

National Seminar
on
Stress and Mental Health: Nurturing Positivity
in Children and Adolescents

Date: 2nd March, 2016

Timings: 9.30 a.m. - 5.30 p.m.

Venue: Convention Centre, IGNOU, Maidan Garhi, New Delhi

About the Seminar

Childhood and adolescence comprise crucial stages in the human life span development. The relevance of child and adolescent development for outcomes in education, health, life success, and societal well-being is being increasingly realised. Children and adolescents are the most important assets of any country that would determine the future of the nation. This is particularly true in the Indian context. According to Census of India (2011), children and adolescents constitute over 40 per cent of the 1200 million population of our country. It is important to nurture the potential of this demographic dividend.

Against this backdrop, it is important to take note of the fact that according to research, the incidence of mental health problems among children and adolescents is increasing worldwide. This holds for our country as well. India is a society in transition, and the stress is impacting everyone, including the vulnerable age groups of childhood and adolescence. A core aspect of human development involves coping with psychosocial stress. The resources available to cope with stress and the manner in which individuals actually cope may be important factors influencing patterns of positive adaptation and development as opposed to the onset of a plethora of socio-psychological and somatic problems.

Stress is deemed to be an inevitable part of life. While it is important to work towards reducing the stressors, it is equally important to work on improving one's coping strategies and resilience. Moving from negativity to positivity marks a major paradigm shift, and that is the need of the hour. The importance of the same during the foundational years of childhood, and the tumultuous years of adolescence, is significant indeed. There is a strong felt need to promote positivity among children and adolescents to nurture happier, healthier, constructive skilled minds for tomorrow.

It is against the above backdrop that the Seminar proposes to discuss pertinent issues, including the following:

- How does stress impact mental health and well-being of children and adolescents?
- What are the ecological aspects and factors that influence stress and mental health of children and adolescents?
- Why is it important to foster positivity among children and adolescents?
- How can positivity among children and adolescents be nurtured?
- In what ways can parents, extended family members, teachers, and other stakeholders facilitate positivity and mental well-being among children and adolescents?
- What is the role of counselling and family therapy in promoting positivity?
- What are the necessary skills and attitudes that need to be developed for a positive mind?

During the Seminar, it is proposed to deliberate upon the above issues and related aspects in-depth. Focus would be on analyzing the emergent challenges in the area to promote positivity among children and adolescents and help ameliorate the negative impact of stress on the mental well-being of children and adolescents. The deliberations would help in coming up with a document with recommendations for the policy makers in the field.

Sub-themes of the Seminar

- Stress and Mental Health of Children and Adolescents: Issues and Correlates
- Positivity, Mindfulness, and Spirituality
- Education, Stress, and Young Minds
- Fostering Positivity: Role of Counselling and Family Therapy
- Skill Development: Nurturing Positivity in Children and Adolescents

Registration :

There is no registration fee for participation. However, it is mandatory to submit the duly filled-in registration form before 29th February, 2016. The participants will be given a Participation Certificate.

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Patron: Prof. Nageshwar Rao, Vice Chancellor, IGNOU, Maidan Garhi, New Delhi.