

Reduce, Reuse and Recycle: Our Planet Our Health

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Introduction:

World Health Day is celebrated annually to draw attention to a specific topic and bring people awareness. The day it was established in 1948 at Geneva, the world health assembly. Therefore, this day is the anniversary of the World Health Organization (W.H.O); WHO targets the needs of humans and the planet globally and fosters a movement to create a society focused on well-being.

WHO states, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". It is also an essential aspect of our existence which can't be ignored.

World Health Day, 2022: Our Planet Our Health

This year W.H.O focused on keeping the planet healthy. We all know about the different types of diseases we suffer from. It is our responsibility to bring awareness to all people, and we need to give knowledge about health to them, which is essential to create a society focused on well-being.

According to WHO, more than 13 million deaths occur due to avoidable environmental issues, including climate crises. The climate crisis is one of the most significant threats to human beings. Sow the seeds of hope and plan for a promising future. Trees are the world's lungs; trees are the most important things for a healthy planet. To get a healthy life, eat less, breathe deeply, live moderately and cultivate cheerfulness. Be prosperous and happy by attaining good health. One who has health hope; is the one who has hope for health too.

The Dictums:

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

Buddha

Health is the full of freedom, and it frees you from the illness. Happiness is the highest and greatest form of health.

"It is health that is real wealth and not pieces of gold and silver."

Mahatma Gandhi

These are the activities we have to do to keep our planet healthy: -

1. Plant a tree
2. Using 3R and bringing awareness among the people about 3R
 - a) Reduce
 - b) Reuse
 - c) Recycle
3. Educating the people
4. Avoid deforestation
5. Bike more, drive less
6. Use eco-friendly materials
7. Use biodegradable substances and avoid the use of artificial fertilisers and pesticides
8. Stop disposing of the waste products and household waste in the water bodies
9. Reducing the usage of plastics
10. Reducing the industrial gases and wastage in the air and water bodies, respectively

If we keep our planet healthy automatically, we will be healthy and unable to suffer from the dangerous diseases that may cause death. We need to draw attention among the people about the health camps and vaccinations so that they are not exposed to conditions.

For good health: Eat healthy-stay healthy

- 1) Avoid junk food
- 2) Eat green leafy vegetables
- 3) Avoid soft drinks
- 4) Eat less

Many factors are affecting the planet. Various contaminations like water, air and sound pollution cause adverse effects on the earth and health.

We can see a healthy planet if we can reduce all the contaminant pollution. Our responsibility is to give such a wonderful and healthy planet to the next generation.