



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

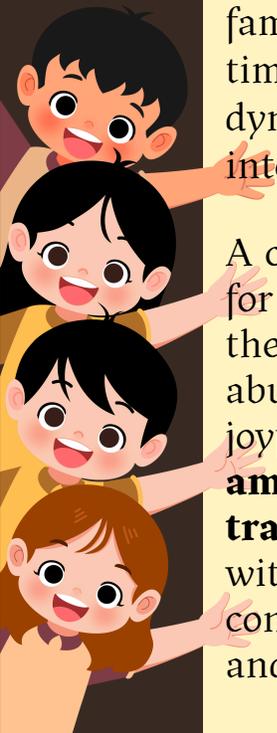


National Conference on Contemporary School Mental Health Initiatives *Bridging the Gap with Innovative Best Practices*

Positive 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 pandemic years and 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.



Background

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 "Contemporary School Mental Health Initiatives 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.

For submission of registration form, click on <https://forms.gle/TLZ5NhCtU8SqdFRN9>

**INTENSIVE
BOOTCAMP FOR
SCHOOL MENTAL
HEALTH
PROFESSIONALS!**

All Paper presenters Shall be receiving the Award of Recognition



National Conference on Contemporary School Mental Health Initiatives

Bridging the Gap with Innovative Best Practices

Major Themes for Symposia & Papers

- Emerging Challenges in the Role and Responsibilities of School/University Counselors
- Rethinking Inclusion: Mental Health–Responsive School Ecosystems
- Promotion of Digital Wellness, Mitigating Social Media Addictive Patterns
- Early Identification & Intervention in Childhood Mental Health Disorders
- Inclusive Psychosocial Interventions for Students with Special Needs
- Suicide Prevention and Self-Harm Risk Reduction in School/ University Settings
- Life Skills Education for Adolescent Mental Health and Building Resilience for Youth
- Vasudhaiv Kutumbakam: Parenting and Family Engagement in School Mental Health
- School-Based Mental Health Interventions during Crisis and Emergencies
- Training Teachers and Stakeholders as Mental Health Gatekeepers
- Child Protection, Legal Literacy for Schools and Wellbeing (the POCSO Act & implications)

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 10th Feb 2026.
- Registration is mandatory for all paper submissions.

Important Dates

- Last Date for Registration - 5th Feb 2026
- Abstract Submission - 10th Feb 2026
- Full Paper Submission - 15th Feb 2026

Venue: Inst of Mental Health & Life Skills Promotion
Moolchand Medcity, New Delhi

For any query / clarifications, write to
schoolmentalhealth2024@gmail.com

