

## Vasudhaiva Kutumbakam: Our Plant Our Health

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### **Introduction:**

A healthy planet and healthy human well-being are the real wealth. Everything we do to our planet, we do to ourselves, “Vasudhaiva Kutumbakam”, a Sanskrit phrase used in India that means the whole world is a family. Humans who originated on this planet are living for millions of years are living now and will be living in future on this same planet, our Earth. The earth, the sun, and the atmosphere made us and will go to the same after death.

### **The Rot:**

The rapid growth of globalisation, urbanisation and industrialisation has occurred in the past few decades. Also, the population has increased very rapidly. These all things have indirectly affected our planet and our atmosphere. The damage caused by these is visible now in the form of climate change like flooding, drought, global temperature increase, glacier melting, forest fire, environmental pollution, and biodiversity loss.

The recent Covid crisis has shown where we stand regarding a healthy planet, a healthy country and a community. The Covid crisis has revealed the global inequity in terms of health. In the context of India, our country has learned many lessons from the Covid pandemic. Since India has the largest vaccine production unit in the world, India produces 60% of the total world's maximum vaccine. UNICEF heavily depend on India for a vaccine for various worldwide health care programme. During the Covid crisis, the Indian government established medical oxygen plants in almost all districts across India. The state government recruited many doctors, nurses, and paramedical staff in government hospitals. Also, beds in the hospital and life-saving equipment have been increased. This all is improving India's health system now. People are now more careful about their health. They have seen a clear galaxy after many years during covid lockdown because earth pollution was low.

In today's time, the war between Ukraine and Russia is an increasing burden and is giving deep wounds to this planet, that environment and humanity. On this world health day, around twenty thousand medical students returned to India for one month due to war. This is decreasing the medical power of our health system. All students are uncertain about their future. War has increased many pollutant gases in the atmosphere that is not good for a

healthy planet. Everyone knows what happened in World War II in Hiroshima and Nagasaki. Nature will take many years to heal these wounds.

Rapid population growth is one of the biggest problems for a healthy planet, country, and society. It can only be controlled by providing quality education and decreasing poverty and employment. National father once said, “The world has many more for everyone’s needs but not for everyone’s greed”. We must use renewable sources wisely and only that much of what we need. We should see an option for traditional sources of energy like renewable sources. We should try to generate as little as possible non-biodegradable and biodegradable waste.

In the past, many international and national conventions have occurred for making the earth a healthy planet, like the so-called three Rio-de conventions, 1992, the international convention for biodiversity, the United Nations framework convention for climate change and United Nations Convention to combat desertification. These all aim to form a well-functioning ecosystem for making a healthy society.

**Redemption:**

Mahatma Gandhi also said, “be the change you want to see in the world”. We should take an oath that we will contribute to making our planet healthy, a healthy country and a healthy society; we should decrease the use of non-renewable sources, we should not use single-use pens and plastic, switch off the electricity when not needed, should stop water wastage, should make proper hygiene around us, should maintain an appropriate size of family and should plant more and more trees.

The Jai from Jai Hind will only reverberate a thousandfold when we start believing and acting for Our Planet and Health.