

A module
on
REPRODUCTIVE HEALTH EDUCATION IN SCHOOL:
LEADERSHIP EXPECTATIONS



National Centre for School Leadership



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REPRODUCTIVE HEALTH EDUCATION IN SCHOOL: LEADERSHIP EXPECTATIONS

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INTRODUCTION

Reproductive health refers to the overall well-being and functioning of the reproductive system and its associated processes in both men and women. It encompasses a wide range of factors, including physical, emotional, and social aspects that are necessary for individuals to have a satisfying and safe sexual life and the ability to reproduce if they choose to do so. Reproductive health



education is the process of providing students with knowledge, skills, and resources to promote and maintain their reproductive health. It encompasses a wide range of topics related to human sexuality, including reproductive anatomy and physiology, contraception, sexually transmitted infections (STIs), pregnancy, childbirth, and menopause.

The importance of reproductive health education cannot be overstated. It empowers individuals to make informed decisions about their sexual health and helps to prevent unintended pregnancies and STIs. It also promotes healthy relationships and can help to reduce the incidence of sexual violence and coercion.

Reproductive health education should be appropriate and culturally sensitive. It should also be inclusive and provide information and resources to individuals of all genders and sexual orientations. Education can be provided in a variety of settings, including schools, healthcare facilities, and community organizations.

As the children spends a considerable amount of time in school, a school leader can play an important role by equipping students with the knowledge and skills necessary to make informed decisions, foster healthy relationships and navigate the complexities' of their sexual and reproductive lives. In this module we will explore the significant role that school leaders play in ensuring the delivery of effective reproductive health education to students' examine the various strategies and responsibilities they can undertake to create a supportive & inclusive environment that promotes the well being of all.

TITLE OF THE MODULE

REPRODUCTIVE HEALTH EDUCATION IN SCHOOL: LEADERSHIP EXPECTATIONS

OBJECTIVE

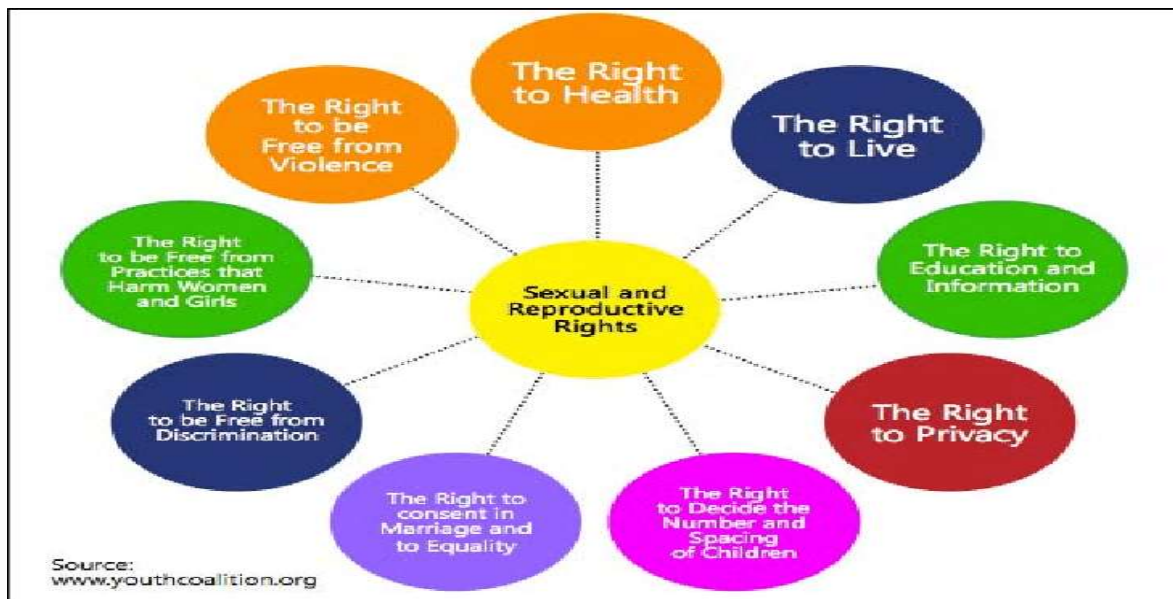
After going through this module, you will be able to

1. Understand the concept of reproductive health
2. Identify the fundamental principal of reproductive health education
3. List the key concept area that represent human reproductive health and why we need awareness
4. Define promoting knowledge and awareness about reproductive health education
5. Understand the Empowering of students to make informed decisions
6. Comprehendpromoting gender equality and preventing negative reproductive health outcome
7. Describe providing support and access to resources
8. Define the role of school leader encourage healthy behavior related to reproductive health among students

REPRODUCTIVE HEALTH EDUCATION

Reproductive health means taking care of our bodies and making choices about having children and having a healthy sexual life. It includes things like using birth control to plan when to have children, getting good care during pregnancy and childbirth, and preventing and treating sexually transmitted infections. It's also about making sure everyone is treated fairly and respectfully in matters related to sex and reproduction. Reproductive health is important for everyone's well-being and involves having access to good healthcare, information, and support.

Overall, reproductive health education is an essentials component of comprehensive healthcare, and it can have a profound impact on the well-being of individuals and commutes. Reproductive health for teenagers encompasses various aspects of sexual and reproductive well-being that are relevant to young people during their adolescent years. It involves providing them with comprehensive education about puberty, including the physical and emotional changes that occur. Teenagers need accurate information about sexual health, contraception, STI prevention, consent, and healthy relationships through comprehensive sexual education. Access to contraception is essential for sexually active teenagers to prevent unintended pregnancies, and healthcare providers should offer confidential and non-judgmental services to support them. Educating teenagers about STI prevention, safe sex practices, and regular testing is crucial for protecting their sexual health. Teaching them about consent, boundaries, and healthy relationships helps them establish and maintain



respectful and safe partnerships. Additionally, addressing emotional well-being, providing support for mental health related to sexual and reproductive experiences, and offering information about pregnancy options and parenting support are also important aspects of reproductive health for teenagers. By equipping teenagers with knowledge, skills, and support, we empower them to make informed choices and prioritize their sexual health and overall well-being during their adolescent years.

FUNDAMENTAL PRINCIPLES OF REPRODUCTIVE HEALTH EDUCATION

- **Parents and community involvement**

Encourage parents to have open and honest communication with their children about sexual health and relationships. This includes discussing topics like puberty, contraception, and safe sex practices.

- **Education:** Community members can organize educational programs that focus on sexual and reproductive health for adolescents. These programs can include information about safe sex practices, contraception, and STI prevention.
- **Access to healthcare:** Parents and community members can work to ensure that adolescents have access to reproductive healthcare. This includes making sure that healthcare providers are knowledgeable about adolescent sexual health and that clinics are accessible and welcoming to young people.
- **Supportive environment:** It's important to create a supportive environment that promotes positive sexual health behaviours. This can include providing access to

resources like condoms, and creating a culture that doesn't stigmatize or shame young people for being sexually active.

- **Advocacy:** Parents and community members can advocate for policies and programs that promote reproductive health for adolescents. This includes supporting comprehensive sex education in schools and advocating for access to contraception and reproductive healthcare services.

By taking these steps, parents and community members can help ensure that adolescents have the information, resources, and support they need to make informed decisions about their reproductive health

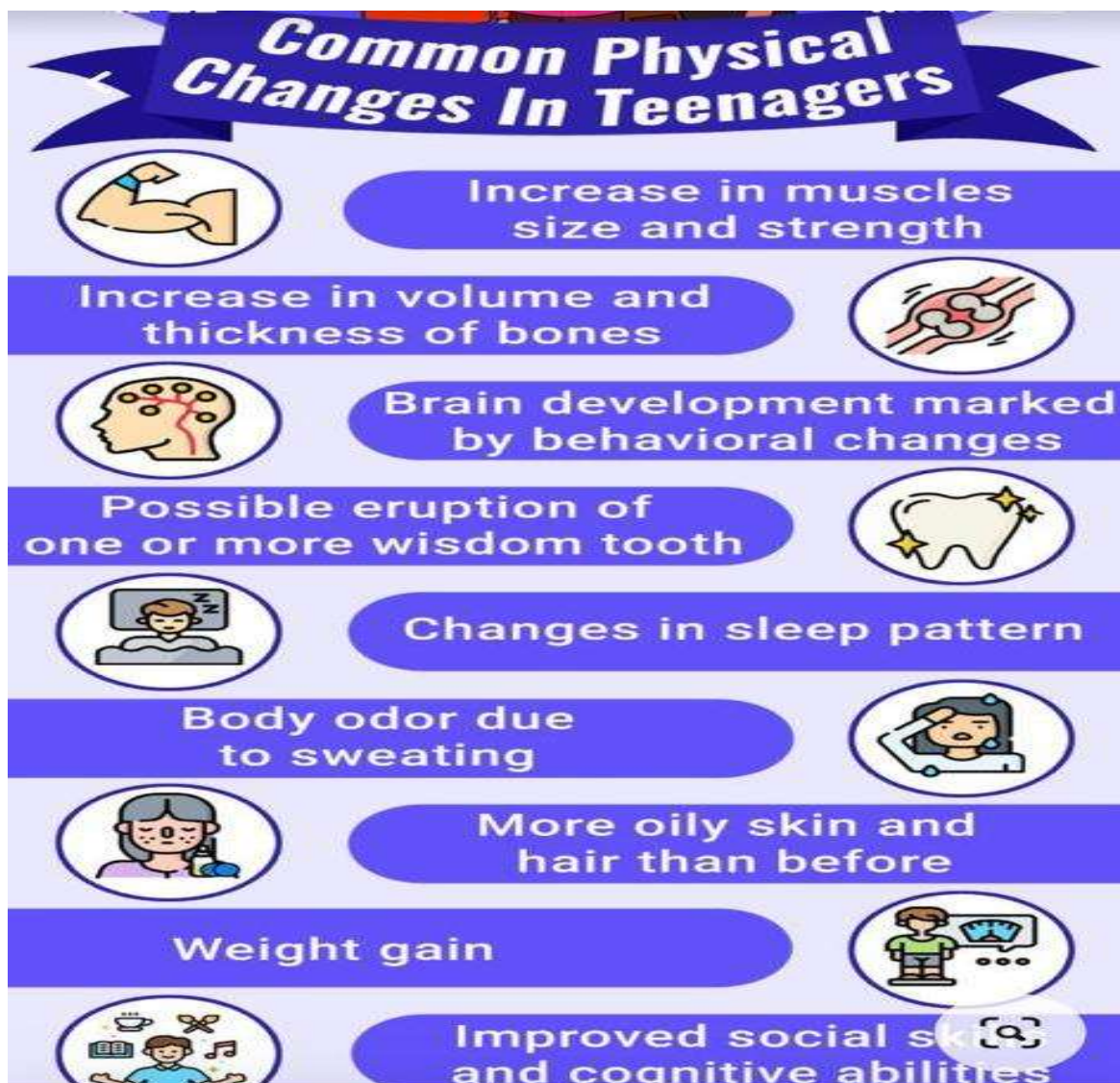
KEY CONCEPT AREA THAT REPRESENT THE MOST GENERAL KNOWLEDGE ABOUT HUMAN REPRODUCTIVE AND FAMILY LIVING

- **Human development:-** Human development refers to the process of physical, cognitive, and social-emotional growth and change that occurs throughout the lifespan, from conception to death. It encompasses all aspects of human life, including reproductive and family living.
- **Relationships:-** family living encompasses the various forms of relationship, roles and responsibilities within families, including parenting, communication, conflict resolution, and caregiving. It involves understanding the dynamics of different family structures, including nuclear, extended, blended, single-parent, and same-sex families, and recognizing the importance of family support and community well-being. Relationships play an important role in reproductive health education as they involve both emotional and physical aspects of human interaction.
- **Communication:** Good communication is key in any relationship, and this is especially true when it comes to reproductive health. Partners should be able to discuss their needs, desires, and concerns in a respectful and open manner.
 1. Consent: All sexual activities should be consensual and based on clear communication between partners. It's important to establish boundaries and respect them.
 2. STI Prevention: Both partners should take responsibility for protecting themselves and each other from sexually transmitted infections (STIs) through the use of barrier methods such as condoms.

3. Family planning: Couples should discuss their plans for family planning and contraception methods. This involves considering factors such as timing, financial stability, and personal goals.
4. Reproductive health care: It's important for couples to have access to quality reproductive health care services, such as regular check-ups, screenings, and access to contraception.

WHY WE NEEDS AWARENESS ABOUT REPRODUCTIVE HEALTH EDUCATION

Reproductive health education (RHE) is an important component of school curriculum. It helps students in the decision-making process regarding several issues concerning reproductive health. The international community has always lent its support for the implementation of RHE at schools thereby protecting the rights of the adolescent population. The importance of RHE has been acknowledged in the Sustainable Development Goals



Agenda so as to ensure that the necessary knowledge and skills in this area are acquired by all learners. This would support the efforts aimed at ending all forms of violence against girls and women everywhere.

The scenario of its implementation in schools in developing countries like India has not been fully explored within academic literature. The Adolescence Education Program (AEP) in India was launched in 2005 to cover all secondary schools. However, several political, religious leaders and teachers themselves opined that the AEP was against Indian cultural and moral values. Critics also felt that its introduction might encourage sexual activity among adolescent population. It was therefore banned across several states in India, including the state of Karnataka in 2007.

The current state of RHE in schools across India appears to be in a disorganized manner. Most teachers do not teach RHE due to reasons such as embarrassment, or it not being part of the curriculum. Studies have also observed that most parents are hesitant to discuss reproductive health-related issues with their children. Moreover the information on these matters obtained from mass media and society, although easily accessible, are not always accurate and reliable.

Family, society and schools all have a responsibility in providing RHE to the adolescent population. Since teachers spend a considerable amount of time with the students, it is easier for them to implement RHE as a part of teaching activity. Hence, schools become an ideal and reliable setting to offer RHE for the young population. For this to materialize, the teachers need to be first equipped with the necessary knowledge, skills and comfort level to effectively deliver RHE. For effective implementation of sessions on any sensitive topics such as RHE, the concerns and the expectations desired by teachers for teaching RHE in the classroom set-up, needs to be well understood. This study was hence designed to study the experiences and perceptions towards RHE among secondary school teachers.

PROMOTING KNOWLEDGE AND AWARENESS

Promoting knowledge awareness for reproductive health education is an important step towards improving reproductive health outcomes. Here are some ways you can promote knowledge awareness for reproductive health education:

- **Encourage open communication:**

Encourage individuals to talk openly about reproductive health and address any questions or concern they may have. This can be done through public forums, social media campaigns, and other outreach efforts.



- **Provide access to accurate information:**

Make sure individuals have access to reliable and accurate information on reproductive health. This can be done through educational materials, websites, and online resources.

- **Partner with healthcare providers:**

Partner with healthcare providers to provide reproductive health education to their patients. This can include providing material or hosting informational sessions.

- **Work with school and universities:**

Collaborate with schools and universities to provide comprehensive reproductive health education to students. This can be done through health classes, workshops, and other educational events.

- **Engage with community organizations:**

Engage with community organizations that work to promote reproductive health and rights. This can include partnering with local non-profit and advocacy group to provide resources and support.

- **Utilize social media:**

Use social media platform to promote reproductive health education and awareness. Share informative articles, post informational videos, and engage with followers to answer questions and address concerns.

EMPOWERING STUDENTS TO MAKE INFORMED DECISIONS

Empowering students to make informed decisions about reproductive health is essential to their overall health and well-being. Here are some ways you can help students make informed decisions about reproductive health:

- **Provide comprehensive sex education:** Provide students with comprehensive sex education that includes information on anatomy, contraception, and sexually transmitted infections. This education should be age-appropriate and delivered in a non-judgmental and inclusive manner.
- **Encourage communication:** Encourage students to communicate openly with their partners about their reproductive health and any concerns they may have. Teach them how to have respectful and effective communication.
- **Provide access to resources:** Ensure that students have access to resources such as condoms, birth control, and reproductive health services. This can be done through school-based health centers, community health clinics, or other healthcare providers.
- **Promote healthy relationships:** Encourage students to develop healthy relationships that prioritize mutual respect, communication, and consent. Teach them how to recognize and address abusive or unhealthy behaviors.
- **Address stigmas:** Address stigmas and misconceptions around reproductive health topics such as menstruation, contraception, and sexual orientation. Teach students to recognize and challenge these stigmas.
- **Foster a supportive environment:** Foster a supportive and inclusive environment where students feel comfortable asking questions and seeking information about reproductive health. Encourage them to seek out resources and support when needed.

PROMOTING GENDER EQUALITY

Body Image
(Myth & Misconception)

Q: Body heat causes pimples and acne during adolescence.

A: Sudden appearance of pimples during adolescence is a natural phenomenon. Their appearance is caused by body hormones. Scars of pimples can be taken care of if one takes proper skin care. One should always consult a doctor before using any skin care ointment or lotion.

Q: Bad body odour shows poor personal hygiene.

A: During adolescence, oil and sweat glands are activated. This leads to the development of body odour. This is very normal. Some sweat more than others. They need to take special care of their personal hygiene (more frequent baths, using body spray/powder, keeping under arms clean etc.).

Q: Girls become fat during adolescence.

A: Some people grow obese or fat during adolescence. This is a natural phenomenon. One should not worry about it. Little diet control and exercise can help but do so only on the advice of a doctor.

Promoting gender equality in reproductive health education is critical to ensure that all individuals, regardless of gender, have access to accurate information and resources to make informed decisions about their sexual and reproductive health. Here are some strategies that can be used to promote gender equality in reproductive health education:

- **Inclusive language:** Use inclusive language that recognizes and affirms diverse gender identities and expressions. This includes avoiding gender stereotypes and using gender-neutral language whenever possible.
- **Accessible information:** Ensure that reproductive health information is accessible and available to all individuals, regardless of gender or other identities. This may involve using multiple formats such as written materials, videos, and online resources.
- **Addressing gender norms:** Recognize and challenge harmful gender norms that may limit individuals' ability to make informed decisions about their reproductive health. This may involve discussing gender roles, stereotypes, and expectations that can affect individuals' health outcomes.
- **Encouraging communication:** Promote open and honest communication about reproductive health issues between partners, family members, and healthcare providers. This can help to reduce stigma and increase access to information and resources.
- **Empowering individuals:** Provide individuals with the knowledge and skills they need to make informed decisions about their reproductive health. This may involve teaching about contraception, STI prevention, and pregnancy options, as well as providing access to healthcare services.

- **Advocacy:** Advocate for policies and programs that promote gender equality and reproductive health education. This may involve working with community organizations, policymakers, and healthcare providers to ensure that reproductive health education is accessible and inclusive for all individuals

PREVENTING NEGATIVE REPRODUCTIVE HEALTH OUTCOMES

Preventing negative reproductive health outcomes is an important aspect of overall health and wellbeing. Here are some steps that can be taken to promote positive reproductive health outcomes:

- **Practice safe sex:** Use condoms or other forms of contraception to prevent unintended pregnancies and reduce the risk of sexually transmitted infections (STIs).
- **Get regular check-ups:** Regular visits to a healthcare provider can help identify and treat reproductive health issues early on.
- **Practice good hygiene:** This includes washing the genital area with soap and water, wearing clean underwear, and avoiding harsh chemicals or fragrances.

Menstruation (Myth & Misconception)

Q: Is Sex during the menses unsafe?

A: Biologically sex during the menses is not at all unsafe. If both partners are willing and comfortable then they can have sex during the menses without affecting their health. However, it can be messy and facilitate transmission of STI if one of the partners is harbouring it.

Q: Is a woman impure during menstruation?

A: Menstruation is a normal, healthy function of the female body. Hence restrictions placed on the woman have no scientific basis. She can carry on doing all that she normally does.

Q: Girls/women should eat less during menstruation.

A: No. Due to regular loss of blood, girls/women need to supplement their diets in order to protect themselves from nutritional deficiencies. They should include more of fruits, green leafy vegetables and milk in their diets.

Q: Missing a period or irregularity in the menstrual cycle among young girls indicates pregnancy.

A: A missed period is usually one of the first signs of pregnancy in sexually active women. However, missing a period or irregularities in the menstrual cycle are common among young girls who have just began to menstruate. It may take about 1-1/2 years for the cycle to become normal and regular.

Q: Irregularity in the menstrual cycle indicates serious disease/infection of the reproductive organ.

A: Not necessarily. Irregularity in the menstrual cycle (delayed or early occurrence) may be due to stress say exams, competition etc.) or illness. However, prolonged irregularity may indicate hormonal or other problems in a women/girls and it requires a visit to the gynaecologist.

Q: It is perfectly alright to self-medicate to delay or hasten periods.

A: No. self-medication to delay or hasten periods (due to sports, functions, trips etc.) should be avoided as they may harm the body and its natural rhythms. If you need to do so, consult a

- **Maintain a healthy diet:** A well-balanced diet that is rich in fruits, vegetables, and whole grains can help maintain hormonal balance and promote overall reproductive health.
- **Exercise regularly:** Regular exercise can help maintain a healthy weight, reduce stress, and improve overall physical and mental health.
- **Manage stress:** High levels of stress can impact reproductive health, so it's important to find healthy ways to manage stress, such as practicing mindfulness or engaging in relaxation techniques.
- **Quit smoking:** Smoking has been linked to a variety of reproductive health issues, including reduced fertility and increased risk of miscarriage and stillbirth.
- **Limit alcohol and drug use:** Excessive alcohol and drug use can have negative effects on reproductive health, so it's important to limit or avoid these substances.
- **Educate yourself:** Stay informed about reproductive health issues and take steps to advocate for your own health and well-being.

PROVIDING SUPPORT AND ACCESS TO RESOURCES ABOUT REPRODUCTIVE HEALTH

Reproductive health is an essential aspect of overall health and wellbeing, and it involves a wide range of issues related to sexual and reproductive health, including contraception, pregnancy, childbirth, sexually transmitted infections (STIs), and more.

Here are some ways you can provide support and access to resources about reproductive health:

- **Provide education and information:** One of the most important things you can do is to provide accurate and up-to-date information about reproductive health. This could involve providing educational resources such as pamphlets, brochures, or online materials, or organizing workshops and training sessions on various reproductive health topics.
- **Connect individuals with healthcare providers:** Encourage individuals to seek out healthcare providers who can provide advice and support regarding reproductive health. This could involve referring them to clinics, hospitals, or health centers that specialize in reproductive health services.
- **Promote access to contraceptives:** Access to contraceptives is essential for individuals to manage their reproductive health effectively. Encourage individuals to use

contraceptives by promoting the availability and accessibility of various forms of contraception, such as condoms, birth control pills, IUDs, and more.

- **Provide counseling and support:** Reproductive health can be a sensitive topic, and individuals may need counseling and support to discuss their concerns and issues. Provide a safe and non-judgmental space for individuals to discuss their concerns, and connect them with counselors or therapists who specialize in reproductive health issues.
- **Advocate for reproductive health rights:** Reproductive health is a fundamental human right, and it's essential to advocate for policies and programs that promote access to reproductive healthcare, including access to safe and legal abortion services.

ROLE OF SCHOOL LEADER FOR REPRODUCTIVE HEALTH DURING ADOLESCENCE

School programs can promote children's development by helping them

Today's adolescents determine the social fabric, economic productivity, and reproductive health and wellbeing of nations throughout the world in the coming decades. Adolescence is the period between childhood and adulthood. It begins with the appearance of secondary sexual characteristics and continues until sexual maturity is complete. During this period rapid physical changes are accompanied by important psychological changes. Reproductive health is related to adolescent physical, psychological, and social integrity. While considering the settings to address the reproductive health needs and problems of adolescents, school leader stand out as one of the important and most utilized settings because through the school we can reach out to almost all adolescents. A school leader can play an important role in this field because children are moving through their crucial time of development and becoming sexually mature while attending school. To do this role effectively, school leader have to be empowered on adolescent reproductive health education. Here are some ways that a school leader can contribute to the development of reproductive health for adolescents:

- **Develop and maintain healthy friendships and relationship**

The role of a school leader in developing and maintaining healthy friendships and relationships for adolescents is critical. Adolescence is a time when young people are developing their sense of identity, learning how to navigate social interactions, and establishing relationships that can have a significant impact on their well-being.

- **Providing a safe and inclusive school environment:** A school leader can ensure that the school is a safe and welcoming environment for all students, regardless of their

background or identity. This can be done by implementing policies and programs that promote diversity, equity, and inclusion.

- **Encouraging positive social interactions:** A school leader can promote positive social interactions among students by organizing activities and events that foster teamwork, communication, and collaboration. This can include sports teams, clubs, and extracurricular activities that allow students to work together towards a common goal. A school leader can create a positive school culture that emphasizes the importance of diversity, acceptance, and respect for all students. By promoting inclusivity and empathy, the principal can encourage students to support one another, rather than competing or bullying one another.
- **Offering counselling and support services:** Adolescents may face a range of challenges related to their friendships and relationships, such as bullying, peer pressure, and social anxiety. A principal can ensure that students have access to counseling and support services to help them navigate these challenges.
- **Modelling healthy relationships:** A school leader can model healthy relationships in their interactions with students, staff, and parents. This can include demonstrating empathy, active listening, and respect for others.
- **Providing resources and education:** A school leader can provide resources and education on topics related to healthy friendships and relationships, such as communication skills, conflict resolution, and boundary-setting. This can help students develop the skills they need to form positive relationships and navigate challenging situations.
- **Identifying Peer Pressure:** A school leader can identify peer pressure by observing student interactions, monitoring social media and student activities, and speaking with staff members and students. By recognizing when peer pressure is occurring, a school leader can intervene and provide support to students who may be struggling with peer pressure.
- **Engaging Parents and Guardians:** A school leader can engage parents and guardians in the conversation about peer pressure and work with them to support their children. By partnering with parents, a principal can ensure that students receive consistent messages and support both at school and at home.
- **Modelling Positive Behavior:** A school leader can model positive behavior by demonstrating empathy, respect, and inclusivity in their interactions with students and

staff. By modeling positive behavior, a principal can encourage students to emulate these values and create a more positive school culture.

- **Make responsible decision** As an adolescent, it is important to make responsible decisions that will have a positive impact on your future. A school leader can guide in making responsible decisions during adolescence. Before making any decision, think about the consequences that may arise from it. Consider both short-term and long-term consequences, and try to predict how your decision may impact your future.

Remember, the decisions you make during adolescence can have a significant impact on your future. Take the time to think through your options and make responsible decisions that align with your values and goals.

- **Self –awareness:** Self-awareness is a crucial component of reproductive health during adolescence. As a young person, it's essential to understand your body, reproductive system, and sexual health. It's crucial to have a basic understanding of how your reproductive system works. A school leader can guide to learn about the different parts of the male or female reproductive system, including the uterus, ovaries, fallopian tubes, penis, and testicles. There are many resources available online or in books that can provide you with accurate information.
- **Talk to a healthcare provider:** A school leader can arrange health care provider for students. If the students have any questions or concerns about their reproductive health, don't hesitate to talk to a healthcare provider. They can provide you with accurate information and help you make informed decisions about your reproductive health.

.POLICY RECOMMENDATIONS

- Certified teachers
- Curriculum guidelines
- Standards – based program
 - Sufficient time and resources
 - Attentions to diverse learning needs
 - Ongoing professional development
 - Program review
 - Program evaluation

Laws to address young people's sexual and reproductive health and rights

- Prohibition of Child Marriage Act 2006
- The Immoral Traffic (Prevention) Amendment Bill 2006
- The Protection of Children from Sexual Offences Bill 2011
- Medical Termination of Pregnancy Act (MTP) 1971 and Amendment of 2002
- The Right of Children to Free and Compulsory Education Act 2009
- Protection of Women from Domestic Violence Act 2005

CONCLUSION

Reproductive health education is essential for adolescents as it provides them with the necessary information to make informed decisions about their sexual health. This education should

MOVIES RELATED TO REPRODUCTIVE HEALTH EDUCATION

1. My brother Nikhil 2005(Nikhil, a bright young swimmer, finds his life falling apart after getting diagnosed with HIV. In his troubled times, he finds the support of his sister, Anamika, and his boyfriend, Nigel.)
2. Starring AyushmannKhurrana and Bhumi Pednekar, ShubhMangalSavdhan decodes the problem of erectile dysfunction.
3. With NushrattBharuccha in the lead, Janhit Mein Jaari is a commentary on the importance of using condoms.
4. Starring AyushmannKhurrana and YamiGautam, Vicky Donor revolves around sperm donation and infertility
5. Padman stars Akshay Kumar, Radhika Apte, and Sonam Kapoor, and spreads awareness on health and menstrual hygiene.
6. Sonakshi Sinha runs a sex clinic in KhandaaniShafakahana and spreads awareness regarding sexual problems.
7. With Rajkumar Rao, BomanIrani, and Mouni Roy in the lead, Made In China is a comedy film revolving around male virility.

cover a wide range of topics, including anatomy, pregnancy prevention, sexually transmitted infections, consent, and healthy relationships.

It is important to provide age-appropriate and culturally sensitive information to adolescents, as well as creating a safe and non-judgmental space for them to ask questions and discuss their concerns. Comprehensive reproductive health education can also help reduce risky behaviors such as early sexual initiation and unprotected sex, leading to better health outcomes for adolescents.

In conclusion, reproductive health education is crucial for adolescents to promote healthy sexual behavior, prevent unwanted pregnancies, and reduce the transmission of sexually transmitted infections. It is a lifelong learning process,

and access to accurate and up-to-date information is vital for adolescents to make informed decisions about their sexual and reproductive health.

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