

India needs a head psychologist and policies must focus on behavioural aspects.

The rampaging COVID-19 pandemic has failed to apply a break on agitations. Many parts of India are in the midst of agitations. Farmers in Haryana and Punjab are up in arms against new legislative proposals approved by the Parliament.

The economic meltdown has put much stress on the youth. Newspapers are on a daily basis reporting incidents of suicides. During the discussion on COVID-19 in the Lok Sabha, former Union Minister Anupriya Patel forcefully argued for urgent attention on the mental health of the people.

Globally recognised psychologist and founder of Peacfulmind Foundation Prof. Nabhit Kapur is concerned at the absence of policy focus on behavioural sides. He notes that the agitations on account of the legislation, including the CAA, NRC, Agriculture reforms, show that the government is somehow not addressing the psychological impact on the people.

“India needs a head psychologist in the top echelons of the government. At the time of drafting any policy, the full account of the behavioural impact must be assessed. The focus must be on the human aspect and the necessary communication.” said Nabhit Kapur.

Prof. Kapur is busting myths around mental health. Taking note of the fact that people in India consider it a taboo and even in 2020 hesitate about discussing their mental health conditions.

Prof. Nabhit laments that the mental health awareness in the country is minimum. “The experts concur that the lack of awareness could be the possible reason for the rising trends of the incidents of suicides. Level of anxiety among the people is seen to be on the rise” rues Kapur. Studies show that India accounts for 17 percent of the total suicide cases worldwide.

Kapur is convinced that one needs to work at the micro-level to make an impact, while working to spread awareness and sensitising people about various aspects of mental health. After observing cases and spending a lot of time in creating programs eradicate the problem, Kapur came to the conclusion that one needs to start from the ground-level to make it easier to attain results at the macro-level.

He argues that the individual may already be going through a lot of stress, and the situation can only worsen if he or she senses that people around them are making judgment about him. “The next step will be to understand the problem, and avoid the “one-size-fits-all” rule. Every problem is different, and needs a different kind of attention and treatment,” Kapur emphatically says.

Indeed, work on the ground level is much needed, with thrust on changing the negative perceptions formed around mental health. After being hailed for his work globally, Kapur has started working in India. He has been recognized globally for his commendable work. He’s determined that with the support of the people in India the day will not be far when the social stigma will be effectively addressed to allow all to say proudly that India is a “country of happy people.

Prof. Nabhit Kapur, is leading a campaign to bust myths on mental health. Prof. Kapur is the founder President of “Peacful Mind Foundation (PMF)”, with its headquarters in New Delhi. The PMF is a global organization registered with the United Nations (UN) Global Compact. He is the youngest and the only psychologist from India to be part of such a movement.

Prof. Nabhit Kapur

The Founder President, Peacfulmind Foundation