

Only a healthy population can be an asset for a country

## Outline

### 1. Introduction

Thesis statement

### 2. Crunch Paragraph

### 3. How healthy population can be an asset for a country

a. It generates effective population

b. Healthy population, a source for Good Governance

c. From healthy population, capable leadership emerges

d. Healthy population leads to healthy economy

e. It forms a healthy society

f. It improves living standard of people

g. A pre-requisite for scientifically advanced society

### 4. Negligence and challenges to this asset

a. Poor personality development policies of institutes

b. Lack of facilities to promote healthy activities

c. Outdated Education system overly dependent on curricular activities

d. Poverty a severe challenge to attain healthy population

e. Unawareness about importance of healthy

f. Life style in society

g. Health treated as luxury

### 5. How healthy population can be achieved

a. Incentives shall be given to institutes for promotion of healthy activities

b. Health activities shall be made part of curriculum

c. Facilities and guidance at local parks

d. Civil Society shall educate under privileged about importance of healthy activities

6. **Conclusion**