



Expressions India
**The Life Skills &
National School Mental
Health Program**



OUR JOURNEY

Expressions India Achievements

www.expressionsindia.org



Independent News Service Pvt. Ltd.
India TV Broadcast Centre
B-30, Sector-85, Noida 201305
Ph: +91 120 3051000, Fax: +91 120 3051020
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Date: 13 December 2017

It's heartening that Expressions India is taking this initiative on Life Skills, Values, Gender and School Wellbeing at a much-needed point in time. An inclusive child safety is not only the need of the hour but is a step to strengthen the building blocks of the social system "our children". International Adolescent Summit is the best possible platform to review and shape an all comprehensive plan of action for School Health and Values Education. I once again congratulate Expressions India for this wholistic effort and wish all the educators and students at the International Adolescent Summit the very best in their endeavors.

Regards,

A handwritten signature in blue ink, appearing to read "Rajat Sharma", written over a horizontal line.

(Rajat Sharma)





राष्ट्रीय विज्ञान केन्द्र

(राष्ट्रीय विज्ञान संग्रहालय परिषद्), संस्कृति मंत्रालय, भारत सरकार
गेट नं. 2 के समीप, प्रगति मैदान, भैरों मार्ग, नई दिल्ली - 110 001

NATIONAL SCIENCE CENTRE

(National Council of Science Museums), Ministry of Culture, Govt. of India
Near Gate No. 2, Pragati Maidan, Bhairon Road, New Delhi - 110 001



D. Rama Sarma
Director



MESSAGE

I congratulate *Expressions India* for organizing **The International Adolescent Summit - 2017** on Life Skills, Values, Gender and School Wellbeing at IICC, New Delhi from 11th to 13th December 2017.

Education today has immense role in holistic development of a child into a psychologically successful and strong human being in life. Adolescent constitutes nearly 25% of India's population. In order to enable them in fulfilling and unleashing their full potential, the country must invest uniquely in education, health and safety of our young minds.

I am pleased to know that *Expressions India* has achieved another feather in its cap as a national organization and is associated with the Emerging National Policy of Education and The National Curriculum Framework.

I extend my best wishes to students participating from different schools from all over the country, who would be the '**Life Skills Peer Educators Network Ambassadors**' of future. My best wishes to entire team of *Expressions India* for its tireless efforts to make this International Summit a grand success.

With best wishes.

(D. Rama Sarma)



सत्यमेव जयते

Pranab Mukherjee



Message

I am happy that Expressions India is organizing **The International Adolescent Summit on Life Skills, Values, Gender and School Wellbeing – 2018** at IICC, New Delhi from 4th to 6th December 2018.

Schools play a pivotal role in the overall development of a child into a competent adult. In order to enable adolescents to fulfill their potential, substantial investments must be made in education, health and safety of our young minds. I am happy to know that Expressions India is working on the technical inputs, keeping in view the Emerging National Policy of Education and The National Curriculum Framework. It is heartening to know that a National Program on Comprehensive School Mental Health and Wellbeing Initiatives is also being launched during this prestigious summit.

I extend my best wishes to the participating students from all over the country and abroad who will take up the mantle for transforming into the wellbeing Ambassadors of the nation. I also congratulate the whole team of Expressions India's for their commitment enthusiasm, innovative thinking towards this noble cause and wish them luck for all future endeavours.

Pranab Mukherjee

कृष्णपाल गुर्जर
KRISHANPAL GURJAR



Notified by NIPMOS(SJ&E)/2019

सामाजिक न्याय और अधिकारिता राज्य मंत्री
भारत सरकार

MINISTER OF STATE FOR
SOCIAL JUSTICE & EMPOWERMENT
GOVERNMENT OF INDIA

MESSAGE

I am glad to know that National Institute for Empowerment of persons with Multiple Disabilities (NIEPMD) (Divyangjan) is organising "National Conference on Understanding Disability and Mental Health" to spread awareness in the society. I appreciate that organising such conferences strengthen the idea of rehabilitation and awareness programs that plays integral role in identification, remediation and strategic planning for the inclusion & empowerment of persons with disabilities in the society. Evolving new concepts and programmes on special education is the need of the hour to facilitate persons with mental disabilities.

I express my wholehearted wishes to the organisers and hope for the success of this National Conference.



(Krishan Pal Gurjar)

Date: 26.12.2019

Place:- New Delhi

To,
Miss. Mudita Yadav,
Joint Organising Secretary,
& CRE Coordinator,
National Conference-2020, New Delhi

डा. योगेन्द्र पासवान
सदस्य

Dr. Yogendra Paswan
Member



सत्यमेव जयते

भारत सरकार

राष्ट्रीय अनुसूचित जाति आयोग

GOVERNMENT OF INDIA
NATIONAL COMMISSION FOR SCHEDULED CASTES

पाँचवीं मंजिल, लोकनायक भवन,
खान मार्केट, नई दिल्ली-110003
5th Floor, Lok Nayak Bhawan,
Khan Market, New Delhi-110003
Tel. : +91-11-24623266
+91-11-24606832
E-mail : yp.ncscoffice@gmail.com

Message

I am very happy to note that National Institute of Persons with Multiple Disabilities Divyangjan (NIEPMD) is organising such a good National conference on 'Understanding Disability and Mental Health Towards Inclusion & Empowerment' on 16th-17th Jan 2020 at New Maharashtra Sadan, Kasturba Gandhi Marg, New Delhi.

I congratulate to your team has taken up deliberations for discussing issues and challenges of persons with mental illness and disabilities under the light of RPWD 2016 act. I express my whole hearted wishes to the organisation and hope that the national conference will touch upon the various hidden issues and challenges for persons with disabilities in availing concessions and facilities extended by Government of India. This conference will also helpful to prevent the rights of SC disable persons because the act is equal to all. During the conference it will take major road map for the betterment of this act and solve the challenges of SC disable persons.

I wish the organisation and the participants all success in their endeavour. I wish all delegates and participants for this conference.

(Dr. Yogendra Paswan)

Date-02-01-2019
New Delhi



सत्यमेव जयते

Pranab Mukherjee

14th January, 2020

MESSAGE

I am happy to know that the National Conference on "*Understanding Disability and Mental Health towards Inclusion and Empowerment*" is being organized by National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD), Chennai, Ministry of Social Justice and Empowerment, Government of India in collaboration with Expressions India.

I congratulate the teams of NIEPMD, Expressions India and all the participating delegates for being a part of this conference which aims to address the important issues relating to mental health, its early identification as well as working towards the personality development and welfare of the special needs of the people.

I am also happy to learn that ***Expressions India*** shall be releasing a souvenir on this occasion. I wish the National Conference and the publication commemorating it all success.

Prañab Mukherjee



केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION

डॉ. जोसेफ इमानुवेल
निदेशक (शैक्षणिक)

DR. JOSEPH EMMANUEL
Director (Academics)



Dated: 14th Dec., 2022
D.O. No.CBSE/ Acad/SPS/2022



Message

It is a matter of great honour for Central Board of Secondary Education to organize the National Adolescent Summit on Life Skills, Mental Health, Safety and Wellbeing in collaboration with Expressions India at National Bal Bhawan, New Delhi from 15th to 17th December 2022.

There is growing evidence that life skills, mental health and wellbeing are important indices of progressive and effective schooling across the world. The NEP 2020 has clearly articulated the holistic paradigm with health, behavior and physical education components in the overall development of school going children. As citizens of a progressive nation we have to come together in solidarity to transform education for a lifelong learning and sustainable leadership.

I would like to convey my best wishes to all the participating students and teachers from various schools for enriching their learning experiences at this Adolescent Summit and coming up with salient recommendations for policies and programs ahead.

I congratulate Expressions India team for their commendable efforts in compiling the good practices of school mental health and life skills promotion. The three days summit bringing a country wide viewpoint for developing Peer Educators as Life Skills Ambassadors has been a successful step in this direction.

With best wishes,

(Dr. Joseph Emmanuel)



प्रियंक कानूंगो
Priyank Kanoongo
अध्यक्ष
Chairperson

भारत सरकार
GOVERNMENT OF INDIA
राष्ट्रीय बाल अधिकार संरक्षण आयोग
NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS
नई दिल्ली-110 001
New Delhi - 110 001



D. O. No. 2801/29/2022-23/Media/NCPCR-M.P. 1248063

Date: 11/05/2022

Dear Dr. Jitendra Nagpal,

National Commission for Protection of Child Rights (NCPCR), a statutory body under the aegis of Ministry of Women and Child Development, GOI has been celebrating exams with its campaign '**Pariksha Parv**' since 2019, inspired from Hon'ble Prime Minister's "Pariksha Pe Charcha" which is intending to change the outlook/perspective of children towards exams and provide a platform to overcome their stress and anxiety associated with exams and exam results.

2. In this regard, continuing its endeavour towards changing the outlook/perspective of children towards exams and making it a joyful activity, NCPCR like previous years is conducting **Pariksha Parv-4.0** from 11th April, 2022 to 31st May, 2022 inspired from Hon'ble Prime Minister of India's "**Pariksha Pe Charcha**" programme. Pariksha Parv 4.0 is an endeavour for providing a platform for students, parents and teachers to share their thoughts and get guidance and important tips from the experts. In such stressful times, talking about and sharing the uneasy and confusing thoughts would help mitigate stress and anxiety of students to a great extent.

3. This year in 2022, a multi-pronged approach shall be followed with the objective to reach out to the teachers and parents in addition to children.

Pariksha Pav-4.0 entails;

- "Exam Warrior" and activity under Pariksha Parv-4.0 promoting audio-video messages of students giving tips on managing Exam/Result related stress and anxiety.
- Radio spots broadcast on Vividh Bharati (National), All India Radio ;
- Live streaming sessions (from 11th April, 2022 to 31st May, 2022 on Facebook/Twitter/YouTube of NCPCR and YouTube of Doordarshan National and New India Junction to enable students to interact with experts to reduce their exam stress and worries before exam results.
- State/UTs and District level orientation cum sensitization programmes for Head/Principals/Teachers.

5वां तल, चन्द्रलोक बिल्डिंग, 36, जानपथ, नई दिल्ली-110 001
5th Floor, Chanderlok Building, 36, Janpath, New Delhi-110 001
दूरभाष /Ph. :011-23478212, 23731583 फैक्स /Fax: 011-23731584
ई-मेल / E-mail : cp.ncpcr@nic.in वेब /Web:www.ncpcr.gov.in

v) **SAMVEDNA**- (1800-121-2830) a toll free Tele counseling service of NCPCR by trained Counsellors for students to cope up with exam and result related worries, stress and anxiety.

4. In this regard, NCPCR with State Commissions for Protection of Child Rights (SCPCR) Madhya Pradesh and Education Department, Madhya Pradesh is organising a State level orientation cum sensitization programme on the occasion of "Pariksha Parv-4.0" on 31.05.2022 at Swarn Jyanti Hall, RCVN Naronha Academy for Administration and Management, Bhopal, Madhya Pradesh. The participants for the programme would be faculty of District Institute of Education and Training (DIETs), CTEs & Headmaster/Principals/Teachers, students of Higher Secondary and senior secondary schools, children/students from vulnerable group viz- children living in Child Care Institutions (CCIs), children in street situations (CiSS), Baal Swaraj- Covid Care children, Children from tribal hostels, students of Kasturba Gandhi Balika Vidyalayas (KGBVs), Eklavya Model Residential schools, Navodaya Vidyalayas and children with disabilities. Children will be receiving "Exam Warrior", a book by Hon'ble Prime Minister of India. H.E, Hon'ble Governor, Madhya Pradesh has kindly consented to inaugurate the programme. Programme agenda will follow.

5. You are cordially invited as an Expert Resource Person for taking an interactive session on the Exam and Exam result related stress for 45 minutes. A suitable topic may kindly be suggested. The Commission shall make the arrangements for travel and lodging as per Government norms.

A line of confirmation on cp.ncpcr@nic.in will be highly appreciated.

With regards,

Yours Sincerely,



(Priyank Kanoongo)

Dr Jitendra Nagpal

Sr Consultant Psychiatrist & In-charge

Inst of Mental Health & Life Skills Promotion, Moolchand Medcity, New Delhi

& Program Director - Expressions India

E-mail- jnagpal10@gmail.com



DO No.CP/CBSE/Summit/2023

December 15, 2023

MESSAGE

I am delighted to know that Central Board of Secondary Education and Expressions India are organizing **"The National Adolescent Summit on Life Skills, Mental Health, Safety & Wellbeing"** from 19th to 21st December, 2023.

Education assumes a pivotal role in cultivating the development of children, shaping them into more aware, responsible, caring, and empowered individuals within society. This empowerment holds particular significance in today's Indian context, given the swift processes of globalization and urbanization. Nevertheless, the creation of a secure learning environment remains paramount for students of all ages.

It is imperative to incorporate methods that enhance the psychosocial competences and resilience of children as integral components of health promotion and a development-oriented approach. These measures should be accorded equal importance to academic pursuits within the school curriculum. Ensuring the safety of our children in schools from various threats, including abuse, violence, psycho-social issues, natural and manmade disasters, fire, and transportation incidents, is of utmost priority.

I am pleased to note the widespread participation of schools from both within the country and abroad in this innovative event this year. It is my expectation that, by the conclusion of the summit, a comprehensive roadmap will be formulated. This roadmap will guide all schools in developing effective models and centres for life skills education, safety, and overall well-being, thereby contributing to the creation of responsible and engaged citizens. The establishment of Healthy Schools is envisioned to foster a positive climate conducive to productive and valuable citizenship.

I wish the summit great success.


NIDHI CHHIBBER

"शिक्षा केन्द्र", 2, सामुदायिक केन्द्र, प्रीत विहार, दिल्ली - 110092

"Shiksha Kendra" 2, Community Centre, Preet Vihar, Delhi - 110092

Telephone: +91-11-23220154, +91-11-22467263 / Fax : +91-11-22515826 / E-mail : chmn-cbse@nic.in

Website: www.cbse.nic.in