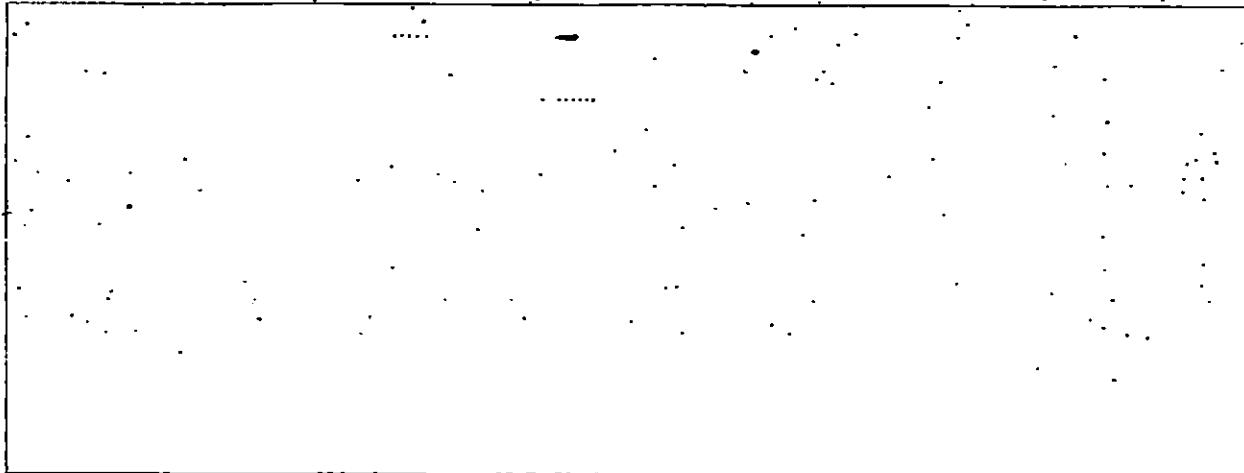


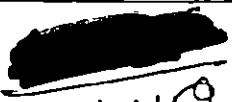
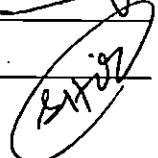
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ESSAY**Time Allowed: 3 hrs.****Max. Marks: 250*****Instructions to Candidate***

- Both sections are compulsory.
- Attempt an essay from each section.
- Each essay carries 125 marks.
- Write each essay in about 1000-1200 words.
- After finishing the first essay, attempt the next on a fresh Page.
- Any page left blank in the answer-book must be crossed out clearly.

(Examiner will pay special attention to the candidate's grasp of his/her material, its relevance to the subject chosen, and to his/ her ability to think constructively and to present his/her ideas concisely, logically and effectively).

Remarks

1. Invigilator Signature _____

2. Invigilator Signature _____


Name Ratan Kumar Jha

Mobile No. _____

Date 27/11/2016Signature Ratan Jha

SECTION - A

1. Health is not valued till sickness comes.
2. Everything is funny, as long as it is happening to somebody else.
3. Where words fail, music speaks.
4. Mistakes are always forgivable, if one has the courage to admit them.

SECTION - B

1. The question isn't who is going to let me; it's who is going to stop me.
2. Achieving life is not the equivalent of avoiding death.
3. The ladder of success is best climbed by stepping on the rungs of opportunity.
4. Never interrupt your enemy when he is making a mistake.

0

Remarks

Section A

1.

Health is not valued till sickness comes.

Health is wealth

A healthy human resource is an asset for a country. A healthy employee is more productive and make greater contribution to economy than an unhealthy employee. Healthy population of a country creates a lesser strain on the economy of the country.

But it has been seen in poor and developing countries that

Remarks

health is not valued till a major health problem occurs to people. There are many reasons behind this state of affairs.

Some of the reasons are -

● Attitude and mindset of people towards

health - There is culture of ignoring health from very beginning of a child. Many people believe in fate, they think problem as a result of fate. Some people think being healthy conscious is waste of time and money.

● Poverty - poverty is another reason of ignoring health. Poor people are unable to make

Remarks

higher expenditure on health. many poors live on hand to mouth situation and they don't have any saving. They also fear wage loss, so they ignore smaller health problems.

- poor public health expenditure - poor public health expenditure and languishing infrastructure discourage people to seek medical health and advises from government hospitals. people have to spend a lot of time in ~~availability~~ accessing government ~~health services~~. This results in wage loss and that's why people don't seek treatment.

Remarks

and advises for smaller problems.

● Poor education and lack of awareness

Due to poor education many people don't know complexities of many diseases. Many people don't know methods of prevention of diseases and many people are not concerned about Sanitation and hygiene due to ignorance. This lack of awareness and education comes in the way of valuing health.

There are many repercussions of ignoring health. Some of them are -

- Small problem gets bigger one -

Ignoring of small-small health problems results in bigger problem.

Sedentary life style, Smoking, drinking, lack of physical activity and obesity result in many diseases such as diabetes, Cancer, high blood pressure, heart diseases etc.

Ignoring of sanitation and hygiene result in spread of many communicable diseases such as diarrhoea, T.B., dysentery etc.

- Cost of treatment increases -

Bigger problems require higher

• health cost. Many times, people have to spend entire saving and have to sell land and houses for treatment which results in poverty. It also results in burden on secondary and tertiary health care services and higher strain on public expenditure.

• More time and efforts - more time and efforts are required for curing bigger health problems. Wage loss occurs during this time period which impacts economy of the country as well.

as income of family.

• Less chances of survival

When problem gets bigger one, chances of survival is less which results in loss of human resource. For example at higher stage of cancer, chance of survival for patient becomes low. Loss of people impacts family both economically as well as psychologically.

Now, Benefits of valuing health from beginning are -

① preventive Health practices -

valuing health results in less occurrence of many diseases. A healthy life-style and health consciousness prevents many diseases. Many life-style diseases such as cancer, diabetes etc. can be prevented if healthy life-style is followed and health is valued. This preventive health also results in less burden on Secondary and tertiary care services. Sanitation and hygiene maintenance prevents many

Communicable diseases. Although valuing health will cost initially but in longer terms benefits outweigh costs.

- A highly productive workforce - valuing health creates a highly productive workforce, which contribute in various field of economy such as Agriculture, manufacterarchy, services etc. wage loss is minimized and higher earning results in improved standard of life.
- Life expectancy is increased -

Remarks

Life expectancy is also increased.
People work for longer years
of life and contribute to
economic growth of country.

- Cost of treatment of many disease
are reduced -

When diseases are diagnosed at
early stage, cost of treatment
in early stage is less as compared
to higher stage. Problem is
nipped in the bud if results
is less out of pocket expenditure,
less poverty and less strain
on the economy of the country.

Now, more that needs to be done are -

- IEC - Information, education and communication - IEC can be used to change attitude of people towards health and making them health conscious. Mass media can be used for this purpose and popular public figures and civil society organizations can also be used in information about various diseases and their methods of prevention should also be disseminated. Schools should also make efforts to make

Students Conscious about health..

- Increased public health health expenditure with emphasis on primary health - increased public health expenditure and emphasis on primary health will attract poor and middle class for seeking health services. This will reduce out of pocket expenditure and make people more attractive towards public health infrastructure. Health consciousness of people will also increase with regular visits and screening.

Remarks

- Eradication of poverty → poverty has impact on education, awareness, Capacity to Spend on health. Eradication of poverty and resultant higher standard of living, will increase help in creation of health conscious citizenry. people have higher capacity to spend on healthy foods, healthy life-style, maintenance of Sanitation and hygiene. So overall, poverty reduction will result in healthy population.

Health is as necessary as other requirements of life such as physical wealth. Health has a very positive impact on family, society, country and world.

We should all work together towards a more healthy population and world.

✓ You have tried to explain the apparent meaning of essay.

✓ Also try to see, read, explain underlying meaning

✓ Basic content, interpretation is good.

60
avg
f

Remarks

Section B

3. The ladder of success is best climbed by stepping on the rungs of opportunity.

Bansal friends started flipkart

from a small rented room and now flipkart is leading e-retail concern of India.

There are many such success story stories. Narayana Murthy, Nandan Nilekani are among such people.

Nick Warwick born with out limbs but now he is leading

motivational speaker in the
world

Success is not magic, it doesn't come in a day, it comes step after-step. When a child is born, he knows nothing but step by step and years after year same child becomes scientist like Einstein and Newton.

Success results comes after years of failures, years of efforts and use of small-small opportunity.

Remarks

It requires perseverance, hard-work, dedication, commitment, will power, zeal, courage.

Dhirubhai Ambani was a child of School master, he ^{did} ~~does~~ not have business background but he built a big business empire after achieving small and small successes.

Our Indian economy was wretched at the time of Independence but years of our effort and building of block by block, we our now leading emerging economy in the world. Our economy has highest

Remarks

growth rate in the world.

now:

Great leaders are not born, they are made. Life of Gandhiji corroborates this. From a simple boy he became greatest leader of modern world. He developed his own methods of Satyagraha and Nonviolence and use them in various movement he launched against Britishers in India. Initially he failed in gaining independence but ultimately he gained independence in 1947.

Remarks

Development of novel drugs

takes many years. Many experiment result in failure. Small - small experiments, clinical trials on animals and human beings help in development of novel drug.

And when a new drug comes in the market it gives relief to people and saves mankind from incurable diseases.

At the time of independence, our country was food importer. We used to depend on USA PL-480 programme.

Remarks

many efforts like introduction of high yielding varieties of seeds, use of fertilizers, irrigation in punjab, Haryana and western UP made as food secure country. we are now net exporter. Now we have new challenges before us - increasing farmers income, reducing cost of production, adapting of climate challenges etc. we have to put efforts and resources towards these goals of agriculture. we

also have to collaborate with other countries in the world for achieving these goals.

Similarly, in areas of education of education we had very poor literacy rate but with years of efforts our literacy rate has grown up to 74%. We had very few technical institution at the time of independence but now we have network of IITs, NITs, IISER, various

universities. In terms of technical manpower we are now fourth in the world. But we still have to achieve more successes. There is not a single institution from India in world's top hundred institutions. Our quality of research is poor and we have very low spending on Research and Development. Resources and efforts have to be invested in these areas for achieving the goals.

Software boom in our country started after liberalization of economy in 1990s. we were very negligible player in the Software Sectors. But now years of efforts and investment by our software professional, India is leading Software exporter in the world.

But still, we have many challenges ~~inside~~ inside our country. There are challenges of digital divide, digital

literacy, digital infrastructure where we have to invest to achieve more success and in making our economy a knowledge economy.

Poverty at the time of independence was very prevalent in our country. But with efforts of economic growth and anti-poverty programmes we have been able to reduce it to 22% and more needs to be done in future.

Our Country and world is today

facing many challenges. There are hunger, terrorism, malnutrition, poverty, epidemic, climate change, etc.

Success and winning over these challenges require continuous efforts from world community to make world more safe, peaceful and prosperous. These challenges will not be resolved.

Celest magic bands but they required resources, technology, joint efforts, knowledge.

Initial failures should not dampen the spirit of world community. Many of Millennium Development targets were not achieved by many countries but they that didn't dampen spirit of world community world community planned and set new targets as Sustainable Development Goals. Similarly shortcomings of Kyoto protocol didn't stop world community from inking Paris climate deal.

Succes comes step by step and
 if apply ^{applies} to individual, society
~~and~~ country and world as
whole. There is one proverb -
Slow and Steady wins the
race. This states that slow
 and continuous efforts help in
 achieving success. Individual, country
~~or~~ world as whole should keep
 this in mind while trying
 towards any goal.

P.W
 Future integration of ideas
 concept is very good.
 65
 right

Remarks

GS SCORE

Remarks

Remarks

Remarks

33

8

8

8

GS SCORE

Remarks

34
3 GS SCORE

Remarks

No leave loss, meagre impact
on income of family and economy

Cost of treatment is also low

Saving of time.

Many problems are cured at primary
stage, so less burden on Secondary
and Tertiary health care.

↳ poor not public health infrastructure

↳ patients are languishing.

what should be done

IEC

increased public expenditure

eradicating poverty

core of corporate social responsibility

CSR corporate social responsibility

Benefits of health is values

Sanitation
and
hygiene
will
help in
preventing
many
communicable
diseases

↳ preventive health problems are nipped in the bud

↳ problems are nipped in the bud

↳ cancer can be cured if diagnosed at early stage

↳ proper screening helps in delaying diseases

↳ safe AIDS/HIV can be prevented by safe practices

Remarks

repercussions repercussions repercussions

Healthnot valuedSicknes

(Health is ignored)

repercussions → small problem becomes
bigger one.

↳ cost of treatment increases

↳ time: more time needed
to cure bigger problems

↳ wage loss, poverty, economy

↳ poverty, impact on economy
impact on economy

Why health is ignored

↳ poverty

↳ mindset → attitude; it is not

bigger problem, will get cured itself

↳ lack of awareness, about various
diseases, by their causes, and methods
of their prevention.

Remarks

Agriculture → food Security → import or
to exported

New challenges and opportunities before
us → impact of climate change on
Agriculture, increasing farm income,
reducing cost of production

Science and Technology

USA, china, Russia in terms of
number of scientific personnel.
our IIT graduates are leading many
giant MNC (Sundar Pichai, Google),
but none of our university is in
top 100. We have to work in this
area.

Hunger] Malnutrition →

Health is not valued till sickness

comes

→ Health is wealth

Remarks

America is super power → years of efforts and care of poor families.

China → Slowly Step by step.

Poverty → will not be eradicated in one day or one month or one year, many years is eradication of Poverty. 2050

India has become emerging power after climbing Step by Step ^{economically}

Students → A boy becomes a great scientist after climbing Step by Step. former president of India Abdul Kalam became president.

Literacy → Literacy

Job creation Job creation

Climate change

Terrorism

Remarks

The ladder of success is being climbed by stepping on rungs of opportunity.

Story

Anecdotal story

Anecdotal story

{flipkart

opportunity

Anecdotal story

Anecdotal story

{found

Bansal

,friends

Narayana Murthy

{various examples

Nandan Nilekani who achieved success

by climbing on rungs of opportunity

Success is not magic. it comes step by step.

a novel drug is developed in many

years → clinical trials are done.

test. on animals and human beings

fixed and tested and then

novel drug is developed.

Remarks