RRB Isolated Category 2026: Apply Online for 191 Posts

Comprehensive exam pack for RRB Isolated Category Posts 2026. Features 12 detailed topic revisions, 12 golden sh...

1. EXAM / NOTIFICATION KEY FACTS & DATES

Post / Course Name	Isolated Categories Posts
Total Vacancies	191 Posts
Minimum Qualification	12th Science / Graduate / PG / Law Degree
Application Start Date	5 Nov 2026
Last Date to Apply	4 Dec 2026
Selection Process	Computer Based Test (CBT), Skill Test / Stenography (where applicable), Doc...
Exam Mode & Duration	Online CBT Mode, 90 Minutes duration for general candidates (120 Minutes fo...
Key Subjects	Professional Ability (Post Specific), General Awareness, General Science, M...
Negative Marking	1/3rd mark will be deducted for each wrong answer in the CBT exam.

2. 4-STEP SMART PREPARATION PLAN

1. Phase 1: Master post-specific Professional Ability core concepts along with Class 9-10 NCERT Science fundamentals.
2. Phase 2: Practice Speed Mathematics and Reasoning shortcuts daily to maximize question attempts within the 90-minute limit.
3. Phase 3: Revise Indian Polity, History, and static General Knowledge using structured short notes and memory mnemonics.
4. Phase 4: Attempt full-length CBT mock tests online, analyze mock mistakes, and minimize negative marking risk by avoiding wild guesses.

3. SAMPLE GOLDEN SHORTCUTS & FORMULAS

* Shortcut 1 (Maths - Work): Net efficiency when A takes 'a' days and B takes 'b' days together: Total Time = (a * b) / (a + b) days.
* Shortcut 2 (Maths - Speed): Average Speed for equal distance covered at speeds S1 and S2: Avg Speed = (2 * S1 * S2) / (S1 + S2).
* Shortcut 3 (Maths - Percentage): Successive percentage change of x% and y%: Net Change = x + y + (x * y)/100.
* Shortcut 4 (Maths - Interest): Difference between CI and SI for 2 years at rate R%: Difference = P * (R / 100)^2.

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4. TOP 10 HIGH-WEIGHTAGE SYLLABUS TOPICS (QUICK SUMMARY)

1. Professional Ability & Post Core Concepts
Weightage: High (30-50 Qs)

Focus deeply on domain-specific syllabus aligned with your applied post (such as Junior Translator, Stenographer, Chief Law Assistant, or Lab Assistant). Revise core theoretical definitions, professional terminology, ...

2. Physics: Mechanics & Optics
Weightage: High (5-7 Qs)

Focus on Newton's Laws of Motion, Work, Energy, and Power relations. Master equations of motion v = u + at, s = ut + 1/2 at^2, and v^2 - u^2 = 2as. For optics, memorize Mirror Formula 1/f = 1/v + 1/u and Lens Formula ...

3. Chemistry: Periodic Table & Chemical Reactions
Weightage: High (4-6 Qs)

Master Modern Periodic Table trends: atomic radius decreases across a period and increases down a group, while electronegativity and ionization energy increase across a period. Memorize common chemical formulas like W...

4. Biology: Human Physiology & Diseases
Weightage: High (5-7 Qs)

Study the Digestive system enzymes: Pepsin digests proteins in stomach, Amylase digests carbohydrates, Lipase breaks down fats. Circulatory system highlights include RBC lifespan (120 days), universal donor (O negativ...

5. Mathematics: Number System & Simplification
Weightage: High (4-5 Qs)

Apply BODMAS rule strictly: Brackets, Orders, Division, Multiplication, Addition, Subtraction. Master divisibility rules for numbers 3, 7, 11, and 13. Remember HCF x LCM = Product of two numbers formula. Learn convers...

6. Mathematics: Percentage, Profit & Loss
Weightage: High (4-5 Qs)

Learn basic fractional equivalents: 1/6 = 16.66%, 1/7 = 14.28%, 1/8 = 12.5%, 1/9 = 11.11%, 1/11 = 9.09%. Profit Percentage = (Profit / CP) * 100 and Loss Percentage = (Loss / CP) * 100. Effective percentage change for...

7. Mathematics: Time, Distance & Work
Weightage: High (4-5 Qs)

Convert speed from km/h to m/s by multiplying with 5/18, and m/s to km/h by multiplying with 18/5. Average speed for equal distance travel at speeds x and y is (2xy)/(x + y). For Time & Work, use total work efficiency...

8. Reasoning: Coding-Decoding & Letter Series
Weightage: High (4-5 Qs)

Memorize alphabet position values: A=1 to Z=26 using mnemonic EJOTY (5, 10, 15, 20, 25). Learn reverse alphabet pairs: A-Z, B-Y, C-X, D-W, E-V, F-U, G-T, H-S, I-R, J-Q, K-P, L-O, M-N (sum of positions equals 27). Look...

9. Reasoning: Syllogism & Venn Diagrams
Weightage: High (3-4 Qs)

Use standard Venn diagram representations for statements like 'All A are B', 'Some A are B', 'No A is B', and 'Some A are not B'. Understand definite conclusions versus basic possibilities. 'Some' means at least one (...

10. Reasoning: Blood Relations & Direction Sense
Weightage: High (3-4 Qs)

For Blood Relations, draw family trees using standard symbols: '+' for Male, '-' for Female, '=' for Married Couple, vertical line for Generation gap. Trace relationships step-by-step from 'my father's mother' type st...

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5. 10 SAMPLE EXAM-STYLE PRACTICE MCQS (WITH ANSWERS)

Q1. If an object of mass 10 kg moves with a uniform velocity of 4 m/s, what is the kinetic energy possessed by the object?
(A) 40 J (B) 80 J (C) 160 J (D) 20 J
Ans: (B) | Kinetic Energy KE = 1/2 * m * v^2 = 0.5 * 10 * (4)^2 = 5 * 16 = 80 Joules.

Q2. Which chemical compound is commonly known as 'Bleaching Powder'?
(A) Sodium Bicarbonate (B) Calcium Oxychloride (C) Calcium Carbonate (D) Sodium Hydroxide
Ans: (B) | Bleaching Powder is chemically known as Calcium Oxychloride with formula CaOCl2.

Q3. Which human body organ secretes Bile juice?
(A) Pancreas (B) Stomach (C) Liver (D) Gallbladder
Ans: (C) | Bile juice is synthesized and secreted by the Liver, and stored in the Gallbladder.

Q4. A can complete a task in 12 days and B can finish it in 24 days. How many days will they take together?
(A) 6 days (B) 8 days (C) 10 days (D) 18 days
Ans: (B) | Combined Time = (A * B) / (A + B) = (12 * 24) / (12 + 24) = 288 / 36 = 8 days.

Q5. If the cost price of 15 articles is equal to the selling price of 10 articles, what is the profit percentage?
(A) 25% (B) 33.33% (C) 50% (D) 66.66%
Ans: (C) | 15 CP = 10 SP => SP/CP = 15/10 = 3/2. Profit% = ((3 - 2)/2) * 100 = (1/2)*100 = 50%.

Q6. In a code language, if 'FRAME' is written as '7192146', how is 'STORY' coded if each letter is replaced by (Position + 1)?
(A) 2021161926 (B) 1920151825 (C) 2021161925 (D) 1819141724
Ans: (A) | Positions: F(6+1=7), R(18+1=19), A(1+1=2), M(13+1=14), E(5+1=6). STORY: S(19+1=20), T(20+1=21), O(15+1=16), R(18+1=19), Y(25+1=26) => 2021161926.

Q7. What is the angle between the hour hand and the minute hand of a clock at 3:30?
(A) 75 degrees (B) 85 degrees (C) 90 degrees (D) 105 degrees
Ans: (A) | Angle formula = |30*H - (11/2)*M| = |30*3 - (11/2)*30| = |90 - 165| = 75 degrees.

Q8. Which Article of the Indian Constitution is referred to as the 'Heart and Soul of the Constitution' by Dr. B.R. Ambedkar?
(A) Article 14 (B) Article 19 (C) Article 21 (D) Article 32
Ans: (D) | Article 32 (Right to Constitutional Remedies) was called the Heart and Soul of the Constitution by Dr. B.R. Ambedkar.

Q9. The Non-Cooperation Movement was called off by Mahatma Gandhi in 1922 due to which incident?
(A) Jallianwala Bagh Massacre (B) Chauri Chaura Incident (C) Kakori Conspiracy (D) Dandi March
Ans: (B) | Mahatma Gandhi suspended the Non-Cooperation Movement in February 1922 following violent clashes at Chauri Chaura, UP.

Q10. What is the SI unit of Electrical Resistance?
(A) Volt (B) Ampere (C) Ohm (D) Watt
Ans: (C) | The SI unit of Electrical Resistance is Ohm (Symbol: ?).

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