

# The 9th INTERNATIONAL ADOLESCENT SUMMIT 2020



Dear Principal Madam/ Sir,

Greetings from Expressions India







In view of the overwhelming response and participation received from schools across the country and abroad in the past few years, the International Adolescent Summit on Life Skills, Health, Safety & School Wellbeing is once again here to celebrate the empowerment of the young adolescent leaders. **The 9th INTERNATIONAL ADOLESCENT SUMMIT on the Online platform is hereby announced and we are deeply honored to have the National Book Trust (NBT), India, as our 'Knowledge Partner' in the noble endeavor.**

The International Life Skills Summit celebrates the energy and fervor of the youth. During the course of the Summit, the students shall engage with participants from schools across the country and abroad in various events that would help foster a newer understanding of 21st century life skills, innovative programs for promoting values, gender sensitivity, health and wellbeing.

**It is with immense pleasure, we take this opportunity to inform that Dr. Ramesh Pokhriyal 'Nishank', Hon'ble Union Minister of Education, Govt. of India, has kindly consented to be our esteemed Chief Guest and Inaugurate the innovative summit on 18th Dec 2020 at 3pm.**

A four page document (poster, event guidelines & registration form) is attached herewith for your kind perusal & participation. Please complete the Google form alongwith necessary details at the link <https://forms.gle/pTaYjHRTC7cqaJQm7>

For facilitating participation of your school, kindly note the following points:

-  The last date of registration is 12th of Dec 2020.
-  The last date of activities submission is 18th of Dec 2020 (for both the groups). Submission email id is [adolescentleadershipsummit@gmail.com](mailto:adolescentleadershipsummit@gmail.com).
-  The students participation form is attached herewith. The School may kindly fill the form and upload the same in the above mentioned Google registration link. (eg. Event, Student Name, Grade etc).
-  All correspondence including the prepared activities are to be forwarded from the school email id or supervisor teacher/counselors email id.
-  The Program outline plan is being prepared and shall be shared with the schools on receiving the registration form.
-  The online platform link shall be shared subsequently.

For any technical queries and other clarification you may contact us at 09999564366, 9310086792 (Ms. Priya Sharma, Sr. Manager - Office Operations, Expressions India) and 09999660117 (Ms. Aprajita Dixit, Academic Coordinator & Child Psychologist).

Eagerly looking forward for the participation of your ebullient students.

Warm Regards with Best Wishes,

Dr. Jitendra Nagpal -MD; DNB  
Program Director - Expressions India  
The National Life Skills, School Health & Wellness Program  
Sr. Consultant & Incharge - Institute of Mental Health & Life Skills Promotion  
New Delhi (Website) [www.expressionsindia.org](http://www.expressionsindia.org) (M) 9810054860

\* Building the Wellbeing Ambassadors for the Nation \*

# The International Adolescent Summit

## ON LIFE SKILLS, HEALTH, SAFETY & WELLBEING

Facilitated by



Knowledge Partner



राष्ट्रीय पुस्तक न्यास, भारत  
शिक्षा मंत्रालय, भारत सरकार  
**NATIONAL BOOK TRUST, INDIA**  
Ministry of Education, Government of India

Launch of the  
**1st National School Health & Wellness Quiz**  
(virtual platform)



Inauguration 18th Dec 2020

at Zoom Platform

Group A

6th to 8th Std



Group B

9th to 12th Std

### Allied Innovative Events

- Workshops on
  - Book Reading, Life Skills & Wellbeing
  - The Adolescent Leadership for Mental Health & Wellbeing
- YUVA SANSAD** - National Youth Parliament on Health, Safety & Wellbeing
- Thematic Short Films/ Videos & Podcasts

### Kindly Note

- The event guidelines are attached herewith.
- Kindly forward your registration latest by 12th Dec 2020.
- The Teacher Incharge or Counselor may forward the registration form with details incorporated.

Facilitated by

Expressions India : The National Life Skills, School Health & Wellbeing Program

### For Registration & Queries

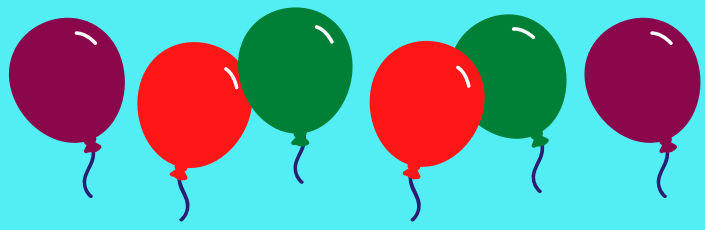
E-mail: adolescentleadershipsummit@gmail.com

Website: www.expressionsindia.org

Contact Nos: 9310086792, 9999564366, 9999660117, 9818799555, 7835922093

For submission of registration form, click on

<https://forms.gle/pTaYjHRTC7cqaJQm7>



# EVENT GUIDELINES

## UTOPIA - THEMATIC PAINTING

Group 1 & 2

### Topics for 6th to 8th std Student:

- Lets Create Awareness for Life Skills
- Living with 21st Century Challenges

### Topics for 9th to 12th Std Students:

- Emotional Safety for all Children
- Celebrating Adolescence Leadership in Changing Times

### Please Note:

- The student may opt for Painting and choose any one of the above topics.
- An A4 size sheet or chart paper may be utilized for this activity.
- Please ensure that the scanned pdf copy is mailed latest by 18th Dec 2020 at adolescentleadershipsummit@gmail.com.

## RHETORICS - YOUNG ORATORS CHAMPIONSHIP

### Topics for 9th to 12th Std Students:

- Promotion of Socioemotional Wellbeing for Children & Adolescents - Role of Schools
- Empower Students with Life Skills and Values Education
- Overcoming Mental Health Stigma for a better Society

**Duration - 2 minutes**

### Please Note:

- In the Rhetorics event student may choose any one of the above topics.
- The video recorded elocution by the student (English/ Hindi) is to be forwarded by the school latest by 18th Dec 2020 at adolescentleadershipsummit@gmail.com.

## SUR SANGAM - SOLO INDIAN CLASSICAL DANCE

Group 1 & 2

*Display your individual brilliance, apply life skills and 'be the star'. Here is an opportunity to portray your elegance, fitness and the 'Surtaal'. Come forward to express yourself...*

### Please Note:

- This is a solo event. Every school can depute only one student from both the groups.
- Time Limit for Solo dance is 3+1 minutes (Kindly adhere to the time limit).
- Appropriate dance costume and makeup may please be incorporated. Kindly focus on parameters like concept, movements, expressions, overall presentation.
- Please forward your dance video through 'We Transfer' latest by 18th Dec 2020 at adolescentleadershipsummit@gmail.com.

## 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, social change with reference to themes given below. If required, team can use musical instruments to support their performance. **It may be recorded in English or Hindi and forwarded by the school. Duration Max 5 minutes.**

### Topics for 9th to 12th Std Students:

- Save the girl child..... save our society
- Diversity of India - My Pride
- Say No to Bullying - Utilize Life Skills
- Inclusive Education for all
- Positive Parenting and Family Life Education
- Promote Mental Health & Wellbeing
- Youth and the Impact of Media
- Our World: Real or Cyber
- Nurturing Children Preventing Abuse
- Gender Sensitive Society

### Please Note:

- In the Nukkad Natak event students may choose any one of the above topics.
- The video recorded nukkad by the student (English/ Hindi) is to be forwarded by the school latest by 23rd Dec 2020 at adolescentleadershipsummit@gmail.com.

**Registration Link: <https://forms.gle/pTaYjHRTC7cqajQm7>**



# ALLIED INNOVATIVE EVENTS...

## YUVA SANSAD - NATIONAL YOUTH PARLIAMENT ON HEALTH & WELLBEING

### Please Note:

- 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.
- Participant will get an opportunity to express his/her perspectives at the Youth Parliament.
- The broad relevance of this session shall be on the programs and policies pertaining to Education Health, Women, Child Development and Social Justice & Empowerment.
- Once enrolled for the Summit, the school shall receive further guidelines of this innovative event. The two students nominated by the school shall accordingly to prepare the representation.

## THEMATIC SHORT FILMS/ VIDEOS

### Topics for 9th to 12th Std Students:

- Empower India for Socio Emotional Wellbeing
- Creating Happy Childhood & Happy India
- Impact of Social Media on Positive Mental Health
- Peer learning for Effective Adolescent Life Skills
- Family School Partnership for Holistic Child Development

**Duration - 4 to 5 minutes**

### Please Note:

- The student may be encouraged to apply innovative ideas in showcasing the message from the eyes of the Adolescents & Youth.
- The duration of the short film should not be more than 4 to 5 mins including all credit rolls etc (Kindly adhere to the time limit).
- The short video may be prepared in English/Hindi. Kindly mail it latest by 23rd Dec 2020 at [adolescentleadershipsummit@gmail.com](mailto:adolescentleadershipsummit@gmail.com).



## WORKSHOPS ON BOOK READING, LIFE SKILLS & WELLBEING

These plenary workshops are designed to explore book reading and its potential on the overall development of the young minds. From the foundation years to the adolescent times, how stories, ideas and creative reading skills have seen a change and what can be envisaged as the future of book reading. The discussions incorporate views in support of unfolding the innovative 21st Century Skills.

(for Teachers, Counselors & Students)

**An Online 'Citation of Honour' shall be accorded to the School Principal, all participating Students, Teacher Incharge & The School Counselor.**

**The winners in various events shall also be felicitated.**

*The last date of activities submission is mentioned above (for both the student groups).*

**Registration Link: <https://forms.gle/pTaYjHRTC7cqaJQm7>**

**For Registration & Query**

**E-mail: [adolescentleadershipsummit@gmail.com](mailto:adolescentleadershipsummit@gmail.com) Website: [www.expressionsindia.org](http://www.expressionsindia.org)**

**Contact Nos: 9310086792, 9999564366, 9999660117, 9818799555, 7835922093**



# The International Adolescent Summit 2020



## on LIFE SKILLS, HEALTH, SAFETY & SCHOOL WELLBEING

### Details of Participating Student

Event Name	No of Student	Name of Students	Grade
<b>Group I (6<sup>th</sup> to 8<sup>th</sup> Std Students)</b>			
<b>Utopia – Painting</b> (2 students)			
<b>Sur Sangam – Indian Classical Dance</b> (1 student)			
<b>Group II (9<sup>th</sup> to 12<sup>th</sup> Std Students)</b>			
<b>Utopia – Painting</b> (2 students)			
<b>Rhetorics - Young Orators Championship</b> (1 student)			
<b>Sur Sangam – Indian Classical Dance</b> (Solo) (1 student)			
<b>Pathshala Nukkad Ki</b> (Max 5 students)			
<b>Allied Innovative Events</b>			
<b>Workshop on Book Reading, Life Skills &amp; Wellbeing</b> (2 students & 1 Teacher)			
<b>Yuva Sansad - National Youth Health Parliament</b> (2 students)			
<b>Thematic Short Films/ Video</b> (4 to 5 mins) (Max 5 students)			

*Please Note: An Online 'Citation of Honour' shall be accorded to the School Principal, all participating Students, Teacher Incharge & the School Counselor. The Winners in various events shall also be felicitated.*