



VISIONIAS
INSPIRING INNOVATION
ABHYAAS MAINS

निबंध
ESSAY

निर्धारित समय: तीन घंटे
Time Allowed: **Three Hours**

टेस्ट कोड/ Test Code : 4514

अधिकतम अंक: 250
Maximum Marks: 250

सामान्य अनुदेश

इस प्रश्न-सह-उत्तर (क्यू.सी.ए.) पुस्तिका में 32+2 पृष्ठ हैं। प्रश्न-पत्र, क्यू.सी.ए. पुस्तिका के अंत में संलग्न है, जो अलग (वियोज्य) किया जा सकता है और उम्मीदवार परीक्षा के उपरांत अपने साथ ले जा सकते हैं।

रफ कार्य के लिए तीन खाली पृष्ठ (पृष्ठ संख्या. 30-32) दिए गए हैं।

पुस्तिका प्राप्त होने पर, कृपया यह जांच कर लें कि इस क्यू.सी.ए. पुस्तिका में कोई कमी न हो, फटा हुआ पृष्ठ न हो अथवा कोई पृष्ठ गायब न हो इत्यादि। यदि ऐसा हो, तो इसके बदले नई क्यू.सी.ए. पुस्तिका प्राप्त कर लें।

General Instructions

This Question-cum-Answer (QCA) Booklet contains 32+2 pages. Question Paper in detachable form is available at the end of the QCA Booklet which can be taken away by the candidate after examination.

Three blank pages (Page Nos. 30–32) have been provided for rough work.

On receipt of the Booklet, please check that this QCA Booklet does not have any shortcomings, torn or missing pages etc. If so, get it replaced with a fresh QCA Booklet.

(उम्मीदवार द्वारा भरा जाएगा/To be filled by the Candidate)

पंजीकरण सं./Registration No. : 46054445

अभ्यर्थी का नाम/Name of Student : Rasneet Kaur

माध्यम: हिंदी/अंग्रेजी
Medium: Hindi/English

English.

तारीख
Date

2 Aug, 2025

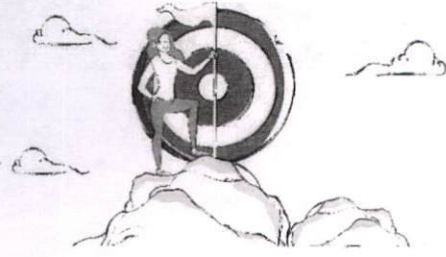
निबंध
ESSAY

केंद्र
Centre

Chandigarh.

निरीक्षक के हस्ताक्षर
Invigilator's Signature

	<p style="text-align: center;">महत्वपूर्ण अनुदेश</p> <p>उम्मीदवार को नीचे उल्लिखित निर्देश सावधानी से पढ़ लेने चाहिए। किसी भी निर्देश का उल्लंघन करने पर उम्मीदवार को मिलने वाले अंकों में कटौती, उम्मीदवारी रद्द, आयोग के परवर्ती परीक्षाओं के लिए वर्जित करने इत्यादि के रूप में दण्डित किया जा सकता है।</p>	<p style="text-align: center;">Important Instructions</p> <p>Candidate should read the undermentioned instructions carefully. Violation of any of the following instructions may entail penalty in the form of deduction of marks, cancellation of candidature, debarment from further Examination of the Commission etc.</p>
1	<p>(क) अपना पंजीकरण सं. एवं अन्य विवरण केवल प्रश्न-सह-उत्तर पुस्तिका (क्यू.सी.ए.) में उम्मीदवार के लिए निर्धारित स्थान पर ही लिखें।</p> <p>(ख) इस पुस्तिका में अन्यत्र कहीं भी अपना नाम, पंजीकरण सं., मोबाइल नं., पता अथवा प्रश्न-सह-उत्तर पुस्तिका (क्यू.सी.ए.) संख्या न लिखें जिससे आपकी पहचान का खुलासा हो।</p>	<p>(a) Write your Registration Number and other details only in the space provided in the Question-Cum-Answer (QCA) Booklet for candidates.</p> <p>(b) Do not disclose your identity in any manner such as, by writing your Name, Registration number, Mobile number, Address, Question-Cum-Answer (QCA) Booklet No. etc. elsewhere in the Booklet</p>
2	<p>अपनी क्यू.सी.ए. पुस्तिका में कहीं भी प्रश्नों के वास्तविक उत्तर के अतिरिक्त कुछ न लिखें जैसे कि कोई कविता/दोहा, अभद्र या अपमानजनक अभिव्यक्ति इत्यादि और न ही कोई ऐसा चिन्ह/निशान बनाएं जिसका उत्तर से सम्बन्ध न हो।</p>	<p>Do not write in the QCA Booklet anything other than the actual answer such as couplet, obscene, abusive expression etc., nor put any sign/mark having no relevance to the answer.</p>
3	<p>परीक्षक को प्रत्यक्ष/अप्रत्यक्ष रूप से कोई भी प्रार्थना/धमकी भरी बातें न लिखें।</p>	<p>Do not make any direct/indirect appeal/threat to the examiner.</p>
4	<p>उत्तर अस्पष्ट अथवा गंदी लिखावट में न लिखें। इस प्रकार के उत्तर का मूल्यांकन नहीं भी किया जा सकता है।</p>	<p>Do not write answers in bad/illegible handwriting. Such answers may not be evaluated.</p>
5	<p>उत्तर स्याही में ही लिखें। उत्तर लिखने के लिए पेंसिल का उपयोग न करें, हालांकि आरेख, चित्र इत्यादि बनाने के लिए पेंसिल का उपयोग किया जा सकता है।</p>	<p>Write answers in ink only. Do not use pencil for writing the answers. However, pencil may be used for drawing diagrams, sketches, etc.</p>
6	<p>प्रवेश पत्र में उल्लेख किए गए माध्यम के अलावा अन्य किसी माध्यम में उत्तर न लिखें। अधिकृत और अनधिकृत की मिली जुली भाषा का भी उपयोग न करें।</p>	<p>Do not write answers in medium other than the authorized medium in the Admission Certificate. Do not use mixed language either i.e. authorize and unauthorized media together for writing answers.</p>
7	<p>प्रश्नों के उत्तर ठीक उसके नीचे दिए गए निर्धारित स्थान पर ही लिखें। निर्धारित स्थान के अलावा किसी अन्य स्थान पर लिखे गए उत्तर का मूल्यांकन नहीं किया जाएगा।</p>	<p>Write answer at the specific space (right below the question) only. Answers written elsewhere at unspecified places in the booklet shall not be evaluated.</p>
8	<p>यदि आप अपने किसी उत्तर को रद्द करना चाहते हैं तो उसे पेन से काट दें तथा उस पर "रद्द" लिख दें, अन्यथा उसका मूल्यांकन किया जा सकता है।</p>	<p>If you wish to cancel any work, draw your pen through it and write "Cancelled" across it, otherwise it may be valued.</p>



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अधिकतम अंक: 250

प्रश्न-पत्र संबंधी विशेष अनुदेश

(प्रश्नों के उत्तर देने से पूर्व निम्नलिखित प्रत्येक अनुदेश को ध्यानपूर्वक पढ़ें)

प्रवेश-पत्र में प्राधिकृत माध्यम में निबंध लिखना आवश्यक है तथा इस माध्यम का स्पष्ट उल्लेख प्रश्न-सह-उत्तर (क्यू.सी.ए.) पुस्तिका के मुखपृष्ठ पर निर्दिष्ट स्थान पर करना आवश्यक है। प्राधिकृत माध्यम के अलावा अन्य माध्यम में लिखे गए उत्तरों पर अंक नहीं दिए जाएँगे।

प्रश्नों के उत्तर निर्दिष्ट शब्द-संख्या के अनुसार होने चाहिए।

प्रश्न-सह-उत्तर पुस्तिका में खाली छोड़े गए किसी पृष्ठ व पृष्ठ के भाग को पूर्णतः काट दीजिए।

ESSAY

Time Allowed : Three Hours

Test Code : 4514

Maximum Marks : 250

QUESTION PAPER SPECIFIC INSTRUCTIONS

(Please read each of the following instructions carefully before attempting questions)

The ESSAY must be written in the medium authorized in the Admission Certificate which must be stated clearly on the cover of this Question-cum-Answer (QCA) Booklet in the space provided. No marks will be given for answers written in a medium other than the authorized one.

World limit, as specified, should be adhered to.

Any page or portion of the page left blank in the Question-cum-Answer Booklet must be clearly struck off.

EVALUATION INDICATORS

1. Contextual Competence
2. Content Competence
3. Language Competence
4. Introduction Competence
5. Structure - Presentation Competence
6. Conclusion Competence

Overall Macro Comments / feedback / suggestions on Answer Booklet:

1.

2.

3.

4.

5.

6.

All the Best

खंड A और B प्रत्येक से एक-एक विषय चुनकर दो निबंध लिखिए, जो प्रत्येक लगभग 1000-1200 शब्दों में हो :

Write **two** essays, choosing **one** topic from each of the Sections A and B, in about 1000-1200 words each :

125 x 2 = 250

उम्मीदवारों को
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नहीं लिखना
चाहिए
Candidates
must not
write on
this margin

खण्ड – A / SECTION – A

1. किसी युद्ध को जीतने के लिए आपको एक से अधिक बार लड़ना पड़ सकता है।
You may have to fight a battle more than once to win it.
2. विवेक के मामलों में बहुमत के कानून का कोई स्थान नहीं होता है।
In matters of conscience, the law of the majority has no place.
3. जो विद्यालय के द्वार खोलता है, वह कारागार के द्वार बंद करता है।
He who opens a school door, closes a prison.
4. केवल शीत ऋतु की कठोरता में ही हम वसंत की गर्मी का वास्तविक महत्व समझ पाते हैं।
Only in the depths of winter can we truly appreciate the warmth of spring.

खण्ड – B / SECTION – B

5. हम सदैव अपने युवाओं के लिए भविष्य का निर्माण नहीं कर सकते, परंतु हम भविष्य के लिए अपने युवाओं को तैयार कर सकते हैं।
We cannot always build the future for our youth, but we can build our youth for the future.
6. नकल करना सुरक्षित होता है; नवाचार के लिए साहस की आवश्यकता होती है।
Copying is safe; innovation demands courage.
7. हम जितना अधिक स्वचालन को अपनाएंगे, हमें उतना ही अधिक मानवीय बनना होगा।
The more we automate, the more human we must become.
8. तत्काल मान्यता की चाह एक व्याकुल मानसिकता वाली पीढ़ी को जन्म दे रही है।
The pursuit of instant validation is creating a generation of restless minds.

खण्ड - A / SECTION - A

उम्मीदवारों को इस हार्शिए में नहीं लिखना चाहिए
Candidates must not write on this margin

1. किसी युद्ध को जीतने के लिए आपको एक से अधिक बार लड़ना पड़ सकता है।
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Only in the depths of winter can we truly appreciate the warmth of spring.

④ ONLY IN THE DEPTHS OF WINTER WE
CAN TRULY APPRECIATE THE
WARMTH OF SPRING

During the ancient times, the Mauryan Empire saw a powerful ruler — "Ashoka the Great". Deeply engrossed in imperialist desires; he delved into the depths of winter. It led to intense bloodshed and suffering during the Kalinga War.

while reaching the depths of

winter ; he realised its futility.
He did a course correction and
shifted from Bherighosha (the Conquest
through War) to Dhammaghosha
(the Conquest through Dharma)

This anecdote clearly describes
how Ashoka could truly appreciate
the warmth of Dhammaghosha — the
spring ; only after reaching the
depths of Bherighosha — the winter

This makes one wonder : what
does the "winter" really signify?

Generally winter refers to the cold
harsh weather, But it also signifies
the cold times of our lives — our
problems, challenges, sufferings and
traumas. These refer to the most

challenging times of our lives which truly test our minds and attitudes.

For Instance, Winter for a student may signify failure in exams.

For someone, it may be phase of mental and physical health issues.

Yet one thing is for sure, that everyone has to pass through the winter many times in a lifetime. This can also be corroborated from Buddha's famous Pali adage — ["Sabbam Dukkham" — everything is pain.

On the other hand, "Spring" signifies phase of warmth, harmony, happiness, love. It refers to the times when we reach levels of satisfaction, good health and

peace.

For Instance, Spring for a student may signify success in an exam after great hardwork. For someone, it may be finding love and care in life. For others, it may be reaching their full potentials.

One thing is evident that after the harsh winter, the warmth of spring will eventually follow. And only after passing through this harshness one can truly appreciate the warmth, the spring offers.

Indian philosophical texts - like Bhagavad Gita, Upanishads and Thirukural emphasize on the fact that "Pain is Inevitable". This inevitability of pain

only teaches us to respect and honour the moments of joy. As Krishna said

— "one who is born will die, and one who dies will be reborn". This

idea of death only, helps us realise the true meaning and potential of life.

Historically, after passing through the depths of Wars, Conflicts and chaos; the world realised the value of peace and harmony. This appreciation of peace gave rise of modern institutions like — UN, UNSC, World Economic Forum etc. which strive to maintain peace.

Even India could truly appreciate the warmth of freedom and democracy only after passing

through the depths of colonial bondage and suffering. Germany after passing through the harsh winter of Hitler's holocaust, could truly value brotherhood and liberty.

In the same way, during the gruelling winter of COVID-19 ~~which~~ people lost their loved ones and faced physical and mental suffering. It was during these times people realised the value of health, family and relationships

even the Modern Science suggests that — "People generally undergo a breakdown before they breakthrough"

Neuroscientists call it "Post Traumatic Growth" (PTG). Most people realise their true strengths and passions

after going through failure or a breakup.

Economically, when India faced financial crisis in the form of 1992 BOP crisis, then only it realised the need and value of liberal trade. This followed in action in the form of LPG Reforms.

"Out of suffering are born Great Men"
— Khalil Gibran

This quote truly highlights that after reaching the depths of suffering only, one can truly appreciate the greatness or achievements he acquires.

Furthermore, if we look around us we are today ~~feeling~~ in the depths of winter — Atmosphere is

polluted, soil is degraded, biodiversity is at loss. This is giving rise to a variety of problems — be it health, social life or economic crisis. Only during the depths of this "degradation"; we now appreciate the value of sustainability and cleanliness. Swachh Bharat Abhiyan, Mission LIFE are all the manifestations of this appreciation.

In the same way; Martin Luther King Jr. passed through the depths of discrimination and apartheid. Only through this; he depicted the value of equality and liberty in his famous speech "I have a dream".

Similarly, Dr. BR Ambedkar was born in a Dalit family. From childhood he faced discrimination — school inequality,

and inaccessibility to water and temples.
only in these depths of cruelty; he
realised the importance of a truly
equal society. He made effort to ensure
that no other faces this harsh winter
by incorporating equality provisions in
the form of Fundamental Rights in
the Constitution of India

But one may ask — "Is it
necessary to reach the depths of
suffering to realise warmth of joy?"

The answer is no. While the suffering
may help us realise the true value of
joy; but at the same time a person
can enjoy the warmth of spring
even during winter.

Then, How to enjoy spring even during winter? The answer lies in having a positive attitude towards winter of suffering. As Rabindranath Tagore rightly said —

"Let me not pray to be safeguarded from dangers, but to be fearless in facing them"

We can easily find some people restless even during the warmth of spring. This is mainly because they hold on to the winter, their mind still stranded in those depths of suffering; they fail to feel gratitude for what they subsequently acquire

In this light, it becomes clear that as the seasons and weathers

pass by, in the similar sense, sufferings are followed by joy. If people don't know what suffering is; how could they differentiate and value joy.

Need therefore is to go through all the phases of life with a positive attitude. Even during winter; have gratitude for whatever you have and when the spring comes, truly live and appreciate the moment.

Not only through personal experience; but we can also appreciate the warmth of spring; looking into other people's phase of winter - For instance, on seeing poverty

we truly feel Gratitude for having all the luxuries of life. And out of this Gratitude only, we can strive to help other's attain the warmth of spring like helping a poor child in studies, offering food to a starving person and much more.

As Ashoka realised the value of peace only after the winter of "Bherighosha"; similarly we must strive to learn everytime we face harshness of winter because these learnings only will help us realise the true warmth of spring.

खण्ड - B / SECTION - B

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The pursuit of instant validation is creating a generation of restless minds.

⑧ The Pursuit of Instant Validation is creating a generation of Restless minds

From the birth of Facebook in a college dorm, to the rise of Insta reels and X storms; today we live in a world where the likes, shares and followers are shaping up our minds and life.

Recently, a social media Influencer died by suicide. The Reason behind it? The mental pain due to the loss of followers. This news clearly depicts the state of mind of today's generation; where the pursuit of instant validation has made their minds restless and impatient.

So, what does this ["Instant Validation"] truly refer to? Validation signifies someone's approval or judgement in your favor. "Instant" validation refers to fastness or the rapid pace in which approval / judgement is given.

The main reasons behind this pursuit are : the fast and rapid Globalized world, the rise of social

media. But the true cause lies deep inside the "human nature". Psychologists refer to it as the "SOCIAL MIRROR" wherein a person identifies himself through the validation of others. This has been the human instinct since a long time.

However, the rise of digital era turned this pursuit of validation into instant validation. This became the reason behind many problems we face today.

As per Neuroscience, instant validation creates a cycle of dopamine and everyone strives to hit that dopamine high. This in turn leads to impatience, non-tolerance and

restlessness.

The Consequences have been clearly outlined by various studies and researches. A Harvard study notes that attention spans are shrinking, with the average being 8 seconds; even shorter than a Goldfish.

At the level of mind; restlessness can be identified in the form of anxiety attacks, sleep disorders, feeling of hopelessness. At the level of physical body, this pursuit can cause more harm than benefit. The present culture of Cosmetic Surgeries are the manifestation of this pursuit of validation. It may many times lead to worst consequences in the form of loss of natural facial beauty.

Not only at the personal level ;
this restlessness due to pursuit of
validation also gets reflected in the
social sphere. For instance, the rise
in hate speech or communal violence
is all the result of the pursuit of
instant validation by a particular
sect or group on the social media.

Historically ; the pursuit of
validation from the Nazis led Hitler to
the path of Inhumane "holocaust".
In recent times, US President Donald
Trump's restlessness can be corroborated
from his pursuit of validation in
the form of Global leader or Global
Peace Maker.

In Today's Era, the desire for instant validation is often pursued through social media. For validation, they depict — perfect selfies, luxury holidays and happy smiling faces.

Yet, behind these screens lies the anxiousness and impatience. AIIMS Study found that — "Heavy social media users are 2x more likely to report sadness".

But in their pursuit of validation they make others feel restless too.

For illustration — A Boy in Delhi said —
"Everyone looks so happy on social media. I feel I am the only one who's sad".

Theodore Roosevelt rightly said —

"COMPARISON IS THE THIEF OF JOY"

This restlessness was evidently depicted during "India's operation Sindoor" in the form of fake news, misinformation and propagandas. For instant validation; Pakistan posted fake photos and videos of the combat. All this led to chaos and further restlessness in the minds of people of both countries.

Therefore, the traits of this new restless generation are clear. They have a lack of tolerance and patience which gets reflected in the rising mental health issues. As per WHO, nearly 1 in 7 in India suffers from mental health problems.

Furthermore, pursuit of instant validation also leads to

lack of self-confidence. If validation is not received; the person delves into inferiority complex; which leads to further problems in the form of loss of career opportunities.

At the whole social level, it leads to a "culture of show off", extravagant expenditures. For example; The big fat Indian Weddings are another reflection of this pursuit of validation. This further leads to many engaging in materialism and extravagance even if they have to take loans. This ultimately creates a cycle of restlessness.

At the national level, sometimes this pursuit of instant validation can result into flawed foreign policy

choices and decisions. For Instance,
Validation by the West can lead to
restlessness in the rest. Therefore,
India pursues the policy of Strategic
Autonomy where its decisions are
Guided not by other's validation but
by own self interests. Balancing
QUAD and BRICS is a reflection of this
middle path. even during NAM era ;
India pursued neutrality over validation

Therefore, what is the Curse
for this Generation of Restless Minds?

At the Individual level; A person
can pursue mindfulness, journaling
and Gratitude to realise his true
self instead of seeking outer
validation. "Digital Detox" — that is a

weekend without social media can be a good step for peaceful mind. Spending time in nature, going for a walk have proven benefits.

Parents and Teachers can play a crucial role in turning this Generation from Restlessness to Peacefulness. Parents can create productive offline spaces and hobbies for kids. Teachers can help imbibe self-confidence in students by making them aware of their unique abilities.

Workshops and Campaigns can play an equally important role.

For example - the slogan "Not Everything Viral is Real" can help put a break on the pursuit of ~~self~~ validation from others.

Governments too can play a role through awareness and initiatives like — "Delhi Government's Happiness Curriculum" or Madhya Pradesh's "Anand Vibhaag" — which teach children the value of true joy instead of readymade happiness the social media validation offers.

Ultimately; a true happy and peaceful mind can be attained only through real validation. Real validation can be in form of someone truly appreciating your work or someone idealizing you as a role model.

But do we really need validation from others? The best form

of validation comes from one's inside.
Self Validation ; that is being truly
honest to oneself and maintaining
integrity in behavior is the real
way forward for today's restless
generation .

TECHNOLOGY IS A USEFUL SERVANT
BUT A DANGEROUS MASTER

Thus , through self reflection and
restraint we can ensure that this
pursuit of instant validation through
technological means does not overpower
our minds . We must remain the
Masters of our life .

SPACE FOR ROUGH WORK

VisionIAS

SPACE FOR ROUGH WORK

⑧

edu.

Socially.

" From birth of Fb. in Ctg dorm, to rise of Ansta R &
X storms, today .

VisionIAS

SPACE FOR ROUGH WORK

P
E
S
T
E
L

① Buddha.

Japan.

Hitler. - HR, GR.

Partition.

Intro Ashoka.

winter?

Spring?

Prblm
Cond
Suffering

Low
Happiness
Satisfactⁿ

Winter
Cruelty. - K War - MK.

Peace & harm - B - D

↳ Spring.

② winter?

③ Spring?

④ depths of winter
warmth of spring.

⑤ Philosophy - B, ④, J, Z

⑥ Political - freedom.

⑦ Technology

⑧ Health - COVID-19 let me

⑨ Historical

⑩ Int. Reltns. → WWII → Globalizedⁿ.

⑪ Geog. -

⑫ Economy - 2008 Eco Crisis
BOP Crisis 1992.

⑬ daily life ⊙ losing someone
⊙ health.

⑭ Envr.

Ethical. - "MLK^{Jr}"