

# 365 DAYS UPSC PREPARATION NAVIGATOR (PERSONALISED MENTORSHIP)



# PREFACE

Any examination is cracked through winning strategy & this strategy is crafted through a thorough involvement in the examination process. Only seriousness could sharpen your observation, assumption, conclusion and perfection. In the abundance of materials online and offline, you don't have to determine what to study, but you have to decide : **What not to study!** Once this is achieved, Civil Services Exam is a smooth cakewalk. But this cakewalk will take extreme hard work of both, you and your personalised mentor. So, an honest and serious involvement is necessary.

## This process requires considerable efforts :-



At Mentorship India, we believe more in Transformation than just preparation. Our platform is dedicated to provide unparalleled Mentorship and guidance to UPSC aspirants across the country, regardless of their level of preparation.

Our mission is clear - Nurturing Excellence & fostering Success by offering the best Mentorship and guidance in India. That's why we've curated a holistic approach that goes beyond traditional coaching. We're committed in nurturing excellence by empowering aspirants with the right tools, knowledge, and support to excel not only in the examination but also in life.

## Mentorship India goes above and beyond by providing a range of services tailored to meet the diverse needs of aspirants:-

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# PROCESS OF EXAMINATION & SYLLABI



# UPSC Civil Services Examination

## THE MOTHER OF ALL EXAMINATIONS

The Civil Services Examination is a highly competitive and comprehensive examination in India conducted by the UPSC (Union Public Service Commission) for the recruitment of candidates into various services of the Indian government. The examination process is extensive and typically spans a whole year, inclusive of the Preliminary Examination, which is Objective Type. Candidates who clear the Preliminary Exam will take the Main Examination, which is Descriptive in nature. After the mains, candidates have to go through the Interview (Personality Test) process; after which, the final merit list is prepared based on the candidate's performance in the main examination and the interview.

(10 Lakh Candidates)

### PRELIMINARY EXAMINATION

• **PAPER 1**  
(200 MARKS)

• **PAPER 2 CSAT**  
(QUALIFYING - 33%)  
(200 MARKS)

(10 Thousand Candidates)

### MAIN EXAMINATION

(1750 Marks)

#### Language Papers

(QUALIFYING- 25%)  
(300 MARKS EACH)

- Indian Language (Paper A)
- English Language (Paper B)

#### Essay Paper

(250 MARKS)

- PAPER 1

#### GS Paper

(250 MARKS EACH)

- PAPER 2 (GS 1)
- PAPER 3 (GS 2)
- PAPER 4 (GS 3)
- PAPER 5 (GS 4)

#### Optional Paper

(250 MARKS EACH)

- PAPER 6 (Optional 1)
- PAPER 7 (Optional 2)

(3 Thousand Candidates)

### INTERVIEW

(275 Marks)

= 2025 MARKS

(900 to 1000 Candidates)

## Recommended / Final Selection

# Syllabi Of The Examination

## Part - A (Preliminary Examination)

### Paper - I

1. Current events of national and international importance.
2. History of India and Indian national movement.
3. Indian and World Geography- Physical, Social, Economic Geography of India and the world.
4. Indian Polity and Governance – Constitution, Political system, Panchayati Raj, Public Policy, Rights issues, etc.
5. Economic and Social development – sustainable development, poverty, inclusion, demographics, social sector initiatives etc.
6. General issues on environmental ecology, Bio-diversity and Climate change - that do not require subject specialization.
7. General science.

### Paper - II CSAT

1. Comprehension
2. Interpersonal skills including communication skills.
3. Logical reasoning and analytical ability.
4. Decision making and problem solving.
5. General mental ability.
6. Basic numeracy (numbers and their relations, orders of magnitude etc.) (Class X level),  
Data Interpretation (charts, graphs, tables, data sufficiency etc. – Class X level)
7. English Language Comprehension skills (Class X level).
8. Questions relating to English Language Comprehension skills of Class X level. (will be tested through passages from English language only without providing Hindi translation)



# Part - B (Main Examination)

## QUALIFYING PAPERS ON INDIAN LANGUAGES AND ENGLISH

The aim of the paper is to test the candidates' ability to read and understand serious discursive prose, and to express his ideas clearly and correctly, in English and Indian language concerned.

**1) Indian language/ Paper A** – Compulsory for all candidates except those hailing from Arunachal Pradesh, Nagaland, Sikkim, Manipur, Mizoram, and Meghalaya. The candidates have to select one of the Indian Language from the Languages included in the Eighth Schedule of the Indian Constitution.

The pattern of questions would be broadly as follow :

- (i) Comprehension of given passages.
- (ii) Precise Writing.
- (iii) Usage and Vocabulary.
- (iv) Short Essays.
- (v) Translation from English to the Indian Language and vice-versa.

**2) English language/ Paper B** – Compulsory for all candidates.

The pattern of questions would be broadly as follow :

- (i) Comprehension of given passages.
- (ii) Precise Writing.
- (iii) Usage and Vocabulary.
- (iv) Short Essays.

**Note :** The papers on Indian Languages and English will be of Matriculation or equivalent standard and will be of qualifying nature only (25%). The marks obtained in these papers will not be counted for ranking.

## MAINS PAPER - 1 (ESSAY PAPER)

Candidates may be required to write essays on multiple topics. They will be expected to keep closely to the subject of the essay to arrange their ideas in orderly fashion, and to write concisely. Credit will be given for effective and exact expression.

# MAINS PAPER - 2

## General Studies - 1

(Indian Heritage and Culture, History and Geography of the World and Society)

- Indian culture will cover the salient aspects of Art Forms, Literature and Architecture from ancient to modern times.
- Modern Indian history from about the middle of the eighteenth century until the present significant events, personalities, issues.
- The Freedom Struggle – its various stages and important contributors / contributions from different parts of the country.
- Post-independence consolidation and reorganization within the country.
- History of the world will include events from 18th century such as country, industrial revolution, world wars, redrawal of national boundaries, colonization, decolonization, political philosophies like communism, capitalism, socialism etc.- their forms and effect on the society.
- Salient features of Indian Society, Diversity of India.
- Role of women and women's organization, population and associated issues, poverty and developmental issues, urbanization, their problems and their issues, urbanization, their problems and their remedies
- Effects of globalization on Indian society.
- Social empowerment, communalism, regionalism & secularism.
- Salient features of world's physical geography.
- Distribution of key natural resources across the world (including South Asia and the Indian subcontinent);factors responsible for the location of of primary, secondary, and tertiary sector industries in various parts of the world (including India).
- Important Geophysical phenomena such as earthquakes, Tsunami, Volcanic activity, cyclone etc.,geographical features and their location-changes in critical geographical features (including water bodies and ice-caps) and in flora and fauna and the effects of such changes.

# MAINS PAPER - 3 - General Studies- II

## (Governance, Constitution, Polity, Social Justice and International relations)

- Indian Constitution- historical underpinnings, evolution, features, amendments, significant provisions and basic structure.
- Functions and responsibilities of the Union and the States, issues and challenges pertaining to the federal structure, devolution of powers and finances up to local levels and challenges therein.
- Separation of powers between various organs dispute redressal mechanisms and institutions.
- Comparison of the Indian constitutional scheme with that of other countries.
- Parliament and State Legislatures – structure, functioning, conduct of business, powers & privileges and issues arising out of these.
- Structure, organization and functioning of the Executive and the Judiciary Ministries and Departments of the Government; pressure groups and formal /informal associations and their role in the Polity.
- Salient features of the Representation of People's Act.
- Appointment to various Constitutional posts, powers, functions and responsibilities of various Constitutional Bodies.
- Statutory, regulatory and various quasi-judicial bodies.
- Government policies and interventions for development in various sectors and issues arising out of their design and implementation.
- Development processes and the development industry- the role of NGOs, SHGs, various groups and associations, donors, charities, institutional and other stakeholders.
- Welfare schemes for vulnerable sections of the population by the Centre and States and the performance of these schemes; mechanisms, laws, institutions and Bodies constituted for the protection and betterment of these vulnerable sections.
- Issues relating to development and management of Social Sector/Services relating to Health, Education, Human Resources.
- Issues relating to poverty and hunger.
- Important aspects of governance, transparency and accountability, e-governance- applications, models, successes, limitations, and potential; citizens charters, transparency & accountability and institutional and other measures.
- Role of civil services in a democracy.
- India and its neighborhood- relations.
- Bilateral, regional and global groupings and agreements involving India and/or affecting India's interests.
- Effect of policies and politics of developed and developing countries on India's interests, Indian diaspora.
- Important International institutions, agencies and fora- their structure, mandate.



# MAINS PAPER - 4 - General Studies- III

(Technology, Economic Development, Bio diversity, Environment, Security and Disaster Management)

- Indian Economy and issues relating to planning, mobilization of resources, growth, development and employment.
- Inclusive growth and issues arising from it.
- Government Budgeting.
- Major crops cropping patterns in various parts of the country, different types of irrigation and irrigation systems storage, transport and marketing of agricultural produce and issues and related constraints; e technology in the aid of farmers.
- Issues related to direct and indirect farm subsidies and minimum support prices; Public Distribution System objectives, functioning, limitations, revamping; issues of buffer stocks and food security; Technology missions; economics of animal-rearing.
- Food processing and related industries in India- scope and significance, location, upstream and downstream requirements, supply chain management.
- Land reforms in India.
- Effects of liberalization on the economy, changes in industrial policy and their effects on industrial growth.
- Infrastructure: Energy, Ports, Roads, Airports, Railways etc.
- Investment models.
- Science and Technology : Developments and their applications and effects in everyday life.  
Achievements of Indians in science & technology; indigenization of technology and developing new technology.
- Awareness in the fields of IT, Space, Computers, robotics, nano-technology, bio-technology and issues relating to intellectual property rights.
- Conservation, environmental pollution and degradation, environmental impact assessment.
- Disaster and disaster management.
- Linkages between development and spread of extremism.
- Role of external state and non-state actors in creating challenges to internal security.
- Challenges to internal security through communication networks, role of media and social networking sites in internal security challenges, basics of cyber security; money-laundering and its prevention.
- Security challenges and their management in border areas; linkages of organized crime with terrorism.
- Various Security forces and agencies and their mandate.

# MAINS PAPER - 5

## General Studies- IV

(Ethics, Integrity & Aptitude)

This paper will include questions to test the candidates' attitude and approach to issues relating to integrity, probity in public life and his problem solving approach to various issues and conflicts faced by him in dealing with society. Questions may utilize the case study approach to determine these aspects. The following broad areas will be covered :

- Ethics and Human Interface: Essence, determinants and consequences of Ethics in human actions; dimensions of ethics; ethics in private and public relationships. Human Values - lessons from the lives and teachings of great leaders, reformers and administrators; role of family, society and educational institutions in inculcating values.
- Attitude: content, structure, function; its influence and relation with thought and behaviour; moral and political attitudes; social influence and persuasion.
- Aptitude and foundational values for Civil Service , integrity, impartiality and non-partisanship, objectivity, dedication to public service, empathy, tolerance and compassion towards the weaker-sections.
- Emotional intelligence-concepts, and their utilities and application in administration and governance.
- Contributions of moral thinkers and philosophers from India and world.
- Public/Civil service values and Ethics in Public administration: Status and problems; ethical concerns and dilemmas in government and private institutions; laws, rules, regulations and conscience as sources of ethical guidance; accountability and ethical governance; strengthening of ethical and moral values in governance; ethical issues in international relations and funding; corporate governance.
- Probity in Governance: Concept of public service; Philosophical basis of governance and probity; Information sharing and transparency in government, Right to Information, Codes of Ethics, Codes of Conduct, Citizen's Charters, Work culture, Quality of service delivery, Utilization of public funds, challenges of corruption.
- Case Studies on above issues.

## MAINS PAPER - 6 : OPTIONAL PAPER - 1

## MAINS PAPER - 7 : OPTIONAL PAPER - 2

### LIST OF OPTIONAL SUBJECTS:

- History
- Geography
- Economics
- Sociology
- Commerce
- Philosophy
- Animal Husbandry and Veterinary Science
- The literature of any one of the following languages: Assamese, Bengali, Bodo, Dogri, Gujarati, Hindi, Kannada, Kashmiri, Konkani, Maithili, Malayalam, Manipuri, Marathi, Nepali, Oriya, Punjabi, Sanskrit, Santhali, Sindhi, Tamil, Telugu, Urdu and English.
- Botany
- Law
- Agriculture
- Zoology
- Anthropology
- Psychology
- Geology
- Chemistry
- Mathematics
- Management
- Physics
- Statistics
- Political Science
- Medical Science
- Mechanical Engineering
- Civil Engineering
- Public Administration
- Electrical Engineering

### Interview Test :

The candidate will be interviewed by a Board who will have before them a record of his career. He will be asked questions on matters of general interest. The object of the interview is to assess the personal suitability of the candidate for a career in public service by a Board of competent and unbiased observers. The test is intended to judge the mental caliber of a candidate.

In broad terms this is really an assessment of not only his intellectual qualities but also social traits and his interest in current affairs. Some of the qualities to be judged are mental alertness, critical powers of assimilation, clear and logical exposition, balance of judgment, variety and depth of interest, ability for social cohesion and leadership, intellectual and moral integrity.

The technique of the interview is not that of a strict cross-examination but of a natural, though directed and purposive conversation which is intended to reveal the mental qualities of the candidate.

The interview test is not intended to be a test either of the specialised or general knowledge of the candidates which has been already tested through their written papers. Candidates are expected to have taken an intelligent interest not only in their special subjects of academic study but also in the events which are happening around them both within and outside their own State or Country as well as in modern currents of thought and in new discoveries which should rouse the curiosity of well educated youth.

### Ranking and Service Allocation:

The final ranking determines the service allocation for successful candidates. The top-ranked candidates get their preferred choices among the various civil services like IAS (Indian Administrative Service), IPS (Indian Police Service), IFS (Indian Foreign Service), etc.

### Training:

Successful candidates are required to undergo a foundation course at the Lal Bahadur Shastri National Academy of Administration (LBSNAA) in Mussoorie.

Subsequent training is provided at the respective academies of the specific services chosen by the candidates.



# PERSONALISED (MULTI-LEVEL) UPSC MENTORSHIP



**Whether you are a first-time aspirant seeking guidance or someone looking to enhance a specific aspect of your preparation, our personalized (multi-level) approach caters to all.**

At Mentorship India, we redefine the traditional approach to exam preparation by offering tailored guidance and support to every aspiring civil servant. The cornerstone of our program lies in the personalized attention you receive from our expert Mentors who bring a wealth of experience, having successfully navigated the complexities of the UPSC journey themselves. These mentors aren't just instructors; they are your companions on this challenging yet rewarding path, offering insights, strategies, and unwavering support to propel you towards success.

### **SAY NO TO COACHING :**

At the core of our Personalised Mentorship Program is the commitment to understanding and addressing the specific challenges faced by UPSC aspirants. We believe that a one-size-fits-all approach doesn't yield the best results when it comes to the diverse and demanding nature of the UPSC IAS examination. Hence, we assert that in modern times, you cannot clear UPSC Civil Services Exam with coaching. Therefore, our Personalized Mentorship goes beyond the conventional methods, ensuring that each candidate receives guidance that aligns with their learning style, pace, and aspirations. This forms the basis for crafting a personalized roadmap that aligns with your aspirations.

### **ONE ON ONE INTERACTION :**

One of the key features of our personalized mentorship is the direct interaction with experienced mentors who have not only excelled in the UPSC exams themselves but also have a profound understanding of the evolving trends in the examination pattern. These mentors act as personal guides, offering insights, strategies, and expert advice tailored to the individual needs of the aspirants. This direct engagement fosters a mentor-mentee relationship that goes beyond conventional coachings, aiming to inspire, motivate, and guide aspirants through the challenges of the UPSC journey.



## **HOLISTIC APPROACH :**

Furthermore, our program integrates a holistic approach by recognizing the importance of emotional and psychological well-being, regular one-on-one sessions with mentors, creating a conducive environment for candid discussions, doubt resolution, and personalized feedback.

## **ROADMAP OF PRACTICE :**

Prepare strategically with our combined pre-test series, meticulously designed to mirror the actual exam pattern. Also, sharpen your Mains Answer Writing Skills with Daily Unlimited Evaluation and constructive feedback, ensuring continuous improvement. Stay organized with a daily, weekly, monthly & quarterly timetable(s) and receive regular task evaluations to track your progress and make necessary adjustments. Also benefit from the expertise of previous toppers and renowned institutes with access to their notes in digital form.

## **DATABASE TRACKING :**

One of the key features of our program is the tracking of aspirant's Daily Routine, which is done through the Daily Activity Tracker (DAT). This innovative tool allows us to monitor your progress meticulously, identify areas of improvement, and refine our mentorship strategies accordingly. The real-time tracking enables us to adapt to your evolving needs, ensuring that you are always on the right trajectory.

## **24X7 CALL SUPPORT :**

For Subject-specific Doubts, get timely assistance with any subject-specific doubts through our 24x7 Mentor Call Support System. Optimize your performance with personalized mentoring sessions aimed at enhancing your overall preparation.

Eventually, Mentorship India's **"UPSC Preparation Navigator" Personalized (Multi-Level) Mentorship Program** is your dedicated partner in navigating the complexities of exam preparation. Our approach is not just about studying; it's about ensuring your mental well-being, refining your skills, and providing unwavering support throughout your journey.

**Our commitment to your success goes beyond traditional Coaching !!**



# DAILY ACTIVITY TRACKER





# WHAT IS DAT ?

## ( Daily Activity Tracker )

**DAT** embodies a tailored database approach designed to assist **UPSC Aspirants** in realizing optimal results within a **limited timeframe**.



### DISCIPLINE

The Daily Activity Tracker (DAT) is crucial for UPSC aspirants, fostering discipline by enabling structured planning and tracking of daily activities. It instills a sense of accountability, ensuring adherence to study schedules and strategic productivity. DAT empowers aspirants to cultivate disciplined habits, a key determinant of success in competitive exams.

### SELF TRACKING

DAT is essential for UPSC aspirants' strategies through self-tracking. It facilitates continuous self-assessment, identifying strengths and weaknesses in study patterns. DAT empowers aspirants to refine strategies based on personalized insights, ensuring adaptive and effective preparation, ultimately leading to a competitive edge in the UPSC exams.



### PRODUCTIVITY

DAT is vital for UPSC aspirants' productivity, offering a systematic approach to task management. It optimizes time utilization, sets clear study goals, and provides real-time progress monitoring. DAT enhances productivity by promoting efficient study habits, ensuring aspirants maximize their efforts for strategic and successful exam preparation.



# THE DAILY ACTIVITY TRACKER

ensures continuous and comprehensive supervision of our **UPSC aspirants** around the clock **(24x7)**

Through this effort and practice we can precisely monitor your total productivity which includes your **Subjective Tracking, Emotional Tracking & anything extra** which may have a possibility to distract you from your goal of clearing this exam.

**THIS ENTAILS A REAL-TIME, DATABASE MONITORING AND MENTORING THAT COMPREHENSIVELY OVERSEES YOUR ENTIRE UPSC PREPARATION.**

Protecting the Aspirant's Mental Health

Effective Time Utilisation

Tracking Aspirant's Study Pattern





# THE PROBLEM

In this Era of **ARTIFICIAL INTELLIGENCE** the biggest problem with the Indian education system, specially for **UPSC** aspirants, is they are not being helped or provided with proper database bank to deeply analyse & predict their overall productivity in comparison with other aspirants, All India Toppers & All India Average.

**AS AN ORGANIZATION, MENTORSHIP INDIA IS DEDICATED IN INVESTING EXTENSIVE HUMAN EFFORT IN RESOLVING THIS SIGNIFICANT CHALLENGE.**





# THE MAJOR PROBLEMS

WHICH ARE FACED BY  
UPSC ASPIRANTS

LACK OF  
SUPERVISION  
& GUIDANCE

LACK OF  
DATABASE  
FOR DEEP  
ANALYSIS

OVERBURDENED  
STUDY  
MATERIAL

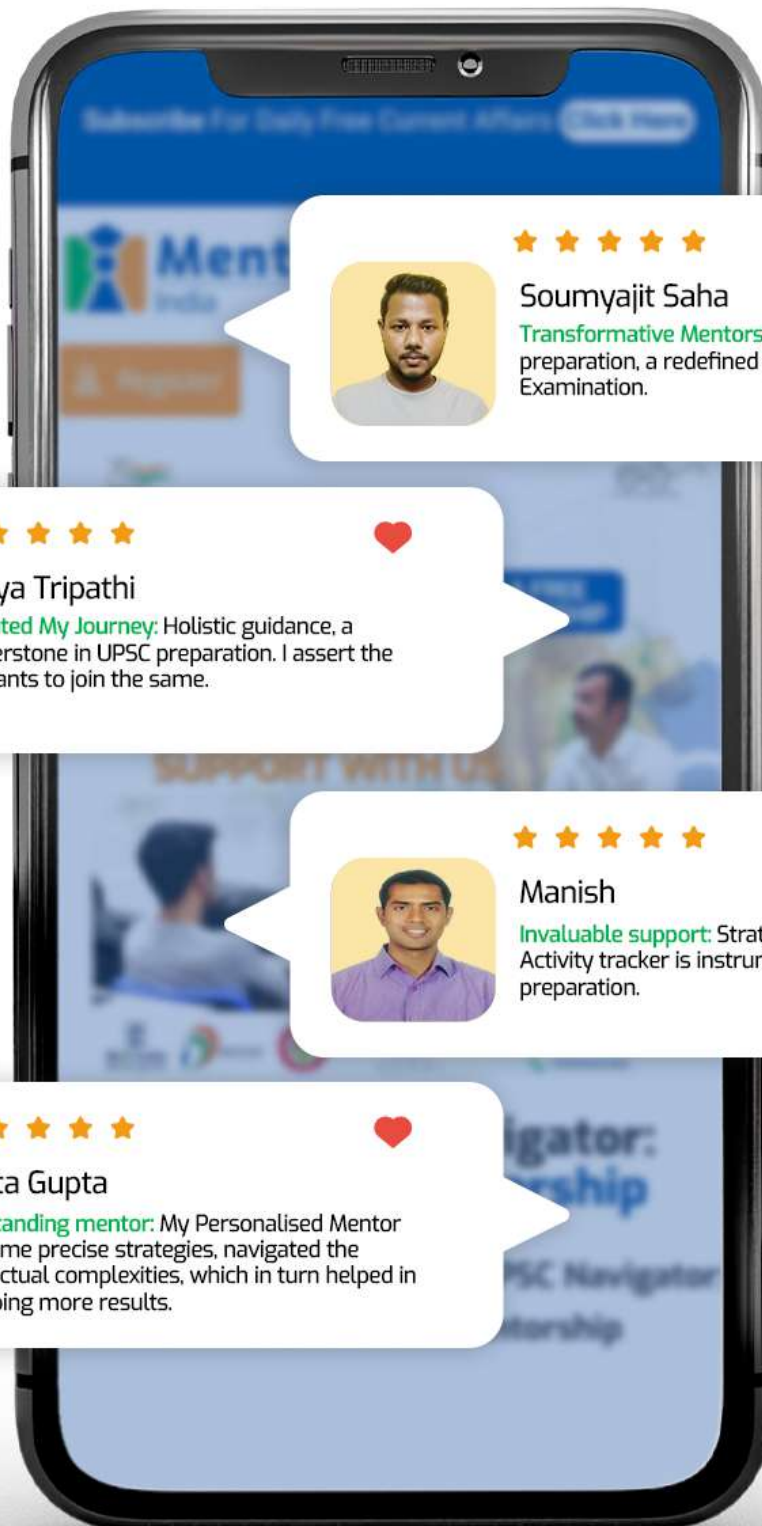


NEGLECTING  
SELF  
WELL-BEING

INSTITUTES  
NEGLECT  
PERSONAL  
ATTENTION

# ACHIEVEMENTS

Using the Daily Activity Tracker, we've successfully boosted the productivity of our enrolled UPSC Aspirants. Here are a few of their reviews:



Soumyajit Saha

**Transformative Mentorship:** Integral to my preparation, a redefined journey in this UPSC Examination.



Kavya Tripathi

**Elevated My Journey:** Holistic guidance, a cornerstone in UPSC preparation. I assert the aspirants to join the same.



Manish

**Invaluable support:** Strategic Database, the Daily Activity tracker is instrumental in my preparation.



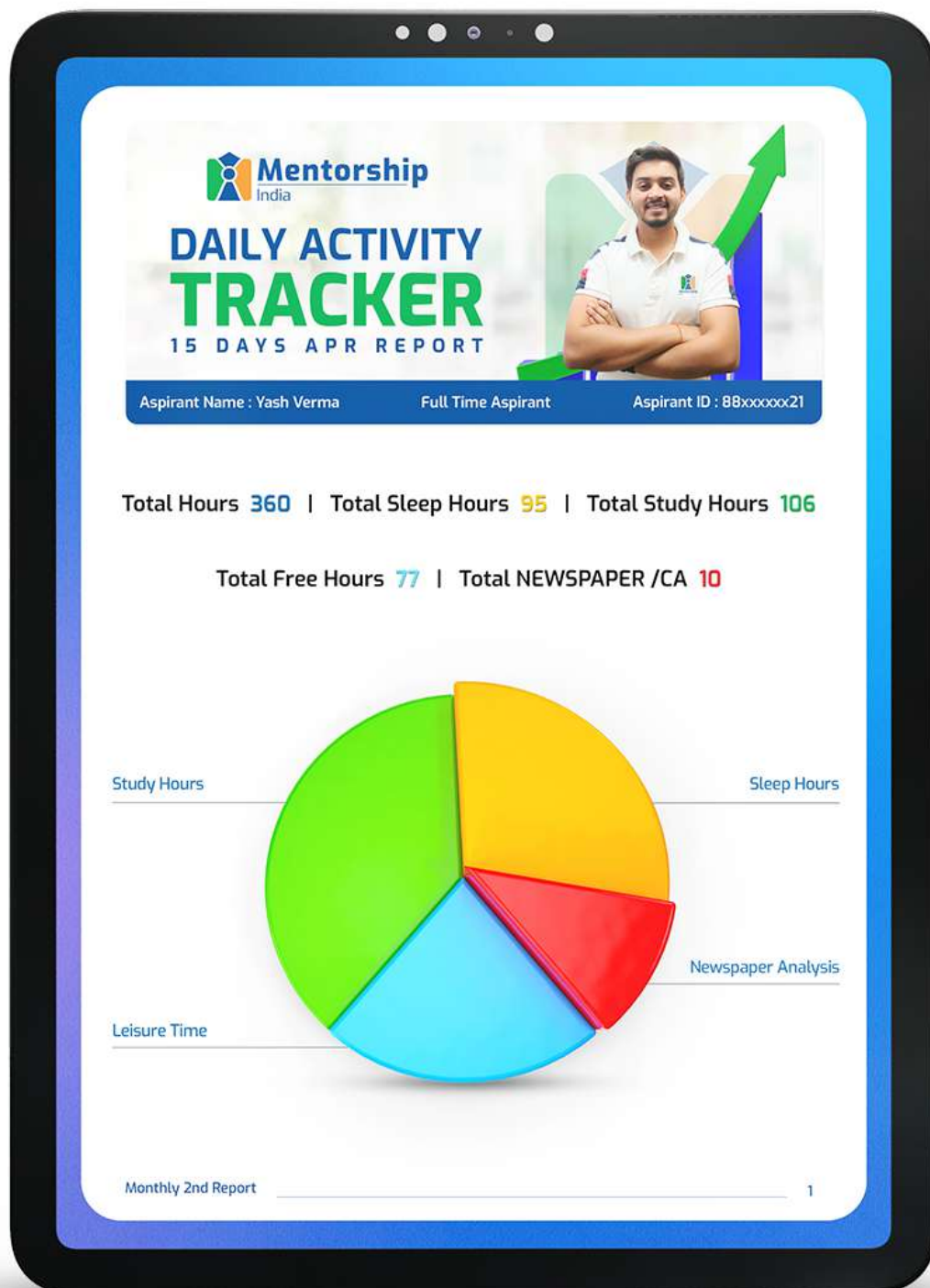
Nikita Gupta

**Outstanding mentor:** My Personalised Mentor gave me precise strategies, navigated the subjectual complexities, which in turn helped in grasping more results.



# 15 DAYS ASPIRANT'S PERFORMANCE REPORT

Mentorship India hosts Boost up Sessions every 15 days, featuring UPSC experts, data scientists, and psychologists. These sessions aim to showcase **Aspirant's Performance Report (APR)**, not only pinpointing weaknesses but also ensuring they stay on track in every aspect. It's our way of providing comprehensive support to help them excel in their UPSC journey.



# EXPERT'S OPINION

At Mentorship India, we believe in the power of first hand experiences; these testimonials serve as authentic narratives, shedding light on the program's effectiveness in shaping the journeys of aspiring civil servants. These views on our Mentorship Program provide candid perspectives on the personalized guidance, strategic brilliance, aspirants' database tracking, and transformative Mentorship that make our initiative unparalleled. As you navigate through these authentic accounts, you'll discover the genuine commitment we have accomplished in shaping the future officers of the Nation.



## Snehil Tripathi

(Ex. Director, Unacademy; McGrawHill and Oxford Author for UPSC)

### **A cornerstone in UPSC preparation – Indispensable insights provided**

Mentorship India stands out for its commitment to individualized guidance, acknowledging the diverse requirements of UPSC aspirants. The Daily Activity Tracker and Aspirant Performance Report help the aspirant to check their progress every 15 days, which in turn accelerate the preparation.





## Dr. Anoop Kumar Atria

(PhD. Economics, Author of 8+ Books, Assistant Professor, GCA, Rajasthan )

### **Invaluable program, also enriching Mental Health of UPSC aspirants :**

Beyond academic support, Mentorship India extends a supportive hand by providing assistance in managing the emotional and psychological aspects of the UPSC journey. This holistic approach aims to create a nurturing environment where aspirants feel not only intellectually empowered but also emotionally resilient.



## Shalini Jagriti (BPSC Rank 67)

### **Exceptional Mentorship, guiding future Civil Servants with expertise and Mental Healthcare:**

Mentorship India has excellence in providing guidance to future civil servants. Their mentors are recognized for their expertise in subjectual and conceptual knowledge; also, the personalized care they offer to guide candidates is indispensable.





# WHAT MENTORSHIP INDIA IS OFFERING FOR FREE!

## Unleash Your Potential: Elevate Your UPSC Journey for FREE!

**Attention UPSC Warriors!** We're turning up the heat on success with our two unbeatable Bonus Perks :

### DAILY CURRENT AFFAIRS:

Stay ahead in the race with our gift of knowledge! Your secret weapon for acing UPSC – delivered straight to your inbox daily. Don't just be prepared; be ahead of the curve!



### MENTAL HEALTH SESSIONS:

Because a healthy mind is your ultimate study partner! Unlock the full potential of your brilliance with our exclusive Mental Health Sessions – crafted for the UPSC Journey.



**Stress Less, Achieve More...**

# HOW MENTORSHIP INDIA'S DAILY CURRENT AFFAIRS IS WAY BETTER & DIFFERENT THAN THE OTHER'S DAILY CURRENT AFFAIRS.

## OTHER'S CURRENT AFFAIRS

- Graphic Designer or Normal Staff
- Outsourcing from a common service provider
- Random & Vague presentation
- Unenriched Content

## MI CURRENT AFFAIRS

- RELEVANT DATA FROM 5+ NEWSPAPERS.
- MAINS QUALIFIED EXPERT TEAM to collect content for DAILY & MONTHLY current affairs.
- IN-HOUSE RESEARCH & SCRUTINISATION TEAM.
- HIGH QUALITY PRESENTATION.
- HIGHLIGHTED PRE & MAINS CONTENT.
- PRACTICE QUESTIONS DAILY.
- Our Monthly Magazine have crux from YOJANA & KURUKSHETRA also.

OTHER'S  
CURRENT  
AFFAIR

DAILY  
CURRENT AFFAIRS

By

Mentorship  
India

SOURCES



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# WHY MENTAL HEALTH IS IMPORTANT ?

Embarking on the UPSC journey as a fresher is both thrilling and demanding, filled with uncertainties and diverse stress episodes. Freshers struggle with the extensive syllabus, time management intricacies, and mock test pressure, inducing unique anxieties. Fear of forgetting, adapting to the online format, and peer comparison increasing the complexities. Managing motivation and balancing study with the above problems become pivotal in this dynamic preparation.



Syllabus  
Overwhelm  
Syndrome

Peer  
Pressure

Motivational  
Burnout

Sleep Schedule  
Dilemma

Public Opinion  
Anxiety



# Challenges in Mental Well-being for UPSC Aspirants :

## Syllabus Overwhelm Syndrome:

Feeling paralyzed by the giant volume of the UPSC syllabus, the aspirants worry about covering every topic comprehensively & then fail consecutively.

## Peer Pressure:

Comparing oneself to high-performing Aspirants, an aspirant experiences stress from the constant need to measure up to the achievements of others. But he has to compete with himself daily, not others.

## Sleep Schedule Dilemma:

Juggling between extensive study hours & maintaining a healthy sleep schedule, the aspirants worry about finding a right balance & then develop insomnia.

## Motivational Burnout:

Experiencing burnout from relentless motivational content consumption, the aspirants feel the strain of constantly seeking inspiration. They don't understand the hairline difference between Motivation & Discipline.

## Public Opinion Anxiety:

Concerned about societal expectations and opinions " **लोग क्या कहेंगे ?** " the aspirants feel the pressure to live up to external standards of success.

## Revision Time Cruncher:

Feeling the urgency to revise multiple subjects multiple times, the aspirants worry about forgetting essential details and not having enough time for thorough revision.

## Mock Test Anxiety:

Fearing the results of mock tests, the aspirants experience heightened stress during mock tests, concerned about their performance reflecting the real exam, which in turn increases their anxiety level.

## Fear of Forgetting:

Worried about forgetting facts, the aspirants face anxiety about the consequences of memory lapses in the examination hall.

## HOW MENTORSHIP INDIA'S FREE MENTAL HEALTH SESSIONS ASSIST YOU WITH THE AFOREMENTIONED MENTAL HEALTH CHALLENGES?

**Tracking Through APR Report:** The team of data scientists from Mentorship India actively collects and tracks real time data from each and every aspirant separately. In every 15 days, our Data Scientists highlight aspirant's emotional & mental status through Aspirant Performance Report (APR).

**Boost Up Sessions:** Experts from the Mentorship Department review the APR Reports & conduct Boost up sessions in every 15 days. During these Sessions, our experts identify subjective, mental and emotional problems from each aspirant using the APR DATA & provide assistance accordingly.





# CIVIL SERVICES APTITUDE TEST (CSAT) PRELIMS PAPER - 2



Mentorship  
INDIA

## CSAT

CIVIL SERVICES APTITUDE TEST

PAPER 2 (SOLVED PAPERS 2010-2022 AND 5-CRACK SETS)

COMPLETE COVERAGE OF : Comprehension, Basic Numerical, Data Interpretation and Logical Reasoning, and Decision Making, Reasoning, Verbal Ability, Communication Skills, Logical Reasoning and Analytical Ability, English Language, Computer Awareness.



# IMPORTANCE OF CSAT IN UPSC EXAMINATION

The CSAT was rolled out in 2011 as the second paper in the UPSC Preliminary Examination. However, this paper is becoming challenging each year.

**Qualifying Nature:** The CSAT paper is of qualifying nature, which means that candidates need to secure a minimum qualifying marks 33% to be eligible for the evaluation of the General Studies paper. It ensures that candidates possess a certain level of aptitude and reasoning abilities.

**Testing Aptitude and Analytical Skills:** CSAT is designed to assess the candidate's aptitude and analytical skills. It includes questions on comprehension, logical reasoning, analytical ability, data interpretation & decision-making. These skills are considered crucial for individuals aspiring to become civil servants.

**Focus on Communication Skills:** CSAT includes a section on English language comprehension and communication skills. Good communication skills are essential for civil servants as they are required to write reports, communicate policies, and interact with a diverse range of people.

**Decision Making:** In most aptitude tests, it is not necessary to attempt all the questions. Therefore, it is important for the candidate to prioritize effectively and make sound decisions regarding which questions to attempt and which ones to leave.

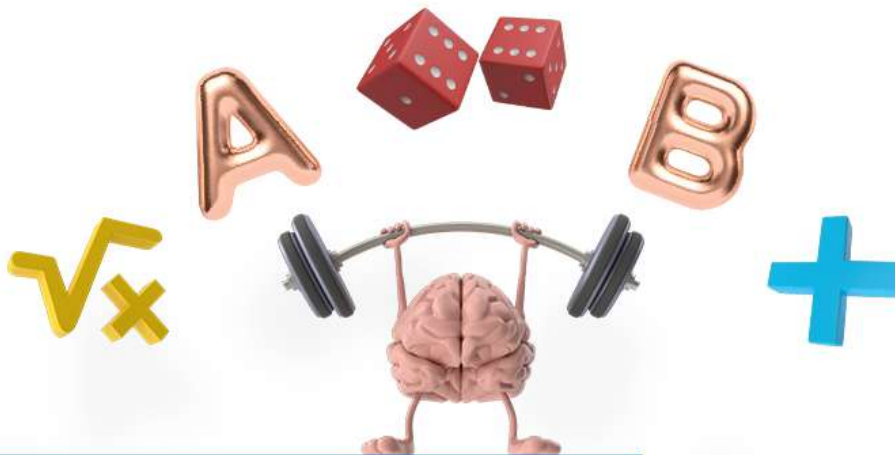
**Ability to work under pressure:** No amount of practice or simulation can fully expose the candidate to the stress faced during a challenging aptitude test. This is an experience that can only be lived through and cannot be adequately explained.

**Time Management:** It goes without saying that time management is crucial, where the most precious resource, apart from the candidate's intelligence, is time. The aim, therefore, is to ensure that the candidate clears the cut-off and maximizes their score by working on their areas of weakness.

**Optimisation:** No candidate is a super human. Every student has his strength and weaknesses. It is important for the student to realize this so that his expectations are pegged within realizable limits.



# MENTORSHIP INDIA IS OFFERING PERSONALISED MENTORSHIP FOR CSAT PREPERATION



## MENTORSHIP INDIA

- 1. Personalised Curriculum
- 2. Personal mentor for CSAT
- 3. Practical Approach
- 4. Database Monitoring for CSAT
- 5. Specialised Study Material designed by experienced UPSC Experts.

## OTHER INSTITUTES

- 1. Normal CSAT Classes
- 2. No practical approach
- 3. No personal approach
- 4. Random resources

# PRELIMINARY TEST SERIES

(Reading inside the Questions)

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## ENHANCING UPSC MAINS ANSWER WRITING





# TEST SERIES

## Reading inside the Questions!



**Understanding Exam Pattern:** Mentorship India's test series is crafted to align with the specific patterns and structures of the exam. By consistently taking these tests, aspirants become familiar with the types of questions asked, the distribution of marks, and the overall format of the examination.

**Identification of High-Weightage Areas:** Through our test series, aspirants can identify the topics and subjects that carry more weight in terms of marks. Focusing on these high-scoring areas during preparation can lead to a more efficient Cost - Benefit Analysis of study time.

**Time Management for Each Section:** Our test series help aspirants fine-tune their time management skills for each section, ensuring that they can allocate time wisely and attempt all questions within the stipulated timeframe.

**Benchmarking Performance:** Our test series provides a benchmark against which aspirants can measure their performance. This benchmarking is valuable for tracking progress, setting realistic goals, and adjusting study strategies to achieve a higher score in actual Prelims.

**Attempting for scoring as many Tests is one of the most important factor to score high in Prelims or Mains examination, and Mentorship India's test series will help the aspirants in the same.**

Mentorship India has not just created one of the best test series for UPSC aspirants in the country, but also assigned Personal Mentor for more practical approach to unlock unlimited dimensions of questions.

That's why we've developed additional **Personalized Routine Tests and comprehensive Test Series** with **real-time mentor support.**





## ROUTINE TESTS :-

This could be done Weekly, Bi - Weekly or Monthly basis, depending upon **Aspirant's Personalised Curriculum**.

- It covers **Entire Syllabus**
- From each subject - **2+ Sectional Tests**
- **Total 40+ test (Till Prelims)**

All the tests will be under the supervision of **Mentorship India's Expert Mentors**.

## Total Prelims Tests :-

- **15+** Sectional (Full Length) Tests
- **15+** Full Length Tests (G.S Paper 1)
- **10+** CSAT Tests



## B) Enhancing Mains Answer Writing

**“ DAILY ANSWER WRITING  
(FOR ATLEAST 200 DAYS) IS AN  
INDISPENSABLE FACTOR  
IN ORDER TO QUALIFY  
UPSC MAINS EXAMINATION.”**

Let's understand this problem deeply :



### Dilemma

- Total Students Applied For Prelims Exam Were **11,35,697**.
- Total Students Qualified For Personality Test (Interview) Were **2529**.

**This essentially implies that around 99% of aspirants face challenges every year due to a lack of proper understanding of what UPSC expects from them in the Main Examination.**



# THE MAJOR PROBLEMS

“YOU CAN READ WITHOUT THINKING BUT YOU CANNOT WRITE WITHOUT THINKING”

“THE **FEAR OF WRITING AN ANSWER IN JUST 7.20 MINUTES**”



Laconic (to the Point)  
Answer Writing

Crafting Brilliance  
in Minutes

Race against  
the Clock

Each Second is  
a Precious Word

Understanding the  
demand of Questions

That too, in a great handwriting

So we have to increase our thinking ability while writing !

## What a balanced Answer Demands ?

### Time Management:

Learn to manage your time efficiently during the exam. Practice writing answers within the stipulated time frame. Allocate time for each question based on its marks.

### Clarity and Precision:

Be clear and concise in your writing. Avoid unnecessary details. Answer the question directly and avoid beating around the bush.

### Mind Maps and Diagrams:

Use mind maps and diagrams to illustrate your points wherever applicable. This enhances visual appeal and clarity.

### Use Relevant Examples:

Support your answers with relevant examples, case studies, and statistics. Connect static knowledge with Current Affairs applications.

### Language Skills:

Develop good language skills. Practice writing in a clear, coherent, and grammatically correct manner. Avoid using jargons and overly complex language.

### Inter-linkage between GS Papers :

If we analyse the content of each paper given in the mains syllabus, we'll find that there is certain inter-linkages between topics in each paper with other similar topics in another paper. It demands an integrated approach, hence, comprehensive understanding and in depth analytical study is necessary to address the interlinked issues/topics.

## What a balanced Essay Demands ?

- 1) Introduction
- 2) Description
- 3) Trend Analysis
- 4) Current Affairs Linkages
- 5) Addressing the issue
- 6) Usage of relevant examples, Acts, Judgements, Case Studies etc.,
- 7) In depth solution / research
- 8) Effective Presentation
- 9) Usage of correct language, words & grammar
- 10) An optimistic conclusion

### Structuring Answers:

Start with a concise introduction addressing the question. Organize content logically using bullet points, subheadings, and paragraphs for a structured flow in your answers.

### Balanced Viewpoints:

Present a balanced viewpoint in your answers. Acknowledge different perspectives on an issue, if applicable. Avoid extreme positions and provide a diplomatic conclusion.

### Answer Length:

Write answers that are neither too short nor excessively long. Stick to the word limit prescribed in the question. Quality of content is more important than quantity.

### Effective Conclusion:

Conclude your answers effectively. Summarize your key points and provide a conclusive statement. A strong conclusion leaves a lasting impression on the examiner.

### Current Affairs Integration:

Stay updated on Current affairs integration, relevant information into your answers. Relate current events Supreme Court Judgements Parliament's Act's etc., to the topics covered in the syllabus.



# HOW **MENTORSHIP INDIA** IS SOLVING THIS **MAJOR ISSUE** IN COMPARISON TO OTHER INSTITUTES

## MENTORSHIP INDIA'S EVALUATION SYSTEM

The **Multi-Level Mentoring** Program of **Mentorship India** will help you command on Answer / Essay writing in 2 phases :

### Psychological training :

- UPSC MAINS is a psychological war between Aspirant and UPSC. It takes only **7.20 minutes** to **identify, analyse & write with precision and accuracy.**
- Mentorship India will Psychologically Train the aspirant exploring the current affair dimensions & link it with the answers.

### Unlimited Offering :

- Unlimited Daily Answer Writing Practice.
- Unlimited Evaluation from our **Experienced UPSC Mains Qualified Mentors.**
- Candidated can write "n" number of answers daily & **our mentors will evaluate the same within 24 hours.**

## OTHER INSTITUTES EVALUATION SYSTEM

- Others are only trying to sell **LIMITED TIME CLASSES** for a very short period of time
- No ground support (Mentoring) from faculty.
- No Unlimited Answer Writing options.
- Delayed Mentor Support for Answer evaluation.





# THE STUDY MATERIAL MENTORSHIP INDIA IS OFFERING



**Mentorship**  
India

## INDIAN HISTORY

(Ancient, Medieval & Modern History)

BRILLIANT BASICS TO FOUNDATION (MAGBOOK)

FOR CIVIL SERVICES AND STATE SERVICES EXAMINATIONS

- One-stop reference for Civil Services Aspirants.
- Attached With Prelims Fact Check in each Chapter.
- Also Includes Prelims PYQs in each Chapter.
- Inclusive of Mains PYQs (2015-2023).

LD  
HY

AMINATIONS

- Includes Prelims PYQs in each Chapter.
- Inclusive of Mains PYQs (2015-2023).

NCE  
GY

AMINATIONS

- Includes Prelims PYQs in each Chapter.
- Inclusive of Mains PYQs (2015-2023).

S

AMINATIONS

- Includes Prelims PYQs in each Chapter.
- Inclusive of Mains PYQs (2015-2023).

EST

TRACK SETS )

- Includes Prelims PYQs in each Chapter.
- Inclusive of Mains PYQs (2015-2023).

N &

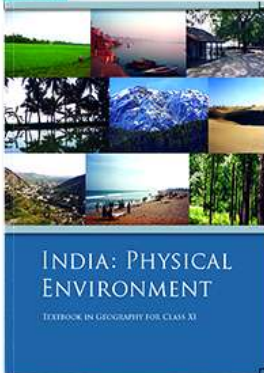
AMINATIONS

- Includes Prelims PYQs in each Chapter.
- Inclusive of Mains PYQs (2015-2023).



# NCERTs

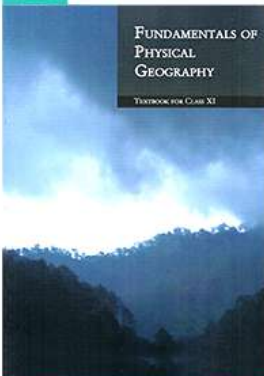
2006



## India : Physical Environment Class 11th

- This is an indispensable NCERT to understand Indian Physical Geography.
- Upon reading this book, you will grasp concepts related to the Drainage System, Physiography, Climate, Natural Vegetation, and the Locations of India.

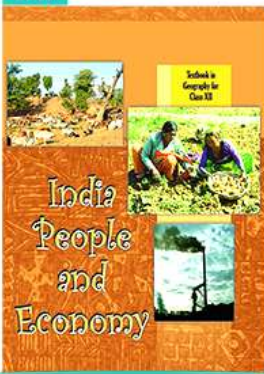
2006



## Fundamentals of Physical Geography Class 11th

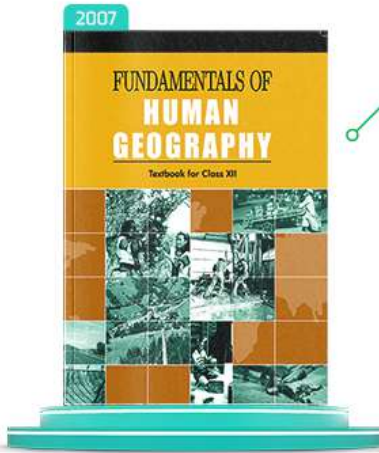
- This book helps the aspirant to understand the Physical Geography of the World.
- The process of Earth's evolution, geomorphology, oceanography, atmosphere, world climate, biodiversity, and landforms are elaborately described in this book.

2007



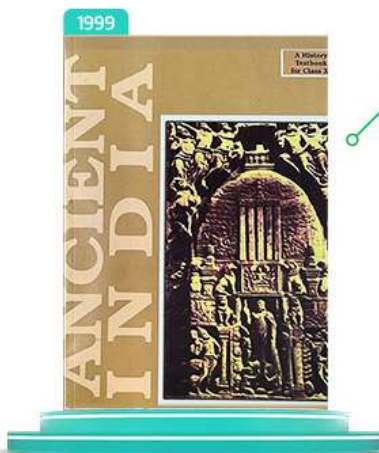
## India, People & Economy Class 12th

- Depicting a geographical perspective on sectors of Indian Economic Activities, namely Primary, Secondary, and Tertiary Sectors.
- This book holds significant importance for GS Paper 1 & 3.



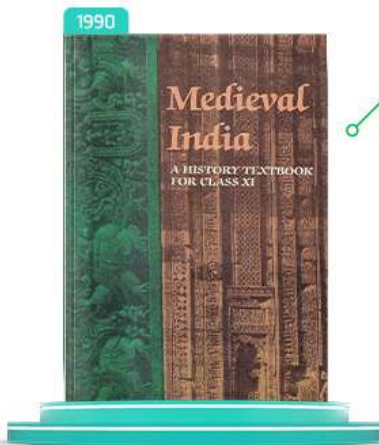
## Fundamentals of Human Geography Class 12th

- Similarly, this book presents a general geographical perspective on sectors of Economic Activities worldwide, emphasizing Primary, Secondary, and Tertiary Sectors.
- This book holds significant importance for GS Paper 1 & 3.



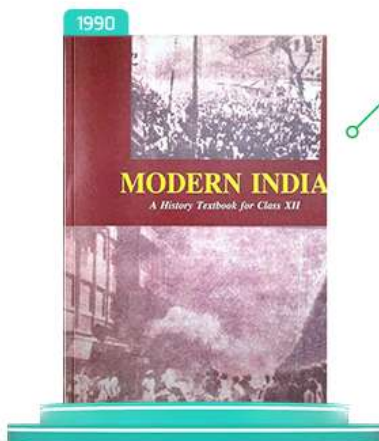
## Ancient India Class 11th

- This book facilitates an understanding of Ancient Indian History from the basic fundamental level to the advanced level.
- It encompasses the period from the Indus Valley Civilization to the Advent of Buddhism & Jainism.



## Medieval India Class 11th

- It is suggested that, aspirants does not require to read any other book in Medieval History rather than this book.
- This book starts from basics of the Age of the Three Empires till disintegration of Mughal Empire and Advent of Europeans.

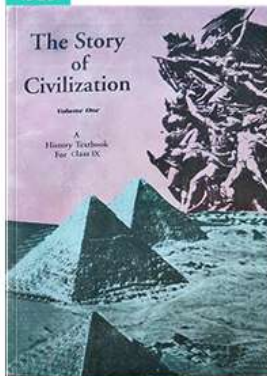


## Modern India Class 12th

- This book aids in a basic understanding of Modern Indian History from the Penetration of Europeans to Indian Independence and Modern India.
- For a deeper understanding of Modern India and the Indian Nationalist Movement, aspirants are encouraged to read Mentorship India's Magbook - Indian History in combination with this book.



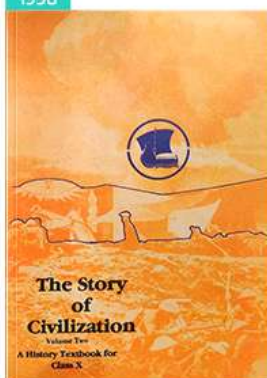
1989



## The Story of Civilisation (V-1) Class 9<sup>th</sup>

- This book helps in understanding of life in Pre Historic Times, Bronze, Iron, and other ages.
- Facilitating an understanding of Ancient World History, this book also encompasses Medieval World History, including African, American, French, and Industrial Revolutions & Capitalism

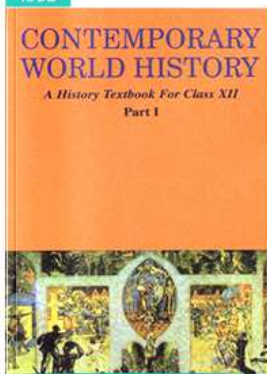
1990



## The Story of Civilisation (V-2) Class 10<sup>th</sup>

- This book deals with Starting of Imperialism, Colonialism, Russian Revolution, India's Struggle for Independence
- It also has subject matter revolving around First and Second World War(s).

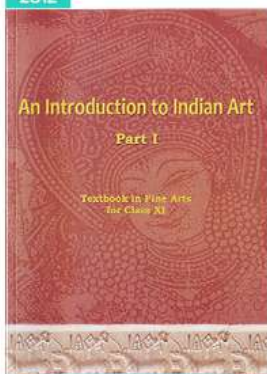
1995



## Contemporary World History Class 12<sup>th</sup>

- This book is important for understanding the concepts of Modern World Order.
- After reading this book, you'll have command on First & Second World War situations and World since 1945.

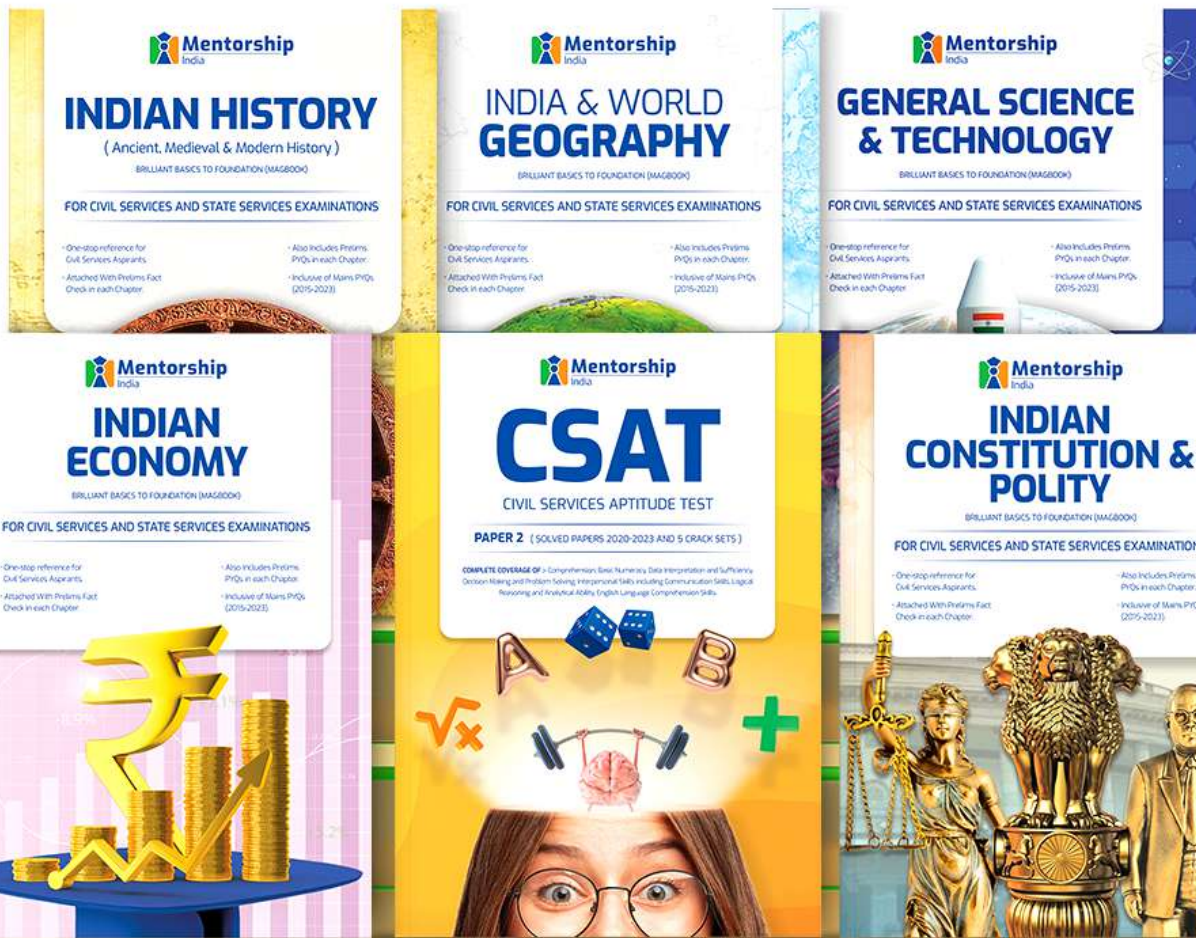
2012



## An Introduction to Indian Art Class 11<sup>th</sup>

- The latest NCERT focuses on the Art & Culture of Indian History.
- After reading this book, aspirant will understand the types of paintings, arts of Indus Valley Civilisation, Mauryan Period, Indo-Islamic Period.

# OUR IN - HOUSE PUBLICATION



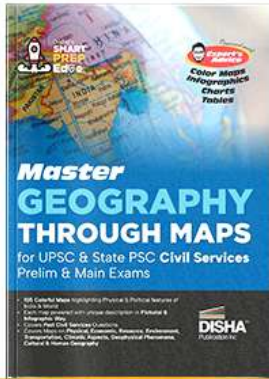
These books, meticulously crafted and **published in-house by Mentorship India**, serve a crucial role in aiding aspirants to comprehend the advanced details of subject matter within the fundamental static subjects required for both **Prelims and Mains Examinations**.

Tailored to provide a comprehensive understanding, these publications are strategically designed to become the cornerstone of your preparation for the **UPSC Civil Services Examination**.

Each book within this collection is purposefully curated to delve into the depth and nuance of the subjects, ensuring that aspirants not only grasp the foundational concepts but also acquire a mastery of the advance elements essential for success in this examination.



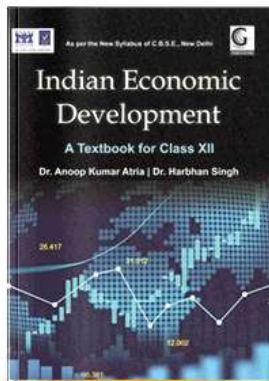
# Other Publication's Books



## Geography Through Maps

(Disha Publications)

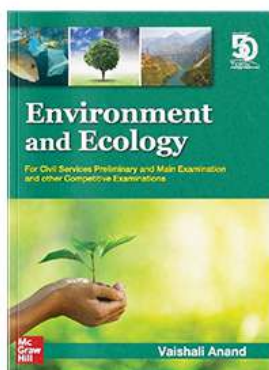
- This is a bonus book for the aspirant for locational study of Geography via Maps
- After completion of this book, you'll command on India's & World's Map Questions in Pre and Mains both.



## Indian Economic Development

(Genius Publications) Dr. Anoop Atria, Dr. Harbhan Singh

- This book aids in a basic understanding of Indian Economy from the Modern to the Post Modern Period until the present date.
- After reading this book, aspirants will understand all the concepts of Indian Economy, which, in turn, helps them, understand Indian Government Budgeting Economic Survey.



## Environment & Ecology - TMH

Vaishali Anand

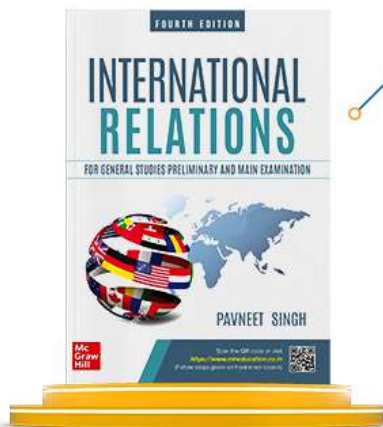
- This book is crucial for the static part of Environment & Ecology, also useful for basic terms and conventions of International Environmental Organizations.
- Given the upward trend in the frequency of Environment Studies' questions in the Prelims Exam, the significance of this book is automatically rising.



## Indian Art & Culture - TMH

Nitin Singhania

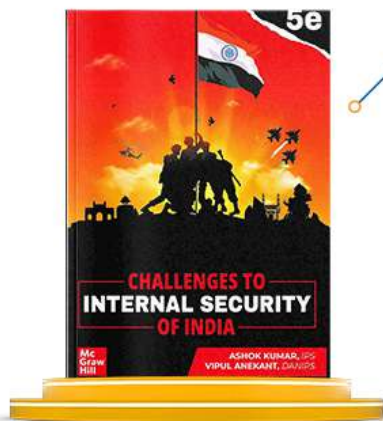
- This is a prestigious book from a Senior IAS Officer from West Bengal Cadre, who has deep structured knowledge of Art & Culture from Indian Perspective.
- After reading this book, you can easily excel in Art & Culture Questions in Prelims and Mains both.



## International Relations - TMH

Pavneet Singh

- This latest edition will help the aspirant in understanding International Organisations & minilaterals like BIMSTEC, QUAD, IPEF, UN etc.
- Diagrammatic and info-graphic presentation of the subject matter, which in turn helps the aspirant to understand IR in concise form.



## Challenges to Internal Security of India - TMH

Ashok Kumar

- As UPSC syllabus and Questions are getting dynamic, the role of Internal Security in Mains G.S. Paper 3 is increasing.
- The aspirant will learn about the basic challenges to the Internal Security of India from Terrorism, naxalism, extremism, etc. from this book.

## Comprehensive Digital Resources

Your dedicated mentor will also assist you by providing digital PDFs for every book you need in your preparation, beyond the publications you'll get Physically after enrollment. You'll have access to all the essential additional study materials and handouts in a convenient digital format (PDFs), ensuring that you have a comprehensive set of resources for effective preparation. This way, we aim to make your study experience as accessible and efficient as possible.





## GET IN TOUCH

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