

## MMP MAINS MENTORSHIP PROGRAMME

# HISTORY OPTIONAL

Revision & Answer Writing  
*through* Mentorship *in*

2.5  
MONTHS

60<sup>+</sup>  
Hrs.

(40 SESSIONS) OF  
CONCEPT CLASSES

07<sup>+</sup>  
Hrs.

THEMATIC  
COVERAGE OF  
PYQs AS PER  
SYLLABUS.

16

TOPICAL TEST

04

SECTIONAL TEST

04

FULL MOCK TESTS  
(As per UPSC Standards)



Flexibility to Write  
Tests as per your  
self-study.



Topical Test  
Discussion & Post-  
Test Mentorship  
Sessions for Marks  
Improvement

Mentor - ASHUTOSH NATH JHA

30

TEST STARTS

DECEMBER

TIME

9:00 AM  
ONWARDS

COURSE FEE

₹ 15,000 (+GST)



8448496262



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## PROGRAMME FEATURE

01

### FLEXIBLE SELF-PACED TESTS

Take tests according to your pace and preference, aligning with your own study schedule or our expertly designed-timeline.

02

### COMPLETE HISTORY SYLLABUS COVERAGE

The entire syllabus of the History Optional will be covered through Revision, Answer Writing & Mentorship in 2.5 Months

03

### APPROACH & TREND ANALYSIS SESSIONS

It will focus on orienting the students with Papers 1 & 2 and the methodology required as per the demands of the UPSC.

04

### CONCEPT BUILDING & ANSWER WRITING APPROACH

Emphasis on Conceptual Building, Clarity, and Answer Writing Approach for Papers 1 & 2.

05

### PYQs DISCUSSIONS

Topic-wise PYQ Discussions to understand the trend of a particular topic.

06

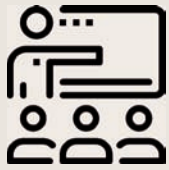
### ANSWER WRITING PRACTICE SKILLING

Designed to enhance the skill of articulating answers in sync with the conceptual requirement of the question.

07

### PERSONALIZED MENTORSHIP

The Post-Test Mentorship Session will be conducted after each Topical Test for conceptual clarity, marks improvement and personalized feedback.



# SESSION PLAN

SESSION & TOPIC		DESCRIPTION
W: 01	APPROACH CLASS - 01	Approach to History Optional (Paper-I)
	APPROACH CLASS - 02	Approach to History Optional (Paper-2)
	TREND ANALYSIS	Trend Analysis of History Optional (Paper 1 & 2)
<b>ANCIENT HISTORY</b>		
WEEK: 02	<b>CONCEPT CLASS - 01</b> Sources of History	<ul style="list-style-type: none"> <li>Archaeological sources: Exploration, excavation, epigraphy, numismatics, monuments</li> <li>Literary sources: Indigenous: Primary and secondary; poetry, scientific literature, literature, literature in regional languages, religious literature</li> </ul>
	<b>CONCEPT CLASS - 02</b> Indus Valley Civilization	<ul style="list-style-type: none"> <li>Theories related Origin of IVC</li> <li>Characteristics of IVC</li> </ul>
	<b>CONCEPT CLASS - 03</b> Indus Valley Civilization	<ul style="list-style-type: none"> <li>Theories related to decline</li> <li>Survival and Significance of IVC</li> <li>Art and Architecture</li> </ul>
	PYQ	<b>Previous Year Questions (PYQs): 01</b>
	TOPICAL TEST	<b>Topical Test: 01</b>
	<b>CONCEPT CLASS - 04</b> Vedic Period	<ul style="list-style-type: none"> <li>Expansions of Aryans in India</li> <li>Vedic literature</li> </ul>
	<b>CONCEPT CLASS - 05</b> Vedic Period	<ul style="list-style-type: none"> <li>Evolution of Monarchy and Varna system</li> <li>Transformation from Rig Vedic period to the later Vedic period</li> <li>Significance of the Vedic Age</li> </ul>

SESSION & TOPIC		DESCRIPTION
WEEK: 02	<b>CONCEPT CLASS - 06</b> Period of Mahajanapadas	<ul style="list-style-type: none"> <li>Formation of States (Mahajanapada): Republics and monarchies</li> <li>Rise of urban centers; Trade routes; Economic growth; Introduction of coinage</li> </ul>
	PYQ	<b>Previous Year Questions (PYQs): 02</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 01</b>
	TOPICAL TEST	<b>Topical Test: 02</b>
	<b>CONCEPT CLASS - 07</b> Period of Mahajanapadas	<ul style="list-style-type: none"> <li>Spread of Jainism and Buddhism</li> <li>Iranian and Macedonian invasions and their impact</li> </ul>
WEEK: 03	<b>CONCEPT CLASS - 08</b> Mauryan Empire	<ul style="list-style-type: none"> <li>Foundation of the Mauryan Empire</li> <li>Mauryan period Literature</li> <li>Ashoka; Concept of Dharma; Edicts</li> <li>Religion; Spread of religion</li> </ul>
	<b>CONCEPT CLASS - 09</b> Mauryan Empire	<ul style="list-style-type: none"> <li>Polity, Administration; Economy</li> <li>Art, architecture, and sculpture</li> <li>External contacts</li> <li>Theories related disintegration of the empire</li> </ul>
	PYQ	<b>Previous Year Questions (PYQs): 03</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 02</b>
	TOPICAL TEST	<b>Topical Test: 03</b>
	<b>CONCEPT CLASS - 10</b> Post - Mauryan Period	<ul style="list-style-type: none"> <li>Growth of urban centers, economy, coinage</li> <li>Development of religions, Mahayana</li> <li>Social conditions</li> <li>Development of Art, architecture, culture, literature, and science</li> <li>Early State and Society in Eastern India, Deccan, and South India</li> </ul>
	<b>CONCEPT CLASS - 11</b> Gupta Period	<ul style="list-style-type: none"> <li>Polity and administration</li> <li>Economic conditions, Coinage of the Guptas, Land grants, Decline of urban centers</li> <li>Indian feudalism</li> </ul>

SESSION & TOPIC		DESCRIPTION
<b>WEEK: 03</b>	<b>CONCEPT CLASS - 12</b> Gupta Period	<ul style="list-style-type: none"> <li>◦ Caste system and Position of women</li> <li>◦ Literature, scientific literature, art, and architecture</li> <li>◦ Bhakti movement</li> </ul>
	PYQ	<b>Previous Year Questions (PYQs): 04</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 03</b>
	TOPICAL TEST	<b>Topical Test: 04</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 04</b>
	SECTIONAL TEST	<b>Sectional Test: 01 (Ancient History)</b>
<b>MEDIEVAL HISTORY</b>		
<b>WEEK: 04</b>	<b>CONCEPT CLASS - 13</b> Early Medieval India	<ul style="list-style-type: none"> <li>◦ Themes in Early Indian Cultural History</li> <li>◦ origin and the rise of Rajputs</li> <li>◦ The Cholas: administration, village economy and society</li> <li>◦ Debate on "Indian Feudalism"</li> </ul>
	<b>CONCEPT CLASS - 14</b> 13 <sup>th</sup> Century	<ul style="list-style-type: none"> <li>◦ Establishment of the Delhi Sultanate</li> <li>◦ The Ghurian invasions – factors behind Ghurian success</li> <li>◦ Economic, social and cultural consequences</li> <li>◦ Consolidation: The rule of Iltutmish and Balban</li> </ul>
	TOPICAL TEST	<b>Topical Test: 05</b>
	<b>CONCEPT CLASS - 15</b> 14 <sup>th</sup> Century	<ul style="list-style-type: none"> <li>◦ The Khalji Revolution"</li> <li>◦ Alauddin Khalji: Conquests and territorial expansion, agrarian and economic measures</li> <li>◦ Muhammad Tughluq: Major projects, agrarian measures, the bureaucracy of Muhammad Tughluq</li> </ul>
	<b>CONCEPT CLASS - 16</b> 14 <sup>th</sup> Century	<ul style="list-style-type: none"> <li>◦ Firuz Tughluq: Agrarian measures, achievements in civil engineering and public works, theories related decline of the Sultanate</li> <li>◦ Society, Culture, and Economy in the Thirteenth and Fourteenth Centuries</li> </ul>
	PYQ	<b>Previous Year Questions (PYQs): 05</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 05</b>
	TOPICAL TEST	<b>Topical Test: 06</b>

SESSION & TOPIC		DESCRIPTION
WEEK: 05	<b>CONCEPT CLASS - 17</b> 15 <sup>th</sup> & 16 <sup>th</sup> Century	<ul style="list-style-type: none"> <li>Political Developments and Economy</li> <li>The Vijayanagara Empire</li> <li>Mughal Empire, First phase: Babur and Humayun</li> <li>The Sur Empire: Sher Shah's administration</li> <li>Bhakti and Sufi Movements</li> </ul>
	<b>CONCEPT CLASS - 18</b> 15 <sup>th</sup> & 16 <sup>th</sup> Century	<ul style="list-style-type: none"> <li>Conquests and consolidation of the Empire by Akbar</li> <li>Establishment of Jagir and Mansab systems</li> <li>Akbar's Rajput policy</li> <li>Evolution of religious and social outlook</li> <li>Court patronage of art and technology</li> </ul>
	POST TEST MENTORSHIP	<b>Mentorship Session: 06</b>
	TOPICAL TEST	<b>Topical Test: 07</b>
	<b>CONCEPT CLASS - 19</b> 17 <sup>th</sup> Century	<ul style="list-style-type: none"> <li>Major administrative policies of Jahangir, Shahjahan, and Aurangzeb</li> <li>Religious policies of Jahangir, Shahjahan, and Aurangzeb</li> <li>Nature of the Mughal State</li> <li>Late Seventeenth century crisis and the revolts</li> <li>Ahom Kingdom; Shivaji and the early Maratha Kingdom</li> </ul>
	<b>CONCEPT CLASS - 20</b> 18 <sup>th</sup> Century	<ul style="list-style-type: none"> <li>Factors for the decline of the Mughal Empire</li> <li>Regional principalities: Nizam's Deccan, Bengal, Awadh</li> <li>Maratha ascendancy under the Peshwas: Battle of Panipat: 1761</li> <li>Maratha fiscal and financial system</li> <li>Emergence of Afghan Power</li> <li>State of politics, culture, and economy on the eve of the British conquest</li> </ul>
	PYQ	<b>Previous Year Questions (PYQs): 06</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 07</b>
	TOPICAL TEST	<b>Topical Test: 08</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 08</b>
SECTIONAL TEST	<b>Sectional Test: 02 (Medieval History)</b>	

SESSION & TOPIC	DESCRIPTION
<b>MODERN HISTORY</b>	
<b>CONCEPT CLASS - 21</b> <b>European Penetration into India</b>	<ul style="list-style-type: none"> <li>◦ English and French East India Companies; Their struggle for supremacy; Carnatic Wars;</li> <li>◦ Bengal: Battle of Plassey &amp; Buxar; Significance of Plassey &amp; Buxar</li> <li>◦ British Expansion in India</li> </ul>
<b>CONCEPT CLASS - 22</b> <b>Economic Impact of British Colonial Rule</b>	<ul style="list-style-type: none"> <li>◦ Land revenue settlements in British India</li> <li>◦ Decline of traditional &amp; De-industrialisation Debate</li> <li>◦ Drain of wealth</li> <li>◦ Economic transformation of India</li> </ul>
<b>CONCEPT CLASS - 23</b> <b>Social &amp; Religious Reform Movements in Bengal and Other Areas</b>	<ul style="list-style-type: none"> <li>◦ Social reform movements in India</li> <li>◦ Contribution of Indian renaissance to the growth of modern India</li> <li>◦ Reformist &amp; Revivalist</li> </ul>
PYQ	<b>Previous Year Questions (PYQs): 07</b>
TOPICAL TEST	<b>Topical Test: 09</b>
<b>CONCEPT CLASS - 24</b> <b>Indian Response to British Rule</b>	<ul style="list-style-type: none"> <li>◦ Peasant movements and tribal uprisings in the 18th and 19th centuries</li> <li>◦ Great Revolt of 1857 - Origin, character, causes of failure, the consequences</li> <li>◦ peasant movements of the 1920s and 1930s</li> </ul>
<b>CONCEPT CLASS - 25</b> <b>Indian Nationalism</b>	<ul style="list-style-type: none"> <li>◦ Factors leading to the birth of Indian Nationalism</li> <li>◦ Thesis relating to the birth of the INC</li> <li>◦ Social composition of early Congress leadership</li> <li>◦ Ideology of Moderates and Extremists</li> </ul>
<b>CONCEPT CLASS - 26</b> <b>Indian Nationalism</b>	<ul style="list-style-type: none"> <li>◦ Partition of Bengal (1905)</li> <li>◦ Swadeshi Movement in Bengal</li> <li>◦ beginning of revolutionary extremism in India</li> </ul>
PYQ	<b>Previous Year Questions (PYQs): 08</b>
POST TEST MENTORSHIP	<b>Mentorship Session: 09</b>
TOPICAL TEST	<b>Topical Test: 10</b>

WEEK: 06



SESSION & TOPIC		DESCRIPTION
<b>WEEK: 07</b>	<b>CONCEPT CLASS - 27</b> <b>Gandhian Phase</b>	<ul style="list-style-type: none"> <li>Character of Gandhian nationalism</li> <li>Rowlatt Satyagraha</li> <li>Non-cooperation Movement</li> <li>Civil Disobedience movement</li> </ul>
	<b>CONCEPT CLASS - 28</b> <b>Gandhian Phase</b>	<ul style="list-style-type: none"> <li>Simon Commission and Nehru Report</li> <li>Nationalism and the Peasant Movements</li> <li>Nationalism and Working-class movements election of 1937 and the formation of ministries</li> </ul>
	<b>CONCEPT CLASS - 29</b> <b>Other strands in the National Movement</b>	<ul style="list-style-type: none"> <li>Rise of Socialism</li> <li>2nd &amp; 3rd phase Revolutionaries Movement</li> </ul>
	PYQ	<b>Previous Year Questions (PYQs): 11</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 10</b>
	TOPICAL TEST	<b>Topical Test-11</b>
	<b>CONCEPT CLASS - 30</b> <b>Constitutional Developments in Colonial India between 1858 &amp; 1935</b>	<ul style="list-style-type: none"> <li>Constitutional Developments in Colonial India between 1858 and 1935</li> </ul>
	<b>CONCEPT CLASS - 31</b> <b>Transfer of Power</b>	<ul style="list-style-type: none"> <li>August offer 1940</li> <li>Cripps Mission 1942</li> <li>Quit India Movement</li> </ul>
	<b>CONCEPT CLASS - 32</b> <b>Transfer of Power</b>	<ul style="list-style-type: none"> <li>Wavell Plan 1945</li> <li>Cabinet Mission</li> </ul>
	PYQ	<b>Previous Year Questions (PYQs): 10</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 11</b>
	TOPICAL TEST	<b>Topical Test: 12</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 12</b>
	SECTIONAL TEST	<b>Sectional Test: 03 (Modern History)</b>



SESSION & TOPIC	DESCRIPTION	
<b>WORLD HISTORY</b>		
<b>CONCEPT CLASS - 33</b> <b>Enlightenment and Modern ideas</b>	<ul style="list-style-type: none"> <li>◦ Major ideas of Enlightenment: Kant, Rousseau</li> <li>◦ Spread of Enlightenment in the colonies</li> <li>◦ Rise of socialist ideas &amp; spread of Marxian Socialism</li> </ul>	
<b>CONCEPT CLASS - 34</b> <b>Origins of Modern Politics</b>	<ul style="list-style-type: none"> <li>◦ European States System</li> <li>◦ American Revolution and Constitution</li> <li>◦ French revolution and aftermath</li> <li>◦ American Civil War</li> <li>◦ British Democratic Politics, 1815- 1850</li> </ul>	
PYQ	<b>Previous Year Questions (PYQs): 11</b>	
TOPICAL TEST	<b>Topical Test: 13</b>	
<b>CONCEPT CLASS - 35</b> <b>Industrialization</b>	<ul style="list-style-type: none"> <li>◦ Britain Industrial Revolution</li> <li>◦ Causes and Impact on Society</li> <li>◦ Industrialization in other countries</li> </ul>	
<b>CONCEPT CLASS - 36</b> <b>Nation-State System</b>	<ul style="list-style-type: none"> <li>◦ Rise of Nationalism in 19th century &amp; Disintegration of Empires</li> <li>◦ Unification of Germany and Italy</li> </ul>	
PYQ	<b>Previous Year Questions (PYQs): 12</b>	
POST TEST MENTORSHIP	<b>Mentorship Session: 13</b>	
TOPICAL TEST	<b>Topical Test-14</b>	
<b>WEEK: 09</b>	<b>CONCEPT CLASS - 37</b> <b>Revolution and Counter-Revolution</b>	<ul style="list-style-type: none"> <li>◦ 19th Century European revolutions</li> <li>◦ Russian Revolution of 1917- 1921</li> </ul>
	<b>CONCEPT CLASS - 38</b> <b>Revolution and Counter-Revolution</b>	<ul style="list-style-type: none"> <li>◦ Fascism &amp; Nazism</li> <li>◦ Chinese Revolution of 1949</li> </ul>
	PYQ	<b>Previous Year Questions (PYQs): 13</b>
	POST TEST MENTORSHIP	<b>Mentorship Session: 14</b>
	TOPICAL TEST	<b>Topical Test:15</b>

SESSION & TOPIC		DESCRIPTION
<b>WEEK: 09</b>	<b>CONCEPT CLASS - 39</b> <b>World Wars</b>	<ul style="list-style-type: none"> <li>◦ 1st and 2nd World Wars as Total Wars</li> <li>◦ World War I: Causes and consequences</li> <li>◦ World War II: Causes and consequences</li> </ul>
	<b>CONCEPT CLASS - 40</b> <b>World after World War II</b>	<ul style="list-style-type: none"> <li>◦ Emergence of two power blocs: Cold War</li> <li>◦ Emergence of Third World and non-alignment</li> <li>◦ UNO and the global disputes</li> <li>◦ disintegration of the Soviet Union</li> </ul>
	<b>PYQ</b>	<b>Previous Year Questions (PYQs): 14</b>
	<b>POST TEST MENTORSHIP</b>	<b>Mentorship Session: 15</b>
	<b>TOPICAL TEST</b>	<b>Topical Test-16</b>
	<b>POST TEST MENTORSHIP</b>	<b>Mentorship Session: 16</b>
	<b>SECTIONAL TEST</b>	<b>Sectional Test: 04 (World History)</b>
<b>WEEK: 10</b>	<b>MOCK TESTS</b>	
	<b>Mock - 1</b>	<b>PAPER - 1 (COMPLETE SYLLABUS)</b>
	<b>Mock - 2</b>	<b>PAPER - 2 (COMPLETE SYLLABUS)</b>
	<b>Mock - 3</b>	<b>PAPER - 1 (COMPLETE SYLLABUS)</b>
	<b>Mock - 4</b>	<b>PAPER - 2 (COMPLETE SYLLABUS)</b>

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