



### 11th JEE Restart 2026 Lecture Planner- Physics

S. No.	Batch Name	Subject	Sub-Subject	Chapter Name	Topic	Lecture Number	Date	Faculty Name
1	11th JEE Restart 2026	Physics	Physics	Units, Dimensions & Vectors	Physical quantities, SI units	1	Wednesday, January 21, 2026	Saleem Ahmad Sir
2	11th JEE Restart 2026	Physics	Physics	Units, Dimensions & Vectors	Dimensional analysis, Scalars & vectors	2	Tuesday, January 27, 2026	Saleem Ahmad Sir
3	11th JEE Restart 2026	Physics	Physics	Units, Dimensions & Vectors	vector resolution	3	Wednesday, January 28, 2026	Saleem Ahmad Sir
4	11th JEE Restart 2026	Physics	Physics	Kinematics	Motion in 1D & 2D	1	Monday, February 2, 2026	Saleem Ahmad Sir
5	11th JEE Restart 2026	Physics	Physics	Kinematics	Graphs (x-t, v-t, a-t)	2	Tuesday, February 3, 2026	Saleem Ahmad Sir
6	11th JEE Restart 2026	Physics	Physics	Kinematics	Relative motion Projectile motion	3	Wednesday, February 4, 2026	Saleem Ahmad Sir
7	11th JEE Restart 2026	Physics	Physics	Laws of motion	Newton's laws	1	Monday, February 9, 2026	Saleem Ahmad Sir
8	11th JEE Restart 2026	Physics	Physics	Laws of motion	Free body diagrams	2	Tuesday, February 10, 2026	Saleem Ahmad Sir
9	11th JEE Restart 2026	Physics	Physics	Laws of motion	Friction Circular motion basics	3	Wednesday, February 11, 2026	Saleem Ahmad Sir
10	11th JEE Restart 2026	Physics	Physics	Work, energy and power	Work-energy theorem	1	Monday, February 16, 2026	Saleem Ahmad Sir
11	11th JEE Restart 2026	Physics	Physics	Work, energy and power	Conservative & non-conservative forces	2	Tuesday, February 17, 2026	Saleem Ahmad Sir
12	11th JEE Restart 2026	Physics	Physics	Work, energy and power	Potential energy Power & efficiency	3	Wednesday, February 18, 2026	Saleem Ahmad Sir
13	11th JEE Restart 2026	Physics	Physics	Centre of Mass & Rotational Motion	Centre of mass, Torque	1	Monday, February 23, 2026	Saleem Ahmad Sir
14	11th JEE Restart 2026	Physics	Physics	Centre of Mass & Rotational Motion	Angular momentum (intro), Rolling motion (basic level)	2	Tuesday, February 24, 2026	Saleem Ahmad Sir
15	11th JEE Restart 2026	Physics	Physics	Rotational Motion	Moment of Inertia	1	Wednesday, February 25, 2026	Saleem Ahmad Sir
16	11th JEE Restart 2026	Physics	Physics	Rotational Motion	Torque & Angular Momentum, Rotational Kinematics	2	Monday, March 2, 2026	Saleem Ahmad Sir
17	11th JEE Restart 2026	Physics	Physics	Rotational Motion	Work, Power & Energy in Rotation, Rolling Motion	3	Tuesday, March 3, 2026	Saleem Ahmad Sir
18	11th JEE Restart 2026	Physics	Physics	Gravitation	Newton's law of gravitation	1	Monday, March 9, 2026	Saleem Ahmad Sir
19	11th JEE Restart 2026	Physics	Physics	Gravitation	Gravitational field & potential, Satellites (basics)	2	Tuesday, March 10, 2026	Saleem Ahmad Sir
20	11th JEE Restart 2026	Physics	Physics	Mechanical Properties of Solids	Elasticity	1	Thursday, March 12, 2026	Saleem Ahmad Sir
21	11th JEE Restart 2026	Physics	Physics	Fluid mechanics	Viscosity & surface tension	1	Friday, March 13, 2026	Saleem Ahmad Sir
22	11th JEE Restart 2026	Physics	Physics	Thermal Properties of Matter	Temperature & heat transfer	1	Monday, March 16, 2026	Saleem Ahmad Sir
23	11th JEE Restart 2026	Physics	Physics	Thermodynamics & Kinetic Theory	Laws of thermodynamics Ideal gas equation Kinetic interpretation of temperature RMS, average & most probable speed	1	Tuesday, March 17, 2026	Saleem Ahmad Sir
24	11th JEE Restart 2026	Physics	Physics	Oscillations	Equation of SHM, Displacement–Velocity–Acceleration relations	1	Thursday, March 19, 2026	Saleem Ahmad Sir
25	11th JEE Restart 2026	Physics	Physics	Oscillations	Time period of: Mass-spring system and Simple pendulum, Energy in SHM (KE, PE, Total energy) Maximum velocity & acceleration, Phase and phase difference	2	Friday, March 20, 2026	Saleem Ahmad Sir
26	11th JEE Restart 2026	Physics	Physics	Waves	Wave equation & wave speed Superposition of waves Standing waves Nodes & antinodes	1	Monday, March 23, 2026	Saleem Ahmad Sir
27	11th JEE Restart 2026	Physics	Physics	Waves	Harmonics in: Stretched string and Open & closed organ pipes Doppler effect	2	Tuesday, March 24, 2026	Saleem Ahmad Sir