



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



Report -National Mindsmart Conclave 2026

The Adolescent Peer Educators Leadership Programme in Life Skills, Holistic Health & Wellbeing

Introduction

In recent years, increasing emphasis has been placed on strengthening psychosocial competencies and interpersonal skills among school-going adolescents through life skills enrichment and holistic health and wellbeing education. These approaches support adolescents in developing emotional resilience, positive relationships, effective coping strategies, and healthier decision-making skills.

Keeping in step with the emerging educational reforms under the **National Education Policy (NEP) 2020**, **Expressions India** took a significant step towards strengthening adolescent wellbeing by organising the **National Mindsmart Conclave 2026 – The Adolescent Peer Educators Leadership Programme in Life Skills, Holistic Health & Wellbeing at the National Bal Bhavan, New Delhi**.

The programme was organised as a three-part, hands-on and participatory workshop and was a sequel to the *Peer Educators' Leadership Course in Life Skills, Values and Wellbeing*, which has been conducted for several years and has received enthusiastic participation from schools.

Participation and Inaugural Ceremony

More than 50 schools, with approximately 400 adolescents from Delhi - NCR and various other parts of the Delhi, participated in the *Adolescent Peer Educators' Leadership Programme*.

The inaugural ceremony was graced by the presence of the **Secretary, Department of Higher Education, Ministry of Education, Government of India**, as the Chief Guest; **Prof. Dhananjay Singh**, Member Secretary, Indian Council of Social Science Research and **Shri Vineet Joshi**, Secretary, Ministry of Panchayati Raj, Government of India, New Delhi, who had previously served as Secretary, Department of Higher Education, Ministry of Education, Government of India as the Chief Guests. The ceremony was also attended by Principals from several participating schools, who joined as Guests of Honour and extended their valuable support and encouragement towards the programme. Their presence added significance to the occasion and reflected the collective commitment towards promoting holistic development, life skills, and wellbeing among adolescents.

Aim and Key Themes

The programme aimed to strengthen adolescents' understanding and practical application of life skills and holistic wellbeing. The peer-led workshops focused on important areas including:

- **Self & Adolescence**
 1. Self – awareness and personal growth
 2. Nutrition, hygiene and self – care
 3. Resilience and healthy coping skills
- **Emotional Well – being**
 1. Emotional awareness and expression
 2. Managing anger, loss and sadness
 3. Coping with bullying and self – care
- **Relationships & Social Connections**
 1. Peer support and empathy
 2. Family bonding and effective communications
 3. Positive social interactions
- **Digital Wellness & Safety**
 1. Online safety and mindful technology use
 2. Preventing risk behaviors
 3. Making informed and safe choices.
- **Future Readiness & Leadership**
 1. Career awareness and informed decision - making
 2. Leadership development
 3. Peer ambassador roles and responsibilities

The workshops encouraged adolescents to explore practical solutions to issues related to these themes and identify ways in which they could address them in their respective schools with the support and supervision of teachers and counsellors.

Conduct of the Three-Part Programme

The three-part programme provided participants with opportunities for active learning, reflection, discussion, and practical engagement. In each session, adolescents participated in brainstorming activities to identify areas and skills relevant to their needs and experiences.

They actively shared experiences from their school environment and reflected on situations that could be addressed through the ideas and activities discussed during the sessions. Participants also explored ways of applying their learning in their schools to promote a more supportive, inclusive, and child-friendly environment.

The sessions encouraged self-reflection, peer learning, collaboration, and a greater sense of responsibility towards the emotional wellbeing of their peers.

Activity-Based Peer Learning

An important component of the programme was the activity-based peer learning exercise. Students from different schools were randomly paired and engaged in tasks designed to integrate key life skills.

Each group was given an on-the-spot activity to prepare independently, without assistance from teachers or the use of mobile phones. The exercise encouraged students to interact with peers from unfamiliar schools, understand different perspectives, and work collaboratively.

Using their creativity and problem-solving skills, the groups prepared presentations within a limited time of 10 minutes. The activities included role plays, debates, and short skits, enabling students to express their ideas and experiences in an engaging manner.

The exercise promoted communication, teamwork, confidence, adaptability, and creative thinking, while also providing an opportunity for meaningful interaction among adolescents from different schools.

School Principals also joined different sessions as Chief Guests and shared their experiences and perspectives, enriching the discussions with practical insights from the school setting. Their reflections highlighted the importance of life skills, psychosocial development, and emotional wellbeing among students.

The closing session was also attended by doctors and mental health professionals, who shared their perspectives on holistic wellbeing and the importance of early psychological support. Their participation reinforced the need for collaborative efforts among educators and mental health professionals to promote healthy and resilient development among adolescents.

Key Learning and Outcomes

Overall, all three sessions concluded on a positive note, with adolescents gaining knowledge and practical understanding of the themes discussed. The participatory approach enabled students to learn through discussion, reflection, peer interaction, and hands-on activities.

The programme motivated participants to apply the learning and activities in their respective schools and encouraged them to contribute towards creating a more supportive, inclusive, and child-friendly school environment.

The programme also strengthened their understanding of life skills, teamwork, communication, peer support, and the importance of promoting emotional wellbeing within the school community.

Closing Ceremony

At the conclusion of the third session, a closing ceremony was organised to formally mark the successful completion of the programme. The ceremony was graced by the presence of distinguished guests and eminent professionals from the fields of healthcare, mental health,

academia, and the corporate sector, who joined as Chief Guests and encouraged the participating adolescents, teachers, and counsellors through their presence and words of appreciation.

The esteemed dignitaries included **Dr. H. K. Chopra**, President, Cardiology Society of India, Moolchand Medcity; **Prof. (Dr.) Kalpana Srivastava**, Professor & Director, Amity Institute of Behavioural Health & Allied Sciences, Amity University, Noida; **and Ms. Kamal Gill**, Executive Editor & Managing Director, Gill India Concepts Pvt. Ltd. Their presence added significance to the occasion and provided an opportunity to recognise and celebrate the commitment and active engagement of all participants.

Certificates were presented to the participating adolescents, teachers, and counsellors in recognition of their valuable participation and involvement throughout the programme. Citations were also conferred in acknowledgement of their active contribution and meaningful engagement in the programme. The ceremony concluded on a positive and celebratory note, marking the culmination of the programme and reinforcing the participants' commitment to carrying forward the learning and life skills gained during the sessions.