Expressions India
LIFE SKILLS SCHOOL WELLNESS PROGRAM

Indian Council of
Social Science Research

"I Have a Dream In My Vision..."
I am Adolescents Ambassador

International Adolescent Wellbeing Leadership Summit 2027

Enriching Life Skills and Building Resilience, Mental Health & Wellbeing Ecosystems

organized by
Indian Council of Social Science Research
in collaboration with
Expresstions India
The Life Skills, National University & School Mental Health Program

13th – 15th January 2027 | **National Bal Bhavan, New Delhi**

EVENTS & ACTIVITIES



SWASTHYA SANGAM
National Mental Health, Life Skills & Wellbeing Exhibition



UTOPIA
Thematic Painting & Poster Making



YUVA SANSAD
The National Adolescent Parliament



MANONRITYA
Indian Classical Dance (Solo)



NEW

PATHSHALA NUKKAD KI'
Ca Contemporary Social Themes



THE YOUNG ORATORS for Wellbeing
The Voice of Change from the eyes of our Adolescents



SYMPOSIA AND WORKSHOPS
Exploring Newer Horizons of Social Sciences from Adolescence Perceptions



MASTER CLASS ROUND TABLE
The Robust Policies to Effective Practices : Enriching Community Partnerships

Who can participate:
Adolescent Peer Educators • Teachers & Faculty
School & University Counsellors • Researchers & Scholars
Mental Health & Wellbeing Professionals • Others

Registration Open from 16th Nov 2026

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Respected Principal, Date: 12th Nov 2026

Greetings from **International Adolescent Wellbeing Leadership Summit 2027**

The need for sustained dialogue, awareness and educational intervention has always been central to our endeavour to empower adolescents and nurture them as **Life Skills and Well-Being Ambassadors**. Since 2012, Expressions India has been working consistently towards creating platforms that enable young people to develop the knowledge, values and life skills essential for leading healthy, safe, resilient and productive lives.

When adolescents acquire life skills and positive values, **they are better equipped to make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathise with others, and cope constructively with the challenges of everyday life.** These competencies not only strengthen individual wellbeing but also enable young people to emerge as responsible citizens and positive agents of change.

Schools play a pivotal role in this process. They are envisaged as important nodal centres for **skills-based health promotion and wellbeing initiatives** and serve as key forums for developing health-related knowledge, positive attitudes, life skills and responsible behaviours. Schools therefore have a significant role in empowering young people to become aware, responsible and confident citizens who can contribute meaningfully to their families, communities and society.

It is with pride that we share the grand success of the National Adolescent Summit last year. In view of the overwhelming response received from schools across India and Middle East in the International Life Skills Values, Gender & School Wellbeing Summits from 2012 to 2025, **'The INTERNATIONAL ADOLESCENT WELLBEING LEADERSHIP SUMMIT on Life Skills, Resilience, Positive Mental Health & Wellbeing – 2027'** is being organized by **Indian Council of Social Science Research, Ministry of Education, Government of India** in collaboration with **Expressions India.**

Dates: 13th – 15th January, 2027 (participation for school teams is for 2 days i.e 13th & 14th Jan 2027).

Venue: National Bal Bhavan, Kotla Marg, IP Estate, Delhi, 110002

Timings: 8.00 am to 5.00 pm (all days)

The Summit has been an innovative leap with a large number of students, peer educators, teachers and school heads participating from across the country. The two day Summit **comprising of** various events/ activities provided the young adolescent minds **a common platform** to interact as future visionary leaders on an array of topics with focus on development of their own Life Skills for **their holistic development.**

Warm Regards and Best Wishes

Dr. Jitendra Nagpal - MD; DNB
Program Director – Expressions India
The Life Skills & National School Mental Health Program

Sr. Consultant Psychiatrist & Incharge -
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Objectives of the International Adolescent Wellbeing Leadership Summit 2027:

- **Student Enrichment:** Empowering students through knowledge, experiences and best practices in **Adolescent Life Skills, Mental Health, Safety, Resilience and Wellbeing**.
- **Holistic School Wellbeing:** Promoting the integration of **School Safety, Nutrition, General Health, Mental Health and contemporary gender-related concerns** within a comprehensive school health and wellbeing framework.
- **Peer and Family Engagement:** Strengthening **peer-to-peer dialogue, collaboration and school-family partnerships** to foster Life Skills, Mental Health and Wellbeing among children and adolescents.
- **Youth Voice and Leadership:** Providing adolescents with opportunities to **voice their psychosocial needs, express their perspectives and develop leadership competencies**, enabling them to emerge as **Life Skills and Well-Being Ambassadors** and positive agents of change.

EVENT HIGHLIGHTS OF THE PROGRAMME

1. **SWASTHYA SANGAM :** National Mental Health , Life Skills & Wellbeing Exhibition: Best Practices from Across the Country where delegates will display their innovative ideas and engage in lively discussions about health and well-being.
2. **YUVA SANSAD:** The National Adolescent & Youth Parliament.
3. **SYMPOSIA & WORKSHOPS :** Exploring Newer Horizons of Social Sciences from Adolescence & Youth Perceptions : Unlearning & Relearning
4. **COMPETITIONS:**
    a) **UTOPIA:** Theme based painting competition, where participants get platform to tell a story with their own eclectic thought and colour.
    b) **The Young ORATORS for Wellbeing:** The Voice of Change from the eyes of our Adolescents
    c) **MANONRITYA**: 'MANONRITYA'- Indian Classical Dance (Solo): Steps that inspire a Leap of Wisdom
    d) **PATHSHALA NUKKAD KI:** A theatrical journey exploring contemporary social themes.
    e) **EXCELLENCE AWARDS :** For Comprehensive School Mental Health Promotion

The general guidelines for these activities shall be shared soon.

NUMBER OF PARTICIPANTS PER SCHOOL

1. 4 Students (You may nominate students from 9th **and 11th**)
2. 1 Teacher (School Counselor/Wellness Teacher/Nodal Teacher)

REGISTRATION

1. Schools are advised to register 4 Students + 1 Teacher (maximum five delegates.)
2. Register online at the following link **https://forms.gle/EzGezmgJ8hUckHMD9**
3. Only online application for participation will be accepted.
4. There is no registration fee for participating in the event. Teams are required to make their own arrangements for their travel, lodging and boarding.
5. The last date to register for the event is **5th Dec 2026.**
6. Please email a write up of about 1000 words supported by photographs and video clippings (if available) on the **Good Practices in Life Skills, Mental Health and Well Being Promotion** in your school.(To contactexpressions.india@gmai.com)

Note: As there are limited seats, registrations will be on a first come first served basis.

For any queries and clarification our entire team shall be available throughout. You may contact or message at any of the following nos Ms Priya Sharma – 9999564366, Ms. Anshpreet Kaur - 9911511728 & Mr Chetan - 9205814009.

Organizing & Facilitating Team - International Adolescent Wellbeing Leadership Summit 2027
Expressions India: The Life Skills & National School Mental Health Program

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Events & Activities Guidelines

a) SWASTHYA SANGAM : National Mental Health, Life Skills & Wellbeing Exhibition: Best Practices from Across the Country

- All participating schools will be allotted an exhibition stall on Day 1 of the program to display the creative expressions related to the work being done by your school in promoting the key areas of life skills, mental health, attitudes, values, gender, health, safety, sanitation and wellbeing, physical education and other allied areas like child rights, peer mentoring, positive parenting etc. All the key areas of comprehensive school health promotion (CSHP) may be kept in mind.
- The Stall will be available to the schools from 9:00 am to 4:00 pm at the venue. The school can reach as early as 8:15 am at the venue to take charge and start setting and decorating the display material in their stalls. They have to wind up their exhibits by 4:00 pm.
- Size of the stall shall be about 2x2 meters made up of 2 tables. 2 chairs will be provided. School can get their own standing boards.
- Please bring your creative material like posters, paintings, collage, charts, artistic works, pictures, danglers, flex prints, models to display and craft kit which consists of scotch tape, double sided tape, pins, markers, reel of thread, stapler etc. to stick and hang the exhibits. (Use of nail hammer, and display outside the stall/ beyond the table is not allowed). Please note, no electronic presentation will be entertained (through projectors, speakers, etc) in the stall.

b) YUVA SANSAD – The National Adolescent & Youth Parliament

Please Note:

- The Youth Parliament will involve interface of the students with national and international experts, noted educationists, media persons, healthcare providers, policymakers and others health care providers, policy makers and others.
- Participant will have an opportunity to express his/her perspectives at the Youth Parliament.
- The broad relevance of this session shall be on the programmes and policies pertaining to Education Health, Women, Child Development and Social Justice & Empowerment.
- Once enrolled for the Summit, the school shall receive further guidelines of this innovative event. The two students nominated by the school shall accordingly to prepare the presentation.

c) The Young ORATORS for Wellbeing: The Voice of Change from the eyes of our Adolescents

Participation: 1 student, per school / Time: 2 minutes

The topic shall be picked up from the 'Topic box' at the venue. For familiarization, a few contemporary topics are mentioned below:

- Thought is the mind, knowledge the sail and body the vessel – Let's walk it together
- Education is the expressive language for the soul and body to nurture a healthy individual
- Anger and Aggression in Youth today is the scourge of progressive times
- The Voice of Adolescents – a growing paradigm in planning and policy
- To win one should have talent and desire but the desire is first
- Cyber World Impact- Boon or Bane
- It's time to integrate Mental Health and Wellbeing into schooling years
- My Dream School – Child Centric and Child Friendly

d) UTOPIA – Thematic Painting & Poster Making

Participation: 1 student per school / Time: 2 hours

Please Note:

- The topics will be based on the issues, concerns and challenges related to the key theme of the summit- Life Skills, Attitudes, Values, Gender, Health and Wellbeing, Physical Education and other allied areas like Child Rights, Peer Mentoring, Positive Parenting.
- Each participant will be provided a drawing sheet on arrival at the venue. Painting colors, brushes, pencils, erasers, crayons and other related accessories will be brought by the participant.
- Topic will be announced on the spot.

e) 'MANONRITYA'– Indian Classical Dance (Solo): Steps that inspire a Leap of Wisdom

Display your individual brilliance, apply life skills and 'be the star'. Here is an opportunity to portray your elegance, fitness and the 'Surtaal'. Come forward to express yourself...

Participation: 1 student per school / Time: 3 + 1 minute`

- This will be a solo event.
- Participants can perform in any Indian Classical Dance form.
- Participants must bring the background song/music in a CD or pen drive.
- Only one participant is allowed per school.
- Time Limit for Solo dance is 3+1 minutes.
- Appropriate dance costume and makeup may be used as required ..
- Performance will be assessed on the basis of parameters like concept, movements, expressions, overall presentation and use of stage.

f) 'PATHSHALA NUKKAD KI' on Contemporary Social Themes

In today's world, we all know that advertising has a significant impact on perception. This event will explore the brilliance of adolescents as key agents of life skills and social change with reference to the themes given below. If required, the team can use musical instruments to support their performance.

Participation: 4 students per school / Time: 5 minutes

- Save the girl child, Save our society Diversity of India – My Pride
- Say No to Bullying – Utilize Life Skills Prevention of Substance Use and allied High Risk Behaviors
- Inclusive Education for All
- Positive Parenting and Family Life Education
- Adolescent Peer Leader as a stakeholder in the future of education
- Stigma and Stereotypes of Mental Health
- Media and Mental Health: The Pros and Cons