



*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**

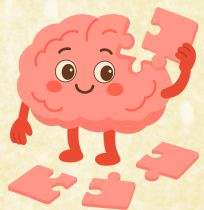
Aware • Responsible • Empowered



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



 contactexpressions.india@gmail.com

 www.expressionsindia.org



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

Mid-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 imbining 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.

REGISTER NOW!!

<https://forms.gle/SGN7u8cydnTKeHWE9>

Last Date to Register: **24 April 2026**

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



FOR QUERIES



7701979773, 7042224452, 7835922093, 9999564366



'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)

Launch & First Workshop: Thursday, 7th May 2026, National Bal Bhavan, New Delhi

Respected Principal Madam/ Sir,

Date: 2nd April 2026

Greetings from 'Expressions India'

In the recent years it has been globally recognised that fostering psychosocial competencies and interpersonal skills among school-going adolescents require Life Skills Enrichment, Holistic Health, and Wellbeing Education. These skills enable young individuals to make informed decisions, build healthy relationships, and navigate life's challenges effectively.

Aligned with the vision of the National Education Policy (2020), *Expressions India* is pleased to invite your esteemed school to participate in the "National MINDSMART Conclave 2026 – The Adolescent Peer Educators Leadership Programme in Life Skills, Holistic Health & Wellbeing." **The first workshop & launch of the current series is scheduled on 7th May 2026 from 9.00 am to 1.00 pm at Mekhla Jha Auditorium, National Bal Bhavan, New Delhi.**

With over 18 years of pioneering work through the Peer Educators Network (PEN) methodology, Expressions India has been nationally recognized for promoting adolescent wellbeing leadership. This program complements comprehensive school health initiatives in India and facilitate by leading national and international experts. Eminent representatives from various institutions such as the Ministry of Education (GoI), Ministry of Health & Family Welfare, NCERT, CBSE, WHO and UNICEF are also being invited to engage interaction with the student leaders.

We kindly request you to nominate four students (Class IX or XI) for this program. A School Counselor or Teacher incharge is requested to accompany the students as part of the erudite delegation.

✦ Registration Link: <https://forms.gle/SGN7u8cydnTKeHWE9>

✦ Kindly complete registration in the attached google form latest by 24 April 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. Looking forward to the participation of your ebullient senior students in this empowering program.

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 Raagini: 70422 24452
- Ms Tania : 98107 53560
- Ms Sonam : 7701 979 773
- Mr Chetan : 92058 14009