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SUBJECT:	essay	Test Code:	2121
Name of Candidate	sparsh yadav		
Medium Hindi/Eng.	english	Registration Number	1085439
Center	online	Date	2nd July 22

INDEX TABLE				INSTRUCTIONS
Q. No.	Page No.	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 आदि)।
				2. All questions are compulsory. सभी प्रश्न अनिवार्य हैं।
				3. The number of marks carried by a question/part is indicated against it. प्रत्येक प्रश्न/भाग के अंक उसके सामने दिए गए हैं।
				4. Answers 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 medium other than the authorized one. प्रश्नों के उत्तर उसी माध्यम में लिखे जाने चाहिए जिसका उल्लेख आपके प्रवेश पत्र में किया गया है और उस माध्यम का स्पष्ट उल्लेख प्रश्न-सह-उत्तर (क्यूसीए) पुस्तिका के मुख्य पृष्ठ पर अंकित निर्दिष्ट स्थान पर किया जाना चाहिए। उल्लिखित माध्यम के अतिरिक्त अन्य किसी माध्यम में लिए गए उत्तर पर कोई अंक नहीं मिलेंगे।
				5. Word limit in questions, if specified, should be adhered to. प्रश्नों में शब्द सीमा, जहाँ विनिर्दिष्ट है, का अनुसरण किया जाना चाहिए।
				6. Any page or portion of the page left blank in the Question-Cum-Answer Booklet must be clearly struck off. उत्तर पुस्तिका में खाली छोड़ा हुआ पृष्ठ या उसके अंश को स्पष्ट रूप से काटा जाना चाहिए।
Total Marks Obtained:				
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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.

There is no path to happiness, Happiness is the path.

In the book, "Top 10 regrets of the dying" the most common regret was working too hard to make money, not spending enough time with family.

People often earn money hoping that once they have enough money they will spend time with their family and they will be happy. Happiness for them is an end goal and hard work is the path to that happiness.

In this essay we will explore ~~how the concept~~ why the people are not able to be happy in the moment, why it is essential to treat happiness as a path and finally we suggest some techniques that enable us to be present in the moment, seize the day and be happy.

HAPPINESS : A DISTANT DREAM

"I will be happy when I clear UPSC CSE exam" said a UPSC Aspirant. For the student here Happiness was an end goal,

he never realized that true happiness lies in the actions that he takes every day. It is attaching happiness to a point in future deprives us of happiness in the present.

Just like a student, an adult also finds it difficult to find happiness. The 18th-19th Century Europe was revolutionized by Industrial revolution. People left their villages and moved to city cities in hope of better future and happiness. But what they found were rapid urbanization, poor-living conditions, nine to-five working hours. The happiness that they desired was pushed only farther away. ~~Society~~

3

Society today is a product of 4 Industrial revolutions and every time men have found themselves with less time to pursue goals that will make him truly happy. Gandhi ji wanted for the world 'Ram Rajya' in which everyone would live peacefully and happy but what we got is materialism, people trying to acquire more and more wealth which don't make them happy, on the contrary live in fear of losing that wealth

This situation has been further exacerbated by the advent of social media where the young generation inspired by the ~~only~~ online profiles of their ideals try to attain unattainable standards and wealth. Young children in developed nations like South Korea are undergoing surgery to look more like Snapchat filters, "Snapchat Dismorphia". For them again happiness is an end goal and they fail to realize that happiness itself is the path.

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WHITHER HAPPINESS

Happiness has been the subject of study since the ancient Greek civilization 2000 years ago. Philosophers like Socrates, Heraclitus, Aristotle discussed about "Eudaimonia" i.e. happiness for the humanity. For Aristotle being happy meant possessing virtues like Prudence, Temperance, Courage and Justice. Aristotle realized that Happiness is not an end goal but we will be happy along the path if we possess these virtues.

In Indian philosophy, Charvaka believed in taking actions that brought happiness in the moment. Albert Camus in his essay 'Myth of Sisyphus' concludes that desire and work towards a goal should fill a man's heart with happiness and states that we should assume Sisyphus to be happy. For him too it was the path that was filled with happiness.

Such concepts look appealing but why should we be happy in the moment? What benefit does it render? Firstly, when we are happy in the moment, the tedious task becomes fun, we are not striving towards a goal in an uncertain future but we are fully enjoying the present moment and present our best work. Do you think Leonardo da Vinci would have completed his painting in 10 years if he was not happy while doing it? or Michelangelo painted the Sistine Chapel?

Secondly, modern psychology tells us that when we are happy while performing a certain task we enter a flow state, that allows us to be efficient and more productive. It increases our creativity. From an utilitarian point, as well it pays off to enjoy the present moment.

Finally, people who are happy in their work i.e. happiness is the path for them are shown to demonstrate more emotional intelligence, camaraderie, which in turn promotes better work culture.

HOW OF HAPPINESS

Buddhism tells us that the source of sorrow is 'desire' and to counter that sorrow and lead a happy life we should follow the noble eight fold path. ~~the~~ 'right view' said buddha will help us to be happy. Having the right view allows us to follow the path of happiness.

The story of a mother and her dead child is a case in point. She came to Buddha sorrowful after tragic death of her child. Buddha asked her to fetch rice from a house in which no one has ever died. She tries and tries but all in vain. She realizes her mistake and joins the Sangha. 'Right view' can help us overcome even the most challenging circumstances and ensure that we don't see happiness as an end goal, we don't try to find a path to happiness, ~~but~~ for there is no such path.

The practice of mindfulness also helps us ⁷ develop the ability to be happy in the moment. It teaches us to be grateful for the things that are available to us which promotes seeing happiness as the journey rather than a journey towards happiness. Mindfulness of our im-permanent nature allows us to cherish the ~~flow~~ fleeting moments and be happy with our loved ones.

Martin J Adler said, "True happiness is impossible without a mind made free by self discipline"

For him happiness is acquisition of virtues like self discipline.

Martin Seligman in his book

"Character strengths and virtues" enlists character

strengths that will allow a man to lead a happy life, instead of searching for happiness in the end.

For Nelson Mandela happiness meant forgiveness to the perpetrators of the

apartheid regime. All these views see happiness

as a quality that is won in the present moment.

Last but not least, pursuit of excellence
~~makes~~ and meaning makes a person happy
in the moment. Martin Luther King ~~talks~~
in his speech implores us to sweep
streets like Michaelangelo's painted paintings,
like Beethoven wrote music, He remarks
that it is not by size you win or fail,
but be the best at what you are. This
pursuit of excellence he said ~~is not~~
will fill a man's heart with happiness.

Similarly, Viktor Frankl in man's search
for meaning put the pursuit of meaning
as central to happiness. The important thing
being all these ideas ~~saw~~ happiness not
as an end goal, but as a path.

The matter of fact is that the conditions of happiness already exists - we have ~~as~~ lungs to breathe, food to eat and shelter over our head - so just be happy. Being grateful for the things we have and ^{awareness of} deprivation of millions of others in the world brings insight that allows us to be happy in the present, so that we don't have regrets on our death ~~bed~~ as men had in 'Top 10 regrets of the dying'.

Problem - nail

1) Placemans - only tool

2) cannot shake hands with clenched fist / diplomacy / friendship / hostility

3) no path to happiness; happiness is the path
+++++

Charvaka
→ Seligman - self-restraint
↳ True happiness

When we can no longer change the situation we are challenged to change ourselves.

How this concept is helpful?

- Charvaka - happiness hedonism pleasure

- Mindfulness - present moment

- "Top 10 Regrets of the dying" the authors write

- Martin J. Adler - true happiness is impossible without

- Buddhism - Thinking about happiness; conditions of happiness already there

But why are we not able to be happy in moment?

Industrial revolution
Business of life (9-5 life) 1/3
Materialism & social media

Student
Society

How can we be happy in moment?

The conditions of happiness are already there -

Wealth is what you don't see.

In his seminal work 'The wealth of Nations' Adam Smith outlines the concept of in terms of trade, free markets and the invisible hand. It is only two hundred years after we are realizing the narrowness and incompleteness of the idea. It is

only in the past two decades the focus has shifted from GDP to Green GDP and ecosystem services, from Human Development Index to Human Happiness Index, and from volume in trade to concepts of equity and equality.

The above changes demonstrate that the measures of wealth we had failed to see the true wealth of our society and an individual. In this essay we will explore the genesis of the idea of wealth, the wealth that we fail to see and explore ideas that will help us ~~make~~ bring the unseen wealth to light.

THE GENESIS

The story of human civilization is the story of accumulation of wealth, ~~traj~~ territories influence and power. For the ancient kings like

Xerxes and Samudragupta conquest of new territories was seen as the true wealth.

The medieval world, the real wealth was measured in terms of spread of ideas and

religion. And finally it was the Industrial Revolution that paved the way for money

to be central motivation for individuals

(15) and stakeholders.

Yet there was a challenge to these ideas all along. Greek philosophers like Stoics and Socrates believed 'rationality' and 'pursuit of knowledge' to be the real wealth. Socrates famously said,

'An unexamined life is a life is not worth living'

for him the acquisition of wealth was meaningless it was reflection and examination were the real wealth that was often not seen.

Ashoka too after the war of Kalinga 3

realized the futility of conquest and the

despair and loss caused by war. For the great

king Ashoka the real wealth now meant peace,

tranquility, respect of other religions, food, water and

③ shelter for his subjects. He spent the remaining

days ensuring that he spreads dhamma to the

remotest places so that people can see what

real wealth is.

THE INVISIBLE

"Health is the real wealth, not pennies of silver and gold", said Gandhi ji. For an individual a healthy body is essential for productive life.

Yet we often ignore our health by consuming

sin goods, moreover we fail to realize the importance of good health when we are fit, it

is only a disease or an ailment that forces us

to see health as a true wealth.

Apart from health, mental and emotional health is essential for an individual. Yet ~~this~~ talking about mental health is often seen as taboo, and a person with mental health issue is seen as unable to cope with challenges of society and socially ostracized. "The encyclopedia of positive psychology" lists mental and emotional health central to overall and holistic worth of an individual. This unseen dimensions of wealth ~~is~~ is the real wealth.

Society today is more fragmented than ever. This has only been exacerbated by technology and splitter net. We like to stay within our "information silos" with little communication with our neighbours. We don't see that the social bonds and the social capital is the real wealth as Erik Erikson said, "Life does not make sense without interdependence!"

The environment, the forests, clean air, communal harmony, respect for women, gender justice are other aspects of the society which are generally disregarded in the modern world, forests and environment are sometimes even seen as ~~the~~ impediment to development projects, but these often unseen components are the true wealth that pay off in the long run. They were felt ~~so~~ important that the makers of our constitution provided for clean environment, social harmony, justice - social and economical in the Directive Principles and the Fundamental Duties.

For nations, tranquil relations are the real wealth. It is only after a war breaks out we realize the true value of peace. Consider the example of Ukraine, the idea of peace was taken as granted, few steps were taken to acknowledge fears of different nations. It was once the war started, every nation realized importance of peace as true wealth.

MAKING THE INVISIBLE VISIBLE

The process of discovery of true wealth starts with an individual. Buddha said that ~~the~~ mindfulness is central to seeing the ideas and things in right light. Mindfulness brings concentration and insight that helps us see the true wealth an individual possess i.e. Health & Physical, Mental and Emotional. There has been a renewed push across the world with celebration of Yoga day on 21st June and meditative practices.

Schools and family are the centers for primary socialization of a child. Inculcating values like environmentalism, fraternity, equality, social and gender justice in early years will enable children to see the true wealth within themselves as well as the true wealth of the society which will help in development of social capital, leapfrogging our society towards "Ram Raja".

The real unseen wealth of our country ⁷
India lies in the diversity of our society, of the
culture and traditional knowledge of our tribal population.

It lies in the multitude of languages and dialects
spoken, the several dance forms and festivals
celebrated across our nation. We should ensure
that these traditions survive and knowledge passed
onto future generations by legal backing like the
Forest Rights Act & Panchayat Extension to Scheduled areas Act.
and initiatives like the UN Intangible cultural
heritage list, so that we can preserve this real
wealth.

To summarize, wealth takes on different meaning
to different agents of the society. Yet the view of
the agent is limited by incomplete knowledge and
understanding which introduces blindspots in his/her
concept of wealth. It is by mindfulness and
value inculcation we can make sure that we
reduce ~~its~~ not eliminate these blindspots.

The time is now ripe for a
(a) new concept of "wealth of the nations and its
citizens" that put the ideas of social and
economic justice, equality, fraternity and
physical, emotional and mental health as central
to the approach. This new approach will
help us move forward from this jaded
approach of materialism, ~~and~~ to a holistic
definition of materialism. After all

"Materialism is chimeric, and the true wealth
needs some shining of light"

4:30-
6:00 P

Gentle

Wealth is what you don't see.

money seen as
sole Indicator of wealth

Adam Smith - Industrial Revolution
- Wealth of Nations

Indv
Society
State
Nation
IR

Map
is not
the territory

Social Capital - HDI, H Capital Index

2. Health, real wealth Gandhi, Friends, Family, Love, Happiness

3. Green GDP or Ecosystem Services; Global Happiness Index
Teach potential GDP

4. Society - Environment, clean air, X materialism,
harmony, respect for women, empowerment

DPS and Fundamental Duties
Erik Erikson - Life doesn't make sense without interdependence
Social Support

5. Trade in IR - 1995 WTO, sets a time -> but

(14) Viktor Frankl, Seligman,
Swami Vivekananda, the razor
edge; Mahatma's wealth is
in our
senses

actual wealth

(15)
Absence
of war

6. Aristotle, Socrates - pursuit of wisdom is the real
wealth; No math, money - unexamined life

12. Ancient kings - war; territorial expansion,
plundering, Ashoka realized dharma;

Traditional
Concept of Wealth

How to see the unseen
Make the Invisible Visible

- Materialism is ~~whole~~
chimera

8. Mindfulness - Thich Nhat Hanh, Buddhism -

9. Gratefulness for health (Individual)
Sol for Society

10. Social and Economic equality - Nations look beyond
cost benefit is short term, too long term
Tribals
Traditional
Key
Env?

11. Value Incultation - schools, education

13. Sports person - real wealth is excellence, the olympic
gold is the real wealth (Adam Smith)

- Traditional concept &
emergence; genesis
- THE INVISIBLE
INVISIBLE VISIBLE

Tribals

Concept of wealth for the 21st century
that will lead us into enlightenment

