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Only a healthy population can be an asset for a country.

Outline

1- Introduction

Thesis statement: Only a healthy population is an injection for country's assets. But it is neglecting due to economical, social and professional lack of interest. It can be mitigate with the help of assets and healthy population.

2- Country depends upon assets in the form of healthy population.

3- Why only a healthy population is an asset for a country.

(a). Healthy human capital accelerate economic growth

(b). National wealth based on healthy human

(c). Human resources are superior to other resources

(d). Healthy population emphasizing mental and emotional well-being

(e). Healthy national capacity can compete globally.

4- How healthy facilities are neglecting in the country

(a). Insufficient funds for health sector

- (b) Government lack of interest in health sector
- (c) Converting healthy environment to unplanned construction in urban sectors.
- (d) Not availability of competent staff in rural areas
- (e) People use typical way of treatment instead of going to Hospital.
- (f) Poor population can not afford high cost of cure

5. Way Forward: Country demanding assets in the form of healthy population

- (a) Invest on human capital
- (b) By using scientific research (AI) in the field of health sector
- (c) Expand insurance to cover health care cost
- (d) Reforms in the lower and middle income health sector.

Conclusion

Essay

At war March 24, 2020. World was suffering with effects of COVID-19 pandemic. When Pakistani leadership announced complete lockdown in the country.

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This lockdown was realized that how much a healthy population is necessary for a country. When everything was closed but hospitals were opened. This situation realized, what is the real asset of the country. But the question is, why only a healthy population is an asset for country? Because healthy human capitals exilerate economic growth. Our national wealth based on health of human. Human resources are superior to any other resources. Healthy population emphasizing mental and physical well-being of society. Healthy national capacity can compete globally. However, health facilities are neglecting in the country. The reason is ~~in mass~~ insufficient funds, Government lack of interest, by converting healthy environment into construction for urban sector, not availability of competent staff in rural sector, people use typical way of treatment instead of going to hospitals. Similarly, poor population can not afford high

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cost of cure and doctors are busy in their private clinics. But these things can be manageable by investing on human capitals, by using scientific research, with expansion of insurance to cover health care cost. By doing reforms in the low and middle income health sectors. In this way, only a healthy population is an injection for country's assets. But it is neglecting due to economical, social and professional lack of interest. It can be mitigate with the help of assets and healthy population.

Healthy human capital is essential to accelerate economic growth. The reason is survival of country without healthy human capital and economic stability is near to impossible. Because economic growth of the country directly or indirectly depends upon his human capital. It comprises all sector of life and their

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participation in economic growth. According to economic survey of Pakistan 2022-23, health expenditures 1.0% to 1.4% increases in the year of 2021 to 2022 respectively. Hence to make an economical strong country it is necessary to make healthy human capital for acceleration of economic growth.

Healthy humans are the basic source of national wealth. Because without healthy population it is impossible to become wealthy nation. According to S.J. Mustikrin's hypothesis healthy is an investment for national economy to produce high productivity and prosperity. As per report of Human Capital Index (HCI) only 41% of born babies are full of health. This percentage is lower than Bangladesh and Nepal. This show that without healthy human force it is impossible to make nation strong and wealthy.

When any nation or country counting its resources, than the top of the list resource is always its human resource. Because human resource can manage the country all other resources and human played as a sole of injection in country's economy. According to Institute of Health Metrics and Evaluation (IHME) Pakistan is at 164th country out of 195 countries who invest on human health. An line with the sitting president of Pakistan it is state responsibility to provide health resources to its public for making them productive member of the society. so it is primary and necessary need to strengthen human resource before strengthening other resources.

Mental and emotional well-being is directly depends upon healthy condition of the public. Because with healthy population it can be say that society is physically,

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mentally and emotionally a healthy society. World marked October 10, as World Mental Health day. According to Dr. Ayesha Mian, the chairman of the Department of Psychiatry of the Aga Khan University, around 50 million of the Pakistani are suffering with mental health disease. which includes depression, anxiety, stress and bipolar disorder. This shows that efforts for stability against mental health disease are very urgent and necessary.

To compete globally it is necessary for a country to have a healthy national capacity. As large population is assumed as burden for a country but if think deeper it is an opportunity for a nation to strengthen itself in front of a world. According to New York times, many poorer countries manage to have better health outcomes than Pakistan by focusing on primary care and strengthening their

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Public Health capacities According to survey report, conducted by World Health Organization (WHO), Ratodero metropolitan area city of Sindh, Pakistan, 1132 children were in the city diagnosed with HIV positive, most of them under age 13. With statistics this ratio is more than the ratio of United States in respect of population. It means without healthy national capacity, this is impossible to compete globally.

Health sector always need to be prioritized in funds for essential medical services. It is responsibility of government to manage all the necessary health facilities to the public. According to experts, In provincial capital Lahore, almost 3000 to 5000 patients received everyday by government hospitals but these hospitals are not state of the art to manage them. Similarly, another story is from Karachi, provincial capital of Sindh, where 34 public

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sector health facilities have been closed due to lack of funds. Similarly provincial government still not decided to release funds for NGOs. ~~or~~ not These NGOs running three dozen hospitals from last five years. This situation urge to work on funds for healthcare sector and prioritize healthcare by all means.

As health sector is the most important sector in respect of any other sector of government but government lack of interest in health sector makes it more complicated. Medical experts and economists believes that easier access to healthcare is possible if state fulfill its responsibility and public pay their taxes. Infact in Karachi, Malir district, government transfer 34 public health facilities, including the Sindh Government Hospital Ibrahim Hyderr, to an NGO named Hands. Similarly recent visit

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of chief minister Punjab at Services Hospital Lahore, officials were shocked when they are not availability of heart disease medicans. It is the result of serrouis lack of interest by the government in the health sector. Due to which common man is suffered.

Healthy environment is always comprvized by unplanned construction in urban sector. This unplanned urbanisation creates lots of social issues that ultimately in result of causing health issue. Over 55% of the world population lives in cities. With fast growing urbanization, this figure is set to rise to 68% by 2050. Infact in Federal capital of Pakistan, Islamabad, where 1960's master plan not properly followed. By creation of "katchi Abadi" and destroying green belts is an alarming condition for health. So by all its means it is the duty of development authority to keep notice on

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these illegal urbanization

As health care is basic right for both rural and urban areas but unfortunately not availability of competent staff in rural areas makes situation more worse. Insufficient weather, large distance, due to law and order situation, lack of funds, all these things played a role of catalyst in health facilities issues in rural sector. According to survey, there is the shortage of 83 doctors in 114 medical centres of six tehsils of Rawalpindi. Similarly, unavailability of X-Ray machines in Tehsil Headquarter make situation worse.

Furthermore, in rural sector people assumed medical boy as proper MBBS doctor. This means not availability of competent staff in rural areas makes things more worse.

Many time it is noticed that people used typical way of treatment

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instead of going to proper register health care center or hospital. This practice make more conflict in fighting against diseases. Because people contact to doctor when things become more worse. Specially in Pakistan, people clean their teeth and all kind of dental treatment from the person who is sitting road side and pretend himself an expert of it. Dr Raza, head of dentistry at Polyclinic hospital Islamabad said: "These disease are being transferred via infected equipments and reusing syringes". Need to make dental treatment more cheaper for general public and arresting these road side experts to mitigate this issue.

Unfortunately, around 40% of Pakistanis living under the line of poverty. It's mean, this poor population could not afford high cost of cure to manage their health.

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according to its need. Pakistan is 5th highest burden country in health sector. Around 12 million people are living with hepatitis B and C making us worst affected country in the Eastern Mediterranean region.

Other side of the picture is private sector hospital in Pakistan, In short these hospitals are the business shops not the hospitals. A poor man can't afford but can't get treatment from these private sectors.

Need right person for the right job, Pakistan already have lots of plans, just need to execute them.

As every one knows, country major asset is its healthy population. So it is necessary to invest on human capital for the betterment of country. According to survey, 800,000 Pakistanis left the country for better opportunities.

Why this happened? Because we are not focusing on human capital. These 800,000 have

highly skilled and professionals including doctors, engineers, IT experts and many others. Need to create healthy opportunities for these shining stars of country, for the betterment of Pakistan. Otherwise, we will remain stuck in the loop, with no any chance of discharge from it.

Health sector always need improvement day by day. With the help of useful scientific research in the field of health sector it can be possible. World is making AI technology in the health sector, similarly, Pakistan can make its health sector towards AI technology. According to Dr. M. Iqbal Chaudhary, COMSATECH Coordinator General, said that Artificial Intelligence can bring significant process in the system by simplifying the lives of patient, doctors and hospital administration. This means scientific research is the suitable way for the

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health sector and can improve the lives of doctors patients and staff as well.

Life is uncertain. It become more uncertain, when a common man has not sufficient amount for treatment of his family. Then what can be done in this panic situation? Need to expand insurance to cover health care cost.

Government need to launched health insurance card through which poor population can manage their health facilities. Due to this a common man can overcome his tension regarding his or family health expenditure. With this health card, poorer can go to any public or private health center with out any hesitation of no money. Government need to look into this matter for the betterment of poor populations.

It is urged to reforms in the lower and middle income health sector. Because

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lower and middle class usually contact to health sector when disease at its extreme and no chances of recovery. By other side of the picture is, they supposed to compromise their health instead of their whole life savings. How the miserable life they spend? Government looks towards their condition. Need to reform according to the person income. Allow person free treatment according to his income. If he is hand to mouth then it should be free of cost treatment. Because lives should be free. It should be above money and above all public, private and government issues.

In a nutshell, health sector is the major and important sector. To give up the assets of country it is necessary to provide state of the art health care facilities to the public. This health

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Care facilities can be improved by taking concrete steps, that need to be taken and taken very soon for the betterment of the country. Our country has potential to fight with all kind of challenges. By investing on human capital it can be mitigate. By useful scientific research in the field of health sector can be good step for the improvement in the health sector. Similarly expand insurance to cover health care cost is game changer concept for the public. But not only this reforms in the middle and lower income health sector can be heals the wounds of common man. According to Iqbal: A State's success depends on individual skills. Each person is like a rising star in their destiny.

اگر اہل علم کے ہاتھوں میں ہے اقتدار کی تکمیل
ہر فرد کے لئے ہے ملک کے مقدر کا ستارہ

(اقبال)