

PUNJAB PCS MAINS 2025

30-Day Preparation Planner

Feb 23, 2026 (Monday) → Exam: April 1, 2026

Exam Overview

PAPER	MARKS / DETAILS
English (Sec A)	50 Marks: Comprehension, Precis, Letter, Essay, Translation
English (Sec B)	50 Marks: Grammar
Punjabi	100 Marks: Unseen Passage, Precis, Arji/Letter, Essay, Translation, Grammar
Essay (English/Punjabi)	150 Marks: 3 Short Essays – organized, concise, effective expression
GS Paper I	History, Geography, Society
GS Paper II	Indian Constitution, Polity, Governance, International Relations
GS Paper III	Economy, Statistics, Security Issues
GS Paper IV	Science & Technology, Environment, Problem Solving

Daily Schedule Framework

TIME SLOT	ACTIVITY
6:00 – 7:00 AM	Morning Routine + Quick Revision of previous day's notes
7:00 – 10:00 AM	AM Study Block (Core Syllabus – GS Papers)
10:00 – 10:30 AM	Break + Refreshment
10:30 AM – 1:00 PM	AM Study Block Continued (Reading + Notes)
1:00 – 2:30 PM	Lunch + Rest (Short Nap Allowed)
2:30 – 5:30 PM	PM Study Block (Practice, Essay Writing, English)
5:30 – 6:00 PM	Break + Walk + Refreshment
6:00 – 8:00 PM	Current Affairs + Newspaper + Punjab-specific news
8:00 – 9:30 PM	Light Review / Writing Practice / Essay Drafting
9:30 PM onwards	Wind Down + Sleep – MANDATORY 7 hours minimum

30-Day Daily Planner

PHASE 1: History & English Foundation (Week 1) — Feb 23–28 | GS-I History + Mock Test #1 on Saturday

DAY 1 Mon, Feb 23	[GS-I] History: World History – 18th Century Events, Industrial Revolution 📅 AM: World Wars & Colonialism PM: Decolonization, Political Philosophies (Communism, Capitalism, Socialism) 💡 <i>Make a quick timeline of key world events 1750–2000</i>
DAY 2 Tue, Feb 24	[GS-I] History: Indian Culture – Art Forms, Literature, Architecture 📅 AM: Ancient & Medieval Art, Architecture PM: Literature from Ancient to Modern 💡 <i>Draw a mind map: Art forms → periods → examples</i>
DAY 3 Wed, Feb 25	[GS-I] History: Modern Indian History + Freedom Struggle 📅 AM: 1757–1857: Significant events, personalities PM: 1857–1947: Freedom Struggle stages + Punjab's contribution 💡 <i>Focus on Punjab-specific contributors to the freedom struggle</i>
DAY 4 Thu, Feb 26	[GS-I] History: Socio-Religious Reform Movements + Punjab 📅 AM: Arya Samaj, Brahmo Samaj, Singh Sabha, Namdhari movement PM: Post-independence consolidation & reorganization 💡 <i>Connect reform movements to the Freedom Struggle timeline</i>
DAY 5 Fri, Feb 27	[GS-I] History: Punjab – Ranjit Singh + Anglo-Sikh Wars 📅 AM: Ranjit Singh's rise, civil & military administration, British relations PM: Anglo-Sikh Wars – causes, consequences, annexation of Punjab 💡 <i>Causes → Course → Consequences framework for each war</i>
DAY 6 Sat, Feb 28	[MOCK TEST] 📝 MOCK TEST #1 – GS Paper I: History (Full Section) 📅 AM: Timed mock on History syllabus (simulate exam conditions) PM: Self-evaluate answers, note weak areas, review errors 💡 <i>Don't peek at notes during mock. Honest self-assessment is the goal.</i>

REST DAY — Sun, Mar 1

Weekly rest + light Punjab current affairs reading

DAY 7 Sun, Mar 1	[REST + LIGHT] Rest Day + Light: Newspaper + Punjab Current Affairs 📅 3–4 hrs only: Tribune/Hindu headlines + Punjab news notes 💡 <i>Rest is non-negotiable. Your brain consolidates learning while resting.</i>
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PHASE 2: Geography & Society (Week 2) — Mar 2–7

GS-I Completion + Mock Test #2 on Saturday

DAY 8 Mon, Mar 2	[GS-I] Geography: World Physical Geography + Resources  AM: Natural resources distribution, world physical features PM: Industry location factors (primary, secondary, tertiary sector)  <i>Draw a rough world map marking key natural resource zones</i>
DAY 9 Tue, Mar 3	[GS-I] Geography: Geophysical Phenomena + Climate Change  AM: Earthquakes, Volcanoes, Cyclones, Tsunamis PM: Changes in water bodies, ice caps, flora & fauna effects  <i>Relate recent events (Nepal earthquake, cyclones) to theory</i>
DAY 10 Wed, Mar 4	[GS-I] Geography: Punjab – Physiography, Crops, Farming Issues  AM: Physiographic details, geomorphic features, international border PM: Crops of Punjab, modern farming, groundwater depletion problems  <i>Majha, Malwa, Doaba – know each sub-region's characteristics</i>
DAY 11 Thu, Mar 5	[GS-I] Society: Indian Society + Women + Population + Globalization  AM: Features of Indian society, diversity, urbanization PM: Women's organizations, population issues, globalization effects on India  <i>Link each social issue to a specific Punjab example for better answers</i>
DAY 12 Fri, Mar 6	[GS-I] Society: Ethics, Human Values, Vulnerable Sections + Welfare  AM: Ethics dimensions, determinants; human values – Buddha, Kabir, Guru Nanak, Gandhi PM: Welfare schemes (Centre + Punjab), laws & institutions for protection  <i>Memorize 2 key teachings each from: Buddha, Kabir, Guru Nanak, Gandhi, Vivekananda</i>
DAY 13 Sat, Mar 7	[MOCK TEST]  MOCK TEST #2 – GS Paper I: Geography + Society (Full Section)  AM: Timed mock on Geography & Society PM: Evaluate + Error log + English Grammar practice (1 hour)  <i>Update your error log religiously – patterns reveal your weak spots</i>

REST DAY — Sun, Mar 8

Weekly rest + light polity reading

DAY 14	[REST + LIGHT] Rest Day + Light: Constitution headlines + Current affairs  3–4 hrs only: Scan polity-related news + Punjab governance updates
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Sun, Mar 8

🔗 *Skim Laxmikanth Part 1 (just headings) to orient yourself for Week 3*

PHASE 3: Polity & Governance (Week 3) — Mar 9–14

GS-II Complete Coverage + Mock Test #3 on Saturday

DAY

15

Mon, Mar 9

[GS-II] Constitution: Historical Background, Features, Basic Structure

📖 AM: Historical underpinnings, evolution, salient features | PM: Amendments, significant provisions, comparison with other countries

🔗 *Know at least 5 landmark amendments: 42nd, 44th, 73rd, 74th, 86th*

DAY

16

Tue, Mar 10

[GS-II] Polity: Federal Structure + Parliament + State Legislatures

📖 AM: Union-State relations, devolution of powers, federal challenges | PM: Parliament structure, functioning, powers & privileges; Representation of People's Act

🔗 *Recent Governor's Office controversies in Punjab – excellent live example*

DAY

17

Wed, Mar 11

[GS-II] Polity: Executive, Judiciary, Constitutional Bodies + Panchayati Raj

📖 AM: Executive & Judiciary structure; ministries; dispute redressal | PM: Constitutional posts & powers; District Admin; Panchayati Raj & Urban Local Bodies

🔗 *Punjab Panchayati Raj – 73rd & 74th Amendment implementation in state*

DAY

18

Thu, Mar 12

[GS-II] Governance: Statutory/Quasi-Judicial Bodies + E-Governance + RTI

📖 AM: Regulatory & quasi-judicial bodies; NGOs, SHGs role | PM: E-governance applications; Citizens' Charters; RTI Act; civil services in democracy

🔗 *Punjab-specific e-governance reforms: Seva Kendras, ePASS scheme*

DAY

19

Fri, Mar 13

[GS-II] Governance: Ethics + Probity + IR: India's Neighborhood & Global

📖 AM: Ethical dilemmas; probity in governance; accountability; corruption | PM: India & neighbors; bilateral/regional/global groupings; Indian Diaspora; key international institutions

🔗 *SAARC, BRICS, SCO, QUAD, G20 – India's role in each; prepare 2 IR model answers*

DAY

20

Sat, Mar 14

[MOCK TEST] 🗝️ MOCK TEST #3 – GS Paper II: Full Polity, Governance & IR

📖 AM: Full timed mock – GS Paper II (simulate 3-hour exam) | PM: Self-evaluation + Error log + English Sec A practice (comprehension + precis)

🔗 *Time yourself strictly – 3 hours, no extensions, no hints*

REST DAY — Sun, Mar 15

DAY 21 Sun, Mar 15	[REST + LIGHT] Rest Day + Light: Economy headlines + Budget highlights
	 3–4 hrs only: Economic Survey summary + Budget 2025 key announcements
	 <i>Note 5 key economic indicators: GDP, inflation, fiscal deficit, unemployment, current account</i>

PHASE 4: Economy, S&T & Environment (Week 4) — Mar 16–21

GS-III & GS-IV + Mock Test #4 on Saturday

DAY 22 Mon, Mar 16	[GS-III] Economy: Planning, Growth, Budgeting + Agriculture + MSP
	 AM: Planning, resource mobilization, sustainable development, inclusive growth PM: Crops, irrigation systems, e-technology for farmers, MSP, farm subsidies
	 <i>Punjab agriculture crisis: stubble burning, water depletion, farm debt – all critical</i>

DAY 23 Tue, Mar 17	[GS-III] Economy: PDS + Food Processing + Land Reforms + Liberalization
	 AM: PDS objectives, buffer stocks, food security PM: Food processing industry in India; land reforms; liberalization effects on industry
	 <i>Green Revolution's long-term impact on Punjab – a must-include in Economy answers</i>

DAY 24 Wed, Mar 18	[GS-III] Economy: Infrastructure + HRD + Punjab Economy + Statistics
	 AM: Energy, ports, roads, airports, railways; investment models; Punjab development planning PM: Human capital, unemployment types, skill development; data interpretation practice (3 sets)
	 <i>Practice bar graphs, pie charts, and tables from government reports</i>

DAY 25 Thu, Mar 19	[GS-III] Security Issues + GS-IV: Science & Technology
	 AM: Extremism, external/non-state actors, cyber security, money laundering, border management PM: IT, Space, Computers, Robotics, Nano-technology; Indian achievements in S&T; IPR basics
	 <i>Punjab border security context – cross-border drone smuggling, radicalization threats</i>

DAY 26 Fri, Mar 20	[GS-IV] Life Sciences + Environment + Problem Solving
	 AM: Biotech, genetic engineering, stem cells, human diseases, vaccines PM: Environmental pollution, climate change, water management, disaster types & mitigation
	 <i>ISRO missions (Chandrayaan, Gaganyaan), COVID vaccine development – good S&T examples</i>

DAY 27 Sat, Mar 21	[MOCK TEST]  MOCK TEST #4 – GS Paper III + GS Paper IV (Combined)
	 AM: GS-III mock (Economy + Statistics + Security) – 1.5 hours timed PM: GS-IV mock (S&T + Environment + Problem Solving) – 1.5 hours timed + error analysis

💡 For Problem Solving: use SDMC framework – Situation, Decision, Merit, Consequence

REST DAY — Sun, Mar 22

Weekly rest + essay topic bank building

DAY
28

Sun, Mar 22

[REST + LIGHT] Rest Day + Essay Topic Bank Building

📅 3–4 hrs: Build a list of 20 essay topics with bullet-point outlines; current affairs headlines

💡 Prepare outlines for: Punjab drug menace, Women empowerment, Federalism, Climate change, Civil services

PHASE 5: Essay Writing + Final Mock — Mar 23–25

Essay Prep + Mock Test #5 (Full Essay Paper)

DAY
29

Mon, Mar 23

[ESSAY PREP] Essay Writing – English: Practice 2 Full Essays

📅 AM: Essay 1 – Social topic (e.g. Women empowerment in Punjab) – 400 words timed | PM: Essay 2 – Economic/Political topic (e.g. Punjab's agrarian crisis) + self-review

💡 Structure: Intro (2-3 lines) → Context → 3-4 body paras → Counterpoint → Conclusion

DAY
30

Tue, Mar 24

[ESSAY PREP] Essay Writing – Punjabi + English Section A (Full Practice)

📅 AM: Punjabi essay (400 words) + Arji/letter writing (200 words) | PM: English – Comprehension + Precis (to 1/3rd) + Letter + Translation practice

💡 For precis: count words in original, divide by 3, that is your target word count

DAY
31

Wed, Mar 25

[MOCK TEST] 🖋️ MOCK TEST #5 – Essay Paper: 3 Full Essays (Timed, 3 Hours)

📅 Morning: Write 3 essays in exactly 3 hours (English or Punjabi) – exam simulation | PM: Critical self-review of all 3 essays – check structure, language, examples

💡 150 marks on essay – treat this mock as seriously as the real paper

★ LAST 7 DAYS: PURE REVISION ONLY — Mar 26 – Apr 1

No new topics. Only consolidate, revise, and rest.

DAY
37

Tue,
Mar 31

[EXAM EVE] 🌀 – Light Review + Rest + Logistics

📅 Early AM: 1–2 hours flash card review of key facts only | Mid-morning: REST completely. Pack: Admit card, ID proof, stationery. Sleep by 10 PM sharp.

💡 You have done the work. Trust your preparation. Stay calm, eat well, sleep 7 hours.

DAY 38 Wed, Apr 1	The Exam Day
	Relax and Go with Calm Energy !!!
	All The Best

Key Reminders

☒	Always read questions TWICE before answering in the exam hall.
☒	Punjab-specific examples in answers earn extra credit – use them for every paper.
☒	English Grammar (50 marks) – revise rules every Saturday without fail.
☒	Keep a dedicated current affairs notebook updated daily – events from Punjab especially.
☒	Sleep, nutrition, and physical activity are non-negotiable. Burnout is the biggest risk.

All the best! You have prepared well. Stay calm, stay focused. 

Dear Students

Please follow the above self-study schedule over the next 30 days and use it as a steady roadmap for your holistic preparation.

Preparation journeys differ for every student. If at any point you feel the need for more structured approach & regular guidance, we also have a comprehensive batch for Punjab PCS Mains 2025.

You are welcome to contact our helpline number for more details.

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