITIES WE CHOOSE TO EMBODY TO GUIDE OUR ACTIONS; THE SORT OF PERSON WE WANT TO BE; THE MANNER IN WHICH WE TREAT OURSELVES AND OTHERS, AND OUR INTERACTION WITH THE WORLD AROUND US.

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THEY REACH RAGHAV'S HOUSE LANE. RAGHAV IS SITTING ON A WHEELCHAIR IN HIS VERANDAH.

HELLO RAGHAV.

HOW DID THIS HAPPEN, RAGHAV?

UNFORTUNATELY, I WAS RIDING MY BROTHER'S MOTORCYCLE WITHOUT A HELMET AND I RAMMED INTO A PARKED CAR.

UNDERAGE DRIVING IS A CRIME AND DANGEROUS NOT ONLY FOR YOU BUT ALSO FOR OTHERS ON THE ROAD. THERE ARE MANY TEENAGERS WHO HAVE LOST THEIR LIVES DUE TO RECKLESS DRIVING. YOU SHOULD NOT DO IT AGAIN.

DID YOUR DOCTOR SAY WHEN CAN YOU JOIN SCHOOL?

I REALISE IT WAS A MISTAKE. I AM BETTER BUT I HAVE TO USE WHEELCHAIR FOR A WHILE AND OUR SCHOOL HAS NO WHEELCHAIR-ACCESSIBLE RAMP FOR STUDENTS WITH DISABILITIES.

YOU'RE RIGHT. ALL SCHOOLS SHOULD BE DOING THEIR PART TO BE MORE ACCESSIBLE TO DISABLED STUDENTS AND CREATE RAMPS SO THE ENTIRE SCHOOL IS WHEELCHAIR ACCESSIBLE.

WE SHOULD TALK TO PRINCIPAL MA'AM.

YES, WE SHOULD.

RAGHAV: THANK YOU, FRIENDS.

REENA: YOU TAKE CARE AND REST WELL.

IT IS IMPORTANT TO BE SENSITIVE TO OTHERS AROUND US. WE CAN PLAY AN IMPORTANT ROLE IN SUPPORTING CHILDREN WITH DISABILITIES BY UNDERSTANDING THEIR NEEDS AND MAKING THEM FEEL INCLUSIVE.

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NUTRITIONAL NEEDS ARE HIGHER DURING ADOLESCENCE AS THIS IS A PHASE OF RAPID GROWTH AND DEVELOPMENT. HEALTHY EATING HABITS AND MAINTAINING FOOD HYGIENE ARE ESSENTIAL FOR MAINTAINING GOOD HEALTH. FOR EXAMPLE, EATING WHOLE GRAINS, SPROUTS, DRINKING LOCAL DRINKS (INSTEAD OF PACKAGED DRINKS), MODERATING JUNK FOOD AND COOKING IN IRON UTENSILS ENHANCES THE IRON CONTENT OF THE DIET.

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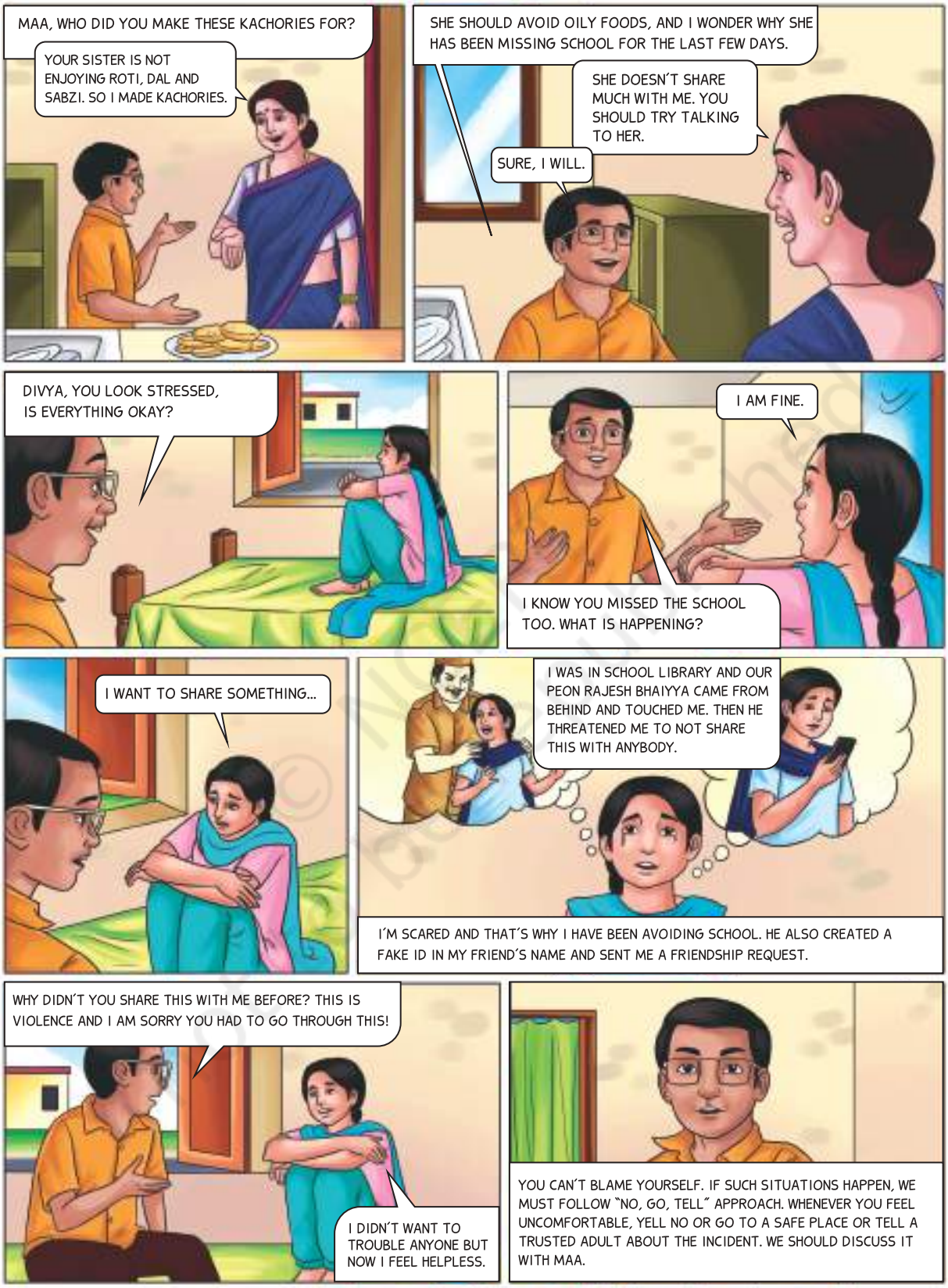
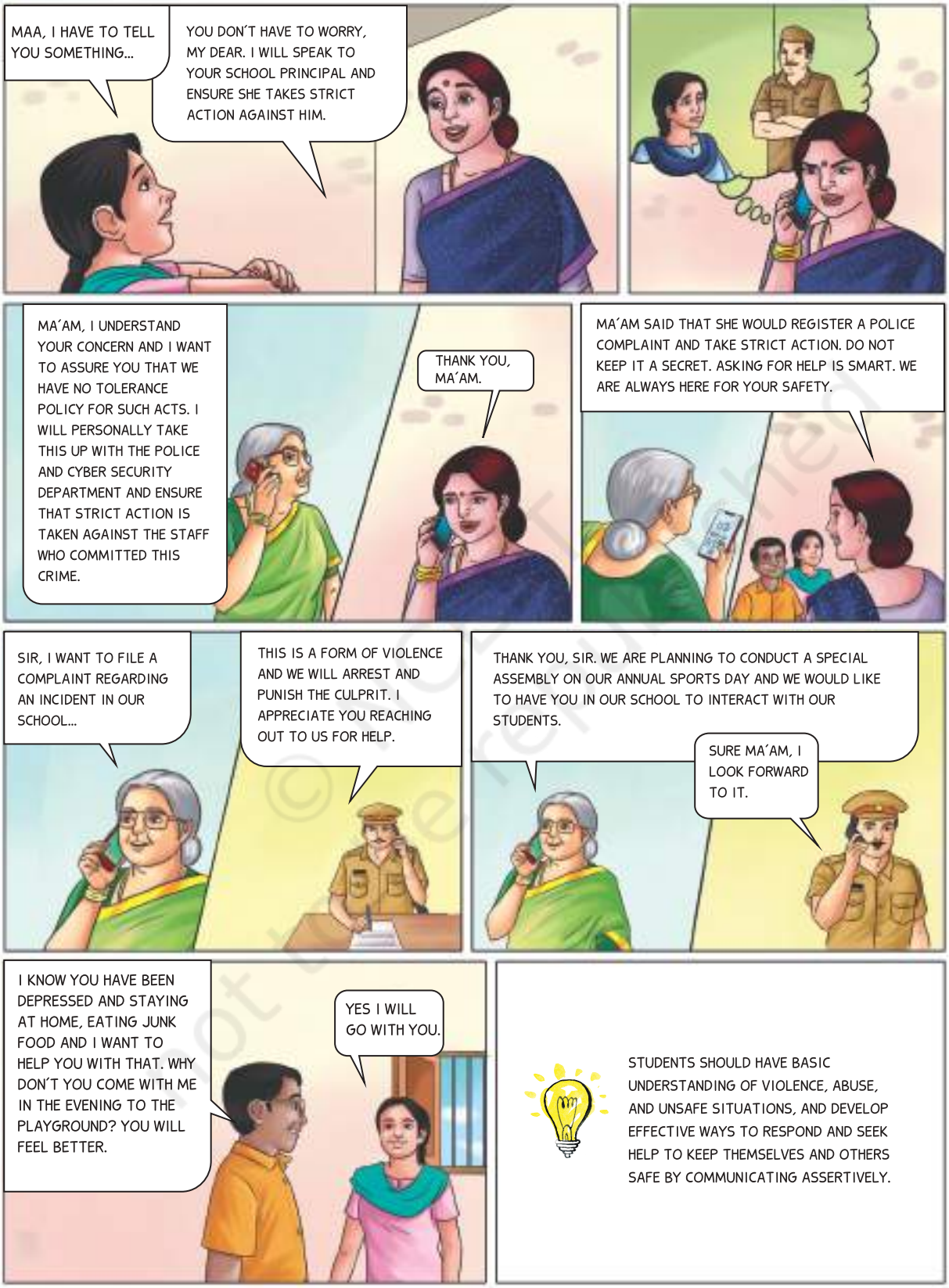

MAA, WHO DID YOU MAKE THESE KACHORIES FOR?
YOUR SISTER IS NOT ENJOYING ROTI, DAL AND SABZI. SO I MADE KACHORIES.
SHE SHOULD AVOID OILY FOODS, AND I WONDER WHY SHE HAS BEEN MISSING SCHOOL FOR THE LAST FEW DAYS.
SHE DOESN'T SHARE MUCH WITH ME. YOU SHOULD TRY TALKING TO HER.
SURE, I WILL.
DIVYA, YOU LOOK STRESSED, IS EVERYTHING OKAY?
I AM FINE.
I KNOW YOU MISSED THE SCHOOL TOO. WHAT IS HAPPENING?
I WANT TO SHARE SOMETHING...
I WAS IN SCHOOL LIBRARY AND OUR PEON RAJESH BHAIYYA CAME FROM BEHIND AND TOUCHED ME. THEN HE THREATENED ME TO NOT SHARE THIS WITH ANYBODY.
I'M SCARED AND THAT'S WHY I HAVE BEEN AVOIDING SCHOOL. HE ALSO CREATED A FAKE ID IN MY FRIEND'S NAME AND SENT ME A FRIENDSHIP REQUEST.
WHY DIDN'T YOU SHARE THIS WITH ME BEFORE? THIS IS VIOLENCE AND I AM SORRY YOU HAD TO GO THROUGH THIS!
I DIDN'T WANT TO TROUBLE ANYONE BUT NOW I FEEL HELPLESS.
YOU CAN'T BLAME YOURSELF. IF SUCH SITUATIONS HAPPEN, WE MUST FOLLOW "NO, GO, TELL" APPROACH. WHENEVER YOU FEEL UNCOMFORTABLE, YELL NO OR GO TO A SAFE PLACE OR TELL A TRUSTED ADULT ABOUT THE INCIDENT. WE SHOULD DISCUSS IT WITH MAA.



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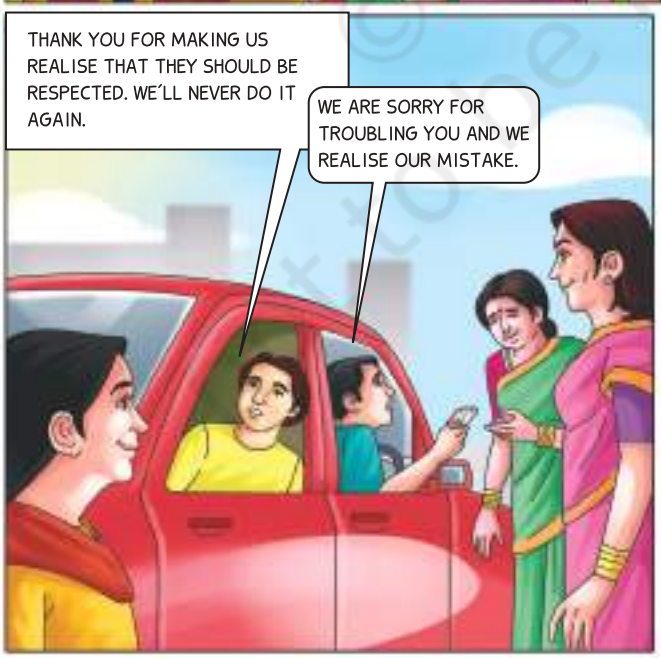
WHAT HAPPENED TANVI? ARE YOU HAVING PERIODS?
I FEEL FEVERISH AND MY ABDOMEN HURTS BADLY.
NO, I DON'T KNOW WHY THIS IS HURTING SO MUCH!
LET'S GO TO THE HEALTH CENTRE WHERE MAA WORKS, WE CAN CONSULT WITH A DOCTOR THERE.
OKAY, YOU PLEASE LOOK FOR AN AUTORICKSHAW...
WHY ARE THEY ASKING FOR MONEY?
THEY ARE TRANSGENDERS AND OUR SOCIETY DOES NOT PROVIDE THEM WITH EQUAL STATUS OR OPPORTUNITIES WHERE THEY CAN GET EDUCATION OR JOBS TO EARN MONEY.
THESE BOYS ARE HARASSING THEM!!
BOYS IN THE SIDE CAR: *WHISTLES* *HEY DANCE FOR ME*



GENDER IS SOCIALLY CONSTRUCTED AND THUS CAN BE CHANGED OVER TIME. WE ARE ALL EQUAL AND DESERVE TO BE TREATED WITH RESPECT.

IT IS IMPORTANT TO IDENTIFY GENDER DISCRIMINATION AND RAISE OUR VOICE AGAINST IT TO DEBUNK STEREOTYPES AND STIGMA. WE MUST ALLOW EACH INDIVIDUAL TO LIVE WITH THEIR OWN IDENTITY PEACEFULLY. WE MUST SUPPORT TRANSGENDER RIGHTS AND ENCOURAGE OTHERS TO SPEAK OUT AND HELP CHANGE THE MINDS OF PEOPLE WHO AREN'T SUPPORTIVE OF TRANSGENDER PEOPLE.

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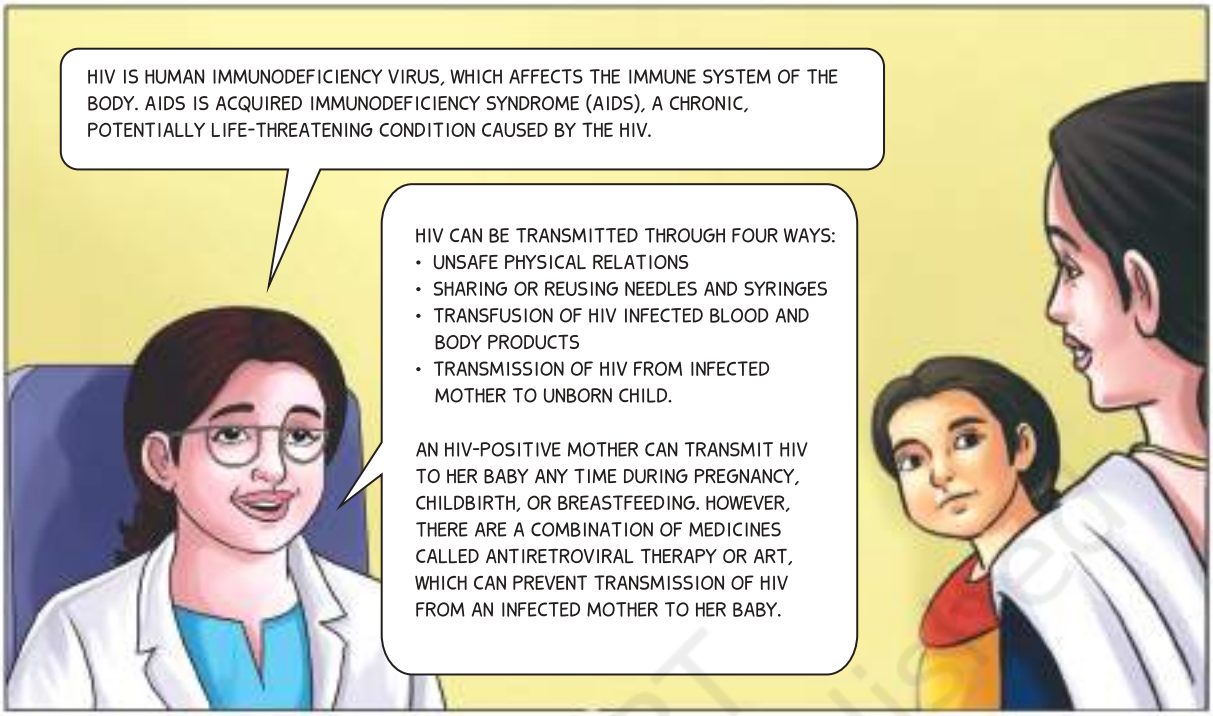

MAINTAINING PERSONAL HYGIENE IS ESSENTIAL IN PREVENTING A REPRODUCTIVE TRACT INFECTION. IT IS NECESSARY TO EDUCATE YOURSELF AND OTHERS AROUND YOU ON WAYS TO AVOID HIV OR AIDS AND THEIR TRANSMISSION. PLEASE REMEMBER THAT SENSITIZATION IS THE BEST PRECAUTION.

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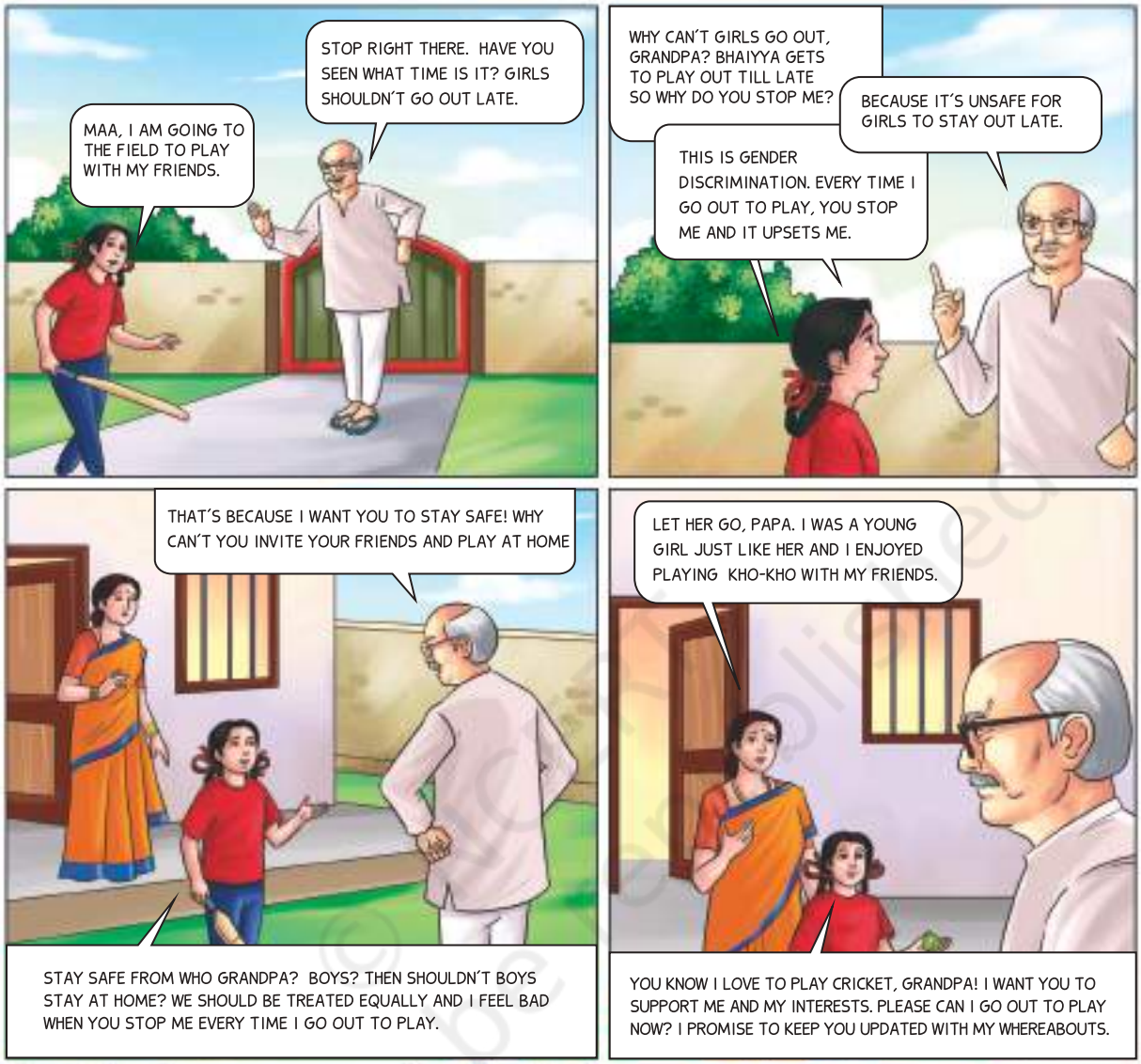
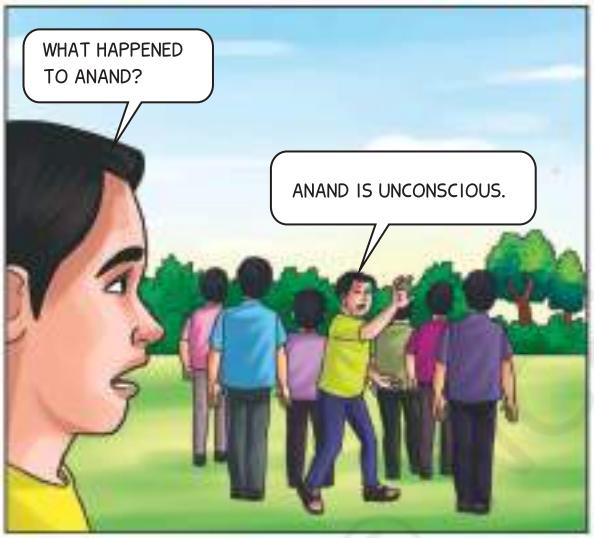
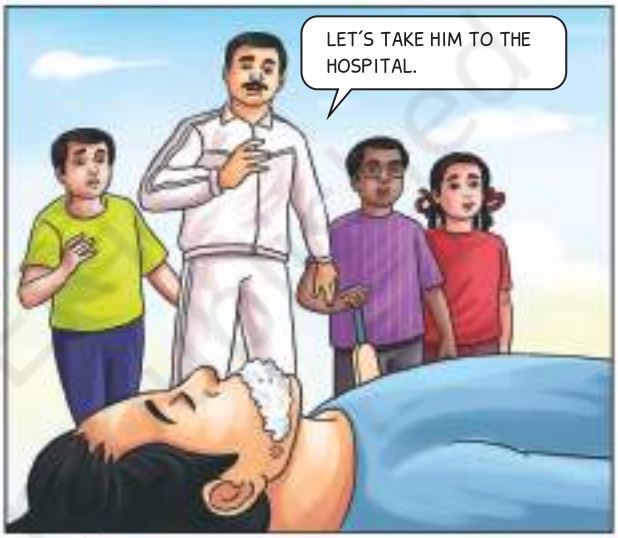
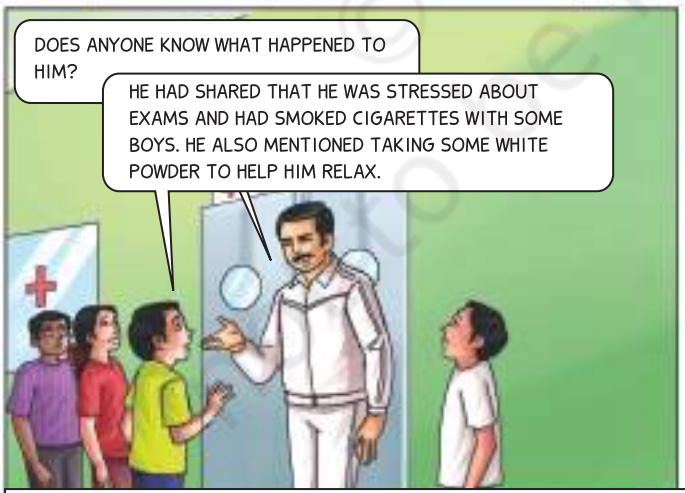
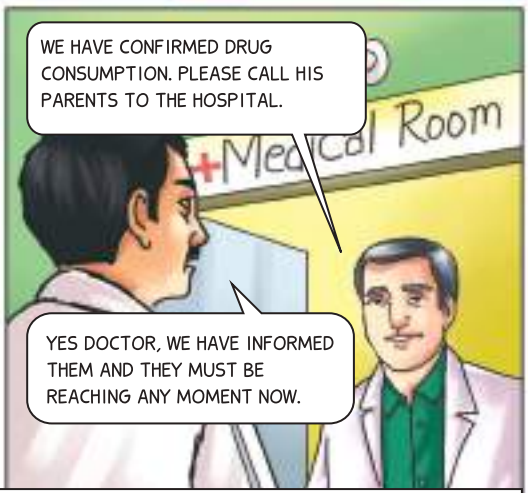


AS GENERATIONS CHANGE, IT IS IMPORTANT TO BREAK AGE-OLD NORMS AND DISCRIMINATORY PRACTICES. IF GIVEN THE OPPORTUNITY, GIRLS AND BOYS CAN PERFORM ALL KINDS OF TASKS IN AND OUT OF THE HOUSEHOLD. WHILE WORK IS IMPORTANT, LEISURE AND PLAY IS EQUALLY IMPORTANT FOR CHILDREN.

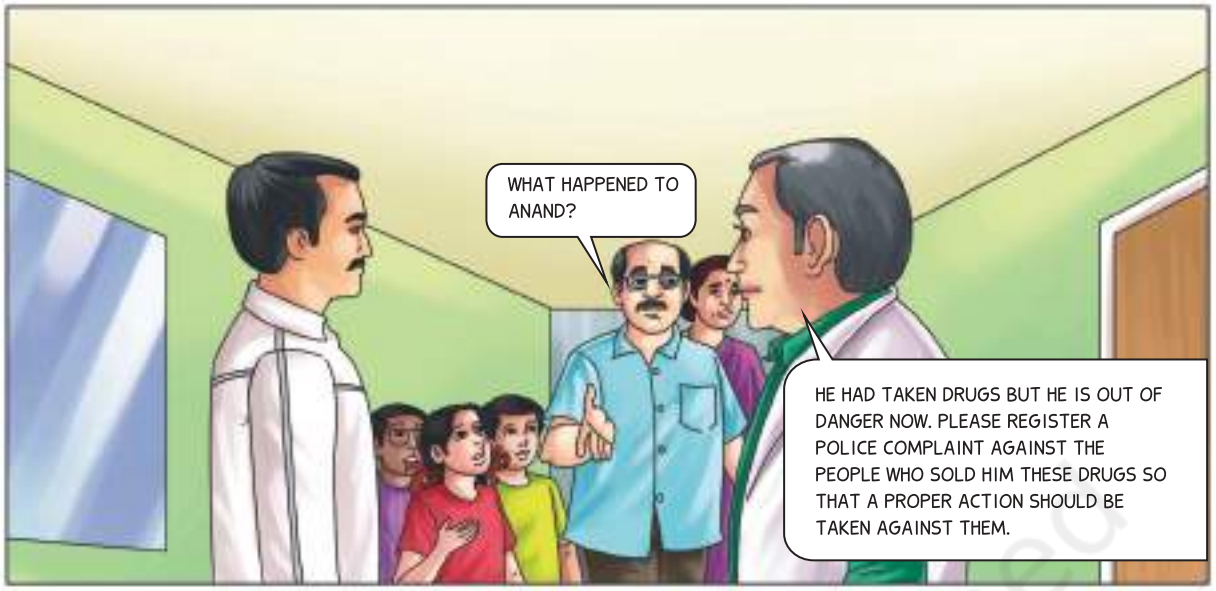


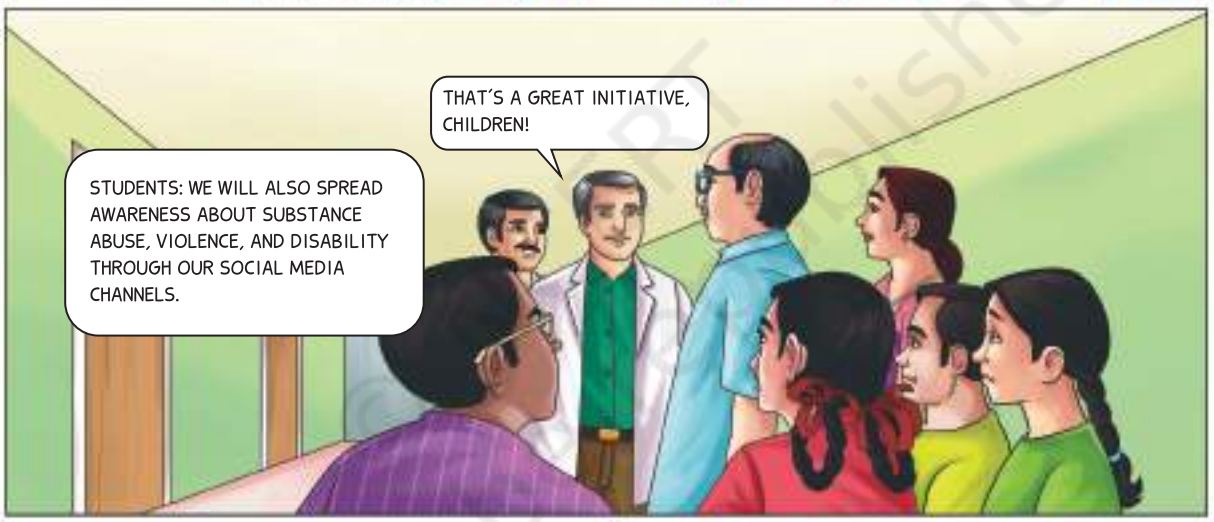




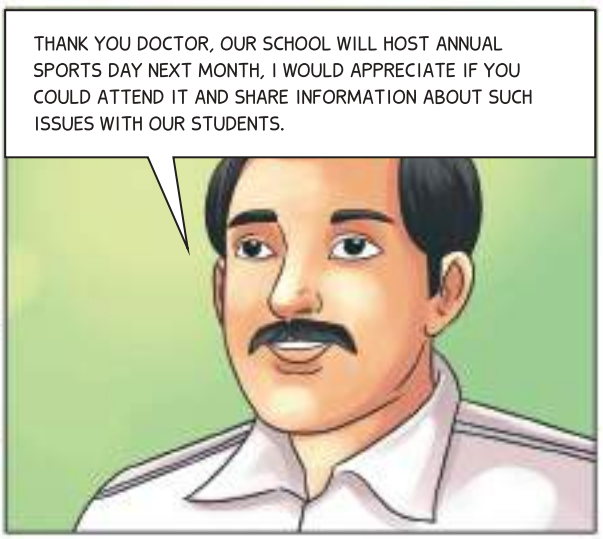


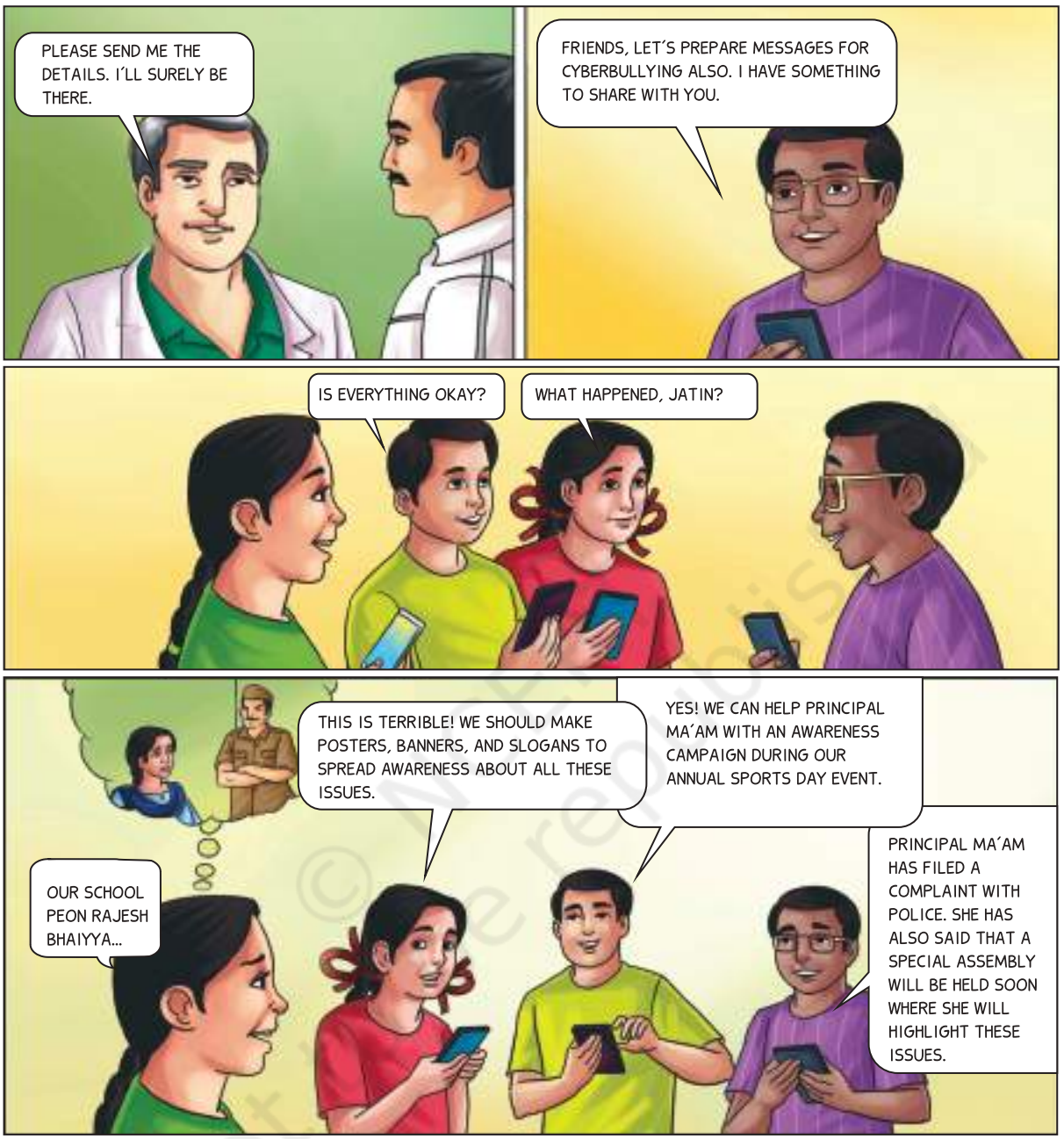
IT IS NECESSARY TO IDENTIFY THE DIFFERENCE BETWEEN STRESS AND DEPRESSION. STRESS IS A NORMAL PART OF LIFE, HOWEVER, TOO MUCH STRESS CAN LEAD TO HIGH BLOOD PRESSURE, WEIGHT GAIN AND EVEN HEART ATTACK WHEREAS DEPRESSION IS A MENTAL HEALTH CONDITION THAT INTERFERES WITH A PERSON'S ABILITY TO CARRY OUT DAILY FUNCTIONS. IT'S CHARACTERIZED BY FEELINGS OF SADNESS AND A LOSS OF INTEREST IN ONCE ENJOYABLE ACTIVITIES.


WHAT HAPPENED TO ANAND?
HE HAD TAKEN DRUGS BUT HE IS OUT OF DANGER NOW. PLEASE REGISTER A POLICE COMPLAINT AGAINST THE PEOPLE WHO SOLD HIM THESE DRUGS SO THAT A PROPER ACTION SHOULD BE TAKEN AGAINST THEM.


THAT'S A GREAT INITIATIVE, CHILDREN!
STUDENTS: WE WILL ALSO SPREAD AWARENESS ABOUT SUBSTANCE ABUSE, VIOLENCE, AND DISABILITY THROUGH OUR SOCIAL MEDIA CHANNELS.

YES, DOCTOR SAHAB. WE WILL REGISTER A COMPLAINT FOR SURE.


THANK YOU DOCTOR, OUR SCHOOL WILL HOST ANNUAL SPORTS DAY NEXT MONTH, I WOULD APPRECIATE IF YOU COULD ATTEND IT AND SHARE INFORMATION ABOUT SUCH ISSUES WITH OUR STUDENTS.



A VARIETY OF FACTORS PUT CHILDREN AND YOUNG PEOPLE AT RISK OF SUBSTANCE ABUSE AND ITS CONSEQUENCES, INCLUDING THEIR INDIVIDUAL ATTRIBUTES AND THE ENVIRONMENT IN WHICH THEY LIVE. SUBSTANCE ABUSE NEGATIVELY IMPACTS A CHILD'S MENTAL AND PHYSICAL HEALTH AND OVERALL WELL-BEING. PARENTS AND TEACHERS NEED TO EMPOWER CHILDREN WITH KNOWLEDGE AND SKILLS THAT WILL HELP IN BUILDING THEIR SELF-ESTEEM AND CAPACITY TO BE RESPONSIBLE CITIZENS. STUDENTS NEED TO ANALYZE AND RESIST NEGATIVE PEER PRESSURE AND MUST SEEK HELP FROM FRIENDS, TEACHERS, PARENTS AND TRUSTED ADULTS WITHOUT ANY HESITATION.

WE SHOULD SEEK HELP FROM POLICE AND LOCAL NGOs AND SCHOOLS. CHILDREN, PLEASE REMEMBER - YOU ARE NOT ALONE IN THE FIGHT AGAINST SUBSTANCE ABUSE. IT IS A COLLECTIVE RESPONSIBILITY OF PARENTS, SCHOOL AND COMMUNITIES TO EMPOWER AND SUPPORT YOU TO PREVENT AND ADDRESS SUBSTANCE ABUSE.

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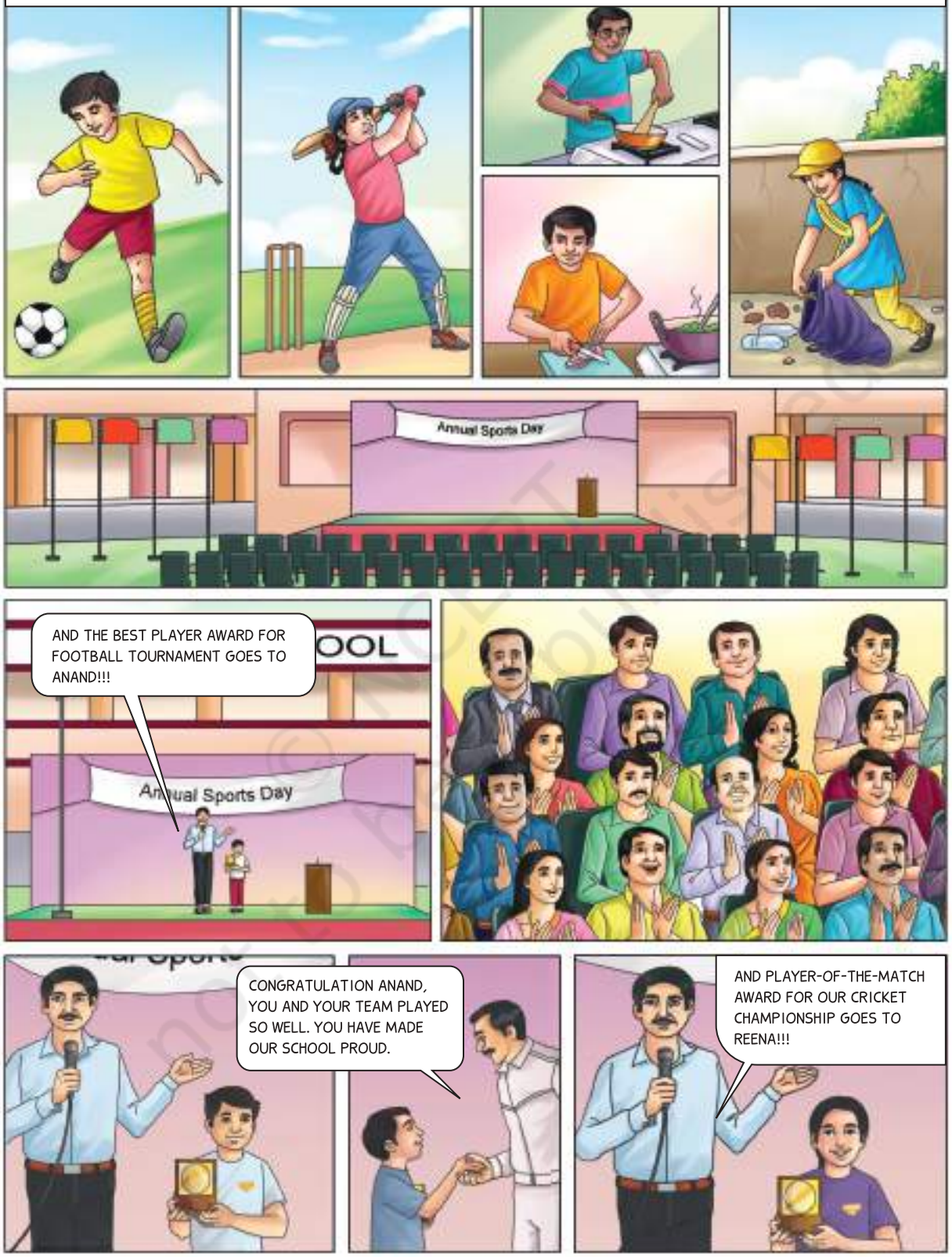
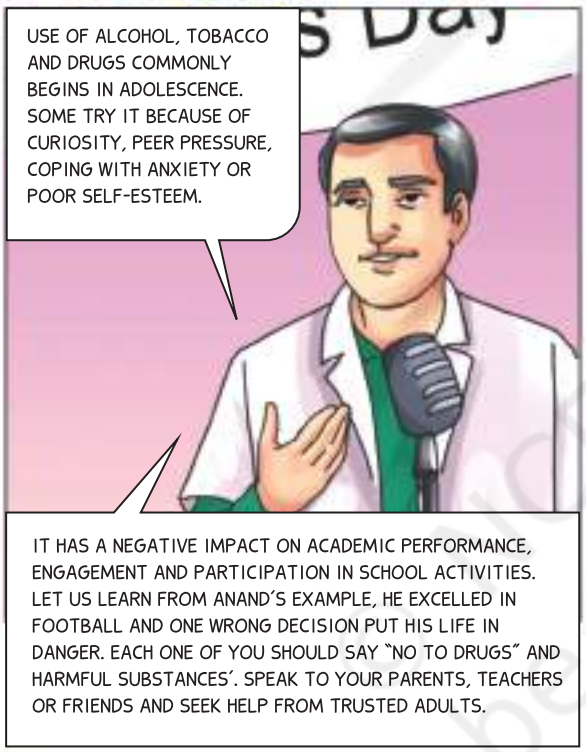
1 MONTH LATER

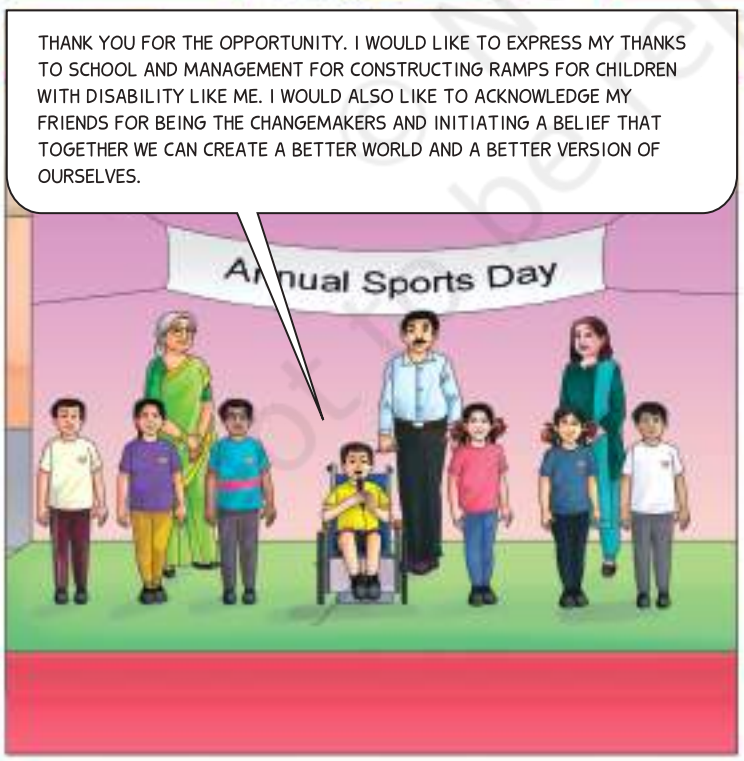


WE HAVE TWO SPECIAL GUESTS AMONGST US. I WOULD LIKE TO INVITE DR. RAVI AND INSPECTOR FIROZ TO SHARE A FEW WORDS WITH OUR STUDENTS.


USE OF ALCOHOL, TOBACCO AND DRUGS COMMONLY BEGINS IN ADOLESCENCE. SOME TRY IT BECAUSE OF CURIOSITY, PEER PRESSURE, COPING WITH ANXIETY OR POOR SELF-ESTEEM.
IT HAS A NEGATIVE IMPACT ON ACADEMIC PERFORMANCE, ENGAGEMENT AND PARTICIPATION IN SCHOOL ACTIVITIES. LET US LEARN FROM ANAND'S EXAMPLE, HE EXCELLED IN FOOTBALL AND ONE WRONG DECISION PUT HIS LIFE IN DANGER. EACH ONE OF YOU SHOULD SAY "NO TO DRUGS" AND HARMFUL SUBSTANCES'. SPEAK TO YOUR PARENTS, TEACHERS OR FRIENDS AND SEEK HELP FROM TRUSTED ADULTS.

NOW, I'D LIKE TO INVITE INSPECTOR FIROZ TO SHARE SOME WISE WORDS.
STUDENTS, YOU HAVE THE RIGHT TO BE SAFE FROM VIOLENCE AND ABUSE. PLEASE SPEAK OUT AGAINST VIOLENCE UNTIL YOUR VOICES ARE HEARD. BE SUPPORTIVE OF YOUR PEERS AND HELP THEM SPEAK OUT. WE ARE HERE TO SUPPORT YOU. YOU CAN ALSO CALL 1098, A CHILD LINE WORKING FOR CHILDREN'S SAFETY.
THE ENTIRE COMMUNITY MUST CREATE AN ENVIRONMENT WHERE CHILDREN ARE SAFE FROM VIOLENCE, INJURIES AND ACCIDENTS. LET US ALL WORK TOGETHER IN ENSURING A SAFE, SECURE AND VIBRANT LEARNING ENVIRONMENT FOR OUR CHILDREN.

THANK YOU SIR.
LET ME SHARE ANOTHER GOOD NEWS. REENA HAS BEEN SELECTED AS CAPTAIN OF THE DISTRICT CRICKET TEAM AND WON A SCHOLARSHIP FOR HER EDUCATION TOO.
I'D LIKE TO INVITE REENA... AND HER FAMILY MEMBERS ON THE STAGE.



WE ARE COMMITTED TO ENSURE THAT ALL CHILDREN AND YOUNG PEOPLE BENEFIT FROM GOOD QUALITY HEALTH EDUCATION AND HAVE ACCESS TO SAFE, INCLUSIVE, HEALTH-PROMOTING LEARNING ENVIRONMENTS. WE HOPE THAT THIS COMIC BOOK WILL HELP STUDENTS AND ENHANCE THEIR KNOWLEDGE, ATTITUDES AND SKILLS AND HELP THEM LEAD HEALTHY AND PRODUCTIVE LIVES.

WE HOPE THAT TEACHERS, HEALTH EDUCATORS, COUNSELLORS WILL USE THIS TO PROMOTE YOUNG PEOPLE'S RIGHT TO EDUCATION, HEALTH AND WELL-BEING, AND TO ACHIEVE AN INCLUSIVE AND GENDER EQUAL SOCIETY.

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