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India launches MANAS, a digital platform to address mental-health

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MANAS is a comprehensive, scalable, and national digital wellbeing platform for all age groups with an initial app version for the age groups of 15-35 years



The Principal Scientific Adviser to the Government of India Prof. K VijayRaghavan virtually launched the “MANAS” App to promote wellbeing across age groups. MANAS which stands for Mental Health and Normalcy Augmentation System was endorsed as a national program by the Prime Minister’s Science, Technology, and Innovation Advisory Council (PM-STIAC).

MANAS is a comprehensive, scalable, and national digital wellbeing platform and an app developed to augment the mental well-being of Indian citizens. MANAS App 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.

MANAS was initiated by the Office of the Principal Scientific Adviser to the Government of India. It was jointly executed by NIMHANS Bengaluru, AFMC Pune and C-DAC Bengaluru.

Launching the app Prof. K. VijayRaghavan, Principal Scientific Adviser to the Govt. of India, laid down future directions for the app development and said, “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.”

Lieutenant General (Dr) Madhuri Kanitkar, Member PM-STIAC, gave an overview of MANAS. She highlighted that MANAS is based on life skills and core psychological process, with universal accessibility, delivering age-appropriate methods and promoting a positive attitude focusing on wellness. 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.