



Office of the Principal
Scientific Adviser to
the Government of India

An Initiative of the Office of Principal Scientific Advisor, Government of India



manas

Mental Health and Normalcy Augmentation System

One step towards making mental wellness more accessible and more attainable.



Bengaluru



Bengaluru



Pune

Executed by

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MANAS - National Mental Wellness Initiative

Mental Wellbeing is perceived as self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others, perspectives of positive psychology or holism etc. Based on World Health Organization (WHO) - a good Mental health of the individual is :-

A state of well-being realizing own abilities,

1. Help to cope with the normal stresses / anxieties of life
2. Better work output and make a contribution to all associated verticals
3. Associated with a number of lifestyle factors such as diet, exercise, stress, social connections and interactions
4. Applicable and necessary for all the age groups /Genders

Co-ordinated efforts by O/o PSA, Ministries Departments, Institutions, Communities have aimed to strengthen national well being and have aimed to strengthen mental well being through digital medium.

MANAS is a comprehensive, scalable, national digital wellbeing platform, initiated and funded by Office of the Principal Scientific Adviser, Govt. of India to augment mental well-being of Indian citizens. The program aims to 'reach the unreached', through smart phones as well as linkages with Wellness Centers so that 'no one is left behind'.

This national level initiative is mooted by **Dr. Madhuri Kanitkar**, "PM-STIAC " in 2020 to enhance well-being delivered through a digital platform and reach out to the ground-level population at large for dissemination of information about well-being, measuring vital parameters and developing mental health skills through learning modules.

MANAS platform encompasses MANAS mobile app, dashboard and web services. The platform is being developed as a comprehensive digital and scalable solution for mental well being to host contents, enriched with data security & privacy and interactive user friendly interface. MANAS is enriched with bilingual support of app and contents, new wellness contents seamless integration, dashboard for analysis and visualization, security audit and VAPT testing for safe hosting in any cloud environment

MANAS android app focuses on two different age groups i.e, YoungISTAN (Young Indians, Smart, Talented and Natural) for 20-35 years age group, Mann-Marg (Journey to mental wellbeing) for 15-20 years. MANAS App ensures to maintain an individual's positive mental wellbeing by the scientific and evidence based indigenous mental well being contents like Time Smart, Good sleep, Deep Connect, Mindfulness ,Social connectedness and Emotional regulation etc. were developed for validation and usage. Generic Section Treasure was updated with additional resources and references of Govt. Initiatives from different ministries of India. It has self paced interventions on mental wellness curated by mental health experts, collation of contents and mental wellness initiatives by line ministries like Ministry of Health and Family welfare (MoHHFW), Ministry of culture, Ministry of Information & Broadcasting , Ministry of Tourism, Ministry of Social Justice and Empowerment, Ministry of Education, Ministry of Panchayati Raj and Ministry of electronics and Information technology(MeitY). MANAS app is enriched with reminders to perform and continue their activity. WHO Wellness scale has been incorporated for self evaluation of their own well being. The reward system in the app tracks the user activities and shows one's growth throughout the app.

MANAS App user trails and closed group trails were carried out for wide acceptance by research institutions and Psychiatry hospitals i.e., NIMHANS Bengaluru, AFMC Pune, CIP Ranchi, NMHP Raipur, LGBRIMH Tezpur etc.across India for validation and usage

MANAS promoted mental wellbeing via. Manas Mitra webinar series conducted in collaboration with stakeholders, nodal agencies and RuTAG members.