



'Expressions India'

The National Life Skills, School Mental Health & Wellness Program
New Delhi

MINDSMART - 2025

The Life Skills & Wellbeing Leadership Course for Senior School Peer Educators / Ambassadors

(A Three Part Hands on Participatory Workshops)

Launch & First Workshop: 9th May 2025, National Science Centre, Pragati Maidan, New Delhi

Respected Principal Madam/ Sir,

Greetings from *'Expressions India'*

In the past few years, Life Skills, Health & Wellbeing Education has gained global evidence in developing psychosocial competencies and interpersonal skills in school going adolescents. This well recognized programme involves making informed choices, building healthy relationships and empowering young lives. Keeping in step with the upcoming educational reforms through the National Policy of Education, 'Expressions India' takes yet another milestone forward to invite your esteemed school students to enroll for the "MINDSMART 2025-The Life Skills & Wellbeing Leadership Course for Senior School Peer Educators / Ambassadors". We take the honour to mention that 'Expressions India' has pioneered the adolescent wellbeing promotion across the country through the 'Peer Educators Network (PEN)' methodology for more than 18 years now and has been well awarded by the government and non government organizations.

This program comes in tandem with the comprehensive school health initiatives, and has renowned national & international adolescent life skills experts to facilitate the students' journey towards awareness, responsibility and empowerment. Eminences from the Ministry of Education (GoI), NCERT, CBSE, NIEPA, WHO, Dept of WCD & others shall be invited to share their words of wisdom with the adolescent peer leaders from various schools.

In this regard, kindly nominate four students (from Std X to XII) to enroll for this comprehensive leadership program. The School Counselor or one Teacher may please be nominated to accompany the students. Please fill the registration form at <https://forms.gle/SGN7u8cydnTKeHWE9>, latest by 25th April 2025.

☐ The 'Three Part (9TH May, Mid-July, Mid-August 2025) MINDSMART Series' includes:

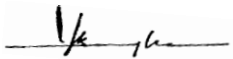
- Student Empowerment Badge titled: "Peer Ambassadors for Life Skills & Wellbeing"
- **Certificate of Honour** for each participating student and teacher delegate.
- Citation of honour for the school as a partner for the National Life Skills Paradigm for Schools.
- **Academic Handout Material** for each student (all the three workshops) and Guidelines for "Student Life Skills and School Well-being Council" shall be provided.
- **Comprehensive Guidance and follow up with technical support** for your 'Peer Educators Team' shall be available throughout the year via online and telecon mode.

The First Workshop Profile is as follows:

- **Date:** 9th May 2025 (Friday) • **Venue:** National Science Centre, New Delhi
- **Registration:** 8:30 am onwards. **Workshop:** 9:15 am – 12:30 pm.

- ☐ **Value Addition to this Series:** Workshops/sessions for the accompanying teachers and counselors shall be conducted simultaneously. The topics will be related to **Emotional & Behavioral Leadership and Safety in Schools** (assessment, management and family school partnerships).
- ☐ **A poster supporting the above information is attached herewith.** For any further information, please do contact us at 9999564366, 78359 22093 or the names mentioned below. Looking forward to the participation of your school ebullient students in this empowering program.

Best wishes with warm regards,



Dr. Jitendra Nagpal MD DNB

- Program Director 'Expressions India' -
The National Life Skills, School Mental Health & Wellness Program
- Sr. Psychiatrist & Incharge
Centre for Child Development & Adolescent Wellbeing
Moolchand Medcity, New Delhi (M) 9810054860, (Website) www.expressionsindia.org

Telecon & Queries

- Ms Shubhrika Seth: 97171 77946
- Ms Tania : 98107 53560
- Ms Sonam: 7701 979 773