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TEST COPY

AMIT YADAV

RANK - 502

GS MAINS ESSAY



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

- Both sections are compulsory.
- Attempt one 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.

Remarks

(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).

Name AMIT YADAV**Mobile No.** _____**Date** _____**Signature** Amit Yadav**1. Invigilator Signature** _____**2. Invigilator Signature** _____

SECTION - A

1. Our greatest glory is not in never falling, but in rising every time we fall
2. Health is not valued till sickness comes.
3. Death is not the greatest loss in life; the greatest loss is what dies inside us while we live.
4. People who are in a fortunate position always attribute virtue to what makes them so happy

SECTION - B

1. The only answer to climate change is "change"
2. Science and technology revolutionize our lives, but memory, tradition and myth frame our response
3. Universities should be a place for 'creativity', 'out of the box thinking' and 'ideological disruptions'
4. Development means only human development; all other measures of growth are misleading.

secA (2) Health is not valued till sickness comes

we humans, as individuals and as society, have often been shortsighted about numerous issues. we know the extreme social injustice will one day create conditions of social unrest and even revolution, but still injustice prevails on a large scale. we know too much consumerism will cause irreparable destruction to environment, but still we continue it. similarly, we know if a disease is not prevented or acted upon at an earlier stage, it can be fatal. some of them can become epidemic.

Health, in the current societies, has been seen very narrowly as absence of disease. Till a person is not in the severe stage, the disease is not recognised. This usually happens in cases such as cervical pain, high blood

Remarks -

pressure; et cetera. When such a stage has been reached, then secondary and tertiary care is sought. This is dysfunctional for not only individual but the society as well. First, the person remains unhappy and uncomfortable during the time. Second, he/she remains unproductive. Third, it leads to large out-of-pocket expenditure, thus is a significant cause for many families falling in poverty. For society, it loses valuable human resource. Moreover, major investment is then required in unproductive (in a way) health sector.

The essay argues that there is a need to look at health in a more holistic perspective and focus on preventive and promotive aspects of health. It ultimately argues for a more positive conception of health.

Remarks

It is a fact, which has been accepted by doctors across the globe, that betterment in sanitation facilities is the most important cause of reduction in diseases than modern medicine. Another fact about disease burden in India is that India faces dual burden of disease with communicable diseases ~~causes~~ are as much responsible for deaths as non communicable disease. A holistic preventive health programme should focus on many elements.

The most important element has to be safe drinking water, Sanitation and hygiene, which UNICEF calls WASH. Focus on these elements can be a huge step towards better health as large number of communicable diseases like Malaria, dengue, cholera, Dysentery, etc. result from unsafe water, poor sanitation, open defaecation, poor handwashing habits. Not only programmes

Remarks

like Swach Bharat Mission focus on construction of toilets and Solid and liquid Waste Management but major focus has to be on educating people about the potential of WASH practices in easing the burden of diseases.
This is the first step towards preventive community Health.

Second most important element is Nutrition. Poor nutrition is a major cause of vulnerability to various diseases. Traditionally, India has focused on providing macronutrients like carbohydrates and, to some extent, proteins through various food security programmes, but focus needs to be shifted to micro-nutrient deficiencies, like that of vitamins, minerals like iron. It has been found that large proportion of women face iron deficiency which causes birth related

Remarks

- issues and complications leading to high maternal mortality. It is Silent Hunger Invisible.

which is not visible but body reacts to it.

Fortification of important nutrients is one solution but the major focus needs to be on cheaper and balanced diet.

communities must be educated about what a balanced diet should contain based on the geography of the place and thus availability of food there.

Third, focus should be on preventing those diseases, which can be prevented through vaccination like

DPT, T.B, Hepatitis, small pox, Polio, etc.

India's vaccination plans have been largely successful, but more vaccines need to be introduced, so that preventable diseases could be prevented.

communities should be made aware that many communicable diseases,

like vector borne disease could be prevented by only collective efforts, i.e. keeping the localities clean and hygienic. Local bodies can play an active role here.

Though, communicable diseases could be prevented to a large extent through above mentioned ways, the strategy to prevent non-communicable disease (i.e Respiratory disease, heart related disease, cancer, diabetes) has to be more extensive. It includes effort not only from individuals but also from communities and governments.

These diseases are called lifestyle disease caused by individual and collective lifestyle. Major causes of these diseases are:

(1) Respiratory disease : air pollution, indoor pollution; (2) heart related diseases : sedentary lifestyle, mental pressure of work and life;

Remarks

(3) Cancer: Various causes include plastics, pollution, etc. (4) diabetes: sedentary lifestyle, high carbohydrate content of foods etc.

Efforts to deal with them require, first of all, individuals. There is a need to change the dietary patterns. Packaged food contains preservatives, high sodium etc. Moreover, some foods like Burgers, cheese pizza, and other fast foods are high in carbohydrates. These are said to be the causes of diabetes and Blood pressure. They must be avoided and balanced diet should be promoted. Moreover, calorie intake should be managed depending upon the requirements, i.e., people who work in offices need less calories than manual workers.

Second, there should be increased focus on Exercises. Physical exercises, cardio-vascular exercises like running

Remarks

Cycling must be promoted. Yoga is also beneficial; it should be promoted even in schools.

At the societal level, there must be focus by the government on reducing air pollution levels which are being the highest in the world in cities like Delhi. Strategies like focus on public transport, renewable sources of energy must be encouraged. There should be a comprehensive strategy to reduce plastic pollution by regulations and extended producer liability.

Individuals should go for annual preventive health checkups. Government and even private organisations should encourage employees to go for preventive checkups rather than on curative insurance-based policies.

Remarks

The above mentioned solutions are only for preventive physical health. Health should be more broadly defined to include mental and spiritual health. Collectively, society can be a game changer in this area.

The major mental health related issues emerge from anxiety, pressure for success, too much competition, loneliness etc. There should be focus on changing societal goals where material success alone is not considered as success. If moral values of cooperation, harmony, satisfaction are encouraged, many mental health issues can be prevented.

In the area of spiritual health, India has been a world Guru. We should not forget our own culture and focus on harmony of individual, social and environment. Our goals should

Remarks

higher pursuits of life including self realisations.

only by efforts at individual, and societal levels, the positive and preventive conception of health can be realised. It is an old saying that Prevention is better than cure.

However, Promotion is even better than Prevention. Proactively, healthy lifestyles must include making our food, our surroundings better, making our societies happier by promoting universal brotherhood, the ultimate goals of healthy living, viz is happy living can be promoted.

Remarks

Part-B (3) Universities should be a place for "creativity", "out of the box" thinking" and ideological disruptions".

A year ago, some students from IIT Chennai were suspended for forming a group called "Ambedkar Circle"; Police entered the premises of JNU in Delhi.

India has large number of Universities and colleges, yet employability of university graduates is low; societal problems are weighing to be solved; social movements are not able to alter society in a desired manner.

The way our universities are structured has an important bearing on the societal outcomes in terms not only of employability and growth but bigger issues and challenges facing society like lack of social cohesion, deep social inequalities and other social challenges.

The essay argues that if universities are able to unlock their potential by producing citizens who are creative, innovative, rational and with scientific temper, the country can change for better. However, to unlock this potential there is a need to relook at the idea of university both by the government and by the society.

Ideally, the university is a place which contains the whole universe within its ambit. It should be able to relook, at anything, research anything. It should not be bound by the ideas and norms of the society or nations. As one is able to challenge the theory of atomic structure, one should be able to challenge the ideas of

Remarks

prevailing social structure. No idea should be uncritically rejected, rather it should be presented, debated openly. Amartha Sen, in The Argumentative Indian mentions that Indian tradition has been argumentative. Even the opposing ideas were recorded and then refuted by arguments. Such should be the approach of universities.

Seen in this context, Indian universities are surrounded by challenges which suppress these tendencies. First, Universities are heavily regulated by the government. They are not even free to decide the curriculum. Mostly they are funded by government, so the government has administrative and even ideological control over them.

Remarks

The quality of research outcomes are mediocre. Unsurprisingly, ~~the~~ Indian universities fare poorly in the world ranking of universities.

One important feature of universities in India is that they are poorly integrated with Industry, research institution and also with the social surroundings. The result is that they tend to focus too much on theory rather than being meaningful to the society.

Being dependent on state, they are unable to look critically at state institutions and providing any ideological challenge and alternatives for better society and solutions of social problems.

Remarks

So, all this needs to change. First and foremost, they need to come out from the shackles of state control. For this, they need to be financially self sufficient. They should be allowed to charge reasonable fee and should have other avenues to generate revenues, e.g. philanthropy, contribution from alumnii, providing consultancy services to industry and government, etc. By this, state dependency will reduce.

Secondly, they should be allowed to evolve their own curriculum. This curriculum can be based on the geographical and social surroundings. For example, a university in the North-East may include issues which are specific to the mountainous terrain and to the people of north-east.

Remarks

This will help in diversifying the areas being studied. By doing this, the specific universities will be able to connect to the social surroundings and may be able to provide innovative solutions to local problems.

Thirdly, they should be integrated to research institutions and industry to get first hand exposure to current challenges facing the different sectors. There can be a useful two-way exchange of knowledge and ideas, which can help universities provide ideas which help in growth of economy.

Fourthly, they should be connected to the government, not in a way they do now, but on a more autonomous terms. Government can ask participation.

Remarks

of Universities in certain governmental programmes, where their knowledge and ideas can be utilised, for example, for innovative design of toilets for Swaach Bharat Mission; ideas for smart cities, etc.

Fifthly, there should be created a platform where government representatives, industry leaders, philanthropists, scientific scientists, researchers can share their problems, innovations and ideas with universities so that Universities can expand them, provide solutions.

Lastly and most importantly, there is a need to change the examination patterns which are note-based. They do not encourage students to think "out of the box" and innovatively.

Evaluation should be based on understanding of concepts and ideas, application of these ideas for the benefit of the community, generating new ideas, ability to challenge non-working ideas, etc. One annual examination can not be the test of capability and potential of a student. Evaluation needs to be more comprehensive.

One connected issue is that related to Lecturers and Professors. They should be encouraged to take interest in research and problems of society and also motivate and guide students in the same way. Their promotional aspects should not depend on their ideological leaning. Moreover, there is a major issue in our society that

Remarks

bright students do want to join the teaching line. One reason may be the sorid position of teachers, professors in society. This needs to change so that bright students feel attracted towards this. Professors should be allowed to go on deputation to serve government or industry. Eg, Raghuram Rajan came here as RBI governor on Sabbatical. This should be encourage in India.

Finally, Universities should not be seen in isolation from the society. It should be seen as integral part of the society; as an institution of society which can generate new "out of the box" and innovative ideas to solve societal challenges, and it should strictly be kept out of control of the ruling ideology of the state

Remarks

to be more effective and fearless.

There was a time when India boasted the presence of world's largest and ancient universities like Nalanda and Taxilla. For long, it was a leader of the world in terms of knowledge. It is important that India comes out of the colonial hangover of creating obidient clerks in universities. It is the time when Universities in India are able to find relevant meaning and produce future Rousseau, Kant, Einstein and may be even Marx.

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Universities

- no freedom to frame syllabus.
- Examinations pattern - note method.
- not allowing ideas which are against establishment

(1) Autonomous

[Anything can be
sheduled & questioned]

(2) Critically look at anything

(3) Scientific temper , ,

[Nalanda,
Taxilla]

→ Focus on Premier Institutions only,

→ increasing ranking

How it can be done

(1) Encourage bright student for teaching

(2) connected with social reality

→ Solve societal problems. with

→ innovative ideas

(3) Connect with industry

(4) connect with other universities
foreign inst.

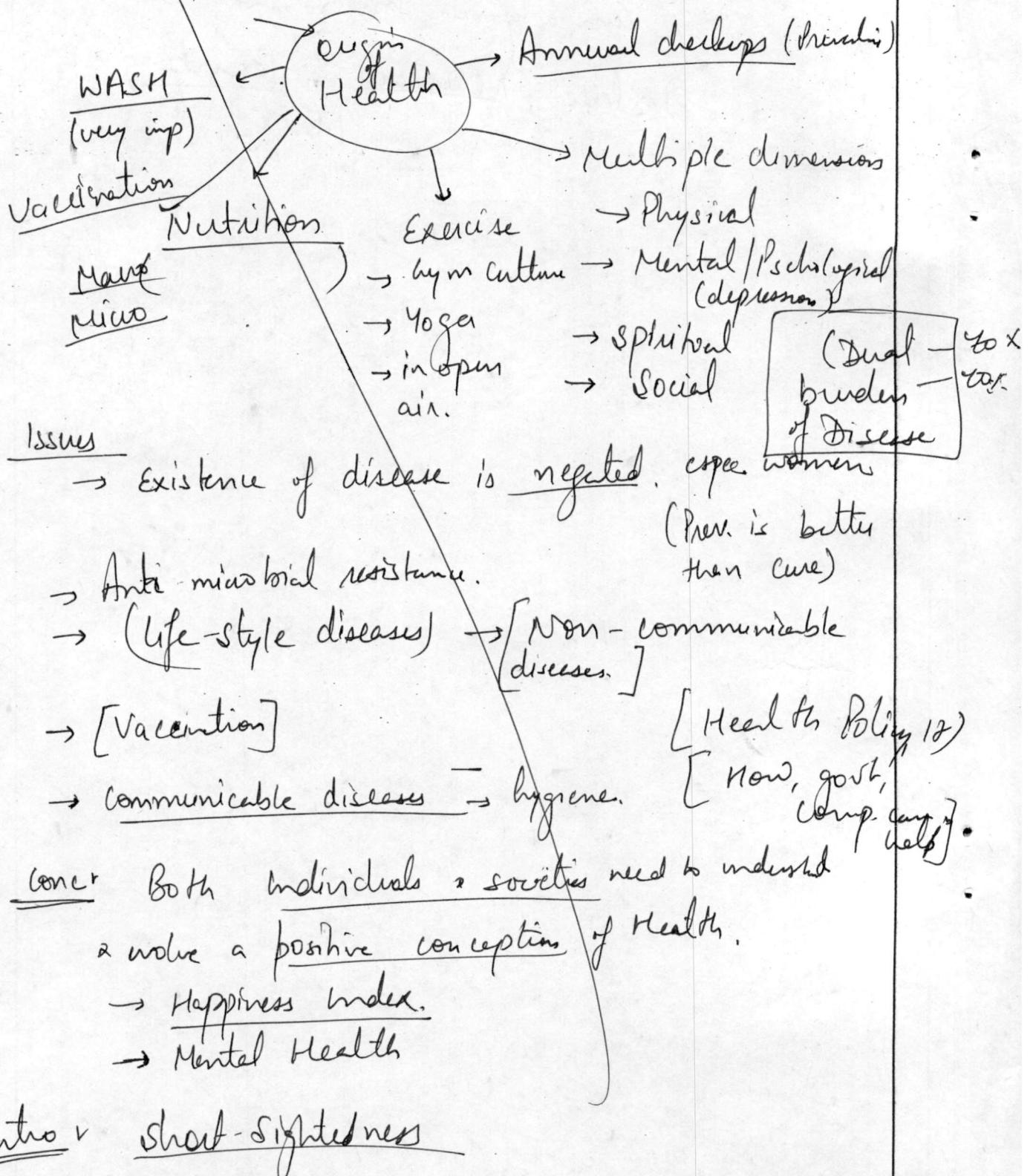
Remarks

(5) challenges even the most entrenched ideas

can give birth to
Einstein, Rousseau, Kant,
Marx.

Remarks

(1) Positive conception of Health (no negative conceptions)
(not only for individual but for society)



Remarks