



Manodarpan

“An initiative of the
Ministry of Human
Resource Development,
Government of India”

21st July, 2020



Health

Refers to a state of physical, social, mental and emotional well-being, and not merely a state of absence of illness or disease

Health

Mental Health

The state of well-being when a person is able to cope with the stresses of daily life, and continue to be productive and is able to contribute to his community.

If mental well-being is impacted, it impacts all other aspects of health – physical, social and emotional.

Physical Health

When a person is free from illness/injury and aware of and follow physical fitness routine, nutritious diet, hygienic habits

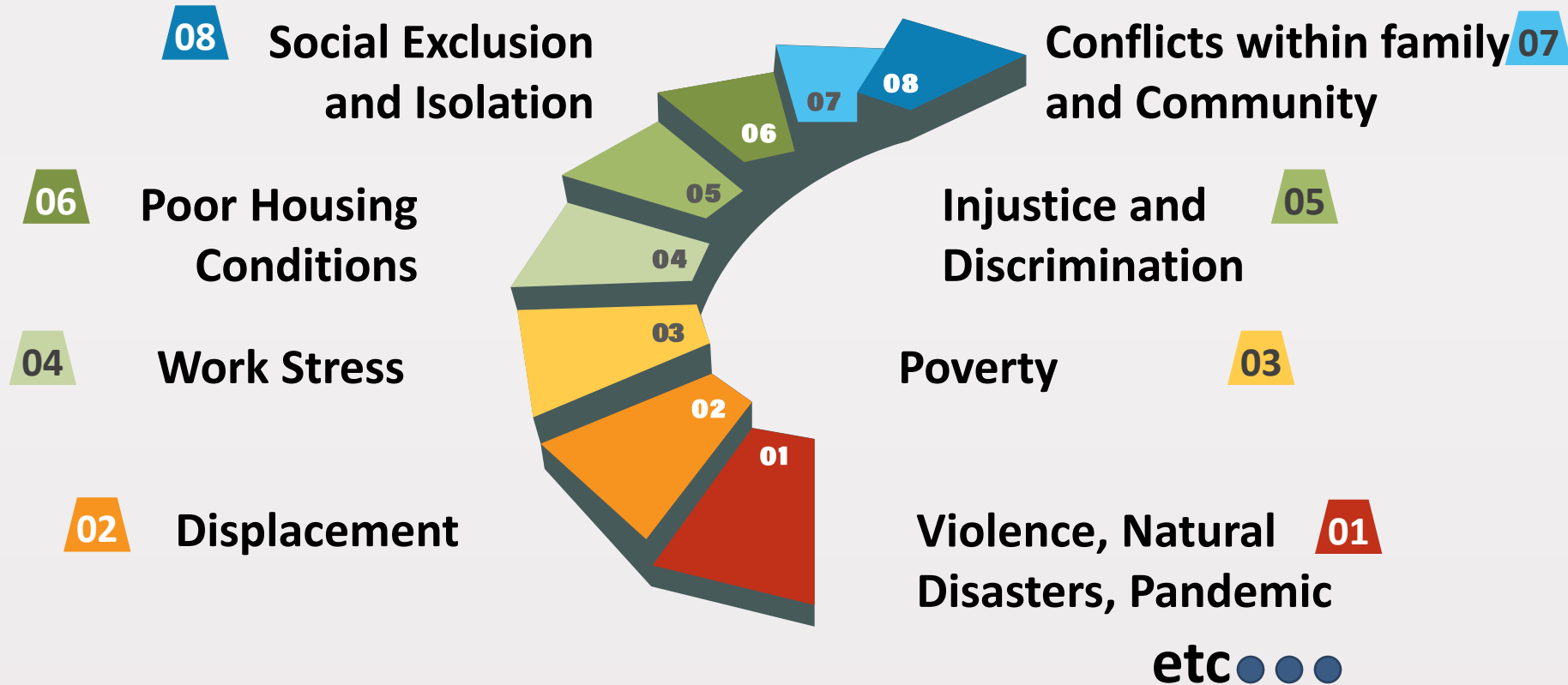
Social Health

Ability to interact well with other person/s, society, contribute to society, to collaborate, and have satisfying personal relationships

Emotional Health

Ability to control, manage and express emotions comfortably

What is capable of reducing community health and well-being





Genesis of Manodarpan

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Pandemic

Outbreak of global pandemic COVID-19

Lockdown

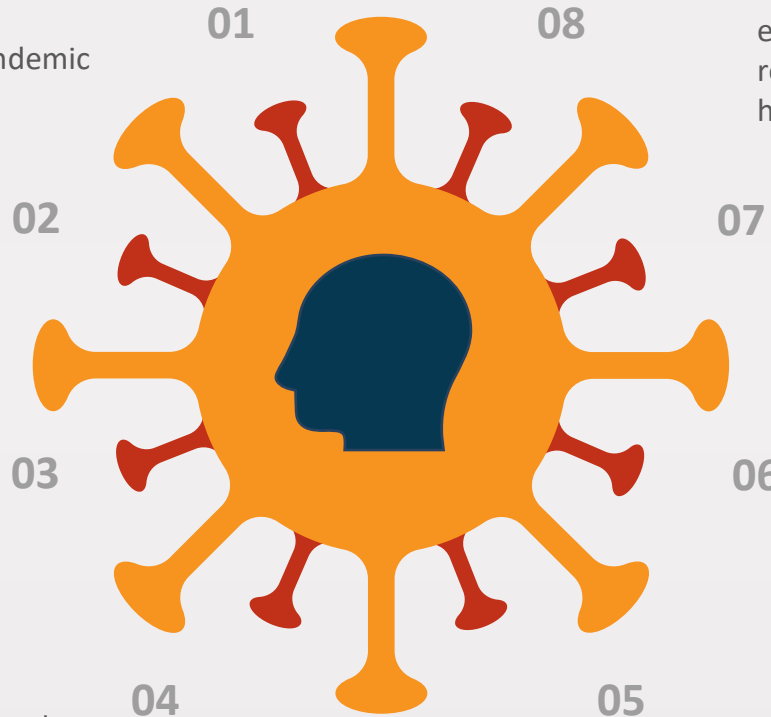
Lockdown including closure of all educational institutions from mid March, 2020

Uncertainty

Postponement/Cancellation of exams mid-way; handling new class/subject, future admissions/career decisions

Home campus

Students compelled to stay at home, some stranded in hostels; new online classes



Mental Health Issues

e-mails and social media requests received in Ministry about mental health issues after onset of COVID-19

Holistic development

Besides academic concerns, emotional and social aspects of learning are also affected

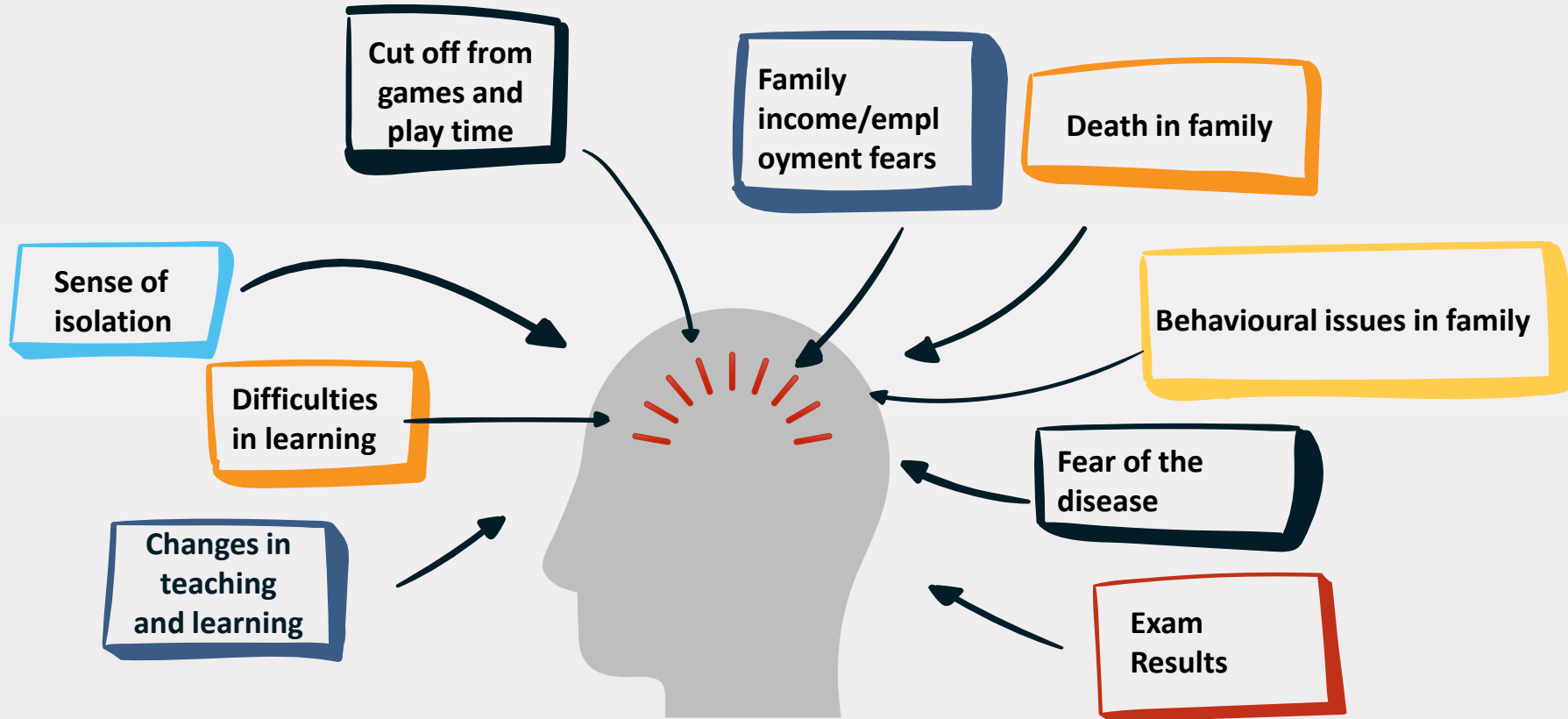
Vulnerability

Children and adolescents more disposed to stress, anxiety, fear and loneliness

Challenging Time

Various stress factors leading to a stressful time for all including students, families, teachers.

Stress Factors in the Pandemic



Numbers Impacted



HEI

3.75 Crore Students

Class
9 to 12

6.3 Crore Students

Class
6 to 8

6.4 Crore Students

Class
1 to 5

12 Crore Students

Genesis Of Manodarpan (2)

Hon'ble HRM emphasized on the need to provide psychosocial support

On 9th April, 2020, a **Working Group** set up by MHRD, to monitor and promote mental health and well-being of students and to provide psychosocial support.



Consultations with Experts and Stakeholders

Experts from field of counselling education, mental health, child and adolescent psychology are members of the Working Group.

Wide consultation with stakeholders held.



Need for
Manodarpan

Need for Manodarpan

Strong Linkage

Strong linkage needed between education and health-physical, mental and emotional.

Schools and Colleges

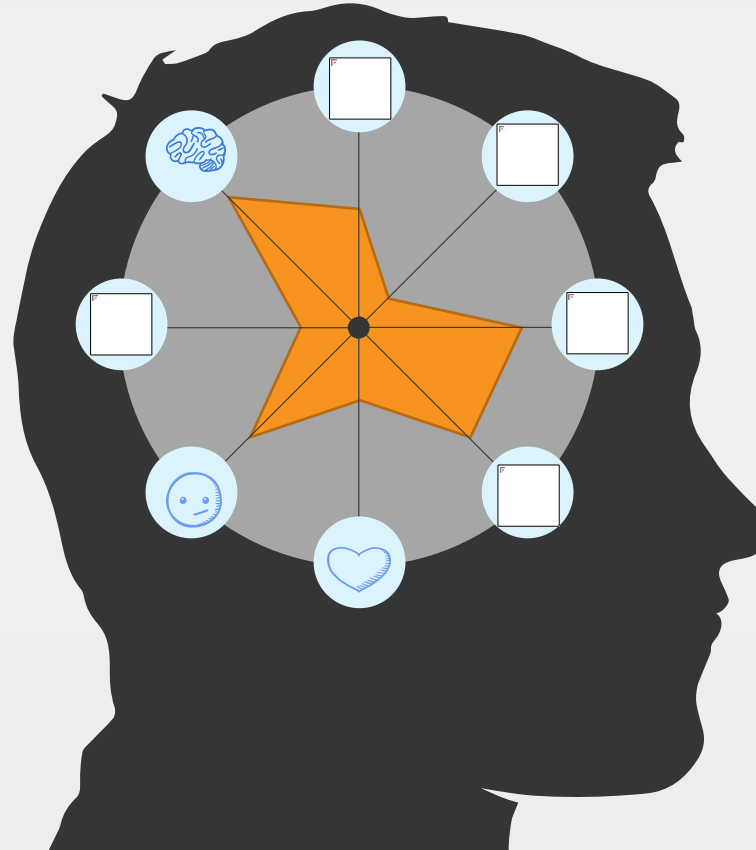
Schools and colleges to become places for promoting physical health and mental well being.

ICMR Report 2017

ICMR (2017) shows that 10-13% of children and adolescents in India are dealing with mental health concerns.

WHO Report 2017

As per WHO 2017 report, 56 million individuals worldwide treated for depressive disorders – likely to increase after COVID-19 pandemic.



NCRB data 2018

As per NCRB 2018 data, every hour one student dies by suicide in India. (10159 students died due to suicide in 2018).

Counsellor in Schools

CBSE affiliation bye-laws mandate counselor in every school. Counselor very essential in residential schools and colleges (NVS has around 1200 counselors).

Counsellor in Colleges

As per UGC guidelines, 2015, all Higher Education Institution should have 'Students Counselling System'.

Need for Manodarpan (Contd.)

Identify Psychosocial Stressors

Important to identify the concerns of students such as loneliness, isolation, stress, anxiety, peer pressure, parental / societal expectations, body image, self doubts etc. and have focused programmes in schools and colleges to address them.

Manodarpan

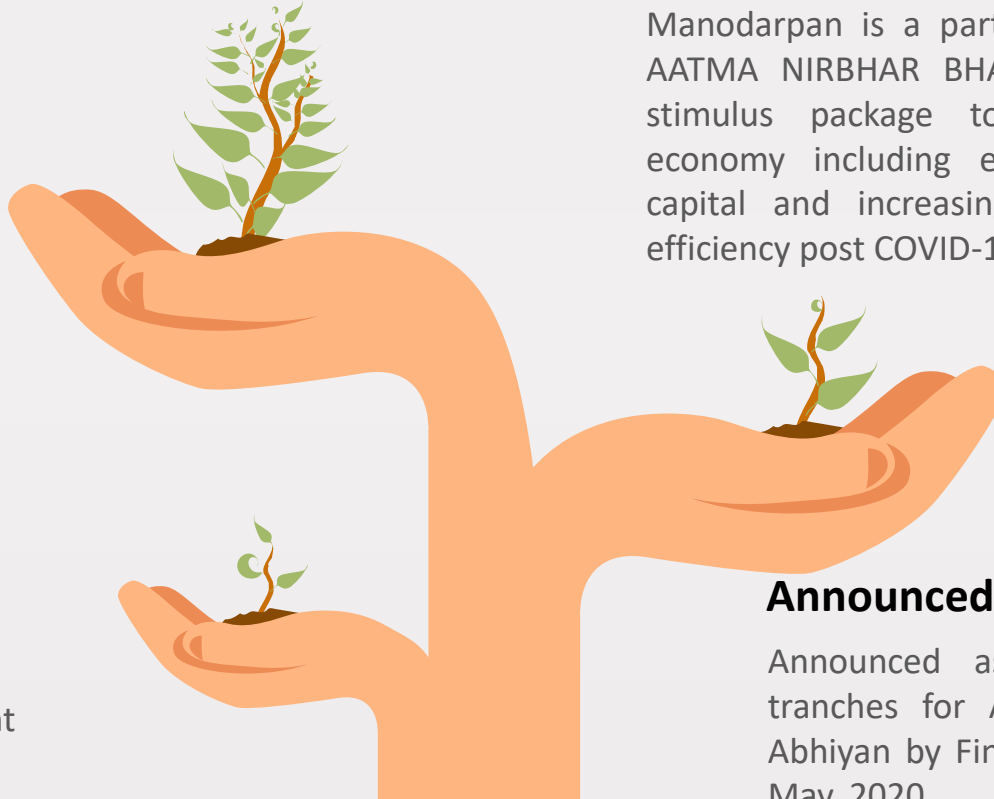
But in lockdown a different solution - Manodarpan

Aatma Nirbhar Bharat Abhiyan

Manodarpan is a part of Prime Minister AATMA NIRBHAR BHARAT ABHIYAN – a stimulus package to revitalize Indian economy including empowering human capital and increasing productivity and efficiency post COVID-19 outbreak.

Announced by FM

Announced as part of series of tranches for Aatma Nirbhar Bharat Abhiyan by Finance Minister on 17th May, 2020.





Components of Manodarpan

Components of Manodarpan Initiatives

To facilitate sustainable psychosocial support system in educational arena beyond COVID-19



Advisory

Guidelines for school/college students, teachers and parents to promote mental well being .



Webpage

Webpage on MHRD website – advisory, motivational posters, practical tips podcasts, FAQs etc.



Toll-free Helpline

National Toll Free Tele Counselling helpline-8448440632. Voluntary services of more than 500 counselors confirmed and 100 counselors mapped with IVRS for 1st phase.



Counselling Resources

National database and directory of Counselors and Counseling services.

Resource Centre

Hand book on 21st Century Life Skills for students to face real life challenges, Manual on Mental Health, and various other resource material such as videos, posters comics, flyers, podcasts, research works etc.

Components of Manodarpan Initiatives

To facilitate sustainable psychosocial support system in educational arena beyond COVID-19



Online Chat

Interactive online chat platform for contact, queries and counseling through interactive app.



Webinars

Webinars, audio-visual resources, videos, posters, comics, flyers and podcasts.



Integration with school curriculum

To address psychosocial needs and concerns of children in an integrated manner as part of school curriculum and processes as a preventive measure.



Effective Policy

Facilitate advocacy, research and training for effective policy on mental health support and well being of children and youth for holistic development.

Platform for National and Regional Consultation

To create linkages between States, Institution, Organisations for sharing of insights researches experiences and learnings to increase awareness and building community for mental well being of students



Ongoing
Activities

Ongoing Activities

NCERT

Alternative Academic Calendar
includes how to deal with stress
and anxiety



Counseling

Counseling Services

Counseling services for school children since April, 2020 on phone/e-mail

Alternate Calendar



Sahyog

Live telecast of live interaction sessions on 'Sahyog' – guidance for mental well-being of children on Swayam Prabha channel.



Sahyog

Guidelines
Guidelines for online learning and Cyber safety include how to handle stress.

Guidelines



NISHTHA

Online module for NISHTHA programme to train teachers on handling mental well-being issues.



NISHTHA

Ongoing Activities (2)

NIOS

Virtual Summer Camps

Counseling on mental health issues yoga, meditation, dance, art, painting, music in Virtual summer camps

01



02

Motivational Talks

Motivational one hour live talk on Community radio

Ongoing Activities (3)

NVS

Tele- Counselling



Tele-counseling
helpline
services
continuing
throughout
lockdown

Advisory to Parents



Advisory to
parents for
their wards

Counsellors Engaged



1173
counsellors
engaged in all
JNVs since
2019-20

Ongoing Activities (4)

KVS

 Dedicated e-mail ID has been created in each school for guiding and counselling the students. 

 Teachers have been identified for attending and addressing the problems of students. 

331

Trained counselors have been engaged on part-time contract.

268

KV teachers trained in Guidance and Counselling from NCERT have also been involved.

Queries from **12393** students and **7648** parents have so far been received and attended promptly.

Ongoing Activities (5)

CBSE



CBSE COUNSELING

An annual flagship program for free of cost pre and post exam counseling of secondary and senior secondary students started 23 years ago in 1998.

Counseling through audio visual presentations and podcasts.



CBSE Helpline

Centralised Access System and interactive voice response system on toll free number Counselling for differently-abled students



Social Media Engagements

On YouTube, FaceBook and Instagram and use of memes



AUDIO RESOURCES

Exam Anthem Rap Song, Podcasts on Psychosocial support



PRINT RESOURCES

Question Answer columns in newspapers, Handbook on 21st Century Life Skills



COVID-19 LOCKDOWN - COUNSELLING AND ENGAGEMENT

- Dedicated Corona Virus Safe Guards Tele-counseling services
- Student sharing activities on COVID -19 lockdown experience
- Awareness for FIT India activities during lockdown

Ongoing Activities (6)

UGC

Appeals, Advices, Notices

Appeals, Advisories and Notices issued regarding Mental Health, Psychosocial Concerns and well-being of everyone on the campus.

UGC issued advisory on 5th April, 2020 to address Mental, Psychosocial health & Well-being of Students during and after COVID-19

Fit India Guidelines

As a part of **Fit India Campaign**, UGC has issued guidelines for physical and mental fitness of students, faculty and staff:

1. It suggested a **wide range of physical, sports, cycling, walking, yoga, meditation** and other fitness activities.
2. Emphasized on **awareness or sensitization workshops on depression, anxiety and stress management**.
3. Highlighted **balanced nutritional diet**

Other Measures

1. Set up **helpline for mental health**, psychosocial concerns, to be regularly **monitored by counsellors** and identified faculty members
2. **Regular mentoring of students** through interaction via e-mails, telephones, digital and social media platforms
3. **Form COVID-19 help groups** of students to **identify fellow students** in need of help and provide immediate necessary help
4. **Sharing of available practical tips from MoHFW**, Youtube and other sources to take care of mental health

Ongoing Activities (6) Continued...

UGC

Initiatives for Redressal of Student Grievances

- UGC help line number **1800-111-657** has been made functional to address the grievances/ concerns of the students arising due to COVID-19 pandemic.
- An **email covid19help.ugc@gov.in** created for students to send their concerns/ grievances arising due to COVID-19.
- **Online Students Grievance Redressal Portal** of UGC at https://www.ugc.ac.in/grievance/student_reg.aspx
- A **Task Force** has also been constituted to monitor students concerns/ grievances and address them accordingly.

Ongoing Activities (7)

AICTE

1

FACULTY COUNSELLORS

AICTE has advised all institutes to appoint faculty counsellors

3

HELPLINE PORTAL

During pandemic and lockdown AICTE created a helpline portal to address psychological problems.

2

FACULTY TRAINING

Large number of Faculty training programs are conducted and as many as 10,000 faculty are trained who all are effective counsellors.

4

FACULTY CERTIFICATION

Faculty Certification Program of 8-modules in which several elements of relationship between teacher and the taught are elaborated, which go a long way in addressing the problem at its roots.



Road Ahead...

Road Ahead...

Prevention

Prevention through positive school/college ethos, curriculum and activities promoting mental health and wellbeing



Training

Capacity building of faculty, counsellors and support staff – integrating mental health component in teacher preparation programme; enrichment programme for counsellors; short-term online courses



Early Identification

Early identification of cognitive, emotional and behavioural changes in the students

Specialist Support

Access to specialist support.

Common Minimum Programme for schools to promote to students' mental well being

School Mental Health Programme – integral part of Health and Physical Education
Training of **early childhood care givers** to identify and support special needs children.

Road Ahead (Contd.)

Accommodate Diversity

Accommodate diversity of students having disability both cognitive and non-cognitive.



Awareness

Awareness and sensitization on child abuse (POCSO Act, 2016).



Life Skills

Focus on programmes of life skills, stress management, substance abuse prevention, emotion regulation etc.

Positive Parenting

Focus on positive parenting and effective family – school partnership for enriching positive mental health and well being.

Holistic Report Card

Holistic Report Card as per draft new NEP, 2020 to reflect interventions required to support for learning as well as mental & physical well-being

