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SUBJECT:		**Test Code:**	1 7 5 4
Name of Candidate	AJEY SINGH RATHORE		
Medium Hindi/Eng.	ENGLISH	Registration Number	5 2 2 5 0
Center	JAIPUR	Date	1 8 / 2 2 1

INDEX TABLE

Q. No.	Page No.	Maximum Marks	Marks Obtained

Total Marks Obtained:

Remarks :

INSTRUCTIONS

1. Do furnish the appropriate details in the answer sheet (viz. Name, Registration Number and Test Code).
   उत्तर पुस्तिका में सूचनाएं भरना आवश्यक है (नाम, प्रश्न-पत्र कोड, विद्यार्थी क्रमांक आदि)।
2. All questions are compulsory.
   सभी प्रश्न अनिवार्य हैं।
3. The number of marks carried by a question/part is indicated against it.
   प्रत्येक प्रश्न/भाग के अंक उसके सामने दिए गए हैं।
4. 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. No marks will be given for answers written in medium other that the authorized one.
   प्रश्नों के उत्तर उसी माध्यम में लिखे जाने चाहिए जिसका उल्लेख आपके प्रवेश पत्र में किया गया है और उस माध्यम का स्पष्ट उल्लेख प्रश्न-सह-उत्तर (क्यूसीए) पुस्तिका के मुख्य पृष्ठ पर अंकित निर्दिष्ट स्थान पर किया जाना चाहिए। उल्लिखित माध्यम के अतिरिक्त अन्य किसी माध्यम में लिए गए उत्तर पर कोई अंक नहीं मिलेंगे।
5. Word limit in questions, if specified, should be adhered to.
   प्रश्नों में शब्द सीमा, जहाँ विनिर्दिष्ट है, का अनुसरण किया जाना चाहिए।
6. Any page or portion of the page left blank in the Question-Cum-Answer Booklet must be clearly struck off.
   उत्तर पुस्तिका में खाली छोड़ा हुआ पृष्ठ या उसके अंश को स्पष्ट रूप से काटा जाना चाहिए।

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.

All the Best

(A) ① Action without thoughts is empty.
Thought without Action is blind.

Consider the case of climate change, where nations are coming together to mitigate impact. Nearly every year a big get together like COP happens; lot of action on display. But without the political will, or the internalised thought to tackle climate change. Most actions have turned up empty.

This makes all of us very angry. We criticise leaders in every-day gossips. We have rights thoughts at place. But when we take private car to work, use shower to bath or throw garbage on road. We fail to convert our thoughts into action. Hence, our thought also become blind as they do not see the direction ahead.

~~Thus~~, As much as lack of thought takes the substance out of action. More thoughts also cannot move mountains without action.

In this essay we will look at this association of Thought and action. Then look at situations where Actions are empty and Thoughts remain blind. In the end we will lay a foundation for thoughtful Action!

Thoughts are individuals creation, societal learning. They provide humans an ability to pursue future, change present while reflecting on past.

Don't write anything this margin

While Actions set thought into motion. For instance the world would not have seen 'Mona Lisa', if Da'vinci would have never acted upon his imaginations.

To better understand the essentiality of two, we need to first question the Actions done without thought.

Thoughtless pursuits, Empty Actions

When Actions are taken without assessing the consequences and need. Then, the outcomes are indeterminate and effectiveness reduces.

This is experienced by an individual ~~to~~ in everyday struggle. For instance, ~~an~~ a student without goal, remains short of success, however hard he may try.

This is seen in our education system. Where most students pursue till graduation, without thinking what they want in life. This leads to unsatisfactory work life as outcomes of such actions are empty.

Similarly, we react to situations and not respond to them. For instance, we shout at our family members due to stress of work life. This action is a reaction to surrounding. But the consequences are not thought out. Hence, frequent divorces, child abuse, delinquencies are witnessed.

This kind of act becomes more dangerous when the group pursues it. Cow vigilante group is an epitome of it. No one in group tries to find the problem, and justness of action. Such actions are not only empty but detrimental to society.

Sadly, even the society together pursues such actions. Caste based discrimination reflects upon such situation. There is no substance of thinking to discriminate but is a learned behaviour. Hence causes fragmentation of society.

In current times too society acts without thought. For example the media trials of accused. Here such reactive actions of public undermines the process of natural justice. "Article 375" movie of

Akshay Khanna captures one such situation.

Historically also, we seen such actions by even the kings. Mohammad bin Tughlaq was a learned men, still without assessing the water potential of Aurangabad. He shifted his capital. And in few years was forced to return. Had he spent some ~~throug~~ time in thinking before acting, public would have been spared of miseries.

Sadly, the modern rulers are not immune to such problems. COVID-19 pandemic was one such situation. Leaders like Donald Trump without thinking started blame game. Soon global cooperation was no more possible.

Back in India also, violent

police actions without understanding plight of migrants reflected this. Also unscientific moves like bathing people in Hypochlorite was taken. ~~No t~~ Noone spent time in researching outcome before acting

So, it is evidently clear that thoughts provide substance to action. But, what if I think and fail to respond to it?

Thoughts without Action: Essentially blind

Thoughts provide a good starting point for actions. But when we fail to translate it into action. The idea becomes purposeless

Government programme are one such situation. Here year after year futuristic policies are laid down. But in absence of implementation, virtually all fail. for example even after years of poverty alleviation program, India has highest number of poor and hungry people

This problem is also reflected in lower level at administration. Skilled administrators are motivated too to change situation of country. But they fail to have field visit. They remain distant to ground realities. Hence, policies and action are as directionless, as loss of sight is.

Similarly we all as a citizen

experience cyberbullying, women harassment. ~~But~~ At same time most men and women feel the need to stop it. But ~~it~~ when it comes to taking action, we fail miserably. Soon our thoughts turn hopeless, actions directionless.

In corporate sector also the youths face same problem. Everyone is aware of immense possibilities of startups for our country. Indian youth is skilled also, tech savvy. But it fail to translate ideas into action.

Similarly, our students fail to turn their ignited minds into live working model. Hence we lag behind in Research and development. The outcome is on per capita terms, in research articles, we are atleast 10 times behind the world leaders.

In the end, the whole problem is we want to see the change, but fails to bring the change. Hence even after having a direction we end up turning blind on action. In such times we must listen to M. K. Gandhi

"Be The change, you want to see in The world"

Hence we need to reflect our thought into individual action.

This makes one wonder how can we ensure both thought and action to be in sync?

Thoughtful Action : Need of the hour!

The greatest remedy, is in dreaming. We need to start believing in dreams. Just like APJ Abdul Kalam left a vision for India at 2020. We too need to plan for future. Government should go for long term cascade planning. While, citizens must look beyond personal interests to have long term goals into sight.

Then, comes the part to translate ideas into action. We need to create a conducive environment. for instance the incubator centres (under Atal Innovation mission) to translate science into life. Similarly society too need to take actions like Swachh Bharat. Where we all took brooms in the hand. Bureacracy must join in shoulder to shoulder with citizens in achieving the goal.

Thus problems like climate change with which we started. It may have a global impact, but have a local origin. Hence both thought Action must have each individuals backing to make change a reality.

Thus, when a thoughtfull action is pursued, thoughts fill in the emptiness of action. While Actions serve direction, to alleviate blindness of vision.

Health is a smart Investment

What could possibly a link between growing plants and investment in Health? Apparently, there is a lot.

We see lot of beautiful flowers, daily, lily and Rose. But they suit fair weather only, and are washed away in first winds of storm. Arguably because, they never strengthened their roots.

Meanwhile, chinese Bamboo, doesn't sprout a single leaf for five years. It utilises the time to make investment in health of its roots. And then when it sprout, it reaches a height of 90 feets in few weeks only. And is one of the strongest grass on planet.

Doesn't it ring a bell in ~~your~~

ears of those who invest in superficial beauty more than human health?

Chinese bamboo exemplify investment in human health. It may not give flowers in immediate future. But in long terms ensures sustainability. Thus, such investment can be called smart investment.

In this essay, we will understand how investment in health is actually a smart one, i.e prospect of such investment.

Then we will assess challenges in it. And in the end look for ways to ensure this investment.

Health is referred to physical and mental well being by the WHO.

It includes all such physical abilities like running, climbing. ~~and~~ At same time a degree of freedom from mental diseases. This ensures liberty of opportunity to realise life's potential.

Smartly investing in health: Prospects

Who can better understand the significance of investment, then one who has seen losses? Last, two year we have witnessed insurmountable losses due to COVID-19 pandemic. Though, it is not over yet, but risk of newer diseases loom over us.

This risk of new diseases, will continue. As the history of diseases is as long as of humanity itself. Thus instead of considering it as a one of went, we need to smartly invest in preparation of future diseases.

Also such investment can prevent from economic shocks. ~~As~~ For instance, buying a insurance for family, can protect from Out of pocket expenditure (OOPE) which currently is 60% of GDP. Whereas at nation's level risk pooling of insurance as suggested by IRDAI can be attempted. These small investment today, can safeguard wealth of tomorrow.

'Investment in health can also improve upon the human capital of Nation. As Amartya Sen describes need of health as essential "capability" to realise "opportunities" in life. Such health adult can also productively contribute to society. Whereas an army of sick personnel becomes a liability on society.

Investment in preventive healthcare, can reduce the need of expenditure on curative health. It also reduces disabilities caused by ill health. It can also save DALY (disability adjusted life years) which are lost to ill health.

This investment is better reflected in case of Cuba. Here the total GDP is small, but the country invest 9% of its GDP on health (compare 1.5% by India). Resultantly, Cuba's healthy population acts a dividend in growth. While medical tourism flourishes cubas economy.

Such medical tourism opportunities are also emerging in India. It is a regional leader and earns significant forex reserves by such tourism. But, still a lot of opportunity to emerge as world leader awaits us. And investment in health can help us achieve that.

But, India faces a irony, where medical tourism flourishes in city, while rural areas die in want of doctor. There is a need to invest in rural infrastructure in human resources. Only such move can ~~mak~~ enable rural segment of society to join in economic growth. This can act as foundation of inclusive growth, much better than investment in free loans.

Similarly, there is a need to invest in Animal Health too. Poultry and animal husbandry sector has huge potential to reap economic dividends. But it suffers from diseases like Brucellosis, foot & mouth disease.

There is also a need to invest in idea of "one health". As human health, animal health and environmental health are getting interlinked. Emergence of new pathogens like Ebola, Zika virus are an outcome of it. This calls for an active investment in R&D to better understand the link. This will allow us to smartly plan future policies.

Thus, it is clear that each penny spent in health can have long lasting dividends. This makes it smart investment. But, then what is stopping us from investing?

Challenges in investment in Health

The biggest impediment is the limited fiscal space with both central & state governments

Hostile neighbourhood, inequality of growth, need for investment in infrastructure further reduce the fiscal space. Thus investment is diverted away from health.

As India currently spends 1/3rd of its planned policy of 2017 (NHP 2017).

This problem is compounded by cases of leakages. For instance the free insurance of Ayushman Bharat scheme found many unethical and illegal diversion of money.

Uncertainity of demand further complicates decision, as highlighted by Economic Survey. For ~~investm~~ instance the recent installation of PSA plants may remain unutilised if succeeding waves are not ~~de~~ devastating due to vaccination. This money could have been used in nutrition program, where India has slipped to 102nd on GHI (Global ~~health~~ Hunger Index)

Most importantly Public attitude is not forthcoming for health. Rural population doesn't seek health due to unawareness and complacency ex Refusal for vaccination. While urban lot are educated, but lifestyle diseases have gripped them too tightly.

Thus, challenges are many but, we need to start investing in our future, by spending on right health decisions.

Investing smartly in Health

To invest we need to change our perception towards health. As currently health expenditure is ~~not~~ considered revenue expenditure. We need to reorient terminologies so that it is considered equally an investment, as is infrastructure.

To achieve this attitudinal change, we need to start a mass movement on lines of Swachh Bharat. This time to support Swastha Bharat. It will not only cause attitudinal change but also bring accountability of investment in health.

A model, to achieve such

accountable and efficient investment is PPPP (Public - private - people - partnership) model. We need to achieve this by combining accountability of Kudambshree model and efficiency of American private sector. This will turn our investments smart.

And such smart decision can only be taken by inclusive society. We need to involve women in decision making. As research have shown they prioritise health of children over other needs.

India is facing demographic transition. By 2050, old age people will start increasing. They will be washed in storms of diseases much like flowers of daisy and lily, if we fail to invest. But fortunately 2021, is the time for growing roots. We must act like Chinese Bamboo and nurture our roots strong. Only this can ensure 21st century is Indian century!