



METIS 2024

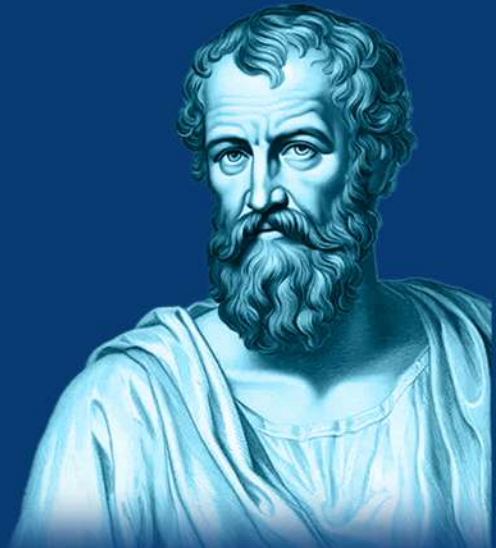
Mentoring and Enabling Through Intelligent Support System

“

EXCELLENCE is
an ART WON by
TRAINING and
HABITUATION.

- Aristotle

”



EXCLUSIVELY FOR UPSC MAINS



DAYS
ANSWER WRITING
CHALLENGE


FOR GENERAL STUDIES

- ❖ 45 Minutes-5 Questions Daily
- ❖ Weekly once Ethics Answer writing
- ❖ 1 Full-Length Test for each GS Paper
- ❖ Discussion for Enrichment of Answers
- ❖ Essay Writing on Alternate Weeks
- ❖ Simulation Mock Tests


TEST SCHEDULE & PLANNER

TEST SCHEDULE & PLANNER-2024

MON	TUE	WED	THU	FRI	SAT	SUN
DAY 01 24 th June POLITY Indian Constitution- Historical Underpinnings, Evolution, Features, Amendments, Significant	DAY 02 25 th June POLITY Functions and Responsibilities of the Union and the States, Issues and Challenges Pertaining to the Federal Structure, Devolution of Powers and Finances up to Local Levels and Challenges Therein.	DAY 03 26 th June POLITY Functions and Responsibilities of the Union and the States, Issues and Challenges Pertaining to the Federal Structure, Devolution of Powers and Finances up to Local Levels and Challenges therein.	DAY 04 27 th June POLITY Separation of Powers between various organs Dispute Redressal Mechanisms and Institutions, Comparison of the Indian Constitutional Scheme with that of Other Countries.	DAY 05 28 th June POLITY Parliament and State Legislatures-Structure, Functioning, Conduct of Business, Powers & Privileges and Issues Arising out of these, Structure, Organization and Functioning of the Executive and the Judiciary- Ministries and Departments of the Government,	DAY 06 29 th June ETHICS Ethics and Human Interface; Dimensions of Ethics; Human Values - Lessons from the Lives and Teachings of Great Leaders, Reformers and Administrators; Role of Family Society and Educational Institutions	DAY 07 30 th June ESSAY
DAY 08 01 st July POLITY Appointment to various Constitutional Posts, Powers, Functions and Responsibilities of various Constitutional Bodies, Statutory, Regulatory and various Quasi-judicial Bodies	DAY 09 02 nd July POLITY Pressure Groups and Formal/Informal Associations and their Role in the Polity, Salient Features of the Representation of People's Act.	DAY 10 03 rd July GOVERNANCE Development Processes and the Development Industry -the Role of NGOs, SHGs, various groups and associations, donors, charities, institutional and other stakeholders.	DAY 11 04 th July GOVERNANCE Important Aspects of Governance, Transparency and Accountability, E-governance- applications, models, successes, limitations, and potential; Citizens Charters, Transparency & Accountability and institutional and other measures.	DAY 12 05 th July GOVERNANCE Role of Civil Services in a Democracy, Government Policies and Interventions for Development in various sectors and Issues arising out of their Design and Implementation.	DAY 13 06 th July ETHICS Attitude: Content, Structure, Function Social Influence and Persuasion, Emotional Intelligence: Utilities and Application in Administration and Governance.	DAY 14 07 th July REVISION 
DAY 15 08 th July INTERNATIONAL RELATIONS India and its Neighborhood- Relations.	DAY 16 09 th July INTERNATIONAL RELATIONS Bilateral, Regional and Global Groupings and Agreements involving India and/or affecting India's interests, Effect of Policies and Politics of Developed and Developing Countries on India's interests,	DAY 17 10 th July INTERNATIONAL RELATIONS Indian Diaspora, Important International Institutions, agencies and fora - their Structure, Mandate.	DAY 18 11 th July SOCIAL JUSTICE Welfare Schemes for Vulnerable Sections of the population by the Centre and States and the Performance of these Schemes; Mechanisms, Laws, Institutions and Bodies constituted for the Protection and Betterment of these Vulnerable Sections.	DAY 19 12 th July SOCIAL JUSTICE Issues Relating to Development and Management of Social Sector/ Services relating to Health, Education, Human Resources- Issues relating to Poverty and Hunger.	DAY 20 13 th July ETHICS Contributions of Moral Thinkers and Philosophers from India and World.	DAY 21 14 th July GS-2 FULL TEST FULL TEST 
DAY 22 15 th July SECURITY Linkages between Development and Spread of Extremism, Role of External State and Non-state Actors in creating challenges to Internal Security.	DAY 23 16 th July SECURITY Challenges to Internal Security through Communication Networks, Role of Media and Social Networking Sites in Internal Security Challenges, Basics of Cyber Security; Money-Laundering and its prevention.	DAY 24 17 th July SECURITY Security Challenges and their Management in Border Areas - Linkages of Organized Crime with Terrorism, Various Security Forces and Agencies and their Mandate.	DAY 25 18 th July SCIENCE & TECH Science and Technology- Developments and their Applications and Effects in Everyday Life, Achievements of Indians in Science & Technology; Indigenization of Technology and Developing New Technology.	DAY 26 19 th July SCIENCE & TECH Awareness in the fields of IT, Space, Computers, Robotics, Nano-technology, Biotechnology and issues relating to Intellectual Property Rights.	DAY 27 20 th July ETHICS Aptitude and Foundational Values for Civil Service	DAY 28 21 st July ESSAY

MON	TUE	WED	THU	FRI	SAT	SUN
DAY 29 22 nd July	DAY 30 23 rd July	DAY 31 24 th July	DAY 32 25 th July	DAY 33 26 th July	DAY 34 27 th July	DAY 35 28 th July
ECONOMY Indian Economy and issues relating to Planning, Mobilization of Resources, Growth, Development and Employment.	ECONOMY Inclusive Growth and issues arising from it, Government Budgeting.	ECONOMY Effects of Liberalization on the Economy, Changes in Industrial Policy and their Effects on Industrial Growth, Infrastructure: Energy, Ports, Roads, Airports, Railways etc, Investment Models.	AGRICULTURE Major Crops - Cropping Patterns in various parts of the country, - Different Types of Irrigation and Irrigation Systems; Storage, Transport and Marketing of Agricultural Produce and Related Constraints; E-technology in the aid of farmers.	AGRICULTURE Major Crops - Cropping Patterns in various parts of the country, Storage, Transport and Marketing of Agricultural Produce and Issues and Related Constraints; Land Reforms	ETHICS Public/Civil Service Values and Ethics in Public Administration: Ethical Concerns and Dilemmas in Government and Private Institutions; Ethical Issues in International Relations and Funding; Corporate Governance.	REVISION 

MON	TUE	WED	THU	FRI	SAT	SUN
DAY 36 29 th July	DAY 37 30 th July	DAY 38 31 st July	DAY 39 01 st Aug	DAY 40 02 nd Aug	DAY 41 03 rd Aug	DAY 42 04 th Aug
AGRICULTURE Issues related to Direct and Indirect Farm Subsidies and Minimum Support Prices; Public Distribution System - Objectives, Functioning, Limitations, Revamping; Issues of Buffer Stocks and Food Security; Technology Missions; Economics of Animal-Rearing.	AGRICULTURE Food Processing and Related Industries in India- 'Scope' and Significance, Location, Upstream and Downstream Requirements, Supply Chain Management..	ENVIRONMENT Conservation, Environmental Pollution and Degradation, Environmental Impact Assessment.	ENVIRONMENT Conservation, Environmental Pollution and Degradation, Environmental Impact Assessment.	ENVIRONMENT Conservation, Environmental Pollution and Degradation, Environmental Impact Assessment.	ETHICS Probity in Governance, Right to Information, Codes of Ethics, Codes of Conduct, Citizen's Charters, Challenges of Corruption.	ESSAY

MON	TUE	WED	THU	FRI	SAT	SUN
DAY 43 05 th Aug	DAY 44 06 th Aug	DAY 45 07 th Aug	DAY 46 08 th Aug	DAY 47 09 th Aug	DAY 48 10 th Aug	DAY 49 11 th Aug
DISASTER MANAGEMENT Disaster and Disaster Management.	DISASTER MANAGEMENT & GEOGRAPHY Disaster and Disaster Management.	GEOGRAPHY Salient features of World's Physical Geography.	GEOGRAPHY Distribution of Key Natural Resources across the world (including South Asia and the Indian sub-continent); factors responsible for the location of primary, secondary, and tertiary sector industries in various parts of the world (including India).	GEOGRAPHY Important Geophysical Phenomena such as earthquakes, Tsunami, Volcanic activity, cyclone etc., geographical features and their location-changes in critical geographical features (including water-bodies and ice-caps) and in flora and fauna and the effects of such changes.	ETHICS Case Studies	GS-3 TEST 

MON	TUE	WED	THU	FRI	SAT	SUN
DAY 50 12 th Aug	DAY 51 13 th Aug	DAY 52 14 th Aug	DAY 53 15 th Aug	DAY 54 16 th Aug	DAY 55 17 th Aug	DAY 56 18 th Aug
ART & CULTURE Indian Culture - Salient aspects of Art Forms, Literature and Architecture from ancient to modern times.	ART & CULTURE Indian Culture - Salient aspects of Art Forms, Literature and Architecture from ancient to modern times.	ART & CULTURE Indian Culture - Salient aspects of Art Forms, Literature and Architecture from ancient to modern times.	ART & CULTURE Indian Culture - Salient aspects of Art Forms, Literature and Architecture from ancient to modern times.	WORLD HISTORY & POST INDEPENDENCE History of the World will include events from 18 th century such as Industrial Revolution, world wars, Redrawing of National Boundaries, Colonization, Decolonization, political philosophies like Communism, Capitalism, Socialism etc.-their forms and effect on the society. Post-independence Consolidation and Reorganization within the country.	ETHICS Case Studies	ESSAY

MON DAY 57 19 th Aug	TUE DAY 58 20 th Aug	WED DAY 59 21 st Aug	THU DAY 60 22 nd Aug	FRI DAY 61 23 rd Aug	SAT DAY 62 24 th Aug	SUN DAY 63 25 th Aug
SOCIETY Salient features of Indian Society, Diversity of India.	SOCIETY Role of Women and Women's Organization, Population and Associated Issues, Poverty and Developmental issues, Urbanization, their problems and their remedies.	SOCIETY Effects of Globalization on Indian society.	SOCIETY Social Empowerment, Communalism, Regionalism & Secularism.	MODERN HISTORY Modern Indian History from about the middle of the eighteenth century until the present- significant events, personalities, issues.	ETHICS Case Studies	REVISION

MON DAY 64 26 th Aug	TUE DAY 65 27 th Aug	WED DAY 66 28 th Aug	THU DAY 67 29 th Aug	FRI DAY 68 30 th Aug	SAT DAY 69 31 st Aug	SUN DAY 70 01 st Sep
MODERN HISTORY Modern Indian History from about the middle of the eighteenth century until the present-significant events, personalities, issues.	MODERN HISTORY The Freedom Struggle - its various stages and important contributors/ contributions from different parts of the country.	MODERN HISTORY The Freedom Struggle - its various stages and important contributors/ contributions from different parts of the country.	REVISION 	REVISION 	REVISION 	GS-1 FULL TEST

MON DAY 71 02 nd Sep	TUE DAY 72 03 rd Sep	WED DAY 73 04 th Sep	THU DAY 74 05 th Sep	FRI DAY 75 06 th Sep
REVISION 	REVISION 	ESSAY	FORENOON : GS-I AFTERNOON:GS-II	FORENOON : GS-III AFTERNOON:GS-IV
SIMULATION MOCK TESTS				

Fee : ₹ 4,999/- Only

TEST CENTERS

HEAD OFFICE :

No.97, AF Block, 4th Avenue,
12th Main Rd, Shanthi Colony,
Anna Nagar, Chennai - 600 040.
☎ : 962636 4444 / 962636 9899

NELLAI BRANCH

No.106B, 3rd floor, Gilgal Complex,
VOC ground opposite,Trivandrum
Road, Palayamkottai - 627002.
☎ : 9626252500 / 9626253300

TRICHY BRANCH

No.143, 4th Floor,
Lakshmi Complex, Salai Road,
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