RCA-JMI

TEST CODE	8	1	0	4	0	2

ForumIAS

Time Allowed : 3 Hours
समय : 3 घंटे

Maximum Marks : 250
अधिकतम अंक : 250

ESSAY / निबंध

Name Of Candidate परीक्षार्थी का नाम	A.R. Rajah		
Roll No./अनुक्रमांक	1910118881	Medium/माध्यम	English ✓ हिंदी ☐
Center Code/परीक्षा केंद्र		Date/दिनांक	12/8/2025

*Center Code : For Online – 1900 / Delhi : Karol bagh – 1901, ORN - 1902, Mukharji Nagar - 1903 / Patna : Boring Rd. – 2001 / Hyderabad : Jawahar Nagar - 2101

INDEX TABLE / अनुक्रमणिका			INSTRUCTION / अनुदेश
Q. No. प्र.सं.	Max. Marks अधिकतम अंक	Marks Obtained प्राप्तांक	

INDEX TABLE / अनुक्रमणिका

Q. No. प्र.सं.	Max. Marks अधिकतम अंक	Marks Obtained प्राप्तांक
Q.1		
Q.2		
Total Marks/कुल अंक		

Remarks/टिप्पणी :

INSTRUCTION / अनुदेश

1. Please do furnish Name, Email, Roll No and Mobile in the answer sheet.
कृपया उत्तर–पुस्तिका में नाम, ईमेल, रोल नंबर और मोबाइल नंबर भरें।

2. Write **two** essays, choosing **one** topic from each of the following Section A and B in about 1000 - 1200 words each.
खण्ड A व B प्रत्येक में से **एक** विषय चुनकर **दो** निबंध लिखिए, जो प्रत्येक लगभग 1000 – 1200 शब्दों का हो।

3. The number of marks carried by a question/part is indicated against it.
एक प्रश्न / भाग द्वारा किए गए अंकों की संख्या इसके सामने इंगित की गई है।

4. 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.
उत्तर प्रवेश पत्र में अधिकृत माध्यम में लिखे जाने चाहिए, जो कि दिए गए स्थान में इस प्रश्न–सह–उत्तर (क्यूसीए) पुस्तिका के कवर पर स्पष्ट रूप से लिखा जाना चाहिए।

5. Word limit in questions, if specified, should be adhered to.
प्रश्नों में शब्द सीमा, यदि निर्दिष्ट हो, का पालन किया जाना चाहिए।

6. Any page or portion of the page left blank in the Question-Cum Answer Booklet must be clearly Struck off.
प्रश्न–सह–उत्तर पुस्तिका में खाली छोड़ा गया कोई भी पृष्ठ या पृष्ठ का भाग स्पष्ट रूप से काट दिया जाना चाहिए।

For Student Only / केवल परीक्षार्थी प्रयोग हेतु

Start Time/प्रारंभ करने का समय :	End Time/समाप्त करने का समय :
9:00 am	12:00 pm.
Mode Of Examination/ परीक्षा की विधि :	Online/ऑनलाइन ☐ Offline/ऑफलाइन ✓

For Office Use Only / केवल कार्यालय प्रयोग हेतु

ECN CODE/ ईसीएन कोड :	EG/ईजी : ① ② ③ ④ ⑤	Evaluation Date/ मूल्यांकन तिथि :

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MARKING SCHEME

Parameter/ criteria	Aspects Considered	Marks Allotted	Essay 1	Essay 2
Basic Format	Introduction	10		
	Body	15		
	Conclusion	10		
Content	Topic interpretation	10		
	Quotations and ideas	10		
	Analytical skills	10		
Organization	Flow of ideas	10		
	Absence of deviation	10		
	Ease of reading	10		
Language skills	Language and sentence construction	10		
	Grammar and spelling	10		
Examiner's discretion	perception/ innovation/ engaging	10		

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

SECTION – A

1. True leadership lies in serving not ruling.

   सच्चा नेतृत्व शासन करने में नहीं, बल्कि सेवा करने में निहित है।

2. Democracy is not just the right to vote, it is the right to live in dignity.

   लोकतंत्र सिर्फ मतदान का अधिकार नहीं है, यह सम्मानपूर्वक जीने का अधिकार है।

3. Growing regional aspirations and demand for greater autonomy: A challenge to Indian federalism.

   बढ़ती क्षेत्रीय आकांक्षाएं और अधिक स्वायत्तता की मांग: भारतीय संघवाद के लिए एक चुनौती।

4. The ballot is stronger than the bullet.

   मतपत्र गोली से अधिक शक्तिशाली है।

True Leadership lies in serving, not ruling

One of the foremost flagship schemes that defined the governance of 21st century India was the Swachh Bharat scheme. this scheme's implementation across the country was spearheaded by Mr. Parameshwaran Iyer I.A.S., who served in his capacity as a Secretary of a Central ministry. One important aspect of the

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mission was the construction of a pit-system for collecting the human waste for composting. There was initial reluctance on the minds of the people, who were new to the concept of self-cleaning the pits. Mr. Iyer, showing the colours of his true personality and leadership, set an example for the people by jumping into the pit and cleaning the compost waste. This act of 'service' was photographed and published widely, promptly nudging the people to clean their compost pits.

The above anecdote showcases quite a few interesting things. Firstly, it shows how Mr. Iyer had a thirst for service and was fully focused on the effective implementation of a welfare scheme. Secondly, it also

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shows how his service mentality; fostered the true definition of leadership, influencing people towards a path of good character and well-being. He did not merely 'rule' and delegate work to his subordinates.

One can thus safely conclude that a true leader is all about service, and not about ruling. Serving the needs of the people is what comes foremost on the duties of a leader. This primarily stems from the legitimacy of a leader's position. The Lincolnian dictum " of the people, for the people, by the people " shows the entrustment of power to the leader's hands, with public legitimacy. Thus, leaders owe their service to the people who choose them.

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Now, one begins to wonder: is leadership always done on the principles of servitude? The honest answer would be in the negative. More often than not, people have suffered in the hands of apathetic leaders. The historical evidence of monarchy is a testimony to this fact. The legend of Spartacus talks in detail about the slave system of the Roman empire. The Roman monarchs acted merely as gate-keepers of power, pushing out servitude and people's welfare. The popular epic of 'Nero's fiddle',

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where the Roman monarch Nero played his fiddle while Rome burned, is an embodiment of a ruling mindset.

Leadership was also seen as a pertinent tool to wield power. Power was used to merely rule the people and also to continue staying in power. Machiavelli's book 'The Prince' talks about meaningful deceit of the people to stay in power. This ruse to legitimise leadership goes against the tenets of serving the people.

Take the care of Nazi Germany. Hitler and his propaganda chief Goebbels used their leadership to influence the people against a particular race. This form of leadership is all about setting up the narrative and mere ruling. There is no place for

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service in a Fascist regime.

After painting this dire picture of immoral leadership, one puts forward the next pertinent question: why should leadership be all about service? Chanakya, the famous Indian political thinker writes in detail about this in his political magnum opus, 'Arthashastra'. Among the various enlisted functions of a king, the foremost is of taking care of his citizens as children. This encompasses the idea of serving the population as a true sign of a good leader.

Similar arguments can be seen in the 'Social contract' theory put forth by Hobbes and Locke. The legitimacy of a leader's

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power is based of on a contract with the citizens to serve them with equitable justice. Any deviation from this contract would lead to crumbling of leaderships. Marie Antoinette's proclamation of "Eat Cake" was truly a sign of a bad leader, not focused on service.

Mahatma Gandhi was a true embodiment of the word 'service' He was projected as the leader of a diverse group: the harijans claimed him as theirs, the working class rallied around him and the elite gelled in with his barrister background. In short he was a collective 'Bapu' for all. This leadership role rose from his mindset of service, equitably reaching all the various groups of citizens.

True leadership is therefore all about gaining the trust of the people by serving them. Modern day democratic regimes are regularly punctuated with elections. These elections are merely exercises in trust, reinforced by how the politicians served the people. In essence, it mirrors the 'trusteeship principle' of Gandhi, by swapping wealth with leadership.

One now focuses on the various necessities of having a good leadership based on service. The foremost necessity would be the smooth operation of any organisation. In the corporate sector, the Chief Executive Officers

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(Don't Write anything
in this Area/ इस स्थान
पर कुछ न लिखें)

and the board members form the
leaders of the organisation. Instead
of maintaining an alienating position,
they should act to serve the
interests of the employees.
Ratan Tata, founder of the Tata
group of companies, is worth a
mention here. His CSR activities
were exercises in proper ethical
service, thus making him a good
leader.

Another necessity would be
in the sector of public governance.
Civil servants should follow the
foot steps of officers like Mr. Iyer
and become Karmayogis in serving
the public and dishing out
citizen centric governance.

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There are however quite a few challenges in achieving this service mindset. The foremost is the prevalent culture of corruption that derails even the most honest officers. Recent case of malpractice in the Civil services examination and the subsequent dismissal of officer Pooja Khedkar showcases how service is the last thing on their minds.

Similar examples of unfair termination of employees during the COVID Pandmeic showed the apathy of corporate leadership. This again highlights a profit centric leadership, rather than a service minded one.

A number of steps should be taken in this regard. Primarily, the dictum of "with great power comes great responsibility" popularised in movies, should be put to practicality. Values of openness and transparency should essentialy dictate leadership, fostering servitude". The recent example of having an open seating plan in Kartavya Bhawan, the new secreteriat building, is a step in this direction.

Similarly, the nation as such should move towards becoming a leader of service. India has rose to become the leader of global south. this

leadership came with the various services provided to other countries, like 'Vaccine Maitri' programme. Thus, even countries can become true global leaders by inculcating values of service.

To summarise, one takes back a simple formula: serve the people around you in your fullest capacity, and raise to become leaders of tomorrow. For, what else can be more important in life than serving people who need them? Gandhi fantastically brings out the essence in his quote,

" Lose yourself in the service of others"

SECTION – B

1. The great aim of education is not knowledge but action.

   शिक्षा का महान उद्देश्य ज्ञान नहीं बल्कि कर्म है।

2. The global south must redefine development through cooperation and justice.

   वैश्विक दक्षिण को सहयोग और न्याय के माध्यम से विकास को पुनः परिभाषित करना होगा।

3. There is no health without mental health.

   मानसिक स्वास्थ्य के बिना स्वास्थ्य संभव नहीं है।

4. If a free society cannot help the many who are poor, it cannot save the few who are rich.

   यदि एक स्वतंत्र समाज अधिकांश निर्धनों की मदद नहीं कर सकता, तो वह कुछ धनवानों को भी नहीं बचा सकता।

There is no health without mental health

A few years back, the collective lives of all the people on earth was shook. The unprecedented arrival of a global pandemic was a numbing effect on all humans. However, it is interesting to note that the pandemic brought to light a number of problems that hardly get time and space for

debate. One such problem was 'mental health issues'. The pandemic saw a stark increase in mental health problems like depression, isolationism and many more. Even though their presence has been a silent one for centuries, the pandemic threw a spotlight on this issue. This opened up a much needed space for discussion and debate on mental health.

Now, one opens up the question: what is mental health? Is it a tangible sense of well being like physical health? Does its impediment lead to significant effects on the day to day activities of man? The global health governance body, the World Health Organisation, gives a holistic definition of being

healthy. It is defined as a state of 'physical, social and mental well being'.

Mental health does embody the sense of clarity of thought and independence of mind from mental stress. It encompasses clear sync between thoughts and action, ensuring lack of cognitive dissonance. In short, it can be translated to having a peaceful, happy and content mind.

Take for example a man who wakes up in the morning with a smile. He is full of hopes for what his day has in store for him. Greeting his family, he goes to work where

he has a positive time with his co-workers. After coming back from work, he proceeds to spend some quality time with his family and goes to sleep content. He has a sense of fulfillment, thus making sure that he is mentally healthy.

Various religious philosophies have also defined mental health in their own unique ways. Taoism gave the concept of 'Tai chi', which is a practice in mindfullness. Being one with the nature brings out the mental fatigue and replaces it with peace and mental health.

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One also has to note that mental health has an overall bearing towards holistic health. Mental health is foremost necessary for helping the day-to-day activities and functioning of people. The Oscar award winning movie "Silver linings Playbook" showcases how the protagonist's entire functioning is affected by his depression. His life is restored only after finding true love and ensuring that he is mentally healthy.

Mental well-being also fosters a culture of mental health. It is a case of an individual affecting his common space. This is metaphorically similar to how in a bee

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hive, the worker bees are affected by the queen bee. Similarly, the positivity eminating from a single person breeds a healthy mental space for those around him.
For instance, Barack Obama, the former U.S.A. President had a positive work culture. His sense of mental security fostered a office of positivity and mental peace. Thus, mental health helps in eminating tranquility to the third person.

Having discussed the various positives of being mentally healthy, one should also dismantle the various road blocks to achieve mental health. The reasons are sprawling across various sectors and time frame.

As discussed in the beginning, the pandemic brought out a number of issues. This included the curious case of the 'shadow pandemic', where thousands of women were subjected to domestic abuse. This showcases the entrenched patriarchal system of the society. Patriarchy has been the foremost cause of issues like depression in women. Therefore, genedered mental issues are an important challenge to mental health.

The rise of social media is another case of mental health challenge. The movie "The Social Network" takes one into the life of Mr. Zuckerberg and his creation of Facebook. It also

showcases how the creation of a social media site estranges one from his friends, causing mental illness and depression.

The pressures placed by the society is also another impediment. Societal pressure to perform well in life has led to the culture of student suicides in India. Similarly, societal scrutiny into personal lives has accentuated the mental health problems of people battling private issues like infertility.

Society has also known to isolate and chastise people seeking counselling. The stigma that has been met towards mental health patients has been appalling. NITI Aayog's data shows how the

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number of people attending mental counselling is very less, as compared to cases of rising mental health issues.

Socio-economic conditions are another cause of worry. Poverty and hunger are predominant causes of discontentment. Similarly, the prevalence of social injustice towards Dalits has also been a cause for concern. The example of continuing system of 'two tumblers' in Tamil Nadu, shows how mental depression takes hold of the vulnerable population.

Greriatric mental health has also been ignored frequently. The presence of old age homes are testimonies to isolating old people

in depressing conditions, causing mental issues.

The current geopolitical scenario of wars and terrorism, takes a toll on people's minds. Most soldiers who survive war, suffer from shock and post-traumatic stress disorder, leading to significant mental issues. Dictatorial regimes like North Korea, has been curbing the freedom of expression, furthering mental issues.

One has to not loose hope in the bleak scenario painted above. A number of solutions can be taken to ensure mental well being. Corporates should ensure a healthy work culture with proper work-life balance. For instance, the Google work ecosystem consists of frequent

recreation and resting instruments. The presence of <u>nap pods</u>, ensure that the employees get <u>sufficient sleep</u> and mental peace.

Governments should taken upon themselves to finance mental health. The financing of <u>mental health</u> missions is significantly low in India. Similarly, <u>NGOs</u> engagement is necessary for spreading <u>awareness</u> on <u>mental health</u>. <u>Hospital clowns</u>, provided by certain NGOs like <u>Agaram</u>, have known to being <u>smiles</u> on mental health patients who are residing in <u>institutions</u>.

A significant return to <u>nature</u>'s embrace is also a need

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for attaining mental health. Robert Frost, in his famous work "Daffodils" talks about being a wandering cloud. This connect with nature could provide the solution to many mental issues.

To summarise, mental health has to be taken seriously enough by policy makers to be included in executive responsibilities. The society also has to play the role of a nurturing mother, to ensure that people with mental issues are nursed back to health. One has to take a break from the race of life and smile at his neighbour, for who knows, it might make up the neighbour's day, helping him to the path of mental health and recovery.

| There is no health without mental health. |

Anecdote → • COVID-19 pandemic. → highlighted importance of mental health.

Dimensions. {
→ What is mental health.
→ How it is essential to overall well being
→ Causes / challenges to mental health.
↳ Solutions to mental health.

Mental health. → |Asy| ① WHO definition. → Eg!
→ |Asy. 2| → Sense of happiness, tranquility and peace, having positive outlook. → |Taoism| : Tai Chi ...
↳ |Asy. 3| ↳ Religious philosophies. Eg ; philosophy

Overall well being. → (Asy 1) Helps in everyday activities.
↓ Eg': Silver linings Playbook.
Asy ③ . |Asy. 2.| .
↳ Helps in fostering a culture of
→ ⑧ Gender based good mental health
→ ⑦ Geriatric Eg : preventing suicide culture in India.
→ ① Influence of problems. Eg ; Old age homes.
social media.
Challenges → ② Societal pressure → fear of missing out.
↳ ③ Socio-economic welfare x ;
↳ ④ Eminent wars and similar conditions.
⑥ Corporate ⑤ Dictatorial regimes.
culture, work-life balance → Family Personal level (mindfulness Buddha).
Solutions → • Society level → not scrutinising the profile of counselling the
↳ → Nature → Daffodills various national
↳ Governance → health mission.
world ↳ Gender by
corporate.
Eg ; Google's work culture.

Conclusion → • Shall goes along way.

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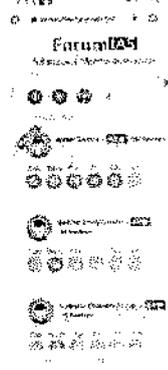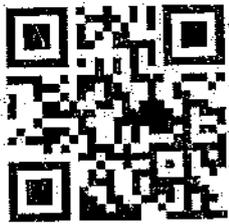
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