



# Mains Practice Question

## Essay Topics:

1. The future belongs to those who can adapt, not to those who resist change.
2. The more we divide the world into 'us' and 'them', the more we lose our connection to 'we'.

12 Jul, 2025    Essay Essay

### 1. The future belongs to those who can adapt, not to those who resist change.

#### ▪ Quotes to Enrich Your Essay:

- **Charles Darwin:** "It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change."
- **Alvin Toffler:** "The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn."
- **Heraclitus:** "Change is the only constant in life."

#### ▪ Theoretical and Philosophical Dimensions:

- **Evolutionary Adaptation vs. Stagnation:** In biology, adaptation ensures survival. Similarly, in societal, technological, and political landscapes, flexibility is key to relevance and resilience.
- **Hegel's Dialectical Idealism:** It proposes that reality is fundamentally mental or spiritual and that it progresses through a process of thesis, antithesis, and synthesis.
- **Philosophy of Impermanence (Anicca):** In Buddhist thought, clinging to the unchanging leads to suffering. Embracing change is essential for liberation.
- **Resilience and Plasticity:** Psychological studies show that those who adapt to adversity grow stronger. Adaptability is not just survival, it is a higher-order skill linked to emotional intelligence and growth mindset.
- **Indian Philosophy - Karma and Dynamic Duty (Svadharma):** The Gita emphasizes action appropriate to time, context, and role—implying adaptability is dharma in a dynamic world.

#### ▪ Policy and Historical Examples:

- **India's Economic Liberalization (1991):** A bold adaptive shift that revived India's economy, opened markets, and spurred growth—resistance could have led to financial collapse.
- **Japanese Post-War Reconstruction:** Japan rebuilt itself through adaptive innovation (lean manufacturing, technology) rather than clinging to militarism.
- **China's Reform and Opening-Up Policy (1978):** Deng Xiaoping's pragmatic shift from rigid communism to a hybrid economic model is a case of national adaptability.
- **COVID-19 Response:** Nations that adapted quickly with digital health systems, remote work infrastructure, and social support mechanisms fared better than those that resisted new models.

#### ▪ Contemporary Examples:

- **Climate Adaptation:** From climate-resilient crops to green urban infrastructure, adaptation is key in combating climate change.
- **Workplace Evolution:** The gig economy, remote work, and AI-driven tasks demand continuous learning and career agility—those resisting this shift face obsolescence.

- **NEP 2020 and Education:** Emphasizes multidisciplinary learning and critical thinking, preparing students for an uncertain future rather than rote rigidity.
- **Start-up Ecosystems and Innovation:** India's rise as a start-up hub reflects its youth's adaptability to global trends, digital platforms, and market disruptions.

## 2. The more we divide the world into 'us' and 'them', the more we lose our connection to 'we'.

### ▪ Quotes to Enrich Your Essay:

- **Martin Luther King Jr.:** "We may have all come on different ships, but we're in the same boat now."
- **Barack Obama:** "The strongest democracies flourish from frequent and lively debate, but they endure when people of every background and belief find a way to set aside smaller differences."
- **Nelson Mandela:** "If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner."
- **Unknown:** "United we stand, divided we fall".

### ▪ Theoretical and Philosophical Dimensions:

- **Social Psychology** - In-group vs. Out-group Bias: Human tendency to favor one's own group leads to prejudice, fear, and fragmentation. This weakens societal trust and cohesion.
- **Ubuntu Philosophy (African Thought):** "I am because we are." True humanity is found in collective belonging, not division.
- **Indian Philosophy** - Vasudhaiva Kutumbakam: The world is one family. Artificial boundaries (caste, religion, race) weaken the spiritual and social unity that Indian philosophy promotes.
- **Political Theory** - Identity Politics vs. Universalism: While identity recognition is important, excessive polarization undermines the collective democratic spirit.

### ▪ Policy and Historical Examples:

- **Revolt of 1857:** The Revolt of 1857 lacked a sense of national unity. There was no common ideology or all-India vision (not 'We'), making it more of a series of **localized uprisings ('us') than a unified national movement.**
- **Rwanda Genocide (1994):** Ethnic classification of Hutu and Tutsi, amplified by colonial legacies and propaganda, erased shared humanity, resulting in mass atrocities.
- **Civil Rights Movement:** Sought to restore the idea of 'we' in American democracy by dismantling legal and cultural segregation.
- **European Union:** A successful case where former rivals (France, Germany, etc.) built unity through shared economic and political institutions—choosing 'we' over nationalistic isolation.

### ▪ Contemporary Examples:

- **Language Based Conflicts:** The language row in India often reflects a "we vs us" divide, where regional linguistic identities feel threatened by perceived imposition of a dominant language (e.g., Hindi).
  - This creates cultural alienation and regional resistance, challenging the idea of a unified national identity.
- **Refugee Crises and Immigration Debates:** Rising xenophobia in the West divides 'natives' and 'outsiders', undermining humanitarianism and global cooperation.
- **Social Media Echo Chambers:** Algorithm-driven content personalization has created ideological silos—deepening political and cultural divides.
- **Solidarity on Pahagham Attack:** India saw a dawn of solidarity among rival political parties despite ideological differences in the wake of a Pahagham attack, keeping the national interest above the political endeavours (All Party delegation led by MP Shashi Tharoor).

