

Kindness : for self, for each other, KINDNESS: for self, for each-other, for environment for environment

"Maq Kah ek kahani"

— Maithili Sharan Gupta

The national poet (Rashtrakavi) Maithili Sharan Gupta describes the conversation between Rahul and his mother Yashodhara, the wife of Siddharta, Gautam Buddha. On the request of Rahul, his mother delivers a story of "The Kindness" of his father Gautam Buddha; the scene of which is depicted by Ajanta Mural Paintings.

don't write more than one para

The story goes something like this - "Once upon a time, Listen Rahul, your father was roaming in the grassland. Suddenly a arrow-wounded swan, drowned in blood, fell down. Your father picked it up and medicated the swan kindly. The incident was followed by the arrival of your father's cousin brother who had shot the swan."

You've written extremely long story

"Rahul, Listen to the conversation between your father and uncle. Your uncle insists your father to handover the hunt as he had shot the bird. But your father denied." Now the mother Yashodhara asks Rahul

to be judge of this scenario. The mother says, "Rahul!, pronounce your judgement, who will you handover the bird?". Rahul ponders for a while.

let Rahul ponder over the judgement we shall wait for his answer.

Kindness is the human behaviour by virtue of which we manifest tolerance, love, compassion, empathy, sympathy and welfare.

Lack of tolerance leads

to several unintended and unfavourable consequences at physical, emotional, psychological and intellectual level in various domains of society.

The physical damages are visible but intellectual damages are not and these are far reaching too. We shall explore these one by one but before that let's see the fundamentals of kindness. What causes kindness? What leads to lack of kindness and what should be the appropriate solutions for the all pervasiveness of this virtue.

Story is valid

But refer to one page

After story, write list of ques. & then answer these ques. on next pages

don't write in pinky

There are ~~six fundamental evils~~ at the level of mind - (1) Kaama (Lust), (2) Krodha (Anger), (3) Lobha (Greed), (4) Moha (Attachment/Affection), (5) Mada (Ego), (6) Matsara (Hatred/Condemnation)

When a person is subject to one or all of these 6 evils, (s)he inflicts violence over self, others & environment be it at the level of mind or physical body. It's articulate about them with substantial examples.

define violence what does it mean

Take the case of lust (Kaama), though its natural behaviour but its uncontrolled practice, profession or propagation leads to crime against men and women e.g. Masital Rapes where wives, due to lack of love, are forced for sex.

↓

Prefer three para positively a person can be angry to save a women from a gangrape. He/she can make them afraid by showing his anger but negatively e.g. Take the case of Nubhaya and Hathras

preferably of length one para

rape case where victims were inflicted anger leading to their death.

Thirdly, Lobha i.e. Greed which directly leads to corruption ex. as per Asian Economics Survey Indian Economy is subject to corruption wherein about 5% of GDP is misappropriated. The intended beneficiaries of this money were now facing problems due to this diversion. Aren't we inflicting violence at them?

Onwards, Moha (Attachment) directly leads to conflict of interest and ultimately corruption ex. Lady DM favoured his contractor husband for the allotment of public tenders despite alleged irregularities. Aren't they showing lack of kindness towards the common citizens leading to corruption of their integrity.

Fifth is "Mada" (Ego), the negative consequence of which is self-imagination centralisation, lack of transparency and accountability ex. DM being permanent executive, sometimes ignore the political representatives and on the other way politicians do ignore people after election.

Valid
why
world
needs
kindness

Connect

It

with

Wendell
principles

like

equality, fundamental

rights, right to life

Lastly, Matsar i.e. Hatred/condemnation i.e. people do condemn/hate others on the basis of personal perception, biasness, prejudices e.g.

Social boycott of LGBTQIA+ community, socio-economic based Caste-discrimination against scheduled Castes (SC) e.g. recently a dalit community was subject to social boycott. Why? because a boy of dalit family plucked flower from a upper Caste household.

Whatsoever, people when sacrifice business, they indirect violence on self, others and indirectly on exploitation of environment. They lacked happiness and a happy life in their society as they were busy in harming others.

Let's now explore the spheres of influence of kindness in various dimensions and on various stakeholders of the society.

Let's begin with society itself. Socially, the culture of society defines the type of people it abounds in.

Don't write such short para

The culture indicates the social practices and their impact on various social strata. e.g. children, women, etc. Tribals, Minorities, senior citizens, and other vulnerable sections.

The lack of kindness leads to various problems against these vulnerable sections especially against women and minorities. Take, for instance, that the children constitutes about 20-25% of Indian population and in that female children are about half of these.

The girl children are lagging behind boys in education & health indicators with varying degree of gap across the states. They are subject to violence at personal & institutional level. Personally they become gender-based violence and later due to procedural malpractices & judicial delay they are subject to double victimisation.

Where is the kindness? let's get it with

examples. Bardasi system is still there in Kerala & Karnataka which devoids them

work on slouches before working essay prepared rough 10 min then only write essays

of their education. Child Marriage in Rajasthan
Honor Killing across many state on the elopement
of honor killing couples. Why these parents
get devoid of parental love and prioritize
their ego over the freedom & choice
of their next generations?

The problem of dowry is
still prevalent in developed societies of
Kerala. The viral case of 24 year old
Ayurveda Doctor from Kollam, Kerala is evident
which shook the foundation of society.

The society at one end
advocates women's institutional rights
at public but at personal level, they
show the hypocrisy of patriarchy and
discrimination, it has been
aptly expressed by Malayalam film
"The Great Indian Kitchen". The dowry deaths
are just second to molestation. The cruelty
by husband dominates the dowry deaths, says
NCRB data.

Valid

The violence, by men against women is the greatest cruelty e.g. A man from UP stitched the genitalia of his wife when she gave birth to baby girl.

Similarly, a woman, under the compulsion of Torcher by husband, killed her four daughters in the anger of not having a boy in Haryana's Nuh district.

The lack of education has also been a reason behind lack of awareness and these irrational activities e.g. A woman ~~from~~ dugged in her son upto neck on the day of annular solar Eclipse in the hope of supernatural magical cure. Why this superstition dominates the polite and kind heart of people?

There are several examples which shows the primacy of these fundamental and social evils over kindness; that Mahatma Gandhi, Lal Bahadur Shastri, and B. B. Ambedkar manifested. To what extent we follow the footsteps of these great reformers?

Valid content

Connect kindness with Religion

then with philosophical principles

Connect it with good Karma

Take e.g. Hockey star Vandana Kataria faced caste discrimination; Vinesh Phogat faced threat or bullying on her defeat on Olympics; the racist remarks on cricketer Mohammad Siraj in Sydney etc. Where is the kindness in humanity.

Today we face the problems of racism, threat of language naturalisation, ethnonationalism, hyper nationalisation, nuclearisation of family. These are the result of lack of compassion and love for humanity. The complex legal system exacerbates this.

legally, procedural delay, custodial death, prison malpractices and judicial delay also delays the justice delivery and blocks the path of flourishing society.

Take e.g. The two finger test of women for "habitual of sexual activity" test the demand of physical examinations on allegations of rape and cross-questioning of rape victims at the time of FIR shows the general

don't
write
short
para

prefer
equal

length

three
para

one
page

lack of compassion in society.

~~The complexity of registering inter-religious and inter-caste marriages condonement of mob lynchings and cow vigilantism and extra-judicial killing and threat to life and personal liberty by frequent detentions under detention laws eg. UAPA & JK Public Safety Act. All these have huge economic consequences too.~~

Economically, the huge economic inequality due to structural problems of economy eg. digital divide, digital education. "Poverty is the biggest sorrow"

Rancharitmanas. This has been exacerbated by the tag of "flawed democracy" to India and corruption. Those who are the victims of all these problems are directly getting inflicted by violence. Let's move to the consequences of these on environment.

use connecting words like similarity moreover furthermore etc. at beginning of para to increase flow

Today Environment & Ecology faces the ongoing 6th mass extinction. 5 have already reduced the biodiversity to its minimum. But 6th is going to be worst.

The climate change, Ocean pollution, over exploitation of fish population and other diverse communities leading to adverse consequences for Mother Earth.

However, a lot many steps has been taken at personal, social, community, institutional and community level.

eg 5 working girls with Burka, defied social norms to attend classes in Nuh, Haryana.

The initiative of "Nameplate" in Garhwal Uttarakhand in the name of girls showing their names are defying the norms of patriarchy. Kerala Governor took a fast to give a social message against dowry.

You need to write essay in 10-12 pages not more than that

Honble Apex Court reminded us of Justice with several of its suo-motu interventions from "Ration to migrants" to compelling States to comply with ONE Nation ONE Ration and recent Apex Court's intervention in Assam Khuri incident.

Various other initiatives and schemes of Government of India and states e.g. The flagship scheme of "Ayushman Bharat", "Samagra Shiksha", "Mid-day Meats etc." are promising initiatives that indicates towards kindness towards vulnerable sections. The community-led initiatives e.g. ISKON foundation led food for free, Saksh kitchen etc.

The recent landmark COP26 UNFCCC summit in Glasgow, UK promises of change for Environment.

The anti-exploitation of environment sentiment and various initiatives by India or involving India e.g. ISA, CDRI etc promises for a compassionate environment, at global level

Society needs to cultivate fundamental moral and ethical values at the levels of mind and rest can be managed by governmental initiatives.

Our administration needs to manifest integrity, ethics, morality, compassion, tolerance, dedication and commitment for service delivery in a broader perspective. And this can be done by broadening the base of education and including "Spiritualism" - the tradition, custom, culture and heritage of India.

Spiritualism forms the base of India else we will be ending up with imitating materialistic west. We need a beautiful blend of them frequently.

Use quotes in essay

prepare list of quotes for different themes and use them frequently

use phrases like To conclude or To sum up & then write conclusion

materialism of west and spiritualism of East in accordance with Swami Vivekananda and Sri Sri Prabhupada.

However coming back to the answer of Rahul. The mother Yashodhara requests him to pronounce the judgement. She repeats, "Rahul, whom would you favour?" Rahul says, "The savour of a life is greater than the hunter who deprives of a living being from its life".

Good connect with initial story.

"The hunter lacks compassion towards the swan and my father wins as he showed kindness for self as he didn't relinquish kindness for environment as he saved the swan and for others as he preached the lesson of kindness to all", added Rahul.

Concluding with the message of 14th Dalai Lama

"Be kind whenever possible. It is always possible"

Good

52/125

* You have good potential.