



Expressions India

The Life Skills, National School & University Mental Health Program

ALMANAC 2026

THE EVENTS CHRONICLE



Expressions India



The Life Skills & National School Mental Health Program



- ▶ **MINDSMART:** The School based Adolescent Peer Educators' Life Skills Leadership Program (short, mid & long term courses for the school)
- ▶ **National Talent Olympiad** for Students with Special Needs
- ▶ **International Young Film Makers Festival (IYFMF)**
- ▶ **National PSYCHOLYMPIAD**
- ▶ **National Adolescent Summit on Life Skills, Mental Health, Safety & Wellbeing**
- ▶ **International Life Empowerment Awards for Schools**





Expressions India

*The Life Skills, National School & University
Mental Health Program*

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www.expressionsindia.org

38, Pocket 1, Jasola Vihar, New Delhi

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.

Expressions India - The National Life Skills and School Wellness Program is a well-recognized and awarded initiative by the government and non-governmental organizations in the country. This program strives to empower, support and streamline the co-scholastic and allied elements to effectively promote child and adolescent Life Skills & Wellbeing culture in an inclusive student led environment for Indian Schools. Having been the technical support for the Adolescent Life Skills Leadership Program with focus on building the teachers and students as Well Being Ambassadors across the country, a technical resource pool of erudite professionals is effectively functional to facilitate these innovative programs.

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 2026.

Looking forward to a long term association for holistic school development. For further information and implementation you may please contact us at 9999564366/78359 22093.

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.



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

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

∅ International Young Film Makers Festival since 2010 to 2014

∅ Life Empowerment Awards for Schools since 2014 & 2015

Association of Indian School Counselors and Allied Professionals (AISCAP)

∅ Annual conference of AISCAP since 2012

∅ 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

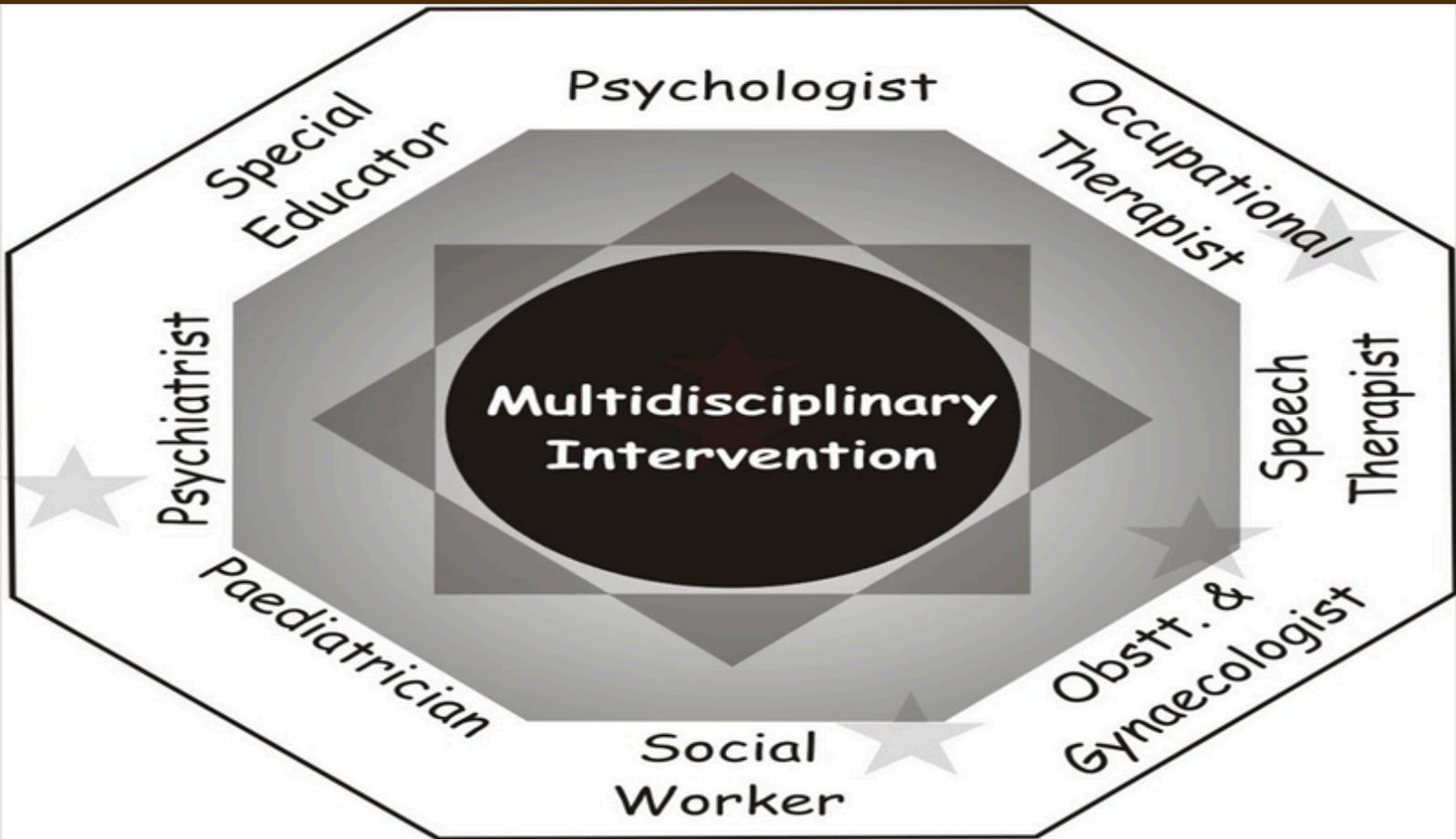
Presenting the Honors to Dr Jitendra Nagpal, Program Director of Expressions India for the Healthy Heart Initiative in India



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...



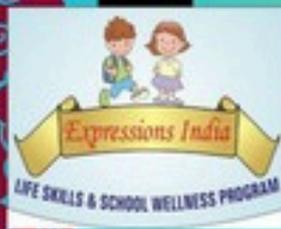
What We Do

- **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- 2026

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
- ✓ 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
- ✓ International Young Film Makers Festival (IYFMF)
- ✓ National PSYCHOLYMPIAD
- ✓ International Life Empowerment Awards for Schools
- ✓ The Adolescent Career Festivals for Schools (throughout the year)

INTENSIVE TRAINING PROGRAMS FOR TEACHERS/COUNSELORS

- ✓ Strengthening Resilience and Enriching Mental Health and Wellbeing: A Life Skills Based - Transformatory Leadership (for School Leaders & Managers)
- ✓ 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
- ✓ Operationalizing the Protection of Children from Sexual Offences Act 2012 (POCSO) in Schools & Emerging Challenges in Bullying

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, 9999564366



2nd National Conference

on

Contemporary School Mental Health Initiatives

Bridging the Gap with Innovative Best Practices



26th & 27th Feb 2026



9:00am - 5:00pm



New Delhi

Highlights

TWO DAYS EVENT

Key Notes | Symposia & Workshops | Paper Presentations by School & University Students, Mental Health Professionals, Social Scientists and Allied Professionals

HYBRID
MODE



"Transforming the Wellbeing Culture in Education Settings"

Contact Nos: 7042224452, 9999564366, 78359 22093, 9810054860

Email: jnagpal10@gmail.com, Website: www.expressionsindia.org

Celebrating the Confluence of Adolescents with the Wellbeing Culture of Higher Education



International Adolescent Leadership Summit

ON LIFE SKILLS, RESILIENCE,
POSITIVE MENTAL HEALTH
& WELLBEING



COMPETITIONS

Swasthya Sangam
National School Health
Exhibition



'Pathshala
Nukkad Ki'
on Contemporary Themes



'ManoNriya'
Solo Indian
Classical Dance



'Utopia'
Thematic Painting



Fun
Activity

NEW

DEC 2026

National Bal Bhavan
New Delhi

ALLIED INNOVATIVE EVENTS

YUVA SANSAD
The National Adolescent &
Youth Parliament

SYMPOSIA AND WORKSHOPS
Luminaries from various fields
shall have interactions
with Student Peer Educators

ELOQUENCE
The Voice of Adolescent in
India

EXCELLENCE AWARDS
Award for School Mental
Health Promotion

Participants

4 Peer Educators
+1 Teacher

Registration
Open
from Oct 2026

in collaboration with



EXPRESSIONS INDIA - THE NATIONAL
LIFE SKILLS & SCHOOL WELLNESS PROGRAM



**"Building Wellbeing
Ambassadors
for the Nation"**



MINDSMART – 2026

(A THREE PART HANDS ON PARTICIPATORY SERIES)

**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

Facilitated in the Schools/ Cluster Schools

Session I

Themes Covered

- 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

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

IYFMF-2026

by **Expressions India**

The National Life Skills & School Mental Health Program

IYFMF-2026 INNOVATIVE LIFE SKILLS FOR SOCIAL CHANGE

After the grand success of IYFMF over the years, Expressions India invites you to IYFMF-2026, a UNIQUE and INNOVATIVE LIFE SKILLS based Film Festival of -for- and by school students !

**November 2026
(Last Week)**

HIGHLIGHTS OF THE EVENT

- *Films created by school students on various socially relevant themes*
- *Interface with Media Experts, Educationists & Health Care Providers*
- *Creative Life Skills Workshops*
- *Dynamic guest lectures in media literacy & advocacy*

NOTE

- **THERE IS NO REGISTRATION CHARGE**
- **GUIDELINES ARE ATTACHED HEREWITH**

More information:

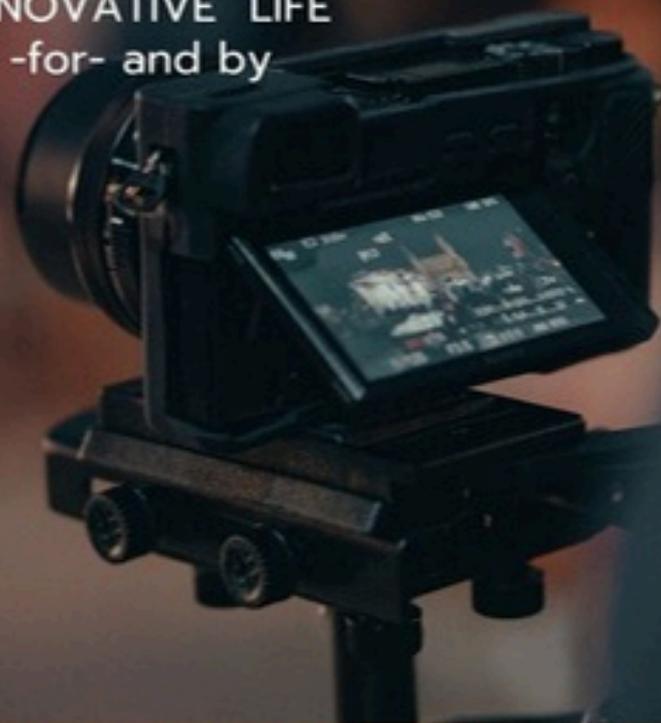
www.expressionsindia.org

Write to us :

contactexpressions.india@gmail.com



An Awesome Opportunity to Showcase & Transform your Creative & Technical Abilities



Building the Health & Wellbeing Ambassadors for the Nation



MANASVITA

मनस्विता



The National Inter School Wellness Quiz 2026

(Chapter - National Capital Region of Delhi)

organized by
Expressions India

The Life Skills & National School Mental Health Program



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

ROUNDS

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

3 students drawn from 9th or 11th std



www.expressionsindia.org



9999564366, 7835922093, 9810753560



**Expressions
India**
*proudly
presents*



THE 6TH

LIFE EMPOWERMENT AWARDS FOR SCHOOLS 2026

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

October 2026, New Delhi

Info Detail: www.expressionsindia.org

Exploring Mysteries of the Brain, Mind & Behavior



National PsychOLYMPIAD 2026

Delhi &
NCR
Chapter

August 2026, 9:00am - 1:00pm
National Science Centre, Pragati Maidan, New Delhi

Day 1

POSTER EXHIBITION: Psychology/Mental Health as a Career – Exploring Newer Frontiers, Recent Advances in Neurobiological basis of Human Behavior

NATIONAL PSYQUIZARD (Written Round Quiz – 1st Level)

UTOPIA (Thematic On The Spot Painting)

Paper Presentation by Participating Student – Peer Leadership For Empowerment of Adolescents : For Promoting Development of Competencies including Life Skills

Day 2

ELOQUENCE (Extempore Speech) – Topics of Contemporary Public Mental Health Concerns

NATIONAL PSYQUIZARD (Stage & Final Round)

Brainstorming with Legends & Experts in Psychology and Mental Health Promotion : 21st Century Challenges – Stigma, Mental Illness & Human Rights.

CONVOCATION & AWARDS CEREMONY of the National Psycholympiad 2025

Open for XIth & XIIth Std Students

Participants may enroll from any stream, preferably with Psychology as a subject

Total 8 Students + 1 Teacher/Counselor per school

For more information contact us at below mentioned nos
9999564366, 9310086792, 9810054860

E-mail: contactexpressions.india@gmail.com, jnagpall0@gmail.com

Website: www.expressionsindia.org, Mail your entries by 19th April 2025





EXPRESSIONS INDIA

The Life Skills & National School Mental Health Program

cordially invite your school to participation in the

World Mental Health Week Celebrations

October 2026, 9:00 am to 1:00 pm at Auditorium, Moolchand Medcity, New Delhi

Be a Part of this Inperson Creativity Initiative



7th & 8th Std

Group - 1

Utopia

*The Power of
Expression in Fine Art*

Eloquence

Essay Writing

Group - 2

9th & 11th Std

Oratorex

*The Young Orators
Championship*

The event guidelines are attached herewith (page 2).

Kindly submit your registration latest by 30th Sept 2026.

To register, click on

<https://forms.gle/qscfU2MLEM8b2Qir6>

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

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

For Registration & related Queries

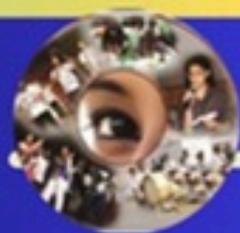
E-mail: contactexpressions.india@gmail.com, Website: www.expressionsindia.org

9999564366, 7701979773, 70422 24452



EXPRESSIONS INDIA....

THE JOURNEY OF HELPING & SAVING LIVES



First Aid, CPR Training & Emergencies Care in Schools & Universities -Emerging Paradigm of Safety-



CPR:STEP-BY-STEP



Contact us :

9999564366, 78359 22093 , 95608 80038, 9810054860

www.expressionsindia.org

Inst of Mental Health & Life Skills Promotion
New Delhi - 110024.

Expressions India

The Life Skills, School Health & Wellness Program

Comprehensive Health Checkup Camps in Suburban & Rural Schools





Professional Enrichment Program for School Leaders & Managers

Strengthening Resilience and Enriching Mental Health and Wellbeing

A Life Skills Based - Transformatory Leadership

Nov 2026, Moolchand Medcity, New Delhi

Practical Case
Studies Approach



CONTEMPORARY & CRUCIAL THEMES FOR SCHOOL LEADERS

- Child and Adolescent Mental Health Challenges & Socio-legal Aspects
- Aligning the School with the Important Tenets of Juvenile Justice Act, POCSO Act & PWD Act
- Empowering Leadership for Effective Counseling & Special Education Services
- Integrating Value based Curriculum for the Life Skills
- Holistic Health and Wellbeing - Growing Responsibility of Schools

A MUST FOR

- School Principals,
- Management,
- Coordinators,
- Teaching & Resource Staff

PLEASE NOTE

- Registration Charge is Rs. 1500/- per participant.
- Registration includes workshop Kit, Academic Material, Citation of Honour & Lunch/Tea
- Kindly mail your entry latest by Jan 2025 at contactexpressions.india@gmail.com

facilitated by

Expressions India The Life Skills & National School Mental Health Program

9999564366, 95608 80038

www.expressionsindia.org

Auditorium, Moolchand Medcity, Lajpat Nagar 3, New Delhi

jnagpal10@gmail.com, contactexpressions.india@gmail.com

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



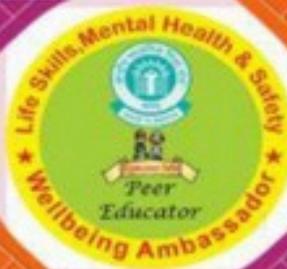
Introduction:
the journey from
core life skills
to 21st century skills

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

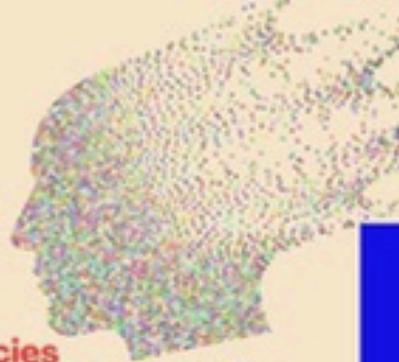
- P- Positive Outlook**
- E- Enthusiastic**
- E- Empowered**
- R- Responsible**
- S- Sensitive**





APPLY NOW...

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



Enriching Knowledge, Attitude & Skills for your Competencies
at Inst of Mental Health & Life Skills Promotion, Moolchand Medcity, New Delhi

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 may enroll for this program



METHODOLOGY

Project Based Learning/ Case Presentations and Discussions / Brainstorming/ Short Videos / Quiz Session



Internship Schedules Offered

- **REGULAR** : 5 DAYS A WEEK (INTAKE EVERY MONDAY/ SATURDAY OPTIONAL)
- **PART TIME** : 3 DAYS IN A WEEK (INTAKE EVERY MONDAY)
- **WEEKLY** : ONCE A WEEK (SATURDAY ONLY, INTAKE EVERY SATURDAY)

PLEASE NOTE

- Please fill out the Google Form using the QR Code or Link provided below.
- All candidates will be recognized for their efforts for their Project based Learning Initiatives.
- A Certificate of Completion will be Awarded at the end of the Internship. Academic Handouts and Learning Resources will be provided throughout the programme.
- Registration Link : <https://forms.gle/C9S8AFh7SuyYKs9m9>
- PAY DIRECTLY TO UPI : MANOVIDYAINDIA@INDIANBK



REGISTRATION FORM



CONTACT US

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

PAY DIRECTLY



ORGANIZED BY





You are cordially invited to the
Mental Health & Wellbeing Enrichment Series - 2026

COGNITIVE BEHAVIOURAL THERAPY

**WITH SPECIAL FOCUS ON ADOLESCENTS & YOUTH
DYNAMICS AND PSYCHOPATHOLOGY**

Organized by

INSTT. OF MENTAL HEALTH & LIFE SKILLS PROMOTION, MOOLCHAND MEDCITY, NEW DELHI

10th & 11th Jan 2026
Sat & Sun

Auditorium, Moolchand Medcity
Lajpat Nagar, New Delhi

Themes to be covered

- Orientation to the basic Principles of Cognitive Behavioural Therapy**
- Cognitive & Behavioural Techniques with Examples and Video Discussion**
- Individual Focused Intervention in Managing Emotional and Behavioural Concerns in Adolescence with Case Study Approach**

**Hands on
Workshop by
Renowned
Experts**



- 10th Jan, Timings - 9:30 am - 4:00 pm (alongwith Lunch & Tea)**
- 11th Jan, Timings - 9:30 am - 12:00 pm followed by Valedictory Ceremony**

Certificate of Honour & Completion
Basic Academic Material shall be accorded to all Participants!

Registration Charge for this program is 800/- only

Transaction Details

PAY DIRECTLY TO UPI ; manovidyaIndia@indianbk

GPay & Paytm No: 9999564366 (Priya Sharma)

Email: contactexpressions.india@gmail.com

7701979773, 7042224452, 7835922093, 9999564366

Link for registration <https://forms.gle/ADZZiwws7uTcf5MaA>

You are cordially invited to the
Psychometric Workshop Series on
RORSCHACH INKBLOT TEST

facilitated by

Institute of Mental Health & Life Skills Promotion

Moolchand Medcity, New Delhi

in technical support with

Expressions India



The Life Skills & National University and School Mental Health Program

7th & 8th Feb 2026 (Saturday & Sunday)

Day 1- 9am to 4pm, Day 2- 9am to 12pm

Library, Moolchand Medcity, New Delhi

Certificate & Basic Academic Handouts shall be provided

**All Sessions will be conducted
by Highly Experienced Clinical
Psychologists.**



- ★ **An Orientation to Purpose, Usage and Practical Application of Rorschach Inkblot Test.**
- ★ **Clarifying Projective Diagnostics Across the Age Span – Case Studies Approach**
 - ★ **From Basics to Complex Interpretations**
 - ★ **FAQs & Contrast with other Projective Techniques**

Registration Charge is 800/- only

PAY DIRECTLY TO UPI; *manovidyaindia@indianbk*,

GPay & Paytm No: 9999564366 (Priya Sharma)

Please fill out the form; <https://forms.gle/ADZZiwws7uTcf5MaA>

Contact us at 7701979773, 7042224452, 7835922093, 9999564366



One Day 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

Core Themes for Intensive Deliberations

- Newer Understanding & Challenges of Child Sexual Abuse & Allied Concerns
- Effective Climate Building for Legal Literacy in Schools (JJ Act, Pocso Act, MHCA etc)
- Maintaining Protocols and Compliance Documentation
- Be A Master Trainer For Your School Life Skills, Mental Health and Well Being Initiative - Launch Session 2024

Experts & Renowned Faculty from Supreme Court of India, NCPCR, High Court, CWC, DCPU, Mental Health Practitioners & School Mental Health Professionals shall also be participating.

Link for Registration

<https://forms.gle/yQGpNYg4RBYUR2Q76>

- Date : March 2026
- Timings : 9:30am - 4:00pm
- Venue: Auditorium, Moolchand Medcity, New Delhi
- Registration : 8:30am



There is no Registration Charge

Participation Certificate & Academic Material shall be accorded to all Participants!



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 2026
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 2026

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 2026
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 9999564366, 7835922093





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 2026
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 2026

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
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>

Celebrate Effective Choices ...

....Enrich the Careers in Psychology

**A Place for Everyone in Pursuance of Newer Frontiers in
.... Mind, Mental Wellbeing & Behavior...**

Benefit of Joining this Career Summit:

Get indepth overview of the various fields in Psychology.
Discover the multifaceted and versatile context of this
discipline. Join to align your infinite potential.

E-Citation for all the Participants

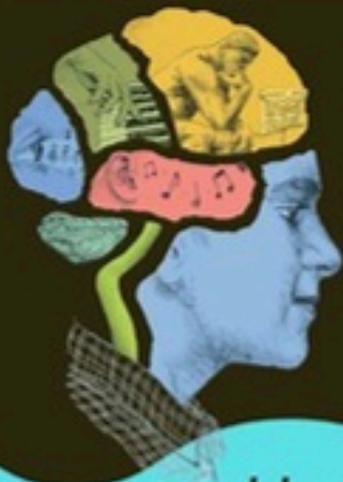
Day 1 : Clinical, Counseling & Health Psychology - Scope and Career Path.

Day 2: Specialized Spectrum of Psychology eg Geriatric, Space, Aviation, Child & Adolescent Mental Health, Forensic and Criminology, Neuropsychology, Sports & fitness, Military Psychology, Special needs & Disability Sector etc.

Two Webinar Sessions
with Renowned Expertise
July 2026

Sat & Sun
2:00 pm to 4:00 pm

**(Join Via Zoom
Link)**



XI & XII std

Registration Charge 200/- 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, **Paytm:** 9311275888

organized by



For registration click on

<https://forms.gle/kTRSTE5Df5DnfNwG6>

M: 9999564366, 7835922093

Email: contactexpressions.india@gmail.com



You are cordially invited to the

ADOLESCENT MENTAL HEALTH & WELLBEING

Building Effective Trainers for Adolescent Wellbeing

**WEBINAR
BASED
WORKSHOP**

- ★ **Two Webinar Sessions**
- ★ **August 2026**
11:00 am to 12:30 pm
- ★ **(Join Via Zoom Meet Link)**
E-Certificate shall be provided



Join this Crucial Dialogue & Hands On Training by Renowned Experts

1. The Charm and Challenges - Emerging Concerns of Adolescents.

2. Family Bonding- Building a Climate of an Effective Relationship with Parents.

3. Prevention of High Risk and Allied Behaviours - Substance Use and Related Concerns.

4. Adolescents Life Skills Education Paradigm for Peer Educators Leadership in School.

5. Making Effective Career Choices.

Organized by

INSTT. OF MENTAL HEALTH & LIFE SKILLS PROMOTION, MOOLCHAND MEDCITY, NEW DELHI

For Registration

 E-mail: inclusion.expressionsindia@gmail.com

 Website: www.expressionsindia.org

Contact Nos: 9999564366, 78359 22093



Shaping Wellbeing Ambassadors for the Nation

Webinar based

Adolescent Leadership Program in Life Skills, Mental Health & Wellbeing at Virtual Platform



Interactive Sessions

The National Peer Educators Network (N PEN)

- ➔ From core Life Skills to 21st Century Skills
- ➔ Empowering the Voice of Adolescents - "My Opinion Matters"
- ➔ Enriching Self Esteem and Regulating Emotions
- ➔ Family Bonding & Communication - The Context of Pandemic & Beyond



Aware... Responsible... Empowered...



Technical Support

Expressions India:

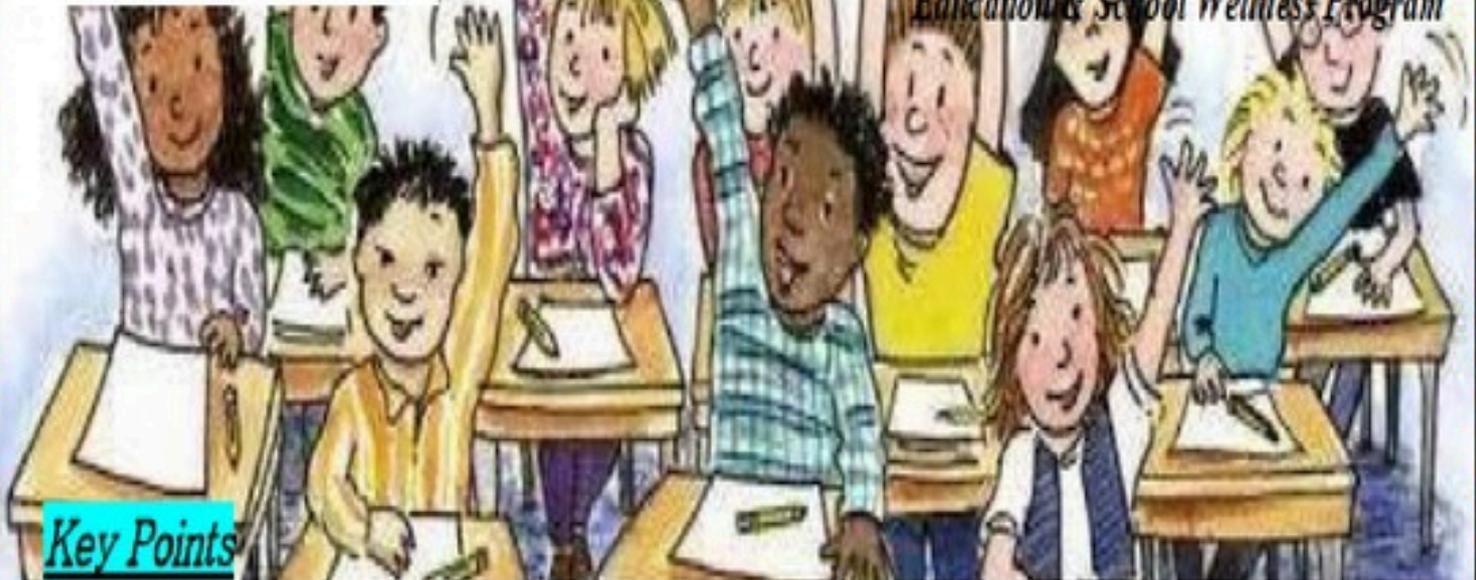
The National Life Skills, Values Education & School Wellness Program

 (Join via Virtual Platform)

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.



'Positive Parenting in a Changing World'

ORIENTATION FOR PARENTS

01



0-5 Years

- Current Research & Process of Early Maturation & Learning
- Promoting & Positive Self-Concept and Self Esteem in Early Childhood
- Fostering Development of New Age Cognitive Skills in Children

6 - 12 Years

- The Emerging Challenges of Transitions in Growth and Development in Children
- Behavioral & Learning Problems in the Context of Children Brain Development - Role of Teachers & Parents
- The Integrated Aspects of Child Development - Focus on Psycho Social Challenges



03



13 - 18 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

in Technical Support with
Expressions India

The National Life Skills, School Mental Health & Wellness Program

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 :

 9999564366, 7835922093 , 9810054860

 www.expressionsindia.org

 <https://www.youtube.com/channel/UCAMRykiyeiGOuiT8ac1xXA/videos>

 <https://www.facebook.com/healthyschoolshealthyindia?ref=settings>

 Inst of Mental Health & Life Skills Promotion
New Delhi - 110024.



Expressions India

The Life Skills & National School Mental Health Program

-  **MINDSMART:** The School based Adolescent Peer Educators' Life Skills Leadership Program (short, mid & long term courses for the school)
-  **National Talent Olympiad** for Students with Special Needs
-  **International Young Film Makers Festival (IYFMF)**
-  **National PSYCHOLYMPIAD**
-  **National Adolescent Summit on Life Skills, Mental Health, Safety & Wellbeing**
-  **International Life Empowerment Awards for Schools**

