

# How to Start Your CAPF Exam Preparation from Scratch - Complete Guide

## Introduction

The **Central Armed Police Forces (CAPF) Assistant Commandant Exam**, conducted by the **Union Public Service Commission (UPSC)**, is one of the most prestigious exams for aspirants who dream of becoming officers in India's paramilitary forces like **BSF, CRPF, CISF, ITBP, and SSB**.

If you are a beginner and planning to appear for the **CAPF AC 2026 Exam**, you may feel overwhelmed about where to start. Don't worry—many toppers once started from scratch and achieved success with the right guidance, smart strategies, and consistent preparation.

At **Victor Growth**, we specialize in helping aspirants **start their CAPF journey from zero and build up step by step** until they achieve success. Let's explore how you can start your **CAPF preparation from scratch** and turn it into a winning journey.

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## □ **Step 1: Understand the CAPF Exam Pattern and Syllabus**

Before diving into books, you must know what the exam demands.

### **CAPF AC Exam Pattern**

1. **Paper I** (Objective) – General Ability & Intelligence (250 Marks)
  - Current Affairs, History, Polity, Geography, Science, Quantitative Aptitude, Reasoning.
2. **Paper II** (Descriptive) – General Studies, Essay & Comprehension (200 Marks)
  - Essay writing on national security, governance, or social issues.
  - Comprehension, précis, and grammar.
3. **Physical Standards Test (PST) & Medical Test** – Height, chest, weight, vision.
4. **Interview/Personality Test** – 150 Marks.

□□ Victor Growth begins CAPF coaching with **detailed orientation on exam**

**structure**, so beginners know what exactly to prepare for.

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## □ **Step 2: Build a Strong Foundation (Start Small)**

If you are starting from scratch:

- Begin with **NCERT Books (Class 6–12)** for History, Geography, Polity, and Science.
- Read **basic newspapers (The Hindu / Indian Express)** daily for current affairs.
- Start practicing simple **Quantitative Aptitude and Reasoning** questions.

□□ At Victor Growth, beginners get a **foundation course** that covers NCERT basics and slowly transitions to advanced UPSC-level preparation.

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## □ **Step 3: Subject-Wise Preparation Strategy**

### □□ **General Studies (Paper I)**

- **History:** Modern India (freedom struggle) is most important.
- **Geography:** Focus on Indian geography, resources, environment.
- **Polity:** Laxmikanth's Indian Polity is a must-read.
- **Economy:** Basics of Indian economy and current updates.
- **Science:** Everyday applications of Physics, Chemistry, and Biology.

### □□ **Essay & English (Paper II)**

- Practice writing essays (1000–1200 words).
- Work on grammar, comprehension, and précis writing.
- Read editorials to improve vocabulary and content depth.

### □□ **Physical & Medical Standards**

- Daily running, push-ups, sit-ups, and stamina-building exercises.
  - Maintain proper BMI and overall fitness.
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## 📌 Step 4: Make a 6-8 Month Preparation Plan

If you're starting from zero, divide your journey into phases:

1. **First 2 Months** – NCERTs + basics of aptitude and reasoning.
2. **Next 3 Months** – Standard reference books (Polity, Economy, GK) + daily current affairs.
3. **Final 3 Months** – Mock tests, answer writing practice, revision, fitness drills.

📌 Victor Growth provides **customized study plans** for beginners, ensuring steady progress without burnout.

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## 📌 Step 5: Practice Mock Tests & Answer Writing

- For Paper I: Take **weekly mock tests** to improve speed.
- For Paper II: Practice **2-3 essays per week** and get them evaluated.
- Revise **previous year CAPF papers** to understand UPSC's style.

📌 At Victor Growth, every aspirant gets **test series + performance feedback** to track improvement.

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## 📌 Step 6: Stay Consistent & Motivated

Starting from scratch may feel tough initially, but consistency is key. Small daily efforts compound into big results. Surround yourself with mentors and peers who push you forward.

📌 Victor Growth provides **personal mentorship and motivational sessions**, ensuring aspirants never feel lost in their journey.

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## 📌 Why Choose Victor Growth for CAPF Preparation?

- 📌 **Beginner-friendly courses** for those starting from scratch.
- 📌 **Structured syllabus coverage** with NCERT to advanced level.
- 📌 **Weekly mock tests and test series** based on UPSC standards.
- 📌 **Fitness and personality development sessions** for PST & interview.
- 📌 **One-on-one mentorship** to guide aspirants personally.

With Victor Growth, even a beginner can confidently prepare and crack the **CAPF AC exam** in the first attempt.

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## □ **FAQs on Starting CAPF Preparation from Scratch**

### **Q1. How many months are enough to prepare for CAPF from scratch?**

6–8 months of focused preparation is sufficient if you follow a structured plan.

### **Q2. Which books should I start with for CAPF?**

Start with **NCERTs (Class 6–12)** and then move to standard books like **Laxmikanth for Polity**, **Spectrum for History**, and newspapers for current affairs.

### **Q3. Can I clear CAPF without coaching if I start from zero?**

Yes, but coaching like **Victor Growth** saves time, gives you structured guidance, and provides mock test practice, making your preparation more effective.

### **Q4. How should I prepare for the CAPF essay paper?**

Practice essays on topics like **national security, governance, women empowerment, environment, and defence issues**. Join **Victor Growth's essay writing workshops** for expert evaluation.

### **Q5. How important is fitness for CAPF?**

Fitness is crucial. Without clearing the **Physical Standards Test (PST)**, you cannot move to the interview stage. Daily running and stamina-building exercises are essential.

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□ If you are starting your **CAPF preparation from scratch**, remember: success comes with consistency, practice, and guidance. Join **Victor Growth** to transform your preparation journey and take the first step towards becoming a proud **Assistant Commandant in CAPF**.

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