There are many prevalent health issues, for instance, obesity, childhood illness, chronic illness, liver cirrhosis, hepatitis A, B, C, and E. Those people are the most vulnerable and prone to social exclusion. Their voices are suppressed and doomed. They are emotionally fragile and sensitive. They are devoid of health facilities, better education, proper housing, communal care, and work opportunities. Disabled people are more inclined to infringement of human rights. They often face many impediments linked with stereotypes, stigma, and discrimination. In an under-developed country, poverty and sickness reinforce. However, people can make the community more inclusive for them. Government and community’s constructive coalition could solve their problem of social exclusion. A legal framework must be designed based on their rights. There must be an equality of services in the country. Everyone should treat them with dignity and respect. Less than 10% of them have jobs. New policies should be made to increase the rate of employment among them. The government should find solutions to bridge the gap between the community and the individual. The absence of law would create distortion and dispersion of the society. Systematic apparatuses should be employed for the execution of objectives, policies, and laws in social and healthcare systems. There should be a governmental or organizational intervention in a community. Medical practitioners dealing with sick people should operate within designated peripheries and hold themselves liable for their actions. They need to get an elaborated understanding of laws and their marked boundaries. Their actions should be designated as right or wrong under the light of law and legislation. Improving the lives of sick people is challenging. It requires social commitments at the national and local levels. A firm value, transparent objectives, and high aims are the only requirements. Each individual should get equal opportunity. In this way, a homogeneous system in the society would be maintained free of any stereotypes and prejudices.