

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA
UNSTARRED QUESTION NO. 2286
TO BE ANSWERED ON 31ST JULY, 2026**

INCREASING SUICIDE AMONG STUDENTS

2286. SMT. DHANORKAR PRATIBHA SURESH:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether the Ministry of Health and Family Welfare and the Ministry of Education are jointly proposing to implement any national policy to reduce mental stress among students in schools, colleges and professional coaching institutions in the country, if so, the details thereof; and
- (b) the steps taken/proposed to be taken by the Government to make it mandatory to appoint qualified psychiatrists and counsellors in every educational institution across the country and to provide counselling services for parents?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) and (b) To address the burden of mental disorders, the Government of India 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.

Under DMHP, targeted interventions are conducted for school and college students. Under Targeted interventions, the following activities are carried out in the districts across the country, such as life skills education & counselling in schools, training of college teachers to work as counsellors, counselling of out of school children having mental health problems/ adolescent mental health program, etc.

The Government is also taking steps to strengthen mental healthcare services at primary healthcare level. The Government has upgraded more than 1.8 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.

“Emotional Wellbeing and Mental Health” is incorporated as a dedicated module under Ayushman Bharat School Health & Wellness Programme. Health and Wellness Ambassadors

(Teachers) are trained on mental health along with other thematic areas of the programme, take interactive sessions with the students and percolate the messages through weekly sessions promoting joyful learning.

The Rashtriya Kishor Swasthya Karyakram (RKSK) of the Ministry of Health & Family Welfare through its interventions viz. Adolescent Friendly Health Clinics (AFHC), Peer Education Programme and Adolescent Health and Wellness Days (AH&WD) creates awareness on mental health issues and provides counselling services. Peer Educators form groups of 15-20 boys and girls in the community and conduct weekly one to two hour participatory sessions on adolescent health including mental health and wellbeing.

Ministry of Education (MoE), has launched an initiative, Manodarpan, with the aim to provide psychosocial support to students, their families and teachers across the country, for mental health and well-being . All activities undertaken under the Manodarpan initiative are aimed towards supporting the mental health and well-being of students from schools, colleges and universities, including those students who are preparing for competitive examinations.

Besides the above, the Government has launched a “National Tele Mental Health Programme” on 10th October, 2022, to further improve access to quality mental health counselling and care services in the country. As on 27.07.2026, 36 States/ UTs have set up 53 Tele MANAS Cells and have started tele mental health services. More than 42 lakh calls have been handled on the helpline number.

As the information received from Ministry of Education, CBSE has strengthened counselling framework in schools through a structured dual-counsellor mode vide notification dated 19.01.2026. Under this framework, schools are required to appoint the following counsellors as to address both psychosocial and career-related needs of students:

- i. Counselling & Wellness Teacher (Socio-Emotional Counsellor)
- ii. Career Counsellor.

CBSE has also implemented the Counselling Hub & Spoke School Model to strengthen school-based counselling support and introduced the Parenting Calendar to promote awareness and early identification of students’ socio-emotional needs through active parent-school engagement.
