

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

LOK SABHA
UNSTARRED QUESTION NO. 3416
ANSWERED ON 16.12.2024

CAMPS DESIGNED TO IMPART POSITIVITY AMONG STUDENTS

3416. Smt. D K Aruna:
Shri Eatala Rajender:

Will the Minister of EDUCATION be pleased to state:

- (a) whether the Government and other organisations including NGOs are hosting any online camps designed to “impart positivity” for teenagers particularly for girl students;
- (b) whether such programmes are designed and aims to impart the tools to build confidence, and deepen focus on academics and personal growth;
- (c) whether modules of such camps are centred on transforming the exam experience for students with emphasis on healthy study habits, anxiety and stress management and other modules delve into study strategies and on “positive mind mastery” covering techniques on revision efficiency, improving memory, as well as gratitude practices and goal setting, if so, the details thereof;
- (d) the details of fund allocated and spent in this regard till date; and
- (e) the steps being taken by the Government and the outcome in this regard, State-wise especially in Andhra Pradesh and Telangana?

ANSWER

MINISTER OF STATE IN MINISTRY OF EDUCATION
(SHRI JAYANT CHAUDHARY)

(a) to (e): Education is a subject in the concurrent list of the Constitution and a majority of schools are under the administrative control of the respective State Government/UT administration. Schools play a significant role in nurturing holistic development of students including their mental health and well-being, National Education Policy (NEP) 2020 takes a holistic view about the mental well-being of children and their nourishment which is required for optimal learning.

Further, as per the perspective of NEP 2020, National Council of Educational Research and Training (NCERT) has developed and launched National Curriculum Framework for the Foundational Stage (NCF-FS) and National Curriculum Framework for School Education (NCF-SE). Both the NCFs integrate the mental well-being of students in different aspects such as syllabi development, development of content in learning and teaching material, pedagogical

practices etc. The framework also lays emphasis on the role of all stakeholders, teachers, school functionaries, parents and community members to ensure that every student is provided with mental and emotional support. In addition to this, 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.

Under the aegis of the School Health Program 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 Wellbeing and Mental Health", which has activities related to the mental health and well-being of students and teachers.

NCERT has issued Mental health Guidelines in 2022 which presents a comprehensive approach to promote mental health in schools by implementing age and gender-specific programs within a trustworthy environment, where students feel safe to confide. It includes training teachers to identify early signs of issues like anxiety, low moods, or learning disabilities and addressing bullying or harassment promptly.

For mental health and wellbeing of students, the Government (Ministry of Education) has launched an initiative called "**Manodarpan**", under 'Aatma Nirbhar Bharat Abhiyaan' on 21st July, 2020, with the aim to provide psychosocial support to students, their families and teachers across the country, for mental health and well-being. A National toll-free tele-helpline (844-844-0632) for reaching out to students from schools, colleges and universities across the country seeking support on mental health concerns and other psychosocial issues. The services offered on the helpline are free of cost.

Mental Health Week and International Mental Health Day celebrations are encouraged in schools across the country every year since 2020. The aim is to build awareness and enhance sensitivity towards mental health and well-being among students through participation in experiential activities. Recently, Department of School Education and Literacy, Ministry of Education has organized a national online workshop on Mental Health and Cyber Security for the engagement of youth on World Mental Health Day i.e. 10th October, 2024.

Besides the above, the Government (M/o Health & Family Welfare) has launched a "National Tele Mental Health Program" (NTMHP) on 10th October 2022, to improve access to quality mental health counselling and care services in the country. As on 22.11.2024, 36 States/ UTs have set up 53 Tele MANAS Cells and have started tele mental health services. More than 15,95,000 calls have been handled on the helpline number.
