

## **Revision in home-page: pl copy and past in relevant section- so that deificencies can be overcome and few errors can be corrected:**

Pl use collapsible text writing style

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### **MANSIK SHAKTI FOUNDATION**

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The Mansik Shakti Foundation is a non profit organization registered as Section 8 under Companies Act 2013, Govt. of India, with a mission centered around promoting mental health and academic excellence, particularly for students.

Mansik Shakti Foundation is a mental-health initiative dedicated to strengthening emotional well-being, promoting awareness, reducing stigma, and improving access to mental-health support through innovation, research, and compassionate care. The Foundation was established considering that mental health is an essential component of overall well-being and should be accessible, understandable, and available to every individual. We focus particularly on students and young adults who face increasing emotional challenges in modern academic and social environments.

Through preventive strategies, screening systems, digital platforms, wellness programs, and collaborative care models, Mansik Shakti seeks to bridge the large treatment gap existing within society. We believe emotional difficulties should be identified early before they progress into severe distress. Our initiatives integrate technology, clinical understanding, psychometric systems, and community-based support to improve emotional care pathways.

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### **VISION**

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The vision of Mansik Shakti Foundation is to create an ecosystem where mental health is recognized as a fundamental part of health and where every individual has access to timely, safe, affordable, evidence-based, and compassionate emotional support. We envision a future in which emotional difficulties are identified early, stigma is reduced, and individuals receive support before conditions become severe.

Our vision extends beyond treatment and focuses on prevention, awareness, resilience-building, and innovation. We believe emotional well-being should become an integral component of educational institutions, workplaces, and communities. Through technology-driven mental-health systems, screening tools, wellness initiatives, and collaborative care pathways, we aim to improve accessibility and reduce barriers to support.

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### **CHALLENGES OF STUDENTS MENTAL HEALTH**

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Students today face unprecedented emotional and psychological pressures. Academic expectations, competition, examination stress, social comparison, relationship difficulties, financial concerns, family expectations, loneliness, uncertainty regarding the future, and digital overload contribute significantly to emotional distress. Many students silently experience stress, anxiety, burnout, low mood, sleep problems, and emotional exhaustion without seeking support.

Mental-health concerns among students represent a growing public-health challenge.

- Large treatment gaps more than 85%
- Stigma, and lack of awareness,
- Student mental health has become a major public-health concern worldwide,
- Growing prevalence of emotional and psychological difficulties among young people.
- Studies indicate that **30–50% of students report significant stress symptoms**, more than 25% suffer from depression, more than 7% have ideas of suicide and approximately 13000 students die due to suicide every year, at least 10-15% of these make an attempt of self-harm.
- Burnout, loneliness, sleep disturbances, emotional exhaustion, and fear of failure are increasingly common in educational environments.
- Reports also suggest that **many students experience emotional difficulties during their academic years**, yet a large proportion do not receive timely support.

Academic pressure, examinations, competition, social expectations, relationship concerns, uncertainty regarding careers, and increasing digital dependence contribute significantly to emotional burden. Many students continue to struggle silently because emotional difficulties often develop gradually and remain unrecognized. Stigma, fear of judgement, lack of awareness, confidentiality concerns, and shortages of mental-health professionals further widen the treatment gap.

The consequences can be substantial. Persistent emotional burden may result in reduced concentration, poor academic performance, burnout, social withdrawal, sleep difficulties, emotional distress, and worsening psychological well-being. Untreated problems may progress toward severe vulnerability and crisis situations.

These findings highlight the urgent need for preventive mental-health systems focused on **early identification, emotional support, counselling, and accessible digital solutions** that can provide support before emotional suffering becomes severe.

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## OUR PROGRAMME

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The Mansik Shakti programme focuses on preventive, supportive, and scalable mental-health services designed to improve emotional well-being and bridge gaps in care. The programme

combines emotional education, This program offers wellness initiatives and psychometric screening for mental health condition.

The core philosophy of our programme is early intervention. Rather than waiting for severe emotional illness to emerge, the programme seeks to identify emotional difficulties early and provide structured pathways toward support. Students can access emotional conversations, wellness content, screening options, counselling referral systems, and specialist support where necessary.

The programme is designed to function through collaborative care models integrating technology with human expertise.

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## EARLY IDENTIFICATION OF MENTAL HEALTH CONDITIONS

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Early identification is one of the most important principles in preventive mental health. Emotional distress often begins with subtle changes in behaviour, mood, sleep, stress tolerance, concentration, functioning, or emotional expression before progressing toward more severe conditions.

Many students experience subclinical symptoms long before formal psychiatric diagnoses become evident. Recognizing these early warning signs creates opportunities for timely support and intervention. Early identification improves prognosis, reduces suffering, strengthens resilience, and prevents deterioration.

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## MENTAL HEALTH AND ACADEMIC EXCELLENCE

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### Mental Health as a Predictor of Academic Achievement

- Mental health directly influences attention, memory, concentration, and problem-solving abilities.
  - Students with better mental well-being demonstrate improved focus and learning capacity.
  - Emotional stability helps students manage academic stress and cope with challenges effectively.
  - Positive mental health is associated with regular attendance, classroom participation, and timely completion of assignments.
  - Mentally healthy students are more motivated, goal-oriented, and actively engaged in learning.
  - Strong emotional well-being contributes significantly to academic performance and achievement.
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## MENTAL HEALTH AND WELL-BEING FOR PHYSICAL HEALTH

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- Mental and physical health are closely interconnected and influence each other.
- Good mental health supports healthy behaviours and overall well-being.
- Chronic stress may contribute to heart disease, hypertension, sleep problems, and weakened immunity.
- Effective emotional well-being reduces stress-related physical health risks.
- Supporting mental health promotes healthier and more productive lives.
- Educational institutions should integrate mental-health support into student wellness systems.

## THE NEW EDUCATION POLICY (NEP) 2020

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- NEP 2020 emphasizes holistic, multidisciplinary, and student-centered education.
- Mental health and psychological well-being are recognized as important components of student development.
- The policy supports integration of emotional well-being within educational systems.
- Digital technologies can facilitate screening, assessment, intervention, and mental-health development.
- Technology-enabled solutions align with NEP goals of accessible and inclusive education.
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## RELIEF: A PREVENTIVE MENTAL HEALTH AND WELLNESS ECOSYSTEM

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Our initiative consists of an integrated **wellness and self-development ecosystem, mental-health education, and screening pathways for emotional and mental-health conditions**, designed primarily to support **early identification and preventive intervention** among students and young adults. The initiative was conceptualized with the understanding that emotional difficulties frequently emerge gradually and often remain unnoticed until substantial distress develops. Therefore, rather than waiting for severe symptoms to appear, the system emphasizes proactive identification and support during earlier stages of emotional vulnerability.

The central objective of the program is not diagnosis but **early recognition, emotional awareness, wellness promotion, and strengthening of resilience**. The initiative aims to create

emotionally accessible pathways that help students understand their emotional well-being and encourage timely support-seeking behaviour.

A major component of the initiative involves use of **digitized psychometric tools** developed specifically for screening and understanding emotional-health indicators. These tools were designed and culturally adapted within the Indian context to ensure contextual relevance and better applicability among local student populations. Development involved literature review, domain identification, item generation, expert consultation, pilot testing, psychometric evaluation, and validation procedures. The tools underwent systematic testing for reliability and validity, and findings from developmental studies have been published in peer-reviewed scientific work. *(Insert appropriate citations of published validation studies here.)*

The digital psychometric system evaluates multiple dimensions associated with emotional well-being and mental-health vulnerability, including:

- severity of stress
- sources of stress
- emotional and mental-health symptom indicators
- risk factors
- resilience level and positivity and strengths
- functioning level and wellness status

This multidimensional framework recognizes that emotional well-being cannot be understood solely through symptom measurement. Students differ substantially in their experiences, strengths, vulnerabilities, and coping resources.

The psychometric findings are interpreted through an **algorithm-based decision framework** developed using available clinical guidelines, literature evidence, and findings from validation studies.

Importantly, the platform does **not provide psychiatric diagnosis**, nor does it replace comprehensive assessment by mental-health professionals. The system is intended solely as a screening and wellness-support mechanism. Emotional experiences remain complex and require contextual interpretation. Therefore, psychometric findings should always be interpreted cautiously and within broader clinical understanding.

Students experiencing emotional distress are strongly encouraged to contact their **institutional counsellors**, mental-health professionals, or available support systems. Individuals requiring immediate assistance are advised to access **Tele-MANAS (14416)** or local emergency support services.

Following completion of assessment, users receive wellness-oriented feedback and recommendations. The system guides students toward **self-development and wellness pathways** rather than focusing exclusively on symptoms. Recommendations may include general methods for improving emotional well-being and maintaining healthy daily routines.

The wellness program combines **education, awareness, and practical self-care approaches** delivered through web-based platforms. The objective is to help students actively participate in strengthening emotional well-being and lifestyle practices.

**Support should begin before suffering becomes severe.**

By combining early identification, culturally relevant psychometric systems, mental-health education, and wellness programs, the initiative seeks to reduce treatment gaps and strengthen emotional well-being through preventive and accessible pathways.

## **Program Overview: Student Mental Health Empowerment through Digital Self-Assessment**

### **| 1. What is the Program? |**

A digital mental health program that provides students with 24x7 access to scientifically validated self-assessment tools and culturally integrated support for psychological well-being. It is designed as a safe, confidential, and empowering resource for early identification, awareness, and self-guided care. |

### **| 2. Who is the Beneficiary? |**

University and college students (ages 18–30), especially those facing academic stress, emotional challenges, identity issues, or general mental fatigue. Institutions, educators, counselors, and parents also benefit indirectly through improved student well-being. |

### **| 3. How It Works |**

Students log in to the digital platform and complete brief, evidence-based psychological assessments. They receive personalized feedback and options for next steps: self-care, family discussion, connecting with university counselors, or consulting mental health professionals integrated into the program. |

### **| 4. What is the Principle? |**

The core philosophy is **student empowerment**—equipping individuals with tools for self-awareness, early identification of mental health risks, and informed decision-making, within a culturally sensitive and stigma-free ecosystem. |

### **5. Why Should Someone Use It? |**

- Confidential, stigma-free access
- Early detection of distress
- Encourages self-help and mental growth
- Connects to support services
- Promotes autonomy, awareness, and emotional resilience |

#### | **6. What is the Cost?** |

Absolutely **free of cost** for students and universities. There are no usage limits or subscription fees. It is offered as a public mental health initiative under the **Mansik Shakti Foundation**. |

#### | **7. How Was It Developed?** |

The program was co-designed by psychiatrists, psychologists, educators, and digital experts, following consultations with academicians and policymakers. It is based on original Indian research (MASS battery) and aligned with global best practices. |

#### | **8. What is the Outcome?** |

- Increased self-awareness
- Early detection of emotional distress and psychological symptoms
- Strengthened peer, family, and counselor engagement
- Promotion of positive mental health behaviors
- Integration of traditional Indian well-being practices |

#### **9. What Are the Merits?** |

- Validated tools for Indian students and published
- Confidential and stigma-free
- Linkage to both modern and cultural mental health support
- Promotes autonomy and reduces help-seeking delay |

#### | **10. What Are the Limitations?** |

- It is not a substitute for clinical diagnosis
  - Needs digital literacy and internet access
  - Effectiveness depends on user motivation and institutional follow-up
  - May require cultural adaptation for non-urban or vernacular populations |
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## RELIEF WORKFLOW:

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This approach was developed to improve flexibility and engagement because individuals differ in how they seek support.

Students choosing the **Test pathway** complete structured digital psychometric assessments. The screening system evaluates multiple dimensions of emotional well-being rather than focusing solely on symptoms.

Domains assessed include:

- stress severity
- sources of stress
- emotional and mental-health indicators
- risk factors
- resilience level and positivity and strengths
- functioning level and wellness status

o face assessment by a qualified mental health professional,

Results may indicate: students receive a detailed report which informs about their score depending upon Normal Range, Elevated, Much Elevated conditions and comments about what helps in such situations

This does not offer a psychiatric diagnosis, it does not exclude or replace need for face-to-face assessment by a qualified mental health professional.

This process supports early recognition of individuals who may benefit from additional support.

Following assessment, students receive personalized wellness guidance and recommendations. Depending upon findings, suggestions may include self-development pathways, stress-management approaches, emotional regulation techniques, sleep improvement strategies, resilience strengthening exercises, mindfulness practices, and healthy lifestyle recommendations.

Students experiencing emotional distress or suicidal thoughts, ideas or intents are encouraged to seek support from institutional counsellors or mental-health professionals. For immediate assistance, crisis pathways and **Tele-MANAS (14416)** services are recommended.

RECOGNIZE EARLY. UNDERSTAND EARLY. SUPPORT EARLY.

information for users

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given separately

## STANDARDS OPERATING PROCEDURE

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Already present

## DISCLAIMER

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Given separately

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