

**PUNJAB PCS
MAINS 2025**



Sleepy Classes IAS
Awakening Toppers

SOCIAL ISSUES

**PYQs Framework
Handwritten Notes**

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Dear students,

These keywords have been carefully compiled with dedication and a genuine wish to support your Punjab PCS journey. Consider them your reliable guide in the examination hall — concise yet powerful reminders of what matters most. Internalise them through repeated reading, writing, and speaking aloud.

Whenever you need clarity on how to develop a keyword into a well-structured, high-scoring answer, please refer to the corresponding [YouTube video](#) prepared especially for it; each one was created with the intention of sitting beside you and demonstrating the precise way to present the point effectively. You are not alone in this effort.

Every line and every frame has been crafted keeping in mind the determination, the long hours, and the aspirations you carry. Place your trust in these small, consistent steps — they will lead you steadily towards success. We have complete faith in your potential.

Migration and Covid19

1. [Opinion Based Question] — Agreement
— Disagreement
— Conclusion

2. Framework → [HSBL]

H → Healthcare

S → Students

B → Border

L → Labour/Work

3. Sub pointers :-

☆ Healthcare → frontline warriors

☆ Students → Digital platforms; migration stopped

☆ Border → Interstate migration, Return migration

☆ Labour → xenophobia; work from home

caste system in India



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1^o framework → HTT / H2T

H → Hierarchy

T → Trends (positive)

T → Trends (Negative)

2^o sub pointers

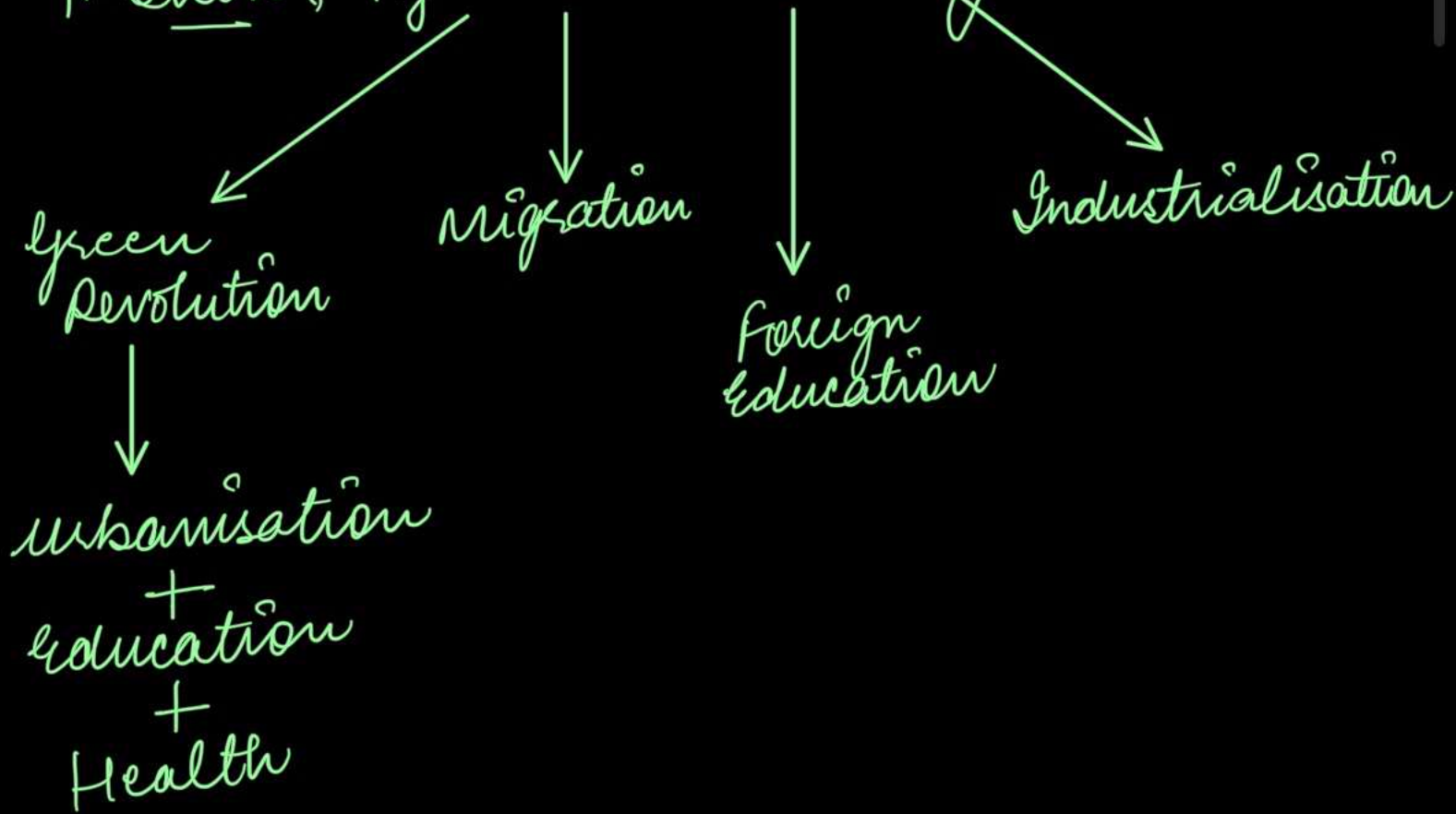
☆ Hierarchy → Ascriptive Identities
→ mental construct

☆ Trends → Affirmative action
[positive] → Urbanisation
→ Modernisation [sensitisation]
→ Increased Awareness

☆ Trends → Politicalisation of caste
[Negative] [Power Residue]
→ Socio-economic Disparity
→ Untouchability

Urbanisation in Punjab

1. Intro: Agrarian economy



2. Problems of Urbanisation

Framework → MISS ME

M - migration

I - Inequality

S - Slum formation

S - Strained Infrastructure

ME - Crime

Women and NFHS



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① About NFHS → Report card of Government

② { framework } → NFHW
 { I(NFHS) }

N → Nutrition

F → Fertility

H → Health

W → Welfare

③ sub pointers

☆ Nutrition → stunting, wasting, obesity

☆ fertility → Total Fertility Rate, Increased use of contraceptives

☆ Health → Maternal Health; Child Health; Mental Health
 → Rapid Immunisation

☆ Welfare → welfare policies [Ayushman cards]

④ Impact :-



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Framework — A B C D

Sub pointers :-

- ☆ A → Awareness → Policies
 - AASHA
 - Janani Suraksha
 - Swachh Bharat
- ☆ B → Behavioural change → Institutional Deliveries, family Planning, sanitation
- ☆ C → care → Geriatric [elderly] care [care]
→ Early, Pre, Post natal care
- ☆ D → Data → Data capture and monitoring via surveys

5. HEALTH Framework

- ☆ H — Holistic coverage
 - Age
 - Gender
 - minorities
- ☆ E — Evidence
 - Indian diseases
 - Needs of medicine
- ☆ A — Accessibility & Affordability
 - cancer drugs duty free
- ☆ L — Local community Participation → Primary care
- ☆ T — Technology or Tele medicines
- ☆ H — Higher Public spendings

Women in Agriculture

1. [Framework]
I → PTMS

2. Sub pointers :-

☆ P → Production → 80% women : seeds, knowledge, household works done by women.

☆ T → Technology

☆ M → Marketing

☆ S → sustainability

3. Challenges :-

{ Framework } → LAPS
II

☆ Land ownership → male

☆ Access → credit, finance and equipments

☆ Patriarchy → women are implementers and not decision makers

☆ Structural Inequality → Women does not have financial freedom and discretion to spend

→ expectations of male child



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2^o Sub Pointers : [Kabin]

- ### 3. Social units

- ☆ Patriarchy
- ☆ Religious Ideals
- ☆ fundamentalism
- ☆ Ritualism
- ☆ social justice

New Education Policy



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1° Framework → 3I

2° Sub pointers :-

☆ Innovation → multidisciplinary, vocational education
→ multiple exit points

☆ Implementation → Resources, monitoring, Teacher training

☆ Inclusion → gender, children, caste,
→ early education, multilingual education,
→ disability, online education

3° Conclusion → Bridging gap, reduce dropout ratio, more women participation, early age enrolment, diverse age, group children, Innovation, Beyond [physical & fiscal boundaries]

Budget and private participation

↓
Digitalisation / UPI / DBT

Gandhiji and modern world

1. framework → 5S

2. sub points

☆ Sarvodaya → caste, gender, Rural Urban divide

☆ Satyagraha → efforts leading to the truth,
fake news, hate speech,
truth seeking politics
↓
No western interest

☆ Swadeshi → MSME encourage, global headwinds
↓
grassroot level

☆ Sustainability → simple living
↓
environment 3R's
Reduce → Plastic
Carbon emissions

☆ Trusteeship → Social Development?
↓
Sense of duty



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