

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.

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6.

All the Best

Essay 1: Health a Fundamental Right Prospects and challenges

'It is health that is real wealth
and not pieces of Gold and Silver'

— M. K. Gandhi

This quote by the Father of the Nation
is showing to be the ultimate
reality of the world which is in
battle with novel COVID-19 pandemic.

Five months into action
and the world is already shook
economically, politically, socially
environmentally.

This situation makes us
to revisit one of the most
thought our idea of declaring

health as a fundamental right
In 2005, Right to Education was
included in the Fundamental
Right so time is ripe to think
if India is ready to let health
unto it as well.

If health is guaranteed
as a fundamental right, it
can have the following prospects
in future.

At the individual level,
with all determinants of Health
being taken care of by the state
human resource can be converted
into Human Capital.

'A healthy mind resides in a healthy body' and hence individuals can become more productive, earn themselves economic benefits and improve their standard of living.

FAMILIES can prevent their out of pocket expenditure that went into health. This money can be diverted for higher education, skill development, owning an enterprise. This can create a leap forward in 'Atma Nirbhar Bharat'.

NATION will be ultimately benefitted with increased savings thus investments leading to economic growth. When people will

participate more in the political arena, the true realisation of democracy can be brought about. On a whole the nation can reap the benefits of demographic dividend which is standing at the door in India.

GLOBALLY, with better economic realisation, the nation can emerge as a superpower.

In scenarios like COVID-19 pandemic, the healthcare can be more accessible to the citizens and impartiality and accountability can be ensured. The robust coverage of all people can make the process more streamlined.

The WHO Constitution (1946) envisions - 'the highest attainable standard of health as a fundamental right of every human being.' Though there are multiple prospects, there are a lot of road blocks that have to be removed.

The lack of INFRASTRUCTURE of healthcare due to less government expenditure i.e., 1.3% of GDP. India also witnesses lack of healthcare workers like doctors, nurses, etc. This can be depicted as the doctor patient ratio being 1 : 10,000 (app) while WHO recommends 1 : 1000.

According to WHO, only 47% of the Indian doctors are properly qualified, rest all seem to be 'quacks'.

Indian three tier healthcare system is 'inverted pyramid' instead of an 'upright' one. This means the more emphasis is given on development of Secondary and Tertiary Healthcare facilities the primary or preventive level is neglected.

There is thus more emphasis on CURATIVE Healthcare facilities and relative negligence on Preventive, Promotive and Rehabilitative facilities.

More private health care institutions are cropping up providing secondary and tertiary healthcare facilities. Lack of occupancy in government institutions are forcing the common man to avail private services causing out of pocket expenditure.

Medical ethics is ~~not~~ getting tarnished as news on corruption, deicide ment come from almost every corner of the country. Changing attitude of society towards healthcare workers are leading to increased cases of violence against them.

Hence, the Indian Healthcare system has not yet become

affordable, accessible, available, acceptable and qualitative. and hence there can be multiple challenges that India will face on its path to making health a fundamental right.

Government cannot be held responsible if the individual himself is the cause of his health deterioration. For example, despite several NO. TOBACCO ads, campaigns, tax if an individual chooses to consume it, government can't be held responsible.

These Right to Constitutional Remedies (U/A 32) would open many legal battles and put

pressure on overburdened Judiciary
due to lack of political will,
many schemes have fallen into
prey and has not given expected
results.

Bureaucracy and Red Tapism
will slow down the entire
process and net benefit can't be
reaped in short term. Misapp-
ropriation of funds and
prevailing nexus between capitalists
bureaucrats and politicians are
another challenge to it

Without the workforce, this
seems a distant reality. Costly
and limited medical education is
to blame for.

Most of the expenditure incurred by people is on outpatient consultancy, expensive medicines, tests and examinations. These are often not covered in any health insurance or scheme. For eg.

AYUSHMAN BHARAT, one of the world's biggest health insurance vision also includes only secondary and tertiary ~~sector~~ healthcare.

With priority shifting towards treating COVID-19 patients, other patients who demand emergency attention or are suffering from a chronic illness are neglected or have to settle with substandard treatment due to

paucity of doctors and hospitals.

Not enough Personal Protective Equipments available in the country are exposing the limited workforce to danger. Not enough public healthcare centres are making situation worse for the common man as he has to avail private healthcare services. Many cases have been reported of private hospitals charging heavily from patients.

Lack of accessibility in remote areas prevent people to avail timely healthcare.

One of the lesson the world learned from Italy's situation in COVID-19 was to protect the

existing healthcare infrastructure. If that collapses, it sets the DOMINO into motion and situation can get out of control.

Despite this pandemic giving clear signals to amplify healthcare sectors, Government have already taken several efforts.

The Food Security Act, 03 and Public Distribution System was set up to manage the availability of food to all at minimal cost. Fortified Rice with Vit A, etc have been the steps to tackle hidden hunger in children as well as adults.

Schemes such as Janani Suraksha Yojana, Matru Vandana Yojana, Integrated Child ~~and~~ Development Scheme, etc have been rolling to reduce Maternal Mortality Rate, Infant Mortality Rate, Child Wasting, Stunting, etc.

AASHA (Accredited Social Health Activists) and Auxiliary Nurse Midwives are chosen from within the community to spread awareness amongst people.

Functioning of National Rural Health Mission and National Urban Health Mission is to provide accessible equitable and affordable quality healthcare service to all.

'Inekadharush' Universal Immunisation program was also

is a commendable step.

Ayushman Bharat, Pradhan Mantri Jan Arogya Yojana (PM-JAY) for generic medicines at primary healthcare centres, creation of Ministry of AYUSH to develop traditional medicine are one of the many steps government has taken.

A nationwide lockdown, social distancing, use of face masks, rapid testing kits, conversion of hospitals into COVID-19 exclusive centres, development of quarantine facilities, etc are many steps that government has taken to curb the pandemic.

Due to presence of various challenges these noble efforts have not reaped results. Hence, a lot more can be done to make

healthcare more accessible and affordable:

Development of sustainable cities that provide healthier environment for people to live. Controlling Air Pollution, water contaminants to prevent various respiratory and infectious disease

Focus on nutrition and developing strong immunity in people. This can be done by fortification of food, taking mid day meals to secondary level of schooling, inculcating nutrition studies in school curriculum

strengthening the primary healthcare infrastructure, opening medical colleges and exit exam for quality of doctors can be done by increasing expenditure on healthcare

Capping of money charged by private establishments, bring more hospitals under empanelling of CGHS (Central Government Health Scheme) and other state government health schemes.

Developing a "bridge course" for graduates of traditional medicine to practice modern medicine. Encouraging doctors to serve in rural areas.

In current situation of COVID-19, ~~conversion~~ ^{turning in} of private hospitals by capping fee for COVID treatment, more manufacture of Rapid Testing kits, increasing testing rates, ascertaining availability of PPE (Personal Protective equipment) for healthcare workers, and raising more awareness via Aarogya Setu App and other media is few of the many steps that govern

can take .

These few months have shown the world the impact a microscopic particle can create and also where do we stand in terms of health infrastructure .

Health as a fundamental right demand could not be more meaningful than now . But the question still remains , is India prepared enough to provide it or should we focus more on equitable distribution of healthcare in the society as .

Good health is not something we can buy but it can be an extremely valuable savings account .

Essay 2:

SPORTS as an agent of social change.

Jesse Owens an American field and track athlete won four gold medals in the 1936 Berlin Olympics. Adolf Hitler had set the stage right to showcase Aryan supremacy during the event and even spoke ill of America on allowing black Americans.

Jesse Owens proved well that no race, caste, gender advantage can suppress a determined mind and a hardworking body. Although Adolf Hitler did not shake hands with, there were sources who claimed of him congratulating

His achievements contributed to changing perception of Racism in the society.

Sports and sportsmen have not only provided us entertainment but above all a tool to communicate values into the society.

PHYSICAL ACTIVITY in sports can help promote healthy lifestyle while conveying the importance of indulging in physical activities they bring about behavioural change to give up sedentary life and prevent many communicable diseases. For example, sports person spread awareness about exercises, have their actionwear brands (eg WRON by Virat Kohli)

Survival and success in field of sports depend upon skills. This sends a message that equity in the society can be achieved by meritocracy. It discourages bias and encourages egalitarian outlook in people. This can be seen as increasing number of female sports persons without any sports background or Godfather. eg. Phogat sisters

Sports also inculcate many values to the society. Sportsman spirit, teamwork, leadership, support, tolerance etc bring out communal harmony in the society. Individual commitment to a group effort makes a teamwork, company

work, society work, civilisation work.

Indians performing well at PARADLYMPICS and other special olympics shows if adequate opportunities are given they can reap maximum potential out of it. It also unveils an ugly face of society that disability is caused by social constraints.

BINDING POTENTIAL of sports is also of significant importance. It binds the nation into one, cheering together for their team. Such charm is displayed by Cricket, Football, Hockey, Tennis, etc. It is also used as SOFT POWER to engage with another

countries. For example India Pakistan cricket tours in past had open channels of diplomacy and strengthened people to people ties.

It is also an agent of Economic Mobility. For eg. Indian Premier League, Pro Kabaddi League give economic opportunities to many people. They also help to create and expose talent from small towns and cities.

Various sports persons are youth icons and thus channel social messages to the society. eg. Sania Mirza on women in sports, coming together of Indian cricket team to display message on social distancing in times of pandemic COVID-19.

However, while looking into such positive impacts we should not overlook what wrong imprints would be transported to the society knowingly or unknowingly.

COMMERCIALISATION of few sports have led to increase in incidence of match fixing and other financial frauds. It has also given support to the underground betting industry.

COMPETITION and pressure among the athletes have led to cases of doping. Lately many Russian sports persons were globally condemned and banned for using performance enhancing drugs.

This gives impetus to drug abuse in youth and increased incidences of drug trafficking. The money raised from it is often used in anti social, terror activities.

CRAWLING CORRUPTION in sports arena is discouraging meritocracy and disheartening hard working sports persons. This is the reason why parents encourage sports only as a hobby and not profession.

GLAMOURISATION of few sports and sports persons are diverting them away from practice into the arena of showbiz. For example Vijay Jadhav has acted in a motion picture.

Activities of sports icons on MEDIA and SOCIAL MEDIA influence the youth. The unfiltered opinions of such icons are interpreted wrongly by young minds. eg. a controversial talk show episode of two famous cricketers raised questions on their careless portrayal of wrong ideas among youth.

To check on these uncalled for effects, Government of India has taken various steps to promote sports in the country.

The initiatives for betterment of sports include KHELO INDIA with an aim to bring out mass participation of youth in annual

spot events, create talent, train and guide them. On the other hand creation of National Sports Development Fund (NSDF) for mobilisation of resources. ~~from~~

India has become one of the foundation board of World Anti Doping Agency and has taken concerted efforts to curb doping.

TARGET OLYMPIC PODIUM scheme was launched to support potential medal prospects for 2020 Olympics (which are suspended for now).

SPORTS TALENT SEARCH PORTAL has also been launched to spot best talent among youth.

Events like FIT INDIA MOVEMENT INTERNATIONAL YOGA DAY have also importance of fitness and health into mainstream.

Though various steps are being taken, the sports sector is showing gradual positive changes. The core areas have to be modified.

Encouraging sports in early stages of life and helping children to make it an integral part of their lives. Such talent can be caught at young age and be trained for specific sports as career.

Ensuring the continuity in training, emphasizing on proper nutrition and building advanced infrastructure can be done by increasing investment as well as government expenditure.

in sports.

Employing sports specific doctors like physiotherapists, nutritionists, orthopaedics, etc can help them improve scientifically. Proper diet along with dietary supplements can improve their strength. Emphasis on mental health should be laid equally.

Engagement with foreign coaches or training of Indian coaches abroad can improve the quality and perspectives of coaches and trainees.

Proper steps should be taken to prevent doping or any physical or sexual harassment of the sports persons.

Sports is microcosm of Society

— Billie J. King

Thus, looking at the level of penetration of sports in the society and its impact ~~to~~ as a major device of the society, it is important that it is well regulated, encouraged and grown. This microcosm has to be nurtured to prevent any spillover effect in the society which could eventually strike balance.