

Essay Mock Test 5

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Section A

2) Expect the best, Prepare for the worst

Capitalise on what comes

After continuous influx of refugees into Eastern state of West Bengal from East Pakistan due to persecution, Prime Minister Indira Gandhi embarked on a tour with expectation that global powers will resolve the problem. But she knew that the situation could go out of hand and ordered the armed forces to prepare for war. When war finally arrived India capitalised on it and became instrumental in birth of an independent country i.e.

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Bangladesh.

During many difficult situation it is advised to expect the best outcome.

But why should we expect best off a problem, challenge, issue, decision or situation?

Expecting positive outcome instills hope and gives courage to keep trying till the ~~desired~~ objectives are attained. Expecting best of situations nurture positive outlook and attitude towards life.

Positive attitude is one of the most important key to success. Paulo Coelho has said that if you deeply desire something then the ~~was~~ whole world will conspire to get you what you wanted. Expecting best removes stress and anxiety and helps in clearly thinking about problems at hand.

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Negative thoughts and sentiments are main reason for stress and anxiety but expectations have power to fight them. Expectations give energy to not only individuals but nations as well.

Our freedom fighters despite considerable hardships and sufferings expected that one day India will be free from foreign yoke. It was this expectation and hope for best outcomes that resulted in a single biggest non-violent movement in human history

But too much expectations have fallouts especially when expectations are not met. British and French appeased Hitler, hoping that everything will be fine, but results are for everyone to see in the form of holocaust, second world war II. Too much expectations can bring hubris

and complacency. It can also instill false hope which are detrimental to interests in the long run. For instance first Prime Minister Pt. Nehru approached UN on Jammu and Kashmir issue with best expectations but outcome have not been favourable in national interests. Thus while we should expect for the best, we must prepare for the worst at the same time.

Preparing for worst entails thinking about consequences of actions in advance. It is about strategic planning. According to Herbert Simon a decision making situation involves 3 activities i.e. intelligence activity, design activity and choice activity.

Simon's decision making model is equally applicable for preparing for worst case scenario. The process begins with exploring situations where

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decisions have to be taken. Consequences and expected outcomes of decisions should be explored and then best alternative should be chosen. Thus it is a strategic exercise which should not be ignored.

Ignoring the preparation for worst case situation can have very unpleasant consequences for instance India embarked on forward policy in early 60's without adequate preparation and the outcome was defeat at the hands of Chinese in 1962. The shock was severe for country as well as prime minister which could have been avoided if we were prepared for the worst.

Preparing for the worst involve growing strength and increasing capacity and resilience so that even if expected or intended outcomes are not achieved then the disappointment is less. If we are prepared for worst then less severe externalities

and consequences are already taken into account.

Prior knowledge of consequences that are intended help in better preparation. Lord Krishna in Bhagavad Gita expounded Karma philosophy which says that focus should be on actions because consequences are unexpected. India did the same thing during 1971 India war. Government took measures for worst case outcomes without worrying about the consequences.

These days, in the era of globalisation and increasing competition, private companies and even government though expecting the best, keep themselves prepared for worst situations. For this contingency plan should be prepared in advance. This is all the more important for national governments which are responsible for disaster managements.

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Disasters both nature induced or human induced can wreak havoc for and cause massive damage to life and property. Some are expecting that disasters will not strike would be unwise. Governments have to prepare for worst case situation and plan measures accordingly.

Recent focus on risk reduction and improving capacity for mitigation and preparedness is a step in right direction towards preparation for worst cases.

But preparation for the worst cannot always be foolproof and there might be unintended and unforeseen consequences or circumstances. In such a

situation, the best option is to utilise whatever comes. As a saying goes

"If someone throws lemons at you, start making lemonade."

Whatever be the outcome, its capitalisation is best strategy, because because

It is better than inaction. It is said that - a bird in hand is worth two in the bush, which means that utilising available opportunity is better. It helps in developing new capacities and capabilities which were hidden or were absent.

When India wanted to buy cryogenic technology from Russia in 1990's, USA opposed it. But India capitalised on the available manpower and skilled person and today we have developed indigenous cryo technology.

Capitalising on opportunities opens new ways for growth and development. At individual level, it opens new doors which were closed. Steve Jobs was expelled from the very company which he founded. Although unintended

he considered it as a blessing in disguise. He started animation studios like Pixar which were eventually acquired by Apple and Jobs returned as head of the company.

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Capitalising on outcomes and opportunities requires persistence, patience, visionary thinking, courage and a positive outlook. Without these qualities it is difficult to capitalise on what comes in the way. Capitalising requires skills, capabilities and capacities which everyone does not possess. But these skills can be cultivated over time.

Many scientific discoveries were result of scientists capitalising on failures in other areas. Inventions like computers and internet were initially not intended for mass consumption but innovative people capitalised on failures turned them

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into opportunities ~~etc~~ which resulted in success.

To conclude Expectation, Preparation and Capitalisation start a virtual cycle. It is a mantra of success which should be adhered to. ~~Exam-~~ ~~les~~ History is replete with examples of nations and individuals who followed this approach and turned it into a trident of success. It is all the more applicable in present circumstances when world is facing new challenges.

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Section B

1) Winning at any cost is what matters in sports.

Bhuvan accepted the condition put by Captain Russel for playing a cricket match. British captain agreed to forgo Lagaan for three years if his team is defeated by Bhuvan. The movie Lagaan beautifully depicted why winning matters in sports. But not every sports person is in same dilemma as Bhuvan. For whom winning became question of life and death.

So what really matters in sports? If winning matters so much then at what costs? To answer these questions, this essay will delve into questions like why victory matters? What costs are justified to attain victory? etc.

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Human beings have been playing sports—since ancient times. Cave paintings found in pre-historic sites like Bhimbetka depicts hunting as sports played by humans.

Sports serve several purposes. It ensures physical well-being of sports persons. Outdoor sports like football, rugby, baseball require good stamina, strength and flexibility. Sports persons have to be in proper shape and follow strict fitness regime to remain competitive. Physical unfit persons have no place in sports.

Sports ensure mental well-being as well. It keeps mind alert and agile. Games like Go, Chess, Checkers etc increase and require strategic thinking and mental sharpness.

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(7) Sports has been used by national governments in the past as a diplomatic tool to promote national interests, ensure international cooperation, project softpower and secure peace. For instance cricket diplomacy was at full display when Indian and Pakistani PM witnessed semifinal match together.

Sports also promote societal well-being and spiritual upliftment. For instance Cricket has been a great unifier of the country. People across caste, gender, region, religion cheer for Indian teams. Sports has promoted social cohesion, as well as women empowerment which is evident from the recently held RPO Olympic games.

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Due to so many purposes served by sports victory becomes important. Winning brings happiness to the fans and admirers. It inspires potential sports persons to enter the field. Victory in a particular sports promote it among people.

Winning achieves what an advertisement campaign to promote sports cannot. India's world cup victory of 1983 catapulted cricket to centre stage of all the sports played in the country. Victory also results in team building as it increases morale of the team and motivation of individuals.

Hard work put into sports is being rewarded on winning a competition. It brings pride to the nation especially in international events like Olympics and World cup.

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Victory at sports become litmus test for strength of a nation. Countries like China pay a lot of attention to success of their sports persons in international competitions.

So winning matters but and it matters a lot but what should be the cost paid for winning? Some sports person devote their life to sports. It becomes passion for them. Many sports persons sacrifice their career, family life, & time for sports.

But there is a limit to means employed to win at all costs. Some sports persons and countries in the past as well as present have indulged in practices both illegal and unethical to win. Not all means can be justified for ensuring victory.

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Sportspersons have used drugs and steroids to enhance their performance in sports such drugs gives them extra edge over their competitors. For instance, now infamous cyclist Lance Armstrong who won 7 consecutive tour de France was stripped of all his victories because of doping. Recently Maria Sharapova admitted to use banned drugs.

Cricket Bowlers in the past have tampered with the ball to gain unfair advantage against batsman. Many cricketers frequently employ sledging and abusive language on the fields. Racial abuses have been hurled at players both on and off field.

Such unworthy practices are institutionalised in some countries.

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For instance, many sportspersons from Russia were debarred from participating in Olympic games at ~~RIO~~ Rio.

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Unnecessary pressure is built up on sportspersons to win at all costs, from their coaches, supporters and governments. Many children are made to work ~~to~~ and train hard to be more competitive. Such practices are unbecoming of a sports person.

Unethical, illegal and unsportsmanlike acts are against the very spirit of sports. This results due to divorcing values like persistence, integrity, trust, ~~for~~ patience, hard work from sports. Thus goal displacement takes place where winning becomes more important than the sports itself.

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Basic idea behind sports is to promote cooperation and ensuring well being of individuals, society and but when ~~win~~ ^{and} victory starts meaning more to sports than possibility of unethical and illegal acts also increases. Such activities are fraud on both sports and fans.

Further meaning of victory is narrowly construed in terms of beating opponent, earning reward, etc. Winning should really mean winning hearts of both fans and opponents. Winning by fairplay, sportsman spirit, is what victory really is. Thus winning is about playing well.

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To conclude, sports is what matters most in sports. Winning and losing are part of sports. Defeat teaches us to be humble and prod us to work harder. Thus it is as important as winning which encourage us to perform well. Thus sports should be played with its spirit intact.

"Sports without sportsmen spirit is like a body without a soul"

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