

CLATapult Introduces Speed Reading and Mental Health Well-Being as Core Pillars of CLAT Preparation

CLATapult has added speed reading techniques and mental health well-being to its CLAT coaching programme, giving both equal weightage with the five subjects students already study.



kolkata, West bengal Oct 8, 2026 ([Issuewire.com](https://www.issuewire.com)) - CLATapult, [Kolkata's leading CLAT coaching institute](#), has introduced speed reading techniques and mental health well-being as two important extensions of its CLAT preparation programme. Both will carry equal weightage alongside the five subjects students prepare for: Legal Reasoning, Logical Reasoning, English, Quantitative Techniques, and General Knowledge.

The move reflects a shift in how the institute views CLAT preparation. Strong subject knowledge alone is no longer enough, as the exam increasingly rewards students who can process dense information quickly and stay composed under pressure.

Speed Reading to Counter Rising Passage Difficulty

Passages across CLAT sections have grown steadily more difficult, with longer and more layered texts that demand both speed and accuracy. With all questions to be attempted in 120 minutes, reading ability directly affects how many questions a student can attempt and answer correctly.

CLATapult's speed reading initiative will explore multiple methodologies to ensure tangible improvement among aspirants. The programme covers techniques such as chunking, reducing subvocalisation, active previewing of passages, and timed reading drills. These are integrated into [regular classes and mock test practice](#), so improvement shows up in students' actual exam performance.

Mental Health at the Core of the Journey

Most CLAT aspirants are Class 11 and 12 students who must balance board exam preparation with the pressure of CLAT. Anxiety and panic attacks are common among them, yet they often go unspoken.

CLATapult's mental health well-being programme aims to address these concerns at the root. It focuses on creating an environment where students can openly discuss stress, structured mentorship with faculty who have themselves been through the CLAT journey, practical stress management habits, and guidance on balancing board exams with CLAT preparation.

Why It Matters

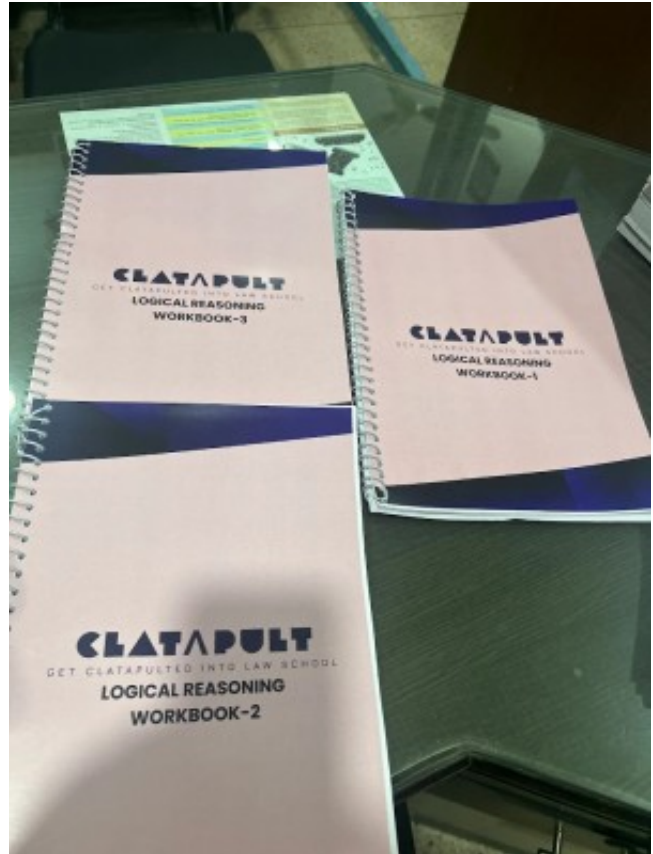
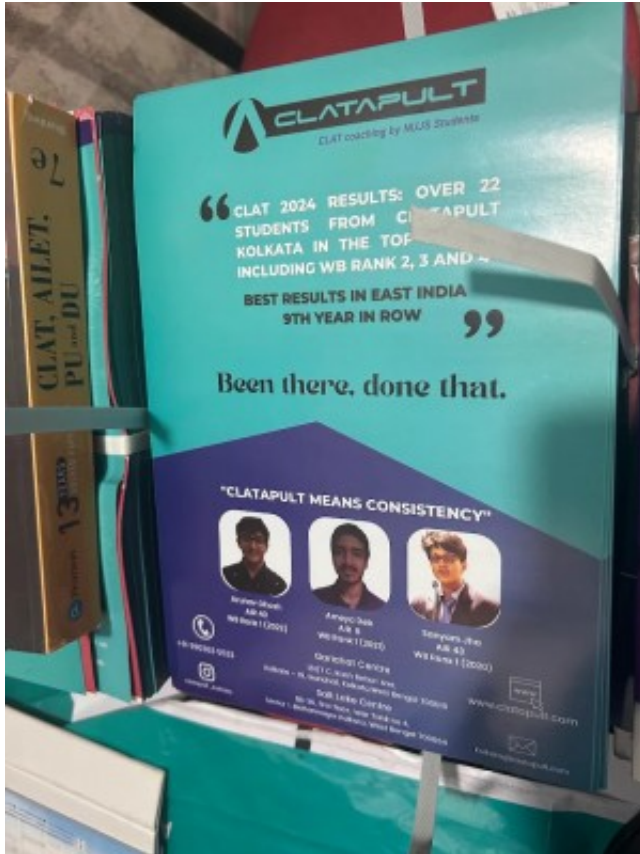
A student's mental state directly shapes their ability to concentrate, retain information, and think clearly during a high-stakes exam. By treating well-being as part of preparation rather than an afterthought, CLATapult aims to help students perform better while also experiencing a healthier preparation journey.

About CLATapult

Founded by [graduates of the West Bengal National University of Juridical Sciences \(NUJS\)](#), CLATapult is Kolkata's leading CLAT coaching institute, recognised for delivering the best CLAT results in Eastern India for eleven consecutive years. With classroom centres in Salt Lake and Gariahat, and online coaching offered pan-India, CLATapult has helped hundreds of students secure admission into India's top National Law Universities.

CLATapult Gariahat Center: <https://share.google/nf6MQZFxmrvawMRsn>

CLATapult Salt Lake Center: <https://share.google/On6qbhbD012edfBoV>



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