

# SAARTHI IAS

## MAARG MENTORSHIP PROGRAM

### ANTHROPOLOGY OPTIONAL – PAPER I

#### MONTH 1 – FOUNDATIONS OF ANTHROPOLOGY

- Meaning and development of anthropology
- Branches of anthropology
- Human evolution
- Primatology

#### WEEK 1 – INTRODUCTION TO ANTHROPOLOGY

Day	Topic	Micro Topics	DPP (Answer Writing)	Revision
1	Meaning & Scope	Definition, scope, development of anthropology	Explain scope of anthropology.	—
2	Relationship with Sciences	Social sciences, life sciences, humanities	Discuss interdisciplinary nature.	Day1
3	Branches	Social-cultural anthropology	Explain scope of socio-cultural anthropology.	Day1–2
4	Branches	Biological anthropology	Discuss biological anthropology.	Day1–3
5	Branches	Archaeological anthropology	Explain archaeological anthropology.	Day1–4
6	Branches	Linguistic anthropology	Discuss linguistic anthropology.	Week review
7	Revision	Branches of anthropology	Write 15 marker.	Full revision

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## WEEK 2 – HUMAN EVOLUTION

Day	Topic	Micro Topics	DPP	Revision
8	Human Evolution	Biological & cultural evolution	Explain human evolution.	Day1–7
9	Pre-Darwinian Theory	Lamarck theory	Discuss Lamarckism.	Day8
10	Darwinian Theory	Natural selection	Explain Darwin theory.	Day8–9
11	Post-Darwinian	Neo-Darwinism	Discuss neo-Darwinism.	Day8–10
12	Synthetic Theory	Modern evolutionary synthesis	Explain synthetic theory.	Day8–11
13	Evolution Concepts	Doll rule, Cope rule	Explain evolutionary concepts.	Week review
14	Evolution Concepts	Adaptive radiation, mosaic evolution	Discuss adaptive radiation.	Full revision

## WEEK 3 – PRIMATOLOGY

Day	Topic	Micro Topics	DPP	Revision
15	Primates	Characteristics of primates	Explain primate traits.	Day1–14
16	Primate Adaptations	Arboreal adaptation	Discuss arboreal adaptations.	Day15
17	Primate Behaviour	Social behaviour	Explain primate behaviour.	Day15–16
18	Primate Taxonomy	Major primate groups	Discuss primate taxonomy.	Day15–17
19	Comparative Anatomy	Man vs apes	Explain anatomical differences.	Day15–18
20	Bipedalism	Skeletal changes	Discuss erect posture.	Week review
21	Revision	Primatology	15 marker.	Full revision

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## WEEK 4 – FOSSIL HOMINIDS

Day	Topic	Micro Topics	DPP	Revision
22	Australopithecus	South and East Africa fossils	Explain australopithecines.	Day1–21
23	Homo erectus	African fossils	Discuss Homo erectus.	Day22
24	Homo erectus	Asian fossils	Explain Java and Peking man.	Day22–23
25	Neanderthal	La-Chapelle fossils	Discuss Neanderthal.	Day22–24
26	Rhodesian Man	Characteristics	Explain Rhodesian man.	Day22–25
27	Homo sapiens	Cro-Magnon, Grimaldi	Discuss early sapiens.	Week review
28	Revision	Fossil hominids	15 marker.	Full revision

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## MONTH 2 – GENETICS AND PREHISTORY

### Coverage

- Cell biology
- Archaeology
- Cultural evolution
- Social anthropology foundations

### WEEK 5 – BIOLOGICAL BASIS OF LIFE

Day	Topic	Micro Topics	DPP	Revision
29	Cell Biology	Cell structure	Explain cell.	Day1–28
30	DNA	DNA structure	Discuss DNA replication.	Day29
31	Protein Synthesis	Genetic coding	Explain protein synthesis.	Day29–30
32	Gene Mutation	Types of mutation	Discuss mutation.	Day29–31
33	Chromosomes	Structure and function	Explain chromosomes.	Day29–32
34	Cell Division	Mitosis meiosis	Discuss cell division.	Week review
35	Revision	Genetics basics	15 marker.	Full revision

### WEEK 6 – PREHISTORIC ARCHAEOLOGY

Day	Topic	Micro Topics	DPP	Revision
36	Prehistoric Archaeology	Meaning and scope	Explain prehistoric archaeology.	Day1–35
37	Dating Methods	Relative dating	Discuss relative dating.	Day36
38	Dating Methods	Absolute dating	Explain carbon dating.	Day36–37
39	Paleolithic	Stone age culture	Discuss paleolithic culture.	Day36–38
40	Mesolithic	Cultural features	Explain mesolithic.	Day36–39
41	Neolithic	Agriculture revolution	Discuss neolithic.	Week review
42	Metal Ages	Chalcolithic Bronze Iron	Explain metal ages.	Full revision

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## WEEK 7 – CULTURE AND SOCIETY

Day	Topic	Micro Topics	DPP	Revision
43	Culture	Concept and characteristics	Explain culture.	Day1–42
44	Civilization	Culture vs civilization	Discuss differences.	Day43
45	Ethnocentrism	Definition and examples	Explain ethnocentrism.	Day43–44
46	Cultural Relativism	Concept and importance	Discuss relativism.	Day43–45
47	Society	Concept of society	Explain society.	Day43–46
48	Social Groups	Types of social groups	Discuss social groups.	Week review
49	Stratification	Concept of hierarchy	Explain stratification.	Full revision

## WEEK 8 – MARRIAGE, FAMILY, KINSHIP

Day	Topic	Micro Topics	DPP	Revision
50	Marriage	Definition and universality	Explain marriage.	Day1–49
51	Marriage Laws	Endogamy exogamy	Discuss marriage laws.	Day50
52	Marriage Types	Monogamy polygamy polyandry	Explain marriage types.	Day50–51
53	Marriage Regulations	Preferential marriage	Discuss marriage regulation.	Day50–52
54	Marriage Payments	Bridewealth dowry	Explain marriage payments.	Day50–53
55	Family	Types and functions	Discuss family.	Week review
56	Kinship	Descent lineage clan	Explain kinship.	Full revision

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## WEEK 9 – ECONOMIC & POLITICAL ORGANIZATION

Day	Topic	Micro Topics	DPP	Revision
57	Economic Anthropology	Meaning and scope	Explain economic anthropology.	Day1–56
58	Formalist Debate	Formalist vs substantivist	Discuss economic debate.	Day57
59	Production	Hunting gathering economy	Explain subsistence economy.	Day57–58
60	Exchange	Reciprocity redistribution	Discuss exchange.	Day57–59
61	Political Organization	Band tribe chiefdom	Explain political systems.	Day57–60
62	Authority	Power authority legitimacy	Discuss authority.	Week review
63	Social Control	Law and justice	Explain social control.	Full revision

## WEEK 10 – RELIGION AND THEORIES

Day	Topic	Micro Topics	DPP	Revision
64	Religion	Anthropological approaches	Explain religion.	Day1–63
65	Religious Forms	Animism totemism	Discuss tribal religion.	Day64
66	Magic Science	Magic religion science debate	Explain magic.	Day64–65
67	Functionaries	Shaman priest	Discuss religious roles.	Day64–66
68	Classical Evolutionism	Tylor Morgan Frazer	Explain evolutionism.	Week review
69	Functionalism	Malinowski Radcliffe Brown	Discuss functionalism.	Day64–68
70	Structuralism	Levi Strauss	Explain structuralism.	Full revision

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## WEEK 11 – GENETICS AND APPLIED ANTHROPOLOGY

Day	Topic	Micro Topics	DPP	Revision
71	Genetic Methods	Pedigree twin studies	Explain genetic methods.	Day1–70
72	Population Genetics	Hardy Weinberg law	Discuss population genetics.	Day71
73	Chromosomal Disorders	Down syndrome etc.	Explain genetic disorders.	Day71–72
74	Ecological Anthropology	Human adaptation	Discuss ecological anthropology.	Day71–73
75	Applied Anthropology	Forensic sports nutrition anthropology	Explain applied anthropology.	Full revision

### REVISION MODEL

Spaced repetition

- Day-3 revision
- Weekly revision
- Monthly consolidation

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## ANTHROPOLOGY OPTIONAL – PAPER II

### MONTH 1 – PREHISTORY AND INDIAN CULTURE

#### Coverage

- Prehistoric India
- Protohistoric cultures
- Ethnoarchaeology
- Palaeo-anthropology

#### WEEK 1 – PREHISTORIC INDIA

Day	Topic	Micro Topics	DPP (Answer Writing)	Revision
1	Palaeolithic	Lower, Middle, Upper Palaeolithic in India	Explain Palaeolithic culture.	—
2	Palaeolithic Sites	Soan valley, Attirampakkam	Discuss Palaeolithic tools.	Day1
3	Mesolithic	Microlithic culture	Explain Mesolithic culture.	Day1–2
4	Mesolithic Sites	Bagor, Adamgarh	Discuss Mesolithic sites.	Day1–3
5	Neolithic	Agriculture and domestication	Explain Neolithic revolution.	Day1–4
6	Neolithic-Chalcolithic	Metal usage	Discuss Chalcolithic culture.	Week review
7	Revision	Prehistoric culture	15 marker.	Full revision

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## WEEK 2 – INDUS CIVILIZATION

Day	Topic	Micro Topics	DPP	Revision
8	Protohistoric India	Definition and features	Explain protohistory.	Day1–7
9	Pre-Harappan	Early settlements	Discuss pre-Harappan culture.	Day8
10	Harappan Civilization	Urban features	Explain Harappan society.	Day8–9
11	Harappan Economy	Trade agriculture	Discuss Harappan economy.	Day8–10
12	Post-Harappan	Decline theories	Explain Harappan decline.	Day8–11
13	Tribal Contributions	Tribal cultures in Indian civilization	Discuss tribal contribution.	Week review
14	Revision	Indus civilization	15 marker.	Full revision

## WEEK 3 – PALAEO-ANTHROPOLOGY

Day	Topic	Micro Topics	DPP	Revision
15	Siwalik Fossils	Ramapithecus	Explain Ramapithecus.	Day1–14
16	Siwalik Fossils	Sivapithecus	Discuss Sivapithecus.	Day15
17	Narmada Fossil	Narmada man discovery	Explain Narmada man.	Day15–16
18	Indian Fossil Evidence	Human evolution in India	Discuss fossil evidence.	Day15–17
19	Ethno-archaeology	Concept and scope	Explain ethno-archaeology.	Day15–18
20	Ethno-archaeology Examples	Hunting, pastoral communities	Discuss examples.	Week review
21	Revision	Indian paleo-anthropology	15 marker.	Full revision

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## WEEK 4 – DEMOGRAPHY OF INDIA

Day	Topic	Micro Topics	DPP	Revision
22	Population Structure	Ethnic composition	Explain ethnic diversity.	Day1–21
23	Linguistic Groups	Language families	Discuss linguistic groups.	Day22
24	Population Growth	Census trends	Explain population growth.	Day22–23
25	Population Factors	Fertility mortality	Discuss demographic factors.	Day22–24
26	Population Distribution	Regional patterns	Explain distribution.	Day22–25
27	Demographic Challenges	Population problems	Discuss demographic issues.	Week review
28	Revision	Indian demography	15 marker.	Full revision

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## MONTH 2 – SOCIAL STRUCTURE IN INDIA

### Coverage

- Caste
- Religion
- Village structure
- Social change

### WEEK 5 – TRADITIONAL SOCIAL SYSTEM

Day	Topic	Micro Topics	DPP	Revision
29	Varnashram	Varna concept	Explain Varnashram.	Day1–28
30	Purushartha	Dharma artha kama moksha	Discuss Purushartha.	Day29
31	Karma	Concept of karma	Explain karma.	Day29–30
32	Rina	Three debts	Discuss Rina.	Day29–31
33	Rebirth	Concept in Indian society	Explain rebirth.	Day29–32
34	Traditional Structure	Integration of concepts	Discuss Indian worldview.	Week review
35	Revision	Indian social system	15 marker.	Full revision

### WEEK 6 – CASTE SYSTEM

Day	Topic	Micro Topics	DPP	Revision
36	Varna vs Caste	Differences	Explain caste.	Day1–35
37	Caste Features	Hierarchy endogamy	Discuss caste features.	Day36
38	Origin Theories	Religious occupational	Explain caste origin.	Day36–37
39	Dominant Caste	M.N. Srinivas	Discuss dominant caste.	Day36–38
40	Caste Mobility	Sanskritization	Explain caste mobility.	Day36–39
41	Jajmani System	Village exchange system	Discuss Jajmani system.	Week review
42	Revision	Caste debate	15 marker.	Full revision

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## WEEK 7 – RELIGION AND CULTURE

Day	Topic	Micro Topics	DPP	Revision
43	Sacred Complex	Concept	Explain sacred complex.	Day1–42
44	Nature-Man-Spirit Complex	Concept	Discuss nature-man-spirit.	Day43
45	Buddhism Impact	Social reform	Explain Buddhism.	Day43–44
46	Jainism Impact	Ethical influence	Discuss Jainism.	Day43–45
47	Islam Impact	Cultural synthesis	Explain Islam impact.	Day43–46
48	Christianity Impact	Missionary influence	Discuss Christianity.	Week review
49	Revision	Religion impact	15 marker.	Full revision

## WEEK 8 – INDIAN VILLAGE

Day	Topic	Micro Topics	DPP	Revision
50	Village Studies	Importance	Explain village studies.	Day1–49
51	Village Social System	Caste relations	Discuss village society.	Day50
52	Settlement Patterns	Traditional villages	Explain settlement.	Day50–51
53	Agrarian Relations	Land ownership	Discuss agrarian relations.	Day50–52
54	Globalization Impact	Village transformation	Explain rural change.	Day50–53
55	Minorities	Religious and linguistic minorities	Discuss minority issues.	Week review
56	Revision	Village sociology	15 marker.	Full revision

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## WEEK 9 – TRIBAL SOCIETY

Day	Topic	Micro Topics	DPP	Revision
57	Tribal Distribution	Indian tribes	Explain tribal distribution.	Day1–56
58	Tribal Characteristics	Bio-genetic variation	Discuss tribal diversity.	Day57
59	Tribal Economy	Livelihood patterns	Explain tribal economy.	Day57–58
60	Tribal Problems	Land alienation poverty	Discuss tribal issues.	Day57–59
61	Development Projects	Displacement	Explain displacement.	Day57–60
62	Forest Policy	Impact on tribes	Discuss forest policy.	Week review
63	Revision	Tribal problems	15 marker.	Full revision

## WEEK 10 – SOCIAL JUSTICE AND ETHNICITY

Day	Topic	Micro Topics	DPP	Revision
64	SC/ST Issues	Exploitation	Explain SC/ST issues.	Day1–63
65	Constitutional Safeguards	Reservation policies	Discuss safeguards.	Day64
66	Tribal Change	Impact of democracy	Explain tribal change.	Day64–65
67	Ethnicity	Concept and identity	Discuss ethnicity.	Day64–66
68	Ethnic Conflict	Regional movements	Explain ethnic conflicts.	Week review
69	Pseudo-tribalism	Identity politics	Discuss pseudo-tribalism.	Day64–68
70	Revision	Ethnicity debate	15 marker.	Full revision

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## WEEK 11 – TRIBAL DEVELOPMENT AND APPLIED ANTHROPOLOGY

Day	Topic	Micro Topics	DPP	Revision
71	Tribal Administration	Colonial policies	Explain tribal policy.	Day1–70
72	PTGs	Primitive tribal groups	Discuss PTGs.	Day71
73	NGO Role	Development work	Explain NGO role.	Day71–72
74	Applied Anthropology	Rural development	Discuss applied anthropology.	Day71–73
75	Anthropology & Conflict	Regionalism communalism	Explain anthropology role.	Full revision

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## 30-DAY CONSOLIDATED REVISION PLAN

### ANTHROPOLOGY OPTIONAL (PAPER I + PAPER II)

#### WEEK 1 – BIOLOGICAL ANTHROPOLOGY REVISION

(Paper I Core High-Scoring Areas)

Day	Topics	Micro Topics to Revise	DPP
1	Human Evolution	Biological & cultural evolution, Lamarck, Darwin, Neo-Darwinism	Explain Darwinian evolution
2	Evolution Concepts	Adaptive radiation, mosaic evolution, Cope rule, Doll rule	Discuss modern evolutionary synthesis
3	Primatology	Primate characteristics, taxonomy, arboreal adaptations	Explain primate evolution
4	Comparative Anatomy	Man vs apes, bipedalism skeletal changes	Discuss erect posture
5	Fossil Hominids	Australopithecus, Homo erectus	Explain Australopithecus
6	Advanced Fossils	Neanderthal, Rhodesian, Homo sapiens fossils	Discuss Neanderthal man
7	Weekly Revision	Complete human evolution	20 marker answer

#### WEEK 2 – GENETICS AND ECOLOGICAL ANTHROPOLOGY

Day	Topics	Micro Topics	DPP
8	Cell Biology	DNA, gene, mutation	Explain DNA replication
9	Genetics	Mendelian inheritance	Discuss Mendelian genetics
10	Population Genetics	Hardy-Weinberg law	Explain population genetics
11	Genetic Variation	Mutation migration drift	Discuss genetic polymorphism
12	Chromosomal Disorders	Down syndrome, Turner syndrome	Explain chromosomal aberrations
13	Ecological Anthropology	Human adaptation	Discuss ecological adaptation
14	Weekly Revision	Genetics + ecology	20 marker practice

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## WEEK 3 – SOCIO-CULTURAL ANTHROPOLOGY REVISION

Day	Topics	Micro Topics	DPP
15	Culture	Concept, ethnocentrism, relativism	Explain culture concept
16	Society	Social groups, stratification	Discuss social institutions
17	Marriage	Types, laws of marriage	Explain marriage systems
18	Family	Family types and functions	Discuss family change
19	Kinship	Descent, lineage, clan	Explain kinship systems
20	Economic Anthropology	Reciprocity, redistribution	Discuss economic systems
21	Political Anthropology	Band, tribe, chiefdom	Explain political organization

## WEEK 4 – ANTHROPOLOGICAL THEORIES

Day	Topics	Micro Topics	DPP
22	Evolutionism	Tylor, Morgan, Frazer	Discuss classical evolutionism
23	Diffusionism	German, British diffusion	Explain diffusionism
24	Functionalism	Malinowski	Discuss functionalism
25	Structural Functionalism	Radcliffe-Brown	Explain structural functionalism
26	Structuralism	Levi-Strauss	Discuss structuralism
27	Culture Personality	Mead, Benedict	Explain culture-personality
28	Modern Theories	Cultural materialism, postmodernism	Critically evaluate modern anthropology
29	Indian Anthropology	Village studies, caste, tribes, demography	Discuss tribal problems
30	Applied Anthropology	Tribal development, policies, PTGs, NGOs	Explain role of anthropology

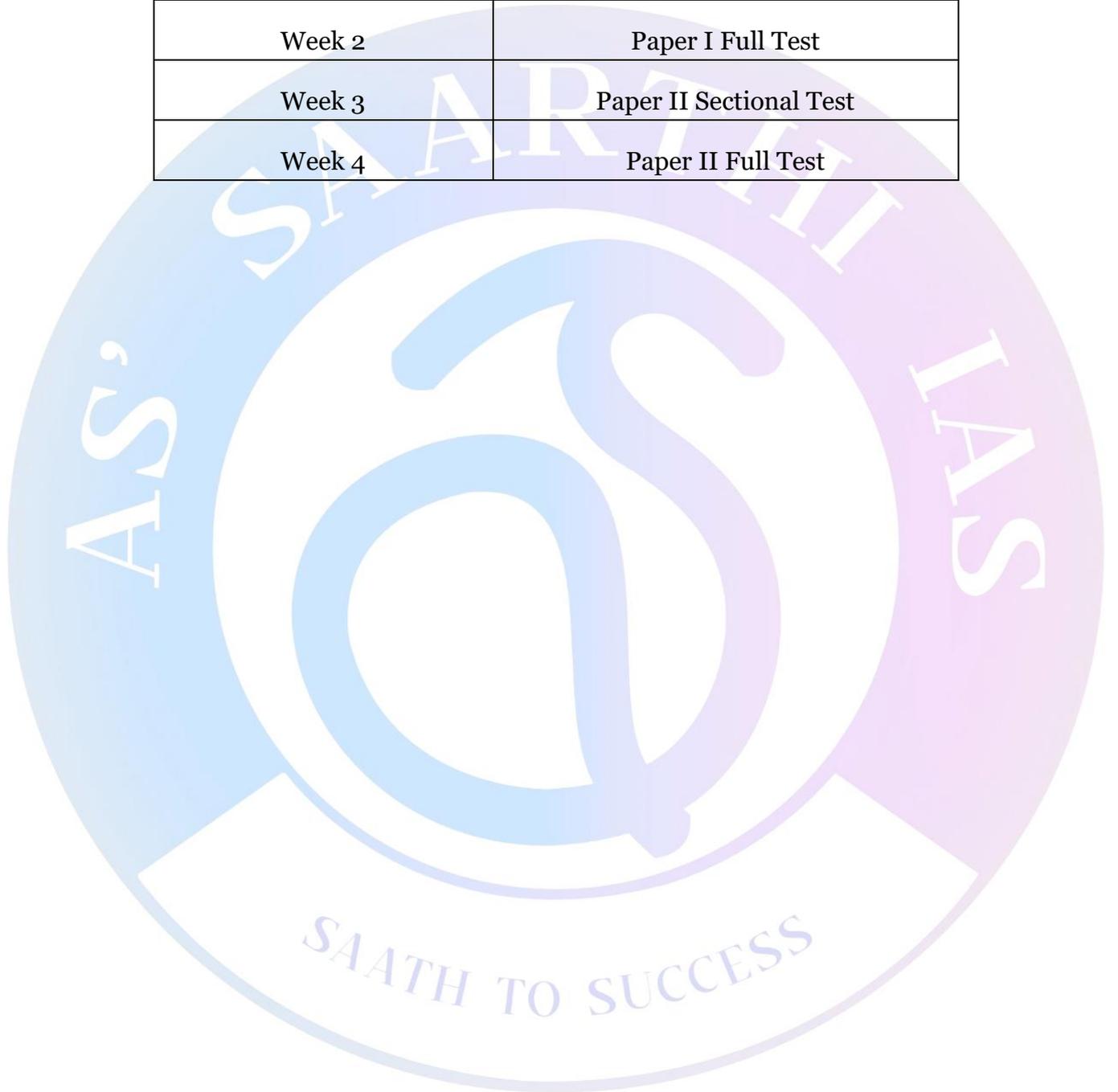
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## FULL-LENGTH TEST PLAN

During 30 days revision:

Week	Test
Week 1	Paper I Sectional Test
Week 2	Paper I Full Test
Week 3	Paper II Sectional Test
Week 4	Paper II Full Test



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