



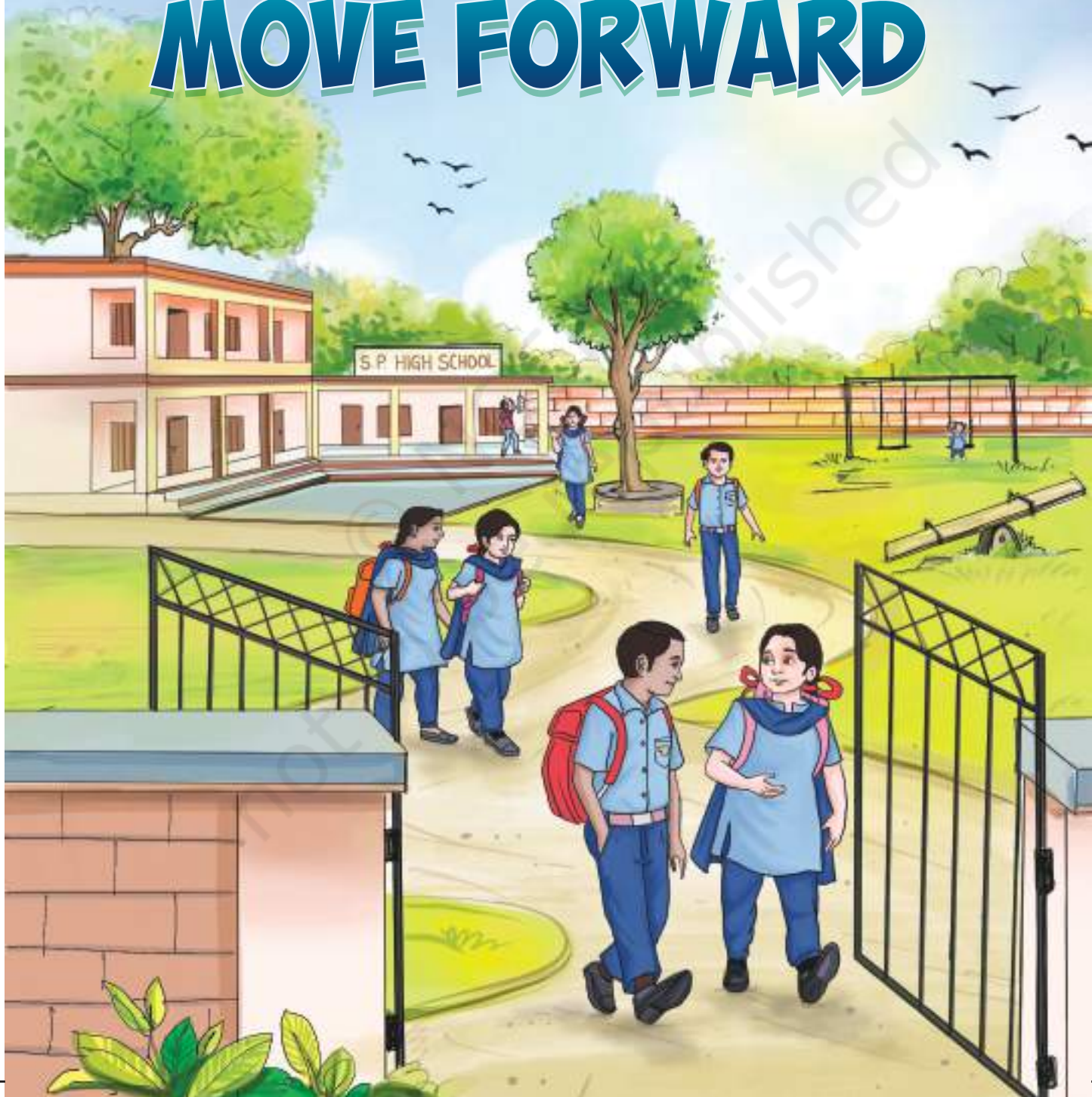
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NCERT

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

धर्मेन्द्र प्रधान
धर्मेन्द्र प्रधान
Dharmendra Pradhan



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)

सबको शिक्षा, अच्छी शिक्षा



कौशल भारत, कुशल भारत

Acknowledgements

This Comic book on health and well-being represents a collaborative effort, made possible thanks to the support and advice received from many individuals and organizations.

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.





A NORMAL DAY BECOMES SPECIAL
WHEN YOU KNOW HOW TO MAKE A
DIFFERENCE.
LET'S KNOW HOW!



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.



THAT IS COMPLETELY NORMAL. DURING ADOLESCENCE, ALL CHILDREN UNDERGO PHYSICAL AND MENTAL GROWTH. SO IT'S OKAY IF YOUR INTERESTS CHANGE OVER TIME.





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.



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.



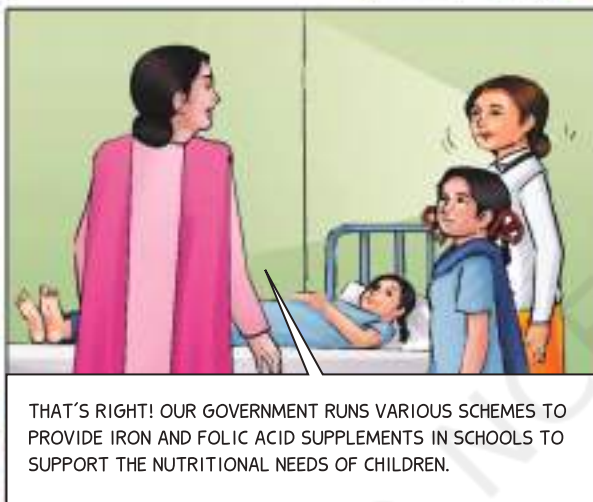
SCHOOL BELL RINGS

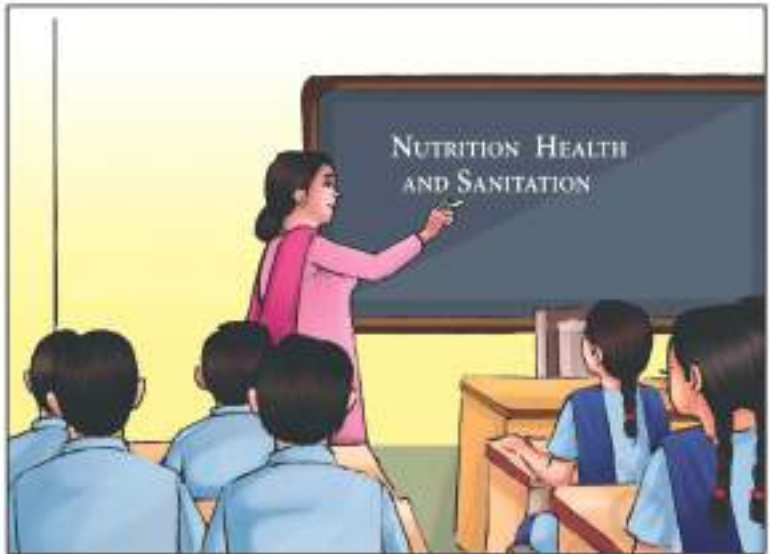


YES, SURE.







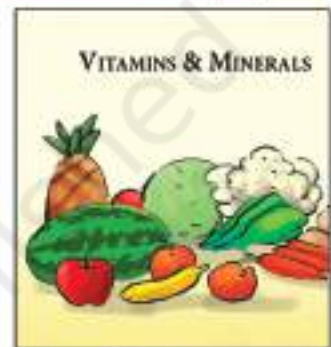
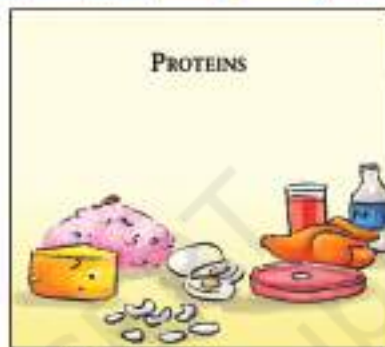
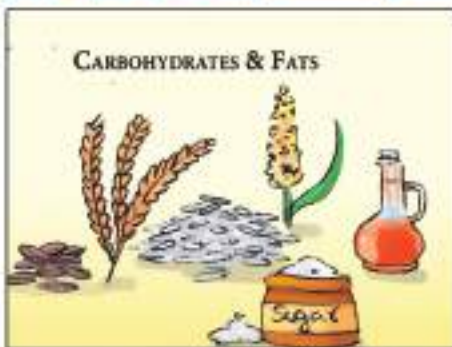


MA'AM, WHAT DIET SHOULD WE TAKE TO GROW HEALTHY?



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:







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.





TOXIC CHEMICALS AND DISEASE, CAUSING MICROORGANISMS IN THE TRASH, MAY ALSO CONTAMINATE WATER SYSTEMS AND SPREAD WATER-BORNE DISEASES, WHICH CAN BE HARMFUL TO BOTH HUMANS AND ANIMALS. IT ALSO DEPICTS A BAD IMAGE OF OUR SCHOOL AND COMMUNITY.



IT'S ALSO IMPORTANT TO SEGREGATE DRY AND WET WASTE. SO, WE MUST HAVE TWO SEPARATE DUSTBINS AND USE THEM ACCORDINGLY.



WHAT ARE YOU READING JATIN?

IT IS A PAMPHLET ABOUT SOME PROTEIN POWDER, WHICH HELPS IN BUILDING MUSCLES. I AM PLANNING TO BUY IT SINCE I NEED TO WORK ON MYSELF BEFORE OUR ANNUAL SPORTS DAY.





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.

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 RAMP SO THE ENTIRE SCHOOL IS WHEELCHAIR ACCESSIBLE.



WE SHOULD TALK TO PRINCIPAL MA'AM.

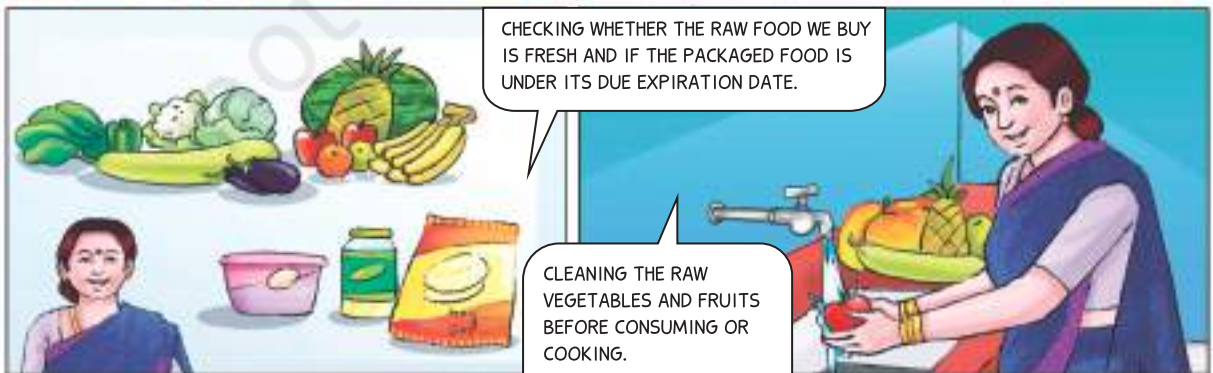
YES, WE SHOULD.

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.



COVERING THE FOOD AND DRINKING WATER TO PREVENT DUST AND GERMS.



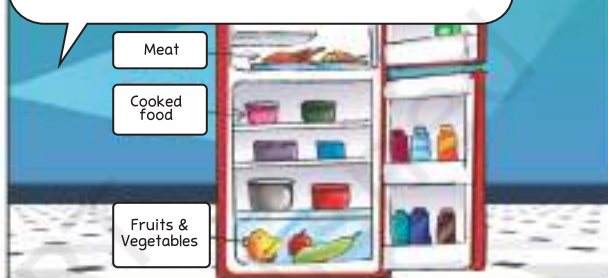
AVOID CROSS-CONTAMINATION BY KEEPING THE RAW FOOD AND COOKED FOOD APART.



COOK FOOD THOROUGHLY AND ENSURE TO KEEP IT FRESH.



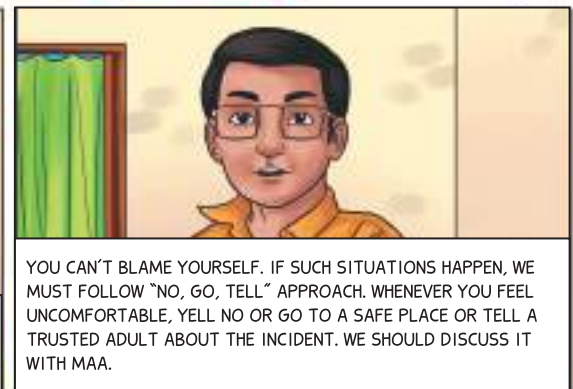
COOL AND CHILL THE RAW AND COOKED FOOD IN THE REFRIGERATOR SAFELY AND SEPARATELY.

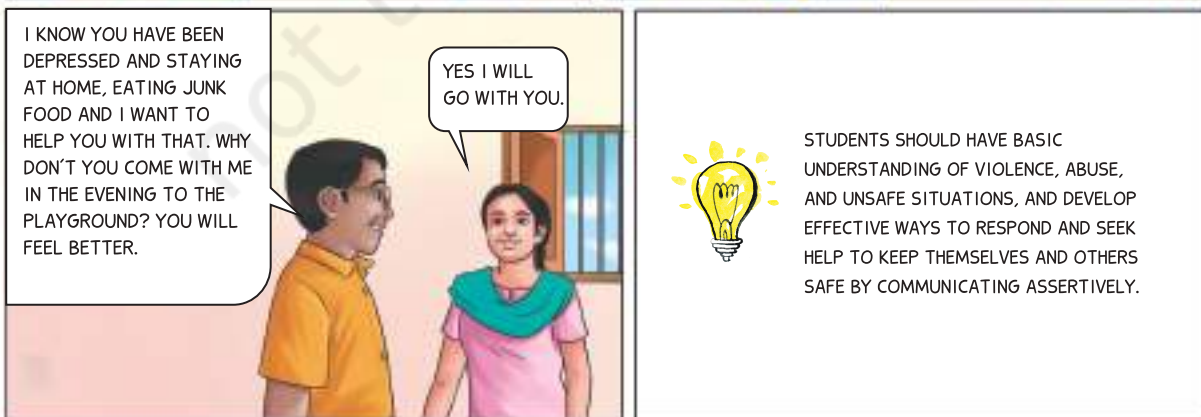


CONSUME THE FOOD IN CLEAN VESSELS, PLATES, AND SPOONS.



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.









PEOPLE BELITTLE OR HARASS US FOR LIVING OUR LIVES AS THE WAY WE WANT. WE OFTEN HAVE TO RUN AWAY FROM OUR HOMES BECAUSE SOCIETY AND FAMILY DO NOT ACCEPT US AS WE ARE.

SUCH VALUES ARE IMPORTANT AND EVERYONE SHOULD BE TAUGHT TO RESPECT DIVERSITY AND BE INCLUSIVE FROM CHILDHOOD.



THANK YOU FOR MAKING US REALISE THAT THEY SHOULD BE RESPECTED. WE'LL NEVER DO IT AGAIN.

WE ARE SORRY FOR TROUBLING YOU AND WE REALISE OUR MISTAKE.



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.

HELLO DOCTOR, WE ARE CHARU JI'S DAUGHTERS WHO IS AN ASHA WORKER OVER HERE... MY SISTER HAS STOMACH PAIN AND FEVER. I REQUEST YOU TO CHECK HER.



THIS LOOKS LIKE REPRODUCTIVE TRACT INFECTION (RTI), WHICH COULD BE BECAUSE OF POOR HYGIENE, DIRTY SANITARY NAPKINS, OR PRESENCE OF ABNORMAL BACTERIA.



WE HAVE LEARNED ABOUT HYGIENE AND RTIs IN SCHOOL. KINDLY ADVISE US ON WHAT NEEDS TO BE DONE?

I CAN GIVE YOU MEDICINES FOR NOW BUT YOU HAVE TO MAINTAIN PROPER HYGIENE AND USE DISPOSABLE SANITARY NAPKINS.

OKAY, THANK YOU, DOCTOR.



DR. RITU: YES, PLEASE GO AHEAD.

MANVI: DOCTOR, CAN I ASK YOU SOMETHING?

WHEN WE WERE ENTERING THE CLINIC, WE HEARD SOME PEOPLE TALK ABOUT HIV. WHAT IS HIV AND HOW IS IT TRANSMITTED?



HIV IS HUMAN IMMUNODEFICIENCY VIRUS, WHICH AFFECTS THE IMMUNE SYSTEM OF THE BODY. AIDS IS ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS), A CHRONIC, POTENTIALLY LIFE-THREATENING CONDITION CAUSED BY THE HIV.

HIV CAN BE TRANSMITTED THROUGH FOUR WAYS:

- UNSAFE PHYSICAL RELATIONS
- SHARING OR REUSING NEEDLES AND SYRINGES
- TRANSFUSION OF HIV INFECTED BLOOD AND BODY PRODUCTS
- TRANSMISSION OF HIV FROM INFECTED MOTHER TO UNBORN CHILD.

AN HIV-POSITIVE MOTHER CAN TRANSMIT HIV TO HER BABY ANY TIME DURING PREGNANCY, CHILDBIRTH, OR BREASTFEEDING. HOWEVER, THERE ARE A COMBINATION OF MEDICINES CALLED ANTIRETROVIRAL THERAPY OR ART, WHICH CAN PREVENT TRANSMISSION OF HIV FROM AN INFECTED MOTHER TO HER BABY.

BUT HOW DOES SOMEONE KNOW IF THEY ARE HIV POSITIVE? IS IT CURABLE?

HIV TEST IS AVAILABLE FREE OF COST IN ALL GOVERNMENT HOSPITALS. IT IS NOT CURABLE BUT WITH TREATMENT AND CARE, HIV POSITIVE PEOPLE LIVE PRODUCTIVE AND HEALTHY LIVES LIKE EACH ONE OF US.

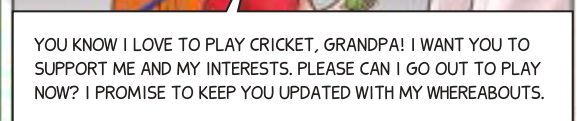
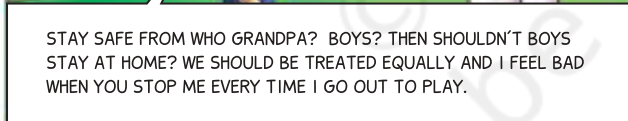
HEY MANVI!! CAN WE GO TOGETHER FOR PRACTICE?

NO REENA, I AM OUT FOR SOME WORK, WON'T BE ABLE TO REACH ON TIME.

OKAY MANVI, SEE YOU LATER.



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.



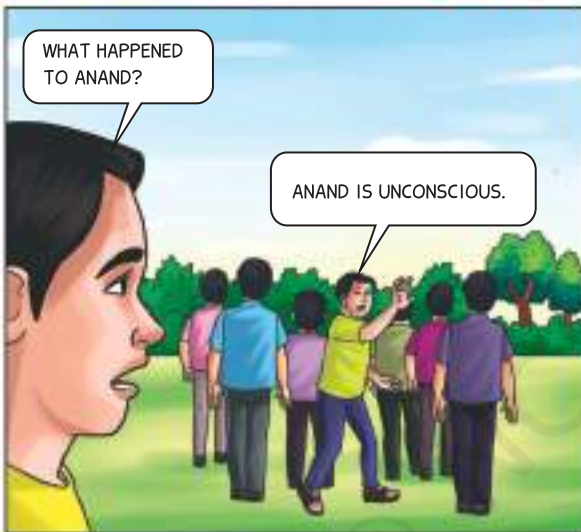
AS GENERATIONS CHANGE, IT IS IMPORTANT TO BREAK AGE-OLD NORMS AND DISCRIMINATORY PRACTICES. IF GIVEN THE OPPORTUNITY, GIRLS AND BOYS CAN PERFORM ALL KINDS OF TASKS IN AND OUT OF THE HOUSEHOLD. WHILE WORK IS IMPORTANT, LEISURE AND PLAY IS EQUALLY IMPORTANT FOR CHILDREN.



IT'S 4:45. LET'S GO!!!

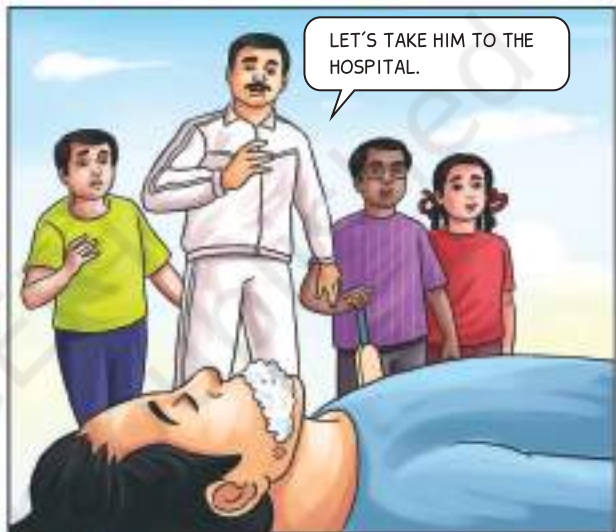


REENA TEXTS HER MOTHER THAT SHE HAS REACHED.

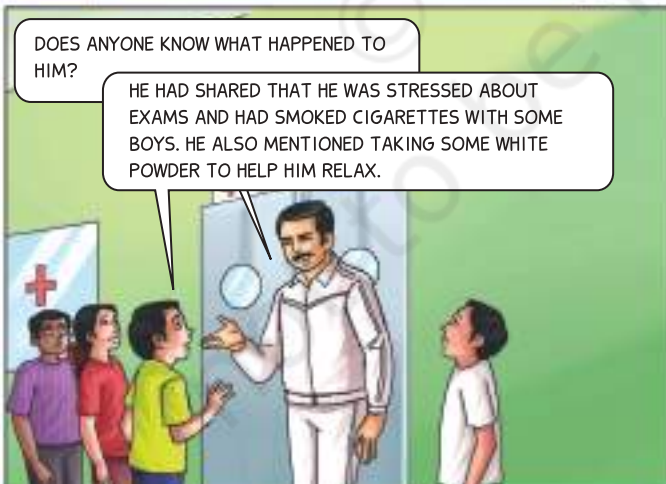


WHAT HAPPENED TO ANAND?

ANAND IS UNCONSCIOUS.

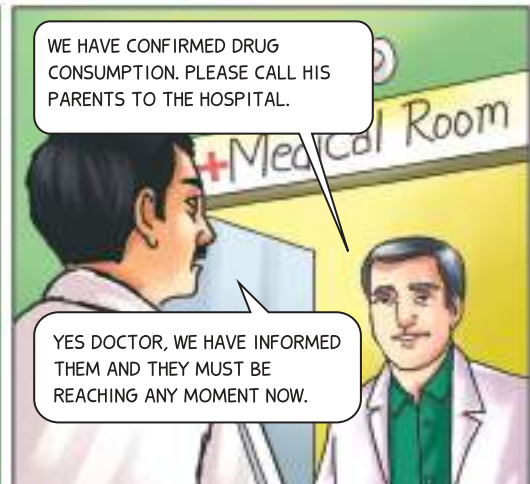


LET'S TAKE HIM TO THE HOSPITAL.



DOES ANYONE KNOW WHAT HAPPENED TO HIM?

HE HAD SHARED THAT HE WAS STRESSED ABOUT EXAMS AND HAD SMOKED CIGARETTES WITH SOME BOYS. HE ALSO MENTIONED TAKING SOME WHITE POWDER TO HELP HIM RELAX.

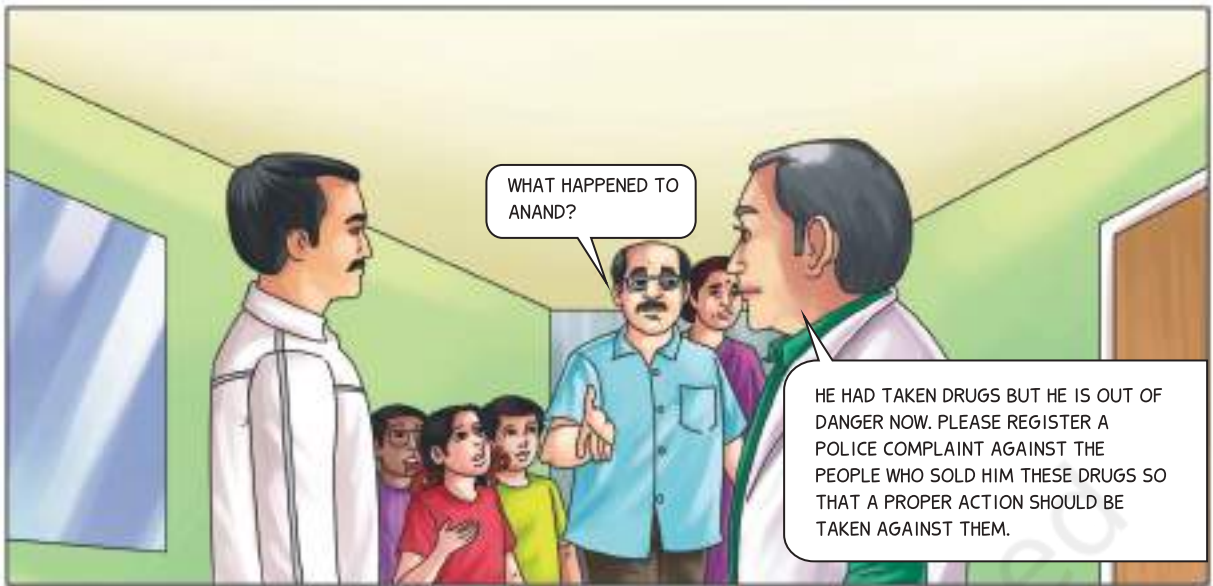


WE HAVE CONFIRMED DRUG CONSUMPTION. PLEASE CALL HIS PARENTS TO THE HOSPITAL.

YES DOCTOR, WE HAVE INFORMED THEM AND THEY MUST BE REACHING ANY MOMENT NOW.



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.



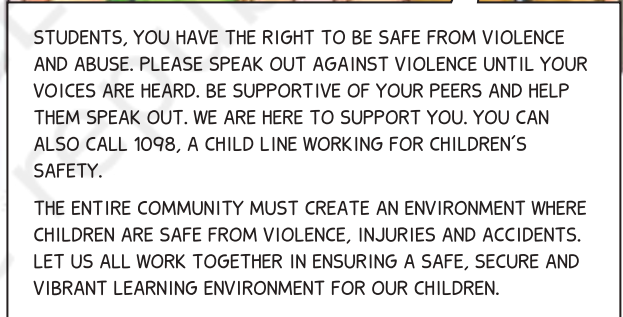
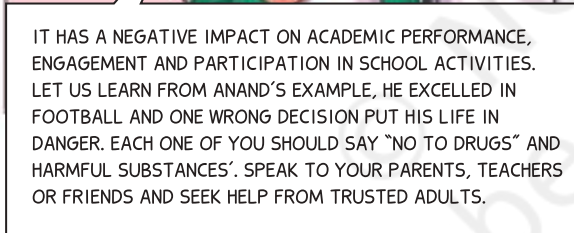


A VARIETY OF FACTORS PUT CHILDREN AND YOUNG PEOPLE AT RISK OF SUBSTANCE ABUSE AND ITS CONSEQUENCES, INCLUDING THEIR INDIVIDUAL ATTRIBUTES AND THE ENVIRONMENT IN WHICH THEY LIVE. SUBSTANCE ABUSE NEGATIVELY IMPACTS A CHILD'S MENTAL AND PHYSICAL HEALTH AND OVERALL WELL-BEING. PARENTS AND TEACHERS NEED TO 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.

1 MONTH LATER





I HAD OFTEN STOPPED HER FROM PLAYING OR GOING OUT OF HOME BUT NOW I FEEL SO PROUD OF HER. I WANT TO APOLOGIZE TO HER. I TRULY BELIEVE THAT IF WE SUCCEED IN EMPOWERING GIRLS, WE WILL SUCCEED IN EVERYTHING ELSE.



SIR, MAY I PLEASE SAY SOMETHING?



YES, RAGHAV. GO AHEAD.



THANK YOU FOR THE OPPORTUNITY. I WOULD LIKE TO EXPRESS MY THANKS TO SCHOOL AND MANAGEMENT FOR CONSTRUCTING RAMPS FOR CHILDREN WITH DISABILITY LIKE ME. I WOULD ALSO LIKE TO ACKNOWLEDGE MY FRIENDS FOR BEING THE CHANGEMAKERS AND INITIATING A BELIEF THAT TOGETHER WE CAN CREATE A BETTER WORLD AND A BETTER VERSION OF OURSELVES.



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.

JOINTLY DEVELOPED BY



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