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ESSAY

Name of Candidate	SUYASH DWIVEDI	Test Code	3281
Medium Hindi/Eng.	ENGLISH	Registration Number	2 6 9 0 4 7
Centre	ONLINE	Date	1 3 0 0 2 0 2 3

INDEX TABLE			General Instructions	
Section	Maximum Marks	Marks Obtained	1. 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)।	
A	125		2. 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।	
B	125		3. 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।	
Total Marks Obtained:			4. 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।	

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:

- 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 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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उम्मीदवारों को इस पृष्ठ पर नहीं लिखना चाहिए।

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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All the Best

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खण्ड-A / SECTION-A

'None can destroy man, but its own
rust can. Likewise, none can destroy
a person but his own mindset can.'

In the concentration
camps of the Nazi Germany,
a psychologist noticed a fundam-
-ental principle of human psyche.
Victor Frankl, in his book 'A
Man's Search for Meaning', observed
that no amount of adversity
could break the man who held
his future purpose close. While
those who had lost belief in
their goal collapsed to the brutality
of circumstances.

This observation signifies
a very significant principle of
human mind. A man who

can win over his mind can
win over any circumstance.

Just like iron, the spirit of
humanity is indomitable.

It stands firm and strong
against all headwinds. As
the iron bears immense load,
human mind can take on
many pressing challenges. How-
ever, similar to the corrosion

of iron a man's resilience
can crumble if his core of
values gives way to negative
thoughts. Just how the rust
eats away rigid iron, individual's
mindset can defeat them.

Through this essay, we
would try to understand how
and what role can mindset

play in a person's journey of life. What are the scopes and limits of human attitude, thoughts, beliefs and wisdom. Through out this discussion, we would approach the idea with different perspective and analyse if it stands true to them.

What is mindset? How is it different from an individual?

To truly understand this statement, we must explore what in reality is the mindset? It is crudely understood as the attitude a person carries towards life in general and particular things in particular. It is transitional, changeable and

existing. While the individual
conscience, values and beliefs
that make up human psychol-
ogy are relatively unchanging.
Just ^{how} like the mindset of a
robber was changed by Narad
Muni, transforming him into
world renowned Mahanishi
Vishvamita. The attitude of
individuals is malleable and
is responsive to change, provided
it shakes or chums the
individuals perceived truth.

Why is Right mindset needed?

A strong man can be
put to defeat if his attitude
is changed for worse. The
right set of thoughts and
correct action thus becomes

crucial.

"It is attitude, not your Aptitude
that determines your attitude".

This wisdom highlights that in
a battle of talent against attitude,
it is attitude that prevails.

Vinod Kamble and Sachin Tendulkar
were cricketers of comparable skill.
However, Vinod Kamble's poor
mindset got the best of him and
deteriorated his career.

A correct mindset is needed
in times of adversity and hard-
ships. It builds resilience,
gives hope and keeps the spirits
uplifted. During the world crisis
PM Narendra Modi's call to convert
Disaster into opportunity (Aapka
Mein Afsar) was a great feat
of positive mindset.

With a never say never attitude, humanity has achieved unimaginable feats ranging from discovery of Penicillin to generation of clones. An innovative mindset has always proved beneficial for the society. ISRO's Mangalyaan mission which utilised Earth and Moon's gravity to save fuel serves as a remarkable example for the need of right mindset to solve problems of humanity.

Building a tough attitude develops perseverence in people. Stephen Hawking's career took a major setback when he was diagnosed with progressive motor neuron disease; so was

John Nash's schizophrania episode. However, relentless effort and die hard attitude made them both bounce back in life

How can mindset destroy a person?

Pervasion and degeneration of one's attitude can degrade their moral values. Arrogance, ego dominance, envy, jealousy etc can spoil a man's life. Raavan and Duryodhan were extremely capable warriors with unimaginable acrobats. However, their degenerated mindset made them disregard righteousness and god himself.

Similarly, Hitler's hatred
towards Jew resulted in one of
world's ^{most} gruesome ethnic cleanings.

Self Doubt and the need
for external validation are also
symptoms of decaying and poor
mindset. It makes society
vulnerable external influences
and insecurities which are
preyed upon by Capitalist interests.
Fairness creams setup unethical
beauty standards making women
with darker complexion insecure.
Sadly, the need for social
validation which arises from
self under confidence claims
multiple lives. Influencer
Misha Aggarwal committed
suicide at a ripe age of 25 years

due to her followers declining on social media.

The absence of rational mind and logical thinking is exploited by those with vested interests. Polarisation of society, rise in intolerance, suspicion and loss of common brotherhood have resulted in enhanced riots. (Muzaffarpur, Delhi, etc)

Pervasive attitude has caused a moral and ethical downfall in some individuals. The RG Kar hospital rape is an ugly testimony to declining character of people.

Need for eternal sustenance emanating from greed results in individuals and organisations

rusting to corruption and
unfair practices. Harshad
Mehta and Nisar Modi show
case this aspect

IS ONLY MINDSET IMPORTANT

However, important the attitude
be, it can not be the sole
criteria for determining a man's
destiny. Karna was ethical
and sacrificial yet he was
on the side of ADHARMA
(non Righteousness). This is
where the role of companionship
comes into picture.

“You are avenge of five
men surrounding you.”

The mindset is heavily

influenced by the PEER PRESSURE.

It was even confirmed by the ASCH CONFORMITY TEST, a psychological experiment done to understand the role of social conformity.

How can right mindset be cultivated?

Today's fast moving world has lost its touch with the core of human values enshrined in our religious doctrines.

We need to understand the psychological wisdom enumerated in Upanishads, Jataks, Quasams, etc.

Moreover, children shall be taught integrated and practical moral lessons at school. Along with intellectual

development, personality develop-
-ment must be focused. The
Japanese country which teaches
schools for teaching life lessons
is a guiding light.

Human spirit is resilient,
bold and unyielding, like
the iron. However, the oxid-
-ation of iron in form of
poor thoughts, self pity,
lack of belief and erosion of values
may result in its weakening.
Therefore, it must be understood
66 ships do not sink due to
the water surrounding them,
but due to the water that
gets in them. ”

“Poverty is like punishment for a crime you didn't commit”

While the Indian rocket launched NISAR satellite into the space, United Nations Multi Dimensional Poverty Indicator (Index) Report 2024 draws the attention of the nation to another starking fact. India despite being the voice of global south and a model 3rd world country is hosting WORLD'S LARGEST NUMBER OF ~~AD~~ MULTI-DIMENSIONAL POORS (234 millions).

Poverty, though difficult to define, is generally understood

as the absence of basic minimum means of survival. Absence of amenities, shortage of food, lack of choices, limited opportunities and restricted liberty are the attributes of poverty.

Which other institution displays similar attributes? Prison, where food, liberty, choices and opportunities are all scarce. Thus, it could be equated that poverty does indeed appear to be like a punishment. But there is a difference though, convicted end up in prison after committing a crime, however poor suffer similar hardships despite staying iniles from crime.

Understanding poverty is a difficult task, it is highly subjective and extremely relative concept. However, the incidences of Extreme Poverty are truly deplorable and mimic a sub-human life. The rights guaranteed to individuals remain in obscurity to poor making their lives sufferable.

Why is poverty equated with suffering

Poverty is not directly responsible for shaping the rural and urban problems, however, it is the mother cause of all such problems.

The Quality of life which is reflected in living standard,

educational opportunities and outcomes, health parameters, developmental goals and sanitation standards is abysmal in region of poverty.

Pratham NGO's 2022 report highlight that the share of poor children studying in public schools is surprisingly higher than economically well doing family's ~~to~~ children. Further, only 30% of class V students could effectively do problems in mathematics meant for class V students. This uncovers the poor educational outcome.

Similarly, Global Hunger Index (GHI) by Welt Hunger Hilfe in 2024 observed that 35.5%.

children in India suffered stunting
while 17% were wasted. Such
inequity increases the Disability
Adjusted Life Years (DALY) for
poor kids children, significantly
limiting their cognitive develop-
ment and neurological growth

Such inabilities make
poor children incapable to escape
the vicious cycle of poverty
and make GENERATIONAL POVERTY
a tough nut to crack.

The harassment of
abundance does not stop here.
As the Earth warms and Extreme
Weather Events increase, these
poor population are prone to
be impacted most adversely.

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Don't write
anything in
margin
(इस भाग में
कुछ ना लिखें)

Scarcity of resources has already had them hanging by a thread, any climatic swing can push them towards starvation. Recently

as Kosi flooded in July 2025, several villagers had to leave their house and belongings to escape its fury.

Without the availability of capital or choices, poor are stripped off the basic human rights like right against exploitation, right to dignity, etc. Caught in continuous loop of helplessness, they are often beated as mere numbers, instead of valued human life.

All this happens to people

on ground of being poor

Does anyone chooses to be poor?

Is it a choice for an individual to be born into poverty? Perhaps not, if it were to choose, poverty would not exist.

However, children born in under privileged families have to bear the brunt of its effects, unless they try and escape it.

Role of individuals, institutions and society in enabling poverty

If no one chooses to be poor, then whose crime is it that almost 200 million people in India find their life condemned?

1. Role of Individuals - though being born in poverty is no man's fault but dying in it, is doubtful. Immoral and pervasive activities like alcohol, substance abuse and gambling are quick to grab those with weak value system and push them to brink of poverty.
2. Role of society - Karl Marx highlighted that poverty breeds insecurity. With the use of insurance, people tend to hedge their risks. Health insurances like Encephalitis, Malaria, Jaundice, etc. incentivise people to produce more children. It in turn aggravates poverty.

3. Role of economy - Over reliance of agriculture, has failed to produce enough jobs - it employs 46% of population and generates mere 13% of employment. Manufacturing sector has failed to kickstart employment generation in non farm sectors causing trapped poor in jobless growth.
4. Role of politics - Populist based policies which divert public fund for benefit of those closer to politician has resulted in development not being able to trickle down. Thus, poverty remains an issue of grave concern.
5. Role of institutions - which were developed to promote growth of opportunities have also not yielded enough results. The

Loans sanctioned by NABARD in Maharashtra in 2022 showed that 86% of it were given to Mumbai metropolitan area where no farming communities exist.

Thus it becomes evident that the fault of poverty ~~states~~ lies on everyone, but the burden is borne by few

What can be done to alleviate the suffering

Just like in punishment a fair trial is guaranteed, we must make sure that the poors get equal opportunities and have sufficient capacity to capitalise on those opportunities

This can be achieved through development of skills, which currently stand at mere 5% in Indian economy. Enhancing health and educational indicators. Government's support through policies like SKILL INDIA, PURA MISSION, etc. are appreciated.

Provision of opportunity to break through this cycle of poverty could come through generation of non farm sector employment and guaranteeing a BASIC MINIMUM WAGE.

The capacity enhancement through SELF HELP GROUPS and Co-operative movement shall be pursued to make poor ATMA NIRBHAR (self reliant).

Kudambshree, SEWA, Amul, etc are shining examples of such movement

John

Aristotle remarked, "Poverty is the mother of revolution".

Thus, it must be understood that the poor ~~will try to~~ in their effort to break the barren of poverty may unleash the collective power of society, hindering a country's progress.

However, it is a curse to be poor in such a ^{part} developing world. A punishment, no human deserves and even the global community in Sustainable Development Goal 01 (First Goal) acknowledges NO POVERTY as the collective goal of social humanity