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• Health Services • Life Skills Education • Healthy School Environment

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*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

- 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.
  - Brief information and line of works of the author should be sent as a separate cover note.
  - The subject line of the email should be marked "Submission for IJSHWB: [Author's Name]".
  - The attached file must be in **' .doc' or ' .docx' format** only. Papers must be typed in 1.5 line spacing, Arial or Times New Roman font, size 11.
  - All submissions must be accompanied by an abstract summarizing the main points of the paper.
  - APA 6th Edition citation and referencing style should be followed.
  - The submission should have a clear and informative title.
  - Submissions should be engaging and accessible to non-expert readers as well.
  - 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/ 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, with not more than 1 table/figure, 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 words** relevant to the areas of 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. **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 the topic of school mental health in schools.**

*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:*

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## Message from the Editors

Happiness has often been understood to be the ultimate aim of life. It is believed that our efforts whether they are towards achieving a goal, developing and maintaining relationships, fulfilling our basic needs, or realizing our potential are all directed towards achieving happiness. Due to this understanding happiness has been a core theme for debate, discussion and deliberation among philosophers, psychologists and researchers alike. The academic discourse on happiness cuts across various disciplines such as psychology, philosophy, economics, education, and management among many others. Hence, it becomes vital to explore the rich diversity of research on the fascinating theme of happiness.

Is happiness an emotion, is it an end of a process, a point in time that tells us that the journey towards the goal has now come to end? And, would this final state bring in unhappiness or perhaps frustration? Or on another level should we ask ‘How can I make myself happy or perhaps happier?’ Such a query points towards happiness as a continuous process. It can be best stated that happiness is an immeasurable continuum and is like a state of ‘being and becoming’. Never complete, yet in a process of being achieved. It thereby clearly states that happiness is not a point in time, rather it is there for us to be harnessed by expending our energies and resources to achieve and accomplish it through our life time. Research has consistently shown that happy people flourish across various life domains, such as, academic, marriage, work performance, relationships, are healthier, live better and longer. There is a noted reciprocal relationship between happiness and success.

The current issue of the journal is a sincere attempt to bring together researchers from various disciplines bound together by their common interest and work on happiness and well-being. The authors of the papers in the journal include undergraduate students, postgraduate students, doctoral students as well as college teachers. The papers in the current issue cover a wide range of research focussing on happiness and well-being such as role of hope, emotional intelligence and life satisfaction in happiness, relationship among humour, forgiveness and happiness, vacation and happiness, creating outstanding classrooms, disability and happiness, psychology of popular culture, Indian view on happiness and well-being to a critique of the happiness curriculum. The issue also includes two reviews of books – on happiness, and on emotional intelligence.

The editors express their heartfelt gratitude to Dr. Jitendra Nagpal and his team at ‘Expressions India’ for their support. We also thank Prof. Namita Ranganathan for her continued encouragement and support. Special thanks to Dr Vikas Baniwal for his constant cooperation and guidance. We also express our sincere thanks to all the authors for contributing their papers for the journal. The journey of bringing together these papers for the journal has been delightful and fulfilling for us. We hope that the readers will find this issue equally enriching and inspiring!

**- Dr. Preeti Kapur, Dr. Pooja V. Anand, Dr. Harpreet Bhatia, & Ms. Divya Parasher**

## 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 Sills 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 a 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.**

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