

Study Plan for UPSC

By: NIRAV DA

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Stage -1 (Preparation through NCERT Books)

Approach: The NCERT books should be given one basic reading before studying anything else. The first reading should focus on getting familiar with the content given in the books. At this point there should not be a conscious effort to make notes or trying to mug up the content.

After the first reading is over the students must go through the past 10 years question papers of Civil Services Main Exam and past 5 years question papers of Civil Services Preliminary Exam. Assessing what kind of questions have come in the past in the Civil Services Exam needs to be substantiated with a general reading of the syllabus. Syllabus should be learnt by heart.

Newspapers: Newspapers should be SCANNED .There is not much benefit of reading the newspapers if the students have not finished the first reading of the NCERT books.

Time Limit: Students preparing full time should devote 6-7 hours of **intensive study** every day. Such a study would take 3-4 months for the first reading to be over. This time span may vary depending upon the concentration & focus of the individual students.

General studies –Compulsory readings

Geography: The Earth Our Habitat (Class 6th); Our Environment (Class 7th); Resource & Development (Class 8th); Contemporary India (Classes 9th &10th); Fundamentals of physical Geography & India's Physical Environment (Class 11th) ; Fundamentals of Human Geography & India-People & Economy (12th)

History: Old Ncerts Ancient (By R.S. Sharma), Medieval (By Satish Chandra) & Modern (By Bipan Chandra). Our pasts1, 2 & 3 (Class 6th to 8th), India & contemporary world 1&2 (Class 9th & 10th), Themes in world History (class 11th), Themes in Indian History 1,2&3(Class 12th)

Polity: Social & Political life (Class 6th & 8th), Democratic Politics (Class9th & 10th), Indian Constitution at work (Class 11th), Contemporary world Politics (Class 12th) Political Science 1&2(Class 11th & 12th)

Economy: Economics (9th), Understanding Economic Development Class (10th); Indian economic Development (Class 11th); Introductory Macro Economics (class 12th)

Sociology: Class 11th & 12th

Psychology: Introduction to Psychology 11th

Art & culture: An introduction to Indian Art (Class 11th)

General Sciences: Biology for VIII-X Std, Physics for VIII-X Std, Chemistry for VIII-X Std

Stage -2 (Preparation through Reference Books)

Approach: Once assessment of type of questions asked is made second reading of Ncerts need to be done, keeping in mind type of questions which can be asked in exams. Notes should be prepared during this reading. Then Reference books should be read & notes prepared.

Newspapers: reading of newspapers thoroughly should be started. Notes of important articles in The Hindu & The Indian Express must be made.

General Studies –Reference Books

World History: Old NCERTS, Modern European history by Mukherjee, Mastering World History by Norman Lowe

Indian Art & Culture: Spectrum, NIOS notes, CCRT Website, Vajiram notes.

Modern Indian History: Grover & Mehta, India's struggle for Independence by Bipan Chandra, Spectrums Book on Modern India

Post-Independence India: India after independence by Bipan Chandra, India after Gandhi by R.C. Guha, Makers of modern India BY R C Guha

Social Issues: Ram Ahuja, Indian Society by S C Dube

Geography: D R Khullar or Majid Hussain

Polity: Our Constitution by Subhash Kashyab, Indian Polity by M Laxmikant, D D Basu, P M Bakshi

Governance: From government to Governance by Kuldeep Mathur, Governance in India by M Laxmikant, 2nd ARC report (15 Reports)

International Relations: World focus, Foreign policy by CST, Websites like www.idsa.in , <http://thediplomat.com>, <http://www.cfr.org>, www.satp.org

Indian Economy: Ramesh Singh-THM, Shrirams economy notes, Economic Survey, Budget, Pratiyogita Darpan special issue on Indian Economy.

Science & Technology: Ncerts 11th & 12th, THM/Spectrum, Science Reporter

Security Issues: Idsa, 2nd ARC

Ethics, integrity & Aptitude: 2nd ARC (4th report), Lexicon by chronicle, Peter Singer, Ethics by Access Publishing

UPSC MANUAL: Students are advised to own UPSC GS manual of THM, Spectrum, Arihant or Pearson. It should be read thoroughly.

Web Sites: Idsa, ccrt, Rbi, Home ministry, MOEF, Mini Of S&T, Mrunal, Insights on India, Unacademy etc

Newspapers: The Hindu & Indian express are must. Note making should be done in year of attempt. Syllabus once learnt can be related easily to daily news.

Magazines: Yogna, Science Reporter, kurushetra, CST, chronicle must be scanned through.

CSAT: R S Agarwal Quantitative Aptitude, R S Agarwal Verbal & non Verbal. Any One manual (THM, Pearson, Arihant, Spectrum), Arun Sharma's guide for CSAT.

Note:

- Note all Reference books are not required to be read. My Mantra for Success is Minimum Reading, Maximum Revision, Greatest retention & Maximum Writing Practice.
- Answer writing is key to become a Class One Officer. So do maximum answer writing. Get these answers evaluated by Experts. As any other skill with more writing you will only become better.
- Success in UPSC is a result of knowledge & 'Mental Toughness'. So the above will help you in acquiring required Knowledge but for Mental Toughness you need to Practice Yoga & Visualisation Technique regularly.
- For any more queries you may contact me on [Nirav Da](#) Facebook page or write to me on my Email Id NIRAVDA12@gmail.com

BESHT OF LUCK...!!!! Become an Honest, Efficient Officer having Professional Integrity & National Character to serve our country & her citizens. Jai Hind...!!!