

EVALUATION INDICATORS

1. Contextual Competence
2. Content Competence
3. Language Competence
4. Introduction Competence
5. Structure - Presentation Competence
6. Conclusion Competence

Overall Macro Comments / feedback / suggestions on Answer Booklet:

1.

2.

3.

4.

5.

6.

All the Best

SECTION A

4. When we are no longer able to change a situation we are forced to change ourselves.

"Be the change you wish to see in the world." - MK Gandhi

Gandhiji instilled this spirit in the countrymen during Indian Freedom struggle which awoke collective consciousness of the people and became part of our national identity.

According to Buddhism, change is the only constant and getting accustomed to change is the path towards getting liberated from the cycle of birth and death.

Often in life the situations we are faced with do not change automatically. We are challenged to take steps to change how we approach the

situation and change our attitude in order to arrive at holistic solutions.

History is replete with examples where people were challenged to change themselves in order to change their situation. Every revolution begins with people determined to change status quo by changing how they want to live and how they want to be perceived.

The American War of Independence, French Revolution and Russian Revolution are all examples of how people changed themselves by inculcating ideals of liberty, freedom and equality within their identity.

When we change our attitude and our approach to problems we are

faced with , we become motivated to act and gain the courage to demand a change of the situation as well.

Indian National Movement is a testament to this. With years of colonialism and exploitation at the hands of the British, the Indian people had become a slave to their mentality of submission.

However, change in people's identity was possible with help of social reformers like Raja Ram Mohan Roy and Ishwar Chandra Vidyasagar.

Faith and self-realisation was inculcated within people through the Swadeshi Movement led by Aurobindo Ghosh, Tilak and several other leaders. Rabindranath Tagore gave the idea of atmanirbhata to make people realise their

strength and the power of masses
and collective mobilisation of the
spirit of nationalism.

Independence was possible because the
people of India were willing to
change themselves. A paradigm
shift in how people wanted to
live and be treated led them to
achieve the power of self-determination.

Even today, the world is faced
with situations which feel grave
and drastic. Climate change,
global warming and loss of biodiversity
have ushered an anthropogenic mass
extinction at an accelerated rate.
This situation seems irreversible
and beyond us however the
solution lies in simply changing
ourselves.

Prime Minister of India gave the
mantra LIFE [living sustainably
with the Environment] at the
recent COP26 at Glasgow.

This simple mantra holds the
solution to our climate disaster.

If humans are able to change
their attitudes from mindless
consumption to sustainable and
cautious use. If mankind is
able to shift means of production
from exploitative and pollutive
methods to using green, clean and
renewable method; then the
global aim of retaining global
temperatures to below 1.5°C warming
from pre-industrial levels is fully
possible and achievable.

The challenge to change ourselves is a recurring one. We are faced with this challenge every time we desire a change in our situations.

It is time for bringing about a change in society as well. When each person pledges to bring a change then collective change in the only natural result.

Today, if we desire to change how patriarchy leads to exploitation of women on several fronts then the change has to begin from every individual's mentality.

Surely, Supreme Court judgements and parliamentary legislations usher people towards the right path. However unless people bring about a change in themselves, solution will remain a distant

dreams.

That is the reason why despite several govt. schemes like Beti Bachao, Beti Padhao, legislations like Domestic violence Act, 2005 and

Dowry prohibition Act, evils of female foeticide and infanticide, dowry deaths still exist and have overwhelming impact on well being of women.

What is required is for people to understand the inherent dignity of each human being as given by Universal Declaration on Human Rights.

Only when people view women as equal counterparts in all spheres of life is change in situation of women possible.

This only goes on to show that change at individual level can

bring change in situations of society and people at large.

Human civilizations have been able to progress only because of this desire and willingness to change.

From starting a tribal and nomadic societies, humans were able to form participatory, just democracies.

It was possible because people took on the challenge to change themselves. People across civilizations began to question their identity as citizens of the state and started demanding a change of situation.

From the medieval Era when most countries were monarchies, we have arrived at a time when majority of the nations are democracies with limited,

representative and responsible governments.

Humans were successful in creating multilateral institutions which could ensure peace and stability for decades. United Nations maintained peace and prevented World War III, World Bank and International Monetary Fund were able to maintain financial stability of world economies in face of globalisation.

However, today in the context of the Ukrainian War immediately after the world fought the most dangerous and fatal epidemic in centuries, we are again faced with the challenge to change ourselves.

With global order and power structures changing rapidly while going through a massive digital revolution globally. The mantra of G7 countries to "build back better" becomes truly relevant.

Humankind is required again to allow change in themselves. change in how they exist with their environment, change in how nations interact with each other. These changes need to begin from the most fundamental level of each individual's thought and ideas.

With honest ambitions and the desire to make a genuine difference, our collective histories are a massive testament to the fact that we are

capable of changing our situations.
With right means and Kantian ethics of treating each individual as an end in themselves, a collective transformation of global order become achievable.

Therefore, to internalize change in each individual as Buddha professed, we need building of moral fibre. As morals of each individual builds the social fibre and collective ethics of society. With support from technological advancements and the world having come close and accessible by each.
We need to work to change ourselves to become kind, compassionate and passionate about our future, thereby changing our situations.

SECTION B

7. Wealth is what you don't see.

In wake of Covid 19 pandemic, fighting with uncertainty and praying for the well being of our loved ones, people all over the world took a step back. In a global lockdown, we were faced with a chance to introspect.

Often wealth is thought to be money, luxuries and flamboyance. Our general attitude towards wealth is that of flamboyance. We are insufferable in face of our human greed and impulse to amass & collect innumerable times more than our needs.

Wealth is thought of as a tangible that is seen, that glitters &

set us apart from the rest.
However, wealth is actually what
you don't see. Wealth is an
intangible that leads to peace
and ease of the soul.

As the age old saying goes, "health
is wealth." Our physical and
mental health is our true wealth.

Only when a person and people of
a nation are mentally and
physically fit can they be assets
for the nation.

If an individual suffers from
lack of internal peace, from a
mental disorder or is physically
suffering from a disease or
ailment, then hoards of tangible
wealth become useless.

Therefore, health should be seen
as our true wealth. There is

now global awareness about mental health and issues related to it. Mental health is as important as physical health and plays the most vital role in our experience of life.

A study from Sweden explains this tragically but sufficiently. Sweden tops most indexes and rankings globally when it comes to economy, innovation and tangible wealth.

With a rank in top five in human Development Index.

However, Sweden is also the suicide capital of the world. Number of suicides were reported to increase simultaneously with increase in prosperity of Sweden.

Likewise, USA which is a superpower and leads the developed world

saw a 300% increase rate in teenage suicides over the last decade alone.

Wealth cannot be the amount of money in our bank accounts or the GDP of our nation, wealth is the mental well-being of the people. Wealth is the amount of happiness and satisfaction that we can find in our existence, which is the only thing that can lead to purposeful living.

Wealth is also physical well-being and freedom from bodily illnesses.

A rich individual suffering from a life threatening, acute illness will trade all his tangible wealth in blink of an eye for a healthy life.

Hence, wealth in the same sense becomes what we don't see, wealth becomes a healthy body with well-functioning organs.

Health as wealth should also be how a nation judges its wealth.

Only a healthy population can reap the dividends of demography and become assets for the country.

In the developing world with middle and lower income nations, majority of the population is robbed off this wealth in addition to tangible wealth.

In African countries, the incidence of communicable diseases like malaria take large number of lives annually. In Indian subcontinent, with incidence of Kala Azar and lack of access to healthcare facilities, the true wealth of an individual becomes inaccessible.

Therefore, governments should increase expenditure to at least 3% of their GDP as recommended

by WHO to ensure a healthy and subsequently wealthy population.

Wealth in addition to health is also our knowledge. Wisdom is wealth. Both for an individual and society at large, knowledge, awareness and wisdom is the biggest asset.

Knowledge is another intangible which can be called wealth in the same sense. Traditions of Indian philosophy like Buddhism, Vedanta philosophy consider knowledge as the ultimate reality and knowledge as the only path to liberation.

Knowledge has multiple sources but most ideally and conveniently, knowledge should come from education. Our schools should transform into fountainheads

of imparting true knowledge which leads to holistic development of children.

Knowledge is true wealth because it makes one understand themselves and also the world around them.

Knowledge in the true sense makes one aware of their abilities and talents which can also help an individual, practically in life to decide what they should do for a living, decide what career is best suited for them.

Therefore, a knowledgeable and aware population is the most enviable wealth of a nation.

When citizens are educated and skilled, they can contribute economically to develop the country as well.

Knowledge then becomes a tool to

create tangible wealth. Accordingly such wealth created will also be distributed adequately amongst people as bulk of the society will have conscience developed as a result of knowledge.

As John Rawls propounded that a society with adequate opportunities underpinned with sufficient education leads to a distribution of wealth which is just.

Further, a knowledgeable population makes a responsible citizenry which can exercise the highest virtues of a democratic society adequately. When people have knowledge and awareness of their rights and liberties, they are better poised to exercise their political decision making.

Hence it can be ideally said that wealth of an individual is what you don't see. It is mental and physical health and knowledge of an individual.

An individual in possession of these is an individual which contributes to the progress of society. Such an individual is self-aware and creative.

A collection of such individuals can lead to revolutionary changes in society through various fields of arts, technology and polity. Such individuals enjoy creative freedom to innovate and bring about meaningful changes.

In present context, if we can change our perception of wealth

we shall be in a better position
to reap the advantages of a
globalized and digitalized world.

Today there exists immense disparities
in society of tangible wealth.

If we stay focused on this path
we will be moving towards
destruction and suffering.

Only tangible wealth grows with
exploitation and unhealthy competition.

This concept of tangible wealth
when substituted with the concept
of intangible wealth will make
us sublime.

Intangible wealth of health and
knowledge grows with cooperation
and support of each other. Such
wealth lies in the well-being of
all and development of all
for growth and progress of an

ideal society.

When this understanding of intangible wealth is internalized amongst humankind, it can lead to collective and spontaneous awakening.

Gandhiji's conception of a self-governed society called and seen as Ramrajya where justice flows becomes a possibility.

