

Mantarang



MANODARPAN

**Psychosocial Support for Mental Health & Well-being
of Students during the COVID Outbreak and beyond**

An initiative by Ministry of Education, Government of
India as part of Atma Nirbhar Bharat Abhiyan



[www.https://manodarpan.education.gov.in](https://manodarpan.education.gov.in)



Creating Peer Support



Enhancing Student Well-being



Supporting Families



Toll-free Helpline (8448440632)



सत्यमेव जयते

प्रधान मंत्री
Prime Minister
संदेश

शिक्षा मंत्रालय की पहल, 'मनोदर्पण' डिजिटल न्यूजलेटर द्वारा कोरोना महामारी के सन्दर्भ में विद्यार्थियों, शिक्षकों व परिजनों की सहायता के लिए किए जा रहे प्रयासों के बारे में जानकारी प्रसन्नता हुई।

कोरोना के रूप में विश्व सदी की सबसे बड़ी महामारी का सामना कर रहा है। इस महामारी के विरुद्ध भारत की लड़ाई को देशवासियों के सामूहिक सामर्थ्य और संकल्पबद्ध प्रयासों ने सतत ऊर्जा और ताकत दी है।

कोरोना के दौर में जब शिक्षण और कौशल के क्षेत्र में चुनौतियां आईं तो देश भर के विद्यालयों ने नई आवश्यकताओं के अनुरूप तकनीक की सहायता से अभिनव प्रयास किए ताकि शिक्षार्थियों के सीखने की प्रक्रिया सुचारू ढंग से चलती रहे।

शिक्षा मंत्रालय द्वारा इस दिशा में कई अहम कदम उठाये गए हैं। इस कड़ी में 'मनोदर्पण' के माध्यम से विद्यार्थियों के मानसिक स्वास्थ्य व भावनात्मक कल्याण के लिए किए गए प्रयास सराहनीय हैं। हेल्पलाइन, वेबिनार और संवाद से जुड़ी पहलों का सकारात्मक प्रभाव पड़ा है।

विद्यार्थियों के समग्र विकास को समर्पित 'मनोदर्पण' डिजिटल न्यूजलेटर कोरोना और उसके पश्चात के दुष्प्रभावों को कम करने में अहम भूमिका निभा रहा है।

'मनोदर्पण' टीम से जुड़े सभी सदस्यों और विशेषज्ञों को उनके प्रयासों के लिए बहुत-बहुत बधाई व भविष्य के लिए हार्दिक शुभकामनाएं।

(नरेन्द्र मोदी)

नई दिल्ली

फाल्गुन 04, शक संवत् 1943

23 फरवरी, 2022

धर्मेन्द्र प्रधान
धर्मेश्वर प्रधान
Dharmendra Pradhan



मंत्री
शिक्षा; कौशल विकास
और उद्यमशीलता
भारत सरकार

Minister
Education; Skill Development
& Entrepreneurship
Government of India



MESSAGE

The COVID-19 pandemic has adversely affected physical and mental well-being across the world, especially amongst children and youth. The Ministry of Education recognised the urgent need to focus on the mental health of students in school and colleges. In July 2020 the Ministry launched an initiative named *Manodarpan*, covering a wide range of activities to provide psychosocial support to students, teachers, and families. The initiative steers the underlying focus of National Education Policy 2020 on mental health and well-being into action. It also enables us to improve access to psychosocial health support and allow us to reach far and wide through use of technology.

I am delighted that students, teachers, and families across the country have benefited from this unique initiative through national toll-free helpline managed by a group of experienced counsellors and psychologists. Several other activities such as series of webinars and live interactive sessions titled 'Sahyog' are telecast on PM e-Vidya channels. I extend my regards to experts from field of education, mental health, child & adolescent psychology, and everyone involved in supporting the initiative, providing Tele counselling and other services to the students, teachers, and families to address the mental health and psychosocial issues. I hope that they will continue to provide their support to this endeavour.

I hope that all the States and Union Territories will provide wide publicity to *Manodarpan* and all interested students, teachers, and parents will take full benefits of the services offered under this initiative.

(Dharmendra Pradhan)

सबको शिक्षा, अच्छी शिक्षा



कौशल भारत, कुशल भारत

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अन्नपूर्णा देवी
ANNPURNA DEVI



राज्य मंत्री
शिक्षा मंत्रालय
भारत सरकार
MINISTER OF STATE
FOR EDUCATION
GOVERNMENT OF INDIA

संदेश

वैश्विक महामारी कोविड-19 के दुष्प्रभाव केवल शारीरिक ही नहीं, मानसिक स्तर पर भी दिख रहे हैं। ऐसे दौर में बच्चों एवं किशोरों के शारीरिक स्वास्थ्य की रक्षा के साथ उनके मानसिक स्वास्थ्य का ध्यान रखना भी एक चुनौतीपूर्ण जिम्मेदारी है। महामारी ने बच्चों एवं किशोरों के मानसिक स्वास्थ्य को भी प्रभावित किया है। बच्चे और किशोर अनेक प्रकार के भावनात्मक और व्यवहार संबंधी समस्याओं के साथ-साथ तनाव, चिंता, भय एवं निराशा में वृद्धि का अनुभव कर रहे हैं। शिक्षा मंत्रालय ने यह महसूस किया है कि छात्रों के मानसिक स्वास्थ्य एवं भावनात्मक कल्याण को भी समान महत्व दिया जाना चाहिए।

इसलिए, शिक्षा मंत्रालय ने 'मनोदर्पण' नामक एक पहल शुरू की जिसका उद्देश्य छात्रों को उनके जीवन को खुशी से, प्रभावी ढंग से और सफल रूप से जीने में मदद करना तथा चुनौतियों और बाधाओं को बावजूद भी जीवन कौशल की सहायता से समय के साथ मिलकर चलने में समर्थ बनाना है। इस पहल के अंतर्गत स्कूलों/कॉलेजों/विश्विद्यालयों/उच्चतर शिक्षण संस्थानों के छात्रों को शामिल किया गया है।

मुझे इस बात की अत्यंत खुशी है कि देश भर के हजारों छात्रों, शिक्षकों एवं परिवारों ने 'मनोदर्पण' के अंतर्गत स्थापित राष्ट्रीय टोल फ्री हेल्पलाइन का लाभ उठाया है जिसमें अनुभवी परामर्शदाताओं/मनोवैज्ञानिकों द्वारा उनके मानसिक स्वास्थ्य और मनोसामाजिक मुद्दों को संबोधित करने हेतु उन्हें टेली-काउंसलिंग प्रदान की गई। मैं इन सभी परामर्शदाताओं एवं मनोवैज्ञानिकों का आभार प्रकट करती हूँ। टेली-काउंसलिंग एवं अन्य गतिविधियां जैसे वेबिनार एवं 'सहयोग' शीर्षक से पीएम ई-विद्या चैनलों पर आयोजित लाइव सत्र जारी रहेंगे।

मुझे विश्वास है कि शिक्षा मंत्रालय की अनूठी पहल 'मनोदर्पण' का व्यापक प्रचार-प्रसार होगा ताकि अधिक से अधिक छात्र, शिक्षक और उनके परिवार इसके अंतर्गत दी जा रही सेवाओं का उपयोग कर लाभान्वित होंगे।

(अन्नपूर्णा देवी)

अनीता करवल, भा.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

MESSAGE

The outbreak of COVID pandemic has presented a challenging time for everyone around the world. The ensuing lockdown due to pandemic, including closure of educational institutions, uncertainty due to postponement/cancellation of exams, adapting to online teaching-learning, future admissions/career decisions etc. are some of the concerns of students, teachers and parents. These challenging times brought situations such as sense of isolation, no social / play time, family income/unemployment fears, death in family, behavioural issues in family, fear of the disease, exam results, changes in teaching and learning, difficulties in learning, etc. leading to a stressful time for all. It was at this juncture when the Ministry of Education (MoE), Government of India undertook an initiative named 'MANODARPAN' as part of "Atmanirbhar Bharat Abhiyan" to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the COVID-19 and beyond.

The Manodarpn initiative was inaugurated by the Hon'ble Minister of Education on 21st July, 2020 wherein the webpage created on the website of the MoE (<https://manodarpn.education.gov.in>) and the National Toll-free Helpline under Manodarpn was also launched. The initiative has been addressing the needs of students, teachers and family since the time it was launched through several activities. A National Toll-free Helpline (8448440632) with the help of trained counsellors are providing tele-counselling to students across schools, colleges and universities and their parents and teachers. Besides the helpline, a number of activities are also being taken up for school students and youth to support their handling of mental health issues and concerns.

The Ministry continues its efforts to ensure that the Manodarpn initiative reaches to all students, teachers and family members of the country. I am sure this unique initiative will go a long way in providing timely interventions for mental health and emotional well-being of all the stakeholders.

(Anita Karwal)

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L.S .Changsan, IAS
Joint Secretary (Institutions)
Chairperson, Manodarpan
Ministry of Education
Department of School Education & Literacy



Message

All of us experience some or the other mental wellbeing issue during the course of one's life span. Children and adolescents are more vulnerable to such issues and may experience heightened level of stress, anxiety and fear, along with a range of emotional and behavioral issues. Mental wellbeing of children, adolescents and youth is influenced by the family, and social and cultural environment.

In the times of COVID -19 pandemic which is understandably a challenging time for everyone around the world, the ripple effects of quarantine and nation-wide lockdowns resulted in heightened stress, anxiety, obsessive behaviors, acute panic, paranoia and depression, and may also lead to post- traumatic stress in the long run. This global pandemic is not only a serious medical concern, but it also brings mixed emotions and psychosocial stressors for all. With specific focus on children, adolescents and youth, there are emerging mental health concerns that are often reported in the course of this situation. Teachers as well as families with their empathetic and patient approach can go a long way in mitigating such needs of children, adolescents and youth.

The pandemic can be a lingering stressor resulting in long-term health consequences. The impact of stress and adversity on psychological and physical well-being needs urgent focus. To help children, adolescents and youth countrywide, The Manodarpan Initiative by Ministry of Education has been a vital step and the need of the hour. The initiative has steps to mobilize psychosocial support in a comprehensive and multi modal manner. With the emerging needs and concerns of students coming from diverse backgrounds, a holistic and comprehensive guidance system in the form of counseling and well-being services for mental health and emotional well-being of students has been initiated. The aim of such services is to ensure students live their lives effectively and productively and become resilient over time with the help of life skills, even in the face of challenges, hard times and road blocks.

As a powerful socializing agent, the education system of our country plays a crucial role in the nurturance of psychosocial competencies. Schools and universities have an unprecedented opportunity to improve the lives of young people with a developmental approach for psychosocial support in the times of COVID-19 and beyond. Significance of addressing mental health and well-being of children, adolescents and youth is pertinent for creating happy, healthy, empowering and autonomously functioning individuals for our future. Therefore, as students, parents, teachers, educators and other support systems dealing with development of a sustainable future, it is imperative to consider mental health of children, adolescents and youth as a necessary priority for the holistic development of young citizens.

The vision of Manodarpan Initiative is embedded in 'Mantarang', which is one of the platforms of promoting and collating psychosocial care for students, youth, teachers and families. I am sure that this with help in proactively addressing psychosocial issues and foster psychosocial wellness.


(L.S Changsan)

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Professor Dinesh Prasad Saklani
Director



MESSAGE

The COVID-19 pandemic brought in many abrupt changes in our everyday functioning, particularly for school going students. It changed not only their academic life, but also their personal and social life leading to feelings of anxiety, fear, helplessness, loneliness, pessimism, etc. The COVID-19 pandemic made all of us to come face-to-face with such a situation where the students' mental health and emotional well-being were threatened. It was during this time that the Ministry of Education (MoE) launched the 'Manodarpan' initiative to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the COVID-19 and beyond.

To facilitate the work, 'Manodarpan Cell' was set up in NCERT to carry out the activities envisioned under the Manodarpan initiative. The Cell comprises faculty members from Department of Educational Psychology and Foundations of Education, NIE and Regional Institutes of Education at Ajmer, Bhopal, Bhubaneswar, Mysuru and Shillong. Manodarpan has been addressing the needs of students, teachers and families through its several activities since July, 2020. A National Toll-free Helpline (8448440632), set up through NCERT, is reaching out to students from schools, colleges and universities across the country as well to their families to provide them with tele-counselling services. Webinars as discussion forums are being held regularly and telecast on PM e-Vidya Channels and NCERT Official YouTube Channel with the purpose to sensitize and support the stakeholders on various mental and emotional well-being concerns during COVID-19. Live interactive sessions 'SAHYOG' are held daily (Monday to Friday) through PM e-Vidya Channels and NCERT Official YouTube Channel for school students. In these sessions, live questions are answered by experts from the fields of mental health, psychology, education, etc.

I wish to encourage all students, teachers and parents to seek support/guidance from Manodarpan. I also extend my best wishes to the experts and counsellors involved in the Manodarpan initiative and to faculty of Manodarpan Cell in this endeavour to provide psychosocial support to students, parents and teachers, since it's only a healthy mind which can contribute meaningfully to the society.

(Prof. Dinesh Prasad Saklani)

We Are With You

A glimpse of the concerns of callers



SCHOOL STUDENTS

1. Feelings of loneliness, stress, boredom, anxiety, helplessness, frustration, anger;
2. Worriness due to job unemployment, no job opportunities, offices cutting down salaries;
3. Feelings of nervousness related to upcoming college exams, stress due to not completing the syllabus on time, experiencing problems in online learning, not able to concentrate well, feeling helpless due to failure in competitive exams;
4. Having frequent conflicts with family members, having relationship problems;
5. Enquiries regarding scholarships, admissions, mark sheets, college reopening, guidance regarding different entrance examinations etc.



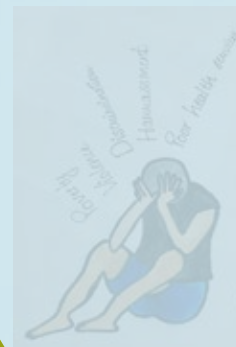
YOUTH

1. Difficulties in online learning, lack of concentration, difficulty in understanding, network and connectivity issues, requiring help in managing time;
2. Experiencing feelings of boredom, sadness, anxiety, hopelessness, stressed, nervousness, exam-related stress;
3. Seeking guidance regarding different career options, different streams, different entrance examinations;
4. Addiction to mobile phone, and video applications etc.



PARENTS

1. Increase in children's aggressive behaviour, anxiety, mood swings, not able to manage their behaviour, over dependence on phones and tablets;
2. Seeking information on admission-related queries, online study problems, examination results, migration certificate etc.



Together we can

WEBINARS

Webinars are organised by NCERT(NIE, Delhi and RIE Bhopal, Ajmer, Mysuru, Bhubaneswar and Shillong), NGOs and Universities. The themes of the webinars range from Dealing with Exam Anxiety and Stress, Care and Compassion, Understanding and Coping with Grief, Equanimity etc.



Towards Mental Well-being...

SAHYOG

Sahyog sessions are held under the Manodarpan Initiative by NCERT (NIE, Delhi and RIE Bhopal, Ajmer, Mysuru, Bhubaneswar and Shillong) to provide psychosocial support to students. Each session has one practising counsellor and one faculty member to discuss and answer the queries related to dealing with effect of covid-19 pandemic on mental health of students, teachers and parents.

MANODARPAN
Initiative of Ministry of Education
for
Psychosocial Support and Mental well-being of Students

SAHYOG - Watch LIVE Session
Let us fight #COVID-19
**Tuning in with Nature:
A reminder from the Pandemic**
Class - VI to XII
29 June 2021
(05:00 pm to 05:30 pm)
Live interaction with:
Mr. Vimala Roby
Practising Counsellor
Prof. I. P. Gowramma
RIE - Bhubaneswar, NCERT
National Telehelpline - 8448440632
IVRS PMeVIDYA : Toll Free Number - 8800440559

MANODARPAN
Initiative of Ministry of Education
for
Psychosocial Support and Mental well-being of Students

SAHYOG - Watch LIVE Session
Let us fight #COVID-19
Class - I to XII
31 March 2021
(05:00 pm to 05:30 pm)
Live interaction with:
Ms. Balneet Kaur
Practising Counsellor
Ms. Saloni Arora
DEPE, NCERT, New Delhi

MANODARPAN
Initiative of Ministry of Education
for
Psychosocial Support and Mental well-being of Students

SAHYOG - Watch LIVE Session
Let us fight #COVID-19
**Art of Showing Gratitude
Making Life Meaningful**
Class - VI to XII
27 May 2021
(05:00 pm to 05:30 pm)
Live interaction with:
Mr. K Ganesh Moorthy
Practising Counsellor
Prof. C G Venkatesha Murthy
RIE - Mysuru, NCERT
National Telehelpline - 8448440632
IVRS PMeVIDYA : Toll Free Number - 8800440559

MANODARPAN
Initiative of Ministry of Education
for
Psychosocial Support and Mental well-being of Students

SAHYOG - Watch LIVE Session
Let us fight #COVID-19
Power of Positive Thinking
Class - VI to XII
07 June 2021
(05:00 pm to 05:30 pm)
Live interaction with:
Ms. Pooja sharma
Practising Counsellor
Dr. Rajiv Ranjan
RIE - NCERT, Ajmer
National Telehelpline - 8448440632
IVRS PMeVIDYA : Toll Free Number - 8800440559

MANODARPAN
Initiative of Ministry of Education
for
Psychosocial Support and Mental well-being of Students

SAHYOG - Watch LIVE Session
Let us fight #COVID-19
**Understanding CWSN:
Access to Online Education**
Class - VI to XII
18 June 2021
(05:00 pm to 05:30 pm)
Live interaction with:
Ms. Ritu Mahato
Practising Counsellor
Dr. Melissa G. Wallang
NERIE - Shillong, NCERT
National Telehelpline - 8448440632
IVRS PMeVIDYA : Toll Free Number - 8800440559

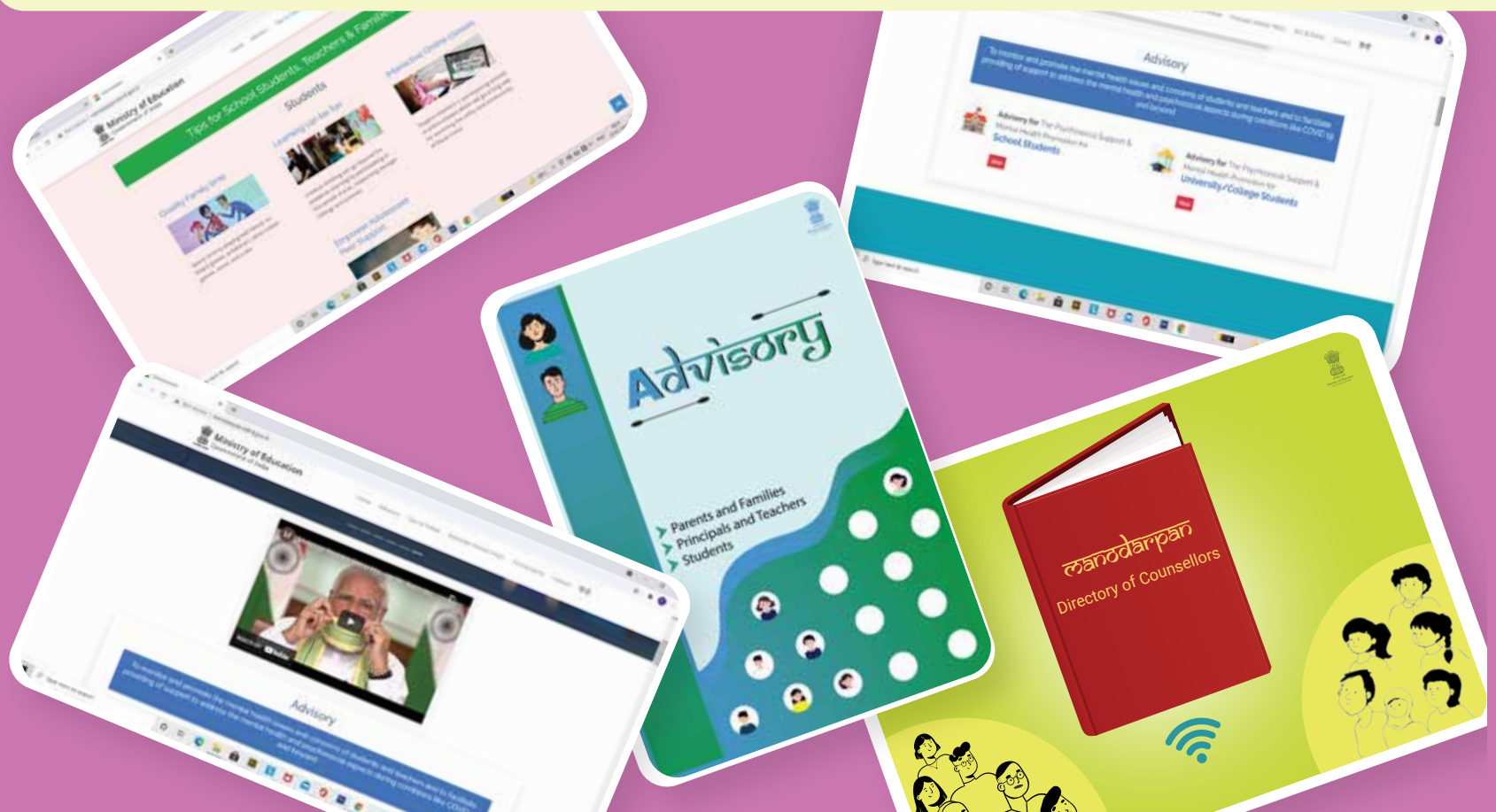
MANODARPAN
Initiative of Ministry of Education
for
Psychosocial Support and Mental well-being of Students

SAHYOG - Watch LIVE Session
Let us fight #COVID-19
**Art of Showing Gratitude
Making Life Meaningful**
Class - VI to XII
27 May 2021
(05:00 pm to 05:30 pm)
Live interaction with:
Mr. K Ganesh Moorthy
Practising Counsellor
Prof. C G Venkatesha Murthy
RIE - Mysuru, NCERT
National Telehelpline - 8448440632
IVRS PMeVIDYA : Toll Free Number - 8800440559

Manodarpan Web Page



The web page shares information and tips related to “Adolescence Stress: Psychosocial Support from my School” like Online Education, Webinars with Experts, Well-being Sessions and Peer to Peer Support. To assist students Learning of Life Skills, it also proposes how to become an independent learner, being positive, thanking courageous corona warriors and thinking of innovative solutions to problems. During lockdown, where families were confined in their homes the page suggests ways of Unlocking Family Togetherness by doing virtual meetups & word games, plan activities for kids, make "me" time and most importantly keeping a routine. Suggestions had also been made to parents like setting aside time to spend with each child by helping and joining online classes with your children.



The web page goes one step ahead by also including tips for parents to help children with special needs like create a new schedule for your child, teach them to take care of their personal hygiene, be in regular contact with your child's teachers/ counsellors for continuous support, practise self-care and create a happy family time.

A trip down memory lane...

A glance at a few practices in schools/colleges that made wonders during COVID-19 pandemic

During the Covid -19 pandemic, schools and colleges adopted strategies and practises to deal with the various issues and concerns arouse after the shift from regular school functioning to virtual school functioning. Below are some of the practises adopted by schools and colleges :

The walls of our school have always attempted to bring solace to students. In the times of pandemic, the school attempts through Yoga and Meditation for promoting physical and mental well-being of students. Emotional Wellness Activities such as maintaining gratitude journals etc. for enabling students to deal with their difficulties and dilemmas with a positive attitude and outlook, One on One Teacher-Student Relationship Building activity “SUN-SHINE CALLS” for providing help to students to let things off their hearts and not weighed down due to their emotional baggages, and anxiety. The Buddy System for ensuring that no newly admitted student suffers from academic pressure or socio-emotional problems, where a student is made a buddy to a newly admitted student of the same class, Mental Health Dictionary is held every Thursday, with discussion on psychological and mental health-related terminologies with students, wherein a particular alphabet is taken up and related terminologies are discussed thus creating awareness among the students.

To deal with the challenges of daily online classes, a Virtual Watercooler is practiced where an unstructured and spontaneous class period is conducted. In class activities such as art-based activities, various dance forms, integration of information from newspaper, life skills sessions, etc. are conducted.

Gurukul-The School, Ghaziabad, Uttar Pradesh

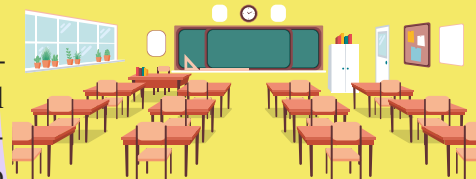
Peer Education Programme was initiated with the objective to empower students in knowledge, attitude and skills and thus strengthen the school environment for psychosocial well-being of the students. Our school has one of the largest peer educator group comprising of 100+ students from classes IX to XII. Establish meaningful contact with over 3500 fellow students of classes IV to XI. Interactive sessions on life skills, discipline, responsibility, anti-bullying, anger management, decision making, peer pressure, study skills, media literacy and many more are successfully conducted for students of various classes. Spreading awareness on ill effects of substance abuse has been taken up as a key focus area for senior classes. This programme is extended to Shiksha Kendra-a school for remedial teaching run by Delhi Public School, Gurugram for students from the underprivileged section of society also.

Since 2020, virtual peer education sessions are being conducted during the unprecedented times of COVID- 19 pandemic. Peer educators are involved in a series of Wellness Webinars and Let's Chat-the student helpline set up for grief counselling. They have also been creating motivating videos and podcasts to spread positivity in the wake of pandemic among the students.

Delhi Public School, Sec 45, Gurugram, Haryana

The Kerala Government has taken various measures to tackle the concerns of student's learning process as well as their mental health caused due to COVID pandemic. The government introduced classes through TV channel 'Kite Victors' with efficient teachers. But, in our school which is situated in a hilly and remote place where most of the students belong to families don't have a television for watching those live classes. So nearby institutions were approached to fund and this helped to provide television to such students. Follow-up classes based on the live classes on 'Kite Victors' channel are also held by teachers through Google Meet. There also we faced some problems related to insufficiency of smart phones and network problems. Students are very happy now because they can interact with their teachers live. Various competitions and celebrations through online are conducted to keep students meaningfully engaged such as Environment Day, World No Tobacco Day, Yoga Day, Reading Day, etc. With various activities, webinars related to these topics are also organised.

NSPHSS Puttady, Idukki, Kerala



सुलझती राहें

The ongoing pandemic related to COVID- 19 has caused lot of stress in students. At this time, there has been an urgent need of counselling both for students and their parents. In Jawahar Navodaya Vidyalaya Sangathan, counselling facility is provided to the students at Vidyalaya level through the appointed Counsellors. Students are given guidance in three domains of academic development, social-emotional development and career development. They are guided on how to deal with such problems so that it doesn't impact their studies and they develop certain problem-solving skills which help in dealing with troubling issues. In this process of counselling, students also learn to live in peace and harmony with others in the school. Students are given individual/ personal counselling, group counselling facing developmental or interpersonal issues. The counselling is provided to the students through Google meet and Telephonically.

All Jawahar Navodaya Vidyalayas are residential school wherein Peer educators are also involved for advocating and promoting positive behaviours among the students. Some of the responsibilities of Peer Educators include fostering a positive environment in the campus, presenting peer related topics etc. Community members are also involved with administration in creating a safer and healthier campus.

In Jawahar Navodaya Vidyalayas morning, PT and evening games/PT following covid guidelines is held so as to ensure that children exercise regularly which helps students to stay healthy, relaxed with reduced anxiety and helps in having a high self esteem.

At Navodaya Vidyalaya Samiti Headquarter, a tele-counseling service is provided to the students and parents of Jawahar Navodaya Vidyalaya through the Toll Free Number- 1800-180-7992. Any student or parent can call on this number to receive guidance and counselling.

Jawahar Navodaya Vidyalaya, Faridabad, Haryana

उत्तराखंड राज्य के दुर्गम स्कूलों में जब कोविड -19 विषाणु के प्रसार की घटनाएं बढ़ने लगी तब स्कूलों में पठन-पाठन बड़ी चुनौती बन गई थी, क्योंकि पहाड़ी क्षेत्रों में ऑनलाइन शिक्षण जैसी संभावनाएं अति न्यून हैं। परंपरागत शिक्षण न होने के कारण छात्रों में बढ़ रहे असंतोष और चिंताओं के निदान हेतु कोविड काल में विद्यालय के शिक्षकों ने सप्ताह में एक दिन बच्चों से उनकी पसंद, रचनात्मक कार्यों और सृजनात्मकता पर बातचीत की और बच्चों के अभिभावकों से संपर्क किया। कुछ नेटवर्क रहित स्थानों पर ग्राम प्रधानों से भी संपर्क किया गया जिससे छात्रों को स्कूल स्तर पर कोविड -19 महामारी से बचाव के तरीके, उनके विषय चयन, मार्गदर्शन और मनोवैज्ञानिक समस्याओं के संबंध में व्यक्तिगत रूप से भी समझ को विकसित किया गया। दूरदर्शन और टेलीविजन के माध्यम से भी परामर्श और निर्देशन कार्यक्रमों से अवगत किया गया। सुबह-शाम उनकी सेहत का हाल जानने के साथ ही व्हाट्सएप और फोन से संवाद कर दवा और इलाज के बारे में परामर्श देते रहे। स्कूल में कुछ ऐसे भी छात्र थे जिन्हें सहयोगी व्यवहार और सहानुभूति भाव से सहारा दिया गया और अनेक मुद्दे सुलझाने के लिए लगातार संपर्क में रहे और उन्हें अपनी समस्याओं को बताने के लिए प्रोत्साहित करते रहे। जब यह परामर्श छात्रों के लिए परिसर में सहायता स्रोत बनने लगा तब विश्वास से छात्रों को सक्रिय रूप से सुनने के कौशल का विकास और उनकी बातों में स्वाभाविक रुचि से स्वयं पर नियंत्रण का अभ्यास होना भी देखने को मिलने लगा। तकनीकी शिक्षण के द्वारा कठिन संबंधों को भी अब छात्र समझते हैं। कई अभिभावक आज भी अनपढ़ हैं परंतु उनके साथ भी संवाद से आज की कोविड जैसी चुनौती पर उनका सहयोग मिल रहा है और हमारे अधिकांश विद्यार्थी निरंतर अपने ज्ञान और शरीर में संवर्धन कर रहे हैं।

हमने अपने प्रदेश के दुर्गम छात्रों और उनके माता-पिता के साथ संवाद स्थापित किया और कोविड के समय भी उन्हें अपने साथ दैनिक गतिविधियों के साथ संपर्क में रखा। हमने विगत कई महीनों से योग और शारीरिक गतिविधियों को बढ़ावा दिया। परिणामस्वरूप आज हमारे छात्र अपनी प्रतिदिन के कार्यों को साझा कर रहे हैं। यदि शिक्षक और अभिभावक दोनों मिलकर एक-दूसरे को सहयोग करते रहेंगे तो कोविड जैसे महामारी से भी सफलतापूर्वक निपटा जा सकता है।

राजकीय इंटर कॉलेज, मिश्रयस पट्टी, देहरादून, उत्तराखंड

The Peer Education Program for our school is a preventive mechanism with many activities are undertaken in the Peer Education Program, such as Mental Health Matters- "Swaman", monthly peer education sessions are held, which include interactive sessions. Wednesdays For Well-being, Worry Jar, Mental First Aid, Lets Talk sessions, My Comfort Box where students put their thoughts and feelings about their Cherishing memories, Empathetic Ear, Smell of tranquillity, Positive affirmation quotes to remind inner strength, Writing Gratitude Journal etc.

Under the Peer Education Program activity booklets and toolkits are also developed. Also an official email is created for students to communicate their suggestions and complaints. A portal for parents has also been developed wherein they can express their worries and bring into attention other subjects of concern to the school administration.

ITL Public School, New Delhi

In our school we believe that 'Be, what you want to be.' Our vision has always been 'Education for Life', which is a combination of academics, life skills and talent. As a part of our consistent efforts to deliver this vision, we have hosted workshops on a wide range of topics such as gender sensitivity, 'say no to drugs' by red cross and 'being cyber law literate' etc. There are 30+ peer educators who attend such workshops. We consider that once a peer educator, always a peer educator. Peer educators also assist young people in developing their knowledge, attitude and skills that are necessary for positive behaviour. A 'Suggestion Box' is there outside the Counsellor's room for students who may hesitate to come forward and ask for help directly. It has enabled many students to reach out through anonymous messages and communicate their thoughts.

Adapting to the rapidly changing and uncertain times over the past one year, regular discussions through webinars like 'Samvedna' were conducted by peer educators on such topics as dealing with loss and grief, life skills education- inculcating resilience, mind your mind- mindfulness, story narration and singing by children with special needs etc. Painting competitions on themes of Mental Health were held. Besides this live Question-Answer sessions with experienced psychologists have also been organised.

Presidium, Indirapuram, New Delhi

कोरोना संकट में नकारात्मकता से बचने के लिए निरुशुल्क मनावैज्ञानिक परामर्श

सहजानंद ब्रह्मर्षि कॉलेज, आरा, बिहार के मनोविज्ञान के विभागाध्यक्ष-सह-राष्ट्रीय सेवा योजना के भोजपुर जिला नोडल पदाधिकारी डॉ कृष्ण चंद्र चौधरी की ओर से भी विद्यार्थियों के मानसिक स्वास्थ्य, दुख, भय, डर, अकेलेपन, चिंता, अनिश्चितता, निराशा, दबाव, तनाव प्रबंधन, मनोसामाजिक सरोकार और जरूरतमंद लोगों के लिए सर्वोत्तम प्रथा के रूप में स्वेच्छा से निरुशुल्क परामर्श। एक अनुपम पहल के द्वारा कॉलेज के 15 हजार विद्यार्थियों और अभिभावकों को कोरोना महामारी काल में मानसिक स्वास्थ्य संबंधी चिंताओं को दूर करने के लिए निरंतर मनोवैज्ञानिक परामर्श व मनोसामाजिक सहायता दी गई।

नवाचार के नाते मानसिक रूप से 24*7 समाज की भलाई के लिए तैयार हैं और अपना मोबाइल और व्हाट्सएप नंबर 7000595919 (दिन-रात राष्ट्र सेवा हेतु) सार्वजनिक कर दिया गया है। इसमें छात्र-छात्राओं के द्वारा ज्यादातर मानसिक स्वास्थ्य, मनोसामाजिक सरोकार, अकादमिक और कैरियर संबंधी मुद्दों से संबंधित प्रश्न पूछे जाते हैं, जैसे असन्तोष, कुंठा, कठिन समय का सामना करना, ऑनलाइन सीखने में कठिनाई, समय प्रबंधन करने में बाधा, अध्ययन की आदतों में सुधार के लिए रणनीति, आगामी परीक्षाओं की तैयारी, विभिन्न प्रवेश परीक्षाओं के बारे में जानकारी से संबंधित आदि।

माता-पिता (अभिभावक) प्रायः मनोसामाजिक मुद्दों, शैक्षिक और कैरियर से संबंधित प्रश्न पूछते हैं, जैसे एकाग्रता की कमी, स्कूलों, कॉलेजों और विश्वविद्यालयों के फिर से खोलने, व्यवहार के स्वरूप में बदलाव, बच्चों की मनोदशा में बदलाव, ऑनलाइन पठन-पाठन में परेशानी, प्रवेश परीक्षाओं से संबंधित प्रश्नों आदि के बारे में चिंता आदि।

कोरोना संकट में नकारात्मक प्रभाव से बचने के लिए निरुशुल्क मनावैज्ञानिक परामर्श परोपकार की सेवाभाव को मानवता के लिए सबसे प्रभावी होने के रूप में आम जन मानस में स्वीकार किया गया।



S.B. College, Ara, Bihar

Caterpillar to Butterfly

Our school made peer educators as our moto of progress. We have tailor made the program according to our needs. Some of the plans/strategies and activities are annual Peer Educators training programs for the schools in the vicinity, annual program on adolescent issues, Buddy system, care facility and inclusive education, cleanliness drive, community outreach program, Counselling cell with counsellors, peer educators and teacher mentors, disaster management training, group counselling, individual counselling, individualized learning program, leadership training and program, Life skills classes also are taken as integral part of curriculum and timetable. Teams such as POSCO team, cyber support team, Prefectural and such recognitions as Peer Educator Badges and facilities like the resource room for CWSN requirements etc. create a supportive and safe environment for one and all in the school.

Delhi Public School Vasundhara, Ghaziabad, Uttar Pradesh



Voices of Students

...Students opinion matter

...Students opinion matter

...Students opinion matter

...Students opinion matter

...Students opinion matter

...Students opinion matter

...Students opinion matter

...Students opinion matter



Your dark tough days make you strong. Or maybe you already were strong, and they made you prove it.



Asking for help is NOT attention seeking.

Just because you don't have it, doesn't mean people don't suffer from it.



One cannot prevent tragedies but, you can surely recover from them and you can make it path to move ahead in life.

Listening is often the best thing needed to support someone



Accepting oneself the way you are is the biggest achievement.



Finding your balance might be difficult but when you strike balance the experienced peace is indescribable.

We understand we might not be the one's you want to talk to. Just know that there are skilled people who can help you

My family is my heart that beats away my weakness and sorrows. It adds the most beautiful colours in my life.



Research Insights

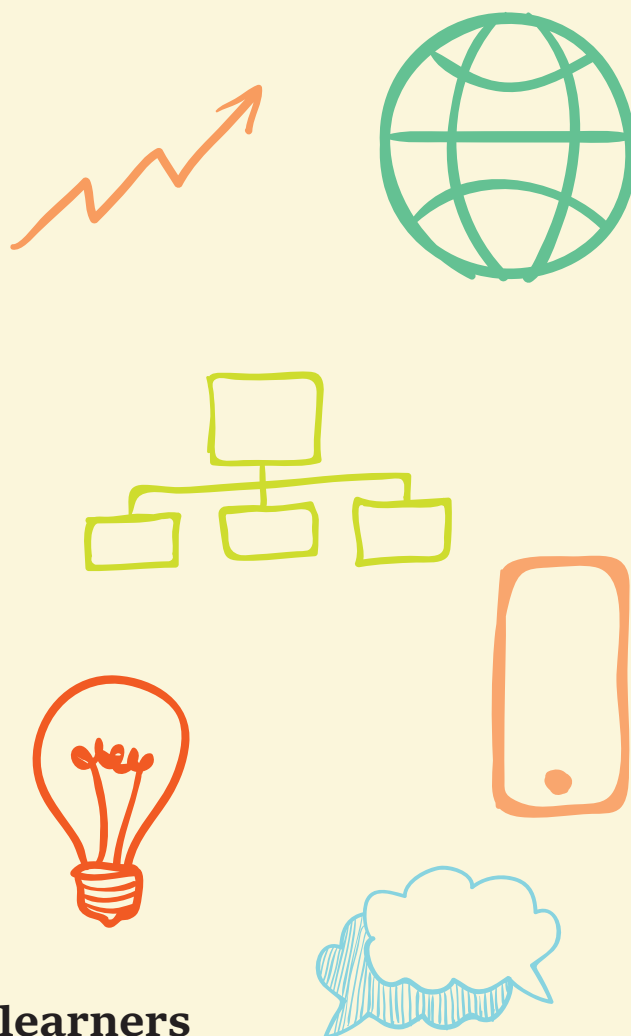
- 🔍 Negative emotional states are significantly associated with decreased time spent with family and friends and its effects
- 🔍 Increased vulnerability of students to mental health issues ranging from anxiety, depression, sleep disturbance and loss of appetite etc.
- 🔍 Increased stress level owing to fear related to the virus, studies and future career
- 🔍 Radiating waves of Digital screens like tablets, computers, and mobile phones can cause a variety of eye problems. As radiating waves may penetrate eye tissues contribute to damage to the retinal cells
- 🔍 Under conditions of stress, the secretion of cortisol and adrenaline hormones increases and this leads to suppression and effectiveness of the immune system

- 🔍 Students more prone to psychological issues like feelings of uncertainty, helplessness, outbursts, being withdrawn and self-harm
- 🔍 Observed changes in behaviour of students such as excessive crying and annoying behavior, increased sadness, depression, or worry, difficulties with concentration and attention, changes in, or avoiding activities that they enjoyed in the past

- 🔍 Students spent maximum time at home checking daily details about COVID-19 spread
- 🔍 Worried about their family members
- 🔍 Increased incidences of increased sleep duration; disturbed sleep; financial crisis, etc
- 🔍 More concern about health, and future
- 🔍 Rise in domestic disharmony due to job loss or reduced income
- 🔍 Quarantined individuals experienced higher levels of stress.

Learnings

- Increased interactions with family and taking part in family responsibilities/work
- Induced people to learn and use digital technology
- Increasing digital literacy and improved the use of electronic media for sharing information
- Increased technological literacy and saved travelling time of students.
- Online classes offered more flexible in time and space
- Positive changes such as increase in hygiene practices.



Caring concerns for the wellness of the learners

- To develop interventions to address student and college students' emotional and psychosocial needs.
- Ensuring adequate sleep and include a healthy diet.
- When schools are functioning online, arranging classes in community centers through TV screens, creating community learning spaces with internet and computer facilities.
- Community pooling of resources like audio, video, books, discussion forums for multiple learning options.
- Regular eye check-ups by schools guidelines for eye care advised to keep the device one-foot away from eyes - every 20 minutes of near screen work, take 20 seconds to look outside the window into distance.
- Support to children with learning disabilities giving particular attention to their safety and protection concerns.
- Teacher skill development on inclusive education, special pedagogy and accessible learning materials be made available.
- Parents to interact with the children about the content of the shows, selecting on-screen programs related to Covid-19 wisely.
- Parents to spend quality time with children.

Manodarpan in the News

मनोदर्पण कार्यक्रम से छात्रों का बढ़ता मनोबल

July 6, 2021 - by NewsxIndia - Leave a Comment



बंगलूर, 28 मई 2020, समाचार

राज्य | STATE

విజయ కనాళిక

దేశద 6 వలయగళల్లి 260 శిక్షకర నేమక | వీన్సతేయల్లిరువ విద్యాధిగళగే సాంత్వన | స్వజభ్యయింద సలక పడేయలు ఆవకాశ విద్యాధిగళగే కౌన్సలింగ

బృహత్పడ 6 వలయగళల్లి 260 శిక్షకర

అధికారికంగా ప్రకటించిన వివరాల ప్రకారం, దేశద 6 వలయగళల్లి 260 శిక్షకర నేమక | వీన్సతేయల్లిరువ విద్యాధిగళగే సాంత్వన | స్వజభ్యయింద సలక పడేయలు ఆవకాశ విద్యాధిగళగే కౌన్సలింగ

యవ వలయ	శిక్షకరు
వలయ 1	48
వలయ 2	42
వలయ 3	56
వలయ 4	42



భేటి కౌండి
http://ncert.nic.in

लॉक डाउन में कैसे रखें अपना ख्याल- संदीप तिवारी काउंसलर

सिरमौर, (नि.प्र.)। कोविड-19 जैसी वैश्विक महामारी के कारण संपूर्ण देश में जहाँ लाखों लोग अपने घरों में कैद होकर रह गए हैं। ऐसे में हमारी दैनिक दिनचर्या क्या हो और कैसे लाक डाउन में हम अपना खयाल रखें। तब कैसे प्रसन्न रहें यह हमारे लिए एक चुनौती बना हुआ है। इस तरह की चुनौतियों का सामना करने के लिए नियुक्त किए गए एनसीईआरटी काउंसलर संदीप तिवारी ने अनेक समाधान सुझाए हैं। हम इनका उपयोग करके स्वस्थ एवं प्रसन्न रह सकते हैं। उन्होंने बताया कि लाकडाउन में भी हम अपनी दिनचर्या नियमित एवं संयमित रखनी चाहिए। हमें सुबह घर पर ही 25 से 30 मिनट नियमित व्यायाम करना चाहिए, जिससे हम पूरा दिन ऊर्जावान रहें। हमें ऐसे व्यायाम करना चाहिए जिससे हमारे शरीर में एंडोर्फिन का स्राव हो सके।



जीवों के संक्रमण से बचने के लिए हमें पोषक एवं संतुलित आहार लेना चाहिए। तथा विटामिन सी युक्त फलों का सेवन हमें रोज करना चाहिए क्योंकि विटामिन सी हमारी रोग प्रतिरोधक क्षमता को बढ़ाता है। हम अपनी रोग प्रतिरोधक क्षमता बढ़ाकर सर्दी, जुकाम एवं वायरस जनित रोगों से बच सकते हैं। विटामिन सी हमें खट्टे फलों जैसे मुसम्मी, नींबू, टमाटर, आंवला आदि में प्रचुर मात्रा में पाई जाती है। घर पर रहकर भी हम व्यस्त एवं मस्त रह सकते हैं। खज-खज्राएँ एवं बड़े भी अपनी जरूरत के हिसाब से ऑनलाइन कोर्सिंग को कर सकते हैं। तथा घर में ही रखी काली की किताबें अखंड ज्योति और कोर्स की किताबें पढ़कर हम अपने ज्ञान को बढ़ा सकते हैं। इस लाकडाउन में कुछ समय हमें अपने अपने हितों पर ध्यान देना पड़ेगा।

एनसीईआरटी के मनोदर्पण कार्यक्रम बढ़ रही शिक्षण की गुणवत्ता : वशि

भारत न्यूज़ | सोनीपत

वर्चुअल ऑनलाइन कक्षाओं तथा बदलती जीवन शैली के कारण छात्रों में शारीरिक, मनोसामाजिक, भावनात्मक और मानसिक स्वास्थ्य संबंधी समस्याओं पर नियंत्रण पाने के लिए शिक्षा मंत्रालय एवं साक्षरता विभाग ने 'मनोदर्पण' कार्यक्रम किया जा रहा है। इसके तहत एनसीईआरटी के मंच से पीएम ई विद्या चैनल के माध्यम से देश भर से विषय विशेषज्ञों और परामर्शदाताओं का पैल का गठन करते हुए छात्रों को रचनात्मक ढंग से ऑनलाइन शिक्षा और परामर्श को विस्तृत श्रृंखला शुरू की है। केंद्रीय विद्यालय संगठन से मनोदर्पण पैल के वरिष्ठ परामर्शदाता तथा समावेशी शिक्षा विशेषज्ञ राजेश वशिष्ठ ने बताया कि

विशेषज्ञों द्वारा चरणबद्ध नवोन्मेष से सजीव ऑनलाइन कक्षाओं के से छात्रों को पाठ्यक्रम पढ़ाया है। छात्रों में आत्मविश्वास, नव व रचनात्मकता बढ़ी है। विद्यालय डॉपआउट घटा है, छात्रों का टाइम पर नियंत्रण हुआ है, गुणवत्ता शैक्षिक ऑडियो-वीडियो संसाधनों विकास हुआ है तथा छात्र आपदा प्रबंध में भी पारंगत हो रहे हैं। जिसके कारण अभिभावकों पर आर्थिक बोझ कम हुआ है। छात्रों के कौशल विकास के साथ स्वस्थ जीवन कौशल को पाठ्यक्रम तथा जीवन से जोड़ा गया है ताकि महामारी के पश्चात भी परिकल्पित संसाधनों पर आधारित परामर्श से छात्र भावनात्मक, मनो सामाजिक और मानसिक स्वास्थ्य को बेहतर बनाते

मानव संसाधन मंत्रालय ने त्वरित मनो दर्पण हेल्पलाइन

हाऊ टू गेट सक्सेस में बताया सफलता का मंत्र

कोरोना महामारी ने एनसीईआरटी के द्वारा छात्रों के मानसिक स्वास्थ्य और उन्हें सकारात्मकता से जोड़ रखने के लिए ऑनलाइन कार्यक्रम का संचालन लगातार संक्रमणका में किया जा रहा है। एनसीईआरटी के स्वयंसेवा चैनल से किशोरों में पेटेंटफर्म पर ऐसे ही कार्यक्रमों के आयोजन किए जा रहे हैं। जिसमें समूचे देश के प्रसिद्ध गुरुकुल प्रदाता और विद्वान छात्रों को मार्गदर्शन कर रहे हैं। 1. सफलता का मंत्र

मनोदर्पण हेल्पलाइन व वेबपोर्टलची देशभरात सुरुवात

जल्मावच्या समुपदेशक लीना चौधरीची निवड

आले. शारीरिक समस्याबरोबर मानसिक दृष्ट्या सुदृढ रहावीत. तसेच विद्यार्थ्यांना विविध परीक्षा, तसेच अध्यासप्रश्नांची माहिती, प्रवेश मोफत प्राप्त करून देण्याची कोठी ही व्यवस्था करण्यात आली आहे. देशभरातील 60 तज्ञ समुपदेशक, मानसशास्त्रज्ञ यांची निवड करण्यात आली आहे. यात महाराष्ट्रातील दोन समुपदेशकांचा समावेश आहे. सध्या व समान मिळाला आहे. जल्माव येथील गोदावरी इन्स्टीट्यूट ऑफ मानसिक व मानसिक मिडीयम स्कुलच्या समुपदेशक लीना चौधरी तसेच चंद्रशेखर येथील अखिल पेठकर ह्यांनी एमएचआरटी पेटेंटफर्म विद्यार्थ्यांनी व पालकांनी तसेच इतर नागरिकांनी संपर्क करून आपल्या शैक्षणिक व मानसिक समस्यांचे निराकरण करावे असे सूचबल आहे. त्याकरिता ह्या शिक्षका वरवी टोल फ्री क्र. 18001800000 व 18001800000 वर संपर्क करावा असे

मनोदर्पण ने किया राष्ट्रीय स्तर की वेबीनार का आयोजन

आंचलि

विद्यार्थियों की समस्याओं का समाधान करेंगी निष्ठा खुंगर

मानव संसाधन मंत्रालय ने काउंसलिंग के लिए किया चयन, टोल फ्री नंबर किया जारी

मनोदर्पण अभियान पर बोले विद्यार्थी

विद्यार्थी लीना चौधरी



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हेलो मनु, कैसे हो तुम? मैं तुमसे बात करना चाहती हूँ। आजकल कुछ भी अच्छा नहीं लग रहा।

हेलो! क्यों क्या हुआ? इतनी परेशान क्यों हो?



आजकल उठने का ही मन नहीं करता। ना स्कूल ... ना कैटीन। ना किसी का आना, ना जाना।

बिल्कुल ठीक। इस वायरस ने तो सबकी जिन्दगी ही बदल कर रख दी है। लेकिन हम अकेले नहीं, पूरी दुनिया इसी नाव में सवार है। जब भी लगे कि मन अच्छा नहीं है ..मनपरसंद संगीत सुनो, दिमागी कसरत (ब्रेन जिम) करो, खास व्यंजन बनाओ, पौधे उगाओ या किसी भी शौक में समय बिताओ।



देखो न मेरा वजन भी घर बैठकर काफी बढ़ गया है।



अरे! मोटापा की समस्या तो कोई नई नहीं है। इसके लिए एरोबिक्स करो, डांस करो... सब यूट्यूब पर ही तो है।



पर इस डर का क्या करूँ ... परीक्षा, प्रवेश, नौकरी, भविष्य, चिंता ही चिंता...

चुनौतियां तो जीवन का हिस्सा है.. इनसे डरो मत... हर दिन कुछ नया सीखो। देखो.. मैंने फाइनैशियल लिटरेसी का कोर्स किया है। न जाने कितने ही ऐसे ऑनलाइन कोर्स हैं! क्यों ना हम जूम या गुगल मीट पर एक साथ मिलें, एक ऑनलाइन रीडिंग क्लब शुरू करते हैं.. बस..



सुख-दुख बांटने से मन हल्का रहता है। डरो नहीं... यह समय भी बीत जाएगा। कुछ भी सदा के लिए नहीं होता।

पता नहीं हर स्थिति को इतने पॉजिटिव होकर कैसे सुलझा लेते हो। तुमसे बात करके मैं चिंतामुक्त हो गई।

STRATEGIES FOR PARENTS, TEACHERS AND STUDENTS

Strategies for Parents



Do's

- ✓ Discuss facts and information about Covid- 19 from authentic sources to reduce fear.
- ✓ Create a safe, secure, accepting, and emotionally warm environment.
- ✓ Create a home routine and ensure that their child must-play or do exercise, yoga, eat nutritious meals on time, get enough rest and adequate sleep;
- ✓ Schedule a family circle time.
- ✓ Practice mindfulness, compassion and gratitude.
- ✓ Practice what you preach - listen first before you react; accept mistakes, model healthy behaviour, respond calmly to emotionally charged situations.
- ✓ Encourage involvement of the child in daily chores to develop sense of responsibility.

Don'ts

- ✗ Panic or over react in day-to-day life situations and don't discourage them from asking questions as this is a reassurance-seeking behavior indicating distress.
- ✗ Let their own frustration, anxieties and anger outburst affect the home environment.
- ✗ Positively reinforce or pamper the child unnecessarily as it encourages bad habits and undesirable behavior.
- ✗ Burden the child with issues they themselves cannot handle.
- ✗ Make unrealistic expectations from the child.
- ✗ Be afraid of setbacks as challenges are part of life.
- ✗ Ignore physical and psychological symptoms of the child.
- ✗ Create a threatening environment that deters the child to share her/his emotional problems.
- ✗ Hesitate to seek professional help if required.



Strategies for Teachers

Do's

- ✓ Create a happy, caring, and inclusive classroom.
- ✓ Engaging students in expressive art activities in a safe supportive environment.
- ✓ Promote physical, social and emotional competency and build resilience in the classroom.
- ✓ Equip with latest researches, technology, and developments in the field of education.
- ✓ Be prepared to listen and ask questions.
- ✓ Be non-judgmental, empathetic, patient, calm and accepting in your approach.
- ✓ Reward good behavior and negatively reinforce undesirable behavior.
- ✓ Focus on kindness, gratitude and exercise compassion
- ✓ Seek help from authorities and outside agencies
- ✓ Work with parents as partners (involve them in classroom activities).
- ✓ Make time to take care of yourself.

Don'ts

- ✗ Ignore non-verbal signs and symptoms of deviance in behavior of students in class.
- ✗ Punish any child physically, tease, humiliate or use harsh words or torture mentally.
- ✗ Leave students unattended.
- ✗ Be judgmental, impatient and prejudiced in your verbal and non-verbal communication.
- ✗ Pressurize the students to stay busy, instead engage them in experiential learning.
- ✗ Make personal comments to shatter the self esteem of the child.
- ✗ Rush into decision making without assessing the situation holistically.

Strategies for Students

Do's

- ✓ Learn a new skill, inculcate reading habits and develop some hobbies.
- ✓ Follow a flexible routine or schedule. It must include
 - exercise (Yoga, aerobics, dance, and mild exercises);
 - healthy and balanced diet;
 - sleep hygiene (sound sleep of 7-8 hours);
- ✓ Create a happy family time – praying together, exercising together and discussing good old memories which bring happiness.
- ✓ Practise gratitude, empathy, compassion and mindfulness.
- ✓ Be a help to your grandparents - give them medicines; help them in their routine work, seek their guidance.
- ✓ Nurture plants and be sensitive to your environment.
- ✓ Be loving and caring towards pets and take their responsibility.

Don'ts

- ✗ Have an unrealistic self-image and expectations.
- ✗ Bully or harass others to vent your frustration.
- ✗ Be afraid to reach out when faced with some challenge or difficulty.
- ✗ Flaunt internet etiquette while taking online classes.
- ✗ Get influenced by negative people or bad peer group.
- ✗ Let unhelpful habits dominate your personality due to stress.
- ✗ Hesitate to share any issue with your parents / teachers that constantly bothers you.
- ✗ Use social media inappropriately



Frequently Asked Questions During COVID-19 Pandemic

QUESTION 1: I am a student of class VI. Due to lockdown I miss my school, especially meeting my friends. All days have become same and boring. How do I feel motivated amidst such situation?

ANSWER: It's true that you must be missing school, friends and teachers. Take this lockdown period as a blessing in disguise. Spend more time with your family. Pursue hobbies that you might have wanted for long such as photography, reading, write a story, cooking without fire- learn sandwich making, simple tossed salads, gardening, learning public speaking or create your own puzzle frames. Speak to your teachers/Counselor in school or at Manodarpan helpline #8448440632 about your interests & challenges. They can guide you. Your music teacher or dance teacher may send music, dance or art lessons through small video clippings. You may connect virtually with your cousins, friends and teachers through the means of social media. Let's make maximum utilization of this time and learn new things, things that can help you in your future as well. Remember this shall pass too as it is also a temporary situation.



**FIND
ANSWERS**

QUESTION 2 : I am a student of class IX studying in a well-established school of New Delhi. Since the beginning of online classes, I find it difficult to maintain concentration over a long period of time. Sitting in front of a screen with no classmate sitting beside me, looking at my teacher through a screen either makes me sleep or leads me to get distracted easily. Kindly suggest ways to combat this problem

ANSWER: We know it's a stressful situation for all of us and true, it is leading to long hours on computer and definitely making you lazy. There are certain things which can really help you:

- Keep your spirits high and uphold a positive spirit to overcome these critical times.
- Refrain from sitting in the bedroom whilst you take your on-line lessons.
- Practice Yoga – it helps to sustain concentration
- Be proactive. Call up your friends if they too face a similar situation. Speak to your teacher- she can give you tips to cope up and also make class activity oriented and interesting.
- Pamper yourself with nutritious and healthy snacks.
- Look around how the whole education system is working on a proactive way to keep you going and happy.

QUESTION 3: I am a 16-year-old boy in Delhi, current lockdown has unexpectedly affected my sleep cycle. It has become a routine for me to go to bed late at night causing laziness and restlessness. How do I fix my sleep schedule amidst lockdown?

ANSWER: Fix a sleep schedule and regulate your biological clock and your sleep patterns will be automatically fixed. Reduce activities that cause stress or excitement before going to sleep like sitting in bright light (computer / phone), listening to loud music or news related to pandemic Covid-19 etc. Avoid afternoon naps, eat light dinner, avoid electronics before going to bed. Make a routine to get up early in morning and spend some time for exercise, yoga or meditation. This will help to reduce your stress and anxiety, and keep you active throughout the day.





QUESTION 4: I am 20 years old; I follow a good routine. On the other hand, my family is a complete contrast. During this unprecedented lockdown, my family gets up late in the afternoon. As a result, I spend my mornings alone. Similarly, at the end of the day, when I am tired and drowsy, they are the most energetic. While I go to bed early, my family is awake till early morning. To conclude, I end up spending minimal time with them. Our thoughts do not match any more. This is causing anxiety within me. I am full of concern regarding the recent emotional drift. How can I overcome this situation?

ANSWER: Time management in modern day living is also the hallmark of life management skills. You are self-aware which is good to know, however, it is understandable that you feel lonely as there is a mismatch of routine within family. Firstly, speak to your family to make a schedule that is possible. You may also suggest to them, if they need to complete household chores, set a time limit, work to complete them within the time limits. Put things that are most important at the top and do it with them together. If it is easier, use a planner to track all of your tasks and do not forget to reward yourself and family for their accomplishment. To overcome anxiety, seek to learn relaxation techniques that will eliminate stress and anxiety in minutes. Distress yourself with alternate muscles relaxation and brief breathing control exercises. For instance: Begin by sitting or lying down in a comfortable position. Your eyes can be open or closed. Inhale for 4 counts, and then exhale for 4 counts.

QUESTION 5: I'm a student of class XI. Off and on I hear my parents worried about losing their jobs or wondering how they will pay their subsequent EMI's? Though they do not discuss anything in front of me and my younger sister, however we can sense their worries. I'm not able to focus on my academics. Kindly guide.

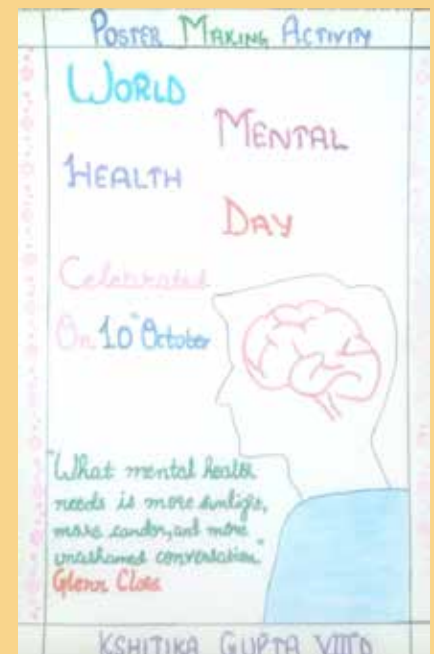
ANSWER: True, this is actually testing time for all of us, however, remember we have to fight out these moments of crisis. Firstly, sit with your parents and discuss your feelings. Get clarity on these issues. They might assure you that they have savings. All parents plan for future still see if you can avoid any major and unnecessary expenses and be a support to them. Try to help out your parents with simple household chores. That will give them a feeling that you are responsible and understand them. Stay positive and hopeful, this is temporary.



QUESTION 6: I'm a parent of two children and this pandemic has taken my peace of mind. Though we do not discuss anything in front of our children I feel my children worry a lot. My younger daughter asked me once if we are all going to die. I think I need some tips to cope. Kindly guide.

ANSWER: Children are likely to be experiencing deep emotions like worry, anxiety and fear which may include the types of fears that could be similar to those experienced by adults, such as fear of dying, losing a family member etc. Create a safe physical and emotional environment by practicing these tips:

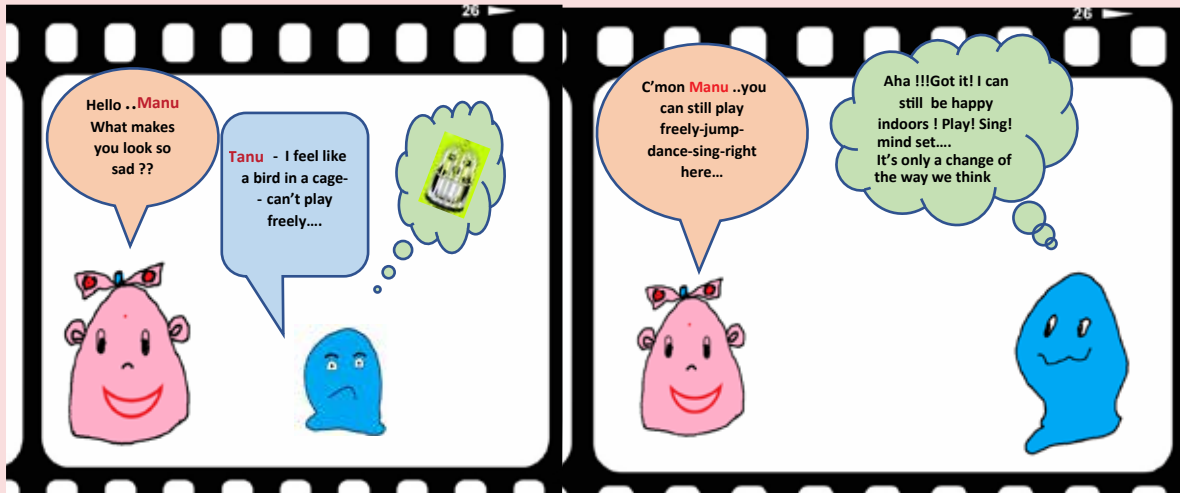
- Reassure children about their safety and safety of their loved ones.
- Maintain routines to provide children with a sense of safety and predictability.
- Adults should support children's development of regulation. When children are stressed, their bodies respond by activating their stress response systems. To help them manage these reactions, it is important to both validate their feelings and encourage them to engage in activities that help them self-regulate, for example: Exercise, deep breathing, mindfulness, meditation activities and regular routines for sleeping and eating.
- Remember! You are not alone, Millions of people have the same fears as us.
- Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.



QUESTION 7: I am 19 years old, 1st year student of Mass Communication. For the last one year, I have been low in self-confidence and just cannot face people and tend to become extremely nervous. I have been often dominated by others and I can never answer back. Please help me, how do I work on my self-confidence and self-esteem?

ANSWER: Our positive self-concept and self-confidence is so important to maintaining good mental health. To begin with, make a clear assessment of your strengths and weaknesses, as your strengths will evolve as your confidence. Nurture strengths and make them a part of your personality. Learn to be assertive in order to avoid unnecessary domination. Ascertain your boundaries and communicate. Don't hesitate to tell your friends when they trample your feelings or cross boundaries. Work out exactly what you want to accomplish and set goals. This will bring structure and you'll have clarity and purpose about what your life is about. Include work, family, social and personal aspects and each time you achieve a goal, give yourself a little reward. The feeling of accomplishment will increase your confidence significantly.





National Level Helpline Numbers for Psychosocial support

8448440632

Helpline No. of Manodarpan, Ministry of Education for Psychosocial Support

18001212830

Helpline No. of National Commission for Protection of Child Rights (NCPCR) for Tele-counselling

8046110007

Helpline No. of National Institute of Mental Health and Neurosciences (NIMHANS) for Psychosocial Support

1800599019

Helpline No. of Rehabilitation Council of India (RCI) for Mental Health Rehabilitation

8047192224

Helpline No. of Indian Association of Clinical Psychologists(IACP) for Psychosocial Support and Suicide Prevention

1800118004

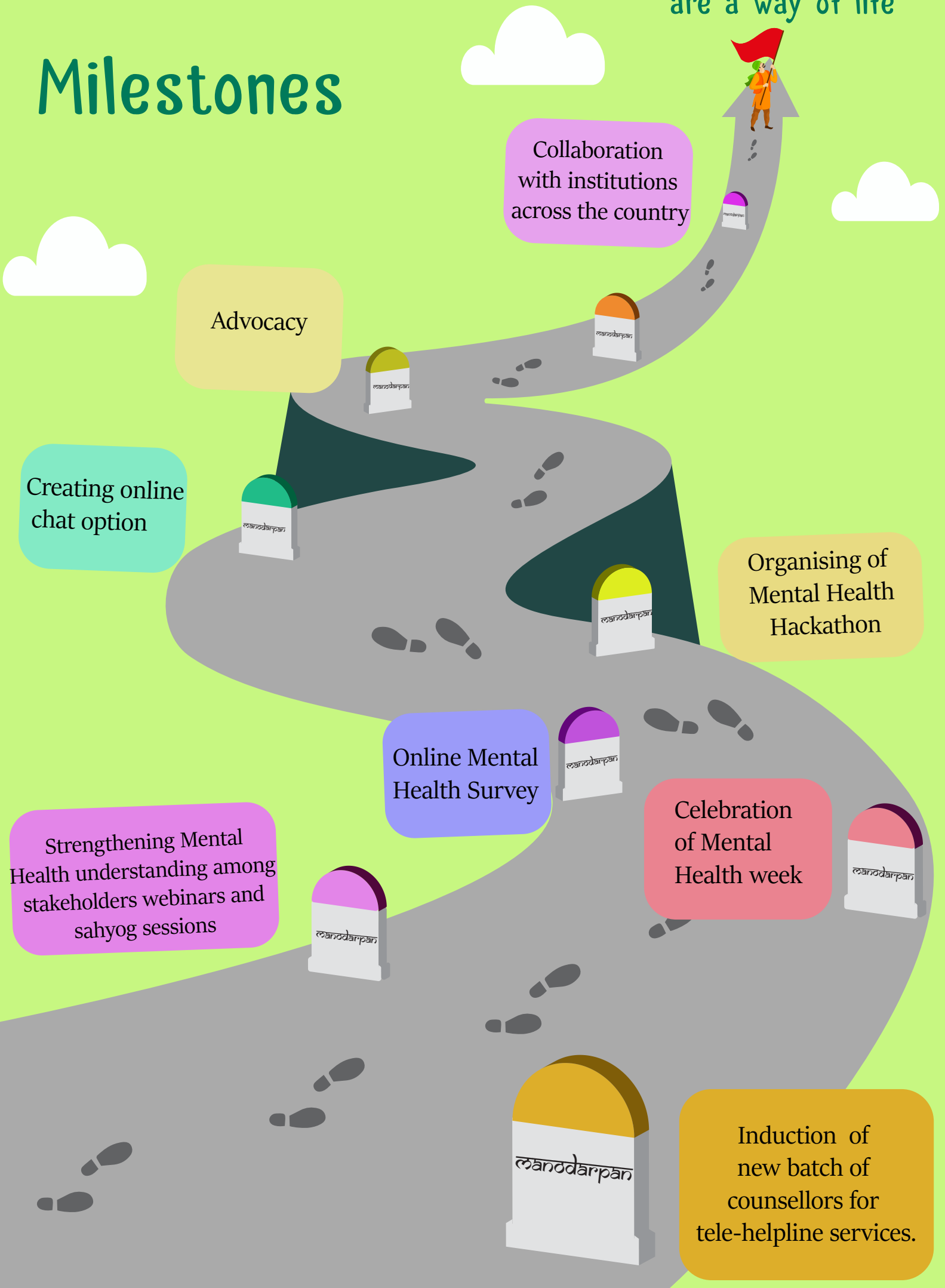
Helpline No. of Central Board of Secondary Education (CBSE) for Tele-counselling (during pre-exam and post results).

022-25521111

Psychosocial Helpline No. of Tata Institute of Social Sciences (TISS)

Where wellness and well-being
are a way of life

Milestones



Childrens' Expressions on canvas

