Dr. Neha Garg
NationalPresident, Mind-Body Wellness Council

NATIONAL MIND-BODY WELLNESS FRAMEWORK FOR VIKSIT BHARAT 2047

Submitted by
WICCI National Mind-Body Wellness Council
Dr. Neha Garg
National President
WICCI National Mind-Body Wellness Council

To
The Hon'ble Minister
Government of India

Respected Sir/Madam,
India is rapidly progressing towards the vision of Viksit Bharat 2047 and is poised to become one of the world's leading economies. As the nation strengthens its infrastructure, technology, innovation and economic capabilities, equal attention must be directed towards strengthening the well-being, resilience and human capital of its people.

Across educational institutions, workplaces and communities, India is witnessing a growing prevalence of stress, burnout, lifestyle disorders, digital dependency, declining physical activity, social isolation and reduced emotional resilience. These challenges have implications far beyond healthcare, affecting educational attainment, workforce productivity, family stability, economic performance and overall societal well-being.

While India has made substantial progress in curative healthcare and social development, there remains an opportunity to establish a comprehensive preventive wellness ecosystem that empowers citizens to lead healthier, more resilient and productive lives.
The WICCI National Mind-Body Wellness Council respectfully submits that the time is opportune for India to adopt a national wellness framework that complements existing health, education and development initiatives while positioning the country as a global leader in preventive and holistic well-being.

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KEY POLICY RECOMMENDATIONS

1. Establish a National Mind-Body Wellness Mission

A coordinated national mission may be considered to promote preventive wellness, resilience-building and healthy lifestyle practices across schools, universities, workplaces and communities.
The mission may facilitate convergence among relevant ministries, institutions, research bodies and civil society organisations to create a structured wellness ecosystem.

2. Develop a National Wellness Curriculum
The Government may consider integrating wellness education within the education system, focusing on emotional resilience, stress management, healthy lifestyle practices, digital well-being, interpersonal skills and self-awareness.
Such interventions would contribute significantly towards improving learning outcomes, employability and future workforce readiness.

3. Create a National Human Resilience and Wellness Index
The Council recommends the development of a national framework for measuring wellness and resilience indicators across states and institutions.
Such an index would provide policymakers with evidence-based insights for planning, monitoring and evaluating wellness outcomes while encouraging innovation and best practices.

4. Promote Workplace Wellness as a National Productivity Strategy
Employee well-being should be recognised as an important contributor to economic growth and organisational effectiveness.
The Government may consider encouraging structured workplace wellness initiatives through policy guidance, recognition frameworks, capacity-building programmes and public-private partnerships.

5. Strengthen Community Wellness Infrastructure
Community-level wellness initiatives can significantly improve public awareness, preventive health practices and social resilience.
The Council recommends encouraging wellness resource centres, community engagement programmes and local wellness partnerships through existing institutional structures.

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6. Establish a National Wellness Research and Innovation Ecosystem
India has the potential to emerge as a global leader in wellness innovation.
The Government may consider supporting research, evidence generation, innovation challenges, knowledge partnerships and interdisciplinary collaboration in the areas of preventive wellness, resilience, healthy ageing, workplace well-being and community health.

7. Enable Financial and Institutional Support Mechanisms
To accelerate innovation and implementation, the Government may consider facilitating:

- Grant opportunities for eligible institutions and initiatives.
- Research and innovation support mechanisms.
- Capacity-building programmes.
- Public-private partnership frameworks.
- Pilot project opportunities.
- Institutional recognition and accreditation systems.

Such support mechanisms would encourage scalable and sustainable wellness initiatives that contribute to national development objectives.

EXPECTED NATIONAL IMPACT
The proposed framework has the potential to contribute towards:

- Enhanced human capital development.
- Improved educational outcomes.
- Greater workforce productivity.
- Stronger community resilience.
- Reduced long-term healthcare burden.
- Improved quality of life.
- Increased global leadership in wellness and preventive health.

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REQUEST FOR POLICY CONSULTATION

The WICCI National Mind-Body Wellness Council respectfully seeks an opportunity to present these recommendations through a stakeholder consultation, expert roundtable or policy interaction with the Ministry and relevant departments.

The Council comprises professionals and experts from healthcare, education, psychology, wellness, research, entrepreneurship and public policy who are committed to supporting India's development journey through evidence-informed and scalable wellness solutions.
We would be honoured to contribute our expertise towards policy design, pilot implementation, stakeholder engagement and knowledge-sharing initiatives aligned with national priorities.

CONCLUSION

India's next phase of growth will not be defined solely by economic indicators, but by the health, resilience, productivity and well-being of its people.
The WICCI National Mind-Body Wellness Council respectfully submits these recommendations in the spirit of partnership and nation-building and looks forward to contributing towards the creation of a healthier, happier and more resilient India.

Respectfully Submitted,
Dr. Neha Garg
National President
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