Promoting and Protecting the Mental Health of Working Professionals at Works in the Present Era of Global Warming

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Abstract

World Health Organization is keenly working on the formulation of Mental Health Policy legislation and regulation for promoting and protecting mental health at work for every individual/country by identifying the individual, social, and structural strategies through training of the managerial work-force as well as interventions for workers for promoting and protecting their mental health at works? In the event of the average rise of universal atmospheric temperature and no concrete heat action plan to counter the reported heat wave deaths and mental health trauma caused now-a-days by global warming resulting in the sharp decline in the mental health status of the working professionals at work. Thus, it is to be promoted and protected through policy interventions to achieve the desired levels of SDG in the era of Global warming with full financial support and utmost priority by the Government.

The social stigma related to the mental health problem is very strong so no one in the society is even ready to accept the fact that one has any kind of mental health problem associated with him and it is affecting his work-life balance. Thus, an exploratory research was conducted by studying a group of diversified working professionals, literature survey was done online in post covid-19 environment, the findings justify the immediate need for formulation of an action plan the country's mental health policy legislation to promote awareness and protect mental health problems of the society to prevent their mental health in the era of global warming.

Keywords

Climate change, Global warming, Heat action plan, Mental health policy, and Post covid-19 environment.

1. Introductory Overview

To establish a supportive environment for mental health promotion and prevention World Health Organization (WHO) is intervening to reduce risk, and build resilience by identifying the individual, social, and structural determinants of mental health and designing interventions for individuals, specific groups, or

the whole populations based on their worrisome symptoms that suggest a mental health issue.

The stigma related to mental health problems is very strong and no one is ready to accept that one has a mental health problem, which requires to be urgently solved with the help of qualified personnel failing which one may lose interest in works, one may withdraw from colleagues, friends and family, one may start hurting oneself and others and start telling that life is not worth living and may worry excessively and one may act out angrily, shout verbally or assault physically with little provocations or even one may develop suicidal tendencies, which may ultimately lead to loss of one's precious life gifted by the almighty to serve the mankind with humanitarian approach.

The lexicons of commonly prevailing mental health disorders as per the International Classifications of Diseases 11th Revision (ICD-11) include the following major mental health diseases namely, ADHD, Anxiety Disorder, Anxiety Neurosis, Autism Spectrum Disorder (ASD), Bipolar Conditions, Behavioral and Cognitive Disorders, Conduct Disorder, Dementia, Depression, Depressive Disorder-Major (MDD), Disruptive Behavior, Dissocial Disorders, Drugs and Liquors Abuses, Dyslexia, Eating Disorder, Excessive Aggressive-ness, Fatigue, Gaming Addictions and Gambling Habits, Gender based Violence, Guilt of Survival, Grief of Complicated Types, Hyperactivity, Insomnia, Impulsiveness, Low Self-esteem, Neurodevelopmental Disorder, PMDD, PMS, Porn Addiction, Puerperal Psychosis, PSDD, Recovery Fatigue, Rett Syndrome, Sexual Nature of Making Harassment, Schizophrenia, Sleeplessness, Sleep Anxiety, Stress Disorder-Post Traumatic (PTSD), Substance Abuse, Suicidal Ideation, Suicidal Tendencies, Troubled Relationship, and Vicarious Trauma etc., to name a few (WHO, 2023).

Out of the numerous factors postulated to be held responsible for the deteriorating mental health conditions of working professionals, the latest one is due to the effect of climate change, which refers to long-term shifts in temperatures and weather patterns as per the United Nations and APA's Council Policy Manual. The prominently visible indications of global warming are average 3-5 degree temperature rise, increasing sea levels due to regular melting of glacier ice, continuous wild forest fire, severe heat waves, profuse air pollution, hurricane hazels, tornadoes, depletion of ozone layers, avalanches, flash floods, cold fogs, heavy downpour, regular cloud burst, frequent landslides, tsunamis, cyclones, coastal floods, droughts, earthquakes, frequent pandemic, lightning strikes, dust storms, heavy thunders and high wind storms, deforestation, wildlife de-habitations, coastal erosions, tide locking, storminess, severe wind damage and GHG emissions, etc. **(Mohammad Iqbal, 2022).** An attempt has been made by

the researcher to explore the effect of global warming on the present mental health condition at works on the selected group of working professionals in India, since health is a state of complete physical mental, and social well-being and not merely the absence of disease or infirmity **(WHO, 2023).**

2. Objective of the Study

The main academic objective of putting this research paper is primarily to spread awareness amongst working professionals who seem to be quite unaware about the consequences of the effect of global warming on their mental health conditions and to promote and protect the mental health of working professionals at work.

3. Research Methodology

Though undertaking research in the field of mental health conditions of any of the working professionals in India seems to be a quite challenging task but it was felt necessary to explore the perceptions of the respondents to draw conclusions and put forward the recommendations to promote and protect the mental health of working professionals at works. Thus, an attempt has been made with strict confidentiality by following the ethical principles of a very small group of working professionals across a few cities without disclosing their identities. Since, in India first of all no one is ready to accept that he has a mental disease and secondly, no one is easily accepting that his working life is suffering due to his mental health conditions and lastly no one is even aware that global warming has anything to do and can affect their mental health and professional working conditions at all? Thus, an exploratory research methodology with convenient sampling was adopted. Sample responses were personally collected from the willing respondents only as per the convenience of the researcher with limitations in order to save time and energy.

4. Review of the Literature

In the event of the Covid-19 pandemic situations witnessed globally over last few years, the availability of online literature stuff on every subject has been found to increase multifariously and the same was the case noticed here, thus to cut short, only very recent and relevant papers which were published in this year only were referred which very clearly depicts the literature surveys of the past years also. Hope the future researchers on the subject may carry forward the legacy of onward journey to promote and protect the mental health of working professionals at work.

5. Current Literature Survey of Global Studies

Taking cognizance of the recent fourfold increase in mental health disorders prevailing amongst working professionals worldwide, the American Psychological Association (APA) has published an article written by Amy Novotney (2023), "How does climate change affect mental health?", which highlights the prevailing mental health challenges caused by extreme weather events and continuously rising temperature around globe due to global warming. Alibudbud (2023) explored the repercussions of the climate crisis in one of the most climate-vulnerable countries, like the Philippines in the aftermath of Typhoon Haiyan. The role of different Mad Studies in decolonizing global mental health, as authored by Peter Bresford (2023), was published by the Cambridge Prism of CUP. The Meta-analysis on the impact of climate events, pollution, and green spaces on mental health, as reviewed by Pim Cuijpers (2023), was also published recently by the Cambridge University Press. Ceren et al. (2023), in their recent studies were able to establish the relationship of depression, anxiety, stress, and PTSD with the professional quality of life among healthcare workers during the Covid-19 pandemic and observed elevated levels of burn outs among the healthcare workers in Turkey. John Wiley & Sons Australia Ltd. Has recently published a perspective study conducted by Kisani Upward, Usher, and V Saunders, (2023) on the impact of climate change on the country and community and the role of mental health professionals working with Aboriginal communities in recovery and promoting resilience amongst them by discussing their social, emotional, cultural and spiritual dimensions of well-being in detail.

While Warda, et al. (2023), studied the factors of mental health issues and their impact in Karachi as observed during the different waves of Covid-19 on the Health Care Professionals (HCP) to mark the specific interventions for mitigating the adverse psychological impact of the pandemic, effecting mental health factors like anxiety, depression, insomnia, for increasing well-being among HCPs. Shahkar Ali et al. (2023) found that a very high level of stress, increased academic pressure, and frequent peer influences responsible for the high intake of psychoactive drugs amongst medical students. Zohreh Husseini Marznaki et al. (2023) reported positive effects among HCP in the Post Covid-19 PTSD and investigated the role of self-efficacy and resilience in a follow-up study concluded in Iran. Bass Judy, et al. (2023), a recent study on Global Mental Health was introduced by Cambridge Prisms and published online by the Cambridge University Press emphasizing interventions, prevention, promotion, policy, system, quality of care, teaching, and learnings on the issues related to the mental health of the public. Mark, and Calra Baez (2023), studied the cultural-emotional learning and mental health challenges amongst American Indian and Alaska

Native students. Conservation Science and Practice (CSP) published a detailed report by Pienkowski, T et al. (2023), on psychological distress and workplace risk inequalities among conservation professionals to know how the patterns of psychological distress, a state of emotional disturbance and associated workplace risk factors are varying between conservation job roles, particularly in three countries namely India, South Africa, and Cambodia. Maria Rosaria, Gualano et al. (2023), published a very systematic review on Telework-related Stress, noticed due to the physical and psychological strain of working from home, during the Covid-19 pandemic in workplace health and safety journal. A. Sahebi et al. (2023) studied PTSD in medical workers involved in earth quack responses in Iran and found them at very high risk and suggested their screening for mental health and imparting training on stress management to develop psychological resilience and significantly improve their way of expressing personal feelings and emotions on their mental health issues.

The Cambridge Prism (CP) wing of the Cambridge University Press (CUP) on behalf of the Royal College of Psychiatrists (RCP) London UK, has recently published a series of few very important research studies on the issues related to mental health in the current academic year (2023). In one of such CP-CUP publications, a detailed scoping review of the participatory and user-led research conducted on mental health issues in Brazil was presented by Florence AC et al. (2023). Cambridge University Press on behalf of the Society for Disaster Medicine and Public Health (SDMPH), Inc. Department of Rural Health, University of Melbourne, Wangaratta, Victoria, Australia also published a detailed research study conducted by Tegan Podubinski et al. (2023), on the Impact of Covid-19 and other disasters on workforce mental health in Australia. The report proved that people who have experienced the impact of an additional disaster might need additional support to protect their mental health during Covid-19. It also focused on the cumulative mental health impact of the multiple disasters and its implications for organizational communities where the recovery work is to be undertaken such as schools and workplaces, since the pandemic is not occurring in a vacuum. Linnet Ongeri, and Miriam Nyawira qualitatively studied reasons for suicidal behaviour and offered their recommendations for suicide prevention in Kenya. Kate Lister et al. (2023), in their studies, focused on the taxonomy of barriers and enablers to student mental well-being in distance learning mode. Whereas for preventing the mental health of working professionals Lars Tuastad (2023), has suggested that a person with a mental illness should play in a music band to get rid of his stigma as music therapy plays a very important role in the mental health aftercare, this recent research study has found a place in the prestigious Nordic journal of music therapy.

Likewise, Samarasinghe and Adikari (2022), the duo training officers representing the training division of the National Institute of Social Development (NISD), Sri Lanka while studying the role of mental health and social work professionals in dealing with the psychological problems caused by the Covid-19 pandemic observed that, they shall accurately assess problems by intervening at the individual and family level to equip people to face the psychological problems arising in the society to minimize its occurrence. In an earlier study published by MDPI, Basel, Switzerland, Engelbrecht, M.C et al. (2021), explored the post-traumatic stress and coping strategies of South African nurses during the second wave of the Covid-19 pandemic. Similarly, Shevlin M et al. (2023), Refuted the myth of a Tsunami of mental ill-health in populations affected by Covid-19 and evidenced that response to the pandemic is quite heterogeneous, not homogeneous as believed.

World Health Organization (WHO), having its headquarter at Geneva-27, Switzerland is also continuously working to resolve the mental health issues and proposed universal coverage for mental health and as special initiatives for mental health by 2030. Tedros Adhanom Ghebreyesus, The Director-General of the WHO, said "The world is accepting the concept of Universal Health Coverage (UHC). Mental health must be an integral part of UHC. Nobody should be denied access to mental health care because she or he is poor or lives in a remote place". WHO on World Mental Health Day promoted Mental Health as a "Universal Human Right"!

6. Current Literature Survey of Indian Studies

Shalini Singh et al. (2023) presented a detailed and systematic review of the effects of yogic practices on reducing stresses in the HCPs in the Indian context, while studying the common suicidal patterns of Indian farmer's, Balasubramanian observed that climatic stress beyond threshold level causes a social disturbance, mental disorders and increases suicides. Similar studies were also found conducted by Nagarwal Ashish, Khushboo Singh, Aryan Sharma, Nizhat Jan, and Md Omar Sarif (2023), in an interview-based survey conducted in the Jalandhar city to evaluate the farmers' mental health with regards to the impact of the climate change. Saumitro and Umesh (2023), also studied Covid-19 and its' impact on mental health, to know the related issues and concerns and reported economic losses and severe threats to the mental health of citizens, who spent their days confined at homes during the lockdown period. Blesy Babu (2023) scaled the attitude toward mental health problems among healthcare workers towards seeking professional help when in emotional distress. Amrut Swami et al. (2023) studied the impact of healthcare workers on their increased

working hours per day which has been causing exhaustion and fatigue due to their prolonged working hours. Rachita, (2023) explored the impact of climate change on mental health by studying the impact of heat waves, droughts, glacial melting, floods, cloud bursts, and cyclonic effects on mental health-related issues. Aditya Mahindru et al. (2023) significantly noticed the role of physical activity on the mental health and well-beings of working professionals in the Indian context. Animish, Arti Muley, and Srujana (2023), also studied the impact of the Covid-19 lockdown on mental health, physical activity, and eating behaviors amongst IT professionals in India and found the negative impact of Covid-19 and subsequent lockdown on their disturbed mental health and changed eating patterns. Neha Arora, Baloria A S (2023), examined the relationship between psychological well-being, burn out, and coping style of mental health practitioners in India and highlighted the importance of promoting psychological well-being and effective coping strategies to reduce the high degree of burnout and enhance the ability to provide effective care to their clients. While Anahita Ali (2023) surveyed the perceptions of Indian Hospital Administrators towards the impact of the Covid-19 pandemic on the mental health of healthcare workers to find out the effective coping skills to address poor mental health conditions during the crises. V Shahadevan, and Mathews A J (2023), studied the critical impact of urbanization on the mental health of working individuals and found that rapid urbanization is the key factor and plays a very important role in increasing the risk of anxiety, depression, schizophrenia, and feeling of isolation amongst the working professionals of India. Similarly, Sunil Luthra et al. (2023) studied the psychological well-being of young adults during Covid-19 pandemic and urged the need to urgently formulate preventive policies and intervention procedures to address the stress, resilience, and psychological health of young Indian adults. Zakir et al. (2023) surveyed with DASS during pandemic to study the changes in the mental health conditions of the residents of Indian Metropolitan cities.

Usama Rehaman et al. (2023), longitudinally studied depression, anxiety, and stress amongst Indians, during the Covid-19 pandemic and found that lockdown led to distress. Tehseen et al. (2023), surveyed mental health among IT professionals in relation to their job stress and adjustments and found that job stress is the stronger contributor of mental health on the job stress scale, Bell's adjustments and mental health inventories. Zeshan Hammed et al. (2023), presented a mini review on mitigating a psychological impact of quarantine during a pandemic and observed that the psychological impacts of prolonged quarantine require stress-coping strategies to mitigate these effects to manage mental health during public health emergencies. Vijayakumari, (2023) examined

the status of working women in India and highlighted the issues and challenges faced by them with special emphasis on their gender inequality, education, health status, and victimization and found that access to education, health benefits, and changes in the social and family structure are the main enabling factor for empowerment of working women in India.

Exploratory research on the student's mental health and well-being was also conducted at higher education institutes of Telangana by Madhavi Bolla et al. (2023) and the published in the Saudi Journal of Humanities and Social sciences by Scholars Middle East Publishers, Dubai UAE. Gupta, Vibhuti, Sinha, and Nishit Kumar (2023), recently presented their research study in the prestigious Vikalpa, the journal for decision-makers on emotional disorders, dispositional mindfulness, and mediating role of acceptance in UG and PG students, and found that depression, stress, and anxiety show a significant decline through mindfulness and the experiential acceptance amongst students. Raghu Raghavan et al. (2023), studied stigma and mental health problems in an Indian context and gathered the perceptions of people with mental disorders in urban, rural, and tribal areas of the state of Kerala and observed that self-stigma reflects badly on the family group as a whole rather than just the sufferer in cases of mental disorder in finding their marriage partners in the Indian context.

7. Limitations of the Study

In the current exploratory research study undertaken with prime aim of promoting and protect the mental health of working professionals at works, the following limitations were strictly adhered to untill end without making any exceptions. The identities of the respondents were kept highly confidential and their responses were taken into consideration solely for the academic purposes only. The study was conducted in the current year starting from 4 Jan 2023 till 26 Sept 2023. The verbal responses of the respondents were conveniently collected from the city of Lakes i.e. capital of MP Bhopal, Nagpur, New Delhi, Noida, Patna, and Raipur covering six states; however, most of the respondents were contacted from the city of lake. Selected working professionals were mainly of four types, i.e. Govt. officials/servants,PSU/private/contractual/oil marketing company's engineers, male Medics only, and top bureaucrats/policy makers. Not a single Farmer, Medical student, NEET aspirant, and preparing JEE advance candidate, serving police officials, and lawyer were ever included in the scope of this research study. However, the secondary data of their suicidal rate per year were reported to be very alarmingly increasing per year. The recent train firing incident by on-duty police personal, Kota coaching institutes, and higher educational institutes including IITs, IIMs, and Medical College student's suicidal deaths number has

gone beyond the imagination level, but the root cause was primarily found to be Mental Stress only.

8. Secondary Data Sources

Accessed www.cambridge.org; www.doi.org; www.unicef.org; www.who.int; for annual reports, referred mental health atlas and other published policy documents related to the world mental health action plans for collection of the requisite secondary data used in developing this research study since found made available in the public domain site of the organization's official websites as on 10[th.] October 2023, which were used with due citations and presented in this research paper with courtesy to Cambridge University Press, Medicine and Health Science, Shaftesbury Road UK, WHO HQ Geneva Switzerland, The UNICEF HO New York City USA, Sage Publications, UK and Wiley Publications, Australia, etc.

Table 1:- Secondary Data Quoted with Sources as WHO and Mental Health Atlas of Different Years.

Name of the Disorder	Available Data World Wide	Figures up to the End of the year	Available Online Data Source
Mental Disorder	1 in Every 8 People (1/8).	2019	WHO*
Anxiety and Depressive Disorder	26-28% increase in 1 Year/970 Million	2020	WHO
Anxiety Disorder	301 Million people+58M Child	2019	WHO
Depression Disorder	280 Million people+23M Child	2019	WHO
Mental Health Care	By one 29% of people with psychosis receive formal treatments	2019	WHO
Depression Care	Is received formally by only 1 person at present	2019	WHO
Bipolar Disorder	40M People suffer	2019	WHO
Schizophrenia	24M people or one in 300 People world-wide	2019	WHO
Eating Disorder	14 Million people including 3M Child	2019	WHO
Dissocial Disorder	60 Million people	2019	WHO

Name of the Disorder	Available Data World Wide	Figures up to the End of the year	Available Online Data Source
Inpatient Care Available in India	Only 43 Mental Hospitals Facilities	2014	MHA**
Total MH workers/ 100,000 population	0.6 In INDIA	2014	MHA
Inpatient Care Available in India only.	Only 136 Mental Hospitals Facilities	2017	MHA
Total MH workers/ 100,000 population	1.93 In India only	2017	MHA
Inpatient Care Available in SEAR*/100K, P	Only 3 Mental Hospital Bed facilities in the SEAR*	2020	MHA
Median No of Admissions/100,000 population in SEAR	34.5 In SEAR*(Participating Countries except India)	2020	MHA
Comprehensive Mental Health Action Plan	To achieve Mental Health for All People by 2030	2013-2023	WHO

(WHO*=World Health Organization Geneva Switzerland and MHA**=Mental Health Atlas, 2014, 2017, and 2020 by WHO).
Source: - WHO (World Health organization)

9. Primary Data Collection and Implications Thereof

In order to maintain the confidentiality of collected responses and to break the stigma associated with the mental health problems of selected respondents, the researcher himself personally collected the verbal responses by visiting the treating psychiatrists along with the patient before the appointment time and had interacting with other waiting individual patient and their family members, who so ever was willing to take part in the perception mapping survey to collect their responses about the nature of mental health illness of the patient, his nature of job, and the reason of sudden change in his behavior which compelled them to visit the Mental Health Professionals/Psychiatrists/Medics for his mental health treatment and is he feeling better now after treatment? A few other data collection strategies were planned by the research to get the desired number of responses in a single step to save time and energy by attending the training program as guest

faculty and interacting with the participants on the mental health issues to get the responses from the willing PSU/private/contractual/oil marketing company's engineers attending the training. In order to get the responses from the group of top bureaucrats/policy makers, the researcher himself attended the quarterly organizational meetings, annual convergence conference, and Chin tan Shivers and interacted with the senior administrative officers during their leisure hours of said meeting to seek their opinion on mental health related issues and its effect on the working of the organization as a whole and lastly the researcher himself tried to collect the responses from the visiting PSU/private/contractual/oil marketing company's engineers and other Govt. officials who so ever was willing to tender his responses during the period of research selected for conducting the subject research study with aim to get the better understanding on the implications of this research study conducted for promoting and protecting the mental health of working professionals at works during the current era of global warming. Just to authenticate the validation of collected primary data within the set time frame of this research study, the short summary is tabulated to correlate the conducted research study with its broad findings based on the analysis of the collected primary responses as gathered from the various groups of selected respondents, contacted in person for receiving their confidential opinion across the various selected cities, as per the convenience of the researcher, amongst the four different profile of selected working professional groups found working in the six different cities and states of India.

Table 2:- Primary Collected Data of Respondents

Cities/Places	No. of Resp.	M/H Issues	G/W Effect	Resp. Profiles	M/H Issues	G/W Effect
States	Total	Reported-	Reported-	Selected-	*Reported-	*Reported-
1. City-01	57	14	03	04 Types of W/Ps*	confidential	confidential
2. City-02	12	04	00	1.W/Ps. Type-01:23	02	02
3. City-03	07	00	00	2.W/Ps. Type-02:04	02	02
4. City-04	04	02	02	3.W/Ps. Type-03:39	05	04
5. City-05	08	01	01	4.W/Ps. Type-04:30	15	00
6. City-06	08	03	02	Total Respondents	Total	Total
06 Nos. of city	96 Nos.	MHI:24 No	Gwe:08 Nos.	96 Nos.	MHI:24 No	Gwe:08 No

(W/Ps* Stands for selected working professionals, M/H* for reported Mental Health and G/W for Global Warming).

Source: - WHO (World Health organization)

10. Related Evaluations and Inferences

The results of this small, limited-period exploratory research study undertaken at the convenience of the researcher to promote and protect mental health at work in India, amongst the selected segments of working professionals in the era of global warming, indicated that at least one out of four professionals were found to be presently facing with the mental health issues at works. During the evaluation of result, it was quite astonishingly gathered that a total of 25 percent of the selected respondent populations were found to be affected with mental health illness, which is considered to be Highly Significant at this level. In this context, while recalling the reported secondary data of W.H.O, for the year 2019, the results were found to be just 50 percent of what was reported initially as 1 in every 8 people was having a mental disorder worldwide, and just after a gap of four years the issues were found to be escalating to the highly significant level. Thus, it is really, very high time to take immediate preventive actions in this regard without making any further delay. The eight most significantly prevailing symptoms noticed amongst the selected Indian respondents were found to be Anxiety, Aggression, Depression, Fatigue, Low Self-esteem, High Degree of Mental Stress, Sleeplessness, and Troubled Relationships. However, very few, only one out of twelve selected respondents were originated it to be relating with the effect of issues related to the global warming phenomena thus the results obtained here can be correlated as Non-significant in the present context.

11. Discussions and Conclusions

Mental health is termed as a state of well-being in which every individual realizes his or her own potential, and can cope with the normal stress of life, work productively and fruitfully, is able to contribute to her or his community (WHO, 2023). It is therefore concluded that every working professional may engage himself in some sort of physical activity (Mahindru, Aditya 2023) and social connect initiatives to cope with his daily working stress either through doing the routine exercises, meditations, and by performing yoga (Singh, Shalini 2023) or engaging himself in any other outdoor sports activities, self-playing the musical instruments or performing in bands (Tuastad, Lars 2023), solving daily crossword contest, puzzles, numerical riddles, taking Sudoku challenge, Kakuro, Hitori, Spellathon, loop the loop, solving scramble, participating in tracking or nature's expeditions, horse riding, swimming, trying aroma therapy and chanting his Religious Kalima/Vedic Mantras with high degree of devotion, to keep him healthy and mentally sound, and may try to learn the time management technique and adjust his work life balance in smooth manner and shall at least take sufficient amount of sound sleep and must intake nutritious and fiber rich diet to remain

himself fit to face the future upcoming and unforeseen challenges, which may hinder his professional productivity and his fruitful contribution to the society due to the unexpected consequences likely to arise due to the effect of global warming in the present era of climate change, thus one has to keep the protection of his mental health on top priority.

12. A Miles to Go for Recommendations

APA Dictionary of Psychology defines mental health as a state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life. Thus to promote and protect the mental health at works for prevention of working professionals in India, as envisaged by the WHO Comprehensive Mental Health Action Plan 2013-2030, being a WHO member country within a South East Asian Region (SEAR), India has to achieve the mental health for all people by the end of year 2030 with its four major objectives, to strengthen effective leadership and governance for mental health, to provide comprehensive mental health and social care services in the community based settings, to implement strategies for promotion and prevention of mental health and to strengthen the present information system on the present status of mental health of working professionals in India. Thus it is hither to neglect for long to promote robust future extensive research studies on the issues related to mental health in the era of global warming, so it is highly recommended to allocate a sufficient budget for the related research and developmental activities on the ongoing projects related to the mental health with the help of PSUs, Big Corporate Houses, NGOs, SHGs and Public-private Players, and the Unicorn Startup Companies with full Govt. support for the prevention of mental health conditions of working professionals at works, which is found to be continuously declining at the alarming rates in the present era of global warming.

13. Acknowledgement

14. Disclaimers

The author's views depicted in this article are purely personal and do not represent the views of the organization he represents i.e. PESO, DPIIT, or the Govt. of India. The author has not received any patronage for this publication as such no conflict of interest is reported. The identities of the respondents are kept highly confidential and their responses are taken into consideration only for academic purposes. Copyright is transferred to IJRBS. However, researchers may send their feedbacks directly to mizansai@gmail.com

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