



ESSAY

Name Of Candidate	GAURI PRABHAT		
Roll No.	1910078266	Date:	10/9/22

Time Allowed: Three Hours

Maximum Marks: 250

INDEX TABLE		
Q. No.	Max. Marks	Marks Obtained
Q.1		
Q.2		
<b>Total:</b>	<b>250</b>	

- INSTRUCTION**
1. Please do furnish Name, Email, Roll No and Mobile in the answer sheet.
  2. There are TWO Sections. Each Section has MULTIPLE topics printed in English & Hindi. You have to write on 1 topic from Each part
  3. One question in each part is compulsory.
  4. The number of marks carried by a question/part is indicated against it.
  5. Answers must be written in the medium authorized in the admission Certificate, which must be stated clearly on the cover of this Question-Cum-Answer (QCA) Booklet in the space provided.
  6. Word limit in questions, if specified, should be adhered to.
  7. Any page or portion of the page left blank in the Question-Cum-Answer Booklet must be clearly Struck off.

Evaluator's Discretion:

*Any specific messages for ForumIAS Mentors/ Evaluators with respect to your copy? Write it here.*

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**Total Marks:**

**For Student Only**

Start Time 15:45 pm	End Time   8:45 pm
Mode Of Examination:	Online <input checked="" type="checkbox"/> Offline <input type="checkbox"/>

**Evaluator's Discretion:** This is the marks awarded at the discretion of the evaluator based on your overall impression, on the basis of (but not limited to) your handwriting, presentation, use of diagrams, flowcharts, facts and figures or absolutely anything that he/she liked in your copy.

**For Office Use Only**

ECN CODE:	EG:	Evaluation Date:
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### MARKING SCHEME

<b>Parameter/Criteria</b>	<b>Aspects Considered</b>	<b>Total Marks</b>	<b>Essay 1</b>	<b>Essay 2</b>
<b>Basic Format</b>	Introduction + Conclusion	10		
	Body	15		
<b>Content</b>	Data/Facts/Interpretation/ Analysis	25		
<b>Organisation</b>	Flow of ideas/ Absence of Deviation from the topic	25		
<b>Language Skills</b>	Punctuation/Grammar/ Sentence Formation/Spellings	25		
<b>Examiner's Discretion</b>	Perception/ Innovation/ Engaging	* 25		

<b>Parameters</b>	<b>Very Good</b>	<b>Good</b>	<b>Average</b>	<b>Poor</b>
<b>Coherence</b>				
<b>Language</b>				
<b>Handwriting</b>				
<b>Pre-writing</b>				

<b>Very Good</b>	<b>Good</b>	<b>Average</b>
120 and above	100-120	Below 100

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**SECTION - A**

1. Happiness is nothing more than good health and a bad memory.

प्रसन्नता अच्छे स्वास्थ्य और बुरी याददाश्त से ज्यादा कुछ नहीं है।

2. One can evade reality but one cannot evade consequences of evading reality.

कोई वास्तविकता से बच सकता है लेकिन वास्तविकता से बचने के परिणामों से नहीं बच सकता।

3. Civilization begins with order, grows with liberty and dies with chaos.

सभ्यता व्यवस्था से शुरू होती है, स्वतंत्रता के साथ बढ़ती है और अराजकता से मर जाती है।

4. Listen with curiosity, speak with honesty, act with integrity.

जिज्ञासा से सुनें, ईमानदारी से बोलें, सत्यनिष्ठा से कार्य करें।

Happiness is nothing more than good health  
and a bad memory

Tulsi, a 14 year old girl, sits besides the broken window and cannot stop the uncontrollable flow of tears. As she stares at the huge Bhilsra landfill outside, she reminisces how happy she had been before her family was forced to relocate to the Bhilsra slum.

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Tulsi's skin is itchy and her scalp is scaly from the use of contaminated water, poisoned by the landfill. She refuses to go to school or study, feeling depressed at how miserable is the condition of her family. While cribbing all day, she blames her fate for taking a turn for the worse.

The story of Tulsi highlights two essential components, in the absence of which she is gloomy and unhappy. The first is poor health - a recurring source of pain and misery. This is coupled with her inability to forget her past and make concentrated efforts to improve her future.

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Good health and bad memory are necessary for an optimistic and forward-looking outlook. In their absence, a person remains in misery and pain, bound by the shackles of past traumas and unable to enjoy life. As a consequence, happiness remains elusive.

To begin with, one needs to realise the wholistic interpretation of good health.

Along with the physical wellbeing of a person, it includes their mental, moral and social well being. In the absence of any of these, the person will be deprived of the complete benefits of good health.

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An example where poor physical health has contributed to the misery of people is that of India.

Widespread poverty and nutritional insecurity has led to poor health outcomes, with 35.5% of children being stunted and 39.1% adults being malnourished (NFNS-5). Happiness remains alien for children who go to sleep hungry.

This problem is compounded by widespread occurrence of diseases, with the poor strata being more vulnerable to falling sick and bearing the burden.

With over 60% expenditure on health being out-of-pocket (WHO), diseases are a double whammy of poor health & low standard of living.

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It comes as no surprise that India, with its poor health indicators, also ranks poorly in the World Happiness Index of UN Sustainable Development Solutions Network. The congruence is starkly clear - ranking 10<sup>th</sup> from the bottom (136<sup>th</sup>/146) in the Happiness Index and 15<sup>th</sup> from the bottom (101<sup>st</sup>/116) in the Global Hunger Index.

Along with physical health, what is essential for happiness is good social health. A society can be called healthy with the attainment of 'Social Democracy', an idea given by Dr BR Ambedkar. He argues for a trinity of liberty, equality and fraternity to lie at the core of a social democracy for people's happiness.

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An ~~absence~~<sup>absence</sup> of any one of the components of the above trinity would lead to deterioration of social health.

For instance, in the absence of equality and freedoms for women, not only do they feel caged and unhappy, but the society also is not able to realise its full potential - a 'gender dividend' is not realised.

Similarly, lack of fraternity also prevents fulfilment and happiness for all people. A recent example is that of polarising hate speeches and communal intolerance, causing riots and murder. How can a society divided by communal hatred, in the absence of fraternity, be happy.



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For attainment of happiness, societal health must be complemented with good moral health. This means upholding of high standards of moral conduct by being honest, kind and empathetic. In the absence of these values, people have grievances and a feeling of injustice, depriving them from being optimistic.

An example of the above is corruption, a manifestation of the poor moral health in society. Corruption prevents the system from implementing schemes and policies that will alleviate their suffering & pull them out of poverty. Economist Gunnar Myrdal calls India a 'soft society' for failing to prevent corruption and adding to the misery of people.

Lastly, mental health is also important to be truly happy. It is said that "happiness is a state of mind". If one is full of optimism, happiness can be found even in the most challenging circumstance. If only, Tulsi would not have been depressed but rather motivated to study, work hard and improve her condition, she would not have cursed her fate.

One of the ~~son~~ factors affecting one's state of mind is their ability to recall instances from their past, especially hurtful or bad experiences. In such a case, having a bad memory can be a boon, for it allows one to look at the brightness of the future rather than the darkness of the past.

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As said by Alexander Pope, "To err is human, to forgive is divine". A poor memory allows one to forget and hence to forgive. By not being resentful or traumatised by past experiences, a person can channel their energies towards attainment of positivity and happiness.

Similarly, for a nation also, a "bad" memory can prove to be a blessing. For instance, moving on from the horrors of the partition in India or the holocaust in Germany is what has helped both nations recreate unity and suppress their divisive history. Had this not happened, past traumas would have prevented development for peoples' happiness.

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However, it is important to note that forgetfulness can be both a blessing and a curse. While forgetting negative events triggers reconciliation and motivation, remembering them can be a source of motivation to work and prevent them from happening.

For example, the memory of failing in an exam must not be forgotten. While this will lead to temporary happiness born out of ignorance, the happiness will lie in taking the next exam as a challenge and performing better. Such a fire in the belly shows real happiness, and stems from being motivated by our past failed attempts.

Thus, we can say that our state of mind which determines our mental health, and overall sense of wellbeing, is the true realisation of being happy. By forgetting disruptive memories and having an optimistic outlook, our mental health can greatly improve.

Further, with improvement in our overall health, the individual, society and indeed the nation can focus on greater development. This will be a virtuous cycle, with good health triggering development and happiness via the 'demographic dividend', which in turn would generate resources to further invest in public health.

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Indeed, guiding motto for the future should be:

"Jante Bhavanti Sukhina, Jante Jantu Niramaya"

(Let all be happy, let all be healthy)

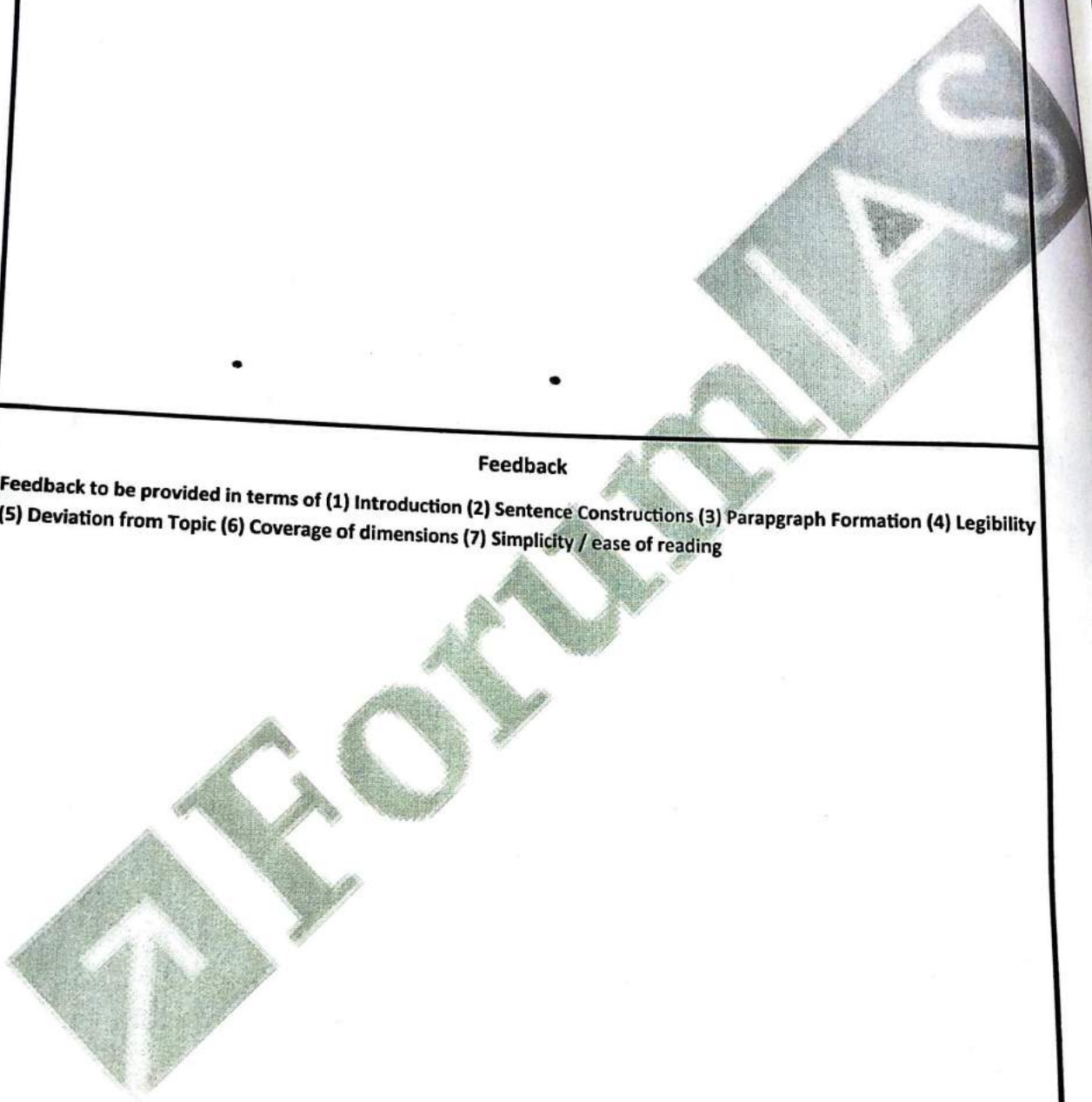
-Brinadaranyaka Upamishad.

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2.  
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**Feedback**

Feedback to be provided in terms of (1) Introduction (2) Sentence Constructions (3) Paragraph Formation (4) Legibility (5) Deviation from Topic (6) Coverage of dimensions (7) Simplicity / ease of reading



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## SECTION - B

1. Science gathers knowledge faster than society gathers wisdom.

समाज द्वारा संग्रहण किए गए बुद्धिमत्ता की तुलना में विज्ञान ज्ञान का संग्रहण तीव्र गति से करता है।

2. Energy drives economies and sustains societies.

ऊर्जा अर्थव्यवस्थाओं को संचालित करती है और समाजों को बनाए रखती है।

3. Those who wish to reap the blessings of liberty must undergo the fatigues of supporting it.

जो लोग स्वाधीनता के आशीर्वाद का फल भोगना चाहते हैं, उन्हें इसका समर्थन करने की थकान से गुजरना होगा।

4. Research is formalised curiosity and creation of new knowledge.

अनुसंधान औपचारिक जिज्ञासा और नए ज्ञान का सृजन है।

Science gathers knowledge faster than  
society gathers wisdom

"We live in a world of ethical infants and nuclear giants, ~~where knowledge is~~ where brilliance is without wisdom ... we know more about dying than about living, more about war than about peace ..."

- Omar N. Bradley



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This quote brings forth the perils of a society where its scientific progress has exceeded the pace at which its wisdom evolves. In the absence of wisdom, scientific knowledge fails to fulfil its purpose of improving human life. Rather, science without wisdom can prove to be disastrous for the society.

Unfortunately in the modern era, while the speed of scientific progress has increased greatly owing to a number of factors, but the growth of wisdom to appropriately use that knowledge has been lacking.

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The rapid pace of scientific evolution has been propelled by better technology, more funding and a positive "standing on shoulders" effect of fast innovations.

Further, there is an added "race" component to scale higher and higher peaks of scientific success, but no concerted attempt to equally develop the society's ability & wisdom to fruitfully use that science. The evidence of this can be seen in a variety of scientific fields.

In medical science, progress has been rapid. Nothing shows this better than the fast pace at which vaccines for covid, such as COVAXIN and COVISHIELD, were evolved.

In general, innovations in drugs, vaccinations and diagnostics has greatly reduced human mortality due to diseases than in the past.

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However, society's wisdom has not given it ~~an~~ a commensurate face, reducing the potential benefits of the medical innovations. For example, ignorance about proper usage of drugs, self-diagnosing and not comparing drug doses, has led to anti-microbial resistance. Diseases like TB have evolved into MDR-TB, preventing TB medicine & science from being useful.

In the field of biotechnology, a rapidly progressing arena is that of genetic engineering. Use of tools such as CRISPR-CAS 9 "genetic scissors" to remove genetic defects is being researched, even as stem cell therapy has established itself to be a great service in case of medical health issues.

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However, lack of integrity and wisdom has caused biotechnology to be used for questionable purposes. From allegations of gene doping that adversely affects fairness in sports, to the creation of chinese "designer" babies Lulu & Nana, the world is suffering from the consequences of scientific knowledge sans societal wisdom in the form of erosion of ethics.

In nuclear ~~defense~~ technology, the result of rapid scientific progress in humanity has perhaps proved most disastrous. The price was paid for evading nuclear technology when "Little boy" & "fat man" nuclear bombs were dropped in Japan by USA to end WWII - lacking the wisdom to know its grave consequences on the people for generations to come.

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Simulacri is the apprehension we face as the Ukraine-Russia war unfolds, with Russia having occupied the largest nuclear power plant of Europe in Ukraine.

- Standing vulnerable in the middle of an active war zone, the plant has the people on edge, should anything go wrong. Clearly, nuclear science seems to have moved faster than our ability to use it with care and caution.

In the field of defense, new combat weapons, missiles and bombs are being heavily invested in and evolved as the "arms race" has been renewed with the entry of a powerful China in the global arena. Innovations such as S-400 Triumph system or Israel's Iron Dome of defense do not cease to amaze the common man.

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At the same time, such weapons are also fuelling civil wars and strife in much of Africa & Middle East, like Syria, Yemen & Sudan. Furthermore, with sophisticated weapons of the US Armed forces falling into the hands of the Taliban in Afghanistan, one does wonder if scientific advance in the presence of terrorism will ever be free of dangers that the technology may fall in the wrong hands.

The arena of ICT and cyber technologies also suffers from similar issues in the absence of societal awareness & wisdom. The explosion of mobile phone & internet users, while greatly easing living and enhancing convenience, has also rendered them vulnerable to cyber crimes like hacking, identity theft, fraud etc since there is societal apathy towards knowledge of cybersecurity.

In the arena of nanoscience too, inventions have occurred at a rapid pace. Nanoplastics is one such useful product. Yet, society is yet to realise how blind "use and throw" of such plastics is ~~causing~~ choking our oceans with gyres of plastic waste and ultimately entering human food chain via bio-accumulation.

Rise in cases of cancer, blood disorders etc are evidenced as result of such blind & unwise plastics use.

Science, in the fancifulty of wisdom among nations, has propelled a race to exploit the global commons. While knowledge has grown exceedingly to enable research and resource extraction in the North and South Poles, countries are still seeking to grab a larger share or use these commons for dangerous experiments.

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One must also realise that in the absence of wisdom, so called "science", or rather "pseudo science", is able to greatly advance. This can be proved to be counterproductive since such pseudo sciences are rarely based on well founded research.

for example, during covid, lack of wisdom and crisis times caused people to rely on "whatsapp university" for treatment. Messages recommending the use of camphor were widely circulated and medical quackery received a boost as people were relying on any and every claim of pseudo science.



The ideal way to move forward is to realise the synergy between scientific advance and societal wisdom. An example of this are the upcoming fields of Ayurveda, Yoga, Unani, Siddha etc., based on traditional knowledge of India but being proven to have benefits scientifically. The upcoming WHO-AYUSH centre at Jamrajgarh, Gujarat, will be a monument to this.

Similarly, scientific innovations can be used to advance societal wisdom. With massive strides in ICT and its consequent use in the education sector, initiatives of online-education like e-paathshala, SWAYAM Portal etc can prove to greatly boost the society's knowledge capital.

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Thus, the need is to realise that scientific knowledge must match the pace of societal wisdom. Both can complement each other for maximising the welfare of the people. Further, in the absence of societal ethics & wisdom, great pace of scientific advance can be counterproductive as it will lead to refarious, unethical and foolish use of science. Indeed, efforts must be made so that "nuclear giants" are accompanied with "ethical giants" and true benefits of scientific advance can be gained.

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**Feedback**

Feedback to be provided in terms of (1) Introduction (2) Sentence Constructions (3) Paragraph Formation (4) Legibility (5) Deviation from Topic (6) Coverage of dimensions (7) Simplicity / ease of reading