

CURRENT ISSUES WRITING PRACTICE**POST-TEST STUDY MATERIAL FOR CIWP – B**

Q1. Globalisation backlash among others also include Mental Health Issues. In the light of the statement, discuss the challenges to India's mental health landscape. What India must do to solve its mental health crisis? Elucidate with reference to the existing institutional setup.

Ans. Globalization may be defined as a process in which the traditional boundaries separating individuals and societies gradually and increasingly recede. The process has clearly both negative and positive results and is likely to create both losers and winners. Globalization has promised to grant the world instant communication, fast and efficient means of travel, a widened access to technology, cross border cultural interaction and globalized approaches to environmental issues. However, it also entails deregulation of commerce and the creation of super-national political and economic bodies. As a result, the gap is widening between societies which enjoy knowledge, technology and the ability to control events and others which are still backward, ignorant, frustrated, helpless and unable to follow progress and self-actualization. Disadvantaged people have high prevalence of mental disorders whether measured by social class, unemployment or income. Moreover occupational status, income levels or educational achievement have possibly different social meaning in different countries or different cultures within one country

Mental health is a state of well-being whereby individuals recognize their abilities, are able to cope with normal stresses of life, work productively and fruitfully and make a contribution to their communities.

- Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviours.
- A recent review of mental illness in India found some factors that put an individual more at risk — male unemployment, married female, physical illnesses and social isolation among the elderly, domestic violence, family problems
- The prevalence of mental disorders is closely related to social, economic and cultural conditions.

| Social | Economic | Physical | Cultural |
|--|--|---|---|
| <ul style="list-style-type: none"> ● childhood abuse, trauma, or neglect ● social isolation or loneliness ● social disadvantage, ● drug and alcohol misuse ● bereavement ● losing someone close to you | <ul style="list-style-type: none"> ● poverty or debt ● unemployment or losing your job ● homelessness or poor housing ● rate of agricultural employment in the state | <ul style="list-style-type: none"> ● severe or long-term stress ● having a long-term physical health condition ● domestic violence, bullying or other abuse as an adult ● victim of a violent crime ● significant trauma as an adult, such as military combat, | <ul style="list-style-type: none"> ● experiencing discrimination and stigma ● minority community status |

Although lifestyle factors including work, diet, drugs and lack of sleep can all affect your mental health, if you experience a mental health problem there are usually other factors as well.

Some Facts

- ❖ The national mental health survey in 2016 conducted by National Institute of Mental Health and Neuroscience (NIMHANS) revealed that 13.7% of India's Population is suffering from a variety of mental illness and 10.6% of them required immediate treatment.

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- ❖ Over 90 million Indians, or 7.5 percent of the country's population of 1.3 billion, suffer from some form of mental disorder, according to the World Health Organization (WHO).
- ❖ 42.5 percent of the employees in India's corporate sector suffer from depression or an anxiety disorder i.e. almost every second employee.
- ❖ Suicide is the leading cause of death among those aged between 15 to 29 in India.
- ❖ India has 9,000 psychiatrists, or one doctor for every 100,000 people. The desirable number of psychiatrists is three for every 100,000 people. This means India has a shortage of 18,000 mental health doctors.
- ❖ The amount spent on mental health comes about to 33 paisa (\$0.004) per mental health patient.
- ❖ Cases of mental illness have risen by 20% in India since the country went into lockdown.
- ❖ 61% Indians suffering from mental health issues during lockdown

Mental Health Problem in India:

- Mental health problems were already a major contributor to the burden of illness in India before the pandemic, with a third of all female and a quarter of all male suicide deaths in India occurring in this country.
- Most of this illness and death goes unnoticed. Of course, it is the poor, dispossessed and marginalised who bear the greatest burden of mental health problems. And it is this vast section of our population which will be disproportionately affected by the economic recession.

Cause of Mental Health Issues in India:

- The first and foremost reason for India to lose its mental health is the lack of awareness and sensitivity about the issue. There is a big stigma around people suffering from any kind of mental health issues.
- There is no active policy interventions and resource allocation by the government to reduce the stigma around mental health.
- Lack of fund, limited access to mental healthcare and lack of counselling is also a cause for the issue of mental health in India.
- Post-Treatment gap: There is need for proper rehabilitation of the mentally ill persons post his/her treatment which is currently not present

Steps taken

Mental Healthcare Act 2017 enacted by the government contains the following provisions

- Every person will have the right to access mental healthcare services. Such services should be of good quality, convenient, affordable, and accessible
- Advance Directive: This empowers a mentally ill person to have the right to make an advance directive toward the way she/he wants to be treated for the requisite illness and who her/his nominated representative shall be. This directive has to be vetted by a medical practitioner.
- Mental Health Establishments: The government has to set up the Central Mental Health Authority at national level and State Mental Health Authority in every state.
- The act also outlines the procedure and process for admission, treatment, and subsequent discharge of mentally ill persons.
- Decriminalizing suicide and prohibiting electroconvulsive therapy
- A police officer in charge of a police station shall report to the Magistrate if he has reason to believe that a mentally ill person is being ill-treated or neglected
- The punishment for violating of provisions under this Act will be imprisonment up to 6 months or Rs. 10,000 one or both. Repeat offenders can face up to 2 years in jail or a fine of Rs. 50,000–5 lakhs or both

What need to be done?

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Mental health situation in India demands active policy interventions and resource allocation by the government.

- This can happen only when there will be a persistent nationwide effort to educate the society about mental diseases. There is requirement of steps to connect the patients with each other by forming a peer network, so that they could listen and support each other.
- People experiencing mental health problems should get the same access to safe and effective care as those with physical health problems.
- Mental illness must mandatorily be put under the ambit of life insurance. This will help people to see mental illness with the same lens as they use for physical diseases.
- There is need of innovative models to deepen the penetration of services and staff. One such model is accredited social health activist (ASHA) by the ministry of health and family welfare, Government of India.
- There is need of constant stream of funds for educating and creating awareness about mental health and chronic issues.
- The Chhattisgarh government recently launched the 'Spandan Campaign' which is aimed to contain incidents of suicide and fratricide involving police personnel, and instructions were issued to senior officers to strictly adhere to guidelines in this regard.

Institutional Setup

The Government of India launched the National Mental Health Programme (NMHP) in 1982, keeping in view the heavy burden of mental illness in the community, and the absolute inadequacy of mental health care infrastructure in the country to deal with it. The district Mental Health Program was added to the Program in 1996. The Program was re-strategized in 2003 to include two schemes, viz. Modernization of State Mental Hospitals and Up-gradation of Psychiatric Wings of Medical Colleges/General Hospitals. The Manpower development scheme (Scheme-A & B) became part of the Program in 2009.

Some of the Institutions

1. NIMHANS
2. Indian Psychiatric Society
3. Human Rights Commission/NHRC
4. WHO

A very important development was the recognition of the human rights of the mentally ill by the National Human Rights Commission (NHRC). The NHRC carried out 2 systematic intensive and critical examinations of mental hospitals in India in 1998 and 2008. Following the initial report, as part of the NMHP, funds were provided for upgrading the facilities of mental hospitals. This has resulted in positive changes over the years.

The Mental Health Care Act 2017 was passed on 7 April 2017 and came into force from July 7, 2018. The law was described in its opening paragraph as "An Act to provide for mental healthcare and services for persons with mental illness and to protect, promote and fulfill the rights of such persons during delivery of mental healthcare and services and for matters connected therewith or incidental thereto. "This Act superseded the previously existing the Mental Health Act, 1987 that was passed on 22 May 1987.

Conclusion:

The development of mental health services all over the world, in rich and poor countries alike, has been the product of larger social situations, specifically, the importance society has given to the rights of disadvantaged/marginalized groups.

Timely intervention, awareness about the issue, availability of professional help and appropriate policies is the only way to improve the situation. It is thus imperative to believe and propagate that people with mental illness deserve to live their lives with dignity and confidence. It requires a collaborative public-private-social partnership to change things considerably.

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2. Second World War had taught many lessons, some of which seems to be even more pertinent in the present times. Comment. Discuss the role of India in International conflicts/proxy wars.

Ans. The Second World War was unequivocally the most pivotal global event in 20th-century history. Its political, economic and social consequences are still being played out today. It shaped much of the modern world as we know it.

- **End of Colonialism and formation of United Nations and other bodies**

- ✓ United Nations was also established after the war to improve International co-operations and avoid future conflicts.
- ✓ The grant of permanent Security Council membership to five named countries, the victors of that war, makes up one set of such consequences.
- ✓ Another, perhaps unintended, is **Indian independence** – which the war undoubtedly hastened.
- ✓ **Formation of WHO:** The Establishment of World Health Organization occurred in 1948, when its new constitution was ratified by a twenty-sixth nation. Its establishment followed a period of discussions and consultation following World War II and the formation of the United Nations, of which it formed part. The importance of WHO can easily be understood with the fact that the way COVID tragedy was taken. Before the formation of WHO, we saw many plagues but there was nothing like such a supranational body which could handle things in a broader and clear way.
- ✓ Post World War II period shows that internationalism leads to proper roadmap.

- **Modern Conflicts and their aftermath**

- ✓ World War II teaches a lot about modern conflicts. Unbridled military expansion by the Axis Powers triggered a massive conflict. Be it the Invasion of Manchuria (1937) by Japan or the invasion of Poland by Germany (1939), these events set the tone for global conflicts. Many countries including the British Colonies, Commonwealth countries like Australia, Canada, New-Zealand were dragged into the war and gave it a truly global colour.
- ✓ The aftermath of the war was as horrific as the war itself with the dropping of the Atomic Bombs on Japan and the failure of the Eastern Front at the end of the war.

- **Technological Advancements**

- ✓ World War II saw rapid advancements in technology. Aviation was perhaps the biggest benefactor of the World War II. The European Theatre of the of the World War II was set ablaze with the incessant dogfights and aerial bombings.
- ✓ The Apollo Missions and the eventual Moon-landings were also directly influenced by WW2
- ✓ Naval Technology also grew by leaps and bounds. Underwater warfare with was revolutionized with the construction of modern U-boat and amphibious vehicles like the Landing Vehicle Tracked (LVT).

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- ✓ In India, meanwhile, there were massive training, airfield-construction and port-development efforts, which completely transformed the dockyards of Bombay, Calcutta, Cochin and Trincomalee and took the number of airfields in the country from less than a dozen at the start of the war to over 200. Most airports in India today are legacies of that effort.

- **Foundations of the Modern Industry**

- ✓ The war machine required a lot of resources in the form of weaponry, food, equipment and personnel. World War II was simultaneously being fought on the front-lines as well as in the industries. Modern companies like Porsche, Volkswagen, Siemens, MAN achieved growth during the war years sometimes also exploiting the forced labourers. Renault contributed to the British war effort by producing trucks and bombers
- ✓ The war also gave a huge fillip to India's economy, industrialisation and employment. By the end of the war, India had, incredibly, spent more on it than Britain. On independence, Britain owed India a considerable "sterling debt". For the first decade of independence, India financed all her imports from Britain through this balance.

- **Foundation of Institutions:** Indian wartime experience not only contributed to making the country and her institutions what they are today but offers lessons that still have significant validity.

- **Social issues**

- ✓ Social issues the world faces today are recognizably similar to some from that era – including identity issues and discrimination. Many of the Indian armed forces' contemporary military challenges had counterparts then;
- ✓ Terrorism (or at least suicide attack); inappropriate technology for local conditions – they were all issues in 1939 as much as they are in 2020.

A proxy war is defined to be "a war fought between groups of smaller countries that each represent the interests of other larger powers, and may have help and support from these". Proxy wars can have a huge impact, especially on the local area. A proxy war with significant effects occurred between the United States and the USSR during the Vietnam War. The proxy war in the Middle East between Saudi Arabia and Iran is another example of the destructive impact of proxy wars which resulted in the Syrian Civil War. India has never participated in any proxy wars and instead it is one of the largest contributors in the peacekeeping forces.

Some of the proxy war against India

- ✓ Naxalite-Maoist insurgency- which is supposed to be supported by China and Pakistan, North Korea
- ✓ Insurgency in Jammu and Kashmir-supported by China & Pakistan.
- ✓ China has roped in militant groups of Northeast to launch a proxy war against India.
- ✓ Terrorism supported by Pakistan and groups established their.

India has habitually been ignoring existential threats from China and its proxy Pakistan. India has suffered enough of proxy war in the last 30 years. The surgical strikes launched in 2016 after the terrorist attack in Uri, was the first signal that India has changed its strategy of being 'Defensive' as a responsible country, to adopting 'Offensive Defense' for protection of its citizens from Pakistan-sponsored Proxy war through the terrorist groups like JeM, LeT and others.

A closer look at the India's foreign policy actions reveals a rationale for intensifying engagement with the NAM. As the conflict between the world's important powers envelops all dimensions of

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international society, India has every reason to try and preserve some political space in between them.

In our national interest to prevent the proxy war by Pakistan, India has to exercise a multipronged approach including - diplomatic, political, economic and military offensive against Pakistan. As the main player, the Pakistani Army will not like to compromise on promoting proxy war, because their influence and relevance in their country is due to their role of being the sole protector from "Indian threat" and keeping Kashmir issue alive. To deal with the rogue state India consider some "out of box options" like diplomatic, economic and political routes

Q3).India's aim of Maximizing self reliance has multiple challenges but the real issue is that we need to believe in ourselves. Elaborate how Indian economy can gain in the crisis/ opportunity laden year of 2020.

Ans. The current pandemic has posed serious challenges to the global community in their economic, political and social spheres of life. India is no exception to that and given the conditions of India there is a massive challenge ahead. Apart from the multiple challenges that the COVID-19 passes, it has also opened a window of opportunity to many nations to be self reliant and gain through resilient policy measures.

India has faced the COVID-19 situation with fortitude and a spirit of self-reliance, that is evident in the fact that from zero production of Personal Protection Equipment (PPE) before March 2020, India today has created a capacity of producing 2 lakh PPE kits daily, which is also growing steadily.

We need to have belief in ourselves and should take stringent measures for this. Primarily, we need to be mentally ready for the challenges ahead and should believe that even in this globalized world we can be self-reliant. We need to stop the phrase "BOYCOTT CHINA" and in this place we need to use or promote the phrase Made in India. This is not a one day process and the best example of believing in ourselves is the SWADESHI MOVEMENT (also known as Make in India campaign) which was launched in India even before independence. As the name suggests, the movement promoted goods produced in India.

Whatever the economics shows (which is always in favour of China), we should start working as well as believing in ourselves.

Challenges to self Reliance:

Following are the few challenges to aim of maximizing self reliance:

- With a nationwide lockdown for the better part of April and May, the total quantum of economic activity in the country — measured by the monetary value of all goods and services produced — has sharply curtailed.
- Given an uncertain future for the rest of the year, most observers estimate that the Indian economy will contract. That is, it will produce less in 2020-21 than it did in 2019-20.
- This means the Gross Value Added (GVA is a proxy for the income earned) across sectors — agriculture, industry and services — will fall.
- Individuals will cut down their expenditure. In particular, all discretionary expenditure which results in falling demand.
- Seeing overall demand fall, businesses, which were already not investing, will likely postpone their investments further.
- The government revenues will take a massive hit. This means that if the government wants to maintain its level of fiscal deficit (the gap between what it earns as revenues and what it spends), it will have to cut its overall expenditure this year.

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- With the global demand plummeting, the net exports (that is, the net of exports and imports) is also expected to adversely affect India.
- The overall recession type situation will affect all sections of the society like MSMEs and big corporates as well.
- The overall competitiveness of India is expected to take a hit.
- The other challenges include the rise of unemployment, increase in poverty level, rigid labour laws, adverse ease of doing business situation etc.

Despite multiple challenges to maximise the aim of self reliance it is important to believe in ourselves and focus on the following aspects to gain in the crisis and opportunity laden year of 2020:

- Focus on bringing the economy on track by huge investment especially by the government sector to boost economic activity.
- Spending on infrastructure is important as this sector has high multipliers effect on the economy
- A system that is driven by technology which can fulfill the dreams of the 21st century; a system not based on the policy of the past century.
- Demography - Our Vibrant Demography is our strength in the world's largest democracy, our source of energy for self-reliant India.
- Demand - The cycle of demand and supply chain in our economy, is the strength that needs to be harnessed to its full potential.

Post COVID-19 world will have a different geopolitical scenario which may provide opportunity to many countries to fill the vacuum. As rightly pointed out by the economic survey 2019-20 India needs to focus on labour intensive and technology driven products which can be exported to the global market especially to the advanced economies. With favourable demographic dividend and right policy measures the dream of export driven can be achieved with ease. There is a huge domestic market whose demand provides an excellent opportunity to become self reliant.