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Please choose one essay from both **SECTION A** and **SECTION B** from the below mentioned 6 essays writing it in a word range of 1000-1200 words. There will be negative marks for breaching the word limit. Kindly use the WORSHEET provided at the end of answer sheet to organize your essay.

SECTION - A

- ✓ 1. (10) Golds in 2020 Olympics - Can India make it?
- 2. Data and privacy - Striking the right balance
- 3. A 5 trillion dollar economy by 2024 - The way forward for India

SECTION - B

- 1. An honest enemy is better than a false friend
- ✓ 2. Adding life to years is as important as adding years to life
- 3. Those who cannot remember the past are condemned to repeat it.

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Q: 1

10 Golds in 2020 Olympics - Can India Make It?

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2016, Olympics : A contingent of more than 100 players departed from the Indian soil to represent India in the Olympics games. It was for the first time that the contingent was so large. However, the performance of the sportspersons was not upto the mark initially. Later, the victory of P.V. Sindhu and Sushil home ^{home} Milik enthralled the Indians back.. We forgot the pain of only 2 medals and rejoiced the victory instead. This is Indian sportsmanship.

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good to start an essay using current linkage.

2016, Olympics & North Korea : This country had showcased a better performance than India, but, to the world's dismay, its participants, who did not win * medals were sent to coal mines as a form of punishment.

although you can quote an example where a country shows improvement in sports arena over the years - eg

China - instead of north korean example - as it would suit the topic more

What does the situation hint?

It is clearly highlighting the ^{Indian} aptitude and the capacity to accept failure and bounce back.

Red text annotations:

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Whereas, the North Korean scene demonstrates failure to appreciate the effort put in by the sportspersons.

In this context, as the Olympics, Tokyo, 2020, is not far away, the essay will examine the possibility of India winning 10 Gold Medals. It will also study the challenges that still exist in the pursuit of sports in India.

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good to mention what to expect from the essay

Let us begin by understanding the affinity to sports in India.

Sports : An Indian Lifestyle :

From the ancient times, Indians had a great enthusiasm to involve in sports. Sports and Yoga were considered as the vital elements. It even paved for discovery of several esteemed sports - Chess, Kabaddi, etc in India. When the Globalisation began, the world pursued sports as a medium to cooperate.

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For example, the Winter Olympics, South Korea almost enabled in bridging the gap between North Korea and South Korea last year.

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India had always aspired for showcasing a remarkable performance in the Olympics. However, we have only won 'one' Gold Medal in Shooting by Abhinav Bindra. Since the 2016 Olympics, the Indians have been dreaming of setting a record in the 2020 Olympics. And, in this direction, several steps have been taken. Let us explore why India stands a chance at winning 10 Gold Medals.

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Olympics 2020 : Dawn of Indians Sports Achievements

It is a well known fact that India is set to be the youngest country, with 65% of its population in the working age group by 2050.

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This kindles hope as we have ample 'grassroots' talents. However, the primary concern lies in identifying the talents and honing their skills. 'Khelo India' was launched solely for this purpose. Under its ambit, a national level sports fete is organized, & and the grassroots talents are sorted out.

Socially, India is known for its low sex-ratio, female foeticide, infanticide, honour killing, etc. In this context, the emergence of female sports stars like P.V. Sindhu, Deepa Malik, etc has propelled the Indian parents to give their girls children 'wings to fly'.

It is noteworthy that after 2016 Olympics, there is a surge in girls choosing sports as careers, and getting ready for 2020 fete.

Economically, we are aware of the poverty ratio in India, where almost 30% of people are below poverty line.

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Hence, in order to ensure access to monetary resources during sports preparation, the government unveiled 'National Sports Scholarship', which will recruit talents below 17 years of age. It will award an amount of 5 Lakh Rupees for 8 years to ensure a steady source of support. ✓

When considering the infrastructure available for sports in India, it is not sufficient to meet the demands to practice for a global competition like Olympics. Hence, the building of 'National Sports University', Manipur and National Sports Stadium, Meghalaya are rightly aimed at inclusive sports culture. ✓

Further, the launch of Fit India Movement, World Yoga Day, the Poshaan Abhiyaan are all aimed at ensuring that 'Demographic Dividend' that lay in store for India is reaped well by 2020 Olympics.

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Politically, we had seen the enthusiasm shown by former Sports Minister, who was an olympian himself. Mr. Rajyavardhan had ensured that the Ministry of Youth Affairs met the demands of the trainees for the Olympic.

In addition, Target Olympics Podiums' is a task force constituted to ensure that India wins 'Gold Medals in the 2020 Olympics'. It is chaired by none other than the Dhronacharya awardee, Mr. Putale Gopichand, who owns a bad Badminton academy in Hyderabad, which generated players like P.V. Sindhu and Saina Nehwal in the previous Olympics.

Considering the human resource available to train the budding sports persons, India is blessed to have a cadre of P.T. Usha, Abhinav Bindra, etc who are now trainers.

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Overall, it seems as though there is no force that can stop India from amassing 10 Gold Medals in the 2020 Olympics.

However, the situation is still not beyond all-favourable. Let us see the challenges preventing India from winning 10 Golds. in the upcoming olympics.

Headwinds along the way to 2020 Olympics :

Though there has been a renewed focus, there are challenges transcending Social, Political, Economical, Technological domains.

Socially, female players are still at a disadvantage as the parents, generally, do not trust their ability. And, for other players, poverty is a stumbling block to dive into sports. For example, the P.T Usha academy in Kerala depends on crowd sourcing for funds.

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Similarly, not all can afford expensive Sport Coaching, which are provided by the private trainers. Notably, the government facilities are extremely inadequate and there are charges of misutilisation of funds.

Economically, education is itself only allotted 3% of GDP (Gross Domestic Product), sports is even lesser. Hence, as Mr. Gopichand once wrote in his diary, "I am an Indian and have to use my limited resources with the best of my ability", if it is the attitude of a majority of players. They win at their own cost.

Further, if we count the prospective players, they aren't many. For example, this time India bestows enormous hopes on P.V. Sindhu, Rima Das, Mary Kom, Sakhi Malik, Sreekanth, etc

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great to use quotes like this

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Due to un

As P.V. Sindhu once said, "In India, sports victory is emotionally taken, and they don't accept failures," this kind of public behavior puts enormous pressure on the participants to perform well. It can be, in fact, counterproductive also. ✓

Nevertheless, if sports is pursued and included in academic curriculum as the recent Supreme Court judgement to make 'playground mandatory', it will ensure inclusive sports culture. Also, Khel India can revolutionize Indian grassroots sports. It must be given a 'Tan Standard' like status, thus, encouraging the youth to explore their sporting skills. ✓

Additionally, the government, through the Pragati' medium should

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monitor the utilization of expenditure allotted to sports and welfare of the players and trainees. Most importantly, the nutritional demands of the budding talents must be adequately met through food allocations and research on it.

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On the whole, as the popular slogan, 'Khelaga Bharat, Bhadega Bharat' [Play India, Progress India], there seems no reason to underestimate the chances of India winning 10 or more medals in 2020 Olympics.

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After all, we hail from a nation, where its celebrated philosophers like Swami Vivekananda propagate that 'Weakness is sin'. Hence, we shall hope that Indian participants will overcome all weaknesses and win home 10 Gold Medals

good conclusion



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2.

Adding life to years is as important as adding years to life.

4th century BC, Mauryan Empire :

Ashoka, the Great, inherited the mighty Mauryan empire. He was the most decadent king in-charge of the vast expanse of land, which is presently, India. He conquered the neighbouring small kingdoms and amassed massive wealth. His sole aim was to improve his life. However, post the battle of Kalinga, he retreated. Surprisingly, he gave up war and became a Buddhist disciple. Since then, he emerged as a 'Paternal figure'. He cared for his citizens as well as the environment. It was then that he started adding 'life into his years'.

He experienced peace, prosperity, and most importantly love of all his countrymen people subjects.

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very good introduction



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In this context, the essay aims to understand the relentless human desire for more life years into this life, i.e., longevity. It will also examine how these years are futile if no life is added to it.

good habit to present a layout

By adding life, the intent to inculcate values, mutual respect, brotherhood, kindness, etc., which will be called a 'Meaningful life'.

Let us begin by understanding the human interest in prolonging life.

Longevity : the Eternal Human Desire

From the ancient times, the humans have always attempted at improving their longevity. For instance, the transition from hunter-gatherer to settled life is itself an evidence for this. The compilations like 'Charaka Samhita', 'Sushruta Samhita', 'Atharva Veda' are all aimed at remedying any illness that humans come across on this Earth.

good to define your key topic's idea



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In the modern times, the development of societal living, economic prosperity, technological progress, the legal systems, etc are aimed at enhancing the years of life.

For instance, Socially, the humans favours being part of a community. Hence, they follow the customs like 'arranged Marriage', conformism to ethics, etc.

This ensures their survival.

Economically, an individual will always look for a better paying job, even prefer migrating, and working in hazardous conditions. For example, the jobs in oil rigs of gulf countries. The economic empowerment gives them access to quality medical care and nutrition to improve their life on Earth.

Technologically, we are hell bent to minimize human effort, thus, leading to 'Automation' and 'Robotics'.

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It began with steam engines though. These revolutionised the way we communicate, travel, and facilitated improved globalisation, trade, etc leading to socio-economic prosperity.

For instance, who can forget the Egyptian women, who was treated for obesity in India. India's image as a Medical Hub helped many foreigners add their years on the Earth.

In the domain of food security, we very well refuted Robert Malthus theory that food production will stagnate. By Green Revolution, Milk Revolution, etc, we improved food availability. Therefore, we could scale up life expectancy from 30 - 40 years at independence to 69 years at present.



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Further, in order to ensure protection from terminal illness, we discovered vaccines.

For almost all dreaded diseases, we have immunisation, and countries like India are organizing 'Universal Immunization Programs' ✓

Politically, in order to improve our chances of living, we collaborate with the global nations. For instance, space collaboration between India and Russia. It facilitates Tele-medicine and furthers ✓ our sustenance.

On the whole, human quest for higher life span is unrelenting. However, are we missing to enjoy the life?

Have we not made our lives difficult by ignoring human values, and degrading our environment?

Let us explore the answer to these questions and understand the need to add life into years.

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Being Human + Adding More Life Into Years :

Though we could significantly enhance our longevity, we as humans have failed to value 'life' as such.

For instance, we are in search of a better tomorrow forgetting to live our present. As Mother Theresa said, 'We are worried about our future as we aren't are wasting our present.' It is noteworthy that these are (1/5) depressed Indians as per Live Love Laugh foundation. Also, we see a degraded environment, extremely polluted air, etc, particularly in metros.

All these aspects makes me wonder how do we add life into our mundane life. And, surprisingly, the source of our worries are itself solution.

Let us examine how.

good to add small amounts of conversational aspects



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At an Individual level, we must take appropriate care to inculcate in ourselves and children good values and habits. For instance, by cultivating gratefulness, we will learn to respect the possession we already have. Further, it will forbid us from deserting our aged parents; thus, even gifting our children a supportive environment.

At societal level, we must learn to respect every sex, caste, religion, national. After all, we hail from the originators of Vasudaiwa Kutumbakam, the world as a family. Presently, the atrocities against weaker sections is high. Hence, we must devise innovative mechanisms like 'Selfie with Daughter' to improve their confidence and overcome our biases.

Politically, it is imperative to engender inclusive growth strategies.

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It is worth awhile that the Indians city of Mumbai is home to 28 billionaires and the 2nd second largest? at the same time. If the growth was inclusive, we could have averted this irony.

Similarly, in the Environment, our unbridled growth has wreaked havoc, which is emerging in the forms of polluted rivers, water, air, etc. Are we truly living by inhaling severely polluted air? No, of course.

Further, every year, we lose the prized biodiversity. Today, we see Amazon forest under fire. It is worth noting that human existence is impossible if we don't care for the environment.

In the economic domain, our Prime Minister had in one of the Lok Sabha sessions remarked that, in India, only '24 lakh people earn more than 10 lakhs.' Hence, we have only F tax pay

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As we are tax payers per 1000. Are we being responsible citizens of the nation? What does Article 51A instruct us to do?

Therefore, it becomes our moral responsibility to pay taxes and participate in day-to-day governance and developments and develop our own skill sets.

At the global level, we are presently experiencing ^{an} intense Xenophobia, tightened migration policies, etc. Who can forget a Syrian refugee, Aylan Kurdi, washed ashore the Mediterranean sea. Why do we see the 1818 soldiers merciless targetting hapless women and children?

All these indicate that in the race to achieve more resources, a person, a region, ^{or} a nation is solely acting in self-interest and reckless greed.

good to raise questions like this and explain your views in this manner



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In this quest, we have forgotten that 'We have not inherited the Earth, but borrowed it from our children' as some scholars said.

We have also forgotten to be humane. Hence, today, it is almost essential that we, in addition to increasing our longevity, add more life into these years.

And, it is only possible by correcting our value systems, respecting our environment, treating all with empathy, by inclusive growth strategies, and dispelling extremism and xenophobia.

beautiful conclusion

Let us add more life into our living years by being at peace with oneself and the universe. As Mahatma Gandhi said, 'Happiness is when what we think, what we say, and what we do are in'.

Let us follow his footsteps.



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For Evaluator's use

SECTION - A

Criteria	Marks awarded	Max. mark
Content	49	75
Language	16	25
Presentation	15	25
Negative marks		
Total	80	125

SECTION - B

Criteria	Marks awarded	Max. mark
Content	49	75
Language	16	25
Presentation	16	25
Negative marks		
Total	81	125

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WORKSHEET

Sub-headings/Para	Content
1. Introduction	2016, Olympics - 2 medals, North Korea - treatment
2. Linking para	Enthusiasm, sportsmanship → Abhinav Bindra, Gold
3. Dawn of Indian Sports	→ (2012), Initiatives
4. Headwinds on the Way	
5. ISRO's Chandrayaan-2 Vikram's landing error → Nation's support	Resilience, 'Bounce Back Better' → 10 or more golds. [Social], [Economic]
[Initiatives]	: Khelo India, Fit India, Yoga, National Sports Scholarship, N.I.S.U. University Manipur, Stadium Meghalaya, Erugao. Target Olympics Force - Gopi Chand, Pool of Talents : P.T. Usha, Abhinav Bindra, 'Sports Minister : Rajyavardhan Singh Rathore'
[Slogans]	: "Khelaga Bharat, Bhridgega Bharat"
A sound mind needs a	



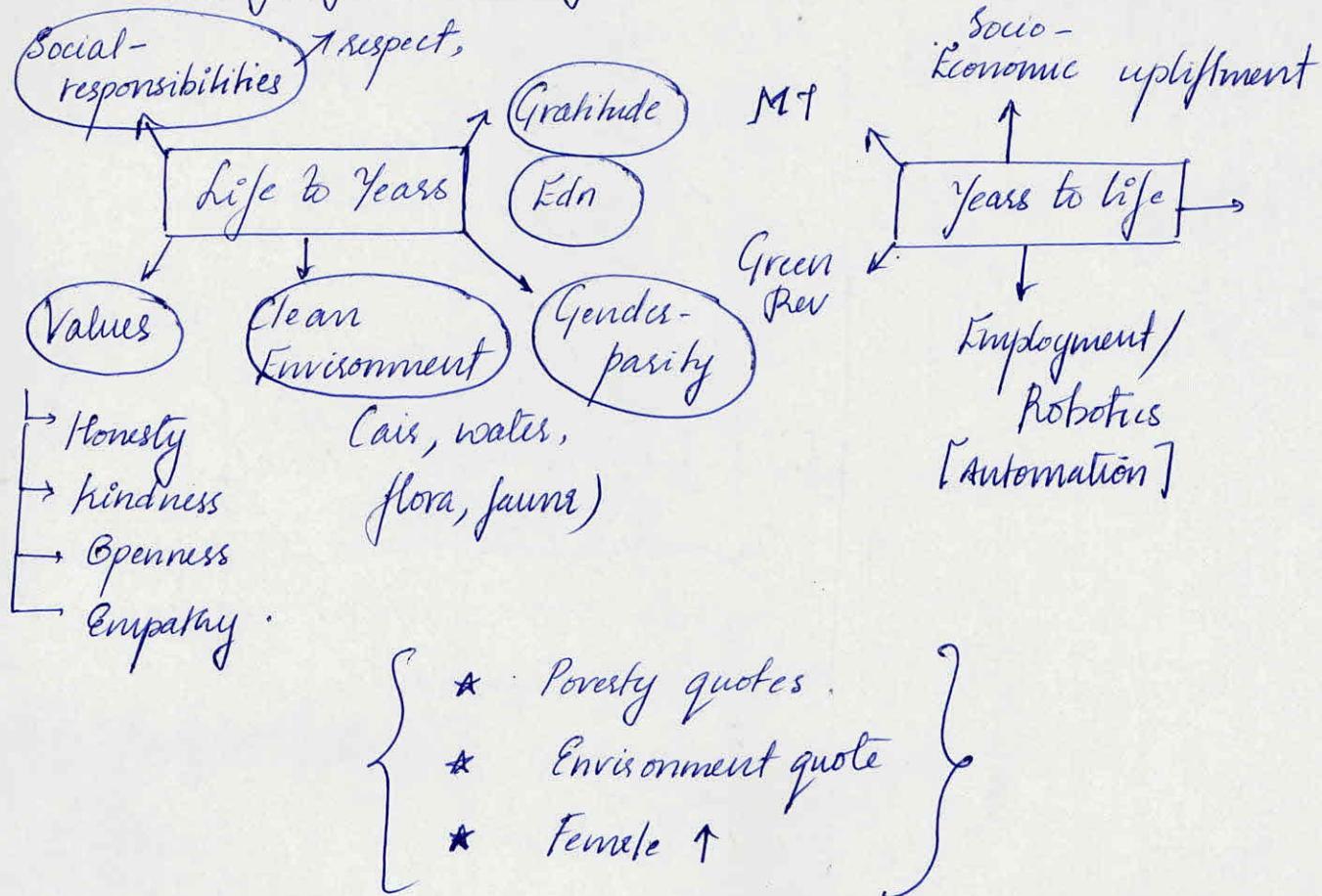
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WORKSHEET

- Challenges → Social, → Gender, Economic, Political,
- Steps to Overcome : People's Movement, Sports in Curriculum, Pragti to track expenses, Grievance redressal, nutrition. →
- Conclusion : Vivekananda: 'Weakness is sin'; ~~Survival of fittest~~ — Darwin; Competitiveness ↑

2) "Adding life to years" is as important as adding years to life.



Paragraphs

Content

1) Story

~~Buddha's story~~ Ashoka's story

2) Linking para

Human's desire 'Longevity';
Gene Editing, MT...

& quality of life :

3) Longevity :-

The Eternal Human
Dreams

Social, Pol → Lab & Steam City
Anc, Med, Mod : Med, GM
↳ Sushruta, food, Malthus,
Charaka
Immunisation : → India.

4) Life into Years :

Socio-Econ Urbanis, pollu, environ,
Quote: depression ($1/5$) Indians,
ambitions' → pause →

Political : }
Env : } • Korean meat,
• Iranian sanction
• 1818 ↴

5) Conclusion

Yesterday is history,

[Sln] → Values, Moral,
Gender-N, Global Peace, family,
Gender, role as citizens - tax payments,
env, animal rights,
Cosmopolitan'
Life to Years.