

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.

SECTION A

4. A health system to meet 21 century needs in India

14th century world witnessed one of the worst health crisis in the world - Bubonic plague. It killed nearly one-third of whole of humanity. More than five century later world again found itself in similar situation - Spanish flu, which killed nearly 50 million people. Again after a century we are in the midst of a global pandemic which has not only disrupted the global economic system including that of India but also has threatened the very existence of Humankind.

Since our existence as an intelligent species, health has played a very important role. We have found bones of early humans which have surgeries marks and have healing evidences showing some form of healthcare existence.

India has a very rich history in healthcare and medicines. Traditional

medicinal systems of India like Ayurveda is world famous. The methods adopted by Sushruta & Charak like nose surgery is still find resemblance with modern day surgery.

Fast forward to current time, India is one hand is leading in medical research, vaccine production, pharma industry et al while on the other hand is considered as 'disease capital' of the world. Recent pandemic has highlighted the importance of strong, inclusive and resilient healthcare system which India needs to meet the 21st century requirements.

World Health Organisation (WHO) defines health as physical, mental and social wellbeing and not just the absence of illness. Therefore health is a multi-dimensional concept. It includes free from diseases both communicable and non-communicable, free from mental

any psychological stress and ability to constructively engage with people & society.

India in 21st century faces dual problem. First, the traditional diseases like malaria, tuberculosis, pneumonia etc causes a lot of mortality every year. Second emerging diseases like HIV, cancer, obesity, diabetes et al are increasingly becoming common.

Another area where India performs poorly is malnutrition. According to Global Hunger Index released by World Economic Forum, India is world's 94th hunger country. Also it is home to over 40 million stunted and 17 million wasted children, putting the future of India at risk.

Moreover India also lacks in maternal and infant care. With maternal mortality rate of 120 (approx) and infant mortality rate around 38, India still lags far behind the developed countries.

Recent pandemic has highlighted the dismal picture of India's healthcare. With low doctor to patient ratio of 32 per lakh population to severe scarcity of hospital beds and non-availability of necessary items like ventilators and oxygen cylinders etc, India is among the worst in several health indicators. Even basic primary health care is not reaching everybody.

21st century also poses newer threats to human health. Newer viruses and bacterias have been discovered in recent years. For example SARS outbreak in middle east, swine flu outbreak in 2009-10, ebola outbreak in 2014-15 and now COVID-19 pandemic. These pandemics has potential to threaten our social, political as well as economic set up.

Post world war II, world

has seen tremendous economic growth. This has led to changes in lifestyles, working culture, eating habits and has also led to a globalised world.

The above changes have caused certain unintended problems. For example it has increased mental and psychological stress leading to increasingly in mental health problems and suicides. Life styles diseases like obesity, diabetes etc is now becoming common in all countries including India.

Globalised world has also facilitated the spread of diseases like in the case of several viruses leading to pandemics. It also facilitate spread of radical ideas disturbing peace and harmony all over the world. Mental health problems have increased like blue whale challenge, which has put even our children at risk.

Newer technology is also acting like dual edged sword. On one hand research & development in medical science like gene editing through CRISPR-Cas9 shows high potential in treating diseases, while on the other hand misuse of this niche technology can be devastating. Reports have emerged from China about designer babies. If not regulated well, these can penetrate India as well.

India since post-independence tried to focus on public health & healthcare. Article 47 of the constitution states that "state shall regard rising the level of nutrition and standard of living and improvement in public health among its primary duties."

Subsequently through five-year plans, public expenditure was focussed on delivery healthcare facilities to every corner of India. Recently in 2017, India

has adopted new National Health Policy which tries to meet the needs of 21st century demands. Also schemes like Ayushman Bharat, PCPNDT Act, National Nutrition Mission and several state level schemes tries to bring quality healthcare for all.

India through Indradhanush scheme (Mission Indradhanush 2.0), increased vaccination from around 40% to over 80% within a very short period of time. Similarly through Public Distribution System, Mid Day Meal and focussed attention on nutritious food, India is poised to end hunger and bring down malnutrition in the country.

Moreover, now through Eat Healthy Campaign (Eat Right Movement), government is trying to nudge people's behaviour. Making people to shift to nutritious food is one of the greatest challenge which India faces

in 21st century.

NITI Aayog has recently come up with digital health strategy.

COVID has highlighted the importance of tele-medicine, tele-consultancy and e-health technologies. There is a need to increase the acceptance of these among people.

With rising internal migration due to many reasons like jobs, education, better opportunities, it is high time that India adopts digital healthcare. There is talk going to set up National e-Health Authority and digitise all our public as well as private healthcare. This would enable a person to get healthcare facilities seemingly. Also digital health record would enable better diagnosis and treatment.

The war against corona has also highlighted the need for suitable response to stress, fear and apprehension. There is an increasing acceptance of Yoga which can decrease psychological stress, bring stability of body & mind and strengthen immune response.

For emerging technology like gene therapy, India needs to invest more in research and development. Also there is need to collaborate with like minded countries and global institutions like WHO. It has great potential to treat disease from its root, treat genetic disorders and also permanent treatment to emerging diseases like cancer. Proper regulation and setting ethical standards is need of the hour.

Healthcare should also be inclusive. We are progressing in developing prosthetic arms, legs and implants which can help a lot to

the people who are differently-abled Govt should make sure that the benefits of these advancements reach the last man standing in the line.

Use of Data and Artificial intelligence for evidence based policy making and to predict and detect diseases is now becoming a reality. In COVID only many countries including India used it. Government should make sure that its use doesn't impinge on the privacy of individuals and people.

People should be heart of any policy. Community participation in healthcare in the world like Cuba and in India like in Kerala have shown its relevance. It's the community which is the first responder to any disease or outbreak.

Therefore it is necessary to strengthen healthcare system

at community level. India is upgrading its primary healthcare - 2.5 lakh into health and wellness centre. Also spreading awareness regarding preventive and promotive healthcare is the need of 21st century India.

As Victor Hugo had said - 'there is no greater force than the idea whose time has come'. I think government, people and humanity as a whole cannot delay the healthcare improvement.

21st century is regarded by many scholars as Asia's century with major role for India. If India wants be part of such growth story and make this century as India led, we need to reinvent our approach towards health as Nation is made up of people and its is healthy people which makes a healthy nation.

1:50

4. Health system to meet 21 century needs in India

14th century world gripped with bubonic plague → worst event till now 1/3rd of humanity died/perished. → More than 500 century later world witnessed → Spanish flu → 50 million lives. Again after a century we are in the midst of a global pandemic which has not only disrupted the global economic system but also has threatened our very existence.

W.H.O → social, mental, physical well being & not just the absence of illness. Even animals!

India → home to over 40 million stunted & wasted children

Problems → NCD ↑ → diabetic capital of world.

Multifaceted

① basic health care not reaching (traditional maternal & child care).

② newer threats emerging → Hidden Hunger, Mental Health, New viruses, Over nutrition, Gene editing

↑ (↑) → syndromes & diseases

old age problem

↓ → Peace & Harmony

↓ → Radicalisation

Art 47 states that state shall regard raising the ^{level of} nutrition & well-std. of living and improvement in public health among its primary duties.

Indian policy makers → Emp to health.

Famines & food security no longer a threat.

Sushruta
Yoga
Ayurveda & traditional

Victor Hugo → There is no greater force than the idea whose time has come.

2015 → Bill Gates → Ted Talk → ultimate danger to humankind to viruses & bacteria →

21st century → India's → Health.

Nation is made up of people. People health → nation healthy.

- ① pages
- 1 1/2 Intro
- 1/2 → Community part
- ③ 21st century need
- ④ Govt steps & what can be done
- 2 page conclⁿ.

Solution

→ healthy eating practices akin to behavioural change (NNM)
→ COVID app → to adopt e-health technologies. that can create transformational change in IHC.
→ The war against corona → suitable response to stress

Innovation is key for transforming health care.

Tele medicine → accessibility
→ Gene therapy → treating diseases through immune response genetic disorders.
Setting ethical standards.

fear, apprehension.
This an element such as yoga which ↓ psychological stress + strengthening immune response.

→ NITI → NetHA
Digital Health Repository

Prosthetic arms & legs
Prosthetic implants → ↑ their productivity + dignified life.

Reports → Use of Data & AI to predict the spread. → It should emphasize on privacy of people.

COVID → Govt relying on tech ngy.

Community participation → CUBA ex. Kerala. → Nipah Virus contain.

SDG-3 → Good Health & well being

Food fortification
Crop diversification

Govt → NNM
→ NHM 2017

Eat health
H&W centre

SECTION B

5. An army of principles can penetrate where an army of soldiers cannot

If we turn the pages of history, we find that not very long ago, Gandhiji with his army of principles like non-violence, love and compassion and satyagrah united the whole of India and defeated the mightiest army of Great Britain.

On the other hand Similarly, Hitler along with Japan and Italy formed a strong and formidable army but were unable to defeat allied powers like France, United States, England and USSR. Allied powers cooperation was based on ^{strong} principles which not only helped them to win a moral victory with worldwide support but also helped them to form a formidable defence based on strong principles.

The above instances show that an army of principles can penetrate where an army of soldiers cannot.

Principles are moral values like selflessness, honesty, integrity, compassion etc which helps an individual, society or nation to take decisions. Principles guide us to form our opinion and to act in such a way which are ethically and socially acceptable.

As Rousseau had said, there is underlying 'social contract' between government and people. If government sticks to principles while ruling subject, then only it is allowed to continue. This also helps to win hearts of people.

There is a long demand of people of Jammu and Kashmir to remove AFSPA and Army. The presence of army of soldiers made them feel vulnerable and thus saw a number

of protests and violence. Few years back when then Prime Minister gave the call for 'Insanlyat Kashmiriyat Jamhooriyat' based on ethical principle, it saw a relative peace in the valley. Thus highlighting that an army of principles can penetrate deep into the hearts of people where an army of soldiers cannot reach.

An army of soldiers were used to crush tribal revolts by Britishers and few decades after independence as well. It does not led to peace. Many places now peace has be established due to our integrationist policy towards tribals where we respect their unique culture and follow panchsheel principles as given by Pandit. Nehru. Many accords are signed based on principles like Assam & Naga Accord which brought relative peace & stability.

No amount of force can bring a change in society. Social evils like

sati, untouchability, discrimination against dalits etc had existed since ancient times.

It's only when the great leaders and visionary Raja Ram Mohan Roy, Ishwar Chandra Udayasagar, Swami Vivekananda and others tried to change the people's heart through strong principles that these evils are now decreasing in society.

This is a continuous process. With emerging of new ideas like equality, freedom, fraternity, justice, individuality etc and as also enshrined in our constitution that changes are being brought in every sphere. Be it social where now LGBTQ community enjoys greater dignity & freedom or economic where idea of distributive justice and people's welfare are taking central stage.

These constitutional morality & principles of inclusiveness, equity and justice integrated whole of India with so much of diversity. On the other hand use of force and army of soldiers by Pakistan to impose cultural hegemony over East Pakistan led to breaking up of the country and emergence of Bangladesh as new independent nation in 1971.

1960s and 1970s were the decades where India faced its greatest political challenge. With confrontationist policy by many political parties led to instability and hampered economic growth. With rise of coalition politics in 1990s where principles of different parties were aligned to achieve greater good led to decade of high economic growth. Also adoption of Moral Code of Conduct during elections by all political parties brought legitimacy to electoral process and strengthened our democracy.

At international front too we see that an army of principles can penetrate where an army of soldiers cannot. Example of middle east and the continuous war in the region presents this picture. Countries like United States, Russia, Iran, Saudi Arabia are involved in proxy wars which over the years have not benefitted anybody.

Where as India with army of principles of mutual co-existence and independent foreign policy has befriended all countries in middle east including having strategic relationship with UAE. Recent Abraham accords signing between countries which is based on principles, present a better picture of future for the region.

It is the strong principles which makes a company a success.

Companies like TATA which follows a set of principles like welfare of its employees, corporate social responsibility, giving back to society are creating an ever lasting impact. Where as companies relying on fake advertisement fraud are failing like Kingfisher. This also manifest at environmental angle as well.

From industrial revolution uptill recent ~~times~~ times, the focus of country, corporates and people was to extract as much as our resources as we can. These are like army of soldiers focussing on only one goal of economic progress. Soon world realised the importance of environment. With recent initiatives which are based on principles like common but differentiated responsibilities, polluter pay principle etc like Paris Climate deal & sustainable development goals, are providing some hope for an inclusive and sustainable future.

21st century presents new opportunities as well as new challenges. Recent advancements in Artificial Intelligence, Robotics, Gene Editing, Internet of things provide a lot of applications to solve our present & future needs.

These niche technologies need to be aligned with principles and ethical standards so that the benefits can be harnessed ^{while} negative externalities and misuse of technologies can be reduced.

Recent India with no first use policy of nuclear arms has excelled well to win the confidence of other countries. This has helped India to sign nuclear deals with countries like USA and Japan to further the civilian use of nuclear technology. Advancements in medicine, agriculture and energy are being continued due to these principles that

India adopted which penetrated ^{& influenced} the leaders of other countries.

In every other fields including media, sports, education etc the principles which are followed determine the true progress.

Media can act as agent of social change only when it follows

media ethics, sportmen can win hearts of people even after a lost game only when they follow sportsmanship → high moral and ethical principles of sports.

Education prepares a new generation of people who later becomes doctors, engineers, administrators, politicians, and leaders of tomorrow.

As Nelson Mandela has called education as the "most powerful weapon which you can use to change the world". Education needs to be based on values and

principles which helps in forming
an army of people with high
principles which ~~will~~ has potential
to change the destiny of the nation.

India is now preparing to
set a new destiny for its people.
Atmanirbhar Bharat, New India, New
women, Ek Bharat shrestha Bharat
are not just slogans but are backed
by values and principles

Values like vashudhev kutumbham
; whole world is a big family, peaceful
co-existence, non-violence, mutual
respect, compassion and selfless
attitude can solve the problems like
climate change, terrorism, intranched
inequality, poverty, rising hatred
and intolerance.

As rightly said by honourable A.P.J Abdul Kalam " where there is righteous-ness in the heart, there is beauty in the character. when there is beauty in character, there is harmony in the home. when there is harmony in the home, there is order in the nation. when there is order in the nation, there is peace in the world "

We need an army of principles and also an army based on these principles for the progress of an individual, family, society, nation and humankind as a whole.

⑤ - An army of principles can penetrate where an army of soldiers cannot

Freedom
Intro.

If we turn the pages of history, we find that not very long ago Gandhi with arms of principles like non violence, love & ^{union} ^{both sides} satyagrah defeated the mightiest army of Great Britain. Similarly Hitler, with strong & formidable ^{army} ^{was} ^{unable} ^{to} defeat allied powers which ~~were~~ based on army of principles not only which not only helped them to form army with principles Allied powers collaboration was based on principles which not only help them to win a moral victory with worldwide support but also form a formidable defence by facing army based on these principles.



Body

→ soldiers penetrate → they are able to do so b/c of principles.

① social angle

→ J&K → army / AFSPA → not able to win hearts → Human Rights
 ① human-human relationship
 Individual success → (GoCo - Pepsico) - trade secrets
 ② Jribala → Integrate → B D Sharma → ...
 ↳ soldiers → Naxals → violence

Political

→ ① MCC - election

Economic

→ ① Being self reliant making New India

Env

→ 1970s → People protest → Rio
 Paris ↓ SDGs
 US → Periodical needs pull out → world a day
 Going forward Place to live in

Current

Diplomacy

① military diplomacy
 ② mutual respect co-existence

International

→ Middle East → army
 Syria ...
 ③ strong principles → fricam with all.
 where ever req → Army entered Bangladesh → with principles.

Judicial

→ Contempt of Court.
 → Religious reform

③ Legal

→ Equity & Inclusiveness, Freedom, Equality → army of principles
 ↓
 led to integration of ③.
 Pakistan → Army → control → dominate/suppress over Bengal → area

Ethical → EI → Change the heart of criminals
Eg →

Technological → Ethical standards for Genetic → medical field.

Sports → sportsmanship → army of principles

Present problem of climate change, terrorism -

Recently concluded celebration of 150th Birth anniversary of Gandhi provides us opportunity to turn back and discover these his teachings

• world need people ~~who are~~ with principles

Righteous in heart leads to

let us take a pledge to follow his ~~pr~~ universal principles

These great principles have been taught by great leader like Gandhi, Lincoln, Martin Luther King et al

Atmanshu Bhatt
New Women
New India