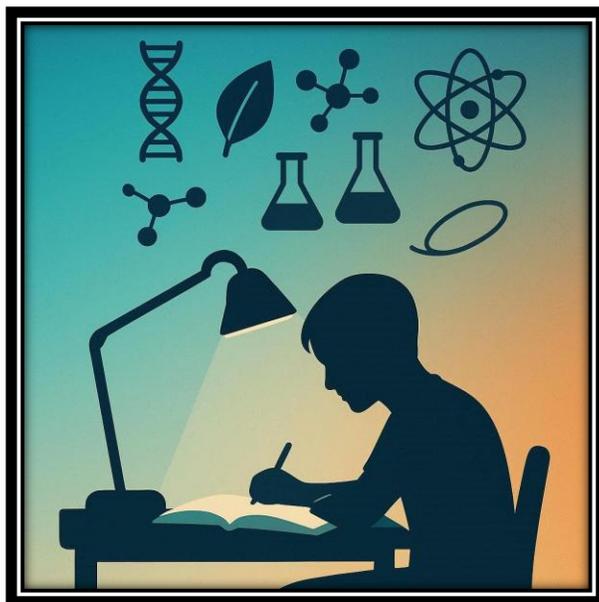


NEET 30 Days Crash Course



*Quick NCERT Notes • Daily Practice • Full-
Length Revision Tests*

Publisher: **SWAN India Publication**

 **Dedication**

This book is dedicated to every NEET aspirant who chooses hard work over shortcuts and perseverance over fear.

To those who study late at night, wake up early with determination, and continue even when the journey feels tough — your courage and discipline inspire us.

May this book guide you a step closer to your dream of becoming a doctor and remind you that self-belief is the strongest tool you carry.

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Part A – Strategy & Planning

Chapter 1: How to Use This Book

Preparing for NEET is not only about what you study, but also about **how you study**. This book has been designed to give you a clear plan for the last 30 days, where every day counts. To get the maximum benefit, follow the steps given below:

1. 30-Day Planner Overview

The book is structured into a **day-wise crash course plan**.

- **Day 1–10:** Focus on **Biology**, since it carries maximum weightage (50% of NEET). These days cover all high-yield NCERT chapters like Human Physiology, Genetics, Ecology, and Reproduction.
- **Day 11–20:** Dedicated to **Chemistry** revision. Physical Chemistry formulas, Inorganic NCERT facts, and key Organic reactions are covered in a concise way.
- **Day 21–25:** Core **Physics** chapters like Mechanics, Optics, Electricity, and Modern Physics. Formula sheets and selected MCQs will strengthen speed and accuracy.
- **Day 26–28:** Mixed practice across all three subjects — especially diagram-based and assertion-reasoning questions from NCERT.

- **Day 29 & 30:** Full-length **mock tests** with OMR practice, followed by final revision of weak areas.

☞ The planner ensures that every subject gets balanced attention, while Biology is given extra weight because of its importance in the exam.

2. *How to Combine NCERT Reading + Practice*

The heart of NEET preparation is **NCERT textbooks**. This book works as a **bridge** between NCERT content and exam-style practice.

- Start your day by **reading/revising NCERT chapters** (marked in this planner). Focus on highlighted lines, diagrams, and summary boxes.
- Immediately after reading, **attempt the daily practice questions** given in this crash course. This helps in converting passive reading into active recall.
- Mark your mistakes and go back to the NCERT page to re-read the concept. This habit strengthens memory and reduces silly errors.
- At the end of the day, revise only **your notes and error log** — not the whole NCERT again. This saves time and reinforces weak areas.

☞ Remember: *Read NCERT → Solve Questions → Revise Errors*. This cycle is the key to success.

3. Using OMR Sheet Daily

Many students prepare well but struggle in the actual exam because they don't practice with an OMR sheet. To overcome this:

- Use the **OMR sample sheets** included at the end of this book or print extra copies.
- While solving daily practice sets or full tests, always **mark answers in the OMR** instead of the notebook.
- Train yourself to **bubble quickly and accurately**. Practice shading circles neatly without wasting time.
- Develop the habit of managing **negative marking** by leaving doubtful questions after 1–2 minutes.
- Review your OMR sheet after each test to calculate score and accuracy.

☞ This daily habit will remove exam-day fear, improve speed, and give you the real NEET experience.

🕒 Chapter 2: Time-Management Tips for 30 Days

Time management is the **deciding factor** in NEET. Many students know the syllabus but fail to perform because they don't balance study, revision, and practice. In the last 30 days, every hour counts. This chapter will guide you to manage time effectively.

✦ 1. Study-Revise-Practice Balance

NEET is not about reading more and more; it is about **revising smartly and practicing daily**.

- **Study (40%)** → Use this time to go through NCERT chapters, notes, and important diagrams. Don't read new books; just revise the essentials.
- **Revise (30%)** → Revisit what you studied the same day. Quick summaries, self-made notes, and NCERT highlights should be revised every evening.
- **Practice (30%)** → Solve MCQs daily, preferably in exam-like conditions. Use OMR sheets, attempt mock questions, and mark mistakes for review.

🔗 Formula: **40% Study + 30% Revise + 30% Practice = 100% Output**

✦ 2. Subject-Wise Daily Time Split

Since Biology carries **50% weightage**, it should get the maximum focus. Chemistry and Physics need equal and balanced attention too. Here's the ideal daily plan:

- **Biology → 6 hours/day**
 - Read NCERT line-by-line, revise diagrams, and solve at least 100 Biology MCQs.
- **Chemistry → 4 hours/day**
 - Divide equally into Physical, Inorganic, and Organic Chemistry. Focus on NCERT facts, formulas, and reaction mechanisms.
- **Physics → 4 hours/day**
 - Revise formulas, practice numericals, and solve 30–40 MCQs.
- **Revision + Error Log → 2 hours/day**
 - At the end of the day, revise mistakes from practice questions. This is the key to long-term retention.

☞ Total = **16 hours max** (with short breaks). Students can adjust between **10–12 hours** depending on stamina, but subject ratio should remain the same.

💡 *Extra Tip: Weekly Schedule*

- **6 Days → Full study cycle** (Biology, Chemistry, Physics daily)
- **1 Day → Mock Test + Error Analysis** (simulate exam conditions, check OMR, revise weak points)

About SWAN India Publication

SWAN India Publication is committed to providing **quality academic resources** that empower students to achieve their dreams. With a focus on **clarity, accuracy, and student-centric design**, our books are carefully crafted to make complex concepts simple and exam-ready.

Over the years, SWAN India has earned the trust of thousands of aspirants by publishing **NEET, JEE, and other competitive exam materials** that blend **NCERT precision with practical exam strategies**. Each title is the result of detailed research, expert guidance, and a deep understanding of student needs.

Our mission is to **inspire learning, build confidence, and support every aspirant** on their journey toward success. We believe that with the right resources and consistent effort, every student can turn their ambition into achievement.

SWAN India Publication continues to stand as a reliable companion for aspirants, shaping their preparation with books that are **authentic, easy to follow, and designed for results**.