## INSIGHT IAS

TEST SERIES HISTORY OPT.

Under the Personal Guidance of

S. BALIYAN

Commences 14 Jan.

Admission

Score more than 300+ Marks in History Opt. and guaranteed success in IAS MAINS-2025.



## 3 INSIGHT IAS ACADEMY

Nourishing Success...

73, Main Market Road, Old Rajinder Nagar, New Delhi - 110060

Ph.: 011-45090051. 09818333201. 09871216382



## Vision

"Success is like a journey and the teacher is your navigation.

Right guidance not only shortens the journey of success

but also makes it pleasurable".

Prof. S. Baliyan

To transform lives and impart value-addition to whoever we touch, by our ethics and quality mentoring. We strive to initiate amongst one and all, a metamorphosis towards professionalism and ultimate success.

The difference between a successful person and others is neither the lack of genius nor the lack of resources, what differentiates a successful man from the crowd is his clarity of vision and the iron will. Nothing can stop a man who knows where he is going.

The greatest results in life are usually attained by simple means and the exercise of ordinary qualities.

These may for the most part be summed in these two: conviction and preparation.

It is an age old saying that "the more you sweat in peace, the less you bleed in war". So work diligently to attain your goal.

## HISTORY OPT. (MAINS 2025)

Under the personal guidance of

#### S. BALIYAN

#### **Quality Improvement Programme (QIP)**

- QIP has been specially designed for those students who have already prepared History optional themselves or with the help of some other coaching institute but due to any reason their answers still lack the kind of level and perfection required for IAS MAINS EXAMINATION.
- The aim of this programme is to improve the **Writing Skills** of the students and help students in writing **Quality Enriched** answers.
- To achieve this objective **12 Self Assessment Tests** will be conducted. All the test papers will be strictly in accordance with IAS Mains Examination (new syllabus).
- The level of the questions will also be similar to that of IAS MAINS EXAMINATION.
- This exercise will equip the students with necessary expertise to write very good answers in IAS Main examination for any kind of question and score 300 330 marks easily.
- The SATs have been designed topic wise. The complete syllabus has been divided into 8 parts. These 12 tests include 8 Topic wise Tests and 4 Comprehensive Tests covering full syllabus.
- Each and every question will be **discussed in detail in the discussion session** and **special tips** to score best marks will also be shared with the students during discussion session.
- Model Answer will be provided for every test to ensure comprehensive coverage of all the dimensions and details of the questions.
- Evaluated Answer Sheets of Mains Exam will be provided within 7 days of the test.
- **Individual attention** will be paid to each and every student to overcome all kinds of difficulties and to get complete command over History Optional subject.
- Regular Mentorship sessions will be conducted to help each and every student.

#### PROGRAMME DETAILS

TEST TYPE	TEST TIMING	DAY OF TEST
SECTIONAL	01:00 PM to 04:00 PM	Tuesday
TESTS	04:30 PM to 07:30 PM	Wednesday to Friday
FULL SYLLABUS	Morning & Evening Sessions	As Per Test Schedule

This is Not just a Test Series Programme, it is a Comprehensive Package for History Optional Preparation.

#### HISTORY OPT. TEST SERIES SCHEDULE

DETAILS	TEST SYLLABUS		
Test - 1  14 Jan'25  WORLD HISTORY - I	<ul> <li>Enlightenment and Modern ideas:</li> <li>(a) Major ideas of Enlightenment; Kant, Rousseau</li> <li>(b) Spread of Enlightenment in the colonies</li> <li>(c) Rise of socialist ideas (up to Marx); spread of Marxian Socialism.</li> <li>Origins of Modern Politics:</li> <li>(a) European States System</li> <li>(b) American Revolution and the Constitution</li> <li>(c) French revolution and aftermath, 1789–1815</li> <li>(d) American Civil War with reference to Abraham Lincoln and the abolition of slavery</li> <li>(e) British Democratic politics (1815 – 1850)  —Parliamentary Reformers, Free Traders, Chartists</li> <li>Industrialization:</li> <li>(a) English Industrial Revolution; causes and impact on Society</li> <li>(b) Industrialization in other countries; USA, Germany, Russia, Japan</li> <li>(c) Industrialization and Globalization</li> </ul>	Nation – State System:  (a) Rise of Nationalism in 19 <sup>th</sup> century  (b) Nationalism; state – building in Germany and Italy  (c) Disintegration of Empires in the face of the emergence of nationalities across the world  Revolution and Counter – Revolution:  (a) 19 <sup>th</sup> Century European revolutions  (b) The Russian Revolution of 1917 – 1921  (c) Fascist Counter – Revolution, Italy and Germany.  (d) The Chinese Revolution of 1949  World Wars:  (a) 1 <sup>st</sup> and 2 <sup>nd</sup> World Wars as Total Wars: Societal implications  (b) World War I: Causes and consequences  (c) World War II: Causes and consequence	
Test - 2 28 Jan'25 WORLD HISTORY - II	The World after World War II:  (a) Emergence of two power blocs  (b) Emergence of Third World and non—alignment  (c) UNO and the global disputes  Imperialism and Colonialism:  (a) South and South—east Asia  (b) Latin America and South Africa  (c) Australia  (d) Imperialism and free trade; Rise of neo—imperialism.  Liberation from Colonial Rule:  (a) Latin America—Bolivar  (b) Arab world—Egypt  (c) Africa—Apartheid to Democracy  (d) South—East Asia—Vietnam  (e) Decolonization and Underdevelopment  (f) Factors constraining development: Latin America, Africa	Unification of Europe:  (a) Post War Foundations: NATO and European Community  (b) Consolidation and Expansion of European Community  (c) European Union  Disintegration of Soviet Union and the Rise of the Unipolar World  (a) Factors leading to the collapse of Soviet communism and the Soviet Union, 1985 – 1991  (b) Political Changes in Eastern Europe 1989 – 2001  (c) End of the cold war and US ascendancy in the world as the lone superpower.	

## INSIGHT DELH

**Nourishing Success...** 

#### **DETAILS**

#### **TEST SYLLABUS**

#### Test - 3

#### **MODERN**

INDIA - I

#### 11 Feb'25

- **European Penetration into India:** (a) The Early European Settlements
- (b) The Portuguese and the Dutch
- (c) The English and the French East India Companies
- (d) Their struggle for supremacy: Carnatic Wars;
- (e) Bengal the conflict between the English and the Nawabs of Bengal; Siraj and the English; The Battle of Plassey, Significance of Plassey.

#### **British Expansion in India:**

- (a) Bengal Mir Zafar and Mir Kasim
- (b) The Battle of Buxar
- (c) Mysore
- (d) The Marathas
- (e) The three Anglo Maratha Wars
- (f) The Punjab

#### Early Structure of the British Raj:

- (a) The early administrative structure From diarchy to direct control
- (b) the Regulating Act (1773)
- (c) The Pitt's India Act (1784)
- (d) The Charter Act (1833)
- (e) The voice of free trade and the changing character of British colonial rule
- (f) The English Utilitarian and India.

#### **Economic Impact of British Colonial Rule:**

- (a) Land revenue settlements in British India -The Permanent Settlement, Ryotwari Settlement, Mahalwari Settlement,
- (b) Economic impact of the revenue arrangements
- (c) Commercialization of agriculture
- (d) Rise of landless agrarian labourers
- (e) Impoverishment of the rural society.
- (f) Dislocation of traditional trade and commerce
- (g) De-industrialization
- (h) Decline of traditional crafts
- (i) Drain of wealth
- (j) Economic transformation of India
- (k) Railroad and communication network including telegraph and postal services
- Famine and poverty in the rural interior
- (m) European business enterprise and its limitations.

#### Social and Cultural Developments:

- (a) The state of indigenous education and its dislocation
- (b) Orientalists-Anglicists controversy
- (c) The introduction of western education in India
- (d) The rise of press, literature and public opinion
- (e) The rise of modern vernacular literature
- (f) Progress of science
- (g) Christian missionary activities in India.

#### Social and Religious Reform movements in Bengal and Other areas:

- (a) Ram Mohan Roy
- (b) The Brahmo Movement
- (c) Devendranath Tagore
- (d) Ishwar Chandra Vidyasagar
- (e) The Young Bengal Movement
- (f) Dayananda Saraswati
- (g) The social reform movements in India including Sati, widow remarriage, child marriage etc.
- (h) The contribution of Indian renaissance to the growth of modern India
- (i) Islamic revivalism the Faraizi and Wahabi Movements.

#### **Indian Response to British Rule:**

- (a) Peasant movements and tribal uprisings in the 18th and 19th centuries including
  - the Rangpur Dhing (1783)
  - the Kol Rebellion (1832)
  - the Mopla Rebellion in Malabar (1832 1920)
  - the Santhal Hul (1855)
  - indigo rebellion (1859 60)
  - Deccan Uprising (1875)
  - the Munda Ulgulan (1899 1900)
- (b) The Great Revolt of 1857 Origin, character, causes of failure, the consequences
- (c) The shift in the character of peasant uprisings in the post – 1857 period
- (d) The peasant movements of the 1920s and 1930s.

	Nourishing Success			
DETAILS	TEST SYLLABUS			
Test - 4	First Phase of Indian Nationalism:	(r) Cripps Mission		
25 Feb'25	(a) Factors leading to the birth of Indian Nationalism	(s) the Wavell Plan		
MODERN	(b) Politics of Association	(t) The Cabinet Mission.		
INDIA - II	(c) The Foundation of the Indian National Congress	Constitutional Developments in the Colonial India between 1858 and 1935		
	(d) the Safety – valve thesis relating to the birth of the Congress	Other strands in the National Movement:		
	(e) Programme and objectives of Early Congress	(a) The Revolutionaries of Bengal, the Punjab, Maharashtra, U.P, the Madras Presidency and outside India.		
	<b>(f)</b> the social composition of early Congress leadership	(b) The Left within the Congress; Jawaharlal Nehru,		
	(g) the Moderates and Extremists	Subhas Chandra Bose.		
	(h) The Partition of Bengal (1905)	(c) The Congress Socialist Party		
	(i) The Swadeshi Movement in Bengal	(d) The Communist Party of India and other left parties.		
	(j) the economic and political aspects of Swadeshi Movement	Separatist strands in the National Movement:		
	(k) The beginning of revolutionary extremism in	(a) Politics of Separatism		
	India.	(b) the Muslim League		
	Second Phase of Indian Nationalism:	(c) the Hindu Mahasabha		
	(a) Rise of Gandhi	(d) Communalism and the politics of partition		
	(b) Character of Gandhian nationalism	(e) Transfer of power		
	(c) Gandhi's popular appeal	(f) Independence.		
	(d) Rowlatt Satyagraha	<u>Consolidation as a Nation</u>		
	(e) the Khilafat Movement	(a) Nehru's Foreign Policy		
	(f) the Non – cooperation Movement	(b) India and her neighbours (1947 - 1964)		
	(g) National politics from the end of the Non – cooperation movement to the beginning of the	(c) The linguistic reorganization of States (1935 - 1947)		
	Civil Disobedience movement	(d) Regionalism and Regional Inequality;		
	(h) the two phases of the Civil Disobedience	(e) Integration of Princely States		
	Movement	(f) Princes in electoral politics		
	(i) Simon Commission	(g) The question of National Language.		
	(j) The Nehru Report	Caste and Ethnicity after 1947		
	(k) The Round Table Conferences	(a) Backward castes and tribes in post – colonial electoral politics		
	(I) Nationalism and the Peasant Movements	(b) Dalit movements.		
	(m) Nationalism and Working class movements	Economic development and political change		
	(n) Women and Indian youth and students in Indian politics (1885 - 1947)	(a) Land reforms		
	(o) the election of 1937 and the formation of	(b) the politics of planning and rural reconstruction		
	ministries	(c) Ecology and environmental policy in post-		
	(n) Crinna Mission	colonial India		

colonial India

(d) Progress of science

(p) Cripps Mission

(q) the Quit India Movement

DETAILS	TEST SY	YLLABUS		
Test - 5 11 Mar'25 ANCIENT INDIA - I	Sources:  (a) Archaeological sources: Exploration, Excavation, Epigraphy, Numismatics, Monuments  (b) Literary sources: Indigenous: Primary and secondary: poetry, scientific literature, literature in regional languages, religious literature  (c) Foreign accounts: Greek, Chinese and Arab writers  Pre-History and Proto-History:  (a) Geographical factors  (b) Hunting and gathering (Palaeolithic and Mesolithic)  (c) Beginning of agriculture (Neolithic and Chalcolithic)  (d) Megalithic Cultures  (e) Distribution of pastoral and farming cultures outside the Indus  (f) Development of Community life  (g) Settlements  (h) Development of Pottery  (k) Development of Pottery  (k) Development of Iron industry  Indus Valley Civilization:  (a) Origin	(c) Extent (d) Characteristics (e) Decline (f) Survival (g) Significance (h) Art and architecture  Aryans and Vedic Period: (a) Expansions of Aryans in India (b) Religious and philosophic literature (c) Transformation from Rig Vedic period to the later Vedic period (d) Political (e) Social (f) Economical life (g) Significance of the Vedic Age (h) Evolution of Monarchy and Varna system  Period of Mahajanapadas or post Vedic age: (a) Formation of States (Mahajanapada) - Republics and Monarchies (b) Rise of urban centres (c) Trade routes (d) Economic growth (e) Introduction of coinage (f) Spread of Jainism and Buddhism (g) Rise of Magadha and Nandas		
Test - 6 25 Mar'25 ANCIENT INDIA - II	<ul> <li>(b) Date</li> <li>Mauryan Empire: <ul> <li>(a) Foundation of the Mauryan Empire, Chandragupta, Kautilya and Arthashastra</li> <li>(b) Ashoka's concept of Dharma</li> <li>(c) Ashokan Edicts</li> <li>(d) Polity</li> <li>(e) Administration</li> <li>(f) Economy</li> <li>(g) Art, architecture and sculpture</li> <li>(h) External contacts</li> <li>(i) Religion</li> <li>(j) Spread of religion</li> <li>(k) Literature</li> <li>(l) Disintegration of the empire</li> </ul> </li> <li>Post – Mauryan Period: <ul> <li>(a) Sungas and Kanvas</li> <li>(b) Indo – Greeks, Sakas, Kushanas, Western Kshatrapas</li> <li>(c) Contact with outside world</li> <li>(d) Growth of urban centres</li> <li>(e) Economy</li> </ul> </li> </ul>	Iranian and Macedonian invasions and their impact  (f) Coinage (g) Development of religions (h) Mahayana (i) Society & Culture (j) Art & Architecture (k) Culture (l) Literature (m) Science.  Early State and society in Eastern India, Deccan and South India: (a) Kharavela (b) The Satavahanas and Tamil States of the Sangam Age—their Administration and Economic life (c) Land grants (d) Coinage (e) Trade guilds (f) Urban centres (g) Buddhist centres (h) Sangam literature and culture (i) Art and architecture.		

DETAILS	TEST SYLLABUS		
	Guptas, Vakatakas and Vardhans Age:  (a) Polity and administration  (b) Economic conditions  (c) Coinage of the Guptas  (d) Land grants  (e) Decline of urban centres  (f) Indian feudalism  (g) Caste system  (h) Position of women  (i) Education  (j) Education institutions - Nalanda, Vikramashila and Vallabhi  (k) Literature including scientific literature  (l) Art and Architecture  Regional States during Gupta Era:  (a) The Kadambas  (b) Pallavas - Polity and administration  (c) Chalukyas of Badami and Kalyani - Polity and administration  (d) Trade guilds  (e) Literature  (f) Institutions of temple and temple architecture  (g) Palas, Senas, Rashtrakutas, Paramaras, Polity and administration  (h) Cultural aspects.  (i) Arab conquest of Sind  (j) Alberuni  (k) Hoysalas, Pandyas - Polity and Administration  (l) Growth of art and architecture  (m) Religious sects  (n) Institution of temple and Mathas  (o) Agraharas  (p) Education and Literature  (q) Economy and Society.	Early Medieval India, 750 – 1200:  (a) Major political developments in Northern India and the Peninsula  (b) Origin and the rise of Rajputs  (c) The Cholas: administration, Village Economy and Society  (d) Indian Feudalism  (e) Agrarian economy and urban settlements  (f) Trade and Commerce  (g) Society:  • the status of the Brahman and the new social order  • Condition of women  (h) Indian science and technology  (i) Philosophy:  • Shakaracharya and Vedanta  • Ramanuja and Vishistadwaita  • Madhava and Brahma – Mimamsa  (j) Religion:  • Forms and features of religion  • Tamil Bhakti movement - Growth of Vaishnava and Shaiva religions  • Islam and its arrival in India  • Sufism  (k) Literature:  • Literature in Sanskrit  • Growth of Tamil literature  • Literature in the newly developing languages  • Kalhana's Rajatarangini  • Alberuni's India  • Art and Architecture: Temple architecture, Sculpture, Painting  Themes in Early Indian cultural History:  (a) Languages and texts  (b) Major stages in the evolution of art and	
Test - 7 8 Apr'25 MEDIEVAL INDIA - I	DELHI SULTANATE:  (a) The Ghaurian invasions – factors behind Ghaurian success  (b) Economic, social and cultural consequences establishment of the Delhi Sultanate  (c) Foundation of Delhi Sultanate  (d) Consolidation:  • The rule of Iltutmish and Balban  (e) The Khalji revolution  (f) Alauddin Khalji:  • Conquests and territorial expansion  • Agrarian and Economic measures	<ul> <li>(g) Muhammad Tughluq: <ul> <li>Major projects</li> <li>Agrarian measure</li> <li>Bureaucracy of Muhammad Tughluq</li> </ul> </li> <li>(h) Firuz Tughluq: <ul> <li>Agrarian measures</li> <li>Achievements in civil engineering and public works</li> </ul> </li> <li>(i) Decline of the Sultanate</li> <li>(j) Foreign contacts; Ibn Battuta's account</li> </ul>	

DETAILS	TEST SYLLABUS		
	Political developments and Economy during 15th and early 16th Century:  (a) Rise of Provincial Dynasties: Bengal, Kashmir (Zainul Abidin), Gujarat, Malwa, Bahmanis  (b) The Vijayanagar Empire  (c) Lodhis  (d) The Sur Empire: Sher Shah's administration  (e) Portuguese Colonial enterprise  (f) Bhakti and Sufi Movements  Thirteenth and Fourteenth Centuries:  (a) Society:	(b) Culture:     Persian literature     Literature in the regional languages of North India     Literature in the languages of south India,     Sultanate architecture and new structural forms     Painting     evolution of a composite culture  (c) Economy:     Agricultural production     Rise of urban economy and non—agricultural production     Trade and commerce  The Fifteenth and early sixteenth Century — Society and Culture:  (a) Regional cultural specificities (b) Literary traditions (c) Provincial architecture (d) Society, culture, literature and the arts in Vijayanagara Empire	
Test - 8  22 Apr'25	MUGHAL PERIOD:  (a) Nature of the Mughal State  (b) First phase: Babur and Humayun	Economy and society in the 16th and 17th Centuries:  (a) Population, agricultural production, craft production	
MEDIEVAL INDIA - II	<ul><li>(c) Akbar:</li><li>Conquests and consolidation of the Empire</li></ul>	<ul> <li>(b) Towns, commerce with Europe through Dutch, English and French companies - a trade revolution</li> <li>(c) Indian mercantile classes, banking, insurance and</li> </ul>	
	<ul> <li>Establishment of jagir and Mansab systems</li> <li>Rajput policy</li> <li>Evolution of religious and social outlook,</li> <li>Theory of Sulh –i– Kul</li> <li>Religious policy</li> <li>Court patronage of art and technology</li> <li>(d) Major administrative policies of Jahangir, Shahjahan and Aurangzeb</li> <li>(e) The Empire and the Zamindars</li> <li>(f) Religious policies of Jahangir, Shahjahan and Aurangzeb</li> <li>(g) Late Seventeenth century crisis and the revolts</li> <li>(h) The Ahom Kingdom</li> <li>(ii) Shivaji and the early Maratha Kingdom</li> </ul>	credit systems  (d) Condition of peasants, condition of women  (e) Evolution of the Sikh community and the Khalsa Panth  (f) Culture in the Mughal Empire  (g) Persian histories and the other literature  (h) Hindi and the other religious literature  (i) Mughal architecture  (j) Mughal painting  (k) Provincial architecture and painting  (l) Classical music  (m) Science and technology  The Eighteenth Century:  (a) Factors for the decline of the Mughal Empire  (b) The regional principalities: Nizam's Deccan, Bengal, Awadh	
Test - 9	10 June'25 FULL SYLLABUS PAPER - I	Syllabus same as mentioned under T - 5 to T - 8	
Test - 10	17 June'25 FULL SYLLABUS PAPER - II	Syllabus same as mentioned under T - 1 to T - 4	
Test - 11	24 June'25 FULL SYLLABUS PAPER - I	Syllabus same as mentioned under T - 5 to T - 8	
Test -12	01 July'25 FULL SYLLABUS PAPER - II	Syllabus same as mentioned under T - 1 to T - 4	

# IAS/PCS

**OPTIONAL** 

#### Most Relevant and Safest Optional Subject in New Pattern

- More than 50 Marks in GS Prelims & More than 175 Marks in GS Mains Paper-I are always from History.
- More than 85% of History Optional has to be prepared compulsorily for GS Paper-I.
- History optional also benefits immensely in GS Paper-II & GS Paper-IV along with Essay Paper.

**SIMPLE & STATIC SYLLABUS** 

**ANALYTICAL IN NATURE** 

SAFEST OPTIONAL SUBJECT

**HIGHEST SUCCESS RATIO** 

No Need of any Academic Background

Under the Personal Guidance of

### S. BALIYAN SIR

## INSIGHT IAS ACADEMY

73, Main Market Road, Old Rajinder Nagar, New Delhi-110060 011-45090051, 09818333201, 09871216382

## IAS/PCS

#### Salient Features:

- Separate module for History and Culture of GS Paper-I.
- Complete coverage of all the dimensions of History and Culture.
- History and Culture covers more than 175 Marks in GS Paper-I.
- Updated Study Material with all latest researches

Under the Personal Guidance of

## S. BALIYAN SIR

## INSIGHT IAS ACADEMY

73, Main Market Road, Old Rajinder Nagar, New Delhi-110060 **0 011-45090051, 09818333201, 09871216382** 

#### The Tradition of Success Continues ...

IAS - 2023

**ALL INDIA** RANK

**RUHANI** 



Roll No.: 6312407

IAS - 2023

**ALL INDIA RANK** 

**NAUSHEEN** 



Roll No.: 6016094

#### More than 176 Selections in IAS 2023





















ANKITA JAIN

ANKUR KAUSHIK





















































Aparna Ramesh	35
Atul Kr. Bansal	115
Smriti Mishra	116
Mahajan Manoj Sa	tyawan 125



Atul Kr. Bansal	115
Smriti Mishra	116
Mahajan Manoj Satyawan	125
Lodha Shrenik Dilip	133
Vikas Ahlawat	146
More than 167 Selections	

Abinash Mishra	65 74
Vinod Dushn Deshal Dan	82
Manish Kumar Arpit Upadhyaya	84 94
Arpit Upadnyaya	94

More than 157 Select	ions
Rizwanbasha Shaik	48
Hirani A Mohankumar	113
Nitish Agarwal	122
Anand Shankar	127
Sourav Jain	161

Anang Snankar	127
Sourav Jain	161
More than 153 Sele	ections
Ankur	77
Vinay Goyal	79
Trilok Bansal	97

Trilok Bansal	97
Amarpreet K. Sandhu	102
Vinit Agrawal	128
More than 147 Select	ions
Bhagyashri	125
Aiay Kumar Bansal	138

more than 111 edications in	
Bhagyashri	125
Ajay Kumar Bansal	138
Rahul De	173
Vinay Tiwari	193
Naman Kumar	205
More than 142 Selections	



## INSIGHT IAS ACADE

Nourishing Success...

73, Main Market Road, Old Rajinder Nagar, New Delhi - 110060 Ph.: 011-45090051, 09818333201, 09871216382