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LEAD ARTICLE

Ayush: Unveiling the Science of Life

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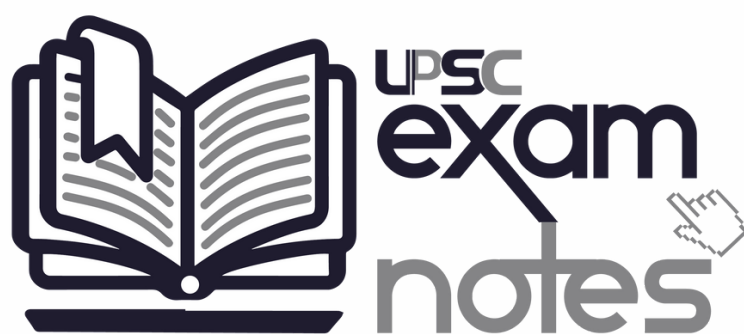
Yoga for Global Well-being

Ishwar V Basavaraddi

SPECIAL

**Role of Meditational Approaches
in Mental Well-being**

Kamlesh D Patel



INDIA

Gifting Holistic Well-being to the World

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AYUSH: UNVEILING THE SCIENCE OF LIFE FOR HOLISTIC HEALTH AND WELL-BEING

Introduction

- The Ayush systems, a treasure of ancient Indian knowledge, are referred to as the 'Science of Life.'
- Ayush's foundation lies in traditional wisdom and experience, but there is increasing interest in exploring its efficacy through evidence-based studies.
- The Ministry of Ayush promotes scientific research and integration of Ayush into the healthcare framework.

Initiatives for Scientific Research

- Increased funding, the establishment of research institutes, and collaborations between Ayush experts and modern scientific researchers.
- Aim to bridge the gap between traditional knowledge and contemporary scientific evidence.
- Collaboration and interdisciplinary research practices to find innovative solutions.

Research Activities and Collaboration

Research councils and peripheral institutes/units across India conducting studies on Ayush interventions.

Collaborative research projects with universities, hospitals, and international organizations.

Focus on medicinal plant research, drug standardization, pharmacological research, and clinical research.



Quality Standards and Safety

- Ministry of Ayush establishes and implements quality standards for Ayush products.
- Collaboration with the Bureau of Indian Standards for the development of medical value travel standards.
- Formulation of Indian standards for herbal materials, panchkarma equipment, and yoga accessories.

Dissemination of Research Findings

- Promoting peer-reviewed journals and publications to share research findings.
- Ayush Research Portal for disseminating evidence-based research data at a global level.
- 39109 research studies available in clinical, pre-clinical, drug research, and fundamental areas.

Enhancing Capacity and Integration

Training programs, workshops, and conferences for Ayush professionals to enhance research skills and ethics.

Collaboration with mainstream healthcare providers and integration of Ayush into national health initiatives.

Successful models of integrative medicine in healthcare delivery and tertiary health setups.

Global Recognition and WHO's Role



- Establishment of the WHO-Global Centre for Traditional Medicine in Jamnagar, India.
- Strengthening the scientific foundation of traditional medicine and integration into mainstream healthcare.
- Focus on evidence-based practices, quality, accessibility, and rational use of traditional medicine.
- Capacity building, research collaborations, and specific training programs for traditional medicine integration.

Ayush's Approach to Research Challenges

Exploring Traditional Knowledge

Utilizing Ayush's wealth of traditional knowledge to address healthcare challenges. Traditional Knowledge Digital Library (TKDL) to protect and validate traditional medicinal knowledge.

Integrating Modern Scientific Methods

Adoption of rigorous scientific methodologies, clinical trials, and systematic reviews Integration of Ayush in R&D and public health initiatives, exemplified during the COVID-19 pandemic.

Addressing Unmet Healthcare Needs

Providing innovative solutions and complementary therapies where modern medicine falls short.

Focus on managing chronic conditions, lifestyle-related diseases, mental health, and preventive healthcare.

Conclusion

Ayush's advancements are a result of combining traditional wisdom and scientific research.



Integration of Ayush into mainstream healthcare offers a holistic and evidence-based approach.

The establishment of the WHO-Global Centre for Traditional Medicine strengthens traditional medicine on a global scale.

Ayush's pragmatic research model addresses challenges and enhances the well-being of individuals.

For Prelims:

1. Which of the following initiatives has the Ministry of Ayush undertaken to promote scientific research and integration of Ayush into the healthcare framework?

1. Increased funding for research
2. Establishment of research institutes
3. Collaborations between Ayush experts and modern scientific researchers

A. 1 and 2 B. 2 and 3 C. 1 and 3 D. 1, 2 and 3

Answer: D

The Ministry of Ayush has undertaken various initiatives, including increased funding for research, the establishment of research institutes, and collaborations between Ayush experts and modern scientific researchers, to promote scientific research and integration of Ayush into the healthcare framework.

2. Which autonomous institutes have been set up by the Ministry of Ayush as research councils for various Ayush systems?

A. Ayurveda, Homoeopathy, Unani, Siddha, Yoga, and Naturopathy



B. Ayurveda, Homoeopathy, Unani, Yoga, Siddha, and Traditional Chinese Medicine

C. Ayurveda, Naturopathy, Siddha, Yoga, Unani, and Acupuncture

D. Ayurveda, Siddha, Unani, Yoga, Homoeopathy, and Traditional Chinese Medicine

Answer: A

The Ministry of Ayush has set up research councils as autonomous institutes for various Ayush systems, namely Ayurveda, Homoeopathy, Unani, Siddha, Yoga, and Naturopathy.

3. What are the research activities undertaken by the Ayush Research Councils?

A. Medicinal plant research, drug standardization, and pharmacological research

B. Clinical research, literary research, and drug standardization

C. Medicinal plant research, clinical research, and drug standardization

D. Clinical research, drug standardization, and pharmacological research

Answer: C

The research activities of the Ayush Research Council include medicinal plant research, clinical research, and drug standardization, among others.

4. How does the Ministry of Ayush ensure the safety, efficacy, and standardization of Ayush products?

A. Collaboration with the Bureau of Indian Standards (BIS)



- B. Establishment of quality control laboratories
- C. Accreditation of Ayush practitioners
- D. None of the above

Answer: A

The Ministry of Ayush collaborates with the Bureau of Indian Standards (BIS) to develop standards for Ayush products, ensuring their safety, efficacy, and standardization.

5. How does the Ministry of Ayush disseminate research findings on Ayush systems?

1. Through peer-reviewed journals and publications
2. through the Ayush Research Portal
3. Through conferences and workshops

Which of the above mentioned statements is/are true?

- A. 1 and 2 B. 2 and 3 C. 1 and 3 D. 1, 2 and 3

Answer: D

The Ministry of Ayush promotes the dissemination of research findings through peer-reviewed journals and publications, the Ayush Research Portal, as well as conferences and workshops.

6. Which of the following are the aims of establishing the WHO-Global Centre for Traditional Medicine in Jamnagar?

1. To strengthen the scientific foundation of traditional medicine
2. To integrate traditional medicine into mainstream healthcare
3. To ensure evidence-based practices in traditional medicine

A. 1 and 2

B. 2 and 3

C. 1 and 3

D. 1, 2 and 3

Answer: D

The aim of establishing the WHO-Global Centre for Traditional Medicine in Jamnagar is to strengthen the scientific foundation of traditional medicine, integrate it into mainstream healthcare, and ensure evidence-based practices.

For Mains

1. What are the focus areas of the WHO-Global Centre for Traditional Medicine? Explain how does the centre aim to ensure the quality, safety, efficacy, accessibility, and rational use of traditional medicine? (250 Words)

Yoga for Global well being

Introduction

India's presidency at the G20 provides a platform for the country to share its rich cultural heritage, including the practice of yoga, with the rest of the world. By promoting the practice of yoga, India can build bridges between different cultures and develop greater understanding and respect for diversity. This

practice can help to promote physical and mental well-being, which is critical for individuals to thrive and contribute to society.

Moreover, yoga can also contribute to global well-being by promoting peace and harmony, environmental sustainability, social harmony, cultural awareness, and unity in diversity.

Concepts and Principles of Yoga

Yoga promotes inner peace and contentment through the principles of Yama and Niyama. Principles like Ahimsa (non-violence) and Santosha (contentment) foster harmonious relationships and a sense of well-being.

Ahimsa teaches avoidance of harm to all living beings, while Santosha encourages finding happiness within oneself. Integrating these values into daily life fosters empathy, compassion, and mutual care in society.

Yoga contributes to environmental sustainability by encouraging harmony with nature. It inspires individuals to adopt sustainable lifestyles and recognize the interconnectedness of all beings.

Practicing yoga cultivates a deeper understanding of the importance of preserving the natural world.

A fundamental principle of yoga is Aparigraha, or non-possessiveness. Aparigraha teaches us to use what is necessary and leave the rest for others. It can be applied to consumption patterns and lifestyle choices to prioritize sustainability. Embracing principles like Ahimsa and Santosha promotes a society that values the well-being of all beings.

Yoga teaches compassion and respect for all beings. Practicing yoga can contribute to creating a more just and equitable world.

Yogic Practices for Health and Well Being

Hatha Yoga is one of the most popular forms of yoga that focuses more on the physical aspects of the practice. It consists of various practices such as Shatkarmas, Yoga Sana, Pranayama, Mudras & Bandhas, and Dhyana.

Incorporating these practices into our daily routine can lead to numerous health benefits and improve our overall well-being.

Shatkarmas: Purificatory practices that cleanse the body and prepare it for further practices. Examples include Kunjal or Varisar Dhauti for digestion improvement and Jal Neti/Sutra Neti for toxin removal.

Yoga Sana: Psycho-physical postures that enhance strength, flexibility, and

overall fitness. Regular practice improves physical well-being. Pranayama: Breath regulation practices that open subtle energy channels and have health benefits like enhanced lung capacity and mind calming.

Mudra & Bandha: Practices to control and channelize prana (vital energy) in the body for various health benefits.

Dhyana: Meditation practice for stillness of the mind, reducing stress, improving memory, and enhancing concentration.

These practices promote physical, mental, and emotional well-being, leading to a greater sense of balance and harmony within oneself. They also foster a deeper connection with oneself, others, and the natural world, encouraging mindful and compassionate choices. The transformative effects of yoga contribute to overall health and well-being, enabling a purposeful life and positive impact on the world.

Research in Yoga for Health and Well-being:

Yoga's prominence in Indian and Western civilization has increased since the 20th century.

Research on yoga has exponentially increased since the early 2000s, with significant attention from the medical community.

Studies have evaluated the efficacy of yoga for various diseases, showing it to be an effective complementary therapy for conditions like stroke, cancer, hypertension, and diabetes.

Yoga is being studied as a potential therapy for age-related neurodegenerative diseases and lifestyle-related disorders.

Yoga is beneficial for older adults and individuals with disabilities, providing an alternative mode of physical activity.

Yoga has been found to be as effective as or better than exercise in improving health conditions. Yoga promotes mindfulness, spirituality, inner peace, and contentment, leading to improved overall well-being.

Yoga contributes to positive health promotion and prevention in modern healthcare.

The International Day of Yoga, observed on 21 June, has helped promote yoga globally, with many organizations incorporating it into their programs. Schools, colleges, universities, and workplaces offer yoga classes and workshops to promote overall health and well-being.

Yoga and Global Well-being:

Yoga aligns with the UN Sustainable Development Goals and can help address global challenges.

Celebrations of International Day of Yoga promote cultural awareness and diversity.

Yoga originated in India but has spread worldwide, fostering cultural understanding.

Yoga promotes the concept of Vasudhaiva Kutumbakam (global unity) and encourages compassion and understanding.

Yoga can help individuals connect with themselves and others in a spirit of unity.

India's G20 presidency provides an opportunity to share yoga and cultural heritage globally.

Yoga promotes physical and mental well-being, essential for individuals to thrive in society.

Conclusion

Yoga helps connect individual consciousness with universal consciousness for a disease-free body and a calm mind. It improves physical and mental well-being through postures, controlled breathing, relaxation, and meditation. Yoga is increasingly adopted by health-conscious individuals worldwide. Yoga practices promote mindfulness and self-control, aiding in managing stress, anxiety, and aggressive thoughts. Yoga contributes to global well-being by reducing stress, enhancing mental clarity and focus, improving physical health, and fostering mindfulness and spirituality.

Mains Questions

1. In what ways does the practice of yoga contribute to the cultivation of empathy, compassion, and mutual care in society?

2. How does yoga encourage environmental sustainability and a harmonious relationship with nature?

3. How does the practice of yoga foster a culture of compassion and respect

for all beings, leading to a more just and equitable world?

Role of Meditational Approaches in Mental Well-Being

Introduction

The foundation of our good health is the sustenance of a life force or our staying alive. When it leaves the human body, everything stops. The human body stops functioning. As long as life existed inside the body, even with illnesses, accidents, injuries, pains, and stresses, the human being survived. The yogis say the food for the soul is 'Grace' and 'Prana' from the 'Source'. That can be activated by a prayerful impulse from the heart, and a Spiritual Guide who can divert that Grace to our heart. Meditational approaches are known to thus create significant improvements in mental health and well-being, and emotional resilience.

Ancient Medical Techniques

Modern medicine has undeniable benefits, such as antibiotics, vaccines, surgery, and pharmacology. Alternative systems of medicine in the East and West, like Ayurveda and Siddha in India, may hold undiscovered secrets.

Ayurveda, Yoga, and Naturopathy present mind-boggling ideas to both the common man and medical researchers.

Timing plays a crucial role in the efficacy of herbal medicine according to Ayurveda doctors. Certain plants used in early history for cardiovascular diseases have opposite effects if plucked at the wrong time of day.

Healing and Holistic Wellbeing

Holistic well-being can be ensured only by therapies or processes that ensure the health of the whole being, comprising the body, mind, and soul.

A human being has limbs outside and many organs inside, and all these must be synchronised in a healthy pattern of living. Healing is what restores health.

Healing is not restricted to healing the body but includes the mind and emotions as well. It is not only the healing of the individual but the healing of the whole of the humanity; the whole of the planet is needed.

In the early history of the planet, those with the strongest muscles were considered the healthiest and survived best. Later on, intellectual strength gave the best chance of survival. Today, and in the future, the person with the purest and strong heart will have the best health and will survive the best.

Intelligence in Healing

The foundation of our good health is the sustenance of a life force or our staying alive.

The thing that makes us stay alive is called by different names in different cultures- rooh, soul, atman, etc.

A better use of the heart is to love better, to forgive more, and to be more generous and kinder, expand our consciousness, and this automatically results in improved health.

Enter the Koshas in Healing

At the physical level, we think of health as healthy diet, exercising a good lifestyle, etc. However, at the energetic or vibratory level, we discover that there may be layers of existence inside the human body. We call these layers koshas or sheaths or coverings. These five koshas are as follows-

Annamaya kosha (food)- This outermost kosha takes care of the sustenance for the physical body.

Pranamaya kosha (energy)- This kosha regulates the flow of prana, or life-force energy.

Manomaya kosha (mind)- It is the kosha that gives us awareness of our thoughts and emotions.

Vijnanamaya kosha (intuition)- This kosha is connected to an intuitively-deeper level that gives access to spiritual wisdom.

Anandamaya kosha (bliss) - This is the deepest layer and the scriptures refer to this as the true inner self, that gives us joy and love.

Mediate for Internal Hygiene

Mental hygiene is essential to prevent mental illnesses and maintain emotional well-being.

Inner hygiene is disrupted when ethics and morality are compromised by wrong habits.

Reflection and meditation help in making the heart and mind conscious and conscientious.

Swasthya, the Sanskrit word for health, refers to being settled and centered in oneself.

Being centered reduces disturbances and promotes calmness and safety even in the midst of challenges.

Being constantly focused on the body's periphery can attract illnesses, while natural adjustments in diet, exercise, sleep patterns, pranayama, yogasanas, and meditation can address many health problems.

Meditation practices foster a meditative and prayerful attitude, which is more effective in handling crises than an agitated or indecisive mind or a selfish heart.

Vaccine for mental and emotional Health

Meditation, particularly practices like heartfulness aided by yogic transmission or Pranahuti, acts as a vaccine for the mind and emotional heart.

Heartfulness-cleaning process reduces daily stress and tension, addressing psychosomatic diseases and lifestyle diseases.

Adopting a meditative and prayerful lifestyle improves self-discipline and

reduces digital addiction.

Connecting to the divine light in the heart before sleep and throughout daily activities enhances faith and guides one's actions.

Heartfulness relaxation and polarity processes benefit children in education, sports, creativity, and joyfulness.

Heartfulness lifestyle research shows positive effects on serotonin and melatonin levels, telomere length, and overall health indicators.

Meditational approaches improve mental health, emotional resilience, and awareness of actions and life purpose.

Meditation reduces anxiety, brings peace, and addresses the root causes of problems.

Meditation offers a pathway to experience an eternal good life, bringing joy, health, and a vibrant connection with existence.

Conclusion

Meditational approaches are known to thus create significant improvements in mental health and well-being and emotional resilience. We become more and more aware of our actions and even our life purpose. There is, of course, significant research and evidence in how it reduces anxiety, calms us, gives us peace, and even works on the very root of all problems.

Prelims Questions

1. According to Ayurveda doctors, what role does timing play in the efficacy of herbal medicine?

- a) It has no impact on herbal medicine.
- b) Timing is crucial for herbal medicine effectiveness.

- c) Herbal medicine works the same regardless of timing.
- d) Timing only affects modern medicine.

Answer: b) Timing is crucial for herbal medicine effectiveness

2. What can happen if certain plants used for cardiovascular diseases are plucked at the wrong time of day?

- a) They become poisonous.
- b) They lose their healing properties.
- c) They become more effective.
- d) Their impact remains the same.

Answer: a) They become poisonous

3. Which alternative systems of medicine may hold undiscovered secrets?

- a) Ayurveda and Siddha
- b) Surgery and pharmacology
- c) Naturopathy and Yoga
- d) Antibiotics and vaccines

Answer: a) Ayurveda and Siddha

Mains Questions

1. Explain the relationship between focusing on the body's periphery and attracting illnesses, and how natural adjustments in diet, exercise, sleep patterns, pranayama, yogasanas, and meditation can address health problems.

2. Discuss the benefits of meditation practices in cultivating a meditative and prayerful attitude and their effectiveness in handling crises.

3. How does compromising ethics and morality through wrong habits disrupt inner hygiene? Discuss the implications on mental and emotional well-being.



BASICS OF A HEALTHY LIFE STYLE

Introduction

Developing healthy eating habits requires a combination of motivation, goal-setting, and strategic planning. By following a few key principles, individuals can establish sustainable practices that promote weight management and overall well-being.

Understanding food groups and standing

- The joy of eating is important and should be balanced with scientific knowledge.

- Excessive information on diets can lead to failure and feelings of guilt.
- A healthy relationship with food is crucial, focusing on pleasure, health, and individual needs.
- The optimal food selection includes vegetables, fruits, protein, good fats, fermented foods, fibre, and phytonutrients.
- Grains, sugar, salt, and Trans fats should be limited.
- A half-plate rule is a practical tool: pre-plate your food to control portions and ensure balance from each food group.
- Aim for half of your plate to be filled with vegetables, and include adequate protein from pulses, dairy, meats, and good fats from nuts and seeds.
- Personalize your diet to address food sensitivities like wheat and dairy intolerance.
- Portion control can be achieved by serving less or putting all desired food on the plate at once.
- The Japanese practice of "hara hachi bu" (eating until 80% full) promotes portion control and is associated with longevity.
- Focus on nutrient-dense foods rather than counting calories, such as fruits, vegetables, whole grains, and proteins.
- High-value foods are loaded with nutrients, vitamins, and minerals, and can keep you satisfied.
- Healthy replacements for wheat and white rice include millets, quinoa, lentil flour, jackfruit flour, and unprocessed rice.
- Consider the timing of meals according to the natural circadian rhythm, eating between 7 am and 7 pm.
- Eating slowly and chewing well improves digestion, allows the gut to register satiation levels, and helps prevent overeating.
- Prioritize a good gap between meals and bedtime for optimal digestion and better sleep.

Principles of Effective Eating Habits

Maintain Motivation

Sustaining motivation is crucial on the journey to healthier eating. Remember that success comes from perseverance and continuous effort. Develop a positive association with the clothes you aspire to wear, rather than buying larger sizes. Visualize the rewards of your hard work, and ask yourself how you'll feel



tomorrow if you give in to temptation. Permit yourself to enjoy food while keeping long-term goals in mind.

Assume Responsibility

Take full responsibility for your weight and well-being. Avoid blaming genetics, as lifestyle changes can benefit everyone, regardless of predispositions. Acknowledge your worth and prioritize self-care without guilt. Celebrate small successes along the way, rewarding you with non-food-related treats and positive reinforcement.

Foster Positive Associations

Develop positive associations with healthy foods and a healthy lifestyle. Rather than focusing on deprivation, concentrate on the benefits these choices bring to your well-being. Keep busy and engage in activities that divert your attention from food. Avoid falling for fad diets or self-proclaimed experts, and conduct thorough research before seeking professional advice.

Set Realistic Goals

Establish achievable short-term and long-term goals. Aim for a healthy Body Mass Index (BMI) and a flat belly through a combination of a balanced diet and regular exercise. Visualize the positive impact that weight loss will have on your life and identify strategies to attain your goals. Create a personalized diet plan, engage in regular physical activity, and stay motivated while resisting unhealthy food temptations.

Plan Your Eating Routine

Plan your meals and snacks to avoid impulsive food choices. Consider social activities involving food and plan your day accordingly. Start your day with breakfast if hungry, focusing on low-glycaemic index options. Opt for smaller, frequent meals throughout the day to maintain appetite control. Keep dinner light and aim to finish eating between 6:30 and 8 pm. Indulge in your favourite foods occasionally, but exclude intolerances. Limit indulgences to one meal per week to maintain balance.

Be Mindful of Weekends and Holidays

Be mindful of indulgences during weekends and holidays. Avoid undoing the progress made during the week by overindulging on weekends. Adopt a consistent diet regimen throughout the year, even during holidays and special occasions. Make sustainable dietary changes that can be maintained long-term, as quick fixes are counterproductive.

Create a Timeline and Track Progress

Establish a timeline for reaching your goals and track your progress regularly. Break down your overall objective into smaller, measurable milestones. Focus on short-term goals and weekly progress to avoid feeling overwhelmed. Have contingency plans for social events and unexpected outings, ensuring balance in your overall eating habits.

Maintain a Food Diary

Keep a record of your daily food intake to increase self-awareness and identify patterns. A food diary can help you recognize emotional triggers, monitor portion sizes, and track your progress towards achieving your dietary goals.

Increase Awareness

Distinguish between psychological and physiological hunger. Learn to identify true physical hunger cues and differentiate them from emotional or situational triggers that lead to mindless eating. Pay attention to your choices rather than fixating on what you're avoiding, ensuring that you make conscious decisions about your food intake.

Focus on the Eating Experience

Engage all your senses while eating. Appreciate the visual appeal, aroma, and taste of your food. Slow down the pace of your meals, chew thoroughly, and take smaller bites to savour each mouthful. Pre-plate your food to visualize portion sizes accurately. Allow yourself to enjoy the process of eating and become more attuned to your body's satiety signals.

Practice Portion Control

Utilize smaller plates and bowls to create the perception of a satisfying portion. Opt for smaller-sized items like idlis, cutlets, tikkis, and chapatis. Increasing variety can help you feel more satisfied with smaller quantities. Be mindful of portion sizes and introduce nutrient-rich options like millet into your diet.

Be Mindful of Emotional Eating

Pay attention to your emotional state and identify alternative activities to cope with emotions other than turning to food. If tired, rest or take a walk; if angry, seek support or engage in activities you enjoy. Address boredom with stimulating tasks or reconnecting with others. Practice emotional resilience and avoid using food as a source of comfort.

Create a Healthy Food Environment

Keep nutritious options readily available at home. Stock up on fruits, vegetables, and healthy snacks to make healthier choices convenient. Avoid eating while watching television or reading to prevent mindless consumption. Sip water between bites to slow down your eating pace and promote a sense of fullness.

Focus on Balanced Nutrition

Ensure adequate protein intake to support satiety and muscle maintenance. Prioritize fresh fruits, fresh or steamed vegetables, and fibre-rich foods for their filling properties. Increase fluid and water intake throughout the day to avoid mistaking thirst for hunger. Choose low-calorie beverages and limit alcohol consumption. Replace sweets with healthier options like fruits.

Maintain a Regular Schedule

Stick to a consistent daily routine to establish healthy eating patterns. Eat your meals 2-3 hours before bedtime to promote better sleep quality and avoid discomfort. Plan your day around social activities that revolve around food, ensuring that you make mindful choices in those settings. Getting adequate sleep is also crucial for overall health, so avoid large meals before bedtime and take a short walk after eating late at night.

Shop Smart

Plan your shopping in advance and develop the habit of reading food labels while grocery shopping. Look beyond claims such as "fat-free" or "sugar-free" and focus on the nutritional value of the products. Choose appropriate snacks like nuts, seeds, fresh fruits, vegetables, and roasted foods, while avoiding unhealthy options. Pay attention to calories, sugar, and fat content, and select foods that are low in trans fats and saturated fats. Whenever possible, opt for organic or locally grown foods.

Exercise

Engage in regular physical activity for at least 45 to 60 minutes on most days of the week. Stay hydrated before and after exercising by drinking enough fluids or water. After a workout, replenish your body with a combination of protein- and carbohydrate-rich snacks like milkshakes, smoothies, fruits, eggs, milk, or sandwiches containing cheese, chicken, or eggs. Ensure your diet includes an adequate combination of proteins and carbohydrates for post-exercise recovery.

Manage Stress

Allocate five to ten minutes for regular meditation to promote relaxation and mental clarity. Practice deep-breathing exercises anytime and anywhere to help calm your nerves. Explore stress-management techniques such as prayer, biofeedback, neurofeedback, hypnotherapy, and engaging in hobbies that bring you joy and peace.

Regular Health Check-ups

Schedule regular health checkups that include a comprehensive physical examination, blood pressure measurement, assessment of blood glucose levels, fasting lipid profile, body composition analysis, and evaluation of diet, exercise habits, and stress levels. Additional screenings like ultrasounds and mammography may be necessary. If all is well, aim for checkups at least once every 2 years. If any abnormalities are detected, follow up as advised by healthcare professionals.



Medication Management

Continue taking necessary supplements under the supervision of a qualified practitioner. As you adopt a healthier lifestyle and potentially lose weight, consult your doctor to evaluate the need for adjustments in medication dosage.

Embrace Technology

Utilize authentic and reliable websites and online weight-management portals to support your journey. However, be cautious of falling into fad-diet traps. These tools can assist in tracking your food intake and monitoring progress, but should not replace professional guidance or become self-treating tools.

Prioritize Mental Well-being

Recognize the influence of emotions and thoughts on your relationship with food. Address deep-seated emotional problems, unresolved conflicts, addictive behaviors, cravings, alcohol consumption, and eating disorders that may hinder your health goals. Seek professional help if necessary to work through these issues.

Be a Role Model

Lead by example and involve your family and friends in adopting healthy eating habits. Seek their support when needed and communicate the importance of a healthy lifestyle. Don't succumb to social pressures and learn to say 'no' to unhealthy choices, finding alternative options instead.

For Prelims

1. Which of the following is an important principle for developing healthy eating habits?

- A. Following fad diets and self-proclaimed experts
- B. Focusing on deprivation and guilt
- C. Balancing pleasure, health, and individual needs

D. Limiting intake of vegetables and fruits

Answer: C

Developing a healthy relationship with food involves finding a balance between enjoyment, nutritional needs, and personal preferences.

2. What is the recommended approach to portion control?

- A. Eating until you are completely full
- B. Practicing "hara hachi bu" (eating until 80% full)
- C. Filling your plate with large quantities of food
- D. Using larger plates to create the illusion of a satisfying portion

Answer: B

The Japanese practice of "hara hachi bu" encourages eating until you are 80% full, promoting portion control and preventing overeating.

3. How can one foster positive associations with healthy foods?

- A. Avoiding all indulgences and treats
- B. Engaging in activities that divert attention from food
- C. Falling for fad diets and self-proclaimed experts
- D. Blaming genetics for eating habits

Answer: B

By keeping busy with activities that distract from the food, you can develop positive associations with healthy choices and shift the focus away from deprivation.

4. What is the recommended approach to setting goals for healthier eating?

- A. Setting unrealistic goals for rapid weight loss
- B. Visualizing the rewards of giving in to temptation
- C. Establishing achievable short-term and long-term goals
- D. Avoiding any rewards or positive reinforcement

Answer: C

Setting realistic goals that can be attained over time is important for sustainable progress towards healthier eating habits.

5. How can one practice portion control?

- A. Serving larger quantities of food
- B. Putting all desired food on the plate at once
- C. Opting for smaller-sized items and using smaller plates
- D. Eating quickly to avoid overeating

Answer: C

Using smaller plates and opting for smaller-sized food items can create the perception of a satisfying portion and aid in portion control.

For Mains:

Discuss the key principles of maintaining a healthy lifestyle. How can individuals develop sustainable practices for weight management and overall well-being? (250 Words)

Direct Benefit Transfer in India

Introduction

Indian political system has deep roots in democracy, dating back to the 4th century. Institutional democracy in India was established in the second half of the 20th century with the Constitution of India. The Constitution provided for India to be a welfare state with rights and entitlements for all. Fundamental Rights and Directive Principles of State Policy are the two instruments that ensure a dignified living and welfare for individuals.

Direct Benefit Transfer (DBT) paradigm is a significant accomplishment in implementing the vision of these instruments. DBT strengthens Article 21 (Fundamental Right to a dignified living) by efficiently implementing schemes that address income inequalities, opportunities, resources, healthcare, employment, and public assistance. Efficient delivery of welfare benefits



through DBT is crucial for good governance in modern-day India.

Economics of DBT

The Economic Survey 2015-16 observed that growth needs to be complemented with active government support to improve the economic lives of the poor and vulnerable, and achieve equity.

It showed that in several price subsidies that governments offer, rich households benefit more from the subsidies than poor households (say, in the case of electricity, water, or fuel subsidies), and distortions are created in the market that ultimately hurt the poor the most (say, in the case of minimum support prices or railway passenger subsidies).

It held that the benefit that price subsidies seek to create for the poor can be directly transferred to the poor through lump-sum income transfers, avoiding the distortions that subsidies induce.

Against this backdrop, the goal of converting subsidies into DBT mediated through the Jan Dhan, Aadhaar and Mobile Number (JAM) trinity was set into motion.

What is DBT?

DBT (Direct Benefit Transfer) scheme in India involves direct crediting of welfare benefits to accurately identified beneficiaries' bank or postal accounts.

It was implemented in 43 districts across 24 Central schemes around a decade ago.

DBT covers over 300 Central and 2000 State schemes, providing both cash support and in-kind transfers.

Cash support includes farmer income support, pensions, scholarships, while in-kind support includes fertiliser subsidy, food grains distribution, and mid-day meals.

Aadhaar, the electronic-ID, is used for beneficiary identification and

authentication in DBT schemes.

Aadhaar details are captured and authenticated through the Unique Identification Authority of India's Central Identities Data Repository.

Frequency of Aadhaar authentication varies depending on the scheme, such as one-time authentication for PM KISAN and authentication for each access to PDS grains.

OST and Indian Stack

- India Stack refers to a collection of open APIs and digital public goods that aim to unlock identity, data, and payment systems at a large scale.
- DBT (Direct Benefit Transfer) is not a social assistance program itself but a mechanism to consolidate and control data on direct benefit transfers from various sources.
- DBT relies on bank accounts or Aadhaar-linked accounts to directly transfer social benefits to beneficiaries, using Aadhaar as a unique identifier and financial address.
- Aadhaar Payments Bridge (APB) maps Aadhaar numbers to unique savings bank accounts, enabling transfers to those accounts.
- Aadhaar-enabled Payment System (AePS) allows individuals to conduct banking transactions using biometric credentials in Aadhaar-linked bank accounts.
- DBT leverages the elements of India Stack, such as identity and payments, to provide online, paperless, cashless, and privacy-respecting access to public and private services.

DBT in the G20 Agenda

- The Indian Presidency of the G20 aims to be inclusive, ambitious, action-oriented, and decisive.
- India sees itself as a microcosm of the world and aims to leverage technology for citizen welfare to bring about a mind-set shift and benefit humanity.

- The Direct Benefit Transfer (DBT) is an innovative Indian initiative that aligns with this vision and is being introduced to the world, particularly the Global South, through G20 platforms.
- DBT is part of India's co-chairship of the Global Partnership for Financial Inclusion, promoting the development of an open, inclusive, and responsible digital financial ecosystem.
- DBT's impact on promoting transparency has been showcased in the G20 Anti-Corruption Working Group Meeting.

Future Scope of DBT

- DBT 2.0 focuses on online eligibility verification using Aadhaar, reducing the need for manual verification of eligibility documents.
- Digilocker and API Setu provide digital platforms for issuing and accessing eligibility certificates in electronic format.
- Many states and government departments have already adopted these platforms, while others are encouraged to do so.
- DBT 3.0 aims to revolutionize benefit delivery by using data from various government databases to proactively reach eligible citizens and provide benefits with their consent.
- Several states have implemented social registries, such as Kutumba, Parivaar Pehchaan Patra, Samagra, Jan Aadhaar, and SPDP, which can serve as models for a national-level social registry.
- Establishing a national-level social registry would enhance governance and set India apart in terms of effective benefit delivery.

Conclusion

For the far-reaching contemporary impacts of, and the possibility of futuristic reforms in India's DBT paradigm, it is one of the India's most remarkable contributions to the discourse in G20 discussions. It clearly has the potential to promote harmony within our "One Family" and engender hope for our 'One Future'.

Prelims Question

1. What is the significance of the Direct Benefit Transfer (DBT) paradigm

in India?

- a) It strengthens Article 21 of the Constitution.
- b) It ensures equitable distribution of welfare benefits.
- c) It promotes good governance in modern-day India.
- d) All of the above.

Answer: d) All of the above.

2. Which two instruments in the Indian political system ensure a dignified living and welfare for individuals?

- a) Fundamental Rights and Directive Principles of State Policy.
- b) Fundamental Rights and Right to Education.
- c) Directive Principles of State Policy and Right to Work.
- d) Right to Education and Right to Information.

Answer: a) Fundamental Rights and Directive Principles of State Policy.

3. In the context of subsidies, why is the conversion to Direct Benefit Transfer (DBT) beneficial?

- a) It directly transfers benefits to the poor without market distortions.
- b) It benefits rich household's more than poor households.
- c) It reduces government expenditure on welfare schemes.
- d) It eliminates the need for accurate beneficiary identification.

Answer: a) It directly transfers benefits to the poor without market distortions.

Mains Questions

1. Discuss the role of Direct Benefit Transfer (DBT) in implementing the vision of Fundamental Rights and Directive Principles of State Policy in India.

2. Evaluate the impact of DBT in addressing income inequalities, opportunities, resources, healthcare, employment, and public assistance in India.

NON POSSESSION THE GANDHIAN THOUGHT

Introduction

In 1930, when Mahatma Gandhi was imprisoned at Yerawada Central Prison, his followers at the Satyagraha Ashram missed his daily discourses. In response, Gandhi began writing weekly letters to the ashram, focusing on the Eleven Vows that encapsulated his philosophical thoughts. These vows, including truth, non-violence, chastity, self-control, non-stealing, non-possession, fearlessness, removal of untouchability, bread labour, tolerance, equality of religions, and swadeshi (self-reliance), were not mere principles for Gandhi but a path towards self-transformation and sustainable living. In this article, we will delve into the significance of these vows and their relevance in today's world.

Gandhi's Journey of Transformation

Born into a privileged family in Porbandar, Gujarat, Gandhi embarked on a journey of self-discovery and social awakening. After completing his studies in England and struggling to establish a successful law practice, he went to South Africa to assist with legal translations. There, he witnessed racial discrimination and experienced personal humiliation, which deeply impacted him. The night he was thrown out of a first-class compartment based solely on his skin colour marked a turning point in his life. Determined to fight against injustice, he founded the Natal Indian Congress and dedicated himself to the cause of equality.

Living by the Vows

Gandhi did not merely preach the Eleven Vows; he embodied them in his daily life. Non-possession, for instance, extended beyond material possessions to include thoughts and unnecessary knowledge. Gandhi advocated for a minimalist lifestyle, recognizing that acquiring more than what are truly essential burdens both the mind and the environment.

Self-discipline and self-control were vital aspects of Gandhi's philosophy. He encouraged individuals to control their desires, practice mindful eating, and avoid overconsumption. The control of the palate was crucial, as overeating not only harmed the body but also had spiritual implications. Gandhi's example of

limiting his diet to five simple food items demonstrated the connection between physical sustenance and spiritual well-being.

Gandhi's holistic approach to health emphasized the interconnectedness of the body, mind, and spirit. While his parents wanted him to become a doctor, Gandhi's aversion to dissection led him down a different path. He advocated for nature cure, balanced diets, and mental well-being. Treating the body as a temple, he actively engaged in nursing and healing, embodying the principles of self-care and holistic health.

Community Living and Service

Gandhi's commitment to communal living and selfless service was exemplified through initiatives like the Phoenix Settlement in South Africa. He aimed to build self-sufficient communities that embodied his ideals. His ashrams served as centres of collective work, where everyone contributed their skills and efforts. Through communal living, Gandhi sought to foster equality, selflessness, and shared responsibility.

Gandhi's teachings emphasized the importance of using one's hands for daily work, debunking the notion that intellectual pursuits alone held value. He actively participated in tasks such as cleaning wheat, demonstrating the dignity of labour and the need for a balanced education that values practical skills.

Gandhi's Rules for Ashram Life

Morning Prayer and Community Kitchen

At 4 am, all ashramites were expected to gather for the Morning Prayer. This practice aimed to instil a sense of spiritual connectedness and promote unity among the residents. Additionally, Gandhi emphasized communal eating, where everyone would share meals at the community kitchen, fostering a sense of equality and cooperation.

Spinning Threads

Spinning played a crucial role in Gandhi's philosophy of self-reliance and in promoting the use of Khadi (hand-spun cloth). Each ashramite was expected to spin 160 threads daily, contributing to the production of cloth for personal use and supporting the local economy.

Self-Sufficiency in Household Work

To promote self-sufficiency and eliminate dependency on hired help, Gandhi prohibited the hiring of servants or labourers for household chores. This rule aimed to cultivate a spirit of self-reliance, where individuals actively engaged in domestic responsibilities, fostering a sense of ownership and humility.

Night Vigilance and Cleaning Toilets

Adult men in the ashram were encouraged to engage in night vigilance, taking turns to ensure the safety and security of the community. Furthermore, all residents, regardless of age or gender, shared the responsibility of cleaning toilets. These practices fostered a sense of collective duty and reinforced the importance of humility and equality.

Eight Hours of Daily Ashram Work

Gandhi believed in the dignity of labour and emphasized the need for productive engagement. Each ashramite was required to dedicate at least eight hours a day to contribute to the work of the ashram. This rule promoted a sense of responsibility, self-discipline, and active participation in the community's welfare.

Maintenance of Daily Diary

Gandhi, leading by example, began maintaining a daily diary and encouraged others to do the same. This practice aimed to promote self-reflection, accountability, and mindfulness. Keeping track of one's daily activities fostered a sense of purpose and helped individuals identify areas for personal growth.

Embracing Non-Possession

Non-Possession, a principle closely linked to Non-Stealing, was an integral part of Gandhi's teachings. He advocated for living with only what is necessary, reducing material and mental burdens. By avoiding the accumulation of unnecessary possessions and useless knowledge, individuals could simplify their lives and find contentment. Non-Possession extended beyond physical belongings to encompass thoughts and habits, fostering a sense of detachment and environmental responsibility.

Conclusion

Mahatma Gandhi's Eleven Vows are not just philosophical concepts; they offer a profound pathway to self-transformation and sustainable living. Today, as we face numerous challenges, Gandhi's principles hold immense relevance. By embracing truth, non-violence, self-control, simplicity, and service to others, we can contribute to a more compassionate and harmonious world. Gandhi's life was a testament to the transformative power of these vows, and by incorporating them into our own lives; we can work towards creating a just and sustainable society.

For Prelims

1. What was the purpose of Gandhi's weekly letters to the Satyagraha Ashram?

- A. To provide updates on his imprisonment
- B. To focus on the Eleven Vows and their significance
- C. To request support for his cause
- D. To share personal anecdotes from his journey

Answer: B

Gandhi wrote weekly letters to the ashram, focusing on the Eleven Vows that encapsulated his philosophical thoughts.

2. What did non-possession extend to, according to Gandhi?

- A. Thoughts and unnecessary knowledge
- B. Material possessions only
- C. Wealth and financial resources
- D. Physical health and well-being

Answer: A

Non-possession, for Gandhi, extended beyond material possessions to include thoughts and unnecessary knowledge.

3. What role did spinning play in Gandhi's philosophy?

- A. It provided exercise for the ashramites.
- B. It symbolized the unity of the community.
- C. It promoted self-reliance and the use of hand-spun cloth.
- D. It was a means of artistic expression.

Answer: C

Spinning played a crucial role in Gandhi's philosophy of self-reliance and in promoting the use of Khadi (hand-spun cloth).

4. What did Gandhi's principle of non-possession encompass?

- A. Physical belongings only
- B. Financial wealth and resources
- C. Thoughts and habits as well as physical possessions
- D. Intellectual pursuits and knowledge acquisition

Answer: C

Gandhi's principle of non-possession extended beyond physical belongings to encompass thoughts and habits, fostering a sense of detachment and environmental responsibility

5. Which aspect of Gandhi's philosophy emphasized the dignity of labour?

- A. Night vigilance and security measures
- B. Spinning threads and promoting self-reliance
- C. Eight hours of daily ashram work
- D. Cleaning toilets and promoting humility

Answer: C

Gandhi believed in the dignity of labour and emphasized the need for productive engagement, which is reflected in the rule of dedicating at least eight hours of daily ashram work.

6. What did Gandhi's commitment to communal living aim to foster?

- A. Individualism and personal freedom
- B. Equality, selflessness, and shared responsibility
- C. Dependency on others for basic needs
- D. Competitive spirit and personal achievements

Answer: B

Gandhi's commitment to communal living aimed to foster equality, selflessness, and shared responsibility among the residents.

For Mains:

Discuss the concept of non-possession in Mahatma Gandhi's philosophy and its significance in promoting sustainable living and self-transformation (250 Words)



Mission LiFE

Introduction

Mission LiFE is an India-led global mass movement to nudge individual and community action to protect and preserve the environment. At the 26th session of the CoP Conference of the Parties (COP26) to the United Nations Framework Convention on Climate Change (UNFCCC) held in Glasgow, India shared the



mantra of LiFE – Lifestyle for Environment - to combat climate change. India is the first country to include LiFE in its Nationally Determined Contributions (NDCs).

Objectives of Mission LiFE

Mission LiFE seeks to translate the vision of LiFE into measurable impact.

Mission LiFE is designed with the objective to mobilise at least one billion Indians and other global citizens to take individual and collective action for protecting and preserving the environment during 2022-2027.

Within India, at least 80% of all villages and urban local bodies are aimed to become environment-friendly by 2028.

It aims to nudge individuals and communities to practice a lifestyle that is synchronous with nature and does not harm it. Those who practice such lifestyle are recognized as '**Pro Planet People**'.

Mission LiFE: Three core shifts towards sustainability

Change in Demand (Phase I): Nudging individual across the world to practice simple yet effective environment-friendly actions in their daily lives.

Change in Supply (Phase II): Changes in large-scale individual demand are expected to gradually nudge industries and markets to respond and tailor supply and procurement as per the revised demands.

Change in Policy (Phase III): By influencing the demand and supply dynamics of India and the world, the long-term vision of Mission LiFE is to trigger shifts in large-scale industrial and government policies that can support both sustainable consumption and production.

LiFE builds upon India's environment-friendly culture and traditional practices

Adaptive architectural forms that minimise electricity consumption and hand

washing and sun-drying of clothes, as well as preference for plant-based foods can serve as foundations for LiFE.

Many unique water harvesting techniques, contextual to local conditions, are practised across India. These include the step wells of Gujarat and Rajasthan, & the underground tanks (tankaa) of Tamil Nadu, the check dams (johads) of Rajasthan and the Zabo system of Nagaland that deposit the water in pond-like structures on terraced hillsides.

Clayware is commonly used for cooking and serving purposes. Several public food establishments continue to serve food in plant-based biodegradable utensils (sal tree leaves) and tea in clay pots (kulhad).

Prelims Questions

1. What is the long-term vision of Mission LiFE regarding policy changes?

- a) To promote sustainable consumption and production
- b) To influence demand and supply dynamics
- c) To implement strict environmental regulations
- d) To support renewable energy initiatives

Answer: b) To influence demand and supply dynamics

2. Which factor does LiFE build upon to promote sustainability?

- a) Technological advancements
- b) Traditional practices and culture
- c) Government regulations
- d) Foreign investments

Answer: b) Traditional practices and culture

3. What is the objective of Mission LiFE?

- a) To mobilize one billion Indians to protect and preserve the environment
- b) To develop sustainable consumption and production policies
- c) To promote the use of renewable energy sources
- d) To establish environmental-friendly industries in urban areas

Answer: a) To mobilize one billion Indians to protect and preserve the environment

Mains Questions

1. Discuss the objectives and significance of Mission LiFE in promoting environmental protection and preservation on a global Scale.

2. Assess the importance of adaptive architectural forms, such as minimizing electricity consumption and promoting hand washing and sun-drying of clothes, in achieving the objectives of Mission LiFE. Discuss their potential for widespread adoption and impact.

DELEBRATIONS ON HOLISTIC HEALTH IN G20

Introduction

India's G20 Presidency has identified three key priorities in the Health Track: Health emergencies prevention and preparedness, strengthening cooperation in the pharmaceutical sector and digital health innovation and solutions.

These priorities have received praise and appreciation from nations, recognizing the need to accelerate efforts towards achieving universal health coverage in the wake of the pandemic.

G20 Health Track meetings

- During the **First G20 Health Track meeting**, discussions focused on the importance of diverse multi-sectorial and multi-agency coordination in pandemic prevention, preparedness, and response.
- It was emphasized that communities need to be empowered and made resilient to future health emergencies.
- The meeting also highlighted the significance of building resilient health systems and investing in life-saving vaccines, therapeutics, and diagnostics.
- India's rich culture of medical practices and innovation was acknowledged, with the Prime Minister's call for 'One Earth, One Family, One Future' being seen as a pro-planet approach aligned with the globalized world.
- Deliberations in the meeting explored the potential of traditional healing methods in combination with modern medicine.
- Integrated healthcare was identified as a crucial approach to holistic healing and achieving universal health coverage.

- The **Second Health Working Group meeting** focused on citizen-centric health delivery and leveraging digital health and innovation to achieve universal health coverage.
- Discussions revolved around an integrative holistic healthcare model with comprehensive IT infrastructure for Traditional Medicine through the 'Ayush Grid' and benchmarking AI in Traditional Medicine with the support of UN bodies.
- Stakeholders emphasized the need for open-source software, central organizations to guide governments, and cooperation among tech innovators, NGOs, and health organizations.
- The meeting highlighted the importance of demystifying technology and building trust through data privacy legislation and other safeguards.
- Best practices from G20 member states, including India's National NCO portal and eSanjeevani teleconsultation services, were shared.
- The session on 'Digital Public Goods' emphasized the need to democratize digital interventions and expert knowledge.
- It was noted that robust health data governance and user-intuitive platforms tailored to local needs are essential for a global digital health ecosystem.

Conclusion

The G20 Health Track meetings under India's Presidency aim to enrich discussions, promote cooperation, and support the goal of achieving universal health coverage.

By focusing on pandemic prevention and preparedness, strengthening the pharmaceutical sector, and driving digital health innovation, the G20 nations can work together towards creating a more resilient and inclusive healthcare system.

For Prelims:

1. What are the three key priorities in the Health Track identified during

India's G20 Presidency?

- A) Strengthening the pharmaceutical sector, building resilient health systems, and investing in life-saving vaccines
- B) Health emergencies prevention and preparedness, strengthening cooperation in the pharmaceutical sector, and digital health innovation and solutions
- C) Universal health coverage, traditional healing methods, and data privacy legislation
- D) Integrative holistic healthcare model, citizen-centric health delivery, and open-source software

Answer: B

The three key priorities identified during India's G20 Presidency in the Health Track are health emergencies prevention and preparedness, strengthening cooperation in the pharmaceutical sector, and digital health innovation and solutions.

2. Consider the following statements

1. Importance of diverse multi-sectorial and multi-agency coordination in pandemic prevention, preparedness, and response
2. Significance of building resilient health systems and investing in life-saving vaccines, therapeutics, and diagnostics
3. Potential of traditional healing methods in combination with modern medicine

Which of the above-mentioned statements were emphasized in the First G20 Health Track meeting?

- A. 1 and 2 B. 2 and 3 C. 1 and 3 D. 1, 2 and 3

Answer: D

The First G20 Health Track meeting emphasized the importance of diverse multi-sectorial and multi-agency coordination in pandemic prevention, preparedness, and response. It also highlighted the significance of building resilient health systems and investing in life-saving vaccines, therapeutics, and diagnostics. Additionally, the meeting explored the potential of traditional healing methods in combination with modern medicine.

3. Consider the following statements

1. Integrative holistic healthcare model and comprehensive IT infrastructure for Traditional Medicine
2. Importance of data privacy legislation and safeguards
3. Cooperation among tech innovators, NGOs, and health organizations

Which of the above-mentioned statements was/were discussed during the Second Health Working Group meeting?

- A. 1 and 2 B. 2 and 3 C. 1 and 3 D. 1, 2 and 3

Answer: D

The Second Health Working Group meeting discussed an integrative holistic healthcare model with comprehensive IT infrastructure for Traditional Medicine. It also highlighted the importance of data privacy legislation and safeguards, as well as the need for cooperation among tech innovators, NGOs, and health organizations.

4. Consider the following statements

1. Importance of demystifying technology and building trust
2. Democratization of digital interventions and expert knowledge
3. Robust health data governance and user-intuitive platforms

Which of the above-mentioned statement was/were emphasized in the session on 'Digital Public Goods'?

- A. 1 and 2 B. 2 and 3 C. 1 and 3 D. 1, 2 and 3

Answer: D

The session on 'Digital Public Goods' emphasized the importance of demystifying technology and building trust. It also focused on the democratization of digital interventions and expert knowledge. Additionally, it highlighted the significance of robust health data governance and user-intuitive platforms.

5. What is the main goal of the G20 Health Track meetings under India's Presidency?

- A) Enrich discussions and promote cooperation
- B) Achieve universal health coverage
- C) Strengthen the pharmaceutical sector
- D) Drive digital health innovation

Answer: B

The main goal of the G20 Health Track meetings under India's Presidency is to achieve universal health coverage. While enriching discussions and promoting cooperation is part of the process, the ultimate objective is to ensure that everyone has access to essential health services without facing financial hardships.

For Mains:

Discuss the three key priorities identified under India's G20 Presidency in the Health Track. How do these priorities contribute to achieving universal health coverage? (250 words)