



Bal Bharati

PUBLIC SCHOOL

Sector-21, Noida

TOGETHER TOWARDS TOMORROW

**Adolescent Peer Educators Leadership Program in Life skills,
Mental Health & Wellbeing.**

Batch 6:

Peer Educators: Vaani Gupta , Sangini Verma , Ananya Rajpoot and Ishika Garg

School Counselor: Ms. Philo Maria Alexander

Nodal Teacher: Mrs Anupama Motwani (Vice principal) , Mrs Vidhi Oberoi
(TGT Biology)

Key points for implementation: (Action Plan) Introduction:

In 2017, President Ram Nath Kovind stated that India was facing a “possible mental health epidemic” and asserted the need to provide accessible mental health services by 2022.

Teaching students Life skills helps students not only to overcome major life issues but also helps them sail through the minor problems of their day to day life.

Mental health is a way of describing psychological, social and emotional

wellbeing. Every child needs good mental health to develop well, build strong relationships, adapt to change and deal with life's challenges. We have taken this opportunity to help students grow in all dimensions.

There are three broad areas of focus in Life skills, Mental Health and wellbeing are :

Communication Skills: Being able to communicate effectively is perhaps the most important of all life skills. Good communication skills are essential to allow others and yourself to understand information more accurately and quickly. These include listening, using the correct jargon, body language, confidence and respect.

Social Skills: Cooperation, conflict resolution, empathy, respecting the personal space of others, patience, manners.

Interpersonal Skills: interpersonal skills help students in enhancing their teamwork quality. A positive attitude, having gratitude for others, respect towards school property, school staff, and mutual effort in solving the problem with other team members helps them to learn how to work as a team. This also helps them to develop leadership qualities which helps them in the future while communicating with others, and respect towards national flags and symbols.

Adolescents need to learn the skill of being assertive without aggressiveness.

Objectives :

1. To inculcate essential life skills to develop healthy attitudes and responsible behavior.
2. Identifying their social skills in terms of their ability to making friends, resolving conflicts , respecting friends and showing appreciation.
3. Increasing decision-making skills, which include moral and situational analysis skills
4. Encourage mutual and collective efforts to develop, promote and apply life skills to improve quality of education and learning through interdisciplinary and trans- disciplinary approaches.
5. Learning to talk , accept and manage emotions.

Preparatory Phase :

Tentative dates - 2nd week of September

Venue - Bal Bharati Public School Noida

Participants - Students of class XI Peer educators and Facilitators

Arrangements of other logistics, Equipment's, Modules shared by CBSE Resource Person (PPT) and reading and learning material.

Implementation phase :

Smooth conduct of Training as per plan.

Topics:

Adolescent peer educator's leadership programme in life skills.

Gender sensitivity

Emotional and personal safety

Holistic health and wellbeing.

Code of conduct

Empathy and respect for others

Resilience, mental well-being, self-esteem, social sensitivity.

Better communication skills, enhanced ability, set goals and lead a socially productive life.

Health, Nutrition, hygiene, family bonding.

Self awareness

Dealing with emotions

The impact of the digital world and effective career choices.

Methodology: All three i.e, Academic, Participatory and Demonstrative methodologies will be used in the course training as per plan.

Academic Methodology: Lecture and Class discussion, Storytelling or story reading in the class.

Participatory Methodology: Discussion & Debates.

Demonstrative Methodology: Role Play & PPT (Audio & Visual)

Programme Schedule:

Theme 1: The journey from core life skills to 21st century skills. (MS Asha Verma & Master Monsoon Thakur)

Theme 2: Building Resilience for coping and capacity building. (MS Bhoomika Sharma & MS Bhavna Jindal)

Day 1	Introduction of the members , ice breakers, Introduction of the topic	Interaction. Discussion points: How would this program benefit everyone. “Why we want to have this programme” What do adolescents get from the training and other issues related to the training?	Introduction to Life Skills. 1. Skills and Life Skills 2. What are Life Skills? Types and classifications 3. How do Life Skills act? 4. Acquiring Life Skills: Role of parents, society, media
		LET'S LEARN TO	Vulnerabi

Day 2	Recap of previous Day's work	<p>APPLY LIFE SKILLS FOR ADOLESCENT WELL BEING.</p> <p>KNOWING AND APPRECIATING MYSELF (SELF ESTEEM + SELF CONCEPT)</p>	<p>lity of Adolesce nts:</p> <ol style="list-style-type: none"> 1. Unde rstanding adolescenc e and Adolescent s: 2. Adolesce nce: Developmenta l Issues and their impact.
Day 3	Recap of previous Day's work	<p>CHARM AND CHALLENGES OF ADOLESCENCE "</p> <p>BUILDING RESILIENCE" WITH 21ST CENTURY SKILLS</p>	<p>Teaching students the right approach to deal with issues. Hands on skill teaching,</p>
Day 4	Recap of previous Day's work	<p>KEY MESSAGES - PEER EDUCATORS LEARNING</p>	<p>Inclusivity in school premises and outside, giving opportunity to all</p>

		FAQS	<p>students.</p> <p>Providing aids to students with special needs not only by the counselor and special educators but by each and every teacher, staff and students.</p>
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Outcome of the 4 Days Life Skills Education Training Programme:

- The participants will get updated information on some of the cross-cutting issues to be covered during the training programme.
- The participants will get familiar with each other and are able to identify their personal roles as Peer Educators.
- The participants will understand the modalities of acquiring 10 core life skills techniques for shaping their life.

Thank you for the opportunity to be a part of this valuable program. In particular, all the topics were of utmost importance and appealing, and will be using that as the standard for viewing other programs in school. We will continue to work on these topics.

"Agriculture is for living; mind culture is for life. Skills are for shaping

material things so that they cater more for the comfort of man; studies are for shaping attitudes, feelings, desires, emotions and impulses of man, so that they may confer more peace, more joy and more fortitude on man."

- Sathya Sai Baba

