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ADVANCED INTEGRATED MENTORSHIP

ESSAY ASSESSMENT TEST-1

(To be filled by candidate)

Test Code : TC304

Name of Candidate : ABHISHEK SINGH

NEXT IAS Roll No. : AIM24GCL1035 **Date of Examination :** 15th -07-2023

Exam Centre : Old Rajinder Nagar Bhopal Online

GENERAL INSTRUCTIONS

This question-cum-Answer (QCA) Booklet contains 16 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.

Two blank pages (Page Nos. 15-16) have been provided for rough work.

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SUBJECT/PAPER

ESSAY

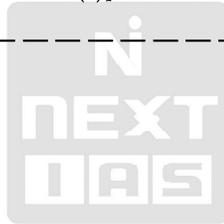
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Essay Question Number	Total marks

COMMENTS



Essay | Test-1

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Middle path is the only road to Harmonious living.

James clear in his book "Atomic habits" talks extensively about how to build a new habit or how to leave an old habit. He specifically emphasizes to ~~not~~ not set too unachievable ambitious goals like our new years resolution nor set too low goals to render it ineffective. His central idea is to find a Goldilock zone, a middle path to truly achieve our goals, to take a balanced approach for happy life.

Through out history many scholars have talked about taking a middle path. Aristotles Golden mean and Buddha's middle path are prime examples. This begs some very important questions, like what is so special about it?, where

Can we see its application and Impact in our daily lives? and finally How can it be incorporated in one's life?

In this essay we are going to explore above questions in the Context of various walks of life like at Individual, family, society, National and International level.

At individual level, we humans have many virtues and vices interplaying their roles inside us. One with the vice of Extreme anger can cause more harm to oneself than to others. On the other hand one with vice like Extreme Compassion, honesty can be taken advantage of by evil elements. 'Bhagwad Gita' talks about "Sthitprajna" i.e. equanimity which refers to keep a balance between our virtues & vices and not get carried away by emotions. Keeping equanimity is key to true

happiness in one's personal lives. But what about professional life?

In our professional life, especially in current generation, we find a very disturbed routine. There are instances of overwork and Burnout at job and also instances of little idle at home and doing no meaningful work.

Exercising and taking care of health has taken a backsheet inviting lifestyle diseases like diabetes. The solution

to these problems is middle path and it can be learned from the life of Swami Vivekanand who despite having hectic schedule used to play sports routinely & kept a work-life balance

Similarly, let us analyze at ~~Society~~ the level of family.

Data from family Courts have shown a three fold increase in divorce rates across India. Husband and

wife have their own differences of ideas but they are not able to reach a middle ground about how to Coexist. Not only this child rearing practices in Indian families take extreme path. Either parents are too strict or too easy on their child. This makes a child less emotionally intelligent. Survey has shown that those families which are more consultative, open minded have survived for longer period by achieving a middle ground for their differences.

Not only families, but our Societies also suffer from extremes. Charles Dickens in his novel "The Tale of two cities" writes: "It was the best of the times, It was worst of the time, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was

the age of incredulity, it was the season of light it was the season of darkness, it was spring of hope & it was the winter of despair, we were all going to heaven & we were all going other way round"

The above lines talk about a time in society where extreme poverty coexisted with extreme vulgarity where few people in society have access to huge resources & where some don't have enough to eat.

This society is bound to be miserable and pathetic. Only a society where wealth is distributed among all and every voice is heard equally can a true happiness be achieved.

Happiness lies in living together by following a middle path and not by living apart through extremes.

Now let us talk about instances of middle path at Country level. 38th parallel was drawn between North and South Korea after Korean war. North Korea followed very restrictive policies, whole education system taught Jingoism, industries were highly regulated. on the other hand South Korea followed a liberal approach where modern education with values were given. Commerce was free to thrive. After decades passed we find one flourishing among best economies of world and another with widespread poverty and degeneration. The key to success of South Korea was Middle path.

In addition to above, Story of India is a case in point. During Independence India had the choice, of either becoming 'Marxist Socialist', Country where all means of production

would be controlled by government, or becoming 'Capitalist' Country where every thing is dominated by private sector. India adopted a Middle path of 'Democratic Socialism' where both public and private sector could co-exist. The result is that after 75th years of Independence, India is world's 5th largest economy.

Likewise, another innovation that India did was innovation in adopting ideas from Constitution of Countries around the world. For example India did not adopt strict federal polity model of America and neither did it adopt completely unitary features of British system. India adopted middle path of federal with unitary bias in which regional autonomy and National unity & integrity were

balanced. Today India is world's largest democracy & successfully moving towards becoming Vishvaguru. Now let us explore the scenario at Global level.

At Global level too, history has given enough lessons about dangers of taking extreme path. For instance, Nazism in Hitler's Germany and fascism in Italy, caused World war two which killed crores of people.

After the end of world war two, the world got divided into two block preaching extreme ideologies. A new Cold war started where each block tried to harm other in every possible way be it economically, politically, socially or strategically. It was the dark age for the world societies stagnated and millions

got killed. A third block also existed which remained Non aligned and followed a middle approach. Non aligned countries were able to peacefully grow, for example India's.

So far, we have seen what is special about Middle approach & how it has impacted various walks of our lives ranging from Individual to National to Global level. We also saw the negative impact of taking extreme path. But one question that remained unanswered is how to incorporate the attitude of middle path in our lives?
Let us explore.

It all starts with Introspection. 'knowing oneself' is the first step towards growth of any person. A world famous Buddhist Vipassana Meditation technique can be of great use here.

Vipassana means 'To see things as it is'. It teaches about how to observe one's thought process. seeing that our thoughts come and go like waves on the surface of Ocean. Hinging to one thought & getting carried away by it is not intelligence. Vipassana meditation teaches about bringing equanimity in one's life by constantly reminding one self that nothing is permanent in this world. Neither pleasure nor pain, neither richness nor poor, & all shall pass with time and only way forward is being equanimous.

Other suggestion can be to learn from the lives of those who have lived a balanced life for instance biography of Swami Vivekananda. Watching documentaries

and reading diverse set of books can open up our minds to think critically. It can help in adopting middle path through wisdom gained in the process.

Similar to above, a Case study of Okinaura town in Japan is of utmost value. In Okinaura town people never retire from work and even keep on working happily after 90 years of age. The reason for this is that they have found the purpose of their lives - "IKIGAI". A meaningful and purposeful life automatically gives us clarity & subsequent motivation to balance our life and follow middle path for true happiness.

Societies, Countries around world should focus on their Institutions. James Robinson in his book "Why Nations fail" have

Stressed on the need of having Strong social, economic and political Institutions driven by values of balanced nature. Countries should Introspect by including all Stakeholders in Nation building process.

In Conclusion, we can assert that middle path is the road to harmonious living and change. But this change of attitude will not happen overnight - James Clear in his book Atomic habits talks about "The Aggregation of Marginal gains". This marginal gains mean even consistent 1% improvement can bring a tremendous change over time, and it concurs with the famous saying that "Journey of thousand miles must begin with a single step".