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खण्ड–A / Section-A

उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

Q.1 Gender Equality is not a "women's issue"-it's good for men too.
लैंगिक समानता सिर्फ "महिलाओं का मुद्दा" नहीं है – यह पुरुषों के लिए भी बेहतर स्थिति है।

Q.2 Is UCC, the unity that we aspire in our diversity?
क्या समान नागरिक संहिता वही एकता है, जिसकी हम अपनी विविधता में आकांक्षा करते हैं?

Q.3 Problems of 21st century are problems without passport.
21वीं सदी की समस्याएँ सीमाविहीन वैश्विक समस्याएँ हैं।

Q.4 The more we are developing, the more unhealthy we are getting. Where does the real problem lie?
हम जितने अधिक विकसित हो रहे हैं, उतने ही अधिक अस्वस्थ होते जा रहे हैं। वास्तविक समस्या कहाँ है?

~~Is you dau~~

(4.) The more we are Developing, the more unhealthy we are getting. Where does the real problem lie?

'Is your daughter getting better'? Rekha asked Jaya while sitting outside a hospital ward. Rekha answers in a feeble voice, her lungs are under-developed because of city's pollution. She has been facing problems in doing any kind of physical

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activity lately. Rekha asks Jaya, has your son amitabh recovered from anxiety disorders, he has been facing from last 2 years. Jaya answers, he is getting better but de-addiction from social media and developing positive self image are long paths he still has to tread. Doctor comes to the cabin and rekha walks towards him to consult.

The above story highlights the variety of health challanges faced by humanity today. We may have become a trillion dollar economy, but we are also suffering from billions of diseases and disorders.

In this essay, we will see what is meant by development and what variety of connotations apply to health? What are the flaws in the present model of development?

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उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

And is there any recipe to get happier and healthier while not compromising with growth?

Starting from Development, in general sense any desired positive social change is seen as development of society. The current model of development is driven by calculations of economic growth. The growth of exports, infrastructure creation and increased per capita income are main concerns of our developmental model.

Moving from development towards meaning of health. What does being healthy imply? According to word health organization., health is sum total of physical, mental and spiritual wellbeing of an individual. Thus at an individual level, health is realted to

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overall wellbeing of body, mind and soul. Health is also related to the quality of relations we enjoy and type of ethical choices we make.

At the level of societies, healthy societies are marked by absence of communalism and group based discriminations. For example, from gender perspective of equality, Tribal societies are more healthier than caste societies.

At the level of nations, health implies having enlightened self interests, not just narrow nationalism. It means believing in the idea of one earth, one family and one future.

Having see different meanings of health in variety of contexts, let's see why despite of so much development,

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उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

We are getting unhealthy at every level? Let's enquire where does the real problem lie?

In 2023, world is recovering from devastations caused by pandemic. The roots of the pandemic lied in the flawed model of development and race for hegemony in International arena. The alleged Wuhan experiments, stalled the world's progress for 2 years. Drawing inferences from this pandemic phase, Bill gates the philanthropist billionaire, sees world heading for a pandemic every 10 years if the present model of development is continued.

The present model of development is uni-dimensional and focus on only economic security. It neglects issues of equity, planetary health, environment etc.

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Today humanity is pursueing 'growth' and 'hegemony' at cost of being humane to future generations and enviroment.

With growth of lifestyle diseases, anti-microbial resistence trends causing combined 9 crore deaths in last ten years. At level of individual, anxiety and depression are growing. Even small children are getting panic attacks.

With focus only on digital, trends of narcissism and phubbing (not focusing on relationships, but on phone and social media) are growing day by day.

Today societies lack companion towards each other. This is a primary health challange at societal level. Trends of fundamentalism, violence are taking overdue to this.

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उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

The always ON culture and erosion of societal ethics display signs of ill societies.

At national levels, leaders prioritize ~~roads and concretegiation.~~ linear model of economies. Principles of sustainability, care are excluded from planning perspective on ground evident by increasing deforestation, wild fires, zoonotic diseases incidences etc.

Having seen some aspects of flawed model of development, let's analyze why we succumb to these flaws?

Dalai Lama has an answer for us all. He says man is a complex creature. He is ever remorseful of the past and anxious with respect to future. Because of this he always has a

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sense of insecurity in present. This makes him gather resources to serve as protection mechanism. He attaches worth to external things over and above himself.

Thus even at cost of his health, he goes to acquire material wealth. But he forgets old Charak samhita saying,

"Aarogyam paramam bhagyam
Swasthya sarvartha sadhanam"

(wellbeing is supreme fortune and healthy body and mind are tools to acquire anything in life).

At the level of societies and nations, today adherence to minimum morality and forgetting concept of integrated

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humanism are real roots of unhealthy trends. Today nations suffers both from challanges of obesity and undernutrition, because 'equity' perspective is missing from policy thought.

With focus of leaders being only economics, other branches like environment, ethics, culture take a backseat. The result is society becomes westoxified and devoid of cultural roots. Since we are far from our roots, illness of cultural inferiority etc. develop in societies.

With societies today following linear developmental process, issues of ethics gets sidelined. This leads to lack of societal trust and erosion of social capital. From this diseases of social crimes like child labour, dowry etc emerge.

उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

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Having seen various problems in developmental path we are taking. Let's see how we can develop and the same time get happier and healthier.?

Wendell Berry has a solution for us. He argues "Politics of today has to realize nature is a party in all our developmental plannings. It has more vote, longer memory and stemer sense of justice". Thus we need models like one health approach, nature based solutions to problems etc.

Sustainble and Inclusive growth agenda must be prioritized over only growth paradigm. As societies like cuba, Bhutan which have done so, are prosperous, green and healthy all at the same time.

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उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

Amartya Sen, sees the world's development trajectory can be connected by global justice movement. We should forget our narrow identities and go for cross cultural learnings. The junk economy model of India (based on idea of wealth from waste), green manufacturing practices of Germany etc. can be learnt by all countries.

In order to solve the ills caused by declining morality at social level, value based education and development of active citizenery via civil society etc must be promoted.

One of the prime ills of development is lack of justice and empowerment to vulnerable groups. It can be solved by social entrepreneurship models like self help groups.

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The Griha-laxmi project in Jharkhand has created ripples of inclusive development via green belt plantations, women empowerment and Swachh bharat mission implementation.

Thus societies which are inclusive, green growth oriented and give importance to diversity and empowerment automatically becomes healthy.

Since we can't stop our journey of development, we have to make it better for everyone including mother earth. If we are succesful and I hope and pray we will be, mothers like Jaya and Rekha will not meet outside hospital wards but beautiful parks. They will be smiling, seeing their children play and laugh with each other.

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खण्ड–B / Section–B

उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

Q.5 Our Tryst with Space
अंतरिक्ष के साथ हमारा मिलन

Q.6 Is Internal Security always an Internal Challenge?
क्या आंतरिक सुरक्षा को हमेशा एक आंतरिक चुनौती माना जा सकता है?

Q.7 Sports, the toy of humanity
खेल, मानवता का खिलौना है।

Q.8 Is Economy becoming the end rather than the means?
क्या अर्थव्यवस्था साधन के बजाय साध्य बनती जा रही है?

(5.) Our Tryst with Space.

Millions of eyes were glued to TV screens as Chandrayaan-3, was approaching its descent. In the moment, when the rover, touched the soil of the moon succesfully, the whole of India rejoiced in pride.

Some of us even who have a very limited understanding of space sciences are fascinated by

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space objects. For a tradational person, tryst with space can be in form of astrology and planet's path of motion. For a modern scientific person, tryst with space manifests in form of astronomy, aeronautical sciences etc.

Thus we as a species are curious of what's out there. ? Is there any life in space? Can there be any alternative of earth in goldilocks zone? Are some of the most prominent questions with respect to space.

In this essay we will see why we humans as a species are so fascinated with space? What is the relation of space and us at various levels. ?

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उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

How space is getting shaped by humanity ? What is the future course of our relationship?

Let us start from a workable definition of space. Space as per various theorists is the area which lies beyond Karman line. It marks the end of our earth's atmosphere.

Astro-physicist and space enthusiat Neil De-grane Tyson defines it as a colourful, vivid picture drawn by some one out there, maybe god. It encompanes various galaxies, exo-planets, comets and millions of solar systems like ours. Space is made up mostly of dark matter and dark energy.

Since the times of renaissance, man is interested in

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space exploration in modern times. In Indian context, ~~astronomical~~ astronomical geniesus like Aryabhatta, Varah mihir etc. were interested in this subject matter.

But why mankind is fascinated by space?

"I think, mankind explores space to find its origins and come up with a theory better than big bang"

—Neil Degrane Tyson.

Man by nature is curious and has unlimited wants. It has been trying to build better and faster rockets to traverse the depths of space.

Scientists like Einstein spent their lifetimes

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उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

Explaining concepts like gravitational waves and black holes to contribute to humanity's efforts to understand space.

Popular movies like Apollo, Mangalyaan, Guradians of the galaxy etc. highlight importance of space in common man's life also.

But our Tryst with space exists at three levels, at the level of Species, Nations and individual. Let us analyze complexities of these relationship one by one. Humans as a species are interacting with space to find presence of life anywhere in outer space. Projects like preserverence have been launched with such vision in mind.

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There is also a concern of finding 'another earth'. A habitable planent with conditions like earth which can in distant future serve as some form of planet B, if earth fails.

Making International Space Station as a research and development hub is also one of our aims. Various experiments are conducted to aid in progress of sciences.

At the level of nations, space becomes a turf war. There are trends of Militarization and weaponisation of space. Various satellite attack tests are conducted to show space powers of a nation.

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उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

With countries forming space forces and doing space exercises, it is emerging as new domain of warfare. Wars of earth are being fought in space.

Another domain of relation is commercial exploration of space for space Tourism and space mining. Here also just like earth, advanced economies are calling the shots. A new 'space based inequality' is emerging.

With absence of any binding treaties and outer space treaty 1967 being too old, there is need of 'space ethics' to guide humanity here.

Another threat in space domain is of Kessler syndrome. Due to Increasing density of space debris, a chain reaction

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event leading to more and more debris is happening. This will reduce space in the space.

Today via agreements like Artemis Accords, humanity is planning to make moon a pit-stop in space exploration. Space enthusiats like Elon musk are trying to find ways to make mars habitable. Thus tryst of space and man is growing leaps and bounds.

At the level of individual, space serves as vast territory out there. It help us realize we are a small dot in the cosmic order of things. It helps us let go of our ego and problems.

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उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

For a small child space serves a model of unending horizons. The child can take inspiration from likes of Kalpana Chawla, Rakesh Sharma etc. and can help in growth of our country and humanity like Dr. Kalam.

Having seen various kind of relations with space at various levels. Let us see how we take this relationship forward and make this tryst more meaningful?.

Firstly, space needs to be seen by humanity as a common good. It is for all of us. Thus a new space treaty needs to be ratified to steer this relationship to shores of equity.

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Secondly, space sciences and in general all sciences need to be widely celebrated in society. It is our constitutional duty to have a scientific temper. Space programmes must have a social or research orientation.

ISRO via its village resource centre, crop acreage estimation programme, EDUSAT etc is contributing to India's growth story. This needs to be accelerated via space indiegenization and more funding.

Lastly at an individual level, space must serve as a model of life and society. It is colourful, diverse, accomodates large planets like Jupitar and dwarfs like pluto equitably. Thus we also

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उम्मीदवारों को इस भाग में लिखना मना है। Candidates must not write on this margin

need to imbibe all sections and views in our life and societies. Just like our earth is shared between us, we need to develop 'shared spaces' in space.

Space with its unending boundries must inspire mankind to explore it. At the same time, mankind must be concious that our toyst with space is responsible. and equitable. Any space activity must not increse space for inequality or division on earth.

X

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healthy — mental. emotn. health. spiritual health. ethics. self's.

NCD / Lifestyle disea. , AMR. ,

PTSD / anxiety / depression / phobia /

unhappy. not content / not connted to outsers.

Space for Rough Work

pollⁿ / asthama / lungs got dev. of chidr. / water stress / Blue baby. / lead. uranium poison. /

The more we are developing, The more unhealthy we are getting. Where does the real problem lie.

@ indi level
@ social lev = C.V / anger
@ Nat level = hegemony.

Aarogyam धनं सर्वार्थ साधनम्

Thesis Qes:

① What is meant by. "development" & "health". = sum Σ of phy, mental, social relation

② Why we are getting unhealthy as we develop? & aspects of unhealthiness.

③ The real problem lies in → Model of dev. here.

④ Are there any eg, wher Dev. & health. where in sync. — Cuba. Bhutan.

⑤ How to develop at pace and be healthy at same time? (Sol'ns). (solution to the real problem today: human & healthy)

Data. — 1/7 mental pblm
— 9 Million dead / AMR ↑↑
— 23-% obsity.
— GHI :- 32-% children underwt.
— 600M+ water stress.
— 9 Beds. / 1 lac.
— 1:1450 docs.
— A/A/A. health.

"Health Matters". who.
Sujata Rao. (ex-Sec) $1-$6

① Intro. P1 : In a hospital ward, 2 parents are taken into each other.
P2 : The above story.
P3. :- In this

"Is you son alright"

②

Green growth
Sustainable
Global Justice Movement.

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"Our Trust with Space"

Space for Rough Work

① Why are we humans so fascinated with space?

② What's the rel'n b/w earth & space.

③ Trends of ↑ Millitz'n & weaponz'n of space.

④ Space Tourism, space mining

⑤ Clan rel'n. ∠ to space.. — earth as planet is too poor. Neil degrasse Tyson 7:24

⑥ ISRO, NASA. taking us closer to space.

⑦ Dark matter, Einstein GTOR, G-wave, black hole.

⑧ Ground control to major Tom.

- Kalpana chalw
- Sunita Williams.

⑨ future of space & humanity. — Kessler syndrome

- ✓ as a species
- ✓ as a Nation — space indigens"
- ✓ as a individual.

Star gazing. astronm astrology.

"we are all in the gutter.

Movies. — Guards of galaxy.

apollo Mangyan passengers.

"we are passengers 99. Not take our too seriously.