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NEET 2025 45 Days Study Plan







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NEET UG 2025 45 Day Study Plan

The National Eligibility cum Entrance Test (NEET) is one of the most competitive medical entrance exams in India. To maximise performance, a well-structured 45day study plan is essential. This report outlines a detailed plan, ensuring comprehensive coverage of Biology, Physics, and Chemistry, along with revision and mock tests.

Study Approach

Conceptual Clarity	Cover fundamental and advanced topics in a systematic manner
Practice & Application	Solve previous years' questions and take mock tests.
Time Management	Allocate study hours efficiently to each subject.
Regular Revision	Revise concepts periodically to strengthen retention.
MCQ Practice	Solve at least 100-150 MCQs daily, focusing on past 35 years' NEET papers.





Daily Routine

6:00 AM - 7:00 AM	Morning revision of previous day's topics	
7:00 AM - 8:00 AM	Breakfast and relaxation	
8:00 AM - 11:00 AM	Biology concept learning & MCQs (50-60 questions)	
11:00 AM - 12:30 PM	Physics problem-solving (Numerical & Theory)	
12:30 PM - 1:30 PM	Lunch and short break	
1:30 PM - 4:30 PM	Chemistry concept learning & MCQs (50-60 questions)	
4:30 PM - 6:00 PM	Break, exercise, or light activity	
6:00 PM - 9:00 PM	Solve past NEET MCQs (100-150 questions daily)	
9:00 PM - 10:00 PM	Dinner & relaxation	
10:00 PM - 11:00 PM	Quick revision & short notes preparation	
11:00 PM	Sleep	





Week 1: Fundamentals & Concept Building

Day	Biology	Physics	Chemistry
1	The Living World, Biological Classification	Physical World, Units & Measurement	Some Basic Concepts of Chemistry
2	Plant Kingdom	Motion in a Straight Line	Structure of Atom
3	Animal Kingdom	Motion in a Plane	Classification of Elements & Periodicity
4	Morphology & Anatomy of Flowering Plants	Laws of Motion	Chemical Bonding & Molecular Structure
5	Structural Organisation in Animals	Work, Energy, and Power	States of Matter (Gases & Liquids)
6	Cell Structure & Components	Rotational Motion	Thermodynamics
7	Cell Cycle & Cell Division	Gravitation	Equilibrium





Week 2: Advanced Concepts & Problem Solving

Day	Biology	Physics	Chemistry
8	Transport in Plants	Mechanical Properties of Solids	Redox Reactions
9	Mineral Nutrition	Mechanical Properties of Fluids	Hydrogen
10	Photosynthesis	Thermal Properties of Matter	s-Block Elements
11	Respiration in Plants	Thermodynamics	p-Block Elements (Group 13-14)
12	Plant Growth & Development	Kinetic Theory	Organic Chemistry Basics
13	Digestion & Absorption	Oscillations	Hydrocarbons
14	Breathing & Exchange of Gases	Waves	Environmental Chemistry





Week 3: Human Physiology & Complex Topics

Day	Biology	Physics	Chemistry
15	Circulatory System	Electric Charges & Fields	Solid State
16	Excretion System	Electrostatic Potential & Capacitance	Solutions
17	Locomotion & Movement	Current Electricity	Electrochemistry
18	Neural Control & Coordination	Moving Charges & Magnetism	Chemical Kinetics
19	Hormonal Coordination	Magnetism & Matter	Surface Chemistry
20	Reproduction in Organisms	Electromagnetic Induction	Metallurgy
21	Sexual Reproduction in Plants	Alternating Current	p-Block Elements (Group 15-18)





Week 4: Intensive Practice & Full-Length Tests

Day	Biology	Physics	Chemistry
22	Human Reproduction	Electromagnetic Waves	d- and f-Block Elements
23	Genetics & Evolution	Ray Optics	Coordination Compounds
24	Environmental Issues & Ecology	Wave Optics	Haloalkanes & Haloarenes
25	Biotechnology & Microbes	Dual Nature of Matter	Alcohols, Phenols & Ethers
26	Structural Organization in Animals	Alternating Current	Thermodynamics
27	Revise High-Yield Concepts & Take 1 Full-Length Test	Electromagnetic Induction	Metallurgy
28	Solve past 5 years' NEET papers under timed conditions	Alternating Current	p-Block Elements (Group 15-18)
29	Final Revision of Weak Areas & Key Formulas		
30	Solve conceptual & tricky NEET-based questions		



Best Books For NEET 2025

Choosing the right books is a game-changer in your NEET preparation. While NCERT textbooks remain the foundation, additional reference books can help strengthen concepts, improve problem-solving speed, and enhance exam strategies.

The best books for NEET should:

 \checkmark Help clear fundamental concepts

 \checkmark Provide ample practice questions

 \checkmark Be recommended by experts and toppers

Here's a list of top-recommended books for NEET 2025:

Physics

- Concepts of Physics H.C. Verma
- Objective Physics D.C. Pandey
- Fundamentals of Physics Halliday, Resnick & Walker
- Fundamental Physics Pradeep Publications
- Problems in General Physics I.E. Irodov

Chemistry

- Physical Chemistry O.P. Tandon
- ABC of Chemistry for Classes 11 & 12 Modern Publications
- Concise Inorganic Chemistry J.D. Lee
- Dinesh Chemistry Guide

Practice Books:

- Inorganic Chemistry V.K. Jaiswal
- Organic Chemistry M.S. Chauhan
- Physical Chemistry N. Awasthi

Biology

- Biology Vol 1 & Vol 2 Trueman
- Objective Biology Dinesh
- Objective Botany Ansari
- Pradeep's Guide on Biology
- GRB Bathla Publications for Biology

Pro Tip: Master NCERT first, then use these books for advanced practice!







Expert Insights, Smart Strategies

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Practice Till You Succeed

Practice not only helps you achieve perfection but also reinforces your learning, making concepts permanent. The more you practice, the stronger your grasp on the subject.

Since time management is a crucial challenge in NEET, overcome it by consistently solving practice tests. Aim to complete mock tests in 2.5 hours instead of the allotted 3 hours—this will enhance your speed and accuracy under pressure. Identify weak areas where your performance needs improvement, revisit those topics, and practice them again until you master them. Regular mock tests and continuous practice should be an essential part of your NEET preparation strategy to ensure success.

Track Your Progress for NEET Success

Monitoring your progress is essential for effective NEET preparation. Keep a record of the time taken to solve each question and aim to reduce it with every practice session. The key to improvement is consistently performing better than yesterday. As you attempt more mock tests, your accuracy and confidence will improve significantly. Maintain a detailed report of your NEET preparation, updating it after every mock test. Over time, you'll notice fewer mistakes and faster problem-solving, which will keep you motivated and on track for success.

Health and Positivity: The Hidden Keys to NEET Success

While hard work is crucial for NEET preparation, maintaining good health is equally important. Overthinking about "How to crack NEET?" can lead to stress and negativity. Instead, channel your energy into productive actions. Follow these three fundamental success mantras:

- Z Eat well A nutritious diet keeps your brain sharp.
- Sleep properly Rest is essential for memory retention.
- Study smart Focused efforts yield better results.

Remember, "Impossible" is just "I-am-possible" in disguise. Shift your mindset from "I can't do it" to "I CAN do it".

To avoid burnout, take breaks—go for a walk, play a sport, listen to music, or read something inspiring. Motivate yourself with success stories and, most importantly, believe in yourself. Every small step counts, so stay positive and never give up!



Last 15 Days: Confidence Boosting & Final Touches

Do's and Don'ts for the Last 15 Days

🗸 Do's:

- Revise high-weightage chapters from NCERT.
- Take mock tests to simulate exam conditions.
- Keep short notes & formula sheets handy.
- Maintain a healthy sleep schedule.

X Don'ts:

- Avoid new topics.
- Don't stress over low-scoring mock tests.
- Limit social media usage to stay focused.

Day	Activity
31-35	Solve 60+ unsolved questions per chapter
36-40	Take 2 full-length mock tests per day
41-43	Revise diagrams, formulas & reaction mechanisms
44	Take 1 Final Mock Test & Relax

Days 31-45: Exam Readiness & Strategy

One Day Before the Exam

- Pack your essentials: Admit card, ID proof, pen, and water bottle.
- Revise lightly; avoid overloading your brain.
- Get 8+ hours of sleep.
- Stay calm and trust your preparation.

Conclusion

This 45-day plan ensures conceptual clarity, rigorous practice, and final exam readiness. Follow this plan diligently, and success in NEET 2025 is within reach! **Final Tip: Trust yourself, stay consistent, and go for it!**

Did You Know? Aditya's Costly Mistake: ₹40 Lakhs Lost Due to Lack of Counselling Awareness

Aditya, a passionate NEET aspirant, had a decent NEET score of 450 and was eligible for a Management Quota (MQ) seat in an open-state private medical college through counseling. However, unaware of the structured MQ counselling process, he assumed that direct admission was his only option and approached intermediaries for securing a seat.

While he could have obtained the same seat through official counselling at the standard tuition fee, he unknowingly skipped the process and ended up paying ₹40 lakhs as a capitation fee to secure admission in the same college. By the time he realised that he was eligible for the same seat through the transparent counselling process, it was too late—the counselling rounds had ended.

Aditya's experience underscores the importance of understanding open-state MQ counselling procedures and making informed choices to avoid unnecessary financial burdens.





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@keerthi Shetty

"NEET AI from HelloMedic has been a game-changer in my journey from test preparation to securing my MBBS seat. The AI-powered guidance was like having a personal mentor available 24/7.What amazed me was how it didn't just stop at test prep – it guided me through every step of NEET counselling, ensuring I made the best choices based on my rank and preferences. Thanks to HelloMedic's NEET AI, I am now proudly starting my MBBS journey at my dream college!"



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