

## REPORT

DATE-23.04.2022

CBSE organized **Adolescent Peer Educators Leadership Program in Life Skills, Holistic Health & Wellbeing**. This training was conducted on the virtual platform. We were part of group number 26 for the program. Ms Sangeeta Nain and Mr Vijay Rajeshwari attended the session along with 4 peer educators – Atishay Jain (X S), Chaitrika (X M), Hritambhara Kumar (XII L) and Khushi Tyagi (XII S). Total duration of training program is 8 Hours spread over 4 days-18th, 19th, 21st & 22nd April (Mon, Tue, Thus & Fri), Timings 03:00pm-05:00pm. The virtual platform the webinar was Webex. The resource persons were Ms Geeta Mehrotra and Dr Jitender Nagpal, there were different facilitators for the different themes.

The overall aim for the training was to empower the peer leaders into Master Trainers. The idea is - developing core life skills to the journey of embellishing 21st century skills, the schooling years should help in building resilience, mental wellbeing and multifaceted well-rounded personality of students. The life skills education paradigm helps in evolving aware, responsible and empowered citizens of the country.

The program was divided into four modules with two themes in each module, so there were total of 8 themes. The various themes were-

- A. Introduction - The journey from core life skills to 21st century skills
- B. Building resilience for coping and capacity building
- C. Growing up healthy, importance of nutrition and hygiene
- D. Family bonding and caring communication-emerging paradigm
- E. Healthy expression of emotions, dealing with anger, loss and sadness
- F. Developing healthy interpersonal relationships-mobilizing peer support
- G. Empowering self for the digital world and prevention of allied high-risk behaviors
- H. Making effective career choices - integrating the Life skills approach

### **DAY I**

Theme 1: INTRODUCTION: The journey from core life skills to 21st century skills

Theme 2 : Building Resilience for coping and capacity building, Activities to be conducted in session demo

The adolescence was discussed at length so as to make the peer educators understand the various changes during this period and identify the challenges and strategies to cope with the same. The life skills were introduced as the savior during the period making the adolescents confident and adaptable and happy.

Resilience was talked about and elaborated through power point presentations and case studies.

### **DAY II**

Theme 3: Growing up healthy, importance of nutrition and hygiene

Theme 4: Family bonding and caring communication- emerging paradigm

During these themes the importance of healthy food and nutrition was discussed. The teacher was just a facilitator and the peer leaders were taking the lead in the discussion. Data was shared to explain the importance of nutrients and case studies were discussed.

In theme -4 the peer leaders were made to discuss their understanding of family and then the various values important for a family were discussed. They were shown a video related to a conflict in the family and its resolution.

### **DAY III**

Theme 5: Healthy expression of emotions

Theme 4: Developing Healthy Interpersonal Relationships

The various emotions and coping with them were discussed through ppt, activities, case studies, role plays and brainstorming sessions.

Defining of healthy relationship was discussed, peer leaders were explained the ways to develop healthy interpersonal relationships with peers and others. Peer pressure was discussed in detail.

### **DAY IV**

Theme 7- Empowering self for the digital world and prevention of allied high risk behaviour.

Theme 8- Working effective career choices and integrating the key 21<sup>st</sup> century skills.

The cyber security was discussed in detail with explaining of different types of threats. Students were apprised with the different ways to tackle a cyber related issue.

Career and Job were discussed. Students were provided career related guidance. They were shown videos and case studies were discussed for the same.

The beauty of all the themes was that each theme was related to life skills at last, this was to help the peer leaders relate the life skills in every situation in life so that they are Solution focused and not Problem focused.

Dr Nagpal informed everyone that 23 April is going to be Officially Launched as **World Infant, Child and Adolescent Mental Health Day.**

### **Take Away-**

- Enjoyable experience by peer leaders of our school.
- Learned the techniques of facilitating the activities in the training.
- Use of Role plays and videos for effective understanding of life skills.

## **Plan of Action-**

- **Life Skills Club/ Peer Educators club in Vidyalaya**
- **Identification of more peer educators**
- **Proposed plan of sessions to be carried in Vidyalaya**

S No	Activity	Classes	Day
1	Life Skills	VIII-XII	Wednesday / Friday
2	Building Resilience	VIII-XII	Wednesday / Friday
3	Eating Habits	VIII-XII	Wednesday / Friday
4	Emotions	VIII-XII	Wednesday / Friday
5	Family Bonding and Relationships	VIII-XII	Wednesday / Friday
6	Peer Pressure	VIII-XII	Wednesday / Friday

Submitted By- Sangeeta Nain and Mr Vijay Maheshwari

