



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Education, Govt. of India)



CBSE/M&PR/Counseling/Annual Summit/2024

Date: 20.11.2024

Circular

All the Heads of Schools/Institutions
affiliated to CBSE

**Subject: National Adolescent Summit 2024 on Life Skills, Mental Health, Safety & Wellbeing
(20th to 21st December 2024) at National Bal Bhawan, New Delhi – reg**

Dear Principals,

The development of life skills and well-being among adolescents is critical in shaping their future as responsible and empowered individuals. Schools are uniquely positioned to provide the guidance and tools necessary to support students in making thoughtful decisions, building healthy relationships, and navigating challenges with resilience. By fostering life skills, mental health awareness, and a safe learning environment, we empower students to become confident, compassionate, and socially conscious leaders.

To continue this momentum, we are pleased to announce the **National Adolescent Summit 2024 on Life Skills, Mental Health, Safety & Well-being**, organized for CBSE-affiliated schools. This summit will provide a national platform for students and educators to exchange ideas, learn from best practices, and engage in creative dialogue about crucial topics such as health, well-being, gender sensitivity, and socio-cultural harmony.

Event Details:

- **Dates:** 20th - 21st December 2024 (2-day program)
- **Venue:** National Bal Bhawan, Kotla Marg, IP Estate (Near ITO) Delhi, 110002
- **Timings:** 8:00 AM - 4:00 PM (daily)

Objectives:

The summit's outcomes align with NEP 2020 vision, aiming to create an inclusive environment that equips students with lifelong skills for everyday challenges with focus on :-

- Promoting direct dialogue between schools to establish sustainable life skills and well-being programs nationwide.
- Enhancing student development by sharing best practices in adolescent life skills, mental health, safety and well-being.
- Addressing current issues faced by adolescents through counseling initiatives.
- Integrating counseling, safety and general health into school ecosystem.
- Strengthening collaboration between schools and families to foster positive mental health.
- Supporting students' psycho-social needs and nurturing them as young leaders and ambassadors for life skills and well-being

Events:

1. **HEALTH AND WELLNESS EXHIBITION:** National School Health and Wellness Exhibition where student delegates will display their innovative ideas and engage in lively discussions about health and well-being.
2. **YUVA SANSAD:** National Adolescent Well-being Parliament.



"शिक्षा केन्द्र", 2, सामुदायिक केन्द्र, प्रीत विहार, दिल्ली-110092
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3. UTSAV:

- KALAKRITI:** A theme-based painting competition where students can creatively express their stories through unique ideas and vibrant colours.
 - ELOQUENCE:** Young Orators Championship, showcasing debating, eloquence and passion.
 - TARANG:** Reflecting the elegance of Indian Classical Dance, a celebration of culture and artistry.
 - PATHSHALA NUKKAD KI:** A theatrical journey exploring contemporary themes.
- MANOVIRTI:** Screening of theme-based short films crafted by students, showcasing their unique perspectives and creativity.
 - SAMVEDNA:** Inspiring session where luminaries from diverse fields will engage with student peer educators, sharing insights and fostering mentorship.
 - Q-SMART:** Testing knowledge and wit at the National Health & Wellness Quiz, where fun meets learning in an energizing competition!

Capacity Building workshops for Counselors/wellness teachers will be a part of the summit.

Further highlights/event guidelines of the Adolescent Summit shall be shared to the registered participants.

Number of participants per school:

1. Four Students (School may nominate students from classes IX-XII).
2. One Teacher (School Counselor/Wellness Teacher/Nodal Teacher).

Registration:

- Schools are advised to register 4 Students + 1 Teacher (maximum five delegates).
- Only online applications for participation will be accepted.
- There is no registration fee for participating in the event. Teams must make necessary arrangements for their travel, meal/lodging and boarding.
- The last date for registration is **30 November 2024 (Saturday)**.
- Register online at the link <https://forms.gle/BMBp78MJM4ciTFEWA>

Note: As there are limited seats, registrations will be on a first come first served basis.

The schools are encouraged to submit a 1000-word write-up, accompanied by relevant photographs and video clips (if available), showcasing exemplary practices in fostering life skills, mental health, counseling, and well-being within their institution through email at cbse.counseling@gmail.com

For any queries, please send an email to cbseadolescentsummit24@gmail.com

With best wishes

(Himanshu Gupta)
Secretary



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Copy to the respective Heads of Schools, Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklaya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odhisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521456
13. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
14. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
15. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
16. The State Project Director, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Nayapalli, P.O. Sainik School, Bhubaneswar, District- Khorda, Odisha-751005
17. DS to the Chairperson, CBSE
18. All the Directors/ Controller of Examinations/ HODs, CBSE
19. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
20. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
21. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
22. Joint Secretary (IT Unit) with the request to upload this circular on the CBSE Website

Secretary



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