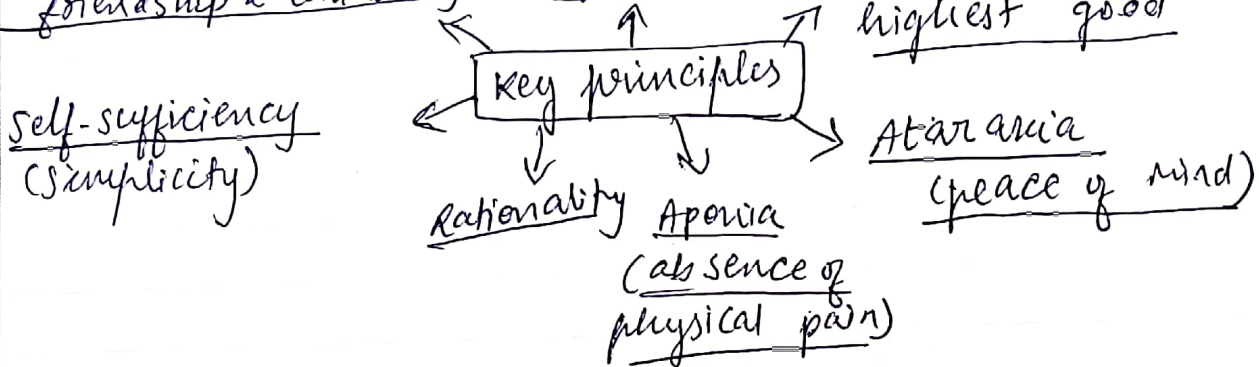


Ques. What are the principles of the philosophy of Epicureanism? How much of it is relevant in current context in India?

Ans. Epicureanism, founded by Epicurus in the 4th century BCE., is a philosophy that emphasizes pleasure (happiness) as the ultimate good of life. It also emphasizes the avoidance of pain, friendship & community, and self-sufficiency (simplicity).



★ pleasure as the highest good :- True pleasure comes from mental tranquility and the absence of pain rather than material excess.

★ Ataraxia (peace of mind) :- one should strive for a state of serenity by avoiding unnecessary desires and fears.

★ Aponia (absence of physical pain) :- simple life with minimal desires ensures both physical and mental well-being.

★ Rationality over superstition :- Epicurus rejected fear of gods and the afterlife, advocating for a rational and scientific outlook.

★ self sufficiency and simplicity :- living modestly and being content with little brings lasting happiness.

★ friendship and community - strong personal relationships are crucial for a fulfilling life.

★ Avoidance of politics and fame - engaging in politics often leads to anxiety, so one should focus on personal peace.

Relevance in India Today :-

★ mental well-being - in the age of stress, epicureanism's emphasis on simplicity & peace is highly relevant.

★ minimalism - promotes sustainable living, reducing the impact of materialism.

★ Scientific temperance - encourages rationality, which aligns with India's constitutional values.

★ Avoiding political Extremism - focus on inner peace can reduce social polarization.

★ work-life balance - helps counter burnout in India's fast-paced corporate culture.

RAJ

Teacher's Signature : _____

Epicureanism remains relevant in India by promoting harmony, rationality and sustainable living, offering an antidote to modern anxieties.

Exer 1
(Pen test)