



*Transforming the Ecosystem of
Mental Health & Wellbeing in Schools*



National

MINDSMART

2026

Conclave

A Three Part Hands on Participatory Series

**THE ADOLESCENT PEER EDUCATORS
LEADERSHIP PROGRAMME IN
LIFE SKILLS, HOLISTIC HEALTH & WELLBEING**

Aware • Responsible • Empowered



Participants: *Four Peer Educators (from Std IXth or XIth)
+ One Teacher/Counselor Incharge*

facilitated by
Expressions India

The Life Skills & National School Mental Health Program



✉ contactexpressions.india@gmail.com

🌐 www.expressionsindia.org



Core Themes of the Participatory Workshops

PART 1

7th May
2026

Understanding Self & Growing Up

The Journey of Adolescence: Charm, Challenges & Change

Growing Up Healthy: Nutrition, Hygiene & Self-Care Essentials

Building Resilience: Strengthening Inner Capacity & Coping Skills

PART 2

24th July
2026

Emotions, Identity & Social Connections

Emotional Awareness: Healthy Ways to Understand & Express Emotions

Navigating Anger, Loss & Sadness ; Dealing with Bullying

Stronger Together: Building Meaningful Relationships & Peer to Peer Support

Family Bonding and Caring Communication-Emerging Paradigm

PART 3

Mid-August
2026

Future Readiness & Life Skills Leadership

Digital World Wellness: Safe Choices & Preventing Risk Behaviours

Designing Your Future: Smart Career Choices imbining Life Skills

Investiture Ceremony: Honoring the Peer Ambassadors Role &

Leadership Journey Ahead

*An Intensive Interface with National & International Experts
in Adolescent Development & Life Skills*

The Delegate Kit for the Three-Part MINDSMART Series Include:

- **Student Empowerment Badges:** Peer Ambassadors for Life Skills & Wellbeing
- **Certificate of Honour** for each participating Student and Teacher delegate.
- Citation of Honour for the **School as a Partner** for the 'National Life Skills Paradigm for Schools'.
- Academic Handouts for each Student and Teacher delegate (for all 3 workshops).
- Exclusive Orientation Sessions for Accompanying Teacher & Counselor.

Launch of

**YOUNG WELLBEING SCIENTISTS
OF INDIA PROGRAM**

YWSI

