

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

## ESSAY MOCK TEST

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).*

### Remarks

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Name Medha Anand

Mobile No. \_\_\_\_\_

Date \_\_\_\_\_

Signature Medha Anand

1. Invigilator Signature 

2. Invigilator Signature \_\_\_\_\_

## SECTION - A

1. Health is not valued till sickness comes.
2. The only answer to climate change is "change"
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 - B

1. Our greatest glory is not in never falling, but in rising every time we fall
2. Death is not the greatest loss in life; the greatest loss is what dies inside us while we live.
3. Expect the best. Prepare for the worst. Capitalize on what comes.
4. We are good architects of future, if our coming generations are not victim.

Essay 1 - Health is not valued till sickness comes.

Health, in modern times, is taken in a negative connotation as being absence of sickness. But, in fact health has various other attributes to it. In Ancient India, Health was considered as spiritual, physical, mental, psychological, social and emotional wellness. Carrying the same tradition forward, in contemporary India, Amartya Sen describes Health as a person's asset through which s/he socializes with the society.

cross-check

One needs to understand that mere absence of diabetes, arthritis etc doesn't imply that a person is happy and gay. There is more to health than the eyes

can see. While, apparently health denotes being away from sickness or diseases per se, but the underlying dimension to health reflects the inner peace and satisfaction a person has in his/her life.

Remarks

Why has it happened so? Why has health been taken to be a mere absence of illness -

Perhaps, the problem is even reflected globally and nationally wherein health indicators like Maternal Mortality Ratio, Infant Mortality Ratio etc are determinants of progress and success of a country in health sector. It is difficult to gauge, whether such an accounting measure travelled from individual to societal level or vice versa i.e. the society imposed such pre-determinants onto its populace.

Whatever be it, but the fact of the matter remains that in fact society & its populace is being gauged by these parameters. Bhutan has in fact given a good example, wherein Happiness Index is gauged, thereby going to the preachings of our Vedas, viz  
 आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम्।  
 i.e. Good health is the greatest blessing. Health is means of everything. And only if a society or a nation state is able to personify its

Remarks

people's health in all possible dimensions can it achieve growth & sustainability.

So, where are we "lagging"? How are we as a society furthering this wrong definition of health being merely as absence of illness.

With expanding population, resource crunch is a matter of fact and there is no denying the fact that getting a decent job has become a challenge for the youth; getting into good schools has become a challenge for children; people are unsatisfied with their jobs; the elder generation is feeling alienated by the technology that has taken over their lives.

But are we teaching anger management stress release techniques, tension control to our human resource. Children are taught to be winners always - then who will lose? Being number 2 is taken as a sin - Perhaps the only loser in this mad race would be the society, which will lose out on its crucial human resource.

Remarks



Without teaching our population to take in failures without getting upset, how are we expecting them to be healthy perhaps, just because their Blood Pressure are normal etc. It is now common to find parents to grumble about the 2 marks a child lost in his/her exams, failing to acknowledge the 98 s/he scored on 100.

Is the pathology not visible? When pressures are high for admission into kindergartens, shouldn't the school curricula or parents be trained to teach their children how to effectively manage stress or how to remain cheerful no matter what life shows up.

Students preparing for civil services are an example which can't be missed and they though may seem to be 'HEALTHY' but imagine the constant threat of losing out that creates havoc in their lives - both personal and social.

How should their health be maintained?  
 What steps can be taken to ensure that  
 the populace is healthy with health being  
 a multi-dimensional aspect?

The mad race for being No.1 needs to be stopped. Coming No.2 or even last should be taken in good will. Parents need to be given training for understanding what talent their child holds and how to nurture it rather than just going where all are going.

Office conditions need to be improvised, to become more employee friendly - CEAT tyre making company has recently introduced "work from anywhere" scheme wherein, employees can work from anywhere they like - parks, cafes, homes etc. A study by Lancet has proved that such measure improve productivity of employees and also leads to them remaining healthy.

For the elderly they should be taken full care of by their families - both physically & emotionally. AGEISM should not

take away their chippy nature. Informal groups of elderly should be encouraged and the youth should be sensitized not to manhandle the elderly. Perhaps that would make the elderly less averse to children playing badminton in parks, while they sit there and chat!!! (usually elderly stop children from playing, as they fear that the shuttle might hit them).

Women and teens have special needs and for them to be healthy, they should be tackled that way. Puberty related changes make teens anxious and well thought out training should be meted out to them. Women of reproductive age and elderly need to be differently treated, counselled to be able to manage the increased stress + competition due to globalisation, market driven shocks etc.

Remarks



What will be the impact of this change? changes won't be visible in the short term and a broader time window will have to be given to gauge the probable impacts of such changes.

While measures like Maternal Mortality Rate, Infant mortality rate are apt, but we need to introduce more measures in the basket like gauging happiness, managing stress, etc. Though, teething problems may occur but, facts prove that the population is filled with anger. be it the mob lynching cases spur or pathological acts like an increase in number of rape, murder and dowry cases.

All these things prove that all is not well with people and they need to cope up with varying stresses in life to which they need to make their peace with.

Lessons for India-

While India is doing extremely well in achieving its SDG-3, but managing emotional, spiritual, mental, psychological and social well being is what holds the key for India to turn its population boom into asset or dividend.

Way forward-

Health has many dimensions to it and one can't ignore them. It is high time that citizens, govt & NGOs club in to make its population **HEALTHY** in true sense of the term. Bhutan's happiness index can show us the way and also, a lot needs to be done to really stick to this philosophy.

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See paper after  
and essay for  
comments.

Essay 2 - Our greatest glory is not in never falling, but in rising every time we fall.

Anudeep Durlanthy, got rank 1 in UPSC civil services in his fifth attempt. He aspired for it and so he fought for it. He fell but again gathered the scattered bits to climb up the ladder of success. good example

This is a perfect story portraying the theme of the essay - but are we not being too materialistic, are we not gauging glory to gain of materialistic assets.

Buddha attained glory, but he didn't gain materialistically. He just achieved a higher spiritual level.

Perhaps, glory implies something different and is not just about topping an exam or becoming Shahrukh Khan hence we teaching our generation to become more materialistic while chasing the myth called "glory"

Remarks

↳ if you call something a myth, you mean that it doesn't really exist!

After all, all humans are mortal and imagine 'X' gaining glory and achieving a Bharat Rata posthumously; everybody remembers 'X' on Independence day etc. But 'X' is dead & if there is no life after death he didn't really know of the Bharat Rata & other accolades. Now, let's rewind, 'X' spend sleepless nights to achieve this "glory", he was so busy in chasing this "myth of glory", that he didn't enjoy life to its full.

Isn't it a shame, that to achieve the myth of glory people are neglecting their present lives and not enjoying it to the full by gaining momentary happiness like visiting one's home during festivals, instead of working like a donkey throughout the year to chase this "myth of glory".

Remarks



Why are we chasing glory? Is it a key to happiness? Does it guarantee peace of mind?

In a shocking revelation, Deepika Padukone, a Bollywood diva, told the world that she suffered from acute depression. Perhaps it is not uncommon to hear stories of famous personalities to suffer from serious identity crisis at the zenith of their careers. Lifestyle diseases like hypertension etc are also common among these "mythical geniuses".

Then why to aspire for glory, isn't it  
OK to be common? What is the problem in having an office, a normal family and a simple, disease-free lifestyle. What is the need to do something which no one has ever done before - lets change the perception and try to become common, not aspiring for glory  
for we all are mortals.

Remarks -

How has this concept of being No. 1 been engrained into the minds of the people?

Ask Karl Marx and he would say that perhaps the bourgeoisie conspire this for proletarians being caught in this cycle of falling & getting up; just like Brahmins used to scare off people to follow the Chaturvarna & do rituals, else remain caught in the cycle of life and death.

We just quoted Karl Marx, depicting how famous he is and the glory he achieved in his life. But for once look at his life while being alive. He kept wandering from one country to the other in search of refuge. He lived in slums, in insanitary conditions & finally died owing to his diseases. Isnt this a price for the "glory" he achieved?

What if he had a normal life and just lived happily with his family & friends.

Remarks

↳ who would have created marxist philosophy? what about criticism of capitalism?

wasn't he financed by engels?

Anyways, taking the Marxian philosophy further, in today's nation state isn't the govt using this anecdote of a myth called glory, to extract more out of its people. Aren't we being used by playing with our emotional quotient and in fact we are just puppets in the hands of the govt, competing with one another to finish a herculean task.

Isnt this anecdote a farce, a metaphor to play with the people's innocence? The "mythical glory" people are chasing, is nothing but a careot and slick approach, whereby high moral precepts are being used by the govt and their allies to catch hold of people's innocence.

To justify one's viewpoint, lets take an example - what does fall mean? Does failing an exam, a fall; or losing out on a job promotion a fall; or not being able to get into a prestigious institution a

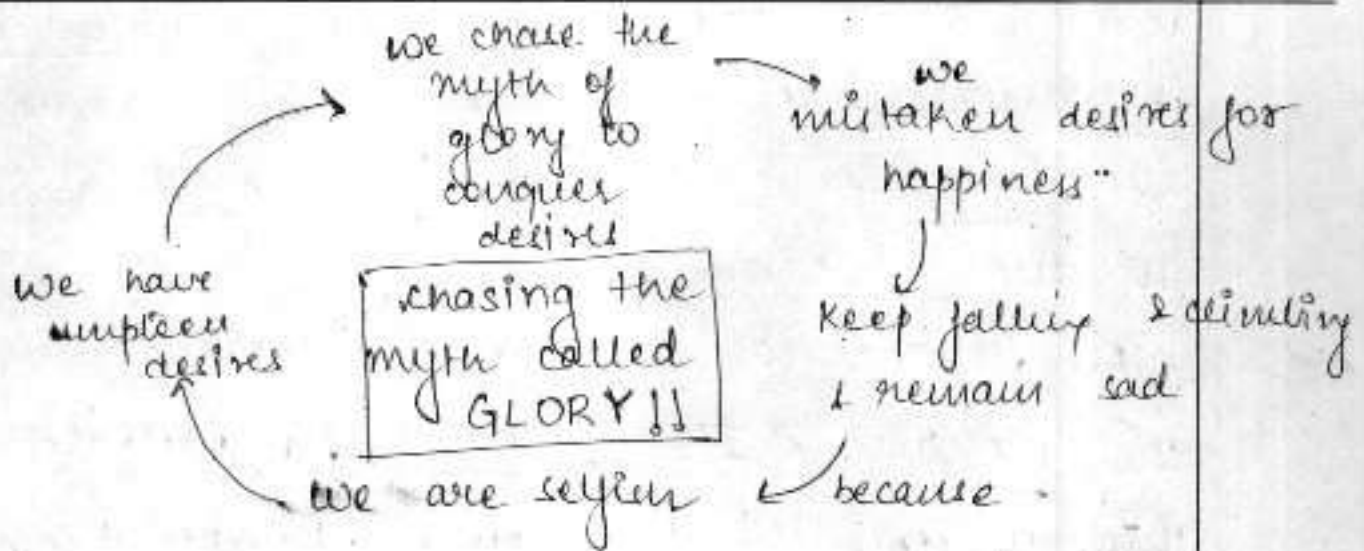
fall? Aren't we defining the concept of "fall" in a parochial way? Does life oscillates like a cardiogram with failures and successes only, can't we just live <sup>in a</sup> straight or linear fashion.

One may argue that life is grief stricken and hence keeps on revolving between good and bad. But what about Buddha's claim - that man suffers because of desires why can't we put a hold on our desire and achieve a happy life. Aren't we being too selfish to chase "the myths of glory" to sustain our ever increasing desires.

Why can't we control our desires? Perhaps we are too much affected by the shine and glory of the materialistic world. Hence things come to a full circle now.

Remarks





We believe in this anecdote of falling and rising as we are selfish and in a bid to remain happy (which we mistake for an attempt to fulfil our desires), we are caught in web of rising and falling and believing in this farce, a myth that supposedly leads us to glory.

But it is a misconception that is pushing us towards this well of "glory" and in turn taking away the best we have - "the present" and forcing us to live in dreams of a "glorious future" where we will be able to conquer all our desires - desires ranging from good clothes,

Remarks

good food etc. It is an ugly manifestation of consumerism, where we are leading the life of a donkey to become kings queens in the future.

All said, it can be well concluded that the monster of consumerism, has initiated this anecdote to presumably 'pauper' those who fall in its trap for more materialistic pleasures.

We need to understand the plot and not fall a victim to it. All things which have been said time & again doesn't prove that they are always correct. We need to judiciously use our rational thinking - to decode the underlying meanings of such statement and then act wisely.

Being common, is not a vice but a virtue, desires make us chase this myth of glory and in turn not enjoy the gift called 'life'.

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Essay 1

Essay should cover plural dimensions related to the topic viz. why we ignore health when we aren't visibly sick?

you should not confine yourself to physical health of an individual in clinical sense of the term. extend it to health of our society, polity, economic institutions, environmental circumstances! see what can be seen as 'sickness' in these affairs substantiate using examples also -

Talk finally about shift needed from 'diagnosis and curing' to 'prognosis and prevention' -

in your essay, you have probably misinterpreted. Reattempt after brainstorming again.

Essay 2

In this essay also, you have misinterpreted the topic - it is not to discredit the idea of 'glory' itself.

rather, explain why repeatedly succeeding or never failing is not important - what, actually, is important is learning from failures, taking it in positive way and collecting again for success!

Now, try to locate this idea in social, political, economic life or take examples from various career like politicians, sports, scientists etc -

Ex → 1857 revolt -

Japan reconstruction

after nuclear bombings

Remarks





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Remarks

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*Remarks*

(III) Why aspire for glory if it's w/o  
satisfact<sup>n</sup>

— great success — depression — deepika: Padukone

— why desire such a glory that can't be  
handled

• what's the problem in being a commoner —  
don't they matter?

(IV) Why take life as a cardiogram  
with ups and down, can't it remain  
straight & peaceful?

History written for the glorious — but we are  
all mortals what if no life after death &  
we can't see (as spirits) being given a  
Bharat Ratna Posthumously.

Remarks

our greatest glory is not in never falling  
but rising every time we fall.

And deep + unspoken examples.

but aren't we being too materialistic.

Is glory = getting material assets  
 (I) & does it means much more

Buddha got glory w/o access to material  
gains  $\Rightarrow$  rising spiritually is also glory

fall = ?  $\rightarrow$  failing in an exam?  
 losing out on a promotion  
 not getting admission into a  
 prestigious institute.

(II) Isnt this anecdote used by bourgeoisie  
 to mark out the proletariates remain  
 busy in falling & getting up?  
 Isnt it a trick to capture on the  
 emotional quotient of its people by the  
 state.

Remarks

Health is not valued till sickness comes.

modern times - health = absence of illness. (negative connotation)

ancient cent health = emotional + mental + psychological  
+ physical + spiritual + social.

Ananya Sen - Person is healthy when he able to take up his social relationships well.

Main Theme 1:

Nationally & Globally - health measured in terms of MMR etc.

Bhutan - happiness index.

Theme 2:

anger management, tension control not part of workshop. failure is unacceptable, education doesn't teach how to handle it. Students stressed through healthy, failed marriages - anxiety but healthy skill. Management of sickness is important.

Theme 3 - How should their health be

(maintained = spiritual + physical etc.)

Theme 4 - what steps can be taken -   
 aged  
 youth  
 middle age  
 google → play rooms for employees.

Remarks

Theme 5 - impact of this change.

End on a positive note + way forward.