

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF HIGHER EDUCATION

RAJYA SABHA
UNSTARRED QUESTION NO. 3572
ANSWERED ON 02/04/2025

Stress levels among students

3572 Dr. Ajeet Madhavrao Gopchade:

Will the Minister of Education be pleased to state:

- (a) whether Government is aware that student stress levels are rising for multiple reasons, if so, whether any research has been undertaken in this matter;
- (b) whether Government has specific data on student suicides, including State-wise statistics from the last three years;
- (c) whether there has been discussions with State Governments and other stakeholders focussed on alleviating student stress; and
- (d) if so, the details thereof and any action plans created to address and reduce stress levels among students?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(Dr. SUKANTA MAJUMDAR)

(a) to (d): Education being in the concurrent list, it is shared responsibility of Centre and States to address the issue of stress level among students. Ministry of Education, has been actively working towards improving the mental health and wellbeing of students across the country. To address the issue of stress among students which leads to depression and suicide, the Government is taking multi-pronged measures and provides psychological support to students, teachers and families for mental and emotional well-being to avoid incidences of suicide. An initiative of Ministry, MANODARPAN, covers a wide range of activities to provide psychological support to students, teachers and families for mental and emotional well-being during the COVID outbreak and beyond. A “National Tele Mental Health Programme” has been launched in 2022 by Ministry of Health and Family Welfare, to improve access to quality mental health counselling and care services in the country. As on date, 36 States/ UTs have set up 53 Tele Mental Health Assistance and Networking Across States (MANAS) Cells and more than 19.90 lakh calls have been handled on the helpline number till date.

National Crime Record Bureau (NCRB) collects data on suicides from police recorded suicide cases. Comprehensive analysis of the data related to the accidental deaths and suicides in the country is published in the yearly Accidental Death & Suicide in India (ADSI) reports by National Crime Record Bureau (NCRB). Year wise and State wise details of student suicides

are available in the ADSI reports which are accessible at <https://ncrb.gov.in/accidental-deaths-suicides-in-india-year-wise.html>.

UGC has issued Guidelines for Promotion of Physical Fitness, Sports, Student's Health, Welfare, Psychological and Emotional Well-being at HEIs on 13.04.2023, which provides for promoting physical fitness and sports activities for students; creating safeguards against academic pressure, peer pressure, behavioural issues, stress, career concerns, depression and other issues on the mental health of students; to teach positive thinking & emotions in the student community; and to promote a positive and supportive network for students.

The Ministry on 10.07.2023 has also circulated a broad framework for emotional and mental well-being of students in Higher Education Institutes (HEIs) with request to take proactive measures to incorporate the same in the institutional functioning and instil a feeling of confidence in the student community. Accordingly, IIT Madras, IIT Delhi, IIT Guwahati, IIT Gandhinagar and IIT Roorkee have conducted workshops on Mental Wellness & Stress Management, involving multiple educational Institutions and experts in the field of mental health, to develop a comprehensive approach to suicide prevention and mental health promotion.

In alignment with National Education Policy 2020's to ensure that the learning environments are engaging and supportive, the Department of Higher Education initiated the Integrated approach for Promoting Positive Mental Health, Resilience, and Wellbeing under the Malaviya Mission Teacher Training Programme (MMTTP). It comprises online and in-person sessions, visits to institutions with innovative mental health practices, and an Annual National Wellbeing Conclave. The goal is to empower faculty to address student mental health concerns for early intervention. So far, 1,397 faculty from over 160 centrally funded HEIs have participated in 20 online sessions.
