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YADAV
SURYABHAN

64



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PANDEY

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ADITYA
SRIVASTAVA

10



AISHWARYAM
PRAJAPATI

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ABHISHEK
VASHISHTHA

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ANIRUDHA PANDEY

1



ADITYA SRIVASTAVA

10



AISHWARYAM PRAJAPATI

CSE 2022

CSE 2023

05

MUDDY WATER IS BEST CLEARED BY LEAVING IT ALONE

Structure of the Essay:

1) Introduction:

- You can start with an anecdote-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 muddy water and the essence of the quote**.
- Explore the essay in multiple dimensions, showing **Muddy Water is Best Cleared by Leaving it Alone** in philosophical, personal, family, historical, political, Defence, Sports, Administration, Corporate governance, etc.
- Explore the other side of the coin: **When Muddy Water Cannot Be Left Alone**.
- How to Keep Our Water Clean (Preventive Clarity)**.

3) Conclusion: You can end the essay with an optimistic note, using the shloka "Sangacchadhvam Samvadadhvam Sam Vo Manaamsi Janataam" – *let us move together, let us speak together, let our minds be in harmony, to stress that harmony is the highest form of wisdom.*

Model Essay:

Anecdotal Introduction:

- In a quiet monastery in Japan, a young monk once spilled ink into a bowl of water and tried to scoop the blackness out. The master stopped him and said, "Leave it."
- Within hours, the ink settled, the water cleared, and the master taught: "The more you try to fix confusion in haste, the darker it becomes. But in stillness, clarity returns by itself."

Meaning of the Quote:

- The phrase "muddy water" is not just about a disturbed pond or river. It is a **metaphor for confusion, conflict, and turbulence** in human life and society.
- The statement implies that **patience, silence, and trust in natural processes** often solve problems better than frantic interference. Like water regains its purity when undisturbed, human life, whether in mind, society, politics, or environment, often finds balance when allowed to heal on its own.

Exploring in Multiple Dimensions

• The Silence of Wisdom:

- ❖ *Silence is the sleep that nourishes wisdom.* – Francis Bacon
- ❖ Philosophers remind us that truth emerges when the noise subsides. The Buddha attained enlightenment not by restless effort but by still meditation under the Bodhi tree.
- ❖ Socrates, accused unjustly, chose calm acceptance over angry resistance. The wisdom of philosophy is that silence is not the absence of action but the highest form of action.
- ❖ Heraclitus said, *"You cannot step into the same river twice."* Change is constant and attempting to control everything only increases turbulence.

• Time: The Healer of Wounds:

- ❖ In our lives, we face failures, heartbreaks, or rejection. Many people try to force quick fixes, rushing into rebound relationships, changing careers overnight, or drowning pain in distractions.
- ❖ Yet often the deepest wounds need silence. Like a broken bone needs rest to heal, the heart and mind, too, need stillness. Time becomes the best doctor.

❖ **Kālo hi duratikramah** — *Time is invincible; nothing escapes its healing or judgment.*

• **Love in the Pause:**

- ❖ Families often experience conflicts between siblings over property, between parents and children over choices.
- ❖ In heated arguments, harsh words are spoken that cannot be taken back.
- ❖ A wise parent, instead of arguing further, pauses and lets tempers cool. Silence here is not weakness but love.
- ❖ It allows forgiveness to bloom, showing that muddy waters of relationships clear best when patience replaces pride.
- ❖ "Speak only if it improves upon the silence." – **Mahatma Gandhi**

• **Letting the Mind Breathe:**

- ❖ In everyday life, when children quarrel, parents often find that immediate scolding only worsens the situation. Giving them time to calm down makes reconciliation easier.
- ❖ Modern therapy also prescribes *mindfulness*, which means allowing thoughts to come and go without chasing them, letting the "mud" of anxiety settle.

• **When Calmness Prevents Chaos:**

- ❖ After the assassination of Martin Luther King Jr., the U.S. saw massive anger. Leaders of the civil rights movement urged people to pause and channel their grief into peaceful marches rather than violence. That pause allowed society to find constructive clarity instead of descending into chaos.

• **Statesmanship of Patience:**

- ❖ "The two most powerful warriors are patience and time." – **Leo Tolstoy**
- ❖ Abraham Lincoln, during the American Civil War, often practiced restraint in the face of provocations.
- ❖ Instead of instantly punishing critics, he waited, allowed tempers to cool, and often won opponents with magnanimity.
- ❖ Similarly, in India, the handling of linguistic state demands through the States Reorganisation Commission demonstrated how waiting and structured consultation cleared political "mud" more effectively than force.

• **Waiting as a Business Strategy:**

- ❖ In business, hasty reactions to crises can backfire. When Johnson & Johnson faced the Tylenol poisoning crisis in the 1980s, instead of denying or rushing, the company paused, investigated thoroughly, and then recalled millions of bottles.
- ❖ This patience restored public trust and became a case study in crisis management.

• **Calmness in the Game of Nerves:**

- ❖ In cricket, Sachin Tendulkar once faced a slump where every stroke invited criticism. Instead of aggressively changing his style, he patiently focused on basics, waited for form to return, and eventually emerged stronger.
- ❖ Great athletes know that forcing performance worsens the "mud"; calm discipline clears it.

• **Lessons from the Rivers:**

- ❖ *Rivers know this: there is no hurry. We shall get there someday.* – **A.A. Milne**
- ❖ The Ganga-Brahmaputra delta often floods and carries huge amounts of silt. When humans try to block rivers with hasty embankments, disasters worsen.
- ❖ But when floodplains are left alone to absorb water, the silt settles naturally, enriching soil.
- ❖ Geography teaches us that patience and natural balance often solve what force cannot.

• **Nature's Self-Healing Power:**

- ❖ Chernobyl's exclusion zone, left untouched after the nuclear disaster, saw a surprising return of biodiversity.
- ❖ Wolves, deer, and birds thrived when human interference stopped. Nature proved its resilience; muddy

waters cleared when left alone.

- **Governance through Restraint:**

- ❖ *To rule is easy, to govern difficult.* – **Goethe**
- ❖ Civil servants often encounter heated local disputes—over land, caste issues, or resource sharing.
- ❖ An experienced administrator knows that rushing with orders can intensify anger. Allowing villagers to discuss, giving them time, and then mediating calmly often produces a lasting settlement.
- ❖ For example, in water-sharing disputes in South India, collectors often allow community councils to deliberate before formal intervention.

When Muddy Water Cannot Be Left Alone

- *Patience is a virtue, but silence in the face of suffering can become complicity. Some muddy waters demand urgent filtering.*
- **Silence Can Kill**
 - ❖ "The wound is the place where the light enters you." – **Rumi**
 - ❖ Depression or suicidal thoughts need therapy, not waiting. Domestic violence victims, too, require protection and law, not advice to "endure."
- **Love Must Speak**
 - ❖ "The most important thing in communication is hearing what isn't said." – **Peter Drucker**
 - ❖ Long silences between siblings or couples can harden into permanent estrangement. Dialogue, counseling, and timely intervention often prevent broken families.
- **Evils Won't End Themselves**
 - ❖ *"The only thing necessary for the triumph of evil is for good men to do nothing."* – Edmund Burke
 - ❖ Sati, untouchability, and child marriage ended only because reformers acted. Silence would have meant centuries more of suffering.
- **Justice Delayed is Justice Denied – by Gladstone.**
 - ❖ The **Partition riots of 1947** worsened because the administration was slow to respond to mass killings and displacement.
 - ❖ In **Sudan's Darfur conflict (2003)**, the UN's delayed intervention allowed violence and humanitarian suffering to spiral.
 - ❖ Even in India, the **Odisha Super Cyclone (1999)** exposed how late relief measures magnified casualties, and famine responses multiplied deaths. Swift political action saves lives.
- **Urgency Saves Integrity**
 - ❖ Doping scandals like Lance Armstrong's needed firm action; silence would have tainted generations. Injuries, too, demand quick medical intervention, not patience.
- **Nature cannot Always Self-Heal**
 - ❖ *"We won't have a society if we destroy the environment."* – Margaret Mead
 - ❖ The Bhopal Gas tragedy, the Gulf oil spill, Aral Sea disaster all showed that nature sometimes needs urgent human help, not waiting.
- **Waiting Fuels Anger**
 - ❖ **In governance, delay worsens unrest.**
 - ❖ **In Hong Kong's 2019 protests, the administration's silence and rigidity over the Extradition Bill only hardened public anger, snowballing into a wider democracy movement.**
 - ❖ **The George Floyd incident (2020, USA) saw massive protests because authorities were initially slow in addressing police brutality, eroding citizens' faith in justice. Thus, wisdom lies in knowing when to let time heal and when decisive action is a moral duty.**
- **Misinformation and Digital Age:**

- ❖ In the age of **digital media**, silence in the face of misinformation can have devastating effects. When false narratives spread unchecked, they escalate **political polarization**, **social unrest**, and even **public health crises**. Here, the call for swift intervention is critical to **prevent harm** and restore **truth**.

How to Keep Our Water Clean (Preventive Clarity)

- **Individual Level:** Practices like meditation, self-reflection, and journaling help in calming the mind before emotions overflow. By cultivating inner balance, individuals prevent their thoughts from becoming "muddy."
- **Social Level:** Awareness, education, and inclusive dialogue act as filters against rumor, prejudice, and hatred. Societies that encourage conversation over confrontation remain harmonious.
- **Political Level:** Strong institutions, transparency, and accountability maintain stability in governance. When citizens trust the state, crises are less likely to erupt into chaos.
- **Corporate Level:** Ethical codes, audits, and the Corporate Responsibility act as preventive measures. Integrity ensures that companies do not sink into scandals that damage both business and society.
- **Sports Level:** A culture of fair play, sports psychology, and focus on mental well-being prevents athlete burnout. Discipline ensures that competition remains healthy and inspiring.
- **Administrative Level:** E-governance, speedy grievance redressal, and participatory decision-making reduce the build-up of public anger. Anticipatory governance prevents disputes before they flare.
- **Environmental Level:** Afforestation, clean energy, and conservation help nature maintain its balance. By protecting ecosystems, humanity ensures that the Earth's waters remain pure for future generations.

Conclusion:

- **The deepest wisdom is to distinguish between problems that need time and silence and those that need urgent intervention. Both patience and action are virtues when used rightly.**
- **As the Rig Veda says:** Sangachadhvam Samvadadhvam Sam Vo Manaamsi Janataam: *Let us move together, let us speak together, let our minds be in harmony.*
- **And in poetic form:**
 - ❖ *The river clears when left to flow,
The mind finds peace when we let go.
Some storms demand a guiding hand,
But stillness, too, can heal the land.*



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Abhishek Vashishtha, **AIR-14** [CSE 2024]

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
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.

Swati
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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06

THE YEARS TEACH MUCH WHICH THE DAYS NEVER KNOW

Structure of the Essay:

1) Introduction:

- You can start with an anecdote-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 statement**.
- Explore the essay in multiple dimensions, showing **how years teach us more than days in emotional, spiritual, nature, love, art and creativity, suffering, etc.**
- Explore the counter view: **The Power of a Day**.
- Also, write the way forward, as to how one can **Learn to Value Time**.

3) Conclusion: You can end the essay with an optimistic note, using the quote by Ralph Waldo Emerson, "Adopt the pace of nature: her secret is patience", to stress that patience is the highest form of wisdom. Just as the bamboo bends silently under sun and rain before it matures into strength, so too does human growth ripen through years of endurance.

Model Essay:

Anecdotal Introduction

- An old bamboo craftsman in Assam once told his apprentice, "Do not rush the bamboo. A day of sun dries it, but only years of bending make it strong."
- The boy laughed, thinking it was just about bamboo. Later, when he grew into an artist, he realized it was also about life; some lessons are revealed only through the slow passage of time.

The Meaning of the Statement

- The proverb suggests that while **days teach us facts, years teach us truths**. The day is immediate, hurried, and restless; the years are patient, reflective, and wise.
- As the Bhagavad Gita says: "*Kālah kṛtsnān bhuvanāny atto nāhaṁ teṣv avasthitaḥ*" (Time consumes all, but I remain beyond it). Time is both destroyer and teacher.

Exploring in Multiple Dimensions

Rivers of Emotion: Lessons Carved by Time

- ❖ Emotions are like rivers, turbulent on the surface but steady in their long flow.
- ❖ A heartbreak feels like the end of a day, but years later, it shapes resilience. A quarrel between siblings may create distance, yet memories gathered over the years heal it.
- ❖ *Time and tide heal what nothing else can*. Mandela's 27 years in prison turned anger into forgiveness, something no single day could do.

The Slow Bloom of the Spirit

- ❖ Spiritual wisdom ripens slowly, like fruit. A sermon may inspire for a day, but only years of practice make virtue a habit. Buddha's enlightenment came after years of seeking.
- ❖ As the Gita says: *Abhyāsenā tu Kaunteya vairāgyeṇa ca grhyate* through practice and detachment comes mastery.
- ❖ A day of meditation gives calm; a lifetime of it transforms the soul.

Nature's Calendar of Patience

- ❖ Nature is patient. One day of rain tells nothing about the monsoon, but years teach its rhythm. A sapling

looks fragile, yet with years it becomes a banyan.

- ❖ Even the Himalayas rose not in a day but over millennia. *Great things take time*; nature reminds us that truth is found in the slow unfolding.
- **Love: A Fire That Matures with Years**
 - ❖ Love is not a spark but a slow fire that glows brighter with years. Parents' love lies not in gifts, but in years of sacrifice. A soldier's devotion is not one parade but long service in silence.
 - ❖ As Saint-Exupéry wrote: *"Love is not two people gazing at each other but looking outward together in the same direction."* Time tests love and makes it enduring.
- **Art: The Memory of Years in a Single Stroke**
 - ❖ A poet may write verses in a day, but only years of joy and despair give them depth. Beethoven's deafness did not stop him; his years of struggle produced timeless symphonies.
 - ❖ Ghalib's later ghazals carry a maturity his youthful poems lacked. Art is simply the memory of years expressed in one stroke.
- **Scars that Become Strength**
 - ❖ Suffering is sharp in the moment but softened by time. Illness or loss may break us in days, but years later, we find compassion in it.
 - ❖ Hiroshima and Nagasaki were ruins in 1945; decades later, Japan stood as a symbol of strength. As Gibran wrote: *"Out of suffering have emerged the strongest souls."*
- **Wisdom Across Generations**
 - ❖ The wisdom of elders often feels rigid, but years prove its worth. A father's advice to save money seems unnecessary until life's trials arrive.
 - ❖ Ancient practices like planting neem trees or storing water show their relevance now. Truly, *experience is the best teacher*—and experience belongs to years, not days.
- **Silence, Distance, and the Gift of Reflection**
 - ❖ Life is best understood backward. Failures that once brought tears later appear as blessings.
 - ❖ Jobs once said dropping out seemed a mistake, but years revealed it as the seed of Apple's uniqueness.
 - ❖ As Kierkegaard wrote: *"We live forwards, but we understand backwards."*

Counterview: The Power of a Day

- It is equally true that a single day can change the course of history. The day India gained independence in 1947, or the day the Berlin Wall fell in 1989, reshaped nations.
- A single assassination, the killing of Archduke Franz Ferdinand in 1914, ignited World War I. The bombing of Pearl Harbor in 1941 turned the tide of global politics in just one morning.
- In science too, a day matters; the moment Newton saw the apple fall, or Fleming discovered penicillin, changed the destiny of knowledge and medicine. In literature and art, one day of inspiration gave humanity masterpieces like Tagore's *Gitanjali* or Van Gogh's *Starry Night*.
- Even in personal life, a single day holds power, the day a person chooses courage over fear, forgiveness over revenge, or decides to quit an addiction. As the proverb goes, *"A single spark can start a great fire."*
- Leaders, too, remind us of this truth. Abraham Lincoln's Emancipation Proclamation, Gandhi's Salt March, or Mandela's release from prison—each was a day when history shifted course.
- As Lenin once observed, *"There are decades where nothing happens, and there are weeks where decades happen."*
- And yet, these days are not accidents. They are the fruits of long seasons of struggle. A flower may bloom in a day, but its roots were nourished by years unseen. The day gives birth to change, but the years prepare the womb.

Learning to Value Time: Lighting the Path Ahead

- As individuals, we must learn to slow down in a world addicted to speed. Daily victories and failures are only fragments; true growth is seen across years. Cultivating patience, resilience, and reflection allows us to turn setbacks into stepping stones.
- As a society, we should not discard traditions as mere relics. They are time-tested wisdom, written in the language of centuries.
- At the same time, societies must remain open to reform, blending the strength of heritage with the freshness of new ideas.
- As leaders, vision must extend beyond one election cycle or one economic quarter. Policies on education, healthcare, and environment must be designed not for immediate applause but for long-term stability
- As an old proverb says, "A society grows great when old men plant trees whose shade they know they shall never sit in."
- As humanity, we must balance today's urgency with the wisdom of centuries. Challenges like climate change, nuclear weapons, or artificial intelligence demand not short-term fixes but intergenerational responsibility.

Conclusion:

- As Ralph Waldo Emerson said, *"Adopt the pace of nature: her secret is patience."* Growth—whether of the soul, society, or civilization—is never the work of days; it is the patient labor of years.
- Just as the bamboo bends silently under sun and rain before it matures into strength, so too do we grow through the long passage of time.
- The wrinkles on an elder's face, the bending of a tree in the wind, the quiet melody of a seasoned musician—all whisper the same truth: **The years teach much which the days never know.**



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07

IT IS BEST TO SEE LIFE AS A JOURNEY, NOT AS A DESTINATION

Structure of the Essay:

1) Introduction:

- You can start with an anecdote-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:

- a) Start with the explanation of the **meaning of the keywords mentioned in the quote and the essence of the quote in a few lines.**
- b) Explore the essay in multiple dimensions, showing the importance of the journey in **various aspects of life, like philosophical, educational, spiritual, historical, economic, scientific, etc.**
- c) Explore the counter view '**importance of destination**'.
- d) Also, bring the unique dimension into play, like **how the destination becomes a starting point for a new journey.**

- Conclusion:** You can end the essay with an optimistic note, using the lines of Robert Frost, *"The woods are lovely, dark and deep, But I have promises to keep, And miles to go before I sleep"*. You can also link it back with the anecdote used in the introduction: Just as the young traveller in the anecdote learned from the monk that peace was not a destination but a way of walking, so too does human fulfillment ripen through the journey itself.

Model Essay:

Anecdotal Introduction

- A young traveler once asked an old monk, "When will I finally arrive at the place of peace?" The monk smiled and replied, "There is no such place."
- Peace is not at the end of the road; it is in every step you take." The boy could not understand then, but later, as he walked through forests, deserts, joys, and sorrows, he realized the monk's words were true: life is not about reaching somewhere; it is about living the way.

The Meaning of the Key words and the Statement

- Journey:** A journey is the ongoing process of living, learning, and evolving. It is made up of experiences, struggles, and growth over time. In philosophy, it represents *becoming* rather than *being*, the unfolding of actions, choices, and reflections that shape us.
 - ❖ Like a student's years of study, a nation's struggle for reforms, or a scientist's repeated experiments.
- Destination:** A destination is a defined end-point or milestone—something tangible we aim for, achieve, or arrive at. It gives clarity and direction but is not the entirety of life.
 - ❖ Like an exam result, independence in 1947, a scientific breakthrough, or a career promotion.
- To see life as a "destination" is to think that happiness lies in some final achievement, wealth, position, enlightenment, or success. But the truth is that once one milestone is reached, the human mind sets another.
- As the Bhagavad Gita reminds us: *"Karmanye vadhikaraste, ma phaleshu kadachana"* our right is to action, not to the fruits. The real essence of life, therefore, lies in the journey, the experiences, the growth, the learning, not in the end goal.

Exploring the Essay in Multiple Dimensions

- Philosophy: Path Over Goal**
 - ❖ The essence of philosophy across traditions is that life cannot be reduced to a finish line; it must be lived as a

path. Indian thought in the *Purusharthas* shows that even Moksha, the ultimate liberation, comes not by clutching at it but as the outcome of a balanced life of Dharma, Artha, and Kama.

- ❖ The *Bhagavad Gita* captures this truth: “*Karmanyē vadhikaraste, mā phaleṣhu kadachana*” our duty lies in action, not in the fruit.
- ❖ Buddha’s Eightfold Path similarly places emphasis on right practice, not an instant liberation. Socrates too accepted ignorance as the beginning of wisdom, showing philosophy itself is a journey of questions.
- ❖ Kabir’s verse echoes across cultures: “*Dheere dheere re mana, dheere sab kuch hoye*” everything ripens slowly, in its own time.

• **Education: Learning Beyond Exams**

- ❖ The real purpose of education is growth, not grades. When learning is seen only as a destination marked or degrees, it creates stress and shallow understanding.
- ❖ India’s gurukul tradition followed “*vidya dadati vinayam*,” knowledge imparts humility, making education a holistic journey of values, arts, and skills. Rabindranath Tagore’s Visva-Bharati was built on the same principle.
- ❖ In contrast, the ASER report shows rising enrolment but falling quality, evidence of a destination mindset. The New Education Policy 2020 seeks to restore the journey by promoting continuous and formative learning.
- ❖ Gandhi’s words still guide us: “*Live as if you were to die tomorrow. Learn as if you were to live forever.*” Dr. A.P.J. Abdul Kalam’s own rise from a small town to the Presidency proves education is a lifelong journey, not a single exam.

• **Spirituality: Walking the Way**

- ❖ Spiritual growth comes not from sudden achievement but steady practice. Buddha’s Nirvana was the fruit of years of meditation, not one night of enlightenment. Gandhi saw life itself as a spiritual experiment, saying, “*My life is my message.*”
- ❖ The Gita explains, “*Abhyasena tu Kaunteya vairagyena ca grihyate*” through practice and detachment comes mastery.
- ❖ Saints like Mirabai and Kabir stressed devotion in everyday practice, not the final rituals of moksha. As Abraham Heschel wrote, “*Faith is not the clinging to a shrine but an endless pilgrimage of the heart.*”

• **History: Lessons in the Struggle**

- ❖ History teaches that journeys shape outcomes more than destinations. Christopher Columbus set out for India but discovered America, proving that the journey often gifts more than the goal. Gandhi’s Dandi March was not about collecting salt at Dandi but about awakening the conscience of a nation.
- ❖ On August 15, 1947, India reached independence, but Nehru reminded us with his “*tryst with destiny*” speech that freedom was only the beginning of a longer journey of democracy.
- ❖ Nelson Mandela’s 27 years in prison shaped his forgiveness and resilience; the presidency he later attained was only a milestone. Truly, as the saying goes, “*The road is better than the inn.*”

• **Relationships: Beyond Milestones**

- ❖ The meaning of relationships lies not in events but in the everyday journey of care. A wedding is an event; a marriage is the journey of decades of patience, forgiveness, and companionship.
- ❖ Gandhi drew strength from Kasturba’s lifelong support, which sustained his satyagraha. Saint-Exupéry captured it perfectly: “*Love is not two people gazing at each other but looking outward together in the same direction.*”
- ❖ Robert Browning’s poem, too, celebrates love as a journey: “*Grow old along with me! The best is yet to be.*”

• **Economy: Progress in Motion**

- ❖ Development is never final; it unfolds through continuous improvement. A nation’s GDP or exam ranks are

milestones, but true progress is ongoing. Japan's *kaizen* philosophy small, steady improvements rebuilt its industries after devastation.

- ❖ India's democracy is also a journey, shaped by evolving institutions like the Election Commission and Supreme Court.
- ❖ The Greek proverb sums it up: *"A society grows great when old men plant trees whose shade they know they shall never sit in."* The journey of reforms, not any one policy, makes nations strong.

• **Science: Value of Experimentation**

- ❖ Science is built on trial, error, and persistence. Thomas Edison's remark, *"I have not failed. I've just found 10,000 ways that won't work,"* highlights the power of process. Alexander Fleming's discovery of penicillin was the result of an accident, not a planned outcome.
- ❖ India's ISRO missions like Chandrayaan and Aditya L1 showcase science as a ladder, not a leap. Homi Bhabha, too, laid foundations by building institutions like TIFR, reminding us that scientific strength is a long journey. The scientific method hypothesis, experiment, and refinement is itself a philosophy of journey over destination.

• **Cinema: Stories of the Road**

- ❖ Art and culture reveal life's journeying spirit. In *Swades*, Mohan Bhargava's return from NASA to his village transformed him more than the "destination" of his career. *Zindagi Na Milegi Dobara* showed that growth happens through journeys of friendship and travel.
- ❖ Robert Frost's lines speak to this truth: *"The woods are lovely, dark and deep, But I have promises to keep, and miles to go before I sleep."* Civilizations, too, are journeys, continuously shaped by art, literature, and ideas, not one end-point.

• **Health: No Shortcuts to Wellness**

- ❖ Wellness cannot be achieved through instant fixes. Crash diets, miracle drugs, or cosmetic shortcuts show a destination mindset.
- ❖ True health is built slowly with balanced food, exercise, rest, and mindfulness. Baba Amte's Anandwan was not a one-time cure for leprosy but a lifelong journey of dignity for patients.
- ❖ As Tolstoy wrote, *"The two most powerful warriors are patience and time."* Yoga too reflects this truth, not a weekend class but a lifelong discipline.

• **Global Challenges: Shared Journey**

- ❖ Global issues like climate change remind us that there is no "final solution." Sustainability must be seen as a continuous, intergenerational journey.
- ❖ The Paris Agreement and SDGs 2030 are useful signposts but not endpoints. The ideal of *Vasudhaiva Kutumbakam*, the world is one family, stresses that humanity must walk together.
- ❖ Institutions like the UNFCCC embody this truth: global progress is a shared journey of responsibility.

• **Counterview: The Value of Destinations**

- ❖ Journeys make life meaningful, but destinations give us focus. Without a goal, effort risks becoming scattered. As Seneca observed, *"If one does not know to which port one is sailing, no wind is favorable."*
- ❖ **In education**, clear endpoints inspire discipline. A student preparing for the UPSC exam is driven by the destination of becoming a civil servant; without that anchor, the years of study could easily dissolve into aimless reading.
 - Even Nalanda's libraries, vast and open, still guided learners toward mastery of grammar, astronomy, or philosophy.
- ❖ **History** offers similar lessons. The abolition of slavery in America did not come from vague moral journeys but from the concrete destination of the Emancipation Proclamation.
 - South Africa's anti-apartheid struggle was united by a single destination: majority rule. As Nelson

Mandela said, *"I never lost hope that this great transformation would occur."*

- ❖ **Science**, too, shows the value of clear goals. Jonas Salk's work on the polio vaccine succeeded because he chased a defined outcome: immunization.
 - The Manhattan Project, despite its moral dilemmas, proved how a fixed goal, building the atomic bomb before the Axis powers could channel vast resources and intellect. SpaceX's mission to colonize Mars today captures the imagination precisely because it sets a bold destination.
- ❖ **Economies** and global institutions also rely on benchmarks. The World Bank's "Millennium Development Goals" and their successor, the SDGs, function as compass points for nations.
 - India's target of becoming a \$5 trillion economy may be debated, but it gives policymakers and entrepreneurs a clear direction.
- ❖ **Human psychology** reinforces this. Athletes train harder with a medal in sight. Doctors endure long, grueling residencies because of the goal of healing lives as specialists. As Stephen Covey said, *"Begin with the end in mind."*
- ❖ Yet, the **danger lies in mistaking milestones for endings**. Abraham Lincoln signed the Emancipation Proclamation, but the longer journey of racial equality continues even today.
 - Neil Armstrong reached the Moon, but space exploration did not end there it opened new frontiers. Destinations, then, are essential sparks of direction, but the fire that sustains us lies in the journey beyond them.

How Destinations Become Journeys Again:

- **National Freedom → Nation-Building**
 - ❖ India's independence in 1947 was a destination, but it immediately became the starting point of democracy, economic planning, and institution-building.
 - ❖ Nehru reminded us in his "tryst with destiny" speech that freedom was the beginning, not the end.
- **Scientific Breakthroughs → New Frontiers**
 - ❖ The Moon landing in 1969 was seen as the ultimate destination. Yet it opened humanity's journey into deeper space—Mars missions, telescopes, and now private space exploration.
 - ❖ *"That's one small step for man, one giant leap for mankind."* (Neil Armstrong)
- **Personal Achievements → Continuous Growth**
 - ❖ Passing UPSC is a destination, but it begins the journey of public service. A medal in sports is only the start of maintaining excellence.
 - ❖ Confucius said, *"When you reach your goal, keep walking."*
- **Social Reforms → Ongoing Struggles**
 - ❖ Lincoln's Emancipation Proclamation ended slavery legally, but it began the longer journey toward racial equality, which still continues.
 - ❖ Similarly, the abolition of untouchability in India was only the beginning of the journey toward social justice.
- **Health Goals → Lifelong Discipline**
 - ❖ Losing weight or recovering from illness may be a destination, but it leads to the journey of maintaining wellness through balanced living.
- **Economic Targets → Higher Aspirations**
 - ❖ Achieving food security through the Green Revolution became the foundation for India's new journey into nutrition security and sustainable farming.
 - ❖ Reaching a \$1 trillion economy was a milestone; now India eyes \$5 trillion, and beyond.
- **Global Milestones → New Responsibilities**
 - ❖ The Paris Climate Agreement (2015) was a landmark destination. But it triggered the ongoing journey of actual emission cuts, green transitions, and climate justice.

Conclusion

- Life teaches us that the meaning lies less in arrival than in the walking itself. Just as the young traveller got to know that life is not about final destinations but about the spirit with which we move.
- Robert Frost captured this truth in simple lines: ***"The woods are lovely, dark and deep, But I have promises to keep, and miles to go before I sleep."***
- Gandhi's own life echoed this; his greatness was not in reaching a throne, but in walking the long road of satyagraha and service.
- Thus, destinations may mark milestones, but the real treasure lies in the journey. For in every step, every struggle, and every act of love, we discover that life itself is the road and walking it with patience and purpose is our greatest achievement.



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| Day 01 | Accounting theory |
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| 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 |

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| 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 |
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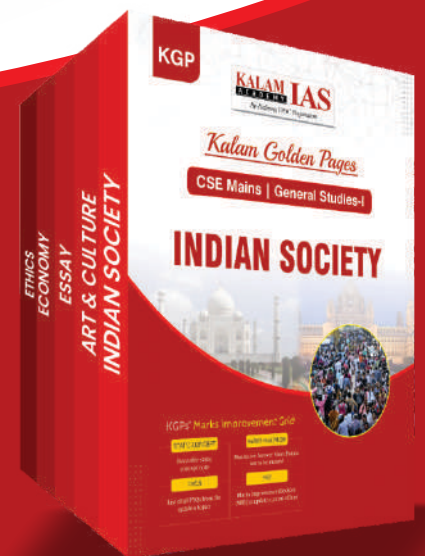


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08

CONTENTMENT IS NATURAL WEALTH; LUXURY IS ARTIFICIAL POVERTY

Structure of the Essay:

1) Introduction:

- You can start with an anecdote-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 keywords mentioned in the quote and the essence of the quote in a few lines.**
- Explore the essay in multiple dimensions, showing how **Contentment as Natural Wealth and Luxury as Artificial Poverty.**
- Explore the counter view as how sometimes **Luxury is wealth and Contentment leads to Poverty.**
- Also, we need to tell the ways in which we can **Balance Between Contentment and Luxury.**

3) Conclusion: You can end the essay with an optimistic note, using Emerson's words, "Adopt the pace of nature: her secret is patience," to stress that balance is the true wealth of life. Just as the river in the metaphor flows quietly, nourishing fields along its way, so too does a life rooted in contentment and guided by wise luxury enrich both the self and society.

Model Essay:

Anecdotal Introduction:

- Once, Alexander the Great met the Indian sage Dandamis and offered him gold and treasures.
- The sage laughed and said, "**Your wealth makes you poor; you are never satisfied. My contentment is my wealth, for nothing more do I need.**"
- The conqueror left perplexed. This story illustrates the essence of Socrates' wisdom: contentment enriches life, while unchecked luxury breeds inner poverty.
- In today's world of social media and consumerism, the message remains timeless—contentment enriches life more than ostentatious luxury.

Meaning of Key Words:

- Contentment:** A state of inner satisfaction where one accepts "enough" without constant craving for more. It is not passivity but a balance between needs and desires.
- Natural Wealth:** True richness that flows from inner peace, health, relationships, knowledge, and harmony with nature.
- Luxury:** Excess beyond genuine need, often pursued to display status rather than meet necessity. Luxury in moderation, serving purpose, can enhance life, but unchecked indulgence leads to artificial poverty.
- Artificial Poverty:** The paradox where one has material abundance but still feels empty and deprived due to endless desire.
- Thus, the statement means: **Contentment gives real richness of life, while luxury, by breeding greed, creates a feeling of endless poverty.**

Exploring Each Part of the Quote:

Contentment as Natural Wealth:

- Makes inner peace as the highest wealth: **The man who is satisfied with little is richer than the man who owns kingdoms yet desires more.**
 - ❖ Socrates said, *"He who is not contented with what he has would not be contented with what he would like to have."*
 - ❖ Gandhi embodied this truth, his simplicity gave him a moral stature greater than emperors.
- **Liberates us from endless craving:** Luxury multiplies wants, but contentment reduces them.
 - ❖ Kabir beautifully expressed this spirit in his doha: *"Sai itna dijiye, jaame kutumb samaye; main bhi bhukha na rahoon, sadhu na bhukha jaye"* means give me just enough to support my family, so neither I nor the visiting saint goes hungry.
 - ❖ A farmer content with his modest harvest often sleeps peacefully, while a tycoon chasing billions spends sleepless nights. Thus, the true wealth lies in sufficiency without greed.
- **Sustains true happiness beyond material wealth:** Psychology shows that beyond basic needs, happiness does not rise with wealth. This is why **Scandinavian countries**, though materially rich, focus on welfare and equality rather than unchecked luxury.
 - ❖ **Bhutan's Gross National Happiness index** also proves that contentment, not GDP, is the measure of a nation's real wealth.
 - ❖ Similarly, India's community-led microfinance programs show how contentment and sufficiency strengthen rural prosperity more than pure material accumulation.
- **Builds Resilience during Hardship:** A content mind can endure storms of fate. Nelson Mandela, content with small joys even in prison, emerged not bitter but stronger—his inner wealth carried him through 27 years of suffering.
- **Fuels ethical and spiritual strength:** The Bhagavad Gita teaches, *"Samatvam yoga uchyate,"* which means equanimity itself is yoga. Contentment anchors us in balance, so that success does not intoxicate us nor failure destroy us.
 - ❖ Saints like Mirabai, who sang of divine love while forsaking royal luxury, remind us that contentment with devotion brings greater wealth than palaces.
- **Nurtures community bonds, while luxury isolates:** When people are content, they value relationships over possessions. A simple meal shared with family or neighbors creates more joy than dining alone in a five-star hotel.
 - ❖ As the African proverb says, *"If you want to go fast, go alone; if you want to go far, go together."*

Luxury as Artificial Poverty

- **Creates the illusion of wealth but leads to poverty of mind:** Luxury is never satisfied it breeds craving. A millionaire feels poor when he sees a billionaire's yacht.
 - ❖ This is the trap of comparison, magnified by social media, where curated displays of wealth make even the privileged feel deprived.
 - ❖ As Seneca warned, *"It is not the man who has too little, but the man who craves more, that is poor."*
- **Fragility of luxury leads to inner emptiness:** Luxury depends on external objects, not inner strength. Celebrities often own mansions and supercars yet struggle with depression and loneliness, showing poverty amidst abundance.
 - ❖ The **World Happiness Index** ranks countries like the U.S., materially wealthy but emotionally strained, below simpler, welfare-driven societies. True poverty, then, is not of possessions but of peace.
- **Luxury conceals real human needs:** Often, luxuries are substitutes for care. Parents who lack time hand over the latest gadgets to their children, creating "artificial wealth" while leaving emotional needs unmet.
 - ❖ This is deprivation of affection, masked by abundance. In reality, luxury erodes bonds, creating invisible

forms of poverty in relationships.

- **Economic poverty hidden in luxury lifestyles:** Luxury often drags people into debt and overconsumption. Expensive cars, lavish weddings, or designer goods come at the cost of endless EMIs, disrupted work-life balance, and financial fragility.
 - ❖ In trying to look rich, many become poorer. As Thoreau wrote in *Walden*, “The cost of a thing is the amount of life which is required to be exchanged for it.”
- **Environmental poverty caused by luxury consumption:** Luxuries for a few often create ecological poverty for all. Fast fashion satisfies momentary indulgence but drains water, pollutes rivers, and fills landfills.
 - ❖ Urban elites enjoy malls and ACs but breathe polluted air, artificial wealth amidst environmental bankruptcy.
 - ❖ Gandhi foresaw this when he warned, “The Earth provides enough to satisfy every man’s need, but not every man’s greed.”
 - ❖ Dubai’s Palm Islands: built as symbols of luxury, they caused coastal erosion, destroyed coral reefs, and many now face abandonment.
 - ❖ **Easter Island:** Islanders destroyed forests to erect statues as symbols of prestige, only to collapse into famine. Luxury turned abundance into ruin.
- **Luxury corrodes character and society:** Luxury narrows human vision to vanity and excess, breeding envy and competition instead of solidarity.
 - ❖ The Roman Empire fell not only to invasions but to its obsession with decadence, feasts, and spectacle. Juvenal, the Roman poet, wrote: “Luxury is more ruthless than war.” This truth holds even today.

Luxury as Wealth

- **Luxury pushes innovation:** The desire for comfort often drives discovery. People once saw airplanes as an unnecessary luxury, but today they connect the world. In the same way, SpaceX’s dream of space tourism may look like a toy for the rich, but it is building rockets that could one day save humanity.
- **Luxury creates jobs and livelihoods:** Behind every luxury brand are thousands of workers. The sparkle of Paris fashion houses or Dubai’s luxury hotels feeds tailors, designers, chefs, and cleaners. For them, luxury is not waste—it is bread on the table.
- **Luxury supports art and culture:** Great art often came from the pursuit of beauty and luxury. The Renaissance bloomed because wealthy families like the Medicis funded artists. Without their “luxury” spending, the world might never have seen the Sistine Chapel ceiling.
- **Luxury inspires ambition:** A poor boy may dream of wearing a suit or owning a car. That dream, born of seeing luxury, can push him to study harder and rise in life. The Olympics, once a luxury festival, now inspire millions of ordinary athletes to chase excellence.

Contentment as Poverty

- **Contentment can breed laziness:** If a student is happy with just passing marks, they may never reach their true potential. Dreams die quietly when contentment becomes an excuse for not trying.
- **Contentment can stop justice:** When people accept injustice, it continues. Medieval serfs were “content” with their poverty, and this silence allowed exploitation to last for centuries. Without discontent, no revolution or reform is possible.
- **Contentment can slow science:** If doctors were content with painkillers, diseases would still kill millions. It was the discontent of Jonas Salk with polio deaths that led him to create the vaccine and save millions of children.
- **Contentment can weaken nations:** Nations that remain satisfied with little are left behind. India once grew enough grain to survive, but it was discontent with famine that led to the Green Revolution, saving millions from hunger. As Edison said, “Discontent is the first necessity of progress.”

Balance Between Contentment and Luxury

- **Practice Minimalism, not Renunciation:** Balance comes when we internalize, 'I need enough to live well, not everything to impress. For example, instead of chasing ten outfits in fast fashion, choosing a few quality clothes is both luxury and contentment.
❖ As Thoreau wrote, "A man is rich in proportion to the number of things he can afford to let alone."
- **Redefine Luxury as Utility:** Luxury becomes healthy when it serves a purpose, not vanity. A smartphone that helps a student access education is a wise luxury. But the same phone bought every year to flaunt is artificial poverty. As the Gita reminds us, "Yoga is balance in action."
- **Cultivate Gratitude to Anchor Contentment:** Luxury without gratitude becomes greed. By practicing thankfulness for what we already have, we avoid being enslaved by more. Research shows gratitude journals increase happiness more than material rewards. As the proverb says, "Gratitude turns what we have into enough."
- **Let Ambition Serve Society, Not Just the Self:** Contentment in personal life can be paired with ambition for the collective good. Gandhi lived in simplicity but fought restlessly for freedom. Today, leaders like APJ Abdul Kalam embodied this, personally humble yet ambitious for India's growth.
- **Policies That Blend Welfare with Growth:** Governments too must strike a balance, providing people contentment through health, education, and dignity, while encouraging innovation and enterprise. The Nordic model, with high welfare and thriving industries, shows this middle path.
- **Make Luxury Sustainable:** The future lies in "green luxury" like electric cars, eco-tourism, and sustainable fashion. This way, luxury does not become ecological poverty. As Gandhi warned, "The Earth provides enough for everyone's need, but not for everyone's greed."
- **Anchor Life in Relationships, Not Possessions:** Luxury should add joy, not replace human connection. Sharing dinner at home is contentment; celebrating milestones in a hotel may be luxury, but both matter when rooted in togetherness. As Mother Teresa reminded us, "The greatest poverty is loneliness."

Conclusion:

- True wealth lies not in the abundance we own, but in the peace and satisfaction we cultivate. Contentment gives us inner richness, while luxury without wisdom often leaves us empty. The challenge is not to reject one or chase the other, but to weave them together with balance.
- As Emerson said, "Adopt the pace of nature: her secret is patience." Just as a river flows quietly, nourishing fields along its way, a life rooted in contentment and guided by wise luxury nourishes both the self and society.
- The poet Robert Browning reminds us:
"Grow old along with me!
The best is yet to be,
The last of life,
for which the first was made."



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| Geography | 3 |
| Environment | 2 |
| S&T | 2 |
| History | 4 |
| Full Length Tests | 2 |
| Total Tests | 23 |

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|--------------------|--------------|
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| Agriculture | 2 |
| Ethics | 7 |
| Essay | 5 |
| Society | 2 |
| Social Justice | 1 |
| IR | 2 |
| Security | 2 |
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| Environment | 2 |
| S&T | 2 |
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