



फा.सं. 1-3/2021-ई.सी.(खंड I)/5836-5847
राष्ट्रीय शैक्षिक अनुसंधान एवं प्रशिक्षण परिषद
श्री अरविंद मार्ग, नई दिल्ली -110016
(स्थापना समन्वय अनुभाग)

दिनांक : 29.09.2021

परिपत्र

विषय : Observation of Mental Health Week during 4th October, 2021 to 10th October, 2021 – regarding.

उपरोक्त विषय पर Under Secretary, Govt. of India, Ministry of Education, Department of School Education and Literacy, Shastri Bhawan, New Delhi से प्राप्त ई-मेल दिनांक 23.09.2021 की प्रतिलिपि सूचना एवं आवश्यक कार्यवाही हेतु ई-ऑफिस (KMS) एवं ई-मेल द्वारा इस अनुरोध के साथ परिचालित की जा रही है की छात्रों द्वारा शिक्षात्मक कार्य manodarpan-mhrd@gov.in पर अपलोड करें।

यह सक्षम अधिकारी के अनुमोदन से जारी किया जा रहा है।

रजनी
29/9/21
(रजनी ढल)
अवर सचिव

संलग्नक: उपरोक्तानुसार

1. संयुक्त निदेशक, सी.आई.ई.टी.।
2. संयुक्त निदेशक, पी.एस.एस.सी.आई.वी.ई., श्यामला हिल भोपाल।
3. डीन, अकादमिक एन.सी.ई.आर.टी.।
4. प्राचार्य, क्षेत्रीय शिक्षा संस्थान, अजमेर/भोपाल/भुवनेश्वर/मैसूर/शिलांग।
5. निदेशक, एन.सी.ई.आर.टी. के निजी सचिव।
6. संयुक्त निदेशक, एन.सी.ई.आर.टी. के निजी सचिव।
7. सचिव, एन.सी.ई.आर.टी. के निजी सचिव।
8. विभागाध्यक्ष, डी.आई.सी.टी., सी.आई.ई.टी. – परिषद की वेबसाइट पर अपलोड करने हेतु।

director

From: Kham Ngaih Lun <knlun.edu@nic.in>
Sen' Friday, September 24, 2021 1:13 PM
To: Manoj Ahuja; Sridhar Srivastava ; Sridhar Srivastava; kvs.commissioner@gmail.com; commissioner@nios@yahoo.com; cm@nios.ac.in; dr.sarojsharma@yahoo.in; asr1964@gmail.com
Cc: Tribhuvan Singh Rautela; manodarpancell@gmail.com; anjumsibia@yahoo.com; SATEESH KUMAR
Subject: Observation of Mental Health Week during 4th October, 2021 to 10th October, 2021 -regarding
Attachments: DO letter dated 23rd Sept. 2021.pdf

Sir/Madam,

Please find attached herewith a copy of D.O. letter dated 23rd September, 2021 on the subject cited above for necessary action

With regards,

(KHAMNGAIHLUN)
Under Secretary to the Govt. of India
Ministry of Education,
Department of School Education & Literacy
Tele: 23381434



for. n-a-fe.

Dean (A)

Sub
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DS (EC)

US/EC

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27/9

Ms. Divya

27/9/2021



Dy no. 254/EC
28/9/21



सूचना का
अधिकार

R. C. MEENA
Joint Secretary (EE.I)
Tel.011-23389247

भारत सरकार
शिक्षा मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
नई दिल्ली – 110 115
GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

D.O. No. F.10-68/2021-Sch.4

23rd September, 2021

Dear Sir / Madam,

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-counseling services to students from schools, colleges and universities.

The World Mental Health Day will be observed on 10th October, 2021. In this context, a Mental Health Week will be observed from 4th-10th October, 2021, 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 manodarpan-mhrd@gov.in 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 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.

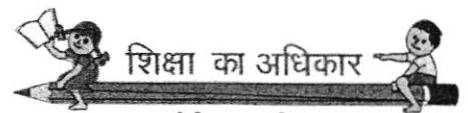
With regards,

Yours sincerely,

Sd/-

(R.C. MEENA)

The School Education Secretaries of all States and UTs.



सर्व शिक्षा अभियान
सब पढ़ें सब बढ़ें

Copy, for similar action, to:

1. Chairman, 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. Joint Director, CTSA, E. S. S. Plaza Sector-3, Rohini Delhi-85

Copy, for information, to:

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



(R.C. MEENA)

Activities to be undertaken during the Mental Health week from 4th October, 2021 to 10 October, 2021.

1. Organize poster making, slogan writing, elocution, performing art, etc., competitions
2. Conduct self-reflective exercises through different art forms
3. Hold story telling sessions
4. Organize online talks, inter-house or inter school competitions, performing and visual arts sessions on themes such as "Understanding and Caring for Self", etc.
5. Conduct Youth Parliament, discussions with students on mental health concerns, mental well-being of fellow students, etc.
6. 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.
7. Teachers to identify mental well-being concerns in their subject content and share them during transaction with their students.
8. Organise role plays/Nukkad Nataks on effects of bullying, addiction, negative emotions, etc.
