

# 6-Month Study Plan to Crack NDA II 2026 in First Attempt

## Snapshot (Quick Overview)

- **Duration:** 6 Months (180 Days)
- **Subjects Covered:** Mathematics + GAT (English, GK, Science, Current Affairs)
- **Daily Study Time:** 6-8 Hours
- **Mock Tests:** 25-30 Full-Length Tests
- **Revision Strategy:** Weekly + Monthly
- **Focus:** Concept Clarity + Practice + Speed + Accuracy

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## ☐☐ Why a 6-Month Plan is Enough for NDA II 2026?

The **NDA exam conducted by UPSC** is not about extreme difficulty—it's about **discipline, consistency, and smart strategy**.

With a **well-structured 6-month plan**, even first-time aspirants can:

- Build strong fundamentals
- Practice effectively
- Improve speed & accuracy
- Crack NDA in the first attempt

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## ☐☐ Month-Wise Study Plan (6 Months Strategy)

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### ☐ Month 1 & 2: Foundation Building Phase

#### ☐☐ Mathematics Focus:

- Algebra (Basic concepts, equations)
- Trigonometry (Ratios, identities)
- Geometry (Lines, angles, triangles)
- Basic Statistics

## ☐☐ **GAT Focus:**

- English Grammar (Tenses, Vocabulary, Error spotting)
- Physics Basics (Motion, Force)
- History (Ancient + Medieval India)
- Current Affairs (Last 3 months)

## ☐☐ **Strategy:**

- Study **NCERT (Class 6-10 basics + Class 11-12 for Maths)**
- Make **short notes**
- Practice **basic questions daily**

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## ☐ **Month 3 & 4: Concept Strengthening + Practice**

### ☐☐ **Mathematics:**

- Calculus (Limits, Derivatives - basic level)
- Coordinate Geometry
- Probability

### ☐☐ **GAT:**

- Polity (Constitution, Fundamental Rights)
- Geography (Physical + Indian)
- Chemistry (Basic concepts)
- Biology (Human body, environment)
- Current Affairs (Daily reading)

### ☐☐ **Strategy:**

- Start solving **previous year questions (PYQs)**

- Practice **topic-wise mock tests**
  - Focus on **time management**
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## ☐ **Month 5: Intensive Practice Phase**

### ☐☐ **Mathematics:**

- Full syllabus revision
- Practice **mixed questions**

### ☐☐ **GAT:**

- Full syllabus coverage completed
- Daily **current affairs revision**

### ☐☐ **Strategy:**

- Attempt **2-3 full-length mock tests per week**
  - Analyze mistakes
  - Improve weak areas
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## ☐ **Month 6: Revision + Mock Test Phase**

### ☐☐ **Strategy:**

- Attempt **1 mock test every alternate day**
- Revise:
  - Formulas
  - Important facts
  - Short notes

### ☐☐ **Focus:**

- Speed + Accuracy

- Exam temperament
- Avoid new topics

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## ☐☐ Daily Study Timetable (Ideal Plan)

Time	Activity
6:00 – 8:00 AM	Mathematics Practice
10:00 – 12:00 PM	GAT Subject (Science/Polity/History)
2:00 – 3:00 PM	English Practice
4:00 – 6:00 PM	Maths Problem Solving
7:00 – 8:00 PM	Current Affairs
9:00 – 10:00 PM	Revision

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## ☐☐ Subject-Wise Weightage (NDA Exam)

### ☐☐ Mathematics:

- Total Marks: **300**
- Key Topics:
  - Algebra
  - Trigonometry
  - Geometry
  - Calculus

### ☐☐ GAT:

- Total Marks: **600**
- Sections:
  - English (200 marks)
  - General Knowledge (400 marks)

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## ☐☐ Best Books for NDA Preparation

### Mathematics:

- NCERT (Class 11 & 12)

- RS Aggarwal NDA Maths

## English:

- Objective General English – SP Bakshi

## GK & Science:

- Lucent GK
- NCERT Science Books

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## ☐☐ Mock Test Strategy

- Start from **Month 3**
- Minimum **25-30 mock tests**
- Analyze:
  - Accuracy %
  - Time taken
  - Weak topics

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## ⚠ Common Mistakes to Avoid

- ☐ Ignoring Mathematics
- ☐ Not practicing PYQs
- ☐ Skipping revision
- ☐ No mock test analysis
- ☐ Studying without timetable

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## ☐☐ Pro Tips to Crack NDA II 2026

- ✓ Consistency is more important than long hours
- ✓ Revise every Sunday

- ✓ Focus on **concept clarity, not rote learning**
- ✓ Maintain a formula notebook
- ✓ Stay physically fit (important for SSB)

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## ☐☐ **SSB Preparation (Don't Ignore!)**

- Start from Month 4
- Practice:
  - PPDT
  - OIR tests
  - Communication skills
- Work on:
  - Confidence
  - Leadership qualities

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## ☐☐ **SEO Keywords (Used in Content)**

NDA II 2026 preparation, NDA study plan 6 months, how to crack NDA in first attempt, NDA Maths strategy, NDA GAT preparation, NDA mock test strategy, NDA coaching India

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## ☐ **Frequently Asked Questions (FAQ)**

### **1. Can I crack NDA in 6 months?**

Yes, with proper planning, consistency, and mock practice, **6 months is sufficient** for NDA preparation.

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### **2. How many hours should I study daily for NDA?**

You should study **6-8 hours daily** with proper breaks and revision.

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### **3. Is NCERT enough for NDA?**

NCERT is the **foundation**, but you must also practice **PYQs and mock tests**.

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### **4. Which subject is most important in NDA?**

Both are important, but **Mathematics plays a crucial role** in clearing the cutoff.

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## 5. When should I start mock tests?

Start from **Month 3** and increase frequency in the last 2 months.

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## 6. Is coaching necessary for NDA?

Not mandatory, but guidance from institutes like **Victor Growth** can improve success rate with structured preparation.

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## ☐☐ Final Words

Cracking NDA II 2026 in the first attempt is not about being a topper—it's about:

- ☐☐ Discipline
- ☐☐ Smart Study
- ☐☐ Consistency

If you follow this **6-month strategy sincerely**, success is absolutely achievable.

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