Society & Social Justice · GS - II

Examine the significance of community-based and doorstep health screening initiatives in strengthening India's primary healthcare system and controlling non-communicable diseases.

EXAM YEAR	PAPER	SUBJECT
DAILY PRACTICE 30/10/2026	GS - II	Society & Social Justice

MARKS	WORD LIMIT
10	~150 words

Answer Hint

Preventive healthcare; non-communicable diseases; early diagnosis; primary healthcare; health equity; community participation; digital health infrastructure

Model Answer

Introduction

Non-communicable diseases (NCDs), including cardiovascular diseases, diabetes and hypertension, contribute significantly to India's disease burden. Doorstep screening initiatives such as Kerala's reported 'Hridayaragam' programme seek to improve early detection and healthcare accessibility.

Significance of Doorstep Screening

1. **Early Detection:** Regular screening helps identify hypertension, diabetes and cardiovascular risk factors before complications arise.
2. **Improved Accessibility:** Home-based services benefit elderly people, rural communities and individuals with limited mobility.
3. **Reduced Healthcare Costs:** Early diagnosis and timely treatment can reduce expensive hospitalisation and long-term complications.
4. **Health Awareness:** Community-level interactions encourage healthier lifestyles, physical activity and balanced nutrition.

5. **Continuity of Care:** Linking screening with primary health centres enables follow-up, referrals and treatment monitoring.

Challenges and Way Forward

Shortages of trained health workers, inadequate diagnostic infrastructure, data privacy concerns and weak follow-up mechanisms can reduce effectiveness. The government should strengthen Ayushman Arogya Mandirs, ensure reliable referral systems, train frontline workers and use digital health records with appropriate privacy safeguards.

Conclusion

Doorstep screening shifts healthcare from a predominantly treatment-oriented approach towards prevention and early intervention, supporting the goal of universal health coverage.

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