

Indian Journal of School Health & Mental Wellbeing

Jan- Apr 2025, Volume 11 Issue 1

ISSN 2349-5464

• Health Services • Life Skills Education • Healthy School Environment



The National Life Skills, Values Education & School Wellness Program

Healthy Schools Healthy India

Education is not preparation for life...
Education is life itself

- John Dewey

Submission Guidelines

- All submissions should follow the APA 7th Edition style
 - All submissions should have an abstract summarizing the main points.
 - The submission should have a clear and informative title
 - The submission should be original and should not be in the process of consideration by any other publication at the same time.
 - The submission should have rigorous and reliable information and provide a deeper level of understanding.
 - Submissions should be engaging and accessible to non-expert readers as well.
 - Submission emails must contain an inline declaration stating that the research work is the author's original work and has not been submitted elsewhere for publication.
 - Initial acceptance of any submission does not guarantee publication. The editorial board shall do the final selection.
 - If necessary, the editors may edit the manuscript in order to maintain uniformity of presentation and to enhance readability.
2. **Brief Case or Research Reports/ Best Practices:** These manuscripts should contain short reports of original studies or evaluations and service-oriented research that point towards a potential area of scientific research or unique first-time reports. The word limit is 1500 words and an abstract (structured format) of not more than 150 words.
 3. **Review Articles:** These are systemic and critical assessments of the literature, which will be invited. Review articles should include an abstract of not more than 250 words describing the purpose of the review, the collection and analysis of data, and the main conclusions. The word limit is 5000 words excluding references and abstract.
 4. **Viewpoint:** These should be experience-based views and opinions on debatable or controversial issues that affect the profession. The author should have sufficient, credible experience on the subject. The word limit is 3000 words.
 5. **My Voice:** In this section multiple perspectives are provided by patients, caregivers and paraprofessionals. It should encompass what it feels like to face a difficult diagnosis and how this affects relationships and quality of life. Personal narratives, if used in this section, should have relevance to general applications or policies. The word limit is 1000 words.
 6. **Book/ Movie reviews:** Reviews of books or movies relevant to school mental health and wellbeing may also be submitted. The word limit is 1000 words.

Types of Manuscripts and Word Limits

1. **Original Research Papers:** These should only include original findings from high-quality research studies. The word limit is 5000, excluding references and an abstract (structured format) of not more than 250 words.

7. **Announcements:** Information regarding conferences, meetings, courses, awards and other items likely to be of interest to readers should be submitted with the name and address of the person from whom additional information can be obtained (up to 100 words).

Faculty members are invited to serve as guest editors for the journal on a theme relevant to school health and well-being.

Manuscripts for publication in the peer-reviewed and refereed Indian Journal of School Health and Wellbeing (IJSHW) are to be submitted via e-mail to journal@expressionsindia.org, along with a copy of the email to the editor.

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Message from the Patrons

It is a matter of great happiness to note that the latest issue of the Indian Journal of School Health & Wellbeing, published by Expressions India, is being released. It is well known that Research publications, and in particular journals, are the most authentic sources of verified knowledge and experience. The sharing of such knowledge and experiences not only among the Researchers, Scientists, Policy Planners and Implementers, but also among the Activists working in the concerned area and persons with a special interest in it, benefits all. It is our privilege to reiterate that Expressions India has been doing pioneering work for a long time in the field of Health Education through its “Holistic Health and School Wellness Programme” to enable holistic school education and facilitate teachers in realising the goal of Health Education in Schools. The present publication is a momentous indicator of this initiative.

The major bottleneck in achieving the objective of Health Education has been the particularistic conceptualisation of its transaction process. The goal of developing holistic health and well-being in young learners cannot be achieved by having them gather certain information and rote-learn it. It can be attained only through a transactional process focused on experiential co-scholastic methodology that ensures active participation by learners and substantially contributes to the development of life skills, enabling young children to manage their lives more competently and grow as truly empowered human resources for the nation and human society at large. To facilitate this process, it is critical to encourage and empower teachers to act as facilitators and mentors.

The formal school education system needs to look towards interacting and taking the support from the initiatives like the one taken by Expressions India under its National Life Skills Education & School Wellness Programme aimed at realising the Goal of “HEALTHY SCHOOL.....HEALTHY INDIA”. It is pertinent to state that the Schools and other educational institutions that have been associated with such endeavours have strongly felt the need for such programs to be adopted by all schools, including the Higher Education System.

It is in this context that the Journal of School Health has the potential to reinforce the process of realising the vision of Health Promoting Schools getting integrated into the education system in India. We are more than confident that the present issue of the Journal will strengthen this grand endeavour and empower all who are creatively engaged in promoting Health Education in Schools. With immense pleasure, we would like to express our gratitude to the Advisory group, Editorial Board, and Members of the Executive Editorial Committee for their valuable contributions, ungrudging cooperation, and keen interest, and for making the benefits of their rich experience and knowledge available.

“If there is will, there is a way, and if the will is reinforced by enlightened path-breakers, the way will lead to the destination at the earliest “.

**Dr. Jitendra Nagpal, M.D.,
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