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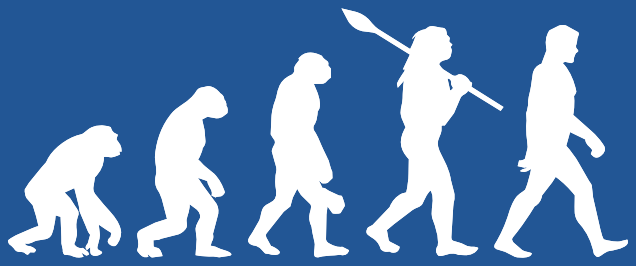

# ANTHROPOLOGY *Optional*

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**7th July**

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By Sourabh Mishra

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# Why ANTHROPOLOGY is a Preferred Optional Subject

**A strong performance in the optional subject can significantly improve your overall UPSC CSE rank. With 500 marks allocated to the optional papers, it remains one of the most decisive components of the Mains examination and final merit calculation.**

1. Compact, Interesting & Easy to Manage
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3. Suitable for Students from Diverse Backgrounds
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# ANTHROPOLOGY Optional Preparation Blueprint

- Build a Strong Foundation in Anthropology
- Master the UPSC Syllabus
- Analyse Previous Years' Questions (PYQs)
- Integrate Current Affairs with Anthropology
- Curate Quality Study Resources
- Develop a Targeted Paper-wise Strategy
- Strengthen Answer Writing Skills
- Prepare Revision Notes and Value Addition Content

## PROGRAMME FEATURES

- Comprehensive Syllabus Coverage with focused attention on emerging UPSC trends and evolving examination demands.
- Integrated Answer Writing Programme supported by structured daily assignments and continuous evaluation.
- Extensive Previous Year Questions (PYQ) Analysis to strengthen conceptual understanding and exam orientation.
- Well-Structured Study Material enriched with relevant examples, illustrations, and case studies.
- Interdisciplinary Learning Approach enabling effective linkage of concepts across different subjects.
- Comprehensive Test Programme comprising 10 assessments(6 Sectional Tests + 4 Full-Length Mock Tests).
- Dedicated Mentorship & Personal Guidance through regular faculty interaction and performance review sessions.

## Exam Structure

| Paper | Marks | Focus Area |
|---|---|---|
| Paper-I | 250 Marks | Fundamentals and Theoretical Anthropology |
| Paper-II | 250 Marks | Indian Anthropology and Contemporary Issues |

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# ABOUT FACULTY

The Anthropology Optional Programme for UPSC Civil Services Examination is mentored by Sourabh Mishra, a distinguished faculty member with extensive experience in guiding aspirants for the Civil Services Examination. Over the years, he has successfully mentored numerous candidates who have secured positions in the IAS, IPS, IRS, and other prestigious services.

His teaching methodology is founded on conceptual clarity, analytical understanding, and examination-oriented preparation. Emphasising an interactive and student-centric approach, he ensures continuous engagement through regular doubt-resolution sessions and academic discussions.

The programme is designed to provide systematic syllabus coverage, rigorous answer-writing guidance, continuous performance assessment, and personalised mentorship. Through close monitoring of student progress and targeted feedback, he enables aspirants to develop the knowledge, skills, and confidence required to excel in the UPSC examination.

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# UPSC ANTHROPOLOGY OPTIONAL SYLLABUS & COURSE METRICS

**Total Lectures:** 120 Lectures
**Duration Per Lecture:** 2.5 Hours
**Total Course Duration:** 300 Hours

| S.No. | Lecture Number | Unit | Subtopic |
|---|---|---|---|
| 1 | 1 | Orientation | **Syllabus Paper 1** |
| 2 | 2 | Orientation | **Syllabus Paper 2** |
| 3 | 3,4,5,6 | Culture | Understanding concept of culture<br>Characteristics of culture given by thinkers<br>Culture's uniqueness to human beings<br>Processes for culture change: Enculturation, Acculturation, Transculturation<br>Ethnocentrism and cultural relativism<br>Cultural relativism and human rights |
| 4 | 7,8,9 | Society | Society and culture<br>Social institutions<br>Social groups<br>Social Stratification |
| 5 | 10,11,12 | Marriage | Definition and universality of marriage<br>Types of marriage<br>Marriage regulations<br>Theories of Incest taboo<br>Marriage payments<br>Ways of acquiring mates in simple societies |
| 6 | 13, 14, 15 | Family | Definition and universality of family<br>Types and functions of Family<br>Perspectives to study family<br>Impact of Urbanization, Industrialization and Feminist movement on Family |
| 7 | 16, 17, 18, 19 | Kinship | Consanguinity and Affinity<br>Types of descent<br>Forms of Descent groups<br>Kinship terminologies and behaviours<br>Filiation and complementary filiation<br>Descent and Alliance theory |
| 8 | 20 | PYQ Discussion | |
| 9 | 21, 22, 23 | Economic Organization | Scope of Economic Anthropology<br>Formalist vs Substantivist approach<br>Production, distribution and Exchange<br>Modes of subsistence |
| 10 | 24, 25, 26 | Political organization | Evolution of Political organization<br>Stateless vs State organization<br>Power, authority and legitimacy<br>Social control and its types<br>Law and Justice in simple societies |

| | | | |
|---|---|---|---|
| 11 | 27, 28, 29, 30 | Religion | Approaches to study Religion<br>Forms of Religion in primitive societies<br>Monotheism and polytheism<br>Religion, magic and science<br>Magico-religious functionaries |
| 12 | 31 | PYQ Discussion | |
| 13 | 32, 33, 34, 35, 36 | Anthropological Theories: 01 | Classical Evolutionism<br>Neo evolutionism<br>Diffusionism<br>Historical particularism<br>Functionalism<br>Structural functionalism |
| 14 | 37, 38, 39, 40, 41 | Anthropological Theories: 02 | Structuralism<br>Culture and personality school<br>Cultural materialism<br>Symbolic and Interpretive theories<br>Cognitive theories<br>Post modernism in Anthropology |
| 15 | 42, 43, 44 | Research Methods | Technique, method and methodology<br>Tools of data collection<br>Secondary sources of information<br>Analysis, interpretation and presentation of data |
| 16 | 45, 46 | Language | Nature and characteristics of language<br>Origin of language<br>Verbal and nonverbal communication<br>Social context of Language<br>Sapir-Worf hypothesis |
| 17 | 47 | PYQ Discussion | |
| 18 | 48, 49, 50, 51 | Archaeology: 01 | Principles of Prehistoric Archaeology<br>Relative and Absolute dating methods<br>Characteristics of Prehistoric culture of world and India<br>Palaeolithic phase<br>Mesolithic phase |
| 19 | 52, 53, 54, 55 | Archaeology: 02 | Characteristics of Prehistoric culture of world and India<br>Neolithic phase<br>Chalcolithic phase<br>Copper Bronze age<br>Iron Age |
| 20 | 56 | PYQ Discussion | |
| 21 | 57, 58, 59 | Organic Evolution | Biological and cultural factors in human evolution<br>Theories of organic evolution<br>Pre Darwinian, Darwinian and Post Darwinian<br>Synthetic Theory of evolution<br>Terms and concepts of evolutionary biology (Doll's rule, Cope's rule, Gause's rule, parallelism, convergence, adaptive radiation, and mosaic evolution) |
| 22 | 60, 61, 62, 63, 64 | Primatology & Palaeoanthropology | Characteristics of Primates<br>Primate Adaptations<br>Primate Behaviour<br>Tertiary and Quaternary fossil primates<br>Living major primates<br>Comparative Anatomy of Man and Apes<br>Skeletal changes due to erect posture<br>Phylogenetic status, characteristics and geographical distribution of various fossils |

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|---|---|---|---|
| 23 | 65 | PYQ Discussion | |
| 24 | 66, 67, 68 | Genetics - 1 | Methods of Man family study<br>Pedigree analysis<br>Twin study, Foster child and co twin method<br>Karyotype analysis<br>Mendelian genetics in man family study<br>Single factor and multi-factor<br>Lethal and sublethal genes<br>Polygenic inheritance |
| 25 | 69, 70, 71, | Genetics - 2 | Mendelian population and its features<br>Hardy Weinberg law<br>Evolutionary forces and its impact: Mutation, isolation, migration, selection, inbreeding and genetic drift<br>Genetic load<br>Genetic effect of consanguineous marriages<br>Numerical and Structural chromosomal aberration<br>Sex chromosomal aberrations<br>Autosomal aberrations |
| 26 | 72, 73, 74, 75, 76, 77 | Race, Biocultural Adaptation, health | Race and racism<br>Racial criteria<br>Role of heredity and environment<br>Racial differentiation and race crossing<br>Genetic markers and their role<br>Bio-cultural Adaptations<br>Physiological response to environmental stress |
| 27 | 78, 79, 80, 81, 82 | Growth and development, Demographic Theories and fertility | Stages of growth<br>Factors affecting growth and development<br>Ageing and senescence<br>Theories and observations<br>Human physique and somatotype<br>Methodologies for Growth studies<br>Demographic theories<br>Biological and social factors influencing fecundity and fertility |
| 28 | 83 | Application of Anthropology | |
| 29 | 84, 85, 86, 87 | Demographic profile and Indian social system, NMS and Sacred complex | Ethnic elements in Indian population<br>Linguistic elements in Indian population<br>Factors influencing structure and growth of Indian population<br>Indian traditional social system<br>Varnashram<br>Purushartha<br>Karma, Rina and Rebirth<br>Sacred complex and its relevance<br>NMS complex and its contemporary relevance |
| 30 | 88, 89, 90, 91, 92, 93 | Caste system and Impact of Religion | Structure and characteristics of caste system in India<br>Varna and Jaati<br>Theories of origin of caste system<br>Dominant caste and its role<br>Jajmani system and its contemporary relevance<br>Tribe-Caste continuum<br>Impact of various religion on Indian society in general and Tribal population in particular |
| 31 | 94 | PYQ Discussion | |

| | | | |
|---|---|---|---|
| 32 | 95, 96, 97, 98, 99 | Indian Villages and Process of Socio cultural change | Significance of Village study<br>Indian village as a social system<br>Changing pattern of settlement<br>Agrarian relations in Indian village<br>Impact of Globalization on Indian village<br>Sanskritization, Westernization and Modernization<br>Inter play of little and great traditions<br>Panchayati Raj and social change<br>Media and social change |
| 33 | 100, 101, 102, 103 | Indian Thinkers and their contribution | |
| 34 | 104 | PYQ Discussion | |
| 35 | 105, 106, 107, 108, 109, 110, 111, 112 | Tribal situation and problems, Tribal Administration and Forest policy | Biogenetic variability<br>Linguistic variations among tribes<br>Problems of Tribes: Land alienation, Poverty, Indebtedness etc<br>Developmental projects and their impact on tribal<br>Displacement and problems of Rehabilitation<br>Development of Forest policy<br>Impact of Urbanization and Industrialization<br>Constitutional safeguards for SC and ST |
| 36 | 113, 114, 115, 116, 117 | Social change, Ethnicity, Tribe and Nation state, Role of Anthropology in Tribal development | Impact of modern democratic Institution<br>Welfare measures for Tribes<br>Ethnicity and Ethnic conflicts<br>Tribal unrests and regionalism<br>Pseudo tribalism<br>Tribe and Nation state<br>PVTGs and their problems<br>Role of NGOs in Tribal development<br>Role of Anthropology in Tribal development |
| 37 | 118 | PYQ Discussion | |
| 38 | 119, 120 | Unit 1.1 to 1.3 | |

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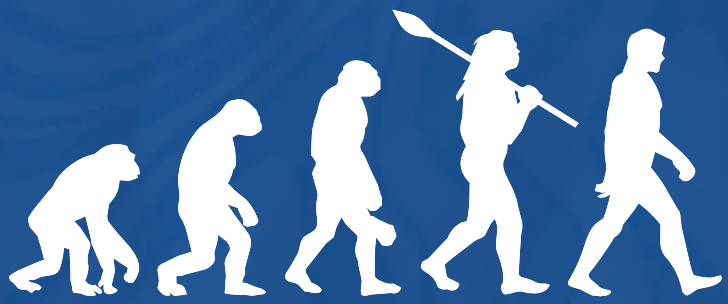

# ANTHROPOLOGY

## Syllabus

# PAPER – 1

1.1 Meaning, scope and development of Anthropology.
1.2 Relationships with other disciplines: Social Sciences, Behavioural Sciences, Life Sciences, Medical Sciences, Earth Sciences and Humanities.
1.3 Main branches of Anthropology, their scope and relevance:
(a) Social- cultural Anthropology.
(b) Biological Anthropology.
(c) Archaeological Anthropology.
(d) Linguistic Anthropology.
1.4 Human Evolution and emergence of Man:
(a) Biological and Cultural factors in human evolution.
(b) Theories of Organic Evolution (PreDarwinian, Darwinian and Post-Darwinian).
(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).
1.5 Characteristics of Primates; Evolutionary Trend and Primate Taxonomy; Primate Adaptations; (Arboreal
and Terrestrial) Primate Taxonomy; Primate Behaviour; Tertiary and Quaternary fossil primates; Living Major
Primates; Comparative Anatomy of Man and Apes; Skeletal changes due to erect posture and its implications.
1.6 Phylogenetic status, characteristics and geographical distribution of the following:
(a) Plio-pleistocene hominids in South and East Africa - Australopithecines.
(b) Homo erectus: Africa (Paranthropus), Europe (Homo erectus heidelbergensis), Asia (Homo erectus javanicus, Homo erectus pekinensis).
(c) Neanderthal Man- La-Chapelle-auxsaints (Classical type), Mt. Carmel (Progressive type).
(d) Rhodesian man.
(e) Homo sapiens — Cromagnon, Grimaldi and Chancelede.
1.7 The biological basis of life: The Cell, DNA structure and replication, Protein Synthesis, Gene, Mutation,
Chromosomes, and Cell Division.
1.8 (a) Principles of Prehistoric Archaeology. Chronology: Relative and Absolute Dating methods.
(b) Cultural Evolution- Broad Outlines of Prehistoric cultures:
(i) Paleolithic
(ii) Mesolithic
(iii) Neolithic
(iv) Chalcolithic
(v) Copper-Bronze Age
(vi) Iron Age

# PAPER – 1

**2.1** The Nature of Culture : The concept and characteristics of culture and civilization; Ethnocentrism vis-à vis cultural Relativism.
**2.2** The Nature of Society: Concept of Society; Society and Culture; Social Institutions; Social groups; and Social stratification.
**2.3** Marriage: Definition and universality; Laws of marriage (endogamy, exogamy, hypergamy, hypogamy, incest taboo); Types of marriage (monogamy, polygamy, polyandry, group marriage). Functions of marriage;
Marriage regulations (preferential, prescriptive and proscriptive); Marriage payments (bride wealth and dowry).
**2.4** Family: 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.
**2.5** Kinship: 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.
**3.** Economic organization: Meaning, scope and relevance of economic anthropology; 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.
**4.** Political organization and Social Control: Band, tribe, chiefdom, kingdom and state; concepts of power, authority and legitimacy; social control, law and justice in simple societies.
**5.** Religion: 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).
**6.** Anthropological theories:
**(a)** Classical evolutionism (Tylor, Morgan and Frazer)
**(b)** Historical particularism (Boas); Diffusionism (British, German and American)
**(c)** Functionalism (Malinowski); Structural-functionlism (Radcliffe-Brown)
**(d)** Structuralism (L'evi - Strauss and E.Leach)
**(e)** Culture and personality (Benedict, Mead, Linton, Kardiner and Cora – du Bois).
**(f)** Neo - evolutionism (Childe, White, Steward, Sahlins and Service)
**(g)** Cultural materialism (Harris)
**(h)** Symbolic and interpretive theories (Turner, Schneider and Geertz)
**(i)** Cognitive theories (Tyler, Conklin)
**(j)** Post- modernism in anthropology.

**7.** Culture, language and communication: Nature, origin and characteristics of language; verbal and non verbal communication; social context of language use.
**8.** Research methods in anthropology:
**(a)** Fieldwork tradition in anthropology
**(b)** Distinction between technique, method and methodology
**(c)** Tools of data collection: observation, interview, schedules, questionnaire, Case study, genealogy, life history, oral history, secondary sources of information, participatory methods.
**(d)** Analysis, interpretation and presentation of data.
**9.1** Human Genetics : 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 karyo-type
analysis), biochemical methods, immunological methods, D.N.A. technology and recombinant technologies.
**9.2** Mendelian genetics in man-family study, single factor, multifactor, lethal, sublethal and polygenic inheritance in man.
**9.3** Concept of genetic polymorphism and selection, Mendelian population, HardyWeinberg 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.
**9.4** Chromosomes and chromosomal aberrations in man, methodology.
**(a)** Numerical and structural aberrations (disorders).
**(b)** Sex chromosomal aberrations – Klinefelter (XXY), Turner (XO), Super female (XXX), intersex and other syndromic disorders.
**(c)** Autosomal aberrations – Down syndrome, Patau, Edward and Cri-du-chat syndromes.
**(d)** Genetic imprints in human disease, genetic screening, genetic counseling, human DNA profiling, gene mapping and genome study.
**9.5** 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.
**9.6** 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 socio-economic groups.
**9.7** Concepts and methods of Ecological Anthropology. Bio-cultural Adaptations – Genetic and Non- genetic factors. Man's physiological responses to environmental stresses: hot desert, cold, high altitude climate.
**9.8** Epidemiological Anthropology: Health and disease. Infectious and non-infectious diseases. Nutritional deficiency related diseases.
**10.** 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 somatotypes. Methodologies for growth studies.
**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.
**12.** Applications of Anthropology: 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.

# PAPER – 2

**1.1** Evolution of the Indian Culture and Civilization — Prehistoric (Palaeolithic, Mesolithic, Neolithic and Neolithic Chalcolithic). Protohistoric (Indus Civilization): Pre- Harappan, Harappan and postHarappan cultures. Contributions of tribal cultures to Indian civilization.
**1.2** Palaeo – anthropological evidences from India with special reference to Siwaliks and Narmada basin (Ramapithecus, Sivapithecus and Narmada Man).
**1.3** Ethno-archaeology in India : The concept of ethno-archaeology; Survivals and Parallels among the hunting, foraging, fishing, pastoral and peasant communities including arts and crafts producing communities.
**2.** Demographic profile of India — Ethnic and linguistic elements in the Indian population and their distribution. Indian population – factors influencing its structure and growth.
**3.1** The structure and nature of traditional Indian social system — Varnashram, Purushartha, Karma, Rina and Rebirth.
**3.2** Caste system in India- 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.
**3.3** Sacred Complex and Nature- Man-Spirit Complex.
**3.4** Impact of Buddhism, Jainism, Islam and Christianity on Indian society.
**4.** Emergence and growth of anthropology in India-Contributions of the 18th, 19th and early 20th Century scholar-administrators. Contributions of Indian anthropologists to tribal and caste studies.
**5.**1 Indian Village: 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.
**5.2** Linguistic and religious minorities and their social, political and economic status.
**5.3** Indigenous and exogenous processes of socio-cultural change in Indian society: Sanskritization, Westernization, Modernization; Inter-play of little and great traditions; Panchayati raj and social change; Media and social change.
**6.1** Tribal situation in India – Bio-genetic variability, linguistic and socio-economic characteristics of tribal populations and their distribution.
**6.2** Problems of the tribal Communities — land alienation, poverty, indebtedness, low literacy, poor educational facilities, unemployment, underemployment, health and nutrition.
**6.3** Developmental projects and their impact on tribal displacement and problems of rehabilitation. Development of forest policy and tribals. Impact of urbanization and industrialization on tribal populations.
**7.1** Problems of exploitation and deprivation of Scheduled Castes, Scheduled Tribes and Other Backward Classes. Constitutional safeguards for Scheduled Tribes and Scheduled Castes.
**7.2** Social change and contemporary tribal societies: Impact of modern democratic institutions, development programmes and welfare measures on tribals and weaker sections.
**7.3** The concept of ethnicity; 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.
**8.1** Impact of Hinduism, Buddhism, Christianity, Islam and other religions on tribal societies.
**8.2** Tribe and nation state — a comparative study of tribal communities in India and other countries.
**9.1** History of administration of tribal areas, tribal policies, plans, programmes of tribal development and their implementation. The concept of PTGs (Primitive Tribal Groups), their distribution, special programmes for their development. Role of N.G.O.s in tribal development.
**9.2** Role of anthropology in tribal and rural development.
**9.3** Contributions of anthropology to the understanding of regionalism, communalism, and ethnic and political movements.