

Daily Study Plan for AFCAT Aspirants from Kerala

Preparing for the Air Force Common Admission Test (AFCAT) requires discipline, consistency, and a well-structured study plan. For aspirants from Kerala, balancing college, work, coaching classes, current affairs, revision, and mock tests can sometimes become challenging. A properly designed **daily study plan for AFCAT aspirants from Kerala** can make preparation more organised and help candidates use their available time effectively.

If you are looking for the **best AFCAT coaching in Kerala**, it is equally important to develop a personal study routine that complements your classroom or online coaching. Coaching can provide direction, but consistent self-study is essential for converting that guidance into exam performance.

This detailed guide explains how Kerala-based AFCAT aspirants can create an effective daily study schedule, what subjects to study, how much time to allocate to each section, and how to include revision and mock-test practice.

Why Do AFCAT Aspirants Need a Daily Study Plan?

AFCAT preparation involves multiple subjects and skills. Studying without a schedule can lead to an uneven preparation pattern.

For example, a student may spend several hours studying English because it is comfortable while repeatedly postponing Numerical Ability or General Awareness.

A daily plan helps you:

- Cover all major AFCAT subjects
- Maintain consistency
- Strengthen weak areas
- Practise questions regularly
- Improve speed and accuracy
- Revise completed topics
- Follow current affairs consistently
- Track your preparation
- Avoid last-minute preparation
- Reduce unnecessary study pressure

The goal is not to study throughout the day. The goal is to **study the right topics consistently and efficiently**.

AFCAT Subjects You Need to Prepare

Before creating a timetable, understand the major areas involved in AFCAT preparation.

The AFCAT preparation syllabus broadly includes:

1. English

Important areas include:

- Vocabulary
- Grammar
- Synonyms and antonyms
- Idioms and phrases
- Sentence completion
- Error detection
- Reading comprehension
- Sentence rearrangement
- One-word substitution

2. General Awareness

Important areas include:

- Current affairs
- Indian history
- Geography
- Indian polity
- Economics
- General science
- Defence-related awareness
- Sports
- Awards and honours
- Important organisations
- National and international events

3. Numerical Ability

Important areas include:

- Number systems
- Percentages
- Profit and loss
- Ratio and proportion
- Average
- Time and work
- Time, speed and distance
- Simple and compound interest
- Probability
- Data interpretation
- Basic arithmetic

4. Reasoning and Military Aptitude

This area requires regular question practice and logical thinking.

Topics may include:

- Verbal reasoning
- Non-verbal reasoning
- Analogy
- Classification
- Series
- Coding-decoding
- Blood relations
- Direction tests
- Venn diagrams
- Spatial ability
- Logical reasoning

Ideal Daily Study Plan for AFCAT Aspirants

Aspirants do not necessarily need to follow one fixed timetable. Your schedule should depend on whether you are a college student, working professional, or full-time aspirant.

For a full-time aspirant, a **6-8 hour focused preparation schedule** can be divided as follows.

Time	Activity
6:00 AM – 6:30 AM	Wake up and freshen up
6:30 AM – 7:15 AM	Current affairs
7:15 AM – 8:15 AM	English
8:15 AM – 9:00 AM	Breakfast/rest
9:00 AM – 11:00 AM	Numerical Ability
11:00 AM – 11:30 AM	Break
11:30 AM – 1:00 PM	Reasoning & Military Aptitude
1:00 PM – 2:30 PM	Lunch/rest
2:30 PM – 4:00 PM	General Awareness
4:00 PM – 4:30 PM	Break
4:30 PM – 5:30 PM	Practice/PYQs
6:00 PM onwards	Coaching/self-study/revision
9:00 PM – 9:30 PM	Daily revision
9:30 PM onwards	Relax and prepare for sleep

You do not have to follow these exact timings. The important thing is to maintain the **study sequence and consistency**.

Morning Study Routine for AFCAT Aspirants

Morning hours can be highly useful for subjects that require concentration and memory.

6:30 AM – 7:15 AM: Current Affairs

Begin your day by reviewing important current affairs.

Focus on:

- National news
- International developments
- Defence news
- Government initiatives
- Important appointments
- Awards
- Sports
- Science and technology
- Important days
- Major international organisations

Tip for Kerala Aspirants

Do not restrict yourself to Kerala-related news. AFCAT requires broader national and international awareness.

However, keep yourself aware of important developments from Kerala as part of your general awareness.

Avoid spending hours reading every news article. Focus on **exam-relevant information**.

7:15 AM - 8:15 AM: English Preparation

Spend around one hour on English.

You can divide the hour into:

20 minutes - Vocabulary

Learn:

- New words
- Synonyms
- Antonyms
- Idioms
- One-word substitutions

20 minutes - Grammar

Practise:

- Subject-verb agreement
- Tenses
- Articles

- Prepositions
- Conjunctions
- Active and passive voice
- Direct and indirect speech

20 minutes - Question Practice

Solve:

- Error detection
- Fill-in-the-blanks
- Sentence improvement
- Reading comprehension

Maintain a vocabulary notebook and revise previously learned words instead of constantly adding new ones.

9:00 AM - 11:00 AM: Numerical Ability

Numerical Ability should receive regular attention, especially if mathematics is one of your weaker areas.

Divide the two-hour session into:

First 30 Minutes - Concept Learning

Learn or revise one topic.

Next 60 Minutes - Problem Solving

Solve questions from easy to moderate difficulty.

Final 30 Minutes - Timed Practice

Attempt questions under a time limit.

For example:

Monday: Percentage

Tuesday: Profit & Loss

Wednesday: Ratio & Proportion

Thursday: Average

Friday: Time & Work

Saturday: Time, Speed & Distance

Sunday: Mixed practice and revision

The exact sequence can be adjusted according to your strengths and weaknesses.

11:30 AM - 1:00 PM: Reasoning and Military Aptitude

Reasoning improves primarily through practice.

Spend this session solving different types of questions.

For example:

Monday

Analogy and classification

Tuesday

Series

Wednesday

Coding-decoding

Thursday

Blood relations and direction tests

Friday

Venn diagrams and logical reasoning

Saturday

Non-verbal reasoning and spatial ability

Sunday

Mixed reasoning test

Do not simply look at the solutions. Try to understand the logic behind every question you get wrong.

Afternoon Study Session: General Awareness

2:30 PM - 4:00 PM

General Awareness requires regular revision because the subject covers a large range of topics.

You can divide the preparation into two categories:

Static General Awareness

Study topics such as:

- Indian history
- Geography
- Polity
- Economy
- Science
- Defence
- Important institutions
- Important national symbols

Current Affairs

Revise:

- National events
- International events
- Defence developments
- Appointments
- Awards
- Sports
- Government schemes
- Science and technology
- Important reports and indices

Best Strategy

Do not attempt to memorise everything in one sitting.

Use:

Learn → Revise → Test → Revise Again

This approach improves long-term retention.

4:30 PM – 5:30 PM: Previous-Year Questions

Previous-year questions should have a fixed place in your daily AFCAT study plan.

Spend at least 30–60 minutes solving exam-oriented questions.

After completing the questions, classify your mistakes into:

- Conceptual mistake
- Calculation mistake

- Careless mistake
- Vocabulary problem
- Lack of knowledge
- Time-management issue

This helps you identify the real reason behind your mistakes.

Evening: Coaching + Revision

If you are enrolled in the **best AFCAT coaching in Kerala**, use your evening hours effectively.

Do not consider attending class as the end of your preparation.

After every coaching session:

1. Review the notes.
2. Revise the concepts taught.
3. Solve related questions.
4. Mark your doubts.
5. Revisit difficult areas.
6. Complete assigned practice questions.

This makes your coaching sessions much more valuable.

30-Minute Night Revision Strategy

Before finishing your study day, spend around 30 minutes revising.

You can use this time for:

- Vocabulary revision
- Formula revision
- Current affairs
- Important facts
- Mistake notebook
- Difficult questions
- Short notes

Avoid starting a completely new difficult topic late at night.

Night revision should primarily focus on **reinforcement rather than heavy learning**.

Weekly AFCAT Study Plan

A daily plan becomes more effective when combined with a weekly structure.

Monday to Saturday

Focus on:

- Concept building
- Practice
- Current affairs
- Previous-year questions
- Revision

Sunday

Use Sunday primarily for:

- Full-length mock test
- Mock analysis
- Weekly revision
- Weak-topic practice
- Current-affairs revision

Sunday should not be treated as a complete study holiday if your exam is approaching.

Sample Weekly AFCAT Timetable

Day	Main Focus
Monday	English + Maths + Current Affairs
Tuesday	Reasoning + Maths + General Awareness
Wednesday	English + Reasoning + Current Affairs
Thursday	Maths + General Awareness + PYQs
Friday	English + Reasoning + Current Affairs
Saturday	Maths + Mixed Practice + Revision
Sunday	Full Mock Test + Analysis + Revision

This structure can be modified based on your performance.

AFCAT Study Plan for College Students in Kerala

College students may not have 6–8 hours every day for AFCAT preparation.

In such cases, consistency becomes even more important.

A realistic schedule could be:

Morning - 1 Hour

- 30 minutes current affairs
- 30 minutes English/vocabulary

Evening - 2 Hours

- 1 hour Numerical Ability

- 1 hour Reasoning

Night - 1 Hour

- General Awareness
- Revision/PYQs

This gives approximately **4 focused hours per day**.

On weekends, you can increase study hours and complete mock tests.

AFCAT Study Plan for Working Professionals

Working candidates can follow a shorter but consistent routine.

Before Work - 60 Minutes

- Current affairs
- Vocabulary
- Formula revision

After Work - 2-3 Hours

- One major subject
- Question practice
- Revision

Weekend

Use weekends for:

- Full-length mock tests
- Detailed analysis
- General Awareness revision
- Weak-topic improvement

Working candidates should avoid comparing their schedule with full-time aspirants.

Consistency matters more than the number of hours available.

How Many Hours Should an AFCAT Aspirant Study?

There is no universal number of hours that guarantees success.

A focused aspirant may benefit from:

- **3-4 hours:** Suitable for students with college/work commitments
- **4-6 hours:** Good for consistent preparation

- **6-8 hours:** Suitable for full-time preparation

The quality of those hours matters more than simply sitting with books for a long time.

Avoid spending 10 hours at your desk if only 4 hours are genuinely productive.

How to Balance AFCAT Coaching and Self-Study

If you attend the **best AFCAT coaching in Kerala**, create a study routine around your coaching schedule.

Before Class

Spend 20-30 minutes reviewing the previous topic.

During Class

- Listen actively
- Take concise notes
- Ask doubts
- Mark important questions

After Class

Spend 60-90 minutes revising what was taught.

Before the Next Class

Complete assigned practice questions.

This creates a continuous cycle:

Class → Revision → Practice → Test → Analysis

Mistakes to Avoid While Following a Daily Study Plan

Even a good timetable can fail if it is not implemented properly.

Avoid these common mistakes:

1. Creating an unrealistic timetable

Do not schedule 12 hours of study if you realistically manage only 5-6 productive hours.

2. Studying only favourite subjects

Give adequate attention to weaker subjects.

3. Skipping revision

Learning something once does not mean you will remember it permanently.

4. Ignoring mock tests

Tests should be part of your preparation from an early stage.

5. Studying without measuring performance

Track your:

- Accuracy
- Speed
- Mock scores
- Weak areas
- Improvement

6. Using too many resources

Choose reliable resources and complete them rather than collecting multiple books and courses.

7. Sacrificing sleep

Adequate rest is important for concentration, memory and performance.

How to Track Your AFCAT Preparation

Maintain a simple preparation tracker.

Area	Status
English	Completed/In Progress
Numerical Ability	Completed/In Progress
Reasoning	Completed/In Progress
General Awareness	Completed/In Progress
Current Affairs	Daily
PYQs	Regular
Mock Tests	Weekly
Revision	Daily/Weekly

At the end of every week, ask:

What improved this week?

What is still weak?

What should I change next week?

This prevents your timetable from becoming a routine without measurable progress.

30-Day AFCAT Preparation Routine

If the examination is approaching, your study plan should gradually shift from learning to revision and testing.

Days 1-10

Focus on:

- Completing remaining concepts
- Strengthening fundamentals
- Daily question practice
- Current affairs

Days 11-20

Focus on:

- Previous-year questions
- Sectional tests
- Weak areas
- Revision

Days 21-25

Focus on:

- Full-length mocks
- Speed improvement
- Accuracy
- Mistake analysis

Days 26-30

Focus on:

- Final revision
- Important formulas
- Vocabulary
- Current affairs
- Important General Awareness topics
- Mock-test analysis

Avoid trying to learn huge amounts of new material during the final days.

Why Kerala Aspirants Should Consider a Structured AFCAT Preparation Approach

Kerala has a large pool of students and graduates preparing for competitive examinations. Aspirants may have access to multiple online resources, coaching centres and study materials.

However, having too many resources can sometimes create confusion.

A structured approach helps you decide:

- What to study
- When to study
- Which resources to use
- When to practise
- When to revise
- When to take tests
- How to analyse performance

This is one reason many aspirants consider enrolling in a reputed **AFCAT coaching in Kerala** while continuing their self-study.

How to Create Your Own Personal AFCAT Timetable

Instead of blindly copying someone else's schedule, create a timetable based on your individual situation.

Step 1: Identify Your Available Hours

Calculate how much time you realistically have after:

- College
- Work
- Travel
- Coaching
- Personal responsibilities

Step 2: Identify Weak Subjects

Take a diagnostic test and identify areas where you need improvement.

Step 3: Allocate Time Accordingly

Give more time to weaker areas while maintaining your strengths.

Step 4: Add Daily Revision

Reserve at least 30 minutes for revision.

Step 5: Add Weekly Testing

Schedule at least one serious mock or sectional test depending on your preparation stage.

Step 6: Review Every Sunday

Modify the following week's schedule based on your performance.

Final Thoughts

A successful **daily study plan for AFCAT aspirants from Kerala** does not need to be complicated. It needs to be realistic, consistent and performance-oriented.

Your daily routine should include:

Current Affairs + English + Numerical Ability + Reasoning + General Awareness + PYQs + Revision

As the examination approaches, gradually increase the importance of mock tests, previous-year questions, revision and time management.

If you are searching for the **best AFCAT coaching in Kerala**, look beyond advertisements and compare factors such as faculty experience, study materials, regular tests, doubt-clearing support, syllabus coverage, performance analysis and student guidance.

Ultimately, coaching can provide the right direction, but your **daily discipline and consistent self-study** will determine how effectively you use that guidance.

Study every day. Practise regularly. Analyse your mistakes. Revise consistently. Stay focused on your goal of joining the Indian Air Force.

Frequently Asked Questions (FAQs)

1. What is the best daily study plan for AFCAT aspirants?

A good daily plan should include English, Numerical Ability, Reasoning, General Awareness, current affairs, previous-year questions and revision. The number of hours should depend on your personal schedule and preparation level.

2. How many hours should I study for AFCAT every day?

There is no fixed requirement. Students with college or work commitments can start with 3-4 focused hours, while full-time aspirants can study around 6-8 productive hours.

3. Should AFCAT aspirants study every day?

Yes. Consistent daily preparation is generally more effective than studying for long hours only on a few days each week.

4. How much time should I spend on Current Affairs?

Around 30–45 minutes of focused daily preparation, followed by regular revision, can be incorporated into your schedule.

5. How often should I take AFCAT mock tests?

The frequency can increase as the examination approaches. Begin with topic and sectional tests and gradually incorporate full-length mock tests.

6. Should I join AFCAT coaching in Kerala?

Coaching is not compulsory, but a structured programme can be useful for candidates who need expert guidance, organised study materials, regular tests and a disciplined preparation environment.

7. How do I choose the best AFCAT coaching in Kerala?

Compare faculty experience, syllabus coverage, study materials, mock tests, previous-year question practice, doubt-clearing support, performance analysis and student feedback before enrolling.

8. Can college students prepare for AFCAT?

Yes. College students can prepare effectively by dedicating around 3–4 focused hours on weekdays and using weekends for longer study sessions and mock tests.

9. How can I improve my AFCAT Mathematics preparation?

Build your fundamentals first, practise questions daily, maintain a formula notebook and gradually increase your speed through timed practice.

10. What should I do on Sunday during AFCAT preparation?

Use Sunday for a full-length or sectional mock test, detailed performance analysis, weekly revision and focused practice of weak areas.

11. Is self-study enough for AFCAT?

Self-study can be effective when supported by a proper timetable, reliable resources, consistent practice, revision and regular mock tests. Coaching can provide additional structure and guidance for candidates who need it.

12. What is the most important part of an AFCAT study plan?

Consistency. A realistic timetable that you follow every day is more useful than an ambitious schedule that you cannot maintain.

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