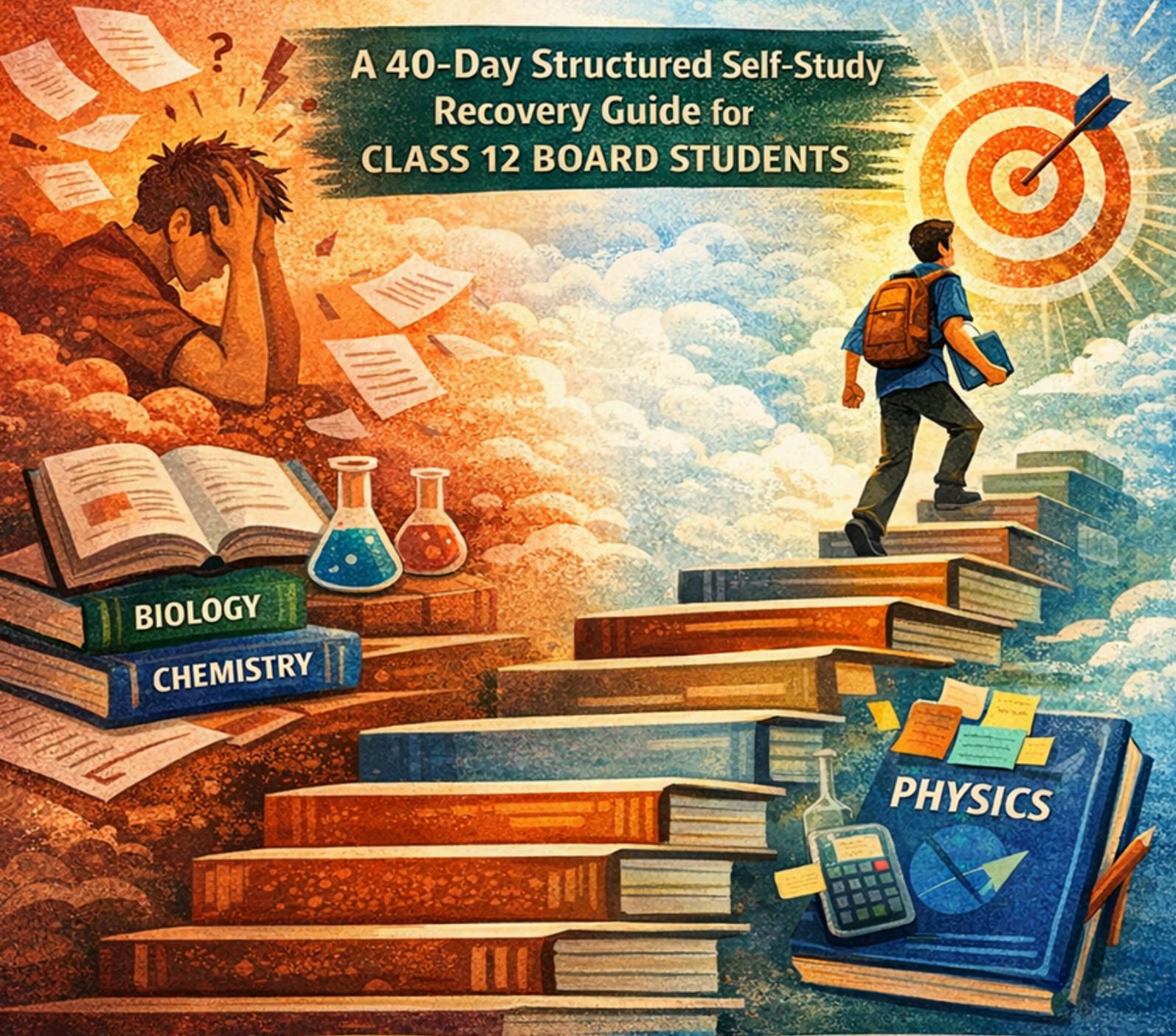


**PANIC to PLAN – BOARD SURVIVAL SERIES**

# **PANIC to PLAN**

**BOARD SURVIVAL SERIES**

**A 40-Day Structured Self-Study  
Recovery Guide for  
CLASS 12 BOARD STUDENTS**



**SCIENCE STREAM**

**MATHS STREAM**



# How to Use This Book

(Listen Before You Begin)

## IMPORTANT FOR ALL STUDENTS

Before you start reading this book, we strongly recommend that you **listen to the audio guidance once**.

- ✓ Calm your mind
- ✓ Understand how to use this book properly
- ✓ Prevent common study mistakes
- ✓ Focus on structure, not panic

*“This book works best when you understand **how to use it** – not when you **rush through it**.”*

## WHAT THE AUDIO WILL COVER

- Why this book does **not** promote last-minute studying
- How the subjects are structured (State Board)
- How to follow the chapter priorities & **40-day plan**
- How to use the planners & trackers (Print & Digital)
- Support beyond this book (**Apni Kitabh**)

## HOW TO ACCESS THE AUDIO INSTRUCTIONS:

Audio Instruction Link:

**[Click for Audio Link Here](#)**

- Listen on your phone, tablet, or laptop
- Use earphones for focus
- Duration: 2–3 minutes



## EDUCATOR'S NOTE:

- This book is a **guidance system**, not a command.
- Don't **rush through it**.
- Don't **compare with others**.
- Don't **add extra pressure**.
- ✓ Clarity creates **control**.
- ✓ Control improves **performance**.

If you're feeling anxious, **pause**, listen to the audio, then come back to the book.

— Team Apni Kitabh

# **HOW TO USE THIS EBOOK EFFECTIVELY**

## ***Important Instructions (Please Read Once)***

This eBook is designed to be more than just reading material.

It includes interactive links, digital tools, and quick navigation features to make your preparation easier and faster.

### **INTERACTIVE LINKS INSIDE THIS EBOOK**

We have added multiple clickable links throughout this eBook that will help you access:

 **Audio files** (for revision and calm listening)

 **Digital planners & trackers** (Google Sheets)

 **Additional resources and tools**

#### **How to use these links:**

- All links are underlined
- Tap or click twice on the link to open it
- Make sure you are connected to the internet

### **IMPORTANT: USE A PROPER PDF READER**

To access all interactive features, please open this eBook in a proper PDF reader such as:

- Adobe Acrobat Reader
- Google PDF Viewer
- Apple Books
- Any advanced PDF reader app

 Some basic phone gallery apps or browsers may not support clickable links properly.

### **TABLE OF CONTENTS & EASY NAVIGATION**

This eBook includes:

- ✓ Clickable Table of Contents
- ✓ Direct links to sections
- ✓ "Back to Table of Contents" links



# **!DISCLAIMER**

## **(PLEASE READ CAREFULLY)**

This book is intended to provide academic guidance, structure, and emotional support to Class 12 students who have missed consistency in their preparation.

### **It is not:**

A replacement for school teaching

A guarantee of specific marks or ranks

A substitute for prescribed textbooks (especially NCERT)

The strategies, plans, and timelines in this book are based on **educational experience and practical feasibility**, but results may vary depending on:

- Student effort and honesty
- Available study time
- Individual learning pace
- Examination patterns

### **The author does not promote:**

- Last-minute cramming
- Irresponsible procrastination
- Skipping fundamentals deliberately

This guide is designed to **assist recovery**, not encourage delay.

By using this book, the student and parent acknowledge that **final responsibility lies with the student's effort and discipline.**



## EDUCATOR'S NOTE



As an educator, I want to clarify one important point: This book was not written for students who chose to ignore their studies.

It was written for students who wanted to study but struggled — with fear, confusion, lack of guidance, or life circumstances.

*Education is not only about intelligence.  
It is about direction, consistency, and emotional  
stability.*

**This guide does not ask students to:**

- Compete with toppers
- Study endlessly
- Chase perfection

**It asks them to:**

- Be honest with their situation
- Follow a structured plan
- Focus on what is achievable
- Write exams calmly and clearly

If a student follows this guide sincerely, they will not walk into the exam hall defeated — they will walk in prepared enough and mentally steady.

That, in itself, is success.

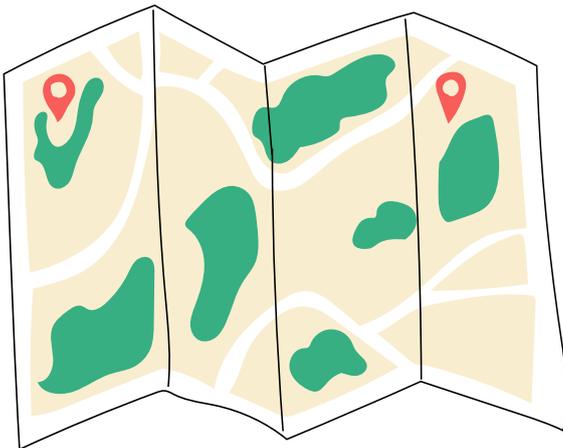
## THE EDUCATOR'S PERSPECTIVE

Over the years, I have seen capable students make the same mistakes repeatedly:

- They try to cover **everything at once**
- They switch strategies every few days
- They consume content without revision
- They compare themselves with toppers
- They study emotionally, not strategically

This book is designed to **stop that cycle.**

It does not ask you to rush.  
It asks you to **slow down,  
prioritize, and execute properly.**



# WHAT THIS BOOK IS — AND WHAT IT IS NOT

## ✓ This Book IS:

- A guided recovery roadmap
- A decision-making tool
- A planner-based approach
- A confidence-restoring system
- A practical educator's guide

## ✗ This Book IS NOT:

- A full syllabus textbook
- A promise of miracles
- A replacement for NCERT
- A “study everything in 10 days” trick

## WHY PLANNERS & TRACKERS ARE INCLUDED

One of the biggest reasons students panic is mental overload.

### **When everything feels pending:**

- Motivation drops
- Focus breaks
- Anxiety increases

### **To solve this, this book includes:**

- Daily planners
- Weekly trackers
- Chapter completion checklists
- Revision logs

*When a student can see progress, the mind becomes calmer, clearer, and more disciplined.*

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40 DAY APPROCH

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HOW TO LEARN THEORY & FORMULAS FASTER

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FAST REVISION SHEET

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PLANNERS & TRACKERS

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EXAM-DAY AFFIRMATIONS

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CONCLUSION

---

APNIKITABH.IN



# INTRODUCTION

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*“Please Read This Before You Begin”*

This book is **not** written to promote late studying.

It does **not** encourage procrastination, shortcuts, or careless preparation.

This book is written for a **very real group of students** —

1. students who intended to study,
2. students who tried,
3. students who fell behind due to confusion, pressure, health issues, poor guidance, fear, or lack of structure.

If you are someone who:

- Missed consistency earlier
- Feels overwhelmed by the remaining syllabus
- Is panicking as the exam date approaches
- Keeps asking “Where do I even start?”

Then this book exists **for you**.

As an educator, I want to make one thing very clear:

- **Being late does not mean being finished.**
- **Being unplanned is far more dangerous than being unprepared.**



# **THE PHILOSOPHY BEHIND THE 40-DAY PLAN**



This plan is based on educational realism, not assumptions.

## **Core Principles:**

- You cannot study everything — **so we select**
- You cannot revise everything — **so we repeat**
- You cannot stay motivated — **so we systemize**
- You cannot avoid fear — **so we structure through it**

This book focuses on:

- **High-yield chapters**
- **Exam-oriented preparation**
- **Writing-based learning**
- **Consistency over intensity**



# **STATE BOARD – EVALUATION SCHEME** **(CLASS 12)**

## **BIOLOGY – EVALUATION PLAN**

### **Marks Distribution**

Component	Duration	Marks
Theory / Written Exam	3 Hours	70
Practical Exam	3 Hours	30
Total	—	100

### **Question Paper Pattern (Theory – 70 Marks)**

Section	Question Type	Question Numbers	Internal Choice	Marks
A	MCQs	Q.1 (i) to (x)	—	10
B	Very Short Answer (VSA)	Q.2 (i) to (viii)	—	8
C	Short Answer (SA-I)	Q.3 to Q.14	8 out of 12	16
D	Short Answer (SA-II)	Q.15 to Q.26	8 out of 12	24
E	Long Answer (LA)	Q.27 to Q.31	3 out of 5	12
Total	—	—	—	70

## Chapter-wise Distribution of Marks (Biology)



Chapter No.	Chapter Name	Marks	Marks with Option
1	Reproduction in Lower and Higher Plants	6	8
2	Reproduction in Lower and Higher Animals	6	8
3	Inheritance and Variation	4	6
4	Molecular Basis of Inheritance	4	6
5	Origin and Evolution of Life	4	6
6	Plant Water Relation	4	6
7	Plant Growth and Mineral Nutrition	5	7
8	Respiration and Circulation	5	7
9	Control and Coordination	7	7
10	Human Health and Diseases	8	10
11	Enhancement of Food Production	3	4
12	Biotechnology	4	4
13	Organisms and Populations	5	6
14	Ecosystems and Energy Flow	3	4
15	Biodiversity, Conservation & Environmental Issues	3	4
Total	—	70	98





# MATHEMATICS – EVALUATION PLAN

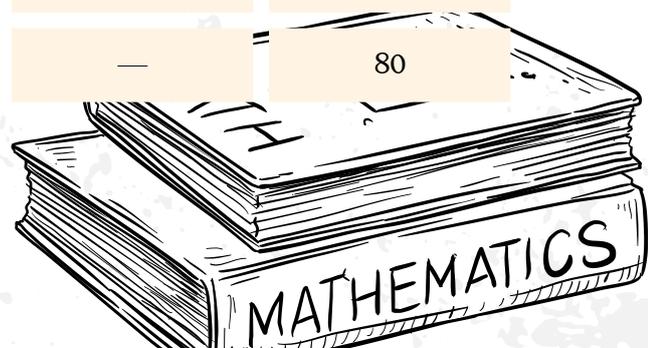


## Marks Distribution

Component	Duration	Marks
Theory / Written Examination	3 Hours	80
Internal Assessment	—	20
Total	—	100

## QUESTION PAPER PATTERN (THEORY – 80 MARKS)

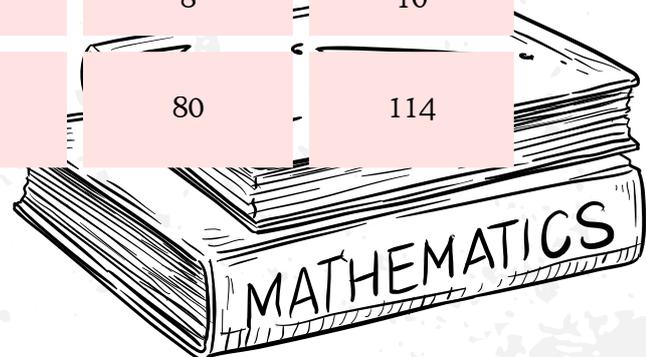
Section	Question Type	Question Numbers	Internal Choice	Marks
A	MCQs	Q.1 (i) to (x)	—	10
B	Very Short Answer (VSA)	Q.2 (i) to (x)	—	10
C	Short Answer (SA-I)	Q.3 to Q.14	8 out of 12	16
D	Short Answer (SA-II)	Q.15 to Q.26	8 out of 12	24
E	Long Answer (LA)	Q.27 to Q.32	4 out of 6	20
Total	—	—	—	80



# CHAPTER-WISE DISTRIBUTION OF MARKS (MATHEMATICS)



Chapter No.	Chapter Name	Marks	Marks with Option
1	Relations and Functions	4	6
2	Inverse Trigonometric Functions	4	6
3	Matrices	6	8
4	Determinants	6	8
5	Continuity	4	6
6	Differentiability	6	8
7	Applications of Derivatives	6	8
8	Indefinite Integration	8	10
9	Definite Integration	6	8
10	Applications of Integration	4	6
11	Differential Equations	6	8
12	Vectors	6	8
13	Three-Dimensional Geometry	6	8
14	Probability	8	10
Total	—	80	114



# ⚡ PHYSICS – EVALUATION PLAN



## Marks Distribution

Component	Duration	Marks
Theory / Written Exam	3 Hours	70
Practical Exam	3 Hours	30
Total	—	100

## Question Paper Pattern (Theory – 70 Marks)

Section	Question Type	Question Numbers	Internal Choice	Marks
A	MCQs	Q.1 (i) to (x)	—	10
B	Very Short Answer (VSA)	Q.2 (i) to (viii)	—	8
C	Short Answer (SA-I)	Q.3 to Q.14	8 out of 12	16
D	Short Answer (SA-II)	Q.15 to Q.26	8 out of 12	24
E	Long Answer (LA)	Q.27 to Q.31	3 out of 5	12
Total	—	—	—	70

## Chapter-wise Distribution of Marks (Physics)



Chapter No.	Chapter Name	Marks	Marks with Option
1	Rotational Dynamics	5	7
2	Mechanical Properties of Fluids	5	7
3	Kinetic Theory of Gases and Radiation	5	7
4	Thermodynamics	5	7
5	Oscillations	4	5
6	Superposition of Waves	4	6
7	Wave Optics	5	7
8	Electrostatics	4	6
9	Current Electricity	4	6
10	Magnetic Fields due to Electric Current	4	6
11	Magnetic Materials	4	5
12	Electromagnetic Induction	5	7
13	AC Circuits	4	6
14	Dual Nature of Radiation and Matter	4	5
15	Structure of Atoms and Nuclei	4	6
16	Semiconductor Devices	4	5
Total	—	70	98



# CHEMISTRY – EVALUATION PLAN

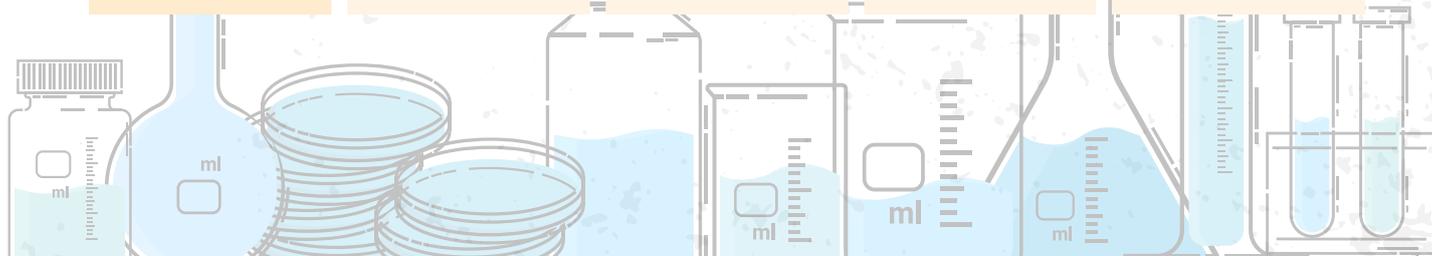


## Marks Distribution

Component	Duration	Marks
Theory / Written Exam	3 Hours	70
Practical Exam	3 Hours	30
Total	—	100

## Question Paper Pattern (Theory – 70 Marks)

Section	Question Type	Question Numbers	Internal Choice	Marks
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D	Short Answer (SA-II)	Q.15 to Q.26	8 out of 12	24
E	Long Answer (LA)	Q.27 to Q.31	3 out of 5	12
Total	—	—	—	70



# Chapter-wise Distribution of Marks (Chemistry)



Chapter No.	Chapter Name	Marks	Marks with Option
1	Solid State	3	5
2	Solutions	4	6
3	Ionic Equilibria	4	6
4	Chemical Thermodynamics	6	8
5	Electrochemistry	5	7
6	Chemical Kinetics	4	6
7	Elements of Groups 16, 17 and 18	6	8
8	Transition and Inner Transition Elements	6	8
9	Coordination Compounds	5	7
10	Halogen Derivatives	5	7
11	Alcohols, Phenols and Ethers	5	7
12	Aldehydes, Ketones and Carboxylic Acids	4	6
13	Amines	6	8
14	Biomolecules	3	4
15	Introduction to Polymer Chemistry	3	4
16	Green Chemistry and Nanochemistry	3	4
Total	—	70	98

# A Mark-Aware, Panic-Free Approach for the Last 40 Days



*Let us begin with*



## **BIOLOGY** **(STATE BOARD)**

This Biology plan is written **specifically after studying the State Board evaluation scheme.**

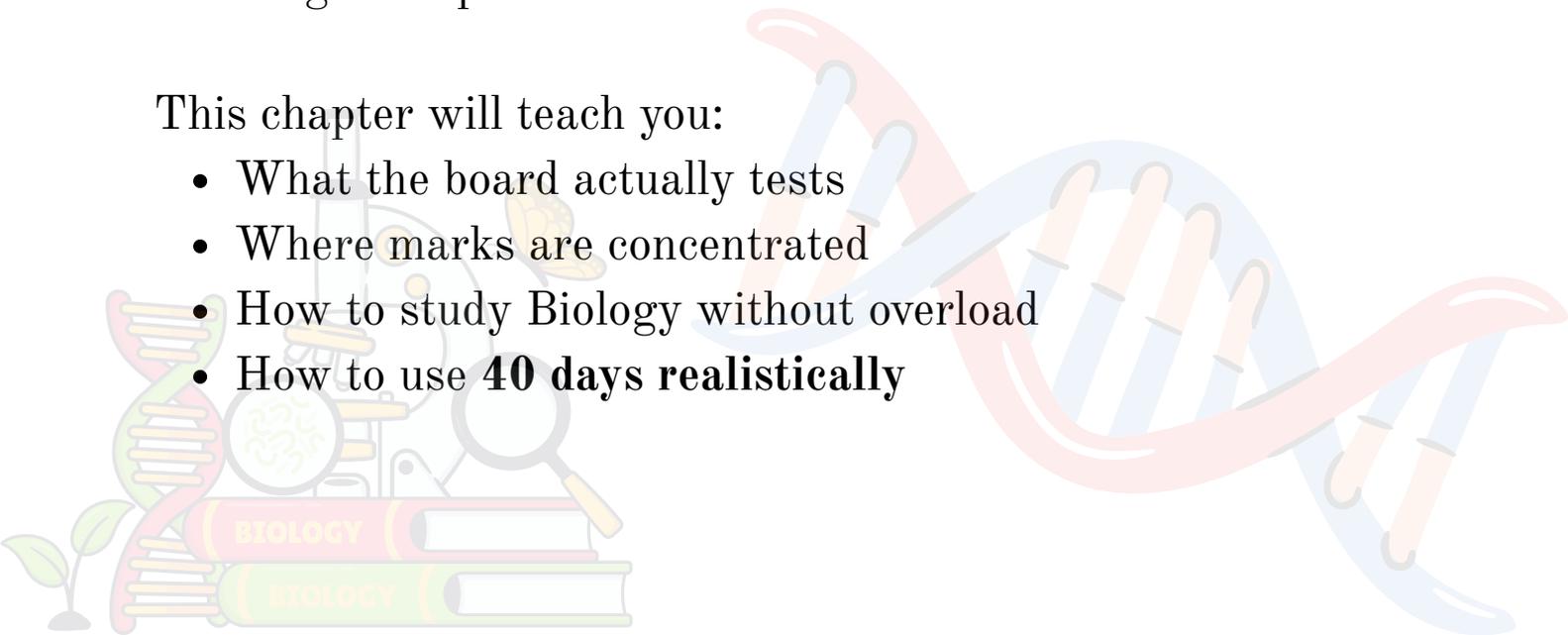
It is **not based on guesswork**, coaching trends, or CBSE assumptions.

**As an educator, I want to be clear:**

1. State Board Biology does not reward “covering everything”.
2. It rewards clear writing from predictable, high-weight chapters.

This chapter will teach you:

- What the board actually tests
- Where marks are concentrated
- How to study Biology without overload
- How to use **40 days realistically**



## **UNDERSTANDING STATE BOARD BIOLOGY (VERY IMPORTANT)**

From the official evaluation plan:

- **Theory: 70 marks**
- **Practical: 30 marks**
- **Question pattern:**
  1. MCQs + VSA + SA + LA
  2. Internal choices available
- **Chapter-wise marks are distributed, not equal**

This means:

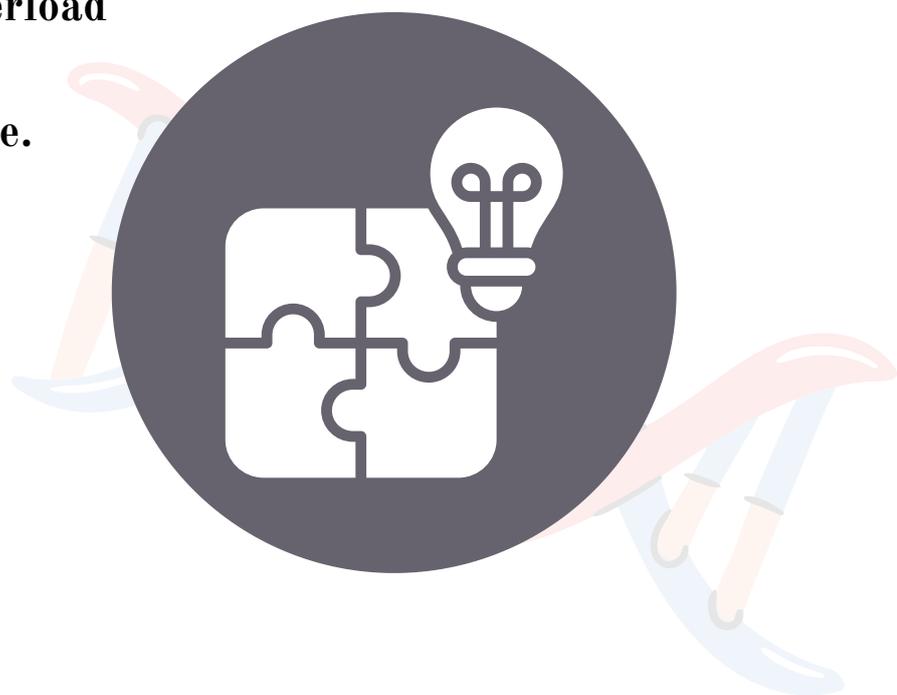
- You **do not** need perfection
- You need **clarity + repetition**
- Diagrams and definitions matter more than long explanations

When time is limited, we do three things only:

1. **Prioritize chapters with higher mark potential**
2. **Strengthen chapters that repeat across question types**
3. **Avoid cognitive overload**

This is not skipping.

This is **academic triage**.



# **BIOLOGY CHAPTER PRIORITY (STATE BOARD-ALIGNED)**

Based on your evaluation table, chapters fall into three clear groups.

## **HIGH-PRIORITY CHAPTERS**

***(Must be done properly – these carry repeated & reliable marks)***

### **1. Human Health and Diseases**

*(8–10 marks with options)*

#### **Why this chapter is critical:**

- One of the **highest weightage** chapters
- Mostly theory-based
- Direct questions
- Easy to score if prepared calmly

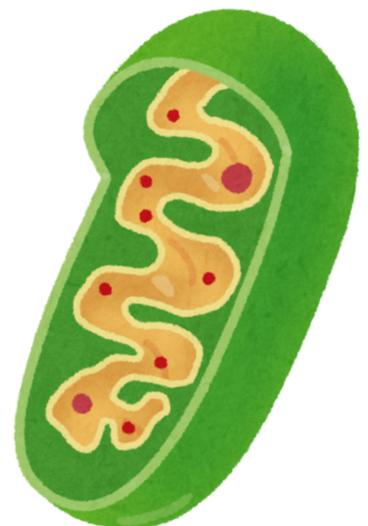
#### **What to focus on:**

- Communicable vs non-communicable diseases
- Immunity
- Vaccination
- Prevention & control

#### **Educator advice:**

Learn definitions and examples perfectly.

This chapter alone can stabilize your paper.



## 2. Control and Coordination

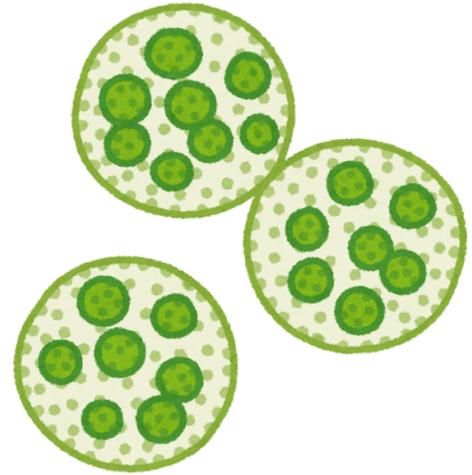
(7 marks)

### Why it matters:

- Diagram-based questions
- Repeated short & long answers

### Focus areas:

- Nervous system
- Endocrine glands
- Hormonal coordination



### Common mistake to avoid:

- ✗ Writing long explanations without diagrams

## 3. Reproduction in Lower & Higher Animals

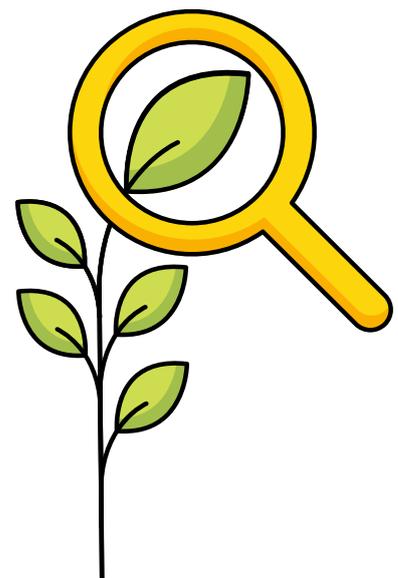
(6–8 marks)

### Why included:

- Regular long-answer questions
- Diagram-heavy
- Predictable patterns

### Focus areas:

- Gametogenesis
- Fertilization
- Menstrual cycle
- Reproductive health (basic)



## 4. Reproduction in Lower & Higher Plants

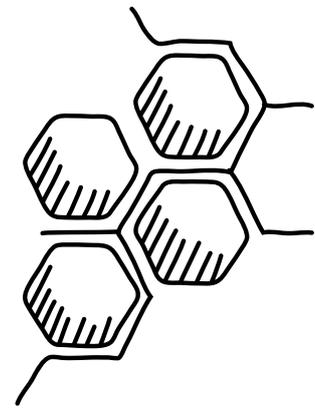
(6–8 marks)

### Focus areas:

- Structure of flower
- Pollination & fertilization
- Seed formation

### Educator note:

Diagrams fetch marks even if theory is average.



## ● MEDIUM-PRIORITY CHAPTERS (Do after high-priority chapters are stable)

## 5. Respiration and Circulation

(5–7 marks)

### Why important:

- Conceptual but logical
- Diagram-based

### Focus areas:

- Human heart
- Blood circulation
- Respiration mechanism

## 6. Plant Growth and Mineral Nutrition

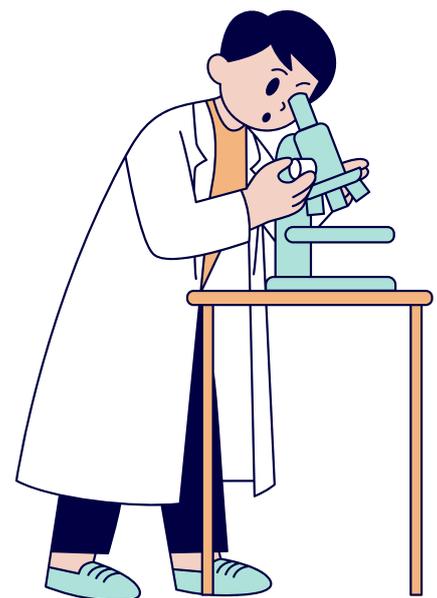
(5–6 marks)

### Focus areas:

- Macronutrients & micronutrients
- Deficiency symptoms
- Plant hormones

### Tip:

Learn tables and classifications well.



## 7. Inheritance and Variation

(6 marks)

### Educator warning (important):

- Do NOT aim to master genetics completely.

### Focus only on:

- Mendel crosses
- Definitions
- Basic terminology

Avoid over-solving numericals.



## 8. Molecular Basis of Inheritance

(4–6 marks)

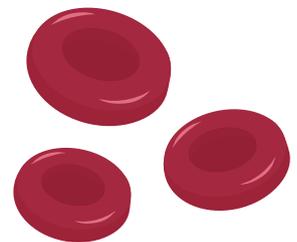
### Focus areas:

- DNA structure
- Replication
- Transcription & translation (overview)

**● EASY SCORING / LOW-STRESS CHAPTERS**  
**(High return for low effort – must not be skipped)**

## 9. Biotechnology (4 marks)

- Definitions
- Applications
- Simple diagrams



## 10. Enhancement of Food Production (3–4 marks)

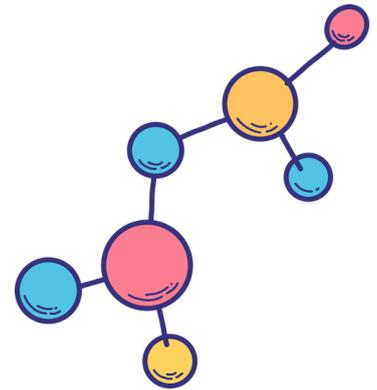
- Short answers
- Direct theory

## 11. Organisms and Populations (5–6 marks)

- Ecology basics
- Definitions
- Graph-based questions

## 12. Ecosystems and Energy Flow (3–4 marks)

- Food chains
- Energy pyramid
- Simple theory



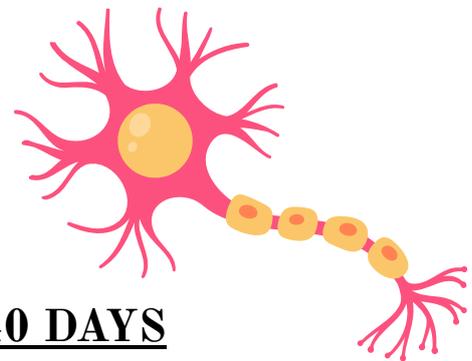
## 13. Biodiversity, Conservation & Environmental Issues (3–4 marks)

### Educator truth:

These chapters are often underestimated and then regretted.

### They are:

- Short
- Predictable
- Very scoring



## HOW BIOLOGY FITS INTO THE 40 DAYS

- **Days 1–20:** High + medium priority chapters
- **Days 21–30:** Easy scoring chapters + revision
- **Days 31–40:** Revision, diagrams, answer writing

No new Biology chapters after **Day 30**.

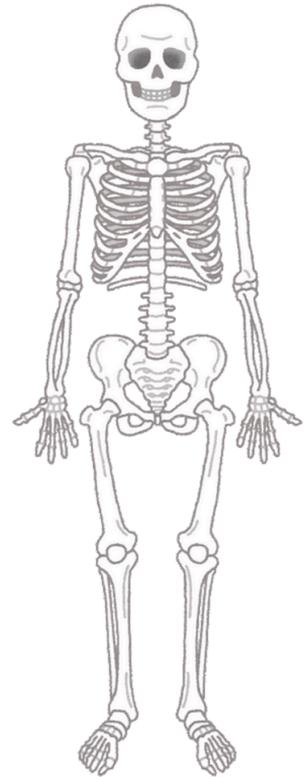
## **HOW TO WRITE BIOLOGY ANSWERS** (STATE BOARD STYLE)

- Start with definition
- Use headings
- Draw diagrams wherever possible
- Underline keywords
- Attempt all questions

Marks are awarded for **what is written clearly**, not what is remembered silently.

## **COMMON BIOLOGY MISTAKES** (STATE BOARD STUDENTS)

- ✗ Studying all chapters lightly
- ✗ Ignoring diagrams
- ✗ Writing long paragraphs
- ✗ Leaving questions blank
- ✗ Panicking over genetics



***Biology is the most forgiving subject in the State Board syllabus.***

***If you:***

- ***Respect the mark distribution***
- ***Focus on clarity***
- ***Revise repeatedly***

***You can score well beyond expectations, even if you started late.***

***This plan does not make you perfect.***

***It makes you exam-ready.***



# MATHEMATICS (STATE BOARD)



Mathematics is not difficult —  
**uncontrolled preparation makes it difficult.**

As an educator, I see State Board Maths students fail not because they lack intelligence, but because they:

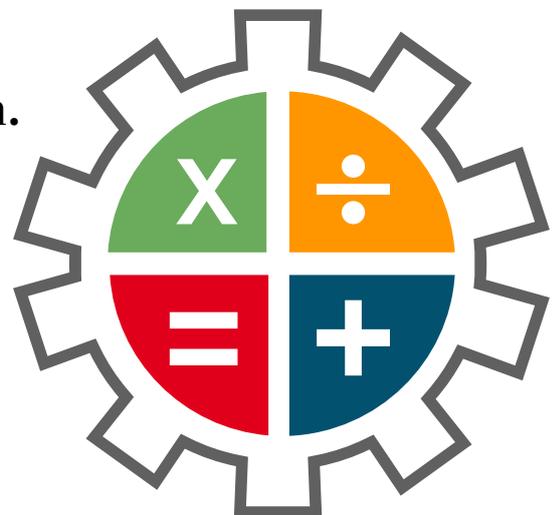
- Practice randomly
- Jump chapters emotionally
- Avoid weak areas completely
- Panic when they get stuck
- Stop writing full steps

This Maths plan is written **after understanding the State Board pattern**, where:

- Every chapter carries **moderate marks**
- Step-wise marking is followed
- Partial answers still earn marks
- Familiar questions repeat every year

**Maths does not reward speed.**

**Maths rewards structure and repetition.**



# **UNDERSTANDING STATE BOARD MATHEMATICS (VERY IMPORTANT)**

From the official evaluation plan:

- **Theory exam:** 80 / 70 marks (as per board)
- **Questions:** Long, short, and application-based
- **Internal choices available**
- **Step-wise evaluation is strict but fair**

This means:

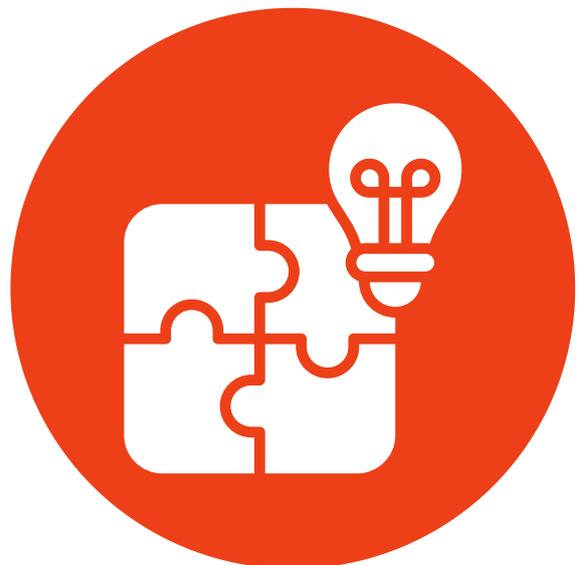
- Writing steps matters more than final answer
- Attempting all questions is crucial
- Leaving blanks is dangerous

When only 40 days remain, Maths must be approached with discipline, not ambition.

We will:

1. Prioritize high-return chapters
2. Practice standard question types
3. Repeat until familiarity replaces fear
4. Stop chasing perfection

- This is not shortcutting.
- This is exam realism.



**● HIGH-PRIORITY CHAPTERS**  
***(Must be done properly – these stabilize the paper)***

**Matrices** *(6–8 marks)*

**Why this chapter is critical:**

- Guaranteed questions
- Fixed patterns
- Step-based scoring

**Focus on:**

- Types of matrices
- Matrix operations
- Inverse of a matrix
- Solving equations using matrices

**Educator advice:**

Practice the same pattern repeatedly.  
Don't hunt for "new types".



**Determinants** *(6–8 marks)*

**Why important:**

- Direct problems
- Easy to score with steps

**Focus on:**

- Properties of determinants
- Solving linear equations
- Area of triangle (basic)

## Continuity and Differentiability (*8–10 marks*)

### Why included despite fear:

- Very high weightage
- Predictable problems

### Focus only on:

- Limits
  - Continuity basics
  - Differentiation formulas
- ✗ Skip complex proofs.



## Application of Derivatives (*6–8 marks*)

### Focus on:

- Increasing / decreasing functions
- Maxima & minima
- Tangent and normal



● **MEDIUM-PRIORITY CHAPTERS**  
**(Do after high-priority chapters are stable)**

**Integrals** (8–10 marks)

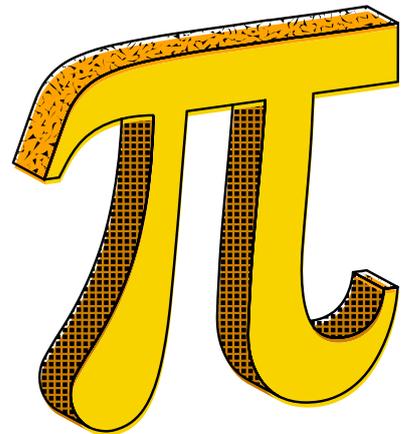
**Educator truth:**

This chapter looks scary, but questions repeat.

**Focus on:**

- Standard integrals
- Substitution
- NCERT-level problems only

Avoid unnecessary tricks.



**Differential Equations** (4–6 marks)

- Direct formula-based
- One of the safest chapters

**Probability** (6–8 marks)

**Focus on:**

- Conditional probability
- Bayes' theorem
- Standard question types

$$X = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

● **EASY SCORING / LOW-STRESS CHAPTERS**  
**(Must not be skipped)**

**Vectors** (*4–6 marks*)

- Algebraic operations
- Scalar & vector product

**Three-Dimensional Geometry** (*6–8 marks*)

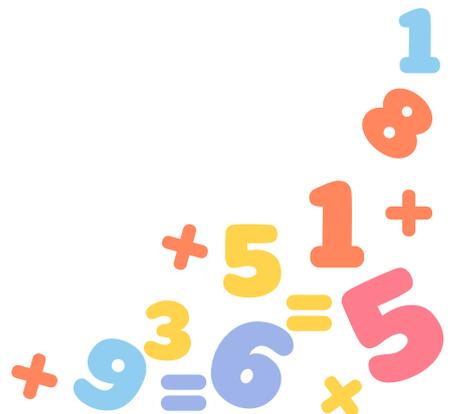
**Focus on:**

- Distance between points
- Equation of line
- Angle between lines

● **CONTROLLED**  
**(Only if time permits)**

- Relations & Functions (theory part)
- Inverse Trigonometric Functions (basic only)

Do not spend excessive time here.



## ✓ **MATHEMATICS TO-DO LIST**

(VERY IMPORTANT)

- ✓ Practice daily (even if less)
- ✓ Write full steps
- ✓ Maintain one formula notebook
- ✓ Solve previous year questions
- ✓ Switch questions if stuck
- ✓ Attempt all questions in exam

## ✗ **MATHEMATICS NOT-TO-DO LIST**

- ✗ Reading solutions without solving
- ✗ Practicing new books in last days
- ✗ Skipping steps
- ✗ Leaving questions blank
- ✗ Comparing speed with others
- ✗ Panic switching chapters

## ✍ **HOW TO WRITE MATHS ANSWERS**

(STATE BOARD)

- Write formula first
- Show substitutions clearly
- Do not jump steps
- Draw diagrams where applicable
- Keep presentation neat

*Partial steps = partial marks*  
*No steps = no marks*



# CHEMISTRY

## (STATE BOARD)



Chemistry is the subject where **most State Board students lose marks unnecessarily.**

Not because Chemistry is too hard —  
but because students:

- Try to finish all three branches equally
- Start Organic Chemistry without control
- Memorize reactions without clarity
- Ignore high-scoring, low-effort chapters

As an educator, I want to state this clearly:

**“State Board Chemistry rewards selection, not exhaustion.”**

This chapter will show you:

- How marks are distributed
- Which chapters are worth your time
- Which chapters should be controlled, not chased
- How to survive Chemistry calmly in 40 days



## **UNDERSTANDING STATE BOARD CHEMISTRY (VERY IMPORTANT)**

From the official evaluation plan:

- **Theory:** 70 marks
- **Practical:** 30 marks
- Physical, Inorganic, and Organic Chemistry are **all represented**
- Internal choices are available
- Several chapters carry **similar marks**, but not equal effort

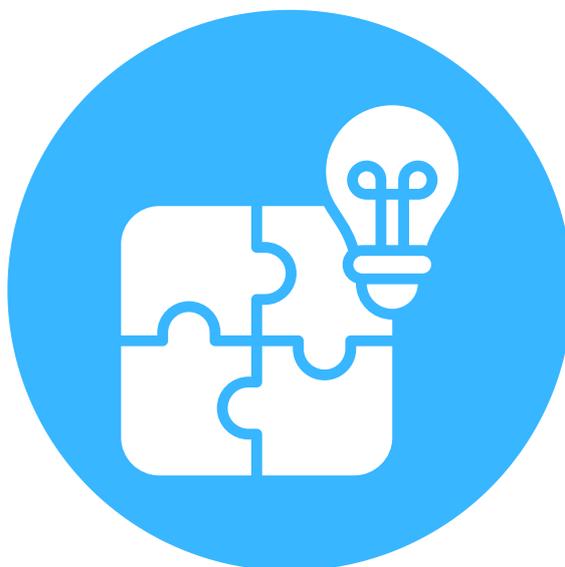
**This means:**

- Studying everything lightly is dangerous
- Studying selectively with clarity is safe

When time is limited, Chemistry must be approached as:

1. **Physical Chemistry = backbone**
2. **Inorganic Chemistry = definition + classification**
3. **Organic Chemistry = controlled exposure**

This is not avoidance — **it is exam realism.**



## ● HIGH-PRIORITY CHAPTERS

*(Maximum marks for manageable effort — must be done well)*

### 1. Chemical Thermodynamics *(6–8 marks with options)*

#### Why this chapter is critical:

- One of the **highest-weight chapters**
- Mostly numerical + theory balance
- Repeated question patterns

#### Focus areas:

- Laws of thermodynamics
- Enthalpy
- Entropy (basic)
- Gibbs free energy (simple numericals)

#### Educator advice:

Do not memorize derivations word-to-word.

Focus on formulas, definitions, and applications.

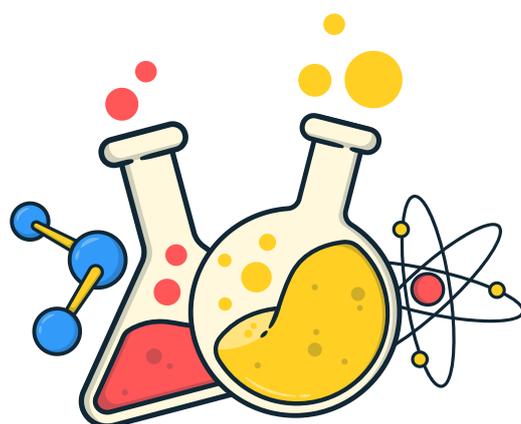
### 2. Electrochemistry *(5–7 marks)*

#### Why high return:

- Predictable numericals
- Formula-based
- Step-wise marking

#### Focus areas:

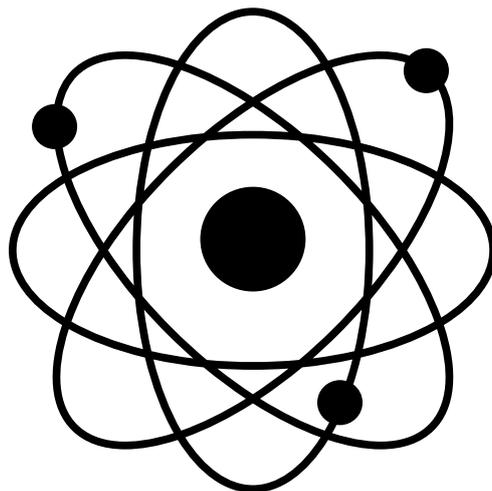
- Conductance
- Cell potential
- Nernst equation (basic form)
- Faraday's laws



### 3. Chemical Kinetics (*4–6 marks*)

#### Why included:

- Short chapter
- Direct questions
- Easy graphs



#### Focus areas:

- Rate law
- Order of reaction
- Half-life (basic)

### 4. Solutions (*4–6 marks*)

#### Focus areas:

- Concentration terms
- Raoult's law
- Osmotic pressure

#### Educator warning:

Memorizing formulas without practice leads to panic.



● **MEDIUM-PRIORITY CHAPTERS**  
**(Do after high-priority chapters are stable)**

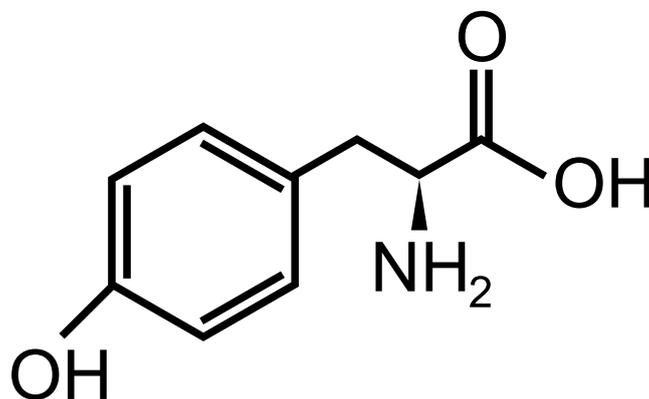
**5. Solid State** (3–5 marks)

**Why manageable:**

- Limited syllabus
- Repeated numericals

**Focus areas:**

- Unit cells
- Packing efficiency
- Density calculations



**6. Ionic Equilibria** (4–6 marks)

**Educator caution:**

This chapter looks heavy but questions are standard.

**Focus areas:**

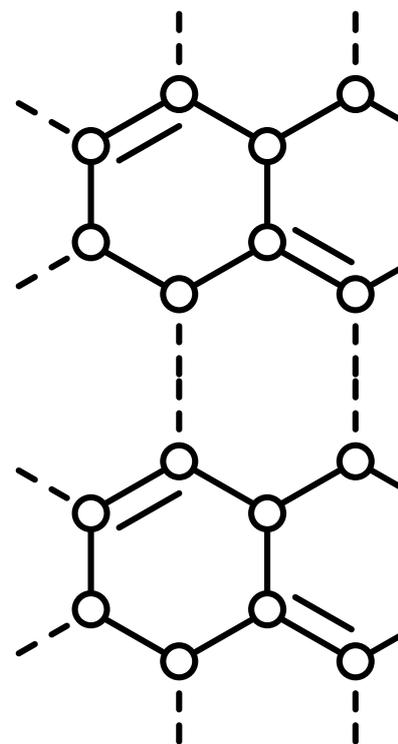
- pH
- Buffer solutions
- Common ion effect (basic)

Avoid advanced numericals.

**7. Elements of Groups 16, 17 & 18** (6–8 marks)

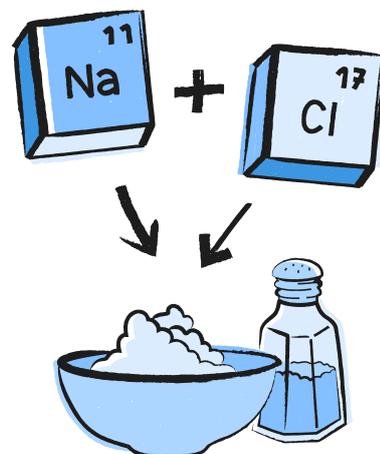
**Why important:**

- Direct theory questions
- Classification-based



## Focus areas:

- Properties
- Uses
- Trends



## 8. Coordination Compounds (5–7 marks)

### Focus areas:

- Definitions
- Nomenclature
- Bonding (basic)

### Tip:

Diagrams and examples matter more than theory length.

**● EASY SCORING / LOW-STRESS CHAPTERS  
(High return for low effort – must not be skipped)**

## 9. Biomolecules (3–4 marks)

- Overlaps with Biology
- Pure theory
- Easy short answers

## 10. Introduction to Polymer Chemistry (3–4 marks)

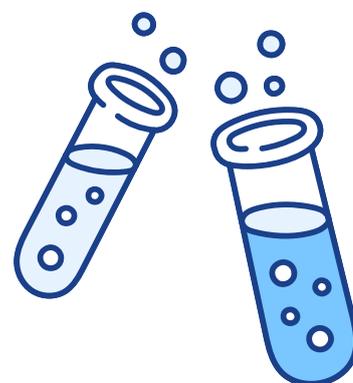
- Definitions
- Types
- Uses

## 11. Green Chemistry and Nanochemistry (3–4 marks)

### Educator truth:

These are free marks chapters.

- Direct questions
- Minimal confusion
- Often ignored by students



# ● CONTROLLED ORGANIC CHEMISTRY

(Do not let this section dominate your time)

## CHAPTERS:

- Halogen Derivatives
- Alcohols, Phenols & Ethers
- Aldehydes, Ketones & Carboxylic Acids
- Amines

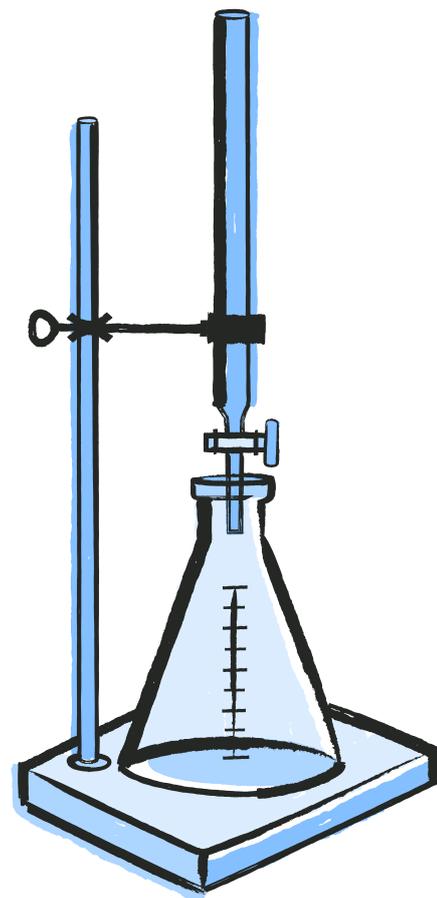
## Educator rule (very important):

Do not try to memorize all reactions.

## Focus only on:

- Functional groups
- Important reactions
- Naming & identification
- Simple mechanisms (where asked)

This level is **enough to attempt**, not master.



## HOW CHEMISTRY FITS INTO THE 40 DAYS.

- Days 1–15: High-priority chapters
- Days 16–25: Medium + easy-scoring chapters
- Days 26–30: Controlled Organic revision
- Days 31–40: Only revision & numericals

No new Chemistry chapters after **Day 30**.

## **HOW TO WRITE CHEMISTRY ANSWERS** (STATE BOARD STYLE)

- Write formulas clearly
- Show steps in numericals
- Use proper units
- Keep answers structured
- Attempt all questions

Partial steps often earn partial marks.



## **COMMON CHEMISTRY MISTAKES** (STATE BOARD)

-  Spending weeks on Organic Chemistry
-  Ignoring Physical Chemistry numericals
-  Reading without solving
-  Switching books repeatedly
-  Panicking over reactions

*CHEMISTRY IS NOT MEANT TO BE FINISHED —  
IT IS MEANT TO BE HANDLED WISELY.*

**If you:**

**Respect the mark distribution**  
**Focus on high-return chapters**  
**Control Organic Chemistry**

**You will:**

**Reduce panic**  
**Increase attempt rate**  
**Protect your overall score**

**THIS IS NOT SHORTCUTTING.**  
**THIS IS STRATEGIC STUDYING.**



# PHYSICS (STATE BOARD)



Physics is the subject where **State Board** students feel the **most fear**, not because the syllabus is impossible, but because:

- Marks are **spread across many chapters**
- No single chapter feels “safe”
- Students try to study everything and end up mastering nothing
- Panic reduces numerical accuracy

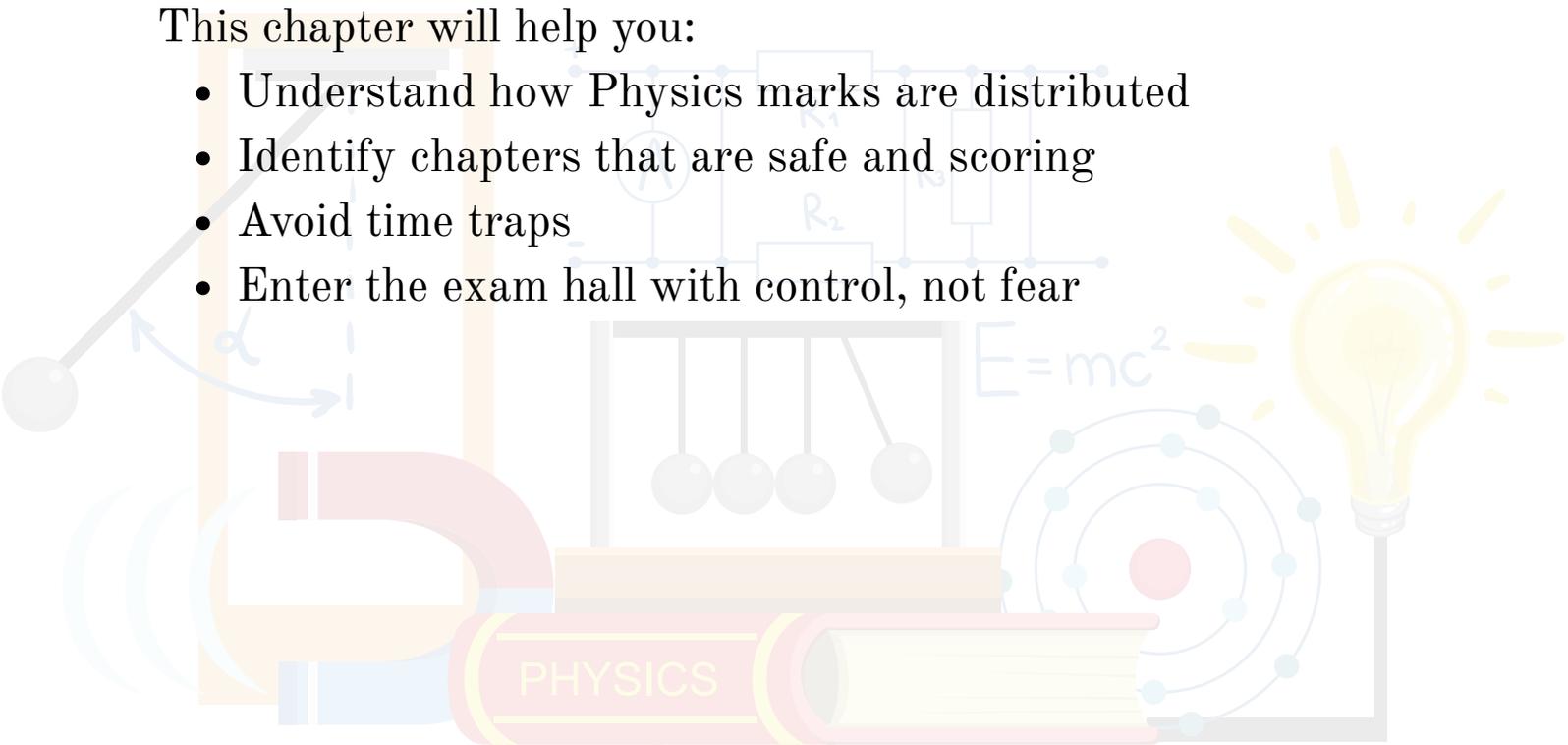
As an educator, I want to make one thing very clear:

**State Board Physics does not reward mastery of every chapter.**

**It rewards familiarity with formulas, diagrams, and standard numericals.**

This chapter will help you:

- Understand how Physics marks are distributed
- Identify chapters that are safe and scoring
- Avoid time traps
- Enter the exam hall with control, not fear



## **UNDERSTANDING STATE BOARD PHYSICS (VERY IMPORTANT)**

From the official evaluation plan:

- **Theory:** 70 marks
- **Practical:** 30 marks
- Almost **every chapter carries 4–5 marks**
- Internal choices raise effective attempt marks
- Long answers are selective, not exhaustive

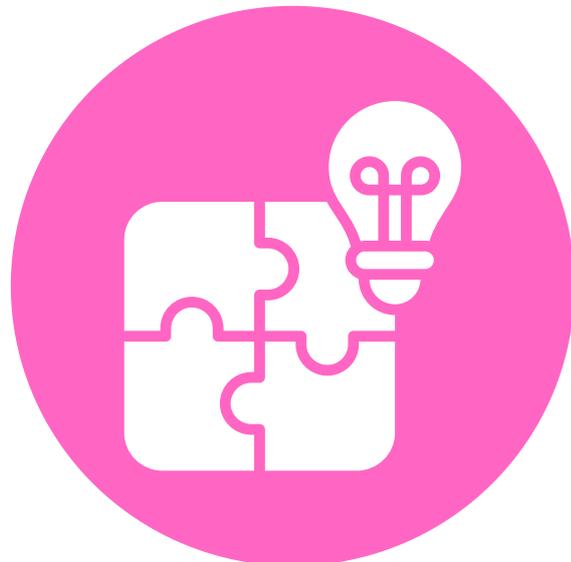
This means:

- No chapter dominates
- Attempt strategy matters more than syllabus completion
- Formula clarity + repetition = marks

When time is limited, Physics must be approached as:

1. **Formula-first**
2. **Diagram-supported**
3. **Numerical-focused**
4. **Selective, not exhaustive**

Physics is about **accuracy under pressure**, not volume of content.



## ● HIGH-PRIORITY CHAPTERS

*(Relatively safe, repetitive, and scoring)*

### 1. Current Electricity (4–6 marks)

#### Why this chapter is critical:

- Regular numericals
- Clear step-based marking
- Limited formula set

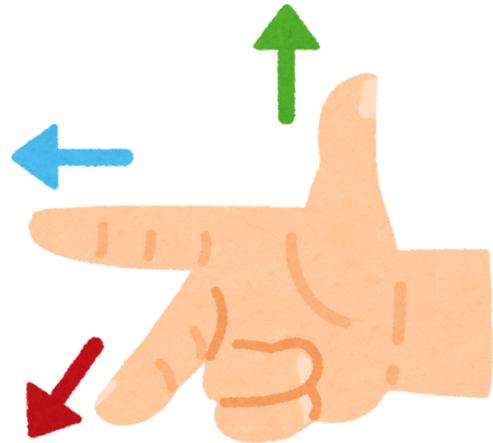
#### Focus areas:

- Ohm's Law
- Kirchhoff's Laws
- Series and parallel resistances
- Electric power

#### Educator tip:

Write formula → substitute → calculate.

**Do not skip steps.**



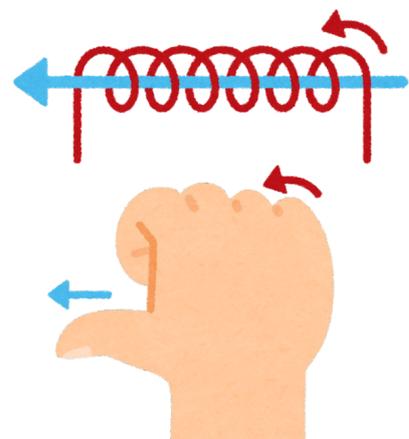
### 2. Electromagnetic Induction (5–7 marks)

#### Why included:

- High conceptual clarity
- Standard numerical patterns

#### Focus areas:

- Faraday's laws
- Lenz's law
- Simple numericals



### 3. AC Circuits (4–6 marks)

#### Focus areas:

- RMS values
- Impedance
- Power factor

Avoid advanced derivations.

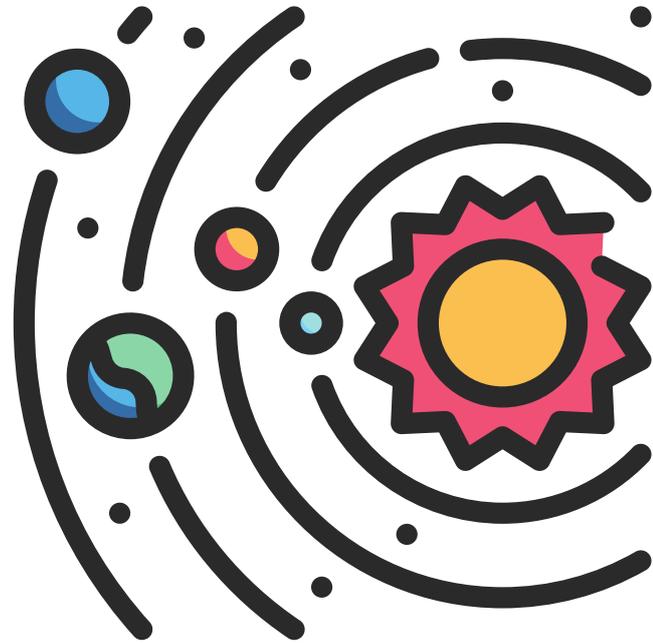
### 4. Wave Optics (5–7 marks)

#### Why scoring:

- Diagram-based
- Repeated long answers

#### Focus areas:

- Interference
- Young's double slit experiment
- Basic formulas



## ● MEDIUM-PRIORITY CHAPTERS (Manageable if approached calmly)

### 5. Electrostatics (4–6 marks)

#### Focus areas:

- Coulomb's law
- Electric field
- Potential and potential energy

#### Tip:

Learn formulas, not derivations.

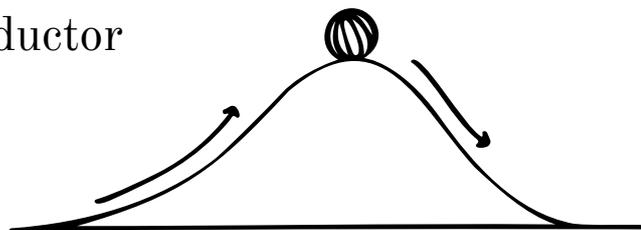
$$D = S \times T$$
$$S = \frac{D}{T}$$
$$T = \frac{D}{S}$$

D = Distance  
S = Speed  
T = Time

## 6. Magnetic Fields Due to Electric Current (*4–6 marks*)

### Focus areas:

- Biot–Savart law
- Right-hand thumb rule
- Force on current-carrying conductor



## 7. Thermodynamics (*5–7 marks*)

### Educator caution:

**This chapter looks heavy but questions are predictable.**

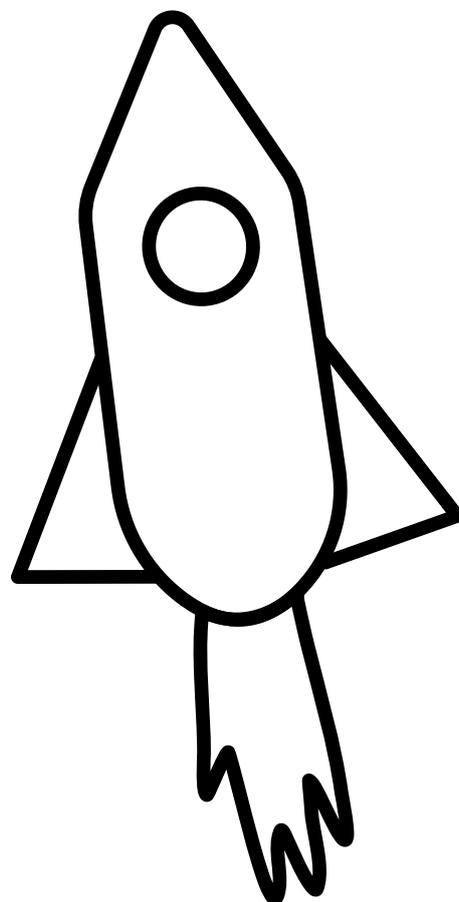
### Focus areas:

- Laws of thermodynamics
- Work, heat, internal energy
- Simple numericals

## 8. Oscillations (*4–5 marks*)

### Focus areas:

- SHM
- Time period formulas
- Energy in SHM



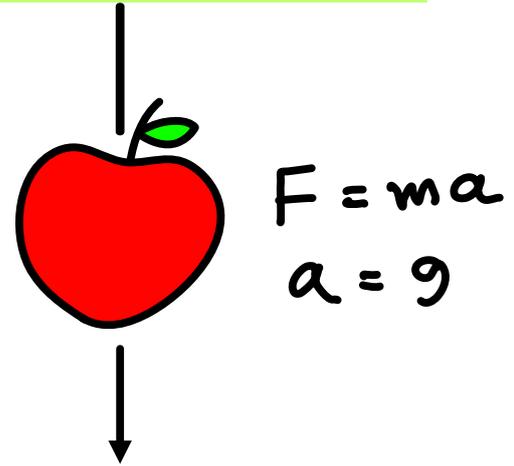
**● EASY SCORING / LOW-STRESS CHAPTERS**  
**(Short, direct, and highly attemptable)**

**9. Semiconductor Devices** (4–5 marks)

**Educator truth:**

This is one of the safest chapters in Physics.

- Diodes
- Logic gates
- Simple theory



**10. Dual Nature of Radiation and Matter** (4–5 marks)

- Photoelectric effect
- Basic theory
- Direct questions

**11. Structure of Atoms and Nuclei** (4–6 marks)

- Atomic models
- Nuclear reactions
- Definitions

**12. Superposition of Waves** (4–6 marks)

- Wave interference
- Beats
- Simple numericals



● **LOW-RETURN / CONTROLLED CHAPTERS**  
**(Do only if time permits)**

- **Rotational Dynamics**
- **Mechanical Properties of Fluids**
- **Kinetic Theory of Gases and Radiation**

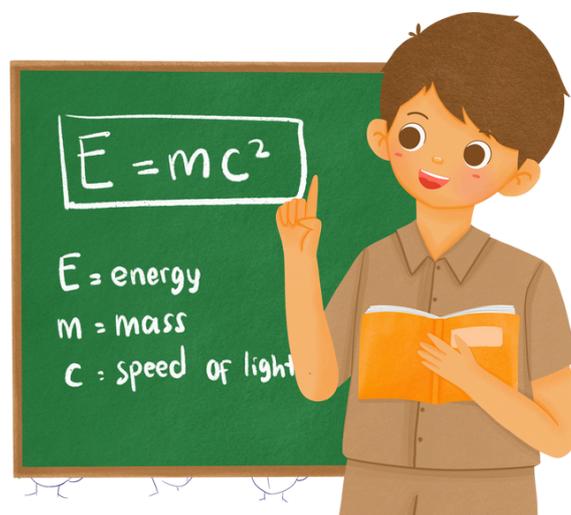
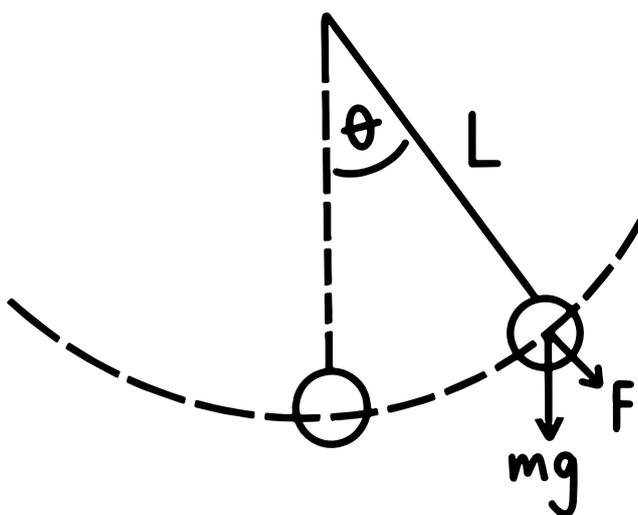
**Educator note:**

These chapters require more effort than marks justify when time is limited.

 **HOW PHYSICS FITS INTO THE 40 DAYS.**

- **Days 1–15:** High-priority chapters
- **Days 16–25:** Medium + easy chapters
- **Days 26–30:** Weak areas + revision
- **Days 31–40:** Only formulas, numericals, diagrams

No new Physics chapters after **Day 30**.



## **HOW TO WRITE PHYSICS ANSWERS** (STATE BOARD STYLE)

- Start with formula
- Draw diagrams wherever possible
- Show all steps
- Write units clearly
- Attempt all questions

Marks are lost more due to presentation than ignorance.

## **COMMON PHYSICS MISTAKES** (STATE BOARD)

-  Memorizing derivations blindly
-  Avoiding numericals
-  Leaving questions blank
-  Panic switching between chapters
-  Overthinking options



## **PHYSICS BECOMES MANAGEABLE WHEN:**

- You accept you won't master everything
- You focus on what repeats
- You practice calmly

Physics does not test brilliance.

It tests **control**.

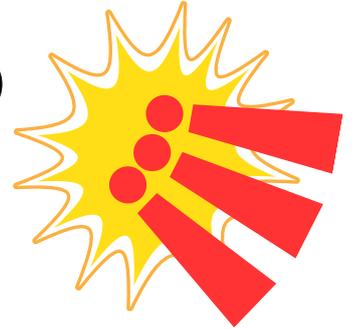
If you follow this strategy honestly,  
you will walk into the exam **prepared enough and mentally steady**.



# HOW TO LEARN THEORY & FORMULAS FASTER



(When Time Is Limited and Panic Is High)



## READ THIS FIRST (IMPORTANT)

- This section is not about shortcuts. It is about learning efficiently when time is short.

## When exams are close:

- You cannot read everything
- You cannot revise endlessly
- You must **extract marks**, not pages

The methods below are designed for **board exams**, not competitive exams.

**ATTENTION  
PLEASE!**



# **PART 1**

## **HOW TO LEARN THEORY FASTER (WITHOUT FORGETTING)**

### **Stop Reading Like a Novel**

Most students read theory line by line, hoping memory will happen.

Instead, read with questions in mind.

Before starting any chapter, ask:

- What definitions can be asked?
- What “explain” questions are common?
- What diagrams are linked to this topic?

Reading with intent is faster than reading with hope.

### **Use the “3-Pass Method” (Very Effective)**

#### **Pass 1 – Scan (10–15 minutes)**

- Read headings
- Look at diagrams
- Read highlighted keywords

#### **Pass 2 – Focus (30–40 minutes)**

- Read important paragraphs only
- Underline keywords
- Ignore examples if time is short

## Convert Paragraphs into Bullet Points

Board examiners do not reward storytelling.

### After reading a paragraph:

- Rewrite it into 4–6 bullet points
- Keep sentences short
- Focus on keywords

### Example:

✗ Long paragraph

✓ Definition + points + diagram

**Diagrams = Faster Learning + Extra Marks**

### For Biology & Physics:

- Learn theory through diagrams
- Even rough diagrams help memory
- Many students remember images faster than text

If a topic has a diagram — never skip it.

# **PART 2**

## **HOW TO LEARN FORMULAS FASTER (WITHOUT MIXING THEM UP)**

### **Do Not Memorize Formulas in Isolation**

**Formulas stick better when you know:**

- What it is used for
- One standard example
- One unit check

**For every formula, ask:**

- When is this applied?
- What type of question uses this?
- What are the common mistakes?

### **Use the “One Formula – One Question” Rule**

**For each formula:**

- Solve one standard question
- Write full steps
- Stop there

Solving many random questions early causes confusion.

# **PART 3**

## **HOW TO REVISE THEORY & FORMULAS QUICKLY**

**Daily Quick Revision (20–30 minutes):**

- 10 minutes → definitions & keywords
- 10 minutes → formulas
- 5–10 minutes → diagrams / examples

**Do this daily, not weekly.**

### **COMMON MISTAKES TO AVOID**

- ✗ Watching long videos instead of reading
- ✗ Making very long notes
- ✗ Trying to memorize everything
- ✗ Switching methods daily
- ✗ Studying without revision

### **EDUCATOR'S FINAL ADVICE**

**When time is short:**

- Clarity matters more than coverage
- Recall matters more than reading
- Consistency matters more than intensity

Use these techniques calmly.

They are designed to save time, not add pressure.

## **Maintain a Short Formula List, Not a Long One**

**Instead of rewriting all formulas:**

- Write only **frequently used formulas**
- Avoid rare or advanced ones
- Keep one page per chapter

A shorter list revised daily beats a long list revised once.

## **Speak Formulas Aloud Once a Day**

This sounds simple, but it works.

- Read formulas aloud
- Say what each symbol means
- Do this during revision

Speaking activates memory faster than silent reading.

# FAST REVISION SHEET



## Learn Theory Faster • Recall Formulas Faster • Revise Without Panic

- Use this page when time is short, energy is low, or panic is high.

### WHEN TO USE THIS FAST SHEET

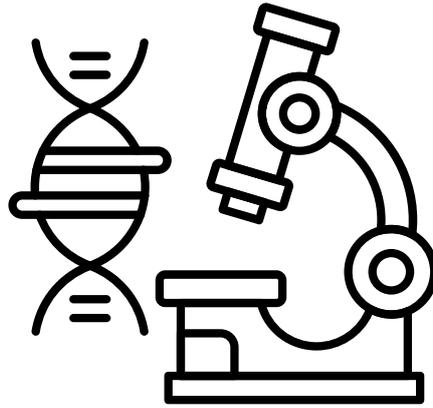
Use this page when:

- You feel overwhelmed
- You don't know where to start
- You have less time
- You're revising before sleep
- It's the last 10 days





# BIOLOGY – FAST THEORY REVISION METHOD



## The 3-2-1 Method (Educator-Approved)

### For every chapter:

- 3 key headings (main ideas)
- 2 diagrams
- 1 definition you must not forget



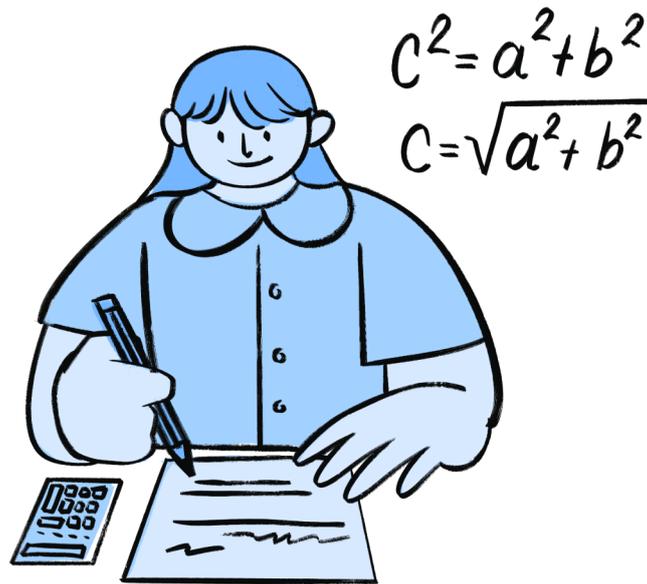
### How to revise fast:

- Read only NCERT headings & subheadings
- Convert paragraphs into bullet points
- Speak answers out loud (don't just read)
- Draw diagrams from memory, not reference

### Fast recall trick:

If you can explain the chapter in **2 minutes without notes**, you're exam-ready.

# ÷ MATHEMATICS – FAST PRACTICE METHOD



## The 10-10 Rule

- 10 questions/day
- Same chapter or mixed pattern

## How to revise fast:

- Write full steps (never mental maths)
- Focus on standard question types
- Re-solve wrong questions from your error list

## Formula learning shortcut:

- Write formulas before solving
- Don't jump steps
- Practice under time limit

## Fast recall trick:

Maths improves by **repetition**, not reading.





# CHEMISTRY – FAST FORMULA & THEORY METHOD



## The Formula-Application Loop

### For every chapter:

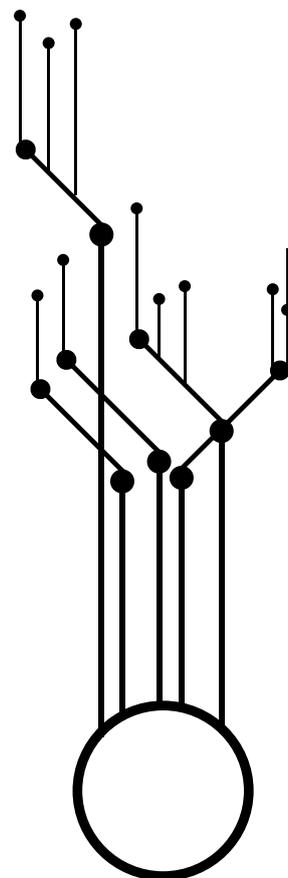
- Write all formulas on one page
- Pick 5 standard numericals
- Solve them step by step
- Repeat the same pattern next day

### For theory chapters:

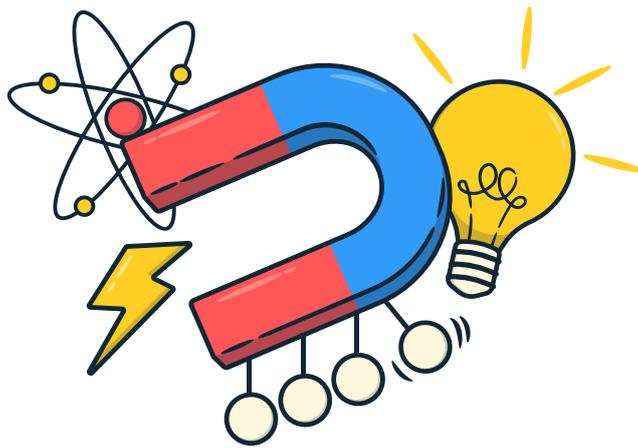
- Learn definitions + classifications
- Skip unnecessary reactions
- Focus on NCERT back questions

### Fast recall trick:

If you remember ***where to apply a formula***, memorizing it becomes easy.



# ⚡ PHYSICS – FAST NUMERICAL & FORMULA METHOD



## The F-D-S Rule

**F** = Formula

**D** = Diagram

**S** = Steps

**F S D**

## For every question:

- Write the formula first
- Draw a small diagram
- Show steps clearly

## How to revise fast:

- Revise formulas daily
- Practice same type questions repeatedly
- Ignore long derivations at the last stage

$$\left(\sqrt[2]{a}\right)^m = \sqrt[2]{a^m} = a^{m/2}$$

## Fast recall trick:

If you remember the **diagram**, the formula usually follows.



# PLANNERS & TRACKERS

**PRINT-READY AND DIGITAL**

**Structure Creates Calm. Calm Improves  
Performance.**





## **EDUCATOR NOTE**

*Students do not panic because they are weak.  
They panic because their mind cannot **see order**.*

*These planners are designed to:*

- *Reduce mental overload*
- *Show visible progress*
- *Replace anxiety with clarity*
- *Create discipline without pressure*

***You don't need motivation when you have structure.***



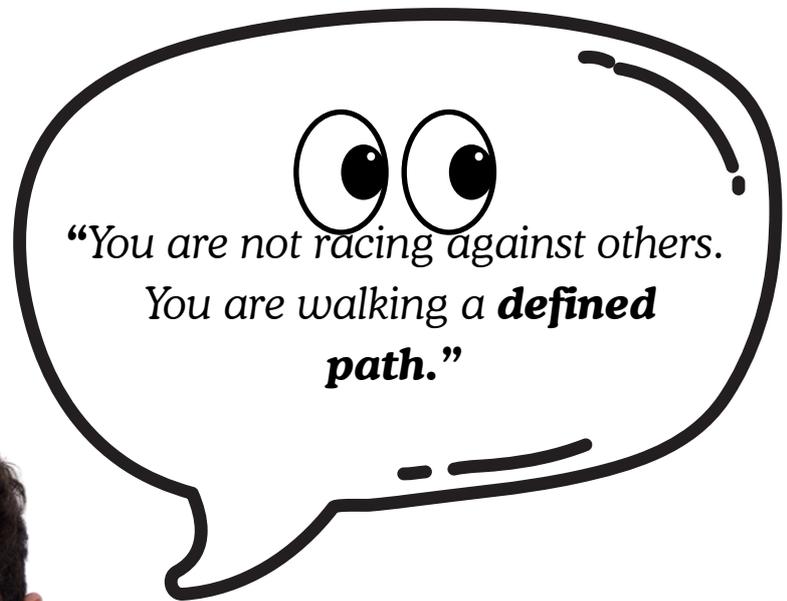
# ★ 40-DAY MASTER STUDY PLANNER

(OVERVIEW)



## ✦ PURPOSE

- Big-picture clarity
- Removes the fear of “how much is left”
- Filled **once**, not daily



# **HOW TO USE THE PRINTED PLANNERS** **(QUICK GUIDE)**



- **Use one planner page per day only.**  
**Do not fill future days in advance.**
- **Write a maximum of two subjects per day.**  
**More subjects = more confusion.**
- **Fill the planner in the morning, tick it at night.**  
**Planning is done once. Tracking is done after study.**
- **Tick a task only after completing it.**  
**Blank boxes are okay. They show reality.**
- **Use subject trackers only after proper study or revision.**  
**Do not tick everything quickly.**
- **Use the mistake page only for repeated mistakes.**  
**This page improves marks the most.**
- **On low-energy days, reduce work — don't stop.**  
**Revision is better than nothing.**
- **In the last 10 days, revise only.**  
**No new chapters.**

**“Planners are not for perfection.  
They are for clarity and calm.”**



# ★ DAILY STUDY PLANNER (MOST IMPORTANT)

- ✦ Use ONE page per day
- ✦ Maximum 2 subjects per day only

 Day: \_\_\_ / 40  Date: \_\_\_\_\_

S M T W T F S

## ◆ TODAY'S STUDY TARGET

Subject	Chapter / Topic	Completed ✓

## STUDY BLOCKS

Time Slot	What I Studied
Morning	
Afternoon	
Evening	
Night (Revision)	

## ANSWER PRACTICE (IMPORTANT)

Answers written today: \_\_\_\_\_

Diagrams / numericals practiced: \_\_\_\_\_

## **HONEST SELF-CHECK**

<b>Checkpoint</b>	<b>Yes</b>	<b>No</b>
I followed the plan		
I revised the same day		
I avoided phone distractions		
I stayed calm		

### **Action plan**

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### **ONE LINE REFLECTION**

***Today, I did***

---

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## \* WEEKLY REVIEW & RESET PAGE

✦ Use **once every 7 days**

✦ No self-judgement — only adjustment

Week: \_\_\_\_\_

Quote: \_\_\_\_\_

**What went well this week?**

**What caused difficulty?**

**Chapters completed this week:**

**Errors repeated most often:**

**Formula**    **Steps**    **Concept**    **Time**

**Do not change direction.  
Adjust effort and pace.**

## \* **PANIC CHECK & RECOVERY LOG**

📌 Use **only when anxiety hits**

📌 *This page prevents mental collapse*

**What am I worried about right now?**

**Is this under my control?**

**YES**

**NO**

**What is my next small task?**

**Breathing check:**

**Slow inhale**

**Hold**

**Slow exhale**



**Panic reduces when action begins.**

## ★ **LAST 10 DAYS COUNTDOWN TRACKER**

✂ *Final phase = calm + control*

✂ *No new chapters here*

<b>Day</b>	<b>Revision Done</b>	<b>Writing Practice</b>	<b>Confidence (1-5)</b>
Day -10			
Day -9			
Day -8			
Day -7			
Day -6			
Day -5			
Day -4			
Day -3			
Day -2			
Day -1			

**Aim to fill them honestly.**



# DIGITAL PLANNERS AND TRACKERS

**TO DO LIST - SUBJECT**

**CLICK HERE**

**40-DAY DAILY PLANNER**

**CLICK HERE**

**LAST 10 DAYS COUNTDOWN**

**CLICK HERE**



**BEFORE  
LEAVING HOME**



**BEFORE  
ENTERING THE  
EXAM HALL**

**EXAM-DAY  
AFFIRMATIONS**

**WHEN THE  
QUESTION PAPER  
IS GIVEN**

**IF PANIC ARISES  
DURING THE  
EXAM**

**AFTER  
SUBMITTING  
THE PAPER**





# EXAM-DAY AFFIRMATIONS

“Calm Your Mind. Trust Your Preparation.  
Write with Clarity.”



## HOW TO USE THESE PAGES (IMPORTANT)

- Read one page only on the exam day
- Read it slowly, not repeatedly
- Do not memorize affirmations
- Let them settle your breathing and thoughts

**These affirmations are not to increase pressure —  
they are to remove unnecessary fear.**

# **BEFORE LEAVING HOME**

**Read this once, calmly.**

- **I have prepared honestly with the time I had.**
- **I am not expected to know everything.**
- **I only need to write what I remember clearly.**
- **My preparation is enough for today.**
- **I will take one step at a time.**

**“Today is not about perfection.**

**Today is about presence and clarity.”**

# **WHILE TRAVELLING TO THE EXAM CENTER**

- **I release comparison with others.**
- **I trust my revision.**
- **I breathe slowly and deeply.**
- **I allow my mind to stay calm.**
- **I will respond, not panic.**

**“Fear does not improve performance.**

**Calm focus does.”**

# **BEFORE ENTERING THE EXAM HALL**

- I belong here.
- This exam does not define my worth.
- I am capable of answering many questions.
- I will manage my time wisely.
- I choose calm over worry.

**“I am walking in prepared —  
not rushed, not defeated.”**

# **WHEN THE QUESTION PAPER IS GIVEN**

**I will read the paper fully before starting.**

- I will begin with what I know.
- I will not rush the first question.
- I will trust my understanding.
- I will write neatly and clearly.

**“The paper is not my enemy.**

**It is simply a set of questions.”**

# **IF PANIC ARISES DURING THE EXAM**

- I pause.
- I take three slow breaths.
- I refocus on the current question.
- I write what I remember calmly.
- Panic will pass. I remain steady.

**“Panic is temporary.**

**My effort continues.”**

# **WHILE WRITING ANSWERS**

- I write step by step.
- I underline key points.
- I draw diagrams wherever possible.
- I attempt every question honestly.
- I keep moving forward.

**“One answer at a time**

**is how exams are completed.”**

# **IF I DON'T KNOW AN ANSWER COMPLETELY**

- Partial answers still earn marks.
- Diagrams still earn marks.
- Logical steps still earn marks.
- I do not leave questions blank.
- I stay calm and continue.

**“Silence earns zero marks.**

**Attempt earns possibility.”**

# **DURING THE LAST 15 MINUTES**

- I review calmly.
- I check diagrams and units.
- I correct only clear mistakes.
- I do not overthink.
- I end the paper peacefully.

**“Finishing calmly is better than rushing anxiously.”**

# AFTER SUBMITTING THE PAPER

- I release today's paper.
- I do not analyse answers with others.
- I focus on rest and recovery.
- I prepare gently for the next exam.
- I acknowledge my effort.

**“What is written is done.  
What matters now is rest.”**



**“You are not weak for feeling nervous.  
You are human.**

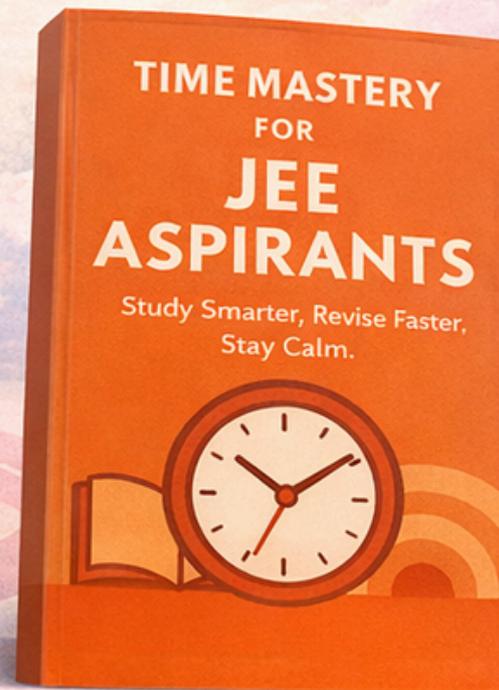
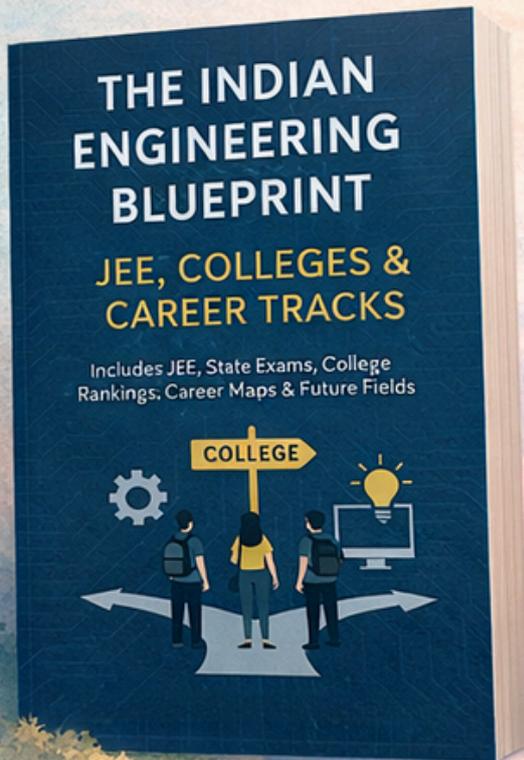
**You are not unprepared because you felt late.  
You took responsibility and followed a plan.”**

**“Walk out knowing this:**

**You showed discipline, courage, and effort.  
That itself is success —  
marks will follow where they may.”**

# After the exam... What next?

If you are preparing for engineering entrances or feeling unsure about college choices and future paths, these guides from Apni Kitabh are designed to help you move forward with clarity – not confusion.



## THE INDIAN ENGINEERING BLUEPRINT

### JEE, Colleges & Career Tracks

For students who ask:

- Understand engineering pathways in India
- Navigate JEE & State exams
- Choose colleges wisely
- Explore career tracks beyond just rankings.

## TIME MASTERY FOR JEE ASPIRANTS

*Study Smarter. Revise Faster. Stay Calm.*

For students who feel:

- Build a realistic study rhythm
- Revise without burnout
- Stay calm under exam pressure
- Use time as a tool, not a threat

*Because consistency beats chaos — every time.*



**Apni Kitabh**

calm clarity, consistent progress.

# CRACKING NEET AND WHAT COMES NEXT

A complete guide to efficient study habits and  
confident career choices for every aspirant.

go to - [apnikitabh.in](http://apnikitabh.in)



## THE INDIAN ENGINEERING BLUEPRINT

### JEE, COLLEGES & CAREER TRACKS

Includes JEE, State Exams, College  
Rankings, Career Maps & Future Fields



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## TIME MASTERY FOR JEE ASPIRANTS

STUDY SMARTER, REVISE FASTER  
& STAY CALM FOR JEE SUCCESS

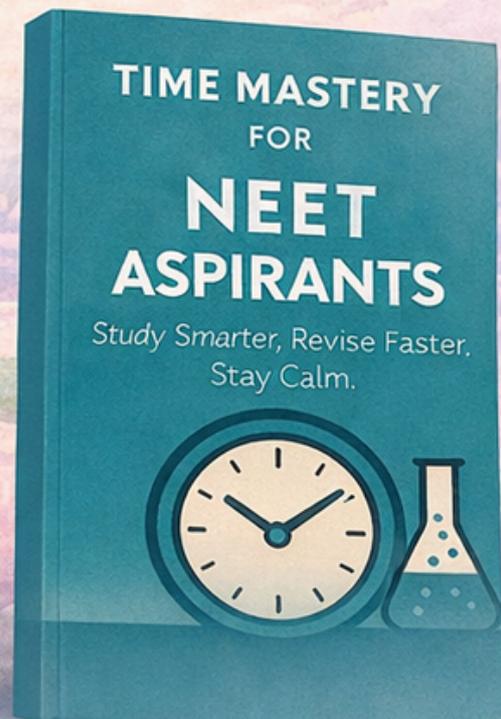
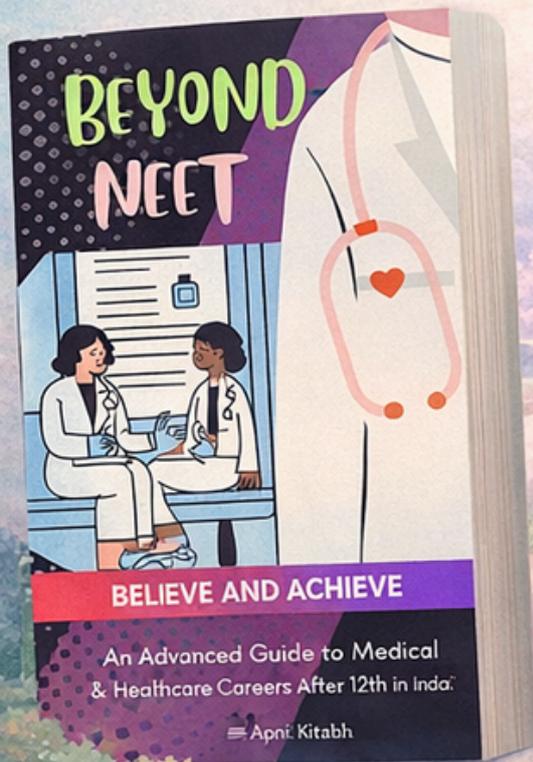


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# After the exam... What next?

If you are preparing for medical entrances, or feeling unsure about healthcare careers in India, these guides from **Apni Kitabh** are designed to help you move forward with clarity – **not confusion**.



## BEYOND NEET Believe and Achieve

For students who ask:

- "What if I do not get a medical seat?"
- Explore medical & healthcare careers beyond MBBS
- Understand advanced career tracks
- Know the reality of each field
- Plan responsibly if a medical seat is unlikely.

## TIME MASTERY FOR NEET ASPIRANTS

*Study Smarter. Revise Faster. Stay Calm.*

For students who feel:

- Build an effective study plan
- Improve revision recall
- Manage time without anxiety.
- Stay calm closer to the exam

*Because smarter study – not just longer – changes outcomes.*

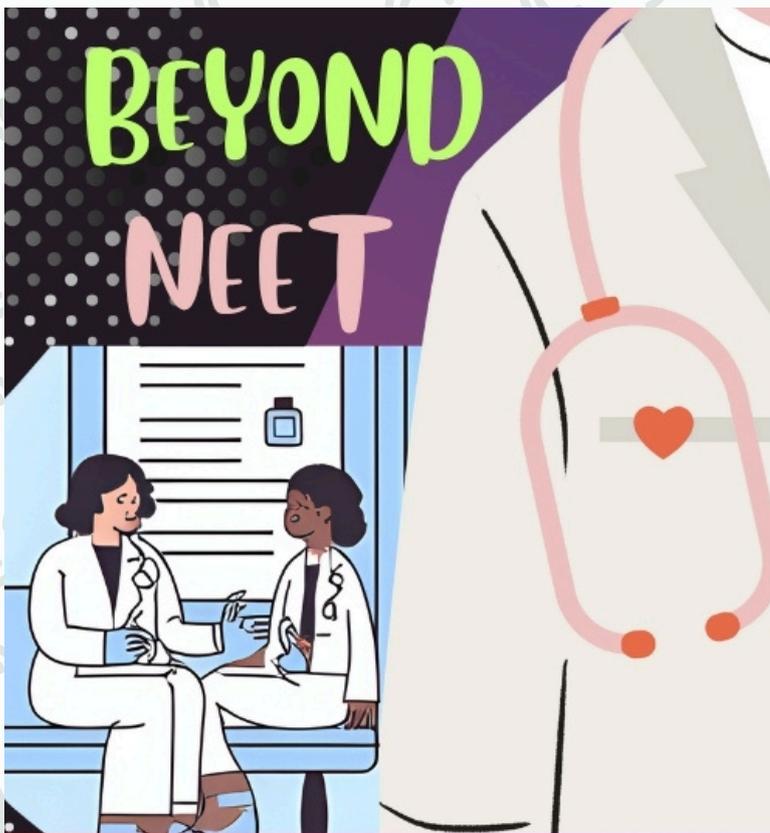
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BELIEVE AND ACHIEVE

TIME MASTERY  
FOR  
**NEET**  
ASPIRANTS

STUDY SMARTER, REVISE FASTER  
& STAY CALM FOR NEET SUCCESS



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An Advanced  
Healthcare Career

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# Because You Chose to Plan

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— here's something extra.**



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# CONCLUSION



## A Calm Finish

If you have reached this page, pause for a moment.  
This book was never meant to make you study harder.  
It was meant to help you **think clearly when time feels short.**

You may not have followed every page perfectly — and that is fine.

What matters is that you now have **direction instead of confusion.**

From here on:

- Follow the plan you chose
- Use the tools honestly
- Revise more than you rush
- Rest when your mind asks for it

Exams do not reward panic.  
They reward calm recall and clear writing.

Whatever the result, remember this:  
an exam measures preparation at one point in time — not  
your potential, effort, or future.

You showed responsibility by preparing.  
You chose structure over stress.

That already puts you ahead of where you were before.

Close this book now.  
Trust the process you have set.  
Walk into the exam hall steady, not rushed.  
**Clarity changes outcomes.**



## Dear Reader,

When I started Apni Kitabh, it was not with the intention of simply publishing books.

It began with a simple realization: many students don't fail due to lack of ability, but due to **lack of direction, clarity, and timely guidance.**

Like many of you, I have experienced uncertainty, self-doubt, and moments where the path ahead felt unclear. What I learned through those phases is this—**the right guidance at the right moment can change everything.** Not through pressure or perfection, but through structure and understanding.

Panic to Plan was created with that belief.

This book does not promise shortcuts or miracles. It offers something **more valuable—calm structure** during a stressful time. It is meant for students who feel overwhelmed, who may have missed consistency, and who are now looking for a practical way forward without judgment.

Apni Kitabh is more than a publishing platform. It is **an effort to make learning accessible, honest, and human—especially for students** who feel lost but are still willing to try. Every guide we create is designed to support you quietly, without noise, and to remind you that struggling does not mean failing.

There are no wasted efforts here—only learning.  
No setbacks—only moments of redirection.  
And no fixed limits—only phases that require patience.

Use this book as a companion, not a rulebook.

Follow it with sincerity, adapt it with honesty, and trust yourself through the process. Progress does not come from rushing—it comes from clarity and consistency.

Whatever the outcome of your exams, remember this:  
choosing to prepare, to plan, and to stay calm is already a meaningful step forward.

With belief in your effort and respect for your journey,

**Founder - Apni Kitabh**

# Apni Kitabh



## ***About Apni Kitabh***

*Apni Kitabh is a digital learning initiative committed to bridging the gap between traditional education and real-world skills. We create practical, student-friendly eBooks and resources designed to empower young minds across India – especially those without access to premium coaching or guidance. Our mission is simple: to make knowledge relatable, actionable, and truly useful for the next generation of engineers, professionals, and self-learners. From academic survival to career clarity, we're building a platform where learners don't just read – they evolve.*

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