



BOARD OF INTERMEDIATE EDUCATION, ANDHRA PRADESH TADEPALLI, GUNTUR

File No: [ESE51-14/35/2023-ERTW SEC-BIE](#) Dated: 09/02/2024

C I R C U L A R

Sub: BIEAP - ERTW - Stress Management, Healthy Life Skills, Physical Health and Mental Well-being - Constitution of School Wellness Team (SWT) - Orders issued - Regarding

Ref: Memo No. 2232523/ PROG-I/A2/2023 Dated. 15-10-2023 of School Education, A.P

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 intermediate education. There are ten lakh students studying in intermediate education 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 for enhancing sensitivity, understanding, and providing support in case of reported self-harm. These guidelines also emphasize nurturing the partnerships between school, 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 Mukt 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-Mukt-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 Junior Colleges. These are a part of the overall School Health Programme that has been under implementation for 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 / Private Aided /Private Unaided/Co Operative / A.P. Residential / Social Welfare Residential / Tribal Welfare Residential / Incentive / A.P. Modal Junior Colleges/ KGBV/ High School Plus and Composite Degree Colleges offering Two Year Intermediate Course in General & Vocational Streams are hereby instructed to constitute **School Wellness Team (SWT)** 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 School Wellness Team are as follows:

SCHOOL WELLNESS TEAM (SWT)

School (Junior College) Principal	Team Leader
School Counsellor (Junior College Counsellor) from among the Junior College Lecturers	Team Coordinator for all Physical and Mental Wellbeing related issues of Students.
One Teacher / Junior Lecturer from each Group	Members
Representative of School Management Committee / College Development Committee	Member
Peer monitors @ one Student per each class	Members

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

Objectives and Activities of SWT:

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 SWT members, brochures and pamphlets on causes, risk factors, protective factors, warning signs, etc.
Integrating Mental Well-being in School Functioning.	Daily interactions, open discussions, assembly time, different programmes, subject-teaching, etc.
Creating a Safe Environment in School 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"> i. Class-wise sections shall be formed randomly, not based on academic performance of the students. ii. Shall not criticize the students based on academic performance. iii. Daily assessments should not be conducted on days succeeding Public Holidays. iv. Installation of fans with anti-hanging devices in hostels shall be made mandatory.

Meetings and Follow-up Activities of SWT

1. **SWT 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.
2. **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 **School Health Programme**. Access to the anecdotal record shall be limited only to SWT 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.**

3. **Follow-up Activities:**

- i. A **safety net** shall be created around vulnerable students with the involvement of peer monitors and school counsellors.
- ii. **Follow-up** with respect to the vulnerable students shall be carried out on a regular basis in consultation with their parents.
- iii. **Need-based support** shall be extended to the vulnerable students including **psychological counselling** and providing **referral to psychiatrists**.
- iv. **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.
- v. The particulars of SWT 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 SWT 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 Jnanabhumi portal under any circumstances.**
- vi. Any deviation in this matter shall be viewed seriously.

Capacity Building of SWT

- i. The School Counsellors of all the Junior Colleges of all the managements shall attend the mandatory training programmes conducted by the Board of Intermediate Education, Andhra Pradesh.
- ii. The School Counsellor shall organize training programmes and workshops for other members of SWT in the **first quarter of every academic year** in consultation with Psychologists / Psychiatrists / Other Agencies have specialization.
- iii. 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)

Enclosures:

1. **UMMEED Guidelines** issued by Department of School Education & Literacy, Ministry of Education, Government of India.
2. Link for furnishing the particulars of School (Junior College) Counsellor

Saurabh Gaur Ias

Commissioner

09/02/2024