

NDA Foundation Plan

Class 11-12 | Prepare for NDA alongside school

1. Goal

Finish the NDA syllabus alongside school and appear in NDA during Class 12. You can apply before your results are out. NDA Maths overlaps heavily with Class 11-12 Maths, so every school topic you study properly also counts toward NDA.

2. Daily Time Commitment

2 to 3 hours on weekdays and **5 to 6 hours** on weekends.

3. Weekday Timetable

Time	Activity
6:00-6:45 AM	Running and exercise
5:00-6:30 PM	NDA Maths (new topic plus problems)
7:30-8:15 PM	GAT: Science or Social Science (alternate days)
8:30-9:00 PM	English and current affairs

Saturday: Topic test and weak-area work.

Sunday: A 2 to 3 hour paper or sectional test, then analysis.

4. Class 11 Plan (April to March)

Period	Maths	GAT
Apr-Jun	Sets, relations, functions, trigonometry (full), complex numbers	Physics: motion, laws of motion, work and energy
Jul-Sep	Sequences and series, permutations and combinations, binomial theorem, straight lines, conic sections	Chemistry basics (atomic structure, periodic table), Indian history
Oct-Dec	Limits and derivatives, statistics, probability	Geography (earth, climate), Class 11 Biology basics
Jan-Mar	Revise the year. School exams are the priority.	Take the first full mock to check your level

5. Class 12, First Half (April to October)

- **Maths:** Matrices and determinants, applications of derivatives, integration (all methods), differential equations, vectors, 3D geometry.
- **GAT:** Class 12 Physics (electricity, magnetism, optics), organic chemistry basics, polity, world history, economy basics.
- **Practice:** Solve previous NDA papers topic-wise. Start one mock per month.

6. Class 12, Second Half (November to April)

Period	Plan
Nov-Dec	Weekly mocks, detailed analysis, formula revision. Start OIR and PPDT basics.
Jan-Feb	Board exam focus. Only light NDA revision (1 hour a day).
Mar-Apr	Two mocks a week after boards, current affairs of the last 12 months, fitness push.

7. NDA Maths Topic Checklist

- Algebra, matrices and determinants
- Trigonometry
- Analytical geometry (2D and 3D)
- Differential calculus
- Integral calculus and differential equations
- Vector algebra
- Statistics and probability

8. Fitness Targets (by exam time)

Exercise	Target
Run	2.4 km under 12 minutes
Push-ups	25
Sit-ups	30
Chin-ups	5

9. Study Tips

- Practice the MCQ style for every chapter you finish at school.
- Prioritise board marks in the last two months before boards.
- Keep a formula sheet and a mistake notebook.
- Maths carries 300 marks and the cutoff is demanding, so give it about 40% of your NDA time.
- Negative marking applies, so guess only when you can eliminate two options.