



FREE BEGINNER'S KIT · EDITION 1 — SEPTEMBER 2026

RRB STARTER KIT

Choose Your Exam.

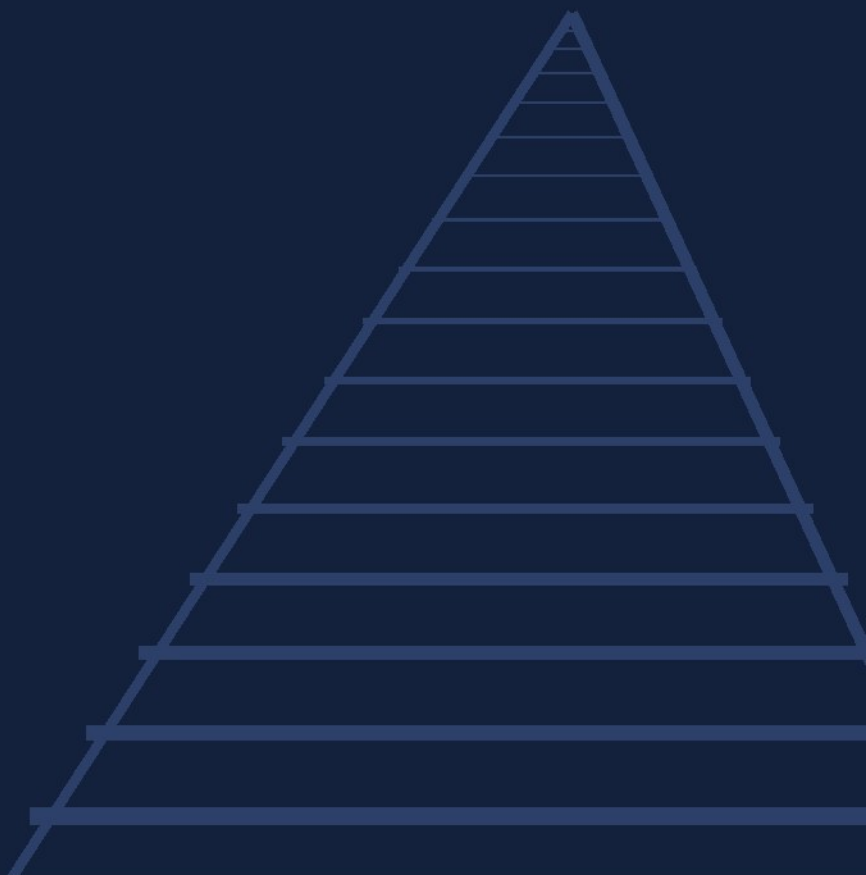
Check Your Level.

Start Your First 30 Days.

By Supernotes by Civilianz

Thiruvananthapuram, Kerala · thesupernotes.com

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About this kit

The RRB Starter Kit is a free study resource published by Supernotes by Civilianz for people who are new to Railway Recruitment Board (RRB) examinations. It is written for someone who has never prepared before and wants to start on their own, today, without guessing what to do first.

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Notifications used	NTPC Graduate: CEN 06/2025 · NTPC Undergraduate: CEN 07/2025 · Level 1: CEN 09/2025 · Assistant Loco Pilot: CEN 01/2026 · Technician: CEN 02/2026 · Junior Engineer: CEN 05/2025. Other categories: latest notice identified on the verification date.

Please read this before you use the kit

Railway recruitment rules change from one notification to the next. Age limits, qualifications, relaxations, fees, medical standards and even the examination pattern can differ between categories, between posts in the same notification, and between years. Nothing in this kit replaces the official notification. Before you apply, read the Centralised Employment Notice (CEN) for your post on an official RRB website and treat it, together with its corrigenda, as the only authority.

New cycle alert. Reports published on 21–22 September 2026 say that indicative notices for new NTPC recruitments (CEN 06/2026 Graduate and CEN 07/2026 Undergraduate) have been issued, with detailed notifications expected in October 2026. We could not open the official notices themselves, so this kit uses the latest *detailed* NTPC notifications (CEN 06/2025 and CEN 07/2025). When the 2026 detailed CENs appear, check every NTPC number in this kit against them.

The worksheets and the diagnostic test in this kit are learning tools. They are not eligibility rulings, official mock tests or predictors of selection.

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SECTION 01

Welcome and Start-Here Checklist

What this kit gives you, and the order to use it in.

If you want a government job in Indian Railways, you have probably already met the real problem: there are many railway examinations, each with its own notification, and nobody tells you which one is yours or what to do on Day 1. This kit answers four questions in order — and then gets you studying within a week.

STEP 1

Choose your exam

Section 2 — compare the railway routes

STEP 2

Check the rules

Sections 3–6 — age, qualification, pattern

STEP 3

Take the diagnostic

Section 8 — 20 questions with explanations

STEP 4

Find weaknesses

Section 8 — sort mistakes by type

STEP 5

Begin the plan

Section 9 — your first 30 days

How railway recruitment works — in three minutes

Railway Recruitment Boards (RRBs) are the bodies that conduct recruitment examinations for most non-gazetted jobs in Indian Railways. There are 21 RRBs (Thiruvananthapuram is one of them), and they run each recruitment together on a common schedule. After the examinations, they recommend selected candidates to the zonal railways and production units, which issue the actual offer of appointment.

Recruitment for Level 1 posts (often called “Group D”) is conducted with **Railway Recruitment Cells (RRCs)**: the RRBs hold the computer-based test and the RRCs handle the later stages.

Each recruitment is announced through a **Centralised Employment Notice (CEN)**. A CEN has a number and a year — for example **CEN 09/2025** is the ninth centralised notice of 2025 (it covers Level 1 posts). The CEN lists the posts, vacancies, age limits, qualifications, medical standards, fees, selection stages and syllabus. Later changes are published as **corrigenda** (corrections) and **notices**. A short **indicative notice** usually appears first, followed by the detailed CEN.

How to find the notification that applies to you

1. Decide your category first (Section 2) — for example NTPC Undergraduate.
2. Open any official RRB website (list in Section 16) and find the most recent CEN for that category.
3. Download the **detailed** CEN, not a summary, and check the post parameter table (usually Annexure A) for your post.
4. Check the same page for corrigenda and notices issued after the CEN.

5. Check the vacancy table (usually Annexure B): not every RRB or zone has vacancies for every post in every cycle.

Start-here checklist

Tick these off in this order. Most people finish the whole list in one weekend.

	Task
☐	Read Section 2 and shortlist one main examination and, if you want, one backup.
☐	Fill in the exam-selection worksheet in Section 2 — honestly.
☐	Check your age and qualification against Section 3, then against the actual CEN.
☐	Read your examination's pattern in Section 5 or 6 and write down its stages.
☐	Print the syllabus checklist (Section 7). Do not tick anything yet.
☐	Sit the 20-question diagnostic (Section 8) in one 30-minute sitting.
☐	Check your answers and complete the subject-wise review sheet.
☐	Choose the two-hour or four-hour routine in Section 9.
☐	Do Day 1 of the plan — Day 1 of studying, not Day 1 of research.
☐	Print the mistake log (Section 15) and use it from Day 1.
☐	Bookmark your RRB's official website and check it once a week.

Three honest expectations

- **Thirty days will not finish the syllabus.** It is enough to build the habit, cover the foundation topics and find out what you are weak at.
- **Your first diagnostic score will be low.** The score is not the point — the pattern of your mistakes is.
- **Consistency beats intensity.** Two focused hours a day for thirty days beats one ten-hour Sunday every fortnight.

SECTION 02

Which Railway Examination Suits You?

The main recruitment categories compared, then a worksheet to narrow it down.

RRB recruitments differ in four ways that matter to you: the qualification you need, the kind of work, the selection stages and any physical, medical or aptitude standard. Read the cards below as a **shortlisting aid**. Post names are taken from the notification cited on each card; not every post appears in every recruitment cycle.

The two foundation routes this kit prepares you for

NTPC — Graduate

Non-Technical Popular Categories ·

Representative posts

Station Master; Goods Train Manager; Chief Commercial cum Ticket Supervisor; Junior Accounts Assistant cum Typist; Senior Clerk cum Typist; Traffic Assistant

Qualification

A degree from a recognised university (typing proficiency required for the two typist posts)

Age

18–33 years as on 01.01.2026

Stages

CBT-1 → CBT-2 → typing skill test or aptitude test (post-wise) → document verification → medical

Extra requirements

Computer Based Aptitude Test (CBAT) for Station Master and Traffic Assistant; typing test for the typist posts; post-wise medical standard

NTPC — Undergraduate

Non-Technical Popular Categories ·

Representative posts

Commercial cum Ticket Clerk; Accounts Clerk cum Typist; Junior Clerk cum Typist; Trains Clerk

Qualification

Class 12 (+2 stage) or equivalent; 50% aggregate condition with listed exemptions (Section 3)

Age

18–30 years as on 01.01.2026

Stages

CBT-1 → CBT-2 → typing skill test (typist posts only) → document verification → medical

Extra requirements

Typing: 30 w.p.m. English or 25 w.p.m. Hindi for the typist posts; post-wise medical standard

Level 1 (“Group D”)

Various posts in Level 1 of the 7th CPC Pay Matrix ·

Representative posts

Track maintenance, pointsman and assistant posts in various departments (exact list in Annexure A)

Qualification

Class 10, or ITI, or National Apprenticeship Certificate — as specified for each post

Age

18–33 years as on 01.01.2026

Stages

Computer-based test → Physical Efficiency Test (PET) → document verification → medical

Extra requirements

PET is compulsory and qualifying (Section 5); post-wise medical standard A-2 to C-1

Technical and specialist routes

These need a specific trade, diploma, degree, subject or professional registration. The shared foundation in this kit helps with their general sections, but it is **not** complete preparation for them (Section 6).

Assistant Loco Pilot (ALP)

CEN 01/2026

Qualification

Class 10 + ITI or Course Completed Act Apprenticeship in listed trades; or Class 10 + 3-year diploma (degree accepted) in Mechanical, Electrical, Electronics or Automobile Engineering

Age

18–30 years as on 01.07.2026

Stages

CBT-1 → CBT-2 (Part A + qualifying Part B) → CBAT → document verification → medical

Extra

Medical standard A-1 (strict vision; no LASIK); not suitable for PwBD

Technician

two grades with different rules

Grade I Signal

B.Sc. in specified subjects, or diploma/degree in engineering in specified branches · 18–33 years as on 01.07.2026 · Level 5

Grade III

Class 10 + ITI or Course Completed Act Apprenticeship in the notified trade · 18–30 years as on 01.07.2026 · Level 2

Stages

Single CBT → document verification → medical

Extra

Trade must match the post; medical standard varies by post

Junior Engineer and associated posts

CEN 05/2025

Posts

Junior Engineer (various disciplines), Depot Material Superintendent, Chemical & Metallurgical Assistant

Qualification

Diploma or degree in the relevant engineering discipline; science degree for some posts — exactly as in the post parameters

Age

18–33 years as on 01.01.2026

Stages

CBT-1 → CBT-2 (100 of 150 questions are technical) → document verification → medical

Paramedical, Isolated and other categories**Paramedical**

Posts such as nursing, pharmacy and laboratory roles; eligibility depends on the exact professional qualification and, where specified, registration

Ministerial / Isolated

The 2024 cycle was titled “Ministerial and Isolated Categories” (CEN 07/2024); the 2025 notice is titled “Isolated Categories” (CEN 08/2025). Posts include translator, law, laboratory and inspector roles

Stages

Computer-based test, plus a skill, translation or teaching test for some posts — check the CEN

Section Controller

A separate graduate recruitment (reported as CEN 03/2026, Level 6) with a CBT and CBAT

Railway Protection Force (RPF) — a separate route

RPF Constable and Sub-Inspector posts are recruited through separate notifications numbered **CEN RPF** (the most recent we found listed on RRB websites are CEN RPF 01/2024 for Sub-Inspector and CEN RPF 02/2024 for Constable). RPF recruitment has its own eligibility, physical measurement and physical efficiency standards, which differ from every category above. We did not verify RPF requirements for this edition, so none are stated here. Read the CEN RPF notification itself.

A Kerala note

Candidates from Kerala usually choose **RRB Thiruvananthapuram**, but you may choose any one RRB — only one per notification. Check the vacancy table first: in some notifications an RRB has few or no vacancies (for example, RRB Thiruvananthapuram stated that it had no vacancies under the 2024 Level 1 notification, CEN 08/2024). The CBT questions in the 2025–26 notifications checked here are available in English, Hindi and 13 regional languages including Malayalam; the aptitude test (CBAT) is only in English and Hindi.

Your personal exam-selection worksheet

This worksheet supports planning. It is not an eligibility check.

Whether you are eligible for a post is decided only by the notification for that post, and is verified with your original documents at document verification.

1. My qualification (tick the highest you hold today — results must already be declared)

	Qualification	Routes to look at first
☐	Class 10	Level 1 (CEN 09/2025)
☐	Class 10 + ITI / Act Apprenticeship	Level 1, ALP, Technician Grade III — in your trade
☐	Class 12	NTPC Undergraduate, plus the routes above if also eligible
☐	Engineering diploma	ALP, Junior Engineer (in your branch), Technician Grade I Signal (if branch listed)
☐	Degree (any)	NTPC Graduate, NTPC Undergraduate, and graduate-level specialist posts
☐	Professional qualification (nursing, pharmacy, law, etc.)	Paramedical or Isolated categories — check the exact post

2. My age and category

My date of birth (as in my Class 10 certificate): _____

My category (UR / OBC-NCL / SC / ST / EWS; and PwBD / ExSM if applicable): _____

Relaxation I believe applies, and the CEN paragraph where I read it: _____

3. The kind of work I want

	Preference	Points towards
☐	Office, accounts or ticketing work	NTPC typist, clerk and commercial posts
☐	Train operations and safety	Station Master, Goods Train Manager, Traffic Assistant, ALP
☐	Hands-on maintenance or field work	Level 1, Technician
☐	Engineering supervision in my branch	Junior Engineer
☐	Work using my professional qualification	Paramedical or Isolated categories

4. Study time I can honestly give

	Hours per day	What that means
☐	Under 2 hours	Two-hour routine in Section 9. One examination only.
☐	2 to 3 hours	Two-hour routine on weekdays, four-hour routine on one weekend day.
☐	4 hours or more	Four-hour routine. NTPC and Level 1 can be prepared together if you are eligible for both.

5. Extra assessments I am willing to prepare for

	Assessment	Where it applies (in the notifications checked)
☐	Typing skill test	NTPC typist posts (Graduate and Undergraduate)
☐	Computer Based Aptitude Test (CBAT)	Station Master and Traffic Assistant (NTPC Graduate); ALP; Section Controller
☐	Physical Efficiency Test (PET)	Level 1
☐	Strict medical and vision standards	Especially A-1 (ALP) and A-2 / A-3 posts; LASIK rules apply to some

My decision

My main target examination: _____

My backup examination (optional): _____

I will confirm eligibility by reading CEN number: _____

SECTION 03

Age Limits, Qualifications and Relaxations

Examination-specific rules, each tied to its notification.

Two dates decide most eligibility questions: the **age reckoning date** printed in the CEN, and the **closing date** for online applications. You must already hold the qualification on the closing date — candidates awaiting final results are not eligible. The date of birth you enter must match your Class 10 (Matriculation/SSLC) certificate.

3.1 Normal age range and date-of-birth window

UR = Unreserved. The OBC-NCL and SC/ST columns already include the community relaxation, as printed in the CENs.

Examination · CEN	Age range · reckoned on	UR & EWS: born on or after	OBC-NCL: born on or after	SC/ST: born on or after	Born on or before (all)
NTPC Graduate · CEN 06/2025	18–33 · 01.01.2026	02.01.1993	02.01.1990	02.01.1988	01.01.2008
NTPC Undergraduate · CEN 07/2025	18–30 · 01.01.2026	02.01.1996	02.01.1993	02.01.1991	01.01.2008
Level 1 · CEN 09/2025	18–33 · 01.01.2026	02.01.1993	02.01.1990	02.01.1988	01.01.2008
ALP · CEN 01/2026	18–30 · 01.07.2026	02.07.1996	02.07.1993	02.07.1991	01.07.2008
Technician Gr I Signal · CEN 02/2026	18–33 · 01.07.2026	02.07.1993	02.07.1990	02.07.1988	01.07.2008
Technician Gr III · CEN 02/2026	18–30 · 01.07.2026	02.07.1996	02.07.1993	02.07.1991	01.07.2008
Junior Engineer etc. · CEN 05/2025	18–33 · 01.01.2026	02.01.1993	02.01.1990	02.01.1988	01.01.2008

Expected DOB Table for 2027 Notifications

(Assuming similar age limits and reckoning dates shifted by 1 year)

Examination (Expected 2027)	Age range · reckoned on	UR & EWS: born on or after	OBC-NCL: born on or after	SC/ST: born on or after	Born on or before (all)
NTPC Graduate · Expected CEN 2027	18–33 · 01.01.2027	02.01.1994	02.01.1991	02.01.1989	01.01.2009
NTPC Undergraduate · Expected CEN 2027	18–30 · 01.01.2027	02.01.1997	02.01.1994	02.01.1992	01.01.2009
Level 1 · Expected CEN 2027	18–33 · 01.01.2027	02.01.1994	02.01.1991	02.01.1989	01.01.2009
ALP · Expected CEN 2027	18–30 · 01.07.2027	02.07.1997	02.07.1994	02.07.1992	01.07.2009
Technician Gr I Signal · Expected 2027	18–33 · 01.07.2027	02.07.1994	02.07.1991	02.07.1989	01.07.2009
Technician Gr III · Expected 2027	18–30 · 01.07.2027	02.07.1997	02.07.1994	02.07.1992	01.07.2009
Junior Engineer etc. · Expected 2027	18–33 · 01.01.2027	02.01.1994	02.01.1991	02.01.1989	01.01.2009

Do not carry a temporary relaxation into another notification

The 2024 NTPC notifications added a **one-time extra 3 years** to the upper age limit because of the COVID-19 pandemic (CEN 06/2024 printed “18–33 years” for posts whose normal range was 18–30). Never assume a relaxation from an old notification applies now.

3.2 Upper-age relaxations

The table below shows the relaxations printed in both CEN 09/2025 (Level 1) and CEN 01/2026 (ALP). Each is subject to the certificate the CEN specifies. **EWS candidates get no age relaxation** — the EWS column is grouped with UR.

Category	Relaxation in upper age limit / maximum age	Notes
OBC (Non-Creamy Layer)	+3 years	OBC-NCL certificate in the prescribed format, issued within the window stated in the CEN
SC / ST	+5 years	Caste certificate in the prescribed format
Ex-servicemen (at least 6 months' service after attestation)	UR & EWS: 3 years · OBC-NCL: 6 years · SC/ST: 8 years — after deducting length of service from age	Different medical standards apply (IRMM Para 534)
Persons with Benchmark Disabilities (PwBD)	UR & EWS: 10 years · OBC-NCL: 13 years · SC/ST: 15 years (CEN 09/2025)	Only for posts identified as suitable for that disability. ALP is "Not Suitable" for PwBD, so CEN 01/2026 has no PwBD relaxation
Serving Group C / erstwhile Group D railway staff and substitutes (minimum 3 years' service)	Maximum age: UR & EWS 40 · OBC-NCL 43 · SC/ST 45	Continuous or broken spells
Staff of quasi-administrative railway offices (canteens, co-operative societies, institutes)	Length of service or 5 years, whichever is less	
Women who are widowed, divorced or judicially separated and not remarried	Maximum age: UR 35 · OBC-NCL 38 · SC/ST 40	Supporting documents at verification
Course Completed Act Apprentices	Extent of apprenticeship training (limits and conditions differ between CENs)	Read the exact paragraph — CEN 09/2025 limits this to apprentices trained in railway establishments

Four rules that trip beginners up

- **Relaxations are not added together.** If you qualify on more than one ground you get the single highest one.
- **Reserved candidates applying against unreserved (UR) vacancies get no age relaxation.**
- **Reservation and relaxation are different things.** Economically Backward Class (EBC) status, for example, gives only a *fee* concession — no job reservation and no age relaxation.
- **Category status is fixed on the closing date.** A certificate obtained later, or a category change after applying, is not accepted.

3.3 Qualifications and the documents that prove them

Examination · CEN	Minimum qualification (summary — read the post parameter table)
NTPC Graduate · CEN 06/2025	Degree from a recognised university or equivalent. Junior Accounts Assistant cum Typist and Senior Clerk cum Typist also require typing proficiency in English or Hindi on a computer.
NTPC Undergraduate · CEN 07/2025	Class 12 (+2 stage) or equivalent with at least 50% aggregate marks. In CEN 06/2024 the 50% condition did not apply to SC, ST, ex-servicemen, PwBD candidates and those holding a higher qualification such as a degree — confirm the exemptions in CEN 07/2025. Typist posts need typing proficiency.
Level 1 · CEN 09/2025	Class 10, or ITI (NCVT/SCVT), or National Apprenticeship Certificate (NAC), as specified for each post in Annexure A. A diploma or engineering degree is not accepted in place of ITI/CCAA unless the CEN says so.
ALP · CEN 01/2026	Class 10 + ITI (NCVT/SCVT) in listed trades such as Fitter, Electrician, Instrument Mechanic, Millwright/Maintenance Mechanic, Mechanic (Radio & TV), Electronics Mechanic, Mechanic (Motor Vehicle), Wireman, Tractor Mechanic, Armature & Coil Winder, Mechanic (Diesel), Heat Engine, Turner, Machinist, Refrigeration & Air-conditioning Mechanic; or Class 10 + Course Completed Act Apprenticeship in those trades; or Class 10 + 3-year diploma in Mechanical, Electrical, Electronics or Automobile Engineering (degree accepted in lieu).
Technician · CEN 02/2026	Grade I Signal: B.Sc. in specified subjects, or diploma/degree in specified engineering branches. Grade III: Class 10 + ITI or Course Completed Act Apprenticeship in the trade notified for that post.
Junior Engineer etc. · CEN 05/2025	Diploma or degree in the engineering discipline listed for the post; science qualifications for some associated posts.

Keep these ready — you will need originals at document verification

- Class 10 certificate (proof of name and date of birth) and every qualifying certificate and mark sheet, with the date of result declaration
- Caste/community certificate (SC/ST), OBC-NCL certificate and self-declaration, or EWS Income & Asset Certificate — in the formats annexed to the CEN
- Disability certificate and Unique Disability ID (PwBD); discharge or service certificate (ex-servicemen)
- EBC income certificate, BPL card or Izzat MST (only if claiming EBC fee concession); minority declaration on stamp paper (if claiming fee concession)
- No Objection Certificate from your employer, if you are already in government service
- Gazette notification or legal document if your name has changed

SECTION 04

Posts, Job Roles and Salary

Starting basic pay by post, and what “salary” actually means.

Every railway post sits on a **level** of the 7th Central Pay Commission (CPC) pay matrix. The **initial basic pay** is the first cell of that level. The table uses the posts and pay printed in the cited notification. Job roles are described in broad terms; exact duties are set by the railway where you are posted.

Post	Brief job role	Qualification	Level	Initial basic pay	CEN
NTPC Graduate					
Station Master	Manages train movement and operations at a station	Degree	6	₹35,400	06/2025
Chief Commercial cum Ticket Supervisor	Supervises ticketing and commercial work	Degree	6	₹35,400	06/2025
Goods Train Manager	In charge of a goods train on its run (formerly “Goods Guard”)	Degree	5	₹29,200	06/2025
Junior Accounts Assistant cum Typist	Accounts office work	Degree + typing	5	₹29,200	06/2025
Senior Clerk cum Typist	General office and records work	Degree + typing	5	₹29,200	06/2025
Traffic Assistant	Train-operations support; the unit is shown in the vacancy table	Degree	4	₹25,500	06/2025
NTPC Undergraduate					
Commercial cum Ticket Clerk	Ticket booking, reservation and commercial counters	Class 12	3	₹21,700	07/2025
Accounts Clerk cum Typist	Accounts office work	Class 12 + typing	2	₹19,900	07/2025
Junior Clerk cum Typist	Office and records work	Class 12 + typing	2	₹19,900	07/2025
Trains Clerk	Clerical work linked to train operations	Class 12	2	₹19,900	07/2025
Level 1 and technical					
Various Level 1 posts	Track, points, workshop and department assistance work	Class 10 / ITI / NAC	1	₹18,000	09/2025
Assistant Loco Pilot	Assists the Loco Pilot in running the locomotive	Class 10 + ITI or diploma	2	₹19,900	01/2026
Technician Grade III	Maintenance in a specific trade	Class 10 + ITI/CCAA	2	₹19,900	02/2026
Technician Grade I Signal	Signalling equipment maintenance	B.Sc. / diploma / degree	5	₹29,200	02/2026
Junior Engineer	Engineering supervision in a discipline	Diploma / degree	6	₹35,400	05/2025

Basic pay, gross salary and take-home pay

Term	What it means
Initial basic pay	The fixed first cell of your pay level — the only figure printed in the CEN. It rises with annual increments and promotions.
Gross salary	Basic pay <i>plus</i> allowances such as Dearness Allowance (a percentage of basic that the government revises periodically), House Rent Allowance (depends on the city class of your posting), transport allowance and duty-specific allowances.
Take-home (in-hand) salary	Gross salary <i>minus</i> deductions such as the National Pension System contribution, income tax where applicable, insurance and any quarters recovery.

Why this kit does not print a take-home figure

Gross and take-home pay depend on the current Dearness Allowance rate, your posting city, your duties and your deductions. Figures quoted online are estimates made on assumptions that are often unstated, and they go out of date whenever allowance rates change. The initial basic pay above is the only verified number; ask the railway, or a serving employee in the same post and city, for a current pay slip picture.

What the notifications say about posting and service

- Selection by an RRB recommends you to a railway; the zonal railway issues the offer of appointment.
- You are ordinarily employed throughout service on the railway where you are first posted; requests for transfer to another railway are not registered until you complete at least 5 to 10 years of service.
- Training may be compulsory, with only a stipend paid during training. Appointed candidates are liable for service in the Railway Engineers' Unit of the Territorial Army.
- Operating posts (for example station, train and loco running staff) commonly involve shift and night duty. No kit or coaching centre can promise you a particular post, place or promotion timeline.

SECTION 05

Understand NTPC and Level 1

Three recruitment routes. Never study one pattern for another.

5.1 NTPC — the two computer-based tests (common to Graduate and Undergraduate)

Stage	General Awareness	Mathematics	General Intelligence & Reasoning	Total questions	Duration
CBT-1 (screening)	40	30	30	100	90 minutes
CBT-2	50	35	35	120	90 minutes

- **Marks:** one mark per question. **Negative marking:** one-third of a mark is deducted for each wrong answer.
- **CBT-1 is a screening test.** Its normalised marks are used to shortlist candidates for CBT-2 (15 times the community-wise vacancies in CEN 06/2024).
- **Minimum marks for eligibility** (CEN 06/2024): UR and EWS 40%, OBC-NCL 30%, SC 30%, ST 25%; up to 2 marks relaxation for PwBD candidates if PwBD vacancies would otherwise remain unfilled.
- **Where is General Science?** Inside General Awareness — the NTPC syllabus lists “General Science and Life Science (up to 10th CBSE)” as one of the General Awareness topics, along with basics of computers and applications.
- Scribe-eligible PwBD candidates get 120 minutes instead of 90.

5.2 NTPC Graduate — selection route

Step 1.

CBT-1 — common for all posts

100 questions, 90 minutes. Screening only.

Step 2.

CBT-2 — common for all posts

120 questions, 90 minutes. Its normalised marks drive the rest of the process.

Step 3.

Post-specific test

Typing skill test for Junior Accounts Assistant cum Typist and Senior Clerk cum Typist (qualifying). Computer Based Aptitude Test for Station Master and Traffic Assistant. No extra test for Goods Train Manager or Chief Commercial cum Ticket Supervisor.

Step 4.

Document verification

Original certificates checked against your application.

Step 5.

Medical examination

Post-wise standard: A-2 for Station Master, Goods Train Manager and Traffic Assistant; B-2 for Chief Commercial cum Ticket Supervisor; C-2 for the two typist posts.

Colour key: computer-based test skill, aptitude or physical test verification and medical stages

If you opt for...	Additional test	How it counts
-------------------	-----------------	---------------

If you opt for...	Additional test	How it counts
Station Master, Traffic Assistant	Computer Based Aptitude Test (CBAT)	Qualifying standard in each test battery; for CEN 05/2024 RRBs shortlisted these posts on 70% of CBT-2 + 30% of CBAT . Confirm the weighting in CEN 06/2025.
Junior Accounts Assistant cum Typist, Senior Clerk cum Typist	Computer Based Typing Skill Test (CBTST)	Qualifying only — merit is based on CBT-2 among those who pass the typing test.
Goods Train Manager, Chief Commercial cum Ticket Supervisor	None	Merit based on CBT-2.

5.3 NTPC Undergraduate — selection route

Step 1.

CBT-1 — common for all posts

100 questions, 90 minutes. Screening only.

Step 2.

CBT-2 — common for all posts

120 questions, 90 minutes.

Step 3.

Typing skill test — typist posts only

Accounts Clerk cum Typist and Junior Clerk cum Typist. 30 words per minute in English or 25 in Hindi, on a personal computer without editing tools or spell-check. Qualifying only; 8 times the vacancies were called in CEN 06/2024.

Step 4.

Document verification

For Commercial cum Ticket Clerk and Trains Clerk this follows directly after CBT-2.

Step 5.

Medical examination

Standards printed in CEN 06/2024: B-2 (Commercial cum Ticket Clerk), C-2 (the typist posts), A-3 (Trains Clerk).

Colour key: computer-based testskill, aptitude or physical testverification and medical stages

5.4 Level 1 — selection route

Step 1.

Computer-based test

100 questions, 90 minutes (120 for scribe-eligible candidates). One mark each; one-third mark deducted per wrong answer.

Step 2.

Physical Efficiency Test (PET)

Compulsory and qualifying. Candidates are called at three times the community-wise vacancies on CBT merit.

Step 3.

Document verification

Called at 1:1 of vacancies, on CBT merit, from those who pass the PET.

Step 4.

Medical examination

Post-wise standard A-2, A-3, B-1 or C-1 (vision rules differ — see below).

Colour key: computer-based testskill, aptitude or physical testverification and medical stages

Section	Questions
General Science (Physics, Chemistry, Life Sciences — Class 10 CBSE level)	25
Mathematics	25
General Intelligence and Reasoning	30
General Awareness and Current Affairs	20
Total	100

The CEN notes that the section-wise distribution is indicative and may vary slightly. Minimum marks for shortlisting: UR 40%, EWS 40%, OBC-NCL 30%, SC 30%, ST 30% (relaxable by 2 marks for PwBD candidates if needed). Note that ST is 30% here, not the 25% used in NTPC and ALP.

Physical Efficiency Test standards

	Male candidates	Female candidates
Weight carrying (tested first)	Lift and carry 35 kg for 100 metres in 2 minutes, in one chance, without putting it down	Lift and carry 20 kg for 100 metres in 2 minutes, in one chance, without putting it down
Running (after a recovery gap)	1000 metres in 4 minutes 15 seconds, in one chance	1000 metres in 5 minutes 40 seconds, in one chance

- Failing the weight-carrying test means elimination at that stage. The weight is a sand bag without a handle, lifted from about waist height.
- Exempted from PET: Persons with Benchmark Disabilities (who must pass the PwBD medical instead), Course Completed Act Apprentices and ex-servicemen.
- Transgender candidates are tested against the female standards. The CEN also sets out a specific procedure for pregnant candidates.

Medical standards are not a formality

Level 1 posts carry different medical standards. For example A-2 needs distant vision of 6/9, 6/9 **without glasses**, while C-1 allows glasses. Candidates who have had LASIK or other refractive surgery are not eligible for A-2 and A-3 posts. If you are found medically unfit for the post you opted for, no alternative appointment is given. Read Chapter 5 of the Indian Railway Medical Manual before you choose your post preferences.

5.5 NTPC and Level 1 side by side

	NTPC (Graduate / Undergraduate)	Level 1
Computer-based tests	Two (CBT-1 screening, CBT-2)	One
General Science	Part of General Awareness	A separate 25-question section
Current affairs	Part of a 40–50 question General Awareness section	20-question section with General Awareness
Extra test	Typing (typist posts) or CBAT (two graduate posts)	PET for every candidate unless exempted
Maths and Reasoning	30 + 30 (CBT-1), 35 + 35 (CBT-2)	25 + 30

Can I prepare for NTPC and Level 1 together?

Yes, if you are eligible for both. Mathematics and Reasoning are shared, and the Class 10 science you learn for Level 1 also answers the science questions inside NTPC General Awareness. The difference is weight: Level 1 gives

science its own section, so it needs deeper science practice; NTPC gives more questions to general awareness. And a Level 1 aspirant must start physical training early — PET fitness cannot be built in the last month.

SECTION 06

Technical and Specialist Examinations

ALP, Technician and JE — and why the foundation plan is only half the job.

Read this first

The 30-day plan in this kit covers the **shared** sections — Mathematics, Reasoning, General Science and General Awareness. For ALP, Technician, JE and specialist posts, a large part of the marks comes from technical or professional subjects that this kit does not teach. Use the plan for the general sections and follow the separate note in Section 9 for your technical subjects.

6.1 Assistant Loco Pilot — CEN 01/2026 (Level 2, ₹19,900)

Step 1.

CBT-1 — screening

75 questions, 60 minutes: Mathematics, Mental Ability, and General Science (Physics, Chemistry and Life Sciences of Class 10). Marks are not counted in the final panel.

Step 2.

CBT-2 — Part A

100 questions, 90 minutes: Mathematics, General Intelligence and Reasoning, and Basic Science and Engineering (engineering drawing, units, work and energy, heat, basic electricity, simple machines, safety, IT literacy and more).

Step 3.

CBT-2 — Part B (qualifying)

75 questions, 60 minutes from the DGT trade syllabus of your trade. You need 35% to qualify; the marks are not added to merit.

Step 4.

Computer Based Aptitude Test

8 times the vacancies called on Part A merit. English and Hindi only, no negative marking; a minimum T-score of 42 in each test battery. Final merit: Part A and CBAT in the ratio 50:50.

Step 5.

Document verification and medical

Medical standard A-1: distant vision 6/6, 6/6 without glasses (with fogging test) and colour, binocular, field, night and mesopic vision tests. Candidates with LASIK or other refractive surgery are not eligible.

Colour key: computer-based testskill, aptitude or physical testverification and medical stages

Negative marking: one-third mark per wrong answer in CBT-1 and CBT-2. Minimum pass percentage in CBT-1 and CBT-2 Part A: UR and EWS 40%, OBC-NCL 30%, SC 30%, ST 25%. A self-screening medical declaration, signed by government doctors, must be produced on CBAT day.

6.2 Technician

	Technician Grade I Signal (Level 5, ₹29,200)	Technician Grade III (Level 2, ₹19,900)
Qualification	B.Sc. in specified subjects, or diploma/degree in specified engineering branches	Class 10 + ITI or Course Completed Act Apprenticeship in the notified trade
Age (01.07.2026)	18–33 years	18–30 years
CBT (100 questions,	General Awareness 10 · Reasoning 15 ·	Mathematics 25 · Reasoning 25 · General

	Technician Grade I Signal (Level 5, ₹29,200)	Technician Grade III (Level 2, ₹19,900)
90 minutes)	Basics of Computers and Applications 20 · Mathematics 20 · Basic Science and Engineering 35	Science 40 · General Awareness 10
Later stages	Document verification and medical examination (no aptitude test)	Document verification and medical examination (no aptitude test)

Grade III is a group of separate posts (for example Track Machine, Blacksmith, Carriage & Wagon, Welder), each with its own trade requirement and medical standard. One-third mark is deducted per wrong answer. Section-wise numbers are from published copies of the CEN; confirm them in the official file.

6.3 Junior Engineer, Depot Material Superintendent, Chemical & Metallurgical Assistant — (Level 6, ₹35,400)

Stage	What it contains
CBT-1 (screening, 100 questions, 90 minutes)	Mathematics, General Intelligence and Reasoning, General Awareness and General Science
CBT-2 (150 questions, 120 minutes)	General Awareness 15 · Physics and Chemistry 15 · Basics of Computers and Applications 10 · Basics of Environment and Pollution Control 10 · Technical Abilities 100 (your discipline)
Then	Document verification and medical examination

6.4 Specialist categories

For Paramedical and Isolated/Ministerial categories, eligibility depends on the exact post: a particular degree or diploma, sometimes registration with a professional council, and sometimes experience. The selection usually combines a computer-based test with a professional-knowledge component and, for some posts, a skill test (for example stenography, translation or teaching). Read the post parameter row for your post line by line.

How technical routes differ from the NTPC and Level 1 plan

- **Most of the marks are technical.** In JE CBT-2, 100 of 150 questions are from your discipline.
- **Your trade decides your paper.** ALP Part B and Technician Grade III posts are tied to specific ITI trades.
- **Medical standards are stricter** for running and safety posts such as ALP.
- **The general sections still matter** — they decide whether you reach the technical stage at all. That is where this kit helps.

SECTION 07

Syllabus Checklist

Topic-wise, from the official syllabi, with four columns to tick.

Tick a column only when the statement is true. **Not Started:** you have not read the topic. **Learning:** you understand the worked examples but still need notes. **Practised:** you have solved at least 25 questions and get most right.

Revised: you came back after a week and could still solve it.

Tags: Common tested in NTPC, Level 1 and the technical CBTs · Exam-specific depends on your examination · Technical technical routes only.

7.1 Mathematics Common

Topics listed in the syllabus of (Level 1) and (ALP); NTPC lists nearly the same set.

Topic	Not Started	Learning	Practised	Revised
Arithmetic foundation				
Number system; BODMAS; decimals and fractions	☐	☐	☐	☐
LCM and HCF; square roots	☐	☐	☐	☐
Ratio and proportion	☐	☐	☐	☐
Percentages	☐	☐	☐	☐
Profit and loss	☐	☐	☐	☐
Simple and compound interest	☐	☐	☐	☐
Time and work; pipes and cisterns	☐	☐	☐	☐
Time and distance	☐	☐	☐	☐
Age calculations	☐	☐	☐	☐
Calendar and clock	☐	☐	☐	☐
Higher topics				
Mensuration (2-D and 3-D)	☐	☐	☐	☐
Elementary algebra	☐	☐	☐	☐
Geometry	☐	☐	☐	☐
Trigonometry	☐	☐	☐	☐
Elementary statistics	☐	☐	☐	☐

7.2 General Intelligence and Reasoning Common

Topic	Not Started	Learning	Practised	Revised
Verbal reasoning				
Analogies; similarities and differences	☐	☐	☐	☐
Alphabetical and number series	☐	☐	☐	☐
Coding and decoding	☐	☐	☐	☐
Mathematical operations	☐	☐	☐	☐

Topic	Not Started	Learning	Practised	Revised
Relationships (blood relations)	☐	☐	☐	☐
Directions	☐	☐	☐	☐
Syllogism; statement–conclusion	☐	☐	☐	☐
Venn diagrams	☐	☐	☐	☐
Jumbling	☐	☐	☐	☐
Analytical reasoning; puzzles; arrangements	☐	☐	☐	☐
Classification (odd one out)	☐	☐	☐	☐
Data interpretation and sufficiency	☐	☐	☐	☐
Statement–arguments and assumptions; decision making	☐	☐	☐	☐
Other listed in NTPC				
Statement–courses of action; maps; interpretation of graphs	☐	☐	☐	☐

7.3 General Science Separate section: Level 1, ALP CBT-1, Technician Gr III

Class 10 (CBSE) level Physics, Chemistry and Life Sciences. In NTPC it sits inside General Awareness; in Level 1 it is a 25-question section.

Topic	Not Started	Learning	Practised	Revised
Physics				
Units and measurement; motion, force, laws of motion	☐	☐	☐	☐
Work, energy and power; gravitation	☐	☐	☐	☐
Light: reflection, refraction, lenses, human eye	☐	☐	☐	☐
Electricity: current, Ohm's law, circuits, heating effect; magnetism	☐	☐	☐	☐
Sound; heat and temperature	☐	☐	☐	☐
Chemistry				
Matter; atoms and molecules; structure of the atom	☐	☐	☐	☐
Chemical reactions and equations	☐	☐	☐	☐
Acids, bases and salts; pH	☐	☐	☐	☐
Metals and non-metals	☐	☐	☐	☐
Carbon and its compounds; periodic classification	☐	☐	☐	☐
Life Sciences				
Cell and tissues; life processes (nutrition, respiration, transport, excretion)	☐	☐	☐	☐
Control and coordination; reproduction	☐	☐	☐	☐
Heredity; human diseases, vitamins and nutrition	☐	☐	☐	☐
Environment and natural resources	☐	☐	☐	☐

7.4 General Awareness and Current Affairs Common

Areas named in the NTPC and Level 1 syllabi. No weightage is published for any area.

Topic	Not Started	Learning	Practised	Revised
Static general knowledge				
History of India and the freedom struggle	☐	☐	☐	☐
Physical, social and economic geography of India and the world	☐	☐	☐	☐
Indian polity and governance — Constitution and political system	☐	☐	☐	☐
Indian economy; flagship government programmes	☐	☐	☐	☐
Art and culture of India; Indian literature; monuments and places	☐	☐	☐	☐
Flora and fauna; environmental issues	☐	☐	☐	☐
Transport systems in India; important government and public sector organisations	☐	☐	☐	☐
UN and other world organisations; common abbreviations	☐	☐	☐	☐
Current and dynamic				
Current events of national and international importance	☐	☐	☐	☐
Science and technology including space and nuclear programmes	☐	☐	☐	☐
Games and sports; famous personalities	☐	☐	☐	☐
Basics of computers and computer applications (NTPC)	☐	☐	☐	☐

7.5 Exam-specific and technical additions

Topic	Not Started	Learning	Practised	Revised
NTPC				
Typing practice — 30 w.p.m. English or 25 w.p.m. Hindi (typist posts only)	☐	☐	☐	☐
Familiarity with the aptitude test format (Station Master, Traffic Assistant)	☐	☐	☐	☐
Level 1				
PET training — weight carrying and 1000 m running (started early, built gradually)	☐	☐	☐	☐
Technical routes				
ALP: Basic Science and Engineering; your ITI trade theory (DGT syllabus)	☐	☐	☐	☐
Technician Grade I Signal: Basics of Computers and Applications; Basic Science and Engineering	☐	☐	☐	☐

SECTION 08

Beginner Diagnostic Test

Twenty questions. Thirty minutes. One honest picture of where you stand.

This is a foundation-learning diagnostic — not an official mock test

These twenty questions were written for this kit. Five questions each in Mathematics, Reasoning, General Science and General Awareness is a deliberate teaching split: it does **not** reproduce the section pattern of any RRB examination, and your score does not predict selection. What it shows is which subject is weakest and — more usefully — what kind of mistake you keep making.

Instruction	Details
Time limit	30 minutes for all 20 questions. Set a timer. If time runs out, stop and mark the questions you did not reach — that is data too.
Marking	1 mark per correct answer. No negative marking here, so attempt every question — but put a small dot beside any answer you guessed. (The real CBTs deduct one-third of a mark per wrong answer.)
Materials	Pen and rough paper. No calculator, phone or notes — calculators are banned in RRB examinations too.
Answers	Do not look until you have finished all 20. The key starts after the last question.

Today's date: _____

Time I started: _____

Time I finished: _____

Mathematics — questions 1 to 5

Q1. What is the value of 20% of $350 + 12.5\%$ of 480 ?

(A) 120 (B) 125 (C) 130 (D) 140

Q2. An article bought for ₹800 is sold for ₹920. What is the profit percentage?

(A) 12% (B) 15% (C) 18% (D) 20%

Q3. Two numbers are in the ratio $3 : 5$ and their sum is 64. What is the larger number?

(A) 24 (B) 36 (C) 48 (D) 40

Q4. What is the simple interest on ₹5,000 at 8% per annum for 3 years?

(A) ₹1,000 (B) ₹1,200 (C) ₹1,250 (D) ₹1,500

Q5. A train runs at 54 km/h . What is its speed in metres per second?

(A) 12 m/s (B) 15 m/s (C) 18 m/s (D) 20 m/s

General Intelligence and Reasoning — questions 6 to 10

Q6. Find the next term: 3, 8, 15, 24, 35, ?

(A) 46 (B) 48 (C) 49 (D) 50

Q7. Doctor : Hospital :: Teacher : ?

(A) Student (B) School (C) Blackboard (D) Lesson

Q8. Which number is the odd one out?

(A) 17 (B) 23 (C) 33 (D) 29

Q9. In a certain code, TRAIN is written as UQBHO. How is PLANE written in that code?

(A) QKBMF (B) QMBOF (C) OKBMF (D) QKCMF

Q10. A is the brother of B. B is the daughter of C. D is the father of C. How is A related to D?

(A) Son (B) Grandson (C) Nephew (D) Brother

General Science — questions 11 to 15

Q11. What is the SI unit of electric current?

(A) Volt (B) Ampere (C) Ohm (D) Watt

Q12. What is the pH of pure water at 25 °C?

(A) 0 (B) 5 (C) 14 (D) 7

Q13. Which gas do green plants take in from the air for photosynthesis?

(A) Oxygen (B) Nitrogen (C) Carbon dioxide (D) Hydrogen

Q14. Deficiency of which vitamin causes scurvy?

(A) Vitamin C (B) Vitamin A (C) Vitamin D (D) Vitamin K

Q15. The image formed by a plane mirror is:

(A) Real and inverted (B) Real and erect (C) Virtual and erect (D) Virtual and inverted

General Awareness — questions 16 to 20

Q16. India's first passenger train, in April 1853, ran from Bombay (Bori Bunder) to which station?

(A) Pune (B) Thane (C) Kalyan (D) Surat

Q17. On which date did the Constitution of India come into force?

(A) 15 August 1947 (B) 26 November 1949 (C) 26 January 1950 (D) 2 October 1950

Q18. Which is the largest state of India by area?

(A) Rajasthan (B) Madhya Pradesh (C) Maharashtra (D) Uttar Pradesh

Q19. Where is the headquarters of the Southern Railway zone?

(A) Thiruvananthapuram (B) Bengaluru (C) Chennai (D) Madurai

Q20. The Fundamental Duties of citizens are listed in which Part of the Constitution of India?

(A) Part III (B) Part IV (C) Part IV-A (D) Part V

Stop here

Finished? Write down your finishing time, then turn the page. Check every answer, including the ones you got right — a right answer for the wrong reason will not survive the real examination.

8.1 Answer key

1	2	3	4	5	6	7	8	9	10
C	B	D	B	B	B	B	C	A	B

11	12	13	14	15	16	17	18	19	20
B	D	C	A	C	B	C	A	C	C

My score: ____ / 20 · Mathematics ____/5 · Reasoning ____/5 · General Science ____/5 · General Awareness ____/5

8.2 Explanations

Read all twenty, not only the ones you got wrong.

Mathematics

Q1 — (C) 20% of 350 = $350 \div 5 = 70$. 12.5% = $1/8$, so 12.5% of 480 = $480 \div 8 = 60$. Total = $70 + 60 = 130$. Knowing 12.5% = $1/8$ turns this into mental arithmetic.

Q2 — (B) Profit = $920 - 800 = ₹120$. Profit % is always on cost price unless stated: $120 \div 800 \times 100 = 15\%$. Dividing by the selling price (₹920) is the classic trap.

Q3 — (D) Write the numbers as 3k and 5k. Then $8k = 64$, so $k = 8$. The larger number is $5 \times 8 = 40$. Check: $24 + 40 = 64$ and $24 : 40 = 3 : 5$.

Q4 — (B) $SI = P \times R \times T \div 100 = 5000 \times 8 \times 3 \div 100 = ₹1,200$.

Q5 — (B) To convert km/h to m/s, multiply by $5/18$: $54 \times 5 \div 18 = 15$ m/s. (1 km = 1000 m and 1 hour = 3600 s, and $1000/3600 = 5/18$.)

Reasoning

Q6 — (B) The differences are 5, 7, 9, 11 — consecutive odd numbers — so the next difference is 13 and $35 + 13 = 48$. Another view: each term is $n^2 - 1$ ($2^2 - 1, 3^2 - 1 \dots$), and $7^2 - 1 = 48$.

Q7 — (B) The relationship is “person : the place where the person works”. A doctor works in a hospital; a teacher works in a school. The other options are people or things a teacher works with, not the workplace.

Q8 — (C) 17, 23 and 29 are prime numbers. $33 = 3 \times 11$ is not prime, so it is the odd one out.

Q9 — (A) The letters shift alternately +1 and -1: T→U (+1), R→Q (-1), A→B (+1), I→H (-1), N→O (+1). Apply the same to PLANE: P→Q, L→K, A→B, N→M, E→F, giving QKBMF.

Q10 — (B) B is C’s daughter and A is B’s brother, so A is C’s son. D is C’s father, so D is A’s grandfather. A is male (a brother), so A is D’s grandson.

General Science

Q11 — (B) Current is measured in amperes (A). The volt is the unit of potential difference, the ohm of resistance and the watt of power.

Q12 — (D) Pure water is neutral, with pH 7 at 25 °C. Values below 7 are acidic and above 7 are basic.

Q13 — (C) Plants use carbon dioxide and water, in the presence of sunlight and chlorophyll, to make glucose, releasing oxygen.

Q14 — (A) Scurvy (bleeding gums, poor wound healing) is caused by lack of vitamin C. Vitamin A deficiency causes night blindness and vitamin D deficiency causes rickets.

Q15 — (C) A plane mirror forms a virtual, erect image of the same size as the object, as far behind the mirror as the object is in front, and laterally inverted (left and right swapped).

General Awareness

Q16 — (B) The first passenger train in India ran between Bori Bunder (Bombay) and Thane on 16 April 1853, a distance of about 34 km.

Q17 — (C) The Constitution came into force on 26 January 1950, celebrated as Republic Day. It was adopted on 26 November 1949 — the usual distractor.

Q18 — (A) Rajasthan is the largest state by area. Madhya Pradesh is second. (By population, Uttar Pradesh is the largest.)

Q19 — (C) Southern Railway is headquartered in Chennai. Thiruvananthapuram and Madurai are divisions of Southern Railway. Bengaluru is a division of South Western Railway, whose headquarters is at Hubballi.

Q20 — (C) Fundamental Duties are in Part IV-A (Article 51A), added by the 42nd Amendment in 1976. Part III contains Fundamental Rights and Part IV the Directive Principles.

8.3 Subject-wise review sheet

Count how many of your wrong or guessed answers in each subject fall into each mistake type. The column with the highest total is your real problem, whatever the subject scores say.

Mistake type	Maths	Reasoning	Science	General Awareness	Total
Conceptual gap — I did not know the rule, formula or fact					
Calculation error — right method, wrong arithmetic					
Misreading — I read the question or an option wrongly					
Guessing — I had no idea and picked one					
Time-management difficulty — I knew it but ran out of time or got stuck					

8.4 What to do next, by mistake type

If your biggest count is...	Then your first month should look like this
Conceptual gaps	Follow the 30-day plan exactly as written. Do not skip the “learn” block to reach practice faster — you have nothing to practise yet.
Calculation errors	Add a 10-minute mental-maths drill at the start of each day: tables to 20, squares to 30, cubes to 15 and the fraction–percentage pairs in Section 10.
Misreading	Underline the key word (NOT, EXCEPT, odd one out, “in m/s”) before solving. Log every misreading in the mistake log — seeing the pattern in writing is what stops it.
Guessing	Treat these as conceptual gaps. In the real CBT, each wrong guess costs one-third of

If your biggest count is...	Then your first month should look like this
	a mark, so blind guessing is expensive.
Time-management difficulties	Keep the syllabus plan, but do every practice set against a timer from Day 1. Leave a question after about 60 seconds and come back to it.
An even spread	Normal for a first attempt. Start Day 1 and re-take a similar mixed test on Day 28; the pattern will sharpen.

What this test does not tell you

It does not tell you your chances of selection, a predicted rank or whether you are “ready”. Nobody can tell you that from twenty questions. It tells you where to spend the next thirty days.

SECTION 09

Your First 30 Days

A day-by-day plan you can finish, in a two-hour and a four-hour version.

What thirty days can and cannot do

Thirty days will not cover the railway syllabus, and nobody can master it in a month. What thirty days **will** do: build a daily study habit, cover the foundation topics the rest of the syllabus sits on, and give you a measured starting point.

9.1 Two daily routines — pick one and stay with it

Block	Two-hour routine	Four-hour routine
Revise yesterday's mistakes	10 min	15 min
Learn the day's topic	40 min	60 min
Practise the day's topic	45 min	60 min
Second-subject practice (rotate Maths/Reasoning)	—	45 min
General Awareness reading and notes	15 min	30 min
Science recall (10 quick questions) or typing / PET block — see 9.3	—	20 min
Log mistakes and plan tomorrow	10 min	10 min
Total	2 h	4 h

* Practice targets in the table are sized for the two-hour routine (about 45 minutes, roughly 2 minutes per question including checking). On the four-hour routine, use the extra 45-minute block to do 20 more questions from the previous week's topics.

9.2 The 30-day plan, day by day

Done	Day	Topic	Study task	Practice target*	Revision
☐	1	Maths: number system, BODMAS	Read divisibility rules and BODMAS; learn the first row of fraction–percentage pairs	20 simplification questions	—
☐	2	Reasoning: number and letter series	Read the series checklist in Section 11	20 series questions	10 Day 1 questions
☐	3	Science: units, motion, force	Class 10 physics notes on units and laws of motion	20 MCQs	10 series questions
☐	4	GA: Constitution basics	Preamble, Fundamental Rights and Duties; start a GA notebook	20 polity MCQs	15 min on Day 3 notes
☐	5	Maths: percentages	Formulas and fraction equivalents (Section 10)	25 percentage questions	10 Day 1 questions
☐	6	Reasoning: analogy and classification	State each relationship as a sentence	25 questions	10 percentage questions
☐	7	Weekly review 1	No new topic. Re-solve every mistake-log entry	Mini test: 20 mixed questions in 20 minutes	Update syllabus checklist

Done	Day	Topic	Study task	Practice target*	Revision
☐	8	Maths: ratio and proportion	The “k” method; partnership basics	25 questions	Week 1 mistake log
☐	9	Reasoning: coding–decoding	Write A=1...Z=26; letter-shift and substitution codes	25 questions	10 ratio questions
☐	10	Science: light and electricity	Reflection, refraction, Ohm’s law, circuits	25 MCQs	10 coding questions
☐	11	GA: modern Indian history	1857 to 1947 in one timeline page	25 MCQs	15 min on Day 10 notes
☐	12	Maths: averages; profit and loss	Work with sums; profit on cost price	25 questions	10 Day 8 questions
☐	13	Reasoning: directions and blood relations	Draw every diagram	25 questions	10 averages / profit questions
☐	14	Weekly review 2	No new topic. Re-solve Week 2 mistakes	Mini test: 25 mixed questions in 25 minutes	Update syllabus checklist
☐	15	Maths: simple and compound interest	SI formula; CI by successive percentages	25 questions	Week 2 mistake log
☐	16	Science: chemistry basics	Matter, acids, bases and salts, pH, metals	25 MCQs	10 interest questions
☐	17	Reasoning: syllogism and Venn diagrams	Draw circles for every statement	25 questions	10 chemistry MCQs
☐	18	GA: geography of India	Rivers, mountains, states, climate	25 MCQs	10 syllogism questions
☐	19	Maths: time and work; pipes	One-day-work method; LCM method	25 questions	15 min on Day 18 notes
☐	20	Science: life sciences	Cell, life processes, diseases and vitamins	25 MCQs	10 time-and-work questions
☐	21	Weekly review 3	No new topic. Re-solve Week 3 mistakes	Mini test: 30 mixed questions in 30 minutes	Update syllabus checklist
☐	22	Maths: time, speed, distance	Unit conversion; trains	25 questions	Week 3 mistake log
☐	23	Reasoning: arrangement and puzzles	Linear seating; ranking	20 questions	10 speed questions
☐	24	GA: economy basics	GDP, inflation, budget, RBI, banking terms	25 MCQs	10 arrangement questions
☐	25	Maths: basic mensuration	Areas and perimeters; cube, cuboid, cylinder	25 questions	15 min on Day 24 notes
☐	26	GA: current affairs routine	Set up a monthly notes file; last month’s key events	25 MCQs from one reliable source	10 mensuration questions
☐	27	Science + GA mixed revision	Re-read all revision notes pages	30 mixed MCQs	Mistake log: science and GA
☐	28	Weekly review 4 and test	No new topic	Sectional test: 50 questions in 45 minutes	Test analysis sheet (Section 15)

Done	Day	Topic	Study task	Practice target*	Revision
☐	29	Catch-up day	Finish any task you skipped this month	Complete missed practice sets	Re-solve the whole mistake log
☐	30	Assessment and next-month plan	Take a full 100-question mixed paper in 90 minutes; analyse it	100 questions	Write your Month 2 plan (below)

Expected time: every day fits the routine you chose — 2 hours or 4 hours — except Day 30, which needs about 3 hours on the two-hour routine for the full paper and its analysis. Days 7, 14, 21 and 28 are review days; Day 29 is catch-up; Day 30 is assessment and planning. Missing a day is normal — abandoning the plan because you missed one is the real failure.

What a weekly review involves

1. **Re-solve your mistakes** from the mistake log without looking at the solutions.
2. **Take the timed mini test** using that week's topics. Mixed, timed, no notes.
3. **Fill in the test analysis sheet** (Section 15) — count mistakes by type, not only by subject.
4. **Update the syllabus checklist** (Section 7) honestly.

9.3 Adapting the plan to your examination

If you are targeting...	Adapt the plan like this
NTPC Graduate or Undergraduate	Science is part of General Awareness: keep the science days, but make the Day 3, 10, 16 and 20 notes short. Give your extra time to General Awareness (40–50 questions in NTPC). If you will opt for a typist post, add 15 minutes of typing practice daily from Day 1 — the test is 30 w.p.m. English or 25 w.p.m. Hindi without editing tools. Graduates opting for Station Master or Traffic Assistant should look at official CBAT information on the RDSO website before Month 2.
Level 1	Science is a 25-question section: on the four-hour routine use the 20-minute block for 10 science questions daily. Start PET preparation now, safely: begin with brisk walking and easy running, add distance gradually, and practise carrying weight only once your fitness allows. If you have any health condition, speak to a doctor first.
Both NTPC and Level 1	Follow the plan as written; it already balances the four subjects. Add the Level 1 PET routine on alternate days.

Technical-examination aspirants (ALP, Technician, JE)

Use this plan only for your general sections, and run it on the **two-hour** routine. Put an additional 1–2 hours a day into your prescribed technical subjects: for ALP, Basic Science and Engineering plus your ITI trade theory; for Technician Grade I Signal, Basics of Computers and Basic Science and Engineering; for JE, the Technical Abilities syllabus of your discipline in CEN 05/2025. Build a separate topic list from the official syllabus annexure for your post and track it with the same four columns used in Section 7.

9.4 My Month 2 plan (fill in on Day 30)

My three weakest topics after Day 30: _____

The routine I will follow (2 h / 4 h) and the time of day: _____

New topics I will start in Month 2: _____

Date of my next full practice test: _____

SECTION 10

Mathematics Quick Start

The numbers to memorise, the formulas that matter, and when each one applies.

The railway Mathematics syllabus is finite, and the same ideas return in different clothes. These pages cover the foundation topics of your first month; Section 7 lists the full syllabus.

10.1 Fraction–percentage pairs

Learn one row a day. Several are recurring decimals: $1/3 = 33.333\dots\%$, written $33\frac{1}{3}\%$.

$1/2 = 50\%$	$1/3 = 33\frac{1}{3}\%$	$2/3 = 66\frac{2}{3}\%$	$1/4 = 25\%$	$3/4 = 75\%$	$1/5 = 20\%$
$1/6 = 16\frac{2}{3}\%$	$1/7 = 14\frac{2}{7}\%$	$1/8 = 12.5\%$	$3/8 = 37.5\%$	$5/8 = 62.5\%$	$1/9 = 11\frac{1}{9}\%$
$1/10 = 10\%$	$1/11 = 9\frac{1}{11}\%$	$1/12 = 8\frac{1}{3}\%$	$1/16 = 6.25\%$	$1/20 = 5\%$	$1/25 = 4\%$

10.2 Squares of 11–30 and cubes of 1–10

11	12	13	14	15	16	17	18	19	20
121	144	169	196	225	256	289	324	361	400

21	22	23	24	25	26	27	28	29	30
441	484	529	576	625	676	729	784	841	900

1	2	3	4	5	6	7	8	9	10
1	8	27	64	125	216	343	512	729	1000

10.3 Formulas — and when each one applies

Topic	Formula	Symbols	Use it when... / common mistake
Percentage	$\text{Part} \div \text{Whole} \times 100 \cdot \text{New} = \text{Old} \times (1 \pm r/100)$	$r = \% \text{ change}$	Any “what percent” question. Mistake: using the new value as the base.
Successive change	$\text{Net } \% = a + b + ab/100$	$a, b = \text{changes } (- \text{ for a decrease})$	Two changes one after another. Mistake: simply adding a and b .
Profit and loss	$\text{Profit } \% = (\text{SP} - \text{CP}) \div \text{CP} \times 100 \cdot \text{SP} = \text{MP} \times (1 - d/100)$	CP cost price, SP selling price, MP marked price, d discount %	Profit and loss are on CP unless stated; discount is on MP.
Ratio	If $a : b = m : n$, write $a = mk, b = nk$	$k = \text{common multiplier}$	Sharing and “in the ratio” questions.
Average	$\text{Average} = \text{Sum} \div \text{Number}$	—	Work with sums: new sum – old sum gives the added or removed value.

Topic	Formula	Symbols	Use it when... / common mistake
Simple interest	$SI = P \times R \times T \div 100$	P principal, R % per year, T years	Interest not added back to principal.
Compound interest	$A = P(1 + R/100)^T$ · CI = A – P	A amount, T number of periods	Half-yearly: halve R, double T.
Time and work	One day's work = $1 \div \text{days}$ · Together: $ab \div (a + b)$	a, b = days alone	Pipes: an emptying pipe counts as negative work.
Speed, distance, time	$S = D \div T$ · km/h $\times 5/18$ = m/s	—	Convert units first. Train crossing a pole: D = train length; a platform: D = train + platform.
Mensuration	Rectangle lb · Triangle $\frac{1}{2}bh$ · Circle πr^2 , $2\pi r$ · Cuboid lbh · Cylinder πr^2h	$\pi \approx 22/7$	Check that all lengths are in the same unit.

10.4 Worked examples

WORKED EXAMPLE — SUCCESSIVE PERCENTAGE

A price rises by 20% and then falls by 20%. What is the net change?

Step 1. Use Net % = $a + b + ab/100$ with $a = +20$ and $b = -20$.

Step 2. Net = $20 - 20 + (20 \times -20)/100 = -4$.

Step 3. Check with ₹100: $100 \rightarrow 120 \rightarrow 96$, a fall of 4%.

Answer: A net decrease of 4% — not zero.

WORKED EXAMPLE — RATIO

₹1,800 is shared between Anu and Binu in the ratio 4 : 5. How much does Binu get?

Step 1. Write the shares as 4k and 5k, so $9k = 1800$ and $k = 200$.

Step 2. Binu gets $5 \times 200 = ₹1,000$; Anu gets ₹800.

Step 3. Check: $800 + 1000 = 1800$.

Answer: ₹1,000

WORKED EXAMPLE — AVERAGE

The average of 8 numbers is 25. When one number is removed the average becomes 24. Find the removed number.

Step 1. Old sum = $8 \times 25 = 200$.

Step 2. New sum = $7 \times 24 = 168$.

Step 3. Removed number = $200 - 168 = 32$.

Answer: 32

WORKED EXAMPLE — PROFIT AND DISCOUNT

An article is marked 25% above cost and sold at a 10% discount. Find the profit %.

Step 1. Take CP = ₹100, so MP = ₹125.

Step 2. $SP = 125 - 10\% \text{ of } 125 = 125 - 12.5 = ₹112.50$.

Step 3. Profit = 12.50 on 100 = 12.5%.

Answer: 12.5%

WORKED EXAMPLE — COMPOUND INTEREST

Find the compound interest on ₹10,000 at 10% per annum for 2 years, compounded annually.

Step 1. $A = 10000 \times 1.1 \times 1.1 = ₹12,100$.

Step 2. $CI = 12100 - 10000 = ₹2,100$.

Step 3. Simple interest would be ₹2,000; the extra ₹100 is interest on the first year's interest.

Answer: ₹2,100

WORKED EXAMPLE — TIME AND WORK

A can do a job in 12 days and B in 24 days. How long will they take together?

Step 1. One day's work: $A = 1/12$, $B = 1/24$.

Step 2. Together = $2/24 + 1/24 = 3/24 = 1/8$ of the job per day.

Step 3. Time = 8 days. (Check with $ab \div (a + b) = 288 \div 36 = 8$.)

Answer: 8 days

WORKED EXAMPLE — TRAINS

A 200 m train at 72 km/h crosses a 300 m platform. How long does it take?

Step 1. Distance = $200 + 300 = 500$ m.

Step 2. Speed = $72 \times 5/18 = 20$ m/s.

Step 3. Time = $500 \div 20 = 25$ seconds.

Answer: 25 seconds

WORKED EXAMPLE — MENSURATION

A cylindrical tank has radius 7 m and height 10 m. Find its volume ($\pi = 22/7$).

Step 1. Volume = $\pi r^2 h$.

Step 2. $= 22/7 \times 7 \times 7 \times 10 = 22 \times 7 \times 10$.

Step 3. $= 1,540$ m³.

Answer: 1,540 cubic metres

SECTION 11

Reasoning Quick Start

Eight common question types, each solved step by step.

Reasoning improves fastest because nothing needs memorising: every question can be solved from the information given. You are training recognition — seeing within seconds which type a question is. **Solve on paper, not in your head.**

11.1 Series

Test in this order: constant difference → constant ratio → alternating operations → squares and cubes → differences of differences.

WORKED EXAMPLE — NUMBER SERIES

Find the next term: 2, 6, 12, 20, 30, ?

Step 1. Differences: 4, 6, 8, 10 — they rise by 2.

Step 2. Next difference = 12.

Step 3. $30 + 12 = 42$. (Also $n(n + 1)$: $1 \times 2, 2 \times 3 \dots 6 \times 7 = 42$.)

Answer: 42

WORKED EXAMPLE — LETTER SERIES

Find the next term: C, F, I, L, ?

Step 1. Positions: C = 3, F = 6, I = 9, L = 12.

Step 2. Each step adds 3.

Step 3. $12 + 3 = 15 = O$.

Answer: O

11.2 Analogy and classification

WORKED EXAMPLE — ANALOGY

Pen : Write :: Knife : ?

Step 1. Say the relationship as a sentence: “a pen is used to write”.

Step 2. Apply it: “a knife is used to ____”.

Step 3. Cut. “Sharp” describes the knife; it is not what the knife is used for.

Answer: Cut

WORKED EXAMPLE — CLASSIFICATION

Odd one out: Mercury, Venus, Moon, Mars

Step 1. Mercury, Venus and Mars are planets orbiting the Sun.

Step 2. The Moon is a natural satellite of Earth.

Step 3. Check no other grouping fits better — none does.

Answer: Moon

11.3 Coding–decoding

WORKED EXAMPLE — REVERSE-POSITION CODE

If $A = 26$, $B = 25 \dots Z = 1$, what is the code for CAB?

Step 1. The code is 27 minus the letter's position.

Step 2. $C(3) \rightarrow 24$, $A(1) \rightarrow 26$, $B(2) \rightarrow 25$.

Step 3. Write them in order.

Answer: 24-26-25

11.4 Directions

WORKED EXAMPLE — DIRECTION AND DISTANCE

Ravi walks 4 km north, turns right and walks 3 km. How far is he from the start, and in which direction?

Step 1. Start at $(0, 0)$. North 4 km $\rightarrow (0, 4)$.

Step 2. Facing north, a right turn faces east. 3 km $\rightarrow (3, 4)$.

Step 3. Distance = $\sqrt{(3^2 + 4^2)} = 5$ km; he is to the north-east.

Answer: 5 km, north-east

11.5 Blood relations

WORKED EXAMPLE — BLOOD RELATIONS

Pointing to a man, Meena says, "He is the son of my mother's only brother." How is he related to Meena?

Step 1. Innermost phrase first: "my mother's only brother" = Meena's maternal uncle.

Step 2. His son is Meena's cousin.

Step 3. The man is male, so he is her cousin (brother).

Answer: Her cousin

11.6 Syllogism and Venn diagrams

WORKED EXAMPLE — SYLLOGISM

Statements: All cats are animals. Some animals are pets. Conclusions: I. Some cats are pets. II. Some pets are animals.

Step 1. Draw "cats" fully inside "animals".

Step 2. Draw “pets” overlapping “animals” — it need not touch “cats”, so I does not follow.

Step 3. “Some animals are pets” means some pets are animals, so II follows.

Answer: Only II follows

WORKED EXAMPLE — VENN DIAGRAM

Which diagram shows Doctors, Women and Mothers?

Step 1. Mothers are all women: draw Mothers inside Women.

Step 2. Some doctors are women and some women doctors are mothers.

Step 3. So Doctors overlaps both circles, and Mothers sits inside Women.

Answer: Mothers inside Women, with Doctors overlapping both

11.7 Basic arrangements

WORKED EXAMPLE — LINEAR ARRANGEMENT

P, Q, R, S and T sit in a row facing north. R is in the middle. P is at the left end. T is to the immediate right of R. Q is not next to P. Who sits second from the left?

Step 1. Positions 1–5 from the left: P = 1, R = 3, T = 4.

Step 2. Left over: Q and S for positions 2 and 5.

Step 3. Q is not next to P, so Q = 5 and S = 2.

Answer: S

SECTION 12

General Science and General Awareness Roadmap

Where science sits in your examination, and a routine that keeps working.

12.1 Where General Science sits

Examination	How science is tested (notification checked)	What this means for you
NTPC Graduate / Undergraduate	Inside General Awareness: “General Science and Life Science (up to 10th CBSE)”	Cover Class 10 basics; do not over-prepare science at the cost of general awareness
Level 1	A separate 25-question General Science section — Physics, Chemistry and Life Sciences of Class 10 (CBSE)	Give science regular daily practice
ALP CBT-1	General Science (Class 10) as a separate subject; CBT-2 Part A has Basic Science and Engineering	Science and applied engineering basics
Technician Grade III	General Science: 40 of 100 questions	Science is the largest section
JE CBT-2	Physics and Chemistry: 15 of 150 questions	A small but steady scoring area

12.2 Short examples

Subject	Fact to know	Why it is asked
Physics	Resistance $R = V \div I$ (Ohm’s law); unit ohm (Ω)	Direct formula and unit questions
Physics	A concave mirror can form a real, inverted image; a convex mirror always forms a virtual, erect, smaller image	Mirror and lens comparisons
Chemistry	Acids turn blue litmus red; bases turn red litmus blue	Indicator questions
Chemistry	Rusting of iron needs both oxygen and water	Everyday chemistry
Biology	Red blood cells carry oxygen using haemoglobin	Human body systems
Biology	Deficiency of iodine can cause goitre	Nutrition and deficiency diseases

12.3 Starting each General Awareness area

Area	Start with	Then move to
History	Modern India, 1857–1947, as one timeline	Ancient and medieval India: dynasties and one key fact each
Geography	India: rivers, mountains, states and neighbours	Climate, soils, crops, minerals; world basics
Polity and Constitution	Preamble, Fundamental Rights, Directive Principles, Fundamental Duties	Parliament, President, judiciary, constitutional bodies, amendments
Economics	Vocabulary: GDP, inflation, budget, fiscal deficit, taxes	Banking and the RBI; what major schemes are for
Environment	Ecosystems, pollution, climate change basics	Protected areas, conventions, environmental issues in India
Science and	India’s space and nuclear programmes —	Recent developments, from one reliable

Area	Start with	Then move to
technology	basics	source
Current affairs	One newspaper or one monthly compilation — only one	Monthly revision of your own notes; railway news

What this section deliberately leaves out

No current-affairs facts and no claims about how many questions come from each area. RRBs do not publish topic weightage, and current-affairs facts go stale within weeks. Use the routine below with a current source.

12.4 A reusable revision-note page

Topic: _____

Area / subject: _____

1. The four facts I must not forget

2. Dates, numbers, formulas or article numbers

3. The question I would set on this

Revised on — 1st: _____

2nd: _____

3rd: _____

12.5 Weekly study and revision routine

When	What	How long
Every day	Read the news; note only items you can connect to a static topic	15–20 min
Every day	Study one static topic and fill one revision-note page	20–30 min
Every day	10 science questions (Level 1: 20)	10–15 min
Every Sunday	Re-read the week's revision-note pages only — no new material	45 min
Last Sunday of the month	Re-read the whole month's pages; take a 50-question GA and science test	90 min

SECTION 13

Learn From Exam-Style Questions

Eight RRB-style practice questions, each solved line by line.

Why these are practice questions, not “previous-year questions”

RRBs show candidates their questions, responses and answer keys through a candidate login for a limited period after each CBT (for example, the objection-tracker notices for CEN 05/2024 and CEN 06/2025). We could not access an official, traceable copy of past papers with the examination, date and shift attached. The “previous year papers” circulating online are reconstructions by private publishers.

Rather than attach an examination, year or shift we cannot verify, these eight questions were written for this kit and are labelled **RRB-style practice questions**. They follow the style and level of the foundation subjects.

RRB-STYLE PRACTICE QUESTION · MATHEMATICS

P1. Find the compound interest on ₹8,000 at 10% per annum for 2 years, compounded annually.

- (A) ₹1,600
- (B) ₹1,680
- (C) ₹1,700
- (D) ₹1,760

Step 1. Amount = $8000 \times 1.1 \times 1.1 = ₹9,680$.

Step 2. CI = $9680 - 8000 = ₹1,680$.

Step 3. Check: year 1 interest 800; year 2 interest 880 (10% of 8,800); total 1,680.

Answer: (B) ₹1,680

RRB-STYLE PRACTICE QUESTION · MATHEMATICS

P2. A can finish a job in 10 days and B in 15 days. In how many days can they finish it together?

- (A) 5 days
- (B) 7.5 days
- (C) 6 days
- (D) 8 days

Step 1. One day's work: A = $1/10$, B = $1/15$.

Step 2. Together = $3/30 + 2/30 = 5/30 = 1/6$ per day.

Step 3. So they need 6 days.

Answer: (C) 6 days

RRB-STYLE PRACTICE QUESTION · REASONING

P3. Asha walks 10 m south, turns left and walks 6 m, turns left and walks 4 m, then turns right and walks 2 m. How far is she from the start, and in which direction?

- (A) 10 m, south-east
- (B) 10 m, south-west
- (C) 12 m, south-east
- (D) 8 m, north-east

Step 1. Start (0, 0). South 10 $\rightarrow$ (0, -10).

Step 2. Facing south, left is east: 6 m $\rightarrow$ (6, -10). Facing east, left is north: 4 m $\rightarrow$ (6, -6).

Step 3. Facing north, right is east: 2 m $\rightarrow$ (8, -6). Distance = $\sqrt{8^2 + 6^2} = 10$ m; she is east and south of the start: south-east.

Answer: (A) 10 m, south-east

RRB-STYLE PRACTICE QUESTION · REASONING

P4. Statements: All pens are books. Some books are bags. Conclusions: I. Some pens are bags. II. Some bags are books.

- (A) Only I follows
- (B) Only II follows
- (C) Both follow
- (D) Neither follows

Step 1. Draw “pens” inside “books”.

Step 2. “Bags” overlaps “books” but need not touch “pens”, so I does not follow.

Step 3. “Some books are bags” can be reversed: some bags are books. II follows.

Answer: (B) Only II follows

RRB-STYLE PRACTICE QUESTION · GENERAL SCIENCE

P5. A 12 V battery is connected across a $4\ \Omega$ resistor. What current flows?

- (A) 3 A
- (B) 4 A
- (C) 8 A
- (D) 48 A

Step 1. Ohm’s law: $I = V \div R$.

Step 2. $I = 12 \div 4$.

Step 3. = 3 amperes.

Answer: (A) 3 A

RRB-STYLE PRACTICE QUESTION · GENERAL SCIENCE

P6. Which of the following is a non-renewable source of energy?

- (A) Solar energy
- (B) Wind energy
- (C) Coal
- (D) Tidal energy

Step 1. Renewable sources are replenished naturally on a human time scale.

Step 2. Solar, wind and tidal energy are renewable.

Step 3. Coal is a fossil fuel formed over millions of years — non-renewable.

Answer: (C) Coal

RRB-STYLE PRACTICE QUESTION · GENERAL AWARENESS

P7. Which is the longest river in Kerala?

- (A) Bharathapuzha
- (B) Pamba
- (C) Periyar
- (D) Chaliyar

Step 1. Periyar is Kerala's longest river (about 244 km).

Step 2. Bharathapuzha is the second longest.

Step 3. State-level static facts appear in general awareness sections, so keep a page for Kerala.

Answer: (C) Periyar

RRB-STYLE PRACTICE QUESTION · GENERAL AWARENESS

P8. Which Constitutional Amendment added the words “Socialist” and “Secular” to the Preamble?

- (A) 24th Amendment
- (B) 42nd Amendment
- (C) 44th Amendment
- (D) 73rd Amendment

Step 1. The 42nd Amendment Act, 1976 added “Socialist”, “Secular” and “Integrity” to the Preamble.

Step 2. The 44th Amendment (1978) reversed several other 42nd Amendment changes.

Step 3. The 73rd Amendment (1992) concerns Panchayati Raj.

Answer: (B) 42nd Amendment

SECTION 14

Seven-Day Start-Today Challenge

Seven small tasks. One week. Aligned with Week 1 of the plan.

The first week is the hardest, because nothing yet feels like progress. These tasks follow Week 1 of the 30-day plan, compressed so that Day 1 of the challenge also covers the diagnostic. Tick each box the moment you finish — never in advance. If you complete fewer than five days, that is useful information, not failure: use the two-hour routine and run the challenge again next week.

Done	Day	Task	What to do	Time
☐	Day 1	Decide and measure	Fill in the exam-selection worksheet (Section 2) and take the diagnostic (Section 8). Complete the review sheet.	60 min
☐	Day 2	First Maths topic	Number system and BODMAS; solve 20 simplification questions. Start your mistake log.	60 min
☐	Day 3	First Reasoning topic	Number and letter series; solve 20 questions; revise 10 from Day 2.	60 min
☐	Day 4	First Science topic	Units, motion and force; 20 MCQs; revise 10 series questions.	60 min
☐	Day 5	First GA topic	Preamble, Fundamental Rights and Duties; one revision-note page; 20 MCQs.	60 min
☐	Day 6	Percentages	Fraction–percentage pairs; 25 percentage questions.	75 min
☐	Day 7	Review and decide to continue	Re-solve every mistake-log entry; take a 20-question mixed test in 20 minutes; open Day 8 of the plan.	60 min

Reflection — fill this in on Day 7

What did I understand this week?

What needs revision?

What will I improve next week?

SECTION 15

Printable Study Tools

Six sheets. Photocopy them — you will need more than one of each.

15.1 Personal target-examination worksheet

My target examination and CEN number: _____

My chosen RRB: _____

Posts I will opt for, in order of preference: _____

Age on the reckoning date (years, months, days): _____

Qualification held on the closing date: _____

Medical standard of my first-choice post: _____

Extra test for my post (typing / CBAT / PET / none): _____

Hours per day I will study, and when: _____

15.2 Notification and application tracker

Item	Date / status	Done
Indicative notice seen (Employment News / RRB website)		☐
Detailed CEN downloaded and read		☐
Corrigenda checked (list numbers)		☐
Account created / logged in		☐
Application submitted — registration number		☐
Fee paid — transaction reference		☐
Application PDF and fee receipt saved		☐
Modification window (dates)		☐
Application status checked		☐
City intimation / e-call letter downloaded		☐
CBT date		☐
Answer key and objection window		☐
Result / next stage		☐

15.3 Weekly study tracker

Week beginning: _____

Day	Topic planned	Topic studied	Hours	Questions	Done
Mon					☐
Tue					☐
Wed					☐
Thu					☐
Fri					☐
Sat					☐
Sun					☐

Total hours this week: _____

One thing to change next week: _____

15.4 Revision planner

Fill the three revision dates on the day you learn a topic: one day, one week and three weeks later.

Topic	Learnt on	Revision 1 (+1 day)	Revision 2 (+7 days)	Revision 3 (+21 days)

15.5 Practice-test analysis sheet

Test name: _____

Date and time taken / time limit: _____

Section	Attempted	Correct	Wrong	Left	Score	Time spent
Mathematics						
Reasoning						
General Science						
General Awareness						
Total						

Score with negative marking = correct – (wrong ÷ 3).

Why I lost marks	How many	Which topics
------------------	----------	--------------

Why I lost marks	How many	Which topics
Conceptual gap		
Calculation error		
Misreading		
Guessing		
Time management		

Three things I will do differently in the next test

15.6 Mistake log

The most valuable sheet in this kit. One line for every wrong answer, written the same day.

Date	Topic	My mistake	Correct approach	Revision date

Write what your brain actually did — “used selling price as the base”, “read NOT as NOW” — not just “wrong”.

SECTION 16

Application and Official Resources

What to prepare, how the application works, and where to check.

Read this first

Every CEN sets its own dates, fees and rules — follow the one for your post.

16.1 Checklist — before, during and after applying

	Step	What the notifications say
☐	Find the right notice	Use only official RRB websites. Download the detailed CEN and every corrigendum. RRBs warn that notices circulated on social media should be ignored.
☐	Choose one RRB	You may apply to only one RRB and submit only one application per CEN. The chosen RRB cannot be changed. Multiple applications lead to rejection and debarment.
☐	Set post and zone preferences	Give preferences only for posts you are eligible and willing to take — a post you do not opt for is treated as unwillingness.
☐	Verify eligibility first	Age on the reckoning date; qualification held by the closing date; medical standard; category certificate valid on the closing date.
☐	Create an Account	If you created an account for 2024/2025 CENs, use the same one. Details in “Create an Account” — including mobile number and email — cannot be changed later. Authenticating through Aadhaar or DigiLocker is advised.
☐	Photograph	Captured live by webcam or front camera during the application — no uploaded photo. Wear dark, non-white clothes; no cap, mask or glasses; face fully inside the frame.
☐	Signature	Black ink on white paper, running handwriting (not capitals); JPG/JPEG, 30–49 KB, at least 140 × 60 pixels.
☐	SC/ST certificate	Only if requesting the free travel pass: PDF under 400 KB, valid on the closing date.
☐	Fee	₹500 for most candidates, of which ₹400 is refunded after appearing in the first CBT. ₹250 for SC, ST, ex-servicemen, female, transgender, minority and EBC candidates (and PwBD in CEN 09/2025), refunded after appearing. Refunds go only to your Aadhaar-seeded bank account.
☐	Review and submit	Check every field. The application counts only after the fee payment is confirmed.
☐	Modification window	Corrections (except account details and chosen RRB) are allowed for a fixed window after closing, at ₹250 per occasion.
☐	Keep records	Save the application PDF, payment receipt and registration number. RRBs will not resend your registration number.
☐	Monitor updates	Application status, city intimation (about 10 days before the CBT), e-call letter (about 4 days before), answer keys and results appear on RRB websites.

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ഭരതീയൻ
RRB-JE WINNERS

 Adarsh M S	 Mohammed Yasin	 Jyothika Nair L J	 Adarsh R	 Hermanth Sasi	 Jithin S	 Akshara R	 Sivarenjin
 Ziza F	 Alswarya C	 Athira M	 Niya P	 Sidharth S	 K R Anjitha	 Praveena M C	 Devika Chandran
 Reshma VP	 Anjali G S	 Sambhu S	 Arjun Santhosh	 Nazriya A	 Amal V R	 Rakhi Krishna	 Sreekanth
 Harikrishnan	 Ajmal Shah	 Aparna Johny	 Sachin Raveendran	 Jacqueline Jain	 Anupriya C	 Rukhsana Parveen	 Nibu John
 Adithya D A	 Sangeeth T K	 Divin D V	 Vismaya V S	 Vishnu Priya A S	 Abhiram V S	 Ananthu S S	 Swathi Prasad
 Midhun Mohan	 Nayana M	 Praveen K	 Jigisha J R	 Harikrishnan J	 Vidhya M J	 Aswathy	 Sidharth L U
 Jith C J	 Nandhitha R Krishnan	 Abdul Fayis	 Renjith	 Renjith S	 Rahna	 Ajimi S	+MANY MORE

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SECTION 19

Your Next Step With Supernotes

You have a target, a measured starting point and a plan. Now do Day 1.

If you have worked through this kit, you are past the stage where most people stop — the stage of reading about preparation instead of preparing. You know your examination, its stages and its notification; you have measured yourself honestly; and you have thirty days of work written down.

Keep three habits going: study at the same time every day, write down every mistake, and revise on schedule rather than when you feel like it. None of these needs a fee — only a start.

Your next three actions

1. Print the mistake log and weekly tracker (Section 15) and fill in the target-examination worksheet.
2. Open the detailed CEN for your examination on an official RRB website and read the eligibility, post parameters and scheme of examination yourself.
3. Do Day 1 of the 30-day plan. Today.

Keep studying with Supernotes by Civilianz

Supernotes by Civilianz is an online coaching platform based in Thiruvananthapuram, Kerala, preparing candidates for competitive examinations including SSC, Kerala PSC, RRB and Devaswom Board.

Website	thesupernotes.com · www.civilianz.com
Phone	+91 82 81 22 33 66
Email	supernotes@civilianz.com
Address	Apj Abdul Kalam Road, Near Gandari Amman Kovil, Thampanoor, Thiruvananthapuram, Kerala 695001

Contact details are taken from the supplied SSC Starter Kit and result poster.

One last thing

Everyone who clears a railway examination started where you are now — unsure which examination to pick and scoring badly on their first honest test. The difference is that they did Day 2. Good luck. Start today.



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