

RELATIONSHIP OF HEALTH AND SUSTAINABLE DEVELOPMENTS OF ASSAM

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Abstract: A crucial component of sustainable development is health. A vital component of human well-being, which encompasses material, psychological, social, cultural, educational, occupational, and living conditions, is health. These factors are directly tied to health investments, especially those that prevent illness; they boost rural economies by improving educational attainment, labor productivity, and decent employment; and they have positive effects on the earth's ecosystem through increased savings and investments.

This paper aims to illustrate the connection between sustainable development and health, which cannot be realized without citizens' excellent health.

Keywords: Health, Sustainable Development, ecosystem, living arrangements.

OBJECTIVES OF THE STUDY

1. To study the concept of health.
2. To study the concept of sustainable development
3. To relate health and sustainable development.

Introduction

Health

Health is one of those terms which most people find most difficult to define. Therefore, many definitions of health have been offered from time to time, including the following: "Health is a function of the overall integrated development of the society and the health status is one of the indicators of the quality of life." The World Health Organization (WHO) defined health in its broader sense in 1946 as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

Buddha said that, of all the gains, the gain of health is the highest and the best. Webster defines health as "The condition of being sound in body, mind or spirit especially freedom from physical disease or pain" while Oxford English Dictionary defines it as "Soundness of body or mind; that condition of being sound in the body, mind or spirit especially freedom from physical disease or pain, the gain of health is the highest and the best. Webster defines health as "The condition of being sound in body, mind or spirit especially freedom from physical disease or pain".

Health is a dynamic state on the wellness-illness continuum, ranging from high-level wellness, to states of illness/premature death. The level of wellness or health is determined by the ability to deal with and defend against stress. It is determined by physiological, social and spiritual factors. Health is viewed holistically as an interacting system with mental, emotional and physical components. It is also considered as a basic and dynamic force in our daily lives influenced by our circumstances, beliefs, culture and social, economic and physical environments. It implies good prospects for continued survival.

Sustainable Development

We are all living in the sustainable development era. In the context of the environment in general and the exploitation, distribution, and use of natural or environmental resources in particular, the idea of sustainable development is especially pertinent. Therefore, it is believed that the idea of sustainable development is more important and has a wider reach than economic development. The 20th century is when this idea of development first emerged. In its report "Our Common Future," the World Commission on Environment and Development popularized the phrase.

Sustainable development is a multi-dimensional and multi-disciplinary concept. According to Van Den Bergh (1996), the major theoretical perspectives of sustainability are Neo-classical economic equilibrium, evolutionary ecology, psychology, socio-cultural and human ecology. Likewise, the concept is very closely concerned with physical or natural sciences. The present paper takes into consideration only health perspective of the concept sustainable development in general.

The term sustainable development was first used by the 'World Conservation strategy' presented by the international union for the conservation of nature and natural resources in 1980.

India is one of the fastest growing economies in the world. But there is an inverse relationship between

economic developments and the environment. Indian economy has been Undertaking the planned efforts to speed up its economic development.

Economic Policy (NEP) that is being implemented in our country since 1991. Important goal of New Economic Policy was to promote the rate of economic growth. This necessitates assessing the state of sustainable development in Indian and the efforts of the state of the Indian economy in that direction.

Health and Sustainable Development:

A person's entire developmental trajectory is dependent on his or her level of intelligence, curiosity, and constructive thinking—all of which are reliant on good health. Therefore, health services are crucial for the government to address the needs of healthy citizens for a healthy society.

By giving them knowledge and skills, leaving a clean and bio diverse environment, and avoiding health hazards from climate change and other long-term environmental concerns, we can safeguard the health of future generations.

The formulation of health-related goals, targets, and indicators must be consistent with the defense and realization of everyone's fundamental liberties and human rights, including gender equality. Additionally, it would guarantee that human rights norms and concepts be systematically included into actions in the health sector.

Giving priority to a worldwide as was previously mentioned, achieving the global health target is crucial to sustainable development. The health sector must address its shortcomings, which include inadequate governance and

accountability systems, low standing in relation to other sectors in the eyes of the planning and finance ministries, a severe lack of highly qualified, driven, and supported health workers and their unequal distribution both within and between nations, and a lack of expertise or capacity in many crucial areas like quality assurance. In the face of these obstacles, enabling communities and individuals to act as advocates for their own health and as agents of change with the government is crucial to further progress.

CONCLUSION

Thus, a "health-in-all-policies" approach might be taken, taking into account the crucial relevance of the multi-sector determinants of health and the role that health plays in sustainable development. This strategy would acknowledge that other sector goals should contain health-related targets. This strategy might promote the inclusion of health promotion and risk reduction at every stage of life in the formulation of general development policies and concepts. Ayushman Bharat is one of the central government's initiatives aimed at improving the nation's health.

By giving them knowledge and skills, leaving a clean and biodiverse environment, and avoiding health hazards from climate change and other long-term environmental concerns, we can safeguard the health of future generations. Just to provide an irreducible minimum of preventative and curative health services and to build capacity in the health sector, long-term, predictable, and sustainable financing for health is needed from both domestic and foreign sources. Thus, true sustainable development may be attained in a healthy community.

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