



DELHI PSYCHIATRIC SOCIETY

in collaboration with

**Department of Mental Health & Life Skills Promotion
Moolchand Medcity and NWNT**

organise

Capacity Building Certificate Course

ADVANCING SCHOOL MENTAL HEALTH AND WELLBEING INITIATIVES

Enriching Ecosystems, Enhancing Robust Practices



TENTATIVE DATE:



TIME:



VENUE:

6th Sept 2026 (Sunday)

9:30 AM to 5:30 PM

Moolchand Medcity, New Delhi

» Limited Seats » Interactive Sessions & FGDs » Practical Handouts

Citation of Appreciation & Course Completion... shall be accorded to all Participants

Registration Open for Psychiatrists and Allied Mental Health Professionals



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REPORT – School Mental Health and Well – Being : Strengthening Minds and Enriching Futures

1. Programme Overview

A programme on “School Mental Health and Well-Being: Strengthening Minds and Enriching Futures” was organised on 6 September 2026 at the Moolchand Auditorium. The event was conducted in collaboration with Expressions India, Delhi Psychiatric Society, and NWNT.

The programme brought together a diverse group of professionals from the education and mental health sectors, including psychiatrists, psychologists, counsellors, school teachers, and school principals. The event provided a holistic platform for discussion and professional exchange on emerging issues in school mental health and wellbeing, with perspectives relevant to both schools and adults.

2. Key Dignitaries and Organising Leadership

The programme was supported by the presence and participation of senior mental health professionals and representatives from the Delhi Psychiatric Society and allied organisations. Their collective experience and professional expertise provided an important foundation for the programme.

The key dignitaries and organising members included:

-  **Dr. Manushree Gupta** – President, Delhi Psychiatric Society
-  **Dr. Jitendra Nagpal** – Organising Chairperson; Senior Psychiatrist & Programme Director, Expressions India
-  **Dr. Sandeep Vohra** – Organising Co-Chairperson
-  **Dr. Pankaj Verma** – Vice President, Delhi Psychiatric Society
-  **Dr. Paramjit Singh** – General Secretary, Delhi Psychiatric Society
-  **Dr. Swarandeep Singh** – Convener
-  **Shri Devendra Kumar Sharma** – Director, Department of Higher Education, Ministry of Education, Government of India

The participation of senior professionals and representatives from policy and mental health domains brought together clinical expertise, policy perspectives, and practical experience relevant to strengthening school mental health.

3. Inaugural Ceremony

The programme formally commenced with the Inaugural Ceremony, which was attended by the chief guests, dignitaries, organising members, and participating professionals. The ceremony provided an opportunity to introduce the objectives and broader purpose of the workshop.

The chief guests shared their valuable insights on the importance of strengthening school mental health and wellbeing in the present context. Their addresses highlighted the changing

psychosocial needs of children and adolescents and the growing importance of timely and appropriate mental health support within school settings.

The dignitaries emphasised the need for greater awareness, early identification, and appropriate intervention for emerging mental health concerns among students. They also highlighted the role of schools, teachers, counsellors, mental health professionals, and families in creating supportive and healthy environments for children and adolescents.

*The inaugural session further emphasised the importance of **collaboration between the education and mental health sectors** to develop effective and sustainable approaches to school mental health. The perspectives shared by the chief guests provided a meaningful foundation for the discussions and sessions that followed.*

*The ceremony set a positive tone for the workshop by bringing together **professional knowledge, practical experience, and a shared commitment** towards promoting mental health and wellbeing in school environments.*

4. Importance of the Workshop in the Current Context

School mental health is increasingly important for the holistic development and wellbeing of children and adolescents. Schools provide an accessible setting for early identification and timely intervention, helping promote emotional resilience, life skills, healthy relationships, and a supportive learning environment.

*The workshop was particularly relevant in the current context as it strengthened mental health professionals' understanding of emerging school mental health needs and highlighted practical, evidence-informed approaches to **early intervention, prevention, and wellbeing promotion**.*

*It also emphasised the importance of collaboration among mental health professionals and school stakeholders. Such collaboration can support the development of a coordinated and effective **whole-school approach** to student wellbeing.*

The workshop therefore provided an important platform for professionals to share experiences, understand emerging challenges, and discuss practical approaches that can contribute to stronger mental health support within school settings.

5. Beginning of the Workshop

*The workshop commenced with a short interactive game facilitated by **Ms. Geeta**. The activity was designed to help participants feel comfortable and develop familiarity with one another.*

The activity encouraged participants to interact with people they had not previously met and understand their perspectives, thoughts, and ways of approaching different situations. It provided an opportunity for participants to observe different viewpoints and engage in informal interaction.

The activity created a positive and participatory environment and helped establish rapport among the participants. It also set the tone for meaningful interaction, discussion, and learning throughout the workshop.

6. Key Themes and Discussions

The workshop covered a range of important themes related to contemporary school mental health and wellbeing. The major areas of discussion included:

✚ ***Foundations of School Mental Health:***

Understanding emerging challenges and the evolving needs of school mental health in India.

✚ ***Early Identification and Intervention:***

Building pathways for timely identification, assessment, and support for children and adolescents.

✚ ***New-Age Digital Tools:***

Exploring the role of digital tools and emerging technologies in strengthening school mental health support.

✚ ***Promoting Wellbeing:***

Understanding evidence-informed prevention and promotion strategies to create supportive and healthy school environments.

✚ ***Monitoring, Evaluation and Sustainability:***

Developing effective systems for monitoring outcomes, ensuring accountability, and sustaining school mental health initiatives.

✚ ***Interactive Perspectives and Professional Insights:***

The above themes were enriched through active discussions and perspectives shared by the Chairpersons, speakers, and participating professionals, including senior and junior psychiatrists, psychologists, counsellors, teachers, and other mental health professionals.

*The diverse professional perspectives provided practical insights into the **emerging needs, challenges, and possible approaches** for strengthening school mental health in India. Participants shared their experiences and viewpoints, contributing to a wider understanding of the challenges faced within school and community settings.*

The discussions also highlighted the importance of integrating mental health promotion, early identification, professional support, and preventive approaches into broader school wellbeing initiatives.

7. Closing Ceremony and Felicitation

The closing ceremony marked the successful culmination of the programme and provided an opportunity to acknowledge the valuable contributions of all those associated with the event.

Chairpersons, speakers, and participants were felicitated with citations and shawls as a mark of appreciation and honour for their active participation and contribution. The gesture recognised their valuable time, professional insights, and commitment towards strengthening school mental health and wellbeing.

The felicitation also acknowledged the collective efforts of professionals from different backgrounds who contributed to the discussions and learning during the programme. It reflected

the importance of professional collaboration and shared responsibility in promoting mental health and wellbeing.

*The ceremony concluded on a warm and appreciative note, celebrating the **collective learning, meaningful discussions, and collaborative spirit** of the programme.*

8. Conclusion

The programme provided a meaningful platform for bringing together professionals from the mental health and education sectors to reflect on the evolving needs of school mental health in India.

*The discussions highlighted the importance of **early identification, timely intervention, wellbeing promotion, use of emerging digital tools, and sustainable monitoring systems**. The exchange of professional perspectives further enriched the understanding of practical challenges and possible approaches in school mental health.*

*The programme concluded with a shared emphasis on continued collaboration, capacity building, and evidence-informed practices to create more supportive and mentally healthy school environments. It reinforced the collective responsibility of mental health professionals, educators, schools, and allied stakeholders in **strengthening minds and enriching futures**.*