

# PSYCHOSOCIAL WELLBEING IN SCHOOLS

## 26<sup>th</sup> & 27<sup>th</sup> February 2018 at

### India Islamic Centre and Moolchand Medcity, New Delhi

## REPORT

India has the largest population of **adolescence** in the world with a figure of approximately 356 million. This constitutes **28 per cent** of the country's population. China is second with 269 million young people, followed by Indonesia (67 million), the U.S. (65 million) and Pakistan (59 million), Nigeria with 57 million, Brazil with 51 million, and Bangladesh with 48 million. Never before have there been so many young people and never again is it likely to find such potential for economic and social progress. In India around 47 million children drop out of school by 10 standards in India (UNICEF, 2016). Nearly 20% of children and adolescents suffer from a disabling mental illness worldwide Suicide rates in **Indian adolescents** appear to be several-fold higher than anywhere else in world, accounting for 25% of deaths in boys and 50-75% of deaths in girls aged 10-19 years. WHO (2017) reported more than 56 Million individuals face depressive disorders. According to the survey conducted by NIMHANS in 2016 showed the incidence of depression is roughly one in every 20 Indians or 5% of the population. In light of the recent incidences, the need to equip children with other abilities that allows them to be happy, healthy and harmonious adults and thus succeeding and contributing to the society they live in.

**Expressions India** has taken a leadership role in spearheading the cause of health wellbeing, life skills implementation and psychosocial wellbeing in schools. This National Conference on **PSYCHOSOCIAL WELLBEING IN SCHOOLS** organized by **Expressions India** in collaboration with **AISCAP** and academic partner **Indian Association of Clinical Psychologists (IACP)** was held on 26<sup>th</sup> - 27<sup>th</sup> February 2018 at New Delhi. Over 110 professionals and students across India participated in this landmark conference, making it a grand success. Policy Makers, Principals, Psychiatrists, Psychologists, Counselors, Special Educators and Child Development Specialists joined hands in developing charter for **ASICAP** and recommendations for promoting School Mental Health vis-a-vis Counseling services and Special Education.

**on 26<sup>th</sup> February, the Inaugural took place at India Islamic Centre, New Delhi by Dr. Kalpana Srivastava, President, Indian Association of Clinical Psychologists (IACP), Prof. Tosendra Dwivedi, Assistant Professor, Amity University, Prof. JL Pandey, Former Head - NCERT, Founder of the NAEP. After the inauguration the interaction with our eminent guest of honours**

- Dr. Kalpana Srivastava, President, Indian Association of Clinical Psychologists (IACP)
- Prof. Tosendra Dwivedi, Assistant Professor, Amity University
- Prof. JL Pandey, Former Head - NCERT, Founder of the NAEP
- Ms. Manju Gupta, Principal, Kothari International School, Noida
- Ms. Tania Joshi, Principal, The Indian School, New Delhi
- Ms. Jyoti Arora, Principal, DPS, Noida Extension
- Dr. Samina Bano, Assistant Professor, Dept of Psychology, Jamia Millia Islmia
- Mr. Vivek Sood, Senior Advocate, Delhi High Court, Delhi.
- Dr. Rushi, Clinical Psychologist Dr. RML Hospital, New Delhi
- Dr. Ritu Sharma, Assistant Professor, Amity University.

**on second day 27<sup>th</sup> February paper presentation on School Mental Health by Various professionals and students was held. Best papers were evaluated and awarded by our esteemed guests.**

- Dr. Swati Patra, Associate Professor, Discipline of Psychology, IGNOU, New Delhi
- Dr. Anuradha Sharma, Associate Professor & Head of the Dept., Psychology Department, Amity University
- Prof. JL Pandey, Former Head - NCERT, Founder of the NAEP
- Prof. Tosendra Dwivedi, Assistant Professor, Amity University

**Post the presentation, a workshop on "Writing a Research Papers" by Dr. Samina Bano, paneled by Dr. Rushi was organized for the participants and delegates. The second half of the day Existing excellent mental health services in schools were appreciated by one of its kind Awards for Mental Health Professionals. The conference was indeed a grand success. Follow up national seminar for promulgation and planning the road ahead is scheduled in the month of April**