

MOST IMMEDIATE

F. No 10-12 /2020-Sch.4
Government of India
Ministry of Human Resource Development
(Department of School Education & Literacy)

Shastri Bhawan, New Delhi
Dated the July, 2020

To,

The Chairman,
Central Board of Secondary Education (CBSE),
Shiksha Kendra-2, Community Centre,
PreetVihar, New Delhi – 110092

Subject: ‘**MANODARPAN**’ an initiative of the Ministry of Human Resource Development to undertake a wide range of activities to provide Psychosocial Support to students for their Mental Health & Well-being during the COVID outbreak and beyond – Inauguration reg.

Sir,

I am directed to say that this Ministry has undertaken an initiative, named ‘**MANODARPAN**’ covering a wide range of activities to provide psychosocial support to students, teachers and families for Mental Health and Emotional Wellbeing during the COVID outbreak and beyond. The aim of Manodarpan is to help students to live their lives happily, effectively and productively and become resilient over time with the help of life skills even in the face of challenges and roadblocks. Under the initiative, all students from Schools/University/Colleges/Institutions of Higher Education will be covered.

The ‘Manodarpan’ initiative has been included in the ATMANIRBHAR BHARAT ABHIYAN, as a part of strengthening human capital and increasing productivity and efficient reform and initiatives for the Education sector.

A Web-page named ‘**Manodarpan- Psychosocial Support for Mental Health & Well-being during the COVID outbreak and beyond**’ has been created on the Web-site of the Ministry of Human Resource Development. The Web-page contains advisory, practical tips, posters, videos, do’s and don’ts for psychosocial support, FAQs and online query system.

A National Toll-free Helpline (8448440632) for a country-wide outreach to students from schools, colleges and universities has also been set up. Through this helpline tele-counselling will be provided to the students to address their mental health and psychosocial issues. This unique helpline shall be managed by a pool of experienced counselors/ Psychologists and other mental health professionals and will continue beyond the COVID-19 situation. About 500 experienced counsellors have been enrolled to implement the national helpline, and 100 counsellors have been mapped to commence the first phase for students.

The Web-page created on the Web-site of this Ministry and the National Toll-free Helpline (8448440632) set up to provide tele-counselling to the students **will be inaugurated by the Hon'ble Minister for Human Resource Development, Shri Ramesh Pokhriyal Nishank** in the presence of Hon'ble Minister of State (HRD), Shri Sanjay Dhotreat **11.00 AM on Tuesday, the 21st July, 2020. The program may be viewed live on the Twitter and Facebook handle @DrRPNishank of the Hon'ble Minister for Human Resource Development.**

It is requested that Principals of all the CBSE affiliated schools may be advised to view the program. They may also be advised to disseminate the event details to the students, parents and teachers of their respective schools.

Further, an e-invite with link is being sent to you separately with a request to be present in the virtual meeting to launch the Manodarpan initiative.

Yours faithfully,

(T. S. Rautela)
Deputy Secretary to the Government of India
Tel. 2338 3193