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

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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

□□ 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

□□Month-Wise Study Plan (6 Months Strategy)

□ 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**

□ 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)**

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- Practice **topic-wise mock tests**
- Focus on **time management**

□ 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

□ Month 6: Revision + Mock Test Phase

□□ Strategy:

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

□□ Focus:

- Speed + Accuracy

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- Exam temperament
- Avoid new topics

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

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)

Best Books for NDA Preparation

Mathematics:

- NCERT (Class 11 & 12)

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- 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

⚠ Common Mistakes to Avoid

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

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)

SSB Preparation (Don’t Ignore!)

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

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?

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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.

□□ 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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