

आनंदराव वि. पाटील, भा.प्र.से.

अपर सचिव

Anandrao V. Patil, IAS

Additional Secretary



सत्यमेव जयते

भारत सरकार

शिक्षा मंत्रालय

स्कूल शिक्षा और साक्षरता विभाग

Government of India

Ministry of Education

Department of School Education & Literacy

DO. No. 1-8/2024-PMP (Health)

Dated the 3rd October, 2024

Dear Ma'am/Sir,

National Education Policy (NEP) 2020 envisions creation of a school environment that promotes student well-being in all spheres, including psychosocial well-being. 'Manodarpan', an initiative of the Ministry of Education (MoE), Government of India (GoI), under the 'AatmaNirbhar Bharat Abhiyan' has been working in this direction towards promoting mental well-being among all stakeholders in school education since its inception in the year 2020. Several activities are being undertaken under the Manodarpan initiative with the aim of providing psychosocial support to students, teachers and parents.

National toll-free tele-helpline services (844-844-0632) started under the initiative have been providing psycho-social support to students, teachers and parents through trained counselors from 08:00 A.M. to 08:00 P.M. on all days of the week. In order to address mental well-being concerns of students and support teachers and parents, Live interactive sessions 'Sahyog' are organized with Counselors for school students of class VI-XII (Monday to Friday, 05:00 P.M. - 05:30 P.M.). Webinar 'Paricharcha' are organised with experts in the field (every Friday, 02:30 P.M. – 04:00 P.M.). These sessions are telecast on PM e-Vidya Channels and are also available on 'NCERT Official' YouTube Channel.

Moreover, various conferences, summit, workshops and orientation sessions are conducted for different stakeholders (school administrators, teachers, counselors, etc.) to create sensitivity and awareness towards mental health and well-being.

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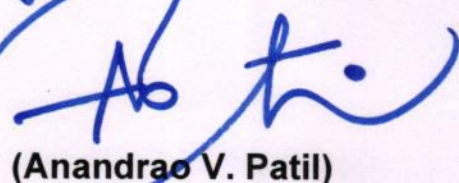
Recognising the significance of peer relationships and peer support as critical for students' mental well-being, a document *Mano-Mitra: Karo Baat Mano-Mitra ke Saath* aims at integrating peer support into the existing school ethos. The document is attached with the letter. As a step towards creating awareness about mental well-being, all concerned States/UTs/Organisations are requested to kindly facilitate in dissemination of this document and the information about Manodarpan initiative and activities to schools within their respective jurisdiction.

To generate awareness on mental health and emotional well-being in *Janandolan* mode, a Mental Health Week will be observed from 4th to 10th October, 2024 on the occasion of World Mental Health Day (10th October, 2024). During this period, schools may undertake activities listed in the Annexure with their students, teachers, parents/community members for creating awareness about mental health and well-being.

In view of the above, all States/UTs/Organisations are required to take necessary steps to ensure participation in the above-mentioned activities by schools in their jurisdiction. Exemplary work of students/teachers may be collated by schools and shared at manodarpan@ciet.nic.in.

Kind Regards.

Yours sincerely,



(Anandrao V. Patil)

To,

1. The School Education Secretaries of all States and UTs
2. Chairperson, CBSE
3. Director, NCERT
4. Commissioner, KVS
5. Commissioner, NVS
6. Chairperson, NIOS
7. Member Secretary, National Council for Teacher Education

ANNEXURE

Activities to be undertaken during Mental Health Week (4th October, 2024 to 10th October, 2024)

- The Celebration of Mental Health Week in *Janandolan* manner entails creating spaces and pathways for establishing/strengthening linkages, relationships, understanding, and experiences among school and its community to support each other's mental well being journeys.
- Assembly on Mental Health and Well-being by Students, involving community members.
- Interactive Awareness Session with experts for students, all school staff, parents and neighbouring community to promote mental well-being for all.
- Display /Fair/Fest, etc. for Mental Well-being Resource and Activities.
- Showing movie/short films related to mental health and well-being; sharing of lived experiences by community members to highlight interconnectedness, coping, resilience, overcoming stigma around mental health, etc.
- Poster making, comics writing, slogan writing, elocution sessions on mental health awareness related topics which can be appreciative and not competitive in nature.
- Role plays/*Nukkad Natak*/Dance/Music/other art forms to showcase expression of mental well-being.
- Group discussions, story-telling sessions on topics such as recognising and regulating our emotions, myths and facts about mental health, seeking help, managing stress, etc.
- Outdoor activities such as gardening, games, dance and music, art therapy sessions, nature walk, sports, marathon, etc.
- Relaxation activities such as deep breathing, meditation, silent sitting or Yoga.
- Making an Individual Well-being Plan (things/activities that make one happy and healthy such as adequate sleep, nutritious food, physical activity, hobbies, balanced screen-time, etc.)
- Sharing of gratitude notes with others, writing positive affirmations and gratitude diary, doing small acts of kindness.
- Positivity Board: Sharing of positive notes, posters on coping and other mental health resources on school/class notice board.
- Creating safe and psychologically comfortable spaces within the school's premises such as Peer Support Groups (*Mano-Mitras*), 'Let's Talk Corner', 'Happiness Zone', 'Wellness Zone' or 'Relaxing Corner' for students, school teachers and other staff to talk about their thoughts or emotions.