

EVALUATION INDICATORS

1. Contextual Competence
2. Content Competence
3. Language Competence
4. Introduction Competence
5. Structure - Presentation Competence
6. Conclusion Competence

Overall Macro Comments / feedback / suggestions on Answer Booklet:

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A health system to meet the 21st century needs in India

As per WHO, ideal "Doctor: Population" ratio is 1:1100 (approx), which, in terms of actual figures in India's case is 1:1450 (approx).

Thus, even if we look at this one simple statistic, we can gauge the gravity of this crisis in our country, which gets even bigger when we include some other aspects in our discussion to understand the problem holistically.

These aspects, which must be understood before starting any discussion on health/health system etc:-

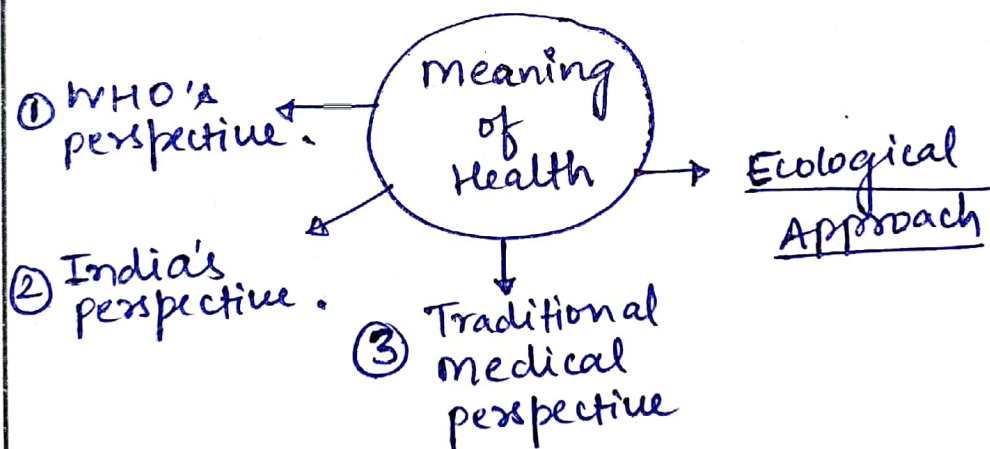
- ① what do we mean by health? (globally)
- ② what does India mean by health? .
- ③ what are our challenges?
- ④ Does health system works in silos? etc.

Thus, in our discussion in this essay, after answering these and some other basic questions, we'd proceed to some

measures taken by the Indian government to tackle the mentioned issues. Post that, we'd discuss some innovative measures which are required to improve our health system and make it capable of handling the challenges of 21st century.

THE MEANING OF HEALTH

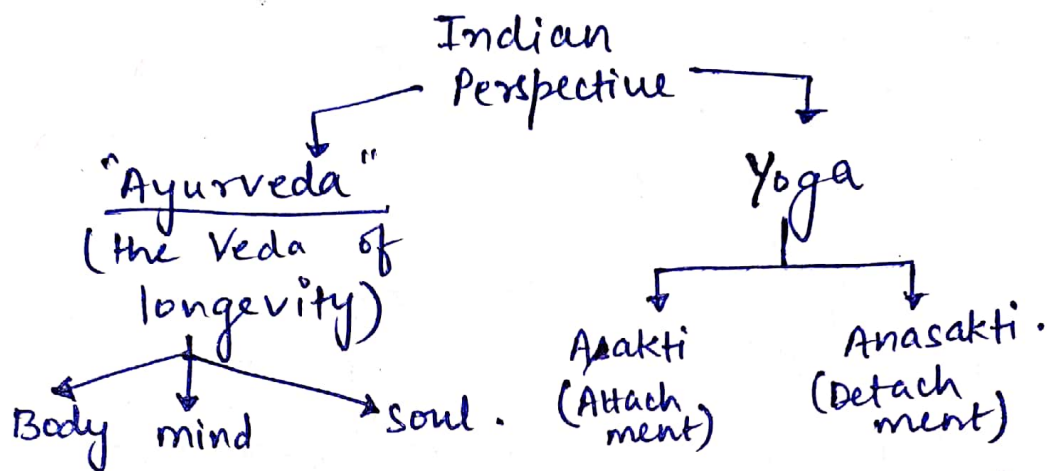
Addressing the elephant in the room, we must understand what is health before designing a futuristic system for it.



① WHO considers health to be a state, in which an individual is able to perform in his/her best capacity on 4 grounds:-

- ⊛ Physical.
- ⊛ Psychological/mental
- ⊛ Social.
- ⊛ Spiritual

② India, through ages, has evolved its own idea of "SWASTHYA" (the being of an individual)



As per Ayurveda, we consider an individual healthy, if his body, mind and soul are aligned in the most efficient manner.

As we can note, this definition is quite close to the WHO's definition.

Yoga gives a more holistic view of a "human's" health and does not segregate it into different dimensions

"AHARA" (Food) "VIHARA" (Recreation)
 "VICHARA" (Thoughts) "ACHARA" (conduct)
 as per Ayurveda, and, moving from

Asakti (attachment to objects, people etc) to Anasakti (detachment), results in health and well being of an individual.

③ Traditional medical perspective, explains health to be a "DISEASE FREE STATE".

clearly, this approach can not offer a holistic solution to 21st century's problems, which come in many forms:-

⊛ Psychological problems due to :->

- Increase in failed marriages.
- Changing social roles due to breaking of joint families into nuclear, neolocal families.
- Increased population, hence, congested roads etc.

⊛ Social problems -> ⊛ New age
-> challenges due to new jobs with new risks. etc.

④ Ecological Approach, is a more functional approach which focusses on how well an individual interacts with his/her environment to produce desired results.

WHAT DOES INDIA MEAN BY HEALTH :-

Apart from the cultural perspective of Ayurveda and Yoga, we must understand what does health mean for :-

- * A daily wage earner?
- * An average villager of India?
- * A woman entrenched in a patriarchal home, afraid and ashamed of her personal problems.
- * A person working in an MNC, etc

If we understand what is the meaning of health for them and more, only then we'd be able to understand the nuances of designing a holistic health system for 21st century India.

ofcourse, while doing that, we can take a cue from the different health perspectives we discussed in the start of this essay

WHAT ARE OUR CHALLENGES AND WHAT CHANGES WE NEED TO BRING TO MAKE A 21ST CENTURY HEALTH SYSTEM FOR INDIA :-

① Societal challenges :-> Problems like "patriarchy", "mental problems" considered a taboo, "aversion from vaccines" due to superstitions, lack of "sex education" etc must be addressed.

If we want a health system to work for India, we need to consider these problems.

A recent UNESCO report highlighted that 71% of Indian girls get to know about menstruation only when they experience it for the first time.

Thus, only when we make sure that health is equitably provided, people don't believe that vaccines would make them impotent, can a system work.

(1.1) Solutions to Societal Challenges :-

② Value based education, to inculcate "health seeking behaviour" (eg:- washing

hands, balanced diet etc) from an early age.

- (b) ASHA (~~Aggregated~~ Accredited Social Health Activists) must be trained and sensitised of gender, social and psychological dimensions of health
- (c) "We Think Digital" campaign by Facebook, launched in seven states (UP, BR, JH, MP, GJ, WB, Assam) can enable our women to get information about their personal health they are otherwise too shy to ask.
- (d) "Domestic Violence" can be made more safe for women to report without alarming the perpetrator, eg:-
- * At medical stores.
 - * Primary healthcare clinics.
 - * To ASHA workers.

Recently, due to increased domestic violence cases during lockdown, UP Government started "suppress Corona, Not Your Voice" campaign.

- (2) Infrastructural Challenges :- There exists a stark

rural-urban divide in healthcare facilities
in India. In an average Indian town,
"DILLI LEKE JANA PADEGA" is very often
heard, when the slight aggravation
patient's condition surpasses the coping
capacity of local infrastructure.

Also, not just infrastructure (physical), but
also, our doctors are not very much
interested in working in rural areas.
Often, government doctors posted in
rural areas, perceive it as "punishment"
postings and settle in the closest
relatively developed town, to go to the
rural area only for attendance.

Solutions to Infrastructural challenges :-

① Physical infrastructure :-

② Awanish Saran, IAS posted in
Chattisgarh, started motor cycle ambu-
lances for the Naxal effected area
due to lack of finances, such innova-
tive measures are needed to be made.

⑥ Indegenisation of medical equipments to reduce their cost. Currently, CISCO, etc provide them at high cost. Local industries have to be promoted.

⑦ Focus on "Primary Healthcare Centres" in rural areas.

② Human Resources to fill/use that infrastructure :->

① Proper residential facilities for doctors in rural postings, so that they are "positively reinforced"

② "Intrinsically motivated" individuals to be identified and given rural postings.

③ Public recognition to "paraprofessionals" "midwives", "nurses" etc to encourage them apart from doctors.

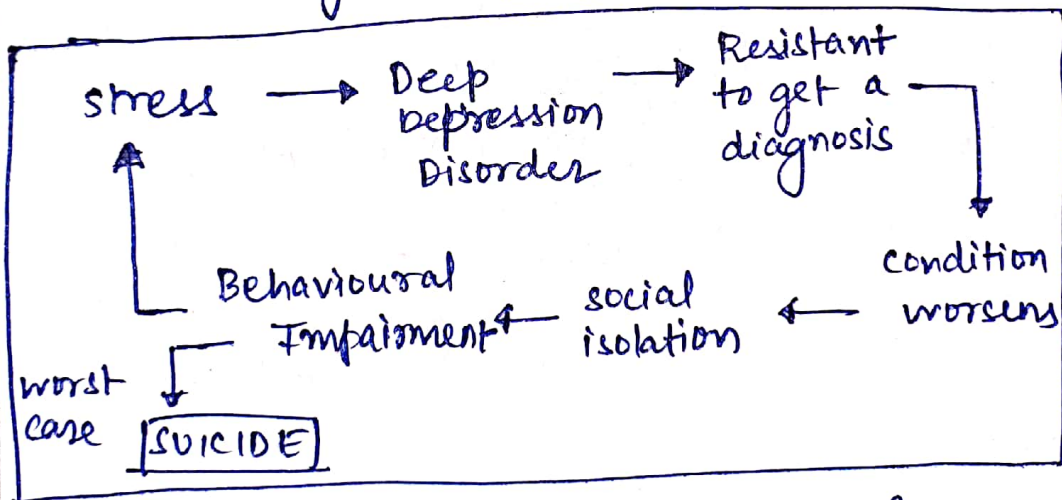
③ Attitudinal challenges :-

① Gender stereotyping, foreg, nurses

are women, has led to the "FEMINIZATION OF MEDICAL PROFESSIONAL".

we must break this thinking, to ensure more holistic development.

(b) "mental problems" are considered a taboo. According to American Psychological Association, suicides are the leading cause of death between 15 to 24 years of age.



(c) Preference for surgeries, even for minor problems. etc.

Solutions for correcting Attitudinal Challenges

(a) gender sensitisation of our students, to make them realise that even boys can be nurses and help India be healthy.

⑥ Greater awareness campaigns by NIMH, ASHA workers, media etc to educate people that it's normal to need a psychiatrist or a psychologist, for eg:-

- Through awareness, we can make people understand that :-

"ALCOHOLISM IS ACTUALLY ALCOHOL DEPENDENCE SYNDROME", which can be psychologically corrected.

⑦ People need to be educated that :-

"NORMAL DELIVERIES ARE THE NORM, AND SURGERY IS THE EXCEPTION".

This requires check on medical malpractices, periodic ethics training of doctors etc.

HEALTH SYSTEM FOR 21ST CENTURY INDIA
CAN NOT EXIST IN SILOS !-

"The best way to cure a disease is to PREVENT IT".

Thus, it's not just the health system, but

* transport system :- to make it better

designed, causing less stress related problems.

⊛ "work culture" :-> greater acceptance for "work from home" to act as stress boosters.

⊛ "Efficient Public Service delivery" :-> To improve a common person's "Subjective well Being"

⊛ Basic Infrastructure like "drinking water" (HAR GHAR NAL SE JAL)

These and other basic facilities must be provided to act as PRIMARY PREVENTION measures for health disorders.

Thus, ~~the~~ ministry of women and child development, ministry of Health and Family welfare, ministry of Road Transport, ministry of Personnel -- and Public Grievances, all have to work in synergy to ensure that an efficient health system for 21st century India is delivered to its citizens

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Inclusiveness and Equity → essential characteristics of a good public institution.

The essence of a Good public institution is that it serves as the most basic functional unit of Good Governance.

From our Directive Principles of State Policy (especially the Gandhian ones) to 73rd and 74th Constitutional Amendment Act etc, India's focus has been to ensure, that it functions as a WELFARE STATE, at the core of which, lies public centric, ethically conscious, intrinsically motivated, legally controlled and socially monitored public institutions to provide efficient public service delivery to Indian citizens and beyond.

For a country like India, which has a history of deep rooted social hierarchies, caste consciousness, gender discrimination, its utmost important to ensure that a public institution conducts in an inclusive and equitable manner.

In our discussion in this essay, we would explore :-

- ① The link between a Good Public Institution and Good Governance.
- ② The reasons which ^{make} India a special case to require Inclusiveness and Equity in its public institutions.
- ③ How Inclusiveness and Equity are essential values in a public institution to give effect to other ethical values as well.
- ④ Innovative measures through which inclusiveness and equity has been ensured in India.
- ⑤ Future course of action for a 21st century India.

① Good Public Institution and Good Governance

"Even the best constitution can do harm to people if those who are implementing it are not good, and, even the worst constitution can do good to people if those who are implementing it are good."

These thoughts of none other than Dr. B.R. Ambedkar highlight the importance of policy implementation.

A ~~good~~ public institution is at the inter-
face of policy implementation and citi-
zen's experience.

Also, Article-21 of the constitution of India, provides, not just to Indians but to anyone in India (ego of Inclusion-
siveness), the "Right to corruption free environment" "Right to efficient public service delivery" etc.

Thus, its important for us to understand
WHAT MAKES A PUBLIC INSTITUTION GOOD?

In simple words, when a public insti-
tution proves itself to be instrumental
in delivering good governance to
a common person, it can be called
a GOOD public institution.

Also, making this criteria relatively

more objective, we can say, that following are the characteristics of a good public institution :-

- ① Transparency in conduct.
- ② Abiding by the widest possible definition of "ethics".
- ③ Right mix of bureaucratic and democratic functioning.

for eg:-

For maintaining database, daily management of human resources etc, a good public institution must be bureaucratic i.e. (rule based, objective etc)

But, when it comes to dealing with public, the office holders of such institution must be democratic in approach (i.e. inclusive, equitable, maintain probity, practice compassion etc)

- ④ "Participative" functioning, giving due place to public recommendations and criticisms in its functioning, eg:-
 - ⊕ while making/designing Citizens Charters
 - ⊕ while responding to RTIs etc

Thus, in order to ensure that, at the grassroots, there exists POSITIVE CITIZEN PERCEPTION for the overall governance in the country, a good public institution is needed.

② India is a special case in itself to need Inclusiveness and Equity in its public institutions :->

① Historically engrained cultural reasons, which, even today manifest as :-

⊛ manual scavenging primarily by Dalits.

⊛ Institutions (not govt-backed) like KHAP PANCHAYATS pronouncing judgements like social ostracisation based on divisive lines.

⊛ Gender stereotyping, where women are idealised as SITA (one who sacrifices), they face "GLASS CEILING EFFECT" and are forced towards "PINK-COLLARED JOBS" etc.

③ Geographical diversity :- India has

from deserts to tropical rain forests. From steepest mountains to large plains.



Thus, a public institution, to be good, has to sensitise itself to the regional local problems, for eg :->

Region	Problem (say)	Citizen's level of frustration	Desired by official of a good public institution
North East	Commutation	High	To be <u>compassionate</u> , as in this region daily commute is almost equal to <u>FOOD</u> .
Rajasthan	less water in Indra Gandhi Canal	High	To realise the gravity, as he/she is in RJ

Thus, a good public institution must understand its focus requirements because of varied geography.

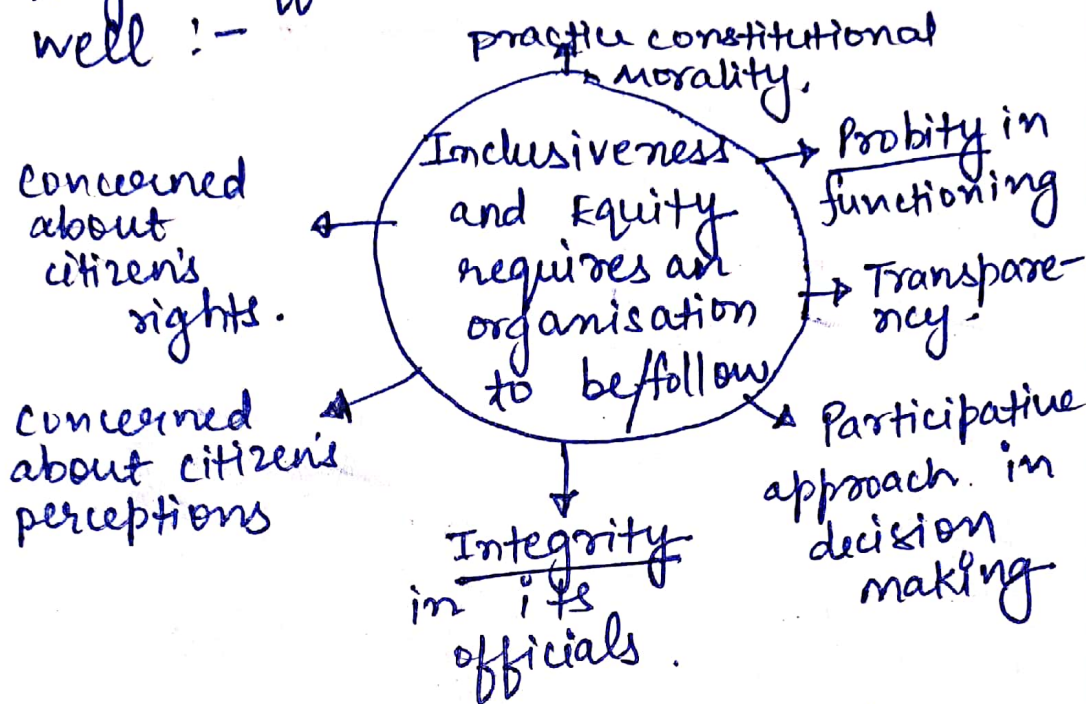
(c) Demographically :- India is diverse in this respect also, say, Haryana face acute form of sex-ratio imbalance.

(d) Economically also as world Bank's report suggest, India's wealth distribution inequality is one of the acute in the world, etc.

(e) Thus, unlike countries like Israel, Thailand etc, which are largely homogenous, and thus can follow a relatively narrow definition of a good public institution, India, has to constantly emphasize and evolve its definition of a good public institution following Inclusiveness and Equity.

(3) How Inclusiveness and Equity are essential values in a public institution

To give effect to other ethical values as well :-



Thus, if a public organisation/institution follows the principle of "not leaving the last person behind", as a natural fallout, it'd be practicing a wide range of ethical qualities which are expected from a public institution to ensure inclusive growth (socially, economically, and politically) in the society.

Only then, we'd be giving effect to the Indian principles of "VASUDEVA KUTUMBAKAM" and the current central

Government's ideology of "SABKA SAATH
SABKA VISHWAS"

④ Innovative measures through which
inclusiveness and equity has been
ensured in India :-

① Intrinsically motivated civil servants :-

- Anwarish Saran, due to lack of funds,
started MOTORCYCLE AMBULANCES,
to include the most downtrodden
into the ambit of institutionalised
healthcare.

- Armstrong Pame, in Manipur,
due to lack of funds, used SOCIAL
MEDIA to raise funds to construct
a quite essential ROAD for public
commutation, gaining him the title
of "MIRACLE MAN". This ensured
a step towards inclusive develop-
ment of North East India.

- Athar Amir Khan, IAS in Rajasthan raised public and personal funds to revamp the local government schools with locally sourced cost efficient furniture.
- Tina Sabi, IAS joined Rajasthan cadre as her first preference to work for the cause of women emancipation i.e. working towards equitable development.

(b) Gender Budgeting, has been made a norm in India now. All government departments now officially dedicate resources towards GENDER INCLUSIVE policies and their implementation.

(c) RTI, a benchmark Indian legislation to increase transparency and inclusiveness in our governance.

The litmus test of RTI's excellence is that, a similar law based on India's RTI, is being implemented in

Sri Lanka.

(d) Self Help Groups :- In every domain from food processing industry, ~~(eg. APMZ)~~ to women emancipation.

They evolve into FPOs (Farmer Producer Organisations) to provide more inclusive and equitable participation to small farmers in mainstream economic supply chains.

Other, "MAHILA SAKSHARTA GROUPS" work inspiringly to ensure education becomes more gender inclusive (which is currently at only 66% for women, compared to ~~84~~ 82% for men, as per Global Gender Gap Report, 2020)

(e) Technology :- social media driven "He for she" campaigns, JAM trinity to link Jan Dhan account holders with mainstream advanced banking are all steps to make our public institutions more capable.

to provide equitable and inclusive delivery of services.

⑤ Future course of Action for 21st century India : →

(a) Inclusive educational empowerment for new age jobs, eg :- as new Educational policy also aims to provide "vocational training",

"coding skills", "ATAL TINKERING LABS" etc to make our children more inclusively and equitably prepared for 21st century jobs.

(b) Greater bilateral and multilateral relationships with countries which are both, more and less advanced on the path of inclusive and equitable development, so that we can both learn from others' and share our own experiences for the wider Global Agenda.

© Over NGOs, Civil Society organisations, etc have to raise to the excellence comparable to their European counterparts to enable India to be a powerful 21st century player etc

Together, we the people of India, as we promised in our preamble, will continuously strive to provide the most inclusive and equitable form of development to our citizens and would also facilitate the same for others too, as we proved by building Afghanistan's parliament (to provide inclusive representation to the unrepresented), conducting operation vanilla for maldives, ~~etc~~ making affordable houses for Rohingyas in Myanmar etc.

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