

## 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

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Date 27.10.2016

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1. Invigilator Signature \_\_\_\_\_

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**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. This simple expression clearly highlights the importance of health in our life.

Health is the key to all other treasures of life.

Without health all other material gains comes to

nullity. A healthy individual is an asset to nation

and to society as a whole. Despite the fact health is

foremost wealth one could treasure, attention given

to it at individual and community level is

below the desirable levels. This is a grim reality

as far as our generation at general is concerned.

The cause behind this attitude ~~and~~ needs a

careful analysis.

Health is not valued till sickness comes broadly

reflects the attitude of people in <sup>particular</sup> ~~specific~~ and society

Remarks

in general towards health. This scenario reflects that our society gives low priority to healthy life and takes it for granted. It considers health as basic thing that does not require any attention. Society in their quest for material gain forget to pay heed to their body and health and it is only when this healthy body turns sick, the value & importance of being healthy comes into existence. This tendency reflects that we treat health as any other commodity...; the moment we get away from it we find the relevance of it. Such an approach makes our body vulnerable to large number of diseases and this precisely reflects the disease burden in our country. There are number of reasons behind this attitude.

Remarks

Firstly, in the quest for economic gain we have become ignorant of the fact that our body is greatest wealth that God has bestowed upon us.

The fast paced modern life with its sedentary lifestyles has made us so busy <sup>that</sup> we forget to take even healthy and nutritious diets. This fast paced modern culture has replaced our nutritious diet with easy to cook & eat junk foods. While youths such reckless eating might not affect health, but the early adulthood health takes a huge toll.

Rising number of heart diseases, diabetes, obesity all reflect that we do not give due heed to healthy diet. Moreover work culture has not been able to make a fine balance between work and personal life.

second biggest behind this attitude towards health is technological revolution and intrusion of digital

Remarks

devices in our lifestyle. With eul-connected world, human beings have become content with virtual and artificial reality rather than wandering into new areas physically. The way digital games have affected children's ~~playing~~ <sup>outdoor</sup> activities is one example of this intrusion. This is slow revolution has changed new generation attitude towards health. They have become lethargic and lazy. This virtual reality is taking away humans from nature which is necessary for his existence.

Third and last reason behind this tendency has been short term perspective of human nature - Humans

have become short sighted. They take things for granted and want to enjoy their life ~~to~~ <sup>to the</sup> full which might ~~be~~ <sup>come</sup> at the cost of their health. The rising drug smoking alcoholism etc all reflect this tendency.

Remarks

Not valuing ~~their~~ health until it is lost reflects ~~their~~ ignorant approach towards ~~the~~ life. This stark reality is true in case of Indians. We in India do not take preventive actions to protect and nurture our health and when we loose our health we go all out for curative action ~~being~~ it scientific or traditional. But curative action cannot undo the 100% damage. Our society always ignore the small signals of deteriorating health and when these signals converts into disease our body mechanism fails to cope with ~~it~~. The rising number of lifestyle diseases in our country reflect that our view about health has become transactional we value it only when we don't possess it.

Such a scenario is a departure from our rich culture heritage that boasts about various techniques like Yoga etc to take preventive actions care of our health. Right from, Indus valley civilisation

Remarks

till the pre-modern times our society has promoted  
 healthy way of living. our lifestyle ~~was~~ always  
 been close to the realms of nature. This is  
 manifested in our religious activities, culture,  
festivals, architecture etc. village panchayats under  
 the shades of trees, all reflect our close relationship  
 with nature. All this were mechanism <sup>through which we</sup> ~~that~~ we always  
 cared about our health. But with the coming of  
economic era we have lost ~~our~~ rich & heritage  
that nurtured our health. Rising medical care and  
science & technology have further promoted the  
 notion that medicine and science can cure any  
 ailment, as a result people have started neglecting  
 their health, being sure of ~~of~~ used in case of any  
 disease. This notion of assurance have affected the  
 human's attitude towards his health and Indian  
 society is worst victim of this false sense of

Remarks



assailable.

~~But thanks to new wave <sup>of</sup> rising~~

But this ignorant notion towards our health is slowly changing thanks to healthy discourse on preventive health mechanisms, with a new thrust given to YOGA at world level through by making 21<sup>st</sup> June as World YOGA DAY, UN and INDIA both have brought <sup>topic of</sup> health at the forefront of all other issues. Rising awareness and active initiative taken up by various stakeholders have given jellip to the issue of health, people have started taking their health as an important aspect of life. This change is visible through rise in number of fitness centres, gyms and wellness centres. The changing dietary patterns from carbohydrate rich diet to nutrient and protein rich diet all reflect this emerging trend. Eco tourism and nature resorts all reflect that

Remarks

people want to regain their lost health and even take precautionary approach towards health, they have come to realise that health is truly a greater measure of life. Still such a changed mindset is not general rather it is specific to few sections of society who are economically well off. Large sections of society still finds itself occupied with ignorant notion of health as commodity. This scenario needs to be changed through active participation of all the concerned stakeholders be it civil society, NGOs, public spirited individuals, religious heads and Government. Through a concerted action only health would become a non-negotiable matter.

Notion of health being cherished once lost needs to be changed globally at general and for

Remarks

Indian society in particular. with a young population and high aspirations we need healthy minds and it is often said healthy mind resides in healthy bodies. without healthy human capital we cannot reap inclusive & equitable benefits from our demographic advantage. Moreover in light of UN Sustainable Developmental (SD) goals we need to make health as non-tradable commodity. It is only healthy nation that can remain as superpower in long run.

Remarks

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Section - B

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

Success is <sup>the</sup> most chased word of the world. At the very outset this word denotes positive feeling of achievement while at the same time this word has high subjective connotations. Keeping aside its subjectivity, success <sup>broadly</sup> reflects achievement of desired state of affairs be<sup>it</sup> at national level or individual level.

It is not a one-shot phenomenon rather it is a journey of life. It contains both ups and downs of life. Achieving this state reflects that one was able to consolidate on his strengths and was able to manage his/her weaknesses. This journey can be related to the steps of ladder, where at each level there are opportunities and threats.

Remarks

one who exploits opportunities favourably is bound to achieve success.

The ladder approach reflects that in order to succeed one has to take sustained approach and any short-cut approach may bring result early but such result would not be sustainable in long run.

By being patient and always alert one can exploit the upcoming opportunities to the fullest and move one step closer to success. It is only endurance that brings the cherished dreams goals to

them into reality. Take the case of Indian freedom struggle, had our freedom fighters

followed a short-cut medium our existence as a sovereign nation cannot be dreamt off. With the formation of Indian national congress in 1885

right till Aug 15, 1947, Indian leaders always followed the approach of ladder and capitalised

Remarks

on every opportunity created in direction of self-rule. Our demands kept pace with the changing time, keeping in view our capabilities and skills. This was the reason when we got independence from colonial rule we had experience of administration and governance which came handy in governing the nascent nation. In contrast the rapid de-colonisation in African nations though resulted in independent nations but with weak institutions. So the <sup>notion of</sup> success needs a long term ~~approach~~ and patient approach that views each small - small step as <sup>essential</sup> ~~attention~~ to achieve the broader goals of success.

Similar was the case with social reforms during colonial rule. Our social revolutionaries like Raja-Ram Mohan Roy and Jshwal Chandra Vidyasagar took the opportunity of colonial subjugation as a means to bring social changes like sati, widow remarriage etc. Their success in these areas clearly articulates

Remarks

how ladder no matter how high, can be climbed  
 step by step only through best use of opportunity  
available. The vision of these social luminaries  
 was successful in bringing much needed changes in  
 Hindu orthodox societies. This sense of opportunism  
opportunism might come handy in achieving  
 socially desired changes in present times like  
triple talaq, polygamy, caste hierarchies etc

Since the iron when it is HOT, this expression  
 clearly highlights the need to take advantage of  
 opportunity <sup>as an</sup> when it becomes available. Just as a  
 perfect shape can be given to iron rod when it is  
 not similarly it is person's exploitation of  
 opportunities that ultimately decides the level of  
 success, similar is the case with pottery, had potter  
 taken a short-cut approach he could not  
 design every <sup>design</sup> simple pot.

Remarks



Directive principles of state policy (DPSP) under part IV of Indian Constitution beautifully reflects the importance of following a step ladder approach. These novel provisions though non-justiciable reflect the path to be followed in order to achieve the ends of fair, equitable and welfare state. All the articles though socially desirable require huge economic resources to make them implementable. Moreover some provisions like article 14 mentions about uniform civil code require favourable climate for its operation. Had our constitution makers made them justiciable in one-go, whole our democratic edifice would have come into existential threat with the advancement of nation, our parliament & judiciary have brought some of articles into legally binding legislations. This step-by-step approach has been key in bringing democracy to grassroots level through 73<sup>rd</sup> and 74<sup>th</sup> constitutional amendments.

Remarks

Thus by capitalising on opportunity, our nation got further democratised.

on the economic front too this step ladder policy of ascending success is evident. ~~From~~ the closed nascent economy to vibrant globalised open economy, our nation has travelled the path of both ups & downs. Every crisis situation brought along with it much desired revolutions be it green revolution or CPE reforms, our political

leaders struck when they were needed to, and the notion of fastest growing large economy is the outcome of all these small-small steps.

The rise of USA as economic powerhouse is a manifestation of capitalising on every opportunity and following a step ladder policy. With American revolution in 1783 and concurrent revolutions in

Europe brought America much needed capital and political isolation, which was exploited by

Remarks

hardworking Americans and their success as nation is self explanatory.

The life journey of Dr A.P.J Abdul Kalam commonly called as MISSILE MAN OF INDIA clearly highlights how ladder of success can be best climbed by stepping on the rungs of opportunity. From the small village in Tamil Nadu to Roshtapete Bhawan, his life journey is symbol of hardwork and best use of available ~~motivation~~ opportunity. Young generation needs to emulate his life long hardwork for the cause of nation without any personal gain. He took each and every opportunity to it being PRESIDENT of this country or heading India's ambitious missile programme IGMP. This had been the reason for his great achievements. Similar analogy can be drawn with respect to our current Prime Minister. From ~~the~~ being a ~~poor~~ small sea-vendor in his native place to become one of the most influential person of this country his life journey

Remarks

is symbol of one that makes <sup>the</sup> ~~best~~ use of available opportunity.

At the institution level, the success story of Indian Space Research Organisation (ISRO) clearly highlights how ladder of success can be climbed, from being denied the cryogenic technology by Russia in 1993 to developing it <sup>it's</sup> own it has followed the step-ladder approach. Its launch vehicle PSLV has been called as workhorse with it's almost 100% success. The operations like Chandrayaan, Mangalyaan, AstroSat etc. all highlight the capability of the organisation. This has brought credibility and ~~total~~ respect to our nation in general and scientific community in particular. ISRO capitalised on every opportunity and brought laurels to our young scientific nation.

Similar is the case with the journey of every successful sports person be like Sachin Tendulkar.

Remarks

and recently our para-olympians like Deepa Malik, their history is epitome of struggle, yet they explored each and every opportunity and result is self explanatory.

Finally the journey of our father of nation Mahatma Gandhi is example how one should take each and every opportunity as a step towards larger objective. His struggle in South Africa for the rights of coloured people and his ~~other~~ movements in India all reflect how one should take each and every opportunity in order to succeed. From the Champaran satyagraha to Quit India movement he carefully nurtured the freedom struggle which finally culminated in its logical conclusion in our independence from colonial subjugation.

There are no shortcuts to success rather there are small-small steps to success, whole are

Remarks

school life is based on this edifice. Even Dr Radhakrishnan said that in order to succeed we need a sustained whole hearted effort and ~~it's~~ education has great role in this. Keeping this in view we need to make ~~our~~ young generation aware that in order to take long-lasting success they need to sweat in their struggle and take every opportunity as a means to larger success.

Remarks

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MCQ (Cranial) / Narendra Modi

FFPO

APJ Abdul Kalam

Success + Ladder

Step by Step approach

Opportunity

Not a one-shot phenomenon

Remember the you when it is not

Indian Freedom Movement

Rathabhisman / Sustained whole hearted effort

Perseverance effort

Deepmalik / Cassin Malik / Olympics

Democracy + India

Seelam Tendulkar - Journey

Social changes / USA - 1 nation

Remarks