

VAJIRAM & RAVI

ESSAY PROGRAMME

Test - 2

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UPSE CSE 2025

AIR - 446

Overall Performance

Essay 1

Essay 2

Evaluator Code and Signature:

Essay 1:					
	Parameters	Below Average	Average	Good	Excellent
Introduction	Context building; Thesis Statement; Scope				
Body	Presentation (Handwriting etc)				
	Macro Dimensions				
	Micro Dimensions - Arguments				
	Supporting examples/facts				
	Objectivity				
	Content Relevance				
	Continuity/flow in writing				
Conclusion	Overall Summary; Vision; Tone etc				

Essay 2:					
	Parameters	Below Average	Average	Good	Excellent
Introduction	Context building; Thesis Statement; Scope				
Body	Presentation (Handwriting etc)				
	Macro Dimensions				
	Micro Dimensions - Arguments				
	Supporting examples/facts				
	Objectivity				
	Content Relevance				
	Continuity/flow in writing				
Conclusion	Overall Summary; Vision; Tone etc				

Evaluator/Reviewer Suggestions











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इस भाग में
कुछ ना लिखें
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in this part)

"The mind is everything; what you think you become"

It is a story of a child who was very compassionate to living beings and empathetic to nature around.

One day, his friends motivated him to eat non-vegetarian food, he ate in order to become stronger physically. But, that night he did not sleep.

He repented because he did something that was contrary to his thoughts. He vowed to remain steadfast to what he valued.

In his later life, he became vegan. Once, he was ill and became weak, his doctor motivated him to take milk or eggs.

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He denied. He recovered, on his own by taking vegan food, and set an moral example. He was no other than our father of nation, Mahatma Gandhi. He described this incident in his book, "My Experiment with Truth".

His life shows the continuity of what we think, we become, hence the mind is everything.

In this essay, we will explore the overarching role of mind. Why are the character and actions shaped by mind? ~~Is~~ there anything else other than mind which decide what you will become? Do we possess any agency to control the mind? Let us explore.

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(Question No.)

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Firstly, the question arises, why, mind is everything to us? It is because it is the mind which is storing house, processing house and house of decision making for humans. It consists of neurons which interlink each other to store, recall and select the information.

This information is the reaction that we give to certain actions. When we see road accident, we immediately run to save the lives.

This comes from the values that are stored in our mind.

Also, our response that is deliberate and thoughtful, comes from the rationality of the mind.

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However, a large part of our mind is not in our control. It is called as subconscious. But, it is prominent in deciding most of our reactions and actions. In a way, it decides our character.

Our character of equality is shaped by the mind what we think, we become. If we think equality of human beings, dignity of each individual and autonomy of every person, the society can never become patriarchal. But, it is the bias and prejudices of thoughts that consider women as inferior physically or mentally, that shapes actions. These actions manifest themselves as honor killing, and sexual violence.

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So, thinking is shaping the character. It reinforces the subconscious or hidden beliefs. For instance, Thomas Edison believed in trial and error based discovery. Thereby, he was living idol of perseverance and resilience. One day, his lab was burnt to ashes. He replied, "all the failures are burnt, there will be a fresh start."

Having said that, thinking challenges the circumstances around you. It casts a diamond out of the coal inside and around you. For say, Nelson Mandela lived for twenty seven years in prison, all of this time, he thought to build a peaceful Africa. After his release, he did not take revenge, rather he made Truth and Reconciliation Commission.

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Further, thoughts motivates us to take actions in certain direction. In 1930s, the world was suffering from "The Great Depression". It is the Keynes who thought to change the present economic model to boost economy. He proposed demand based approach over supply based intervention. His 'pump-priming' methods helped the world to recover.

Moreover, thoughts decide what other steps you will take. These other manifestations show what you become. For example, Raja Rammohan Roy thought to make society equal and free of superstition. He read western philosophers and Indian tradition. His thoughts took the form of action, that led to abolition of sati practise.

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Though, sometimes individuals think that their own thinking will not suffice. Hence, they start to follow herd mentality. They align themselves to thoughts of others. Rising cases of drugs is a clear example of this. Peer pressure and lack of individual resolve make people fall into the meance of drugs.

However, if the individuals understand the power of their thoughts, that will make them reasons of reformations. Anna Hazare led "India Against Corruption" movement exemplifies this. He showcased that how a person's casted stone can create ripples in the water. These ripples inspire the generations further.

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But, there is a caution. If the thoughts are negative, it makes the character destructive. Then, one can be danger for the whole humanity. The case of Hitler highlights this. He believed in superiority of Aryan race over the Jews. His quest for power and such degrading thoughts led to violations of human rights and events like 'Holocaust'.

In contrast to this, there is an example of Ashoka which posits that thoughts can change over the time, hence the character of a person. Once the ruthless winning machine, Ashoka changed after winning Kalinga war and adopted the path of dharma. His change is celebrated even today.

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These all incidents power of thoughts. But thoughts are not solely creations of a person. They are shaped by the surrounding, a person lives in. In her book "The Second Sex", Simone De Beauvoir explains, "One is not born women, she becomes one". She highlighted the role of cultural conditioning like notion of purity, and restriction on freedom that shape the identity of women.

Also, there are social institutions that limits and shapes the thought. For instance, Buddhist religious ethics want a person to practise right thoughts, right livelihood and right action. In the same way, Hinduism prescribes "Nishkama Karma" to fulfill one's duty that is righteous work.

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Additionally, the exposure to objects and events decide both thinking and the person you become. Role of books, music and movies cannot be negated in this. For instance, movie like Taare Zamini Per formed sensitivity towards dyslexic people. It made society more empathetic to the chronic conditions that people were unaware of.

Today, the world is grappling with such chronic conditions that need sensitivity of thoughts.

The ongoing wars between Russia and Ukraine, or the Israel's war on Gaza show lack of coherency in thoughts of opposite sides. Rivalrous thoughts are fueling these wars.

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Also, the rise of artificial intelligence, that mimics the human mind, poses a challenge to human thoughts itself. It makes it easier to spread rumours, deep fake videos, hate speech that distort the human thought process.

What we need is the cultivation of right thoughts. The role of right actions become very much prominent to it. Strong institutions, such as judiciary, valuing justice over anything, can solve the challenge. Right thoughts will help the bureaucracy to deliver public services efficiently and effectively. It will help the legislators to frame the right laws that will lead to human progress.

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In the end, thoughts are very important to decide the fate of humanity. "As you sow, so shall you reap", if we sow thoughts of ecocentricism, we will reap a habitable living world.

To further it, childhood education must be ethically loaded, adult's surroundings must be teaching them good values and the elderly's experiences must be guiding the future generations to have right set of thoughts.

"If you can keep your head low when everyone around you is losing theirs"

(If)

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(Question No.)

Mind everything think become

What you think is - is - a

Our father of nation - compassion - think best being - milk, honey

Mind is everything

- > control controlling mind - activities
- > Mind comes out subconscious
- > Response - rationality
- > Large part is not in our control
- > Meditate self - brain develop

What, thinking - shape it

- > Info - store, ex shape
- > bias, perception

You + You b

can Reinforce subcons
sc - Altered

can counters ill cranst
mandala

Refer - translate action
motivates
keyens -

Other steps you take
R.R.R - lit, edu - law

Collective thin - Nation
Matter - creation
Mass - RTI

AI -
Mc 2 Historical data
newsp

think opposit - it - become next

oppress - I. death destroyer of u

Any party - nation -

Act around - Greed - Spont
fake - firing
vs Terdikun

Reasons - war

Other factors

external - socialize shapes you
Patriotism - S wayby
SDA - "S S" - W made
not born one.

Social position - Pel - thirsty - fight
Eth

Calvinism - where PE - dip
Wan

Exposure books - shapes
Hove

Taare Jan Pan - Dyska

What in - ind - stone you other
more.

You - inspire other

Contemp elites - decides
AZ
Wan
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Keep your head high, crown

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"The reasonable man adapts himself to the world; the unreasonable man persists in trying to adapt the world to himself. Therefore, all progress depends on unreasonable man."

"First they will laugh at you,
then they will mock you,
then they will fight with you,
At the end, they will accept the defeat
and they will revere you" (Proverb)

The quote exemplifies the story of Elon Musk, renowned scientist and a businessman. He left paypal to start a space company. People laughed at him. In his experiments, the three consistent launch failures made him crying. People made mockery of him.

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Loss of share values of his company brought people's wrath. But today, he is celebrated as the most successful and wealthy businessman. People even appreciate his new disruptive startups like Neuralink.

The Unreasonable man, Elon Musk persisted in his efforts, trying to adept the world to himself, not to adapt himself to the world. Today, his space company is leading astronauts, and satellites to space, providing internet to even the remotest location of the world. Therefore, all the progress depends on unreasonable man.

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The reasonable man is someone who limits himself to constraints of resources, society, and "chalta hai" attitude. Meanwhile, an unreasonable man goes beyond the limit, he is imaginative, gamechanger, and have "can do anything" attitude.

But, the question arises, why is it so that reasonable man adapts himself to society? Firstly, it is for the survival itself. We see the people going for routine work called "9-to-5" jobs even when it disinterests them. It is for the livelihood, it is for the basic need fulfillment.

Also, reasonable mind weighs the ends to decide the path. Thereby, people choose money over satisfaction in their worklife.

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Further, reasonable man avoids the pain that comes from challenging the unjust or situation of pressure.

We see the executives working under authoritarian regime do not think about denying the unethical orders. Hence, they adapt to the society.

Moreover, a reasonable man has excuses to hold status quo. He blames circumstances around him. Western countries put forward argument of economic growth over resolution of climate change. They gave excuses of improving living conditions of their population, denying the fact that very climate disaster can disrupt the living conditions.

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It suggests that reasonable man lacks imagination of better future. just opposite to unreasonable man.

The unreasonable man goes beyond reasoning. He believes the power of imagination and the limits of mind to reason. Dashrath Manjhi is a prime example of it. Had he reasoned about making a route by himself out of a mountain, he would have never achieved that. But his imagination to do justice to people like her wife made him do so.

Unreasonable man goes beyond doubting himself and focuses more on the task. For example, Sachin Tendulkar, God of cricket, believed in practise despite coming from humble background. It led him to achieve great success.

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Also, unreasonable men believe in small steps and celebrate small successes. These small steps result into grand breakthroughs that the world celebrates. In Indian history, moderates or intellectuals spread political awareness set a stepping stone. That was later utilized by mass revolutionaries to build fortress of freedom. These moderates believed in small steps towards freedom.

These unreasonable men set a benchmark for others to follow. They persist in their efforts. Socrates is a legendary example to it. His advocacy of truth and reasoning led to conditions of death. His followers asked him to escape by hidden route. He refused. He happily drank 'Hemlock', the poison. He exemplified that he adapted the world to himself.

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However, it is not always the case that unreasonable man will succeed in his efforts. The case of Mahshi Amini in Iran's protest proves this. Her advocacy to freedom of women is brought her the death. But, the adoption of the right path itself is a act of bravery that put such people on higher pedestal.

Such people build sparks in which the reasonable people find their meaning. When Lala Lajpat Rai got lathi-charged by British, it led to widespread inclusion of students, teachers, workers and women. This strength was visible in the civil disobedience movement of India.

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However, reasonable man must not be reduced to passive actors.

They bring discourse to the society.

They create underground fire to the upcoming revolutionary storm.

For years, scientists work in hidden laboratories, working in silence. They build the tools that save humanity.

It can be seen by creation of vaccines of malaria and COVID-19.

Also the duality of ^{being} reasonable and unreasonable exist within the same person. It is contextual. A

person can be reasonable in one context, unreasonable in another. In

case of Robert Oppenheimer, he created atomic bomb through his ~~un~~imaginative unreasonable attitude, but he regretted after bombings were made ^{on} Japan. He

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never imagined this scenario. His reasonable behaviour made him to say, "Now, I am becoming death... the destroyer of the world."

Having argued that the world needs synthesis of both. The world needs imaginative, creative minds who can do out of the box thinking, also who can remain within the limits of ethicality.

It is because, even unreasonable man will not survive alone.

There is a chance of being directionless while being unreasonable. The cases of collusive and coercive corruption is bureaucracy posits it well. By being unreasonable one can move to fulfill egoistic and sensory pleasure, as what rapists do.

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So, the world needs equilibrium between the both. Buddha's middle path or Aristotle's Golden mean is very much helpful to maintain balance. Like an individual must pursue ethical egoism where his actions must benefit society. Ratan Tata is celebrated for pursuing middle path of ethical capitalism. Also, world needs disruptors. McKinsey reported that Artificial Intelligence will take up more than 60% jobs and only 48% new jobs will be created. In such scenario, we have to adapt to this reality along with it we have to mould the reality according to us. To do so, we need ethical algorithms, transparency, accountability and more important is

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the gradual transition to adapt to new reality.

The same goes with the issue of climate change. Rising sea level, melting glaciers, and increasing average temperature is the reality that we need to adapt to. But, we need world to adapt to our terms of limiting greenhouse gas emissions, ozone layer depletion and air pollution.

All of this needs a critical mind who can reason as well as think beyond just reasoning. We need poets, scientists, authors, professors, students, leaders and business persons who can collaborate and find solutions to world problems.

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In the end, what does matter is the progress of humans. We need a just, inclusive and growth oriented society.

It can only be achieved by the synthesis of reasonable people and unreasonable people.

The world is witnessing Industrial Revolution 4.0 along with challenges of poverty and hunger. We need to lead the both. We need to lead the world to progress. Hence, we should strive!

"Asto ma Sadgamaya
Tanso ma Jotigamaya
Mrityorma Amritganay."

lead us from darkness to light.