



**Shri Vile Parle Kelvani Mandal's  
Mithibai College of Arts, Chauhan Institute of Science and  
Amrutben Jivanlal College of Commerce and Economics**



**Empowered Autonomous - Affiliated to University of Mumbai**

**NAAC Accredited A++ Grade, CGPA: 3.55 (November 2024)  
Best College (2016-17), University of Mumbai**

Date: - 27.11.2025

## **NOTICE**

### **NATIONAL HEALTH MISSION**

#### **Tele Mental Health Assurance and Networking Across States (Tele-MANAS)**

All Degree College students are hereby informed that the *Tele Mental Health Assurance and Networking Across States (Tele-MANAS)* initiative, launched by the Ministry of Health & Family Welfare, Government of India, is now active for providing free, round-the-clock mental health support and counselling services.

To enhance **reach and accessibility**, the Tele-MANAS **mobile application** has been launched in **English and Hindi**, and efforts are in progress to introduce more **regional language versions** for wider student support.

The **QR code for downloading the Tele-MANAS App** is enclosed herewith. Students are requested to scan the QR code and download the app on their mobile phones. The same may be shared across digital platforms and among peers for wider awareness.

For immediate mental health assistance, students may contact the **Tele-MANAS Helpline Numbers: 14416 (toll-free) AND 1800-891-4476 (toll-free)**.

*Krutika*

Prof. Krutika B. Desai  
Principal

*Bohke*

- C.C: 1. College Website  
2. All Vice Principal  
3. Karuna Jaggi, Counsellor, SKVM  
4. I/c Registrar  
5. Mr. A. S. Jadhav

Mr. Chaudhary  
Notice to be  
prepared &  
put on website  
to create awareness  
26/11/2025

MITHIBAI COLLEGE  
INWARD

Prated.



Inward No.: 2648  
Received on: 26/11/25  
Sign: [Signature]



आचार्य मनिष र. जोशी  
सचिव

Prof. Manish R. Joshi  
Secretary

विश्वविद्यालय अनुदान आयोग  
University Grants Commission  
(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

D.O.No. 2-25/2023(CPP-II)(C.125338)

22 कार्तिक, 1947/13<sup>th</sup> November, 2025

**Subject: Tele Mental Health Assurance and Networking Across States (Tele MANAS)-  
reg.**

**आदरणीय महोदया/महोदय,**

Students are the fulcrum of the higher education system and the future of any nation. Promoting their mental health and overall well-being is of utmost importance, as it directly influences their academic performance, personal growth, and holistic development. Recognizing this, the Ministry of Education (MoE) and the UGC have launched several initiatives to support students' well-being. Notable among these is the MANODARPAN initiative, which provides psychological support to students. In addition, the UGC has issued Guidelines for the Promotion of Physical Fitness, Sports, Students' Health, Welfare, and Psychological and Emotional Well-Being in Higher Educational Institutions.

In this direction, the Ministry of Health and Family Welfare (MoHFW) launched the Tele Mental Health Assurance and Networking Across States (Tele MANAS) programme on October 10, 2022, coinciding with World Mental Health Day. This initiative aims to provide free, round-the-clock tele-mental health services across the country, with a special focus on reaching individuals in remote and underserved areas. Since its launch on 10<sup>th</sup> October 2022, Tele MANAS has received an overwhelming response, handling over 23 lakh calls through 53 operational cells across all States and Union Territories. Services are available free of cost, 24x7, in 20 languages.

To meet the growing need for specialized care, the MoHFW piloted a Video Consultation Platform in some selected states, which has now been expanded nationwide. This enables real-time consultations with mental health professionals, particularly helping students in remote or underserved areas.

To further enhance reach and accessibility, the English and Hindi version of the Tele MANAS mobile application has been launched, and efforts are underway to introduce more regional language versions. The QR code for the app is enclosed for sharing across digital platforms and on the campus.

In this context, Higher Education Institutions (HEIs) are requested to help spread awareness by:

1. Wide dissemination of the Tele MANAS helpline numbers - 14416 and 1800-891-4476 through websites, student handbooks, social media handles, and digital boards on campuses.
2. Promotion and display of the Tele MANAS mobile application QR code in prominent locations including notice boards, libraries, hostels, and counselling centres.


Contd.

3. Screening and streaming of IEC videos developed by the Ministry, tailored for different demographics. These may be showcased during student orientations, wellness weeks, and other relevant events. Google Drive Link for IEC Videos: [https://drive.google.com/drive/u/6/folders/1B\\_EvQV3Gv80Moz\\_x5T-mhVoKsVCEWEKU](https://drive.google.com/drive/u/6/folders/1B_EvQV3Gv80Moz_x5T-mhVoKsVCEWEKU).
4. Encourage faculty and student bodies to act as peer champions for mental health, helping reduce stigma and improving service uptake.

सादर,

भवदीय,

संलग्नक: उपरोक्तानुसार

  
(मनिष जोशी)

सेवा में,

सभी विश्वविद्यालयों के कुलपति।  
सभी महाविद्यालयों के प्राचार्य।



Ministry of Health & Family Welfare  
Government of India



*Scan the QR Code  
to download the  
Tele-MANAS app*



Annexure - 1

To download **Tele MANAS app** from the Google Playstore, you can follow any one of the following steps -

1. Scan the QR code given below to download the app on your android smartphone (QR)



2. You can directly download the app from the link given below (QR)

<https://play.google.com/store/apps/details?id=org.telemanas.citizen>

3. Open 'Google Play store' on your android device and search for 'Tele MANAS' Select the app and then download and install the same