



## UPSC MAINS - TEST 5 (ESSAY)

Duration: 3 Hrs

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(Please fill your details correctly)

Medium:

English



Hindi



INDEX NUMBER			INSTRUCTIONS
Q.NO.	Maximum Marks	Marks Obtained.	<p>Please read each of the following instruction carefully before attempting the questions:</p> <ul style="list-style-type: none"> <li>• Essay paper will consist of two Sections, each Section containing of 4 Essay topics, out of which the candidates will be required to write one topic from each of the sections A and B, in about 1000-1200 words each.</li> <li>• Each Essay will carry 125 marks.</li> <li>• There will be word limit and page limit for the essays.</li> <li>• The duration of the test is 3 hrs.</li> </ul> <p>Remarks</p> <p>Signature of the Student: <i>[Signature]</i></p> <p>Invigilator's Signature:</p>
Section A	125		
1			
2			
3			
4			
Section B	125		
5			
6			
7			
8			
TOTAL:	250		



### Brief report of Performance Evaluation of student in the paper

Parameter / Criteria	Aspect Considered	Total Marks	Essay 1	Essay 2
Basic Format	Introduction + conclusion	10		
	Body	15		
Content	Data/ Facts/ Interpretation/ Analysis	25		
Organisation	Flow of Ideas / Absence of Deviation from the topic	25		
Language skills	Punctuation/ Grammar/ sentence Formation / Spellings	25		
Examiner's Discretion	Perception / Innovation / Engaging	25		

Parameters	Very Good	Good	Average	Poor
coherence				
Language				
Handwriting				

**DETAIL FEEDBACK**

*(This area is intentionally left blank for providing detailed feedback.)*

**ALL THE BEST**

**SECTION: A**

- Q1. India @ 100: A tryst reinvented?  
Q2. When Work becomes Worship, Is rest a sin?  
Q3. Rains doesn't flood cities, Decisions do.  
Q4. Are we wired to wander or belong?

(1200 words)

When work become worship,  
Is REST a sin?

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Once upon a time, there was a man named Manoj. He was a dedicated and skilled labourer good with ploughing the field. Once, a rich man hired few people to till his vast land, along with Manoj. Manoj being himself dedicatedly began working. Hours passed. Others stopped to drink water and rest. But Manoj continued with his ploughing. For him, his task and work was prior to Rest. After some more hours, Manoj's health deteriorated, he fainted with fatigue and died.

Manoj's story tells us that even if work is to be treated as worship, rest is equally important. Or it may otherwise prove lethal.

In this essay, we would explore various benefits of treating work as worship, its negative consequences, the role played by rest and steps to inculcate this concept in our lives.

Treating work as worship refers to dedication to it. It is the enthusiasm with which you do our duties and priorities we set to it. Work comes first (as worship), it is equivalent to serving the almighty.

A renowned personality Tulsidas was a cobbler. One fine day, a person asking him to take dip in Ganga, lead to Tulsidas, getting a gold bangle from deity.

water used for cobbling. This shows treating work as workship produces results akin to gold.

Let's look at various benefits of treating work as one's priority.

### BED OF ROSES

Dedication to your work, increases productivity and leads to better results doing justice to your role as a worker. It leads to not only your, but also public good. It benefits others, and work as life saver.

For ex- King Ashoka used to tell his minister to let any of his subjects in pain or grievance to meet him even at middle of night. Reason he is termed as "the Great".

Also, it furnishes one's own personality, increasing his fortune, raising his prestige and leads to opportunistic future. World starts knowing and praising the one who grinds himself.

MS Dhoni, since childhood, treated cricket as his every thing. His priority was his game. And this has lead him to the stage where everyone says, "Thala for a reason."

But, there is not-all-good about this work-worship concept, this has some serious all-effects too.

### Other side of coin

Making work as your priority every time describes man as "cog in machine" (Banality of Evil-Theory). It reduces a person's role to unlimited grinding, and losing out on all other humanly things.

Secondly, over works leads to physical, mental exhaustion which is not beneficial for health. Muscle cramps, stress, fatigue and unbearable trauma are result of this concept if taken in extremity.

children are often made to study long hours for good grades, impacting their health.

Another serious drawback it brings is decline in productivity. Over work often extinguishes zeal of work, lead to monotony leaving no incentive to keep grinding your way, leading to serious hampering of result, defeating entire purpose of work.

For example, • circa 100 BC, Alexander's forces after conquering stretch from Europe to Asia, could not further to India due to exhaustion after fighting non-stop for months

So, what is the solution to it??  
 REST. Is taking rest a sin?? Or is it actually beneficial in long term? Lets throw some light on it.

### SIN OR RITUAL

When taking of work as worship, taking rest is treated as a barrier in that worship. But, its the opposite. Rest is rather needed. It is instead a part of worship and, hence, an important ritual.

Rest rejuvenates and refreshes the mind, body and soul. It energizes one for the task further, increasing the productivity. No machine can function non-stop, and hence, none should not given,

body turns to fever, mind turns to depression

UPSC aspirants are hence forth advised to take rest in between their

preparations. so they don't compromise on their health or studies.

Another aspect is, sustainability. A thing or a resource has to be utilised in such a way that it keeps going for long for benefits. Resting is a key to that sustainability.

Had Manoj, like his colleagues rested, he wouldn't have lost his life. He even took away the sole breadwinner of the family, making it difficult for them to survive.

Resting also builds relationships. It gives time to people to engage with their family and friends, leading to strong bonds. This had led to concept of work-life-Balance.

European countries give a 4-day work week to maintain this balance ~~to~~ for its employees

But, there is a loophole here, prone to be exploited. Resting can also be converted to a SIN in some circumstances. Let's check them below.

### SAVIOR to SIN

On some situations or tasks, where ~~it~~ it is short-term and needs a focused dedication, rest becomes dangerous, especially when it's not needed. It needs your burst of energy, that may get hampered by barrier of rest.

On the famous "tortoise-Rabbit race", The rabbit took nap in name of rest and lost the race. The nap was not needed, for it was just a short-term goal.

Also, Nowadays, this resting is being exploited to scroll social media. Further impacting eyes and mind, hampering and even worsening productivity. Office workers are seen busy on their phones during lunch breaks.

So what to do? How do we manage this worship and ritual balance?

### The path ahead

one of the important steps is management of time. Assigning works with time and proper rest in between as part of your work. Inculcating rest as a work itself would maintain healthy balance and enhance productivity.

vacations and trips, not only gives rest to your soul but also create some best memories of your lives and connect you with natural and social world.

Nextly, productive rest - i.e away from mobiles, social-media, screens etc.

Disengaging not only body but also your mind, which needs the rest, the most.

Karnataka's digital-detox initiative

is a much needed step in this regard, encouraging mobile-free behaviour in youth.

Equally important is knowing - when to rest. You must know your ability and mind and body signs. Resting must be appropriate, not much nor less.

To sum up

Working with dedication is a crucial and commendable habit. It must be encouraged at all levels. In this time and culture of laziness, corruption, decline in productivity, "work as worship" must be propagated as Manoj always did.

But at the same time, and equally beneficial resting has not to be forgotten. It's not a deviation from worship, it has to be seen as a part of worship.

Grandhi's time-to-time calling off Non-cooperating and civil-disobedience movements during freedom struggle was an excellent example of balance to give breathing time to people. A strategic move eventually leading to Independence.

Hence, we must keep in mind -

"Work-Rest-work-work-Rest"... infusing productivity in every state is need of the hour. It would help one personally and social well both

Feedback (For office use only)
Structure/ Presentation
Question Interpretation
Content
Value Addition
Penalty (if any)
Total

"The only real prison is fear, the only real freedom is freedom from FEAR."

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The famous and most-loved movie "3 Idiots" - show life of a guy named Raju. He was a brilliant student on whom hopes of his ill-father, over-working mother and helpless sister rested for betterment of his life. But, he feared a lot. Every step he took was bounded by fear of society, teachers and inner-himself. Encouraged by his friend Rancho, after risking his life because of fear, Raju finally overcame it, and we could see how he landed with a good job.

This still from movie depicts that fear is the biggest barrier in one's life, and overcoming it - overcome all other

Problems, leading to success.

In this essay we will discuss about fear descriptively, its causes and impacts, its rare benefits and some solutions to handle it with grace.

Fear is an emotion in humans and all living beings. Inbuilt for some cases since childhood, acquired for major things during course of life. Fear of falling in childhood to fear of failing exams to fear of death, human lives are bound by fear.

Developing of fear is a long process, fuelled by our company, society and often ourselves. Let us see the inner-lying of this fear.

## The monster of life

We often have fear of failure during our journey or life goals. This develops due to peer pressure, social boycott, losing of prestige, or wasting of time and resources. We want success at a stroke, or else people find it difficult to gather courage.

Recent years have seen increase in student suicide cases in Kota and Delhi.

They could all be linked to failure-fear and above-mentioned causes linked to it.

Secondly, under-confidence, or not aware of ones potential leads to under-estimation giving birth to fear. People surrender even before starting. This can be because of lack of support - financially or socially.

For example - I myself was very under-confident regarding my UPSC journey. This psychological set-back have caused me two back to back failures in prelims. before I could finally over-come it

Now, have a look at some disastrous impacts of this year.

### FEAR - the whirlpool of life

Fearings brings a huge opportunity costs. It leads to letting go of new prospects in life and some life-changing chances. It is akin to not enjoying the rain, fearing floods.

As Robert Kiyosaki says "biggest risk a person can take is to do nothing?"

Another, major impact is that it hampers one's growth in life. Trying new things helps person in his growth and development of mind and personality.

Parents fear of children going on wrong track in life, often keeps them restricted. Later they realise, this affects the mind development of the kids.

One of aspect also is ~~is~~ conditioning. Being habitual to one's safe zone, cuts the person from worth. Her mind is conditioned to find peace in her little world (Pavlov experiment).

"A ship is safest in harbour,  
but this is not where its meant to be"  
as remarked by John F sheeld.

From these, we can learn that fear is a major obstacles of one life, and has to be defeated.

So, what do we achieve after overcoming fear? why is it important?

### The Pandora box

Overcoming fear of failures, leads to progress of an individual, and nation and ultimately of humankind. All the inventions and discoveries that have made our lives easier are result of the inventor's success over his fear.

Thomas Alva Edison overcame his fear of failures. After 1000 attempts he invented bulb. And today, we cannot even imagine our lives without electricity.

Shackling the chains of fear, lead to public good. It encourages others to defeat their fears and move along paths of courage to achieve a larger and collective goal.

Our freedom fighters like Bhagat Singh, Chandrashekhar Azad and many others openly challenged the British, shattering chains of fear and demanded poorna swaraj. Our independence is a result of their yearless-spirit.

PTO

But, is fear always wrong or unwanted?  
NO!! Sounds strange, but yes, fear is  
sometimes important too.

Gross is greener the other side

Fear acts as deterrent against wrong  
deeds and crimes. Children and people,  
are taught to fear God, when doing  
something unholy - like stealing, hurting  
someone etc.

To protect law and order in a country  
there has to be fear of punishment.  
This is inculcated in law of that land.  
Or else notorious elements would use  
their courage to harm others.

India's rationale of validating  
capital punishment lies in this concept  
of fear, serving as deterrents to people  
like terrorists.

So how do we tackle this fear of  
coursey and contribute to our life  
goals with bravery?

### Road to Growth

Risk-taking has to be incorporated in our  
thinking and curriculum of life. Since  
childhood, childrens must be taught to  
take risks in every step and challenge  
the incumbency.

Dhirubhai Ambani took risk  
challenged the incumbent forces of job,  
and built an empire of wealth.

Another crucial step is confidence-building  
in people. Effective socialisations by  
parents and teachers and peer groups  
could counter fear by making one realise  
his potential.

ex-Role of Grijan Saxena's father.

Another very important step, is calculated and balanced fear. Fear must not be of failures or wastage of time or society. But fear must be of laws, god and parents, and of inner-voice in doing anything wrong.

Gautam Buddha's Madhyam marj could be followed to devise the extent of fearlessness.

Last but not least

To conclude, we must learn to face our fears and challenge it, ~~over~~ fight with it and ultimately defeat it.

As Rumi says, "once you start moving step-by-step the fog itself clears".

The fog here is your fear, when you move step-by-step gaining courage, you will see your fear vanishing away like the fog.

Even if you fail or loose everything in journey, you still gain most powerful weapon - 'experience'.

A famous line by Babur reads  
" what if we lost the ground, we still haven't lost everything ".

Hence, one have to get up - gear up collect her strength and starts moving".

☛ " Biggest fear is fear itself " says Gandhi ji

one must remember that " Dar ke aage jeet hai "

✕ ————— ✕

Feedback  
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Total