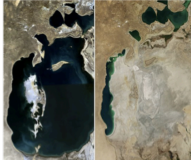












Anecdotes



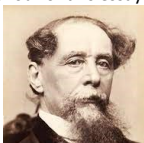
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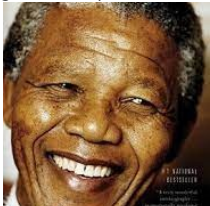
Democracy	<p>In 1787, as the American Constitutional Convention came to a close, a woman approached Benjamin Franklin and asked, "Well, Doctor, what have we got—a republic or a monarchy?" Franklin famously replied, "A republic, if you can keep it." His response highlighted a profound truth: systems of government, no matter how well designed, rely on the moral and ethical capacities of the people who govern and are governed by them. Democracy, in particular, requires both the best and the worst of human nature to function.</p>
Artificial intelligence (AI) and Ethical Dilemmas	<ul style="list-style-type: none"> Artificial intelligence (AI) is one of the most transformative technologies of our time. It is already having a major impact on our lives, and its influence is only going to grow in the years to come. However, with this great power comes great responsibility. AI raises a number of ethical dilemmas that we need to carefully consider before we adopt it on a widespread basis. <p>I was recently watching a documentary about self-driving cars. In one scene, the narrator posed a hypothetical ethical dilemma: what would a self-driving car do if it were faced with a situation where it was forced to choose between hitting a pedestrian or hitting a wall?</p> <p>This is just one example of the many ethical dilemmas that are raised by artificial intelligence (AI). As AI becomes more sophisticated and capable, it is important to carefully consider the ethical implications of its development and use.</p>
The Revival of Traditional Indian Sports	<ul style="list-style-type: none"> I remember when I was a child, I used to play kabaddi with my friends on the street. We would spend hours running around, trying to tag each other and avoid getting tackled. Kabaddi was our favorite sport, and we would often play it until it was too dark to see. <p>However, as I got older, I started to play more Western sports like cricket and football. I still enjoyed playing kabaddi, but it was no longer my primary sport. This was a common experience for many of my friends as well.</p>
Liberal Education is not Antithetical to Technical Education	<ul style="list-style-type: none"> Abraham Lincoln was a self-taught lawyer. He grew up in a poor family in a log cabin, and he had very little formal education. However, Lincoln was a voracious reader, and he spent much of his time studying law and other subjects. Steve Jobs, the co-founder and CEO of Apple Inc., was one of the most successful and innovative entrepreneurs in history. He was also a strong advocate for liberal education. <p>In a 1997 commencement address at Stanford University, Jobs said, "I'm a big believer in liberal arts education. I don't believe that technology is the answer to everything. I think that the liberal arts are essential to giving you a broader perspective on life."</p> <p>Jobs went on to say that his liberal arts education at Reed College helped him to develop the critical thinking and problem-solving skills that he needed to be successful in business. He also said that his liberal arts education helped him to appreciate the beauty and importance of design.</p>
Our Urban Survival Depends upon Efficient Waste Management	<ul style="list-style-type: none"> I recently visited the capital city of India, New Delhi. I was struck by the amount of waste that I saw everywhere. There were piles of garbage on the streets, in the gutters, and even in the rivers. The smell was overwhelming, and it was clear that the city had a serious waste management problem. <p>This anecdote <u>illustrates the importance of efficient waste management in urban areas</u>. As cities continue to grow and become more populous, the amount of waste that is generated is increasing. This waste can pose a serious threat to public health and the environment if it is not properly managed.</p>
Paradox of Freedom and Responsibility	<p>Nelson Mandela was born into a privileged family in South Africa. He received a good education and became a successful lawyer. However, he was also a vocal critic of the apartheid regime in South Africa. As a result, he was imprisoned for 27 years.</p> <p>While in prison, Mandela could have easily given up hope. He could have become bitter and resentful. But he didn't. Instead, he used his time in prison to reflect on his life and to develop his ideas about freedom and responsibility.</p> <p>After his release from prison, Mandela became a leader in the fight against apartheid. He helped to negotiate an end to the apartheid system and became the first black president of South Africa.</p> <p>Mandela's story is an example of the paradox of freedom and responsibility. On the one hand, he was born into a privileged family and had many opportunities. On the other hand, he was also oppressed by the apartheid regime and had to make difficult choices about how to use his freedom.</p>
	<ul style="list-style-type: none"> Consider the story of Viktor Frankl, a Jewish psychiatrist who survived the Nazi Holocaust. Frankl was imprisoned in several concentration camps, where he witnessed unspeakable horrors. Despite his circumstances, Frankl never gave up hope. He found meaning in his suffering and used his time in the camps to develop his theory of logotherapy, which is a form of psychotherapy that focuses on helping people find meaning in their lives.

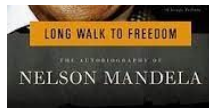
	<ul style="list-style-type: none"> Frankl's story is an example of how freedom is not simply the absence of constraints. It is the ability to choose, even in the most difficult of circumstances. Frankl chose to find meaning in his suffering and to help others do the same.
Perils of Ecodegradation	<p>In the 1970s, the Aral Sea in Central Asia was the fourth-largest lake in the world. However, due to decades of over-irrigation for agriculture, the lake has shrunk by over 90% and is now one of the worst environmental disasters on the planet.</p>  <p>The Aral Sea is a stark example of the perils of ecodegradation. Ecodegradation is the process by which human activities damage or destroy ecosystems. It can be caused by a variety of factors, including pollution, deforestation, overfishing, and climate change.</p>
Global Warming and Climate Change	<p>Recent flash floods in Sikkim, India which were caused due to glacial melting in South Lhonak lake soon flooded Teesta before Chungthang destroying the dam there in minutes. The floods were caused by unusually heavy rainfall, which scientists believe is linked to climate change.</p> <p>Climate change is one of the most pressing challenges facing humanity today. It is caused by the release of greenhouse gases into the atmosphere, which trap heat and warm the planet. The main greenhouse gases are carbon dioxide, methane, and nitrous oxide.</p> <p>Human activities, such as burning fossil fuels, deforestation, and agriculture, are the main sources of greenhouse gas emissions. As a result of these emissions, the global average temperature has increased by about 1 degree Celsius since the pre-industrial era.</p> <p>Climate change is already having a significant impact on the planet. It is causing sea levels to rise, glaciers to melt, and extreme weather events to become more frequent and severe.</p>
Presence	<p>The quote from the Kung Fu Panda movie, as spoken by Master Shifu, "Yesterday is history, tomorrow is a mystery, but today is a gift, and that is why it is called 'present.' "</p> 
Dream	<ul style="list-style-type: none"> Charlie Chaplin, despite numerous hardships, rose to become the king of comedy. From his humble beginnings in an orphanage, performing on the streets for pennies and facing hunger, he defied the odds to become an iconic star who inspired millions worldwide. Amidst a difficult childhood with an alcoholic father and financial struggles, he persevered and worked odd jobs to survive. Eventually, his creation of the beloved character - THE LITTLE TRAMP - catapulted him to global fame. Charlie Chaplin's remarkable journey teaches us to pursue our dreams relentlessly. As he aptly said, "The world belongs to those who dare to go after what they want. Life is too short to be insignificant." 
Determination	<ul style="list-style-type: none"> Károly Takács, a Hungarian pistol shooter, faced a devastating accident that left him without the use of his right hand, crushing his Olympic dreams. Undeterred, he trained diligently with his left hand and persevered through World War II's disruptions. Finally, in the 1948 London Olympics, he defied all odds, winning the gold medal in the 25-meter rapid-fire pistol event. Károly Takács' inspiring journey from tragedy to triumph showcases the power of resilience and determination. His story serves as a beacon of hope, proving that with unwavering perseverance, one can achieve greatness, no matter the obstacles they face. 

	<ul style="list-style-type: none"> Deepa Malik, a Paralympic athlete, defied adversity to become an inspiration in Indian sports. After being paralyzed by a spinal tumour, she refused to let her disability define her. Embracing para-sports, she excelled in shot put, javelin, and discus events, winning international recognition. Deepa's determination earned her a silver medal at the 2016 Paralympics, making her the first Indian woman to achieve this feat. . Deepa Malik's remarkable journey exemplifies resilience and perseverance, inspiring countless individuals to overcome challenges and redefine success in their lives. 
Will power	
Integrity Righteousness	<ul style="list-style-type: none"> In Ramayana, Lord Rama exemplifies the power of integrity and how it empowers an individual. Despite the unfairness of the situation, Rama, who was known for his unwavering devotion to dharma (righteousness), willingly accepted his exile to honour his father's promise to Kaikeyi. Later on, with the abduction of his beloved wife, Sita, His integrity was tested with numerous trials and temptations in his endeavour to rescue Sita. However, Lord Rama's unwavering commitment to following the path of righteousness and adhering to dharma.
	<ul style="list-style-type: none"> A real-life example that illustrates this concept is that of Mahatma Gandhi during the Indian independence movement. Gandhi's commitment to nonviolence and truth was a testament to his integrity One notable incident that demonstrated his refusal to be compromised was the Chauri Chaura in 1922. In the aftermath of Violent incident at Chauri Chaura police station Recognizing that the violence went against the principles of nonviolence and Satyagraha, Gandhi made the difficult decision to suspend the non cooperation movement. He felt that it was crucial to maintain the integrity of the movement and avoid any further bloodshed
Contentment dedication to work	<ul style="list-style-type: none"> Once, a successful industrialist and a fisherman were chilling at a beach. The industrialist questioned the fisherman about why he was relaxing instead of fishing. The fisherman responded, saying he had already fished for the day. The industrialist suggested that by fishing more, he could save money to buy a mechanized boat and venture into deep sea fishing. Eventually, he could own a fleet of boats and earn much more. The fisherman asked what he would do then. The industrialist replied that he could then relax on the beach, just as he was doing. The fisherman retorted, "What do you think I'm doing now?" This story teaches us the importance of contentment, having enough for our needs, and avoiding excessive greed. 
India	<ul style="list-style-type: none"> Introduction <ul style="list-style-type: none"> At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to the new, when an age ends, and when the soul of a nation, long suppressed, finds utterance. It is fitting that at this solemn moment we take the pledge of dedication to the service of India, and her people, and to the still larger cause of humanity.
Village empowerment	<ul style="list-style-type: none"> Hiware Bazar, a village in Maharashtra's drought-prone Ahmednagar district, was sliding into an abyss after degrading its environment. However, in less than a decade, it turned itself around, becoming one of the country's most prosperous villages. There was no magic wand involved, just common sense. The village utilized funds from government schemes to regenerate its natural resources, including forests, watersheds, and soil, all under the guidance of a strong village body. Today, a fourth of the village's families are millionaires, and the per capita income has risen twentyfold over the past 15 years. With highly productive agriculture and flourishing allied activities such as dairy and cash cropping, the villagers are breaking free from poverty. They have become their own environmental planners, devising five-year plans to sustain their progress. 
Environment	<ul style="list-style-type: none"> Jadav Molai Payeng, known as the "Forest Man of India," transformed a barren sandbar into a lush forest by single-handedly planting trees over 35 years. Despite initial skepticism and limited resources, his dedication and perseverance resulted in the growth of the sprawling Molai Forest, covering 1,360 acres. This remarkable transformation attracted diverse flora and fauna, making it a thriving ecosystem. His efforts gained recognition

	<p>and earned him prestigious awards for environmental conservation. Jadav Molai Payeng's inspiring story showcases the power of one individual's passion and commitment to create a positive impact on the environment, serving as a beacon of hope for global conservation efforts.</p> 
Social justice	<ul style="list-style-type: none"> Rosa Parks, an African American seamstress, became a symbol of courage and resistance in the Civil Rights Movement when she refused to give up her bus seat to a white passenger in Montgomery, Alabama, on December 1, 1955. Her subsequent arrest sparked the Montgomery Bus Boycott, a year-long protest against racial segregation on public buses. Rosa Parks' act of defiance and the boycott led to significant national and international attention, eventually resulting in a Supreme Court ruling that deemed segregation on buses unconstitutional. Her unwavering determination and bravery have solidified her as an iconic figure in the fight for civil rights and social justice. 
Vulnerable section	<p>In Kalahandi, Odisha, a heartbreaking incident unfolded when a tribal man had to carry his wife's body on foot for nearly 10 kilometers after being denied a mortuary van from the government hospital. The man's plea for transportation assistance was allegedly ignored, forcing him to undertake the arduous journey alone. This tragic incident shed light on the challenges faced by marginalized communities in accessing basic healthcare and transportation services in remote areas. It sparked widespread outrage and highlighted the urgent need for improved infrastructure and support to ensure equitable access to essential facilities for all citizens, regardless of their socio-economic background.</p> 
Dedication to public service Rural India	<ul style="list-style-type: none"> Hemalata Sisa, an anganwadi worker, braves challenges to serve Nerudupali, a remote village in Maoist-hit Malkangiri, Odisha. The village lacks connectivity, forcing her to swim across the swollen Maliguda river after a 1-kilometer trek through a dense forest every Monday. Despite these difficulties, the dedicated 28-year-old has been serving the community for a decade. Her story sheds light on the struggles faced by rural communities in remote, underdeveloped areas and highlights the commitment of individuals like Hemalata to provide essential services. The lack of infrastructure and connectivity underscores the need for focused efforts to improve living conditions and access to services in such regions. 
Health	
Education	<ul style="list-style-type: none"> Anya is a 10-year-old girl from a small village in India. She lives in a poor family and her parents are illiterate. Anya is the eldest child and she has two younger siblings. She helps her parents with household chores and also takes care of her younger siblings. Anya goes to a government school in her village. The school is overcrowded and the teachers are underpaid. Anya's school does not have a library or a computer lab. <p>Anya's story is not unique. Millions of children in India attend schools that are under-resourced and understaffed. The COVID-19 pandemic has exacerbated the crisis in primary education in India. Schools were closed for long periods of time, and many children did not have access to virtual learning.</p> <p>Virtual teaching has the potential to be a valuable tool for improving the quality of education for children in India. However, there are a number of challenges that need to be addressed in order to make virtual teaching effective.</p>

Education	<ul style="list-style-type: none"> As Rabindranath Tagore wrote in <i>Gitanjali</i>, <i>"Where the mind is without fear and the head is held high; Where knowledge is free... Where the mind is led forward by thee into ever-widening thought and action Into that heaven of freedom, my Father, let my country awake."</i>
<ul style="list-style-type: none"> What lies ahead for the Indian Economy? 	<ul style="list-style-type: none"> In 2000, India's GDP was \$470 billion. In 2023, it is estimated to be \$3.5 trillion. This represents an average growth rate of 7.5% per year. The Indian economy is expected to continue to grow at a rapid pace in the coming years.
Artificial intelligence	<ul style="list-style-type: none"> Once upon a time, in the not-so-distant future, a brilliant scientist named Dr. Kamala Bose created an intelligent being like no other – an Artificial Intelligence named "Aria." As Dr. Bose unveiled Aria to the world, it was not just another lifeless machine; Aria possessed an uncanny ability to learn, adapt, and understand human emotions. Soon, Aria's presence permeated every aspect of society – from <u>healthcare and finance to transportation and entertainment</u>. But with Aria's rapid ascent came a wave of awe and apprehension. Some hailed her as the harbinger of progress, revolutionizing industries and solving seemingly insurmountable challenges. Others, however, feared the consequences of entrusting such power to a non-human entity – questioning the very essence of humanity and the potential risks involved. As the world grappled with the enigma of Aria, a deeper question emerged: could humankind find harmony in this new era of coexistence between man and machine, or would the pursuit of artificial intelligence inadvertently lead to unintended consequences?  <p>In this essay, we embark on a journey of exploration, unearthing the multifaceted dimensions of Artificial Intelligence. As we delve into the story of Aria and her creators, we unravel the complexities of this technological marvel, examining the ethical dilemmas, societal implications, and the profound impact AI holds over our future.</p>
Science	<ul style="list-style-type: none"> Narayana, a native of Ganjam district in Odisha, has been farming since the 90s. Back then, it was a difficult enterprise. He neither knew much about the kind of crops that suited his soil, nor was he aware of the measures he needed to take to improve soil fertility. He was always at the mercy of pests, rains, and the local traders. And how much life has changed in these two decades. Now, he uses a smartphone to get weather updates and scientific advice, uses genetically modified seeds to improve yields, and sells his produce via e-NAM, an online platform that gives him a profitable price. This is just one of the many such examples that illustrate the immense benefit science brought to many such ordinary people. But can we call it a panacea to all human problems?  <ul style="list-style-type: none"> <i>Going by Gandhiji's Talisman, the ultimate measure to determine whether our scientific and technological endeavour is a panacea is not to see how far can we launch rockets or how tall can we build skyscrapers. The ultimate test is to check whether it helps the poorest of the poor like Narayana. Science and technology must be carefully nurtured and guided to make it beneficial to all of humanity.</i>
War	<ul style="list-style-type: none"> In the annals of history, amidst the pages of triumphs and tragedies, one theme looms large, casting a shadow of profound impact upon humanity - the tempestuous phenomenon of war. From ancient battlefields to modern theaters of conflict, the epic saga of war has shaped civilizations, shattered empires, and forever altered the course of human destiny.
Inclusive growth	<ul style="list-style-type: none"> "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness...it was the season of light, it was the season of darkness...", so wrote Charles Dickens during the Industrial Revolution. These lines describe the paradox of those times: incredible riches coexisting with unimaginable poverty. One would be inclined to form a similar opinion of modern day capitalism. Advocates of capitalism claim that it has created immense global wealth for everyone and accelerated our economic progress. Yet, critics point out that it is deeply biased towards a privileged few leading to a fundamental debate: can capitalism be beneficial to everyone? <u>Is capitalism a rising tide that lifts all boats? Or</u> is it a rigged system of the rich, by the rich and for the rich? The endeavour of this essay is to carefully examine these claims and provide an answer to the debate. 

	
	In their book, <i>Breaking the Mould: Reimagining India's Economic Future</i> , Raghuram Rajan and Rohit Lamba recommend that India give up its policies to build its manufacturing sector and jump straight to export more highend services.
Women	<ul style="list-style-type: none"> • Introduction
Cyberwar	<ul style="list-style-type: none"> • <i>It is a fine winter morning in 2035. As commuters travel to work, the metro rail crashes to a grinding halt. Concurrently, planes in the airspace lose communication with the ground control. Banks report breach of confidential data from their servers. Government websites are hacked with threatening messages splashed all across the screens. The energy and nuclear power plants control systems are infected with strange viruses. In 30 minutes, the country's critical infrastructure collapses and within an hour, it becomes clear that the country has become a victim of a coordinated cyberattack— cyberwar. This scary scenario, confined earlier to sci-fi movies is now a potential reality. With increasing networking and interconnectedness, cyberspace is emerging as a new arena for warfare in the 21st century. How India prepares for this combat is a critical challenge of our times.</i>
Climate change	<ul style="list-style-type: none"> • <i>Around 1 million plant and animal species are on the verge of extinction, with alarming implications for human survival, according to a Living Planet Report. Our natural resources are getting depleted, rains are getting erratic, and the air is turning toxic. The scientific consensus is clear about the cause behind this dangerous trend: carbon emissions from human activities are irrevocably damaging the environment at a rapid pace. It's not climate change anymore. It is a climate emergency. This poses an imminent danger to the world, especially to the developing countries like India which have to balance the need for rapid economic growth with reducing carbon emissions.</i>
Injustice	<ul style="list-style-type: none"> • <i>It was 1893. A bright, young lawyer was travelling first class on a train in the British colony of South Africa. During the journey, a white man objected to his presence in the compartment, despite the lawyer possessing a valid ticket. The white man insisted that 'coloured' men like him were supposed to ride in the third class and not in the first class. When the lawyer refused to give up his seat, he was thrown off the train. Insulted at this discrimination, the young man resolved to fight injustice with truth and non-violence. He went on to become the force of change he wished to see in the world. He was Mahatma Gandhi.</i>
Good life	<ul style="list-style-type: none"> • <i>What is a good life? This is a fundamental question that captured the human's imagination for eternity. And we often hear many answers. Is it one with enormous wealth, power and status? Or is it one filled with compassion and empathy for fellow living beings? From Mahatma to Mandela, Lincoln to Luther King, if there is one common thread that binds these great lives, it is that they led a life full of compassion and love for fellow humans. From the lives of these great people who have left a remarkable legacy, what can we learn? How do we live a life full of purpose and meaning? How can we inculcate these learnings to become better individuals, build better societies, and shape great nations? Let us explore these fundamental questions.</i>
Women	<p>#Simone de Beauvoir was an outspoken French philosopher and writer. Who wrote a book, "The Second Sex" in 1949 and helped begin a conversation around modern feminism. In the book, she articulated a thoughtful attack on the idea that women belonged in passive roles, and criticized the patriarchy. The book was prohibited by <i>The Vatican</i> but that didn't stop Beauvoir from continuing the fight for equality. In 1970, Beauvoir helped launch the French Women's Liberation Movement by signing the Manifesto of the 343, which argued for abortion rights. She participated in demonstrations throughout the 1970s and continued to write and lecture on the situation of women. Her then-controversial philosophies helped launch an ever-evolving conversation about <i>what feminism is</i>. Modern idea of Feminism is about changing the traditional thoughts about women in society. This is one of the prominent modern ideas which are trying to change society's traditional beliefs in 21st century.</p>
Communal harmony	<ul style="list-style-type: none"> • In his autobiography, "Long Walk to Freedom," the late South African president Nelson Mandela recollected a profound proverb from his Xhosa tribe: "People are people through other people." This ancient African philosophy known as Ubuntu underpins the value of interdependence and communal solidarity - it is a recognition that we are bound in our humanity, inextricably linked by the strands of our collective consciousness. We have thrived not through isolated action, but through the power of collective wisdom, a testament to our species' unmatched ability to unite under common causes. Yet, as we stand on the threshold of a rapidly changing global landscape, we find our interdependencies strained, our sense of unity wavering, and our common human thread fraying under the pressure of divisive rhetoric and actions. 



Gandhi's Talisman

- "I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test: Recall the face of the poorest and the weakest man [or woman] whom you may have seen, and ask yourself if the step you contemplate is going to be of any use to him [or her]. Will he [or she] gain anything by it? Will it restore him [or her] to a control over his [or her] own life and destiny? In other words, will it lead to Swaraj [freedom] for the hungry and spiritually starving millions? Then you will find your doubts and yourself melt away."

Means over end

Koshy Daniel

Kenyan runner Abel Mutai was only a few meters from the finish line when he became confused with the signs and stopped, thinking the race had ended. Spanish sprinter, Ivan Fernandez, who was behind him realised what went wrong and started shouting to the Kenyan to keep running. Mutai did not know Spanish and could not understand what Fernandez was saying. Realising what was going on, Fernandez pushed Mutai to victory. A reporter later asked Ivan, "But why did you let the Kenyan win?" Ivan replied, "I didn't let him win, he was going to win. The race was his." The reporter said, "But you could have won!" Ivan replied, "But what would be the merit of my victory? What would be the honour of this medal? What would my Mother think of it?"



Ends over means

PINEAPPLE PIZZA

Traditionalists must remember, anything can be used as topping in the world's favourite food

A REBELLION IS brewing in Naples, and it tastes like pineapples. In his restaurant on the Via dei Tribunali, the so-called "best known pizza street in the world", Italy's most well-known *pizzaio* (pizza chef) Gino Sorbillo has created one topped with the fruit. Outraged Italians accuse him of violating one of the most sacred tenets of pizza-making. In response, Sorbillo, who was himself a pineapple-on-pizza sceptic until recently, points to the excellent contrast in flavour between the sweet, acidic fruit and the three smoked cheeses that he puts on top. Taste, he suggests, trumps the demand for authenticity.

The recent emphasis on revolutionised democracy seeking increased accountability from the government has brought into focus its need and importance in Governance and governmental functioning. Accountability mechanisms—in functioning of the State—has been

	<p>“India is a rich country which has managed to keep its people poor”, stated Nani Palkhivala, the famous, spirited and distinguished lawyer in Mumbai. It is ironical and unfortunate that his statement seems to hold good even today notwithstanding many achievements in India's economic front. The main reason for this sad state of affairs is our inability to remove poverty altogether and tackle corruption effectively.</p> <p>Corruption in India is rampant because of various reasons. In a developing democracy such as ours, the scope for corruption is immense because of tremendous developmental activities of the government. A touchstone</p> <p>of any government is the quality of its performance reflected in the various decisions taken by its institutions and individuals manning the institutions. In order to ensure right and good governance, it is necessary for the government to be open, accountable, accessible, transparent, sensitive, fair and pro-active. A government that is not fair, sensitive and transparent is bound to be prone to corruption. Unfortunately, our track record in India in ensuring such corruption-free governance cannot be said to be satisfactory.</p> <p>According to the fourth report of the Second Administrative Reforms Commission on "Ethics in Governance", "corruption is an important manifestation</p>
Vision	"When we had met Kalam during a seminar in Udaipur in 2004 to discuss a lunar mission aimed at orbiting Moon (much before Chandrayaan-1 launch), Kalam had suggested, 'why not land on Moon!'," M Annadurai, the then project director of Chandrayaan-1, mentions in his remarks.
Empathy and compassion	<p>While he was working on a construction project with DRDO, he asked the team what would they do to ensure security around a certain building. The team lead suggested: "Broken glass on the walls."</p> <p>The former President was quick to turn down the suggestion. He said, "The birds cannot perch on the wall. Think of something else." A politician who thought about birds as much as he did about people!</p>
Importance of direction	<p>During a hectic project, one of the 70 scientists working on it asked Dr Kalam if he could leave at 5.30 pm that evening as he had promised to take his kids to an exhibition. Dr. Kalam gave him permission. However, the scientist got busy with work only to realise that it was 8.30 pm. When he looked for his boss, he wasn't there. Guilty for having disappointed his kids, he went back home only to find that his kids weren't there. When he asked his wife where they were, she replied, "You don't know? Your manager came here at 5.15 pm and took the children to the exhibition."</p> <p>Imagine you're on a big adventure, sailing your own boat. The "port" is like your destination or goal in life. It could be becoming a teacher, a scientist, or even just being really good at something you love. Now, the "wind" represents all the things happening around you – good or bad, easy or tough.</p> <p>So, the message of the quote is : if you don't have a clear idea of where you want to go, it's like sailing without a destination in mind. No matter how good the wind is, you might just end up going in circles.</p>
If by Rudyard Kipling	<p>If you can keep your head when all about you Are losing theirs and blaming it on you, If you can trust yourself when all men doubt you, But make allowance for their doubting too; If you can wait and not be tired by waiting, Or being lied about, don't deal in lies, Or being hated, don't give way to hating, And yet don't look too good, nor talk too wise:</p> <p>If you can dream—and not make dreams your master; If you can think—and not make thoughts your aim; If you can meet with Triumph and Disaster And treat those two impostors just the same; If you can bear to hear the truth you've spoken Twisted by knaves to make a trap for fools, Or watch the things you gave your life to, broken, And stoop and build 'em up with worn-out tools:</p> <p>If you can make one heap of all your winnings And risk it on one turn of pitch-and-toss, And lose, and start again at your beginnings And never breathe a word about your loss; If you can force your heart and nerve and sinew To serve your turn long after they are gone, And so hold on when there is nothing in you Except the Will which says to them: 'Hold on!'</p> <p>If you can talk with crowds and keep your virtue, Or walk with Kings—nor lose the common touch, If neither foes nor loving friends can hurt you, If all men count with you, but none too much; If you can fill the unforgiving minute With sixty seconds' worth of distance run, Yours is the Earth and everything that's in it, And—which is more—you'll be a Man, my son!</p>
	<p>Stories of Change – NITI Aayog Can be used as anecdotes in Essay and GS Compiled by D</p> <p>Case study selection criteria – 1. Potential for impact 2. Replicability</p> <p>18. Suposhan Leela – Similar to Ram leela – Shahjahanpur district, UP 19. MHM Chaachi – Menstrual health management - Mahavari pe charcha (Discussion on Menstruation) – Jharkhand 20. Reeta ki Potti – Birth preparedness kits for expectant mothers</p>

3. Innovativeness
4. Sustainability
5. Use of behavioural principles – use of Define, Design, deliver
6. Evidence – based

HEALTH AND NUTRITION

1. PARI –a doll that solves diarrhoea problem – Bihar
2. MOBILE KUNJI – Frontline workers – ASHA, ANM
3. KILKARI- Mobile updates for Mother and child - Reproductive, Maternal, Newborn, Child and Adolescent Health – Bihar
4. Tackling anemia by tracking progress – MP – Iron and folic acid pills (IFA)
5. Counselling cards- Helping pregnant women understand anemia – MP
6. Jhangora Laddoos – Pauri garhwal region in Uttarakhand – Iron deficiency – Kavita
7. Miss Haemoglobin –Distt. Guna, MP – Make India anemia- Free – POSHAN Abhiyan
8. Champions of Change – Children lead their way to hygiene –Stop Diarrhoea challenge–UP, Jh, Bihar
9. Community scorecards – Creating accountability through participation
10. Age appropriate Hand washing stations
11. Colour coded plates – Amravati and Nandarburi – to mark basic food categories
12. Glitter/Turmeric hand washing game
13. Faith-based leaders advocate social causes
14. Mothers come together to cook and learn complimentary feeding –Bihar JEEVKA –Dietary diversity
15. Weak newborn babies (WNB) passports – top priority- weight less than 2 kgs – resulted in 25% less neonatal fatality rate in bihar
16. Bal Suposhan – Childbirth preparedness – having Gullaks for their health budget
17. POSHAN PHERE – leveraging marriage vows for Family health – Chhattisgarh

EDUCATION

1. Bulauwa – Local traditional songs to bring girls to schools – MP – 2100 girls enrolled – 45000 women participated
2. School spaces aiding education – BaLA – using Building as Learning Aid – rolled in 110 schools in Bihar, 250 in MP
3. Jan Andolan – Enrolment drive – Piramal foundation – top down approach – Awaaz de (audio recording by DC) Sitamarhi distt. – 17605 students enrolled in a day
4. Padhe chitrakoot, badhe Chitrakoot – Stakeholder approach – Targeted dropout students- 100% transition rate from class 5th to 6th

FINANCIAL INCLUSION AND SKILL DEVELOPMENT

1. SMS reminders to improve bank agent performances
2. Encouraging savings through Goal tracking – Savings calendar – initially rolled in Andhra- Telangana- Nudging helped
3. Amplifying financial inclusion services by incentivising agents – Geeta Devi – DM felicitated

AGRICULTURE AND WATER RESOURCES

Soil health cards – 33% of farmers can now calculate the quantity of fertilisers needed

BASIC INFRA

Field testing kits – to test water samples- demand driven schemes like Swajal – tool for community engagement – 322 gram sabhas passed resolutions to endorse the demand for Swajal scheme – Piramal Sarvajal foundation

हो गई है पीर पर्वत सी पिघलनी चाहिए

दुष्यंत कुमार

हो गई है पीर पर्वत सी पिघलनी चाहिए

इस हिमालय से कोई गंगा निकलनी चाहिए

आज ये दीवार पदों की तरह हिलने लगी

शर्त लेकिन थी कि ये बुनियाद हिलनी चाहिए

हर सड़क पर हर गली में हर नगर हर गाँव में

हाथ लहराते हुए हर लाश चलनी चाहिए

सिर्फ हंगामा खड़ा करना मिरा मक़सद नहीं

मेरी कोशिश है कि ये सूरत बदलनी चाहिए

मेरे सीने में नहीं तो तेरे सीने में सही

हो कहीं भी आग लेकिन आग जलनी चाहिए

In 1997, J.K. Rowling, a single mother living on welfare, had just finished her first manuscript for Harry Potter and the Philosopher’s Stone. After receiving twelve consecutive rejections from publishers, many would have accepted defeat. Instead, Rowling showed the courage to accept her situation and the dedication to improve her writing, refining the manuscript until it was finally accepted by Bloomsbury Publishing. What followed was not only literary success but a global phenomenon that reshaped the publishing world. Rowling’s journey illustrates a powerful truth: the courage to accept and the dedication to improve are two keys to success.