



Mains Practice Question

Essay

1. True happiness comes from the journey of life rather than a final goal.
2. Achieving environmental justice requires a fair distribution of responsibilities.

22 Feb, 2025 Essay Essay

1. True happiness comes from the journey of life rather than a final goal.

Quotes to Enrich Your Essay:

- "Happiness is not a station you arrive at, but a manner of traveling." -**Margaret Lee Runbeck**
- "Success is a journey, not a destination. The doing is often more important than the outcome."
-**Arthur Ashe**
- "It is good to have an end to journey toward; but it is the journey that matters, in the end."
- **Ursula K. Le Guin**

Philosophical Perspective:

- Ancient philosophers like **Socrates, Buddha, and Lao Tzu** emphasized inner fulfillment over materialistic achievements.
- Eastern traditions such as **Zen Buddhism and Vedanta** stress mindfulness and present-moment awareness rather than goal fixation.
- Aristotle's concept of *eudaimonia* (flourishing) suggests that happiness is an ongoing process of living virtuously, rather than an endpoint.

Psychological Perspective:

- Studies from Harvard's "Grant Study" on adult development show that long-term happiness is derived from meaningful relationships and personal growth rather than financial success.
- Neuroscience research indicates that dopamine, the "happiness chemical," is released during the pursuit of a goal rather than upon achieving it, explaining why people feel temporary satisfaction after reaching a milestone but soon seek new pursuits.
- The concept of the "hedonic treadmill" suggests that humans quickly adapt to new achievements, making sustained happiness dependent on continuous personal engagement.

Social & Economic Perspective:

- Scandinavian countries such as Finland and Denmark rank highest in the World Happiness Report, attributing their well-being to a strong sense of social security, work-life balance, and personal freedom rather than economic wealth alone.
- People living in highly competitive corporate environments often experience burnout and dissatisfaction despite achieving financial success, proving that external goals alone do not ensure lasting happiness.

Personal Development & Success:

- Renowned individuals like Elon Musk and Steve Jobs have spoken about their love for learning, creating, and innovating rather than just focusing on end results.
- Many Olympic athletes experience post-achievement depression after winning medals, as their entire identity was tied to a singular goal, highlighting the importance of enjoying the process rather than just the destination.

Cultural & Literary Perspective:

- Gandhi believed that ethical means are as important as the desired ends. He emphasized truth, non-violence, and moral integrity, asserting that just ends cannot be achieved through unethical or unjust means.
 - Mahatma Gandhi's philosophy that "the path itself is the goal" resonates with the idea that fulfillment is found in the journey rather than in any specific accomplishment.

2. Achieving environmental justice requires a fair distribution of responsibilities.

Quotes to Enrich Your Essay:

- "We do not inherit the Earth from our ancestors; we borrow it from our children."
- "The greatest threat to our planet is the belief that someone else will save it." – Robert Swan

Ethical & Moral Perspective:

- The concept of intergenerational equity states that future generations have the right to inherit a planet with sustainable resources, and today's actions should not jeopardize their well-being.
- Mahatma Gandhi's ideology-"The Earth provides enough for every man's need but not for every man's greed"-highlights the importance of responsible consumption and fair environmental stewardship.

Global Perspective:

- Developed countries, historically responsible for the bulk of greenhouse gas emissions, must bear a greater burden in mitigating climate change, as reflected in the principle of "common but differentiated responsibilities" in the Paris Agreement.
- The Global South, including nations like India and Brazil, argues that imposing equal emission cuts on developing economies is unjust, as they need room for industrial growth and poverty alleviation.
- Small island nations such as Tuvalu and the Maldives, which contribute the least to climate change, are disproportionately affected by rising sea levels and demand urgent climate action from industrialized nations.

Economic Perspective:

- Nations with strong environmental policies, such as Sweden and Canada, have implemented carbon taxes and green incentives, demonstrating that economic prosperity and sustainability can coexist.
- The fossil fuel industry, responsible for over 70% of carbon emissions, must take greater responsibility through stricter regulations and transition investments toward renewable energy.
- Large corporations, rather than individual consumers, are the primary contributors to deforestation, pollution, and environmental degradation, necessitating corporate accountability in global climate policies.

Social & Humanitarian Perspective:

- Marginalized communities, such as indigenous tribes in the Amazon and farmers in India, often bear the brunt of deforestation, water shortages, and climate disasters while contributing the least to environmental damage.

- Environmental disasters like the Bhopal Gas Tragedy (1984) and Flint Water Crisis (USA) highlight how weaker sections of society suffer from industrial negligence, underscoring the need for stricter environmental justice policies.
- In India, slum-dwellers in cities like Delhi and Mumbai often live in highly polluted areas with little access to clean water, showing the link between environmental degradation and social inequality.

Scientific & Technological Perspective:

- Countries leading in green technology—like Germany’s Energiewende initiative—have shown that transitioning to renewable energy is feasible with the right policies and investments.
- India’s International Solar Alliance (ISA) aims to help developing countries harness solar energy, reducing dependency on fossil fuels and promoting equitable access to sustainable energy.
- Smart urban planning initiatives, such as Singapore’s green building regulations and Japan’s disaster-resilient city models, provide frameworks for reducing environmental damage while maintaining economic growth.

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