

## CURRENT ISSUES WRITING PRACTICE

### PRE TEST MATERIAL FOR CIWP – B

#### **Mental Health**

##### **Why in News?**

The Assam government has started a mental health support programme for COVID-19 patients and quarantined persons in the state to provide emotional support, counselling and treatment. The programme, called 'Monon', was started on June 17.

After the Covid-19 outbreak, during lockdown 1.0 itself, the Indian Psychiatric Society reported that mental health concerns have escalated by an alarming 20%, with an unprecedented rise in psycho-social concerns like: family issues, depression, anxiety disorders, substance abuse, sexual abuse and domestic violence.

##### **Connectedness to the Syllabus**

**Essay:** UPSC may ask candidates to write an essay on the Mental Health and the issues related to it, Work and life balance, etc.

**General Studies I:** Role of women and women's organization, population and associated issues, poverty and developmental issues, urbanization, their problems and their remedies; Effects of globalization on Indian society.; Social empowerment.

**General Studies II:** Development processes and the development industry —the role of NGOs, SHGs, various groups and associations, donors, charities, institutional and other stakeholders.; Welfare schemes for vulnerable sections of the population by the Centre and States and the performance of these schemes; mechanisms, laws, institutions and Bodies constituted for the protection and betterment of these vulnerable sections. ; Issues relating to development and management of Social Sector/Services relating to Health, Education, Human Resources. ; Issues relating to poverty and hunger.

**General Studies IV:** Emotional intelligence-concepts, and their utilities and application in administration and governance;

##### **Articles Links**

<https://health.economictimes.indiatimes.com/news/industry/what-india-must-do-to-solve-its-mental-health-crisis/74314862>

<https://www.medicalnewstoday.com/articles/154543>

[https://www.who.int/mental\\_health/en/](https://www.who.int/mental_health/en/)

<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

<https://indianexpress.com/article/north-east-india/assam/assam-begins-mental-health-programme-to-help-covid-19-patients-those-in-quarantine-6474821/>

[https://www.who.int/occupational\\_health/publications/global\\_plan/en/](https://www.who.int/occupational_health/publications/global_plan/en/)

<https://www.mqmentalhealth.org/articles/global-agenda-council-mental-health-seven-actions>

<https://timesofindia.indiatimes.com/city/noida/covid-19-exacts-a-toll-on-mental-health-of-patients/articleshow/76633843.cms>

<https://www.edexlive.com/opinion/2020/jun/25/mental-health-matters-why-young-india-is-depressed-and-anxious-about-life-in-a-post-covid-world-12875.html>

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### Video Links

IGNOU: <https://www.youtube.com/watch?v=FPitCeNTVys>

RSTV: <https://www.youtube.com/watch?v=MAead30MjtU>

RSTV: <https://www.youtube.com/watch?v=0Dz4bi4Cip8>

BBC: <https://www.youtube.com/watch?v=OJ7cf-AgLTQ>

### Maps and Images




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## 21 WAYS TO NOURISH YOUR BODY AND ELEVATE YOUR MIND

### 1. YOGA



*"Yoga is invigoration in relaxation. Freedom in routine. Confidence through self-control. Energy within and energy without." ~*  
Yimber Delecto


**Basics:**  
Yoga is a physical, mental, and spiritual practice that unites breath control with meditation and physical movement.

**History:**  
Yoga is believed to have originated around the 6th and 5th centuries BCE within ancient Hindu

**Benefits:**

- Improves flexibility
- Builds muscle strength
- Develops healthy posture
- Promotes fluid cartilage and joints
- Lengthens and energizes the spine
- Strengthens bones

### 2. AROMATHERAPY




*"Aromatherapy is a caring, hands-on therapy which seeks to induce relaxation to increase energy, to reduce the effects of stress and to restore lost balance to mind, body and soul."~*  
Robert Tisserand

**Basics:**  
The National Association for Holistic Aromatherapy defines it as: "the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit."

An essential oil is a distillation of natural materials. The manner of

**Benefits:**  
The benefits we can enjoy from aromatherapy depend on the scent.





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#### Reality check

- Survey was conducted among **200** school counsellors, special educators and occupational therapists across **130** schools in Delhi/NCR and Mumbai

- A total of 17 questions were used to analyse the attitude and opinion of the mental health professionals working in schools



- **91%** of the participants believed that mental health was not given adequate importance in schools



- **96%** admitted that they recognised the need to incorporate a mental health curriculum within schools



- **29%** counsellors and allied professionals believed that when in distress, students prefer to keep their concerns to themselves rather than talk about them



- **88%** participants believed that students do not know how to respond when their friends talk about psychological or emotional concerns

SOURCE: SURVEY BY FORTIS HEALTHCARE'S DEPARTMENT OF MENTAL HEALTH AND BEHAVIOURAL SCIENCES

#### MENTAL ILLNESS GOES BEYOND DEPRESSION



##### ANXIETY DISORDER

Feelings of worry or fear strong enough to interfere with one's daily activities



##### EATING DISORDER

Where a person uses food (or denial of it) as a way of coping with painful feelings, thereby risking lives



##### BIPOLAR DISORDER

Unusual shifts in mood, energy, activity levels and inability to carry out day-to-day tasks



##### BORDERLINE PERSONALITY DISORDER

Difficulty regulating emotions, impulsive behavior, unstable relationships



##### OBSESSIVE COMPULSIVE DISORDER (OCD)

Uncontrollable, reoccurring thoughts and behaviors that a person repeats again and again



# WHEN *virus takes a* MENTAL TOLL

**AT HIGH RISK**

- Older people and those with chronic diseases
- Children and teenagers
- Caregivers such as doctors and other healthcare providers or first responders
- Those with mental health conditions, including problems with substance use

**Stress during an infectious disease outbreak can include**

- Fear and worry about your own health and of your loved ones
- Changes in sleep or eating patterns
- Worsening of chronic health problems

**Things you can do to support yourself**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting
- Make time to unwind. Try to take up some other activities you enjoy
- People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms



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## CAUSE FOR CONCERN

**13.7%** Prevalence of mental illness in India as per National Mental Health Survey (2016)

**28%** of global suicides occur in India

### Access to mental healthcare

**49%** had a mental health facility within 20km radius

**26%** reported no mental health facility within 50km radius

**59%** reported lack of any de-addiction service in their area

### Awareness about mental health

**57%** not aware of any person with mental illness

**28%** did not consider suicide to be associated with mental illness

### Insurance for mental healthcare

**80%** had no health insurance or thought mental health treatment was not covered



TOI FOR MORE INFOGRAPHICS DOWNLOAD TIMES OF INDIA APP



## FOR PARENTS

- Reassure your child or teen that they are safe
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well



## FOR CAREGIVERS

Responding to Covid-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions...

- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book
- Ask for help if you feel overwhelmed or concerned that Covid-19 is affecting your ability to care for your family and patients as you did before the outbreak

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### Many Children Lack Access to Mental Health Care

Nearly **1 in 5** U.S. children are diagnosed with a mental disorder. **20%** of those with a mental disorder receive care from a specialized care provider for mental health.

**Barriers to pediatric mental health specialty care**

- Parents may be reluctant to seek professional help
- Cost
- Not enough mental health providers to meet demand
- Lack of access to specialized providers
- Long waiting lists
- Lack of insurance coverage

**Pediatric primary care:**  
**9 in 10** children receive regular medical care from a primary care provider, but **1 in 3** pediatricians report that they have sufficient training to diagnose and treat children with mental disorders.

**Specialized care providers for mental health**

- Child and Adolescent Psychiatrists
- Child Psychologists
- Behavioral Therapists

### Improving Access to Mental Health Care through Behavioral Health Integration

Behavioral Health Integration (BHI) is an approach to delivering mental health care that makes it easier for primary care providers to include mental and behavioral health screening, treatment, and specialty care into their practice. It can take different forms, but BHI always involves collaborations between primary care providers and specialized care providers for mental health.

**Phone consultation**  
 The primary care provider can receive consultation by phone about a diagnosis and treatment plan from the care provider for mental health.

**CLINIC**

**BHI can result in**

- Better outcomes for children and youth
- More efficient and coordinated care
- Higher treatment rates
- Reduced parental stress
- Improved consumer satisfaction

**Practicing together**  
 The primary care practice has a care provider for mental health practicing on-site who is responsible for screening and referrals and may provide therapy. This is often called co-location.

**Improving referrals and communication**  
 A care coordinator manages referrals to care providers for mental health and needed social services, and maintains communication between the primary care practice and care providers for mental health.



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MYTHS & FACTS

about MENTAL HEALTH

Myth

Children don't experience mental health problems

Fact

Even very young children may show warning signs of mental health concerns. Early support can help a child before mental problems interfere with other developmental needs

Myth

People with mental health problems are violent and unpredictable

Fact

The majority of people with mental health problems are no more likely to be violent than anyone else. In fact, many people with mental health problems are highly active and productive members of their communities

Myth

Personality weakness or character flaws cause mental health problems

Fact

Mental health problems have nothing to do with being lazy or weak. Many factors may contribute, including:

- Physical illness, injury, or brain chemistry
- Life experiences (trauma or abuse)
- Family history of mental health problems

Myth

I can't do anything for a person with a mental health problem

Fact

Friends and loved ones can help by:

- Learning and sharing the facts about mental health
- Reaching out and helping them access mental health services
- Treating them with respect
- Refusing to define them by their diagnosis or using labels like "crazy"

Mental health problems can affect anyone

1 in 5

Americans will be affected by a mental health problem in their lifetime

→

With the appropriate help many people **get better** and recover completely

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 Department of Sport and Recreation  
GOVERNMENT OF KARNATAKA

## Physical activity and mental health

Being physically active:

-  Protects against mental health problems
-  Is as effective as medication for mild to moderate anxiety and depression
-  Decreases depression in older adults
-  Improves self-esteem and cognitive function in young people
-  Reduces the symptoms of post natal depression

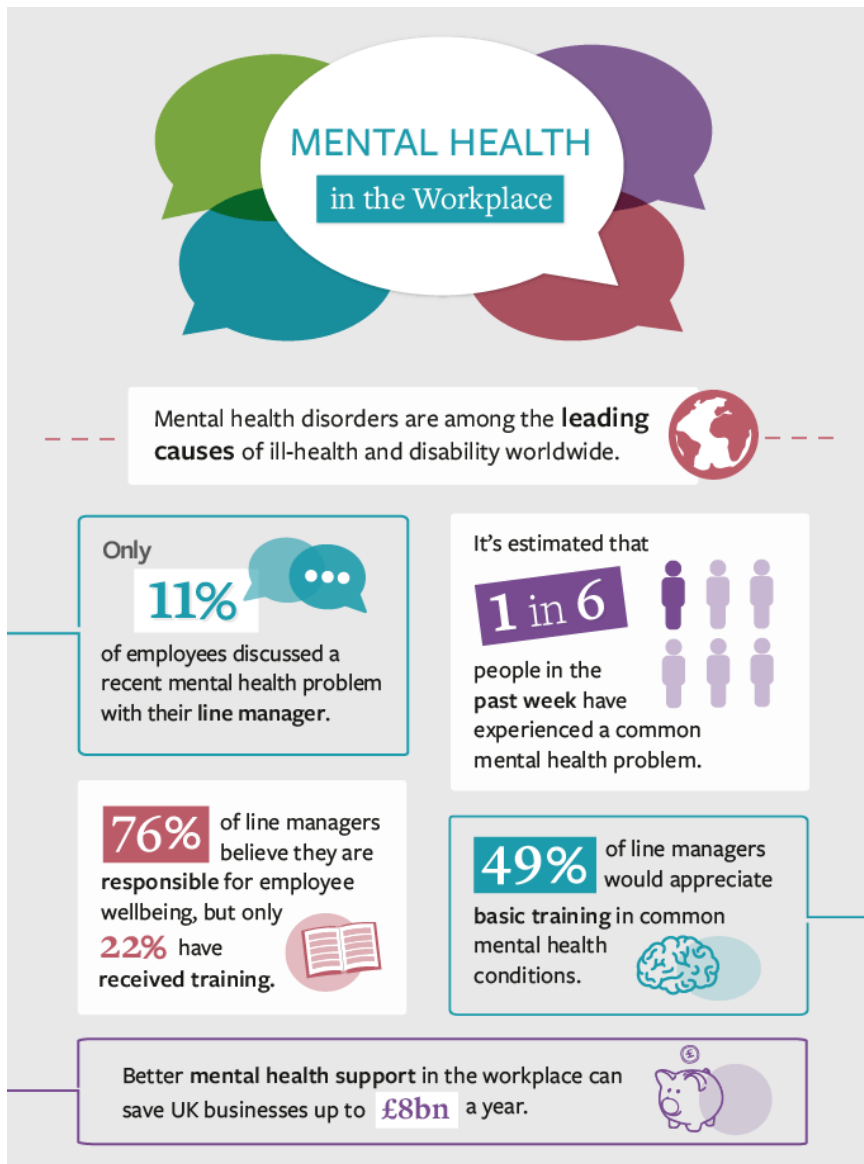
Playing sport reduces psychological distress by

Frequency	Reduction in Psychological Distress
1-3 times a week	34%
4+ times a week	47%

People who participate in sports clubs and organised recreational activity enjoy better mental health.

Follow us on Twitter  
[@dsrwa](https://twitter.com/dsrwa)

Our whole community wins



### 75<sup>th</sup> Anniversary of Second World War

#### Why in News?

Recently, Defence Minister attended the 75<sup>th</sup> Victory Day in a three-day trip to Russia. India has sent a tri-services contingent to participate in the Victory Day Parade. Indian military contingent also participated in Victory Day Parade in Russia.

#### Connectedness to the Syllabus

**General Studies I:** History of the World and Society

**General Studies II:** India and its neighborhood- relations.

#### Article Links

<https://indianexpress.com/article/explained/victory-day-why-russia-celebrates-wwii-triumph-on-a-different-date-6473090/>



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<https://www.thehindu.com/news/international/europe-us-mark-75-years-since-end-of-second-world-war/article31537523.ece>

<https://edition.cnn.com/2013/07/09/world/world-war-ii-fast-facts/index.html>

<https://www.thehindu.com/society/history-and-culture/this-exhibition-traces-the-restoration-of-priceless-artefacts-damaged-during-world-war-ii/article31962862.ece>

<https://www.thoughtco.com/world-war-ii-overview-2361501>

<https://www.britannica.com/event/World-War-II>

<https://www.history.com/topics/world-war-ii/world-war-ii-history>

<https://www.iwm.org.uk/history/second-world-war>

#### **Video Links**

BBC documentary: [https://www.youtube.com/watch?v=BkYV22344os&has\\_verified=1](https://www.youtube.com/watch?v=BkYV22344os&has_verified=1)

BBC documentary: [https://www.youtube.com/watch?v=ujvdrga9\\_tA](https://www.youtube.com/watch?v=ujvdrga9_tA)

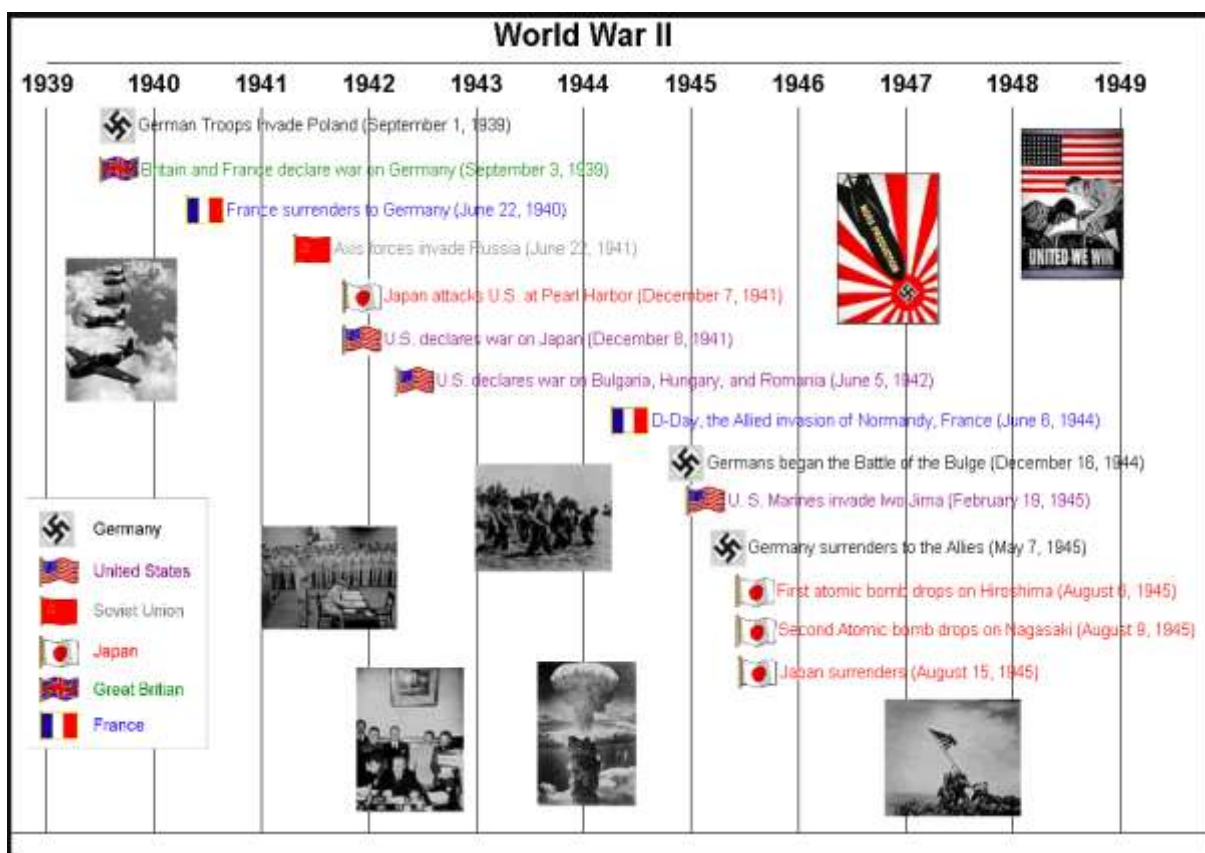
CNN: <https://www.youtube.com/watch?v=QZbLebgmV8I>

Speech of Churchill: <https://www.youtube.com/watch?v=qw7dYqOvf9s>

Aljazeera: <https://www.youtube.com/watch?v=tdxpBLoDlsw>

DW (German Broadcast): <https://www.youtube.com/watch?v=PJNPhMgHEKE>

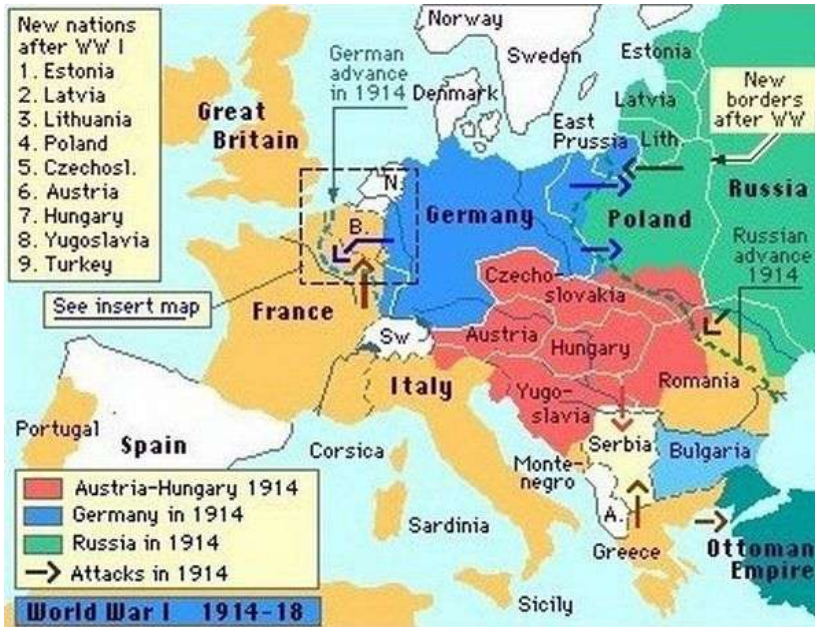
#### **Maps and Images**



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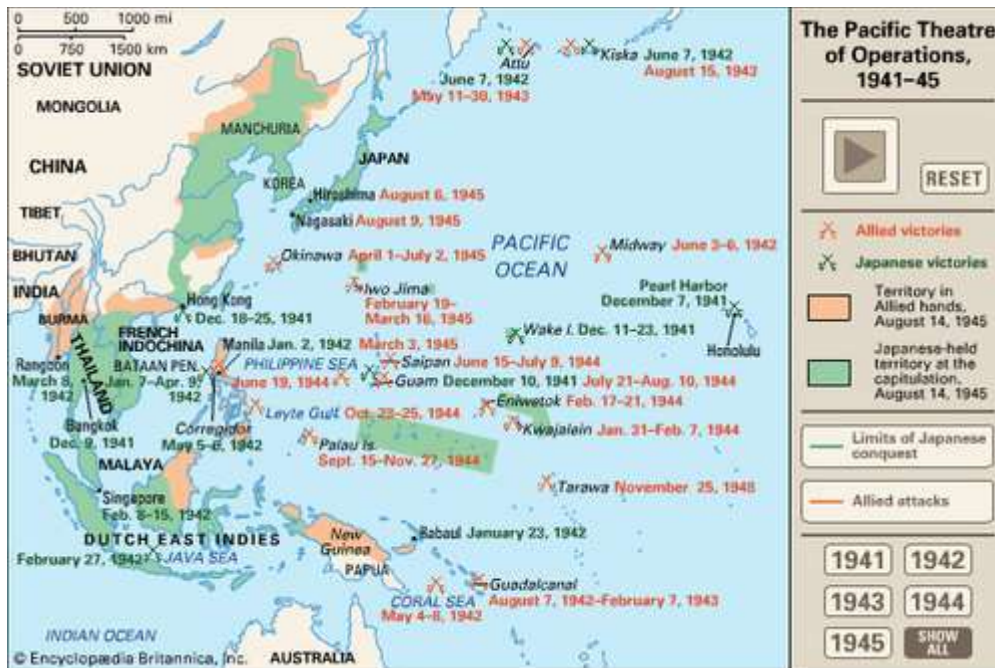
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#### Atmanirbhar Bharat

##### Why in News?

The clarion call given by the Hon'ble PM of India to use these trying times to become Atmanirbhar (self-reliant) has been very well received to enable the resurgence of the Indian economy and the best example of this can be seen through the spirit which India showed for the production of PPE Personal Protection Equipment (PPE).

##### Connectedness to the Syllabus

**Essay:** UPSC may ask candidates to write an essay on current Indian Economy and how can India become self-reliant.

**General Studies I:** Effects of globalisation on Indian Economy

**General Studies II:** Government Policies and Interventions and various government schemes.

**General Studies III:** Indian economy and issues related to planning, development and employment.

##### Article Links

<https://www.india.gov.in/spotlight/building-atmanirbhar-bharat-overcoming-covid-19>

<https://www.orfonline.org/expert-speak/to-convert-atmanirbhar-bharat-into-reality-modi-needs-to-wage-a-war-69171/>

<https://www.thehindu.com/news/national/modi-launches-atmanirbhar-bharat-app-challenge/article31991458.ece>

<https://economictimes.indiatimes.com/news/economy/policy/dont-need-china-or-chinese-investments-nitin-gadkari/articleshow/76776596.cms>

<https://indianexpress.com/article/explained/atmanirbhar-bharat-abhiyan-india-international-trade-6459157/>

<https://innovate.mygov.in/app-challenge/>

<https://vikaspedia.in/news/atmanirbhar-bharat>

<https://www.financialexpress.com/opinion/boycotting-china-more-symbolic-than-punitive-start-designing-policies-which-support-atmanirbhar-bharat/2004396/>

<https://theprint.in/opinion/atmanirbhar-bharat-needs-both-import-substitution-and-export-industrialisation/444001/>

##### Video Links

DELHI: VIJAY NAGAR 9717380832 & OLD RAJENDER NAGAR 9811293743 | JAIPUR: 8290800441  
BENGALURU: KORMANGALA 7619166663 & CHANDRA LAYOUT 7619136662 | BHOPAL: 7509975361  
PATNA: 7463950774 | INDORE: 7314977441 | RANCHI: 9939982007 | [www.ksgindia.com](http://www.ksgindia.com)

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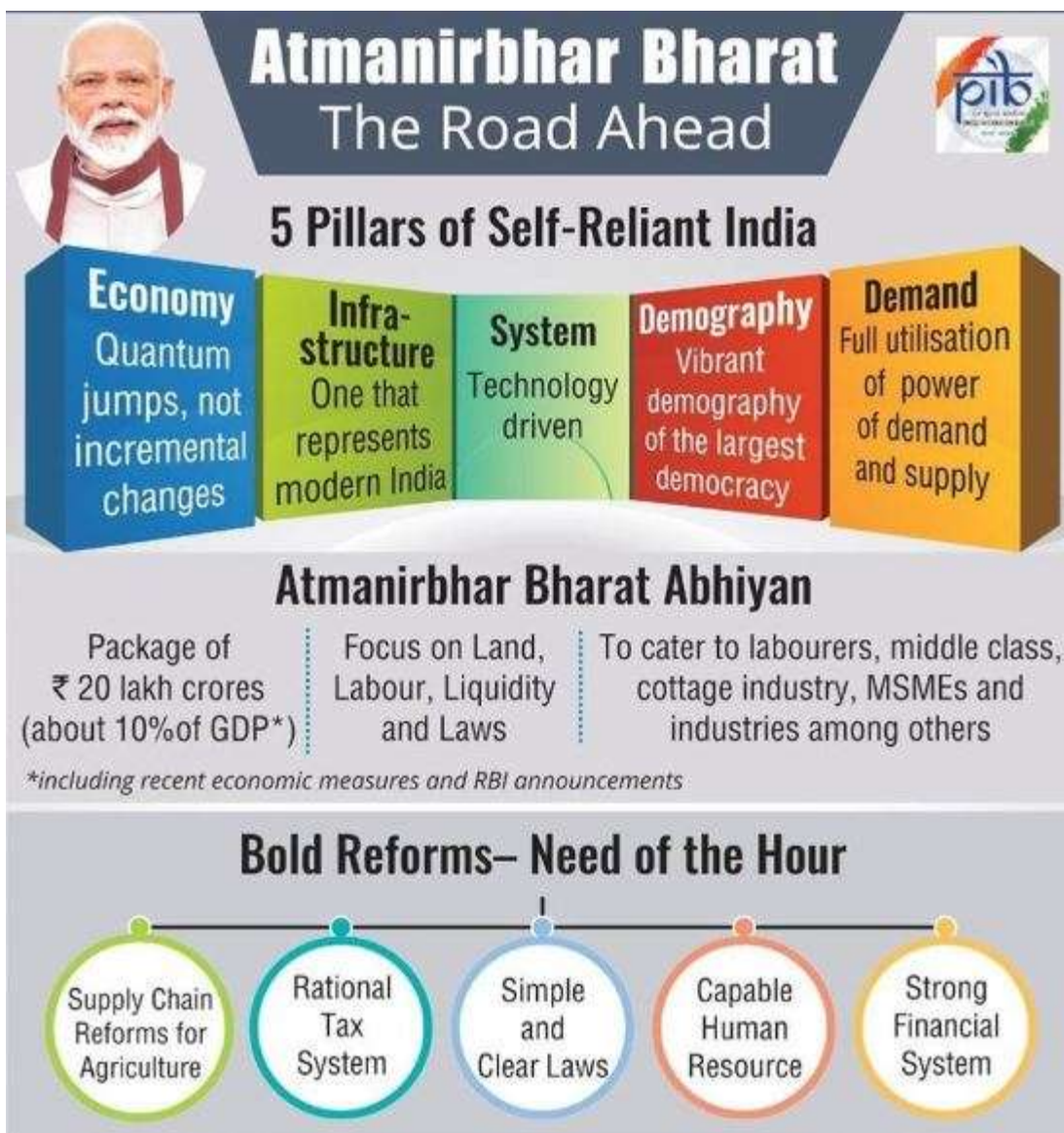
RSTV: <https://www.youtube.com/watch?v=iwBGsv0skgQ>

DD News: [https://www.youtube.com/watch?v=UUeM\\_qERDbo](https://www.youtube.com/watch?v=UUeM_qERDbo)

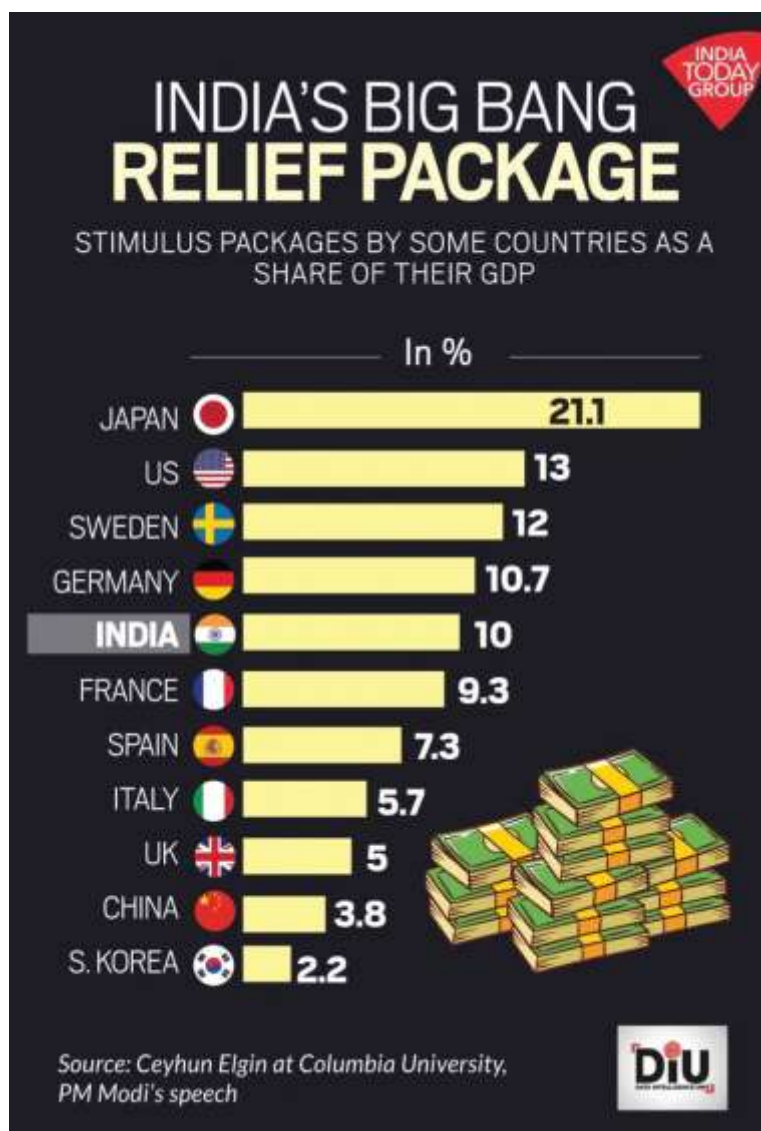
ET News: <https://www.youtube.com/watch?v=VNySkH7xQvU>

India Today: <https://www.youtube.com/watch?v=ktSBWCn5aw>

#### Maps and Images







by PM Modi is to essentially spur the growth and make India self-reliant. That is why is called Aatmanirbhar package.

”

Smt. Nirmala Sitharaman  
Minister of Finance



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