



राष्ट्रीय प्रौद्योगिकी संस्थान मणिपुर
NATIONAL INSTITUTE OF TECHNOLOGY MANIPUR

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An Autonomous Institute under MHRD, Govt. of India.

No.NITM.1/(7-Estt)/Order/2019/ 213

Dated: 3rd August 2020

Circular

Sub: Manodarpan- An initiative by MHRD of psychosocial support to students, teachers and families for mental health and emotional well-being – Reg

In the wake of the outbreak of COVID-19 pandemic, MHRD has launched an initiative called 'MANODARPAN' to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the COVID-19 outbreak and beyond. The initiative was launched by the Hon'ble Union Minister of HRD and a webpage has been created on the do's and don'ts, FAQs, online query system and other resources for psychosocial support. The website can be accessed at the following link:

<http://manodarpan.mhrd.gov.in>.

A unique helpline number managed by a pool of experienced counsellors/ psychologists and other mental health professionals was also launched. The National Toll-Free Helpline No is: **8448440632**.

All students, teachers, staff and their families can access the above link and toll free number for free tele-counselling for any mental and psychosocial issues.

(Prof.Kh.Manglem Singh)
Registrar i/c

Copy:

- (i) PS to the Director, NIT Manipur
- (ii) All Deans
- (iii) All HODs and faculty members
- (iv) All Assistant Registrars
- (v) Technical Officer for providing the link and the Toll free No. in the Institute website
- (vi) Notice Boards