

PART A

Real-Life Anecdotes

A1. Empathy & Compassion

Indian Army doctors, Operation Amistad (Venezuela)

During earthquake relief in Venezuela, Army doctors treated survivors with such warmth that a 60-year-old patient said she'd never felt such care before.

Use for: Attitude / foundational values — humanitarian aid is dignity, not just treatment.

Dr. Raman Kishore — free rural clinics, Bihar

After losing his mother to delayed care, he now spends every weekend and a large share of his income treating villagers in Bihar — 40,000+ patients so far.

Use for: Compassion towards weaker sections; service beyond personal comfort.

Cat rescued after the Lucknow coaching centre fire

After the human rescue operation ended, a police officer went back in and pulled an injured cat out of the debris.

Use for: Compassion extending to all living beings, even amid crisis.

Jankee Parekh — breast-milk donation

After her daughter's birth, the singer donated 90 packets of breast milk over nine months to help premature babies in NICUs.

Use for: Altruism and quiet compassion, unconnected to fame or reward.



A2. Perseverance & Attitude

Harekala Hajabba — orange seller who built a school

Embarrassed by his inability to answer a tourist due to no formal education, he used his own savings and land to start a school for village children.

Use for: Perseverance; social service without position or wealth.

Malathi Krishnamurthy Holla — para-athlete

Paralysed by polio at age one and operated on 30+ times, she went on to win 400+ medals for India and later founded a group for children with disabilities.

Use for: Attitude — refusing to let circumstance define one's potential.

Kunal Shah — hardship to entrepreneurship

After his family business collapsed, he did delivery and data-entry work while studying, before building successful ventures.

Use for: Perseverance and adaptability under financial hardship.

Prathamesh Sinha — blind innovator

Losing his eyesight to two brain tumours in childhood, he learnt Braille and later helped build 'Annie', a Braille device for visually impaired children.

Use for: Resilience-driven empathy; turning personal adversity into service for others.

A3. Public Service Beyond Duty

Inderjit Singh Sidhu — retired DIG, Chandigarh

After retiring from Punjab Police, he spent over a decade personally clearing litter and unclogging drains in the city, despite early ridicule.

Use for: Public service as a lifelong value, not an official designation.

IFS Arvinder Singh — Bihar afforestation

Disappointed by a posting to forest-poor Bihar, he treated it as an opportunity, driving afforestation and wildlife-conservation efforts that reshaped the state's ecology.

Use for: Turning constraints into opportunity; dedication to public service.

Dr. P. Sudhakar Naik — IRS officer, drought relief

Alongside his demanding IRS role, he travels weekends to drought-hit villages to help build low-cost rainwater-conservation structures.

Use for: Service extending beyond one's official job description.

Natarajan, Delhi's "Matka Man"

At 77, a cancer survivor himself, he wakes at 4 AM daily to refill 100+ clay pots across Delhi, giving free drinking water to nearly 8,000 people.

Use for: Compassion-driven civic and public service, entirely self-motivated.



A4. Integrity

IPS Anu Beniwal — uncompromising enforcement

Known for the line, "Even if your uncle is the President, the challan will be issued" — a stand that became her signature on impartial policing.

Use for: Integrity and impartiality; probity in governance.

Shashikant Suthar — exposing the NEET-UG 2026 leak

A chemistry teacher in Sikar noticed a suspicious PDF, spent a night verifying it matched the real paper, then took the evidence to the police and NTA.

Use for: Integrity and moral courage in protecting exam sanctity, over silence or convenience.

Fake UPSC rank

The Sheikhpura fake UPSC rank case shows that sacrificing integrity for short-term recognition ultimately destroys credibility and public trust.

Use for: Means vs Ends , Honesty and Truthfulness

A5. Moral Courage & Whistleblowing

Vikram — escape from bonded labour, Muzaffarnagar

Trafficked into bonded labour along with 11 others including minors, Vikram escaped and alerted the police, leading to the rescue of the entire group.

Use for: Moral courage; risking personal safety for others' rights.

John Barnett — Boeing whistleblower

The Boeing engineer repeatedly flagged safety shortcuts on aircraft manufacturing, including the 737 MAX, and died in 2024 mid-way through testimony against the company.

Use for: Whistleblower protection; the personal risk of speaking up against a powerful organisation.

Probity in the Face of Pressure

During the Lahore Conspiracy Case, Justice Syed Agha Haider refused to endorse the death sentence of Bhagat Singh, Rajguru, and Sukhdev, choosing conscience over colonial pressure.

Use for: Integrity, Probity in Public Life, Moral Courage, Courage of Conviction, Conscience as a Source of Ethical Guidance

A6. Leadership & Emotional Intelligence

Krishna as charioteer — leadership through listening (Bhagavad Gita)

Before guiding Arjuna to act, Krishna first listened to his doubts and fears rather than commanding him outright.

Use for: Emotional intelligence, mentorship and transformational leadership.

Anju Bobby George — celebrating her record being broken

After holding India's long-jump record for 22 years, she openly celebrated when Ancy Sojan broke it, rather than treating it as a personal loss.

Use for: Mentorship and grace; true leadership makes room for the next generation.

Ratan Tata replying to an intern's email

At 82, while leading one of India's largest business groups, he personally answered an intern's email and met her.

Use for: Humility and accessibility in leadership, regardless of hierarchy.

Suryakumar Yadav: Defusing Tension through Emotional Intelligence

Following a fielding error involving Kuldeep Yadav, Suryakumar Yadav chose empathy over blame by offering a reassuring hug, exemplifying emotional intelligence in leadership.

Use for: EI, Empathy, Interpersonal Relations, Conflict Resolution

A7. Civic Sense & Social Responsibility

Japanese football fans cleaning the stadium, FIFA World Cup

After Japan's match in Dallas, fans stayed back to collect litter and clean the stadium before leaving — unasked and unpaid.

Use for: Civic responsibility as culture, not compulsion.

Being Helper Foundation — railway cleanliness drive, Bihar

Volunteers didn't just clean stations; they actively encouraged passengers to use dustbins, building ownership of public spaces.

Use for: Civic responsibility paired with behavioural change, not just clean-up.



A8. Compassion for the Marginalised & Social Reform

Mohammad Shareef — last rites for the unclaimed

After being unable to give his own son a dignified farewell, this bicycle mechanic has performed last rites for 5,500+ unclaimed bodies, across caste and religion, over 30 years.

Use for: Dignity for all, regardless of identity; secular compassion in action.

Helping Hands Hijra Association, Vizianagaram

20 transgender women, once denied entry to temples, pooled 90% of their earnings to build their own temple, which now feeds 150–300 people daily and educates dozens of children.

Use for: Inclusion; social justice for a historically excluded community.

IPS Veerendra Mishra — anti-trafficking interventions

Focusing on girls from communities trapped in intergenerational exploitation, his education and counselling efforts helped 5,000+ girls become nurses, teachers and engineers.

Use for: Protecting the vulnerable; law enforcement paired with rehabilitation

Arunachalam Muruganantham — low-cost sanitary pads

Facing ridicule and social ostracism, he persisted in developing an affordable sanitary-pad machine, improving menstrual health and creating rural livelihoods.

Use for: Courage against social stigma; innovation in service of social reform.



A9. Innovation & Resourcefulness Under Constraints

Kana Ram Mewara — tea-stall recycling model, Rajasthan

Troubled by plastic waste in Jawai, this tea seller began exchanging groceries for plastic waste — a model that spread to 15 villages and recycled 15,000+ kg of plastic.

Use for: Grassroots innovation; environmental ethics without institutional backing.

ISRO's APPLE satellite — the bullock cart test (1981)

With limited resources, scientists transported India's first experimental communication satellite on a bullock cart for antenna testing in a non-magnetic field.

Use for: Innovation under constraint; scientific responsibility and frugality.

Nordic education model (Finland, Sweden, Norway et al.)

By prioritising creativity, critical thinking and collaboration over rote learning, these countries built education systems that shape responsible, innovative citizens.

Use for: Role of education in building ethical and innovative citizens.



PART B

Spiritual & Mythological Anchors

Draupadi's insult in the royal court (Mahabharata)

As Draupadi was publicly humiliated, she asked the assembled elders how they could stay silent. They did — bound by old vows and loyalty, despite knowing it was wrong.

Use for: Bystander apathy; why silence in the face of injustice is itself a moral failure.

Jatayu's sacrifice for a stranger (Ramayana)

The aged vulture-king Jatayu attacked Ravana to try and save Sita, though she was a stranger and he was no match for Ravana. He held on to life just long enough to tell Rama what happened.

Use for: Selfless courage; duty and compassion beyond self-interest.

Krishna as charioteer — leadership through listening (Bhagavad Gita)

Before guiding Arjuna to act, Krishna first listened to his doubts and fears rather than commanding him outright.

Use for: Emotional intelligence, mentorship and transformational leadership.

Vibhishana leaving Ravana (Ramayana)

Vibhishana urged his brother Ravana to return Sita, warning it would destroy their kingdom. Insulted and ignored, he left his own brother to join Rama, choosing dharma over loyalty.

Use for: Conscience vs. loyalty; whistleblowing against one's own side for the larger good.

King Shibi and the dove (Jataka tale)

To honour his promise of protection to a dove while also answering a hawk's rightful hunger, King Shibi offered his own flesh, and finally his whole body, to keep his word.

Use for: Ethical leadership; keeping a promise and balancing two competing, valid claims.

Prometheus and fire (Greek mythology)

Prometheus stole fire from the gods to give it to humans, knowing he would be punished. He accepted eternal torment because he believed people deserved it.

Use for: Civil disobedience; breaking an unjust rule for a higher good, at personal cost.

King Midas's golden touch (Greek mythology)

Midas wished that everything he touched turn to gold — until his food, and then his own daughter, turned to gold too, teaching him the cost of unchecked greed.

Use for: Corruption and greed; the emptiness of wealth pursued without limits.

PART C

Sporting Spirit — Examples from the Field

Paolo Di Canio refusing to score (Football, 2000)

With an open goal in front of him, Di Canio caught the ball instead, after seeing the opposing goalkeeper collapse injured, so the game could stop for treatment.

Use for: Basic human kindness placed above personal or team gain.

Andrew Flintoff consoling Brett Lee (Ashes, 2005)

After a nail-biting win, Flintoff skipped the celebrations to comfort his heartbroken opponent sitting on the ground.

Use for: Sportsman spirit; empathy for a rival even in the moment of victory.

Suryakumar Yadav: Defusing Tension through Emotional Intelligence

Following a fielding error involving Kuldeep Yadav, Suryakumar Yadav chose empathy over blame by offering a reassuring hug, exemplifying emotional intelligence in leadership.

Use for: EI, Empathy, Interpersonal Relations, Conflict Resolution

Vinesh Phogat's disqualification (Paris 2024)

Disqualified just before her medal match for being 100g overweight, she accepted the decision with dignity rather than contesting it.

Use for: Grace and acceptance of rules, even at devastating personal cost.



PART D

Corporate & Institutional Ethics

IDFC First Bank — CEO pay cut during COVID (2020)

CEO V. Vaidyanathan took a 30% pay cut and senior management 10%, while the bank still paid full bonuses to nearly 78% of employees that year — leaders absorbing the pain first.

Use for: Ethical leadership; honouring commitments to employees even while cutting costs at the top.

Intel: Turning Environmental Concern into a Computing Revolution

In 1990, Intel developed a low-power processor that paved the way for portable laptops. This breakthrough was not driven by an immediate pursuit of profits, but by the founder's commitment to reducing energy consumption. His concern for environmental sustainability inspired an innovation that not only transformed the computing industry but also generated billions of dollars in revenue.

Use for: convergence of people, planet & profit.

Amul: Success Rooted in Stakeholder Welfare

Amul demonstrates how an organization can achieve remarkable growth by placing the welfare of farmers and consumers above short-term profits. What began as a farmer-led cooperative eventually grew into a ₹55,000-crore dairy enterprise, showing that ethical values and commercial success can go hand in hand.

Use for: Inclusive Growth, Trusteeship Principle, Corporate Social Responsibility (CSR)



IDFC First Bank — Haryana fraud case (2025–26)

₹590 crore of Haryana government funds across 18 departments were allegedly diverted by a bank branch manager and relationship manager, in collusion with officials.

Use for: Negative example — corruption, conflict of interest, misuse of institutional trust.

Byju's collapse (2023–24)

Once India's most valuable startup, Byju's collapsed from a \$22 billion valuation amid delayed salaries, auditor exits and governance failures.

Use for: Negative example — weak governance and lack of transparency destroying an organisation.



PART E

Transparency & Probity in Governance

Maharashtra SIC — proactive disclosure of RTI replies

The State Information Commission directed departments to publish RTI applications and replies online, so one citizen's query benefits everyone.

Use for: Suo motu transparency; strengthening the RTI Act's intent.

Mandatory disclosure by election candidates

Candidates must declare criminal records, assets and liabilities, allowing voters to make informed choices.

Use for: Transparency in elections; informed citizenry as a check on power.

Government e-Marketplace (GeM)

Digital tendering makes government procurement visible, competitive and traceable, cutting down discretion and opportunities for corruption.

Use for: Probity in governance; technology reducing scope for favouritism

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Direct Benefit Transfer (DBT)

Welfare payments move straight into beneficiary accounts, letting recipients track transfers and cutting out middlemen and leakages.

Use for: Transparency and citizen-centric governance in welfare delivery.

PART F

Films for GS4

Taare Zameen Par

A boy struggling with undiagnosed dyslexia is dismissed as lazy, until one teacher notices his real talent.

Use for: Empathy and understanding individual difference, especially for a teacher, parent or officer.

Swades

A NASA scientist gives up a comfortable life abroad to bring electricity and education to his Indian village.

Use for: Love for one's country; choosing public good over personal comfort.

Schindler's List

A businessman who initially exploits Jewish labour later risks his fortune and life to save over a thousand people from the Holocaust.

Use for: Moral courage; conscience overriding a corrupt system, even at great cost.

Pink

Three women are harassed and blamed after resisting assault; their lawyer argues that a woman's choices never justify violation of consent.

Use for: Gender justice, consent, and fighting bias in the justice system.

Article 15

A privileged police officer, shocked by caste discrimination in a rural posting, risks his career for justice.

Use for: Constitutional morality; an officer's duty to protect the marginalised.

Newton

An honest, rigid officer insists on conducting fair elections in a conflict zone, despite pressure to fake the process.

Use for: Integrity and incorruptibility; holding the line on procedure under pressure.

Chernobyl

Soviet officials hide the scale of a nuclear disaster to protect their image, costing many more lives before the truth comes out.

Use for: Truthfulness and transparency; the danger of covering up a crisis

Dark Waters

A lawyer spends years fighting a chemical company that knowingly poisoned a town's water supply.

Use for: Corporate accountability and environmental ethics against powerful institutions.

Oppenheimer

The scientist behind the atomic bomb later grapples with guilt over the destruction it caused.

Use for: A professional's ethical responsibility for the consequences of their work.