



CBSE National Adolescent Summit

on
**Life Skills, Mental Health, Safety &
Well Being**

Held in collaboration with
Expressions India

15-17 December 2022
National Bal Bhavan, New Delhi

REPORT

Background and Introduction

The Central Board of Secondary Education (CBSE) had introduced Life Skills based Health and Wellbeing Education as an integral part of its curriculum for the holistic development of all types of learners so that they are able to develop a sense of self-confidence, eco-sensitivity, and right approaches to lifelong learning. In order to provide a platform to the schools to facilitate Life Skills, Mental Health, and Holistic Wellness as an integral part of day-to-day education as well as the empowerment of young minds, CBSE Adolescent Leadership Summit on Life Skills, Mental Health, Safety and Well Being was conceptualized.

A three-day *National Adolescent Summit on Life Skills, Mental Health, Safety, Wellbeing 2022* was organized from 15th to 17th December 2022 in collaboration with *Expressions India – The National Life Skills & School Wellness Program* at the *National Bal Bhavan*, New Delhi. The Summit celebrated the fervor of youth in bringing forward the voice of adolescent peer educators from across the country. About 800 Students and Teachers from 156 schools (government and public schools) from across the country participated in the 3-day summit, which provided them with an opportunity to interact with one another on an array of topics.

The complete schedule of the three days Summit is given in **Annexure A**.





Inauguration of the Summit

The programme was inaugurated on 15th December 2022 by Ms. L. S. Changsan, IAS, Additional Secretary (Institutions), Dept. of School Education & Literacy, Ministry of Education, Govt. of India. Dr. Joseph Emmanuel, Director (Academics), CBSE, Dr. Biswajit Saha, Director (Skill Education), CBSE, Dr. Shovana Narayan (Kathak Maestro), Dr. Jitendra Nagpal, Program Director, Expressions India, Senior Educationists and many others graced the occasion. The ceremony commenced with the release of 'SANDARSHIKA' - a compendium of Good Practices adopted by schools to facilitate Life Skills, Mental Health, and Holistic Wellness among students. An exhibition on Global School Health programme along with the Mobile Life Skills & Health Education Van were launched during the inaugural ceremony.



Day 1 – December 15, 2022

Day 1 began with a vibrant **Global School Health Exhibition** showcasing the work done by the schools in promoting the key Co-Scholastic areas viz: life skills, attitudes, values, mental health and wellbeing among the students. Physical education, and other allied areas like child rights, peer mentoring, positive parenting were also highlighted through exhibition. Another health drive tool **The National Youth Health Parliament** was conducted which focused on students' interface with experts in the field of health education. It also aimed at the promotion of life skills and culture of wellness, child health and nutrition along with discussion on mental health and behavioral issues, and child rights education. Students also participated in the first written round of the **WHIZ – QUIZ: The Adolescence Quiz**. An opportunity was provided to them to express their creativity and artistic talents through an **on-the Spot-Painting event – Utopia**.



Day 2 – December 16, 2022

The second day of the summit started with an invigorating Health & Wellbeing Walk in the morning. This was followed by the energetic participants presenting ‘**Nukkad Natak**’ on Contemporary Themes like *school safety, girl child, mental health, bullying*, etc. **Rhetorics - The Young Orators Championship** was organized with Mr. Rajat Sharma and other esteemed dignitaries where the participants picked up a topic on the spot and expressed their views on a wide range of topics such as *peer pressure, spirituality, democracy, education, anger* and others.

Another remarkable feature was **Sur-Taal** where students participated in the Indian Classical or Western Solo Dance competition to exhibit their individual brilliance and application of life skills, and ‘be the star of the stage’.



Day 3 – December 17, 2022

Day 3 began with the final round of **Whiz – Quiz**, which took place with the students selected from the first round. Another tool of the health drive was the feature where teachers interacted with mental health experts on Teacher/Counselor Leadership in Pedagogy for Safe Schools of 21st Century India including effective implementation of the POCSO Act in Schools.

On the last day of the summit, the Adolescent Peer Educators participated in an interactive and participatory workshop on *Bullying in Schools: Role of Adolescents as Agents of Change and Leadership Orientation in Life Skills, Values & Well-being* to enhance their skills as Peer Educators. These intense sessions were balanced off by a short informational session on performing arts and its link with wellbeing and reducing high risk behavior were established.



Valedictory Ceremony

The Valedictory Ceremony of the Summit, held on the 17th of December 2022, was presided over by Ms. Rama Sharma, Director-Media and Public Relations, CBSE. She addressed the gathering on the occasion and distributed the prizes. During the ceremony, the *Adolescent Peer Educators: Training Manual on Life Skills & Wellbeing* was released. The students also presented the charter formulated by them for their education and well-being to facilitate the Adolescent Leadership Skills for the Nation. The ceremony ended with a Vote of Thanks by Dr. Jitendra Nagpal, Program Director, Expressions India.



Annexure A

Schedule of the Three Days Summit

DAY I – 15 th December 2022 (Thursday)	
Timings	Activity/ Program
08:30 am – 10:00 am	Registration
	Setting Up of The Global School Health Exhibition by all Participating Schools
10:00 am – 01:00 pm	The National Youth Health & Wellbeing Parliament
10:00 am – 11:00 am	WHIZ – QUIZ: The Adolescence Quiz (Written Round)
10:00 am – 01:15 pm	RHETORICS: The Young Orators Championship
11:00 am – 12:45 pm	UTOPIA: On the Spot Painting
01:15 pm – 02:00 pm	Lunch
02:00 pm	Assembly for the Inaugural Proceedings
02:15 pm	Arrival of the Chief Guest
	Launch of the SPECTACLE : Global School Health Exhibition
02:15 pm – 04:00 pm	Inauguration Ceremony
03:50 pm – 05:30 pm	RHETORICS: The Young Orators Championship (Cont.)
05:30 pm onwards	Announcements & Tea
DAY II – 16 th December 2022 (Friday)	
08:15 am – 09:00 am	‘Health & Wellbeing Walk – Celebrating Healthy Schools Healthy India’
	Yoga and Health Education Orientation to First Aid & CPR Training
09:00 am – 10:00 am	Breakfast
10:00 am – 10:15 am	Interaction workshop with the Students and Teachers Delegates
10:15 am – 01:00 pm	PATHSHALANUKKAD KI: On Contemporary Themes /
	SUR TAAL: Solo Indian Classical Dance / Analysis of Short Films from IYFMF and its Utility in Skills based Education
01:00 pm – 01:45 pm	Lunch
02:00 pm – 03:15 pm	Plenary Workshop for Formulating the National Students’ Charter for Peer Educators Networking
03:15 pm – 04:45 pm	PATHSHALANUKKAD KI: On Contemporary Themes / (Cont.)
	SUR TAAL: Solo Indian Classical Dance / Analysis of Short Films from IYFMF and its Utility in Skills based Education
04:45 pm onwards	Announcements & Tea
DAY III – 17 th December 2022 (Saturday)	
08:30 am – 09:30 am	Breakfast
09:00 am – 12:00 pm	SUR TAAL: Solo Indian Classical Dance (Cont)
10:00 am – 12:00 pm	Workshop for Adolescent Peer Educators – The Wellbeing Ambassadors
	- School Safety – Empowering Role of Adolescents as Agents of Change - Leadership Orientation in Life Skills, Values & Wellbeing
11:00 am – 12:00 pm	WHIZ – QUIZ: The Adolescence Quiz (FINAL STAGE ROUND)
12:00 pm – 01:30 pm	Teachers/ Counselors Workshop
	‘Leadership in Pedagogy for Safe Schools of 21st Century India’ - Including Effective Implementation of the POCSO Act in Schools
01:30 pm – 02:15 pm	Lunch
02:15 pm – 04:30 pm	Valedictory Ceremony
	Distribution of Honours & School Citations The Adolescent Pledge

The summit celebrated the energy and fervor of the youth with the aim to channelize their inherent potential and vivacity.