



BY INSIGHT SSB

# OLIVE PRINT

THE ULTIMATE GUIDE TO SUCCESS  
FOR CDS/NDA

## THE PENINSULAR PLATEAU



The **Peninsular Plateau** is a tableland formed of ancient **crystalline, igneous, and metamorphic rocks**, originating from the breakup of the **Gondwana continent**, making it one of the Earth's oldest landmasses. The general slope of the plateau is west to east, directing river flow. The region has undergone repeated uplift and submergence, along with crustal faulting, which has diversified its relief.

### MAJOR PLATEAUS OF PENINSULAR INDIA

#### Malwa Plateau

- Located in **western Madhya Pradesh** and parts of **Rajasthan**.
- Bordered by the Aravalli Range to the northwest and the Vindhya Range to the south.
- Known for **rich black soil**, ideal for **cotton cultivation**.

#### Chota Nagpur Plateau

- Spreads over **Jharkhand**, northern **Odisha**, and **Chhattisgarh**.
- Known for **mineral wealth (coal, iron ore, mica)**.
- Contains the **Ranchi** and **Hazaribagh** plateaus.

#### Deccan Plateau

- Covers most of **Maharashtra**, **Karnataka**, **Andhra Pradesh**, and **Tamil Nadu**.
- Bounded by the **Western and Eastern Ghats**.
- Rich in **volcanic black soil**, supporting **cotton and sugarcane crops**.

#### Vindhya Plateau

- Lies between the **Malwa Plateau** and the **Narmada Valley**.
- Made up of **sandstones and shales**.
- Acts as a **natural boundary** between **northern and southern India**.

#### Baghelkhand Plateau

- Located in **eastern Madhya Pradesh** and **northern Chhattisgarh**.
- Known for its rugged terrain and rich mineral resources, including **limestone** and **coal**.
- Bundelkhand Plateau**
- Spans parts of **Uttar Pradesh** and **Madhya Pradesh**.
- Known for its **hard, rocky terrain, granite, and poor soil**, making **agriculture challenging**.

#### Meghalaya Plateau

- An extension of the Peninsular Plateau in northeastern India.
- Contains the **Khasi, Garo, and Jaintia Hills**.
- Rich in **coal and limestone**, with a **unique climate favorable for agriculture**.

**DO IT YOURSELF**



**PLOT THESE PLATEAUS ON PHYSICAL MAP**

# MAJOR MOUNTAIN RANGES OF INDIA

## SHIWALIKS (OUTER HIMALAYAS)

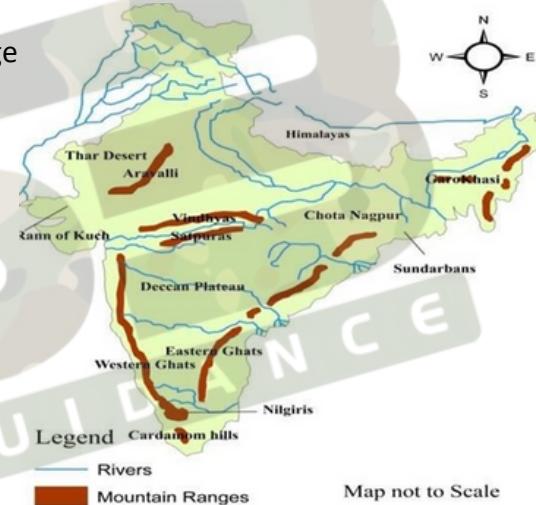
- Location: Outermost Himalayan range.
- Width & Altitude: 10-15 km wide; 900m to 100m in altitude.
- Composition: Unconsolidated sediments, thick gravel, and alluvium.
- Features:
  - Duns: Longitudinal valleys like Dehra Dun, Kotli Dun, Patli Dun.
  - Chos: Seasonal streams causing heavy erosion.
  - Forest Cover: Sparse in Punjab and Himachal Pradesh.

## PURVANCHAL (EASTERN HILLS)

- Location: Northeast India, along the India-Myanmar border from Arunachal Pradesh to Mizoram.
- Width: 40 km at ends, 225 km centrally.
- Notable Ranges:
  - Patkai Bum: 2,000-3,000 m, merges into Naga Hills.
  - Naga Hills: Highest peak Saramati (3,826 m).
  - Manipur Hills: Below 2,500 m, separated by Barail Range
  - Mizo Hills: Highest peak Blue Mountain (2,157 m).
- Features:
  - Watershed between India and Myanmar.
  - Rich in sandstone and minerals.

## ARAVALLI RANGE

- Direction: Northeast to southwest.
- Length: ~800 km from Delhi to Palanpur, Gujarat.
- Age: One of the oldest fold mountains in the world.
- Features:
  - Elevation: 400-1,158 m (Mount Abu).
  - Geology: Composed of granite, schists, and granites.
  - Key Passes: Pipli Ghat, Dewair, Desuri.
  - Forest Cover: Prominent in Rajasthan, less in Haryana and Delhi.



## VINDHYAN RANGE

- Location: Parallel to Narmada Valley, from Jobat (Gujarat) to Sasaram (Bihar).
- Length: Over 1,200 km.
- Elevation: 300-650 m.
- Composition: Horizontally bedded sedimentary rocks.
- Features:
  - Acts as a watershed between Ganga and South Indian river systems.
  - Continues as Bharner and Kaimur Hills.

## SATPURA RANGE

- Location: South of Vindhyan, between Narmada and Tapi rivers.
- Length: ~900 km.
- Features:
  - Peaks: Dhupgarh (1,350 m), Amarkantak (1,127 m).
  - Geology: Folded and uplifted, known as horsts.
  - Terrain: Rugged with dense forests.

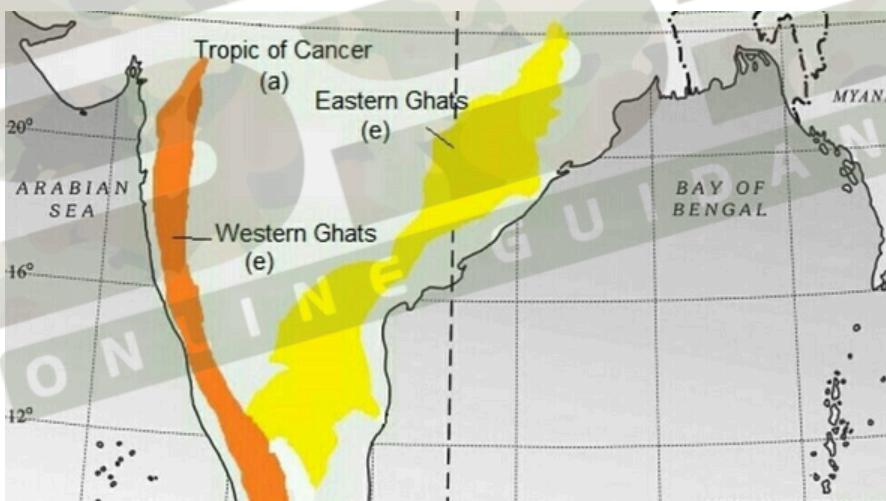


## WESTERN GHATS (SAHYADRIS)

- Location: Western edge of Deccan Plateau, from Tapi Valley ( $21^{\circ}\text{N}$ ) to near Kanniakumari ( $11^{\circ}\text{N}$ ).
- Length:  $\sim 1,600$  km.
- Features:
  1. Topography: Steep-sided, terraced hills with flat tops.
  2. Elevation: 1,000 m average; peaks like Anai Mudi (2,695 m).
  3. Geology: Horizontally bedded lavas, creating stepped relief.
- Sections:
  4. Northern Ghats: Deccan Traps, peaks up to 1,646 m.
  5. Middle Sahyadris: Granites and gneisses, dense forests, peaks over 1,600 m.
  6. Southern Ghats: Separated by Palakkad Gap, peaks like Javadi Hills (1,000 m).

## EASTERN GHATS

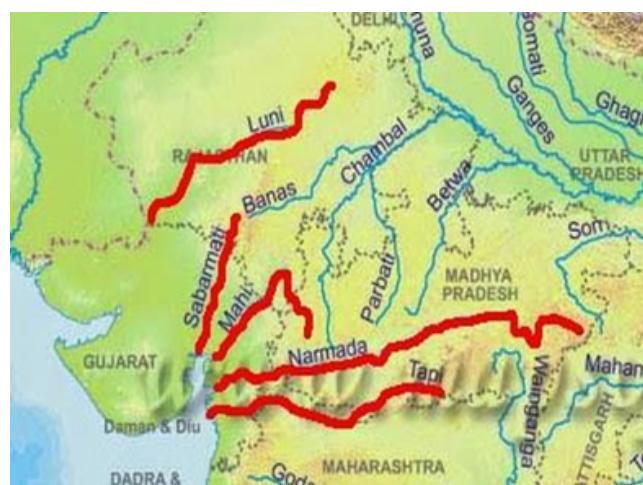
- Location: Parallel to East Coast, from Mahanadi (Odisha) to Vagai (Tamil Nadu).
- Features:
  1. Continuity: Highly broken and detached hills.
  2. Geology: Horizontally bedded sedimentary rocks; Nallamalai Range in Andhra Pradesh.
  3. Peaks: Mahendra Giri (1,501 m), Jindhagada Peak (1,690 m).
- Sections:
  4. Northern Eastern Ghats: Maliya and Madugula Konda ranges.
  5. Central to Southern: Nallamalai and Palkodna ranges, merging with Western Ghats.



**DO IT YOURSELF**

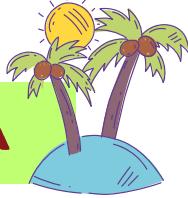


**RIVERS IN PENINSULAR PLATEAU:**





## COASTAL PLAINS IN INDIA

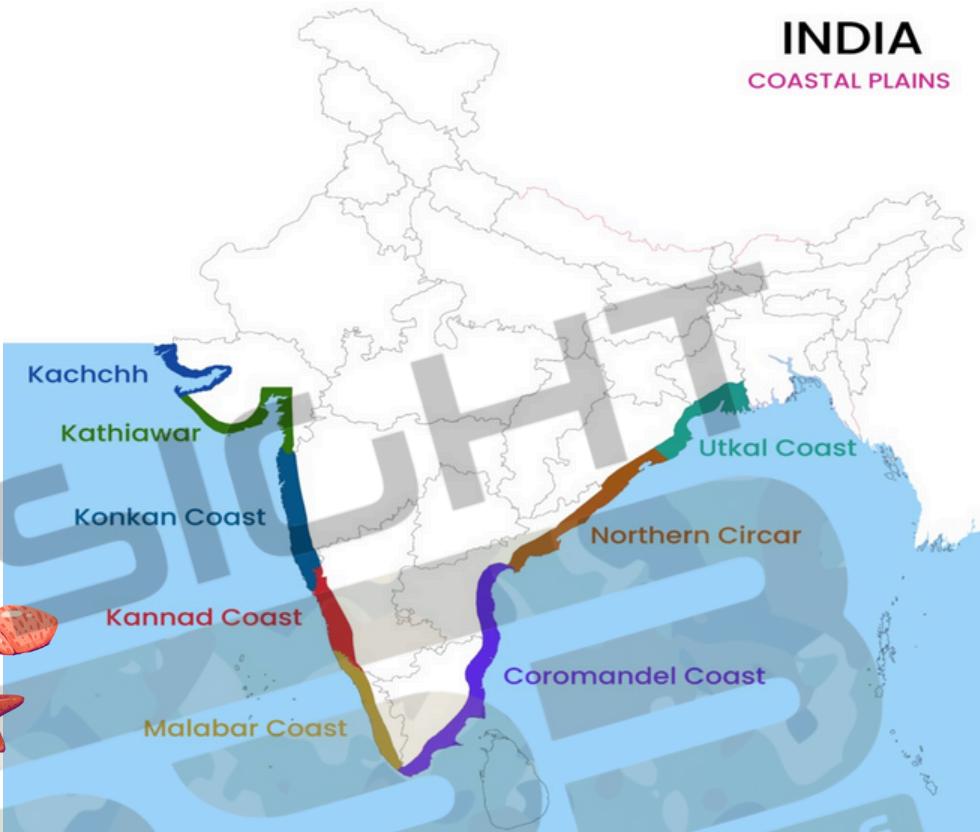


INDIA

COASTAL PLAINS

### Overview

- Length: 7,516.6 km, includes mainland and island coasts.
- Location: Surrounds three sides of India.
- Types: Divided into Eastern and Western Coastal Plains.



### Eastern Coastal Plains

- Location: West Bengal to Tamil Nadu, covering Odisha and Andhra Pradesh.
- Features: Wide plains with fertile river deltas (Mahanadi, Krishna, Godavari, Cauvery).
- Agriculture: Fertile land; Krishna delta known as the "Granary of South India."
- Sub-divisions:
  - Utkal Coast: From Chilika Lake to Kolleru Lake, known for rice, coconut, and banana cultivation.
  - Andhra Coast: From Kolleru Lake to Pulicat Lake, forms river basins of Krishna and Godavari.
  - Coromandel Coast: Pulicat Lake to Kanyakumari; dry in summer, rains from northeast monsoon r.

### Western Coastal Plains

- Location: Kerala to Gujarat, covering Karnataka, Goa, Maharashtra.
- Length & Width: 1,500 km long; narrower than Eastern Coast (10-25 km wide).
- Features: Contains West Continental Shelf rich in oil, with lagoons along the Malabar Coast.
- Sub-divisions:
  - Kachchh & Kathiawar: Silt deposition by Indus; Kachchh has Great Rann (north) and Little Rann (east).
  - Konkan Coast: From Daman to Goa; known for rice and cashew cultivation.
  - Kanara Coast: Between Marmagaon and Mangalore; rich in iron ore deposits.
  - Malabar Coast: Mangalore to Kanyakumari; broad with lagoons in Kerala.

# COASTLINES OF INDIA

- India's coastline stretches for 7516.6 kms [6100 kms of mainland coastline plus 1197 kms of Indian island coastline], passing through 13 states and union territories (UTs).
- The faulting of Gondwanaland during the Cretaceous period resulted in India's straight and regular coastline (Continental Drift).
- Following the dissolution of Gondwanaland, the Bay of Bengal and the Arabian Sea was formed during the Cretaceous or early Tertiary periods.

 The coastline of India is bordered by:

- 1) Bay of Bengal: To the east
- 2) Indian Ocean: To the south
- 3) Arabian Sea: To the west



#### Internal Waters:

- Internal waters are waters on the landward side of the baseline from which the breadth of the territorial sea is measured.
- Each coastal state has full sovereignty over its internal waters as like its land territory. Examples of internal waters include bays, ports, inlets, rivers and even lakes that are connected to the sea.
- There is no right of innocent passage through internal waters.

#### Territorial Sea:

- The territorial sea extends seaward up to 12 nautical miles (nm) from its baselines.
- The coastal states have sovereignty and jurisdiction over the territorial sea. These rights extend not only on the surface but also to the seabed, subsoil, and even airspace.
- But the coastal states' rights are limited by the innocent passage through the territorial sea.

#### Contiguous Zone:

- The contiguous zone extends seaward up to 24 nm from its baselines.
- The coastal state has the right to both prevent and punish infringement of fiscal, immigration, sanitary, and customs laws within its territory and territorial sea.

#### Exclusive Economic Zone (EEZ):

- Each coastal State may claim an EEZ beyond and adjacent to its territorial sea that extends seaward up to 200 nm from its baselines.
- Within its EEZ, a coastal state has:
  - 1) Sovereign rights for the purpose of exploring, exploiting, conserving and managing natural resources, whether living or nonliving, of the seabed and subsoil.
  - 2) Rights to carry out activities like the production of energy from the water, currents and wind.

#### High Seas:

- It is considered as "the common heritage of all mankind" and is beyond any national jurisdiction.
- States can conduct activities in these areas as long as they are for peaceful purposes, such as transit, marine science, and undersea exploration.



## DO IT YOURSELF



The coastline includes nine states and four union territories:

- 1) States:
- 2) Union territories:

# ISLANDS OF INDIA



## Andaman and Nicobar Islands



### Location & Geography

- Position: Bay of Bengal; runs north-south, extending from  $6^{\circ}45' \text{ N}$  to  $13^{\circ}45' \text{ N}$ .
- Composition: 265 islands (203 in Andaman, 62 in Nicobar).
- Divisions: Andaman Islands split into North, Middle, and South groups.
- Channels:
  - Duncan Passage: Separates Little Andaman from South Andaman.
  - Ten Degree Channel: Divides Great Andaman (north) from Nicobar (south).
  - Grand Channel: Between Great Nicobar and Sumatra (Indonesia).
  - Coco Strait: Between North Andaman and Myanmar's Coco Islands.

### Key Features

- Capital: Port Blair in South Andaman.
- Highest Peak: Saddle Peak (737 m) in North Andaman.
- Geology: Tertiary sandstone, limestone, shale, with volcanic origins similar to the Himalayas.
- Volcanic Islands: Barren and Narcondam (only active volcanoes in India).
- Climate & Vegetation: Tropical marine climate, dense rainforests, mangroves along coasts.



PREVIOUSLY ASKED

## Lakshadweep Islands

### Location & Geography

- Position: Arabian Sea; extending between latitudes 8°N and 12°N.
- Area: 32 square kilometers.
- Main Islands: Kavaratti, Agatti, Minicoy, Amini
- Former Name: Previously known as Laccadive, Minicoy, and Amindivi Islands.
- Distance: 280–480 km off Kerala's coast.

### Geological & Ecological Features

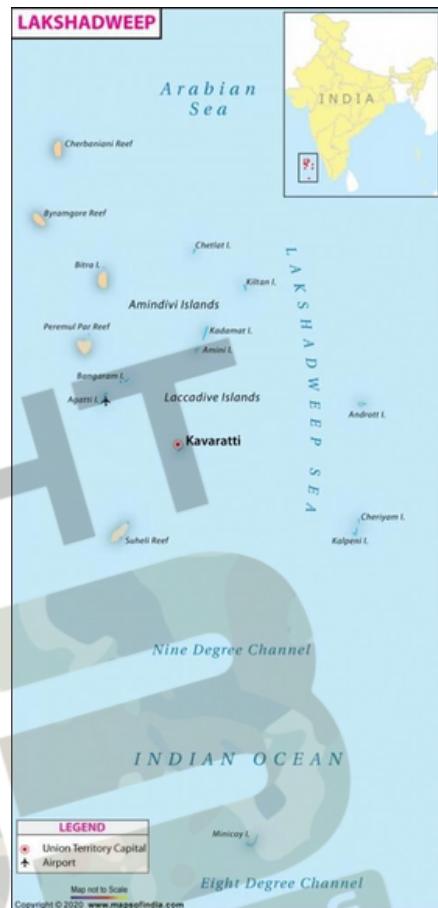
- Coral Islands: Entire archipelago made of coral deposits.
- Topography: Flat islands, low elevation (most under 5 meters above sea level), no significant hills or valleys.
- Flora & Fauna: No forests; Pitti Island is a bird sanctuary, vital for sea turtle breeding and pelagic birds like brown noddy and crested terns.
- Vulnerability: Extremely vulnerable to sea-level rise due to low elevation.

### Climate & Economy

- Climate: Tropical marine, influenced by the monsoons.
- Economy: Fishing is the main occupation for local population.

### Important Channels

- 8° Degree Channel: Separates Minicoy Island from the Maldives.
- 9° Degree Channel: Separates Minicoy from the main Lakshadweep archipelago.



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### OTHER IMPORTANT ISLANDS:

- SRIHARIKOTA ISLAND :
- ABDUL KALAM ISLAND/WHEELER ISLAND :
- PAMBAN ISLAND :
- MAJULI ISLAND :
- DIU ISLAND :
- SAGAR ISLAND :
- HALLIDAY ISLAND :

Good evening mam...!!  
Your student Nikita here

You are not just ok queen... you are

200+

RECOMMENDATIONS

10,000+

SELECTION CDS/AFCAT

AIR 26

CDS 2 - 2018  
5 TIMES RECOMMENDED

GET READY, GET SELECTED!

TIMETABLE

DAILY DIYS + NOTES

DAILY QUIZ

ACCESS ALL ON TELEGRAM

“ WE BELIEVE IN  
Smart Work ”

INSIGHT SSB		
AFCAT 50 DAYS STUDY TIMETABLE		
DAYS	DATE	TOPIC
Day 1	20 <sup>th</sup> June	Percentage Basic 1 & 2
Day 2	21 <sup>st</sup> June	Percentage Part 1 & 2
Day 3	22 <sup>nd</sup> June	Percentage Part 3 & 4
Day 4	23 <sup>rd</sup> June	Percentage Part 5
Day 5	24 <sup>th</sup> June	Percentage Part 6
Day 6	25 <sup>th</sup> June	Ratio & Proportion Part 1, Stone Age and Indus Valley, Vedic and Post Vedic Era
Day 7	26 <sup>th</sup> June	Ratio & Proportion Part 2 & 3, Bhagavad Gita, Mahabharata, Mauryan Empire, Castes and Currencies
Day 8	27 <sup>th</sup> June	Ratio & Proportion Part 4, Buddhism and Jainism, Important Dynasties (Part 1 & 2)
Day 9	28 <sup>th</sup> June	Ratio & Proportion Part 5, Delhi Sultanate, Famous days and Dates
Day 10	29 <sup>th</sup> June	Mixture Part 1 & 2, Mughals, Travellers to India, Shahzad and Sultans
Day 11	30 <sup>th</sup> June	Alligation Part 3 & 2, Yuva Nagar and Bahamani, Father of Various fields
Day 12	1 <sup>st</sup> July	Profit & Loss Part 1 & 2, Charter Accs, Land Revenue, Congress Session
Day 13	2 <sup>nd</sup> July	Profit & Loss Part 3 & 4, Battles and Treaties, Invention and Discoveries
Day 14	3 <sup>rd</sup> July	Profit & Loss Part 5, Governor Generals and Viceroys, Books
Day 15	4 <sup>th</sup> July	Partnership, Important commissions in British India, Politics Organisation and Societies, Nicknames of famous personalities
Day 16	5 <sup>th</sup> July	Simple Interest Part 1 & 2, Maratha, Revolt of 1857, Revolutionary side of Freedom struggle, Indian Freedom Struggle, Revolutions
Day 17	6 <sup>th</sup> July	Compound Interest Part 1 & 2, Newspaper in Modern India, Socio – Reforms Movement, United States



FOUNDER OF INSIGHT SSB  
VAISHALI MAM

Ma'am, the were around 170-173, as per the provided answer keys from various

7:15 PM

and in GS? 7:20 PM

ULTIMATE GUIDE

FOR AFCAT/CDS/NDA



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