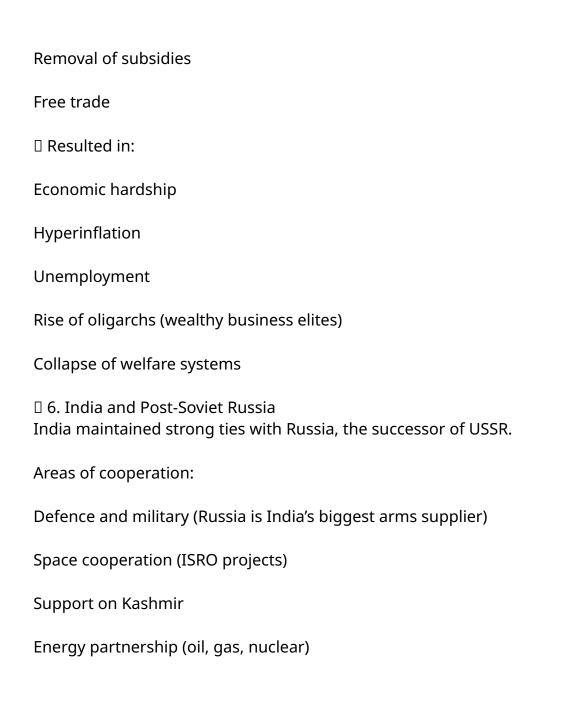
 Book 1: Contemporary World Politics Chapter 1: The Cold War Era (Detailed NCERT-Based Summary) 1. Emergence of the Cold War After the end of World War II (1945), the world was divided into two major ideological blocs:
The United States (USA) leading the capitalist bloc
The Soviet Union (USSR) leading the communist bloc
Cold War refers to the state of tension and hostility without direct military confrontation.
□ "The Cold War was not simply a matter of power rivalry, of military alliances, and of the balance of power. These were accompanied by a real ideological conflict." — NCERT
The world experienced a bipolar international order, with both powers competing for influence, alliances, and military supremacy.
☐ 2. The Cuban Missile Crisis (1962) In 1962, the US discovered Soviet nuclear missiles stationed in Cuba, just 90 miles off the American coast.
The crisis brought the world to the brink of nuclear war.
Eventually, diplomacy prevailed, and the crisis ended with the Soviet withdrawal of missiles in exchange for the US not invading Cuba.
☐ This incident marked the peak of Cold War tensions.
□ 3. Nature and Features of the Cold War No direct armed conflict between the superpowers.

Included:	
Arms Race (especially	v nuclear weapons)
Military Alliances	
Propaganda	
Proxy Wars in Korea,	Vietnam, Afghanistan
The concept of Mutua	ally Assured Destruction (MAD) ensured nuclear deterrence.
☐ 4. Formation of Mili Western Bloc (led by NATO (North Atlantic	
SEATO (South East As	ia Treaty Organization) – 1954
CENTO (Central Treat	y Organization) – 1955
Eastern Bloc (led by U Warsaw Pact – 1955	JSSR):
These alliances had c	ollective defense commitments, aiming to check the other's influence.
☐ 5. Arena of the Colo Though direct conflic	d War: Proxy Wars t was avoided, both powers intervened in regional conflicts to promote their ideology:
□ Examples:	

Korean War (1950–53): North Korea (communist) vs South Korea (capitalist)
Vietnam War (1955–75): USA supported South Vietnam against the communist North
Afghanistan (1979): USSR invaded, USA supported the Mujahideen
🛘 "These confrontations were accompanied by diplomatic communication, arms control agreements and reduced tensions." — NCERT
□ 6. Non-Aligned Movement (NAM) In response to superpower rivalry, newly independent countries initiated NAM in 1961, refusing to join any military bloc.
Founders:
Jawaharlal Nehru (India)
Josip Broz Tito (Yugoslavia)
Gamal Abdel Nasser (Egypt)
🛘 "Non-alignment was not about being neutral or passive. It meant staying away from alliances and preserving independence in foreign policy." — NCERT
NAM focused on:
Peace
Cooperation

Now continuing with:
☐ Chapter 2: The End of Bipolarity (Detailed NCERT-Based Summary) ☐ 1. Disintegration of the Soviet Union (1991) On December 25, 1991, the USSR formally disintegrated, leading to the end of the Cold War and emergence of 15 independent republics.
🛘 "The disintegration of the USSR was perhaps the most important event that signaled the end of the Cold War." — NCERT
Major Reasons:
Stagnant economy
Inefficient bureaucracy
Authoritarian governance
Gorbachev's reforms (1985–1991)
Over-centralization
Failure to address national aspirations
□ 2. Gorbachev's Reforms Mikhail Gorbachev introduced:
Perestroika (Restructuring) – economic reforms to introduce limited capitalism

Glasnost (Openness) – allowed criticism of the government, free press These reforms weakened Communist control and accelerated demands for independence in Soviet republics. ☐ 3. Coup and Collapse In 1991, Communist hardliners attempted a coup against Gorbachev. Boris Yeltsin, president of the Russian Republic, opposed the coup and emerged as a national hero. Gorbachev resigned; the Soviet Union ceased to exist. ☐ 4. Consequences of Soviet Disintegration End of bipolarity Emergence of Unipolar World (USA as sole superpower) Rise of new independent countries with different trajectories: Some moved to democracy (like Ukraine, the Baltic states) Others became autocratic (like Belarus, Turkmenistan) ☐ 5. Shock Therapy Refers to the sudden transition from communism to capitalism in post-Soviet states. Policies included: Privatization



🛘 "India-Russia relations are rooted in history, mutual trust and common interests." — NCERT				