National Tele Mental Health Programme (Telemanas) 2025-26

April 2025:

National Tele Mental Health Awareness Programme: Anganwadi, Muthirapalayam, Puducherry - 01.04.2025.

The Tele MANAS Counsellor Miss. Nivedha went to Anganwadi on 01/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Govindpet, Puducherry - 02.04.2025.

The Tele MANAS Counsellor Mr. Arun went to anganwadi on 02/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Solai Nagar, Anganwadi, Muthialpet, Puducherry - 03.04.2025.

The Tele MANAS Counsellor Mr.Gnanasegar went to anganwadi on 03/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Vaithikupaam, Puducherry -05.04.2025.

The Tele MANAS Counsellor Mrs.Ponni went to anganwadi on 05/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Kathirkamam, Puducherry -07.04.2025.

The Tele MANAS Counsellor Mrs.Rama went to anganwadi on 07/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Kamaraj Nagar, Puducherry -08.04.2025.

The Tele MANAS Counsellor Mrs.Sugantha went to anganwadi on 08/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Thattachavady, Puducherry - 09.04.2025.

The Tele MANAS Counsellor Mr.Parthiban went to anganwadi on 09/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Estate Thattachavady, Puducherry - 16.04.2025.

The Tele MANAS Counsellor Mrs.Gomathy went to anganwadi on 16/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Thilaspet, Puducherry - 19.04.2025.

The Tele MANAS Counsellor Mrs.Ponni went to anganwadi on 16/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, VG palayam, Thilaspet, Puducherry -21.04.2025.

The Tele MANAS Counsellor Miss.Nivedha went to anganwadi on 21/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Anantha nagar, Thilaspet, Puducherry -22.04.2025.

The Tele MANAS Counsellor Mr.Parthiban went to anganwadi on 22/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, VGP Veemagoundapalayam, Puducherry - 23.04.2025.

The Tele MANAS Counsellor Mrs.Rama went to anganwadi on 23/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Subbaiah nagar, Thattachavady, Puducherry - 24.04.2025.

The Tele MANAS Counsellor Mrs.Sugantha went to anganwadi on 24/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Boomianpet, Puducherry - 25.04.2025.

The Tele MANAS Counsellor Miss.Bharathi went to anganwadi on 25/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Pitchaveeranpet-3, Puducherry - 28.04.2025.

The Tele MANAS Counsellor Mrs.Jeeva went to anganwadi on 28/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Gopalankadaipet, Puducherry - 29.04.2025.

The Tele MANAS Counsellor Mrs.Rama went to anganwadi on 29/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Govindasalai, Puducherry - 30.04.2025.

The Tele MANAS Counsellor Mrs.Gomathy went to anganwadi on 30/04/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

May:

National Tele Mental Health Awareness Programme: Anganwadi, Backside Govindasalai, Puducherry - 03.05.2025.

The Tele MANAS Counsellor Mrs.Ponni went to anganwadi on 03/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Arumparthapuram, Puducherry - 05.05.2025.

The Tele MANAS Counsellor Mrs.Gomathy went to anganwadi on 05/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, JJ Nagar, Puducherry - 06.05.2025.

The Tele MANAS Counsellor Mr.Arun went to anganwadi on 06/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Moolakulam, Puducherry - 08.05.2025.

The Tele MANAS Counsellor Mrs.Jeeva went to anganwadi on 08/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, MGR Nagar, Puducherry - 09.05.2025.

The Tele MANAS Counsellor Mrs.Sungatha went to anganwadi on 09/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Senthamarai Nagar, Puducherry - 10.05.2025.

The Tele MANAS Counsellor Mrs.Ponni went to anganwadi on 10/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Oulgaret Moolakulam, Puducherry - 12.05.2025.

The Tele MANAS Counsellor Mr.Gnanasegar went to anganwadi on 12/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Oulgaret 1&3 Moolakulam, Puducherry - 13.05.2025.

The Tele MANAS Counsellor Miss.Bharathi went to anganwadi on 13/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Reddiyarpalayam, Puducherry - 14.05.2025.

The Tele MANAS Counsellor Miss.Nivedha went to anganwadi on 14/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Reddiyarpalayam 1&2, Puducherry - 15.05.2025.

The Tele MANAS Counsellor Mrs.Gomathy went to anganwadi on 15/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 51 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Kuppam, Puducherry - 19.05.2025.

The Tele MANAS Counsellor Mrs.Rama went to anganwadi on 19/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Villianur road, Puducherry - 21.05.2025.

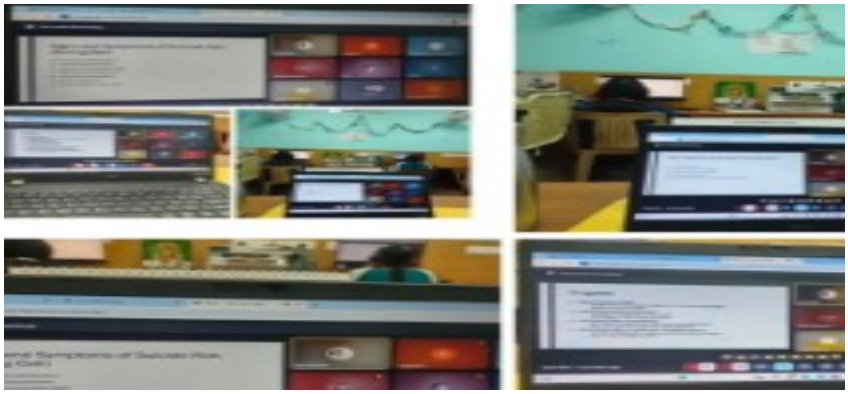
The Tele MANAS Counsellor Mrs. Jeeva went to anganwadi on 21/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Mudaliarpet, Puducherry - 24.05.2025.

The Tele MANAS Counsellor Mrs. Ponni went to anganwadi on 24/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

Attended virtual meeting conducted by Mentoring institute, Jipmer, Puducherry- 26.05.2025

Telemanas Counsellors have attended virtual meeting conducted by jipmer mentoring institute regarding handling suicidal calls. Call telemanas how to improve calls, Mental health help line number 24/7.



National Tele Mental Health Awareness Programme: Mudhaliyapet PHC, Puducherry - 27.05.2025.

The Tele MANAS Counsellor Mr. Parthiban went to phc center. The awareness Programme given by asha worker and public. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, Stress, Depression, Suicidal thoughts, Intellectual disorders ,Mental health disorders ,Anxiety and insomnia, Drug abuse, Child abuse, Domestic violence areas covered. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability. Phamplets issued to asha workers, public.

National Tele Mental Health Awareness Programme: Anganwadi, velrampet 1&2, Puducherry - 29.05.2025.

The Tele MANAS Counsellor Mrs. Sugantha went to anganwadi on 29/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Pudhu Nagar, Thengaithitu, Puducherry - 30.05.2025.

The Tele MANAS Counsellor Miss. Nivedha went to anganwadi on 30/05/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

June:

National Tele Mental Health Awareness Programme: Anganwadi, Kumarapalam, Puducherry - 02.06.2025.

The Tele MANAS Counsellor Miss. Bharathi went to anganwadi on 02/06/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Kodathur, Puducherry - 03.06.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to anganwadi on 03/06/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Mettupalayam PHC, Puducherry - 03.06.2025.

The Tele MANAS Counsellor Mr. Parthiban went to phc center. The awareness Programme given by asha worker and public. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, Stress, Depression, Suicidal thoughts, Intellectual disorders ,Mental health disorders ,Anxiety and insomnia, Drug abuse, Child abuse, Domestic violence areas covered. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability. Phamplets issued to asha workers, public.

National Tele Mental Health Awareness Programme: Anganwadi, Suthukkeny, Puducherry - 04.06.2025.

The Tele MANAS Counsellor Mrs. Rama went to anganwadi on 04/06/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Government High school, Sandhaipudukuppam, Puducherry - 05.06.2025.

The Tele MANAS Counsellor Mrs. Gomathy went to school on 05/06/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 3rd and 4th th. Total number of beneficiaries = 150 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Government Primary School, Dharmapuri, Puducherry - 10.06.2025.

The Tele MANAS Counsellor Mrs. Sugantha went to school on 10/06/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, mobile. Total number of beneficiaries = 80 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Indira Gandhi Government High school, Katterikuppam, Puducherry - 12.06.2025.

The Tele MANAS Counsellor Mr. Gnanasegar went to school on 12/06/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts.. Total number of beneficiaries = 180 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Anganwadi, Mannadipet, Pudhu Nagar, Puducherry - 16.06.2025.

The Tele MANAS Counsellor Mrs. Rama went to anganwadi on 16/06/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics.

The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, vambakeerapalayam, Puducherry - 17.06.2025.

The Tele MANAS Counsellor Miss. Nivedha went to anganwadi on 16/06/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: V. O. Chidambaranar Government High school, Puducherry - 18.06.2025.

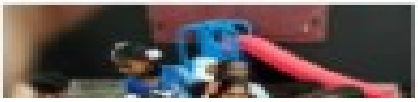
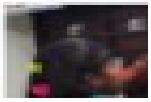
The Tele MANAS Counsellor Mr. Parthiban went to school on 18/06/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 11th standard. Total number of beneficiaries = 150 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Savarirayalo Girls Government High school, Puducherry - 19.06.2025.

The Tele MANAS Counsellor Miss. Bharathi went to school on 19/06/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 350 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Anganwadi, vinayaganpet, Puducherry - 20.06.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to anganwadi on 20/06/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Government Primary school, Govindasalai, Puducherry - 19.06.2025.

The Tele MANAS Counsellor Mrs. Gomathy went to school on 19/06/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, Good and bad touch, Total number of beneficiaries = 85 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Sorapet PHC, Puducherry - 24.06.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to phc center. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, Stress, Depression, Suicidal thoughts, Intellectual disorders ,Mental health disorders ,Anxiety and insomnia, Drug abuse, Child abuse, Domestic violence areas covered. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability. Phamplets issued to public.

National Tele Mental Health Awareness Programme: Thillaiyadi Valliammai High school, Puducherry - 25.06.2025&26.06.2025.

The Tele MANAS Counsellor Mr. Parthiban and Mr. Arun went to school on 25/06/2025&26/6/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 8th to 10th standard. Total number of beneficiaries = 260 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Anganwadi, Thottakal, Puducherry - 29.06.2025.

The Tele MANAS Counsellor Mrs. Pooni went to anganwadi on 29/06/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Girls Government High school, kathirgamam, Puducherry - 30.06.2025.

The Tele MANAS Counsellor Mrs. Sugantha went to school on 30/06/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals.

A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 6th to 8th standard. Total number of beneficiaries = 150 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Subramaniya Bharathiyar Girls Government Higher secondary school, Puducherry - 01.07.2025.

The Tele MANAS Counsellor Mrs. Rama went to school on 01/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 6th to 12th standard. Total number of beneficiaries = 280 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: St. Antony's Govt. Aided High School, Puducherry - 02.07.2025.

The Tele MANAS Counsellor Mrs. Gomathy went to school on 02/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 6th to 10th standard. Total number of beneficiaries = 280 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: St. Antony's Govt. Aided High School, Puducherry - 03.07.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to school on 03/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 1h to 5th standard. Total number of beneficiaries = 280 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Anganwadi, Nellithoppu, Puducherry - 05.07.2025.

The Tele MANAS Counsellor Mrs. Pooni went to anganwadi on 05/07/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Soucilabai Government Girls Higher Secondary School, Puducherry - 07.07.2025.

The Tele MANAS Counsellor Mr. Parthiban went to school on 07/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 6th to 12th standard. Total number of beneficiaries = 190 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Soucilabai Government Girls Higher Secondary School, Puducherry - 08.07.2025.

The Tele MANAS Counsellor Mr. Arun went to school on 08/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 11th to 12th standard. Total number of beneficiaries = 190 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Anganwadi, Periyar nagar, Puducherry - 12.07.2025.

The Tele MANAS Counsellor Mrs. Pooni went to anganwadi on 12/07/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Government Primary School, Veerampattinam, Puducherry - 14.07.2025.

The Tele MANAS Counsellor Miss. Nivedha went to school on 14/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered ^{1th} to 5th standard. Total number of beneficiaries = 140 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Government Primary School, Arunthathipuram, Puducherry - 15.07.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to school on 15/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered ^{1th} to 3th standard. Total number of beneficiaries = 30 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Government Primary School, Navarkulam. , Puducherry - 16.07.2025.

The Tele MANAS Counsellor Mrs. Sugantha went to school on 16/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 3rd to 5th standard. Total number of beneficiaries = 50 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Wiseman Higher Secondary School, Velrampet, Puducherry - 17.07.2025.

The Tele MANAS Counsellor Mrs. Gomathy went to school on 17/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts.. Total number of beneficiaries = 114 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Government Higher Secondary School, Oulgaret, Puducherry - 18.07.2025.

The Tele MANAS Counsellor Mr. Parthiban went to school on 18/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 6th ^{to} 12th standard. Total number of beneficiaries = 74 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Anganwadi, Periyar nagar II, Puducherry - 19.07.2025.

The Tele MANAS Counsellor Mrs. Pooni went to anganwadi on 19/07/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Sivaranthagam Government Anganwadi, Puducherry - 21.07.2025.

The Tele MANAS Counsellor Mr. Gnanasegar went to anganwadi on 21/07/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 50 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Immaculate heart of Mary's Girls High School, Kannuvapettai, Puducherry - 22.07.2025.

The Tele MANAS Counsellor Mrs. Rama went to school on 22/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 5th to 8th standard. Total number of beneficiaries = 225 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Annai Sivagami Govt Girls Higher Secondary School, Mudaliarpet, Puducherry - 28.07.2025.

The Tele MANAS Counsellor Mrs. Sugantha went to school on 28/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 6th to 12th standard. Total number of beneficiaries = 150 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Sinnatha Girls Government Higher Secondary School, Muthialpet, Puducherry - 29.07.2025.

The Tele MANAS Counsellor Mrs. Gomathy went to school on 29/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 6th to 12th standard. Total number of beneficiaries = 200 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Fathima Government Aided Higher Secondary School, Lawsept, Puducherry - 30.07.2025.

The Tele MANAS Counsellor Mr. Parthiban went to school on 30/07/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse,

child abuse, mobile addiction and suicidal thoughts. Classes covered 9th to 12th standard. Total number of beneficiaries = 200 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Jeevanandham Higher Secondary School, Mudaliarpet, Puducherry - 01.08.2025.

The Tele MANAS Counsellor Mr. Parthiban went to school on 01/08/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, family-related challenges, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 300 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Jeeva Nagar Anganwadi, Puducherry - 09.08.2025.

The Tele MANAS Counsellor Mrs. Ponni went to anganwadi on 09/08/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Government Primary School and Anganwadi, Thirukanji, Puducherry - 11.08.2025.

The Tele MANAS Counsellor Mrs. Rama went to school and anganwadi on 11/08/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics and 90 students. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood, exam stress and mobile addiction. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Venkatasubba Reddiyar Government Technical Secondary School, Lawsept, Puducherry - 12.08.2025.

The Tele MANAS Counsellor Mr. Parthiban went to school on 12/08/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 9th to 12th standard. Total number of beneficiaries = 120 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Pandit Duraisamy Government High School, Lawsept, Puducherry - 14.08.2025.

The Tele MANAS Counsellor Mr. Parthiban went to school on 14/08/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 100 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Manalipet Anganwadi, Puducherry - 18.08.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to anganwadi on 18/08/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Government Girls Higher Secondary School, Madugarai, Puducherry - 20.08.2025.

The Tele MANAS Counsellor Mrs. Sugantha went to school on 20/08/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 150 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Cheddilal Government High School, Abishegapakkam, Puducherry - 21.08.2025.

The Tele MANAS Counsellor Mrs. Gomathy went to school on 21/08/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 171 student. At the end of the session phamplets were issued to students.

September:

National Tele Mental Health Awareness Programme: Government Primary School, Nathamedu, Puducherry - 01.09.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to school on 01/09/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 60 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Government Primary School and Anganwadi, Chinnakalapet, Puducherry - 02.09.2025.

The Tele MANAS Counsellor Mrs. Sugantha went to school and anganwadi on 02/09/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics and 70 students. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood, exam stress and mobile addiction. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Kannagi Government Girls Higher Secondary School, Villiyanur, Puducherry - 03.09.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to school on 03/09/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 270 student. At the end of the session phamplets were issued to students.

November:

National Tele Mental Health Awareness Programme: Mangalam town Anganwadi, villianur, Puducherry - 03.11.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to anganwadi on 03/11/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics.

The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Government Higher School, Uruvaiyar, Puducherry - 10.11.2025.

The Tele MANAS Counsellor Mr. Ganasegar went to school on 10/11/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 1th to 10th standard. Total number of beneficiaries = 201 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Immaculate Girls Higher Secondary School, Uppalam, Puducherry - 11.11.2025.

The Tele MANAS Counsellor Mr. Parthiban went to school on 11/11/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 150 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Anganwadi, Lawspet, Puducherry - 12.11.2025.

The Tele MANAS Counsellor Mrs. Rama went to anganwadi on 12/11/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Sulliyankuppam, Puducherry - 17.11.2025.

The Tele MANAS Counsellor Mrs. Sungatha went to anganwadi on 17/11/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Anganwadi, Sulliyankuppam, Puducherry - 19.11.2025.

The Tele MANAS Counsellor Mrs. Rama went to anganwadi on 19/11/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Kendra Vidyalaya School, JIPMER, Puducherry - 27.11.2025.

The Tele MANAS Counsellor Mrs. Sungatha went to school on 27/11/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 6th to 7th standard. Total number of beneficiaries = 180 student. At the end of the session phamplets were issued to students.

<u>December:</u>

National Tele Mental Health Awareness Programme: Indira Gandhi Government Higher Secondary School, Puducherry - 02.12.2025.

The Tele MANAS Counsellor Mrs. Jeeva went to school on 02/12/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals.

A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 11th to 12th standard. Total number of beneficiaries = 150 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Aayiammal Government Middle school, Muthiraiyarpalayam, Puducherry - 08.12.2025.

The Tele MANAS Counsellor Mrs. Sungatha went to school on 08/12/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 6th to 8th standard. Total number of beneficiaries = 160 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Ilango Adigal Higher Secondary school, Muthirapalayam, Puducherry - 09.12.2025

The Tele MANAS Counsellor Mrs. Jeeva went to school on 09/12/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 180 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Ilango Adigal Higher Secondary school, Puducherry - 10.12.2025.

The Tele MANAS Counsellor Mrs. Rama went to school on 10/12/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 11th to 12th standard. Total number of beneficiaries = 100 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Government High School, Pillaiyarkuppam, Puducherry - 15.12.2025.

The Tele MANAS Counsellor Mr. Parthiban went to school on 15/12/2025 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Total number of beneficiaries = 120 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Nallavadu, Anganwadi, Puducherry - 22.12.2025.

The Tele MANAS Counsellor Mrs. Sugantha went to anganwadi on 22/12/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Nallavadu, Anganwadi, Puducherry - 23.12.2025.

The Tele MANAS Counsellor Mrs. Rama went to anganwadi on 23/12/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 20 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Thennampalayam, Anganwadi, Puducherry - 27.12.2025.

The Tele MANAS Counsellor Mr. Arun went to anganwadi on 27/12/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 35 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Embalam, Anganwadi, Puducherry - 29.12.2025.

The Tele MANAS Counsellor Mr. Gnanasegar went to anganwadi on 29/12/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 25 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

January 2026

National Tele Mental Health Awareness Programme: Deepa oli govt aided high school, Thondamanatham, Puducherry - 02.01.2026.

The Tele MANAS Counsellor Mrs. Rama went to school on 02/01/2026 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered LKG to 6th standard. Total number of beneficiaries = 250 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Deepa oli govt aided high school, Thondamanatham, Puducherry - 03.01.2026.

The Tele MANAS Counsellor Mr. Arun went to school on 03/01/2026 along with Mobile team. Counsellor met Headmaster and introduced herself and explained about the Telemanas helpline number 14416 and services provided by mental health professionals. A small meeting was arranged with school students and explained about Telemanas role in preventing mental illness. Topic covered, Awareness on Telemanas helpline number, exam stress and fear, Mental illness, drug abuse, child abuse, mobile addiction and suicidal thoughts. Classes covered 8th to 10th standard. Total number of beneficiaries = 200 student. At the end of the session phamplets were issued to students.

National Tele Mental Health Awareness Programme: Chinnaiyanpet, Anganwadi, saaram, Puducherry - 10.01.2025.

The Tele MANAS Counsellor Mrs.Ponni went to anganwadi on 10/01/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pampletes for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

National Tele Mental Health Awareness Programme: Embalam, Anganwadi, Puducherry - 12.01.2025.

The Tele MANAS Counsellor Mrs.Ponni went to anganwadi on 10/01/2025 along with Mobile team. The Tele MANAS Counsellor created awareness and issued a Tele MANAS pamplets for 30 publics. The Counsellor created awareness about physical and psychological effects of substance usage, post-partum depression, anxiety, suicidal signs & prevention, stress management, family problem, Development disorder and early identification and relationship issues in adulthood. The Counsellor briefly explained about the above topics, helpline number, how to dial a call, 24/7 availability, assurance of confidentiality and doctor availability.

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