

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

LOK SABHA
STARRED QUESTION NO. 93
TO BE ANSWERED ON 08.02.2021

Mental Health of Students

*93. SHRI B.B.PATIL:

Will the Minister of EDUCATION be pleased to state:

(a) whether the Government has rolled out a mental health initiative named 'Manodarpan' keeping in mind the stress faced by students and their families especially during the COVID-19 pandemic with the platform including a national toll free helpline for students of schools, universities and colleges, manned by a pool of experienced Counsellors, Psychologists and Mental Health Professionals for help during the COVID crisis and beyond;

(b) if so, the details thereof; and

(c) if not, the reasons therefor?

ANSWER
MINISTER OF EDUCATION
(SHRI RAMESH POKHRIYAL 'NISHANK')

(a) to (c) A statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY TO PARTS (a) to (c) OF THE LOK SABHA STARRED QUESTION NO. 93 TO BE ANSWERED ON 08.02.2021 ASKED BY SHRI B.B.PATIL, HONOURABLE MEMBER OF PARLIAMENT REGARDING 'MENTAL HEALTH OF STUDENTS'.

(a) to (c) The Ministry of Education has undertaken a proactive initiative, named, '**Manodarpan**', covering a wide range of activities to provide psychosocial support to students, teachers and families for Mental Health and Emotional Wellbeing during the COVID outbreak and beyond. A Working Group, having experts from the fields of education, mental health and psychosocial issues as its members, has been set up to monitor and promote the mental health issues and concerns of students and to facilitate providing of support to address the mental health and psychosocial aspects during and after COVID-19 lockdown, through counselling services, online resources and helpline.

The following components are included in the 'Manodarpan' initiative:

- a. **Advisory Guidelines** for students, teachers and faculty of School systems and Universities along with families.
- b. **Web page on Ministry of Education website** carrying advisory, practical tips, posters, videos, do's and don'ts for psychosocial support, FAQs and online query system.
- c. **National level database and directory of counsellors** at School and University levels.
- d. **National Toll-free Helpline** for a country wide outreach to students from school, universities and colleges.
- e. **Handbook on Psychosocial Support: Enriching Life skills and Wellbeing of Students**
- f. **Interactive Online Chat Platform** for contact, counselling and guidance by psychologists and other mental health professionals for students, teachers, and families during COVID-19 and beyond.
- g. **Webinars, audio-visual resources including videos, posters, flyers, comics, and short films with focus on convergence of resources from other Ministries/Departments** on physical and creative well-being which are essential parts of Mental well-being.

A Web-page for Manodarpan (URL: <http://manodarpan.mhrd.gov.in>) has been created on the Website of the Ministry of Education.

Advisory guidelines for students, teachers/faculty and families and Frequently Asked Questions (FAQs) have been prepared and uploaded on the Web-page. Practical tips, posters, videos, do's and don'ts for psychosocial support have also been uploaded on the Web-page. These items are regularly updated.

A National level database and directory of counselors at School and University level and identify those Counsellors whose services can be offered voluntarily for Tele-Counselling Service on the National Helpline has been prepared. 500 counsellors from school and Higher Education have been mapped to manage the Helpline.

National Toll-free Helpline (**8448440632**) for a country-wide outreach to students from schools, colleges and universities to provide them tele-counselling to address their mental health and psychosocial issues during and after the COVID-19 situation has been set up. The National Toll-free helpline has been functional since 21st July, 2020. **A total of 12361 calls have been received from 21st July, 2020 to 1st February, 2021.**

Handbooks on (i) Mental Health & Wellbeing- A perspective, and (ii) 21st century life skills have been prepared and uploaded on the Manodarpan web page.

Action on the other components of the Manodarpan initiative is at various stages of implementation.

In addition to the Manodarpan, the following activities have also been initiated for mental health and well-being of students:

International Adolescent summit on Life Skills, Health, Safety and Well being was held on 18th December, 2020. About 17000 students participated in the summit.

National Book Trust (NBT) has published a series of seven (07) booklets related to the psychological impact of the pandemic and how to cope with it.
