

G|S SCORE

An Institute for Civil Services

IAS TOPPER'S

TEST COPY

ARVIND SHAH

RANK - 123

ESSAY MOCK - 3



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Roll No. _____

Time Allowed: 3 Hrs.

Max. Marks: 250

Instructions to Candidate

- Both sections are compulsory.
- Attempt one essay from each section.
- Each essay carries 125 marks.
- Write each essay in about 1000-1200 words.
- After finishing the first essay, attempt the next on a fresh Page.
- Any page left blank in the answer-book must be crossed out clearly.

(Examiner will pay special attention to the candidate's grasp of his/her material, its relevance to the subject chosen, and to his/her ability to think constructively and to present his/her ideas concisely, logically and effectively).

Name ARVIND SHAIH

Mobile No. _____

Date _____

Signature Ashish

1. Invigilator Signature Shiv

2. Invigilator Signature Mary

Remarks	
Very good! $\frac{64}{125}$ 	<u>Essay 1</u> Excellent clarity and understanding. ✓ Good presentation - structured, focused, relevant, effective communication. <u>Suggestions</u> : you can add value still by critical thinking - (a) All times are gift of nature? Or present only is gift of nature? - Probably present because what we make of present, that becomes our past as well as future - (b) What's the significance of "past" in our lives? - you have done a little on "negatives" of it. (c) "Umeed Per Duniya Orayau hai - Hope for a better future has sustained the world! Is future relevant for driving our present?
very good! $\frac{63}{125}$ 	Please see inside for Value addition?

SECTION - A

1. A real champion is one who enjoys the art of competition and not its outcome.
2. Darkness cannot drive out darkness; only light can do that.
3. Yesterday is history, tomorrow is a mystery, today is a gift of God.
4. Science is a beautiful gift to humanity; we should not distort it.

SECTION - B

1. Situations do not make or break us; our choices and decisions do.
2. Man does not get two separate lives, one 'to struggle' and the other 'to live.'
3. Winners are not necessarily true and ethical.
4. People decide their own destiny; fortunes are made or unmade by karmas.

Section A

3. Yesterday is mystery history, Tomorrow is mystery, today is gift of God.

"What has happened, happened for good; what is happening is happening for good and what will happen will also happen for good."

- Sloka from Bhagvat Geeta

By above paragraph Lord Krishna meant that whatever has been happening it is all part of nature's plan. Man has no business to worry about either past or to worry about future. Krishna told that O Arjuna! You should focus on your duty, your dharma and should not worry about fruits. Because it is not in your control and relevant! Excellent good intent!

Humanity since the ages has been tense about regret of past and tension and anxiety about future.

In this essay, we will be trying to analyse the statement given by trying to find answers to following questions - Why do we worry about past as well as future? What has been impact of such worry? How to stop worry? Do we need to worry ever? — And in the end, we will see the way forward.

Why so serious!

In the movie Batman: The Dark Knight, Joker asks Batman why so serious? It has made us - the audience - also to think on the questions.

Reason for us to be regret full about past and tense over the future are many fold.

Our society has been pressuring us to perform. There is a rat race going on. Every one is competing with their neck out, competition has become cut throat. There are many cases of suicides, heartbreaks, heart attacks — all can be traced to our insecurity which has been

Created by society - what if we don't succeed?

It sends us shivers in our body just thinking

what if way we fail. Thus to avoid failure
we have become risk averse. v. good!

We regret about past because, society doesn't let us forget our failure. There are many who have made their primary goal of life to ask results to children. They will also remind you that Sharma ji's son's results is higher than you. v. good! Thus they create inferiority complex.

Impacts of Overthinking

This overthinking about past as well as present has impacted our life in many adverse ways.

Regret about past has made us risk averse, with negative mind set, we have become pessimistic. India of current has stopped taking the risk. It can be very verified by looking at the numbers of doctors/ engineers

that we are producing compared to entrepreneurs and artists.

Our parents have made their children a medium to fulfill their unfulfilled desire. Before even birth our career path is chosen.

The minuscules like female foeticide and female infanticide can also be partially attributed to our overthinking — unable to stop our worry that how our dowry will be arranged, what if girl's security is not ensured — all this worry has made us criminal to the extent that we are ready to go to extreme length — even killing our own child.

Worrying about past has a cultural context too. Two-nation theory was established because of our inability to let our past go. Some wanted the golden age of Veda back (Back of veda) while others wanted to go back to medieval era of prophet mohammad. No body was focusing on to live in present. There has

been an everpresent worry about future too.

Every community feels that their religion is in danger. This anxiety has made politicians use their vulnerability for political gain and has resulted into riots such as Muzaffar Nagar riots.

Internationally too, there are numerous examples. For example Pak has been unable to let their past go. Pak has not been able to forget the 1971 defeat and tons of east pakistan — it has made it pursue — bleeding Andhra by thousand cuts — thus it has damaged India and Pakistan's present and Pakistan's future has been greatly damaged — the economy is in ruins, the forex reserves are empty — still Pakistan is not ready to let it go.

India too has not been able to forget Indo-China-war of 1962 — and has been uneasy relationship with China.

In west phenomena like 'make america great again' — can be attributed to

~~glorification of past and fantasizing the future - the result is US is losing the hard gained respect in international community.~~

~~China also talks about 'Centuries of humiliations'.~~

~~But worrying about future and not forgetting the past is not always detrimental, sometimes it is beneficial and desirable too.~~

The other side of worry

~~It is said that if you don't learn from mistakes you will continue making those mistakes. Similarly if you don't plan for future you are bound to be doomed.~~

~~There are many examples for benefits. For example if your forefathers have not planned for better tomorrow, today we would not be living in a free India where our rights are fundamentally secured, we are provided~~

*Very good
examples
and
inferences to
make your
points!*

to win human dignity. We are ensured with justice - social, economic and political.

Similarly if US has not planned for containment of Russia well in advanced, US would not have enjoyed the hegemony.

Dr. APJ Abdul Kalam, the former president of India held that Dreams are those who don't let us sleep. Thus it is better to dream. But the point is how to ^{not} let worry ~~turns~~ turns you negatively.

Let us now look if there is possibility of a worry free life where we are able to enjoy the present to the fullest.

How to stop worrying and start living.

Our forefathers and ancient rishi (monk) have pondered on this question in great detail. In Hindi it is held that "Chinta aur Chiba both (tensions) (funerals) are the road to death."

Thus to ^{stop} worrying we have been experimenting for thousands of years - for example earlier after

attaining old age, one was used to go for tapasya in Himalayas. (+Sanyas).

Similarly Maharsi Patanjali has given the way of 'Yog' to control our thoughts and make our life better where there is no worry.

Another school of thought The Charvaka had held that there is no afterlife, this is where you are born this is where you will die & there is no need to worry. Drink Ghee, enjoy life (you don't have money, take loan). This school is called hedonistic school which is very close to utilitarian school of Bentham - who also advocates to attain pleasure and avoid pain.

To stop worry there is need to develop a culture of happiness. Instead of merely racing for development (growth approach) there is need to race for happiness. Bhutan in this case has shown the way by making happiness a criteria of development. MP government also had setup a happiness department.

(Anand Vibhag) in governance to promote happiness.

Recently ~~Delhi government has added~~ happines curriculum in the syllabus. All these can be seen as potential step towards a less stressful society which is not ~~worried about~~ future and able to attain happiness in the present.

The idea is to balance our life in such a way that we plan for future, we learn from the past also. But we don't let our past or future haunt our present.

Section B

4. People decide their own destiny, fortunes are made or unmade by Karma.

A devout man was drowning while praying 'O Lord, save me'. Moments later a man came to help but he refused to get the help "Lord will come to save me". Eventually he perished in the flood. When he got to after life he asks "Lord, why didn't you help me when I called".

"Who do you think sent you that man to help you" - Lord replied.

v. good - Lord and eloquent intro! Precise!
It has been said that fortunes favour those who help themselves, God also helps those who help themselves.

In this essay we will be analysing what is destiny, what is fortune and what is Karma? How one decides destiny? How fortunes are made by Karma? — and at the end will see what ^{is} the way forward.

Destiny is the end goal of a process. It can be linked with destination. There are two types of people - one who accept destiny as pre written (the pessimist) and the optimist who aim to decide their own destiny.

Fortune is a good result. We are fortunate when we get what we want. Fortune can be compared with good luck.

Karma is the process of doing something. Karma can be seen as the means to achieve destiny.

(let us now see how Destiny fortunes are decided.

Deciding the destiny

We decide our destiny by our mindset. One leaves one self to destiny, at the mercy of god. In Gita there has been ^{three} two prescriptions to lead a life and attain moksha — GyanYog, Bhakti Yogi and KarmYog.

Bhakti Yogi comes closer to pessimism

where humans leave Kaam, Krodh, Moh, lobh
and submit oneself to divine in totality.

KarmaYog on the other hand is Optimistic
way, where one decides to make their own
destiny. Lord Krishna held that this way
too leads to the attainment of moksha.

Saint Ravidas who was not literate, didn't
know any Veda or scripture, yet was able
to attain moksha - because he did his duty
with Supreme dedication.

KarmaYog is reflected in ^{Swami} Vivekanand's
teaching as well when he held 'Arise, awake
and stop not till the goal is reached.'

(let us see now how one makes his own
fortune by Karma.)

Game of Karma)

Karma has been a thought process of
east, India in particular where there is

concept of after life and rebirth. Based on Karma of previous life, the next life is decided. In Hindus there has been ~~84,000~~ Yoni (Birth) and one of them is birth in form of human. Hence human birth is considered as result of good Karma.

In a Broad sense, this Karma theory can be applied in one life too. Globally Karma has been understood as Payback. When you do good, good happens to you, when you do bad, bad happens to you — in this life itself.

This Karma is also responsible to decide our destiny. When you decide to act by doing Karma — You decide to make

set your own fortune. Karma also helps to make or Unmake fortune. Mahavir, in his

book "prince" held that fortune favors brave man.

It is also said that when you avoid risk by not doing anything, you avoid success too. If you go ahead and do something

there is probability of success/ success as well as failure. But when you leave it to destiny and don't decide to act, it will not lead to success for sure.

It is to be noted that, being active in making our destiny doesn't mean always acting and never sitting in fence. When we sit in the fence — it is also an action that we have decided to do. Being active don't mean hyper activity — but a tacitful action — knowing when to act and when to wait for example current great game in Afghanistan, where India has decided to sit on fence while players like US, Russia and Pakistan are playing — ~~if~~ India has left its destiny on others' action. If ~~now~~ US leaves and Taliban takes over — India will be pior paying its cost of a inactivity.

Another example would be the life of MS Dhoni - a player from middle class family

from a backward state with little little or no sport infrastructure, he decide to make his own destiny and ended up becoming the most successful captain of his time.

Similarly we can take example of Hima Das, ~~she~~ once she had no shoes to run on the tracks now she has won numerous gold and currently is brand Ambassador of Adidas - one of the largest shoes manufacturer.

There are numerous examples such as former president Dr. APJ Abdul Kalam, current PM Narendra Modi, who have been successful because they decided to make their own fortune by hard work and determination.

In this context speech of former Indian cricket captain Rahul Dravid is very relevant. He held that 'You work hard for decade, battling every day, putting all other aspirations on hold and one day when you perform at

international level and people call it

overnight success: Thus what people call

✓ it luck or overnight success has been ~~on~~ a

determined struggle to shape own's destiny.

Gandhi, one of the most successful

man leader, after all the movement of

the satyagraha, finally in Quit India

movement held that "The time has come for
do or die".

Entrepreneurs like Jack Ma, Elon Musk,

Vijay Shekhar (founder of Paytm) - all have made
great effort taken great risk to be where

they are - it is not luck as we

would like to believe.

However, there is also a need to

realise that it is Karma which is in

good Karma

↓
- Education
- Wisdom
- Mission,

Purpose,
noble cause Not in own hands to decide. Thus it is

- Options

- Institutional support necessary to focus on the duty and not

support

- Inspiration, motivation,
endurance - environment - patience

Remarks

Bad Karma - Ignorance

being very worried about the result.

India too made a tyrst with destiny,
in 15 Aug 1947, when the whole world was
sleeping, India awakened to life. Our journey
toward that destiny, which has been
enshrined in Constitution (Justice, equality,
liberty, dignity and fraternity), has also
been a journey of many teles. We have been
successful often, have failed few times (Emergency),
still the tyrst continues.

As a human and as a social animal
we will have to rise consciousness in
our soul as well as in society to dream
big, work hard and achieve it. Our nation's
destiny can't be where world's largest poor's live
where worst most number of malnourished
children live. We can't be a nation when
women are fearful of venturing in open at
night. We can't be a nation where female is

killed in the womb itself. The issues like Untouchability, patriarchy and rampant pollution and uncleanness — all this is not our destiny. We will have to take control of our destiny. We will have to pay heed to what Gandhi said 'Cleanliness is next to godliness' thus we will have to change the culture of hygiene as we are doing by Swachh Bharat Abhiyan.

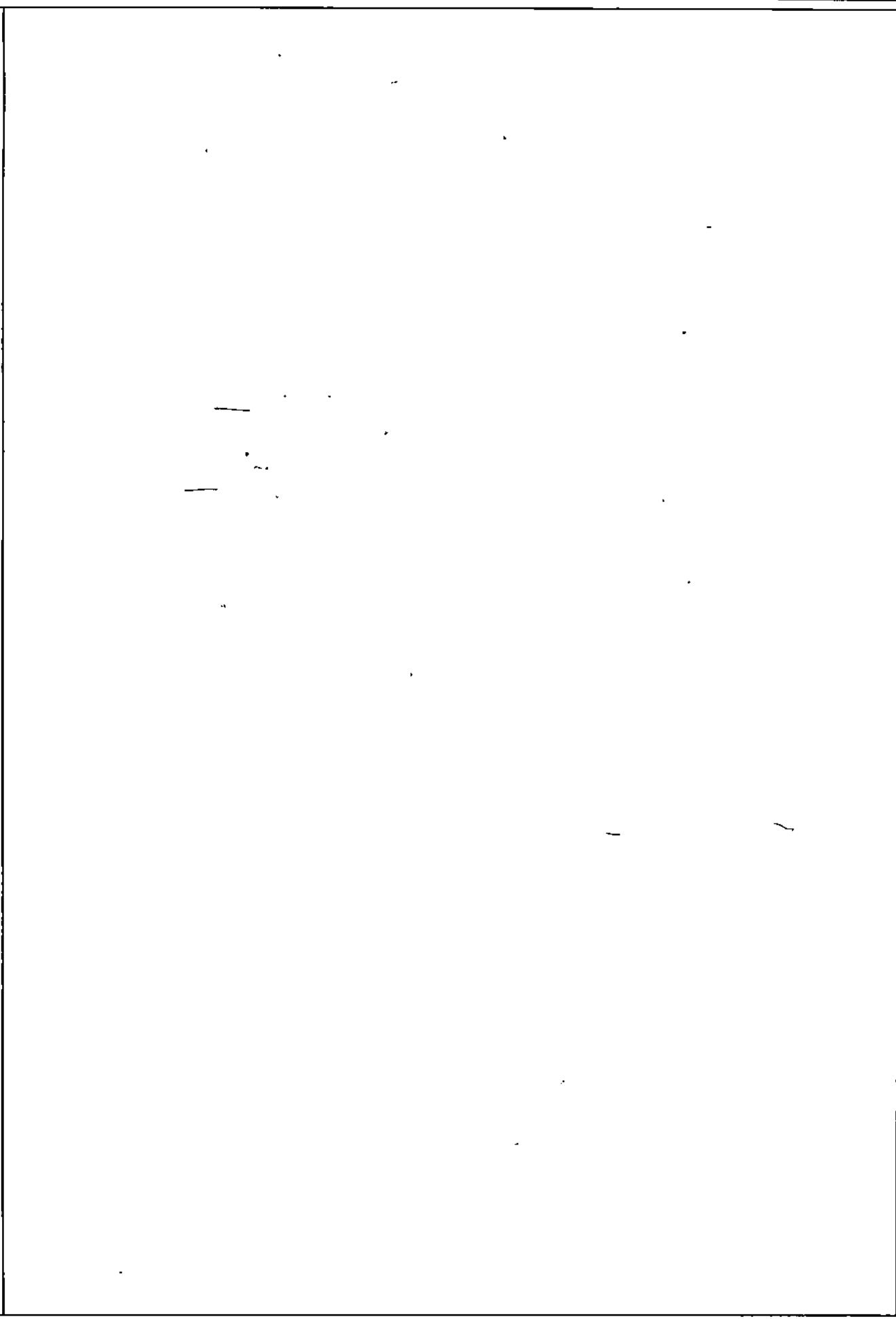
~~gs destiny~~
~~totally immaterial?~~ He will also have to work hard to get citizens ~~best luck~~, out of poverty, ensure hunger free children, and give ~~environmental~~ safe and secure environment to women — where her dignity is respected.

~~which are unknown external forces matter?~~ For all of this there is greater commitment needed. There is more determined effort needed. When our Karma will be that determined, there is no way that

~~can they be controlled~~ our destiny can't be shaped as we want.
~~Do right time and space also water? — The ugly duckling story~~

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Remarks



Remarks

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Remarks

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Remarks

People decide their own destiny, fortune are made or
or made by Karma

Mahabharata - Everyone
is master of their own destiny.

↳ Karma

Krishna said - nearest
deaths.

Geeta - Karm yog

Mahavali - fortune favours
brave

What is destiny and fortune

What is Karma

How do we decide our own

destiny - Karm yog

↳ as you sow, so shall you
reap.

God helps those who help
themselves

Story of a man drowning

A newspaper seller - being the
president of larger democracy

a tea seller - PM

- ① What is destiny, fortune and Karma → Pessimistic - Past
→ optimistic - Future
 - ② Has people decide their own destiny → End goal
Has one makes his own fortunes by Karma - Karma
is mean
 - ③ Karm yog
 - Do or die
 - cause awake and stop not till the goal is achieved
 - ④ Way forward.
- rise against evil to attain a righteous society.
→ �ir vanangin our self
→ in our society - now

Yesterday is history, tomorrow is mystery. Today is gift of god.

In Hindu - Christ is like Chitaa (Cremation)

1) Intro
Motivation
In this essay
Why we worry

India's idea of today tomorrow and yesterday has been left - as it is.

Has ~~we too~~ why Yesterday is history

3) Impact of worrying

how to Living in the present happens Peace

B) Stop worrying start living

worrying over yesterday - regret, sadness future - increasing competition
 Don't be afraid of reform instead of renewal

↓
 ↓
 a bakery where Geeta worry about deeds only

we are wise L what happened was good. What is happening is also

brought to
 learn and good what will happen will also be good

plan but

not worry Stop worrying Start living (Date critique)

worry because

of it.

how to stop worrying - yoga, spirituality, maturity

habitability

culture of happiness (Buddha)

future - meeting its past

→ history

not ready to leave past

India is not able to live in present

International angle

Pak not ready to leave past
 israel

wanting to go to prophet era.
 society
 → Bank robbery
 Venetians
 Renaissance

10) Ethics - knowledge is virtue, knowledge can help us realize that present is worth living

Remarks But can we ignore past and ignore future...