

GOVERNMENT OF INDIA  
MINISTRY OF EDUCATION  
DEPARTMENT OF SCHOOL EDUCATION & LITERACY

**RAJYA SABHA**  
**UNSTARRED QUESTION NO. 1784**  
**ANSWERED ON 07.08.2024**

**Implementation of SMHP**

**1784. Shri K.R. Suresh Reddy:**

Will the Minister of Education be pleased to state:

- (a) whether Government is cognizant that School Mental Health Programme (SMHP) is globally recognised to improve mental wellbeing of students; and
- (b) if so, the details of the initiatives that are proposed to be taken by Government keeping in mind that a systematic implementation of SMHP across the country can make a difference?

**ANSWER**

**MINISTER OF STATE IN THE MINISTRY OF EDUCATION**  
**(SHRI JAYANT CHAUDHARY)**

(a) and (b): The Government recognizes the importance of mental health in improving students' mental well-being. The government acknowledges that schools are key platforms for fostering health and wellbeing including mental health through sensitizing the teachers.

The Ministry of Health and Family Welfare jointly with the Ministry of Education, launched the Ayushman-Bharat-School Health and Wellness Programme in 2020. This initiative trains two teachers from each school as Health and Wellness Ambassadors. These trained teachers receive comprehensive training on eleven (11) themes, including mental health. The programme includes weekly interactive sessions designed to promote joyful learning, balance diet, health and hygiene, yoga & meditation etc. It has been implemented in all government and government-aided schools.

The National Education Policy 2020 (NEP-2020) and the Ayushman Bharat School Health and Wellness Programme promotes the importance of appropriate care and stimulation of the brain in the early years and overall student wellness, including mental health. NEP-2020 promotes regular health check-ups, immunization, health cards, nutritious meals, and the inclusion of social workers and counsellors in schools. It integrates health education into the curriculum, covering preventive health, nutrition, hygiene, disaster response, and first-aid.

The following training modules have been developed under Health and Wellness Programme for training key resource persons and organisation of class room activities with students in States and Union Territories.

1. Curriculum on Health and Wellness of School going Adolescents

2. Facilitator Guide for School Health Program,
3. Training and Resource Material : Health and Wellness of School-going Children,
4. Activity book for Students Growing up Healthy : A Primer for Children  
Audio-Video materials.

Implementation status shows successful training of School Health & Wellness Aambassadors and resource persons across states, with regular classroom activities being conducted. Capacity building programs have trained thousands of resource persons and school leaders, ensuring effective program delivery and life skills development among students.

Further, as per the perspective of NEP 2020, NCERT has developed and launched National Curriculum Framework for the Foundational Stage (NCF-FS) and National Curriculum Framework for School Education (NCF-SE). Both the NCFs integrate the mental well-being of students in different aspects such as syllabi development, development of content in learning and teaching material, pedagogical practices etc. The framework also lays emphasis on the role of all stakeholders, teachers, school functionaries, parents and community members to ensure that every student is provided with mental and emotional support.

For mental health and wellbeing, the Ministry of Education (MoE) has launched an initiative called Manodarpan, under ‘AatmaNirbhar Bharat Abhiyaan’ on 21<sup>st</sup> July, 2020, with the aim to provide psychosocial support to students, their families and teachers across the country, for mental health and well-being.. A National toll-free tele-helpline (844-844-0632) for reaching out to students from schools, colleges and universities across the country seeking support on mental health concerns and other psychosocial issues. Total no of counsellors as a part of the Manodarpan tele-helpline Directory are 361. No of counsellors present in cycle Manodarpan tele-helpline Directory are 76. The services offered on the helpline are free of cost. Manodarpan also provides Directory of Counsellors working at both School and College/University level on (<https://manodarpan.education.gov.in>) as a resource for students.

Further, live interactive sessions ‘SAHYOG’ are organized by NCERT for students on PM e-Vidya Channels, with practicing counsellors and are held from Monday to Friday (from 05:00 pm- 05:30 pm) across different regions. These sessions can be viewed on PM e-Vidya Channels and ‘NCERT Official’ YouTube Channel (<https://www.youtube.com/@NCERTOFFICIAL/streams>). The total ‘SAHYOG’ sessions held so far are 865 and more than 10 lakh viewers have been benefitted.

Government of India has launched Tele Mental Health Assistance and Networking Across States (Tele MANAS) a toll-free mental health helpline that provides support and assistance to those struggling with mental health issues. Access to trained and accredited mental health counsellors is available 24X7 across the country on the helpline number (14416) or 1800-891-4416 to cater mental health and service available in 20 languages. It provides support and assistance to those struggling with mental health issues free of cost.

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