

அப்டர் - TRB TNTET Foundation Paper 1 Batch 2026

Date	Day	Dr.Thamilselvan P Child Development & Pedagogy Recorded Videos	PRANAWA - ENGLISH Recorded Videos	Arunan - Tamil Language Time: 3 - 4 pm	Boopathi - APTITUDE Time: 4-5 PM	VIJAYRAJ - SCIENCE Time: 9-10AM	Dhanusha - Polity Time - 10 am - 11 am	ARUNAN - HISTORY Time: 3pm - 4pm	Ashiq- Indian Economics Time: 9:15- 10:15 AM	Arun - Reasoning Time: 4PM - 5PM	GEOGRAPHY Time: 2PM - 3PM
Mar 3	Tuesday	Part A - Unit I: Physical Growth	Introduction					Orientation			
Mar 4	Wednesday	Unit I: Cognitive Profile	Tenses				Orientation				
Mar 5	Thursday	Unit I: Piaget & Language	Active/Passive Voice						Orientation		
Mar 6	Friday	Unit I: Home & Identity	Direct/Indirect Speech			ORIENTATION @ 9 AM					
Mar 7	Saturday	Unit II: Self-Concept & Social Awareness	Grammar Rules								
Mar 8	Sunday	1. Unit II: Cultural & Psychosocial Factors 2. Unit II: Emotional Development	Errors			Vijayaraj - Science Time:9-10 AM					Vijayaraj - Geography Time: 2-3 pm
Mar 9	Monday	1. Unit III: Physical Growth Cycles 2. Unit III: Attention & Memory	Fill-ups								
Mar 10	Tuesday	Unit III: Cognitive & Memory Strategies	Sentence Improvement			NATURE OF UNIVERSE -1	Dhanusha - Polity Time - 10 am - 11 am				
Mar 11	Wednesday	Unit III: Thinking Skills	Vocabulary			NATURE OF UNIVERSE -2	Basics of Polity				Fundamentals of Geography
Mar 12	Thursday	Unit III: Piaget's Concrete Operations	Revision			MEASUREMENT OF PHYSICAL QUANTITIES	Indian Constitution				The Solar system and the Earth
Mar 13	Friday	Unit III: Intelligence				PROPERTIES OF MATTERS	Union & States, Citizenship				Lithosphere - Endogenic Processes
Mar 14	Saturday	Unit III: Intelligence Tests & Creativity				FORCE , MOTION & ENERGY -1	Fundamental Rights				Lithosphere - Exogenic Processes
Mar 15	Sunday	1. Unit IV: Social Development 2. Unit IV: Social Belonging									
Mar 16	Monday	1. Unit IV: Schooling & Emotions 2. Unit IV: Role of Maturation & Learning				FORCE , MOTION & ENERGY -2	Fundamental Rights				Hydrosphere
Mar 17	Tuesday	Unit IV: Likes & Dislikes				ELECTRICITY	DPSP, Fundamental Duties				Atmosphere
Mar 18	Wednesday	Unit IV: Emotional Balance & Media				MAGNETISM	Parliament				The Biosphere
Mar 19	Thursday	Unit V: Moral Development Basics				LIGHT -1	Parliament				PHYSICAL FEATURES -1

Mar 20	Friday	Unit V: Moral Traits				LIGHT -2	State legislatures				PHYSICAL FEATURES -2
Mar 21	Saturday	Unit V: Discipline				LIGHT -3	Union Executive				PHYSICAL FEATURES -3
Mar 22	Sunday	1. Unit V: Media & Morality 2. Part B - Unit I: Nature of Learning									
Mar 23	Monday	1. Unit I: Language & Habits 2. Unit I: Adaptability				SOUND	State Executive	Indus valley Civilization			MONSOON & RAIN FALL
Mar 24	Tuesday	Unit II: Types of Learning I				HEAT -1	Judicial System	Guptas			WEATHER & CLIMATE
Mar 25	Wednesday	Unit II: Types of Learning II				HEAT -2	Local Self Governments	Delhi Sultanate			INDIAN RIVERS IN INDIA
Mar 26	Thursday	Unit II: Concept Learning				NUCLEAR PHYSICS	Centre-State Relationship	Mughals			SOIL
Mar 27	Friday	Unit II: Levels of Learning				ELECTRONICS & COMMUNICATION	Foreign Policy	Marathas			WATER RESOURCES
Mar 28	Saturday	Unit II: Approaches to Learning				CHEMISTRY ELEMENTS AND COMPOUNDS -1		Vijaya Nagaram & Bahmani Kingdom			MINERALS & NATURAL RESOURCES
Mar 29	Sunday	1. Unit III: Concepts & Constructs 2. Unit III: Mental Representations			Boopathi - APTITUDE Time: 4-5 PM						
Mar 30	Monday	1. Unit III: Concept Mapping 2. Unit IV: Learning Factors I			Number System - I	ELEMENTS AND COMPOUNDS -2		South Indian History			INDUSTRIES
Mar 31	Tuesday	Unit IV: Learning Factors II			Number System - II	ACIDS BASE & SALTS-1		ADVENT OF EUROPEANS			AGRICULTURE PATTERN
Apr 1	Wednesday	Unit IV: Media & Teachers			A.P & G.P - I	ACIDS BASE & SALTS-2		EARLY UPRISING AGAINST BRITISH RULE			TRANSPORT & COMMUNICATION
Apr 2	Thursday	Unit V: Constructivist Approach I			A.P & G.P - II	PETROLEUM PRODUCT		INDIAN NATIONAL MOVEMENT			POPULATION DENSITY AND DISTRIBUTION
Apr 3	Friday	Unit V: Constructivist Approach II			Square & Square Roots	FERTILIZER & PESTICIDE		GANDHIAN PHASE			RACES, LINGUISTIC GROUPS & MAJOR TRIBES
Apr 4	Saturday	Unit V: ZPD & Social Activity			Cubes & Cube Roots	METALLURGY & FOOD ADULTERATION		EMERGENCE OF LEADERS			Climate change - Green energy; Geographical landmarks; Current affairs.
Apr 5	Sunday	1. Unit VI: Active Learning 2. Unit VI: Integration									
Apr 6	Monday	1. Unit VI: Cognitive Readiness 2. Unit VI: Knowledge Creation & Wrap-Up			Indices & Surds	BIOLOGY MAIN CONCEPT OF LIFE SCIENCE - 1		History of Tamil Society & Archaeological discoveries		Alphabet Test	
Apr 7	Tuesday				Simplifications	MAIN CONCEPT OF LIFE SCIENCE - 2		Role of Tamil Nadu in freedom struggle		Alphanumeric Symbol series	

Apr 8	Wednesday				HCF & LCM - I	CLASSIFICATION OF LIVING ORGANISM -1		Evolution of 19th & 20th century Socio-Political Movement in Tamil Nadu		Analogy & Odd One Out	
Apr 9	Thursday				HCF & LCM - II	CLASSIFICATION OF LIVING ORGANISM -2				Directions Test	
Apr 10	Friday				HCF & LCM - III	EVOLUTION				Blood Relations	
Apr 11	Saturday				Ratio & Proportion - I	GENETICS -1				Coding and Decoding	
Apr 12	Sunday										
Apr 13	Monday			எழுத்து இலக்கணம் - 1	Ratio & Proportion - II	GENETICS -2				Arithmetic Operations & Logical Arrangement	
Apr 14	Tuesday			எழுத்து இலக்கணம் - 2	Simple Interest - I	PHYSIOLOGY -1				Iniquity	
Apr 15	Wednesday			சொல் இலக்கணம் - 1	Simple Interest - II	PHYSIOLOGY -2				Logical venn diagram	
Apr 16	Thursday			சொல் இலக்கணம் - 2	Compound Interest - I	PHYSIOLOGY -3				Syllogism	
Apr 17	Friday			பொருள் இலக்கணம் - 1	Compound Interest - II	PHYSIOLOGY -4				Number series / Missing Term	
Apr 18	Saturday			பொருள் இலக்கணம் - 2	Time & Work - I	PHYSIOLOGY -5				Cubes & Dice	
Apr 19	Sunday										
Apr 20	Monday			யாப்பு இலக்கணம் - 1	Time & Work - II	NUTRITION				Counting of figures	
Apr 21	Tuesday			யாப்பு இலக்கணம் - 2	Time & Work - III	HUMAN DISEASE - 1				Imaged Based Questions - 1	
Apr 22	Wednesday			அணி இலக்கணம் - 1	Ages - I	HUMAN DISEASE-2				Imaged Based Questions - 2	
Apr 23	Thursday			அணி இலக்கணம் - 2	Ages - II	ENVIRONMENTAL & ECOLOGY				Number Ranking	
Apr 24	Friday			பொது இலக்கணம்	Average - I	REVISION				Seating Arrangement	
Apr 25	Saturday			சங்க இலக்கியம் - 1	Average - II	SCIENCE & TECH - CURRENT AFFAIRS				Puzzle Test	
Apr 26											
Apr 27	Monday			சங்க இலக்கியம் - 2	Percentage - I					Statement Conclusions	

Apr 28	Tuesday			அறநூல்கள் - 1	Percentage - II					PYQ	
Apr 29	Wednesday			அறநூல்கள் - 2	Profit & Loss						
Apr 30	Thursday			ஐம்பெரும் காப்பியம்	Speed & Time						
May 1	Friday			தமிழ் அறிஞர்களும் தமிழ் தொண்டு - 1	2D						
May 2	Saturday			தமிழ் அறிஞர்களும் தமிழ் தொண்டு - 2	3D - I						
May 3	Sunday										
May 4	Monday			தமிழ் அறிஞர்களும் தமிழ் தொண்டு - 3	3D - II						
May 5	Tuesday			முழு இருப்பதல்	Revision Class						
May 6	Wednesday				FULL TEST						
May 7	Thursday										
May 8	Friday										
May 9	Saturday										
May 10	Sunday										
May 11	Monday										
May 12	Tuesday										
May 13	Wednesday										
May 14	Thursday										
May 15	Friday										
May 16	Saturday										

May 17	Sunday										
May 18	Monday										
Jun 15	Monday								Economics – Introduction & Basic Features		
Jun 16	Tuesday								Planning in India		
Jun 17	Wednesday								Five Year Plan		
Jun 18	Thursday								National Income		
Jun 19	Friday								Population		
Jun 20	Saturday								Tax Types & GST		
Jun 21	Sunday										
Jun 22	Monday								Central-State Relationship		
Jun 23	Tuesday								Finance Commission		
Jun 24	Wednesday								Anti-Corruption Measures – I		
Jun 25	Thursday								Anti-Corruption Measures – II		