

# Subject-Wise Preparation Strategy for CAPF Written Exam

## Introduction

The **CAPF (Central Armed Police Forces) Written Exam**, conducted by UPSC, is a gateway for recruitment of Assistant Commandants (ACs). The exam has two written papers that test a candidate's knowledge, analytical ability, and communication skills.

To crack this exam, aspirants need a **subject-wise preparation strategy** that covers all areas systematically. In this guide, we will break down **Paper I and Paper II**, suggest subject-wise strategies, and show how **Victor Growth Coaching** supports aspirants in achieving success.

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## CAPF Written Exam Pattern

### Paper I - General Ability & Intelligence (250 Marks)

- Duration: 2 hours | Objective Type (MCQs)
- Areas covered:
  - General Mental Ability
  - General Science
  - Current Events
  - Indian Polity & Economy
  - History of India
  - Indian & World Geography

### Paper II - General Studies, Essay & Comprehension (200 Marks)

- Duration: 3 hours | Descriptive Type
- Areas covered:
  - Essay writing (English/Hindi)
  - Comprehension & précis writing
  - Grammar & vocabulary

- Report/Counter-argument writing

☐☐ Total Marks (Written) =**450**

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## Subject-Wise Preparation Strategy

### 1. General Mental Ability (Paper I)

- Focus on **logical reasoning, numerical ability, and data interpretation**.
- Practice topics: Arithmetic, algebra, percentages, averages, ratios, speed-distance-time, and reasoning puzzles.
- Daily practice of 20–30 questions is essential.
- Use previous year papers for exam-level practice.

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### 2. General Science (Paper I)

- Cover **Physics, Chemistry, and Biology** basics from NCERT Class 6–10.
- Focus on topics like **human anatomy, nutrition, diseases, environment, energy, and technology**.
- Read about recent scientific developments and defence technologies.

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### 3. Current Events (Paper I)

- Read **The Hindu/Indian Express** daily.
- Cover national & international affairs, defence news, government schemes, awards, sports, and environment issues.
- Maintain a **current affairs notebook** for monthly revision.

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### 4. Indian Polity & Economy (Paper I)

- Use **Laxmikanth's Polity** for Constitution basics.
- Focus on **fundamental rights, duties, Parliament, President, PM, and judiciary**.
- For Economy, revise basics of **budget, inflation, taxation, and economic reforms**.

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## 5. History of India (Paper I)

- Ancient, Medieval, and Modern History are all important.
- Give extra focus to **freedom struggle, important movements, and leaders**.
- Use NCERT Class 6–12 and *Spectrum Modern History*.

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## 6. Geography (Paper I)

- Study **physical, Indian, and world geography**.
- Focus on **climate, resources, rivers, agriculture, industries, and locations of important places**.
- NCERT Geography + Atlas practice is highly recommended.

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## 7. English Language (Paper II)

- Improve **grammar, vocabulary, and comprehension skills**.
- Practice **synonyms, antonyms, sentence correction, and cloze tests**.
- Read editorials to improve language and critical analysis skills.

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## 8. Essay Writing (Paper II)

- Topics are usually from **current affairs, social issues, security, or defence**.
- Structure essays with **introduction, body, and conclusion**.
- Practice writing one essay weekly within word and time limits.

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## 9. Report, Précis & Comprehension (Paper II)

- Practice précis writing by summarising newspaper editorials.
- Work on **coherent, concise report writing**.
- Attempt comprehension passages daily to improve speed and accuracy.

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## Key Preparation Tips

- Make a **weekly study schedule** dividing equal time between Paper I and Paper

II.

- Solve **previous year CAPF question papers** to understand trends.
- Take **mock tests** under timed conditions.
- Balance **current affairs with static subjects**.
- Improve **writing skills** through daily practice.

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## How Victor Growth Coaching Supports CAPF Aspirants

At **Victor Growth Coaching**, we provide subject-wise support for CAPF aspirants:

- ☐ **Comprehensive Classes** covering General Ability, Polity, History, Geography, Science, and Current Affairs.
- ☐ **Essay & English Training** with weekly practice sessions and feedback.
- ☐ **Exclusive Test Series** (Paper I & Paper II) to build exam confidence.
- ☐ **Study Materials** – NCERT-based notes, current affairs capsules, and practice workbooks.
- ☐ **Personalized Mentorship** – Regular progress tracking and doubt-solving sessions.
- ☐ **Affordable Fee Structure** – Quality coaching accessible to every aspirant.

☐☐ With Victor Growth, aspirants not only prepare subject-wise but also learn **exam-smart strategies** to maximize their score.

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## SEO Keywords

- CAPF written exam strategy
- Subject-wise preparation for CAPF exam
- Best CAPF coaching Kerala
- CAPF Paper I and II preparation tips
- Victor Growth CAPF coaching

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## FAQs on CAPF Written Exam Preparation

### Q1. How should I prepare for CAPF Paper I?

Focus on Polity, History, Geography, Science basics, and Current Affairs. Daily practice of reasoning and aptitude is also necessary.

### Q2. How to prepare for CAPF Paper II?

Practice essay writing, précis, comprehension, and grammar daily. Reading newspapers helps improve both knowledge and language.

### Q3. Which books are best for CAPF preparation?

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

### Q4. How many months are needed to prepare for CAPF?

A minimum of **6-8 months** of disciplined preparation is required.

### Q5. Is coaching necessary for CAPF exam?

Not mandatory, but coaching helps with structured preparation, mock tests, and essay writing practice.

### Q6. Does Victor Growth provide CAPF test series?

Yes. Victor Growth offers **full-length mock tests for both Paper I & II**.

### Q7. Can working professionals prepare for CAPF with coaching?

Yes. Victor Growth offers **flexible batches (weekend and online classes)** for working aspirants.

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