



## 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

To Be Content with little is difficult, to be  
Content with Much, Impossible

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A lawyer in south Africa, well educated and earning  
more than enough for himself and his family.  
Finds himself wondering why he is not  
content with his life?, what he is doing  
against discrimination against based on race  
and color?, He thus decided to change the  
course of his life and setup talstoy farm.

Being close to nature, working  
for the welfare of vulnerable, poor and  
marginalised, He understood that to be content  
with much is impossible.

Mohandas Karamchand Gandhi, then  
to fight for the cause of Indians and  
Blacks in south Africa, and later on against

Oppressive British Rule in India.

In the course of this essay we will discuss what is contentment?, why it is difficult to be content with little?, why it is impossible to be content with Much?, Its significance on Individual's, society, Nation etc.

## WHAT IS CONTENTMENT?

Buddha in his first sermon, Dhammacakkha-Pavartana dictates that, Asteya for misery (dukkha) is desires (Trishna). This flames of desires, keep us in misery and prevent from getting contentment, that is fulfilment of heart, satisfaction with present and eternal happiness of being.

Krishna in Bhagwad gita, dictates that contentment can be achieved with four ways, knowledge, devotion, nishkam karma

i.e. Selfless work and Religious Rituals, to find contentment is the ultimate objective of life, it leads to Moksha and freedom from cycle of death and birth.

Contentment can be thus regarded as deeds that uplift a person's character, actions which one can be proud of doing and being in present.

Immanuel Kant in his Categorical Imperative states that act according to that maxim, thereby at the same time it becomes a Universal moral law.

WHY IT IS DIFFICULT TO BE CONTENT?

The human tendency to compare oneself with others, running after hypothetical ends, and cribbing for non fulfillment of desires. prevents him to be content.

Buddha states that this 'Kama' (desires) is what prevents us to be content in life.

In Modern times this desires of Material wealth have become more prominent, desires for Power, desires for status in society. Herbert Marcuse states this with the expression 'one-dimensional man', Running after finding happiness in Consumer products, as if Happiness is something that could be brought from dollar!

Further this Never ending desire for 'more' forms a very vicious cycle, we compare ourselves with ~~all~~ others and try to outgrow them, this competitive zeal makes happiness a mirage.

The more we have, the more we want.  
If we gain something, there is fear of  
losing it. Hence with little it is easy  
to identify the source of misery and  
find contentment but with 'much' it  
is impossible.

In the book, 'A man who sold his  
Ferrari', it is discussed that a person  
having all the 'possessions' which we admire  
and want for ourself are not enough for  
contentment, thus to find contentment the  
character leaves it all behind and becomes  
a monk.

well it is hard to realise but  
~~we~~ one can be content by following the  
'middle path' of Buddha.

## WHAT IS THE SIGNIFICANCE OF CONTAINMENT?

Buddha says that a content man enjoys divine happiness, that can not be experienced in the material world, The idea of 'good life' which we all aspire for can be achieved with containment, an individual filled with containment develops virtues of courage, temperance, fairness and justice.

Empathy and compassion filled heart generates desire inside him to act for the welfare of others.

A content society becomes harmonious and peaceful. It insures equity for all it's citizens, it develops into fairness for all, &

Such society fight collectively against  
Poverty, Hunger and inequality to ensure  
social justice.

Our freedom fighters envisaged  
India as a Nation that becomes a  
'Nation of Moral force', that ensures equality  
and liberty for all citizens and works  
towards containment for whole Nation  
and humanity.

Content societies develop  
sustainably, thus not exploiting environment,  
↳ using Natural Resources under the  
Replenishable capacity of Nature. This  
Inconsistent idea of ~~cont~~ Happiness from  
consumption had done Unsurmountable

damage to society, currently we can see the impact in form of Rising global temperature, changing climate patterns, loss of Biodiversity and wildlife.

Further Overexploitation of soil is leading towards desertification, un sustainable mining and production is distressing the land, ocean and ecosystems.

Lack of Containment is causing competitions among Nations, security threat due to lack of trust on each other is leading to weaponization of world into more lethal and more destructive weapons.

Issues like war in Ukraine, ~~terrorism~~ Syria, Ghana, ~~etc~~ etc. ..

Civil wars around the world including Somaliya, Congo etc are the cause for lack of fulfilment and trust.

Terrorism, Radicalism and Extremism, due to desire for gaining political power, Money laundering, drug trafficking and worst of all, human trafficking are due to never ending desires for power & money.

WHAT IS

Containment from desires: only way forward

We have inherited only one world, to ensure that we develop in a way that doesn't threaten the survival of others, ensures that future generations inherit the world from us as it is if not better, we can consider below things.

Firstly, at individual level there is need for Moral Correction, sensitivity and conscientious training to people is required, role modelling for adopting a sustainable lifestyle for environment (Life) is the need ~~for~~ <sup>of</sup> the hour.

Secondly, development of open communication between societies to share common achievement as well as common failure will go long way in preventing an false consciousness in the society.

Thirdly, sustainable use of Natural Resources under the Replenishable rate of environment, collective effort for the Roll back of Historical damages with idea of 'common but differentiated Responsibility' based on

damages done is required.

Fourthly, there is moral obligation for the humanity to develop a progressive framework for contribution. Poverty, hunger and malnutrition in the world is nither just nor inspiring.

Fifthly, development of trust through dialogue and diplomacy between nations, confidence building measures through functional approach is required. Proper framework for prevention of war using multilateral institutions like U.N. needs to be done. 'mankind must put end to war before war puts an end to mankind', holds true in this nuclearized world.

lastly, inter generational & Intra generational equity between Nations and within Nations requires moral determination and conviction to remove injustice from society.

Hence, containment can be achieved with little, but with more it seems impossible as gandhi Ji stated 'there is enough in the world for man's need but not for man's greeds'. To fulfil the greeds we would require 7 more earth's'.

One Individual May die for an idea, but that  
idea will, after his death, incarnate itself  
in a thousand life.

Socrates in Ancient Greece was convicted for speaking truth, truth which the 'Government of the day' was afraid to hear. He was awarded death sentence by the assembly of judges. He had the choice to either drink the poison or leave the country, He had chosen to die rather than lower one's principles. But the idea, after his death, the truth which he held dear inspired thousands of life starting from his first disciple 'Plato'.

It is said by Ramdhari Singh  
Chinkar, Amar Hua Sulerat Jayat mein A'kaar

Vish ka Pyala ( ~~for~~ socrates became immortal in world by accepting death ).

Hence, human's may die in flesh & blood but their ideas stays, they inspires and incarnate into thousands of life.

Ashoka, a great Mauryan ruler, propounded idea of dhamma danda ( controlling heart by attraction ), His ideas since the last 2000 years are the lifeblood of Indian ethos, they are embodied in our constitution with Article 51, stating working towards international peace and development of humanity.

Tiruvalluvar, a weaver during the Sangam period has tried to embody the

ideas of ethics and ethical conduct for individuals in a society. Till today Tirukkural is an holy text in India, respected and revered by Many and used for oath for truth in Tamil Nadu.

Kautilya's ideas of statesmanship and morality for king, keeping his citizens at heart. As expressed in the statement — 'In the welfare of his subject, is the welfare of king'. Is most relevant in present democratic polity around the world.

The Idea of state or 'Leviathan' found in works of Thomas Hobbes, often called as most important political thinker in British history, have formed idea of Nation state, to protect the Rights of

citizens. weak and strong, poor & rich alike.

The ideas of John Locke, on life, liberty and property have inspired thousands of men, after his death, ~~to~~ <sup>the</sup> Revolt for independence from oppressive British Rule in America. The statement - 'NO taxation without representation' and 'Nature has made all men equal' of American Revolution and subsequently followed by French Revolution follow suit.

George Washington, 1st President of united states of America had established democracy as a form of limited government. He was chosen by the people to lead U.S.; he set a precedence

For strict two terms of ~~preference~~ President, the idea that President are equal to all the citizen, as opposed to monarch's of the time still inspires the world.

Indian freedom struggle was also inspired by this modern ideas of equality, liberty & fraternity that brought all the classes, caste and regions to bring come together for the independence of the country and transforming an traditional society into a modern society rooted in it's ethos.

Raja Ram Mohan Ray, worked for emancipation of women, his efforts led to abolition of sati, widow remarriage and modern education in society. His idea of removing irrational thoughts still inspires thousands of lives.

Swami Vivekananda's ideas for Nationalism for ~~youth~~ youth, Revivification of Hinduism, that was creaped in orthodoxic paradigm, is source for inspiration of thousands of youth who are ad looking upto him for fulfillment of their dreams. His idea of 'Arise, Awake & stop not till the goal is achieved' are source of inspiration for all sections of society and Humanity.

Sri Aurobindo's idea of Cultural Nationalism, making India the Voice of Morality and Spirituality, still Resonates with us all. Recent theme of G20 about 'one earth, one family, one future' takes cue from idea of Vasudhev kutumbakam (World is one family) from vedas, mixed with

ideas of Nationalism of Aurobindo.

Gandhiji's idea of Non-Violence, tolerance, trusteeship and Revival of self-sufficient village Panchayats are imperative for inclusive growth ~~for~~ of world. His ideas inspired leaders across the world, Nelson Mandela's movement against apartheid in South Africa, Martin Luther King's Movement for Rights of Blacks in America are inspired by Gandhi ji's ideas.

Today the idea of compassionate capitalism which works for profit, People and planet are inspired by Gandhian ideas of trusteeship. Albert Einstein Einstein famously remarked that 'world will seldom believe that such man ever walked in flesh & blood on this planet'.

Pt. Nehru's speech at Independence which reads - 'at the stroke of midnight, when the world sleep, India has arose to freedom....' still gives goosebumps to us. His vision for industrialised and Modern ~~idea~~ <sup>India</sup> is reflected in IIT's, NIT's and, IIM's and AIIMS's of the country.

Dr. B.R. Ambedkar, the architect of India's Constitution had crossed a sense of social democracy in country. Today the emanicipation of weaker sections, Rights of tribals and opportunities for social mobility for all sections are footnotes to his ideas expressed in statement, 'political democracy lies at the base of social democracy!'

In field of science, Newton's ideas on laws of motion are fundamental to physics. He inspired series of generation of scientists to Reason, think critically and understand Phenomenon of nature, as opposed to the theological ideas <sup>and</sup> of beliefs.

Albert Einstein's idea in Theory of Relativity have opened Pandora's Box in study of Particle physics and understanding the laws of universe.

Alan Turing idea of computation Machine had led to development of Modern Computers, can we imagine the lives we are living today without the ideas of this scientists? This explains that, a man may die, but his ideas, inspires thousands of Men.

Here at home, Aryabhata's discovery of 'Zero' had the foundation for the understanding of Humanity. Recently cracked work of Panini on Rules of Sanskrit grammar are most elaborate works in history, that are inspiring thousands of people in diverse fields to develop different kind of applications, Natural language processing being only one of them.

M. Swaminathan's work to bring Green Revolution to India, had solved the food crisis of country, Kurjian Verghese's idea of milk production using cooperative societies are ~~the~~ ~~for~~ inspiration for sustainable Rural development and Agriculture.

101<sup>st</sup> Constitutional Amendment Act,  
on promotion of cooperative societies takes

we from this successful experiments and ideas of them.

In 1991, when India was facing a financial crisis, with only limited forex Reserves. Dr. Man Mohan Singh's ideas of opening up of Indian economy by liberalization, Privatization and globalization (LPG) reforms are the bedrock of the Boom of growth we have witnessed in past 30 years.

Today India is a vocal advocate of human-centric, fair, open and inclusive globalisation that takes into consideration of poor countries and provides them opportunities to grow sustainably.

Hence one individual ~~may die~~, but his ideas exists and percolates in the society to inspire thousands of others.

'We as humans lives through stories', says Dr. Yuval Noah harari in his book 'sapians'.

We may die in flash & blood, our bodies may be buried, burned. But the legacy we leave remains, it remains in form of stories, it remains in form of ideas.

From all ~~the~~ diverse fields humans have evolved themselves from the stored information of all the past peoples, from inscriptions of indus valley civilizations or greece or mesopotamians to the modern day of Artificial Intelligence and machine learning.

Hence what ~~to~~ kind of life we should live? I would argue that we live fearlessly, we live in the movement

as expressed in the saying - 'Capre diem'  
and we live for what is Right, what is  
ethical and what stands the voice of  
our conscience.

As Fredrich Nietzsche said - '  
Live life to the fullest, it is not a dress  
rehearsal'

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