

U.P.S.C.

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प्रश्न संख्या
(Question No.)

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Name :- HARDIK CHANDEL

Roll No :- 1910060145

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Essay 1

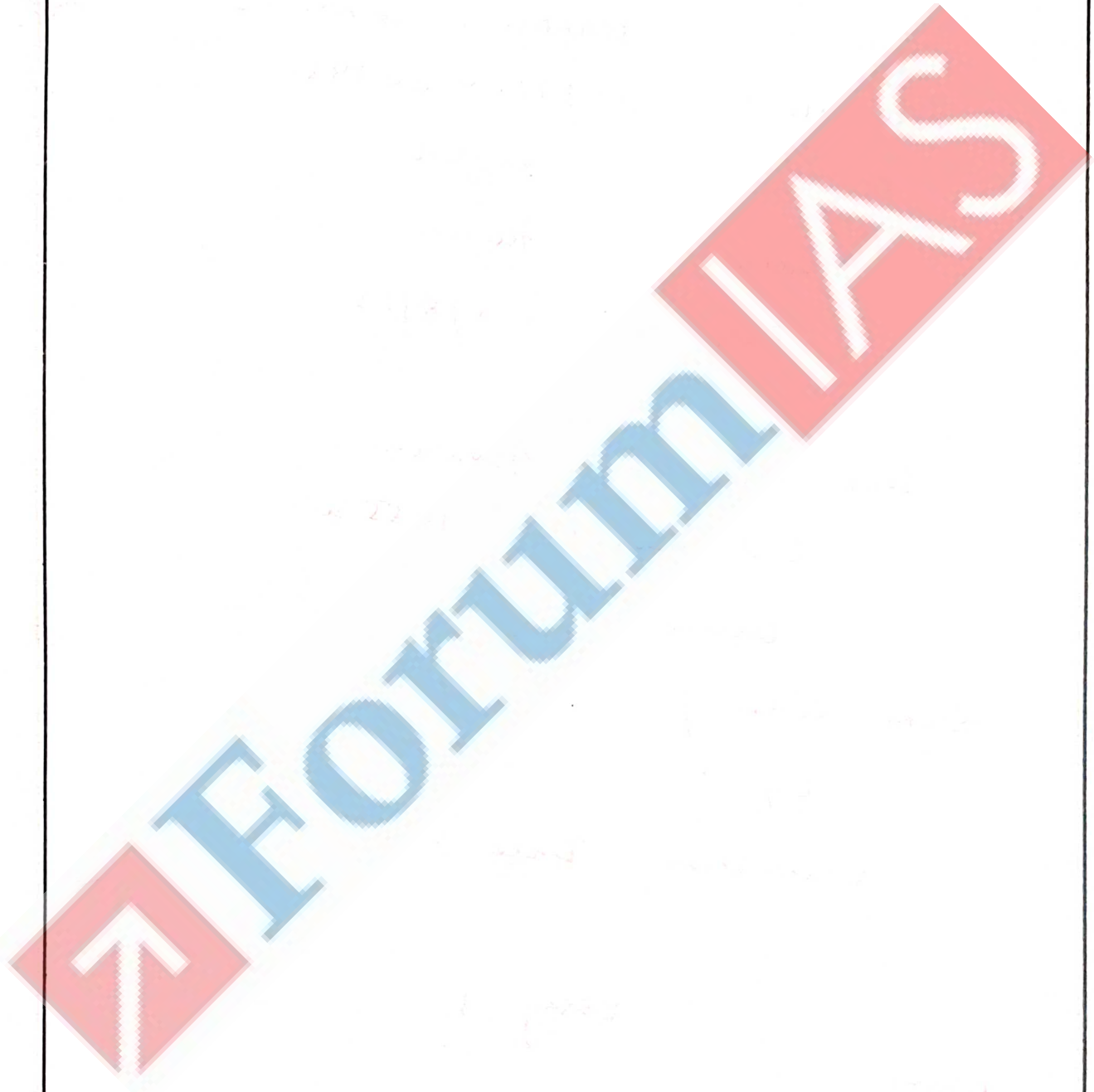
Essay 2

Total

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Remarks



HE WHO HAS A WHY TO LIVE FOR,
CAN BEAR ALMOST ANY HOW

Just days before the 2011 Cricketer World Cup, Yuvraj Singh felt realized that there was something unusual about his body. He was coughing out blood and had symptoms of cancer. Even during matches, he had to suffer a lot of pain. However, he realized that he was an important component of the Indian team. This could probably be Sachin's last world cup and golden chance for team India to win it for the country. Through pain, suffering and sacrifice, Yuvraj Singh persevered. In the end, India not only won the world cup, but Yuvraj emerged as Man of the tournament. Maybe because his why was too strong.

In this essay, we shall explore why a "why" matters, walk through lanes of different examples, how a "how" helps one succeed. On the flip side, we shall also see what happens when the "why" is perverted and the "how" is compromised.

A strong "why" is the reason behind the pursuance of a particular task amidst different challenges. It keeps a person determined towards a goal, overcoming all odds. Thousands of years ago, early man went out for a hunt in a very hostile surroundings, just with some primitive tools. But his why of providing food for himself and those he loved was a strong

enough reason .

A why to live for can also be
driven by human endeavour to prove
his mettle to the world . Arundina

sonha , having lost her legs in
a train accident , became the first
double amputee to scale mount
everest , serving as inspiration for
many .

Sometimes , a why to live for is
driven for larger public good . Driven
by ideals of humanism , rationality
and compassion , Rohwar Chandra

Vidyasagar dedicated his life for
the upliftment of widows . He
had to face ostracization from the
community which was patrarchial .

But he did not relent and was
instrumental in the passage of
widow remarriage act .

A "why" often involves strong unwavering belief in the cause. For a civil servant, dedication to public service can help him overcome fear or intimidation or resource crunch. Abhishankh Dama, a manipur cadre IAS officer built a 40 km road connecting manipur through innovative methods like crowdfunding via his facebook page. Because the "why" was nobel people came out to help in whatever way they could.

There are times when we feel that the task is too difficult. Our motivation varies and we start developing self doubt. However, a why to live for acts as a beacon of hope and light, as it constantly directs directing us to

Keep moving, even when faced with daunting circumstances. The story of development of India's space programme is a case in point. India was reeling under several challenges in 1960's - 70's and the world believed that India was too poor to develop a space programme. Amidst the resource crunch, lack of trust by other countries, Vikram Sarabhai led to a team of young space enthusiasts who were mainly driven by a "why" of national development. And the result is felt today in almost all sectors of our lives, with space technology making lives simpler.

A story why gives us the courage to turn challenges into opportunities. Looking at our self.

belief, determination, we are often
able to find like united people
ready to contribute to the
cause. Mahatma Gandhi, through
his unwavering "why" of Swaraj
and "Satyagraha" led the largest
ever non-violent mass movement
for Indian independence and succeeded.
He had to face extreme resistance,
was jailed, but he was willing
to bear almost any how for the
cause he believed in. Similarly
he undertook fasts against separate
electorates for Dalits, for Hindu-
Muslim unity because of his "why"
of oneness of humanity.

Being almost anyhow involves overcoming
fear or
external pressure. But a strong

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"why" gives us the courage to turn challenges into opportunities. We are able to overcome cognitive dissonance and put all our energy towards achievement of the goal. If we are able to inspire others to join in then it's good, however a person driven by a strong "why" is charged enough to achieve the endgoal even if he has to do it all alone.

However, we must keep in mind that if our methods of achievements of our goal (our why) is perverted, we will have to face repercussions. Compromising upon means to achieve ends leads us towards satanic tendencies. For example, cheating to pass an exam may lead to

desired output of passing the exam,
but it does not help to enhance
personality, which is the ultimate
aim of learning. Also, if
caught, there could be a proportionate
punishment.

Lying can often lead to breach
of trust and impact near and
dear ones, even if done so
for immediate gains. Truth can
be hidden, but it cannot be
suppressed for long.

Moreover, a "why" to live for
when driven by negative emotions
like hatred can lead to
disastrous consequences. For example,
Hitler, driven by irrational hatred
against Jews was responsible for

Some of the most horrific crimes
in human history

A why driven by "lust", can lead
to delinquent behaviour amongst people
leading to crimes like rapes, voyeurism
hampering dignity and privacy of
others

In the political sphere, political parties
personalities driven by a "why" of
greed and materialism engage in horse
trading (defections), breaking the trust
of the very people who elected them

In the field of economics, following
the sin of "wealth without work" can
lead to practices of insider trading,
causing volatility in markets, even
violating the strict laws.

In the international sphere, Global

countries driven by the ^{why of} lust
for power infringe on sovereignty
and territorial integrity of other
nations as done by China in
the "south China" sea

To conclude, finding the right
reason is to guide us is very
important. Gandhian Talisman of
keeping in mind the interest of
"poor person" before undertaking
any self centred task serves as
a pathway

Immanuel Kant's categorical imperative
of respecting human dignity and
not using someone as means to
an end also serves as an
ethical guide to morally justified
action. Using the right values

not only leads to peace within,
but also harmony with others.

At the global level, the ideals
of Varadharma Kutumbhumi (world is
one family) inspires the belief of
one earth, one family having one
future to determine the right
"why".

with respect to the path followed or
the "how" part, following the
principles of peace, co-operation, openness
and dialogue ensures that will
of few is not imposed on others.

The story of Juray Singh, his
why and how today inspires millions
of people across the world, to
not to give up and to put up
a brave fight against adverse
circumstance

In the words of former Prime
minister Atal Bihari Vajpayee

"Haar nahi manunga, haar nahi tharunga
kaal ke kapaal par lekhta
mitata hoon, geel naya gata hoon"

[Translation - I shall ~~not give up~~,
even in gravest of challenges
I shall face the adversity
head on, I shall
~~adapt~~ and ~~improve~~]

A MIND THAT IS STRETCHED BY A
NEW EXPERIENCE CAN NEVER GO BACK
TO ITS OLD DIMENSIONS

In the movie Swades, Shah Rukh
Khan plays a character who works
for NASA. He comes to India
for a trip to a village. He
soon discovers the new experience
of living in harmony with nature,
the simplicity of people of the village,
the value for money that people
have, the bonding that they
have amongst each other. These
values were in sharp contrast to
the fast paced, individualistic, materialistic
life that he lived in the USA.

When he goes back to the USA, he
is constantly reminded of his experiences
of the village. He feels that

his knowledge could be used for
much larger good, making lives of
people of the village simple & easier.
He decides to return to India
at the end of the movie, driven
by the love for his Swadesh
(own country)

In this essay, we shall explore
how a new experience stretches
our mind toward new dimensions,
the sources of new experiences, how
they are prevalent in different spheres
of life. We shall also assess
why a mind does not
want to go back or if there
are some cases where the
new experience does not really
change our initial assumptions

According to "John Locke" the human mind is "Tabula Rasa" that is, we keep learning from our experiences. Initially, we have a limited point of view, ~~to~~ a child has a blank slate which is written upon by new experiences and its learnings.

In childhood, family teaches the value of sharing and caaring. The next time a child has something, he thinks of his family or as well. In family, the values of gender equality are focused upon, be it patrcarchy or gender equality shapes a child's worldview towards the opposite sex and the society. In future, he/she might be taught that patrcarchy is violative of rights and opprobria of women, but it is extremely difficult to change.

In school, the education that we gain exposes us to the idea of equality, importance of merit, teamwork and the focus is upon holistic development of personality. These values form the core of our belief and our approach toward the world. However, experiences like bullying, favouritism, and realizing unequal talents lead to feeling of subordination at since early stages of life which and it becomes difficult to go back to old dimensions.

In Adolescence, we spend much of our time with peer group. A mind shaped by experience like casterni, rausni is often shaped our worldview. The idea of FOMO (fear of missing out) leads

us to trying new games, drugs
exposing us to new experiences. Lack
of proper guidance and counselling can
take away innocence and the
mind can never go back to its
old dimensions

By new experience, we feel different
emotions. Emotion of pleasure,
thrill, excitement like winning a
contest or achieving success in some
field leads to release of dopamine
we are bound to do the same
thing again since the mind does
not assess that particular situation
from the position of neutrality
anymore. We develop a favourable
outlook towards it and
our mind can never go back to
its old dimensions

Similarly, a new experience that leads to a feeling of failure, pain, suffering or negative any other negative emotion leads to aversion towards that experience.

for example, touching a hot object leads to burning sensation and the mind registers it. the next time, we make sure that we do not repeat the old mistake.

If the field of technology leads to feeling of comfort or makes our life simpler, our minds accept the new experience whole heartedly.

for example:- Internet has become a necessity today, & a part of human right and we cannot imagine going back to internet free era!

In the field of ^{governance} politics, the idea of deliberation and discussion has made people realize the power of "one vote, one value" that they yield. Struck by this new experience of citizen centric governance societies are moving away from this form of governance. For example, Taiwan does not want to get re-integrated with China since its values are freedom and mode of living.

In the field of economics, capitalism and open markets have proved to be a more successful idea of running the country. A case in point, India witnessed rapid growth after 1991 reforms of 1991 and cannot think of possibly moving towards the license permit raj again!

However, newer ideas are often misused for favouring few over altruistic interests. For example, in the field of politics the idea of misuse of office of governor has been revisited by several governments to murder the spirit of federalism. Similarly, political defections have become quite common across government in democracy.

~~Some~~ likewise, power dominated view of state international relations have often led to countries resorting to arms race in security doctrines despite being exposed the new ideas of co-operation through multi-lateral institutions.

Sometimes, our beliefs are so rigid that despite

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being exposed to alternate point of view, we do not expand our horizons. For example, conservative societies disapprove of homosexuality; values of love in relationships, core values like religion, marriage, sexuality take time to change due to resistance from established norms.

the notion of going back to old dimensions is sometimes determined by our learnings from our own experiences or learning from experiences of others. For example, a young boy might observe the negative repercussions that drugs have on an individual, so his relationship in the long run and never try it again.

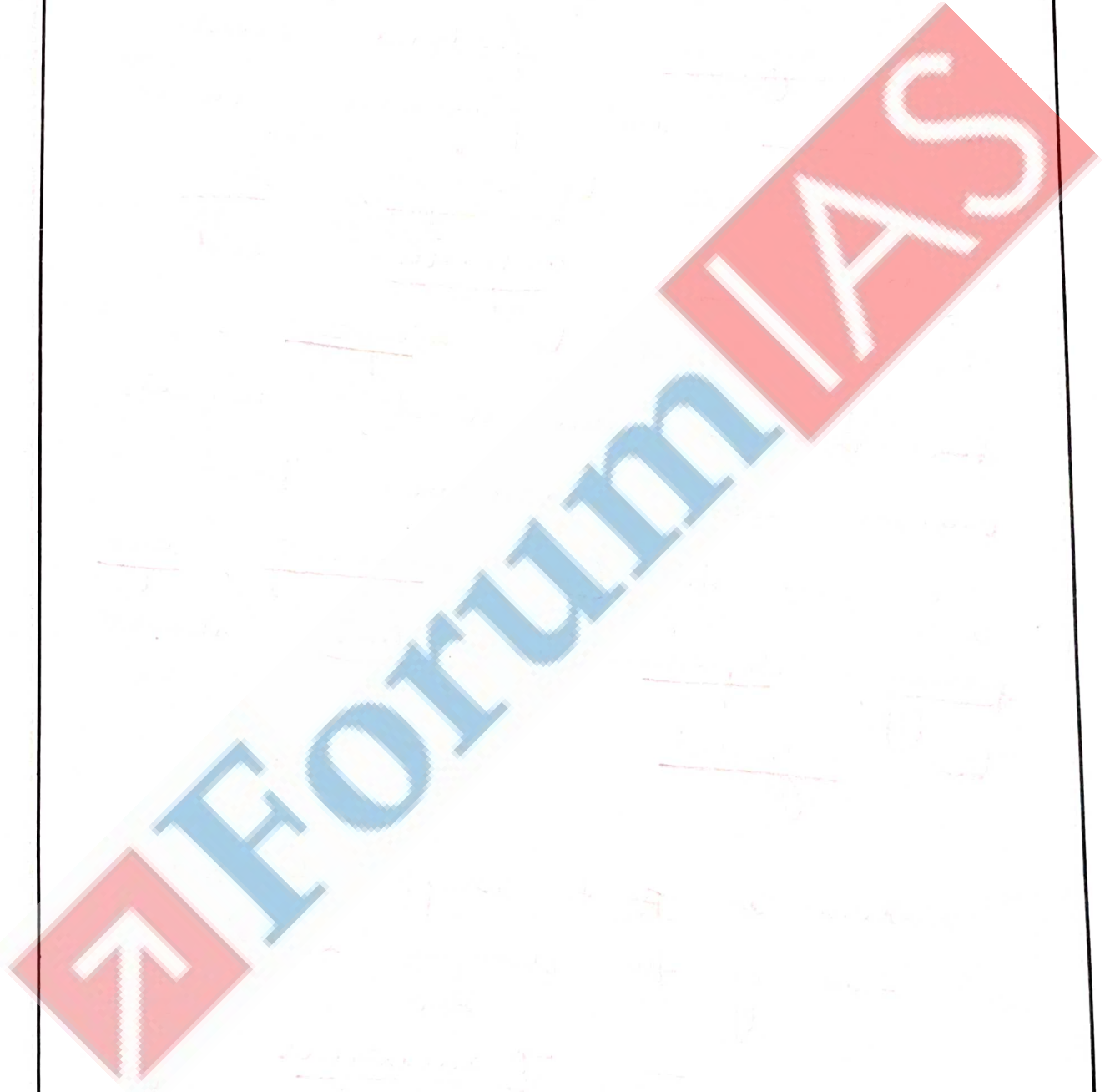
Thus, the idea of absorbing new experiences or going back to old ways depends entirely upon the qualitative difference to the life of individual / society that the new experience brings. It also depends upon if there is societal acceptance and how long the individual is willing to relent or how much energy he is willing to put in persuasion efforts.

Our moral compass, through judging by the law of our being (conscience) and ability to indulge in reasoning, rationality and to balance will determine the amalgamation of old and new ways of life.

Reason indicates that values should be and experience should be assessed with respect to positive and negative, feedback should be taken and progressive values that promote brotherhood, love, empathy, care, compassion and harmony should be accepted.
Similarly on the other hand, negative emotion evoking experiences that give rise to fear, insecurity, ego, jealousy, depression and lust should be neglected.

"Wisdom is to adapt to the
turn of the changing world
— Thiruvalluvar
(Tamil Saint)

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what when why how where

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Rough

Historically → early man → provide food to his family
 → hunt dangerous animals

Gandhi → hinder - modern world
 → hunger strikes (lost weight but still)

Space → ISRO → use resources (Satish Dhawan)
 Nuclear weapons → cycle → transport rocket

India → NAM → not take sides amidst pressure

② in this way --

① Ambani → very young boy → cancer → spiky blood
 → wanted to win world cup (cancer & Sachin)
 → important all records for the team

He who has a why to live for,
 can bear almost any how

Resilience → will → determination → overcome odds } health of the reason why you started

Why has to be strong → emotional attachment
 → belief in the cause larger than himself

Student teacher - civil service

④ Civil servant (Yashwantrao Chavan) → public service
 → overcome resource crunch

Ambedkar → uplift dalits → faced resistance
 Ishwar Chandra Vidya Sagar → widow-worship

to merge with less

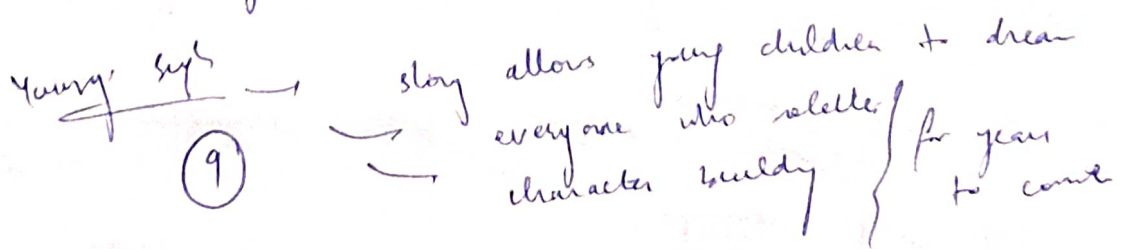
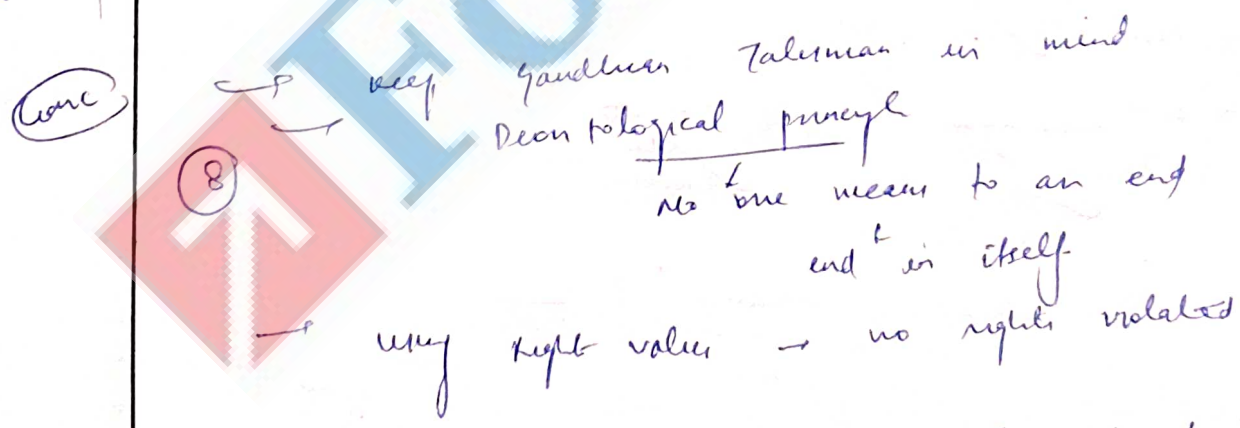
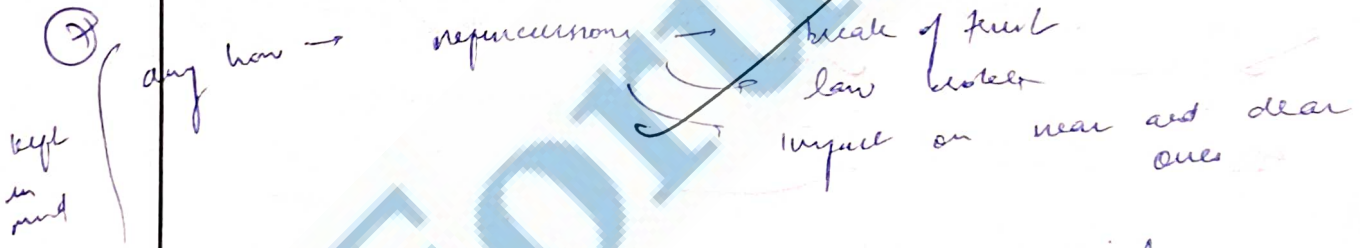
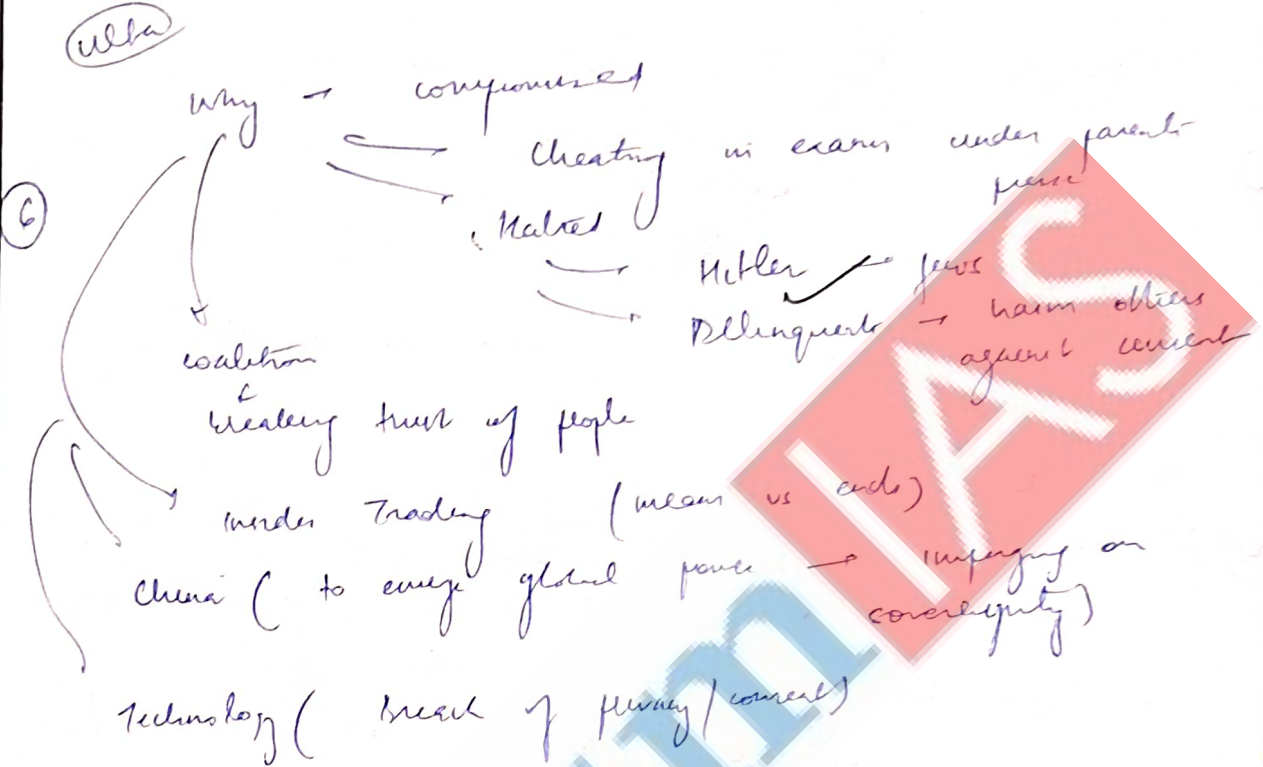
discipline + motivation because of why
 → challenges into opportunities
 → regular practice
 → alone or together } judges like light

innovate through hardwork, self doubt, fear, uncertainty } overcome cognitive dissonance
 → gives hope, courage

mobilize support → Enroll other into one's vision

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(rough)



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Handwritten notes in a circle: "Rudri", "Ramesh", "Soni", "IR".

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polity → ^{democracy} / ^{सहस्रिकता} **Rough**
→ ^{governance} / ^{नियंत्रण} / ^{coalition} / ^{अनु} / ^{अपेक्षा}

Economics → opening up of economy → benefits did not go back
tech → ^{use} / ^{whatapp} → how easy it is

Indira → Swades → \$ 50K works / ^{earn} / ^{visit} a village in India → how his knowledge used for large people
→ simplicity, value for money, hardy → ^{Go back}

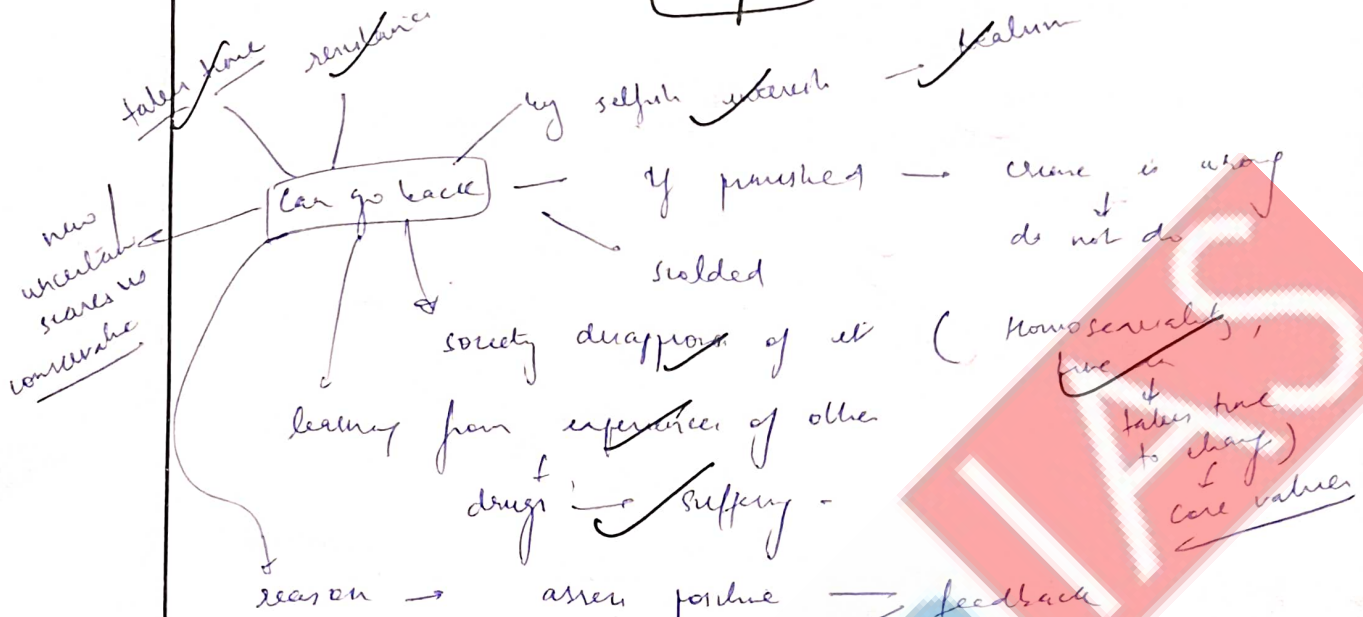
A mind that is stretched by a new experience can never go back to its old dimensions
(I still keep thinking about it)

Child → adolescent → adult
John Locke → mind is ^{tabula} / ^{blank} / ^{slate} / ^{has} a ^{key} / ^{learning} from ^{our} / ^{experience}
limited earlier → certain way of ^{thinking} (limited worldviews)
school / ^{equality} / ^{market} → ^{thinker} of it / ^{taught} by ^{family} → share with ^{siblings} / ^{needs} / ^{these} / ^{thinker} of it
Peer → ^{is} / ^{new} / ^{game} → ^{thinker} of it
Media → ^{into} / ^{politically} / ^{aware} → ^{thinker} of it

expanding dimension → pleasure / thrill / excitement
→ **experience** → ^{facilitate} / ^{new} / ^{get} / ^{peer} / ^{suffering}
↳ ^{unbroken} / ^{condition} / ^{not} / ^{touching} / ^{not} / ^{surface}

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(Rough)



Can go back or acceptance — depends upon change in life that is brought

social acceptance

promote values or suppress

will last would not

conscience — law of our being

— day something actually worth doing that is