

**HEALTHINESS LITERACY: THE LOST VACCINE IN PAKISTAN'S CONTEST AGAINST ILLNESS.****PROF ANWAR ALI JAMALI**

Pakistan has eliminated smallpox, nearly abolished polio, & moved out COVID-19 vaccines to lots—but still we remain unprotected contrary to a far lethal pathogen: unawareness. Little healthiness knowledge is the quiet collaborator in motherly expiries, vaccine denial, quackery, and then the fast spread of avoidable illnesses.

DHS and ASER statistics disclose that less than 50 % of Pakistani females can read a simple medicine tag. In countryside area of Balochistan & inner Sindh, the number drops less 20 %. While a mother cannot realize oral rehydration directions, a kid expires because of loose motion. While a dad considers polio drops source of sterility, a whole area remains defenseless. These are not inaccessible disasters; they are general letdowns.

Medicinal academies are likewise accountable. We produce experts that can accomplish difficult surgeries until now cannot clarify hypertension in Sindhi or Pashto. Community Medicine is treated as a troublesome cycle relatively than the pillar of protective caution. The consequence: alumnae who analyze brightly but teach out of sorts.

The response lies in dual alteration. First, mix demanding health-literacy teaching into the MBBS prospectus—training learners to interconnect at a Class-V reading level, use pictograms, & advice finished traditional lenses. Second, make community health education a credited,

examined subject with mandatory rural immersion. Let every future doctor spend at least 200 hours teaching mothers, imams, and schoolchildren before being allowed to prescribe.

Nations like Rwanda & Bangladesh have attained affected death decreases not just over medications but through authorized societies. Pakistan owns the organization >7000+ Basic Health Units (BHUs), hundreds of Lady Health Workers (LHWs), and lots of mobile cells. What we dearth is the spirit to treat understanding as medication.

Till well-being learning converts Pakistan's utmost extensively dispersed vaccine, no quantity of trade in medicines will protect us from ourselves.

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