

***“Building Wellbeing Ambassadors for the Nation”***



# **MINDSMART - 2016**

**The Annual  
Adolescent Peer Educators'  
Leadership Courses for your School**



**• Aware • Responsible • Empowered**

## **THEMES**

- Inauguration & Introductory Session on Common Adolescent Issues & Concerns.
- Gender Sensitization ; Being Safe & Responsible
- Understanding & Coping with Emotionality
- Applying Life Skills viz. Anger, Loss & Sadness
- Life Competencies with Values
- Preventing Substance Abuse & Allied High Risk Behaviours
- Family Bonding & Communication - Emerging Paradigm
- Media Literacy : Learning Life Skills from the Visual Medium
- First Aid & CPR Training in Schools - A Citizen's Responsibility
- Convocation & Graduation Ceremony

- The program is enriched by CBSE guidelines of Health Promoting School, Values & Life Skills Education and the NCF (NCERT) recommendations on Health & Physical Education.
- Intensive workshop series entails interface with National & International experts in the field of Adolescent Development and Life Skills Education.

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

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