

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**RAJYA SABHA
UNSTARRED QUESTION No. 1091
TO BE ANSWERED ON 9TH DECEMBER, 2025**

**INTRODUCTION OF MENTAL HEALTH FOCUSED IKS IN HEALTH CARE
UNIVERSITIES**

1091 # SMT. DARSHANA SINGH:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether Government is planning to introduce mental health-focused Indian Knowledge System (IKS) in all healthcare universities through the National Medical Commission, Nursing Council, Pharmacy Council, and other regulatory bodies;
- (b) whether the IKS courses are currently being offered at AIIMS, RML hospital, Safdarjung hospital, PGI Chandigarh, SGPGI Lucknow, and other premier institutions;
- (c) if so, the details thereof; and
- (d) if not, the timeline fixed for implementing IKS in all healthcare, nursing, and pharmacy institutions across the country?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY
WELFARE
(SMT. ANUPRIYA PATEL)**

(a) to (d): The Government of India is strengthening mental healthcare through a wide range of national initiatives. Under the Competency-Based Medical Education (CBME) guidelines, the National Medical Commission (NMC) has made a 10-day Yoga module mandatory for all medical students, with faculty also encouraged to participate, as part of its efforts to strengthen Indian Knowledge System (IKS) focused mental healthcare and foster holistic well-being.

The Indian Nursing Council (INC) has integrated Mental Health/Psychiatric Nursing across all basic nursing programs and offers advanced courses such as the M.Sc in Psychiatric Nursing, the Nurse Practitioner course in Mental Health Nursing, and the Post Diploma in Psychiatric Nursing to develop specialist mental-health professionals. This comprehensive training enables nurses to provide preventive, promotive, and rehabilitative mental-health services in both hospital and community settings. Additionally, the INC has introduced a Yoga module to help reduce mental stress among nursing students and has gazetted a one-year Post Basic Diploma in Ayurvedic Nursing to further support holistic approaches to

mental well-being.

Moreover, the MD curriculum at AIIMS integrates social, cultural and systemic aspects of mental health, with emphasis on holistic care, communication, professionalism and lifelong learning. It incorporates indigenous psychotherapy and integrative medicine. The Department of Psychiatry conducts regular CMEs, workshops and global conferences on indigenous mental health, and also provides yoga-based therapeutic services to in-patients.

Further, as part of the National Mental Health Programme (NMHP), the District Mental Health Programme now covers 767 districts, providing OPD services, counselling, medications, outreach and ambulance support through CHCs and PHCs. To boost primary-level mental health services, more than 1.81 lakh Sub-Health Centres and PHCs have been upgraded to Ayushman Arogya Mandirs, which now offer mental health care supported by operational guidelines and training on Mental, Neurological and Substance Use Disorders. The National Tele Mental Health Programme (Tele-MANAS), launched on 10 October 2022, operates 53 Tele-MANAS cells across 36 States/UTs, offering services in 20 languages and handling nearly 30 lakh calls since its launch. A mobile app and video-consultation feature were added in October 2024 to expand access.
