

NEXT IAS

ESSAY ESSENTIALS FOR CSE, 2026

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Essay Essentials

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Director's Message

Dear Aspirant,

Essay paper occupies a peculiar place in the UPSC Civil Services (Mains) Exam. This is the space where an aspirant's well-known understanding of various issues, conceptual clarity, critical thinking, writing skills, and organizational abilities are examined. To bridge the gap between what is needed and what is available, we are pleased to introduce our comprehensive essay handbook.

With a focus on improving knowledge base and understanding, the handbook provides aspirants with all the essential resources. It is equipped with fundamental concepts and detailed explanations of important topics relevant for the Essay paper. Theme-specific introductions, conclusions, examples and best practices are provided for all the major themes. These features help the aspirants to cover each topic in a comprehensive manner, enabling them to score high marks.

A key differentiator of the handbook is its particular emphasis on philosophical essays, which can be the game changers for the students. The handbook simplifies the process of brainstorming philosophical topics and generating mission-oriented essays. Each step of essay writing has been explained in detail with relevant examples.

Other distinguishing features of the book include relevant quotes and anecdotes on each topic. Anecdotes based on real life events, books and movies will help aspirants to write more creatively. Along with this, sample essays on each theme and many Previous Years' Questions have been provided, making it easy for students to produce an outstanding essay in the Mains exam.

The book also contains a section on Compulsory English language paper, which is relevant for both Civil Services and Indian Forest Services Examination. It contains solved Previous Year Questions of both the examinations. This section would help students in understanding the demand of the paper and score well in the exam.

We aim to help aspirants develop clarity of thought and expression by providing guidelines and examples.

At NEXT IAS, we have a proven track record of hitting direct questions from our test series. The exact same questions have been asked by UPSC in recent years. Our team is constantly updating the study material after extensive research to meet the evolving trends and demands of the exam.

We hope our study material will make your life easier and help you achieve your goals.

Best wishes!

B. Singh (Ex. IES)

CMD, NEXT IAS & MADE EASY Group

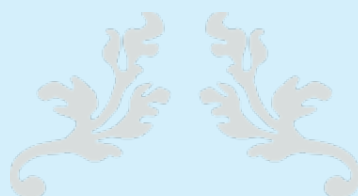


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UNIT I

GENERAL GUIDELINES AND VOCABULARY AIDS

A. GENERAL GUIDELINES AND VOCABULARY AIDS

General Guidelines

- **UPSC Essay Directives:** Candidates may be required to write essays on multiple topics. They will be expected to keep closely to the subject of the essay to arrange their ideas in orderly fashion, and to write concisely. Credit will be given for effective and exact expression
- **Understand the topic:** It is important to carefully read and understand the essay topic before beginning to write. Make sure you are clear on what is being asked of you and what your stance on the issue is.
- **Plan your essay:** Make a rough outline of the points you want to cover in your essay and arrange them as priorities. This will help you organize your thoughts and ensure that you cover all the important aspects of the topic.
- **Use simple language:** Avoid using complex language and jargon in your essay. Use simple and clear language that is easy to understand. The sentences should be small and simple.
- **Stick to the word limit:** The word limit for the UPSC essay is usually around 1000-1200 words. Make sure you stick to this limit and do not exceed it.
- **Use examples:** Use real-world examples to illustrate your points and make your essay more engaging. This will also demonstrate your understanding of the topic.
- **Keep the length of the paragraphs concise:** Do not stretch a paragraph for more than 10-15 lines. Keep them short and concise to keep the essay interesting.
- **Take a balanced approach:** Try to present a balanced view of the issue in your essay. Acknowledge both the positive and negative aspects of the topic and provide a thoughtful analysis.
- **Write a strong introduction and conclusion:** The introduction and conclusion are important parts of your essay. The introduction should grab the reader's attention and provide a clear thesis statement. The conclusion should summarize your main points and leave a lasting impression on the reader.

Introduction

- **Correctly interpret the topic.** Introduction must be directly related to the core subject of the essay.
- **Grab the reader's attention** - Begin your essay with a sentence or a statement that grabs the reader's attention and encourages them to read on. This could be a short anecdote, an interesting fact, or a relevant quote.
- **Provide context** - Provide some background information on the topic to help the reader understand the context of your essay. This could be a brief history of the issue, a definition of key terms, or an overview of the current situation, reveal paradoxes, connect philosophy with reality, establish the central theme. It must show what the essay is fundamentally about.

- **State your thesis** - Your thesis statement is the main argument or point that you will be making in your essay. It should be clear, concise, and focused. Make sure you state your thesis clearly in the introduction so that the reader knows what to expect from the rest of your essay.
- **Outline your main points** - Briefly outline the main points you will be discussing in your essay. This will give the reader an idea of what to expect and how the essay will be structured.
- **Use a logical structure** - indicate multidimensional possibility to show that the essay will not remain one-dimensional, your introduction should have a logical structure that flows smoothly from one sentence to the next. Use transitional phrases and sentences to connect your ideas and create a coherent argument.
- Create intellectual curiosity with thought provoking, analytical, elegant and reflective openings.
- **Keep it concise** - Introduction should be concise and have relevance to the topic. Also, the length can be approximately 1-2 paragraphs.

Body

- All paragraphs should closely connect to the topic.
- **Start with a strong topic sentence** - Each paragraph in your essay should start with a strong topic sentence that clearly states the main point or argument (dimension) you will be making in that paragraph.
- A mature essay explores multidimensional analysis
- **Provide evidence** - Use evidence to support your arguments and claims. This could be in the form of statistics, quotes, or examples from real life or literature.
- **Analyze the evidence** - Analyze the evidence and explain how it supports your argument. Discuss the implications of the evidence and how it relates to your thesis statement.
- **Use clear and concise language** - Make sure your writing is clear and concise. Avoid using jargon or complex language that could confuse the reader.
- **Use transitional phrases** - For logical flow and coherence, use transitional phrases to connect your ideas and create a logical flow between paragraphs. This will help the reader follow your argument and understand your main points. Essay should have transitions, thematic continuity, progressive expression and ideas.
- **Consider counterarguments** - Addressing counter arguments can make your main argument stronger. Consider the opposing views and address them in your essay. This will show that you have considered all aspects of the issue and are able to present a balanced view.
- Overall balanced arguments, despite writing counter arguments, the essay should avoid extreme optimism, extreme pessimism , and ideological rigidity.

Conclusion

- **Restate your thesis** - Begin your conclusion by restating your thesis statement. This reminds the reader of the main argument you have made in your essay.
- **Summarize your main points** - Summarize the main points you have made in your essay. This helps the reader to understand the key takeaways from your essay. End with an optimistic tone. Avoid cynical endings, hopelessness.
- **Provide a final thought** - End your conclusion with a final thought or reflection on the topic. This could be a call to action, a prediction, or a recommendation.

- **Avoid introducing new information** - Your conclusion should not introduce any new information that was not already discussed in the body of your essay. It should only summarize and reiterate the points you have already made. Further oriented visions. It should look forward.
- **Make a lasting impression** - Your conclusion should leave a lasting impression on the reader. It should be memorable and should give the reader something to think about.
- **Keep it concise** - Like the introduction, your conclusion should be concise and to the point. Avoid using unnecessary words or phrases.
- **End with a strong sentence** - End your conclusion with a strong sentence that leaves a lasting impression on the reader. This could be a powerful quote or a thought-provoking statement that give a sense of completion to the reader.
- Use more reflective language. Language in conclusion could be slightly philosophical, elegant, visionary.

B. DECODING THE DIMENSIONS

P	E	S	T	L	E
Political	Economical	Social	Technological	Legal	Environmental
Explore: - Government stability - Financial stimulus commitment - Pandemic strategic plan - Health service readiness - Pandemic policy factors - Current taxation policy - Future taxation policy - The current and future political support - Grants, funding and initiatives - Trade bodies - Effect of wars or worsening relations with particular countries - Election campaigns - Issues featuring in political agendas	Explore: - National debt levels - Recovery struggle for impacted industry - Strength of consumer spending - Current and future levels of government spending - Ease of access to loans - Current and future level of interest rates, inflation and unemployment - Specific taxation policies and trends - Exchange rates - Overall economic situation - Real estate exodus - Inner city business decline - Supply volatility	Explore: - Pandemic lifestyle trends - demographics - consumer attitudes and opinions - media views - law changes affecting social factors - brand, company, technology image - consumer buying patterns - fashion and role models - major events and influence - Inner city pandemic trends - ethnic/religious factors - ethical issues - Digital relationships	Explore: - Relationship with pandemic - Sector technology demand - Relevant current and future technology innovations - The level of research funding - The ways in which consumers make purchases - Intellectual property rights and copyright infringements - Global communication technological advances - Internet connectivity utility	Explore: - Legislation in areas such as employment, competition and health & safety - Environmental legislation - Future legislation changes - Changes in European law - Trading policies - Regulatory bodies - Pandemic legislation - Working environment - Pandemic legal sensitivities	Explore: - Relationship with global warming - Relationship with recycling and global fight against waste - Relationship with global fight against plastic usage - The level of pollution created by the product or service - Attitudes to the environment from the government, media and consumers - Relationship with renewable energy - Relationship with deforestation

How to map essay into various dimensions

- It is not necessary to fit all the essays within the PESTEL-C framework or rigid dimensions. Be aware of common recurring and relevant themes such as mental health, climate change, globalization, sustainable growth and development and try to weave a story around it.
- **Lifecycle approach**
 - ♦ Child/youth/old phases of life
- **Historical approach**
 - ♦ Past/Present/Future
- **Comparison approach**
 - ♦ Country wise comparison

- ♦ Gender/Age wise comparison
- ♦ Region wise comparison
- **Regional approach**
 - ♦ North/South/East/West
 - ♦ Coastal/Hinterlands/Hilly regions
 - ♦ Urban/Rural
- **Section Wise approach**
 - ♦ Gender wise
 - ♦ Age wise
 - ♦ Economic and profession based - farmers, service sector employees, organized/unorganized, daily wage earners, migrants etc.
- **Subaltern Perspective**
 - ♦ Vulnerable sections - tribals, SC/ST, Child, elderly, women, transgenders etc.
 - ♦ Developing countries, least developed countries
- **Individual/Community/Society/Nation/International community**
- **Subdivision of the keywords in the essay e.g. Essay on technology**
 - ♦ Biotechnology/Nanotechnology
 - ♦ Space/Defence technology
 - ♦ AI/supercomputers/Machine learning

In case, you chose to divide essay under subheadings, you can use creative phrases -

- Instead of 'Issues' use 'Dark clouds'
- Instead of 'Solution/Hopes' use 'Every cloud has silver lining'
- Instead of 'Reasons for failure' use 'why it went down in flames'
- Instead of 'Not late' use 'We haven't missed the boat'
- 'Two sides of the coin' / The other side of the coin
- Blessing in disguise
- Better late than never
- Good heart is colour blind
- From crisis to opportunity

C. KEYWORDS PHRASES

Connecting Paragraphs	Showing effect	Keywords for Concluding paragraphs
• Firstly, secondly, thirdly • In addition, furthermore, moreover • Similarly, likewise, in the same way • On the other hand, however, nevertheless • As a result, consequently, therefore	• Therefore • As a result • Consequently • For this reason • Thus • So • Thereby • Eventually • Hence	• Therefore, it can be concluded that... • In conclusion, based on the evidence presented... • Hence, it is evident that... • To sum up, the key takeaway from this discussion is... • Ultimately, the importance of this issue cannot be overstated and requires immediate attention.

- In conclusion, ultimately, finally To Show Contrast - Although - Though - Differ from - Even though - However - Instead - Alternatively - On the contrary - Otherwise - But - On the other hand - While Showing cause - Due to - Because - Because of - Owing to Marking time - First - Last - Second - Lastly - Third - Then - Firstly - First of all - Secondly - Before - Thirdly - After - During - While	- The reason why To give examples - Such as - For example - For instance - Namely - As - That is - Like - To illustrate Adding Information - Furthermore - In addition - Also - And - Moreover - Similarly - Likewise - As well as - Besides - Too - Even - What's more To further explain/conclude your point with an example - In other words - To paraphrase To Generalize - All in all All things considered - By and large - Essentially	- In light of these findings, it is imperative that we take action to address this problem. - Given the complexities involved, it is clear that further research is needed to fully understand this issue. - Overall, this analysis highlights the need for a more comprehensive approach to tackling this challenge. - In view of these factors, it is crucial that we adopt a multi-pronged strategy to address this situation effectively. - In summary, it can be asserted that... - From the above discussion, it is evident that... - In a nutshell, this issue requires urgent attention and concerted efforts from all stakeholders. - In light of these observations, it is clear that... - Having analyzed the various aspects of this issue, it is recommended that... - Thus, we can conclude that the way forward is... - Given the potential implications of this situation, it is crucial that we take proactive measures to address it. - To conclude, it is important to reiterate the need for... - As such, it is recommended that we adopt a comprehensive approach that addresses the root causes of this problem. - In conclusion, this essay has demonstrated the significance of. Idioms and phrases - Hit the nail on the head- Perfect - Is __ the bad apple or the entire orchard is rotten? - Devil lies in the detail - Adding insult to the injury- Further loss by mockery - Barking up the wrong tree
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• To begin with • At the same time • Simultaneously • After this / that • Since • Meanwhile • Afterwards • Following this • When • As soon as	• On the whole • Generally speaking • Generally • Overall • I believe • As a rule • In general • Basically • It seems to me that	• Best of both worlds- all the advantages • Blessing in disguise • Cry over spilt milk • Elvis has left the building - the show is over and it's time to go home • Every cloud has a silver lining • Jump on the bandwagon- join a popular trend or activity • Kill two birds with one stone • Last straw- Final problem in a series of problems • Miss the boat- Missed your chance • Picture paints a thousand words • Sit on the fence- This is used when someone does not want to choose or make a decision. • Taste of your own medicine • Herculean challenge • David v/s Goliath contest- Weak defeating mighty. • Tip of the iceberg. • Healing touch • Conundrum - an intricate and difficult problem • Putting it on the back burner - it is temporarily not being dealt • Peace dividend • Ancient monster Hydra, with main head cut off, it gave birth to many ugly heads • Amidst the euphoria
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D. VALUE ADDITION MATERIAL

Quotations (Topic-wise) and Probable Topics

Some Recent tweets by UPSC

- Vision without execution is hallucination.
- Life is a painting, and you are the artist.
- Time moves slowly but passes quickly.
- The significance which is in unity is an eternal wonder.
- Great things take a little longer.
- Empower a woman, empower a community.
- Science is organized knowledge. Wisdom is organized life.
- Forever is composed of nows.
- Character is doing the right thing when nobody's looking.
- Hope is a waking dream.

- You never lose. Either you win, or you learn.
- Faith is taking the first step, even when you don't see the whole staircase.
- Every soul is a melody which needs renewing.
- A disciplined mind brings happiness.
- The secret of getting ahead is getting started.
- The beginning is always today.
- Quality is not an act, it is a habit.
- We dream in colours borrowed from the sea.
- No real change in history has ever been achieved by discussions.
- To get what you want, you have to deserve what you want.
- Nothing can dim the light that shines from within.
- Manpower without Unity is not a strength.
- Many will start fast, few will finish strong.

Attitude

- Your attitude, not your aptitude, will determine your altitude. - *Zig Ziglar*
- People may hear your words, but they feel your attitude. - *John C. Maxwell*
- Weakness of attitude becomes weakness of character. - *Albert Einstein*
- Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. - *Thomas Jefferson*
- A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results. - *Wade Boggs*
- The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind. - *James Truslow Adams*
- Attitude is a little thing that makes a big difference. - *Winston Churchill*
- Excellence is not a skill, it's an attitude. - *Ralph Marston*
- Attitude determines the altitude of life. - *Edwin Louis Cole*
- Excellence is not an exception; it is a prevailing attitude. - *Colin Powell*
- Morality is simply the attitude we adopt towards people whom we personally dislike. - *Oscar Wilde*
- Our environment, the world in which we live and work, is a mirror of our attitudes and expectations. - *Earl Nightingale*

Change

- The first step toward change is awareness. The second step is acceptance. - *Nathaniel Branden*
- All change is not growth, as all movement is not forward. - *Ellen Glasgow*
- We cannot change anything until we accept it. Condemnation does not liberate, it oppresses. - *Carl Jung*
- The world hates change, yet it is the only thing that has brought progress. - *Charles Kettering*
- What's dangerous is not to evolve. - *Jeff Bezos*
- Change brings opportunity. - *Nido Qubein*
- We are the change that we seek. - *Barack Obama*
- To improve is to change; to be perfect is to change often. - *Winston Churchill*
- You must be the change you wish to see in the world. - *Mahatma Gandhi*
- Change is the law of life. - *John F. Kennedy*
- Only the wisest and stupidest of men never change. - *Confucius*

- There is nothing so stable as change. - *Bob Dylan*
- You're only as young as the last time you changed your mind. - *Timothy Leary*
- He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery. - *Harold Wilson*
- Things don't have to change the world to be important. - *Steve Jobs*
- One change always leaves the way open for the establishment of others. - *Niccolo Machiavelli*

Courage

- What would life be if we had no courage to attempt anything? - *Vincent Van Gogh*
- Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. - *Winston Churchill*
- Courage is knowing what not to fear. - *Plato*
- Those who lack the courage will always find a philosophy to justify it. - *Albert Camus*
- Fate loves the fearless. - *James Russell Lowell*
- The opposite of courage in our society is not cowardice, it is conformity. - *Rollo May*
- Courage is the ladder on which all the other virtues mount. - *Clare Boothe Luce*
- To see the right and not to do it is cowardice. - *Confucius*

Equality

- The worst form of inequality is to try to make unequal things equal. - *Aristotle*
- If you want to see the true measure of a man, watch how he treats his inferiors, not his equals. - *J. K. Rowling*
- We will never have true civilization until we have learned to recognize the rights of others. - *Will Rogers*
- Women will only have true equality when men share with them the responsibility of bringing up the next generation. - *Ruth Bader Ginsburg*
- Virtue can only flourish among equals. - *Mary Wollstonecraft*
- If we cannot now end our differences, at least we can help make the world safe for diversity. - *John F. Kennedy*
- Equality is not in regarding different things similarly, equality is in regarding different things differently. - *Tom Robbins*
- Equality and separation cannot exist in the same space. - *Jason Mraz*
- The history of the past is but one long struggle upward to equality. - *Elizabeth Cady Stanton*
- If we were to select the most intelligent, imaginative, energetic, and emotionally stable third of mankind, all races would be present. - *Franz Boas*

Experience

- No man ever steps in the same river twice, for it's not the same river and he's not the same man. - *Heraclitus*
- The only source of knowledge is experience. - *Albert Einstein*
- A man who carries a cat by the tail learns something he can learn in no other way. - *Mark Twain*
- Our wisdom comes from our experience, and our experience comes from our foolishness. - *Sacha Guitry*
- Nothing is a waste of time if you use the experience wisely. - *Auguste Rodin*
- The reward of suffering is experience. - *Harry S Truman*
- Man learns through experience, and the spiritual path is full of different kinds of experiences. He will encounter many difficulties and obstacles, and they are the very experiences he needs to encourage and complete the cleansing process. - *Sai Baba*
- A moment's insight is sometimes worth a life's experience. - *Oliver Wendell Holmes, Sr.*
- Is there anyone so wise as to learn by the experience of others? - *Voltaire*

- Experience without theory is blind, but theory without experience is mere intellectual play. - *Immanuel Kant*
- Life can only be understood backwards; but it must be lived forwards. - *Soren Kierkegaard*
- Life is the art of drawing without an eraser. - *John W. Gardner*

Failure

- I have not failed. I've just found 10,000 ways that won't work. - *Thomas A. Edison*
- I can accept failure, everyone fails at something. But I can't accept not trying. - *Michael Jordan*
- Success breeds complacency. Complacency breeds failure. - *Andy Grove*
- An essential aspect of creativity is not being afraid to fail. - *Edwin Land*
- Our best successes often come after our greatest disappointments. - *Henry Ward Beecher*
- They who have conquered doubt and fear have conquered failure. - *James Allen*
- Ambition is the last refuge of the failure. - *Oscar Wilde*
- The greatest glory in living lies not in never falling, but in rising every time we fall. - *Ralph Waldo Emerson*
- The world is divided into two categories: failures and unknowns. - *Francis Picabia*
- There are many victories worse than a defeat. - *George Eliot*
- The only real failure in life is not to be true to the best one knows. - *Buddha*
- There is no innovation and creativity without failure. - *Brene Brown*
- Failure comes only when we forget our ideals and objectives and principles. - *Jawaharlal Nehru*
- All war represents a failure of diplomacy. - *Tony Benn*

Faith

- Faith is the bird that feels the light when the dawn is still dark. - *Rabindranath Tagore*
- Faith is a living, daring confidence in God's grace, so sure and certain that a man could stake his life on it a thousand times.
- We are twice armed if we fight with faith. - *Plato*
- God, our Creator, has stored within our minds and personalities, great potential strength and ability. Prayer helps us tap and develop these powers. - *A. P. J. Abdul Kalam*
- Faith is a passionate intuition. - *William Wordsworth*
- The keys to patience are acceptance and faith. Accept things as they are, and look realistically at the world around you. Have faith in yourself and in the direction you have chosen. - *Ralph Marston*
- A man of courage is also full of faith. - *Marcus Tullius Cicero*
- Faith in oneself is the best and safest course. - *Michelangelo*
- Doubt is not the opposite of faith; it is one element of faith. - *Paul Tillich*
- Faith is taking the first step even when you don't see the whole staircase. - *Martin Luther King, Jr.*
- Faith consists in believing when it is beyond the power of reason to believe. - *Voltaire*
- Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith. - *Henry Ward Beecher*
- Reason is our soul's left hand, faith her right. - *John Donne*
- There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever.
- Faith is a state of openness or trust. - *Alan Watts*
- In the affairs of this world, men are saved not by faith, but by the want of it. - *Benjamin Franklin*

Fear

- Even death is not to be feared by one who has lived wisely. - *Buddha*
- As soon as the fear approaches near, attack and destroy it. - *Chanakya*

- Fears are nothing more than a state of mind. - *Napoleon Hill*
- Only when we are no longer afraid do we begin to live. - *Dorothy Thompson*
- Courage is a peculiar kind of fear. - *Charles Kennedy*
- I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. - *Nelson Mandela*
- Courage is knowing what not to fear. - *Plato*
- Curiosity will conquer fear even more than bravery will. - *James Stephens*

Forgiveness

- Sweet mercy is nobility's true badge. - *William Shakespeare*
- To forgive is to set a prisoner free and discover that the prisoner was you. - *Lewis B. Smedes*
- Mistakes are always forgivable if one has the courage to admit them. - *Bruce Lee*
- To err is human; to forgive, divine. - *Alexander Pope*
- The stupid neither forgive nor forget; the naive forgive and forget; the wise forgive but do not forget. - *Thomas Szasz*
- There is no revenge so complete as forgiveness. - *Josh Billings*
- Anger begets more anger, and forgiveness & love lead to more forgiveness & love. - *Mahavira*
- Nothing inspires forgiveness quite like revenge. - *Scott Adams*
- We win by tenderness. We conquer by forgiveness. - *Frederick William Robertson*
- Forgiveness is the needle that knows how to mend. - *Jewel*
- Forgiveness is a virtue of the brave. - *Indira Gandhi*
- The ability to forgive is one of man's greatest achievements. - *Bryant H. McGill*

Freedom

- Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. - *Viktor E. Frankl*
- It is difficult to free fools from the chains they revere. - *Voltaire*
- Freedom consists not in doing what we like, but in having the right to do what we ought. - *Pope John Paul II*
- Necessity is blind until it becomes conscious. Freedom is the consciousness of necessity. - *Karl Marx*
- A hero is someone who understands the responsibility that comes with his freedom. - *Bob Dylan*
- Enslave the liberty of but one human being and the liberties of the world are put in peril. - *William Lloyd Garrison*
- If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter. - *George Washington*
- Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed. - *Martin Luther King, Jr.*

Future

- You cannot escape the responsibility of tomorrow by evading it today. - *Abraham Lincoln*
- A person often meets his destiny on the road he took to avoid it. - *Jean de La Fontaine*
- The only difference between the saint and the sinner is that every saint has a past, and every sinner has a future. - *Oscar Wilde*
- The secret of your future is hidden in your daily routine. - *Mike Murdock*

- Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved. - *William Jennings Bryan*
- It is not in the stars to hold our destiny but in ourselves. - *William Shakespeare*
- Study the past, if you would divine the future. - *Confucius*
- Trust no Future, however pleasant!
- Let the dead Past bury its dead!
- Act,— act in the living Present!
- Heart within, and God overhead! - *H.W. Longfellow*

Government

- The government is us; we are the government, you and I. - *Theodore Roosevelt*
- Corruption is the enemy of development, and of good governance. It must be got rid of. Both the government and the people at large must come together to achieve this national objective. - *Pratibha Patil*
- The worst evils which mankind has ever had to endure were inflicted by bad governments. - *Ludwig von Mises*
- The best government is that which teaches us to govern ourselves. - *Johann Wolfgang von Goethe*

Happiness

- An effort made for the happiness of others lifts above ourselves. - *Lydia M. Child*
- Real happiness is cheap enough, yet how dearly we pay for its counterfeit. - *Hosea Ballou*
- Some cause happiness wherever they go; others whenever they go. - *Oscar Wilde*
- Most folks are as happy as they make up their minds to be. - *Abraham Lincoln*
- Happiness is when what you think, what you say, and what you do are in harmony. - *Mahatma Gandhi*
- If you want to be happy, be. - *Leo Tolstoy*
- Happiness can exist only in acceptance. - *George Orwell*

Health

- It is no measure of health to be well adjusted to a profoundly sick society. - *Jiddu Krishnamurti*
- He who has health, has hope; and he who has hope, has everything. - *Thomas Carlyle*
- It is health that is real wealth and not pieces of gold and silver. - *Mahatma Gandhi*
- Health is not valued till sickness comes. - *Thomas Fuller*
- Attention to health is life's greatest hindrance. - *Plato*
- Health is not a condition of matter, but of Mind. - *Mary Baker Eddy*

History

- Our greatest glory is not in never falling, but in rising every time we fall. - *Confucius*
- History will be kind to me for I intend to write it. - *Winston Churchill*
- People are trapped in history and history is trapped in them. - *James Baldwin*
- History is a set of lies agreed upon. - *Napoleon Bonaparte*
- I like the dreams of the future better than the history of the past. - *Thomas Jefferson*
- We are not makers of history. We are made by history. - *Martin Luther King, Jr.*
- History is not a burden on the memory but an illumination of the soul. - *John Dalberg-Acton*
- History is a cyclic poem written by time upon the memories of man. - *Percy Bysshe Shelley*

- It takes an endless amount of history to make even a little tradition. - *Henry James*
- History is a gallery of pictures in which there are few originals and many copies. - *Alexis de Tocqueville*

Hope

- Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning. - *Albert Einstein*
- We must accept finite disappointment, but never lose infinite hope. - *Martin Luther King, Jr.*
- Hope is a waking dream. - *Aristotle*
- Never deprive someone of hope; it might be all they have. - *H. Jackson Brown, Jr.*
- Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us. - *Samuel Smiles*
- Tomorrow hopes we have learned something from yesterday. - *John Wayne*
- He that lives upon hope will die fasting. - *Benjamin Franklin*
- Anyone who doesn't believe in miracles is not a realist. - *David Ben-Gurion*

Imagination

- Logic will get you from A to B. Imagination will take you everywhere. - *Albert Einstein*
- I saw the angel in the marble and carved until I set him free. - *Michelangelo*
- Imagination is the eye of the soul. - *Joseph Joubert*
- Everything you can imagine is real. - *Pablo Picasso*
- The world of reality has its limits; the world of imagination is boundless. - *Jean-Jacques Rousseau*
- Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will. - *George Bernard Shaw*
- The man who has no imagination has no wings. - *Muhammad Ali*
- Reality leaves a lot to the imagination. - *John Lennon*
- Imagination rules the world. - *Napoleon Bonaparte*

Independence

- The best teamwork comes from men who are working independently toward one goal in unison. - *James Cash Penney*
- Injustice in the end produces independence. - *Voltaire*
- Charity is injurious unless it helps the recipient to become independent of it. - *John D. Rockefeller*
- Mickey Mouse is, to me, a symbol of independence. He was a means to an end. - *Walt Disney*
- True independence and freedom can only exist in doing what's right. - *Brigham Young*
- True freedom is the capacity for acting according to one's true character, to be altogether one's self, to be self-determined and not subject to outside coercion. - *Corliss Lamont*

Inspiration

- Without craftsmanship, inspiration is a mere reed shaken in the wind. - *Johannes Brahms*
- Genius is one percent inspiration and ninety-nine percent perspiration. - *Thomas A. Edison*
- Inspiration exists, but it has to find us working. - *Pablo Picasso*
- We shall draw from the heart of suffering itself the means of inspiration and survival. - *Winston Churchill*

Intelligence

- There is no great genius without some touch of madness. - *Aristotle*
- Failure is simply the opportunity to begin again, this time more intelligently. - *Henry Ford*

- I know that I am intelligent, because I know that I know nothing. - *Socrates*
- Intelligence without ambition is a bird without wings. - *Salvador Dali*
- Intelligence is the ability to adapt to change. - *Stephen Hawking*
- We should not pretend to understand the world only by the intellect. The judgement of the intellect is only part of the truth. - *Carl Jung*

Knowledge

- To know what you know and what you do not know, that is true knowledge. - *Confucius*
- Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family. - *Kofi Annan*
- To acquire knowledge, one must study; but to acquire wisdom, one must observe. - *Marilyn vos Savant*
- All our knowledge begins with the senses, proceeds then to the understanding, and ends with reason. There is nothing higher than reason. - *Immanuel Kant*
- Without knowledge action is useless and knowledge without action is futile. - *Abu Bakr*
- We are drowning in information but starved for knowledge. - *John Naisbitt*
- If you have knowledge, let others light their candles in it. - *Margaret Fuller*
- Opinion is the medium between knowledge and ignorance. - *Plato*

Learning

- Tell me and I forget. Teach me and I remember. Involve me and I learn. - *Benjamin Franklin*
- Learning never exhausts the mind. - *Leonardo da Vinci*
- Live as if you were to die tomorrow. Learn as if you were to live forever. - *Mahatma Gandhi*
- A wise man can learn more from a foolish question than a fool can learn from a wise answer. - *Bruce Lee*
- If we knew what it was we were doing, it would not be called research, would it? - *Albert Einstein*
- He who learns but does not think, is lost! He who thinks but does not learn is in great danger. - *Confucius*
- Try to learn something about everything and everything about something. - *Thomas Huxley*

Life

- Life is really simple, but we insist on making it complicated. - *Confucius*
- Life isn't about finding yourself. Life is about creating yourself. - *George Bernard Shaw*
- Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment. - *Buddha*
- Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them. - *Dalai Lama*
- I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy. - *Rabindranath Tagore*
- Life is what happens while you are busy making other plans. - *John Lennon*
- The purpose of life is a life of purpose. - *Robert Byrne*

Music

- One good thing about music, when it hits you, you feel no pain. - *Bob Marley*
- Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything. - *Plato*
- Where words fail, music speaks. - *Hans Christian Andersen*

- Music is the strongest form of magic. - *Marilyn Manson*
- Music is the shorthand of emotion. - *Leo Tolstoy*
- The world's most famous and popular language is music. - *Psy*
- The wise musicians are those who play what they can master. - *Duke Ellington*

Nature

- Look deep into nature, and then you will understand everything better. - *Albert Einstein*
- Nature does not hurry, yet everything is accomplished. - *Lao Tzu*
- In all things of nature there is something of the marvelous. - *Aristotle*
- The best thing one can do when it's raining is to let it rain. - *H.W. Longfellow*
- Some people walk in the rain, others just get wet. - *Roger Miller*
- There are always flowers for those who want to see them. - *Henri Matisse*
- One touch of nature makes the whole world kin. - *William Shakespeare*
- Trees are the earth's endless effort to speak to the listening heaven. - *Rabindranath Tagore*

Parenting

- It is easier to build strong children than to repair broken men. - *Frederick Douglass*
- There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings. - *Johann Wolfgang von Goethe*
- Childhood is a short season. - *Helen Hayes*
- Let parents bequeath to their children not riches, but the spirit of reverence. - *Plato*

Patriotism

- Patriotism is when love of your own people comes first; nationalism, when hate for people other than your own comes first. - *Charles de Gaulle*
- Patriotism is the virtue of the vicious. - *Oscar Wilde*
- You'll never have a quiet world till you knock the patriotism out of the human race. - *George Bernard Shaw*
- The patriot's blood is the seed of Freedom's tree. - *Thomas Campbell*
- It is lamentable, that to be a good patriot one must become the enemy of the rest of mankind. - *Voltaire*
- When a nation is filled with strife, then do patriots flourish. - *Lao Tzu*

Peace

- Peace is not absence of conflict, it is the ability to handle conflict by peaceful means. - *Ronald Reagan*
- Peace cannot be kept by force; it can only be achieved by understanding. - *Albert Einstein*
- Peace comes from within. Do not seek it without. - *Buddha*
- If we have no peace, it is because we have forgotten that we belong to each other. - *Mother Teresa*
- Those who make peaceful revolution impossible will make violent revolution inevitable. - *John F. Kennedy*
- An eye for an eye only ends up making the whole world blind. - *Mahatma Gandhi*
- You cannot shake hands with a clenched fist. - *Indira Gandhi*
- Peace is a journey of a thousand miles and it must be taken one step at a time. - *Lyndon B. Johnson*

Poetry

- Poetry is when an emotion has found its thought and the thought has found words. - *Robert Frost*
- Painting is silent poetry, and poetry is painting that speaks. - *Plutarch*
- Poetry is an echo, asking a shadow to dance. - *Carl Sandburg*
- Genuine poetry can communicate before it is understood. - *T. S. Eliot*
- A poem is never finished, only abandoned. - *Paul Valery*
- If you cannot be a poet, be the poem. - *David Carradine*
- Poetry heals the wounds inflicted by reason. - *Novalis*

Power

- Mastering others is strength. Mastering yourself is true power. - *Lao Tzu*
- Nothing strengthens authority so much as silence. - *Leonardo da Vinci*
- Power is given only to those who dare to lower themselves and pick it up. - *Fyodor Dostoevsky*
- The greater the power, the more dangerous the abuse. - *Edmund Burke*
- The most common way people give up their power is by thinking they don't have any. - *Alice Walker*
- Power is of two kinds. One is obtained by the fear of punishment and the other by acts of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment. - *Mahatma Gandhi*
- When the whole world is silent, even one voice becomes powerful. - *Malala Yousafzai*
- He who wishes to be obeyed must know how to command. - *Niccolo Machiavelli*

Respect

- Respect for ourselves guides our morals, respect for others guides our manners. - *Laurence Sterne*
- Nothing is more despicable than respect based on fear. - *Albert Camus*
- Everyone should be respected as an individual, but no one idolized. - *Albert Einstein*
- If we are not free, no one will respect us. - *A. P. J. Abdul Kalam*

Science

- There is a single light of science, and to brighten it anywhere is to brighten it everywhere. - *Isaac Asimov*
- Our scientific power has outrun our spiritual power. We have guided missiles and misguided men. - *Martin Luther King, Jr.*
- Everything is theoretically impossible, until it is done. - *Robert A. Heinlein*
- Aerodynamically, the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyway. - *Mary Kay Ash*
- Science is organized knowledge. Wisdom is organized life. - *Immanuel Kant*
- The science of today is the technology of tomorrow. - *Edward Teller*
- Science is nothing but perception. - *Plato*
- Science and technology revolutionize our lives, but memory, tradition and myth frame our response. - *Arthur M. Schlesinger*

Smile

- Colours are the smiles of nature. - *Leigh Hunt*
- We shall never know all the good that a simple smile can do. - *Mother Teresa*
- A smile is the chosen vehicle of all ambiguities. - *Herman Melville*
- Courage, not compromise, brings the smile of God's approval. - *Thomas S. Monson*

Society

- The most dangerous creation of any society is the man who has nothing to lose. - *James Baldwin*
- I think the first duty of society is justice. - *Alexander Hamilton*
- There can be no keener revelation of a society's soul than the way in which it treats its children. - *Nelson Mandela*
- Society exists only as a mental concept; in the real world there are only individuals. - *Oscar Wilde*
- A people that values its privileges above its principles soon loses both. - *Dwight D. Eisenhower*
- The most violent element in society is ignorance. - *Emma Goldman*
- A civilized society is one which tolerates eccentricity to the point of doubtful sanity. - *Robert Frost*

Sports

- You can't win unless you learn how to lose. - *Kareem Abdul-Jabbar*
- A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be. - *Wayne Gretzky*
- Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts. - *Dan Gable*
- Success is where preparation and opportunity meet. - *Bobby Unser*

Strength

- Strength and growth come only through continuous effort and struggle. - *Napoleon Hill*
- Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved. - *Mattie Stepanek*
- That which does not kill us makes us stronger. - *Friedrich Nietzsche*
- Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. - *Arnold Schwarzenegger*
- No one saves us but ourselves. No one can and no one may. We ourselves must walk the path. - *Buddha*
- Strength does not come from physical capacity. It comes from an indomitable will. - *Mahatma Gandhi*
- Be sure you put your feet in the right place, then stand firm. - *Abraham Lincoln*
- A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles. - *Christopher Reeve*

Success

- Success is the sum of small efforts - repeated day in and day out. - *Robert Collier*
- Strive not to be a success, but rather to be of value. - *Albert Einstein*
- Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. - *Albert Schweitzer*
- Success consists of going from failure to failure without loss of enthusiasm. - *Winston Churchill*
- If everyone is moving forward together, then success takes care of itself. - *Henry Ford*
- All you need in this life is ignorance and confidence, and then success is sure. - *Mark Twain*
- The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand. - *Vince Lombardi*
- Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome. - *Booker T. Washington*
- Action is the foundational key to all success. - *Pablo Picasso*
- Success is getting what you want. Happiness is wanting what you get. - *Dale Carnegie*

Teacher

- A teacher affects eternity; he can never tell where his influence stops. - *Henry Adams*
- It is the supreme art of the teacher to awaken joy in creative expression and knowledge. - *Albert Einstein*
- A good teacher can inspire hope, ignite the imagination, and instill a love of learning. - *Brad Henry*
- I am indebted to my father for living, but to my teacher for living well. - *Alexander the Great*
- To this end the greatest asset of a school is the personality of the teacher. - *John Strachan*
- The task of the modern educator is not to cut down jungles, but to irrigate deserts. - *C. S. Lewis*
- Your best teacher is your last mistake. - *Ralph Nader*
- Those who know how to think need no teachers. - *Mahatma Gandhi*

Time

- Time flies over us, but leaves its shadow behind. - *Nathaniel Hawthorne*
- Time is but the stream I go a-fishing in. - *Henry David Thoreau*
- Time and tide wait for no man. - *Geoffrey Chaucer*
- Punctuality is the virtue of the bored. - *Evelyn Waugh*
- The only reason for time is so that everything doesn't happen at once. - *Albert Einstein*
- Lost time is never found again. - *Benjamin Franklin*
- Time you enjoy wasting, was not wasted. - *John Lennon*
- Time stays long enough for anyone who will use it. - *Leonardo da Vinci*

Travel

- We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time. - *T. S. Eliot*
- Wherever you go, go with all your heart. - *Confucius*
- The world is a book, and those who do not travel read only a page. - *Saint Augustine*
- A man travels the world over in search of what he needs and returns home to find it. - *George A. Moore*
- The traveller sees what he sees, the tourist sees what he has come to see. - *Gilbert K. Chesterton*
- It is better to travel well than to arrive. - *Buddha*
- To travel is to take a journey into yourself. - *Danny Kaye*

Trust

- Love all, trust a few, do wrong to none. - *William Shakespeare*
- The trust of the innocent is the liar's most useful tool. - *Stephen King*
- To be trusted is a greater compliment than being loved. - *George MacDonald*
- Whoever is careless with the truth in small matters cannot be trusted with important matters. - *Albert Einstein*
- Trust is built with consistency. - *Lincoln Chafee*
- Trust dies but mistrust blossoms. - *Sophocles*

Truth

- Once you eliminate the impossible, whatever remains, no matter how improbable, must be the truth. - *Arthur Conan Doyle*
- It is only with the heart that one can see rightly; what is essential is invisible to the eye. Antoine de - *Saint-Exupery*
- Three things cannot be long hidden: the sun, the moon, and the truth. - *Buddha*
- Rather than love, than money, than fame, give me truth. - *Henry David Thoreau*

- All truths are easy to understand once they are discovered; the point is to discover them. - *Galileo Galilei*
- No legacy is so rich as honesty. - *William Shakespeare*
- Half a truth is often a great lie. - *Benjamin Franklin*
- Even if you are a minority of one, the truth is the truth. - *Mahatma Gandhi*

War

- Only the dead have seen the end of the war. - *George Santayana*
- The more you sweat in peace, the less you bleed in war. - *Norman Schwarzkopf*
- War does not determine who is right - only who is left. - *Bertrand Russell*
- In peace, sons bury their fathers. In war, fathers bury their sons. - *Herodotus*
- Older men declare war. But it is the youth that must fight and die. - *Herbert Hoover*
- You must not fight too often with one enemy, or you will teach him all your art of war. - *Napoleon Bonaparte*
- When the rich wage war, it's the poor who die. - *Jean-Paul Sartre*

Work

- I put my heart and my soul into my work, and have lost my mind in the process. - *Vincent Van Gogh*
- The reward for work well done is the opportunity to do more. - *Jonas Salk*
- The beginning is the most important part of the work. - *Plato*
- All things are difficult before they are easy. - *Thomas Fuller*
- Laziness may appear attractive, but work gives satisfaction. - *Anne Frank*
- Let us realize that: the privilege to work is a gift, the power to work is a blessing, the love of work is success! - *David O. McKay*
- Opportunities are usually disguised as hard work, so most people don't recognize them. - *Ann Landers*
- Work gives you meaning and purpose and life is empty without it. - *Stephen Hawking*
- By working faithfully eight hours a day you may eventually get to be boss and work twelve hours a day. - *Robert Frost*

Anecdotes/examples/stories/poems

- ♦ A fisherman standing along the disappearing coastline of Kerala once remarked that the sea no longer behaved like the sea he had known as a child. The tides arrived unpredictably, fish stocks declined, and monsoon rains alternated between absence and destruction. Thousands of kilometers away, farmers in Africa, firefighters in Australia, and families displaced by floods in South Asia were witnessing similar disruptions. Climate change today is no longer an abstract scientific prediction discussed only in international conferences; it has entered everyday human life. It is reshaping economies, ecosystems, migration patterns, and even the psychological sense of security upon which civilizations depend.
- ♦ **Angulimala** was a dacoit who used to kill people and cut their fingers and make a garland out of those fingers. He used to live on a hilltop. Once Buddha was passing by that hill. Angulimala got happy and came running to Buddha. He thought that Buddha would be afraid of him but instead Buddha was peaceful and quiet, smiling with grace and compassion. This was a turning moment for Angulimala. He became a disciple of Buddha and chose the good path after that. Later after 10 years, when the same Angulimala returned to the village in which he had killed many people but this time as a saint, villagers started pelting stones at him. But he was quiet and peaceful just like Buddha, smiling with grace and

compassion. Such a gesture moved the villagers and then they also became disciples of Angulimala. Hence, we may face adversity in life but what matters is how we respond to it. We can choose to be peaceful & forgiving in any situation. We may respond like Buddha and the saint Angulimala.

- ♦ On a stormy evening in Mumbai, twelve-year-old Aarav watched seawater creep into the narrow lanes outside his home. His grandmother pointed toward the horizon and whispered, "When I was your age, the sea stayed where it belonged." Schools had shut again because of flooding, fishermen returned with empty nets, and summers felt hotter each year. The next morning, Aarav planted a tiny mangrove sapling near the shore with dozens of other children. "Will this stop the floods?" he asked. His teacher smiled softly. "Maybe not today. But every forest begins with someone refusing to give up on tomorrow."

- ♦ **Poem "If" by Rudyard Kipling-**

"If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;"

These lines highlight the importance of maintaining integrity, humility, and balance in one's interactions with others. They suggest that true strength comes from being able to navigate different social situations with grace and dignity, while remaining true to oneself. Incorporating these lines in an essay conclusion can reinforce the idea that success and fulfillment come not just from personal achievements, but also from healthy relationships and a strong sense of moral character.

- ♦ **Poem "Often attributed to Confucius, and widely quoted by A. P. J. Abdul Kalam.**

"When there is righteousness in the heart,
There is beauty in the character.
When there is beauty in the character,
There is harmony in the home.
When there is harmony in the home,
There is order in the nation.
When there is order in the nation,
There is peace in the world."

— Often attributed to Confucius, and widely quoted by A. P. J. Abdul Kalam.

Famous Books

- **The Argumentative Indian by Amartya Sen**- In this book, Nobel Laureate Amartya Sen explores the diverse intellectual traditions of India, including its philosophy, literature, and art, emphasizing the importance of reasoned argument and dialogue.
- **The Great Indian Novel by Shashi Tharoor**- This satirical novel combines the epic style of the Mahabharata with the history of modern India, weaving together myth and reality to comment on contemporary politics and society.
- **Midnight's Children by Salman Rushdie**- This magical realist novel follows the lives of children born at the stroke of midnight on India's Independence Day, exploring themes of identity, history, and nationhood.
- **The White Tiger by Aravind Adiga**- This novel tells the story of a poor Indian driver who rises to become a successful entrepreneur, using wit, cunning, and violence to navigate the complex social and economic landscape of modern India.

- **The Guide by R.K. Narayan**- This novel follows the life of a tour guide in rural India, exploring themes of self-discovery, spirituality, and social class in a changing society.
- The **debate between Gargi/Maitreyi and Yajnavalkya** is a historic philosophical discourse recorded in the Brihadaranyaka Upanishad. It discusses questions about the nature of existence, consciousness, and the relationship between the individual self and universal self. The debate represents the tension between reason and faith, tradition and innovation, and male and female perspectives in Indian society.
- In her book **"Grit", Angela Duckworth** argues that success is not just based on talent, but also on effort and persistence. She defines grit as a combination of passion and perseverance towards long-term goals and believes that the equation for achievement is "skill x effort = achievement". Her research shows that those who are most successful maintain focus and motivation through setbacks and challenges.
- **Mahatma Gandhi's 'My Experiments with Truth'** is a book that chronicles Gandhi's life and philosophy. Some of the anecdotes from the book include the Salt March, Champaran Satyagraha, Harijan Campaign, and the Khadi Movement. These examples showcase Gandhi's commitment to nonviolent resistance, social justice, and self-reliance.
- **Raghuram Rajan's book "The Third Pillar"** argues that communities and civic institutions are the third pillar essential for sustaining democracy and fostering inclusive growth, alongside the market and the state. He highlights the decline of this pillar as contributing to issues such as inequality, social fragmentation, and political polarization. Rajan suggests potential policy solutions, such as investing in education and skills training and promoting localism and community engagement. The book provides a thoughtful analysis of the challenges facing societies today and the importance of building strong communities for sustainable progress.
- In **"Pax Indica," Shashi Tharoor** argues that India has the potential to be a global leader and emphasizes the importance of foreign policy in achieving this status. Tharoor suggests that India should prioritize mutually beneficial partnerships, economic growth, and democratic principles while engaging with other countries. He discusses India's relationships with China and Pakistan and its role in multilateral organizations such as the United Nations. The book provides valuable insights into India's foreign policy and Tharoor's extensive experience as a diplomat and politician lends credibility to his analysis.
- In **'The Great Derangement', Amitav Ghosh** reminds us that we are facing a global crisis of unprecedented proportions and that urgent action is needed to address the threats posed by climate change. By coming together and taking meaningful action, we can build a better, more sustainable future for ourselves and future generations.
- **"India of My Dreams"** is a book written by **Mahatma Gandhi**, which outlines his vision for an ideal India. In the book, Gandhi emphasizes the importance of non-violence, self-sufficiency, and communal harmony as the key principles that should guide the nation's development. Gandhi believed that India could achieve self-sufficiency by promoting local industries and empowering the rural economy. He also stressed the need for education to be practical and focused on developing skills that would help people become self-reliant. Gandhi's vision for India was not limited to material prosperity, but also included spiritual and moral development. He envisioned a society where people of all religions and castes would live together in harmony, and where women would have equal rights and opportunities. Gandhi's book, "India of My Dreams," remains relevant today as it provides a roadmap for building a more equitable, just, and sustainable India.
- As **Robert Frost** in the poem **'Mending Wall'** says, good fences make good neighbors, but it is also important to come together and work towards common goals. By fostering greater understanding and cooperation between nations, we can build a more peaceful and prosperous world for all."
- **'The Republic'** by **Plato** highlights the importance of good governance. As Plato teaches us in 'The Republic,' good governance requires wisdom, courage, and a deep commitment to justice. By striving to build fair and just societies, we can create a better, more equitable world for all."

- As **T.S. Eliot** reminds us in '**The Waste Land**,' we are facing a world in crisis, and urgent action is needed to address the environmental challenges we are facing. By taking meaningful steps to reduce our carbon footprint and protect the planet, we can build a better future for ourselves and future generations."
- The book "**The God of Small Things**" by **Arundhati Roy** highlight the importance of cultural diversity and tolerance- our differences are what make us unique and special, and we must work to embrace and celebrate the rich cultural diversity of our world. By fostering greater understanding and tolerance, we can build a more peaceful and harmonious world for all.

Movies references

- **The Legend of Bhagat Singh (2002)** - This movie is a biographical depiction of the life of Bhagat Singh, an Indian socialist revolutionary who fought for the country's freedom from British rule.
- **Swades (2004)** - This movie portrays the story of a successful Indian scientist who returns to his homeland to contribute to the rural development of his country.
- **Lagaan (2001)** - This historical sports drama is set in the late 19th century and depicts the story of Indian villagers who challenged their British rulers to a game of cricket to avoid high taxes.
- **Rang De Basanti (2006)** - This movie is a fictional story of a group of young friends who, inspired by the lives of Indian freedom fighters, decide to act against corruption in the country.
- **Sardar (1993)** - This biographical film portrays the life of Indian independence activist and statesman, Sardar Vallabhbhai Patel.
- **Newton (2017)** - This movie is a satirical depiction of the Indian electoral system and the challenges faced by a young government clerk who is tasked with conducting a free and fair election in a conflict-ridden area.
- **Padman (2018)** - This movie is based on the life of Arunachalam Muruganantham, a social activist from Tamil Nadu who revolutionized the concept of menstrual hygiene in rural India.
- **Article 15 (2019)** - This movie is a crime drama inspired by true events and deals with the issue of caste-based discrimination and violence in rural India.
- **Hidden Figures (2016)** - This biographical drama portrays the story of three African American women who played instrumental roles in NASA's early space program. It can be used as a good reference for essays on women's empowerment, racial equality, and scientific achievement.
- **The Imitation Game (2014)** - This biographical drama portrays the life of British mathematician Alan Turing, who played a crucial role in cracking Nazi codes during World War II, making it a good reference for essays on computer science, cryptography, and the history of war.
- **Spotlight (2015)** - This biographical drama tells the story of a team of investigative journalists who uncovered widespread sexual abuse by Catholic priests, making it a good reference for essays on journalism, media ethics, and social justice.
- **The Truman Show (1998)** - This satirical comedy-drama explores themes of reality, identity, and the media, making it a good reference for essays on philosophy, media studies, and the impact of technology on society.
- **The Social Network (2010)** - This movie is based on the founding of Facebook and the controversies surrounding it, which can be referenced in essays on technology, entrepreneurship, and social media.

E. VALUE ADDITION MATERIAL FOR CONCLUSIONS

- A nation is very young at 75. India has the will, energy, intellect, values and unity to claim the 21st century. The vision to win the battle of freedom from poverty is set; the journey will seem formidable only to those

without conviction. As an old saying goes “**SIDHIR BHAVATI KARMAJA**”, which means, “**SUCCESS IS BORN OUT OF ACTION**”. Now is the time for action.

- We should build a new social contract in new and rapidly growing India that we seek a country and world in which no child will sleep hungry, no child will sleep under the open sky, no child will be sent to work instead of a school no person will be subjected to discrimination or violence because of her identity, no person will be denied free, good-quality healthcare, and no old person will have to work or beg to live with dignity – **Harsh Mander**
- Together we need to seek the answer that American theologian **Reinhold Niebuhr** sought in his prayer, “oh god give me the patience to accept the things I cannot change and the course to change the things I can and wisdom to know the difference”.
- The great son of India long ago, the Buddha said the only real victory was one in which all were equally victorious and there was defeat for no one. In the world today this is the only practical victory, any other way will lead to disaster.
- India is 75; young among nations. But time is of the essence before it ages rapidly. There is a real danger that India will be “too late.” Martin Luther King once wrote, “We are now faced with the fact that tomorrow is today. We are confronted with the fierce urgency of now. In this unfolding conundrum of life and history, there is such a thing as being too late. Over the bleached bones and jumbled residues of numerous civilisations are written the pathetic words ‘too late’.

- असतो मा सद्गमय (Asato ma sadgamaya)

तमसो मा ज्योतिर्गमय (Tamaso ma jyotirgamaya)

मृत्योर्मा अमृतगमया (Mratyorma Amritgamaya)

Meaning - From unrighteousness to righteousness, From darkness to light, From mortality towards immortality

- Sarve Bhavantu Sukhina (May all be Happy)

Sarve Santu Niramaya (May all be without disease)

Sarve Bhadrani Pashyantu (May all see auspiciousness)

Maa Kaschit Dukh Bhagh Bhavet (May none have misery of any sort)

- **Victor Hugo** once said, “no power on earth can stop an idea whose time has come”. The emergence of India as a major economic power in the world happens to be one such idea. Let the whole world hear it loud and clear. India is now wide awake. We shall prevail. We shall overcome.

- भगवद्गीता (Bhagavad Gita)

♦ “कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।” (Chapter 2, Verse 47) - “You have the right to work, but never to the fruits of work.”

♦ “योगस्थः कुरु कर्माणसिङ्गं त्यक्त्वा धनञ्जय।” (Chapter 2, Verse 48) - “Perform your duty equipoised, O Arjuna, abandoning all attachment to success or failure.”

- रामायण (Ramayana) - “समःशत्रौ च मतिरे च तथा मानापमानयोः।” (Ayodhya Kanda, 6.108) - “Treat friends and foes alike, as well as those who show respect or disrespect.”

- महाभारत (Mahabharata)

“अहंसा परमो धर्मः” (Book 3, Canto 198) - “Nonviolence is the highest dharma.”

“मनःप्रसादः सौम्यत्वं मौनं आत्मवनिगिरहः।” (Book 6, Canto 36) - “Calmness, gentleness, silence, self-restraint - these are the disciplines of the mind.”

“यथा शक्तितथा कुरु” (Book 5, Canto 5) - “Do what you can, with what you have, where you are.”

- उद्यमेन हिसिध्यन्तकार्याणि मनोरथैः (Udyamena hi sidhyanti karyani na manorathaih) - "Only through hard work can one achieve success, not just through wishes and desires."
- यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः। (Yatra naryastu pujyante ramante tatra devatah) - "Where women are worshiped, there the gods reside."
- स्वयं एव मृतो बन्धुः स्वयं एव वमिक्तये। (Svayam eva mrto bandhuh, svayam eva vimuktaye) - "One's own self is one's friend or enemy, and one's own self is the only source of liberation."
- श्रमणो वै तपश्चैव वदिया च तप उच्यते। (Shramano vai tapashchaiva vidya cha tapa uchyate) - "One who works hard, practices self-discipline and gains knowledge is considered to be performing penance."
- स्वाध्याय प्रवचनाभ्यां न पृथिवीं वह्णाय च। (Svadyaya pravachanabhyam na prithivim vihaya cha) - "One should never abandon the earth without practicing self-study and teaching."

General Approach with example (E.g. Be the change you want to see in world)

• Background Work

- ♦ Identifying the keywords and formulating dimensions of the essay
 - ♦ One can think of the keywords, list out similar ideas
 - ♦ Think about questions like what, why, how etc.
 - ♦ Think about quotes, stories associated with the topic
 - ♦ Think from the perspective of - individual, community, society, nation, international, stakeholders, sections of society.
 - ♦ One can also think about GS syllabus points to generate dimensions
 - ♦ Can use PESTEL-C analysis to generate dimensions (Political, Economical, Societal, Technological, Environmental, Legal and Cultural aspects associated with essay topic.)
 - ♦ Aim of the background work should be identification of 6-7 dimensions associated with essay topic each of which can be discussed in at least 2 paragraphs.
- ♦ E.g. Dimensions for the essay topic "Be the change you want to see in the world" are -
 - ♦ Definition and meaning of the phrase "Be the change you want to see in the world"
 - ♦ The importance of personal responsibility in creating positive change
 - ♦ Examples of individuals who embodied this philosophy (e.g., Gandhi, Malala Yousafzai, etc.) – can be taken as a separate dimension or can be used while explaining other dimensions.
 - ♦ Application of the philosophy in various areas of life (relationships, community involvement, global issues, etc.)
 - ♦ Challenges and obstacles that come with being the change and how to overcome them
 - ♦ The role of education and awareness in promoting positive change
 - ♦ The impact of collective action and movements inspired by the philosophy
 - ♦ Conclusion and implications for future actions

• Introduction Paragraph

- ♦ Introduction should not be a large paragraph, after 5-6 lines it should directly relate to the topic given. Generally, one paragraph of not more than 100 words would be considered a good introduction.
- ♦ If a **quote** is given, you can start by explaining it in simple language. Also mention the name of a person or give background/context in which the quote is said.

- ♦ **E.g. "Be the change you want to see in the world"**
- ♦ **Sample Intro** - The phrase **"Be the change you want to see in the world"** is a powerful call to action, often attributed to Mahatma Gandhi. It suggests that instead of waiting for others to create the positive changes we wish to see, we should take responsibility for initiating them ourselves. This idea has resonated with many individuals and movements over the years, inspiring them to work towards creating a better world through their own actions.
- ♦ Starting with **anecdote / story** -
- ♦ **E.g. "Be the change you want to see in the world"**
- ♦ **Sample intro** - The story of **Malala Yousafzai**, a young Pakistani activist who stood up for girls' education in her community despite facing death threats from the Taliban. Malala's bravery and determination inspired people around the world to take action and advocate for girls' education rights, leading to increased access to education for millions of girls. Her story illustrates how one person's commitment to positive change can spark a movement and create a ripple effect that leads to greater social impact.
- **Summarizing paragraphs** which will give a bird's eye view about the essay's structure or **glimpse** into the essay.
 - ♦ Here the idea is to give a glimpse, i.e., bring out the structure and dimensions of the essay in a crisp manner. The paragraph should not be too long.
 - ♦ Each dimension or thought mentioned here will be explained in detail later.

E.g. "Be the change you want to see in the world"

- ♦ Sample pointers to be taken up in a paragraph which will give glimpse of the essay -
 - ♦ What it means to be the change and why it is important for individuals to take personal responsibility for creating a better world.
 - ♦ At an individual level, this philosophy can be applied to different areas of our lives, such as relationships, community involvement and global issues.
 - ♦ Similarly, application of philosophy at societal level, national level.
 - ♦ Challenges that come with being the change and offer strategies for overcoming them.
 - ♦ How to overcome these challenges.
- ♦ Make 2-3 sub-dimensions on each dimension.
 - ♦ Take up one dimension and explain/ discuss in detail.
- ♦ Any of the following kind of structure can be chosen to discuss a dimension
 - ♦ Cause Effect type discussion
 - ♦ Explanation Example type discussion
 - ♦ Past Present Future type discussion
 - ♦ PESTEL-C type discussion
 - ♦ Section wise – Gender, Age, Marginalized, Religion etc.
 - ♦ Stakeholder wise – laborers, farmers, blue/white collar workers, tribals, unorganized/ organized sectors, individual, family, nation, international community
 - ♦ Lifecycle approach - infant, child, adult, elderly etc. (e.g. essay related to Women can be thought from these dimensions)
 - ♦ Region wise approach – North/South/Northeast, coastal/tribal areas, urban/rural etc.
- ♦ **E.g. "Be the change you want to see in the world"**
- ♦ One of the dimensions can be - Application of the philosophy in various areas of life (relationships, community involvement, global issues, etc.)

- ♦ Para 1 - One of the powerful aspects of the phrase “be the change you want to see in the world” is its versatility. It can be applied to various areas of life, from personal relationships to global issues. In relationships, the philosophy encourages individuals to take proactive steps towards creating a positive and respectful environment. This could involve being more compassionate, forgiving, and understanding towards others. Similarly, in community involvement, it calls for individuals to take an active role in improving their local communities by volunteering, advocating for social justice, and promoting inclusivity.
- ♦ Para 2 - Real-life examples of this philosophy in action can be seen in the work of activists such as Greta Thunberg, who has become a prominent voice in the fight against climate change. By taking personal responsibility for her own carbon footprint and organizing youth-led climate strikes around the globe, she has shown that one person's actions can motivate others to join in creating a larger movement for change. Additionally, the Black Lives Matter movement, which was sparked by the tragic death of George Floyd in 2020, has highlighted the power of collective action in promoting systemic change. The movement's message of racial justice and equality has galvanized people around the world to take a stand against racism and police brutality. These examples illustrate how applying the philosophy of “being the change” can lead to significant social impact and inspire others to take action.
- **Concluding paragraph**
 - ♦ Summarize the main arguments or points you have made in your essay. This helps to reinforce the key ideas and leave a lasting impression on the reader.
 - ♦ Give final thought or insight that ties everything together. This could be a call to action, a quote, or a personal reflection.
 - ♦ Conclusion should not introduce new information or arguments that were not discussed in the body of your essay. Instead, focus on reinforcing the main ideas and leaving a lasting impression.
 - ♦ Conclusion should be concise and to the point. Avoid rambling or repeating information that has already been covered.
 - ♦ Conclusion is the last thing your reader will see, so make sure it leaves a strong impression. Consider using a powerful quote, anecdote, or rhetorical question to leave the reader thinking about the topic long after they have finished reading.
 - ♦ Can connect with any other quote or larger goals such as SDGs.
 - ♦ **E.g. “Be the change you want to see in the world”**
 - ♦ The phrase “Be the change you want to see in the world” is a powerful reminder of our individual and collective ability to create positive change. Real-life examples such as Greta Thunberg and the Black Lives Matter movement demonstrate that one person's actions can inspire others and create a ripple effect that leads to greater social impact. As we move forward, it is essential that we continue to embrace the power of personal responsibility and take proactive steps towards creating a better world. Whether it be in our personal relationships, community involvement or global advocacy efforts, each of us has the potential to make a significant difference. Let us not underestimate the power of collective action and movements inspired by the philosophy of “being the change”. By working together, we can create a more inclusive, just, and sustainable future for all just as imagined by Mahatma Gandhi.

