



ONE ACADEMY

IITJEE | FOUNDATIONS | NEET

Repeaters batch student have to follow both XI & XII Schedules

NEET e – COURSE STRUCTURE

PHYSICS

XI - STD

S.NO	DATE	DAY	UNIT
WEEK 1	18-09-2023	MONDAY	UNITS AND MEASUREMENTS
	19-09-2023	TUESDAY	UNITS AND MEASUREMENTS
	20-09-2023	WEDNESDAY	UNITS AND MEASUREMENTS
	21-09-2023	THURSDAY	UNITS AND MEASUREMENTS
	22-09-2023	FRIDAY	UNITS AND MEASUREMENTS
	23-09-2023	SATURDAY	REVISION
	24-09-2023	SUNDAY	UNIT TEST-1
WEEK 2	25-09-2023	MONDAY	KINEMATICS-1
	26-09-2023	TUESDAY	KINEMATICS-1
	27-09-2023	WEDNESDAY	KINEMATICS-1
	28-09-2023	THURSDAY	KINEMATICS-1
	29-09-2023	FRIDAY	KINEMATICS-1
	30-09-2023	SATURDAY	REVISION
	01-10-2023	SUNDAY	UNIT TEST-2
WEEK 3	02-10-2023	MONDAY	REVISION
	03-10-2023	TUESDAY	
	04-10-2023	WEDNESDAY	
	05-10-2023	THURSDAY	
	06-10-2023	FRIDAY	
	07-10-2023	SATURDAY	

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	08-10-2023	SUNDAY	GCT-01
WEEK 4	09-10-2023	MONDAY	KINEMATICS-2
	10-10-2023	TUESDAY	KINEMATICS-2
	11-10-2023	WEDNESDAY	KINEMATICS-2
	12-10-2023	THURSDAY	KINEMATICS-2
	13-10-2023	FRIDAY	KINEMATICS-2
	14-10-2023	SATURDAY	REVISION
	15-10-2023	SUNDAY	UNIT TEST-3
WEEK 5	16-10-2023	MONDAY	NEWTONS LAW OF MOTION
	17-10-2023	TUESDAY	NEWTONS LAW OF MOTION
	18-10-2023	WEDNESDAY	NEWTONS LAW OF MOTION
	19-10-2023	THURSDAY	NEWTONS LAW OF MOTION
	20-10-2023	FRIDAY	NEWTONS LAW OF MOTION
	21-10-2023	SATURDAY	REVISION
	22-10-2023	SUNDAY	UNIT TEST-4
WEEK 6	23-10-2023	MONDAY	REVISION
	24-10-2023	TUESDAY	
	25-10-2023	WEDNESDAY	
	26-10-2023	THURSDAY	
	27-10-2023	FRIDAY	
	28-10-2023	SATURDAY	
	29-10-2023	SUNDAY	GCT-02
WEEK 7	30-10-2023	MONDAY	WORK ENERGY POWER
	31-10-2023	TUESDAY	WORK ENERGY POWER

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	01-11-2023	WEDNESDAY	WORK ENERGY POWER
	02-11-2023	THURSDAY	WORK ENERGY POWER
	03-11-2023	FRIDAY	WORK ENERGY POWER
	04-11-2023	SATURDAY	REVISION
	05-11-2023	SUNDAY	UNIT TEST-5
WEEK 8	06-11-2023	MONDAY	REVISION
	07-11-2023	TUESDAY	
	08-11-2023	WEDNESDAY	
	09-11-2023	THURSDAY	
	10-11-2023	FRIDAY	DIWALI
	11-11-2023	SATURDAY	
	12-11-2023	SUNDAY	
WEEK 9	13-11-2023	MONDAY	
	14-11-2023	TUESDAY	REVISION
	15-11-2023	WEDNESDAY	
	16-11-2023	THURSDAY	
	17-11-2023	FRIDAY	
	18-11-2023	SATURDAY	GCT-03
	19-11-2023	SUNDAY	
WEEK 10	20-11-2023	MONDAY	SYSTEM OF PARTICLE AND ROTATIONAL MOTION
	21-11-2023	TUESDAY	SYSTEM OF PARTICLE AND ROTATIONAL MOTION
	22-11-2023	WEDNESDAY	SYSTEM OF PARTICLE AND ROTATIONAL MOTION
	23-11-2023	THURSDAY	SYSTEM OF PARTICLE AND ROTATIONAL MOTION
	24-11-2023	FRIDAY	SYSTEM OF PARTICLE AND ROTATIONAL MOTION

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	25-11-2023	SATURDAY	REVISION
	26-11-2023	SUNDAY	UNIT TEST-6
WEEK 11	27-11-2023	MONDAY	GRAVITATION
	28-11-2023	TUESDAY	GRAVITATION
	29-11-2023	WEDNESDAY	GRAVITATION
	30-11-2023	THURSDAY	GRAVITATION
	01-12-2023	FRIDAY	GRAVITATION
	02-12-2023	SATURDAY	REVISION
	03-12-2023	SUNDAY	UNIT TEST-7
WEEK 12	04-12-2023	MONDAY	REVISION
	05-12-2023	TUESDAY	
	06-12-2023	WEDNESDAY	
	07-12-2023	THURSDAY	
	08-12-2023	FRIDAY	
	09-12-2023	SATURDAY	
	10-12-2023	SUNDAY	
WEEK 13	11-12-2023	MONDAY	
	12-12-2023	TUESDAY	
	13-12-2023	WEDNESDAY	
	14-12-2023	THURSDAY	
	15-12-2023	FRIDAY	
	16-12-2023	SATURDAY	
	17-12-2023	SUNDAY	GCT-04
WEEK 14	18-12-2023	MONDAY	PROPERTIES OF SOLIDS

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	19-12-2023	TUESDAY	PROPERTIES OF SOLIDS
	20-12-2023	WEDNESDAY	PROPERTIES OF SOLIDS
	21-12-2023	THURSDAY	PROPERTIES OF SOLIDS
	22-12-2023	FRIDAY	PROPERTIES OF SOLIDS
	23-12-2023	SATURDAY	REVISION
	24-12-2023	SUNDAY	UNIT TEST-8
WEEK 15	25-12-2023	MONDAY	PROPERTIES OF LIQUIDS
	26-12-2023	TUESDAY	PROPERTIES OF LIQUIDS
	27-12-2023	WEDNESDAY	PROPERTIES OF LIQUIDS
	28-12-2023	THURSDAY	PROPERTIES OF LIQUIDS
	29-12-2023	FRIDAY	PROPERTIES OF LIQUIDS
	30-12-2023	SATURDAY	REVISION
	31-12-2023	SUNDAY	UNIT TEST-9
WEEK 16	01-01-2024	MONDAY	THERMAL PROPERTIES OF MATTER
	02-01-2024	TUESDAY	THERMAL PROPERTIES OF MATTER
	03-01-2024	WEDNESDAY	THERMAL PROPERTIES OF MATTER
	04-01-2024	THURSDAY	THERMAL PROPERTIES OF MATTER
	05-01-2024	FRIDAY	THERMAL PROPERTIES OF MATTER
	06-01-2024	SATURDAY	REVISION
	07-01-2024	SUNDAY	UNIT TEST-10
WEEK 17	08-01-2024	MONDAY	REVISION
	09-01-2024	TUESDAY	
	10-01-2024	WEDNESDAY	
	11-01-2024	THURSDAY	
	12-01-2024	FRIDAY	PONGAL

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	13-01-2024	SATURDAY	REVISION
	14-01-2024	SUNDAY	
WEEK 18	15-01-2024	MONDAY	
	16-01-2024	TUESDAY	
	17-01-2024	WEDNESDAY	
	18-01-2024	THURSDAY	
	19-01-2024	FRIDAY	
	20-01-2024	SATURDAY	
	21-01-2024	SUNDAY	GCT-05
WEEK 19	22-01-2024	MONDAY	THERMODYNAMICS
	23-01-2024	TUESDAY	THERMODYNAMICS
	24-01-2024	WEDNESDAY	THERMODYNAMICS
	25-01-2024	THURSDAY	THERMODYNAMICS
	26-01-2024	FRIDAY	THERMODYNAMICS
	27-01-2024	SATURDAY	REVISION
	28-01-2024	SUNDAY	UNIT TEST-11
WEEK 20	29-01-2024	MONDAY	KINETIC THEORY OF GASES
	30-01-2024	TUESDAY	KINETIC THEORY OF GASES
	31-01-2024	WEDNESDAY	KINETIC THEORY OF GASES
	01-02-2024	THURSDAY	KINETIC THEORY OF GASES
	02-02-2024	FRIDAY	KINETIC THEORY OF GASES
	03-02-2024	SATURDAY	REVISION
	04-02-2024	SUNDAY	UNIT TEST-12
WEEK 21	05-02-2024	MONDAY	OSCILLATIONS
	06-02-2024	TUESDAY	OSCILLATIONS

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	07-02-2024	WEDNESDAY	OSCILLATIONS
	08-02-2024	THURSDAY	OSCILLATIONS
	09-02-2024	FRIDAY	OSCILLATIONS
	10-02-2024	SATURDAY	REVISION
	11-02-2024	SUNDAY	UNIT TEST-13
WEEK 22	12-02-2024	MONDAY	WAVE MOTION
	13-02-2024	TUESDAY	WAVE MOTION
	14-02-2024	WEDNESDAY	WAVE MOTION
	15-02-2024	THURSDAY	WAVE MOTION
	16-02-2024	FRIDAY	WAVE MOTION
	17-02-2024	SATURDAY	REVISION
	18-02-2024	SUNDAY	GCT-06
WEEK 23	19-02-2024	MONDAY	FURTHER FULL PORTION REVISION & TEST
	20-02-2024	TUESDAY	
	21-02-2024	WEDNESDAY	
	22-02-2024	THURSDAY	
	23-02-2024	FRIDAY	
	24-02-2024	SATURDAY	
	25-02-2024	SUNDAY	

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