



MANODARPAN

**Psychosocial Support for Mental Health & Well Being
of Students during the COVID Outbreak and beyond**

An initiative by Ministry of Education, Government of India
as part of Atma Nirbhar Bharat Abhiyan

Calendar 2023



Creating Peer Support



Enhancing Student Well-being



Supporting Families



Toll-free Helpline (8448440632)



<https://manodarpan.education.gov.in>



MANODARPAN

“All power is within you; you can do anything and everything.” – Swami Vivekananda

01
JANUARY
2023

SUN	MON	TUE	WED	THU	FRI	SAT
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Psychosocial Support for Students, Parents and Teachers

Manodarpan is an initiative of the Ministry of Education (MoE) as part of “Atma Nirbhar Bharat Abhiyan” which aims to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the times of COVID-19 and beyond.



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“Happiness is not something ready made. It comes from your own actions.”– Dalai Lama XIV

02
FEBRUARY
2023

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Self-care: An Important Step towards Mental Well-being

A positive state of mental well-being does not mean an individual is always happy or unaffected by their experiences. Instead, it reflects the ability to effectively manage stressful situations. There are many things such as taking out time for activities we enjoy, being in contact with others, being physically active, getting enough sleep and rest and paying attention to the present moment (mindfulness) that help in maintaining a positive state of well-being.



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“Winners are not those who never fail but those who never quit.” – Dr. A.P.J. Abdul Kalam.

03
March
2023

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20 March – International Day of Happiness

Taking Care of Our Mental Health

Mental health is impacted by the individual’s immediate environment and the personal and social aspects of life. Manodarpan’s Webpage (<https://manodarpan.education.gov.in>) provides various resources to support mental well-being and reduce stress such as Advisory Guidelines, Early Identification and Intervention for Mental Health Problems in School Going Children and Adolescents-Modular Handbook for Teachers and Allied Stakeholders, 21st Century Skills-A Handbook, Motivational posters, podcasts, videos, FAQs and Directory of Counsellors-A database of Professional Counsellors as a supportive resource for all stakeholders.



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“Thousand of candles can be lighted from a single candle and the life of the candle will not be shortened. Happiness never decreases by being shared.” – Gautam Buddha

04

**April
2023**

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07 April – World Health Day	30					

The Power of Positive Emotions

Positive emotions such as joy, gratitude, empathy and hope help in coping more effectively with stressors and leading a healthy life. Focusing on one's thoughts and feelings, managing social relationships and meditation are some of the ways of developing positive emotions.



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“Life is an opportunity, benefit from it. Life is beauty, admire it. Life is a dream, realize it.”
-Mother Teresa

05

May

2023

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Creating Awareness about Mental Health

Awareness about positive mental health is important for sensitising individuals and enabling them to seek and receive support. With its Live webinars ‘Paricharcha’ (every Friday from 02:30 pm to 04:00 pm) and ‘Samvedna’ with experts in the field and Live interactive sessions ‘SAHYOG’ (Monday to Friday from 05:00 pm to 05:30 pm) with Practicing Counsellors for students (classes VI-XII), Manodarpan aims to create awareness and address various mental health and emotional well-being concerns. ‘Paricharcha’ and ‘SAHYOG’ can be viewed on PM e-Vidya channels and ‘NCERT Official’ YouTube Channel.



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“Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked.”—Patanjali

06

June 2023

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21 June – International Day of Yoga	25	26	27	28	29	30

Yoga and Meditation for Mental Well-being

Every year 21st June is celebrated worldwide as the International Day of Yoga. Yoga, a 5,000-year-old Indian tradition, combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. It involves breathing and meditation which help in calming and focusing the mind, proving beneficial for managing anxiety and stress. Practicing Yoga, Meditation and Mindfulness leads to congruence between mind, intellect and desires, reflecting in our thoughts and actions.



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“Strength does not come from physical capacity. It comes from an indomitable will.” – Mahatma Gandhi

07
July
2023

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21st July - Launch of Manodarpan Initiative

Manodarpan initiative was inaugurated by the Hon'ble Minister for Education on 21st July, 2020. Since its inception, the initiative has been undertaking various activities such as Live Webinars on mental health related topics, Mental Health Survey for School Students, conferences and orientations at national and regional levels for stakeholders in the education system, towards promotion of mental health.



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“No Health without Mental Health.” - WHO

08

**August
2023**

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Mental Health adds to Physical Health

When an individual experiences mental well-being, they can work productively, enjoy everyday activities, and contribute actively to their community. The Mental Health and Well-being of School Students — A Survey, conducted by Manodarpan Cell on 3,79,842 students from 28 States and 8 UTs, explored the perception of students from classes 6 to 12 on their mental health and well-being. Self-care, an essential component of well-being which contributes to the overall state of mental and physical health, was reported as being practised by most of the survey participants for leading a healthy life. The survey report can be accessed here (https://manodarpan.education.gov.in/assets/downloads/Mental_Health_WSS_A_Survey.pdf)



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“We are shaped by our thoughts; we become what we think.”— Gautam Buddha

09
September
2023

10 September – World Suicide
Prevention Day

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Its Okay to Seek Support

There are times when one may feel overwhelmed by the thoughts and emotions they are experiencing. In such situations, seeking help from a trusted person (a family member, friend, teacher or a professional counsellor) can be helpful. Manodarpn’s tele-counselling helpline (844 844 0632) offers free one-on-one telephone-based counselling with experienced counsellors from 8 am to 8 pm every day of the week.



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“When we tackle obstacles, we find hidden reserves of courage and resilience we did not know we had.”

- A. P. J. Abdul Kalam

10
October
2023

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10 October - World Mental Health Day

Mental Health Week Celebrations

Growing up years are an important phase that help in developing and maintaining healthy lifestyle habits and skills for coping with the stressors of life. Immediate environments of students like their home and school settings are prominent places that impact the development of these skills and abilities. Since 2020, Manodarpan has been facilitating Mental Health Week celebrations (from 4th -10th October) in schools across the country by suggesting organization of activities for student participation and sensitisation towards mental health.



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“The more you know yourself, the more clarity there is.”

— Jiddu Krishnamurti

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Advocacy for Action

In order to promote a climate of well-being in the whole school system, Manodarpan has been organising national level conferences for School Administrators, Teachers and other stakeholders on Mental Health and Well-being in Schools and Role of School Administrators, Comprehensive Mental Health Initiatives in Schools- Bridging the Gap, Evolving Best Practices for 21st Century Schools and Empowering Teachers for Promoting Mental Health and Well-being in Schools. The sessions of these conferences can be accessed on 'NCERT Events' YouTube Channel.



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“I have become my own version of an optimist. If I can’t make it through one door, I’ll go through another door - or I’ll make a door. Something terrific will come no matter how dark the present.” – Rabindranath Tagore

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Resilience: An Important Skill for Mental Well-being

Resilience helps in adapting to challenging situations in life by showing behavioural and emotional flexibility. With the help of resilience individuals, societies and communities can bounce back from stressful events. Maintaining social relationships and family interactions, developing understanding of one’s own strengths, areas of development, emotions and thoughts, taking care of self, enhancing skills and adopting a growth mindset are some of the ways of building resilience.