

(c) "Judge your success by what you had to give up in order to get it" Dalai Lama

Answer :- Int :- **Barometer of success** can be defined in many diff⁺ ways :

- 1) **favourable** or desired outcome
- 2) attainment of **wealth, favor, eminence**

However, these defⁿ leave a lot of room for variation

In the **above quote**, it says **success should not be judged** based on what you have achieved but in the **terms of trade off**, ie what one has to give up in order to achieve it.

- 3) **Dalai lama**, teaches us :-
 - 1) about living in moment,
 - 2) gentle with planet Earth
 - 3) creating loving atmosphere at home

He mentioned these words about **how you must judge your success** by **what you give up** in order to get it.

Desirable success

- ↳ When individual give up comfort and chose hard work.
- ↳ When success is achieved by delaying gratification
- ↳ Giving up on high paying job to follow ethical principles / serve nation

eg:- Mahatma Gandhi (barrister, he could have chosen a comfortable life by practicing law but decided to give up comfort + serve nation)

eg:- S.C. Bose (cleared ICS, opportunity to lead comfortable life, however chose to give up all + only had goal of independence)

eg:- Bhagat Singh, (who infuses patriotism in people) he had choice to lead his entire life but chose to give up his life at such young age just to give msg of India's freedom to world.

eg: Honest, upright officers who don't get swayed by corruption and work hard to ensure good governance.

Success at a cost

e.g.: Can you be truly successful by leaving your family behind

- God did not create greedy, self-centred beings
however, this competitive, materialistic world made people ruthless
- If an individual committed crime to be successful.
- Compromised self-respect to gain promotion / hike
- In order to be successful of cause pain to others.
(fraud, deceit)

"JUDGE YOUR SUCCESS ON MORAL GROUNDS"

e.g.: Success of Ashoka in Kalinga war.
(loss of life & property)
Cost of success was so much that success lost its significance.

- .) **Corruption** :- It may give easy access to wealth but cost associated + path chosen is such that success itself become meaningless
 - .) **Developmental projects** of lead to **Ftribal displacement** will that be considered success.
 - .) If to gain material success, a person compromises health, mental peace, social r'ships. Will that success be meaningful.
- eg:- Misappropriation of funds by official while implementing govt. policy of welfare for Vulnerables*
- .) Sedentary lifestyle, Over-reliance on Tech^{gy}, lack of work-life balance
 - .) clearing patch of forest to construct Mall.
 - .) Not being sceptic + acting like sycophants with superior (any field) to gain promotion

Hence, one must give up
Excuses, Unhealthy lifestyle, shortsighted, stereotype beliefs,
Self-centred attitude etc to be successful.

However, never give up on family, friends, being a good person

'Be kind', WORK HARD, NEVER COMPROMISE MORALS'

Q 8- "Every work has got to pass through hundreds of difficulties before succeeding. Those that persevere will see the light, sooner or later." (B)

- Swami Vivekanand

- Answer :- Int :- Define Perseverance :-
- ↳ Referred as "continued effort to do / or achieve something despite difficulties, failure or opposition".
- (B), \Rightarrow By explaining the Quote, acc. to your understanding. [for example] throughout life while pursuing
- One is likely to face many challenges throughout life while pursuing goals / doing any day to day task.
- Each step can bring new expectations & obstacles to overcome.
- These obstacles should not be feared as.
- \Rightarrow they are normal part of life
- \Rightarrow it stimulates growth (as they provide experience)
- \Rightarrow facing them + navigating through them build resilience

of its ability of overcoming obstacles & learning from struggle
⑧ lays solid foundation for success in life.

OR, Premise :- The COVID pandemic has ravaged whole world + affected millions
The human race has witnessed such pandemic in past as well
but we have been able to overcome these challenges through
Perseverance.

The key to success is to perform action
& essential aspect in action is perseverance.
ie showing persistence + courage towards achieving goal
despite challenges.

↳ [Linking statement] :- There have been numerous eg's of great personalities in history who faced challenges but persevered. (2)

↳ [BODY :- Give eg's]

•) [Jack Ma] :- He failed primary school twice, middle school three times. He was rejected by police force + then KFC. He applied for Harvard ten times but was rejected. But he showed perseverance + now, he is founder of ALIBABA. (One of biggest e-commerce company). Only for jagendrarajput9753@gmail.com

•) [JK Rowling] :- 1995. was the year that defined Rowling's life in so many ways. Around 12 major publications rejected script of Harry Potter. She was shattered but not defeated. She kept approaching diff' publication + finally succeeded.

④ [Thomas Edison] :- He tried 2000 diffⁿ material in search of filament for light bulb. But failed, His assistant complained, "All our efforts in vain".

[Edison] replied, "We have come a long way as now we know that there are 2000 elements we cannot use to make good bulb" It was his perseverance, which earned him merit of being most prolific inventors of lifetime.

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↳ **Mahatma Gandhi** :- he pioneered Indian freedom struggle. + faced all the challenges that British empire could throw. He kept persevering + finally gained Ind^{ce} for India (2)

↳ **Sandeep Singh** :- he made his Int^{nal} debut in 2004. At peak of his career, he had best speed in world in drag flick. However, 2006, Shatabdi train which left him paralysed + on wheelchair. But it was his only to make glorious comeback. which enabled him not cog in Indian side.

(Give other eg: Ashubhai Ambani, E. Sreedharan, Anurima Sinha (1st female amputee to scale Mt. Everest). etc.

Illy eg: At Nation level : challenge for young Ind nation India in 1947 to survive all the inimical forces).

Q. 2) **How to dev^P perseverance** :- It is a key characteristic of person with positive attitude. which is dev^d as a result of socialization by diff^t agencies eg: family, peer group, L'ship, self belief It is one's attitude that enables him to keep walking despite falling multiple times.

Acc. to **Mark Cuban**, "Winners make most errors as they never quit"

Conclusion :- A wise man once said "try & try again till you succeed".

Mt. Everest was not climbed in first attempt

Space mission were not successful in 1st attempt for many

Social change is not achieved in first attempt

It takes years of effort + perseverance.

Hence, Perseverance is a tool which enables us to see the light at the end of tunnel.

(b) "We can never obtain peace in the outer world until & unless we obtain peace within ourselves." - Dalai Lama. (25)

Answer :- Int^n :-

↳ Explain the meaning of Quote | Context

- ↳ Dalai Lama was awarded peace prize (Nobel, 1989) ^{ee} for advocating peaceful sol' based upon tolerance + mutual respect in order to preserve the historical + Cultural heritage of his people.
- ↳ He defines peace not merely as absence of war, but where human rights are suspected, where people are fed & where Ind'at + Nation are free.
- ↳ While defining peace, he talked about peace in outer world i.e outer peace which can be achieved by peace within ourself. i.e inner peace.

Q) OR

define Inner Peace

- ↳ state of being mentally + spiritually at peace.
- ↳ It doesn't mean that there is no noise or adversity, It means to be in midst of all those & still feel the peace + Calmness in your heart.
- ↳ It is a state of Calm, serenity that arise due to having no sufferings such as anxiety, greed, desire, hatred, ill will etc.

Advantages of Inner Peace :-

- ④ Advantages of Inner Peace :-
- ↳ Can easily trust Believe in yourself.
- ↳ One can stay calm in all situation (develop patience, tolerance)
- ↳ Reduces mental + physical illness
- ↳ It creates path towards happiness
- ↳ It helps to avoid negative thoughts.
- ↳ It helps to stay focussed on your goals.

↳ [Body]: Hence through inner peace one can achieve Outer peace. (2)
ie Not Lack of Conflict but Calls for.

.) [Societal Harmony] :- absence of hostility b/w social groups.

.) [Equality] :- Respect + equity b/w unequal Identity group.

.) [Fraternity + Brother hood] :- b/w diff⁺ religion, groups + nation

.) [Sustainable future] :- where everyone have equal rights & equal access to resources & live a dignified life.

.) [Religious Harmony] :- All religions agree upon the necessity to control the indisciplined mind that harbours selfishness & each teaches a path leading to a spiritual state
(ie peaceful, ethical, disciplined etc)

Q2

↳ How one can dev' Inner peace. :-

.) Compassion :- Compassionate people have balance of mind & phy Health which led to positive emotion in life

.) Tolerance :- It is a threshold of achieving peace & develop mind for absorbing multiculturalism
It is essential to realization of Human Rights (UNESCO)

.) Emotional Intelligence :- Through EI, one can control negative emotions.

Q3) Strategy to ensure inner peace :-

- ↳ Remember your own worth
- ↳ Avoid doing things who your will
- ↳ Distant the toxic people
- ↳ Meditate Regularly.

↳ Eg's to justify above mentioned arguments.

.) [Shoka] After the carnage at Kalanga, devoted himself to the pursuit of Dharma. (Renounced War)

.) On the contrary [Duryodhan] (who heart was filled with desire, anger, Hatred) through his actions led to war of Kurukshetra.

CONCLUSION :- acc. to [Nehru], lasting peace can come to peaceful mind + its through compassion, tolerance & EI one can achieve peaceful mind.
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(c) "Life doesn't make any sense w/o Interdependence. We need each other, and the sooner we learn that, it is better for us all".

- Erik Erikson

- Answer & Qnt :- Explain the quote with eg.
- 1) This quote underlines an essential virtue of human & animal existence on the earth which follows the principle of interdependence.
 - 2) The Imp^{ce} of interdependence was realised during the COVID-19 lockdown phase, where people came together voluntarily to help the needy with oxygen cylinder, food grains + other essentials.
 - OR Interdependence is a fact. We humans are social beings, we cannot thrive in isolation. The kind of life we will lead depends upon how soon we accept this fact.

Q) **BODY :-** Different manifestation of Interdependence

-) **At Ind val level.** :- Right from birth till old age, person play diff⁺ role of interdependence as son/daughter, adult, husband/wife etc.
- (Life Cycle of Interdependence) → How Ind val are dependent on various agencies such as family, school, peer group, media etc for their socialization & how the values of Ind val shapes the moral fabric of society.

-) **At Societal level.** :-
-) The society works as a organic whole. + interdependence plays a vital role.
 -) **for eg :-** In Crisis of COVID, society contributed immensely to tackle emergency protocols placed due to pandemic.
 -) Eg's wrt Caste groups (eco Interdependence)
wrt Rural + Urban.
wrt Regions
wrt Native + Migrants.

↳ At National level :-

- .) the Interplay b/w Central & state govt is another eg. (32)
of interdependence. Be it policy making, executive action
Conflict Resolution, serving the poor, interdependence is
core underlying feature
- .) To sustain dem., system of checks + balances,
distⁿ of power b/w L, E, J is necessary.
- .) Similarly, devⁿ of social capital is imp^t for nation's
progress.

- ③) At Global level :-
-) Glob is def. as growing Interdependence of world's economies, culture, etc., brought about by cross-border trade in goods & services, tech^{qy}, flow of investment, people & information.
 -) eg :- India has upheld the value of 'Vasudhaiva Kutumbkam' in its engagement with world.
 -) India's upper hand in generic medicines has been helpful in tackling diseases like HIV AIDS in poorer countries of Africa, etc wrt COVID vaccines.
 -) wrt Gadgets :- Apple (designing : California
chip manufacturing : Taiwan
assembling : India/China).

↳ **At environmental level** :- the Human greed to accumulate wealth has led to environmental crisis, which in turn threatened human survival (which depends on ecological balance). 34

④ **Conclusion** : Thus **paradigm shift** from competitive, individualistic approach to a cooperative, Interdep⁺ one is incumbent on us as humans today, Not just for our happiness & well-being but our very survival. As failure of humans to accept this fact has resulted into Various

Conflict

↳ **Social Conflicts** b/w diff⁺ groups - , within family (disintegration)

↳ b/w **Countries**

etc.

Q3(a) 8- "The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer." —Mahatma Gandhi

Answer 8-

→ Interpretation 8-

→ Gandhi's quote epitomizes his view that acts of compassion & helpfulness are far more powerful ways of serving god than praying & being religious.

→ Gandhi ji was inspired by "Swami Kriyananda", who thought that "Jiva is Shiva": God resides in all of us.

Therefore, the simplest act of kindness towards others are far more powerful than any display of faith.

Explanation & Exemplification

- Kindness is considered as most **vibrant act** across philosophical thoughts
- the above quote highlights the contrast b/w **symbolic gestures** with meaningful, **concrete acts of goodwill**.
- Kindness involves **understanding**, **empathizing**, making **positive diff^{ce}** in life of others and **alleviate suffering**.
- Eg: Donating to food bank, helping the neighbour, volunteering at a shelter etc.

Contemporary Relevance

- **Kindness is Contagious** &- Social media celebrities have inspired others to indulge in act of kindness
- Eg: **Sonu Sood** distributing food & clothes to migrant workers inspired others.
- **Kindness can save lives** &-
Eg: It was due to kindness of **Oskar Schindler** that nearly 1200 Jews survived holocaust.
- Eg: Acts of **good samaritans** save lives of people on roads.

→ Reduce Conflict :- kindness is a display of EI & hence can reduce conflicts

Leg: Ethnic crisis to migrant worker crisis

Eg: Strengthen moral fabric of society

Leg: Giving up seat for elderly person on public transport

→ Role of kindness in Ethical Governance :-

i) kindness is a display of empathy E^g Inspires confidence in B

Leg: IAS Prashant Nair's operation Sulaimani helps in feeding the hungry.

Leg: Role of NGO's like Akshay Patra in ensuring RT. to food.

→ Emotional & psychological benefits :-

Leg: Sending a 'thank you' note or just 'smiling' at a passerby can brighten someone's day, reduce isolation & create ripple effect of positivity.

→ Prescription :-

- Be mindful of opportunities.
- Act upon your instincts to help others.
- Make kindness a cornerstone of your r'ship.
- Teach by example.

→ Conclusion :-

The quote serves as a timeless reminder that acts of kindness, empathy & compassion are cornerstone of meaningful change.

"Tenderness + kindness are not signs of weakness + despair, but manifestations of strength & resolution". — Khalil Gibran

"Kindness is a language only which a deaf can hear & the blind can see". — Mark Twain

Q3(b) :- "To awaken the people, it is the women who must be awakened. Once she is on the move, the family moves, the village moves, the nation moves".

Jawaharlal Nehru

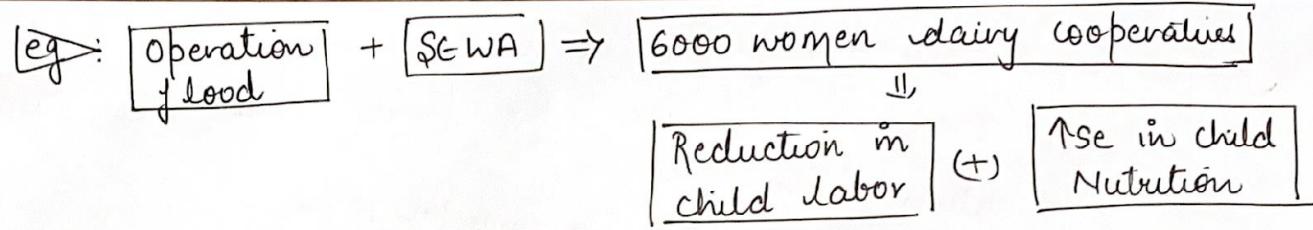
Answer :-

→ Interpretation :-

In the above quote, Nehruji has rightly observed that when women is empowered & motivated, her actions can inspire the family to change + Improve this (+ve) change can produce ripple effect Impacting her community & finally nation.

→ Explanation & exemplification :-

- At family level :-
- .) Empowered women contributes to family's financial stability
 - .) Acc. to Himanya Sen, women as agency of change leads to reduction in IMR, CMR, MMR etc.
 - .) Emphasize edu' + Healthcare for children, leading to better outcomes.



→ [At Community level.] e- Empowered women,

- advocate for gender equality within their communities leading to reduced discrimination
- e.g. Malala Yousafzai & her fight for girl eduⁿ.

[eg: Initiate community dev⁺ projects, addressing issues of sanitation, eduⁿ, health & sustainable dev⁺

- study by Esther Duflo
- women in politics can make a difference
- \Rightarrow women Sarpanch :)
 - Invest in social infrastructure
 - Serve as Role models
 - girls are less likely to drop out of middle school.

Cg: Ms **Malabika Khatua** (Bodo)
Successful implementation of SBM in Ghatpatila

Cg: **Chhavi Rajawat** (Soda Village, Rajasthan)
K/s her efforts in transforming edu, Healthcare, Sanitation

Cg: **Rekha Devi** (Tajpur Kalan, Haryana)
K/s campaigns against female foeticide, education of women

→ At National level :-

) Increased women's participation in workforce & entrepreneurship
boost eco. growth & innovation.

Cg: Acc. to **McKinsey Institute Report**, India could add upto
US \$770 bn to its GDP by bringing gender parity.

) Women leaders contribute effectively to equitable & sustainable
society.

Cg: **Ellen Johnson Sirleaf**: (former president + Nobel peace prize
winner of Liberia)
Her Liship impacted nation, promoted gender equality &
women rights.

Eg: Angela Merkel's demonstrated audacity by opening doors to thousands of people seeking asylum in Germany while ensuring it stayed 4th largest economy

Prescription :-

- Invest in educational Initiatives which focus on eduⁿ + skill devⁿ of women
- provide women with training, opp & resources.
- Advocate for equal participation of women in policy making
- Encourage & support grassroots movements that raise awareness abt women's rights, equality etc.

Conclusion :

"Progress of Civilization is measured by degree of progress the women has achieved" - Mark Twain

Q3(c):- "Do not hate anybody, because that hatred that comes out from you must in the long run, come back to you. If you love, that love will come back to you, completing the circle".

Swami Vivekanand:

Answer :-

Interpretation :-

In the above Swami Vivekanand, encapsulates the importance of Spreading love & abstaining from being hateful.

- It is believed if we hold hatred in our minds, our minds will become a dark place where negativity lingers & then hurt us.
- whereas, spreading love fills our heart with positivity & has a cascading effect.

Hence it highlights cyclical nature of love & hatred.
"Hatred does not cease by hatred, but only by love, this is the eternal rule". — Buddha.

→ Explanation & Exemplification

- Hatred is a negative emotion
- It is destructive of person's wisdom & conscience
- It often leads to action or thoughts that continue cycle of negativity.
[eg:) Caste based discrimination, hatred has led to cycle of animosity & prejudices hindering societal progress
-) Similarly based on Karma philosophy, one who spread hate may face backlash or (-ve) consequences later
[eg: Duryodhan, Hitler etc.]
-) wst International Conflict, Russia-Ukraine Conflict, is yielding destructive results for nations as well as world (high Inflation, energy crisis, supply chain disruptions etc.)
-) Corrosion of social capital
[eg: On social media, religious fault lines give way to deep suspicion for others.]

CONVERSELY :-

- Love is a positive & constructive emotion
- It fosters understanding, empathy, connection
- When we express love, it tends to inspire similar sentiments in others.

- (eg):
-) Gandhi ji's message of love & non-violence resonated globally, influencing civil rights movement & inspiring figures like Martin Luther King Jr.
 -) India's society based on love & tolerance and hence is still thriving amidst diversity.
 -) Kindness of Gautam Buddha towards Angulimala converted him into saint.
 -) Accumulation of good karma (Bhagavad Gita)
 -) It extends to environmental conservation as it is crucial for survival of entire human race.

Prescription :-

- Establish virtuous society
- Positive / constructive socialization
- ↳ Value Based Edu.
Plato's 4 cardinal virtues → WISDOM
TEMPERANCE
COURAGE
JUSTICE.
- Developing Emotional Intelligence

Conclusion :-

the quote underscores "Our Actions have consequences"
∴ we should be mindful of our emotions & actions
knowing that the positivity we radiate will eventually
return to us,
Thus, Completing cycle of love & harmony.