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

- John Dewey

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## 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](mailto:journal@expressionsindia.org) along with a copy of the email to the editor.*

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## Message from the Editors

The act of raising a child has varied implications in different contexts and times. In an industrialized society and with the influence of modernity, child rearing is largely visualized as the responsibility of a family with nuclear set-up comprising of parents and a child or children. However, there are several variations in this modern childcare providing structure. There are families with a single parent, joint families, same sex families, children living with their grandparents etc. Whatever be the set-up, the experience of raising a child is seldom a very smooth process. There are many emotions that caregivers go through while they raise a child. It would not be incorrect to say that raising a child is akin to undertaking a long journey where the child and caretaker grow every day. Unlike the images depicted in popular media, parenting, or caring for a child can be a very emotionally exhausting process since it includes many unexpected challenges. First, the dependence of human infant places an enormous demand on the caretaker to apprehend the needs on the child and provide for these needs. Most of the time, providing for the needs of a child may mean compromising on one's own goals in life. A caretaker can experience several conflicting feelings, anxieties and frustrations in the process.

Second, the caretakers are themselves placed in a web of social relationships. They are dealing with several trials including demands of their workplace, their families, or their own desires while taking care of a child. These several demands may be at cross-purpose with one another. Third, there are several different approaches to raising a child and there is no one prescribed way. In absence of a set pattern, a parent may experience self-doubt and inadequacy while performing their role as a caretaker.

In this edition of the journal, we propose to explore the meaning of being a parent and a caregiver as it unfolds in the everyday experiences of a person. Parenting can mean different things to different people as they play a role which is shaped by their unique circumstances, their own expectations and their past experiences. We endeavor to reach the inner world of a care provider who is raising children between the age group of 1 to 7 years.

We were happy to receive papers that covered wide range of issues about parenting. The various papers in this issue bring out the complexity and wide array of issues that parents address in the process of raising a child. These issues include awareness related to sexuality, social expectations, adoption and coming to terms with the challenges of a child. The first paper in this journal brings out the world of a parent who struggled to come to terms with a child who does not conform to the socially constructed gender binaries. The second paper raises intergenerational change pertaining to involvement of fathers in the process of raising a child. The third paper is the journey of a mother who recounts that how goals of a parent keep changing as the child keep growing. The fifth paper presents the struggles of a mother to find answers related to gender and sexuality along with her son. The sixth paper includes the experiences of a mother who felt that she evolved in the process of raising her child.

The fourth and seventh paper are interviews taken with two mothers who were dealing with behavioral issues among their respective children. The eighth paper presents the inner dialogue of a father who despite his active involvement as a parent becomes aware of the close bond between a mother and daughter. He chooses to remain a silent spectator of this special bond and supports his wife whenever the need arises. The ninth paper documents the journey of a mother

who shares that even the awareness of various theoretical frameworks related to child development does not prepare one for becoming a mother. The tenth paper is a man's voice about co-parenting a sibling due to the huge age gap between them. The eleventh paper presents an educated mother's struggles to understand herself as she facilitates the identity development of her child. I am sure these eleven papers will open up a dialogue among scholar community and other about the centrality of lived experiences in understanding parenting.

Dr Vishakha Kumar

## 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 “.

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