



**The Hindu Important News Articles & Editorial For UPSC CSE**

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Ratan Naval Tata, former chairman of the Tata Group and renowned industrialist, passed away at 86, leaving behind a legacy of business leadership and philanthropy.

- ➔ His visionary contributions transformed Tata into a global entity, inspiring generations through his humility and purpose.

**About Ratan Tata:**

- ➔ Ratan Tata led Tata Group from 1990 to 2012 and briefly returned as interim chairman in 2016.
- ➔ Under his leadership, Tata Group expanded globally with significant acquisitions such as Tetley, Jaguar Land Rover, and Corus Steel.
- ➔ He was known for reshaping the Tata Group into a global powerhouse while maintaining a focus on philanthropy.
- ➔ Post-retirement, Tata invested in multiple start-ups through RNT Associates.
- ➔ Philanthropy: He is known for championing causes like education, healthcare, and rural development through Tata Trusts
- ➔ He is recipient of India's highest civilian honours, including the Padma Bhushan (2000) and Padma Vibhushan (2008)
- ➔ His influence extended beyond business, leaving an indelible mark on Indian industry and philanthropy.

**Ratan Tata, a titan of Indian industry, takes his final bow**

**The Hindu Bureau**  
MUMBAI

Tata Group's chairman emeritus and veteran industrialist Ratan Naval Tata passed away at the Breach Candy Hospital in Mumbai late on Wednesday evening. He was 86.

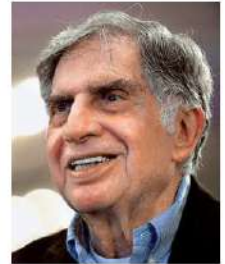
"It is with deep sorrow that we announce the peaceful passing of our beloved Ratan," his family said in a statement.

"We his brothers, sisters, and family take solace and comfort in outpouring of love and respect from all who admired him. While he is no longer with us in person, his legacy of humility, generosity and purpose will continue to inspire future generations," the family said. Mr. Tata is survived by his younger brothers Jimmy and Noel and stepmother Simone.

Prime Minister Narendra Modi paid rich tributes to Mr. Tata, describing him as a visionary business leader and an extraordinary human being. "One of the most unique aspects of Shri Ratan Tata Ji was his passion towards dreaming big and giving back. He was at the forefront of championing causes like education, healthcare, sanitation, animal welfare to name a few," he said on X.

In a statement, Tata Sons Chairman N. Chandrasekaran said, "It is with a profound sense of loss that we bid farewell to Mr. Ratan Naval Tata, a truly uncommon leader whose immeasurable contributions have shaped not only the Tata Group but also the very fabric of our nation."

The Congress condoled the death, with Leader of the Opposition in the Lok Sabha Rahul Gandhi saying Mr. Tata was a man with a vision who had left a lasting mark on both business and philanthropy.



**RATAN NAVAL TATA**  
1937 - 2024

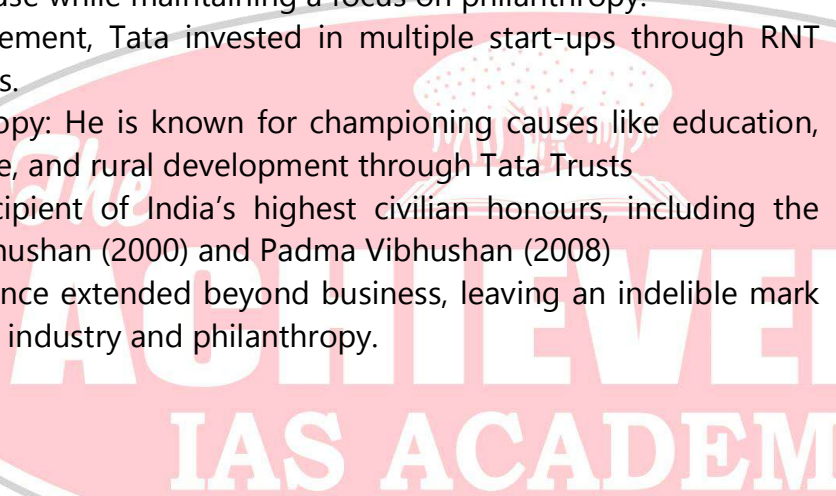
RNT, as he was called in the Tata Group, was its chairman from 1990 to 2012, when he handed over the baton to Cyrus Mistry. Following Mr. Mistry's ouster in 2016, he again assumed the position of interim chairman. He handed over the reins to Mr. Chandrasekaran, who was appointed chairman of Tata Sons in February 2017.

Though Mr. Tata had retired, he had a firm grip on the group as well as Tata Trusts, which owns over 67% stake in Tata Sons, the holding company.

It was J.R.D. Tata who identified his talent and chose him as his successor in 1990. In the initial years, Mr. Tata had to face steep resistance from several sa- traps who had operational control over large companies. Mr. Tata eased them out by the mid-1990s. Then he focused on putting the house in order and subsequently went global with the acquisition of Tetley, Jaguar, Land Rover, and Corus Steel.

It was he who made the Tata an international company and enhanced the stature of the group. He was polite to talk to but tough while dealing with issues and his opponents.

Post-retirement, he nurtured dozens of start-ups and invested in them through his company RNT Associates.



The Reserve Bank of India (RBI) has maintained its benchmark interest rate at 6.5% for the tenth consecutive time while shifting its stance to “neutral.”

- This change indicates a potential openness to rate cuts in response to economic conditions. The Monetary Policy Committee aims to align inflation with its target while supporting growth.

# RBI holds rate at 6.5%, shifts stance to ‘neutral’

Central Bank thus opens the door for a rate cut in the near future; Monetary Policy Committee notes that currently the macroeconomic parameters of inflation and growth are well balanced

**Lalatendu Mishra**  
MUMBAI

**T**he Reserve Bank of India (RBI) on Wednesday maintained its benchmark interest rate at 6.5% for the 10th successive monetary policy review since April 2023, but opened the door for a rate cut in the near future by shifting its policy stance to “neutral”.

The status quo on interest rates was approved by a majority of five out of six members of the Monetary Policy Committee (MPC) which met for three days starting October 7, with three new external members on board.

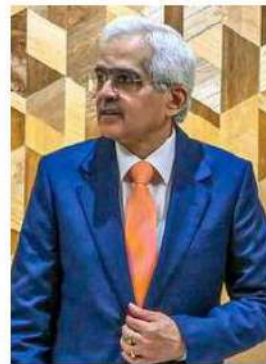
The change of the policy stance from “withdrawal of accommodation” to “neutral” was, however, unanimously agreed upon by the committee, along with a resolve to unambiguously focus on a durable alignment of inflation with the target, while also sup-

porting growth.

“The MPC noted that currently the macroeconomic parameters of inflation and growth are well balanced. Going forward, the moderation in headline inflation is expected to reverse in September and likely to remain elevated in the near-term due to adverse base effects, among other factors,” RBI Governor Shaktikanta Das said.

“It is with a lot of effort that the inflation horse has been brought to the stable, that is closer to the target within the tolerance band compared to its heightened levels two years ago,” Mr. Das said. Retail inflation was under the central bank’s median target of 4% in July and August.

“We have to be very careful about opening the gate as the horse may simply bolt again. We must keep the horse under tight leash, so that we do not lose control. Going for-



Shaktikanta Das

ward, we need to closely monitor the evolving conditions for further confirmation of the disinflationary impulses,” he said.

The RBI did not alter its 7.2% GDP growth projection and the 4.5% average inflation estimate for 2024-25, with risks evenly balanced.

However, it did lower its second quarter inflation projection to 4.1% from 4.4%, even as it expects that pace to pick up 4.8% in the October to Decem-

ber quarter.

Asked about the inflation analogy moving to horses from an elephant cited in earlier policy statements, Mr. Das said: “It is not a shift. Earlier I used elephant, this time I am using horse. The reason is that it is a war against inflation and in a war, elephants and horses are used historically.”

Stating that domestic growth has sustained its momentum, with private consumption and investment growing in tandem, he said resilient growth had given the RBI the space to focus on inflation so as to ensure its durable descent to the 4% target. “In these circumstances, the MPC decided to remain watchful of the evolving inflation outlook in coming months,” Mr. Das said.

“Unexpected weather events and worsening of geopolitical conflicts constitute major upside risks to inflation,” he said.

### RBI Shift to Neutral Stance:

- Neutral stance means RBI is neither inclined to hike nor cut interest rates in the near term.
- This shift from “withdrawal of accommodation” indicates flexibility to adjust rates depending on economic conditions.
- It reflects a balanced approach, where inflation is controlled, but growth support is also considered.



- A neutral stance allows the RBI to respond swiftly to changing inflation and growth dynamics without pre-commitment to a particular policy direction.

### Reasons for the Shift:

- **Moderating inflation:** Headline inflation has decreased from its heightened levels in the past two years, providing room for policy adjustment.
- **Balanced macroeconomic outlook:** Both inflation and growth are currently stable, allowing flexibility in monetary policy.
- **Resilient domestic growth:** Sustained momentum in private consumption and investment supports the focus on inflation.
- **Uncertainty in inflation trends:** External factors like adverse weather events and geopolitical tensions may lead to volatility in inflation, requiring a cautious policy stance.

### Potential Implications:

- **Possible rate cut:** A neutral stance opens the door for an interest rate cut if inflation remains under control and growth is stable.
- **Focus on inflation management:** The RBI will continue to monitor inflation closely and may intervene if inflationary pressures resurface.
- **Growth support:** By shifting to neutral, the RBI signals it is prepared to stimulate growth if needed while keeping inflation within the target.
- **Market stability:** A neutral stance can provide reassurance to markets, balancing expectations on interest rates and reducing volatility.

### Monetary Policy Committee (MPC)

- **Formation:** The Monetary Policy Committee (MPC) was established by the Reserve Bank of India (RBI) in 2016 under the Reserve Bank of India Act, 1934.
- **Composition:** The MPC consists of six members, including the RBI Governor as the chairman, three RBI officials, and three external members appointed by the government.
- **Objective:** Its primary objective is to maintain price stability while keeping in mind the objective of growth.
- **Inflation Target:** The MPC aims to achieve a flexible inflation target of 4% with a tolerance band of +/- 2%.
- **Decision-Making:** Decisions on monetary policy are made through majority votes, with the RBI Governor having a casting vote in case of a tie.
- **Meetings:** The committee meets at least six times a year to review economic conditions and adjust monetary policy as needed.

The Cabinet Committee on Security has approved the acquisition of 31 MQ-9B UAVs and the indigenous construction of two nuclear attack submarines (SSNs). This decision underscores India's commitment to enhancing its defence capabilities across the three armed services.

### MQ-9B High Altitude Long Endurance (HALE) Unmanned Aerial Vehicles (UAVs)

- **Altitude:** Operate at altitudes above 18,000 feet.
- **Endurance:** Capable of flying for over 24 hours, allowing continuous surveillance and data collection.
- **Applications:** Used for intelligence, surveillance, reconnaissance (ISR), and targeted strikes in military operations.
- **Examples:** The MQ-9B, also known as the Reaper, is a prominent HALE UAV.
- **Features:** Equipped with advanced sensors, cameras, and communication systems for real-time data transmission.
- **Strategic Importance:** Enhance situational awareness and operational capabilities without risking human life in combat zones.

### Nuclear Attack Submarines (SSNs)

- **Operational Role:** They serve as a second-strike capability, ensuring a nation can retaliate after a nuclear attack.
- **Indigenous Development:** India has developed its SSBN fleet under the Advanced Technology Vessel (ATV) program, enhancing its nuclear triad.
- **Current Fleet:** The first operational SSBN, INS Arihant, was commissioned in 2016, followed by INS Arighaat in August 2023.
- **Displacement:** SSBNs typically displace around 6,000 to 7,000 tons, allowing for stealth and substantial weapon capacity.
- **Range:** Equipped with intercontinental ballistic missiles (ICBMs), they can strike targets over 5,000 kilometres away.

## CCS clears deals for 31 MQ-9B drones and submarines

**Dinakar Peri**  
NEW DELHI

The Cabinet Committee on Security on Wednesday approved two high-profile deals for the purchase of 31 MQ-9B High Altitude Long Endurance (HALE) Unmanned Aerial Vehicles (UAV) from General Atomics of the U.S. and indigenous construction of two nuclear attack submarines (SSNs).

The MQ-9B HALE UAVs are for the three services, as confirmed by two official sources.

Approval from CCS is the final step and the MQ-9B deal now awaits formal conclusion. As part of the deal, General Atomics is scheduled to establish a Global Maintenance, Repair and Overhaul (MRO) facility in India which would count towards offset obligations.

As reported by *The Hindu* earlier in end-July, the Defence Acquisition Council (DAC) chaired by Mr. Singh had approved amendments to the MQ-9B deal related to indigenous content and related aspects.

The deal for 31 MQ-9B UAVs, 15 Sea Guardians for the Indian Navy and 16 Sky Guardians, eight each for the Indian Army and Air



Approval from CCS is the final step and the MQ-9B deal now awaits formal conclusion.

Force, is estimated to cost \$3.99 billion.

India has already indigenously manufactured nuclear-powered ballistic missile submarines (SSBN) and the SSN project will be a follow-on to that.

India's second SSBN, *INS Arighaat*, was commissioned into service at Visakhapatnam in end-August joining *INS Arihant*, which was commissioned into service in 2016.

The SSNs are a critical requirement for the Navy as they give unlimited endurance to perform a variety of tasks, their endurance only limited by that of the crew.

India has in the past leased two SSNs from Russia and a third SSN which has been contracted is expected to join service in another two or three years after some delay.



- **Significance:** SSBNs bolster India's national security and strategic autonomy, deterring potential adversaries and ensuring regional stability.

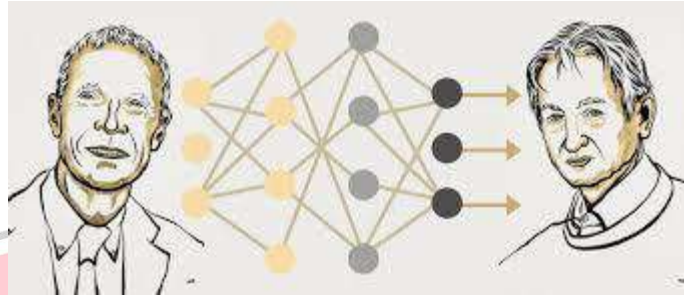




## Award In News : Nobel Prize in Physics

The 2024 Nobel Prize in Physics has been awarded by the Royal Swedish Academy of Sciences to John J. Hopfield and Geoffrey E. Hinton, two pioneers whose groundbreaking work laid the foundation for modern artificial neural networks (ANNs) and machine learning (ML).

- Their work has had profound implications for various fields, from physics to biology, finance, medicine and chat Artificial Intelligence (AI) apps, including OpenAI's ChatGPT (Generative Pre-trained Transformer).



### What is the Contribution of John Hopfield?

- **Hopfield Network:** John Hopfield, is best known for creating the Hopfield network, a type of recurrent neural network (RNN) that has been foundational in ANN and AI.
- Developed in the 1980s, the Hopfield network is designed to store simple binary patterns (0s and 1s) across a network of artificial nodes (artificial neurons).
- A key feature of the network is associative memory, which allows it to retrieve complete information from incomplete or distorted inputs (similar to how the human brain recalls memories when triggered by familiar sensations, like a scent).
- The Hopfield network, based on Hebbian learning (a concept in neuropsychology where repeated interactions between neurons strengthen their connections).
- By drawing parallels to atomic behavior, Hopfield used statistical physics to make the network perform pattern recognition and noise reduction by minimising energy states, a breakthrough in advancing neural networks and AI by mimicking biological brain functions.
- Impact: Hopfield's model system has been used to solve computational tasks, complete patterns, and improve image processing.

### What is the Contribution of Geoffrey Hinton?

- **Restricted Boltzmann Machines (RBMs):** Building on Hopfield's work, in the 2000s, Hinton developed a learning algorithm for Restricted Boltzmann Machines (RBMs), which enabled deep learning by stacking multiple layers of neurons.
- The RBMs could learn from examples rather than explicit instructions. This was revolutionary because it allowed the machine to recognize new patterns based on similarities with previously learned data.
- The Boltzmann machine could recognize categories it had never encountered if they matched learned patterns.



- **Applications:** Hinton's work has led to breakthroughs in numerous fields, from healthcare diagnostics to financial modeling and even AI technologies like chatbots.

### What is Machine Learning?

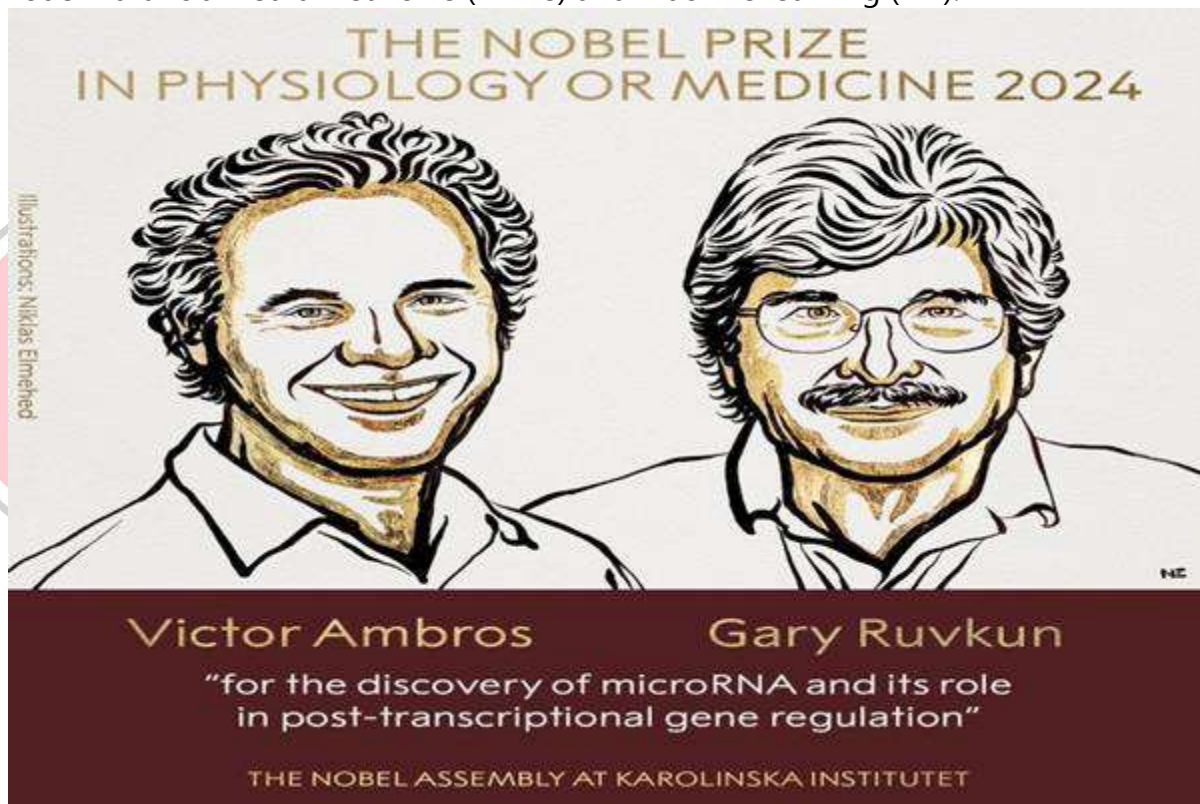
- **About:** It is a branch of Artificial intelligence (AI) that uses data and algorithms to enable computers to learn from experience and improve their accuracy over time.
- **Operating Mechanism:**
  - **Decision Process:** Algorithms predict or classify data based on input, which can be labelled or unlabeled.
  - **Error Function:** This function evaluates the model's predictions against known examples to assess accuracy.
  - **Model Optimization Process:** The model iteratively adjusts its weights to improve its predictions until it reaches an acceptable level of accuracy.
- **Machine Learning vs. Deep Learning vs. Neural Networks:**
  - **Hierarchy:** AI encompasses ML; ML encompasses deep learning; deep learning relies on neural networks.
  - **Deep Learning:** A subset of machine learning that uses neural networks with many layers (deep neural networks) and can process unstructured data without needing labelled datasets.
  - **Neural Networks:** A specific type of machine learning model structured in layers (input, hidden, output) that mimic how the human brain works.
  - **Complexity:** As transition from AI to neural networks, the complexity and the specificity of tasks increase, with deep learning and neural networks being specialised tools within the broader AI framework.



## Award In News : Nobel Prize in Physiology or Medicine

Recently, the 2024 Nobel Prize in Physiology or Medicine was awarded to Victor Ambros and Gary Ruvkun by the Nobel Assembly at Karolinska Institutet in Stockholm, Sweden.

- ➔ The scientists won the esteemed prize for the discovery of microRNA and its role in post-transcriptional gene regulation.
- ➔ **Note:**
  - The 2023 Nobel Prize in Physiology or Medicine was awarded to Katalin Karikó and Drew Weissman for their work on messenger Ribonucleic Acid (mRNA).
  - The 2024 Nobel Prize in Physics has been awarded to John J. Hopfield and Geoffrey E. Hinton, for modern artificial neural networks (ANNs) and machine learning (ML).



### What Discovery of microRNA led to the Nobel Prize?

- ➔ **Early Research:**
- ➔ **C. elegans Model:** Ambros and Ruvkun studied the roundworm *C. elegans* to understand tissue development.
- ➔ **Mutant Strains:** They analyzed mutant strains *lin-4* and *lin-14* with abnormalities in their genetic programming.
- ➔ **Ambros' Research:**
  - Ambros found that *lin-4* suppressed *lin-14* activity but couldn't determine how.



- He cloned lin-4 and discovered a short RNA molecule without protein-coding potential. It suggested the RNA molecule might inhibit lin-14.

➔ **Ruvkun's Research:**

- He found that lin-4 didn't block lin-14 mRNA production but regulated it later by inhibiting protein production. A short lin-4 sequence matched key complementary segments in lin-14 mRNA.
- Ambros and Ruvkun found that lin-4 microRNA attaches to lin-14 mRNA and blocks protein production.

➔ **Significance:**

- **let-7 discovery:** Ruvkun's group later discovered let-7, a microRNA present throughout the animal kingdom.
- **Current understanding:** The microRNAs are abundant and play a crucial role in gene regulation across multicellular organisms.





The theme of World Mental Health Day (October 10) this year is about 'prioritising mental health in the workplace'. The critical link between mental health and work is examined in three articles on the Editorial and Opinion pages – two in the print edition and one in the online edition

# Mental health in India's material world

In July this year, the case of a 26-year-old woman executive working for a multinational consulting firm, ending her life due to immense work pressures moved the spotlight to an important issue that concerns millions of working Indians. In September, a 38-year-old software engineer with 15 years of experience in a Chennai-based firm, ended his life. He was on medication for depression caused by work stress. Despite their "successful" careers, the loss of these lives underscores a growing mental health crisis in India, where success is often equated with relentless productivity and material wealth. These events reveal the struggles many face such as battling depression, anxiety, and a lack of purpose even as they put up a facade of success and contentment.

India is currently witnessing a surge in mental health disorders. According to *The Lancet* Psychiatry Commission, over 197 million people suffer from conditions such as depression, anxiety and substance abuse. Economic growth has created new opportunities, but it has also intensified societal pressures and personal expectations. As India's developmental aspirations rise, mental well-being is often overlooked, fuelling a crisis driven by materialism and a growing disconnect from community and self-awareness.

At the core of this crisis are existential questions that have guided human thought since the times of Socrates and Aristotle such as: Who am I? What is the purpose of my life? How should I live? Socrates said, "The unexamined life is not worth living", highlighting the need for self-reflection. Aristotle linked the good life to eudaimonia – flourishing through virtuous living. Today, these essential inquiries are overshadowed by the pursuit of efficiency, productivity and material wealth. As India embraces consumerism, this focus on affluence distances individuals from deeper self-reflection, exacerbating the mental health crisis.

### Rising stress and anxiety

India is grappling with a mental health epidemic, with millions suffering from disorders such as depression and anxiety. The relentless pressures of urban living, financial instability, and fierce competition are significant contributors. Even those who achieve material success often find that wealth and status do not deliver true well-being. Instead, many feel isolated and disconnected from their communities, experiencing a profound sense of purposelessness. While material wealth provides temporary comfort, it fails to meet deeper emotional and psychological needs. The growing focus on consumerism, particularly in urban areas, has fostered a culture where luxury and



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conspicuous goods define status. This leads to feelings of inadequacy, stress and social comparison. As Ernest Becker noted, much of human behaviour is driven by the fear of impermanence and insignificance. People chase material wealth for social validation, hoping it will bring lasting happiness, but this pursuit neglects self-awareness. The endless quest for affluence disconnects individuals from the essential elements of a meaningful life – self-awareness, purpose, and meaningful relationships – trapping them in a cycle of dissatisfaction.

To break this cycle, we must rethink what constitutes a good life. Current political and economic priorities reinforce the belief that wealth and consumption equate to happiness. This mindset shapes societal norms, encouraging consumption-driven choices that further entrench the mental health crisis.

### Collective action, community as solutions

To address this crisis, we must shift focus from individual success to collective well-being. Studies show that strong social connections, supportive communities, and meaningful work are critical to mental health. However, work-life balance and legal protection are increasingly under threat. The socio-political climate in India, where young individuals desperately strive for a consumeristic "good life", has led to proposals such as extended work hours. For instance, the Karnataka Shops and Commercial Establishments (Amendment) Bill 2024 permits employees to work more than 12 hours a day, up to 125 hours in three months. Amid rapid urbanisation and personal achievement, it is essential to remind ourselves of the deeper meaning and purpose in life that can be found through community, joy, and friendship.

Examples from other countries offer lessons. In Brazil, community gardens have helped residents reconnect by sharing responsibilities and fostering a sense of belonging. Similar initiatives in India could counteract the isolation fostered by urban living and consumerism, bringing people together to create stronger social bonds.

Improving mental health requires embracing community-oriented living that challenges the individualised lifestyle promoted by consumer culture. Modern consumerism equates freedom with personal consumption, weakening social bonds that traditionally held communities together. In contrast, community living fosters a sustainable alternative – shared responsibility, collective purpose, and mutual support create an environment that nurtures emotional and psychological well-being. In community settings,

people share resources and experiences, reducing the pressure to compete for individual success. This strengthens social support networks and reintroduces the value of interdependence, where well-being is measured by relationships and contributions to the group rather than personal wealth. Unlike the isolation and comparison promoted by consumer culture, community living fosters empathy, mindfulness, and human connection, providing fulfilment through shared experiences. These environments offer a sense of belonging, purpose, and security, all of which are crucial for reducing stress and mental health issues.



### Consumer choice and liberty

A significant contributor to India's mental health crisis is the reduction of freedom to consumer choice. As India's middle class expands, many equate their ability to buy goods with personal freedom and success. However, this perspective prioritises material wealth over deeper values such as equality and fraternity. The result is a society where happiness is measured by buying power, leading to an endless cycle of consumption that does little to improve long-term mental health.

By reducing freedom to consumer choice, individuals feel growing inadequacy, unable to meet rising standards of success. In contrast, prioritising connection, community, and equity provides a healthier foundation for both personal well-being and societal progress.

Addressing India's mental health crisis requires rethinking what it means to live a good life. We must challenge the materialistic notion of success and refocus on mental, emotional, and social well-being. The solution lies in adopting alternative pathways that prioritise community and collective action over individual wealth accumulation.

Programmes that promote mindfulness, social-emotional learning, community living, and mental health awareness are essential for creating a culture that values mental well-being. Additionally, social policies that reduce inequality and provide mental health support are crucial to address the crisis.

A truly good life is not about how much we can buy or achieve, but about how we relate to ourselves, our communities, and our environment. By prioritising community, equity, and mental well-being, we can build a healthier, more connected society where people feel supported and valued. Only by addressing the root causes of the mental health crisis can we pave the way for a more meaningful and fulfilling future for all.

India is facing a mental health epidemic, with urban living, financial instability and fierce competition as significant contributors



**GS Paper 01 : Indian Society – Urbanisation, their problems and their remedies.**

**UPSC Mains Practice Question : Discuss the impact of rising consumerism and materialism on mental health in India. How can a shift towards community-oriented living and collective well-being help address the mental health crisis?**

**(250 w/15m)**

## Context :

- India is grappling with a growing mental health crisis, exacerbated by rising societal pressures, consumerism, and a focus on material success.
- Despite economic progress, many face stress, depression, and anxiety, feeling disconnected from community and purpose.
- A shift towards collective well-being and stronger social connections is essential to address these issues.

## Introduction

- Recent tragic cases of young professionals ending their lives due to work pressures have highlighted the growing mental health crisis in India.
- Despite career success, many are struggling with depression, anxiety, and a lack of purpose in their lives, revealing a deeper societal issue.

## India's Mental Health Crisis

- India is experiencing a surge in mental health disorders, with over 197 million people affected by conditions such as depression, anxiety, and substance abuse, according to The Lancet Psychiatry Commission.
- Economic growth has created opportunities but also intensified societal pressures, leading to greater stress and personal expectations.
- Mental well-being is often overlooked as India's developmental aspirations rise, further fuelling the crisis.

## The Role of Materialism and Consumerism

- Existential questions about life's purpose and meaning are overshadowed by the pursuit of efficiency, productivity, and material wealth.
- Consumerism and material success have distanced people from self-reflection and deeper values, exacerbating mental health issues.
- Many individuals, particularly in urban areas, feel isolated and disconnected from their communities despite achieving material success.

### **Rising Stress and Anxiety**

- The pressures of urban living, financial instability, and fierce competition are contributing to a mental health epidemic in India.
- Material wealth provides temporary comfort but fails to meet deeper emotional and psychological needs, leading to stress, social comparison, and feelings of inadequacy.
- People often chase material wealth for social validation, but this pursuit neglects the essential elements of a meaningful life — self-awareness, purpose, and meaningful relationships.

### **The Disconnect from Meaning and Community**

- Political and economic priorities reinforce the belief that wealth and consumption equate to happiness, further entrenching the mental health crisis.
- Modern consumerism promotes personal consumption and weakens social bonds, isolating individuals and leaving them feeling purposeless.

### **Collective Action and Community as Solutions**

- A shift from individual success to collective well-being is necessary to address the mental health crisis.
- Strong social connections, supportive communities, and meaningful work are critical to mental health.
- Examples from other countries, like Brazil's community gardens, show how shared responsibilities and fostering a sense of belonging can strengthen communities and combat isolation.

### **Community-Oriented Living**

- Community-oriented living, which promotes shared responsibility, collective purpose, and mutual support, offers a sustainable alternative to the isolation of consumer culture.
- In such environments, individuals experience fulfilment through shared experiences, human connection, and empathy, reducing stress and mental health issues.

### **Consumer Choice and Mental Health**

- India's expanding middle class often equates personal freedom with the ability to buy goods, prioritising material wealth over deeper values such as equality and fraternity.
- This reduction of freedom to consumer choice fuels feelings of inadequacy and stress, as individuals struggle to meet rising standards of success.

### **Rethinking the Good Life**

- Addressing India's mental health crisis requires rethinking the materialistic notion of success and refocusing on mental, emotional, and social well-being.
- Community living, mindfulness programmes, social-emotional learning, and mental health awareness are essential to create a culture that values mental well-being.



- Social policies that reduce inequality and provide mental health support are crucial for addressing the crisis.

### Conclusion

- A good life is not defined by material achievements but by how individuals relate to themselves, their communities, and their environment.
- Prioritising community, equity, and mental well-being can build a healthier society where people feel supported and valued.
- Addressing the root causes of the mental health crisis will lead to a more meaningful and fulfilling future for all.

