

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).

RemarksName ROHIT VIJAS

Mobile No. _____

Date 28/9/16Signature Rujas

1. Invigilator Signature _____

2. Invigilator Signature _____

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

1) Health is not valued till sickness comes.

Introduction

Health is a state of being disease free or well-being. It is an indicator of existing situation of an individual or a group or a society or nation itself. According to scriptures - 'Health is wealth'. If this wealth is not valued properly and maintained with care then it can deplete. Often the things that are available are taken for granted by people. They are valued only when they are lost. In the same way health is not valued till sickness comes.

Sickness comes because health is not maintained. When a system is not balanced or its immunity is low, then health of the system is deteriorated. This system can be

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wide ranging, from an individual to entire planet. Health of the system has many dimension viz. psychological, physiological, spiritual, financial for individuals and social, economic, political, environmental for nations or groups of nations.

Individuals -

Human beings tend to be healthy when there is proper balance in their life. When this balance is disturbed health is ~~disturbed~~ affected.

Physiological health of individuals are well maintained due to proper diet, which develops immunity against sickness. Coupled with physical activities, health of the individual can remain in good shape. But today with increasing

Remarks

materialism in society, Fast Foods have replaced nutrients rich coarse grains that were traditionally source of macro and micro nutrients. Fast paced life leave people with less time for exercise which is necessary for maintaining health. Thus health is being neglected which is increasingly seen in rising number of people suffering from non communicable diseases.

Intimately connected with physical health is psychological health of individuals. Growing work pressure, breakdown of joint family systems, alienation from moorings etc. has resulted in rising cases of individuals suffering from neurological and mental problems like depression, mental stress etc. Number of suicide cases are increasing, for e.g. state of Kerala despite ranking high

Remarks

on social indicators, it registers highest no. of cases of suicide.

For both physical and mental deterioration of health of individuals, remedies in the form of Yoga, Pranayam, coarse cereal grains, family support etc, are available. But they are not valued properly till health is degraded and symptoms become obvious.

Growing number of crimes in the society is also due to neglect of spiritual health of individuals.

The values ~~and~~ traditions and moral principles, are declining among individuals, which have shaped our society for a long time.

The rising cases of crimes against ~~individuals~~ women vindicates the absence of spiritual quotient among criminals.

Remarks

Another important dimension of health when it comes to individuals is financial health. Sickness can affect financial health of individuals in the form of insolvency. Although external factors cannot be controlled, some internal factors like mismanagement of money, irrational exuberance etc. definitely contribute towards degradation of financial health. The real worth of wealth is realised when a person faces a tough situation. Thus financial sickness compels an individual to maintain financial health.

Healthy may not have been valued till sickness comes due to mistake or negligence but what is important is that it is valued. After sickness affects and good health is sustained in future. Thus we see today that increasing number

Remarks

of people are opting for Yoga, pranayam, specialist counseling, financial planning etc to maintain good health.

But health of individuals affects and is being affected by health of the society or nation. For instance global financial crisis, climate change, terrorism etc. vindicates that at national and international levels as well health is not valued. These global problems are just the symptoms of the pervading sickness

Society/National/International

Social health of a society degrades where there is inequality. Inequality is both the cause and symptom of deteriorating social health. Most visible symptoms

Remarks

are atrocities against weaker sections of society, widening gulf between rich and poor etc. Caste based discrimination, gender stereotypes, ingrained patriarchy in society are the sickness pathogens which cause sickness in the form of communal tensions, honour killings etc. Health of society is maintained when there is equality but if the existing differences are taken for granted then they will manifest in the forms of Untouchability protests in Gujarat for instance.

Closely associated with social health of macro system is political health. When India achieved independence, it had stalwart leaders, one of the most progressive constitutions but subsequent generations took the political health for granted. The immunity of the polity is

Remarks

nurtured by rule of law, electoral reforms etc. but neglecting them have potential to degrade political health. Something similar was observed in India which manifested in the form of criminalisation of politics and politicisation of crime. These sicknesses have eroded the credibility of democracy. The clamour for electoral, judicial, police reforms have shown that sicknesses resulted in increasing valuation of health of political system.

Degrading political health also impacts the economic health of a country. Economic reforms necessitated by severe balance of payment crisis during 1990's signifies that economic health when not kept in proper shape has

Remarks

potential of destabilising whole economy of a nation.

Similar situation was observed during global financial crisis of 2007. Economic health was totally neglected in US. Instead of strengthening it, efforts were made by vested interests to weaken the immunity of economic system by loosening regulatory provisions.

Economic health of macro-systems is maintained through sound monetary and fiscal policies, effective regulations etc. ~~But~~ Due to political populism in India during 70's and 80's and lobbying in US, economic health was taken for granted which resulted in balance of payment crisis and financial recession respectively. The remedial actions taken after these crises vindicates that health is not valued

Remarks

Ill sickness comes

Conclusion

Neglecting health has consequences for both individuals and groups. Individuals are impacted in the form of diseases, insolvency, depression, emotional intelligence which are sicknesses due to neglect of physical, financial, mental, and spiritual health.

↳ Society/nations are affected in the form of sicknesses which take form of social unrest, financial crisis, corruption, criminalisation. Thus health should be kept in proper shape and should be properly nurtured. Immunity of the systems should be maintained. Sickness though undesirable should usher in behavioural and institutional

Remarks

Reforms:

Remarks

2) Achieving life is not the equivalent of avoiding death.

Life signifies the beginning of a journey and death signifies its end. But the destination of this journey cannot be equated with the beginning and the journey itself. Life in itself is multi-dimensional. For instance it signifies dynamism, continuity, hope, success, innovation, taking risks whereas death signifies static truth, end, despair, failure etc. To avoid status quo, despair, failure end cannot be equivalent to various dimensions of success. For instance -

Dynamism → life symbolises dynamism and continuity which

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cannot be equated with avoiding status quo. Avoidance of anything has negative connotation attached to it. Status quo may be for stability in society and disturbing it would not be beneficial. Thus in avoiding status-quo, alternative direction is not provided. For e.g. developed societies would want status quo whereas developing societies would want to avoid status quo. But avoidance of status quo may not necessarily lead to positive direction.

On the other hand dynamism shows movement and progression which is generally in the positive direction. Achievement has positive notion attached with it. Achieving dynamism is beneficial for all society in general and developing

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Societies in particular; Poverty eradication and people's empowerment programmes desires dynamic civil servants. Status quoism oriented and static bureaucracy only results in red tapism and passing the buck. At individual level as well dynamism is preferable over avoiding status-quoism.

Hope → Life is synonymous with hope. It is a state of mind or a feeling which tends to instill positive feeling about future in an individual. Being full of hope has many advantages. It motivates person to do great things. It keeps people assured about favourable outcomes. It feels people with optimism. But being hopeful

Remarks

Cannot be equated with avoiding despair. Avoiding despair may lead to people being not demotivated but it sure does not motivate people. Despair is due to negative feelings about future outcomes.

But avoiding negative feelings does not lead to automatic generation of positive feelings.

Success and Failure → Achieving

Life can be equated with success whereas avoiding death can be equated with avoiding failure.

When a person tries to avoid failure he/she does not focus on goal to be achieved. The attention is more on external environment and efforts to minimise impact of external environment. On the other hand, when a person tries to

Remarks

achieve success, he/she is focussed only on goal without being influenced by surroundings

Fear of Failure is inherent in trying to avoid ~~success~~ Failure and being fearful has negative impact ~~of~~ on goal achievement.

Failures in the past can influence a person to try to avoid Failure but it is important to get out of this mindset as it will not result in achieving success.

Innovation and Risk taking →

Achieving ^{life} ~~success~~ can also be equated with trying new things and taking risks. Many scientific discoveries and inventions in the past are result of an innovative attitude. The Indian

Remarks

model of Jugalad is also born out of this attitude. Avoiding death is equivalent to avoiding risks, new initiatives etc.

New ideas continuously emerge from achieving innovation and taking risks, whereas risk avoidance stops the generation of new ideas. It is the ideas that shape society and progressive idea makes society progressive.

Life in its broadest sense encompasses hope, innovation, momentum, success and risks but its equivalent cannot be found in the various negative dimensions of death. In mathematics they do but in practical world two negatives does not make positive thus it can be said that achieving life is not equivalent to

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avoiding death.

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Remarks

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

Achieving life is not equivalent
to avoiding death.

Innovation.

Life is dynamic

8- achieving success vs. avoiding failures.

- Risk taking.

Innovation vs status quo.

death - end

life -

Remarks

Introduction — Standard defⁿ
value of health

Body — diff. dimensions of health

- Proper maintenance
- Balance
- golden mean

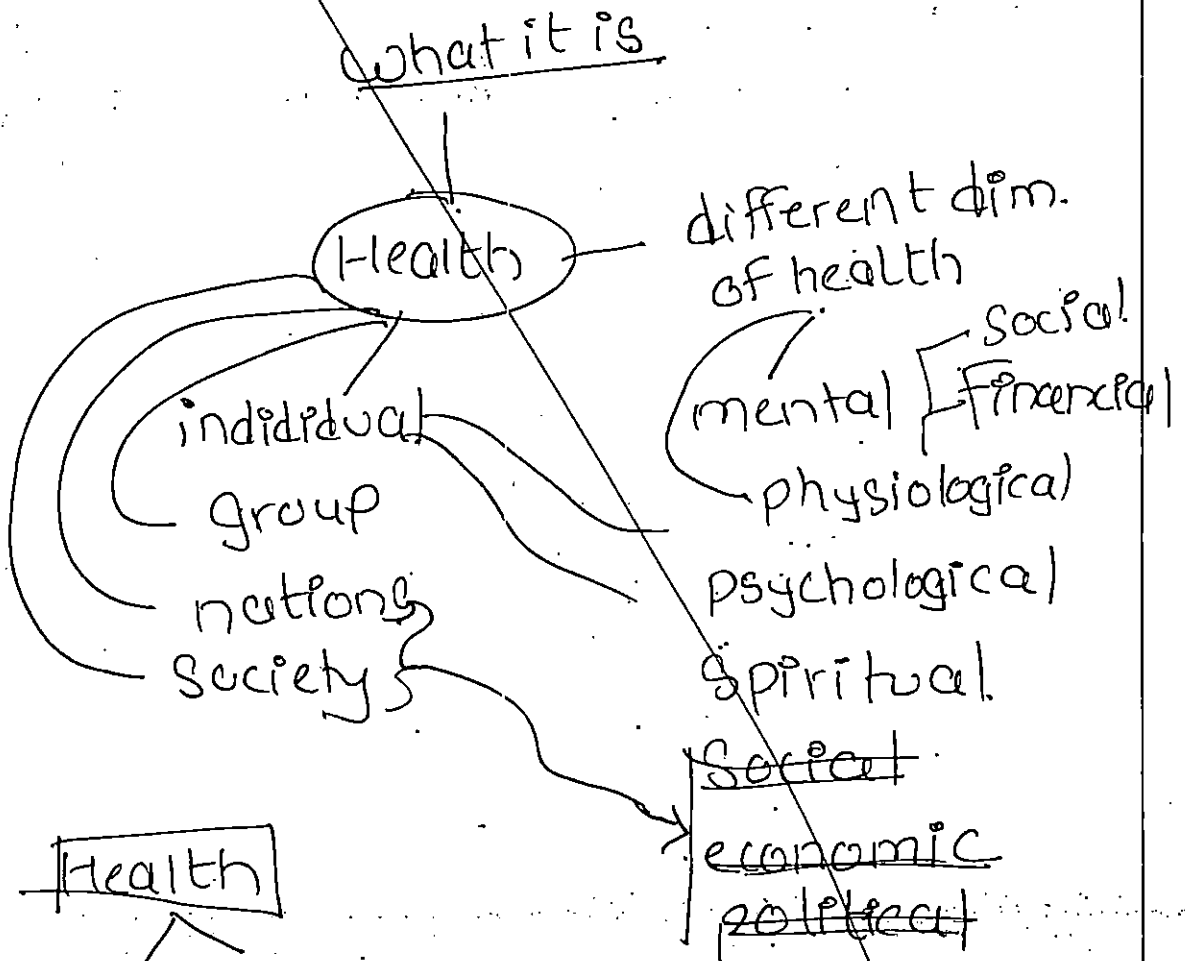
↪ individual
 ↪ group/
 society/
 nation

Why sickness comes
→ immunity

Remarks

1) Health is not valued till sickness comes

Central Argument → what is already available is often taken for granted or easily



being disease free -ive well-being +ive

Quotes - Health is wealth
Conclusion

institutions working properly

Remarks