

GOVERNMENT OF INDIA  
MINISTRY OF EDUCATION  
DEPARTMENT OF HIGHER EDUCATION  
**RAJYA SABHA**  
**UNSTARRED QUESTION NO. 1940**  
ANSWERED ON 17.12.2025

**Subject of Mental Health in Indian Knowledge System (IKS)**

**1940 # Smt. Darshana Singh:**

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

- (a) whether Government proposes to include the subject of mental health in the Indian Knowledge Systems (IKS) curriculum in all educational institutions in the country;
- (b) whether many States have still not included a mental health-focused IKS curriculum in their curricula;
- (c) if so, the steps being taken to include mental health as a subject, especially in view of the increasing number of cases during the last few years; and
- (d) if so, the details thereof and if not, the reasons therefor?

**ANSWER**

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

(a) to (d): As per the Constitution of India, education is a subject listed in the Concurrent List empowering both the Union government and the State governments to legislate on educational matters.

The National Education Policy (NEP), 2020 emphasises on the holistic development of the child and explicitly states that “.... education must develop not only cognitive capacities - both the ‘foundational capacities’ of literacy and numeracy and ‘higher-order’ cognitive capacities, such as critical thinking and problem solving – but also social, ethical, and emotional capacities and dispositions”.

The National Education Policy (NEP), 2020 and the National Curriculum Framework for School Education (NCFSE), 2023 place students’ well-being, and mental health at the core of their vision for holistic education. These documents emphasise that the development of learners must extend beyond academic achievement to include emotional, social, ethical, physical, and mental dimensions. Accordingly, NEP 2020 and NCFSE 2023 identify Guidance and Counselling as well as rootedness in India and Indian Knowledge System as cross-cutting

themes, to be interwoven throughout curricular content, classroom processes, school culture, and teacher preparation.

A distinctive feature of NCFSE, 2023 is the *Panchakosha* framework. This framework views the human being as an integration of five complementary layers:

- *Annamaya Kosha*, representing the physical body and foundational health;
- *Prāṇamaya Kosha*, referring to vitality, breath, and energy regulation;
- *Manomaya Kosha*, which governs emotions, thoughts, feelings, and cognitive processes;
- *Vijnanamaya Kosha*, associated with discernment, wisdom, and deeper understanding; and
- *Anandamaya Kosha*, representing inner joy, harmony, and a sense of connectedness.

Consequently, schools are encouraged to integrate a range of IKS-informed practices, such as yoga, mindfulness, *pranayam*, value-oriented discussions, and reflective activities, within daily routines and learning experiences.

An initiative of Ministry of Education, Manodarpan, under the *Aatmanirbhar Bharat Abhiyan* is being taken forward through the Manodarpan Cell, NCERT. The initiative aims to provide psychosocial support to students, teachers and families for mental health and emotional well-being.

Ministry of Education has approved a central sector scheme “Indian Knowledge Systems (IKS)” with an outlay of Rs. 405.78 Cr for the next five year commencing from 01.04.2025 to 31.03.2030. IKS Division has included Mental health as a component in their calls for IKS centres and research projects. Three out of 16 themes for IKS research are directly related to the mental health. They are as follows;

- *ānvīkṣikī vibhāg* (Philosophical and Cognitive Sciences)
- *Bhaiṣajya-ārogya vibhāg* (Medicine and Health)
- *śaikṣāṇika - krīḍānīyaka vibhāg* (Edutainment Sciences)

IKS Division has established centres focusing on Mental Health in IIT Mandi and Institute of Science and Spirituality, New Delhi. Also, IKS division has funded 11 projects focusing on mental health.

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