



## CENTRAL BOARD OF SECONDARY EDUCATION

# National Adolescent Summit on Life Skills, Mental Health, Gender, Safety & Wellbeing

DECEMBER 2024  
NATIONAL BAL BHAVAN, NEW DELHI

### COMPETITIONS



**'Utopia'**  
Thematic  
Painting



**'Rhetorics'**  
Young Orators  
Championship



**'Sur Sangam'**  
Solo Indian  
Classical Dance



**'Pathshala  
Nukkad Ki'**  
on Contemporary  
Themes

### ALLIED INNOVATIVE EVENTS

## National School Health & Wellbeing Exhibition - Emerging Best Practices

- ✓ **'YUVA SANSAD'** : The National Adolescent Wellbeing Parliament
- ✓ **MANOVRITI** : Screening of Theme based Short Films by Students
- ✓ **SAMVEDNA** : Luminaries from various fields shall have interactions with Student Peer Educators
- ✓ **MINDSMART** : The National Health & Wellness Quiz

Participants

4 Peer Educators  
+ 1 Teacher



Kindly Note: Event guidelines are enclosed

in collaboration with

**Expressions India - The National Life Skills & School Wellness Program**



## UTOPIA - THEMATIC PAINTING

*Participation: 1 student per school / Time: 2 hours*

**Please Note:**

The topics will be based on the issues, concerns and challenges related to the key theme of the summit- Life Skills, Attitudes, Values, Gender, Health and Wellbeing, Physical Education and other allied areas like Child Rights, Peer Mentoring, Positive Parenting.

Each participant will be provided a drawing sheet on arrival at the venue. Painting colors, brushes, pencils, erasers, crayons and other related accessories will be brought by the participant.

Topic will be announced on the spot.





## **RHETORICS - YOUNG ORATORS CHAMPIONSHIP**

*Participation: 1 student per school*

*Time: 2 minutes (90 sec. 1st bell + 30sec.)*

The topic shall be picked up from the 'Topic box' at the venue. For familiarization, a few contemporary topics are mentioned below:

- Thought is the mind, knowledge the sail and body the vessel – Let's walk it together
- Education is the expressive language for the soul and body to nurture a healthy individual
- Anger and Aggression in Youth today is the scourge of progressive times
- The Voice of Adolescents – a growing paradigm in planning and policy
- To win one should have talent and desire but the desire is first
- Cyber World Impact- Boon or Bane
- It's time to integrate Mental Health and Wellbeing into schooling years
- My Dream School – Child Centric and Child Friendly





Display your individual brilliance, apply life skills and 'be the star'. Here is an opportunity to portray your elegance, fitness and the 'Surtaal'. Come forward to express yourself...



## **SUR SANGAM - SOLO INDIAN CLASSICAL DANCE**

*Participation: 1 student per school / Time: 3 + 1 minute*

- This will be a solo event.
- Participants can perform on any Indian Classical Dance form.
- Participants must bring the background song/music in a CD/pen drive.
- Only one team is allowed per school.
- Time Limit for Solo dance is 3+1 minutes.
- Appropriate dance costume and makeup may please be incorporated.
- Performance will be assessed on the basis of parameters like concept, movements, expressions, overall presentation and use of stage.

## **Nukkad Natak**

*Participation: 4 students per school / Time: 5 minutes*

- Save the girl child, Save our society Diversity of India - My Pride
- Say No to Bullying - Utilize Life Skills Prevention of Substance Use and allied High Risk Behaviors
- Inclusive Education for All
- Positive Parenting and Family Life Education
- Adolescent Peer Leader as a stakeholder in the future of education
- Stigma and Stereotypes of Mental Health
- Media and Mental Health: The Pros and Cons

*In today's world, we all know that advertising has a significant impact on perception. This event will explore the brilliance of adolescents as key agents of life skills and social change with reference to the themes given below.*

*If required, the team can use musical instruments to support their performance.*



# CBSE Adolescent Summit 2024

## ALLIED INNOVATIVE EVENTS

### NATIONAL SCHOOL HEALTH & WELLBEING EXHIBITION - Emerging Best Practices

- All participating schools will be allotted an exhibition stall on Day 1 of the program to display the creative expressions related to the work being done by your school in promoting the key areas of Co-Scholastics viz: life skills, attitudes, values, gender, health, safety, sanitation and wellbeing, physical education and other allied areas like child rights, peer mentoring, positive parenting etc. All the key areas of comprehensive school health promotion (CSHP) may be kept in mind.
- The Stall will be available to the schools from 9:00 am to 4:00 pm at the venue. The school can reach as early as 8:15 am at the venue to take charge and start setting and decorating the display material in their stalls. They have to wind up their exhibits by 4:00 pm.
- Size of the stall shall be about 2x2 meters made up of 2 tables. 2 chairs will be provided. School can get their own standing boards.
- Please bring your creative material like posters, paintings, collage, charts, artistic works, pictures, dangles, flex prints, models to display and craft kit which consists of scotch tape, double sided tape, pins, markers, reel of thread, stapler etc. to stick and hang the exhibits. (Use of nail hammer, and display outside the stall/ beyond the table is not allowed). Please note, no electronic presentation will be entertained (through projectors, speakers, etc) in the stall.

### YUVA SANSAD - Adolescent Mental Health & Wellbeing Parliament

#### **Please Note:**

*Participation: 2 student per school*

- The Youth Parliament will involve interface of the students with national and international experts, noted educationists, media persons, health care providers, policy makers and others.
- Participant will get an opportunity to express his/her perspectives at the Youth Parliament.
- The broad relevance of this session shall be on the programs and policies pertaining to Education Health, Women, Child Development and Social Justice & Empowerment.
- Once enrolled for the Summit, the school shall receive further guidelines of this innovative event. The two students nominated by the school shall accordingly to prepare the representation.

### **SCREENING OF THEME BASED SHORT FILMS BY STUDENTS**

- The student may be encouraged to apply innovative ideas in showcasing the message from the eyes of the Adolescents & Youth.
- The duration of the short film should not be more than 4 to 5 mins including all credit rolls etc (Kindly adhere to the time limit).

*An 'Citation of Honour' shall be accorded to the School Principal, all participating Students, Teacher Incharge & The School Counselor.  
The winners in various events shall also be felicitated.*

#### **For Registration & Query**

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