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The Lakshmi Mittal and Family
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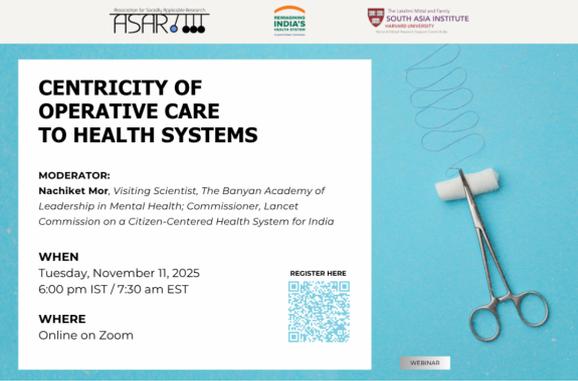
Dear Friends,

We are delighted to present to you the October edition of the monthly newsletter by the [Lancet Commission on Citizen-Centered Health System for India](#). This month's newsletter highlights the need to strengthen India's health systems amid rising challenges. From the growing burden of non-communicable and chronic diseases—particularly among women—to calls for a unified mental health response and an overhaul of adolescent nutrition policies, experts stress systemic reform. Gagandeep Kang underscores vaccine equity through the Universal Immunisation Programme, while new research links climate change to health risks and socioeconomic inequality to mental health outcomes. Insights from India Policy Insights further map population health indicators, emphasizing the need for equitable and climate-resilient healthcare in India. Save the date for our upcoming webinar: "[Centricity of Operative Care to Health Systems](#)."

Visit our Website

Save the Date

[Webinar: Centricity of Operative Care to Health Systems](#)



CENTRICITY OF OPERATIVE CARE TO HEALTH SYSTEMS

MODERATOR:
Nachiket Mor, Visiting Scientist, The Banyan Academy of Leadership in Mental Health; Commissioner, Lancet Commission on a Citizen-Centered Health System for India

WHEN
Tuesday, November 11, 2025
6:00 pm IST / 7:30 am EST

WHERE
Online on Zoom

REGISTER HERE

Global Surgery continues to gain recognition, yet conversations on operative care—encompassing surgery, obstetrics and gynecology, and anesthesia—remain limited within broader health systems discourse. This webinar brings together leading experts to explore how strengthening operative care can advance resilient, equitable, and sustainable health systems worldwide.

Date: Tuesday, November 11, 2025
Time: 6:00-7:30 pm IST / 7:30-9:00 am EST
Venue: Online on Zoom

[Register here](#)

Views & Opinions



[Fighting the blight of the century creeping up on us](#)

There are also 'slow motion' public health emergencies, which have surged over time but now call for urgent action to stem their advancing tide. Without a determined global response, such threats can prematurely end millions of human lives and derail economies. Non-communicable diseases (NCDs) are one example of such an alarming threat. Continued neglect of NCDs will become the blight of the 21st century, *writes K Srinath Reddy.*



[Vaccine equity is very important; only Universal Immunisation Programme can achieve it: Gagandeep Kang](#)

As the principal investigator in the phase III trials of the Rotovac vaccine to prevent rotavirus related gastroenteritis Gagandeep Kang is "very excited" with the publication of the results of a study that established the effectiveness of the vaccine, country wide. Currently director of the global health team at the Bill and Melinda Gates Foundation, responsible for enterics, diagnostics, epidemiology and genomics portfolio, Dr. Kang, in a previous position with the Christian Medical College, Vellore, built extensive surveillance networks to study enteric infections, the category in which rotavirus falls, *writes Ramya Kannan.*

[Adolescent years India's 'second window of growth', overhaul of nutrition policies needed, say experts](#)

Professor K Srinath Reddy, Chancellor of the Public Health Foundation of India, said failure to address adolescent nutrition would "lock in inter-



generational poverty and poor health outcomes." [...] Citing National Family Health Survey (NFHS)-5 data, which showed that 56 per cent of adolescent girls are anaemic and nearly one in four adolescents is under or overweight, Reddy warned that the "double burden" of malnutrition could undermine India's demographic dividend.



[Chronic Diseases On The Rise In India, Women Most Affected](#)

India is witnessing a dramatic shift in its health landscape, with a new study by The Lancet revealing a concerning rise in chronic disease-related deaths. The findings indicate a steep increase in the mortality rates due to conditions such as diabetes, heart disease, and cancer, conditions that were once considered more prevalent in high-income countries. Alarming, women are bearing the heaviest toll of this emerging health crisis, *writes Shreya Goswami*.



[India needs a unified mental health response](#)

On October 10, every year, World Mental Health Day highlights the extent of mental illness in the world — over one billion people (13% of global population) suffering from mental illnesses. India is a part of this, with a 13.7% lifetime prevalence of mental disorders in the country. India has legally prioritised mental health through the landmark Mental Healthcare Act, 2017, which guarantees the right to mental health care, decriminalises suicide, mandates insurance coverage and enshrines patient dignity and autonomy, *writes Samayeta Bal*.



[Climate change could be impacting when girls in India get their first period](#)

Climate change could be affecting when girls get their first periods, with higher humidity linked with an earlier onset and higher temperatures with a delayed one, according to a study. Researchers from institutes in Bangladesh, including the North South University, analysed data gathered through 'Demographic and Health Surveys' (DHS) during 1992-93 and 2019-21, along with climate data from NASA.

[India's Health Systems Need To Prepare Better For Rising Climate Risks](#)

Diarrhoea in October, heat stress in April, and malaria and dengue year-round are part of a new



pattern that Suvarna Kamble (46), an accredited social health activist (ASHA) in Palghar district in Maharashtra, has identified in recent years. Palghar, a district where 37% of the population is tribal, is located along the coast of Maharashtra. It witnessed heavy rains in July, following which the India Meteorological Department issued an orange alert. The waters have receded since, but Kamble and the auxiliary nurse midwife (ANM) she reports to are dealing with the aftermath, *write Nushaiba Iqbal and Tanvi Deshpande.*

Resources

[Macroeconomic income inequality, brain structure and function, and mental health](#)

Income inequality, a structural property of societies characterized by the unequal distribution of resources, is associated with adverse mental health outcomes during adolescence, which is a sensitive period of neurodevelopment. While previous research has explored the impact of individual-level socioeconomic factors on brain structure and function, the neurobiological mechanisms linking structural inequality to mental health disparities remain poorly understood, *write Rakesh, D., Tsomokos, D.I., Vargas, T. et al.*



[India Policy Insights: Estimates of Population Health and Social Determinants Indicators Across Policy Units](#)

Given the huge population base and diversely wide landscape of India, stakeholders and policy-makers at smaller geographic levels must be equipped with data to understand their respective territories and the target sub-groups. This paper presents the output of India Policy Insights; a project aimed at offering a comprehensive dataset of 122 key indicators on population health and social determinants across 720 districts and 543 Parliamentary Constituencies (PCs) in India *write Rajpal, S., Ko, S., Leckie, G. et al.*



Check out the [dashboard on "India Policy Insights" here.](#)

Featured Partner



Association for Socially Applicable Research (ASAR) aims to create and communicate evidence for shaping public ideas to influence better policies. The initiative is providing research support to the Human Resources for Health (HRH) workstream of the Commission.



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

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