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Government of Jammu and Kashmir
Higher Education Department
Civil Secretariat, J&K

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.

Circular

The Ministry of Human Resource Development (MHRD), GoI, vide F.No.10-12/2020-Sch.4 dated 15-07-2020 has undertaken an initiative, name "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. "Manodarpan" initiative has been included in the "ATMANIRBHAR BHIARTAT 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 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 School, 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. The unique helpline shall be managed by a pool of experienced counselors/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 situations. About 500 experienced counselors have been enrolled to implement the national helpline and 100 counsellors have been mapped to commence the first phase for students.



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All the Director/Registrars/Principals of Higher Education Institutions of Union Territory of Jammu and Kashmir are advised to hyperlink their websites with this MHRD's Manodarpan web-page and ensure the wide publicity of National tele-counselling Toll-free Helpline (8448440632).



(Dr. Vikas Dhar Bagati) KAS
Deputy Secretary to Government
Higher Education Department.

No:- HE/ ANBA /2020/01

Dated:- 04.08.2020

Copy to the:-

1. Vice Chancellor _____
2. Director _____
3. Registrar _____
4. Director Colleges. J&K
5. Nodal Principal GGM Science College Jammu/GCW M.A Road Srinagar.
6. Principals _____
7. OSD to Hon'ble Advisor (S)
8. PS to Secretary to Govt. Higher Education Department.
9. I/C Website, Higher Education Department, J&K, with the direction to hyperlink Higher Education Department website with MHRD's Manodarpan web-page.