



## **MindSmart 2015**

**Date: 23/4/15**

**Venue: National Science Center, New Delhi**

**Conducted By: Ms.Geetanjali, Ms. Jitender Nagpal**

**Organized By : Expressions India**

**Attended by : Ms. Vandna Vasudeva, Ms. Monika Kapoor along with 13 students**

The workshop was about building wellbeing ambassadors for the nation by highlighting the importance of life skills, values, and health in the youth of our country. It was first in the series of workshops for creating adolescent peer educators by discussing the issues like gender sensitization, anger management, handling peer pressure etc.. The guest of honour was Ms. Sudha Acharya who also addressed the gathering about importance of life skills, managing peer pressure and motivated the students as they are the future of the country followed by the address of Ms. Pallavi Chauhan from Amity University. Later on Mr Jitender Nagpal took a brain storming session with the students on life skills. Our students presented a Kavi Sammelen on women empowerment which was highly appreciated by the august gathering. After which all students were divided into groups for performing various activities which were thoroughly enjoyed by the students. The teachers too were given an activity to put their vision of an adolescent on the canvas.