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SUBJECT:	ESSAY	Test Code:	2121
Name of Candidate	KASHMIRA SANKHE		
Medium Hindi/Eng.	ENGLISH	Registration Number	1356950
Center		Date	28/08/22

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.

Section A

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3.

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

Sisiphus, the ruler of Corinth, was condemned ^{by the Gods} to a monotonous task of rolling a boulder up the hills. Owing to the weight of the boulder & rising elevation, the boulder would fall down, compelling Sisiphus to repeat the monotonous task again. Although this seems repetitive & Kafkaesque, Albert Camus in his ~~exist~~ book 'THE MYTH OF SISIPHUS' writes that this task is happiness itself for Sisiphus, as he refuses to give in to the pride of Gods. This way the existential philosopher asks ^{us} to be happy in the path itself.

There

But is there, no path that leads to happiness success? Are there instances where the path maybe that of unhappiness but the result will lead to happiness? These are the questions that we will deal with in this essay.

⊛ HAPPINESS IS IN THE PATH

First, we shall see the happiness that lie in the path towards a goal.

Many times, in order to reach our goal we take up arduous tasks. For

begging our dream job we work day in and out thinking that doing so ultimately will lead to happiness. However, this may not always be the case.

In Mahabharat, Duryodhan was dissatisfied with having to share the kingdom with his brother, the Pandavas.

He was discontent and this ^{ent}discontentment lead him to misrule the kingdom. He was also unhappy in the process. He thought that once he could rule over the entire kingdom he would finally be happy. However, in the process he ^{was} disowned by his own siblings, disappointed his mother, Kunti and ultimately died.

Thus, while we may be preparing for an exam to bag the said dream job, we must be happy in the process. After achieving the success or goal, the hardwork and efforts that went into achieving ^{it} become sweet memories.

Similarly, Buddha, who was disenchanted by the realities of the world - death, suffering, poverty, etc. he set out to find the path ~~to~~ happiness. Through years of meditation

he realised that happiness was not an end to be reached but a path and a way of life to be adopted. Epicureanism also propounds 'happiness' similar to Buddha's conception. According to them, happiness is a 'state of mind' and one should be happy irrespective of the circumstances.

Thus, we see that happiness is in the path itself. But is there no path that ultimately leads to happiness? This is the question that we shall ponder on in the next leg of the discussion.

PATH TO HAPPINESS :-

Sometimes, some path lead us to happiness. This maybe through acts

of altruism & compassion. Mahatma
Gandhi who advocated for rights of
slaves - whom he called 'harijans',
 brought ^{him} happiness in doing work
 towards their upliftment. In this
 case, the path and the goal both
 led him to happiness.

Similarly, the Pandavas were also
 happy in the path that led to
 happiness. ~~At~~ Although their journey
was difficult and there was conscience
crisis in their head, they focussed
 their energy on development of their
kingdom from the ravages of ^{the} war
 fought between Pandavas & Kauravas

We can also experience joy and
 happiness when we offer ^{to} volunteer
 & charity work, teaching deprived

students, providing them food, etc.

Having seen that path of happiness leads to results that bring happiness almost like a feedback loop, we shall now proceed to answer the next question - whether 'unhappy' path can lead to happy results.

PATH OF UNHAPPINESS :-

Consider a labourer or a mason working on a construction site. Toiling in the sunny afternoon and which has caused him tiredness, surely cannot be considered a state of being happy. But when the particular construction was completed, it will bring happiness to the builder, who will now start to sell the

plots or rent them. ~~to~~

In the above stated instance, it can be said that exploitation in the capitalistic world, poor working conditions and long hours can bring a sense of unhappiness.

But the labourer's state of mind need not necessarily be that of unhappiness. as he ~~is~~ may be thinking that his day wage can fill the stomach of his wife and his children.

Thus, here too, upon further inspection, we can see that happiness can be found in most toughest of times.

Now consider a corrupt public official. He takes bribes and to do his professional duty. Such a person might

we have a hard time sleeping at night as we maybe in a constant fear of getting caught. Thus, he is unhappy with his path on his goal to achieve supposed "happiness". His luxurious lifestyle, extravagant spending and collection of valuables - may be the goal or happiness for him, but his path will bring him unhappiness.

Thus, we see from above two anecdotes how the path can be that of unhappiness or happiness. Having seen this, let us understand the ways a person can keep oneself happy.

* [WAYS TO HAPPINESS]

One of the way prescribed by Gautam Buddha is acceptance of the

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'four noble truths' - that 'dukkha' (sadness) is a reality of life and one must follow a 'madhya magga' or ^{the} path of moderation. and He prescribed the 'eight fold path' to achieve this.

One should meditate and take care of one's physical and mental health. One should also be stoic in their reaction to adversity or windfall. one should also keep one's calm & composure in reacting to situations.

One must follow 'Dharma' in social affairs. This can be done by ~~undertake~~ undertaking charity work, altruism, acts of kindness flowing out of compassion. One must also treat others with reverence.

On the economic front, one must be ethical in practicing 'Artha'. One must

stay away from gratification and personal aggrandizement. Grandhiji was also called it one of the 21 seven sins to practice 'commerce without morality' and amassing 'wealth without work'

On the political ^{front} front, officials and civil servant should be driven by 'Spirit of service'. This can ensure that the path that they choose is of happiness and leads to happiness. They should also work towards ^{building the} 'social capital' and ensuring communal harmony in society. This will breed societal happiness.

Thus, happiness can be cultivated. One must not fret over small things and pursue the path of happiness. However, happiness need not be sought after. It will come by practicing the path

of moderation and keeping a happy state of mind.

As Marcus Aurelius Antonius said, 'Very little is needed to make a happy life; it is all within yourself, in your way of thinking'. One should look at internal sources and this way happiness can be found in the path itself. Thus, Gautam Buddha said that 'there is no path to happiness, but it is happiness is the path itself'.

Q 6. Best is the enemy of good Section B

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Often times when we start a piece of work, we are more focused on the outcome of the work. This can lead to an obsession over perfection of the final outcome. Our focus on starting to do the job shift entirely to the outcome and this may overwhelm us. It may lead to us procrastinating & postponing the commencement of the task altogether. Thus, it has been said that 'best is the enemy of good;' by voltaire.

In this essay, we shall focus on how starting to do a job and continuing it like a habit can improve the efficiency of the task and how the fear of outcome and need to

produce perfection can hinder it.
Further, we shall see how this has
manifested on the social economic
and political fronts.

BEST IS THE ENEMY OF GETTING DONE

When one frets over the final
product, one becomes obsessed with
perfection and getting it best. Thus
one does not start working on the
task and eventually the task
does not get 'done'

Great things will not happen
overnight and a practice needs to
be cultivated. James Clear, in his novel
'ATOMIC HABITS' highlights this by
giving an example of Jerry Seinfeld,
one of America's top 100 comedians. When

asked how he produces so many jokes, he simply said that he keeps writing them everyday and get better and better. While a hundred jokes are discarded for subpar standard, one golden joke still makes the difference.

Thus, it is only through repetition and practice that one can achieve great success. Even to be the 'best' in cricket, Virat Kohli had to practice for months and years together. Surely, he had an inherent talent, but talent alone cannot make one of the best batsman.

BEST DOES NOT MEAN EFFICIENCY:-

Another common misconception about

best is that leads to more efficient systems. There are no mistakes or mishappenings and nothing gets knocked over. However, this perception is also misconcieved. Any policy or programme will be flawed. Mistakes will occur. Mishappening will be evident. Action is then taken to correct and improve the system.
Even ~~even~~ the seemingly perfect acting of Leonardo di Caprio or Priyanka Chopra comes from years to practice, making mistakes, getting feedback & repeating and improving

Thus, best does not always lead to efficient systems. Now we shall see of how many spheres of life.

Social, economic and political -
have evolved and improved overtime.

THE BRIGHT SIDE OF GOOD IN PUBLIC LIFE

Then we shall first discuss some social welfare programmes and policies that have been revised to fit and adapt to changing time & changing needs. One such programme is the Swachh Bharat Mission. Started in 2014, as a road cleanliness drive, it later expanded to Open defecation free (ODF) and ODF+ models. It now encompasses sanitary latrines and treatment of sewage & effluents.

Mid day Meal was introduced in Tamil Nadu to ensure school attendance

and improve health & nutritional outcomes of students. In many places there have been modification to the menu as per food sourced from local gardens. Gooseberries ^{in Assam} are a case in point. Recently, government has introduced the concept of 'tithibhojan' which has further improved the system.

On the economic front, the economic system of today which revolves around market socialism ~~is~~ was not born overnight. From feudalism, in 1400 - 1600 AD and capitalism revolving around industrial revolution in 1700s, we have come a long way.

The Russian revolution, introduced communism and socialism. In the meanwhile, the 1929 great depression spell doomday for American and European economies. John Maynard Keynes suggested mixed economy, where state was given regulatory powers. This was revised again in 1990s with neoliberalism and washington Consensus taking centre stage.

After the 2008 financial crisis our subprime mortgage - mixed economy has again become the new fad.

Speaking of 'fad', fashion industry has also grown from fast, unsustainable fashion to sustainable fashion that is environment friendly.

On the political front, we see that government systems evolved from statless

systems to nation state and new nation state. The concept of nation, associated with nationalism was a cause of colonialism and imperialism, the brunt of which was faced by India.

Indian freedom fighters - who led the Indian National Congress, were earlier populated by Naraji, Tyabji, D.E. Wacha - commonly known as 'moderates'. Their failure to bring about changes in policies of British, paved way to extremists and their extremist ideology.

with the arrival of Gandhi on the political front, the concept of 'satyagraha', 'ahimsa' and 'swaraj' gained weight. Eventually, under Gandhi, Nehru, Sushashchandra Bose, Sardar Patel and others, India gained independence. But would this have been possible had

the moderates not started the freedom movement and set the wheels running? Had they only thought about the 'best' would the INC have ~~existed~~ come to existence?

Having seen the relevance of pushing good rather than aiming for best and not initiating, let us now see how this can be cultivated. There are ways that attitude towards perfect outcome can be altered in exchange for attitude towards 'good' and getting things done.

HOW TO PURSUE GOOD AND STOP FRETTING OVER PERFECTION

One of the ways to do this is by surrounding oneself with people who are risk takers and not risk averse. These people are not afraid to make

mistakes. They also have a knack for learning from mistakes and move forward.

Another way is by undertaking 360° appraisal and feedback. Asking friends and coworkers about the flaws in current systems, and asking for suggestion is a good way to go about it.

An important aspect is constant practice and constantly challenging oneself to go out of the comfort zone. James Clear has highlighted this by giving the example of an American actor-cum-comedian, Steve Martin. This will cultivate a habit and keep us motivated.

It must be remembered that Rome was not built in a day. Similarly, a diamond has to be worked on for long hours to turn it from a lump of grey ~~st~~ rock to a shiny, precious stone.

Confucius has also highlighted the importance of being good rather than being perfect, in his quote, 'the Even a diamond with its flaws is more precious than a perfect pebble'. Thus, the best is the enemy of good and rather than pursuing the best and falling in the perfection trap, one should instead focus on getting things done.