

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

RAJYA SABHA
UNSTARRED QUESTION NO. 341
ANSWERED ON 23.07.2025

Rising anxiety among students

341. Shri Rajeev Shukla.

Will the Minister of Education be pleased to state:

- (a) whether Government is taking cognisance of the rising instances of anxiety among students in the country;
- (b) if so, the details thereof in this respect to contain the same;
- (c) if not, the reasons therefor; and
- (d) the proposed measures to be taken in this respect?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(SHRI JAYANT CHAUDHARY)

(a) to (d): Education is a subject in the concurrent list of the Constitution and the majority of schools are under the administrative control of the respective State Government/UT administration. However, recognising the importance of education, National Education Policy (NEP) 2020 has come into existence, which emphasises the need to create awareness about the mental health issues, reducing stress and promoting joyful learning. States and UTs are supported under Samagra Shiksha based on their proposals towards strengthening of existing Government schools for creation & augmentation of infrastructure facilities and also other activities such as career guidance, mental health, self-defence etc.

As per the perspective of NEP 2020, National Council of Educational Research and Training (NCERT) has developed and launched National Curriculum Framework for the Foundational Stage (NCF-FS) 2022 and National Curriculum Framework for School Education (NCF-SE) 2023. Both the NCFs integrate the mental well-being of students in different aspects such as syllabi development, development of content in learning and teaching material, pedagogical practices etc. The framework also lays emphasis on the role of all stakeholders, teachers, school functionaries, parents and community members to ensure that every student is provided with mental and emotional support. The framework also stresses the importance of socio-emotional stimulation in the early years of life of students and provides guidelines towards integration of age-appropriate aspects of socio-emotional development in its curricular goals, core competencies and learning outcomes.

Mental health and Well-being of students, have been a key priority for the Government of India. Recognizing the growing emotional and psychological challenges faced by students, various initiatives have been launched to provide support, raise awareness, and promote mental well-being in schools. Manodarpan which is implemented and monitored by NCERT,

an initiative of the Ministry of Education under the *AatmaNirbhar Bharat Abhiyan*, aims at creating a safe and supportive environment for students to thrive both academically and emotionally. Several activities are undertaken under the initiative to promote mental health and well-being amongst students in schools such as, running National toll-free helpline (844-844-0632), Manodarpan webpage (<https://manodarpan.education.gov.in/>), conducting of The Mental Health and Well-being of School Students, Teachers Mental Well-being Survey, facilitating celebration of Mental Health Week (4th-10th October) and World Mental Health Day (10th October) across the country, development of materials and guidelines.

To further address mental health concerns, the 'Sahyog' sessions are conducted by Manodarpan Cell in NCERT Monday to Friday, offering live interactions with practicing counsellors for students in classes VI-XII. Additionally, 'Paricharcha' webinars on Fridays feature experts discussing mental health and well-being, broadcasted on PM e-Vidya channels of this Ministry and the NCERT Official YouTube Channel. Manodarpan has also been conducting various activities such as Conferences, Workshops, Counsellors' Summit, and Orientation sessions at the national and regional level to build awareness and capacity of state administrators, school heads and teachers on promoting mental well-being in schools.

In addition, to address the rise in stress, anxiety etc among students' various initiatives are taken by many schools like sensitization through talks in morning assembly, adolescence education programmes, yoga, games and sports, scouts and guides, NCC, Ek Bharat Shreshth Bharat. Students are also involved in setting up School Nutrition Gardens (SNGs) in the school through which the students learn life skills and are also they are connected to nature.

Ministry of Health & Family Welfare has launched Tele Mental Health Assistance and Networking Across States (Tele MANAS) a toll-free mental health helpline that provides support and assistance to those struggling with mental health issues. Through this initiative, access to trained and accredited mental health counsellors is available 24X7 across the country on the helpline number (14416) or 1800-891-4416, to cater to mental health needs. This service is available in various languages. The National Tele Mental Health Programme (Tele-MANAS), launched in October 2022, provides tele-counselling services across 36 States/UTs, handling calls in lakhs. The government is also training healthcare professionals via Digital Academies at key mental health institutes, having trained over several thousands professionals.

Ministry of Health & Family Welfare is also addressing mental health issues through the National Mental Health Programme (NMHP), with its District Mental Health Programme (DMHP) active more than 760 districts. DMHP offers services like outpatient care, counselling, medication, outreach, and inpatient facilities at the district level to provide suicide prevention services, work place stress management, life skills training and counselling in schools and colleges. Additionally, the government has upgraded several primary healthcare centers into Ayushman Arogya Mandirs, integrating mental health services into primary care. Under the Ayushman Bharat School Health & Wellness Programme, teachers are trained to promote emotional wellbeing among students.
