

TEST CODE : 5 2 0 7 3

FIAS - EGP 2022 - Batch 4 - Essay Test #3

ForumIAS

ESSAY

Name Of Candidate	SIDDHARTH SINGH DANGAL		
Roll No.	1910008529	Date:	14/8/22

Time Allowed: Three Hours

Maximum Marks: 250

INDEX TABLE			INSTRUCTION										
Q. No.	Max. Marks	Marks Obtained	<p>1. Please do furnish Name, Email, Roll No and Mobile in the answer sheet.</p> <p>2. There are TWO Sections. Each Section has MULTIPLE topics printed in English. You have to write on 1 topic from Each part</p> <p>3. One question in each part is compulsory.</p> <p>4. The number of marks carried by a question/part is indicated against it.</p> <p>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.</p> <p>6. Word limit in questions, if specified, should be adhered to.</p> <p>7. Any page or portion of the page left blank in the Question-Cum Answer Booklet must be clearly Struck off.</p> <p><i>Any specific messages for ForumIAS Mentors/ Evaluators with respect to your copy? Write it here.</i></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>										
Q.1													
Q.2													
Total Marks:													
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			<p style="text-align: center;">For Student Only</p> <table border="1"> <tr> <td>Start Time 1:15am</td> <td>End Time 4:30am</td> </tr> <tr> <td>Mode Of Examination:</td> <td>Online <input type="checkbox"/> Offline <input type="checkbox"/></td> </tr> </table> <p style="text-align: center;">For Office Use Only</p> <table border="1"> <tr> <td>ECN CODE:</td> <td>EG:</td> <td>Evaluation Date:</td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>	Start Time 1:15am	End Time 4:30am	Mode Of Examination:	Online <input type="checkbox"/> Offline <input type="checkbox"/>	ECN CODE:	EG:	Evaluation Date:			
Start Time 1:15am	End Time 4:30am												
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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. Our moral, religious, and political traditions are united in their respect for the dignity of human life.
हमारी नैतिक, धार्मिक और राजनीतिक परंपराएं मानव जीवन की गरिमा के सम्मान में एकजुट हैं।
2. Neither a life of self-indulgence nor one of self-mortification can bring happiness.
न तो आत्म-भोग का जीवन और न ही आत्म-यातना का जीवन प्रसन्नता ला सकता है।

NEITHER A LIFE OF SELF INDULGENCE NOR ONE OF SELF MORTIFICATION CAN BRING HAPPINESS .

A middle aged man once took up the mission in life to find out what the true source of happiness was. He first tried self indulgence and tried fulfilling all his wishes. But he soon realised his wishes were endless and fulfilling every next wish gave him less joy than the previous one.

Disillusioned, he attempted self mortification. But excessive control over demands, bodily harm due to restraint also led to him being more

unhappy than happy. Confused, he approached a wise sage and asked if self-indulgence or self-mortification was key to happiness.

The sage replied, if god wanted us to stay hungry, he wouldn't have given us an appetite. If he wanted us to eat as much as we want, he wouldn't have given us a limited stomach too. If he wanted all to stay poor, he wouldn't have created the gold. If he wanted everyone to have it, he would have created unlimited riches. Hence the lesson was that instead of the extremes, it is the balance of self-indulgence and self-mortification which is key to life's happiness.

The essay aims to analyse the need for balance between the two. But first, a clear understanding of what self-indulgence or self

modification is required.

Self Indulgence Self modification
what they mean.

Self indulgence is the tendency to fulfill all the wishes and desires of one that one can fulfill. This is without much attention to if the desires are justified, what their impact will be on others and what their excesses can do one's self over too.

In an increasingly consumeristic and materialistic society, self indulgence is becoming the norm rather than exception. We today have society where drinking alcohol till one is on verge of vomiting is considered "living life to fullest".

Self modification on the other hand

As excessive control on one self often to degree where one starts neglecting one's basic wishes and needs to o. often presented in anecdotes of sages, in modern world it can be seen in practices like Santhara in Jainism, ascetism and so on.

While the two approaches represent two opposite extreme approaches to living, often a balance between the two is the zone of happiness. This could be understood through various reasons and examples.

Why middle path is right path.

Foremost reason is health. Human body lives in zone of moderation. Excessive eating can cause diseases like diabetes, obesity. Excessive fasting

can affect vital organs (like liver). Extreme physical environment can cause physical damage like skinburn. Excessive luxury can cause weakened resistance and immune system. Some have argued it was this weakened resistance which led to COVID causing higher mortality rate in developed countries. Moderation is key to healthy living.

Next season is sustainable living. In a world riddled with threats like global warming curbs on resource usage is required. But the world also has almost a billion poor people who need resources to even attain basic standards of living. Key to sustainable approach is moderation between resource indulgence and resource modification. World has enough for everyone's needs and not enough for even one's

good was what Gandhiji advised too.

Further to truly experience happiness one also needs to experience sorrow. To realise the joy of self indulgence, one needs to experience a period of abstinence too. Science explains this in terms of Dopamine hormone. If we just pleasure ourselves, the brain needs to release more of dopamine to pleasure ourselves further. Hence a cycle of self indulgence and self mortification is needed to control this release of dopamine.

Various thinkers and philosophers has espoused this idea too. The key to happiness according to Buddha is Samayam - the middle path between self indulgence and self mortification. Not only in human life, nature

also gives us example of the middle path.

Evolution in nature happens through succession. This involves repeated cycles of creation - destruction. The nature doesn't self-indulge itself only through creation nor self-mortify through destructive events like earthquake. A balance between two maintains the balance of life in nature.

Further the scope of a balanced approach is also seen as useful in increasingly technology led world. "Too many useful things lead to too many ~~useful~~ useless people" said Marx. Excessive convenience through tech dependence can make oneself lazy and socially inactive. But simultaneously, one cannot isolate technology too if one has to compete in modern world.

The scale of moderation between self-indulgence and mortification is also seen in areas like modern polity and economy. Too much self-indulgence makes a political leader appear lack humility. Too much mortification makes leader appear weak.

Similarly an economy led only by consumption is deprived of capital expenditure for growth. But an economy driven solely by investments also lack consumer industry to drive employment.

Hence an approach which balances self-indulgence and self-moderation can bring greater happiness to life. But one

cannot completely deny the role of extreme approaches too. Though less frequent, there are situations where an extreme approach is also required.

Need for extreme options

A situation that comes into mind is student life. It requires us to dedicate a significant chunk to self-moderation than self-indulgence. The ancient Ashrama system of Indian education where even princes lived ~~like~~ a simple life was based on this.

Further, during times of crisis like wars or disasters, self-modification could be key to survival. One who can live on a

empty stomach can curue the famine the longest.

Self mortification has also been seen as key to knowledge of some of the greatest thinkers. It is said that one needs to suppress ones senses and desires to freely concentrate on meditation and quest for knowledge. From stories of Mahatma Jain to Prophet Muhammed, solitary meditation was key to Remall.

Self indulgence is useful too in some cases. Often at job interviews, one has to self indulge a little too stand out from the competitors. Hence while moderation is key to happiness in general some situations

require self-indulgence and self-justification too. But such extreme approaches are more of an exception than the rule. In general life, developing a middle path is key to happiness. Such a middle path approach could be promoted in society through various ways.

Turning society towards moderation

First of all the education system needs to emphasise on developing the quality of moderation among children. Including teachings like 'Tsine by Mahatma Gandhi' could be done to provide a more ethical and moderate pace to growth and development.

Further parents need to act as role models and promote delay in fulfillment of child's wishes rather than instant gratification. Psychologists like Cook have pointed to such techniques as being efficient in promoting responsibility among children too.

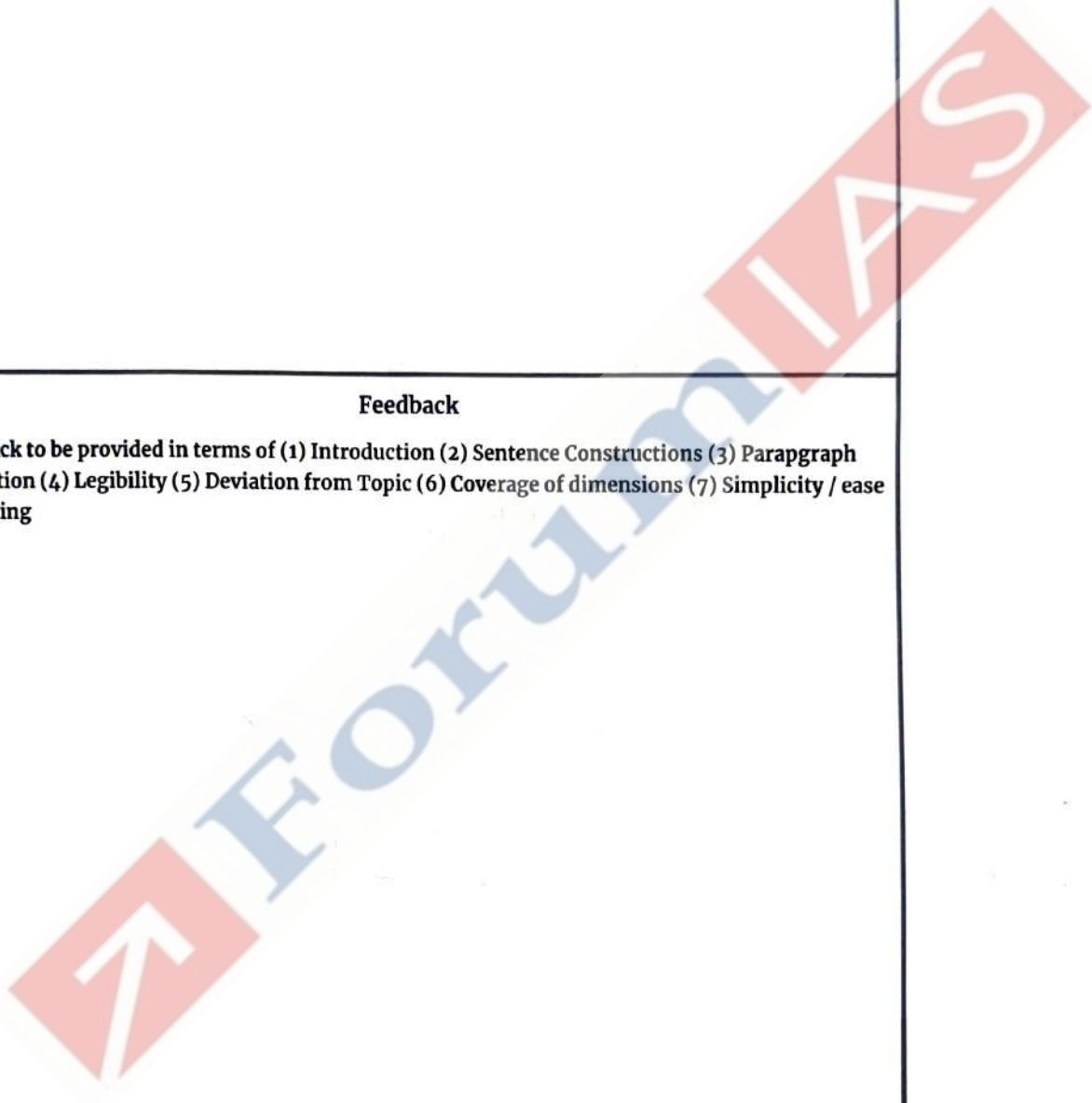
Finally we need a society where instead of self-indulgence we promote and reward one's fulfilling the needs of society. Instead of Forbes releasing a list of 100 richest who self-accumulate wealth, it should release a list of 100 biggest philanthropists in society.

Finally to conclude the essay, the

Words of Swami Vivekananda had great relevance to modern world. He envisaged a world driven by materialism of the west combined with the spiritualism of the east. A world which doesn't blindly chase development at any cost but also does not neglect the needs of the poor sections. A life not only driven by self-indulgence but also not made colourless by self-mortification.

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. Digital minimalism - the path towards solving social media paradox.
डिजिटल न्यूनतावाद - सोशल मीडिया विरोधाभास को हल करने का मार्ग।
2. Big tech - Algorithm without humanity is mental holocaust.
बड़ी तकनीक - मानवता के बिना एल्गोरिदम मानसिक प्रलय है।

BIG TECH - ALGORITHM WITHOUT HUMANITY
IS MENTAL HOLOCAUST

Back in early 2000s when Facebook was started, it was seen as revolutionising the social life of people. In an increasingly fast pace life where staying connected is difficult it provided a solution. One could carry their entire social circle with them in a smart phone. And since humans are social beings, it meant carrying their human existence with them.

Overtime the perils of big tech have been realised. Growth of polarisation in society.

fake news all show that while the technology space grew, but humanity got left behind. This led to increasing levels of depression in society, growing hatred. Big tech without humanity led to mental holocaust.

The essay aims to probe deeper into how technology led by algorithms but devoid of humanity can lead to mental holocaust. But first we need to understand, what does big-tech stands for anyways!

Big Tech: era of digital giants.

Big tech refers to growing influence of large tech companies in our society. whether

they be social media giants like Facebook, Instagram or hardware giants like Apple and Samsung. They are called big because their reach and customer base is global and their influence ever pervasive in our lives.

An example would be Youtube which is today the most popular source of video content. People across the world use it for entertainment, news etc. It can reach such large customer base with minimal cost compared to traditional brick and mortar installations. This it can do with the help of algorithms.

Algorithms in simplest language are steps pretaught to machine. They teach a machine or a program to respond in a

particular way. By using them machines can accomplish many tasks much more efficiently compared to manual labour.

To understand let us take the example of news sourcing. Traditionally, ground reporters used to collect the news reporter, a person in news office would frame that news article and then another would deliver it. But using Twitter, algorithms can now scan the platform for tweets, select the appropriate ones and deliver them to user. It makes the entire process streamlined.

Hence there is efficiency in algorithms and big tech. But is efficiency everything. In recent times, experts have pointed out that while algorithms replace humans, they

lack humanity and this a mental hobocaut. This argument can be seen through following arguments:

Big Tech without Humanity
- Mental hobocaut -

The foremost way by which algorithm lack humanity is how to select course of action. So while the algorithm may select what you would want to know, it doesn't tell what you should know. Traditional news channels atleast pretend to be balanced. Algorithms just feed one with content that reinforces ones views. This is called Echochambers. By providing one type of content, it reinforces peoples bias leading to increasing polarisation and hate in society. preventing sort of mental epilepsy in society.

Such impacts of dig tech can be seen in politics too. While algorithms can be used to reach larger support base, it can also be used to misdirect people too. Algorithms chase trends. It can be misdirected by artificially trending things. Russia used such tactics to influence US presidential elections.

Further since big tech is replacing human labour, it further causes distress in form of unemployment, feeling of worthlessness etc. While self driving cars could be less accident prone, they almost permanently destroy the life of driver they just replaced. By lacking human compassion towards people's needs for job security, big tech is a mental hazard.

Moreover, by increasing access to information it also increases the tendency to compare oneself to others in society. This leads to issues like Body Dysmorphic (body insecurity), feeling of restlessness and cause for increasing depression among the youth nowadays.

The impact of ~~children~~ big tech is more acute on children. Algorithms lack the sense of responsibility humans have while exposing things to children. The result is growth of child pornography, bullying on social platforms etc. The 'Boys locker Room' case few years back where teenage boys made a social media group to discuss fellow classmate in a very derogatory tone is a case

an point.

The impact on children can be seen in the area of tele-education too. While online platforms can deliver syllabus related content to children, can they teach human values like discipline, honesty taught in classrooms by teachers. Roosevelt pointed out how education without morals turn people into a menace for society. Education driven by algorithm but lacking humanity seem to be pushing such ~~men~~ menace upon us.

Further algorithms are trained by data and carry the bias which is there in data. Hence algorithms led big tech initiatives carry stereotype

(like carrying racial stereotypes. Example could be automatic image processing based surveillance system identifying higher number of Black community members as offenders.

Hence we can see that while big tech led by algorithms is the future, without humanity it can lead to mental holocaust. But we cannot unilaterally say that algorithms and big tech have only been a disaster for mental health. There have been benefits too.

Forermost is e-counselling. Your search engine can today gauge if you're unhappy and showing suicidal tendencies.

It can also direct one to anti-suicide helplines etc.

Similarly for networks, digital space seem like a much more safer space for interactions. Tech revolution has also led to social cause movements for neglected sections like minorities, gays etc.

Also algorithms devoid of humanity are also less harsh towards sections which are usually vilified in society. Criminal tribes have always been chastised in India. But internet today provides them a platform to present their unique talents without reprisals.

Hence big tech is like a double edged sword. It can be both useful or harmful. The above discussion has shown us why we need to make it more humane to make it more beneficial. This could be done in following manner.

First is we need global cooperation in developing guidelines for more humane usage of big tech. The recently developed Bresidro principles by World Economic Forum for humane use of blockchain technology is an example of this.

Further, algorithm needs to be tuned to make them more responsible in handling children. Use of child filters, filtering content harmful to child's development is important in this regard.

Further, active initiatives to make the data used to train algorithms more inclusive need to be undertaken. The tech giant companies hold a key responsibility in this. We need a world where chatbots can interact like humans but humans do not become chatbots devoid of law for others.

To conclude the essay, the words that "Technology is a useful

servant but not a useful master"

reconcile with us. While algorithms can help make life convenient for us, it

should not replace the human touch. It should not be allowed to overpower us.

This can be done if each and everyone of us start using tech as means to development of human society as a whole rather than just personal ends.

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

Neither a life of self-indulgence nor one of self-mortification

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Question No
प्रश्न संख्या

UPSC happiness

For
Practice
Use Only
प्रश्न संख्या
दिनांक

(i) → Why need balance. (ii) → why sometimes extreme.

(iii) How to maintain balance (iv) → way forward.

- Buddha.

- Gandhi's

- Aristotle.

Info: Person lived both lives. Sage and asked.

→ food back bite, riches, sorrow happiness.

self indulgence - self mortification

- excessive indulgence

- satisfying the senses

- random wild fast

Consumption - ~~force~~ ^{force} ~~im~~.

- excessive indulgence often at cost of bodily harm, controlling all urges.

Why balance: (i) health. (ii) sustainable development (Nad wants - Gandhi)

(iii) Need one to employ other (iv) philosophy (v) scientific discipline.

(vi) nature (vii) politics. (viii) technology. (ix) reduce stress (x) freedom mov.

(xi) Economy

Why extremes: (i) education (astronomy system) (ii) CSR times (cor etc).

(iii) job intensity.

→ Sunday

Has to promote: Gandhi's, parenthood, Policy making (reduce inequality) → wealth tax.

Rob models change (forces)

Boltonham Young → global family.

Bigtech: algorithm without humanity is mental lobcaust.

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UPSC

For Practice Use Only

(Q.5)

What is Bigtech, algorithm made in? How it is causing mental lobcaust, what is mental lobcaust? How by taking away mental lobcaust? How to get best output?

Introduction: Facebook. → Boys locker room, trolling

What is Bigtech: rise of tech giant companies, greater role social media - twitter,

Amazon, Youtube → algorithm (social video store).

Humanity: human touch, collection, responsibility, remorse, societal values

They are making us: (i) what you want to see, what should news.

(i) Manipulate karo
Police - Cambridge

(ii) Access but competition - body dysmorphism
like - Archduke China.

(iv) Children Boys locker room.

(v) Health. (vi) Social bias in there.

(vii) Keeping ps - but kya kar sakte, (viii) Edu - tele. edu but ds upland, Social int - AI chatbot & quote

Fayde:

Social causes, identify social tendencies, who wants, better treatments, COVID chatbot - info garathataya.

To kya karain:

(i) Presche principles (ii) Children filter (iii) FB Congress no class

(iv) people awareness. (v) narrow bias