

खण्ड-A / Section-A

उम्मीदवारों को
इस भाग में
लिखना पना है।
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- 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।

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

In a remote village of Murshidabad, West Bengal, a farmer was robbed of his earnings while returning home from market. It made him so sad and angry that he stopped believing in goodness of people. He started perceiving everyone he saw as a potentially capable individual who can harm him. Thus, he was caught in a trap of pessimistic view that it made him a prisoner of himself. His mind was caged and thus led to less productivity, fights in family and ultimately a victim of mental health.

In this essay, we are going to explore how grudges can ruin a person's life and the power of forgiveness which can manifest the potential strength in an individual. First, we will try to understand what is forgiveness, then look into the prevailing current scenario of society. How grudges and hatred can lead to miserable life, low productivity and growth. We will also identify how forgiveness can free a people and help achieve inner peace.

Forgiveness does not mean ignoring what has been done or putting a false level on evil act. It means, rather, that the evil act no longer remains as a barrier to the relationship. It is one of the greatest powers an individual has to overcome various hurdles and evolved as a good human being.

The current situations prevailing in the society is complex and multidimensional. With the rise in crime rate, ethnic clashes, casteism and hatred, the concept of forgiveness has the power to make the society move forward and leave behind the factors leading to its downfall.

To understand how forgiveness is a tool to set an individual free from trap of grudges, we need to understand the individual first. The most close and constant thing an individual possess is his/her inner voice. It is always guiding the individual's action and reaction. When an individual is wronged by someone, it is the inner voice which guides him whether to hold grudges, hatred or move towards higher goals by cutting the barrier and start freshly.

The inner voice is the link between an individual's action and thought. Forgiveness is not an act which makes a favour to the one who wronged the individual but to practice forgiveness is to be free of the inner violence of rage and not abandoning right action. The individual gain clear seeing of the things that he/she wants to pursue.

Also, forgiveness does not erase the past but looks upon it with compassion. To withhold forgiveness keeps emotions of hurt, anger and blame alive and diminishing the truth of life. It leads to trust deficit and rise of intolerance. The rise of empathy dimmed with rise of hatred. Various side effects of withholding forgiveness can be seen with loss of happiness, rise in conflicts and mental health.

The problem of mental health is a rising issue in today's society with one of the main cause being holding grudges.

It makes the individual trapped in the thought of 'how can he/she do it to me' and planning for retaliation and revenge.

Such an incident can be seen with this example. Rajiv was a 10th standard boy who was very good in his studies. He hoped to become a scientist one day.

One night a gang of thieves came to their house threatening to kill his father if they do not give the money in the house. In a panic situation, the son held in the hand of one of the thief triggered and shot the father.

This trauma made Rajiv a victim of prisoner of his mind, holding grudges to take revenge of the incident. His ambition was overshadowed by the thought of retaliating and making the thief suffer.

In the above example, not only did Rajiv lose his ambition, he also lost inner peace. He cannot see past the barrier of hatred and cannot move forward. The main component of a human life towards productivity is his/her inner peace. If a person has inner peace, harmony in his/her life, anything can be achieved with hard work and dedication.

Moreover, there are many Rajiv in today's society who are imprisoned by hatred and rage and cannot move forward. It creates a burden to the society, making the society vulnerable to violence and conflict and lead to vicious cycle of poverty. The main idea of poverty here is not lack of wealth but well being of a human being.

Therefore, forgiveness must be practised and helped to be practised. It is essence need to be understood by the society as a whole. With forgiveness comes various other values such as compassion, empathy and benevolence. The suppressed emotion of happiness also emerged with forgiving others and moving forward.

Thus, forgiveness free an individual from the control of the person who harmed the individual.

"Holding a grudge does not make you strong, it makes you bitter. Forgiving doesn't make you weak. It makes you free".

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खण्ड-B / Section-B

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- 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।

Nature is neither a servant nor a master,
but a necessary partner

In every walk with nature, one receives more than what he seeks. To think of nature as servant and exploit it without any thought or to preserve nature in expense of human life are neither right nor valuable. It is only by considering nature as a partner that one can live a good life along with nature helping each other as nature can contribute to the humans various services, and Humans also need to preserve nature for its survival.

In this essay, we are going to explore the role of Nature, how humans and nature are related or connected, why Nature is not a servant nor a master but a partner and different initiatives adopted in this direction. Also we will dive into vulnerabilities to nature as well as individuals if they are not helping each other and how sustainability of life depends on the Partnership.

Earth has gone through various changes from more than 4.5 billion years ago when there was no human. There were many changes due to various natural factors like solar radiation, volcano eruptions or meteorite falling. This factors leads to witnessing of various mass extinction. However the current possibility of 6th mass extinction is thought to be caused by human activities.

In the past, natural factors causes change in climatic conditions, however it was not sudden and erratic. It took 4 millions of year for the change to occur.

But in few 100 years, the climate change occurred are due to human activities with the rise in level of greenhouse gases, decrease of ozone and rise in ozone depleting substance.

Also, with the advancement of technology and increased knowledge of services that can be obtained from nature, there is rise in unjudicious exploitation of nature by humans. It leads to unsustainable ecosystems where there is threat to the life of both humans and nature. This can be seen with global warming, sudden climate change, heat waves and cold waves, erratic rainfall etc.. Thus there is a need for humans to understand the services provided by nature and how it can be exploited in a sustainable manner.

Nature provides the ecosystem with various services including both ecological services and human services. Some of ecological services are rising the biodiversity making it resistant to sudden change, increasing food web network, increasing various species leads to avoidance of extinction etc.

Also, it has human services like providing raw materials, food, water etc. Nature has also played a role in regulating the water cycle, recharging groundwater, con managing nutrient cycling and various geological cycle. It also has an important role in boosting cultural services like tourism, spirituality and various medicines. These all services lead to two different views among various experts which perceives nature in and human relation in different ways,

One view is pro-nature which considers nature as a master which provides services and thus needs to be protected. It is of the view that utmost importance must be given to the conservation of nature ~~and~~ irrespective of its impact to human life. It does not consider the livelihood of individuals who are dependent on nature like tribal peoples and are against exploitation of nature.

The other view is pro-human which view nature as servant, ready to be exploited as much as they can for the comfort of their lives. They are of opinion that nature provides us services so that humans can use it for further progress and development, we can thus exploit various resources of nature.

However, both extremes are not the right path to sustainable development and welfare of whole ecosystem. In order to attain the Sustainable Development Goals and achieve targets through its principles, there is a need to consider nature and human both as partners rather than a master or servant. They are interlinked with each other and they need each other to survive.

The Biodiversity can be perished without intervention of human if there is natural calamities which can eradicate a whole species or group of species. Also, the use of dry woods by humans help plants to grow new saplings. There are also instances where human preventive action against foreseen disaster can help animals and plants to survive from the disasters which may lead to their extinction.

In another sense, humans without nature cannot survive on the planet. Nature helps in regulating oxygen, keeping the temperature sustainable and provide foods and resources to earn livelihood. ~~For~~ If there was no trees and plants, Earth would be same as ~~the~~ other inhabitable planets.

With the realisation of the importance of nature ~~as~~ and make it a partner for the survival of organisms including humans on this planet various initiatives were taken globally.

There are many countries which gives nature constitutional rights, legal rights and values the rights of nature like Bolivia, Ecuador, New Zealand etc.

Also, countries pledge their Nationally Determined Contributions in order to conserve the nature and reduce the global warming.

One of the major threat to both human and ~~water~~ nature is the depletion of fresh water and pollution of drinking water. Various natural fresh water lakes are shrinking and dried up like ~~Lake~~ Arad sea. Thus knowing its value, country like India started programmes like Namami Ganga.

Other initiatives are various reform programmes like convention on biodiversity which envisage sustainable use of nature. Also Net zero concept emerged in various programmes to reduce fossil fuels and go into renewable energy. Various research and development are taking place to evolve the use of renewable resources and phase out the use of resources which are causing green house gas emission and ozone depletion.

Ans.

Therefore, overall cooperation and perception of nature as ~~the~~ a partner is the way forward and to lead a sustainable life thinking about intergenerational equity. This can be viewed with the case study below.

In 1986, a 16 year old boy started a concept of 'one tree a day'. Now the bareen land where he started this practice is a 550 acre of lush green forest with various birds and animal. The boy is Jadav Molai Payeng of Assam who is also known as 'Forest Man of India.'

Only there is need to change the perception and the mind of people to conserve the nature and individuals must act as an example for others to follow the pattern.







Space for Rough Work



Space for Rough Work

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

Anecdote

To forgive meaning

Meaning
Meaning
Invisible
Can't see
Mental health
Psychology
Dinner time
to eat

Groceries

Current scenario of society

Mental Health

Productivity

Inner Peace

Happiness

Domino effect

'In every walk with nature one receives more than what he seeks'

1986 → 16 year old Jadav Molai Payeng → Forest
Man of India → one tree a day
550 acres of barren land → lush green forest
birds & animals →

Nature not a servant → Evolutional ^{value} ~~behave~~

Not a master → Non

Partner

Initiative