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SUB: The need for Indian Regulatory Bodies in Mental Health similar to American Psychological Association and American Psychiatric Association (can be a QUAD STEM Fellowship in the medical field)

May 25 2022, San Jose, CA, USA

To

1. Hon'ble PM of India
2. Ministry of Health and Family Welfare
3. Ministry of Home Affairs
4. Ministry of Law and Justice
5. Ministry of Social Justice and Empowerment
6. Ministry of Women and Child Development
7. Expert Translators of languages in the Central Government
8. To whoever else it may concern,

Dear Respected Sir/Madam,

Namasthe. My sincere thanks to the Central government for striving to develop India on par with developed countries. I admire the audacious dream of raising Indian standard of living with a number of policy reforms like National Education Policy, Startup India, Skill India, Mission Karmayogi, JAM Trinity etc.

As India progresses in the digital age, the number of sedentary workers (desk-job workers) will only rise. While working, the farmers have freedom-of-movement. The street vendors and the owners of Small and Micro enterprises also have some freedom-of-movement. However the workers in factories assembly-lines have severely restricted freedom-of-movement. Thus not only bureaucrats and High-tech workers, even a factory worker's job is many times sedentary and one cannot expect all factory workers or street vendors to be doing a overall body work-out often like Yoga for physical and mental health. Due to sedentary nature of jobs, such workers (high-wage or low-wage, high-tech or ordinary) face not only physical health issues but also mental health and social problems.

One common crisis among the Indian demographics of farmers, street vendors, small and micro enterprises and sedentary workers is that they all commit suicides in alarming numbers though their mental health and social issues are different. One may not notice as many physical health issues in the youth preparing for higher-education entrance exams, however their studies are also sedentary in nature resulting in the emergence of their mental health and social problems the rest of their lives. ***Due to such mental and social issues, there will be a loss of productivity over one's life time and such loss of productivity for the whole population of India may be simply measured in terms of loss of GDP annually.*** Due to insufficient incomes, their standard of living is impaired or delayed which in turn

creates/aggravates serrations/cracks in the social fabric of India. Mending such cracks in the social fabric will take not only resources but also time, sometime decades, centuries and may be even millennia...

Thus as India progresses into the digital age, where almost everyone *must more and more utilize their own intelligence to survive rather than depending on paltry Government support per-capita*, there will be rising numbers of mental health issues some resulting in suicides and some resulting in aggression like riots, protests and worst murders.

The existing Government and Private mental-health hospitals and institutes in India appear to be either working in complete silos or only sporadically exchanging ideas with each other. ***There appears to be no one regulatory body under whose framework (Dancha, ढाँचा) they may all share their ideas and also practice their mental-health profession accordingly.*** For example, how NIMHANS in Bangalore promotes mental health is different from how HMD of New Delhi is different from how GHMC of Vishakapatnam promote mental health. Therefore there is a need for Central Regulatory Bodies for Mental Health similar to American Psychological Association and American Psychiatric Association. Both these American regulatory bodies are established at least 100 years ago and went through their dark ages too but ultimately are on track making forward progress in the mental health of USA due to which USA is the largest economy by GDP and also a high-tech/defense Super Power even today.

American Psychological Association was established in July 1892AD, 129 years ago. American Psychiatric Association was established in October 1844AD which is 177 years ago. *Not only USA, India may also review the existing mental health systems in developed countries of East like Japan to establish and nurture India's own regulatory bodies for mental health in the context of Indian laws, traditions and cultures. **Thus such a research may also be a QUAD STEM Fellowship in the medical field.***

In my view, making India a 15 trillion dollar economy in your life-times is still possible if the mind-set of Indian work-force and youth is aligned towards a greater purpose providing them with opportunities to reap self-satisfactory rewards towards reaching that greater goal/purpose. Hence, the mental-health field in India must be improved with mental-health medical reforms(not legal policies/reforms only) related to avoiding suicides, child abuse, murders, addictions, corruption, narcissism, vandalism etc.

Not only interacting with mental health professionals/professors, you may also ask Niti Aayog and Health ministry what kind of data they collected from Home ministry regarding suicides and how they'll devise medical programs to alleviate suicide problem in India among students, farmers, factory workers, street vendors, armed forces, divyang/specially-abled, celebrities etc. Not only suicides, the Health ministry and/or Niti Aayog may also devise programs to improve 'the mind-set' of students, their teachers, farmers, armed forces, celebrities, bureaucrats/government officials, businesses etc.

Since it is in my own personal interest that India becomes a prosperous nation with more than 5 trillion dollar economy soon so that basic needs of Indian people are met like work, food, clothing, shelter and spouse, I am submitting this humble request (as this detailed PDF document attached.) that you please

1. Kindly mobilize your ministries and relevant institutions like NitiAyog, NMC etc., about a requirement for Indian Regulatory Bodies in Mental Health similar to American Psychological

Association and American Psychiatric Association. (Both American bodies being more than 100 years old, it is time India has its own regulatory body to oversee mental health in Indian context. Not only USA, India may review existing mental health system in Japan too. Such research may be a QUAD STEM fellowship in medical field.)

2. Kindly ask Health ministry about how they are utilizing data they collect from Home ministry regarding suicides and how they'll devise mental health programs to alleviate suicide problem in India among students, farmers, poor vendors, armed forces, divyang/specially-abled etc.

What I wrote is from/related to my own research and experiences. Please kindly forgive me if I said or asked for anything inconvenient, incorrect & wrong. Due to time constraints, please kindly forgive my English mistakes too.

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात् ॥

Satyameva Jayathe!

Kal Gandikota

San Jose, CA, USA

Note: I am not affiliated with any political party, any religion, caste, tribe, last name, pin code, language, region, media, NGO, business or any Government institution. I am still an ordinary Indian Citizen. I am not paid to comment and not seeking favors.

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