CONCLUSION
As ADHD marks as the most prevalent neuro-developmental disorders in childhood, the findings of this study contributes to the need of future studies that could enable more awareness in India about this condition. This could open gates for the early detection by the immediate caregivers like the parents and teachers who spend maximum time with a developing child. It would help them to reach out for better treatment opportunities available for their children. This study also provides room for medical updation and development of better resources in Gwalior to conduct Psychotherapy for children with ADHD and also become more engaged and observant which would help in early detection of such an illness.

The gender discrepancy highlighted in this study calls for more precision among clinicians to provide equal opportunities of treatment for the girl child as they are often marked as the minority in having ADHD in comparison to boys. Behavioural problems found among the children with ADHD also throws light on the fact that the teachers, parents and clinician should become more observant and concerned about children with such vital concerns.

This study thus, promoted a collaborative progress towards being more aware about ADHD in Gwalior, mainly as it lacked such research studies previously and the caregivers lacked basic knowledge about this illness. It also gave them a picture of medical and psychological treatments available in the city where they could take their children too. Thus, eradicating the sense of ‘stigma’ attached to mental illness in general. These findings could promote future strategies that would cater to awareness needs about ADHD as a prevalent illness in Indian context by facilitating more parent-awareness programmes by school authorities and teacher-sensitization
Conclusion

programmes by mental health professionals. This way a collaborative model which would comprise of Clinical Psychologist, Psychiatrists, Parents and Teachers, would create a difference in eradicating such an issue. It would also make health facilities available and more up-to-date for such children and their families. Psychotherapy as an alternative to only ‘Pharmacological’ treatment could also be a fruitful way of treatment promotion for the long term as it has no side effects instead induces life skills management and support therapy to the child and the family as well.