



**VISIONIAS**  
INSPIRING INNOVATION  
**ABHYAAS MAINS**

**निबंध**  
**ESSAY**

निर्धारित समय: तीन घंटे  
Time Allowed: **Three Hours**

टेस्ट कोड / Test Code : 2488

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 33+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. : 1278123

अभ्यर्थी का नाम/Name of Student : Animesh Verma

माध्यम: हिंदी/अंग्रेजी  
Medium: Hindi/English

English

तारीख  
Date

25/8/23

**निबंध**  
**ESSAY**

केंद्र  
Centre

LUCKNOW  
(IITSE)

निरीक्षक के हस्ताक्षर  
Invigilator's Signature

Tam

	<p style="text-align: center;"><b>महत्वपूर्ण अनुदेश</b></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;"><b>Important Instructions</b></p> <p><b>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.</b></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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टेस्ट कोड : 2488

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**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 : 2488

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 हों :

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

125 x 2 = 250

### खण्ड – A / SECTION – A

1. टूटे हुए बयस्क की मरम्मत करने की तुलना में मजबूत बच्चों का निर्माण करना आसान है।  
It is easier to build strong children than to repair broken men.
2. कोरा तर्कपूर्ण मन उस चाकू के समान है जिसमें केवल फलक ही फलक है, वह प्रयोग करने वाले हाथों को ही लहलुहान कर देता है।  
A mind all logic is like a knife all blade, it makes the hand bleed that uses it.
3. जब कैटरपिलर को लगता है कि दुनिया खत्म हो गई, वह तितली बन जाता है।  
Just when the caterpillar thought the world was over, it became a butterfly.
4. इतिहास, मनुष्य की स्मृतियों पर समय द्वारा लिखी गई एक चक्रीय कविता है।  
History is a cyclic poem written by time upon the memories of man.

### खण्ड – B / SECTION – B

5. बुद्धिमान व्यक्ति तुरंत वही करता है जो मूर्ख अंततः करता है।  
The wise man does at once what the fool does finally.
6. दुनिया उन लोगों के लिए एक त्रासदी है जो महसूस करते हैं, लेकिन उन लोगों के लिए एक कॉमेडी है जो विचार करते हैं।  
The world is a tragedy to those who feel, but a comedy to those who think.
7. पूर्ण स्पष्टता से बुद्धि को तो लाभ होगा लेकिन इच्छाशक्ति को क्षति पहुंचेगी।  
Perfect clarity would profit the intellect but damage the will.
8. अपना चेहरा रोशनी की ओर रखिए और आपको कोई छाया दिखाई नहीं देगी।  
Keep your face to the sunshine and you cannot see a shadow.

उम्मीदवारों को  
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खण्ड - A / SECTION - A

उम्मीदवारों को  
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1. टूटे हुए बयस्क की मरम्मत करने की तुलना में मजबूत बच्चों का निर्माण करना आसान है।  
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History is a cyclic poem written by time upon the memories of man.

2. "A mind all logic is like a knife all blade, it makes the hand bleed that uses it."

The period between 1933 and 1945 was a dark phase during the history of Germany with global repercussions. Adolf Hitler used his dictatorial powers to propound his 'logical theories' (so called) such as the Aryan superiority theory. He believed that the Jews were of inferior race and allegedly gave scientific

logical evidences in support of his theory.

He had a logical mind. But it lacked empathy and compassion.

He devised his logical strategies to win many initial battles during the 2nd world war (like the capture of France). But eventually his lack of emotional intelligence (EI) made him to lose popular support slowly and also contributed to the loss in further battles with Russia, USA, etc. During the wars, he set up many concentration camps to systematically kill the Jews. Ultimately, faced with serious reverses, Hitler took the extreme step of committing a suicide.

The above case explains how Hitler's mind was like a knife all

blade. He was overly dependent on logic and lacked a humane character. Just like a hand bleeds when it uses a knife all blade, Hitler was also emotionally bleeding during the later years of his life.

To further explore the topic, let us understand the meaning of a knife all blade.

A knife all blade has only sharp edges and no soft portion (like a handle). Though it is very dangerous for the enemy, but it also does harm to the <sup>holder</sup> ~~wielder~~ of the knife.

Similarly a mind all logic is like a dangerous weapon that can be used for both good and bad purposes. But



such a mind does harm to  
the person as well who owns that  
mind

After understanding the basic  
meaning, let us see why a  
mind all logic is like a knife  
all blade.

A mind possessing only  
logic and no other qualities  
like Emotional Intelligence (EI) tends  
to do more harm than good. Such  
people lack empathy for the  
general public.

Consider the case of Kim  
Jong Un, the Supreme Leader  
of North Korea. As per him,  
development of nuclear missiles is  
a necessary and a logical  
step. But due to huge expenditure  
on defence, his country is

impoverished. He doesn't take proper social welfare measures like spending on health, education, etc. One day, his 'logical mind' will contribute to his own downfall.

There are also <sup>other</sup> reasons why a mind all logic is like a knife all blade. A mind all logic lacks wisdom. Good judgements are based on not just logic, but also on ethical aspects, emotions and experience.

As an example, Mahatma Gandhi withdrew the Non-Cooperation Movement immediately after the Chauri-Chaura incident. He knew that "violent means" will give violent freedom". But

had a fully logical person been in place of Gandhiji, he would have continued the movement and might lead to mass killing of innocent people.

After understanding how a mind all logic does more harm, let us see through some relevant examples how a mind all logic is like a knife all blade, it makes the hand bleed that uses it.

During 14th Century CE, India was ruled by the Tughlaqs. Muhammad Bin Tughlaq was a well learned person with high IQ (intelligent quotient). He devised a policy to heavily tax the Ganga-Yamuna doab region as it was very fertile. But famine

occurred during that period. Still he didn't ~~not~~ reduce / exempt the taxes in spite of farmers' ~~with~~ petitions. Eventually, many farmers fled the area and the state exchequer suffered a loss. His lack of compassion ultimately led to his own hand <sup>left</sup> bleeding.

~~A mind all logic can do great wonders as in~~

A mind all logic can do great harm if not regulated properly. Sometimes it can also have global repercussions.

Consider the ongoing Russia-Ukraine war. It has continued for more than 1.5 years but still it is not showing any signs of end or peace. Putin's

logical "strategic military exercise" has failed on many counts. He did not consider the emotional well-being of his soldiers. His soldiers lacked motivation and that is why Russia has underperformed in this war. Recently, Ukraine has launched drone attacks on Moscow, St. Petersburg, etc. This has left his own people bleeding (physically and emotionally).

Sometimes, a logical mind cannot predict the negative outcomes of a well devised strategy. It can lead to emotional breakdown and huge economic losses.

Consider China's Zero Covid policy. Though it was a logical and well-planned strategy, it failed badly in 2022 end. A huge spike

In Covid-19 cases was registered. Mandatory testing and strict lockdowns were imposed. All factories were shut. It led to poor mental health of the public and also affected China's GDP growth (<4% in 2022).

Though a mind all logic is like a knife all blade, it also has ~~some~~ its own significance. A mind ~~is~~ full of logic is very useful in sp development of science and technology.

Consider the recent success of India's Chandrayaan-3 mission. It was due to the logic and talent of the hard working scientists that India became the first country

to soft land on the Moon's south pole successfully.

After understanding about the topic, a natural question arises.

What are the other requirements of a wholesome mind?

Apart from logic, emotional intelligence (EI) is of utmost importance. It helps us to understand our own and others' feelings, motivate ourselves and regulate ourselves and our emotions.

A wholesome mind also displays ethical mindset. Such people take ethical/moral decisions based on virtues like integrity, selflessness, impartiality etc.

Compassion is also one of the key components of a wholesome mind. It helps us to understand others' sufferings and promotes us

to alleviate others' sufferings.

Now, let us see the various challenges in cultivating a wholesome mind.

Poor school curriculum, too much focus on rote learning and logic, lack of EI training, mass corruption in today's world, etc. are some of the key challenges.

Also, social media inhibits proper cultivation of mind. Widespread fake news, rumours, hate speech, etc. are some of the key issues.

After understanding about the challenges, let us look at some of the steps needed to cultivate a wholesome mind.

Reform ~~to~~ school education to include EI training, moral science, etc. in the curriculum.

Also, laws/policies like the New Education Policy 2020 must be implemented.



We all shall strive to become ethical individuals. Whenever in dilemma over a course of action, we should use Gandhiji's Talisman which helps the poorest and the weakest person around. People should behave like a 'Thinking Animal' and develop all the components of a wholesome mind- logic, ethics, and emotional intelligence.

By doing our individual bit and taking responsible actions, we can prevent a repeat of the Nazi Germany. This can also promote global welfare / Lok Samgraha and peace and stability. As rightly said by Dr. B.R. Ambedkar, "Cultivation of mind should be the ultimate aim of human existence."

खण्ड - B / SECTION - B

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

5. बुद्धिमान व्यक्ति तुरंत वही करता है जो मूर्ख अंततः करता है।  
The wise man does at once what the fool does finally.
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Keep your face to the sunshine and you cannot see a shadow.

8. "Keep your face to the sunshine and you cannot see a shadow."

There was an American scientist who was working on a breakthrough research. He had made proper plans and used his scientific knowledge to ~~carry~~ carry out the experiment. However, he failed many times.

One day, he was really very dejected and felt lost.

But still, next day he made necessary changes, learned from his mistakes and continued the experiments. He never lost hope and optimism. After failing more than thousand times, he successfully invented the electric bulb. His name was Thomas Alva Edison.

Edison faced many losses during his project. But still he kept his face to the sunshine and was hopeful and optimistic about succeeding one day. He didn't see the shadow like negatives, pessimism and didn't get bogged down by heavy emotions. This positive attitude of Edison ultimately led to his success.

Before diving into further details of the topic, let us

understand the meaning of  
sunshine and shadow.

Apart from the literal  
meaning, sunshine also refers  
to optimism, hopefulness, energy,  
motivation and enthusiasm. Similarly  
shadow refers to the converse  
like hopelessness, pessimism, unhappiness,  
lethargy and lack of motivation.

After failing to soft  
land on the moon during the  
Chandrayaan-2 mission, the ISRO  
scientists did not lose hope.

They rectified their mistakes  
and kept themselves away from  
the shadow. Finally it led to  
the success of Chandrayaan-3 mission  
on 23rd August, 2023.

After understanding the basic  
meaning of the topic, let us

see how by keeping our face to  
the sunshine we cannot see a  
shadow.

Keeping our face to the  
sunshine gives us the energy  
to fight ill social customs. It  
helps us to stay away from the  
negatives and end social evils.

Dr. B.R. Ambedkar suffered the  
worst form of caste discrimination  
during his childhood. But he stood  
up against it and kept fighting.  
Finally by drafting the constitution,  
he awarded fundamental rights  
to the citizens which banned  
discrimination (Article 14, 15, 16, etc.)

Sunshine can also give us the  
hope and optimism to continue  
continue our good work despite  
failures.

During the Indian freedom

struggle, nationalist leaders like Gandhiji led many movements but with only partial success. Still Gandhiji motivated the masses and convinced them to see the positives and to stay away from the shadow. Eventually, it led to India's independence on 15th August, 1947.

Sunshine also gives us the enthusiasm and energy to work for the next goal despite setbacks.

Famous athlete Nerugi Chopra faced many back injuries during his training. But still he didn't lose hope and continued the rehabilitation. He actually bounced back even better and clinched the coveted gold medal in Tokyo Summer Olympics 2021.

Now, let us understand why  
by keeping our face to the sunshine  
we cannot see a shadow.

Sunshine and that shadow  
are anti-thetical to each other.

Sunshine promotes optimism,  
energy and positive outlook. It  
sets in motion a virtuous cycle or  
a positive feedback loop where each  
successive hope leads to more  
motivation and energy which then  
boost hopefulness. This virtuous  
cycle eliminates the negatives  
like sorrow, hopelessness, fear, etc.

Consider the case of villagers  
in the Garhwal Himalayas in the  
1970s. Mass deforestation was taking  
place. The locals were worried about  
the serious impacts of deforestation.  
Leaders like Sunderlal Bahuguna  
kept their face to the sunshine

and mobilized the masses.  
Chipko Movement was organized by hugging the trees. More and more men and women participated and ultimately it led to the success of the movement.

After understanding about the significance, let us look at the ethical aspect as well.

What are the qualities needed to develop the positive attitude of keeping our face to the sunshine and not being a shadow.

To develop such a positive attitude, one must have virtues like hope and optimism. Hope promotes us to think that we can be successful despite suffering failures. While optimism can help us to look at the positives, even in failures.



These qualities help us to stay away from the 'shadow' and promote us to continue our good work.

Further, resilience is needed to build such an attitude. We must not get bogged down by failures, instead bounce back and return even better. For example, TAs Officer Armstrong Dame got a road constructed without any government support in Manipur.

Qualities like emotional intelligence (EI) can promote higher self-awareness, regulation and higher motivation. This can help us take better judgements and help achieve our goals. As per Goleman's research, 80% of life successes is dependent on EQ and only 20% on IQ.

At this point, I must mention

that by keeping our face towards the Sunshine can have negative consequences as well (sometimes).

People who are over-optimistic and too hopeful sometimes tend to get detached from reality. Consider the case of Francis Duplin, the French Governor. He was over-sanguine, which ultimately led to the defeat of the French in the 2nd Battle of Carnatic at the hands of the English.

Now, let us look at some of the challenges in developing the positive attitude of looking at the Sunshine.

Rising individualism in today's world is a great issue. People lack

team spirit. People try to do great things individually, which often leads to failure.

Also, the social media culture of over-celebrating the successes has downsides too. It automatically leads to feeling very low and dejected during times of failure and promotes us too to see the shadow.

After looking at the challenges, let us look at the way ahead so as to develop the positive attitude of looking at the sunshine.

School curriculum must be reformed to promote more team work. This can build qualities like cooperation, helpfulness,

etc.

Further value education must be promoted to develop qualities like optimism, resilience, etc. Also, people-to-people contacts must be strengthened. This can create a robust support system which can help us see the light at the end of the tunnel during our difficult times.

We all must take individual initiation and reform ~~and~~ and introspect ourselves. We can try develop qualities like EI, altruism, team work, resilience, etc. through practice and feedback. Also we must remember that - "If you want to shine like a sun, first burn like a sun." Abdul

Kalam.

In today's era, we often forget that - "Satisfaction lies in the effort, not in the attainment  
Full effort is full victory."

(bandhaji). We can try to enjoy the process instead of waiting for the results. By keeping our face towards the sunshine, we can stay away from the negatives and also achieve our goals eventually.

"~~ke~~ "Lahron se dar ke nauka paar nahi hoti, poshish karm walaon ki kabhi haar nahi hoti"

(The boat doesn't cross the river by fearing the waves,  
those who try never fail)

-Harivansh Rai Bachchan.

## SPACE FOR ROUGH WORK

Sec-A

3. Just when the caterpillar thought the world was over, it became a butterfly.
2. "A mind all logic is like a knife all blades it makes the hand bleed that uses it."

I: Nazi Germany → Hitler

- ↳ Anyard superiority theorem
- ↳ no compassion for the Jewish Jews.
- ↳ ultimately WWII → suicide; reverses

B:

1. ~~How~~ <sup>Why</sup> a mind all logic is like -----
- i) only IQ    ii) no little EQ/EI
  - iii) lack wisdom    iv) poor mental health    ↳ Hitler
- ↳ Kim Jong Il  
↳ mistakes

2. ~~How~~

- i) Mohd. bin Tughlaq → taxation of the Poab
- ii) cur China zero Covid policy → 2022 outbreak
- iii) Russia-Ukraine war

3. Anti-theat

- ↳ good for SET → eg: recent Chandrayaan-3 mission

4. Other requirements of a wholesome mind.

- i) EI    ii) compassion    iii) good judgement (wisdom).

5. Challenges 1st decade cultivating mind;

- i) poor curriculum → rote learning logic
- ii) social media → misinfo, rumours, fake news
- iii) lack of act of ethical minds, corruption.

E. B.W.F: i) EI training, school levels, college

- ii) NEP, 2020    iii) Talisman

C: i) "Education that does not mould ---" - Gandhiji  
↳ unlike Hitler; 'thinking animal'  
"Cultivation of mind ---" - Ambedkar

# SPACE FOR ROUGH WORK

*[Faint, illegible handwritten notes in a large rectangular box, likely bleed-through from the reverse side of the page.]*

SPACE FOR ROUGH WORK

Sec-B

8. "Keep your face to the sunshine and you cannot see a shadow."

I: Edison → despite failing > 1000 times did not lose hope.  
↳ optimistic; didn't see the negatives, - bogged down by emotions; invented electric bulb.

B:

1. sunshine	antithetical	shadow
+	↔	↓
hope, optimism, positive outlook, energetic, enthusiasm		hopelessness, pessimism, -ve outlook, lethargy, low motivation.
eg: failure of Chandrayaan-2 → ISRO scientists PM did not lose hope → Ch3 → successful.		

2. How: i) Ambedkar → caste disc ii) M.K. Gandhi  
iii) Armstrong Pame iv) Neeraj Chopra

3. Why: i) antithetical ii) focus on good → energy → hope → virtuous cycle eg: Chipko movement → Sunderdal etc.

4. Challenges/Issues Ethical aspect / qualities needed: i) hope ii) opt  
iii) EI iv) resilience v) persistence postive attitude

5. Challenges: i) rising individualism, lack of team spirit  
ii) low EI training iii) Over celebration of success

6. WF i) value edu. ii) team work iii) people 2P contacted. Automatic conseq. → sorrow → failure

7) Antithesis too much sunshine; harm eyes → over optimism, over-languine personal → like Duplex (French)

C: "If you want to shine like a sun. ---"

"Satisfaction lies in the effort. ---"

"Koshish karne wala hi. ---"