

1) He who has a why to live, can bear almost any how. (100 M)

When Mohan was detected with cancer in his prime age, he almost went into despair. Painful treatments like radiation therapy, chemotherapy etc. made him anxious and distressed. However, his unwavering love for his family gave him a powerful "Why" to endure the suffering. Despite physical and mental breakdown, his "Why" gave is the answer to his "how to endure the suffering". Through this story we understand how a strong purpose provides resilience to face any adversity and the importance of finding meaning in suffering.

This quote attributed to philosopher Friedrich Nietzsche is all about knowing "Why" is important to face any "how". Gandhiji is the epitome of this quote. Known for his ascetic lifestyle, dressed in a loincloth and shawl, he had a larger vision of connecting with the masses. He was able to endure fasting as a form of protest because of his "Why" to lead non-violent movements. It was his vision of attaining independence through ahimsa that

that helped him go through the hardships and sufferings. This underscores the importance of discovering a compelling reason to navigate the challenges we face.

Having a strong purpose is something that each one of us needs in our life. When we stuck in the sufferings, it is "why" that acts as a driving force in navigating through it. As rightly said by Buddha, "Life is full of sorrow, Pain is inevitable but suffering is optional". As a human, Pain and sorrow is part and parcel of our existence. It comes and goes with time, but how we deal with it makes the suffering optional. If we face it head-on with a strong why, it would be easy to endure the sufferings. However, when we surrender to our pain, suffering becomes unavoidable. That is why, it is said that the driving force of a 'why' is the anchor for one's existence through challenges of life.

This quote underscores the idea that life is full of hardships and obstacles. Story of Dassault Marghi, a poor labourer from Bihar, reminds

us that the 'how' is profoundly influenced by the 'why'. His wife died in lack of medical facilities in his village. Deshalb did not want anyone else to suffer the same fate as his wife. So he single-handedly carved a road by cutting a mountain, working day and night for 22 years. This reduced the distance between his village and the hospital in nearby town to just one km from 75 km earlier.

How did he achieve this feat? How did he gain this resilience to move beyond his pain of losing his wife? How he was able to work consistently, without fail? The answer lies in his "Why". What was his why? He wanted to make it easier for his village to access medical care so that no one would experience the same fate as his wife. Deshalb Manghi with his strong purpose not only accomplished a long-cherished goal but also was able to make a difference in the world.

This story shows how the 'why' becomes a source of motivation, a guiding light that helps individual persevere, even when the 'how' is incredibly challenging.

This highlights that there is an intrinsic connection between purpose and resilience. With strong purpose comes strong mental and emotional fortitude. When people know 'why' they are doing something, they are more likely to summon the inner strength to overcome obstacles. The connection between 'how' and 'why' bolsters the determination and perseverance when a person is tested to the limit. The struggle of our leaders during freedom movement is the manifestation of this connection.

When Lala Lajpat Rai was incessantly protesting Simon Commission, he knew the repercussions. Still he kept on going with his objection against this Commission. He was beaten to death, eventually. His unwavering spirit of purpose gave him strength to go through this unfavorable circumstance. Even when Bhagat Singh and Batukeshwar Dutt threw bombs in the Central Legislative Assembly, they were well aware of the consequences. But their strong 'why' foreshaded all the external circumstances. They wanted to "make the deaf hear", they wanted to make a statement against British Colonial rule.

This shows that how a powerful 'why' can transform the most adverse 'how's' into manageable challenges. It empowers an individual to endure and overcome even the most challenging circumstances. Like Anna Hazare transformed his village drought-affected village into a self-sufficient model community.

The situation of his village was hopeless when he was in his late twenties, retired from the military. Things were so uncontrolled that the future of the village appeared bleak. At one point, he was so depressed that he thought of committing suicide. However, that was the time of his awakening. The thought that 'I can save my village' inspired him. He dedicated himself to the betterment of his village and gave up the thought of suicide. The quote, "He who has a why to live can bear almost any how", came to life when he transformed his village into a model for the other villages.

Having a purpose is one of the most crucial aspects of human existence. Without purpose or a 'why', we tend to be hopeless.

Failing to acquire a purpose always lead to chaos and misery. It's like a feeling of being stranded in the Ocean, with no idea of direction that leads to dry land. The situation sometimes becomes so worse that we get controlled by others. Life becomes miserable. We start making life choices based on what others are doing. Struggling to make decisions due to lack of clarity about our purpose. When we go through our daily routines without making conscious choices, life becomes mundane and unmotivated.

In order to transition from an aimless life to a goal-oriented one, we need to engage in self-reflection. What is truly important in our life? What activities bring us joy and energy? What are naturally good? When we answer these questions, we could visualize success - Imagining ourselves achieving goals, enhances motivation. This insight provides meaning to our existence. Ultimately, it encourages us to seek and cultivate a deeper sense of purpose as a source of endurance in our journey through life.

- 2) Post-truth is the age where facts are optional and narratives rule.

Recently a video with caption "Auto-driver gets beaten up after he allegedly threatened to rape two school girls" went viral. This video was shared on all social media and traditional media platforms. Post that a mob quickly gathered and escalated the situation. However, a police investigation revealed there was no rape threat. Even then the incident was blown out of proportion, a clear case of false narrative where post-truth triumphs over objective truth.

This incident only confirmed that we are living in an era where facts have lost their significance in public discourse. There is a rise in prioritization of personal beliefs over factual accuracy. Let us understand what is post truth and how it is contributing in moulding facts to change the public opinion.

Post-truth refers to a phenomenon where emotional appeal overshadows objective facts. It raises

Question about the nature of truth. And the validity of alternative facts as presented to the public. But it does not mean non-existence of truth. Instead it suggests that multiple narratives can coexist alongwith traditional notion of a single, objective truth. But when did we reach here? how did this post-truth become a norm? how it is percolating smoothly in our society? what are its consequences? And lastly how are we going to tackle this? Let us delve into each one by one.

So, how did we reach this post-truth age? This term gained prominence around 2016 during events like Brexit and the US Presidential election. This was also the time when social media platform was diversifying with the advent of Twitter, Instagram, YouTube etc. The media landscape evolution exacerbated the spread of misinformation and post-truth narratives. Even though it seems a new age problem, it has been present throughout history, particularly in the political arena. When Gandhi was popularised, a narrative was created that poor section of the society is at the priority of Government's fund allocation.

Similarly, reservation policies are created with a narrative to uplift the marginalized. This helps the political parties winning the election since forever. The narrative is so deeply ingrained that no one could see that mostly the creamy layers who are influential among them have cornered the lion's share of reservations, marginalising the common man.

Post-truth politics whether it is Granbi hatao slogan or tenets of reservation politics, everywhere it has a fundamental common denominator - It appeals to emotions and gut feeling more than facts and evidence. This is how it has become a norm. The viral culture of news in the era of social media. False news and conspiracy theories can go viral in a matter of hours, creating alternate realities and serving propaganda purposes. As there is no accountability in the online community and no regulation in the spread of news, every other person is interpreting news in their own sweet way.

Normalisation of "narratives" based on someone's own belief" by disregarding the facts was

Seen in 1986 - Ronald Reagan, US President of that time, publicly admitted that he had traded weapons for hostages with Iran. He concluded that, "my heart and my best intentions still tell me that's true, but the fact and evidence tell me it is not."

Gradually this has penetrated very smoothly in our society also. Cheap internet, unprecedented rise in social media landscape, have resulted in mindless scrolling of fast content. In most cases, we assume that bad actors are primarily responsible for spreading fake information. However, majority of misinformation is shared by individuals who are unaware of its accuracy. For content to go viral, it requires normal, ordinary people to share it. Like in that viral video of auto driver when he was falsely accused. That video must have been created by someone who was genuinely concerned but would have been further shared and spread by people who hold certain biases.

Sometimes pre-existing economic and social insecurities make people more willing to believe things that give them a temporary distraction from their problems. Research has also shown

that messages that invoke negative emotions are more likely to go viral than things that are framed positively. That is why post-truth is mainly human-emotions problem and sometimes human-ignorance problem. Ignorance because we do not care to fact-check or to reconcile with the updated information. Instead we continue believing the false information.

Given its reach and becoming a norm in today's society, its consequences are dire: Since Cognitive evolution, we all are in search of truth. Through this journey, we now have reached in this era of post-truth. Here everyone is claiming they know the real truth. This has given rise to various ideologies. These ideologies treat facts as matter of opinion or partisanship. It is mainly created to assert power by creating propaganda for division, opposition, subjugation, social ostracization, exploitation, polarization etc. Ultimately propaganda becomes more important and fact based truth takes a back seat. Distorted narratives perpetuate the abuses and the harm. It often lead to a skewed understanding of events and people, obscuring the truth by spreading myths.

A rumor was shared in the media in 2015 when Delhi resident Savageet Singh was labelled an 'eve teaser'. Though he was acquitted by court, the incident is still fresh in the minds of many as his photograph was widely circulated. This is how truths are being obscured by perpetuating myths.

Now, the first question is how do we tackle this. One way is to consult multiple sources and perspectives. It might help in gaining complete understanding of events and people. It is also important to fact-check information and be aware of biases and agendas. Even if a politically big influencer spreads false content, it won't go viral if people don't blindly believe in it. By being vigilant we can stop potential threat and harm to our near and dear ones in particular, and to everyone in general.

Knowledge and information have become so distorted in this era of fast truth that manipulating someone is very easy. Now, only knowing the fact is not important. What is important is that having wisdom to differentiate between truth and full-truth, because the truth is blurred by myths & lies.



प्रश्नों
की
संख्या
दीजिए

Candidate
must not
write on
margin

Now is the time to define our thoughts,
Now is the time to discover ourselves,
Now is the time to untangle the complexities
of information,
Now is the time to prevail the truth!
Only then we will be able to triumph over
evil-truth!!

3) To live is to suffer, to survive is to find some meaning in the suffering

After witnessing the suffering of old age, sickness and death, he was advised to舍弃 his comfortable life to seek the truth about life and suffering. These sights of an old man, a sick person, a corpse, and a serene ascetic, deeply impacted him and spurred his quest for understanding suffering. He was none other than Gautam Buddha who renounced his throne to become a wandering ascetic. He understood long before that life is all about suffering and in order to survive one has to delve deep into the meaning of these sufferings.

Gautam Buddha's journey eventually led him to enlightenment. This makes us think that if life has a purpose at all, it lies in the meaning of its pain, sorrow and suffering. We all go through myriad of experiences, which are more than just happiness. Interpreting these experiences is important to find the purpose of living. That is why, it is said, to live is to suffer, to survive is to find some

Mecing in the suffering

When a person faces setback, he/she generally blames the fate for the misery. This gradually starts the cycle of hardship - one after the other. Thinking that problems in life is nothing but destiny, generally aggravate the situation. People often become passive because they feel powerless. Eventually they let the bad circumstances get the best of them. That is why, we should be active in learning the cause of those problems or sufferings, instead of being passive.

"To live is to suffer" is an universal truth suggesting that everyone encounters suffering throughout their life. And in order to endure that suffering, one has to search for meaning. As Nietzsche said, "He who has a why to live can bear with almost any how".