



# GS FOUNDATION UPSC CSE 2029

Start Date: **10th Feb 2026**

Class Language - **Hinglish**

Class Timings - **3:00 -7:30 pm**

Course Validity: **September 2029**

**Recording of classes will be available and you can watch it any number of times**



**8527366376  
011-69261978**



**www.banoias.com**



**info@banoias.com**



**Admin Office 007, Don Bosco Campus, Sukhdev Vihar Metro, Delhi, 110025**

# Faculty

**Teaching Experience of 185 + Yrs | 5 UPSC Interviews**



**Devendra Sir**

Ex- Asst. Commandant | 1 UPSC Interview  
IIT Kanpur | Ex-JMI RCA Alumni | Ex-Vision  
IAS Mentor  
CSAT & Current Affairs



**Vinay Babu Sir**

Ex-Civil Servant | 1 UPSC Interview  
IIM Bangalore | Ex-JMI RCA Mentor  
Economy



**Imam Haque Sir**

PhD History | 2 UPSC Interview  
Ex-JMI RCA Mentor | Ex- Vision IAS Mentor  
History



**Amit Narauni Sir**

LLB | MA Political Science  
Teaching Experience - 9+ Years  
Indian Polity and  
Governance



**Mukarram Badar Sir**

PhD Public Administration | 1 HPSC  
Interview | Ex-JMI RCA & Ex- Vision IAS  
Mentor  
Essay, Internal Security  
& DM



**Tejal Khandelwal Ma'am**

Ex-Unacademy | MA International  
Relations  
International Relations



**Gulam Rabbani Sir**

Ex-Chanakya IAS | Ex- JMI RCA  
Teaching Experience - 18+ Years  
Geography



**Mithilesh K Singh Sir**

JMI RCA Faculty | Ex-Dristhi IAS  
Teaching Experience - 29+ Years  
CSAT



**Ashish K Vasishtha Sir**

Ex-KSG IAS  
Teaching Experience - 25+ Years  
Environment & Science-  
Technology



**Dristhi Kalra Ma'am**

Asst. Professor, Delhi University  
Indian Society & Social  
Justice



**Dr. Swapnil**

Ex-Vision IAS | JMI RCA Alumni  
Ethics



**Yogendra K Sharma Sir**

Ex-PW Only IAS  
Economy

.... and more

# Interview Panel



**Shri. Jalaj Shrivastava**  
Retd. IAS



**Shri. Aloke Prasad**  
Retd. IPS



**Ms. Manju Seth**  
Retd. IFS



**Shri. S D Singh**  
Retd. IFoS



**Ms. S Neelam**  
Retd. ICAS



**Shri. Umar Peerzada**  
UPSC 2024 Topper

# Mentors



**Umar Peerzada**  
UPSC 2024 Topper



**Vinay Babu Sir**  
Ex-Civil Servant



**Devendra Sir**  
Ex- Asst. Commandant



**Shadab Ahmad**  
Ex- KSG IAS

# Prelims

- GS Classes
- CSAT Classes
- Current Affairs
- Art of MCQ Analysis & Solving
- PYQs (1979-2025)

OFFLINE/LIVE  
LECTURES AND CLASS NOTES

1

# Mains

- GS Classes
- ESSAY writing & classes
- Mains Talisman

BY UPSC TOPPERS  
ART OF WRITING

2

## GS FOUNDATION with Daily Answer Writing and Weekly Test Series

# 1:1 Personal Mentorship

- Bi-weekly Personalised Plan
- SIGP (Special Intensive Guidance Program)

BY UPSC TOPPERS

4

# Interview

- Mock Interviews
- One on One Strategy Session
- Personalised DAF Questionnaire

3



# Why BANO IAS?

Direct guidance of UPSC  
Toppers and Ex-Civil  
Servants

Daily Answer Writing  
&  
Personal Mentorship

26+ Selections in  
UPSC CSE 2023-24

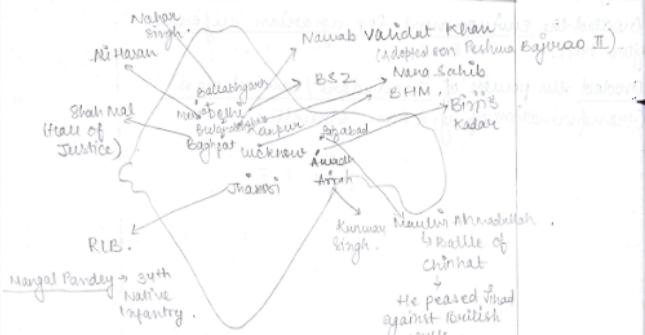


# Sample Notes

## REVOLT OF 1857

### → Introduction :-

With the establishment of British rule a long drawn out process of revolt & rebellion commenced in India. 1857 revolt was one of the watershed event in Indian history that shook the foundation of British rule. At one point of time, British rule will end soon.



### → Causes of the revolt :-

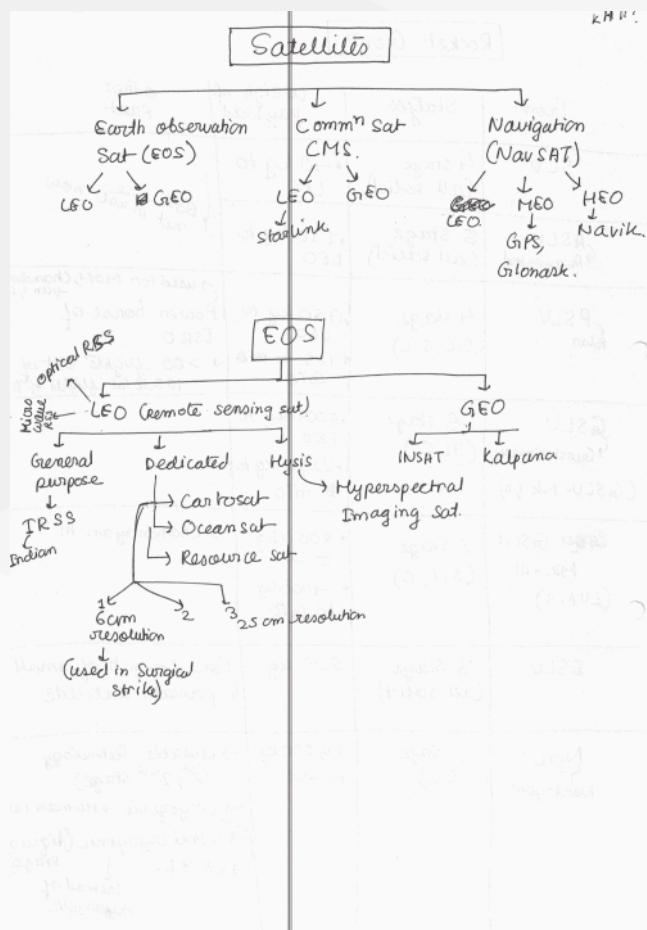
#### ① Military Dimension :-

##### - Discrimination & exploitation of Indian sepoys :-

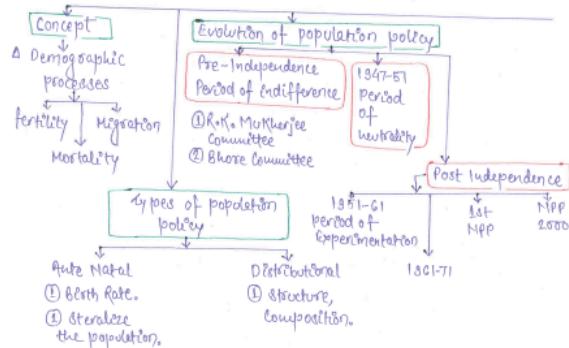
In 1856, New Service Rules were enacted which ended extra allowance.

##### - Racial Treatment by British commanders.

- Conspiracy theory related to activities of Christian missionaries.



## Population Policy in India



Population policy - Deliberate changes in the demographic processes.

### 1951-61 Period of Experimentation

① National family Programme 1952 launched.

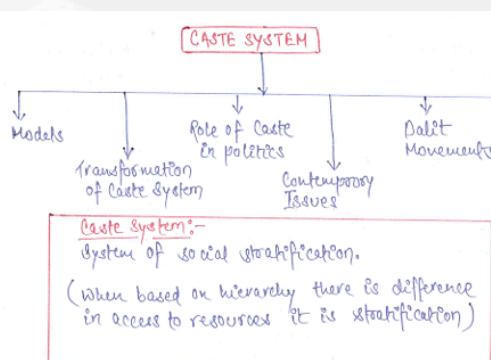
② Clinical Approach - If married couple wants to avail the family planning services then govt will provide infrastructure.

③ Still decadal growth rate was come out 2.2-2.6%

### 1961-71 (Aggressive steps were taken)

① Retention - Provides Awareness → Education → about benefits of small family.

② Cafeteria - Providing different choices but ultimate decision lies with population, e.g., different



### Features of Caste System :-

- ① Innate nature (Born in caste die in caste)
- ② Hierarchy
- ③ Endogamy (Marriage within caste)
- ④ Communalism (Interdenominational not allowed)
- ⑤ Occupational Division of labour.
- ⑥ Disability and privileges.
- ⑦ Caste Council (Kago Khaap Panchayat).

### Models of caste system

Varna (Written in scriptures)  
(Not reality)

Jatis  
Based on principle of purity & pollution  
Features of Jatis  
→ Hierarchy  
→ Separation of contact  
→ Occupational Division of labour

# Sample Notes



## 1.16.3 Dhole

**Context:** A Wildlife Institute of India study confirmed the dhole's return to the Kaziranga-Karbi Anglong Landscape, previously considered locally extinct.

**Dhole/Asiatic wild dog:** Endangered carnivore, found in South and Southeast Asia.

**Social:** Matriarchal packs; critical for prey population balance

- Kaziranga-Karbi Anglong Landscape:** 25,000 km<sup>2</sup> in Assam, with rich biodiversity (rhinos, tigers, elephants) | Key corridor for megafauna movement



## 1.16.4 Indian Yak

**Context:** ICAR-NRC on Yak assembled the first chromosome-level genome of the Indian yak.

**Indian Yak (Bos grunniens):** High-altitude bovine, "ship of the Himalayas," reared in Arunachal, Sikkim, Uttarakhand, Himachal, J&K, Ladakh. | Vulnerable, WPA Schedule-I

**Features:** Tolerates -40°C, thick coat, enlarged rumen for low-quality forage | Supports nomads with milk, meat, wool, transport, dung fuel.



## 1.16.5 Phayre's Langur and Western Hoolock Gibbon

**Context:** The Primates in Peril 2023-2025 report highlighted Phayre's Langur and Western Hoolock Gibbon as conservation concerns, though not listed among the 25 most endangered primates globally.

**Phayre's Langur (Trachypithecus phayrei):** IUCN: Endangered; Distribution: Northeast India, East Bangladesh, Western Myanmar.

**Western Hoolock Gibbon (Hoolock hoolock):** IUCN: Endangered; WPA: Schedule I; CITES: Appendix II.

- Habitat:** Tropical evergreen, deciduous, and bamboo forests.

- Features/Physical:** Bluish-brown coat, white eye rings, long tail, males ~7.9 kg, females ~6.9 kg | Biological: Arboreal, diurnal, folivorous (leaf-eating), lives in groups, territorial.

- Significance:** Seed dispersers, critical for forest ecosystems.

**Western Hoolock Gibbon (Hoolock hoolock):** IUCN: Endangered; WPA: Schedule I; CITES: Appendix II.

- Habitat:** Tropical evergreen and semi-evergreen forests in Northeast India, Bangladesh, Myanmar.

- Features/Physical:** Males black with white brows, females grey-brown, known for vocal duets | Biological: Monogamous, arboreal, frugivorous, moves by brachiation (up to 55 km/hr).

- Significance:** Indicator species for forest health, threatened by habitat loss.



## 1.16.6 Narayanpatna Goat

**Context:** Odisha's Narayanpatna goat faces threats from unscientific crossbreeding and lack of breed recognition.

**About Narayanpatna Goat:** Native breed from Koraput, Odisha, reared by tribal communities.

- Features:**

- Medium-to-large, varied coat colors, curved horns, 30-35 kg (bucks), 25-30 kg (does).

- High reproductive efficiency, disease-resistant, low-input system.

- Supports meat production, rituals, and financial security.

- Significance:** Climate-resilient, supports tribal livelihoods, needs formal recognition.



## 1.16.7 Ganges River Dolphins

**Context:** The Assam and Meghalaya governments plan a 55 MW hydropower project on the Kali River, a critical habitat for Ganges River Dolphin, despite environmental concerns.

**Ganges River Dolphin:**

- Designated India's National Aquatic Animal (2009) and Assam's State Aquatic Animal.

- WWF-India identifies the Kali as one of nine optimal dolphin habitats due to its deep waters and Brahmaputra confluence.

- A 2024 Wildlife Institute of India (WII) census recorded 17 dolphins in a 60-km stretch of the Kali.

- IUCN Status:** Endangered

- Threats:**

- Habitat Degradation:** Mechanized sand mining has reduced water levels by 70% in some areas.

- Pollution:** Industrial effluents and agricultural runoff (e.g., organo-phosphate pesticides) harm dolphins.

- Hydropower Project:** The proposed project threatens dolphin nesting sites and habitat fragmentation.

## Volcanic Eruptions In News

1. **Mount Semeru, Indonesia:** Located on Java Island, Indonesia, it is the highest volcano on Java and a stratovolcano forming part of the highly seismically active Pacific Ring of Fire, with other recent eruptions in the country including Mount Lewotoli Laki Laki and Merapi Volcano.



2. **Hayli Gubbi, Ethiopia:** A recent eruption generated a massive ash cloud that spread across the Red Sea and South Asia, with thick ash reaching India and forcing the diversion of several flights.

Volcano is an opening in the Earth's crust through which molten rock (magma), gases, and ash escape to the surface, usually building a mountain or cone over time.

\* **Causes of volcanoes:** Volcanoes form mainly due to movement of tectonic plates—at convergent boundaries where one plate subducts under another, at divergent boundaries where plates move apart and magma rises, and at hotspots where plumes of hot mantle material melt through the crust (like Hawaii).

**Types of volcanoes:**

- Shield volcanoes: Broad, gently sloping volcanoes formed by fluid lava (e.g., Mauna Loa).
- Stratovolcanoes (composite volcanoes): Steep-sided, explosive volcanoes built of lava and ash layers (e.g., Mount Fuji, Merapi).
- Cinder cone volcanoes: Small, steep cones made of ash and volcanic debris.
- Lava dome volcanoes: Formed by thick, viscous lava piling up near the vent.

**Related PQQ:** Where is the volcanic mountain, Mount St. Helens located? (2008)

- (a) Chile
- (b) Japan
- (c) Philippines
- (d) USA

© BanLAS

## Afar Region

**Context:** Scientists have selected the Afar region to study and analyse plate tectonic theory, owing to its unique geological features.

**Afar Region:** Located in northeastern Ethiopia, where the Red Sea meets the Gulf of Aden. Geologically, the region is significant as the convergence point of the Main Ethiopian Rift, Red Sea Rift, and Gulf of Aden Rift, together forming a triple junction that makes it crucial for tectonic studies.

### Physical Features

- Afar (Danakil) Depression:** forms the northern part of the region and is characterised by desert scrubland, shallow saline lakes, and active volcanoes.

- Awash River Valley:** Constitutes the southern part of the region.

**Climate and Terrain:** Much of the region lies below sea level and it is considered one of the hottest places on Earth.

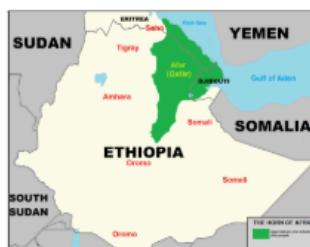
**Anthropological Importance:** Known for early hominid fossil discoveries, including "Lucy" (*Australopithecus afarensis*).

**Plate Tectonic Theory** explains how the Earth's outer shell behaves and why earthquakes, volcanoes, mountains, and continents exist where they do. At the surface, the Earth is broken into large rigid slabs called tectonic plates. These plates include both continental and oceanic crust and float over a semi-molten layer of the mantle called the asthenosphere. The plates are not stationary; they move very slowly—about the speed at which fingernails grow—due to heat-driven convection currents in the mantle.

**Plate Tectonic Theory** was proposed in its modern form in the late 1960s, evolving from Alfred Wegener's Continental Drift Theory (1912); key contributions were made by Harry Hess and Robert S. Dietz through the concept of seafloor spreading, and later confirmed by Vine and Matthews using magnetic anomaly evidence from ocean floors, leading to its global acceptance as the fundamental theory explaining plate movements and Earth's geological processes.

**Why plates move:** Heat from the Earth's interior causes mantle material to rise, spread, cool, and sink. This motion pushes and pulls tectonic plates. Two main forces operate:

- Ridge push:** Plate slides away from elevated mid-ocean ridges.
- Slab pull:** A dense, sinking plate pulls the rest of the plate with it into the mantle.



# What is Unique ?

## Other Coaching Institutes

- ✗ Answer Writing Practice
- ✗ 1:1 Personal Mentorship
- ✗ Newspaper reading and NCERT focus
- ✗ CSAT & Essay course included in the GS foundation course
- ✗ 47 years PYQs
- ✗ Toppers and Ex-Civil Servants in Faculty Panel
- ✗ Costly Course

## BANO IAS GS Foundation

- ✓ Daily Answer Writing Practice & Evaluation
- ✓ Daily 1:1 Personal Mentorship availability
- ✓ Hackathon on how to read Newspaper and NCERT
- ✓ No separate charges for CSAT & Essay course
- ✓ PYQs Analysis and intuition development
- ✓ Toppers and Ex-Civil Servants in Faculty Panel
- ✓ Affordable Course

# Course Fee

## FOUNDATION

OFFLINE

₹ 1,89,999

TAXES INCLUDED

All Features of  
**GS Foundation**

+

**Group**

Mentorship

## FOUNDATION PLUS

OFFLINE

₹ 2,29,999

TAXES INCLUDED

All Features of  
**GS Foundation**

+

**1:1**

Mentorship

ONLINE LIVE

₹ 34,999

TAXES INCLUDED

All Features of  
**GS Foundation**

+

**Group**

Mentorship

ONLINE LIVE

₹ 54,999

TAXES INCLUDED

All Features of  
**GS Foundation**

+

**1:1**

Mentorship

# CONGRATULATIONS

## TO OUR UPSC-CSE 2024 TOPPERS

MAINS MENTORSHIP PROGRAM



Alfred Thomas

**RANK 33**



Devanshi Saxena

**RANK 124**



Indu Bala

**RANK 541**



Dharam Singh M

**RANK 549**



Dimpy Rajora

**RANK 570**



Abusaliya Khan K

**RANK 588**



Prateek Sisodiya

**RANK 754**



Jerry Lalhratthang B

**RANK 999**

## OUR UPSC-CSE 2023 TOPPERS

INTERVIEW GUIDANCE PROGRAM



**AIR 9**

**NAUSHEEN**



**AIR 16**

**AYAN JAIN**



**157**

**SYED ADEEL  
MOHSIN**



**271**

**PRERNA  
SINGH**



**424**

**BARIYA  
MANSOOR**



**658**

**BORKAR SURESH  
LILADHARAO**



**670**

**NAZIA  
PARWEEN**



**744**

**ABDULLAH  
ZAHID**



**770**

**MOHD  
ASHFAQ**



**819**

**ATIF WAQUAR  
EKRAM ANSARI**



**826**

**SYED  
SADIQUE**



**902**

**VASANTH  
KUMAR G**



**921**

**S CHRISTOPHER  
AIMOL**