



Pre-Medical Division

Academic Session: 2024-25



COURSE PLANNER

Class: XI | Course: SAKSHAM (MA)

GMCs: Govt. Medical Colleges | PMCs: Pvt. Medical Colleges | DENTAL: Govt./Pvt. Dental Colleges
 AYUSH: Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homoeopathy Colleges | GVCs/PVCs: Govt./Pvt. Veterinary Colleges

Class	Course Name	Phase / Batch Code	Course Starts (Date/Day)	Course Ends (Date/Day)	Target Institutions	Target Examination	Target Year
XI	SAKSHAM	01MA	01.04.2024 (Monday)	21.12.2024 (Saturday)	AIIMS/ Medical Colleges	NEET (UG)	2026

COURSE INTRODUCTION

Eligibility	Students Moving from Class X (2023-24) to Class XI (2024-25)	Course Type	Yearlong Classroom Contact Programme (YCCP)
Primary Target Examination	NEET (UG)	Coaching Mode	Physical Classroom (Offline)
Other Target Examinations(s)	Not Applicable	Medium of Instructions	English & Hindi
Primary Target College (s)	AIIMS/ Central & State Govt. Medical Colleges (GMCs)	Language of Content (Study Material)	English & Hindi
Other Target College (s)	Pvt. Medical Colleges (PMCs)/ Dental/ AYUSH/Veterinary Colleges	Testing & Assessment Mode	Paper-Based Testing (PBT)

COURSE SYNOPSIS

Course Duration	38 Weeks	Total Lectures	528 L	Classroom Hours (Total)	792 Hrs
Academic Weeks	36 Weeks	Subject-wise Lectures (PC,B each)	P: 164 L C: 164 L B: 200 L	Classroom Hours (Subject-wise)	P: 246 Hrs C: 246 Hrs B: 300 Hrs
Vacation Weeks	02 Weeks	Lectures Per Week (Total)	15 L	No. of Periodic Tests	13
Subjects	Physics, Chemistry & Biology	Lectures Per Week (Subject-wise)	P: 5 L C: 5 L B: 5 L	Total Testing Hours	43.5 Hrs
Syllabus	NEET (UG) (As Per NTA)	Lecture Duration	1.5 Hr. (90 Min)	Total Academic Hours	835.5 Hrs

COURSE CONTENT

S. No.	Content	Purpose	Units	No. of Pages	No. of Questions	Remarks
1.	Lecture Notes	Conceptual Learning	528	2640	2640	Self-Made (Classroom)
2.	Daily Practice Problems (DPPs)	Practice & Revision	220	440	2200	Subject-wise Booklets
3.	Topic-Wise Sheets/ Modules	Practice & Perfection	52	2433	10216	Topic-wise Sheets
4.	Periodic Tests & Text Solutions	Assessment & Benchmarking	13	520	2600	As per Test Schedule
Grand Total			813	6033	17656	

COURSE PEDAGOGY

Sr.#.	Pedagogical Steps/Tools	Learning Advantage / Utility / Benefits
1.	Physical Classroom	• Effective & Efficient Learning Ambience
2.	Instructor / Faculty	• Subject-Matter Experts (Teachers)
3.	Interactive Classes	• Live-learning & Interaction (Teacher-Student) • Peer-learning (Student-Student) • Doubt Discussion
4.	Lecture Notes	• Hand-written Lecture Notes • Self-Made by Student in the Classroom • Theory, Illustrations, Examples (Solved & Unsolved) • Based on Lecture Content by the Teaching Faculty
5.	Daily Practice Problems (DPPs)	• Homework Tool • For Regular Revision • Discussed in Classroom • Problems from Previous Topics
6.	Sheets/ Modules	• Topic-wise Theory for Conceptual Understanding • Exercises for Homework, Self-Practice & Perfection
7.	Doubt Classes	• One-on-One Doubt Discussion/ Resolution (Teacher-Student) for Individual Needs
8.	Special Classes	• Clinic Classes, Extra Classes etc. for Special Needs
9.	Periodic Assessment Tests (PATs)	• Part Tests (PTs), Cumulative Tests (CTs) for Regular Assessment & Benchmarking of Learning Outcomes
10.	Revision Plan	• Structured Revision • Full Syllabus Mock Tests

WEEKLY LECTURE PLANNER

TL: Total Lectures (Week) | CL: Cumulative Lectures | P: Physics | C: Chemistry (P/I: Physical/Inorganic | O: Organic) | M: Mathematics

Week No.	Week Duration		No. of Lecture(s)				TL	CL	Week No.	Week Duration		No. of Lecture(s)				TL	CL	Week No.	Week Duration		No. of Lecture(s)				TL	CL
	From	To	P	C	B					From	To	P	C	B					From	To	P	C	B			
					ZO	BO								ZO	BO								ZO	BO		
W-1	01-04	06-04	3	3	2	2	10	10	W-14	01-07	06-07	4	4	3	3	14	186	W-27	30-09	05-10	5	5	3	3	16	384
W-2	08-04	13-04	4	4	2	2	12	22	W-15	08-07	13-07	5	5	3	3	16	202	W-28	07-10	12-10	5	5	3	3	16	400
W-3	15-04	20-04	4	4	2	2	12	34	W-16	15-07	20-07	5	5	3	3	16	218	W-29	14-10	19-10	5	4	3	3	15	415
W-4	22-04	27-04	4	4	2	2	12	46	W-17	22-07	27-07	4	4	3	3	14	232	W-33	11-11	16-11	5	4	3	3	15	450
W-5	29-04	04-05	4	4	2	2	12	58	W-18	29-07	03-08	5	5	3	3	16	248	W-34	18-11	23-11	5	5	3	3	16	466
W-6	06-05	11-05	4	4	2	2	12	70	W-19	05-08	10-08	5	5	3	3	16	264	W-35	25-11	30-11	5	5	3	3	16	482
W-7	13-05	18-05	4	4	2	2	12	82	W-20	12-08	17-08	5	5	3	3	16	280	W-36	02-12	07-12	4	4	3	3	14	496
W-8	20-05	25-05	4	4	2	2	12	94	W-21	19-08	24-08	5	5	2	3	15	295	W-37	09-12	14-12	5	5	3	3	16	512
W-9	27-05	01-06	5	5	3	3	16	110	W-22	26-08	31-08	4	4	3	2	13	308	W-38	16-12	21-12	5	5	3	3	16	528
W-10	03-06	08-06	5	5	3	3	16	126	W-23	02-09	07-09	5	4	3	3	15	323	Total				164	164	100	100	528
W-11	10-06	15-06	4	4	3	3	14	140	W-24	09-09	14-09	4	5	3	3	15	338									
W-12	17-06	22-06	5	5	3	3	16	156	W-25	16-09	21-09	5	5	3	3	16	354									
W-13	24-06	29-06	5	5	3	3	16	172	W-26	23-09	28-09	4	4	3	3	14	368									

Total Lectures: 528 (P: 164 | C: 164 | B: 200) | Total Classroom Hours: 792 Hrs (P: 246 Hrs. | C: 246 Hrs. | B: 300 Hrs.)

STUDY MATERIAL PLANNER (SHEETS / MODULES)

PHYSICS (PI)					CHEMISTRY (CI)					BIOLOGY (BI)					
T#	Topic Name/Sequence	No of Lec.	No of Ques.	Topic Start Date	T#	Topic Name/Sequence	No of Lec.	No of Ques.	Topic Start Date	T#	Topic Name/Sequence	No of Lec.	No of Ques.	Topic Start Date	
Packet No.1					Packet No.1					ZOOLOGY					
1	Mathematical Tools	17	195	01-Apr-24	1	Mole Concept	15	205	01-Apr-24	1	Animal Kingdom	11	512	01-Apr-24	
2	Rectilinear Motion	13	180	01-May-24	2	Atomic Structure	16	268	29-Apr-24	2	Structural Organisation in Animals	10	119	07-May-24	
3	Unit & Dimension	5	159	23-May-24	3	Periodic Table	8	180	27-May-24	3	Biomolecules	8	182	05-Jun-24	
Packet No.2					Packet No.2					Packet No.2					
4	Measurement Error & Experiment	3	97	31-May-24	4	Chemical Bonding	23	301	06-Jun-24	4	Locomotion and movement	9	158	25-Jun-24	
5	Projectile Motion	8	134	05-Jun-24	5	Thermodynamics & Thermochemistry	16	229	11-Jul-24	5	Breathing and Exchange of Gases	9	182	16-Jul-24	
6	Relative Motion	6	61	18-Jun-24	6	Chemical Equilibrium	9	201	05-Aug-24	6	Body Fluids & Circulation	8	216	06-Aug-24	
7	Newtons laws of motion	13	172	26-Jun-24	Packet No.3					Packet No.3					
8	Friction	5	92	16-Jul-24	7	Ionic Equilibrium	15	223	17-Aug-24	7	Excretory Products & their Elimination	8	169	26-Aug-24	
9	Work, Power & Energy	9	189	23-Jul-24	8	Redox Reactions	7	127	10-Sep-24	8	Chemical Coordination & Integration	12	290	11-Sep-24	
Packet No.3					Packet No.3					Packet No.4					
10	Circular Motion	8	159	06-Aug-24	9	p-block Elements	6	142	19-Sep-24	9	Neural control and coordination	13	256	09-Oct-24	
11	Centre of mass	11	275	17-Aug-24	Packet No.4					BOTANY					
12	Rigid Body Dynamics	14	295	03-Sep-24	10	IUPAC Nomenclature & Structural Isomerism	19	226	30-Sep-24	10	Digestion and Absorption	12	172	25-Nov-24	
Packet No.4					11	General Organic Chemistry	15	300	06-Nov-24	11	Cell: The Unit of Life	17	284	01-Apr-24	
13	KTG & Thermodynamics	10	334	24-Sep-24	12	Hydrocarbon	15	113	29-Nov-24	12	Cell Cycle and Cell Division	8		28-May-24	
14	Calorimetry & Thermal expansion	6	124	09-Oct-24						13	Biological Classification	9	351	17-Jun-24	
15	Simple Harmonic Motion	8	256	17-Oct-24						Packet No.2					
16	Wave on a String	9	154	12-Nov-24						14	Plant Kingdom	11	246	08-Jul-24	
17	Sound wave	8	182	25-Nov-24						15	Photosynthesis in Higher Plants	11	195	31-Jul-24	
18	Fluid Mechanics	5	132	05-Dec-24						16	Respiration in Plants	9	125	27-Aug-24	
19	Elasticity & Viscosity	3	103	13-Dec-24						Packet No.3					
20	Surface Tension	3	63	18-Dec-24						17	Plant Growth and Development	8	196	18-Sep-24	
										18	Morphology of Flowering Plants	13	294	08-Oct-24	
										Packet No.4					
										19	Anatomy of Flowering Plants	11	240	19-Nov-24	
										20	The Living World	3	158	16-Dec-24	
Total		164	3356			Total		164	2515			Total		200	4345

Total No. of Sheets / Module: 52 (P: 20 | C: 12 | B: 20)

Total No. of Questions: 10216 (P: 3356 | C: 2515 | B: 4345)

Note: A Lecture of 90 Minutes usually Comprises of 15 Minutes of DPP Discussion, 30 Minutes of Sheet Discussion & 45 Minutes of Theory Class.

STUDY MATERIAL PLANNER (DPPs)

S. No.	Subject	Total Lectures	Total DPPs	Total Questions in DPPs	Average Questions Per DPP
1	Physics	164	70	700	10
2	Chemistry	164	50	500	10
3	Biology	Zoology	100	1000	10
		Botany			
Total		528	220	2200	30

DISCUSSION PLANNER (DPPs)

S. No.	Week No.	DPP No.				No. of DPPs	S. No.	Week No.	DPP No.				No. of DPPs	S. No.	Week No.	DPP No.				No. of DPPs
		P	C	B					P	C	B					P	C	B		
				Zoo.	Bot.						Zoo.	Bot.						Zoo.	Bot.	
1	Week-1	1,2	1,2	1,2	1,2	8	14	Week-14	27,28	27	27	26	5	27	Week-27	53,54	40	40	43	5
2	Week-2	3,4	3,4	3,4	3,4	8	15	Week-15	29,30	28	28	27	5	28	Week-28	55,56	41	41	44	5
3	Week-3	5,6	5,6	5,6	5,6	8	16	Week-16	31,32	29	29	28	5	29	Week-29	57,58	42	42	45	5
4	Week-4	7,8	7,8	7,8	7,8	8	17	Week-17	33,34	30	30	29	5	30	Week-30	59,60	43	43	46	5
5	Week-5	9,10	9,10	9,10	9,10	8	18	Week-18	35,36	31	31	30,31	6	31	Week-31	0	0	0	0	0
6	Week-6	11,12	11,12	11,12	11,12,13	9	19	Week-19	37,38	32	32	32,33	6	32	Week-32	61,62	44	44	47	5
7	Week-7	13,14	13,14	13,14	14,15,16	9	20	Week-20	39,40	33	33	34	5	33	Week-33	63,64	45	45	48	5
8	Week-8	15,16	15,16	15,16	17,18	8	21	Week-21	41,42	34	34	35	5	34	Week-34	65	46	46	49	4
9	Week-9	17,18	17,18	17,18	19,20	8	22	Week-22	43,44	35	35	36	5	35	Week-35	66	47	47	50	4
10	Week-10	19,20	19,20	19,20	21	7	23	Week-23	45,46	36	36	37	5	36	Week-36	67,68	48	48	0	4
11	Week-11	21,22	21,22	21,22	22,23	8	24	Week-24	47,48	37	37	38,39	6	37	Week-37	69	49	49	0	3
12	Week-12	23,24	23,24	23,24	24	7	25	Week-25	49,50	38	38	40	5	38	Week-38	70	50	50	0	3
13	Week-13	25,26	25,26	25,26	25	7	26	Week-26	51,52	39	39	41,42	6	Total No. of DPPs		70	50	50	50	220

STUDY MATERIAL DISTRIBUTION PLANNER

S#	Packet	Distribution Week	Sheets/ Modules (T#)				DPP Booklets			
			P	C	B		PHYSICS (P)	CHEMISTRY (C)	BIOLOGY (B)	
					ZO	BO			Zoology (ZO)	Botany (BO)
1	First	Course Commencement Week	1-3	1-3	1-3	1-3	Booklet: 1 (DPP No.1-25)	Booklet: 1 (DPP No.1-17)	Booklet: 1 (DPP No.1-17)	Booklet: 1 (DPP No.1-17)
2	Second	3rd Week of May, 2024	4-9	4-6	4-6	4-6				
3	Third	3rd Week of July, 2024	10-12	7-9	7,8	7,8				
4	Fourth	3rd Week of October, 2024	13-20	10-12	9,10	9,10				
							Booklet: 3 (DPP No.51-70)	Booklet: 3 (DPP No.35-50)	Booklet: 3 (DPP No.35-50)	Booklet: 3 (DPP No.35-50)

HOLIDAY PLANNER

S#	Holiday Schedule		No. of Days	Occasion / Reason
	Start Date / Day	End Date / Day		
1	15 th August 2024 (Thursday)	15 th August 2024 (Thursday)	1	Independence Day
2	19 th August 2023 (Monday)	30 th August 2023 (Wednesday)	1	Raksha Bandhan
3	25 th October 2024 (Friday)	05 th November 2024 (Tuesday)	10	Deepawali Holidays
Total Holidays			12	

PERIODIC TEST PLANNER

S. No.	Periodic Test Type & No.	Test Pattern	Periodic Test Date	First Result (Tentative)	Final Result	Result Update on Website	Periodic Test Syllabus			Total No. of Ques.	Testing Hours
							Physics	Chemistry	Biology		
1	PT-1	NEET (UG)	20-04-24 (Saturday)	25-04-24 (Thursday)	27-04-24 (Saturday)	30-04-24 (Tuesday)	Mathematical Tools Upto Integration	Mole Concept	Animal Kingdom Upto Mollusca (Basis of Classification(10), Porifera(5), Coelenterata(7), Chordata (3), Platyhelminthes(4), Aschelminthes(2), Annelida(4), Arthropoda(6), Mollusca(4))	200 Qs	3 Hr, 20 Min
2	CT-1	NEET (UG)	11-05-24 (Saturday)	16-05-24 (Thursday)	18-05-24 (Saturday)	21-05-24 (Tuesday)	Mathematical Tools	Mole Concept, Atomic Structure Upto Electronic wave	Animal Kingdom (Per Topic 3 Question)	200 Qs	3 Hr, 20 Min
3	PT-2	NEET (UG)	01-06-24 (Saturday)	06-06-24 (Thursday)	08-06-24 (Saturday)	11-06-24 (Tuesday)	Rectilinear Motion	Atomic Structure	Structural Organisation in Animals Upto Nervous Tissue (Neuron, Neuroglia(35) + Cockroach(15))	200 Qs	3 Hr, 20 Min
4	CT-2	NEET (UG)	22-06-24 (Saturday)	27-06-24 (Thursday)	29-06-24 (Saturday)	02-07-24 (Tuesday)	Mathematical Tools, Rectilinear Motion, Unit and Dimension, Projectile Motion, Measurement Error	Mole Concept, Atomic Structure, Periodic Table, Chemical Bonding (Upto Hybridisation (sp, sp2))	Animal Kingdom(10), Structural Organisation in Animals(20), Biomolecules(20)	200 Qs	3 Hr, 20 Min
5	PT-3	NEET (UG)	13-07-24 (Saturday)	18-07-24 (Thursday)	20-07-24 (Saturday)	23-07-24 (Tuesday)	Projectile Motion, Relative Motion	Chemical Bonding Upto Hydration, Hydrolysis	Biomolecules(25), Locomotion and Movement Upto Skeletal System(25)	200 Qs	3 Hr, 20 Min
6	CT-3	NEET (UG)	03-08-24 (Saturday)	08-08-24 (Thursday)	10-08-24 (Saturday)	13-08-24 (Tuesday)	Mathematical Tools, Rectilinear Motion, Unit and Dimension, Projectile Motion, Relative Motion, Measurement Error, Newton's Laws of Motion, Friction, Work, Power, Energy, Upto Work Energy Theorem Problems	Mole Concept, Atomic Structure, Periodic Table, Chemical Bonding, Thermodynamics & Thermochemistry Upto Entropy, Entropy Calculation	Animal Kingdom(10), Structural Organisation in Animals(10), Biomolecule(10), Locomotion and Movement(20)	200 Qs	3 Hr, 20 Min
7	PT-4	NEET (UG)	17-08-24 (Saturday)	22-08-24 (Thursday)	24-08-24 (Saturday)	27-08-24 (Tuesday)	Projectile Motion, Relative Motion, Newton's Laws of Motion, Friction, Work, Power, Energy, Circular Motion	Thermodynamics & Thermochemistry, Chemical Equilibrium, Ionic Equilibrium (Upto Reaction Quotient & Characteristics of Equilibrium constant.)	Breathing and Exchange of Gases(35), Body Fluids And Circulation Upto Blood(15)	200 Qs	3 Hr, 20 Min
8	CT-4	NEET (UG)	07-09-24 (Saturday)	12-09-24 (Thursday)	14-09-24 (Saturday)	17-09-24 (Tuesday)	Mathematical Tools, Rectilinear Motion, Unit and Dimension, Projectile Motion, Relative Motion, Measurement Error, Newton's Laws of Motion, Friction, Work, Power, Energy, Circular Motion, Centre of Mass	Mole Concept, Atomic Structure, Periodic Table, Chemical Bonding, Thermodynamics & Thermochemistry Upto Energy, Entropy Calculation, Chemical Equilibrium, Ionic Equilibrium (Upto Buffer Solution)	Animal Kingdom(5), Structural Organisation in Animals(5), Biomolecule(5), Locomotion and Movement(5), Breathing and Exchange of Gases(10), Body Fluids and Circulation(20)	200 Qs	3 Hr, 20 Min
9	PT-5	NEET (UG)	28-09-24 (Saturday)	03-10-24 (Thursday)	05-10-24 (Saturday)	08-10-24 (Tuesday)	Circular Motion, Work, Power, Energy, Centre of Mass	Ionic Equilibrium, Redox Reactions	Excretory Products and Their Elimination(35), Chemical Coordination & Integration Upto Thyroid(15)	200 Qs	3 Hr, 20 Min
10	CT-5	NEET (UG)	19-10-24 (Saturday)	24-10-24 (Thursday)	26-10-24 (Saturday)	29-10-24 (Tuesday)	Mathematical Tools, Rectilinear Motion, Unit and Dimension, Projectile Motion, Relative Motion, Measurement Error, Newton's Laws of Motion, Friction, Work, Power, Energy, Circular Motion, Work, Power, Energy, Centre of Mass, Rigid body Dynamics, KTG & Thermodynamics,	Ionic Equilibrium, Redox Reactions, p-Block (Boron and Carbon Family), IUPAC Nomenclature (Upto Equilibrium, Redox Reactions, p-Block (Boron and Carbon Family), IUPAC Nomenclature with Non Chain Terminating functional Group)	Animal Kingdom(4), Structural Organisation in Animals(3), Biomolecule(3), Locomotion and Movement(6), Breathing and Exchange of Gases(6), Body Fluids and Circulation(8), Excretory Products and Their Elimination(10), Chemical Coordination and Integration(10)	200 Qs	3 Hr, 20 Min
11	PT-6	NEET (UG)	09-11-24 (Saturday)	14-11-24 (Thursday)	16-11-24 (Saturday)	19-11-24 (Tuesday)	Centre of Mass, Rigid body Dynamics, KTG & Thermodynamics, Calorimetry and Thermal Expansion	IUPAC Nomenclature & Structural Isomerism	Neural Control and Coordination Upto Mid Brain (Per Topic 10 Question)	200 Qs	3 Hr, 20 Min
12	CT-6	NEET (UG)	30-11-24 (Saturday)	05-12-24 (Thursday)	07-12-24 (Saturday)	10-12-24 (Tuesday)	Mathematical Tools, Rectilinear Motion, Unit and Dimension, Projectile Motion, Relative Motion, Measurement Error, Newton's Laws of Motion, Friction, Work, Power, Energy, Circular Motion, Work, Power, Energy, Centre of Mass, Rigid body Dynamics, KTG & Thermodynamics, Calorimetry and Thermal Expansion, Simple Harmonic Motion	Mole Concept, Atomic Structure, Periodic Table, Chemical Bonding, Thermodynamics & Thermochemistry, Chemical Equilibrium, Ionic Equilibrium, Redox Reactions, p-Block (Boron and Carbon Family), IUPAC Nomenclature & Structural Isomerism, General Organic Chemistry Upto Acidic Strength(Acidity of Alcohol, Phenol)	Animal Kingdom(3), Structural Organisation in Animals(6), Biomolecule(3), Locomotion and Movement(4), Breathing and Exchange of Gases(4), Body Fluids and Circulation(4), Excretory Products and Their Elimination(4), Chemical Coordination and Integration(4), Neural Control and Coordination(20)	200 Qs	3 Hr, 20 Min
13	MT-1	NEET (UG)	21-12-24 (Saturday)	26-12-24 (Thursday)	28-12-24 (Saturday)	31-12-24 (Tuesday)	Class - XI Full syllabus	Class - XI Full syllabus	Class - XI Full syllabus	200 Qs	3 Hr, 20 Min

Total Periodic Assessment Tests (PATs): 15

Total Qs & Testing Hrs **2600 Qs**

43.5 hrs.