

*Indian Journal of*

# School Health & Wellbeing

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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*

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

- John Dewey

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## 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.
- 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.
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.
  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

### 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

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:*

**Dr. Jitendra Nagpal – MD, DNB**

Program Director “Expressions India”-

The National Life Skills, Values Education & School Wellness Program

Sr. Consultant Psychiatrist & Incharge

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

Web: [www.expressionsindia.org](http://www.expressionsindia.org),

Email: [contactexpressions.india@gmail.com](mailto:contactexpressions.india@gmail.com), [expressionsindia2005@gmail.com](mailto:expressionsindia2005@gmail.com),

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Ms. Anam Kazmi (Language Editor)

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Ms. Manju Madan

In-charge Administration

Expressions India

(M) 8527283797

Ms. Priya Sharma

Manager (Office operations)

Expressions India

(M) 9999564366

## Message from the Editors

Children spend a lot of time at school and the environment in schools can therefore have a major impact on their health and well being. Students are themselves able to learn about health, and also promote healthy behaviours to peers and at home and to the society at large. A healthful environment for students and teachers will certainly promote healthy social and emotional development and remove barriers to students' learning.

WHO's Global School Health Initiative, launched in 1995 sought to mobilise and strengthen health promotion and education activities at the local, national, regional and global levels. The Initiative was designed to improve the health of students, school personnel, families and other members of the community through Schools. The goal of WHO's Global School Health Initiative is to increase the number of schools that can truly be called "Health-Promoting Schools". A Health-Promoting School can be characterised as a school constantly strengthening its capacity as a healthy setting for living, learning and working. In India too many initiatives have been taken with respect to school health which comprises disease free and healthy students, healthy school environment, healthy school meals and the like. The most recent as we are aware is the initiative of the FSSAI, Ministry of Health and Family Welfare, Government of India Campaign on Swasthya Bharat under which various activities in schools and Colleges are being conducted. 'Eat Right India', of the FSSAI is built on two broad pillars of 'Eat Healthy' and 'Eat Safe' and aims to engage, excite and enable citizens to improve their health and well being.

Swasth Bharat Yatra by the FSSAI that was flagged off on October 16, 2018 (World Food Day) from six different locations in India, will culminate at New Delhi on January 27, 2019. The Yatra is an outreach of 'Eat Right India' movement and is a Pan-India Cyclothon. 150 'Volunteer-Cyclists' along with the 'Eat Right Mobile Unit' and 'Mobile Food Testing Unit' are presently travelling across the country now for over 100 days to engage citizens on issues of food safety, combating food adulteration and healthy diets. Students in schools across the country are participating with enthusiasm in this movement.

The Current Volume of Indian Journal of School Health and Wellbeing was announced on the theme 'Healthy School Initiative'. It has been very encouraging to receive contributions from young researchers, school and University teachers and also practitioners who shared their experiences from the field. The Chapters focus on the experiences and ideas of development in the area in both research and practice, recognising the need to have a healthy nation. A few titles that have been included in the present volume comprise, Promotion of Healthy Food Choices and Eating Habits among School Children; Developing Children's Capacities to Cope; Prosocial Behaviours in Pre-primary Schools of India; An insight into existing gender based differentials and its influence on school well-being; Representation of disability in curriculum; Re-Searching Happiness based on the recent inclusion of the Happiness Curriculum in school education and on Student Diversity in Classrooms and the like.

We are confident that the different perspectives on 'Healthy School Initiative', presented through the contributions from the authors in the present volume, will inspire and provoke you to reflect on these and more issues stemming from these for a deeper understanding, research, reflection and dialogue. The Editors thank immensely all the authors for their contributions.

Dr. Mani Bhasin Kalra

Ms. Anam Kazmi

## 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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