LET'S TALK ABOUT

The Ultimate CAT Prep Starter Kit

Headache Tutorials, Indore

THE ULTIMATE CAT 2026 PREP STARTER KIT

Your First Step Towards
Your IIM Dream



Exclusively from:
Headache Tutorials, Indore
Your Headache Vanishing Partner in CAT Preparation

www.headachetutorials,com



A WELCOME FROM HEADACHE TUTORIALS

Hello Future Leader,

Welcome, and congratulations on taking the first decisive step towards a rewarding career in management. The journey to cracking the CAT and entering a top IIM is a marathon, not a sprint, and every marathon begins with a single, well-prepared step.

At Headache Tutorials in Indore, we've guided hundreds of students just like you from a state of confusion to the confidence needed to ace this exam. We've compiled this Starter Kit to demystify the CAT for you.

Inside, you'll find the essential tools to build a rock-solid foundation for your preparation. Use this guide to understand the battlefield, arm yourself with the right formulas, and create your initial attack plan.

Your journey has just begun, and we're here to guide you.
All the best,
The Team at Headache Tutorials



UPDATED CAT SYLLABUS & EXAM PATTERN

The CAT exam is designed to test your aptitude across three core areas. Understanding the syllabus is the first step to a smart preparation strategy.

EXAM PATTERN OVERVIEW CAT 24

Subject	NoQ	Time
Verbal Ability	24	40
LR - DI	24	40
Quants	22	40

- Total Time: 120 minutes (40 minutes per section)
- Marking Scheme: +3 for a correct answer, -1 for a wrong answer (MCQs), 0 for non-MCQs (TITA).
- Mode: Computer Based Test (CBT)

Note: The official CAT notification each year confirms the final pattern.



SECTION 1: VERBAL ABILITY & READING COMPREHENSION (VARC)

This section tests your English language skills and your ability to comprehend and interpret written passages.

- Reading Comprehension (RC): Passages on diverse topics (business, science, humanities, abstract). Questions are mostly inference-based.
- Verbal Ability (VA):
- Para Jumbles (Arranging jumbled sentences to form a coherent paragraph)
- Para Summary (Summarizing a given paragraph in a single sentence)
- Sentence Completion & Correction
- Odd One Out (Finding the sentence that doesn't fit the paragraph's theme)

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SECTION 2: DATA INTERPRETATION & LOGICAL REASONING (DILR)

This section tests your ability to make sense of data and solve logic-based puzzles. Questions appear in sets of 2-4.

- Data Interpretation (DI):
- Tables, Bar Graphs, Line Charts, Pie Charts
- Caselets (Data presented in paragraph form)
- Mixed Graphs
- Logical Reasoning (LR):
- Arrangements (Linear, Circular)
- Puzzles and Grid-Based problems
- Venn Diagrams
- Games & Tournaments
- Network & Routes



SECTION 3: QUANTITATIVE APTITUDE (QA)

This section tests your mathematical ability, primarily focusing on concepts learned up to Class 10.

Arithmetic: The most dominant area.

- Percentages, Profit & Loss, Simple & Compound Interest
- Ratio & Proportion, Mixtures & Alligations
- Time, Speed & Distance; Time & Work

Algebra:

- Linear & Quadratic Equations
- Functions, Logarithms, Inequalities
- Sequences & Series

Geometry:

- Triangles, Circles, Polygons
- Mensuration (Area, Volume)
- Coordinate Geometry

Modern Math:

- Permutation & Combination
- Probability
- Set Theory

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ESSENTIAL QA FORMULA CHEAT SHEET

Arithmetic

- Profit % = ((SP−CP)/CP)×100
- Loss % = ((CP−SP)/CP)×100
- Simple Interest = (P×R×T)/100
- Compound Interest Amount = P(1+R/100)T
- Speed = Distance / Time (Remember unit conversions!)
- Relative Speed (Opposite Direction) = S1+S2
- Relative Speed (Same Direction) = | S1−S2 |

Geometry & Mensuration

- Area of a Triangle: (1/2)×base×height
- Area of a Circle: πr2
- Pythagoras Theorem: Hypotenuse2=Perpendicular2+Base2
- Volume of a Cylinder: πr2h
- Volume of a Cone: (1/3)πr2h
- Volume of a Sphere: (4/3)πr3
- Surface Area of a Sphere: 4πr2

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RECOMMENDED BOOKS & RESOURCES

While coaching is structured, self-study is key. Here are the most recommended resources to supplement your preparation at Headache Tutorials.

Section	Book Title	Author/Publisher
VARC	How to Prepare for	Arun Sharma & Meenakshi
	Word Power Made Easy	Norman Lewis
DILR	How to Prepare for	Arun Sharma
QA	How to Prepare for	Arun Sharma
	Quantitative Aptitude	Sarvesh K. Verma

Beyond Books 📚

- Newspapers: Read the editorials from The Hindu or The Indian Express daily to improve your reading speed and vocabulary.
- Online Reading: Explore sites like Aeon Essays and The Guardian for high-quality, long-form articles similar to RC passages.

Mock Tests: After building fundamentals, mock tests are crucial. We provide a comprehensive Test Series at Headache Tutorials to benchmark your performance



1-MONTH STUDY PLAN FOR BEGINNERS

This plan is designed to build your foundation without overwhelming you.

WEEK 1: FOUNDATIONS & FAMILIARIZATION

- **Goal**: Understand the basics and start a routine.
- **Daily Habit**: Read a newspaper editorial for 30 minutes.
- **QA**: Focus on Percentages and Ratios. Understand the concepts deeply.
- **DILR**: Solve 2-3 very simple Table-based DI sets

VARC: Practice 5 Para Jumble questions daily.

WEEK 2: BUILDING MOMENTUM

- **Goal:** Cover more ground in Arithmetic and start LR.
- **Daily Habit:** Continue editorial reading.
- **QA:** Master Profit & Loss and Simple/Compound Interest.
- **DILR:** Solve 2-3 Bar Chart or Line Graph sets. Introduce basic Linear Arrangement puzzles.

VARC: Read and analyze 1 short RC passage daily



1-MONTH STUDY PLAN FOR BEGINNERS

WEEK 3: EXPANDING CONCEPTS

- **Goal: Tackle important topics like TSD and Geometry.**
- **Daily Habit: Editorial reading + learn 5 new words.**
- **QA: Focus on Time, Speed & Distance and basic Geometry formulas.**
- **DILR: Solve 2-3 Circular Arrangement puzzles.**

VARC: Practice Para Summary questions and increase RC practice to 2 passages daily.

WEEK 4: CONSOLIDATION & FIRST TEST

- **Goal:** Revise and experience a timed test.
- **Daily Habit:** Continue reading and vocabulary.
- **QA:** Revise all Arithmetic topics covered so far.
- **DILR:** Solve a mix of DI and LR sets.

Weekend Task: Take your first Sectional Mock Test (e.g., just the 40-minute QA section). The goal isn't to score high, but to understand the pressure of a timed environment. Analyze your mistakes thoroughly.



YOUR JOURNEY HAS JUST BEGUN!

This Starter Kit has given you the map. But the most successful journeys are always guided. Understanding concepts, learning shortcuts, and building a winning strategy is where expert mentorship makes all the difference. Ready to take the next step?

Let's discuss how you can build upon this foundation and create a personalized study plan to crack CAT 2026.

Book a Free, No-Obligation Counseling Session with our CAT Experts in Indore.

Let's turn your IIM dream into a reality, together.

Headache Tutorials

Address: 320-324 DM Tower Near Janjeer wala Square Indore , MP
Phone: 903 903 4 903
Website: www.headachetutorials.com