

14-Day Study Plan for Cracking the MNS Exam

Cracking the **Military Nursing Service (MNS) Exam** in a short time requires **precision, discipline, and a powerful revision strategy**. If you have already completed most of the syllabus and are now in the **final stretch of preparation**, this **14-day MNS crash study plan** designed by **Victor Growth experts** will help you **maximize your score, boost confidence, and avoid last-minute panic**.

This plan is strictly based on:

- ☐ Latest MNS syllabus & exam pattern
- ☐ High-weightage topics
- ☐ Time-bound practice
- ☐ Daily revision + mock testing

Before You Start the 14-Day Plan - Important Instructions

- Study **8-10 focused hours daily**
- Follow the **NCERT-first approach**
- Revise formulas & Biology diagrams daily
- Attempt **1 full or sectional mock test every day**
- Maintain an **error notebook**
- Sleep at least **7 hours daily**

☐ 14-Day Day-Wise MNS Study Plan (Physics, Chemistry & English)

DAY 1 - Physics Core + English Grammar

- **Physics:** Kinematics, Laws of Motion
- **English:** Tenses, Articles
- **Practice:** 120 MCQs
- **Revision:** Physics formulas

DAY 2 - Physics + Vocabulary

- **Physics:** Work, Energy & Power
 - **English:** Synonyms, Antonyms, One-word Substitution
 - **Practice:** 120 MCQs
 - **Mock:** 1 Physics sectional test
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DAY 3 - Thermodynamics + Reading Skills

- **Physics:** Thermodynamics
 - **English:** Reading Comprehension
 - **Practice:** 100 MCQs
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DAY 4 - Electrostatics + Error Detection

- **Physics:** Electrostatics, Current Electricity
 - **English:** Error Spotting
 - **Mock:** Physics full-length test
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DAY 5 - Magnetism & Communication

- **Physics:** Magnetism, EMI, AC
 - **English:** Voice & Narration
 - **Practice:** 120 MCQs
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DAY 6 - Optics + Sentence Structure

- **Physics:** Ray Optics, Wave Optics
 - **English:** Sentence Improvement, Rearrangement
 - **Mock:** Physics revision test
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DAY 7 - Physics Final Revision

- Full Physics syllabus revision

- Formula test + Error analysis
 - **Mock:** Full Physics + English mixed test
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DAY 8 - Physical Chemistry + English

- Mole Concept, Solutions, Thermodynamics
 - Fill in the Blanks, Cloze Test
 - 120 MCQs
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DAY 9 - Inorganic Chemistry

- Periodic Table, Chemical Bonding, Coordination Compounds
 - English Vocabulary Revision
 - Sectional Mock + Error Analysis
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DAY 10 - Organic Chemistry (Part 1)

- Hydrocarbons, Haloalkanes
 - English Grammar Full Revision
 - Daily Mock Test
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DAY 11 - Organic Chemistry (Part 2)

- Alcohols, Phenols, Ethers, Amines
 - English Practice Set
 - Mock + Error Notebook
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DAY 12 - Chemistry Final Revision

- Complete Chemistry Formula & Reaction Revision
 - Full Chemistry Mock Test
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DAY 13 - Grand Revision Day

- Physics + Chemistry Important Formulas
- English All Rules Quick Revision
- **Mock:** Full-Length MNS Mock Test 1
- Deep analysis of mistakes

DAY 14 - Final Confidence Booster Day

- Light revision only
- Error notebook final reading
- One last **Full-Length Mock Test 2**
- Mental relaxation & confidence building

□ Daily Time Table Structure (Recommended)

Time	Activity
6:00–8:00 AM	Physics
9:30–11:30 AM	Chemistry
2:00–4:00 PM	English
5:30–7:00 PM	MCQs Practice
8:30–9:30 PM	Revision + Error Analysis

□ Most Scoring Topics for Last 14 Days

Physics

- Electrostatics
- Current Electricity
- Thermodynamics
- Optics
- EMI & AC

Chemistry

- Mole Concept
- Chemical Bonding
- Coordination Compounds
- Biomolecules
- Alcohols & Amines

English

- Error Spotting
- Reading Comprehension
- Vocabulary
- Sentence Improvement

☐ Last 14 Days Do's & Don'ts for MNS

☐ Do's

- Revise NCERT daily
- Practice 100+ MCQs daily
- Analyze each mock seriously
- Maintain calm mental state
- Eat healthy & hydrate well

☐ Don'ts

- Avoid new books or topics
- Avoid late-night study
- Avoid negative discussions
- Do not skip mocks
- Do not overuse social media

☐ Physical & Mental Readiness During Final 14 Days

- Light daily walking/yoga
- Proper posture
- Deep breathing exercises
- Avoid junk food
- Maintain sleep cycle
- Positive visualization of success

☐ How Victor Growth Helps in Last 14 Days

At **Victor Growth**, we provide:

- Daily full-length MNS mock tests
- Rapid revision classes
- Doubt clearance sessions
- Personal mentor feedback
- Interview & medical guidance
- High-accuracy prediction papers
- Affordable Fee Structure

Final Words

These last **14 days are the most powerful phase of your MNS journey**. What matters now is **revision smartly, practicing intensely, and staying mentally strong**. If you follow this **Victor Growth 14-day MNS study plan with discipline**, your chances of cracking the MNS exam will increase significantly.

Success in MNS is not about how much you study today—but how smartly you revise now.

Frequently Asked Questions (FAQs)

1. Is a 14-day study plan really enough for MNS?

Yes, if **your basics are already clear** and you now focus only on **revision + mock tests + error correction**.

2. How many mock tests should I attempt in the last 14 days?

At least **10-12 full-length mock tests** with proper analysis.

3. Should I study new topics in the last 14 days?

No. The final 14 days are strictly for **revision and practice only**.

4. Which subject should I revise daily in the last 14 days?

You must revise **Physics formulas, Chemistry reactions, and English grammar daily**.

5. How many hours should I study daily in the final phase?

A focused **8-10 hours daily** is ideal without causing burnout.

6. Is physical fitness important during final 14 days?

Yes. Light exercise and proper sleep help in **better memory retention and stress control**.

7. Does Victor Growth provide last-minute MNS crash courses?

Yes. Victor Growth offers **14-day MNS rapid revision & test series programs** with complete mentor support.

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