

Expressions India
*The Life Skills & National School
Mental Health Program*



ALMANAC 2024

The Events Chronicle





Expressions India

*The Life Skills & National School
Mental Health Program*

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MESSAGE

On behalf of entire team of Expressions India – The Life Skills & National School Mental Health Program, we thank you for taking out few valuable moments to go through our Program Brochure & Almanac for Schools. The profile of our programs and development trainings is an outcome of a decade of national and global guidelines for enrichment of child centric pedagogy, school leadership and training resource enrichment.

Having worked as an empanelled agency for the CBSE for past 5 years and with over 15 years of technical trainings, „Expressions India“ has over 8500 training programs to its credit. A large majority have been implemented for comprehensive school development and wellness. The content and the context of these innovative training workshops has mobilized country wide enthusiastic participation of Principals, Teachers, Counselors, Families, Students, Doctors, Nurses & other allied professionals working with schools.

We sincerely request your kind & valuable support in opting for some of the training programs for your esteemed school(s) and convey to us the tentative dates for the implementation during the academic year 2023.

Looking forward to a long term association for holistic school development. For further information and implementation you may please contact us at 9999564366/9311275888/9818799555.

Warm regards & best wishes,

Dr. Jitendra Nagpal – MD; DNB
Program Director “Expressions India”–
The Life Skills & National School Mental Health Program
Sr. Consultant Psychiatrist & Incharge
Inst. of Child Development & Adolescent Health
Moolchand Medcity, New Delhi
(M) 9810054860 (Website) www.expressionsindia.org





WHO WE ARE

Education plays a vital role in transforming the society by developing its children as more aware, responsible and empowered citizens. A safe learning environment is most crucial for students of all ages. **"School Safety"** has been defined as creating safe environments for children even at the school and an inclusive safety implies protection and care from all kind of abuse, violence, psycho-social issues, natural and manmade disasters, fire, transportation etc, including school counseling services.

Expressions India' It is a well recognized and awarded program by the governmental and nongovernmental organizations in the country. This program strives to empower, support and streamline the co-scholastic and allied elements to effectively promote child and adolescent wellbeing in an inclusive environment for Indian Schools.

In pursuit of advocacy and training in these schools domains, 'Expressions India' has over 5500 training workshops, National and International Seminars to promote the Child & Adolescent safety, Protection, Life Skills, Values & School Wellbeing.

'A large number of schooling systems & government institutions in the country regularly seek technical expertise from Expressions India for their **advocacy, research, training and enrichment**. Earlier, having been an empanelled agency for the CBSE w.r.t. the teachers and students training programs across the country, a technical resource pool of erudite professionals effectively is functional for schools these topical for workshops. Supporting the health and physical education paradigm for the National Curriculum Framework (NCERT) has been a feather in the cap for Expressions India.



SmartGram Project (Aug 2017 – Feb 2019)

Quality Education in Schools' Focus on Psychosocial Wellbeing

Expressions India has undertaken the effort to educate and create awareness through training workshops, role plays and audio visual presentations about importance of Mental Health and Wellbeing. Our '**Mobile Classroom Van**' is designed to deal comprehensively with the task at hand. Mobile Classroom for Health & Wellness Education focuses on Basic Health Education, Life Skills promotion, Early Childhood Development, Overall Mental Health Intervention for Children, Adolescents, Youth & Communities.



**Expressions India
Quality Education in Schools
(Project completion w.e.f. Aug 2017 – Feb 2019)**

<u>Project Heads</u>	<u>Task Completed</u>	<u>No. of Participants</u>
A. I. Teachers Training Programs Identifying Common Emotional Behavioral and Learning Problems in Children & Adolescents.	158 Teacher training Workshops	Approximately 899 teachers were oriented & sensitized
B.1. Inter School Adolescent Festivals (for adolescent health education, effective career choices & development).	12 Festivals	1638 Adolescents participated & trained
B.2. Mindsmart – Adolescent Peer Leadership Trainings.	151 Mindsmart workshops for senior students of <u>Smarterame</u> schools	Around 3932 students were benefited

**Expressions India
Quality Education in Schools
(Project completion w.e.f. Aug 2017 – Feb 2019)**

<u>Project Heads</u>	<u>Target Achieved</u>	<u>No. of Participants</u>
C. Health Education Camps (for Students, Families & General Communities).	19 Health Education Camps	Attended by 1450 Students and villagers
C.1 Health & Hygiene Classes	158 Health & Hygiene Classes	4376 students participated & sensitized
D. Comprehensive Psycho- Educational Assessment Of Special Needs Children: Includes Assessment Of IQ, Specific Learning Disability & Sensory Motor Development..	138 Comprehensive Psycho-Educational Assessment Workshops	317 special needs children were identified and under taken for inclusive education & practices



Vision

***Towards Healthy, Happy & Harmonious Children of India
Towards Aware, Responsible & Empowered Adolescents
& Youth of India***

Mission

- Sensitization of School, College & Community for Holistic Development.
- Promotion of Life Skills & Values as Abilities for Adaptive and Positive Behaviours.
- To Initiate and Maintain a Dialogue between Students, Teachers, Parents and Other Stakeholders.
- Strengthen Capacity of Implementing Agencies for Project Management
- Facilitate Environment Building and Advocacy with Key Stakeholders and Principals
- Facilitate Training of Teachers, Peer Educators, Youth Mental Health Counseling
- Youth Mental Health and University/College Counseling Services in India



Program Director's Profile



Dr Jitendra Nagpal (MD DNB) is Program Director of Expressions India – The Life Skills & National School Mental Health Program. The Expressions India programme has over 4000 Child and Adolescent centred sensitization workshops, training programmes and community seminars to its credit. A large number of schooling systems & government institutions in the country regularly seek technical expertise from Expressions India for their advocacy, research, training and enrichment. He has been conducted a large number of corporate workshops on Work Life Balance.

Also, he is Senior Psychiatrist and Head of the Institute of Child Development and Adolescent Health at Moolchand Medcity.

Positions of Responsibility & Awards

- Coordinator Member, Child Safety Committee, Central Board of Secondary Education, New Delhi.
- Coordinating Member of SMARTGRAM Initiative on Life Skills and Values in Schools: A Pilot Project Based on the Rashtrapati Bhavan Smart Township Experience (2016–till date).
- Advisor, Comprehensive School Health Policy and Program by CBSE and the Life Skills Education manuals for class VI – X. As Program Director “Expressions India”, he has been involved in developing comprehensive technical resource for material development, conduction and implementation of the National Adolescent Education Program under the NCERT – CBSE – UNFPA, from 2005 – 2010.
- Member, Expert Committee to Develop Prototype Aptitude Test at the National Level for Class – IX, Ministry of Human Resource Development Department of School Education and Literacy.
- Chairperson, Child Health Committee & Member of New Education Policy (NEP) – 2015, Sub Committee at NCERT, New Delhi.
- Member, Advisory Group, Child Mental Health Committee, National Commission for Protection of Child Rights (NCPCR), New Delhi.
- Member, Committee for Development of a SOP for Rehabilitation & Restoration of Juveniles, Ministry of Women and Child Development, New Delhi.

- Member, Central Social Audit Committee for Exploitation of Children in Orphanages vs. UOI & Ors., Ministry of Women & Child Development, New Delhi.
- Member, Technical Resource Group (TRG), Adolescent Health, Ministry of Health & Family Welfare, Nirman Bhawan, New Delhi
- Corporate Trainer & Technical Expert in the field of Mental Health & Psychosocial Wellbeing in the community.
- Regular Columnist for Adolescent and Youth Career Related and Wellbeing Issues in HT Education of Hindustan Times & Employments News of Ministry of Information and Broadcasting
- Former President, Indian Association for Child and Adolescent Mental Health (IACAM)- 2013-15.

Organizer of the International and National events/conferences in India.

Expressions India – The National Life Skills, Values, Community & School Wellness Program

Ø The International Summit on Adolescent Life Skills, Values, Gender & School Wellbeing since 2012 to 2015.

Ø International Young Film Makers Festival since 2010 to 2014

Ø Life Empowerment Awards for Schools since 2014 & 2015

Association of Indian School Counselors and Allied Professionals (AISCAP)

Ø Annual conference of AISCAP since 2012

Ø American Counseling Association-Asia Pacific Counseling Conference (ACA-APCC 2015) organized in collaboration with Expressions India

- Program In-charge, Mental Health Unit Observation Home for Boys 2, Seva Kutir, Kingsway Camp and Mental Health Unit-Children Home Complex, Alipur, Department of Women and Child Development, Under the Government of Delhi.
- Member, National Focus Group on Health & Physical Education in the formulation of the National Curriculum Framework (NCF) 2005 by NCERT.
- Recipient of 'Delhi State Child Welfare Award' for distinguished services in Child Development by the Deptt. of Social Welfare, Govt. of NCT of Delhi.
- Recipient of Excellence Award for 'School Healthy Heart Initiatives in India'.
- Supervised post doctoral researches in behavioral sciences and is the In-charge, Program Study Centre at Moolchand Medcity for the Master of Science (M.Sc) in Counseling and Family Therapy (CFT) course launched by the Indira Gandhi National Open University (IGNOU).
- Chairperson, Association of Indian School Counselors and Allied Professionals (AISCAP) which seeks to empower, support and streamline the school counselors and allied professionals in their role to effectively promote child and adolescent wellbeing in an inclusive environment.
- Editor In Chief of the newly launched "Indian Journal of School Health and Wellbeing".

Achievements by Expressions India



Shri Pranab Mukherjee

Honourable Former President of India launching the National Program on School, Life Skills, Mental Health & Wellbeing on the Occasion of International Adolescent Summit

Shri Yoganand Shastri

Presenting individual State Award to the Program Director Expressions India by the Dept of School Welfare NCT of Delhi



Shri Manohar Lal Khattar

Launching the Mobile Health Education Classroom Van for State Govt Schools of Haryana

Smt Sheila Dixit

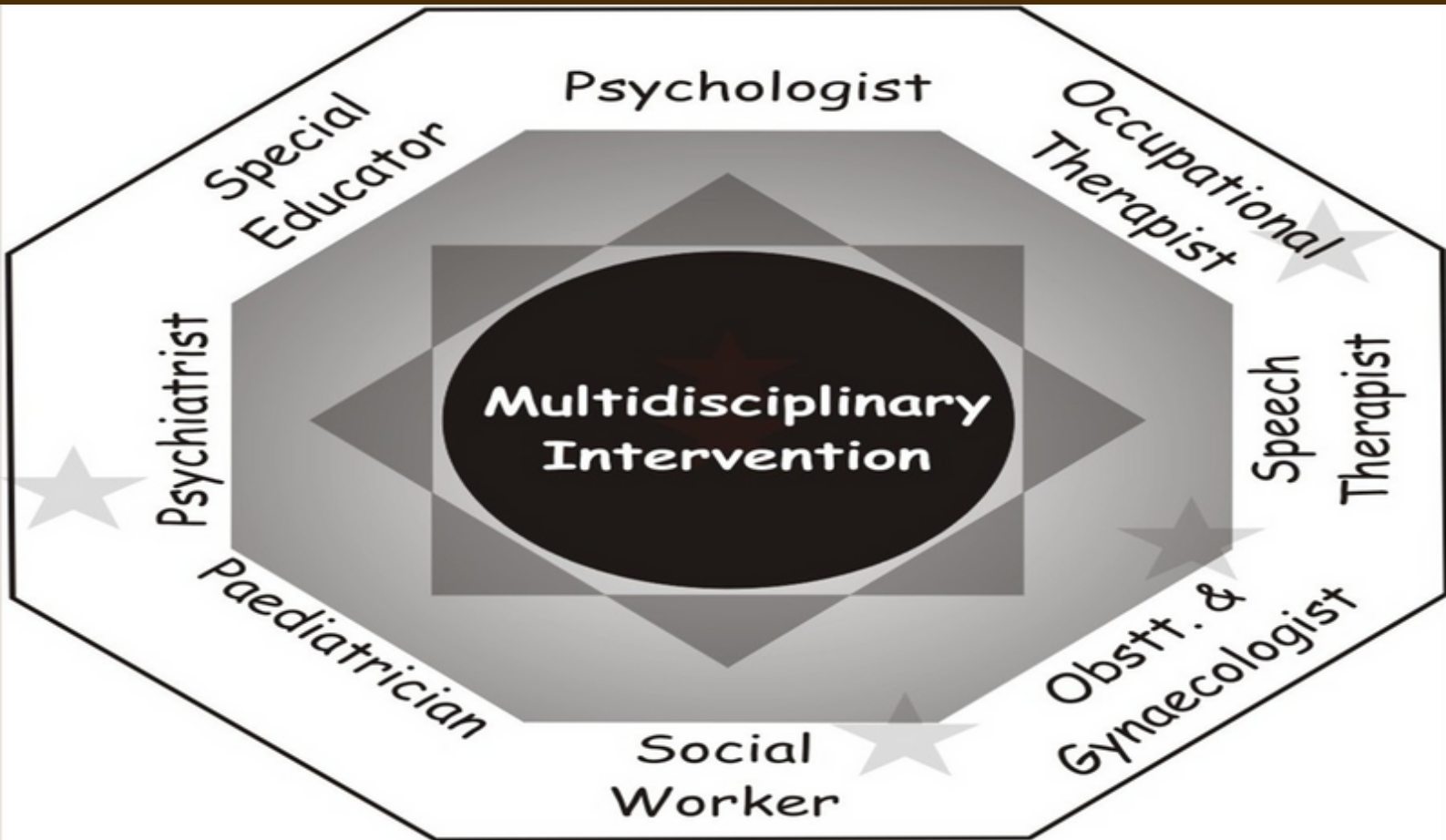
Presenting the Honors to Dr Jitendra Nagpal, Program Director of Expressions India for the Healthy Heart Initiative in India



Ms Kiran Bedi

Interacting with Peer Educators in the Adolescent Peer Educators Leadership Program Course in Life Skills and Wellbeing

Expressions India Professionals Team Includes...



What We Do

- **Sr. Psychiatrist:** Primarily dealing with the pharmacological management of the clinical concerns.
- **Clinical Psychologist:** IQ Assessments, Personality assessments, Career related assessments, Psychotherapy: Behavior Modification, Couple's Therapy, Family Therapy.
- **Special Educator:** SLD assessment, Remedial education
- **Occupational Therapist:** Facilitates sensory- motor development in children.
- **Counselors:** Maintain academic standards and develop skills to improve organization functioning, study habits, and time management, work through personal problems that may affect academics or relationships and improve social skills.
- **Speech Therapist:** Facilitates development of speech for children with delays such as stuttering, stammering.



Events & Training Programs of Expressions India

The Life Skills & National School Mental Health Program



MAJOR EVENTS & TRAINING PROGRAMS- 2024

of

Expressions India

The Life Skills & National School Mental Health Program

INTERNATIONAL & NATIONAL EVENTS / SEMINARS / AWARDS

- ✓ National Adolescent Summit on Life Skills, Mental Health & Wellbeing 2024
- ✓ MINDSMART: The School based Adolescent Peer Educators' Leadership Course (short, mid & long term courses for the school)
- ✓ National Talent Olympiad for Students with Special Needs – Jan 2024
- ✓ International Young Film Makers Festival (IYFMF) – April 2024
- ✓ National PSYCHOLYMPIAD – April 2024
- ✓ International Life Empowerment Awards for Schools – Sep 2024
- ✓ The Adolescent Career Festivals for Schools – 2024 (throughout the year)

INTENSIVE TRAINING PROGRAMS FOR TEACHERS/COUNSELORS

- ✓ Early Childhood Care & Education - Recent Advances in Brain, Mind & Behavioral Linkages
- ✓ Child Wellbeing, Schooling & Socio Legal Aspects - Growing Challenges for Schools Leadership & Pedagogy
- ✓ Child, Adolescent & Adult Psychometry - Dilemmas, Interventions & Newer Learnings in Effective Reporting
- ✓ Adolescent Health Education & Counseling
- ✓ Specific Learning Disabilities & Allied Psychosocial Issues
- ✓ Promotion of Child Mental Health and Wellbeing in Schools
- ✓ Cognitive Behavioral Therapy – Recent Advances
- ✓ Operationalizing the Protection of Children from Sexual Offences Act 2012 (POCSO) in Schools & Emerging Challenges in Bullying
- ✓ Disaster Management & Tackling Common Medical & Behavioral Emergencies in Schools
- ✓ Dance Movement Therapy (DMT)

IMPORTANT HIGHLIGHTS

Internship for Psychology & Biology Students
Positive Parenting in A Changing World -
Orientation for Parents
School based Assessments of Children with
Learning Difficulties, Emotional & Behavioral
Problems



Check out the website (www.expressionsindia.org) for updates and the event details
Email: contactexpressions.india@gmail.com, Contact No: 9810054860, 9310086792



AN INITIATIVE OF THE MINISTRY OF EDUCATION

NATIONAL CONFERENCE

ON

Comprehensive Mental Health Initiatives in Schools

Bridging the Gap, Evolving Best Practices for 21st Century Schools
(Virtual Platform)

Symposia & Paper Presentations

**28-29 FEBRUARY
2024**

**Timings
9:30 am to 6:00pm**

*For submission of registration form, click on
<https://forms.gle/eyR878wxdumzbwZ7A>*



CENTRAL BOARD OF SECONDARY EDUCATION

National Adolescent Summit on Life Skills, Mental Health, Gender, Safety & Wellbeing



DECEMBER 2024
NATIONAL BAL BHAVAN, NEW DELHI

COMPETITIONS



'Utopia'

Thematic
Painting



'Rhetorics'

Young Orators
Championship



'Sur Sangam'

Solo Indian
Classical Dance



**'Pathshala
Nukkad Ki'**

on Contemporary
Themes

ALLIED INNOVATIVE EVENTS

National School Health & Wellbeing Exhibition - Emerging Best Practices

- ✓ **'YUVA SANSAD'** : The National Adolescent Wellbeing Parliament
- ✓ **MANOVIRTI** : Screening of Theme based Short Films by Students
- ✓ **SAMVEDNA** : Luminaries from various fields shall have interactions with Student Peer Educators
- ✓ **MINDSMART** : The National Health & Wellness Quiz

Participants

4 Peer Educators
+ 1 Teacher



Kindly Note: Event guidelines are enclosed

in collaboration with

Expressions India - The National Life Skills & School Wellness Program



*"Building Wellbeing
Ambassadors
for the Nation"*



NATIONAL MINDSMART - 2024

A FIVE PART SERIES FROM APRIL TO OCTOBER 2023

*The Adolescent Peer Educators' - Leadership
Course in Life Skills & Wellbeing*

*Student
Centric*

Participatory



Interactive

*Insight
Provoking*

*Online & Offline Course in every 3 Months
5 Sessions per Course*

- * Inauguration & Introductory Session on Common Adolescent Issues & Concerns.
- * Applying Life Skills for Lifelong Learning
- * Understanding & Coping with Emotionality - Anger, Loss & Sadness
- * Gender Sensitization ; Being Safe & Responsible
- * Preventing Substance Abuse & Allied High Risk Behaviours
- * Life Competencies with Values. Motivational Enhancement
- * Family Bonding & Communication – Emerging Paradigm
- * Media Literacy : Learning Life Skills from the Visual Medium
- * First Aid & CPR Training in Schools – A Citizen's Responsibility
- * Planning of School based Life Skills, Health & Wellbeing Interventions

The program is enriched by CBSE guidelines of **Health Promoting School, Values & Life Skills Education** and the NCF (NCERT) recommendations on Health & Physical Education.

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

Aware....

Responsible

Empowered.....

INTERNATIONAL YOUNG FILM MAKERS' FESTIVAL 2012

IYFMF

WWW.IYFMF.COM

October 2024

by **EXPRESSIONS INDIA**

WWW.EXPRESSIONSINDIA.ORG



IYFMF 2024 INNOVATIVE LIFE SKILLS FOR SOCIAL CHANGE

After the grand success of IYFMF 2010 & 2011, EXPRESSIONS INDIA invites you to IYFMF 2024 a UNIQUE and INNOVATIVE LIFE SKILLS based FILM FESTIVAL of-for-by SCHOOL STUDENTS !!

HIGHLIGHTS OF THE EVENT

- Films created by school students on various socially relevant themes
- Interface with Media experts, Educationists and Health experts
- Various Creative and Life Skills Workshops
- Dynamic guest-lectures in media literacy and advocacy

REGISTRATIONS OPEN*

*ONLINE ONLY

October 2024

Venue:

Siri Fort Auditorium, New Delhi

Last Date for Registrations

10 October 2024

FOR DETAILS PLEASE LOG ON TO

www.IYFMF.com

You can also write to us at
contact.iyfmf@gmail.com

Our **FACEBOOK PAGE**
"FRIENDS OF
EXPRESSIONS INDIA"



An **AWESOME** Opportunity to
showcase and hone your **CREATIVE & TECHNICAL** abilities

With Best Wishes from:

Dr. Jitendra Nagpal,
Chairperson IYFMF 2024
Program Director - Expressions India



The National School Health & Wellness Quiz

April - May 2024

AT VIRTUAL PLATFORM

Pick your brain on.....

*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

.....

Zonal Written Round - Central Written Round

Stage Round - The Championships Round

(9th to 12th std Students)



In collaboration with

Expressions India - The National Life Skills, School Health & Wellness Program



**Expressions
India**
*proudly
presents*



THE 6TH

LIFE EMPOWERMENT AWARDS FOR SCHOOLS 2024

**Promotion & Recognition of Life Skills, Mental Health, Safety
& Wellbeing in Schools**

October 2024, New Delhi

Info Detail: www.expressionsindia.org



We cordially invite your school participation in the

World Mental Health Week Celebrations

4th to 10th Oct 2024

&

World Mental Health Day – 10th Oct 2024

Join the Online Creativity Initiative



4th to 12th Std

Group - 1

Utopia
Poster Making/
Painting



4th to 12th Std

Group - 2

Eloquence
Essay Writing/
Poetry



9th to 12th Std

Group - 3

Sur Sangam
Jingle Making
(Thematic Video)

The event guidelines are attached herewith (page 2).
Kindly forward your registration latest by 3rd Oct 2024.

For submission of registration form, click on
<https://forms.gle/j4knpS72bU2QeDPY9>

The Teacher Incharge or Counselor may forward the registration form with the details incorporated.

A student may participate in more than one group & choose one event in that group.



For Registration & Queries

E-mail: inclusion.expressionsindia@gmail.com



Two Days Program on Recent Advances & Case Reviews Promoting Child Protection, Legal Literacy & Mental Health Safety

Organized by
Institute of Mental Health
& Life Skills Promotion,
Moolchand Medcity, New Delhi

THEMES TO BE COVERED

DAY 1

- ➊ Newer Understanding & Challenges of Child Sexual Abuse
- ➋ Building Peer to Peer Legal Literacy
- ➌ An update on Exam Provisions for Children with Special Needs (CWSN)

DAY 2

- ➍ Be A Master Trainer For Your School Life Skills, Mental Health and Well Being Initiative. Join the National Master Trainers Forum for Building 21st Century Skills.
- ➎ Dealing with Exam Stress & Anxiety - Enriching Coping Skills, Tips for Emotional Wellbeing

Link for Registration

<https://forms.gle/yQGpNYg4RBYUR2Q76>

8 & 9 FEB 2024
10 AM - 1 PM
AUDITORIUM,
MOOLCHAND MEDCITY
NEW DELHI



There is no Registration Charge

E- Certificate
(Citation of Honour) &
Academic Material shall be
accorded to all Participants!

INTERVENTION CENTRE

for

EARLY CHILDHOOD CARE, NUTRITION & EDUCATION



Institute of Mental Health & Life Skills Promotion
Moolchand Medcity, New Delhi

LAUNCHING THE PIONEERING WORKSHOP SERIES
ON



RECENT ADVANCES IN BRAIN, MIND & BEHAVIORAL LINKAGES



Key Sessions

- ✓ **Current Research & Process of Early Maturation & Learning**
- ✓ **Unravel the Mystery of Early Childhood Development & Nutrition**
- ✓ **The Integrated Aspects of Child Development : Focus on Psycho Social Challenges and violation of child rights**
- ✓ **Promoting a Positive Self-Concept & Self Esteem in Early Childhood..**
- ✓ **Fostering Development of New Age Cognitive Skills in Children**
- ✓ **Behavioral and Learning Problems in the Context of Early Childhood Brain Development : Role of Teachers and Parents in Nurturing Happy Childhood**
- ✓ **Establishing Early Childhood Education & Intervention Models in Rural India Schools**

✚ **Contact Details:** 9818799555, 9560880035
✚ **Email Id:** contactexpressions.india@gmail.com
Expressionsaindia2005@gmail.com

**A Must for Pre & Primary
Teachers, Parents, School
Managers & all Health Care
Providers**



organized by

Expressions India

The National Life Skills, Values Education &
School Wellness Program



Adolescent Peer Educators Leadership in Mental Health and Wellbeing



Introduction:
the journey from
core life skills
to 21st century skills

Making effective career choices -
integrating
the life skills approach

Building Resilience for
coping and
capacity building

Empowering self for the
digital world and prevention
of allied high risk - behaviors

Growing up healthy,
importance
of nutrition and hygiene

Developing healthy
interpersonal relationships -
mobilizing peer support

Family bonding and
caring communication -
emerging paradigm

Healthy Expressions of emotions,
dealing with
anger, loss and sadness



Qualities that Peer Educator/Trainer should possess

P- Positive Outlook
E- Enthusiastic
E- Empowered
R- Responsible
S- Sensitive





Schools are invited to enrol for
Advanced Level
of
Online Internship Sessions
for Psychology Students
(XI & XII)

who can
enroll

Enriching Knowledge, Attitude & Skills for your Competencies

Kindly Note:

Methodology
Case Vignettes
PPT Presentation
Brainstorming
Short Videos
Quiz Session

Five Sessions

Enrollment via School/ Parents

at Zoom Platform

Commencing from 2024,
3:00pm to 4:30pm, Alternate Days

Orientation to Mental Health Considerations & the Emerging
Challenges during COVID 19 & beyond....

E- Certificate (Citation of Honour) & Academic Handouts
shall be accorded to all Participants!

organized by

Institute of Mental Health
& Life Skills Promotion
Moolchand Medcity





APPLY NOW...

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

*Enriching Knowledge, Attitude & Skills
for your Competencies*

INTERNSHIP HIGHLIGHTS

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

CONTACT US



inclusion.expressionsindia@gmail.com



9717177946, 9999660117, 9310086792, 7835922093



www.expressionsindia.org

ORGANIZED BY



MOOLCHAND
health • happiness • life

WHO CAN ATTEND

UG/ PG Psychology Students & Allied Disciplines (eg Sociology & Social Work) +2 psychology students may also enrol for this program)

METHODOLOGY

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

**Next Batch Commences from
2024 (30 Days)
10:00am to 4:00pm**

PLEASE NOTE

- All candidates shall awarded for the Project based Learning.
- E- Certificate (Citation of Honour) & Academic Handouts shall be accorded to all Participants!
- Registration Link
<https://forms.gle/nufLCEG3Rm5UHEm97>

Internship Fee 6000/- only (for 30 days)

Transaction Details

Name: Expressions Children Homes Organizations of India

Bank: Kotak Mahindra Bank

Branch: Kasturba Gandhi Marg, New Delhi

Acc. No: 0811412573, IFSC: KKBK0000172

GPay & Paytm No: 9999564366 (Priya Sharma)



You are cordially invited to the
Four Days Intensive Orientation
on
**Neuropsychological Assessment;
Tools & Techniques**

Organized by
Institute of Mental Health & Life Skills
Promotion, Moolchand Medcity, New Delhi

JOIN VIA ZOOM LINK



Link for registration

<https://forms.gle/K6SN1yEHNheUTPa27>

THEMES TO BE COVERED

- Day 1** - A Comprehensive Overview to Neuropsychological Testing
- Day 2** - Clinical Implications of Organic Brain Syndrome
- Day 3** - An Orientation to Mini Mental Status Examination
- Day 4** - Cognitive Rehabilitation for Patients with Organic Brain Syndromes

APRIL 2024
6PM-7:30PM

***E- Certificate (Citation of Honour) &
Academic Material shall be accorded to all Participants!***

Registration Charge for four days program is 1500/- only

Transaction Details

Name: Expressions Children Homes Organizations of India
Bank: Kotak Mahindra Bank **Branch:** Kasturba Gandhi Marg, New Delhi
Acc. No: 0811412573 **IFSC:** KKBK0000172
GPay & Paytm No: 9999564366 (Priya Sharma)

You are cordially invited to the

Webinar based Orientation Program on Recent Understanding & Trends in **PSYCHO-ONCOLOGY**

Organized by



Instit. of Mental Health & Life Skills Promotion, Moolchand Medcity, New Delhi

MAY 2024

5:00-7:00 PM • JOIN VIA ZOOM LINK

Day 1

Themes to be covered

Day 2

1 In Sync : Health & Psychology

2 The Interface between Cancer & Psychology

3 Evolution of the Field of Psycho-oncology

1 Introduction to site Specific Cancers & Associated Psychosocial Concerns

2 In Time : Future of Psycho-oncology in Practice and Research

E- Certificate (Citation of Honour) & Academic Material shall be accorded to all Participants!

Registration Charge for two days program is 600/- only

Transaction Details

Name: Expressions Children Homes Organizations of India

Bank: Kotak Mahindra Bank **Branch:** Kasturba Gandhi Marg, New Delhi

Acc. No: 0811412573 **IFSC:** KKBK0000172

GPay & Paytm No: 9999564366 (Priya Sharma)

Email: inclusion.expressionsindia@gmail.com (M) 9999660117, 9310086792

Link for registration - <https://forms.gle/Tj1y5jRyhFVZ2WH4A>

YOU ARE CORDIALLY INVITED TO THE

POCSO Act, Child & Adolescent Wellbeing

COUNSELING GUIDELINES FOR TEACHERS,
COUNSELORS & ALLIED STAKEHOLDERS

REGISTRATIONS OPEN!

WHO SHOULD ATTEND : OPEN TO ALL

Join Via Zoom Link
Dates : May 2024
Timings: 6:30 - 8:00pm



Organized by
Institute of Mental Health &
Life Skills Promotion,
Moolchand Medcity,
New Delhi

AGENDA

- Day 1 - Salient Features of POCSO Act 2012
- Day 2 - Child Rights and Protection
Creating Safe Spaces
- Day 3 - Counseling Guidelines & Techniques
through Case Study Discussion
- Day 4 - Prevention and Management of
Child Sexual Abuse

*E- Certificate (Citation of Honour) &
Academic Material shall be accorded to all Participants!*

Link for registration

<https://forms.gle/K6SN1yEHNheUTPa27>

Contact us at 9999660117, 9999564366, 9310086792





You are cordially invited to the
Webinar Based Workshop on

Basic & Advanced Statistical Analysis

(Perspectives in Mental Health & Wellbeing)

Link for Registration

<https://forms.gle/Tj1y5jRyhFVZ2WH4A>

Organized by
Institute of Mental Health
& Life Skills Promotion,
Moolchand Medcity, New Delhi

THEMES TO BE COVERED

MAY 2024
6 PM - 8 PM

- 📍 Research Methods & Statistics
Decoding the Research Designs
- 📍 Applications of Descriptive and Inferential
Statistics in Research
- 📍 Training in Basic Statistical Analysis



**E- Certificate (Citation of Honour) &
Academic Material shall be
accorded to all Participants!**

Registration Charge for two days program is 800/- only

Transaction Details

Name: Expressions Children Homes Organizations of India

Bank: Kotak Mahindra Bank

Branch: Kasturba Gandhi Marg, New Delhi

Acc. No: 0811412573 IFSC: KKBK0000172

GPay & Paytm No: 9999564366 (Priya Sharma)

**Join via
Zoom Link**

You are cordially invited to the
Webinar based Orientation Program on
Neuropsychological Assessment
& Its Applications

Organized by



Instit. of Mental Health & Life Skills Promotion, Moolchand Medcity, New Delhi

JUNE 2024
5:00-7:00 PM • JOIN VIA ZOOM LINK

Themes to be covered

-
- ★ Orientation to basic Neurological Functions and its Psychological Implications
 - ★ Diagnosis, Assessment and Applications of Neuropsychological Conditions
 - ★ Different Rating Scales and Neuropsychological Testing of Mental Health Disorders
 - ★ Comprehensive Understanding on Applications of Neuropsychological Assessments
-

E- Certificate (Citation of Honour) & Academic Material shall be accorded to all Participants!

Registration Charge for two days program is 400/- only

Transaction Details

Name: Expressions Children Homes Organizations of India
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2:00 pm to 4:00 pm

**(Join Via Zoom
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ADOLESCENT MENTAL HEALTH & WELLBEING

Building Effective Trainers for Adolescent Wellbeing

**WEBINAR
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★ **August 2024**

11:00 am to 12:30 pm

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Rorschach Inkblot Test

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in technical support with



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 - ★ **From Basics to Complex Interpretations**
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Shaping Wellbeing Ambassadors for the Nation

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Interactive Sessions

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- ➡ From core Life Skills to 21st Century Skills
- ➡ Empowering the Voice of Adolescents - "My Opinion Matters"
- ➡ Enriching Self Esteem and Regulating Emotions
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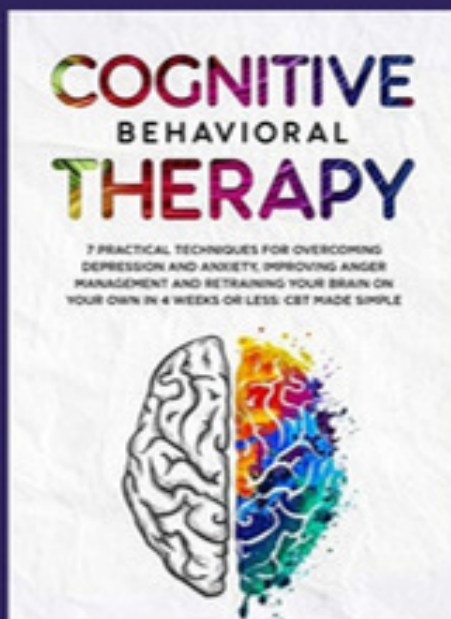
**Three Webinar Sessions
2024**

**Wed, Thurs & Fri
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Themes to be covered

- Day 1: Orientation to the basic Principles of Cognitive Behavioural Therapy**
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**E- Certificate (Citation of Honour) &
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Registration Charge for three days program is 1000/- only

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Managing 21st Century Classrooms...

The Teachers Perspective

Organized by

*Expressions India: The National Life Skills, Values
Education & School Wellness Program*



Key Points

- The context & Emerging Needs for Classroom Management
- Best Practices for Child Centered Pedagogy
- Improvising Healthy Positive Discipline for Enriching Transaction
- Decoding the Inclusive Curriculum & Challenges of Special Needs Integration
- The Life Skills and whole brain approach for the 'Every Child Matters' Classroom.

'Building Emotional Health & Wellbeing in Schools'

Emerging Good Practices of Basic Counseling Skills for Teachers

A must for Teachers,
Counselors, HMs, School
Doctors, Students of
Psychology & Behavioural
Sciences etc.



Key Sessions

- Exploring ways to Create an Emotionally Healthy Classroom
- Needs and Challenges of Early Childhood Behavior
- The Salience of Building effective Self Esteem in Children
- Family School Partnership for effective Communication with Teenagers – Tackling Depressions and Anxiety Disorder
- School Counseling Programs - Transforming the Crucial Role of Teachers

Please Note:

Registration includes basic stationery, handouts, refreshment & the participation course certificate.

✉ Email Ids

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'Positive Parenting in a Changing World'

ORIENTATION FOR PARENTS

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Expressions India

The National Life Skills Values Education & School Wellness Program



Join this Contemporary Parenting Dialogue & Hands on Training facilitated
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- * Take the Stress out of day to day Parenting
- * How to handle the conflicts that arise daily
- * The importance of knowing what your child thinks of you
- * How to Appreciate your Child without Pampering him/her

0-5
Years

- * The Emerging Challenges of Transitions in Growth and Development in Children
- * Does Child upbringing call for confidence?
- * Do you have to meet your children's expectations?

6-12
Years

- * Emerging Role of Parents in the Holistic Development of Children and Adolescents
- * The Realm of Different Parenting Styles, Essential Skills for Preparing a Family road map
- * FAQs on the Charm & Challenge of New Age Parenting

13-18
Years

Brief Profile:

Dr. Jitendra Nagpal (MD, DNB) is the Program Director of Expressions India – The National Life Skills, Values Education, School Health & Wellness Program. He is Sr. Consultant Psychiatrist & Incharge of the Institute of Child Development and Adolescent Health at Moolchand Medcity. The Expressions India programme has over 3000 Child and Adolescent centred sensitization workshops, training programmes and community seminars to its credit. A large number of schooling systems in the country regularly seek technical expertise for their advocacy, research, training and enrichment from the Expressions India team across the country.



More Information

Schooling systems across the country (Government, Govt. aided and Private Institutions) seek technical expertise from Expressions India for their advocacy, research, training and enrichment of LSE. For further information you may contact us.


Contact us :

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