

खण्ड-B / Section-B

- Q.5 International Trade is a good indicator of National Security.
अंतर्राष्ट्रीय व्यापार राष्ट्रीय सुरक्षा का एक अच्छा सूचक है।
- Q.6 It is not that we use technology, we live technology.
ऐसा नहीं है कि हम प्रौद्योगिकी का उपयोग करते हैं, हम प्रौद्योगिकी को जीते हैं।
- Q.7 There is more to life than simply increasing its speed.
जीवन में केवल अपनी गति बढ़ाने के अलावा और भी बहुत कुछ है।
- Q.8 Nature is neither a servant nor a master, but a necessary partner.
प्रकृति न तो सेवक है और न ही स्वामी, बल्कि एक आवश्यक सहभागी है।

THERE IS MORE TO LIFE THAN
SIMPLY INCREASING ITS SPEED

Intro - looks
basic / decent
beginning

In the twenty-first century, human beings today live a very fast-paced life. This is because we believe in making things happen instantaneously. We want to stay connected with people on Instagram, want insta jobs, insta wealth, insta marriage — all life events must happen with high speed.

However, there is more to life than simply increasing its speed. In this essay, we shall first explore how high speed thrills but kills. Next, we shall discuss the benefits of a slow life. Finally, we discuss about the optimum speed at which we should live our lives.

HIGH SPEED THRILLS BUT KILLS: - explain its meaning

In the modern era, life has become so fast that the youth today has no time to interact with their family members. We have become too preoccupied with gadgets and the Internet that we have forgotten to take care of the needs of our family members, community and the society.

Kills - word
is little
extreme

↓
explain
the meaning

of
the statement
to

contextually
more
relevant

Technology has considerably increased the speed of our thoughts. Instant messaging apps like Whatsapp enables people to express their thoughts instantly. People do not even think before sending messages. This increases quarrels and disputes, giving rise to a large number of divorces among married couples.

Our busy lives force us to consume fast food like pizza, burgers and ready-to-eat food items. Continuous consumption of such items adversely affect our health and lead to numerous lifestyle diseases like diabetes, hypertension.

People today want instant gratification. People generally want instant results without undergoing the process. In a bid to become wealthy instantly, a businessman may resort to cheating or a government official might accept a bribe to provide special favours to someone. It is a disgrace that people give up their values of honesty and integrity, just to increase the speed of gaining money.

In order to get a few likes and comments, people post their pictures on social media. The faster the likes and comments they get, the faster their happiness grows. However, ~~the~~ in order to increase the speed of their happiness, they start depending on external elements and fail to find happiness within. They fail to take a moment to appreciate nature and simply don't fully enjoy the moment.

- Give few facts too

Due to desire for instant results, people increase the speed of certain activities. For example, a person wishing to lose weight at a high speed, will do cardio everyday but there have been many cases where people die while running on treadmill due to cardiac arrest. Thus, excessively high speed for obtaining desired result, is not advisable.

eg.
Bariatric
surgery has
high
mortality
rate

Some people, who are over-enthusiastic ~~to~~ about building skills, attempt to finish online courses in a short span of time. They live in the fear of missing out. They fail to realize that 'Rome was not built in a day'. Thus, high speed does not always help, it only increases anxiety.

IMPORTANCE OF SLOWING DOWN:

Imagine an age where ~~the~~ technology had not become a part and parcel of our lives. People used to write letters which were slow-paced means of

Communication. Letters used to take a long time to get delivered. Due to lack of instant messaging apps like WhatsApp, people used to think and then write in the letters. Thus, communication was more thoughtful in the old times.

A person who refuses to flow with the high speed of life, tends to give more time to himself. He can reflect on his life, his strengths, weaknesses and make improvements to his life.

argument needs Substantiation

- He can pursue his hobbies and do what he likes. He can sing, dance or even write blogs. He can do what he enjoys. Thus, slowing down is important.

Stilling the diverse thoughts in our mind, is key to becoming aware of the present. When a person lives in the present, he can become more mindful and focus better on his tasks.

Meditation is the best way to still our thoughts and connect our soul to the divine reality. It helps to clear the past impressions on our mind and helps to refresh and recharge ourselves. Thus, meditation is one way through which we can decrease the speed of our life and attend to the real purpose of human life i.e. to connect with the divine.

However, slowing down does not imply that we renounce our material life and just sit and connect with nature and God.

We have to maintain balance and an optimum speed in life is necessary for that.

OPTIMUM SPEED:-

We are living in a competitive age. We have umpteen number of problems every now and then. The key to solving these problems is neither by

accelerating nor by staying at rest. We can solve our problems only if we pause and reflect rather than mindlessly committing the same mistake again and again.

Gandhiji never achieved independence for India in one day. Such things do not happen at high speeds.

Historical Non-Cooperation movement, his hopes were belied when Chauri Chaura incident happened and he had to suspend the movement. But he continued doing constructive work in the interim. Thus, 'struggle - Truce - struggle' was his strategy and thus, success can be achieved only if we work consistently for it, at an optimum speed. As it is said - 'slow and steady wins the race'

Good example

Excessive slow pace of things is also detrimental. Just imagine that if civil servants work at very slow speeds, it would lead to delays in approvals, red tapism and government inaction will lead to injustice to citizens. Thus, an optimal level of speed is necessary for thoughtful decision-making.

Introduction - basic (should be detailed) - should be captivating

However, one should not ignore one's health, family and happiness in order to fit into a fast-paced life.

Flow - decent
One should find out sufficient time to relax, rejuvenate and restart afresh. Patience and faith

Use of examples - more needed (bring some facts too)
on Almighty that things will happen at their own time, will help us to accept life as it comes. One step at a time will make our lives

Overall decent effort
simpler and meaningful and helps us to accept the fact that there is more to life than simply increasing its speed.

Conclusion is better - it needs to be more impactful - should be more detailed too - use of quotes, Essay closure needs work.

please do not write in this margin

50
125

Space for Rough Work

REASON HAS ALWAYS EXISTED, BUT NOT ALWAYS IN A REASONABLE FORM

① British colonising India → reason:- White Man's Burden
 reasonable → Dadabhai

→ Various events in History

② Asajana demanded reason
 (Why to fight war)
 Reason got clouded due to emotions

Reason for new religion
 ③ Buddhism
 Reason for all sorrow = Attachment

Reason for fighting elections (voting)
 Criminalisation (dosa) (do seva)
 Enjoy freebies Want real change

Women discrimination → Reason

④ R (Reason for NAM)
 Actual = strategic autonomy

⑤ Nuclear Tests
 ⑥ 1991 reforms
 ⑦ Demonetisation
 Fake Pak currency

⑧ Russia vs Ukraine (Abstain) → counter China
 ⑨ US → Squad

⑩ Covid
 How it originated

Vaccine
 → IP
 → Nationalism

⑪ Climate change & financing

⑫ Reason for failures
 → u need a teacher/friend
 → Introspect (instead of blaming)
 → Accept work to address team.
 → Overcome emotions while searching for reason
 → Think objectively
 → Come up with reasons in a reasonable form
 & will be like

Reason for speeding up vehicle

Terrorism, Cyber crime
 → Reason = Unemp.
 → projected as criminals.

Space for Rough Work

THERE IS MORE TO LIFE THAN SIMPLY INCREASING ITS SPEED :-

Present → fast-paced life
 → Insta life.
 → we don't think before we act.

