



GUIDANCE IAS

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A Premier Institute for GENERAL STUDIES and OPTIONAL PROGRAM



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info@guidanceias.com

Address: 56/3, Bada Bazar, Old Rajinder Nagar, New Delhi - 110060

Geography Optional X-ray Program December 2025

Batch

Page | 1

Before Prelims Syllabus Coverage (Paper I)

Week	Writing Day	Date (Day)	Topics	Subtopics
Week 1	Writing Day 1	09/12/2025 (Tuesday)	Models, Theories and Laws in Human Geography	<ul style="list-style-type: none">• System analysis in Human geography• Malthusian, Marxian and demographic transition models
	Writing Day 2	10/12/2025 (Wednesday)	Models, Theories and Laws in Human Geography	<ul style="list-style-type: none">• Von Thunen's model of agricultural location• Weber's model of industrial location• Central Place theories of Christaller and Losch
	Writing Day 3	11/12/2025 (Thursday)	Models, Theories and Laws in Human Geography	<ul style="list-style-type: none">• Rostov's model of stages of growth• Heartland and Rimland theories• Laws of international boundaries and frontiers
	Writing Day 4	12/12/2025 (Friday)	Perspectives in Human Geography	<ul style="list-style-type: none">• Paradigms of Geography• Dichotomy and Dualism



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Page | 2

	Writing Day 5 (Evaluation Day 1)	14/12/2025 (Sunday)	Week 1 Syllabus	
Week 2	Writing Day 6	15/12/2025 (Monday)	Perspectives in Human Geography	<ul style="list-style-type: none"> • Areal differentiation • Regional Synthesis
	Writing Day 7	16/12/2025 (Tuesday)	Perspectives in Human Geography	<ul style="list-style-type: none"> • Quantitative Revolution and Locational Analysis • Behavioral Approach
	Writing Day 8	17/12/2025 (Wednesday)	Perspectives in Human Geography	<ul style="list-style-type: none"> • Radical, Human, and Welfare Approaches • Environmentalism
	Writing Day 9	18/12/2025 (Thursday)	Perspectives in Human Geography	<ul style="list-style-type: none"> • Languages, religions, and secularisation • Cultural regions of the world
	Writing Day 10 (Evaluation Day 2)	21/12/2025 (Sunday)	Week 2 Syllabus	
Week 3	Writing Day 11	22/12/2025 (Monday)	Population Geography	<ul style="list-style-type: none"> • Concepts of the over-under-and optimum population • Population theories • Growth and distribution of world population • Demographic attributes
	Writing Day 12	23/12/2025 (Tuesday)	Population Geography	<ul style="list-style-type: none"> • Causes and consequences of migration • World population problems and policies • Social well-being and quality of life



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Page | 3

				<ul style="list-style-type: none">• Population as social capital
	Writing Day 13	24/12/2025 (Wednesday)	Settlement Geography	<ul style="list-style-type: none">• Types and patterns of rural settlements• Environmental issues in rural settlements• Hierarchy of urban settlements• Concept of primate city and rank-size rule
	Writing Day 14	26/12/2025 (Friday)	Settlement Geography	<ul style="list-style-type: none">• Urban morphology• Functional classification of towns• Sphere of urban influence• Rural-urban fringe• Satellite towns• Problems and remedies of urbanization• Sustainable development of cities
	Writing Day 15 (Evaluation Day 3)	28/12/2025 (Sunday)	Week 3 Syllabus	
Week 4	Writing Day 16	29/12/2025 (Monday)	Economic Geography	<ul style="list-style-type: none">• World economic development: measurement and problems• HDI• World resources and their distribution• Energy crisis



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Page | 4

				<ul style="list-style-type: none">• The limits to growth• World agriculture: a typology of agricultural regions• Agricultural inputs and productivity
	Writing Day 17	30/12/2025 (Tuesday)	Economic Geography	<ul style="list-style-type: none">• Food and nutrition problems• Food security• Famine: causes, effects, and remedies• World industries: location patterns and problems• Patterns of world trade.
	Writing Day 18	31/12/2025 (Wednesday)	Regional Planning	<ul style="list-style-type: none">• Concept of a region• Types of regions and methods of regionalization• Growth centers and growth poles;
	Writing Day 19	02/01/2026 (Friday)	Regional Planning	<ul style="list-style-type: none">• Regional imbalances; regional development strategies• Environmental issues in regional planning• Planning for sustainable development
	Writing Day 20 (Evaluation Day 4)	04/01/2026 (Sunday)	Week 4 Syllabus	



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Page | 5

Week 5	Writing Day 21	05/01/2026 (Monday)	Geomorphology	<ul style="list-style-type: none">• Fundamentals of geomagnetism• Physical conditions of the earth's interior• Geosynclines• Continental drift• Plate tectonics
	Writing Day 22	06/01/2026 (Tuesday)	Geomorphology	<ul style="list-style-type: none">• Isostasy• Recent views on mountain building• Volcanicity• Earthquakes and Tsunamis• Origin and evolution of the earth's crusts
	Writing Day 23	07/01/2026 (Wednesday)	Geomorphology	<ul style="list-style-type: none">• Factors controlling landform development• Endogenetic and exogenetic forces• Concepts of geomorphic cycles and Landscape development• Slope development
	Writing Day 24	08/01/2026 (Thursday)	Geomorphology	<ul style="list-style-type: none">• Denudation chronology• Channel morphology• Erosion surfaces• Applied Geomorphology: Geomorphology, economic geology, and environment
	Writing Day 25	11/01/2026	Week 5 Syllabus	



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Page | 6

	(Evaluation Day 5)	(Sunday)		
Week 6	Writing Day 26	12/01/2026 (Monday)	Climatology	<ul style="list-style-type: none">• Weather and Climate• Temperature and pressure belts of the world• Heat budget of the earth• Atmospheric circulation
	Writing Day 27	13/01/2026 (Tuesday)	Climatology	<ul style="list-style-type: none">• Planetary and local winds• Planetary and local winds• Monsoons and jet streams• Atmospheric stability and instability
	Writing Day 28	14/01/2026 (Wednesday)	Climatology	<ul style="list-style-type: none">• Types and distribution of precipitation• Hydrological cycle• Air masses and fronts• Temperate and tropical cyclones
	Writing Day 29	15/01/2026 (Thursday)	Climatology	<ul style="list-style-type: none">• Koppen's Thornthwaite's and Trewartha's classification of world climate• Global climatic change, and role and response of man in climatic changes Applied climatology and Urban climate
	Writing Day 30 (Evaluation Day 6)	18/01/2026 (Sunday)	Week 6 Syllabus	



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Page | 7

Week 7	Writing Day 31	19/01/2026 (Monday)	Oceanography	<ul style="list-style-type: none">• Bottom topography of the Atlantic, Indian, and Pacific Oceans• Temperature and salinity of the oceans• Heat and salt budgets
	Writing Day 32	20/01/2026 (Tuesday)	Oceanography	<ul style="list-style-type: none">• Ocean deposits• Waves, currents, and tides
	Writing Day 33	21/01/2026 (Wednesday)	Oceanography	<ul style="list-style-type: none">• Marine resources: biotic, mineral, and energy resources• Coral reefs coral bleaching• Sea-level changes• Law of the sea and marine pollution
	Writing Day 34	22/01/2026 (Thursday)	Biogeography	<ul style="list-style-type: none">• Genesis of soils• Classification and distribution of soils• Soil profile• Soil erosion, Degradation, and conservation
	Writing Day 35 (Evaluation Day 7)	25/01/2026 (Sunday)	Week 7 Syllabus	
Week 8	Writing Day 36	27/01/2026 (Tuesday)	Biogeography	<ul style="list-style-type: none">• Factors influencing world distribution of plants and animals



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Page | 8

				<ul style="list-style-type: none">• Problems of deforestation and conservation measures• Social forestry, agro-forestry• Wildlife• Major gene pool centers
	Writing Day 37	28/01/2026 (Wednesday)	Environmental Geography	<ul style="list-style-type: none">• Principle of ecology• Human ecological adaptations• Influence of man on ecology and environment• Global and regional ecological changes and imbalances
	Writing Day 38	29/01/2026 (Thursday)	Environmental Geography	<ul style="list-style-type: none">• Ecosystem their management and conservation• Environmental degradation, management, and conservation• Biodiversity and sustainable development
	Writing Day 39	30/01/2026 (Friday)	Environmental Geography	<ul style="list-style-type: none">• Environmental policy• Environmental hazards and remedial measures• Environmental education and legislation
	Writing Day 40 (Evaluation Day 8)	01/02/2026 (Sunday)	Week 8 Syllabus	



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After Prelims Syllabus Coverage (Paper II)

Week	Writing Day	Date (Day)	Topics	Subtopics
Week 9	Writing Day 41	01/06/2026 (Monday)	Physical Settings	<ul style="list-style-type: none"> Space relationship of India with neighbouring countries Structure and relief
	Writing Day 42	02/06/2026 (Tuesday)	Physical Settings	<ul style="list-style-type: none"> Mechanism of Indian monsoons and rainfall patterns Tropical cyclones and western disturbances Climatic regions
	Writing Day 43	03/06/2026 (Wednesday)	Physical Settings	<ul style="list-style-type: none"> Drainage system and watersheds Floods and droughts
	Writing Day 44	04/06/2026 (Thursday)	Physical Settings	<ul style="list-style-type: none"> Natural vegetation Soil types and their distributions Physiographic regions
	Writing Day 45 (Evaluation Day 9)	07/06/2026 (Sunday)	Week 9 + 1 Syllabus	
Week 10	Writing Day 46	08/06/2026 (Monday)	Agriculture	<ul style="list-style-type: none"> Infrastructure: irrigation, seeds, fertilizers, power; Institutional factors Land holdings, land tenure and land reforms



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	Writing Day 47	09/06/2026 (Tuesday)	Agriculture	<ul style="list-style-type: none">• Cropping pattern, agricultural productivity, agricultural intensity, crop combination, land capability
	Writing Day 48	10/06/2026 (Wednesday)	Agriculture	<ul style="list-style-type: none">• Green revolution and its socio-economic and ecological implications• Significance of dry farming• Livestock resources and white revolution• Sericulture, Aquaculture and poultry
	Writing Day 49	11/06/2026 (Thursday)	Agriculture	<ul style="list-style-type: none">• Agricultural regionalisation• Agro-climatic zones• Agro-ecological regions.
	Writing Day 50 (Evaluation Day 10)	14/06/2026 (Sunday)	Week 10 + 2 Syllabus	
Week 11	Writing Day 51	15/06/2026 (Monday)	Resources	<ul style="list-style-type: none">• Land, surface and ground water resources
	Writing Day 52	16/06/2026 (Tuesday)	Resources	<ul style="list-style-type: none">• Energy, minerals, biotic and marine resources• Forest and wildlife resources and their conservation• Energy crisis.
	Writing Day 53	17/06/2026 (Wednesday)	Industry	<ul style="list-style-type: none">• Locational factors of cotton, jute, textile, iron and steel, aluminium industries
	Writing Day 54	18/06/2026 (Thursday)	Industry	<ul style="list-style-type: none">• Locational factors of fertiliser, paper, chemical and



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				pharmaceutical, automobile, cottage, and agro-based industries <ul style="list-style-type: none"> Industrial regionalisation
	Writing Day 55 (Evaluation Day 11)	21/06/2026 (Sunday)	Week 11 + 3 Syllabus	
Week 12	Writing Day 56	22/06/2026 (Monday)	Industry	<ul style="list-style-type: none"> Industrial houses and complexes including public sector undertakings Evolution of industries New industrial policy Multinationals and liberalisation Special Economic Zones Tourism including ecotourism
	Writing Day 57	23/06/2026 (Tuesday)	Transport, Communication, and Trade	<ul style="list-style-type: none"> Food and nutrition problems Food security Famine: causes, effects, and remedies World industries: location patterns and problems Patterns of world trade.
	Writing Day 58	24/06/2026 (Wednesday)	Transport, Communication, and Trade	<ul style="list-style-type: none"> Road, railway, waterway, airway, and pipeline networks and their complementary roles in regional development
	Writing Day 59	25/06/2026 (Thursday)	Transport, Communication, and Trade	<ul style="list-style-type: none"> Growing importance of ports on national and foreign trade Trade balance Trade Policy



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				• Export processing zones
	Writing Day 60 (Evaluation Day 12)	28/06/2026 (Sunday)	Week 12 + 4 Syllabus	
Week 13	Writing Day 61	29/06/2026 (Monday)	Cultural Setting	<ul style="list-style-type: none"> • Historical Perspective of Indian Society • Racial linguistic and ethnic diversities • Religious minorities • Major tribes, tribal areas, and their problems • Cultural regions
	Writing Day 62	30/06/2026 (Tuesday)	Cultural Setting	<ul style="list-style-type: none"> • Growth, distribution, and density of population • Demographic attributes: sex-ratio, age structure, literacy rate, work-force, dependency ratio, longevity • Migration (inter-regional, intraregional and international) and associated problems • Population problems and policies • Health indicators.
	Writing Day 63	01/07/2026 (Wednesday)	Settlements	<ul style="list-style-type: none"> • Types, patterns, and morphology of rural settlements • Urban developments • Morphology of Indian cities • Functional classification of Indian cities



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	Writing Day 64	02/07/2026 (Thursday)	Settlements	<ul style="list-style-type: none"> • Conurbations and metropolitan regions • Urban sprawl • Slums and associated problems • Town planning • Problems of urbanisation and remedies
	Writing Day 65 (Evaluation Day 13)	05/07/2026 (Sunday)	Week 13 + 5 Syllabus	
Week 14	Writing Day 66	06/07/2026 (Monday)	Regional Development and Planning	<ul style="list-style-type: none"> • Experience of regional planning in India • Five Year Plans • Integrated rural development programmes
	Writing Day 67	07/07/2026 (Tuesday)	Regional Development and Planning	<ul style="list-style-type: none"> • Multi-level planning • Panchayati Raj and decentralised planning • Command area development • Watershed management
	Writing Day 68	08/07/2026 (Wednesday)	Regional Development and Planning	<ul style="list-style-type: none"> • Planning for backward area, desert, drought-prone, hill tribal area development • Regional planning and development of island territories
	Writing Day 69	09/07/2026 (Thursday)	Political Aspects	<ul style="list-style-type: none"> • Geographical basis of Indian federalism • State reorganization • Emergence of new states



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Page | 14

Week 15				<ul style="list-style-type: none">Regional consciousness and inter-state issues
	Writing Day 70 (Evaluation Day 14)	12/07/2026 (Sunday)	Week 14 + 6 Syllabus	
	Writing Day 71	13/07/2026 (Monday)	Political Aspects	<ul style="list-style-type: none">International boundary of India and related issuesCross-border terrorismIndia's role in world affairsGeopolitics of South Asia and Indian Ocean realm
	Writing Day 72	14/07/2026 (Tuesday)	Contemporary Issues	<ul style="list-style-type: none">Ecological issues: Environmental hazards like landslides, earthquakes, Tsunamis, floods and droughts, epidemicsIssues related to environmental pollution
	Writing Day 73	15/07/2026 (Wednesday)	Contemporary Issues	<ul style="list-style-type: none">Changes in patterns of land usePrinciples of environmental impact assessment and environmental managementPopulation explosion and food securityEnvironmental degradationDeforestation, desertification, and soil erosion
	Writing Day 74	16/07/2026 (Thursday)	Contemporary Issues	<ul style="list-style-type: none">Problems of agrarian and industrial unrest



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Page | 15

				<ul style="list-style-type: none">• Regional disparities in economic development• Concept of sustainable growth and development• Environmental awareness• Linkage of rivers• Globalisation and Indian economy.
	Writing Day 75 (Evaluation Day 15)	19/07/2026 (Sunday)	Week 15 + 7 + 8 Syllabus	
Comprehensive Test III (Evaluation Day 16)		02/08/2026 (Sunday)	Paper I	
Comprehensive Test IV (Evaluation Day 17)		09/08/2026 (Sunday)	Paper II	



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Key Highlights

- All the copies will be evaluated by Himanshu Sir himself.
- Himanshu Sir himself will be providing personal mentorship to the students through Google meet and/or Zoom.
- Weekly and monthly progress report will be given to the students. Progress will be tracked based on four parameters:
 1. Content (50%)
 2. Approach (30%)
 3. Diagrams/Maps (10%)
 4. Examples/Case Studies (10%)
- Based on the progress report, Himanshu sir will allot extra tasks to the students to improve in the weak aspects.
- Mapping support will be provided to the students on daily basis.
- Relevant examples/case studies will be provided for each topic.
- Additional support in the form of missing notes/videos will be given to the students from the Foundation/500+ classes of Guidance IAS depending upon the requirement of the student.
- Maximum intake in this course is 100 students. Registration would be done on “first come, first served” basis.
- For registration students are required to fill a detailed form attached at the end.
- There will a dedicated private Telegram Channel for the students enrolling in the course.



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Fee Structure

Basic Fees	INR 21,186
GST	INR 3,813
Total Fees	INR 24,999

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Scan and Pay



S.No.

"UPSC Geography X-RAY"

Diagnose yourself before UPSC declares you Unfit!

Below is a Self-Awareness Sheet to help you assess your UPSC Preparation.
Please do a BRUTALLY HONEST assessment of yourself vis-a-vis UPSC Exam. Don't
FOOL Yourself, as you might be doing all this Long!

Passport Size
Recent
Photograph

A. Who Am I (from Outside)!

1. Name (BLOCK LETTERS):

2. Father/Guardian's Name:

3. Date of Birth:/...../.....

4. Qualification:

5. Courses:

6. Medium:

7. Correspondence Address:

Email ID:..... Mobile No.....

8. Optional Subject:.....

9. Sex Male ☐ Female ☐

10. Category GEN ☐ OBC ☐ SC ☐ ST ☐ Others ☐

11. How old are your in UPSC? Fresher ☐ Intermediate ☐ Veteran / BaBa ☐

12. No. of Attempts = Prelims ☐ Mains ☐ Interview ☐

13. Details of No. of Attempts

Year	CS(Prelims) Cleared (Yes/No)	CS(Mains) Cleared (Yes/No)	Final Result (Attach Marksheet if available)

14. Next Target Attempt Year:



B. Who Am I (from Inside) !

1. I am a: Morning Persons ☐ or Night Owl ☐

2. How my Typical day looks like?

04:00 am

05:00 am

06:00 am

07:00 am

08:00 am

09:00 am

10:00 am

11:00 am

12:00 pm

01:00 pm

02:00 pm

03:00 pm

04:00 pm

05:00 pm

06:00 pm

07:00 pm

08:00 pm

09:00 pm

10:00 pm

11:00 pm

12:00 am

01:00 am

02:00 am

03:00 am

04:00 am

05:00 am

3. No. of Hours, I devote daily (on an average):

4. Do you have a
scientific/doable Time Table.

5. Are you following
it religiously, if not why?

(Yes or No)

7. Time devoted to: G.S. ☐ & Optionals. ☐

8. No. of Hours devoted to Revision everyday?

9. Any Revision Plan: (Yes or No)

10. Do you write Answers on Daily Basis, if not

Why:

Because Dreams
without GOALS
are often
just DREAMS
& they will
ultimately give
you FRUSTATION

Make yearly GOALS,
Monthly GOALS,
Weekly GOALS,
Daily GOALS,
Hourly GOALS

or even Goals to stop
[Negative Thinking]

6. Do I have an Yearly Plan.
(Yes or No)

11. Habits UPSC

Strength	Weakness
•	•
•	•
•	•
•	•



12. Is the UPSC syllabus on your Tips? Yes ☐ No ☐

13. Which is the most Difficult Nut to Crack: Prelims Mains Interview

14. What are your Sources for Preparation for G.S.:

Paper - I

Paper - II

Paper - III

Paper - IV

15. What is your experience with respect to UPSC Coaching Market?

a) Did any Coaching, if Yes Name: your Experience:

b) Test Series: if Yes your Experience:

c) Mentorship: if Yes your Experience:

16. What is your level of Procastination on a Scale of 10? 1 2 3 4 5 6 7 8 9 10

(Rating)

- Waking up:
- Revision:
- Making Short Notes:
- Daily Answer Writing:
- Memorization:
- Solving CSAT Questions:
- Reading Newspapers:
- Up to date with Current Affairs:
- Solving PYQ's



17. What are your Sources for Preparation for Geography Optional:

Paper - I

Paper - II

18. What is your experience with respect to UPSC Geography Optional Coaching Market?

a) Did any Coaching, if Yes Name: your Experience:

b) Test Series: if Yes your Experience:

c) Mentorship: if Yes your Experience:

19. What is your opinion about Geography Optional? (In about 50-100 words)



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20. The last Q. (clicked one), But perhaps the most important: Why UPSC?

Where we can Help?

With Competition just getting harder & trickier. It's time to Re-strategize & Re-orient your Preparation. However, it is time to not lose your Nerves, to hold your ground with conviction and courage. And not to succumb to the Negativity and Helplessness prevailing, around in such a Mis & Dis-Information Age.

Come to GUIDANCE IAS Institute with this detailed Introspection of your Personality with respect to the UPSC Exam. We will explore Pathways to make this effort of yours to clear UPSC a Winning

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Face to Face

Analysis of your Preparation

Pathway with HIMANSHU SIR

Especially important for
freshers & people who have
Gaps in their Preparations

Only for serious
Aspirants

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Our Telegram



Banna Venkatesh
AIR-15, CSE 2024

I am Banna Venkatesh, AIR-15, CSE 2024, past of guidance ias 500+ program for geography optional in CSE 2023 attempt and got into IPS (rank 467 - CSE 2023). This year also, the course helped me to secure 296 marks in optional. I am thankful to Himanshu Sir, pranjali Sir for their well planned course and test series which boosted my preparation.

BV
01/02/25



Muskan Shrivastava
AIR-36, CSE 2024

Hello Everyone,
I am Muskan Shrivastava, I have secured AIR-36 in UPSC CSE 2024. I have taken "500+ Geography Optional" classes in 2023 under Himanshu Sir (Guidance IAS). I also took Guidance IAS's Optional Test Series both in 2023 and 2024. "500+ classes" helped me immensely especially in Paper I. And, Test Series helped me in Paper II by improving the presentation and the typewriting skill. I would personally like to thank Himanshu Sir and Pranjali Sir for their personal intervention in my 2024 attempt which helped me to boost my optional marks significantly.

Muskan Shrivastava
May 4th 2025



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Our Achievers

UPSC CSE 2024

35+ Selections



AIR-15

Banna Venkatesh



AIR-18

Soumya Mishra



AIR- 36

Muskan
Srivastava



AIR-54

Sonnet Jose



AIR-115

Ritwik Mehta



AIR-129

Abhilash
Sundaram

UPSC CSE 2023

40+ Selections



AIR-24

Prajnanandan
Giri



AIR-39

Deepti Rohilla



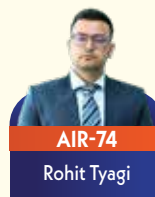
AIR-44

Akanchha Singh



AIR-63

Shivansh Rathee



AIR-74

Rohit Tyagi



AIR-99

Annapurna
Singh

UPSC CSE 2022

50+ Selections



AIR-30

Preksha Agarwal



AIR-41

Shubham



AIR-52

Pratiksha Singh



AIR-64

Anirudha Pandey



AIR-75

Chandrakant
Bagoria



AIR-81

Malini S



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UPSC CSE 2021

65+ Selections



AIR-4

Aishwarya
Verma



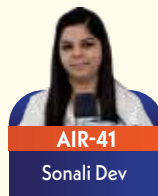
AIR-5

Utkarsh Dwivedi



AIR-30

Naman Geol



AIR-41

Sonali Dev



AIR-44

Anjali
Shrotiya



AIR-57

Alfred Ov

UPSC CSE 2020

58+ Selections



AIR-92

Aditya



AIR-104

Rishabh Rewar



AIR-114

Daljeet Kumar



AIR-125

Md. Manzar
Hussain



AIR-127

Laxmi
Soujanya



AIR-135

Malini S

UPSC CSE 2019

54+ Selections



AIR-12

Ajay Jain



AIR-16

Gunjan Singh



AIR-43

Shubham
Bansal



AIR-62

Saurav Pandey



AIR-73

Abhishek
Kumar



AIR-79

Divya Shakti

Other Top Rankers



AIR-3

Junaid Ahmad



AIR-5

Pratham Kaushik



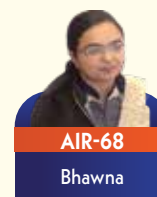
AIR-57

Md. Abdul Shahid



AIR-61

Girdhar



AIR-68

Bhawna