



## Circular 8 – Manodarpan

GES/KPHB/ACTV/005/2023-24  
06.10.2023

Dear Parents,

The National Education Policy (NEP), 2020 recognises that mental health is integral to the broader vision of education, which is reflected in the focus on socio-emotional aspects of development as an important prerequisite for optimal learning across stages of education.

**'Manodarpan'**, is an initiative of the Ministry of Education (MoE), Government of India (GoI), under the 'Aatma Nirbhar Bharat Abhiyan'. This initiative aims to provide psychosocial support to students, teachers and families for mental health and emotional well-being during COVID-19 and beyond. It is heartening to share that since its inception in July, 2020, Manodarpan has been working in line with the approach of NEP, 2020 towards promoting mental health and well-being in school education.

Some of the services/activities for students, parents and teachers under Manodarpan are:-

1. National toll-free tele-counselling services (844-844-0632) are being provided from Monday to Sunday, 8:00 am to 8:00 pm.
2. Live interactive session 'Sahyog' (Monday to Friday, 5:00 pm to 5:30 pm) and 'Paricharcha' (Every Friday, 2:30 pm to 4:00 pm) are telecasted on PM e-Vidya Channels and are also available on 'NCERT Official' YouTube Channel.
3. 'Mental Health and Well-being of School Students - A Survey' (2022), conducted on students of classes VI to XII and report is available on Manodarpan webpage ([https://manodarpan.education.gov.in/assets/downloads/Mental\\_Health\\_WSS\\_A\\_Survey.pdf](https://manodarpan.education.gov.in/assets/downloads/Mental_Health_WSS_A_Survey.pdf))
4. Orientations and conferences are conducted for different stakeholders (school administrators, teachers, etc.) to create sensitivity and awareness towards mental health and well-being. Regional level workshops are also being planned.
5. A designated webpage (<https://manodarpan.education.gov.in/>) is available which contains several resources (advisory and guidelines, advocacy material, podcasts, FAQs, etc.).

Kindly make most of these facilities for a healthier life & family.

Regards,

Team GES, KPHB