

TEST CODE 8 1 0 4 0 5

Time Allowed : 3 Hours
समय : 3 घंटे

Forum IAS

Maximum Marks : 250
अधिकतम अंक : 250

ESSAY / निबंध

Name Of Candidate परीक्षार्थी का नाम	YASHVI JAIN		
Roll No./अनुक्रमांक	1910139982	Medium/माध्यम	English <input checked="" type="checkbox"/> हिंदी <input type="checkbox"/>
Center Code/परीक्षा केंद्र		Date/दिनांक	8/8/2025

*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
Q.1		
Q.2		
Total Marks/कुल अंक		

- 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।
- 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।
- 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।
- 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।
- Word limit in questions, if specified, should be adhered to.
प्रश्नों में शब्द सीमा, यदि निर्दिष्ट हो, का पालन किया जाना चाहिए।
- 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 :
9:30 am .	12:15 pm .
Mode Of Examination/ परीक्षा की विधि :	Online/ऑनलाइन <input type="checkbox"/> Offline/ऑफलाइन <input type="checkbox"/>

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

<i>Parameter/ criteria</i>	<i>Aspects Considered</i>	<i>Marks Allotted</i>	<i>Essay 1</i>	<i>Essay 2</i>
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		

<i>Parameters</i>	<i>Very Good</i>	<i>Good</i>	<i>Average</i>	<i>Poor</i>
Coherence				
Language				
Handwriting				
Pre-writing				



SECTION - A

1. Glaciers are the canaries in the coal mine of climate change.

हिमनद (ग्लेशियर) जलवायु परिवर्तन रूपी कोयला खदान में वे कैनरी पक्षी हैं जिनकी मृत्यु सबसे पहले होती है।

2. To be content with little is difficult; to be content with much, impossible.

थोड़े से संतुष्ट रहना कठिन है; अधिक से संतुष्ट रहना असंभव है।

3. The true cost of economic and leadership gaps is deferred growth and skewed transitions.

आर्थिक और नेतृत्व अंतराल की वास्तविक लागत विलंबित विकास और विषम परिवर्तन है।

4. An India that is not pluralist is not India at all.

जो भारत बहुलतावादी नहीं है, वह भारत ही नहीं है।

② To be content with little is difficult, to be content with much, impossible

The globally renowned book "The monk who sold his ferrari" propounds the story of an advocate who in his 20's had a decent job, good family and a happy life. However, he wasn't content, he wanted more. He wanted fame, success and to become the a world renowned practitioner in the field of law.

For the same, he worked tirelessly. Bearing fruits of his hard work, he

eventually attained all the fame & glory he had wanted. However, this still wasn't enough for him. Compared to others, he felt inadequate. When he compared himself to others, he felt like something was missing.

He realised, the job which once gave him joy, didn't do so. In his pursuit of glory & fame, he had left behind his friends and family & cost interpersonal connections. He was now torn between striving for more & finding his sense of purpose.

Amidst this chaos, he was enlightened by a monk that the human nature can be a thief of contentment. It makes it difficult to be content with little and impossible to be content with much.

Upon this realisation he embarked on a journey towards self fulfillment and contentment in not finding contentment in more but being more content in less.

The story of this advocate makes one wonder as to why it's difficult for us to be content in less? As it was seen, "comparison is the thief of joy" and when we compare ourselves to others we undergo subjective realisation & objective deprivation. This means that we feel relative deprivation compared to others. A beggar feels relatively deprived seeing a cobbler ride a bicycle. The same cobbler feels deprived seeing a man ride a car & that man feels deprived when he sees a rich man drive a BMW car.

Hence, the grass always seems greener on the other side making us feel less content in what we have.

Moreover, difficulty in being content with less also emerges when our basic physiological needs are not fulfilled as proposed by Maslow in Hierarchy of needs. The need for food, shelter & water is hence inherent in all individuals insufficiency of which causes discontentment even in less.

Furthermore, humans are driven by a high need for achievement which makes them incapable of being content in less. This drives societies, nations

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and individuals towards working for doing better & achieving more. How can one be content in less when one has potential to achieve more? During India's freedom struggle, the likes of Cripps mission failed because Indians weren't content with mere dominion status but they wanted "Purna Swaraj" and they knew it was the time for them to achieve.

Therefore, individuals are driven to aspire for more making it difficult for them to be content in less. Individuals are however, not even content on achieving much. In fact, it's impossible for them to be content in much. Why is this so?

Generally, individual's need for achievement or goal attainment turns to need for power. They start to

believe there is always room for more.
China's stance as technological
superpower is not enough for them,
they are now on a mission to become
economic and military superpower
as well. Their debt trap diplomacy &
salami slicing strategies showcase the
same.

Secondly, there is absence of
feeling of fulfillment when we are
driven by materialism and greed.

Deviating from path of self actualisation,
one becomes over-focused on superficial
gains and even more seems less. The
case of corruption by billionaires like
Vijay Mallya and Nirav Modi showcase
desire from even being content in more.

Thirdly, each man is inherently

driven by curiosity and thirst for knowledge which is not satiated ~~to~~ even by much. There is always the next question to answer. However, the salient aspect of life right now is that science gathers knowledge faster than society gathers ~~to~~ wisdom.

Therefore, this has led to disastrous consequences in terms of climate change & environment degradation due to unsustainable scientific endeavours. The thirst for more has led to availability of less for the mankind.

Along with this, not being content leads to jealousy and envy of others which are one of the cardinal veins of Christianity. They steal one of

Unhappiness and joy. The Kauravas despite ruling over the most powerful kingdom suffered defeat at the hands of Pandavas in war for more in the battle of Mahabharata.

Not just this, discontentment leads to corruption in one's morals and values and pushes us to indulge in unethical means for favourable consequences which may bring us joy. Increasing rate of domestic violence against women by men craving male ego satisfaction and need for power as showcased by NCRB data showcases that unethical ends don't justify unethical means to gain contentment.

Lastly, it leads to self depreciation and reduced confidence in one self. One starts to believe that no matter

what one does, it they will never be good enough. This attitude leads to self fulfilling prophecy leading to one being unhappy in less as well as more.

The above discussion makes one wonder, & it always necessary to be content? Sometimes, it is necessary to know discontentment. It's necessary for individual's growth. when one identifies one's lacunae, one can move towards improvement & achievement of self actualisation. Angulimaa changed his ways on being enlightened by Buddha to go from hating others to helping others become the best version of themselves.

Discontentment is also necessary to prevent stagnation in the society. It is necessary to fight injustice and work

towards establishing a welfarist society.
women weren't just content with
abolition of social evils like sati but
worked towards empowerment for
better representation in public and
private life through bringing changes
like 106th CAA reserving seats for
women in the parliament.

lastly, discontentment breeds
growth economically, politically of
globally. It works towards creating a
world where management of interdependence
leads to human development. This
could be seen be India's discontentment
for dominance of the developed world.
Hence, India embarked on the journey
of becoming the voice of global south &
upholding the ethics of vasudhaiva
kutumbakam (One world, one family)

Therefore Swami Vivekananda rightly said that one must rise & stop not till the goal is achieved. The goal is to be content. The ability to be content is driven intrinsicly and not extrinsicly. Dependence ~~on~~ and belief on oneself, high self efficacy & confidence build contentment, not materialistic gains. Materialism leads to striving for more in us and in such.

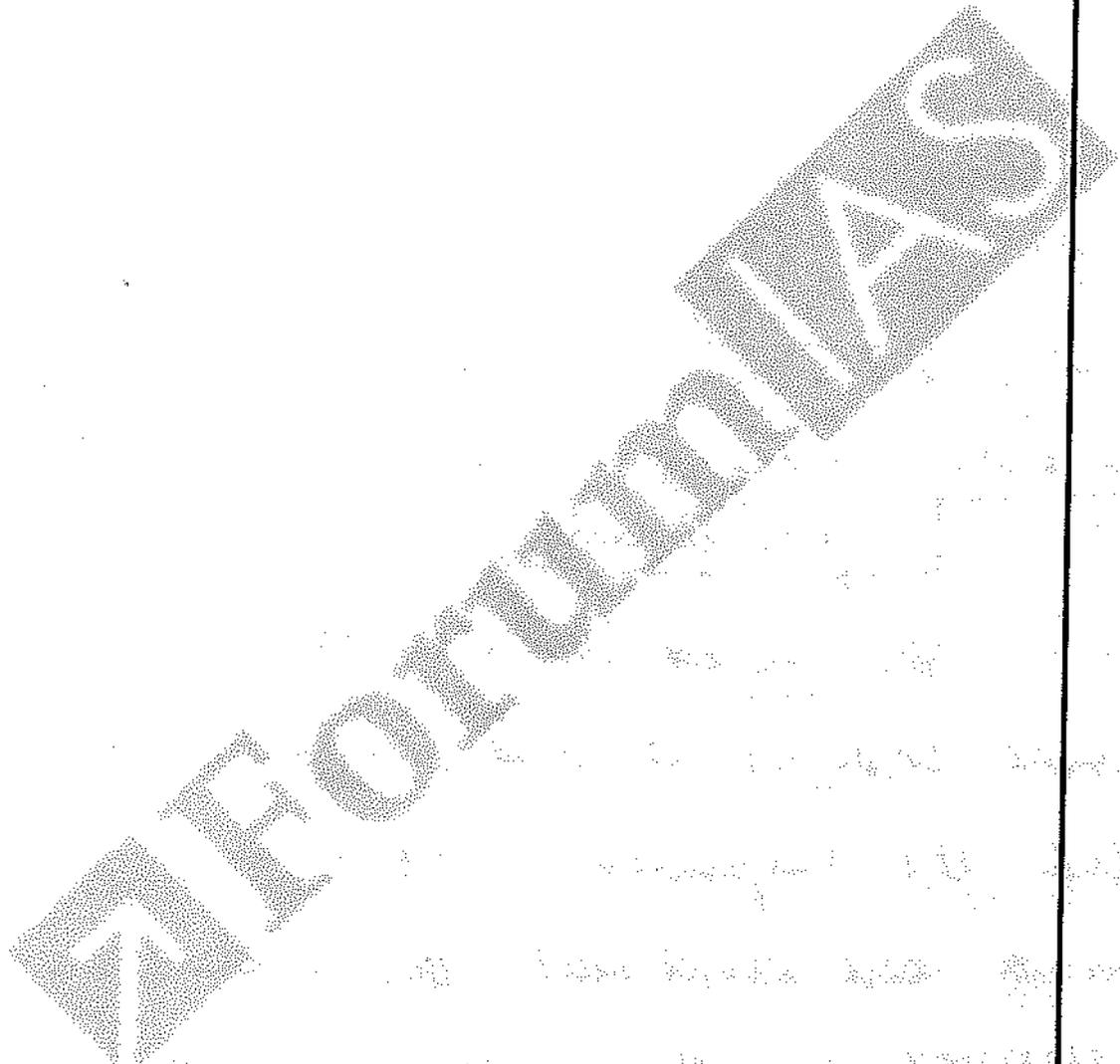
Therefore, we need to traverse the 'Madhya Marg' (middle path) of Gautama Buddha which focuses on having enough for one's needs and helping others attain theirs. The purpose of life hence lies in being able to ask the question of what you can do for others rather than what they can do.

for you as true contentment lies in
seeing others

what you needs is to build a
strong adversity quotient to bounce
back from difficult times. we need
to practise empathy & compassion
towards ourselves and towards
others.

Moreover, we need to develop an
understanding that contentment
does not lie in little or much but
in your perception of your view of
the world. because "There is no
path to happiness, happiness is
the path"

FEEDBACK





SECTION - B

1. True peace is not merely the absence of tension; it is the presence of justice.
वास्तविक शांति केवल तनाव का अभाव नहीं है; यह न्याय की उपस्थिति है।
2. The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.
इस समय जीवन का सबसे दुखद पहलू यह है कि विज्ञान, समाज की तुलना में अधिक तेजी से बुद्धिमता एकत्रित करता है।
3. Human development suffers when interdependence is mismanaged.
जब अंतर्निर्भरता का कुप्रबंधन होता है तो मानव विकास प्रभावित होता है।
4. No one can make you feel inferior without your consent.
आपकी सहमति के बिना कोई भी आपको कमतर महसूस नहीं करा सकता।

None can make you feel inferior without your consent

She dared. In a world where no one thought it to be possible, she did the impossible. Rosa Parks, got on a bus and sat on a seat reserved for white men. In the American world of the 19th and 20th century of white man supremacy, she dared to sit as a black African American woman dared to sit on

seat. She refused to let her gender or her colour define her. She set off a spark which created the frame to end discrimination against the blacks in America. Her simple act of defiance set an example for millions.

She not only internalised but also acted as a vector in making each one realise that NO ONE can make you feel inferior without your consent. By standing up to the white man in the bus for her rights as a human being:

Therefore, inferiority refers to the feeling of inadequacy generated in the minds of individuals by members of the society considering themselves to be superior than others. Individuals

hence subdue others in order to
satisfy their need for power and
irrational chauvinistic behaviour.

Hence, it's important for
individuals to realise the power
they hold in making themselves
resilient to others attempts at making
them feel inferior.

Through this we will try to
understand the role and importance of
consent in making one feel inferior.
We would further delve into the reasons
why individuals tend to feel inferior
with or without consent and how it's
important to mitigate the fine edge line
between inferiority & superiority. Lastly,
we would talk about how to ensure one
does not feel inferior and others don't
propagate the same.

The famous philosopher Descartes has propounded the concept of "Cogito Ergo Sum" i.e. I think therefore, I am. Therefore, people perceive individuals as they perceive themselves. People who come off as vulnerable & weak, leave the door open for exploitation. Others predate on their weakness making them feel inferior. Women in Indian society having fallen prey to learned helplessness are unable to break free from the shackles of patriarchy, domestic violence & feelings of being the inferior gender.

Moreover, when one's ABC components

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of attitude towards oneself are in
sync (ie affective, behavioural &
cognitive), it enables one to develop
adversity quotient. This prevents
individuals from falling prey to inferiority.
J.K. Rowling despite facing rejection from
12 publishing houses & being a single
mother struggling to make ends meet,
did not give up. She felt inferior to none
& her resilience led to "Hogwarts"
series becoming the number 1 bestseller
worldwide.

Along with this we need to understand
that actions speak louder than words.
Indulgence in obedience & compliance
opens doors for inferiority whereas
cooperation, confidence & communication
shuts off the consent towards feeling
inferior. Awareness generation by
the LGTBQ+ community through pride

parade of raising civic consciousness led to decriminalization section 377 enabling the community to represented of empowered & not face discrimination by majority.

lastly when we reduce our dependence motivation on others we withdraw the consent subjecting us to feel inferior. Independence of thoughts and actions lead to independence of the mind. The concept of "swadeshi" and boycott of foreign goods reduced our dependence on British. It helped us gain confidence in ourselves & develop the spirit of nationalism which led to our independence in 1947.

Hence, when we refuse to give our consent, we move towards the spirit of self actualisation by achieving

high self esteem. We become driven by intrinsic motivation and external validation become of less value. This is the path to become a self actualised or fully functioning individual propounded by Maslow in his book 'Motivation & personality'.

However, Maslow, let's now understand why humans tend to feel inferior in absence of consensus. Evolutionary studies suggest that humans are born with inferiority complex as was also suggested by Alfred Adler which drives us to believe that we are always inferior.

Along with this our socialising agents provide with reinforcement since childhood which can drive inferiority using positive punishment on scoring less

in test, being mocked by peers and teachers & being subjugated to only conditional positive regards breeds inferiority.

Lastly, having a negative self concept & poor self efficacy leads to internalisation of feelings of inferiority. One develops the perception of never being good enough. This also leads to projection of such feelings on to others creating a vicious cycle propogating inferiority in generations to come. The recent trends of cyber trolling, hate comments and bullying are proponents of the same.

Therefore, the need of the hour is to traverse the fine line between inferiority and superiority to convert the vicious cycle of self deprecation.

to virtuous cycle of self love and self appreciation. Traversing this fine line becomes necessary to ensure self love doesnot transform into narcissism and self obsession. One needs to be able to regulate oneself to understand the difference between right & wrong. As Carl Rogers rightly said,

"The curious paradox is that when I accept myself just as I am, then I can change."

This rightly indicates that individuals need to develop the ability to not give their consent to inferiority when it comes knocking. This would be ensured through developing high emotional intelligence to regulate one's own & others emotions. ~~rather rather~~
BR Ambekar ensured upliftment of

lower caste through making people aware regarding their plight & advocating for abolition of untouchability.

Adding on to this, socialisation with more knowledgeable shows opens doors for empowerment. Hellen Keller despite being deaf, dumb & blind gained education & became inspiration for others through the help of her determinant teacher, Anne Sullivan.

Moreover, gaining knowledge & putting it into practice showcasing persistence & determination enables confidence. Thomas Alva Edison, a high school drop out did not let society define his ability and went to invent the light bulb through his scientific endeavours.

lastly, sometimes it's necessary to practice the ethos of "ignorance in bliss" where one ignores inferiority trying to penetrate in. Practising self affirmation & positive affirmation leads to developing the habit of not giving consent to inferiority as proposed in the book "Atomic Habits".

Hence, as our honourable Prime Minister has said that it is not enough to just be human but we need to practice humanity. This is necessary to achieve sabka sath, sabka Vikas (prosperity of everyone through unity).

So, when we don't make anybody feel inferior, we are preserving our's own and other's dignity. We enable the vulnerable and marginalised to rise and create a nation where

heads are held high and the
minds are without fear.

Developing resilience towards
injury enables women empow-
erment, upliftment of the lower caste &
provides a voice to the tribals. It
enable more individuals like Rosa
Parks to speak up against injustice &
ensure a society which is peaceful,
harmonious and works towards well
being of all.

One's ability to make you feel inferior
without your consent can be expressed
through words of Nelson Mandela,

" No matter how strait the gait,
How charged with punishment your soul,
You are the master of your fate,
You are the captain of your boat."

FEEDBACK

