



# NATIONAL ADOLESCENT SUMMIT

**On Life Skills, Mental Health, Safety & Wellbeing 2022**

Organised by  
The Central Board of Secondary Education (CBSE) Delhi  
in collaboration with  
Expressions India - The National Life Skills & School  
Wellness Programme





**T**he National Adolescent Summit on Life Skills, Mental Health, Safety, Wellbeing 2022 organised by the Central Board of Secondary Education CBSE, Delhi in collaboration with Expression India went underway on 15-17 December 2022 at the National Bal Bhavan Centre, New Delhi.

With the aim of Building Life Skills & Wellbeing Ambassadors for the Nation, the 3-day Summit showcased a wonderful portfolio of events to a large community of youth and educationalists.

The Chief Guest for the inaugural ceremony was Ms L S Changsan, Additional Secretary (Institutions), Dept. of SE&L, Ministry of Education.

Other guests included Dr Joseph Emmanuel, Director (Academics), CBSE, Dr. Shovana Narayan (Kathak Maestro), and many others. Students and teachers from various Government and Public Schools from across the country participated in the 3-day Summit, which provided them with an opportunity to interact with one another on an array of topics.

The Central Board of Secondary Education (CBSE) introduced Life Skills based Health and Wellbeing Education as an integral part of its curriculum to empower the holistic development of all types of learners so that they are able to develop a sense of self-confidence, eco-sensitivity, and right approaches to lifelong learning.

The Summit works to enable the voice of adolescents on wide-ranging issues such as gender equality, child safety, and mental health from their own vision as well as recommendations on going forward. The participating students get together to formulate a Charter for their education and well-being to facilitate Adolescent Leadership Skills for the Nation.

The summit was formally inaugurated by Madam L S Changsan, Secretary (Institutions), Dept. of SE&L, Ministry of Education.

### DAY 1

15 December 2022 began with a beautiful Global School Health Exhibition showcasing the work being done by the schools in promoting the key Co-Scholastic areas viz: life skills, attitudes, values, mental health and wellbeing, physical education, and other allied areas like child rights, peer mentoring, positive parenting being discussed.

Another health drive tool was The National Youth Health Parliament which focused on students' interface with experts in the field of health education and promotion, life skills, the culture of wellness, child health, and nutrition status, mental health and behavioral

issues, mental health and child rights education.

Students participated in the first written round of the Quiz and expressed their creativity and artistic talents through an On-the-Spot-Painting event – Utopia.

### DAY 2

16 Dec 2022 started with an invigorating Health & Wellbeing Walk in the morning. This was followed by the energetic participants presenting 'Nukkad Natak' on Contemporary Themes like school safety, girl child, mental health, bullying, etc.

Rhetorics - The Young Orators Championship was organised with Mr. Rajat Sharma and other esteemed dignitaries where the participants picked a topic on the spot and expressed their views on a wide range of topics such as peer pressures, spirituality, democracy, education, and anger to name a few.

Going deeper into the health drive on an analytical note, Selected Short films made by students using focused group discussions were presented.

Another remarkable feature was SurTaal where students participated in the 'SurTaal' - Indian Classical or Western Solo Dance to display their individual brilliance, apply life skills, and 'be the star of the stage'.

### DAY 3

17 December 2022 began with the last batch of Sur-Taal: Solo Indian Classical Dance, followed by the final round of Whiz – Quiz which took place with the students selected from the first round.

Another tool of the health drive was the feature where teachers interacted with mental health experts on Teacher/Counselor Leadership in Pedagogy for Safe Schools of 21 st Century India including effective Implementation of the POCSO Act in Schools.

The students participated hands-on, in an interactive, and participatory workshop for Adolescent Peer Educators on Bullying in Schools: Role of Adolescents as Agents of Change and Leadership Orientation in Life Skills, Values & Well-being to enhance their skills as peer educators. These intense sessions were balanced off by a short informational session on performing arts and links with well-being.

This successful Summit ended on a high note as it celebrated the energy and fervour of the youth with the aim to channelise the inherent potential and vivacity of the youth of the country.

# STUDENTS SPEAK

Students explain what they understand by 'Life Skills and Values', and how the Summit can bring about positive changes in their lives.

"For me life skills, being a teen is making my own decisions, standing up for myself, being essential etc. The summit has helped me and others realise the importance of life skills, mental health, safety and wellbeing. Via various events like nukkad natak, youth parliament." - Manav Gupta, Class XI, Delhi Public School, Mathura Road

"I have surely learned a lot in this summit as I got to see the perspective of different people on the topic." - Saumya Chavla, Class XI, Adani Vidya Mandir Ahmedabad.

"Positive behaviour that enables us to deal with the challenges of our life is called life skills. Example:- communication, decision, etc. We can change the way we think, feel, etc." - Twinkle Burabohain, Class XI, Jawahar Navodaya Vidyalaya, Jorhat (Assam)

"Life skills, awareness about Mental Health, and well-being are different major aspects of a happy life. This summit helped me with my speaking skills and confidence. It assisted me to remove my stage fear. The summit is a great way to educate students about various branches of mental health and methods to improve it." - Nitesh Mandhyan Class IX B, J B Academy, Ayodhya

"It was generally good, debatable topics were raised which helped in different ways. It was a really nice experience." - Piyush Tiwari, Class XI, Heritage Public Sr. Sec. School

"Mental health, life skills, safety, and well-being play a vital role in a teenager's life. Not only does the summit increase awareness but opens the environment that improves us as a person & helps us bloom." - Kamika Tyagi, Class X, Sanskar The Co-Educational School, Ghaziabad

"It's a part of teenagers that likes to face such issues and also they feel shy to talk to. I am very grateful and giving all of myself in the adolescence summit is unforgettable, very informative, and life-changing experience I got. Yes, I bring positive change in my life." - Yukti Sharma, Class XI, Sanskar The Co-educational School

"The Summit was great. Got the opportunity to interact with peers all over the country. I got to learn all new aspects of well-being, mental health, and safety. It's a golden experience." - Mitva Shah, Class XI, Vasantiben & Chandubhai Patel School, Gujarat

"Life skills are the skills that enable us to live life peacefully and help us achieve things. Mental health, safety & well beings are the elements important in our life." - Eren Teager, Class XI, Paradise Island School



# ACTIVITY BOARD



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