



## **Maximise Anthropology Mains Mentorship Programme**

This course is aimed for candidates who are planning to appear for 2026 and 2027

### **Course Details**

- Target 300+
- Completion of Syllabus with Writing Practice
- value-added classes for concept explanation and the strategy needed for the topics to be covered in the week
- Value added Material provided by Kranti sir
- Case studies for Paper II
- Personal sessions with Kranti sir
- Model answer immediately after the test
- Every Test is followed by a discussion session by Kranti sir
- Evaluation by Kranti sir within 48 hours with personal feedback
- PYQs Analysis

### **Total number of tests : 36 Tests**

- 21 Topic-wise Tests
- 5 Revision Tests
- 10 Full-length Tests

## Detailed Schedule

Test No & Test code	Syllabus	References
1- BAMT1	<p><b>1.1 Meaning, Scope and development of Anthropology.</b></p> <p><b>1.2 Relationships with other disciplines :</b> Social Sciences, behavioral Sciences, Life Sciences, Medical Sciences, Earth Sciences and Humanities.</p> <p><b>1.3 Main branches of Anthropology, their scope and relevance</b></p> <ul style="list-style-type: none"> <li>(a) Social-cultural Anthropology.</li> <li>(b) Biological Anthropology.</li> <li>(c) Archaeological Anthropology.</li> <li>(d) Linguistic Anthropology.</li> </ul> <p><b>2.1 The Nature of Culture:</b> The concept and Characteristics of culture and civilization; Ethnocentrism vis-a-vis cultural Relativism.</p>	<p><b>Anthropology -</b> Ember</p> <p><b>An Introduction to Social Anthropology -</b> Majumdar &amp; Madan</p> <p><b>Max IAS - Class Notes</b></p>
2- BAMT2	<p><b>2.2 The Nature of Society :</b> Concept of Society; Society and Culture; Social Institution; Social groups; and Social stratification.</p> <p><b>2.3 Marriage :</b> Definition and universality; Laws of marriage(endogamy, exogamy, hypergamy, hypogamy, incest taboo); Type of marriage (monogamy, polygamy, polyandry, group marriage). Functions of marriage; Marriage regulations (preferential, prescriptive and proscriptive);</p>	<p><b>Anthropology -</b> Ember</p> <p><b>An Introduction to Social Anthropology -</b> Majumdar &amp; Madan</p> <p><b>Max IAS - Class Notes</b></p>

	<p>Marriage payments (bride wealth and dowry).</p> <p><b>2.4 Family :</b> 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.</p>	
3- BAMT3	<p><b>2.5 Kinship :</b> 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; Decent and Alliance</p> <p><b>3. Economic Organization :</b> 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.</p>	<p><b>Anthropology -</b> Ember</p> <p><b>An Introduction to Social Anthropology -</b> Majumdar &amp; Madan</p> <p><b>Max IAS - Class Notes</b></p>

4- BAMT4	<p><b>4. Political Organization and Social Control :</b> Band, tribe, chiefdom, kingdom and state; concepts of power, authority and legitimacy; social control, law and justice in simple Societies.</p> <p><b>5. Religion :</b> 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; magico-religious functionaries (priest, shaman, medicine man, sorcerer and witch).</p>	<p><b>Anthropology -</b> Ember</p> <p><b>An Introduction to Social Anthropology -</b> Majumdar &amp; Madan</p> <p><b>Max IAS - Class Notes</b></p>
5- BAMT5	<b>Revision Test (Test 1 to 4)</b>	
6- BAMT6	<p><b>6. Anthropological theories :</b></p> <ul style="list-style-type: none"> <li>(a) Classical evolutionism (Tylor, Morgan and Frazer)</li> <li>(b) Historical particularism (Boas) Diffusionism (British, German and American)</li> <li>(c) Functionalism (Malinowski); Structural – Functionism (Radcliffe-Brown)</li> <li>(d) Structuralism (L'evi-Strauss and E. Leach) .</li> </ul>	<p><b>History of Anthropological Thought</b> Upadhyay &amp;Gaya Pandey</p> <p><b>Max IAS - Class Notes</b></p>

7- BAMT7	<p><b>6. Anthropological theories :</b></p> <p>(e) Culture and personality (Benedict, Mead, Linton, Kardiner and Cora-du Bois)</p> <p>(f) Neo—evolutionism (Childe, White, Steward, Sahlins and Service)</p> <p>(g) Cultural materialism (Harris)</p> <p>(h) Symbolic and interpretive theories (Turner, Schneider and Geertz)</p> <p>(i) Cognitive theories (Tyler, Conklin)</p> <p>(j) Post-modernism in anthropology.</p>	<p><b>History of Anthropological Thought</b> Upadhyay &amp; Gaya Pandey</p> <p><b>Max IAS - Class Notes</b></p>
8- BAMT8	<p><b>1.4 Human Evolution and emergence of Man :</b> (a) Biological and Cultural factors in human evolution. (b) Theories of Organic Evolution (Pre-Darwinian, 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).</p> <p><b>1.5 Characteristics of Primates;</b> 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.</p> <p><b>1.8</b> (a) Principles of Prehistoric Archaeology. Chronology : Relative and Absolute Dang methods.</p> <p>(b) Cultural Evolution—Broad Outlines of Prehistoric cultures :</p> <p>(i) Paleolithic (ii) Mesolithic (iii)</p>	<p><b>Anthropology - Ember</b></p> <p><b>Physical Anthropology &amp; Human Genetics -</b> Shukla &amp; Rastogi</p> <p><b>Max IAS - Class Notes</b></p>

	<p>Neolithic (iv) Chalcolithic (v) Copper-Bronze age (vi) Iron Age.</p> <p><b>7. Culture, Language and Communication :</b> Nature, origin and characteristics of language; verbal and non-verbal communication; social context of language use</p>	
9- BAMT9	<p><b>8. Research methods in Anthropology :</b> (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.</p> <p><b>9.1 Human Genetics :</b> 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.</p> <p><b>9.2 Mendelian genetics in man-family study, single factor, multifactor, lethal, sub-lethal and polygenic inheritance in man.</b></p>	<p><b>Research methods in Anthropology -</b> Russel Bernad</p> <p><b>Physical Anthropology &amp; Human Genetics -</b> Shukla &amp; Rastogi</p> <p><b>Max IAS - Class Notes</b></p>
10- BAMT10	<b>Revision Test (Test 6 to 9)</b>	

11- BAMT11	<p><b>9.3</b> Concept of genetic polymorphism and selection, Mendelian population, Hardy-Weinberg 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.</p> <p><b>1.6</b> Phylogenetic status, characteristics and geographical distribution of the following : (a) Plio-preleistocene hominids in South and East Africa – Australopithecines. (b) <i>Homo erectus</i> : Africa (Paranthropus), Europe (<i>Homo erectus (heidelbergensis)</i>), Asia (<i>Homo erectus javanicus</i>, <i>Homo erectus pekinensis</i>). (c) Neanderthal man – La-chapelle-aux-saints (Classical type), Mt. Carmel (Progressive type). (d) Rhodesian man. (e) <i>Homosapiens</i> – Cromagnon, Grimaldi and Chancelade.</p>	<p><b>Physical Anthropology-</b> B M Das</p> <p><b>Anthropology -</b> Ember</p> <p><b>Max IAS - Class Notes</b></p>
12- BAMT12	<p><b>1.7 The biological basis of Life</b> : The Cell, DNA structure and replication, Protein Synthesis, Gene, Mutation, Chromosomes, and Cell Division.</p> <p><b>9.4</b> Chromosomes and chromosomal aberrations in man, methodology. (a) Numerical and structural aberrations (disorders). (b) Sex chromosomal aberration- Klinefelter (XXY), Turner (XO), Super female (XXX), intersex and other syndromic disorders. (c) Autosomal aberrations-</p>	<p><b>Physical Anthropology &amp; Human Genetics -</b> Shukla &amp; Rastogi</p> <p><b>Physical Anthropology-</b> B M Das</p>

	<p>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.</p> <p><b>9.5</b> Race and racism, biological basis of morphological variation of non-metric and characters. Racial criteria, racial traits in relation to heredity and environment; biological basis of racial classification, racial differentiation and race crossing in man.</p>	<b>Max IAS - Class Notes</b>
13- BAMT13	<p><b>9.6</b> 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.</p> <p><b>9.7</b> 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.</p> <p><b>9.8</b> Epidemiological Anthropology : Health and disease. Infectious and non-infectious diseases, Nutritional deficiency related diseases.</p> <p><b>10. Concept of human growth and Development</b> : Stages of growth – pre-natal, natal, infant, childhood, adolescence, maturity,</p>	<b>Physical Anthropology &amp; Human Genetics -</b> Shukla & Rastogi  <b>Physical Anthropology-</b> B M Das  <b>Max IAS - Class Notes</b>

	<p>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 somato types. Methodologies for growth studies.</p>	
14- BAMT14	<p><b>11.1</b> Relevance of menarche, menopause and other bioevents to fertility. Fertility patterns and differentials.</p> <p><b>11.2</b> Demographic theories-biological, social and cultural.</p> <p><b>11.3</b> Biological and socio-ecological factors influencing fecundity, fertility, natality and mortality.</p> <p><b>12. Applications of Anthropology :</b> 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 counselling and eugenics, DNA technology in diseases and medicine, serogenetics and cytogenetics in reproductive biology.</p>	<p><b>Physical Anthropology &amp; Human Genetics -</b> Shukla &amp; Rastogi</p> <p><b>Physical Anthropology-</b> B M Das</p> <p><b>Max IAS - Class Notes</b></p>
15- BAMT15	<b>Revision Test (Test 11 to 14)</b>	

16- BAMT16	<p><b>1.1 Evolution of the Indian Culture and Civilization</b> Prehistoric (Palaeolithic, Mesolithic, Neolithic and Neolithic Chalcolithic), Protohistoric (Indus Civilization). Pre-Harappan, Harappan and Post Harappan cultures. Contributions of the tribal cultures to Indian civilization.</p> <p><b>1.2 Palaeo – Anthropological evidences from India with special reference to Siwaliks and Narmada basin (Ramapithecus, Sivapithecus and Narmada Man).</b></p>	<p><b>Indian Anthropology-</b> R N Sharma</p> <p><b>Indian Anthropology-</b> Nadeem Hasnain</p> <p><b>Max IAS - Class Notes</b></p>
17- BAMT17	<p><b>1.3. Ethno-archaeology in India:</b> The concept of ethno-archaeology; Survivals and Parallels among the hunting, foraging, fishing, pastoral and peasant communities including arts and crafts producing communities.</p> <p><b>2. Demographic profile of India</b> – Ethnic and linguistic elements in the Indian population and their distribution. Indian population – factors influencing its structure and growth.</p> <p><b>3.1</b> The structure and nature of traditional Indian social system – Varnashram, Purushartha, Karma, Rina and Rebirth.</p>	<p><b>Indian Anthropology-</b> R N Sharma</p> <p><b>Indian Anthropology-</b> Nadeem Hasnain</p> <p><b>Max IAS - Class Notes</b></p>

18- BAMT18	<p>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.</p> <p>3.3 Sacred Complex and Nature-Man-Spirit Complex</p> <p>3.4. Impact of Buddhism, Jainism, Islam, and Christianity of Indian society</p>	<p><b>Indian Anthropology-</b> R N Sharma</p> <p><b>Indian Anthropology-</b> Nadeem Hasnain</p> <p><b>Max IAS - Class Notes</b></p>
19- BAMT19	<p>4. Emergence, growth and development in India – Contributions of the 18th, 19th and early 20th Century scholar-administrators. Contributions of Indian anthropologists to tribal and caste studies.</p> <p>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.</p>	<p><b>Indian Anthropology-</b> R N Sharma</p> <p><b>Indian Anthropology-</b> Nadeem Hasnain</p> <p><b>Max IAS - Class Notes</b></p>
20- BAMT20	<p>5.2 Linguistic and religious minorities and their social, political and economic status.</p> <p>5.3 Indigenous and exogenous processes of socio-cultural change in Indian society: Sanskritization, Westernization, Modernization; Inter-play of little and great</p>	<p><b>Indian Anthropology-</b> R N Sharma</p> <p><b>Indian Anthropology-</b> Nadeem Hasnain</p>

	traditions; Panchayati Raj and social change; Media and Social change.	<b>Max IAS - Class Notes</b>
<b>21- BAMT21</b>	<b>Revision Test (Test 16 to 20)</b>	
<b>22- BAMT22</b>	<p><b>6.1 Tribal situation in India</b>— Bio-genetic variability, linguistic and socio- economic characteristics of the tribal populations and their distribution.</p> <p><b>6.2 Problems of the tribal Communities</b>— Land alienation, poverty, indebtedness, low literacy, poor educational facilities, unemployment, under- employment, health and nutrition.</p> <p><b>6.3 Developmental projects and their impact on tribal displacement and problems of rehabilitation.</b> Development of forest policy and tribals. Impact of urbanisation and industrialization on tribal populations.</p>	<p><b>The Tribal Culture of India</b> L. P. Vidyarthi</p> <p><b>Tribal India-</b> Nadeem Hasnain</p> <p><b>Xaxa Report</b></p> <p><b>Max IAS - Class Notes</b></p>

23- BAMT23	<p><b>7.1</b> Problems of exploitation and deprivation of Scheduled Castes, Scheduled Tribes and Other Backward Classes. Constitutional safeguards for Scheduled Tribes and Scheduled Castes.</p> <p><b>7.2</b> Social change and contemporary tribal societies : Impact of modern democratic institutions, development programmes and welfare measures on tribals and weaker sections.</p> <p><b>7.3</b> The concept of ethnicity; Ethnic conflicts and political developments; Unrest among tribal communities; Regionalism and demand for autonomy; Pseudo-tribalism.</p>	<p><b>The Tribal Culture of India</b> L. P. Vidyarthi</p> <p><b>Tribal India-</b> Nadeem Hasnain</p> <p><b>Xaxa Report</b></p> <p><b>Max IAS - Class Notes</b></p>
24- BAMT24	<p><b>7.3</b>.Social change among the tribes during colonial and post-Independent India.</p> <p><b>8.1</b> Impact of Hinduism, Buddhism, Christianity, Islam and other religions on tribal societies.</p> <p><b>8.2</b> Tribe and nation state—a comparative study of tribal communities in India and other countries</p>	<p><b>The Tribal Culture of India</b> L. P. Vidyarthi</p> <p><b>Tribal India-</b> Nadeem Hasnain</p> <p><b>Max IAS - Class Notes</b></p>
25- BAMT25	<p><b>9.1</b> 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.</p> <p>Role of N.G.O.s in tribal development</p> <p><b>9.2</b> Role of anthropology in tribal and rural development.</p>	<p><b>The Tribal Culture of India</b> L. P. Vidyarthi</p> <p><b>Tribal India-</b> Nadeem Hasnain</p> <p><b>Applied Anthropology in India - L. P. Vidyarthi</b></p>

	<b>9.3 Contributions of anthropology to the understanding of regionalism, communalism and ethnic and political movements</b>	<b>Max IAS - Class Notes</b>
26- BAMT26	<b>Revision Test (Test 22 to 25)</b>	
27- BAMT27	<b>Full Length Test Paper 1/ Part 1</b>	
28- BAMT28	<b>Full Length Test Paper 1/ Part 2</b>	
29- BAMT29	<b>Full Length Test Paper 2/ Part 1</b>	
30- BAMT30	<b>Full Length Test Paper 2/ Part 2</b>	
31- BAMT31	<b>Full Length Test Paper 1</b>	
32- BAMT32	<b>Full Length Test Paper 2</b>	
33- BAMT33	<b>Full Length Test Paper 1</b>	
34- BAMT34	<b>Full Length Test Paper 2</b>	
35- BAMT35 & 36- BAMT36	<b>Full Length Test Paper 1</b>  <b>Full Length Test Paper 2</b>	

**Mode : Offline & Online**

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