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1. He who has a why to live can bear almost any how.

"The meaning of life is whatever you ascribe it to be. Being alive is the meaning". — Joseph Campbell

India is the motherland of many freedom fighters and one of them is our legendary BHAGAT SINGH. He led the second revolutionary phase of movement and on the charges of assassination of Saunders he was hanged on 23rd March 1931. From the very beginning he knew the consequence of his action but his motto of his life was to liberate India from the British imperialism. He was so assured of his action and why of his life that he didn't afraid to give up his life and in fact he threw the mask at the district magistrate. Singh and his companions hugged each other for the last time and

shouted "down with the British empire".

Having a strong purpose or reason for living can help people to overcome life's challenges. APJ Abdul Kalam was India's missile man and 11th president of India but his childhood was full of hurdles and challenges. There was extreme poverty and he had to sell newspaper for his elementary education. He knew one thing that he wants to achieve something big in his life and with his continuous dedication he excelled in scientific area and later his teaching continuous to inspire millions of students and directed them to find the reason of their life. One who knows his reason to live always focus and prioritises his/her energy on that specific goal which makes him/her dedicated and focused towards its goal.

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They are risk takers and don't regret the thing they left behind while pursuing their goals.

Gukesh Sombaramayya has started playing chess at the age of 7 years and when he was affirmed that he wanted to pursue chess as his career, he left his drop out from his elementary education to focus on his chess career. He also left behind the joyful friendship goal to channelise his energy towards his goal and become world's youngest chess champion at the age of 18 and an inspiration to all the youth out there.

2 People with a strong sense of purpose experience greater well-being and satisfaction in their lives.
Buddha left his home at the age of 29 and to find the reasons of suffering of human beings. He got enlightenment at the age of 35 and got to know that

desire is the reason behind the all sufferings. Later he spread his teachings all over world so that a better world with greater humanity could prevail. Buddha's purpose of life was crystal clear to him and he was also engrossed in finding that path that which led him towards ultimate satisfaction.

Mahatma Gandhi was a visionary leader who was so assured of the meaning of his life that he dedicated his all life towards the welfare and wellbeing of people. He innovated satyagraha style to fight against the unjust rule. Later he shaped the energy of masses and politically educated them during non-cooperation, civil disobedience and quit India movement. Since his aim and purpose of life is to do welfare of the masses, he played significant role in unite the masses and called depressed class 'Harijan'. and condemned the untouchability.

The individual who knows their why in their life impacts the lives of people around them and motivates them to find their own narrativity. 92

When India was going through religious superstition and orthodoxy and social evils, during 19th century, it led to the birth of socio-religious reform movement. And one of the significant steps was to eradicate Sati Pratha, which led by Raja Ram Mohan Roy which uplifted the lives of millions of women. Other steps like widow remarriage act, women education and abolition of child marriage brought India's renaissance. Reformer's strong will towards their purpose of life impacted the lives of many.

A person who is not aware of the reason and purpose of life feels lost at times which lead them to join the crowd blindly without knowing their destination. This also leads them to

take wrong path of life like drugs overdose, suicidal attempts, terrorist activities, brain rot etc.

Kasab who wasn't aware of the purpose of his life got easily influenced by terrorist groups which led him to the heinous and catastrophic event like 26/11. This event not only killed 175 people but also injured 300 people leaving whole nation in dilemma about its safety.

We are in the 21st century where youth mind are full of social media culture like short reels, stories etc. Introduction of Chat GPT and other AI tools has led to the loss of creativity and critical thinking and deviated the youth from their goals of life. Their not knowing of purpose of life not only damaged their own life but also hampered the demographic dividend of nation and its development.

Moderate the tone

The purpose of a life gives direction and motivates us to endure any hardship. No matter how difficult is your goal to be achieved if your purpose is clear it drives an individual to channelise its own energy in single direction to achieve that purpose.] Dasmath Manjhi wanted to construct road amid mountain because his wife died after being injured from falling from a mountain and due to the same mountain blocking easy access to a nearby hospital in time. He decided to came a 110 meter long path only with a hammer and a chisel. It took 22 years to completing this.

22 years is a long journey it is hard to maintain patience for so long but he did because his purpose is clear to him.

Thus, Friedrich Nietzsche quote, "He who has a why to live can bear almost anyhow" carries an insightful thought that he who has

a purpose it can endure almost anything without any purpose we feel useless and our life seems to hold no true meaning or value and even our constitutional makers knows the importance of it and frame Indian constitution in such a way that it carries aspiration and goals of every section of society and with this,

No individual ~~walks~~ should walk in his journey No individual should deviate from his goal.

No individual remains aloof without a purpose

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2. ~~Post-truth~~ is the age where facts are ~~anilizate~~
~~optional and narrative rules~~ ~~start with~~
~~of this the world is spinning down into~~
~~post-truth is vortex of media bubbles, fake~~
~~news, and feral confirmation bias"~~
Jonathan Gottschall
~~There is a prefix attached to~~
~~the word truth i.e post. If that means~~
~~there is something which is the era~~
~~of truth where facts are considered~~
~~important and critical analysis has~~
~~been done. But in the world of~~
~~populism where propaganda has been~~
~~fueled to serve the vested interest the~~
~~existence of facts becomes optional~~
~~and decision are taken getting influenced~~
~~by those propaganda.~~
 Post-truth is a situation in
 which people are more likely to accept

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an argument based on their emotions and beliefs, rather than one based on facts. This could be easily understood with a latest example of Donald Trump where he used ~~populistic~~ approach and sets a narrative of "America first".

This narrative was based on one propaganda of winning election and there was no conclusive facts behind it to support this narrative and it has no relation with the objective or meaning of truth.

The definition of truth has been attempted by through many faction like ideology based truth, religious based, scientific based or philosophy based but none of them succeeded in upholding their point. Nitsche scholar tried to take attempt on truth which proved

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to be sensible during current times no
that truth is not a fixed concept
but it is a dynamic concept and
it is a relative concept for different cult
people where acceptance of relativity comes
from existential truth.
On the one hand, where
Mahatma Gandhi, Buddha, Mahavir
dedicated his whole life in search of
truth and on the other hand in this
century where truth lost its importance
and post truth is prevailing.
post truth is fuelled by
~~false news~~ which consisted of full of
lies or manipulated or distorted facts
to serve one's own vested interest.
falsehood diffuse significantly farther,
faster, deeper and more broadly than
the truth.

other factor is the repetition. When we say same thing over and over again it gets to remember, it feels similar and it seems true. People don't use their critical thinking to verify the information they are consuming and with time they got influenced by that news. No matter it is based on truth or not, if it becomes matter of concern then social media itself address that when social media itself address that this is a false news or fake news. It means fake news are so evident and common in this generation that it is hard to distinguish from the real news.

Another other factor which fuels post truth is cognitive availability. People pay more attention to their attention is being captured through dramatic events such as plane crash, car accident etc.

mass murder, robbery, homicide etc.
 To capture the attention this news kind
 of news are more spreading and the
 news which requires critical thinking
 and reasoning are subsided.
 Now, group polarization
 is a significant factor in the post-truth era, contributing to the erosion
 of objective facts and the amplification
 of biased narratives. It leads to
 the extremization, as individuals are
 encouraged to take more radical
 positions to maintain their social
 identity. Another and factor which
 fuels post truth is confirmation bias



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विवादित The consequence of post truth
is that internet and social media have
created a faction of group where individuals
only interact with like minded individuals.
This has led to the erosion of
trust because of amplification of
biased narratives and the ignorance
of objective facts erode trust in
the media.

It also led to the erosion of
critical thinking and reasoning of an
individual and these AI tools, generative
chat GPT created illusion at such level
that it is hard to distinguish between
the reality and manipulation -
in this era of post-
truth where facts are replaced by
fiction, where ideology is replaced
by propaganda and where democracy is
threatened by mobocracy we need to

intend to inculcate wisdom and spread word to rediscover silent purpose of truth. And Gandhi's truth is also suitable in the post-truth world, we have doubtful behavior. We need 100s of Gandhi to tell us about his principles to find strength and to find swaraj as to break off control on our impulses and rediscover critical thinking. In order to save world from delusional reality and in this Amit Kal

era, masses who are lost should have a dream to have world Buddha's astangika Dhamma. And present world should have a dream to rediscover critical thinking. We have the valuable lessons T.R.D. that should implement that world wakes to acknowledge We have a dream, world will be fit for Gandhiji's truth.

We have a dream to rediscover the conscience and this can be realized with the help of wisdom.

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3. To live is to suffer, to survive is to find some meaning in the suffering." But Gautam Buddha said "The greatest miracle is to be alive. We can put an end to our suffering just by realizing that our suffering is not worth suffering for" — Gautam Buddha

Once upon a time, a old woman came to Buddha and asked if she could go back to her son who was in heaven. Buddha asked her what she wanted. She politely asked him to bring her son back. Buddha agreed, on the condition that the woman brings him a mustard seed from a home where no one had ever died. The woman searched for days and later she realized the universality of suffering, leading her to find inner peace and acceptance.

Buddha has rightly said life is full of sorrow and human beings are entangled in their own miseries because of their unlimited desire. They need to find the meaning of life to survive or sustain this life. For this he recommended "astanga marg" to find the meaning in amidst of suffering of life.

Happiness and suffering are the two sides of the same coin. None of them lasts for so long and it is periodic in nature. Sufferings in life doesn't suggest to loose heart. There is no pain in this world which can't be healed. People need to find some meaning in their energy of life in order to survive for future. Life is a self service but at first you have to believe in yourself.

Pain is certain, suffering is optional". When Dwarath Manjhi, the famous mountain man lost his wife because she fell from the mountain and inability to reach hospital on time due to mountain blocking. The pain was immense for him and he could choose to suffer but he decided to shape his grief pain by a direction and did impossible by carving out 110 meter pathway amid the mountain with the help of hammer and chisel.

The seed of suffering in an individual may be strong, but don't wait until you have no more suffering before allowing yourself to be happy. Survival in suffering is pathetic but no one limits his/her happiness till that sufferings come to end. A lady was happily married but she came to

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Know that her husband is suffering from cancer and she has only 6 months to live. She decided to cherish each and every moment with his husband and supported him throughout his battle with cancer. They didn't ruin their present in fear of future and eventually his cancer got cured completely. The purpose of life should be directed, focused and motivated. This sense of direction gives them courage to face obstacles even when their journey doesn't go smooth. Raja Ram Mohan Roy was a great reformer and when he decided to go against of sati Pratha. His own mother abandoned him and whole society during that time of boycott his thought process and socially isolated him.

His purpose was well determined and due to this he got strength to endure with the ongoing suffering and later he was brought ~~not~~ ^{the} renaissance in India.

Suffering comes most of the time with ~~problems~~ ^{stress} ~~and~~ ^{and} ~~distress~~ ^{distress} from your unguarded thoughts. In today's ^{21st} century, social media has information through which youth have lost their creativity and critical thinking and it leads to the deterioration of their mental health in the form of anxiety, depression and later suicidal attempts.

It is quite significant to know that is there actually any suffering we are creating suffering in our own mind with relentless thought. To get rid off from this issue, thoughts

need to be channelised in one right direction and this will be done only by knowing our true purpose of life. This is the other embryo of our life which is improved much. At initial stage sometimes, we feel suffering in our life due to our own failure. But the question is from where this failure leads to suffering? Failure may often leads to disappointment and this disappointment comes from non-fulfilling of one's own expectation and fulfilling off which ultimately leads towards suffering. Here, the catch comes with we don't know where it is going to go. sit and loose hope and give up after failure further we will never be able to see the path of success. When Chandrayan was launched, every Indian had hope that it would be successful and landing on the surface of moon. But it failed to meet the expectation and within a year after gathering all its energy and find meaning in its own suffering of

failure chandrayan III has been launched which successfully landed on the moon.

In the post-truth era where humanity truth lost its existentiality and which lead to more suffering because of false news, defamation, manipulation because of distorted facts done with the help of AI, chat gpt etc.

Thus, we need to inculcate the teaching, wisdom of Buddha and Gandhi to mind find the meaning of life in order to survive in this suffering and find peace among this chaotic scenario, and for this,

~~debt~~ "we need to shape our thought.
 we need to limit our desire
 we need to follow the path of
 Buddha and Gandhi.
 we need to seek happiness even after in
 our demise".