

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.

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6.

All the Best

Section-A

A journey of a thousand miles begins with a single step

10th May, 1857 : Indian soldiers of the East India company (EIC) revolted against the British empire. They marched to Delhi, proclaimed Bahadur Shah, as leader of the revolt, and started the 1857 revolt. UD savarkar had called it "First war of Indian Independence". Although the revolt was brutally suppressed by the British, it was the first step towards Indian independence in 1947. This inspired Indian nationalism and enabled Indians to fight British through various means for 100 more years. Thus, a journey of thousand miles begins with a single step.

The essay will explore various dimensions where ~~this~~ taking bold

first steps were responsible for giving solutions to various problems our country and the world has faced time and over.

History is a best ~~ex~~ample of such bold first steps yielding significant and game-changing outcomes. French revolution, in 1786-87, was a first step in direction of liberty, fraternity and other ideals we cherish today. It started as a violent revolution but ^{at the end} it gave the ideals of liberty etc. These ideals inspired various constitutions world over - American, India - to name few. Liberty is a dominant thought today and world over countries with democratic attitude protect & give liberty to all of their citizens. Thus, a dominant thought today was brought out by French citizenry & intellectuals who took first step of ensuring liberty to all.

Bold first steps were also taken in post-independent India. I vividly remember seeing advertisements of "Lijjat Papad" in TV when I was a child. It was an initiative of rural women who came together on cooperative basis to start the enterprise. It started with a loan of Rs. 80 and today it is an enterprise of more than Rs. 500 crore, spreading across India. So, the first step taken to start such an enterprise ~~and~~ with a small amount of Rs. 80 yielded extraordinary results. This model inspires self-help enterprises across India.

Bold, innovative first steps were also taken for reducing drop-out rates in schools. In 1960s, Tamil Nadu witnessed huge dropout rates among children. In order to

combat this, the then Tamil Nadu Government took many first steps. one such step was introducing mid-day meal in ^{Government} schools. The schools were to provide cooked meals to children in afternoon. This increased school enrollment and reduced drop-out rates. This model inspired many state-Governments. After a while, national Government also introduced Mid-day meal programme ^(MDM), a centrally sponsored scheme. in 2005. MDM not only reduced drop-out rates but improved food security, reduced hunger, etc amongst children. Thus, a simple first step taken by Tamil Nadu Government, today led to one of the biggest anti-poverty, anti-hunger programmes across India. Thus, a single step was necessary in the end.

Single steps ^{also} transformed our
Governance structures. In 2001, started an
organisation called Mazdoor Kisan Shakti
Sangathan (Mkss) in a rural hamlet in ^{the} state
of Rajasthan. The organisation was demanding
'musteen rolls' for various welfare schemes
carried out. This was because, the Mkss believed
that huge corruption was prevalent and many
non-deserving got the benefits. Their call was
a call for culture of transparency in the Govern-
ment. Little did the volunteers of Mkss know
that their step would culminate in bringing out
landmark legislation known as 'Right to information
(RTI), act, 2005'. The movement started by
Mkss spread to different parts of India.
With the help of activists like Amara Roy &
Nikhil dev, the movement ~~became~~ laid the

foundation stone for future demands of transparency and later enactment of RTI act. Thus, a first step taken by poor villagers led to monumental legislation.

Single steps also reformed and transformed our economy. Till 1991, Indian economy was built around socialist structures.

The economy grew at (5-6)% growth rates which was termed as Hindu-rate of growth. The 1991

~~was~~ foreign exchange crisis and the LPG

{liberalisation, Privatisation & Globalisation} followed

transformed Indian economy. The LPG reforms

were the first steps taken to thrust Indian economy into double-digit growth rates. The duo

of Chidambaram & Dr. Manmohan Singh dismantled

Nehruvian socialist structures in a single ~~day~~ night,

as recounted by Dr. Chidambaram himself.

India is still making changes to its economic structures like 100% FDI, and these are easing our way to become a \$5 trillion economy by 2025. But the first step in 1991 was the beginning of journey of thousand miles to make India a global economic power house.

Bold first steps were also done in Agriculture sector. The Green revolution started by introduction of HYV seeds, was a first step in direction of making our country self-sufficient in food production. From an importer of food grains till 1960s, India has become largest exporter of food grains. India now produces 381 MT of food grains every year. Similarly, zero budget Natural Farming (ZBNF) started by subash palekar is an example. subash palekar started this method of farming

to reduce debt burden , ~~and~~ reduce soil erosion and reduce toxicity of chemicals in Food. He started this model on his own farm long back, but today central government has officially stated its plan to promote ZBNF model of farming. Thus, few single steps in transforming agriculture initiated a long journey.

Bold first steps were also taken in environment. Montreal protocol is an example in this regard. Ozone depletion was a major threat facing humanity in 1980s. Nations all over the world have come together in Montreal, Canada to discuss ways to combat this. This small first step gave rise to a Montreal protocol and played a significant role in reducing Chloro-Fluoro carbons (CFCs). And

today, ozone layer shows signs of healing and the holes started to close. Thus this huge victory was brought out by single step of international collaboration and passion to protect earth.

ISRO presents another example of how single steps lead to journey of thousand miles. When ISRO started its operations, India had very poor technical abilities. When ISRO designed first SLV (satellite launch vehicle), it used bullock carts! to carry the parts to launching site. Despite such huge constraints, taking the first step to test an SLV was a significant one. Today, ISRO has become one of the most trusted and respected ^{space} institutions across the world. It became first space agency to launch 104 satellites, first space agency to launch

a move to Mars in first attempt, etc. ISRO is also able to generate wealth of its own by exploring commercial opportunities. Thus ISRO has become what it is today because of ~~one~~ first single step it took towards space exploration despite huge constraints.

Ethics also within the realm of this saying. For example, Mahatma Gandhi changed the face of Indian national movement through his innovative ways of satyagraha, ahimsa, etc. But this single contribution by Gandhi changed not only Indian national movement but also inspired thousands of people in international arena.

His ethical means/ways inspired great leaders like Nelson Mandela, Martin Luther King Jr., etc.

Thus a single step towards peace & harmony by Gandhiji, inspired a long journey of protests

and movements would over.

Thus as we have seen, taking a single step is very important. If this single step is continued through patience, persistence and indomitable will, the success will eventually come. In all the examples ~~above~~ we have seen, above, first step taken was combined with elements of patience, persistence and strong will.

India is at crucial juncture today. Indian Government has taken many baby steps to improve socio-economic conditions in our country. These include digital India programme, women & children welfare, labour reforms, etc. The important first steps brought out an undeniable attitude changes.

India will need to build on these baby steps to achieve our constitutional ideals and to make our country equitable, prosperous, and sustainable. In this regard, swami vivekananda's "Arise, Awake and stop not until your goal is reached" ^{lines} should guide efforts of our Government and citizenry.

Section-B

'Sports as an agent of social change'

we used to live in a joint family. It was the year 2003 and India was playing at a cricket worldcup held in South Africa. Our family was beset with some personal issues ~~at~~ between my father and paternal uncle. They were not on talking terms. on the day of India-Pakistan match, we all sat together to watch the match. we cheered for every boundary by Sachin, sehwag, Dravid and the rest of the team. Frankly, to my known conscious, this was the first time I have seen my family really happy. At the end of match, after India won, something extraordinary happened. There were hugs all around. And out-of-blue,

my ~~dad~~ father and uncle also started hugging and sharing sweets. There was an utter silence in the family but everyone felt very happy. I was 9 years old at that time, so couldn't have realised the importance of hug to our family future. But, today in retrospection I feel whether such a change of mind could have happened without cricket that day. Now, I realise how sports ~~bring out~~ ^{bring out} social change.

Social change means to change in social dynamics at family level, community level and at national level. Social change also happens when there is change in dynamics of religion, caste, language, etc. Sports has the ability to bring social change, because of the emotional value attached to it. sports, especially cricket, is a religion in India and

in other countries. Sports mobilises legions of fans and thus ^{can} bring much needed attention to many issues.

This essay will analyse how sports act as an agent of social change through various dimensions. In the end, essay will bring out some suggestions to improve sports infrastructure in India and in other countries in general.

At personal level, sports can bring lot of social change. In increasingly, competitive world, sports can teach a message of accepting failures graciously. Sports teach us that winning & losing are part of life and there is nothing wrong in losing. This can act to bring attitudinal changes among parents & children that failing & passing in exams is

not the end of world. It would stop
many youth suicides today.

sports also inspires people.

I, personally, was inspired by Rahul Dravid and
Rafael Nadal. Both of them show admirable
qualities of grit, determination and patience.
Their success has inspired me to work hard,
to bounce back from failure. So, sports can
bring out a positive social change in the youth,
about importance of work-hard, persistence, etc.

sports also bring a nationalistic
outlook among people. I was inspired by
PT USHA in this regard. When in class-6, we
had a supplementary chapter in English about
'Gunning queen PT USHA' and how she made whole
of the country proud at olympics. I was inspired
from that moment to contribute positively to

towards country. so, sports can bring about social change in the form of attitudinal change for ~~the~~ doing something good for the country.

At Gender level, sports has done greatest service to idea of feminism than any other movement had done. For example, India won only 2 medals at Rio olympics in 2016. Both the medals are brought home by Indian women — PV sindhu & sakshi Malik. This event about a huge transformation in minds of people. Similarly, Serena williams, American Tennis player, won record 23 Grand slams by any player. The highest in the men's category is only 20. so, sports, which was considered a male bastion, is seeing entry of more and more women and ~~leading~~ allowing them to break patriarchal structures. Thus, sports

has brought about a social change in the attitudes of people towards women and women empowerment.

Sports has also brought attention towards prevailing stigmas in the society. Indian para-athletes won more medals to India than normal athletes in 2016 olympics. Similarly, Indian blind cricket team has won more number of cricket world-cups than normal cricket team, despite ^{being} a late starter. Thus, these have brought attention towards dis-ability and how well dis-abled people / differently abled people can contribute if conducive environment is provided.

Similarly, Indian female Athlete, Dutee chand has come out openly with her Lesbian status and gave a boost to cause of LGBTQ people.

Thus sports enable social change by bringing stigmas into public discussion and starting a debate on it.

Sports also bring about change in tolerance levels of people. As many sports are played as a team, people from different religious, caste backgrounds come together to play as a unit. This can bring about a change in the player's themselves and they can be messengers of social change about equality of people. This can also bring social change in audience, when they see people from different communities help the team in winning cause.

Similarly, sports improves tolerance and acceptability of people from other nations. As sports are played country against country, audience travelling to other countries can understand other country's culture in a better manner. Thus, sports

about an important social change of imbibing tolerance in people.

Sports brings about social change by changing environmental attitudes of people. For example, Royal Challengers Bangalore (RCB), wears a green jersey, in one game, highlighting the importance of going green in our lifestyles. Such steps, can bring about social change in environmental attitudes of people.

Sports also brings to the fore, the importance of health. We see increasing instances of rise of non-communicable diseases {60% of deaths in India are due this} due to lack of physical activity. Government is trying to bring a social change in this regard. It has initiated 'Khelo-India' programme at all

levels of school and increase health status of individuals. Thus sports can aid in improving health conditions ~~and~~ through change of social attitudes towards sports.

Sports also being an important social change towards matters of urgent importance. For example, recently Indian team wore military caps in one match to bring social change in attitudes towards people in military. They also wore jerseys with their mothers names, on women's day to bring out importance of gender equality. Similarly, during height of civil war in USA, two black athletes showed a symbol of black rights to bring world attention towards issue of racism. Thus sports is an agent of social change by ~~being~~ becoming a theatre to exhibit changes

the world desire.

Finally, sports bring social change through economic change. sports provide employment to all. This ensures unemployed people not turning into anti-social elements through drug abuse, becoming terrorists, etc.

Social change is also brought through infrastructure and other benefits brought by large events like commonwealth games, 2010 held in India.

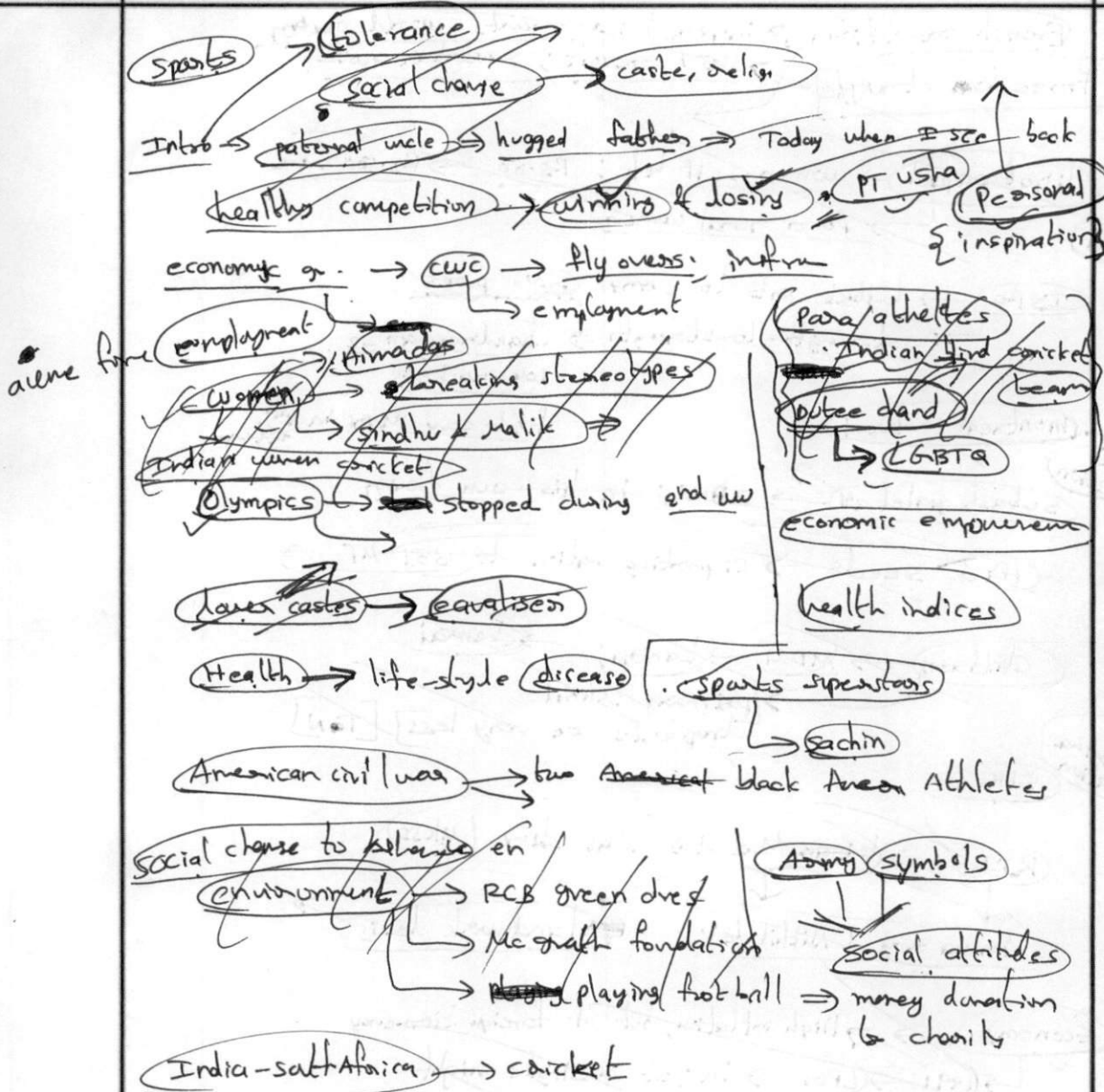
Thus economic growth of nation leads to social changes in lives of many people.

Thus sports play a crucial role in social change. so, they need to be promoted through greater financial allocations, encouraging traditional games,

reforming sports bodies, encouraging female sports persons, etc. Sports attitude needs to be imbibed from childhood.

Victor Hugo once said, "You cannot stop an idea whose time has come".

The time of sports has arrived in India. With increasing sports leagues {badminton, cricket, football, kabaddi} and Government initiatives in the form of Khelo India, sports will take a prominent role in the life of average citizen. It is duty of teachers, parents, etc., to promote sports from the childhood in a children life. We can then ~~become~~ a 'healthy & prosperous' nation.



Steps to promote

- female sports ⇒ olympic podium
- sports @ school
- funding
- youth sports

