

Health Issues : Awareness Through Education

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Health is the holistic process related to over all growth and development of nation. Health is not only absence of diseases but also ability to realise one's potential. It is sign of one's well being. Health is an important aspect of human capital formation which is important for economic development of a nation. Healthy population can contribute in all the activities which are related to the development of the country. Healthy citizen are helpful in the growth of nation. According to World Health Organisation, " Health is a state of complete physical, mental and social well - being and not merely the absence of disease or infirmity." Health is assessed by following basis - * life expectancy rate * nutrition levels * infant mortality rate * maternal mortality rate

India's health infrastructure is made up of three tier system.

- A) Primary Health Care - it includes identification, prevention and control of prevailing health problems. It includes supply of water , essential drugs promotion of immunization.
- B) Secondary HealthCare - this includes hospitals with better facilities to provide health care . examples -ECG, advanced medical tests,X - ray etc .
- C) Tertiary Health Care - this includes hospitals equipped with advanced machines and techniques to handle emergency and complicated diseases.

Indian system of medicine is based with Ayurveda, homeopathy, Allopathy, Unani pathy, Yoga and Naturopathy

It is responsibility of state government to provide healthcare to its peoples, and also to keep hospitals well maintained. In government sector primary health centres, community health centres, District Hospitals, AYUSH hospitals, Insurance Corporation Hospitals maintained by Ministry of Defence, Railway hospitals are available to take care of health of public.

All of India's health infrastructure nearly 62% is total private infrastructure. Private health sector is also involved in providing health care services, diagnostic centres, clinics, private hospitals, pharmacies etc.. Private health sector may be profit based or non profit based. Liberalization, privatization and globalisation have changed the scenario in health sector. Many private players have come in to set up health centres to promote health tourism. Hospitals, dispensaries, healthcare centres, pathology labs, medical stores are run by private sector and control health sector at a large scale. Health treatments are very expensive and poor people are unable to afford it.

Women's health effect themselves , their children and family also .They suffer from number of health related problems such as - low weight infants birth , inadequate nutritious food, improper care, low level of prenatal care and sometimes do not get proper treatment due to insufficient healthcare centre especially in rural areas. In India, women have higher mortality rate from cardiac disease, maternal mortality and morbidity related to high levels of fertility . There is state wise variation in maternal mortality. This is because of the differences in social, economic status and availability of health care services. In our country, most of the delivery cases are not done by trained persons and done in non - hygienic manner. Malnutrition is a big problem among Indian women and children. Women and female children face discrimination in providing healthy and nutritious food in the family. Due to this, they suffer from anaemia and other health problems. Most of females are unaware about HIV AIDS, breast cancer , sex related problems. Physical and mental health of women get affected because of many reasons such as family environment, family support, educational level, economic status, daily diet ,working conditions, depression, domestic violence, gender treatment etc. Women should be made aware about

their health and nutritional needs through female healthcare providers. Schools and Colleges should organize health awareness programmes especially for female students so that they may understand the importance of cleanliness, vaccination, regular medical checkup etc. and be able to apply it in their life. They can also help others about health problems.

Clean drinking water, sanitation, improper food, lack of healthcare medicines, body weakness are some major problems which are faced by Indian children. Most of them suffer from allergies, conjunctivitis, worms, gastro, hand, foot and mouth related diseases. Government removed polio with continuous efforts. Vaccination facilities are available but due to the ignorance and carelessness of illiterate and less educated parents, most of the children do not get benefit from it and face different kind of health problems. Mid day meal is running by government at school level. Awareness among parents is very essential to develop the children in healthy way.

Unhealthy diet, lack of physical activities, exceed use of alcohol and tobacco, smoking give birth to many diseases. Stroke, lung cancer, prostate cancer, diabetes, heart disease and suicide are the biggest killer of human life. For producing goods and services, a country needs healthy manpower and it depends on the availability of health facilities and development of health infrastructure. It includes hospitals doctors, nurses, paramedical staff, beds, equipments in hospitals, Pharma industry. It should have easy access for every person. Union government keeps all informations and provides financial aid to state governments to run health programs properly in our country. India is the second largest populated country of the world but health status and services are insufficient to its population in comparison to China and other countries. Though many efforts have done for improvements of health facilities for common people yet it is essential to make them aware about their health and concern issues. Deadly diseases such as polio, leprosy, smallpox, guinea etc. have been eradicated with the expansion of health infrastructure.

Community and non profit organisations are also working in health sector. Many NGOs provide health care services. Trade unions also contribute for health of its members. Rural areas do not have sufficient health infrastructure. Rural people have to come to cities for medical treatments and have to face many problems. Lower and poor section of society depend upon government sector. In spite of increasing medical colleges, medical graduates, rural areas suffer from lack of medical facilities and availability of expert doctors. If they go to private health hospitals, it is beyond their reach and makes them indebted forever. A large difference of health care system can be seen among urban and rural areas. Awareness for basic healthcare is must for all and education can play very important role in it. Knowledge of health and hygiene can be spread through proper education to each section of society. Schools and colleges can play important roles in making students and their parents aware about it through health communication programmes.

There is a big difference in cost of treatment in government and private sector. Government sector is free or very low cost whereas, in private sector the cost of medical treatment is very high. Rich people can afford it easily, for middle class it is financially very difficult phase for the family and for poor, it is out of reach. Health infrastructure is divided within two parts. Government training hospitals are overloaded and lack equipments, most of time equipments not working properly, insufficient doctors and other staff, shortage of medicine and improper arrangements for severe cases handling but private sector is just opposite to it. Private hospitals are well maintained highly clean, proper availability of medical staff, facilities of all type, treatment every time available though one has to pay for it. Another issue is that untrained doctors, even low qualified peoples are running private clinics and hospitals and they are dangerous for life. Most of people go to them for treatment. They get damaged or lost their lives. Government awares people but they do not give their attention towards it and face a lot of difficulties physically and financially. It needs very strong implementation of rules against such fraud peoples in health protecting profession.

Our life style and attitude towards life both are the cause and result of our health. Positive thinking always inspire us to lead the life with happiness. Stress, tension, jealousy, cut throat competition are the enemies of healthy life. In fact, it develops weak personality which are injurious not only for themselves but for others

also. Technology should be used for the sake of life. We can make most of things better with the help of technology. On the other side, spending exceed time with mobile, laptop, computer etc.is bringing some other diseases in adults and kids.It is giving birth to some other problems so we should be aware that excess of everything is bad. In old times, life was calm, cool and simple. Now, our needs and expectations are increasing rapidly. Everyone wants everything very quickly by hook or by crook. This is also affecting the living and thinking and further our health .When we come to know it ,time has passed. We repent that time and become helpless. Unhealthy person can't do his duties of life properly. So attention should be given towards health in personal as well as social matter also. Only healthy persons can give their best to society and nation.Healthy habits are very essential in life . Children should follow it from their childhood. Healthy kids and youths are the future of nation so they should be guided and motivated to be healthy and wealthy.

In India, most students get medical education in government colleges but after completing their education ,they do not serve in our country and give their services to other countries.This attitude is also responsible for the lack of qualified medical personals. Medical colleges provide treatment facilities but there is a cause behind it and that is the practice of practical work of their medical students. Patients are subject of learning procedure. They are left in the hands of new learners, sometimes treatment become very dangerous. Medical students do not take it seriously.

Indian government has started many schemes related to health care such as National Health Mission 2005 , The Integrated Child Development Services etc. These schemes have proved useful to provide health protection to a large number of population. Through advertisements peoples are becoming aware about health and precautions to be taken. It brings change in the attitude of peoples gradually. Pradhan Mantri Jeevan Jyoti Bima Yojana is a government backed Life Insurance Scheme 2015. Soil Health Card Scheme is launched in 2015. National Health Policy 1983 and NHP 2002 provide successfully in the five year plans. Due to the implementation, many changes have come in the health sectors and health facilities are increasing day by day. Better techniques are used for the treatment. It has improved health level of people.

Education is the best way to make people aware about health and fitness. Health education,physical education are connected in school education.

Both subjects are helpful in overall growth and development of students. Students are taught about healthy and nutritious food, healthy lifestyle, physical activities and different sports activities. All these guide them for good, healthy life. Physical activities and exercises increase the strength of human body and keep the diseases away.

During school days, children learn the basic concepts and gradually they adopt good habits and knowledge to keep them healthy and fit. In this way, one generation become aware towards their health and these educated students circulate their knowledge to other members of family too. We can understand the importance of education in producing aware citizens, those will prove fruitful for nation's progress.

People with qualification in the area of athletic training, biomechanics, nutrition, exercise physiology are also the part of health related sector. Sports physiotherapists, Athletic trainers, Dieticians, Gym Instructors, Sports Psychologists- all experts play their role in making peoples fit and healthy. Different types of sports should be promoted to make all healthy and fit. Physical, mental, emotional, social, moral development is possible. Muscles become strong and body develop in balanced way. Physically fit persons demonstrate their abilities in the best way and upto maximum level.

Information technology is very useful in healthcare. Education can give right direction to develop healthy and active society. Educated parents can take care of themselves and their family too. Social media may be helpful to spread health awareness. This is possible with the joint efforts of all sections of society to make future generations fit and healthy. This is the best way to make our country to progress with happy and healthy citizens .

- India is working to build its health infrastructure strong but we find some deficiencies in this system -
- * Prevention of communicable diseases like AIDS, HIV, SARS is required . Efforts should be done to increase man power in health sector.
 - * Malnutrition is a big challenge. Children are effected due to it. Effective measures should be done. Education of mothers can prove helpful for this.
 - * There is need of equal distribution of health services between rural and urban areas.
 - * There is also lack of sanitation facilities. Many efforts have been done by government to make people aware about it. Now common people have to understand the importance of health and hygiene in personal life and they should implement it to make life better and smart.
 - * Public Health sector is available for every person and private health sector is also working to protect human health. Both sectors should work together for making the citizens healthy.
 - * Government have to do proper efforts in this direction to remove the deficiencies of this system .
 - * Budget allocation for health sector should be increased.
 - * Safe and calm environment conditions are helpful to keep one healthy so it should be make sure of good working conditions.
 - * Communicable diseases are harmful for health so measures should be done to control them.
 - * Research work in medical field should be promoted.
 - * Enhancement of medical education and training of doctors, nurses, other paramedical staff to make available skilled manpower in health sector.
 - * International collaboration should be done to develop better medical infrastructure.
 - * Peoples should make aware to adopt natural and healthy ways of life.

Healthy body is a sign of good health. To enjoy happy life it is must to pay attention towards health. Health alertness, activeness improved self - confidence of a person and he can contribute in the progress of family, society and nation. Proper education helps to improve health status. It makes us physically, mentally and socially aware healthy personalities to live our life in positive manner. It gives direction to improve our life style which is affected by our cultural and behavioural patterns and personal habits. Healthy lifestyle is must to improve the level of health. Physical activities are also beneficial for announcing overall health level. One should be more active, do exercise regularly, eat healthy and proper diet. Ancient Indian culture always promoted happy and healthy life. We should follow nature to make ourselves healthy and to improve our health. It is correctly said, "the greatest wealth is HEALTH."

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