

DR. JITENDRA NAGPAL

Program Director 'Expressions India'-
The National Life Skills, University & School Wellness Program
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Dr. Jitendra Nagpal (MD DNB) is Program Director of Expressions India – The National Life Skills, Values, Community & School

Wellness Program. The Expressions India programme has over 6500 Child and Adolescent centred sensitization workshops, training programmes and community seminars to its credit. A large number of schooling systems & higher education institutions in the country regularly seek technical expertise from Expressions India for their advocacy, research, training and enrichment. He has been conducted a large number of corporate workshops on Work Life Balance.



Also, He is Sr. Consultant Psychiatrist and Head of the Instt. of Mental Health and Life Skills Promotion & Institute of Child Development and Adolescent Health at Moolchand Medcity, New Delhi.

POSITIONS OF RESPONSIBILITY & AWARDS

- **World Health Organization Office-WR India and WHO-SEARO**
Provided technical support for development of comprehensive School Mental Health Manuals (four part series) WHO-India- DGHS (2004)
- **Developed the Child Abuse Prevention Manual for WHO India. (2008)**
- **Organized the first ever Inter-Country workshop for adolescent mental health under the aegis of WHO-SEARO. (2007)**
- **Chairperson – Task Force to study the psychosocial aspects and the facilities thereof for the JNV students**
- **Developed the Intensive Technical material - Psycho-Social Intervention Support for children affected by disasters (TSUNAMI).**
- **Developed Technical material for School Awareness Programmes on Alcohol Abuse Prevention.**

- **Coordinator Member, Child Safety Committee, Central Board of Secondary Education, New Delhi. (2018)**
- Chairperson of Training Manual on Early Detection and Early Intervention of mental health problems in school going children (Ministry of Education, Govt. Of India) January 2022.
- **Coordinating Member of SMARTGRAM Initiative on Life Skills and Values in Schools: A Pilot Project Based on the Rashtrapati Bhavan Smart Township Experience (2016-till date).**
- **Advisor, Comprehensive School Health Policy and Program by CBSE and the Life Skills Education manuals for class VI – X. As Program Director “Expressions India”, he has been involved in developing comprehensive technical resource for material development, conduction and implementation of the National Adolescent Education Program under the NCERT – CBSE - UNFPA, from 2005 - 2010.**
- **Member, Expert Committee to Develop Prototype Aptitude Test at the National Level for Class – IX, Ministry of Human Resource Development Department of School Education and Literacy.**
- **Chairperson, Child Health Committee & Member of New Education Policy (NEP) - 2015, Sub Committee at NCERT, New Delhi.**
- **Member, Advisory Group, Child Mental Health Committee, National Commission for Protection of Child Rights (NCPCR), New Delhi.**
- **Member, Committee for Development of a SOP for Rehabilitation & Restoration of Juveniles, Ministry of Women and Child Development, New Delhi.**
- **Member, Central Social Audit Committee for Exploitation of Children in Orphanages vs. UOI & Ors., Ministry of Women & Child Development, New Delhi.**
- **Member, Technical Resource Group (TRG), Adolescent Health, Ministry of Health & Family Welfare, Nirman Bhawan, New Delhi**
- **Corporate Trainer & Technical Expert in the field of Mental Health & Psychosocial Wellbeing in the community.**
- **Regular Columnist for Adolescent and Youth Career Related and Wellbeing Issues in HT Education of Hindustan Times & Employments News of Ministry of Information and Broadcasting**
- **Former President, Indian Association for Child and Adolescent Mental Health (IACAM)- 2013-15.**
- **Organizer of the International and National events/conferences in India. Expressions India - The National Life Skills, Values, Community & School Wellness Program**

○ The International Summit on Adolescent Life Skills, Values, Gender & School Wellbeing since 2012 to 2015.

○ International Young Film Makers Festival since 2010 to 2014

○ Life Empowerment Awards for Schools since 2014 & 2015

Association of Indian School Counselors and Allied Professionals (AISCAP)

○ Annual conference of AISCAP since 2012

○ American Counseling Association-Asia Pacific Counseling Conference (ACAAPCC 2015) organized in collaboration with Expressions India

- **Program In-charge**, Mental Health Unit Observation Home for Boys 2, Seva Kutir, Kingsway Camp and Mental Health Unit-Children Home Complex, Alipur, Department of Women and Child Development, Under the Government of Delhi.
- **Member, National Focus Group on Health & Physical Education in the formulation of the National Curriculum Framework (NCF) 2005 by NCERT.**
- **Recipient of 'Delhi State Child Welfare Award'** for distinguished services in Child Development by the Deptt. of Social Welfare, Govt. of NCT of Delhi.
- **Recipient of Excellence Award for 'School Healthy Heart Initiatives in India'.**
- Supervised post doctoral researches in behavioral sciences and is the In-charge, Program
Study Centre at Moolchand Medcity for the Master of Science (M.Sc) in Counseling and Family Therapy (CFT) course launched by the Indira Gandhi National Open University (IGNOU).
- Chairperson, Association of Indian School Counselors and Allied Professionals (AISCAP) which seeks to empower, support and streamline the school counselors and allied professionals in their role to effectively promote child and adolescent wellbeing in an inclusive environment.
- **Editor In Chief of the newly launched "Indian Journal of School Health and Wellbeing"**.