



'Expressions India'

The National Life Skills, Values Education & School Wellness Program
New Delhi

Dear Principal Madam/ Sir,

Date: 07.04.2018

MINDSMART - 2018

The Adolescent Peer Educators Leadership Course in Life Skills & Wellbeing

(A FIVE PART SERIES FROM APRIL TO OCTOBER 2018)

Launch & First workshop: 26th April 2018, National Science Centre, Pragati Maidan, ND

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 to invite your esteemed school students to enroll for the **"MINDSMART 2018 - Adolescent Peer Educators' Leadership Course in Life Skills & Wellbeing"**. 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 17 years now and has been well awarded by the government and non government organizations.

This program comes in tandem with the Ministry of HRD & CBSE 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 NCERT, CBSE, Min. of Health & Family Welfare, NCPCR and other noted agencies shall be invited to join as honourable experts during the workshop series.**

In this regard, kindly nominate Five Students (from Std IX, X or XI) to enroll for this comprehensive leadership program. The School Counselor or one teacher may please be nominated to accompany the students. Please email the registration form to contactexpressions.india@gmail.com or expressionsindia2005@gmail.com latest by 20th April 2018.

☐ Enrolment for the 'FIVE PART MINDSMART SERIES' includes:

- Student Empowerment titled Badges: "India Peer Ambassadors for Life Skills & Wellbeing"
- Academic and Training Material for each student and all five workshops
- A Scroll of Honour shall be presented for the School titled "The MindSmart School for Mental Health, Life Skills & Wellbeing Promotion".
- Comprehensive Guidance and follow up with technical support for your peer educators team shall be available throughout the year via online and telecom mode.

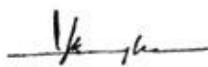
The First Workshop Profile is as follows:

- **Date :** 26th April 2018 (Thursday)
- **Venue:** National Science Centre, New Delhi
- **Registration:** 8:15 am onwards.
- **Workshop:** 9:00 am – 12:30 pm.

☐ **Highlighted Value Addition to this Series:** It is with great honour that we announce the presence of Honorable Former President of India, Shri Pranab Mukherjee Sir, who has kindly given consent to interact with the MindSmart Peer Educators. This prestigious interaction is tentatively scheduled for 4th May 2018 at the National Science Centre, New Delhi.

☐ **A poster supporting the above information is attached herewith.** For any further information, please do contact us at 011-64700117 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, Values Education &
School Wellness Program
- Sr. Consultant Psychiatrist & Incharge
Inst. of Child Development & Adolescent Health
Moolchand Medcity, New Delhi (M) - 9810054860

Tele Registration & Queries

Ms. Priya Sharma	9999564366
Ms. Aarti Prasad	8860159747
Ms. Manju Madan	8527283797
Ms. Sheema Hafeez	9818018316

"Building Wellbeing Ambassadors for the Nation"



Highlights

- ✚ Student Centric
- ✚ Participatory/Interactive
- ✚ Insight Provoking

NATIONAL MINDSMART - 2018

The Adolescent Peer Educators Leadership Course in Life Skills & Wellbeing

A FIVE PART SERIES FROM APRIL TO OCTOBER 2018

Workshops - Schedule

CORE THEMES

Session - 1 April 2018 (LAUNCH)	<ul style="list-style-type: none">▪ Inauguration & Enrollment of Peer Educators for MindSmart 2018▪ Common Adolescent Issues & Concerns - Emerging Landscape for Programs & Policies for India▪ Applying Life Skills for Lifelong Learning
Session - 2 May 2018	<ul style="list-style-type: none">▪ Understanding & Coping with Emotionality - Anger, Loss & Sadness▪ Gender Sensitization ; Being Safe & Responsible
Session - 3 July 2018	<ul style="list-style-type: none">▪ Preventing Substance Abuse & Allied High Risk Behaviors▪ Life Competencies with Values. Motivational Enhancement
Session - 4 August 2018	<ul style="list-style-type: none">▪ Family Bonding & Communication – Emerging Paradigm▪ Media Literacy : Learning Life Skills from the Visual Medium
Session - 5 October 2018	<ul style="list-style-type: none">▪ First Aid & CPR Training in Schools – A Citizen's Responsibility▪ Convocation & Graduation Ceremony

- *The Program is Enriched by National Curriculum Framework (NCERT) & CBSE Guidelines on Health, Wellbeing & Life Skills Education. Emerging Policies highlight the Role of Health Promoting Schools supported with Life Skills paradigm as been integral in the schooling years.*
- *The Intensive workshop series entails interface with National & International experts in the field of Adolescent Development, Life Skills Education & Wellbeing.*



Aware... Responsible... Empowered...

'Expressions India' – The National Life Skills, Values Education & School Wellness Program

E-mail: contactexpressions.india@gmail.com, expressionsindia2005@gmail.com, jnagpal10@gmail.com

Website: www.expressionsindia.org & www.aiscap.com

Contact Nos: 011-64700117, 9999564366, 8860159474, 8527283797, 9818018316



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REGISTRATION FORM

- a) Principal : _____
School Name : _____
School Address : _____
Contact Number(s) : (O) _____ (M) _____
Email ID : _____
- b) Name of Accompanying Teacher/ Counselor _____
Email ID : _____
Mobile No : _____
- c) Details of the Participants (s) (Name and Class of the Student Peer Educators)
1. _____ 4. _____
2. _____ 5. _____
3. _____

- ☐ Registration charges for the entire 'Five Workshop Series' is Rs 5,000/- per school.
- ☐ Registration charges may please be paid via demand draft/cheque in favour of 'Expressions Children Homes Organizations of India' payable at New Delhi and sent via courier/registered post alongwith the registration form to the address mentioned below (latest by 20th April 2018):

Expressions India
H. No. 38, Pocket-1, Jasola Vihar, Behind Asia Pacific Inst. of Management,
New Delhi -110025

Sd/-
Principal

School Stamp & Date