



"Building Wellbeing Ambassadors for the Nation"



NATIONAL MINDSMART – 2017

A SIX PART SERIES FROM JULY TO DECEMBER 2017

The Adolescent Peer Educators' - Leadership Course in Life Skills & Wellbeing

- **Aware..**
- **Responsible..**
- **Empowered..**



15th

Annual

Highlights.....

- Student Centric
- Participatory
- Insight Provoking
- Interactive

<i>Workshops - Schedule</i>	<i>THEMES</i>
Session - 1 July 2017 (LAUNCH)	<ul style="list-style-type: none"> ▪ Inauguration & Introductory Session on Common Adolescent Issues & Concerns. ▪ Applying Life Skills for Lifelong Learning
Session - 2 August 2017	<ul style="list-style-type: none"> ▪ Understanding & Coping with Emotionality - Anger, Loss & Sadness ▪ Gender Sensitization ; Being Safe & Responsible
Session - 3 September 2017	<ul style="list-style-type: none"> ▪ Preventing Substance Abuse & Allied High Risk Behaviours ▪ Life Competencies with Values. Motivational Enhancement
Session - 4 October 2017	<ul style="list-style-type: none"> ▪ Family Bonding & Communication - Emerging Paradigm ▪ Media Literacy : Learning Life Skills from the Visual Medium
Session - 5 November 2017	<ul style="list-style-type: none"> ▪ First Aid & CPR Training in Schools - A Citizen's Responsibility
Sessions - 6 December 2017	<ul style="list-style-type: none"> ▪ Convocation & Graduation Ceremony ▪ Planning of School based Life Skills, Health & Wellbeing Interventions

- *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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