



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/DS(RDK)/2022

13th October, 2022
Circular No: Acad-121/2022

Subject: CBSE Adolescent Summit on Life Skills, Mental Health, Safety and Well Being (15-17 December 2022) – reg.

The need for a continued dialogue and educational intervention in pursuit of empowering the adolescents of our country as **Mental Health and Well-Being Ambassadors** has been strongly felt. When adolescents acquire knowledge, values and life skills, they benefit in a variety of ways. These qualities help them to make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathise with others and cope with and manage their lives in a healthy and productive manner.

Schools are envisaged as nodal centres for skills based health promotion programmes. It has been noted that schools are the key forums for acquisition of Health related Knowledge, Attitudes and Life Skills. They are indeed the source of empowering children towards being responsible citizens.

In pursuance of the holistic development of our adolescents, CBSE is organising **The CBSE Adolescent Summit on Life Skills, Mental Health, Safety and Well Being 2022** for the schools affiliated to CBSE in collaboration with *Expressions India* as per the following details:

Dates: 15-17 December, 2022

Venue: National Bal Bhavan, Kotla Marg, IP Estate, Delhi, 110002

Timings: 8.00 am to 4.00 pm (all three days)

Main Aim

- To bring together a large number of schools to have a face-to-face dialogue through different events establishing good models of promoting the life skills and well-being paradigm in the schools across the country.

Objectives:

- To focus on emerging best practices of Skills based Adolescent Life Skills, Mental Health, Safety and Wellbeing in Schools.



‘शिक्षा सदन’ ,17 राऊज़ एवेन्यू ,इंस्टीटूशनल एरिया, नई दिल्ली-110002

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2. To ensure integration of school safety, mental health, nutrition and general health concerns within the Comprehensive School Health Curriculum along with contemporary gender issues.
3. To promote Life Skills, Mental Health and Wellbeing by strengthening integrated community involvement and family partnership.
4. Voicing the students' health and psychosocial needs and fostering effective Young Leadership as **Life Skills and Wellbeing Ambassadors**.

Highlights of the Programme

1. Exhibition of best practices in Life Skills, School Health and Well Being by participating schools
2. Competitions on
 - a. Thematic Painting
 - b. Rhetorics – Young Orators
 - c. Solo Indian Classical Dance
 - d. Nukkad Nataks
3. Yuva Sansad – The Adolescent Mental health and Well Being Parliament
4. Manovriti-Screening of Theme based Short Films by Students

The general guidelines for these activities are given in **annexure A**.

Number of Participants per school

1. 4 Students (class IX onwards)
2. 1 Teacher (School Counselor/Wellness Teacher/Nodal Teacher)

Registration

1. Schools are advised to register 4 Students + 1 Teacher (maximum five delegates) (The schools whose Principal/Teachers have been trained under the *School Health and Wellness Programme* organized by CBSE in partnership with UNESCO and NCERT under the Aegis of Ayushman Bharat should be nominated for the Summit. However, the schools whose Principal/Teachers have not yet been trained under the above said programme of CBSE may nominate School Counselor/ Wellness Teacher/ Nodal Teacher.)
2. Register online at the following link
<https://forms.gle/hDdkV54GZYphhChk9>
3. Only online application for participation will be accepted.
4. There is no registration fee for participating in the event. The teams can make necessary arrangements for their travel, lodging and boarding.
5. The last date to register for the event is **5th November 2022**.

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6. Please send a write up of about 1500 words supported by photographs and video clippings on the good practices in Life Skills, School Health and Well Being promotion in your school.

For any queries, please contact at 9310086792, 09999660117, 9873134168 or send an email to cbseadolescentsummit@gmail.com

All the Heads of Schools are requested to use this opportunity to empower the affective domain of the learners so that they are able to develop a sense of self confidence and adopt right approaches to life processes, health, safety and well-being.

With Best Wishes

Dr. Joseph Emmanuel
Director (Academics)

Enclosed: As stated above

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
2. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001.
3. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odhisha-751005.
4. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
5. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
13. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ,

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PO, New Delhi-110001

14. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
15. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective Regions
16. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
17. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
18. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
19. In-Charge, Library
20. The Head (Media & Public Relations), CBSE
21. DS to Chairman, CBSE
22. SPS to Secretary, CBSE
23. SPS to Director (Academics), CBSE
24. SPS to Director (Information Technology), CBSE
25. SPS to Controller of Examinations, CBSE
26. SPS to Director (Training and Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE
28. SPS to Director (CTET), CBSE
29. SPS to Director (EDUSAT), CBSE
30. Record File

Director (Academics)

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Annexure A

CBSE ADOLESCENT SUMMIT ON LIFE SKILLS, MENTAL HEALTH, SAFETY & WELLBEING -2022

EVENT GUIDELINES

UTOPIA - THEMATIC PAINTING

- Each participant will be provided a drawing sheet on arrival at the venue. All the topics will be based on the issues, concerns and challenges related to the key theme of the summit- life skills, attitudes, values, gender, health and wellbeing, physical education and other allied areas like child rights, peer mentoring, positive parenting.
- Painting colors, brushes, pencils, erasers, crayons and other related accessories will be brought by the participant.
- Topic will be announced on the spot.

RHETORICS - YOUNG ORATORS CHAMPIONSHIP

The topic shall be picked up from the 'Topic box' at the venue. For familiarization, a few contemporary topics are mentioned below:

- Thought is the mind, knowledge the sail and body the vessel – Let's walk it together
- Education is the expressive language for the soul and body to nurture a healthy individual
- Anger and Aggression in Youth today is the scourge of progressive times
- The voice of adolescents – a growing paradigm in planning and policy
- To win one should have talent and desire but the desire is first
- Cyber World Impact- Boon or Curse
- It's time to integrate Mental Health and Wellbeing into schooling years
- My Dream School – Child Centric, Child Friendly

SUR SANGAM - SOLO INDIAN CLASSICAL DANCE

- This will be a solo event.
- Participants can perform on any Indian Classical Dance form.
- Participants must bring the background song/music in a CD/pen drive.
- Only one team is allowed per school.
- Time Limit for Solo dance is 3+1 minutes.
- Appropriate dance costume and makeup may please be incorporated.

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- Performance will be assessed on the basis of parameters like concept, movements, expressions, overall presentation and use of stage.

PATHSHALA NUKKAD KI- ON CONTEMPORARY THEMES

In today's world, we all know that advertising has a significant impact on perception. This event will explore the brilliance of adolescents as key agents of life skills and social change with reference to the themes given below. If required, the team can use musical instruments to support their performance.

- Save the girl child, save our society
- Diversity of India - My Pride
- Say No to Bullying - Utilize Life Skills
- Prevention of Substance Use and allied high risk behaviors
- Inclusive Education for All
- Positive Parenting and Family Life Education
- Adolescent Peer Leader as a stakeholder in the future of education
- Stigma and Stereotypes of Mental Health
- Media and Mental Health: The Pros and Cons

NATIONAL SCHOOL HEALTH & WELLBEING EXHIBITION - EMERGING BEST PRACTICES

- All participating schools will be allotted an exhibition stall on Day 1 of the program to display the creative expressions related to the work being done by them in promoting the key areas of life skills, attitudes, values, gender, health, safety, sanitation and wellbeing, physical education and other allied areas like child rights, peer mentoring, positive parenting, etc. All the key areas of comprehensive school health promotion (CSHP) may be kept in mind.
- The Stall will be available to the schools from 9:00 am to 4:00 pm at the venue. The school can reach the venue at 8:15 am for displaying the material in their stall.
- Size of the stall shall be about 2x2 meters. 2 tables and 2 chairs will be provided. Schools can get their own standing boards.
- Please bring your creative material like posters, paintings, collage, charts, artistic works, pictures, danglers, flex prints, models to display and craft kit which consists of scotch tape, double sided tape, pins, markers, reel of thread, stapler etc. to stick and hang the exhibits. (Use of nail hammer, and display outside the stall/ beyond the table will not be allowed). Please note, no electronic presentation will be entertained (through projectors, speakers, etc.) in the stall.

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YUVA SANSAD - ADOLESCENT MENTAL HEALTH AND WELLBEING PARLIAMENT

- The Youth Parliament will involve interface of the students with national and international experts, noted educationists, media persons, health care providers, policy makers and others.
- Participants will get an opportunity to express their perspectives at the Youth Parliament.
- The major focus of this session shall be on the programs and policies pertaining to Education, Health, Women and Child Development and Social Justice and Empowerment.
- Once enrolled for the Summit, the school shall receive further guidelines about the event. The two students nominated by the school shall accordingly prepare for the presentation.

MANOVRITI - SCREENING OF THEME-BASED SHORT FILMS BY STUDENTS

Suggestive Topics:

- Empowering India for Socio emotional Wellbeing
- Creating Happy Childhood and Happy India
- Impact of Social Media on Positive Mental Health
- Peer learning for effective adolescent life skills
- Family school partnership for holistic child development
- Senior citizens – Blessings on the sands of time
- Gender Sensitization and Awareness in schools
- Child Rights Education - a thought in time for 21st Century Education
- The Indian Armed Forces- Sentinels of the Nation
- Meditation- Cultivating a Mind-Body Harmony

Please note:

- The students may apply innovative ideas to showcase the message from the eyes of the Adolescents and Youth.
- The duration of the short film shall not be more than 4 to 5 minutes including all credit rolls etc.
- The short video may be prepared in Hindi or English.

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