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अपर सचिव
Anandrao V. Patil, IAS
Additional Secretary

सत्यमेव जयते

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

D.O. No. 1-18/2025-PMP(Health)
Date: 26th August, 2025

Dear Sir/Ma'am,

Subject- Celebration of Mental Health Week (4th -10th October) 2025- reg.

The recent global trends and reports from the World Health Organisation (WHO) indicate a significant and concerning rise in mental well-being issues among the school-going population. Increasing levels of anxiety, depression, emotional distress and behavioural disorders among children and adolescents are widely attributed to academic competition, social isolation, digital overexposure, family issues and the recent pandemic-induced disruptions in the learning environment.

2. Recognising the fundamental role of mental well-being in an individual's overall development, it has been included as a key component under the United Nations' *SDG Target 3.4.* This aims to reduce premature mortality from non-communicable diseases, mental health disorders, etc., to one-third by the year 2030.

3. Indian culture promotes mental health through Meditation, Mindfulness and Yoga. Vedic literature has also discussed mental health in detail, like the *Panch Kosha* or the five layers of human existence from '*Taittiriya Upanishad*', namely—*Annamaya Kosha* (the physical body), *Pranamaya Kosha* (the vital energy), *Manomaya Kosha* (the mind), *Vijnanamaya Kosha* (wisdom, resilience and self-awareness), and *Anandamaya Kosha* (bliss). The Koshas, or layers of being, are deeply interconnected- each one drawing strength from and supporting the others. Together, they contribute holistically to the attainment of overall well-being.

4. The Government of India, through the National Education Policy (NEP), 2020 and the subsequent National Curriculum Framework for School Education (NCF-SE), 2023 has emphasised the holistic development of learners by nurturing all domains of human growth—cognitive, emotional, physical, linguistic, cultural and social. This vision is to be achieved by understanding and rooting practices rich in traditions and values of Indian culture, while ensuring community participation in every aspect of school planning and implementation. The promotive and preventive aspects of mental well-being reduce taboos around issues faced by Mental Health parameters and achieve NEP, 2020 goals of holistic development while being rooted in Indian culture.

5. In promoting mental health, the Ministry of Education has launched '*Manodarpan*' in 2020 under the '*Atmanirbhar Bharat Abhiyan*'. Under this initiative, a National toll-free helpline (844-844-0632) provides psychosocial support daily from 8:00 a.m. to 8:00 p.m. Live interactive sessions of *'Sahyog'* are being held for students of classes VI–XII, Monday to Friday at 5:00 p.m. The webinars of *'Paricharcha'* with mental health experts are conducted every Friday from 2:30 p.m. to 4:00 p.m. These are being broadcast on PM

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e-Vidya Channels and NCERT's official YouTube channel. It also organises workshops, summits and orientations to build awareness of mental well-being.

6. One of the key foundations of Manodarpan is the Whole School Approach (WSA) to Mental Well-being. It envisions a school environment where all stakeholders, like students, educators, administrators, non-teaching staff, parents and community partners, work in cohesion to promote psychological safety and resilience.

7. For raising awareness about mental health among all, Mental Health Week is observed every year from 4th to 10th October, aligning with World Mental Health Day (10th October). During this period, schools may undertake activities listed in the ***Annexure*** with their students, teachers, parents, and community members for creating awareness about mental health and well-being. The theme for the year 2025 Mental Health Day and Week celebration is 'Community: Supporting Mental Well-being Together'.

8. To ensure effective coordination, all States, Union Territories and educational organisations are directed to facilitate the smooth execution of these programmes, collect feedback from participating institutions and share documentation and reports at the designated portal (*manodarpan@ciet.nic.in*). For the celebration of Mental Health Week, schools participating in this initiative will benefit from recognition/acknowledgement for their contributions and resource sharing with access to expert guidance and mental health materials.

9. In view of above, I request you to celebrate Mental Health Week in all the schools, including private schools, in your States/UTs. You are also requested to utilise Rs. 1,000 per school under the Samagra Shiksha Scheme funds in your State/UT.

With Regards

Yours sincerely,

(Anandrao V. Patil)

To,
Principal Secretaries/ Secretaries, Education of all States and UTs.

ANNEXURE

Activities to be undertaken during Mental Health Week
(4th October, 2025 to 10th October, 2025)

1. **Encouraging Healthy Food Habits for Better Mental Health through**
   - Discussion on the benefits of eating Millets
   - Organising food stalls, encouraging daily habit of a Healthy Diet
   - Kitchen gardening / organic farming
   - Competition of cooking without fire
   - Session with experts on the importance of healthy food, scientific background of consuming various food items and their linkage with mental health.

   Meanwhile, school authorities can reinforce these efforts by organizing routine preventive health check-ups and keeping a record of the daily eating habits of children in schools.

2. **Well-being Sensitisation Activities**
   - Age-appropriate breathing exercises and *Pranayam* can be incorporated into daily routines. Children in the Foundational Stage may begin with 2 minutes, twice a day; those in the Preparatory Stage with 3 minutes, twice a day; and students in both the Middle and Secondary Stages can practice for 5 minutes, twice a day.
   - For teachers and parents, the recommended duration is 5 minutes, three times a day, to promote sustained wellness and mindfulness.
   - Engaging in regular physical activity, Yoga and participating in fitness initiatives such as posture awareness and step-count challenges.

3. **Promoting Healthy Lifestyle Habits through Monitoring and Mindful Practices**
   - Tracking key lifestyle habits involves maintaining a daily log of sleep duration, bathing routines, screen time usage (categorised as essential, recreational or social), water and food consumption, quality time spent with family and meaningful time dedicated to personal well-being.
   - Teacher-guided visits to parks or gardens, focusing on sensory awareness, mindful observations and open dialogue on benefits of Mental Well-being among participants, can be organised.

4. **Self-reflections/Introspection** about one's thoughts, emotions, triggers, behaviours and personal perspectives.
   - The related activities can be organised in schools for cultivating critical thinking, emotional intelligence, reflective practices, value-based education and clarity about inner self, all of which are vital for long-term mental and emotional well-being.
   - Some of the activities are:
     a. **Gratitude Wall/Jar Game:** write any one self-moment at a time to reflect on the things you are grateful for on a piece of paper each day, and put it into the Gratitude jar or write on the Gratitude wall and read them all at the end of each week and analyse their emotions.

b. **Role Play/Mime:** Fun activity/drama/team-building exercise/ Mime (unique form of self-expression to enhance students' confidence and communication skills) can be organised as an individual or collective/group activity in the classroom.

c. **Journaling:** Diary writing to capture/express their thoughts and emotions throughout the week. By the weekend, they can revisit their entries to gain deeper insight into their emotional patterns and experiences.

5. **Workshop:** Workshop can be organised with students, teachers, parents and community people (as part of Whole School Approach) on the issues:
   - Parental pressure and expectations on students
   - Communication gap among stakeholders
   - Fear of being judged by others
   - Any other relevant theme

6. **Street Play (Nukkad Natak)** can be performed on the following themes:
   - Break the stigma
   - Mind Matters
   - You are not alone
   - Seek help/ speak up
   - Any other relevant theme

7. **Assembly on Mental Health and Well-being:** During School Assembly, students can present their special Prayers/Scripts/ Mantras that help students find inner peace.

8. **Exhibition/ Exposition on Mental Well-being Activities:**
   - Showing movies/short films/documentaries related to mental health and well-being, followed by an open house discussion.
   - Encourage students to create posters, slogans, skits and logos on mental health themes and add them with a hashtag on the *Manodarpan* page.
   - Host art, essay or poetry competitions on topics like 'Emotional Resilience', 'Breaking Mental Health Stigmas', etc., with winning entries shared on *Manodarpan's* platform.

9. An arrangement of **Video Telecasts** of '*Sahyog and Paricharcha'* sessions should be done in Schools during Mental Health Week.