

GOVERNMENT COLLEGE FOR  
WOMEN  
M.A. ROAD, SRINAGAR

# MANODARPAN

An initiative included in  
"ATMA NIRBHAR BHARAT  
ABHIYAN"



The Ministry of Human Resource Development (MHRD), GOI vide F.No.10-12/2020-Sch-4 Dated 15/07/2020 has undertaken an initiative named "**MANODARPAN**" covering a wide range of activities to provide psycho-social support to students, teachers and families for Mental Health & Emotional Wellbeing during COVID-19 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 this initiative all the students from Schools/Colleges/Universities and Institutions of Higher Education will be covered.

MANODARPAN initiative has been included in the "**ATMANIRBHAR BHARAT ABHIYAN**" as a part of strengthening human capital and increasing productivity and efficient reforms and initiatives for Education sector.

For advisory, practical tips, posters, videos, Do's & Don'ts for Psycho-social support

You can log in to MHRD Web Page

**"Manodarpan Psychosocial Support for the Mental Health & Emotional Wellbeing during COVID-19 outbreak and beyond."**

<http://manodarpan.mhrd.gov.in/>

You can also make a call to the following National toll free number where more than 500 experienced counsellors are at your service.

**8448440632**

**For Information of Students**  
**NSS WINGS, GCW,**  
**M.A.ROAD, SRINAGAR**