

## Adolescent Wellbeing, Life Skills and Values Workshop at the International Adolescent Summit (December 2016)

- ✓ Name of the Village; Daulah, Haryana
- ✓ Name of the School; Govt. Senior Secondary School, Daulah
- ✓ Name of the Head Master; Mr. Sudesh Raghav
- ✓ Number of Students; 100 Students of Class 11<sup>th</sup> (50Boys & 50Girls), including the 5 Peer Master Educators who actively participated in the Summit
- ✓ Date: 23<sup>rd</sup> December 2016, Friday

The workshop conducted on 23 December 2016 via Mobile Classroom Education Van as a follow up to the master trainers trained in the adolescent summit. It was indeed interactive and skill building whilst also focusing on delivering a strong, but positive message to young students about the importance of emotional and mental health.

To make it a well delivered, effective mental health programme - the two resource persons and mental health professionals focused on the topic **such as charms and challenges of adolescence, building self esteem, and developing strategies to achieve academic resilience- helping young people to attain the above, against the odds.** Some comments from the students were, 'it was a very good session and I learned a lot from it,' and 'I thought the session was very helpful - it can help improve my confidence.'

*The International Adolescent Summit 2016* was held on 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> of December organized by Expressions India, enthusiastically Govt. School such as Harchandpur,

Alipur and Daulah participated where 5 peer educators from each school took part in various competitions like Poster making, Wizard Quiz, Role plays and Jingles.



It undoubtedly changed the attitude towards mental health issues and the students continued to talk about it long after the day. Out of all the different private and public schools, the govt schools of Haryana received various trophies and medals, making it more enriching and interesting.

**The Mental Health Workshop with the students was conducted inside the MOBILE CLASSROOM EDUCATIONAL VAN with the 8-10 batches of students. This workshop helped students connect, recognize the signs, build on strength, identify next steps and know their roles and limits.** They have been given a task to share their experience of the International Adolescent Summit as well as the Mental Health Workshop to other students in their schools, and explain them about how Mental Health can help boost their overall wellbeing.

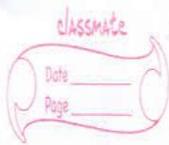


Also, the visits via Mobile Classroom Education Van with our psychologists have initiated the need and sustenance of **Mental Health and Holistic Wellbeing** amongst the students and they seek the presence of psychologists in the school on a fortnightly basis. **Students expect a collaborative effort of parents, teachers, school administration and mental health professional to bring about a change in their lifestyle.**



# Feedbacks

Sagar  
7<sup>th</sup> class  
Govt. Aligarh.



Before some week, I went to Delhi in Summer field school

There I attended International Adolescent Summit. I went there with my friends and teachers. Students came there from different districts. There were many stalls. They looked very beautiful. There was performing different different programmes like Drama, Songs, asking questions and painting, etc. There, I spent a night. Next day, I went to President House Museum with my friends. There I saw many old things. Museum looked very beautiful. It was underground Museum. There I saw in a room that Mahatma Gandhi was falling to hard labour on screen. The Museum has an art gallery for holding temporary exhibition.

## WHAT'S I FEEL AND LEARN

My name is Prashant and I am from G.S.S.S. Ghamsoj-Aligarh. I want to say something about my experience when we I went to Delhi, in a international competition. I attended 'International Adolescent Summit' on 7<sup>th</sup> and 8<sup>th</sup> December at Summer Field School, Kailash Colony, Delhi. There were almost 500 students from different states like: Maharashtra, Kerala, Tamil Nadu, Uttar Pradesh, Madhya Pradesh, Odisha etc. There were allotted place for making stalls, where the students exhibits their works. There were different activities and competitions like: Painting, Quiz, Drama, Singing etc. I participated in Whiz Quiz competition. There were many teams in this competitions. I answered all the questions and got 1st position in this competition. I met Rajut Sharma who host the famous show 'Aap Ki Adalat'. He gave participation certificates for all students. He was Chief Guest of this ceremony. Some students asked questions about our societies defects, gender and life skills. He answered gently after listening carefully our questions. Some students were excited to take autograph and photograph with him. It was an amazing experience of my life. That was my first chance to meet a famous personality and to participate a high level competition.

★ On the first night, we stayed at a school and there were already many students from other states and they spoke their different languages. We interacted with them in English language. I made many friends from other states and I will keep this friendship continue. There was good arrangement for food. 1<sup>st</sup> day, there was only Southern Indian food and 2<sup>nd</sup> day North Indian food only. It was very delicious and tasty.

★ The next day, we went to President House Museum and there I saw our Indian Culture and tradition. There were many statues of Mahatma Gandhi's movement and the most excited thing was that I walked with Mahatma Gandhi. In the museum, I saw many things that our former Presidents and Prime Ministers used like their special clothes (coat), caps, their books and other important things. I saw some and expensive things like silver bowls, plates, jug and the stones of moon and other planets. It was a such experience for me. It was heart touching experience memorable.

I am a lucky one. In this ceremony I understood the different culture from other states of India. I know some other languages. I chance to make many friends. I have only one hope that all students will go to such competitions and learn new things.