



केन्द्रीय विद्यालय संगठन (मुख्या०)  
शिक्षा मंत्रालय भारत सरकार के अधीन स्वायत्त संस्थान  
18 संस्थागत क्षेत्र, शहीद जीत सिंह मार्ग, नई दिल्ली-110016  
**KENDRIYA VIDYALAYA SANGATHAN (HQs)**  
An Autonomous Body under Ministry of Education, Govt. of India  
18, Institutional Area, S.J.S Marg, New Delhi-110016  
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F. No.ACTR0Ltr/42/2024-AC(TRG)/

Date: 04.10.2024

The Deputy Commissioner  
Kendriya Vidyalaya Sangathan  
All Regional Offices

**Subject:** Promotion of Mental Health and Well-being under the Manodarpan Initiative.

Madam/Sir,

As part of the National Education Policy (NEP) 2020, the Ministry of Education has launched *Manodarpan* to promote mental well-being in schools. This initiative provides psycho-social support to students, teachers, and parents through various activities, including a toll-free tele-helpline (844-844-0632) available from 8:00 A.M. to 8:00 P.M. daily.

A Mental Health Week is being observed from **4th to 10th October 2024**, on the occasion of World Mental Health Day (10th October).

Therefore, it is requested to direct the principals under your jurisdiction to ensure the effective organization of the activities outlined in the attached **Annexure**, aimed at raising awareness on mental health and well-being. Additionally, schools should compile exemplary work from students and teachers and share it with the *Manodarpan* team at [manodarpan@ciet.nic.in](mailto:manodarpan@ciet.nic.in) and [acacadkvshq@gmail.com](mailto:acacadkvshq@gmail.com)

This issues with approval of the competent authority.

Yours sincerely,

4/10/24

(Manoj Kumar Pandey)  
Assistant Commissioner (EDP)

Encl: As above