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SUBJECT:	ESSAY	Test Code:	1	7	5	2		
Name of Candidate	BHAAVIKA THANVI							
Medium Hindi/Eng.	English	Registration Number	8	6	2	6	8	8
Center	—	Date	0	5	0	9	2	2

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:					
Remarks :					

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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:

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1.

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MIND: A GOOD SERVANT BUT A
DANGEROUS MASTER

A grandfather was telling his
grandson a story of two wolves.
"I have two wolves inside me",

he said. "one is angry, furious,
irrational and cruel and the
other wolf is calm, rational,
peaceful and empathetic. And,
these wolves are fighting a battle".

"Who will ~~eat~~ win, grandpa?" asked
the grandson. The grandfather had
a simple reply, "the one you
decide to feed."

Similar to this story is our mind,
it has two parts - one can be our
master and another our servant.
The one we decide to feed, nurture,

care for and practice will emerge victorious.

Hence, in this essay we will examine what the mind is, how it can be our master and how it can be our servant. Further, we will also look into the significance of making the mind, our servant. We also will explore, how we can achieve this feat and use it to the best of our and the humanity's advantage.

THE MIND.

Historically, mind has often been equated with the soul or the psyche. Later on, it came to be equated with the brain, as developments in biology took place.

The prevalent view today states that the

mind encompasses our soul, our
brain, our experiences and the
relationships and interactions we
have. Thus, all that has shaped us
and can shape us is the mind.

The significance behind understanding
and controlling our mind is that,
it drives our behaviour.

If situations, experiences, attitudes
and feelings are what contributes
to behaviour, the mind is the
final authority or filter that
determines which of these will
translate into actions.

consequently, it is important to
weaken the part of the mind which
can make it our master, all the
while strengthening the part that
will make it our subject or servant.

MIND - a Dangerous Master

Say you are a puppet of your mind.

Then there would be lack of free will.

It could lead to losing control of
your emotions - anger, sadness,
happiness, etc. Similarly, the

thoughts and cognitions would be
guided with poor thinking skills,

flawed problem solving and

decision making. For example - you
might not consider all the factors and
facets of a problem. One might

even rely on heuristics. Heuristics

are rules of thumb, which may or
may not be true.

Furthermore, it will also impact
the attitudes you hold and they
might get full of stereotypes and

prejudices. For example - I once met a woman, who couldn't drive well so now my mind says all women are bad drivers.

Arising out of these factors, is our value system. If the mind is in control - it would seek out instant rewards and gratification. Thereby, corrupting the moral fabric of the individual. For example, if one is running late, it is okay to make up an excuse like I got into an accident, to get out of a possible scolding by the boss. Mind as a master would probably do so.

If mind is the master, it impacts would be multi-level. The individual, would be susceptible to poor health due to unhealthy behaviours, stress and possibility of depression.

furthermore, it could also impact one's finances negatively - due to poor decision making. Eg- XYZ company performed well - so you put all your money into it.

It would also harm his/her relationships with others, as a result of all the factors discussed till now.

On the family too, the impact could be severe. From one end being strained relations and minor conflicts. To the other end of a more extreme and rare case of mass psychosis Eg: Bhopal case.

So there was no doubt, if there is dysfunction or sub par functionality at these levels - the nation would also be impacted - politically, socially, economically, scientifically, etc. This could be a contributing factor in the

rise of communalism, regionalism, sexism, violence, etc.

So, it is clear - we need the mind to be our servant, in order to guide it based on our values and decisions.

MIND - a good servant

This would encompass being in control of your thoughts, and thereby actions. Even thinkers like Swami Vivekanand and Rabindranath Tagore highlighted the centrality of our thoughts.

Mind being a servant - would put us in control of our emotions too.

This would amount to Emotional Intelligence - self perception, self understanding, self monitoring, empathy and social skills.

If the mind is our servant, we would also have a higher sense of self efficacy, the belief that one can do what one

puts his/her mind too.

Our thoughts would be guided by rationality, In decision making and problem solving - we would consider all factors and instant gratification wouldn't be the only guiding force. Furthermore, chances are that the attitudes we hold would be more rational, with a lack in stereotypes, prejudices and discrimination.

Our values and morals would also stand to be good, guide our behaviour, and further benefit those around us.

One of the most renowned psychologists of all time, ~~the~~ Sigmund Freud, had proposed a structure composed of id, ego and superego. Id seeks instant results and works on pleasure principle and so can be likened to the mind as a master. Ego takes into

account - the reality and supreego the morals. Thus, the two can be likened to our concept of mind as a servant.

Based on all this, it would be safe to say if our values are good and the mind is our servant, it would lead to positive impacts on the individual, his/her family, the society / nation and humanity at large.

How to FEED the RIGHT WOLF - mind as the servant?

It is safe to say, being in control of our minds is of great significance. Hence, we must adopt a few ways to achieve so.

The first, originating out of Indian philosophy, is meditation and mindfulness. It would help us

become aware of all our thoughts,
feelings, attitudes, motivations, etc.

Breathing and relaxation exercises
can also be accounted in. This
could help reduce stress and
unclutter the mind.

Next step could involve introspection,
looking within. One must try and
understand one's own strengths,
weaknesses, motivations, hurdles,
opportunities, etc.

Embracing rationality, is also essential.
One should take a step back to better
analyse the factors of a case - this
could even be from a third person's
perspective.

Maxwell Maltz, had written a book
called Psycho-cybernetics - describing
how visualisation of various factors

can help us be more in control.

Man being a social animal, can
even entail help from others.

People can reward and reinforce
each other - To make themselves
the masters of their minds.

The results from all this can be
best witnessed and sustained,
when it is a life long process.

children should be taught so
from the start - by family and
by school and intervening factor
of media.

It is worthy to note that
based on this idea of being in
control, anti fatalistic attitude
and methods to foster mastery
over the mind, modern ~~and~~ as well
as ancient psychotherapy is based.

John Locke said the mind is like a blank slate - "tabula rasa" and our experiences and decisions shape it. So, go ahead and nurture the right wolf!

IS INEQUALITY AN INEVITABLE OUTCOME OF GROWTH?

kings and monarchs have ruled the world. Messiahs and saints, exercised their influence for centuries. Prehistoric humans and their tribes fought each other for resources, with one being victorious. Colonies were established in all parts of the world. Some states grew at the expense of others. A divide between rich and poor existed millennia ago and continues to do so today. Conglomerates have also risen, increasing the divides and creating new ones. Hence, it is safe to say that throughout human history, there has been no death of examples of inequality.

Even recently, a report highlighted that ~~that~~ the richest 1% Indians hold more than 50% of the total wealth in the country.

In this essay, we will examine what inequality and its dimensions are. Further we will see the arguments, that say it is inevitable. We will also examine the contrasting ideas and how we can reduce inequalities.

INEQUALITY AND ITS DIMENSIONS

Unequal access to resources and opportunities coupled with possible discriminations and distinctions, is what inequality is.

It is evident in terms of money and wealth, further exacerbated in terms of support and skills.

It can also exist between genders, as evidenced by sexism, misogyny, patriarchy and even matrarchy of certain tribes (eg- Khasi).

A dimension of race, caste, religion can also come to play. examples, being, the whites and Blacks in America or the inequality with North eastern people in India.

Also, ~~the~~ differences between the "upper" and "lower" castes as evidenced in India are examples. Issue of Uyghurs in China or minorities in Pakistan is another evidence.

The rural-urban divide or the global North-South ~~is~~ are also ~~the~~ dimensions of inequality.

The sad reality is, that the list is nowhere near complete.

How INEQUALITY is INEVITABLE due to GROWTH

Some viewpoints contended that inequality is a result of survival of the fittest, citing Darwin.

Only those who can find for themselves ground and they can do so at the expense of others. Hence, inequalities between people with and without disabilities exist.

Another viewpoint states that humans are different - there are individual differences and so inequality is merely the law of nature. This viewpoint cites examples of gender differences - referring to women as the "weaker gender".

Even another viewpoint argues that if you have to achieve something, you must let go of another. The displacement of tribals for the sake of

building dams, or burning fossil fuels for economic growth while harming the earth are cases in point.

Lastly, a theory, at least ethically better than these states that, benefits of growth might be enjoyed by the richest first but they do tend to trickle down. For example, benefits of Green Revolution were enjoyed by the rich the most but soon as a result of PDS - even the poor reaped them. But even this is not always true as the Green Revolution also increased inequalities between the big and small farmers.

It is not difficult to see that there are some inherent flaws and moral issues with these viewpoints and theories.

THE CAUSE OF INEQUALITY

While it can be argued that survival of the fittest, individual differences, compromises, etc. are factors leading to inequalities, other causes come to play too.

There exists differential access to resources across the world. For example, concentration of oil in West Asia, skilled labour in Japan, hard power in USA, etc. However, even this is not sufficient to answer - what is THE CAUSE of inequalities.

The answer is greed. Mahatma Gandhi almost a century ago argued, "There is enough for every man's need, but not enough for even a single man's greed".

Therefore, it is human greed which led him to amass wealth, power and influence for oneself and one's

group.

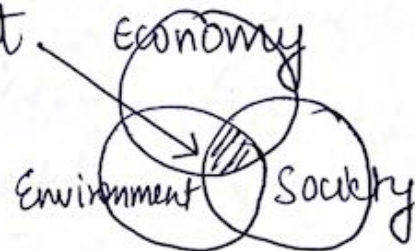
It is this greed which led to a focus
on idea of growth. Growth is a
positive but quantitative concept.

It only looks at advancements of
economy and fails to take into
account the society and environment.

Hence, the need is to look at

sustainable development.

if one aims to
reduce inequalities.



INEQUALITY IS NOT INEVITABLE

If the triple bottom line of People,
Planet and Profits is followed -

one can achieve development,
that too positive. It would
encompass improvements in quality
of life, reduced inequalities,
economic growth and environmental
conservation.

For example, renewable energy like solar energy - can improve employment, not displace people, protect environment by reduced pollutions, and achieve sustainable development.

The interventions however need to be multi-level.

At the International or Global level, collaborations and partnerships are the need of the hour. For the same in 2015, 17 Sustainable Development Goals were devised. Goal 10 in fact talks about reduced inequalities.

Also surplus countries can help out the deficit ones. For example, India sending vaccines to GAVI, LDCs and UDCs, during COVID pandemic.

Furthermore, comes the role of the State at the National level. Here governments must fulfill their

mandates. In the case of India, the Preamble mentions that the country is socialist in nature.

Fundamental Rights also talk about some basic prerequisites that can give people equal opportunities and bring them at an equal footing.

Article 14, 15, 16, 17, 18 aim at equality. Art 23 and 24 prevent exploitation, etc.

The Indian Constitution also lays down some duties of the state called Directive Principles of State Policy (DPSP) - Art 38, 39, 41, etc. all call for a welfare state.

Governmental schemes like PDS, MGNREGA, PMAY, Betw Bachao Betw Padhao, Skill India, Digital India, all in some way or another help reduce inequalities.

Next comes the role of the corporates, they must follow all the laws, ensure

fair wages, contribute to corporate social Responsibility (CSR), etc.

Further Environmental, Social, Governance (ESG) reforms and best practices also need to be emulated by them.

Civil Society Organisations (CSOs) and NGOs also aim at growth and development. By following their mandate, helping the vulnerable, bridging gap between government & citizens - they ensure reduction in inequalities.

Lastly, the individual comes to play. One must follow the duties like those in Art 51A. While one can not help everyone, everyone can help someone and this principle must be followed. One can also rely upon Gandhi ji's talisman - on how our behaviour can help the poorest.

combined efforts at all levels at
are bottom up and participatory
can help reduce inequalities
across the world.

So to answer whether
inequalities are an inevitable
outcome of growth or not - it is
a clear and strong NO. The truth
is inequality is an inevitable
outcome of human greed. The
only way to tackle this is via
sustained and concerted efforts at
all levels and dimensions, coupled
with value education and moral
upliftment.

