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METIS 2026

Mentoring and Enabling Through Intelligent Supports System

EXCLUSIVELY FOR

UPSC MAINS

100

HUNDRED DAYS

ANSWER WRITING CHALLENGE

FOR GENERAL STUDIES

TEST SCHEDULE & PLANNER

Exclusively for UPSC Mains 100 Days Answer Writing Challenge

DAY **01**

10th Jun 2026
Wednesday

INTRO

**ORIENTATION &
HOW TO APPROACH MAINS?**

11th Jun 2026
Thursday

DAY **02**

Indian Constitution—Historical Underpinnings, Evolution, Features, Amendments, Significant Provisions and Basic Structure.

POLITY

12th Jun 2026
Friday

DAY **03**

Functions and Responsibilities of the Union and the States, Issues and Challenges Pertaining to the Federal Structure, Devolution of Powers and Finances up to Local Levels and Challenges Therein.

POLITY

DAY **04**

13th Jun 2026
Saturday

POLITY

REVISION / STUDY DAY

14th Jun 2026
Sunday

DAY **05**



DAY **06**

15th Jun 2026
Monday

POLITY

Separation of Powers between various organs Dispute Redressal Mechanisms and Institutions, Comparison of the Indian Constitutional Scheme with that of Other Countries.

16th Jun 2026
Tuesday

DAY **07**

Parliament and State Legislatures—Structure, Functioning, Conduct of Business, Powers & Privileges and Issues Arising out of these, Structure, Organization and Functioning of the Executive and the Judiciary—Ministries and Departments of the Government.

POLITY

17th Jun 2026
Wednesday

DAY **08**

REVISION / STUDY DAY

POLITY

DAY **09**

18th Jun 2026
Thursday

POLITY

REVISION / STUDY DAY

DAY **10**

19th Jun 2026
Friday

POLITY

Appointment to various Constitutional Posts, Powers, Functions and Responsibilities of various Constitutional Bodies, Statutory, Regulatory and various Quasi-judicial Bodies

20th Jun 2026
Saturday

DAY **11**

Pressure Groups and Formal/Informal Associations and their Role in the Polity, Salient Features of the Representation of People's Act.

POLITY

21st Jun 2026
Sunday

DAY **12**



DAY **13**

22nd Jun 2026
Monday

GOVERNANCE

Development Processes and the Development Industry — the Role of NGOs, SHGs, various groups and associations, donors, charities, institutional and other stakeholders.

23rd Jun 2026
Tuesday

DAY **14**

Important Aspects of Governance, Transparency and Accountability, E-governance- applications, models, successes, limitations, and potential; Citizens Charters, Transparency & Accountability and institutional and other measures.

GOVERNANCE

DAY **15**

24th Jun 2026
Wednesday

GOVERNANCE

REVISION / STUDY DAY

25th Jun 2026
Thursday

DAY **16**

REVISION / STUDY DAY

GOVERNANCE

DAY **17**

26th Jun 2026
Friday

GOVERNANCE | REVISION / STUDY DAY

27th Jun 2026
Saturday

Role of Civil Services in a Democracy, Government Policies and Interventions for Development in various sectors and Issues arising out of their Design and Implementation.

DAY **18**

GOVERNANCE

28th Jun 2026 Sunday

DAY **19**



DAY **20**

29th Jun 2026
Monday

IR | India and its Neighborhood- Relations.

30th Jun 2026
Tuesday

DAY **21**

Bilateral, Regional and Global Groupings and Agreements involving India and/or affecting India's interests

IR

01st Jul 2026
Wednesday

DAY **22**

REVISION / STUDY DAY | **IR**

DAY **23**

02nd Jul 2026
Thursday

IR | REVISION / STUDY DAY

DAY **24**

03rd Jul 2026
Friday

IR | Effect of Policies and Politics of Developed and Developing Countries on India's interests.

04th Jul 2026
Saturday

DAY **25**

Indian Diaspora, Important International Institutions, agencies and fora - their Structure, Mandate.

IR

05th Jul 2026 Sunday

DAY **26**



DAY **27**

06th Jul 2026
Monday

SOCIAL JUSTICE

Welfare Schemes for Vulnerable Sections of the population by the Centre and States and the Performance of these Schemes; Mechanisms, Laws, Institutions and Bodies constituted for the Protection and Betterment of these Vulnerable Sections.

REVISION / STUDY DAY

SOCIAL JUSTICE

08th Jul 2026
Wednesday

DAY **29**

Issues Relating to Development and Management of Social Sector/Services relating to Health, Education, Human Resources.- Issues relating to Poverty and Hunger.

SOCIAL JUSTICE

DAY **30**

09th Jul 2026
Thursday



ESSAY ORIENTATION

DAY **31**

10th Jul 2026
Friday



REVISION / STUDY DAY

11th Jul 2026
Saturday

DAY **32**

ESSAY



12th Jul 2026 Sunday

GS-II TEST

DAY **33**



DAY **34**

13th Jul 2026
Monday

ECONOMY

Indian Economy and issues relating to Planning, Mobilization of Resources.

14th Jul 2026
Tuesday

DAY **35**

Growth, Development and Employment. Inclusive Growth and issues arising from it.

ECONOMY

DAY **36**

15th Jul 2026
Wednesday

ECONOMY

REVISION / STUDY DAY

16th Jul 2026
Thursday

DAY **37**

REVISION / STUDY DAY

ECONOMY

17th Jul 2026
Friday

DAY **38**

Government Budgeting, Effects of Liberalization on the Economy, Changes in Industrial Policy and their Effects on Industrial Growth.

ECONOMY

DAY **39**

18th Jul 2026
Saturday

ECONOMY

Infrastructure: Energy, Ports, Roads, Airports, Railways etc, Investment Models.

19th Jul 2026 Sunday

DAY **40**



DAY **41**

20th Jul 2026
Monday

AGRICULTURE

E-technology in the aid of farmers, Issues related to Direct and Indirect Farm Subsidies and Minimum Support Prices; Public Distribution System - Objectives, Functioning, Limitations, Revamping

21st Jul 2026
Tuesday

DAY **42**

Major Crops - Cropping Patterns in various parts of the country, - Different Types of Irrigation and Irrigation Systems : Storage, Transport and Marketing of Agricultural Produce and Issues and Related Constraints

AGRICULTURE

22nd Jul 2026
Wednesday

DAY **43**

REVISION / STUDY DAY

AGRICULTURE

DAY **44**

23rd Jul 2026
Thursday

REVISION / STUDY DAY

AGRICULTURE

24th Jul 2026
Friday

DAY **45**

Issues of Buffer Stocks and Food Security; Technology Missions; Economics of Animal-Rearing.

AGRICULTURE

DAY **46**

25th Jul 2026
Saturday

AGRICULTURE

Food Processing and Related Industries in India- Scope' and Significance, Location, Upstream and Downstream Requirements, Supply Chain Management.

26th Jul 2026 Sunday

ESSAY EXERCISES

DAY **47**



DAY **48**

27th Jul 2026
Monday

ENVIRONMENT

Conservation, Environmental Pollution and Degradation, Environmental Impact Assessment.

28th Jul 2026
Tuesday

DAY **49**

Conservation, Environmental Pollution and Degradation, Environmental Impact Assessment.

ENVIRONMENT

29th Jul 2026
Wednesday

DAY **50**

REVISION / STUDY DAY

ENVIRONMENT

DAY **51**

30th Jul 2026
Thursday

REVISION / STUDY DAY

ENVIRONMENT

DAY **52**

31st Jul 2026
Friday

SCIENCE

Science and Technology- Developments and their Applications and Effects in Everyday Life, Achievements of Indians in Science & Technology; Indigenization of Technology and Developing New Technology.

01st Aug 2026
Saturday

Awareness in the fields of IT, Space, Computers, Robotics, Nano-technology, Bio-technology and issues relating to Intellectual Property Rights.

DAY **53**

SCIENCE

02nd Aug 2026 Sunday

DAY **54**



DAY **55**

03rd Aug 2026
Monday

SECURITY

Linkages between Development and Spread of Extremism, Role of External State and Non-state Actors in creating challenges to Internal Security.

04th Aug 2026
Tuesday

Challenges to Internal Security through Communication Networks, Role of Media and Social Networking Sites in Internal Security Challenges, Basics of Cyber Security; Money-Laundering and its prevention.

DAY **56**

SECURITY

05th Aug 2026
Wednesday

DAY **57**

REVISION / STUDY DAY

SECURITY

DAY **58**

06th Aug 2026
Thursday

REVISION / STUDY DAY

SECURITY

DAY **59**

07th Aug 2026
Friday

SECURITY

Security Challenges and their Management in Border Areas - Linkages of Organized Crime with Terrorism, Various Security Forces and Agencies and their Mandate.

08th Aug 2026
Saturday

REVISION / STUDY DAY

DAY **60**

SECURITY

09th Aug 2026 Sunday

ESSAY EXERCISES

DAY **61**



DAY **62**

10th Aug 2026
Monday

DIS MGMT

Disaster and Disaster Management.

11th Aug 2026
Tuesday

Disaster and Disaster Management.

DAY **63**

DIS MGMT

12th Aug 2026
Wednesday

DAY **64**

REVISION / STUDY DAY

DIS MGMT

DAY **65**

13th Aug 2026
Thursday

HISTORY

Indian Culture - Salient aspects of Art Forms, Literature and Architecture from ancient to modern times.

14th Aug 2026
Friday

DAY **66**

Indian Culture - Salient aspects of Art Forms, Literature and Architecture from ancient to modern times.

HISTORY

DAY **67**

ESSAY



16th Aug 2026 Sunday

GS-II TEST

DAY **68**



DAY **69**

17th Aug 2026
Monday

HISTORY

Indian Culture - Salient aspects of Art Forms, Literature and Architecture from ancient to modern times.

18th Aug 2026
Tuesday

DAY **70**

Indian Culture - Salient aspects of Art Forms, Literature and Architecture from ancient to modern times.

HISTORY

19th Aug 2026
Wednesday

DAY **71**

REVISION / STUDY DAY | **HISTORY**

DAY **72**

20th Aug 2026
Thursday

HISTORY

History of the World will include events from 18th century such as Industrial Revolution, world wars, Redrawing of National Boundaries.

DAY **73**

21st Aug 2026
Friday

HISTORY

Colonization, Decolonization, political philosophies like Communism, Capitalism, Socialism etc.— their forms and effect on the society. Post-independence Consolidation and Reorganization within the country

22nd Aug 2026
Saturday

DAY **74**

Modern Indian History from about the middle of the eighteenth century until the present-significant events, personalities, issues.

HISTORY

23rd Aug 2026 Sunday

DAY **75**



DAY **76**

24th Aug 2026
Monday

HISTORY

The Freedom Struggle — its various stages and important contributors/contributions from different parts of the country.

25th Aug 2026
Tuesday

DAY **77**

The Freedom Struggle — its various stages and important contributors/contributions from different parts of the country.

HISTORY

26th Aug 2026
Wednesday

DAY **78**

REVISION / STUDY DAY | **HISTORY**

DAY **79**

27th Aug 2026
Thursday

SOCIETY

Salient features of Indian Society, Diversity of India.

DAY **80**

28th Aug 2026
Friday

SOCIETY

Role of Women and Women's Organization, Population and Associated Issues, Poverty and Developmental issues, Urbanization, their problems and their remedies.

29th Aug 2026
Saturday

DAY **81**

REVISION / STUDY DAY | **SOCIETY**

30th Aug 2026 Sunday

ESSAY EXERCISES

DAY **82**



DAY **83**

31st Aug 2026
Monday

SOCIETY

Effects of Globalization on Indian society.

01st Sep 2026
Tuesday

DAY **84**

Social Empowerment, Communalism, Regionalism & Secularism.

SOCIETY

02nd Sep 2026
Wednesday

DAY **85**

REVISION / STUDY DAY | **SOCIETY**

DAY **86**

03rd Sep 2026
Thursday

GEOGRAPHY

Salient features of World's Physical Geography.

DAY **87**

04th Sep 2026
Friday

GEOGRAPHY

REVISION / STUDY DAY

05th Sep 2026
Saturday

DAY **88**

ESSAY



06th Sep 2026

Sunday

ESSAY EXERCISES

DAY **89**



DAY **90**

07th Sep 2026
Monday

GEOGRAPHY

Distribution of Key Natural Resources across the world (including South Asia and the Indian sub-continent); factors responsible for the location of primary, secondary, and tertiary sector industries in various parts of the world (including India).

08th Sep 2026
Tuesday

DAY **91**

Important Geophysical Phenomena such as earthquakes, Tsunami, Volcanic activity, cyclone etc., geographical features and their location-changes in critical geographical features (including water-bodies and ice-caps) and in flora and fauna and the effects of such changes.

GEOGRAPHY

09th Sep 2026
Wednesday

DAY **92**

REVISION / STUDY DAY | **GEOGRAPHY**

DAY **93**

10th Sep 2026
Thursday

ETHICS

Ethics and Human Interface: Essence, Determinants and Consequences of Ethics in - Human Actions; Dimensions of Ethics; Ethics - in Private and Public Relationships.

DAY **94**

11th Sep 2026
Friday

ETHICS

Human Values - Lessons from the Lives and Teachings of Great Leaders, Reformers and Administrators; Role of Family Society and Educational Institutions in Inculcating Values. Contributions of Moral Thinkers and Philosophers from India and World.

12th Sep 2026
Saturday

DAY **95**

REVISION / STUDY DAY | **ETHICS**

13th Sep 2026

Sunday

GS - I TEST

DAY **96**



DAY **97**

14th Sep 2026
Monday

ETHICS

Attitude: Content, Structure, Function; its Influence and Relation with Thought and Behaviour; Moral and Political Attitudes; Social Influence and Persuasion.

15th Sep 2026
Tuesday

DAY **98**

Aptitude and Foundational Values for Civil Service, Integrity, Impartiality and Non-partisanship, Objectivity, Dedication to Public Service, Empathy, Tolerance and Compassion towards the weaker-sections.

ETHICS

16th Sep 2026
Wednesday

DAY **99**

REVISION / STUDY DAY | **ETHICS**

DAY **100**

17th Sep 2026
Thursday

ETHICS

Emotional Intelligence-Concepts, and their Utilities and Application in Administration and Governance.

18th Sep 2026
Friday

DAY **101**

Public/Civil Service Values and Ethics in Public Administration: Status and Problems; Ethical Concerns and Dilemmas in Government and Private Institutions;

ETHICS

DAY **102**

19th Sep 2026
Saturday

ETHICS

Laws, Rules, Regulations and Conscience as Sources of Ethical Guidance; Accountability and Ethical Governance; Strengthening of Ethical and Moral Values in Governance; Ethical Issues in International Relations and Funding; Corporate Governance.

20th Sep 2026 Sunday

DAY **103**



DAY **104**

21st Sep 2026
Monday

ETHICS

Probity in Governance: Concept of Public Service; Philosophical Basis of Governance and Probity; Information Sharing and Transparency in Government, Right to Information, Codes of Ethics, Codes of Conduct, Citizen's Charters, Work Culture, Quality of Service Delivery, Utilization of Public Funds, Challenges of Corruption.

22nd Sep 2026
Tuesday

DAY **105**

REVISION / STUDY DAY

ETHICS

23rd Sep 2026
Wednesday

DAY **106**

CASE STUDIES

ETHICS

DAY **107**

24th Sep 2026
Thursday

CASE STUDIES

ETHICS

DAY **108**

25th Sep 2026
Friday

CASE STUDIES

ETHICS

UPSC MAINS MODEL TEST

28th Sep 2026 Monday

30th Sep 2026 Wednesday

01st Oct 2026 Thursday

Essay

GS-I and II

GS-III and GS- IV

FEE DETAILS

UPSC METIS 2026

: ₹ 4,999/- Only

GENERAL INSTRUCTIONS:

- 45 Minutes-5 Questions Daily
- Discussion for Enrichment of Answers
- Evaluation & Feedback by Experts for Daily Tests
- Subject-wise orientation sessions
- Model Answers for Daily tests
- Full-Length Test for each GS Paper
- Simulation Mock Tests

TEST CENTERS

CHENNAI

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☎ : 9626252500 / 9626253300

TRICHY BRANCH

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