



School Education Department
Government of Mizoram

NISHTHA

NATIONAL INITIATIVE FOR SCHOOL HEADS'
AND TEACHERS' HOLISTIC ADVANCEMENT

A collaborative
Training
programme

NCERT
SCERT
Samgra
Shiksha
Abhiyan
MHRD

translated by SCERT from NCERT



राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्
NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING



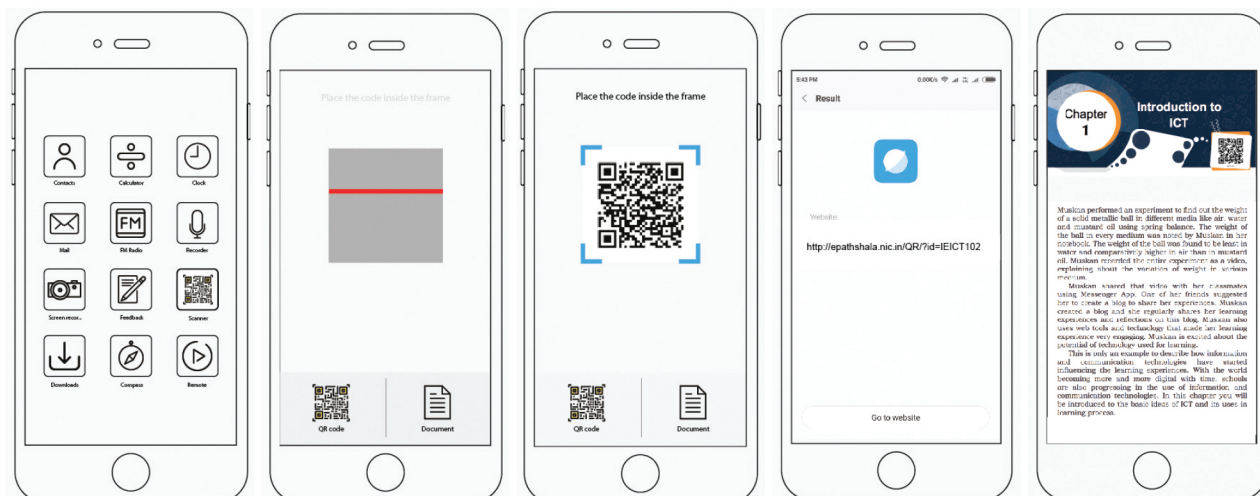
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING
MIZORAM : AIZAWL

Training Package

Step-by-step guide for users to access e-resources linked to QR Codes

The coded box placed on the top corner of every chapter is called Quick Response (QR) Code. It will help you access e-resources, such as audios, videos, multimedia, texts, etc., related to the themes given in the chapter. The first QR code is to access the complete e-textbook. The subsequent QR codes will help you access the relevant e-resources linked to each chapter. This will help you enhance your learning in a joyful manner.

Follow the steps given below and access the e-resources through your smartphone or tablet.



Install the QR Code Scanner app from Play Store




Open the app to view the QR code scanning window

Place the scanner above the QR code

Select and click on the link

Use available e-resource for learning

For accessing the e-resources on a computer or laptop follow the steps stated below.

1. Open the web browser Firefox () , Chrome () , etc.
2. Go to the ePathshala website (<http://ePathshala.nic.in>)
3. Click on the menu 'access e-resources'
4. Type the alphanumeric code given under the QR code ()
5. Search for the e-resources from the links that have appeared.

Hello Children!

Miin a mawi lo zawnga an khawih che emaw, awm nuam lova an siam che ngawih bopui mai tur a ni lo. I hriat tur chu –

1. Nangmah indem suh
2. I mi rin zawng tak hrilh ang che
3. National Commission for Protection of Child Rights hnenah **POCSO e-box** hmangin i zualko thei bawk.

Mawi lo zawnga khawih i nih chuan, i awm a nuam lo theiin, hrehawm leh mangang takin i awm thei. Hrehawm tih tur a ni lo, a chhan chu i thiam loh a ni miao lova.



POCSO e-box available at NCPDR@gov.in



Kum 18 hnuai lam, chhaih buai, mangang leh tihduhdah emaw hliam emaw tuar midang i hriat chuan...

Call **1098**...nambaw pawimawh thenkhat hi chuan

'Nun; a tidanglam thei a nia!!'



CHILDLINE 1098 - a national 24 hours toll free emergency phone service for children in distress is an initiative of CHILDLINE India Foundation supported by Ministry of Women & Child Development



Ek Kadam Swachchhta ki or