



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>**





# NATIONAL CONFERENCE ON COMPREHENSIVE MENTAL HEALTH INITIATIVES IN SCHOOLS *Bridging the Gap, Evolving Best Practices for 21<sup>st</sup> Century Schools* Concept Note

Enriching 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 healthier future. Continued 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 COVID-19 pandemic has impacted 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.







**Manodarpan- An Initiative of the Ministry of Education for 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 “Comprehensive Mental Health Initiatives in Schools” 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.

**Team Manodarpan  
National Conference  
School Mental Health Initiatives**

***Please register on this link for Paper Presenters***

***<https://forms.gle/eyR878wxdumzbw27A>***

***For any query / clarifications, write to  
[schoolmentalhealth2024@gmail.com](mailto:schoolmentalhealth2024@gmail.com)***





# NATIONAL CONFERENCE

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## *Comprehensive Mental Health initiatives in Schools*

*Bridging the Gap, Evolving Best Practices for 21st Century Schools*

### 1

#### 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

### 2

#### 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 15th Feb 2024.
- ☛ Registration is mandatory for all paper submissions.

#### IMPORTANT DATES

*Last Date for Registration - 10th Feb 2024*

*Abstract Submission - 15th Feb 2024*

*Full Paper Submission - 20th Feb 2024*



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# NATIONAL CONFERENCE

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## *Comprehensive Mental Health initiatives in Schools* *Bridging the Gap, Evolving Best Practices for 21st Century Schools*

**Program & Themes for Invited Symposia - 28th February 2024**

10:00AM

### **Assemble, Inauguration & Keynote**

11:30 AM

### **Symposium - 1**

11:30AM

**Inclusive Schools & the Mental Health Paradigm- Emerging Perspectives**

01:00 PM

#### **SUB THEMES**

- *A whole school approach to child mental health and behaviour.*
- *Redefining the skyline of Pedagogy towards child mental health.*
- *Mental health from the perspective of NEP 2020 and Child Safety Paradigm.*

### **Symposium - 2**

02:00 PM

**Psychosocial Wellbeing during Foundational Years - Towards Safe & Joyful Ecosystem**

03:15 PM

#### **SUB THEMES**

- *Integrated holistic approach for developing socio-emotional learnings.*
- *Early childhood identification of common emotional, behavioural and Learning difficulties.*
- *Good practices for Behavioral and Social change. A population based regulation of emotional self.*

### **Symposium - 3**

03:15 PM

**Transitional Years: Meeting the Newer Challenges of Health & Behaviour**

04:45 PM

#### **SUB THEMES**

- *The Pre Adolescent Years-Understanding newer approaches to build resilience.*
- *Assessing school risk and protective factors*
- *Are we preparing school children for transitional years?*





# NATIONAL CONFERENCE ON

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**Day 2 - 29th February 2024**

09:30 AM

10:30 AM

### **Symposium - 4**

**Socio Emotional Support for Special Needs Students-  
Experience Sharing**

#### **SUB THEMES**

- *Building psychosocial safety and barrier free education for better outcomes .*
- *Integrated and Inclusive classrooms for diverse socio-emotional learning*
- *Mentoring Vision for the Heads of Institutions-Leadership Perspective.*

10:30 AM

10:45 AM

**Keynote Address - Sociological research Perspective - Child  
Mental Health in India**

11:00 AM

12:15 PM

### **Symposium - 5**

**Adolescent Life Skills Development- Creating Future Ready  
Landscape in Schools**

#### **SUB THEMES**

- *Integrating Life Skills and Mental Wellbeing in the holistic health curriculum.*
- *21st Century Life Skills Enrichment-Enabling Psychosocial Climate of Schools.*
- *Sustainable peer leadership approach for Life Skills Education.*

12:15 PM

01:15 PM

### **Symposium - 6**

**Vasudhaiv Kutumbakam: Strengthening Family School  
Partnership with Innovative Action**

#### **SUB THEMES**

- *Media Advocacy for Positive Mental Health in Schools.*
- *Parenting Children in Special circumstances- Supportive collaborations for Psychosocial aspects .*
- *Changing Dynamics of rearing: Bridging the gap with multidisciplinary dialogue.*







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**Day 2 - 29th February 2024**

01:45 PM

### **Symposium - 7**

03:15 PM

**School Mental Health Safety: Exploring Readiness for Trauma Care**

#### **SUB THEMES**

- *Creating safe schools: Key ingredients for trauma informed approach to school emergencies.*
- *Role of school leaders in transforming a "Safety Culture"*
- *Institutional capacity building – coaching, mentoring and peer to peer support for safe and secure schooling*

03:15 PM

### **Symposium - 8**

04:45 PM

**Emerging Needs for Promotion of Teachers Mental Health and Well Being- Support for Capacity Building**

#### **SUB THEMES**

- *Mental Health And Wellbeing- Contemporary Perspectives For Teachers and Allied Professionals.*
- *Risk and Protective psycho-social factors for Teachers – Scaffolding health and stress management*
- *Promoting diverse measures for overall Wellbeing of Teachers and allied professionals.*

04:45 PM

**Valedictory and Key Recommendations for Action**

05:30 PM

***Paper Presentations***  
***(Parallel Sessions)***  
***11am onwards.***

