



MARKS IMPROVEMENT BOOKLETS (MIB)

For Extra

20+ Marks

Ethics | Essay | Society | Polity | Economy | Science & Tech
Environment | Disaster Management | Geography

ESSAY MIB 2025

SAMPLE



Join Kalam IAS Telegram
Channel for MIBs

<https://t.me/KalamIAS/5285>



Ayan Jain, AIR-16

I want to thank Kalam IAS for their support in CSE 2023. I was a part of the interview guidance course where I found the current affairs material to be extremely good, and I have also benefited previously from the value addition material provided by Kalam IAS for Mains

Thank you!

.....

Delhi Center: 57/13, Bada Bazaar Road, Old Rajinder Nagar

Jaipur Center: Ridhi Sidhi Chauraha, Gopalpura Bypass
Sikar Centre: Nawalgarh Road, Sikar, Rajasthan



Jaipur: +91- 86963-44044
Sikar : +91- 95497-44044

REVERSE LEARNING PROGRAM (RLP)

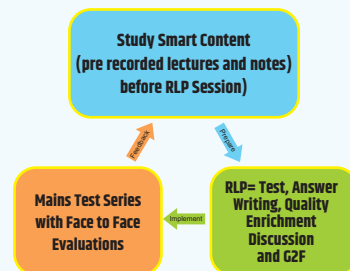
An innovative **Quality Enrichment Program** and **Answer Writing**
Mains Program dove tailed with **Face 2 Face** evaluation

13 Tests + 27 Sessions

8-Sectional+ 5 Full Length Tests

- ★ **Content:** Recorded Lectures (100+ hours) on Mains topics.
- ★ **Study Materials:** Handouts on **Mains Topics** (Essay, Ethics, Economy, Society, Governance, Geography, etc).
- ★ **Workshop: 27 RLP Sessions** (Daily Answer Writing + Live Discussions) will help in better structuring of answers and better utilization of value addition materials
- ★ Each RLP session will consist of **1.5-hour test** (10-PYQs) followed by **1.5-hours of quality discussion** and Group 2 Face evaluation.
- ★ One RLP test = 10Q = PYQs + Current Affairs
- ★ Integrated with **GS Mains Test Series** (1 CA + 7-Sectional + 5 FLTs)
- ★ **Face to Face** Evaluation for internalization of personal feedback
- ★ **8-Marks Improvement Booklets** (Essay & Ethics etc.) including **Current Issues**.

RLP WORKFLOW



**ABHISHEK
VASHISHTHA**
AIR-14



**DEVANSH
MOHAN DWIVEDI**
AIR-228



**TANISHI
KALRA**
AIR-386



**SARTHAK
SINGH**
AIR-393

Date	No of Day	Subject/Theme
10-June	RLP_2500	Essay, Geography*
11-Jun	RLP_2505	Biodiversity and Env.
13-Jun	RLP_2506	Biodiversity and Env. & DM
15-Jun	ST_2501	Geo., Biodiversity, Env. & DM
16-Jun	RLP_2507	Indian Culture & History
18-Jun	RLP_2508	Indian Culture & History
20-Jun	RLP_2509	Indian Culture & History
22-Jun	ST_2502	Indian Culture & History
23-Jun	RLP_2510	International Relation
25-Jun	RLP_2511	Security
27-Jun	RLP_2512	Technology
29-Jun	ST_2503	IR, Security & Technology
30-Jun	RLP_2513	Society
2-Jul	RLP_2514	Social Justice
4-Jul	RLP_2515	Governance
6-Jul	ST_2504	Society, SJ & Governance
7-Jul	RLP_2516	Constitution and Polity
9-Jul	RLP_2517	Constitution and Polity
11-Jul	RLP_2518	Constitution and Polity
13-Jul	ST_2505	Constitution and Polity
14-Jul	RLP_2519	Economic Development

Date	No of Day	Subject/Theme
16-Jul	RLP_2520	Economic Development
18-Jul	RLP_2521	Agriculture
20-Jul	ST_2506	Economic Development + Agri
21-Jul	RLP_2522	Ethics Part A
23-Jul	RLP_2523	Ethics Part A
25-Jul	RLP_2524	Ethics Part A
27-Jul	ST_2507	Current Affairs
28-Jul	RLP_2525	Ethics Part B
30-Jul	RLP_2526	Ethics Part B
1-Aug	RLP_2527	Ethics Part B
3-Aug	ST_2508	Ethics
4-Aug	RLP_2501	Geography
5-Aug	RLP_2502	Geography
6-Aug	RLP_2503	Geography
7-Aug	RLP_2504	Geography
08-Aug	FLT_2501	ESSAY
09-Aug	FLT_2502	CS-I
	FLT_2503	CS-II
10-Aug	FLT_2504	CS-III
	FLT_2505	CS-IV

Concession Details

Fee: ₹15000 /-

Reg: <https://bit.ly/3ZhsSbz>

Kalam IAS Students: 20%

UPSC Interview Student: 30%

CSE Selected Students: 50%

Dear Students,

We are elated to present you the fifth edition of Kalam **Mains Improvement Booklet 2025**. It contains **quotes, anecdotes, references from the movies & books, poems, case studies** among others to enrich your Essays.

Along with the **elaborate coverage of data/facts/ committee recommendations etc.** in other GS Marks Maximizers, we have also included some Essay specific value additions here in this booklet. We **recommend you to go through Separate Marks Maximizers** for the comprehensive coverage of other GS papers.

Further, knowing the content is one thing & application of the same to write a coherent, analytical & multidimensional answer is another. Thus, **we strongly recommend** you to watch the [RLP videos](#) to know

- ❖ An alternative methodology to PESTEL approach to avoid writing mechanical essays
- ❖ How to set up a communication with the examiner/readers of your Essay and go beyond merely one sided "Man ki baat" approach on any given topic.
- ❖ How to interlink your macros and micros to enrich the flow of thoughts in your writing.
- ❖ How to leave your 'own signature'

We hope you are able to write better answer using this content & the strategy discussed in the videos.

Best Wishes!

(Team KALAM)

Dear Aspirants

Less than **80 days** are left for CSE MAINS 2025. We strongly recommend each one of you to:

1. **GIVE TEST ANYWHERE and GET FACE 2 FACE Evaluation** by **UPSC topper** here. Flexibility of getting **second opinion** on your answers by selected candidate.

2. **Marks Improvement Booklets MIB (8)** are first of its kind booklet for CSE MAINS that is highly endorsed by toppers and coveted by all the aspirants at any stage of the preparation. It enhances your Marks by at least **20+ Marks** and helps to get your name in the CSE Merit list.

3. **REPLAY IAS Mains 2025** – write exam on the day of Exam - Each CSE aspirant who **missed mains** MUST write REPLAY - which gives opportunity to gauge their preparation; intensity of competitiveness in Mains and psychological advantage of knowing the mental and physical tiredness of the mains exam.

APPEAL to all Selected/Senior/ Mains giver to encourage your Friend/candidate/ward to write this one program. YOU KNOW THE IMPORTANCE. Don't let them give excuses "abhi prepare nai hai"
Good Luck!

List of Marks Improvement Booklets

1. **Ethics Marks Improvement Booklet**
2. **Essay Marks Improvement Booklet**
3. **Society Marks Improvement Booklet**
4. **Polity Marks Improvement Booklet**
5. **Economy Marks Improvement Booklet**
6. **Environment & Disaster Management Marks Improvement Booklet**
7. **Internal Security Marks Improvement Booklet**
8. **International Relations Marks Improvement Booklet**

Face to Face Mentors (Mains 2025)



AIR
14

Abhishek Vashishtha
PSIR



AIR
228

Devansh M. Dwivedi
PSIR



AIR
386

Tanishi Kalra
ECONOMY



AIR
393

SARTHAK SINGH
PSIR



AIR
543

MANISH KUMAR
ANTHROPOLOGY

Essay – Marks Improvement Booklet (MIB)

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☞ Scan to get more Study Material

Join our Telegram Channel ☞



PHILOSOPHICAL ESSAYS

01

Transformative power of Compassion and Forgiveness / Transformation of character

Anecdotes/ Stories

Nelson Mandela: From Prisoner to Peacemaker



Nelson Mandela spent 27 years in prison, yet emerged without bitterness toward his captors. Instead of seeking revenge, he chose reconciliation with white South Africans. His decision to forgive transformed not only his own character from revolutionary fighter to elder statesman, but also prevented a potential civil war. When he became president, he invited his former prison guard as an honored guest to his inauguration, demonstrating how forgiveness can heal entire nations.

Rwanda: A Nation That Chose to Forgive

In 1994, Rwanda tore itself apart. In 100 days, nearly one million Tutsis and moderate Hutus were slaughtered by their neighbors, friends, and even family members.

When the killing stopped, Rwanda faced a choice: revenge or reconciliation.

The new government chose forgiveness.

The Transformation

- 1) **Gacaca Courts:** Instead of trials, they created community courts where perpetrators confessed publicly and victims could forgive face-to-face
- 2) **Unity Policy:** Ethnic labels were banned. Everyone became simply "Rwandan"

Data/ Reports/ Case Studies

Davinder Singh vs State of Punjab (2024):

Supreme Court supported sub-classifications within SC/ST categories, with former Chief Justice D.Y. Chandrachud reasoning that the Constitution promotes "a more substantive reading of the equality provision... ensuring that the benefits trickle down to those who need it the most"

Joseph Shine v Union of India (2018) and Navtej Singh Jauhar v Union of India

represent landmark cases where judicial compassion led to the decriminalization of adultery and same-sex relationships respectively, advancing gender justice and LGBTQ+ rights while challenging deep-rooted social stigma.

Dadarao Bilhore: Transforming Grief into Service

After losing his 16-year-old son in a road accident caused by a pothole, Dadarao Bilhore could have been consumed by anger and grief. Instead, he channeled his pain into compassionate action. Within a month of his child's death, he began filling potholes across Mumbai. Armed with basic tools, he has filled over 600 potholes from 2015 to date, earning the title "Pothole Dada of Mumbai". His transformation from a grieving father to a community servant demonstrates how personal tragedy can become a source of service to others.

- 3) **Reconciliation Villages:** Genocide survivors and perpetrators were housed together as neighbors

The Miracle

Today, Rwanda has:

- 1) One of Africa's fastest-growing economies
- 2) The world's highest percentage of women in parliament
- 3) Streets so clean tourists are amazed
- 4) Former enemies living as friends

The most powerful image: Every April, during Genocide Memorial Week, the entire nation stops to remember—not to hate, but to ensure **"Never Again."**

A Tutsi survivor summarized it: **"We had two choices: to live together or to die together. We chose to live."**

Rwanda proved that a nation can literally rise from ashes through the transformative power of collective forgiveness.

The Dacoit Who Became a Saint

Ratnakara was a ruthless highway robber who murdered travelers for money. When sage Narada showed him compassion instead of condemnation, asking if his family would share his sins, Ratnakara was transformed. He sat in meditation for years, ants building hills around him. He emerged as **Valmiki**, the sage who wrote the Ramayana—proving that even the most hardened criminal can be redeemed through compassion.

Quotes

"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive" –

Dalai Lama

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion" – **Dalai Lama**

"The weak can never forgive. Forgiveness is the attribute of the strong" – **Mahatma Gandhi**

"Service to others is the rent you pay for your room here on earth" - **Mahatma Gandhi**

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples" – **Mother Teresa**

"Compassion is the ultimate expression of your highest self" - **Russell Simmons**

Aruna Shanbaug vs Union of India (2011)

The Supreme Court's compassionate approach to passive euthanasia transformed end-of-life care in India. Justice Markandey Katju's judgment emphasized "dying with dignity" while balancing legal, ethical, and humanitarian concerns, leading to the Mental Healthcare Act 2017 that includes living wills provisions.

India's Refugee Response (2021-2024)

Despite resource constraints, India hosts over 200,000 refugees from Tibet, Sri Lanka, Myanmar, and Afghanistan. The government's Citizenship Amendment Act debates aside, grassroots organizations have demonstrated remarkable compassion, with states like Mizoram providing shelter to 50,000+ Myanmar refugees, showcasing transformative community response.

The Compassionate Communities program

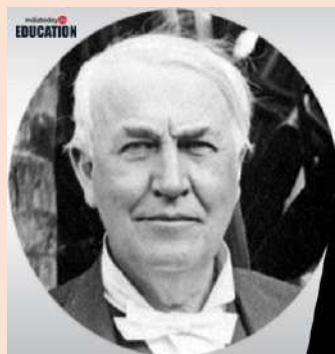
operates in 15 nomadic communities since 2008, focusing on providing identification documents, social protection, and voting rights to marginalized groups historically labeled as "criminals". This initiative has produced hundreds of children and youth who became doctors, teachers, lawyers, engineers, and entrepreneurs.

02

Never give up attitude/Perseverance/Determination/ Resilience

Anecdotes/ Stories

Thomas Edison's 10,000 Attempts



"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

— Thomas A. Edison

When asked about his repeated failures while inventing the light bulb, Thomas Edison famously said, **"I have not failed. I've just found 10,000 ways that won't work."** His perseverance through thousands of unsuccessful attempts ultimately led to one of history's most important inventions.

J.K. Rowling's Dozen Rejections



"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default."

J.K. ROWLING
Author

Before Harry Potter became a global phenomenon, J.K. Rowling was a single mother on welfare. Twelve publishers rejected her manuscript before Bloomsbury finally accepted it. The series has now sold over 500 million copies worldwide.

Jack Ma's Endless Rejections

The Alibaba founder was rejected from Harvard 10 times, turned down for numerous jobs (including KFC where he was the only applicant not hired), and failed his college entrance exam

Data/ Reports/ Case Studies

JOHAR Program - Rural Livelihood Transformation

The Jharkhand Opportunities for Harnessing Rural Growth (JOHAR) program, implemented through Transform Rural India (TRI), exemplifies institutional perseverance in rural development. The program empowers Self-Help Group members by providing essential resources for establishing poultry businesses, including chicks, cages, feed, and training at nominal fees.

Success Story:

Sulekha Kumari's transformation demonstrates the program's impact - starting with a ₹2,000 investment for 50 chicks, she earned ₹18,000 within two months, enabling her to build a long-awaited room in her house. Her success inspired other women in her community, with plans to expand and become a **"Lakhpati Didi"**.

Milkha Singh - The Flying Sikh's Journey

Overcoming the trauma of partition and extreme poverty, Milkha Singh transformed from a troubled youth into an Olympic athlete. His relentless training and unwavering determination earned him the title "Flying Sikh" and made him one of India's greatest sporting legends.

Kalpna Chawla - From Small Town to Space

The first Indian-American astronaut, Kalpna Chawla persevered through numerous challenges to reach space. Despite facing gender stereotypes and limited opportunities in aerospace in India, she pursued her dreams relentlessly, inspiring millions of young Indians to aim for the stars.

National Rural Livelihoods Mission (NRLM)

The NRLM has empowered over 70 million women through self-help groups, demonstrating collective resilience and economic transformation across rural India.

03

Prejudice/Self Appraisal

Anecdotes/ Stories

Buddha's Transformative Response

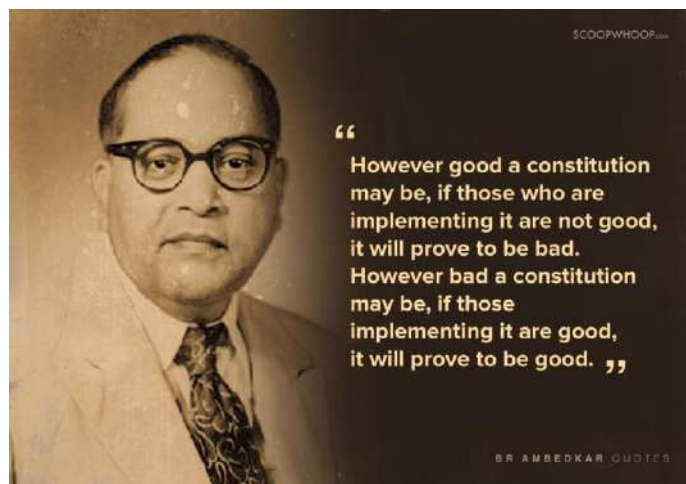
When a man spat on Buddha's face out of anger, Buddha simply smiled without reacting. That night, the man couldn't sleep, his whole body shaking from transformation. The next day, he fell at Buddha's feet seeking forgiveness. Buddha responded: "Why should I excuse you? What did you do? That person who spat is not here now. If I meet that person, I'll tell him to excuse you." This demonstrated true compassion—forgiveness without making someone feel guilty.

Dr. B.R. Ambedkar's School Water Incident

As a young student, Ambedkar was segregated from upper-caste children and frequently denied access to water at school. When he was thirsty, he had to wait for someone from a higher caste to pour water into his hands - he couldn't touch the water pot himself. This daily humiliation forced young Ambedkar to recognize that his intellectual abilities meant nothing in the face of caste prejudice, shaping his understanding that systemic change, not individual achievement, was necessary.

The Public Tank Satyagraha (1927)

Despite facing "severe attacks from upper-caste Hindu men," Ambedkar deliberately "walked with fellow Dalits into public tanks and reservoirs and drank from its water". **This wasn't just about water - it was about human dignity.**



Data/ Reports/ Case Studies

ASHA Workers Violence Prevention Program - Gujarat

Praveena Ben, an ASHA worker trained by SWATI NGO, exemplifies systematic compassion in addressing domestic violence as a public health issue. The program created an 'upward referral' chain from community to district hospitals, transforming how healthcare systems respond to violence. This model demonstrates how individual compassion can scale into systemic change when supported by proper training and governance structures.

Breaking Barriers: NDA's First Female Graduates



The Prejudice

For 70+ years, India's elite National Defence Academy excluded women, reflecting deep-rooted biases about women's military capabilities.

The Breakthrough

A 2021 Supreme Court verdict shattered this discrimination, forcing UPSC to open NDA exams to women for the first time.

The Victory

Thursday's graduation of 17 women cadets made history—proving that prejudices crumble when challenged with courage and legal backing.

The Lesson

These trailblazers didn't just earn degrees; they demolished decades of gender barriers, opening doors for countless future women warriors. True strength knows no gender.

06

Courage/ Responding in an adverse situation

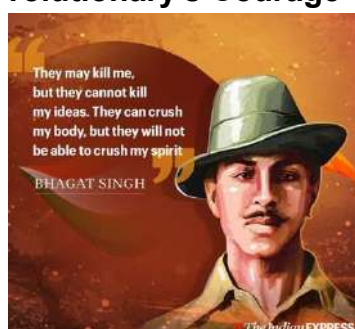
Anecdotes/ Stories

Defying Impossible Odds

The Battle of Saragarhi (1897): Twenty-one Sikh soldiers defended a remote military post against 10,000 Afghan invaders. Knowing their fate was sealed, Havildar Ishar Singh and his men chose to fight until the end rather than surrender. For hours, the sky rang with their battle cry "Jo Bole So Nihal, Sat Sri Akal" as they held the makeshift post of stones and mud walls. All 21 soldiers died, but their sacrifice prevented the capture of deeper frontier forts.

Bhagat Singh: The Revolutionary's Courage

At just 22, Bhagat Singh made a decision that would shake the British Empire. On April 8, 1929, he and Batukeshwar Dutt threw non-lethal bombs in the Central Legislative Assembly in Delhi - **not to kill, but to "make the deaf hear."**



Their goal wasn't destruction but awakening. They wanted to protest unjust laws and inspire Indians to rise against oppression. After the bombing, instead of fleeing, they stood calmly, shouting "**Inquilab Zindabad**" (**Long Live Revolution**) and allowed themselves to be arrested.

The Ultimate Sacrifice: During his trial, Bhagat Singh transformed the courtroom into a platform for revolution. He used every hearing to expose British injustices and inspire fellow Indians. Even facing the gallows, he showed no fear.

Data/ Reports/ Case Studies

The Unwavering Sentinel

IAS officer Ashok Khemka exemplified moral courage throughout his 34-year career, facing 57 transfers for exposing corruption. In 2012, he courageously cancelled the **controversial Robert Vadra-DLF land deal** worth crores, citing irregularities and calling it a "sham". Despite threats, legal cases, and systematic persecution by powerful interests, Khemka never compromised his integrity. He consistently acted as a whistleblower, exposing dubious land transactions, seed procurement fraud, and bureaucratic-political nexus. His story demonstrates that ethical leadership demands personal sacrifice, but truth and justice remain non-negotiable principles worth defending against all odds.

Chipko Movement

In 1974, when commercial loggers threatened Uttarakhand's forests, rural women led by **Sunderlal Bahuguna** courageously embraced trees with their bodies, birthing the Chipko Movement. These brave villagers, particularly women from Reni village,



risked everything to protect their ecological lifeline. Through nonviolent resistance and tree-hugging protests, they challenged powerful commercial interests. Their moral courage triumphed when Prime Minister Indira Gandhi imposed a 15-year logging ban in 1980, establishing community forest rights and proving that grassroots determination can reshape national environmental policy.

UPSC MAINS 2025

ESSAY | ETHICS

MARKS IMPROVEMENT 2025

What EMI Programs Have?

Content

Ethics/Essay Recorded sessions comprehensively covering the syllabus and all PYQ themes (2014-2024)

Test Series with F2F Evaluation

Ethics/Essay 5-Tests with Real-Time Face to Face Evaluation

Workshop

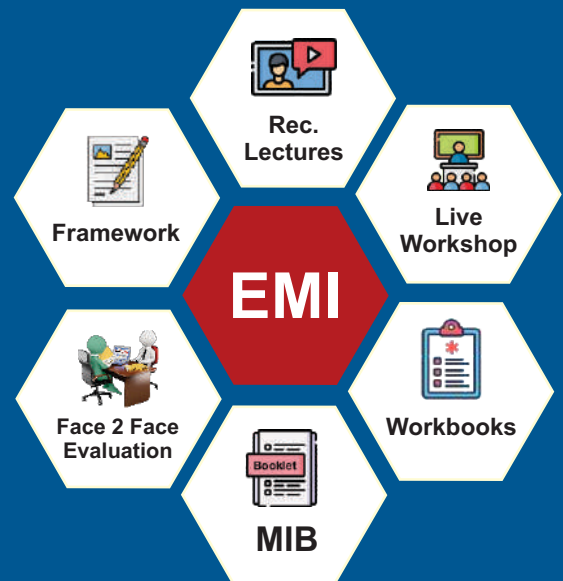
Answer Development & Brainstorming sessions & Set-piece approaches to Philosophical-based questions

MIB: Marks Improvement Booklet

Marks Improvement Booklet (MIB) – Covering all contemporary issues relevant for Ethics/Ethics

5-Year PYQ Booklets

Ethics/Essay 5-Years PYQ Booklets covering all questions

**Master****Live Workshop****ESSAY & Ethics** Writing through PYQs

Theme wise coverage of 2014-2024 PYQs

Includes *Essay & Ethics*
Practice Test in *Live Class***₹ 1500/-**

🕒 10 June, Timing: Essay-2 PM & Ethics-5 PM

PYQ-ACE

A choice to Improve your chance of Selection in Mains

FEATURES

- ▶ Write a half-Full Syllabus Test (h-FST) daily
- ▶ 1h-FST Complete Mains Syllabus = 2+ 8 PYQs
- ▶ **40 h-FST** (GS I - IV & Essay)
- ▶ 1-Set of Full Length Tests (Essay & GS I-IV)

WEEKLY SCHEDULE

Mon	Tue	Wed	Thu	Fri
Essay	GS-I	GS-II	GS-III	GS-IV

TEST SCHEDULE

Date	Test Code	Subject/Theme
2-Jun-25	ACE_2501	Essay
3-Jun-25	ACE_2502	General Studies I
4-Jun-25	ACE_2503	General Studies II
5-Jun-25	ACE_2504	General Studies III
6-Jun-25	ACE_2505	General Studies IV
9-Jun-25	ACE_2506	Essay
10-Jun-25	ACE_2507	General Studies I
11-Jun-25	ACE_2508	General Studies II
12-Jun-25	ACE_2509	General Studies III
13-Jun-25	ACE_2510	General Studies IV
16-Jun-25	ACE_2511	Essay
17-Jun-25	ACE_2512	General Studies I
18-Jun-25	ACE_2513	General Studies II
19-Jun-25	ACE_2514	General Studies III
20-Jun-25	ACE_2515	General Studies IV
23-Jun-25	ACE_2516	Essay
24-Jun-25	ACE_2517	General Studies I
25-Jun-25	ACE_2518	General Studies II
26-Jun-25	ACE_2519	General Studies III
27-Jun-25	ACE_2520	General Studies IV
30-Jun-25	ACE_2521	Essay
1-Jul-25	ACE_2522	General Studies I

Toppers Evaluating Your Mains

Write Mains **Test Anywhere**
Get **Face to Face** Evaluation here!

Students' Test

GS & Essay
F2 F Evaluations



Sarthak Singh
AIR-393

PYQ Test

10-Years PYQs
GS-I to IV & Essay



Manish Kumar
AIR-543

- ☑ **Face to Face** Evaluation/week
- ☑ **Answer Explanation** (soft)

Date	Test Code	Subject/Theme
2-Jul-25	ACE_2523	General Studies II
3-Jul-25	ACE_2524	General Studies III
4-Jul-25	ACE_2525	General Studies IV
7-Jul-25	ACE_2526	Essay
8-Jul-25	ACE_2527	General Studies I
9-Jul-25	ACE_2528	General Studies II
10-Jul-25	ACE_2529	General Studies III
11-Jul-25	ACE_2530	General Studies IV
14-Jul-25	ACE_2531	Essay
15-Jul-25	ACE_2532	General Studies I
16-Jul-25	ACE_2533	General Studies II
17-Jul-25	ACE_2534	General Studies III
18-Jul-25	ACE_2535	General Studies IV
21-Jul-25	ACE_2536	Essay
22-Jul-25	ACE_2537	General Studies I
23-Jul-25	ACE_2538	General Studies II
24-Jul-25	ACE_2539	General Studies III
25-Jul-25	ACE_2540	General Studies IV
1-Aug-25	POT_2501	Essay
2-Aug-25	POT_2502	General Studies I
2-Aug-25	POT_2503	General Studies II
3-Aug-25	POT_2504	General Studies III
3-Aug-25	POT_2505	General Studies IV

Concession Details

Fee: ₹6000/-

Reg: <https://bit.ly/3SvuGdd>

Kalam IAS Students: 20%

UPSC Interview Student: 30%

CSE Selected Students: 50%

98878-44044

Visit: kalamias.academy

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Sikar Centre: Nawalgarh Road, Sikar, Rajasthan



Jaipur: +91- 86963-44044

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EXPOSITORY ESSAYS

01

Women Empowerment

Anecdotes/ Stories

Dangal Movie: All along, I was desperate for a son so he could win a gold in wrestling for India. But what didn't occur to me was that gold is gold. Whether won by a boy or a girl." The movie reiterated the need to treat girls at par with boys, for they are both equally capable. The film takes on sexism and stereotyping existing in sports and stresses the issues girls face when they step out of their traditional roles.

"Hamari Chhori, Choron se kam hai kay?"

Once upon a time in a small village, there lived two best friends, Maya and Aditya. They often spent their afternoons by the river, sharing stories and dreams. One sunny day, their conversation took a thoughtful turn. Maya, a spirited young girl, gazed at the flowing water and sighed, **"You know, Aditya, girls always feel constrained by restrictions. We're constantly told what we can and can't do."** Aditya, being an empathetic friend, nodded in agreement. "You're right, Maya, but it's not all smooth sailing for us boys either. We might not have restrictions, but there are these constant demands on us." Curious, Maya asked, "Demands? What do you mean?" Aditya explained, **"Well, society expects us to be strong, stoic, and always in control of our emotions. We're told to be the providers and protectors, even when we're just kids."**

Maya nodded thoughtfully, recognizing that while they faced different challenges, both genders grappled with their own set of burdens. They realized that these expectations and restrictions could be equally harmful, shaping their paths in unique ways.

Sudha Murthy: In 1974, the then India's largest auto manufacturer company TELCO published a job advertisement and it mentioned that only men can apply. It was easy to let this go, but one woman stood against this gender bias and written a postcard to JRD Tata complaining gender discrimination at TELCO.

And it made the difference, JRD Tata changed the only 'male employees' policy and ordered to

Data/ Reports/ Case Studies

Data

Article 15(3) - The state has the authority to provide particular accommodations for women and children.

Article 39(a) - Free Legal aid is providing assistance to the people who are unable to afford legal representation and access to the court system.

The representation of women MPs in Lok Sabha has slowly improved from **5% in the 1st Lok Sabha to 14 % in the 17th Lok Sabha. Then, got reduced in 18th Lok Sabha.**

According to NCRB, **almost 300 crimes are committed against women per day.**

According to **NFHS-5 (2019-21)**: one out of every three Indian women experience violence.

A community radio program in Uttar Pradesh, for raising awareness about violence against women, **"Bell Bajao!" (Ring the Bell) campaign**, calls on men and boys to take a stand against domestic violence.

"Mpower 1on1" is a newly launched helpline in Mumbai to report domestic abuse.

McKinsey estimates that women do 75% of the world's total unpaid care work.

SDG-5: Includes on achieving gender equality and empowering women and girls: Ending gender identity-based discrimination, violence (in all its forms) and harmful practices.

Female Labour Force Participation Rate (FLFPR) in India – 2023–24

National FLFPR: 41.7% - This marks a significant increase from **23.3%** in 2017–18, reflecting a positive trend in women's economic engagement. **Male FLFPR: 77.5%** - While there has been an increase from **75.1%** in

conduct interviews and examinations for female applicants also. And the women who wrote the postcard was granted a special interview and hired immediately. And thus, Sudha Murthy became the first female engineer hired at TELCO, opening the doors for many.

What made Sudha Murthy a strong woman? Her voice against gender discrimination.

“Every medal I have won is a story of a difficult struggle.” – Mary Kom

Mary Kom recollects her early childhood days as days of extreme struggle with poverty. Making a breakthrough in boxing wasn't easy as people saw it as a male sport. Moreover, her diminutive size made her path more difficult. And through all the struggle Mary Kom found her way to win the first World Championship medal in Antalya, Turkey in 2002. And the long list of glory follows.

What made Mary Kom a strong woman? Not give up and keep moving forward.

Women achievements in Science and Technology:

Marie Curie was a physicist and chemist who conducted pioneering research on radioactivity. She became the first woman to win a Nobel Prize and the only person to win Nobel Prizes in two different scientific fields (Physics in 1903 and Chemistry in 1911).

Katherine Johnson was a mathematician whose calculations were crucial to the success of NASA's early space missions, including the Apollo moon landing. Her work helped ensure the safety and accuracy of space travel.

Kalpna Chawla was an Indian-American astronaut and the first woman of Indian origin to travel to space. She flew on the Space Shuttle Columbia in 1997 and served as a mission specialist. Tragically, she lost her life in the Columbia disaster in 2003.

Development not engendered, then endangered(2016): A few years ago, a young girl named Priya dreamt of becoming a doctor. She hailed from the bustling city of Indore. Despite her family's financial struggles, her parents encouraged her to pursue her education. However, as she grew older, she

2017–18, the gender disparity remains substantial.



India's Gender Gap Performance (2024)

India ranks 129th out of 146 countries in the Global Gender Gap Report 2024, slipping from 127th position. Within South Asia, India ranks fifth after Bangladesh, Nepal, Sri Lanka, and Bhutan.

Crime Against Women Statistics

- 1) India records 51 cases of crime against women every hour
- 2) 4,45,256 cases reported in 2022, marking an increase from 2021 (4,28,278 cases)
- 3) Crime rate: 66.4 per lakh population
- 4) Major categories: Cruelty by husband/relatives (31.4%), kidnapping (19.2%), assault (18.7%)

Mamta Devi: Breaking Barriers in Panchayati Raj

Smt. Mamta Devi, a young woman from the marginalized Schedule Caste community in Soukni-da-Kot Panchayat, Himachal Pradesh, serves her second term as Panchayat President. Despite coming from a poor family

faced numerous challenges that threatened to derail her dreams. Gender norms in her community limited opportunities for girls, and she often felt discouraged by societal expectations. Priya's story reflects a broader issue in development – the neglect of gender considerations. Many development programs fail to address the unique challenges faced by women and girls, hindering their ability to contribute fully to society. This essay argues that if development is not engendered, it is endangered. In other words, development efforts that do not consider gender are at risk of failure or even causing harm. By examining the importance of gender in development and the benefits of gender-responsive strategies, this essay will demonstrate the urgent need for a more inclusive approach to development.

and facing patriarchal social norms, she transformed herself through awareness programs and training with NGO CORD. Her leadership brought significant development to her Panchayat, earning respect even from the male Vice President who has different political affiliations. Mamta's success demonstrates how intrinsic drive combined with external support can enable marginalized women to become effective leaders.

Irom Sharmila: The Iron Lady of Manipur

Women in Manipur organized shocking protests against military presence, with some screaming **"Kill us. Rape us. Flesh us"** to highlight their desperation. This extreme form of protest eventually resulted in the Assam Rifles vacating the Kangla Fort. The movement demonstrates how women used their bodies as sites of resistance against state violence and militarization.

Quotes

"I measure the progress of a community by the degree of progress which women have achieved"
— **Babasaheb Ambedkar**

"There is no tool for development more effective than the empowerment of women." - **Kofi Annan**

"Educate a man and you educate an individual. Educate a woman and you educate a family." - **A. Cripps**.

"The day a woman can walk freely on the roads at night, that day we can say that India has achieved independence" – **Mahatma Gandhi**

"Country can never be developed without the contribution of the other half." - **Mahatma Gandhi**

"Women's empowerment is intertwined with respect for human rights. The empowerment of women is a prerequisite for sustainable development." – **Michelle Bachelet**

"Gender equality is a precondition for meeting the challenge of reducing poverty, promoting sustainable development, and building good governance." – **Kofi Annan**

"When women thrive, all of society benefits, and succeeding generations are given a better start in life." – **Kofi Annan**

"Development cannot be achieved if half of the population is left behind." – **Malala Yousafzai**

09

Climate Change and Environment vs. Development

Anecdotes/ Stories

The Chipko movement in the small village of Reni in the Indian state of Uttarakhand demonstrated the power of nonviolent resistance and community-led conservation efforts. The movement gained momentum in the 1970s when local communities, led by women activists, resorted to hugging trees and forming human chains around them to prevent their cutting. Its legacy serves as a reminder of the importance of local communities' role in environmental stewardship and the need for sustainable practices to protect our natural resources for future generations.

Community led conservation efforts: The community-led conservation efforts highlight the importance of community participation, local knowledge, and sustainable practices in environmental protection. The tribal village of Mendha-Lekha in Maharashtra is renowned for its community-led forest management. The village forest committee has developed sustainable practices for utilizing forest resources, ensuring the regeneration of forests, and protecting wildlife. Similarly, Mawlynnong, a village in Meghalaya, is known as "Asia's cleanest village." The community has taken collective action to maintain cleanliness, promote waste management, and preserve their natural surroundings.

The Last Song of the River

The once mighty Mahakali River was a shadow of its former self. Its lifeblood, diverted upstream for a new dam, trickled sluggishly over dusty rocks. Villager Rani, who had grown up hearing the river's rhythmic song, now gazed upon its parched bed with a heavy heart.

The dam, they said, would bring progress - electricity, irrigation. But Rani saw only the struggling fishermen, their nets empty, and the parched fields where crops had once flourished. The vibrant ecosystem, the river dolphins, the fireflies that danced along the banks - all were fading memories.

Data/ Reports/ Case Studies

The Green Man of India

Jadav Payeng, an Assamese man, single-handedly planted a 1,360-acre forest on a barren sandbar island. Starting at age 16 in 1979, he planted bamboo and cotton trees daily. His compassion for the eroding island transformed it into Molai Forest, now home to tigers, elephants, and rhinos. Despite facing criticism and land disputes, Payeng's forgiveness and persistence created an ecosystem that prevents annual flooding. His transformation from a young environmental activist to the "Forest Man of India" demonstrates how individual compassion can heal landscapes and communities.

Ralegan Siddhi Transformation

Anna Hazare's village Ralegan Siddhi in Maharashtra transformed from a drought-prone area to a model village through:

- 1) Community forgiveness of past conflicts over water rights
- 2) Compassionate inclusion of all social groups in watershed management
- 3) Character transformation of 2,500 villagers from fatalistic to proactive mindset
- 4) Zero open defecation, 100% literacy, and complete water security achieved through collective compassion

State of Himachal Pradesh vs. Ganesh Wood Products (2022)

"Environmental restoration must be approached with compassion for both nature and dependent communities. Punitive measures alone cannot heal ecological wounds - transformative rehabilitation is required."

Indian Council for Enviro-Legal Action vs. Union of India (2023)

"The transformation of industrial mindset from profit-maximization to environmental stewardship reflects the highest form of

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23rd Aug: GS 1 02:00–5:00 PM

GS 2 07:30–10:30 PM

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GS 4 07:30–10:30 PM

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