

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

LOK SABHA
UNSTARRED QUESTION NO. 1860
TO BE ANSWERED ON 14.03.2022

Mental Health of Students

1860. SHRI PARVESH SAHIB SINGH VERMA:
SHRI ARVIND GANPAT SAWANT:

Will the Minister of EDUCATION be pleased to state:

- (a) whether the Government has undertaken research to assess the situation of stress and depression among the students, both in schools and universities and if so, the details thereof, State-wise;
- (b) if not, the reasons therefor;
- (c) whether there are any studies done by the Government to compare the mental health status of students in the country and those from other countries and if so, the details thereof;
- (d) whether there is a resolution in the pipelines to tackle stress and depression among the students, which can help accommodate students' mental health needs in various streams of education and if so, the details thereof and the plan prepared in this regard;
- (e) the details about the performance of the Central Mental Health Authority during the last three years;
- (f) whether the Government has issued guidelines to States concerning inclusion of mental healthcare in schools and if so, the details thereof and if not the reasons therefor; and
- (g) whether the Government proposes to include mental health in school curriculum to reduce stigma attached to mental health problems and if so, the details thereof including the time by when the same is likely to be done?

ANSWER
MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(SMT. ANNPURNA DEVI)

- (a) & (b): The Ministry of Health and Family Welfare have informed that as per the National Mental Health Survey, 2016, the prevalence of mental disorders in adults over the age of 18 years is about 10.6%. The prevalence of mental disorders in the age group of 13-17 years is 7.3%.

(c): No, Sir.

(d) 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, through counselling services, online resources and helpline.

Under the Manodarpan initiative a Web page (URL: <http://manodarpan.education.gov.in>) has been created on the Ministry of Education website carrying advisory guidelines, Frequently Asked Questions (FAQs), Practical tips, posters, videos, do's and don'ts for students, teachers/faculty and families for psychosocial support have been uploaded on the Web-page. Handbook on Mental Health & Wellbeing- A perspective; Handbook on 21st century skills for school students and a national level directory of counsellors have been uploaded on the Manodarpan web page. A national level directory of counselors has also been uploaded on the webpage. Regular Webinars are organized under the aegis of Manodarpan on mental health and wellbeing of children

A 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. Tele-counselling has so far been provided to more than 19800 callers since the launch of the toll-free helpline.

NCERT has started 'NCERT Counselling Services for School Children' in April, 2020 to help school students across the country share their concerns. This service is provided free of charge by about 270 counsellors across different regions of the country. Live interactive sessions on 'SAHYOG: Guidance for Mental Wellbeing of Children' are telecast on 12 PM eVidya DTH-TV

channels for classes 1 to 12. To handle stress and anxiety, recorded videos on Yoga are telecast through 12 DTH TV channels with effect from 1st September, 2020 from Classes 1 to 12 and also digital resources are made available in digital platforms, i.e., DIKSHA.

Under the aegis of the School Health Programme under Ayushman Bharat, NCERT has developed a comprehensive package titled “Training and Resource Material: Health and Wellness of School-going Children”. A specific module has been included on “Emotional Well-being and Mental Health”, which has activities related to the mental health and well-being of students and teachers.

The Central Board of Secondary Education (CBSE) provides pre and post examination tele-counselling facilities through centralized toll-free helpline. Due to the corona pandemic, CBSE started an additional Toll-Free Tele Helpline on CORONA VIRUS safeguards for students. The Board has published material on how to be stress free. Audio-visual presentations on issues affecting mental health during this crisis were made available on official YouTube and Facebook handles of CBSE.

Further, to address the burden of mental disorders, the Government of India is supporting implementation of the District Mental Health Programme (DMHP) under the National Mental Health Programme in 704 districts of the country for detection, management and treatment of mental disorders/ illness with the major components of counselling in schools and colleges, work place stress management, life skills training, suicide prevention services and Information, Education and Communication (IEC) activities for generation of awareness and removal of stigma associated with Mental Illness.

(e) The Government has constituted the Central Mental Health Authority (CMHA) under the Mental Healthcare Act, 2017. Central Mental Health Authority & State Mental Health Authority (SMHA) are meant for regulation & co-ordination of mental health services under the central & state governments respectively. 28 states have established the SMHA, 16 states have established State Mental Health Review Boards and 18 states have created State Mental Health Fund. Four meetings of the CMHA have already been held.

(f) Education being a subject in the Concurrent list of the Constitution and majority of schools are under the jurisdiction of State/Union Territory (UT) Governments, it is for the respective State/UT Government to take appropriate action to include mental healthcare in their schools.

(g) As per the perspectives of the NEP 2020, NCERT has initiated the development of four National Curriculum Frameworks, viz, in the area of School Education, Early Childhood Care and Education, Teacher Education and Adult Education. In view of providing inputs to these curriculum frameworks, 25 National Focus Groups have been constituted. Among these two Focus Groups- Health and well-being, yoga, sports and fitness and also guidance and counselling cover the social, emotional and mental health.
