

School of Behavioural Sciences SGT UNIVERSITY

in collaboration with
Expressions India
Organises

SCHOOL MENTAL HEALTH CONCLAVE 2026

Theme: "Perception to Performance: Schools as Catalysts of Change"

Advancing Mental Health, Resilience & Life Skills





SGT UNIVERSITY

Shree Guru Gobind Singh Tricentenary University



SCHOOL MENTAL HEALTH CONCLAVE 2026



*“Perception to Performance: Schools as Catalysts of Change,
Advancing Mental Health, Resilience & Life Skills”*



OVERVIEW

Schools today are not merely centers of academic instruction but are evolving into spaces that nurture **holistic development, emotional resilience, and life skills**. However, there has been a significant rise in emotional, behavioral, and psychological concerns among school-going children and adolescents. Academic pressures, social transitions, digital exposure, and reduced coping mechanisms have made mental health a critical area of intervention within educational settings.

There is a pressing need to strengthen school leadership with structured knowledge, tools, and recognition frameworks to effectively integrate mental health into school ecosystems. The policy makers and implementers need to come together for sharing and crafting school mental health framework.

In response to this need, **School of Behavioural Sciences, SGT University**, in collaboration with **Expressions India - The Life Skills & National School Mental Health Program** and supported by the **Institute of Mental Health and Life Skills Promotion, Moolchand Medcity**, is organizing a **School Mental Health Conclave 2026** – a platform aimed at awareness, capacity-building, dialogue, and recognition of best practices.



ABOUT THE CONCLAVE

The School Mental Health Conclave 2026 is envisioned as a premier platform for dialogue, collaboration, and knowledge exchange among educational leaders, mental health professionals, counsellors, researchers, policymakers, and other stakeholders committed to advancing school mental health.

The conclave aims to bridge the gap between awareness and implementation by showcasing innovative practices, successful school-based interventions, leadership perspectives, and emerging evidence in the field of child and adolescent mental health. Overall, the conclave seeks to strengthen the collective commitment toward creating mentally healthy and emotionally supportive school ecosystems.



9 JULY, 2026



9:00 AM – 4:00 PM



Indian Habitat Centre,
Lodhi Road, New Delhi, India



SGT UNIVERSITY

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LIFE SKILLS & SCHOOL WELLNESS PROGRAM



Internal Quality Assurance Cell

CALL FOR WHITE PAPERS & AWARD NOMINATIONS



WHITE PAPER SUBMISSION

As part of the School Mental Health Conclave, educational institutions are invited to submit a brief narrative (approximately 1,000 words) outlining their initiatives, experiences, challenges, best practices, and future vision for advancing mental health and well-being within their institution. Contributions may highlight innovative programs, preventive and promotive strategies, stakeholder engagement, outcomes achieved, and key learnings. Selected submissions will be featured in the Conclave White Paper to document emerging practices, foster knowledge sharing, and strengthen the collective movement toward mentally healthy schools.



Email for submission:

contactexpressions.india@gmail.com



AWARDS



The Conclave will host a prestigious award ceremony to recognize and honor school leaders for their significant contribution to school mental health and well-being.

Please refer to the attached document for a description of awards.



IMPORTANT DATES



REGISTRATION & AWARD NOMINATION

On or before

3 July 2026



WHITE PAPER SUBMISSION

On or before

3 July 2026



RESOURCE PERSONS / SPEAKERS

Many eminent and very senior professionals from Government, Non-Government organizations, eminent school leaders, legal experts, Mental health professionals and academicians will lead the conclave deliberations.



ATTENDEES AND PARTICIPANTS

125+

Mental Health Professionals
& Change Makers



PARTICIPATING PROCEDURE

1



Pre-register yourself using the registration link / nomination form.



2



Participation in this conclave is through invitation.



3



Limited seats available. Early registration is suggested.



4



All registered attendees on conclave who will be given Certificate of Participation.



The accompanying person should register separately.



CONCLAVE REGISTRATION & NOMINATION FORM

<https://forms.gle/GC4qGkcaW7mLTHG29>



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EVENT DETAILS

DAY & DATE

Thursday,
9th July 2026

TIME

9:00 A.M. – 4:00 P.M.

VENUE

India Habitat Centre,
Lodhi Road, New Delhi

ORGANIZERS

SCHOOL OF BEHAVIOURAL SCIENCES, SGT UNIVERSITY

Pioneering psychology and cognitive sciences through academic excellence and research.

12+ YEARS LEGACY

Excellence in education, training and research.

DEPARTMENTS

Clinical Psychology | Psychology
Cognitive Sciences

DIVERSE PROGRAMS

Undergraduate, Postgraduate
& Doctoral Programs

RCI-RECOGNIZED PROGRAMS

Strengthening clinical training
and professional competence.

FOCUS AREAS

Academic excellence, professional training,
interdisciplinary research in mental health
and cognitive sciences.

EXPRESSIONS INDIA

India's leading life skills and school wellness organization for child and adolescent well-being.

20+ YEARS OF IMPACT

Building resilient, healthy and
empowered communities.

12,500+ WORKSHOPS

National & international seminars
impacting educators, students & institutions.

NATIONAL RECOGNITION

Recipient of national recognition and awards
for life skills education, mental health and
child well-being.

GOVERNMENT COLLABORATIONS

Extended technical support to government
and NGOs/institutions across India.

FOCUS AREAS

Life skills education, Well-Being Ambassadors,
safe, inclusive & resilient school communities
across India.



9 JULY, 2026



9:00 AM – 4:00 PM



India Habitat Centre,
Lodhi Road, New Delhi, India

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Professor and Dean
School of Behavioural Sciences
SGT University

Dr. Jitendra Nagpal
Head, Institute of Mental Health
& Life Skills Promotion, Moolchand Medicity
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Associate Dean
School of Behavioural Sciences

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Shree Guru Gobind Singh Tricentenary University



CONTACT & REGISTRATION



CONTACT DETAILS



Dr. Sindhuja

9415419361



Dr. Indu Bala

9868822266



Dr. Akshita

9868650070



Ms. Tania

9810753560



Email:

ia_sbssc@sgtuniversity.org



Shree Guru Gobind Singh Tricentenary University (SGTU)



Gurgaon-Badli Road, Chandu, Budhera,
Gurugram, Haryana 122505



Website: <https://sgtuniversity.ac.in/>

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