

Best Books and Study Materials for CAPF AC 2026 Preparation - Complete Guide

Introduction

The **Central Armed Police Forces (CAPF) Assistant Commandant (AC) Exam** conducted by UPSC is one of the most competitive exams for aspirants who wish to serve the nation in paramilitary forces like **BSF, CRPF, ITBP, CISF, and SSB**. To crack this exam, choosing the **right books and study materials** is just as important as having a good preparation strategy.

In this guide, we will cover the **best books and resources for CAPF AC 2026**, subject-wise study materials, and additional resources that will help you build a strong foundation. At the end, we'll also show how **Victor Growth** supports aspirants with expert-designed study plans, test series, and mentorship to maximize their chances of success.

□ CAPF AC 2026 Exam Pattern (Quick Recap)

Before diving into the booklist, let's recall the structure of the exam:

1. **Paper I (Objective - 250 Marks):** General Ability & Intelligence.
2. **Paper II (Descriptive - 200 Marks):** General Studies, Essay, and Comprehension.
3. **Physical Standards Test (PST) & Medical Test.**
4. **Interview/Personality Test (150 Marks).**

This means you need **diverse preparation** - from General Knowledge to Essay Writing to Physical Fitness.

□□ Best Books and Study Materials for CAPF AC 2026

1. General Studies & Current Affairs (Paper I)

- **NCERT Books (Class 6-12)** - History, Geography, Polity, Science, and Economics basics.
- **Indian Polity by M. Laxmikanth** - The Bible for Polity.
- **Indian Economy by Ramesh Singh** - Covers economy basics + contemporary issues.

- **Spectrum's A Brief History of Modern India** – Must-read for History.
 - **Certificate Physical and Human Geography by G.C. Leong** – Excellent for Geography concepts.
 - **Science NCERTs + Lucent's General Science** – For static science.
 - **Daily Newspapers (The Hindu / Indian Express)** – For current affairs, editorials, and essays.
 - **Monthly Magazines (Vision IAS / Pratiyogita Darpan / Yojana / Kurukshetra)** – For current affairs analysis.
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2. Quantitative Aptitude, Reasoning & Mental Ability

- **Quantitative Aptitude by R.S. Aggarwal.**
 - **Analytical Reasoning by M.K. Pandey.**
 - **A Modern Approach to Verbal & Non-Verbal Reasoning by R.S. Aggarwal.**
 - Practice previous year CAPF and CDS maths questions to improve speed and accuracy.
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3. English (Paper II - Essay, Comprehension & Grammar)

- **Word Power Made Easy by Norman Lewis** – For vocabulary building.
 - **Wren & Martin's High School English Grammar & Composition** – Grammar basics.
 - **Objective General English by S.P. Bakshi (Arihant)** – For practice.
 - **Daily Editorial Reading (The Hindu/Indian Express)** – Improves essay content and comprehension.
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4. Essay Writing & Descriptive Practice (Paper II)

- Practice essays on **governance, internal security, women empowerment, environmental issues, and national security.**
- **UPSC Essay Compilation (Vision IAS/Insights)** – For model essays.
- Write at least **2 essays per week** and get them evaluated.

5. Previous Year Papers & Mock Tests

- **UPSC CAPF Assistant Commandant Previous Year Question Papers** (must-solve).
- Test Series from **Victor Growth** – Real exam-like mock tests with detailed evaluation.

6. Physical Fitness Preparation

- NCERT Books won't help here – you need **daily running, push-ups, sit-ups, and stamina training**.
- Include yoga, meditation, and regular exercise in your routine to stay exam-fit.

☐☐ How Victor Growth Helps You Crack CAPF AC 2026

While books are important, what matters more is **smart preparation, guided practice, and continuous feedback**. This is where **Victor Growth** comes in:

- ☐☐ **Structured Syllabus Coverage** – From NCERTs to advanced topics.
- ☐☐ **Test Series & Mock Exams** – Designed exactly like the UPSC CAPF pattern.
- ✍️ **Essay Writing Workshops** – With personalized evaluation.
- ☐☐ **Fitness & Interview Guidance** – To prepare you holistically.
- ☐☐ **Personal Mentorship** – Step-by-step guidance for beginners and repeaters.

With Victor Growth, aspirants don't just study—they prepare the **right way**.

☐ FAQs on Best Books for CAPF AC 2026

Q1. Are NCERT books enough for CAPF AC 2026 preparation?

No. NCERTs are just the foundation. You need advanced books like Laxmikanth (Polity), Spectrum (History), and Ramesh Singh (Economy) along with current affairs.

Q2. How should I prepare for CAPF current affairs?

Read **The Hindu/Indian Express daily**, make notes, and refer to monthly magazines like **Yojana** and **Vision IAS compilations**.

Q3. Which is the best book for CAPF essay writing?

There is no single book. Instead, focus on **newspapers + UPSC essay compilations** and practice writing regularly. Coaching feedback (like at Victor Growth) makes a huge difference.

Q4. Do I need coaching for CAPF AC or can I self-study?

Self-study is possible, but coaching like **Victor Growth** gives you structured guidance, mentorship, and test practice, which saves time and increases success chances.

Q5. How many months are enough for CAPF preparation?

6–8 months of consistent preparation with the right books and test practice is enough to clear CAPF AC 2026.

☐☐ If you're serious about cracking the **CAPF AC 2026 exam**, start with the right books and pair them with expert guidance from **Victor Growth**. With proper study materials, discipline, and mentorship, your dream of becoming an **Assistant Commandant** is well within reach.

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