

Theme: Good Health and Well-Being

Hello all! I'm thrilled to have you back with me again!

Today, we are going to learn about a topic that impacts us all. It is perhaps one of the most important building blocks for a prosperous and happy world! The topic that we will discuss today, is of great relevance to each one of us from the second we are born! Well, have you been able to guess the topic? I'm talking about Good Health and Well-Being! Do you agree with me? I am sure, you do.

Good Health as you all know involves leading a healthy lifestyle and taking suitable measures to be free of any illness or injury. It ensures that you live in the best of your active health. Well-being on the other hand is a combination of physical, mental, emotional and social health and is considered to be closely linked with one's happiness and life satisfaction. This should give you a fair idea about the close association that Health and well-being enjoy. Ah, yes! They do go hand-in-hand.

But are you aware of the fact that health is also a fundamental human right and a key indicator of a country's development? Let us treat health and well-being as two interconnected pieces in a large jigsaw puzzle of survival. As humans, we do not just exist, but survive. We will now try to understand why? Existing means just living, whereas surviving means leading an active life and working towards achieving good mental and physical health. The health and well-being puzzle pieces also have many smaller subparts – Good nutrition, vaccination, access to efficient and quality health care.

Good nutrition gives us the right amount of nourishment and energy and helps in the proper functioning of our body. In short, it keeps us hale and hearty. At the same time, vaccination stimulates our immune system to fight diseases and germs.

Now, let's talk about the other two important puzzle pieces needed for maintaining good health. They are - having access to quality healthcare and efficient healthcare personnel. Everyone in the world should have access to the best health care facilities, be it hospitals, clinics, specialized care centres, etc. They must also be able to meet the best doctors in order to make timely

diagnosis so that they are cured of their illnesses. Due to the rising costs, lack of infrastructure and lack of awareness, access to proper healthcare and doctors remain a challenge in more than 50% of the world. Can you imagine, countries like Tanzania and Nigeria have just 2 doctors per 100,000 people. Sad, isn't it?

Despite the notable progress made recently on this front, significant challenges remain. Many women the world over do not have access to proper health care; new diseases continue to emerge each day, billions of people are unable to get essential medicines, millions of adults and children suffer from malnourishment. and with the global amount of waste estimated to triple in the coming year, this is going to have severe effects on our health.

As the problems grow in size, the role of problem solvers like you become all the more important. Are you willing to take on the challenge and put on your thinking caps? Did I just hear you say, 'Bring it on!'?

We are here to solve problems related to Good Health and Well Being, the UN SDG #3! The theme for this Intermediary stage is 'Health & Well-being'. The goal is to ensure healthy lives and well-being for one and all.

Like you did during the Beginner's stage, take on the role of a Health Champion / An Evangelist and bring good physical & mental health for your fellow beings.

From the next video, we will embark on our mission of spreading awareness about Health & Well-being by developing games in Construct.

Till then! Bye-Bye.