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• Health Services • Life Skills Education • Healthy School Environment



The National Life Skills, Values Education & School Wellness Program

Healthy Schools Healthy India

Education is not preparation for life...
Education is life itself

- John Dewey

Submission Guidelines

- All submissions should follow the APA 7th Edition style
 - All submissions should have an abstract summarizing the main points.
 - The submission should have a clear and informative title
 - The submission should be original and should not be in the process of consideration by any other publication at the same time.
 - The submission should have rigorous and reliable information and provide a deeper level of understanding.
 - Submissions should be engaging and accessible to non-expert readers as well.
 - Submission emails must contain an inline declaration stating that the research work is the author's original work and has not been submitted elsewhere for publication.
 - Initial acceptance of any submission does not guarantee publication. The editorial board shall do the final selection.
 - If necessary, the editors may edit the manuscript in order to maintain uniformity of presentation and to enhance readability.
3. Case Reports: These should contain reports of new/interesting/rare cases of clinical significance or with implications for management. The word limit is 1500 words and an abstract of not more than 150 words.
 4. Review Articles: These are systemic and critical assessments of the literature which will be invited. Review articles should include an abstract of not more than 250 words describing the purpose of the review, collection and analysis of data, with the main conclusions. The word limit is 5000 words excluding references and abstract.
 5. Grand Rounds in child psychiatry or psychopathology (Case Conference): This should highlight one or more of the following: diagnostic processes and discussion, therapeutic difficulties, learning process or content/technique of training. This may be authored by an individual or a team, and may be an actual case conference from an academic department or a simulated one. The word limit is 1500 words.
 6. Viewpoint: These should be experience-based views and opinions on debatable or controversial issues that affect the profession. The author should have sufficient, credible experience on the subject. The word limit is 3000 words.

Types of Manuscripts and Word Limits

1. Original Research Papers: These should only include original findings from high-quality research studies. The word limit is 5000 excluding references and an abstract (structured format) of not more than 250 words.
2. Brief Research Communication: These manuscripts should contain short reports of original studies or evaluations and service-oriented research which points towards a potential area of scientific research or unique first-time reports. The word limit is 1500 words and an abstract (structured format) of not more than 150 words.
7. Commentaries: These papers should address important topics, which may be either multiple or linked to a specific article. The word limit is 3000 words with 1 table/figure.
8. Literary child Psychology/ Developmental studies/ Psychiatry/ Disability studies/ Education for mental health: Original Contributions are welcome which cover both literature as well as mental health. These can be in the field of poetry, drama, fiction, reviews or any other suitable material. The word limit is 2000 words.

9. **My Voice:** In this section multiple perspectives are provided by patients, caregivers and paraprofessionals. It should encompass how it feels to face a difficult diagnosis and what this does to relationships and the quality of life. Personal narratives, if used in this section, should have relevance to general applications or policies. The word limit is 1000 words.
10. **Book/ Movie reviews:** Reviews of books or movies relevant to school mental health and wellbeing may also be submitted. The word limit is 1000 words.
11. **Announcements:** Information regarding conferences, meetings, courses, awards and other items likely to be of interest to readers should be submitted with the name and address of the person from whom additional information can be obtained (up to 100 words).

Faculty members are invited to be the guest editors of the journal on a theme relevant to school health and wellbeing.

The Manuscripts for publication in the peer-reviewed and refereed Indian Journal of School Health and Wellbeing (IJSHW) are to be submitted via e-mail to journal@expressionsindia.org along with a copy of the email to the editor.

Dr. Jitendra Nagpal – MD, DNB

Program Director “Expressions India”-

The National Life Skills, Values Education & School Wellness Program

Sr. Consultant Psychiatrist & Incharge

Instt. of Child Development & Adolescent Wellbeing Moolchand Medcity, New Delhi

Web: www.expressionsindia.org

Email: contactexpressions.india@gmail.com. expressionsindia2005@gmail.com

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Expressions India
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Message from the Editor

Adolescence has been considered the period of ‘storm and stress’. Although this storm and stress is used with reference to the turmoil adolescents are likely to experience during this life stage, nevertheless for the parents, parenting adolescents also brings with it, sets of stressful ‘encounters’. This edition of the Journal brings parenting adolescents to the fore. The articles bead together in a thread, different issues and concerns that parents and adolescents face during this life stage. This edition, against the backdrop of the challenges faced by adolescents, brings to focus the hues of parenting adolescents. Through the plethora of articles, the edition highlights that the experiences of adolescents are varied on account of varied locations where adolescence is likely to be experienced rather differently. While urban adolescents are likely to struggle with a unique set of concerns, parallelly rural adolescents may face certain issues that may arise due to their social-cultural contexts. Nevertheless, there are certain givens that bind urban and rural adolescents alike, as common characteristics of adolescence as a life stage make them experience similar challenges. While changing world scenario exposes adolescents to new sets of socializing agents such as media and in particular to social media and its demands, it also changes their life aspirations. These are often in conflict with the existing value system held by their parents. They may oppose, give way for such aspirations within the limits and boundaries set by themselves and the society at large. While elaborating the changing nature of families that adolescents live in, it becomes imperative to articulate challenges of single parenthood. This gives a characteristic flavor to parent-adolescent relationship. How these make an impact on the quality of parent-adolescent relationships have been talked about. Again, the conflicts arising out of these life-situations and how each one, the parent and the adolescents deal with these, both individually as well as a dyad helps adolescents and parents make choices for way. The edition focuses the role of parents in guiding adolescents navigate through their decisions, sensible engagements with the media and so forth. The role of parents in being the type of models that their adolescent children can look upto, imitate and follow becomes critical. Whether it is in establishing a larger socio-political world view or problem-solving at a personal level, what parents say and do hold immense value for adolescents. The maturity with which parents realize the changing demands of parent-adolescent relationship and thereby introspect and retune this relationship in accordance with the same, leaves a lasting impact on adolescents. It paves way for them to deal with the changing world-scenario both from outside and within and live a physically and mentally healthier lives thereafter. How these make an impact on the quality of parent-adolescent relationships have been talked about. Again, the conflicts arising out of these life-situations and how each one, the parent and the adolescents deal with these, both individually as well as a dyad helps adolescents and parents make choices for way. The interactions in this relationship makes one reflect on one’s existence and chart life in ways informed by this relationship.

While recounting the challenges of parenting adolescence, **article 1 and article 4** elaborate the role of parents in guiding adolescents navigate through their decisions. In the changing world, where one cannot turn a blind eye to the prominence of digital socialization, the role of parents in explaining the importance of sensible engagements with the media take centre stage. During this process of guiding adolescence, **Rashmi Malhotra (in article 2)** highlights the significance of introspection and retuning parent-adolescent relationship in accordance with the changing demands of this relationship. The **article** perpetuate that individuals have the capacities to handle unpleasant or adverse situations. And nurturing these capacities are likely to enhance academic achievement of adolescents. **Abhik Beb’s, Samarjeet Yadav and Shubham Kumar Pati**, stresses the role of parents as role-models in the lives of adolescents.

This edition also highlights the potential of parents as role-models in the lives of adolescents. Adolescence is the time when individuals are struggling to establish their own place and ideology in this world. The role of parents in being the type of models that their adolescent children can look upto, imitate and follow becomes critical. Whether it is in establishing a larger socio-political world view or problem-solving at a personal level, what parents say and do hold immense value for adolescents. The maturity with which parents realize the changing demands of parent-adolescent relationship and thereby introspect and retune this relationship in accordance with the same, leaves a lasting impact on adolescents. It paves way for them to deal with the changing world-scenario both from outside and

within and live a physically and mentally healthier lives thereafter. The edition also brings to fore the changing nature of families wherein single parenthood, aspirations to take alternate career paths and study in foreign lands and so forth feature. How these make an impact on the quality of parent-adolescent relationships have been talked about. Again, the conflicts arising out of these life-situations and how each one, the parent and the adolescents deal with these, both individually as well as a dyad helps adolescents and parents make choices for way. The interactions in this relationship makes one reflect on one's existence and chart life in ways informed by this relationship.

Rishabh Kumar Mishra

Message from the Patrons

It is a matter of great happiness to note that the latest issue of the Indian Journal of School Health & Wellbeing published by the Expressions India is being released. It is a well known fact that Research publications and Journals in particular are the most authentic sources of verified knowledge and experiences. The sharing of such knowledge and experiences not only amongst the Researchers, Scientists, Policy Planners and Implementers, but also the Activists working in the concerned area and persons having special interest in that area benefits all. It is our privilege to reiterate that the Expressions India has been doing pioneering work since long, in the field of Health Education under its banner of “Holistic Health and School Wellness Programme” to enable the school education and teachers holistic facilitation in realizing the goal of Health Education in Schools. The present publication is a momentous indicator of this initiative.

The major bottleneck in the way of achieving the objective of Health Education has been the particularistic conceptualization of its transaction process. The goal of development of holistic health and wellbeing of young learners cannot be attained by making them gather certain information and rote-learn those. It can be attained only by a transaction process focused on experiential co-scholastic methodology that ensures active participation of learners and substantially contribute to the development of life skills enabling young children to manage their lives more competently and grow as truly empowered human resource of the nation and human society at large. To facilitate this process it is very critical to encourage and empower the teachers, so that they act like facilitators and mentors.

The formal school education system need to look towards interacting and taking the support from the initiatives like the one taken by Expressions India under its National Life Skills Education & School Wellness Programme aimed at realizing the Goal of “HEALTHY SCHOOL.....HEALTHY INDIA”. It is pertinent to state that the Schools and other educational institutions that have been associated with such endeavours have strongly felt the need for such programs to be adopted by all schools including Higher Education System.

It is this context the Journal of School Health has potential to reinforce the process of realizing the vision of Health Promoting Schools getting integrated into the education system in India. We are more than confident that the present issue of the Journal will strengthen this grand endeavour and empower all who are creatively engaged in the promotion of Health Education in Schools. With immense pleasure we would like to express our gratitude for Advisory group, Editorial Board and Members of the Executive Editorial Committee for their valuable contribution, ungrudging cooperation and keen interest and also for making available the benefits of their rich experiences and knowledge.

“If there is will, there is way, and if the will is reinforced by enlightened path-breakers, the way would lead to the destination at the earliest “.

Dr. Jitendra Nagpal, M.D., D.N.B.

Program Director-'Expressions India'
The National Life Skills, Value Education & School
Wellness Program
Sr. Consultant Psychiatrist & Head
Instt. of Mental Health and Life Skills Promotion
Health, Moolchand Medcity
New Delhi

Prof. Jawahar Lal Pandey

Former Professor & National Coordinator, NPEP &
AEP
National Council of Educational Research Training
(NCERT), New Delhi

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