

Man Making to Nation Building: Psychological Sciences for Sustainable Health and Well-Being for Viksit Bharat

Divyaben Mukeshbhai Patel¹, Dr. Mittal Joshi²

¹ Ph.D Scholar, Sabarmati University, Ahmedabad

² Guide, Assistant Prof., Sabarmati University, Ahmedabad

Abstract—The vision of Viksit Bharat (Developed India) by 2047 emphasizes holistic national progress, integrating economic growth with sustainable social and psychological wellbeing. This paper explores the evolution from "man-making"—a concept rooted in Swami Vivekananda's philosophy of individual self-realization—to "nation-building," where psychological sciences play a pivotal role in fostering resilient, inclusive societies. Drawing on Indian psychological perspectives, positive psychology, and evidence-based interventions, it argues for psychology's integration into policy frameworks to promote mental health, character development, and collective responsibility. Key themes include the manifestation of innate human potential, resilience amid socio-cultural challenges, and strategies for sustainable wellbeing. The paper concludes with recommendations for psychological interventions aligned with Viksit Bharat's goals, supported by references to seminal works in Indian psychology.

Index Terms—Man-making education, Nation building, psychological sciences, Sustainable wellbeing, Viksit Bharat

I. INTRODUCTION

India's journey toward *Viksit Bharat*—a developed nation by 2047—requires not just infrastructural and economic advancements but also the nurturing of human capital through psychological resilience and ethical growth. The concept of "man-making," popularized by Swami Vivekananda, underscores education as a tool for manifesting inherent divinity and perfection in individuals, transitioning seamlessly into nation-building by cultivating a populace capable of collective progress. Psychological sciences, with their focus on mental health, positive emotions, and social cohesion, offer critical levers for sustainable health and wellbeing.

This paper synthesizes Vivekananda's humanistic ideals with contemporary Indian psychological research, highlighting how psychology can address challenges like inequality, mental health disparities, and environmental stressors. It draws on themes from positive psychology and indigenized approaches to propose a framework where individual empowerment fuels national development. By examining historical philosophies alongside modern interventions, the paper posits that psychological sciences are indispensable for realizing *Viksit Bharat's* vision of inclusive, resilient growth.

SECTION 1: MAN-MAKING EDUCATION: INSIGHTS FROM SWAMI VIVEKANANDA

Swami Vivekananda's philosophy of education centers on "man-making," defined as the holistic development of the human personality to reveal its innate perfection. Education, in his view, is "the manifestation of the perfection already in man," a process that goes beyond rote learning to foster self-actualization and self-realization (*Atma saksatkara*). This aligns with psychological principles of humanistic growth, akin to Maslow's self-actualization, but grounded in Vedantic spirituality.

PSYCHOLOGICAL ASPECTS OF MIND AND CHARACTER DEVELOPMENT

Vivekananda emphasized three core processes in man-making: (1) development of all mental faculties and capacities, (2) moral perfection, and (3) realization of potential divinity. Psychologically, this involves expanding intellect, strengthening willpower through concentration, and building character via ethical values like honesty, humanity, and *Shraddha* (faith in oneself). Concentration serves as the "essence of education," controlling the mind's currents to channel

energy productively, much like cognitive behavioral techniques for focus and resilience.

Teachers, as Gurus, facilitate this through personal mentorship (Guru Griha Vasa), embodying purity, knowledge, and selfless motivation. This relational dynamic mirrors attachment theory in psychology, where secure bonds enable emotional growth. Vivekananda critiqued colonial education for producing "mental slaves," advocating instead for an integral education that harmonizes body, mind, and spirit—yielding a "strong body, strong mind, and sharp intellect."

II. RELEVANCE TO NATION BUILDING

Man-making is inherently social: by creating self-reliant individuals, it builds a nation of original thinkers and ethical leaders. Vivekananda envisioned education spreading among masses to shape national character, warning that "the future of the nation is in the classrooms." This philosophy prefigures modern community psychology, where individual empowerment drives societal harmony and progress.

SECTION 2: PSYCHOLOGICAL SCIENCES IN THE INDIAN CONTEXT

Indian psychology has evolved from colonial imports to indigenized frameworks, emphasizing collectivism, spirituality, and social policy integration. Books like *Psychology, Development and Social Policy in India* explore how psychology informs national development by addressing human and social policies. The text examines psychology's role in framing policies for equity, highlighting themes like poverty alleviation, gender dynamics, and cultural adaptation.

Similarly, building a Resilient and Responsible World: Psychological Perspectives from India delves into psycho-social challenges in diverse Indian contexts. Edited volumes cover culture, gender equity, health, and responsible behavior, with sections on resilience amid inclusivity issues and everyday social contexts. These works underscore psychology's shift from individual therapy to societal interventions, such as promoting responsible organizations and addressing disabilities in policy implementation.

Positive psychology, adapted to Indian thought systems, further enriches this landscape. The Handbook of Positive Psychology and Indian Thought

Systems integrates Eastern concepts like sustainable happiness, positive emotions, and forgiveness with Western models, discussing applications in mental health hygiene and positive schooling. Another compilation, *Positive Psychology: Indian Perspectives*, contrasts Eastern-Western views, emphasizing metacognition and wellbeing in educational settings.

These resources reveal psychology's historical lag in nation-building—often sidelined compared to economics—but advocate redefining it for social issues like violence and inequality.

SECTION 3: SUSTAINABLE HEALTH AND WELLBEING FOR VIKSIT BHARAT

Viksiti Bharat@2047 envisions a psychologically healthy nation, where wellbeing is intertwined with sustainability. A psychologist's perspective on this theme proposes evidence-based interventions at community, governmental, and societal levels to enhance mental health. Key strategies include integrating yoga and mindfulness (rooted in Indian traditions) into public health, community resilience programs against climate stressors, and policy reforms for mental health equity.

Sustainable wellbeing draws from positive psychology's focus on flourishing, not just deficit reduction. In India, this means addressing urban-rural divides, gender disparities, and environmental impacts on mental health. For instance, occupational health repositioning for Viksit Bharat emphasizes a productive workforce through psychological support, aligning with SDGs on health.

Challenges include low mental health literacy and stigma, but opportunities lie in digital interventions and school-based positive psychology curricula. The National Conference on Psychological Sciences (2025) themed "Man-Making to Nation-Building" highlights these linkages, promoting sustainable health via cultural resilience.

SECTION 4: INTEGRATING PSYCHOLOGY INTO NATION BUILDING

To bridge man-making and nation-building, psychology must inform Viksit Bharat's pillars: innovation, inclusion, and sustainability. A proposed framework includes:

- **POLICY INTEGRATION:**
Embed psychological assessments in development schemes, as in *Psychology for India*, which calls for psycho-socio-economic research.
- **RESILIENCE BUILDING:**
Use cultural psychology to foster responsible behaviors, per *Building a Resilient and Responsible World*.
- **EDUCATIONAL REFORMS:**
Implement Vivekananda-inspired curricula with positive psychology modules for character and mental health.
- **INTERVENTIONS:**
Community programs for forgiveness and positive emotions, scalable via government partnerships.

This integration ensures psychological sciences contribute to a "responsible world," transforming individual potential into national strength.

III. CONCLUSION

From Vivekananda's man-making ideals to *Viksit Bharat's* ambitious horizon, psychological sciences offer a blueprint for sustainable health and wellbeing. By prioritizing mental resilience, ethical character, and inclusive policies, India can cultivate a nation where personal growth fuels collective prosperity. Future research should empirically test these integrations, ensuring psychology's central role in development. As Vivekananda urged, true nation-building begins with manifesting the divine in every individual— a psychological imperative for a developed India.

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