

## GENERAL AWARENESS REGARDING HEALTH CARE

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Health is the most important part of our life. The Constitution of India provides that it is the duty of state to provide proper nutrition to the people for healthy well being. It is even more important to create a mass awareness so that beneficial aspects of health care reach every part of country. Various reports point that a number of diseases like TB, AIDS, Cancer, Diabetes, Dengue, Malaria have affected a substantial number of people. This disease not only makes one's life miserable but also pushes them into vicious circle of poverty. General awareness can be a medium through which changes can be made in this sector.

The schemes like Swatch Bharat, mass campaign, addressing seminars, including chapters on health sector in syllabus of schools and college had potential to bring a behavioral change in the mindset of people. The health scheme should be made more affordable for the masses so that they can utilize such schemes in their distress. Majority of population in India is not even aware of the health insurances. Making that section of population into the fold of health schemes can bring significant change in the health problem of country.

The spending on public expenditure on health care should be made around 6-8% of the GDP which can provide a platform for the poor masses. Schools should be provided with eating habit contents so that budding children can follow the same on regular basis. The states like Kerala and Tamil Nadu had spend a substantial amount of their Govt. expenditure on the health care which had earned good results in infant mortality ratio and maternal mortality ratio. On the other hand states like Uttar Pradesh, Bihar, Madhya Pradesh, Orissa lag behind on these basic parameters of healthy ratios. Nevertheless by proper expenditure on health sector and by checking the loopholes state can always achieve their basic duty of healthy life to masses. Health care should not be fixed only to physical parameters but to social and mental which shall be true figure for the development of human being. As it is always said about health that it is only healthy body which can possess a healthy and beautiful mind. To sum up it can be better said that health does not only bring prosperity but also intellect ability.