

NDA After 12th: 6-Month and 12-Month Batches

Full-time preparation plan for the written exam and SSB

1. Choose Your Batch

Batch	Daily hours	Main focus	Mocks
12-month	6-8	Learn, practice, SSB	Weekly to twice weekly
6-month	8-10	Fast coverage, heavy mocks	2-3 per week

2. A) 12-Month Batch (relaxed and thorough)

Daily timetable (6 to 8 hours)

Time	Activity
5:30-6:30 AM	Maths (new topic)
6:30-7:30 AM	Running and exercise
9:00 AM-12:00 PM	Maths practice and problem solving
3:00-4:30 PM	GAT subject of the day
5:00-6:00 PM	English, vocabulary, comprehension
8:00-9:00 PM	Current affairs, revision of notes
9:00-9:30 PM	Mistake notebook, plan for next day

Phases

Months	Phase	Plan
1-4	Learn	Cover all 8 Maths topics (about 2 weeks per topic). In GAT, take Physics and Chemistry from NCERT 6-12, then Biology, History, Geography and Polity. Test after each topic.
5-7	Practice	Solve 8-10 years of previous papers, topic-wise tests, one mock a week. Start SSB basics (OIR 20 minutes, PPDT, TAT/WAT/SRT writing).
8-10	Sharpen	Two mocks a week with 2-3 hours of analysis each. Target Maths accuracy above 80% and 120+ GAT attempts. Revise formulas weekly.
11-12	Finish	Only mocks, revision and current affairs. SSB mock interviews and group tasks. Finish the last revision round a week before the exam.

3. B) 6-Month Batch (intensive)

Daily timetable (8 to 10 hours)

Time	Activity
5:30-6:30 AM	Running and exercise
7:30-10:30 AM	Maths (concept plus practice)
11:00 AM-1:00 PM	GAT Science or Social Science
3:00-5:30 PM	Maths practice or mock analysis
6:00-7:00 PM	English and vocabulary
8:00-9:30 PM	Current affairs and revision

Phases

Months	Plan
1-2	Finish the full Maths syllabus (algebra, trigonometry, calculus and geometry first). Cover GAT using NCERT summaries and short notes.
3	First full revision, topic tests and 3 years of previous papers. Start 30 minutes of SSB practice daily.
4-5	Two to three mocks a week with deep analysis. Revise weak chapters and learn 20 words a day.
6	No new topics. Mocks, revision and current affairs only. Taper and sleep well before the exam.

4. Weekly Schedule (both batches)

Day	Plan
Mon-Fri	Follow the daily timetable
Saturday	Sectional test plus weak-area revision
Sunday	Full mock (5 hours: Maths 2.5 hrs, GAT 2.5 hrs), then analysis. Evening rest.

5. SSB Preparation

- **Stage 1:** OIR (verbal and non-verbal reasoning) and PPDT (story writing and group discussion).
- **Stage 2:** Psychological tests (TAT, WAT, SRT, SDT), group tasks and the personal interview.
- **Habits:** Positive and action-based writing, honest self-knowledge, awareness of current affairs.
- **Fitness:** 2.4 km run under 12 minutes, 25+ push-ups, sit-ups and chin-ups.

6. Marking Scheme Reminder

Paper	Questions	Marks	Per question	Negative
Maths	120	300	2.5	0.83
GAT	150	600	4	1.33

7. Key Tips

- Give Maths about 40% of your time.
- Read NCERT first, then move to guidebooks.
- Analyse every mock for at least as long as you took to attempt it.
- Consistent, focused hours beat long distracted ones.
- Guess only when you can eliminate two options.