



ESSAY

Model Answer UPSC (CSE) Mains 2025

Pratibimb PYQ (Pre.+Mains) Mentorship 2026



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SURYABHAN

64



ANIRUDHA
PANDEY

CSE 2023

1



ADITYA
SRIVASTAVA

10



AISHWARYAM
PRAJAPATI

CSE 2024

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VASHISHTHA

63



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ANIRUDHA PANDEY

1



ADITYA SRIVASTAVA

10



AISHWARYAM PRAJAPATI

CSE 2022

CSE 2023

Model Essay - RPL_2025_E

Note: The Model Answer is given to appraise students of **varied dimensions** and provide them **contents** for the essay topics. These are only **indicative and meant for providing value addition points** to the students. Students are expected to include some of these points in their own style of writing.

01

TRUTH KNOWS NO COLOR

Structure of the Essay:

1) Introduction:

- You can start with an anecdote/quote-based/Shloka-based introduction that contextualizes the essay topic.
- You can explain the relevance it shows across time.
- Your introduction must include your opinion in brief to showcase your thought process on the topic.

2) Body:

- Start with the explanation of **the Timeless Nature of Truth**.
- Explore the essay in multiple dimensions, showing truth knows no colour, beginning from **History, Science, Law and Social Justice, Media, Art, and Literature**, and **Environment**.
- Also, address the implicit part "How to Identify Truth Without Colour".
- At last, discuss the **Implications of Giving Colour to Truth**.

3) Conclusion:

You can end the essay with an optimistic note, using the shloka "Satyam eva jayate, nāṇṭam" or the poetic line "Truth is like the moon, though clouds may cover it, it always shines again," to emphasize that truth ultimately triumphs and, in the end, belongs not to any race or religion but to humanity as a whole.

Model Essay:

Re-Defining UPSC Preparation

Relevant Shlokas/Quotes/Poetic lines:

• Anecdotal Intro:

- ❖ When Mahatma Gandhi was thrown out of a train at Pietermaritzburg in South Africa because of his skin color, he realized that injustice is not bound by race or nation. That bitter experience transformed him into a seeker of truth (satya), which he later called his God. This reminds us that truth is universal and unchanging; it does not bend to race, caste, religion, or ideology. When colored by bias, it ceases to be truth and becomes propaganda.

• Quote Intro:

- ❖ "Even if you are a minority of one, the truth is the truth." – Mahatma Gandhi.
- ❖ This statement reflects that truth does not depend on the speaker's identity. It exists in its pure form, untouched by prejudice of race, religion, caste, or politics.

• Shloka Intro:

- ❖ "Ekam sat vipra bahudha vadanti" (Rig Veda) – Truth is one; the wise call it by many names.
- ❖ This Vedic insight shows that truth is universal, not owned by any community or color.

• Poetic Intro:

- ❖ "Truth crushed to earth shall rise again;
The eternal years of God are hers;
But Error, wounded, writhes in pain,
And dies among his worshippers." – **William Cullen Bryant**.

The Timeless Nature of Truth:

- **Rig Veda:** *"Ekam sat vipra bahudha vadanti"* — Truth is one, though the wise call it by many names.
- **Jainism:** Satya (truthfulness) as one of the five vows.
- **Sufi mysticism:** Truth (*Haq*) as the ultimate reality of God.
- African proverb: *"Truth is like a baobab tree; one person's arms cannot embrace it."*

Truth exists beyond color, caste, and creed — like sunlight that falls on all equally. **Yet, critics caution that complete "color-blindness"** may ignore lived realities of caste or racial inequities. Justice often requires recognizing these structural imbalances. Thus, while truth must stay colorless, policies may justly be color-aware to remedy inequality.

Philosophical Perspective on Truth:

- **Friedrich Nietzsche's** concept of truth as a 'social construct' sheds light on how **power dynamics** shape perceptions of truth.
- Nietzsche argued that **truth is often manipulated by those in power** to control the narrative, making it a **subjective tool rather than an objective reality**.
- In this sense, truth is **shaped by the will to power**, and recognizing the **uncolored truth** is essential in today's world.

History as Witness

- **Emperor Akbar's Din-i-Ilahi:** Sought truth beyond sectarian divisions, emphasizing tolerance.
- **Basavanna (12th century, Karnataka):** spoke against ritualism, declaring that *"Truth is Shiva"* and available to all, not just upper castes.
- **Sojourner Truth (African-American reformer):** exposed the truth of slavery and sexism in her famous 1851 speech *"Ain't I a Woman?"*
- **Vietnam War's My Lai massacre:** U.S. government tried to color the truth as "necessary action," but whistleblowers revealed the reality of mass killings.
- **Indigo revolt in Bengal (1859):** peasants exposed the colonial myth that indigo was prosperity — their truth forced changes in exploitative practices.

Science: Truth Against Dogma

- **Hypatia of Alexandria** (4th-century scientist-philosopher) her pursuit of truth in astronomy and mathematics was destroyed by religious orthodoxy, but her legacy endures.
- **Wangari Maathai (Kenyan environmentalist, Nobel laureate)** — her Green Belt Movement revealed the truth of deforestation's impacts, despite governments branding her "anti-development."

Science proves that truth shines, even if society tries to dim it.

Postcolonial View on Truth

- **Frantz Fanon** and **Edward Said** emphasized how colonial powers **distorted and manipulated truth** to maintain control over colonized nations.
- Fanon's **Black Skin, White Masks** shows how **colonial truth became the dominant narrative**, suppressing indigenous truths.
- **Edward Said's Orientalism** illustrated how **Western narratives misrepresented the East**, fabricating truths to justify exploitation.
- Reclaiming these truths in **postcolonial societies** is a **powerful act of resistance**.

Law and Social Justice

- **Nuremberg Trials:** revealed the truth of Nazi atrocities, despite attempts to hide them under propaganda.
- **Kesavananda Bharati (India, 1973):** truth of constitutional supremacy stood against political might.
- **The RTI Act (2005)** empowered citizens to reveal the truth in governance, regardless of class or status.

- **The Triple Talaq verdict (2017)** gave a voice to Muslim women who had long been silenced by community identities.
 - **Brown v. Board of Education (U.S., 1954)**: the truth that “separate is not equal” broke the myth of racial segregation.
 - **Vishaka Guidelines (India, 1997)**: women’s testimonies uncovered the suppressed truth of workplace harassment.
- When laws align with truth, justice flourishes; when laws color truth, injustice festers.*

Media, Art, and Literature

- **Anna Politkovskaya** (Russian journalist) exposed truths of the Chechen war despite censorship, paid with her life.
 - **Saadat Hasan Manto’s stories** about Partition reveal uncomfortable but necessary truths.
 - Films like **The Color Purple, Article 15, Garm Hava, and 12 Years a Slave** also depict these realities.
 - **Ngũgĩ wa Thiong’o** (Kenyan novelist) — revealed the truth of colonialism and neo-colonial exploitation through literature.
 - **Charlie Chaplin’s The Great Dictator** (1940) — mocked fascism, exposing its brutal truth at a time when many glorified it.
 - **Pablo Neruda’s poetry** unveiled truths of oppression and hope in Latin America.
- Art and literature often carry truths that power tries to bury.*

Environmental Truths:

- **Global Truth**: Rising temperatures, sea level rise, and glacier melt are scientific facts (IPCC reports), not opinions.
- **Glacier Retreat**: Himalayas, Alps, Andes, and Antarctica are shrinking, e.g., **Gangotri glacier** retreat threatens water for millions.
- **Borderless Disasters**: Heatwaves (Europe 2023), floods (Pakistan 2022), wildfires (Canada, Greece 2023), droughts (Horn of Africa) — affect rich and poor alike.
- **Climate Refugees**: Millions displaced annually in **Bangladesh, Sub-Saharan Africa, small islands**; impacts vary, but vulnerability is global.
- **Chipko Movement (India, 1970s)**: villagers clinging to trees showed the truth of ecological balance against industrial greed.
- **Amazon Rainforest Fires (2019)**: truth of global exploitation — lungs of the Earth set ablaze for profit.
 - ❖ “When the last tree is cut, the last fish caught, and the last river poisoned, then we will realize we cannot eat money.”

Climate change knows no race, nation, or class, it is a shared human challenge.

How to Identify Truth Without Colour

- **Universality Test**: If something holds true across communities, nations, and times, it carries the mark of truth.
- **Consistency Test**: Truth remains the same even if told by the powerful or powerless.
- **Evidence Test**: Truth stands on reason, facts, and outcomes, not on who speaks it.
- **Conscience Test**: A deep moral resonance — what Gandhi called the “inner voice.”
 - ❖ **Tagore’s renunciation of knighthood (1919)**: conscience declared human dignity above imperial honors.
 - ❖ **Desmond Tutu**: “If you are neutral in situations of injustice, you have chosen the side of the oppressor.”

Truth needs no disguise it speaks for itself without borrowed colours.

Modern Context: Disinformation Campaigns and Social Media

- In today’s digital age, **disinformation campaigns** and **fake news** are rampant.
- **Social media platforms**, though powerful tools for communication, have been manipulated to **spread distorted**

truths during major events like elections.

- **Russian-backed operations during the 2016 U.S. presidential elections** used social media to spread **divisive narratives**, showing how **truth can be colored and weaponized** in modern geopolitics.

Implications of Giving Colour to Truth

- **Division:** When truth is racialized or communalized, it breeds hatred and conflict (e.g., apartheid, casteist distortions).
- **Suppression:** Dominant groups may silence inconvenient truths (e.g., women reformers like Savitribai Phule were ignored for decades).
- **Loss of Justice:** Law gets twisted — justice becomes selective.
- **Erosion of Trust:** When truth is politicized, society loses faith in institutions, media, and leadership.
- **Delayed Progress:** Scientific truths resisted due to dogma (e.g., Galileo's persecution) slows down human advancement.

"Painting the truth with colours of bias is like putting dust on a mirror the reflection is lost."

Conclusion (Choose Any):

- **Shloka:**
 - ❖ *"Satyameva Jayate, nāṇṛtam"* — Truth alone triumphs, not falsehood.
- **Poetic Closing:**
 - ❖ "Truth is like the moon,
Though clouds may cover it,
It always shines again."
 - ❖ Truth, in the end, belongs to humanity, not to any race or religion. As India marches toward 2047, a Viksit Bharat must be built on policies tested by evidence and safeguarded from ideological coloring. In this lies the triumph of "Satyameva Jayate."



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02

THE SUPREME ART OF WAR IS TO SUBDUE THE ENEMY WITHOUT FIGHTING

Structure of the Essay:

1) Introduction:

- You can start with an anecdote/quote-based introduction that contextualizes the essay topic.
- You can explain the relevance it shows across time.
- Your introduction must include your opinion in brief to showcase your thought process on the topic.

2) Body:

- Start with the explanation of the **meaning of the essay topic**.
- Why **Direct Confrontation Should Be Avoided** – Show that open clashes drain resources and escalate conflicts without lasting solutions.
- Strength in Silence** – Highlight how diplomacy, alliances, and economic power often achieve more than weapons.
- Fault Lines in Non-Military Strategies** – Examine the risks and shortcomings of relying solely on soft power or indirect methods.
- Sun Tzu's Principles Beyond War** – Apply strategic wisdom of patience, deception, and winning without fighting to modern contexts.
- Way Forward**– Suggest combining restraint and dialogue with credible deterrence for sustainable peace.

3) Conclusion:

End with the note that *war may win lands, but peace wins hearts*, as Ashoka's *dhamma-vijaya* and Gandhi's *satyagraha* proved, showing that moral strength outlasts military might.

Model Essay:

Introduction (Choose Any One Style)

• Anecdote-based Introduction:

- ❖ In 1930, when Mahatma Gandhi marched to Dandi and broke the salt law, the British Empire faced a challenge unlike any battle.
- ❖ No guns were raised, no armies clashed, yet millions of Indians rallied to his call. The empire's authority was shaken not by military defeat but by the force of collective non-violence.
- ❖ This moment revealed a profound truth: the strongest victories are won not by destroying the enemy, but by making his power irrelevant.
- ❖ It is this timeless wisdom that Sun Tzu captured when he said, *"The supreme art of war is to subdue the enemy without fighting."*

• Quote-Based Introduction:

- ❖ ***Peace cannot be kept by force; it can only be achieved by understanding.*** — Albert Einstein.
- ❖ This insight captures the spirit of Sun Tzu's timeless idea that true victory lies not in destruction but in persuasion, negotiation, and strategy.
- ❖ From diplomacy to soft power, from economic statecraft to cultural influence, history demonstrates that lasting victories are achieved not through battles, but by shaping the enemy's choices without resorting to violence.

• Meaning of the Quote:

- ❖ This idea means that the highest form of victory is when a nation or leader achieves goals without destroying lives or wasting resources.

- ❖ History and modern events show that **diplomacy, persuasion, economics, technology, and moral power** can sometimes achieve more than guns.

"True strength lies in the ability to resolve conflict without resorting to violence, a wisdom that transcends time and geography. From ancient sages to modern leaders, the ability to win through dialogue rather than force remains the supreme art of leadership."

Why Direct Confrontation Should Be Avoided:

- **Human and Economic Costs of War:** Wars devastate lives and infrastructure, pushing nations decades behind.
 - ❖ Example: The Israel– Hamas war (2023–24) caused thousands of civilian deaths, mass displacement, and humanitarian collapse in Gaza, with little real strategic gain.
- **Better Gains Through Cooperation:** Sustainable influence comes more from peace-building than conquest.
 - ❖ Example: After World War II, the United States rebuilt Europe through the Marshall Plan (1948), turning former battlegrounds into economic allies.
- **Moral Legitimacy:** Nations that avoid unnecessary wars gain credibility and trust.
 - ❖ Example: India's restraint during the 1999 Kargil War, choosing limited and defensive action, earned global respect compared to Pakistan's aggression.
- **When War Becomes Inevitable:** History shows that sometimes, force is the only way to stop tyranny or genocide.
 - ❖ Example: **World War II became necessary to defeat Nazi Germany and Imperial Japan, as appeasement had already failed**

Strength in Silence: The Tools Beyond War

- Diplomacy and Negotiation: **Sometimes a single handshake achieves more than a hundred battles. Dialogue builds bridges where walls divide.**
 - ❖ **Indo–Bangladesh Land Boundary Agreement (2015):** Resolved a 40-year border dispute, turning conflict zones into areas of friendship.
 - ❖ **Camp David Accord (1978):** Egypt and Israel ended decades of hostility through U.S.-brokered talks, saving thousands of future lives.
- Economic Pressure: **Economics can silently change destinies. Markets, trade, and sanctions affect not just governments but everyday people.**
 - ❖ **South Africa's Apartheid (1990s):** Collapsed partly because of global boycotts and sanctions, proving justice can be served without war.
 - ❖ **U.S.–China Trade War:** Tariffs and restrictions revealed that in today's world, economies are battlefields where no bullet is fired.
 - ❖ **India's Oil Diplomacy (2022–23):** By buying discounted Russian oil amid sanctions, India safeguarded its people's energy needs without entering global conflict.
- Technology and Cyber Tools: **In the digital age, wars are fought on screens as much as in trenches. Technology can subdue enemies by blinding them before they even act.**
 - ❖ **Operation Sindoor (2025):** India's Rafale fighters used **towed decoys** to mislead Pakistani missiles — a war fought in deception, not destruction.
 - ❖ **Stuxnet Cyberattack (2010):** A virus damaged Iran's nuclear centrifuges, showing how a line of code can do what bombs could not.
 - ❖ **Ukraine Conflict (2022):** Satellite internet (Starlink) empowered Ukrainian forces, proving control of information can decide outcomes.
- Soft Power and Culture: **True power is when people admire you rather than fear you. Soft power wins heart,**

erases boundaries, and creates silent allies. *Win hearts and minds, not just territory.*

- ❖ **India's Vaccine Maitri (2021):** Life-saving vaccines sent to developing nations-built goodwill stronger than military bases.
- ❖ **Korean Wave (K-pop, dramas):** South Korea reshaped its global identity not with weapons, but with music and art that made millions dance and dream.
- ❖ **Japan's Anime and Technology Diplomacy:** Instead of military aggression, Japan exports culture and innovation, earning respect worldwide.
- Humanitarian Aid and Disaster Relief: **Compassion in times of suffering creates bonds that no army can break.**
 - ❖ **India's Humanitarian Assistance and Disaster Relief (HADR):** In the 2004 Indian Ocean tsunami, India not only saved its citizens but also sent ships and supplies to Sri Lanka, Maldives, and Indonesia.
 - ❖ **Operation Dost (2023):** India sent rescue teams and aid to earthquake-hit Turkey and Syria, showing solidarity beyond politics.
 - ❖ **UN Peacekeeping Missions:** Soldiers wearing blue helmets save civilians in war-torn countries without firing offensively.
- Information and Narrative Power: **Wars are often decided in minds before they are decided in battlefields. Controlling narratives can isolate enemies and strengthen allies.**
 - ❖ **India at COP26 (2021):** By pledging net zero by 2070, India shaped the global climate debate, turning itself into a leader of sustainability.
 - ❖ **Cold War:** The U.S. won not by destroying the Soviet Union militarily, but by making liberal democracy and consumer culture more attractive.
 - ❖ **Gandhi's Satyagraha:** The image of unarmed Indians marching for salt broke the moral spine of the British Empire more effectively than guns.

Fault Lines in Non-Military Strategies:

- **Sanctions hurt common people:** Economic sanctions often impact civilians more than ruling elites.
 - ❖ **Example:** In Iraq during the 1990s, sanctions caused food shortages and health crises, while Saddam Hussein's regime remained intact.
- **Misinformation spreads fast:** Cyber and information wars erode trust and confuse populations.
 - ❖ **Example:** Russian disinformation campaigns in Europe and the U.S. created polarization without open conflict.
- **Slow pace of diplomacy:** Negotiations take time, but aggressors may move swiftly.
 - ❖ **Example:** Russia's invasion of Ukraine (2022) advanced before global talks or sanctions could deter it.
- **Limited effect on determined aggressors:** Some powers refuse to yield to persuasion or sanctions.
 - ❖ **Example:** Nazi Germany in World War II could only be stopped through military defeat, not negotiation.
- **Risk of Appeasement:** Over-reliance on dialogue can embolden aggressors.
 - ❖ **Example:** The Munich Agreement (1938) allowed Hitler to annex Sudetenland, encouraging further expansion.
- **Just War Theory:** Philosophers like Augustine and Aquinas argued that direct war may be justified if it is:
 - ❖ **For a just cause** (self-defense, protection of innocents),
 - ❖ **Declared by legitimate authority,**
 - ❖ **Used as a last resort,**
 - ❖ **Proportionate in force used.**
 - **Example:** India's 1971 war against Pakistan was seen as a just war, as it stopped genocide in East Pakistan and created Bangladesh.
- **Failure Against Non-State Actors:** Terror groups may ignore diplomacy, sanctions, or moral appeals.
 - ❖ **Example:** The fight against ISIS required military operations in Iraq and Syria, as dialogue or sanctions held

no meaning for them.

- **Strategic Necessity of War:** Sometimes military action is unavoidable to restore peace.
 - ❖ **Example:** NATO's intervention in Kosovo (1999) stopped ethnic cleansing when diplomacy had failed.

Sun Tzu's Principles Beyond War:

- **In Business – Win through Innovation, not Battles**
 - ❖ Companies succeed by creating value rather than price wars.
 - ❖ **Example:** Tesla disrupted the auto industry with electric innovation, forcing established giants to follow.
- **In Politics – Build Coalitions, not Enemies**
 - ❖ Strategic alliances expand influence without conflict.
 - ❖ **Example:** The European Union grew its power through integration and common institutions.
- **In Social Movements – Power of Non-Violence**
 - ❖ Moral authority can dismantle empires more effectively than weapons.
 - ❖ **Example:** Gandhi's Salt March weakened the British without a single shot fired.
- **In Personal Life – Resolve with Calmness**
 - ❖ Everyday disputes are solved better with patience and empathy than anger.
 - ❖ **Shloka:** "Shanti Param Sukham" – peace is the greatest happiness.

Way Forward: Towards a Balanced Approach:

- **Diplomacy First, But Backed by Strength:** Dialogue, negotiation, and mediation should always be the first choice, but they must be backed by credible military deterrence. *As the saying goes: "Speak softly and carry a big stick."*
- **Strengthening Global Institutions:** Bodies like the UN, WTO, and regional groupings must be empowered to resolve disputes quickly, preventing aggressors from exploiting slow diplomacy.
- **Smart Sanctions with Humanitarian Safeguards:** Economic pressure should target elites and war-making capacity, not ordinary citizens, to avoid humanitarian suffering like Iraq in the 1990s.
- **Countering Misinformation and Cyber Threats:** Building global cooperation on cyber security, fact-checking, and media literacy can prevent disinformation wars that destabilize societies.
- **Application of Just War Principles:** If war becomes unavoidable, it should be guided by **Just War Theory** — as a last resort, declared by legitimate authority, and proportionate in force.
- **Investing in Soft Power:** Scholarships, cultural diplomacy, humanitarian aid, and climate leadership can build long-term goodwill that hard power alone cannot.
- **Early Warning and Preventive Action:** Using technology like AI, satellites, and global intelligence-sharing to detect threats early can prevent wars before they start.

Conclusion:

- War may win territories, but peace alone wins hearts. Sun Tzu's wisdom reminds us that the greatest generals are those who achieve victory without shedding blood. History, from Ashoka's dhamma-vijaya to Gandhi's satyagraha, proves that the power of strategy, morality, and persuasion often lasts longer than the power of arms.
- **Poetic End:**
 - ❖ *Not with the sword, but with the word,*
True victories are always stirred.
Peaceful minds and steady hands,
Build stronger worlds than warring lands."



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Devansh M. Dwivedi, **AIR-228** [CSE 2024]

Sarthak Singh, **AIR-393** [CSE 2024]

I am Abhishek Vashishtha, I have secured AIR 14 in CSE 2024. Kalam IAS played an important role in my UPSC journey. I practiced PYQs at Kalam IAS, which helped me understand the exam pattern and improved my answer writing skill.

The face-to-face evaluation of my answers was very helpful. Interview video analysis by Rajendra Chaudhary Sir was very useful. The detailed feedback provided to me by him helped me a lot.

Thank you Kalam IAS for being a constant support during my journey.

Abhishek Vashishtha
UPSC CSE Rank 14.

Hello everyone,

I am Devansh Mohan Dwivedi AIR 228 (UPSC CSE 2024). Kalam IAS's programmes like RLP+ and PYQ module with face to face evaluation was very helpful during mains preparation. whole team was very helpful and kind.

Kudos to the team.

Devansh Mohan Dwivedi
AIR 228 (CSE 2024).

Hello aspirants,

I am Sarthak Singh AIR 393 UPSC CSE 2024. Kalam IAS's mains PYQ courses were very beneficial in main marks improvement from my previous attempts.

Specially, Pratibimb and face to face evaluations ensure specific pointers for improvement are provided.

Additionally, content books like Essay MIB and Ethics MIB are very useful in preparation.

I wish you all the best!

SARTHAK SINGH
(AIR 393 CSE 2024) AIR 584 CSE 2022.

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03

THOUGHT FINDS A WORLD AND CREATES ONE ALSO

Structure of the Essay:

1) Introduction:

- You can start with an anecdote/quote-based introduction that contextualizes the essay topic.
- You can explain the relevance it shows across time.
- Your introduction must include your opinion in brief to showcase your thought process on the topic.

2) Body:

- Start with the explanation of the meaning of Thoughts and Actions.
- Explore the essay in multiple dimensions, showing Thought as Discovery and Creation in Historical, Economy, Polity, IR, Defence, Sports, Administration, Corporate governance, Media, and communication.
- Explore the other side of the coin: The Destructive Power of Thought.
- Way Forward– Guiding Thought towards Creation, not Destruction

3) Conclusion:

End with the note that the supreme responsibility of our age is to discipline the mind to think for peace, sustainability, and justice, so that every thought not only envisions a better world but helps create one. As the *Rigveda* reminds us: “*Yatha Chittam Tatha Vaachah, Yatha Vaachah Tatha Karma*” — as are our thoughts, so are our words; as are our words, so are our deeds.

Model Essay:

Introduction (Choose Any one style)

• Anecdote-based Introduction:

- ❖ When Newton saw an apple fall, he wondered why objects always move towards the Earth. That simple thought revealed the universal law of gravity and unlocked a new world of physics.
- ❖ History reminds us that every discovery or invention begins in the mind: *thought first finds a world, and then creates one also.*

• Quote-based Introduction:

- ❖ “*The ancestor of every action is a thought.*” (Ralph Waldo Emerson).
- ❖ Ideas are the invisible architects of human destiny. From democracy to the digital revolution, from Gandhiji’s satyagraha to space exploration, the progress of civilization proves that thought is both the discoverer of hidden worlds and the creator of new ones.

At the core of every action lies a thought, the root of every creation lies in the mind. It is through this eternal dance between imagination and action that the world is both discovered and created. Thought is the invisible force that shapes not only our actions but also the realities around us.

Meaning of Thoughts and Actions:

- **Thoughts** are the seeds of the mind — ideas, beliefs, intentions, and imaginations that arise within us. They are invisible, but they shape how we see the world.
 - ❖ A noble thought like *freedom, equality, or compassion* can inspire revolutions, while a destructive thought like *hate or greed* can trigger wars.
- **Creation** means bringing something new into existence — an idea, invention, institution, or even a social order.
 - ❖ It is the process by which abstract **thoughts** in the human mind take shape as **tangible realities** in the world.
 - ❖ Creation is not only material (machines, buildings, technology) but also intellectual (laws, philosophies, art) and social (movements, reforms, governance systems).
- **For instance**, the **Wright brothers** first imagined human flight; that thought became the creation of the first airplane.

Exploring in Multiple Dimensions:

- **Thought as Discovery and Creation**

- ❖ **History:** Thought that Changed the Course of Time

- History shows that one deep reflection can rewrite destiny.
- **Emperor Ashoka**, moved by the bloodshed of Kalinga, discovered the futility of conquest and created the idea of **dhamma-vijaya**, victory through righteousness.
- Centuries later, the **Renaissance** bloomed because thinkers like **Galileo** dared to imagine a universe governed by reason, not superstition, creating a world where science triumphed over dogma.
- Nearer home, **Gandhi** transformed the fragile **thought of ahimsa** into the mighty force of **satyagraha**, shaking the foundations of the British Empire without raising a sword.

- ❖ **Polity:** Thought as the Mother of Nations

- Nations themselves are born of ideas.
- The **American Revolution** was kindled by the thought, "**No taxation without representation**," giving birth to modern democracy.
- **B.R. Ambedkar's vision of liberty, equality, and fraternity** did not remain philosophy; it took flesh as the Indian Constitution, laying the foundation of the Republic.
- **Jawaharlal Nehru's thought of non-alignment** discovered a path between Cold War blocs, creating a voice for the decolonized world.
- As **Victor Hugo** said, "*No army can stop an idea whose time has come.*"

- ❖ **Economy:** Thought Reshaping Human Prosperity

- Economies, too, are guided by thoughts before they are shaped by policies.
- **Adam Smith's "invisible hand"** created capitalism, while **Keynes's** insight during the Great Depression created welfare economics and lifted millions out of despair.
- India's 1991 reforms were once just a thought in the minds of reformers like Manmohan Singh; today, they have created a \$4-trillion economy.
- Indeed, *ideas are capital more durable than money.*

- ❖ **International Relations:** Thought Preventing Wars, Creating Peace

- Global politics often proves that thoughts can be more powerful than weapons.
- The League of Nations, and later the United Nations, emerged from the thought "Never Again" after two world wars.
- **Deng Xiaoping's** pragmatic thought, "*It doesn't matter if a cat is black or white, as long as it catches mice,*" transformed China into an economic superpower.
- In Europe, the thought of preventing war through integration created the **European Union**, turning ancient rivals into partners.

- ❖ **Technology and Innovation:**

- The creation of **smartphones**, an **idea that revolutionized communication**, changed the way societies interact globally. What began as a **simple thought** by **Steve Jobs** and **Apple's vision** became the **mobile-first economy**.

- ❖ **Space Exploration:**

- The vision of space exploration by **NASA** and **Elon Musk's SpaceX** has changed our perception of the universe. Their thoughts around **human settlement on Mars** have the potential to create a new world of possibilities.

- ❖ **Defence and Security:** Thought as Strategy

- Even in war, thought determines victory more than weapons.
- Sun Tzu declared, "*The supreme art of war is to subdue the enemy without fighting.*" This principle

guided **Cold War deterrence**, where the idea of “**mutually assured destruction**” prevented nuclear Armageddon.

- **J. Robert Oppenheimer’s** scientific thought created the atomic bomb, altering global geopolitics forever.
- In India, **Dr. A.P.J. Abdul Kalam’s** thought of self-reliance birthed the **Integrated Guided Missile Programme**, creating indigenous strength.

❖ **Sports: Thought Turning Belief into Triumph**

- Sport, too, is a battlefield of the mind.
- **Muhammad Ali’s** mantra “*I am the greatest*” was not arrogance but belief, a thought that created his legendary career.
- In **1983**, **Kapil Dev’s** conviction that India could win the Cricket World Cup created a new sporting era, changing how a nation saw itself.
- **Paralympians worldwide** embody the idea that ability matters more than disability, creating worlds of inspiration for humanity.

❖ **Administration and Governance: Thought-Creating Institutions**

- In public service, vision precedes reform. **T.N. Seshan’s** uncompromising thought of integrity created the modern Election Commission, restoring faith in democracy.
- **E. Sreedharan’s** disciplined thought of efficiency created the Delhi Metro, a symbol of honest administration.
- **The RTI Act (2005)** grew from the thought that transparency is the soul of democracy, empowering citizens against corruption. “*Where there is a will, there is a way*” is nowhere truer than in governance.

❖ **Corporate Governance and Business: Thought as Innovation**

- The business world is transformed not by rivalry but by vision.
- **Steve Jobs** believed that “*innovation distinguishes between a leader and a follower*,” and Apple’s success proved him right.
- **Elon Musk’s** thought of sustainable transport created Tesla and revolutionized electric vehicles.
- In India, **Narayana Murthy’s** belief in ethical entrepreneurship created Infosys, setting global standards in corporate governance.

❖ **Media and Communication: Thought Linking Humanity**

- Communication revolutions are pure creations of thought.
- **Gutenberg’s printing press** democratized knowledge, sparking the Reformation and Enlightenment.
- **Tim Berners-Lee’s** thought of linking information created the **Internet**, birthing the digital age.
- Today, **social media**, born from the thought of global connectivity, has created a new world where ideas move faster than armies.

*From the ashes of war to the silence of laboratories, from freedom struggles to football fields, the story is the same: **a thought finds a hidden world, and then creates a new one***

• **The Destructive Power of Thought**

- ❖ If thought can build, it can also break. As Shakespeare wrote in *Hamlet*: “*For there is nothing either good or bad but thinking makes it so.*” History warns us that misguided thoughts can destroy civilizations, divide societies, and unleash wars.

❖ **History: Ideologies that Wrecked Civilizations**

- Hitler’s thought of racial supremacy created the Holocaust, killing six million Jews.
- Fascism and Nazism were once ideas; they created global war and devastation.
- The Cold War was born of conflicting thoughts—**capitalism vs. communism**—leading to decades of tension and proxy wars. “*What we sow in thought, we reap in destiny.*”
- In the modern age, ideologies such as **extremism** and **religious radicalism** have shown how thought can devastate lives on a global scale. The **9/11 attacks** were not just the result of terrorism but also an

extreme ideology that perpetuated a **false narrative** of superiority and hatred, spreading **global fear** and division

❖ **Polity: Thoughts That Corrupt Governance**

- The thought of an unchecked monarchy led to centuries of oppression until revolutions broke the chains.
- In modern times, authoritarian thoughts erode democracy through censorship and suppression.
- **Example:** Emergency in India (1975–77) reflected a political thought that silenced democracy, leaving deep scars.

❖ **Economy: Thoughts that Triggered Crises**

- The thought of endless profit without ethics led to the 2008 Global Financial Crisis, rooted in reckless banking ideas.
- Mercantilist thought of exploiting colonies created economic drain in nations like India under British rule.
- The Great Depression itself was worsened by protectionist thoughts like the Smoot-Hawley Tariff (1930), which shrank global trade.
- *Once Keynes said that "The difficulty lies not in the new ideas, but in escaping the old ones."*

❖ **International Relations & Defence: Thoughts That Fuel Wars**

- The thought that WWI would be "short and glorious" led to trench warfare and millions of dead.
- The Cold War arms race grew from the thought that security lies in stockpiling weapons.
- The Israel– Hamas conflict today is fueled by uncompromising thoughts of vengeance, trapping civilians in endless suffering.

❖ **Society & Ethics: Thoughts that Divide Humanity**

- Caste-based superiority in India was a thought that legitimized discrimination for centuries.
- Apartheid in South Africa was built on the thought that races are unequal.
- Terrorism grows from the thought of religious extremism, as seen in 9/11, which shook global security.
"A house divided against itself cannot stand."

❖ **Science & Technology: Thoughts Misused Against Humanity**

- Oppenheimer quoted the Gita, *"Now I am become Death, the destroyer of worlds,"* after the atomic bomb, proving how thought-driven science can be catastrophic.
- Chemical warfare in World War I (mustard gas) was a scientific idea used destructively.
- Today, the misuse of AI or deepfakes can destabilize democracies through manipulation and propaganda. Albert Einstein warned, *"Our technology has exceeded our humanity."*

Way Forward: Guiding Thought towards Creation, not Destruction

- History proves that thought is a double-edged sword. It can build civilizations or destroy them. The task before humanity is to **cultivate noble thoughts** and channel them into constructive action.
- As the Bhagavad Gita reminds us: **"Yad Bhavam Tad Bhavati"** (*As one thinks, so one becomes*).
- Education for Critical Thinking:
 - ❖ Education must nurture creativity, empathy, and a scientific temper. Train the mind, and the future will follow.
 - ❖ **Example:** The National Education Policy (2020) emphasizes holistic, multidisciplinary learning, equipping youth to think critically rather than blindly.
- Ethical Governance and Leadership:
 - ❖ Leaders' thoughts shape nations; hence, governance must rest on integrity and accountability.
 - ❖ **Example:** Abraham Lincoln's thought, *"A house divided against itself cannot stand,"* guided America through the Civil War towards unity.
- Regulation of Technology with Morality:
 - ❖ Emerging technologies like AI, biotechnology, and nuclear power must be guided by ethical thought.

- ❖ **Example:** The Paris Agreement (2015) shows how nations' collective thought on sustainability can create global action.
- ❖ Einstein once said that *"Our problems cannot be solved with the same level of thinking that created them."*
- Global Cooperation to Shape Collective Thought
 - ❖ In an interconnected world, nations must align their thoughts towards peace, not rivalry.
 - ❖ **For instance,** India's idea of **Vasudhaiva Kutumbakam** ("The world is one family") can guide global governance.
- Nurturing Positive Social Thought:
 - ❖ Social reform must aim at erasing discriminatory ideas. *Change your thoughts and you change your world.*
 - ❖ **Example:** Mandela's thought of forgiveness created reconciliation, not revenge, in South Africa.
- Personal Ethics and Responsibility:
 - ❖ Ultimately, though begins with individuals. Cultivating mindfulness, compassion, and responsibility can prevent destructive ideologies from spreading.
 - ❖ *Rigveda says, "Sangachchhadhwam Samvadadhwam Sam Vo Manaansi Jaanataam"* (Move together, speak together, let your minds be in harmony).

Conclusion:

- The supreme responsibility of our age is to **discipline the mind to think for peace, sustainability, and justice**, ensuring that every thought finds a better world and creates one also.
- As the Rigveda says, **Yatha Chittam Tatha Vaachah, Yatha Vaachah Tatha Karma** (As are our thoughts, so are our words; as are our words, so are our deeds).
- **Poetic Conclusion:**
A spark in the mind, a flame in the soul,
Shapes the future, makes the whole.
What man dares to dream, he dares to be,
Thought creates the world we see."



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MENTOR

Vasudev S. Bhati
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Shubham Jain, IPS
AIR-152, CSE | NLU, Delhi

Pre-Recorded Classes

Date	Topic/Theme
Day 01	Accounting theory
Day 02	Rules of Debit and Credit
Day 03	Books of Accounts (1)
Day 04	Books of Accounts (2)
Day 05	Financial Statements (Basics: Trading A/c, P&L)
Day 06	Financial Statements (Balance Sheet)
Day 07	Partnerships
Day 08	Not-for-Profit Organisations
Day 09	Companies (Share Capital, Debentures, Financial Ratios)
Day 10	Companies (Financial Statements of Companies)
Day 11	Overview+ new laws/old laws
Day 12	Definition of workmen, employees
Day 13	Trade Unions
Day 14	Strikes and Lockouts, Retrenchment
Day 15	Industrial Disputes, Employer vicarious liability for public damage
Day 16	Wages
Day 17	Insurance
Day 18	Pension
Day 19	Compensation claims

20 Hours Approx

These lecture are pre-recorded by
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Test Schedule

Test Code	Date	Topic/Theme
EPFO_2501	24 Aug	INDIAN POLITY(80)+ CA(20)+ ENGLISH(10)+GEN. SCIENCE (10)
EPFO_2502	31 Aug	INDIAN CULTURE AND HERITAGE(40)+INDIAN FREEDOM STRUGGLE (40)+ CA(20)+ ENGLISH(10)+GEN. SCIENCE (10)
EPFO_2503	07 Sept	ECONOMY & GLOBALIZATION (80)+ CA(20)+ ENGLISH(10)+GEN. SCIENCE (10)
EPFO_2504	14 Sept	ENGLISH(30) + CA(60)+GEN. SCIENCE (30)
EPFO_2505	21 Sept	GENERAL MENTAL ABILITY AND QUANTITATIVE APTITUDE(60)+ CA(30)+ ENGLISH(10)+GEN. SCIENCE (30)
EPFO_2506	28 Sept	INDUSTRIAL AND LABOUR LAWS(60)+SOCIAL SECURITY(60)
EPFO_2507	05 Oct	GENERAL ACCOUNTING PRINCIPLES,ACCOUNTING AND AUDITING(100)+ CA(20)
EPFO_2508	12 Oct	FULL SYLLABUS
EPFO_2509	26 Oct	FULL SYLLABUS
EPFO_2510	02 Nov	FULL SYLLABUS
EPFO_2511	09 Nov	FULL SYLLABUS

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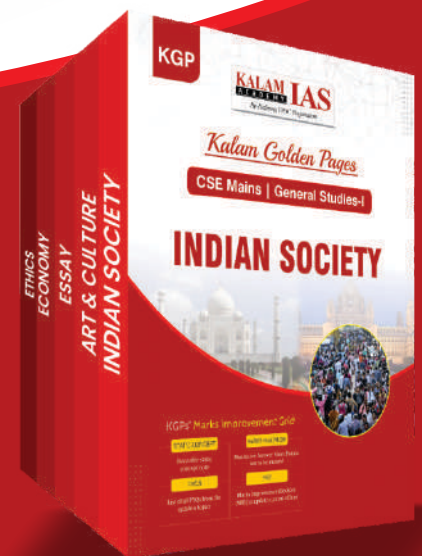


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04

BEST LESSONS ARE LEARNT THROUGH BITTER EXPERIENCES

Structure of the Essay:

1) Introduction:

- You can start with an anecdote/quote-based/Shaloka-based introduction that contextualizes the essay topic.
- You can explain the relevance it shows across time.
- Your introduction must include your opinion in brief to showcase your thought process on the topic.

2) Body:

- Start with the explanation of **the meaning of the key terms like best lessons, bitter experiences**, etc.
- Explore the essay in multiple dimensions, showing truth knows no colour, beginning from **History, Polity and Governance, International Relations, Economy, Disaster Management, Science and Technology, Sports, Environment**, etc.
- Also, address the implicit part "How ignoring bitter experiences can lead to downfall".

3) Conclusion:

You can conclude the essay with an optimistic note, highlighting that the journey of individuals, societies, and nations proves that bitter experiences are crucibles of wisdom. From wars to pandemics, from economic crises to social struggles, every adversity has gifted humanity new institutions, values, and resilience. As Rabindranath Tagore beautifully said, "Faith is the bird that feels the light when the dawn is still dark."

Model Essay:

Intro with Anecdote & Quote:

- From Colonial rule to the World's 4th largest Economy:** India was plagued by poverty, ignorance, and the scars of Partition when it gained independence in 1947.
 - Many questioned if it would survive. Nevertheless, India overcame its colonial past to establish a flourishing democracy, empower millions of people through the Constitution, and embark on revolutionary endeavors like space exploration, the Green Revolution, and the IT Revolution.
 - India's tale serves as evidence that suffering may be transformed into strength and shame into hope.

Can also use an Anecdote of an Individual's Success story:

- Thomas Edison** was asked in an interview that how he felt after failing a thousand plus times before inventing the electric bulb
 - His Reply: "I have not failed, I have just found 1000 plus ways that won't work".

OR

Can also start with Quote/Shaloka:

- Rumi said**, "The wound is the place where the light enters you."
- Bhagavad Gita says**: "Dukheshu anudvigna manah sukheshu vigata sprhah."
 - It means one who remains unshaken in the sorrow and unattached in happiness is truly wise

Meaning of Key Terms

- Best Lessons:** Implies that the most **lasting, impactful, and transformative learnings** come not from comfort or success but from struggle and hardship.
 - These lessons often shape character, policies, or even nations.
- Learnt:** Signifies the **process of internalising knowledge** through reflection and adaptation.
 - To "learn" here means not only to understand but also to **apply the knowledge** in future decisions and

actions.

- **Bitter Experiences:** Represents painful, humiliating, or difficult situations — at the individual, societal, or national level. They test resilience, expose weaknesses, and force reforms. Examples include wars, disasters, failures, poverty, or personal discrimination.

Exploring in Multiple Dimensions:

- **Historical Dimension**

- ❖ **Can start with a quote:**

- **Maya Angelou:** “History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again.”

- ❖ **Examples/incidents:**

- **Abraham Lincoln's life and his role in shaping America's Future:** Lincoln's life was filled with heartbreaking setbacks, including recurrent political losses, financial failure, and poverty. But he learned humility and perseverance from these.
 - These teachings influenced his leadership after he was elected president during the Civil War.
 - His own suffering enabled him to sympathize with the downtrodden and provided him with the fortitude to **outlaw slavery and uphold the Union.**
 - **Revolution in France (1789–1799):** The French Revolution brought freedom, equality, and fraternity to the world as a result of their suffering under absolute monarchy and extreme socioeconomic inequalities.
 - **The First World War (1914–18):** The massive devastation and death toll demonstrated how unbridled militarism, and excessive nationalism may sabotage peace, prompting attempts at international cooperation.

- **Polity and Governance**

- ❖ **Dr Ambedkar and his role in shaping our constitution:** He was deprived even the most basic dignity as a child due to caste oppression. His determination to uphold social justice was fueled by these humiliations.
 - His experiences of marginalization influenced his conception of the Directive Principles of State Policy (DPSP), which govern equity and welfare, and the Fundamental Rights, which safeguard freedom and dignity.
 - India's basis of liberty, equality, fraternity, and justice through the Constitution was thus derived from a life of suffering.
 - **As Confucius says:** “Our greatest glory is not in never falling, but in rising every time we fall.
 - ❖ **Emergency, India, 1975–1977:** It was a moment when fear took the place of freedom for common people. However, this painful recollection strengthened India's determination to defend democracy by enacting the 44th Amendment, which guarantees that such a suspension of rights never occurs again.
 - ❖ **South Africa's Constitution and Apartheid (1990s):** Millions were wounded by decades of racial humiliation. However, a constitution of hope—one of the most inclusive in the world—that upholds equality, dignity, and healing emerged from that suffering.
 - As Dr. B.R. Ambedkar said: “Democracy is not a form of government, but a form of social organisation.”

- **International Relations**

- ❖ **Failure of the League of Nations in the 1930s:** In nations like Ethiopia, the League was powerless to stop wars. People stopped believing in international justice. The United Nations, however, was founded on the belief that the weak should never again be disregarded by the world as a result of this mistake.
 - ❖ **Holocaust and World War II (1939–1945):** The world learned the value of human rights, peace, and international solidarity from the atrocities of fascism, mass murder, and atomic bombs.
 - ❖ **The Berlin Wall's collapse (1989):** The fall of the wall brought an end to years of control and division in

Eastern Europe, demonstrating that democracy and freedom cannot be permanently repressed.

- ❖ **Israel-Hamas Conflict (2023–present):** Every rocket destroys children's dreams in addition to people. It demonstrates that only discussion and justice can bring about peace; violence simply breeds greater violence.

➤ **Albert Einstein said, "Peace cannot be kept by force; it can only be achieved by understanding".**

- **Economic Dimension:**

Harivansh Rai Bachchan: *"Lahron se darkar nauka paar nahin hoti, Koshish karne walon ki haar nahin hoti."*

- ❖ **1991 Balance of Payments Crisis:** In a moment of extreme desperation, India was forced to pledge its gold reserves, which was extremely humiliating.

➤ However, economic liberalization emerged from this painful experience, opening up international investment and commerce and creating the framework for the \$4 trillion economy of today.

- ❖ **GST Reform (2017):** Because of compliance issues and transitional challenges, the Goods and Services Tax was first met with fierce opposition.

➤ However, it eventually became a unified tax system that enhanced revenue collection, reduced tax evasion, and established a market with a "One Nation, One Tax."

- ❖ **COVID-19 Pandemic:** India's vulnerabilities were exposed by the shock of disrupted supply chains and medical shortages.

➤ However, the pain became a rallying cry for Atmanirbhar Bharat, vaccine independence, and more robust health institutions, demonstrating how crises can inspire confidence.

- **Disaster Management**

- ❖ **Learning from Tsunami:** One of India's worst tragedies, the 2004 Indian Ocean Tsunami claimed thousands of lives.

➤ However, the Indian Ocean Tsunami Warning System and improved disaster preparedness were born out of this suffering, demonstrating how adversity can strengthen one's fortitude.

➤ As Jean de La Bruyère says, *"Out of difficulties grow miracles."*

- **Environment**

- ❖ **NCR Urbanization & Pollution:** The oppressive haze that hangs over Delhi and the NCR has come to represent the cost of fast development.

➤ This harsh reality served as a reminder that making sustainable decisions is essential to our survival and pushed lessons on green mobility, EV uptake, cleaner fuels, and stubble burning regulations.

- ❖ **Kigali Amendment Success (2016, effective 2019):** The bitter reality of ozone depletion by HFCs forced the world to act. The Kigali Amendment, ratified by India, ensures the phasedown of **hydrofluorocarbons**—expected to avoid **0.5°C global warming by 2100**. It turned a climate threat into a cooperative global success.

- ❖ **The Lifestyle for Environment (LiFE) Approach :** PM Modi proposed at COP26, transforming the harsh reality of excessive consumerism into a global appeal for sustainable living.

➤ Small personal changes like conserving water, reducing trash, and saving electricity are now acknowledged as effective climate initiatives.

- ❖ **Revolution in Renewable Energy (India's 2030 goal):** Rising oil import costs and India's painful lesson about relying too much on fossil fuels forced the country to build 500 GW of non-fossil fuel capacity by 2030.

➤ Today, India is currently the third-largest producer of renewable energy worldwide.

- **Science and Technology Dimension**

- ❖ **ISRO's Success Story:** From carrying rocket parts on **bicycles and bullock carts** in the 1960s to the **SLV failure in 1979**, ISRO turned setbacks into milestones.

➤ Chandrayaan-2's crash led to **Chandrayaan-3's soft landing**, Mangalyaan made history in 2013, and Aditya-L1 in 2023 showed India's rise as a global space power.

- ❖ **Green Revolution Technology:** Bitter experiences of famines in the 1960s forced India to adopt **HYV seeds, fertilizers, and irrigation techniques**, making the country self-sufficient in food grains.
- ❖ **Pokhran-I (1974):** India faced sanctions after its first nuclear test. Yet, this bitter isolation drove self-reliance in nuclear technology, leading to **Pokhran-II (1998)** and recognition of India as a responsible nuclear power.
- ❖ **Technological Disruption:** The **rise of artificial intelligence (AI)** presents a bitter reality where humanity must grapple with **job displacement, ethical dilemmas, and automation**. However, it also presents opportunities to revolutionize healthcare, education, and global connectivity, creating new frontiers for human progress.
- **Security & Defense Dimension**
 - ❖ **Lessons learnt by India through wars:** The wars with China (1962) and Pakistan (1965, 1971, Kargil 1999) taught India that goodwill is never enough; strong defence and vigilance are essential.
 - Later, surgical strikes and the Balakot airstrike showed India's resolve against terror.
 - **Operation Sindoor** highlighted the power of indigenous missiles and air defence systems. Bitter lessons have built India's strength and self-reliance.
- **Sports Dimension**
 - ❖ **Hockey Decline and Revival:** India's painful decline after decades of Olympic glory pushed reforms in coaching and facilities, leading to the bronze medal in Tokyo 2020.
 - ❖ **PV Sindhu's Defeat (2016):** Her silver at Rio, though a loss, became the spark for her gold at the 2019 World Championships.
 - ❖ **Neeraj Chopra's Success:** India's long failure in athletics ended with his 2021 Olympic gold, teaching that bitter patience and focused investment bring results.
- **Administration Dimension**
 - ❖ Bitter challenges often bring out the best in administration.
 - ❖ During the 2013 Kedarnath floods, IAS officer **Harsh Gupta** coordinated massive rescue efforts, showing how crises sharpen efficiency.
 - ❖ IPS officer **Kiran Bedi**, facing criticism during her service, turned those experiences into reforms in prison management at Tihar.
 - ❖ IAS officer **Armstrong Pame**, once mocked for dreaming big, built a road in Manipur with people's support, earning the title "Miracle Man."

Ignoring Bitter Experiences Can Lead to Downfall:

- Bitter experiences reappear as bigger catastrophes if they are neglected.
- Our cities can become uninhabitable if we fail to learn from the haze in Delhi.
- Rising sea levels and catastrophic weather can lead to widespread relocation and economic collapse if the world ignores climate warnings and delays the transition to renewable energy.
- Thousands of people could be devastated by another chemical accident if the lessons learned from the Bhopal Gas tragedy about industrial safety are lost.
- If we reject the COVID-19 pandemic's warnings, future outbreaks could seriously harm economies and health systems.
- Even more deadly calamities could strike unplanned cities if we fail to learn from the Kerala floods of 2018.
- Countries may experience food and fuel shortages in future conflicts if the lessons learned from the Russia-Ukraine war about energy security are not properly taken.

Conclusion:

- The journey of individuals, societies, and nations proves that **bitter experiences are crucibles of wisdom**. From wars to pandemics, from economic crises to social struggles, every adversity has gifted humanity new

institutions, values, and resilience.

- Rabindranath Tagore captured this spirit beautifully:

“Faith is the bird that feels the light when the dawn is still dark.”

- Thus, the **best lessons are indeed learnt through bitter experiences** they shape nations, inspire leaders, reform institutions, and strengthen humanity’s collective march toward progress.



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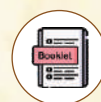
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Polity	5
Economy	3
Agriculture	2
Geography	3
Environment	2
S&T	2
History	4
Full Length Tests	2
Total Tests	23

Mains Sectional Tests

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Polity & Gover.	5
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Agriculture	2
Ethics	7
Essay	5
Society	2
Social Justice	1
IR	2
Security	2
Geography	3
Environment	2
S&T	2
History	4
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