



# 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/AS(NU)/2023**

**22<sup>nd</sup> September, 2023**

**Circular No: Acad-112/2023**

All the Heads of Schools affiliated to CBSE

**Subject: CBSE Adolescent Leadership Summit on Life Skills, Mental Health, Safety and Well Being, New Delhi (19 - 21 December 2023) – reg.**

Dear Principals

The imperative need for an ongoing dialogue and educational intervention aimed at empowering the adolescents of our nation as Life Skills and Well-Being Ambassadors cannot be overstated. When adolescents acquire knowledge, values, and life skills, they reap numerous benefits. These qualities enable them to make informed decisions, solve problems, think critically and creatively, communicate effectively, establish healthy relationships, empathize with others, and manage their lives in a healthy, safe, and productive manner.

Schools are envisioned as pivotal centres for skills-based Health Promotion Programs and serve as the primary platforms for the acquisition of Health-related Knowledge, Attitudes, and Life Skills. They truly constitute the wellspring for nurturing children into aware, responsible, and empowered citizens and agents of change.

In pursuit of providing schools with a platform to facilitate Life Skills, Mental Health, and Holistic Wellness as integral components of everyday education, the board initiated and supported the ground-breaking online **Adolescent Peer Educators Leadership Program**, in collaboration with Expressions India. This program has achieved remarkable success and is now approaching the culmination of its Phase 3, with active participation from numerous schools representing every corner of the country.

In the endeavour to bring together and share best practices for enriching adolescent life skills, CBSE is organizing **The National Adolescent Summit on Life Skills, Mental Health, Safety, and Well-being 2023** for schools affiliated with CBSE, in collaboration with Expressions India. The details are as follows:

**Dates: 19<sup>th</sup> to 21<sup>st</sup> December 2023**

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

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



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On the 21<sup>st</sup> of December 2023, a "Heritage, Culture, Well-being" sightseeing tour of the National Capital, integrated with the workshop, will be organized for the schools registered for the National Adolescent Summit.

**Main Aim of the Summit:** To convene a large number of schools for face-to-face dialogue, fostering sustainable models for promoting life skills and well-being programs in schools across the country.

### Objectives:

1. Enrich students through the best practices of skills-based Adolescent Life Skills, Mental Health, Safety, and Well-being in Schools.
2. Ensure the integration of School Safety, Nutrition, and General Health concerns within the comprehensive school health curriculum, along with contemporary gender issues.
3. Strengthen peer-to-peer dialogue and the partnership between schools and families in promoting Life Skills, Mental Health, and Well-being in Schools.
4. Advocate for students' psychosocial needs and cultivate effective Young Leadership as Life Skills and Well-being Ambassadors.

### Event Highlights of the Programme:

1. National School Health and Well-being Exhibition: Display and Discussions by Student Delegates.
2. YUVA SANSAD – The National Adolescent Well-being Parliament.
3. Competitions:
  - a) UTOPIA - Thematic Painting.
  - b) RHETORICS – Young Orators Championship.
  - c) SUR SANGAM - Solo Indian Classical Dance.
  - d) PATHSHALA NUKKAD KI – on Contemporary Themes.
4. MANOVRITI - Screening of Theme-based Short Films by Students.
5. SAMVEDNA - Luminaries from various fields shall interact with Student Peer Educators.
6. MINDSMART - The National Health & Wellness Quiz.

The general guidelines for these activities are provided in Annexure A.

### Number of participants per school:

1. Four Students (You may nominate students from class 9th or 10th and 11th or 12th).
2. One Teacher (School Counselor/Wellness Teacher/Nodal Teacher).

### Registration:

1. Schools are advised to register 4 Students + 1 Teacher (maximum five delegates).
2. Only online applications for participation will be accepted.
3. There is no registration fee for participating in the event. Teams must make necessary arrangements for their travel, lodging, and boarding.
4. The last date for registration is 30<sup>th</sup> October 2023.



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5. Register online at the following link.

<https://forms.gle/9NFnxbd5EsbDG9eo7>

**\* Registrations will be on a first come first basis as the seats are limited.**

6. Please submit a write-up of approximately 1200 words, supported by photographs and video clippings (if available), detailing the Good Practices in Life Skills, Mental Health, and Well-being Promotion in your school.

For any queries, please contact at 9310086792, 9560880038, 09999660117, 9311275888, or send an email to [cbseadolescentsummit@gmail.com](mailto:cbseadolescentsummit@gmail.com)

With Best Wishes

**Dr. Joseph Emmanuel**  
**Director (Academics)**



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**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 Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed JeetSingh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklaya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001.
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005.
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, 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 Chairperson, 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 (Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE
28. SPS to Director (Training), CBSE
29. SPS to Director (CTET), CBSE
30. SPS to Director (EDUSAT), CBSE
31. Record File

Director (Academics)



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### Annexure A - EVENT GUIDELINES

#### UTOPIA - THEMATIC PAINTING

- 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.
- Each participant will be provided a drawing sheet on arrival at the venue. 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 Bane
- It's time to integrate Mental Health and Wellbeing into schooling years
- My Dream School – Child Centric and 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.
- Performance will be assessed on the basis of parameters like concept, movements, expressions, overall presentation and use of stage.



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### 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 for 2 days (19<sup>th</sup> & 20<sup>th</sup> Dec). The school can reach the venue at 8:15 am for setting up 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.

### YUVA SANSAD – NATIONAL ADOLESCENT 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.



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- Once enrolled for the Summit, the school shall receive further guidelines about the event. The one delegate nominated by the school shall accordingly prepare for the deliberations.

### **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 viewpoint 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 English or Hindi. It can also be bilingual.



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