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No. EDN-HE (21) B (15) 38/2020-POSHAN  
Directorate of Higher Education  
Himachal Pradesh



Dated: Shimla-171001 the October, 2022

To

1. The Principal  
State Council of Educational Research and Training,  
Solan, Himachal Pradesh- 173211.
2. All the Deputy Director of Higher Education  
Himachal Pradesh

Subject:- Regarding World Mental Health Day will be observed on 10<sup>th</sup> October, 2022.

Memo,

Please find enclosed herewith a copy of letter D.O No. F. 10-20 / 2020 –Sch. 4 (Part-1) dated 30<sup>th</sup> September, 2022 alongwith its enclosures received from the Secretary, Department of School Education & Literacy, Ministry of Education, Government of India, on the above cited subject.

In this context, it is intimated that the World Mental Health Day will be observed on 10<sup>th</sup> October, 2022 and a wellness week will be observed from 4<sup>th</sup> to 10<sup>th</sup> October, 2022. In this regard, you are therefore, directed to examine the matter and circulate the same amongst all the Heads of Educational Institutions under your jurisdiction to encourage the students for participation in the above mentioned activities under intimation to the quarters concerned with in stipulated period.

Addl. Director of Higher Education (A)  
Himachal Pradesh, Shimla-1

Endst. No. Even dated Shimla-171001 the October, 2022  
Copy for information and necessary action to:-

1. The Secretary, Department of School Education & Literacy, Ministry of Education, Government of India, New Delhi-110001, w.r.t. his / her letter referred to above.
- ✓ 2. The Technical Officer (Computer/IT Cell), Directorate of Higher Education, Himachal Pradesh with the request to upload the same on Departmental web site.
3. Guard file.



Addl. Director of Higher Education (A)  
Himachal Pradesh, Shimla-1

अनीता करवल, मा.प्र.से  
सचिव

Anita Karwal, IAS  
Secretary



स्कूल शिक्षा और साक्षरता विभाग  
शिक्षा मंत्रालय  
भारत सरकार  
Department of School Education & Literacy  
Ministry of Education  
Government of India

D.O. No. F.10-20/2020-Sch.4 (Part.1)

30<sup>th</sup> September, 2022

Dear School Education Secretary,

The World Mental Health Week is being observed in the month of October 2022. As you are aware, this Ministry has undertaken 'MANODARPAN' initiative, which aims to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the COVID outbreak and beyond. A webpage (<http://manodarpan.education.gov.in>) has been created on the website of the Ministry and a National Toll-free Helpline (8448440632) has been set up for providing tele-counselling services to students from schools, colleges and universities.

This Ministry has conducted the first ever large scale mental health and well being survey of more than 3 lakh school going children. It gives insights into their emotional status, fears and anxieties, connections they look forward to, etc. The survey report has been released on 6<sup>th</sup> September, 2022 on the occasion of the Sikhshak Parv. The same has been uploaded on the website of this Ministry and can be accessed at:

[https://manodarpan.education.gov.in/assets/downloads/Mental\\_Health\\_WSS\\_A\\_Survey.pdf](https://manodarpan.education.gov.in/assets/downloads/Mental_Health_WSS_A_Survey.pdf)

This Ministry has also prepared a Modular Handbook for teachers and allied stakeholders on early identification and intervention for mental health problems in school going children and adolescents. The Hand book was also released on the 6<sup>th</sup> September, 2022. The Handbook has also been uploaded on the website of this Ministry and can be accessed at:

[https://manodarpan.education.gov.in/assets/downloads/moe\\_mental\\_health.pdf](https://manodarpan.education.gov.in/assets/downloads/moe_mental_health.pdf)

An orientation workshop is planned for 14th October 2022 for this and invitations to SCERTs is being sent separately.

It is requested that the aforesaid initiatives taken by this Ministry may be widely disseminated amongst all concerned in your State/Union Territories so that interested students, teachers and parents could make full use of the same. A link of the aforesaid two documents may also be given on the official web-site of your State/Union Territory.

Contd. ....

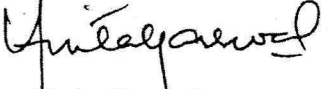
124 'सी' विंग, शास्त्री भवन, नई दिल्ली-110001  
124 'C' Wing, Shastri Bhawan, New Delhi-110001  
Telephone: +91-11-23382587, +91-11-23381104 Fax : +91-11-23387589  
E-mail: secy.sel@nic.in

Further, the World Mental Health Day will be observed on 10<sup>th</sup> October, 2022. In this context, a Wellness Week will be observed from 4<sup>th</sup>-10<sup>th</sup> October, 2022, during which the schools may undertake any of the activity/activities listed in the **Annexure** with their students, teachers, parents/community members. The States/Union Territories/Organizations may select exemplary work of their students/teachers and send them at *manodarpancell@gmail.com* for uploading on 'Manodarpan' webpage for wider dissemination amongst various stakeholders.

I would request you to take necessary steps to encourage schools and students in your States/Union Territories/ organization to participate in the above mentioned activities in order to generate awareness on the importance of mental health and emotional well-being in their life. I am sure this endeavour will go a long way in spreading the message of positive mental health among school students across the country.

With regards,

Yours sincerely,

  
(Anita Karvyal )

The School Education Secretaries of all States and UTs.

Copy, for similar action, to:

1. Chairperson, CBSE, "Shiksha Sadan" 17, Rouse Avenue, New Delhi-110002
2. Director, NCERT, Sri Aurobindo Marg, New Delhi-16
3. Commissioner, KVS, 18, Institutional Area, Shaheed Jeet Singh Marg, New Delhi -16.
4. Commissioner, NVS, B-15, Sector-62, Institutional Area, Noida-201309(UP).
5. Chairperson, NIOS, A-24-25, Institutional, Area, NH-24, Sector-62, Noida, UP.
6. Member Secretary, National Council for Teacher Education, Dwarka to disseminate.

Copy, for information, to:

1. Prof. Anjum Sibia, Head Manodarpan Cell, NCERT



## ANNEXURE

### Activities to be undertaken during the Mental Health week from 4<sup>th</sup> October, 2022 to 10<sup>th</sup> October, 2022.

- i. 'Positivity Board': Sharing of positive notes by students, resources related to building positive mental health on the notice board
- ii. Mental Health Awareness Quiz (Online through Google link)
- iii. Organize poster making, comics writing, slogan writing, elocution sessions on mental health awareness related topics which can be appreciative and not competitive in nature.
- iv. Conduct self-reflective exercises through different art forms
- v. Yoga and Meditation Time
- vi. Activities: (Preferred choice of activity for students from Gardening, Nature walk/ Sport activities & games/ Dance and Music)
- vii. Hold story telling sessions
- viii. Organize online talks, inter-house or inter school events, performing and visual arts sessions on themes such as "Understanding and Caring for Self", etc.
- ix. Conduct Youth Parliament, discussions with students on mental health concerns, mental well-being of fellow students, etc.
- x. Create safe and psychologically comfortable spaces within schools premises such as "Let's Talk", "Happiness Zone" or "Psychological Safe Zones" for students to talk about their thoughts and emotions.
- xi. Teachers to identify mental well-being concerns in their subject content and share them during transaction with their students.
- xii. Organize role plays/Nukkad Nataks on effects of bullying, addiction, negative emotions, etc.

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