

खण्ड-A / Section-A

- Q.1** Reason has always existed, but not always in a reasonable form.
तर्क सदैव अस्तित्व में रहा है, परंतु हमेशा युक्तियुक्त रूप में नहीं।
- Q.2** The opposite of poverty is not wealth.
गरीबी की विपरीत स्थिति केवल दौलत होना नहीं है।
- Q.3** To forgive is to set a prisoner free and to discover that the prisoner was you.
क्षमा करने का अर्थ है अपने भीतर के एक कैदी को मुक्त करना और यह पता लगाना कि वो कैदी आप ही थे।
- Q.4** A man who wants to lead the orchestra must turn his back on the crowd.
जो व्यक्ति ऑर्केस्ट्रा का नेतृत्व करना चाहता है उसे भीड़ से मुँह मोड़ लेना चाहिए।

उम्मीदवारों को
इस भाग में
लिखना मना है।
Candidates
must not
write on
this margin



SECTION - A

3. To forgive is to set a prisoner free and to discover that the prisoner was you

Grandhi once said

"Weak can never forgive, forgiveness is the attribute of the strong"

Forgiveness is not an action, it is a feeling. It releases us from the excess burden of revenge and anger. It ~~is~~ simply means to stop being angry with someone who has done something wrong.

But what happens when we cannot forgive others. It is easier said than done to forgive someone who has ~~troubled~~ created trouble for us. And ~~when~~ then we engage with the offender, we ultimately step into the vicious cycle where we become the prisoner of self. How?

The offender had created difficulty, ~~for~~ and hurt us once, but now we are doing it everyday. And the most dreadful part is that we are not able to acknowledge that we are punishing ourselves in this process.

A prisoner could be anything. It need not be of any human form. It may come in form of negative emotions and grudge that corrodes our positivity of thoughts. In this process, we held ourselves in captivity state just like a prisoner held behind the bars.

Further, the zeal of vengeance and revenge against the offender make us to step into endless cycle of ~~prison~~ destruction. This perpetuates hate which is a cancer on one's soul.

But the question here arises as to how forgiveness can help us to relieve from these prisoners. Is it possible for us to free from these painful chains? The answer is Yes.

Forgiveness allows us drift away from the negative thoughts against the offenders. And when we turn towards positive outlook, it leads to better outcomes. When India was partitioned, Pakistan engaged itself in vengeance, hatred against India but India focused on democracy, development. And today, ~~and~~ Pakistan is reeling under Economic stress, terrorism while India is stepping up the ladder of Economic powerhouse.

Moreover, it also prevents us from the feeling of guilt. What if someone had done mistake unintentionally. Is giving harsh punishment a ~~go~~ wise strategy in this case. Certainly NO. And forgiveness allows us to prevent this guilt in our mind.

Going ahead, forgiveness act as a key to open up the chains of hatred that makes us to do violent & extreme actions. In order to seek justice at the earliest and by your

way, we often commit ~~grave~~ wrongs. In this case, forgiveness can help us from being a prisoner of committing a crime. As Gandhiji said

"An eye for an eye makes up the whole world blind"

If we do not practice forgiveness, it will be very difficult to discriminate between us - offender vs others.

Now, here one question may come in our mind. Who is the prisoner here? Is it the offender? or somebody else? Let us look into this part.

Although the offender remains a prisoner, but for a limited period of time. It depends upon his/her punishment. But it is "WE" that became the prisoner of lifetime if we do not practice forgiveness. But how can we discover ourselves with the act of forgiveness. Is it possible to do so? Undisputedly YES!

Forgiveness is a slow process. It lets us to realise one's strength and weakness. And once we realise our strength, the process of self discovery starts. This may be the reason why personalities like Nelson Mandela, Buddha, Abraham Lincoln all preached forgiveness so as to harness one's potential at best.

Also, forgiveness allows us to nurture the feelings and emotions of empathy and compassion. Developing the feelings for others and that too, positive is a very difficult task. It makes us to understand the situation of offender and if s/he realises the mistake, forgiveness act as a medicine.

Moreover, forgiveness acts as a conduit through which bitterness & revenge can be removed from our mind, And if we are able to do that, our attitude changes and

Next AS ID: PTT0120258, Topic: DEVT-2023 05:36 PM
we tend to focus on important & progressive things in our life. And this can ~~prevent~~

The ~~best~~ process of self-discovery is an ongoing process. forgiveness just allows us to see ourselves in a mirror that reflects us in reality. It helps us to judge not by external factors but by the factors that shapes us. It prevents internal conflicts and dissonance of our thoughts.

~~But one thing must be~~
Having discussed the act of forgiveness, one thing should be understood very clearly. Forgiving someone doesn't mean forgetting nor does it mean approving the mistakes of others. It just means that we are letting go off the negative emotions towards that person.

But forgiveness is a difficult task.

It is not easy to forgive someone who has inflicted pain upon us. But to free ourselves, we must learn to forgive. So how can we do that? Are there any methods available that we can learn? Yes

Firstly, use mindfulness to stay in the present. Let the past memories do not scramble your present. Yes the troubles exist in past. But we can still improve our future.

Going ahead, learnings from role models from Mahabharata, Ramayana to the personalities like Gandhi, one can learn how to forgive others. Lord Rama had shown in Ramayana that forgiveness is a virtue that is difficult to practice but ultimately bring long-term benefits.

In short, forgiveness can be a challenging but a rewarding process. And we should try to inculcate this great virtue.

It is high time for all of us not to judge each other by their mistakes. Yes, punishment exists for those inflicting pain over others. But let us not become prisoners of oneself. For it is very hard to free from the chains of prison. Here one mantra from our Vedas can help us in forgiving

Sarve Bhavantu Sukhina (may all be happy)

Sarve Santu Niramaya (may all be without disease)

Sarve Bhadrani Pashunter (may all have well-being)

Maan Kashchit dukh bhagya bhavet (may none have misery of any sort)

खण्ड-B / Section-B

- Q.5** International Trade is a good indicator of National Security.
अंतर्राष्ट्रीय व्यापार राष्ट्रीय सुरक्षा का एक अच्छा सूचक है।
- Q.6** It is not that we use technology, we live technology.
ऐसा नहीं है कि हम प्रौद्योगिकी का उपयोग करते हैं, हम प्रौद्योगिकी को जीते हैं।
- Q.7** There is more to life than simply increasing its speed.
जीवन में केवल अपनी गति बढ़ाने के अलावा और भी बहुत कुछ है।
- Q.8** Nature is neither a servant nor a master, but a necessary partner.
प्रकृति न तो सेवक है और न ही स्वामी, बल्कि एक आवश्यक सहभागी है।

उम्मीदवारों को
इस भाग में
लिखना मना है।
Candidates
must not
write on
this margin



SECTION - B

7. There is more to life than simply increasing its speed

Story 1: Rohan is an ambitious man. He wants to achieve great things in life. For that, he had work restlessly day and night. He had earned great money and is able to fulfil all his needs. But to achieve this feat, he had not time for friends, family and not even for himself.

Story 2: Sohan is also an ambitious guy. But he wants to achieve its goal slowly. He enjoys to spend his time with friends, in travelling and enjoying the nature. Though he did not earn large income but still sufficiently able to fulfil all his needs.

What, these two hypothetical stories give?

Does it related to their income? or the process / method of earning in their life? Certainly, it highlights about how both of them ~~see~~ approaches their life. While Rohan is increasingly speeding up his life, sohan is enjoying the life at slow pace. Yet both are necessary.

What does increasing the speed actually mean? It simply means accelerating the efforts to achieve quick results. And this is necessary because of constraints of time. But why it is important to increase the speed?

From stone age to machine age, humans have accelerated their life. And this helps us in improving the standards of life. To make our life easier. This can be seen through ~~break~~ inventions and discoveries throughout the time period. From bulb ~~to~~ (Electricity) to vehicles, all have

played a crucial role in changing our lives.

Further, this helps in transformation of life on Earth. To make world a better place, we need to accelerate. Events like Industrial Revolution to Internet Revolution has outpaced our conventional life forms. This helps us ⁱⁿ ~~to~~ broadening the horizon - to search for new opportunities.

Even today, we can see how accelerating the efforts can help us in solving the challenges. With climate change becoming a reality, it is imperative for us to gear up speed of life - to adapt and to find solutions at the quickest, for a bright future.

But is it feasible to define life in matters of how quick one achieve results, as life ~~is~~ all about a race? Or we missing other beautiful aspects of life? Are there other forms of life exist? Undoubtedly Yes!

There is no doubt that pace is crucial in life, but one must not forget the true meaning of life. Life is very beautiful. All that we require is to take a small break or even rest for sometime to enjoy our life.

One such incidence is of Gautam Buddha when, in ancient India, everyone engaged in their life, Buddha took a pause to search the meaning of life. After 7 years, he gained Enlightenment and discovered liberation of soul. Surely life has many forms, it is just a matter of time how many one can discover.

Sometimes, taking a small pause can help. It helps us to discover oneself. When everyone around us engaged in a rat-race to prove themselves, a small break can let you define. The process of self-discovery is all what life means. The reason why personalities like Mother Teresa, Kailash Satyarthi

had ~~done~~ contributed their lives for the welfare of others. They got to know that life is more than just a race, a life dedicated to alleviate the sufferings of others.

Further, life is all about to find happiness. It is not necessary for us to become successful by reaching the finish line first.

Sometimes enjoying what you have in life can bring happiness. ~~of~~ Like having a chai-pakoda during a raining season can be a source of happiness for many in their lives.

Going ahead, it is not necessary to be fast to win the race of life. One can even reach the finish ~~line~~ by enjoying the life. Here the story of race of rabbit and turtle becomes crucial. The rabbit accelerated and stopped but ~~turtle~~ moved continuously at gradual speed. This lesson we can learn to ~~enjoy~~ balance our life while enjoying with speed.

Also, Exploring new life forms can help in shedding out anxiety and depression. In a world where everyone is competing with each other, cases of mental depressions and suicides are on rise. This indicates a dire need to enjoy one's life rather than just to prove others.

Doing right thing is necessary rather than doing it in a hurry. It takes time to do things right, for there are no shortcuts to enjoy and ~~exp~~ discover new life forms.

But here now the question arises as to how to balance the both, and that too appropriately. Is it possible to transform the life? How can one do it?

~~No matter how~~
To answer this, we need to strike a balance between the two. There is a need to define the pace of life. It must not be without speed brakes. For they give us time to know

Next IAS ID: PTTP220258, TC061, 08-07-2023 05:56 PM
 more about self and others. They give a leeway to enjoy the surrounding.

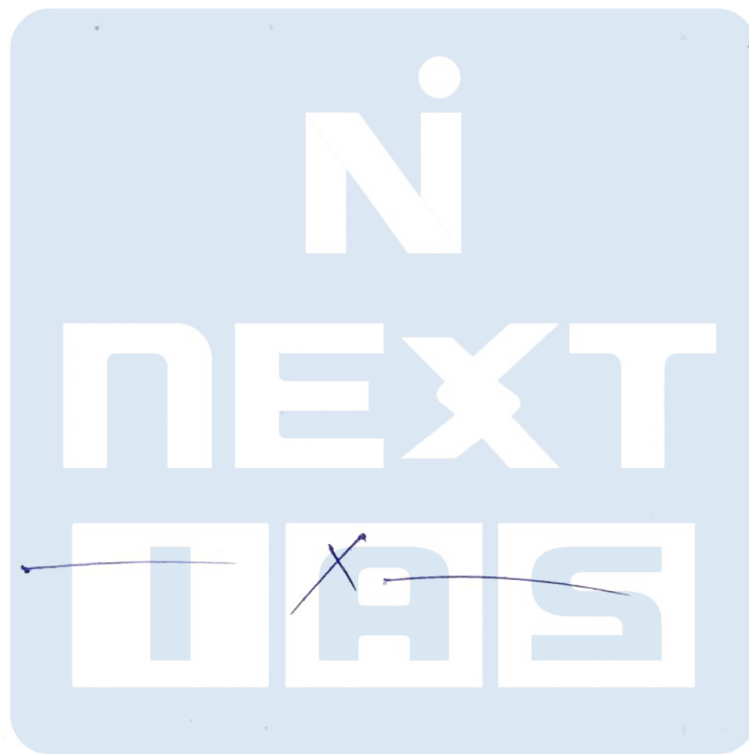
However, we have to align our life as per the nature. It is imperative to fulfil our needs but sustainably. Too much accelerating the life also leads to accidents like global warming, rising hypertension, wars etc. but too much rest as seen during complete lockdown in (COVID-19) was also not a good thing.

No matter how fast or slow ^{we} ~~got~~ run, we will never be able to see or do absolutely everything. But at least we can try to maximise, to enjoy tiny miracles or happiness that underlines in this journey.

As we have seen in introductory paragraph, the aims of both Rohan and Sohan ~~are~~ are not misplaced but they needed to do in a right way.

This can be summarised as

" speed is essential but
investing the right amount
of Energy at right time
is what makes our journey
(life) smooth & successful "



To forgive is to set the prisoner free & to discover that the prisoner was you

Free from what?

prisoners of our own negative emotions

Intro

↓
what does it mean exactly (forgive)

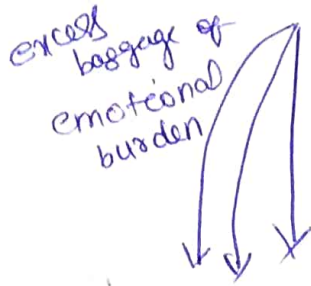
↓
Although forgiveness ~~is~~ for others

↓
But actually free ~~the prisoner~~ us from the prison

↓
But who is the becomes the real prisoners here

↓
"us" that becomes slave to all these

↓
so forgiveness helps us in discovering oneself



Grandhi → weak can never forgive
forgiveness is the attribute of the strong

Robert Muller

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.

- negative emotion
- grudge
- captive state
- anger
- resentment
- vengeance
- bitterness

} endless cycle
vicious cycle

Hate → Hate is a cancer on one's soul

peace & happiness

(While they hurt us once now we are doing it everyday!)

Although we have every reason to be bitter, compounding the problem by keeping the issues alive

Compassion, Empathy values

wean off offender's grip & focus on positive areas of your life.

To heal oneself

Release resentment & thought of revenge act as a conduit

But forgiving doesn't mean forgetting nor does it mean approving the wrongdoings of others. It just means that we are letting go of the anger towards that person

There is more to life than simply increasing its speed

Next IAS ID: PTTP220258, TC061, 08-07-2023 05:56 PM

rabbit v/s turtle race

No matter how fast you run
you will never be able to
see or do absolutely
everything

but you will miss the
tiny miracles and
happineses underlying
in the journey

life?

why to increase
speed

to fulfil the needs!

Industrial revolution

to overcome hurdles

technology

make life easier → AI, ChatGPT, bots

More to
life means

Buddha Example! → raibash satyarthi, Mother Teresa

we tend to forget ourselves → engaged in rat
race

relieves ~~rat~~ anxiety

better focus

race can even be won by slow speed

human
from being human to humane

it takes time to do
it right → no shortcut
to happ

Industrial Revolution

Internet

"Accelerator"

"brakes" in life

Disasters

Pandemic

at a reminder that
while accelerating
the life, we tend
to forget environment

But no matter their speed
person who finishes the race
last still finishes, and
that's what actually matters

envy, jealousy, depression
comparison → suicides

help others, co-operate with others, walk the others
so that all
finishes the race
happily

child doesn't accelerate
to learn new things in life

Reason why
recreational
activities
↓ in jobs
games, restaurants

Doing right thing
is necessary rather
than doing it in a
hurry

Happiness
Contentment
Satisfaction

"speed is essential but
investing the right amount
of energy at right time
is what makes your journey
smooth & successful

Zeal to win race
but tend to
forget why to
win the race

Story 1 | Story 2