

# CREATING HAPPINESS THROUGH PUBLIC HEALTH SYSTEMS: A NOVEL APPROACH

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In all these years being in the global public health space, I have rarely come across practitioners of the trade talking about creating happiness through the interventions on the ground and through health systems intervened. There is much dialogue around health equity, health outcomes, technology to aid rural development and much more, but the conversation must center around happiness now more than ever before.

It may be good practice to have objective specific outcomes of care, but in a culture dominated by misery, war, hatred, hyper nationalism, increasing sadness and loneliness is on the rise leading to mental health consequences which cannot be seen but possibly have devastating ends.

I wish to introduce new practices of practicing global public health with facets of love, creating memories that inspire, focusing on interventions which have the happiness quotient. These are powerful emotions which in a way all of us in the global health space have never cultivated and even rarely spoken about in high level meetings.

I ask of you to imagine global health animated by happiness which makes us ask for something bigger than mere physical health. We must revisit the objective of health from a peace of mind perspective, from a serenity

perspective and from an ever ever desire to create the kind of world that thrives on happiness and overflows with the abundance of love.

It is not enough to bring out a child from the clutches of malnutrition, it is simply not enough to save a community from impending disaster, it is necessary that we add colour and value to our existence. Not always can we measure the impact by mere numbers, but we must through a novel approach built on values of human solidarity strive to create an atmosphere that enables, that enkindles and that which delights the soul.

Global public health must aim to put families first, put communities first. Eye washing projects sponsored by vested interests have no scope in the global health space. Unless we nourish the roots of our hope and let the light within us illuminate, we will remain guided by our own ignorance that thrives on average existence.

Every nation presents unique challenges that require novel approaches, be it gun violence or opioids crisis in the US, or be it the failed one child policy of China, or be it the recurring disasters hitting the Philippines islands or the economic

crisis engulfing Sri Lanka or the malnutrition issues faced by India, the collective human goodness that can be achieved if neatly influenced remains the way we push for happiness.

We need to be obsessed with policies around happiness and promote more emotions that have the mountain moving potential for human goodness to reach courageous levels of care and a higher purpose.

This urge to act, this desire to create happiness through public health actions has influenced my thoughts over the years. In the age of public health, I ask of every practitioner to have a public health in all policies approach factoring happiness in every objective outcome.