Sleepy Classes IAS
Awakening Toppers

Sociology Optional 2028 Course Batch 1
Focus Areas: Content + Regular Answer Writing + Mentorship

Regular feedback calls will be conducted to understand student's experience with the course

Introduction & Orientation	**1 -July -2026**

Understanding the 5-Level Learning Structure

Before we begin the Sociology journey, it's important to know how we'll cover the syllabus.
Instead of directly jumping into complex theories or UPSC questions, we'll move through five structured levels - each designed to make your understanding stronger and more applied at every step.

Level 0 - Absolute Basics (NCERT Foundation)
We start from the roots - basic sociological ideas from NCERTs. This helps even non-sociology students build a clear understanding of society, institutions, culture, and change.

Level 1 -Static & Timeless Content
Next, we move to the core theoretical foundation - the thinkers, theories, and concepts that never change in UPSC. This builds the backbone of Sociology Optional.

Level 2 - Sociological Perspectives on Contemporary Society
Here, we learn how to apply those theories to real-world changes - like digital life, gender roles, economy, and social movements understanding how Sociology explains modern India.

Level 3 – Current Affairs with a Sociological Lens
At this stage, we connect newspaper headlines, reports, and government policies with sociological ideas — building depth for Paper II and essay-style answers.

Level 4 – Previous Year Questions & Integration
Finally, we bring everything together. By solving PYQs, you'll learn how to combine static theory, dynamic understanding, and current relevance into UPSC-ready answers.

Level	Name	Nature of Learning	Sources / Focus	Outcome
0	Absolute Basics	Conceptual foundation	NCERT 11th & 12th Class	Core Sociology Basics
1	Static Portion	Theoretical core	UPSC Paper I + Paper II (Thinkers)	Strong Theoretical Foundation
2	Contemporary Sociology	Dynamic application	Real-world analysis	Sociology Value Addition Topics For Mains Exam
3	Current Affairs (Monthly)	Current Affairs From Sociological Perspective	Reports, Policies, News, EPW	Understanding in-depth Sociological Relevance
4	PYQs Practice	Integration & Exam Oriented Prep	2013–2025 UPSC PYQs	Learn Sociological Way of Answer-writing

NCERT of 11th Class		**1-July-2026**
NCERT of 12th Class		

5. Stratification and Mobility:	
(a) Concepts- equality, inequality, hierarchy, exclusion, poverty and deprivation.	**6-Jul-2026**
(b) Theories of social stratification- Structural functionalist theory, Marxist theory, Weberian theory.	
Mandatory Strategic Session With Shekhar Sir	**8-Jul-2026**
(c) Dimensions–Social stratification of class, statusgroups, gender,ethnicity andrace.	**13-Jul-2026**
(d) Social mobility- open and closed systems, types of mobility, sources and causes of mobility.	
4. Sociological Thinkers:	
(a) Karl Marx- Historical materialism, mode of production, alienation, class struggle.	**20-Jul-2026**
(b) Emile Durkheim- Division of labour, social fact, suicide, religion and society.	
Mandatory Progress Review Session With Shekhar Sir	**22-Jul-2026**
(c) Max Weber- Social action, ideal types, authority, bureaucracy, protestant ethic and the spirit of capitalism.	**27-Jul-2026**

(d) Talcott Parsons- Social system, pattern variables.	
(d) Talcott Parsons- Social system, pattern variables.	3-Aug-2026
(e) Robert K. Merton- Latent and manifest functions, conformity and deviance, reference groups.	
(f) Mead - Self and identity.	
ONE WEEK'S BREAK	
7. Politics and Society:	
(a) Sociological theories of power.	17-Aug-2026
(b) Power elite, bureaucracy, pressure groups, and political parties.	
Mandatory Review Session With Shekhar Sir	**19-Aug-2026**
(c) Nation, state, citizenship, democracy, civil society, ideology.	24-Aug-2026
(d) Protest, agitation, social movements, collective action, revolution	
8. Religion and Society:	
(a) Sociological theories of religion.	31-Aug-2026
(b) Types of religious practices: animism, monism, pluralism, sects, cults.	
(c) Religion in modern society: religion and science, secularization, religious revivalism, fundamentalism.	
9. Systems of Kinship:	
(a) Family, household, marriage.	7-Sep-2026
(b) Types and forms of family.	
(c) Lineage and descent.	
(d) Patriarchy and sexual division of labour.	
(e) Contemporary trends.	
Meet With Mentor (Live Answer Writing/ Best Copy Analysis / General Discussion)	**9-Sep-2026**
1. Sociology - The Discipline:	
(a) Modernity and social changes in Europe and emergence of sociology.	14-Sep-2026
(b) Scope of the subject and comparison with other social sciences.	
(c) Sociology and common sense.	
2. Sociology as Science:	
(a) Science, scientific method and critique.	21-Sep-2026
(b) Major theoretical strands of research methodology.	
(c) Positivism and its critique.	
(d) Fact value and objectivity.	
(e) Non- positivist methodologies.	
3. Research Methods and Analysis:	
(a) Qualitative and quantitative methods.	28-Sep-2026
(b) Techniques of data collection.	
(c) Variables, sampling, hypothesis, reliability and validity.	
6. Works and Economic Life:	
(a) Social organization of work in different types of society- slave society, feudal society, industrial /capitalist society.	5-Oct-2026
(b) Formal and informal organization of work.	
(c) Labour and society.	
10. Social Change in Modern Society:	
(a) Sociological theories of social change.	12-Oct-2026
(b) Development and dependency.	
(c) Agents of social change.	
(d) Education and social change.	
(e) Science, technology and social change.	
Meet With Mentor (Live Answer Writing/ Best Copy Analysis / General Discussion)	**14-Oct-2026**
ONE WEEK'S BREAK	
Paper - 2	
Introduction to Paper - 2	**26-Oct-2026**
A. Introducing Indian Society:	
(i) Perspectives on the study of Indian society:	26-Oct-2026
(a) Indology (GS. Ghurye)	
(b) Structural functionalism (M N Srinivas)	
(c) Marxist sociology (A R Desai)	
(ii) Impact of colonial rule on Indian society:	
(a) Social background of Indian nationalism.	
(b) Modernization of Indian tradition.	
(c) Protests and movements during the colonial period.	
(d) Social reforms.	
B. Social Structure:	

(i) Rural and Agrarian Social Structure:	2-Nov-2026
(a) The idea of Indian village and village studies.	
(b) Agrarian social structure - evolution of land tenure system, land reforms.	
(ii) Caste System:	
(a) Perspectives on the study of caste systems: GS Ghurye, M N Srinivas, Louis Dumont,Andre Beteille.	
(b) Features of caste system.	
(c) Untouchability - forms and perspectives.	
(iii) Tribal communities in India:	
(a) Definitional problems.	9-Nov-2026
(b) Geographical spread.	
(c) Colonial policies and tribes.	
(d) Issues of integration and autonomy.	
(iv) Social Classes in India:	
(a) Agrarian class structure.	
(b) Industrial class structure.	
(c) Middle classes in India.	
Meet With Mentor (Live Answer Writing/ Best Copy Analysis / General Discussion)	11-Nov-2026
(v) Systems of Kinship in India:	
(a) Lineage and descent in India.	16-Nov-2026
(b) Types of kinship systems.	
(c) Family and marriage in India.	
(d) Household dimensions of the family.	
(e) Patriarchy, entitlements and sexual division of labour.	
(vi) Religion and Society:	
(a) Religious communities in India.	
(b) Problems of religious minorities.	
ONE WEEK'S BREAK	
C. Social Changes in India:	
(i) Visions of Social Change in India:	30-Nov-2026
(a) Idea of development planning and mixed economy.	
(b) Constitution, law and social change.	
(c) Education and social change.	
(ii) Rural and Agrarian transformation in India:	
(a) Programmes of rural development, Community Development Programme, cooperatives, poverty alleviation schemes.	
(b) Green revolution and social change.	
(c) Changing modes of production in Indian agriculture .	
(d) Problems of rural labour, bondage, migration.	
(iii) Industrialization and Urbanisation in India:	7-Dec-2026
(a) Evolution of modern industry in India.	
(b) Growth of urban settlements in India.	
(c) Working class: structure, growth, class mobilization.	
(d) Informal sector, child labour.	
(e) Slums and deprivation in urban areas.	
Meet With Mentor (Live Answer Writing/ Best Copy Analysis / General Discussion)	9-Dec-2026
(iv) Politics and Society:	
(a) Nation, democracy and citizenship.	14-Dec-2026
(b) Political parties, pressure groups , social and political elite.	
(c) Regionalism and decentralization of power.	
(d) Secularization	
(v) Social Movements in Modern India:	
(a) Peasants and farmers movements.	21-Dec-2026
(b) Women's movement.	
(c) Backward classes & Dalit movement.	
(d) Environmental movements.	
(e) Ethnicity and Identity movements.	
(vi) Population Dynamics:	
(a) Population size, growth, composition and distribution.	28-Dec-2026
(b) Components of population growth: birth, death, migration.	
(c) Population policy and family planning.	
(d) Emerging issues: ageing, sex ratios, child and infant mortality, reproductivehealth.	

(vii) Challenges of Social Transformation:	
(a) Crisis of development: displacement, environmental problems and sustainability.	4-Jan-2027
(b) Poverty, deprivation and inequalities.	
(c) Violence against women.	
(d) Caste conflicts.	
(e) Ethnic conflicts, communalism, religious revivalism.	
(f) Illiteracy and disparities in education.	
Weekly Test 1 (Chapter 5)	11-Jan-2027
Weekly Test 2 (Chapter 4)	14-Jan-2027
Weekly Test 3 (Chapter 4)	18-Jan-2027
Weekly Test 4 (Chapter 4)	21-Jan-2027
Weekly Test 5 (Chapter 7)	25-Jan-2027
Weekly Test 6 (Chapter 8)	28-Jan-2027
Weekly Test 7 (Chapter 9)	1-Feb-2027
Weekly Test 8 (Chapter 1)	4-Feb-2027
Weekly Test 9 (Chapter 2)	8-Feb-2027
Weekly Test 10 (Chapter 3)	11-Feb-2027
Weekly Test 11 (Chapter 6)	15-Feb-2027
Weekly Test 12 (Chapter 10)	18-Feb-2027
Weekly Test 13	22-Feb-2027
Weekly Test 14	25-Feb-2027
Weekly Test 15	1-Mar-2027
Weekly Test 16	4-Mar-2027
Weekly Test 17	8-Mar-2027
Weekly Test 18	11-Mar-2027
Weekly Test 19	15-Mar-2027
Weekly Test 20	18-Mar-2027
Weekly Test 21	22-Mar-2027
Weekly Test 22	25-Mar-2027
Half-Length Test-1 (Chapter 1 to 5)	29-Mar-2027
Half-Length Test-2 (Chapter 6 to 10)	1-Apr-2027
Half-Length Test-3 (Paper 2 A 1 to B 6)	5-Apr-2027
Half-Length Test-4 (Paper 2 Part C)	8-Apr-2027
Full Length Test 1 (Paper 1)	12-Apr-2027
Full Length Test 2 (Paper 2)	15-Apr-2027

Contemporary Sociology (Sociology Value Addition Topics For Mains Exam) Current Affairs (Monthly) Current Affairs From Sociological Perspective PYQs Practice

1. The last date for test submission is September 20, 2028.
2. Students can attempt the tests at their own pace, but it is advised to attempt them along with the schedule.
3. All the tests can be attempted only once