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विद्यया ऽ मृतमश्नुते



एन सी ई आर टी  
NCERT

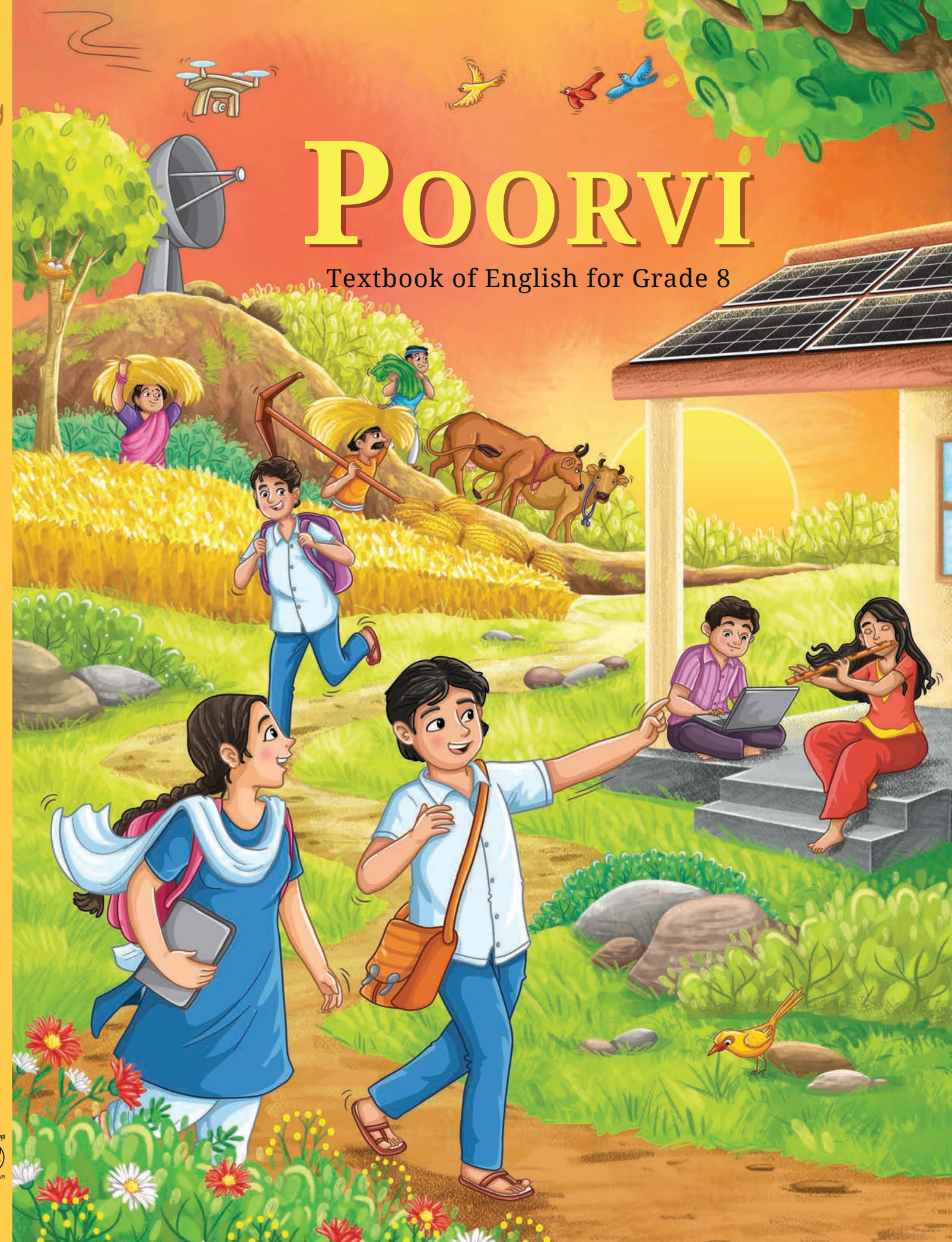
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NCERT





## ePathshala

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


The coded box placed on the first page of every chapter is called quick Response (QR) Code. It will help you to access e-resources such as audios, videos, multi-media, texts, etc. related to 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.

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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 [NCPDR@gov.in](mailto:NCPDR@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

