



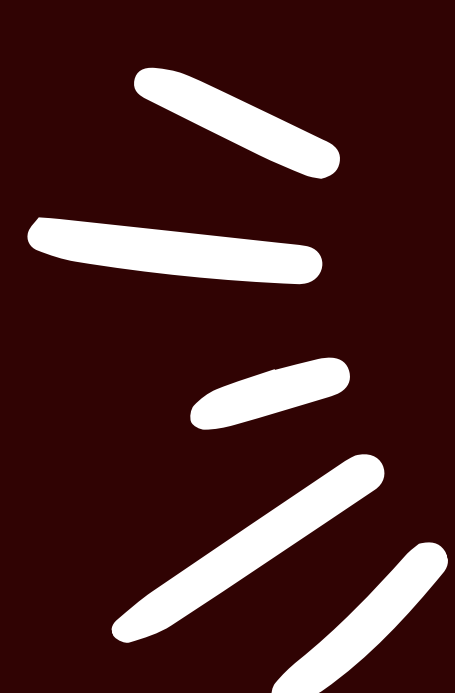
***“Building Wellbeing
Ambassadors
for the Nation”***



NATIONAL MINDSMART - 2024

A FIVE PART SERIES FROM APRIL TO OCTOBER 2023

***The Adolescent Peer Educators' - Leadership
Course in Life Skills & Wellbeing***



***Student
Centric***

Interactive

Participatory

***Insight
Provoking***



***Online & Offline Course in every 3 Months
5 Sessions per Course***

- * Inauguration & Introductory Session on Common Adolescent Issues & Concerns.**
- * Applying Life Skills for Lifelong Learning**
- * Understanding & Coping with Emotionality - Anger, Loss & Sadness**
- * Gender Sensitization ; Being Safe & Responsible**
- * Preventing Substance Abuse & Allied High Risk Behaviours**
- * Life Competencies with Values. Motivational Enhancement**
- * Family Bonding & Communication – Emerging Paradigm**
- * Media Literacy : Learning Life Skills from the Visual Medium**
- * First Aid & CPR Training in Schools – A Citizen's Responsibility**
- * Planning of School based Life Skills, Health & Wellbeing Interventions**

The program is enriched by CBSE guidelines of **Health Promoting School, Values & Life Skills Education** and the NCF (NCERT) recommendations on Health & Physical Education.

Intensive workshop series entails interface with National & International experts in the field of Adolescent Development and Life Skills Education.

Aware....

Responsible ...

Empowered....

‘Expressions India’ – The Life Skills & National School Mental Health Program

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