


# Technical Support & Academic Material.. Launched by Expressions India

"Shaping Wellbeing Ambassadors for the Nation"

**ADOLESCENT PEER EDUCATORS' ORIENTATION COURSE IN LIFE SKILLS, GENDER & WELLBEING**



Training Manual for Peer Educators & Teacher Facilitators


**Expressions India**  
The National Life Skills, Values Education & School Wellness Program  
E-mail: [inquiries@expressionsindia.com](mailto:inquiries@expressionsindia.com), [contact@expressionsindia.com](mailto:contact@expressionsindia.com)  
Website: [www.expressionsindia.org](http://www.expressionsindia.org)  
Contact No.: 011-64700117, 9810094866, 9827283797, 9818799555

A

**Common Emotional, Behavioural & Learning Problems in Children Early Identification & Intervention**

- Attention Deficit & Hyperactivity
- Conduct Disorder
- Anxiety & Depression
- Mental Retardation
- Specific Learning Disability

CARE... COMMUNICATION... COMPASSION... CONSISTENCY




**Expressions India**  
The National Life Skills, Values Education & School Wellness Program  
E-mail: [inquiries@expressionsindia.com](mailto:inquiries@expressionsindia.com), [contact@expressionsindia.com](mailto:contact@expressionsindia.com)  
Website: [www.expressionsindia.org](http://www.expressionsindia.org)  
Contact No.: 011-64700117, 9810094866, 9827283797, 9818799555

B

ISSN 0950-1614  
May/August 2016, Vol. 29, No. 3

**Indian Journal of School Health & Wellbeing**

• Health Services • Life Skills Education • Healthy School Environment • School Safety




Healthy Schools... Healthy India

**Expressions India**  
The Life Skills Education & School Health & Wellbeing Program

C

**FAQs**  
Frequently Asked Questions




**Common Adolescent Issues**

AWARE ... RESPONSIBLE ... EMPOWERED ...

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

D

**HANDBOOK**  
for School Counselors, Teachers, Special Educators & School Developers




**Expressions India**  
The National Life Skills, Values Education & School Wellness Program  
E-mail: [inquiries@expressionsindia.com](mailto:inquiries@expressionsindia.com), [contact@expressionsindia.com](mailto:contact@expressionsindia.com)  
Website: [www.expressionsindia.org](http://www.expressionsindia.org)  
Contact No.: 011-64700117

E

**A Handbook on The Charm of Positive PARENTING**

facilitated by **EXPRESSIONS INDIA**



**FOR PARENTS, TEACHERS & COUNSELORS**


[www.expressionsindia.org](http://www.expressionsindia.org)

F

Facilitated by **Expressions India**  
The National Life Skills, Values Education & School Wellness Program

**A Self Help Guide on Let's TALK about DEPRESSION**

Take a small step towards Positive Health & Wellbeing




[WWW.EXPRESSIONSINDIA.ORG](http://WWW.EXPRESSIONSINDIA.ORG)

G

**FAQ**  
Frequently Asked Questions


**Common Adolescent Issues**



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

H

**किशोरावस्था सामान्य प्रश्नोत्तर**




**किशोरावस्था की आम समस्याएं**

प्रस्तुत कर्ता  
**इक्सप्रेशन इंडिया**  
नेशनल लाइफ स्किल्स, वैल्यूज एजुकेशन एंड स्कूल वेलनेस प्रोग्राम

I

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



**Colors of My Life**  
Life Skills Education for Senior Secondary School (Grades VIII to XII)


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

Building Wellbeing Ambassadors ...

Vol. 3

J

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



**Colors of My Life**  
Life Skills Education for Pre- Primary & Primary School (Kindergarten to Grade V)


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

Building Wellbeing Ambassadors ...

Vol. 1

K

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



**Colors of My Life**  
Life Skills Education for Middle School (Grades VI to VIII)

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

Building Wellbeing Ambassadors ...

Vol. 2

L