



AVALON WORLD SCHOOL WAGHODIA

ACADEMIC SESSION 2025-26

AWSW/CIRCULAR/2025-26/24

Date: 25-08-2025

Dear Parent,

Greetings from Avalon World School Waghodia!

The Ministry of Health and Family Welfare, Government of India, has started an important programme to make mental health support easy to reach, free from fear or stigma, and friendly for young people. This programme is called the National Tele Mental Health Programme (Tele-MANAS). It provides free, safe, and private help for mental health concerns at any time of the day (24x7) for everyone in India, especially for students and young learners.

Since its launch on 10th October 2022, Tele-MANAS has received over 23 lakh calls through 53 dedicated cells across States and Union Territories. Services are currently available in 20 languages, managed by trained mental health professionals. To make these services more accessible to students, the Ministry has also introduced:

- A Video Consultation Platform for real-time and confidential interaction with professionals.
- The Tele-MANAS mobile application (available in Hindi and English), with additional regional languages to be added soon.

We request your support in this initiative by discussing with your ward the importance of mental health and making them aware of the availability of Tele-MANAS services. Together, we can work towards nurturing a confident, healthy, and emotionally resilient generation.

Kindly note:

- Tele-MANAS helpline numbers are- 14416 and 1800-891-4416
- The QR code for the Tele-MANAS mobile app is given below:



PRINCIPAL

Principal
Avalon World School
Waghodia

