



**Gyan Bharati School
Saket, New Delhi**

Date: 21.05.2025

Name of the Event/Session: Conference on The Importance of Mental Health in Children & Adolescents: Navigating Challenges from Struggle to Strength

Venue: India Habitat Centre, New Delhi

Teacher In-charge(s): Ms. Vanshika Kohli (Counsellor)

Report:

A Conference on The Importance of Mental Health in Children & Adolescents: Navigating Challenges from Struggle to Strength was conducted by ICCW to bring together professionals, researchers, educators & caregivers to discuss & address the mental health challenges faced by children & adolescents. The conference aimed to offer perspectives & practical solutions to navigate these challenges, turning struggles into strengths through interdisciplinary approaches.

Key Themes Explored:

- Adolescent mental health trends & interventions
- Inclusive education & emotional wellbeing
- Psychological resilience & recovery
- Family, community, & institutional roles in child mental health
- Social & emotional development through a child-centric lens
- Policy frameworks & rights-based approaches

1. **Dr. Shefali Gulati** focused on the importance of early testing for Autism & ADHD alongside the various signs & symptoms to be mindful of.

2. **Dr. Minati Panda** focused on indigenous psychology, socio-cultural aspects of child development & inclusive mental health practices in classrooms.

3. **Dr. Nandita Babu** focused on emotional development & cognitive psychology in adolescence.

4. **Dr. Subhasis Bhadra** focused on psychiatric care, emotional disorders in youth, & mental health recovery frameworks.

5. **Dr. Vinita Bhargava** focused on family systems, child rights, trauma-informed care in adopted children.

