



Test - 2

Roll No. \_\_\_\_\_

## 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

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Date 27/11/2016

Signature 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.

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 health 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  
 poor 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 <sup>services</sup> medical health and advise  
 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 advices 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 diabetes,

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 low  
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 -

- 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

Remarks

Communicable diseases. Although  
valuing health seem 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, manufacturing,  
services etc. age 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. It results  
is less out of pocket expenditure,  
less poverty and less strain  
on the economy of the country.

Remarks

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 consciousness. 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

Remarks

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.

Remarks

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, orientation is good.

60  
marks

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 company of India.

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

Nick Wozniack born without limbs but now he is leading

Remarks

motivational speaker in the  
world.

Success is not magic, it doesn't  
come in a day, it comes step  
after - after. 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 ~~does~~ <sup>did</sup> 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 are 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 Gandhi  
corroborates this. From a simple

boy he became greatest leader  
of modern world. He developed  
his own methods of Satyagrah  
and non-violence and use them  
in various movements 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 results 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 us 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

Remarks

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 institutions at the time of independence but now we have network of IITs, NITs, IISER, various

Remarks

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 these goals.

Remarks



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 ~~is~~ 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

Remarks

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

Success and win over these challenges require continuous efforts from world community to make world more safe, peaceful and prosperous. These challenges will not be resolved with magic bands but they ~~requires~~ resources, technology, joint efforts, knowledge.

Remarks

Initial failures should not dampen the spirit of world Community. Many of Millennium Development targets were not achieved by many countries.

but ~~they~~ that did not 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.

Success comes step by step and  
 it <sup>applies</sup> 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 ~~and~~ world as whole should keep  
 this in mind while trying  
 towards any goal.

Q. no  
Supreme integration of ideas  
concept is very good  
65  
myf

Remarks

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*Remarks*

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*Remärks*

**GS SCORE**

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*Remarks*



**GIS SCORE**

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*Remarks*

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*Remarks*

No casualty 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, to less burden on Secondary  
and tertiary health Care .

Remarks

- ↳ poor ~~pot~~ public health infrastructure
- ↳ patients are languishing

what should be done

IEC

increase public expenditure

eradicating poverty

care of Corporate social responsibility

CSR Corporate social responsibility

Benefits of Health is values

↳ 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 diabetes

↳ safe AIDS / HIV can be prevented by safe safe practices

Sanitation and hygiene will help in preventing many communicable diseases

Remarks

repercussion

repercussion

repercussion

Health not valued

Sickness

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 , their causes , and methods of their prevention .

Agriculture → food Security → Importer  
↳ exporter

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  
numbers of scientific personnel

our IIT graduates are leading many  
giant MNC Sunder pichai google,  
but home 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 superpower → years of efforts and care of poor families.

China → slowly step by step.

poverty → could not be eradicated  
in one day or one month or one  
years, many years is eradication  
of poverty. 22.5%

India has become emerging <sup>economic</sup> power after  
climbing step by step

Students → A boy becomes a great scientist  
after climbing step by former president.

01 India Abdul Kalam become president.

literary → Literacy

job creation job creation

climate change

Terrorism

Remarks

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

Story

anecdotal story

anecdotal story

flipkart

Opportunities

anecdotal story

found Bansal friends

Narayan Murthy

Nadan Nitikani

various examples

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

ant on animals and human beings

tried and tested and then

novel drug is developed.

Remarks