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SUBJECT:	Essay	Test Code:	1 7 5 4
Name of Candidate	Rupal Srivastava		
Medium Hindi/Eng.	English	Registration Number	2 5 5 1 0 9
Center	Online	Date	29 11 21

INDEX TABLE

Q. No.	Page No.	Maximum Marks	Marks Obtained

Total Marks Obtained:

Remarks :

INSTRUCTIONS

1. Do furnish the appropriate details in the answer sheet (viz. Name, Registration Number and Test Code).
   उत्तर पुस्तिका में सूचनाएं भरना आवश्यक है (नाम, प्रश्न-पत्र कोड, विद्यार्थी क्रमांक आदि)।
2. All questions are compulsory.
   सभी प्रश्न अनिवार्य हैं।
3. The number of marks carried by a question/part is indicated against it.
   प्रत्येक प्रश्न/भाग के अंक उसके सामने दिए गए हैं।
4. Answers must be written in the medium authorized in the Admission Certificate, which must be stated clearly on the cover of this Question-Cum-Answer (QCA) Booklet in the space provided. No marks will be given for answers written in medium other that the authorized one.
   प्रश्नों के उत्तर उसी माध्यम में लिखे जाने चाहिए जिसका उल्लेख आपके प्रवेश पत्र में किया गया है और उस माध्यम का स्पष्ट उल्लेख प्रश्न-सह-उत्तर (क्यूसीए) पुस्तिका के मुख्य पृष्ठ पर अंकित निर्दिष्ट स्थान पर किया जाना चाहिए। उल्लिखित माध्यम के अतिरिक्त अन्य किसी माध्यम में लिए गए उत्तर पर कोई अंक नहीं मिलेंगे।
5. Word limit in questions, if specified, should be adhered to.
   प्रश्नों में शब्द सीमा, जहाँ विनिर्दिष्ट है, का अनुसरण किया जाना चाहिए।
6. Any page or portion of the page left blank in the Question-Cum-Answer Booklet must be clearly struck off.
   उत्तर पुस्तिका में खाली छोड़ा हुआ पृष्ठ या उसके अंश को स्पष्ट रूप से काटा जाना चाहिए।

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

1. Action without thought is empty. Thought without action is blind.

Actions and thoughts are two wheels of the same chariot - the chariot of life driven by man.

Raju, a poor hungry boy, once stole a few chappatis from a ~~stal~~ roadside eatery. The owner, thoughtlessly thrashed the poor boy. At the same time, an onlooker, with a lot of empathy, Keept watching the scene without any response. The story shows how actions and thoughts must positively reinforce each other to yield valuable results.

A thought is a mental construct which is guided by our morals, ethics and values. It is abstract and formless.

On the other hand, actions are observable outcomes of our thoughts. They are the visible manifestations which often reflect our character.

This brings us to a question - How are thoughts and actions inter-related to each other? Thoughts give meaning to our actions. An action without a thought is like 'a ship without rudder'. A thought without an action is a daydream.

However, the link between actions and thoughts cannot be expressed in such binary terms always. The quality of thought and the impact of our actions must synergise towards something meaningful. It is then we can attain the goal of 'Purushartha' in life.

It is often confusingly said - 'the glass is half empty or the glass is half full.' Let us have a look at the first side of the coin.

Actions without thought are often called reflexes. They are not guided by the rational thinking and hence end up being empty. It is very similar to the principle of 'Matsyanyaya' - the justice of fish world where everything is in chaos. Such chaos are evident in all walks of life.

History is full of such mindless actions which have exposed the shallowness of humanity. The experiments of Mohammad Bin Tughlaq are often quoted as 'Tughlaqi Farmaan'. However humans have rarely learnt from their past.

The thoughtless actions are presently most evident in the environmental crises which we face. The mad race of development, economic superpower has brought us to an empty state - 'The code red for humanity'. This we face in the form of temperature rise by 1.5°C, sea level rise and what not.

Adding to this tragedy is the race of technology. It is rightly said that 'technology gives us power but wisdom tells how to use it'. It is this wisdom which humans have missed. The nuclear arms race, space militarisation is also taking us closer to the empty reality of future.

Another sphere of action which substantiates the actions without thought is human rights issue. Instances like the mass killings of Rohingyas (ethnic cleansing), the misery of the Palestinians and Syrians are a proof of this. Our actions have become so thoughtless that we have started 'treating humanity as a means'.

The next visible manifestation of actions without thoughts is the attitude of some public servants. The display of political partisanship hinders the principle of 'neutrality in administration'. Any such service is an empty service.

However if actions without thought are empty, does this mean all actions with a thought are justified? Can the act of a criminal driven by his psychic thoughts be said right? Can the race for hegemony in international politics, guided by thought of leadership be justified?

Before we answer these questions let us have a look at the other side of the coin – thoughts without actions are blind.

'If you ~~think~~ spend too much time thinking about a thing, you will never get it done' – Bruce Lee. This can often be equated to daydreaming. An example of this is commonly visible in the act of charity. We often tend to empathize with some poor or needy but hardly do anything on our part.

This tendency of inaction can be seen in the recent issue of climate neutrality pledges. The developed countries like United kingdom which have thoughtfully pledged for climate neutrality by 2050, already owe a debt of $9 trillion !!

Another actionless thought of the international community was recently seen in the Afghan crisis. The United Nations, with its noble thoughts of peace and security, just kept standing in solidarity at the crisis.

Such hollowness of thoughts is also visible in the political manifestos of the parties. They have consistently 'overpromised but underdelivered' leading the common man under a blind assumption.

As seen in the ~~economic~~ political aspect, these examples can also be found in the economic field. The craze of startups & the incubation of thoughts. These thoughts have the potential to drive business innovations. However, despite being the 3rd largest startup ecosystem, the inactions in providing them support have limited their potential.

However, can all thoughts without actions be blind? Had it not been a thought about the apple falling from a tree, the world would not have witnessed the greatness of Newton! It was the thought about a shock on cat's fur that led to the discovery of electric charge.

This brings us back to the stated fact that actions and thoughts cannot be viewed as two binaries. From here we explore the answers to our questions - the glass is half empty or the glass is half full?

The glass is actually full of opportunities to quench someone's thirst. Life offers this opportunity to balance our actions and thoughts to quench the goal of 'Purushasth'.

Our thoughts, which are made up of morals, ethics, values and attitudes serve as 'the guiding light' to evaluate our actions. It is then the chariot, with which we started our journey, be balanced.

A question might come to our mind - How do we achieve this balance? What matters is not just having thoughts or taking actions but the extent to which they overlap.

The right quality of thoughts supported by the coherent actions will then be able to justify our life. Such blend of thoughts and actions was evident in our long history of freedom struggle. the thought of 'Swaraj' was substantiated by countless sacrifices.

To achieve this fine balance, it is important that we educate the society. But this education has to all encompassing. In words of Martin Luther, 'Educating the mind without educating the heart is no education at all.

The coherence between thoughts and actions will then lead to consistent goal directed behaviour. Having a thought is a blessing but putting that thought into action and then assessment of those actions, should be objective. In words of Vivekanand Swami - 'Arise Awake and Stop not until the goal is achieved.

Section-B

(5) Health is a smart investment

"Good health is not something we can buy, but it can definitely be an extremely valuable savings account"
– Anne Wilson.

The covid-19 pandemic has taught one of the hardest lessons to humanity- 'Health is a blessing that money cannot buy'. Where on one hand we spend lakhs on shares, crores on gold, we could not buy a mililitre of air! Health is indeed a real investment.

Investment is something that secures our future. It produces some multiplier effect on our wealth over a period. However, financial investments do carry some risk

On the contrary, health is such an investment which benefits not just the individual, but his family, the society and country at large. It is the smartest investment which mankind could ever make.

This wisdom was deeply valued in our ancient past. The works of Charak in medicine, Sushruta in surgery, Hanheman in homeopathy and Hippocrates are all examples of this long lived investment.

Despite such rich heritage of health, India's current state of health care is extremely grim. We spend around 1.5% of our GDP on health which has been marginally increased to 1.8%. In words of Shastri Ji - We cannot spend millions and millions on nuclear weapons, when people are dying out of poverty'. Poverty is the worst form of all evils - and thus effects health also.

Not just the budgetary expenditure; at an individual level also the health awareness is extremely low. It is said that 'ignorance is bliss'; but let us ask this question to those who have suffered due to this.

Compared to the global players like United states which spend around 5-6% of their GDP on health, India's target ~~to~~ to increase the expenditure to 2.5% of GDP by 2022. Having seen the present reality, let us delve into the reasons as to why do we not invest enough in healthcare?

The answer to this question can be seen from various perspectives. Firstly, India has around 320 million people living below the official poverty line. For them survival is the primary challenge. Gandhiji had once said that 'some people are so poor that god cannot appear to them except in the form of a bread.'

Secondly, for those having sufficient resources, it is often the ignorance until they face the brunt. Also they believe that money can buy everything - including health. But the reality is, 'money is not the root cause of all evil, it is the greed.'

Thirdly, at the level of State, it is the misplaced notion of development which focuses on the economic growth only. The policies are often crippled by the saliency bias, to act for what is eminent and near rather than something that is at a distance.

However, all our myths have been shattered. Who could have imagined that a virus so tiny could bring the world to a standstill? But this has given us the lesson for a lifetime. 'You cannot enjoy wealth if you're not in good health.'

Thus we shall now see how health is a smart investment for us. We have grown up hearing the age old wisdom - 'An apple a day keeps the doctor away.' This tells us the importance of investment in preventive health care. After all, 'Prevention is better than cure.'

Health care in India is not just

an individual's trauma, but also affects the family and society. With the percentage of anaemic women as high as ~~fifty~~-three, the unborn children have a looming threat ahead.

The damage to the social capital ripples towards damaging the human capital. Healthcare in India carries a 'double burden' - first, the cost of healthcare in the event of sickness and secondly, the cost of income forgone. The Economic Survey estimates an increase in healthcare investment to 2.5% of GDP can reduce out of pocket expenditure from 60% to 30%.

It is not just the role of an individual to invest on his health but also that of the State. The article 51 of our constitution provides for the

Idea of a 'Welfare State'. this welfare state guarantees the 'Right to Life'. What meaning does life without good health have?

This brings us to the next question that is the government only responsible? The answer to this is a strong No. With the mixed economy ~~of~~ model of development and shift of role of state from regulator to facilitator, the private sector should also shoulder this responsibility.

Until now, ~~development~~ investment on infrastructure was believed to have propulsive effects on development. Now this notion has to be changed. Healthcare investments to have 'multiplier effects' on human as well as social capital.

Having seen the significance of investing in healthcare, let us now see the action plan to do so. Investment in healthcare has to be a mix of both → financial as well as non financial. It should cater to preventive as well as curative healthcare

At the individual, the main idea is to invest in preventive healthcare. One of the simplest idea is to buy a health insurance plan. However this only a myopic view of investment.

For a long term and sustainable outcome; it needs a deeper look. 'We often look for happiness at a distance but forget to grow it under the feet'. It is this aspect we need to build upon. This can be done in two ways.

Firstly, investing in nutrition. According to FAO, a healthy diet is one which is 'adequate, diverse and locally sourced.' It should meet all the micro and macro nutrients requirement of our body. It is rightly said - 'Food is the fuel for our body'

Secondly, it is the exercise. A regular exercise routine is a sine-qua-non to good health. This is one of the cheapest investment of time in the smartest possible way.

At the level of state and private sector, the smart investment plans at both preventive and curative level need to be taken. At the preventive level, firstly the state should ensure that no person goes to sleep on an empty stomach. Reducing the hunger prevalence from 180 million people is a priority. The public distribution system can come into play.

Secondly, equal emphasis needs to be given on hygiene and sanitation. The Swachh Bharat Mission and Jal Jeevan Mission are the key action areas for this.

Thirdly, increasing awareness about healthy lifestyle. This can be through the use of social media. Erik Qualman rightly said that 'the power of social media is it forces necessary change'. Advertisements like 'Say NO To HFSS (High Fat, Salt, Sugar)' can help.

The last important dimension of healthcare investment is the curative side. Increasing the doctor to patient ratio from current 1:1000 to the WHO recommended 1:1400 is needed. Also investment in diagnostic healthcare, state of art equipments and research and development is the need of the hour.

Let humanity learn from this once in a lifetime disaster. This pandemic has come as a 'blessing in disguise' to reorient our actions. 'Every idea has its time' and time for heathcare is now. Let us ponder over Hippocrates' wisdom - 'Human health is the greatest wealth'.

Health is wisdom that money can't buy
An apple a day ke—
Lance Wilson

Hippocrates: human health is the greatest wealth.

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Don't write anything this margin (इस भाग में कुछ ना लिखें)

Intro | Story: the Covid-19 pandemic has brought one of the hardest lessons for humanity. Where on one hand we spend lakhs on ~~houses &~~ in gold, a penny invested in health —

You can't enjoy wealth if you're not in good health

Health → Preventive → Curative

(3) why?
(2) why do we not?
→ What is inv? why do we investment? (2)
→ Smart Vs. Non-smart investment | James → gamble? Is health a gamble?
(1) ~~Present state~~ of health care:
how can we invest (4)
why
Health = smart investment
→ Prevention is better than cure
→ ~~Base~~ ~~value~~ good health is
→ Health not indi = affects family & society
→ social capital.
→ human capital → Eco dev.
→ Double burden → cost of health = OOPE
→ hidden cost of income forgone
Personal inv
MTCT generations

1 ↑ invest to by 2.5
↓ OOPE by 60% → 30

→ ~~Health~~
→ Investment by state → Health infra → R&D | labs. → D-P ratio → Data of GDP
Welfare state
Right to life
Life w/o health?

~~If health is~~ Why do we not invest?
→ Money is everything?
→ Don't have invest → Poverty line? → WO
Money isn't the root cause of all evil, it is the greed.
→ Some people are so poor that god cannot appear to them except in the form of a bread.

(1) Individual
~~(1) Pathogens~~ health ignorance.
(2) We often look for happiness at a distance, but forget it is growing in our own...
→ R&D
→ Nutrition
→ Exercise
(3) State | Saliency bias → immediate
State Prevention
→ Awareness
→ Sanitation

Intro

Taught | A w/o T = Empty (.अर्थहीन?) | MBT ..
T − A = Blind (दृष्टिहीन) | Failure of UN to uphold peace.
power
hungry boys - onlooker silent?

What is A? What is T? How E? Blind? Thought not just GT but also LT
Eg: Demo.
(1) What is A?
(2) How A ⇄ T?
(3) A w/o T = Empty → Thought not just GT → Env issue – code red for humanity
Matsyanyaya
→ Refugee HR issue.
→ SnT → Good servant bad master
→ SnT vs Religion
→ Admin action → Integrity? (Absolute neutrality)?

Ship w/o Rudder

No
(1) Reflexes?
(2) Lynching?

no guide
A = evaluating tool

The glass is half empty, the half glass = full ↓ ??

all A with T = Full?? → Crime = thought? → Hitler? = no thought? → IR = Hegemony race | thought = leadership China.

Demo ← Lockdown

TOW

+ w/o A = Blind → (1) Charity = ? in mind | Eg: of poor helper
→ Like a paper boat | daydream
(2) → Eg: climate neutrality pledges (UK example)
(3) → Afghan crisis (Stand in solidarity? What do we do??)
(4) → Political manifesto?
(5) → Goal directed behaviour (personal) | VVK – Asia / Awake
→ Economic & business innovations | Startups = Incubator labs.

All bad?
no / T + A
Eg: inventor

M/Ns. Ends

Eg: What is needed then? → T – right quality of Act; A – coherent with T
Eg: 1991 LPG
✓ Swaraj → FS.
✓ Public service = Eg. Anshu Gupta, Amar Seva Sangam
✓ Sidhartha Sen: girl child adoption.