

# GS SCORE



BATCH - II  
TEST - 02

## ETHICS, INTEGRITY AND APTITUDE

Time Allowed: 3 hrs.

Max. Marks: 250

Q.	Marks	Instructions to Candidate
1.		<p>There are 18 questions.</p> <p>All questions are compulsory</p> <p>The number of marks carried by a question/part is indicated against it.</p> <p>Content of the answer is more important than its length.</p> <p>Answers must be written in the space provided.</p> <p>Any page or portion of the page left blank in the Question-Answer Booklet must be clearly struck off.</p>
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Name Mayur V. Suryawanshi

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## SECTION - A

Q1. Why it is, sometimes believed that feelings are better guide to action than reasons? Critically analyze. (150 Words) (10 Marks)

Feelings are mostly depend | influenced by emotions personal values and norms. It involves the sympathy, empathy.

While Reason is guided by rationality. It depend or influenced by objective facts. Reason is outward manifestation cognitive component.

In human action many time it has been asserted that feelings are better guide because it involves the sympathy and empathy for the others. And hence better solution to the others problems by better understanding.

eg. A police officer, she feel come across a person who want, Ration.

Remarks

Card but not have documents.

~~But~~ Reason will guide her not to issue card but emotions will guide her to issue card and help other to get documents.

However, it is not always possible to go by emotions. As in some case reason becomes important in decision making.

eg - ~~If~~ In a protest by violent mob one of police officer injured then other may get emotional but reason will guide them to observe restraints. So that peaceful resolution of conflict should be there.

~~conclude~~  
~~what is a good decision~~  
~~what is good for a winning civil servant~~  
~~way~~

Remarks

Q2. Answer the following questions based on the virtue ethics:

- (a) What is virtue ethics? Can knowledge be equated with virtue?
  - (b) If evil or bad actions are the result of ignorance according to the virtue ethics, then why educated people get indulge in White Collar Crimes?
- Give the argument supporting self-control as a master virtue? How the failed-control is evident in the 'social sin'?  
(150 Words) (10 Marks)

None specific  
 In to giving  
 more  
 to character  
 to limit

Virtue ethics - Virtue is a inner characteristic of a person which defines good or bad of a person. While ethics is a set of standards which society adheres.

Virtue ethics - is following the highest standard virtues like trust, integrity, objectivity, rightfulness.

Knowledge cannot be equated with virtue. Knowledge is one of the factor that influence virtue but virtue is influenced by other factors also like - social influence, family, social norms

b) evil or bad is result of ignorance to virtue ethics.

Remarks

However educated people indulges in crimes because

i) Education is not necessarily ~~includes~~ a ethics.

ii) It is said that better educated person a better evil because even uses knowledge to commit crimes smartly

iii) ethical values in human is outcome of many factors. Education not necessarily includes all ethical values.

c) Self-control needs the virtues like ethics, patience, high emotional competence. It is sum of all important high virtues and hence known as master virtue.

Social sin like murder in road rage, rape incident, conflict due to short-tempereness is due to lack of self-control hence it leads to social sin

Remarks

2

Q3. The best leaders don't act with a sense of superiority; they act with a sense of empathy. Explain and answer the following questions:

- (a) Does emotional attitude such as a sense of empathy in leadership and management act as obstacle to professionalism, teamwork, partnerships, and collaboration.
- (b) Explain the statement- "To perceive is to suffer." (150 Words) (10 Marks)

a) Empathy is virtue by which person understands the feeling of others and act according that.

However, it has been said that empathy impacts the professionalism, team work, partnership by showing soft corner to a person.

But it is not true that empathy is obstacle of professionalism. As empathy promote the mutual understanding and mutual trust.

Empathy helps in developing tolerant attitude and helps to build strong cohesion among management and employees.

It is not obstacle rather it promotes efficiency and effectiveness.

Remarks

2

by promoting healthy work culture

b).

Remarks

Q4. "Let the beauty of what you love be what you do because that is the only way to do a great work." Explain and answer the following question: Why loving one's job is essential for our entire society and for our overall well being? Elaborate with example. Will the EI training help in inculcating this attitude? (150 Words) (10 Marks)

- Person should love his own work. Beauty of what you love is what you do means, it is important one should perform the task which gives the happiness to oneself or which is more beloved.

Loving ones job is essential for societal good because, love for job promotes the commitment towards the job, it involves the innovation, dedication and determination. When one loves ones own job then only one can give justice to the duty and can enhance ~~the~~ the efficiency and effectiveness of the office.

eg- If Journalist love his job only then he can do for dedication, can enhance justice

Remarks



to his duty.

E-I indeed has created role in inculcating this attitude. Because E-I promotes the positive attitude in persons which it promotes the understanding of oneself, understanding nature and importance of his office and duty towards the society. Hence, E-I promotes the feeling of love for the job.

Ans or is about- work attitude  
 Answered accordingly  
 3-2

Remarks

Q5. "If you concentrate on what you have, you'll always have more. If you concentrate on what you don't have, you'll never have enough". Discuss this with respect to the Attitude of gratitude. How this sense of attitude is relevant with respect to the working of the civil servant? (150 Words) (10 Marks)

Gratitude is a feeling which promotes persons to aspire for more. Person runs behind the thing which he don't have and neglecting the things which person have.

Gratitude promotes the endless ambitions in person. If person is only looking at half glass, he will not realise that glass is half full. And will run behind to fill that glass.

In civil servants it is necessary to have feeling of satisfaction.

And minimum want. Maximum want or gratitude may end up in nepotism, corruption and frustration.

If civil servant think that

Remarks

his friend in Private sector has more thing like ~~car~~ luxurious car and more homes, He will miss the thing that As a civil servant he has ~~high~~ high social status, resources to help others, that he friend do not have.

Civil servant should always control one's own desire, else it will impact integrity, objectivity and probity.

3

Remarks

Q6. What do you mean by trustworthiness? How EI can generate trustworthiness in oneself and that of others in you? (150 Words) (10 Marks)

- Trustworthiness is a value of individual which helps in keeping the trust of others following principle of uprightness.

eg → If person knows the secret and confidence of official work and he is not sharing with others at all cost, it is an example of trustworthiness.

Trustworthiness and EI (Emotional Intelligence)

Emotional intelligence - is a virtue

which helps in understanding others, showing accommodative leadership skills and managing the situation with patience.

If person has high EI then he can understand the importance of being fulfilling the trust of

Remarks

others and not to violate it.  
 If I have ~~the~~ high E-Q,  
 then it can help me understand  
 the importance of others' secrets.  
 Also, High emotional intelligence help  
 in fulfilling my duty.

High E-Q also ask person  
 to follow ~~the~~ duties in accordance  
 with objectivity, integrity and probity.

If I am following the cardinal  
virtues, then people will believe in  
 my capabilities. They will also think  
 that I am committed person towards  
my duties.

Thus it can enhance  
 people's trust in me.

Remarks

Q7. Explain the following quotations with respect to the application of EI in civil services:

- (a) "If you do not understand yourself, you do not understand anybody else".  
 (b) Success is not the result of spontaneous combustion. You must set yourself on fire.  
 (150 Words) (10 Marks)

Civil servants needs to have high EI to maintain the integrity and understand oneself and others.

E-I helps person to understand oneself.

Need to understand yourself

i) It helps in understanding the feeling of others

ii) Understanding yourself means it is a empathy and sympathy both

iii) It is based on Vedantic principle that man is Brahman. When we understand ourselves then we can understand feeling of others also.

Hence it helps in how to solving the conflicting situation.

Remarks

b) Success whether in exam or in actual field is not a result of immediate action. It requires continuous efforts, hard work, team work, patience and perseverance.

As a civil servant, while doing any task or implementing any scheme, ~~it~~ it helps in promoting team work. It influences work by adopting the empathy.

Thus success is a continuous practice and walking on tight rope.

~~It best~~ It is depicted best by Vivekananda to arise, awake and not to stop. Similarly to achieve success one should always walk on fire to achieve goal.

Remarks

Q8. "For a public servant there is no black-and-white situation, but his reactions or responses are good or bad-whether s/he reacts negative or responds positive to the situation is, therefore, more important." Explain and answer the following questions:

(a) What is the difference between reacting and responding?

(b) Are Confusion and Dilemma the natural routes to understand a situation and find solution or obstacles?

(150 Words) (10 Marks)

Civil servants comes across various situation and circumstances in duty. Their immediate response to the situation is important.

a) Difference in reacting and responding.

i) Reacting means just giving reaction on the situation, whether it is good or bad. It is just a sort of Rhetoric without any action.

ii) Responding is substantial response.

Response involves the analysis of any circumstances, understand them, it involves well articulated and well thought, response to situation.

Remarks

✓



eg → When officer ~~comes~~ <sup>comes</sup> to know about corruption in his department, then talking about its bad effects is a reaction.

On other hand steps to end the corruption is response

b) Contusion → it is situation, when

we don't know what action to take

dilemma → it is contusion about selecting equally competent options

while finding solution, there can be multiple situations or ways.

By successfully dealing with contusion and dilemma and then choosing one among other competent options helps in dealing the situation.

Due to complexity of nature of society and multiple stakeholders, it is natural to have a dilemma.

Remarks

Q9. As administrators we cannot fight but only negotiate in the world of highly self centered, deceitful and cunning foxes and crocodiles i.e. different interest groups. Do you agree? What needs to be a good negotiator? What are the limitations of negotiating rather than governing? (150 Words) (10 Marks)

- As a administrators, we have to deal with various cunning foxes and crocodiles.

It is possible that due to multiplicity of such a person fighting with them becomes difficult. ~~How~~

However negotiate is only a temporary solution and not long term solution. For time being it is prudent to negotiate, but in long term it is important to fight with them.

To negotiate Administrators

Needs

- i) High emotional intelligence
- ii) qualities of integrity, objectivity
- iii) firmness with our own values system and viewpoint
- iv) Persuasive argument, quality
- v) Perfect and in-depth understanding

Remarks

of others, with whom we are dealing.

However there are some limitations in negotiating. ~~Reason~~ Because, Firstly negotiation is short term solution. Secondly, negotiation gives/leaves scope for future situation likely to emerge in future. Thirdly, it is based on subjective criteria than objective.

Hence in order to ensuring the good governance, there needs to have permanant way to dealing with different interest groups.

eg - If one particular group is demanding favour, then negotiator may extend the favour, but governance will ensure that it should be extend only if follows the rule of law.

Remarks

Q10. How does emotional balance help civil servants in taking value judgments and administrative decisions? Discuss with the help of examples. (150 Words) (10 Marks)

- Emotional balance - it is act to maintain balance between decision based on personal values and emotions and considering rules of administration.

Emotional balance helps, (civil) servant by balancing among the personal feeling like sympathy, empathy and compassion. At the same time not to compromise with criteria of civil services and administrations like Justice, fairness, equanimity and equality.

Example-1 - If, officer A is in a position to recruit a person. He came across a person who is in need for job, because of poorness.

Remarks

However, Person lacks in capacity or knowledge require for job.

In such a situation emotions may assist to recruit person, but it may hamper administrative efficiency.

Hence instead of recruitment Administrator should help in capacity building through government schemes like Skill India mission.

Example - 2 : If person has a authority ~~good~~ to transfer. And his own friend requesting to transfer at place near to home.

Emotions may guide to do what friend is requesting. But Administrative decision, would guide to take decision in best interest of Public good.

Remarks

Q11. Given below are the two quotations of moral thinkers/philosophers. What they mean to you and why they are still relevant?

(a) 'Those who do ill shall suffer more if they are not caught than those that are'. (Boethius)

(b) 'The king should surrender his individuality in the interest of his duty'. (Kautilya)  
(150 Words) (10 Marks)

Remarks

b) Kautilya in his text 'Arthashastra' gives suggestion to king that 'king should treat his subject like a child'

Duty of the king is to follow 'Rajdharma'. That means, commitment of well, social welfare and protection of well. It is the duty of the king to protect his citizens/people from any threat like internal as well as external.

In the greater interest of society king should subside his own interest. Resources that king have not to be used in self interest and material well being of his family but in the interest of society.

His thought is more important in present context and guideline for the public servant.

Remarks

g w

Q12. Explain the following attributes with respect to the civil services:

- (a) Determination
- (b) Humility
- (c) Objectivity
- (d) Persistence

(250 Words) (20 Marks)

a) Determination — It is value which guide the commitment towards the work.

Determination shows the firmness and eg ~~eg~~ inner urge to particular task in the best interest of society. Determination is influenced by skarma Siddhanta of Indian philosophy. It is

persons rigorous attempt and readiness to do hard work in completing the task.

It is important in civil services as it promotes good governance, timely and effective delivery of services.

Eg — Delhi Supreme Court ordered Delhi Municipal Corporation to replace diesel buses by P.N.C. buses.

Remarks



It seem difficult, however, determination of officials made it possible to fulfill task within given time.

b) Humility - it is value which promotes the humbleness in oneself. It shapes the attitude to deal with others in a equal manner, not to show ego rather be gentle, kind and humble.

In civil service it is more important. Because many times civil servants looked as arrogant by common public. It increases the communication gap between the public and Administration.

If Administration is humble and follows the humility then, common man will fill positive about administration.

eg - Recently, Dr. Prashant Nair, (I.A.S)

in Kerala was in news.

Because he talks with people with such humbleness & others feel comfortable to discuss and share with him their problems.

Meaning of Objectivity - It is decision premise

before taking any decision.

When taking decision, objectivity asks the person to take decision on basis of relevant facts, rules and as per laws and not on the basis of standard norms.

Objectivity limits the scope of

- i) Favouritism
- ii) Discretion
- iii) Nepotism
- iv) equality, equanimity

Eg → While choosing beneficiaries under Housing for all - it should be based on persons' intention, income

Remarks

level, need, rather than discretion of officers.

d) Persistence - it is endless and continuous effort, ~~in~~ while doing any task. It is working in a systematic manner, ~~although~~ there may be any hurdle in the path.

Persistence in civil services <sup>is</sup> very important as ~~it~~ increases the determination, inspite of all odds.

eg - Recently completed, Tammy-kashmir Neshri-Chenami highway, there were many hurdles due to difficult geographical terrain. But Persistence of officers made it possible to complete within a speculated time.

Remarks

## SECTION - B

In the following questions carefully study the cases presented and then answer the question that follows:

Q13. You are a head of Water Supply Board of a district town and in-charge of supplying drinking water to the people. You had a detailed consultation with people regarding a Citizen Charter for water supply services. Based on the requirement and expectations of people, you had a discussion with your subordinates who were little reluctant about the Charter but seeing your positive attitude they ultimately agreed. You committed some hurry in implementation of the Charter and notice the following problems:

1. The quantum of water promised could not be ensured.
2. The quality of water did not improve.
3. One of your key functionaries went on a long leave and you did not get his replacement.
4. The entire blame on the failure of the Charter came on you.

Ponder over the situation and answer the following questions:

(a) What were the reasons of failure of the Citizen Charter?

(b) What should have been ideal course of action and why?

(c) Draw a Citizen's Charter for this case.

(250 Words) (20 Marks)

Citizen Charter is becoming a tool of provision of quality of services, efficiency, customer satisfaction.

From the above case it is necessary to understand the faults and overcome it by using feedback mechanism by aligning citizen centric relationship.

Remarks

a) Reasons for failure of Citizen Charter  
in the case

i) Hurry in implementation - It restricts the real time assessment of capability and requirement of capacity building and prior planning and management.

ii) Quantum of water not provided as per promise  
- For this probable reason would be lack of coordination between assessment of water available and net of data require for water to people.  
- Not overcoming the issues like water theft and leakages.

iii) Lack of Human Resource - As to fulfill citizen charter there is need to ensure human resource availability. Lack of workforce could impact the functioning.

Remarks

b). Ideal course of action

- i) Inquiring into reasons for less availability of water to citizens than promised
- ii) immediately replaced the vacancy in department
- iii) calling meeting of all stakeholders involving in the water supply
- iv) taking public meeting to take suggestions from them
- v) Taking action over water leakage, working on capacity improvement in water storage.

Reason for above action - Primarily, ~~it~~ is important to understand reason of shortages. Fulfilling Human resource can help to ensure the efficient functioning. Public meeting may be important insight to solve the problem. By acting against water leakage.

Remarks

Can ensure availability of water.

d) Citizens charter for case

It would include following assurance

- i) timely supply and quality of water
- ii) feedback mechanism through online as well as offline method
- iii) adequate amount of water will be supplied
- iv) Drinking water will get first priority
- v) All members of water supply officers are committed to supply efficient, transparent and accountability to general public.

This part could have been better

2nd ARC report also suggested the need of proactive citizen engagement in forming citizen charter. And chances to improve public satisfaction and trust in public services.

Remarks

Q14. You are a civil servant and posted at a place with multi-cultural and multi-identity population with one dominant majority group and a big minority group. There arose a dispute on setting up statues of their respective icons in the area, cross claiming the same space. Any casual or delay will cost huge as past history indicates of big conflicts. Election is round the corner so different interest groups are eyeing to reap the benefits and has tensed the environment. Answer the following questions:

- What preventive steps would you take to stop flaring up of a brewing dispute?
- If the dispute flares up and turns violent, what would be your quick measures to contain it?
- How do you react when failure to pre-empt and contain such a situation leads to your suspension?

(250 Words). (20 Marks)

Facts of the case = multicultural  
and multi-identity society. Demand for  
same space to install statue of icon and  
hence possibility of conflict.

Under such situation, important to  
maintain social-harmony, cohesion and  
peaceful resolution of conflict.

a) Preventive steps in such a situation

- Discussing with various groups demanding the space.
- Assuring them for peaceful resolution of conflict.
- Ensuring that place not be occupied by any group else it would lead a...

Remarks



immediate conflict

iv) In advance security preparedness by ensuring adequate police force.

v) Taking help of intelligence, to get advance information of, if possible conflict.

b) Quick measures in case of tension.

i): Taking help of police force to arrest those indulge in violence

ii): getting information about possible situation in future and called <sup>extra</sup> security in place

iii): engaging the leaders from various communities and discussing ~~the~~ with them, at the same time giving warning that, any wrong step would be tackled by strict action.

iv) Taking help of respectable persons in localities to bring peace and promote mutual understanding in long-term

Remarks

(c) Reaction in case of suspension.

- i) Presenting before the government and the actions taken by the administration.
- ii) Putting forward my side and convincing the government, in future more steps will be taken to avoid such a situation.

In case of India, society is multicultural, multilingual and hence possibility of such a conflict. So there is need to promote tolerance. Since the school age confidence building means and promoting mutual trust by regular engagement with various communities.

Remarks

Q15. A region has been affected by the flood. It has impacted huge population and led to their displacement. Majority of them have no food and shelter. You are an officer in charge for relief and rescue operations in a flood hit area where a big section of youth, not having trust in the state agencies have agitated against the latter demanding secession. However, while carrying out relief and rescue operations, you find out that a select group of youth turns hostile, resorts to stone pelting against the soldiers and also using some violent methods. It disrupts relief operation. Force present on the occasion also retaliates and a few youth got injured in this incident. This further aggravates the situation. One powerful minister suspends two of your team members. Whole team is de-motivated. What options do you have to handle the situation?

(250 Words) (20 Marks).

### Decision premises

#### Facts

- i) Challenge to contain flood disaster
- ii) maintaining law and order
- iii) keeping motivation of team

Good but answer better way

#### Values at stake

- i) ~~emotional intelligence of officers~~
- ii) conflict between duty and law and order management
- iii) sympathy and empathy for affected people in the case.
- iv) work commitment in odd situation

### Options to handle situation

- a) Immediately engage youth and assure them

- If youth remain violent it will impact the morale of soldiers and civilian administration.

As a incharge of force I would assure them, that relief will reach

Remarks

to all as early as possible

b) Monitoring the relief work

- If relief work is reaching to the people within time then it will convince the youth about the commitment of the administration

c) Prioritizing the relief work

- Firstly reaching to women, child, old age people, disabled as they are the more vulnerable.

d) Discussing with minister and requesting to revoke suspend order

- I will convince the minister that this will impact the morale of administration. As their return to service can further speed up the relief work.

wey dont you clear  
with every

Remarks

e) Asking Soldier and Administration  
to observe the restraints

- Use of violence by state may lead to conflict between force and people and further demoralization of relief work. And motivating the team members.

In disasters there is already a psychological instability, persist so in such a situation administration need to committed to work and work with sympathy, empathy for the affected people.

Remarks

Q16. You are a doctor in a government hospital. One of your lady friends got married in very rich and influential family. However, with passage of time you came to know that the family is very conservative as she visited you to seek your help in determining sex of the child at fetus stage. As her in-laws want a boy child to act as inheritor of the family. They have also ordered to abort the child if it is girl. Later her in-laws insisted hard and connected the doctor with the health minister on mobile phone. The minister said the doctor to help them in all possible manners without saying anything about the issue at hand. Thus reporting about the issue to police is waste.

Answer the following questions:

- What are the ethical dilemmas in the above case?
- Do you think that your moral obligation also demands to help your friend?
- A doctor in a public or government hospital should obey the health minister for whatever he says. Do you agree and why?
- What steps will you take in the above situation? (250 Words) (20 Marks)

Though we are living in modern society but still there is discrimination in boy and girl. Boy being seen as a source of prestige. It represents the patriarchal mindset of society.

a) Ethical dilemmas

- i) For doctor in government hospital
- duty vs preserving his own job
  - courage vs political pressure
  - Rule of law at stake

ii) For lady friend

- child vs family relations

- love for her fetus vs relation with her family and husband.

Remarks

- dignity of women vs patriarchy
- Right to life of fetus

(b) In such a situation it is a moral obligation for me to help my friend. As it is rightly said that 'Friend in need is friend indeed'.

If friend's underwent a abortion then it may impact her psychologically. on my part it is courageous duty to ask friend not to go for abortion in case of girl child. Even help her take help of higher police officer in case of need.

(c) Doctor in public sector should not obey the health minister as

- it will be compromise with rule of law
- Compromise with professional ethics,
- It may create crisis of conscience in the minds of doctor.

Remarks

→ In such a situation self interest should always be secondary to Constitutional mandate and rules

steps for me in above situation

→ First discuss with friend and give her confident that I will help in all circumstance.

- I would ask her to refuse to go for sex determination.

- I would ask her to discuss with her husband and convince him for not to go test.

- As a doctor, I would also discuss with her in laws, and tried to convince them.

In long term there is need of attitudinal and behaviour change in family along with strict implementation of laws like Prevention of child and neonatal detection to ensure gender justice in a society.

Remarks



Q17. An officer of middle level marketing and sales management of a public sector oil company has received frequent complaint about adulteration of diesel and petrol by some retailers of the area under his jurisdiction despite his warnings in the past against such wrongdoing. Subsequently one day, he goes for an inspection of one such retailer who is known for his political connections as well as local bullies. While trying to carry out his official duty, he was first prevented from entering into the premises of the retailer and when he insisted he was allowed to enter. He was offered bribe for not carrying out his duty but he declined. Undeterred, he insisted that as the marketing officer he should be allowed to carry out his duties in public interest and in the interest of the government firm which he represents. The musclemen of the retailer started abusing and roughing him up when he tried to inspect the facilities to ascertain adulteration. A brawl ensued. He was badly beaten up and fatally wounded. He lost his life while being taken to the hospital.

Answer the following questions:

- Was the officer carrying the inspection at fault?
- Despite his noble intention and dutifulness of the highest order, do you think that the officer handled the case immaturely? Why?
- Had you been in his place, how would have you proceeded to carry out your duty?
- What could be the solution for such problems of adulteration on a lasting basis?

(250 Words) (20 Marks)

e) The officer carrying the inspection was not at fault. He was following his duty.

As a public sector employ it was his duty to not let happen the adulteration. It also violates the rights of customers also.

Also his attempt to visit the company was in line with values of integrity, objectivity, act of courage and work commitment.

Remarks

b) It can not be said that officer has handled situation immaterially.

It is true that he should have gone with taking help of police & sending the ultimatum and giving warning to the company.

The muselmen took the charge of situation and their act was of Ghetto. So officers act cannot called as immaterial.

c) If I would have been in place of officer then

i) I would have send the notice first and ask for explanation.

ii) Also giving them ultimatum that their act will not be tolerated.

iii) If then also complaint continues then I would have visited the place but with the proper security.

Remarks

arrangement and taking help of police.  
It is always better to compromise the safety while going on risky missions and operations.

d) Solution to a problem on lasting basis

- i) Regular checking of petrol pumps
- ii) Airwave redressal box at petrol pump and company officers can be open by company only
- iii) Higher penalty in case of violation of standard norms
- iv) Online complaint mechanism to get complaints
- v) Awareness generation among the citizens about adulteration
- vi) Promoting the business ethics.

There are many instances in which officers have been attacked. It is necessary to promote security and providing stricter law and order situation to deter such persons.

Remarks

Q18. The Civil Services Exam is one of the toughest and the longest exam system in the country. With the limited number of attempts and nearly five to six lakh applicants appearing each year, of which only 1,000 or less get selected, there is a huge pressure on the candidates to crack the exam and it may lead to the bouts of depression, anxiety and mental stress. Civil Services candidate faces many issues during the course of the preparation. Many candidates leave their homes and move to metro cities for coaching and preparation. They take up accommodation that gives them little comfort. Most of the aspirants do not know how to cook, and some in order to save time eat at the roadside stalls or depend on "Dubbawalas." Having improper food and uncomfortable living, many aspirants end up having health issues. Besides, the coaching institutes in order to produce good results put pressure on the candidates to increase the hours of studies. Loss of sleep impacts the body and the aspirants get totally exhausted. Overall level of stress is very high. For an exam like UPSC, where there is cut-throat competition, the only goal of aspirants is to somehow clear the exam and they ignore the insurmountable pressure on them. You are also one among them. After repeated attempts you failed to qualify this exam and you are in stress as you have lost most valuable time where you could have easily opted for alternate career. One of your best friends has met the same fate and he is in depression. His mother calls you and asks you to take care of her only child. She requests you to motivate him to something big in life, one examination does not make or break everything in life. In the given scenario, how will you motivate yourself and your friend? And, how will you cope with your stress? (250 Words) (20 Marks)

Candidates preparing for U.P.S.C or other competitive exams often face the depression, anxiety, fear of failure, loss of confidence, walks on rope of tough competition. However, this helps in becoming tough and follow the 'karma' ethics.

In such a situation I can motivate myself or my friend by

i) looking at aspirants who failed multiple

Remarks

times in exam but they don't have a escapist attitude. And finally get selected. I can take inspiration from such a successful candidate.

(ii) Looking at people who could not make success in U.P.S.C but they become Real life Heros. Like Google C.E.O, Sunder Pichai, who could not clear U.P.S.C but become C.E.O. of search Engine.

Today many aspirant in U.P.S.C takes help of google in their preparations.

(iii) I can motivate myself and friend by teaching taught of Geets = Nishkam karma.

I can convince my friend that U.P.S.C is not only exam but it is Personality building process. This exam teach us and acquaint us almost all spheres in life like economy, polity

Remarks

to world Affairs & Society.  
 In short, it prepares us for  
 the life.

iv) Along with motivation we can  
 take help of Yoga/ meditation  
 it can help us to concentrate  
 on our study & keep ourself cool.  
 So it can help us to ~~become~~ prepare  
 for more challenges.

v) By Adopting Positive Attitude that  
 I will success.

It has been said that once  
 you prepare your mind you can get  
 things you want. Swami V

Also we can follow Swami  
Vivekananda's trough - Arise, Awake  
 and stop not still the goal is  
 achieved.

I will try to keep myself always  
 motivated and too my friend also.

Remarks