

Student Name Nidhi Singh  
Topic Essay - 2  
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IAS Mentorship

By Revisal Ali Sir & Team | 8090528260 Call Telegram WhatsApp

What worries you, Masters you.

Hitler, in 1930's, was greatly worried about establishing the superiority of Aryan race. In that quest, he forgot everything and went to all extremes. From branding Jews as the enemy of the nation to putting them behind concentration camps and finally exterminating them, he brought the world to another disastrous war. But for what end?

It was all his worry which ultimately proved self destructive for him as well.

The wave of realization from above paragraph is that worry is an emotion when practiced

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in moderation can give us positive results but in excess can lead to disastrous results.

When an individual worries too much, it not only hurts them mentally but physically as well. King dasharath in Ramayana was worried for his son Lord Rama on one hand and bound by the duty towards his wife Kaikeyi on the other, which finally led to his demise. Excessive worry can lead to disturbed emotions such as greed, envy, etc. Modern lifestyle diseases such as hypertension, depression, diabetes, are result of worrying and not being able to handle one's emotions well.

worrying helps no Society

either. Khap panchayat worrying about chastity of women, patriarch society worrying about maintaining its hold. (WEF - Gender Gap report - India at 135/156 nations), Majority worrying about maintaining their leadership etc. has only stopped society's growth. Caste system and bad condition of vulnerable sections such as LGBTQIA+ community are result of society preoccupation with wrong issues.

No Nation has made progress with just worrying and not doing the action. Worrying too much about own border security & forgetting others sovereignty has given rise to various clashes. eg:- China - India.  
The issues of refugee crisis, migrant

problems, regionalism, are all result of worrying about wrong things.

In politics, when candidates ~~is~~ <sup>worry</sup> about winning elections, it leads to criminalization of politics

<sup>per</sup> ADR, 43-1. of sitting MP's have criminal charges against them.

Other issues such as note-bank politics, unholy nexus of money-muscle-man, decline in the performance

of parliament (in the first two decades post independence, LS would meet for 120 days per year which has now <sup>got</sup> reduced to 70 days/year), bureaucracy-politician nexus. etc are

result of not worrying about important things. These menaces don't only corrupt the system but

also hampers the development of the country.

In Economy, when there is only one end goal - Money, and there is no anxiety about other things it will certainly lead to scams such as Harshad Mehta Scam, Rupal Panchal scam. Worrying too much about profit leads to coercive Capitalism which never aids to inclusive growth of the nation. The worst hit are small scale industries.

In present age, Technology acts as a double edged sword. on one hand, it gives an opportunity to get everything at a click, on the other hand, too much reliance on it has its own set of problems.

Children specially teenagers worry too much about their looks, their social media followers and the "likes" and "share" their post has gotten. These things hamper their physical development and communication capabilities. FOMO (Fear of missing out) has become their reality. The instances of Bulli Bai case give us a hint as to where our upcoming generation is heading towards?

In environment we find solace as well as our daily products. But worrying too much about self consumption and not caring about nature has given rise to new age urban floods, flash floods, urban heat island effect and

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By Request Mr. Sir & Team | 8090528260 Call Telegram WhatsApp

Epidemics. We never thought about the fact that pandemic doesn't stop at border of any of country. The thought of our rivers turning green and clouds pouring black rain should scare us all.

When we go to legal institutions, too much rigidity about law only doesn't serve any purpose. The end of welfare of vulnerable sections should be something to be worried about. Procedure established by law which was only worried about procedural fairness has rightly been replaced by due process of law which checks the fairness of the law itself.  
(Maneka Gandhi vs UOI case, 1978).

Now can we say all the worry is bad? Certainly not! When done in moderation, and about the right cause, it gives us tremendous results.

Buddha, <sup>was</sup> worried about the worship pleasures and finally achieved the status of Thatagata.

Socrates was worried out ignorance of people that led him to proclaim "Knowledge is virtue". Nelson Mandela's worry about racism led him to fight injustice for 12 long years and ultimately he emerged victorious.

When society worry for the right causes, they won't be den of ignorance but home of virtues.



Bishnoi community's saving of trees,  
community initiative such as  
Apni beti Apna dhan have positive  
impact on society.

CSR is one way to ensure  
that Big companies follow the  
trusteeship Model propagated by  
Gandhiji. The initiatives such as  
Aircel India - Tiger bachao, NDTV India,  
Cleanathon and Athulya initiative  
by TATA's are <sup>eg of</sup> good thinking.

When we think about  
Net zero emission (Goal-2070), Global  
warming, ozone hole depletion, gl-  
series whole humanity. India  
taking lead with International  
solar alliance, is a good step and  
right thinking.

Thinking about vulnerable sections is the constitutional mandate of the government under Art 38, 42, 46 etc. Scrapping section 377, allowing women to enter Sabarimala temple, Triple talag case all are instances in right direction. More participation of women in top judiciary is another good eg. in this regard. (eg:- Justice Hima Kohli's appointment to supreme Court recently)..

Now what more can we do to think and worry in the right direction?

First, at individual level, we have to think right. For that meditation helps. which helps

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us in removing unnecessary thinking. Thought that we understand that Chunta chita samaan. "Inaction breeds fear and anxiety. Action breeds confidence". So we must be action oriented to remove extra worrying.

There must be mindful effort to promote conscious Capitalism so on MNC's as well as individual part. We should never forget

"Small is beautiful dictum"  
Spiritualization of politics should be top priority of a nation who wants to become Vishwaguru. For that inter and intra party democracy should be deepened. Sustainable development should be the war cry of 21st century.

India 50:50 by 2030 must be taken very seriously to fulfil SDG-5 (women empowerment).

Alternative dispute resolution along with online dispute resolution should be thought about to bring justice to the doorstep of people.

Even at present we see there are many hitlers in the world who are worrying about wrong things and subverting the democratic institutions. In the words of victor hugo "You can't stop an idea, whose time has come" we just have to make sure that the idea we put over is the right one.