



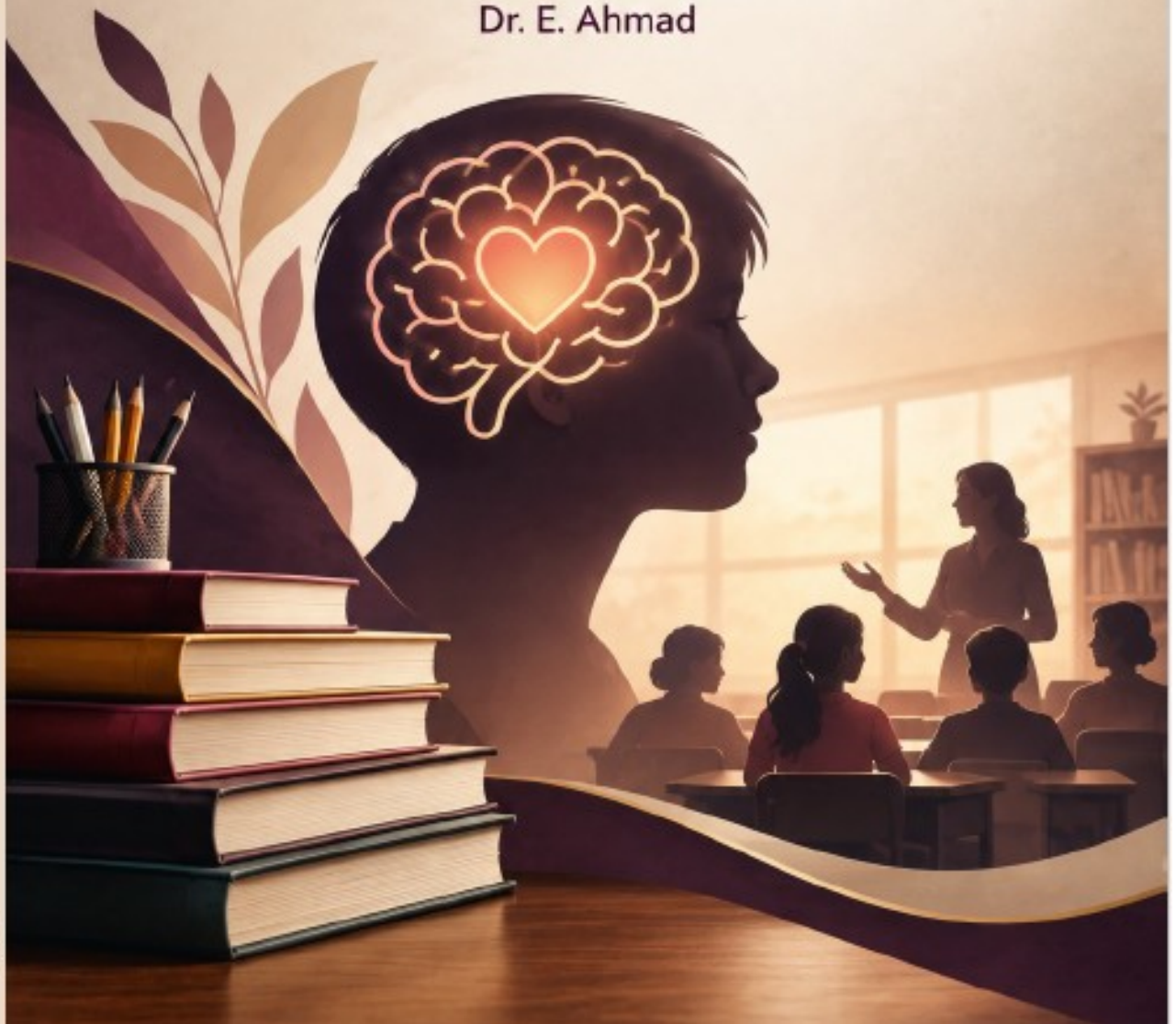
Mental Health

in

Educational Settings:

Learners, Teachers and Systems

Dr. Divya R. Panjwani
Prof. (Dr.) Adnan Khan Lodi
Dr. E. Ahmad



Mental Health in Educational Settings: Learners, Teachers and Systems

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Integral University, Lucknow



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CHAPTER 3

Addressing Mental Health Challenges in Children and Adolescents

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Abstract

Over the past year of the COVID-19 pandemic, concerns about the mental health of children and adolescents have grown significantly. A meta-analysis by Racine et al., which reviewed 29 studies involving over 80,000 youth worldwide, revealed that clinically significant depression and anxiety rates were notably higher than pre-pandemic levels and continued to rise as the pandemic progressed. Older adolescents and girls showed higher prevalence compared to younger children and boys. These trends are likely linked to factors such as social isolation, loss of peer interactions, and reduced access to school-based support systems. The study underscores an urgent need for mental health interventions and highlights the importance of ongoing research to determine whether these symptoms persist, worsen, or improve over time, ensuring preparedness for future crises.

Introduction to Mental Health

Mental health is an essential component of overall well-being and refers to a person's emotional, psychological, and social wellness (WHO, 2020). It influences how individuals think, feel, and behave, as well as how they manage stress, build relationships, and make decisions (American Psychiatric Association, 2018). A sound mental state enables individuals to function effectively in daily life, maintain healthy relationships, and cope with challenges (WHO, 2020).



Dr. Divya R. Panjwani is Assistant Professor in Department of Education, Integral University Lucknow. Her educational repertoire includes B.Ed., M.Ed., M.Com., M.B.A., M.A. (Sociology), MA (Economics) and Ph.D. (Educational Psychology). She has six years as a Team Leader and Manager. Fourteen years of Teaching Experience in Higher Secondary School and Higher Education. She has 14 Research Papers in National and International Journal, 20 Chapter in Edited Book, 18 Edited book into her account and 1 authored book. She has attended more than 15 National and International Conferences, Convenor in more than fifteen Faculty Development Programs and workshops. She is working as a Subject Matter Expert for Life Skills Education, Work Education and Adult Education under Tata Consultancy Services. Divya Panjwani has been selected as a member of Flying Squad for ISC Board Examination for four consecutive years from 2019 to 2022. She has published Academic Buoyancy Scale, General Anxiety Scale and 1 Indian Patent. Her expertise spans are Information and Communication Technology, Positive Psychology, Statistical Analysis, Research, Teaching Methodologies, Career Counselling to Students, Commerce and Accountancy. She has been appointed as an Academic Consultant in SCERT, Patna.



Prof. (Dr.) Adnan Khan Lodi is a distinguished educationist, researcher, teacher educator, and academic administrator with more than two decades of experience in teacher education. Currently serving as Dean, Faculty of Education at Integral University, Lucknow, he has played a significant role in educational leadership, curriculum development, pedagogical innovation, and research advancement. He began his academic career as a Lecturer at Vivek College of Education, Bijnor in 2004. Now presently Vivek University, Bijnor (U.P.) and later served as Acting Principal at Dr. M. C. Saxena College of Education, Lucknow (U.P.). Since joining Integral University, Lucknow in 2012, he has progressed from Assistant Professor to Professor & Head and Dean in 2024. Prof. Lodi has published more than forty-five research papers in reputed journals, five developed educational tools and scales, edited academic books, and served on editorial boards of national and international journals. He has also guided Nineteen Ph.D. scholars and thirty-five M.Ed. dissertations, making valuable contributions to educational research and teacher education in India. He has also served as a Mentor under the National Mission for Mentoring Program by the Ministry of Education, Govt. of India and Resource person of various online /offline national programs and Editorial Board Member for various national and international journals, contributing to the promotion of quality academic research. His achievements have been recognized through prestigious awards including the transformational Leadership -Shiksha Padam Samman-2023 by All India Principal Association Regl., The Change Maker Award-2022 by PAAI & Maharishi University of Information Technology, Lucknow, and the Best Educator Promoting Holistic Education Award-2023 by Singhania Excellence Award, New Delhi.



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