



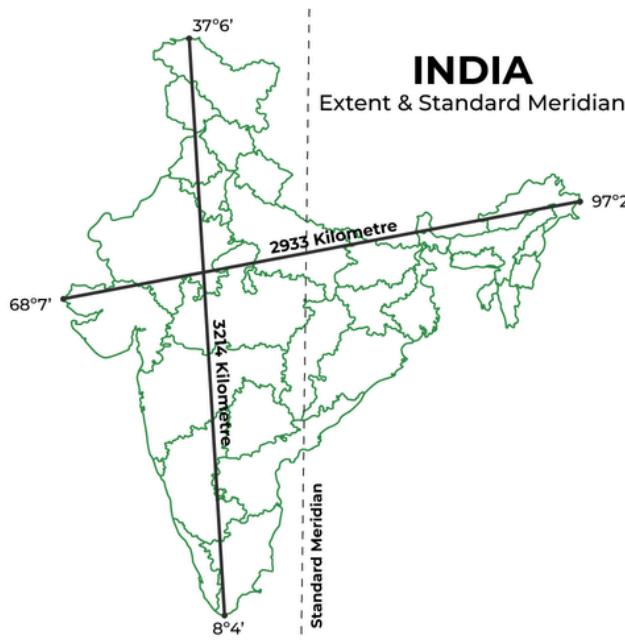
BY INSIGHT SSB

OLIVE PRINT

THE ULTIMATE GUIDE TO SUCCESS
FOR CDS/NDA

INDIA LOCATION & SIZE

- India lies entirely in the Northern Hemisphere and is longitudinally located in the Eastern Hemisphere.
 - Latitude – between **8°4' N & 37°6' N**, from south to north.
 - Longitude – between **68°7' E & 97°25' E**, from west to east.
 - The Tropic of Cancer (23°30' N)** divides India into almost two equal parts. It passes through eight states – **Gujarat, Rajasthan, Madhya Pradesh, Chhattisgarh, Jharkhand, West Bengal, Tripura and Mizoram**.
 - To the south-east of the mainland lies the **Andaman and Nicobar Islands** in the Bay of Bengal.
 - To the south-west of the mainland lies the **Lakshadweep Islands** in the Arabian sea.
 - The southernmost part of India called “**Indira Point**” (Great Nicobar Island of the Andaman and Nicobar Islands) got submerged under seawater in 2004 during the Tsunami.
- Area – **3.28 million square km**.
- Its area is about **2.4 %** of the total geographical area of the world.
- It is the **7th largest country** in the world after Russia, Canada, USA, China, Brazil and Australia.
- Land boundary – approx. **15,200 km**.
- Both the longitudinal and latitudinal extent of the mainland is approx. 30°.
- The mainland of India extends from Kashmir in the north to Kanyakumari in the south (3214 km) and Arunachal Pradesh in the east to Gujarat in the west (2933 km).
- The southern part of the country lies within the Tropics and the northern part lies in the sub-tropical zone or the warm temperate zone.
- The **Standard Meridian of India (82°30' E)** passes through Mirzapur in Uttar Pradesh and is taken as the standard time for the whole country (there is a time lag of 2 hrs from Gujarat to Arunachal Pradesh). Indian Standard Time is ahead of Greenwich Mean Time by 5 hours and 30 minutes. The Standard Meridian of India passes through Uttar Pradesh, Madhya Pradesh, Chhattisgarh, Telangana and Andhra Pradesh.



- India is located in the south-central part of the continent of Asia.
- India shares its land boundaries with seven countries – Pakistan and Afghanistan in the north-west, China, Nepal and Bhutan in the north and Myanmar and Bangladesh in the east. Among these, the longest border is shared by Bangladesh (4096.7 km) and the shortest by Afghanistan (106 km).
- Across the sea, the southern neighbours are Sri Lanka and the Maldives. Sri Lanka is separated from India by a narrow channel of sea formed by the Palk Strait and the Gulf of Mannar, and the Maldives islands are situated to the south of the Lakshadweep islands.

1. Pakistan - Gujarat, _____

2. Afghanistan - Ladakh

3. China- Ladakh, Himachal Pradesh, Uttarakhand, _____

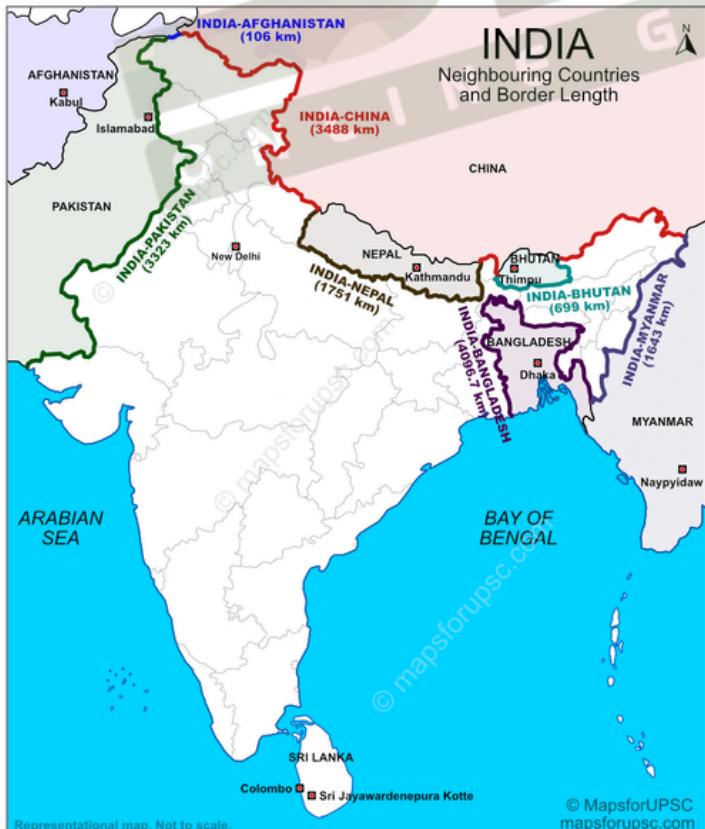
4. Nepal- Uttarakhand, _____

5. Bhutan- Sikkim, West-Bengal

6. Bangladesh- West-Bengal , _____, Tripura, Mizoram

7. Myanmar- _____, Manipur, Mizoram

DIY



Indian states which share more than 2 international boundaries:

- 1) Sikkim
- 2) Arunachal Pradesh
- 3) West-Bengal and UT which shares more than 2 international boundaries:

1) Ladakh

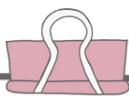
PHYSICAL FEATURES OF INDIA

Major physiographic divisions of India are as follows:

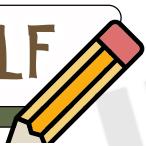
- The Himalayan Range of Mountains
- The Northern Plains
- The Indian Desert
- The Peninsular plateau
- The Coastal Plains
- The Islands of India



DO IT YOURSELF

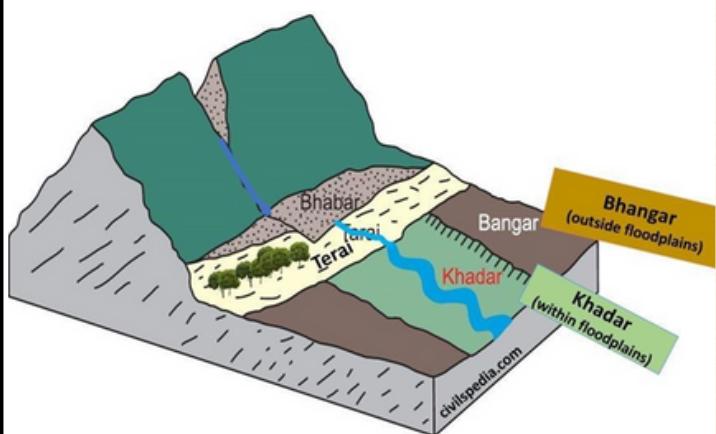


Write a Short note
on Physiographic
Division of
Himalayas



THE NORTHERN PLAINS

The Northern Plains of India lie south of the Shiwaliks, between the Himalayas and Peninsular India. Formed by alluvial deposits from the Indus, Ganga, Brahmaputra, and their tributaries, it spans 7 lakh sq. km, stretching 2400 km in length and 240-320 km in width. The region, with rich soil, ample water, and a favorable climate, is highly productive agriculturally.



- The Northern Plains of India were formed by sediment deposits from the Ganges, Yamuna, Brahmaputra, and tributaries.
- Rising Himalayas caused rivers to erode more land, transporting large amounts of silt, sand, and clay to the plains.
- Multiple layers of alluvial deposits built up over time due to continued sediment deposition.
- Rivers frequently changed course and flooded, adding new sediments and reshaping the land.
- The plains are highly fertile, supporting extensive agriculture and a dense population due to rich soil and favorable climate.

PUNJAB PLAINS

- Formed by the Indus and its tributaries (Jhelum, Chenab, Ravi, Beas, Sutlej); a large part lies in Pakistan.
- Key features:
 - Khadar floodplains: Known as 'Betlands' or 'Bets'.
 - Dhayas: Bluffs flanking broad floodplains.
 - Chhos: Eroded areas near Shivalik hills.
 - Hisar district: Characterized by sandy terrain and shifting sand dunes.

GANGA PLAINS

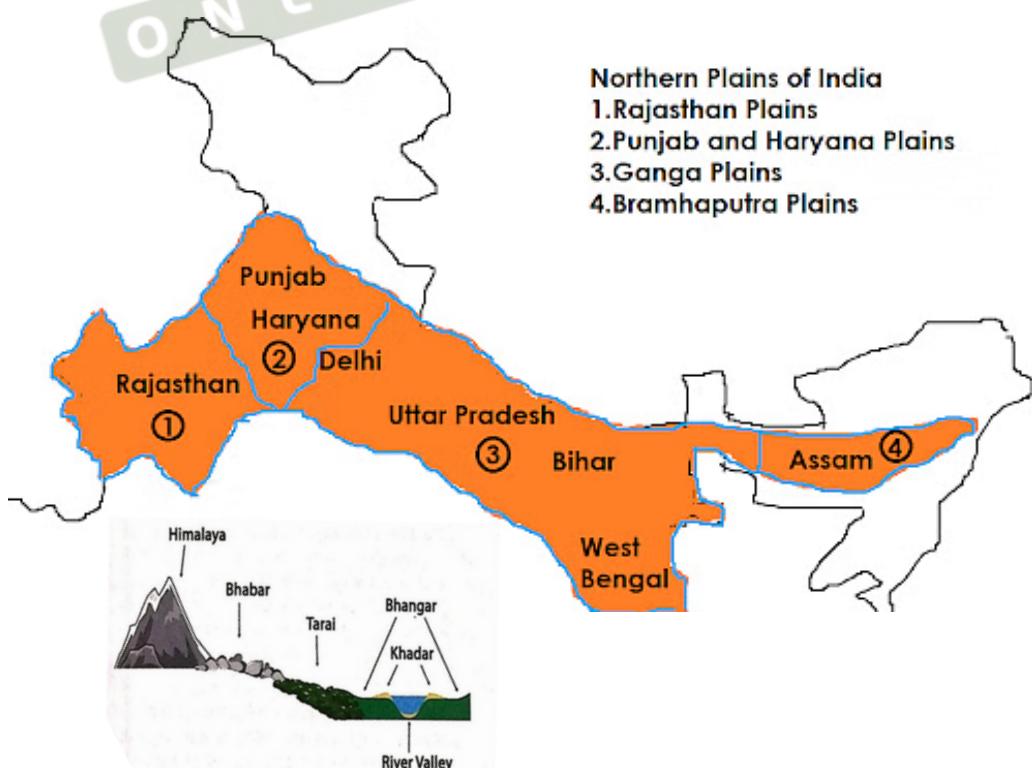
- Extends from the Ghaggar to Teesta rivers, covering Haryana, Delhi, Uttar Pradesh, Bihar, Jharkhand, and West Bengal.
- Prone to flooding, especially from the Kosi river ("Sorrow of Bihar").
- Home to Ganga-Brahmaputra Delta: The world's largest delta, with Sunderban tidal forests.

BRAHMAPUTRA PLAINS

- Mainly in Assam; fertile soils, flat terrain, and slow-moving rivers favor intense agriculture.
- Known for cultural tourism: Hosts pilgrimage centers like Haridwar, Varanasi, Bodh Gaya.
- Rich in petroleum and natural gas deposits.
- Regions by relief:
 - Bhabar: Pebble deposits from rivers, porous region, streams disappear.
 - Terai: Marshy belt with re-emerging streams, dense vegetation, and wildlife.
 - Bhangar: Older alluvium, terrace-like features, and calcareous soil (Kankar).
 - Khadar: Newer fertile floodplain deposits, ideal for agriculture.

RAJASTHAN PLAIN

- Occupied by Thar Desert (Marusthali), with an average elevation of 325 m.
- Geologically part of the Peninsular Plateau with outcrops of gneisses, schists, and granites.
- Eastern Thar Desert (Rajasthan Bagar) is semi-arid.
- Luni River: Seasonal stream flowing into Rann of Kutch; Thali sandy plains lie north of Luni.



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