

# Best Coaching Tips to Crack CDS I 2026 in First Attempt

Cracking the **CDS I 2026 Exam** in the very first attempt is the dream of every defence aspirant. The **Combined Defence Services (CDS) Examination**, conducted by the **Union Public Service Commission (UPSC)**, is the gateway to prestigious academies like the **Indian Military Academy (IMA)**, **Indian Naval Academy (INA)**, **Air Force Academy (AFA)**, and **Officers' Training Academy (OTA)**.

The exam is competitive and demands smart preparation, consistency, and proper guidance. In this article, we will share the **best coaching tips to crack CDS I 2026 in first attempt**, along with insights into how **Victor Growth** can help you succeed.

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## ☐☐ Understanding CDS I 2026 Exam

Before diving into coaching tips, let's quickly understand the exam:

- **Mode:** Offline (Pen & Paper)
- **Papers for IMA/INA/AFA:**
  - English – 100 Marks
  - General Knowledge – 100 Marks
  - Elementary Mathematics – 100 Marks
  - **Total = 300 Marks**
- **Papers for OTA (Men & Women):**
  - English – 100 Marks
  - General Knowledge – 100 Marks
  - **Total = 200 Marks**

☐☐ Negative marking of **0.33 marks** applies for each wrong answer.

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## ☐☐ Best Coaching Tips to Crack CDS I 2026 in First Attempt

## 1. Get Complete Clarity on the Syllabus and Pattern

The first step is to **understand the syllabus and exam structure** in detail. This prevents wasted effort on irrelevant topics. A good coaching institute like **Victor Growth** breaks down the syllabus into small, manageable targets.

## 2. Build a Strong Foundation

- Revise **NCERTs (Classes 6-10)** for Maths.
- Strengthen English grammar and vocabulary.
- Cover static GK (History, Polity, Geography, Economy).

☐☐ Coaching helps you identify weak areas early and build a strong base.

## 3. Focus on Current Affairs Daily

Current affairs are crucial for GK. Aspirants must:

- Read **The Hindu or Indian Express** daily.
- Follow monthly current affairs compilations.
- Cover **defence exercises, international events, appointments, awards, and sports**.

## 4. Practice Previous Year Papers & Mock Tests

- Solve at least **10 years' CDS question papers**.
- Attempt **timed mock tests** to improve speed.
- Analyze mistakes and improve accuracy.

☐☐ Victor Growth provides regular **mock tests and PYQ discussions**, ensuring aspirants are exam-ready.

## 5. Learn Time Management

Time is the biggest challenge in CDS. Coaching experts teach how to:

- Attempt easy questions first.
- Divide time wisely between English, GK, and Maths.

- Avoid negative marking by attempting only confident answers.

## 6. Prepare for SSB Alongside Written Exam

The **SSB Interview** tests your personality, leadership, and communication. Start preparing early:

- Join group discussions.
- Improve confidence & body language.
- Maintain physical fitness (running, push-ups, stamina).

☐☐ Victor Growth integrates **SSB coaching with written exam preparation**, giving aspirants a complete package.

## 7. Stay Consistent with Expert Guidance

Many aspirants fail because of irregular study habits. Coaching ensures:

- **Regular classes & assignments.**
- **Daily/weekly targets.**
- **Motivation & doubt clearing** from mentors.

## 8. Follow the Right Books & Resources

- **English:** Wren & Martin, Objective English (Arihant)
- **GK:** Lucent GK, Manorama Yearbook, Current Affairs Magazines
- **Maths:** RS Aggarwal, NCERTs, Pathfinder (Arihant)

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## ☐☐ Why Victor Growth is the Best Choice for CDS Coaching

Preparing alone can be confusing. That's why aspirants trust **Victor Growth**:

- **Expert Faculty:** Experienced mentors for each subject.
- **Structured Classes:** Covering the entire syllabus step by step.
- **Regular Mock Tests:** Simulating real exam conditions.
- **SSB Training:** Personality development, group tasks, and interview guidance.

- **Personalized Attention:** Small batches and focused doubt-solving.

☐☐ With **Victor Growth**, aspirants not only prepare for the written exam but also get **complete guidance for SSB**, making first-attempt success achievable.

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## ☐☐ **FAQs on Cracking CDS I 2026 in First Attempt**

### **Q1. Can I crack CDS I 2026 in the first attempt without coaching?**

Yes, but structured coaching like **Victor Growth** increases your chances by providing expert guidance, mock tests, and SSB preparation.

### **Q2. How many hours should I study daily for CDS?**

On average, **6-8 hours daily** of focused study is recommended.

### **Q3. What is the most difficult part of CDS exam?**

For many, **General Knowledge** is the toughest. With proper coaching and current affairs preparation, it becomes manageable.

### **Q4. Do I need to prepare for SSB while studying for CDS written exam?**

Yes, both should go hand in hand. Coaching like **Victor Growth** prepares you for both simultaneously.

### **Q5. Which academy is best for CDS coaching in India?**

**Victor Growth** is highly recommended due to its **expert mentors, structured study plan, mock tests, and SSB interview guidance**.

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