प्रेमक,

शैलेश कुमार सिंह,
सरकार के प्रधान सचिव।

सेवा में,

कुलपति,
रांची विश्वविद्यालय, रांची,
विनोभा भाषा विश्वविद्यालय, दादर एवं
सिद्धान्तकृत मुंबई विश्वविद्यालय, दुल्हनीय,
नीलाम्बर-पीताम्बर विश्वविद्यालय, मेदिनीपुर, पलाशी,
कोलकाता विश्वविद्यालय, बांग्लादेश,
विनोभा भाषा विश्वविद्यालय, रांची,
दौरो श्यामाप्रसाद मुखर्जी विश्वविद्यालय, रांची,
हरियाणा प्रधान भाषा शिक्षा केन्द्र विभाग, सरकार,
हरियाणा प्रधान शिक्षा केन्द्र विभाग, सरकार,
राज्य के सभी निजी विश्वविद्यालय।

रांची, दिनांक:- 20/07/2020

विषय:-
MHRD द्वारा निर्देश ‘MANODARPAN’ के संबंध में दिये गए दिशा निर्देश के अनुपालन के संबंध में।

प्रसंग:-
MHRD के पत्रांक F. No. 10 -12 /2020 -Sch.4 दिनांक-27-07-2020 एवं MHRD के Press Information Bureau में प्रकाशित दिशा निर्देश दिनांक 21.07.2020।

महाशय,

उपर्युक्त विषयक प्रसंगाधीन पत्र की छायाप्रति (अनुलक्ष सहित) संलग्न करते हुए अनुरोध है कि MHRD द्वारा निर्देश ‘MANODARPAN’ के संबंध में दिये गए दिशा निर्देश के आलोक में आवश्यक कार्यवाही की जाय।

कृपया इसे सर्वोच्च प्राधिकृतता दी जाय।

अनुलक्ष:- यथोक्त।

विश्वासभाजन,

(शैलेश कुमार सिंह)
सरकार के प्रधान सचिव।
प्रतिलिपि:- माननीय राज्यपाल के प्रधान सचिव, राजभवन सचिवालय, रांची को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित।

अनुप्रकार:- यथोक।

(शीलेश कुमार सिंह)
सरकार के प्रधान सचिव।

प्रतिलिपि:- निदेशक, उच्च शिक्षा/निदेशक, तकनीकी शिक्षा को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित।

अनुप्रकार:- यथोक।

(शीलेश कुमार सिंह)
सरकार के प्रधान सचिव।
Most Immediate

F. No 10-12 /2020-Sch.4
Government of India
Ministry of Human Resource Development
(Department of School Education & Literacy)

*****

Shastri Bhavan, New Delhi
Dated the 27th July, 2020

To,

The Secretaries School Education/Higher Education of all the States/Union Territories

Subject: MANODARPAN - An Initiative of the Ministry of Human Resource Development for Psychosocial Support of Students, Teachers and Families for Mental Health and Emotional Well-being

Sir/Madam,

In the wake of the outbreak of COVID-19 pandemic, the Ministry of Human Resource Development has launched an initiative called ‘MANODARPAN’ to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the COVID outbreak and beyond. The initiative was inaugurated by the Union Minister for Human Resource Development on the 21st July, 2020. A web-page has been created on the web-site of this Ministry. The Web-page contains advisory, practical tips, posters, videos, do’s and don’ts. FAQs, online query system and other resources for psychosocial support. It can be accessed at the following url:

http://manodarpan.mhrd.gov.in

2. The Hon’ble Minister for Human Resource Development also launched the National Toll-free Helpline (8448440632) set up for a country-wide outreach to students from schools, colleges and universities to provide them tele-counselling to address their mental health and psychosocial issues. This unique helpline is managed by a pool of experienced counselors/psychologists and other mental health professionals and will continue beyond the COVID-19 situation.

3. It is requested that the aforesaid initiatives taken by this Ministry may be widely disseminated amongst all concerned in your State/Union Territory so that interested students/teachers/patents could make full use of these services. A link for the web-page may also be given on the official web-site of your Department/State/Union Territory. The National Toll-free Helpline No. 8448440632 may also be prominently displayed on the website and other medium for wide publicity.

Yours faithfully,

(L.R. Changsan)
Joint Secretary to the Government of India
Tel. No. 23070584
Email: lchangsan@nic.in
Press Information Bureau
Government of India

*****

Union HRD Minister launches MANODARPAN initiative of Ministry of HRD to provide psychosocial support to students for their Mental Health and Well-being

MANODARPAN is a step towards Prime Minister’s vision of Atma Nirbhar Bharat:
Shri Ramesh Pokhriyal Nishank

Union HRD Minister also inaugurated a National Toll-free Helpline, a special web page of MANODARPAN, and a Handbook as part of MANODARPAN initiative

New Delhi
21st July, 2020

Union HRD Minister, Shri Ramesh Pokhriyal Nishank launched the MANODARPAN initiative of HRD Ministry to provide psychosocial support to students for their Mental Health and Well-being in New Delhi today. Minister of State for HRD, Shri Sanjay Dhotre also graced the occasion. Secretary, Department of Higher Education, Shri Amit Khare; Secretary, School Education and Literacy Smt Anita Karwal and senior officials of the Ministry were present on the occasion. Smt Anita Karwal made a detailed presentation about the initiative at the event.

As part of MANODARPAN initiative, Shri Ramesh Pokhriyal Nishank launched a National Toll-free Helpline (8448440632), a special web page of MANODARPAN on the portal of HRD Ministry, and a Handbook on MANODARPAN.
Speaking on the occasion, the Shri Ramesh Pokhriyal Nishank said that COVID-19 is understandably a challenging time for everyone around the world. This Global pandemic is not only a serious medical concern, but also brings mixed emotions and psycho-social stress for all. With specific focus on children and adolescents, there are emerging mental health concerns that are often reported in such situations. Children and adolescents may be more vulnerable and may experience heightened level of stress, anxiety and fearfulness, along with a range of other emotional and behavioural issues.

Shri Pokhriyal informed that the HRD Ministry has felt that while it is important to focus on continuing education on the academic front, the mental well-being of the students also needs to be given equal importance. So, Ministry has taken an initiative, named MANODARPAN covering a wide range of activities to provide Psychosocial Support to students for their Mental Health & Well-being during the COVID outbreak and beyond. He further informed that a Working Group, having experts from the fields of education, mental health and psychosocial issues as its members, has been set up to monitor and promote the mental health issues and concerns of students and to facilitate providing of support to address the mental health and psychosocial aspects during and after COVID-19 lockdown, through counselling services, online resources and helpline.

The Minister informed that the Prime Minister Shri Narendra Modi, launched the ATMANIRBHAR BHARAT ABHIYAN and, the MANODARPAN initiative has been included in it, as a part of strengthening human capital and increasing productivity and efficient reform and initiatives for the Education sector.

He further stated that a Web-page named MANODARPAN- Psychosocial Support for Mental Health & Well-being during the COVID outbreak and beyond has since been created on the Web-site of the Ministry of Human Resource Development. The Web-page contains
advisory, practical tips, posters, podcasts, videos, do's and don'ts for psychosocial support, FAQs and online query system. A National Toll-free Helpline (8448440632) has also been set up. This unique helpline shall be managed by a pool of experienced counselors/ Psychologists and other mental health professionals and will continue beyond the COVID-19 situation. Through this helpline tele-counselling will be provided to the students to address their mental health and psychosocial issues.

While addressing the participants Shri Dhotre said that the pandemic has affected children as well as adults psychologically and emotionally. In such a climate, we need organised and institutionalized help. He said that the mental health has a reciprocal relationship with the well-being and productivity of a society and its members. Hence, it is essential for the well-being and functioning of individuals in such a climate we should also come forward as a more cohesive and mutually interdependent society. He also said, the MANODARPAN initiative has been included in the Atmanirbhar Bharat Abhiyan as part of a strengthening and empowering the human capital to increase productivity and efficiency through reforms and initiatives in the education sector.

He further added, the resources mobilized through the MANODARPAN initiative are envisaged to facilitate a sustainable psychological support system for students, families and teachers, and will be a great utility even in the post-corona times with proactive and preventive mental health and well-being services integrated into the mainstream of learning processes.

The following components are included in the MANODARPAN initiative:

- **Advisory Guidelines** for students, teachers and faculty of School systems and Universities along with families.
- **Web page on the MHRD website**, which will carry advisory, practical tips, posters, videos, do's and don'ts for psychosocial support, FAQs and online query system.
- **National level database and directory of counsellors** at School and University level whose services can be offered voluntarily for Tele-Counselling Service on the National Helpline.
- **National Toll-free Helpline** by the MHRD for a country wide outreach to students from school, universities and colleges. This unique helpline shall be manned by a pool of experienced counselors/ Psychologists and other mental health professionals and will continue beyond the COVID-19 situation.
- **Handbook on Psychosocial Support: Enriching Life skills & Wellbeing of Students** to be published online. The booklet will include FAQs, Facts & Myths and will also
cover ways and means to manage emotional and behavioural concerns (from young children to college youth) during the COVID-19 pandemic and beyond.

- **Interactive Online Chat Platform** for contact, counselling and guidance by psychologists and other mental health professionals which will be available for students, teachers, and families during COVID-19 and beyond.
- **Webinars, audio-visual resources including videos, posters, flyers, comics, and short films** to be uploaded as additional resource materials on the webpage. Crowd sourcing from students all over the country will be encouraged as peer support.

For Manodarpan website, click the link: http://manodarpan.mhrd.gov.in/

Click here to see the PPT:

*****
Manodarpan

"An initiative of the Ministry of Human Resource Development, Government of India"

21st July, 2020
Health

Refers to a state of physical, social, mental and emotional well-being, and not merely a state of absence of illness or disease.
<table>
<thead>
<tr>
<th>Health Area</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mental Health</strong></td>
<td>The state of well-being when a person is able to cope with the stresses of daily life, and continue to be productive and is able to contribute to his community. If mental well-being is impacted, it impacts all other aspects of health – physical, social and emotional.</td>
</tr>
<tr>
<td><strong>Physical Health</strong></td>
<td>When a person is free from illness/injury and aware of and follow physical fitness routine, nutritious diet, hygienic habits.</td>
</tr>
<tr>
<td><strong>Social Health</strong></td>
<td>Ability to interact well with other person/s, society, contribute to society, to collaborate, and have satisfying personal relationships.</td>
</tr>
<tr>
<td><strong>Emotional Health</strong></td>
<td>Ability to control, manage and express emotions comfortably.</td>
</tr>
</tbody>
</table>
What is capable of reducing community health and well-being

- Social Exclusion and Isolation
- Conflicts within family and Community
- Poor Housing Conditions
- Injustice and Discrimination
- Work Stress
- Poverty
- Displacement
- Violence, Natural Disasters, Pandemic etc
Genesis of Manodarpan
Genesis of Manodarpan

**Pandemic**
Outbreak of global pandemic COVID-19

**Mental Health Issues**
e-mails and social media requests received in Ministry about mental health issues after onset of COVID-19

**Lockdown**
Lockdown including closure of all educational institutions from mid-March, 2020

**Holistic development**
Besides academic concerns, emotional and social aspects of learning are also affected

**Uncertainty**
Postponement/Cancellation of exams mid-way; handling new class/subject, future admissions/career decisions

**Vulnerability**
Children and adolescents more disposed to stress, anxiety, fear and loneliness

**Home campus**
Students compelled to stay at home, some stranded in hostels; new online classes

**Challenging Time**
Various stress factors leading to a stressful time for all including students, families, teachers.
Stress Factors in the Pandemic

- Cut off from games and play time
- Family income/employment fears
- Death in family
- Behavioural issues in family
- Fear of the disease
- Exam Results
- Sense of isolation
- Difficulties in learning
- Changes in teaching and learning
Numbers Impacted

3.75 Crore Students

Class 9 to 12

6.3 Crore Students

Class 6 to 8

6.4 Crore Students

Class 1 to 5

12 Crore Students
Hon’ble HRM emphasized on the need to provide psychosocial support

On 9th April, 2020, a Working Group set up by MHRD, to monitor and promote mental health and well-being of students and to provide psychosocial support.

Consultations with Experts and Stakeholders

Experts from field of counselling education, mental health, child and adolescent psychology are members of the Working Group.

Wide consultation with stakeholders held.
Need for Manodarpan
Need for Manodarpan

Strong Linkage
Strong linkage needed between education and health-physical, mental and emotional.

Schools and Colleges
Schools and colleges to become places for promoting physical health and mental well being.

ICMR Report 2017
ICMR (2017) shows that 10-13% of children and adolescents in India are dealing with mental health concerns.

WHO Report 2017
As per WHO 2017 report, 56 million individuals worldwide treated for depressive disorders – likely to increase after COVID-19 pandemic.

NCRB data 2018
As per NCRB 2018 data, every hour one student dies by suicide in India. (10159 students died due to suicide in 2018).

Counsellor in Schools
CBSE affiliation bye-laws mandate counselor in very school. Counselor very essential in residential schools and colleges (NVS has around 1200 counselors).

Counsellor in Colleges
As per UGC guidelines, 2015, all Higher Education Institution should have ‘Students Counselling System’.
Need for Manodarpan (Contd.)

Identify Psychosocial Stressors
Important to identify the concerns of students such as loneliness, isolation, stress, anxiety, peer pressure, parental / societal expectations, body image, self doubts etc. and have focused programmes in schools and colleges to address them.

Aatma Nirbhar Bharat Abhiyan
Manodarpan is a part of Prime Minister AATMA NIRBHAR BHARAT ABHIYAN – a stimulus package to revitalize Indian economy including empowering human capital and increasing productivity and efficiency post COVID-19 outbreak.

Manodarpan
But in lockdown a different solution - Manodarpan

Announced by FM
Announced as part of series of tranches for Aatma Nirbhar Bharat Abhiyan by Finance Minister on 17th May, 2020.
Components of Manodarpan
Components of Manodarpan Initiatives
To facilitate sustainable psychosocial support system in educational arena beyond COVID-19

**Advisory**
Guidelines for school/college students, teachers and parents to promote mental well being.

**Webpage**
Webpage on MHRD website – advisory, motivational posters, practical tips podcasts, FAQs etc.

**Toll-free Helpline**
National Toll Free Tele Counselling helpline-8448440632. Voluntary services of more than 500 counselors confirmed and 100 counselors mapped with IVRS for 1st phase.

**Counselling Resources**
National database and directory of Counselors and Counseling services.

**Resource Centre**
Hand book on 21st Century Life Skills for students to face real life challenges, Manual on Mental Health, and various other resource material such as videos, posters comics, flyers, podcasts, research works etc.
Components of Manodarpan Initiatives
To facilitate sustainable psychosocial support system in educational arena beyond COVID-19

Online Chat
Interactive online chat platform for contact, queries and counseling through interactive app.

Webinars
Webinars, audio-visual resources, videos, posters, comics, flyers and podcasts.

Integration with school curriculum
To address psychosocial needs and concerns of children in an integrated manner as part of school curriculum and processes as a preventive measure.

Effective Policy
Facilitate advocacy, research and training for effective policy on mental health support and well being of children and youth for holistic development.

Platform for National and Regional Consultation
To create linkages between States, Institution, Organisations for sharing of insights researches experiences and learnings to increase awareness and building community for mental well being of students.
Ongoing Activities
Ongoing Activities

NCERT

Counseling Services
Counseling services for school children since April, 2020 on phone/email

Alternative Academic Calendar
includes how to deal with stress and anxiety

Alternate Calendar

Sahyog
Live telecast of live interaction sessions on ‘Sahyog’ – guidance for mental well-being of children on Swayam Prabha channel.

Guidelines
Guidelines for online learning and Cyber safety include how to handle stress.

Guidelines

NISHTHA
Online module for NISHTHA programme to train teachers on handling mental well-being issues.
Virtual Summer Camps

Counseling on mental health issues, yoga, meditation, dance, art, painting, music in Virtual summer camps

Motivational Talks

Motivational one hour live talk on Community radio
Ongoing Activities (3)

NVS

Tele-Counselling

Tele-counseling helpline services continuing throughout lockdown

Advisory to Parents

Advisory to parents for their wards

Counsellors Engaged

1173 counsellors engaged in all JNVs since 2019-20
Ongoing Activities (4)

KVS

🌐 Dedicated e-mail ID has been created in each school for guiding and counselling the students.

🎓 Teachers have been identified for attending and addressing the problems of students.

331
Trained counselors have been engaged on part-time contract.

268
KV teachers trained in Guidance and Counselling from NCERT have also been involved.

Queries from 12393 students and 7648 parents have so far been received and attended promptly.
Ongoing Activities (5)

**CBSE**

**CBSE COUNSELING**
An annual flagship program for free of cost pre and post exam counseling of secondary and senior secondary students started 23 years ago in 1998. Counseling through audio visual presentations and podcasts.

**CBSE Helpline**
Centralised Access System and interactive voice response system on toll free number Counselling for differently-abled students

**Social Media Engagements**
On YouTube, FaceBook and Instagram and use of memes

**AUDIO RESOURCES**
Exam Anthem Rap Song, Podcasts on Psychosocial support

**PRINT RESOURCES**
Question Answer columns in newspapers, Handbook on 21st Century Life Skills

**COVID-19 LOCKDOWN - COUNSELLING AND ENGAGEMENT**
- Dedicated Corona Virus Safe Guards Tele-counseling services
- Student sharing activities on COVID -19 lockdown experience
- Awareness for FIT India activities during lockdown
Ongoing Activities (6)

UGC

Appeals, Advises, Notices

Appeals, Advisories and Notices issued regarding Mental Health, Psychosocial Concerns and well-being of everyone on the campus.

UGC issued advisory on 5th April, 2020 to address Mental, Psychosocial health & Well-being of Students during and after COVID-19

Fit India Guidelines

As a part of Fit India Campaign, UGC has issued guidelines for physical and mental fitness of students, faculty and staff:
1. It suggested a wide range of physical, sports, cycling, walking, yoga, meditation and other fitness activities.
2. Emphasized on awareness or sensitization workshops on depression, anxiety and stress management.
3. Highlighted balanced nutritional diet

Other Measures

1. Set up helpline for mental health, psychosocial concerns, to be regularly monitored by counsellors and identified faculty members
2. Regular mentoring of students through interaction via e-mails, telephones, digital and social media platforms
3. Form COVID-19 help groups of students to identify fellow students in need of help and provide immediate necessary help
4. Sharing of available practical tips from MoHPW, Youtube and other sources to take care of mental health
Initiatives for Redressal of Student Grievances

• UGC help line number 1800-111-657 has been made functional to address the grievances/concerns of the students arising due to COVID-19 pandemic.

• An email covid19help.ugc@gov.in created for students to send their concerns/concerns/grievances arising due to COVID-19.

• Online Students Grievance Redressal Portal of UGC at https://www.UGC.ac.in/grievance/student_reg.aspx

• A Task Force has also been constituted to monitor students concerns/grievances and address them
Ongoing Activities (7)

1. FACULTY COUNSELLORS
AICTE has advised all institutes to appoint faculty counsellors

2. FACULTY TRAINING
Large number of Faculty training programs are conducted and as many as 10,000 faculty are trained who all are effective counsellors.

3. HELPLINE PORTAL
During pandemic and lockdown AICTE created a helpline portal to address psychological problems.

4. FACULTY CERTIFICATION
Faculty Certification Program of 8-modules in which several elements of relationship between teacher and the taught are elaborated, which go a long way in addressing the problem at its roots.
Prevention
Prevention through positive school/college ethos, curriculum and activities promoting mental health and wellbeing.

Early Identification
Early identification of cognitive, emotional and behavioural changes in the students.

Specialist Support
Access to specialist support.

Training
Capacity building of faculty, counsellors and support staff - integrating mental health component in teacher preparation programme; enrichment programme for counsellors; short-term online courses.

Common Minimum Programme for schools to promote to students’ mental well being
School Mental Health Programme – integral part of Health and Physical Education Training of early childhood care givers to identify and support special needs children.
Road Ahead (Contd.)

Accommodate Diversity
Accommodate diversity of students having disability both cognitive and non-cognitive.

Awareness
Awareness and sensitization on child abuse (POCSO Act, 2016).

Life Skills
Focus on programmes of life skills, stress management, substance abuse prevention, emotion regulation etc.

Positive Parenting
Focus on positive parenting and effective family – school partnership for enriching positive mental health and well being.

Holistic Report Card
Holistic Report Card as per draft new NEP, 2020 to reflect interventions required to support for learning as well as mental & physical well-being.
Thank you.