

**IAS with Dr Ravi Anthropology Optional**  
**RAPID REVISION PROGRAMME WITH DAILY TESTS + TEST SERIES**

Jun 1 – Aug 16, 2026 | 10 Study Weeks | 10 Weekly Tests | 2 Grand Tests

Day	Date	Day	Paper	Unit	Topic / Focus Area
<b>Week 1 — Jun 1–7   Paper 1: Intro, Evolution, Primates, Hominids</b>					
1	01 Jun	Mon	Paper 1	1.1	Meaning, Scope and Development of Anthropology
1	01 Jun	Mon	Paper 1	1.2	Relationships with Other Disciplines — Social, Behavioural, Life, Medical, Earth Sciences & Humanities
1	01 Jun	Mon	Paper 1	1.3	Branches of Anthropology — Socio-cultural, Biological, Archaeological, Linguistic: scope & relevance
2	02 Jun	Tue	Paper 1	1.4a-b	Human Evolution — Biological & cultural factors; Pre-Darwinian, Darwinian & Post-Darwinian theories of organic evolution
3	03 Jun	Wed	Paper 1	1.4c	Synthetic Theory of Evolution — Doll's Rule, Cope's Rule, Gause's Rule; Parallelism, Convergence, Adaptive Radiation, Mosaic Evolution
4	04 Jun	Thu	Paper 1	1.5	Primates — Taxonomy, Adaptations (Arboreal & Terrestrial), Fossil Primates, Living Major Primates; Comparative Anatomy of Man & Apes; Skeletal Changes due to Erect Posture
5	05 Jun	Fri	Paper 1	1.6a-b	Australopithecines (South & East Africa); Homo erectus — Africa (Paranthropus), Europe (Heidelbergensis), Asia (Javanicus, Pekinensis)
6	06 Jun	Sat	Paper 1	1.6c-e	Neanderthal Man (Classical & Progressive); Rhodesian Man; Homo sapiens — Cromagnon, Grimaldi, Chancelade
7	07 Jun	Sun	Weekly Test 1	-	Intro to Anthropology + Human Evolution + Primates + Hominids (P1: 1.1–1.6)
<b>Week 2 — Jun 8–14   Indian Palaeoanthropology, Dating, Prehistoric Cultures, Biological Basis of Life</b>					
8	08 Jun	Mon	Paper 2	P2 1.2	Palaeo-anthropological Evidence from India — Siwaliks & Narmada Basin; Ramapithecus, Sivapithecus, Narmada Man; link to Homo erectus sequence
9	09 Jun	Tue	Paper 1	1.8a	Prehistoric Archaeology — Principles; Relative Dating (stratigraphy, typology, fluorine test) & Absolute Dating (C14, K-Ar, dendrochronology, TL, paleomagnetism)
10	10 Jun	Wed	Paper 1	1.8b	Cultural Evolution — Palaeolithic (Lower, Middle, Upper), Mesolithic, Neolithic, Chalcolithic, Copper-Bronze Age, Iron Age; tool traditions & characteristic lifestyles
11	11 Jun	Thu	Paper 2	P2 1.1	Evolution of Indian Culture & Civilization — Prehistoric to Protohistoric (Indus); Pre-Harappan, Harappan & Post-Harappan; Tribal contributions to Indian civilization
12	12 Jun	Fri	Paper 2	P2 1.3	Ethno-archaeology in India — Concept; Survivals & Parallels among Hunting, Foraging, Fishing, Pastoral, Peasant & Arts-Crafts communities

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13	13 Jun	Sat	Paper 1	1.7	Biological Basis of Life — Cell structure, DNA structure & replication, Protein synthesis, Gene concept, Mutation types, Chromosomes, Cell division (Mitosis & Meiosis)
14	14 Jun	Sun	Weekly Test 2	-	Indian Palaeoanthropology + Dating Methods + Prehistoric Cultures + Biological Basis of Life (P1: 1.7, 1.8 + P2: 1.1–1.3)
<b>Week 3 — Jun 15–21   Human Genetics</b>					
15	15 Jun	Mon	Paper 1	9.1	Human Genetics — Methods: Pedigree analysis, Twin study (MZ & DZ), Foster child, Co-twin method, Cytogenetic, Biochemical, Immunological methods, DNA technology & Recombinant technologies
16	16 Jun	Tue	Paper 1	9.2	Mendelian Genetics in Man — Single factor, Multifactor, Lethal, Sub-lethal & Polygenic inheritance; ABO blood group inheritance; sex-linked traits; incomplete dominance
17	17 Jun	Wed	Paper 1	9.3	Genetic Polymorphism & Selection; Hardy-Weinberg Law; Causes of allele frequency change: Mutation, Isolation, Migration, Selection, Inbreeding, Genetic Drift; Consanguinity & cousin marriage effects
18	18 Jun	Thu	Paper 1	9.4	Chromosomal Aberrations — Numerical & Structural; Sex chromosomal: Klinefelter (XXY), Turner (XO), Super Female (XXX), Intersex; Autosomal: Down, Patau, Edward, Cri-du-chat syndromes; DNA profiling, Gene mapping, Genome study
19	19 Jun	Fri	Paper 1	9.5	Race & Racism — Biological basis of morphological variation; Non-metric characters; Racial criteria & traits; Heredity vs Environment; Biological basis of racial classification; Racial differentiation & Race crossing
20	20 Jun	Sat	Paper 1	9.6	Age, Sex & Population Variation as Genetic Markers — ABO, Rh, HLA, Haptoglobin, Transferrin, Gm, blood enzymes; Physiological characteristics: Hb level, body fat, pulse rate, respiratory functions & sensory perceptions
21	21 Jun	Sun	Weekly Test 3	-	Human Genetics I & II — Methods, Mendelian, Genetic Polymorphism, Hardy-Weinberg, Chromosomal Aberrations, Race & Racism (P1: 9.1–9.6)
<b>Week 4 — Jun 22–28   Ecological &amp; Epidemiological Anthropology, Growth, Demography, Applications</b>					
22	22 Jun	Mon	Paper 1	9.7	Ecological Anthropology — Concepts & methods; Bio-cultural Adaptations; Genetic & Non-genetic factors; Human physiological responses to Hot desert, Cold & High altitude climates
23	23 Jun	Tue	Paper 1	9.8	Epidemiological Anthropology — Health & disease; Infectious & Non-infectious diseases; Nutritional deficiency diseases; Cultural & ecological factors in disease distribution
24	24 Jun	Wed	Paper 1	10	Human Growth & Development — Stages: Prenatal to Senescence; Genetic, environmental, biochemical, nutritional, cultural & socio-economic factors; Ageing theories; Somatotypes (Sheldon); Methodologies for growth studies
25	25 Jun	Thu	Paper 1	11.1	Menarche, Menopause & Bioevents — Relevance to fertility; Fertility patterns & differentials across populations; Biosocial determinants of fertility
26	26 Jun	Fri	Paper 1	11.2-3	Demographic Theories — Biological (Malthus), Social & Cultural theories; Fecundity, Fertility, Natality & Mortality; Demographic transition theory

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26	26 Jun	Fri	Paper 2	P2 2	Demographic Profile of India — Ethnic & linguistic elements in Indian population; Regional distribution; Factors influencing population structure & growth in India
27	27 Jun	Sat	Paper 1	12a	Applications of Anthropology — Sports anthropology, Nutritional anthropology, Anthropology in designing defence & other equipment, Forensic anthropology, Methods & principles of personal identification & reconstruction
27	27 Jun	Sat	Paper 1	12b	Applied Human Genetics — Paternity diagnosis, Genetic counselling & Eugenics; DNA technology in diseases & medicine; Serogenetics & Cytogenetics in reproductive biology
28	28 Jun	Sun	Weekly Test 4	-	Ecological & Epidemiological Anthropology + Growth & Demography + Applications (P1: 9.7, 9.8, 10, 11, 12 + P2: 2)
<b>Week 5 — Jun 29–Jul 5   Nature of Culture, Society, Language, Marriage, Family, Kinship</b>					
29	29 Jun	Mon	Paper 1	2.1	Nature of Culture — Concept & characteristics of Culture & Civilization; Ethnocentrism vs Cultural Relativism; Superorganic nature of culture (Tylor, Kroeber, White)
30	30 Jun	Tue	Paper 1	2.2	Nature of Society — Concept of Society; Society & Culture relationship; Social Institution; Social groups (primary, secondary, in-group, out-group); Social stratification (class, caste, estate, slavery)
31	01 Jul	Wed	Paper 1	7	Culture, Language & Communication — Nature, origin & characteristics of language; Verbal & Non-verbal communication (kinesics, proxemics); Social context; Sapir-Whorf hypothesis; Language & power
32	02 Jul	Thu	Paper 1	2.3	Marriage — Definition & universality; Laws: Endogamy, Exogamy, Hypergamy, Hypogamy, Incest taboo; Types: Monogamy, Polygyny, Polyandry, Group marriage; Functions; Regulations; Bride wealth & Dowry
33	03 Jul	Fri	Paper 1	2.4	Family — Definition & universality; Types by structure, blood relation, marriage, residence & succession; Functions; Family vs Household vs Domestic group; Impact of urbanisation
34	04 Jul	Sat	Paper 1	2.5	Kinship — Consanguinity & Affinity; Descent principles & types (Unilineal, Double, Bilateral, Ambilineal); Descent groups (Lineage, Clan, Phratry, Moiety, Kindred); Kinship terminology (Morgan); Alliance theory (Levi-Strauss)
35	05 Jul	Sun	Weekly Test 5	-	Nature of Culture + Society + Language + Marriage + Family + Kinship (P1: 2.1, 2.2, 7, 2.3, 2.4, 2.5)
<b>Week 6 — Jul 6–12   Economic Organisation, Political Organisation, Religion, Research Methods</b>					
36	06 Jul	Mon	Paper 1	3	Economic Organisation — Meaning, scope & relevance; Formalist vs Substantivist debate (Polanyi, Sahlins); Principles: Reciprocity, Redistribution & Market (Mauss, Polanyi); Production & exchange across subsistence types; Globalisation & indigenous economic systems
37	07 Jul	Tue	Paper 1	4	Political Organisation & Social Control — Band, Tribe, Chiefdom, Kingdom & State (Service, Sahlins); Power, Authority & Legitimacy (Weber); Social control, Law & Justice in simple societies (Maine, Radcliffe-Brown, Gluckman, Hoebel)


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38	08 Jul	Wed	Paper 1	5a	Religion — Anthropological approaches: Evolutionary (Tylor, Frazer), Psychological (Freud, Malinowski), Functional (Durkheim, Radcliffe-Brown); Sacred & Profane (Durkheim); Myths & Rituals; Forms: Animism, Animatism, Fetishism, Naturism, Totemism
39	09 Jul	Thu	Paper 1	5b	Religion vs Magic vs Science (Frazer, Malinowski, Durkheim); Sympathetic & Contagious magic; Magico-religious functionaries — Priest, Shaman, Medicine man, Sorcerer & Witch; Mana & Taboo; Van Gennep rites of passage
40	10 Jul	Fri	Paper 1	8a-b	Research Methods — Fieldwork tradition (Malinowski, Boas, Radcliffe-Brown); Distinction between Technique, Method & Methodology; Emic vs Etic approach; Ethics of fieldwork; Reflexivity & positionality
41	11 Jul	Sat	Paper 1	8c-d	Tools of Data Collection — Observation (participant & non-participant), Interview (structured & unstructured), Schedules, Questionnaire, Case study, Genealogy (Rivers), Life-history, Oral history, Secondary sources, Participatory methods; Data analysis & interpretation
42	12 Jul	Sun	Weekly Test 6	-	Economic Organisation + Political Organisation & Social Control + Religion + Research Methods (P1: 3, 4, 5, 8)
<b>Week 7 — Jul 13–19   All Anthropological Theories + Development of Anthropology in India</b>					
43	13 Jul	Mon	Paper 1	6a-b	Theories I — Classical Evolutionism (Tylor: animism & culture, Morgan: social evolution, Frazer: magic-religion-science); Historical Particularism (Boas: culture areas, anti-evolutionism); Diffusionism — British (Rivers, Elliot Smith), German (Graebner), American (Wissler)
44	14 Jul	Tue	Paper 1	6c-d	Theories II — Functionalism (Malinowski: needs theory, Kula ring, Trobriand studies); Structural-Functionalism (Radcliffe-Brown: social structure, comparative method); Structuralism (Levi-Strauss: binary oppositions, myth analysis, kinship; E. Leach: political systems)
45	15 Jul	Wed	Paper 1	6e-f	Theories III — Culture & Personality (Benedict: Apollonian/Dionysian; Mead: adolescence & sex; Linton: status-role; Kardiner: basic personality; Cora du Bois: modal personality); Neo-evolutionism (Childe; White: energy theory; Steward: cultural ecology; Sahlins & Service: evolution types)
46	16 Jul	Thu	Paper 1	6g-j	Theories IV — Cultural Materialism (Harris: emic/etic, infrastructure-structure-superstructure); Symbolic & Interpretive Theories (Turner: liminality; Geertz: thick description); Cognitive Theories (Tyler: ethnoscience; Conklin: ethnobotany); Postmodernism (critique of representation, writing culture, reflexivity)
47	17 Jul	Fri	Paper 1	6 Rev	Theories Revision Day — Master chart: all 10 schools   Period   Key thinkers   Core concept   Method used   Key critique   Landmark work; write from memory
48	18 Jul	Sat	Paper 2	P2 4	Development of Anthropology in India — 18th-20th century scholar-administrators (Risley, Thurston, Hutton, Dalton, Elwin); Contributions of Indian anthropologists to tribal & caste studies (Ghurye, Srinivas, Majumdar, Bose, Karve, D.N. Majumdar)
49	19 Jul	Sun	Weekly Test 7	-	All Anthropological Theories + Development of Anthropology in India (P1: 6a-6j + P2: 4)
<b>Week 8 — Jul 20–26   Paper 2: Traditional Indian Social System, Caste, Sacred Complex, Indian Village</b>					

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50	20 Jul	Mon	Paper 2	P2 3.1	Traditional Indian Social System — Varnashrama (four varnas, four ashramas, duties & significance); Purushartha (Dharma, Artha, Kama, Moksha); Karma, Rina & Rebirth as organising principles of Indian social life
51	21 Jul	Tue	Paper 2	P2 3.2	Caste System in India — Structure & characteristics; Varna vs Jati; Theories of origin (Racial: Risley, Occupational: Nesfield, Religious: Hocart, Evolutionary: Ghurye); Dominant caste (Srinivas); Caste mobility; Jajmani system; Tribe-Caste continuum (Bailey, Beteille)
52	22 Jul	Wed	Paper 2	P2 3.3	Sacred Complex & Nature-Man-Spirit Complex — McKim Marriott's sacred complex at Kishan Garhi; Little tradition vs Great tradition articulation; Nature-Man-Spirit complex in tribal cosmology & worldview
53	23 Jul	Thu	Paper 2	P2 3.4	Impact of Buddhism, Jainism, Islam & Christianity on Indian Society — Influence on caste hierarchy, status of women, social reform movements; Tribal conversion to Christianity & identity transformation; Islamic influence on social structure & syncretism
54	24 Jul	Fri	Paper 2	P2 5.1	Indian Village — Significance of village studies (Srinivas, Dube, Bailey, Beals); Village as a self-sufficient social system; Traditional & changing settlement patterns; Inter-caste relations (jajmani, factional politics); Agrarian relations; Impact of globalisation
55	25 Jul	Sat	Paper 2	P2 5.2	Linguistic & Religious Minorities — Social, political & economic status; Constitutional provisions (Articles 29, 30); Issues of identity, integration & minority rights; Language politics in India
56	26 Jul	Sun	Weekly Test 8	-	Traditional Indian Social System + Caste System + Sacred Complex + Indian Village + Linguistic & Religious Minorities (P2: 3.1–3.4, 5.1, 5.2)
<b>Week 9 — Jul 27–Aug 2   Paper 2: Socio-cultural Change, Tribal Situation, Problems, SC/ST Safeguards</b>					
57	27 Jul	Mon	Paper 2	P2 5.3	Socio-cultural Change in India — Sanskritization (Srinivas), Westernization (Srinivas), Modernization; Little & Great Traditions (Redfield, Marriott: parochialization & universalization); Panchayati Raj (73rd Amendment) & social change; Media & social change
58	28 Jul	Tue	Paper 2	P2 6.1	Tribal Situation in India — Bio-genetic variability; Linguistic characteristics (Austro-asiatic, Dravidian, Tibeto-Burman, Indo-Aryan tribal languages); Socio-economic characteristics; Geographic distribution; Classification of tribes by ecology, economy, language & region
59	29 Jul	Wed	Paper 2	P2 6.2	Problems of Tribal Communities — Land alienation (causes, extent, PESA provisions); Poverty & indebtedness; Low literacy & poor educational facilities; Unemployment; Health & nutrition deficiencies (sickle cell anaemia, malaria, malnutrition)
60	30 Jul	Thu	Paper 2	P2 6.3	Developmental Projects & Tribal Displacement — Impact of dams, mines, industries & wildlife sanctuaries; Rehabilitation challenges & failures; Development of forest policy (1894, 1952, 1988, 2006 FRA); Impact of urbanisation & industrialisation
61	31 Jul	Fri	Paper 2	P2 7.1	Exploitation & Deprivation of SC/ST/OBC — Caste-based discrimination; Bonded labour; Constitutional safeguards: Articles 15, 16, 46, 164(1), 243D, 244; 5th Schedule; 6th Schedule (ADC); PESA 1996; SC/ST (Prevention of Atrocities) Act 1989; FRA 2006; NCSC & NCST

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62	01 Aug	Sat	Paper 2	P2 7.2	Social Change & Contemporary Tribal Societies — Impact of modern democratic institutions; Development programmes (ITDP, TSP, PMAAGY, Van Dhan Yojana); Welfare measures; Role of education, health infrastructure & NGOs; Successes & limitations
63	02 Aug	Sun	Weekly Test 9	-	Socio-cultural Change + Tribal Situation + Problems of Tribal Communities + SC/ST Constitutional Safeguards + Social Change in Tribal Societies (P2: 5.3, 6.1, 6.2, 6.3, 7.1, 7.2)
<b>Week 10 — Aug 3–9   Paper 2: Ethnicity, Religion &amp; Tribal Societies, Tribe &amp; Nation State, Applied Anthropology</b>					
64	03 Aug	Mon	Paper 2	P2 7.3	Ethnicity — Concept & definition; Ethnic conflicts & political developments in India; Tribal unrest & Left-wing extremism; Regionalism & demand for autonomy (Naga, Mizo, Bodo, Jharkhand movements); Pseudo-tribalism; Social change during colonial & post-Independence India
65	04 Aug	Tue	Paper 2	P2 8.1	Impact of Hinduism, Buddhism, Christianity & Islam on Tribal Societies — Acculturation & syncretism; Tribal religion vs mainstream religion; Christian missionary impact (education, health, identity transformation); Tribal response to Hinduization
66	05 Aug	Wed	Paper 2	P2 8.2	Tribe & Nation State — Concept of tribal identity in modern democratic state; Integration vs assimilation vs autonomy debate (Nehru: integration, Elwin: isolation, Ghurye: assimilation); Comparative study of tribal communities in India & other countries (Africa, Americas, Australia)
67	06 Aug	Thu	Paper 2	P2 9.1	History of Tribal Administration — Colonial tribal policy (isolation, partial exclusion, inclusion); Post-Independence tribal development administration; ITDP; Tribal Sub Plan (TSP); PTGs — definition, distribution & special programmes; Role of NGOs in tribal development
68	07 Aug	Fri	Paper 2	P2 9.2	Role of Anthropology in Tribal & Rural Development — Participatory approaches; Action anthropology (Sol Tax); Applied anthropology in health, education (ashram schools) & livelihood programmes; Significance of ethnographic knowledge in policy formulation & implementation
69	08 Aug	Sat	Paper 2	P2 9.3	Contributions of Anthropology to Understanding Regionalism, Communalism & Ethnic Movements — Anthropological analysis of identity-based conflicts; Ethnicity & democracy; Tribal insurgency & state response; Role of culture in political mobilisation
70	09 Aug	Sun	Weekly Test 10	-	Ethnicity + Religion & Tribal Societies + Tribe & Nation State + Tribal Administration + Applied Anthropology in India (P2: 7.3, 8.1, 8.2, 9.1, 9.2, 9.3)
<b>Rest &amp; Revision Buffer — Aug 10–12</b>					
-	10 Aug	Mon	Rest	-	Rest & revision buffer before Grand Test 1
-	11 Aug	Tue	Rest	-	Rest & revision buffer before Grand Test 1
-	12 Aug	Wed	Rest	-	Rest & revision buffer before Grand Test 1
<b>Grand Tests — Aug 13 &amp; 16</b>					
-	13 Aug	Thu	Grand Test 1	-	Paper 1 Full Length (Morning) + Paper 2 Full Length (Afternoon)

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-	14 Aug	Fri	Rest	-	Rest & revision buffer between grand tests
-	15 Aug	Sat	Rest	-	Rest & revision buffer between grand tests
-	16 Aug	Sun	Grand Test 2	-	Paper 1 Full Length (Morning) + Paper 2 Full Length (Afternoon)

## CONNECT WITH US

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