



# 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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5.

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## Section A

### A HEALTH SYSTEM TO MEET 21<sup>ST</sup> CENTURY NEEDS IN INDIA.

In 2019, a proton therapy centre, was inaugurated in Chennai. It claims to be one of the first in the world to provide world class health support to Indians against diseases like cancer. Resembling a stark irony, a migrant labour, was forced to deliver on the streets & continued to walk a stretch of 200 km, 6 hours post her delivery.

The two examples paint a contrasting picture of Indian health system, where on one hand, we are leaping towards new technology, whereas on the other, failing in providing basic amenities to cater the needs of 21<sup>st</sup> century India.

In this essay, we'd try to understand the dimensions of health, the issues surrounding Indian health, the contrasts in the society regarding health and the changes to cater the needs of present India.

## Health : a virtue for society

"Sarne Bhavantu sukhina, sarne santu niramayaha  
sarne bhadrahi pashyantu, maa kashchid  
dukh bhagbhavet. ||"

The text symbolises the essence & need of health in building a welfaric society.

Health stands as one of the prime sustainable development goals of UN.

With respect to India, it becomes even more important, since it houses about 1/5<sup>th</sup> of global population.

Health in 21<sup>st</sup> century needs an amalgamation of prevention & cure, technology and sustainability, innovation and indigenous knowledge, and catering to needs of all sections.

With 94<sup>th</sup> position out of 107 nations in global hunger Index in 2020, the challenges faced are immense and multidimensional for India.

## Issues with healthcare

Healthcare, being a complex whole of primary, secondary & tertiary needs, suffers a diverse range of issues in India. On average, India spends a little more than 1% of its GDP on health, lower than almost all nations.

In such scenario, health being a state subject, forecasts even more inequalities in services across the country. States like Kerala have developed a well functioning system, during the outbreak of Ebola, whereas several states like Bihar & Orissa still lack basic infrastructure.

In the absence of uniformity, health-care in India, suffers a conundrum of it being a majorly urban phenomena. This can be seen through the density difference in number of hospitals, doctors & staff in urban & rural services.

This further leads to privatisation of health, where on one hand India supports a billion dollar medical tourism industry, but on the other hand, it remains far fetched for its own people.

This state is further worsened by poor infrastructure, spanning across the country. In districts such as Keonjhar, a district hospital still lacks necessary equipments & patients walk miles for treatment in the absence of ambulances.

In such situations, the issues of the medical professionals serve as a tough reminder to the gravity of situation. According to WHO, a minimum of 1:1000 ratio is desirable with respect to doctor to patients. Where on one hand, several nations fair better, India still lags far behind. This shortage of doctors, even worsens in rural scenarios, where sometimes doctors only exist in papers & absenteeism is the commonality.

Further, poor work conditions for doctors, forces the manpower towards urban areas. The numbers fall even lower for support staff, nutritionists, and nurses. There also exists, extreme state of stress over the professionals, when made to face situations such as COVID-19, with lack of necessary equipments.

In such conditions, Quackery becomes a norm & various untested & superstitious treatments become common. In recent times, these incidences have only grown, due to rising need of professionals in India. While on one hand brain drain is commonplace & public health suffers acute shortage, on the other hand, Indian doctors gain prestige in global scenarios.

Another common yet unaddressed issue of healthcare is the growing corruption & politicisation. It may not seem to be a factor catering to present needs, but plays a bigger role when it comes

to health system of India. Due to growing corruption, the mushrooming corporatisation in medical colleges is evident. This has made medical education through private colleges a luxury, and creates a vicious cycle of corruption, urbanisation & shortage of doctors in India.

In such situations, the attention of policy makers shifts to the diverse issues & funding of health doesn't reach right hands. Thus R&D in health still lags, even though India serves as one of the highest numbers of Ph.Ds & doctorates in the world.

This results in lack of development of indigenous medicine, which in recent years has proven efficacy in the gravest diseases. Also various technologies such as 3D printing of organs, Mitochondrial DNA therapy, Plasma therapy & genetic counselling fail to find place in India, even though they have become part of

mainstream healthcare in other part of the world.

This eventually, causes an all round problem of healthcare from primary to tertiary levels. Several dimensions of health such as mental health, lifestyle diseases, tropical & genetic diseases, donot even find appropriate mention in healthcare policies. On the other hand, India still struggles to give its mothers a safe maternity experience & its children, an access to nutritious diet.

To top the problems associated, modern health is facing a global shortfall, with new challenges such as biological warfare & diseases previously unheard of. Organisations like WHO & UN have been found struggling to bring global unity in facing these challenges. This causes troubles for

an already dilapidated health infrastructure of India.

In such testing situations, it becomes imperative for us, to work in achieving the needs of this new century. India being home to largest population under the age of 25, has huge scope of increasing its reach in global pedestal. For achieving this feat, India must ensure that it brings health to its people, only then they can serve as assets to its future. Also, health shouldn't be seen as a domain of the privileged classes, but the issue of inequality in health needs political attention.

Issues like sanitation & waste disposal, ~~found~~ find absence from discussions on health. The situation needs a holistic outlook on urgent basis.

Thus what India needs to do is to start from the basics in healthcare.

A 21<sup>st</sup> century India needs all that has been said and much more.

To begin with, India must first frame an integrated health policy covering all the aspects of health under one title. Health should not be seen under different prisms of primary, secondary & tertiary. Nor should mental and nutritional health be left out. Healthcare should cater to its complexities, and this can only happen through a policy making which shows conviction.

To deal with issue of funding, the first thing to do should be increasing public spending. Also CSR & private spending needs to be encourage in ~~public~~ <sup>public</sup> & rural health

This would provide more avenues for infrastructure development. Government must come up with innovative solutions to boost infrastructure.

Global best practices need to be adopted & technology sharing must be facilitated.

A major chunk of its spending should go to R&D in health. Indian health systems like Ayurveda, Sowa Rigpa have immense scope and AYUSH is just the 1<sup>st</sup> step.

The new NMC Act, caters to the problems of corruption & gives innovative solution on quackery, brain drain & issues of medical administration. It must be followed in letter & spirit.

Schemes like Digital Health ID & Ayushman Bharat need definite focus to enroll every single citizen of the country. Other aspects such as

Maternity & child care, sanitation, Nutrition & physical health need to be aligned with these scheme.

Innovations in health is need of the hour. Telemedicine, mobile healthcare, apps for health, have proven helpful in COVID-19 treatment. They must be explored to bring out effective solutions.

India should seek & contribute towards global harmony & unity in healthcare. As the current chair of ~~One~~ World Health assembly, it harbours new opportunities in this arena.

Youth, is the biggest & unique strength for India currently. Mobilising its manpower in health sector is a need and a benefit to utilise the demographic dividend.

Other dimensions like insurance of health, environment protection for health, control over pollution & sustainable use of resources becomes necessary in order to get desired results.

Thus healthcare in 21<sup>st</sup> century, needs a holistic attention, implementation & direction. It needs to become a movement of people, to further improve its reachability to every single citizen of the country. As in the words of Gandhi,

"Health is the real wealth,  
and not pieces of gold & silver"  
we all should work to make our  
nation a healthy one.

u AN ARMY OF ~~GOOD~~ PRINCIPLES CAN PENETRATE  
WHERE AN ARMY OF SOLDIERS CAN'T "

° A distressed Parth, asked Keshav, how would he be able to defeat an army of Kauravas, which famed the best warriors and his beloved elders? Keshav answered that he must fight with absolute principles, as only then he'd fulfill his Dharma. In the end, Pandavas successfully defeated a herculian army, as their side fought with principles.

The epic of Mahabharata enshrines the crux of this statement. Principles have also proven to win battles & hearts, in the long of history, several times.

In this essay, we shall try to understand the importance of principles in human life. We also would try to understand ways of leading a life of principles through examples of great men.

Principles are inherent values and morals of a person, which drive his actions and frame his attitude. They vary from person to person & have different interpretations.

Principles build character of a person and help him stand in tough times through adversities. A man of principles, has higher probability of gaining social following, and respect.

Principles stand out in various domains of life. According to Buddha, only the principles in a man can lead to salvation. A man without principles is like a boat without an anchor. He might be easily influenced by the temptations of life and his aims and aspirations may remain unfulfilled. In such conditions, he may never fulfill the shoes of the great men, he follows & aspires to be.

## Principles in various domains of life

Principles prove their vitality in all aspects of a person's life. It can be observed and even understood through meticulous efforts, but once inculcated in life, they make life easier.

Principles in personal life dominate our personality, inter-personal relationships, attitude & achievements. When it comes to family, a person who is kind, honest and dedicated, serves as a better part. Creating such a character, needs a role of society, parents, family & friends.

Principles are adopted through the process of socialisation. Any influence, good or bad has direct impacts on the person. A thief's child, might have principles accepting stealing. An officer who performs corruption might find his family comfortable with

bribery.

Thus principles tend to develop through the channels of influence. They may not be ethical from the prism of society always, but their existence has long term effects on society. A society harbouring men whose principles allow them to beat their wife, may never respect women.

Principles are like an armour, the wearer becomes immune from opposite ideas.

Principles play role of social change. In a society which respects women, the members are conditioned to bear principles of gender emancipation. Such a group can set example of gender equality for national & global level. Taking example of Jacinda Adern, the PM of Newzealand, her principles have set examples for people of her country who now accept a woman being their leader as well as a mother.

Principles, in social domain are thus necessary to bring out remarkable actions from normal people. Malala Yousafzai, a young girl from Pakistan, went on to become the voice against terrorism as her principles advocated courage & fortitude.

It is through principles that we find our leaders in tough situations. In the ongoing COVID crisis, Sonu Sood, a Bollywood actor, came up as a protector of underprivileged. When asked about his charity, he said that his principles couldn't allow him to see the migrants in such grave distress.

Principles are not only part of personal life, but play role in professional domain as well. A man of principles is respected for his work and

is credited for his service. He sets an example for society and brings change to the wrongdoings. ~~See~~

Mr. Sanjeev Chaturvedi, a senior IFS officer, whistleblowed about the functioning of AIIMS. Such actions require immense integrity and courage in character & principles.

In political domain, principles gain bigger results as the leaders have wide reachability. A political leader of principles thus becomes an inspiration for generations. Seeing the story of Lal Bahadur Shastri, who gave up his own meal for one time in a week, so that the nation could follow his steps, this statement can be rightly justified.

Technology today also deserves principles to be followed and propagated. In the times of global tussle for hegemony, these principles

show the way towards peace & spirit of "Vasudhaiv Kutumbakam"

If we look at the story of APJ Abdul Kalam, the missile man of India & Dr A Q Khan, the father of nuclear technology of Pakistan, a stark difference is found. Both used nuclear technology, but principles differed in terms of national interest & destructive ambitions.

Economics also deserves principles to be followed in letter & spirit. Our great thinkers ~~Thirukkural~~ Thiruvalluvar & Kautilya, have showed us the path of an ethical economy. These principles prove necessary in today's circumstances of prevailing inequalities & rising need of sustainability.

Apart from these domains, the spiritual side too is incomplete without principles.

Vivekananda rightly said that our country seeks its identity in spiritualism & thus the principles of Indian people, lay secularism, fraternity & mutual acceptance at heart.

In recent times, principles across societies have seen changes. These changes have been brought by the blurring of global borders, and rise of a common human identity. But this has also led to difference between the young & elderly, the traditionalists & the modernists, and the developing & developed.

In such times it is necessary to maintain an open mind for acceptance & denial of radicalisation of principles. The society hence stands at crossroads & principles would show it the way.

Principles should not be rigid and must conform to changing realities. They must accommodate the thoughts of new generations, while keeping the essence of previous generations intact.

Looking towards ways of creation of a society of principles, we must first start with the new members i.e. the children. Socialisation of children to the society must be democratic & value based. As Gandhi said "literary education will be of no value if it doesn't build a sound character", it is the duty of all of us to sustain our principles in young minds.

While doing this, they must not be framed in the shackles of prejudice, nor be exposed to animosity. They must be treated with utmost compassion to build better citizens of

tomorrow.

Principles must find their place when it comes to respecting the women, the elderly & the disabled. We all must join hands in cultivating these values in each one of us. ~~as~~

Principles should also conform towards humanity, equality & justice to all. Only then, we could be able to establish a society envisioned by our "constitution makers".

If such principles are cultivated in each one of us, only then we'd be able to break the shackles of misery and bring change in society. A single man of principles can educate generations. No army could stand against Gandhi, who got us independence from the epitome of principles of non violence. In our hearts, we must commit ourselves towards doing the same, to bring changes in lives of others.