

मुख्य परीक्षा अभ्यास प्रश्न

UPSC / BPSC / PCS हेतु महत्वपूर्ण अभ्यास

1 अगस्त
2026

शनिवार



नीचे दिए गए तीन उद्धरण महान विचारकों के हैं। वर्तमान संदर्भ में, प्रत्येक उद्धरण आपको क्या संदेश देता है?
Given below are three quotations of great thinkers. What do each of these quotations convey to you in the present context?

प्रत्येक उत्तर
150 शब्दों में दीजिए
(Answer in
150 words)

3.a



“जो लोग मुसीबत में भी शांत रहते हैं,
मुसीबत ही स्वयं परेशान होगी।

– तिरुवल्लीवर

वर्तमान संदर्भ में यह उद्धरण आपको क्या संदेश देता है?
(उत्तर 150 शब्दों में दीजिए)

Those who in trouble untroubled are,
Will trouble trouble itself.

– Thiruvalluvar

What does this quotation convey to you
in the present context?
(Answer in 150 words)

3.b



“मेरी पीढ़ी की सबसे बड़ी खोज यह है
कि मनुष्य अपना दृष्टिकोण बदलकर
अपना जीवन बदल सकता है।

– विलियम जेम्स

वर्तमान संदर्भ में यह उद्धरण आपको क्या संदेश देता है?
(उत्तर 150 शब्दों में दीजिए)

The greatest discovery of my generation
is that a human being can alter his life
by altering his attitudes.

– William James

What does this quotation convey to you
in the present context?
(Answer in 150 words)

3.c



“किसी समाज की शक्ति उसके कानूनों में नहीं,
बल्कि उसके लोगों की नैतिकता में होती है।”

– स्वामी विवेकानंद

वर्तमान संदर्भ में यह उद्धरण आपको क्या संदेश देता है?
(उत्तर 150 शब्दों में दीजिए)

The strength of a society is not in its laws,
but in the morality of its people.

– Swami Vivekananda

What does this quotation convey to you
in the present context?
(Answer in 150 words)



परीक्षा टिप

- ✓ उद्धरण को समझें – अर्थ, भावना और संदर्भ को स्पष्ट करें।
- ✓ वर्तमान सामाजिक, राजनीतिक, आर्थिक या नैतिक संदर्भ से जोड़ें।
- ✓ व्यावहारिक उदाहरण दें और निष्कर्ष के साथ उत्तर पूरा करें।



नियमित अभ्यास करें,
सफलता निश्चित करें!



Question: Given below are three quotations of great thinkers, what does each of the quotations convey to you in the present context? [150 words]

[a] "Those who in trouble untroubled are, will trouble trouble itself"
- Hiruvalluvay. ↓

This quotation emphasizes the power of inner calmness during difficult situations. In the present context, where stress, competition, and uncertainty are very common, people often react emotionally to problems. However, this quote suggests that staying calm and composed reduces the intensity of challenges. A peaceful mind helps in clear thinking, better decision-making and effective problem-solving, for example during exams or career setbacks. Patience leads to solutions. It also reflects emotional intelligence, which is highly valued today, by controlling our reactions, we gain control over the situation itself. Thus difficulties lose their power when we do not let them disturb our mental balance. This teaching is highly relevant in today's fast-moving world and encourages resilience. Patience and self-control as essential qualities for success.

[b] "The greatest discovery of my generation is that a human being can alter his life by altering his attitudes"
- William James ↓

The quotation highlights the transformative power of mindset in shaping one's life. In the present context where people often blame ~~circumstances~~ circumstances, luck, or background for their failures, this quote reminds us that change begins from within. A positive attitude enables individuals to see opportunities in challenges while negative mindset limits growth. For example, students preparing for competitive exams may face failures, but those with a growth mindset treat them as learning experiences and improve continuously. In today's rapidly changing world, adaptability and optimism are essential qualities. By changing our perspective we can turn obstacles into stepping stones. This quote emphasizes personal responsibility and inner strength showing that success and happiness are largely influenced by how we think. Thus, a change in attitude can truly change the direction and quality of one's life.

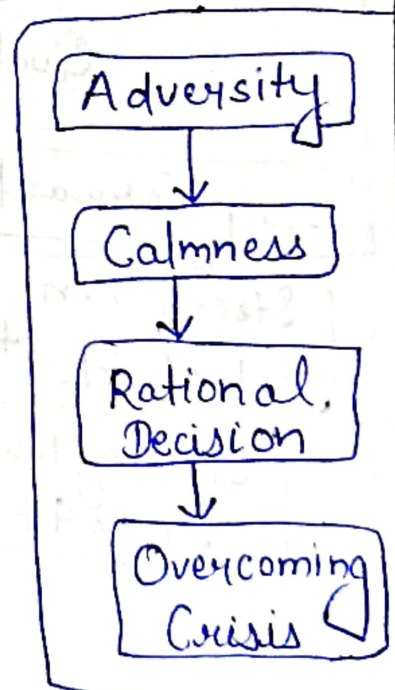
Given below is the quotation of a great thinker. What does this quotation convey to you in the present context? (150 words).

1) "Those who in trouble untroubled are,
Will trouble trouble itself." — Thiruvalluvar

Thiruvalluvar, the saint-tamil poet, emphasises virtues of resilience, composure & inner strength.

The quotation conveys that a person who remains calm, composed & mentally resilient their inner strength to overcome the adversity.

- Calmness enables objectives decision-making instead of emotional reactions.
- High Emotional Intelligence reflects especially self-awareness and self-regulation.



* In Present Context :-

~~Rapid~~ In today's fast-paced & competitive world, people face academic pressure, career uncertainty, social media influence & mental health challenges.

the virtue of calmness is essential for making wise decisions & overcoming adversity.

1.) Personal Life :- During failure, a calm person learns from mistakes instead of giving up.

Ex :- Thomas Edison continued experimenting despite repeated failures before inventing the bulb.

2.) Public Administration :- Civil servants must remain composed during disasters, riots & emergencies.

- Calm leadership builds public trust, prevents panic & ensure effective crisis management.

Ex :- Kerala floods (2018), where coordinated and composed administration minimized damage.

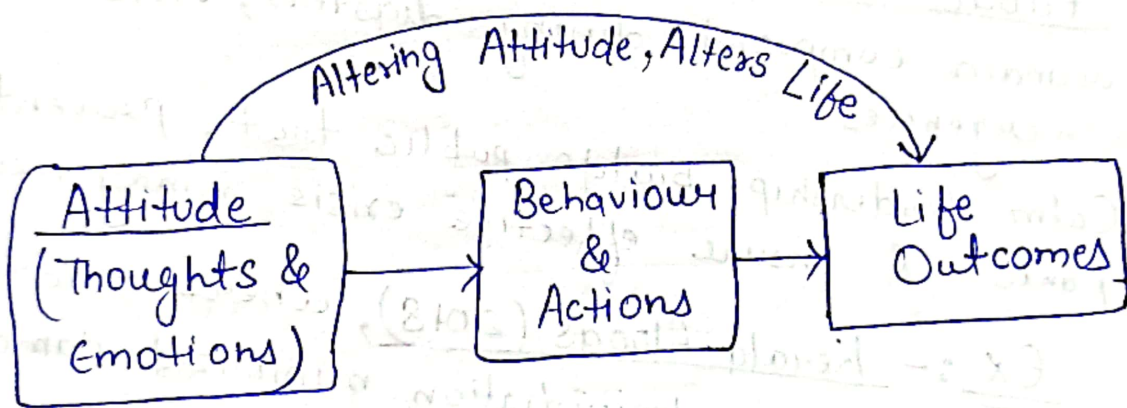
3.) Ethical Leadership :- Calm leaders resist pressure, uphold integrity & take ~~principle~~ wise decisions.

Ex :- Mahatma Gandhi withdrew the Non-Cooperation Movement after Chauri-Chaura, prioritising ethics over emotions.

As the Bhagavad Gita's concept of Sthitaprajna teaches that true strength lies in inner balance amidst challenges. A calm individual inspires confidence, not only overcome but also making "trouble itself trouble."

2.) The greatest discovery of my generation is that a human being can alter his life by altering his attitudes. — William James

William James, the father of modern psychology, highlights the transformative power of one's mindset. A positive, resilient & ethical attitude enables individuals to convert obstacles into opportunities.



* Present Context

1) Personal Life :- Positive Attitude helps individual convert failures into learning opportunities.
Ex :- UPSC aspirants who fail prelims but persist with a growth mindset often succeed later, like Anudeep Durishetty

2) Social Context :- A positive and participative attitude among citizens can strengthen democracy, transparency and social justice.

Ex :- Aruna Roy, (RTI movement) began with a belief that ordinary citizens could demand transparency.

3.) Moral/Ethical Context :- ethical attitudes build trust & social harmony.

Ex :- E. Sreedharan is admired for integrity, discipline & transparency while leading infrastructure projects like Delhi Metro.

4.) Governance :- Citizen-centric attitude improves public service.

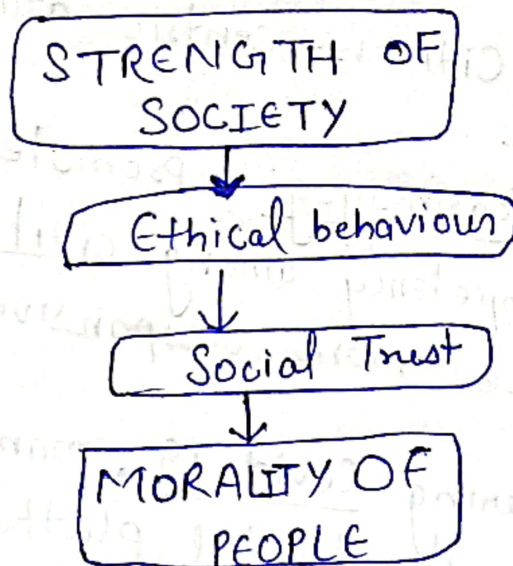
Ex :- Mission Karmayogi, promotes behavioural and ethical competency among civil servants to make governance more responsive.

5.) Economic :- During Covid-19, many Indian MSMEs shifted to digital platforms & online businesses, ensuring survival & creating new jobs.

Thus, the quote teaches that a resilient, ethical & positive mindset empowers individuals to overcome challenges & contributes to more compassionate society, effective governance & inclusive govt.

- 3.) The strength of a society is not in its laws, but in the morality of its people.
— Swami Vivekananda

Swami Vivekananda's quote emphasizes that laws can regulate behaviour, but only morality can guide conscience. Laws create external discipline, whereas morality creates ~~internal~~ internal self-discipline.



* Present Context *

1.) Social :- A society flourishes when people act ethically even without fear of punishment.

Ex :- Songam Wangchuk promoted sustainable living & community participation, showing how moral leadership can inspire social change.

- 2.) Political :- Good governance depends on Integrity, not merely legal compliance.
Ex :- T.N. Seshan, restored public faith in elections through fearless and ethical enforcement of electoral laws.
- 3.) Economic :- Long-term economic growth requires ethical business practices.
Ex :- Infosys earned global credibility through transparency, corporate governance & ethical.
- 4.) Moral :- Moral values inspires people to serve society beyond legal obligations.
Ex :- Baba Amte dedicated his life to serving leprosy patients ~~with~~ with compassion & dignity, that humanity stronger than legal duty.

Thus, "Laws create order, but morality creates character. A truly strong ~~at~~ society is built not by the fear of punishment, but only by the conscience of its people."

[c] "The strength of a society is not in its laws, but in the morality of its people."

- Swami vivekananda

This quotation emphasizes that the real foundation of a strong society lies in the ethical values of its citizens rather than just legal systems. In the present context even though countries have well-defined laws and regulations, problems like corruption, crime and injustice still exist. This shows that laws alone are not sufficient if people lack moral responsibility. A society functions effectively when individuals act with honesty, integrity and compassion, even without external enforcement. For instance, following rules out of fear of punishment is less effective than following them out of a sense of duty in today's world where ethical values are sometimes overshadowed by personal gain. This message is highly relevant as it encourages individuals to develop strong moral character, ultimately, a morally conscious society ensures harmony, trust and sustainable progress.

U.P.S.C.

Q) जो लोग मूर्खवृत्त में शांत रहते हैं, मुसीबत ही संबंध परिणाम होगी। - तिरुवल्मुवर

Ans - इस उद्धरण का तात्पर्य है कि कठिन परिस्थितियाँ धैर्य, संयम और मानसिक संतुलन बनाए रखना ही वास्तविक शक्ति हैं। घबराहट समस्या को बढ़ावा देती है और शांत मन ही समाधान खोजता है।

संदर्भ: आप महाभारी, प्राकृतिक आपदाएँ, आर्थिक संकट और वैश्विक संचार प्रणालियों के समय भावनात्मक और विवेकपूर्ण निर्णय पहले से अधिक आवश्यक हैं एक लोकसेवक संकट के समय घबराने की बजाय तथ्यों के आधार पर निर्णय लेकर अनविश्वास बनाए रखता है।

उदाहरण कोविड-19 के दौरान अनेक डॉक्टरों प्रशासनिक अधिकारियों एवं आपदा प्रबंधन दलों ने दबाव के बावजूद शांत रहकर प्रभावी राहत कार्य किए, जिससे जनहानि को कम किया जा सका।

निष्कर्ष: अतः संकट में धैर्य, संयम और विवेक व्यक्तियों को कठिनाइयों पर विजय दिलाते हैं शांत मन ही प्रभावी नेतृत्व और सफल समाधान की कुंजी है।

b) मेरी पीढ़ी का सबसे बड़ा शोक यह है कि मनुष्य अपना दृष्टिकोण बदलकर अपना जीवन बदल सकता है - विनियम प्रेम्स

Ans विनियम प्रेम्स का कथन बताता है कि व्यक्ति के जीवन की दिशा केवल परिस्थितियाँ नहीं, बल्कि उसका दृष्टिकोण तय करता है। सकारात्मक सोच व्यक्ति को चुनौतियों को अवसर में बदलने की शक्ति देती है।

संदर्भ: आज के समय में तकनीकी परिवर्तन प्रतिस्पर्धा, वैश्वगामी और सामाजिक चुनौतियों के बीच केवल ज्ञान पर्याप्त नहीं है सकारात्मक दृष्टिकोण, सीखने की इच्छा और अनुकूल क्षमता सफलता के लिए आवश्यक है प्रशासनिक सेवा में भी नागरिक - केंद्रित तथा समाधान - उन्मुख सोच ही सुशासन का आधार बनाती है यही दृष्टिकोण नवचार, पारदर्शिता और जनहितकारी निर्णयों को बढ़ावा देता है।

उदाहरण :- डिजिटल इंडिया, UPI और DBT जैसी पहलों की सफलता केवल तकनीक के कारण नहीं, बल्कि परिवर्तन को स्वीकार करने वाले सकारात्मक

प्रश्न संख्या
(Question No.)

U.P.S.C.

इस भाग में कुछ
न लिखें
(Don't write anything
in this part)

प्रशासनिक दृष्टिकोण का परिणाम है

निष्कर्ष:- अतः यह उद्देश्य सिखाता है
कि दृष्टिकोण बनने बदलने से व्यवहार
क्षमता है व्यवहार से कर्म और कर्म
से जीवन। इसीलिए स्वकारात्मक दृष्टिकोण
अनुकूल क्षमता और आत्मविश्वास ही
व्यक्तिगत सफलता तथा राष्ट्र निर्माण की
वास्तविक आधारशिला है।

Q. किसी समाज की बाहरी उसके कानूनों में नहीं बल्कि उसके लोगों की नीतिकला में होती है। - स्वामी विवेकानंद

Ans - स्वामी विवेकानंद का कथन बताता है कि किसी समाज की वास्तविक शक्ति केवल कठोर कानूनों में नहीं बल्कि उनके नागरिकों के चरित्र, नैतिक मूल्यों और उत्तरदायी आचरण में निहित है। कानून दिखा देता है। पर उनका प्रभाव तभी होता है जब समाज उन्हें स्वैच्छा से अपनाए।

आज भ्रष्टाचार, पैपर लीक, कर चोरी, महिला सुरक्षा, पर्यावरण सुरक्षा, साइबर सुरक्षा / अपराध, पर्यावरण प्रदूषण जैसी समस्याएं केवल नए कानून बनाने से नहीं समाप्त होना है सकता है जब नागरिक डिमानदारी कर्तव्यनिष्ठा और सामाजिक उत्तरदायित्व का पालन करते हैं तभी सुशासन और सामाजिक विश्वास मजबूत होते हैं इस लिए नैतिक चेतना, कानून का वास्तविक आधार है।

उदाहरण:- स्वच्छ भारत अभियान केवल नियमों से नहीं बल्कि नागरिकों की सक्रिय भागीदारी और जिम्मेदारी व्यवहार से संभव हुई। इसी प्रकार सड़क सुरक्षा

U.P.S.C.

मे केवल चाबान नहीं बल्कि नागरिकों
का अनुशासन दुर्घटनाओं को कम
करता है।

निष्कर्ष:- अतः एक सशक्त राष्ट्र के
करना और ईमानदारी, उत्तरदायित्व
विकास और नागरिक कर्तव्यबोध का
गांधी ने आवश्यक है जैसे कि महात्मा
Wish to see in the world ' जब
नागरिक नीतिक होंगे तब कानून स्वतः
अधिक प्रभावी बनेंगे और समाज में न्याय,
विश्वास तथा सुशासन स्थापित होगा।

वर्तमान समय में अप्रत्याचार, फेक-यूज, स्त्रि

पर्यावरण, प्रदूषण और कर जैसी
समस्याएँ केवल कानून से समाप्त
नहीं हो सकती। इनके समाधान के लिए
नागरिकों में नैतिक चेतना और
सामाजिक उत्तरदायित्व आवश्यक है।
इसके लिए, स्वच्छ भारत अभियान
की सफलता केवल सरकारी नियमों पर
नहीं, बल्कि नागरिकों की ज़िम्मेदारी और
जिम्मेदारी पर निर्भर करती है।

एक लोकसेवक के लिए भी वैसीमता,
पारदर्शिता और निष्पक्षता सुशासन की
आधारशिला है।

अतः यह उद्देश्य संदेश देता है कि
मजबूत राष्ट्र का निर्माण केवल कानूनों
से नहीं, बल्कि उच्च नैतिक मूल्यों
वाले नागरिकों से होगा है।

महात्मा गांधी और नैल्सन मंडेला ने इसी जीवन दृष्टिकोण से संकटों को अवसर में बदला है।

अंतः विपत्ति का शांतिपूर्ण मुकाबला ही नैतिक साधन है। यही नैतिक बल कठिनाइयों को कमजोर कर देता है और जीवन को स्थिरता, शांति और आशा से भर देता है।

एक संयत मन स्पष्ट देखता है, स्पष्ट सोचता है, और समाधान खोजता है।

“मेरी पीढ़ी की सबसे बड़ी खोज यह है कि मनुष्य अपना दृष्टिकोण बदलकर अपना जीवन बदल सकता है।

—विलियम जेम्स

आधुनिक मनोविज्ञान के जनक विलियम जेम्स के इस कथन का अर्थ है हमारा वैचारिक दृष्टिकोण ही जीवन के कार्यों व परिणामों को निर्धारित करते हैं।

यह उद्घरण भविष्यतः परिस्थितियों के लिए व्यक्तिगत जिम्मेदारी पर जोर देता है, भाग्यवादी दृष्टिकोण को खारिज कर सक्रिय मानसिकता के विकास को बढ़ावा देता है।

"जो लोग मुसीबत में भी शांत रहते हैं वे, मुसीबतों को ही परेशान कर देते हैं।" — तिरुवल्लुवर

तिरुवल्लुवर का यह कथन स्वकारात्मक मानवीय अभिवृद्धि से संबंधित एवं सधनशील, संयम और आत्मबल जैसे मूल्यों से संबंधित है।

इस मूल्यों वाला व्यक्ति कभी भी विपरित परिस्थितियों में विचलित नहीं होता, बल्कि विपत्ति के समय स्वशांत व संयमित रहते हैं।
हर असल, किसी भी संकट से जूझने की अभिवृद्धि ही हमारे वास्तविक शक्तिकी प्रकट करती है।

वर्तमान अवितगत और सामाजिक जीवन विभिन्न संकटों से घिरा है। आज के तनावपूर्ण जीवन, आपदा, भ्रष्टाचार, अवितगत असफलता, अकेलापन, अपराध से लेकर जलवायु संकट, सामाजिक अस्मानता, हिंसा आतंक और तकनीक-जनित चुनौतियाँ हमारे सामने हैं।
हमें ये सब से निपटने का मार्ग भय वा निराशा नहीं, बल्कि सादस, संयम, विवेक और सामाजिक न्याय के सदगुणों पर आधारित है।

बनाए रखा और उसी अनुभव के आधार पर चंद्रयान-3 को सफल बनाया।

एक लोकतांत्रिक के लिए भी संकट के समय शांत रहना अत्यंत आवश्यक है, क्योंकि उसका निर्णय लाखों लोगों को प्रभावित करता है। अतः यह उद्घरण सिखाता है कि धैर्य, विवेक और आत्मविश्वास से बड़ी से बड़ी समस्या पर विजय प्राप्त की जा सकती है।

(b) "मनुष्य अपना दृष्टिकोण बदलकर अपना जीवन बदल सकता है।" — विलियम जेम्स यह उद्घरण बताता है कि जीवन की विधा केवल परिस्थितियाँ नहीं, बल्कि हमारे विचार और दृष्टिकोण निर्धारित करते हैं। समग्रत्मक सोच व्यक्ति को अवसरों की पहचान करने तथा चुनौतियों को सफलता में बदलने की प्रेरणा देता है।

वर्तमान समय में तकनीकी परिवर्तन, प्रतिस्पर्धा और सामाजिक चुनौतियों के बीच निरंतर सीखने तथा स्वयं को बदलने की आवश्यकता है। यदि व्यक्ति असफलता की सीखने का अवसर मानता है, तो वह

निरंतर प्रगति करता है। उदाहरण के लिए, स्टाईअप संस्कृति और डिजिटल इंडिया ने नवान्धार की सोच अपनाकर अनेक युवाओं को रोजगार सृजक बनाया है।

एक लोकसेवक के लिए भी जन-केंद्रित, संवेदनशील और नवान्चारी दृष्टिकोण सुशासन की कुंजी है। इसलिए यह उद्घरण बताता है, कि वास्तविक परिवर्तन बाहर नहीं, बल्कि हमारी सोच और दृष्टिकोण में परिवर्तन से प्रेरित होता है।

(c) "किसी समाज की शक्ति उसके कानूनों में नहीं, बल्कि उसके लोगों की नैतिकता में होती है।" — स्वामी विवेकानंद

यह उद्घरण स्पष्ट करता है कि केवल कानून समाज को आदर्श नहीं बना सकते। यदि नागरिकों में ईमानदारी, कर्तव्यनिष्ठा, सहिष्णुता और नैतिक मूल्य होंगे, तभी समाज वास्तव में सशक्त और समृद्ध बनेगा।

Q Given below are the three quotations of great thinkers. What do each of these quotations convey to you in the present context?

(a) Those who in trouble untroubled are
will trouble trouble itself.

(b) The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.
- Thiruvalluvar

(c) The strength of a society is not in its laws, but in the morality of its people.
- William James.

- Swami Vivekananda.

(a)
Thiruvalluvar

→ At the context of strength is power, the quote given by Thiruvalluvar is to define the person be calm, conscious and courage in during difficult situation and faced them with calmness and without be panic can solve the problem and finding effective solution.

Some present context examples

Chandrayan-3 launch

at 2023 Chandrayan 3 launched

from Satish dhawan Space Centre to land on South side of moon, which no one country land on South face of moon, but it was not easy because Chandrayan I and Chandrayan II mission was not successful ~~on~~ landing on moon, and India was the 1st country to land on South side - this one real happened ~~and~~ historic movement for India Proudness and successed mission after 2 unsuccessful mission.

UPSC Aspirant Example

↳ An Aspirant who failed on preliminary Exam but After doing hardwork on his weak context and Improve Self confidence and knowledge power to Success for next attempt with clam and courage without any fear.

Thus, true strength ~~is~~ lies not in avoiding difficulties and problems but in facing them with patience and courage, be Success ~~to~~ reduce your difficulties. A composed mind can transform every challenge into a opportunity of growth.

UPSC

- William James

↳ The quote highlights that's a person attitude shapes his life for better performance improve confident life and better opportunity at any suitable field and perform best of them.

Example of a Aspirant

↳ An UPSC Aspirant cleared mains exam and give interview but not Selected because of interview marks was low but in next attempt he work on ourselves, our attitude, personality to shape a Confident behaviour.

Example of AI uses

↳ when AI introduced, many workers, engineers, teachers and even doctors feared that AI can take his jobs but when they realised we can do better performance using AI tools in teaching or concept building, engineers use to find bug and mistakes through his ideas and even doctors uses AI tools to doing operation with nano tools to reduce threat of life.

[AI in civil Service]

↳ A civil Servant view AI as a tool to improve governance can use it for grievance redressals and perfect growth data, data analysis and better delivery of public services and human decision making Also.

[AI covid pandemic]

↳ many Teachers and Students, changed their attitude towards technology and successfully adopted the online education to continue in recent also and use online education with integrated AI influenced positive way in society to perform better education with new attitude.

Thus, Behaviour changes and Self Confidence depends on this attitude to perform for better opportunity and growing life at positive way.

So a confident person having sharpness mind to adopt positive attitude and change improve better life.

UPSC

- Swami Vivekananda

→ The quote emphasises that law alone can't create strong society unless people posses moral values such as integrity, honesty and responsibility. Law regulate behaviour through punishment but morality inspire individual to do right thing even in the absence of external enforcement.

Example of ~~Red~~ Traffic rule

The law is to stop on red signals but when police ~~is~~ not available on traffic light people misuses and break rule but an individual have moral and honesty for traffic rules then he follow even cops are absent that shapes societal thinking at positive way.

A Civil Servant

→ on the using ethical behaviour or honesty for his jobs, avoid bravery and serve as a honest officer not because law not allowed bravery but his morality

UPSC

and ethical values shape his officer to work with purity and honesty.

A fake rape case

↳ A girl says about a man that he raped me and she has fake evidence ~~about~~ ^{against} ~~his~~ men to prove him wrong in court but Judges know the truth that he is innocent but in that case law says she ~~have~~ has proven evidence against that man but Judges use moral above law because only Judge hands have to punish or Acquite them from that fake case.

Thus, A Strong Society is built not only by good laws but also by honesty, responsible and moral citizens. When morality support the law peace, justice ~~at~~ and development become possible.

Those who in trouble untrobbled are, with
trouble trouble itself. , Thiruvalluvar.

This quote emphasises on the importance of inner peace of human. A stable & calm mind in all situations is a great virtue of human being.

In 1893, Chicago Summit in USA Swami Vivekananda delivered a speech. He was started with "my dear brothers & sisters". The speech delivered by him memorised everyone in that summit. It published all over the world. In those days the world was not ^{much} good impression about India & Indians. Britishers also treat Indians as uneducated tools & slaves. Only one speech (Chicago conference) delivered by Swami Vivekananda changed the way the world's thoughts/think towards India.

"Those who in trouble untrobbled are will trouble itself trouble"

A Person who stays calm & courageous during difficulties is less likely to be defeated by them. He/she overcome the problem through Patience, resilience and wise Action.

In Covid-19 Pandemic Doctors & medical staff still providing the services to Patients in Pandemic lockdown with compromise of their immunity and health.

Mahatma Gandhi is in Indian freedom struggle, he didn't thought ^{negotiations} of struggle. He ^{was} started 'civil Disobedient movement' against British ~~unfair~~ ^(negative) unfair laws & unjust rule. He obeyed on his rules - Truth & Non-violence. Finally he succeeded in it. ~~His~~ ^{His} Critics also praised him ~~for~~ ^{for} his great virtues & courage. eg - 'Father of the Nation' title given by Subhas Chandra Bose.

"Adversity tests character; whose remain calm and steadfast transform obstacles into opportunities for growth and success."

'Those who in trouble untroubled are will trouble itself trouble'.

The Greatest discovery of my generation
is that a human being can alter his life
by altering his attitudes.

→ William
James

Attitude is a person's mental and
emotional outlook that influences how they
react to people, objects or situations.

✓ Positive attitude

It makes a person optimistic and
positive response towards someone (or) something.
eg → Moderates in Indian history (freedom struggle)

✓ Negative attitude

It focuses on problems rather than
solutions. It leads to depression, demotivation.

eg → Indian Agriculture / farmers depends
on monsoon rainfall. In El-niño situation
there was occurring low rainfall but far-
mers have alternatives like

- drip irrigation
- watershed mana-
gement
- low water inten-
sity crops eg - pulses

Usually human attitude influenced by
his/her ethical / moral values which is learnt
by family, society & educational institutions.

* 'Be respectful towards elder & teachers'
It is a moral + ethical value which is
inspired by our epics Ramayana & other ^{holy} texts

one nation's ^{youth's} attitude towards
their country influenced by its Administration,
governance & govt response towards Public
Problems etc.. Positive attitude of youth will
reflect in -

- citizen's Participation in governance
- citizen-centric governance
- Youth as human capital

In the same way negative attitude of
youth will create conflicts in society, unrest
& chaos. It may threat to national integrity
& internal disturbance, e.g. - Recent Janta manor
and Political instability also. incident; Education
minister resignation

Attitude → Cognitive - what you think / believe
→ Affective - How you feel
→ Behavioral - How you are likely
to act.

Attitude is a learned predispo-
sition to think, feel, and behave in a fa-
vourable or unfavourable way toward a person,
object, idea or situation.

The strength of a society is not in its laws, but in the morality of its people.

— Swami Vivekananda

Morality is a system of values and principles that determines what is right, wrong, good or bad in human behaviour.

'The strength of a society is not in its laws'---

Because laws are made by administrators, it's not completely just & fair in nature. They follow rules & regulations not in cognitive nature. For example child marriages in India. It's a curse for society obviously it's wrong, and it curbs development ~~so~~ of children.

But, At the same time we also ~~are~~ ^{are} concerned ~~about~~ ^{at} main problems like Patriarchal mindset of society, (Beti Parayashan), low income, livelihood issues, low literacy rates etc.. only law is not permanent solution of all these issues. We have to change societal attitude, Peoples behavioural change must be important in such cases like child marriage.

The strength of a society is not in its laws, "but in the morality of its people"

Law is a system of rules enacted and enforced by the state to regulate human behaviour and maintain peace & justice.

'Morality' guided by conscience and social values. It focuses on personal character and ethical conduct, which is inspired by family & society. e.g., Illegal but not necessarily immoral. e.g., Jantar mantar students protest.

- ✓ Many laws are based on moral values
e.g., laws against corruption, theft & murder
- ✓ However, not everything immoral is illegal
e.g., Same sex marriage, LGBT rights

A just society requires both effective laws and strong moral values. While law ensures external discipline, morality fosters inner discipline. People with moral values will create just and humane society. They uphold justice, good governance and social harmony. @ VISION 2047

04 August 2026

नीचे दिए गए तीन उद्धरण महान विचारकों के हैं। वर्तमान संदर्भ में, प्रत्येक उद्धरण आपको क्या संदेश देता है? (150 शब्द x 3)

(a) "जो लोग मुसीबत में भी शांत रहते हैं, मुसीबत ही स्वयं पेशान होगी।"

— तिरुवल्मुवर

यह उद्धरण बताता है कि विपरीत परिस्थितियों में धैर्य, आत्मसंयम और सकरात्मक सोच ही सबसे बड़ी शक्ति है। व्यवसायिक समस्या को और बढ़ाती है, जबकि शांत मन सही निर्णय लेने में सक्षम होता है।

वर्तमान संदर्भ में महामारी, प्राकृतिक आपदाएँ, आर्थिक संकट साइबर अपराध तथा व्यक्तिगत तनाव जैसी समस्याएँ जीवन का हिस्सा हैं। ऐसे समय में मानसिक दृढ़ता और भावनात्मक संतुलन व्यक्ति को कठिनाइयों से बाहर निकलने में सहायता करते हैं।

उदाहरण के लिए, ISRO ने चंद्रयान-2 की आंशिक असफलता के बाद धैर्य