



## National Mindsmart 2016-The Annual Adolescent Peer Educators' Life Skills Leadership Course

**Organized by : Expressions India**

**Date : July –December 2016**

**Venue: National Science Centre, Pragati Maidan, New Delhi**

The success and growth of each individual is a beautiful blend of harmony amongst the various faculties that shape his/her personality. Global evidence speaks volumes about the strong presence of life skills, values and well being of youth that fortifies the citizenship for lifelong enrichment, empowerment and leadership.

Five students of class IX attended the six part series the **National Mindsmart 2016** held at **National Science Center, Pragati Maidan** during **July 2016 to December 2016**.

The program included sessions on important topics like *Common Adolescent Issues and Concerns and applying Life Skills for Lifelong Learning, Understanding and Coping with Emotionality –Anger, Loss and sadness, Preventing Substance Abuse and Allied High Risk Behaviours, Life Competencies with Values, Family Bonding and Communication –Emerging Paradigm, Media Literacy-Learning Life Skills from the Visual Medium, First Aid and CPR Training in Schools-A Citizen's Responsibility and Planning of School based Life Skills ,Health and Wellbeing interventions*

The **Convocation and Graduation Ceremony** was held at **The International Adolescent Summit 2016** at **Summer Fields' School**, Kailash Colony where the Peer Educators were awarded the certificates by noted educationalist Ms. Geetanjali Kumar and Dr. Jitender Nagpal.

The program is enriched by **CBSE Guidelines of Health Promoting School, Values and Life Skills Education** and the **NCF (NCERT)** recommendations on Health and Physical Education. Intensive workshop series entails interface with National and International experts in the field of **Adolescent Development and Life Skill Education**.

