



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



# MINDSMART – 2025

**(A THREE PART HANDS ON PARTICIPATORY SERIES)**

**The Life Skills & Wellbeing Leadership Course**

**for Senior School Peer Educators / Ambassadors**



**Enabling**



**Empowering**

**Engaging**

**Themes to be Covered**

**Enjoyable**

## **Session I, May 2025**

- Introduction - the Journey from Core Life Skills to 21st Century Skills
- Building Resilience for Coping and Capacity Building
- Growing up Healthy, Importance of Nutrition and Hygiene

## **Session II, July 2025**

- Family Bonding and Caring Communication-Emerging Paradigm
- Healthy Expression of Emotions, Dealing with Anger, Loss & Sadness
- Developing Healthy Interpersonal Relationships-Mobilizing Peer Support

## **Session III, Aug 2025**

- Empowering self for the Digital World and Prevention of Allied High-Risk Behaviors
- Making Effective Career Choices - Integrating the Life Skills Approach
- Honoring the Peer Educators - Investiture Ceremony

**This program aligns with Principles delineated in the National Policy of the Education and the National Curriculum Framework. Intensive workshop series entails interface with National & International experts in the field of Adolescent Development and Life Skills Education.**



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

**‘Expressions India’ – The Life Skills & National School Mental Health Program**  
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