

Hmelhriatloh hlahuhna



A lem nen a hrilhfiaktu - Ruchira Bhattacharya | Ziaktu - Dr. Shreesh Kumar Tiwari

Stories speak....!

Stories are the heartbeat of life, weaving together the bittersweet moments that shape our existence. They ignite our spirit, empower us to face life's challenges, and guide us through the complexities of the world. From the digital age to women's rights, from nature conservation to the pursuit of livelihood, and from embracing life's trials to exercising our right to vote – these stories illuminate the path to a meaningful life. Stories woven around 'Critical Life Skills' not only entertain but also cultivate wisdom, enhance our reasoning, and teach us the art of making informed and thoughtful decisions. Step into the narrative, reflect deeply, and let the stories lead you forward!

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Ziaktu - Dr. Shreesh Kumar Tiwari

| A lem nen a hrihfhiahtu - Ruchira Bhattacharya



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



Engnge thil awm
zia Vandana? I va
hlauhthawn hmel ve.



Aih ka nu. Chutiang engthil
mah a awmlo



Enteh, Nisha-i pawh
a lo thleng tawh a nih
hi. Nu, hnathawhna
hmunah ka kal e.







Buaina a awm chuan min hrilh thei ang.
Engnge thil awmzia?





Tun hnai ni eng emaw ti
chhung chu... tu emaw
hian...

पीछा...



mi a zui ru reng mai
hian ka hria.



Tak tak maw?

Chu pa chu
tunge a?

Chuan

Engtianga rei
nge a zui ruk
tawh che?

Ka hre lo. Mahse thla khat liam ta atang khan ka kalna apiangah tu
emaw hi ka kiang hnaia awm ang mai hian ka hria a ni.



Khami hunlai vel atang khan, social media ah like leh comment na
lamah tawngkam tha lo leh ngeiawm tak tak profile lem hmang hnen
atangin a rawn lut tan ta a.



Mahse tu tih nge ni ang?

I social media profile ka lo
en thei ang em?

Ka hrelo! Engmah ka
hrethiam lo.

Aw, en rawh hei.





Thla khat liam ta atang khan heng like leh comment ho hi nitin a lo thleng thin. Thla hmasaah khan khawiah emaw I kal em?

Chutah chuan eng thil emaw a thleng em?

Number hriatloh atanga lo biak tum tu che an awm em?

Aw! Srivastav-i chu ka nutei te in a intihhlamnaah a kal a.

Aih, engmah chutiang thil thleng a awm lo.

Aih!



A tha e. Min lo zui rawh.

Mahse khawiah?



Enteh, he thil hi
mi zuirukna lam
hawi a ni.



Pu Ravi Kumar
Senior Advocate



Stalking, emaw inzui rukna hi Indian Penal Code
hnuaia section 354D ah inhrem theihna khawpa
dan bawhchhiatna a ni.



Hei bak ah hian cyber stalking emaw, online hmang a inzui
ruk hi Indian Information Technology Act 2000 hnuaia
section 67 leh 67A hmanga hrem theih a ni.

I thlang thiam hle mai mate!

Min hria em?

Niminah khan bazarah ka hmu
che a!

Mawi lutuk!

Hmuh che ka duh!



Heng te hi cyber stalking lian tham zual pathum
te chu an ni-

1. Email Stalking
2. Internet Stalking
3. Computer stocking

Heng lak atanga inven dan hi kan hre tur a ni.



Engnge ka tih
tak ang?

I harsatna chu Police Station hnai ber ah kimchang tak leh hlauhna nei lovin I complain anga. Thil sual ti tu te hian ngawihreng hi hmang tangkaiin police lak atang fihlimnan an hmang thina. Hetiang hian an pawngpawrh tual tual a nangmah ang ramchhung mi te rilru hahna na belchhah thin a ni.



Hei hi I rilru ah hre reng bawk la



Social Media ah I mimal chanchin (Personal information) tarlang (share) suh.

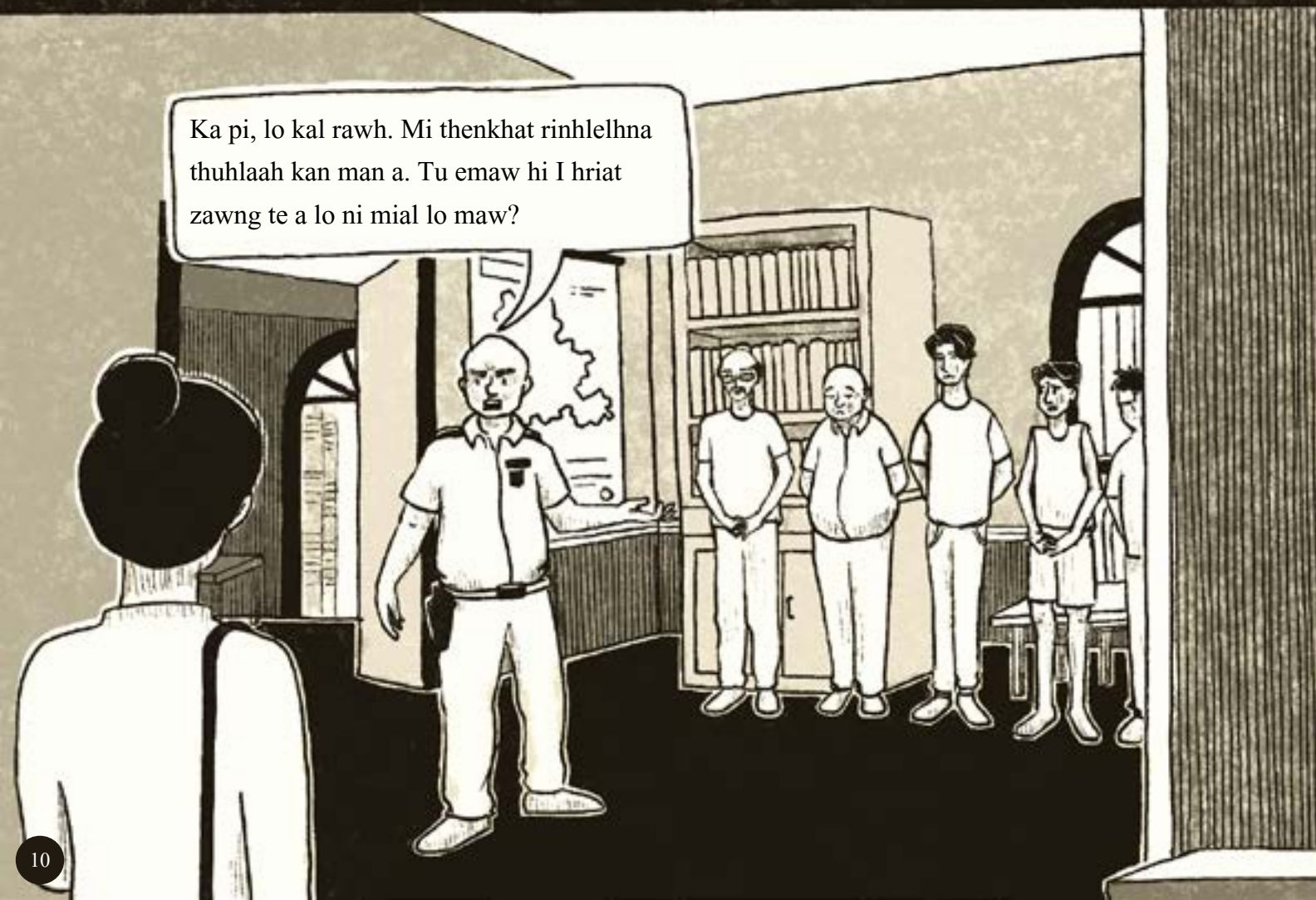


I bul vel a awm te chinchang leh an tih thin te ngaihven la



Kawng rauhsan tawh leh pumpelh nazawng hun hman tlem duh avangin hmang lo bawk la

Ni reilo te hnu ah chuan ...





Ka pu, a ni hi ka hria.

Nute Srivastav-i te party-ah khan mi zawng zawng hnenah chaw a rawn pe vek a.

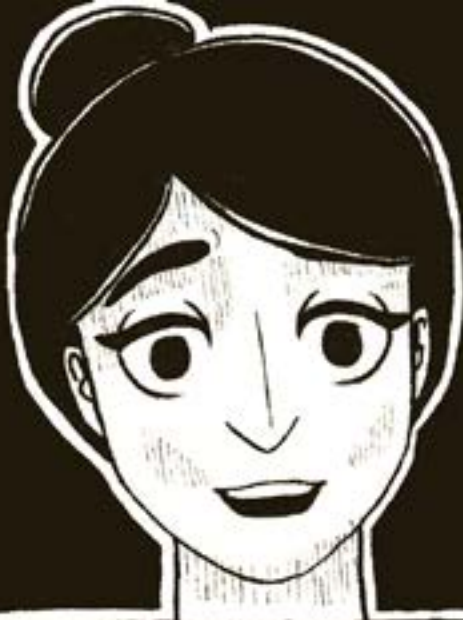
Mahse engtingne ka number a
neih theih a?

Tun ah thudik chiang
tak min hrilh rawh!

बताता हूँ
बताता हूँ!!

Ka pu, Whatsapp ah Pi Srivastav-i nen an inbia a. Intihhlamna zawha
a hnen atanga pawisa la tura ka kal chuan, a phone chu dawhkanah a
dah a pindan atanga pawisa la turin a kal a. He number ah hian thlalak
thenkhat a thawn ka hmu a. Intihhlamna hmunah ka lo hmuh tawh
avangin Pi Srivastavi-i phone atang chuan a number ka la a. A social
media account number leh chu phone number chu a lo inang bawh si
a, chutatang chuan message thawn ka ching tan ta a ni.





Social media hian thatna tam tak a nei a, mahse rilru fim taka hman a nih loh chuan thatlohna a nei thei bawh a ni. Him tak leh tangkai taka hman a nih theih nan a hnuaia thu te hi hre reng ang che-



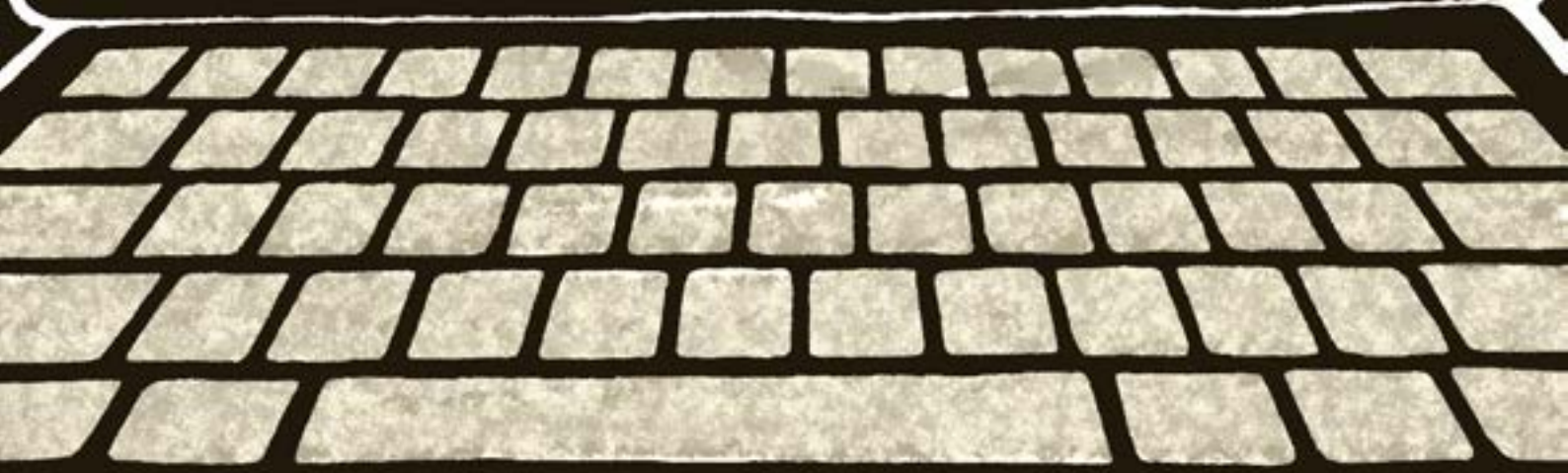
I hmelhriatloh in thian a rawn siam a tum che in lo pawm mai suh.



I post-te chu tuin nge hmu thei ang tih leh, comment thei ang tih te thunun nan options hmang ang che.

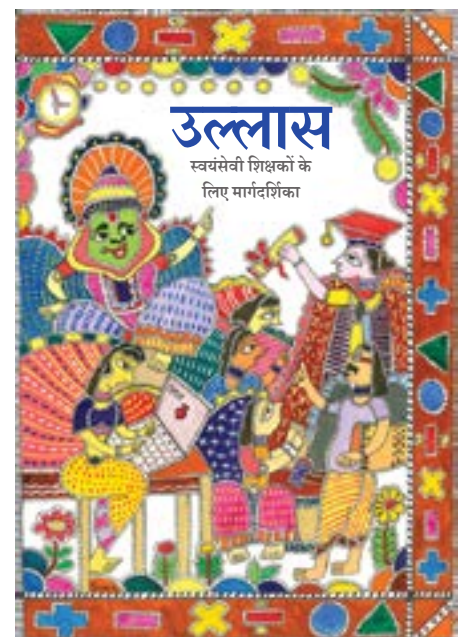
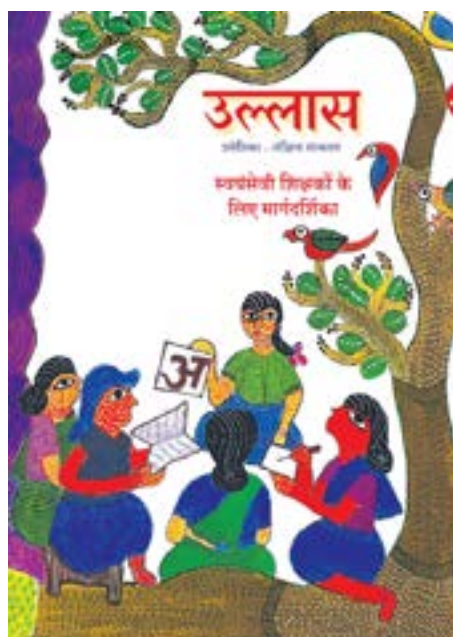
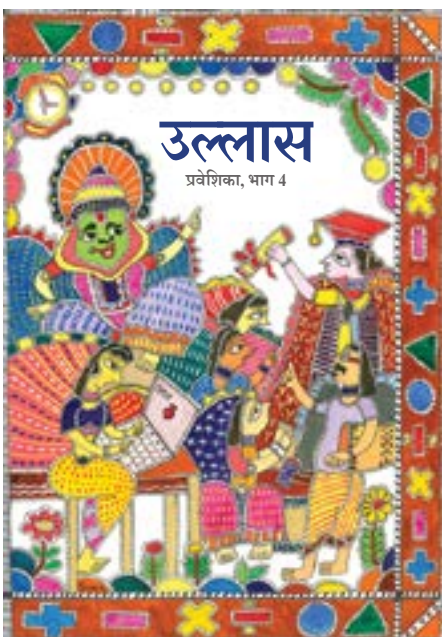
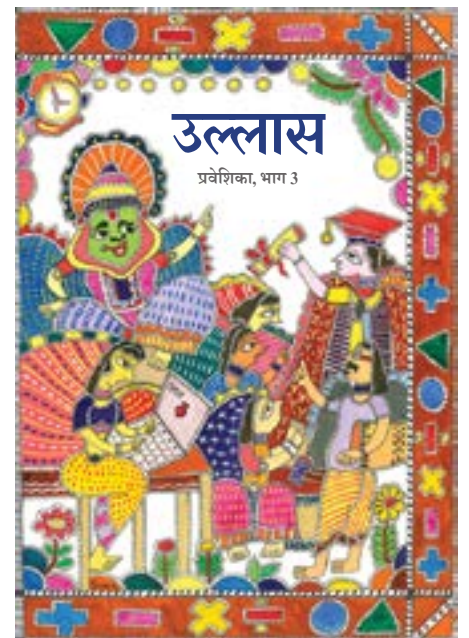
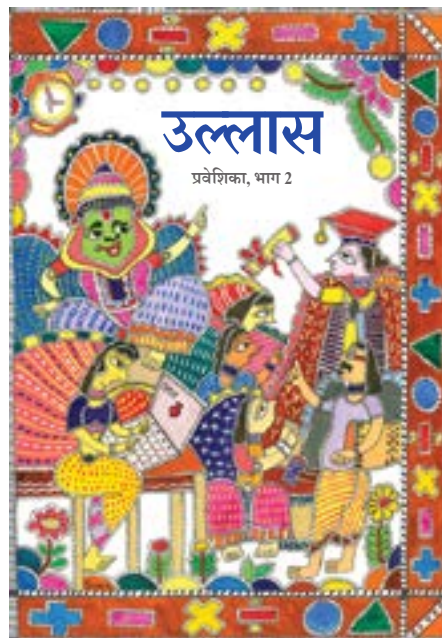
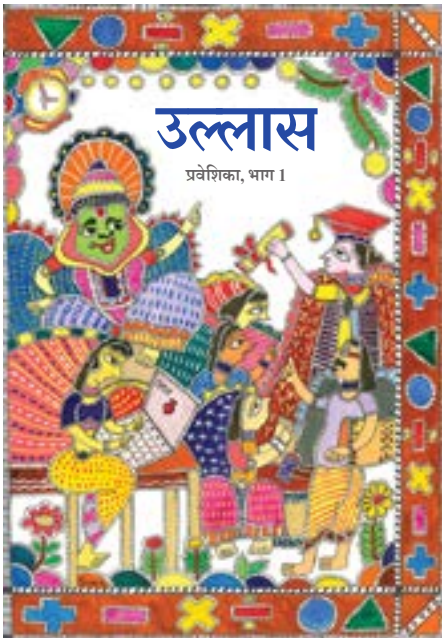
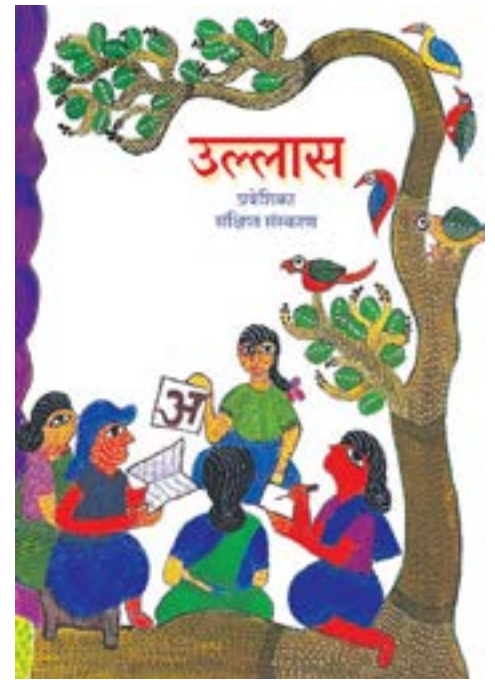


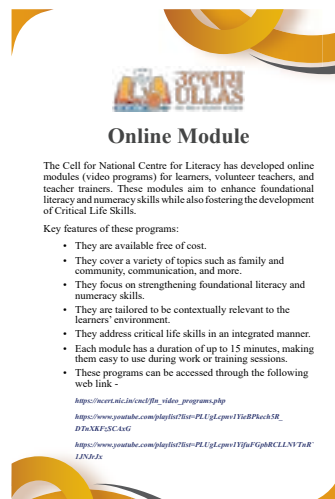
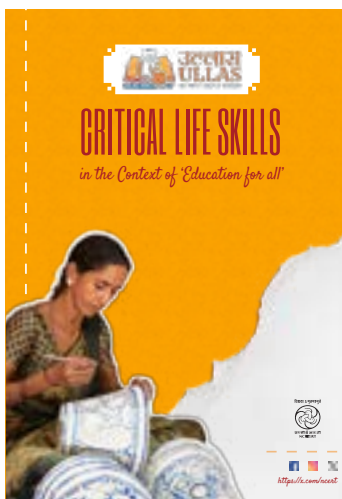
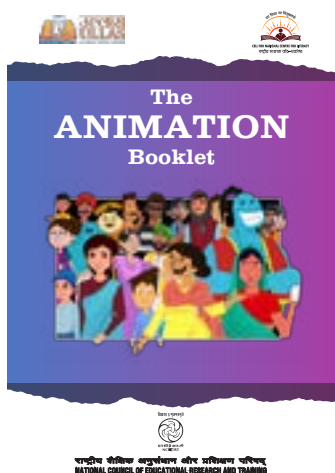
Anti-virus original leh internet security software original chauh hmang thin rawh.





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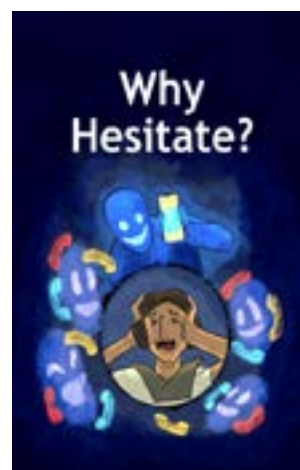
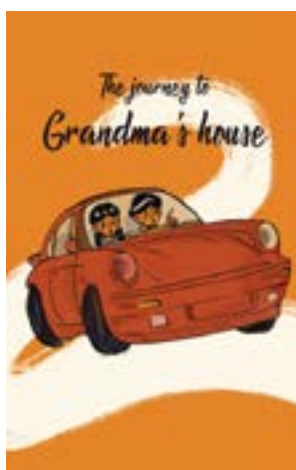
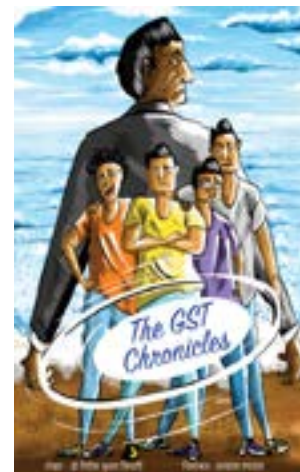
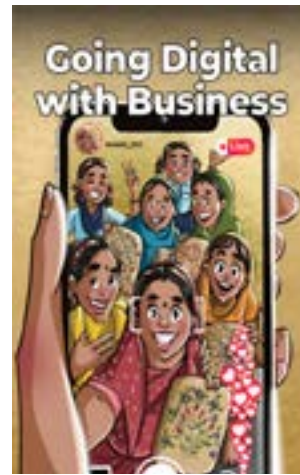


DIKSHA (Education for All Vertical) :
<https://diksha.gov.in/adult-education.html>

CNCL Website :
<https://ncert.nic.in/cncl/>

Story Books

Based on Critical Life Skills



इंटरनेट के शोर में होकर
मशगूल ...
सुरक्षा उपायों को न जाना
भूल!

विद्यया ऽ मृतमश्नुते



एन सी ई आर टी
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