

MENTAL HEALTH POLICY
GUJRANWALA GURU NANAK KHALSA COLLEGE, LUDHIANA

MANODARPAN

Psychosocial Support of Students, Teachers and Families for Mental Health and Emotional Wellbeing

1. An Overview of the Endeavour:

- The world is awakening to the emerging mental health concerns, with specific focus on children, adolescents and youth, especially children with disabilities. Children and adolescents may be more vulnerable and may experience heightened level of stress, anxiety and fear, along with a range of emotional and behavioural issues.
- The Ministry of Human Resource Development would also like to give equal importance to the mental health and well-being of the students. With the emerging needs and concerns of students coming from diverse backgrounds and aspirations, a holistic and comprehensive guidance system in the form of counselling and wellbeing services for mental health and emotional wellbeing of students has become essential.

2. Manodarpan:

- The initiative was given the name by government 'MANODARPAN', covering a wide range of activities to provide psychosocial support in a comprehensive and multimodal manner. 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.

3. Manodarpan is a part of Atma Nirbhar Bharat Abhiyan:

- The Hon'ble Prime Minister, on 12.05.2020, launched the ATMANIRBHAR BHARAT ABHIYAN, a stimulus package for revitalising the economy of India. The 'Manodarpan' initiative has been included in the ATMANIRBHAR BHARAT ABHIYAN, as a part of strengthening and empowering the human capital to increase productivity and efficiency through reforms and initiatives in the Education sector.

4. Bridging the gap to meet the needs:

Issues of well-being and psychosocial competence affect the entire community including students, teachers, administrators and members of the surrounding community. Specific mental health programmes addressing these issues improve coping skills, decrease stress and increase support for a healthy community.

To promote mental health and wellbeing the following initiatives are being taken:

- **Prevention:** creating a safe and calm environment where mental health problems are less.
- **Early Identification:** by training teachers to recognize emerging issues as early and accurately as possible.
- **Removing physical barriers and reviewing barriers created by admission procedures** (screening, identification, parental interaction, selection and evaluation) and making the

curriculum flexible and appropriate to accommodate the diversity of students including those with Disability in both Cognitive and Non-Cognitive Areas and all types of Slow Learners.

- **All teacher education courses to include Health, especially Mental Health, Yoga and Physical Education as a compulsory subject.**
- Focus will also increase on the adolescent group with concerted programs of **Life Skills, Stress Management, Drug Abuse Prevention, Reproductive Health and allied areas.**



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

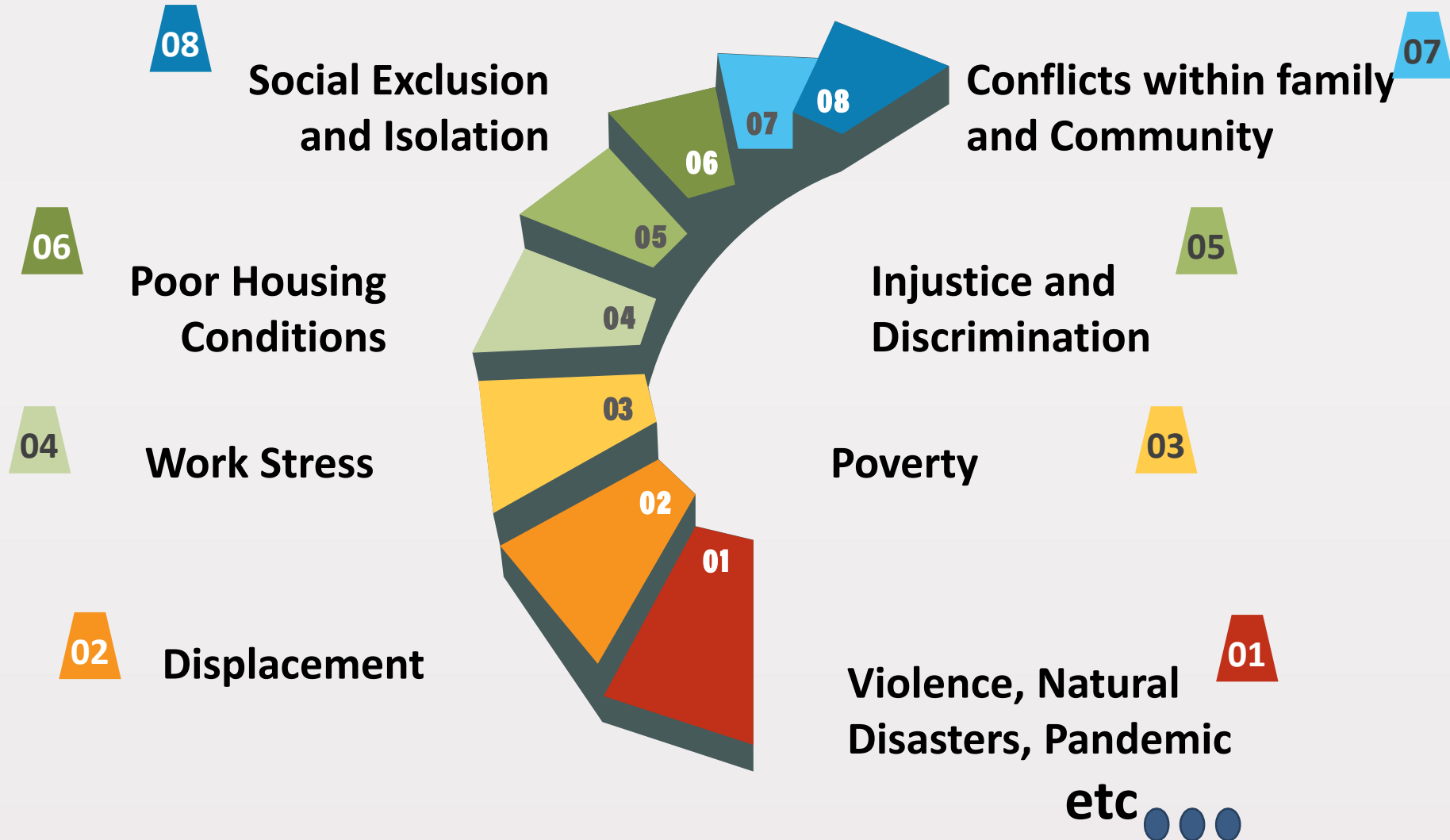
Social Health

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





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



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