



# 3<sup>rd</sup> INTERNATIONAL LIFE SKILLS, VALUES, GENDER, SCHOOL HEALTH & WELLBEING SUMMIT 2014

## Guidelines for Key Events at the Regional Summit Centers

### A- The Competitions

#### A. *Global School Health Exhibition*

**No. of participants:** Max 3 students per school

**Time:** 9 am to 5 pm

- All participating schools will be allotted an exhibition stall on Day 1 of the program to display the creative expressions related to the **work being done by your school in promoting the key areas of Co-Scholastics viz: life skills, attitudes, values, gender, health and wellbeing, physical education and other allied areas like child rights, peer mentoring, positive parenting etc.** All the key areas of comprehensive school health promotion (CSHP) may be kept in mind.
- The Stall will be available to the schools from 9:00 am to 5:00 pm at the venue. The school can reach as early as 8:15 am at the venue to take charge and start setting and decorating the display material in their stalls. They have to wind up their exhibits by 5:00 pm.
- Size of the stall shall be about 2x2 meters made up of 2 tables. 2 chairs will be provided. School can get their own standing boards.
- Please bring your creative material like posters, paintings, collage, charts, artistic works, pictures, danglers, flex prints, models to display and craft kit which consists of scotch tape, double sided tape, pins, markers, reel of thread, stapler etc. to stick and hang the exhibits. (Use of nail hammer, and display outside the stall/ beyond the table is not allowed).
- Please note, no electronic presentation will be entertained (through projectors, speakers, etc) in the stall.
- Do contact your regional centre for any discussion/ clarification on the details of infrastructure available at the exhibition/ stall site.

#### B. *On the Spot Poster Making / Painting*

**No. of participants:** Max 1 student per school.

**Time:** 2 hours

- Each participant will be provided a drawing sheet on arrival at the venue. All the topics will be based on the issues, concerns and challenges related to the key theme of the summit- life skills, attitudes, values, gender, health and wellbeing, physical education and other allied areas like child rights, peer mentoring, positive parenting.
- Painting colors, brushes, pencils, erasers, crayons and other related accessories will be brought by the participant. **Topic will be announced on the spot.**



### C. *Theme Songs on Gender and Values*

**No. of participants:** Solo or chorus (2-3 students)

**Time:** 2½ - 3 minutes

- Theme song on Gender and Values can be in Hindi or English.
- Students can bring their recorded background music in a CD or DVD.
- In case of live performance, students are supposed to carry their instruments or CD for background music.
- Lyrics/script and music of the theme song should be original.
- Judgment will be based on the composition, content, meaning and general impression/presentation.

### D. *Create a Thematic Jingle (Advertisement)*

**No. of participants:** 3-4 students.

**Time:** 1 ½ minutes

- In today's world we all know that advertising media has a significant impact on perception. This event will explore the brilliance of adolescents as key agents of social change with reference to themes given below. If required, team can carry musical instruments to support their performance.

Themes	
Save the girl child..... save our society	Diversity of India - My Pride
HIV / AIDS	Youth and the Impact of Media
Stop this war – The Scourge of Drugs!	Foeticide
Say No to Bullying	Nutrition
Inclusive Education	Sanitation
Let us unite for peace and harmony	Gender Sensitive Society
Mental Health & Adolescent Issues	Positive Parenting and Family Life Education

### E. *The Wellness Elocution*

**No. of participants:** 1 student per school.

**Time:** 2 minutes (90 sec. 1<sup>st</sup> bell + 30sec.)

**The topic shall be picked up from the 'Topic box' at the venue. For familiarization, the list is as follows:**

1. Thought is the mind, knowledge the sail and body the vessel- Lets walk it together.
2. Youth today is moving towards uniformity not unity - diluting mental and physical health.
3. Anger in Youth today is the scourge of our progressive times.
4. The present day world sings fair is foul and foul is fair– malpractices risk to nation's health.
5. Some rise by sin and some by virtue fall – stumbling blocks in pursuance of health & wellbeing.



6. One can't play symphony alone, it takes an orchestra to play it – Holistic efforts can ensure wellbeing.
7. Bullying is a menace and must be curbed.
8. Education is the expressive language for soul and body to nurture a healthy individual.
9. We are what we make others to see- a transparent move to achieve one's well being.
10. To win one should have talent and desire but desire is first.
11. 'Every true genius is at first a fool' – A healthy idea!
12. Absolute Power corrupts absolutely and bankrupts personal wellbeing.
13. Life Skills in schools for lifelong learning modernity vs. traditional thought – A fine confluence of attitudes & values.
14. Are teens today pressure cooked –questioning nation's health?
15. Celebrating elements of life– the dimensions of health, spirituality.
16. Democracy in present political scenario—for the people, of the people, by the people endangering nation's health.
17. Emergence of science, spirituality and wellbeing – A stitch in time.
18. Healthy Schools – Healthy India – A dream to realize.
19. Celebrate the nation with empowerment of the girl child.
20. Media – the double edged sword for our times – A question of wellbeing.

### *F. The Adolescent Whiz-Quiz*

**No. of participants:** 2 students per school

**Time:** 2 hours

The global school health quiz is envisaged as an initial preliminary round of 100 MCQs given to each school team (two participants). The subject matter would cover the spectrum of common health and wellbeing issues across the life span. Focus would be on contemporary concerns related to health education themes and health promotion. Student's common understanding of adolescent concerns and issues may be kept in mind. 4 teams will be shortlisted for the final stage round.



## B- The Co-scholastic Festival

### A. *The National Youth Health Parliament*

**No. of participants:** 3-4 students per school

**Time:** 2 ½ hours

The Youth Parliament will involve interface of the students on health education and promotion, life skills, the culture of wellness, child health and nutrition status, mental health and behavioral issues, gender and child rights education, prevention of high risk behaviors in schools and other related topics or National issues deemed important by the students. Policy, programs and recommendations shall be prepared in the form of a Students' Charter. The moderation of the youth parliament shall be carried out by the organizing team of the Regional Summit Center.

### B. *Hands on workshops for participating students and teachers*

- ❖ **Adolescent Peer Educators' Leadership orientation in Life Skills, Gender, Values and Wellbeing**

**No. of participants:** All students

**Time:** 3 hours

In the past few years, Life Skills & Values Education has gained global evidence of developing psychosocial competencies and interpersonal skills in school going children. The paradigm involves making informed choices, building healthy relationships and empowering young lives. Keeping in step with the educational reforms that redefine the co-scholastic aspects of child development, the session will be facilitated by experts in life skills education to facilitate the students' march towards awareness, responsibility and empowerment as peer educators. This session will involve Lecture, Brainstorming, Role Plays, videos.

- ❖ **Teacher/counselors Leadership for Inclusive Practices and Health Promoting Schools of India**

**No. of participants:** All teachers

**Time:** 3 hours

Education holds the power to transform fortunes within the human lifespan. While schools have an unprecedented opportunity to improve the lives of young people, it is becoming increasingly important for a school to provide services for overall child development including psychosocial well being and remedial education for special needs. **Education is progressively seen with an inclusive perspective, symbolizing a strong emphasis on integrated classrooms.**

The participating teachers will be oriented to the common behavioral and learning problems in the classroom to enhance their awareness and improve the knowledge base, skills and basic intervention strategies.



### *C. Adolescent Peer Educators' Leadership orientation in Life Skills, Gender, Values and Wellbeing - Guidelines for school implementation*

**No. of participants:** All teachers & students

**Time:** 1 hour

Students will give a feedback about the activities conducted for enhancement of life-skills in the previous session for the benefit of teachers. As a group, they will discuss how they would implement the program in their schools. They will discuss the challenges that they anticipate and how they would resolve them.

### *D. Theatre / Short Films analysis and its utility in education*

**No. of participants:** All teachers & students

**Time:** 1 hour

Selected Short films made by CBSE students from the earlier International Young Film Maker Festivals (IYFMF 2010 - 2013) will be screened and analyzed by the students & teacher using focused group discussions.

**Note:**

1. Students from 9<sup>th</sup> to 12<sup>th</sup> standard can participate in the event.
2. All participating students should be in their school uniform.