EDITORIAL

Wellness: A Key to Swastha Bharat

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Our team is happy to present this second issue of JREMEDIS to all the readers. No need to say that early issues of any journal yet to be indexed are a great effort, especially because getting articles in good numbers is tough. But we look at a long-term trajectory of publishing good articles from within and outside the institute. We have included Interpathy or interdisciplinary research in our mandate and we hope to bring out some work on this in the future. We believe that this area is important for Bharat to explore new and old possibilities in therapeutics, though it is a complex area for research and scientific publication. We also need to focus on wellness just as well as illness. Swastha Bharat has rightly made wellness as important as the PMJAY-the cash coverage for hospitalizations. This twin-lane program of protecting from catastrophic expenditures on hospitalizations along with preventing illness and promoting wellness is a very well-conceived program from the NDA Government. The wellness program has a physical infrastructure in health and wellness centers, the Yoga (Yog to be more precise) groundswell, the effort to improve the environment and housing, nutrition, etc. Our journal must give space for exploring wellness research and AYUSH research. Yoga is an ancient healing and health promotion system and has both physical, mental, and spiritual dimensions. The new renaissance of Bharat is refocussing on its civilizational treasures. Yoga has a tradition of 5-6000 years and the Patanjali Yog sutras date back post-Budhist era, stating the Yama-Niyamas as well as psychological aphorisms to stay healthy. JREMEDIS should specifically invest in these areas of research, promote research publications, and give space for scientific exchange on this.

Another important area for research we need to support is teaching and learning in medical colleges, especially post-CBME reforms. The stated goal of ensuring good quality IMG (Indian Medical Graduate) professionals through medical education and the current quality of IMGs passing out have a palpable gap that needs to be filled. Research on the medical education system, including the stakeholder perspectives, needs to be explored and reported for course correction. The IMG has to be visualized as working in a primary health center or health & wellness center in urban or rural Bharat, working closely with communities. If this is a truism, the reality is that 99% of students don't want to work at this first tier of care or primary care. In fact, IMG is surreptitiously eying the International Medical graduate positions or at least the secondary or tertiary care institutes. This conundrum has to be recognized, analyzed, and resolved through legal, administrative and academic ways. JREMEDIS needs to promote work in all these areas of therapeutics, health care, Swastha Bharat, interdisciplinary research, AYUSH, and medical education.

Best Regards,

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