

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:

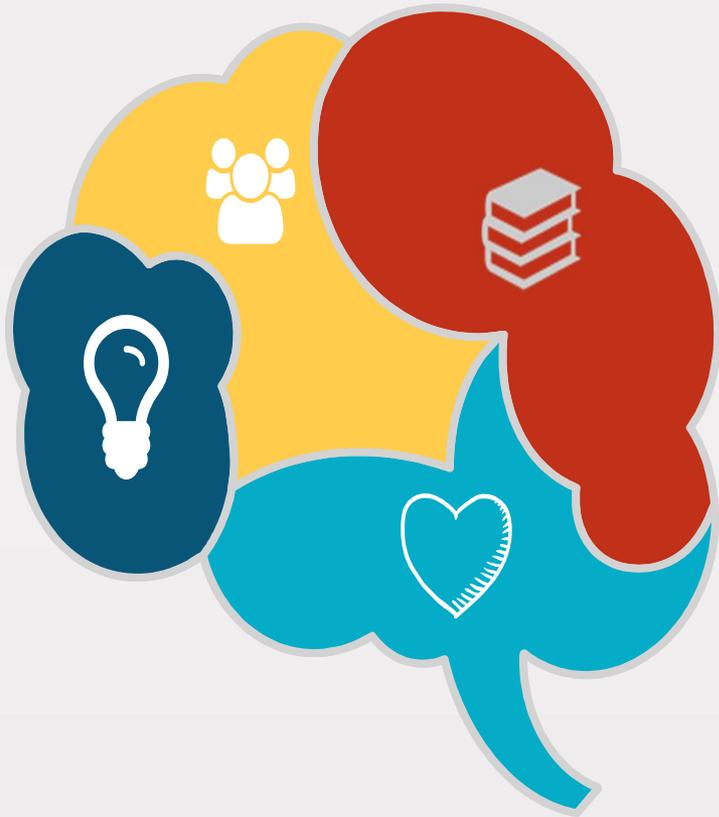
- **Advisory Guidelines** for students, teachers and faculty of School systems and Universities along with families.
- **Web page on the MHRD website**, which will carry advisory, practical tips, posters, videos, do's and don'ts for psychosocial support, FAQs and online query system.
- **National level 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

Health

Mental Health

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.

Physical Health

When a person is free from illness/injury and aware of and follow physical fitness routine, nutritious diet, hygienic habits

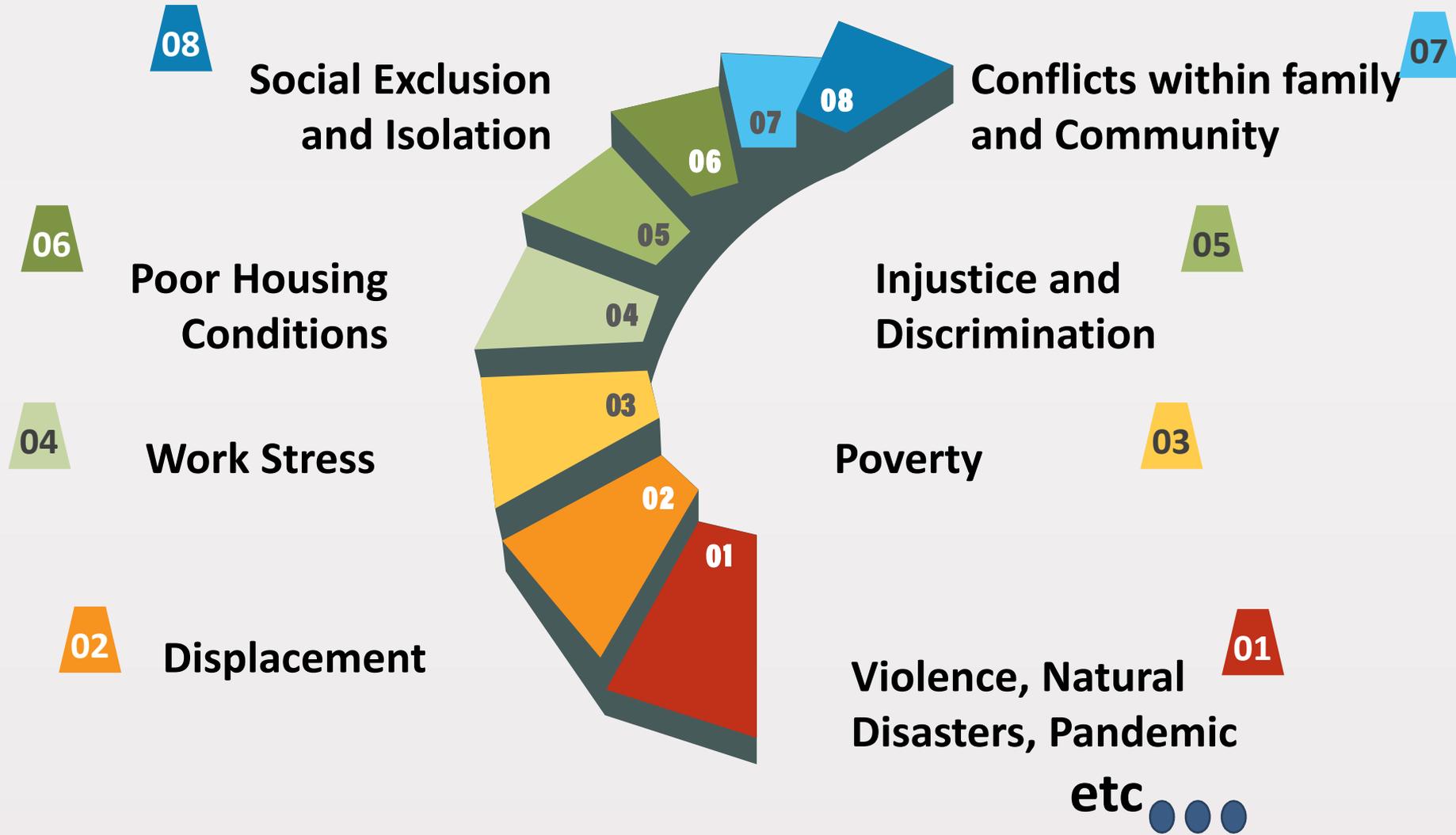
Social Health

Ability to interact well with other person/s, society, contribute to society, to collaborate, and have satisfying personal relationships

Emotional Health

Ability to control, manage and express emotions comfortably

What is capable of reducing community health and well-being





Genesis of Manodarpan

Genesis of Manodarpan

Pandemic

Outbreak of global pandemic COVID-19

01

08

Lockdown

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

02

07

Uncertainty

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

03

06

Home campus

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

04

05

Mental Health Issues

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

Holistic development

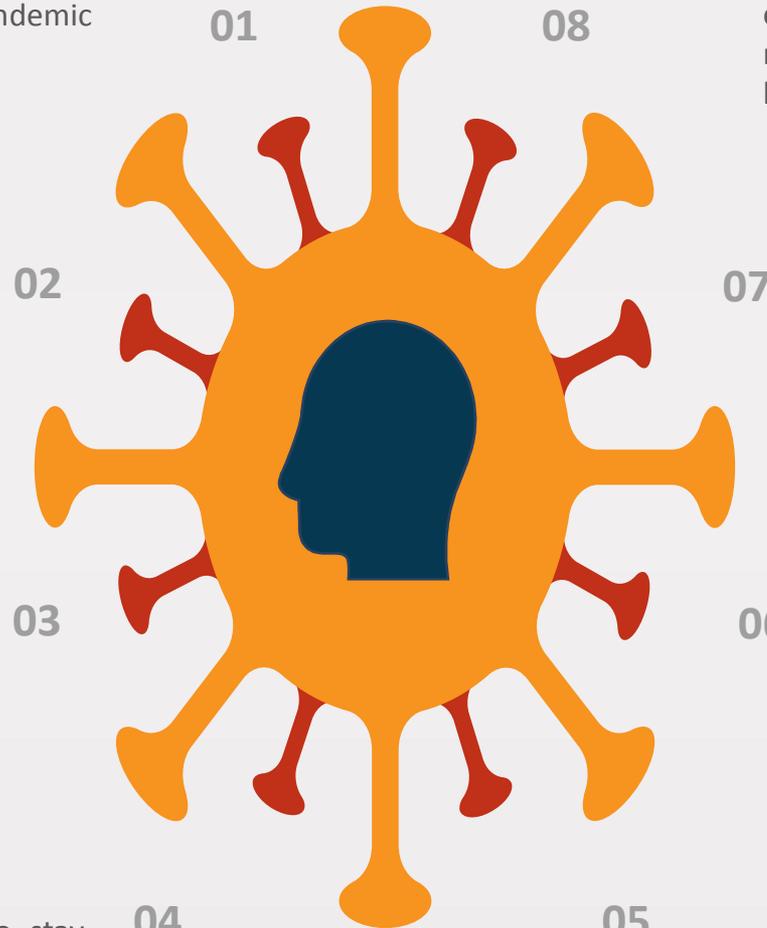
Besides academic concerns, emotional and social aspects of learning are also affected

Vulnerability

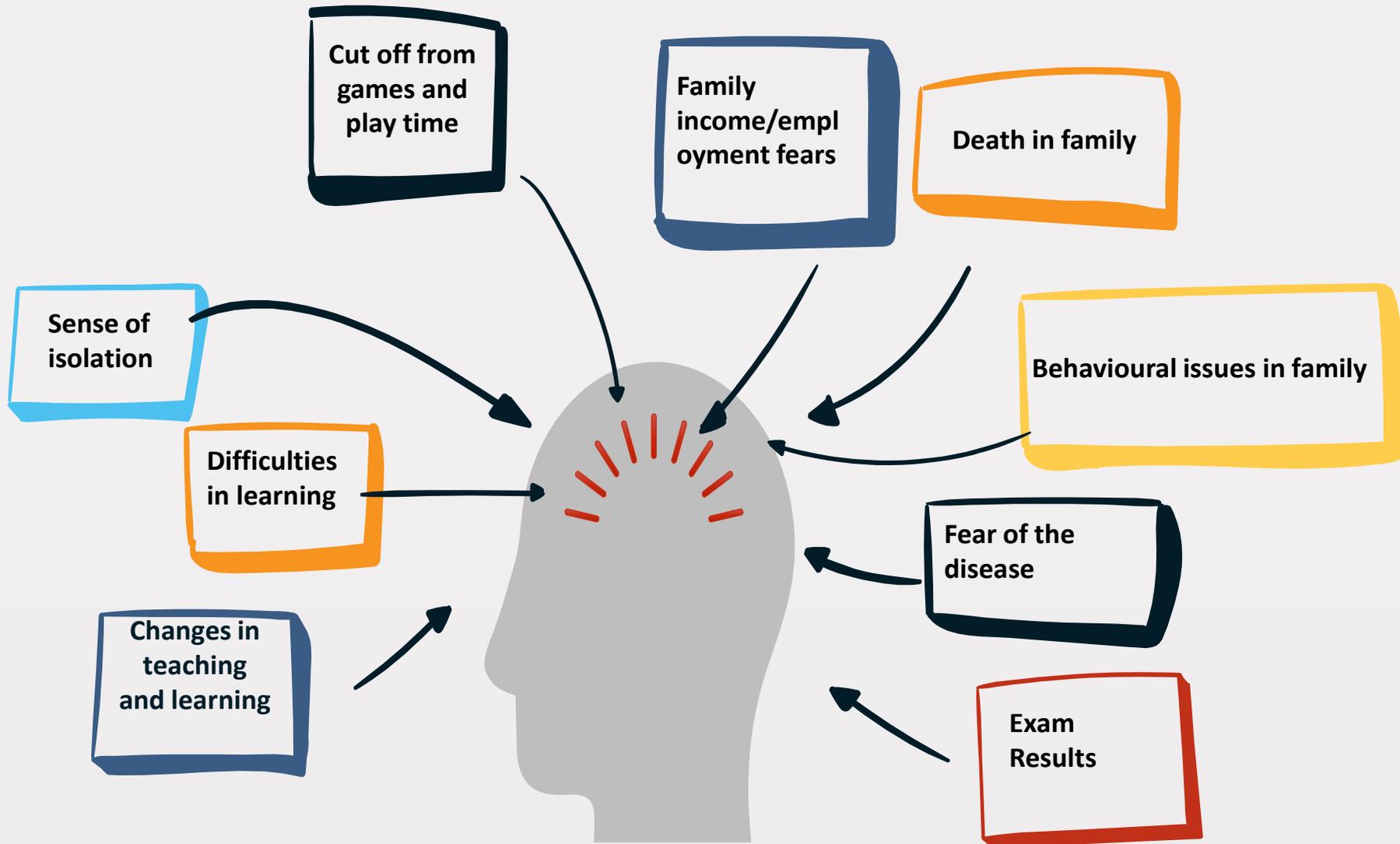
Children and adolescents more disposed to stress, anxiety, fear and loneliness

Challenging Time

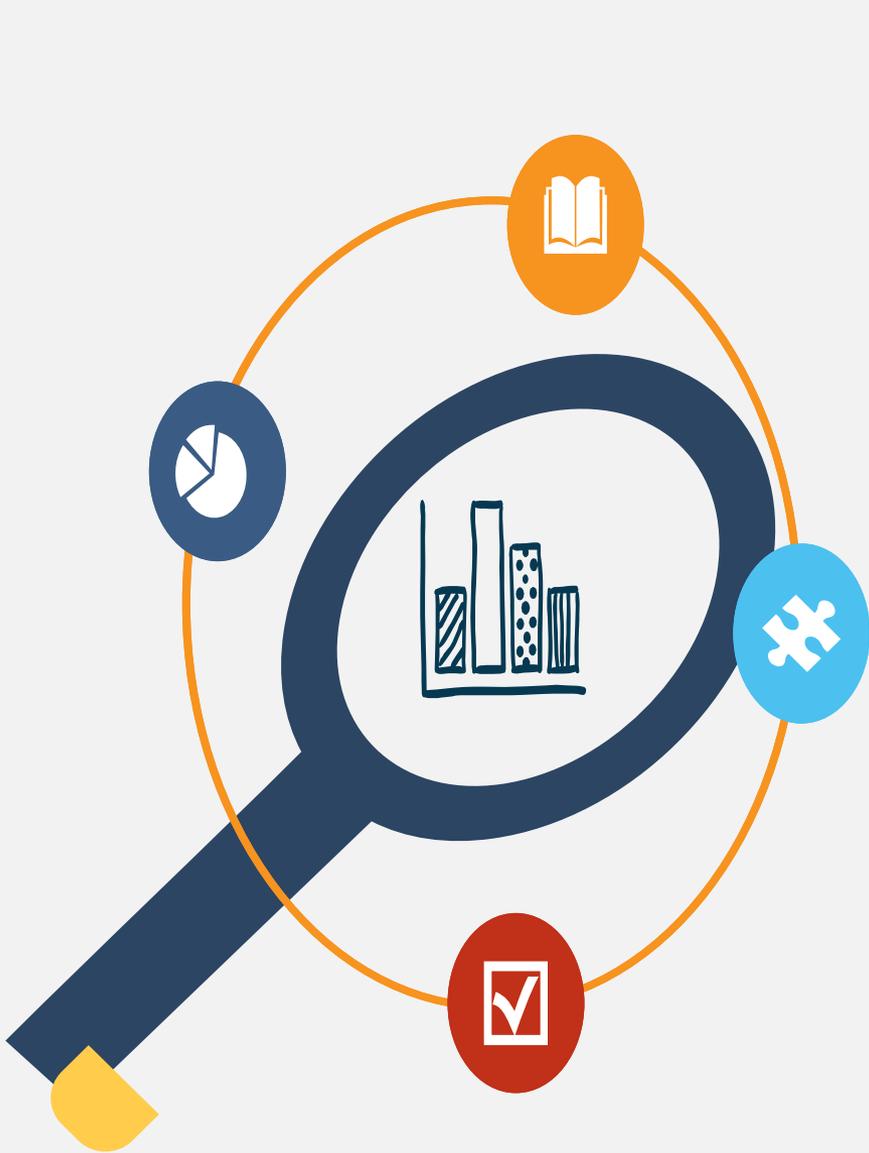
Various stress factors leading to a stressful time for all including students, families, teachers.



Stress Factors in the Pandemic



Numbers Impacted



HEI

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

Genesis Of Manodarpan (2)

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

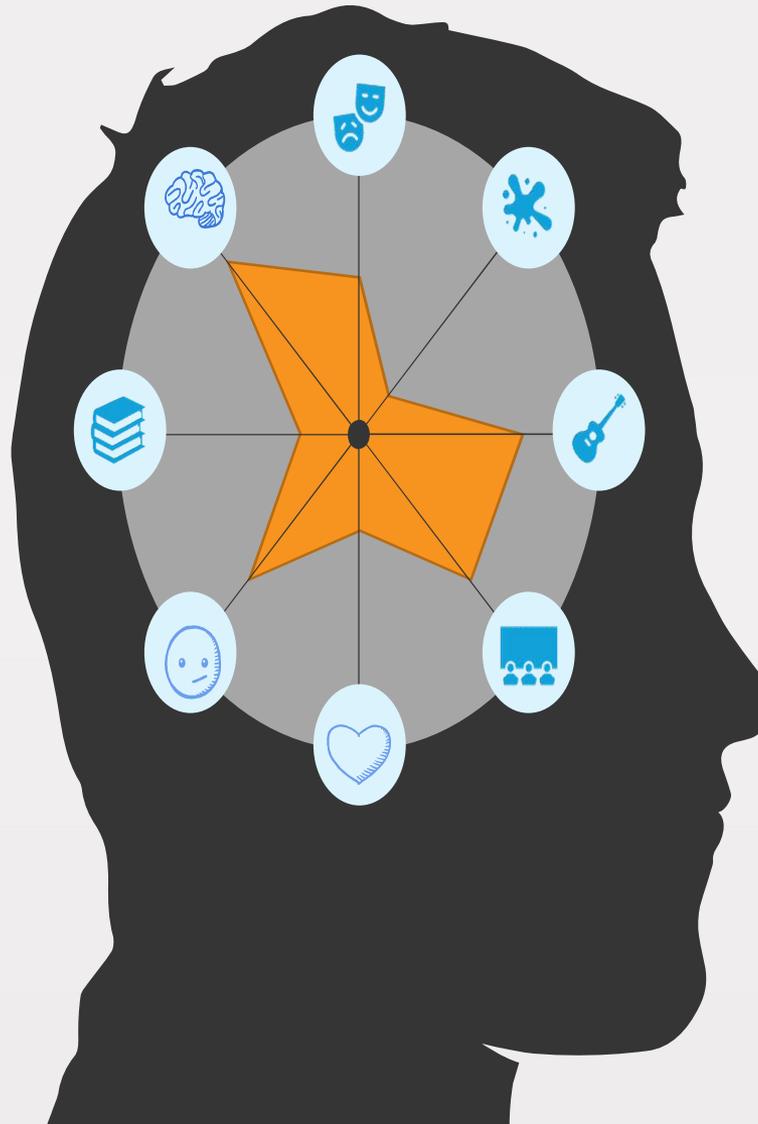
Schools and colleges to become places for promoting physical health and mental well being.

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 every 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.

Manodarpan

But in lockdown a different solution - Manodarpan

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.

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

Alternative Academic Calendar
includes how to deal with stress
and anxiety



Counseling

Counseling Services

Counseling services for school children since April, 2020 on phone/e-mail

Alternate Calendar



Sahyog

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



Sahyog

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.



NISHTHA

Ongoing Activities (2)

NIOS

Virtual Summer Camps

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

01



02

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.



AUDIO RESOURCES

Exam Anthem Rap Song, Podcasts on Psychosocial support



CBSE Helpline

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



PRINT RESOURCES

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



Social Media Engagements

On YouTube, FaceBook and Instagram and use of memes



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, Advices, 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 MoHFW**, Youtube and other sources to take care of mental health

Ongoing Activities (6) Continued...

UGC

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/ grievances arising due to COVID-19.

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

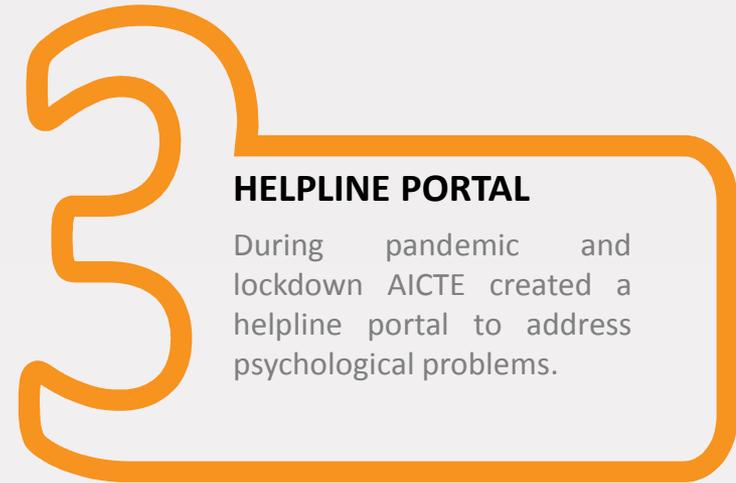
•A Task Force has also been constituted to monitor students concerns/ grievances and address them accordingly.

Ongoing Activities (7)

AICTE



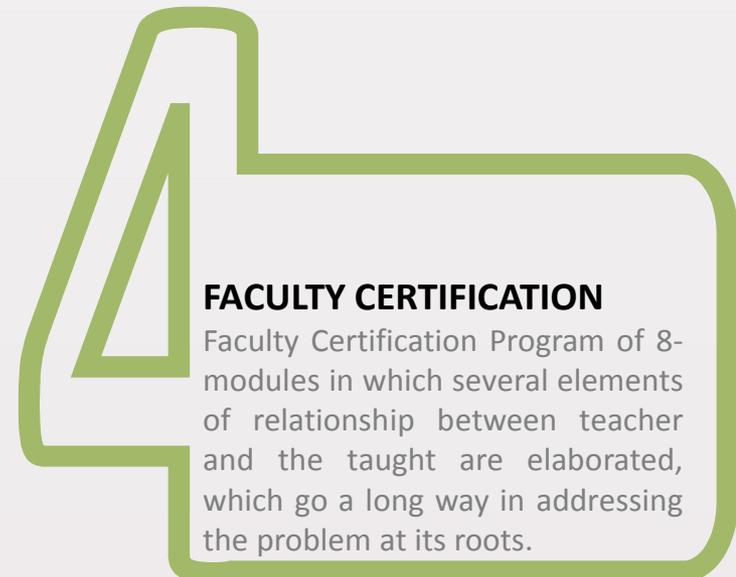
FACULTY COUNSELLORS
AICTE has advised all institutes to appoint faculty counsellors



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



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



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.



Road Ahead...

Road Ahead...

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

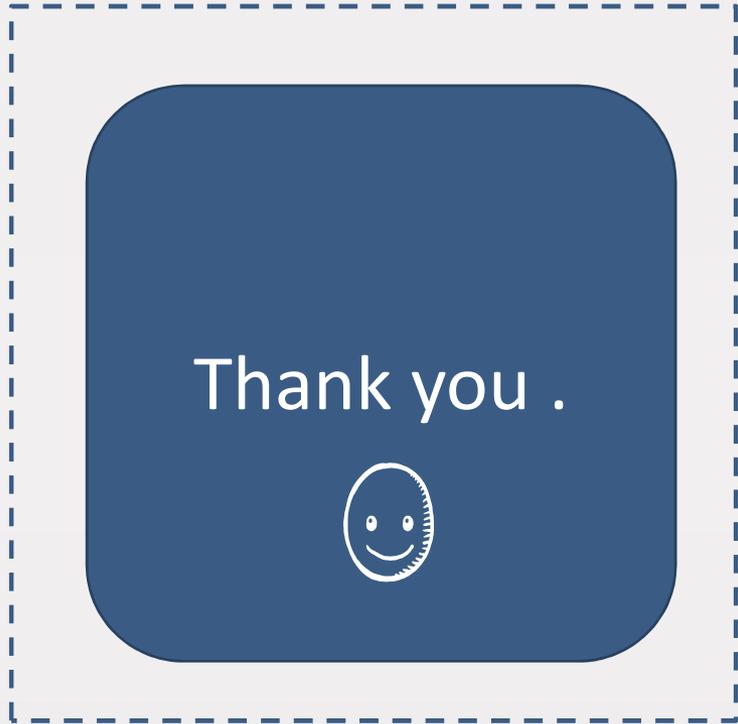
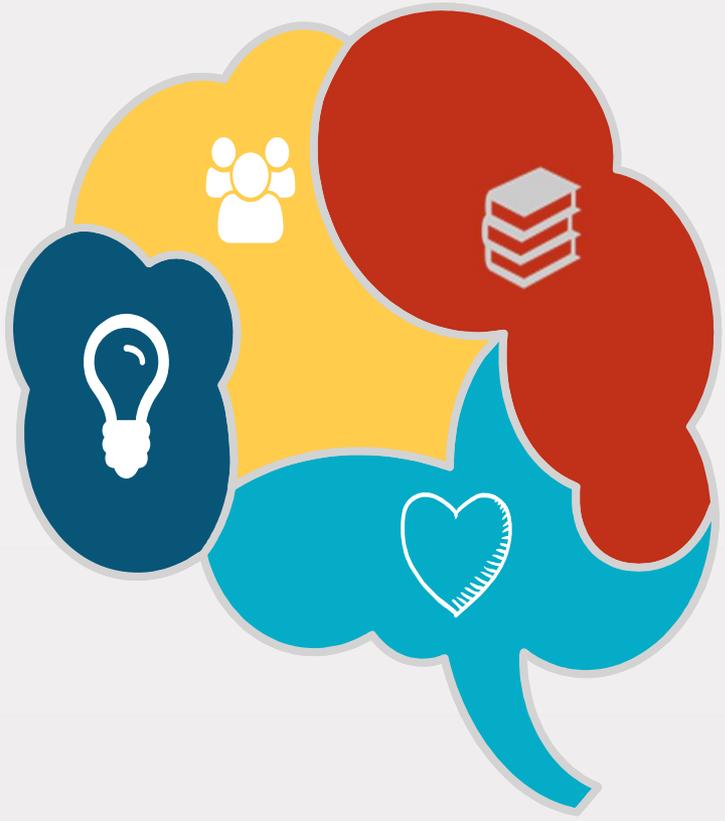
Focus on programmes of life skills, stress management, substance abuse prevention, emotion regulation etc.

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 .

