



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. : 45884948

अभ्यर्थी का नाम/Name of Student : Ankit Janwal

माध्यम: हिंदी/अंग्रेजी
Medium: Hindi/English

English

तारीख
Date

02/08/24

निबंध ESSAY

केंद्र
Centre

Jelli-
karol Bagh

निरीक्षक के हस्ताक्षर
Invigilator's Signature

[Signature]

	महत्वपूर्ण अनुदेश 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।	Important Instructions 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.
1	(क) अपना पंजीकरण सं. एवं अन्य विवरण केवल प्रश्न-सह-उत्तर पुस्तिका (क्यू.सी.ए.) में उम्मीदवार के लिए निर्धारित स्थान पर ही लिखें। (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।	(a) Write your Registration Number and other details only in the space provided in the Question-Cum-Answer (QCA) Booklet for candidates. (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
2	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।	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.
3	परीक्षक को प्रत्यक्ष/अप्रत्यक्ष रूप से कोई भी प्रार्थना/धमकी भरी बातें न लिखें।	Do not make any direct/indirect appeal/threat to the examiner.
4	उत्तर अस्पष्ट अथवा गंदी लिखावट में न लिखें। इस प्रकार के उत्तर का मूल्यांकन नहीं भी किया जा सकता है।	Do not write answers in bad/illegible handwriting. Such answers may not be evaluated.
5	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।	Write answers in ink only. Do not use pencil for writing the answers. However, pencil may be used for drawing diagrams, sketches, etc.
6	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।	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.
7	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।	Write answer at the specific space (right below the question) only. Answers written elsewhere at unspecified places in the booklet shall not be evaluated.
8	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।	If you wish to cancel any work, draw your pen through it and write "Cancelled" across it, otherwise it may be valued.



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निर्धारित समय: तीन घंटे

टेस्ट कोड : 4514

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 जाएंगे।

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.

Word 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 हों :

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 इस हशिप में 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

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नहीं लिखना
चाहिए
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Only in the depths of winter can we truly appreciate the warmth of spring.

③ "He who opens a school door, closes a prison"

The above statement highlights the significance of school i.e. knowledge, rationality, critical thinking etc to eradicate neglect, hunger, poverty, crime from society. A school need not an institution, it can be a personal act or action which teaches the values of change.

Rosa Parks, an afroamerican women's simple act of not giving up her seat to white passenger opened the school of equality, challenging the open prison of discrimination and centuries old subjugation of afroamericans who were initially brought as slaves.

What followed was a 381 day long protest and ultimate National Civil Right Movement in USA, shaping the national values, opening up school of rationality and shutting down prisons of social segregation and oppression.

Our topic essentially reflects upon how schools i.e. critical rational knowledge can remove darkness of neglect and

ignorance, remove social evil from society. It also see how it can be done at personal level and institutional levels as well. It reflects upon various areas where a transformation has occurred or will likely occur in coming era.

The first lesson a school teaches us is equality of everyone, where no one is superior or inferior. Our society even today grapple with deep inequality at multiple levels of humanity. One such aspect is gender discrimination.

Indian society in early 19th century was filled with gender discrimination like Sati, widows poor condition,

child marriage of girls and even neglect to education of women. It were the modern ideas brought by modern educational institutions which brought the change in virtual prison of women.

Leaders like Savitri bai Phule opened schools for women and young girls, started widow remarriage forums to provide the justice women deserved as equal human beings.

On similar lines, was the idea of capability approach by Amartya Sen who envisioned enhancing capacity to bring social transformation to masses.

India was in state of abject poverty, hunger,

illiterate when it got freedom from colonial rule. The great Bengal famine taking millions of lives was testament to idea of India being a prison of colonial masters.

In these challenges, the most logical solution was to uplift the people by education. Investment in premier education institutions like IITs, NITs is what brings India in forefront of global technology landscape, challenging its own colonial past.

In extension to this idea, school also gives us courage to fail, remove the fear of failure. Edison failed 1000 times before he

finally invented bulb. If he had kept his fear ~~in mind~~ of failure to stop his actions, stop his effort to change, the world would have been in the prison of darkness even today.

In continuation to our analysis of school, we also need to reflect the significance of awareness in modern era. Jamdara, infamously called for financial fraud and cheating was living in state of despire for decades.

An IAS officer in region started libraries at village panchayat, took public funds to repair schools to bring change in area. The

effort was to close the prison not by coercive action but by bringing reforms of education.

Further moving towards finding reason of life to escape the neglect of self-awareness. Mark ~~twins~~ ^{twain} highlighted two most important days in an individual's life, one the day he/she was born and other the day they know why.

This highlights role of knowledge in finding purpose of life. leaders like Crantma Buddha Bhagwan Mahavira ~~etc~~ were the torch bearers in opening door of rationality and critical analysis shaking the prison of

dogmatic rituals and sacrifices.

However, in our analysis we should not forget the importance of prisons as well. They also teach something to society, reinforcing the role of school in bringing social order. Their aim especially in modern era is not limited to retribution but in reforming as well.

Rajasthan model of open prison where prisoners can live with their family and also engage in economically viable activities. The idea is to open school within prison to ultimately shut the doors of prison. Such innovations are testament to need of prison of to reform.

उम्मीदवारों को
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This idea of reform and change also extends to bringing reform in institutions to close the prisons. T.N.

Shesan showcase the leadership to reform elections in India, trying to eradicate ~~free~~ increasing criminalisation of politics, even earning praise from Supreme courts as "T.N. Shesan happens once in long time".

He brought objectivity and transparency two principles of schools into reality and closed the prison of apathy, neglect and status quo.

The role of school is also important in setting right virtues in children. The emphasis on discipline,

moral values, environmental consciousness all start from school and that is why they emphasise on whole of school approach. This bring convergence in curriculum, infrastructure and environment, as well as in teachers to act as change beares to children.

Even APJ Abdul Kalamiji emphasised on role of teachers along with parents to change society. Parents are first schools and seed of national foundation so they also need to bring change in themselves as well as children.

One very important aspect to also introspects is how we bring awareness. Our topic uses the word "He" which

denotes an element of patriarchy. This is why we need to reform ourselves in our notion.

The ideal quote would have been "One who opens a school door, closes a prison."

In conclusion, we should reflect upon significance of right leaders and school in challenging the root cause of prison to shut them. It calls for equality, rationality and objectivity along with discipline in society.

Our society today continue to suffer from virtual prisons like war ridden areas of Gaza strip or Ukrain, threatened with climate crisis and rising sea level, the

Threats of terrorism and
extremism still continuing, we
need schools which solve them
from roots than simply focusing
upon the mitigation.

Ultimately, As Nobel
Prize winner Malala says
A child, a teacher, a book
and a pen can transform
the world and that's what
should be our aim to be
the change and bring the
change at large.

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.

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The more we automate, the more human we must become.

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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."

On January 20, 2025, Donald Trump took oath as new president of America, which was seen as day of start of radical changes in global arena in terms of power and economy.

President Trump retaliatory and reactionary policies are

reflection of his attempt to seek instant validation. He imposed pressure even on friendly nations to showcase his ability damaging the long ties the nation built overtime.

His continued threats of action is reflection of restlessness when his ideas are not accepted by others. This essentially highlights the changing nature of happiness in mind.

The essay explores the short term happiness goals and their pursuit impacting society and individuals themselves. The essay looks at reasons of such tendencies and measure to mitigate them. It also reflects upon need of validation to continue and how restlessness

is also needed to achieve big in life.

Now looking at individual level, the pursuit of instant validation is widely seen in how people interact on social media and present themselves and their life. It looks like market place of perfect life, but deep down desire for recognition in society.

Such pursuits are often filled with extreme steps and danger. A very recent incidence of 2 social media influencers drowned in overflowing river trying to capture the river and generate social media views. The attempt of President Trump

is no less a self identity pursuit to be recognised globally.

Even at society level, we see many cultures promoting consumerism and individualistic attitude, seeking instant results over long term goals. The new found push towards oil and gas extraction in USA reflect the restlessness to grow even at cost of others.

Similarly, the colonial powers in ~~post~~ industrial revolution era showed pursuit of power to expand geographically and their internal conflict over colonies showcase the anxiety and insecurity among themselves.

Extending our idea to look at reasons of such adventurous pursuits being so

common in society. Buddha called desire at root cause of sorrow or restlessness. A restless person try to achieve as much as one can in short time to accumulate even more. His idea reinforces the cyclic nature of pursuit of instant validation and restlessness each reinforcing the other.

One other reason is outlook at happiness. Some find happiness in material objects like cars, home or some find it in social pride. But often the factor that is ignored is duration of such happiness.

A Mexican fishermen interaction reflect upon this very idea of happiness.

A american investor on vacation asked a returning fishermen with small but enough catch -

" why don't to work little extra to earn more, build your fishing business and ultimately an empire "

Fishermen asked - " Then, what? "

Investor replied - " you could retire, work a little and enjoy time with family ".

fishermen replied with a smile " That's what I am doing now! "

The story reflect upon how one perceived happiness and self contentment in shaping individual pursuit.

Alongside, disappointment in action is another reason of restless pursuit of instant validation, further enhancing

the loop of anxiety and depression.

Further moving towards consequences of such pursuit and restless minds. The World Health Organisation predicts atleast 10% of global population suffer from some form mental distress and seeking validation is one of prime reasons for it.

Even certain empires feel due to pursuits of instant validation and restless mind. Adolph Hitler wanted to capture more and more territory, in his pursuits to ambition even resorted to genocide of jews and ultimately a world war that killed millions and ~~often~~ great economic collapse in the world.

This short sightedness is also seen in modern world as well.

Countries like Israel and Russia attacking the innocent people to fulfill their dreams and desires, establishing might in global arena on dead bodies of innocent children and women.

Now, moving towards the solutions to instant validation and restless minds. The Japanese philosophy of wabi sabi i.e. embracing imperfection is critical tool. This recognise world is full of imperfection and our efforts is to adapt to it, rather than chasing the impossible.

Similarly, Bhagwad Gita also elaborates that Lord Krishna said, "if he wanted he could have ended

the war in a day but he wanted to follow the social order and norms of world? He preferred long term goals over short term goals, that is also needed to be inculcated in restless minds.

The idea of niskam karm is also significant indicator to resolve the crisis. India during COVID-19 provided vaccines to small and developing countries without any ^{expectation} reflects the principle of calm mind of leadership and nation.

This also build upon the interconnectedness of our ecosystem, one impacting the other. The support is necessary to change ^{then} the mindless pursuits of instant validation. Like the tallest

rosewood tree with shallow roof existing with support of complex interconnected roof system, human should connect their values to strong cohesive bond and support system.

Moving towards idea of happiness, the acknowledgment of cyclicity of happiness and sorrow is also important. The life is built on base of golden mean or madhyam marg.

One very important element we must also reflect upon is ideal of importance of restless mind. A restless mind is rejection of subjugation, embracing innovation and turning idea into practicality. Wright brother implemented what was already known for long but it was

their restlessness to dream and achieve.

Very similarly, instant validation is also very important to course correct in early stages, or motivate towards larger goals. The book "Atomic Habits" reflects on small-small happiness contributing to larger change.

To conclude, we must acknowledge the challenges ~~the~~ of pursuit of validation and increasing restlessness and anxiety. The world is dynamic and rapidly evolving. ~~The~~ scope is now not limited to social media but also in social and nation building through validation as attempted throughout history and now by president Trump as well.

But a calm and ~~per~~patient approach is key to change.

The happiness should not be hedonic but a rational one.

It should be built upon foundations of morals, virtues and sound ethics.

India is vishwa guru in philosophy of calm and result.

It should set towards long term goals of peace, harmony and development as an example to a world full of restless minds and instant validation.

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

Madda
A child
teacher
broke
pen

Indian contribution

SPACE FOR ROUGH WORK

Leadership → E. S. S.

↳ T.N.

He who opens a school door, closes a prison

↳ Rosa Parks

unintended
consequences

↳ Briti

- School
- rationality
 - skill
 - objectivity

Modern
time
era

USTAAD, Vishwakarma

- prison
- neglect
 - subjectivity
 - poverty/hunger

knowledge - neglect

innovation

social values

Aristotle

Learning
dialectical

why?

social change

Ignorance
↳ Kenya
Pam
madness

Indig
R.M. Roy

↳ sati
It → widows
open prison
for women

learn to jail - cage

↳ dissonance 1000 times

conscience

- transform ideas in
reality

Capability approach
Amartya Sen

Maile Twa

not always
he/she

prison - open
↳ learn school
within
prison

prison also necessary
↳ social contract

Sakthi Bai Phule

awareness → financial
fraud

→ teaching elders
↳ Athulayan

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↳ closes → no need of
prison

SPACE FOR ROUGH WORK

virtual solution
deliberation

social acceptance

- early recognition

reward for action

~~# niscam kama~~

golden mean

~~system needed~~

innovation

dynamic nature

need it

authority to
get acceptance
in society:-

Russia war of Ukraine

Handship
2 Victor Frankel
Nazi Temp

Rise of Hitler
instant validation

social work ← why started in first place

SPACE FOR ROUGH WORK

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