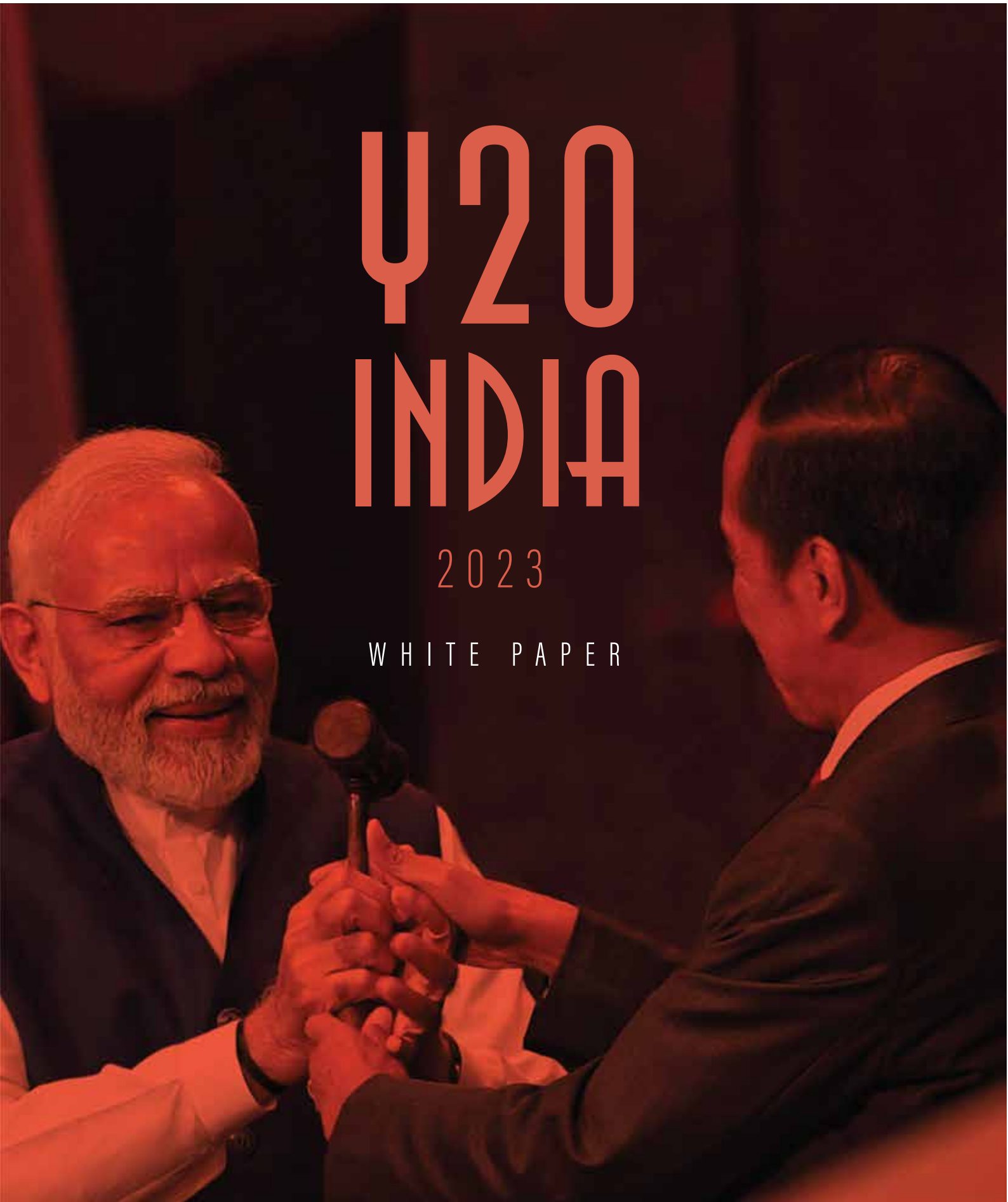

Y20 INDIA

2023

WHITE PAPER

Y20 INDIA 2023

HEALTH, WELL-BEING AND SPORTS

AGENDA FOR YOUTH

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The views contained in this paper are the sole responsibility of the authors. Any omissions, inaccuracies, or errors are our own. No endorsement is implied for any commercial entity or product mentioned in this publication.

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Executive Summary

The world has been undergoing tremendous transitions over the past few decades and changes like urbanisation, globalisation, and industrialization have ushered humanity to the next age. On the flip side, these changes have also taken a toll on the health status of humans. We are presently facing many problems, including the rise in substance abuse, inequality in access to quality healthcare services, and the mental health epidemic, to name a few.

As one of the key stakeholders in the issue of health, the health and well-being of the youth is of paramount importance to the future of this world. The current generation of young people (10 to 24 years) is 1.8 billion, nearly one-fourth of the world's population, and represents the largest cohort ever with the demographic boom: a dominant force now and in the decades to come.[1]

A collaborative global effort, armed with advances in health technology and the vast knowledge of traditional health systems can ensure better healthcare delivery and the well-being of our population. Simultaneously, it must also be ensured that our progress in this regard is inclusive, culturally acceptable, environment-friendly, and sustainable. Taking these aspects into consideration, Y20 India has included the theme "Health, Well-being and Sports: Agenda for Youth" along with relevant sub-themes with an aim to increase the scope of discussion on important aspects.

There is an array of sub-themes that fall under the broader theme, in order to encapsulate the various facets of health, well-being and sports. The paper outlines issues pertinent to the promotion of digital health infrastructure as a means to address the persisting challenges and reimagine the way healthcare works. It also attempts to highlight the relevance of holistic healthcare and complete well-being focusing on physical, mental, and spiritual health through traditional medicines and Yoga. Improving access to health financing for young citizens also forms an important part of this paper as an effort to aid in the development of a borderless healthcare world. Additionally, the paper intends to facilitate conducive discussions on the effective means for the prevention of substance abuse, and the promotion of sports as an integral part of the lifestyle.

The Y20 engagement provides a space for young people to express their opinions on global challenges through informed discussion and collaboration. This will drive the incorporation of youthful perspectives into the global agenda, with the aim of being promoted and acted upon by the G20 members.

[1] PTI, *India has world's largest youth population: UN report,* THE ECONOMIC TIMES (January 26, 2023, 2:27 PM), https://economictimes.indiatimes.com/news/politics-and-nation/india-has-worlds-largest-youth-population-un-report/articleshow/45190294.cms.

Glossary

1. **Adverse Events Following Immunizations (AEFI):** It is any untoward medicaoccurrence that follows immunisation and which does not necessarily have a causal relationship with the usage of the vaccine.[2]

2. **Digital Health:** It is the field of knowledge and practice associated with the development and use of digital technologies to improve health.[3]

3. **eHealth:** The use of information and communication technology in support of health and health-related disciplines such as healthcare services, surveillance, publications, and education, knowledge, and research.[4]

4. **Epidemiological Transition:** The general shift from acute infectious and deficiency diseases characteristic of underdevelopment to chronic non-communicable diseases characteristic of modernization and advanced levels of development.[5]

5. **Health Financing:** The function of a health system concerned with the mobilisation, accumulation, and allocation of money to cover the health needs of the people, individually and collectively.[6]

6. **Health Insurance Literacy:** It is a patient's capacity to make educated decisions about health insurance selection and utilisation.

7. **Indigenous Sports/Traditional Sports and Games (TSGs):** Practices in an individual or collective manner, deriving from regional or local identity, based on accepted rules.[7]

8. **mHealth**: It is a medical and public health practice that uses mobile technologies such as phones, smartphones, the Internet, patient monitoring devices linked to phones, personal digital assistants (PDAs), and other wireless devices.[8]

9. **Modern/ Mainstream Medicine:** A general term for conventional healthcare based on the "Western model" of evidence-based practice for diagnosing and treating disease.

10. **Non-Communicable Diseases (NCDs):** They are medical conditions or diseases that are not caused by infectious agents. These are chronic diseases of long duration, and generally slow progression and are the result of a combination of genetic, physiological, environmental, and behavioral factors.[9]

[2] WORLD HEALTH ORGANISATION, https://www.who.int/teams/regulation-prequalification/regulation-and-safety/pharmacovigilance/health-professionals-info/aefi (last visited January 19, 2023).
[3] WORLD HEALTH ORGANISATION EUROPE, https://www.who.int/europe/health-topics/digital-health#tab=tab_1 (last visited January 19, 2023).
[4] Najeeb Al-Shorbaji, *Improving Healthcare Access through Digital Health: The Use of Information and Communication Technologies,* INTECHOPEN (January 20, 2023, 12:15 PM), https://www.intechopen.com/chapters/78328.
[5] M.H. Wahdan, *The Epidemiological Transition,* 2 Eastern Mediterranean Health Journal 8, 9 (1996) chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://applications.emro.who.int/emhj/0201/emhj_1996_2_1_8_20.pdf?ua=1.
[6] Alban Holt, *Health Financing for Universal Coverage,* SLIDE PLAYER (January 19, 2023, 01:33 PM), https://slideplayer.com/slide/10421276/.
[7] UNESCO, https://en.unesco.org/themes/sport-and-anti-doping/traditional-sports-and-games (last visited January 19, 2023).
[8] Supra Note 3.
[9] ASPIRE IAS, https://www.aspireias.com/current-affairs/16-07-2021 (last visited January 19, 2023).

11. **Out-of-Pocket Health Costs/Expenditure:** The amount of money paid by a patient for medical expenditures that are not covered by a health insurance plan. For example deductibles, coinsurance, copayments, and charges for non-coveredhealthcare treatments.

12. **Personal Protective Equipment (PPEs):** These are protective gears designed to safeguard the health of workers by minimising exposure to a biological agent. PPEs include goggles, face-shield, masks (Surgical/N-95), gloves coverall/gowns, head covers, and shoe covers.[10]

13. **Substance Abuse/ Drug Abuse:** This refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs.[11]

14. **Telemedicine:** The delivery of medical care, where distance is a factor, by all medical practitioners using information communication technologies for the exchange of credible information for disease and injury diagnosis, treatment, and prevention, research and evaluation, and continuing education of healthcare professionals, all in the best interest of advancing the health of individuals and communities.[12]

15. **Traditional Medicine:** It refers to the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, used in the maintenance of health and in the prevention, diagnosis, improvement, or treatment of physical and mental illness.[13]

16. **Universal Health Coverage (UHC):** It implies that everyone has access to the complete range of high-quality healthcare services they require, when and where they need them, and without financial hardship. It includes vital health services like health promotion through prevention, treatment, rehabilitation, and palliative care.

17. **United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP):** The General Assembly approved the UNDRIP in 2007. The Declaration is the most comprehensive international treaty on indigenous peoples' rights. It offers a universal framework of minimum standards for the survival, dignity, and well-being of the world's indigenous peoples, and it expands on existing human rights norms and fundamental freedoms as they pertain to indigenous peoples' special situation.[14]

[10] Remya Lakshmanan & Mishika Nayyar, *Personal Protective Equipment in India: An INR 7,000 Cr industry in the making,* STRATEGIC INVESTMENT RESEARCH UNIT (January 26, 2023, 1:33 PM), https://www.investindia.gov.in/siru/personal-protective-equipment-india-INR-7000-cr-industry-in-the-making.

[11] Vision IAS, Social *Issues,* Vision IAS 1, 33 (2022) chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://d19k0hz679a7ts.cloudfront.net/value_added_material/10dfa-social-issues.pdf.

[12] Supra note 5.

[13] WORLD HEALTH ORGANISATION AFRICAN REGION, https://www.afro.who.int/health-topics/traditional-medicine (last visited January 19, 2023).

[14] UNITED NATIONS DEPARTMENT OF ECONOMIC AND SOCIAL AFFAIRS, https://www.un.org/development/desa/indigenouspeoples/declaration-on-the-rights-of-indigenous-peoples.html (last visited January 19, 2023).

THE GLOBAL LANDSCAPE

Introduction

The COVID-19 pandemic highlighted that health is the paramount asset humans can have. It brought together people from different social settings who braved the acerbity of COVID-19. Although its threat has been mitigated to a great extent, owing to the efforts of doctors, healthcare personnel and scientists, the battle is won, but the war is far from over. The theme "Health, Well-being and Sports: Agenda for Youth" has been taken up by Y20 India with an aim to continue the path to advocate for holistic health and well-being of the youth through input from experts and thorough research on its various sub-themes.

As we move into the digital world, most of our services are transitioning to the virtual world, but the transition in the healthcare sector is yet to pick up the pace. The digital health sector has been inaccessible to the majority of the world's population, partly due to discrepancies in digital competence and language barriers.

Another matter of concern, especially for the youth has been narcotics, which have been gravely affecting their mental and physical well-being. Illicit substances have several other consequences, ranging from law-and-order problems to terror financing. According to the International Narcotics Control Board Report 2013, the cost of treatment for all dependent drug users in 2010 would have been somewhere around $200 to $250 billion, or 0.3-0.4% of the global Gross Domestic Product (GDP).[15]

The paper aims to stimulate discourse on sports as a part of lifestyle, which has kept communities together for centuries and played an important role in bolstering the health and well-being of people. Special emphasis has been accorded to indigenous sports which have taken a major hit and have been losing ground to highly resource-consuming mainstream sports. Concurrently, the paper endeavours to take into consideration the advancement in modern medicine which has greatly transformed the way we live and has done a remarkable job in improving the health status of the world.

Today's world requires a more holistic approach towards health and well-being, hence integrating traditional medicine and yoga with modern medicine may be the need of the hour. The paper continues to explore the various measures to strengthen health financing as a significant section of society is still deprived of public health services and is forced to finance its own healthcare. This high out-of-pocket expenditure has a substantial contribution in pushing vulnerable populations into the poverty trap.

Previously, under the German Presidency, the G20 Health Working Group (HWG) was founded in 2017 to create a unified international agenda on topics including improving healthcare systems, lowering malnutrition, managing health crises, and stepping up the fight against pandemics. The Argentinean Presidency maintained its work on antimicrobial

[15] United Nations, *Report of the International Narcotics Control Board for 2013,* UN-ILIBRARY, May 2014, https://www.un-ilibrary.org/content/books/9789210564786c003/read.

resistance (AMR) and strengthening the health system. With support from the Organization for Economic Co-operation and Development (OECD), the Japanese Presidency of 2019 put a special emphasis on achieving universal health coverage, population ageing, and the management of health risk and health security. During the Italian Presidency in 2021, access to vaccinations, medicines, and diagnoses was at the forefront of the G20 agenda, particularly for individuals from hard-to-reach areas and young people from vulnerable groups. The Saudi Presidency organised the meeting of the health and finance ministers with assistance from the OECD to address the connected economic and health problems, demonstrating the critical need for interdepartmental collaboration. Harmonising global health protocols, strengthening the global health system, and developing global production and research hubs for pandemic prevention, preparedness, and response were priorities for Indonesia's presidency in 2022. (PPR).

Youth have a vital role to play in this regard and it would be our ingenious solutions and diligence that would be the major force in bringing radical transformation in the healthcare sector. The world is at a critical juncture today and we have the unique opportunity to dive deeper into the health-specific concerns affecting today's youth in order for Y20 India to promote and hasten the addressing of the needs for complete health and well-being of young people in all the G20 countries.

I. Promoting Digital Health Infrastructure

Digital health technologies make use of computer platforms, networks, software, and sensors. These can be used for anything from medical equipment to general health. It includes technologies used as a part of a medical product, as a diagnostic tool, or as an addition to other medical products (devices, drugs, and biologics). They are also being utilised in pharmaceutical research and development. Through data access, digital solutions give patients more control over their health and clinicians a more comprehensive view of their patient's health. Digital health has the potential to improve medical outcomes and productivity. Consumers may be able to make better health decisions with the help of these technologies, as well as explore new options for helping prevent disease, early detection of life-threatening diseases, and medication for chronic conditions outside of conventional medical settings. Digital health technology is being used by providers and other stakeholders to reduce inefficiencies, increase access, lower costs, improve quality, and personalise medication for patients.

Not only are smartphones, social networks, and internet apps altering the ways in which we connect, but they are also giving us more access to information and new ways to monitor our health and wellness. Health care and outcomes are being enhanced by these discoveries, which bring people, data, technology, and connections together.
lifestyle choices would be affected. Today's youth are tomorrow's responsible citizens, including leaders and activists.

A. Readily Adoptable Basic Elements of Digital Health Infrastructure

There are many technical options available to provide access to healthcare services. These are some examples:[16]

1. Electronic Medical/Health Record

It is a computer-processable database containing information about a person's health history that is collected primarily to assist in the delivery of overall integrated healthcare to that person but may also be used for other purposes that benefit the health of the broader group, subject to legislation and consent.

2. Telemedicine

Telemedicine services, such as preventive and protection services, publihealth assistance, and patient involvement with other patients, family members, and healthcare practitioners, have been offered to promote timely access to high-quality information and treatment. Screening for diagnostic tests and illness discoveries, as well as assistance for e-learning for both healthcare professionals and receivers, is a more novel kind of support.

3. Mobile Health/ mHealth

Patients, carers, pharmacists, and other healthcare practitioners who utilise any digital technology, in addition to the devices indicated above, can receive mHealth help through specialised programmes or apps.

B. Digital Health Equity

A vast proportion of the world's population does not have basic needs such as internet access and healthcare quality over digital technologies fulfilled.17 There is a lack of technology, disparity in internet access, lack of digital literacy, and technology and language barriers. Hence, it is necessary that governments and technology corporations address such digital-environmental problems along with disinformation and dangerous material.

However, online health solutions may have unanticipated consequences for vulnerable, marginalised, and disadvantaged individuals, contributing to, escalating, or even creating health inequalities. Digital gaps, like smartphone use, and broadband availability, have been identified globally within different demographics.

[16] Corinne Bernstein, *digital health (digital healthcare)*, TECHTARGET (January 26, 2023 2:06 PM), https://www.techtarget.com/searchhealthit/definition/digital-health-digital-healthcare#:~:text=Under%20its%20umbrella%2C%20digital%20health,as%20well%20as%20personalized%20medicine.

[17] WHO, *Digital health not accessible by everyone equally, new study finds,* WORLD HEALTH ORGANISATION EUROPE (January 27, 2023, 12:26 AM), https://www.who.int/europe/news/item/21-12-2022-digital-health-not-accessible-by-everyone-equally-new-study-finds.

1. Data Security and Privacy Right

The development of an interoperable e-health ecosystem supported by a strong legal and regulatory structure that ensures data protection, the privacy and security of personal health data, and system availability should serve as the foundation for the adoption of digital health infrastructure.

Healthcare is integrated into our daily lives as a consequence of digital technology advances. To secure sensitive data, a combination of the appropriate knowledge, methods, and technologies must be in place. The following survey image depicts people's use of digital media in relation to various health conditions.

Figure 1: Common health-related reasons for using digital technology [18]

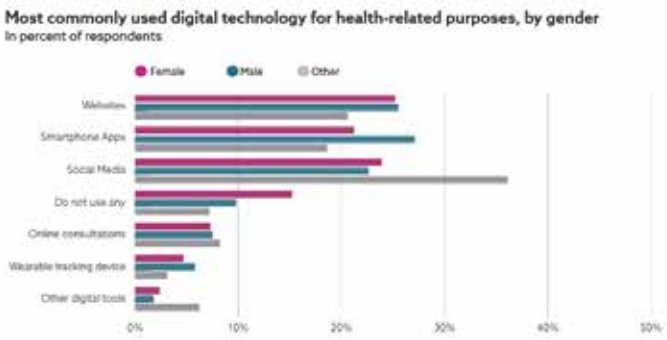


Figure 2: Commonly used digital technology for health-related purposes, by gender [19]

2. Public-Private Partnerships in Digital Health Infrastructure

Public-Private Partnerships (PPPs) in the health sector can efficiently contribute to the required resources while ensuring universal access to health services and increasing the value-creation capabilities of publicly owned healthcare institutions. PPPs facilitate the establishment of dependable infrastructures and the timely supply of high-quality health services. To do this, they blend the principles that motivate public action with the entrepreneurial attitude and management expertise of private-sector partners.

3. Leveraging Digital Identities of the Youth to Enhance Innovation

Digital technology is widely available to the younger generation today which has ensured that they have greater digital technological abilities. Youth should be seen as critical stakeholders in the healthcare sector's digital revolution. Their knowledge and general digital competence can prove effective in improving digital health literacy. It is also critical that innovation in youth-oriented solutions is not stifled.

Young people can make an impact in the following ways:

a. Serving as health literacy facilitators in their families and communities.
b. Recognizing the health literacy requirements of the people in their areas.
c. Developing new creative digital solutions and upgrading old ones.

[18] The Lancet and Financial Times Commission, *Digital health futures: Insights into young people's use and opinions of digital health technologies*, SECRETARIAT OF THE LANCET AND FINANCIAL TIMES COMMISSION, 1, 9 (2021) chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.unicef.org/media/108116/file/Digital%20health%20futures.pdf.

[19] Id. at 10.

II. Complete Well-Being - Physical and Mental Health through Traditional Medicine and Yoga

The healthcare paradigm has been moving to integrated healthcare and holistic well-being which emphasises physical, mental, and spiritual health. Changes in lifestyle, performance pressure, poor physical health, social indifference and a lack of social networks are some factors that adversely contribute to mental health. Because of industrialization, globalisation and changing lifestyles, the illness pattern is changing, and non-communicable diseases are increasing, a phenomenon that is referred to as epidemiological transition. The best approach to prevent these diseases is to live a healthy lifestyle, which lies at the core of traditional medicine and health practices.

A. Capacity to Deal with Mental Health Issues

Tension and anxiety have been related to a number of chronic conditions and a lower quality of life. Non-pharmacologic therapy for stress and anxiety is being increasingly researched, and yoga is one alternative with tried and tested outcomes.

1. Mainstreaming Mental Health

There is no question that more must be done to address mental health. Suicide is the second-leading cause of mortality for those between the ages of 15 and 19 years, and depression is among the major illnesses and disabilities that affect teenagers. WHO estimates that the two most prevalent mental health problems, anxiety, and depression, cost the world economy $1 trillion annually.[20] Despite these numbers, less than 2% of worldwide government health spending is allocated to mental health.[21] The well-being and mental health of adolescents and young adults are influenced by a variety of circumstances. It is important to prioritise mental health, and laws and regulations may help. Programs for social and emotional development that are taught in schools are among the best ways for nations of all economic levels to advance their economies. As a result, this must be done through community-based mental health care, which is more widely available and acceptable than institutional care. A network of civil society organisations that may include community mental health teams, psychosocial rehabilitation, peer support, and organisations that provide mental health care in non-health settings, such as child safety, school health services, and prisons, may be responsible for delivering community-based mental health care.

[20] Jyotsna Singh, *Depression and anxiety, cost the global economy US$ 1 trillion each year,* MINT (January 27, 2023, 12:29 AM), https://www.livemint.com/Politics/neSySLLjaKR2jrJoU0dXVM/Depression-anxiety-cost-world-1-trillion-each-year-WHO-st.html.

[21] Rifat AtunDaniel V Vigo, *Disease burden and government spending on mental, neurological, and substance use disorders, and self-harm: cross-sectional, ecological study of health system response in the Americas,* 4 The Lancet Public Health 89, 92 (2019) https://reader.elsevier.com/reader/sd/pii/S2468266718302032?token=38C19B2DC33D757991F00009B5437F91A29FE1150F0C9D6A89B1027704959A8797AB9FB381AAF9E7FBFBAE882AA02230&originRegion=eu-west-1&originCreation=20230126190103.

B. **Increase the Adoption, Efficacy, and Safety of Traditional Medicine**

Sufficient equipment to supervise quality control and production activities can allow traditional medical treatments and associated goods to be launched with necessary safety or toxicological evaluation. Such preparations are commonly available to customers who do not require a prescription and are largely based on naturally derived resources.

The purity of raw materials used in the production of botanical products is determined by both core (genetic) aspects and environmental factors such as good agriculture and collecting practices (GACP), which include crop selection, cultivation, and collection procedure. It is difficult to carry out quality control of raw materials because of the confluence of all of these concerns.[22]

C. **Traditional medicines in National and International Trade**

Traditional health care is gaining popularity and is continually growing globally due to public interest in herbal medications and their remarkable acceptability for their helpful features with few or no side effects against a variety of tough health-related situations. Traditional healthcare does not require any promotion as such as it forms an intrinsic part of lifestyles across different cultures. It has to be backed up by secure government policies that include planned scientific development connected to traditional herbs. This would provide readiness and validity to the raw materials, and would raise the value for local and export purposes.

III. Improving Access to Health Financing for Young Citizens

It is a common assumption that youth experience fewer health risks, engage in more physical activity, and tend to have more familial support. However, as lifestyles and food systems have changed, youngsters have grown more vulnerable to chronic illnesses, mental health issues, rising healthcare expenditures, and reduced family support. Increased involvement in unorganised, contractual labour, as well as a greater threat of job loss, has placed an additional obligation on the youth to handle rising healthcare expenditures. According to statistics, 66% of young people cannot afford health insurance and hence stay outside of the safety net.[23]

[22] Sachin Saggar, Prince Ahad Mir, Nishant Kumar, Apporva Chawla, Jasreen Uppal, Anmoldeep Kaur, *Traditional and Herbal Medicines: Opportunities and Challenges,* 14, Pharmacognosy Research 107, 111 (2022) chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.phcogres.com/sites/default/files/PharmacognRes-14-2-107.pdf.

[23] Sheryl Coughlin, Elizabeth Stanley, Leslie Korenda & Claire Boozer Cruse, *Young Adults and Health Insurance: Not Invincible—but Perhaps Convincible Findings from the Deloitte 2014 Survey of Young Adults and Health Insurance,* DELOITTE (January 06, 2023, 10:20 PM), https://www2.deloitte.com/content/dam/Deloitte/us/Documents/life-sciences-health-care/us-chs-young-adults-and-health-insurance.pdf.

A. Ensuring Better Health Financing

The public health infrastructure in Developing Countries is inadequate to ensure that all people have equal access to necessary health care. According to World Health Statistics, out-of-pocket health expenditures can create financial difficulty by forcing people to choose between health payments and other obligations. Many studies have defined out-of-pocket healthcare expenditures as catastrophic when they exceed a specific level of income. Financing health care through out-of-pocket payments has various serious repercussions, including forcing individuals and families into poverty.

To ensure the protection of health which is a basic right of all citizens, universal financial protection is required. Financial protection for inpatient and outpatient therapy should be available to all people irrespective of their distinguishable statuses.

Countries should establish channels for youth to engage in the national process of planning steps towards Universal Health Coverage (UHC), ensuring health platforms are inclusive, and prioritising adolescent health when appropriate. This participation should take place during the early phases of planning in order for teenagers to share decision-making responsibilities during the design, implementation, monitoring, and assessment of progress towards Universal Health Coverage (UHC).[24]

B. Awareness and Adoption of Health Insurance amongst the Youth

The most evident issue is a lack of financial assistance to offer minimum appropriate health care to everyone, especially to the economically weaker sections. People have little financial security against medical expenses, specifically the young generation. The youth are a price-sensitive generation. Health insurance is just out of reach for a large majority of young folks. Many people believe it does not provide adequate value for money. They prefer to skip insurance believing that they have a high degree of risk tolerance - a stereotype frequently addressed as "young invincibles". Inadequate health insurance literacy or education is a barrier to health insurance adoption, and health insurance literacy is low in many low- and middle-income countries.

C. Empowering Youth to Efficiently Manage their Health Costs

Adolescents should be prioritised in national health policies and Universal Health Coverage investment plans. The investment must go beyond service delivery and involve frequent monitoring of health patterns throughout adolescence, as well as the strengthening of national institutions and the development of human resources in adolescent health.

[24] Susanna Lehtimaki and Nina Schwalbe, *Adolescent Health: The missing population in Universal Health Coverage,* UNICEF, 1, 24 (2018)
chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.unicef.org/media/58171/file.

IV. Prevention of Substance Abuse

Substance abuse leads to domestic issues, puts stress on the family, negatively affects academics, worsens peer relationships, has a negative impact on physical health, and is a significant contributor to motor vehicle accidents.

This issue becomes imminently important because of the following statistics as highlighted by various organisations:

i. Substance abuse was responsible for 11.8 million fatalities worldwide in 2017. This accounts for one out of every five fatalities globally. [25]
ii. In 2019, around 4.5 million people died as a result of injuries globally, with alcohol accounting for 7% of these deaths.[26]
iii. According to the World Health Organization, more than a quarter of all persons aged 15 to 19 in the world are current drinkers, amounting to 155 million adolescents. Excessive binge drinking was prevalent among teenagers aged 15 to 19 years in 2016, with men being more vulnerable.[27]

Figure 3: News headline from The City[28]

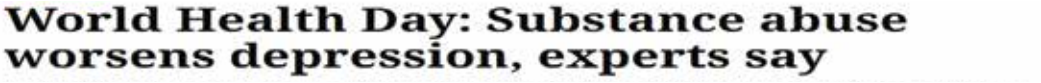


Figure 4: News headline from The Indian Express[29]

To add to the woes, the selling of illegal narcotics contributes to terrorism by channelling revenues into destructive beliefs, fueling the flames of hatred and bloodshed all across the world. The link between drugs and terrorism is much predicted, based on political and economic considerations, and it raises ethical quandaries for both drug users and policymakers. It is crucial to recognise that drug earnings allow terrorist organisations to transform powder into blood.

A. Measures to be Taken to Prevent Youth from Falling for Substance Abuse

Studies have shown preventing people from using drugs is the best strategy to control drug abuse. Hence, preventing youth from falling into the trap of drug abuse must be emphasised.

[25] Hannah Ritchie and Max Roser, Drug Use, Our World in Data (January 4, 2023, 7:34 PM), https://ourworldindata.org/drug-use#indirect-deaths-risk-factors-for-early-death.
[26] Tanya Chikritzhs and Michael Livingston, *Alcohol and the risk of Injury,* NATIONAL LIBRARY OF MEDICINE, (August 13, 2021), https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8401155/.
[27] WORLD HEALTH ORGANISATION, https://www.who.int/news-room/fact-sheets/detail/adolescents-health-risks-and-solutions, (last visited January 4, 2023).
[28] Michael Elsen-Rooney, Chalkbeat, *Marijuana Use Spills Into NYC Classrooms as Educators Grapple With New Cannabis Landscape,* THE CITY (January 05, 2023, 9:24 PM), https://www.thecity.nyc/2023/1/4/23538779/marijuana-use-nyc-classrooms-school.
[29] IANS, *World Health Day: Substance abuse worsens depression, experts say,* THE INDIAN EXPRESS (January 05, 2023, 09:44 PM), https://indianexpress.com/article/lifestyle/health/world-health-day-2017-substance-abuse-worsens-depression-experts-say-

To add to the woes, the selling of illegal narcotics contributes to terrorism by channelling revenues into destructive beliefs, fueling the flames of hatred and bloodshed all across the world. The link between drugs and terrorism is much predicted, based on political and economic considerations, and it raises ethical quandaries for both drug users and policymakers. It is crucial to recognise that drug earnings allow terrorist organisations to transform powder into blood.

1. Workplace Prevention Programmes

Workplace stress has been shown to make adolescents who use drugs substantially more likely to develop substance abuse disorders, making them particularly vulnerable. Employees who use drugs or drink alcohol are more likely to be absent from work, perform poorly, have more accidents, have higher medical costs, and have higher turnover. Additionally, prevention programs in the workplace often have several components and include prevention aspects and dimensions, advising and referral to therapy. Although businesses have legal and regulatory obligations to provide and maintain a safe and healthy workplace, only a small minority of workplaces have effective prevention programmes. Thus, there is a need to incentivise businesses to proactively implement workplace prevention programmes.

2. Community-Based Multi-Component Initiatives

Community mobilisation actions such as the formation of collaborations, working groups, coalitions, action groups, etc. bring together diverse participants in a community to combat substance addiction. Community-based programmes are generally multifaceted and take place in a range of venues (e.g., schools, families, media, and enforcement). The disintegration of the family system leads to the loss of family and paternal support and oversight to the youth, thereby making them vulnerable to drug abuse. However, more research is required to establish the correlation and causation between the two above-mentioned situations.

B. **Increasing Awareness of the ill Effects of Substance Abuse**

A global drug prevention approach that addresses children as early in their development as possible and focuses on resilience building may be required. This plan should incorporate the use of social media and other online platforms to engage and involve youth in the distribution of preventative messages. Entertainment venues such as Bars, and clubs, along with outdoor or unique locations where huge events are held are hotspots for drug trade and abuse. Hence, a targeted approach should be employed as these avenues can be potentially effective spaces to increase awareness of substance abuse.

C. Best Rehab Practices

Evidence Based Treatments such as Cognitive Behavioural Therapy, interpersonal therapy, group therapy, and support groups should be used in sync and the treatment may be individualised according to the patient's needs.

D. Youth's Contribution to Effective Law Enforcement in the Drug Trade

Lack of law enforcement capacity and corruption play a significant part in keeping the illicit market viable.[30] Corruption has been found all along the drug distribution chain. Youth engagement in this regard can take various forms, and no one form is fundamentally better than another; the most effective and appropriate roles for youth in a specific circumstance must be established based on local requirements and opportunities. Youth could be consulted, or they could run the entire process, with adults serving as supporters. Youth can take part in the design, implementation, and assessment of programmes and interventions aimed at preventing drug use among their peers or promoting positive youth development in general. Substance use prevention may be enhanced by integrating youth at all phases of programme development, implementation, and assessment, as well as through engaging and empowering youth in the context of policy reform.

V. Sports as a Part of Lifestyle

Playing sports has countless benefits, ranging from improving physical and mental health, and weight management to cultivating vital life skills like leadership, teamwork, and developing friendships. Unfortunately, in today's highly competitive and digital world, sports are increasingly vanishing from our lives. This is having significant detrimental effects on our well-being and is leading to several physical and mental health issues.

A study showed that although not as much as those who obtained the full 150 minutes, those who were active for more than 10 minutes a week showed some protection against serious disease or death from COVID-19.[31] This shows the importance of physical activity like sports, yoga etc. as preventive measures for individuals for all future pandemics. Although we frequently hear about the physical advantages of children participating in sports, physical education and sports also have other benefits. Team sports participants are more self-assured, disciplined, have better teamwork skills, and believe in accountability than those who often forego sports in favour of other activities. Other than these, sports also contribute to the improvement of mental well-being, enhanced decision-making power and above all the happiness of an individual.

A. The Plight of Indigenous Sport

Indigenous sports are rooted in and tied to the people of a certain location. The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) states that Indigenous peoples have the right to preserve and defend traditional games (Article 31).[32]

[30] COURSE HERO, https://www.coursehero.com/file/70545861/Order-ID-57301docx/ (last visited January 26, 2023).

[31] Monique Tello, *Does exercise help protect against severe COVID-19?,* HARVARD HEALTH PUBLISHING (January 25, 2023, 7:51 PM), https://www.health.harvard.edu/blog/does-exercise-help-protect-against-severe-covid-19-202106092475.

[32] Lamia Akbar, Aleksandra M. Zuk and Leonard J. S. Tsuji, *Health and Wellness Impacts of Traditional Physical Activity Experiences on Indigenous Youth: A Systematic Review,* NATIONAL LIBRARY OF MEDICINE (November 9, 2020), https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7664942/.

Traditional physical practices provide significant physiological and emotional benefits to adolescents worldwide. There is a greater need to publicise and promote indigenous sports. There are several indigenous sports that have the potential to attract worldwide involvement but the dearth of opportunities and encouragement from the authorities has limited their rise at an international level.

1. Promotion and Raising Awareness about Indigenous Sports and Games

   It is critical to conserve traditional game information and knowledge for future generations as they form an integral part of cultural heritage and traditions. It is equally critical that such knowledge remains in the public sphere and is accessible to everybody.
   Governments worldwide should host national/regional level competitions in traditional sports and games so as to provide them recognition. These competitions should be held at the level of international competitions like the Olympics and the Commonwealth Games. This would also aid in creating awareness in the young minds which would help these traditional sports and games be incorporated right from school and hence promote them at par with western sports.

2. Raising the Level of Indigenous and Traditional Games in Mega Multidisciplinary Sporting Events

   Traditional Sport and Games (TSG) protection and promotion need the growth of knowledge, the exchange of information, and the encouragement of awareness of its cultural legacy. The interest in TSG has risen at the national, regional, and international levels, although this does not correspond to what appears to be TSG's marginalisation. TSGs face significant obstacles as a result of the rising institutionalisation and commercialization of sports, the related shift in values they represent, the dominance of several sports events on a worldwide scale, and the disregard for physical education programmes.

3. Funding and Promotion of Indigenous Sports

   In the past decades, the popularity and participation in Indigenous Sports have taken a major hit. Lack of financial aid and inadequate media spotlight vis-a-vis modern sports seem to be two of the major roadblocks. The state and civil society together can combat these issues by advancing similar incentive to Indigenous sports as that to mainstream modern sports as well as by providing financial support for infrastructure, athlete training and mentorship. Furthermore, giving adequate representation to indigenous sports players in the sports governing bodies and organising amateur and professional tournaments at various levels can aid in raising awareness and interest in Indigenous Sports and in turn make them more attractive to youth and children.

Case Study 1: **CoWIN: COVID-19 Vaccine Intelligence Network**[33]

The scale of disruptions that the COVID-19 pandemic caused was huge and unprecedented. As scientists, doctors, and international health authorities around the globe opined, rapid vaccination was the most effective way to control the pandemic. This solution itself had lots of innate challenges like vaccine procurement, storage, distribution, administration, and certification. On top of that, India had a massive population of 1.3 billion to vaccinate.

As unprecedented times require unprecedented measures, the Government of India launched the CoWIN portal. CoWIN took the digital health system to unparalleled heights. It leveraged the existing digital health infrastructure to create software that provided an end-to-end solution that captured every step of the vaccination process. The Government's previous experiences with digital initiatives like Aadhar and Unified Payment Interface (UPI) aided in the development and effective pan-country rollout of CoWIN.

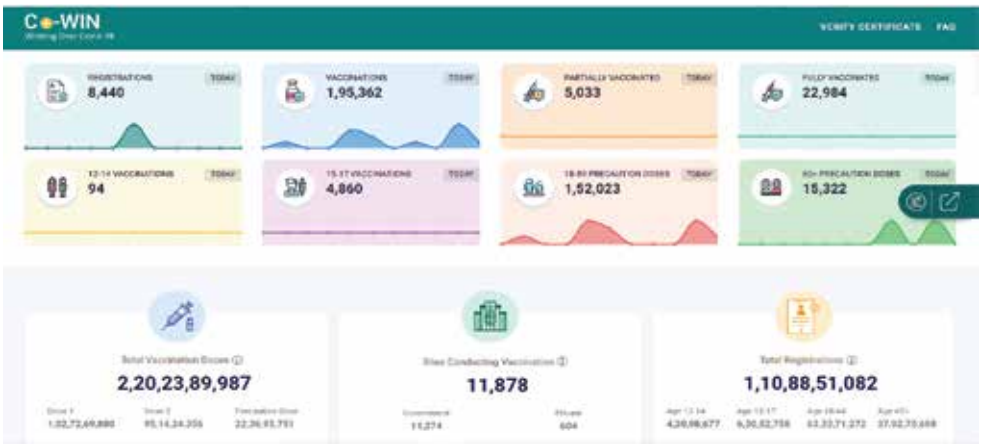


Figure 6: CoWin Dashboard highlighting Vaccination Statistics in India[34]

CoWIN has separate modules for cold chain monitoring, citizen registration, vaccine administrators, certification, and monitoring of AEFI- Adverse Effects Following Immunisation. It permits users to locate a facility in their vicinity and book a vaccination slot at their convenience.

Since India is a diverse country with numerous languages, the government addressed the language barriers by providing services in 16 local languages. With over a billion registered users, the CoWIN portal helped the Government in administering over a billion vaccine doses in a span of nine months, which roughly translates to 25 million people being vaccinated in a day!

Taking inspiration from the immense success of CoWIN, the government of India has launched U-WIN to digitise India's universal immunisation programs covering children and women.[35]

[33] EXEMPLARS IN GLOBAL HEALTH, https://www.exemplars.health/emerging-topics/epidemic-preparedness-and-response/digital-health-tools/cowin-in-india (last visited January 7, 2023).
[34] Co-WIN, https://dashboard.cowin.gov.in/ (last visited January 20, 2023).
[35] PTI, *After Co-WIN, govt launches U-WIN to digitise India's universal immunisation programme,* THE ECONOMIC TIMES (January 26, 2023 03:52 AM), https://m.economictimes.com/news/india/after-co-win-govt-launches-u-win-to-digitise-indias-universal-immunisation-programme/amp_articleshow/97255711.cms.

Case Study 2: **Ministry of AYUSH, Government of India**

In India, the promotion of traditional medicines is backed by the Ministry of AYUSH (Ayurveda, Yoga, and Naturopathy, Unani, Siddha, and Homoeopathy), which is in charge of general education, government, regulation, expansion, and development of traditional systems of medicine in India and internationally. Its objectives include providing inexpensive AYUSH treatments and medications that are both safe and effective and also ensuring the readiness and validity of raw materials, as required by pharmacopoeia standards. It aims to ensure the application of AYUSH in the healthcare system and national programmes to construct a massive infrastructure of dispensaries, hospitals, and physicians.[36]

Case Study 3: **Ayushman Bharat – Pradhan Mantri Jan Aarogya Yojana**[37]

The Indian Government's Ayushman Bharat: Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) is a comprehensive scheme that provides complete coverage for inpatient costs with annual coverage of ₹5 lakhs per family. The Ayushman Bharat Yojana covers 1393 defined packages and 24 specialities. The scheme covers 109 million families of the socially and economically deprived categories. It has saved innumerable families from falling into poverty by saving them healthcare expenditure, thus making it a poverty alleviation scheme.

Figure 7:Ayushman Bharat Statistics highlights on National Health Authority website[38]

This scheme shatters the stereotype that the government's role is limited to healthcare delivery. By empanelling thousands of private hospitals in its purview, the project has tapped into the vast potential of the private sector to offer quality healthcare services, and from being the healthcare provider; the government has established itself as the Healthcare Financier.

[36] MINISTRY OF AYUSH, https://main.ayush.gov.in/background/ (last visited January 26, 2023).
[37] STATISTA, https://www.statista.com/statistics/657244/number-of-people-with-health-insurance-india/#statisticContainer (last visited January 06, 2023).
[38] NATIONAL HEALTH AUTHORITY, https://nha.gov.in/ (last visited January 20, 2023).

Case Study 4: **Khelo India Scheme**

The Government of India launched the Khelo India Games to revitalise India's sports culture at the grassroots level. The scheme also provides financial assistance to promising athletes for a period of 8 years. One of its components is the National Programme for Indigenous sports such as Mallakhamb, Kalaripayattu, Gatka, Thang-Ta, Yogasana, and Silambam, which is dedicated to the development and promotion of rural and indigenous/tribal games in the country.[39] Grants are authorised under this component for building infrastructure, instrument assistance, coach training, and scholarships.

Case Study 5: **India, the Vaccine Basket of the World**

For years, India has been the world's leading vaccine producer, producing over 60% of the world's vaccines.[40] Qualitatively, and financially too India's vaccines are renowned all over the world. Experts opined that the most effective way to curb the COVID-19 pandemic is mass vaccination. And India stepped right up to the challenge. The Indian government stood with the private players and facilitated the development of vaccines by launching Mission COVID Suraksha- The Indian COVID-19 Vaccine Development Mission, focusing on preclinical and clinical trials as well as their mass production and transportation.[41] The vaccines produced in India, COVAXIN and COVISHIELD, were much cheaper than their international counterparts.[42] Moreover, their temperature sensitivity was much less, thus allowing easy transport and administration in regions with weak cold chains.

Following its age-old philosophy of 'Vasudhaiva Kutumbakam', India shared its vaccines with more than a hundred countries, especially with low-income countries struggling with the pandemic. Over 240 million doses of vaccines were shared worldwide and thus India played a crucial role in ending the menace of the COVID-19 virus.[43]

[39] KHELO INDIA, https://kheloindia.gov.in/about.html (last visited January 26, 2023).
[40] Ajit Ranade, *India is the world's largest producer of vaccines. So why a shortage today?,* THE TIMES OF INDIA (January 27, 2023 01:02 AM), https://timesofindia.indiatimes.com/india/india-is-the-worlds-largest-producer-of-vaccines-so-why-a-shortage-today/articleshow/82018420.cms#:~:text=to%20this%20point-,India%20is%20the%20world's%20largest%20producer%20of%20vaccines.,for%20its%20global%20health%20programmes.
[41] PIB Delhi, *Government Launches Mission COVID Suraksha to accelerate Indian COVID-19 Vaccine Development,* PIB (January 26, 2023 3:41 AM), https://pib.gov.in/PressReleasePage.aspx?PRID=1676998.
[42] Sohini Das & Shrimi Choudhary, *Centre may not procure Pfizer-BioNTech Covid vaccine over high cost,* BUSINESS STANDARD (January 26, 2023 03:44 AM), https://www.business-standard.com/article/current-affairs/centre-may-not-procure-pfizer-biontech-covid-vaccine-over-high-cost-120121400032_1.html.
[43] MINISTRY OF EXTERNAL AFFAIRS, https://www.mea.gov.in/vaccine-supply.htm (last visited January 26, 2023).

Case Study 6: **PPE Production by India**

When the Covid pandemic struck, India had no domestic production of PPE, and the stockpile was a meagre 2,75,000 kits, thanks to timely imports by the government. Realising how important PPE kits are in the fight against COVID-19, the government launched an outreach program to reach out to the garment industry, requesting textile manufacturers to develop medical textiles and increase the production capacity on a war footing. Several test samples of fabrics created by Indian medical textile manufacturers were received in February 2020, for testing. On March 2, 2020, the government validated the test samples against the technical specification based on the interim COVID-19 protective equipment standards from the World Health Organisation.

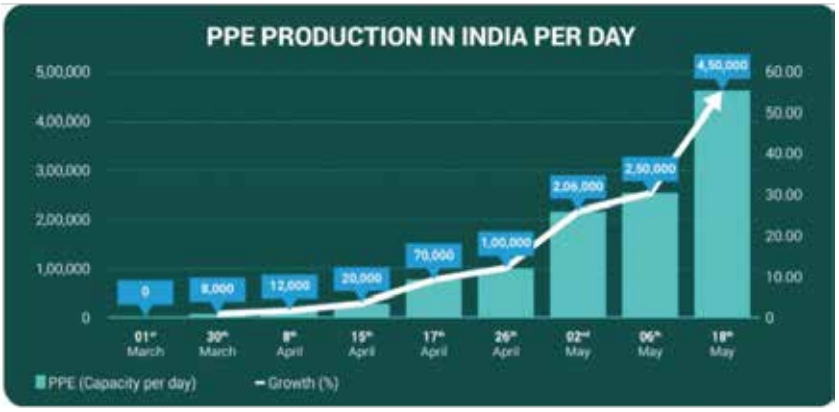


Figure 8: PPE Production per day in India[44]

To monitor the production and supply of medical textiles, a 24x7 emergency control room was established. To ensure the standards and qualities of the PPE, it was made mandatory to obtain a unique certification code for each test sample. Within a span of 60 days, India's PPE production grew a mammoth 56 times, and from being an importer, India started exporting PPE kits to more developed economies of the world. The current estimate for India's domestic PPE output per day is 4.5 lakh PPE kits. The PPE industry in India was valued to be over a gigantic figure of Rs 7000 crores.

Case Study 7: **Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PM-BJP)[45]**

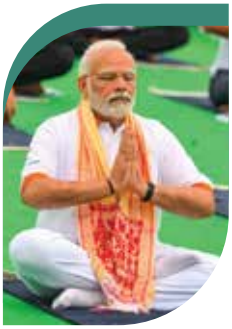
The costs of drugs add a significant financial burden to low and middle-income groups, especially to those suffering from chronic ailments. Also, the cost of medical devices and implants is huge, barring a lot of patients from getting life-saving surgeries/procedures, adding to the mortality and morbidity of the disease. To address these issues, the Indian Government came up with a two-pronged strategy.

The government set up the National Pharmaceutical Pricing Authority (NPPA) to regulate the prices of essential drugs and implants. The NPPA sets a ceiling price and a retail price for essential formulations, and to date, the prices of 886 formulations have been capped, including anti-tubercular, anti-retroviral, and anti-cancer drugs and drugs used for the management of Diabetes and Cardiovascular ailments. The regulation of prices of drugs, coronary stents, knee implants, and other medical equipment has resulted in net savings of approximately Rs 12447 crores per annum to the patients.

[44] ASPIRE IAS, Supra note 10, at 2.

[45] Ministry of Chemicals and Fertilisers, *Annual Report 2021-22*, 1. 48 (2022) chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/http://janaushadhi.gov.in/Data/Annual%20Report%202021-22_04052022.pdf.

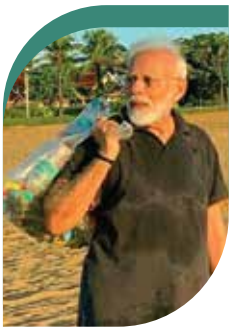
The Government also set up Jan Aushadhi Kendras with the objective of bringing down the healthcare budget of every citizen by providing quality generic medicines at an affordable price. The Jan Aushadhi Kendras provide generic drugs at prices 50–90% lower than their branded counterparts. They also provide Suvidha Sanitary Napkins at a highly subsidised cost of Rs.1 per napkin. Presently, more than 8500 Jan Aushadhi Kendras are operational across the country and by March 2025, the government aims to increase the number of stores nationwide to 10,500. The Jan Aushadhi Kendras have resulted in savings of the magnitude of Rs 5, 000 crores to the patients in the last financial year.[46]



Case Study 8: **International Yoga Day**[47]

Yoga has been one of India's most valuable gifts to the world. It is a practice that has been followed in India for centuries and countless studies have proven the benefits of yoga on the physical, mental, and psychological well-being of humans. Yoga has the potential to be a significant tool in humanity's drive to promote an environment-friendly and sustainable lifestyle.

In order to extend the benefits of Yoga to the entire world, Honourable Prime Minister of India Narendra Modi, proposed in the United Nations Assembly that the 21st of June be celebrated as the International day for Yoga. The proposal received a landmark endorsement from 175 member countries. Since then, on the 21st of June every year, Yoga Day is celebrated across the globe and millions have adopted yoga as a part of their lifestyle. The success of this initiative also demonstrates the huge scale of impact that we can produce when we unite behind a common cause.



Case Study 9: **Swaccha Bharat Abhiyaan**

The Swachh Bharat Mission was initiated by the Indian Prime Minister on October 2, 2014, in order to speed up efforts to attain universal sanitation coverage. By 2 October 2019, all Indian villages, Gram Panchayats, Districts, States, and Union Territories were proclaimed "open defecation free" (ODF). The mission received tremendous support from India's citizens and succeeded in significantly improving India's sanitation levels.[48] The WHO estimated that between 2014 and October 2019, the Swachh Bharat Mission (SBM) - Grameen (Rural) programme will save more than 300,000 fatalities and prevent more than 14 million DALYs (Disability-Adjusted LifeYears) from diarrhoea and protein-energy malnutrition.[49]

Before the SBM began in 2014, 199 million instances of diarrhoea were attributed to unsafe sanitation practices per year. With universal access to proper sanitation facilities on a consistent basis, these will very certainly be abolished.

[46] Rhythma Kaul, *Jan Aushadhi centres helped make medicines affordable: PM Modi,* THE HINDUSTAN TIMES (January 26, 2023 05:52 PM), https://www.hindustantimes.com/india-news/jan-aushadhi-centres-helped-make-medicines-affordable-pm-modi-101646678175214.html.

[47] UNITED NATIONS, https://www.un.org/en/observances/yoga-day (last visited January 26, 2023).

[48] SWACCHA BHARAT ABHIYAN, https://swachhbharatmission.gov.in/sbmcms/index.htm, (last visited Feb. 1, 2023).

[49] WORLD HEALTH ORGANIZATION, https://www.who.int/india/news/detail/27-07-2018-health-gains-from-the-swachh-bharat-initiative, (last visited Feb. 1, 2023).

WAY FORWARD

Revamping Health Infrastructure

Although COVID-19's imminent threat may have subsided, its rampage is still afresh in the thoughts of the public and state machinery. This is a one-of-a-kind opportunity to take note of the worldwide response. There will inevitably be more illness epidemics. We need to take a lesson from past pandemics and strengthen global health security. Strengthening the whole chain of health emergencies, from recognising a disease to mass immunisation, is essential to preparing for upcoming pandemics.[50] We have to revamp health systems built upon the principles of gender equality, public health, and universal health care.

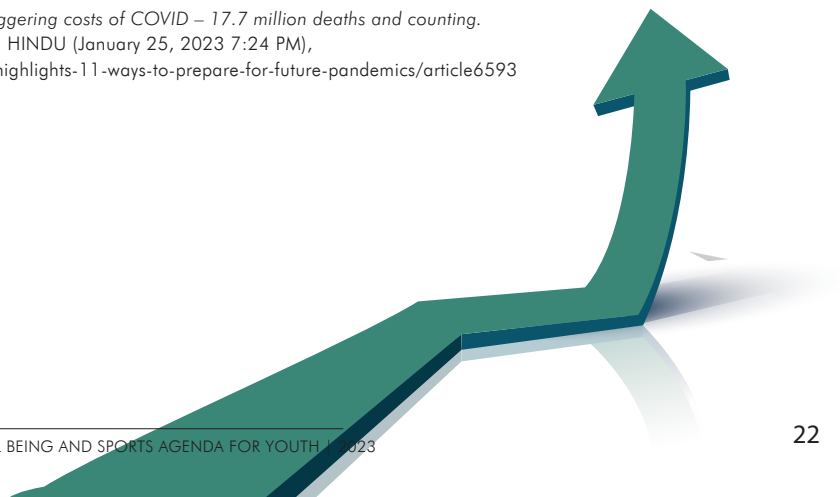
Reincorporating Sports in our Lives

With rampantly advancing civilisations and a world which is ever-propelling into the future, we seem to have lost touch with our roots and sports which once formed the core of our culture, the crux of our community, have now been replaced with a malady of social media addiction and sky-high screen times. Consequences of the likes of obesity and mental health disorders which once were seldom heard of, have now become commonplace diagnoses. It is high time to take a leaf from our past and rekindle the dwindling flame of our active lifestyle. Bringing back sports and cultural activities back into our life have the potential to significantly improve the health status of our population, with the benefits transcending physical and mental health.

An Alternative View to Making Healthcare Affordable

Everywhere, there is a question about the availability of accessible healthcare. One of the most important reasons behind this is the high cost of healthcare. The reasons for this high cost are partly the greed of the private players and partly the immense expenditure on the devices and the infrastructure employed in modern medicine. We need to strike a balance between the cost that the public bears and the profit that the private companies reap so that the cost of healthcare does not overburden the common man.

[50] PTI, *We were on a global panel looking at the staggering costs of COVID – 17.7 million deaths and counting. Here are 11 ways to stop history repeating itself,* THE HINDU (January 25, 2023 7:24 PM), https://www.thehindu.com/sci-tech/health/a-report-highlights-11-ways-to-prepare-for-future-pandemics/article66936941.ece.



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