



VAJIRAM & RAVI

UPSC CIVIL SERVICES • OPTIONAL SUBJECT

SCIENCE. CULTURE. A HUMAN PERSPECTIVE.

Anthropology

The science of being human.



**A subject to study.
A perspective to carry.**

Syllabus at a glance • Course experience • Standard references

01 / DISCOVER THE DISCIPLINE

One subject. The whole human story.

Anthropology studies human beings holistically - biologically and culturally - across time and place.



From DNA to myths, from stone tools to urbanisation, and from communities to nation-states, Anthropology connects the scientific study of humanity with lived experience.

01

Social-cultural

Culture, kinship, institutions, economies, belief and social life.

02

Biological

Human evolution, genetics, variation, adaptation, growth and health.

03

Archaeological

Material remains, prehistoric cultures and the long history of human change.

04

Linguistic

Language, communication and the social contexts in which meaning is made.

02 / CONNECT YOUR PREPARATION

Knowledge that travels with you.

The optional carries 500 marks across two papers. Its ideas also support wider preparation and a thoughtful understanding of public life.

01 General Studies I

Society, Indian heritage and social issues: connect institutions, diversity and processes of social change.

02 General Studies II & III

Governance, welfare and development; science and technology, including genetics, bioengineering and genetic engineering.

03 Essay

Use perspectives on culture, identity, gender and science to develop balanced, example-rich arguments.

04 Personality Test

Approach questions about people and policy with empathy, context and reasoned judgement.

OPEN TO DIFFERENT ACADEMIC BACKGROUNDS

Science • Engineering • Humanities

Curiosity about people is a powerful starting point.

03 / SIX MONTHS OF FOCUSED PREPARATION

Structured learning. Sustained mentoring.

6

MONTHS

2½

HOURS / CLASS

6

DAYS / WEEK

6

PRINTED VOLUMES

Classes begin 6 October | 11:00 AM to 1:30 PM

Contact Vajiram & Ravi for admissions.

01 / LEARN

Build a clear understanding

Complete coverage of Paper I and Paper II; live and offline classes; syllabus, current linkages and previous years' questions; special doubt-clearing sessions.

02 / PRACTISE

Turn knowledge into answers

Regular class tests and weekly practice, detailed evaluation, model answers and feedback. Full-length tests follow course completion. Optional Test Series access is available after clearing Prelims.

03 / COURSE HIGHLIGHTS

Resources that keep you ready

Digital handouts for focused study.

Class notes to consolidate your learning.

Regular current affairs updates to connect concepts with contemporary issues.

HANDHOLDING BEYOND COURSE COMPLETION

Continued mentoring, revision guidance, test-series support and personalised attention throughout your preparation.

SYLLABUS AT A GLANCE / PAPER I

Foundations of humankind.

Culture, society,
biology and human origins.



01 Foundations of Anthropology

Scope and branches; human evolution, primates, biological foundations and prehistory.

02 Culture, Society & Kinship

Culture and civilisation; social institutions, marriage, family and kinship.

03 Economic Organisation

Production, distribution and exchange; livelihoods and indigenous economies.

04 Political Organisation & Social Control

Political systems, power, authority, law and justice.

05 Religion, Magic & Science

Beliefs, myths, rituals and religious specialists.

06 Anthropological Theories

Major schools of thought, key thinkers and contemporary perspectives.

07 Culture, Language & Communication

Language, verbal and non-verbal communication, and social context.

08 Research Methods

Fieldwork, data collection, analysis, interpretation and presentation.

09 Human Genetics, Variation & Adaptation

Heredity, population genetics, human diversity, ecology, health and disease.

10 Human Growth & Development

Life stages, growth factors, ageing, physique and growth assessment.

11 Demographic Anthropology

Fertility, demographic theories and biological and socio-cultural influences.

12 Applied Anthropology

Sports, nutrition, ergonomics, forensics and applications of human genetics.

Broad chapter topics • Based on UPSC CSE 2026 • Full syllabus linked on page 7

SYLLABUS AT A GLANCE / PAPER II

Anthropology in the Indian context.

Heritage, communities and a changing society.



01 Indian Culture, Prehistory & Human Origins

Cultural evolution, Indian fossil evidence and ethno-archaeology.

02 Demographic Profile of India

Ethnic and linguistic diversity; population structure and growth.

03 Traditional Indian Society

Social values, caste, sacred complexes and religious influences.

04 Development of Anthropology in India

Scholar-administrators and Indian anthropologists; tribal and caste studies.

05 Villages, Minorities & Social Change

Village life, agrarian relations, minorities and processes of socio-cultural change.

06 Tribal Communities & Their Challenges

Distribution and diversity; livelihoods, education, health, displacement and forests.

07 Safeguards, Welfare & Tribal Change

SCs, STs and OBCs; constitutional protection, development, ethnicity and autonomy.

08 Religion, Tribes & the Nation-State

Religious change and comparative experiences of tribal communities.

09 Tribal Administration & Development

Policies, programmes, PVTGs, NGOs and anthropology in development and national life.

Broad chapter topics • Based on UPSC CSE 2026 • Full syllabus linked on page 7

04 / A PURPOSEFUL READING LIST

Read with direction.

Use the syllabus as your organiser. Read selected chapters, build concise notes and connect concepts with previous years' questions.

01 Anthropology

Carol R. Ember, Melvin Ember & Peter N. Peregrine
Broad foundations across the discipline.

02 Biological Anthropology: The Natural History of Humankind

Craig Stanford, John S. Allen & Susan C. Antón
Evolution, primates, human variation and biological anthropology.

03 History of Anthropological Thought

Vijay S. Upadhyay & Gaya Pandey
Major thinkers, schools and theoretical debates.

04 Archaeology / Prehistory

D. K. Bhattacharya
An Introduction to Prehistoric Archaeology; An Outline of Indian Prehistory.

05 The Tribal Culture of India

L. P. Vidyarthi & B. K. Rai
Indian tribal cultures, institutions and change.

06 An Introduction to Social Anthropology

D. N. Majumdar & T. N. Madan
Core concepts and social institutions.

07 IGNOU - MA Anthropology

eGyanKosh learning materials
Topic-based reading across social, biological, archaeological and applied anthropology.

Syllabus source & reading note

Syllabus: [UPSC Civil Services Examination 2026 notification](#), pp. 43-48. The preceding pages summarise broad topics under all 12 main chapters of Paper I and all 9 main chapters of Paper II. Consult the linked notification for the complete wording and detailed subtopics. PVTGs is the current term for the syllabus category PTGs.

Open resources: [IGNOU MA Anthropology](#) • [UPSC previous question papers](#). The references supplement course teaching; they are not prescribed by UPSC.



LEARN WITH YOUR MENTORS

Understanding people. Preparing for public life.

Over 30 years of teaching and mentoring UPSC aspirants.

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FACULTY CONTACTS / SUBJECT-RELATED QUERIES

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VAJIRAM & RAVI

Anthropology Optional