



YOUNG WELLBEING SCIENTISTS OF INDIA

*From Curiosity to Creativity & Change...
Enabling Young Minds Transforming the Ecosystem...*



*Celebrating
the World Mental
Health Week 2026*

*Launch Event of the
International Wellbeing Summit Series 2026*

**NEP 2020 promotes research and innovation in
classrooms to enhance critical thinking, creativity
and holistic wellbeing.**

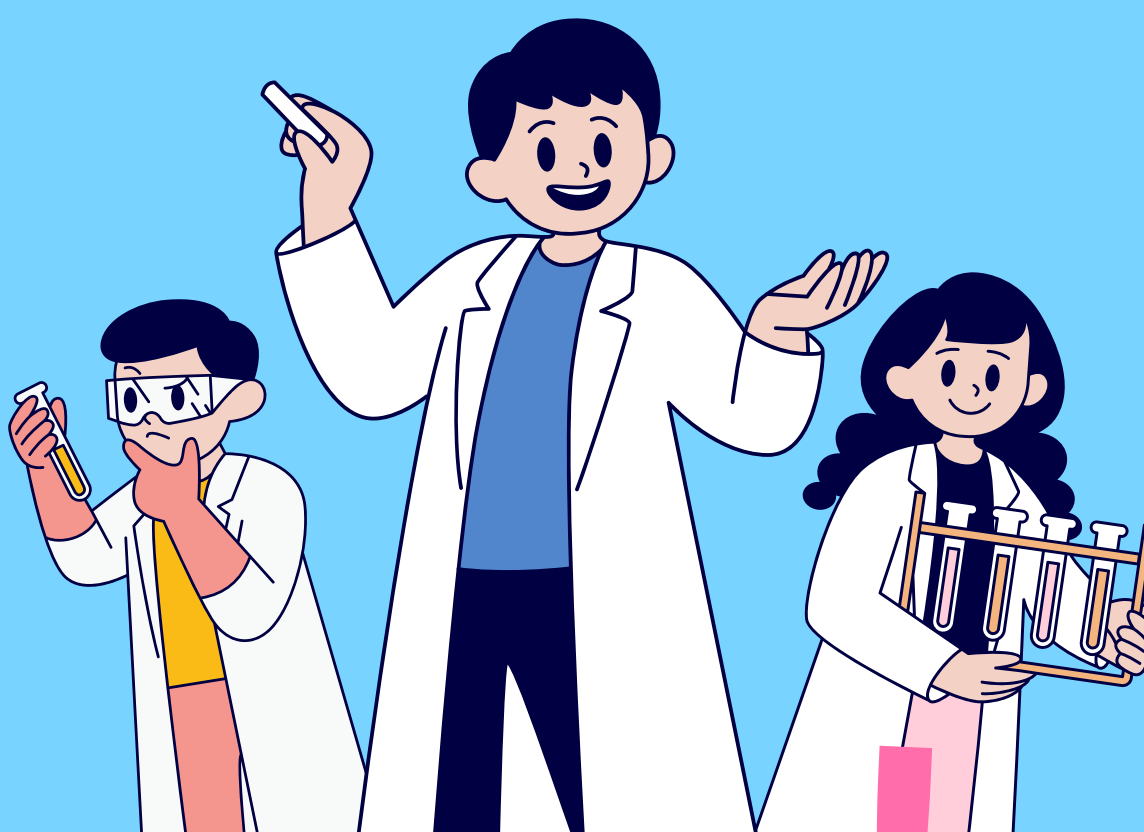
**'Young Social Scientists' of India envisage a newer
skyline for senior students to explore & innovate**

facilitated by

Expressions India

The Life Skills, National School & University Mental Health Program





Explore research & reviews from any discipline as mentioned below

- Psychology & Social Sciences
- Wellbeing & Resilience in Youth
- Mental Health Concerns
- Impact of Social Media on Mental Health
- AI in Modern Health Care etc

A few Examples of Research Titles

- Mental Health: Needs, Awareness, and Help-Seeking Behaviour in Contemporary Society
- Family Dynamics and Parenting Styles: Their Influence on Adolescent Psychosocial Development
- Self-Esteem and Holistic Development During Adolescence
- Suicide Prevention and Self-Harm Reduction: Early Intervention Strategies for At-Risk Individuals
- Fostering Resilience and Promoting Positive Mental Health in School Settings
- Science and Technology in the 21st Century: Transforming Learning and Development
- The Impact of Media on Psychological and Social Development
- Substance Abuse: Patterns, Risk Factors, and Its Impact on Young Lives
- Imagining Modern India: Perspectives on Growth, Identity, and Social Change
- Navigating Peer Pressure: Challenges and Coping in Adolescence & Youth



**REGISTER
NOW**

Click the link below to register

<https://forms.gle/kbTa7FCGpntjZLiLA>



Write to us contactexpressions.india@gmail.com



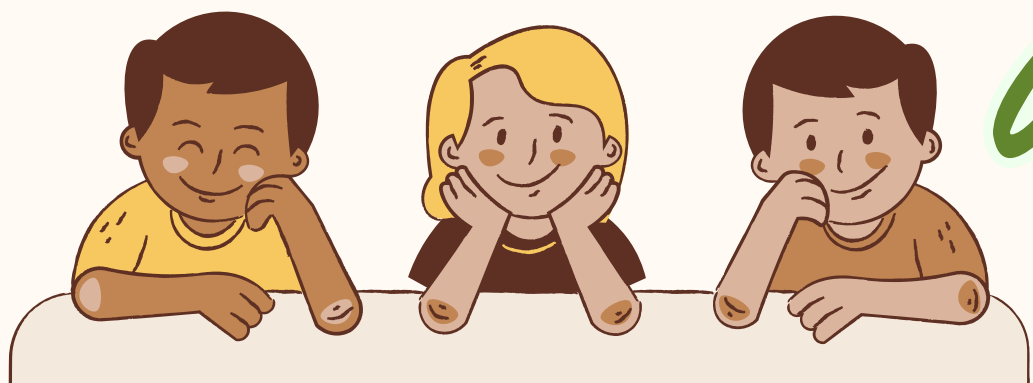
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GUIDELINES *for Participants*



- ➔ Two Students (from Class XIth, XIIth, up to a maximum 2 teams per school) + One Teacher/ Counselor Incharge.
- ➔ Register online at the following link <https://forms.gle/kbTa7FCGpntjZLiLA>
- ➔ Only online application for participation will be accepted.
- ➔ **There is no registration charge** for the participation.
- ➔ All to reviewed and advised and qualitatively assisted by the school counselor/wellness teacher.
- ➔ The Submission should be on the **Principal's Letter head** duly signed & stamped.
- ➔ The title & Abstract (max 200 words) of the paper should be mailed latest by **8th Sept 2026**.
- ➔ Paper format should be in **MS Word**, 3 pages max of A4 sheet with 5-6 key references included. Full Paper Submission date is **15th Sept** by Email. The final presentation will be held during the **World Mental Health Week 2026**. Selected presentations time would be **max 5 to 8 mins (per candidate)**, a max 12 slides.
- ➔ Team Advisor - School Counselor / Wellness Teacher

Note: As there are limited seats, registrations will be on a first come first served basis.

For Query

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