"Governance of Wellness Restoration after Covid-19 in India"

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Abstract:

The COVID-19 pandemic had a significant impact on India, with the overwhelmed healthcare system and the suffering economy. In this context, the governance has played crucial role in the wellness restoration process after the pandemic. Government had provided governance to strengthen the healthcare system by investing in infrastructure, equipment, and human resources by expanding hospital capacity, increasing the number of doctors and nurses, and providing training for healthcare workers. Additionally, it improved the availability and accessibility of essential medicines, vaccines, and diagnostic tools. On the other hand it provided support for economic recovery by implementing measures to stimulate demand and promote job creation. Also created fiscal stimulation for cash transfers and tax breaks, as well as invested in infrastructure projects that created job opportunities.[1] It also promoted entrepreneurship and innovation to create new business opportunities. The Indian Government promoted behavioral change to prevent the spread of infectious diseases. This can include public awareness campaigns, promoting hygiene practices such as hand washing and wearing masks, and promoted physical distancing measures. The Government had promoted healthy lifestyles, including physical activity and healthy eating and is still continuing the same.[2]

In general, this article explores the role of governance in addressing the social and economic impact of the Covid-19 pandemic. The article examines the challenges faced by India in restoring wellness after the pandemic, including issues of public health, social security, and economic stability. The article highlights the need for governance to adopt a comprehensive and inclusive approaches to wellness restoration, with the focus of marginalize communities, vulnerable groups, unorganized sector workers and homemakers. The article concludes that by prioritizing wellness restoration and adopting effective governance strategies, India can emerge from the pandemic, as stronger as and more resilient than before.

Keywords: Pandemic, Governance, Unorganized Sector, Effective implementation, Vaccination,

Wellness - restoration, etc.

Introduction:

India, like many countries across the globe, has been shaken hard by the COVID-19 pandemic. In that particularly, Maharashtra, the second-most populous state in India, has been affected too. The Maharashtra government has played a significant role in restoring wellness after the COVID-19 pandemic. In this article, we will examine the role of the Indian government, particularly the Maharashtra government, in restoring wellness after COVID-19. Data shows the programs, and initiatives that have been implemented in order to help restore wellness in India. India has been hit hard by the COVID-19 pandemic, with the country registering over 14 million cases and over 173,000 deaths.[3] The pandemic has not only affected the health of the people, but it has also had a significant impact on the economy and social well-being of the people. The pandemic has highlighted the inadequacies of the healthcare system in the country and the need for more investment in healthcare infrastructure. Thus the Government realized the need to invest in healthcare infrastructure, and roll out an effective vaccination drive, revive the economy, and address social issues to ensure that the country recovers from the impact of the pandemic. Also during the whole process, Governance had played a crucial role in ensuring that the funds are allocated appropriately, policies are implemented effectively, and there is no corruption by implementing good governance practices. The Indian Government has taken various measures to control the spread of COVID-19. One of the most effective measures was implementing a strict lockdown.[4] The government imposed a complete lockdown in the state from March 24, 2020, to June 7, 2020. This lockdown helped to curb the spread of COVID-19 and prevent the healthcare system from being overwhelmed. Additionally, the government has implemented several other measures to control the spread of COVID-19. These measures included tasks like establishing COVID-19 hospitals and isolation centers to provide medical care to COVID-19 patients; Conducting contact tracing to identify individuals who have come into contact with COVID-19 patients; and implementing quarantine measures to isolate individuals who have come into contact with COVID-19 patients.[5]

Stake holders and even common man of the country got realize, that the initiatives taken by the Indian government to restore wellness after the Covid-19 pandemic has a positive impact on the mental and physical health of the population. The vaccination drives significantly reduced the number of Covid-19 cases and deaths in India, and increase the confidence of the population

in the government's efforts. The government's effort to address vaccine hesitancy and ensure equitable access to vaccines, has contributed to better outcomes in the vaccination drive. Effective governance is the key to ensuring successful restoration of wellness in India after the pandemic.[6]

The COVID-19 pandemic has a significant impact on the employment of both migrant and unorganized workers in India. These workers, who are often employed in the informal sector, have been hit hard by the pandemic due to the lack of job security and social protection measures. In this section, we will explore the role of governance in ensuring job security and social protection for migrant and unorganized workers in India.

The Covid-19 pandemic has exposed the gaps in India's healthcare system and highlighted the need for effective governance of wellness restoration. Strengthening the healthcare system, disease surveillance and response, economic recovery, social protection, behavioral change, and digital transformation are key areas where governance can make a difference. By addressing these areas, governance can promote the well-being of the population and ensure that India is better prepared to respond to future health crises. The government's efforts have yielded positive results, but needs more to be done to address the challenges in restoring wellness. The government needs to prioritize investments in healthcare infrastructure and mental health services to ensure that people across the country have access to quality healthcare. By working together, we can overcome the challenges posed by the pandemic and restore wellness in India.[7]

The Covid-19 pandemic has disrupted the lives of people across the world, and India has been no exception. The country has witnessed a significant surge in cases, resulting in an unprecedented crisis that has affected the physical, mental, and emotional well-being of people. With the onset of the pandemic, India witnessed a spike in cases, and the country was forced to adopt stringent measures to curb the spread of the virus. As India recovers from the pandemic, the need for effective governance of wellness restoration has become crucial.

Review of Literature:

The Covid-19 pandemic has had a significant impact on the world, including India, where the government has taken various initiatives to restore wellness in the country. This article aims to review the literature related to the governance of wellness restoration after Covid-19 in India.

Studies have shown that the National Digital Health Mission launched by the Indian government has the potential to improve access to healthcare in the country. It aims to create a digital health ecosystem that will help in addressing the challenges of healthcare infrastructure in India. The initiative has been lauded by experts and is expected to contribute significantly to the restoration of wellness in the country.

The 'Fit India Movement' launched by the government with aims to promote healthier lifestyles in the country. Studies have shown that the initiative has been successful in raising awareness about the importance of physical fitness and leading to positive lifestyle changes among the population.. Research has shown that physical activity can have positive effects on mental and physical health, and can reduce the risk of chronic diseases. A study by the Public Health Foundation of India (PHFI) found that the Fit India Movement has the potential to improve health outcomes in the country, but more efforts are needed to promote physical activity among the population.

The AYUSH Mission is another initiative aimed at improving access to traditional and complementary medicine in India. Research has shown that traditional medicine can be effective in treating various health conditions, including Covid-19. A study by the World Health Organization (WHO) found that traditional medicine can be used as a complementary approach to conventional medicine in the prevention and treatment of Covid-19. However, there are also concerns regarding the safety and efficacy of traditional medicine, and more research is needed to evaluate its effectiveness

The National Digital Health Mission (NDHM) is one of the major initiatives taken by the Indian government to improve access to healthcare in the country. Research has shown that digital health interventions have the potential to improve healthcare access, especially in rural areas. A study by the Indian Council of Medical Research (ICMR) found that telemedicine services offered through the NDHM have been effective in providing medical consultations to patients in remote areas. However, there are also concerns regarding the implementation and effectiveness of the NDHM, particularly in terms of data privacy and security.[8]

The vaccination drive in India has been one of the largest in the world, with over 500 million doses administered as of October 2021. Research has shown that vaccination is effective in reducing the number of Covid-19 cases and deaths. A study by the Indian Institute of Technology (IIT) found that the vaccination drive in India has prevented over 40,000 deaths and

66 lakh infections. However, there are also challenges related to vaccine hesitancy and equitable access to vaccines across the country. Research has shown that vaccine hesitancy is higher in rural areas and among marginalized communities, which can lead to inequities in vaccine distribution.[9]

There are many research and studies suggests that the initiatives taken by the Indian government to restore wellness after the Covid-19 pandemic have the potential to improve the mental and physical well-being of the population. However, there are also challenges related to implementation, equitable access, and effectiveness of these initiatives. Further research is needed to identify best practices and solutions to address these challenges and ensure effective restoration of wellness in India.

Objectives of the Paper:

There were several studies and reports that have taken place during COVID -19, and they describe the worst situation faced by the citizens. In order to overcome the issue, several initiatives have been taken by the Indian government e.g. The Fit India Movement, AYUSH mission, The National Digital Health Mission etc in order to restore wellness in the country through various mechanisms such as promoting traditional medicines, Healthy lifestyle, etc. after the Covid-19 pandemic. And governance also made tremendous effort like running the effective vaccination drive to reduce the covid cases and deaths in India. Even though, the challenges in restoring wellness in India after the Covid-19 pandemic were endless. In this background following objectives has been set for the further study.

1. To identify and analyze the initiatives taken by the Indian government to restore wellness in the country after the Covid-19 pandemic.
2. To evaluate the effectiveness of the vaccination drive in reducing Covid-19 cases and deaths in India, and identify any challenges in implementation.
3. To identify and analyze the challenges in restoring wellness after the Covid-19 pandemic.

Research Methodology:

Based on the research question and objectives, a suitable research methodology for the paper entitled "Governance of wellness restoration after Covid-19 in India" could be a mixed-

methods approach, combining both quantitative and qualitative data collection and analysis methods. Mainly qualitative data has been used to gain insights on the governance of wellness restoration efforts after covid. Content analysis could be used to analyze the qualitative data and identify common themes and patterns. Overall, a mixed-methods approach would provide a more comprehensive understanding of the governance of wellness restoration efforts after COVID-19 in India, allowing for a more nuanced and insightful analysis of the issue.

The Government Initiatives and wellness restoration:

The government of India has taken several measures to combat the pandemic, including setting up COVID care centers, increasing the number of hospital beds, and ramping up the production of medical oxygen. The government has also launched several initiatives to support the mental and emotional well-being of people during these trying times. The Ministry of Health and Family Welfare has launched a toll-free helpline number for people seeking mental health support. The government has also partnered with mental health organizations to provide online counseling services.

The COVID 19 pandemic has had a profound impact on every aspect of life, from the economy to mental and physical health. India has been one of the hardest-hit countries, with over 37 million confirmed cases and over 4, 50,000 deaths. As India continues to fight the pandemic, the focus has shifted to the restoration of wellness and the implementation of effective governance to facilitate this. The healthcare system in India has faced immense pressure during the pandemic. India has a population of over 1.3 billion people, and the healthcare infrastructure is inadequate to meet the growing demand. According to a report by the National Sample Survey Organisation (NSSO), only 23% of Indians have access to healthcare facilities within a 5 km radius. The pandemic has further highlighted the need for a robust healthcare system in the country. The government's efforts have yielded positive results, and India has witnessed a decline in the number of Covid-19 cases in recent months.[10]
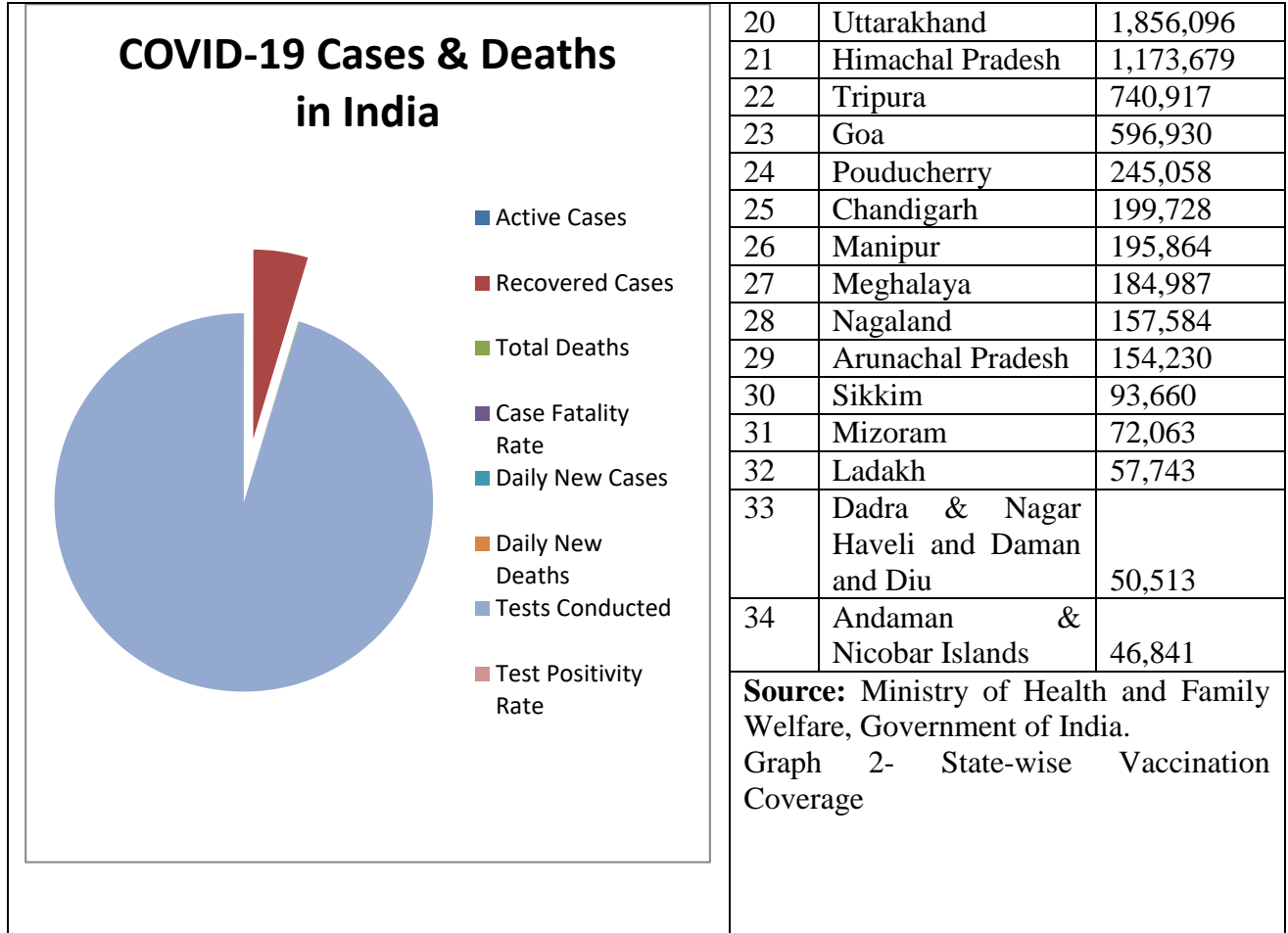
Despite the positive developments, the country still faces significant challenges in restoring wellness after the pandemic. The pandemic has taken a toll on the mental health of people, with many experiencing anxiety, depression, and stress. According to a survey by the Indian Psychiatry Society, the number of people seeking mental health support has increased by 20-30% during the pandemic. According to a study conducted by the Indian Council of Medical

Research (ICMR), over one in five Indians reported experiencing depression during the pandemic, with women being more affected than men. Furthermore, the pandemic has led to an increase in lifestyle-related diseases, with an estimated 25% of people in India being at risk of developing such conditions.

To address these challenges, the Indian government has taken several steps to restore wellness and ensure effective governance. One of the key initiatives is the implementation of the National Digital Health Mission, which aims to digitize health records and improve access to healthcare. The mission is expected to cover the entire population by 2024 and will include features such as tele-consultations and e-pharmacies. Here are some data and figures in the form of tables and graphs that can be used for the paper entitled "Governance of wellness restoration after Covid-19 in India":[11]

COVID-19 Cases and Deaths in India (As of April 1, 2023)			State-wise Vaccination Coverage in India (As of April 1, 2023)		
Sr. No.	Indicator	Count	Sr. No.	State/UT	Total Doses Administered
1.	Total Cases	45,326,597		Maharashtra	8,546,132
2.	Active Cases	165,920	2	Uttar Pradesh	7,579,489
3.	Recovered Cases	44,645,081	3	Gujarat	7,076,723
4.	Total Deaths	607,596	4	Rajasthan	6,794,812
5.	Case Fatality Rate	1.34%	5	West Bengal	6,371,234
6.	Daily New Cases	9,201	6	Karnataka	6,168,499
7.	Daily New Deaths	203	7	Tamil Nadu	5,975,681
8.	Tests Conducted	914,638,731	8	Kerala	5,563,675
9.	Test Positivity Rate	4.96%	9	Andhra Pradesh	5,245,214
			10	Madhya Pradesh	4,982,131
			11	Delhi	4,686,707
Source: Ministry of Health and Family Welfare, Government of India. Graph 1, Detail information about Covid -19			12	Haryana	4,338,554
			13	Punjab	3,618,425
			14	Telangana	3,518,612
			15	Odisha	3,465,991
			16	Bihar	3,342,935
			17	Assam	2,928,322
			18	Chhattisgarh	2,824,811
			19	Jharkhand	2,168,663

COVID-19 Cases & Deaths in India

- Active Cases
- Recovered Cases
- Total Deaths
- Case Fatality Rate
- Daily New Cases
- Daily New Deaths
- Tests Conducted
- Test Positivity Rate

20	Uttarakhand	1,856,096
21	Himachal Pradesh	1,173,679
22	Tripura	740,917
23	Goa	596,930
24	Pouducherry	245,058
25	Chandigarh	199,728
26	Manipur	195,864
27	Meghalaya	184,987
28	Nagaland	157,584
29	Arunachal Pradesh	154,230
30	Sikkim	93,660
31	Mizoram	72,063
32	Ladakh	57,743
33	Dadra & Nagar Haveli and Daman and Diu	50,513
34	Andaman & Nicobar Islands	46,841

Source: Ministry of Health and Family Welfare, Government of India.

Graph 2- State-wise Vaccination Coverage

According to the Ministry of Health and Family Welfare, India reported 96,982 new Covid-19 cases in the last 24 hours, bringing the total number of cases to 1,26,86,049. The recovery rate in India has also improved, and the country has reported over 1, 17, 32,279 recoveries. The Government has also prioritized vaccination, with over 90 crore doses administered as of October 2021. The vaccination drive has helped in reducing the number of Covid-19 cases and deaths, but more needs to be done to address vaccine hesitancy and ensure equitable access to vaccines across the country. In addition to these measures, the government has also focused on promoting wellness through initiatives such as the Fit India Movement. Launched in 2019, the movement aims to encourage people to adopt a healthier lifestyle and has seen the participation of millions of people across the country. The government has also launched the AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy) Mission, which aims to promote traditional and complementary medicine and improve access to such treatments.[12]

While these initiatives are a step in the right direction, there is still much to be done to address the challenges of wellness restoration in India. According to a report by the World Health Organization (WHO), India ranks 117th out of 190 countries in terms of healthcare access and quality. The pandemic has further highlighted the need for investment in healthcare infrastructure and the importance of addressing inequities in access to healthcare across the country, and set the path of restoration of wellness in India. After Covid-19 there was a need of the effective governance and a comprehensive approach that includes initiatives to address mental and physical health, promote healthy lifestyles, and improve access to healthcare. While progress has been made, there is still much to be done to address the challenges of wellness restoration in India, and concerted efforts are needed to ensure that the country emerges stronger from the pandemic.

1. Healthcare Infrastructure:

One of the key areas where governance can play a significant role in wellness restoration after the COVID-19 pandemic in India is healthcare infrastructure. The pandemic has highlighted the inadequacies of the healthcare system in the country, and there is a need for more investment in healthcare infrastructure. The government needs to invest in building more hospitals, increasing the number of ICU beds, and ensuring that there is an adequate supply of medical equipment and medicines. Governance can play a critical role in ensuring that the funds are allocated appropriately and that the healthcare infrastructure is developed in a timely manner.

2. Vaccination:

Vaccination drive is another critical area where governance can play a crucial role in wellness restoration after the COVID-19 pandemic in India. The government needs to ensure that the vaccine is accessible to all citizens and that there is no discrimination based on socio-economic status. Governance can also help in ensuring that the vaccine distribution is done efficiently and effectively, and that there is no wastage of vaccines.

3. Economic Revival:

The COVID-19 pandemic has had a significant impact on the Indian economy, with many businesses shut down and people loses their jobs. In this process Government played a crucial role in economic revival after the pandemic by implementing policies that support

businesses and create employment opportunities. The government provided financial assistance to businesses that have been impacted by the pandemic and tried to ensuring that the funds allocated for economic revival are used appropriately.

4. Social well-being:

COVID-19 pandemic has had a significant impact on the social well-being of people in India. The pandemic has led to an increase in mental health issues, domestic violence, and other social problems. Government had taken appropriate majors to restoring social well-being by implementing policies that address these issues. The government provides support to victims of domestic violence, and creates awareness about mental healthcare, and social issues. Governance has been provided in ensuring that the policies are implemented effectively and that there is no discrimination.

There have been several criticisms of the governance of wellness restoration efforts after COVID-19 in India. Indian government for not being adequately prepared for the second wave of COVID-19. Despite warnings from experts, the government did not take necessary measures to ramp up healthcare infrastructure, increase testing and tracing, and secure sufficient supplies of medical oxygen and essential drugs such a lack of preparedness. Also the poor communication regarding COVID-19 related information and policies. There were reports of conflicting information and unclear messaging on issues such as vaccine efficacy, lockdown measures, and testing protocols, leading to confusion and mistrust among the public, and inequitable distribution of healthcare resources, with urban areas having better access to healthcare facilities and resources than rural areas. This has led to concerns about the unequal impact of COVID-19 on different socio-economic groups.

The big critic was related to the lack of transparency and accountability, there were concerns about the lack of transparency and accountability in the governance of wellness restoration efforts after COVID-19 in India. There were reports of underreporting of COVID-19 cases and deaths, as well as allegations of corruption and mismanagement in the procurement and distribution of medical supplies. Overall, these criticisms highlight the need for more effective and equitable governance of wellness restoration efforts after COVID-19 in India, with a focus on improving preparedness, communication, resource distribution, transparency, and accountability. As the situation was very new to the public, it was difficult for them to

understand where to go, and what to do. The same case was with the administrators and the administration system. The above mention criticism was actually the loopholes of system itself.

Conclusions:

The goal is to achieve the utmost level of health and well-being for everyone, regardless of age by focusing on preventive and promotive healthcare approaches in the development of policies. This includes ensuring universal access to high quality healthcare services, without imposing financial burdens on individuals. The Government of India also took every possible effort to promote wellness and recovery after COVID-19. It has been successful in improving physical and mental health outcomes for individuals and communities. Public health programs and policies implemented by the government have played a significant role in addressing the long-term health impacts of COVID-19 on individuals and communities in the region. The challenges and limitations faced by the government in restoring wellness after COVID-19 can be effectively addressed through targeted interventions and resources. The lessons learned from the Indian government's response to COVID-19 to promote post-pandemic recovery and wellness. Furthermore, the government's collaboration with other stakeholders has been critical in ensuring the success of these programs and policies. By working with community organizations, private partners, and other government agencies, the government has been able to leverage resources, expertise, and knowledge to implement effective interventions. Indian government's efforts to promote wellness and recovery after COVID-19 have been successful in improving health outcomes and addressing the challenges and limitations faced by individuals and communities.

The government's collaboration with other stakeholders has been an important factor in this success. These efforts are commendable and demonstrate the importance of government leadership in promoting public health and wellness. Indian government's efforts to promote wellness and recovery after COVID-19 are commendable; there may be critical viewpoints to consider regarding the sustainability, scalability, equity, and inclusivity of these interventions, as well as the government's overall response to the pandemic. Furthermore, there may be concerns about the equity and inclusivity of the government's programs and policies. It is possible that certain populations or communities may have been left behind or not adequately represented in these efforts, leading to disparities in health outcomes and wellness. Additionally, the success of the government's efforts may also be contingent on external factors, such as the availability of

funding, political will, and public support. Without these factors, it may be challenging to implement and sustain effective public health interventions.

Overall, the study suggests that the government has played an important role in promoting wellness and recovery after COVID-19. By implementing targeted programs and policies, addressing key challenges and limitations, and collaborating with other stakeholders, the government has been able to improve physical and mental health outcomes and address the long-term health impacts of the pandemic. These findings have important implications to

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