RRB Pharmacist 2026 — Best 90-Day Study Plan

For **RRB Pharmacist (Entry Grade)**, your preparation should revolve around one fact: **Professional Ability/Pharmacy carries 70 of the 100 questions**, while General Awareness, General Science, and Arithmetic/Reasoning together account for the remaining 30. The CBT pattern being reported for CEN 05/2026 is **100 questions, 100 marks, 90 minutes, with 1/3 negative marking**.

The Pharmacist syllabus is broad and includes core subjects such as Human Anatomy & Physiology, Pharmaceutics, Pharmaceutical Chemistry, Pharmacology, Pharmacognosy, Pharmaceutical Analysis, Jurisprudence, Industrial Pharmacy, Biopharmaceutics, Pharmacy Practice, QA, Biotechnology, NDDS, Pharmacovigilance, Regulatory Science, and related B.Pharm subjects.

So the best 90-day strategy is:

60 Days — Complete Concepts + MCQs
20 Days — First & Second Revision + PYQs
10 Days — Full Mock Tests + Final Revision

🎯 90-Day Target

By Day 90, aim to have completed:

- **Complete Pharmacy syllabus – 2 revisions**
- **8,000–10,000 Pharmacy MCQs**
- **RRB Pharmacist/Paramedical PYQs**
- **30+ sectional tests**
- **15–20 full-length mock tests**
- Short notes/formula sheets
- One dedicated **Wrong Question Notebook**
- Current Affairs + General Science + Maths/Reasoning revision

The official Pharmacist syllabus is wide, so don't give every subject equal time. The priority order below is a **preparation strategy, not an official RRB subject-wise weightage**.

PHASE 1 — DAY 1–30

Build the Strong Foundation

Days 1–5 — Human Anatomy & Physiology

Cover:

- Cell and tissues
- Blood
- Cardiovascular system
- Respiratory system
- Digestive system
- Nervous system
- Endocrine system
- Urinary system
- Reproductive system
- Sense organs

Daily: 100–150 MCQs

Days 6–12 — Pharmaceutics

Focus strongly on:

- Dosage forms
- Prescription
- Posology
- Powders
- Liquid dosage forms
- Suspensions
- Emulsions
- Semisolids
- Suppositories

- Tablets
- Capsules
- Parenterals
- Ophthalmic preparations
- Pharmaceutical calculations
- Sterilization
- Packaging
- Stability
- Unit operations

Target: 700–1,000 MCQs

Days 13–16 — Pharmaceutical Chemistry

Combine:

Inorganic Chemistry

- Limit tests
- Gastrointestinal agents
- Electrolytes
- Dental products
- Antimicrobials
- Expectorants
- Haematinics

Organic/Medicinal Chemistry

- Functional groups
- Nomenclature
- Important reactions
- Drug structures

- SAR
- Drug classes

Days 17–24 — Pharmacology

This deserves a major chunk of preparation.

Cover:

- General Pharmacology
- ANS
- CNS
- CVS
- Blood
- Respiratory system
- GIT
- Endocrine pharmacology
- Chemotherapy
- Antibiotics
- Antitubercular drugs
- Antimalarials
- Antifungals
- Antivirals
- Anticancer drugs
- Toxicology

For every drug class remember:

Drug → Class → MOA → Uses → ADR → Contraindications → Important interaction

Target: 1,200+ MCQs

Days 25–28 — Pharmacognosy & Phytochemistry

Focus on:

- Biological sources
- Family
- Chemical constituents
- Uses
- Identification tests
- Adulterants
- Alkaloids
- Glycosides
- Tannins
- Volatile oils
- Resins
- Carbohydrates
- Natural fibres
- Herbal drugs

Create one-line tables:

Drug | Source | Family | Constituent | Use

Days 29–30 — Revision Test

No major new topic.

Revise:

- HAP
- Pharmaceutics
- Pharmacology
- Chemistry

- Pharmacognosy

Take:

2 × 100-question mixed tests

Analyse every incorrect answer.

PHASE 2 — DAY 31–60

Complete the Remaining Syllabus

Days 31–34 — Pharmaceutical Analysis

Cover:

- Acid-base titration
- Redox titration
- Precipitation titration
- Complexometric titration
- Gravimetric analysis
- Errors
- Accuracy and precision
- Indicators
- Buffers
- Basic instrumental analysis

Days 35–37 — Biochemistry + Pathophysiology

Study:

- Carbohydrates
- Proteins
- Lipids
- Enzymes

- Vitamins
- Metabolism
- DNA/RNA
- Clinical biochemistry

Pathophysiology:

- Diabetes
- Hypertension
- Asthma
- Anaemia
- Renal disorders
- Liver disorders
- Inflammation
- Cancer

Days 38–40 — Pharmaceutical Microbiology + Biotechnology

Focus on:

- Bacteria
- Viruses
- Fungi
- Sterilization
- Disinfection
- Culture media
- Microbial assays
- Immunology
- Vaccines
- Recombinant DNA

- Biotechnology products

Days 41–43 — Pharmaceutical Jurisprudence

Very important factual area.

Study:

- Drugs & Cosmetics Act and Rules
- Pharmacy Act
- NDPS Act
- Drugs and Magic Remedies Act
- Medicinal & Toilet Preparations Act
- DPCO
- Schedules
- Drug licences
- Labelling
- Storage
- Prescription requirements

Make a separate sheet for:

Act – Year – Schedule – Form – Authority – Important Provision

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Days 44–46 — Industrial Pharmacy + Pharmaceutical Engineering

Cover:

- Tablets
- Capsules
- Coating
- Parenterals
- Production

- GMP
- Validation
- Pilot plant
- Scale-up
- Mixing
- Filtration
- Drying
- Size reduction
- Evaporation
- Distillation

Days 47–49 — Biopharmaceutics & Pharmacokinetics

Master:

- ADME
- Bioavailability
- Bioequivalence
- First-pass metabolism
- Volume of distribution
- Clearance
- Half-life
- Zero-order kinetics
- First-order kinetics
- Loading dose
- Maintenance dose

Important: Practice numerical questions.

Days 50–52 — Pharmacy Practice

Cover:

- Hospital pharmacy
- Clinical pharmacy
- Prescription
- Drug interactions
- ADR
- Patient counselling
- Therapeutic drug monitoring
- Medication errors
- Drug information services

Days 53–54 — Quality Assurance + Regulatory Science

Focus on:

- GMP
- GLP
- QA vs QC
- Validation
- Documentation
- ICH basics
- Stability studies
- Regulatory affairs

Day 55 — Pharmacovigilance

Study:

- ADR

- Types of ADR
- ADR reporting
- Pharmacovigilance
- Causality assessment
- Drug safety

Day 56 — NDDS

Focus:

- Controlled release
- Sustained release
- Transdermal systems
- Liposomes
- Niosomes
- Nanoparticles
- Implants
- Targeted drug delivery

Day 57 — Herbal Drug Technology + Nutraceuticals

Focus on:

- Herbal formulations
- Standardisation
- Evaluation
- Quality control
- Nutraceuticals
- Dietary supplements

Day 58 — Biostatistics & Research Methodology

Study:

- Mean
- Median
- Mode
- Standard deviation
- Variance
- Probability
- Sampling
- Study designs
- Hypothesis
- Correlation
- Basic statistical tests

Day 59 — Computer + Environmental/Social Pharmacy

Cover:

- Computer fundamentals
- Hardware/software
- MS Office basics
- Internet
- Networking
- Pharmacy applications

Along with:

- Public health
- Epidemiology
- Disease prevention

- Environmental health

Day 60 — Grand Syllabus Test

Attempt:

100 Questions | 90 Minutes | Exact exam environment

Then classify your errors into:

Concept Error / Memory Error / Silly Mistake / Guessing Error

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PHASE 3 — DAY 61–75

First Complete Revision

Now stop studying everything as if it were new.

Days 61–63

Pharmacology Revision

MCQs: **500+**

Days 64–66

Pharmaceutics + Industrial Pharmacy

MCQs: **500+**

Days 67–68

Pharmacognosy

MCQs: **300+**

Days 69–70

Pharmaceutical & Medicinal Chemistry

MCQs: **300+**

Day 71

HAP + Pathophysiology

Day 72

Jurisprudence

Day 73

Analysis + QA + Instrumental Methods

Day 74

Biopharmaceutics + Pharmacy Practice

Day 75

Microbiology + Biotechnology + Remaining Minor Subjects

PHASE 4 — DAY 76–80

Non-Pharmacy Power Revision

Because the non-professional sections still contribute **30 questions**, don't ignore them.

Day 76 — General Science

Physics:

- Units
- Motion
- Work & energy
- Electricity
- Light
- Heat

Chemistry:

- Atom
- Periodic table
- Acids/bases
- Metals
- Chemical reactions

Biology:

- Cell
- Genetics
- Diseases
- Human systems
- Nutrition

The RRB syllabus describes General Science as **Physics, Chemistry and Life Sciences up to Class 10 CBSE level**.

Day 77 — Arithmetic

Focus:

- Percentage
- Ratio
- Average
- Profit & Loss
- SI/CI
- Time & Work
- Time, Speed & Distance
- HCF/LCM
- Fractions
- Mensuration

Day 78 — Reasoning

Focus:

- Analogy
- Series
- Coding-decoding

- Classification
- Direction
- Blood relation
- Syllogism
- Venn diagram
- Mathematical operations
- Statement/conclusion

These topics align with the common RRB paramedical syllabus.

Days 79–80 — General Awareness

Focus on:

- Current affairs
- Indian History
- Geography
- Polity
- Constitution
- Economy
- Science & Technology
- Environment
- Sports
- Awards
- Important organisations
- Railway-related current updates

PHASE 5 — DAY 81–90

🔥 **Final 10-Day Selection Strategy**

At this point, **don't start big new chapters**.

Day 81

Full Mock 1 + Pharmacology Revision

Day 82

Full Mock 2 + Pharmaceutics Revision

Day 83

Full Mock 3 + Pharmacognosy Revision

Day 84

Full Mock 4 + Pharmaceutical Chemistry

Day 85

Full Mock 5 + Jurisprudence

Day 86

Full Mock 6 + HAP + Pathophysiology

Day 87

Full Mock 7 + Analysis + QA

Day 88

Full Mock 8 + Short Subjects

Day 89

Full Mock 9 + Complete Error Notebook

Day 90

Final Mock + Rapid Revision

Only revise:

Short Notes → Formulas → Drug of Choice → ADRs → MOA → Antidotes → Acts & Schedules → Crude Drugs → Tests → Instruments → Important One-Liners

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⏰ **Best Daily Timetable**

For a student studying **6 hours/day**:

Time	Work
2 hr	Main Pharmacy Subject
1.5 hr	Second Pharmacy Topic
1 hr	Pharmacy MCQs/PYQs
45 min	Maths/Reasoning/Science
30 min	Current Affairs/GA
15 min	Wrong Questions Revision

Golden Ratio

70–75% time → Pharmacy

25–30% time → GA + GS + Maths + Reasoning

This mirrors the strong emphasis on Professional Ability in the paper.

📚 **Subject Priority for RRB Pharmacist**

Priority A — Maximum Preparation Focus

Pharmacology
Pharmaceutics
Pharmaceutical Chemistry
Pharmacognosy
Human Anatomy & Physiology
Pharmaceutical Analysis
Jurisprudence

Priority B — Strong Preparation

Biochemistry
Pathophysiology
Microbiology
Industrial Pharmacy
Biopharmaceutics & Pharmacokinetics

Pharmacy Practice
Quality Assurance
Medicinal Chemistry

Priority C — Don't Skip

Biotechnology
NDDS
Herbal Drug Technology
Pharmacovigilance
Regulatory Science
Biostatistics
Computer Applications
Cosmetic Science
Nutraceuticals
Environmental/Social Pharmacy
Advanced Instrumentation

Again, this grouping is a **study-priority framework**, not official subject-wise RRB weightage.

🎯 **Daily MCQ Rule**

Days 1–30

100 MCQs/day

Days 31–60

150 MCQs/day

Days 61–75

200 MCQs/day

Days 76–90

200–300 MCQs/day + mocks

Don't simply check the answer.

For every incorrect question, record:

Question → Your Answer → Correct Answer → Why You Were Wrong → One Key Fact

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🧠 The 1–3–7 Revision Rule

Whenever you study a topic:

Day 1 → Learn

Day 2 → Quick revision

Day 4 → Second revision

Day 8 → Third revision

Example:

Study **Beta Blockers** today.

Tomorrow → 10-minute revision
After 3 days → MCQs
After 7 days → Rapid recall

This is much more effective than reading a chapter once and forgetting it.

❌ Biggest Mistakes RRB Pharmacist Aspirants Make

Avoid:

1. Reading theory without MCQs.
2. Spending excessive time on Current Affairs.
3. Ignoring minor B.Pharm subjects.
4. Preparing Pharmacy but ignoring the 30 non-pharmacy questions.
5. Attempting too many uncertain questions despite negative marking.
6. Giving mocks without analysing mistakes.
7. Using five different books for the same subject.
8. Making huge notes during the final month.
9. Not solving PYQs.
10. Starting new topics in the final few days.

🏆 **Best 90-Day Formula**

Concept → Short Notes → MCQs → PYQs → Revision → Test → Error Analysis → Re-Revision

Remember:

पहले 60 दिन — Syllabus जीतना है
अगले 20 दिन — Revision मजबूत करनी है
आखिरी 10 दिन — Mock Test से Exam Temperament बनाना है

Final Target

**90 Days

- 2 Complete Revisions
- 8,000–10,000 MCQs
- PYQs
  + 15–20 Full Mocks
- Daily Error Analysis
  = Strong RRB Pharmacist Preparation**

And because the paper has **1/3 negative marking**, accuracy should be treated as seriously as speed.

One strong line for your content/video:

"90 Days are enough for RRB Pharmacist—not to study everything repeatedly, but to study the right topics, revise them repeatedly, and practise enough questions to convert knowledge into marks."