



VISIONIAS
INSPIRING INNOVATION
ABHYAAS MAINS

निबंध
ESSAY

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

टेस्ट कोड/ Test Code : 2488

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 33+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. : 0551604

अभ्यर्थी का नाम/Name of Student : Mrindika Rastogi

माध्यम: हिंदी/अंग्रेजी
Medium: Hindi/English

English

तारीख
Date

25/08/23

निबंध
ESSAY

केंद्र
Centre

JAIPUR

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 : 2488

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

खण्ड – A / SECTION – A

1. टूटे हुए वयस्क की मरम्मत करने की तुलना में मजबूत बच्चों का निर्माण करना आसान है।

It is easier to build strong children than to repair broken men. ✓

2. कोरा तर्कपूर्ण मन उस चाकू के समान है जिसमें केवल फलक ही फलक है, वह प्रयोग करने वाले हाथों को ही लहलुहान कर देता है।

A mind all logic is like a knife all blade, it makes the hand bleed that uses it.

3. जब कैटरपिलर को लगता है कि दुनिया खत्म हो गई, वह तितली बन जाता है।

Just when the caterpillar thought the world was over, it became a butterfly. ✓

4. इतिहास, मनुष्य की स्मृतियों पर समय द्वारा लिखी गई एक चक्रीय कविता है।

History is a cyclic poem written by time upon the memories of man.

खण्ड – B / SECTION – B

5. बुद्धिमान व्यक्ति तुरंत वही करता है जो मूर्ख अंततः करता है। ✓

The wise man does at once what the fool does finally.

6. दुनिया उन लोगों के लिए एक त्रासदी है जो महसूस करते हैं, लेकिन उन लोगों के लिए एक कॉमेडी है जो विचार करते हैं।

The world is a tragedy to those who feel, but a comedy to those who think. ~ ~ ~

7. पूर्ण स्पष्टता से बुद्धि को तो लाभ होगा लेकिन इच्छाशक्ति को क्षति पहुंचेगी।

Perfect clarity would profit the intellect but damage the will.

8. अपना चेहरा रोशनी की ओर रखिए और आपको कोई छाया दिखाई नहीं देगी।

Keep your face to the sunshine and you cannot see a shadow. ✓

खण्ड - A / SECTION - A

1. ✓ टूटे हुए वयस्क की मरम्मत करने की तुलना में मजबूत बच्चों का निर्माण करना आसान है।

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History is a cyclic poem written by time upon the memories of man.

One of the greatest minds of ancient Greek philosophy had once remarked:

"Tragedy is not when children are afraid of dark but when men can't see the light."

- SOCRATES

What Socrates said years ago continues to be relevant today. The reason why a child's fear of darkness does not worry Socrates much is because a child can be equipped with strength to handle darkness,

but once he/she grows up to be an adult; it's a challenge to repair him/her. Thus,
"It is easier to build strong children than to repair broken men"

This was resonated in his disciple Plato's emphasis on early education to build a "Philosopher king". In his work "Republic", he highlights the importance of building strength and courage in children since childhood. In medieval times, Rousseau supported the idea.

Thus, given topic highlights a very important aspect of human life - importance of building strong children since broken men will be difficult to repair. We will explore the given theme through various dimensions and then make an attempt to understand challenges in building strong children and how can we deal with them.

Towards the end, we will try to explore the possibility of repairing broken men and how to do that.

Historically, we have seen the reflection of childhood in adult life. Indomitable strength displayed by Mahatma Gandhi came from his spiritual upbringing since childhood. This is explained in detail in his autobiography - "My experiments with Truth".

On the other hand, Hitler who is known for committing worst of human violence had a challenging upbringing in post World War I Germany. Thus he turned out to be a broken man difficult to repair.

Since history establishes the facts, psychology explains the roots. As per child psychologists 99% of human development

happens before age of five. Well if as a child
the strength is not built and channelised
in right direction, as a man it will
impact his behaviour and will be difficult
to repair.

This is relevant in our personal lives.
Former President APJ Abdul Kalam has beautifully
substantiated this when he said that
three key personalities who impact a child
is are father, mother and school teacher.

Thus, the role of education in early
childhood as well as upbringing at home
has an important role in building strength.
For instance, the culprit behind Nirbhaya
case of 2012 was devoid of education in
childhood and poverty in family deprived
him of a strong upbringing. The result
was broken man with rigid prejudice
against a woman who travels during
night hours.

Going beyond personal lines, even politically it is easier to build strong children than repair broken men. Hobbes, great English thinker was born during a bloody Spanish invasion. This shaped his world view which was difficult to change as he grew up.

The pessimism of adult Hobbes can be seen in his belief in an absolute state. In "Leviathan" he remarked:

"Men have only two options - either to live in absolute state or absolute anarchy"

In contrast to Hobbes was John Locke born and brought up post Glorious Revolution in America. Positive childhood and strength gained through it made him believe in men's reason and thus he advocated political participation by men and a limited state.

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

Not just in ~~economics~~ politics, even in economy it can be seen. COVID-19 was a perfect example of this.

While those with strong upbringing during childhood saved money to donate during the tough times, there were many who continued to not only be spendthrift but also prioritising luxury in hospital beds over larger public good.

Even in environmental aspect we can see this playing out. Take for instance, a tribal child who has been raised to consider forests as sacred groves. Would he not think twice before cutting down a tree? Yes, he will as also seen in Bishnoi tribe of Rajasthan.

On the other hand, a child who grew up in urban India with capitalist mindset would have a tough time

balancing his need with that of environment. This can be seen in urban centres like Delhi which continues to be among the most polluted cities in the world.

Similarly in social sphere, a child who grew up seeing equality and was taught not to treat untouchables as non humans would be a better citizen compared to one who thinks otherwise.

~~But~~ So, if it is easier to build strong children rather than repairing broken men; it is imperative to understand why this is so. Since "mind is tabula rasa" (Locke), a child is like a blank slate open to new experiences.

Since he/she doesn't know much about the world around, she seeks guidance from adults around her.

Thus, they are easier to mould. It is similar to a blank sheet of paper. It is easier to write for the first time but the next time would involve overwriting, scratching and chaos.

A broken man represents that filled paper with wrong facts. Existing prejudices, biases and stereotypes which are amplified by society around him make it difficult to repair.

In this context, even when a child is easier to repair; there are challenges to build strong children in India.

On one hand we have largest number of wasted children in the world (Global Hunger Index), on the other hand we also have largest absolute number of poor children (UN). Both, physical

and economic strength of our children presents a challenge. Further, according to World Bank, 70% of Indian children suffer from learning poverty challenging intellectual strength.

Not just education, even polarised political atmosphere and rising criminalisation of politics presents another challenge. With 43% of parliamentarians having criminal cases against them, our children are deprived of role models.

Most formidable challenge is environment, how to can be we imagine strong children in grey skies? India being the third largest emitter of carbon dioxide is home to one of the most polluted cities of world.

In this context, it is crucial to build strong children to reap demographic dividend of India. Martin Luther King

had highlighted the challenge;
"We live in an era of misguided men and
guided missiles".

Thus children are going to be harbingers of
peace in the misguided world.

If this is how important it is to
build strong children, how to do it?

Simple answer is education. Malala

Yousafzai had highlighted:

"One book, one pen, one child can change
the world"

Thus, we must invest in better teachers
and better schools. Further increased focus
on health nutrition for children in
equally important.

'spiritual strength' should not be ignored.
and must be built through mindfulness,
yoga, meditation and through spiritual
texts like Bhagwada Gita.

However, in this context it is critical to ask - are broken men beyond repair? Is there no hope for them?

Well it is easier to build strong children, it is not impossible to repair broken men. Change is possible at any state of life. As Gandhi ji had said:

"Be the change, you wish to see in the world"

We have seen great men like Nelson Mandela, Abraham Lincoln as well as great women like Savitri Bai Phule and Kamla Bhasin ~~is~~; striving to repair broken men.

Late Sindeu Tai who was called 'mother of orphans' had a challenging fast and abusive husband. Well, she not only repaired her own cracks, but also adopted several children, even her own broken husband and repaired them.

Thus it takes indomitable faith and will
to repair broken men but it is
very much possible.

In modern times, we can see
this playing out in movements like Mission
LIFE and focus on 'Yoga' and other
spiritual practices. Thus strength can
be built any time.

Concluding with story of an old man,
who wanted to change the world. He
started with world but thought it is too
vast to change. He moved on to his
country but considered it difficult.

He then thought of changing his
community and family but realised he is
too old and frail to do that. This is
when he realised all he needed was to
change himself and rest world follow.

Thus to build strong children and
repair broken men, let us start with ourselves.

खण्ड - B / SECTION - B

5. बुद्धिमान व्यक्ति तुरंत वही करता है जो मूर्ख अंततः करता है।
The wise man does at once what the fool does finally.
6. दुनिया उन लोगों के लिए एक त्रासदी है जो महसूस करते हैं, लेकिन उन लोगों के लिए एक कॉमेडी है जो विचार करते हैं।
The world is a tragedy to those who feel, but a comedy to those who think.
7. पूर्ण स्पष्टता से बुद्धि को तो लाभ होगा लेकिन इच्छाशक्ति को क्षति पहुंचेगी।
Perfect clarity would profit the intellect but damage the will.
8. अपना चेहरा रोशनी की ओर रखिए और आपको कोई छाया दिखाई नहीं देगी।
Keep your face to the sunshine and you cannot see a shadow.

On July 23, 2019, whole country was waiting with enthusiasm, hope and anticipation.
Chandrayaan-2 was going to make India the fourth country to soft land on moon and first on moon's south pole. But, soon the enthusiasm was replaced by disappointment and gloom. We failed to soft land.

Fast forward, four years from then. Same hope, same enthusiasm and same anticipation this time gave way to success, celebration

and happiness. On August 23, 2023, we
successfully landed on moon ~~last~~ and
fulfilled the dream of Chandrayaan-2 with
Chandrayaan-3.

This brief story from recent past
carries with itself a very crucial lesson.
We did not see the shadow of the
past because we were so busy seeing
the sunshine of future. Thus the message is:
" Keep your face to the sunshine and
you can not see a shadow."

Given phrase implies that one should
always look at the sunshine which
represents hope and positivity of future. If
our focus is there, the shadow which
represents failure from past, doubts and
fears at present; will be beyond our
line of sight.

Through this essay we will explore this

idea by travelling through various dimensions. Then we will make an attempt to understand why sometimes it is difficult to see the sunshine and how to do that; We will conclude with importance of shadows and how to reconcile both for India at present.

Historically, we have seen successful leaders looking at sunshine amidst tribulations of past and present. Nelson Mandela who spent 27 years in prison represents a fine example. He looked at sunshine and tined the adge:

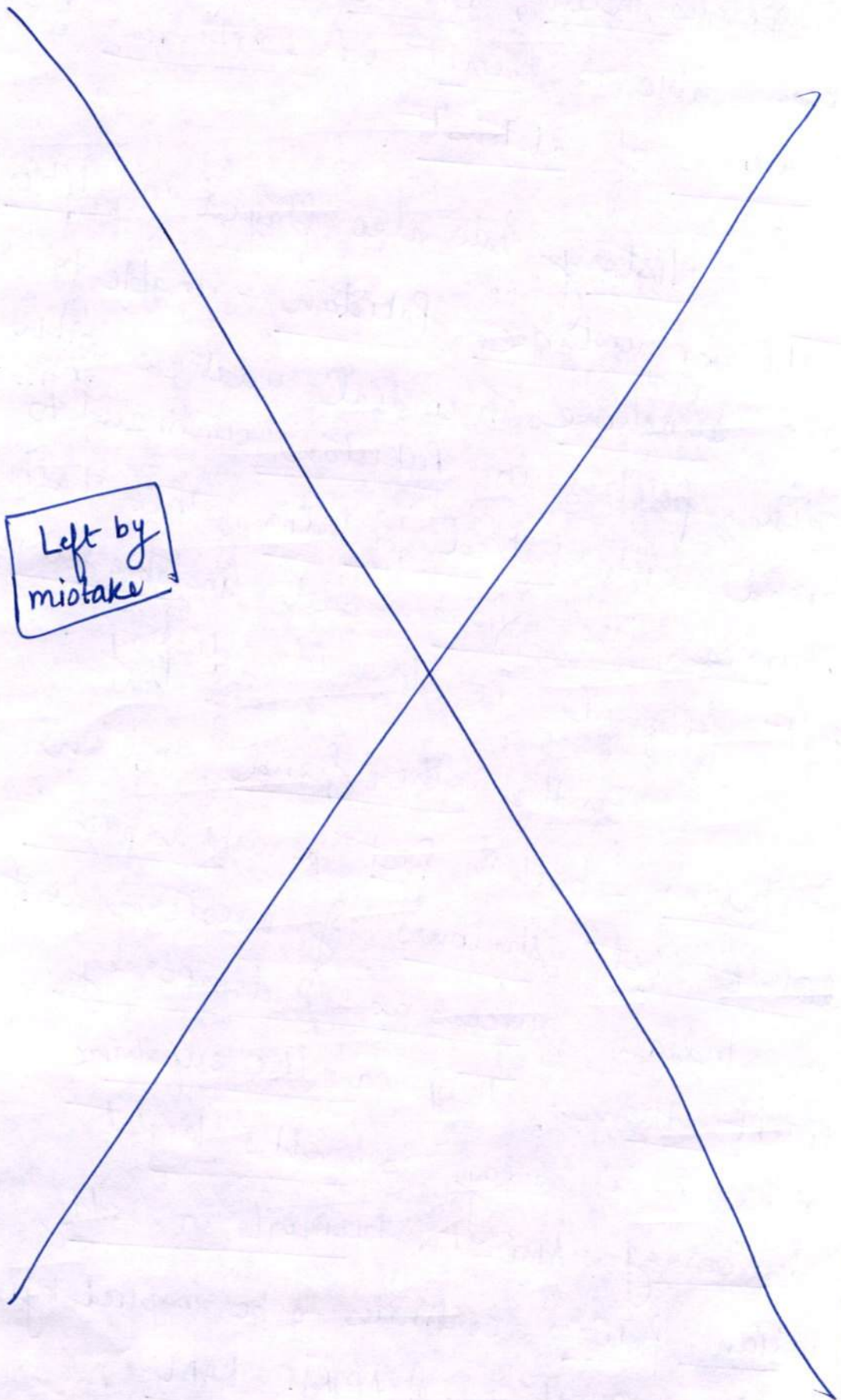
"Keep your head towards the light
and shadows will fall behind."

On the other hand, ~~we~~ we have also seen leaders like Syed Ahmed Khan who worked with a noble cause but limited by shadows of fear & past.
If Syed Ahmed Khan could

see the sunshine in a united and
prosperous India, British would not have
been able to limit his worldview with
shadows of distrust.

History has also played in politics.
Take for instance Pakistan - unable to
see sunshine in cordial relations with
India, politics in Pakistan continued to
breed with hatred for India. This shadow
blurred its views and unstable politics
that followed is in wide display.

On the other hand, Indian
politicians - both in past as well as present
didn't let shadows of western doubts
on India's success as democracy
limit them. They saw the sunshine
and India today is world's largest
democracy. Amidst turmoil in world,
Indian politics continues to be inspired by
the sunshine of AMRIT KAAL.



Left by
mistake

Having seen the relevance of the statement in politics, let us now explore the social dimension.

Amidst social disability caused by society those who are not able to see the sunshine, continue to suffer under shadow of chaos and fear. While millions continued to suffer apartheid, it was Rosa Parks who refused to be restrained by shadow. She not just saw sunshine herself but enlightened many others' lives.

Further, this continues to be seen in our spiritual lives. While many of us continue to be driven by hedonistic and charvaka philosophy of 'live, enjoy and make merry'; some question the shadow and see the sunshine. While Buddha refused to be limited by present, he looked at the sunshine. Shadow never became an obstacle for him. Similarly in his

book "Journey Home", Radhanath Swamy has talked about his journey towards spirituality and sunshine, not limited by past shadows.

Having explored the theme through various dimension, let us now discuss why it is important to focus on sunshine. While shadows of past and present fears limit our understanding and bring gloom and pessimism, sunshine clears all that off. Looking at positivity and operating with hope and faith makes us courageous and free of any bias.

In his book "Power of Now", Esther Tolle emphasises on this when he talks about freeing oneself from chains of past and recognizing the power of Now. Thus focus on sunshine enables us to break free from past shadows & present fears.

It helps us persevere through present challenges and inspire others as well.

If looking at sunshine is so important, how can one do it? Oprah Winfrey in Oprah's show talks about how to use spirituality to focus on hope and optimism. Thus one of the ways is to delve into words of wisdom of spiritual masters. In addition to this, we can look at life journeys of role models like Steve Jobs who persevered through challenges. "Fall 8 times, rise up 8.", says Steve Jobs.

Of course sometimes shadows of anxiety can become daunting and sun will seem far far away for its shine to reach us. In such times, it may get difficult to look at sunshine ourselves. We must seek mental health

help at such times. A helping hand and a listening ear of a friend can lead us to the path of sunshine. Further, practicing mindfulness and meditations can help.

Thus in this manner, we can equip ourselves with the ability to see sunshine. However, it has been pointed out by many that sometimes sunshine may burn our eyes and deprive us of our ability to see things clearly.

This can be seen in Mussolini's Abyssinia war wherein he was solely driven by sunshine of victory but failed to acknowledge shadows of past as well as his present limitations.

Thus, we see the importance of looking at 'sunshine with caution'.

While shadow can blur our views of present, excess sunshine may be harmful for future ability to see.

Thus shadows must be acknowledged and taken care of before starting any venture. But does that mean, if shadows are restrictive, one doesn't endeavour to see the sunshine?

Nelson Mandela had said:

"We become brave by doing brave acts"

So, we should learn from shadow, but sunshine should guide the way.

Thus a student having failed in past has to learn from his mistakes and acknowledge his fears and anxiety but must look at the sunshine and continue to persevere.

Sometimes our own doubts and limitations may cast shadows but in

these times we must remember what Swami Vivekananda had said :

"When you take up a task, do it as a worship.
Do not think of anything else. For that
moment, devote your whole life
to it."

And, if the shadows are cast from
outside, switch on more lights to
amplify the sunshine and keep looking
at hopeful future. As Sachin
Tendulkar highlights in his autobiography

"When people throw stones at you,
turn them into milestones"

- Sachin Tendulkar
(Playing my way)

Let us move beyond our individual
selves and look at India as a
whole. India's inner and outer world
both are in chaos. Rising poverty, hunger,

Communalism and regionalism pose challenge inside; while aggressive China and nervous Pakistan pose challenge outside.

These shadows are enlarged by shadows of colonial past reflecting in a corrupt bureaucracy and underconfident India.

In this context, India is already not just seeing the sunshine itself but also showing it to others. Through initiatives like MENKREYA and EK Bharat Shrenthe Bharat, we are ~~seeing~~ keeping our face to sunshine internally. While through initiatives like

International Solar Alliance, we are facing sunshine outside: How can shadows stop us

then? Let us all learn from the Chandrayaan story and keep moving forward to fulfill the dream of Rebindra Nath Tagore:
"When the mind is without fear and head is held high... into that heaven of freedom let my country awake!"

SPACE FOR ROUGH WORK

SPACE FOR ROUGH WORK

1) Anecdote

Page 1 → Anecdote → Explanation Topic.

18 Story of old man Conclusion

2) Explain

2 → Philosophical → Socrates quote → tragedy not children in dark but man who are afraid of dark
 → Historical dimension → upbringing → Gandhi
 → Psychological → upbringing → Hitler

3 Political → Personal Dimension → School of home → Abolition of caste

4

Political Dimension → Grew up seeing misery → diff view toward politics
 ↳ if that goes bad → what happens? ↳ Daminir rape.

5

Economic → Locke → encourage to change it → Robbins
 ↳ One who is taught how to deal with adversity ended with tough economic times. Great economic paper on Covid-19

6

Environmental → Thrift → can be bad in economy
 ↳ Capitalist mindset - urban areas - slow to change
 Social → Tribal → friendly atmosphere Bishnoi tree Mission UGC.

Why?

→ why cry to case → learn, developing, open new thoughts, career

7

→ why not cry to build strength once broken minds
 ↳ Bias, rigidity, stereotypes, prejudice

Therapy to build strong children

Why imp?

How to build strong children → Steps

8

current challenges → AS & Report
 ↳ Health, education, political, poverty, politics, skill poor → tough demand → HDI

9

Point (can man's strength not be made but at all) → Can be built → Gandhi → word of mindfulness, spiritual strength, Vinodan

10

Why building strong man necessary → Civil rights movement → Nelson Mandela → word of other and in Gandhi's life exp with

11 How to build strong man