



## CBSE launches Adolescents Peer Educators Leadership Program in Life Skills, Holistic Health and Wellbeing

**Press Release**

**24<sup>th</sup> November 2021**

The Central Board of Secondary Education in the backdrop of National Education Policy 2020 aims to empower the learners and peer educators as stake holders of school health, safety and wellbeing.

The online launch of the '**Adolescent Peer Educators Leadership Program in Life Skills, Holistic Health and Wellbeing**' was held on 23<sup>rd</sup> November 2021 in the presence of Shri Manoj Ahuja, Chairman CBSE (Chief Guest), Dr. Joseph Emmanuel, Director (Academics) CBSE (Guest of honour) and Dr. Jitendra Nagpal (Program Director, Expressions India). Peer Educators from various school expressed their views and supported the programme.

The programme is relevant especially when COVID - 19 pandemic has impacted the psychosocial well-being of children and adolescents across the country. The envisioned outcomes include positive impact on the holistic development and upgrading from core life skills to 21st century skills. This will further amplify in building their resilience, mental wellbeing, self-esteem, social sensitivity, better communication skills, enhanced ability, set goals and lead a socially productive life.

More than 2600 CBSE schools across the country are enrolled for the initial phase of online orientation programmes. The ongoing training program is divided into batches with 8-hour training sessions spread over 4 days. Two school counsellors/ wellness teacher / nodal teachers and 4 peer educators are being trained on 4 modules and 8 themes like building resilience, nutrition, hygiene, family bonding, dealing with emotions, impact of digital world and effective career choices. Transaction of knowledge, skills and attitude is



being done for making the youth aware, responsible and empowered. The themes shall go on evolving as suggestions come from peer educators and good practices are shared across the country.

In this journey to make Sashakt Bharat and empower students with life skills as role models of tomorrow, a dedicated web page on the CBSE website shall carry advisory, practical tips, posters, videos, FAQs, and online interactive platform for various aspects of life skills, mental health, and wellbeing. Orientation modules will also be included in this. This would further serve as an Interactive Chat-Line Platform for contact, guidance, and life skills for 21st century learners. Short films from students all over the country and short modules on various aspects of psychosocial and allied healthy behaviour in minimizing risks in children and adolescents shall be added. Peer Educators shall also be given the opportunity to showcase their talent in the Young Film Maker's Festival.

**Team CBSE**