

OFFICE OF THE PRINCIPAL, HIRAKUD COLLEGE, HIRAKUD.

CIRCULAR

No. 825

Date 13.09.25

This is to notify all students of +2 and +3 as well as the staff members that they can download the Tele-MANAS App and avail guidance from professional counsellors.

Tele-MANAS is a comprehensive mental health care service. For assistance, one may:

Download the Tele-MANAS App, or
Call the helpline numbers: 14416 or 1800-891-4416

Everyone is encouraged to make use of this facility for mental health support and counselling.

Copy to all notice board/all guard file/Establishment Section/

Sumitra Panda
Principal
Hirakud College
Hirakud
13/09/25