

Dear Students,

This one is for all UPSC aspirants.

I know the Prelims result was declared on 15th June, 2026. Some of you may have cleared the Prelims and have already started preparing for Mains. But many of you were not able to clear this year's exam.

Right now, your mind be filled with thoughts like -

- The paper was too tough.
- There were hardly any static questions.
- I usually study C.A. seriously, but this year I couldn't focus enough.
- If only I had started preparing earlier.
- If only I had given more mocks.
- Even if I had cleared Prelims, would I have been ready for mains?
- It was just a trial attempt, next year I'll be fully prepared.
- How will I face my parents now?
- How will I ask for another year in Delhi?
- I have to clear some good exams this

years.

- I don't have time to relax, I'll appear for every exam possible.

YES, YOU - I AM TALKING TO YOU.

RELAX.

It's completely natural to feel upset when something you've worked hard for doesn't go your way. But ask yourself: was your current level of preparation enough for the demands of this exam?

If not, then this result is not the end - it's an opportunity for growth.

Perhaps, you weren't ready for the job yet, and that's okay. There is a reason UPSC provides multiple attempts.

It gives aspirants the opportunity to learn, improve, analyse their mistakes and come back stronger.

If you genuinely gave your best effort - without excuses and to the fullest extent

of your capacity - then you should be proud of yourself. This examination is not only a test of knowledge; it is also a test of patience, temperament, resilience, and persistence.

Allow yourself to feel your emotions. Feel the regret, sadness, disappointment or frustration. Don't suppress them. Give yourself a few days to process everything. Then stand up, dust yourself off, and begin again.

If you've planned to appear for other examinations, go ahead and do so. But don't get trapped in a vicious cycle of self-criticism and self-doubt.

You gave your best. There is no regret in honest effort.

Sometimes, it's simply isn't your day.

Remember, not every setback is a sign to stop. Often, it's a necessary step

in your growth. The lessons learned from failure frequently become the foundation of future success.

So, believe in yourself. Believe in your potential. Stop comparing your journey with someone else's.

And most importantly, keep moving FORWARD.

I am proud of each and everyone of you, regardless of the result.

You are much more than an examination score.

You are a valuable and beautiful human being.

WISHING YOU STRENGTH, CLARITY, AND SUCCESS ON YOUR JOURNEY AHEAD.

Regards,

Your mentor

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