



CAREER  
CHOICE  
360

*Complete Student Handbook*

# NMAT BY GMAC 2026

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**Your Complete Roadmap to MBA Admission**

Registration · Eligibility · Exam Blueprint · Preparation ·  
Strategy · Cutoffs · Best Books

**Career Choice 360 Mentors:**



# SECTION 1 | OVERVIEW

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## WHAT IS NMAT?

NMAT (NMIMS Management Aptitude Test) was originally designed by Narsee Monjee Institute of Management Studies and is now administered globally by GMAC — the same body that conducts the GMAT.

It is a Computer-Based Adaptive Test (CBT) where question difficulty adjusts dynamically based on your performance.

NMAT 2026 is accepted by 85+ business schools across India and abroad, making it one of the most versatile MBA entrance examinations available to Indian candidates.

## EXAM HIGHLIGHTS

PARAMETER	DETAILS
Exam Name	NMAT by GMAC 2026
Conducting Body	Graduate Management Admission Council (GMAC)
Exam Mode	Computer Based Test (CBT) – Adaptive
Total Questions	108
Total Duration	120 Minutes
Sections	Language Skills · Quantitative Skills · Logical Reasoning
Score Range	36 – 360
Attempts per Cycle	Up to 3 (min. 15 days between attempts)
Negative Marking	None
Registration Start	August 1, 2026 (Tentative)
Registration End	October 10, 2026 (Expected)
Exam Window	November – December 2026
Results	Within 48 hours of exam

Colleges Accepting	85+ in India & Abroad
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## 2026 EXAM SCHEDULE

EVENT	EXPECTED DATE
NMAT 2026 Registration Opens	August 1, 2026
Registration Last Date	October 10, 2026
Scheduling Window	August – October 2026
Admit Card Release	7 days before exam date
Exam Window	November – December 2026
Score Declaration	Within 48 hours of exam

⚠ **All dates are tentative based on prior-year patterns. Verify at [mba.com/exams/nmat](https://mba.com/exams/nmat).**

## ELIGIBILITY CRITERIA

### For Indian Candidates

- Bachelor's Degree (10+2+3 or 10+2+4 pattern) from a recognised university
- Minimum 50% aggregate marks at graduation
- Final-year students may apply — provisional admission subject to result
- No age limit (minimum or maximum)

### For International Candidates

- Bachelor's Degree from a recognised university
- Minimum 50% marks in first attempt
- At least 2 years of post-graduation work experience preferred

## REGISTRATION PROCESS — STEP BY STEP

1. **Sign Up:** Create a candidate profile at [mba.com/exams/nmat](https://mba.com/exams/nmat) using a valid email ID and phone number.

2. **Complete Application:** Fill in personal details, educational qualifications, and work experience (if any).
3. **Select Schools:** Choose up to 5 NMAT-accepting institutions to receive your score report (free). Additional reports attract a fee.
4. **Pay Fee:** Pay via debit card, credit card, or mobile wallet.
5. **Book Your Exam:** Select preferred date, time, and test centre within the testing window.
6. **Download Admit Card:** Available ~7 days before your exam — carry a printed copy on exam day.

## APPLICATION FEE STRUCTURE

FEE TYPE	AMOUNT (EXPECTED)
Registration Fee	₹3,000 + GST
Retake Fee (each attempt)	₹2,100 + GST
Reschedule Fee	₹1,200 + GST
Additional Score Report (per school)	\$12.50 / ₹200 + GST

*Note: Rescheduling must be done at least 72 hours before the scheduled exam time.*

## DOCUMENTS REQUIRED

- 10th and 12th mark sheets and certificates
- Graduation degree with semester-wise mark sheets (attested if required)
- Valid government-issued photo ID (Aadhaar / Passport / Driving Licence)
- Recent passport-size photographs
- Work experience certificate (if applicable)
- Category certificate (as required by individual colleges)

# SECTION 2 | EXAM BLUEPRINT

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## EXAM PATTERN AT A GLANCE

SECTION	QUESTIONS	TIME LIMIT	SCORE RANGE
Language Skills	36	28 min	12 – 120
Quantitative Skills	36	52 min	12 – 120
Logical Reasoning	36	40 min	12 – 120
<b>TOTAL</b>	<b>108</b>	<b>120 min</b>	<b>36 – 360</b>

## KEY FEATURES OF THE NMAT PATTERN

- **Adaptive Testing:** Difficulty adjusts in real-time based on your performance.
- **Section Order Choice:** You decide the order in which to attempt the three sections.
- **No Negative Marking:** Incorrect or unattempted questions = 0 marks (not a penalty).
- **Multiple Attempts:** Up to 3 attempts per admission cycle; best score sent to colleges.
- **Fast Results:** Scorecard available within 48 hours.

## SECTION-WISE SYLLABUS

### 1 — Language Skills (36 Questions | 28 Minutes)

Tests English language proficiency and reading comprehension skills.

- Reading Comprehension
- Para Jumbles (Paragraph Formation)
- Vocabulary — Synonyms & Antonyms
- Grammar & Error Correction
- Sentence Correction and Completion
- Prepositions & Analogies

### 2 — Quantitative Skills (36 Questions | 52 Minutes)

Evaluates mathematical ability and data interpretation skills.

- Number System

- Percentage, Profit & Loss
- Ratio, Proportion & Mixtures
- Mean & Averages
- Linear Equations & Algebra
- Data Interpretation (Tables, Charts, Graphs)

### 3 — Logical Reasoning (36 Questions | 40 Minutes)

Assesses analytical reasoning and critical thinking ability.

- Analytical Puzzles & Arrangements
- Series Completion (Number & Alphabet)
- Syllogisms & Logical Deductions
- Blood Relations & Direction Sense
- Coding–Decoding
- Statement–Conclusion & Assumption
- Critical Thinking

#### TIME PER QUESTION (QUICK REFERENCE)

SECTION	TIME (MIN)	QUESTIONS	SEC/QUESTION
Language Skills	28	36	~47 sec
Quantitative Skills	52	36	~87 sec
Logical Reasoning	40	36	~67 sec

# SECTION 3 | PREPARATION PLAN

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## 12-WEEK PREPARATION ROADMAP

### Phase 1 — Foundation (Weeks 1–4)

- Understand the exam pattern, syllabus, and marking scheme thoroughly.
- Diagnose your strengths and weaknesses by taking one full-length diagnostic mock.
- Begin concept-building for all three sections: grammar rules, number theory, and basic reasoning.
- Study 2–3 hours daily; prioritise your weakest section first.
- Maintain a vocabulary diary — learn 10 new words daily for Language Skills.

### Phase 2 — Skill Building (Weeks 5–8)

- Shift to topic-wise practice with timed drills (attempt sets under time pressure).
- Complete 2 section-wise mocks per week to benchmark speed and accuracy.
- Focus on Data Interpretation sets — these carry significant weight in Quant.
- Practice Para Jumbles and Reading Comprehension passages daily.
- Attempt at least 30 LR puzzles per week to build arrangement speed.

### Phase 3 — Mock & Review (Weeks 9–12)

- Take 2–3 full-length NMAT mocks per week under strict exam conditions.
- Analyse every mock: identify error patterns, topic-wise accuracy, and time distribution.
- Revise formulas, grammar rules, and key reasoning frameworks weekly.
- In the final 2 weeks, shift to revision and consolidation — avoid new topics.
- Simulate the real exam by practising with a timer and no distractions.

## SECTION-WISE PREPARATION TIPS

### Language Skills

- Read English newspapers (The Hindu, The Economic Times) daily for 20–30 minutes.
- Practice at least 1 RC passage daily — focus on speed without losing comprehension.
- Study grammar via Wren & Martin; focus on commonly tested error types.
- For Para Jumbles, identify connector words and sequence logic.

### Quantitative Skills

- Master the basics of arithmetic — percentages, ratios, and averages form ~60% of the section.

- Practice DI sets from past NMAT papers and CAT mocks.
- Memorise key squares (1–30), cubes (1–20), and fraction-percentage conversions.
- For algebra, solve 10–15 equations daily in the first month.

### Logical Reasoning

- Arrangement puzzles appear frequently — practice linear, circular, and matrix arrangements.
- For coding-decoding, look for systematic patterns (letter shifts, reversals, operations).
- Strengthen syllogism with Venn diagram approach.
- Practice blood relation and direction sense questions under a 1-minute limit per question.

## RECOMMENDED DAILY STUDY SCHEDULE

TIME SLOT	ACTIVITY	DURATION
Morning	Quant or LR concept practice	60–90 minutes
Afternoon	Language Skills — RC + Vocab	45–60 minutes
Evening	Timed topic-wise drill or mock	60–90 minutes
Night	Error analysis & revision	30 minutes

## SECTION 4 | EXAM STRATEGY

### THE NMAT ADVANTAGE — PLAY TO THE RULES

NMAT is fundamentally different from CAT or XAT. The key advantages — no negative marking, section order choice, and multiple attempts — should drive your entire approach to the exam.

### SECTION ORDER STRATEGY

- Most high-scorers recommend: Logical Reasoning → Language Skills → Quantitative Skills.
- Start with your strongest section to build confidence and bank easy marks early.
- Save your heaviest cognitive load section for the middle — when focus is still high.
- Do not rearrange sections during the exam; decide your order before entering the exam room.

### TIME MANAGEMENT DURING THE EXAM

SECTION	TOTAL TIME	EASY QS	TIME TARGET
Language Skills	28 min	20–24	~40 sec/Q
Quantitative Skills	52 min	22–28	~75 sec/Q
Logical Reasoning	40 min	22–28	~60 sec/Q

### SMART ATTEMPT STRATEGY

- Target 75–80% accuracy over 85–95% attempt rate — precision beats volume in adaptive tests.
- In the first 10 questions of each section, be highly accurate — these set the difficulty trajectory.
- Since there is no negative marking, NEVER leave a question blank. Guess if necessary.
- Skip and return to hard questions if the section allows — do not get stuck for over 90 seconds.
- In LR, attempt standalone question types (coding-decoding, series) before long puzzles.

### MULTIPLE ATTEMPT STRATEGY

- **Attempt 1:** Treat it as a full diagnostic — understand the real exam format and your comfort zone.
- **Attempt 2:** Address weaknesses identified in Attempt 1 with targeted preparation (min. 15 days gap).

- **Attempt 3 (if needed):** Fine-tune strategy — optimise section order and time allocation.
- GMAC automatically sends your best score to selected colleges. No risk in retaking.

## **ON EXAM DAY — CHECKLIST**

- Carry a printed admit card and original government-issued photo ID.
- Reach the test centre at least 30 minutes before your scheduled time.
- No electronic devices, watches, or study materials are permitted in the examination hall.
- Use the scratch paper provided — especially for Quant calculations and LR arrangement grids.
- Confirm your section order decision before the timer begins.

## SECTION 5 | CUTOFFS & TOP COLLEGES

### EXPECTED NMAT 2026 SCORE CUTOFFS

Each institution sets its own cutoff and runs an independent selection process after shortlisting on NMAT score.

The cutoffs below are based on historical trends.

COLLEGE	LOCATION	PROGRAMME	CUTOFF SCORE	DIFFICULTY
NMIMS Mumbai	Mumbai	MBA	210+	★★★★★
SPJIMR Mumbai	Mumbai	PGDM	200+	★★★★★
TAPMI Manipal	Manipal	MBA / PGDM	190+	★★★★☆
XIM University (XIMB)	Bhubaneswar	MBA	180+	★★★★☆
KJ Somaiya Institute	Mumbai	MBA	185+	★★★★☆
SDA Bocconi Asia Center	Mumbai	MBA	200+	★★★★☆
GITAM School of Business	Hyderabad	MBA	170+	★★★☆☆
VIT Business School	Vellore	MBA	160+	★★★☆☆

★ Difficulty rating indicates admission competitiveness (not exam difficulty). Cutoffs are indicative — verify with each institution.

### SCORE RANGES & INTERPRETATION

SCORE RANGE	PERCENTILE (APPROX.)	INTERPRETATION
210 – 360	90th+	Top-tier colleges (NMIMS, SPJIMR, SDA Bocconi)
190 – 209	80th – 90th	Strong mid-tier colleges (TAPMI, KJ Somaiya)
170 – 189	70th – 80th	Good B-schools (XIMB, GITAM)
Below 170	Below 70th	Lower-rung colleges; consider retaking

## **ADMISSION PROCESS AFTER NMAT**

1. Register and appear for NMAT by GMAC within the exam window.
2. GMAC sends your best score to your selected colleges automatically.
3. Colleges shortlist candidates based on NMAT score + academic profile.
4. Shortlisted candidates appear for GD (Group Discussion) or WAT (Written Ability Test).
5. Personal Interview (PI) is conducted by the respective institution.
6. Final merit list is based on NMAT score + GD/WAT + PI + academics + work experience.

## SECTION 6 | BEST BOOKS & RESOURCES

### RECOMMENDED BOOKS FOR NMAT 2026

Choose books strategically — do not study from too many sources.

One solid book per section, combined with official GMAC mocks, is the most effective approach.

SECTION	BOOK TITLE	AUTHOR	PUBLISHER	WHY USE IT
Language Skills	Objective General English	S. P. Bakshi	Arihant	Grammar + Vocab — must-have for beginners
Language Skills	Word Power Made Easy	Norman Lewis	Pocket Books	Best book for vocabulary building
Language Skills	English for MBA Entrance	Ajay Singh	Arihant	RC & para-formation focused
Quantitative	Quantitative Aptitude for CAT	Arun Sharma	McGraw Hill	Deep conceptual coverage; start here
Quantitative	How to Prepare for Quantitative Aptitude	Arun Sharma	McGraw Hill	Great for practice & shortcuts
Quantitative	Magical Book on Quicker Maths	M. Tyra	BSC Publication	Fast calculation techniques
Logical Reasoning	A Modern Approach to Logical Reasoning	R. S. Aggarwal	S. Chand	Comprehensive LR bible
Logical Reasoning	How to Prepare for Logical Reasoning for CAT	Arun Sharma	McGraw Hill	Excellent puzzle & arrangement sets
Full NMAT Prep	The Official NMAT by GMAC Study Guide	GMAC	Wiley	Official guide — first reference always
Full NMAT Prep	NMAT by GMAC Official Practice Exams	GMAC	mba.com	Real adaptive mocks — essential for timing

## ONLINE RESOURCES & MOCK TESTS

### Official Resources

- **GMAC Official Website:** [mba.com/exams/nmat](https://mba.com/exams/nmat) — free practice questions and exam information
- **NMAT Official Practice Exams** — adaptive mocks that mirror the actual exam experience

### Recommended Platforms

- **TIME Institute** — NMAT-specific mock series with detailed analytics
- **Career Launcher** — section-wise practice and full-length mocks
- **IMS Learning** — strong Language Skills material and RC practice sets
- **Unacademy / Byju's** — free and paid video lectures for concept clarity

### PRO TIPS FROM CAREERCHOICE360

- Begin with the Official NMAT Study Guide by GMAC — it sets the right difficulty benchmark.
- Take at least 8–10 full-length adaptive mocks before your exam date.
- Use official GMAC practice exams in the final 4 weeks to simulate real exam conditions.
- Review your error log after every mock — patterns in mistakes = your preparation gaps.
- NMAT is moderate in difficulty compared to CAT/XAT — speed and accuracy matter more than depth.

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This handbook is prepared by CareerChoice360 for NMAT 2026 aspirants.

All dates, fees, and cutoffs are based on available information as of publication and are subject to change.

Always verify from the official GMAC website at [mba.com/exams/nmat](https://mba.com/exams/nmat).

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