

How to prepare for NEET-UG

National Eligibility cum Entrance Test (Undergraduate). Run by National Testing Agency (NTA), under the Ministry of Education, with the syllabus and pattern set by the National Medical Commission (NMC).

When

Early May, on a Sunday afternoon: 4 May 2025 and 3 May 2026 (NTA bulletins).

The exam

One 3-hour paper of 180 compulsory multiple-choice questions for 720 marks: Physics 45, Chemistry 45, Biology 90.

Your plan, step by step

- 1 NCERT first, in school order Now to March 2027 (rest of Class 11)**
Read the NCERT Biology chapter the same week it is taught in school, line by line, and make your own short notes and labelled diagrams. For Physics, get the basics of motion, forces and energy right, then solve NCERT exercises and NCERT Exemplar. For Chemistry, master the mole concept and basic organic chemistry early, because later chapters build on them. Take one chapter test every week.
- 2 Close the Class 11 gaps April to June 2027 (summer before Class 12)**
Revise all of Class 11, because the NEET syllabus covers both years and Class 11 fades fast in Class 12. Solve past NEET questions chapter by chapter. Start short timed practice on a computer screen, since NEET is expected to move to a computer-based test.
- 3 Class 12 NCERT plus a weekly Class 11 slot July to December 2027 (Class 12)**
Study Class 12 NCERT with school, and keep one fixed slot every week to revise Class 11. Board study and NEET study overlap a lot in Biology and Chemistry, so do not treat them as two separate jobs. From October 2027, sit one full-length mock every week under exam timing.
- 4 Keep the NEET habit alive during boards January to February 2028 (boards and practicals)**
Board exams need written answers, NEET needs quick choices. Keep at least one full NEET mock a week even in board season, and keep your error notebook going.
- 5 Full mocks on a screen March to April 2028**
Take two or three full mocks a week, preferably on a computer, in the same time slot as the real exam. After each mock, spend longer checking mistakes than you spent writing it. Re-read NCERT Biology and inorganic chemistry again and again.
- 6 Revise, rest, check the admit card Exam week**
No new books now. Revise your own notes and NCERT diagrams. Read the admit card and NTA's dress code and items list carefully. Sleep properly the night before.

What the exam tests

- 180 questions, all compulsory, to be answered in 180 minutes (3 hours). There is no optional section. (NEET-UG 2026 bulletin)
- Physics 45 questions (180 marks), Chemistry 45 (180 marks), Biology, that is Botany and Zoology, 90 (360 marks). Total 720 marks. Biology alone is half the paper.
- Every question has four options and one correct or best answer.
- Marking: +4 for a correct answer, minus 1 for a wrong answer, 0 if left blank. If a question is dropped, everyone who appeared gets 4 marks.

Free and official material

SATHEE NEET (Ministry of Education and IIT Kanpur) (sathee.iitk.ac.in/sathee-neet). Free NEET preparation from the government: Biology, Chemistry and Physics MCQs and NCERT-aligned tests.

NCERT textbooks (ncert.nic.in/textbook.php). Free official PDFs of the Class 11 and 12 books that most NEET questions are built on.

NTA mock tests (nta.ac.in/Quiz). NTA's free mock tests, listed for NEET, help students get used to a computer-based test before NEET moves to one.

NTA National Test Abhyas (nta.ac.in/Abhyas). NTA's free practice platform, linked from the NTA home page.

NEET on the NTA website (neet.nta.nic.in). The bulletin, syllabus, answer keys and every public notice. Trust only this site and nta.ac.in for news.

National Medical Commission (nmc.org.in). The regulator that sets the NEET syllabus and the rules for MBBS admission.

Books students use

Commonly used, not endorsed.

NCERT Biology, Chemistry and Physics, Class 11 and 12, NCERT

Concepts of Physics (Vol 1 and 2), H.C. Verma

Objective Physics, D.C. Pandey

Physical Chemistry, O.P. Tandon

Organic Chemistry, M.S. Chouhan

Objective Biology (Vol 1 and 2), Trueman's

Objective NCERT at your Fingertips, MTG Editorial Board

Coaching: do you need it?

Self-study with free material: Students who can keep a daily routine and have one teacher or senior to ask doubts. Many students reach a good NEET score this way, especially in Biology, which rewards careful NCERT reading more than tricks.

Online course or test series: Students in small towns without a good centre nearby, or who need structure and full mocks but not daily travel. Needs a phone or laptop and steady internet.

Classroom coaching: Students who need a fixed timetable and face-to-face doubt clearing, and whose family can afford it without strain. It helps least when it replaces school, sleep or revision time, or when the batch is so large that no teacher knows the student.

Red flags

- A promise of guaranteed selection or a rank. The 2024 guidelines bar such promises.
- Pressure to pay a full year or two years upfront, with no written refund policy.
- Very large batches where teachers do not know students by name.
- Batches reshuffled every month by test scores.
- Topper posters that do not say which course the topper actually took.

The last months

- Stop starting new books. Revise NCERT Biology line by line at least twice more; it is half the paper.
- Take two or three full mocks a week in the same afternoon slot as the real exam, on a screen if you can.
- Keep an error notebook: every wrong or guessed answer goes in, with the reason. Re-read it every Sunday.
- Practise leaving questions. With minus 1 for a wrong answer, a blind guess on a 4-option question costs you on average.

