

**Urgent/Date Bound**

From  
Director General, Higher Education, Haryana,  
Shiksha Sadan, Sector-5, Panchkula.

*Dr. Harpal Singh*  
*Pr*  
*15/12/24*

To  
The Principals of all Govt. Colleges in the State of Haryana.

Memo No. **DHE-010009/157-2020 Coordination (1) (62869)**  
Dated, Panchkula, the 01-5-2024

**Subject: Information regarding Distress Call Centre – Ek Aasra (IVR facility Helpline no. 7419864999).**

Kindly refer to the subject cited above.

It is intimated that Distress Call Centre – Ek Aasra (IVR facility Helpline number 7419864999) to provide listening and care service that works to support people in emotional distress and those who are feeling suicidal or any kind of stress, such as:

- Stress & Depression
- Relationship issues
- Suicidal thoughts
- Feeling lonely or isolated
- Distress related to any natural or human-caused disaster
- Job loss
- Getting over a recent break-up
- Family issues
- Lack of motivation
- Psychological impact of COVID-19
- Anxiety of the future

You are therefore requested to provide the information regarding Distress Call Centre – Ek Aasra on following points:-

1. Whether the service number 7419864999 is active in your premises.
2. If yes, the calls received in the last academic session (2023-2024) and provide number of calls received history and compliance.
3. If no, the last call received year & monthwise and session.

The above information may be sent through Google form through link: [https://docs.google.com/forms/d/e/1FAIpQLSe6iyQ1SPdDFdgbDbh5zomIQ1WK0vXezJRM0eFY6ltnDYSMBw/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSe6iyQ1SPdDFdgbDbh5zomIQ1WK0vXezJRM0eFY6ltnDYSMBw/viewform?usp=pp_url).

*Students who need help can also contact Mr. Harpal Singh, Asstt. Prof. in Psychology for their problems.*

*Supintendent*  
*Coordination*

*Sharma*  
*21/5/24*