

Aadhaar

NCERT Foundation Programme

**OFFLINE
&
ONLINE**

Perspective &
Approach
development
through
Concept
Building

Understanding
themes &
trends through
PYQs

Developing
Answer
Writing
skills

97 NCERT-
based
Prelims Tests
(Topic-wise)

Crisp &
Concise
notes for
Quick Revision

Special
Focus on Linking
Current Affairs
with
Concepts

Mentorship
for
personalized
guidance

150⁺ Hrs.
Course to Cover & Map
the Concepts of *Old &
New NCERT Books* in
Sync with
UPSC Syllabus

COURSE FEE
₹10,000
Including GST

PROGRAMME OVERVIEW

NCERT is the **Aadhaar** on which the **Foundation of UPSC CSE** is built. Without reading and understanding NCERTs one can not even imagine clearing this exam. Reading all the books can be daunting but GS SCORE has made this task easier for you by bringing the **Aadhaar - NCERT Foundation programme**. The uniqueness of this programme is not only the coverage of **NEW and OLD NCERTs** but also connecting the UPSC Syllabus through NCERTs by **systematic analysis of PYQs**. It aims at **linking current affairs with concepts** and finally developing a comprehensive **answer writing** approach.

SESSION PLAN

Polity	25 Hrs.
Society	10 Hrs.
History	25 Hrs.
Science	20 Hrs.
Geography	25 Hrs.
Economy	25 Hrs.
Environment	20 Hrs.

PROGRAMME SCHEDULE

SESSION	TOPIC	DETAIL
POLITY		
SESSION 1	Political Theory	<ul style="list-style-type: none"> Equality, Freedom Citizenship, Nationalism
SESSION 2	Introduction to constitution	<ul style="list-style-type: none"> Constitution: Why and How? Evolution, Objectives & Features of the constitution, Philosophy of Indian Constitution, Constitution As a Living Document, Evolution

SESSION	TOPIC	DETAIL
SESSION 3	Fundamental Rights DPSPs Fundamental Duties	<ul style="list-style-type: none"> Article 12-13, Right to Equality, Right to Freedom, Right against Exploitation, Right to Freedom of Religion, Cultural & Educational Rights Right to Constitutional Remedies, FRs other Dimensions, Evolution & Dimensions of DPSP, Socialist Principles, Gandhian Principles, Liberal Intellectual Principles, New Directive Principles, Directive Principles outside Part IV, Fundamental Duties
SESSION 4	Centre-State Relations Union Legislature & State Legislature	<ul style="list-style-type: none"> Federalism Organisation of Parliament, Lok Sabha, Rajya Sabha, Legislative Assembly, Legislative Councils Speaker, Protem Speaker, Chairman of Rajya Sabha, Deputy Chairman of Rajya Sabha, Leader in Parliament, Legislative Procedures, Committees of Parliament
SESSION 5	Union & State Executive Local Government Union Territories & Special Area	<ul style="list-style-type: none"> President, Vice President & Governor Prime Minister, CoM, Chief Minister & CoM Evolution of Panchayati Raj; Evolution of Urban Bodies; Creation of Union Territories; Scheduled and Tribal Areas
SESSION 6	Judiciary	<ul style="list-style-type: none"> Supreme Court; High Court; Subordinate Courts; Lok Adalats; Tribunals
SESSION 7	Bodies Political Dynamics	<ul style="list-style-type: none"> Constitutional and Non-Constitutional Bodies Political Parties; Election; Pressure Groups
SESSION 8	Polity	<ul style="list-style-type: none"> Topic Detailing
SESSION 9	Polity	<ul style="list-style-type: none"> Prelims Test
SESSION 10	Polity	<ul style="list-style-type: none"> Answer Writing

SESSION	TOPIC	DETAIL
SOCIETY		
SESSION 1	Society	<ul style="list-style-type: none"> Sociology and Society Terms, Concepts and their use in Sociology Social Structure, Stratification & Processes In Society , Culture and Socialisation
SESSION 2	Society	<ul style="list-style-type: none"> Understanding Social Institutions Social Change and Social Order in Rural and Urban Society Environment and Society Introducing Indian Society The Demographic Structure of Indian Society
SESSION 3	Society	<ul style="list-style-type: none"> Social Institutions: Continuity and Change Market as a Social Institution Patterns of Social Inequality and Exclusion. The challenges of Cultural Diversity Structural Change, Cultural Change
SESSION 4	Society	<ul style="list-style-type: none"> Story of Indian Democracy; Change and Development in Rural Society; Change and Development in Industrial Society Globalisation and Social Change Mass Media and Communications Social Movements
SESSION 5	Society	<ul style="list-style-type: none"> Topic Detailing
SESSION 6	Society	<ul style="list-style-type: none"> Answer writing
HISTORY		
SESSION 1	Ancient History-1	<ul style="list-style-type: none"> Pre Historic Times; Indus Valley Civilization; Rig Vedic Period; Later Vedic Period + Jainism & Buddhism Assignment

SESSION	TOPIC	DETAIL
SESSION 2	Ancient History-2	<ul style="list-style-type: none"> ▣ Mahajanapadas Period; Mauryan Empire Post-Mauryan India Gupta Period; Harshavardhana Period; Sangam Period (South Indian Dynasties)+ ▣ Assignment
SESSION 3	Medieval History-1	<ul style="list-style-type: none"> ▣ Major Dynasties of Early Medieval India (750-1200); Cholas & other South Indian Kingdoms + Early Muslim Invasions; The Delhi Sultanate (1206-1526 AD); Vijayanagar Empire
SESSION 4	Medieval History-2	<ul style="list-style-type: none"> ▣ Struggle for Empire in North India; Establishment of North Indian Empire; Consolidation & Expansion of the Empire; State & Government under Akbar; Akbar's Religious views, Post Akbar; Regional Powers in India
SESSION 5	Modern History-1	<ul style="list-style-type: none"> ▣ The Advent of Europeans In India; The English in Bengal from (1757 to 1772); Impact of British Rule in India ▣ Revolt of 1857; Tribal & Peasants Movements; Socio- Religious Reforms Pre-Congress Phase
SESSION 6	Modern History-2	<ul style="list-style-type: none"> ▣ Moderate Phase of Congress(1858- 1900) Partition of Bengal; Extremists Phase (1900-1917)
SESSION 7	Modern History-3	<ul style="list-style-type: none"> ▣ Indian National Movement (1917-1947)
SESSION 8	Art & Culture	<ul style="list-style-type: none"> ▣ Visual & Performing Arts + Religion, Language, Literature, Miscellaneous
SESSION 9	History	<ul style="list-style-type: none"> ▣ Syllabus Topic Detailing
SESSION 10	History	<ul style="list-style-type: none"> ▣ Prelims Test
SESSION 11	History	<ul style="list-style-type: none"> ▣ Answer writing

SESSION	TOPIC	DETAIL
SCIENCE		
SESSION 1	Science	<ul style="list-style-type: none"> Introduction to Science and Tech; Physics: Motion
SESSION 2	Science	<ul style="list-style-type: none"> Physics: Force, Pressure, Light, Sound
SESSION 3	Science	<ul style="list-style-type: none"> Physics: Electricity, Work, Energy
SESSION 4	Science	<ul style="list-style-type: none"> Chemistry: Acid, Bases & Salts; Metals and Non- Metals; Matter, Atoms & Molecules
SESSION 5	Science	<ul style="list-style-type: none"> Biology: Biological Classification; Microorganisms; Cell
SESSION 6	Science	<ul style="list-style-type: none"> Biology: Heredity; Evolution; Natural Resources; Biotechnology
SESSION 7	Science	<ul style="list-style-type: none"> Topic Detailing
SESSION 8	Science	<ul style="list-style-type: none"> Prelims test
SESSION 9	Science	<ul style="list-style-type: none"> Answer writing
GEOGRAPHY		
SESSION 1	Earth and The Universe	<ul style="list-style-type: none"> Globe Latitudes and Longitudes Motions of the Earth
SESSION 2	Interior of the Earth	<ul style="list-style-type: none"> Earth's crust and Interior Geophysical phenomena: Volcanism and Earthquakes
SESSION 3	Composition and Structure of Atmosphere	<ul style="list-style-type: none"> Atmosphere of Earth Atmospheric Phenomena and Vegetation
SESSION 5	Biogeography	<ul style="list-style-type: none"> Biogeography, Forest and Wildlife Resources

SESSION	TOPIC	DETAIL
SESSION 6	Human Development	<ul style="list-style-type: none"> Human Geography of the World; Settlement & Urbanization Economic Geography of the World + Mineral+ Energy Resources+ Transport + International Trade + Development of Minerals and Industries Economic Infrastructure and Energy Resources
SESSION 7	Indian Geography	<ul style="list-style-type: none"> Basics of India + Geological Structure & relief features + Physiography of India
SESSION 8	Indian Geography	<ul style="list-style-type: none"> River Systems & Climate of India + Topic detailing
SESSION 9	Geography	<ul style="list-style-type: none"> Prelims Test
SESSION 10	Geography	<ul style="list-style-type: none"> Answer Writing
ECONOMY		
SESSION 1	Economy	<ul style="list-style-type: none"> Basics of Economy
SESSION 2	Economy	<ul style="list-style-type: none"> Economic Growth & National Income-1
SESSION 3	Economy	<ul style="list-style-type: none"> Economic Growth & National Income
SESSION 4	Economy	<ul style="list-style-type: none"> Money & Banking
SESSION 5	Economy	<ul style="list-style-type: none"> Financial Market & its instruments
SESSION 6	Economy	<ul style="list-style-type: none"> Public Finance in India (Budget & Fiscal Policy)
SESSION 7	Economy	<ul style="list-style-type: none"> Taxation in India
SESSION 8	Economy	<ul style="list-style-type: none"> Planning; Poverty; Employment
SESSION 9	Economy	<ul style="list-style-type: none"> Economic Sectors
SESSION 10	Economy	<ul style="list-style-type: none"> International Trade; Balance of Payment; International Organisation; Trade Agreement

SESSION	TOPIC	DETAIL
SESSION 11	Economy	▣ Topic Detailing
SESSION 12	Economy	▣ Prelims test
SESSION 13	Economy	▣ Answer Writing
ENVIRONMENT		
SESSION 1	Environment & Ecology 1	▣ Origin of Life Forms+ Basic Concepts of Ecology + Ecosystem Functions + Nutrient Cycling
SESSION 2	Environment & Ecology 2	▣ Population Ecology + Adaptation of Species and Species Interactions + Terrestrial & Aquatic Ecosystem
SESSION 3	Biodiversity 1	▣ Basics of Biodiversity & Plant and Animal Biodiversity + Threats to Biodiversity + Biodiversity Conservation + Estuaries, Mangroves, Coral Reefs, Wetlands
SESSION 4	Pollution & Resource Degradation 1	▣ Land, Forest, Water, Soil and Energy Resources
SESSION 5	Pollution & Resource Degradation 2	▣ Air Pollution + Water + Marine Pollution Biological + Thermal + Noise + Radioactive + Waste Pollution
SESSION 6	Climate Change & Environmental Governance	▣ Climate Change and Global Warming + Act and Policies ▣ International Governance + Environmental Impact Assessment + Environmental Institutions
SESSION 7	Environment	▣ Topics Detailing
SESSION 8	Environment	▣ Prelims Test
SESSION 9	Environment	▣ Answer Writing