

खण्ड-A / Section-A

उम्मीदवारों को
इस भाग में
लिखना मना है।
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- Q.1 If you look into someone's face long enough, eventually you feel that you are looking into yourself.
यदि आप किसी के चेहरे को काफी देर तक देखते हैं, तो अंततः आपको महसूस होता है कि आप अपने भीतर ही देख रहे हैं।
- Q.2 We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.
हम उस बच्चे को आसानी से क्षमा कर सकते हैं जो अंधेरे से डरता है; जीवन की वास्तविक त्रासदी तब होती है जब लोग रोशनी से डरते हैं।
- Q.3 It is the province of knowledge to speak and it is the privilege of wisdom to listen.
बोलना ज्ञान का क्षेत्र है और श्रवण करना बुद्धि का विशेषाधिकार है।
- Q.4 Drop the question what tomorrow may bring, and count as profit every day that fate allows you.
यह प्रश्न छोड़ दें कि कल क्या हो सकता है, और हर उस दिन को लाभ के रूप में गिनें जो भाग्य आपको अनुमति देता है।

Q4 Drop the question what tomorrow may bring, and count as profit everyday that fate allows you.

It is said that every generation has its own tragedies to bear. 2008 financial crisis seemed to fit the bill, but then came 2020. People were suddenly reminded of how fragile human are were in face to nature. Millions lost their lives, so many untimely deaths that mind perhaps can't even fathom. so lets look at a singular case.

Siddhartha Shukla, a TV actor famous for his Big Boss stint, was in his early 30s when he died of heart attack. He had his life, success, fame. He was well built, giving an impression of no physical ailment. Everything seemed perfect in his life, and yet it was rudely taken away.

The above examples show how tomorrow is not even a guarantee, no matter how young you are. So obsessing about it and what it might bring is nothing but a waste of time. Instead one should focus on present and count as blessing everyday that one gets.

Thus in this essay, we will look into why one should develop an attitude of not obsessing about tomorrow and should focus on today? What are the pitfalls of this attitude? And how can one develop it?

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It is natural for humans to think about tomorrow. However, overthinking on what tomorrow might bring leads to fear of it. Our 'monkey brain' is evolved to survive, which it does by recognising, focusing upon and removing dangers. But future dangers are not visible, thus one lives in state of imaginary fears, fuelling in anxiety. Thus we miss our present, thinking about future. This has multifarious repercussions.

For instance, fear of migrants taking away job of Americans, or fear of overpowering left, made many Americans do the unthinkable - go on a riot against their own congress - attacking the very symbol of democracy, that they feared would get destroyed in future. Thus the fear of tomorrow, made them destroy present.

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On the other hand, expecting great future, a tomorrow like never before is also problematic. It makes 'today' look pale in comparison to that heavenly future. Thus today would never be upto the mark and make one feel unsatisfied. Napoleon Bonaparte, was always obsessed about the next conquest leading to years of turmoil in Europe and his own tragic ending on a lonely island.

Similarly, some people use tomorrow as an escape from current misery. They prefer to live in future than face the reality of messy present. This halts progress as it is only by confronting present issues that one can achieve better future. Karl Marx stated this and said religion is opium of masses. It makes one passive as it promises heaven after death (distant future), and thus with no need of working on present.

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To him, today's problems must be resolved by revolution so that future of communism can be realised. ~~As~~ ~~average person today~~ Though the idea of communism be disregarded in this context, one must not fall in trap of passivity due to promise of distant heavenly future.

Further, a person induces self into passivity by analysis - paralysis. A chronic planning for tomorrow, waiting for optimum resources, gaining all knowledge, learning best management skills, etc. can make one paralyzed to nothingness. A robust combination of action and planning is needed.

for instance, Armstrong Panne, IAS officer, used crowdsourcing to make road necessary ~~to~~ to connect villages to city centre. Had he been waiting for tomorrow, he wouldn't have been able to create this reality.

~~and~~

However the pitfall in above attitude of not thinking about future is not planning for future at all. In order to succeed, planning for future is an essential ingredient. Gandhiji said - 'live as you were to die tomorrow and learn as you were to live forever'. Thus learning for better future is needed.

Further, when present is truly painful, it is the hope of better tomorrow that makes one live through present. In book, 'Man's search for meaning', protagonist stated that he lived through Nazi camps thinking about future where he would meet his wife, publish his work, etc. This gave him resilience needed to survive the brutal conditions.

Thus so far we have looked into why one must ~~not~~ ^{drop} the question of what tomorrow may bring. Let's see why one must count as profit

everyday that fate allows us.

firstly, seeing every-day as a profit makes one feel grateful for one's life. Every research has shown the more one is grateful, the more it increases their happiness. This leads to a positive spiral where one starts appreciating small joys of life and more such blessings appear. All this has overall positive impact not only on the person but also on his near & dear ones.

secondly, once one starts recognising the temporariness of life, it is easier to drop fear and live one life that is provided. 'A man lives two lives - the second one comes when he realises, he got one'. This can have positive impact, say on ~~economy~~ economy as many ideas that today stay ~~in~~ are ~~hidden~~ hidden due to fear will come to fruition. Jiff bezoz infact told that he constantly

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reminds himself of death, to push through his fears and try new innovative ideas.

Thirdly, when one focuses on present only, their productivity increases. They are truly able to 'fill every minute with sixty seconds of distance run'. This makes a person's life truly fulfilled and helps them find meaning to it.

Fourthly, counting everyday as profit helps one live through tragedies and makes them resilient, for the worst (the ultimate death) have not befallen them. Also, it makes one utilize given life to the maximum. Tipu Sultan said, 'It is not the length of life that matters, it is how you live it that does'. Thus a soldier sacrificing their life on

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battle field does so keeping in mind that everyday is a god's gift to them.

fifthly, one never know what fate brings. Maybe one is destined to win lottery in future. Then all the time spent on worrying about it and not living the present would be seen as nothing but a wastage of time.

However, living in the moment does not mean one resorts to hedonism. Recognising the difference between living life and escaping it using drugs, etc. is essential, especially today when mass media is complicit in burying this difference.

Also, one should not get neckless and stop caring about life. It is a blessing and living it keeping in mind the beauty in its trials and tribulations is essential.

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Thus to develop these attitudes, one ~~must~~ can follow philosophy of 'Nishkama Karma' - unattached work. This helps one keep doing actions without excessive attachment to future rewards.

Further a Japanese philosophy of 'wu wei' that focuses on going with the flow can be practised wherein one lives in present moment appreciating it. These can be brought down in daily life by practising meditation.

Moreover, in child rearing it is essential to realise that raising child's confidence and making them entitled are two different things. ~~It is~~ It is duty of parents to ensure that their child is not just demanding from the world but also positively contributing to it.

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At government level, all this can be done to some extent by incorporating value ethics in education. Also collaborating with NGOs to bring in happiness curriculum (Delhi government) can be a positive idea.

Thus to develop a holistic life, it's essential to focus and feel blessed about present ~~not~~ by not obsessing about future. It is with this that one can truly appreciate life and its beauty in its entirety.

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खण्ड-B / Section-B

- Q.5 Truth, like a torch, the more it is shook, it shines.
सत्य, मशाल की तरह है, इसे जितना अधिक हिलाया जाता है, यह उतना ही चमकता है।
- Q.6 Art is I; science is We.
कला मैं है; विज्ञान हम है।
- Q.7 Only the dead have seen the end of the war.
केवल मृतकों ने ही युद्ध का अंत देखा है।
- Q.8 Act as if it were impossible to fail.
कार्य ऐसे करें जैसे कि विफल होना असंभव ही था।

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⑤ Truth, like a torch, the more it is shook, it shines.

The world today is undergoing a geopolitical flux, with many predicting downfall of USA. However to pinpoint when this downfall began is difficult. But it is easy to see a major reason for it is erosion of trust in USA. This erosion is backed by many instances. The invasion of Iraq on pretext of it having nuclear arsenal was a tragedy. The lie of nukes made the world support us

at that time, but once the truth came out, it shined brightly.

Everyone could see the wreckage vs had life, ~~and~~ the lie it ^{had} perpetrated, and slowly but surely the erosion of trust began.

The above instance shows that truth has a way of coming out and when it does, the more it is shock from reality, the more it shines. If one is upfront and speaks truth, it may hurt initially but the wound inflicted is negligible compared to the surgery one has to do if it is hidden. But then why people lie?

They do so because it is convenient to them at the moment. Lie serves a purpose for them and gives them temporary

benefits. like a politician may lie of the electoral promises made and go back on them later.

Further they fear the backlash they may have to face if truth comes out. like china lied about COVID 19 virus fearing the consequences. It delayed and tried to sustain it from going out but it eventually did. The delay costed world more dearly. Thus the truth ultimately did take its revenge.

Moreover, people feel that they can get away after ~~speaking~~ lying. They think they have seen many people living their absolute best despite lying and thus why can't they do so. However, clinical psychologist, Jordan Peterson stated that he has never in his practice seen anyone get away with anything. You cannot twist the fabric of reality and not expect it to snap back. This is also true in theory of

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karma, where every action has a reaction. Still people try to hide truth. But how do they do so?

They do so by burying evidences, lying to themselves and others, building enormous stories to cover one truth. They build on lies, one at the top of other, creating a mountain of it. But the thing is, its easy to remember truth because its a lived reality. To remember ~~so~~ such a heap of lies is mentally taxing. Thus ultimately, one forgets something and the whole ~~so~~ heap comes tumbling down.

For instance, in movie Duishyam, protagonist took his family to the fabricated trip, so that they can embibe ~~the~~ it and stick to their lie. But despite that, one of them broke because it was not truth.

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Further when the truth is shaken and it comes to light, ~~the foundation~~ it shines brightly. But why such bright shineness?

It is because the foundation of society, relationships, economy, etc. is truth. Lying shakes this foundation and it cumblers. This is seen in several cases where lying about extra marital affairs cumblers marriage. The recent backlash on sachin - seema saga is because marriages are based on truth, which gets hurt in such relationships. This hurt is felt most deeply by individuals involved but also to some level by society in general.

Also, when the truth comes out after a while, it hurts more. This is because at some level the trust reposed on person, institute, society, etc. is broken. Like trust of top quality pharmaceuticals,

vaccines, etc. ~~gets broken~~ when
~~it is~~ from companies gets broken
when it comes out by whistle blower
but not so much, if the product
is withdrawn by company itself.

Like, once there
was ~~the~~ a product recall of Tata
salt, but even today it is among
top trusted brands. But same is
not true for Ranbaxy in US.

However in all
this one prominent question remains -
what is truth? who decides truth? Is
there one universal truth?

It is often said
that history is written by victors.
So they present their version of truth
to the world. For instance, Indians
are taught history where Britishers
looted the country, but in Britain
hardly anything of this nature is
taught. They take pride in their colonial
empire and praise themselves for

railways and unifying country ..
what is truth here ?

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Further, in the age of technology, everyone has access and opportunity to seek their versions of truth. Thus opinions are thrown and often gets intertwined in facts. This creates issues of fake news.

Such fake news can have dire consequences as seen in case of Manipur. It was a fake news of death of women from ~~the~~ Meitei community that led to backlash and naked parade & rape of women from kuki community. This monstrosity arose from 'fabricated reality' that is possible today.

Issues of deepfakes, virtual reality, etc. blurring the lines between truth & fantasy is leading us to a post truth world. But is it necessarily evil?

No, it is not. Reality is complex. It is not possible to grab it in its entirety. no matter what one tries, one is always looking at reality from a view point. This view point is truth and also the other.

This idea is in the famous story of different men blindfolded around an elephant, describing its different body parts as pillars, ropes, etc. The philosophy of Anekantavada in Jainism captures it perfectly.

Further, one must remember that though truth needs to come out, ~~has~~ to grab it completely (or atleast as close to it as possible), one must allow different people to speak their version. Here the advantage of freedom of speech and technology can help us lead closer to truth rather than far from it. This truth will definitely shine

in the multitude of lies present around. For instance, wikileaks show ~~that~~ the truth of espionage before world using technology.

however, it is important that when one deals with truth, one is cautious of how to deliver it especially at an individual level. Being gentle, soft but to the point can be of immense help. The rude mass layoff of Twitter employees show the anti-thesis of how truth must not be bulldozed on ~~over~~ people.

But no matter what truth is like a sun that cannot stay hidden. It is the best-antiseptic to wound of lies. No person, society, country can truly succeed if they pander falsehood at anvil of truth. Thus upholding truth is truly the highest virtue out there.

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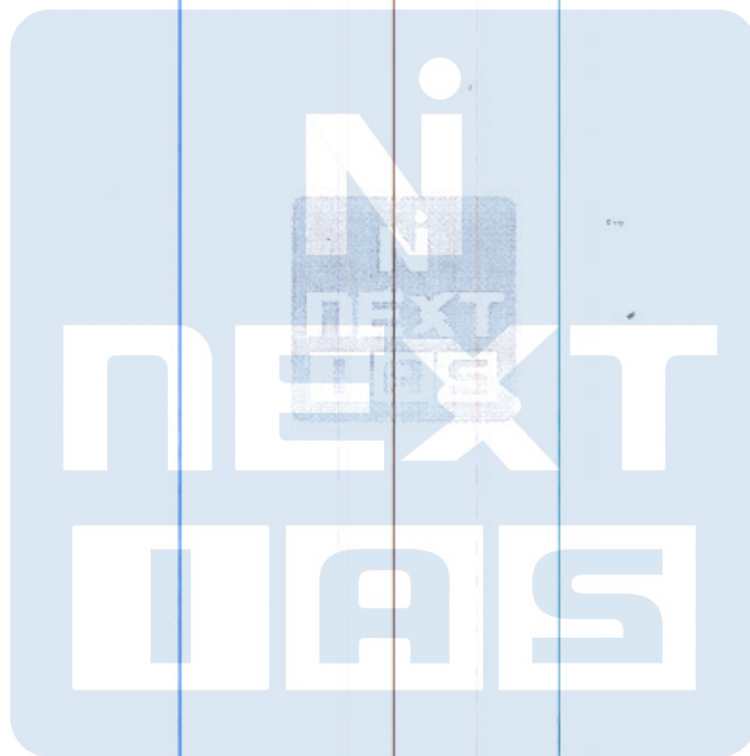
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Truth, like a torch, the more it is shook, it shines.

Truth ① directly → hurt, quick bandage.

→ may + come out. ② people shake = inconvenient
get away.

Space for Rough Work

③ to shake it - lie → ~~trap~~ → many lies → mental pressure
Every lie is a debt one has to repay. keep it

④ after a while → hurts more → trust broken. corrosion

⑤ foundation of society, relationships. → shines more. Trust
↳ shaken → crumbling.

→ lie - myth diff. myths survive
↳ based on truth.

→ what is truth - who decides - power ↳ Ramayana
- history - victor. Bible.
- simulation.

↳ post truth - opinions vs facts
when not to speak truth, discern.

↳ manipulator - brutal parade - truth hidden.
↳ fake news - made up 'truth'.

Trust the fabric of reality.

core - china

⑥ PLEFA
HISS.

Drop the question when profit everyday that fate allows you.

SPLERA HISS

~~spontaneous~~ died
could ~~married~~ unexpected.

Space for Rough Work

map - ^{year?} anxiety future - can't live present properly
expectations ↑ - even good things won't
make believe - away reality - escape present - ^{upto mark} ~~Napoleon~~ ^{adversities} ~~India~~
lonely planning - ~~work~~ do anything - ~~sub-prime~~ ~~did~~
plan tomorrow. → freedom struggle - admin ~~stage~~
have as time as you were to die tomorrow, ^{man's sense} ^{anxiety}
need to live forever. - Archwiter ^{camp}.
in pain - future hope keeps alive.

fate allows - gratitude → happiness - ppl appreciate - ^{family} ~~family~~ -
recognise temporariness - live every min
with 60 sec & worth
even if tragedy - you can see worse. ^{resilience}
helpful ^{society} ^{resilience}
has - hedonism [⊗] ^{Tipu Sultan} ^{soldiers} → murdered ^(long)
reckless [⊗] ^{life}.

Develop - entitlement [⊗] - gift ~~treasured~~ ^{treasured}
Nishkama Karma - unattachment
meditation.
remembering death.