

**National Adolescent Summit on Life Skills, Mental Health, Safety, Wellbeing 2023**  
**Organized by CBSE in Collaboration with Expressions India**

Ms Grisha Kharbanda

A two day National Adolescent Summit on Life Skills, Mental Health, Safety, Wellbeing 2023 was organized from 19th and 20th December 2023 in collaboration with Expressions India – The National Life Skills & School Wellness Program at the National Bal Bhavan, New Delhi.

4 students of class SS1 represented their school and participated in a series of group events along with students from schools all across India and advocated 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. The teacher in-charge representative from the school was Ms. Grisha Kharbanda (Counselor).

Dhwani Khanna (SS1-A) participated in a group classical dance performance **‘Sursangam’ (Kathak)**, Punya Arora (SS1-C) participated in the event **‘Yuva Sansad’ - National Adolescent Wellbeing Parliament** and represented the Ministry of Health and Education which focused on students’ interface with experts in the field of health education. It also aimed at the promotion of life skills and culture of wellness, child health and nutrition along with discussion on mental health and behavioral issues, and child rights education.

Prakriti Gupta (SS1-D) participated in the event **‘Utopia’ - A Thematic Painting event** where an opportunity was provided to them to express their creativity and artistic talents.

Chukrin Washum (SS1-D) participated in the event **‘Rhetorics - Young Orator’s Championship’** where the participants picked up a topic on the spot and expressed their views on a wide range of topics such as peer pressure, spirituality, democracy, education, anger and others.

The summit consisted of eminent speakers such as Dr. Jitendra Nagpal- Director Expressions India, Dr. Joseph Emmaneul- Director CBSE, Indian Journalist- Mr. Rajat Sharma, IAS- Ms. LS Changsan, wherein each one of them, stressed on the fact that Mental Health is as important as physical health and nurturing one’s life skills during youth goes a long way in helping and building strong resilience. Working together allows us to begin building a foundation that respects and honors the importance of good mental health. This successful summit ended on a high note as it celebrated the energy and fervor The youth with the aim to channelise the inherent potential and vivacity of the youth of the country. The ceremony ended with a Vote of Thanks by Dr. Jitendra Nagpal, Program Director, Expressions India.

