

Tele MANAS is a comprehensive mental health care service provided by National Tele Mental Health programme of India under the Ministry of health and family welfare

Toll free numbers provided by them to get in touch with counsellor are:

Dial 14416 or Dial 1-800-891-4416

or

24x7 Manas Setu portal App

UGC Guidelines on Uniform Policy on Mental Health and Well-Being for Higher educational institutions (Circulated by UGC on 13th January 2026)

Guidelines (Attach)

To build a robust Mental Health Ecosystem in Higher educational Institutes (HEIs), aligned with the National Education Policy (NEP) 2020 and the Vision of Viksit Bharat 2047, in line with the Sustainable Development Goal 3 of the United Nations (to ensure healthy lives and promote well-being for all at all ages), a uniform mental health framework across all the HEIs is essential. This policy is designed to prioritize student and faculty well-being as a key pillar of quality education and institutional excellence to achieve holistic development through a uniform mental health framework across all the HEIs.

The following are the objectives of the guidelines:

- Build a sustainable ecosystem of psycho-social support that integrates promotion, prevention, early detection, intervention, for an inclusive and empathetic environment.
- Ensure translation of guidelines into practice via evidence-based interventions and measurable outcomes across HEIs.
- Establish a dedicated Mental Health & Well-being Centre (MHWBC) and Mental Health & Well-being Monitoring Committee to create pathways for early identification of issues and concerns for timely management.
- To sensitize students, faculty and staff for effective promotion of mental health and well-being through awareness, advocacy and well-structured capacity building programmes
- To ensure sustainable family-institution partnership to provide psychosocial support and establish mechanisms for linkages with the community referral services
- To develop a structured accountability via monitoring, compliance, and annual reporting

In essence, the guidelines aim to shift universities from a reactive stance to a proactive, preventive, and participatory mental health approach.

A Mental Health & Well-being Monitoring Committee (MHWMC) **is constituted in IPR** for the following:

- Organizing Awareness and capacity building programmes for all the stakeholders.

- Engage Mental Health Professionals (MHP) during the orientation programmes for freshers for the well-being of students.
- Hold regular Mental Health surveys to identify and manage problems related to stress, distress and socio-emotional adjustment as well as to develop life- skills.
- Provide immediate support, intervention and referral if required.
- Maintain anonymized records of the stakeholders.
- Shall establish Linkages with external experts and service providers.
- Telecounselling helplines such as TeleMANAS, Manas setu portal or other emergency helplines such as UGC Anti-Ragging Helpline, Women's Helpline etc. will be publicized.

The concerned can write to mhwbmc@ipr.res.in for assistance.