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Paper: English Essay

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

The outline

Thesis Statement: A healthy population is an asset for any country if it is utilized properly. However, if it is not properly utilized than it could be a liability.

1) Introduction

2) How a Healthy Population can be an asset for a country

a) A healthy population is always well educated who brings;

- i) Ideas, Research and innovations in different fields.
- ii) Patriotic in approach

b) As a strong Human Force

- i) Skillful labourer
- ii) Increase productivity

c) Promotes the Information and Technology sector.

- i) Exports chips and other electronic materials.

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ii) Self sufficiency in the IT sector

d) Improve Political and Governance situation in the country

i) New leadership with dignified vision.

ii) obedient and cooperative with the laws.

e) Medical professionals and their contributions to the country

i) Treat the patients, who later participate in the country development

ii) Brings new innovations

3) China as a Case Study

4) India over population, transformation into a healthy population.

5) How an unhealthy population can be a liability for a country

a) As a burden on the resources of a country

b) Government cannot provide them jobs

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c) Unaware masses and political instability

d) The issue of governance and laws implementation.

e) A threat to climate change and natural resources

6) Way forward to make population more healthier and an asset for any country.

a) Investment on human development

b) Promote academic and Industrial linkage

c) provide them professional and IT training

d) Update the national curriculum according to the needs of the time

7) Conclusion

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A few people were living in a tribe whose population was increasing with every passing year. Their elder chosen its youth for a particular field while, keeping in front their interest and talent in the respective field. Later on, it developed into a country with a healthy population. Similarly, any country can be developed; economically, educationally in the field of information technology (IT), medical, politics and governance; if it has a healthy population as a strong human force. However, if the population grows unhealthy in a country then it becomes a burden on its resources, creates unemployment, misgovernance and political instability. Moreover, an unhealthy population also become as a threat for promoting climate change and reduces the natural resources. To sum up, it can be claim that a healthy population is an asset for any country, if it is utilized properly. However, if it is not properly utilized then it could be a liability.

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A healthy population is always well educated who are considered as an asset for a country. A well educated citizen brings new ideas, innovation and opportunities to the country. Who can also start own business or can open a small industry through which he provides products to the country. Moreover, a well educated population has a patriotic approach and thus provide benefits to the country in one way or another.

A healthy population is an asset for any country in the form of a strong human force. They are skillful labourers who work in different sectors of the country. They are boosting the productivity and the country becomes self sufficient and sometimes even exports. Therefore, the country's current account goes on surplus and they never borrow loans or aid but do the trade.

Furthermore, a healthy population is counted as an asset for any country, if it has IT experts. IT experts make the country independent

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on electronic materials. Besides this, they can export the ~~re~~electronic materials to other countries. According to the State Bank of Pakistan, Pakistan imports electronic materials from other countries which cost \$ 1.86 bn every year. If Pakistan was self sufficient in the field of IT, then they will not import as much and the country economy will be remained in surplus.

Moreover, a healthy population is an asset with the country because they bring political stability and the maintenance of governance in the country. A healthy population comprises of well aware youth in the field of politics. They come with new energies, enthusiasm and leadership qualities who possess a dignified vision. In addition to it, they are also obedient to rules regulations. While, the law enforcers are putting their energies into some other positive fields where their services are mandatory. As a result, the whole country move forward in a very short interval of time.

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Medical professionals are also an asset with the country. They are providing their services, while providing treatment to the patients. When they become healthy, they put their efficiencies in the development of the country. Beside this, medical professionals are also bringing new innovations, medical equipment and medicines that can be exported to other countries.

China is one of the most populous countries in the world. According to United Nation the population of China in 2023 is 1.4 bn. In 1979 it faces a threat from over population and adopted "one couple, one child policy". In 1981, they replace it with "one couple with two child policy". With these policies what not only controlled their policies but also properly utilized their population in a proper way and become the world second emerging economy.

India is the second most populous country in the world with a population of 1.39 bn. Who has also realized the importance of

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a healthy population. They are investing on human development at education, health, infrastructure and IT. Currently Japan agreed with India to import chips of \$ 35 bn from India in next five years.

Contrary to it an unhealthy education can be a liability on a country if it is not trained and utilized accordingly.

An unhealthy population becomes burden on the country resources. They consume more foods and other products recklessly. As a result the country import more and export less, which creates current account deficit in the country. Overall, the country fall into an economic crisis and that becomes an existential threat to it.

When there is unhealthy population, the government become unable to provide them jobs. As a result they start illegal ways for their income. That increases social chaos, social instability and

crimes in the society. As a result the whole society become unable to remain stable and peaceful.

When there is unhealthy population, they are unaware about politics. Who cannot vote to the right candidate neither they can hold responsible their representative. They are used for different political purposes. They participate in various protests, congregations and assemblies for enjoyment. This mass unawareness and the lack of leaderships create political instability in the country.

The unhealthy populations are not faithful, aware and educated about the laws and role regulations, who cannot follow it properly. As a result the administration is busy all the time to maintain law and order in the country. They are unable to provide their services in the development of the country.

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An unhealthy population is also a threat to climate change and natural resources. They are emitting more CO_2 , methane and CFC into the space. Moreover, they are also consuming natural resources with a rapid speed. According to World Health Organization that an individual needs one gallon water per day. So, with the increase of unhealthy population it is a dangerous threat to the climate change and natural human resources.

There are some way forward which can be adopted to make the population more healthier and asset oriented.

Every country should invest on their human development. They should invest in the field of education, health and infrastructure. If, the populations are well educated, healthy and doing businesses on the well infrastructure the country will improve in a very short interval of time.

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Moreover, if a country wants to make their population a healthier one, so they should create linkage of their industries and academic. Industrialists will guide the curriculum makers that how to construct it and what innovations should be brought in the education that in the future the new generation should be a talented industrialists and businessmen.

Making a healthy population it is mandatory to provide them professional and IT training. IT is replacing the human in various sectors, every country needs IT experts and its materials. Moreover, professional training should be included with theoretical education so, that the students should be able to run their own businesses in case of unemployment.

For improving a healthy population, the country should update its curriculum. The time is changing, new innovations are

emerging. The old syllabuses are unable to meet the current demand of the time. So, therefore the curriculum should be updated.

It can be concluded that, a healthy population can be an asset for any country. It ameliorate the country; economy, politics, governance, medical field and advance human force with the country. Contrary to it, if a country do not invest on the human development then it become a liability on the country resources, creating political instability and misgovernance and more importantly becomes a threat to climate change and natural resources. The population can be made more efficient and healthier, if the countries taken certain measures such as; Invest on human development, link acadme with industries, updated curriculum and provide professional and IT training.