

# Positive Impact of Environmental Health: During COVID-19 Lockdown Period

H Paramesh

## Background

World Health Organisation office in china received the first report that, there is pneumonia with unknown cause in Wuhan, China on 31<sup>st</sup> Dec 2019. On 30<sup>th</sup> Jan 2020 WHO declared the outbreak of Corona virus as a Public Health emergency of international concern by the director general Dr.Tedros Adhanom Ghebreyesus

This COVID-19 disease pandemic had created an unparallel disaster in the history of humankind in various ways. It has spread its tentacles globally in a rapid way causing tremendous morbidity and mortality. It has created such an impact that the most powerful nations have come down on their knees, horrendous psycho socio economic burden by closing of various industries, education institutions ,construction work, labour migration, social disturbances and stress on agriculture etc.

To manage this and to prevent the spread of the disease, lock down of the areas with the disease has brought in. In over one month period of lock down of activities we are experiencing the positive effects on environmental health where mother earth is clearing the mess created by human. We have observed the following changes in the environment

### 1. Improving Air Quality In The Country

Our city of Bengaluru had very poor Air Quality Index (AQI) Of 310. After the lockdown we are experiencing good AQI of 45-59. The visibility is improved where we can see blue sky and people from 300km away can see the snow peak in Himalaya Mountain in North India.

### 2. Improve Water Pollution And Ground Water Level

River and lakes in Bangalore had foam most of the time with AQI of 160 on 21<sup>st</sup> March 2020. Now there is no foam one can see the pebbles in the bottom of the water as the AQI improved to 45 on 3<sup>rd</sup> May 2020.

### 3. Decreased Noise Pollution

We hear only birds chirping in the early morning and evening. New birds and wild animal like Spotted Deers, Elephants, Civet Cat, Foxes, Leopard, Peacock and Sparrows visiting our cities. People are getting good restful sleep.

### 4. Decreased Solid Waste Production

In one of the town Gurugram the waste generation was 320G /Capita /day and total waste was, 400MT/day in the year 2006 and it was estimated that it will go up to

400G/Capita/Day and total waste 1040MP/Day in 2021. Now it is claimed that total waste has reduced up to 50% as on 18th April 2020 but one should be aware of enhanced hospital waste.

### 5. Display of Unparalleled Human Behaviour And Kindness

Nearly 100 million migrant labours working in major cities migrated back to their native places. During this period most of them lost their jobs, some minor fights and deaths have occurred for various reasons.

The kindness and the attitude of the public, non govt organisations, social clubs, service clubs, state and central govt and religious groups in providing free food, water and shelter in displaying human values are praiseworthy.

### 6. Change In Health Economic Policies

After our Independence in the year 1947 we focussed on health predominantly on technology, curative aspect, and disease oriented training module to the professional. 97% of the health budget was spent on curative aspect of few diseases for a small percent of people with very little health care for a cost.

Now we are focusing on preventive aspects with good hygiene and civic senses, good potable water, good nutrition and patient oriented training modules with better allocation of funds for preventive aspects

### 7. Popularising Our Traditional Values Of Greetings During Pandemic To Maintain Social Distance In The Public

Greeting people with folded hand “ **Namaste** “, It is derived from Sanskrit Rig Veda and means “ **I Bow To The Divine In You**”. Mr. Francissca De Luca a yoga teacher from Rome Italy claims that **Namaste** connects to your divine soul.

### 8. Provide Invaluable Proof How We Can Make Depressed Mother Earth To Smile Again

All policy makers want a proof from a randomised controlled multicentric study with good number of participants. Now we have Randomised Nature Controlled Multinational Study over an Million Participants.

### 9. Time To Convince Global Leaders On Global Warming, Climate Change And Its Impact On Health

It is time we stand by the side of our youngsters Ms. Licypriya Kangujam of Manipur, India and Ms.Greta

Thunberg of Sweden to convince the G20 global leaders to implement the lesson we learnt from the lockdown period so that we all can live peacefully with good health and ecosystem.

#### 10. Strengthen Our Plan Of Action

Our plan of action is to restore the hope in people and assure a bright future for our children. Show them that climate restoration is possible and suggest how the stake holders can help to ensure the survival of humanity.

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