

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF HIGHER EDUCATION

RAJYA SABHA
UNSTARRED QUESTION NO.1154
ANSWERED ON 10/12/2025

Mental stress and student suicides

1154 Shri Vivek K. Tankha:

Will the Minister of Education be pleased to state:

- (a) whether Government has taken note that over 13,000 student suicides were reported in 2023 (NCRB);
- (b) whether studies show rising mental stress among students attending intensive coaching programmes;
- (c) if so, the measures being taken to ensure counselling and mental-health support in coaching hubs such as Kota; and
- (d) whether Government proposes to frame a national policy or code of conduct for coaching institutions to curb academic pressure and safeguard student welfare?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION

(Dr. SUKANTA MAJUMDAR)

(a) to (d): 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>.

As per these Reports, there are various causes of suicides like professional/career problems, sense of isolation, abuse, violence, family problems, mental disorders, addiction to alcohol, financial loss, chronic pain etc.

As far as the Central Government is concerned, to address the issue of suicide, it 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 of Education, MANODARPAN, covers a wide range of activities to provide psychological support to students, teachers and families for mental and emotional well-being such as National toll-free helpline to provide guidance to callers through trained counsellor; live interactive sessions 'Sahyog' and Webinars 'Paricharcha' that are organized regularly to create awareness about the importance of mental health among all stakeholders, students in all States/UTs etc. These sessions are telecast on PM e-Vidya channels and are also available on 'NCERT Official' YouTube Channel.

UGC has issued advisory to HEIs on 06.01.2023 circulating the National Suicide Prevention Strategy framed by the Ministry of Health and Family Welfare. The National Strategy for Suicide Prevention provides a framework for multiple stakeholders to implement activities for prevention of suicides in India. This national strategy aims to reduce suicide mortality by 10% in the country by 2030. The NSPS, 2022 is available at this ministry's website: <https://mohfw.gov.in/sites/default/files/National%20Suicide%20Prevention%20Strategy.pdf>.

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.

The Ministry of Education 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.

Department of Higher Education initiated the Integrated approach for Promoting Positive Mental Health, Resilience, and Wellbeing under the Malaviya Mission Teacher Training Programme. 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.

To address the burden of mental disorders, the Ministry of Health and Family Welfare(MHFW) is implementing the National Mental Health Programme (NMHP) in the country. The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 767 districts for which support is provided to States/UTs through the National Health Mission. Facilities made available under DMHP at the Community Health Centre(CHC) and Primary Health Centre(PHC) levels, inter- alia, include outpatient services, assessment, counselling/ psycho-social interventions, continuing care and support to persons with severe mental disorders, drugs, outreach services, ambulance services etc.

In addition to the above, the Government is also taking steps to strengthen mental healthcare services at primary healthcare level. The Government has upgraded more than 1.81 lakh Sub Health Centres (SHCs) and Primary Health Centres (PHCs) to Ayushman Arogya Mandirs. Mental health services have been added in the packages of services under Comprehensive Primary Health Care provided at these Ayushman Arogya Mandirs. Operational guidelines and training manuals for various cadres on Mental, Neurological, and Substance Use Disorders (MNS) at Ayushman Arogya Mandirs have been released under the ambit of Ayushman Bharat.

A National Tele Mental Health Programme has been launched in 2022, to improve access to quality mental health counselling and care services in the country. As on 08.12.2025, 36 States/ UTs have set up 53 Tele Mental Health Assistance and Networking Across States (MANAS) Cells. More than 30,26,000 calls have been handled on the helpline number. The Government has also launched Tele MANAS Mobile Application on the occasion of World Mental Health Day - October 10, 2024. Tele-MANAS Mobile Application is a comprehensive mobile platform that has been developed to provide support for mental health issues ranging from wellbeing to mental disorders. In addition, a video consultation facility has been introduced under Tele-MANAS, as an upgrade to the existing audio calling service.

The Mental Healthcare Act, 2017 decriminalizes the suicide under Section 115, recognizing it as a manifestation of severe stress further mandating the government responsibility to provide care, treatment and rehabilitation to the person who attempts suicide.

Guidelines for Regulation of Coaching Centers have been issued by Ministry of Education to States/UTs on 16.01.2024 for consideration by way of appropriate legal framework. The Guidelines encompass several key aspects, including laying emphasis on significance of mental well-being, advocating for the prioritization of counsellors and psychologists' support within coaching centres; no batch segregation; maintenance of records etc.

Kota District administration, Government of Rajasthan has also issued guidelines for betterment of mental health and stress reduction of coaching students. As per the guidelines, many initiatives has been taken such as directions to provide counselling to students as well as parents about stress management and alternative career opportunities; appointment of psychological counsellors; Display of toll-free helpline numbers in every coaching institute; launch of an online grievance portal by district administration; mandatory gatekeeper training to identify depressed children; easy exit policy for students; appointment of institute wise nodal officers for inspection and resolving any issue faced by students; launch of "Dinner with Collector" initiative.

In pursuance of Order dated 24.03.2025 of Hon'ble Supreme Court in Criminal Appeal No. 1425 of 2025 in the matter of Amit Kumar & Ors Vs. Union of India & Ors., a National Task Force (NTF) has been constituted under the Chairmanship of Justice (Retd.) S. Ravindra Bhat, Former Judge, SCI to identify predominant causes of suicides by students, analyze of existing regulations and suggest recommendations for strengthening students' protection.

Education is subject of concurrent list and both Central and State government work collaboratively to provide equitable access to education.
