

How to Master General Studies for CAPF Exam

Introduction

The **CAPF (Central Armed Police Forces) Exam**, conducted by UPSC, is one of the most competitive exams for recruitment of Assistant Commandants. Among the two papers in the written exam, **General Studies (GS)** in **Paper I (General Ability & Intelligence)** carries the highest weightage and plays a decisive role in the selection process.

General Studies tests not just academic knowledge but also awareness of current events, national issues, and analytical ability. To succeed, aspirants need a **structured and smart preparation strategy**.

This article provides a **subject-wise guide to mastering General Studies for CAPF**, with practical tips and support from **Victor Growth Coaching**.

General Studies in CAPF - Exam Pattern

- **Paper I (General Ability & Intelligence):** 250 Marks
 - General Science
 - Indian Polity & Economy
 - History of India
 - Indian & World Geography
 - Current Events
 - General Mental Ability (reasoning + aptitude)

□□ GS contributes **more than 60% of Paper I**, making it the deciding factor in clearing the written exam.

Subject-Wise Preparation Strategy for General Studies

1. Polity & Governance

- Book: *M. Laxmikanth – Indian Polity*.
- Focus areas: Constitution, Fundamental Rights/Duties, Parliament, President, PM, Judiciary, Elections, Emergency provisions.

- Regularly revise **important Articles & Schedules**.
- Connect polity with **current affairs** (Bills, Amendments, Supreme Court judgments).

2. History of India

- Book: *Spectrum – Modern India*.
- Ancient & Medieval: Focus on NCERT Class 6–10 for basics.
- Modern History: Freedom Struggle, Revolt of 1857, National Movements, Gandhi Era, Independence.
- Emphasize events with **national significance** and contributions of leaders.

3. Indian & World Geography

- NCERT Class 6–12 is a must.
- Indian Geography: Rivers, soils, monsoons, agriculture, industries, natural resources.
- World Geography: Continents, oceans, important climatic regions, physical features.
- Practice **map-based questions** to boost accuracy.

4. General Science

- NCERT Class 6–10 for Physics, Chemistry, and Biology.
- Focus on everyday applications: environment, nutrition, diseases, renewable energy, space technology.
- Stay updated on recent **scientific developments**.

5. Current Affairs

- Daily reading: *The Hindu* or *The Indian Express*.
- Monthly compilations for quick revision.
- Focus areas: Defence, international relations, government schemes, environment, awards, and sports.

- Revise last **8-10 months of current affairs** before the exam.

6. Economy

- NCERT Class 11-12 + basic economy books.
- Topics: Inflation, budget, banking, taxation, fiscal policy, economic reforms.
- Follow **current economic developments** like union budget and RBI policies.

7. General Mental Ability

- Covers reasoning, maths basics, and data interpretation.
- Practice daily aptitude questions: percentages, averages, profit & loss, time-speed-distance.
- Solve previous year CAPF reasoning questions.

Practical Tips to Master GS for CAPF

- **Daily Routine:** Allocate 3-4 hours exclusively for GS.
- **Note-Making:** Maintain concise notes for Polity, History, and Current Affairs.
- **Weekly Tests:** Attempt sectional quizzes for each GS subject.
- **Mock Tests:** Practice full-length CAPF Paper I tests every week.
- **Revision Cycle:** Revise monthly to avoid last-minute cramming.

How Victor Growth Coaching Helps CAPF Aspirants

At **Victor Growth Coaching**, we provide complete support for mastering GS:

- ☐ **Structured GS Classes** covering Polity, History, Geography, Science, and Economy.
- ☐ **Current Affairs Capsules** updated monthly with defence and national issues.
- ☐ **NCERT-Based Notes** for quick revision.
- ☐ **Exclusive GS Test Series** with detailed solutions.
- ☐ **Mentorship & Guidance** to identify weak areas and improve them.
- ☐ **Affordable Fee Structure** making coaching accessible for all aspirants.

☐☐ With Victor Growth, aspirants gain **clarity, consistency, and exam-smart strategies** to master General Studies for CAPF.

SEO Keywords

- CAPF General Studies preparation
- How to prepare GS for CAPF exam
- Subject-wise strategy for CAPF GS
- Best CAPF coaching Kerala
- Victor Growth CAPF coaching

FAQs on CAPF General Studies Preparation

Q1. How important is General Studies in CAPF?

GS forms the **largest part of Paper I (250 marks)**, making it the most crucial area.

Q2. Which books are best for CAPF GS preparation?

- Polity: *Laxmikanth*
- History: *Spectrum Modern India* + NCERTs
- Geography: NCERTs + Atlas
- Economy: NCERT + budget updates
- Current Affairs: Newspapers + monthly magazines

Q3. How many hours should I dedicate to GS daily?

At least **3-4 hours daily** with a weekly revision cycle.

Q4. Can I skip Ancient and Medieval History?

No. Though Modern History is more important, Ancient & Medieval contribute 8-10 questions.

Q5. How to balance GS with Paper II preparation?

Dedicate weekdays to GS and weekends to essay/précis writing.

Q6. Does Victor Growth provide GS-specific coaching?

Yes. Victor Growth offers **specialized GS modules and test series**.

Q7. Is coaching necessary for GS preparation?

While self-study is possible, coaching ensures **structured coverage, time management, and regular tests**.

[Facebook](#)

[Instagram](#)

[Youtube](#)

Victor Growth