

T CODE 8 2 1 3 0 4



MGP 2025

Time Allowed : 3 Hours  
3 घंटे

**ForumIAS**

Maximum Marks : 250  
अधिकतम अंक : 250

**ESSAY / निबंध**

Name Of Candidate आर्थी का नाम	MAIKA SRIVASTAVA		
Roll No./अनुक्रमांक	1510079529	Medium/माध्यम	English <input checked="" type="checkbox"/> हिंदी <input type="checkbox"/>
Center Code/परीक्षा केंद्र		Date/दिनांक	15/08

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	
No. सं.	Max. Marks अधिकतम अंक	Marks Obtained प्राप्तांक	<p>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।</p> <p>2. Write <b>two</b> essays, choosing <b>one</b> 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।</p> <p>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।</p> <p>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।</p> <p>5. Word limit in questions, if specified, should be adhered to. प्रश्नों में शब्द सीमा, यदि निर्दिष्ट हो, का पालन किया जाना चाहिए।</p> <p>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।</p>	
Total Marks/कुल अंक				
Remarks/टिप्पणी :				
<b>For Student Only / केवल परीक्षार्थी प्रयोग हेतु</b>				
Start Time/प्रारंभ करने का समय :			End Time/समाप्त करने का समय :	
2:00 AM			12:00 PM	
Mode Of Examination/ परीक्षा की विधि :			Online/ऑनलाइन <input checked="" type="checkbox"/> Offline/ऑफलाइन <input type="checkbox"/>	
<b>For Office Use Only / केवल कार्यालय प्रयोग हेतु</b>				
ECN CODE/ ईसीएन कोड :		EG/ईजी :		Evaluation Date/ मूल्यांकन तिथि :
		① ② ③ ④ ⑤		

**SECTION - A**

1. A nation of sheep will beget a government of wolves.

भेड़ों का राष्ट्र भेड़ियों की सरकार को जन्म देगा।

2. The best way to predict the future is to create it.

भविष्य का पूर्वानुमान लगाने का सबसे अच्छा तरीका है उसका निर्माण करना।

3. Be not afraid of growing slowly, be afraid only of standing still.

धीरे-धीरे बढ़ने से मत डरो, केवल जड़ता की स्थिति से डरो।

4. The imagination is not a state; it is the human existence itself.

कल्पनाशीलता कोई अवस्था नहीं है; यह स्वयं मानव अस्तित्व है।

BE NOT AFRAID OF GROWING SLOWLY  
BE AFRAID ONLY OF STANDING STILL

Taliban Government is Bringing a New law — Propagation of virtue, Prohibition of vice. This targets curtailing freedom of women to Read and write. In such a scenario, Pashtana Durani, a woman activist has launched a Campaign to educate the girls underground. She says it is better to take gradual steps towards achieving freedom of education, than to stand still. The story shows that it is not about winning or losing but acting towards a better, hopeful future

Similarly, we all know the story of Thomas Edison who failed multiple times before the actual Bulb invention. He was not afraid of the slow growth as he said he found 1000 ways of not doing it but he never stood still.

In this essay, we will try to explore why we should not be afraid of growing slowly and how it leads to positive outcomes. We will also touch upon what happens if we stand still and not move at all. Additionally, we will try to explore few cases where we should rather stand still or act very rapidly to achieve desired results.

In the end, we will try to figure out what leads to fear of growing slowly and how to overcome such fear. Only when the fear of movement is overcome by courage of conviction, things start falling into place like what happened with Thomas Edison and Pashitana Durani.

DON'T FEAR OF GROWING SLOWLY : SLOW AND STEADY  
WINS THE RACE

Historically, the socio religious reforms which followed a Gradualist approach led to transformational changes in society. Hence, when we take small steps towards our goal it culminates into large outcomes. Right to Information as a long drawn struggle to improve governance is a hallmark of such step

Also, slow movements sometimes might not give short term benefits but could be beneficial in long run. As they say, "Success is never final" only time knows the importance of coal which turns into a diamond slowly.

The economic reforms taken by India after independence did not culminate into high per capita income but now as we see India is striving to be the emerging economic powerhouse

And even if we fail when we move slowly, it is entirely normal as "To err is human"

Failures are the Biggest Teachers of life. India saw a failure during 1962 war by trusting china or intelligence failure during 26/11 attacks. But it has led to significant defence improvements such as we are now aiming to become Net Security Provider.

And the old saying of "Slow and Steady wins the Race", which is often propagated to children by tortoise-hare story is perfectly resonated in the Gandhian gradual approach towards decolonisation. Though revolutionaries played key role in freedom struggle but because of their militant rationalism, they could be easily suppressed. The long drawn battle towards India's independence spanning across 200 years shows perfectly why we should move more slowly and not stand still.

MID - ESSAY REVIEW

STANDING STILL : COWARDICE AND MORE

Standing still is actually doing nothing, neither doing your own duty nor moving forward towards a better future. It could be manifested in terms of Moral Muteness which has culminated into Moral decay and societal failure. The Bystander Apathy and Mob lynching shows what happens when we merely stand still, it could lead to loss of precious lives (Pahlu Khan lynching)

Standing still is also like moving towards Secular Stagnation. In the world of rapid moving technology, companies like Kodak, Nokia did not take steps to modernise and have miserably lagged behind now hence causing stagnation.

Even in terms of Gandhiji, not doing anything amounts to cowardice. He rather prefers violence over cowardice which was reflected in his call for 'Do or Die' in Quit India movement (1942)

Similarly when we stand still,  
all we have left is Regrets and Remorse,  
cause we miss 100% shots that we don't take

only when Jeff Bezos took the risk of  
quitting a high paying job at finance company,  
he grew a large empire of Amazon

Even in the past, those  
civilisations which have stood still and  
did not move towards Intellectual Integrity  
eventually collapsed into ruine. Hence,  
standing still is not sustainable as  
Survival of fittest requires constant  
adaptation and evolution towards change.

Additionally, as per Kantian  
ethics, we all should do our Moral Duty  
otherwise it is highly unethical. Even  
2nd ARC talks about how not acting leads  
to corruption. As we saw in Disha's  
escape case, no action by Police officials  
caused a damage to dignity and life  
of precious life

BETTER NOT TO MOVE OR MOVE RAPIDLY

So far we saw that either we should move or we fall behind on many aspects. But sometimes it is better not to move slowly and remain standstill.

Moving in today's ratrace is causing heavy toll on youth's mental health.

Hence, rather one should stop, introspect and take a break.

Similarly, amidst Triple Planetary crisis where we are seeing more than 1.06°C global temperature rise and potential extinction of keystone species like leatherback turtle, we should rather aim to maintain status quo.

The conservation efforts taken by Bichnoi Community requires that we should preserve and not move towards destruction.

At the same time, sometimes wait and water policy bears true results.

Gandhian approach of 'struggle twice struggle' where he prepared masses during the twice struggle and stood still in the Battle of Independence was actually pre-preparedness by standing still

Even acting out of impulse could be disastrous hence inaction is preferred in cases when individuals like Atul Shubhakar acted out of emotions and took his own life.

Growing too slow can be counter productive in cases which need urgent and timely efforts. In the era of climate crisis, where cloudburst and avalanches are costing thousands of lives (Trek, Himachal), the urgent action warning by Supreme Court else Himachal could vanish into thin air.

Similarly, moving in wrong direction is worse than standing still. The appeasement policy of Britain during World War II encouraged Germany towards a havoc of destruction.

WHY THE FEAR OF MOVING?

So far we saw how humans should grow slowly rather than standing still. But the key question remains - why do we fear of growing slowly? And why do we stand still instead? Isn't the natural instinct of human is to keep moving towards Pursuit of life. Then what stops us from moving?

The fear of moving arises out of fear of failure. Growing slowly in a direction has chances of failure which deters one from taking even small steps.

During COVID-19, all of us were afraid as there were high chances of transmission which made us stand still and locked in our homes, government policy paralysis and much more.

Sometimes lack of information and knowledge also leads to veil of ignorance. The societal stagnation during medieval times or post-independence was mainly due to high illiteracy levels (more than 85%) which led to status quo attitude.

Similarly, few nations could stand still and not move forward on path of development due to lack of financial resources. For instance, despite knowing mother earth is calling us for help, Global South is incapable of taking urgent action due to high burden of climate finance (eg. \$10 trillion for India's net neutral)

At the same time, one could face crunch of time leading to time poverty which hinders moving forward. In India, Female spend 6 times more on care work (Time use survey) which leaves them with little time to upskill and Reskill

Standing still comes out of the mindset of Being safe which is inherent in India's education system. The primary socialisation conditions children's mind on 'Accepting things as it is' rather than 'Question and Grow'. However, steps like National Education Policy 2020 aims to create scientific temper and move away from rote memorisation

MOVING TOWARDS CHANGE : CATALYSTS

Given the criticality of having a Growth Mindset and Acting over reacting, how do we <sup>make</sup> sure that we are battling the fear and growing out of shackles?

This requires a multi stakeholder approach and a change that comes from within

First of all, we should foster an environment where Failures are Normalised and Celebrated as much as success. Just like we did in case of our Chandrayaan missions. The definition of failure as given by Thomas Edison stands perfect to reflect it is not about winning or losing but about fortitude and acceptance

To achieve this, Growth Mindset should be inculcated as being done in Japan schools which follow a whole of lifelong learning approach.

Confidence Building measures at home and school would help in instilling belief and busting fear. "All of us are not chop in the ocean but an entire ocean in a chop". The confidence mindset of Rosa Parks, Rani Lakshmi Bai, Malala and many more stands as marvellous role models for inspiration towards growing

Secondly, Policy Support from the state which promotes innovation and provide safety net amidst failures could foster risk taking attitude. Steps like PM Fasal Bima Yojana, Parametric Insurance and credit guarantee scheme for MSMEs would as stellar examples to foster innovation culture in 'Annapadata'

Lastly, Collaboration is the need of hour to overcome the fear and resource constraint. For instance, International solar alliance, Global alliance against poverty and hunger are steps by Global South to pursue cooperation

FEEDBACK

In the end, it is very  
important to follow those lines -

If you can't Fly, then Run,

If you can't Run, then walk

If you can't walk, then crawl

But keep moving rather than  
standing still



SECTION - B

1. A life lived in fear is a life half lived.

भयभीत होकर जीया गया जीवन आधा जीया गया जीवन है।

2. The world is governed by opinion.

विश्व राय/मत से संचालित होता है।

3. Civilization is a journey, not a destination.

सभ्यता एक यात्रा है, मंजिल नहीं।

4. A healthy outside starts from the inside..

स्वस्थ बाह्य जीवन अंदर से शुरू होता है।

A LIFE LIVED IN FEAR IS A LIFE  
HALF LIVED

The Pregnancy news for Kiran on an early winter morning brought good news for the family but a sense of fear for Kiran, for she feared what if she could not give a male child to her husband and in-laws. Eventually, she gave birth to a healthy female child 3 months later and named her Nirbhaya. As Nirbhaya grew old along side her younger brother, Kiran feared that financial constraints at home would cause an early school dropout for Nirbhaya.

Fortunately, that did not happen and Nishhaya started attending school regularly. But the horrific gaze of school headmaster and Inappropriate Touching of school guard created a fear of Insecurity in Nishhaya. Also, she had to reach back home before 6 pm sharp as her parents feared safety and security after '6 pm'.

When she completed graduation her enthusiasm and self confidence got shattered in early days when she found out she was being paid half as much her male counterpart. Nishhaya kept working hard feeling a widening wage gap during career progression. Again, when she embraced motherhood, she feared sacking from Job by the employer due to motherhood break. In the old age struggling to get bare minimum food, Nishhaya feared Ageing Alone and Isolated.

The above story shows the entire lifecycle of Nishhaya who constantly lived in fear throughout her life.

Whole life Nabhaya had fear of  
Society, fear of Patriarchal Barriers and  
Fear of life and Right to Dignity (Article 21)  
As we saw in Raj Kar Rape case a girl who  
would have overcome these fears throughout  
her life eventually lost a life half way lived

LIFE LIVED IN CONSTANT FEAR IS NO LIFE AT ALL

A fearful person is not a  
free person as her decisions are not taken  
out of free will but taking into consideration  
Consequences of fears. When Serena Williams  
overcame the fear to live her life fully, she  
was dragged down by chains of patriarchy  
which did impact her Career growth

Similarly, a person constantly  
living in fear can never perform upto his  
best potential which degrades the quality  
of life by hampering productivity. For  
instance, Indian farmers who fear loss of  
crops amidst the Crisis of Monsoon

A life lived in fear also hurts human dignity and goes against Kantian ethics of treating humans as end in themselves. A coal miner who goes deep inside the mine has fear of never coming back due to occupational hazard and lack of dignified life. This is a gross violation of Article 21 (Right to life) as well as Article 23 (Forced labor).

Similarly now-a-days, Indian youth have a newborn 'fear' of social media - Fear of missing out. This has led to artificial connections, relative deprivation, mental health crisis. As a result, we are seeing people like RT Smrati (JK) taking their own lives again a life not even half lived categorically.

MID - ESSAY REVIEW

Sometimes fear makes us do things which we would have never done otherwise hence could perpetuate existing inequalities for instance, females accepting patriarchal norms like Purdah and passing it on forcefully to next generation is an example of conformity bias out of survival fears. As a result, we are seeing falling rank in Global Gender Gap Index (by 2 points)

Also, fear makes us never reach the full potential. Indian youth full of life and untapped opportunities could be inventing deep tech startups, finding new ways to unravel robotics, AI and machine learning. But the fear of failure and choosing 'safe' options have forced us to waste our potential at 'kirana' shops as highlighted by Commerce minister

Whether it be achieving the Purpose of life or gathering the courage for better future, all of this has been hampered by fear of Failure, Fear of unknown

But the question remains, why do we die in fear? why cannot we break free and thrive free and act free just like Rosa Parks? why cannot we all take risks like Jeff Bezos and Sudha Murthy? why cannot nations take a leap of faith like South Korea which led to Miracle on Han River?

The underlying reason for all questions remain the same - the "consequence" of going out of comfort zone and acting without fear. The lack of "courage" to stand and walk towards fully lived lives.

The lack of courage is not because of single individual factor rather it could come due to poor institutional support which nobhaya faced or could be socio cultural barriers in the society. Multiple factors come into play which leads to life being lived in fear.

## FEAR: THE FEARFUL CAUSES

An individual fears the failure, fears the unknown and lacks the courage when there is lack of security. Anchoring onto a single ship and relying onto a single hope increases chances of failure and culminates fear. The lack of courage comes from poor risk management strategy.

For example, crop failure fear arises due to high monsoon dependency and lack of crop diversification. This gets accentuated by low coverage of insurance schemes.

Similarly there could be fear of unknown "But the one who has gone too far <sup>has</sup> only known what lies beneath". The fear of unknown was very much prevalent during COVID-19 pandemic.

But the most harve fear of all is the fear of lack of safety and security which arises out of narrow patriarchal norms and misogynism. This is an artificial man made fear due to prevailing Power of Dominance.

DO WE NOT FEAR ANYTHING, THEN?

A life lived in fear has negative implications but does that mean we should abandon all kinds of fear. And be entirely free from repercussions of what we do.

The answer is a big NO. There are some sorts of fear which leads to meaningful lives, fear which pushes us to achieve pursuit of happiness and strive towards excellence.

Talking about Fear of the Almighty: GOD have made this world a better place to live. The idea of divine punishment pushes us to act not like lower animals but a good Samaritan. It has helped us achieve higher needs of life via Philanthropy, Community services (Langars) and has directly addressed the urgent needs of poor.

Similarly, the fear of Rule of law is necessary for peace and stability within the society.

The violation of international law by China in South China Sea shows that [lack of fear] has led to [life half lived] instead for other nations like Philippines, Cambodia etc.

At the same time, the natural [fear of losing our beloved ones] have made us a better and responsible person towards each other. It has incited empathy and compassion, built social cohesion and high altruism. For instance, one keeps on checking health of parents to ensure they have a [happy and longer life]. The fear of ageing has led to medical miracle, collaboration like UN Decade of Healthy Ageing only to move towards higher life expectancy.

Recently, the fear of havoc of [mother earth] as result of climate change which humans have faced in last 5 mass extinctions have pushed us to take urgent steps in form of [Paris agreement], [Conservation of Biodiversity] and [Mission Lifestyle].

**COURAGE: GOLDEN MEAN OF FEAR AND RECKLESSNESS**

The question arises how do we ensure that we do not constantly lie in fear due what misfortune faced. At individual level, the best Response is to take charge and show courage & conviction. For all the women out there, nobody else will fight for your rights if you yourself don't. Stellar examples like Malala and Greta Thunberg have moved out of their comfort zones to take charge

though easier said than done, it is definitely not a one person task. But the attitude change comes from within as 'I am master of my fate and Captain of my soul'. The first Basic steps must come from any single atom whether it is Iron who proclaims himself the King of Jungle or the Eagle who flies above the cloud due to superior attitude, they have believed in themselves.

Of course, the internalisation of courage has to be supplemented by legal and institutional reforms because it takes a lifetime to bring a change sometimes. Policies like Swachh Bharat Mission, Beti Bachao Beti Padhao leveraged the fear of Societal boycott and brought ground level transformation due to collective effort.

Similarly, evolving values like Innovation, Fighting Spirit are result of primary socialisation at home and school. National Education Policy 2020 which aims to foster creativity and curiosity, Atal Innovation Labs and incubation centres are many ways to provide the enabling ecosystem which encourage courage and bust fear.

Role modeling is another way to allay fears of mind and heart. Successful personalities like Shankar Mahadevan, APJ Abdul Kalam took fearless decisions in life for national building and personal growth.

In the end, collective and collaborative effort towards fostering 'Team Spirit' could help overcome fear of failure supplemented by ethical leadership. This was seen after failure of Chandrayaan mission as ex-ISRO chairman stood up to face the accountability which eventually shaped success of future missions.

To overcome internal and external fear, constant examination of life could be fruitful. But for that, each and every individual must take a leap of faith and believe truly that

"Yatna Pinde Tatha Brahma"  
As is the atom, so is the universe

Each small effort by 'Nitbhaya' to bust the complex fears she faced would go a long way in achieving Full Potential of life for herself and coming generations of Amrit kaal.