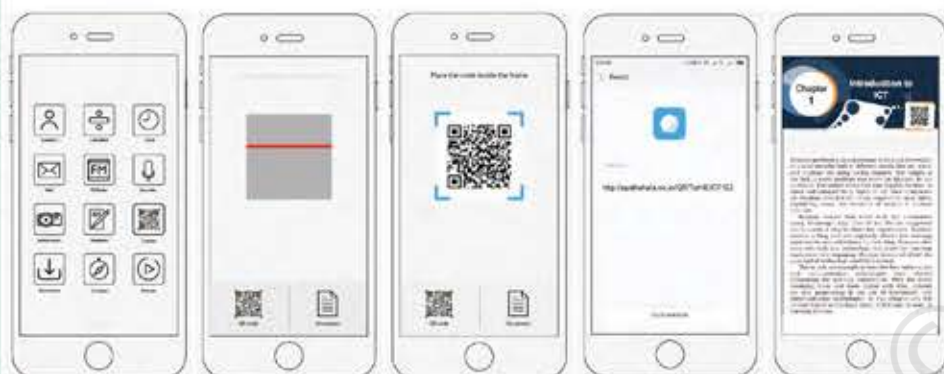# Step-by-step guide for users to access e-resources linked to QR Codes

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!

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

Swachh Bharat
Ek Kadam Swachchhta ki or