



# Mains Practice Question

## Essay Topics

1. The wind does not break a tree that bends.
2. We are not makers of history; we are made by history.

04 Jan, 2025 Essay Essay

### 1. The Wind Does Not Break a Tree That Bends

#### Quotes to Enrich Your Essay:

- **Lao Tzu:** "Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield."
- **Charles Darwin:** "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

#### Theoretical and Philosophical Dimensions:

- **Resilience vs. Rigidity:** The philosophy of **Stoicism** emphasizes adapting to adversity without losing one's inner tranquility.
- **Eastern Philosophy:** In **Taoism**, **yielding and flexibility (symbolized by water)** are seen as strengths that ensure survival and growth.
- **Behavioral Psychology:** **Cognitive-behavioral therapy** teaches flexibility in thought as a means to overcome stress and hardship.

#### Policy and Historical Examples:

- **Indian Freedom Struggle:** The non-violent resistance of Gandhi exemplified the principle of **bending without breaking**, achieving freedom without aggressive confrontation.
- **Post-War Reconstruction:** **Japan's ability to rebuild after World War II**, embracing modernity while retaining cultural identity, showcases resilience through adaptability.

#### Contemporary Examples:

- **Climate Change Adaptation:** Countries adopting renewable energy sources and sustainable practices show flexibility in addressing global challenges.
- **Corporate Resilience:** Companies like Nokia faltered due to rigidity, while Apple thrived by innovating and adapting to changing consumer demands.

### 2. We Are Not Makers of History; We Are Made by History

#### Quotes to Enrich Your Essay:

- **Winston Churchill:** "History will be kind to me for I intend to write it."
- **George Santayana:** "Those who cannot remember the past are condemned to repeat it."

## Theoretical and Philosophical Dimensions:

- **Hegelian Dialectics:** History unfolds as a **series of contradictions**, shaping individuals and societies through synthesis.
- **Karl Marx:** The **material conditions and economic structures of history** determine human actions and consciousness.

## Policy and Historical Examples:

- **Civil Rights Movement:** The oppressive history of racial discrimination shaped the leadership of figures like **Martin Luther King Jr.**
- **Industrial Revolution:** This period altered human lifestyles, values, and societal norms, reflecting history's formative power over human agency.

## Contemporary Examples:

- **Globalization:** Shaped by historical events like colonization and the World Wars, globalization continues to influence cultural and economic interdependence.
- **Technological Advancements:** The **digital age, rooted in the Industrial and Technological Revolutions**, exemplifies how history determines modern development paths.

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