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Prelims PYQ, Mains model answers, and copy evaluation. Write to the desk for this paper, a doubt, or the AI waitlist.

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Q2

**Mindful manifesto is the catalyst to a tranquil self.**

UPSC Civil Services Mains 2020 · Essay · 125 marks · Philosophical and ethical quotes

Philosophical and ethical quotes

**Core demand of the question**

- **Stake:** a written practice of attention can quiet the self - manifesto as method, not a poster
- **One stand:** tranquillity is trained; it is not a spa. Keep it from becoming indifference
- Move through mind, digital, office, public. Keep one honest counter
- Close on stillness that can still act

**Revision summary**

Not a full essay - a map.

- **Open with three lines before email. Stand:** trained quiet, then duty.
- **Headings:** self, feed, office, public pause, then one counter.

Earn **Buddha** or Marcus once. Peg a pause after rumour.

Close on stillness that acts.

**Note**

This is a map, not the full 1,000-1,200 word essay.

**Anecdote**

- **A young officer writes three lines before opening email:** what I control, what I don't, whom I must not harm today. It is a small manifesto. The inbox still shouts. The self is a little less for sale. The topic is that catalyst - mindful, written, used.

**One stand**

- **Mindful:** attention without the extra story. Manifesto: a few rules you can reread. Tranquil self: less panic, not less duty. Write against both the wellness industry and the cult of rage.

**Heading map****What the line is asking**

- **Mindful manifesto:** a short, repeatable discipline (breath, a pause, a code).
- **Catalyst:** it starts a reaction; it is not the whole life.
- **Tranquil:** stoic / Buddhist cousin - one nod.

**Self**

- A feed is an anti-manifesto. Sleep, a walk, a phone in another room.

**Digital**

- Notifications as a raid on tranquillity. Design vs will (cousin of FOMO 2024).

## Office

- A noting that waits one night. A meeting without a performance of anger.
- **Kautilya's watchmen of the self:** the king's first fortress.

## Public

- **A leader's pause after a riot rumour:** tranquillity as statecraft, not as cowardice (cousin of muddy water 2025).

## The counter

Tranquillity preached to a beaten wife is a second blow. A hungry queue does not need your calm more than a ration. And a manifesto can be branding (a corporate 'mindfulness' that speeds the same grind). Stillness is to see clearly, then move.

## Last paragraph

- **Close:** write three lines, then open the file. Expand - this is only the map.

## Facts & figures

### Buddha

The stirred pond of mind - tranquillity as seeing, not as sleep.

### Marcus Aurelius

Do not be yanked by first impression - a manifesto in a notebook.

### DPDP / design

Attention as a harvest - tranquillity needs a law, not only a mantra.

### Model Code

A public pause - stillness with a date.

### Mental health

NMHP / a clinic - tranquillity as care, not as a performance of wellness.

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