

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 MANUJ JINDAL

Mobile No. _____

Date 3/9/2016

Signature [Signature]

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SECTION - A

- 1 Health is not valued till sickness comes.
2. X 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. Y

First essay :-

Remarks

- 1 Good Intro
- 2 Simple & effective language.
- 3 Here you failed to take birds eye view
- 4 Essay is not long use or compilation of ideas rather — analysis of — explanation etc of ideas — concepts — Dimensions etc.
- 5 Here you have focused just on physical aspect of health — with ref. to two aspects
 - (a) Importance of Health
 - (b) Equivalence of Health because of certain reason.
- 6 There are more important Dimensions
- 7 Illustration could have been much better.

S2 Pragati

Section A

HEALTH IS NOT VALUED TILL SICKNESS COMES

Sickness is the state of poor condition of both the body and the mind. Sickness can be generally said to lead to physical and mental decay. It impacts our capacity and faculty to carry out daily tasks. It leads to pain, instability and dependence on others for survival. In fact, sickness results in gradual loss of our ~~body's~~ ^{body's} and mind's freedom. It deprives us of happiness.

Sickness takes place when health degrades. In the modern urban society, health degradation has become a normal occurrence. Young workers take

Remarks

their health for granted, and continue to work in unhealthy ways. This leads to much stress, hypertension, cardiovascular problems, which come to haunt the young professionals ~~and then~~ ~~later~~ ~~as they grow older~~. Unfortunately, this realization happens too late in most cases. The value of health is realized only when sickness knocks at the door.

The value of health is realized so late ~~only~~ due to some major reasons that are unique to the modern living.

First, value of health is disregarded because individuals regard it as a permanent thing, ignoring ^{ongoing} needs & demands of our bodies. Second, an ^{excessive} focus on earning money compromises health. Third, ~~the~~ ^{the} advent

Remarks

of modern medicine ~~to~~ ^{that} cures ^{harmful and fatal} diseases has led to valuing other activities over maintaining health in life.

Individuals often underestimate the burdens of an aging body. As young

and healthy ~~active~~ individuals, we often

mistaken health to be a permanent feature of life. However, the body

follows the laws of nature. Our

muscles, bones, sight and reactions slow down and waste away as we get

elder. This is a fundamental truth of

our existence. As young individuals,

~~we don't~~ take these factors of old into consideration.

age, we continue to push our mental

Remarks

and physical faculties in unhealthy ways. This comes ~~to~~ later ^{as a} shock when health degrades and sickness comes over. Sometimes it is too late, and ^{recovery} becomes almost impossible. Certainly, everyone contracts some sickness or the other as they get older, however its effects are more pronounced if care, ~~is~~ & healthy diet and exercise is ignored in younger years. Infact, healthy living in younger years leads to fewer sicknesses & problems in yester years. Healthy but ~~old~~ ^{aged} athletes such as Milkha Singh & Kapil Dev are living examples of this.

Remarks

Obsession with wealth

(money) and career growths are also leading to poor health ^{outcomes for} ~~the~~ millions of people. The

focus as professionals and businessmen has come to be on making more money at the expense of health. ~~Most~~ Individuals are busy in hyper-competition, race for promotions, bigger houses and bank balances. Health is often relegated to the back seat in this race for material success.

In such cases, value of health is only realized when sickness ~~hits~~. Dalai lama has famously commented

~~that~~ we spend our entire lives chasing money at the expense of our health, but later

Remarks

Chage Dronchi
 why to stress
 only physical aspect
 of health.

~~that~~ we spend this money on hospital bills and medicine to regain the same health. In doing so, we end up spending all the money we ^{had} earned to start with.

This showcases how the race for material benefits only leads back to the same question — is it worth ~~being~~ earning money ~~doing~~ at the expense of our health?

Health is wealth, goes the
age old saying. However, it is often under-valued and only realized when sickness arrives.

~~Health~~ ~~is~~
Modern medicinal advances

have also de-valued the principles

Remarks

of healthy living. The ability of modern health sciences to enable weight-loss, skin rejuvenation, artery declogging, heart & liver transplants and so on is well-known. These procedures often result in ignoring the benefits of maintaining organic healthy lifestyles. The attitude becomes that off 'buying off' such services when the need comes, instead of focusing on health in the present. This has been an adverse outcome of medical advances.

"A pill to cure all diseases" attitude seriously endangers the undertaking of healthy lifestyles.

The tangible and intangible benefits of ^{good} health ~~are~~ are many. ^{Good} Health

Remarks

overemphasis
on curative diversity

enables ~~an~~ high metabolism rates, which keeps our physical responses alert - low blood pressure, proper blood circulation, low sugar levels, ^{and} release of toxins enables clarity of thought and mental alertness as well. The saying "Healthy mind lives in a healthy body" couldn't

be more true. Healthy athletes are often observed to have greater mental ability in solving various analytical problems.

Healthy body and mind also lead to low stress levels. Stress is a major cause of heart diseases today.

Remarks

In fact, India has emerged as ~~the~~ home to largest number of non-communicable diseases such as diabetes, heart attacks etc. This is mainly due to stress at work and personal life.

The solution to living a healthy life lies in basic practices.

Running, exercising, practicing Yoga and naturopathy ~~and~~ take care of most of health needs. These complimented by

healthy diets made of fiber, vegetables and proteins does rest of the job. These basic steps avoid late response to sickness.

Health is one of those many things that we often fail to value despite

Remarks

essay is
not a long text.

rather - analysis aspect
of content is
important.

Such importance in life. It is ^{usually} observed that humans undervalue what they have and overvalue what they don't even need. This applies well to health as despite its central importance in our well-being, we tend to take it rightly.

Supreme
Conclusion

Moreover, it has been famously said that "All work and no play makes Jack a dull boy." Today, all work and no play makes humans not just dull but also sick. Realizing the importance of healthy eating, exercise and meditation or yoga ^{in time} could go a long way in leading a fulfilling life.

Remarks

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Section B

THE LADDER OF SUCCESS IS BEST CLIMBED BY
STEPPING ON THE RUNGS OF OPPORTUNITY

Success has often been described ~~is~~ ^{as} earning huge sums of money, or becoming a famous personality, or even achieving societal good. Success comes in many shapes and forms, and it means different things for different people. A common sense of feeling when success is achieved is that of pride and satisfaction. The question is whether this "feeling of success" is built on noble deeds or by acting opportunistically. Is the ladder of success made of people's welfare and personal integrity, or is it made of deception, deviance and unethical undertakings?

Success can be achieved in

Remarks

many ways. ~~It~~ ~~is~~ Its foundations are either based in opportunistic behaviour, ^{or} it could ~~be~~ ~~to~~ ~~based~~ ~~in~~ be based in hard work complimented by grabbing opportunity fairly when offered. The previous could lack ethics while the latter is wholly satisfying.

Opportunistic behaviour often arises in extreme situations. Much success can be achieved during such events. Uncertainty, chaos and disorder are laden with opportunity.

This was an often witnessed behaviour during world war II. The large scale militarisation in Europe was financed by wealthy money lenders. The governments

Remarks

Optimistic paragraph

In Europe offered healthy returns and state recognition for the "national cause" of building weapons. Business men of questionable ethics and morality happily ~~got~~ stepped on these rungs of opportunity to achieve financial success. Despite Hitler's hatred for the Jewish community, fascist behaviour of his party and degradation of public life of many minorities, ^{this} opportunity was too big for some businessmen. The history is a witness to outcome of such blind opportunism. Financiers and business entrepreneurs only enabled Hitler's actions. Success to these individuals was an end in itself. They failed to view that means to achieving

Remarks

this success was filled with blood and death of millions of people.

Such incidences raise the question of ^{public} morality and opportunity. It is often observed that political leaders and parties capitalize on communal elements to achieve political success.

Such "success" is built on the ladder of opportunistic behaviour. However, it rarely leads to good outcome for the public. Such selfish and narrow-minded behaviour is against larger interest of society. ~~Such~~ Opportunism ^{of this kind} does not have moral backing.

Remarks

In a modern, materialistic society opportunity tends to blur the line between means and ends. Both get mixed up because position in society is defined in terms of monetary success. Means and ends ~~are~~ ^{are} ~~not~~ ^{are} extremely

2, 5, 500 points

fragile lines. A clear distinction is needed to ensure ^{acceptable} ethical behaviour.

As Gandhiji has ~~said~~ ^{said wisely}, "success is achieved when what we think, what we say and what we do are in harmony."

Similarly, success is also ~~is~~ ^{is} closely interlinked with how we achieve it. The 'means' and our actions are as important as the final outcome.

Remarks

Opportunistic behaviour often ignores the 'means' and focuses on the 'ends'. This distorts the value system in society. It leads to corrupt choices that degenerate humanity and worsen the experience of life for all the people in society. Clearly, in such a situation success achieved by stepping on some of opportunity is not desirable.

There ~~is~~ ^{is another} different ~~way~~ ^{way} of viewing opportunity. ~~Fair~~ ~~and~~ ~~morally~~ ~~right~~ ~~behaviour~~ Sometimes opportunity presents as a matter of good timing or luck. If utilised fairly, success

Remarks

in such situations could bring great satisfaction without harming anyone's interests.

Rahul Dravid faced such an opportunity as a young cricketer. He was a reserve batsman on his first international tour. Due to some medical reason, the opening batsman was ruled out. ~~Rahul~~ Rahul Dravid was offered an opportunity to play instead of him. Rahul Dravid not only capitalized on this opportunity by scoring runs, but asked for ~~the~~ unfit batsman's permission before stepping in the ground to bat in his place. This morally upright behaviour only made his success sweeter. It was achieved

Remarks

without stepping on any questionable or opportunistic things. It was a fair ~~means~~ and humble way to be successful.

Opportunity presents to us in ^{our} daily ~~to~~ lives. It ~~usually~~ ^{usually} presents enticing fruits of success. This was case with Satyam's M. Raju as well.

Satyam had achieved name for itself by becoming one of the largest software providers in the world. The management had earned tremendous reputation in the marketplace. However, as ~~market~~ market growth declined, the CEO chose to ~~with~~ falsify the accounting numbers to display ^{the company's} false success of ~~Satyam~~. He saw

Remarks

opportunity as a shortcut, instead of rebuilding
 his business. This misplaced, but opportunistic
 behaviour led to closing down of a
 behemoth and eventually unemployment
 for millions of people. Raju saw opportunity
 in ~~exploiting~~ ^{exploiting} ~~of~~ ^{weak} corporate governance structure
 of his company rather than strengthening
 the foundations of his business.

Such instances showcase
 that blind opportunism can be extremely
 lethal for those who pursue it. It is
 laden with risk and potentially illegal
 undertakings.

Despite various faces of success
 and opportunity, it is clear that without
 sound ethics and moral basis, both are

Remarks

Jubile. True success lies in identifying the right path of action. Opportunities present themselves to ~~the~~ brave and courageous souls. After all, they convert even crisis into opportunity by viewing the world and community as part of their family. Opportunism without ethics is ^{like} a body without a heart.

~~It~~ It is ^{built on} selfishness, exploitation and disregard for others' place in society.

Such stairs are easy to climb but they don't lead to success that satisfies.

- ① Prints are good
- ② But explanation of each dimension is not complete.
- ③ i.e. Dimension

→	Main Ideas
→	Explanation
→	Illustration

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Remarks