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**Triumph IAS**

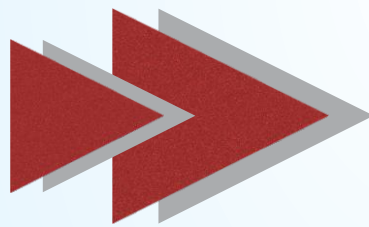
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*Innovating Knowledge, Inspiring Success*



**UPSC TOPPER 2018**

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who are too busy to be looking for it."**

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*"Write to Learn & Learn to Score"*

# ESSAY for IAS

## UPSC - CSE Mains 2018

Under Personal Guidance of

### VIKASH RANJAN

(Author, "Fundamentals of Sociology", "Applied Sociology")

Test No.	Test -1	Centre of Exam	New Delhi
Candidate Name	Aditya Mirkhelkar	Total Marks	/250
Date of Exam	18th Aug 2018	Total Time	3 Hrs
Reg. No.		Signature of Candidate	Aditya Mirkhelkar
Class Room	<input checked="" type="checkbox"/>	Distance	<input type="checkbox"/>
		Online	<input type="checkbox"/>

## THEME : INDIAN SOCIETY CULTURE & CIVILIZATION

Write one essay from each Section of the following Topics.

### Section-A

1. New India: Aspirations for global leadership.
2. Gender Equality -Turning Promises into Reality.

### Section-B

3. There is enough for everyone's need but not for anyone's greed'.
4. The Khelo India: Developing sporting culture in India.

Signature of Examiner



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## INSTRUCTIONS

Essentially an essay consists of three Major Parts:

- ❖ The Introduction
- ❖ The Main Body
- ❖ The Conclusion

The Introduction is intended to lead the reader into the topic and clarify what the essay will specifically deal with. It usually consists of one paragraph, but this depends on the length of the Essay and amount of background information the context requires. The introduction will contain a key sentence (or, if necessary, more than one) that represents the thread running through the whole essay. This sentence is called the thesis statement.

The Main body deals with the major ideas that support the thesis statement. Each main idea is presented in a separate paragraph ("One Notion, One Paragraph") and developed with supporting ideas in the form of explanations, definitions, or similar, and illustrated with examples where appropriate or necessary.

The conclusion brings the reader back to the purpose of the essay and draws all the points together before making a final comment on the result of the discussion / argument. Often this final comment will point towards some consequence the discussion may have for the future or make some observation about what the discussion has revealed on a general level.

Ultimately an Essay will show a progression from a general level (in the introduction) down to the specific (thesis statement and body) and back up to the general level again (conclusion). The reader will be expecting this so it gives your essay a sense of completion.

### Get the Balance Right

You probably know that all Essays should have an introduction, body and conclusion. Less well known is that the balance of these elements is crucial. A good rule of thumb is:

**Introduction : 10%**

**Body : 80 %**

**Conclusion : 10%**

If you get these elements out of balance you generally have a poor Essay.

### **Important :** Have a Thesis (statement)!

An Essay is a waste of time to read if it does not have a thesis. It **MUST** have one.

This is something that most students have trouble with. A "thesis" means a personal point of view on a topic that you have argued for.

Often students are frightened about having their own point of view. However, there is nothing to be worried about. It does not mean that their point of view must be completely original; often they can find references in the library where other people argued for the same idea that the student shares.

Essay Topic : .....

Gender Equality: Turning Promises Into Reality

Women constitutes 50% to the global population, work for two-third hours, owns only 1% of world's property.

Women face disproportionate burden of poverty, crimes and discrimination. Apart from that women suffers not only during wars but also during peace.

Her rights are never compromised frequently and justice is not done in many cases.

Today, the Gender equality debate has widened. It also includes the concerns of third gender. Third gender includes trans-men, trans-women and gender queers. It is the most vulnerable section of the society. They are still struggling for gaining basic recognition of their bodily existence.

In this context we need to understand the meaning of gender equality, promises of gender equality and how to achieve gender equality.

What is gender equality?

Gender equality denotes equality of status and opportunities to every individual in every spheres of social life. It not only includes treating them all equally but also include treating all in fair manner. fairness denotes equity. It ensures that special provisions are there for people in special needs.

Gender equality suggest equality of dignity. It demands that no person would be discriminated on the grounds sex or sexual orientation. It rejects exclusion, it rejects privileges, it rejects stereotyping and promotes effective participation in public sphere.

Gender equality denotes equality of capacities to do what one wants to do. It is not only clearing external obstacles but also internal obstacles to dignified life. It includes developing capabilities of an individual by focusing on her health, education and livelihood.

### Promises of gender equality

World has undergone a sea change from the unapologetic advocacy of male superiority to recognition of equality for all. Today, ~~public~~ ~~life~~ there is greater recognition of dignity of individual of all sexes. The worldwide 'LGBTQ movement', 'Me too campaign' and 'he for she' paradigm has emerged.

Women today participates and progress all spheres of public life. she is not only standing shoulder to shoulder

G.E

to men but also surpassing them.

Prominent example includes greater representation of women in armed forces.

Recently India also changed her policy on women in combat roles in Airforce.

Also, third gender movement has gained currency in the world. Countries all over the world have started to give them citizenship rights, right to marriage and property. Their right to privacy and bodily integrity is being upheld. Recent election of Dhaneshwar Kamble as a sarpanch in Tarangtal village in Maharashtra is a testimony to it.

Increasing participation of women and third gendered persons in public life gives an optimistic picture of gender equality. However, there are certain challenges on that front. Reality is quite disturbing.

## challenges to Gender equality

Both women and transgenders in their quest for gender equality face plethora of problems. The biggest problem is of gender stereotyping and objectification. It forces individuals to behave in a manner that society wants her to behave. They are forced to relinquish their choices and preferences. For example, women are stereotyped for feminine qualities. It hinders women's choices over her outfits, choice of professions and even words that she speaks.

Another external impediment to gender equality is lack of rights. Though women and transgenders have secured legal-political rights in many countries, other countries continue to reject it. Many countries in Middle East and Africa still discriminate women legally and politically.

*Challenges*



Another challenge include lack of social and economic rights. ~~lack~~ social discrimination, harassment and exclusion hamper their dignity. Also lack of economic resources prevent their wellbeing. In India, affects

Hizaras are forced to do begging or prostitution. situation of women is also similar where she faces discrimination and crimes on many paths of life.

Internal impediments to gender equality are also there. women and transgender are lacking on ~~the~~ social fronts. lack of education, health and nutrition hampers their quality of life. Also, lack of skills renders them dependent on mercy of male counterparts. In India, women and transgenders face the disproportionate burden of HIV.

To overcome these challenges we need to focus on holistic approach towards gender equality.

Challenges

## How to achieve Gender Equality

Achieving gender equality is a long and comprehensive endeavour. In this quest we need to focus on removing internal and external impediments to gender equality. Internal impediments refer to capabilities of an individual, while external one refers to role of legal, political, economic and social institutions.

On internal front, the first priority needs to be given to ensure survival of health and nutrition.

In India, one third in every two women is anaemic. securing her nutrition and health would also include reproductive health of women. Empowering them to exercise their reproductive rights holds the key.

Also, education and skilling is the problem. Issue. Women are atleast enjoying enrollments, the situation of transgenders is the worst. Their family

*Suggestion*

relinquish them and avoid enrollment into schools and colleges. Lack of education and skills hampers their participation in meaningful economic activity.

on external fronts, social discrimination needs to be stopped.

Recent rights of transgenders bill by

Indian parliament which prohibits

discrimination against transgenders

is a step in right direction. However

social consciousness needs to be altered to stop harassment, crimes and violence

against them in public and private life.

Apart from that, legal system also needs to be gender sensitive.

Crimes against cases of marital rape,

domestic violence should become

female centric. Also, rights of transgenders

to vote, marriage, own property needs to be secured.

Economic empowerment is also necessary. feminization of poverty is a worldwide phenomenon. climate change has only worsened the prospects of livelihood of women. Apart from that, women faces 'a glass ceiling' in her career. It prevents her from career progression. women though only contributes to 34% of world GDP. situation of third gender is worse on this front. they are rendered helpless in economy.

This could be added to challenges

Suggestion

Our cities also prevent gender equality. cities are highly exclusive. Lack of public toilets for women, lack of footpaths, overcrowded transportation systems hampers their public participation. security of women in the cities is also a big concern.

However, the most unfortunate impediment is attitude of family. Rather than empowering them, families discriminates against women and transgenders. Discrimination starts from womb and continues to till death. lifecycle based approach is needed.

Thus, it is necessary to ~~be~~ change our complete worldview of ~~against~~ gender equality. It should become uncompromising political and social issue. Mere advocacy is not adequate, the change should begin from oneself. As Gandhiji said, "be the change you want to see in the world"

Today, in the 21st century gender discrimination should give the way for gender justice. It is mentioned in the sustainable development goal 5 to ~~and~~ achieve gender equality. Our ancient wisdom of 'surve Bhavatu Sukhinah' is also based on this idea of justice. We need to move towards that heaven where every tear is wiped from every eye.

**Essay Topic : .....**

Khelo India: Developing sporting culture in India

Recently, Hima Das, the 18 year old female athlete from a small town of Assam made history. She became the first player from India to win a gold medal in global a track sport at a global event. Two other athletes P.V. Sindhu and Deepa Karmakar are also doing well at major events. However, these are isolated examples. A country of 1.3 billion people could only manage to win 2 medals at Rio Olympics, 2016.

Another disturbing fact came to the surface when Virat Kohli and Puma carried out a pan-India survey on sports. It highlighted that 57% of people have not played any sport in a last year. 38% people reported that they did no physical activity in last one year. These too

These two examples clearly indicates lack of sporting culture in India. In this essay we would try to understand

causes of lack of sporting culture, need of sporting culture and how it can be developed.

Causes of lack of sporting culture:

First and foremost reason is poverty and lack of resources. Poverty compels people to burden themselves with struggles for survival. Poverty also leads to lack of nutrition and health. It prevents them adopting sports.

2. Another reason includes excessive focus on textbook learning. 'Khelege kudoge toh banoge kharab, padhoge likhoge toh banoge Nawab' is a common notion in India. Children are forced to study for long hours and sports become the first casualty of it.

Lack of open spaces, grounds, stadiums is a major issue in cities. We all have heard about struggle of Sachin Tendulkar to reach cricket field as a kid. Also, pollution and ineffective transportation adds to the problem. Sports become inaccessible.

Challenges

Another reason being Gender inequality. Girls are nurtured in a way that they develop an apathy for sports. Sports are considered masculine activity. Apart from that girls are also not allowed to go out of their villages and cities to compete or train.

Government support is also inadequate. Lack of talent hunting, ~~infra~~ and ~~st~~ hand holding to athletes prevent quality sports players from emerging. Rather than focusing on investing large amounts in sports, government focus on rewarding the players with crores of rupees.

All these factors prevent development of sporting culture. We all sit back and enjoy watching sports especially cricket but not involved in playing ~~the~~ sports.

Challenges



## Need of sporting culture

Sports are essential for all round development of a person. Sports develop character. Players learn team spirit from sports. They learn to accommodate others, care for the partners and supporting them. Sports expose people to different ways of life. Thus it has a huge impact on building harmony.

Individual becomes mentally tough because of sports. She learns to accept the defeat, set targets for winning, making plans and use resources in most productive manner. She learns to perform under pressure and respond in crisis situations in a better manner. The best example of it is Serena Williams. After recovering from a life-threatening delivery, she was ready to compete in Wimbledon final in less than a year.

Benefits  
 of  
 Sports  
 Culture

Also, sports bring health benefits. India is suffering from a huge burden of lifestyle diseases such as diabetes, blood pressure, obesity and so on. sports A sporting culture can relieve that burden. sports also builds a strong immunity system which is necessary to fight communicable diseases.

sports accompany sheer joy and happiness of playing. when our life is full of tensions and concerns, sports bring the necessary relief. India ranks 127th in world happiness index, suicides among students are frequent and mental health has emerged as a cause of concern. Sporting culture can heal that.

Last but not least, sporting culture would bring the fame to our country. A country's progress is measured by her performance in various sporting events. It was the heroic performance of chinese players in 2008 olympics that made the world take notice of rising china.

## How to develop sporting culture

History suggests that sports were always a part of our civilization. The stories of children playing games are ubiquitous in our puranas. Most famous being lord & Krishna's episode with Sheshnag while playing with his friends.

Also, ~~the~~ games like chess, ~~originated~~ kabaddi and Malakhamb originated in India. In modern times stories of glory of Indian hockey in 20th century is are popular. Apart from that, sporting culture is there in organizations like Army and Railways.

These examples suggests that sports and sporting culture is not alien to India. We need to build on it, nurture it and focus on all the aspects required for a healthy sporting culture.

Add to  
temporal  
aspects

First of all, the focus should be improving governments support to sports. China and Russia exemplifies result of governments support for sports. Government needs to work on multiple fronts. Most important one includes incorporating sports in education. Our schools, universities and colleges needs to be vibrant sporting institutions. Recent proposal by Ministry of human resources to half the syllabus in schools is a step in right direction. It would allow students to go out and play.

Government also needs to make sports more accessible. It includes developing ~~sports~~ infrastructure like stadiums, training centres and state of art facilities. Apart from that systematic town planning with adequate open spaces is necessary. To make sports more accessible effective transportation system in cities and villages is required. Air pollution also prevents development of sporting culture. It needs to be curbed.

Suggestion

Another front on which government needs to work on is going for poverty alleviation. Poverty makes survival the only objective. It makes sports non affordable. Only by securing her livelihood, a person can focus on other adventures.

But society also shares the onus of developing sporting culture. Our society, unfortunately, has become one dimensional. Making wealth is considered as top priority and by some as the only priority. Sports and fitness comes last for them. It is reflected by increasing lifestyle diseases.

Another aspect is accommodating women and their concerns. No sporting culture can develop if half of the population is forced to relinquish public life. Women are stereotyped by society, discriminated by sports fraternity and constrained by her family. We need to recognise the role of star players like Sania Mirza, Saina Nehwal, & P.T. Usha and countless others in spreading sports

Sporting culture.

Role of television and media is also important in this quest. Television has played a tremendous role in popularizing sports. The growing TRP of IPL, Pro-Kabaddi exemplifies it. However, it is only focussed around cricket we have turned into a one sport nation. Thus, media needs to create hegemony of sporting culture.

Also, sports needs to be viewed as a viable career option. For that commercialization of sports is necessary. NBA in America has played a great role to popularize basketball there. Also, it would ensure monetary rewards for players. It will encourage ~~society~~ people to opt for sports.

However, 'khelo India' would remain a distant dream if individuals don't experience sports. It is upto the individual to set aside her videogames, lethargy, inactivity and addiction. The biggest driver of sporting culture would be the

Sheer joy of playing.

Today, the world is facing plethora of problems. It includes depleting social harmony, increasing intolerance towards different ways of life, terrorism and climate change. Sports hold a common solution for all of them.

A sporting culture would ensure that people develop team spirit, accommodate others. It would prevent hatred, violence and social tensions. It would channelize energies in a productive manner.

A happy, healthy and harmonious India can be achieved by developing a healthy sporting culture. It would bring much needed spirits of unity back to the fore. So, Khelo India is essential for a New India which is free from various social ills.

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# REMARKS : ESSAY-1

	Excellent	Good	Satisfactory	Average	Poor
(i) Introduction	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(ii) Temporal Illustration	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(iii) Sectoral Elaboration	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(iv) Content-Knowledge	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(v) Contextual Justification	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(vi) Paragraph Alignment	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(vii) Conclusion	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(viii) Visibility of Thesis-Statement	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(ix) Visibility of Topic Sentence	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(x) Novelty-Illustrations	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(xi) Language Competency	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(xii) Legibility- Readability	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

But topic sentence (fully) needs to be visible in content.

### Overall Remarks:-

Intro - Good

Temporal not visible (Mention scenario of G.F. in past)

Sectoral (Good) → Add more spheres to establish G.F. is turning into reality

content (Good), but needs to add more elaboration and examples to discuss G.F. turning into reality.

Discussed challenges = Good & suggestions = Good.

Also mention initiatives taken which would help to bring more G.F. into society

Conclusion = Good

in all spheres

⇒ Alignment - Presentation of content in short paras & coherence in content



56

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REMARKS : ESSAY-2

Table with 5 columns: Excellent, Good, Satisfactory, Average, Poor. Rows include Introduction, Temporal Illustration, Sectoral Elaboration, Content-Knowledge, Contextual Justification, Paragraph Alignment, Conclusion, Visibility of Thesis-Statement, Visibility of Topic Sentence, Novelty-Illustrations, Language Competency, Legibility- Readability.

Overall Remark:-

Intro - Good, Also mention about Khelo India and its objectives. Temporal - visible but needs to rearrange. Sectoral - Add contextual spheres to discuss role of Khelo-India in developing sports culture in India. Content - Good but needs to add more contextual content. Mention various initiatives, components & provisions under Khelo-India programme and discuss how these would help to address various challenges of sports in India, eventually

Also, mention other initiatives taken to promote sports in India. => Alignment - Reflect topic sentence in paras. Paragraph is good.

Conclusion => Good - scope to make it more connected with topic sentence

developing a sports culture in India. => Challenges & Suggestions = Good



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