



Role of Psychology in Viksit Bharat@2047: A Review

Yogendra Pratap Singh¹, Dr. Anoop Kumar², Vishal Kumar Gupta³

¹. Assistant Professor, Department of Psychology, Government Degree College, Kanth, Shahjhapur, U.P.(yog.singh7@gmail.com)

². Assistant Professor, Department of Botany, Government Degree College, Kanth, Shahjhapur, U.P.

³. Assistant Professor, Department of Psychology, Government Degree College, Bahua Dehat, Fatehpur, U.P.

Abstract- Viksit Bharat@2047 is the government vision to develop India as a developed country on its 100th anniversary of independence in 2047. There are different dimensions of development covered under Viksit Bharat@2047 vision, such as economic growth, socio-cultural development, sustainable environment, and international leadership. The Viksit Bharat@2047 vision represents a multidimensional aspect of development that focuses not only on economic development but also psychological well-being and sustainable environment. In other words, achievement of Viksit Bharat@2047 will be possible based on human resources available in the country. This article aims to explore the role of psychology in helping India to reach its vision of Viksit Bharat@2047. The importance of psychology is that mental well-being is a part of general development, which necessitates giving emphasis on psychological aspects along with other development factors to achieve the vision of Viksit Bharat.

Keywords: Viksit Bharat, Mental Well-Being, Equity, Environmental Sustainability, Mental Health, Human Capital.

I. Introduction

The desire to be identified as a developed nation is an essential turning point in the development journey of any nation. The definition of the term 'developed nation' entails the evaluation of many aspects, from economic success to the quality of life that its people experience. As far as economic success goes, some conventional measures of development like high per capita income and a large GDP have been regarded as the primary indicators of development. However, a developed nation not only encompasses these conventional measures but also has a high HDI, which implies progress in health, knowledge, and standards of living.

India's government-led 'Viksit Bharat' campaign signifies India's ambition to transform itself into a developed nation by 2047. This ambitious undertaking, as encapsulated in the tagline "Bold Vision. Brighter Future." aims at bringing in holistic and sustainable development through the participation of all stakeholders in various fields of life. Attaining the status of a developed nation will have many implications for India, including better global leadership, improved economic prosperity, and higher quality of life for its people.

Viksit Bharat is an attempt to ensure the happiness of the people who come from a highly diverse background in terms of ethnicity, language, and religion. The core concept of Viksit Bharat@2047 can be understood through the creation of best living conditions that will promote individual happiness while living in a prosperous country. Development of a nation on such a large scale needs a multifaceted approach; psychology forms one of the most essential aspects of that development process. (UNDP, 2024). For India to realize its dream of becoming a developed nation from a developing nation, it needs to counter many difficulties that the Indian society faces today. For instance, the level of inequality in India is extremely high, hence reducing the effective HDI by 30%. It is one of the largest percentages compared to other neighboring regions. Female labor and political participation are very low in the country (Chatterjee, 2024).

The demographic dividend that could have helped India progress to a developed nation faster has been mismanaged since there are disparities in the access to education and even the employability of the education



that the marginalized sections of India receive. Malnutrition and poor access to health services make health inequality another factor inhibiting longevity in India. (Bhan, 2016).

Disparities in regions create further disparities, where some of the states and other sections of society fall behind (Chatterjee, 2024). The innovation system of India, although growing, spends less than 1% of its GDP on research and development activities, thus hindering its competitiveness (Rangarajan & Shanmugam, 2025). It is important to address these interlinked concerns for realizing the goal of Viksit Bharat 2047. (Rangarajan & Shanmugam, 2025)

The role of psychologists can be crucial for overcoming various barriers and moving forward to reach the desired point from theory to practice. The importance of focusing on the basic aspects cannot be understated as the path set at the beginning shall determine the way the process of development takes place in the end. Some of the radical approaches which must be adopted in psychologists' role as enablers towards 'Viksit Bharat @ 2047' include addressing the issue of mental health as an integral part of developmental processes as well. Let us now discuss some of the multiple dimensions of the psychological perspective on national development along with relevant concerns and approaches (Gupta et al., 2023). Various studies have established a strong positive relationship between mental health and the developmental parameters such as literacy rate, longevity, economic growth rate, and educational enrolment ratio, whereas a negative relationship is seen with factors such as the suicide rate and mortality rate. (Konaszewski et al.2021; Cruz et al.2022; Gómez et al.2024)

Hence, the idea of Viksit Bharat@2047 represents not just the progress of India's economy but also the all-round development of every individual, society, and the entire ecosystem. This means that India will now be able to progress and reach the stage of adulthood or development. The thought of developing India in such a short period of time brings up the challenge of co-existing with the already developed nations of the West. New avenues and challenges will come forth to realize the dream of 'India@2047', which will also be beneficial for humanity.

Relevance of Psychology in various dimensions of Viksit Bharat@2047The path of India to become Viksit Bharat or a developed nation by 2047 involves not only infrastructural and economic development but also developing its human resources by instilling psychological toughness and moral development. Psychological sciences, which emphasize mental health, positivity, and social relationships, provide important mechanisms to ensure sustainability for good health and quality of life.

Mental health conversations over the past few years have seen a paradigm shift from treatment to well-being, resilience, and flourishing. The driving force behind this paradigm shift is positive psychology, which involves studying the scientific aspect of what gives meaning to life and what makes things right. Positive psychology emphasizes the role of emotions such as gratitude, happiness, and hope in improving life satisfaction and mental well-being. Positive psychology goes beyond addressing psychological problems and pathologies and seeks to better the basic qualities of each individual, communities, and societies. It explores what is considered important to make life worthwhile, examining what contributes to improvement and goodness—essentially encouraging the best of individuals, organizations, and societies (Kobayashi, 2021). Viksit Bharat aims at making each citizen strong mentally as well as resilient emotionally. The fundamental developmental and global objectives for any country, especially in agro-based economies, include overcoming poverty and hunger.

Poverty refers to the situation where an individual or group of people is deprived of, and/or lacks basic necessities of living a decent life. In fact, poverty is the biggest hurdle for economic development of any country. Being a developing nation, poverty has affected India too. This state of poverty takes away everything from an individual, including the necessities required for survival. Such necessities might include



tangible items such as food, safe drinking water, clothes, and shelter or non-tangible things such as access to information, health care, education, social standing and opportunities (Kumar et al. 2017).

II. Triguna Model of Personality

In ancient Indian philosophy, one important concept is The Triguna theory, as explained by the Hindu God Shree Krishna in the Bhagavad-Gita. It is the idea of the existence of three basic gunas or characteristics of every human being, which include: Sattva (knowledge and purity); Rajas (passion and activity); and Tamas (darkness and lethargy). For example, Rajas guna can lead one towards Kama and Krodha, but on the other hand, a person having Tamas will experience Mada and Matsarya. Meanwhile, a person having more Sattva can manage all these emotions easily. It is because these gunas are indicative of some characteristics possessed by a person. Although these gunas remain concealed, they influence our physiological, psychological and behavioural attributes. Every Guna leads a person to a particular trait of behavior which differs from person to person. In view of the emergence of the Viksit Bharat@2047 vision of India's future development trajectory, the applicability of the Triguna framework takes on greater significance. As we advance along our economic and societal progress, the attainment of this quality of guna will enhance social abilities and promote active participation in the community (Sarif, 2024). It was also observed that different Indian philosophy-based psychological works have proven valuable in understanding human personality from a comprehensive perspective. It is clear that all people exhibit three gunas, but individual differences occur due to the improper incorporation of five elements in different degrees. With sattva qualities, individuals will be able to make a valuable contribution towards creating a vibrant and united community.

III. Social and Cultural Factors Impacting Viksit Bharat@2047

When you reflect on deeper trends and issues underlying different interests, there is an analysis of the important social and cultural elements affecting the transition to Viksit Bharat. 'Culture' is a concept representing the totality of a community's lifestyle. Culture is an outcome of the group's past and an indicator of its adjustment to the physical environment. This implies that culture includes the shared pattern of belief, feelings, behaviors and the fundamental values and ideas that are internalized by the members of a group as guidelines for conduct. Other than social interactions, the economic, religious, philosophical, mythological, religious writings, technological and other aspects of living all contribute to culture. Culture is dynamic and it is transferred from one generation to the next. All communities have culture although their styles differ from one group to another.

Culture is uniquely powerful in shaping the mental health of individuals within a community. From the onset of illness through the process of illness and recovery, every step is affected by cultural considerations (Gautam et al. 2010).

Family structure and family-related determinants, including emotional support, relationship stability, and parental care approaches, are critical and consistent determinants of psychological well-being and mental health consequences (Malviya, 2026). Gender norms and gender stereotypes influence women's health status. They may hamper women's access to health facilities, educational institutions, and job markets, as well as make them susceptible to gender-based abuse, reproductive disorders, and mental health problems (Ul Ain, 2024). Caste-affected populations, especially Dalit and Adivasi communities, experience continuous stress, structural violence, and exclusion, contributing to poor mental health outcomes, which continue for generations (Mehta, 2025). These variables are interrelated with each other and emphasize their combined impact on societal harmony and national progress. An eclectic evaluation framework of these variables is then useful in crafting an integrated story about the holistic approach required for mental health interventions and social policy measures.



IV. Interventions and Strategies for Enhancing Viksit Bharat@2047

India comprises 18% of the world's population. The WHO states that the DALY (disability adjusted life years) of mental health disorders among Indians per 100,000 populations is 2443, and the age-adjusted suicide rate per 100,000 populations is 21.1. There is also a potential economic loss of \$1.03 trillion caused by mental health disorders. The National Mental Health Survey (NMHS) of India conducted in 2015-16 by NIMHANS revealed that 10.6% of adults in India had mental disorders. The lifetime prevalence rate of mental disorders in India is 13.7%. According to national studies, around 15% of the adult population in India suffers from mental disorders requiring proper attention. The urban population is more affected (13.5%) than the rural population (6.9%). Up to 70-92% of Indians who are suffering from mental disorders are deprived of proper medical care because of the lack of knowledge, discrimination, and the scarcity of specialists. India possesses 0.75 psychiatrist per 100,000 populations against WHO recommended three or more. Owing to the absence of health care facilities, an individual cannot take appropriate decisions about their education, career, and life matters. A mentally healthy citizen contributes to the nation's economic and social progress proportionately. Additionally, the Mental Healthcare Act 2017 has been enacted by India's Parliament, with the purpose of providing provisions for mental healthcare and services for persons with mental disorders. It is the first time that an Act has prioritized a psychosocial strategy for providing mental healthcare and has changed from only treating patients to prioritizing their rights and wishes. In addition, the Government of India initiated the Tele MANAS program, which seeks to ensure universal access to equitable, affordable, and quality mental health care via a 24/7 tele-mental health service, and is a crucial digital aspect of the National Mental Health Program (NMHP).

Various actions may benefit from new digital and technology-based platforms that could help in achieving the objectives of Viksit Bharat@2047. Such platforms can maximize current assets, provide a chance for investors to contribute according to their ability, and the government can plan accordingly for individual needs. Thus, within the timeframe of 2047 (100 years after gaining independence), the Indian populace may find a good percentage of its people experiencing psychological wellness, not just personally but socially as well, in all the different life course stages. This is achievable through a sustainable usage of available technologies and digital mediums that would allow for the promotion of mental health resources, allowing students, teachers, and parents, rural or urban, to be involved in mental health activities in proactive ways. These initiatives should incorporate awareness campaigns, self-help methods, therapy models, information regarding nearby psychological assistance, and even peer interactions. This needs to be done collectively within communities, with the assistance of governmental bodies, non-governmental organizations, social workers, or similar organizations to promote mental health knowledge, make mental health services readily available, and prevent any form of stigmatization and discrimination. Indeed, psychological therapies are effective in the treatment of many types of mental problems. Nevertheless, there are a number of issues that may stop people from taking advantage of psychotherapy. They include structural barriers, such as lack of trust towards treatment, lack of knowledge, illiteracy, and socio-economic factors, particularly in rural areas. The other issue includes individual factors which are associated with the stigma towards mental problems and psychotherapy (Schröder et al., 2025). In order to address this barrier, knowledge and intervention strategies about psychological aspects of Indigenous peoples, including Indigenous knowledge, worldview, tradition, and belief could contribute significantly towards the realization of psychological interventions that promote equality. It is necessary to tackle the issue of multiple inequalities faced by Indigenous peoples in the modern world. Indigenous-led approaches include collective efforts and progressive social movements, as well as local efforts that compel the wider community and organizations to act in a socially conscious manner. Psychology is certainly useful in determining the important variables that are at play. Psychologists can assist in nurturing indigenous knowledge (González et al., 2022).

V. Conclusion



The importance of human development lies in its ability to facilitate the process of economic growth by improving the competencies of people. Moreover, economic growth also leads to an accelerated rate of human development due to greater resources that can be used to build essential human infrastructures such as healthcare and education systems, thus forming a mutually reinforcing virtuous cycle (Ranis, 2004; Bloom et al., 2022). This means that the focus should equally be on income growth and human development to create a truly successful and Viksit society.

India's achievements in the past few decades have resulted in significant income growth, while there were modest improvements in human development indicators. Improvements have been observed in life expectancy and educational attainment, but there remain many areas of concern. All this highlights the urgent need to make significant changes regarding healthcare facilities, quality education, and social safety nets.

Viksit Bharat@2047 aims at building a psychologically healthy country, where wellness goes hand in hand with sustainability. A psychological perspective on this topic suggests several evidence-based interventions within communities, government institutions, and societies aimed at improving mental well-being. These include incorporating yoga and meditation into public health, climate stressor resiliency plans in communities.

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