

## Vivekananda College

### Report on Essay writing competition

The National Service Scheme of Vivekananda College organised an Easy writing competition for celebrating 75 years of Indian Independence “Azadi ka Amrut Mahotsav”.

The theme of the Easy writing competition was -**My Physical Fitness is my wealth that will build the Human capital for Aatmanirbhar Bharat.** (Word limit was 700-1000 words) Deadline to submit the essay was 15<sup>th</sup> August.

All the volunteers were awarded by Participation certificates and merit Certificates for best three entries.

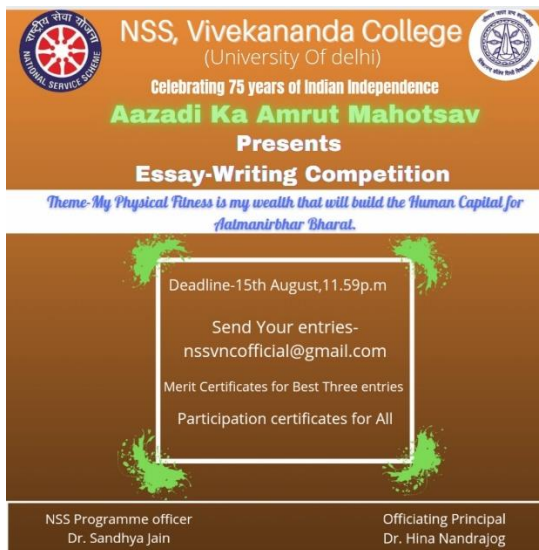
The volunteers from Various colleges had participated in the event and helped to make it a great success. There were total 22 entries and each essay was so thoughtful and informative.

#### **The Winners of the competition are:-**

1<sup>st</sup> position-Sohini Ghosh, Vivekananda College

2<sup>nd</sup> position-Akansha Sharma , Dyal Singh College

3<sup>rd</sup> position-Shrutika Gangan, Bhavans College.



**NSS, Vivekananda College**  
(University Of delhi)

Celebrating 75 years of Indian Independence  
**Aazadi Ka Amrut Mahotsav**  
Presents  
**Essay-Writing Competition**

*Theme- My Physical Fitness is my wealth that will build the Human Capital for Aatmanirbhar Bharat.*

Deadline-15th August,11.59p.m

Send Your entries-  
nssvncofficial@gmail.com

Merit Certificates for Best Three entries  
Participation certificates for All

NSS Programme officer  
Dr. Sandhya Jain

Officiating Principal  
Dr. Hina Nandrajog

2:50 Essay\_Shohini - Read-only

**My Physical Fitness is My Wealth That Will Build the Human Capital for Atmanirbhar Bharat**

During World War II, Netherlands hit rock bottom when food rations were not obtainable for supply. As a result, many adults and children famished until they received aid from the bordering countries. However, a research was conducted by a psychologist named Stein, which found that, those who had no access to food, showed minimal cognitive and motor development. This research is of significance even today as it highlights how health is an indispensable factor for progress and growth of an individual.

In the recent years, there has been an escalating focus on the development of the people. As urbanization reached its zenith, governments and organizations came to recognize that it's only a skilled and healthy individual who can contribute to the society – thus the term, Human Capital. Atmanirbhar Bharat: the country's self-reliant campaign, insists on tapping on this human capital for the development of the country's economic course.

Nonetheless, there's little understanding as to how health adds as a human capital factor. This is clear from the tragedy that is the healthcare system in the country. This calls for effectively educating the organizations, children and families about the same.

This pandemic is a spectacular example that demonstrates the magnitude of health. It was noted far and wide that only the healthy population was able to endure the pandemic while the unhealthy withered away. As a result, productivity dropped terrifically and not just the individuals but the country too met with a financial calamity. Healthy workers are able to put in more efforts, both cognitively and physically. This leads to a raise in their remuneration, which increases the demand for products and services. Here enter the markets and small businesses that are championed under the Atmanirbhar Bharat Campaign. As people opt these services over the ones provided by the foreign brands, they eventually support the cause.

Maintaining good health is not fundamental just for the working group of adults, but also for children, babies and infants in womb as they are the future human capital. They are an ocean of untapped resources who will take the vision of being self-reliant forward. In addition, enough research has been done to substantiate that most of the cognitive and physical improvements takes place during childhood. This makes it all the

more crucial for the government and families to ensure that children are provided with nutritious food, clean drinking water, well-timed doses of vaccines and they should be encouraged to exercise or engage in sports. Since infants too are future human capital, it becomes imperative to take care of the health of the pregnant women too.

Improvement in health conditions are usually followed by a swing in the population, i.e. mortality rate decreases and life expectancy increases. Thus, not only are there more hands that contribute to the country's economy but these hands can go on functioning for longer years. As people push the retirement boundaries, government can cut some slack on the pension front. Instead, that fund can be put to use for other pressing needs like healthcare, education, infrastructure, green technology and the like. By investing the fund in newer areas, the government might manage to generate novel job opportunities where Indians can thrive by providing their services. As a result, self-

2:53

**MY PHYSICAL FITNESS IS MY WEALTH THAT WILL BUILD THE HUMAN CAPITAL FOR ATMANIRBHAR BHARAT**

As India is entering in her 75<sup>th</sup> year of independence, we look upon the highs and lows we all have sailed through together since the clock struck at midnight to mark a historical date of 15<sup>th</sup> august 1947. India has seen growth, stagnation, festivals, wars, and glory, and what makes her truly BHARAT are "Bhartiya", the people that make her motherland. No glory in industry would have been seen without humans, no glory would have been achieved without sound and conscious humans. As the country is fighting a deadly pandemic, our Prime Minister Sh. Narendra Modi called upon fellow Indian to build an Atmanirbhar Bharat in context of The Five pillars of our nation: Economy, Infrastructure, System, Vibrant Demography and Demand, especially economy which is the second most-worst hit aspect of life after health in this pandemic. Making Bharat a self-reliant and bigger part of global economy is the need of the hour. And growth of an economy is not solely dependent of technology but also the valuable skills, knowledge, experience and innovative mind possessed by humans.

**"The most valuable of all capital is that invested in human beings."**

2:54 Shrutika G...n, Essay

Name: Shrutika Gangan  
College: Bhavans College

**Topic: My Physical fitness is my wealth that will build the Human Capital for Atmanirbhar Bharat**

Building the nation's asset by possessing fitness.  
For self-reliance is the aim for India's progress.  
Absence of human capital is disastrous and staple.  
For people makth India, India maketh people.

"Health is the greatest wealth and a healthy person is the greatest human capital of any nation." You must have heard this saying a lot. But now this proverb will also play an important role in making our nation self-reliant. Physical fitness is not only the personal capital of a person but he is also a priceless gift to the country. If the future of the country is to be kept bright, then it is necessary for the citizens to be healthy both physically and mentally.

Healthy citizens of the country are the country's heritage, the country's human capital. Because only healthy citizens can implement all the schemes, industries etc. made by the government. If there will be a greater number of healthy citizens in the country, then there will be more working hands. More healthy hands will do more work in less time. And healthy mind will give birth to new plans, inventions etc. for the progress of the country every day. Due to which that country will soon move on the path of progress.

Human capital is also a strong pillar to realize the dream of self-reliant India. The best human capital we have is that of healthy citizens. No matter how many schemes you make related to public welfare, no matter how many good start-up programs you have come up with or how many new industries or factories are opened tomorrow, if there is no fitness among the citizens, it will stand nugatory. Apart from money and other goods, human capital is needed

to run all this. Not all work can be done by machines. If the citizens of India remain healthy then they will help the government in implementing the schemes run by the government. By making people aware of those schemes, we will work to make those schemes successful. Similarly, nowadays funds are being provided by the government for start up programs, tourism, agricultural programs, promotion of new inventions etc. So that people can become self sufficient by opening their own company or adopting self-employment and also provide employment to the people. But setting up those companies requires a lot of hard work and passion in the initial period. In similar industries and factories, machines work only to a certain extent. But man can easily do both the work of machines and his own. If we do not have physically strong human capital, then tomorrow even factories will not be able to