



Delhi Public School Bangalore South
PRESENTS

MIND MATTERS

2024

Peer Educators Initiative for Wellbeing



&
THE LAUNCH OF
ANUBHAV - Centre for LifeSkills

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Welcome Note

With great pleasure we welcome you back to our Young Adolescent Peer Educators Leadership Conclave-MIND MATTERS 2024. As a part of the World Mental Health Day we propose to create awareness on the theme "My health, my right" through various thought-provoking discussions, interactive workshops, collaboration with mental health institutes and organisations through stall exhibitions, inter-school competitions and much more. This year we are organising the Conclave on the *25th and 26th of October* and we invite you all once again wholeheartedly to participate on both days.

Your participation and contribution is very vital to the success of this regional conclave and we are excited to see the impactful ideas and solutions that will emerge from our time together. 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, and empower each other through best practices of Mental Health and Life Skills employed in their respective institutions.



From The Principal's Desk

It gives me extreme delight to cordially invite you to MIND MATTERS 2024 - 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 in an important event - uniting schools, educators, parents, and students in a shared commitment to prioritise mental well-being:-

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

1. 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.
2. 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.
3. Stall exhibition - Schools are invited to put up their exhibits highlighting the best practices and strategies employed to inculcate life skills and create awareness of 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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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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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.

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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.



Who can Participate ?

- 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 you need to Participate ?

- To celebrate the World Mental Health Day being observed on 10th October.
- 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

- Schools / Colleges are to nominate **representatives** for **25th and 26th for the event.**
- The school team must be accompanied by **2 teachers - Teacher Coordinator** and one School Counsellor.
- Students can participate in **more than one event** as long as they are aware of the date and time.
- Details of the event, the topics and the venue have been mentioned in the brochure.
- Kindly register for the events using the link that has been given below **before 30th September 2024.**
- 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, 25th October 2024** at the venue.
- Registration counters will open at **8:30 am.**
- The opening ceremony is scheduled at **9:00 am.**
- All participants must wear their school uniform and ID cards.
- For registration details, refer next page.
- If you have any questions, please contact Ms Swati Banerjee on **9945217954** between 3-6 pm.



Registration Fee

Registration Fee - Rs 1500/- per school (mandatory)

EVENTS

NO. OF STUDENTS

PRICE PER SCHOOL

1) Yuva Sansad	2	Rs 500 (group)
2) Nukkad Natak	6	Rs 800 (group)
3) Just a Minute	1	Rs 200 (individual)
4) Utopia- Poster Making	1	Rs 200 (individual)

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EVENTS

NO. OF STUDENTS

PRICE PER SCHOOL

**5) Reel Making
(online)**

1

-nil-

**6) Flash Mob
(offline)**

15

**Rs 1000
(group)**

**7) Life Skill Stalls
(from schools)**

2

**Rs 500
(per day
per stall)**

8) Panel Discussion

2

-nil-



Event Guidelines and Details



Yuva Sansad- Youth Parliament

Date: **25th October, 2024**

Time: **11:30am-1:00pm**

Venue: **AV room, Alke Block(3rd floor)**

Participants: **2 per school**

TOPICS :

- 1. Skilling and Employment for Women:** Programs to enhance skill development and employment opportunities for women.
- 2. Child Rights and Protection:** Ensuring the implementation of the Juvenile Justice Act and other child protection laws.
- 3. Empowerment of Women in Rural Areas:** Discuss policies and programs aimed at improving the socio-economic status of women in rural regions.
- 4. Tobacco and Substance Abuse Prevention:** Strategies to reduce the use of tobacco and other substances, particularly among youth.
- 5. Universal Health Coverage:** Strategies to ensure affordable and accessible healthcare for all citizens.



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6. Combating Fake News and Misinformation: Strategies to identify and counteract the spread of false information

7. Impact of Media on Youth and Culture: Analysing how media influences youth behaviour, culture, and societal norms.

8. National Education Policy Implementation: Discussing the strategies and challenges in implementing the National Education Policy (NEP) 2020.

9. Skill Development and Vocational Training: Integrating skill development programs with mainstream education to enhance employability.

10. Combating Substance Abuse: Initiatives to prevent and treat substance abuse, particularly among youth.

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





RULES AND REGULATIONS:

- There are 5 ministries present. They are -
 1. Ministry of Woman and Child Development
 2. Ministry of Health and Family Welfare
 3. Ministry of Information and Broadcasting
 4. Ministry of Education
 5. Ministry of Social Justice and Woman Empowerment
- Participants must research about all ten topics to find policies and implementations of the same in accordance with the five ministries.
- The participants must bring their research along with them.
- Laptops and mobiles are to be carried.
- Ministries will be assigned to the students through chits on spot.
- Participants will be given one hour for preparation.
- Each ministry gets to speak for 3 minutes.
- Opposition ministries must note down points and question the policies and implementations of other ministries.

The Moderator will guide the discussions, maintain discipline, and enforce rules.



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- **Respectful conduct:** Students must maintain a respectful and non-judgemental tone throughout the discussion.
- **Active listening:** Everyone should actively listen to others when they are speaking, without interruption.
- **Equal participation:** Each team member must actively participate in giving ideas, plans and policies during the session.
- **Stay on topic:** Keep the discussion focused on the given mental health topic and avoid divergence.
- **Confidentiality:** Emphasize the importance of respecting the privacy and confidentiality of personal experiences shared during the discussion .
- **Constructive Feedback:** Providing feedback or sharing personal experiences 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 time frame.





JAM

Just a minute

Date: **25th October, 2024**

Time: **11:30 am -1:00 pm**

Venue: **German Lab, Aidos Block (2nd Floor)**

Participants: **1 per school**

RULES AND REGULATIONS:

- Each participant will be given a topic on spot.
- Each participant will be given a minute to speak on the topic.
- Medium of speech will be English.
- Participants must speak continuously without long pauses or hesitation. Hesitation or momentary pauses can open the floor to challenges.
- 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.



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- Usage of foul language will lead to disqualification.



Flash Mob

Date: 25th - 26th October, 2024

Venue: Open Auditorium and Bia Auditorium

Participants: 15 per school

TOPICS:

- 1. Healthy expressions of emotions**
- 2. Family bonding**
- 3. Importance of self care on our mental health and well being**
- 4. Breaking stigma on mental health**
- 5. The power of resilience in self care**



RULES AND REGULATIONS :

1. There should be **NO** usage of dialogues.
2. Flash mob should strictly follow and depict the themes given.
3. The participants should be in the mentioned dress code (black t-shirt and black pants).
4. Minimum duration for the performance is 8 minutes.
5. Participants can use props for their performances, provided that the props do not cause harm (e.g., fire or smoke).
6. Songs used for the dance can be in any language.
7. Songs used in the dance should be sent in MP3 format to peereducators24@gmail.com by 30th September.
8. Performances will be divided between both days of the event on a **first come, first serve** basis.



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Nukkad Natak

Date: 26th October, 2024

Time: 10:00am-12:00pm

Venue: Amphitheatre, Elios block

Participants: 5 to 6 per school

TOPICS:

- 1. Raising awareness about self regulation for a safe and healthy environment, particularly concerning beverage consumption.**
- 2. Save the Girl Child - Save our Society**
- 3. Diversity of India - My Pride**
- 4. Say No to Bullying - Utilize Life Skills**
- 5. Prevention of Substance Use and Allied High Risk Behaviors**
- 6. Inclusive Education for All**
- 7. Positive Parenting and Family Life Education**
- 8. Adolescent Peer Leaders as Stakeholders in the Future of Education**
- 9. Stigma and Stereotypes Around Mental Health**
- 10. Media and Mental Health: The Pros and Cons**



RULES AND REGULATIONS:

- It can be enacted in any language. However, the narrative is to be explained to the judges and audience in English before the enactment.
- The duration of this competition is 5-7 minutes, considering only the constraint of time.
- Students will have very limited time to get ready for the competition, and are expected to be ready with paraphernalia before 9:45 am.
- The first warning bell will be sounded after 5 minutes, and the final bell after 7 minutes.
- 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.



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CRITERIA FOR JUDGEMENT :

- Relevance to the given topic.
- The narrator's introduction of the story.
- Script and dialogue of the play.
- The actors' performances, body language and clarity of dialogue will be assessed.
- Creativity and originality of the story will be assessed.
- Audience engagement will be assessed.



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Reel Making

Deadline: **20 September**
Participants: **1 per school**

TOPICS:

- 1) Mental Health and Gender Equality**
- 2) Personal Experiences of Resilience**
- 3) Journey Through Mental Health Challenges**
- 4) Counselling/ Therapy and its Benefits**
- 5) Impact of Social Media on Adolescents**
- 6) Digital Detox Benefits**
- 7) Guided Meditation and its Benefits**
- 8) Music and Mental Health**

Note:- The first four award winners will be able to showcase their reels during award ceremony



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RULES AND REGULATIONS:

- The competition is open to students currently enrolled in grades 9, 10, 11 and 12.
- Participants can enter individually (number of actors is optional).
- Content must be respectful, informative, and aimed at promoting mental well being.
- All content must be original. Plagiarism will result in disqualification. Proper citations must be provided for any referenced material.
- Reels must be in English.
- Reels must be submitted to peereducators24@gmail.com with the participant's school name, class, email address and phone number.
- Late submissions will not be accepted.



VIDEO GUIDELINES:

- Each video should focus on any one of the given topics.
- Suitable music should be used.
- Videos must be between 30 to 60 seconds in length.
- Creativity in storytelling and use of visual elements is encouraged to engage the audience within the short format.
- Original content focusing on positive and constructive messages about mental health.
- Avoidance of language or imagery that may be triggering or offensive to individuals experiencing mental health challenges.
- Subtitles or closed captions must be included in the video for accessibility.
- Visual content should be clear and easy to understand.
- Deadline for video submissions is **20th September 2024**.

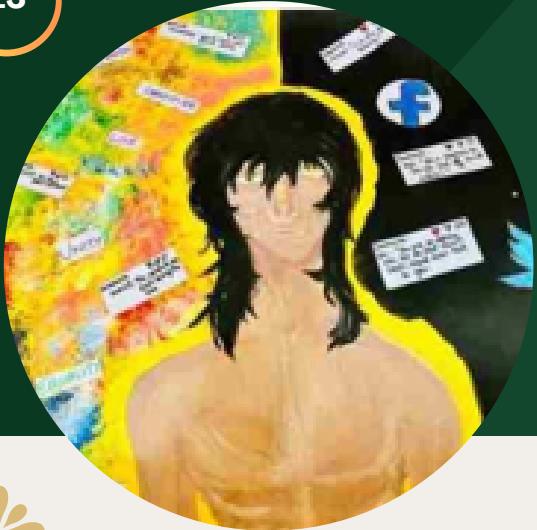


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Utopia Poster Making

Date: 25th October, 2024

Time: 12:00pm-1:30pm

Participants: 1 per school



TOPICS :

- Don't Surrender to Negativity
- Words are Powerful
- Mental Health is a Right and not a Privilege
- Make your Mental Health a Priority
- Understanding Depression and Seeking Help
- The Power of Positive Thinking
- A Happy Mind is a Healthy Mind
- Creating Safe and Inclusive Environments
- Cyberbullying: Awareness and Prevention



RULES AND REGULATIONS:

- Every participant will make only one Poster.
- The poster must be made on the A4 size (provided by school) with margins (0.5 inches) drawn with black pen/marker.
- Poster can be made using pencil, crayon, watercolour, oil paint, etc. Photographs, wires, other 3D objects, print-outs won't be acceptable. It should be original, and hand made.
- The Topic of choice should be stated clearly at the Top of the Poster.
- Poster should contain any personal details like Name, Class, College etc. of the participants. These details should be mentioned behind the drawing paper.



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CRITERIA FOR JUDGEMENT:

- **Relevance to the theme.**
- **Originality.**
- **Artistic composition.**
- **Creativity.**
- **Message conveyed by the poster.**



Stall exhibition

Date: 25th & 26th October, 2024

Time: 10:00am-4:00pm

Venue: Open Auditorium

Participants: 1 Teacher & 1 Student

Note:-

- Stalls of size 5x7 feet with 2 tables, chairs, and one electrical point will be provided.**
- There needs to be either a teacher or a student present in the stall at all times.**

Guidelines:

- Best Practices of Life Skills and Peer Educators Program in your respective 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.**
- 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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- 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.

Panel Discussion

Date: 26th October

Venue: Bia Auditorium

Timing: 11:30am-12:40 pm

Participants: 2 per school

Topics:

- Social Media and Mental Health:

The role of social media in shaping mental health, both positively and negatively.

How can students navigate the digital landscape to protect their mental health?

- Peer Support and Mental Health Initiatives:

The importance of peer support systems in schools.

Examples of successful mental health initiatives led by students.

- Innovative Approaches to Mental Health:

Creative solutions and innovations that students have developed or propose to address mental health challenges.

How can schools foster an environment that encourages such innovation?



- Future of Mental Health in Schools:

What do students want to see in the future regarding mental health support in schools?

How can schools and communities collaborate to prioritise mental health?

Key Outcomes:

- Awareness: Increase awareness among students, educators, and parents about the importance of mental health.
- Actionable Insights: Generate practical ideas and solutions that can be implemented in schools.
- Student Empowerment: Empower students to be advocates for mental health in their communities.

Register here for Panel Discussion



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SCHEDULE

Day 1

8:30 am - 9:00 am - Registrations open (Open Auditorium)

9:15 am - 10:30 am - Inaugural ceremony (Bia Auditorium)

10:00 am - 4:00 pm - Stall visiting (Open Auditorium)

11:15 am - 1:00 pm - Yuva Sansad (AV Room)

10:40 am - 11:00 am - Any 2 Teams for Flash Mob (Bia Auditorium)

11:15 am - 01:00 pm - JAM (German Lab)

12:00 pm - 1:30 pm - Utopia Poster Competition (Bia Classroom)

1:15 pm - 2:00 pm - Any 4 Teams for Flash Mob (Open Auditorium)

1:30 pm - 2:15 pm - Lunch Time (Open Auditorium)

2:30 pm - 3:30 pm - Student workshop (Bia Auditorium)



Day 2

8:30 am - Participants need to Assemble(Bia Auditorium)

8:30 am - 10.00 am - Geeta Ma'am's Interactive session (Bia Auditorium)

10:30 am - 12:30 pm - Nukkad Natak (Amphitheatre)

10:15 am - 11:15 am - Any 6 Teams for Flash Mob (Bia Auditorium)

10:00 am - 11:00 am - Parent workshop (Bia Auditorium)

11:30 am - 12:40 pm - Panel Discussion (Bia Auditorium)

1:00 pm - 1:45 pm - Lunch Time (Open Auditorium)

2:30 pm - 3:30 pm - Prize Distribution (Bia Auditorium)

3:30 pm - 5:30 pm - Grand Finale (Bia Auditorium)



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Thank You



[Register here](#)



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