

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY

RAJYA SABHA
UNSTARRED QUESTION NO. 844
TO BE ANSWERED ON 09.02.2022

Increasing happiness index of students

844 # **Smt. Seema Dwivedi:**

Will the Minister of **Education** be pleased to state:

- (a) whether any kind of activity based 'curriculum', 'workshop' or any other practical measures have been adopted at national level, in order to get rid of the condition involving mental stress caused by COVID-19 among children and youth and to increase the happiness index;
- (b) if so, the details thereof and the budgetary allocation made therefor; and
- (c) if not, the reasons therefor and by when it is planned to be introduced?

ANSWER
MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(DR. SUBHAS SARKAR)

(a) to (c) : The Ministry of Education has undertaken a proactive initiative, named, '**Manodarpan**', covering a wide range of activities to provide psychosocial support to students, teachers and families for Mental Health and Emotional Wellbeing during the COVID outbreak and beyond. 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, through counselling services, online resources and helpline.

The following components are included in the 'Manodarpan' initiative:

- a. **Advisory Guidelines** for students, teachers and faculty of School systems and Universities along with families.

- b. **Web page on Ministry of Education website** (URL: <http://manodharpan.education.gov.in>) carrying advisory, practical tips, posters, videos, do's and don'ts for psychosocial support, FAQs and online query system.
- c. **National level database and directory of counsellors** at School and University levels.
- d. **National Toll-free Helpline (8448440632)** for a country wide outreach to students from school, universities and colleges to provide them tele-counselling to address their mental health and psychosocial issues during and after the COVID-19 situation.
- e. **Handbook on Psychosocial Support: Enriching Life skills and Wellbeing of Students.**
- f. **Webinars, audio-visual resources including videos, posters, flyers, comics, and short films with focus on convergence of resources from other Ministries/Departments on physical and creative well-being** which are essential parts of mental well-being.

The Manodharpan initiative is implemented through the National Council of Educational Research and Training (NCERT). The National Toll-free helpline, set up in NCERT, has been functional since 21st July, 2020. Tele-counselling has so far been provided to more than 19196 callers since the launch of the toll-free helpline. Regular Webinars are organized under the aegis of Manodharpan on mental health and wellbeing of children. NCERT has informed that they have made budget allocation to the tune of Rs. 34.36 lakh for activities undertaken under the Manodharpan initiative.

NCERT has started 'NCERT Counselling Services for School Children' in April, 2020 to help school students across the country share their concerns. This service is provided free of charge by about 270 counsellors across different regions of the country. Live interactive sessions on 'SAHYOG: Guidance for Mental Wellbeing of Children' are telecast on 12 PM eVidya DTH-TV channels for classes 1 to 12. To handle stress and anxiety, recorded videos on Yoga are telecast through 12 DTH TV channels with effect from 1st September, 2020 from Classes 1 to 12 and also digital resources are made available in digital platforms, i.e., DIKSHA.

Under the aegis of the School Health Programme under Ayushman Bharat, NCERT has developed a comprehensive package titled "Training and Resource Material: Health and

Wellness of School-going Children”. A specific module has been included on “Emotional Well-being and Mental Health”, which has activities related to the mental health and well-being of students and teachers.

The advisory issued by Department of School Education and Literacy, Ministry of Education on Standard Operating Procedure (SOP)/Guidelines for reopening of Schools also deals with taking care of mental and emotional well-being of children to ease them back into physical classes in schools once they re-open and help in their re-adjustment after long duration of closure of schools. The SOP/Guidelines have been shared with all States and Union Territories and uploaded on Ministry of Education’s website.

The Central Board of Secondary Education (CBSE) provides pre and post examination tele-counselling facilities through centralized toll-free helpline. Due to the corona pandemic, CBSE started an additional Toll-Free Tele Helpline on CORONA VIRUS safeguards for students. The Board has published material on how to be stress free. Audio-visual presentations on issues affecting mental health during this crisis were made available on official YouTube and Facebook handles of CBSE. CBSE has also brought out a manual on mental health and psychosocial wellbeing during Covid.

Navodaya Vidyalaya Samiti have engaged male and female qualified counsellors on contract basis in Jawahar Navodaya Vidyalayas (JNVs), to ensure mental health and wellbeing of the students. An activity based Programme “Happy Hour” has also been implemented for students in all JNVs to ensure stress free environment.

NIPUN Bharat Mission launched for Foundational Literacy and Numeracy focuses on Conceptual understanding, critical thinking, creativity and innovativeness through experiential learning and play, discovery and activity-based pedagogy. As a part of NIPUN Bharat Mission ‘Vidya Pravesh’, a three months School Preparation Module for children entering Class I has been launched which is completely activity based and is designed to bolster a child’s pre-literary, numeracy, cognitive and social skills.
