



An Initiative of the Ministry of Education

MANODARPAN SERVICES FOR EXTENDING PSYCHOLOGICAL SUPPORT TO STUDENTS

Manodarpan is an initiative of the Ministry of Education (MoE) as part of “Atmanirbhar 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.

SEEKING SUPPORT FOR BECOMING A MORE HAPPY PERSON



FREE TELE-COUNSELLING SERVICES

Manodarpan's free of cost tele-counselling helpline (**8448440632**) provides guidance and counselling support to students, parents and teachers through IVRS. Eighty counsellors from various regions across the country are available from 8 am to 8 pm on all days of the week to provide voluntary counselling services to callers on the helpline.



EMAIL FOR PSYCHO-SOCIAL SUPPORT

Apart from the tele-counselling helpline, students and other stakeholders can also share their queries and concerns on the Manodarpan email (manodarpan-mhrd@gov.in).



ONLINE DIRECTORY OF COUNSELLORS

A National level database and online directory of counsellors at School and University levels is also available on the Manodarpan webpage (<https://manodarpan.education.gov.in>) for those students who want to seek mental health support from professional counsellors.



LIVE INTERACTIVE SESSIONS

Live sessions are regularly held to address various mental health and emotional well-being concerns of students, parents and teachers. These sessions focus on various themes, covering related aspects for extending support to students.

1. 'Sahyog' live sessions are organized with practicing counsellors and are held from Monday to Friday (from 5:00 pm to 5:30 pm) across different regions for students (classes VI-XII).

2. 'Paricharcha' webinars are organized with experts in the field every Friday from 2:30 pm to 4:00 pm.

3. 'Samvedna' sessions are organized regularly with experts in the field.

'Sahyog' and 'Paricharcha' sessions are telecast on PM e-Vidya Channels and are also available on 'NCERT Official' YouTube Channel.



MENTAL HEALTH RESOURCES ON MANODARPAN WEBPAGE

Manodarpan's Webpage (<https://manodarpan.education.gov.in>) provides various resources to support mental well-being and to reduce stress such as

- Advisory guidelines
- Modular Handbook on Early Identification and Intervention for Mental Health Problems in School Going Children and Adolescents
- Practical tips, FAQs, do's and don'ts for psychosocial support
- Online Directory of Counsellors