

Daily Study Routine for CAPF Aspirants

Introduction

The **CAPF (Central Armed Police Forces) Assistant Commandant Exam**, conducted by UPSC, is one of the most competitive exams in India. With only a few hundred vacancies and lakhs of applicants, cracking CAPF requires **discipline, time management, and a structured daily routine**.

While study material and books are important, it is your **daily routine** that decides whether you can cover the syllabus, practice effectively, and stay physically and mentally fit for the exam.

In this article, we'll provide a **practical daily study routine for CAPF aspirants**, share subject-wise tips, and explain how **Victor Growth Coaching** helps students stay disciplined and consistent.

Why a Daily Study Routine is Important for CAPF

- Ensures **coverage of the vast syllabus** systematically.
- Builds **consistency** in both Paper I and Paper II preparation.
- Creates balance between **study, practice, fitness, and revision**.
- Reduces stress and last-minute cramming.

Ideal Daily Study Routine for CAPF Aspirants

Here's a model timetable that aspirants can adapt according to personal schedules:

Morning (Fresh Mind - Core Subjects)

- **6:00 AM - Wake Up & Exercise (30 mins)** → Jogging, yoga, or workouts to build stamina for physical tests.
- **6:45 AM - 9:00 AM - General Studies (Polity/History/Geography)**
 - Read NCERTs or standard books.
 - Make notes of important points.
- **9:00 AM - 9:30 AM - Breakfast & Refresh.**

Midday (Concept Building & Practice)

- **10:00 AM - 12:00 PM - General Science & Current Affairs**

- Revise NCERT Science (Physics, Chemistry, Biology).
- Read newspapers and note current events.

- **12:00 PM - 1:00 PM - English Grammar & Vocabulary**

- Practice synonyms, antonyms, comprehension.
- Learn 10 new words daily.

- **1:00 PM - 2:00 PM - Lunch & Rest.**

Afternoon (Application & Writing Skills)

- **2:00 PM - 3:30 PM - Paper II Preparation (Essay/Report/Précis)**

- Write one essay every alternate day.
- Practice précis writing from newspapers.

- **3:30 PM - 4:00 PM - Break.**

Evening (Mock Practice & Revision)

- **4:00 PM - 5:30 PM - Mock Test/Previous Year Questions**

- Solve CAPF PYQs and sectional tests.
- Analyze mistakes and revise weak areas.

- **5:30 PM - 6:30 PM - Physical Training/Outdoor Sports.**

- **7:00 PM - 8:30 PM - Current Affairs Revision + GK Quiz.**

Night (Consolidation)

- **8:30 PM - Dinner.**

- **9:00 PM - 10:00 PM - Revision of Day's Work.**

- Revise short notes and formulas.

- **10:30 PM - Sleep early for consistency.**

Key Study Tips for CAPF Aspirants

1. **Follow the 50:10 rule** → 50 minutes study + 10 minutes break.
2. **Weekly Mock Test** → At least one full-length paper every Sunday.
3. **Note-Making Habit** → Keep concise notes for Polity, History, and Current Affairs.
4. **Balance Papers** → Don't neglect Paper II while focusing on Paper I.
5. **Stay Fit** → Daily exercise ensures readiness for physical standards and SSB.

How Victor Growth Coaching Helps CAPF Aspirants

At **Victor Growth Coaching**, we ensure aspirants maintain an effective daily routine through:

- ☐ **Structured Timetables** for balanced study.
- ☐ **Subject-Wise Classes** for GS, Science, Polity, History, Geography, and English.
- ☐ **Essay & Writing Practice Sessions** for Paper II.
- ☐ **Weekly Mock Tests** with detailed analysis.
- ☐ **Current Affairs Capsules** for quick revision.
- ☐ **Physical Fitness Training** guidance for the PET.
- ☐ **Affordable Fee Structure** so every aspirant can access quality coaching.

☐☐ With Victor Growth, aspirants learn not just **what to study**, but also **how to study daily with consistency and discipline**.

SEO Keywords

- Daily routine for CAPF aspirants
- CAPF preparation daily timetable
- CAPF exam strategy 2026
- Best CAPF coaching Kerala
- Victor Growth CAPF coaching

FAQs on Daily Study Routine for CAPF

Q1. How many hours should I study daily for CAPF?

6–8 hours of focused study is ideal, with a mix of subjects and writing practice.

Q2. Can working professionals follow this daily routine?

Yes. Adjust timings by studying in the mornings and evenings, with weekends for longer sessions.

Q3. How important is physical fitness in the CAPF routine?

Very important. Fitness is tested in the PET after the written exam.

Q4. Should I prepare for Paper I and II together?

Yes. Paper I builds knowledge, while Paper II checks your expression. Prepare both side by side.

Q5. How often should I take mock tests?

At least once a week, increasing frequency closer to the exam.

Q6. Does Victor Growth provide a daily timetable for CAPF?

Yes. Victor Growth provides **customised daily and weekly schedules**.

Q7. How much time should I spend on Current Affairs daily?

30-40 minutes daily is enough, with weekly revisions.

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