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UPSC CAPF Assistant Commandant 2019 Paper 2

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सामान्य अध्ययन, निबंध और समझ

निर्धारित समय : तीन घण्टे

अधिकतम अंक : 200

प्रश्न-पत्र के लिए विशिष्ट अनुदेश

निम्नलिखित प्रत्येक अनुदेश को, प्रश्नों के उत्तर देने से पहले, ध्यानपूर्वक पढ़ लें

सभी छः प्रश्नों के उत्तर देना अनिवार्य है।

प्रश्न संख्या 1 हिन्दी और अंग्रेजी दोनों में छपा है। इसका उत्तर या तो हिन्दी अथवा अंग्रेजी में लिखा जाना चाहिए। परीक्षार्थियों को सुनिश्चित कर लेना चाहिए कि निबंध का माध्यम वही भाषा हो जो उनकी उपस्थिति सूची में दर्ज है। परीक्षार्थी को प्रश्न-सह-उत्तर (क्यू० सी० ए०) पुस्तिका के मुखपृष्ठ पर नियत स्थान पर भी इस बात का उल्लेख करना चाहिए।

अन्य प्रश्न सिर्फ अंग्रेजी में छपे हैं और उत्तर अंग्रेजी में ही लिखना अनिवार्य है।

प्रत्येक प्रश्न/प्रश्न के भाग के अधिकतम अंक उसके सामने दिए गए हैं।

एक प्रश्न के सभी भागों के उत्तर प्रश्न-सह-उत्तर पुस्तिका में उनके नियत स्थान पर लिखे जाने चाहिए। प्रश्नों/प्रश्न के भाग के उत्तर अनुक्रमवार गिने जाएँगे।

अगर उत्तर काटा नहीं गया है, तो आंशिक उत्तर देने पर भी उसे गिना जाएगा। यदि प्रश्न-सह-उत्तर पुस्तिका में कोई पृष्ठ या भाग खाली छोड़ दिया गया है, उसे लकीर खींचकर स्पष्टतः काट देना आवश्यक है।

GENERAL STUDIES, ESSAY AND COMPREHENSION

Time Allowed : Three Hours

Maximum Marks : 200

QUESTION PAPER SPECIFIC INSTRUCTIONS

Please read each of the following instructions carefully before attempting questions

All the SIX questions are to be attempted.

Question No. 1 is printed both in Hindi and in English. Answer to this shall be written either in Hindi or English, conforming to the medium indicated in the Attendance List against the name of the candidate. The same shall also be indicated by the candidate on the cover page of the Question-cum-Answer (QCA) Booklet in the space provided.

Other questions are printed in English only and should be attempted in English only.

The number of marks carried by a question/part is indicated against it.

All parts of a question shall be attempted at the place designated for them in the Question-cum-Answer Booklet. Attempts of questions/parts shall be counted in sequential order.

Unless struck off, attempt of a question/part shall be counted even if attempted partly. Any page or portion of the page left blank in the Question-cum-Answer Booklet must be clearly struck off.

1. निम्नलिखित में से किन्हीं चार पर लगभग 300 शब्दों (प्रत्येक) में निबंध लिखिए :

Write essays on any *four* of the following in about 300 words each : 20×4=80

(a) धरती केवल मनुष्यों के लिए ही नहीं है

The earth is not for humans only

(b) सामाजिक संबंधों पर सामाजिक माध्यम का प्रभाव

The impact of social media on social relationships

(c) टिकाऊ कृषि शब्दाडंबरपूर्ण वादाओं की अपेक्षा इस समय की आवश्यकता है

Sustainable farming is the need of the hour than rhetorical promises

(d) राष्ट्र निर्माण में भारतीय सेना की भूमिका

The role of Indian Army in nation building

(e) ऑनलाइन खेल युवाओं के लिए जोखिम भरा आकर्षण है

Online gaming is dangerously attractive to youth

(f) भारतीय राजनीति की जटिलता एवं अप्रत्याशितता

The complexity and unpredictability of Indian politics

2. Write arguments for and against each of the following statements :

20×2=40

(a) Digital technology may replace books with computers.

(b) Homework should be banned at primary level education.

3. Write reports on the following in about 200 words each :

10×2=20

(a) The rising juvenile abuse

(b) Water scarcity and access to drinking water

4. Attempt a précis of the given passage in one-third of its length. Do not suggest a title. Write, as far as possible, in your own words. The précis must be written only in the précis format given :

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Religion, according to Gandhi, is more or less, a way of life, and as such is the personal concern of the individual who has to choose his way of life. But, if an individual has the freedom to take to the religious way of his own liking, he must also have a tolerance and a respect for the points of view that others might have chosen for themselves. Therefore, he recommends that the attitude towards different religions must be one of tolerance and respect. In his own case it is much more than that. Although sometimes an impression is created that he has a special liking for Hinduism, his attitude towards other religions is one of reverence. He was born in a Hindu family and so the way and the atmosphere in which he grew and developed implanted in his mind the elements and tenets of Hinduism. Naturally, the *Gita* and the *Ramayana* became his two invariable companions.

But he made a study of many great religious scriptures—of the *Bible* and the *Quran*—and he came under the influence of a number of saints and religious teachers. All these led him to believe that different religions are the different ways of apprehending the Truth.

Gandhi believes that every religion contains good precepts and noble teachings, he also finds that some of the interpretations and commentaries have degraded religion and distorted it. He also finds that almost every religion has given rise to some fanatic and unreasonable practices. Therefore, his conviction is that all religions are good as well as bad, basically good—good in conceiving its ideal, but bad in giving rise to hatred, crusades and fanaticism. The experience of communal riots in India strengthened his belief. Therefore, he suggests that religions—historical religions—must not be allowed to cross the limits of reason of 'sober reason', as he calls it. He is convinced that this element of 'rationality' will be able to bring about, what can be

called, 'a fellowship of all religions' or, 'the kingdom of God'—a Christian expression which he also approvingly uses on various occasions.

[351 words]

5. Read the following passage and answer the questions that follow : 4×5=20

The literal meaning of the Sanskrit word *Yoga/Yuj* is 'Yoke' which is joining of individual's soul energy with that of God (Supreme Soul). Yoga allows us to look inward to nurture spirit and stay healthy in all spheres, as well as actively enjoy the life by balancing emotions. Commonly perceived benefits include reduction of stress, weight management, resolving psychosomatic diseases, strengthen immune system, etc.

Interestingly, Yoga is universal with no relation with caste, sex, religion, region, etc. Its daily practice is essential to understand the ongoing linkages in body and mind, as Yoga is evolutionary process to reach higher consciousness.

But the success is still limited. Only few educational institutes have promoted this as daily activity. People indulge in Yoga only when they suffer some ailments. Limited set of people are doing it from childhood in schools or as part of family tradition. Its actual benefits at the deeper levels in the form of attaining peace and everlasting happiness remain largely untouched.

Traditional Yoga techniques are being modified to suit modern lifestyles. Even medical practitioners advise their patients to opt for Yoga in their routine along with medicines. Now due to rising risks of diabetes, heart diseases, cancer, etc., number of Yoga Ashramas and studios are opening all around. Stress makes our bodyparts stiff and even teenagers find difficulty in bending and picking up things, touching toes, etc.

Health benefits of doing Yoga are immense for our physical body. For instance, this gradually loosens up our tight hamstrings, hips, etc., and makes them flexible enough. This improves our postures and prevents us from issues of alignment and pain in legs, back, and other parts. Yoga is the most reliable and cheapest source to strengthen our muscles and bones which averts chances of continuous injuries, arthritis, neck pains, etc. In fact, this supports our joints by maintaining cartilage. Face wrinkles also fade away with regular practice making us more young and attractive. Our body remains in shape.

We know that spinal discs are our survival kit, but cannot stay in perfect shape without movement. Many backward, forward and twist Asanas such as *Dhanurasana* (Bow Pose), *Adho Mukha Shvanasana* (Downward-Facing Dog Pose), *Ardha Matsyendrasana* (Half Lord of the Fishes Pose), respectively, are blessings to lengthen and strengthen spine. Yoga particularly improves body's blood circulation which further assists in normalizing blood pressure and hypertension. In effect, levels of stress hormone called cortisol are drastically reduced. Good hormones namely dopamine, serotonin, etc., then flow in abundance which are essential to absorb food nutrients (vitamins, iron, calcium, etc.).

Questions :

- (a) What are the implications of the word 'Yoga'?
- (b) How is 'Yoga' an evolutionary process?
- (c) What are the health benefits of 'Yoga'?
- (d) What are some of the 'Asanas' and their benefits?
- (e) How is 'Yoga' a means to cure ailments?

6. (a) Rewrite the sentences as directed :

1×10=10

- (i) They will be arriving soon, ____? (Add a suitable question tag)
- (ii) He is greater than I. (Change to a negative sentence using 'great')
- (iii) The police were taking him to prison. (Change the voice)
- (iv) I have nothing that I can offer. (Change to simple sentence)
- (v) Abdul is as strong as his brother.
(Change to comparative degree without changing the meaning)
- (vi) He hanged himself ____ a piece of cloth. (Write suitable preposition)
- (vii) Sitting on the tree, a bee stung him.
(Begin the sentence with : While he ...)
- (viii) Please excuse ____ being late. (Write the correct pronoun)
- (ix) Gold and silver ____ precious metals. (Use the correct verb form)
- (x) He said, "We all are sinners." (Change to indirect speech)

(b) Use the following words and phrases in sentences of your own so as to bring out their meaning clearly. Do not change the form of the word : 2×5=10

- (i) iron out
- (ii) nonchalant
- (iii) recalcitrant
- (iv) all and sundry
- (v) watch out

(c) Correct the following sentences without making any unnecessary changes :

1×5=5

- (i) *Gulliver's Travels* were written by Jonathan Swift.
- (ii) If anybody knows the truth let them tell it.
- (iii) Please meet my Mrs.
- (iv) I shall pay you when I return back.
- (v) My heartfelt congratulations to the team.

