

"Building Wellbeing Ambassadors for the Nation"



Highlights

- Student Centric
- Participatory/Interactive
- Insight Provoking

NATIONAL MINDSMART - 2019

The Adolescent Peer Educators Leadership Course in Life Skills & Wellbeing

A FIVE PART SERIES FROM APRIL TO OCTOBER 2019

Workshops - Schedule

CORE THEMES

Session - 1 **April 2019** **(LAUNCH)**

- Inauguration & Enrollment of Peer Educators for MindSmart 2019
- Common Adolescent Issues & Concerns - Emerging Landscape for Programs & Policies for India
- Applying Life Skills for Lifelong Learning

Session - 2 **May 2019**

- Understanding & Coping with Emotionality - Anger, Loss & Sadness
- Gender Sensitization ; Being Safe & Responsible

Session - 3 **July 2019**

- Preventing Substance Abuse & Allied High Risk Behaviors
- Life Competencies with Values. Motivational Enhancement

Session - 4 **August 2019**

- Family Bonding & Communication – Emerging Paradigm
- Media Literacy : Learning Life Skills from the Visual Medium

Session - 5 **October 2019**

- 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

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