



SSC GD and Police Syllabus Guide

CAPFs/SSF/Assam Rifles plus state police constable foundation | Ekadyu student handout

Use this for	First screening, weekly study planning and mentor discussion
Languages	English + Hindi student notes
Verified on	12 June 2026
Important	Always check the latest official notification before applying

Hindi note / हर्दी नोट

यह PDF तैयारी में मदद के लए है। आवेदन से पहले official notification में age, education, height, marks, vacancies और syllabus जरूर मल्लिएं।

SSC GD / CAPFs and Delhi Police Core

SSC publishes the official syllabus record under CAPFs and DP. The current notice decides application dates, vacancies, exam date and any pattern changes.

SSC की latest notice में dates, vacancies और pattern final होते हैं। Syllabus preparation नीचे दी गई है।

Part	Subject	What to study
A	General Intelligence and Reasoning	Analogies, similarities/differences, spatial visualization/orientation, visual memory, observation, relationship concepts, arithmetical reasoning, figural classification, number/non-verbal series, coding-decoding.
B	General Knowledge and General Awareness	Current events, India and neighbouring countries, sports, history, culture, geography, economy, general polity, Indian Constitution and scientific research.
C	Elementary Mathematics	Number systems, whole numbers, decimals/fractions, fundamental operations, percentage, ratio, average, interest, profit/loss, discount, mensuration, time-distance, ratio-time and time-work.
D	English/Hindi	Basic comprehension, grammar, vocabulary, sentence structure, synonyms/antonyms and language accuracy.

Exam-pattern check before every cycle

- Download the latest SSC GD notification from ssc.gov.in before filling the form.
- Confirm questions, marks, duration, negative marking and language options for that cycle.
- Use vacancies only from the current notice; do not rely on old seat numbers.

State Police Constable Foundation

State police syllabi differ by board and notification. This guide covers the common foundation for UP, J&K, Punjab, Haryana, Jharkhand, MP, Himachal and Delhi.

हर state की notification अलग हो सकती है। नीचे common foundation दिया है; apply करने से पहले state board notice देखें।

Area	Common topics	Notes for students
GK and Current Affairs	India, state history/geography, constitution basics, awards, sports, schemes, defence/police awareness.	Add state-specific GK every week.
Reasoning	Series, analogy, coding-decoding, direction, blood relation, classification, syllogism, figure problems.	Daily 25-question timed set.
Maths	Arithmetic, percentage, ratio, average, SI/CI, profit/loss, time-work, speed-distance, mensuration.	Focus on speed and accuracy.
Language	Hindi/English grammar, comprehension, vocabulary, spelling and sentence correction.	Use the language required in the notification.
Law/Constitution Basics	Fundamental rights/duties, basic IPC/CrPC awareness, traffic/public-safety basics where notified.	Only prepare legal topics specifically asked by the state board.
PST/PET	Height, chest, race, long jump/high jump or endurance event as notified.	Academic eligibility is separate from physical qualification.

State-by-State First Filters

State/UT	What to verify in the latest notice	Ekadyu first focus
Uttar Pradesh	UPPRPB age, category relaxation, height/chest and written-test pattern.	Hindi, GK, reasoning, maths and UP GK.
Jammu & Kashmir	JKSSB/Police domicile, age, physical standards and syllabus.	J&K; GK, constitution/current affairs, reasoning.
Punjab	Punjab Police board notice, height, run standard and Punjabi/English language requirements.	Punjab GK, Punjabi basics if notified, reasoning.
Haryana	HSSC/Police notice, CET/constable pattern if applicable and physical standards.	Haryana GK, Hindi, maths and reasoning.
Jharkhand	JSSC/Police notice, regional language requirements and physical events.	Jharkhand GK, language choice, maths and reasoning.
Madhya Pradesh	MPESB/Police notice, age, height/chest, written pattern and PET.	MP GK, Hindi, reasoning and arithmetic.
Himachal Pradesh	HP Police/HPPSC/board notice, hill-area standards and PET.	HP GK, Hindi/English and endurance prep.
Delhi	Delhi Police/SSC notice, PET/PMT standards and Delhi Police-specific paper sections.	SSC-style reasoning, GK, maths and language.

Six-Week SSC/Police Study Plan

Week	Academic work	Output
1	Baseline test: reasoning, maths, GK and language.	Mistake notebook; choose target entry/state.
2	Reasoning series, analogy, coding, direction and figure practice.	Five timed reasoning sets.
3	Arithmetic foundation: percentage, ratio, average, SI/CI, time-work.	Two maths sectional tests.
4	GK: constitution basics, history, geography, science and current affairs.	Daily current-affairs one-page notes.
5	Language: comprehension, grammar, spelling and vocabulary.	Two language tests; revise weak grammar.
6	Full mixed mock; physical event check; document checklist.	Final eligibility + PST/PET readiness review.

Student reminder / वदियार्थी याद रखें

Marks improve fastest when every wrong question is tagged as concept gap, speed issue, reading mistake or silly error.

हर गलत question को tag करें: concept gap, speed problem, reading mistake या silly error।

Official Source Notes

Source	Official reference used / verification note
SSC syllabus	https://ssc.gov.in/syllabus - official syllabus record includes CAPFs and DP syllabus PDF.
SSC notices	https://ssc.gov.in/notice-board - 22 May 2026 notice listed Constable (GD) CAPFs/SSF/Rifleman (GD) Assam Rifles Examination, 2026 schedule.
State police	Use only the latest official state police/recruitment-board notification for seats, age, PST/PET and final paper pattern.