While a lot of importance is given on being physically fit from a person’s early years itself, many people overlook the need and importance to stay emotionally and mentally strong. It is time people should understand how important it is to maintain mental health and work in that direction.

Parents are often seen giving importance to the food their children should eat and the level of hygiene that needs to be maintained to ensure their physical health. Many moms are seen showing concern over their children’s eating habits. They force their children to have food using different means to keep them physically fit and energetic. But we have seldom seen anyone who pays as much attention to understand as to what is going on in their child’s mind. Parents often give instructions to their kids to get tasks done but do not try to analyse as to why their child is avoiding or denying something. Spending time with children and catering to their emotional needs is as important as feeding them.

This does not only hold good for children but for people of every age. Each individual should give as much importance to his mental and emotional health as he gives to his physical well being. It is the lack of this that is giving rise to problems such as depression, hypertension and stress.

Healthcare in India

There is no National health insurance system for the citizens of India. This is the reason why the private sector is the main healthcare provider in the country. While there are government hospitals at many places in the country where the diagnoses is done for free and people are also given access to free medicines, many people hesitate visiting these facilities due to lack of hygiene. Also, since these offer free services there is a lot of waiting here.

The government must work upon maintaining these facilities and should also set up more of these so that the needs of every citizen can be catered to. The common man in India requires bearing huge healthcare expenses. Most of the savings made by them are spent in taking care of their family’s health. Those who buy healthcare insurance also need to spend amount from their pocket when it comes to undergoing various treatments as there are loopholes in these policies.

Conclusion

There is so much competition at every step in life. Each person wants to outshine the other, be it at the school or college level or at maintaining a lifestyle later in life and their health takes a backseat. People must recognize the fact that health comes first. It is only when we are healthy we can work better on other aspects in life. The government must also provide good healthcare facilities for the betterment of the country.