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Nurturing the young, building skilled based future

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Abstract---The manpower provides best parameter for any social community. Added to that if its young and intellectual the community will have added benefit. Using this manpower effectively and efficiently create better society for the future generations. India has the above qualities. Nurturing this talent from younger age and providing the correct atmosphere not only improve the communications skills, empathetic skill-oriented youth but also it gives opportunity for great leadership qualities. This article gives the standards in health care field with the help of mandatory volunteers' ship program, in the society and hospitals.

Keywords---nurturing young, intellectual community, communications skills.

Introduction

Manpower provides the best parameter for India's Future. Students will demonstrate the ability to use decision-making skills to enhance health. This standard includes the essential steps needed to make decisions to establish and maintain healthy lifestyles. India is competing with developed countries to become a superpower primarily because of the strength of young population. this proposal

is aimed at utilizing India's enormous manpower effectively and efficiently. Globally Indians are concerned intelligent and hardworking with large multinational companies offering great opportunities to the Indian diaspora. Using the Indian manpower effectively within the country is challenging, but the right way forward. Remember change starts from one small idea, but then one idea can change the world. This article gives the prospect to change the outlook of the Indian health care system.

Our education system is slowly but steadily transforming from the theoretical to skill-based knowledge. At least two days in a month send school students interested in medical field for community work to collect the data about the health standards in their area. Set up a data capturing system to ensure data collected by students uploaded in the universal data collecting system, being part of the community and social care, students will become pillars of future success. Exposure to community will not only give information and knowledge about the health standards but also enable students to learn effective communication skills and importance of social service at an early age.

School volunteer ship

The school kids collect the health care data 20-30 hours per month such as maternal mortality rate, infant mortality rate, TB/ malaria rate, covid infection / vaccination rate, general mortality rate, morbidity rate, chronic diseases like DM, HTN, immunization level in community, oral health, psychiatric health, screening, cancer index, obesity, nutrition / calorie intake were some parameters gives the real benefits vs deficiencies implemented by the government policies.

College volunteers ship

College students should join mandatory voluntary ship in the health care field 20-30 hours / month or specific period of time in the departments like pediatric medicine , ER, EMR, maternity ward , radiology , surgery /OR, food service , immunization clinic , TB/ malaria clinic , PHC/ urban care , phlebotomy , lab work , clinics / private hospitals, nursing homes , rehabilitations centers , physiotherapy , ear / eye clinic , blood bank , HIV/ AIDS clinic , psychiatric hospitals , red cross and hospital volunteer. My recommendations before the volunteer ship conduct an interview, CPR should be a part of the program, take adjustable number of students each month providing ID card with proper dressing.

Volunteering as a pre-med student is essential for several reasons

It can be the defining factor in your medical school application. Medical schools, such as Harvard Medical School and David Geffen School of Medicine stress the importance of extracurricular activities when applying. Volunteering is a great way to boost your application to show your dedication to helping people. Finding volunteer work related to medicine is beneficial to include in your application to med school. Your volunteer work can be non-medical. The most important thing is that is a meaningful guilty experience.

You are exposed to areas of healthcare you wouldn't initial have considered. Similar to medical shadowing volunteering allows students to understand the medical field better and exposes them to areas which you would not initially be exposed. If you are unsure of what you wish to specialize in, you can volunteer in areas that catch your interest to see if it is a good fit for you. This exposure looks excellent on your application and helps you centralize your career path.

It shows you are dedicated to helping people. Volunteering is a great way to show that you are passionate about helping people. Many medical schools will ask why you want to be a doctor, and the most common response is that you want to help people. It shows you have a heart: Medical schools don't want a robotic person spewing medical terminology to patients. They want students who are compassionate and care about every patient that walks through their door. Demonstrates how you would use them to help people.

It is a great break while not being a break: Volunteering gives you a chance to step away from your textbooks while still boosting your medical school application. For example, you may decide to volunteer at a local public health clinic on weekends because you are busy with your studies during the week. You develop qualities and skills from volunteering: Many qualities and skills desired by medical school admissions committees are developed through volunteering. For example, if you volunteer at a nursing home, you develop communication skills, along with compassion and empathy for the elderly for whom you care.

Communication skills, compassion and empathy area all great qualities to hone as admissions committees seek these in their applicants. Leadership skills are also great to work on, and volunteering offers you a chance to challenge yourself to become a better leader. Consider the qualities you would want to see in your doctor and apply those to yourself. Volunteering is a great way to learn new ways of becoming an excellent doctor. Volunteering is not only beneficial for you as a person but also for your medical school application.

Program standards

Standard #1: Students will understand concepts related to health promotion and disease prevention to enhance health. This standard includes essential concepts that are based on established health behavior theories and models.

Standard #2: Students will consider the influence of family, peers, culture, media, technology and other factors on health behaviors. This standard focuses on identifying diverse internal and external factors that influence health practices and behaviors.

Standard #3: Students will demonstrate the ability to access valid information and products and services to enhance health. This standard focuses on how to identify and access trustworthy health resources and to reject unproven sources.

Standard #4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. The

standard focuses on how to use verbal and nonverbal skills to develop and maintain healthy personal relationships

Standard #5: Students will demonstrate the ability to use decision-making skills to enhance health. This standard includes the essential steps needed to make decisions to establish and maintain healthy lifestyles.

Standard #6: Students will demonstrate the ability to use goal-setting skills to enhance health. This standard includes the critical steps needed to achieve both short- and long-term health goals that make it possible for individuals to have plans for the future

Standard #7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. This standard promotes accepting personal responsibility for health and encourages healthy behaviors.

Standard #8: Students will demonstrate the ability to advocate for personal, family, and community health. This standard helps students focus on improving the health of others, including their family members, peers and members of their community

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