



BLDEA's



S B Arts and K C P Science College

Vijayapur

An Awareness program

On

Tele-MANAS

BY

Student Counseling Cell

Date: 20/06/2024

Time: 10:00 am



B. L. D. E. ASSOCIATION'S
S. B. ARTS AND K. C. P. SCIENCE COLLEGE
Smt. Bangaramma Sajjan Campus, Shri B. M. Patil Road (Solapur Road), Vijayapur-586 103
Accredited with CGPA of 2.99 at 'B' Grade in 4th Cycle by NAAC
(Affiliated to Rani Channamma University, Belagavi)
Website: www.bldeasbkcp.ac.in E-mail: bldeasbkcp@gmail.com



Notice

19/06/2024

All the students are hereby informed that as a response to the UGC letter D. O. No. 2-25/2023(CPP-II) dated 04th April 2024 to publicize about Tele MANASA , Student Counseling Cell of the college is arranged awareness program on 20/06/2024 in LH 10 at 10:00 am . Interested students can attend this program.

(M3) *[Signature]*
19.6.24
[Smt. Malati Chanagond]
CHAIRMAN
Student Counseling Cell



आचार्य मनिष र. जोशी
सचिव



सत्यमेव जयते

75
आज़ादी
अमृत महोत्सव

विश्वविद्यालय अनुदान आयोग
University Grants Commission

शिक्षा विभाग, भारत सरकार
(Ministry of Education, Government of India)

Prof. Manish R. Joshi
Secretary

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

04th April, 2024/ 15 चैत्र, 1946

Subject: Regarding landmark initiative of Tele Mental Health Assurance and Networking Across States (Tele- MANAS)

Respected Madam/Sir,

As you are aware, the Ministry of Health and Family Welfare has launched a landmark initiative of Tele Mental Health Assurance and Networking Across States (Tele MANAS) on 10th October, 2022 on the occasion of World Mental Health Day, which aims to provide free tele-mental health services all over the country round the clock, particularly catering to people in remote or under-served areas.

In this regard, it is stated that a toll-free, 24x7 helpline number 14416 or 1800-891-4416 has been set up to cater and deliver the health care services to the last mile free of cost and Tele MANAS has performed commendably since its launch, which further needs popularizing amongst masses creating awareness about the availability of such service which is free of cost and available 24x7.

Further, the new logo (copy enclosed) has been launched to Tele- MANAS at the National Health Mental Health Conclave on the occasion of World Mental Health Day- 2023 i.e., 10th October, 2023 and the 1st anniversary of NTMHP.

The Higher Educational Institutions are requested to widely publicize about the Tele- MANAS helpline which is available for the benefit of those in need of mental health and wellness services, free of cost and available 24x7.

With kind regards,

Yours sincerely,


(Manish Joshi)

Encl: As stated above.

To
The Vice-Chancellors of all Universities
The Principals of all Colleges/Institutes



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Awareness Program on Tele MANAS

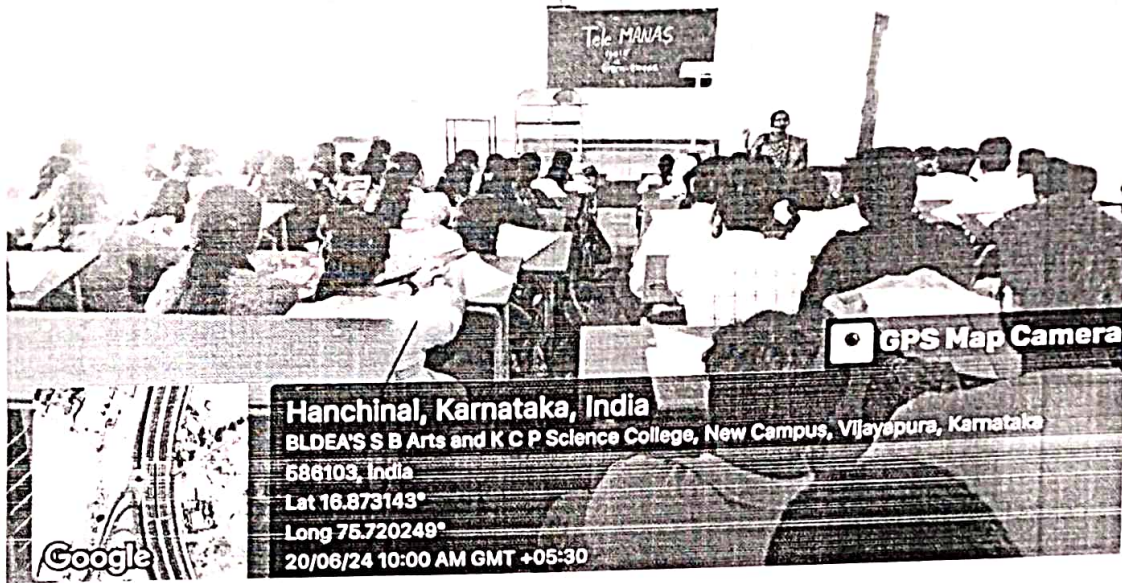
The Student Counseling Cell of the college as a response to the UGC letter D. O. No. 2-25/2023(CPP-II) dated 04th April 2024 to publicize about Tele MANASA , a program is arranged on 20/06/2024 in LH 10 at 10:00 am. The Cell Co ordinator Mrs. Malati Chanagond informed the students about the aim and usefulness of this initiative.

The Tele Mental Health Assistance and Networking Across States (Tele-MANAS) initiative was launched by the Ministry of Health and Family Welfare. It aims to provide free Tele-mental health services all over the country.

Photo : The Cell Chairman informing about Tele MANAS helpline



Photo : The Cell Chairman informing about Tele MANAS helpline



In normalizing the sharing of mental health issues and getting in time support and help, this initiative is proved beneficial. In this regard a toll free 24×7 helpline number **14416 or 1800 891 14416** is set up to deliver the service. The programme includes a network of 38 tele-mental health centers of excellence spread across 27 States and UTs, providing mental health services in over 20 languages and over 1600 trained counselors running the first-line services. NIMHANS Bengaluru is the nodal centre.

M3 
20.06.24

CHAIRMAN
Student Counseling Cell



IQAC, Co-ordinator
S.B.Arts & K.C.P.Science College,
Vijayapur.

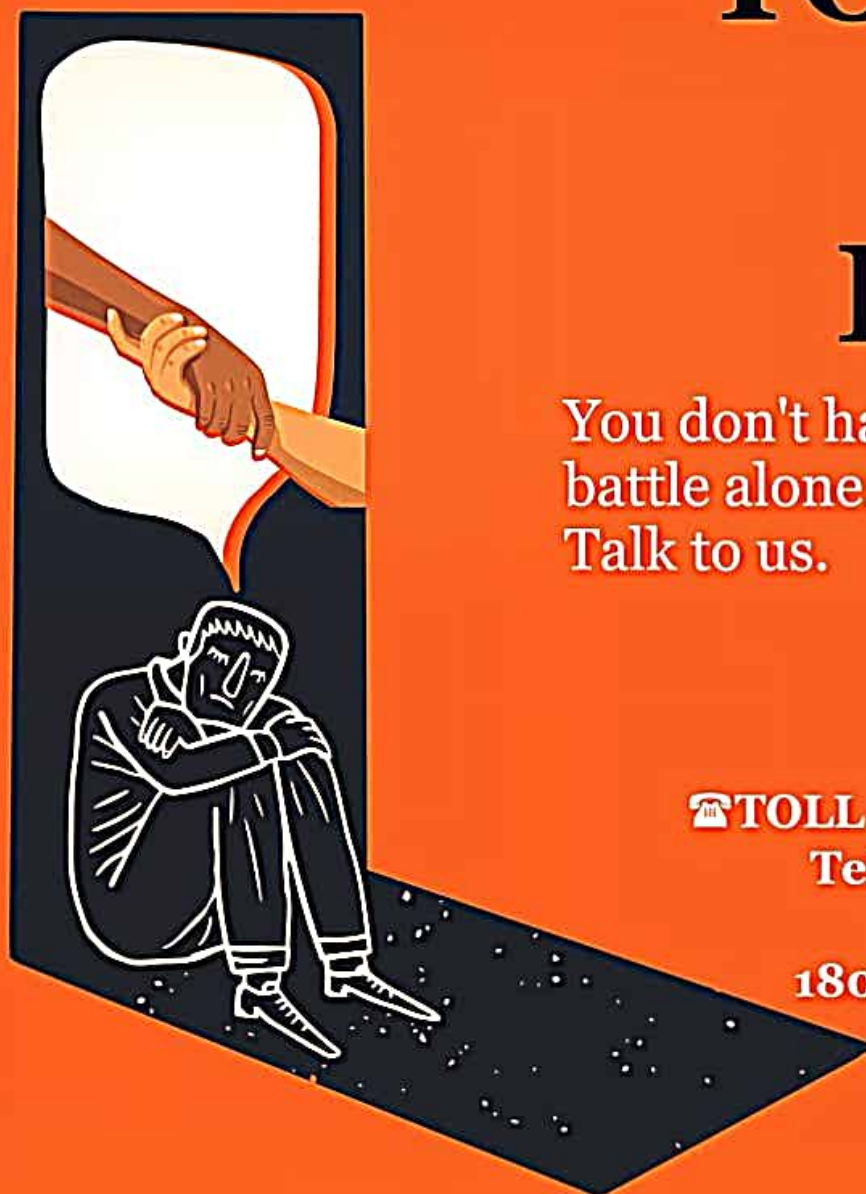


Principal,
S.B.Arts & K.C.P. Science College,
VIJAYAPUR.



IT'S OKAY TO ASK FOR HELP

You don't have to fight your
battle alone.
Talk to us.



TOLL FREE NUMBER
Tele MANAS:
14416
1800-89-14416



You don't have to suffer anymore.

**Don't bury
your
emotions**

**Don't
suffer in
silence**

**Don't be
ashamed to
share your
story**

**Don't let
your stress
ruin your
day**

**Don't
feel as a
failure**

**Don't
fight
alone**



**Call Tele MANAS
Toll-free number
14416
1800- 8914416**

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S B Arts and K C P Science College, Vijayapur

Awareness about Tele MANAS

Students Attendance List

Date: 20/06/2024

Sl No	Name of the Student	Signature
01	Sushmita . G. Tangamashetti	S. G. Tangamashetti
02	Sheetal . P. Kadimani	Kadimani.
03	Supriya. Zunjarwad	Supriya
04	Aishwarya. Hiremath	AH
05	Suma. S. Hitralli	SH
06	Amruta. B. Shiroor	AB
07	Rakshita. S. Tawarkhed	Ravarkhed
08	AKshata. Adagal	AK
09	Shivaleela. Malakarwad	S.R.N
10	Shreya. Patil.	SEP
11	Jyoti. Bilwar	Jyoti. C.B.
12	Kavya. Angadi	K
13	Shunain Nalaz	Sh
14	Aishwarya Patil	Apatil
15	Nikhil.	N
16	Ambareesh. Kage	Ambareesh
17	Satish Hurdali	Satish
18	Vinayak. Bhosale	Vinayak
19	Akash. Hirekarwad.	Akash
20	Jatappa. V.	Jatappa
21	Deepak. S. Patil	Deepak
22	Shankar. Mehi	Shankar
23	Abhishek. K. Rathod	Abhishek
24	Someshkar M.linge	Someshkar
25	Vishwanath. G. Dudagi	Vishwanath
26	Ravi. D. Chavhan	Ravi
27	Santosh. D. Kokatanur	Santosh
28	Yashwant. R. Chavan	Y. R. Chavan
29	Vikas. M. Chavhan	Vikas
30	Vinayak. S. Rathod	Vinayak
31	Malikarjun Kubakaddi	Malikarjun
32	Amit. S. SONNA	Amit
33	Rohul. Jawali	Rohul
34	Bangareppa. Vadre	Bangareppa
35	Kiran. Sanjanal	Kiran
36	Malappa. Badarabond	Malappa
37	Duraduodappa. S. Math	Duraduodappa

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Feedback of Students

Awareness about Tele MANAS

This is very helpful to everyone. Thank you for making ~~to~~ this awareness about mental health & personal issue to solve problems.

- Sushmita. C.J.

Tele Manas helps us to relive from the mental health. Like depression, over excitement. etc. One can come over of this. Which helps everyone who are under mental health. It is very useful.

Today we know about the 'Tele Manas' it is more helpful to the who are facing mental issues like depression, stress etc. it was very useful to all those facing this mental disorder. Thank you so much mam, for explaining this one.

this is really helpful to us. Thank you central government to give this opportunity for telling and sharing our problems with you. - Abhishek. Rathod.

IQAC, Co-ordinator
S.B.Arts & K.C.P.Science College
Vijayapur.

M31 20.6.24

CHAIRMAN
Student Counseling Cell

Principal,
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