



Government of Jammu & Kashmir
Directorate of School Education, Jammu

No: DSEJ/Counselling Cell/ 32057-79

Dated: 04/10/2021

The Chief Education Officers (All)
Jammu Division

Subject: Observation of Mental Health Week from 4th October, 2021 to 10th October, 2021.

Ref: Edu-Gen/225/2021-SED (60098) Dated: 29-09-2021

Apropos to the subject and reference cited above, Administrative Department has forwarded the D.O.No. F.10-68/2021-Sch.4 dated 23/09/21 from Ministry of Education, Department of School education and literacy, New Delhi instructing to observe world Mental Health Week w.e.f. 4th-10th October, 2021 under **Manodarpan** by observing different activities as annexed.

In this regard you are hereby directed to instruct HOIs to observe Mental Health Week/day in their respective districts by involving students from Schools (HSS, HS, MS)

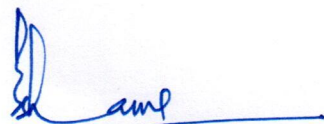
You are further directed to ensure **“Let’s talk”/Happiness zones/Psychological safe zones** in the form of counselling resource rooms in schools where students can share their thoughts and emotions unhesitatingly and in a confidential manner.

DNO, DCC, ZCC and faculty counsellors must be actively involved in observing this week. For any query contact “Aao Baat karein” Helpline at 6006800068

Kindly furnish the action taken reprt by 15th of October, 2021 at counsellingcell-dsej@jk.gov.in

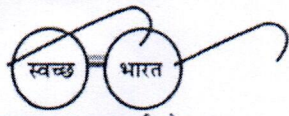
Enclosure

DO Letter (2 Pages)


(Dr. Ravi Shankar Sharma) KAS
Director School Education
Jammu

1. Principal Secretary to Government, School Education Department, Civil Secretariat, Srinagar J&K Srinagar for kind information.
2. Principal DIET(s), Jammu Division for necessary action through DNOs.
3. Dr. Romesh Kumar, Head Counselling Cell for information and necessary action.
4. IC website to upload it on website for wider publicity.

228582(1)/2021/O/o Clerical Hall-DSE



एक कदम स्वच्छता की ओर

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

सूचना का
अधिकार

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

23rd September, 2021

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

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.

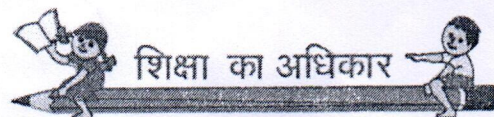
I would request you to take necessary steps to encourage schools and students in your States/Union Territories to participate in the above mentioned activities in order to generate awareness on the importance of mental health and emotional well-being in their life. I am sure this endeavor will go a long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

With regards,

Yours sincerely,

(R.C. MEENA)

The School Education Secretaries of all States and UTs.



शिक्षा का अधिकार

सर्व शिक्षा अभियान

सब पढ़ें सब बढ़ें

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.
