

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

**LOK SABHA**  
**UNSTARRED QUESTION NO. 941**  
**ANSWERED ON 02.12.2024**

**Mental Well Being of Students in Schools**

**941. Dr. Kirsan Namdeo:  
Shri Satpal Brahamchari:**

Will the Minister of Education be pleased to state:

- (a) the steps taken/proposed to be taken by the Government to implement a framework for mental health and emotional well-being of children in schools under New Education Policy(NEP);
- (b) whether it is mandatory for schools to appoint counsellors to ensure mental well being of students, if so, the details thereof;
- (c) whether mental health counsellors have not been appointed by many private and Government schools, if so, the reasons therefor and the reformative measures being taken by the Government in this regard;
- (d) the fund allocated by the Government in this regard;
- (e) whether the funds are arranged on the public-private sharing basis ; and
- (f) whether the Government has any proposal to launch comprehensive policy to ensure mental well being of the students in schools, if so, the details thereof and if not, the reasons therefor?

**ANSWER**

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

(a) to (f): Education is a subject in the concurrent list of the Constitution and a majority of schools are under the administrative control of the respective State Government/UT administration. However, given the importance to Education, National Education Policy has been come into existence, which emphasizes the importance of creating awareness on mental health issues and reducing stress and promoting joyful learning. States and UTs are supported under Samagra Shiksha based on the proposals from them for strengthening of existing government schools, and for creation and augmentation of infrastructure facilities and also other activities viz., career guidance, mental health, self-defence etc. under Samagra Shiksha based on the proposals. Though it is not mandatory to keep counsellors, however, States/UTs and all management schools including private are free to provide this facility as per the requirement.

National Education Policy (NEP) 2020 takes a holistic view about the nourishment of children and their mental wellbeing which is required for optimal learning. NEP suggests multifarious ways to achieve the same. For the nourishment of the children, PM POSHAN Scheme is being implemented under which hot cooked meals are provided to the students

studying in Balvatika and classes I to VIII in the Government and Government-aided Schools. About 11.70 crore students studying in 10.24 lakh schools have been benefitted under the scheme. During 2023-24, health check-up of about 8.64 crore students has been carried out by States and UTs under the Rashtriya Bal Swasthya Karyakram (RBSK). About 9.71 crore students received Iron & Folic Acid Supplementation (IFA) under Anaemia Mukta Bharat and about 8.50 crore students received deworming medicines under National Deworming Day (NDD) during 2023-24. IFA and de-worming tables helps for better health and good learning outcomes.

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 Government has launched an initiative, Manodarpan, under 'AatmaNirbhar Bharat Abhiyaan' on 21st 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. 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. Live interactive sessions called as 'Sahyog' are organized for students on PM eVidya 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 eVidya Channels and 'NCERT Official' YouTube Channels (<https://www.youtube.com/@NCERTOFFICIAL/streams>). The total 'SAHYOG' sessions held so far are 946 and more than 11 lakh viewers have been benefitted as on 27.11.2024. Live interactive webinars 'Paricharcha' (192 as on 26.11.2024) are organised every Friday from 2:30 to 4:00 pm. These sessions address various mental health and emotional well-being concerns of students, parents and teachers. Several conferences, orientations and sessions have been held for school administrators and teachers to sensitize and orient them on factors causing stress and anxiety among students including critical aspects such as examinations, academics, results, and emotionally challenging situations and build their understanding and enabling them towards managing these situations. Ministry of Education has taken several initiatives viz., Pariksha Pe Charcha a program in which Hon'ble Prime Minister interacts with students to help them to overcome examination stress and celebrate exams as Utsav. Other initiatives are Kala Utsav to show case student talent in performing arts and Bagless days to reduce pressure and promote joyful learning.

Ministry of Health & Family Welfare, 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. As on 22.11.2024, 36 States/ UTs have set up 53 Tele MANAS Cells and have started tele mental health services. More than 15,95,000 calls have been handled on the helpline number.

\*\*\*\*\*