



2025 PROGRESS REPORT

Expressions India

The Life Skills, National School & University
Mental Health Program

Website:

www.expressionsindia.org



NATIONAL CONFERENCE

ON

Contemporary School Mental Health Initiatives

Bridging the Gap with Innovative Best Practices

(27th & 28th Feb 2025, New Delhi)

*Key Notes
*Symposia
*Paper Presentations

Timings
9:30 am to 6:00pm

*Transforming Self
Transforming the future Schools....*





NATIONAL CONFERENCE ON

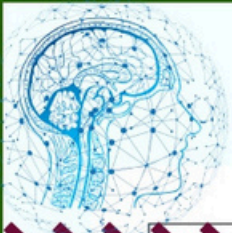
Contemporary School Mental Health initiatives Bridging the Gap with Innovative Best Practices

Mental Health- A Child Rights Perspective

Positive Mental Health is an integral part of healthy child development. **It helps children build social, emotional, thinking and communication skills that promote enrichment and well-being later in life.** Research demonstrates that students receiving mental health support throughout their schooling can achieve better academically and lead a healthier future. A sense of validation and self-esteem are also needed outside home for children to develop into productive, resilient citizens who are ready for higher education with a well-rounded personality. **The caregivers need to effectively recognize the flag signs and protect the well-being of every student. This is in view of a large magnitude being affected by psychosocial distress and disorders.**

The pandemic years and the psychosocial well-being of children and adolescents across the country. **The World Health Organization Report on mental health estimates that nearly 20% of children and adolescents worldwide suffer from disabling mental illness.** Suicide rates in adolescents appear to be several-fold in continuing research. Reports of a large spectrum of mental health conditions affecting young minds and families have been reported. Therefore, in the context of rapidly changing times, an ongoing appraisal must be made of the psychosocial needs and dynamic influences on the children and adolescents who are facing newer interpersonal, social, and academic demands.

A child rights perspective with a supportive learning environment is essential for eliminating risk factors and boosting protective factors. This intensifies the need for implementing structured programs like bullying and substance abuse prevention, harnessing communities and digital spaces to be more joyful. **School-based social and emotional learning programs are amongst the most effective promotion strategies across countries in transforming mental health support systems and services.** Children with special needs and difficult circumstances may have severe mental health conditions. Here, schools need to look into the emerging frontiers of health and behavior to understand the age-appropriate and timely interventions.



Psychosocial support and Mental Well-

being of students across the country has been scaling remarkable milestones for developing school and university mental health services through awareness, sensitization, and training programs for early addressal. Here is an opportunity to strengthen and enhance the nature and scope of mental health interventions to bridge gaps, enhance effectiveness, reduce stigma and gather peer support.

Internalizing core life skills from the early years in school through the journey of adolescents embellishing 21st-Century skills, schools can help build resilience and minimize the impact of risk factors. Here, empowering students as 'Life Skills and Wellbeing Ambassadors' has played a vital role in creating a participatory climate for behavioral change and promoting young leadership for wellbeing. This conference will bring together multidisciplinary convergence of pedagogy, practitioner perspectives, and best practices in promoting the School Mental Health landscape. It is important to view promising practices by educational leaders and mental health specialists in equipping schools.

The pioneering Conference is conceptualized in its uniqueness to make a collaborative and collective effort for bridging newer linkages. In view of the key development goals that have emerged in the backdrop of the New Education Policy (2020), systemic inclusive changes need to be implemented with tangible Family- School Partnerships. Here is a chance to position the awareness, research and development aspects from the perspective of current mental health practices as a key paradigm in children and adolescents' overall joyful learning and well-being.

With this hope, the upcoming conference on "Contemporary School Mental Health Initiatives" shall duly accomplish the valuable task of bridging the gap and evolving best practices for 21st-century schools.

Wishing all participating delegates the very best learning and participation.



For submission of registration form, click on
<https://forms.gle/TLZ5NhCtU8SqdFRN9>

For any query / clarifications, write to
schoolmentalhealth2024@gmail.com



National Conference on



Contemporary School Mental Health initiatives

Bridging the Gap with Innovative Best Practices

MAJOR THEMES FOR SYMPOSIA & PAPERS

- Inclusive Schools & the Mental Health Paradigm- Emerging Perspectives
- Psychosocial Wellbeing during Foundational Years: Towards Safe & Joyful Ecosystem
- Socio-Emotional Support for Special Needs Students - Experience Sharing
- Adolescent Life Skills Development - Creating Future Ready Landscape
- Vasudhaiv Kutumbakam: Strengthening Family School Partnership
- School Mental Health Safety : Exploring Readiness for Trauma Care and Emergencies
- Enriching Tertiary Linkages & Capacity Building for Mental Health Interventions

PAPER SUBMISSION GUIDELINES

- Scholarly research articles, review papers, models of best practices are invited for the Conference.
- Focus shall be on the major themes & allied areas.
- Abstract of the proposed paper - word limit is 300, with minimum 4 key words
- Paper format should be in MS Word, font size 12, font style- Times New Roman, line spacing 1.5, not exceeding 3000 words.
- Abstract of the paper should be mailed latest by 10th Feb 2025.
- Registration is mandatory for all paper submissions.



Report - National Conference on Contemporary School Mental Health Initiatives Bridging the Gap with Innovative Best Practices

The National Conference on Contemporary School Mental Health Initiatives, themed “Bridging the Gap with Innovative Best Practices,” was successfully conducted on 27th and 28th February 2025 at the Moolchand Medcity Auditorium, New Delhi. The conference was organized as a two-day academic event conducted in offline mode, bringing together educators, mental health professionals, school counselors, researchers, and mental health advocates to deliberate on emerging concerns related to school mental health and wellbeing.

The conference witnessed enthusiastic participation from offline delegates representing diverse professional backgrounds including school counseling, psychology, education, and allied mental health fields. A major highlight of the conference was the presentation of more than 80 scholarly papers contributed by researchers, school counselors, mental health practitioners and educators. The second day of the conference included enabling wider academic engagement and participation from across different regions.



Center for Child Development & Adolescent Wellbeing
Moolchand Medcity, New Delhi

Celebrating

WORLD AUTISM AWARENESS DAY

Wednesday
2nd April 2025



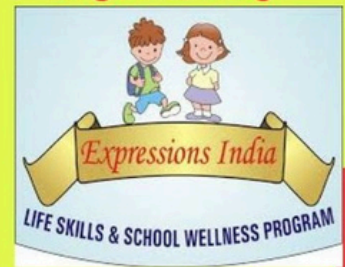


APPLY NOW...

Face to Face Comprehensive Internship in Clinical-Counseling Psychology & Allied Sciences

Enriching Knowledge, Attitude & Skills for your Competencies

organized by



INTERNSHIP HIGHLIGHTS

- ▶ A Comprehensive Overview of Case History Taking Implications
- ▶ Mental Status Examination - Its Clinical Implications
- ▶ Neurodevelopmental Disorders (Orientation, Etiology and Management)
- ▶ Psychological Assessment of Intelligence and Behavioural Disorders
- ▶ Neurosis & Psychosis Spectrum (Orientation, Etiology and Management)
- ▶ Psychoeducation and Supportive Counseling with Case Study Approach
- ▶ Cognitive Behavioral Therapy for Anxiety & Depressive Disorders

WHO CAN JOIN

UG/ PG Psychology Students & Allied Disciplines (eg Sociology & Social Work) may also enroll for this program)

METHODOLOGY

Project Based Learning/ Case Vignettes / PPT Presentation / Brainstorming/ Short Videos / Quiz Session

PLEASE NOTE

- ▶ **New Enrollments can be completed on all working days (Online & Offline) Supervised Clinical Internship is usually 30-60 Days. Modification of schedule can be made wherever necessary.**
- ▶ All candidates shall awarded for the Project based Learning.
- ▶ Certificate of Completion & Honour / Academic Handouts shall be awarded to all Participants.
- ▶ Registration Link : <https://forms.gle/uiVeD5DiwghjmoZP8>
- ▶ PAY DIRECTLY TO UPI ; MANOVIDYAINDIA@INDIANBK

CONTACT US

Email Id - jnagpal10@gmail.com
M Nos - 9560880038, 9310086792, 7835922093, 9999564366
Website: www.expressionsindia.org

Registration Form



ORGANIZED BY



Clinical & Counseling Internship - Institute of Mental Health Life Skills Promotion, Moolchand Medcity, Lajpat Nagar, New Delhi

The Institute of Mental Health Life Skills Promotion at Moolchand Medcity offers rich clinical exposure for psychology and allied health students. The internship is facilitated under the guidance of experienced clinical psychologists and allied mental health professionals, grounding interns not only in theoretical frameworks but also in the practical, psychiatric, and neurological foundations of mental health care. Interns are trained in a wide variety of psychometric assessments and gain hands-on experience in case history taking across a broad spectrum of presentations – including mood disorders, anxiety disorders, psychosis spectrum conditions, neurodevelopmental disorders, phobias, and addiction.

Interns undergo structured training before being given direct clinical responsibility. Once ready, they are assigned new patient intakes, following cases from initial presentation through ongoing sessions and building real continuity of care. This is supported by constant mentoring and clinical discussions with supervisors, helping interns develop clinical judgment and the confidence to navigate complex cases independently. Observation and assisted participation in psychological evaluations, special education sessions, counseling, occupational therapy, and case management round out a comprehensive clinical experience.

Interns are also actively involved in Expressions India – a Life Skills, National School and University Mental Health Program – participating in training workshops and community mental health events on a monthly basis. Together, these experiences offer a meaningful opportunity to engage with the full breadth of the field, from individual patient care to large-scale mental health promotion.



**“Building Wellbeing
Ambassadors
for the Nation”**



MINDSMART 2025

**The Life Skills & Wellbeing Leadership Course
for School Adolescent Peer Educators / Ambassadors**

Enabling

Empowering

Engaging

Enjoyable



organized by

Expressions India

The National Life Skills & School Mental Health Program

Session I

Themes to be Covered in Two Days

- Introduction - the Journey from Core Life Skills to 21st Century Skills
- Building Resilience for Coping and Capacity Building
- Growing up Healthy, Importance of Nutrition and Hygiene

Session II

- Family Bonding and Caring Communication-Emerging Paradigm
- Healthy Expression of Emotions, Dealing with Anger, Loss & Sadness
- Developing Healthy Interpersonal Relationships-Mobilizing Peer Support

Session III

- Empowering self for the Digital World and Prevention of Allied High-Risk Behaviors
- Making Effective Career Choices - Integrating the Life Skills Approach
- Honoring the Peer Educators - Investiture Ceremony

This innovative program aligns with Principles delineated in the **National Education Policy.**

An Intensive workshop series entails interface with National & International experts in the field of Adolescent Development and Life Skills Education.



Aware....

Responsible

Empowered.....

In the past few years, Life Skills, Health & Wellbeing Education has gained global evidence in developing psychosocial competencies and interpersonal skills in school going adolescents. This well recognized programme involves making informed choices, building healthy relationships and empowering young lives. Keeping in step with the upcoming educational reforms through the National Policy of Education, 'Expressions India' takes yet another milestone forward to celebrate the "MINDSMART 2025 - The Life Skills & Wellbeing Leadership Course for Senior School Peer Educators / Ambassadors". We take the honour to mention that 'Expressions India' has pioneered the adolescent wellbeing promotion across the country through the 'Peer Educators Network (PEN)' methodology for more than 18 years now and has been well awarded by the government and non government organizations.

This program comes in tandem with the comprehensive school health initiatives, and has renowned national & international adolescent life skills experts to facilitate the students' journey towards awareness, responsibility and empowerment. Eminences from the Ministry of Education (GoI), NCERT, CBSE, NIEPA, WHO, Dept of WCD & others shall be invited to share their words of wisdom with the adolescent peer leaders from various schools.

This year the MindSmart 2025 will have the participation of various Govt. & Public schools from across the country. This event will be held from May to Aug 2025 (in three part series) at the National Science Center, New Delhi. The three part series event would give a chance to the students and teachers to interact with other schools from all over the country, thus promoting cultural exchange.



Building the Health & Wellbeing Ambassadors for the Nation



MANASVITA

मनस्विता



The Inter School Wellness Quiz 2025

(National Capital Region of Delhi)



organized by

Expressions India

The Life Skills & National School Mental Health Program

PICK YOUR BRAIN ON.....

August 2025

- ★ Nutrition, Sanitation & Hygiene
- ★ Adolescent Charm & Challenges
- ★ Self Awareness, Environment & Life Style Disorders
- ★ Positive Health in a Cyber World
- ★ Mental Health & Psychosocial Wellbeing
- ★ Role of Media and Public Health Awareness

ROUNDS

- Zonal Written Round
- Central Written Round
- Stage Round with the Championships Round

3 students drawn from 9th or 12th std



www.expressionsindia.org



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Manovriti Quiz 2025 - Zonal Written Round Centres

S No	School Name	Dates	Event Coordinator	No of Schools
1	Gurukul the School, Ghaziabad	18th August	Ms Raagini	14
2	Tagore International School, Block E, East of Kailash New	Aug 18, 2025	Ms Japjeev Ms Mitchelle	10
3	Vidya Devi Jindal School, Hisar, Haryana	20th Aug 2025	School	12
4	Delhi Public School, Faridabad	21st Aug 2025	Mr Aman	12
5	Kulachi Hansraj Model School, Ashok Vihar, Delhi	21st Aug 2025	Ms Japjeev	19
6	Modern Public School, Shalimar Bagh, Delhi	23rd Aug 2025	Ms Japjeev Mr Aman	20
7	Bal Bhavan Public School - Mayur Vihar	Aug 25, 2025	Ms Raagini	12
8	Bal Bharati Public School, Noida	Aug 25, 2025	Ms Mitchelle	11
9	Indrapuram Public School Crossing Republik,	28th Aug 2025	Ms Raagini	16
10	Ridge Valley School, Gurugram, Haryana	30th Aug 2025	Mr Aman	11
11	Dev Samaj Modern School No 2, Sukhdev Vihar, Okhla,	2nd Sept 2025	Mr Aman	7

Gurukul the School, Ghaziabad



Tagore International School East of Kailash, New Delhi



Vidya Devi Jindal School, Hisar, Haryana



Delhi Public School, Faridabad



Kulachi Hansraj Model School Ashok Vihar, Delhi



Modern Public School Shalimar Bagh, Delhi



Bal Bhavan Public School - Mayur Vihar



GOODNESS BEFORE GREATNESS **BAL BHAVAN PUBLIC SCHOOL**

G.C. LAGAN MARG, MAYUR VIHAR PHASE-II, POCKET-B, DELHI-110091

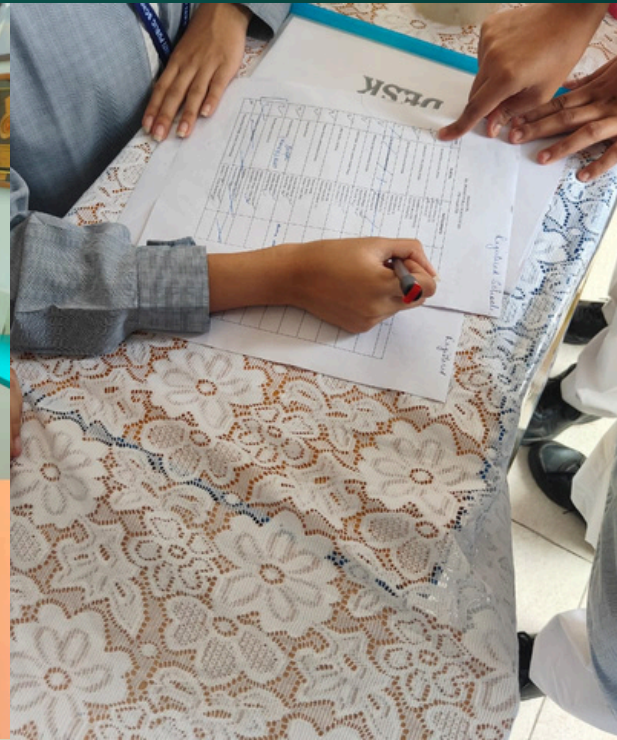
Welcomes You to

MANASVITA- THE INTERSCHOOL WELLNESS

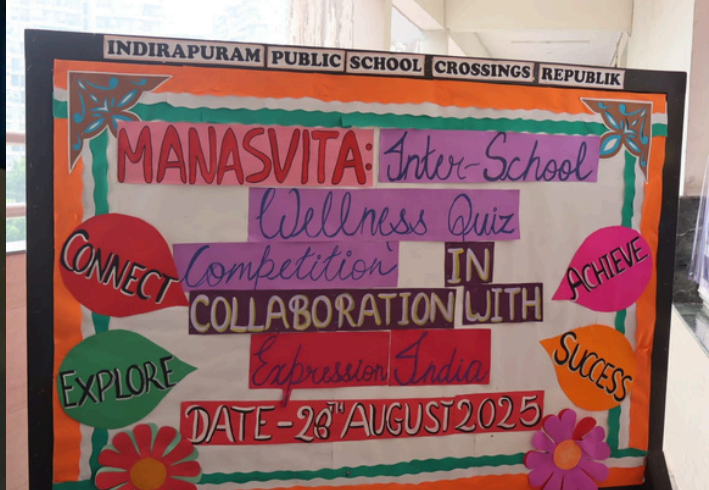
QUIZ 2025

ORGANISED BY

Bal Bharati Public School, Noida



Indrapuram Public School Crossing Republik, Ghaziabad, UP





F. No. 26-1/2025-NVS (Trg.)/320-355

Date: 04-09-2025

To

The Deputy Commissioner
All Navodaya Leadership Institutes.

Sub: Orientation Program for JNV Counselor-reg.

Sir/ Madam,

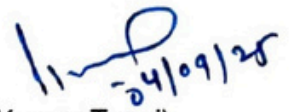
With reference to the subject cited above, it is to inform that it is decided to conduct a four-day Orientation Programme for all Counselors engaging in the current session.

The details of the training schedule are as under:

S. No	NLI	Regional Office	Total No. of available Counselors	Batch Size	From	To
1.	Amritsar	Chandigarh	66	33	22-09-2025 (Mon)	25-09-2025 (Thurs)
				33	13-10-2025 (Mon)	16-10-2025 (Thurs)
2.	Goa	Pune & Patna	189	63	13-10-2025 (Mon)	16-10-2025 (Thurs)
				63	27-10-2025 (Mon)	30-10-2025 (Thurs)
				63	08-12-2025 (Mon)	11-12-2025 (Thurs)
3.	Kamrup	Shillong	49	49	13-10-2025 (Mon)	16-10-2025 (Thurs)
4.	Noida	Lucknow	157	53	22-09-2025 (Mon)	25-09-2025 (Thurs)
				52	27-10-2025 (Mon)	30-10-2025 (Thurs)
				52	08-12-2025 (Mon)	11-12-2025 (Thurs)
5.	Puri	Bhopal	89	45	13-10-2025 (Mon)	16-10-2025 (Thurs)
				44	27-10-2025 (Mon)	30-10-2025 (Thurs)
6.	Rangareddy	Hyderabad	96	48	22-09-2025 (Mon)	25-09-2025 (Thurs)
				48	08-12-2025 (Mon)	11-12-2025 (Thurs)
7.	Udaipur	Jaipur	106	53	22-09-2025 (Mon)	25-09-2025 (Thurs)
				53	27-10-2025 (Mon)	30-10-2025 (Thurs)
Total			752	752		

It is therefore requested to make necessary preparatory arrangements for conducting the said training programme. The schedule with name of Resource Person will be shared shortly.

Yours faithfully



(Vijay Kumar Tyagi)
Deputy Commissioner (Trg.)

Copy to:

1. Dr. Jitendra Nagpal, Program Director, Expression India – With reference to your letter dated 02-09-2025, you are requested to conduct the said training programme as per the above schedule and share the Course Design along with the list of Resource Persons for each NLI at the earliest.
2. The Deputy Commissioner All ROs – for information and necessary action, please.

Jawahar Navodaya Vidyalaya School Counselors
Four-Day Comprehensive Capacity Building Workshop
For Existing and Newly Engaged School Counselors

Program Outline (22nd to 25th September 2025)

DAY 1		
<i>Timings</i>	<i>Sessions</i>	<i>Activities</i>
09.00 To 09.45 AM	<ul style="list-style-type: none"> ● Reporting at the Venue ● Registration and Pre-Training Assessment ● Introduction of participants and setting the context 	<ul style="list-style-type: none"> ● Icebreaker
09.45 am - 11.15 am	<ul style="list-style-type: none"> ● Inauguration & Keynote Address: Enriching the climate of Psychosocial Well-being in schools ● (New Understanding...New Hope)-the JNV Vision 	<ul style="list-style-type: none"> ● Interactive Session/Audio Visual (PPT)
11.15 am-11.30 am	<ul style="list-style-type: none"> ● Tea Break 	
11.30 am - 1.00 pm	<ul style="list-style-type: none"> ● Child and Adolescent, Well-being and development- Global and Indian Scenario- Emerging context needs and concerns. 	<ul style="list-style-type: none"> ● Audio Visual (PPT) and VIPP Cards
1.00 pm - 2.00 pm	<ul style="list-style-type: none"> ● Lunch Break 	
02.00 pm - 03.30 pm	<ul style="list-style-type: none"> ● Understanding and Revisiting the process of Counseling Sessions with Adolescent 	<ul style="list-style-type: none"> ● Role plays ● Case Studies
03.30 pm - 03.45 pm	<ul style="list-style-type: none"> ● Tea Break 	
03.45 pm - 05.15 pm	<ul style="list-style-type: none"> ● Introduction to Life Skills as Emerging Psychosocial Competencies 	<ul style="list-style-type: none"> ● Experiential Learning
05.15 pm - 05.30 pm	<ul style="list-style-type: none"> ● Feedback, Queries 	NLI Officials
DAY 2		
<i>Timings</i>	<i>Sessions</i>	<i>Activities</i>
09.00 To 09.30 AM	<ul style="list-style-type: none"> ● Reporting at the Venue ● Recap of Day 1 	
09.30 am - 11.00 am	<ul style="list-style-type: none"> ● Communicating with the Adolescents- Basic Techniques for Transaction of Good Practices. 	<ul style="list-style-type: none"> ● Group Discussion/Audio Visual (PPT)
11.00 am-11.15 am	<ul style="list-style-type: none"> ● Tea Break 	
11.15 am - 1.00 pm	<ul style="list-style-type: none"> ● Cyber Safety- Emerging risks and protective aspects in adolescent behaviour. ● Perspectives on Bullying and other associated behaviors 	<ul style="list-style-type: none"> ● Audio/Visual(PPT)/ , Interactive Session ● Case Studies
1.00 pm - 2.00 pm	<ul style="list-style-type: none"> ● Lunch Break 	
02.00 pm - 03.30 pm	<ul style="list-style-type: none"> ● Appreciating the Flag Signs of Common Mental Health Problems: Early Recognition and Early Intervention 	<ul style="list-style-type: none"> ● Audio Visuals (PPT)
03.30 pm - 03.45 pm	<ul style="list-style-type: none"> ● Tea Break 	
03.45 pm - 05.15 pm	<ul style="list-style-type: none"> ● Preventing High Risk Behaviors during adolescence, viz, self-harm, suicidal behavioral patterns- casework approach 	<ul style="list-style-type: none"> ● Role Play/Experiential Learning/Audio Visual (PPT) ● Case Studies
05.15 pm - 05.30 pm	<ul style="list-style-type: none"> ● Feedback, Queries 	<ul style="list-style-type: none"> ● NLI Officials

DAY 3

<i>Timings</i>	<i>Sessions</i>	<i>Activities</i>
09.00 To 09.30 AM	<ul style="list-style-type: none"> ● Reporting at the Venue ● Recap of Day 2 	
09.30 am - 11.00 am	<ul style="list-style-type: none"> ● Enhancing Interpersonal Relationships ● Exploring the spectrum of Child Abuse 	<ul style="list-style-type: none"> ● Case Studies ● Audio/Visual (PPT)
11.00 am-11.15 am	<ul style="list-style-type: none"> ● Tea Break 	
11.15 am - 1.00 pm	<ul style="list-style-type: none"> ● Adolescent Sexual Health Perspectives ● The POCSO Act: Implications and Implementation 	<ul style="list-style-type: none"> ● Group Discussion/ Audio Visual (PPT)
1.00 pm - 2.00 pm	<ul style="list-style-type: none"> ● Lunch Break 	
02.00 pm - 03.30 pm	<ul style="list-style-type: none"> ● Role and responsibilities of Teachers as Counselors/Health and Wellness Teachers in Child Rights Education 	<ul style="list-style-type: none"> ● Posters/Audio Visual (PPT)
03.30 pm - 03.45 pm	<ul style="list-style-type: none"> ● Tea Break 	
03.45 pm - 05.15 pm	<ul style="list-style-type: none"> ● Understanding Gender Equality and Challenging Stereotypes & Discrimination 	<ul style="list-style-type: none"> ● FAQs/Question Box
05.15 pm - 05.30 pm	<ul style="list-style-type: none"> ● Feedback, Queries 	<ul style="list-style-type: none"> ● NLI Officials

Day 4

<i>Timings</i>	<i>Sessions</i>	<i>Activities</i>
09.00 To 09.30 AM	<ul style="list-style-type: none"> ● Reporting at the Venue ● Recap of Day 3 	
09.30 am - 11.00 am	<ul style="list-style-type: none"> ● Screening, Reporting and Record Formats of Cases. ● Improvising Calendar of Annual Intervention Programs 	<ul style="list-style-type: none"> ● Group Discussion/ Audio Visual (PPT)
11.00 am-11.15 am	<ul style="list-style-type: none"> ● Tea Break 	
11.15 am - 1.00 pm	<ul style="list-style-type: none"> ● An Introduction to Solution Focused Behavioural Therapy (SFBT) and Allied Approaches ● Online Feedback of the Training 	<ul style="list-style-type: none"> ● Role Play/Experiential Learning/ Audio Visual (PPT)
1.00 pm - 2.00 pm	<ul style="list-style-type: none"> ● Lunch Break 	
02.00 pm - 03.30 pm	<ul style="list-style-type: none"> ● Planning Effective Family-school Partnership ● Adolescent well-being scales, and informal adolescent survey 	<ul style="list-style-type: none"> ● Group Discussion/ Audio Visual (PPT)
03.30 pm - 03.45 pm	<ul style="list-style-type: none"> ● Tea Break 	
03.45 pm -05.00 pm	<ul style="list-style-type: none"> ● FAQs and Post Training Assessment ● Plan of Action and Monitoring Progress and Follow up 	<ul style="list-style-type: none"> ● Posters/ Audio Visual (PPT)
05.00 pm	<p style="text-align: center;">Closing Remarks</p>	<ul style="list-style-type: none"> ● FGDs