

Roll No. _____

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.

(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 Jatinder Sohal

Mobile No. _____

Date _____

Signature Jatinder

1. Invigilator Signature _____

2. Invigilator Signature _____

Remarks

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.

SECTION-A

2. Health is not valued till sickness comes.

Aman, an occupational worker, working in a factory (that processes minerals), not adhering to safety precautions. One day, he was diagnosed with lung disease. From that day onwards, he started wearing mask and other protection.

Rajesh used to watch TV from a very close distance. But after he was diagnosed with myopia (short-sightedness), he started taking precautions and watched TV from a distance.

Try to
make
your
introduction
more

broader in
dimensions

There are numerous such cases as that of Aman and Rajesh, where gaze is shifted towards health only when sickness or some symptoms force them to, do so. General thinking is that all is well. Even if they know, they are not doing things well. People tend to rationalise their acts as reasons are many like cultural, traditional, superstitions, psychological, political, economical, etc. Challenges are even more to alter this faulty attitude.

Psychologically, it is natural that when deficiency (in this case health) felt, it led to desire and need to promote health. There is one attitude being promoted vigorously to ignore even important facts. That is 'Chalta Hai' attitude (it is okay). No doubt, it keeps person moving on after facing problems. But, it also led to ignoring basic needs of body and time passes, till sickness emerges. Even then, people resort to unscientific methods.

Earliest response to some unwanted

Remarks

Changes in health is to ~~never~~ resort to superstitions. Diseases are looked upon as wrath of God/Crackesses. Rather than taking medicines themselves, they take ~~red~~ Prasad or ash from tantrics. In the meantime, sickness reaches that level, where ~~tackling~~ becomes difficult.

All blame can not be put on superstitions. Culture also plays an important role in shaping priorities. In Asian countries, particularly India, family responsibility is given upper hand than individual requirements. Consequently, people go to work despite unhealthy work conditions to fulfill family needs like fees of children school, food, ~~clothing~~, etc. Only when sickness emerges, they are forced to spend ~~on~~ some money on their own health.

Furthermore, reluctance to spend on health is more in poor because out of pocket expenditure drives them more towards poverty. Economical constraints provoke them to work tirelessly without thinking about own health. However, even if someone want to get basic health resources, constraints that

Remarks

are not in their control come out.

Primary Health Centres (PHC) are there, but Doctors not there. If Doctors are present, medicines not available. Basic needs like vaccination should be available and accessible to every section of people, then only health is guaranteed. Political and administrative will has much to do regarding this so as to promote preventive healthcare than curative healthcare.

Politically speaking, schemes introduced by the government are not conducive to preventive aspect. Insurance providing, no doubt, is good for many. But it shifts the focus to post-disease stage. Rather, disease should not be allowed to erupt and spread its roots in the society. Instead of hospital care, preventive aspects like awareness drive, vaccination drive (Mission Indradhanush), etc. should be promoted more. So as to spell out ignorance of society and their apprehensions mingled with superstitions.

could
take
general
examples
from life
like
until we
do mistakes,
we don't
change our
ways.

Remarks

Furthermore, it is not restricted to people attitude like superstitions or that of government's. Diseases itself are entering new phases and posing new challenges, i.e. that it becomes tricky to promote health and prevent sickness. Some diseases like AIDS have long incubation period (i.e. takes time to evolve) are there. Non-communicable diseases are on rise, which are gradual in onset.

Hence, dealing becomes difficult or intricate with such invisible patterns, like in air pollution diseases. These problems take time to come into focus of patient. Such issues are not only affecting poor but rich equally. In recent incidences, 2 Bollywood celebrities recently diagnosed with high grade cancer.

Technology is also making people luxury loving. Escalators have replaced staircases. Outdoor games have ^{been} displaced by internet games, from their places. People are so much immersed in their chats, social media that they are not caring even about their health. Neck

Remarks

pain, back pain, glasses on eyes. are frequent sightings.

However, time is changing. Technology as mentioned above, ~~no doubt~~, has ill effects but also has boons. Like, they make people informed. Awareness is now being spread across social media about promotion of health. For illustration, what to eat?
- sugar-free, cholesterol-less foods are being promoted. Yoga is being promoted all over the world.

People doing Yoga, walking in the parks - such scenes are increasing now a days. Government is also not far behind in promoting these events, particularly preventive aspect.

Government is also shifting gears, showing intent towards preventive health care which is finding resonance in National Health Policy, 2017. Swachh Bharat. Abhijan is another commendable work of political executive in this direction. As, it is meant to encourage sanitation and hygiene, which are necessary for averting diseases.

Remarks

Media is not only assisting government in this path, but is also at forefront by promoting missions of government like Swachh Bharat Abhiyaan. Moreover, related campaigns like Darwaja Bandh, Pulse Polio campaign by enrolling Bollywood actors are being promoted by media.

Therefore, there is a need of holistic approach to deal with these challenges. Awareness about preventive healthcare is required. Political will charged with mission-mode campaigns will boost this pathway.

Mere changing attitudes will not work, until infrastructure like specialists, medicine will not be there at health centres. For this, Government should allocate more percentage of GDP to health.

For working employees, employers have to be proactive. Not only, health checkups at time of recruitment, but also every 6 months or 1 year have to

Remarks

be conducted. Safety apparatus should be provided to workers with guidelines for employee's and organisation benefits, as a whole. ~~Stairs, instead of escalators & gym should be there in offices.~~
 New challenges like Non-communicable diseases have to be tackled. Recent campaign of FSSAI (Food Safety and Standards Authority of India) - 'Eat Right' campaign for encouraging eating safe and healthy food, it. It is a good step in this orientation.

~~Internet~~ have to be tackled accordingly. ~~Berry-picking~~ i.e. fruits that are sweet have to be obtained like social media awareness about benefit of outdoor games and harmful effects of internet addiction should be promoted

Moving further, health is also not merely absence of disease or infirmity

It is also social and mental wellbeing. Here. In the social part, Casteism, Communalism are diseases that have entered into society. These illnesses are hidden in communities in form of stereotypes &

Includes examples from other disciplines too like

Policy
 out if a party is defeated, in elections, thinking

Remarks

upon its strategy rarely happens.

prejudices. These get recognised when violence occurs (sickness), which are harmful for health of nation and its democracy.

Tolerance should be promoted. More community interactions should be there. Police reforms to better tackle any violence without any bias.

On mental well-being feature, stress, struggle are increasing in daily life. People do not acknowledge these symptoms until emerges out in symptoms like High BP (Blood Pressure).

Even then, these symptoms are ignored, giving space to mental disorders emerge out in full form. Also stigma attached with mental disorder prevent people to seek medical care at the earliest onset.

To tackle mental stresses, happiness should be promoted. Yoga, meditation also help. Mental healthcare infrastructure should be boosted so that it reaches each and every section of society.

Remarks

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Remarks

page repeat

prejudices. These get recognised when violence occurs (sickness), which are harmful for health of nation and its democracy. Tolerance should be promoted. More community interactions should be there. Police reforms to better tackle any violence without any bias.

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Remarks

page
repeat

These measures will only work, if stigma attached to mental disorders will be removed. Mental patients should not be seen as evils. It is like just another physical illness. Awareness should be promoted.

To conclude, priorities have to be arranged by individual so that it fit in famous saying - Prevention is better than cure. It has to be started from personal level to tackle challenges till national level. Ultimately, fruits of good health will be reaped by whole nation. Promoting individual health is not in one's interest but nation as a whole so that our country come at World Centre stage and become global superpower.

→ overall diversification of essay is required apart from health sector, which has been analysed well.

→ could also talk about examples from economy

Remarks like until subprime crisis 2008 happened,

fiscal health of financial institutions wasn't thought about. And so on.

SECTION-B

1. The only answer to climate change is "change".

Climate is temperature and precipitation conditions present over an area for long period of time like hundreds of years. Now, this climate is changing not over a particular area, but whole of world. Climate change means global temperature is on rise and precipitation is getting erratic.

The whole world community is baffled over this change as suggested by many reports that global temperature if not controlled will rise by 4°C by the end of this century. It will produce various effects like irregular rainfall, hot summers, loss of biodiversity, sea level rise by melting of glaciers, affecting whole world in many ways..

International community has been shaken by various studies and reports

Remarks

of organisations like IPCC (International Panel of Climate Change Combating), WMO (World Meteorological Organisation, etc). As it affects whole global arena, all are concurring that solutions are mandatorily needed. It has become necessary to find out proper answer to questions that climate change is throwing.

However, one thing is certain that change in climate is happening and current practices are culprit. Hence, if these practices if allowed to continue, will lead to doomsday of world, sooner or later. So the only answer to climate change is "Change" - i.e. processes have to be changed started from individual level, joint level till international level.

At individual level, various factors come into play in promoting certain acts like stubble burning by farmers use of (due to simple procedure, less labor, clear fields), more use of private vehicles (due to convenience, luxury, public

Discuss various causes behind climate change briefly in a paragraph atleast.

Remarks

transport not accessible), use of dirty fuels for cooking (LPG expensive, kerosene subsidy, local traditions responsible). Therefore, individual acts are not essentially voluntary; involuntary too due to many constraints which are not under their control like poverty, government policies, less serviceability, availability of cleaner alternatives.

But, behind all these factors, one thing certainly needs to change that is attitude and awareness. For that to happen, they have first to be made aware of climate change that how their particular acts are affecting whole world. It will be transformed into changed attitude, partial only in mindset which are able to contribute to protect climate i.e. upper middle class and rich.

They (rich and upper middle class) are equally, rather more culprits in contributing to climate change and poor

Remarks

with less resources are affected more. Rich people have to cut down use of private vehicles, use of cleaner fuels, leave subsidies for poor, etc.

Change in practices can come only be instilling duty towards society, selflessness, moral values, etc. Mindset that I ~~can~~ can afford luxury, so why not pursue it. What have I to do with society? These particular attitude has to be displaced by thoughts like I have to give back to society. Small drops when collected, can become ocean. Our small steps when changed can produce drastic effect and protect climate.

Moving further, at community level, we need collaboration. This is because, not only it will speed up the change but also motivate others to contribute. For example, one person is using burning waste including plastic. It can be seen by other person as easy and simple act to get rid of waste, rather than going to far place (landfill) to dump waste.

Remarks

Dwelling upon the above mentioned example, role of community can be asserted as whole community can press a corporation to provide waste collecting vehicle to houses directly. Therefore change in societal thinking is necessary which will ~~in~~ push others including local bodies till national level government to act.

Local bodies are agent ~~and~~ change at grassroot level. They have to spread information regarding climate change and rising temperature. ~~Sarpanch~~ and other authorities have to link effects and causes like stubble burning will lead to increased temperature, ultimately ~~&~~ irregular rains, hence affecting agriculture. People will surely connect with such information. Local opinion leaders which are popular among communities, have to instill such mindset first, then communities will follow automatically.

Remarks

Governments at state level and national level have to become proactive to promote efforts towards climate change. Thinking merely about growth in quantitative terms without caring for environment is a ridiculed one.

Mindless development like granting licenses to industry without caring for Environmental Impact Assessment, monitoring of smoke emitting from industries, etc. should not be tolerated.

However, development is needed and we should not pay for historical acts of developed countries. But, it is also in our own interest to promote climate protection initiatives because it will affect us without caring for history, equally.

As a result, government has grabbed this idea and not pulling its feet back and have started to lead at forefront to tackle climate change. Various measures

Remarks

like advisories to farmers to not burn their stubble (crop residues); money will be given by processors of crop residue if sold by farmers to them. For cleaner fuels, Mission Ujjwala for giving LPG connections to poor especially of rural area will lead to less use of dirty fuels and contribute to health of women, children and ultimately air - less climate change.

Hence, measures are changing, even targetting attitude is one of those like LPG Panchayats to promote awareness about use of ~~cleaner~~ fuels. Also, for promoting use of public vehicles, more public buses or other vehicles are being put to use. Even urban development policy is changing. Now initiatives like green building, use of E-vehicles or building residential buildings near metro is being promoted. National government's particular plan regarding climate change is NAPCC.

Remarks

(National Action Plan on Climate Change) consisting of 8 missions that promote use of solar energy, other renewables, Sustainable agriculture, etc.

Government's intent can be deciphered out from its commitment towards Paris Climate deal. India has been ardent supporter of International efforts like Montreal Protocol. It has brought changes from time to time to cut its emissions and substance use like use of CFC (Chloro-Fluoro carbons), further sig → Ozone depleting substances. Further, it has committed to Kigali agreement where HFC (Hydro-Fluoro carbon) will be phased out → another element that increase greenhouse gas and encouraging global warming by trapping UV radiations.

Talking about Paris Climate Deal, countries have committed to bring certain changes in their practices like shifting to renewable resources from non-renewable resources. Afforestation, that help in

Need to also change the current consumerist culture, taking care for granted

Remarks

tackling climate change is being encouraged. More trees lead to more carbon sequestration. So the trend of deforestation needs to change into afforestation, even further boosted by measures like REDD+ (where monetary incentives are given for such measures).

However, change does not mean that all practices need to be removed completely. It can also be status quo like or promoting certain practices like planting more trees like green belts along highways, discouraging certain practices like deforestation.

Novel methods, ~~also~~ are needed. As pointed out by latest studies that even if Paris Climate deal is followed properly, it will not stop changing current trend of rising global temperature. Science and technology has to come out with solutions. Developed countries have to up the ante, promote such experiments with funds. Also, for mitigation and

Remarks

adaptation of developing countries, they have to change themselves and mend their mindset ~~to~~ donate funds for efforts. Communities can also contribute with their own novel methods. For illustration, people can collaborate on sharing cab on online platform to go to examination centre. This saves money, as well as environment.

Change is inevitable part of life. But some changes are good and some are bad. Climate change falls in latter category. It can be tackled with change only at all levels ~~with~~ as many methods as possible.

As Mahatma Gandhi aptly said that nature has everything for man's need but not for every man's greed. Resources have to be used consciously, sustainably so that coming future generations not face wrath without any fault of them. Change has to be started at the very moment, else, day is not far

Remarks

when whole world community will feel helpless and, with no resources left. As, efforts are being made now with great vigour, optimism has been crept into communities, societies that we have tackled 'challenges' earlier and with whole world community, it is not impossible to deal with climate change.

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→ causes and effects of climate change could be discussed in a bit more detail.

In fact, causes like Industrialization, Urbanisation, deforestation etc. weren't discussed.

→ Could also include Adaptation versus Mitigation debate towards climate change.

Remarks