

Essay

Question No.
प्रश्न संख्या

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What is reality? → Perception reality!
? → factual Reality!
our views, biases, experiences,

Exam → Reality is shaped as much by Perception as by facts. ← Interpret

"We are attacked by no swarm of locusts, all we have to fear is fear itself"

These time transcending words of Franklin D. Roosevelt

during the dark times of American history ^{under hood} when it faced THE ^{of story!} GREAT DEPRESSION and STOCK

MARKET COLLAPSE of 1929 emphasise

On how the reality is shaped not just by economic statistics and mathematical analysis but also by our perception and approach towards difficult times.

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The inspiring words of Roosevelt laid the foundation for American revival - economically, socially and most importantly, psychologically.

Through senses!

Before further exploration, let us understand what reality is. Reality is the true nature of things in which they actually exist. Reality is something which focuses on "what is" rather than "what ought to be". The existence of earth, the atoms to the universe, the presence of water and fire, from the rise of Alexander to fall of Napoleon, all are realities.

Reality is usually shaped by facts. It is because facts carry empirical values that

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give Universal proofs to the existence of reality. Rachel Carson's book "silent Spring" gave evidence based arguments to prove how human led activities are causing Ecocide is one such example.

~~Facts need interpretation~~ → (biased) ~~clashes~~ Reality ↓

At the same time, Philosophers across space-time Continuum explored how one's perception affects reality. From the "allegory of Cave" of Plato who explored how our reality is shaped by our experiences, bias and prejudices, to the contemporary times where Yuval Noah Harari highlights how our realities are shaped in the age of Information, the question stays unanswered.??

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So, what role does our perception play in shaping our realities? Let us explore.

I think therefore I am

As highlighted by Neuro-cybernetics, our mind does not understand the difference between one's thoughts and reality. Based on one's thoughts, it receives its neurons Pygmalion effect where our positive thoughts lead to positive actions and the vice versa in Golem effect highlight our perceptions about something shape the realities.

Throughout human history, we see such examples. The Britishers subjugated our mind and body through superior race theory.

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making Indians feel inferior. But the leaders such as Swami Vivekananda and Bal Gangadhar Tilak debunked such theories helping us achieve freedom, not just from Britishers, but from our own limitations.

The same way, as G.D. Anderson highlighted "Feminism isn't about making women strong. It is about ~~how~~ changing how the world perceives their strength. This was reiterated by how India is moving away from labelling women as weaker sex towards NARI SHAKTI led VIKSHITH BHARATH.

In the era of blurring realities between reality and illusion, the psychological capture of individual's thoughts shows the negative power of perception. The "Culture of Comparison" on social media leading to depression, anxiety and self-hatred reiterates the same.

The same was highlighted by 2024 Nobel prize winner James Anderson in his work on Political and social Institutions. He highlighted that "Demagoguery" when politicians appeal to emotions and sentiments rather than rational and logical understanding, it slowly leads to the reality of national collapse.

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Even on the technological domain, the rise of Artificial intelligence and its power to shape thoughts through Deepfakes, misinformation and false narratives underscores the importance of Critical thinking and rational questioning of both our perceptions and reality.

So having explored the power of perception, let us discuss how it can be used to create a better reality.

The power of perception

↳ Mahatma Gandhiji highlighted that how our beliefs influence our thoughts which

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Inturn shape our actions. Those actions turn into our habits and values shaping our destiny. So it is necessary to ensure the power of perception is used as milestones and not roadblocks.

Take the curious case of Elon Musk who made the dream of reusable rockets into reality by his positive approach towards difficulties. He blunder-scored that the ^{major} ~~only~~ thing that separates successful people from unsuccessful is their perception of failure. It is our perceptions which make us to look at challenges as crisis or opportunities shaping the further reality.

Doubt
milk
from

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So, it is necessary to be aware of our own perceptions and accept our limitations, biases and prejudices that hold us back from viewing the world objectively.

As highlighted by existential philosopher Friedrich Nietzsche, we should take accountability for our decisions and take authentic action to overcome the limitations.

So, we should have the courage to question our own perceptions and other perceptions of the world just like Socrates, did. We should inculcate rational and scientific temper in your youth as highlighted by article 51(A)(g) of Indian

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For
Practice
Use Only
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के लिए

Constitution.

In the long run, despite the perceptions that vary person to person, truth alone triumphs.

So, empowering individuals to look for truth through "Satyagraha" is the ultimate necessity. The

social media detoxification, Artificial ~~accountability~~ Intelligence accountability and collective questioning on norms ensure the reality of tomorrow is shaped by truth and rationality.

In the end we should understand that we perceive the world as "we are" and not "as it is", because it is the

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"I" behind the eye that sees the world. Just like Maa Sita had to go through "Agnipariksha" to prove the negative perception of people wrong, we have a agnipariksha ahead of us in terms of climate change, social media, misinformation and more. So, we should take collective action to ensure we move from the darkness of negative perceptions towards the light of truth to shape a better reality! for us and our future generations.

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work too complex!
Intro/Conclusion not clear!
lack of connections