

GOVERNMENT OF ANDHRA PRADESH

**OFFICE OF THE
DIRECTOR OF TECHNICAL EDUCATION
ANDHRA PRADESH:: MANGALAGIRI**

Cir.Memo.No. H/1213/2024

Dated: 14.09.2024

CIRCULAR

- Sub: Technical Education – Stress Management, Healthy Life Skills, Physical Health and Mental Well-being - Constitution of Polytechnic Wellness Team (PWT) - Orders issued – Regarding.
- Ref: 1. As per the instructions DTE Dt.31-08-2024
2. Approved vide e office File No.EHE02-17/54/2024-H SEC-CTE,
Dt: 14.09.2024

I would like to draw your attention to the various physical and mental health related ailments and issues that are prevalent among the students in the adolescent age group, and particularly in those who are studying in polytechnics. There are around 1.3 lakh students studying in polytechnic colleges in Andhra Pradesh. Due to academic pressure and other influences, students are suffering from stress and anxiety.

2. Ministry of School Education, Government of India has issued **UMMEED (Understand, Motivate, Manage, Empathize, Empower, Develop)** guidelines with the underlying theme of "Every Child Matters" to all the states. These guidelines provide directions to schools and colleges for enhancing sensitivity, understanding, and providing support in case of reported self-harm. These guidelines also emphasize nurturing the partnerships between school, colleges, parents, and community for fostering societal support as a critical strategy for preventing suicide and reducing the stigma associated with suicidal behaviour.

3. Another related issue is the rising problem of drug and substance abuse, and significant tobacco use among adolescents and young adults as they are most vulnerable to the exposure to such addictions. Ministry of Social Justice and Empowerment, Government of India has launched **Nasha Mukh Bharat Abhiyaan (NMBA)** (<https://nmba.dosje.gov.in/>) with an aim to create awareness about ill effects of substance abuse among the youth, with special focus on education institutes, and schools and reaching out into the community. Similarly, Ministry of Health and Family Welfare, Government of India has issued guidelines for **Tobacco Free Educational Institutions (ToFEI)** by having suitable signage (<https://ntcp.mohfw.gov.in/assets/document/TEFI-Guidelines.pdf>) in and around the educational institutions.

4. There are other programmes being organized by Department of Health, Government of Andhra Pradesh such as **Anaemia Mukh Bharat Campaign** (<https://nhm.gov.in/images/pdf/Nutrition/AMB-guidelines/Anemia-Mukh-Bharat-Operational-Guidelines-FINAL.pdf>),

National Deworming Days (Twice an year in months of February and August) for addressing health issues pertinent to adolescents. These are being organized through the extension staff of the Health Department, Government of Andhra Pradesh in the respective Polytechnic Colleges. These are a part of the overall Polytechnic Health Programme that has been under implementation for the last few years

(https://nhm.gov.in/New_Updates_2018/NHM_Components/RMNCHA/AH/guidelines/Operational_guidelines_on_School_Health_Programme_under_Ayushman_Bharat.pdf)

5. Considering the massive efforts and outreach by Government of India and State Governments for ensuring overall well-being of students, all the Principals of the Government / Aided / Private polytechnic Colleges offering diploma courses are hereby instructed to constitute Polytechnic Wellness Team (PWT) in their respective colleges as a part of "**Stress Management, Healthy Life Skills, Overall Mental and Physical Wellbeing**" with the core theme of "**Every Child Matters**".

6. The composition and objectives of Polytechnic Wellness Team (PWT) are as follows:

Polytechnic Wellness Team (PWT)

Principal	Team Leader
Polytechnic Counsellor from among the HOD's	Team Coordinator for all Physical and Mental Wellbeing related issues of Students.
One Lecturer from each branch	Members
Representative of College Development Committee	Member
Peer monitors @ one Student per each class	Members

Note: Among the Lecturers of PWT, one member should be female.

Objectives and Activities of PWT:

OBJECTIVE	ACTIVITIES
Encouraging Peer Support.	Group activities, clubs, events, etc.
Organizing relaxation activities on a regular basis for reducing Stress.	Yoga, Meditation, Art, Music, Gardening, Dance, etc.
Providing Channels for Expression.	Access to a trained counsellor, help boxes or suggestion boxes to express concerns and seek help.
Compiling Resources to Seek Support.	Helpline numbers, phone numbers and email ids of Counsellors and PWT members, brochures and pamphlets on causes, risk factors, protective factors, warning signs, etc.
Integrating Mental Well-being in polytechnic college Functioning.	Daily interactions, open discussions, assembly time, different programmes, subject-teaching, etc.
Creating a Safe Environment in college and Beyond.	Locking empty classrooms, lighting up dark corridors, cleaning gardens and areas with excess growth of grass.

Building Awareness about Mental Well-being among all Stakeholders.	Through Role plays, Storytelling, Situation Acting, Rallies, Posters, Exhibitions, Annual Day themes, etc.
Creating learning Environment	<ul style="list-style-type: none"> v. Class-wise sections shall be formed randomly, not based on academic performance of the students. vi. Shall not criticize the students based on academic performance. vii. Daily assessments should not be conducted on days succeeding Public Holidays. viii. Installation of fans with anti-hanging devices in hostels shall be made mandatory.

Meetings and Follow-up Activities of Polytechnic Wellness Team (PWT)

4. Polytechnic Wellness Team (PWT) **shall conduct meetings on monthly basis (preferably 1st Monday of every month** or the succeeding working day if 1st Monday is a holiday) to highlight and discuss all the issues pertaining to student well-being and especially the ones mentioned above, conduct review of the activities undertaken, take up audit of safeguarding facilities in institutions, provide a forum to all stakeholders to discuss and resolve issues and build awareness and capacity of all members.
5. **Maintenance of Anecdotal Records:** Anecdotal records shall be maintained to carefully document at-risk behaviour of **vulnerable students** who are resorting to self-harm, substance abuse, tobacco addiction, or showing symptoms of distress and anxiety. The records of students who have physical health-related ailments should also be maintained as a part of the **Polytechnic Health Programme**. Access to the anecdotal record shall be limited only to PWT- members. **There should be strict observance of the Right to Privacy and individual records should not be displayed to anyone other than the students or parents with their consent.**
6. **Follow-up Activities:**
 - vii. A **safety net** shall be created around vulnerable students with the involvement of peer monitors and polytechnic counsellors.
 - viii. **Follow-up** with respect to the vulnerable students shall be carried out on a regular basis in consultation with their parents.
 - ix. **Need-based support** shall be extended to the vulnerable students including **psychological counselling** and providing **referral to psychiatrists**.
 - x. **Referral of severely anemic students and other students with serious ailments or impairments** should also be done to the specialists in secondary and tertiary healthcare institutions as per requirement as part of School Health Programme.
 - xi. The particulars of PWT members and their reports shall be uploaded in Jnanabhumi portal of Board of Intermediate Education through the respective college logins on a quarterly basis by 5th of every quarter. Junior Colleges are encouraged to upload the training, capacity building, and information dissemination activities taken by PWT in the form of short videos of 1-2 minutes in Jnanabhumi portal. **Individual names or**

records of vulnerable students should NOT be uploaded on Jnanbhumi portal under any circumstances.

xii. Any deviation in this matter shall be viewed seriously.

Capacity Building of PWT

- iv. The Polytechnic Counsellors of all the polytechnic Colleges of all the managements shall attend the mandatory training programmes conducted by the State Board of Technical Education, Andhra Pradesh.
- v. The Polytechnic Counsellor shall organize training programmes and workshops for other members of PWT in the **first quarter of every academic year** in consultation with Psychologists / Psychiatrists / Other Agencies have specialization.
- vi. Physical copies of the booklet "**Exam Stress Management and Healthy Life Skills**" shall be maintained in all the colleges and encourage the students to read. The same should be uploaded in the school / college website also and distributed among students through digital media.

Mental Health Helpline Numbers

The following organisations are extending Tele-counselling and Helpline Services for students to help them cope with stress and anxiety and provide counselling and consultation services through trained Mental Health Workers and Specialists.

AP Telemanas - 14416 (Toll Free)

Roshini Helpline - 8142020044, 8142020033

1Life - 7893078930

NIMHANS - 080 46110007 (Toll Free)

**Sd/- G GANESH KUMAR
DIRECTOR**

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**B. Ramakrishna
SUPERINTENDENT**