



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 सलग 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. : 1091495

अभ्यर्थी का नाम/Name of Student : DEEPTI ROHILLA

माध्यम: हिंदी/अंग्रेजी
Medium: Hindi/English

ENGLISH

तारीख
Date

25.08.23

**निबंध
ESSAY**

केंद्र
Centre

GURUGRAM

निरीक्षक के हस्ताक्षर
Invigilator's Signature

महत्वपूर्ण अनुदेश		Important Instructions
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।		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.
1	(क) अपना पंजीकरण सं. एवं अन्य विवरण केवल प्रश्न-सह-उत्तर पुस्तिका (क्यू.सी.ए.) में उम्मीदवार के लिए निर्धारित स्थान पर ही लिखें। (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।	(a) Write your Registration Number and other details only in the space provided in the Question-Cum-Answer (QCA) Booklet for candidates. (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
2	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 सम्बन्ध न हो।	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.
3	परीक्षक को प्रत्यक्ष/अप्रत्यक्ष रूप से कोई भी प्रार्थना/धमकी भरी बातें न लिखें।	Do not make any direct/indirect appeal/threat to the examiner.
4	उत्तर अस्पष्ट अथवा गंदी लिखावट में न लिखें। इस प्रकार के उत्तर का मूल्यांकन नहीं भी किया जा सकता है।	Do not write answers in bad/illegible handwriting. Such answers may not be evaluated.
5	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।	Write answers in ink only. Do not use pencil for writing the answers. However, pencil may be used for drawing diagrams, sketches, etc.
6	प्रवेश पत्र में उल्लेख किए गए माध्यम के अलावा अन्य किसी माध्यम में उत्तर न लिखें। अधिकृत और अनाधिकृत की मिली जुली भाषा का भी उपयोग न करें।	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.
7	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।	Write answer at the specific space (right below the question) only. Answers written elsewhere at unspecified places in the booklet shall not be evaluated.
8	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।	If you wish to cancel any work, draw your pen through it and write “Cancelled” across it, otherwise it may be valued.



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निबंध

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टेस्ट कोड : 2488

अधिकतम अंक: 250

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 मुख्यपृष्ठ 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.

Word 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 हो :

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 वयस्क 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 लहूलुहान 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 द्वाया दिखाई नहीं देगी।

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

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

खण्ड – A / SECTION – A

1. टूटे हुए वयस्क की मरम्मत करने की तुलना में मजबूत बच्चों का निर्माण करना आसान है।
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A mind all logic is like a
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"Now, I must become the death,
the destroyer of the world"

These nerve-wrenching phrases were
called upon in front of the world by the
infamous nuclear and atomic expert in the
world — Oppenheimer. The man who lead
the Manhattan Project for nuclear and atomic

Technology development in the United States of America. He used all the scientific logic, from the atomic chemistry to geological sources, from the disastrous mushroom cloud to the impact on the Japanese cities. The U.S hegemony over entire world is the secret of excessve intelligent quotient shown by this man. But, what for?

Oppenheimer later regretted this discovery and famously acclaimed, "I have blood on my hands". The bombing of Hiroshima and Nagasaki brought spine-chilling ravages, trials and tribulations to the entire world. Oppenheimer used all logic, rationality and scientism to discover the marvelous technology. But, Albert Einstein criticised it saying a mouse should never create a mousetrap for themselves.

What does this incident signify? It highlights that with all the logic, skills and intellect the action without utilitarian good is bound to bring catastrophe. Now, let us recall our timeclock to analyse and take this endeavour to understand why all logic is fruitless afterall.

A look into past.

Our first stop in the time machine is somewhere near Kalinga where the famous battle is fought with vigour and valour by Ashoka, the great. Was he really great? After killing thousands with his war tactics, muscular strength and strategic thinking, what did he gain? The crying of small children, million widows and hopeless parents cursing him for death of their father, husband and son. Later, he regretted the decision,

filled with guilt and reverse he
made his own mind become his enemy.
It is due to lack of emotional intelligence
and understanding about others perspective.
Swami Vivekananda gave the call
for "Janideva narayan" and give us shiva
call for always lighting up the humane
and emotional side of a man.

Now, a question arises that the over
obsession with rational thinking has
roots in the upbringing or experiences
that shape an individual. Quite simply,
it is the incentive system that
fuels the orientation of mind. From
the current times of hyper-competitiveness,
and need to be at top of ladder of
material success, somewhere the need
to do good is forgotten. Take the case of
Indian students suicide. As per the
NCRB report, India reported 35 students
suicide in a day! But, one must ask
why? The reason lies in the societal

metric of measuring success of an individual based on marksheet. The objective criteria without personalised evaluation of one's strengths and weakness. Is it not unfair to judge a fish and a bird on same metric of swimming? logically, the objective criteria bring simplity in judgement and tends to bring clarity in assessment. Take the case of Europe for example. The Bismarck's 'policy of blood and iron' was result of logical analysis of cost and benefit based on objective yardsticks that favoured Germany's geopolitical clout. But, for how long?

These logic assertions are devoid of long term assessment of humanitarian good. Also, logic tends to justify the end irrespective of the means adopted. As a consequence, more sins are committed which are explained by Gandhian 7sins theory. It includes various

dimensions- from science without humanity to commerce without morality. These sins are result of lack of understanding that we are ones from the same hive. The idea of "Tat Tvam Asi" (I am that) focuses on realising this inter-connectedness and shared harmony in goodwill of all. But, why then logic is all pervasive? We should question the very basis of logical foundations. Are they reflective of reality?

Let us take the example of social logic in Indian society that favours caste endogamy and gotra exogamy in marital relations. Who made these logics? They are bound by upper caste patriarchal men for power dynamics and hegemony. Well, in reality these logics used have lead to loss of the "real meaning" of love and companionship. Those who uses these logics commit not just moral sins but crime as well.

In Haryana, theinous killing of Manej and Babli is a classical case of the destruction brought to individual rights and social justice for adhering to the so-called moral logic by the Khap Panchayats. Where is the "individual rights" and the universal law of unity?

It lies somewhere in the corner overshadowed by the logical mind. Often, the past experiences have influence on present thinking that dilutes the ethical mind. In the current era of anthropocene, the rising exploitation of natural resources is being justified for the economic growth. It is because in the past, the harm from exploitation is less than the benefits. But, one must understand that change is the only constant and climate change is surely a reality. It is not just constant but change its intensity and frequency as per IPCC Reports. This lack of understanding is visible even at the psychological level.

For example, the risk taking abilities of entrepreneurs that fuel the startups and innovation offers another perspective. Who would want to reject the 2 crore placement offer for working on a startup that gives less or no returns? Isn't this illogical? Well, if all logic is applied then the uncertainty of the return seems foolish. But, what about the 'purpose' of working if it's not for common wellbeing? This is the story of Falguni Nayar, the startup founder of Nykaa who entered her field at the age of 40 years with no experience and expertise in this field. She rejected the logic of economics and uphelded the principle of will, determination and perseverance for the common good.

Similarly, at the international level the case finds its relevance. The current Russia-Ukraine war is perfect example of destruction caused by the NATO alliance and Russian conflict.

It has surely made the Russian hands bleed with rise in economic sanctions, geopolitical instability and the lack of humanitarian ethics. Not just Russia, the blood of destruction is even seen by the crisis- 3F (food + fuel + fertiliser) conundrum . Thus, a mind all logic brings destruction not just to the one who sharpens the blade of knife, Russia in this case but all those who uses it.

On the other hand, we must analyse the scope and prospects of being rational and logical. In the current post-truth era where emotional manipulations are prevalent via practices like "gaslighting" being logical and objective has its merits. Data led policymaking is testament to the fact that objective decision making is crucial for averting crisis. The role of Pragyा Setu, COWIN app and big data analytics helped India avert the catastrophe.

At the same time, being logical and argumentative on sound grounds can propel social change. The current debate in the Supreme Court of India about criminalising marital rape or decriminalising same sex marriage rests on sound constitutional ethics of Right to equality and human dignity (Article 14 and 21). It is not determined by the regressive social conformity or predetermined religious notions on gender and sexuality.

In the same manner, logical assessment helps in calming and controlling the "monkey mind". Objective thinking helps in living in the present moment. It frees us from negative visualisation or positive anticipation of future. It brings clarity in thought and action. The legendary shooter Karoly Takacs is a living testament to the fact that real assessment of one's strength and weakness can bring hope, urgency in action.

and thus increasing one's productivity.
Now, after analysing the various facets of logical mind let us understand the path forward, is it all logic?

Sangam of 'logic' and 'emotions'

Knowledge is the powerful weapon to change the world. But, it is the usage that determines its result. Nuclear technology can be used for energy generation as in France. On the contrary, it can be used to make bombs as well. What distinguishes the bomb and the energy plant is the purpose, the 'why' of any action is more crucial than 'how' (logic).

It all boils down to the values and principles, with which one lives life and faces ethical dilemma. It is rightly said that = A child is father of a man". So, the first step is value inculcation at the parental, family and

school level to imbibe the values like compassion, integrity, teamspirit. A carrot and stick policy can use to create behavioural change among individuals.

We must take inspiration from the lives of great men and women who used the power of logic for utilitarian good. From Abdul Kalam to Meghnad Saha the inspirational stories are many. But, the question lies in taking a 'choice'. Will you take the choice of all logic being or a human being? Let us join hands for being ethical, knowledgeable and helpful to others. We certainly do not want the guilt of wrong action that Oppenheimer had. Do we?

खण्ड - B / SECTION - B

5. बुद्धिमान व्यक्ति तुरंत वही करता है जो मूर्ख अंततः करता है।
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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.
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Keep your face to the sunshine and you cannot see a shadow.

*Keep your face to the sunshine
and you cannot see a shadow*

"We are on the moon"

The story of India's Chandrayaan-3 from Chanda mama desire to chanda mama
journey is historic feat to be achieved.
India became the first country to successfully land on the South Pole and the 4th country to do soft landing on the moon's surface. But, this historic achievement is not an overtime overnight success. It is result of hardwork of our

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ISRO scientists and their courage despite seeing failure in the initial attempt. From tears of failure to tears of joy, the journey teaches us the rule of always keeping the face to the sunshine. It is a reminder to be positive and optimistic about the future so that we do not see the shadow of failure, remorse and dejection.

In this essay, we will explore and take the endeavour to retrospect the rule of being positive, hopeful and joyous. We will understand the importance of shadows in our lives. We will also question the realm of toxic positivity. Finally, we will analyse the future learning for us amidst the crisis and catastrophe.

Time for a flashback.

In the past, humanity has seen the ravages of two world wars, the mass extinctions, the nuclear bombings and yet we are today alive marching

forward towards the future with collective harmony and taking the spirit of one family, one world, one future.

Despite all the negative past experiences, humanity today is showing sign of solidarity by being optimistic of a better future. From technological advancements like in artificial intelligence to vision of global commons and its protection, hope and optimism is giving us reason to live amidst the shadows of past. Thus, it prevents emotional hijacking of brain with negative visualisation of the future and bring mental clarity and patience.

Take the case of J. K. Rowling who was rejected from nearly all major media publishing houses for Harry Potter, but she did not let it stop her. She shown 'courage'. We must understand that courage is not absence of fear of shadow but perseverance in the face of fear. Apart from individual mental

well-being, it has advantages for the human relationships as well. Being positive brings understanding in our relationship with family and friends. Happy wife, happy life" is the mantra for many of us. Even the fewed study have shown the role of social connections and bonding in maintaining peace, stability and bringing prosperity. It can be seen in the case of countries like Japan and Israel who have been destroyed in the past. But today stands ahead in economic growth. How did they achieve the success?

Quite simply, the answer lies in hope, hope for a better future, for a prosperous future for all. It brings us to follow our 'doctrine of dharma' our duty and brings courage to face the obstacles. In the dharma yuddha of Mahabharat, Arjuna is in ethical dilemma of facing a large, humongous and powerful army on the side of

Suryedhan and begins to see the 'shadow' of the warfare. The guiding light was provided by Lord Krishna with the call for duty and keeping the purpose of war above the narrow divides of self doubt and uncertainty.

Similarly, keeping one's face to sunshine brings warmth to one's hardships and pain. Franz Kafka talked about metamorphosed pain or the moral compass to lead one's life. = Everything you love will be lost but love will come back to you in another form. It gives one's assurance that sooner or later the fruits of one's hardwork despite trials and tribulations will reap its due share in the course of time.

Therefore, it channels our creative energy towards long term gain despite short term pain. For example, the budding cricketer - Yashasvi Jaiswal have

shown his mettle on the cricket field that if one persevere towards one's goal the shadows of bad luck, poverty or other life can be transformed. From seeing panipuri to smashing sixes on field, this journey is an inspiration for all of us. But, why the shadow is not desirable?

Well, the shadow tends to overpower our rational thinking and brings paralysis in action. It can make us fearful about the hyper-competitive world and thus we tend to question one's abilities. The classic example of Dr-BR Ambedkar shows that if one keeps face to sunshine - to education, to social justice, to human dignity, to equality and despite these poverty, discrimination, he wrote the longest, historic Constitution of India. But, what will happen if we let shadow overpowers us?

The rising case of hate speech and
mob lynching from Manipur to Mevat
shows the role of shadows of
divide. If we do not keep our face
towards sunshine of common brotherhood
and scientific temper, the vacuum
will be filled with fear psychosis,
taboo labelling and crimes.

In the case of global economy too,
this similar argument stands
valid. Amidst the polycrisis and headwinds
of weaponisation, trade politics etc. Indian
economy is the "Fighting dog" as per
the IMF (International Monetary Fund)
report. India will contribute 15% to
global growth in 2023. It gives
investors hope of better economic
prospects in the country with 68%
working age population with youthful,
creative energy. Thus, it is crucial
for India to keep head towards
sunshine of Amit Kaal and remove the
shadows of colonial mindset behind.

But, the path to success will not be easy right? There will be shadows of all sorts from conflicts to climate change. What will propel us forward is the idea that failures are stepping stone for success.

Now, a question arises that isn't the idea of always looking at the greener side of grass a very deprecating idea. Let us now introspect the facets of toxic positivity and the utility of shadows in our lives.

Glass is half full or half empty?

The contrary case of being over optimistic and excessive hopeful is a flawed argument. Gautam Buddha acclaimed that 'reality is in flux', and life is about ups and downs, ebbs and flows, pain and pleasure, failure and success. One must not be over-excited about reaching the top of a mountain. - The top of mountain is

Valley for another mountain which is higher! One tends to disregard the pitfalls and shortcomings if one becomes over-optimistic. The key lies in the acknowledgement of the shadows - terrorism, climate change, debt crisis among others. The call for climate urgency by Greta Thunberg's remark - "How dare you!" shows that we must introspect our present actions and deliberate if there are any shortcomings.

It is crucial as the "compounding effect" on future generations will be much larger.

At the same time, reflecting of one's shadow based on problems and prospects is crucial for enlightening the inner conscience. "It is not the murder of 16 years old in day light that is gruesome but the people watching and standing by!"

These are the remarks of women that

faces the negative repercussions of bystanders apathy in daily life. It makes us question our own self and the all your ethical actions thereby controlling the range of emotions.

- = Kyun itna mustafa raho ho, kya gam
Thahi jo chippa raho ho". This dialogue rightly captures the sentiment that being over-joyous, neglecting hardships is result of underlying fear and anger that needs shielding by being textically peritive.

In reality, the glass is neither full nor empty but it depends on the lens of viewer. we analyse the world based on our experiences and moral judgement. we can associate hope with spring and despair with winter or see the phenomena as it is. The answer lies in "balance" of being happy on any success and introspecting on causes of failure / shadow. Shadow should not be seen in bad light. It is

a careful reminder for changing one's strategy. Take the case of Ruth Bader Ginsburg, the US women-rights lawyer who used the shadows of patriarchy and discrimination for bringing and fueling the light of gender equitable society. But, how did she achieve the marvellous feat? What can we learn from her story?

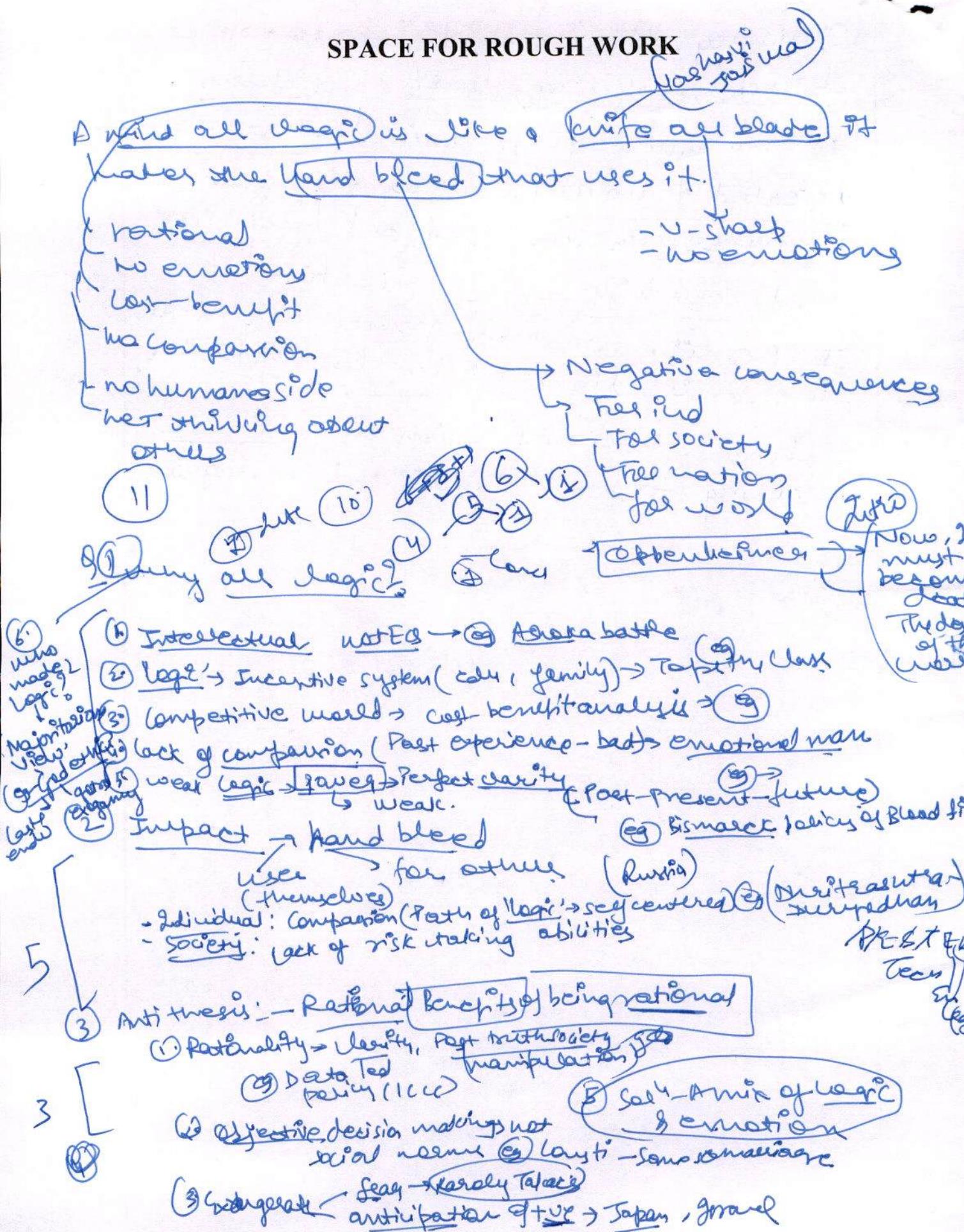
The way forward for us lies in having positive affirmations either via self talk or with positive companions around.

It is crucial for analysing one's unique abilities and gain constructive criticism of the shadows. Another pointer for us is tackling our adversity patiently so that we do not fall into uncontrollable abyss of self doubt. David Goggins, the U.S. athlete calls for

taking fuel from one's shadows of pain and prepell forward like a spring with more kinetic energy when pushed.

Obviously there are bound to be obstacles, suffering, doubts but 'change' is brought by optimistic leaders not dejected followers. Let us all become pioneers in our field and keep our head held high as the scientists of ISRO did. We must remember that there is light at the end of tunnel. But, the crucial question is are you willing to be optimistic and courageous?

SPACE FOR ROUGH WORK



SPACE FOR ROUGH WORK

- (S4)
- Ethical value education (A child is born & man)
 - Value companion, bridging → incentive system
of family → career & job policy
 - Depends on us.

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

- helplessness
- failure
JK Rowling

- positivity
- hope

- courage
- perseverance
- hardwork

Conscious
(CB)
We are on the
mean
journey

- Q6 Why keep face to sunshine (Past)
- positive → mental health future → short term, long term gain
 - Relationship
 - hope, what with (source of shadows)
 - Metamorphosed pain (Kafka)
 - failures are stepping stone (not rejected)

Michael Phelps,
Gautam Buddha.

Being inspiration.
Gauri Singh.

- Q2 Why shadow is bad? (Past life)
- Rejected → Past → Conscious makers (tribedhary)
 - Ego → fraction/paralysis (
 - self doubt
 - Anger, hate, violence, straight eyes

Gautam Buddha → death's
reality is in your
consciousness (Buddha)
about suffering

- Q3 But
- Reflect on the shadows
 - below are the shadows
 - Bystanders, Apathy, Murder
 - To improve, critical analysis
 - To learn from them

= Kya itna muskarai dete ho
kya gan hai jo

holy deep
fear
& guilt

- Q4 may forward → nothing is shadow or reality
(half empty, half full)

SPACE FOR ROUGH WORK

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