

Alshah

Attempt Again  
with Intro para

Topic: Only a Healthy Population is an Asset for a Country.

### 1. Introduction

Thesis Statement: A population with sound physical, psychological and social health serves as an asset for a country. But countries today, face number of challenges in attaining a healthy population. However, effective measures can be adopted in order to make population healthy.

→ This is the main topic - discuss generally in thesis it

### 2. WHO Definition of Health and Indicators of a healthy population.

### 3. Healthy Population as an asset for a country

main topic so  
add more points

a. Contributes in socio-economic development

b. Explores all the resources available in the country

c. Decline in overall crime rate

→ how?

d. Competes with other nations in various domains.

e. Effectively deals with contemporary challenges.

↓  
→ classify, how?

f. Healthy population is self-sufficient and is least dependent on state's welfare schemes.

→ Redundant - merge with point 5

4. Hurdles in way of attaining healthy population.

a. Illiteracy and lack of awareness

b. Self-medication and quackery

c. Mental health is considered

a taboo, so is least discussed

d. Lack of functioning rehabilitation facilities

e. Lack of implementation of policies due to administrative issues.

what policies?

5. Ways to overcome aforementioned challenges, in order to attain a healthy population.

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- a. Social awareness campaigns related to drug abuse, HIV, Hepatitis etc.
  - b. Providing accessibility to health care facilities and get expert's advice.
  - c. Keeping a check on food industry
  - d. Providing clean environment and recreational facilities for better physical and mental health.
  - e. Proper and operational drug and mental rehabilitation facilities.

6. Conclusion.

→ Understanding of topic is good -  
→ content is good too but not enough  
→ work on paper presentation