

**Government of Jammu & Kashmir**  
**Directorate of Rural Development Kashmir**

The Project Officer Wage Employment,  
(ACD) \_\_\_\_\_ (All).

No:-DRDK/COVID-19/1063-1262

Dated: 08-01-2021

Subject:- Impact of COVID-19 mental health of different sections of the population.

Sir/Madam,

Regarding the subject matter, I am directed to forward communication No. RDD-Pnch/61/2020-12 dated 07-01-2021 with its enclosures received from the Administrative Department for information and necessary action at your end.

Yours faithfully

Encl:-

BDO(HQ)  
Directorate of Rural Development  
Kashmir

Copy to the:-

1. District Panchayat Officers \_\_\_\_\_ (All)
2. Block Development Officers \_\_\_\_\_ (All)

for information and similar necessary action.

GOVERNMENT OF JAMMU & KASHMIR  
Department of Rural Development and Panchayati Raj  
Civil Secretariat, J&K, Jammu.

The Director,  
Rural Development,  
Jammu/Kashmir

No RDD-Pnch/61/2020-12

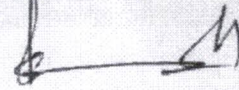
Dated 07.01.2021

Subject:- Impact of Covid-19 on mental health of different sections of the population.

Sir,

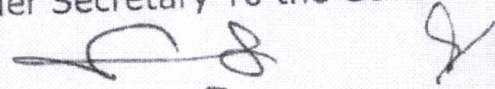
I am directed to forward herewith a copy of letter No. L-12053/24/2019-RE-1(368316) dated 02.11.2020 received from Ministry of Rural Development, GOI, regarding the subject cited above and request you to take appropriate action in the matter, under intimation to this Department.

Yours faithfully



(Subash Chander Koul)

Under Secretary To the Government



B.S.P.H.D.

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07.1.21

Encl: \_\_\_ lvs.



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6/1/21

Eg/see

21162/2020/O/O Secy RDD

No: L-12053/24/2019-RE-I (368316)

Government of India  
Ministry of Rural Development  
Department of Rural Development  
Mahatma Gandhi NREGA Division

Krishi Bhawan, New Delhi  
Dated 02.11.2020

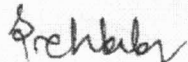
To

The Principal Secretary/ Secretary/Commissioner  
(in- charge Mahatma Gandhi NREGA)  
Rural Development and Panchayati Raj Department,  
All States/UTs

**Subject: Impact of COVID-19 on mental health of different sections of the population-  
reg.**

I am directed to forward herewith a copy of the D.O. No.1908116/AS(H)/2020 dated 05.10.2020 received from the Ministry of Health and Family Welfare regarding the subject mentioned above for information and necessary action.

Yours faithfully,

  
(Sneh Lata)

Under Secretary to the Government of India



Secretary RD  
e-FMS No. 575702  
Despatch No.  
Date 05/10/20

email

भारत सरकार  
स्वास्थ्य एवं परिवार कल्याण मंत्रालय  
निर्माण भवन, नई दिल्ली-110011

Government of India  
Ministry of Health and Family Welfare  
Nirman Bhavan, New Delhi - 110011

आरती आहुजा ना.प्र.से.  
अपर सचिव  
Arti Ahuja, IAS  
Additional Secretary  
Tel. : 011-23081086, 23063809  
E-mail : ash-mohfw@nic.in

JS IEC  
we also need to  
popularise the  
same.

D.O. No. 1908116/AS(H)/2020  
Dated the 5th October, 2020

Dear Sir/Madam,

AS(RD)  
sent to EA (PPM) / JS (QC) ↓ Pr. do the needful  
we should also circulate from an side to Secretaries of the counterpart department (as)

As you are aware, COVID-19 pandemic has confronted the world with an unprecedented situation and one of the foremost concerns from the different aspects of COVID-19 is its impact on mental health of different sections of the population.

During such a crisis, the emotional and psychological needs of certain groups, especially children, who are isolated due to being diagnosed as COVID positive, and are therefore forced to be in isolation/quarantine in hospitals have been facing exponentially higher level of stress, anxiety, fear, worry, depression, and loss of appetite. Similarly vulnerable are those children who have lost their parents/family, and/or whose parents/siblings, family members are in quarantine centres or hospitals. Children with various physical and mental disabilities and especially mental health disorders are also more vulnerable during this trying time.

It is also seen that COVID-19 associated mental health risk disproportionately hit children who are already disadvantaged and marginalized and may result in tremendous burden of mental health disorders in this age group. It is more critical than ever to ensure that the challenges faced by children are adequately addressed.

In this regard, the National Commission for Protection of Child Rights (NCPCR) with India Co-Win Action Network (I-CAN) has created a network of qualified and trained Counsellors/Psychologists/Experts for providing psychological first-aid and emotional support through its toll free tele-counselling SAMVEDNA (Sensitizing Action on Mental Health Vulnerability through Emotional Development and Necessary Acceptance) (1800-121-2830)(from Mon-Sat 10.00AM-1.00PM and 3 PM to 8 PM). Technical support in terms of training of counsellors has been provided by NIMHANS. This toll-free number is available for children who are affected during COVID 19 pandemic, who may need counselling, including children who are isolated in facilities or are in quarantine centres or hospital.

Contd.....

In light of the above, you are requested to circulate the information of toll-free tele-counselling in all the COVID Care/Isolation Centres of respected States/UTs and sensitize isolation centres staff regarding referring the child in need of counselling on this toll-free number (Poster on SAMVEDNA is enclosed in e-mail). You may also please wish to share this information with the children of doctors/frontline health workers who have lost their lives during the COVID-19 pandemic to provide psycho-social support.

We are grateful for your support to enable institutions to work in a coordinated manner, in the fight against the mental health outbreak associated with the current pandemic.

*With warm regards,*

Yours Sincerely,

  
(Arti Ahuja)

1. Chief Secretary - All States /UTs
2. Principal Secretary - Health - All States/UTs

Copy to:

1. All Nodal officers appointed by the Government of India for COVID-19 Management
2. Secretaries of all the Ministries/ Department of the Government of India