



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. : 01439609

अभ्यर्थी का नाम/Name of Student : Vaibhavi Agrawal

माध्यम: हिंदी/अंग्रेजी
Medium: Hindi/English

English

तारीख
Date

2/8/2025

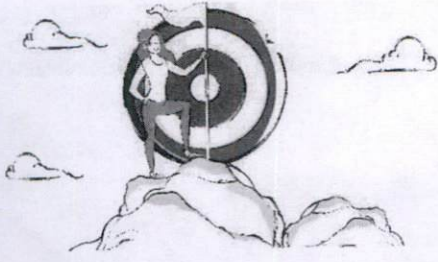
निबंध ESSAY

केंद्र
Centre

Raipur

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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निबंध

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 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
इस कक्ष 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

1. किसी युद्ध को जीतने के लिए आपको एक से अधिक बार लड़ना पड़ सकता है।
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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.

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warmth of spring.

Around 600 B.C., there was a prince named Siddharth in kingdom of Lumbini. He had every worldly pleasure at his foot, however something didn't feel right. Once when he went outside to roam around the kingdom, he saw people suffering everywhere - sick, poor, disability, etc. living in the

comfort life of the palace, he
never understood the depths of
winter. His comfort zone further
didn't let him truly appreciate
the spring either. Thus he left
the kingdom in the search of happiness.
For the next few decades of
his life he lived an ascetic life
with very little ^{of comfort} ~~to eat~~ but too
much ~~to~~ of hurdles, and problems.
When he ~~boxed~~ undertook all the
struggles, he finally attained
enlightenment and a way ^{ahead} in his
life. Gautam Buddha's journey by
bearing the depths of winter, leading
to enlightenment as the warmth
of spring depicts the ^{true happiness.} ~~above quote.~~
It is truly said that "rainbows
are only visible after rainfalls." In our

lives, winter depicts the struggle
phase one has to go through.

It is these hurdles and problems in
the winter phase that truly
makes us value the outcome in

the form of spring. Spring depicts
the fruiting time, when we see
the fruits and flowers of our
struggle to ^{even} sustain ^{ourselves} in the depths of
winter. ^{rewards us} when one has ^{warmth} ~~had~~ ^{fruits}

with or fruits without bearing the
depth of winters, one doesn't appreciate

the fruit. It is because the
success after struggle gives us

truly value of our achievements and

makes us know its price. Thus

depicting that only in the depth

of winter can we truly appreciate

the warmth of spring.

During the depth of winters,

it is the hope that keeps us
alive, because ⁶⁶ grief looks back,
worry looks around, and hope looks ahead."

Hope gives us better physical and
mental health to sustain ourselves.
However, often we feel meaninglessness

in the midst of winters, deteriorating
our growth. To overcome this, we

must have faith in our work
and ^{continue} engaging in giving our best. We
can learn this from the author

J.K. Rowling. Her life's winter
came when she faced single burden
of - single parenting, divorce, and financial
crunches. It is during this hard

time, she started writing the book
Harry Potter as way to engage herself.

She enjoyed the writing activity
so much that helped her sustain
through the depth of winters. Today

her Harry Potter series has become

one of the best sellers around world, ripening his benefits of the spring. J.K. Rowling's story truly depicts that it is only in the depths of winter, one can truly appreciate the warmth of spring.

While faith or hope heals our heart, emotional intelligence controls our emotions. It helps us ensure controlling the emotions during our winters, because otherwise they start controlling us. However, often people are unable to manage the winter stress and lose their ~~the~~ mind. We must develop strong emotional resilience so as to go through the depths of winter. Viktor Frankl exemplifies this. In During his stay in the Nazis concentration camps, he observed many prisoners. He noticed that people who have a sense of purpose

in their lives are more likely
to live. In the midst of the
concentration camps, where he suffered
unspeakable brutality, he kept his
mind in control and developed a
sense of purpose of his life. His resilience
helped him sustain the camps and
later ^{got} released. Viktor's appreciation
of the value of life in the midst
of ~~depth of winter~~ ^{concentration camps} truly depicts that
only in the depths of winter can we
truly appreciate the warmth of spring.
The phase of winter
demands one to transform oneself
for the betterment. Just like
trees shed their leaves in the
winter and grow new during spring,
individual has to leave his past self
and adopt a new better outlook.
However, often due to lack of willingness
in people hinders their growth.

to overcome this, we must reflect upon our past and learn from it

to give a new direction to the upcoming spring. For example, it

is said that Valmiki was earlier a bandit - robbing for the living.

However, one day some sages pointed out the sins he is committing and urged him to give new direction to

his life. He underwent the ultimate penance to change himself. Today,

we remember him not as a robber but as a great author of epic

Ramayana, depicting it is only in

the depths of winter, one can truly appreciate the warmth of spring.

No matter how long is the cold of winter, if one persevere, he will see the warmth of spring. Perseverance helps an individual

to keep oneself solution oriented despite the hurdles. However, often people ~~constantly~~ suffer from learned helplessness, in which they think that things are not in their control and accept the fate. This can perish us in the depth of winter. To overcome this, we must always look for making / changing the things and do not lose hope. We can learn this from Srikath Bolla. His life was filled with the darkness of winter due to his blindness. Further he was denied education also. But he didn't accept it as his fate. He fought lyal battle to get his right to education. Further, he became the first visually impaired student to get scholarship at MIT. After completing his education, he ~~open~~ opened his Bollant Industries, which employs people with disability.

Today the company worth more than
500 crore. Srīkant's perseverance
through the depth of winters, we
can truly say that he deserves the
warmth of the spring he envisaged
for himself.

Perseverance keeps us going,
but we need motivation to start.
Motivation helps one to be goal
oriented, looking towards the spring.
However, people often fear of failure
and don't even start. Such people
never bear the depths of winter due
to fear. We must have a strong
intrinsic motivation to not give up
during the hard phase of life. The
mountain man - Dashrath Mainghi
can be our role model. He went
through immense grief and sorrow,
because his wife died falling off
the mountain ^{trying to} access healthcare. He

took this upon himself and vowed
to go through the depths of mountain
to create a better road, so that
no other has to go through the
tragedy he went through. For his next
22 years of life, he chiselled the
mountain, reducing the distance
significantly from 55 kms to 15 kms.

Dashrath Manjhi's determination
to go through the depths of winter
daily for 22 years of his life, yielded
us a better accessibility, making us
truly appreciate the worth of spring.

In conclusion, we can
say that everyone has to go through
the hard phases of our lives to
truly know the worth of the
fruits and rewards. When one has
the wisdom to bear the depths

of winter, one can ~~lose~~ ^{pass} it and bloom even better in the spring. When things are easily available to us, it loses its value and make us insensitive of its worth. Sri Lankan cricketer Mahan Atapattu exemplifies this. When he started his career as an international cricket player, he had to go through depens of multiple winters. For the first 6 years in his career, he couldn't score the second run in cumulative. He had just scored one in the 6 matches he played in 6 years. Despite such gloomy phase of his career, he continued to persist. He kept on his practice and efforts to perform better. And a spring day came after

which he didn't look back. He
underwent to have an illustrious
career, giving him the fruits of his
the struggles over the past few
years. Masman's ^{prize} appreciation ~~of~~ ^{satisfaction} in
his cricket performance after that,
truly depicts that only in the
depths of winters, we can truly
appreciate the warmth of spring.

Lastly we must remember,

"Woods are lovely, dark, and deep,

but I have promises to keep,

miles to go before I sleep,

miles to go before I sleep."

We must not give up in the
depth of winters, and look
ahead to the warmth of spring.

खण्ड - B / SECTION - B

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

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.

copying is safe;
Innovation demands courage.

Leaders like Nelson Mandela, are epitome of ^{showing} courage, ^{leaders}

are not one who copy, but

rather they innovate ways to achieve the goal. It was during

1995 Rugby worldcup, Mandela showed

us visionary leadership. The newly

independent country (South Africa) was

still suffering from the wounds

of Apartheid. Rugby was seen as

a white sports, whereas black people supported soccer. This trend is being copied in the minds of every citizen, leading to less energy for the upcoming ^{Rugby} world cup in which South African team was playing finals.

However, Mandela chose to not follow the crowd, but use this as an innovative opportunity to heal the wounds. He donned the South African Jersey and ^{courageously} attended the match, which South African team later won.

His courage to go against the major ^{prevalent social norms} ~~black~~ population and support to the game created ripple effect in the country, helping them to unite.

Thus, Nelson's ~~not~~ ^{playing safe by copying,} but courageously innovating ways depicts that despite copying is safe, but innovation demands courage.

It is truly said that "we cannot become what we want to be by remaining what we are."

Just copying ^{refers to subscribing the} ~~the~~ ^{existing} beliefs, norms and trends. ~~we can be safe,~~ ~~to~~ taking this easy way out by merely copying is safe as it offers no hurdles, problems in the path. On the other hand, innovation requires going beyond the existing facts. Innovation requires courage as one has to undertake a less traveled path, in which they have to face numerous hurdles, even sometimes going ^{completely} against the existing norms. This path requires one to have strong will power and determination, and willing to give time and efforts. But it is this path that gives us the true purpose of life, thus

depicting that copying is safe ;
innovation demands courage.

failure is not fatal,
success is not permanent, it the

courage that counts. courage

gives power to one to act against

the social evils through innovation.

however, often due to fear of

failure and hurdles, one play safe

by merely copying the existing norms,

even if they are grave injustices.

We must have internal locus of

control to bear any threats, but

act against injustices in any case. we

can learn this from Irena Sendler.

she was a nurse in the ^{warsaw} Nazi

concentration camps and ghettos. she

could have safely copied the orders

given to her by Nazis, but she

chose to act courageously against

the unjust rule. she ~~used~~ safely

smuggled 2500+ small children out of the

ghettos using innovative ways like -
sacks, coffins, etc. she even lodged
these kids in non Jewish homes
and kept their records hoping to
reunite ^{them} with their families in future.
Once she even got caught by Nazis
and suffered their brutality but
didn't release this information.
Irena's act to humanize people
in the world where openly ~~she~~
genocide is being committed, by people
merely playing safe by copying the
orders of Hitler, truly depicts innovation
demands courage.

Courage helps act to
external brutality, whereas self-awareness
helps one to look inside oneself.

It helps us to correct our
course and foster settlement.

However, often people are not willing
to introspect, fearing deep dissonance.

They play safe by keep copying their current lifestyle. But we must understand that innovation growth comes from fearless looking inside ourselves and reflect upon our shortcomings. The crisis Ashoka faced after the battle of Kalinga serves a good reminder. Ashoka was a great king with huge territorial extend. The norms of that time assessed the success of a king by looking upon the materialistic territory and wealth. When Ashoka merely copied this as a purpose of his life, he ~~committed~~ ^{fought} the war of Kalinga, which led to massive blood bath. When Ashoka reflected upon this - he felt disillusioned. He courageously changed the course of action and transformed himself into a peace loving king. He innovated various ways to uplift the existence of

the man-kind. ~~Today~~ Today, we know Ashoka for his happy and contented kingdom, showing copying the prevalent theory of kingship was safe, but peace loving kingdom demands courage to reflect and do course ~~chang~~ correction.

while self reflection provides us awareness about oneself, honesty prevents one to turn mistake into failure. Honesty helps us to not fall into the slippery slope of greed even if ~~by~~ ~~other~~ others are doing it. Merely copying others in the pursuit of greedily desires, can ~~cause~~ make us safe but in long term it can lead to disrepute. The spoiling of sportsmanship by Lance Armstrong depicts the consequence. He was 7 times winner of the prestigious ^{cycling} tournament - Tour de France. However later it was found out that he

used performance enhancement drugs
to achieve this feat. The act of
cheating was safe for ~~the~~ Lance,
but it attracted global disrepute to him.
Thus we must never chose to act
safe by following wrong means,
but rather have courage to honestly
pursue our goal. Thus depicting

that copying is safe; innovation
and staying in correct path demands
courage.

A ship in harbour is
safe, but that's not ship is
made for. Motivation to take up new
~~the~~ voyages, despite the hurdles,
shows our true potential in life.

~~It helps us~~ however, often the
negative reinforcement from the
society ~~dampens~~ ^{dampens} our potential.
In order to pursue our voyages, we

must develop courage & conviction
to break any social norms
and ~~persist~~ ^{sail towards} our goals. We can learn
this from Chanda Faveri. In 1984,
when she was 17 years old, merely
copying the prevalent societal
expectations, her parents wanted
her to get married. However,
she wanted to pursue studies in
biotechnology. She courageously ~~ran~~ left
off her house with just a pair
of diamond earrings. She sold those
to get tickets to the U.S. There
she underwent various struggles
like working as maid, but got her
admitted to Harvard University and
later to Caltech. She courageously
pursued her studies and research, in
~~and~~ later which she learned about
usage of Vitamin C in anti ageing
work. She used her studies to

innovate cosmetic products and opened
her own company - Activgen. Today
her company is worth more than
₹ 200 crore, clearly showing copying

the prevalent norms is safe, it is
the courage that is required to
go against it and innovate.

Chanda's example depicts
that a courageous parenting is
important to give children freedom
to innovate and achieve their aim.
Often, parents fearing the social
pressure gave up their children's
wishes and goals. This compromises
the innovation in children to foster.

In the society, where behaving
safe is awarded, a parent must
defy such unjust expectations to
actually ~~to~~ unleash the potential of
children to achieve real awards by
innovation. The father of the

Two great Indian wrestlers - Geta and Parvita Phogat depict it. Mahabir Phogat faced severe backlash from the society when he aspired to train his daughters in wrestling.

He could have ^{safely} copied the social expectations, but he chose to courageously face it. He continued his training to his daughters, making them one of the best wrestlers around the world. Mahabir's courage to go against the unjust social inequality depicts, copying is safe but ^{making} ~~becoming~~ a ^{girl} wrestler requires courage.

To conclude, we can say that innovation requires one to face the hurdles courageously.

This courage helps us to change the prevalent facts like - social norms,

Scientific beliefs, and unjust, ^{superstitions} beliefs, etc
which is important to uplift the human existence.

Merely / Blindly copying is safe, but it is not sustainable, and even against the gift of life as a functional human being. Marie Curie's life story is an inspiration to many, especially women. She was ~~born~~ ^{born} in a Polish family and faced various gender stereotypes in ~~her~~ various phases of her life - education, male dominated research in STEM etc. Seeing such hurdles, one must be tempted to give up and be safe at home. But she didn't cross such cowardice. She focused on her work, which later led to ground breaking discovery in the field of radio activity. She is only women awarded two Nobel Prizes - Physics and Chemistry for her innovation, truly depicting copying is safe, innovation demands courage.

SPACE FOR ROUGH WORK

a trip in notebook is safe but that's not what trip is made for

only in the depths of winter can we truly appreciate the warmth of spring
Yes, after

Q1. what do 'depth of winter' & 'warmth of spring' represent?

- hard phase of life
- hard to sustain oneself
- problems & hurdles
- ↳ appreciating the efforts
- ↳ fruits, flowering season
- ↳ fruitful season

Q2. ^{total} ^{how} ^{what} does 'depth of winter' mean?

- sustaining oneself to the hurdle phase
- ap

Q3. how this leads to truly appreciating warmth of spring

success after struggle gives us satisfaction
value of achieving something

w/o the struggle phase, we don't value the good part of our life

↳ No value / appreciation of the prize

Quote: an unexamined life is not worth living;

~~Flowers only comes~~ Rainbow is only visible after rainfall.

Anecdote	Value - Introduction	Benefit	Concom	Lesson
1. Buddha	Motivation	individual-goal oriented	Fear of failure	intrinsic motivation
2. Dashrath Maharaj	Perseverance	Individual - attainment oriented	Per learned helplessness	strong character focus
3. Bhikant Singh	Conclusion	Individual - physical & mental health	-ve reinforcement / things out of control	look on things in our control
4. Mahan Atiyathin	Happiness/Hope	Individual - resilient	Meaninglessness	Hobby, work oriented
5. JK Rowling	Emotional intelligence	Individual - growth	Inability to manage stress	Emotion resilience
6. Viktor Frankl	Transformation		-ve reinforcement	Internal locus of control
7. Chandrababu Naidu			brutality	
8.				

SPACE FOR ROUGH WORK

unexamined life is not worth living

Copying is safe; innovation demands courage

Yes, agree

what do you mean

- following others
- already existing norms
- Merely following
- Taking the easy way out

and "innovation"

- looking beyond what's already there

we can't become what we want to be by remaining what we are

now copying is safe?

It doesn't require any efforts

- No hurdles, no problems
- No pain

no need to go against the existing norms

now innovation demands courage?

going against the existing beliefs have to explore oneself & others

being unwillingness, perseverance to go

follow the path less traveled, but that's what makes the difference.

there were two roads, one easy and one less traveled.

No matter how great were the temptations, but

I took the

reference	value	Benefit	concern	Recomm	order
Lance Armstrong	honesty	individual supply slope	guilt	value	3
Brena Sanders	courage	individual act against social	Placidity bias Fear of Failure	internal locus	1
Achoka	self awareness	betterment/innovate	lack of willpower		2
Laszlo Chandra Bera	motivation	individual overcome any hurdle	-ve reinforcement from society	courage of conviction	4
Nelson Mandela - Strategy	leadership	society - unit	lack	ty	
ISRO, Chandrayaan 3	innovation	conclusion			
Mehabir Phogat	Persevering	individual - betterment	society		5
Madhavi Lata					

Marie Curie

SPACE FOR ROUGH WORK

honesty - LPS
 - visves
 - lance Armstrong
 - Subini
 compassion - Mother Teresa
 - Kerri Carter
 - Anna
 courage - Sarajane
 - India
 - Jena Sandler, Neerja Bhanot

Tx - Rammiki
 - Anoko
 - Buddha
 - Lakshmi Aya

Motiva - Chandu Zaveri
 - Damsathra

self awareness - Japanese
 educat+

forgiveness - Pope
 - Draupadi
 - Maximilian Kolbe

empathy - Oscar Shindler
 - Louis Braille

unity - Freedom Struggle

sacrifice - Sumila
 - Nelson
 - Jesus Christ

humility - Suryodhan A
 - S. Somavanshi
 - Ratan Talu

Happiness - JK Rowling
 - Happiness, success, culture

hope - ISRO, QR
 - Hope Tape

So - Viktor
 EI - Anjina
 - Wilton

kadi - Gandhi
 - Nelson - Jersey

rationality - Galileo Galilei
 - Florence Nightingale

Parenting - Edison
 - Mahabir
 - Japan - Stadium

Perseverance - Manram
 - Shikant P

Patriotism - Pan Am First
 United 96

- Rukmabai
 - Vikram Sarabhai
 - Chandrayaan 3
 - Madhavi Kothgale
 - SEWA, Ujjat Papad

