Chapter 1: Geo-strategic Set-up:
   a) Geopolitical Significance of the area
   b) Arabian sea in relation to Pakistan and India.

Chapter II: Arabian Sea Through the Ages
   a) Arabian sea during the 16th and 18th century.
   b) The sea in 19th Century
   c) The Position during W.W.I & II
   d) The Significance of Straits, Gulf region and strategic sub-ways - strait of Hormuz, Persian Gulf, Red sea sub-way, Gulf of Aden, Gulf of Katch.

Chapter III: Power Struggle in the Area During the Colonial Period.
   a) Arabian sea during Mesopotamia expedition
   b) Arab oil Embargo and British Policy on the Arabian sea.
   c) British Govt. and Control of Sources of supply through this sea.
   d) British War time oil administration problems in the region.
   e) Arabian sea as a part of British lake
CHAPTER - IV GREAT POWER INTERVENTION IN THE REGION:

a) Strategic Priorities of the Super-Powers
   185 - 263

b) Creative Crises management and
   Reactions of littoral states.
   263 - 315

CHAPTER - V ARABIAN SEA IN THE REGIONAL SECURITY ENVIRONMENT

a) Strategic security Balance of Indo-Pak Coastal region.
   316 - 342

b) Naval Presence of littoral states in the sea.
   343 - 367

CHAPTER - VI MILITARY DEFENCE OF INDIA'S MARITIME INTERESTS IN THE ARABIAN SEA

368 - 433

CHAPTER - VII CONCLUSIONS & SUGGESTIONS

434 - 474

BIBLIOGRAPHY

475 - 485