

## The Young Adolescent Peer Leadership Conclave in collaboration with Expressions India



# Mind Matters 2023

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## Objective of the conclave:

Every year October is observed as the month to generate awareness on Mental Health and Well-being. The theme for 2023 set by the World Foundation of Mental Health “Mental Health is a universal human right”. To commemorate the same the Young Peer Educators of Delhi Public School Bangalore South in collaboration with Expressions India is hosting the Mind Matters Conclave 2023 on 6th and 7th October, 2023.

The proposed event aligns perfectly with our school's vision and commitment to holistic development. The primary goal for the event is to nurture Leadership Skills and qualities among the youth in institutions and schools. This event will help the youth to share, enhance and empower each other through best practices of Mental Health and Life Skills employed in their respective institutions. The knowledge and awareness they gain from this conclave can have a long-lasting impact. The strategies and information acquired will undoubtedly assist in the maintenance of good mental health throughout the academic and personal journey of students.

“Make Mental Health Your Priority”- and this Conclave aims to achieve this goal.

6th and 7th October, 2023

Location:  
Delhi Public School  
Bangalore South

<https://g.co/kgs/igqHTs>

Event Schedule :

Day 1 – 9:00am – 6:00pm

Day 2 – 9:00am – 6:00pm



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### From the Principal's Desk

It gives me extreme delight to cordially invite you to MIND MATTERS 2023 - The Young Adolescent Peer Leadership Conclave being hosted in collaboration with Expressions India. We are all aware that the need for mental health awareness and support has never been more critical than ever before. We look forward to the enthusiastic participation of your school to an important event - uniting schools, educators, parents, and students in a shared commitment to prioritise mental well-being.

We believe that schools have a profound responsibility to foster environments where students can thrive not only academically but also emotionally. MIND MATTERS - The Mental Health Conclave is an opportunity to collaborate, share insights, and equip ourselves with the knowledge and tools necessary to nurture the mental well-being of our school communities.

The program is a one of a kind event which will feature -

1. Expert speakers in meaningful discussions and interactive workshops who will share their knowledge and strategies for enhancing mental well-being in educational settings.
2. Panel Discussions: Thought-provoking discussions with experts and stakeholders exploring the various facets of mental health in education.
3. Presentations from the experts and faculty members will provide you with deep insights and practical strategies that can be implemented in your schools to create a more supportive and empathetic environment for all.
4. Inter-school competitions that will serve to be the perfect platform for students to exhibit their innate talent, creativity and imagination to vocalize their ideas relevant to the assigned topics in their respective events.
5. Stall exhibition - Schools are invited to put up their exhibits highlighting the best practices and strategies employed to inculcate life skills and create awareness on mental well-being among student, teacher and parent communities.

Let us embrace this opportunity to learn from one another and build a stronger, more resilient educational community. I look forward to the enriching conversations, collaborations, and insights that will emerge from this conclave. Together, we can make a difference in the lives of our students and pave the way for a brighter, healthier future.

With warm regards,  
Anitha Bijesh  
Principal

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## About Expressions India

Expressions India - It is a well recognized and awarded program by the governmental and non-governmental organisation in the country. This program strives to empower, support and streamline the co-scholastic and allied elements to effectively promote child and adolescent well-being in an inclusive environment for Indian Schools.

A large number of schooling systems & government institutions in the country regularly seek technical expertise from Expressions India for their advocacy, research, training and skills enrichment. Having been the technical support for the CBSE Adolescent Life Skills Leadership Program with focus on building the teachers and students as Well-Being Ambassadors across the country, a technical resource pool of erudite professionals is effectively functional to facilitate these innovative programs.

## Who are the Peer Educators?

The Peer Educators are nominated and selected as “Mental Health Ambassadors” and leaders educating and creating awareness on Mental Health and Well-being in our school and the community.





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### Conceptualising the Conclave

The Peer Educators recognised the importance of mental health awareness and support within the school community and they have created this platform to address and exchange information with peers from other schools and institutes on various mental health challenges faced by the youth and finding innovative ways to overcome the problems.

The Central Board of Secondary Education(CBSE) has initiated and supported the Adolescent Peer Educators Leadership Program in collaboration with Expressions India for enriching the Life Skills, Holistic Health and Well-being of students of our country. This program was launched in the year 2021 and Delhi Public School Bangalore South was one of the first few schools to have been a part of this program. From 2021 we have successfully conducted various Mental Health awareness programs for our students and the community.



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## Who Can Participate in the Event:

- Enterprising high school students from your School or Institute from Classes IX, X, XI, XII.
- Teacher Coordinators and Counsellors from participating school/institute.
- Participants who have passion and true commitment towards raising awareness and promoting mental health within the school community and outside.
- Students with effective communication and leadership skills.
- Students who are interested to gain more knowledge about Life Skills and Mental Health topics.

## Why your school needs to Participate in the Conclave

- To celebrate the World Mental Health Day being observed on 10th October, 2023.
- Promote Mental Health and Well-being among students, teachers and other staff members within the school community and outside.
- Personal Growth and Learning.
- Promotion of holistic development in the school community.
- Nurture Leadership Skills.
- Gain knowledge from our interactive workshops and panel discussions by renowned Mental Health Professionals and Guest Speakers from all walks of life.
- Exposure and awareness on the best practices of Life Skills and Mental Health in schools and institutes.

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## General Instructions

- School / College are to nominate 5 student representatives.
- The school team must be accompanied by 2 teachers-One Teacher Coordinator and One School Counsellor.
- Each student can participate only in one event.
- Nukkad Natak is the only competition where all 5 students can participate.
- Details of the event, the topics and venue have been mentioned in the brochure.
- Kindly register for the events using the link that has been given below latest by 30th September, 2023.
- Please ensure that only correct information is entered as no changes will be accommodated after registration.
- All participants must report for registration at 8:30 am on Friday, 6th October, 2023 at the venue.





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## General Instructions

- Registration Counters will open at 9:00 am
- The Opening Ceremony is scheduled at 10:00 am.
- It is mandatory for all participants to wear the school uniform and ID cards.
- For events like Short Films or Dance competition, the music and video files are to be sent by email on or before 4th October, 2023 to Ms. Soumali D at [soumali.or.debnath@gmail.com](mailto:soumali.or.debnath@gmail.com) with your school name and the topic you have chosen.
- Each student has to register with an amount of Rs. 500/- for all events.
- For any queries kindly get in touch with Ms. Swati Banerjee on 9945217954 or Ms. Sarvamangala on 7899689346 between 3-6 pm. We will be happy to help and support.



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## Event Guidelines and Details

### Day 1 Events



### Yuva Sansad- Youth Parliament

**Date:** 6th October, 2023

**Time:** 11:00am-1:00pm

**Venue:** Open auditorium,

**Participants:** 1 per school

#### Topics:

**1. Social Media Influence and Responsibility:**

Exploring the impact of social media on youth attitudes, behaviours and mental health.

Encouraging positive online activism and responsible content creation discussing measures to counter online hate speech and misinformation.

**2. Digital Citizenship and Online Safety:**

Promoting responsible and ethical online behaviour among young individuals.

Strategies to combat cyber bullying, misinformation and online harassment.

Ensuring online privacy and security for youth in the digital age.

**3. Reform Education and Skill Development:**

Redefining education to equip the youth with relevant skills for the future job market.

**4. Gender Equality and Social Inclusion:**

Empowering young women and addressing gender based discrimination and violence.



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## Rules and Regulations Yuva Sansad- Youth Parliament

"Youth Parliament" is a program where each group will be assigned a topic on mental health for further deliberation and discussion.

Some of the rules to keep in mind while the session is on are:

- Duration of the Youth Parliament : 11:00 am -12:30 pm.
- Venue: Open Audi.
- The topics will be allocated to each team and they will be given 20 mins to present their ideas and thoughts.
- The Moderator will guide the discussions, maintain discipline and enforce rules.
- Respectful Conduct: Students must maintain a respectful and non-judgmental tone throughout the discussion.
- Active Listening: Everyone should actively listen to others when they are speaking, without interrupting.
- Equal Participation: Each team member must actively participate in giving ideas, plans and policies during the session.

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- **Stay on Topic:** Keep the discussion focused on the given mental health topic and avoid going off on unrelated tangents.
- **Confidentiality:** Emphasize the importance of respecting the privacy and confidentiality of personal experiences shared during the discussion.
- **Constructive Feedback:** If providing feedback or sharing personal experiences, it should be done in a constructive and supportive manner.
- **Time Management:** Allocate a specific amount of time for each discussion to ensure that all topics are covered within the allotted timeframe.
- **Encourage Empathy:** Promote empathy and understanding among participants, encouraging them to consider different perspectives.
- **Avoid Stigmatisation:** Discuss mental health topics without perpetuating stereotypes or stigmatising individuals with mental health challenges.

### Criteria for judgement

- Knowledge and Research of the topic
- Articulation and Presentation Skills of the team
- Debate and engagement during the session of the team members
- Decorum maintained by the teams
- Collaboration and team effort
- Time Management

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## Event Guidelines and Details

### Day 1 Events

#### Natyalaya Indian Classical Dance

**Date: 6th October, 2023**

**Time: 11:00am-1:00pm**

**Venue: BIA Audi**

**Participants: 1 per school**



#### Topics:

1. Raising awareness on Women Safety from abuse.
2. Demonstrating stress and anger management skills as essential leadership qualities.
3. Raising awareness on dance as a medium to freedom from self limiting beliefs.
4. Promoting family bonding through dance performances.
5. Women empowerment and protecting girls right.
6. Resilience-a skill towards self-discovery and triumph.

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## Rules and Regulations

### Natyalaya Indian Classical Dance

The theme and the topics for the Indian Classical Dance Form have been given in the brochure.

Classical Dance Forms: Kathak, Bharatnatyam, Kuchipudi, Odissi etc.

- Duration of the Indian Classical Dance Performances: 11:00 am -1:00 pm.
- Venue: BIA Block Auditorium.
- One participant per school for the competition.
- The participant is to be ready for the dance performance by 10:00 am.
- The time duration for a dance performance is 5 minutes.
- The participant must introduce herself/himself, the dance form and give a brief synopsis about her/his performance.

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- Ensure that the music and lyrics used in the performances are appropriate and align with the event's theme. Prohibit the use of explicit or offensive music.
- No Bollywood music is permitted.
- Students must wear appropriate costumes suitable for the dance performance.
- Students reporting late for the dance competition will be disqualified.
- Stage set up and props need to be carried by the respective schools for the stage performance. We will not be able to take responsibility of anything misplaced or lost.

Criteria for judgement

- Technique and Skill of the Dance Performance - footwork, hand gestures and body postures with appropriate facial expression.
- Creativity and Choreography - Originality of the choreography with a good story line.
- Stage Presence and Confidence of the participant during the performance.
- Facial and Emotional Expressions of the participant.
- Costume and Attire based on the theme of the dance performance.

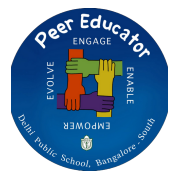


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## Event Guidelines and Details

### Day 1 Events



**Stall exhibition highlighting best practices on life skills education and mental well-being**

**Date: 6th October and 7th October, 2023**

**Time: 12:00pm-5:00pm**

**Venue: Open Audi**

**Participants: School Counsellor/Student**

**Stall Size: 10\*10 size with 2 tables, chairs and electrical connection**

- Best Practices of Life Skills and Peer Educators Program in Schools across India.
- Pathways to Peer Leadership: An illustrated timeline showcasing the evolution of Peer Leadership in your schools or Life Skills /Mental Health Awareness Campaigns by students.
- Inspirational Wall : A large wall covered with quotes from famous leaders and youth influencers.
- Mental Health and Life Skills Activities for promoting Mental Health in schools for parents, teachers and students.
- Literature- Display of articles, books related to leadership and empowerment.
- Expressive Activity Corner- Various Life Skills and Mental Health awareness activities and discussions can be arranged in the stall for visitors.

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## Rules and Regulations

### Stall exhibition highlighting best practices on life skills education and mental wellbeing

- The stalls need to exhibit the best practices of Life Skills and Mental Health Awareness campaigns organised by the participating schools.
- Pathways to Peer Leadership: An illustrated timeline showcasing the evolution of Peer Leadership in your schools or Life Skills /Mental Health Awareness Campaigns by students/ Student Council.
- Various medium of displays can be used in the exhibition for example brochures, posters, digital content for an interactive show.
- Remember to design the stalls with vibrant visuals, interactive elements and clear messages to create an immersive experience.

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## Event Guidelines

### Day 1 Events



#### Interactive Workshop for Students

**Date: 6th October, 2023**

**Time: 2:00pm-3:00pm**

**Venue: BIA Audi**



#### Interactive Workshop for Teachers / Counsellors

**Date: 6th October, 2023**

**Time: 4:00pm-5:00pm**

**Venue: BIA Audi**

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## Event Guidelines and Details

### Day 2 Events



### Nukkad Natak (Multilingual with English narration)

**Date:** 7th October, 2023

**Time:** 9:00 am-11:30 am

**Venue:** Amphitheatre

**Participants :** Min 4 Max-5 per school

*“Theatre is a Powerful Art Form, it teaches lessons about life, society and emotion and more importantly about yourself”-Anastasia Roberts*

#### Topics:

1. Raising awareness about regulating self for a safe and healthy environment, particularly concerning beverage consumption.
2. Providing guidance on abstaining from substance abuse.
3. Demonstrating stress and anger management skills as essential leadership qualities.
4. Showcasing the connection between healthy routines and academic success.
5. The Dark world of digital addiction.
6. Spreading little joys around us.



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## Rules and Regulations

### Nukkad Natak (Multilingual with English narration)

- Maximum Participants in this event is minimum 4 to maximum 5 students for this competition.
- It can be enacted in any language, however the narrative is to be explained to the judges and audience in English.
- The Duration of this competition is 5-7 minutes only considering the constraint of time.
- Students will have very limited time to get ready for the competition. Kindly be ready with props, musical instruments and costumes before 9:00 am.
- The Timing for this event is 9:00am -11:30 am.
- Reporting Date, Time and Venue : 7th October and by 8:30 am near the Amphitheatre.
- The First warning bell will be sounded after 5 minutes and the final bell after 7 minutes.



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- If the team takes more time than permitted, there will be negative marking.
- Use of foul/obscene language of any kind is prohibited.
- Students need to carry their own props for this competition and they need to be handmade.
- Musical Instruments can be carried by respective schools for this competition.

### Criteria for judgement

- Relevance to the topic of the Nukkad Natak.
- The narrative's introduction of the story.
- Script and Dialogues of the play conveying the topic clearly.
- The actors performances, body language, clarity of the dialogues will be assessed.
- Creativity and Originality of the story will be assessed.
- Audience Engagement - assessing how well the Nukkad Natak captivates and engages the audience.
- Assessing the appropriateness and relevance of costumes and props to the storyline and characters.

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## Event Guidelines and Details

### Day 2 Events

#### 'Whispers In The Wind

Multilingual Short Film (Live Action or animation)

Last Date for Submission: 4th October, 2023



**Movie Show**

**Date: 7th October, 2023**

**Time: 10:00 am-12:00 noon**

**Venue: German Lab**

#### **Topics:**

1. Empowering India for socio-emotional well-being.
2. Creating a happy childhood and fostering a happy India.
3. Investigating the impact of social media on positive mental health.
4. Promoting peer learning for effective adolescent life skills.
5. Promoting gender sensitisation and awareness in schools.
6. Discussing the importance of child rights education in 21st-century education.
7. Exploring the benefits of meditation in cultivating mind-body harmony.



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## Rules and Regulations 'Whispers In The Wind'

Creating a multilingual Live Action /Animation video on mental health can be an effective way to reach a diverse audience and promote awareness and understanding on the topics given.

- Duration of the film should not exceed 5 minutes. Films that exceed the time limit will be disqualified.
- If the short film, is presented in any other language, English sub-titles are mandatory.
- Each school can send one entry in this category by 4th October, 2023.
- Participants are requested to send the movie to [soumali.or.debnath@gmail.com](mailto:soumali.or.debnath@gmail.com) or contact Ms. Soumali Debnath on 9742479622 between 3-5 pm for any queries.
- Films will not be accepted beyond the deadline.
- Explicit content (offensive or graphic) will be grounds for automatic disqualification.
- The film should be shot and submitted in landscape orientation [16:9 ratio].  
Any device can be used for shooting.
- The film must be submitted in an MP4 format, along with the Google Drive link.  
Access to the google drive link should be given.
- Each entry must be accompanied by a synopsis, giving a gist of the content, people involved in each role and what inspired the participants to make their film.

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## Event Guidelines and Details

### Day 2 Events



### Just A Minute (JAM)

Date: 7th October, 2023

Time: 12:30 pm - 2:00 pm

Venue: BIA block Classroom

*“What Mental Health needs is more sunlight, more candor and more unashamed conversation”-  
Glen Close*

### Topics:

1. Dreaming Big: Envisioning Our Ideal Future.

Participants discuss their aspirations for themselves, their communities and the world.

2. Encouraging creative thinking for positive change.

3. Turning Challenges Into Opportunities-sharing personal stories of resilience, overcoming obstacles and turning adversity into growth.

4. Voices of Change: Advocacy Through Art.

Participants discuss how art, including music, visual arts and literature can be used to raise awareness and promote change.

5. Unity in Diversity: Celebrating Differences.

Exploring the importance of diversity and inclusion in leadership and teamwork.

6. Mindful Leadership: Balancing Ambition and Well-being.

Highlighting strategies for maintaining a healthy work-life balance and mental well-being while pursuing leadership roles.

7. Practising self-care and stress-management techniques.

8. Talking about nutrition and connecting with our mind and body.

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## Rules and Regulations

### Just a Minute (JAM)



- 1 Participant per school
- The Timing for this event is 12:30 pm -2:00 pm
- The Venue is the German lab, Aidos Block (2nd Floor).
- Reporting time and date is 12:00 noon on 7th October, 2023.
- Each Participant will be given a topic at random.
- Each participant will be given a duration of 60 seconds to speak on the topic.
- Medium of Speech will be English.
- Participants must speak continuously without long pauses or hesitation. Hesitation and momentary pauses can give rise to a successful challenge by the judge.



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- The participant must avoid repeating the same words or phrases during the one-minute talk.
- Other participants can challenge the speaker if they believe there was hesitation, repetition, or deviation. They can say "Just a minute!" and explain the issue.
- The buzzer will be pressed twice, once when 45 seconds have passed and the final at the end of a minute.
- The Participants will be judged on Spontaneity, Method, Content and Fluency.
- Usage of foul language will lead to disqualification.

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## Event Guidelines and Details

### Day 2 Events



#### Interactive Workshop for Parents/Teachers

**Date:** 7th October, 2023

**Time:** 10:00 am-11:00 am

**Venue:** BIA Audi



#### Interactive Workshop for Students

**Date:** 7th October, 2023

**Time:** 3:00pm-4:00pm

**Venue:** BIA Audi



#### Panel Discussion with Guest Speakers and Students

**Date:** 7th October, 2023

**Time:** 4:30 pm-5:30 pm

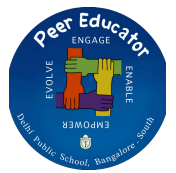
**Venue:** BIA Audi

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**Looking forward for your active participation**

**THANK  
YOU**

**Register Now**



<https://entrar.in/cd273632523539f0110095199b821c3c/onlineRegistrationConclave/3>

**To register for the events  
click on the above link**