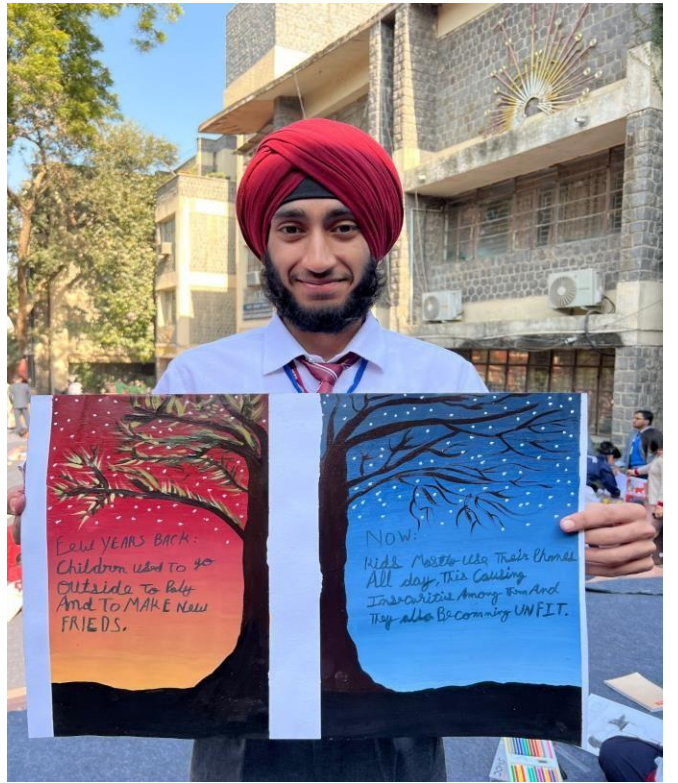


JASPAL KAUR PUBLIC SCHOOL
CBSE ADOLESCENT SUMMIT REPORT

With the aim of ensuring integration of school safety, mental health, nutrition, and general health concerns within the Comprehensive School Health Curriculum along with contemporary gender issues, the students of JKPS participated in The Adolescent Summit on Life Skills, Mental Health, Safety and Well-Being 2022 for schools organized by CBSE in collaboration with Expressions India from 15 December 2022-17 December 2022 at National Bal Bhavan. The main Aim of the summit was to bring together a large number of schools to have a face-to-face dialogue through different events establishing good models of promoting the life skills and well-being paradigm in schools across the country. The core focus was kept on emerging best practices of Skills based on Adolescent Life Skills, Mental Health, Safety, and Well-being in Schools. The workshop also threw light on strengthening integrated community involvement and family partnership and also voiced the students' health and psychosocial needs and fostered effective Young Leadership as Life Skills and Wellbeing Ambassadors. All this was achieved through a series of events including an exhibition on best practices in Life Skills, School Health, and Well Being by participating schools and a variety of Competitions on Thematic Painting, Rhetoric–Young Orators enthusiasts, Solo Indian Classical Dance, Nukkad Naatak, Yuva Sansad- The adolescent mental well-being parliament, and Manovriti -Screening of Theme based Short Films by Students. This workshop indeed was an enriching and an insightful experience for our young enthusiasts.





My experience at THE YOUTH PARLIAMENT

I, Bisman kaur am obliged to talk about this because I was the only person who was representing my school in Yuva Sansad - The Youth Parliament. Honestly, this was the most fruitful event of which I have been a part.

I met children from different states and got to know about our diverse cultures which was a wholesome experience.

All thanks to ASHA MA 'AM and RITANSHA MA 'AM for finding me capable to do this.

Bisman kaur

I would like to express my gratitude for having the golden opportunity to be a part of cbse competitions in National Bal Bhavan held from 15-17th December 2022. It was a wonderful experience just being there experiencing various talents exhibited by us Jaspalians and the various other students from across the country. I was a part of the rhetorics as well as street play competition. Both went well and definitely helped me grow better. The arrangements were very well done, for students to showcase their qualities. I learnt alot of things, felt great to be performing on stage,learnt how I can develop my personality further from other performances, also got in touch with a few other students and teachers. It was a great exposure and I would love to be a part of such competitions ahead.

Yashika Ashra

I'm Ishmeet Singh of Jaspal Kaur public school and I went to the CBSE Adolescent summit on life skills, Mental health, safety, and well-being-2022 I participated in the national school health and wellbeing exhibition and utopia- thematic painting competition. It was a great competition everything went well the topic for the painting was "changes in the life of adolescence" I tried my best to show my thoughts on this topic through a painting but unfortunately I didn't win the competition. But it was a nice experience I got to compete with one of the best Artists I got to learn many things and the exhibition went great I enjoyed it a lot and it was a privilege that I got to participate in this competition I learned many things and I'm also looking forward to participating in this competition once again to show my skills and talent.

Ishmeet Singh

I would like to express my gratitude for having the golden opportunity to be a part of CBSE competition in National Bal Bhavan held on 16th December 2022. It was a wonderful experience just being there experiencing various talents exhibited by us JASPALIANS and the various other students from across the country. I was a part of the SUR SANGAM – SOLO INDIAN CLASSICAL DANCE as well as STREET PLAY competition. Both went well and definitely helped me grow better. The arrangements were very well done, for students to showcase their qualities. I learnt alot of things, felt great to be performing on stage it gave me self confidence and a boost up to perform more ahead , learnt how I can develop my personality further from other performances, also got in touch with a few other students and teachers. It was a great exposure and I would love to be a part of such competitions ahead.

Anishka Gulati