

Happiness Agenda: Our Planet, Our Health

Shahina S

1st year M.B.B.S undergraduate, ESIC Medical College and Hospital, Bihta, Patna, India

Email: shahinasklm2019@gmail.com

Dr.SoumyaChakrabarty

Professor, Department of Anatomy, ESIC Medical College and Hospital, Bihta, Patna, India

Email: soumtuab@gmail.com

Dr.SudhanshuShekhar

Associate Professor, Department of Biochemistry, ESIC Medical College and Hospital,

Bihta, Patna, India

Email: dr.sudhanshushekhar@gmail.com

Dr.VivekAnandOjha*

Senior Resident, Department of Biochemistry, ESIC Medical College and Hospital, Bihta,

Patna, India. Email: vao1227@gmail.com

Introduction:

Health is the real wealth, not pieces of silver and gold. We celebrate World Health Day on April 7th, organised by WHO and other organisations annually. In 1948, WHO organised its first assembly on this day. This year, the theme is “Our Planet, Our Health”. After the impact of the Covid-19 pandemic, we all realised the importance of health and sustainable development. Nowadays, we can see all are running behind industrialisation and economic development, and they are not considering their health or surroundings.

The Bleak:

About 2 billion people every year due to different diseases and environmental conditions like dengue and malaria. 13 people per minute die due to air pollution, which causes lung cancer, asthma and heart diseases; around 2 billion people are affected by a lack of safe drinking water, and eight lacs people died due to diarrhoea in the last one year. At global rates, 13 million people died due to unavoidable environmental crises.

These are all the impacts we are seeing because of human greed rather than giving priority to our needs.

Some countries are taking the initiative to avoid or reduce these crises, like Bhutan, which implemented the Gross National Happiness Index, which includes health status, the psychological impact on people and sustainable development for people. Finland and other Nordic Countries implemented holistic health in all approaches for their people. New Zealand has implemented a well-being budget for health, sustainable development etc. Like this, all Countries should take the initiative to prioritise people’s health and sustainable development.

We have seen the worst phase of Covid-19 in the last two years, which teaches many lessons. Before, people had no time to relax, look after their health, or spend some time with nature; they were all busy making money and enhancing industrialisation. All are working for their greed and not giving any value to nature’s gifts like pure air, which they are destroying by increasing automobile vehicles on the road rather than taking bicycles or public transport, which increases the emission of gases like CO₂ etc. These gases will pollute the air that we breathe. The usage of plastic cans, utensils etc., is rising, leading to soil pollution. If we do not take any immediate action to protect our environment, it will defect the lives of people on our

planet. We must save our world, for us and our future generations. WHO and other organisations are trying to unite to achieve sustainable development in all sectors. They implement different themes each year to focus mainly on sustainable development in the economic and health sectors.

During the Covid -19 pandemic, we see the inequity in the economic sector and the need for Sustainable development. There is a rise in online platforms and a fall in the economic development of the middle class and poor people. In One Country, we can see a big difference between rich and poor which shows the inequity in economic development. But during the Covid-19 Pandemic, we see a slight reduction in air pollution due to fewer vehicles on the road.

Real Wealth:

We should keep our surroundings clean, preventing infectious diseases like malaria, dengue etc. Health is not only considered physical well-being; it includes social and mental health. In UAE, the government has implemented a “Happiness Agenda” that prioritises health in its policies.

Now, there is no time for delay; it’s the time to unite to protect our planet and ensure our health. Remember, Health is our Real Wealth.