



राष्ट्रीय आयुर्विज्ञान आयोग
National Medical Commission
(Media / Publication Division)

PRESS RELEASE

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NMC Commemorates World Mental Health Day with Tele MANAS Recognition

On the occasion of World Mental Health Day, the National Medical Commission (NMC) proudly acknowledges the commendable efforts in mental health care, highlighted during the Mental Health Conclave. Union Health Minister Dr. Mansukh Mandaviya honored the best-performing states in the Tele MANAS service, recognizing their significant contributions to mental health support.

Tele MANAS: A Beacon of Mental Health Support

In a remarkable milestone, the government's mental health helpline, Tele-MANAS, has received an overwhelming response, with over 3 lakh calls in the past year. This demonstrates the increasing awareness and acceptance of mental health services across the nation.

Tele MANAS, a 24X7 healthcare facility, was launched on October 10, 2022, with the aim to provide free tele-mental health services throughout the country. The helpline, accessible through toll-free numbers 14416 and 18008914416, has proven to be a crucial resource for individuals seeking mental health support.

Expanding Access to Mental Health Care

The program encompasses a network of 23 tele-mental health centers of



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excellence, with the National Institute of Mental Health and Neurosciences (NIMHANS) serving as the nodal center. The International Institute of Information Technology-Bangalore (IIITB) plays a pivotal role in providing technological support to ensure seamless and effective tele-mental health services.

Chairman NMC Urges Expansion of PG Seats

During the Mental Health Conclave, Chairman of NMC urged medical colleges to promptly apply for PG seats when eligible, emphasizing the crucial need to increase the number of seats in the country.

NMC expresses gratitude to Dr. Mansukh Mandaviya for championing mental health awareness. This recognition signifies collaborative efforts to enhance mental health well-being nationwide.

About National Medical Commission (NMC)

The NMC is dedicated to advancing medical education, research, and practice, ensuring the highest standards in healthcare delivery across the nation.


(Dr. Yogender Malik)
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