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SUBJECT:	ESSAY	Test Code:	1	7	5	4		
Name of Candidate	ASHUTOSH KUMAR							
Medium Hindi/Eng.	ENGLISH	Registration Number	6	5	7	1	2	9
Center	LUCKNOW	Date						

INDEX TABLE				INSTRUCTIONS
Q. No.	Page No.	Maximum Marks	Marks Obtained	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 than 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।
Total Marks Obtained:				
Remarks :				

16-B, 2nd Floor, Above National Trust Building, Bada Bazar Marg, Old Rajinder Nagar, Delhi-110060

M-1/4, Plot No-A-12/13, 1st Floor, Ansal Building, Dr. Vidya Sagar Homoeopathic Clinic, Mukherjee Nagar, Delhi-110009

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

खण्ड—A / SECTION—A

1. मनुष्य होने और मानव बनने के बीच का लम्बा सफर ही जीवन है
Life is long journey between human being and being humane
2. विचारपरक संकल्प स्वयं के शांतचित्त रहने का उत्प्रेरक है
Mindful manifesto is the catalyst to a tranquil self
3. जहाज अपने चारों तरफ के पानी के वजह से नहीं डूब करतें, जहाज पानी के अंदर समा जाने की वजह से डूबते हैं
Ships do not sink because of water around them, ships sink because of water that gets into them
4. सरलता चरम परिष्करण है
Simplicity is the ultimate sophistication

Section A

2) In face of adversity we have a choice:
we can be bitter, or we can be better

Just few seconds after Dr. Kalam had given his approval to launch a missile, it bursted and fell into Indian Ocean. Entire team stood stunned as Rs 10,000 crore missile fell into Indian Ocean. Now Prof. Satish Dhawan, chairman, ISRO had 2 choices.

He could be bitter and throw entire blame on Dr. Kalam. After all, he had dared to take a decision by over-

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- siding computer's warning. He could also have recommended removal of Dr. Kalam to government. However he did not do either of these.

He himself went to press conference and took entire blame on himself for the failure of mission. He gave his absolute support to the team. Next year itself team did a successful launch of missile. This time instead of going to press himself, Dr Satish Dhawan sent Dr Kalam to tell good news to media.

This incident clearly shows that during adversity, any person, nation, society has 2 (two) choices: either be bitter or be better.

Adversities refer to the presence of challenges, difficulties, roadblocks and barriers in one's journey

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to attain one's goal. It is usually presence of immense negative emotion, a feeling of impossibility of one's goals. In such a circumstance, there is an option to be better.

Being bitter involves complain-
-ing about hardship, adopting negative
attitude, embarking on journey of self-
loathing, self accusation ~~or~~ it involves
feeling of remorse, taking self destructive
steps.

On contrary a person also has option
of being better. It involves critical self
enquiry, self introspection, identification
of one's own mistakes and taking pro-
-active and sincere steps to im-
-prove, upgrade to be better version of
oneself. It demands values like courage,
persistence, fortitude and perseverance.

History has shown us immense
examples of men who have changed

the trajectory of nations with their better choices. Mahatma Gandhi was thrown out of station in South Africa for being a man of colour. Instead of becoming bitter, he took the better choice.

He embarked on a journey to arouse, organize the people to fight against injustice. He adopted means of truth and non-violence which was till then never practised on such a large scale. Ultimately he was able to shake off mighty British Rule from India.

Like wise as a society we may face adversities. Religious disputes can be an example. Recently in Nov 2021, Bangladesh was rocked with violence during Swaga Pey'a. This was better response chosen by the public in face of a socio-religious adverse situation.

At same time neighbouring state of Tripura took the better choice. In

many localities of Agartala, community peace meetings were organised on a regular basis. Jama Masjid of Agartala played important role in maintaining communal harmony. This was example of better choice made by the community.

Similarly, we can find parallels in ecological adversities as well. Human-Animal conflict is an important problem that plagues the forest located villages of the country. Faced with this adversity, there have been two different responses.

Some villages in Maharashtra recently were enraged by instance of tiger harming people. They took better choice and embarked on revenge killing of tigers. Many innocent tiger were trapped.

On contrary, we can see better choices made by tribals like Maldharis in Gujarat who have adopted a lifestyle of harmonious co-existence with lions.

Similarly Cheruk tribes in Andhra Pradesh, Soligas in Karnataka have long tradition of peaceful coexistence with tigers.

Furthermore in environmental domain world is becoming warmer and is entering "Code Red" (IPCC Report). In such conditions while some nations adopted better approach, some better.

Few years back President Trump made bitter choice to pull USA out of Paris Agreement. He started blaming developing countries like China, India. He embarked on mission of massive oil & coal extraction from Alaska & other American pristine areas.

On contrary, India recently gave "Panchamritas" (5 nectars of sustainable, green and low carbon growth approach). It involved 500 GW of clean energy production by 2030. Despite being a developing country with huge poverty burden, India is showing ambitious & better choice.

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We have seen rise of social crimes like drug abuse in India. In face of this challenge India has two choices: Either be bitter and fail all drug consumers under stringent NDPS Act. Or India can learn better approaches like Ireland's community model. Ireland adopted approach of counselling, parent & teacher based awareness generation etc.

Similarly we can look at COVID crisis which was "once-in-a-century" ^{both} "black swan" event. We can see inspiring and bitter stories of people across domains.

For instance, healthcare workers worked very hard throughout the crisis despite being at his risk of catching infection. However as a society they faced both kind of responses.

Some people became bitter and started attacking doctors with knives in Safdarjung hospital for losing loved

One. Many landlords threw out nurses, doctors and their families from home as they did not want their relatives to catch infection.

On contrary, we can see positive and better choices made by many people who went out of way to help each other and doctors. eg: Some soon arranged oxygen and travel facilities for large no. of patients & migrants.

Agriculture and dairy sectors had to face immense losses during lockdown due to lack of milk markets. Many farmers became bitter and dumped their milk down drains. Other farmers like many villages in Punjab donated milk for free to poor children so that they do not stay hungry during lockdown.

COVID-19 lockdown battered economies of large no. of nations. However their responses to crisis were very different. Countries like

North Korea imposed harsh bans on its citizens. Recently even laughing in public, getting haircuts were banned. On other hand, India launched ambitious 20 lakh crore Atmanirbhar Bharat pack - age based on 5 pillars of : Demand, Economy, Investment, Demography, Supply chains.

Similarly a difference in geo-political choices made by countries was also seen during COVID crisis. Many countries like China, Azerbaijan embarked on military mobilisation and clashes to destabilize their neighbours. On contrary India made better choices. It embarked on programme of "vaccine maitri" under spirit of "Vasudhaiv Kutumbakam" (world as a family). India supplied vaccine, PPE kits, Testing kits to more than 130 countries.

Even at personal levels, while gender violence and suicides increased during lockdowns, there were also instances of increased social support, emoti-

-onal care and sympathy by many communities, Resident welfare societies.

Now that we have seen how in face of adversity we always have a choice. Let us now look at how can we make better choice.

Making better choice in life has been a fundamental quest of all religions, spiritual and ethical pursuits of life. In order to make better choices first we need awareness. Awareness of our emotions, feelings, ambitions and goals helps us to get a clear picture of various emotions driving us.

Next we need to learn various techniques by which we can regulate, transform our baser emotions like fear, anxiety, ~~anx~~ anger into positive ones like courage, empathy, cheerfulness. It is said that "journey of thousand miles begins with one step". Those who embark on this journey

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certainly find themselves improving, enriching and find their personality to be blossoming.

In order to cultivate this habit of making better choices, many steps are needed collectively at societal level. Nelson Mandela had remarked that "if you want to change the world, start with children".

There is a need to transform curriculum of schools which must include sessions for meditation, self awareness, emotion sharing among peers. This will allow students and children to share their emotions, be better aware of them and make better choices instead of bitter ones.

Similarly government needs to pay special attention to youth. Under misguidance, force of adversity they may make better choices which may cause harm to their future, career, family and nation. For them special counselling,

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psycho-social therapy, community centres must be opened up. Promotion of sports is also a good way to cultivate sportsmanship spirit and help youth our country make better choices.

Corporates, startups and firms need to promote greater workplace diversity and empathetic work-culture. Employees should be encouraged to make better choices & decisions. Various companies organise special training workshops for their employees.

Government is planning Ayurveda, yoga based centres under Ayushman Bharat schemes in rural areas. This will ensure that capability to make better decision reaches to the remotest village & tribal hamlets of country.

Saint Tulsidas in Ramcharit-manas has talked of cultivating Sumati (wisdom) and rooting out Kumati (evilness). This will ensure "Lokaah Samasta Sukhino Bhavantu" (Let whole world be happy).

खण्ड—B / SECTION—B

5. जो हम हैं, वह संस्कार; जो हमारे पास है, वह सभ्यता
Culture is what we are, civilization is what we have
6. बिना आर्थिक समृद्धि के सामाजिक न्याय नहीं हो सकता, किन्तु बिना सामाजिक न्याय के आर्थिक समृद्धि निरर्थक है
There can be no social justice without economic prosperity but economic prosperity without social justice is meaningless
7. पितृ-सत्ता की व्यवस्था नजर में बहुत कम आने के बावजूद सामाजिक विषमता की सबसे प्रभावी संरचना है
Patriarchy is the least noticed yet the most significant structure of social inequality
8. अंतर्राष्ट्रीय संबंधों में मौन कारक के रूप में प्रौद्योगिकी
Technology as the silent factor in international relations

Section B

5) Health is smart investment

WHO defines Health as the state of complete physical, mental and social well-being. One-in-a-century COVID crisis snow-balled into social, economic and health crisis of unexpected magnitude. While two waves of COVID has already swept the world, third one powered by Omicron variant seems to be knocking at our doors.

With world now being halted by a small virus, "health investment is now finally coming to the centre stage".

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Health investment is an all encompassing domain which involves investment in disease prevention, cure in an affordable and reliable manner.

Since ancient times, societies and kingdoms have recognised the need of financially supporting health-care ecosystem. In ancient vedic society Dhanvantari and Ashwani Kumaras were highly respected. King Kanishka of Kushana dynasty patronised Charaka who was father of medicine and Sushruta who was father of surgery.

Even Gupta rulers had famous physicians for veterinary science as well. In modern times, Spanish Flu of 1918-19 made western countries realize the significance of health-care investments.

Investment in health care is considered as a smart investment in several ways.

Socially smart investment

Children of the country are the harbinger of future. Take the case of India. NFHS-4 data shows that 19% children in India are stunted and 35% are underweight. Significant investment is needed in improving child nutrition, child healthcare like immunization. Such investments can enhance the gross enrollment ratio in schools in primary and secondary level.

Better cognitive growth can improve learning outcomes in schools. This can lay foundations for getting more gold medals in olympics as well.

Similarly women of the country face immense health challenges. 53% women in country are anaemic. Investment in women health including reproductive health can help in reducing maternal mortality rate. It can also help in enhancing women

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women agency which help in curbing Total Fertility Rate of country. This, in turn, leads to population stabilisation. Enhanced access of women to healthcare gives a push to greater skill acquisition and higher education in country.

Young girls in country get a confidence to say no to child marriage. Success of 'Beti Bachao Beti Padhao' lies in investment in healthcare needs of women & children.

Similarly Divyangs too require special healthcare needs in terms of assistive hearing aids, prosthetic limbs, corrective eye surgeries. Such investments can help divyangs to participate fully in society. It enhances their dignity and self confidence.

Environmentally Smart Investment

The most common theory regarding origin of COVID is in wet animal markets of Wuhan. Investments in combating zoonotic disease would require greater research into biodiversity conservation.

understanding human-animal interaction. Emerging concept of "One Health" given by WHO will see immense improvement in ecosystem restoration.

Similarly improving human health requires increasing investment in production of millets. Millets includes crops like jowar, bajra, ragi which are rich in micro-nutrients like iron, folic acid, zinc etc. Their cultivation will also have immense environmental benefits.

Millets help in carbon sequestration, reduce water-footprint of agriculture, reduce methane emissions. This in turn helps in curbing agricultural greenhouse gas emission and simultaneous treatment of micronutrient deficiency disease like Anaemia, Besh-Besh etc.

Around 70% disease across globe are cardio-vascular disease like heart attacks, diabetes, cancer, hypertension. Their treatment requires immense investment in sustainable lifestyles.

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Doctors are increasingly advising patients to ~~use~~ cycle to work. This has potential to curb vehicular emissions. WHO is stressing on cutting down ~~the~~ consumption of Trans-fats which are prime causes of heart attacks.

These Trans-fats & used cooking oil are being used by FSSAI to make eco-friendly fuels like bio-diesel and methanol. Investment in communicable disease prevention requires investment in Biomedical waste management which reduces soil & water pollution.

Technologically smart investment

Investment in health has given a great impetus to development of multi-frontiered and specialised technology. Recent COVID testing kits required deep "genome sequencing" technology - IT gave thrust to biotechnology, biochemistry.

Advanced molecular biology and microscopy were developed to study precise shape of COVID virus.

TO manage large amount of genomic data, high powered semiconductor chips are required. At same time Big Data Analytics is being used to meaningfully process large volume and velocity genomic data.

Disease diagnosis via MRI scans have given thrust to superconductors and nano-magnet technology. Need for disease diagnosis for tumours, retina defects has led to enhanced Artificial Intelligence usage. Need for remote precision surgery is fuelling developments of highly sophisticated robots and high speed communication technology.

With rising heart ailments, demands for pacemakers has increased. Investments in such technology have led to emergence of organo-electronics.

Economically smart investment

Large scale investment in health-care infrastructure under Atma-

Nisshat Bharat - PM Health Infrastructure Mission is leading to transformational growth in jobs creation. Large scale unskilled & skilled jobs from workers, wardboys, nurses, technicians, doctors, specialist are being created. eg: AIMS ^{Georaphy} ^{hpuz}

Recently launched Production linked incentive envisages huge capital investment in medical devices industry. This has potential to develop Medical manufacturing clusters like Andhra Pradesh.

Indian pharmaceutical industry is 3rd largest in terms of volume. India showed its prowess by supplying Hydroxychloroquine to world. Medical and wellness tourism industry is poised to grow at CAGR of 20% due to health investment. This will lead to enhanced medical exports, greater forex exchange reserves in country. At same time women labour force participation will increase. Rise in teleconsultation, e-pharmacy is set to boost digital economy to \$1 trillion

& Overall economy to \$5 trillion by 2025.

Institutionally Smart Investment

Rise in healthcare infrastructure, healthcare investments will enhance institutional capacity. Recently set up National Medical Commission will enhance no. & quality of doctors.

At same time, it will help in improving and revamping Primary Health Centres in several areas. 1.5 lakh PHCs will be upgraded to Health & Wellness Centre which will enhance institutional health-care service delivery.

To improve targeting of more poor citizens, Ayushman Bharat - PM Jan Arogya Yojna has been launched. It will ensure paperless and cashless access to ₹5 lakh health insurance per family per year for 40% poorest of poor. This will propel India to path of universal health coverage. This investment will attract more investment from private sector.

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Geo-politically smart investment

Investment in healthcare has enhanced global prestige of India. India's two vaccines: COVISHIELD, COVAXIN have been granted WHO approval which gives India a leading position among developing countries of Asia, Africa, South America.

From Central Asia's Kazakhstan to North Africa's Morocco, from thick forests of Brazil to swamps of Malaysia, Indian vaccines have saved core of life. This boosts India's "soft power diplomacy".

Personal level

Even at personal level, health is a smart investment. From periodic health checkups to taking health insurance, from cutting down sugar, salt & oil to increasing walking & running, health investment is a smart one. It reduces out-of-pocket expenditure, ~~the~~ enhances savings and prevents crippling & finan-

-ncially draining disease.

Now that we have seen health is smart investment, there is a need to identify roadmap to enhance overall investment in healthcare. First, Government should enhance budgetary support to 2.5% of GDP as envisaged by National Health Policy.

Secondly, NITI Aayog has proposed a novel PPP mechanism to catalyse private investment in partnership with ~~the~~ government expenditure. Third, Corporate Social Responsibility can boost investment in healthcare. eg. MAANSI project by TATA.

Apart from that private philanthropic initiatives should be encouraged. eg. Palar Muchhal Foundation run by famous singer.

These steps can ensure:

Sarve Bhavantu Sukhinah (Let all be happy)

Sarve Santu Nirmarya (Let all be without disease).

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