

Essay Test 03

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TEST CODE : 4 2 0 4 5

FIAS – MGP 2021 (C-10) - Essay Test #3

ForumIAS	
GENERAL STUDIES	
Name Of Candidate	SPARSH YADAV
Roll No.	Date: 28/03/21

Time Allowed: Three Hours

Maximum Marks: 250

INDEX TABLE			INSTRUCTION
Q. No.	Max. Marks	Marks Obtained	<p>1. Please do furnish Name, Email, Roll No and Mobile in the answer sheet.</p> <p>2. There are TWO Sections. Each Section has MULTIPLE topics printed in English. You have to write on 1 topic from Each part .</p> <p>3. One question in each part is compulsory.</p> <p>4. The number of marks carried by a question/part is indicated against it.</p> <p>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.</p> <p>6. Word limit in questions, if specified, should be adhered to.</p> <p>7. Any page or portion of the page left blank in the Question-Cum Answer Booklet must be clearly Struck off.</p> <p><i>Any specific messages for ForumIAS Mentors/ Evaluators with respect to your copy? Write it here.</i></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Q.1			
Q.2			
Total Marks:			
Remarks:			
For Student Only			
Start Time		End Time	
Mode Of Examination:		Online <input type="checkbox"/> Offline <input type="checkbox"/>	
For Office Use Only			
ECN CODE:	EG:	Evaluation Date:	

MARKING SCHEME

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

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

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

Section A

India requires a decentralized public health system that socializes the cost of healthcare

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Rishab lives in a small village near the town of Jabalpur in Madhya Pradesh. During the second wave of the COVID 19 pandemic his father contracted coronavirus and was in dire need of remdesivir, an anti-viral medicine that was believed to reduce viral load. Thus began Rishab's journey to procure the drug which was not available at the city hospital. He was able to get the approval to buy the restricted drug from the Chief Medical Officer.

, who then gave him the address of the chemist which was 50 kms from the village. He also had to arrange Rs 5000, as the drug was in high demand. By the time he was able to procure the drug it was too late.

Consider another example, the highly-forested and tribal dominated village of Bijapur is the last place anyone would expect a modern hospital.. Yet the transformation of villages healthinfra started two years ago. The panchayat committee set out to reform the health infrastructure

by utilizing the funds devolved from the state government. They also aligned the funds from the National Health Mission with the needs of the village. Today, two years later the small village boasts of a modern hospital with qualified staff who can perform surgery. The funds from District medical funds are also utilized.

The above two examples paste contrasting pictures. In the first case the bureaucratic delays and high cost of medicine lead to death and loss of human life.

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Whereas in the second example the decentralization and convergence of funds from NHM and DMF has established a modern healthcare center which now serves patients from the satellite villages as well, and is ready to deal with any future pandemics/outbreaks.

FROM ASHES TO STATE-OF-THE-ART

The state of healthcare prior to independence was abysmal as was evident from several famines and the bubonic plague of 1897. The interest of the colonial masters was the economic exploitation and not the

improvement of living standards and health care.

After Independence, the makers of the constitution made it the primary responsibility of the state (A47) to raise the level of nutrition and standard of living and improve the public health system. Consequently

the Boker Committee was setup to provide recommendations to improve the state of healthcare. From its many recommendations the focus was on decentralization (~~40,000~~ (1 PHC per 40,000) people. 75 years after Independence the ratio still stands at

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1 per 47,000 people. Although India has progressed leaps and bounds in setting up state-of-the-art medical facilities, research and development in specialized medicine, vaccine development, at these facilities are concentrated in urban centers and are expensive for a vast majority of Indians who find it hard to pay medical bills if and when tragedy strikes.

WHITHER DECENTRALIZATION

The 73rd and 74th Constitutional

amendment have been central to decentralization of healthcare services which have made it the responsibility of the local governance institutions like municipalities and panchayats to improve public health and sanitation (Schedule 11 and 12).

Although this decentralization is supposed to reduce the load on secondary and tertiary health care systems, it has been plagued with challenges. The major among these being lack of financial devolution by the State finance commissions, lack of trained health care professionals

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and distances from villages and patients they intend to serve.

The success of ~~these steps~~ decentralization depends on political will and financial resources as was pointed out by the

Harvard Medical School research paper on the Mohalla Clinic systems

in Delhi. Delhi has allocated 14% of its budget to health needs compared to 2.1% of ~~the~~ ^{budget} spending

of the nation. The case study of Mohalla Clinics is a case-in-point for decentralization which leads to better health outcomes, reduction in DALYs due to NCDs, lower burden on

secondary and tertiary healthcare, and make healthcare more accessible.

DECENTRALIZED YET CONNECTED

Decentralization is not a panacea for all the ills of the system. Too much decentralization can be an impediment into an increasingly connected world.

We should leverage technology and science to better link healthcare

centers. Eg. National Health Identity

card provides seamless access to

health records, the COWIN portal,

Digilocker are some such services that

connect and make this decentralized

system more efficient and resilient.

THE COST OF HEALTHCARE

"Access to healthcare doesn't necessarily mean I will get health services. I have access to buy \$10 million house, I don't have the money"

- Vermont Senator Bernie Sanders

Affordability is the need of the hour.

India has a multipayer healthcare system that is a combination of both private health insurance and public health insurance schemes like

Ayushman Bharat launched in 2018.

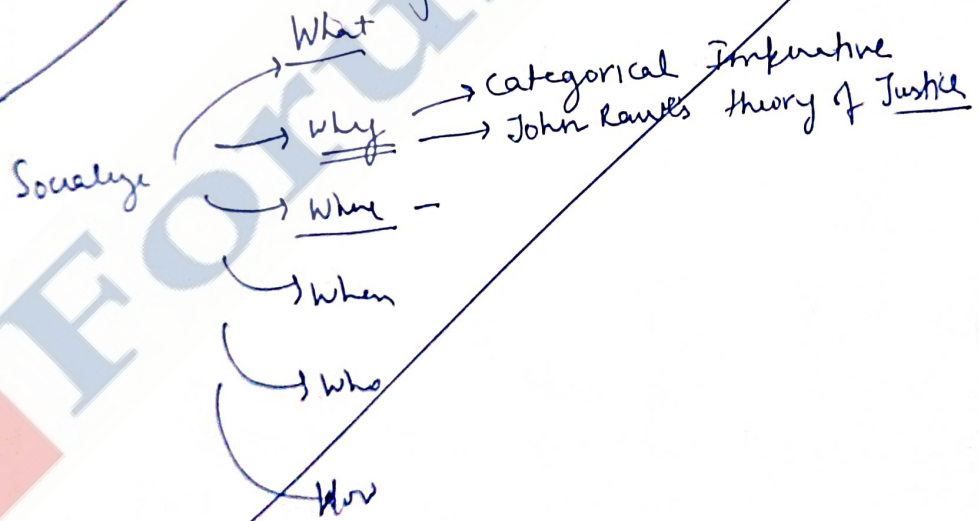
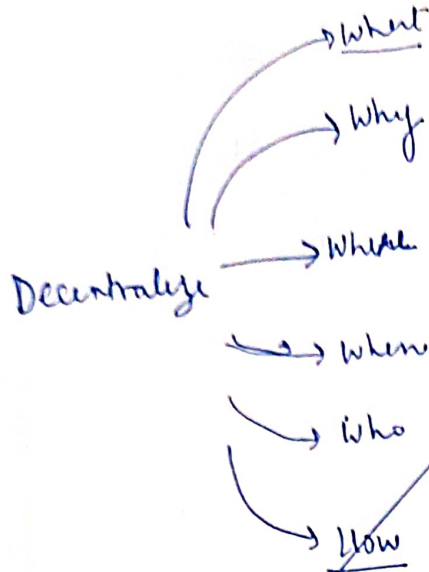
The scheme aims to provide a security net for the bottom 50% of the population to reduce their OOP. Schemes like

National Nutrition Mission, ICDS, food fortification are aimed at addressing healthcare problems at its roots.

"Health is the real wealth, not pennies of silver and gold," said Mahatma Gandhi in Young Indian.

It is true that healthy citizens are the greatest asset a country can have, for only healthy people can lead the country ~~to~~ to new heights of achievement. The time has never been more appropriate and ripe to make sure our health systems are accessible, decentralized and affordable so that people like Rishab

father can get the timely help that they needed.



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Why
where
what

(Don't Write anything in this Area)

India requires a decentralized, public health system that socializes the cost of health care

+ Intro: anecdote Rishabh's father

2. Hist - rich heritage

↳ Bhore committee; current

3. Laid bare in COVID 19 - GDP expenditure

- Lack of oxygen; interstate mobility

- Not decentralized plants, ✓

- Remdesivir, Drugs etc. Black Marketing ✓

4. Thesis - Expensive → Less Burden on Primary & Secondary

↳ Why → Quick response

5. Decentralization

↳ Administration, better check & cracks

↳ Medicines, oxygen supply

6. Too much Decentralization - Mohalla clinics

- Lack of coordinated response to - ensuring quality in MOH

7. Decentralization at global level → global health care

Decentralized yet connected

8. E-Technology - NHM, Ayushman Bharat Infra Mission

9. India. current mechanism → Hist

to socializes the cost → GDP - 2.5% by 2025

↳ common records

↳ multi-payer system

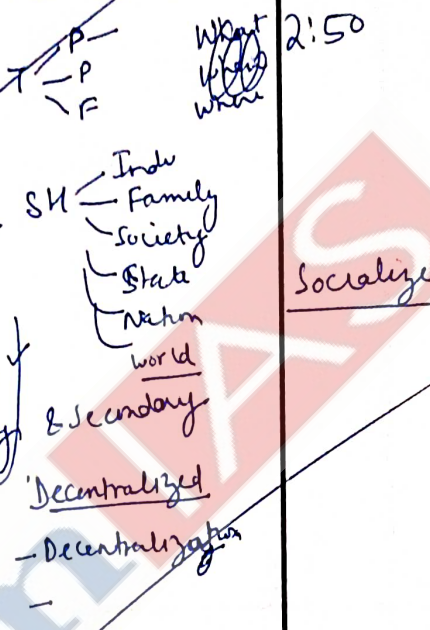
10. attempts at socializing 2018. A. Bharat

2021 A. Bharat Infra

11. Models from across India - Mohalla clinic

12. Malnutrition → Poshan, Indradhanush

13. success →



2:50

Why?

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

Section B

Excellence is not a skill, ~~but~~ it is an attitude

Sifan Hassan, a refugee from Ethiopia, and Dutch distance runner was entering the final lap of 1500m at the Tokyo olympics, when the runner in front of her tripped and Hassan came crashing down to the ground. Suddenly she was far behind the rest, yet she stood up and turned up the gas. With astomishing drive she moved past other runners one by one. On the final 100m she pushed herself and moved past the final five runners to first place in the heats. No doubt everyone competing at the olympics have the skills, what stood

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Sifan Hassan was her attitude. Her attitude to strive even when the circumstances are against her. The incident clearly shows that ~~the~~ excellence is not just the mere skill but having the right attitude towards the task at hand.

BROTHERS IN ARM: SKILL & ATTITUDE

Skill is the ability to do a certain task well. Just having the ability to do something, doesn't necessarily mean we will do it. Often when faced with unfavourable circumstances many people just give up. Someone might have a knack for music or painting, but if the person doesn't have

the right attitude towards practice and discipline, he/she may never excel at it. So many dreams just end up in the grave because people never had the right attitude despite having the skill.

Moreover, skill is limited to a particular task at hand, & excellence is the ability to be flexible and adaptable to the changing circumstances. This requires an attitude of constant learning in this constantly changing world. Yuval Noah Harari in his book, "21 lessons for the 21st century" argues that never before than now it is essential to have the right attitude towards learning new things.

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The reason being the fast pace with which the world is evolving. The jobs of today may be taken by the machines of the future. Hence, in 21st century mere possessing skills that may go obsolete at any time is not sufficient. If we want to excel in life we need to imbibe the right attitude.

ATTITUDE : AN INGREDIENT FOR EXCELLENCE

Attitude is the psychological tendency of an individual towards a particular person, object, thought or an idea.

The important thing to remember is that attitude can be developed

by altering the components of the attitude like our beliefs, ~~and~~ emotions and behaviours. Consequently, we can develop excellence by altering our attitude.

Indian constitution is a prime example of excellence and pursuit of excellence.

The attitude of the constitution makes towards individual rights, tolerance, and accommodation that gave us an constitution that has stood the test of time for

75 years while many nations (Eg. Egypt) have failed. Article 51A of the constitution

states that, "it shall be the duty of an individual to strive towards excellence

in personal and collective spheres so

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that national constantly rises to higher level of achievement". The makers wanted the individuals of the country to imbue the ideals of the constitution, i.e. having the right attitude of social, economical and political justice; equality; freedom of speech and expression. Thus having the right attitude implies we can excel, and when an individual excels, the nation excels.

THE ATTITUDE FOR EXCELLENCE

What is the right attitude that will smoothen our journey towards excellence?

Firstly,

Dealing with failures : Having the

right attitude toward failure means, that we should see failures not as

impediments to excellence, rather they should be seen as the stepping stones towards success, or the building bricks in the tower of excellence.

Consider the example of Nehru Chopra the only Indian to score gold in an athletic ~~events~~ event at the olympics.

People often see the glorious gold but often forget that he failed at the World Championships in 2019. Did he lose heart? No instead his attitude towards failure helped him excel in

Tokyo 2021. Michael Phelps is an epitome of excellence with 28 olympic golds, you think he never failed? In his biography 'No limits' he recounts how he failed several times until he started

winning in 2008. Thomas Watson Jr
rightly said, "If you want to succeed,
increase your rate of failure".

Secondly, using the time to develop
our skills and attitudes, so that
when the ^{dire} time comes we are better
prepared. Confucius rightly said, "The
more we sweat in peace, the less
we bleed in war" Having an
attitude of growth in peace time helps
to excel during the war time. Consider
an example of a student who studies
whole year for an exam and the
one who procrastinates his preparation
to last minute, who ~~dy~~ do you
think is more likely to excel?

The hero of the Greek epics Iliad and Odyssey, Hercules excelled during the Trojan war not just because one day he woke up and went to war, it was years of disciplined training and attitude towards perfecting his skills that helped him excel.

Thirdly, the attitude towards distractions plays a crucial role in our ability to excel. The modern world is full of distractions, the notification from facebook and whatsapp every 5 minutes, or an urge to binge watch the newest series on Netflix. Having the right attitude towards these thieves of attention is ~~the~~ crucial in our ability to

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excel, argued Johann Hari in his latest book "Stolen Focus". To excel we must walk on "the razor edge" having the right attitude towards distractions.

Finally, it is about dedication. Consider the example of E Rajeshwari, 53 year old police woman who carried a man lying in the street during Chennai floods on her shoulders to the hospital, taking him there during the golden hour and saving his life. While everyone believed the man was dead and refused to act it was her dedication to her duty that helped her excel and stand out.

SEEKING EXCELLENCE

After finishing painting 400 life size figures on the walls and the ceiling of Sistine chapel, Michael Angelo noted in his diary, "If only people knew the amount of effort I put in, they will probably not think how remarkable I am." Excellence is about deliberate practice, right attitude towards failure, focus much more than it is about possessing a certain skill or wishful thinking.

As Aristotle rightly said,
 "We are what we repeatedly do,
Excellence therefore is not an act,
it is ~~about~~ an habit"

So if we want to excel we must

stop giving into distractions, and
move with the attitude of focus towards
our goal. Its not your skill
but attitude will determine the
level of excellence you reach.

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Excellence is not a skill, it is an attitude.

Excellence → Neray chopra
 → Sifan Hassan - final lap of her 1500m
 → Warholm
 → 28 times olympic champion

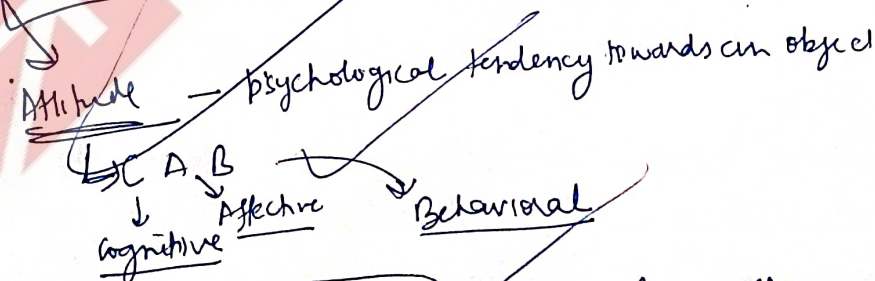
① Michael Phelps - doing the hard things
 ② Michaelangelo - Sistine chapel - attitude towards practice

③ T → Aristotle - We are what we repeatedly do, Excellence not an act but a habit
 → Greek epics Iliad and Odyssey : Excellence
 → Homer

④ What kind of attitude → The razor's edge - Swami Vivekananda

- Sweat in peace, don't bleed in war
- See failure as stepping stone
- Stay away from distraction
- choosing between urgent and important

⑤ Skill → ability to do something well
 ↳ just having ability and not doing well is not excellence
 ↳ limited to a particular ability
 - excellence is about being flexible, and adaptable to circumstances



Excellence can be built → centers of excellence ranging across domains

- Morality heard instinct in indiv?
- Excellence is not a skill, it is an attitude
- What people believe prevails over truth.

RW

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