



# 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. : 1213334

अभ्यर्थी का नाम/Name of Student : Ritika Rath

माध्यम: हिंदी/अंग्रेजी  
Medium: Hindi/English

ENGLISH

तारीख  
Date

25.08.2023

### निबंध ESSAY

केंद्र  
Centre

Bhubaneswar

निरीक्षक के हस्ताक्षर  
Invigilator's Signature

Jyotirmayee Rout

	<p style="text-align: center;"><b>महत्वपूर्ण अनुदेश</b></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;"><b>Important Instructions</b></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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निबंध

निर्धारित समय: तीन घंटे

टेस्ट कोड : 2488

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 बयस्क 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.

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

It was 1975. Local newspapers in Iceland were abuzz, trying to outdo each other in covering the historic protest. Ninety percent of women in Iceland had refused to go to work, do domestic chores and had instead come down on the streets in protest against gender discrimination. Almost all businesses had to close down for the day as men took up housework. The

movement ultimately led the Parliament to pass a law for equal pay for women within a year. Fourly years later, the same scene echoed world over on International Women's Day in 2017 which was heavily inspired by the 1975 protest.

Thus, history often repeats itself with time as its eternal witness.

This essay will explore the theme of cyclicity of history by first deliberating on different dimensions of 'cyclic poem', 'witness by time' and 'memories of man'. It will then elucidate the adage by illustrating it through examples in the political, economic, social, Technological and environmental realms. The essay will then delve into the significance of this statement in the present context. Lastly, it will also discuss alternative and counter view points against it.

## DIFFERENT DIMENSIONS

The term 'cyclic poem' can be understood in three ways. Firstly, history by virtue of being cyclic is a source of inspiration for the future generations. Secondly, it provides food for thought — a mechanism to re-assess, re-analyse and re-imagine the past. Thirdly, it encourages individuals and nations to look for patterns in the present days to serve as means of predicting the future.

The phrase 'written by time' throws light on the eternal nature of time as a witness to this cyclic process while the phrase 'memories of man' brings out that the anthropocentricity of this whole statement — humans are the only species able to look for patterns in the past.

## CYCLIC POEM IN POLITICAL REALM

An early example of cyclicity of history is the French Revolution. Many years before the protesters stormed the Bastille, Americans had also agitated against British rule. The <sup>French</sup> revolutionaries in fact were inspired by the Americans.

Similarly, the two world wars also took place under similar circumstances and the first war served as an important reminder on how to deal with the vanguished and the fragility of peace. This led to a more sympathetic post-war treaty with Germany and a stronger United Nations.

Parallels can also be seen between the authoritarian rule of Hitler in Nazi Germany and Pol Pot in Khmer Rouge. Both of them were responsible for the deaths

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

of numerous innocent civilians often based on ethnicity

In The Indian context, the 1857 revolt and Indian mass movements of later 1920s had similar aims of protesting against oppressive, repressive and exploitative regime.

### CYCLIC POEM IN ECONOMIC REALM

The Great Depression of 1920s and the 2008 financial crisis bear uncanny resemblance in their effects on the world economy. Both were caused by false economic bubbles whose burst shook national economies.

### CYCLIC POEM IN SOCIAL REALM

COVID-19 took ~~an~~ innumerable lives and strained health budgets

globally. However, the impact could be contained thanks to the experiences gained during the Spanish flu outbreak which had similar characteristics.

Dr. BR Ambedkar often cited Jyotiba Phule as his inspiration. Similar to Phule's emphasis on education as a means of social liberation, Ambedkar too emphasized on the need for Dalits to educate themselves and fight against injustice. Even activists of current times are inspired by Ambedkar's methods and lead similar protests against casteism.

### CYCLE OF IN TECHNOLOGICAL REALM

Internet of Things, Artificial Intelligence and 6G are just some examples of the fourth industrial revolution taking place world over. History has witnessed a rhythmic

cycle of industrial revolutions, all of which transformed the society. Human intellect and reason is the common undercurrent of all these revolutions which occurred cyclically.

### CYCLE POEM IN ENVIRONMENT

The Earth has undergone many phases of warming and cooling. It has seen multiple extinctions and re-populations. All these show how nature moves in cycles to maintain its equilibrium. Unless humans slow down the fast pace of environmental degradation, the earth will see another mass extinction but this time brought about by its own inhabitants and not natural forces.

Amrita Devi Bishnoi has etched

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

her name in environmental conservation  
Her indomitable spirit and determination  
to even lay down her life to save  
the environment has inspired millions  
after her. The Chipko movement led  
by women in the present times  
bears resemblance to Bishnoi's act  
of hugging trees to save them. This  
illustrates the cyclicity of history.

### SIGNIFICANCE IN PRESENT DAYS

The above adage holds importance  
in the present context in two ways.  
Firstly, it helps remind humans  
of their past and thereby learn from it.  
For instance, holocaust survivors share  
their experiences openly to remind the  
world of their sufferings and of what  
a single man through charisma do.

It extorts us to be ever careful in blindly following the herd and encourage us to question unquestioned authority

उम्मीदवारों को  
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चाहिए  
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Secondly, it helps us anticipate the future. For instance, India has been carefully studying the Chinese policy of debt diplomacy. As China seeks to encircle India, India is responding by actively engaging with other nations. This engagement is driven by an understanding of future threats as a result of present actions.

Moreover, India's policy of multialign-ment is framed to respond to evolving global situations. Going by a study of geopolitics and realpolitik, India seeks to balance its interests to serve national interests. This policy is guided by an understanding of cold war, bipolarity and future

anticipation of a multipolar world.

IS HISTORY ALWAYS A CYCLIC POEM?

Henry Ford believed that it was futile to spend time delving into history. He thought it much better to focus on the present which he felt had no serious connection with the past. Such views are, however, rare.

In spite of this counter view point being rare, it does throw light on an important aspect of this adage which is often ignored. History is a man made concept — historical events are neutral in the sense that they do not occur with any intention. Humans, however, impose meanings on such events.

Does this, however, mean that humans must not impose meaning? Is a study of history a futile exercise due to its subjective nature? The answer to these questions lies in history itself.

It is often said — "those who do not study history are doomed to repeat it."

A humanistic study of history is crucial to understand and pre-empt the future and thereby prevent future tragedies.

As Nelson Mandela highlighted in his policy of reconciliation after the end of apartheid — the history must serve as a reminder of potential peace and not a weapon of war and suffering.

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

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इस ह्राशिए में  
नहीं लिखना  
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VisionIAS

खण्ड - B / SECTION - B

उम्मीदवारों को इस हाशिए में नहीं लिखना चाहिए  
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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।  
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Keep your face to the sunshine and you cannot see a shadow.

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

Jane Elliot looked at the eager faces of grade three white children. Just a day before, Martin Luther King Jr. had been assassinated and this had sparked off a debate in class on racial discrimination. In order to make her students understand what racial discrimination felt like, she carried out the 'blue-eye / brown eye' test wherein she lied to them that brown eyes meant better

intellect and superiority. She gave special favours to the brown eyed students and observed how brown eyed students became condescending and blue-eyed students became timid. At the end of the day, she asked the students to write their experiences

While the test has now become a part of Textbooks and diversity training, Elliot faced social ostracisation and threats for conducting this test by the white community. However, she kept her face to the sunshine and bravely faced all challenges. She helped bring about an inclusive society permeated by equality, love and respect.

This essay will explore the theme of being positive in difficult circumstances or facing the sunshine. It will begin by unravelling the different meanings & dimensions of the word 'sunshine' and 'shadow'. The essay will then delve into

The importance of the adage in different contexts. It will then offer ways to inculcate positivity in one's daily life. Lastly, the essay will also discuss a counterviewpoint and critically analyse the adage.

### DIFFERENT DIMENSIONS

The word 'sunshine' can be interpreted in multiple ways. Sunshine can be understood as happiness and joy. It can also be seen as positives or benefits of a situation. A third way could be to interpret it as one's end goal in life - this could be a career goal, love goal or religious goal.

Similarly the word 'darkness' can also be understood as failures, negatives of a situation and difficulties faced.

Understood in a holistic manner, this statement implies two things - first, sunshine is always accompanied by a shadow. This implies that nothing in life can be entirely good without bad.

Secondly, it implies the importance of volition or free choice. It underlines that keeping one's face to the sunshine is a possible, free-willed act - it has to be done consciously.

WHY IS IT SIGNIFICANT TO FACE THE SUNSHINE?

The adage encourages the reader to focus on the positives in life which would act as a source of inspiration during difficult times.

For instance, during the Holocaust facing the sunshine was what acted as a source of inspiration for Anne.

उम्मीदवारों को  
इस हार्शिए में  
नहीं लिखना  
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Frank. Her belief in the ultimate goodness of human beings helped her stay motivated while hiding in the annex.

Similarly, astronauts aboard Apollo 13 — ~~For~~ Jim Lovell, Jack Swigert and Haise — chose to look at the positive and ~~this~~ this inspired them to come up with means to return to earth. The NASA mission head's statement — "failure is not an option" illustrates the positive attitude of the scientists at NASA in the rescue operation.

The adage also enables people to not only be inspired but also helps in instilling courage to face difficult circumstances and fight for what is right. by encouraging people to focus on the positive end goal.

For instance, Dr. BR Ambedkar faced extreme social, caste based discrimination in his childhood. Yet his desire and conviction to bring about a change gave him courage to challenge social norms and societal discrimination.

Similarly, Indian freedom fighters suffered extreme torture at the hands of British and yet kept a positive attitude by focusing on their end goal of swaraj. For instance, Bhagat Singh used British trials to popularise nationalist sentiments and even embraced death for it.

In current times, this statement is apt for the armed forces. Officers and soldiers in the army, navy and airforce operate in difficult, depressing and demoralising

circumstances. It is imperative for them to look at the "sunshine" in order to fight for the country.

The adage is also crucial to live a contented life. Human life is intrinsically full of happiness & pain and it is crucial to focus on the former. As APJ Abdul Kalam also highlighted in his book - Wings of Fire -

"God has not promised  
skies always blue  
flowers strewn pathways  
all life through.  
God has not promised  
sun without rain  
joy without sorrow  
peace without pain".

This exhorts the readers to look for the positive in life and accept tribulations.

as part of life.

The adage also encourages people to treat failures or 'shadows' as stepping stones to success / 'sunshine'. Failures must not cast a shadow or limit one's potential. It is true that failures can feel debilitating but it need not be so. After all -

" It's only when you're at your lowest that you begin to rise for <sup>success</sup> ~~failure~~ is nothing but success craftily disguised " - self.

This was exemplified by Arundama Sinha - the first amputee to climb mount Everest. A train accident which took away her legs did not take away her zeal. She looked at the positive side or sunshine and decided

to scale Everest to inspire people to overcome their limitations.

Thus facing the sunshine and not seeing shadows plays an important aspect of determining a good life & distinguishing success from failure.

### HOW TO LOOK AT SUNSHINE?

An individual can actively cultivate a positive attitude and the ability to look at the sunshine through various ways.

One way is to practice gratitude which includes thinking about three things one is grateful for everyday. This fosters a mind which actively searches for the good in life.

Another way to do so is through mindfulness and meditation which bring

positivity in life.

Lastly, faith can also be source of positive attitude. Immanuel Kant believed that faith was essential in uniting happiness with virtue which led to a positive attitude towards society.

IS IT GOOD TO NOT SEE THE SHADOWS ALWAYS?

Though meant to incite good thoughts and action, the adage can also limit an individual. Not seeing the dark side or shadows can have dangerous consequences at times. For instance, Alfred Nobel and Robert Oppenheimer both helped developed scientific technologies which ultimately led to the proliferation of weapons of mass destruction as they failed to see

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## The negative impacts

The adage also tends to promote toxic positivity which is not beneficial for the personality and social development of an individual.

It is interesting that Bhagavad Gita does not talk of only looking at the positive but instead advocates for equanimity or "stithpragya" - equal feeling towards both happiness & joy.

Thus, though with limitations, the adage does help inspire positivity in the face of negativity, hope amidst despair and happiness even in suffering.

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SPACE FOR ROUGH WORK

Section A

13 Nelson Mandela

1 Intro - Iceland

2 (Epic poem) → mispo  
 → food for thought  
 → anti apation

3 by time

memories man

12 Counter → Henry Fore  
 → Should be stu in par  
 Conclusion

3 Ex

2 WWI, Spanish war, WWII - Pol.

6 Spanish flu & COVID - 19 - Soc.

1 American & French - Pol

3 Hitler & Polpot - Pol.

P, Econ, S, T, Env,

Future

4 1857 & Indian struggle - Indian

5 Iceland - Intro women's day (2017) (1975)

6 Great depression 1920 - Econ  
 Financial recession 2008.

11 China - string of pearls - future

7 Mule + Ambedkar + now - soc.

8 Industrial revolution - Econ Tech

9 Amrita Devi + Chipko → Environ.

10 Holocaust. Gokhale → extr.

22 Buddhism

SPACE FOR ROUGH WORK

[B] . Intro Jane Elliot

face → attitude

Sunshine → happiness

→ positives  
→ end goal.

shadow → failures

→ negatives

→ difficulties

Why Imp for book

source of insp in dark times

- ① Anne Frank
- ② Nelson Mandela
- House
- Apollo 13.

helps endure difficult times

- ① butterfly.
- ③ Freedom fighters
- Ex Bhagat Singh trial...

Gives courage to not give up.

- ① Army.
- ② Ambedkar.
- ① Mirabal sisters
- ② Jana Purok sisters.
- Annuma Sinha

helps live a good contented life

- ② difficulties part of life
- ① APJ Kalam - God has not promised...

0.5 Overcome failures

its only when you are at your lowest rise

persistence butterfly

for sun

capitly disquise

## SPACE FOR ROUGH WORK

1) How to keep your face to  $\rightarrow$  Positive mindset  
 $\rightarrow$  list good things mindfulness gratitude  
 $\rightarrow$  faith.

(2) Counter  $\rightarrow$  ② Better to develop equanimity  
sthing magya.

$\rightarrow$  ② Wreat Toxic positivity

① limiting

- ① Oppenheimer
- ① Alfred Nobel.
- ③ AI.