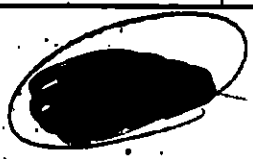


ETHICS, INTEGRITY AND APTITUDE

Time Allowed: 3 hrs.

Max. Marks: 250

Q.	Marks	Instructions to Candidate
1.		<ul style="list-style-type: none">• There are 18 questions.• All questions are compulsory• The number of marks carried by a question/part is indicated against it.• Content of the answer is more important than its length.• Answers must be written in the space provided. <p>Any page or portion of the page left blank in the Question-cum-Answer Booklet must be clearly struck off.</p>
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18.		



Name Samir Kumar Jena

Roll No. _____

Mobile No. [Redacted]

Date 26-08-17

Signature Samir Kumar Jena

1. Invigilator Signature

2. Invigilator Signature

SECTION - A

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

① Feelings are the thoughts, emotions, running in our mind. It is sometimes believed that feelings are better guide to action than reasons.

② Because, in many cases our actions are determined by our feelings and emotions, not by reasons.

③ e.g. - a civil servant has the patriarchal feeling or attitude in him. So his actions may be guided by such feeling, and he may discriminate against the women in his decision making.

④ This action failed to be guided by the reason which should have been gender equality and it should be reflected in decision making.

Remarks

⑤ To overcome such issue, one should have control over his emotions, feelings, prejudices etc.

2 1/2

⑥ Because without such control, which can be termed as emotional intelligence, feelings will guide the action and it will be biased.

- Also discuss the reason with example.
- Reach the conclusion eventually.

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?
 - (c) Give the argument supporting self-control as a master virtue? How the failed-control is evident in the 'social sin'?
- (150 Words) (10 Marks)

(a) ① Virtues are the good traits of behaviour. e.g. love, beauty, kindness are some of the virtues. Virtue ethics deals with the ethical ^{point of view} ~~decisions~~ which are guided by virtues.

② Knowledge is simple learning which ~~broader~~ makes us aware of various issues.

③ It can't be equated with virtue as it is not necessary that a knowledgeable person will have virtues. e.g. - in mythology, Ravan was a full of knowledge, but virtue was missing in him evident from his evil acts.

(b) ① ~~Ex~~ Although evil or bad actions are result of ignorance, still educated people get indulge in white collar crimes.

② Because it is not necessary that an educated person will have virtues in him, because

Remarks

Their self motive drag them into unethical action

1 1/2

education is controlled by external mechanism whereas virtue is an inner conscience which controls our behaviour.

(c) ① "Self-control" means controlling your emotions, excitments so that they can't ~~get~~ ^{over} ~~rid~~ ^{ride} over your decision making.

② So self-control is a master virtue which can help to bring other virtues within one.

③ Failed-control leads to ~~lose~~ ^{loss} of self-control and hence emotions override our senses. e.g. -

"rape or sexual offence" which is a social sin is the result of failed-control over one's sexual desire.

~~good~~

2

Remarks

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)

① ~~Sep~~ "Sense of superiority" means ~~acting~~ ~~is~~ or dominating over others. "Sense of empathy" means the ability to feel others suffering. ② The best leaders don't act with a sense of superiority because it results of poor work culture and ~~det~~ feeling of detachment within a group.

② "Sense of empathy" helps the leader to feel the emotions of the members of his group. So, ~~they~~ ~~a~~ the members become more attached to the leader and leadership becomes successful.

① Traits like sense of empathy are not obstacles to professionalism, teamwork, partnership etc, rather it enhances these behaviours.

③ Because empathy ~~too~~ within group brings more closeness and attachment resulting in better

Remarks

framework.

③ e.g. - Mahatma Gandhi became successful as a leader because of his sense of empathy
 Mention it more positive postulate

1/2

⑥ "To perceive is to suffer."

This implies that to get success, one has to suffer or do hardwork. e.g. - under huge pressure only a stone turns into precious diamond. Similarly hardwork and suffering helps to overcome all obstacles and achieve success.

1

elaborate it.

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)

① The statement implies that ~~one~~ ^{one} should have love and affection towards his work or duty. Then only his work will achieve or yield success.

② Loving one's job will increase his dedication and commitment to his duty. e.g. - If one loves his parents, then he fulfills his responsibility ^{and} towards his parents ^{and} sincerely ^{and} gives ^{and} performs ^{and} his job ^{and} with his dedication.

③ The same thing also applies for one's job. For entire society and overall well being.

④ e.g. - famous athletes Armstrong, Paine's resulting in welfare of society.

building of the road to the remote village

have been his job was reflected in his society

It gives performance for job

⑤ Emotional Intelligence (EI) can help in a great way to inculcate such attitude, as it can help to control ~~one's~~ emotions and senses.

⑥ That will help him to come out of the narrow mindset of self to ~~serve~~ the whole nation.

3

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)

① "Attitude of gratitude" implies that the ~~greed~~ ~~here~~ attitude of being satisfied, because for a greedy person, there is ~~no~~ end of his desires.

② This results ~~for~~ that he concentrates on what he doesn't have and tries more and more to get those. Thus he runs before his greed whole life.

③ Similarly, a person who is satisfied ~~wishes~~ what is available to him lives ~~happily~~ happily and gives him the feeling that he will always have more.

④ This sense of attitude is relevant for a civil servant as this sense of greed is the main reason of corruption prevailing in the society.

Remarks

⑤ If greed of a civil servant will end, it will automatically end his dissatisfaction.

resulting in reduced corruption.

⑥ Also he can be able to ^{be} better committed to his duty.

How does it change the perception?

2½

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)

- ① "Trustworthiness" implies that the ability to maintain the trust ~~which~~ or belief which a person or an organisation has, ~~give~~ ~~me~~ imparted on you.
- ② It is essential for a civil servant to maintain high degree of efficiency and honesty in his work.
- ③ e.g. - An army official has information of ~~areas and ammunition~~ arsenals of our country.
- ④ His trustworthiness deters him to open this information even in an adverse situation in view of national security.
- ⑤ EI ~~helps~~ ~~it~~ helps to strengthen one's emotion and self control, so that his decisions are not taken by the emotions, biasness ~~rather~~ rather by reason, conscience and wisdom.

Remarks

- ③ ~~See the~~ ~~see~~ ~~see~~ And treat's like conscience, wisdom, reason helps to enhance ~~trustworthiness~~.
- ④ Thus EL can generate ~~trustworthiness~~ in us in oneself and that of ~~others~~ in you.
- ⑤ e.g. - Ministers in our legislatures take oath of secrecy, which is a measure to impact ~~trust~~ ~~can~~ trustworthiness.

③

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)

① This statement implies that, one person should have sufficient control on oneself i.e. one's behaviour, attitude, emotions to be able understand anybody else.

② Control over the mind and emotions is called Emotional Intelligence (EI). EI helps to get control over oneself.

③ After that only one can keep his calm in adverse and unexpected situations which is very much necessary for a civil servant.

④ This will help him to understand others' emotions which is called Emotional Quotient (EQ), so that he can take ~~attract~~ altruistic decision.

⑤ The statement implies that success to achieve success one has to overcome many hardships as written here "must set yourself on fire."

2 1/2
good

Remarks

② e.g. - a person preparing for civil service examination gets success after arduous hardwork and consistency

1/2

③ EF helps one to overcome such difficult situations, so that he can reach success as a civil servant.

What is the role of passion in it?

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)

The statement implies that a civil servant should maintain his neutrality in all situations and always give positive response. This will help him/her to solve any adverse situation.

① "Reacting" implies negative ~~emotional~~ response to a situation. e.g. - an SP posted in a vulnerable area reacted strongly to the communal conflict occurring.

② This should not be the trait of a civil servant; it implies lack of emotional intelligence (EI) needed to cope up with a difficult situation.

③ Similarly "responding" implies giving positive response. e.g. - an SP in similar ~~the~~ case responded well to the situation and took necessary

Remarks

How does it give positive response?

6

How does one cope with available causing confusion and dilemma? some situation there may be multiple ways

there may be an easy solution, but for

② There are situation specific. For some situations

Why do?

many routes to understand routes, but one or

① Confusion and dilemma are not natural

6

decision in difficult situation.

③ This implies strong eg, helpful to take right

action.

13

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)

① This is not right that ~~an~~ an administrator can only negotiate, but can't fight with different interest groups.
 Is he there to fight?

② Negotiation may be the primary or eventually the best option, but, it ~~it~~ doesn't ~~surely~~ yield result. strict action can be taken for the welfare of society.

③ A good negotiator needs to have

- ① Good emotional intelligence (EQ)
- ② Ability to understand the emotion of others (EQ)
- ③ Administrative skills like negotiation influencing others
- ④ unbiasedness
- ⑤ Self competency
- ⑥ Non-partisanship

Explain these all points

Remarks

4) Limitations of negotiating -

a) Time taking

b) Not guaranteed that it would yield result

c) Results in inefficiency in system

d) All the parties are partially satisfied

e)

2

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)

① Emotional balance means balancing or controlling emotions and not let them override decision making powers

② This is necessary for a civil servant in taking value judgements and administrative decisions.

③ e.g. - if a communal violence occurs in a region, the DC in that district will have to keep his calm and take decisions like deployment of forces, negotiating with various parties to control the situation.

④ Without emotional balance he will be stressed and tearful which will affect his decision.

⑤ Similarly - e.g. - if there is order to take encounter to an SP from ministry to a Maoist, which needs value judgement

Remarks

⑥ Emotional balance will help one to take
right value judgement. overcoming dilemma.

2½

- Give more such illustrations.

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)

① The statement implies that if a person does ill and doesn't get caught he will suffer more.

② Because, in the ordinary court of law, he might not be guilty, but in the court of conscience he will be guilty.

③ This guilt in his conscience will regularly and always question him of his evil deeds and he won't be able to answer it resulting in his suffering. How can such person be transformed into a virtuous one?

① The statement implies that for a civil servant individual or self-interest shouldn't overrule public interest.

② Here the "king" is used in comparison with a civil servant and duty means public welfare or welfare of the society.

Remarks

③ Thus too today's time it reminds of the
selfless and committed ~~duty~~ ~~res~~ expected
from a civil servant.

Explain the quotation
first.

1½

Remarks

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

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

(250 Words) (20 Marks)

② ① "Determination" implies that strong commitment of a civil servant towards his duty.

② This results in ~~him~~ to respect his duty and get success.

① 1/2

③ e.g. - strong determination of Mahatma Gandhi helped him to give India freedom.

③ ① "Humility" implies friendly attitude towards others.

② This for a civil servant results in influencing

①

his team members and getting better work culture.

It is called mother of all virtues

④ ① "Objectivity" - means ~~getting~~ performing duty without affected by external environment or biasness.

Remarks

Requirement of objectivity -

- ① Take unbiased decision
- ② Quick decision making
- ③ It implies integrity of the civil servant
- ④ Increased efficiency
- ⑤ Persistence means continuity or consistency in work.

1/2

1/2

Requirement

- ① Commitment to the task for a civil servant
- ② Self-less attitude to the duty
- ③ Non-partisanship without ~~affected~~ being affected by external environment

Need to discuss all parts elaborately

Remarks

GIS SCORE

Remarks

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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 noticed 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)

In this case as the head of water supply Board, my job is to make available quality water to the people in my town. In this regard I discussed with people and started implementing the Citizen Charter for water supply services.

Ⓐ But the reasons of failure of the Charter are discussed below.

① Hurried implementation of Charter, which resulted in missing the issues which could have been

Remarks

addressed

② Reluctance and lack of interest among the workers responsible for supplying drinking water. It is evident from the long leave taken by a key ~~functionary~~

③ Shortage of water supplied, because of lack of ~~availability~~

④ Ignoring the surrounding situations like availability of fund, availability of instruments needed for treatment plant evident from the poor quality of ~~water~~ supplied.

⑤ ① In this case, as the in-charge, I should have looked into the maximum water that can be supplied with the ~~current~~ system. If additional water needed, then ^{alternate} ~~suitable~~ arrangements should be made.

② To address the issue of ~~the~~ water quality, proper ~~an~~ investigation should be made of the capacity of treatment plant. It needed extra facility should be installed.

2

Remarks

⑧ To address the issue of reluctance of subordinates in performing their duty, I should make them aware of the importance of their duty. ~~It is~~

②

After that also if the situation doesn't improve, strict action should be taken.

⑨ A citizen charter for the case -

① Specifying quantity of water to be ^{supplied} specified

② Division of works among various workers needed in the water treatment process

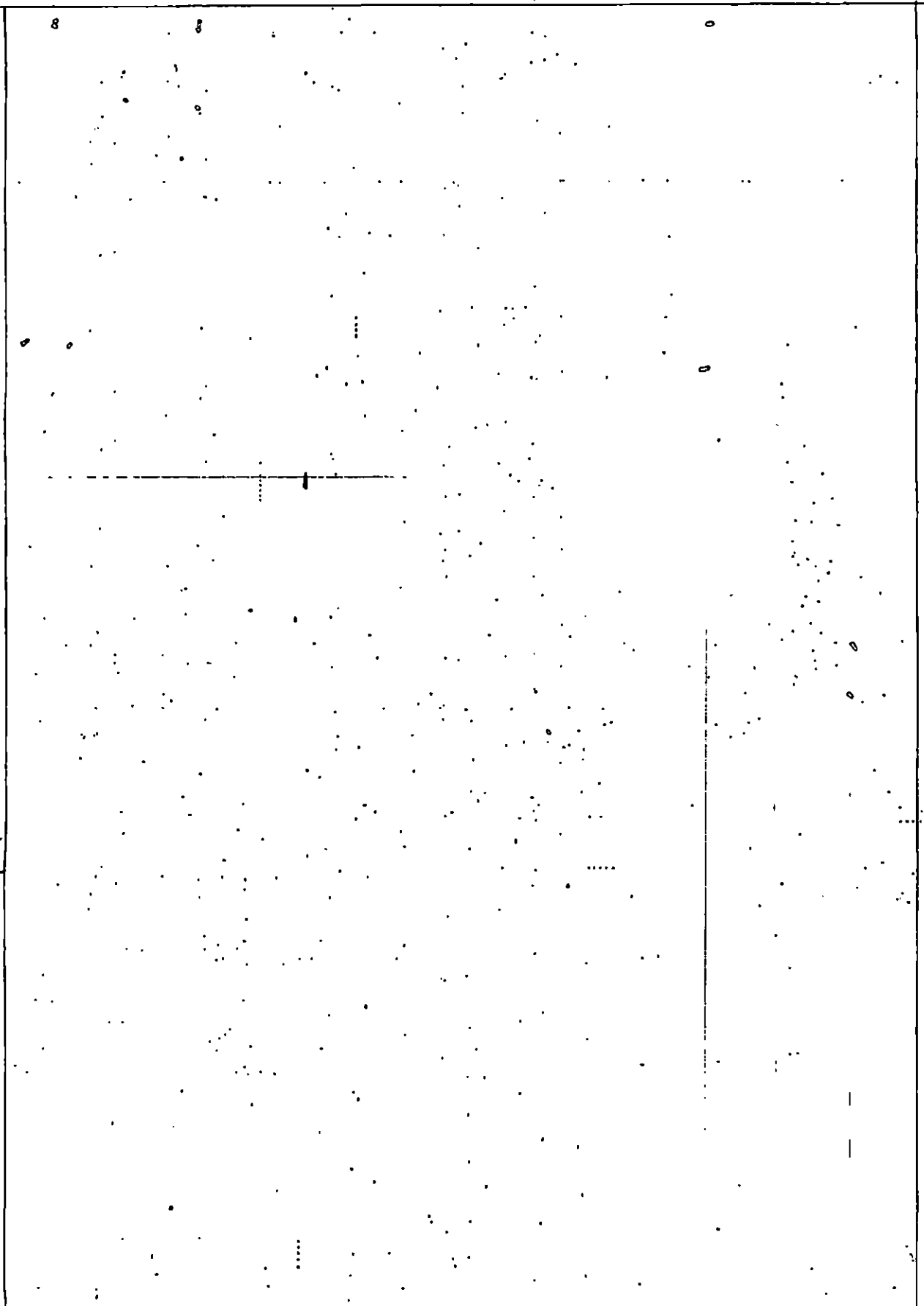
⑫

③ Proper grievance redressal mechanism if water is not supplied in time or its quality issue arises

④ Additional reserve of water to meet any emergency high demand.

Need to draw a citizen's charter properly with all essential components.

Remarks



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:

- (a) What preventive steps would you take to stop flaring up of a brewing dispute?
- (b) If the dispute flares up and turns violent, what would be your quick measures to contain it?
- (c) How do you react when failure to pre-empt and contain such a situation leads to your suspension? (250 Words) (20 Marks)

In this case, there are chances that the dispute regarding setting up statues may take the form of communal violence. Also different interest groups are working to add fuel to the fire which may further worsen the situation. So as a civil servant my 1st job is to take preventive measures.

(a) In this regard I can take the following steps.

- ① I will try to pacify the various groups by having proper discussion with the groups.
- ② If needed, I can specifically start discussion with the leaders of both the groups who can help to make the situation under control.

Remarks

2 1/2

③ They also should be made aware of the previous conflicts which resulted in ~~loss of~~ great damage to both the groups, so that they may stay back ~~from~~ worsening the conflict.

④ The wicked/opportunity hunting people from various interest groups should be ~~looked into~~ found out and ~~strict~~ actions should be taken against them.

⑤ In spite of such efforts, if violence erupts, then following quick measures should be taken to contain it.

① ~~Proper police~~ It should, better have been preventive
 ② Required number of police forces should be ~~step~~ deployed as soon as possible to handle the law and order situation in the area.

③ ~~Vulnerable Arrangement~~ Priority should be given to vulnerable groups like women, children, old aged persons who mostly becomes the victims of such violence.

④ Road networks, railways is going near the area should be given special attention to minimise the ~~harassment~~ of travellers.

Remarks

Can you impose Sec. 144 of Cr.P.C. ?

② ④ Same as above leaders of both the groups should be called and ~~so~~ sought their help to control the situation.

⑤ ① If failure to handle the situation leads to my suspension, I will not lose my calmness, but accept it ~~with~~ as I was unable to ~~do~~ properly perform my duty.

② ② Emotional intelligence is ~~the~~ a necessary quality needed for a civil servant, which will help me to control my emotions in such situation.

③ After that I will assess my mistakes from the incidence, so that I can better work in such situation again arises.

What could have absolved you from such scenario?

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)

As the officer in charge both relief and rescue operation, my prime duty is to ensure proper relief to the flood affected people and also rehabilitate the victims of the disaster.

But such activity is greatly affected by the ~~infect~~ ~~can~~ violence caused by the hostile youths.

In such situations, I can take the following steps to handle the situation.

① I will try to pacify the hostile youths by having proper ~~talk~~ discussion with the leader of their group.

② I will try to make them understand that in disaster situations like flood, such conflicts will further worsen the situation and the suffering of vulnerables will further increase without proper ~~relief~~ relief and rehabilitation, as these

Remarks

are greatly affected, by such acts.

③ I will also ask the army officials to show liberal attitude towards the youths to pacify the situation.

④ In spite of such peaceful measures, if situation doesn't improve, I may seek additional army forces to handle the law and order situation strictly so the relief work goes on without any hardship.

4 1/2

⑤ After that I will make request to the minister to revoke the suspension of the relief team members, as such acts will demotivate the group and relief works will be greatly affected.

⑥ I also may seek additional personnel for relief operation, if situation demands, so that

- rehabilitation can be done suitably.
- What about relief & rescue?
 - Are there not else things to be dealt with except for youth?
 - How would you motivate your team?

Remarks

8

8

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:

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

As ~~the~~ a doctor in a government hospital my job is to work for the welfare of the patients staying within the ~~boundaries~~ boundaries of law. Pre-natal sex selection is a criminal offence ~~which~~ doing what is against the law.

① In this case following ethical dilemmas may arise.

① Helping my friend by determining ~~the~~ the sex of her child vs work strictly as per medical rules and laws

② Listen to my superior (health minister) vs listen to my inner conscience

Remarks

② Saving the life of a fetus or kill it before it is borne

① In this case moral obligations can't demand to help my friend. Because moral obligations prescribe those actions which are morally ^{or} legally acceptable.

③ In this case 1st sex determination is ~~ethically~~ ^{legally} both ethically and legally wrong

2.5

④ If it is done and the girl child is bound to be girl, then another issue is killing the girl child. Because every human being is per our Constitution has right to life. Also vulnerable sections like child need special attention as prescribed in law

⑤ A doctor in a government hospital should obey the health minister's order as long as the orders are legally and ethically correct

③ As a public official in this case ~~not~~ obeying the orders job health minister is against my inner conscience.

Remarks

97

Members.

and ensure the & suitable action is taken against the Minister and my friends family

may report the incidence in media and police

④ It will be the situation doesn't change

so that I will act with my inner conscience

Health Minister not to give such illegal orders

③ It didn't yield result, I would request

will understand the situation

gender biasness from them, so that they

③ As a friend, I will also try to remove the

determining

in-laws understand the illegality of sex

① I will try to make my friend and their

I will take following steps in the situation

in future

will report to such acts more and more

the Minister, being a public representative

③ Also doing this will set a wrong precedence and

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 bulies. 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:

(a) Was the officer carrying the inspection at fault?

(b) Despite his noble intention and dutifulness of the highest order, do you think that the officer handled the case immaturely? Why?

(c) Had you been in his place, how would have you proceeded to carry out your duty?

(d) What could be the solution for such problems of adulteration on a lasting basis?

(250 Words) (20 Marks)

In this case the issues involved are ~~illegal~~ adulteration of diesel and petrol

③ Obeying bribe to an honest public sector official

③ Abusing and roughing the official which is against his right to life and dignity

④ ~~Loss~~ Loss of his life which is a grave crime

⑥ Here the officer carrying the inspection was not at fault, because

① The retailer, to whom he went for inspection was under his jurisdiction

② he also didn't accept bribe offered to him which shows his honesty and integrity.

② he even didn't bother the threat to his life by the muddemen which shows his commitment to duty

⑥ Although the intention of the officer was noble and he was greatly committed to his duty, it can be told that he handled the situation immaturely, because

① he knew that the person he was going for inspection has good political connections. So even if he catches him, the person may be set free in future which will defeat the purpose

② he could have taken the help of police and media before going for inspection as concrete evidence was available with him regarding adulteration, so that it would be easy to expose him

2½

good

Remarks

- ① I would be in his place, I would collect concrete evidence regarding the allegation of adulteration before going for inspection as inspection is the last step in such cases.
- ② I would look into the situation at the area before going for inspection, so that I could be aware of his political closeness and prepare myself accordingly.
- ③ Then I would seek help of police and media secretly by showing them the evidence collected. Then I would go for inspection & solution of adulteration -
- ④ strict penal laws against the offence of adulteration.
- ⑤ Immediate and sudden inspection at any time without any prior intimation.
- ⑥ Awareness creation among public to report ~~in~~ such incidences as they find.

How about warning the media about the situation (Kishu)

15

2

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)

Civil Service Exam (CSE), being the longest and toughest exam with very low selection ratio is the cause of stress and anxiety for many candidates, ~~in~~ this case for me and my friend after repeated failures. My friend's

① mother has asked me to ~~cop~~ motivate him to relieve his stress.

I can take following steps to motivate myself and my friend.

① I will try to convince myself and my friend

Remarks

that there are many candidates who have achieved success even after repeated failures. I and my friend may succeed even after such failure.

① Reading life story of famous persons like Mahatma, Gandhi, Abdul Kalam greatly motivates our mind. So I can read these books in free times and ask my ~~brother~~ to do so.

② Accessing the failures of previous attempts in exam is also a good way to motivate myself. This will make me aware of my mistakes and also increase my self confidence.

④ Seeking help of coaching teachers and family members also can yield good result.

Following steps can be taken to cope with stress.

① Regular and healthy diet which will address the health issues, being a main cause of stress.

② Talking and discussion with friends and family members in free time also can yield good results.

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Remarks

— Self confidence is they for any person. Ask him to keep it intact.
— Acceptance of failure is also handy.

- ③ Regular exercise and jogging.
- ④ Taking proper and timely sleep which will refresh our mind.
- ⑤ Be ready for alternate career options like SSC, Bank PO, state civil services which may also help.

Remarks