



The Lakshmi Mittal and Family  
**SOUTH ASIA INSTITUTE**  
HARVARD UNIVERSITY  
Harvard Global Research Support Centre India



Dear Friends,

We are delighted to present to you the June edition of the monthly newsletter by the [Lancet Citizens' Commission on Reimagining India's Health System](#). This month's newsletter spotlights India's evolving health landscape—from population and ageing to data and mental health. As India's elderly population is set to double by 2050, cognitive decline and pro-poor health spending demand urgent attention. Women's health requires greater attention, with endometriosis affecting 42 million yet widely undiagnosed. Meanwhile, India's Autism Framework gains state-level traction, and school mental health is emerging as a key national priority. Advances in child immunisation, family planning in Bihar, and medical data through MIDAS underscore steady progress. Save the date for our upcoming webinar: "Reflections on Workplace Mental Health: A Formal and Informal Workforce Perspective."

Visit our  
Website

## Save the Date

### [Webinar: Reflections on Workplace Mental Health: A Formal and Informal Workforce Perspective](#)

The webinar on "Reflections on Workplace Mental Health: A Formal and Informal Workforce Perspective," moderated by Prof. Vikram Patel, aims to explore how work environments affect mental health in both formal and informal sectors,



## SAVE THE DATE

### Reflections on Workplace Mental Health:

A Formal and Informal Workforce Perspective

Monday, **August 25**

5:30-7:00 pm IST / 8:00-9:30 am EST

WEBINAR

Register here

highlight practical ways to support wellbeing, and encourage and encourages dialogue between research, practice, and lived experience, for inclusive mental health approaches for all workers.

**Date:** Monday, August 25, 2025  
**Time:** 5:30-7:00 pm IST / 8:00-9:30 pm EST  
**Venue:** Online on Zoom

## Views & Opinions



### India's population at crossroads, not a crisis: Population Foundation of India

An NGO, Population Foundation of India, has urged a shift away from fear-driven debates on overpopulation or fertility decline, calling instead for policies that centre on dignity, rights, and opportunities, particularly for women, youth, and the elderly. The NGO, in a statement on World Population Day 2025 on Friday (July 11, 2025), asserted that India's population challenges are not about numbers but about justice, equity, and investment in human potential.



### India's elderly population to double by 2050: How to slow cognitive decline

As we grow older, it's natural for the body to change - and the brain is no exception. After the age of 60, many people notice that their memory isn't as sharp, learning new things takes longer, and decision-making can become harder. This is known as cognitive decline, and it's something more and more people are facing as India's population ages. Doctors say there are many simple steps we can take to protect our brain and stay mentally fit in our later years, *writes Daphne Clarence.*



### Study finds public health spending has not resulted in significant pro-poor services in India

An analysis of equity between urban and rural health services using Benefit Incidence Analysis (BIA), a tool to estimate the equity of healthcare benefits accrued to individuals across socio-economic groups, has found that public spending has not resulted in significantly pro-poor services in India. The paper titled 'Benefit Incidence of Public Health Expenditure in India: Urban-Rural Equity Matters for Universal Health Coverage' has been published in the Journal of Health Management, a Sage Journals publication, *writes Afshan Yasmeen.*

### Endometriosis: The missed disease affecting 42 million Indian women





Endometriosis—often called “the missed disease”—affects around 247 million women worldwide, including 42 million in India, according to a 2022 study published in the American Journal of Reproductive Immunology. Despite its vast reach, the condition remains underdiagnosed and poorly understood, largely because its symptoms resemble those of several other common disorders, *writes Sarjna Rai*.



### [India's Groundbreaking Autism Framework Validated by Two State Governments. Now Poised to Tackle the \\$9.8 Trillion Global Child Development Crisis](#)

In a landmark development for global child welfare, an indigenous Indian innovation—audited by two independent state governments, validated across 19 million therapy sessions, and benefiting over 130 million citizens—is now being hailed as a scalable global response to one of the world's most urgent and invisible public health emergencies: neurodevelopmental disorders in children.



### [Why India needs comprehensive school mental health programmes](#)

India finds itself at a critical juncture concerning mental health, with the most recent surveys and studies painting a stark picture. The National Mental Health Survey 2015-2016, though about a decade old, revealed alarming statistics: approximately 10.6% of the population has grappled with mental health issues at some point, with 13.7% currently affected as of then, *write Manoj K. Pandey and Manoj Kumar Sharma*.



### [India Sets Global Benchmark in Immunisation and Child Health: UN Reports Applaud Progress](#)

India has been lauded as a global leader in child health and immunisation, following a series of remarkable improvements in vaccination coverage and mortality reduction. According to the latest reports by the United Nations Inter-agency Group for Child Mortality Estimation (UN IGME) and the UN Maternal Mortality Estimation Inter-Agency Group (UN-MMEIG), India has made consistent and substantial gains across various health indicators, positioning itself as a global model in public health delivery and vaccine equity, *writes Dr. Asawari Savant*.

### [One in five women in WHO Southeast Asia region covered under health insurance, study estimates](#)

About one in every five women in the WHO Southeast Asia Region, including India, are covered under a health insurance, a study published in *The Lancet Regional Health Southeast Asia* has estimated. One in eight



women in the region — defined by the World Health Organization (WHO) — were enrolled in social security schemes. At the same time, only one in thirteen had privately purchased or commercial insurance, the analysis reveals.

## Resources

### [MIDAS: a technology-enabled hub-and-spoke system for the collection and dissemination of high-quality medical datasets in India](#)

The need for better AI models fuels the demand for larger and larger high-quality datasets with significant diversity. [...] The MIDAS platform is accessible at <https://midas.iisc.ac.in/>. Two datasets are already available on MIDAS, one for oral cancer and another for dural-based pathologies, for free download. Many others are under development and review. Annotated and curated data are also available under various licenses as shared by the platform partners for the registered users, *write Maity, D., Satish, R., Dharmaraju, R. et al.*



### [The impact of a participatory learning and action intervention on unmet need for contraception: a cluster-randomized controlled trial in rural Bihar, India](#)

Unmet need for contraception is a persistent issue in rural India. This work evaluates the impact of *Gram Varta* — a participatory learning and action intervention employed in women's self-help groups in rural Bihar, India — on women's contraceptive behavior and unmet need for contraception. [...] We find a statistically marginally significant increase in contraceptive use by 5.8 percentage points (95%-CI [0.00;0.12]) and a statistically significant reduction in unmet need for limiting childbirth by 7.2 percentage points (95%-CI [-0.14;0.00]) among women in treatment villages but no effect on spacing childbirth, *write Sommer, ML., Bogler, L., Subramanian, S.V. et al.*



## Featured Partner



**The Society for Community Health Awareness, Research and Action (SOCHARA)** is an interdisciplinary resource group of community health professionals utilizing multiple pathways to facilitate and promote the goal of Health for All.



Help us develop a roadmap to achieve universal health coverage in India by visiting our website: <https://www.citizenshealth.in/>

[#ReimaginingIndiasHealth](#) [#HealthcareForAll](#) [#CitizensHealthIndia](#)

We love hearing back from you! Please send your comments, suggestions, and contributions for these newsletters, including research highlights and published features to [citizenhealthin@gmail.com](mailto:citizenhealthin@gmail.com)

Subscribe to our newsletter



Copyright © 2021 The Lakshmi Mittal and Family South Asia Institute, Harvard University, All rights reserved. | B- Block, 43, First Floor, Middle Circle, Connaught Place | Delhi, DL 110001 IN

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!