

NEWSLETTER

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POPULATION EDUCATION



DIRECTORATE OF STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING, MIZORAM

STAFF POSITION

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On the spot Essay Writing Competition for Mamit town area a High School naupangte tan buatsaih a ni a. Heng theme-te hmang hian inelna neih a ni.

1. Problems of Drug/ Alcohol Abuse in schools and its Prevention
2. A Healthy Mind, a Healthy Body
3. My Habit, My Health

Note: He essay kan tarlan hi first prize winner R. Lalpekhlua, Class IX, Govt. Mamit High School ziah a ni.

My Habit, My Health

To start off, your daily habit can severely affect your mental and physical health. So, if you happen to relate to the bad habits, I suggest you stop doing it. Now, I am not writing this essay as an insult, and what I write down could be offensive to a lot of people. So, let me remind you that I only write the things that I have experienced, and I am writing this essay to spread awareness to all the kids who have an unhealthy day-to-day routine like I was before.

Let's talk about the good side first. There are certain habits that keep you active, productive and help to start off your day in such a way that you feel great going to school, doing chores or something else that you usually don't like doing. So, to start off your day, you wake up. Since you just woke up, your first instinct would be to wash your face or brush your teeth. But, before you do that, whether you like doing it or not, you should fold the sheets and make your bed, and doing so, knowing that you accomplished something in the morning, you will feel more productive right from the morning. For the next part, it takes little or no effort to say something positive to your peers. Positivity has a way of coming back to you. After all, what goes around comes around. Another thing that would be really beneficial if you could take in as a habit is cleaning your body, your clothes, and your other belongings that you carry and use on a daily basis. Cleaning your surroundings is also a good way of keeping yourself happy and healthy, physically and mentally. If your body is clean, you will feel confident and refreshed. Wearing clean clothes is a healthy habit that you should not neglect. If your clothes are clean and humble, any person that you meet or interact with will take you seriously and respect you more. And cleaning your body regularly is compulsory because it is



scientifically proven that if your body is clean, you will sleep a lot better. Without a good quality resting time, your body is not as refresh and energetic as it is supposed to be. Scientists have also proved that people with insufficient sleep time have up to 40% slower instinct than those who sleep well at night. Biblically speaking, your body is the temple of God. So, it is your responsibility to keep the temple of Christ clean. As it is said in the Bible, "Cleanliness is next to Godliness." Also, a clean surrounding plays a big part in one's physical health. Improper disposal of trash and other kinds of waste materials can harm the land. Burning materials like plastic, rubber and other types of materials made by fossil fuels pollute the air, and harm the person breathing in the toxic fumes from the fire. So, replacing these plastic materials with eco-friendly materials is safe and healthy. Using plastic and other petroleum made materials connects all the way to your physical health. Research has been done which says that blood of fish caught from the ocean has micro-scrapes of plastic on them as a result of people polluting the ocean by disposing garbage on big water bodies which are connected to ocean. The fish is then consumed by humans, so the micro-plastics are also found on humans. So, we really are killing ourselves by polluting the earth.

Now, let's talk about the bad habits which can be harmful for your mental and physical health. First of all, too much of anything is never good. There are a lot of activities which are good for you but could be a major problem if overdone. Take studying for example, it is compulsory and could improve your academic grades. But if you were to focus only on studying and neglect all the other things like sports, interacting with your peers, and other physical activities, your body and mind would suffer. You will become physically weaker and

mentally unstable. In today's society, gaming plays a big part in teenager's life. And playing games is very common among teenagers. There has been report of people committing suicide due to frustration from losing video games. You might think that it would never happen to you, but it might be closer than you might have thought. Addiction of video games can come easily as video games are always made to be as immersive and entertaining as can be. And teenagers usually play video games as an escape or break from reality. So, it is understandable that lots of teenagers are addicted to video games. Playing digital games as a hobby is bad for eyesight, and you might also be addicted to games. It's hard to admit to being addicted to something. If you play video games on a daily basis whether you feel like it or not, there is a high probability that you would unknowingly be addicted to games. Another bad habit is judging others before you know them. So, don't judge anyone unless you've been in their position. Let's talk about something else now, expensive clothes and jewellery. There are people who are wealthy and have money to spend on material things like fancy designer clothes, bags and expensive jewellery. You might be fantasizing about those materialistic things, but don't be blinded by these things, you really don't need them. If you keep them as your first priority, you are bound to be poor. Instead get something that would actually be resourceful on your daily basis. That sums up the bad habits which could ruin your mental and physical health.

Now, let's talk about the final words of advice. First of all, never let a bad morning ruin your whole day. Always take violence as the last option in everything you do. If you want to be able to buy things without worrying about the price, you have to be willing to work without looking at the clock.

That's all I can say on the topic of this essay. I only wrote the things which I am sure about and have related and experienced. So, all the words I have written are sincere and truthful.



STATE LEVEL ROLEPLAY AND FOLK DANCE COMPETITION - 2022

Kum tina kan tih thin angin State Level Role Play & Folk Dance Competition chu SCERT Auditorium-ah ni 15 November, 2022 ah neih a ni a. He competition-ah hian school pathum - Govt. Mizo High School, Helen Lowry School leh Neuhof English Medium School te an tel a ni. Heng school-te hian a hnuaia theme chi hrang hrang te zinga an duh ber pakhat thlangin inelna an nei a ni.

Role Play Theme

1. Growing up Healthy
2. Nutritious Food and Well-being
3. Personal Safety
4. Safe Use of Internet
5. Substance Abuse and its Measures

Folk Dance Theme

1. Equal Opportunity for Boys & Girls
2. Role of Joint Family in Child's Development
3. Protection of Environment
4. Prevention of Substance Abuse
5. Healthy Relationship during Adolescence



Role Play Competition-ah hian Neuhof English Medium School pakhatna ni in, Folk Dance Competition-ah hian Govt. Mizo High School in pakhatna an la a ni. Role Play & Folk Dance competition a winner te hian 6 - 9 December, 2022 khan National Level Role Play & Folk Dance Competition, NCERT, New Delhi ah Mizoram aiawhin an tel ve a ni.

NATIONAL LEVEL ROLEPLAY AND FOLK DANCE COMPETITION - 2022 AT NCERT, NEW DELHI



Emotional Well-being of Adolescence

Tleirawlte hian rilru lama harsatna (anxiety, depression etc.) chi hrang hrang an tuar fo thin a, chu chuan anmahni ah natna leh tawrhna a thlen thin a ni. Tleirawl thenkhatah phei chuan mahni intihnat duhna hial a thlen thei. Thu lungchhiat thlak tak chu, tleirawlte zinga thihna thlentu tam ber hi mahni intihlum a ni a. Amaherawhchu, tleirawlte hian rilru leh ngaihtuahna hrisel mai bakah natna chi dang dang laka an him ve theih nan tih ve theih neiin, an chhehvela mite pawhin anmahni tanpui tur hian tih theih tam tak an nei bawh a ni.

Tleirawlte hnena thuchah

Rilru hahdam taka i awm theih nan nitin i nuam tih zawng leh tui zawng tih nan hun pe thin la, i mi ngainat zawngte bulah awm tam bawh la. Taksa sawizawi leh kuthnathawh uar bawh ang che.

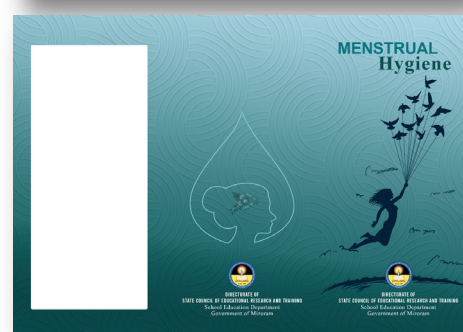
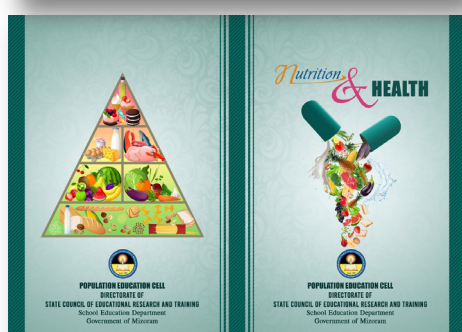
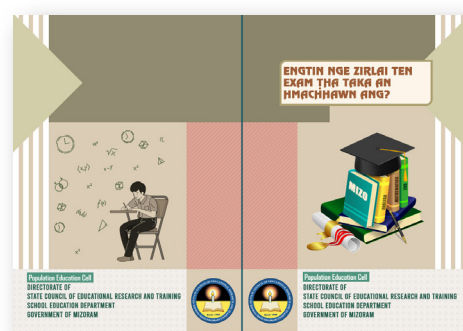
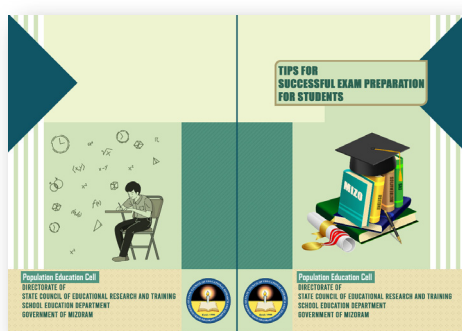
Engto neihte, lungngaih leh thinrim chang awm thin te hi thil pangngai a ni a. I thiante emaw, i nu leh pa emaw, i rinngam puitlingte hnenah emaw inbunruah thin hi a tangkai hle a. An thlamuanin an tanpui thei che a, ngaihtuahna fim tak hmang thei turin an pui thei che a ni.

Thinrimna leh lungngaihna, engto i neih changin zu leh ruihhlo dang emaw vaihlozial hmanga in tih engthawl tum suh. Zu leh ruihhlo dangte hian rilru lama harsatna chi hrang hrangte kha a tizual zawk thei a, chumai bakah ngawlveina ah a hruai lut thei bawh che a ni.

I rilru a nawrtu leh vei ut ut i neih changin emaw i lungngaih leh thinrim changin emaw ngaihtuah chiang lovin che chhuak nghal mai suh. Tharum thawh mai duhna emaw lirthei chak taka khalh chhuah mai duhna emaw te pawh i nei mai thei a. I hriat reng tur chu chung thil te chuan dinhmun hlauhawm takah a dah thei che a ni.

Engtona, lungngaihna leh thinrimna te hi hun rei tak chhung i lo nei emaw i nitin nunphung a khawih buai emaw, nangmah/ midang tihnat duhna hial i nei a nih chuan counselor /health worker/doctor i pan vat thin dawn nia.

Materials Developed during 2022-23



ACTIVITIES CONDUCTED UNDER POPULATION EDUCATION CELL, 2022 - 2023

Sl. No	Programme	Date	Outcomes
Material Development			
1	Workshop to develop booklet on Tips on Successful Exam Preparation	21 st - 24 th June, 2022	Done
2	Workshop to develop leaflet on Menstrual Hygiene	19 th - 22 nd July, 2022	Done
3	Workshop to develop booklet on Nutrition and Health among Adolescent	2 nd - 5 th August, 2022	Done
4	Workshop to develop Population Education Newsletter	8 th - 10 th February, 2022	Done
Advocacy			
1	1-Day Advocacy Programme on Girls Issues and Concerns for Lady Teachers within Aizawl	30 th September, 2022	40 Teachers attended
Training			
1	2-Day Orientation on ARSH for Principals of H/S for Aizawl District	30 th - 31 st August, 2022	39 Principals attended
2	School Health and Wellness Programme - Capacity Building Programme for for DRG of Lunglei and Lawngtlai District	18 th - 20 th May, 2022	12 RPs trained
Co-curricular Activities			
1	On-the-Spot Slogan Writing Competition for H/S students of Siaha Town Area	4 th November, 2022	Successfully conducted
2	On-the-Spot Essay Writing Competition for H/S students of Mamit Town Area	29 th November, 2022	Successfully conducted
3	State Level Role Play & Folk Dance Competition	15 th November, 2022	Successfully conducted
4	National Level Role Play & Folk Dance Competition	6 th - 9 th December, 2022	Participated
Research & Evaluation			
1	3-Day Workshop to prepare Draft Report Research	29 th - 31 st August, 2022	Done
Publication			
1	Multiplication of leaflet on Menstrual Hygiene	27 th January, 2023	Done
2	Multiplication of booklet on Tips on Successful Exam Preparation	27 th January, 2023	Done
3	Multiplication of booklet on Nutrition and Health among Adolescent	14 th February, 2023	Done
4	Multiplication of Population Education Newsletter	14 th February, 2023	Done



OTHER ACTIVITIES CONDUCTED DURING 2022 - 2023

Status of School Health Programme Under Ayushman Bharat Till March 2023					
Name of District	Total no. of schools targeted to be covered	Total no. of schools covered till March ‘23	Total no. of HWA trained	Total no. of Pricipals oriented	Total no. of trainings conducted
Champhai	119	238	541	238	6
Mamit	157	185	316	137	6
Siaha	104	131	166	70	5
Lunglei	243	151	256	145	8
Lawngtlai	148	133	204	123	7
Total	771	838	1483	713	32
Training of Prevention on Drug Abuse in collaboration with Social Welfare and Tribal Affairs Department of Mizoram					
1	Organised Training of Master Trainers on Drug Prevention		4 th - 6 th July 2022	23 DIET lecturers from 8 districts of Mizoram participated	
2	Organised 4-Day Training on Drug Prevention Programme for H/S and HSS teachers in 8 districts of Mizoram		Aug - Sept, 2022	Successfully conducted	
Collaboration with Magic Bus India Foundation					
1	<ul style="list-style-type: none">The Govt. of Mizoram signed MOU with MBIF on Life Skills Collaborative Project to conduct life skills assessment in the state of Mizoram and gather qualitative evidence of representation of life skills among stakeholders in Mizoram.As part of the project 30,000 students, 800 teachers and 30 state officials will take part in order to have insights about life skills from diverse range of shareholders.Validation and pilot assessment exercise is already conducted in 5 districts of Mizora Future Programme: <ul style="list-style-type: none">Life Skills Collaborative Assessment for Teachers and Students will be conducted in 5 DistrictsTraining of MS & HS Teachers on Life Skills ProgrammeTraining of Master Trainers from 5 DIETs will be conducted during 2023-2024.				
Publication & Documentation					
1	Multiplication of leaflet on Menstrual Hygiene		27 th January ‘23	500 copies	
2	Multiplication of booklet on Tips for Successful Exam Preparation		27 th January ‘23	400 copies	
3	Multiplication of booklet on Nutrition and Health among Adolescent		14 th February ‘23	400 copies	
4	Multiplication of Population News Letter		14 th February ‘23	500 copies	

GLIMPSES OF ACTIVITIES CONDUCTED UNDER SCHOOL HEALTH PROGRAMME



Appointment of Health and Wellness Messengers in High Schools and Middle Schools students in tChamphai, Siaha and Mamit Districts



Observation of National De-Worming Day



Awareness Campaign on Substance Misuse



Celebration of Health & Wellness Day



2 Day Orientation Training on Adolescence Reproductive and Sexual Health and it's related issues for Principals/ Headmasters of Aizawl District



1 Day Advocacy Programme on Girls Issues and Concerns for Lady Teachers of Aizawl District

Training on Drug Prevention Programme for High School & Higher Secondary School Teachers at the District Level



Serchhip District



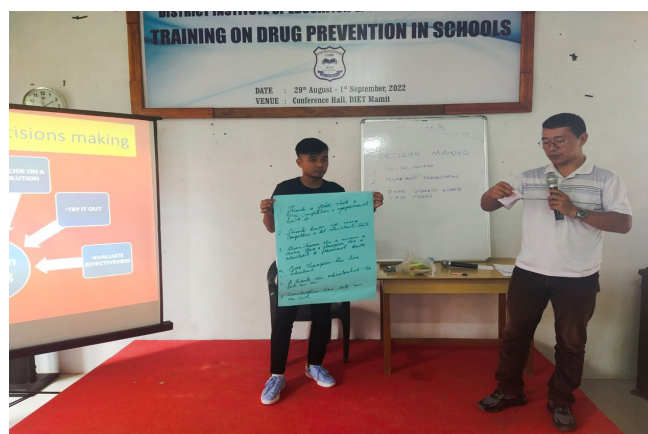
Kolasib District



Siaha District



Lunglei District



Mamit District



Training of Master Trainers for Drug Prevention in Schools at SCERT

