

**Q. 3. Read the following passage carefully and answer the questions given at the end.****(20)**

The majority of people have always lived simply, and most of humanity still struggles on a daily basis to eke out a meager existence under dire circumstances. Only in affluent industrialized countries do people have the luxury of more goods and services than they need to survive. On the basis of material wealth, North Americans and Europeans should be the happiest people on earth, but according to the 2012 Happy Planet Index (HPI), they are not. Surprisingly, what had begun as an experimental lifestyle evolved into a quiet revolution that spread the word through books such as Duane Elgin's best-selling *Voluntary Simplicity: Toward a Way of Life that is Outwardly Simple, Inwardly Rich* (1981), as well as numerous magazines, alternative communities of the like-minded, and, later, Internet websites. Combined with a growing awareness of the environmental consequences of consumerism, the voluntary simplicity movement sought to reduce the consumption of goods and energy and to minimize one's personal impact on the environment. "Voluntary" denotes a free and conscious choice to make appropriate changes that will enrich life in a deeper, spiritual sense. "Simplicity" refers to the lack of clutter, that is, eliminating all those things, patterns, habits, and ideas that take control of our lives and distract us from our inner selves. However, this is not to be confused with poverty, which is involuntary, degrading, and debilitating. Neither does it mean that people must live on a farm or reject progress or technology, or do without what is necessary for their comfort and welfare. To practice voluntary simplicity, one must differentiate between what one wants (psychological desires) and what one needs (basic requirements of life), and seek a healthy balance that is compatible with both. In a consumer society where advertising bombards us with the message that without this, that, and the other product, we are unsuccessful, undesirable, and unimportant, being clear on what you really need and resisting what you don't can be an ongoing struggle. The beauty of voluntary simplicity is that it is a philosophy, and not a dogma. How one goes about it depends on individual character, cultural background, and climate. For this, three Rs (i.e., Reduce, Recycle & Reuse) represent the best way to get a handle on rampant consumerism. In economies driven by the quest for ever more, living with less is erroneously equated with poverty and social inferiority. By conserving energy, for instance, you are actually ensuring that more resources are available for future use. By making a frugal budget and sticking to it, you can eliminate unnecessary expenses. Recycling paper, metal, plastic, and glass and reusing building materials and old clothing keep materials in the loop and out of landfills. Pooling skills and resources through barter networks not only saves money, but sharing with others establishes bonds and fosters a sense of community. With the glut of cheap goods that are usually designed for obsolescence, quality products that last are becoming progressively harder to find. In the long run, a more expensive but durable and repairable item or even an older used item that is still in good condition is a better investment than a brand new piece of junk that will only break down and end up in the trash. Thus, at the heart of voluntary simplicity is the conscious realization that less is really more. Less consumption means more resources for future generations. Less activity that brings little satisfaction or reward is more time for yourself and your loved ones. Less stuff is more space to move around in. Less stress means more relaxation and better health. Less worry provides more enjoyment and more fulfillment in life.

## Comprehension 2023

Q1) How important is happiness relationship between material wealth and happiness?

Ans 1) Most people in the world struggle to fulfill their basic needs, and thus have a minimum simplistic life style. The excess material resources are only present in developed countries. There appears to be no correlation between material wealth and happiness, as indicated by the 2012 HPI. If any such relation existed then developed countries of Europe and North America would have been happiest, but that is not the case.

Q2) How does the author present it as a movement and as a philosophy?

Ans 2) The "voluntary simplicity" movement initially started as an experimental life style, but soon became popularized through books, print media and social media. ~~The~~ Minimizing the adverse effects of consumerism of environment by reducing the consumption is the idea that underpins the movement. As a philosophy, it has a subjective nature and can be practiced by people in their own way. Incorporating this philosophy, people can save environment, resources, and money.

Q3) What is the growing consumerism in of modern society?

Ans) The growing consumption can deteriorate the environment. Excessive energy use can lead to depletion of resources available for future generations, or it can lead to unnecessary expenses. Excessive consumption can also increase the littering problem in landfill sites. The quality of products is diminishing.

Q4) What can reduce their consumption patterns?

Ans) Due to excessive advertisement, which constantly urges people to buy products by creating a sense of urgency, it is becoming increasingly difficult for consumers to differentiate between what is important and needed, and what is non-essential.

Q5) Challenges and rewards

Ans) The challenges of voluntary simplicity include differentiating between needs and wants, and seeking a balance between them. Moreover, it can be confused with social inferiority and poverty, which are involuntary and different. The rewards include protection of environment, conservation of resources for future, less littering of landfill sites, saving money, more time, more space, and better ~~more~~

No: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

mental health.

Journal contribution is of interest  
to the field.

The journal contribution can determine  
the manuscript. Excessive journal use can  
lead to depletion of resources available for  
other researchers, as it can lead to unnecessary  
duplication of research. Excessive journal use can  
also lead to depletion of resources available for  
other researchers. Excessive journal use can  
lead to depletion of resources available for  
other researchers.