

'Yoga, traditional values can help beat depression'

AGE CORRESPONDENT
NEW DELHI, APRIL 7

Making a case for traditional Indian values and yoga, President Pranab Mukherjee on Friday called for their use to support people suffering from mental health disorders. On World Health Day, which is focusing on depression this year, the President noted that social stigma attached to such conditions remains a "major" problem in India.

The President pointed out that this condition is the most common form of mental health disorders and asked medical fraternity to focus on traditional support systems, social support systems and spiritual beliefs and practices in providing well-being to all. He appealed to health professionals to "think globally and act locally" and come together to meet the challenges of depression.

"Out of all mental health disorders, depression is probably the most common. As per the National Mental Health Survey 2015-16 conducted by National Institute of Mental Health and Neurosciences, 5.2 per cent of the Indian adult population suffers from depression in some form or



Pranab Mukherjee

other," he said.

"The problem of depression often gets ignored due to lack of understanding on the part of the family members. The social stigma attached to a mental disorder is also a major problem in India. However, people have now started talking about these issues, leading to greater awareness," he said while addressing a summit. The President said the world made a commitment in the form of Sustainable Development Goals, in which mental health and well-being figure prominently.

He said looking at the scale of the problems, the task seems "challenging". "Indian values with family systems can be good mechanisms to support those suffer from mental disorders."

Traditional values, Yoga helpful in treating depression: Pranab

MPOST BUREAU

NEW DELHI: President Pranab Mukherjee on Friday said traditional Indian values and Yoga can become good mechanisms to support people suffering from mental health disorders and noted that social stigma attached to such conditions remains a "major" problem in India. On World Health Day, which focuses on depression this year, Mukherjee said that this condition is the most common form of mental health disorders and asked medical fraternity to focus on traditional support systems, social support systems and spiritual beliefs and practices in providing wellbeing to all.

Observing that 5.2 per cent of the adult population in India suffer from depression in some form, he appealed to health professionals to "think globally and act locally" and come together to meet the challenges of depression.

"Out of all mental health disorders, depression is prob-



President Pranab Mukherjee delivering his address at the inauguration of the first 'NIMCARE World Health Day Summit' at Vigyan Bhawan in New Delhi on Friday

ably the most common. As per the National Mental Health Survey 2015-16 conducted by National Institute of Mental Health and Neurosciences (NIMHANS), 5.2 per cent of the Indian adult population suffers from depression in some form or other.

"The problem of depression often gets ignored due to lack of understanding on the part of the family members. The social stigma attached to a mental disorder is also a major problem in India. However, people have

now started talking about these issues leading to greater awareness," he said while addressing a World Health Day summit organised by NIMCARE.

He said the entire world made a commitment in the form of Sustainable Development Goals (SDGs) in which mental health and wellbeing figure prominently.

Noting that with the SDGs, countries (including India) have committed to achieve quantified targets by 2030, the President said looking at the

scale of the problems and the limited time available, the task is "challenging".

"Traditional Indian values along with family systems can be good mechanisms to support those who suffer from mental health disorders. I urge medical practitioners to focus on the social support systems, spiritual beliefs and practices as well as system of Yoga in their quest for providing wellbeing to all," he said.

Observing that lack of mental wellbeing contributes significantly to the total disability and morbidity burden across the world, he said productivity of human beings, whether in workforce or in the family situation, gets reduced if one has any mental disorder.

Mental health disorders have a wide range, from simple disorders to very complex situations, he said adding that it is often seen that simple disorders, if not managed in time, tend to become more complex putting the patient at higher risk of morbidity.

India to bring in medical tourism policy: Mahesh Sharma

DNA Correspondent

correspondent@dnaindia.net

New Delhi: The Centre is planning to launch a wellness and medical tourism policy on International Yoga Day on June 21 to tap the huge potential of the sector, Union Tourism Minister Mahesh Sharma said on Friday.

A web portal listing the names of the accredited institutions and the services they offer and the rates would also be launched, he said at a press conference here.

The minister was addressing the media after India's rankings in the World Economic Forum's Travel and Tourism Competitive Index (TTCI) for 2017 rose up 12 points to the 40th position, up from the 52nd position in 2016. India's rankings, which in 2015 was 65, have been calculated from 14 parameters among 136 countries.

TALKING TOURISM

The rate of foreign tourist arrivals (FTA) around the globe is 3.9%; India's FTA 10.7%

Japan and China's rankings rose up five points and two points respectively; on the other hand, the rankings of the United States and Switzerland fell by two and four points respectively.

According to Sharma, the government has also formed a National Medical and Wellness Tourism Promotion Board, which has noted cardiac surgeon Naresh Trehan and yoga guru Ramdev as members, to chalk out a strategy for boosting tourism through the segment.

(With PTI inputs)

Centre mulls wellness, medical tourism policy

NEW DELHI, PTI: The Centre is planning to launch a wellness and medical tourism policy on International Yoga Day on June 21 to tap the huge potential of the sector, Tourism Minister Mahesh Sharma said on Friday.

The minister said the country can become a hub of wellness and medical tourism and his ministry is working in that direction. "We are planning to launch a full-fledged policy on wellness and medical tourism on June 21," Sharma told a press conference here.

He said a web portal would also be launched which will have the names of the institutions and the services they offer and the rates they charge to make the system transparent.

The minister noted that institutions would be able to provide medical services to the foreigners only after they are accredited with the government. "No foreigner who has come to India for medical tourism should feel that they have been cheated in anyway," Sharma said.

MEDICAL TOURISM POLICY TO BE UNVEILED ON YOGA DAY

New Delhi: A wellness and medical tourism policy is all set to be unveiled on International Yoga Day on June 21 to tap the huge potential of the sector, Tourism Minister Mahesh Sharma said on Friday. The Minister said the country can become a hub of wellness and medical tourism and his Ministry is working in that direction. The Minister noted that institutions would be able to provide medical services to the foreigners only after they are accredited with the Government.

Yoga compulsory in UP schools

The Uttar Pradesh government has decided to make yoga education compulsory in its schools and the schools funded by it, *DHNS* reports from Lucknow.

Dinesh Sharma, minister for higher education, said on Friday that yoga education will be made part of the school curriculum.

“Yoga education will be made a compulsory part of physical education syllabus,” Sharma told reporters here.

He rejected assertions that yoga belonged to some particular community. “Yoga belongs to all. It does not belong to any particular community and is essential for good health,” the minister said.