

Section - A

Expect the Best. Prepare for the worst. Capitalise  
on what comes

One that has <sup>lost</sup> hope to succeed has failed in  
just place. The above phrase highlights that loss  
of hope is the biggest failure in one's life.  
Being positive is the ingredient for success.  
Without hope more than your opponent, it is  
you that has defeated yourself. For success to  
come your way you have to always be hungry  
for it and take every possible action to attain it.  
Your optimistic & whole hearted effort is the  
first requirement for achieving the best and  
this effort comes from your expectation of best  
from your own actions:

Remarks

Indeed no one <sup>can</sup> guarantee the successful outcome but <sup>one can</sup> always make best attempt to achieve it. of course while expecting the best one has to make sure that the chances of failure are reduced and if even if any worst worst scenario emerges then one would be able to cope up with it.

our best effort should not make us blind about any possible eventuality and we should always have plan B in our armoury. This thought process emerges on account of foresightedness and rational thinking. while expecting the gain we should always account for the worst case scenario.

This is because anticipation of worst scenario would make us mindful of it and we can take appropriate measures, well in advance to

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counter ~~it~~, we would not undergo psychological shock and come out of such situation ~~it~~ as a fighter. This brings <sup>me</sup> to remind you of the life story of Dr APJ Abdul Kalam. As a young ~~to~~ bright student he wanted to join Indian Air Force but ~~he~~ was rejected in one of his interviews. He ~~was~~ felt disheartened and bravely came out of it, and when he <sup>became</sup> president of this country he was asked to co-pilot Indian aircraft. His life story is all about experiencing the best and capitalizing on each & every opportunity that comes in one's way.

The achievement or success is not one time or one shot affair, ~~rather~~ <sup>rather</sup> it is a continuum. With small steps and climbing each stair, one reaches on the top of ladder. Men should never look for shortcuts, though they give

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success but this success is not sustainable. Moreover rather than the destination, ~~the~~ <sup>the</sup> journey that makes our life beautiful. It is the joy of these

small steps that makes the notion of success a joyful act. Thus, each individual should always capitalise what comes in his/her way and make way to reach his/her goal. Our successful Freedom struggle was built of this premise. Our

leaders always took all the challenges open-mindedly and capitalised on each and every concession given by Britishers. The continuum of moderate demands to Quit India Movement

all were based on this notion of capitalisation. Despite various negative incidents like Chauri-Chaura incident, Hindu-Muslim riots etc, our leaders

never lost hope and they were always ready to cope up with <sup>such incidents</sup> ~~any worst scenario~~.

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Moreover it is the hope of success that gives  
motivation and objective to our efforts. Without  
 this hope all our efforts are worthless and  
useless. This expectation of achieving the best  
 brings this lethargic human being into action. It is  
 this expectation that fuels our dreams and  
desires. It was this desire of achieving the best  
 and expectation of best that motivated Manohar  
Chandhi to fight against discrimination of whites  
against coloured people. As a single human being  
 that stood against mighty British empire, no  
 one took him seriously but he always remain  
 confident and took advantage of each & every  
 opportunity provided by circumstances. At the same  
 time he always knew the danger of his fight, so  
 he always took pre-emptive measures and kept  
 his family out of harm's way.

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Fire proofing is always better than ~~fire fighting~~ fighting. The above highlights that one should always prepare himself for any eventuality, so that damage control can be done, so that <sup>extent of</sup> ~~damage~~ reduces.

This readiness in prep facing the worst further reduces the chances of failure and ~~this makes~~ simultaneously increases the chances of achieving the best. For this to happen one has to be open about self-criticism and self-improvement. This is necessary in order to convince and win others, one has to win oneself. This self critical analysis would help one in improving on those grey areas that are holding him back.

For this self improvement to succeed, one has to make max of the opportunity given by our surroundings. But for all this happen the individual have to be optimistic in his approach, otherwise all his actions would be procedural and thus lacking.

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any moral backing.

The victory of Mr. Donald Trump in recent US presidential elections proves how expectation of best and capitalisation on what comes in our way can help you achieve <sup>the</sup> best. He single handedly took the challenge against whole media, political establishment and yet came out victorious. Had he not consolidated on trivial issues of Americans, his victory would have been impossible.

Swami Vivekananda famously said that more than the Britishers it is the lack of hope among Indians that has made them subjects of foreign rule. He wanted to ignite pride among fellow Indians about the richness of our society and culture. He always argued that one should work hard, expect the best, prepare for worst and capitalise on what comes in your way. He himself

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capitalised on world religious congress ~~session~~ in chicago to highlight the richness and strength of our cultural heritage. His notion of service to mankind is service to God, is based on

this notion that man's basic purpose is to ~~act~~ in a hope of <sup>achieving</sup> best rather than rely on rituals and dogmas of religions.

Moreover expectation of best and preparation of worst reflect the character of human beings. Human beings have always taken initiative and expected best in ~~the~~ pursuit of development. The success of various discoveries were fruits of this wholehearted labour and positive thinking, without capitalisation of minimalistic steps, the great discoveries and scientific expeditions to various planets wouldn't have been possible. While at the same time the consequences of our actions had made

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we realise the need to anticipate and prepare for worst case climate change & global warming. Our efforts like SD Goals, legal agreement, Paris climate agreement all reflect the preparation for worst case scenario i.e. extinction of human race.

These agreements also symbolise that though the we would be available to contain the effect of our actions and by capitalisation of these small steps we would be able to save our planet and ourselves.

The notion of failure should not deter one to take action, which he is required to, this

idea of failure comes from the narrow mind thinking and outward orientation. In fear of societal reaction we often prefer inaction rather than action. This outward ~~out~~ orientation fails to see the inner reality. This inner reality

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is one that motivates one to take the untraveled path and achieve what others could not dream of. The success of Thomas Alva Edison rejects how his failures and unreal reality helped him to beat societal criticism and achieve what others

thought was impossible. It was not that he didn't think about worst case-scenarios but his expectation of the best propelled him to achieve great in his life.

In fact all the religions of all the world highlight that individual should always remain hopeful and <sup>his</sup> action should be delinked from the fear of its failure. He would always worry about action rather about consequences. His only duty towards God is to take action and expect best; his devotion would automatically give him <sup>the</sup> success.

Lord Krishna's words of wisdom in Bhagavad Gita

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highlight that it is man action that drives him towards success/bst. while doing so he should always remain aloof from the consequences. He should always take action what he ~~the~~ anticipates as right in given situation, rather than wait he always advocated action.

~~Indeed~~

In nutshell, it is evident that in order to achieve the bst we have to think and expect the bst. This thinking <sup>can</sup> only come when we have positive frame of mind and no doubt about our capability. But at the same time this expectation should not ~~remain~~ make us ignorant of the fact that there could be worst bst scenario. This knowledge would help us plan about such scenario. All this thought process would ~~not~~ require the need of capitalisation of every possible opportunity. For a

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nation that house<sup>d</sup> world's 1/6<sup>th</sup> population, the hope of achieving bkt and preparation for the worst to come would be key. And in this process, the steps like digital india, Startup India, Skill India, Make in India, Stand up India etc would be nothing but capitalisation of small steps.

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### Section - B

winning at any cost in what matters in sports

Sports are the medium through which human beings recreate themselves. They make us realise about our capabilities and strengths. At the same time are reflections of human character and essential for his survival on this planet.

It is natural tendency among individuals to strive ~~excell~~ for excellence in each & every pursuit of their life, sports can be no exception. But

can this blind pursuit for excellence come come at the cost of what sports want to achieve

at the first place? can this approach be antithetical to the meaning and significance of sports? we need to find the answer to this question.

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Humans have been playing one sport or the other, ever since they came into existence on this planet earth. The excavations of maus valley civilisation prove that humans indulgence

in sporting activities is one medium for his existence and survival. ~~Gradually the sports~~

Humans participation in such sporting activities was driven by the notion of happiness

and recreation. It was a means to discover the hidden measures of one's personality. The sports

for humans have inward-orientation rather than outward orientation.

Gradually with the establishments of settled empires, sports became the medium of compulsion and show of strength. From inward orientation it

attained outward orientation. Sports became symbols of courage, masculinity, glamour, strength and what not.

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with this sense of competition came the notion of victory. This sense of victory became the opium for participants to take part in such activities.

But along with notion, came the vice of winning at all cost. Though there is nothing wrong in competition but when this competition attain the character of cut throat, it defeats the purpose of sports.

This cut throat competition makes the sportsman blind about means and his focus shifts only

on achieving the ends. This is where sports rather than being medicine it self become cause of disease.

The growing menace of doping, cheating, mischiefs etc

all reflect that sports have become procedurally sound but has lost its substance.

Take the case of modern olympics, they were started by Baron Pierre de Coubertin, so that nations could

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come closer and sports would become medium to promote peace and stability in the world. Though started with this noble thought, they failed to stop 2 world wars and one era of cold war. Rather sense of losing prestige on account of defeat in Olympics promoted unhealthy competition among the nations which got manifested in battlefield.

In order to improve their medal tally's and attain prestige in the world of sports, many athletes started making use of foul means like steroids, growth enhancer etc to improve their performance.

With the penetration of media and television technology the cut throat competition got further boost on account of rising nationalism.

In order to satisfy these narrow aspirations, many athletes and sportsman fail to keep self restraint and for them winning at all cost becomes most

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namely the recent incident of Maria Sharapova being indulging in such foul and derogatory practices reflect how <sup>the</sup> world of sports have reached to its bottom level as far as sports ethics are concerned.

Mahatma Gandhi and Swami Vivekananda have always highlighted the need to work upon human conscience to improve their actions. This is deeply required in world of ~~self~~ sports where human conscience has dipped to the bottom and only momentary success has become the key. The agencies

like ~~World~~ World Anti Doping Agency, etc cannot police each and every athlete. Moral corruption cannot be checked by threat of outlets outside agencies rather there is need to build conscience on ethical and fair play & rules.

Sports and winning at any cost notion is also reflection of general human character

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which has also become corrupt and immoral.  
 Humans have become materialistic and short  
sightedness. They have lost the value of labour  
 and sweetness of their hardwork and sweat. This  
 general deterioration of character makes him  
 procedural and transactional. The fanfare and  
associated publicity attached to sports, further  
clogs the mind of our sports person to achieve  
 at any cost.  
 Rather than relying on the strength of their  
 hardwork, they go for shortcuts like cheating,  
 drugs, stimulants etc. This tendency also emerge  
 from gap between random expectation and  
 capability. High but unachievable expectations  
 motivate such person to take four means to achieve  
 their high end expectations. This short term thinking  
 not only dent the credibility of athlete or sports person  
 but also dent the credibility of whole sporting world.

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The revelation by Lance Armstrong (winner of Tour de France) have eroded the credibility of the cycling world.

Banning Russia from participating in athletics in Rio Olympics 2016, have tarnished the image of country in whole world. This is blind pursuit of short term success the fact to realise the long term negative consequences.

Winning at all cost notion have also converted the leisure activity into stressful activity. The sportsperson have become victims of the stress and usually go for such stress removal sessions. wouldn't it mockery it would be? The medium which was developed to relieve stress, have itself become the cause of stress.

Moreover with the commercialisation of sports and prize tag attached to sports winners, the sports have been corrupted by the vice of money.

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While commercialisation has also helped in employment generation and Hollywood stardom as the case of IPL teams and associated staff etc. But unable to control this vice has corroded the identity of sports. The spot fixing scandal in some IPL have tarnished the very sentiment and trust of Indians who had made this sport religion in this country.

winning do matters in sports, but giving this narrow interpretation to this winning would prove antithetical to sports. This winning is broad term that ~~encompass~~ encompasses the notion of spiritual and mental well-being <sup>without</sup> ~~without~~ the notion

of spiritual and mental happiness, ~~at~~ the notion of winning would be accorded narrow meaning and this is the root cause behind the tendency of using each & every means to win. Sports and win for parathletes is a means of overcoming

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~~the~~ <sup>their</sup> ~~own~~ disability. How can we accord narrow meaning to this winning? As expressed by Deipa Mally, the silver medalist paralympic, that through this win, she has overcome her disability and become a complete human being.

Any narrow interpretation of this would disregard the struggle and hard work of such athletes. These athletes would be role models of society that rather than winning for outside glare, they need to overcome the battle inside. It is the internal victory that would make the win truly an achievement.

There is no doubt, these athletes perform in order to bring honor to their country and make their country proud, but <sup>they</sup> should also remain grateful to the very sporting activity. <sup>they indulge in</sup> through their fail, and honest play, Usain Bolt while completing his 100 for 3rd time in row, said that the victory is answer to corrupt practices in the field of athletes.

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All he wanted is to restore the prestige of the sport he loved. This is because when one athlete wins but on account of foul manners then he ultimately loses the moral of his character and ~~disregard~~ regards the very sports he once worshipped. The recent controversy regarding doping test of Narsingh Yadav not only got bad name for Indian sports but also brought ~~disrespect~~ <sup>disrespect</sup> to whole sporting world.

Rather than winning it is participation that makes a walk and which is most valuable. The participation of athletes from refugees <sup>in Rio</sup> highlighted how humanity and sports can be brought out ~~of~~ <sup>their</sup> decadence. This was message to whole world that no violence can stop humans from their pursuit and endeavour. Thus, winning might bring laurels, but it was participation that was signal <sup>and</sup> symbol of our humanity character.

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Thus, it is high time we should move away from this narrow notion of winning at all cost and embrace the larger goal behind sports i.e. to provide and build human character which is fair and trustworthy. Sports should be medium to spread the word of healthy competition and team spirit, otherwise the sports would lose its moral validity and sacredty.

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