

TEST CODE : 5 1 5 3 4

FIAS | MGP 2022 (C-12) | Essay Test #4

ForumIAS

ESSAY

Name Of Candidate	Aashima Vaswani		
Roll No.	1910067919	Date:	30 Aug 2022

Time Allowed: Three Hours

Maximum Marks: 250

INDEX TABLE			INSTRUCTION	
Q. No.	Max. Marks	Marks Obtained	1. Please do furnish Name, Email, Roll No and Mobile in the answer sheet. 2. There are TWO Sections. Each Section has MULTIPLE topics printed in English & Hindi. You have to write on 1 topic from Each part 3. One question in each part is compulsory. 4. The number of marks carried by a question/part is indicated against it. 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. 6. Word limit in questions, if specified, should be adhered to. 7. Any page or portion of the page left blank in the Question-Cum Answer Booklet must be clearly Struck off. Any specific messages for ForumIAS Mentors/ Evaluators with respect to your copy? Write it here. ----- ----- ----- -----	
Q.1				
Q.2				
Total:	250			
Evaluator's Discretion:			For Student Only	
			Start Time 5:00 pm End Time 9:00 pm Mode Of Examination: Online ☒ Offline ☐	
Evaluator's Discretion: This is the marks awarded at the discretion of the evaluator based on your overall impression, on the basis of (but not limited to) your handwriting, presentation, use of diagrams, flowcharts, facts and figures or absolutely anything that he/she liked in your copy.			For Office Use Only	
			ECN CODE: EG: Evaluation Date:	

MARKING SCHEME

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

Parameters	Very Good	Good	Average	Poor
Coherence				
Language				
Handwriting				
Pre-writing				

Very Good	Good	Average
120 and above	100-120	Below 100

SECTION - A

1. Happiness is nothing more than good health and a bad memory.

प्रसन्नता अच्छे स्वास्थ्य और बुरी याददाश्त से ज्यादा कुछ नहीं है।

2. One can evade reality but one cannot evade consequences of evading reality.

कोई वास्तविकता से बच सकता है लेकिन वास्तविकता से बचने के परिणामों से नहीं बच सकता।

3. Civilization begins with order, grows with liberty and dies with chaos.

सभ्यता व्यवस्था से शुरू होती है, स्वतंत्रता के साथ बढ़ती है और अराजकता से मर जाती है।

4. Listen with curiosity, speak with honesty, act with integrity.

जिज्ञासा से सुनें, ईमानदारी से बोलें, सत्यनिष्ठा से कार्य करें।

"Happiness is nothing more than good health and bad memory"

HAPPINESS is ^{when} what you think, what you say and what you do are in sync.
- Mahatama Gandhi

Happiness is often considered as the most essential attribute to lead a good life. Scholars since time immemorial have worked day & night to find the true

meaning of happiness, and how to achieve it. Happiness is the joy of living when one is physically, mentally and emotionally healthy. It also requires that one is free of negativity and bad thoughts about someone or something. Hence it is said that happiness is nothing more than good health and bad memory. Bad memory enables one to forget the bad moments of past, wrong-doing of others and live happily in the present.

In this essay we will analyse the relation between good health and happiness followed by relation between ~~go~~ bad memory and happiness. We will conclude by examining is happiness is really nothing more the good health and bad memory.

Good health refers to the state of well-being at its optimum capacity. It includes performance at par with the standards and ethically upright. Similarly, bad memory refers to a fresh-start with no baggage of past. It includes the ability to refresh and reset.

GOOD HEALTH : INDISPENSABLE FOR
HAPPINESS

Starting with actor-level analysis, good health of man is to have inner peace, mental peace and physical strength. This leads to happiness as it allows man to pursue choices he/she likes. This completes the virtuous cycle of happiness. This is manifested by sportspersons, who only through their physical fitness can pursue

their sports and give happiness to themselves, their family and nation.

On the contrary, during an injury they fail to attain happiness. This is also visible in old age and people having obesity or undernutrition due to bad eating habits. This leads to health conditions which makes ^{one} ~~make~~ unhappy. Thus, health and happiness manifest a direct relation.

As it is said that, state is individual with large. Thus, the relation at societal level also holds true. Good health of a society is inferred through its demographic dividend, balanced sex ratio and liberal practices allowing widow remarriage. This ensures society is happy. This is visible in Scandinavian nations like Norway, Finland that top in

Global Happiness Index.

On the other hand, countries like India, having poor sex-ratio fall prey to crime against women. NCRB report highlights that 700 crimes ~~are~~ against women take place on a daily basis. This is reflected in the growing discontent and depression in the society. Hence, bad health of society leads to unhappy society.

This is also visible at the national & international level. Good health for India is possible if there is 'unity in diversity' among citizens, good health of democracy and prevalence of law & order. However, civil wars, communalism & insurgency are signs of poor health. They lead to bloodshed, chaos and destruction, ultimately spreading negativity, negating

happiness.

Similarly, good health of environment is possible with pure air, water & soil. This can flourish agriculture, wildlife and humans, leading to happiness. But climate change due to carbon emissions is leading to natural disasters, spreading panic and difficulties. Floods in Pakistan killing thousands manifests that happiness is nothing more than good health and absence of it leads to remorse.

BAD MEMORY : GATEWAY TO
HAPPINESS

Bad memory leads to happiness at human, societal, national and international level. At individual level, bad memory allows man to be neutral and impartial of his/her past experiences.

allowing one to be rational in his/her actions. This saves man from the burden of revenge of or satisfying one's ego to save one's might.

Nelson Mandela exemplifies that bad memory leads to happiness. He forgot the misery and wrongdoings of 27 years in jail, continuing his mission for apartheid, thereby finding happiness. This happiness was not limited to him but was for societal good.

Hence, society also needs to have a bad memory and forget the traditions and culture that lead to subjugation of women and continued practices like caste system. This can ensure social harmony and happiness for the society.

Bad memory benefits not just society but nations. It is said that nations build up on their past leading to continued rivalry, war and destruction. India-Pakistan relations are defined as "The Long August" referring to the legacy of partition, ~~of~~ that affects not just these nations through cross-border terrorism but also the region at large.

Hence, it can be said that bad memory is a gateway to happiness. It allows one to retry, reconnect and redefine relations leading to happiness. However, the relation of good health and bad memory is not always direct with happiness.

BAD HEALTH AND GOOD MEMORY: INGREDIENTS FOR HAPPINESS

As it is said that only after one sorrow, only realised the value of happiness. Similarly, only after experiencing bad health, the importance of good health can be realised. Only then a person continues with the pain of maintaining good health, thereby ensuring happiness.

This was witnessed amidst the Covid-19 pandemic. Bad health of man, economy and global cooperation made people realise the importance of loved-ones, family and the need to be self-reliant. India through its Atmanirbhar Bharat campaign didn't let the

Crisis go to waste. Thus, bad health in Short-term ensured happiness in long term.

Even with ~~to~~ regard to bad memory, scholars have said ' Those who do not learn from the past are condemned to repeat it'. This is the reason why students are taught history lessons. This ensures that mistakes are not repeated and used as lesson for ages to ensure happiness.

This can be seen with regard to India's relation with China. After defeat in the 1962 war, India prepared itself economically, militarily and ideologically to take on Chinese aggression, protecting its territorial integrity. This was

manifested in the galwan clashes in 2020 where India was able to take strategic heights and defend itself. Thus good memory is must for happiness.

HAPPINESS : THE BALANCING ACT

Happiness can thus be concluded as a balance of good health - bad health and good memory - bad memory. Following Aristotle's Rule of Golden Mean, anything in extreme leads to misery. While in moderation it leads to happiness.

Hence, for happiness one should ^{what} be able to contemplate and choose on to remember and what to forget. Further, for true happiness, only forgetting is not essential but also forgiving.

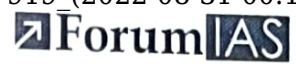
Thus, happiness is more than ~~good health~~^{bad memory}, it includes forgiveness ~~at~~ to reach the State of bliss.

Similarly, happiness is more than good health as it includes spiritual well-being by following the voice of conscience. Thus, happiness is when one is able to balance all the perspectives of life and be satisfied with it.

Happiness ~~Happiness~~ is therefore an 'art of living'. It is a lifestyle choice to look at the positive and goes far beyond health & memory. The art of happiness is the power of extracting happiness from common things!!

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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

1. Science gathers knowledge faster than society gathers wisdom.

समाज द्वारा संग्रहण किए गए बुद्धिमत्ता की तुलना में विज्ञान ज्ञान का संग्रहण तीव्र गति से करता है।

2. Energy drives economies and sustains societies.

ऊर्जा अर्थव्यवस्थाओं को संचालित करती है और समाजों को बनाए रखती है।

3. Those who wish to reap the blessings of liberty must undergo the fatigues of supporting it.

जो लोग स्वाधीनता के आशीर्वाद का फल भोगना चाहते हैं, उन्हें इसका समर्थन करने की थकान से गुजरना होगा।

4. Research is formalised curiosity and creation of new knowledge.

अनुसंधान औपचारिक जिज्ञासा और नए ज्ञान का सृजन है।

Those who wish to reap the blessings of liberty must undergo the fatigue of supporting it

India in 19th century was ruled by the British Crown. British dictated the policies and governance methodology. It included orders for growing Indigo in agricultural fields, usurpation of land under the Permanent Settlement

Act, turning landholders and tribals into landless workers.

Even in economic sphere, there was well established system of Permits that denied industries to produce steel for local consumption. Further, in trade there was huge export duty and almost zero import duty.

People had no liberty to choose on their occupation or the conduct of their business. The Vernacular Press Acts even took away the liberty from media and press.

However, the masses wished to reap the blessings of liberty by choosing which crop to grow on their field.

They also wanted the liberty to design their own governance policies. Thus, masses participated in the Indian Freedom Struggle and went through the fatigue and pain of supporting their wishes for liberty.

Starting from many rural-local revolts like Sanyasi Revolt, to the Revolt of 1857 and finally the prolonged mass movement under MK Gandhi, many people took the fatigue of actualising their wish of free & liberal India.

From the above anecdote, it is evident that for attaining any value, ~~there~~ there is a continued struggle. Thus, even for liberty, there is need for people to bear the fatigue for supporting it.

In this essay, we will examine what is liberty. why fatigue is needed to preserve liberty. Then we will look how can this fatigue be born to secure liberty.

Liberty is defined as the state wherein man is free to choose for oneself without external and internal Obstacles. Thus, liberty gives man an opportunity to develop oneself and attain complete potential.

Fatigue, on the other hand is the ~~loss~~ ^{shedding} of blood and sweat while working to attain a desired end. Fatigue is not limited to tiredness from hardwork but the efforts that one puts to achieve its objective.

Liberty is essential at all sectors in life and at all levels. For an individual, liberty means the leeway to choose what to eat and when to eat. However, even this liberty requires man to earn and thus bear the fatigue to support the desired liberty.

Similarly, as promised ⁱⁿ Indian Constitution, every citizen has fundamental right to freedom of speech and expression. This liberty allows media and press to exist and point out the true picture of state. However, this liberty ~~needs~~ needs to be supported by assuring that news presented is true and unbiased. Or else, this liberty goes away as 'reasonable restrictions' are

applied that suppress liberty to ensure public order and stability.

Further, even in economic sphere, after the 1991 reforms of LP61, there ~~has been~~ is free market economy (Laissez faire).

This gives liberty to corporates and start-ups to choose their business model and operate in their area of choice. However, this liberty is also possible only if businesses pay tax and obey the CSR norms thereby maintaining the welfare nature of state.

Moving on to the Science & Technology sector, there is liberty in the form of support for innovations, research and development. The flourishing talented Scientists who

made Covid-19 vaccines could do so only because they had the liberty to carry on clinical trials. However, the fatigue corresponding to this liberty is the duty of Scientists to produce human-friendly vaccines.

Hence, it can be concluded that liberty needs the support in the form of fatigue for it to be blessing. Without liberty, the fatigue is neither optimum nor desirable. This can be seen in practices like slavery, child labour. In absence of liberty, the output achieved is less whereas not morally justifiably.

Thus, to maintain liberty and preserve its essence, people must bear

the fatigue. Even for those who aspire liberty, fatigue to attain it is an essential ingredient.

As an individual, I desire liberty, thus it is my duty to follow the rules, regulations and constitutionally defined fundamental duties. After this compliance only, I can expect the existence and continuation of liberty.

Similarly, at the societal level, women are undergoing 'double burden' of work. Their fatigue is leading to breaking of glass ceiling. Women are getting more liberty and making society more liberal and equitable. This is seen in allowed entry of girls in NDA and permanent commission for

women in defense sector.

further, at national levels, only if countries are able to sustain their economic & military well-being, they can ensure liberty. Sri lankan crisis. due to lack of hardwork and fatigue by its leaders and increasing corruption led to collapse of liberty. The people are unable to buy food, oil and choose for their well-being. Thus, fatigue is must for enjoying the fruits of liberty.

Moreover, at international level, India is bearing the fatigue to enjoy the blessings of liberty. India's presidency at UNSC, contributions to UN peacekeeping forces are to ensure the maintainance of liberal-rules

based world order.

Hence, it can be concluded ^{that survives} ~~that~~ only through fatigue, liberty ~~perishes~~. Further, to reap the blessings of liberty, it needs to be supported by fatigue. Thus liberty and fatigue are depended on each other.

However, there have been increase in trends of decline in liberty all across the globe. In India, the arbitrary use of UAPA, NSA has reduced liberty. Further, the arrests and deaths of journalists have led to declining liberty in India as held by Reporters Sans Border. Further, the frequent internet blockages, demands by government to take down tweets

and increased surveillance in the pretext of national security, have raised questions on the health of Indian liberty.

Even in other countries there have been similar incidents. US encountered 'Black lives Matter' movement showing the erosion of liberty based on race. China also through its policies like 'One child Policy' restricts bodily autonomy and liberty of citizens.

Further, at international sphere, declining liberty is visible in the form of Russian aggression in Ukraine, China's disobedience to order of Permanent Court of Arbitration with respect to South China Sea. Hence, liberal international economic order is in decline.

What can be done to re-establish liberty? What are the means? Why is liberty so important to go through the fatigue?

Liberty can be established by following the Grandhian path of Satyagraha. With the insistence of truth, the false has to collapse as 'Satyameva Jayate' (truth triumphs).

Hence by following truth, biased media, racism will come to an end. This allows greater liberty and attainment of Swarajya. Swarajya is manifestation of liberty as it empowers man to take decisions for oneself. Swarajya is important

as it allows man to be free and emancipated.
This freedom is a both right and
essential to allow man a life of
dignity.

Thus, as people underwent fatigue
during the Indian national movement to
establish liberty. It is ^{time} people ~~to~~
~~undergo~~ undergo fatigue once again to
break the chains of caste-system,
poverty and corruption and set the
man free. Only then the head can
be held high without fear and there
can be a heaven of freedom.

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