

Walk with Nature: Our Planet, Our Health

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Introduction:

When the planet is polluted, human health is impossible; to heal ourselves, we should mend our earth; to heal the world, we should first heal ourselves. Health is the fundamental right of all humans; it is the most vital thing to sustain. To lead a healthy life, an individual should have complete physical, social, mental, and economic well-being with merely an absence of disease. The leading cause of destruction to the state of health arises from the human attitude.

The Gloom:

"Earth provides everything enough for the man's need but not for his greed." To satisfy his never satisfiable greed, the overwhelmed man takes the earth as if it is granted. The alarming rate of deforestation is the best example of it. Men pamper themselves and give a lot of pain to mother earth.

"The Lung of Earth, The Amazon Rainforest" is destroyed up to 17 per cent as per the recent reports. The plants play the most vital and inevitable role in purifying the air and providing an amble environment to sustain on earth; instead of saving or protecting our saver, we, humans, destroy it.

"The most dangerous aspect is the attitude that someone else would save it. "It is the responsibility of every human being to look into it and take the initiative. The continued deforestation leads to global warming and melting polar ice caps. According to NOAA (National Oceanic and Atmospheric Administration) 2020 Annual climate report, the earth's temperature has increased by 0.13°F; if this situation prevails within a very few years, many low-lying places on earth will be swallowed up by the rising seawater.

The increasing global warming due to deforestation results in many species extinction.

According to the famous "Revert Popper Hypothesis", where the earth is considered as an aeroplane and the keystone species as reverts on the wings of the aircraft. However, if small and insignificant reverts are popped off, the stability of the plane is not affected, but when the critical stone species, the reverts from the wing, is popped out, the whole of the aircraft shall collapse. This is the actual situation when a keystone species get extinct from the earth. It affects the stability of the planet and, in turn, the health and life of human beings.

“Amrita Devi award” was given to urban people who showed extraordinary courage to protect the plants and the earth. The award evolved from the heroic and motivational death of a tribal woman named Amrita Devi, who hugged a tree to not cut it down by the king's servants, but unfortunately, she was cut down with the tree by them. Our nation India rewards such extraordinary people with this most prestigious award.

The remedies for these can be afforestation, when one tree is cut down plant ten instead of it, using automobile fuels with unleaded petrol is of great importance. In many states, electric and CNG vehicles are on fledge. Proper disposal of e-waste, nuclear, and non-degradable waste with utmost care is essential. Recycling biodegradable waste into manure also helps in the growth of plants.

We are also aware that Delhi is the most polluted city in India and also finds its top places in the most polluted cities in the world. People even find no fresh air to breathe and are in demand of buying oxygen which our mother earth gifts us when we take care of her. Measures are being taken to improve the air quality there.

On World Health Day, 2022, the theme of WHO is “Our planet, our health” and spread awareness among human beings that if we want to sustain, we should protect and pamper our planet, not our greed.

Footnote:

“Walk with nature, Love the surroundings which are Nature, and take good food from nature. Good food grants us good health”.

Our planet is not what we inherited. It is an asset which we should pass on to the next generation.