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• Health Services • Life Skills Education • Healthy School Environment



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

- All submissions should follow the APA 7th Edition style
 - All submissions should have an abstract summarizing the main points.
 - The submission should have a clear and informative title
 - The submission should be original and should not be in the process of consideration by any other publication at the same time.
 - The submission should have rigorous and reliable information and provide a deeper level of understanding.
 - Submissions should be engaging and accessible to non-expert readers as well.
 - 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.
 - 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 or 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 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 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. **Book/ Movie reviews:** Reviews of books or movies relevant to school mental health and wellbeing may also be submitted. The word limit is 1000 words.
11. **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 school health and wellbeing.

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 journal@expressionsindia.org along with a copy of the email to the editor.

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Message from the Editor

The Department of Philosophy, Hindu College, Amritsar, has organised an International Conference on 'Mental Health and Human Well-Being Psycho-Social and Philosophical Perspective' on 15 March 2024. Mental health stands for the health of the mind. It is a state of peace of mind and harmony carried out by one's level of adjustment with one's self and outward environment. WHO defines mental health as a state of well-being in which every individual realises their self-potential, can cope with life's stresses and can contribute to the family and society. In Indian philosophy, the Yoga Sutra of Patanjali, Bhagwadgita of Mahabharata and Buddha's four noble truths and eightfold path offer insight for maintaining mental well-being and guidance on managing emotions, overcoming challenges and finding inner peace. In psychology, guidance and counselling, talk therapies, activity therapies and psychotherapies are the solutions to maintaining Mental Health.

Today, in this age of growth and development of science and technology and competition for material facilities, man is suffering from hypertension, frustration and stress. Modern man is facing an unbalanced state of mind where man has lost meaning in life and is undergoing various life adjustment problems. So, there is a need to focus on mental health and human well-being, which can reduce stress, improve attention and concentration and strengthen relationships. This conference aimed to focus on Mental Health and Human Well-Being with Psycho-Social and Philosophical perspectives, which will analyse the challenges of modern life and offer solutions to maintain mental peace and practical insight into stress management and foster a balanced state of mind.

The present volume of this Journal comprises eight research papers relating to Transforming Lives: The Vital Role of Mindfulness in Yoga Philosophy for Human Well-Being, Managing Stress and Promoting Human Well-Being: Insights from Swāmi Vivekānanda's Philosophy of Education, Fashion Therapy: Treating Fashion as Psychological Weapon for Mental Health and Human Well-being, Consumer Culture and the Absence of Art: A Challenge to Human Well-Being, Stress among Adolescents: Role and Responsibilities of Parents and Teachers, Transforming oneself, transforming the world, Navigating Mental Health Challenges in the Digital Age, Yoga and Meditation: Harmonising Mind and Body.

First, I am thankful to Almighty God for completing this esteemed Journal. I am grateful to Dr. Rakesh Joshi, Director, Hindu College Amritsar, for allowing me to send a few papers from the International Conference to this Journal and for his excellent support and appreciation. I owe abundant gratitude to Dr. Manish Sharma, Assistant Professor, Kurukshetra University, Kurukshetra, for giving me guidance to send papers to this Journal and My sincere thanks to Dr. Vikas Baniwal, Assistant Professor, Department of Education, University of Delhi, for his moral support and constant encouragement. My special thanks to Dr. Priyanka Mahajan for their cooperation in compiling this Journal. We are also grateful to all the contributors who have contributed these research papers for publication in this Journal. We also offer our gratitude to those eminent scholars who have reviewed these papers and offered their valuable suggestions.

The responsibility for the facts and the opinions expressed in this volume is entirely the author's perspective. The author is solely responsible for any Plagiarism, if found in their writing. The editor or the publisher do not take any responsibility for the same.

Mrs Anu Kandhari
Head, Assistant Professor, Department of Philosophy
Hindu College, Amritsar, Punjab

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 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 among the activists working in the concerned area and persons having a special interest in that area benefits all. It is our privilege to reiterate that Expressions India has been doing pioneering work for a 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 realising the goal of Health Education in Schools. The present publication is a momentous indicator of this initiative.

The major bottleneck in achieving Health Education's objective has been the particularistic conceptualisation of its transaction process. The goal of developing holistic health and well-being of young learners cannot be attained by making them gather certain information and rote-learn it. It can be attained only by a transaction process focused on experiential co-scholastic methodology that ensures the active participation of learners and substantially contributes to the development of life skills, enabling young children to manage their lives more competently and grow as truly empowered human resources of the nation and human society at large. To facilitate this process, it is critical to encourage and empower the teachers to act like facilitators and mentors.

The formal school education system needs to look towards interacting and taking support from initiatives like the one taken by Expressions India under its National Life Skills Education & School Wellness Programme aimed at realising the Goal of “HEALTHY SCHOOL.....HEALTHY INDIA”. It is pertinent to state that the Schools and other educational institutions associated with such endeavours have strongly felt the need for such programs to be adopted by all schools, including the Higher Education System.

In this context, the Journal of School Health has the potential to reinforce the process of realising 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 those who are creatively engaged in promoting Health Education in Schools. With immense pleasure, we would like to express our gratitude to the Advisory group, Editorial Board and Members of the Executive Editorial Committee for their valuable contribution, ungrudging cooperation and a keen interest and also for making available the benefits of their rich experiences and knowledge.

“If there is a will, there is a way, and if enlightened path-breakers reinforce the will, the way will lead to the destination at the earliest “.

Dr. Jitendra Nagpal, M.D., D.N.B.

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