Sleepy Classes IAS
Awakening Toppers

GENERAL STUDIES

SELF STUDY PLANNER & PROGRESS TRACKER

GEOGRAPHY


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Geography			
Sr. No.	**TOPICS**	**SUB–TOPICS**	**TASK STATUS**
DAY 1	**PHYSICAL GEOGRAPHY** **General Geography**	The origin of the Earth	☐
		Early Theories	☐
		Modern Theories - BBT	☐
		Star Formation	☐
		Formation of Planets	☐
		Solar System	☐
		The Evolution of the Earth	☐
		Layered Structure (5 layers)	☐
		Evolution of Lithosphere	☐
		Evolution of Atmosphere	☐
		Evolution of Hydrosphere	☐
		Origin of Life	☐
		Geological History of the Earth	☐
		Latitude and Longitude including important Parallels and Meridians	☐
		Motions of the Earth - Rotation, Revolution and their effects	☐
		Inclination of the Earth's Axis and its effects	☐
		Local and Standard Time and the Intemational Date Line, Calendar	☐
		Eclipses - Solar, Lunar	☐
		Geological Time Scale	☐
		Interior of the Earth	☐
		Sources of Information	☐
		Direct	☐
		Indirect - Earthquakes, Waves and Magnetic Field	☐

DAY 2	Seismic waves	☐
	Body waves	☐
	Surface waves	☐
	Understandery	☐
	Understanding earth's interior with help of seismic waves	☐
	Internal Structure of earth	☐
	Crust	☐
	Lithosphere	☐
	Mantle	☐
	Asthenosphere	☐
	Outer core	☐
	Inner core	☐
	Seismic Discontinuities	☐
DAY 3	Geology	☐
	Minerals	☐
	Major Elements of the Earth's Crust	☐
	Minerals - Feldspar, Quartz, Pyroxene Amphibole, Mica, Olivine	☐
	Physical Characteristics-Crystal Form, Cleavage Fracture, Lusture, Color, Streak, Transparency, Structure, Hardness, Specific Gravity	☐
	Metallic minerals - precious Ferrous, Non Ferrous	☐
	Non-metallic Minerals - Sulphur, Phosphates, Cement	☐
	Rocks (Aggregate of Minerals)	☐
	Petrology	☐
	Rocks & landforms	☐
	Rocks & Soils	☐

	3 Family of Rocks	☐
	Igneous	☐
	Sedimentary	☐
	Metamorphic	☐
	Rock Cycle	☐
DAY 4	Earthquakes	☐
	Waves: P, S, Body & Surface	☐
	Shadow Zone	☐
	Types of Earthquakes	☐
	Causes of Earthquake	☐
	Effects	☐
	Frequency	☐
	Locating an Epicentre	☐
	Distribution of Earthquake	☐
	Earthquake Observatories	☐
	Volcano	☐
	Types	☐
	Shield	☐
	Composite	☐
	Caldera	☐
	Flood Basalt	☐
	Mid Ocean Ridge	☐
	Types of lava	☐
	Andesitic or Acidic lava	☐

DAY 5	Basic or Basaltic lava	☐
	Intrusive volcanic Landforms	☐
	Batholiths	☐
	Lacoliths	☐
	Lapoliths	☐
	Phacoliths	☐
	Sills	☐
	Dykes	☐
	Extrusive Volcanic Landforms	☐
	Geysers and Hot springs	☐
	Extinct, Dormant and Active volcanoes	☐
	Distribution of Volcanoes	☐
	Pacific Ring of Fire	☐
	Mediterranean volcanism	☐
	Other regions	☐
	Effects of Volcanoes	☐
	Tsunami	☐
	Mechanism of Tsunami waves	☐
	Properties of Tsunami waves	☐
	Effects of Tsunami	☐
	Geomorphic Processes	☐
	Earth's Surface	☐
	Exogenic Forces	☐
	Endogenic Forces	☐
	Gradation, Degradation & Agradation	☐
	Geomorphic Process	☐

DAY 6	Endogenic Process	☐
	Diastrophism	☐
	Orogenic	☐
	Epierogenic	☐
	Earthquakes	☐
	Plate movements	☐
	Volcanism	☐
	Exogenic Forces	☐
	Denudation Processes	☐
	Weathering	☐
	Mass movements	☐
	Erosion: Transportation & Deposition	☐
	Distribution of Continents & Oceans	☐
	Theories	☐
	Continental Drift Theory	☐
	Alfred Wegner 1912	☐
	Pangea, Panthalasa	☐
	Laurasia, Gondwana land	☐
	Evidence in support of Continental Drift Theory	☐
	Jigsaw Fit	☐
	Rocks of same age across oceans	☐
	Tillite	☐
	Placer Deposits	☐
	Distribution of Fossils	☐
	Forces of Drifting	☐

DAY 7		Pole Fleeing Force	☐
		Tidal Force	☐
		Post Drift Studies	☐
		Convectional Current Theory	☐
		Mapping of the Ocean Floor	☐
		Continents - plate Tectonics	☐
		Lithospheric Plates	☐
		Major Plate	☐
		Minor Plates	☐
		Plate Boundaries	☐
		Divergent	☐
		Convergent	☐
		Transform	☐
		Rates of Plate Movements	☐
		Force of plate movements	☐
		Indian Plate	☐
		Movement from 71 million years ago till today	☐
	PHYSICAL GEOGRAPHY– Geomorphology	Landforms and their Evolution	☐
		Causes	☐
		Geomorphic Processes	☐
		Agents	☐
		Geomorphic Agents	☐
		Erosional	☐
		Depositional	☐
		Agents and their Impacts	☐
		Wind, Running Water, Ground Water, Glaciers, Waves & Currents	☐
		Winds	☐

One of the Two dominant agents in Hot deserts	☐
Cause - Deflation Abrasion Impact	☐
Erosional landforms	☐
Pediments and Pediplains	☐
Playas	☐
Deflation Hollows and Caves	☐
Mushroom, Table & Pedestal Rocks	☐
Depositional Landforms	☐
Barchans	☐
Seif	☐
Parabolic	☐
Transverse	☐
Longitudinal	☐
Running Water	☐
Humid Regions	☐
2 Components	☐
Overland Flow - Sheet	☐
Linear Flow - Strems	☐
Stages	☐
Youth, Mature, Old	☐
Erosional Landforms	☐
Valleys	☐
Rills	☐
Gullies	☐
Valleys - V Shape, Gorge (Hard Rocks), Canyon (Sedimentary)	☐
Potholes & Plunge pools	☐

DAY 8	Incised or entrenched meanders	☐
	River Terraces - paired & unpaired	☐
	Depositional Landforms	☐
	Alluvial Fans	☐
	Delta	☐
	Floodplains, Natural Levees, Point Bars	☐
	Meanders, Slip off bank, Under cut bank	☐
	Oxbow lake	☐
	Braided Channels	☐
	Ground Water (Karst Topography)	☐
	Permeable Rocks	☐
	Percolation	☐
	Bedding Plains	☐
	Limestone and Dolomite Regions	☐
	Balkans, Adjacent to Adriatic regions	☐
	Erosional Landforms	☐
	Polje, Swallow Hole, Valley Sinks (Uvalas), Sinkholes, Collapse sinks (Dolines), Lapies, Ridges, Limestone Pavements	☐
	Caves - Altering bed of Rocks (Shale sandstone quartzite), Caves and Tunnels	☐
	Depositional landforms	☐
	Stalactites	☐
	Stalagmites	☐
	Pillar Columns	☐
	Glaciers	☐
	Erosional Landforms	☐
	Cirque of Tarn Lakes	☐

Hors and Serrated Regions - Arete	☐
Glacial Valleys/ Troughs - Fiords	☐
Depositional Landforms	☐
Glacial Tills	☐
Moraines	☐
Eskers	☐
Outwash Planes	☐
Drumlins	☐
Waves and Currents	☐
High Rocky Coasts & Low Sedimentary Coasts	☐
Erosional Landforms	☐
Clifs	☐
Terraces	☐
Caves	☐
Stacks	☐
Depositional Landforms	☐
Beaches and Dunes	☐
Bars Barriers Spits	☐
Weathering	☐
Weather over Earth Materials	☐
Factors	☐
Geological	☐
Climatic	☐
Topograhic	☐
Vegetative	☐
Major Processes	☐

DAY 9	Chemical	☐
	Physical or Mechanical	☐
	Biological	☐
	Chemical - Forces Chemical Action	☐
	Solution	☐
	Carbonation	☐
	Hydration	☐
	Oxidation & Reduction	☐
	Physical Forces Gravitational, Expansion, Water Pressure	☐
	Unloading & Expansion	☐
	Temperature changes and Expansion	☐
	Freezing, Thawing, & Frost Wedging	☐
	Salt Weathering	☐
	Biological Weathering	☐
	Burrowing	☐
	Wedging	☐
	Plant Roots	☐
	Effects of Weathering	☐
	Exfoliation (Flaking) - Exfoliation Domes, Tors	☐
	Significance of Weathering	☐
	Soil Formation	☐
	Biomes and Biodiversity	☐
	Leaching/Enrichment	☐
	Mass Movements	☐
	Activating causes	☐
	Forms of movement - Heave Flow Slide	☐

		3 major Groups - Slow Movement, Rapid Movements, Land Slides	☐
		Landforms across the world:	☐
		Rivers and lakes	☐
		Mountain & Peaks	☐
		Fold Mountain	☐
		Block Mountain	☐
		Volcanic mountains	☐
		Plateaus	☐
		Plateau Formation process	☐
		Plateau Types	☐
		Dissected plateau	☐
		Volcanic plateau	☐
		Economic significance of plateau	☐
		Major plateau of the world	☐
		Composition of Atmosphere	☐
		Gases	☐
		Water Vapour	☐
		Dust Particles	☐
		Structure	☐
		Exosphere	☐
		Thermosphere	☐
		Mesosphere	☐
		Stratosphere	☐
		Troposphere	☐
		Altitude vs Temperature	☐

Solar Radiation Heat Balance Temperature	☐
Insolation	☐
Aphelion and Perihelion	☐
Variability of Insolation at the surface of the Earth	☐
Day Season Year	☐
Rotation on Axis, Angle of Inclination of sun rays, Length of the day	☐
Transparency of Atmosphere, configuration of land in terms of its aspect	☐
Heat Balance	☐
Heating and cooling of atmosphere	☐
Conduction	☐
Convection	☐
Advection	☐
Terrestrial Radiation	☐
Heat Budget of the Planet Earth	☐
Macro Budget	☐
Albedo	☐
Shortwave Radiation	☐
Long wave Earth Radiation	☐
Variation in the net Heat Budget at the Earth's Surface	☐
Temperature(T)	☐
Factors controlling T distribution	☐
Distribution of T Month of January-July	☐
Range of T Month of January-July	☐
Inversion of Temperature	☐
Atmospheric Circulation and Weather Systems	☐

DAY 11	Atmospheric Pressure	☐
	Vertical variation of pressure	☐
	Horizontal distribution of pressure	☐
	World Distribution of Sea Level Pressure	☐
	Factors affecting the velocity and direction of the WIND	☐
	Pressure Gradient Force	☐
	Frictional Force	☐
	Coriolis Force	☐
	Pressure and Wind (Cyclonic & Anticyclone Circulation)	☐
	General Circulation of the Atmosphere - Pattern of Planetary Winds	☐
	Latitudinal Variation of Atmospheric Heating	☐
	Emergence of Pressure Belts	☐
	Migration of Belts Following apparent Path of Sun	☐
	Distribution of continents & Oceans	☐
	Rotation of the Earth	☐
	Circulation	☐
	Simplified Global Circulation	☐
	Hadley Cell, Ferrel Cell, Polar cell	☐
	Seasonal Wind	☐
	Local Wind	☐
	Land and Sea Breezes	☐
	Mountain and Valley winds	☐
	AIR MASS	☐
	Fronts	☐
	Extra Tropical Cyclone	☐
	Thunderstorms	☐

	PHYSICAL GEOGRAPHY – Climatology	Tornadoes	☐
		Water in the Atmosphere	☐
		Water Vapour	☐
		Precipitation	☐
		Humidity - Absolute and Relative	☐
		Saturation - Dew Point	☐
		Evaporation and Condensation	☐
		Dew	☐
		Frost	☐
		Fog & Mist	☐
		Clouds	☐
		Types - Cirrus Cumulus Stratus Nimbus	☐
		High - Cirrus Cirrostratus Cirrocumulus	☐
		Middle - Altostratus Altocumulus	☐
		Low - Stratocumulus Nimbostratus	☐
		Vertical Development - Cumulus and Cumulonimbus	☐
		Precipitation	☐
		Rainfall Snowfall Sleet Hail Hailstones	☐
		Types of Rainfall	☐
		Conventional	☐
		Orographic	☐
		Cyclonic	☐
		Frontal	☐
		Monsoonal	☐
		World Distribution of Rainfall	☐
		Tropical Cyclone	☐

	Conditions required for formation	☐
	Tropical Cyclone	☐
	Convective cyclogenesis (Development of Tropical Cyclone)	☐
	Path of Tropical Cyclone	☐
	Damage associated with Cyclone	☐
	Arabian Sea Cyclone	☐
	Naming of Tropical Cyclone	☐
	Early warning system for tropical Cyclone	☐
	Jet Streams	☐
	Features of Jet streams	☐
	Types	☐
	Permanent	☐
	Temporary	☐
	Influence of Jet streams on weather	☐
	Jet streams and aviation	☐
	Temperate Cyclones	☐
	Air masses	☐
	Fronts	☐
	Origin and development of Temperate Cyclone	☐
	Comparison between Tropical and Temperate Cyclone	☐
	Polar Vortex	☐
	Polar vortex details	☐
	Polar vortex and Ozone depletion	☐
	El Nino and La Nina	☐
DAY 12	ENSO	☐
	Indian Ocean dipole effect	☐

		Effect on regional and world climate	☐
		Effect of these events on Indian Monsoon	☐
		World Climate	☐
		The Hot, Wet Equatorial Climate	☐
		The Tropical Monsoon and Tropical Marine Climates	☐
		The Savanna or Sudan Climate	☐
		The Hot Desert and Mid-Latitude	☐
		Desert Climates	☐
		The Warm Temperate Western Margin (Mediterranean) Climate	☐
		The Temperate Continental (Steppe) Climate	☐
		The Warm Temperate Eastern Margin (China Type) Climate	☐
		The Cool Temperate Western Margin (British Type) Climate	☐
		The Cool Temperate Continental (Siberian) Climate	☐
		The Cool Temperate Eastern Margin (Laurentian) Climate	☐
		The Arctic or Polar Climate	☐
		Water on the Surface of the Earth	☐
		Hydrological Cycle	☐
		Component	☐
		Processes	☐
		Oceans	☐
		Relief of the Ocean floor	☐
		4 divisions of the ocean floor	☐
		Continental Shelf	☐
		Continental Slope	☐
		Deep sea plain	☐
		Oceanic deep and Trenches	☐

DAY 13	**PHYSICAL GEOGRAPHY – Oceanography**	Minor relief features	☐
		Mid oceanic ridges	☐
		Seamount	☐
		Submarine canyons	☐
		Guy outs	☐
		Atoll	☐
		Temperature of the Ocean Water	☐
		Vertical	☐
		Spatial	☐
		Factors affecting Temperature distribution	☐
		Horizontal & Vertical Distribution	☐
		Thermocline - 3 layers	☐
		Salinity of the Ocean Water	☐
		Factors affecting salinity	☐
		Vertical Distribution of salinity	☐
		Density of Ocean Waters	☐
		Movements of ocean Water	☐
		Factors influencing Movement	☐
		Motion - Horizontal & Vertical Currents	☐
		Waves	☐
		Motion of waves and water molecules	☐
		Characteristics of Wave	☐
		Relation between Gravitational Forces and Tides	☐
		Tidal currents	☐
		Types of Tides	☐
		Based on Frequency	☐

DAY 14	Based on SME position	☐
	Importance of Tides	☐
	Ocean Currents	☐
	Influenced by 2 forces	☐
	Primary Force that initiates the movement	☐
	Secondary force that influence the currents to flow	☐
	Characteristic	☐
	Types of ocean currents	☐
	Surface currents & Deep watercurrents based on Depth	☐
	Cold and Warm Currents based on Temperature	☐
	Major Ocean currents of the World	☐
	Effects of Ocean Currents	☐
	Desert formation and Ocean currents	☐
	Atlantic Meridional Overturning Circulation	☐
	Resources from the Ocean	☐
	Ocean deposits	☐
	Terrigenous Deposits	☐
	Pelagic deposits	☐
	Mineral resources on deep sea floor	☐
	Energy resources	☐
	Biotic resources	☐
	Deep ocean mission	☐
	UNCLOS	☐
	Territorial Waters	☐
	Contiguous Zone	☐
	Exclusive Economic Zone	☐

		High Seas	☐
DAY 15	**PHYSICAL GEOGRAPHY – Biogeography**	Soil	☐
		Soil Characteristics	☐
		Factors Responsible for Soil Formation	☐
		Stages of Soil Formation	☐
		Soil Forming Processes	☐
		Soil Profiles and Horizons	☐
		Soil Classification	☐
		Soil Erosion and Conservation	☐
		Vegetation Resources	☐
		Types of Natural Vegetation	☐
		Forests	☐
		Significance of forests	☐
		Economic significance	☐
		Ecological significance	☐
		Cultural significance	☐
		Factors of forest development	☐
		Extent of forest cover	☐
		Classification of forests	☐
		Grasslands	☐
		Desert vegetation	☐
		Tundra Vegetation	☐
		Economic utilization of forests	☐
		Deforestation	☐
		Deforestation in tropical forests	☐
		Deforestation in temperate forests	☐

		Rate and extent of deforestation	☐
		Causes and factors of deforestation: Immediate causes of deforestation	☐
		Indirect deforestation	☐
		Underlying causes of deforestation	☐
		Conservation of forests	☐
		Forest conservation strategies	☐
		Reforestation	☐
		Monoculture plantation	☐
		Afforestation	☐
		Types of forestry	☐
		Social forestry	☐
		Agro-forestry	☐
		Miyawaki Method	☐
DAY 16	**PHYSICAL GEOGRAPHY OF INDIA– Physiography of India**	Location	☐
		Geopolitical Significance of India	☐
		Geological Divisions	☐
		The Peninsular Block	☐
		The Himalayas and other Peninsular Mountains	☐
		Indo-Ganga-Brahmaputra Plain	☐
		Physiographic Divisions	☐
DAY 17	**PHYSICAL GEOGRAPHY OF INDIA – Drainage System**	Drainage Patterns	☐
		Drainage System of India	☐
		Himalayan Drainage System	☐
		River Systems of Himalayan Drainage	☐
		Indus river system	☐
		Ganga River System	☐

		Brahmaputra river system	☐
		River Systems of Peninsular Drainage	☐
		Small Rivers Flowing Towards East and West	☐
DAY 18	**PHYSICAL GEOGRAPHY OF INDIA – Climate**	Factors influencing the climate of India	☐
		Monsoon	☐
		Mechanism of the Monsoon	☐
		Classical Theory	☐
		Modern theory	☐
		Air mass theory	☐
		Jet stream theory	☐
		EL-NINO and LA-NINA & their impact	☐
		The rhythm of Seasons	☐
		The cold weather season	☐
		The hot weather season	☐
		The southwest monsoon season	☐
		The retreating monsoon season	☐
		Climatic Regions of India	☐
DAY 19	**PHYSICAL GEOGRAPHY OF INDIA – Soils in India**	Classification of Soils	☐
		Soil textures	☐
		Issue of Soil degradation & Soil Erosion	☐
		Soil Conservation	☐
	PHYSICAL GEOGRAPHY OF INDIA – Natural Vegetation	Types of Forests in India	☐
		Forest Cover in India	☐
		Forest Conservation	☐
		Forest Problems in India	☐
		Concept of Human Resources	☐

DAY 20	**HUMAN GEOGRAPHY – Demography**	Population Distribution	☐
		Factors of Population Distribution	☐
		Physical factors	☐
		Socio-cultural factors	☐
		Demographic factors	☐
		World population distribution	☐
		Continent-wise distribution of population	☐
		Density of population	☐
		Pattern of population density	☐
		Causes of rapid increase in population	☐
		Determinants of population growth	☐
		Characteristics of population	☐
		Age composition	☐
		Population pyramids	☐
		Sex composition	☐
		Literacy	☐
		Theories of population growth	☐
		Malthusian theory	☐
		Marxian theory	☐
		Demographic transition theory	☐
		Population problems	☐
		Population problems of developing countries	☐
		Population problems of developed countries	☐
		Population dilemma of Europe	☐
		Population Policies of China and India	☐
		Various types of rural settlements	☐

		Relationship between house types with relief, climate and building materials	☐
		Rising Youth Population	☐
DAY 21	**HUMAN GEOGRAPHY – Urbanization**	Basic Feature and Pattern of India's Urbanization	☐
		Issues of Urbanization in India	☐
		Rural Urban Migration	☐
		Emergence of Slums	☐
		Urban Transport	☐
		Waste Disposal	☐
		Water Supply, Drainage and Sanitation	☐
		Urban Poverty	☐
		Real Estate (Regulation & Development) Act, 2016	☐
		Way Forward to Tackle Issues Related to Urbanization	☐
		Inclusive Cities/Smart cities	☐
		Recent government programmes:	☐
		Migration & Reverse Migration	☐
		Displacement	☐
		Importance of the Rehabilitation Policy	☐
		Urban settlements: types	☐
		Urbanisation process in India	☐
		Morphology of urban settlements	☐
		Town planning and patterns of rural settlement	☐
		Settlement types of the world	☐
		Migration: Push factors and pull factors	☐
		Emigration during colonial, postindependent and post-liberalisation period	☐
		Internal versus world migration	☐

		Functional classification of cities	☐
		Difference between boundaries and frontiers, their classification	☐
		Rural urban fringe characteristics, advantages, problems	☐
		National urbanisation policy	☐
		Principles of urban planning	☐
		Land cover transformation	☐
		Factors affecting rural settlements, their types and patterns	☐
		Cities - hierarchical classification, morphological classification	☐
DAY 22	**HUMAN GEOGRAPHY – Census**	Literacy	☐
		Sex ratio	☐
		Family Planning	☐
		Ageing Population	☐
		Age Structure	☐
		Density	☐
		Population growth	☐
		Census terminology	☐
		Caste Census Issues	☐
		Land Resource	☐
		Land-use	☐
		Land capability classification	☐
		Causes of Land Degradation	☐
		Impact of Land Degradation	☐
		Steps taken by GOI	☐
		Sustainable Land Management	☐

DAY 23	**ECONOMIC GEOGRAPHY – Agriculture**	Basic terms related to Agriculture	☐
		Performance of the agriculture sector	☐
		Types of farming in India	☐
		Cropping seasons in India	☐
		Cropping Pattern in India	☐
		Agriculture regionalization	☐
		Infrastructure factors: Seeds; Fertilizers; Irrigation	☐
		Land use pattern in India	☐
		Institutional Factors as land reform	☐
		Horticulture sector in India	☐
		Agricultural revolutions	☐
		Agricultural labours	☐
		Price Policy for Agriculture	☐
		Agricultural marketing	☐
		Agricultural Insurance	☐
		Agricultural Census	☐
		Major schemes in agricultural sector	☐
		National Policy for farmers	☐
		Impact of climate change on agriculture	☐
		What is sustainable agriculture?	☐
		Use of IT in agriculture	☐
		Agriculture Issues and Challenges	☐
		Productivity of Crops and conditions for growth	☐