



4378

School Education Department,  
Secretariat, Chennai-9.

Letter No.19962/GL1(2)/2021- 1, dated 29.09.2021

From  
Tmt. K. Jeyalalitha, B.Sc.,  
Deputy Secretary to Government.

29/10/2021

To  
The Commissioner of School Education, Chennai-6.(w.e)  
The Director of Elementary Education, Chennai-6.(w.e)  
✓ The Director of Matriculation Schools, Chennai-6.(w.e)

Sir,

Sub: School Education – Government of India - World  
Mental Health Day observed on 10<sup>th</sup> October, 2021 -  
Schools may undertake suggested activities -  
Regarding.

Ref: From the Joint Secretary to Government of India,  
Department of School Education & Literacy, Ministry of  
Education, D.O.No.F.10-68/2021-Sch.4, dated  
23.09.2021.

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I am directed to enclose a copy of the reference cited along with the annexure wherein it is stated that the Government of India is observing World Mental Health Day on 10<sup>th</sup> October, 2021. In this context, a Mental Health Week will be observed from 4<sup>th</sup>-10<sup>th</sup> October, 2021, during which the schools may undertake any of the activity / activities listed in the Annexure with their students, teachers, parents / community members.

2. I am therefore to request you to issue necessary instructions to the officials under your control to encourage schools and students to participate in the activities listed in the Annexure in order to generate awareness on the importance of mental health and emotional well-being in their life and also request you to send the exemplary work of the students / teachers at manodarpn-mhrd@gov.in for uploading on 'Manodarpn' webpage.

Yours faithfully,

*[Signature]*  
29/9/2021

for Deputy Secretary to Government.

Indo. l. no. no: 4378/A1/2021 Dated: .10.2021

(Copy) Communicated for information and necessary action

To  
All CEOs

*[Signature]*  
5/10/2021  
Director of matriculation Schools  
*[Signature]*  
29/10/2021



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

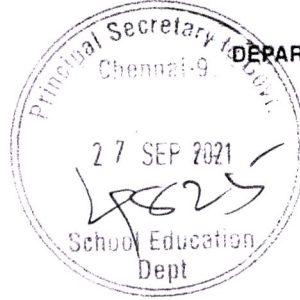
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GOVERNMENT OF INDIA  
MINISTRY OF EDUCATION

DEPARTMENT OF SCHOOL EDUCATION & LITERACY

SHASTRI BHAVAN  
NEW DELHI-110 115

23<sup>rd</sup> September, 2021



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

19962  
28/09/2021

Dear Sir / Madam.

DS (5)  
AC (2)

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 10<sup>th</sup> October, 2021. In this context, a Mental Health Week will be observed from 4<sup>th</sup>-10<sup>th</sup> 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](mailto: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.

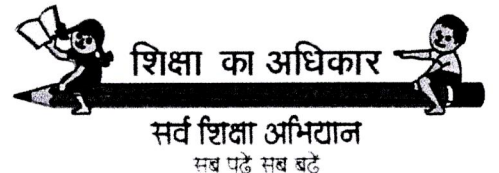
With regards,

Yours sincerely,

(R.C. MEENA)

013  
27/9/21  
G.R.I  
Pl. submit.

The School Education Secretaries of all States and UTs.



**Activities to be undertaken during the Mental Health week from 4<sup>th</sup> 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.