NDA-I 2026 Exam – Mistakes to Avoid During Preparation

Victor Growth

Introduction

The **NDA-I 2026 Exam**, conducted by UPSC, is one of the most sought-after defence exams in India. Lakhs of candidates appear every year, but only a small percentage clear both the **written exam** and the **SSB interview**.

The difference between success and failure often comes down to **avoiding common mistakes** during preparation. In this article, we highlight the **top mistakes NDA aspirants make, how to avoid them, and strategies to prepare smartly**. We'll also share how **Victor Growth Coaching** helps students stay disciplined, confident, and exam-ready.

Top Mistakes to Avoid in NDA-I 2026 Preparation

1. Ignoring the Exam Pattern and Syllabus

- Many aspirants start preparation without clearly knowing the NDA syllabus.
- NDA consists of **Mathematics (300 marks)** and **GAT (600 marks)**, plus SSB Interview.

Tip: Go through the official syllabus and UPSC pattern before starting. Create a checklist of topics.

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2. Focusing Only on Mathematics

- Maths is important, but GAT carries **double the weightage** (600 marks).
- Ignoring English, Physics, Chemistry, Biology, History, and Current Affairs can cost selection.

Tip: Allocate equal time to **Maths and GAT**. Practice English daily and stay updated on GK.

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3. Lack of Time Management

- Many students waste time on one subject or attempt too many guesswork questions.
- This leads to negative marking and poor scores.

Tip: Practice mock tests to learn **time allocation and accuracy**. Attempt easy questions first, then move to difficult ones.

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4. Skipping Mock Tests and PYQs

- Some aspirants only revise theory without solving **Previous Year Question Papers (PYQs)** or mock tests.
- This results in exam-day panic due to unfamiliarity with question style.

Tip: Solve at least **10–15 full-length NDA mock tests** before the exam.

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5. Overlooking English Vocabulary and Grammar

- English accounts for **200 marks** in GAT, yet many ignore it.
- Poor grammar and weak vocabulary reduce chances of scoring.

Tip: Learn **10–15 new words daily**, revise grammar rules, and practice comprehension passages.

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6. Not Revising Regularly

- Studying without revision makes you forget important formulas and facts.
- Last-minute cramming never works for NDA's vast syllabus.

Tip: Revise weekly. Maintain a **formula sheet and GK flashcards**.

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7. Neglecting Current Affairs

- Many aspirants skip newspapers and rely only on static GK.
- UPSC frequently asks about defence news, international relations, and government policies.

Tip: Read **daily newspapers**, and revise monthly current affairs magazines.

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8. Avoiding Physical Fitness and SSB Preparation

- NDA selection doesn't end with the written exam. SSB Interview and medical fitness are equally crucial.
- Ignoring fitness, confidence-building, and communication can lead to rejection.

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Tip: Start physical training early (running, pushups, endurance drills). Practice group discussions and mock interviews.

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9. Depending Too Much on Guesswork

- NDA has negative marking: –0.83 (Maths), –1.33 (GAT).
- Random guessing reduces overall score.

Tip: Attempt only questions you are reasonably sure about. Accuracy matters more than number of attempts.

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10. Not Seeking Expert Guidance

- Self-study helps, but without proper mentorship, many aspirants study in the wrong direction.
- Lack of strategy and discipline lowers success chances.

Tip: Join a **reputed NDA coaching institute** like Victor Growth for structured preparation, expert guidance, and mentorship.

How Victor Growth Coaching Helps Aspirants Avoid Mistakes

At **Victor Growth Coaching**, we ensure students follow a **disciplined and strategic approach**:

- **Structured Classes** covering complete NDA syllabus (Maths + GAT).
- **Exclusive Test Series** simulating UPSC-level difficulty.
- **Regular Performance Analysis** to track mistakes and correct them.
- **English & GK Special Sessions** to strengthen weak areas.
- **Current Affairs Updates** for exam relevance.
- **SSB Interview Training** with group tasks, psych tests, and interview practice.
- **Physical Fitness Guidance** alongside academics.
- **Affordable Fee Structure** for accessibility.

With Victor Growth, students avoid the **common pitfalls** and move towards **final selection in NDA-I 2026**.

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SEO Keywords

- NDA-I 2026 mistakes to avoid
- NDA preparation errors 2026
- NDA common mistakes during exam prep
- NDA coaching in Kerala
- Victor Growth NDA coaching

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FAQs on NDA-I 2026 Mistakes

Q1. What is the biggest mistake NDA aspirants make?
Focusing only on Maths while ignoring GAT and English.

Q2. How important are mock tests in NDA prep?
Very important. They help with time management, accuracy, and familiarizing with the exam pattern.

Q3. Can I clear NDA without current affairs preparation?
No. Current affairs is a crucial part of GAT and also helps in SSB discussions.

Q4. Should I study late at night or early morning?
Study when you are most focused. Early mornings are ideal for Maths and GK.

Q5. Is coaching necessary to avoid mistakes?
Yes, coaching provides structure, mentorship, and keeps you disciplined. Institutes like Victor Growth are highly effective.

Q6. How do I balance Class 12 boards with NDA prep?
Follow a dual study plan: dedicate morning/evening to NDA and afternoons to board subjects.

Q7. Does Victor Growth provide doubt-clearing support?
Yes, personalized doubt-clearing sessions are part of Victor Growth’s coaching program.

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