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ESSAY

Name of Candidate	Karan	Test Code	3221
Medium Hindi/Eng.	English	Registration Number	4 5 2 9 3 3 9
Centre	Online	Date	1 4 0 6 2 0 2 5

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INDEX TABLE

Section	Maximum Marks	Marks Obtained
A	125	
B	125	
Total Marks Obtained:		

Important Instructions

- 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.

प्रवेश-पत्र में प्राधिकृत माध्यम में निबन्ध 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।

- Word limit, as specified, should be adhered to. प्रश्नों के उत्तर निर्दिष्ट शब्द-संख्या के अनुसार होने चाहिए।

- Any page or portion of the page left blank in the Question-cum-Answer Booklet must be clearly struck off.

प्रश्न-सह-उत्तर पुस्तिका में खाली छोड़े गए किसी पृष्ठ अथवा पृष्ठ भाग को पूर्णतः काट दीजिए।

Remarks:

General Instructions

- Do furnish the appropriate details in the answer sheet (viz. Name, Registration Number and Test Code).

उत्तर पुस्तिका में सूचनाएं भरना आवश्यक है (नाम, प्रश्न-पत्र कोड, विद्यार्थी क्रमांक इत्यादि)।

- Write two essay, choosing one topic from each of the Sections A and B, in about 1000-1200 words each.

खण्ड A व B प्रत्येक से एक विषय चुनकर दो निबन्ध लिखिए, जो प्रत्येक लगभग 1000-2000 शब्दों का हो।

- Do not write answers in bad of illegible handwriting. Such answer may not be evaluated.

उत्तर अस्पष्ट अथवा गन्दी लिखावट में न लिखें। इस प्रकार के उत्तरों का मूल्यांकन नहीं भी किया जा सकता है।

- Write answers in ink only. Do not use pencil for writing the answer. However, pencil may be used for drawing diagrams, sketches, etc.

उत्तर स्याही से 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।

- Do not write answers in a medium other than the authorized medium in the Admission Certificate. Do not use mixed language, i.e., authorized and unauthorized media together, for writing answers.

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।

- Write answers at the specified spaces (right below the questions) only. Answers written elsewhere at unspecified spaces in the Booklet shall not be evaluated.

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।

Is student recommended for One-to-One mentoring?

Recommended

Strongly Recommended

16-B, 2nd Floor, Above National Trust Building, Bada Bazar Marg, Old Rajinder Nagar, Delhi-110060

Plot No. 857, 1st Floor, Banda Bahadur Marg (Opp. Punjab & Sind Bank), Dr. Mukherjee Nagar, Delhi-110009

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EVALUATION INDICATORS

1. Contextual Competence
2. Structure and Flow
3. Dimensional Coverage
4. Language Competence
5. Length of Essays
6. Creativity Competence

Overall Macro Comments / feedback / suggestions on Answer Booklet:

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Evaluation Parameters

- Understanding of Topic
- Introduction Competence
- Body of Essay
 - Dimensions Covered
 - Shortcomings
 - Value Additions/ Missed Dimensions
- Conclusion Competence
- Organization of Essay
- Language and Expression

Macro Comments – Essay 1

Essay Topic:

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Macro Comments – Essay 2

Essay Topic:

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"NONE CAN DESTROY IRON, BUT ITS OWN RUST CAN. LIKEWISE, NONE CAN DESTROY A PERSON, BUT HIS OWN MINDSET CAN."

A boy asked his grandfather about 'Innate Self'. The elder replied, "there are two wolves inside everyone; first which is anger, greedy, envy and second love, humanity, compassion. They fight constantly! The boy curiously asked, who wins. The grandfather said; "The one you feed."

The Cherokee parable is the expression how a person's external outlook depends on what they feed their internal system. Humans are

basically the function of their mindset, a positive minded person may sail seven oceans while a negative minded person may drown in the bucket of water.

this reinforces the fact that person are destroyed not by outside force but that which exist within self.

through this essay we will embark on a journey to understand what does a mindset signify, and its instrumentality in preventing external threats. while also present certain traits of positive and negative mindset and the importance of the former. In the end we will explore role of external elements and ways to strengthen the mindset of the person. Lets go!

Mindset ; what does it entails?

Mindset, here is used in the wider sense, primarily signifying internal self of the person which consists of various constituent elements including ; values, beliefs, morals, character, wisdom, etc. interestingly

It is these constituent elements that transpire into overt action of the individual and ultimately shape their destiny. For instance, Mother Teresa's mindset was positive and governed by under-lying values of compassion, love and service which made her to leave her own country to help destitute and helpless people in the Indian state of Bengal and elsewhere.

Mindset is the chemistry for violent reaction "

Akin to Iron which when exposed to water → undergoes a chemical change and develops a layer of rust over its surface causing degradation in its strength and ultimately its worth in the market and decays to death.

Similarly, mindset when reacts/exposed to the outside world; which comprises of both good & Bad-elements tends to react. Here lies the key! A mindset governed by hate, envy, animosity and apathy will react to outside forces like terrorism, crimes, xenophobia,

among others and will produce results like suicide bombings, mujahedin attack, dacoity, drug trafficking, organised crime et-cetera.

Such a reaction is a deterioration of society and for self. A person due to such negative mindset may land up himself in troubles including jail, mental-trauma, and even to the extent of death. For instance, Adolf Hitler was governed by fascist mindset and wanted a totalitarian government in order to re-store Germany's greatness, eventually found himself in ashes during the second world war. It was primarily his mindset that predestined his fate and no external force could have altered the same.

Good chemistry = Good mindset

As conveyed in the introduction, the constituent elements of the mind govern its external outlook, thereby the traits of positive-mindset lies in the underlying values which may include: compassion, fortitude, temperance, Ahimsa (non-violence), Satya (truthfulness), Aparigraha, Asteya among others.

Swami Vivekananda was the positive minded person who believed in the synergy between east and west to create holy bond of prosperity. This reflected in his speech at "parliament of religions" in Chicago where he stole the attention of every ear and presented Indian values of vasudhaiva kutumbakam.

contrastingly, it is also true that a bad chemistry results in negative mindset marked by vices including; concupiscence, recklessness, hatred, violence, ~~and~~ fanatic attitude et-cetera

the story of Ajmal Kasab is a visual reminder of the traits ~~and~~ exhibited by negative minded people. On the eve of ~~the~~ 26th November, 2008, this man was seen recklessly shooting innocent masses governed by the fanatic outlook of Jihadi killing many, but ultimately met with the ~~predestined~~ fate in form of Capital-punishment. It was not police (i.e. external-influence) who killed him but it was his Jihadi-mindset which prepared fertile ground for destruction.

"Quintessentiality of a positive mindset"

The importance of positive mindset lies in the fact: "our world is the place of nuclear giants and moral infants," signifying that evil ~~always~~ is pervasive and increasingly becoming stronger across all areas including science, humanity, economics, politics etc. Amidst this difficulty, it is essential for a person to have positive outlook to carefully overcome the impediments. During, the Cuban missile crisis (1962), the ideological war between US and the erstwhile Soviet Union came to a point of a Nuclear-war, looming an existential threat.

for humanity. However, the positive mindset of the then leaders of these countries thwarted the attempt to vapourise humanity.

Similarly

in areas like commerce; a positive minded institution rather strengthens its core and raises its ability to withstand external threats. The case in point is the recent decision by L.I.C. to relax documentation norms in the aftermath of AI-171 air freight crash for victims families, reinforces the public-trust and increases the prospects for its future growth.

Role of external elements

Although, having emphasised the determinism of mindset, it is necessary to acknowledge that, amidst the uncertainty of

life, certain external variables may cause destruction and more over they can go beyond human control. To illustrate, the recent crash of AI-171 reflects that a 30 second flight met with disaster offering no opportunity for either the travellers or crew-members to prevent the crash. moreover, its unfortunate crash with B-J-Medical college hostel was a complete shock for the residents, whose mindset could not have made any-difference.

however, a silver lining, yet was found, the lone survivor was able to escape

the disaster as external influence were favourable coupled with his alert mindset which prevented the self destruction.

"making an alloy and peening the iron"

An Iron when mixed with Carbon results in steel which is stainless and devoid of Rust. thereby signifying that reorientation of mindset can eliminate external threats and provide a clear path for self-development. It is an internal control mechanism and depends on personal will. Aristotle offers a tool for this reorientation called as "Golden mean" i.e. the character of an individual to be guided by mean-values of values for example; courage is a mean value.

while, it is notable that painting is a solution applied on the external surface to prevent rust. This signifies that external ~~and~~ checks in form of laws, rules, code of conduct, value based teaching etc can be instrumental in re-orienting towards a positive mindset.

"In a storm, the mighty ~~oak~~ oak stood tall but snapped under force. The bamboo though stretched, bent with the wind and survived".

The fable reflects that no matter what your original state of mind was, but an optimistic outlook of society may allow you to modify the same and become ~~a~~ a mighty force which can bear all external threats.

"OVER TOURISM IS LIKE PREPARING A DINNER PARTY FOR 12 AND HAVING 12000 SHOW UP"

"Once there was a town where spring came and the birds sang their songs. trees bloomed and the freshness of flowers was all over. The river crossed its path in tranquility and birds and insects danced all around.

Then came a dark cloud over the town and withered away its happiness. The springs came but the birds didn't sing. The trees bloomed but the air was eerily silent. The river turned grey and vanished away all birds and insects."

The story of the Imaginary town can be posterized on any form of art in the world, where once nature and humanity were at the harmony but then as the "progress"

came by, the real essence of Nature
withered away i.e. Life. ~~the~~ the
case in point is "overtourism" which
signify how humans breach the
"carrying capacity" of the environment
putting extreme pressure over the same
creating ~~a~~ chaos; a similar one
when 12 guests are invited for
dinner and 12000 show up.

via this essay, the author strives
to explore the essence of overt-
tourism, underlying reasons,
positive and negative consequences
associated with it and possible
solutions to tackle the situation.

Let's go!

Over-tourism; Its Essence

Over-tourism refers to the situation

• when the capacity of the area to fulfill needs of the visitors is sufficiently breached causing excessive burden on the existing infrastructure both natural and artificial resulting in deterioration of the existing capacity, following reckless exploitation.

The case in point is the Himalayan ecosystem primarily the middle Himalayas in the state of Uttarakhand where environmentalists and ecologists are shouting at the top of their lungs to reduce tourism burden, reckless mining, infrastructure including road construction to facilitate tourism ~~and~~ given the fragile terrain and nature's uncentrality in case of earthquake or cloudburst making entire region highly vulnerable.

Cause behind overtourism?

the underlying reasons associated with tourism are multifaceted which spring from the vested interests of the stakeholders associated with tourism-industry

while, the capitalists are the first set of people which pops in mind. It is the never-ending thirst for profits which push the lively-environment into the jaws of predator. For instance, Shimla, once the summer capital of colonial masters now is the favourite destination for summer trips amongst North-Indians. This city now features lavish hotels, restaurants, shopping malls and what not. The city

clearly lacks inherent initial to custom-
-odate such large-crowds, but the
quest of profit, force it for over-
tourism.

second, are the local-
populace and employers who survive
on the money spent by the visitors.
thousands of noodle and tea stalls
on the side of fragile roadways
although offer great utility to the
visitors but degrade the natural
environment of its tranquility and
render a chaotic scene, tenfold.

the government, apparently finds
the tourism as labour intensive
sector promoting employment and
increasing state exchequer's purse.
But the unsustainable tourism,
create long-term costs for the
government in repairs and
restoration. for example the Tashi-
matu crises where government

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was adamant to complete the Chau-dham project created unsustainable situation resulting in land subsidence.

Further, various people ~~now~~ including scientists, researchers, botanists, zoologists among others have their academic interests to satisfy, also contribute to the tourism further magnify the problem.

However, the most important stakeholders are the tourists themselves who are guided by their multifarious interests including those of religious/spiritual reasons (e.g. Chaudham yatra), leisure and holiday purpose, advent ure and exploration, to enjoy serene environment

among others. However the anchor to all this is the lack of centralised administration of tourism. Tourism is converted into "over-tourism" based on underlying vested interest but the failure to regulate and control the overwhelming visit ~~has~~ leaves the situation in the super-conducting state without any assistance.

Silver lining in the over-tourism

Although over-tourism is marked by serious consequences, but there appears a silver lining in this cloud as well. "over-tourism" has allowed rapid growth in jobs and consequently income for the people. The state of Jammu & Kashmir, ever since revocation of Article 370 has

seen unprecedented footfalls, resulting in normalisation of the area, rise in income, prosperity and reduced insurgency. However, it was followed by a horrific terror event in Panalagam but the prior state was notable.

Consequences of overtourism!

overtourism, firstly, is the breach of carrying capacity thus results in ecological degradation.

secondly, it has governance fallouts as well.

Failure to bear tourist burden result in disastrous consequences including stampede.

for instance, in 2013, collapse of bridge in Batia, M.P. near the Ratangarh Mata temple transpired.

into a stampede claiming around 300 lives.

thirdly, it has long-term consequences for the economy, as the unsustainability often meets with nullity. Reckless tourism results in no-tourism as the site is not longer worthy for the same.

fourthly, overtourism often ~~severs~~ the ~~of~~ engine for the national growth and any impediment in the tourism have delicious effects on the nation. To illustrate, Sri-Lanka, an island country heavily dependent on tourism suffered overtourism became victim of this, when the COVID-pandemic locked every body behind closed doors. Its source of income evaporated and pushed the country in the worst economic crises.

way forward; over-tourism to sustainable tourism

over-tourism creates various problems having multifaceted interface, some are short term problems while others are longer term problems. Consequently, this requires a dynamic and holistic approach to tackle the issue sustainably.

Short-term solution to over-tourism involves formulation of SOPs to be implemented by the local administration at all times to ensure prevention of chaos. The recent case study of mahakumbha-2025 is the belligerent example where administration was largely successful.

to tackle 67 cr population ~~was~~ visiting
the sangam over 45 days. The maha-
kumbh model was a spectacular
display of role of technology
(CCTV, AI etc) in managing tourist
diversion, route control among
other. other short term measures
include, preparedness for disaster
management in case of any mishap,
among others.

However, a deliberate
creative and well-thoughtout plan
needs to put in place including
assessment of carrying capacity,
national level policy, well trained
administration about tourism
know-how, which may call for
creation of Indian Tourism service.
~~It is~~ It is necessary to regulate
tourist levels to increase the
long-term profitability and survival

of natural ecosystem on whose ~~ecology~~ should be sides the tourism market.

therefore the solution lies ^{at} the intersection of economy and ecology, that is to say, when the harmony between the two is forged, then tourism overtourism into sustainable one. Nepal lies the glaring example of Gleeful-mindfulness city, an ambitious project of Bhutanese Government which is to be a Carbon neutral city with all facilities and urban-amenities neemany the modern day tourist destination. The choice is over, the baton is in over hands whether to pass it on or destroy them and their.

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Central Idea: person govern self → and not an outsider.

Introduction: Fable → Grand Father 2 Kd.

(P-2) Reinforce: that because ~~person~~ person falls in trap → gets destroyed.

(2P)

(P-3) thesis

Macro dimension → what mindset there signify.

M₁ → How mindset destroys person?

M₂ → ~~How good mindset prevents a~~ comparative analysis of Good +ve mindset
v/s -ve mindset → cons

(3P)

M₃ → How good mindset promotes a person

M₄ → ~~How~~ External Elements.

M₅ → way forward;

Conclusion

(2P)

(Fable) → Oak and Bamboo

a person who modified their raw-self with problems → will achieve all and can withstand problem.

