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## Press Release

### CBSE Hosts National Adolescent Summit 2024: Celebrating Empowerment and Well-being

New Delhi, December 21, 2024: The Central Board of Secondary Education (CBSE) successfully organized the National Adolescent Summit 2024 on December 20-21 at the National Bal Bhawan, New Delhi. Themed "**Life Skills, Mental Health, Safety, and Well-being**," the two-day event brought together over 850 participants from India and abroad, fostering dialogue and collaboration on critical adolescent issues. Aligned with the vision of the National Education Policy (NEP) 2020, the summit provided a platform to empower students and educators, promoting holistic development.

The summit was inaugurated on 20 December 2024 by Shri Rahul Singh, Chairman CBSE, who emphasized the transformative role of adolescence and the importance of education that transcends textbooks and classrooms. In his address, he highlighted the need to nurture self-awareness and societal contributions through extracurricular activities, urging students to actively participate in the summit's activities and let their talents and voices shine.

Shri Himanshu Gupta, Secretary CBSE, acknowledged the growing challenges faced by students in the modern era, including information overload and changing family dynamics. He underscored the importance of robust counseling mechanisms in schools to address mental health concerns and create inclusive learning environments.

### Highlights of the Summit

The event featured a vibrant **Health and Wellness Exhibition** alongside several engaging activities designed to empower students and showcase their creativity:

#### 1. Health and Wellness Exhibition:

A display of 120 innovative projects promoting health and well-being, submitted by schools across India.

#### 2. Yuva Sansad:

A dynamic adolescent well-being parliament with 70 young participants discussing pressing youth issues.

#### 3. UTSAV:

- **Kalakriti:** A theme-based on-the-spot painting competition celebrating creativity and storytelling through art, with 110 entries.
- **Eloquence:** The Young Orators Championship spotlighting debating skills and passion, which attracted so many participants that schools were paired together.



- **Tarang:** A celebration of Indian classical dance, featuring an astounding 90 solo performances.
  - **Pathshala Nukkad Ki:** A theatrical journey exploring contemporary themes.
4. **Manovriti:**  
Screenings of 50 short films by students, highlighting their unique perspectives and creativity.
  5. **Samvedna:**  
Inspiring sessions where luminaries from diverse fields mentored and engaged with student peer educators.
  6. **Q-Smart:**  
The National Health & Wellness Quiz tested knowledge and wit in an energizing competition, which required multiple sessions due to overwhelming interest.

The summit also included panel discussions on student issues, workshops for counselors and wellness teachers, and special interactive sessions.

## Valedictory Ceremony

The summit concluded with a valedictory ceremony on December 21, 2024, featuring Shri Rajat Sharma, Chairman and Editor-in-Chief of India TV, as the special guest. In his address, Shri Sharma emphasized the need to combat misinformation and cybercrimes, highlighting the importance of ethical media practices and critical thinking among youth. His interactive Q&A session provided valuable insights into adolescent challenges and underscored the significance of initiatives like the Prime Minister's **Pariksha Pe Charcha**.

Winners of various competitions were awarded medals and certificates, celebrating their outstanding contributions and achievements during the summit.

## A Commitment to Well-being

The event concluded with a collective pledge by participants to prioritize student well-being, strengthen mental health initiatives, and promote inclusive school ecosystems. CBSE reaffirmed its commitment to empowering students through innovative programs, comprehensive counseling mechanisms, and collaborative efforts with families and communities.

Secretary, CBSE