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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.
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

The discourse on mental health has grown multifold in the last few decades. The core concerns of mental health and emotional well-being have been at the heart of discussions regarding the growth and development of children and adolescents in particular. Educational institutions are beginning to understand the need for focusing on mental health and embedding it into their teaching and learning philosophy. Along with research on curriculum and pedagogy, schools and universities need to actively transform into sites where the discussion revolving around emotional well-being is strengthened. As part of their focus on mental health, institutions of learning should emerge as 'safe spaces' where children can explore and open up about their own mental and emotional well-being. Academic discourse plays an important role in furthering these conversations and contributing to new ways of thinking about identification, diagnosis and treatment of physical and mental distress and turmoil. This journal is an endeavour to engage in the overarching discourse surrounding the health and well-being of individuals.

Within the pages of this journal, there exist myriad viewpoints and perspectives on how to approach and deal with issues regarding mental health. These approaches articulate a range of opportunities for healing, self-expression and strategies of coping. It makes for an interesting exploration of how 'play' and art can help children experiencing mental distress, by channelising their inherent energy and help them in venting out their emotions, which can often result in a catharsis. Visual therapy can be an effective means of intervention as it provides an outlet for expression of one's innermost self, replete with positive as well as negative experiences, helping young children to cover the trajectory from illness to wellness. In addition, there is an emphasis on the closely intertwined relationship between an individual's sexuality and mental health. The discrimination and homophobia faced by the LGBTQ+ community can cause or contribute to mental turmoil and anguish. In today's scenario, it is imperative for educational institutions to be welcoming of alternative sexualities and to embrace the whole spectrum of sexual identities. The stigma related to the LGBTQ+ community needs to be addressed and tackled by initiating discussions within classrooms and by building awareness programmes within the educational curriculum. Another key strand that is examined within these pages is the adverse effect that denial of a psychological problem has on one's mental health and stability. A discussion of how intrapsychic conflict can lead to a fragmented identity, located within the narrative of a horror film, stresses that acceptance of psychological turmoil and trauma is the first step in combatting it. It also explores the idea that an individual's mental turmoil not only affects their own life, but also impacts the lives of their friends and family. This journal also examines the link between socio-economic status and physical and mental well-being, particularly in the case of children. Economic instability and limited access to resources is a major contributing factor in exacerbating physical ailments and mental anguish.

The different perspectives and themes discussed and explored within the journal reinforce as well as question several key ideas pertaining to mental health, offering a wide-ranging focus on the physical, social and psychological dimensions of mental health and well-being.

**Dr. Sweta Gupta**

Assistant Professor  
Department of Education  
University of Delhi

**Ms. Anam Kazmi**

Independent Researcher

## 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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### **Prof. Jawahar Lal Pandey**

Former Professor & National Coordinator, NPEP & AEP  
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