



FOUNDATION | ADMISSIONS OPEN 2026–27

Course Brochure & Session Planner

NEET Foundation

An early edge: strong NCERT science fundamentals, aptitude and NEET habits — alongside school.



THE YUS NEET TEAM

183

Planned sessions

26 + 30

Teaching weeks

13

Monthly & exam tests

₹ 19,999

Course fee

Ideal for: Class 9–10 students · 1-hour sessions · AI-based test portal included

Call 9087095100 | www.yourunlearningspace.com

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Programme at a glance

Who it's for, what you get and how every class connects to the AI test portal.

183	26 + 30	189.5	13	₹ 19,999
planned sessions	weeks	contact hours	monthly & exam tests	course fee

WHO IT'S FOR

Class 9–10 students. An early edge: strong NCERT science fundamentals, aptitude and NEET habits — alongside school.

WHAT YOU GET

- NCERT-aligned concept building in Physics, Chemistry and Biology (Class 9 and Class 10)
- AI quizzes after every chapter that sharpen aptitude and scientific reasoning
- Support for school and board exams, with a revision block before each annual / board exam
- A NEET Bridge module at the end of each year that links school chapters to the NEET Class 11 syllabus
- Monthly cumulative tests on the AI portal and term-wise parent progress reports

PROGRAMME FEATURES

Feature	NEET Foundation
AI-based test portal	✓ Included
Chapter-wise AI tests	✓ Included
Full-length NEET mocks	Intro
AI analytics & weak-topic report	Basic
Adaptive personalised practice	— Not included
Rank & percentile predictor	— Not included
Live interactive classes	✓ Included

Feature	NEET Foundation
Recorded lectures	✓ Included
School / board exam support	✓ Included
PYQ & revision bootcamp	— Not included
Doubt clearing	Chat
Personal mentor	— Not included
Parent progress reports	Term-wise
Motivation & stress coaching	— Not included

THE ACTIVE LEARNING LOOP BEHIND EVERY SESSION

1 Test Attempt NEET-pattern chapter tests and full mocks	2 Analyse AI breaks down accuracy, speed and error types	3 Practise Targeted questions for exactly your weak topics	4 Improve Retest, track growth and climb your rank band
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Course plan

How the programme is structured – phases, session mix and the weekly rhythm.

PHASES

23 wks		3 wks	25 wks		5 wks
Week 1			56 weeks		
Phase	Weeks	Sessions	What happens		
Class 9 — Concept Building	Cl.9 W1 – Cl.9 W23 23 weeks	77	NCERT Class 9 Science chapter by chapter: concept sessions, an NCERT/exemplar/HOTS session and an AI quiz for each chapter; monthly AI test.		
Class 9 — Annual Exam Revision & NEET Bridge	Cl.9 W24 – Cl.9 W26 3 weeks	7	School annual-exam revision and mock, then a short NEET Bridge linking Class 9 topics to NEET chapters.		
Class 10 — Concept Building	Cl.10 W1 – Cl.10 W25 25 weeks	86	NCERT Class 10 Science with the same chapter cycle and monthly AI tests.		
Class 10 — Board Exam Revision & NEET Bridge	Cl.10 W26 – Cl.10 W30 5 weeks	13	Board-exam revision and a board-pattern mock, then a NEET Bridge module that previews Class 11 NEET topics.		

SESSION MIX

Session type	Sessions	Share	
New Teaching	91	50%	
Practice / DPP	25	14%	
AI Quiz	25	14%	
Monthly Test	13	7%	
Test Discussion	11	6%	
School Exam Revision	9	5%	
NEET Bridge	9	5%	
Total	183		

Monthly tests and exam mocks are 1.5-hour blocks; every other session is 1 hour.

SUBJECT-WISE TEACHING SESSIONS

Subject	New Teaching	Practice / DPP	AI Quiz	School Exam Revision	NEET Bridge	Total
Physics	34	9	9	3	3	58
Chemistry	30	8	8	3	3	52
Biology	27	8	8	3	3	49

A TYPICAL WEEK

3 live sessions a week (Tue · Thu · Sat) rotating Physics → Chemistry → Biology, plus a monthly AI test on the 4th Sunday. Light enough to run alongside school.

Cl.9 W4	Slot 1	Slot 2
Tue	Physics Motion · New Teaching	
Thu	Chemistry Matter in Our Surroundings · Practice / DPP	
Sat	Biology The Fundamental Unit of Life · New Teaching	
Sun	All Subjects Monthly Test · Monthly Test	All Subjects Test Discussion · Test Discussion

Sample week taken from the plan (Class 9 — Concept Building).

This programme isn't covered by the NEET session planner (which starts at Class 11), so its plan is built from the rationalised NCERT Class 9 and Class 10 Science syllabus.

Each chapter = one session per micro-topic + one NCERT/exemplar/HOTS session + one AI-quizzing session.

Chapter-wise allocation

Sessions each chapter receives in this programme, and the weeks in which it is taught.

Cl.	Physics — chapter	Teach	Prac.	Quiz	Total	Taught in
9	Motion	4	1	1	6	Cl.9 W1–W6
9	Force and Laws of Motion	4	1	1	6	Cl.9 W7–W12
9	Gravitation	4	1	1	6	Cl.9 W13–W18
9	Work and Energy	3	1	1	5	Cl.9 W18–W20
9	Sound	3	1	1	5	Cl.9 W21–W23
10	Light — Reflection and Refraction	5	1	1	7	Cl.10 W1–W7
10	The Human Eye and the Colourful World	3	1	1	5	Cl.10 W8–W12
10	Electricity	5	1	1	7	Cl.10 W13–W19
10	Magnetic Effects of Electric Current	3	1	1	5	Cl.10 W20–W24
	Total	34	9	9	52	

Cl.	Chemistry — chapter	Teach	Prac.	Quiz	Total	Taught in
9	Matter in Our Surroundings	3	1	1	5	Cl.9 W1–W5
9	Is Matter Around Us Pure?	3	1	1	5	Cl.9 W6–W10
9	Atoms and Molecules	4	1	1	6	Cl.9 W11–W16
9	Structure of the Atom	4	1	1	6	Cl.9 W17–W22
10	Chemical Reactions and Equations	3	1	1	5	Cl.10 W1–W5
10	Acids, Bases and Salts	4	1	1	6	Cl.10 W6–W11
10	Metals and Non-metals	4	1	1	6	Cl.10 W12–W17
10	Carbon and its Compounds	5	1	1	7	Cl.10 W18–W24
	Total	30	8	8	46	

Cl.	Biology — chapter	Teach	Prac.	Quiz	Total	Taught in
9	The Fundamental Unit of Life	4	1	1	6	Cl.9 W1–W6
9	Tissues	4	1	1	6	Cl.9 W7–W12
9	Improvement in Food Resources	3	1	1	5	Cl.9 W13–W17
10	Life Processes	5	1	1	7	Cl.10 W1–W7
10	Control and Coordination	3	1	1	5	Cl.10 W8–W12
10	How do Organisms Reproduce?	4	1	1	6	Cl.10 W13–W18
10	Heredity	2	1	1	4	Cl.10 W19–W22
10	Our Environment	2	1	1	4	Cl.10 W23–W25
	Total	27	8	8	43	

Week-by-week plan

What each subject covers every week. Map Week 1 to your batch start date to get the live class calendar.

Week	Phase	Physics	Chemistry	Biology	Tests & other	Hrs
CI.9 W1	Class 9 — Concept Building	Motion ×1	Matter in Our Surroundings ×1	The Fundamental Unit of Life ×1		3
CI.9 W2		Motion ×1	Matter in Our Surroundings ×1	The Fundamental Unit of Life ×1		3
CI.9 W3		Motion ×1	Matter in Our Surroundings ×1	The Fundamental Unit of Life ×1		3
CI.9 W4		Motion ×1	Matter in Our Surroundings ×1	The Fundamental Unit of Life ×1	Monthly Test Test Discussion	5.5
CI.9 W5		Motion ×1	Matter in Our Surroundings ×1	The Fundamental Unit of Life ×1		3
CI.9 W6		Motion ×1	Is Matter Around Us Pure? ×1	The Fundamental Unit of Life ×1		3
CI.9 W7		Force and Laws of Motion ×1	Is Matter Around Us Pure? ×1	Tissues ×1		3
CI.9 W8		Force and Laws of Motion ×1	Is Matter Around Us Pure? ×1	Tissues ×1	Monthly Test Test Discussion	5.5
CI.9 W9		Force and Laws of Motion ×1	Is Matter Around Us Pure? ×1	Tissues ×1		3
CI.9 W10		Force and Laws of Motion ×1	Is Matter Around Us Pure? ×1	Tissues ×1		3
CI.9 W11		Force and Laws of Motion ×1	Atoms and Molecules ×1	Tissues ×1		3
CI.9 W12		Force and Laws of Motion ×1	Atoms and Molecules ×1	Tissues ×1	Monthly Test Test Discussion	5.5
CI.9 W13		Gravitation ×1	Atoms and Molecules ×1	Improvement in Food Resources ×1		3
CI.9 W14		Gravitation ×1	Atoms and Molecules ×1	Improvement in Food Resources ×1		3
CI.9 W15		Gravitation ×1	Atoms and Molecules ×1	Improvement in Food Resources ×1		3
CI.9 W16		Gravitation ×1	Atoms and Molecules ×1	Improvement in Food Resources ×1	Monthly Test Test Discussion	5.5
CI.9 W17		Gravitation ×1	Structure of the Atom ×1	Improvement in Food Resources ×1		3
CI.9 W18		Gravitation ×1 Work and Energy ×1	Structure of the Atom ×1			3
CI.9 W19		Work and Energy ×2	Structure of the Atom ×1			3
CI.9 W20		Work and Energy ×2	Structure of the Atom ×1		Monthly Test Test Discussion	5.5
CI.9 W21	Class 9 — Annual Exam Revision & NEET Bridge	Sound ×2	Structure of the Atom ×1			3
CI.9 W22		Sound ×2	Structure of the Atom ×1			3
CI.9 W23		Sound ×1				1
CI.9 W24		Annual Exam Revision ×1	Annual Exam Revision ×1	Annual Exam Revision ×1		3
CI.9 W25		NEET Bridge ×1	NEET Bridge ×1		Monthly Test	3.5
CI.9 W26				NEET Bridge ×1		1
CI.10 W1	Class 10 — Concept Building	Light — Reflection and Refraction ×1	Chemical Reactions and Equations ×1	Life Processes ×1		3
CI.10 W2		Light — Reflection and Refraction ×1	Chemical Reactions and Equations ×1	Life Processes ×1		3
CI.10 W3		Light — Reflection and Refraction ×1	Chemical Reactions and Equations ×1	Life Processes ×1		3

Week	Phase	Physics	Chemistry	Biology	Tests & other	Hrs
CI.10 W4		Light — Reflection and Refraction ×1	Chemical Reactions and Equations ×1	Life Processes ×1	Monthly Test Test Discussion	5.5
CI.10 W5		Light — Reflection and Refraction ×1	Chemical Reactions and Equations ×1	Life Processes ×1		3
CI.10 W6		Light — Reflection and Refraction ×1	Acids, Bases and Salts ×1	Life Processes ×1		3
CI.10 W7		Light — Reflection and Refraction ×1	Acids, Bases and Salts ×1	Life Processes ×1		3
CI.10 W8		The Human Eye and the Colourful World ×1	Acids, Bases and Salts ×1	Control and Coordination ×1	Monthly Test Test Discussion	5.5
CI.10 W9		The Human Eye and the Colourful World ×1	Acids, Bases and Salts ×1	Control and Coordination ×1		3
CI.10 W10		The Human Eye and the Colourful World ×1	Acids, Bases and Salts ×1	Control and Coordination ×1		3
CI.10 W11		The Human Eye and the Colourful World ×1	Acids, Bases and Salts ×1	Control and Coordination ×1		3
CI.10 W12		The Human Eye and the Colourful World ×1	Metals and Non-metals ×1	Control and Coordination ×1	Monthly Test Test Discussion	5.5
CI.10 W13		Electricity ×1	Metals and Non-metals ×1	How do Organisms Reproduce? ×1		3
CI.10 W14		Electricity ×1	Metals and Non-metals ×1	How do Organisms Reproduce? ×1		3
CI.10 W15		Electricity ×1	Metals and Non-metals ×1	How do Organisms Reproduce? ×1		3
CI.10 W16		Electricity ×1	Metals and Non-metals ×1	How do Organisms Reproduce? ×1	Monthly Test Test Discussion	5.5
CI.10 W17		Electricity ×1	Metals and Non-metals ×1	How do Organisms Reproduce? ×1		3
CI.10 W18		Electricity ×1	Carbon and its Compounds ×1	How do Organisms Reproduce? ×1		3
CI.10 W19		Electricity ×1	Carbon and its Compounds ×1	Heredity ×1		3
CI.10 W20		Magnetic Effects of Electric Current ×1	Carbon and its Compounds ×1	Heredity ×1	Monthly Test Test Discussion	5.5
CI.10 W21		Magnetic Effects of Electric Current ×1	Carbon and its Compounds ×1	Heredity ×1		3
CI.10 W22		Magnetic Effects of Electric Current ×1	Carbon and its Compounds ×1	Heredity ×1		3
CI.10 W23		Magnetic Effects of Electric Current ×1	Carbon and its Compounds ×1	Our Environment ×1		3
CI.10 W24		Magnetic Effects of Electric Current ×1	Carbon and its Compounds ×1	Our Environment ×1	Monthly Test Test Discussion	5.5
CI.10 W25				Our Environment ×2		2
CI.10 W26	Class 10 — Board Exam Revision & NEET Bridge	Board Exam Revision ×2	Board Exam Revision ×1			3
CI.10 W27			Board Exam Revision ×1	Board Exam Revision ×2		3
CI.10 W28		NEET Bridge ×1	NEET Bridge ×1		Monthly Test	3.5
CI.10 W29		NEET Bridge ×1	NEET Bridge ×1	NEET Bridge ×1		3
CI.10 W30				NEET Bridge ×1		1

×n = number of 1-hour sessions on that chapter in the week. (rev) = revision-pass session. +test = includes the chapter test.

Full session-by-session plan

Every planned session in order — 183 in total. One row = one session.

Source: Derived plan: rationalised NCERT Class 9 & 10 Science, mapped forward to the NEET syllabus. Sessions are numbered in calendar order. Day 1 = Monday.

#	Week	Day	Subj	Chapter / Unit	Micro-topics covered	Type	Mode · Duration
1	Cl.9 W1	Tue	Phy	Motion	Distance & displacement, uniform and non-uniform motion	New Teaching	Live · 1 h
2	Cl.9 W1	Thu	Chem	Matter in Our Surroundings	Physical nature and characteristics of particles of matter	New Teaching	Live · 1 h
3	Cl.9 W1	Sat	Bio	The Fundamental Unit of Life	Discovery of the cell, cell theory, prokaryotic vs eukaryotic cells	New Teaching	Live · 1 h
4	Cl.9 W2	Tue	Phy	Motion	Speed, velocity & acceleration	New Teaching	Live · 1 h
5	Cl.9 W2	Thu	Chem	Matter in Our Surroundings	States of matter, interconversion, latent heat	New Teaching	Live · 1 h
6	Cl.9 W2	Sat	Bio	The Fundamental Unit of Life	Plasma membrane, cell wall, diffusion & osmosis	New Teaching	Live · 1 h
7	Cl.9 W3	Tue	Phy	Motion	Distance-time and velocity-time graphs	New Teaching	Live · 1 h
8	Cl.9 W3	Thu	Chem	Matter in Our Surroundings	Evaporation and factors affecting it	New Teaching	Live · 1 h
9	Cl.9 W3	Sat	Bio	The Fundamental Unit of Life	Nucleus, cytoplasm, ER and Golgi apparatus	New Teaching	Live · 1 h
10	Cl.9 W4	Tue	Phy	Motion	Equations of motion by graphical method, uniform circular motion	New Teaching	Live · 1 h
11	Cl.9 W4	Thu	Chem	Matter in Our Surroundings	NCERT exercises, exemplar & HOTS questions — Matter in Our Surroundings	Practice / DPP	Live · 1 h
12	Cl.9 W4	Sat	Bio	The Fundamental Unit of Life	Lysosomes, mitochondria, plastids, vacuoles; cell division overview	New Teaching	Live · 1 h
13	Cl.9 W4	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
14	Cl.9 W4	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
15	Cl.9 W5	Tue	Phy	Motion	NCERT exercises, exemplar & HOTS questions — Motion	Practice / DPP	Live · 1 h
16	Cl.9 W5	Thu	Chem	Matter in Our Surroundings	AI quiz + aptitude & reasoning practice — Matter in Our Surroundings	AI Quiz	AI portal · 1 h
17	Cl.9 W5	Sat	Bio	The Fundamental Unit of Life	NCERT exercises, exemplar & HOTS questions — The Fundamental Unit of Life	Practice / DPP	Live · 1 h
18	Cl.9 W6	Tue	Phy	Motion	AI quiz + aptitude & reasoning practice — Motion	AI Quiz	AI portal · 1 h
19	Cl.9 W6	Thu	Chem	Is Matter Around Us Pure?	Mixtures, solutions & concentration	New Teaching	Live · 1 h
20	Cl.9 W6	Sat	Bio	The Fundamental Unit of Life	AI quiz + aptitude & reasoning practice — The Fundamental Unit of Life	AI Quiz	AI portal · 1 h
21	Cl.9 W7	Tue	Phy	Force and Laws of Motion	Balanced & unbalanced forces, first law of motion, inertia	New Teaching	Live · 1 h
22	Cl.9 W7	Thu	Chem	Is Matter Around Us Pure?	Suspensions and colloids	New Teaching	Live · 1 h
23	Cl.9 W7	Sat	Bio	Tissues	Plant tissues — meristematic tissue	New Teaching	Live · 1 h
24	Cl.9 W8	Tue	Phy	Force and Laws of Motion	Momentum, second law of motion, $F = ma$ numericals	New Teaching	Live · 1 h
25	Cl.9 W8	Thu	Chem	Is Matter Around Us Pure?	Physical and chemical changes, pure substances	New Teaching	Live · 1 h
26	Cl.9 W8	Sat	Bio	Tissues	Permanent tissues — simple & complex	New Teaching	Live · 1 h
27	Cl.9 W8	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
28	Cl.9 W8	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
29	Cl.9 W9	Tue	Phy	Force and Laws of Motion	Third law of motion — action and reaction	New Teaching	Live · 1 h
30	Cl.9 W9	Thu	Chem	Is Matter Around Us Pure?	NCERT exercises, exemplar & HOTS questions — Is Matter Around Us Pure?	Practice / DPP	Live · 1 h
31	Cl.9 W9	Sat	Bio	Tissues	Animal tissues — epithelial & connective	New Teaching	Live · 1 h

#	Week	Day	Subj	Chapter / Unit	Micro-topics covered	Type	Mode · Duration
32	Cl.9 W10	Tue	Phy	Force and Laws of Motion	Conservation of momentum, applications	New Teaching	Live · 1 h
33	Cl.9 W10	Thu	Chem	Is Matter Around Us Pure?	AI quiz + aptitude & reasoning practice — Is Matter Around Us Pure?	AI Quiz	AI portal · 1 h
34	Cl.9 W10	Sat	Bio	Tissues	Muscular and nervous tissue	New Teaching	Live · 1 h
35	Cl.9 W11	Tue	Phy	Force and Laws of Motion	NCERT exercises, exemplar & HOTS questions — Force and Laws of Motion	Practice / DPP	Live · 1 h
36	Cl.9 W11	Thu	Chem	Atoms and Molecules	Laws of chemical combination	New Teaching	Live · 1 h
37	Cl.9 W11	Sat	Bio	Tissues	NCERT exercises, exemplar & HOTS questions — Tissues	Practice / DPP	Live · 1 h
38	Cl.9 W12	Tue	Phy	Force and Laws of Motion	AI quiz + aptitude & reasoning practice — Force and Laws of Motion	AI Quiz	AI portal · 1 h
39	Cl.9 W12	Thu	Chem	Atoms and Molecules	Atoms, symbols, atomic mass	New Teaching	Live · 1 h
40	Cl.9 W12	Sat	Bio	Tissues	AI quiz + aptitude & reasoning practice — Tissues	AI Quiz	AI portal · 1 h
41	Cl.9 W12	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
42	Cl.9 W12	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
43	Cl.9 W13	Tue	Phy	Gravitation	Universal law of gravitation and its importance	New Teaching	Live · 1 h
44	Cl.9 W13	Thu	Chem	Atoms and Molecules	Molecules, ions and writing chemical formulae	New Teaching	Live · 1 h
45	Cl.9 W13	Sat	Bio	Improvement in Food Resources	Crop variety improvement & nutrient management	New Teaching	Live · 1 h
46	Cl.9 W14	Tue	Phy	Gravitation	Free fall, acceleration due to gravity, mass vs weight	New Teaching	Live · 1 h
47	Cl.9 W14	Thu	Chem	Atoms and Molecules	Molecular mass & formula unit mass — numericals	New Teaching	Live · 1 h
48	Cl.9 W14	Sat	Bio	Improvement in Food Resources	Crop protection and storage of grains	New Teaching	Live · 1 h
49	Cl.9 W15	Tue	Phy	Gravitation	Thrust & pressure, buoyancy	New Teaching	Live · 1 h
50	Cl.9 W15	Thu	Chem	Atoms and Molecules	NCERT exercises, exemplar & HOTS questions — Atoms and Molecules	Practice / DPP	Live · 1 h
51	Cl.9 W15	Sat	Bio	Improvement in Food Resources	Animal husbandry — cattle, poultry, fish & bee-keeping	New Teaching	Live · 1 h
52	Cl.9 W16	Tue	Phy	Gravitation	Archimedes' principle, relative density	New Teaching	Live · 1 h
53	Cl.9 W16	Thu	Chem	Atoms and Molecules	AI quiz + aptitude & reasoning practice — Atoms and Molecules	AI Quiz	AI portal · 1 h
54	Cl.9 W16	Sat	Bio	Improvement in Food Resources	NCERT exercises, exemplar & HOTS questions — Improvement in Food Resources	Practice / DPP	Live · 1 h
55	Cl.9 W16	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
56	Cl.9 W16	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
57	Cl.9 W17	Tue	Phy	Gravitation	NCERT exercises, exemplar & HOTS questions — Gravitation	Practice / DPP	Live · 1 h
58	Cl.9 W17	Thu	Chem	Structure of the Atom	Charged particles in matter, Thomson's model	New Teaching	Live · 1 h
59	Cl.9 W17	Sat	Bio	Improvement in Food Resources	AI quiz + aptitude & reasoning practice — Improvement in Food Resources	AI Quiz	AI portal · 1 h
60	Cl.9 W18	Tue	Phy	Gravitation	AI quiz + aptitude & reasoning practice — Gravitation	AI Quiz	AI portal · 1 h
61	Cl.9 W18	Thu	Chem	Structure of the Atom	Rutherford's and Bohr's models	New Teaching	Live · 1 h
62	Cl.9 W18	Sat	Phy	Work and Energy	Work done by a constant force	New Teaching	Live · 1 h
63	Cl.9 W19	Tue	Phy	Work and Energy	Kinetic & potential energy, conservation of energy	New Teaching	Live · 1 h
64	Cl.9 W19	Thu	Chem	Structure of the Atom	Distribution of electrons in shells, valency	New Teaching	Live · 1 h
65	Cl.9 W19	Sat	Phy	Work and Energy	Rate of doing work — power, commercial unit of energy	New Teaching	Live · 1 h
66	Cl.9 W20	Tue	Phy	Work and Energy	NCERT exercises, exemplar & HOTS questions — Work and Energy	Practice / DPP	Live · 1 h
67	Cl.9 W20	Thu	Chem	Structure of the Atom	Atomic number, mass number, isotopes & isobars	New Teaching	Live · 1 h

#	Week	Day	Subj	Chapter / Unit	Micro-topics covered	Type	Mode · Duration
68	Cl.9 W20	Sat	Phy	Work and Energy	AI quiz + aptitude & reasoning practice – Work and Energy	AI Quiz	AI portal · 1 h
69	Cl.9 W20	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
70	Cl.9 W20	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
71	Cl.9 W21	Tue	Phy	Sound	Production & propagation of sound, longitudinal waves	New Teaching	Live · 1 h
72	Cl.9 W21	Thu	Chem	Structure of the Atom	NCERT exercises, exemplar & HOTS questions – Structure of the Atom	Practice / DPP	Live · 1 h
73	Cl.9 W21	Sat	Phy	Sound	Characteristics of sound – frequency, amplitude, speed	New Teaching	Live · 1 h
74	Cl.9 W22	Tue	Phy	Sound	Reflection of sound, echo, range of hearing, ultrasound & uses	New Teaching	Live · 1 h
75	Cl.9 W22	Thu	Chem	Structure of the Atom	AI quiz + aptitude & reasoning practice – Structure of the Atom	AI Quiz	AI portal · 1 h
76	Cl.9 W22	Sat	Phy	Sound	NCERT exercises, exemplar & HOTS questions – Sound	Practice / DPP	Live · 1 h
77	Cl.9 W23	Tue	Phy	Sound	AI quiz + aptitude & reasoning practice – Sound	AI Quiz	AI portal · 1 h
78	Cl.9 W24	Tue	Phy	Annual Exam Revision	Annual Exam revision – Physics key concepts & previous papers	School Exam Revision	Live · 1 h
79	Cl.9 W24	Thu	Chem	Annual Exam Revision	Annual Exam revision – Chemistry key concepts & previous papers	School Exam Revision	Live · 1 h
80	Cl.9 W24	Sat	Bio	Annual Exam Revision	Annual Exam revision – Biology key concepts & previous papers	School Exam Revision	Live · 1 h
81	Cl.9 W25	Tue	All	Annual Exam Revision	Annual Exam-pattern full mock test	Monthly Test	AI portal · 1.5 h
82	Cl.9 W25	Thu	Phy	NEET Bridge	From Motion to NEET Kinematics – vectors and graphs preview	NEET Bridge	Live · 1 h
83	Cl.9 W25	Sat	Chem	NEET Bridge	From Atoms & Molecules to the mole concept – preview	NEET Bridge	Live · 1 h
84	Cl.9 W26	Tue	Bio	NEET Bridge	From Cells & Tissues to NEET Cell Biology – NCERT line-by-line MCQs	NEET Bridge	Live · 1 h
85	Cl.10 W1	Tue	Phy	Light – Reflection and Refraction	Reflection, spherical mirrors, image formation	New Teaching	Live · 1 h
86	Cl.10 W1	Thu	Chem	Chemical Reactions and Equations	Writing and balancing chemical equations	New Teaching	Live · 1 h
87	Cl.10 W1	Sat	Bio	Life Processes	Nutrition – autotrophic and heterotrophic	New Teaching	Live · 1 h
88	Cl.10 W2	Tue	Phy	Light – Reflection and Refraction	Mirror formula and magnification	New Teaching	Live · 1 h
89	Cl.10 W2	Thu	Chem	Chemical Reactions and Equations	Types of chemical reactions	New Teaching	Live · 1 h
90	Cl.10 W2	Sat	Bio	Life Processes	Nutrition in human beings	New Teaching	Live · 1 h
91	Cl.10 W3	Tue	Phy	Light – Reflection and Refraction	Refraction, laws of refraction, refractive index	New Teaching	Live · 1 h
92	Cl.10 W3	Thu	Chem	Chemical Reactions and Equations	Oxidation & reduction, corrosion and rancidity	New Teaching	Live · 1 h
93	Cl.10 W3	Sat	Bio	Life Processes	Respiration	New Teaching	Live · 1 h
94	Cl.10 W4	Tue	Phy	Light – Reflection and Refraction	Spherical lenses and image formation	New Teaching	Live · 1 h
95	Cl.10 W4	Thu	Chem	Chemical Reactions and Equations	NCERT exercises, exemplar & HOTS questions – Chemical Reactions and Equations	Practice / DPP	Live · 1 h
96	Cl.10 W4	Sat	Bio	Life Processes	Transportation in humans and plants	New Teaching	Live · 1 h
97	Cl.10 W4	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
98	Cl.10 W4	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
99	Cl.10 W5	Tue	Phy	Light – Reflection and Refraction	Lens formula, magnification and power of a lens	New Teaching	Live · 1 h
100	Cl.10 W5	Thu	Chem	Chemical Reactions and Equations	AI quiz + aptitude & reasoning practice – Chemical Reactions and Equations	AI Quiz	AI portal · 1 h
101	Cl.10 W5	Sat	Bio	Life Processes	Excretion in humans and plants	New Teaching	Live · 1 h
102	Cl.10 W6	Tue	Phy	Light – Reflection and Refraction	NCERT exercises, exemplar & HOTS questions – Light – Reflection and Refraction	Practice / DPP	Live · 1 h

#	Week	Day	Subj	Chapter / Unit	Micro-topics covered	Type	Mode · Duration
103	Cl.10 W6	Thu	Chem	Acids, Bases and Salts	Properties of acids and bases	New Teaching	Live · 1 h
104	Cl.10 W6	Sat	Bio	Life Processes	NCERT exercises, exemplar & HOTS questions – Life Processes	Practice / DPP	Live · 1 h
105	Cl.10 W7	Tue	Phy	Light – Reflection and Refraction	AI quiz + aptitude & reasoning practice – Light – Reflection and Refraction	AI Quiz	AI portal · 1 h
106	Cl.10 W7	Thu	Chem	Acids, Bases and Salts	Reactions with metals, carbonates and each other	New Teaching	Live · 1 h
107	Cl.10 W7	Sat	Bio	Life Processes	AI quiz + aptitude & reasoning practice – Life Processes	AI Quiz	AI portal · 1 h
108	Cl.10 W8	Tue	Phy	The Human Eye and the Colourful World	Human eye, power of accommodation	New Teaching	Live · 1 h
109	Cl.10 W8	Thu	Chem	Acids, Bases and Salts	pH scale and its importance	New Teaching	Live · 1 h
110	Cl.10 W8	Sat	Bio	Control and Coordination	Nervous system and reflex action	New Teaching	Live · 1 h
111	Cl.10 W8	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
112	Cl.10 W8	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
113	Cl.10 W9	Tue	Phy	The Human Eye and the Colourful World	Defects of vision and their correction	New Teaching	Live · 1 h
114	Cl.10 W9	Thu	Chem	Acids, Bases and Salts	Salts – common salt, bleaching powder, baking & washing soda, plaster of Paris	New Teaching	Live · 1 h
115	Cl.10 W9	Sat	Bio	Control and Coordination	Human brain; coordination in plants	New Teaching	Live · 1 h
116	Cl.10 W10	Tue	Phy	The Human Eye and the Colourful World	Refraction through a prism, dispersion, atmospheric refraction, scattering	New Teaching	Live · 1 h
117	Cl.10 W10	Thu	Chem	Acids, Bases and Salts	NCERT exercises, exemplar & HOTS questions – Acids, Bases and Salts	Practice / DPP	Live · 1 h
118	Cl.10 W10	Sat	Bio	Control and Coordination	Hormones in animals	New Teaching	Live · 1 h
119	Cl.10 W11	Tue	Phy	The Human Eye and the Colourful World	NCERT exercises, exemplar & HOTS questions – The Human Eye and the Colourful World	Practice / DPP	Live · 1 h
120	Cl.10 W11	Thu	Chem	Acids, Bases and Salts	AI quiz + aptitude & reasoning practice – Acids, Bases and Salts	AI Quiz	AI portal · 1 h
121	Cl.10 W11	Sat	Bio	Control and Coordination	NCERT exercises, exemplar & HOTS questions – Control and Coordination	Practice / DPP	Live · 1 h
122	Cl.10 W12	Tue	Phy	The Human Eye and the Colourful World	AI quiz + aptitude & reasoning practice – The Human Eye and the Colourful World	AI Quiz	AI portal · 1 h
123	Cl.10 W12	Thu	Chem	Metals and Non-metals	Physical properties of metals and non-metals	New Teaching	Live · 1 h
124	Cl.10 W12	Sat	Bio	Control and Coordination	AI quiz + aptitude & reasoning practice – Control and Coordination	AI Quiz	AI portal · 1 h
125	Cl.10 W12	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
126	Cl.10 W12	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
127	Cl.10 W13	Tue	Phy	Electricity	Electric charge, current and potential difference	New Teaching	Live · 1 h
128	Cl.10 W13	Thu	Chem	Metals and Non-metals	Chemical properties of metals, reactivity series	New Teaching	Live · 1 h
129	Cl.10 W13	Sat	Bio	How do Organisms Reproduce?	Importance of variation; modes of asexual reproduction	New Teaching	Live · 1 h
130	Cl.10 W14	Tue	Phy	Electricity	Circuit diagrams and Ohm's law	New Teaching	Live · 1 h
131	Cl.10 W14	Thu	Chem	Metals and Non-metals	Formation and properties of ionic compounds	New Teaching	Live · 1 h
132	Cl.10 W14	Sat	Bio	How do Organisms Reproduce?	Sexual reproduction in flowering plants	New Teaching	Live · 1 h
133	Cl.10 W15	Tue	Phy	Electricity	Factors affecting resistance, resistivity	New Teaching	Live · 1 h
134	Cl.10 W15	Thu	Chem	Metals and Non-metals	Occurrence and extraction of metals, corrosion	New Teaching	Live · 1 h
135	Cl.10 W15	Sat	Bio	How do Organisms Reproduce?	Human reproductive system	New Teaching	Live · 1 h
136	Cl.10 W16	Tue	Phy	Electricity	Resistors in series and parallel	New Teaching	Live · 1 h

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137	Cl.10 W16	Thu	Chem	Metals and Non-metals	NCERT exercises, exemplar & HOTS questions – Metals and Non-metals	Practice / DPP	Live · 1 h
138	Cl.10 W16	Sat	Bio	How do Organisms Reproduce?	Reproductive health	New Teaching	Live · 1 h
139	Cl.10 W16	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
140	Cl.10 W16	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
141	Cl.10 W17	Tue	Phy	Electricity	Heating effect of current, electric power	New Teaching	Live · 1 h
142	Cl.10 W17	Thu	Chem	Metals and Non-metals	AI quiz + aptitude & reasoning practice – Metals and Non-metals	AI Quiz	AI portal · 1 h
143	Cl.10 W17	Sat	Bio	How do Organisms Reproduce?	NCERT exercises, exemplar & HOTS questions – How do Organisms Reproduce?	Practice / DPP	Live · 1 h
144	Cl.10 W18	Tue	Phy	Electricity	NCERT exercises, exemplar & HOTS questions – Electricity	Practice / DPP	Live · 1 h
145	Cl.10 W18	Thu	Chem	Carbon and its Compounds	Covalent bonding in carbon compounds	New Teaching	Live · 1 h
146	Cl.10 W18	Sat	Bio	How do Organisms Reproduce?	AI quiz + aptitude & reasoning practice – How do Organisms Reproduce?	AI Quiz	AI portal · 1 h
147	Cl.10 W19	Tue	Phy	Electricity	AI quiz + aptitude & reasoning practice – Electricity	AI Quiz	AI portal · 1 h
148	Cl.10 W19	Thu	Chem	Carbon and its Compounds	Versatile nature of carbon – chains, rings, saturated & unsaturated	New Teaching	Live · 1 h
149	Cl.10 W19	Sat	Bio	Heredity	Accumulation of variation, Mendel's contributions	New Teaching	Live · 1 h
150	Cl.10 W20	Tue	Phy	Magnetic Effects of Electric Current	Magnetic field and field lines	New Teaching	Live · 1 h
151	Cl.10 W20	Thu	Chem	Carbon and its Compounds	Functional groups, homologous series and nomenclature	New Teaching	Live · 1 h
152	Cl.10 W20	Sat	Bio	Heredity	Sex determination and inheritance of traits	New Teaching	Live · 1 h
153	Cl.10 W20	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
154	Cl.10 W20	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
155	Cl.10 W21	Tue	Phy	Magnetic Effects of Electric Current	Field due to straight conductor, loop and solenoid	New Teaching	Live · 1 h
156	Cl.10 W21	Thu	Chem	Carbon and its Compounds	Chemical properties – combustion, oxidation, addition, substitution	New Teaching	Live · 1 h
157	Cl.10 W21	Sat	Bio	Heredity	NCERT exercises, exemplar & HOTS questions – Heredity	Practice / DPP	Live · 1 h
158	Cl.10 W22	Tue	Phy	Magnetic Effects of Electric Current	Force on a current-carrying conductor, Fleming's left-hand rule, domestic circuits	New Teaching	Live · 1 h
159	Cl.10 W22	Thu	Chem	Carbon and its Compounds	Ethanol, ethanoic acid, soaps and detergents	New Teaching	Live · 1 h
160	Cl.10 W22	Sat	Bio	Heredity	AI quiz + aptitude & reasoning practice – Heredity	AI Quiz	AI portal · 1 h
161	Cl.10 W23	Tue	Phy	Magnetic Effects of Electric Current	NCERT exercises, exemplar & HOTS questions – Magnetic Effects of Electric Current	Practice / DPP	Live · 1 h
162	Cl.10 W23	Thu	Chem	Carbon and its Compounds	NCERT exercises, exemplar & HOTS questions – Carbon and its Compounds	Practice / DPP	Live · 1 h
163	Cl.10 W23	Sat	Bio	Our Environment	Ecosystem, food chains & webs, trophic levels	New Teaching	Live · 1 h
164	Cl.10 W24	Tue	Phy	Magnetic Effects of Electric Current	AI quiz + aptitude & reasoning practice – Magnetic Effects of Electric Current	AI Quiz	AI portal · 1 h
165	Cl.10 W24	Thu	Chem	Carbon and its Compounds	AI quiz + aptitude & reasoning practice – Carbon and its Compounds	AI Quiz	AI portal · 1 h
166	Cl.10 W24	Sat	Bio	Our Environment	Ozone depletion and waste management	New Teaching	Live · 1 h
167	Cl.10 W24	Sun	All	Monthly AI Test	Cumulative monthly test on AI portal (Physics, Chemistry, Biology)	Monthly Test	AI portal · 1.5 h
168	Cl.10 W24	Sun	All	Monthly AI Test	Test discussion & weak-topic report review	Test Discussion	Live · 1 h
169	Cl.10 W25	Tue	Bio	Our Environment	NCERT exercises, exemplar & HOTS questions – Our Environment	Practice / DPP	Live · 1 h

#	Week	Day	Subj	Chapter / Unit	Micro-topics covered	Type	Mode · Duration
170	Cl.10 W25	Thu	Bio	Our Environment	AI quiz + aptitude & reasoning practice — Our Environment	AI Quiz	AI portal · 1 h
171	Cl.10 W26	Tue	Phy	Board Exam Revision	Board Exam revision — Physics key concepts & previous papers	School Exam Revision	Live · 1 h
172	Cl.10 W26	Thu	Phy	Board Exam Revision	Board Exam revision — Physics key concepts & previous papers	School Exam Revision	Live · 1 h
173	Cl.10 W26	Sat	Chem	Board Exam Revision	Board Exam revision — Chemistry key concepts & previous papers	School Exam Revision	Live · 1 h
174	Cl.10 W27	Tue	Chem	Board Exam Revision	Board Exam revision — Chemistry key concepts & previous papers	School Exam Revision	Live · 1 h
175	Cl.10 W27	Thu	Bio	Board Exam Revision	Board Exam revision — Biology key concepts & previous papers	School Exam Revision	Live · 1 h
176	Cl.10 W27	Sat	Bio	Board Exam Revision	Board Exam revision — Biology key concepts & previous papers	School Exam Revision	Live · 1 h
177	Cl.10 W28	Tue	All	Board Exam Revision	Board Exam—pattern full mock test	Monthly Test	AI portal · 1.5 h
178	Cl.10 W28	Thu	Phy	NEET Bridge	Units, dimensions & measurement — first look at NEET Physics	NEET Bridge	Live · 1 h
179	Cl.10 W28	Sat	Chem	NEET Bridge	Carbon compounds to organic chemistry basics (GOC) — preview	NEET Bridge	Live · 1 h
180	Cl.10 W29	Tue	Bio	NEET Bridge	Life Processes to NEET Human Physiology — chapter mapping	NEET Bridge	Live · 1 h
181	Cl.10 W29	Thu	Phy	NEET Bridge	Electricity to NEET Current Electricity — MCQ-style numericals	NEET Bridge	Live · 1 h
182	Cl.10 W29	Sat	Chem	NEET Bridge	Atomic structure & periodic trends — NEET preview	NEET Bridge	Live · 1 h
183	Cl.10 W30	Tue	Bio	NEET Bridge	Heredity to Principles of Inheritance — Mendelian crosses	NEET Bridge	Live · 1 h



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