



NATIONAL ADOLESCENT
 on Life Skills, Mental Health, Gender
 21st National

Expressions India

The National Life Skills, School Mental Health & Wellness Program

New Delhi



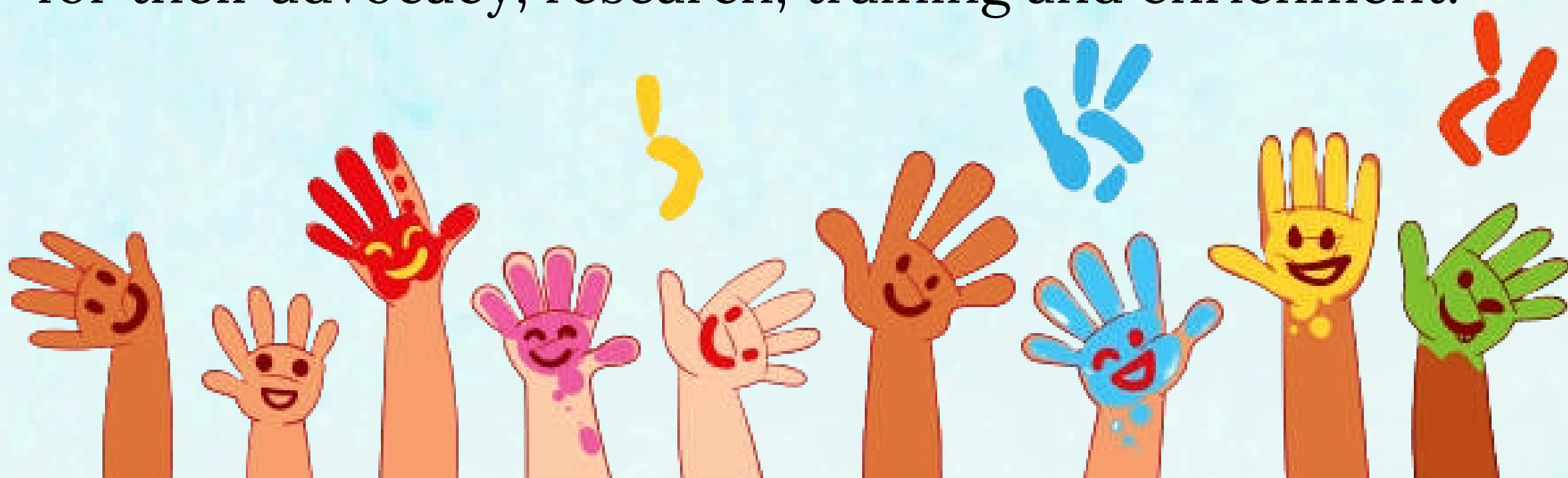


Who? are we!

Education plays a vital role in transforming the society by developing its children as more aware, responsible and empowered citizens. **A safe learning environment is most crucial for students of all ages. "School Safety" has been defined as creating safe environments for children even at the school and** an inclusive safety implies protection and care from all kind of abuse, violence, psycho-social issues, natural and manmade disasters, fire, transportation etc, including school counseling services.

Expressions India - The National Life Skills and School Wellness Program is a well-recognized and awarded initiative by the government and non-governmental organizations in the country. This program strives to empower, support and streamline the co-scholastic and allied elements to effectively promote child and adolescent Life Skills & Wellbeing culture in an inclusive student led environment for Indian Schools.

In pursuit of advocacy and training in these schools domains, **'Expressions India' has over 6800 training workshops, National and International Seminars to promote the child & adolescent safety, protection, life skills, mental health & school wellbeing.** A large number of schooling systems & government institutions in the country regularly seek technical expertise from Expressions India for their advocacy, research, training and enrichment.



Vision



*Towards Healthy, Happy & Harmonious
Children of India*

*Towards Aware, Responsible & Empowered
Adolescents & Youth of India*



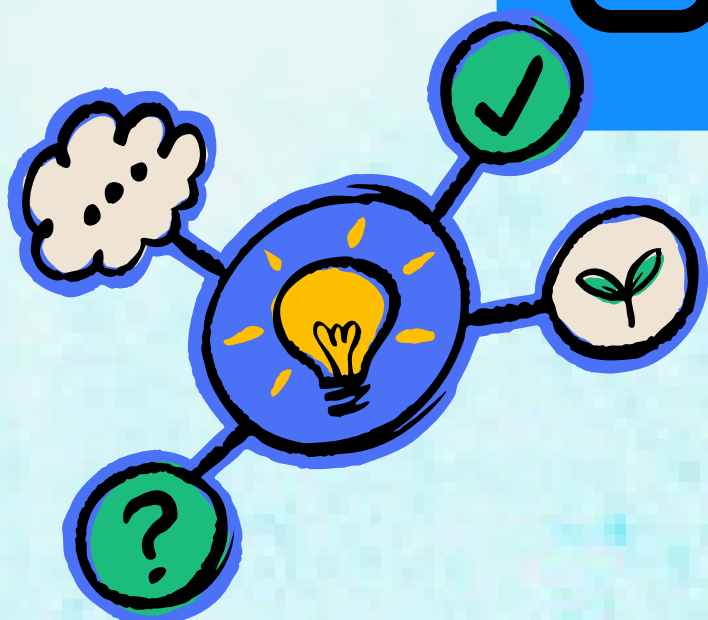
Objectives & Focus Areas

- ✦ Sensitization of School, College & Community for Holistic Development.
- ✦ Promotion of Life Skills & Values as Abilities for Adaptive and Positive Behaviours.
- ✦ To Initiate and Maintain a Dialogue between Students, Teachers, Parents and Other Stakeholders.
- ✦ Strengthen Capacity of Implementing Agencies for Project Management
- ✦ Facilitate Environment Building and Advocacy with Key Stakeholders and Principals
- ✦ Facilitate Training of Teachers, Peer Educators, Youth Mental Health Counseling
- ✦ Youth Mental Health and University/College Counseling Services in India



PROGRAM

RESEARCH



Training Workshops (One Day)

- Promote Net Safety...Celebrate Child Safety
- Cognitive Behavioural Therapy
- Child Rights, Safety & Wellbeing
- Recent Trends in Adolescent Brain Development & Emerging High Risk Behaviours
- Emerging Challenges in Depression & Suicide – Focus on Adolescent and Youth
- Journey From Inclusive Schools to Integrated Classroom
- FIRST AID and CPR Training.
- Operationalizing the protection of Children from Sexual Offences Act 2012 in Schools & Emerging Challenges in Bullying

Events & Conferences

- National Talent Olympiad for Students with Special Needs
- Career Mela
- Global Summit– Enriching Skills for Health, Behavior & Wellbeing in Schools
- National Consultation & Update on Implementing the POCSO Act (2012) for Schools
- National Conclave of Students on Child Rights & Wellbeing
- National Consultations on University & College Counseling Services in India
- International Young Film Makers Festival

Training Workshops (Two Days)

- Mind Smart – The Annual Adolescent Peer Educators' Leadership Courses
- Early Childhood Care & Education – Recent Advances in Brain, Mind & Behavioral Linkages.
- School based Guidance and Counseling Services
- Administration and Scoring of the Rorschach Inkblot Test
- The National Cadre of Master Trainers for School Development
- Basic Principles of Child & Adolescent Psychology for Effective classroom Management
- Recent Advances in Brain, Mind & Behavioral Linkages
- Life Skills Education and Training

Certificate Courses

- Adolescent Health Education and Counseling
- Dance Movement Therapy
- Disaster Management
- Specific Learning Disability & Allied Psychosocial Issues
- Child Wellbeing, Schooling & Socio Legal Aspects
- Work.. Life.. Balance..

Also 'Expressions India' has large number of indigenous Training Workshops, Certificate Courses, National and International Seminars, Conferences, to promote the Child, Adolescents & Youth Life Skills, Values, Gender, Mental Health & Wellbeing.



Building the Youth Wellbeing Ambassadors of India

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