

Chandigarh Tribune

July 14, 2026

Research body flags \$1.03-trillion mental health cost to country

TRIBUNE NEWS SERVICE

CHANDIGARH, JULY 13

India's cumulative economic loss due to mental health conditions between 2012 and 2030 is estimated at \$1.03 trillion, according to World Health Organization (WHO) data cited at a lecture organised here today by the Population Research Centre (PRC) at the Centre for Research in Rural and Industrial Development (CRRID) to mark World Population Day.

The PRC, set up by the Union Ministry of Health and Family Welfare, organised the lecture on the theme, "How to ensure mental health in a

rapidly changing world".

Dr Geeteshwar Diwan, consultant psychologist and psychotherapist at ManoGuru Mental Health and Wellness, Chandigarh, delivered the keynote address.

Dr Komila Parthi, faculty at Postgraduate DAV College, Chandigarh, and Anshuman Dixit, counsellor in the Department of Psychiatry at the PGIMER, Chandigarh, were discussants.

Dr Shena Aggarwal, Director, Social Security and Women & Child Development, Punjab, chaired the session. Vini Mahajan, CRRID Governing Body chairperson and former Pun-

jab Chief Secretary, presided over the session.

More than 60 delegates, including bureaucrats, academicians, researchers and health professionals, attended the session.

Speakers referred to the Mental Healthcare Act, 2017, and the Tele-MANAS initiative, which offers mental health counselling through the helpline 14416.

They cited regular physical activity, adequate sleep, sunlight exposure, social connections and limits on digital device use, particularly among children and adolescents, as measures for mental well-being.

Amar Ujala

July 14, 2026

मानसिक स्वास्थ्य बेहतर करने के उपाय बताए

चंडीगढ़। सीआरआरआईडी के पॉपुलेशन रिसर्च सेंटर ने विश्व जनसंख्या दिवस के अवसर पर मानसिक स्वास्थ्य विषय पर विशेषज्ञ व्याख्यान आयोजित किया। मुख्य वक्ता मनोवैज्ञानिक डॉ. गीतेश्वर दीवान ने कहा कि बदलती जीवनशैली, बढ़ता डिजिटल उपयोग और सामाजिक दबाव मानसिक स्वास्थ्य के लिए बड़ी चुनौती बनते जा रहे हैं। उन्होंने नियमित व्यायाम, पर्याप्त नींद, धूप में समय बिताने, सामाजिक जुड़ाव बनाए रखने और जरूरत पड़ने पर विशेषज्ञ की सलाह लेने की अपील की। उन्होंने बच्चों और किशोरों में बढ़ते स्क्रीन टाइम पर भी चिंता जताई। डॉ. शेना अग्रवाल (आईएएस), विनी महाजन (सेवानिवृत्त आईएएस), डॉ. कोमिला पार्थी और पीजीआई के काउंसलर अंशुमान दीक्षित भी मौजूद रहे। व्यूरो