



'Expressions India'

The Life Skills & National School Mental Health Program
New Delhi



National MindSmart Conclave 2026

The Adolescent Peer Educators Leadership Program in Life Skills, Holistic Health & Wellbeing
(A Three Part Hands on Participatory Workshops)

Second Workshop: Friday, 24th July 2026, National Bal Bhavan, New Delhi

Respected Principal Madam/ Sir,

Date: 2nd July 2026

Greetings from Expressions India

This is with reference to your school's enrollment for the **"National MindSmart Conclave 2026 - The Adolescent Peer Educators Leadership Program in Life Skills, Holistic Health & Wellbeing"**. We wish to put on record our deep sense of gratitude for the enthusiastic participation of your school team in the 1st workshop held on 7th May 2026. It was indeed a deeply experiential and enlightening learning session for all.

In furtherance to the series, here is the invite for the **2nd workshop of the "National MindSmart Conclave 2026" series**. The details are given below:

- **Date** - Friday, 24th July 2026
- **Time** - 9:30am to 01:00pm (reporting time is between 8.45am to 9:15am)
- **Venue** - National Bal Bhavan, New Delhi.
- **Themes**
 - **Emotional Awareness:** Healthy Ways to Understand & Express Emotions
 - **Navigating Anger, Loss & Sadness ;** Dealing with Bullying
 - **Stronger Together:** Building Meaningful Relationships & Peer to Peer Support
 - **Family Bonding and Caring Communication-**Emerging Paradigm

Please Note: You are requested to **nominate the same Four Peer educators** (who enrolled for the 1st workshop). Also email the confirmation latest by Monday, **20th July 2026** on - contactexpressions.india@gmail.com.

We keenly look forward to the participation of your ebullient peer leaders on the **24th July 2026**. A poster with additional details is attached for your reference. For any further information, please do contact us at 9999564366, 7835922093 or the names mentioned below.

Best wishes with warm regards,

Dr. Jitendra Nagpal - MD; DNB
Program Director - Expressions India
The Life Skills & National School Mental Health Program
Sr. Consultant Psychiatrist & Incharge -
Instt. of Mental Health & Life Skills Promotion
New Delhi
☎ 9810054860 🌐 www.expressionsindia.org

Telecon & Queries

- Ms Tania : 98107 53560
- Ms Sonam : 7701 979 773
- Mr Chetan : 92058 14009



Transforming the Ecosystem of
Mental Health & Wellbeing in Schools



National

MINDSMART

2026

Conclave

A Three Part Hands on Participatory Series

**THE ADOLESCENT PEER EDUCATORS
LEADERSHIP PROGRAMME IN
LIFE SKILLS, HOLISTIC HEALTH & WELLBEING**

Aware • Responsible • Empowered



Participants: *Four Peer Educators (from Std IXth or XIth)
+ One Teacher/Counselor Incharge*

facilitated by
Expressions India

The Life Skills & National School Mental Health Program



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Core Themes of the Participatory Workshops

PART 1

7th May
2026

Understanding Self & Growing Up

The Journey of Adolescence: Charm, Challenges & Change
Growing Up Healthy: Nutrition, Hygiene & Self-Care Essentials
Building Resilience: Strengthening Inner Capacity & Coping Skills

PART 2

24th July
2026

Emotions, Identity & Social Connections

Emotional Awareness: Healthy Ways to Understand & Express Emotions
Navigating Anger, Loss & Sadness ; Dealing with Bullying
Stronger Together: Building Meaningful Relationships & Peer to Peer Support
Family Bonding and Caring Communication-Emerging Paradigm

PART 3

Mid-August
2026

Future Readiness & Life Skills Leadership

Digital World Wellness: Safe Choices & Preventing Risk Behaviours
Designing Your Future: Smart Career Choices imbibing Life Skills
Investiture Ceremony: Honoring the Peer Ambassadors Role & Leadership Journey Ahead

*An Intensive Interface with National & International Experts
in Adolescent Development & Life Skills*

The Delegate Kit for the Three-Part MINDSMART Series Include:

- **Student Empowerment Badges:** 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 Handouts for each Student and Teacher delegate (for all 3 workshops).
- Exclusive Orientation Sessions for Accompanying Teacher & Counselor.



Launch of
**YOUNG WELLBEING SCIENTISTS
OF INDIA PROGRAM**



YWSI