



# MANAS Mobile App

## Why in News

Recently, the government of India launched a mobile app, **MANAS (Mental Health and Normalcy Augmentation System)** to **promote mental wellbeing across age groups.**

- MANAS was endorsed as a national program by the [Prime Minister's Science, Technology, and Innovation Advisory Council \(PM-STIAC\)](#).
  - **PM-STIAC:** It is an overarching Council that **facilitates the Principal Scientific Adviser's Office to assess the status in specific science and technology domains**, comprehend challenges in hand, formulate specific interventions, develop a futuristic roadmap and advise the Prime Minister accordingly.

## Key Points

### ▪ About:

- It is a **comprehensive, scalable, and national digital wellbeing platform** and an app **developed to augment mental well-being of Indian citizens.**
- It **integrates the health and wellness efforts of various government ministries**, scientifically validated indigenous tools with gamified interfaces developed/researched by various national bodies and research institutions.
- It is **based on life skills and core psychological processes**, with **universal accessibility**, delivering **age-appropriate methods** and promoting positive attitude focusing on wellness.

### ▪ Developed By:

- [National Institute of Mental Health and Neuro Sciences \(NIMHANS\)](#) Bengaluru, Armed Forces Medical College (AFMC) Pune and [Centre for Development of Advanced Computing\(C-DAC\)](#) Bengaluru.

### ▪ Beneficiaries:

- Catering to the overall wellbeing of people of **all age groups**, the **initial version of MANAS focuses on promoting positive mental health in the age group of 15-35 years.**

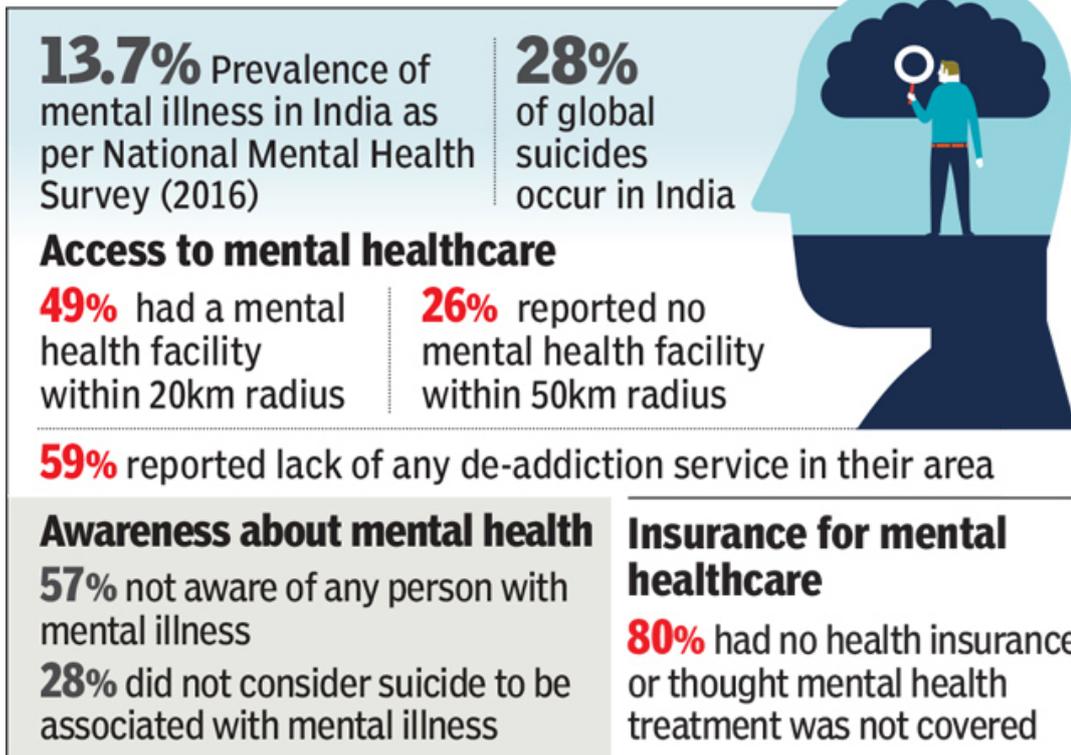
### ▪ Aim:

- To build a healthier and happier community, to empower it to nurture its innate potential for building a **Swasth and Atmanirbhar Bharat.**

### ▪ Motto of MANAS:

- Uttam Mann, Saksham Jan.

# CAUSE FOR CONCERN



## Mental Health in India

- **Data Analysis:** A report published in **The Lancet Psychiatry** in February 2020 indicates that in 2017, there were **197.3 million people with mental disorders in India.**
  - The **top mental illnesses were depressive disorder** (45.7 million) and **anxiety disorder** (44.9 million).
  - The contribution of mental disorders to the total **Disability-Adjusted Life Years (DALYs)** in India increased from 2.5% in 1990 to 4.7% in 2017.
    - Depressive disorder and anxiety disorder contributed the most to the total mental disorders DALYs.
    - **DALYs:** The burden of disability associated with a disease or disorder can be measured in units called DALYs.
      - DALYs **represent the total number of years lost** to illness, disability, or premature death within a given population.
- **Other Indian Initiatives to Improve Mental Health:**
  - **The Mental Health Care Act (MHCA) 2017:**
    - The **Mental Health Care Act (MHCA) 2017** came into force in 2018 to meet the requirements of the **United Nations Convention on the Rights of Persons with Disabilities** which India ratified in 2007.
  - **KIRAN:**
    - The Ministry of Social Justice and Empowerment has launched a **24/7 toll-free helpline** to provide support to people facing anxiety, stress, depression, suicidal thoughts and other mental health concerns.
  - **Manodarpan Initiative:**

- **Manodarpan** is an initiative of the Ministry of Education under Atmanirbhar Bharat Abhiyan.
- It is aimed to provide psychosocial support to students, family members and teachers for their mental health and well-being during the times of **Covid-19**.
- **NIMHANS RAAH APP:**
  - It is a **one-stop source of data on mental health centres and professionals**. It is developed by the **NIMHANS**.

## Way Forward

- Although developing apps to cater mental well-being of citizens on scalable, secure and digital platforms is the need of the hour the **app must be integrated with the public health schemes** like the [National Health Mission](#), [Poshan Abhiyan](#), [e-Sanjeevani](#) and others so that it is used widely. Besides, the **application must be made multi-lingual**.
- Increasing the number of psychologists and psychiatrists, and Apps alone won't help. **Stigma and awareness** are two separate issues although interlinked. They **need to be addressed in parallel in order to tackle the burden of mental illness**.

**Source:PIB**

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