

MANODARPAN:

The Ministry of Education, Govt of India has created a web page named “Manodarpan” on its website to provide psychosocial support for Mental Health & Well-being during the COVID – 19 outbreak and beyond. The web page contains advisory, practical tips, posters, videos, do’s and don’ts for Psychosocial support, FAQ and online query system. Also, a National Toll Free Helpline (**8445440632**) for country wide outreach to students from schools, colleges and universities has also been set up which will provide tele-counselling to address their mental health and psychosocial issues.

All the faculty members, teaching, non-teaching, research staff are requested to make their colleagues, co-workers and students aware of this facility and encourage them to visit the web page and follow the available guidelines. They may also be made aware of the availability of the Mental Health & Counselling Committee (MH&CC) at Jamia Millia Islamia and the email and telephone helpline being operated by the MH&CC.

For Manodarpan website, click the link: <http://manodarpan.mhrd.gov.in/>