

CBSE Regional Level Adolescent Summit at the Day College, Indore– September 2023

This summit organized by the Indore Sahodaya Schools Complex brought together nearly 400 principals, 160 teachers and 500 students from different CBSE schools of Indore. This event served as an exemplary showcase of teamwork and collaboration of the Indore Sahodaya Schools Complex, providing an opportunity for participating schools to learn, share, and grow together. This substantial participation underscored the importance of collaborative initiatives within the educational community.

Day 1 (September 12, 2023):

The inaugural day of the summit began with a goosebump-inducing school prayer, setting a solemn and reflective tone. This was followed by a captivating dance drama performance, which left the audience spellbound. Impressively, more than 85 schools enthusiastically participated in this event, a testament to its significance.

One of the standout moments of the day was the awe-inspiring flag march, which kicked off the proceedings in a truly spectacular fashion, evoking a sense of unity and pride.

The highlight of Day 1 was the distinguished presence of the Chief Guest, Dr. Joseph Emmanuel, Director of CBSE Academics, who delivered an inspiring address to the attendees.

Following Dr. Emmanuel's address, nearly 500 students representing various schools were regrouped into a diverse range of engaging activities. These activities were facilitated under the able leadership of Dr Jitendra Nagpal, Director-Expressions India along with the following resource persons:

- Mrs. Geeta Mehrotra
- Mrs. Ila Sinha
- Mr. Garv Jani

The activities included:

1. Quizzard: First Round of quiz, knowledge-based competition featuring the from various schools.
2. Nukkad Natak: Three groups, each comprising approximately 20 students, prepared thought-provoking street plays on the topic of mental health.

3. Crafts: Students explored their creativity through activities such as embroidery, wood carving, and pottery.
4. Rhetorics: Rhetoric sessions provided a platform for students to engage in persuasive and intellectual discussions.
5. Musicals: Musical performances in both Hindustani and Western styles added an artistic dimension to the day.

Meanwhile, the esteemed figures Dr. Joseph Emmanuel, Director of Academics, CBSE along with Dr. Biswajit Saha (Director of Skill Education at CBSE), Dr. Arunima Mazumdar (Joint Secretary Academics), Dr. Rajesh Gupta (COE Bhopal), Mrs. Isabel Swamy (Chairperson ISSC & Principal - St. Mary Champion H.S. School), Mrs. Poonam Shekhawat (Secretary ISSC & Principal - Catalyst World School) and Mrs. Gunmeet Bindra (Principal-Daly College) inaugurated an exhibition focused on life skills and mental health, underlining the importance of these areas in adolescent development.

Post-lunch, the summit featured a concluding session led by Professor Anil Srinivasan, emphasizing the therapeutic role of music and its connection to improved mental health, ultimately leading to a happy and healthy life.

Day 2 (September 13, 2023):

Day 2 of the summit was inaugurated by Mrs. Arunima Mazumdar, joined by Dr. Jitendra Nagpal, Program Director from Expressions India.

The day began with a Quizzard competition, featuring the top 20 students who had qualified in the written round from various schools. This event tested their knowledge and critical thinking skills.

Following this, three groups, each comprising around 20 students, presented Nukkad Natak performances centered around the critical theme of mental health. These creative expressions allowed students to address this important issue in an impactful manner.

Additionally, two panels of rhetoric sessions were staged, providing students with a platform for engaging in thoughtful and persuasive discussions on relevant topics.

A highlight of Day 2 was the Yuva Sansad (Youth Parliament) session, where various ministries like the Ministry of Finance, Ministry of Education, Ministry of Information Technology, Ministry

of Social Justice & Women Empowerment, Ministry of Health & Family Welfare and the student press representatives stole the show. This interactive session allowed students to immerse themselves in governance and public affairs, showcasing their leadership and decision-making abilities.

The day was further enriched by melodious musical performances, which captivated the audience and added an artistic touch to the summit.

Day 2 concluded with a valedictory ceremony in the esteemed presence of Dr. Joseph Emmanuel, during which students from various schools presented reflections on their experiences throughout the event. This provided a valuable opportunity for participants to share their insights and takeaways.

In summary, the G20 Adolescent Summit on Life Skills, Mental Health, and Well-Being organized by the Indore Sahodaya Schools Complex was a resounding success. It provided a comprehensive platform for students and educators to engage in meaningful activities, discussions, and reflections, fostering a deeper understanding of the importance of mental health and life skills in the lives of adolescents.

We express our heartfelt gratitude to the CBSE for its invaluable support and participation in this event, which played a pivotal role in its success. We firmly believe that such initiatives are instrumental in nurturing the holistic development of our youth and preparing them for the 21st Century Skills like collaborative learning, critical thinking, creativity, communication skills, and balance of social and emotional skills in life.