

India's Most Planned Institute



Pre-Medical Division

Academic Session: 2023-24

# COURSE PLANNER

Class: XI | Course: SAKSHAM (MA)

#PlanningSafaltaKi

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	03.04.2023 (Monday)	30.12.2023 (Saturday)	AIIMS/ Medical Colleges	NEET (UG)	2025

## COURSE INTRODUCTION

Eligibility	Students Moving from Class X (2022-23) to Class XI (2023-24)	Course Type	Yearlong Classroom Contact Programme (YCCP)
Primary Target Examination	NEET (UG)	Coaching Mode	Physical Classroom (Offline)
Other Target Examinations(s)	IISER-AT, NEST, BITSAT CUET, Board	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	39 Weeks	Total Lectures	540 L	Classroom Hours (Total)	810 Hrs
Academic Weeks	37 Weeks	Subject-wise Lectures (PC,B each)	P: 180 L C: 180 L B: 180 L	Classroom Hours (Subject-wise)	P: 270 Hrs C: 270 Hrs B: 270 Hrs
Vacation Weeks	02 Weeks	Lectures Per Week (Total)	15 L	No. of Periodic Tests	15
Subjects	Physics, Chemistry & Biology	Lectures Per Week (Subject-wise)	P: 5 L C: 5 L B: 5 L	Total Testing Hours	53.5 Hrs
Syllabus	NEET (UG) (As Per NTA)	Lecture Duration	1.5 Hr. (90 Min)	Total Academic Hours	864 Hrs

## COURSE CONTENT

S#	Content	Purpose	Units	No. of Pages	No. of Questions	Remarks
1.	Lecture Notes	Conceptual Learning	540	2700*	2700**	Self-Made (Classroom)
2.	Daily Practice Problems (DPPs)	Practice & Revision	304	605	3040	Subject-wise Booklets
3.	Topic-Wise Sheets/ Modules	Practice & Perfection	58	2621	10999	Topic-wise Sheets
4.	Periodic Tests & Text Solutions	Assessment & Benchmarking	15	516	2535	As per Test Schedule
<b>Grand Total</b>			<b>917</b>	<b>6442</b>	<b>19274</b>	

## COURSE PEDAGOGY

S#	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) | B: Biology (ZO: Zoology | BO: Botany)

Week No.	Week Duration		No. of Lecture					TL	CL	Week No.	Week Duration		No. of Lecture					TL	CL	Week No.	Week Duration		No. of Lecture					TL	CL
	From	To	P	C	O	Zoo.	Bot.				From	To	P	C	O	Zoo.	Bot.				From	To	P	C	O	Zoo.	Bot.		
W-1	03-04	08-04	4	2	2	2	2	12	12	W-14	03-07	08-07	5	2	3	2	2	14	188	W-27	02-10	07-10	5	2	3	2	3	15	378
W-2	10-04	15-04	4	2	2	2	2	12	24	W-15	10-07	15-07	5	2	3	2	2	14	202	W-28	09-10	14-10	5	3	2	2	3	15	393
W-3	17-04	22-04	4	2	2	2	2	12	36	W-16	17-07	22-07	5	2	3	2	3	15	217	W-29	16-10	21-10	5	3	2	2	3	15	408
W-4	24-04	29-04	4	2	2	2	2	12	48	W-17	24-07	29-07	5	2	3	2	3	15	232	W-30	23-10	28-10	5	3	2	2	3	15	423
W-5	01-05	06-05	4	2	2	2	2	12	60	W-18	31-07	05-08	5	2	3	2	3	15	247	W-31	30-10	04-11	5	3	2	2	3	15	438
W-6	08-05	13-05	4	2	2	2	2	12	72	W-19	07-08	12-08	5	2	3	2	3	15	262	W-32	06-11	11-11	3	2	2	2	2	11	449
W-7	15-05	20-05	5	2	2	2	2	13	85	W-20	14-08	19-08	4	2	2	2	2	12	274	W-33	13-11	18-11	0	0	0	0	0	0	449
W-8	22-05	27-05	5	2	2	2	2	13	98	W-21	21-08	26-08	5	2	3	2	3	15	289	W-34	20-11	25-11	5	3	2	2	3	15	464
W-9	29-05	03-06	5	2	3	2	2	14	112	W-22	28-08	02-09	4	2	3	2	3	14	303	W-35	27-11	02-12	5	3	2	2	3	15	479
W-10	05-06	10-06	5	2	3	2	2	14	126	W-23	04-09	09-09	5	2	3	2	3	15	318	W-36	04-12	09-12	5	3	2	2	3	15	494
W-11	12-06	17-06	5	3	2	3	3	16	142	W-24	11-09	16-09	5	2	3	2	3	15	333	W-37	11-12	16-12	5	3	2	2	3	15	509
W-12	19-06	24-06	5	3	2	3	3	16	158	W-25	18-09	23-09	5	2	3	2	3	15	348	W-38	18-12	23-12	5	3	2	2	3	15	524
W-13	26-06	01-07	5	3	2	3	3	16	174	W-26	25-09	30-09	5	2	3	2	3	15	363	W-39	25-12	30-12	5	3	2	3	3	16	540
<b>Total Lectures: 540 (P: 180   C: 180   B: 180)</b>										<b>Total Classroom Hours: 810 Hrs (P: 270 Hrs.   C: 270 Hrs.   B: 270 Hrs.)</b>										<b>Total</b>		<b>180</b>	<b>89</b>	<b>91</b>	<b>80</b>	<b>100</b>	<b>540</b>		

## STUDY MATERIAL PLANNER (SHEETS / MODULES)

PHYSICS [P]					CHEMISTRY [C]					BIOLOGY [B]				
S. No.	Topic Name/Sequence	No of Lec.	No of Ques.	Topic Start Date	S. No.	Topic Name/Sequence	No of Lec.	No of Ques.	Topic Start Date	S. No.	Topic Name/Sequence	No of Lec.	No of Ques.	Topic Start Date
<b>Packet No.1</b>					PHYSICAL/ INORGANIC					ZOOLOGY				
1	Mathematical Tools	20	195	03-Apr-23	<b>Packet No.1</b>					1	Biomolecules	7	182	03-Apr-23
2	Rectilinear Motion	15	180	08-May-23	1	Mole Concept	16	205	03-Apr-23	2	Structural Organisation in Animals	7	119	25-Apr-23
3	Unit & Dimension	5	159	30-May-23	2	Redox Reactions	8	127	29-May-23	3	Locomotion and movement	7	158	22-May-23
<b>Packet No.2</b>					<b>Packet No.2</b>					<b>Packet No.2</b>				
4	Measurement Error & Experiment	5	97	06-Jun-23	3	Chemical Equilibrium	9	201	20-Jun-23	4	Digestion and Absorption	9	172	13-Jun-23
5	Projectile Motion	7	134	13-Jun-23	4	Ionic Equilibrium	15	223	17-Jul-23	5	Breathing and Exchange of Gases	7	182	04-Jul-23
6	Relative Motion	6	61	22-Jun-23	<b>Packet No.3</b>					6	Body Fluids & Circulation	7	216	31-Jul-23
7	Newtons laws of motion	14	172	30-Jun-23	5	Atomic Structure	16	268	05-Sep-23	<b>Packet No.3</b>				
8	Friction	7	92	20-Jul-23	<b>Packet No.4</b>					7	Excretory Products & their Elimination	7	169	22-Aug-23
9	Work, Power & Energy	9	189	31-Jul-23	6	Gaseous State	9	158	24-Oct-23	8	Chemical Coordination & Integration	10	290	18-Sep-23
<b>Packet No.3</b>					ORGANIC					<b>Packet No.4</b>				
10	Circular Motion	9	159	11-Aug-23	<b>Packet No.1</b>					9	Neural control and coordination	10	256	23-Oct-23
11	Centre of mass	11	275	25-Aug-23	1	IUPAC Nomenclature & Structural Isomerism	15	226	03-Apr-23	10	Animal Kingdom	9	512	04-Dec-23
12	Rigid Body Dynamics	14	295	12-Sep-23	2	Periodic Table	10	180	23-May-23	BOTANY				
<b>Packet No.4</b>					<b>Packet No.2</b>					1	Cell: The Unit of Life	16	284	03-Apr-23
13	KTG & Thermodynamics	12	334	02-Oct-23	3	Chemical Bonding	21	301	20-Jun-23	2	Cell Cycle and Cell Division	6	284	29-May-23
14	Calorimetry & Thermal expansion	6	124	18-Oct-23	<b>Packet No.3</b>					<b>Packet No.2</b>				
15	Simple Harmonic Motion	10	256	26-Oct-23	4	General Organic Chemistry	15	300	14-Aug-23	3	Biological Classification	9	351	14-Jun-23
16	Wave on a String	9	154	20-Nov-23	5	Hydrocarbon	12	113	19-Sep-23	4	Plant Kingdom	10	246	10-Jul-23
17	Sound wave	9	182	01-Dec-23	<b>Packet No.4</b>					<b>Packet No.3</b>				
18	Fluid Mechanics	5	132	14-Dec-23	6	Environmental Chemistry	1	81	23-Oct-23	5	Photosynthesis in Higher Plants	10	195	02-Aug-23
19	Elasticity & Viscosity	3	103	21-Dec-23	7	s-Block	6	158	24-Oct-23	6	Respiration in Plants	9	125	29-Aug-23
20	Surface Tension	4	63	26-Dec-23	8	p-block Elements	6	142	21-Nov-23	7	Transport in Plants	10	165	19-Sep-23
					9	Hydrogen Compounds	5	116	12-Dec-23	<b>Packet No.4</b>				
<b>20</b>					<b>16</b>					<b>22</b>				
<b>Total</b>		<b>180</b>	<b>3356</b>	<b>NA</b>	<b>Total</b>		<b>180</b>	<b>3028</b>	<b>NA</b>	<b>Total</b>		<b>180</b>	<b>4615</b>	<b>NA</b>
<b>Total No. of Sheets / Module: 58 (P: 20   C: 16   B: 22)</b>										<b>Total No. of Questions: 10999 (P: 3356   C: 3028   B: 4615)</b>				

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

**Note:** All information provided here is tentative and may change.

## STUDY MATERIAL PLANNER (DPPs)

S. No.	Subject		Total Lectures (TL)	Total DPPs	Total Questions in DPPs	Average Questions Per DPP
1	Physics (P)	Physics (P)	180	76	760	10
2	Chemistry (C)	Physical/ Inorganic (P/I)	180	76	760	10
		Organic (O)				
3	Biology (B)	Zoology (ZO)	180	152	1520	10
		Botany (BO)				
<b>Total</b>			<b>540</b>	<b>304</b>	<b>3040</b>	<b>30</b>

## 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		
			P	I/O	Zoo.	Bot.					P	I/O	Zoo.	Bot.					P	I/O	Zoo.	Bot.	
1	Week-1	1,2	1	1	1,2	1,2	8	14	Week-14	27,28	14	14	27,28	27,28	8	27	Week-27	53,54	27	27	53,54	53,54	8
2	Week-2	3,4	2	2	3,4	3,4	8	15	Week-15	29,30	15	15	29,30	29,30	8	28	Week-28	55,56	28	28	55,56	55,56	8
3	Week-3	5,6	3	3	5,6	5,6	8	16	Week-16	31,32	16	16	31,32	31,32	8	29	Week-29	57,58	29	29	57,58	57,58	8
4	Week-4	7,8	4	4	7,8	7,8	8	17	Week-17	33,34	17	17	33,34	33,34	8	30	Week-30	59,60	30	30	59,60	59,60	8
5	Week-5	9,10	5	5	9,10	9,10	8	18	Week-18	35,36	18	18	35,36	35,36	8	31	Week-31	61,62	31	31	61,62	61,62	8
6	Week-6	11,12	6	6	11,12	11,12	8	19	Week-19	37,38	19	19	37,38	37,38	8	32	Week-32	63,64	32	32	63,64	63,64	8
7	Week-7	13,14	7	7	13,14	13,14	8	20	Week-20	39,40	20	20	39,40	39,40	8	33	Week-33	0	0	0	0	0	0
8	Week-8	15,16	8	8	15,16	15,16	8	21	Week-21	41,42	21	21	41,42	41,42	8	34	Week-34	65,66	33	33	65,66	65,66	8
9	Week-9	17,18	9	9	17,18	17,18	8	22	Week-22	43,44	22	22	43,44	43,44	8	35	Week-35	67,68	34	34	67,68	67,68	8
10	Week-10	19,20	10	10	19,20	19,20	8	23	Week-23	45,46	23	23	45,46	45,46	8	36	Week-36	69,70	35	35	69,70	69,70	8
11	Week-11	21,22	11	11	21,22	21,22	8	24	Week-24	47,48	24	24	47,48	47,48	8	37	Week-37	71,72	36	36	71,72	71,72	8
12	Week-12	23,24	12	12	23,24	23,24	8	25	Week-25	49,50	25	25	49,50	49,50	8	38	Week-38	73,74	37	37	73,74	73,74	8
13	Week-13	25,26	13	13	25,26	25,26	8	26	Week-26	51,52	26	26	51,52	51,52	8	39	Week-39	75,76	38	38	75,76	75,76	8
<b>Total No. of DPPs: 304 (P: 76   C: 76   B: 152)   Total No. of Questions: 3040 (P: 760   C: 760   B: 1520)</b>																<b>Total</b>	<b>76</b>	<b>38</b>	<b>38</b>	<b>76</b>	<b>76</b>	<b>304</b>	

## STUDY MATERIAL DISTRIBUTION PLANNER

S#	Packet	Distribution Week	Sheets/ Modules (T#)					DPP Booklets				
			P	C		B		PHYSICS (P)	CHEMISTRY (C)		BIOLOGY (B)	
				PI	OC	ZO	BO		Physical/ Inorganic (P/I)	Organic (OC)	Zoology (ZO)	Botany (BO)
1	First	Course Commencement	1-3	1,2	1,2	1-3	1,2	Booklet: 1 (DPP No.1-26)	Booklet: 1 (DPP No.1-13)	Booklet: 1 (DPP No.1-13)	Booklet: 1 (DPP No.1-26)	Booklet: 1 (DPP No.1-26)
2	Second	3rd Week of May, 2023	4-9	3,4	3	4-6	3,4	Booklet: 2 (DPP No.27-51)	Booklet: 2 (DPP No.14-26)	Booklet: 2 (DPP No.14-26)	Booklet: 2 (DPP No.27-51)	Booklet: 2 (DPP No.27-51)
3	Third	3rd Week of July, 2023	10-12	5	4,5	7,8	5-7	Booklet: 3 (DPP No.52-76)	Booklet: 3 (DPP No.27-38)	Booklet: 3 (DPP No.27-38)	Booklet: 3 (DPP No.52-76)	Booklet: 3 (DPP No.52-76)
4	Fourth	3rd Week of October, 2023	13-20	6,7	6-9	9,10	8-12					

## REVISION PLANNER

S#	Particular	Revision Plan
1	Start/ End Date	07.01.2024 / 27.01.2024
2	Duration	2-3 Weeks
3	No. of Revision Tests	5 Tests
4	Revision Testing Hrs.	17 Hrs.
5	No. of Qs in Revision Tests	1000 Qs.
<b>The First phase for Class XII (MP) Batch will start from 10<sup>th</sup> Feb - 10<sup>th</sup> Mar 2024</b>		
<b>The Second phase for Class XII (MP) Batch will start from 1<sup>st</sup> Week of April 2024</b>		
<b>Note: This is Tentative Revision Plan. The Detailed Day-wise Structured Revision Planner shall be provided to the Students few Weeks before the Commencement Date.</b>		

## HOLIDAY PLANNER

S#	Holiday Schedule		No. of Days	Occasion / Reason
	Start Date / Day	End Date / Day		
1	15 <sup>th</sup> August 2023 (Tuesday)	15 <sup>th</sup> August 2023 (Tuesday)	1	Independence Day
2	30 <sup>th</sup> August 2023 (Wednesday)	30 <sup>th</sup> August 2023 (Wednesday)	1	Raksha Bandhan
3	09 <sup>th</sup> November 2023 (Thursday)	18 <sup>th</sup> November 2023 (Saturday)	10	Deepawali
<b>Total Holidays</b>			<b>12</b>	

