

**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

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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>),