

## Thinkers and Philosophers

**Q. 3(a) The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer." — Mahatma Gandhi.**

### Introduction

Mahatma Gandhi, a great leader and philosopher, once said, "The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer" tells us that doing **small acts of kindness is much more meaningful and effective than just praying or hoping for good things** to happen.

### Body

#### Acts of Kindness vs. Prayer

##### Prayer without Action

- Praying means asking for help or wishing for a positive change.
- Praying alone may not bring about the change we desire.

##### Acts of Kindness

- Involve taking real, tangible actions to make a difference in someone's life.
- These **actions can be small**, like helping a neighbor carry groceries or offering a smile to a stranger.

#### Impact of Simple acts of kindness

##### Individual Well-being

- **Example:** Listening to a friend who is going through a tough time and offering a shoulder to lean on can make a world of difference.
- **"No act of kindness, no matter how small, is ever wasted." – Aesop**

##### Building Stronger Communities

- **Malala Yousafzai** advocated for girls' education, was targeted by the Taliban but continues to spread her message of kindness, forgiveness, and the power of education
- **"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi**

## Global Impact

- International humanitarian organizations, like **Doctors Without Borders**, provide medical care to underserved populations in conflict zones and disaster-stricken areas.

## Promoting Tolerance and Understanding

- Communities worldwide rallied together during the pandemic to help vulnerable individuals with grocery deliveries, emotional support, and even housing assistance.
- **"Kindness is the language which the deaf can hear and the blind can see." – Mark Twain**

## Promote Inclusivity

- Kindness promotes inclusivity by recognizing the dignity and worth of every individual.
- **E.g. LGBTQ+ rights**, all rooted in kindness and empathy.

## E-Governance and Citizen-Centric Services

- Government agencies providing efficient, user-friendly online services exemplify kindness by valuing citizens' time and convenience.
- **E.g. One Nation One ration Card, Jan-Dhan Yojana, Direct Benefit transfer etc.**

## Conclusion

Mahatma Gandhi's words remind us of the enduring power of simple acts of kindness. In governance, society, and administration, these acts are the foundation upon which stronger, more compassionate, and inclusive systems can be built. As we navigate an increasingly complex world, **embracing kindness can be the key to creating a brighter, more equitable future for all.**

**Q3(b) "To awaken the people, it is the women who must be awakened. Once she is on the move, the family moves, the village moves, the nation moves". – Jawahar Lal Nehru**

## Introduction

This quote talks about women empowerment and its relevance for family, society and the nation. "If you educate a man, you educate an individual, but if you educate a woman, you educate a nation. Women's empowerment can be defined to promoting women's sense of **self-worth**, their ability to determine their own choices, and their right to influence social change for themselves and others.

## Body

To awaken the people women must be awakened because–

- Women are the first point of contact for child and her role is critical for character and personality of a child.
- E.g.- Role of Swarupa Rani (mother of Nehru) to cultivate cultural values through the stories of Mahabharat and Ramayana.
- Women awakening are crucial for social capital development. Or else society may not have peace and prosperity.
- E.g.- Broken family and lack of care and proper child care access are few of the reasons for heinous crime of Delhi gang rape incident 2012.

## Role of women in building family, village and nation–

- **Family–** Women's role is crucial for social cohesion and integration, and nutrition and health of the family. This in turn can give health Labor Work force for Indian economic development. Ex- A child's future health depends on proper nutrition during the first 1,000 days of life. Here empowered women can take care of not only the child's health but also the family's health and nutrition.
- **Village–** The role of women is crucial for the economic development of rural areas of Kerala through the Kudumbashree (SHG program) of Kerala.
- **National level-** Women with approximately half of the population of India, the benefits of skilling and empowering Indian women amount to a staggering 27% increase in GDP of India, as per Christina Laggard, Former MD of IMF.
- **Social awakening–** Fighting against the social evils and fight for social rights of women. Ex- Kalpana Dutta who Contributed to the women's rights movement in India and worked towards women's education and empowerment.
- **Economic empowerment–** many women in India are contributing to the family income and also contributing to the GDP of the nation. Ex- Studies show that women reinvest up to 90 percent of their incomes back into their families, compared to just 30-40 percent by men.
- **Political empowerment–** Women played crucial role in India politics and they played major role to remove cultural taboos associated with women capacity. Ex- Indira Gandhi as PM took tough decisions during her tenure like Indo-Pak War, balancing the bipolar world by signing the Friendship treaty with USSR etc.

## Challenges to women's empowerment

However, there are certain challenges to women empowerment in terms of – secondary treatment of girl child in family, cultural taboos related to menstruation, lack of gender sensitive infrastructure at public places, work place safety, low Female Labour Force participation rate, and low representation of women in Indian Parliament etc.

### **Conclusion**

You can tell the condition of a nation by looking at the status of its women.” Because, the status of women depicts the social, economic, and mental conditions of a nation. So, addressing the above issues are crucial for women empowerment.

**Q3(c) Do not hate anybody, because that hatred that comes out from you must, in the long run, come back to you. If you love, that love will come back to you, completing the circle. – Swami Vivekananda.**

### **Introduction–**

Love is “an intense feeling of deep affection for a person/an activity/ any living and non-living things. On the other hand, Hatred is an extremely strong feeling of dislike for someone or something.

As per Karma theory, a man turns into something good by good action and into something bad by bad action.” And the executed actions of an individual affect the individual and the life he or she lives. So, what you give that will be back to you. Swami Vivekananda, who was a nobleman, prioritized love over hatred for noble cause.

### **Body**

#### **Hatred as a boomerang which can be evident from following examples-**

- **Hate speech and communalism–** If you hate something or someone then it will come back to the same person who started spreading that hatred.  
Ex- Hate speeches led to incidents of communalism.  
Ex- Anti- minority hate speeches in led to violences like- Rohingya genocide in Myanmar, anti-Muslim riots in Sri Lanka, anti-Hindu riots in Bangladesh, or the Delhi violence of 2020.

- **Rise and fall of Hitler-** Hitler rose to the top of the world based on the policy of jingoism and the Holocaust led to the fall of Hitler after backlash from German society and the world community.
- **Cold War power politics-** During the Cold War period, the USSR and USA pushed for power politics led to hatred which is reflected in the militarization of the world, patronage of terror groups, and black economy etc. This is reflected back to the society in terms of terrorism, growth of the black economy and transnational organized crimes etc.
- Ex– USA’s patronage of extremist groups in Pakistan and Afghanistan hit back in terms of the 9/11 attacks.
- **Environmental Damage-** Denial of damage to the environment and continued exploitation leads to disasters.
- Ex: Western industrialized nations who have been denying climate change and Global warming have been experiencing the consequences in the form of increased heat waves and cold waves (UK and US) in recent times.

#### **Love as a boomerang can be evident from the following dimensions-**

- **Family values–** If you spread love then it will be reflected back to you.  
Ex- Mother’s love for a child and compassionate practices like taking care of old age people lead to a good family with the right values of the family member.
- **Fight against Apartheid–** Nelson Mandela was imprisoned for his fight against the Apartheid system in South African society. But when he was released from jail he never took revenge and instead promoted love and compassion, which is reflected in the cohesive society of South Africa.
- **Gandhi’s Satyagraha and Sarvodaya concepts–** Gandhiji who promoted satyagraha policy based on truth and non-violence and Sarvodaya for inclusive development (love and compassion for the poor).
- Ex- The right to freedom of speech and expression under Article 19 of the constitution which is significant for the marginalized sections’ welfare and promotion of cottage industries and MSMEs as per Sarvodaya is reflected in Indian society.
- **Policy of NAM-** India during the Cold War period was not interested in joining either block of the USA and USSR. Instead, it promoted NAM based on the principles of mutual respect and compassion towards other countries. Now these values are reflected in the international arena in terms of the promotion of multilateralism.

#### **Conclusion**

Hatred paralyzes life, love releases it. Hatred confuses life, love harmonizes it. Hatred darkens life, love illuminates it.” So “Love and hate have magical transforming powers”. The choice of love over hatred can fuel and place the world in the cycle of peace, prosperity and tranquility.

**Q. 6(a) What were the major teachings of Guru Nanak? Explain their relevance in the contemporary world.**

### **Introduction**

Guru Nanak, the founder of Sikhism, imparted profound teachings that remain relevant in the contemporary world. His messages emphasize values and principles applicable to various aspects of life, including governance, public administration, diplomacy, politics, and individual conduct.

### **Body**

#### **Oneness of God (Ik Onkar)**

- Promotes unity, tolerance, and respect for diverse faiths.
- India's secular constitution upholds religious diversity.
- **Examples: India Advocated African Union's Inclusion in G20 as Permanent Member highlights inclusivity and oneness of Global Community**

#### **Service (Seva)**

- Emphasizes selfless service and helping others, Langar, the Sikh tradition of providing free meals, showcases seva's significance
- **Examples: COVID-19 relief efforts reflect the spirit of Seva**

#### **Vaand Chhako (Sharing)**

- Encourages wealth distribution and supporting the less fortunate.
- **Examples: India's various poverty alleviation programs, like the National Food Security Act, aim to ensure food reaches disadvantaged communities.**

#### **Kirat Karo (Earning through Honest Work)**

- Promotes hard work, honesty, and ethical governance.
- **Examples: The "Make in India" India's anti-corruption measures, like the Right to Information Act, Prevention of Corruption Act , align with Guru**

**Nanak's teachings**, initiative encourages self-reliance and economic development through honest labor

### **Spiritual Development (Naam Japo)**

- Fosters inner peace and mindfulness.
- **Examples:** The **practice of yoga** and meditation is globally recognized **21<sup>st</sup> June** “**International Yoga Day**” for promoting mental well-being.

### **Tolerance, International Peace, and Communal Harmony**

- Encourages peaceful coexistence and resolution of conflicts.
- **Examples:** India's diplomatic efforts in mediating disputes, like the **India-Pakistan ceasefire, Russia- Ukraine War.**


### **Communal harmony**

- **"Ek Bharat Shrestha Bharat"** initiative fosters cultural exchanges among states, fostering unity in diversity.

### **Conclusion**

Guru Nanak's teachings remain invaluable in **addressing contemporary challenges**, from promoting equality and social justice to fostering peace and tolerance. They provide a strong foundation for governance, public administration, diplomacy, politics, and personal development, **helping create a more harmonious and equitable world.**

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