

MMP | MAINS MENTORSHIP PROGRAMME

ANTHROPOLOGY

Revision & Answer Writing
through Mentorship in

2.5
MONTHS

65⁺
Hrs.

(44 SESSIONS) OF
CONCEPT CLASSES

09⁺
Hrs.

THEMATIC
COVERAGE OF
PYQs AS PER
SYLLABUS.

18

TOPICAL TEST

02

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 - SACHIN TIWARI

14

TEST STARTS

JANUARY
2025

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 ANTHROPOLOGY SYLLABUS COVERAGE

The entire syllabus of the Anthropology 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

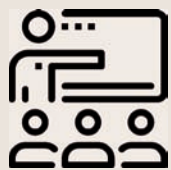
ANSWER WRITING PRACTICE SKILLING

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

WEEK & SESSIONS		TOPICS & SUB-TOPICS
W: 01	APPROACH CLASS: 01	Approach to Anthropology Optional (Paper 1)
	APPROACH CLASS: 02	Approach to Anthropology Optional (Paper 2)
	TREND ANALYSIS	Anthropology Optional (Paper 1 & 2)
PAPER 1: SECTION-A (Socio Cultural Anthropology)		
WEEK: 02	CONCEPT CLASS: 01	2.1 The Nature of Culture <ul style="list-style-type: none"> ◦ The concept and characteristics of culture and civilization ◦ Ethnocentrism vis-à-vis cultural Relativism
	CONCEPT CLASS: 02	2.2 The Nature of Society <ul style="list-style-type: none"> ◦ Concept of Society ◦ Society and culture ◦ Social Institution ◦ Social groups ◦ Social stratification
	PYQ	Previous Year Questions (PYQs)-1
	TOPICAL TEST	Topical Test - 1
	CONCEPT CLASS: 03	2.3 Marriage <ul style="list-style-type: none"> ◦ Definition and universality; ◦ Laws of marriage (endogamy, exogamy, hypergamy, hypogamy, incest taboo); ◦ Types of marriage (monogamy, polygamy, polyandry, group marriage)Functions of marriage;

WEEK & SESSIONS		TOPICS & SUB-TOPICS
WEEK: 02		<ul style="list-style-type: none"> ◦ Marriage regulations (preferential, prescriptive and proscriptive); ◦ Marriage payments (bride wealth and dowry)
	CONCEPT CLASS: 04	2.4 Family <ul style="list-style-type: none"> ◦ Definition and universality; ◦ Family, household and domestic groups; ◦ functions of family; ◦ Types of family (from the perspectives of structure, blood relation, marriage, residence and succession) Impact of urbanization, industrialization and feminist movements on family.
	PYQ	Previous Year Questions (PYQs)-2
	POST TEST MENTORSHIP	Mentorship Session: 01
	TOPICAL TEST	Topical Test - 2
WEEK: 03	CONCEPT CLASS: 05	2.5 Kinship <ul style="list-style-type: none"> ◦ Consanguinity and Affinity; ◦ Principles and types of descent (Unilineal, Double, Bilateral, Ambilineal); ◦ Forms of descent groups (lineage, clan, phratry, moiety and kindred) Kinship terminology (descriptive and classificatory); ◦ Descent, Filiation and Complimentary Filiation; ◦ Descent and Alliance.
	CONCEPT CLASS: 06	3. Economic Organization <ul style="list-style-type: none"> ◦ Meaning, scope and relevance of economic anthropology;

	WEEK & SESSIONS	TOPICS & SUB-TOPICS
WEEK: 03		<ul style="list-style-type: none"> ◦ Formalist and Substantivist debate; Principles governing production, distribution and exchange (reciprocity, redistribution and market), in communities, subsisting on hunting and gathering, fishing, swiddening, pastoralism, horticulture, and agriculture; ◦ globalization and indigenous economic systems.
	PYQ	Previous Year Questions (PYQs)-3
	POST TEST MENTORSHIOP	Mentorship Session: 02
	TOPICAL TEST	Topical Test - 3
	CONCEPT CLASS: 07	<p>4. Political organization and Social Control</p> <ul style="list-style-type: none"> ◦ Band, tribe, chiefdom, kingdom and state; ◦ concepts of power, authority and legitimacy; social control, law and justice in simple societies.
	CONCEPT CLASS: 08	<p>5. Religion</p> <ul style="list-style-type: none"> ◦ Anthropological approaches to the study of religion (evolutionary, psychological and functional); ◦ monotheism and polytheism; sacred and profane; myths and rituals; Forms of religion in tribal and peasant societies (animism, animatism, fetishism, naturism and totemism); ◦ Religion, magic and science distinguished; ◦ Magicoreligious functionaries (priest, shaman, medicine man, sorcerer and witch)
	PYQ	Previous Year Questions (PYQs)-4
	POST TEST MENTORSHIOP	Mentorship Session: 03
	TOPICAL TEST	Topical Test - 4

WEEK & SESSIONS		TOPICS & SUB-TOPICS
WEEK: 04	CONCEPT CLASS: 09	6. Anthropological Theories <ul style="list-style-type: none"> ◦ Classical evolutionism (Tylor, Morgan and Frazer) ◦ Historical particularism (Boas); ◦ Diffusionism (British, German and American) ◦ Neo - evolutionism (Childe, White, Steward, Sahlins and Service)
	CONCEPT CLASS: 10	6. Anthropological Theories <ul style="list-style-type: none"> ◦ Functionalism (Malinowski); ◦ Structural-functionism (Radcliffe-Brown) ◦ Structuralism (Lévi - Strauss and E. Leach) ◦ Culture and personality (Benedict, Mead, Linton, Kardiner and Cora - du Bois)
	CONCEPT CLASS: 11	6. Anthropological Theories <ul style="list-style-type: none"> ◦ Cultural materialism (Harris) ◦ Symbolic and interpretive theories (Turner, Schneider and Geertz) ◦ Cognitive theories (Tyler, Conklin) ◦ Post- modernism in anthropology
	PYQ	Previous Year Questions (PYQs)-5
	POST TEST MENTORSHIP	Mentorship Session: 04
	TOPICAL TEST	Topical Test - 5
	CONCEPT CLASS: 12	7. Culture, language and communication <ul style="list-style-type: none"> ◦ Nature, origin and characteristics of language; ◦ verbal and nonverbal communication; ◦ social context of language use.
	CONCEPT CLASS: 13	8. Research Methods in Anthropology <ul style="list-style-type: none"> ◦ Fieldwork tradition in Anthropology ◦ Distinction between technique, method and methodology

WEEK & SESSIONS		TOPICS & SUB-TOPICS
WEEK: 04		<ul style="list-style-type: none"> Tools of data collection: observation, interview, schedules, questionnaire, Case study, genealogy, lifehistory, oral history, secondary sources of information, participatory methods. Analysis, interpretation and presentation of data.
	PYQ	Previous Year Questions (PYQs)-6
	POST TEST MENTORSHIP	Mentorship Session: 05
	TOPICAL TEST	Topical Test - 6
PAPER 1: SECTION-B (PHYSICAL ANTHROPOLOGY)		
WEEK: 05	CONCEPT CLASS: 14	<p>1.4 Human Evolution and emergence of Man</p> <p>(a) Biological and Cultural factors in human evolution.</p> <p>(b) Theories of Organic Evolution (Pre Darwinian, Darwinian and Post-Darwinian).</p> <p>(c) Synthetic theory of evolution; Brief outline of terms and concepts of evolutionary biology (Doll's rule, Cope's rule, Gause's rule, parallelism, convergence, adaptive radiation, and mosaic evolution).</p>
	CONCEPT CLASS: 15	<p>1.5 Primates</p> <ul style="list-style-type: none"> Characteristics of Primates; Evolutionary Trend and Primate Taxonomy; Primate Adaptations; (Arboreal & Terrestrial) Primate Taxonomy; Primate Behaviour; Tertiary & Quaternary fossil primates; Living Major Primates; Comparative Anatomy of Man and Apes; Skeletal changes due to erect posture and its implications.

WEEK & SESSIONS		TOPICS & SUB-TOPICS
WEEK: 05	CONCEPT CLASS: 16	<p>1.6 Phylogenetic status, characteristics and geographical distribution of the following:</p> <ul style="list-style-type: none"> (d) Plio-pleistocene hominids in South and East Africa - Australopithecines. (e) Homo erectus: Africa (Paranthropus), Europe (Homo erectus heidelbergensis), Asia (Homo erectus javanicus, Homo erectus pekinensis). (f) Neanderthal Man- La-Chapelle-auxsaints (Classical type), Mt. Carmel (Progressive type). (g) Rhodesian man. (h) Homo sapiens – Cromagnon, Grimaldi and Chancelade.
	PYQ	Previous Year Questions (PYQs)-7
	POST TEST MENTORSHIP	Mentorship Session: 06
	TOPICAL TEST	Topical Test - 7
	CONCEPT CLASS: 17	<p>9.1 Human Genetics</p> <ul style="list-style-type: none"> ◦ Methods and Application: Methods for study of genetic principles in man-family study (pedigree analysis, twin study, foster child, co-twin method, cytogenetic method, chromosomal and karyotype analysis), biochemical methods, immunological methods, ◦ D.N.A. technology and recombinant technologies.
	CONCEPT CLASS: 18	<p>9.2 Mendelian Genetics</p> <ul style="list-style-type: none"> ◦ Mendelian genetics in man-family study, single factor, multifactor, lethal, sublethal and polygenic inheritance in man.
	CONCEPT CLASS: 19	<p>9.3 Genetic Polymorphism</p> <ul style="list-style-type: none"> ◦ Concept of genetic polymorphism and selection, Mendelian population, Hardy

WEEK & SESSIONS		TOPICS & SUB-TOPICS
WEEK: 05		<ul style="list-style-type: none"> ◦ Weinberg law; ◦ causes and changes which bring down frequency – mutation, isolation, migration, selection, inbreeding and genetic drift. ◦ Consanguineous and non-consanguineous mating, genetic load, genetic effect of consanguineous and cousin marriages.
	PYQ	Previous Year Questions (PYQs)-8
	POST TEST MENTORSHIP	Mentorship Session: 07
	TOPICAL TEST	Topical Test - 8
WEEK: 06	CONCEPT CLASS: 20	9.4 Chromosomes and Chromosomal Aberrations <ul style="list-style-type: none"> (i) Numerical and structural aberrations (disorders). (j) Sex chromosomal aberrations – Klinefelter (XXY), Turner (XO), Super female (XXX), intersex and other syndromic disorders. (k) Autosomal aberrations – Down syndrome, Patau, Edward and Cri-du-chat syndromes. (l) Genetic imprints in human disease, genetic screening, genetic counseling, human DNA profiling, gene mapping and genome study.
	CONCEPT CLASS: 21	9.5 Race and Racism <ul style="list-style-type: none"> ◦ Race and racism, biological basis of morphological variation of non-metric and metric ◦ characters. Racial criteria, racial traits in relation to heredity and environment; biological ◦ basis of racial classification, racial differentiation and race crossing in man.

WEEK & SESSIONS		TOPICS & SUB-TOPICS
WEEK: 06	CONCEPT CLASS: 22	<p>9.6 Genetic Markers</p> <ul style="list-style-type: none"> Age, sex and population variation as genetic marker- ABO, Rh blood groups, HLA Hp, transferring, Gm, blood enzymes. Physiological characteristics-Hb level, body fat, pulse rate, respiratory functions and sensory perceptions in different cultural and socioeconomic groups.
	PYQ	Previous Year Questions (PYQs)-9
	POST TEST MENTORSHIOP	Mentorship Session: 08
	TOPICAL TEST	Topical Test - 9
	CONCEPT CLASS: 23	<p>9.7 Ecological Anthropology</p> <ul style="list-style-type: none"> Concepts and methods of Ecological Anthropology. Bio-cultural Adaptations – desert, cold, high altitude climate. Genetic and Non- genetic factors. Man’s physiological responses to environmental stresses: hot
	CONCEPT CLASS: 24	<p>9.8 Epidemiological Anthropology</p> <ul style="list-style-type: none"> Health and disease. Infectious and non-infectious diseases. Nutritional deficiency related diseases.
CONCEPT CLASS: 25	<p>12. Applications of Anthropology</p> <ul style="list-style-type: none"> Anthropology of sports, Nutritional anthropology, Anthropology in designing of defence and other equipments, Forensic Anthropology, Methods and principles of personal identification and reconstruction, Applied human genetics – Paternity diagnosis, genetic counseling and eugenics, DNA technology in diseases and medicine, serogenetics and cytogenetics in reproductive biology. 	

WEEK & SESSIONS		TOPICS & SUB-TOPICS
W: 06	PYQ	Previous Year Questions (PYQs)-10
	POST TEST MENTORSHIOP	Mentorship Session: 09
	TOPICAL TEST	Topical Test - 10
WEEK: 07	CONCEPT CLASS: 26	10. Human Growth and development <ul style="list-style-type: none"> ○ Concept of human growth and development: stages of growth - pre-natal, natal, infant, childhood, adolescence, maturity, senescence. ○ Factors affecting growth and development genetic, environmental, biochemical, nutritional, cultural and socio-economic. ○ Ageing and senescence. Theories and observations - biological and chronological longevity. Human physique and somato-types. Methodologies for growth studies.
	CONCEPT CLASS: 27	11 Bioevents to fertility, Demographic Theories 11.1 Relevance of menarche, menopause and other bioevents to fertility. Fertility patterns and differentials. 11.2 Demographic theories- biological, social and cultural. 11.3 Biological and socio-ecological factors influencing fecundity, fertility, natality and mortality.
	PYQ	Previous Year Questions (PYQs)-11
	POST TEST MENTORSHIOP	Mentorship Session: 10
	TOPICAL TEST	Topical Test - 11
	POST TEST MENTORSHIOP	Mentorship Session: 11
SECTIONAL TEST	Sectional Test: 01 – Paper: 01	

WEEK & SESSIONS		TOPICS & SUB-TOPICS
PAPER 2: SECTION-A (INDIAN ANTHROPOLOGY)		
WEEK: 07	CONCEPT CLASS: 28	<p>1.1 Evolution of the Indian Culture and Civilization</p> <ul style="list-style-type: none"> ◦ Prehistoric (Palaeolithic, Mesolithic, Neolithic and Neolithic Chalcolithic). Protohistoric (Indus Civilization): PreHarappan, Harappan and postHarappan cultures. Contributions of tribal cultures to Indian civilization. <p>1.2 Palaeo</p> <ul style="list-style-type: none"> ◦ Anthropological evidences from India with special reference to Siwaliks and Narmada basin (Ramapithecus, Sivapithecus & Narmada Man).
	CONCEPT CLASS: 29	<p>1.3 Ethno-archaeology in India</p> <ul style="list-style-type: none"> ◦ The concept of ethno-archaeology; Survivals and Parallels among the hunting, foraging, fishing, pastoral & peasant communities Including arts and crafts producing communities.
	PYQ	Previous Year Questions (PYQs)-12
	TOPICAL TEST	Topical Test - 12
	CONCEPT CLASS: 30	<p>2. Demographic profile of India</p> <ul style="list-style-type: none"> ◦ Ethnic and linguistic elements in the Indian population and their distribution. Indian population – factors influencing its structure & growth.
WEEK: 08	CONCEPT CLASS: 31	<p>3.1 The structure and nature of traditional Indian Social System</p> <ul style="list-style-type: none"> ◦ Varnashram, Purushartha, Karma, Rina & Rebirth.
	CONCEPT CLASS: 32	<p>3.2 Caste system in India</p> <ul style="list-style-type: none"> ◦ structure and characteristics, Varna and caste, Theories of origin of caste system, Dominant caste, Caste mobility, Future of caste system, Jajmani system, Tribe-caste continuum.

WEEK & SESSIONS		TOPICS & SUB-TOPICS
WEEK: 08	PYQ	Previous Year Questions (PYQs)-13
	POST TEST MENTORSHIP	Mentorship Session: 12
	TOPICAL TEST	Topical Test - 13
	CONCEPT CLASS: 33	3.3 Sacred Complex & Nature- Man- Spirit Complex 3.4 Impact of - Buddhism, Jainism, Islam and Christianity on Indian society <ul style="list-style-type: none"> ◦ Sacred Complex & Nature- Man- Spirit Complex ◦ Impact of - Buddhism, Jainism, Islam and Christianity on Indian society
	CONCEPT CLASS: 34	4. Emergence and growth of anthropology in India <ul style="list-style-type: none"> ◦ Contributions of the 18th, 19th and early 20th Century scholar-administrators. ◦ Contributions of Indian anthropologists to tribal and caste studies.
	PYQ	Previous Year Questions (PYQs)-14
	POST TEST MENTORSHIP	Mentorship Session: 13
	TOPICAL TEST	Topical Test - 14
WEEK: 09	CONCEPT CLASS: 35	5.1 Indian Village <ul style="list-style-type: none"> ◦ Significance of village study in India; ◦ Indian village as a social system; ◦ Traditional and changing patterns of settlement and inter-caste relations; ◦ Agrarian relations in Indian villages; ◦ Impact of globalization on Indian villages.
	CONCEPT CLASS: 36	5.2 Linguistic and Religious minorities and their Social, Political & Economic status

WEEK & SESSIONS		TOPICS & SUB-TOPICS
WEEK: 09		<p>5.3 Indigenous and exogenous processes of socio-cultural change in Indian society</p> <ul style="list-style-type: none"> ◦ Linguistic and Religious minorities and their Social, Political & Economic status ◦ Sanskritization, Westernization, Modernization; ◦ Inter-play of little and great traditions; ◦ Panchayati Raj and Social Change; ◦ Media and Social Change.
	PYQ	Previous Year Questions (PYQs)-15
	POST TEST MENTORSHIOP	Mentorship Session: 14
	TOPICAL TEST	Topical Test - 15
	PAPER 2: SECTION-B (TRIBAL INDIA)	
	CONCEPT CLASS: 37	<p>6.1 Tribal situation in India</p> <ul style="list-style-type: none"> ◦ Bio-genetic variability, ◦ Linguistic & Socio-economic characteristics of tribal populations & their distribution.
	CONCEPT CLASS: 38	<p>6.2 Problems of the tribal Communities</p> <ul style="list-style-type: none"> ◦ Land alienation, Poverty, Indebtedness, Low literacy, Poor educational facilities, ◦ Unemployment, Underemployment, Health and nutrition
	CONCEPT CLASS: 39	<p>6.3 Developmental projects and their impact on tribal Displacement and problems of Rehabilitation</p> <ul style="list-style-type: none"> ◦ Development of forest policy and Tribals. ◦ Impact of Urbanization and Industrialization on tribal populations.
	PYQ	Previous Year Questions (PYQs)-16
	POST TEST MENTORSHIOP	Mentorship Session: 15

WEEK & SESSIONS		TOPICS & SUB-TOPICS
	TOPICAL TEST	Topical Test - 16
WEEK: 10	CONCEPT CLASS: 40	<p>7.1 Problems of Exploitation and Deprivation of S.C's, S.T's and O.B.C's: Constitutional safeguards for S.C's and S.T's.</p> <p>7.2 Social Change and Contemporary Tribal societies</p> <ul style="list-style-type: none"> ◦ Constitutional safeguards for S.C's and S.T's. ◦ Impact of modern democratic institutions; ◦ Development programmes and welfare measures on Tribals and weaker sections.
	CONCEPT CLASS: 41	<p>7.3 The Concept of Ethnicity</p> <ul style="list-style-type: none"> ◦ Ethnic conflicts and political developments; ◦ Unrest among tribal communities; ◦ Regionalism and demand for autonomy; ◦ Pseudo-tribalism; ◦ Social change among the tribes during colonial and post-Independent India.
	CONCEPT CLASS: 42	<p>8.1 Impact of Hinduism, Buddhism, Christianity, Islam and other religions on tribal societies</p> <ul style="list-style-type: none"> ◦ Impact of Hinduism, Buddhism, Christianity, Islam and other religions on tribal societies
	PYQ	Previous Year Questions (PYQs)-17
	POST TEST MENTORSHIP	Mentorship Session: 16
	TOPICAL TEST	Topical Test - 17
	CONCEPT CLASS: 43	<p>8.2 Tribe & Nation state</p> <p>9.1 History of administration of tribal areas</p>

WEEK & SESSIONS		TOPICS & SUB-TOPICS
WEEK: 10		<p>9.2 Role of Anthropology in Tribal and Rural Development</p> <ul style="list-style-type: none"> ◦ Tribe & Nation state-comparative study of tribal communities in India & other countries ◦ Tribal policies, plans, Programmes of tribal development and their implementation. ◦ The concept of Primitive Tribal Groups, their distribution, special programmes for their development. ◦ Role of N.G.O.s in tribal development.
	CONCEPT CLASS: 44	<p>9.3 Contributions of Anthropology to the Understanding of Regionalism, Communalism, & Ethnic and Political Movements.</p> <ul style="list-style-type: none"> ◦ Contributions of Anthropology to the Understanding of Regionalism, Communalism, & ◦ Ethnic and Political Movements.
	PYQ	Previous Year Questions (PYQs)-18
	POST TEST MENTORSHIOP	Mentorship Session: 17
	TOPICAL TEST	Topical Test - 18
	POST TEST MENTORSHIOP	Mentorship Session: 18
	SECTIONAL TEST	Sectional Test: 02 – Paper: 02
WEEK: 11	Mock - 1	PAPER - 1 (COMPLETE SYLLABUS)
	Mock - 2	PAPER - 2 (COMPLETE SYLLABUS)
	Mock - 3	PAPER - 1 (COMPLETE SYLLABUS)
	Mock - 4	PAPER - 2 (COMPLETE SYLLABUS)



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