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Reimagining Care: NITI Aayog's Caregiving Policy Roadmap

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Reimagining Care: NITI Aayog's Caregiving Policy Roadmap

Practice: 6 MCQs
Who looks after a parent who cannot cook, bathe or walk alone?

This lesson covers **what caregiving is**, **the NITI Aayog report** and **its two big proposals**. It also covers **the nine pillars**, **why India needs a roadmap** and **who attended the launch**.

- **What:** NITI Aayog report on caregiving, released 5 August 2026.
- **Idea:** treat caregiving as a skilled and dignified profession.
- **Proposals:** a National Policy and a National Caregiver Council.
- **Structure:** nine strategic pillars.
- **Gap:** women spend 299 minutes a day on unpaid care; men spend 97.

Contents

1. What caregiving is
2. The report
3. Two proposals
4. Nine pillars
5. Why India needs it
6. The launch
7. 6 understanding checks
8. Related Articles
9. 6 practice MCQs

1. What is caregiving?

Caregiving is help for people who cannot manage daily life alone. They may be older, ill or living with a disability.

1.1 Who gives this care?

There are **two types of caregivers**. Formal caregivers are paid professionals. Informal caregivers are family members who are unpaid.

1.2 What does the work involve?

The work covers meals, bathing, medicines, movement and company. It also covers medical care.

1.3 Who does most of it in India?

In India, **family members** do most caregiving. Most of them are women.

1.4 How big is the gap between women and men?

The Time Use Survey of 2019 measured the gap. Women spend about **299 minutes a day** on unpaid domestic and care work. Men spend about **97 minutes**.

1.5 What happens to such work?

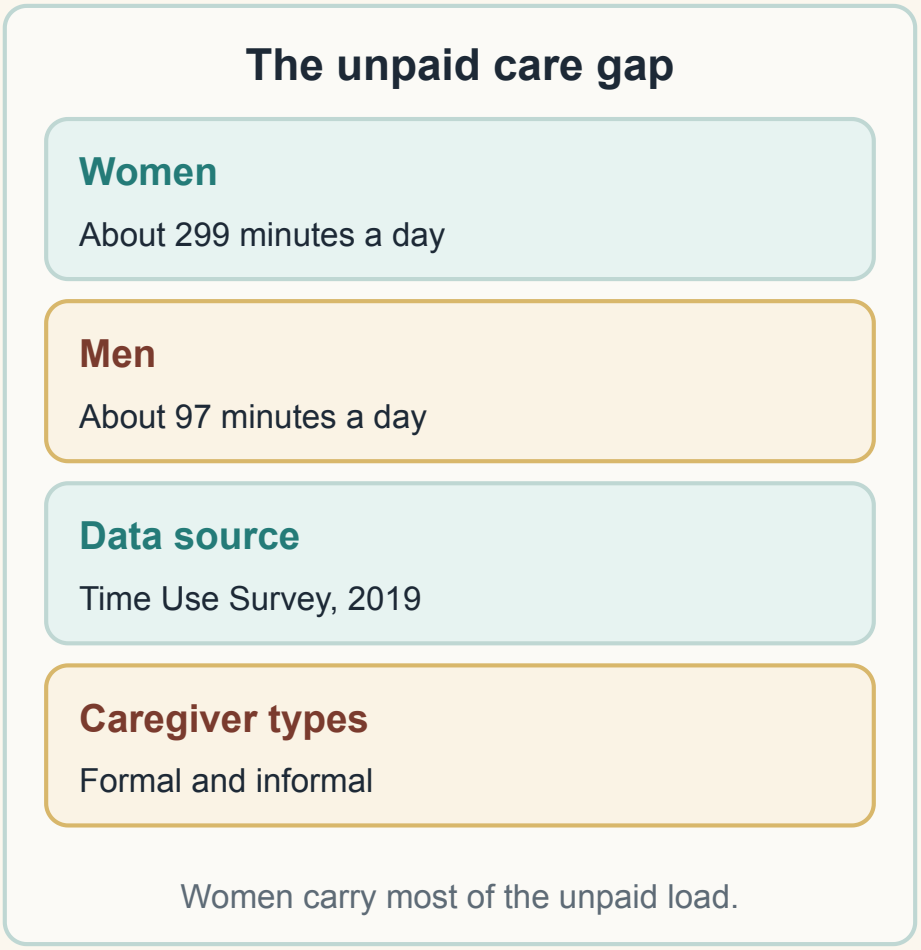
This work is rarely counted. A woman who leaves her job to care for a parent earns no wage and no pension credit for it.

1.6 Why does the 299 versus 97 gap matter?

The gap is about **202 minutes a day**. That is over three hours of extra unpaid work for women every day. Over a year, it adds up to roughly 1,200 hours.

1.7 Why does the formal and informal split matter?

Formal care has wages, hours and standards. Informal care has none of these. A policy can only support what it can see, so the report first names both kinds of care.



The care gap. Original explanatory diagram.

Sources:

- NITI Aayog: Reimagining Care report

True or false: Informal caregivers are paid professionals.

Think it through: why does unpaid care work stay hidden?

Unpaid work earns no wage, so it is not counted in income figures. A woman who leaves a job to care for a parent loses pay and pension credit. The loss is real, but no record shows it.

2. What did NITI Aayog release?

On **5 August 2026**, NITI Aayog released a report. It is called *Reimagining Care: Strategies for Empowering Caregivers in Viksit Bharat@2047*.

2.1 Who prepared it?

The **Social Justice and Empowerment Division** of NITI Aayog prepared it.

2.2 How did the team gather evidence?

The team held **consultations** with experts, training bodies and industry. It also studied global best practices.

2.3 Who released it?

Vice Chairperson **Ashok Kumar Lahiri** spoke at the launch. Member **R. Balasubramaniam** and CEO **Nidhi Chhibber** also released the report.

2.4 What was Lahiri's main point?

Lahiri said the focus is on **caregiving, not medical treatment**. Care is much wider than treatment.

2.5 What does the report want to change?

The report treats caregiving as a **skilled and dignified profession**. It does not see it as unpaid duty.

2.6 What does Viksit Bharat@2047 mean in the title?

It is the national goal of a developed India by **2047**. That year marks 100 years of independence. The report argues that a developed country must look after its older and ill citizens well.

Sources:

- All India Radio: report release
- NITI Aayog: Reimagining Care report (section 2)

True or false: The report treats caregiving as a skilled and dignified profession.

3. What are the two big proposals?

The first proposal is a **National Policy on Caregiving**. The policy would be developed and notified by the government.

3.1 What is the second?

The second is a **National Caregiver Council**. It would be the apex body for caregiving.

3.2 What would the Council do?

The Council would regulate and promote caregiving. It would also **accredit training programmes**.

3.3 Is there a parallel in health care?

A nursing council sets training standards. A caregiver council could do the same.

3.4 What else is proposed?

The report also asks for a **National Caregiver Registry** and a **National Portal**. These would list caregivers and link them with families.

3.5 What training courses exist today?

Short courses already exist. A **Home Health Aide Trainee** course takes 420 hours and needs Class 10. A **Geriatric Caregiver** course takes 660 hours and needs Class 12.

The **Geriatric Care Assistant** course takes 600 hours. It suits Class 12 students with 1.5 years of experience. Another course, **Vriddha Swasthya Sahyaka**, runs for 60 hours and teaches care based on Ayurveda and Yoga principles.

3.6 Why do these courses need a Council?

Sector skill councils, state bodies and private groups all run care courses. Their hours and entry rules differ. A national council could bring them under one accreditation system, so a certificate means the same everywhere.

3.7 What else would the Council do?

The Council would set **national standards** for caregiver education, training and certification. It would plan the workforce and check the quality of care.

It would also keep the Registry and the Portal. It would support research, work with other countries and handle complaints from families and caregivers.

3.8 Which ministry would lead?

The Department of Social Justice and Empowerment would be the **nodal ministry**. It would anchor the National Policy on Caregiving.

It would also help the Centre and the States work together. This is needed because caregiving touches health, disability, skills, labour, education and technology.



Key proposals. Original explanatory diagram.

Sources:

- NITI Aayog: Reimagining Care report (section 3)

True or false: The National Caregiver Council would be the apex body for caregiving.

Think it through: why would a Council help caregivers?

A council sets common training standards. A certificate then proves a caregiver's skill to families and employers. That makes the work easier to trust and to value.

4. What are the nine pillars of the report?

The recommendations stand on **nine strategic pillars**. Each pillar has priority actions and a ministry in charge.

4.1 What are the first three?

Pillar I covers **policies, schemes and agencies** for formal caregiving. Pillar II covers **recognition and regulation**. Pillar III covers a **skilled workforce**.

4.2 What are the next three?

Pillar IV covers **global cooperation**. Pillar V covers the **existing ecosystem and set-up**. Pillar VI covers **social security** and financial protection.

4.3 What are the last three?

Pillar VII covers **family and community care**. Pillar VIII covers **emotional and social support** for families. Pillar IX covers **technology** and digital governance.

4.4 What does social security mean here?

Social security can mean loans for caregiving businesses. It can also mean leave for family caregivers.

4.5 What about the global side?

The global pillar also covers **international mobility** of Indian caregivers. It asks for safeguards and ethical recruitment.

4.6 Which pillars help a family caregiver most?

Pillar VII supports **family and community care**. Pillar VIII gives **emotional and social support**. Together they remind us that most care happens at home, not in a hospital.



The pillars. Original explanatory diagram.

Sources:

- NITI Aayog: Reimagining Care report (section 4)

True or false: The report rests on six strategic pillars.

5. Why does India need a caregiving

roadmap?

India is ageing. In July 2022, about **149 million** people were aged 60 or more. That was about 10.5% of the population.

5.1 How fast will this grow?

The number may reach **194 million by 2031**. By 2050 it may reach **347 million**, about 20.8% of the population.

5.2 What does that mean for families?

More older people means more demand for care. Today the burden often falls on unpaid and untrained family members.

5.3 Is there an upside?

The report sees an **economic opportunity** too. Trained caregivers can create jobs, especially for women and youth.

5.4 Could India serve other countries?

Ageing is a global trend. India can become a **global hub for trained caregivers**.

5.5 How do all these ideas connect?

Think of it as a chain. An ageing population creates more demand for care. Trained caregivers can meet that demand and earn a fair living.

A national policy and a Council make the training and the jobs trustworthy. That is why the report links care to jobs, dignity and growth.

5.6 How big is the jump in elderly people?

The elderly population may grow from about 149 million to 347 million. That is more than double. Care services built for today's numbers will not be enough.

5.7 How do other countries pay for long-term care?

Many countries use a **social insurance model**. Everyone pays a mandatory contribution through payroll or health insurance. In return, anyone who needs long-term care can get support later.

Germany, Japan and South Korea follow this model. People can take the help in cash or as visits from professional carers.

5.8 What does need-tested but not means-tested mean?

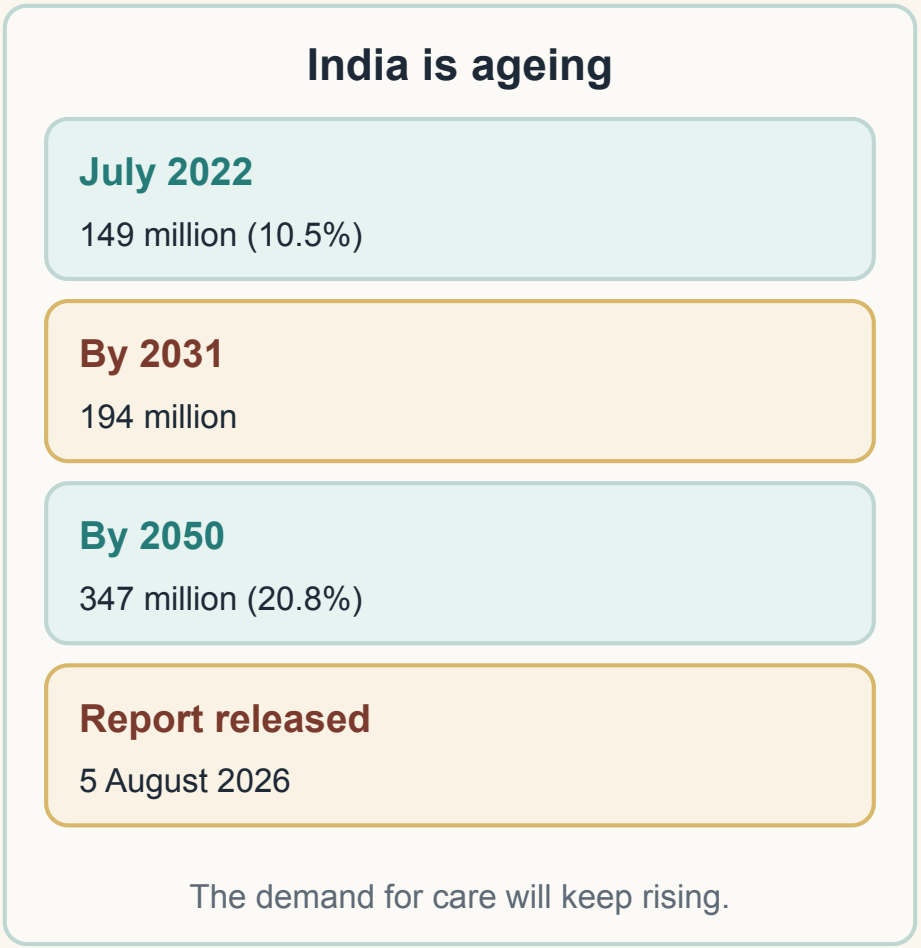
Support depends on how much help a person needs. It does not depend on how much money the person has. A rich and a poor person with the same needs get the same care.

5.9 Which countries rely more on families?

Some southern European countries, such as Italy and Portugal, follow a **residual model**. The government helps only when a person has no other support. Families do most of the work, and the model covers only about 10% of older people.

5.10 Which countries use tax money for care?

Other countries pay for care from general taxes, at the national or local level. The Nordic countries and Scotland use this approach. Countries choose very different ways to fund care.



Ageing. Original explanatory diagram.

Sources:

- NITI Aayog: Reimagining Care report (section 5)

True or false: India's elderly population may reach 347 million by 2050.

6. Who was present at the launch?

Senior officials from **Central Ministries** attended the launch. They work on health, welfare and skills.

6.1 Were global bodies present?

Representatives of international organisations were also present. They included the **World Health Organization**, UNICEF and the World Bank.

6.2 Who else came?

UN Women and the **International Labour Organization** also sent representatives. Caregiver organisations joined as well.

6.3 Why does this matter?

Their presence shows this is not only a domestic issue. Ageing is a shared worldwide problem.

6.4 What should a student remember?

The report puts caregivers at the centre of the care system. It links care to inclusive growth.

6.5 How can a student write about this report?

Start with a short definition of caregiving. Then give the data: 299 against 97 minutes, and 347 million elderly by 2050. Next list the two proposals and the nine pillars. End with the opportunity for jobs and for global demand.

Sources:

- All India Radio: report release (section 6)

True or false: Only Indian officials attended the launch.

Your understanding checks

Your 6 quick checks Answered 0 of 6 · Correct 0

This score resets when the page reloads.

Practice: 6 MCQs

Practice MCQs

1. Which division of NITI Aayog prepared the Reimagining Care report?

A. Social Justice and Empowerment Division

B. Rural Development Division

C. Health and Nutrition Division

D. Skill Development Division

See answer ↓

2. According to the Time Use Survey of 2019, about how many minutes a day do Indian women spend on unpaid domestic and care work?

A. About 150 minutes

B. About 299 minutes

C. About 400 minutes

D. About 97 minutes

See answer ↓

3. Which body does the report propose as the apex institution for caregiving?

A. National Health Authority

B. National Caregiver Council

C. National Commission for Women

D. Rehabilitation Council of India

See answer ↓

4. On how many strategic pillars does the report rest its recommendations?

A. Six

B. Twelve

C. Four

D. Nine

See answer ↓

5. By 2050, India's population aged 60 or more is projected to reach about:

A. 347 million

B. 149 million

C. 194 million

D. 500 million

See answer ↓

6. In the report, what is an informal caregiver?

A. A government nurse

B. A trained home-care assistant

C. An unpaid family or community member who gives care

D. A paid professional from an agency

See answer ↓

Answer Key

1. **A.** The answer is **Social Justice and Empowerment Division**. The report sits under the Social Justice and Empowerment theme. Why the others fail: the other divisions work on health, skills and rural issues. Memory hook: care is a social justice issue. ↑ Q1
2. **B.** The answer is **About 299 minutes**. Men spend about 97 minutes on the same work. Why the others fail: 97 is the figure for men. Memory hook: 299 for women, 97 for men. ↑ Q2
3. **B.** The answer is **National Caregiver Council**. It would regulate, coordinate and promote caregiving. Why the others fail: they are existing bodies with other roles. Memory hook: new sector, new council. ↑ Q3
4. **D.** The answer is **Nine**. The pillars run from policy and recognition to technology. Why the others fail: six is a common mistake. Memory hook: nine pillars, three groups of three. ↑ Q4
5. **A.** The answer is **347 million**. That is about 20.8% of the population. Why the others fail: 149 million was the 2022 figure and 194 million is for 2031. Memory hook: 149, 194, 347. ↑ Q5
6. **C.** The answer is **An unpaid family or community member who gives care**. Most Indian caregiving is informal. Why the others fail: paid professionals are formal caregivers. Memory hook: informal means unpaid. ↑ Q6

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