

Subject - Essay

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Section - A

In the face of adversity, we have a choice: we can be bitter, or we can be better.

Scenario-1 - In 1929 world went into great depression. In this period, Germany was facing great adversity due to hyperinflation, joblessness, poverty and humiliation of losing World War I. Hitler took the country towards bitterness by blaming Jews and democracy for their perils. It was followed by Holocaust and World War II.

Scenario-2: During colonial rule, India was facing abject poverty, ~~declining~~ declining agricultural production and

discrimination on the basis of colour. In this period of ~~Gandhi~~ adversity, Gandhi worked for the betterment of country. He tried to unite people who were divided by Caste, region, gender and religion. We got independence in 1947 by non-violent means.

These scenarios show the importance of choice, choice to be bitter or better.

In this essay, we will look at examples from different aspects of life and see how people, societies and nations reacted to adversity. We will also see, what tempts people to

be bitter for their adversities and how we can strive to improve ourselves during difficult circumstances.

**BITTER OR BETTER : CHOICE IS YOURS**

In 2015, Nestle faced allegations of having lead in Maggi and Maggi was banned. In this period of adversity, it burnt thousands of maggi packets in public. It further made the process more transparent and started displaying the contents in its products more rigorously. Thus it improved itself and today Nestle is valued more than what it was in 2015.

On the other hand,

recently, when a company named White Hat-Junior faced allegations of ~~to~~ misleading advertisements, it filed defamation suits against the victims. So, it chose to be bitter when it could have come out in the open by explaining its acts.

This choice can be seen in political domain also. In 2020, the erstwhile President of USA, Donald Trump lost elections. Rather than accepting his defeat, he fuelled doubt in the minds of his supporters about the fairness of election process. This resulted in Capitol Hill attacks which is a blot on the oldest democracy of the world.

This bitterness is seen in India also, when the political parties after their defeat question the legitimacy of E.V.M's. However, Election Commission, during this adversity has decided to improve the transparency in election process by introducing VVPAT.

After political defeat in elections, many leaders decide to improve themselves also. For example, after 1977 election defeat, Mrs. Indira Gandhi accepted the verdict of people and got re-elected later in 1980's.

Internationally, Pakistan faced huge adversity after 1971 war with India. It lost a part of its

territory. and was facing economic difficulties. Then, rather than going for more representative polity and improving economy, it focused on Revenge. It fuelled militancy, firstly in Punjab in 1980's and then in Jammu and Kashmir in 1990's.

Today its per capita income is lower than that of Bangladesh and is facing economic collapse.

On the other hand, West Germany got divided after World War II after a humiliating defeat. However, its leaders decided to improve their economy, society and polity by bringing democracy based

on equality of all races, genders and religions. Thereafter, Germany got united in 1991 after the fall of Berlin wall and today it is the 4<sup>th</sup> largest economy in the world.

China, which was facing credibility crisis over the origin of COVID-19 chose to be bitter when Australia demanded an impartial probe into the origin of COVID-19. It imposed sanctions on exports and tariffs on imports from Australia. This led to formation of AUKUS and the relations between China and Australia are at all times low. Similar is the situation between India and China after China's unilateral moves on LAC.

In economic sphere too, there are many such examples. Mr. Ratan Tata was humiliated by Land Rover and Jaguar group over his proposal for partnership. However, he introduced the first fully Indian made car in India and improved his company's ability to make cars. Later, the same Ratan Tata came to the rescue of Land Rover and Jaguar when it was facing heavy losses.

In 2008, Mr. Elon Musk was facing hardships as his companies were not making profit and recession had worsened things. But he ~~so~~ chose to take the responsibility and improved the

ecosystem in his companies. Today he is among the richest people of the world and is behind the Electric Cars revolution.

On the other hand, we see many businesses in India filing litigations against others when they fail to get some project. High number of litigations stalling the Special Economic Zones (SEZs) is a case in point.

This can be seen ~~the~~ in the sports arena as well. India was humiliated in 2007 world cup. It decided to reform the team selection process.

This led to a young team, firstly winning the 2007 T-20 world cup and then 2011 ODI-World cup.

All these examples, put a question mark on why do we become bitter when we face an adversity or a failure.

Choosing bitterness is a reflection of poor human character. It shows lack of values of responsibility, honesty, integrity, courage and seeking truth. For example rather than taking responsibility for poor economic conditions in 1975, Mrs. Indira Gandhi imposed emergency and curbed freedom of press.

It also shows how narrowly, we define a "Good life". We tend to focus only on ends rather than on means of achieving those ends. For example winning a game is important for us and how we perform is not.

To ~~not~~ not fall into this trap of bitterness during failure we must remember Gandhiji's words:-

"A man's greatness lies not so much in changing the world, but in changing himself."

This shows that we must accept our failures as our own and try to learn from them. We should critically analyse

our actions and should have no  
hesitations in accepting our mistakes.

For example, if I have stolen  
some money, I will not get  
angry for getting caught. Rather,  
I should proactively confess it  
and should never do it again.

It must always be  
remembered that success and  
failure are two sides of the  
same coin. When we learn  
from our mistakes and improve  
ourselves, we can turn failures  
into success. Thus, acknowledging a  
problem is the first step for  
solving it and choosing bitterness  
over bitterness is a determining factor  
whether we will come out of adversity  
or not.

## Section-B

5] Health is a smart investment

Thailand, Israel, South Korea and Scandinavian countries spend more than 3-4% of their GDP on health. This has resulted in their better rankings in Human Development Index, their innovation ability and better well being of their citizens.

On the other<sup>hand,</sup> India spends only 1.3% of its GDP on health. India's ranking in Global Happiness index, Human development index and Global Hunger index has declined. Around 60% children in the age group of 6 months to 59 months are anaemic. As per NFHS-5, Out of pocket expenditure

on health is still around 50%.  
which pull back many families into  
destitution.

This shows that health is  
a smart investment to fulfill  
our goals. In this essay, we will  
delve into what makes for a  
good healthy and a healthy  
citizens. We will also see how  
investing into good health can  
help us in achieving our goals.

### FOCUSING ON HEALTH

The infants who have  
received adequate nutrition through  
of breast feeding and have gotten  
their vaccinations are likely to  
develop into healthy adults. This

will reduce stunting, wasting and improve their overall well being. Thus health, which is exclusive breast feeding and proper vaccination during infancy is a smart investment.

During childhood, many children lack adequate nutritious food, clean drinking water and sanitation. This has resulted into inability of their body to absorb essential nutrients from food due to worming. This has given, India a poor ranking in Global Hunger Index. Moreover, many children in India are stunted and wasted. This affects their learning outcomes as well.

Therefore poor focus on health during childhood creates a vicious cycle of poverty when children are unable to move up the ladder of social mobility. This happens because poor health leads to poor education, which leads to subsistence employment.

On the other hand, if we can improve the health of our children today, they will become good doctors, engineers and scientists tomorrow. They will bring home the Olympic medals, Noble prizes, innovation and prestige to our country. Therefore, investing in health today will lead to well being and wealth tomorrow.

During adolescence years, focusing on mental health is imperative. Many students commit suicides due to fear of Board exams. This shows our lack of focus on the mental health of students. Moreover, many girls drop out of school and get sick due to lack of knowledge and unavailability of sanitary napkins.

If we can provide counselling to students, it can reduce their anxiety. They are likely to focus more on learning than on getting marks in exams. It will create positive environment. Similarly ensuring access to sanitary napkins and requisite information will improve

the health of our young girls.  
All this will lead to lesser  
expenditure on secondary and  
tertiary health.

Primary health care access  
is an important determinant in  
improving overall health. From the  
information on communicable diseases  
to basic medicines for non-communi-  
cable diseases, they can cater to a  
wide population. This will prevent  
huge hospitalizations cost later.

During adulthood, we  
tend to neglect our health. This  
is reflected in many lifestyle  
diseases such as diabetes, Hypertension  
etc. National Family Health survey -

5 shows that more than 50% of our adult population is obese.

Thus investment in health not only means monetary investment, but it also means investing time for our health. Regular exercise and good diet can save our precious life years ~~wasted~~ lost to disabilities and will help in long, healthy life.

In this age, many people due to stress or otherwise start smoking. This can lead to lung cancer and curtail our life period. Therefore spending on mental health availability and accessibility will not only improve

our mental well being but also our physical health.

During old age, many people suffer due to Dementia, Alzheimer and other age related diseases. Providing good Geriatric care during this period can help people in living a dignified life.

However, in achieving good health for everyone, there are certain challenges.

Public Expenditure on health is a meagre 1.3% of our GDP. The number of doctors per thousand population in India are 0.7 which is less than the WHO's recommendation of 1 doctor per 1000 population.

There is Rural-Urban disparity in terms of access to healthcare. Gender bias in terms of access to health is seen in many parts of the country. Other than this, we also face a dual burden of Obesity and stunting.

To overcome these challenges it is imperative for all of us to do something about it.

Government should increase its expenditure on health to 2.5% of G.D.P as envisaged in National Health policy. It should built new medical colleges, augment capacities in existing one and ~~pro~~ incentivise rural postings of doctors. This will ensure that in terms of

availability and accessibility of a doctor, there is no issue.

It should put more focus on Primary Health Care. Many NGO's, Civil society Organisations can help in raising funds for citizens in need. Opening of quarantine centres and Oxygen Langars during COVID-19 by NGO's was a good example.

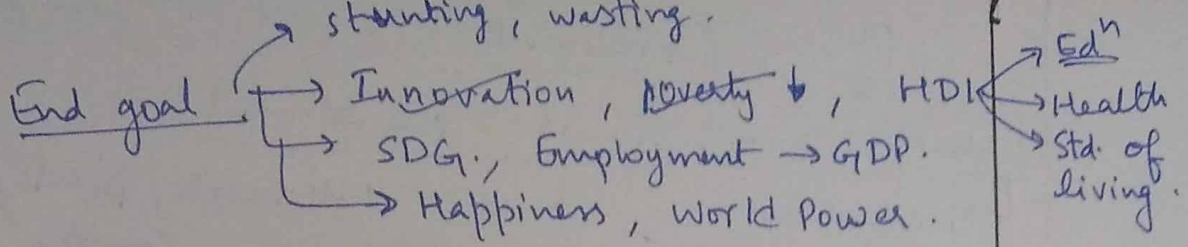
Thus we have seen that Health is a smart investment. It can improve our GDP, reduce poverty, improve our human developments and help us in achieving the Sustainable Development Goals of No Hunger, Health for all and

Resilient Communities.

To turn this dream into reality we must take all the possible measures and overcome these challenges. This will only ensure the dictum of our Vedas of :-

" Sarve Santu Sukhina  
Sarve Bhavantu Nirmaya "

May ~~let~~ everyone be healthy and free of diseases and <sup>may</sup> ~~let~~ everyone be happy.

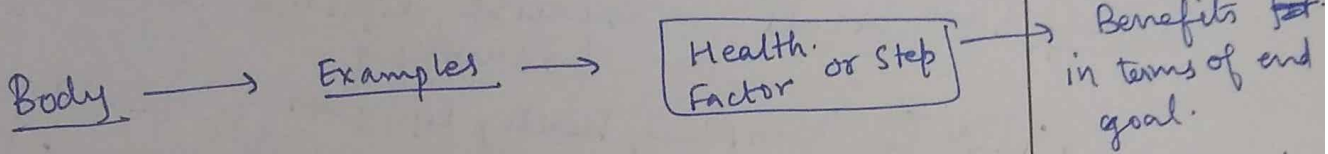


Nordic countries.

Intro → ~~Thailand~~, Israel → Good Health investm. → R&D, HDI.

v/s India → OoPE → ~50%. NFHS-5.  
 → 60% Anaemia.

Para → what this means → Health Investment → in all stages of life.  
 is important.



Shortcomings/Challenges → Expenditure by Govt., Doctor's per 1000 < 1.

Shortcomings/Challenges → Rural-Urban.

Shortcomings/Challenges → Gender bias → Girls → Anemic

Shortcomings/Challenges → Dual Burden → Stunting + Obesity.

Measures → 1.15% to 2.5% of GDP as NHP by 2025

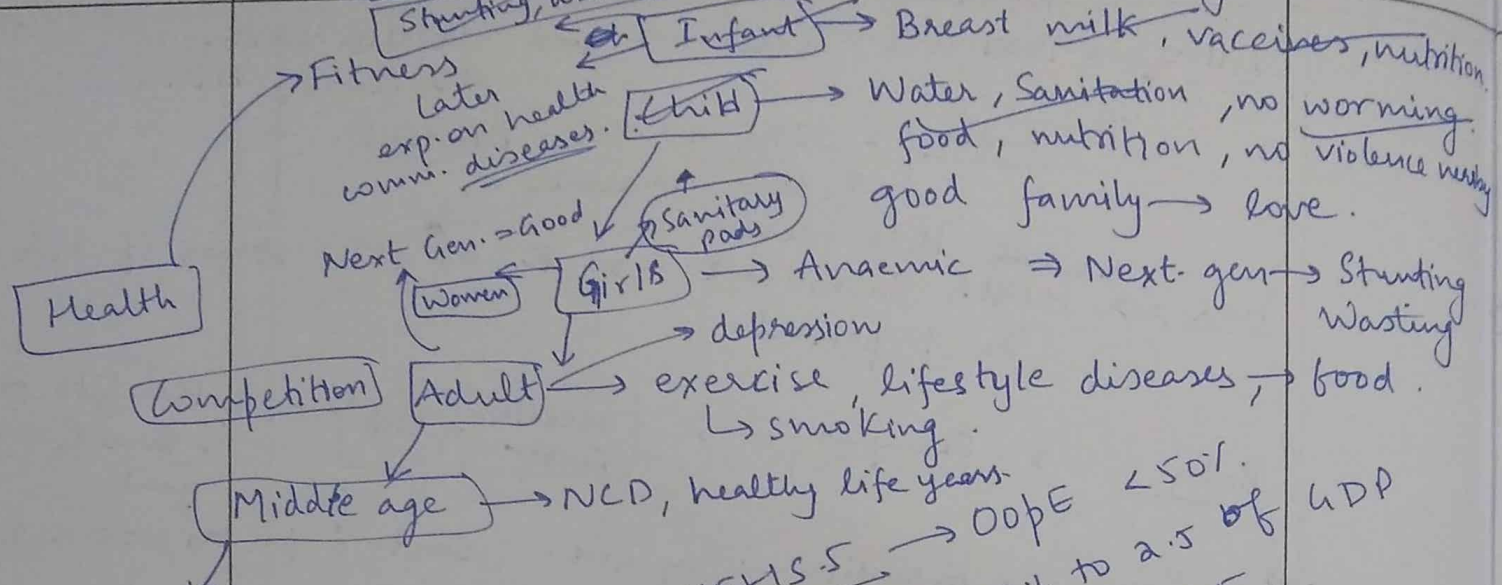
Measures → Medical Colleges ↑

Measures → incentivise Rural postings.

Concl<sup>n</sup> → Smart investment, Happiness, GDP, HDI, Power

Section-B

Health is a smart investment  
 → preventive.  
 → curative.  
 → for individual, family, society, country.



Old-Age → Geriatric care.  
 → Happiness.  
 → Dementia, Alzheimer, Alzheimer.

Facts → NFHS-5 → OoPE < 50%  
 → NHP → 1.15% to 2.5% of GDP by 2025.  
 → Anaemic children > 60% 6m to 59 months.

What is health → physical, mental, emotional

Investment in Health → No smoking, exercising, diet.  
 → Primary care.  
 → Vaccine  
 → Sanitation & drinking water.

Issues → Poverty, Non-comm. disease.  
 → Healthy life years lost.

## Section - A

Intro :- Case-1 → Germany in 1930's.  
Case-2 → India from 1949 to 1947.

Para → How choosing better over bitter is good. in  
diff. aspects of life.

Body → All examples.

Why we choose bitterness → Limitations of human character.

How can we always choose betterness → Life = Learning.

(2)

In the face of **adversity** **we** have a **choice**.

**Bitter or Better,**

→ Indi, Family, Society, Nation

Intro → Gandhi vs Hitler / Non-violence vs WWII, Holocaust / Independence vs Devastation

In 2015 Nestle → Maggi → Transparency → Tribals → Naxalism → Tribal entrepreneurship  
vs White Hat Jr. → Social → Gender inequality → Jat reservation vs Agri Organic Tourism  
→ ~~Agri~~ failure →

Elon Musk.  
2008

**Adversity**

Political → Colonialism → Political loss to a party → Donald Trump.  
Emergency → Loss in a competition.

Press freedom → Loss in Business → SEZ litigation.  
Economic → Job loss, Inequality. → Tata vs Jaguar.

→ Recession → Extremism vs skills improvement  
→ Pakistan → Adversity after 1971

India 1962 vs 1965.

Inter National → West Germany after WWI → Germany in 1930's.  
→ China in 2020 → after COVID. → Terrorism promotion in Punjab, J&K.

Israel 1973 → war.

Env. → Pollution → Aggression in LAE. against Australia.  
→ Climate change  
→ Biodiversity loss.

→ Protests → Inconvenience  
→ Loss in sports → 2007 World Cup  
→ 2007 T20 World Cup winner

Choice → **Simultaneously with adversity**

Factor determining → why we choose bitter news

**Sad** → Gratitude.  
→ Character  
→ Greed.  
→ Focus only on ends.  
→ Hedonism.  
→ "Narrow def" of Good life

(30)

.. How to be better.  
Happiness only after adversity.  
→ Learning = Life long process.  
→ Success & failure → same coin.  
→ Hope. → Light at end of tunnel.