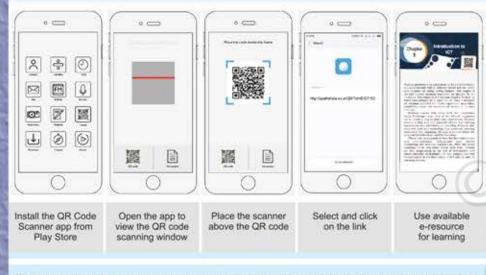
Step-by-step guide for users to access e-resources linked to QR Codes

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.



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

- 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!

If you feel uneasy about someone touching you inappropriately, you should not keep quiet. You must

- 1. Not blame yourself
- 2. Tell someone whom you trust
- 3. You can also inform National Commission for Protection of Child Rights through the POCSO e-box.

When you get an unsafe touch, you may feel bad, confused and helpless You need not feel "bad" because it's not your fault



POCSO e-box available at NCPCR@gov.in



If you are below 18 years of age, and are troubled or confused or abused or in distress or know some other child who is...

> Call 1098...because some numbers are good! They change lives!!!



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



