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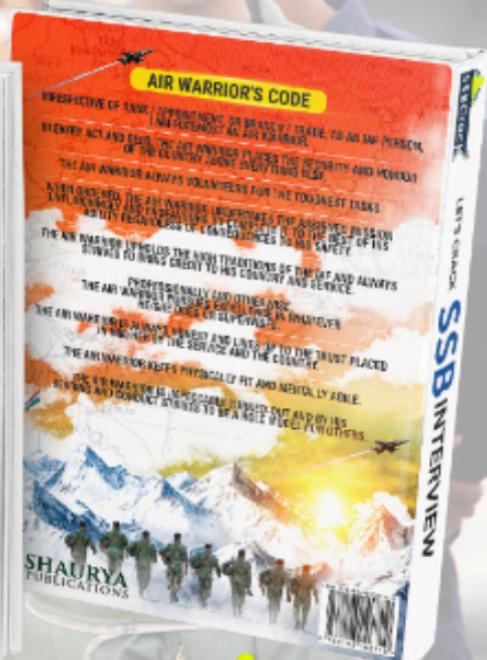
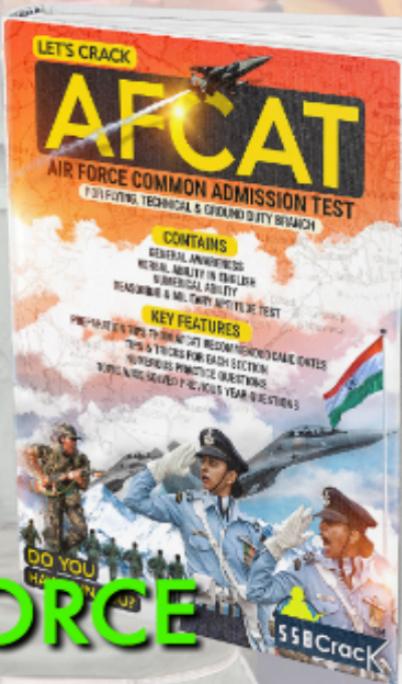
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 **SSB Crack**



THE UNREVEALED SECRETS OF SSB INTERVIEW



- ✓ Complete 5-day Procedure
- ✓ Solved Examples
- ✓ Secret Tips For SSB
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SELECTION PROCESS

SSB interview is conducted by **Services Selection Board** for the recruitment of officers. SSB interview is a five days process with include two stage of testing. Only, when a candidate clears Stage I testing goes for Stage-II testing. Lets talk more about **what is SSB interview** and what are the different SSB boards and tests conducted by them.

The aim of five day testing is to assess personality of candidates by three pronged approach – Manasa, Vacha & Karmna, Translating into your thoughts, speech and deed/actions. These three approaches are termed as techniques and they are assessed by Psychologist, Interviewing Officer and Group testing Officer independently. The summation of three approaches in conference gives inputs for identifying a potential and a trainable Armed Forces leader.

If you want to be an officer in Army, Navy or Air force, you have to attend SSB interview and clear it followed by your medical examination.

DIFFERENT SSB CENTRE LOCATION

Army

- Allahabad (11SSB, 14SSB, 18SSB, 19SSB and 34SSB)
- Bhopal (20SSB, 21SSB, 22SSB)
- Bangalore (17SSB and 24SSB)
- Kapurthala, Punjab

Navy

- Bhopal (33 SSB)
- Bangalore(12 SSB)
- Coimbatore

Air Force

- 1 AFSB, Dehradun
- 2 AFSB, Mysore
- 3 AFSB, Gandhinagar
- 4 AFSB, Varansi
- 5 AFSB, Kanchrapara

TESTING SCHEDULE AT SSB

The selection process is spread over five days testing schedule and is conducted in two stages. Stages I is conducted on the first day and the candidates having some chance of getting selected are retained for Stage II based on the performance of candidates in written test and Picture Perception and Discussion Test (PP & DT) conducted on Day 1. The brief program for five days is given below and the same is elaborated in subsequent sections.

- **STAGE -1**

DAY 1 - Written Test, PP & DT

- **STAGE – II**

DAY 2- Psych Test ; Interview

DAY 3- GTO 1 Day; Interview

DAY 4- GTO 2 Day; Interview

DAY5- Conference

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REPORTING DAY

RECEPTION

The day of reporting at the SSB board, followed by document check and form filling[PIQ forms]. You are suppose to report at the place mentioned in the call letter, mostly you are asked to report at MCQ [Moment Control Office]. You will not find any difficult in doing so because there are many other candidates who reports on the same day, so you may find one or two.

[For some entries reporting day and Screening day are same, please follow your call letters for correct information]

Note: For some entries reporting day and screening[PPDT] are same, when your reporting time is early like 0700 hours then your screening day will be on the very first day(reporting day).

Candidates arriving late or by road/air should proceed directly on their own and report to the SSB. On your arrival at the SSB, you will be given sufficient time to settle down.

OPENING ADDRESS

The first organised event at the SSB is the opening address. The duty officer gives and introductory talk, explains matters of administration arrangements, the DOs and Don'ts at the SSB and the routine at SSB in the brief for the next five days. Listen carefully to what he says.

DOCUMENTATION

After the opening address Documentation check is the next event. You are required to produce your original certificates for verification and fill up certain forms like the TA form on the reporting day itself. You will also be allotted chest numbers for your Stage I testing.



Figure 1: Candidates reporting at SSB Allahabad

DAY 1 – STAGE 1

OIR TEST - Officer Intelligence Rating Test

Morning of the Day 1 begins with the Officer Intelligence Rating (OIR) Test. The test would start early, so ensure that you have a good night sleep and wake up in time to be ready for the tests. The tests themselves include verbal and non-verbal tests which require simple and analytical reasoning. **Officer Intelligence Rating Test** is conducted on the first day of the SSB selection procedure along with PPDT. This test features verbal and non-verbal questions which are not very tough but require presence of mind and speed. There are about forty to sixty questions and the given time varies with the number and the difficulty of the questions.

The test is divided into two parts: Verbal reasoning and Non-Verbal reasoning.

Verbal reasoning

- Spelling
- Grammar
- Sentence Completion
- Analogies
- Word Groups
- Instruction
- Critical Reasoning
- Verbal Deductions

As this test involves the above topics, they require an understanding of the precise meaning of words, idioms and the structure of the language. A thorough practice is required on the above mentioned topics. One may practice from any book specifically for SSB or may use the practice papers available at shop.ssbcrack.com.

Non-Verbal reasoning

This part gives series of pattern and figures. You are expected to find the relation in the given series and choose the correct alternative from the choices. This part requires logic and accuracy. The questions are very short.

The questions are based on:

- Analogy and Classification of Figures.
- Complete and Incomplete Pattern of Figures
- Cubes and Dice
- Venn Diagram

OIR Test Questions

Q. By how many degrees a minute hand rotates in 45 minutes

- 90°
- 180°
- 270°
- 45°

Absurd Statements and Statement Justification – Officer Intelligence Rating Test

Instructions: A statement has been provided in the question; choose from the option if the statement

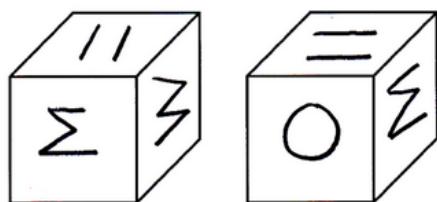
Q. Milky Way is galaxy from which we get milk when it rains

- True
- False
- Probable
- Absurd

Similar Cubes – Officer Intelligence Rating Test

Instructions: Find if the following cubes are similar or not, choose yes or no from the option

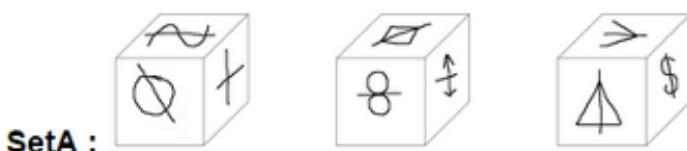
Q.



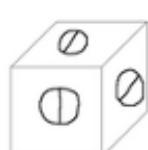
- (a) Yes
 (b) No

Cube Sets – Officer Intelligence Rating Test

Q.



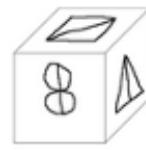
From the following cubes which cube matches with set A



Cube A



Cube B



Cube C

- Cube A
- Cube B
- Cube C
- None of the above

Last Digit – Officer Intelligence Rating

Q. Write the last digit of the smallest number from the following given
467922, 468910, 461093, 497252

Series Completion – Officer Intelligence Rating Test

Instruction: Choose the correct alternative and complete the given series

Q. 1, 3, 5, 7, __

- 8
- 9
- 10
- 11

Coding and Decoding – Officer Intelligence Rating Test

1. If in a certain language, DELHI is coded as EFMIJ, how is BOMBAY coded in that code ?
- EKNVDQ
- GMPVDS
- EMNXDS
- HNQYGT

TIPS FOR OIR TEST

1. Do not waste time on difficult questions and attempt the easiest ones first.
2. Do not leave any questions as there is no negative marking.
3. Prepare from shop.ssbcrack.com **OIR Test Ebook** to get an idea of original questions. Practice sample questions daily to improve your speed.
4. Do not mark anything on the question booklets.
5. Have a better understanding of cube and dice questions of OIR test because if you are not aware of these questions, it will take more time for your to solve them, we have covered such questions in our **OIR Test Ebook**.



Figure 2:Candidates writing OIR Test at SSB Allahabad

PPDT - PICTURE PERCEPTION AND DISCUSSION TEST

PPDT or Picture perception and discussion test is one of the two tests conducted in stage one testing of SSB interview, the another one is officer intelligence test. Officer intelligence test consist of written test in verbal and non-verbal questions which is very easy and do not count much for screening, but PPDT plays an important role in screening.

Now we will discuss about PPDT, what is PPDT and how to write and speak during PPDT. This would help fresher who certainly miss or get confuse during PPDT story writing, narration and group discussion.

What is PPDT?

- PPDT stands for picture perception and discussion test, as the name suggests, you need to write a story on the picture shown, narrate it and then discuss among group members to make a common story.

How to write a story in PPDT?

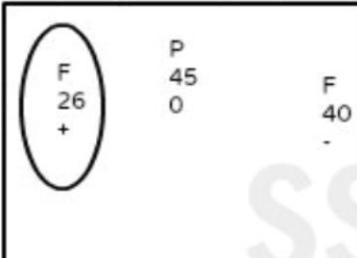
- You will see the picture for 30 secs and then you will get 1 min to note down few details and then 4 mins to write your story on the page provided by the SSB.
- In 1 minute you have to write down the details like gender of the characters you have seen, their age, mood and circle the character you have seen first.
- All these details have to be marked inside the box printed on the sheet provided by SSB.
- Write M/F/P for male/female/person(if the gender is not clear).
- Write +/-/0 for positive/negative/neutral mood.
- Write their age assumed by you and as per the picture shown.
- Circle the details of the character you have seen first.
- On the right hand side of the sheet, you have to write the action happening in your story, it could be in 3-4 words like ” saving a child” , “Enjoying in vacation” , “helping a poor” etc

Picture Perception [Story Writing]



Figure 3: Sample PPDT Picture

Sample of the PPDT story sheet:

Name:	Roll Number:
Chest no:	Batch no:
	
Action: Helping in farming	
Story: <p>Your story goes here, keep minimum 100 words. If the space is not enough, use back side of the sheet</p>	

Assume that you have seen the picture(above) during story writing, it will be displayed for 30 secs and then 1 min for noting down few details. Assumptions may vary person to person, but try to assume practical and logical, if you find the character as a female, then write it as a female but male.

Details in the Box

- According to the picture, I have seen a female[F] character first on the very left side of the frame with positive mode and age around 26 years. So you can see what I have mentioned it in the box given.
- I have also seen another female[F] on the right hand side of the frame with little sad facial expression (negative mood) and age around 40 years.
- I have seen another character in the middle of the frame, I not able to guess the gender so I marked it as a person [P] but I guess the age would be 45 years and mood is neutral.
- These assumptions may vary person to person, one may see only two characters and other may assume it as a battle ground, so it depends on how you think and respond to what you see.

Action Part

Coming to action part, I find the scene of an agricultural land, so my story is related to farming/agricultural. After seeing the picture few keywords came to my mind like farming+poor+agriculture+help+fertilizers+drought+earning+livelihood etc etc , so based on that I assumed some story in my mind and based on that I wrote the action in very short.

Your Story

Once you are done with above, you will get 4 mins to write the story, keep your story relevant to the picture and characters mentioned by you. Sometime you may not be able to finish the story in time, but that's okay, you can add the missing parts while narrating but again make sure you do not change your story completely, but try to keep it relevant.

Discussion Test [Individual Narration + Group Discussion]

This part of screening which can make most of us nervous, as a matter of fact, individual narration and group discussion decides whether you stay for the day or screened out. So, use your full ability to perform well enough during narration and discussion.

This part consist two things, one is individual narration and another is group discussion. After the story writing, candidates will be divided in a group of 12 -14, all group members are suppose to sit in a semi circular fashion. You will be getting chance to read your story again just to revise before the individual narration starts.

Individual narration:

1. Candidate with the least chest number start narrating his/her story, once finished, the next candidate will start his/her narration. This will proceeds till last candidate.
2. Once the narration start, assessors will not interrupt neither you are suppose to look or talk to assessors.
3. You will be getting sufficient instructions from assessors before the narration starts.
4. Try to keep your story short and to the point, you may get maximum 1 min to finish your narration.

Group Discussion:

1. As soon as the last candidate completes his/her narration, group discussion begins among group members without any interruption from assessors.
2. Generally it starts with 6-7 candidates speaking/yelling at the same time, you are suppose to keep your calm and show maturity.
3. The motto of the group discussion is to make a common story out of the picture shown.
4. If the group discussion becomes fish market, assessors may divide the group into two halves. This makes the discussion easier because of less candidates in each group.
5. You may get 5-10 mins for discussion.
6. At last assessors will stop the discussion and tell the group to move out of the room.

TIPS FOR WRITING BETTER PPDT STORIES

1. Remember the picture is hazy so concentrate and try to drive out the most positive scene you can. Spend the 30 seconds given for observing the picture very effectively.
2. Stay away from pre conceived stories, or those you have read from Books. Stay as original as you can.
3. Go for a fewer number of characters, even if you see a mob, marks only 2-3 characters at the most, this will help you in building a better story and save your time.
4. Your story must comprise of a hero/heroine and this should be the central character of your story. The hero should do some heroic or appreciable thing in your story. Make a single hero only.
5. Write the story in past tense.
6. You don't have to describe the scene instead you have to imagine what possibly could have led to the scene, how the hero overcame the problem in your story and what the result was.
7. Thus in general a story should have a format somewhat like this. There should be some problem/concern, there should be a hero and he should overcome the problem, and then write that the problem or concern was solved or taken care of and the hero felt nice on doing so.
8. Listen to the instructions given at the time of PPDT very carefully.
9. Do not write very impractical stories, like being rewarded for doing something, means getting bravery award and all. Getting rewarded is a difficult task and doesn't happen in real life too often, so be practical.
10. You will be asked to write the action of the story; here you have to write the main gist or theme of your story in a single line or 5-10 words. Keep in mind that you don't have to give the title to your story.
11. Write the story neatly, without cuts and in best possible handwriting.

TIPS FOR STORY NARRATION

1. There is so much transparency about the SSB procedure nowadays and so many reference books/sites are available, so the aspirants/ candidates must utilise this opportunity and practice as much as they can. Give yourself enough time to get familiar with the psychological tests that take place in the SSB. Practice as much sample papers as you can. But remember that you only need an idea for how to go about writing the story, kindly don't just learn the sample stories and write those in the PPDT. You need to project your personality so your story needs to be authentic.
2. Make a mental note Jot down all the major points of your story and mentally rehearse them. The role of the characters, the mood, the age range, the scenario, all should be crystal clear in your mind. If you have all the pointers ready and in place, you are likely to narrate better.
3. Be very clear and specific. In a group of 15-25 candidates, where each has to put their perspective and story forward, it becomes very important to be very specific and not to beat around the bush when it comes to narrating your story and to find a common conclusion. You should be very clear with what you want to say and communicate effectively.
4. Critically analyse the picture. Be very careful while you try to pick up the various things that are going on in the picture shown to you. You have just 60 seconds to observe and incorporate the scene shown in the picture in your story. There will be things that everyone will notice and write about, so go beyond that and try to observe other things happening in the picture (however small it may seem) and incorporate it in your story. Be logical while doing so.

5. Listen to everyone. The setup of the discussion part of PPDT is somewhat like a GD, where everyone is trying to put their point forward. Some candidates might have a point that you didn't think of or notice, so it's very important to listen to what everyone is saying. The goal is to come to a common conclusion about the story of the picture shown. This is only possible if all the perspectives are heard.
6. Be confident while speaking. You need to be very clear about your story and while speaking be confident. Try to put your point forward logically and convince others. The main theme of the story should be immediately as the discussion starts. Be active during the discussion.
7. To succeed in the PPDT be realistic, logical and analytical while writing and narrating your story. It should be reflective of your personality.

5 SECRET TIPS TO CLEAR PPDT [SCREENING TEST]

1. **Observe picture carefully** – People forget to do this and start writing the things they have read somewhere else or someone has asked them to write or taught them. Every personality is different and if you follow others' personality success will never be yours.
2. **Make a blue print in mind** – Normally things should be made up in mind first in the given 30 seconds and then it should come in the paper. Never change the things in between. Be original and live with it.
3. **Keep it short with the flow intact** – I have been assessing a lot of mentees for their stories and what I see in the majority of the cases that the flow and the link are missing in most. Different stories cannot be altogether in one story. We only need one story with what led to the thing, what happened and what could be a probable ending.
4. **It's not an English writing competition, but a psychology test** – People spend a lot of time in writing good words and beautiful English. It's not that competition. Even if things are grammatically wrong but psychologically relevant you have the chance to get recommended. Though general mistakes might create a bad impression and hence avoided.
5. **Don't fight while discussing** – It's a discussion to get a conclusion and not a ground to fight on the certain issue. So discuss, give everyone a chance and don't make it a fish market.

SAMPLE PPDT PICTURE AND STORY



Figure 4: A sample PPDT picture

Story: Naval was headmaster in the village high school. As always he was on the walk around the fields in the village. But today he was not feeling the fresh air, rather he was coughing due to the polluted air. As he moved on, he saw big flames of fire in the field. He ran up to that field quickly and what he saw was the farmers were burning the waste after cultivating their crop, which was polluting the fresh environment of early morning. On the same evening, Naval with the help of panchayat members talked to the farmers of the village and told them about the new government plans for controlling air pollution, according to which they can sell the waste to fertilizer companies and they should keep some amount of it in fields itself, as it will provide nutrients to the soil for next crop. In this way Naval help the cause of pollution control in his village.



Figure 5: Stage -1 result being announced at SSB Bhopal

RESULT OF STAGE 1 - PPDT

Once all candidates have undergone this stage the results of Stage I are declared. Successful candidates are retained for Stage II testing and the balance are asked to leave after a short brief on general shortcomings. The candidates are provided with lunch and transport to go to the railway station. Candidates will also be paid the entitled Travelling Allowance for AC 3 tier class. This travelling allowance is paid to candidates appearing for the first time in SSB on production of the original tickets.

PPDT/Screening Result:

1. You will get your results after few hours, those who are selected stay back for next few days for stage-II testing.
2. Don't lose hope if you are not selected. Try to learn from your experiences.

STAGE 2- DAY 2- PSYCHOLOGICAL TEST

The candidates are retained for further testing in Stage 2 will be divided into groups of eight to ten candidates. Each candidate will be allotted a new chest number. It is important to remember that you are not competing with other candidates, all of you will be assessed against the common standard of suitability and it is possible that everyone in the group is selected or rejected. You will require to fill up Personal Information Questionnaire (PIQ) with correct and exact details about your life. In case of a large batch some of you may find yourself facing Interviewing Officer in the evening of same day.

The second day sees the testing in the earnest and begins with the onset of Psychological Assessment. The candidates are taken through a series of situations projected as words, pictures and narrated situations. The reaction timings are stringent to bring in natural and subconscious behavioral pattern of individual. As the Psych tests takes time and one has to be fresh and natural, the tests are started early in the morning. Before the tests are administered you will be briefed by the Psychologist about the various tests you have to undergo, also before you undergo actual tests you will be familiarised with the example tests of each type. Psych test are administered on candidates to access the psychological profile acceptable for candidates of particular age group.



Figure 6: Psychology test being conducted at SSB Allahabad

There are 4 different psychological tests as mentioned below:

1. Thematic Apperception Test
2. Word Association Test
3. Situation Reaction Test
4. Self Description Test

THEMATIC APPERCEPTION TEST

The first test among the battery of Psych tests is the Thematic Apperception Test (TAT). In this test a total of 12 pictures including a blank picture will be shown for 30 seconds each, one after the other. Candidates are asked to write story around the picture shown, covering issues like what led to the situation, what is going on and what would be the outcome of the situation perceived in the picture. The picture is selected in a manner to allow your creative mind to evolve a number of stories.

No story is correct or wrong, what matters is it must be a story triggered in your mind by the picture. Remember that the picture is shown only for 30 seconds and then you are asked to write about the picture within four minutes. In the blank picture, you have to imagine a picture of your own choice and write a story around that. Since the timings are stringent you are advised to write the story that occurs to you first on seeing the picture, that way your response will be natural and you will be able to write the entire story within the limited time available to you.

WHY THEMATIC APPERCEPTION TEST?

This pictures originally employed for this purpose were very vague. There was a great play of projection or inner sub consciousness in the interpretation of these T.A.T pictures. Pictures with greater details and needing less play of projection and imagination were introduced by two psychologist, Murray and Margon, who used these in 1903 and the same are generally in use in India.

In TAT, the picture used by the SSBs are on the model of Murray's pictures, but they are almost clear and not hazy. A set of 12 pictures is generally used including one blank slide. A slide of each picture is shown on a screen with the help of a magic lantern for half a minute and the candidates are required to write a story based on the picture in a period of four minutes in the particular space provided on the answer sheet.

These test is based on the theory that in the construction of stories around ambiguous pictures, the candidate organize material from his own personal experiences, partly as a result of the stimulus that he receives i.e. what he finds in the picture and partly his associations with such stimuli recalled from his past experiences.

CHARACTERISTICS OF THE STORY

The candidates must remember that there are certain essential elements or components of a well constructed story. These are:

- The Hero: Each story must have a hero or the chief character with whom the writer identifies himself. The hero should exhibit qualities which an officer of the Armed Forces should possess. He should act and behave like a normal human being and not like a supernatural being.
- Other characters who help the hero in the execution of the task undertaken by him.
- Situation in the Story:
 - What it is ?
 - How it came into being or what events led up to it?
 - What will be the outcome or conclusion?
- The them or plot:
 - It is an attempt by the hero, assisted by other characters to organize the story by pooling all the resources at his disposal in order to successfully solve the problem by him.
 - The plot should be interesting and end successfully.
 - It should be self-evident. The reader must not remain in doubt about it or keep on guessing it.

TIPS FOR TAT:

1. It is a test of your imagination and you have to imagine and write a story. Remember it is a story writing and not describing the picture.
2. Your story should clearly have a hero. Now this Hero is very important. This is so because this Hero represents you.
3. The thing a person writes or says or in other words the kind of reaction a person gives depicts his/her personality in a great deal. Hence the kind of story you make depict your personality to a certain extent.
4. Thus the Hero represents you. So make the Hero a positive character.
5. Your story must be a positive story.
6. The story should have a past, a present and a future. The picture which is shown according to which you frame the story must appear somewhere in the story, most likely in the present part of the story.
7. Observe the picture very carefully and note down the minutest detail in your mind, they will help you in framing the story nicely.
8. Never write a pre-conceived story. Also do not try to forcefully fit something in the picture. Write only around what is shown.
9. Now some pictures may appear totally negative. A gloomy face, a dead body, an accident scene etc. What to do then? In these cases don't overlook and avoid what is very evidently visible, instead try to make a positive ending.
10. Don't unnecessarily put negativity in your story. A sad face doesn't imply death all the time, so do not make negative stories. You have to make it positive.
11. Generally the structure of the story is that there is a hero. There is some information related to how things led to the present scenario (The picture), then the Hero solves the problem thus giving a positive ending.
12. Give realistic aim, and practical problems and their solutions. Do not give impractical views or childish imagination.
13. An ideal story lies between 80-100 words. A shorter story is not better, so practice writing fast. There is ample sample material present on our website.
14. Choose the age and profession of the main lead of your story very carefully. The age should be exactly what is evident from the picture. And choose the profession according to the age.
15. In case of many characters in the clip, choose the one closest to your age as your hero. In case of pictures in which it is very difficult to determine the age, there also choose the age nearest to yours. But do not forcefully give the age of very evident characters near to your age. For eg. If in the picture only one child of 5 years is shown then do not write his age as 21 years in the story.
16. A good story has a motto, however small it may be, but it should be practical, mature and realistic motto.

IDEAS FOR THEMATIC APPERCEPTION TEST BASED ON PICTURE

- Scene of Factory or Workshop
 - Modification of Factory
 - Quick Order Delivery
 - New Invention
 - New design
- Scene of Office Meeting/ Phone Calls
 - Board of director
 - Presenting new idea
 - Inventions
 - New techniques
 - New education system
 - Planning attack
- Scene of Fight/Running/Knife in hand/ Pistol in hand/Catching the Throat
 - Yoga
 - Karate
 - Commando attack
 - Learning martial arts
- Scene of Defence Forces /Army Soldiers
 - Patrolling
 - Planning
 - Attack
 - Destroying enemy target
 - Destroying Amn dump
 - Getting information of enemy
- Scene of Vehicle Car/ Bike
 - Car/Bike rally
 - New design of an engine
 - Pollution free vehicles
 - Less competition
 - Multi fuel design
- Group of Girls/women
 - Vocational training centre
 - Cottage industries
 - Handicraft industry
 - Health/hygiene training
 - SSB selection training
 - Modelling
 - Dramatics
 - Folk dancing
 - Family Planning
- Scene of Boat/River/lake
 - Boating competition
 - New design of boat
 - Racing
 - Rafting

- Scene of Bridge
 - Repair of bridge
 - New design
 - Widening of bridge
 - Bridge inauguration
- Scene of Mountains
 - Mineral/Oil discovery
 - Plantation/forestation
 - Tourism/archaeological
 - Hiking, skiing, study of historical structure
- Water/river
 - Pollution
 - Creating lake
 - Reservoirs
 - Tourist resort
 - Boating
 - Flood control
 - Digging
 - Navigation/waterway
- Land
 - New technology of agriculture
 - Drip irrigation
 - Digging canal
 - Creation Reservoir for water
 - Plantation
 - Windmill
- People/Villager
 - Cottage industries
 - Small scale industries
 - Handicraft Industries
 - Agricultural Industries
 - Teaching new agricultural Method
 - Education/Family planning/Child Marriage menace
- Road/traffic/accident
 - Widen road
 - One- way traffic
 - Bus facilities
 - Street- lights
 - Encroachment removal
 - Zebra crossing
 - Traffic lights
 - Evacuation of hospital

- Boys scouts/cycle/car
 - NSS Camp
 - Flood relief
 - Cycle rally
 - Car rally
 - Picnic
 - Jogging
 - Peace march
 - Blood donation
 - Rescue operation
- Sitting in Office
 - Planning
 - Research
 - Relief operations i.e. flood, earthquake etc.

SAMPLE TAT PICTURE AND STORY



Figure 7: Sample TAT picture.

Story: Shoeb was an engineering student in Ramnath college of technology. He had a hobby in trekking. After his exams he wished to take a break and go for trekking from nagra hill to pithora garh. He talked to his friends and they all agreed upon the idea. He made all the arrangements and they left on the next morning. They started the hike and were enjoying the beauty of the surroundings. Suddenly the way forward was seen blocked due to landslides which had come the last night. Shoeb analysed the situation and took a decision to move forward by making way out of the malba on the track. With great difficulty and teamwork they managed to cross the hurdle. They continued and reached their destination successfully. Tough difficult, the tour was adventurous and memorable for the group. They felt energised and joined their schedule tasks again.

WORD ASSOCIATION TEST

The next psych test is the Word Association Test (WAT). In this test a total of 60 words are shown to the candidates. Each word is flashed on the screen for 15 seconds. The candidate is required to write down the first thought or idea that comes to his mind on seeing the word in the space provided in the 15 seconds before the next word is flashed.

GOLDEN TIPS TO TACKLE WORD ASSOCIATION TEST

- WAT helps psychologist to understand the real behaviour of the candidate under pressure.
- WAT totally depends on how you react to words in your real life.
- A better introspection will help you to know your real personality, your interests, your fears and your weaknesses. By knowing your weaknesses one can work on that and can change them in one's strengths. It will help you in changing the image of a word in your mind {explained later}.
- First of all look at the words carefully as it will be shown only for 15 seconds. If you'll miss even a single word, you'll miss the whole sequence.
- As you'll see the word your mind will form an idea, now it depends on your personality to make a positive idea or a negative idea.
- Then write a sentence on the idea you have formed. Make sure your writing is legible.
- There are no negative words, if you'll look them with a positive approach. Words will work in your favour automatically.
- Try to practice WAT at your home and make some response sheets. You'll see the response will automatically will get better and better.
- You must write at least 6-7 officers like qualities in 60 sentences.
- Do not use too many sentence on defence forces.
- Don't write simple observations
- Don't write idioms, phrases, quotations, universal truths. They show lack of original thoughts.
- Don't use the word "I or Me" much.
- Write sentences from human point of view.

HOW TO WRITE A POSITIVE SENTENCE FROM A NEGATIVE WORD

- When your reaction to a negative word is positive, it will be easy for you to make a sentence from the word.
- Form a positive idea from a negative word shown in the slide.

For example— DIE: – Now when we hear die, an image of death comes to our mind. It is natural but a little practice will help you to change the image out of your mind.

Sentence— Indian people are diehard fans of cricket.

Or

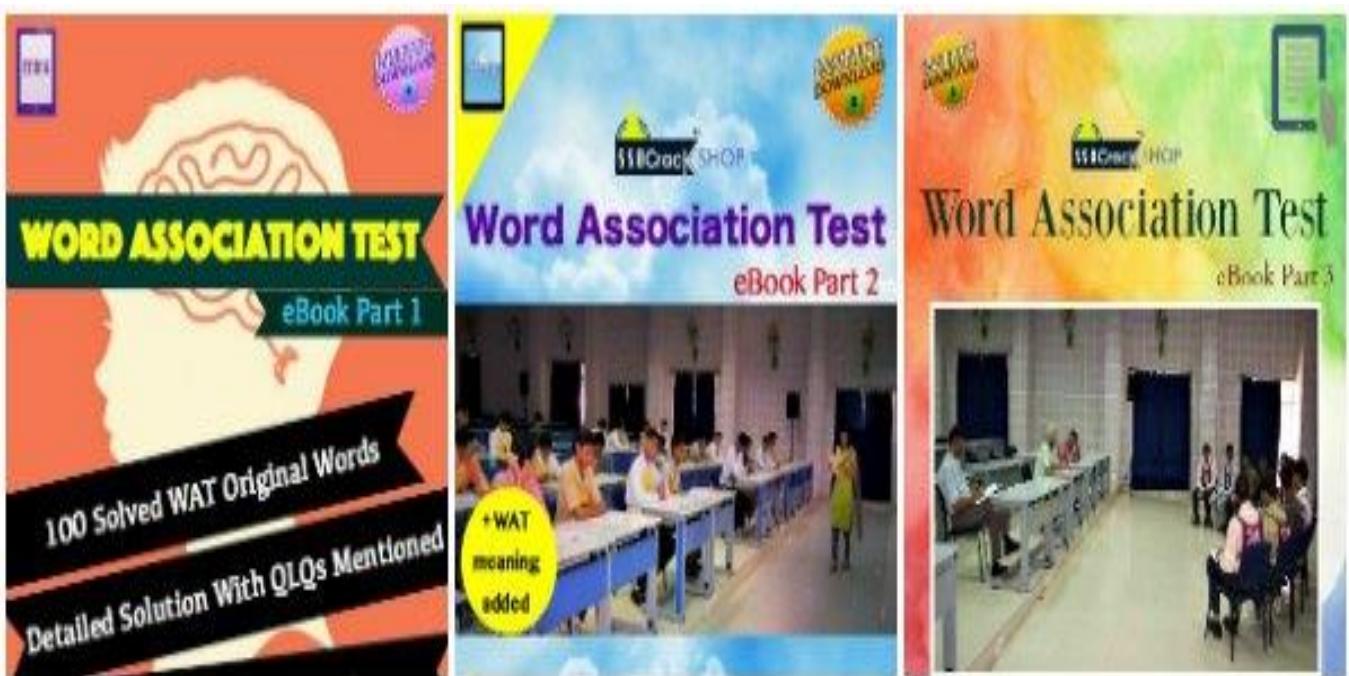
Sentence-With Agni- V, Indian security system becomes a deadly combination.

- Do not use readymade sentence. This will break the pattern of loop created by psychologist.
- Practice writing negative words, it will help you in changing the image of those words in your mind.

EXAMPLES OF SOME WORD ASSOCIATION TEST

1. Sacrifice- A person with morals never sacrifice with his principles.
2. Defeat – A winner defeat his weakness.
3. Danger- Indian defence is always ready for dangerous situations.
4. Risk- A winner always ready to take calculated risk.
5. Worry- A fighter never worries about failures.
6. War- Indian war of independence got tremendous support.
7. Problem- Proper planning lead to a easy solution of the problem.
8. Failure-failures are the foundation of success.
9. Challenge- challenges increase the abilities.
10. Difficult-difficulties are solved by patience.
11. Fear- winners bravely face his fear.
12. Aggressive- A leader patiently deals with his team.
13. Confusion-leaders have a clear vision.
14. Weapon- weapon is used for protection.
15. Hijack- commandos are trained for hijack.

DOWNLOAD WORD ASSOCIATION TEST EBOOK ON SHOP.SSBCRACK.COM



SITUATION REACTION TEST

The third psych test is the Situation Reaction Test (SRT). This test consists of 60 routine life situations regarding day to day activities. The situations are printed in the booklet and candidate is asked to write his reaction by completing the sentences as to how he would feel, think and act in these situations. A total of 30 minutes are given to candidates to write down reactions to all the sixty situations in the booklet.

8 SMART TIPS TO ATTEMPT SITUATION REACTION TEST (SRT)

Here are the tips which could prove to be very useful in clearing all the 60 situations easily within 30 minutes:

1. Practising lot and with a focus is the foremost essence of this test.
2. When you see the situation on the paper, write whatever comes to mind, but it should make sense.
3. Do not make a long explanation because it is time consuming.

Remember, you have only 30 seconds; write short and to the point. e.g. for SRT ‘He saw a snake entering into someone’s house. He...’ you can write ‘divert its attention with a stick and alarm the people inside the house’ instead of ‘He took a stick and started to beat it to divert its attention and alarmed the people inside the house.’

1. Give a positive and a meaningful reaction.
2. Though uncommon situations are presented, try to make a meaningful conclusion/reaction because it reveals that you are capable of handling any situation.
3. If you find that a situation is repeated in another form, then give the reaction differently but see it is not contradictory to the previous reaction.
4. Do not make a irresponsible reaction, in other words, do not merely react to the situation. Let your reactions be filled with responsibility.
5. Do not make the sentences incomplete; at the same time the sentence preferably should be short to manage time.

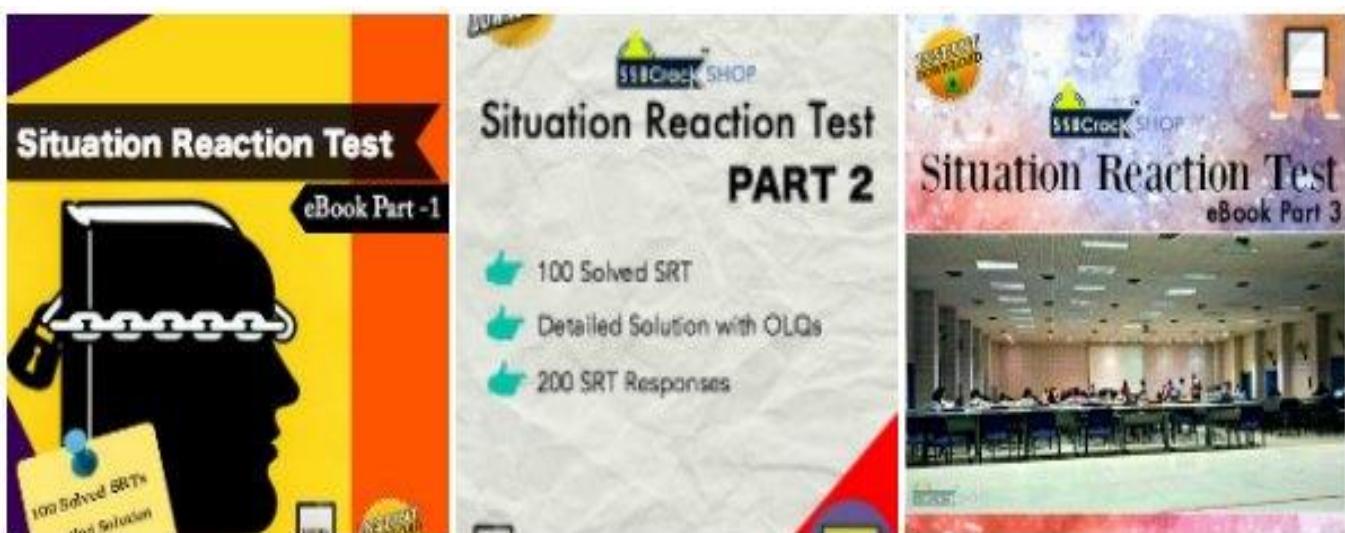
Practise with these tips handy and SRT will become a child’s play. Hope these tips would help you to prepare for the SRT in upcoming SSBs.

SAMPLE SITUATION REACTION TEST WITH SAMPLE ANSWERS

1. **Your friend need urgent money from you for his father’s operation and you found a Purse full of money along with the ID of owner, you will**
 - Return the purse with the help of ID, contribute whatever I can to friend from my money and help in all possible way for the operation.
2. **Your captain falls ill and team left with no leader, you will**
 - Volunteer to lead the team, discuss important things with ill captain motivate teammates, practice well and win the matches.
3. **You want to marry a girl/boy but your parents are not ready, you will**
 - Talk to my parents putting forward logical points, convince them and marry the girl/boy.
4. **You fall ill before your exams, you will**
 - Take medicine and proper rest, revise as much as I can, give the exam and pass with good marks.
5. **You have to attend the marriage of a friend’s sister in another city, just one day before when you have to leave your other good friend arrives and tells he/she has to stay at your home and has some work in your city. You will**
 - Make the friend comfortable, tell her/him the situation and ask her/him to stay with my family and complete her/his work in the city.

6. In a moving train you see a thief snatch away a women's purse and jump out of the train. You will
 - Lodge a complaint with the RPF, help the women by giving her some money if she needs.
7. While going on trekking in midway you come to know that the person responsible for bringing the food packets has forgot to bring. You being the leader of the group will
 - Come back and go for trekking another day.
8. While going for exam you see an injured person lying on the road. You will
 - Hire an auto and take the injured and admit him in a hospital which lies in the way of my exam place, inform his family, and reach on time for exam.
9. You are very successful any have many jealous people who you suspect are planning against you. You will
 - Keep doing my work with more caution and alertness.
10. When you see somebody in your school/college/workplace who is much more successful and is a favourite of all, you
 - Appreciate him/her and take and learn as much good points from him/her and do hard work to improve my performance more.

DOWNLOAD SITUATION REACTION TEST EBOOK ON SHOP.SSBCRACK.COM



SELF DESCRIPTION TEST

The last in the battery of Psych tests is the Self Description Test (SD). Each candidate is given 15 minute and is asked to write 5 separate paragraphs on the opinion of his parents or guardian, friends, teachers or superiors, self opinion and qualities the candidate would like to develop/ inculcate in himself.

TIPS TO CRACK SELF DESCRIPTION TEST

- Listen to the instructions given by the Psychologist carefully.
- Be true and frank in giving your self-description. Never try to bluff about any of your qualities as the psychologist will easily find it out. Remind that psychologist is an experienced person he will easily find out the character traits even if you try to conceal.
- Your emphasis should be on such points that reveal some traits of your personality.

- We all have good traits as well as bad ones. Please write your bad points along with your good ones.
- You should take care that your self- description should never contradict with any of the information given to the board.
- Maintain a good writing speed.
- Never try to memorize any self description from anywhere and produce it before the board. It will only reduce your chances of selection as the SD will have no connection with your personality traits.
- Do not write strong negative things about you. There is much difference between weaknesses and negative qualities. Be positive.

QUESTIONS TO BE ASKED IN SELF DESCRIPTION

1. Write about your strength and weaknesses?

- The answer totally depends upon your personality and presentation of one's personality in his mind. If one will have a good understanding about his personality, he will definitely perform better. The most important thing for a personality test to be remembered is one should have a good introspection of his/her personality to know and understand your strength and weakness much better. When you are writing your strengths make sure you are mentioning all the strengths which you think is most comparable to officer like qualities. Coming to your weakness, mention the weakness on which you are working on. If you have some weakness that you think can be an impediment in your selection, work on it. Try to talk to your parents, friends, and teachers and find out more about your weaknesses and make them in your strengths.

2. What your friends say about you?

- Now if you've friends you must have like them for most of their qualities and dislike them for their mistakes. The same thing goes with your friends. Try to write the positive traits of your personality. To elaborate more, you can give examples – How they helped in winning your battles of personal failures to convert them into success? Why do you like them? How you help them in achieving their aims. I would suggest that if you think that you are friendly in nature then you must remember names of all the people in your group and their likes and dislikes. Give examples how you help during their problem, during their ups and downs.

3. What your parents say about you?

4. What your teachers say about you?

5. What kind of person you want to be?

Observe the comments made about you by your parents, friends, teachers or you may directly ask them. Note these points on a paper and try to make a sample description. You have to practice it more and more times that you will be able to finish the description within allotted time. See that your friends, parent's or teacher 's view should never contradict with your self- analysis and also among themselves. Practice will help you to eliminate unimportant points and give importance to important ones. Practice will improve your speed and confidence.

You are once again warned that you should never copy a **Self Description** from a book or from the internet and re produce it in the SSB AS IT WILL HAVE NO CONNECTION WITH YOU and character traits differ from person to person.

In short , have truthfulness and honesty while writing a SD and try to give a balanced view of your personality.

DOS & DON'TS Of PSYCHOLOGICAL TEST [OFFICIAL TIPS FROM SSB]

DOs

- Listen and adhere to the instructions properly.
- Clarify all your doubts before the commencement of each test. Be as imaginative and spontaneous as possible.
- Give your first reaction to picture/word shown to you, don't think twice as there is no right or wrong answer to the situation, everyone is likely to respond in his own unique way.
- Be realistic and logical in your responses and keep track of time.

Don'ts

- Do not use coached/ tutored ideas while responding to psychological test battery.
- Do not create mental sets about pictures during run up to the SSB as it may restrict your spontaneity and imagination.

PERSONAL INTERVIEW

On completion of Psych tests and subsequent refreshment break, some of the candidates have to appear before the Interviewing Officer for Personal Interview. The interviews will continue in the afternoon and evenings of Day 2, 3 and 4. You will be interviewed only once and will be informed well in advance about the time and place.



Figure 8: Personal Interview Being Conducted At SSB

TIPS FOR FACING INTERVIEW IN SSB

- **Preparation for the Interview:** The candidate has to prepare himself to be able to answer basic questions regarding the service which he wishes to join. Before facing the Board, the candidate must try to acquire sufficient knowledge on the burning topics of the world and of the service which he wishes to join. Being not able to answer basic questions regarding army and telling the board that you wished to join army from your childhood will only put you in a awkward situation.
- **Increase your general awareness:** The candidate must be able to answer questions on all the current events in the world. But one thing is to be noted that if you didn't know about an event, be truthful and tell the interviewing officer that you don't know it. Your wide store of knowledge will of course increase your confidence.
- **Relaxation:** Tension causes nervousness which is really fatal in SSB Interviews. You should not worry about SSB Interviews. Early preparation will reduce your tension and if you feel nervousness, take 15 long breaths, It will surely restore your confidence.
- **Facial expression:** It is said that face is the index of mind. So be natural in your facial expression.
- **Dress:** The dress should be according to the place and climate. The dress should not be shabby and as far as possible, wear light colored shirts. The mustaches should be properly trimmed and cut your nails.
- **Manner of sitting in the Interview room:** Always put your hands on your thighs and must not move it. Avoid use of unusual; gestures and speak truthfully to the Interviewing officer with a smiling face. The candidate should maintain eye contact with the Interviewing officer, should not look up, down, left or right.
- **Manner of talking :** Talk politely to the Interviewing officer and if you ever want to disagree with the Interviewing officer, do it politely and be natural in your talks with the interviewing officer. Your voice should be pleasant and audible. Do not murmur or stammer. Maintain a normal speed while talking. On controversial topics, it is always better to talk both for and against it and try to provide a solution for it. It shows that you have a constructive approach. Sometimes the interviewing officer may put anger provoking questions. Do never lose your temper. Be cool in answering.
- **Leaving the Interview room:** After the interview is over, you will be told to leave the room and never forget to thank the interviewing officer. Leave the room confidently as you came in the Interview room. Leave the room with a gentle smile and with your head held high. It shows that you are confident.
- **Preparation for SSB Interview:** The candidate must be able to answer questions related to their educational back ground right from their 8th standard, Regarding your hobbies. Interests ,activities in which you participated , basic information regarding the service you wish to join ,why you want to join that particular service ,why were you screened out last time, some SRT'S LIKE THAT

7 INTERVIEW ETIQUETTES CANDIDATES SHOULD KNOW

1. **Good Entry –** A good beginning is half done. These need to be kept in mind while preparing for SSB interview. Positive entry with humble behaviour makes the good image of the person. Polite voice coupled with gentle entry is the best way to enter the interview room.

2. **Eye Contact** – While attending the personal interview, candidates are advised to maintain eye contact with interviewing officer. This not only shows your alertness but also shows your confidence. Avoiding eye while answering any question or thinking something leaves a bad impact over IO.
3. **Posture** – The way you sit after entering the room, the way you stand while going out of the room and even the way you sit in entire interview period matter a lot. Shaking legs, biting nails, non-erect posture, etc. should be avoided. These traits show non-presence (mentally), lack of interest or lack of social moral values. Erect posture shows attentiveness and your interest to the speaker/ interviewing officer.
4. **Hand Movements** – Hand movement should be as low as possible. Try to bind your palm with your legs. Your attention and discipline will impress the interviewing officer. Hand movement with conversation should be controlled. Excess usage shows low confidence of the candidate.
5. **Talking Style** – The way of talking while the questioning and answering is going should be in a cordial manner. Speaking louder, or in a lazy way, fumbling, confusingly speaking, correcting yourself again and again, might take your chances of selection down.
6. **Mild Smile** – Answering with a mild smile on face doubles the impact of the candidate. Personal interview has some questions of enjoyment, seriousness and more, but candidate must keep a smile on the face. Remember, excessive laughing means you are excessively frank and not a serious guy toward your future or work. An officer has to be cool minded in all kinds of situations. An unstable mind can take the entire team to into a problem.
7. **Total Attention** – Paying total attention to the interviewing officer shows your attentiveness. It is the most important quality that an officer must possess. Hearing the questions or getting what IO wants to ask, his counter questions and his expression have to be attentively observed and your reply must be as per the requirement of the question. Answering irrelevant or out of topic will reduce IO's interest in you. Keep the conservation, comprehensive and crisp.

8 POWERFUL TRICKS TO BOOST YOUR CONFIDENCE BEFORE THE INTERVIEW

1. Stop Thinking Too Much.

It's finally come down to the moment that every Defence Aspirant waits for, your interview, which gives you the chance to express yourself and to convince the authorities that yes "I have it in me". So just stop over thinking. One of the biggest reasons why people fail to feel and be confident is their fear of thinking of the 'what ifs'. Don't make the situation more complicated for yourself by dwelling in such thoughts.

2. Work on your Non-Verbal Communication.

93% of the communication between humans occurs through means of non-verbal communication. Your words only comprise of 7% of the total communication. So I hope you realise how important it is to focus and to work on your gestures and postures. From the moment you enter the room, till the time you move out of the door, The IO is observing your body language. There should be congruence between what you say and what your body says.

3. Think happy thoughts.

While you are sitting outside and waiting for your interview to start think about the happy moments and memories that you have about yourself and your loved ones. It could be a day out with your family, a trip with your friends, a conversation with your teacher or time spent with your pet. Anything. Think about whatever makes you happy. In doing so, the level of your stress hormones decreases and you start to better and positive.

4. Superman Pose.

Research says that standing in a superman pose before doing anything significant and important helps you feel better and confident about yourself. The superman pose causes a decrease in cortisol level of 25%. So 10 minutes before your interview starts, go somewhere private and for 2 minutes stand in the superman pose. Be self-assured.

5. Go back to the last time you felt confident.

Think of the last event in your life in which you felt really confident about yourself. Mentally go back to that event and try to recall your emotions and feelings at that point of time. Try to remember how much relieved and happy you were after the completion of that particular task. Try to feel the same emotions and feelings and you'll end up becoming more confident.

6. Rehearse Mentally.

Just go through major points that you have to remember during your interview and try to just scan through all the pointers that you had prepared for yourself. You should be clear about each word that you had written in your Personal Information Questionnaire (PIQ), so just rehearse whatever you had written and any other major fact and detail that you have to remember.

7. Think of nice things that people have said about you.

Try to think of all the positive things that your friends, family, colleagues and your teachers have said about you. It's the best way to remind yourself that you are capable of doing good and great things in life. You will instantly feel positive and confident about yourself.

8. Enjoy the moment!

You are about to give probably the most important interview of your life. You've worked hard, you've dreamt about it and you're so close to living your dream. So just live in the moment. Breathe in and breathe out. Later in life this'll be one of your fondest memories, provided you believe in yourself and follow the above tricks!

13 PSYCHOLOGICAL LIFE HACKS TO CLEAR THE PERSONAL INTERVIEW

We are shaped by our thoughts. How we think, perceive and believe all influences how we adjust and function in our environment. We all know that psychology has an integral role to play in the SSB interview. The agenda of the interview is to determine whether the candidate possesses the Officer Like Qualities (OLQs). This is done by means of a purposive or directed conversation between the candidate and the Interviewing Officer (IO). Not only is the current personality evaluated but the training potential of the candidate is also assessed.

In order to excel in the interview, the candidate needs to be in touch with his/her own personality and of their surroundings. The following psychological life hacks will help you in performing better in the SSB interview.

Cognitive reframing

It is a psychological technique used to identify negative thoughts, and reframing those thoughts into more positive challenges. Before your interview starts, instead of thinking it to be a threat, perceive it as a challenge which you have to overcome. You'll be likely to perform better and efficiently.

You are in control of your emotions, and thoughts.

Tell yourself you're happy or you're excited. Eventually your brain will end up believing it. Saying that you're depressed or you're feeling anxious will make you all the more depressed and anxious.

Your attitude is everything.

Learn how to deal with stress without changing your behaviour. It's not always possible to answer all questions in the correct manner. Don't lose your cool and don't be demoralised if the interview isn't going the way you wanted it to. Just go with the flow and give it your best shot.

Maintain proper eye contact.

In a research it was found that 67% of interviewees fail to maintain adequate eye contact. Maintaining proper eye contact is essential since it shows that you are confident. A candidate who looks straight in the interviewer's eye will be appraised as more confident than a candidate who looks at the floor or at the ceiling and avoids eye contact. But don't stare or gaze hard at the IO. Look at their eyes long enough to notice what colour they are.

Chewing gum before the interview

Researchers from St. Lawrence University found that gum-chewing benefits working memory, episodic memory and general information-processing speed. The chewing motion makes it easier to focus and concentrate. Chewing some gum before the interview may help you focus, remember important information and it helps to combat the stress and nervousness. Don't forget to spit the gum out before entering the interview room!

Smile!

While entering the room, greeting the IO, thanking him or listening to him, keep your smile on. Smiling from time to time (wherever appropriate) makes you feel more relaxed and cheerful. Smiling indicates that you are cheerful and connect with people easily.

Posture

Stand up straight, avoid slouching, keep your hands out of pockets, and head held up high. It's not just a cliché — you literally feel better.

Dress smartly.

If your clothes create an initial unfavourable impression, you'll have trouble neutralising it during the interview. If you look good, you feel good; and if you feel good, you'll do well.

Etiquettes.

Manners and courtesy help in tilting the direction of the interview in your favour. Before entering the room, gently knock on the door. You can politely ask if you can come in- enter only when you are asked to, with confidence. Wish those present as per the time of the day. Wait till you are asked to sit and thank the person who asks you to sit down. While answering questions, be respectful and say 'sir', however excessive use of the word 'sir' must be avoided.

Believe in yourself.

The interview revolved around you; therefore, it is you and your performance that matters. Keep telling yourself that you have 'it' in you and believe in it. Don't be nervous and don't get intimidated by the personality and the aura of the IO.

Express your emotions.

Use your emotions to allow the IO to have a better understanding of yourself. Describe your feelings as and when appropriate. Avoid extreme emotions such as anger, sentiments, etc. Use your body language as a part of your emotional expression. Avoid giving political opinions. Remember, armed forces are always apolitical and above board.

Be truthful

Credibility, once lost is hard to regain. You want to portray yourself as morally trustworthy since your reputation is at stake. Be respectful towards the other person with whom you're speaking and be sensitive towards others' feelings.

Positive thinking.

Having a positive mindset is vital. Positive thinking helps in combating negative thoughts, it elevates one's mood and it helps us to focus on the bright side of life. It motivates us towards success. Being optimistic in the face of challenges is a positive trait that will help a candidate in the interview.

While you are waiting for your interview to start, keep these tips in mind as they will help you combat stress and anxiety.

25 GOLDEN TIPS FROM A SENIOR INTERVIEWING OFFICER AT SSB

The interviewing officer discusses by way of questions and answers the opportunities you had in life and the utilization which you have made of them. It is a test of your heart. The interviewing officer is fairly senior and experienced in the armed forces. While he interacts with you, he visualizes whether you have the essential qualities to be trained to be an army officer. What you have done till date with regard to your basic educational performances in exams from 10th to present level, your achievements in extra-curricular activities, your hobbies, sports, activities and any other interests in life, your relation with your parents, friends, teachers and society at large, your general awareness and general knowledge and your physical and mental fortitude are important facets of his assessment. The interviewing officer understands and gives you fair benefit for shortcomings or mistakes which you may have committed. Thus, do not try and hide anything. The tendency of lying or making false pretenses is viewed negatively and is easily discernible.

Do's of SSB Interview

Some basics which a candidate must keep in mind while preparing during an interview are as under:-

1. Be appropriately turned out for the interview.
2. Look smart, cheerful and enthusiastic.
3. Must remain happy and calm and respond politely to the interviewing officer's welcome remark.
4. Be audible but not too loud. Appear keen to speak and respond to questions.
5. Sit straight and comfortably, do not fidget, do not keep moving your hands and legs.
6. Acknowledge questions being asked by gently nodding your head and maintain eye contact throughout.
7. If you have not understood anything, politely ask for a clarification or to repeat the question.
8. Must be clear about facts and figures regarding your bio-data, marks obtained, ranking in competitive exams, dates, names of school / institution, teachers, friends etc. Avoid stating "I do not remember" and respond as far as possible.
9. A large number of questions are normally asked at one go in a sequence. Try and remember all these questions and attempt to answer them in the same sequence. If you fail to recollect all questions, finish those you remember and then request to clarify for anything, left out.
10. Prep well in general knowledge for the interview. You are expected to be aware about current events if asked.
11. Talk about hobbies, participation in games & sports, adventure activities and any other interests. You must have adequate technical knowledge about your hobbies and games you play. You shall get some questions on these.
12. Utilize your time while waiting for interview by reading newspapers and journals available in waiting room.
13. Watch TV News for updating yourself in candidates lines / waiting room.
14. Remain relaxed and at ease throughout during the interview.
15. Listen to complete questions before attempting to reply.
16. Be truthful and honest while replying to questions.

Dont's of SSB Interview

1. Do not be shabbily dressed.
2. Do not be under stress during interview.
3. Do not discuss the questions asked by interviewing officer.
4. Never lie or put up a false pretence.

5. If you are well read it is an advantage. If not, do not pretend to have read books/magazines and newspapers which you have only heard of.
6. Do not reply as has been told to you by the candidates interviewed before you. Their questions may have had a different perspective.
7. Avoid guess work. Better be polite and say I don't know, sir, I shall find out".
8. Avoid being rigid, restorative, argumentative, overbearing, complacent and stiff, throughout the interview.
9. Don't keep mobile, watch etc on person during interview.

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QUESTION IN SSB PERSONAL INTERVIEWS

1. What is your name, meaning of your name, meaning of other member's names in your family, compare yourself with them, name of place you come from, currently what are you doing?
2. Family: How many members, since when living at the same place, description and sort of relationship with each member, closer to whom, why closer, whom you admire. Compare yourself with any of your brother/s or sister/s. If alone what would you prefer to have an elder/younger brother/sister? Occupation of working members in the family, if you are working what is your job profile, salary etc.
3. Education: Institution where you had your education, since when, any achievements, any responsible post held during your education at the institution, represented institution at what levels, subjects you liked most and those you did not like at all, why, teachers you liked most and those which you did not like at all, why (here include the teacher and subject till all these years of education and not only school), name and specialty of institution where studied and a brief description about it namely its location, crowd, cultural and other heritages it carries. What are you currently doing ,what are further options (if not army),why, Why ARMY, since when liked army?
4. Friends: What type of friends you like, what type you do not like, where have you gone and where would you like to go with your friends, why are these people your friends, describe your best friend, compare him with you (appearance ,height, texture, thinking, something common in both of you), their hobbies and interests, their way of living life and what do they want to achieve in life.
5. Why do you want to join the defense forces, if not defense other options, how did you come to the conclusion that you want to join the forces. Did you try for NDA, why not succeeded? Why not proper efforts were given?
6. Your hobbies and interests, how do you pass your time, which task did you find most interesting in psyche and GTO series, which books have you read, why did you not score well enough in 12th as you scored in 10th , NCC knowledge, Scouts, RSP, MCC, etc., knowledge.
7. Your life in college, any memories, what is the difference between your friends at Pune and SSB centre. If given chance what would you like to change in Pune (Geographical, economical, agricultural, tourism, traffic etc.) Compare your hometown and hometown friends with friends in Pune and Pune as a place itself. Have you ever come before to the SSB centre previously. Which places did you visit at the SSB place
8. Give 5 current national and international political news.
9. Give 5 current national and international sports news.
10. Some international matters, international organizations, their working procedure and a good knowledge of your specialized subject.
11. How would you organize a football match /hike/cycle race/ local festival /trek/swimming competition.
12. Why were you weak in some specified sphere, how did you cope up with it.
13. Have you taken coaching, why, what sort of?

DAY 3 & 4 - GROUP TESTING

The third day is full of exciting physical activity in the Group Testing Grounds. The candidates will be briefed by the Group Testing Officer in the morning about all outdoor activities. The primary concern here is to see how you will face the obstacles and the tasks allotted to you and your attitude towards other members of the group both while working with them and while directing them. Group tests do not require specialised individual skills on your part, logical thinking, coordinated team efforts, work ability to receive and give suggestion is what is looked at by assessors. You will be provided with Sketch Board, Ladders, Ropes, Planks and other such things as your tools to help you in the assigned task. You are given few minutes to form plan and thereafter execute the task within the given timeframe. The battery of GTO tests consists of nine tests/ tasks.



Figure 9: Group Testing Being Conducted At SSB

GROUP DISCUSSION

The first task of GTO battery of test begins with Group Discussions on a debatable topic, which is usually given on a current event/ social issues. In the first group discussion the group is allowed to select one of the two topics offered.

In the second group discussion the topic is of the GTO's choice. Each discussion will last for approximately 20 to 30 minutes. Each candidate is expected to participate in the discussions. Remember that the discussions involve the exchange of ideas and thoughts. It is not a traffic of words.

TIPS TO EXCEL IN GD OF SSB

- Assessors are more interested in qualities, though the effect of knowledge and data cannot be neglected. So regular reading and practicing can help in this regard.
- Logical reasoning and supplementation of it with useful example is liked by all as it helps in strong holding of your point.
- Confidence has always been the key to success, so see that whatever is presented, it is done with full confidence.
- There is nothing like that I will always speak for the topic or against it. Please understand the difference between debate, extempore and a GD. Here things are limited to expressing of views only.
- Body language is positive creates a altogether different level of awareness towards the other members of the group and they are always interested in listening.
- Being a good listener is always a sign of a good member of a group.
- Being a member of group your responsibility is to coordinate with the group and not to create a fish market. Even if others are contributing to create a fish market you have to emerge as a leader to get out of that situation and to facilitate proper discussion.
- Eye contact should be maintained with the group members only and don't try to show off by speaking more. Balance the content with the knowledge and coordination.

FIVE COMMON MISTAKES IN GROUP DISCUSSION

1. Waiting for the right time: There will never come a perfect time to speak. You'll have to snatch that time amongst the discussion. So wait for an opportunity where you can enter the discussion. This moment needs to be very appropriate, otherwise it'll look like you are shouting and dominating. Wait for a chance where the volume of the whole group comes down a bit, then just speak in a firm, not rude voice. Make your voice count, don't speak along with the group in a herd.
2. Not listening to others: Some candidates keep on speaking again and again thus not giving a chance to others to speak. While some candidates when start speaking, speak for a really long time. The audience gets bored due to this behaviour. Moreover you tend to repeat your points, making a negative impression on the GTO. When you speak more and listen less, the GTO barely gets chance to judge others, so you appear like a very dominant person. When you start speaking speak for maximum of 60 seconds to 90 seconds, and give others a chance to speak.
3. Trying to over-help: Candidates sometimes try to do charity by pretending to help others in the group. Thus they shout on other person's behalf, let so and so chest number speak. Remember you are not there for charity, the so and so chest number made it till there without your help, and he/she is capable to do so now also. If you really want to appear like a leader, just listen to other people's points without interrupting unnecessarily.
4. Speaking for the sake of speaking: Do not speak just for the sake of speaking. Some candidates speak just because they have to, not because they have a point. If you just repeat other's points or speak irrelevant things, it'll definitely go against you. So speak only the relevant things, and points which actually contribute to the discussion.
5. Not being themselves: Adopting extremes of behaviour, like getting up from the chair or shouting on others is definitely not accepted. Also if you speak in a made up accent or do too many gestures then you appear fake. So be yourself, think like you are discussing things with friends.

50 GROUP DISCUSSION TOPICS FOR SSB INTERVIEW

1. Lokpal Bill.
2. The Social Network – good or bad?
3. Foreign Direct Investment (FDI) in retail – good or bad?
4. Youth in politics
5. Should we have exams?
6. Should attendance be made compulsory in Engineering colleges?
7. Is Indian culture decaying?
8. Live-in relationship
9. Love marriage vs arranged marriage
10. Has democracy hampered India's progress?
11. Commercialization of health care.
12. High oil prices – How to deal with?
13. Is remixing music a good trend?
14. Are MNCs better than Indian Companies?
15. Will India become a superpower by 2025?
16. Should educational qualification be made compulsory for politicians?
17. Advertising.
18. Privatization in India
19. Impact of Valentine Day on our culture.
20. Brain-Drain.
21. Skilled manpower shortage in India
22. Are space missions a wastage of resources for a country like India
23. Every cloud has a silver lining
24. Should Animals be used for testing drugs and medicines?
25. Impact of movies on teenagers.
26. Rules are made to be broken.
27. Is Globalization really necessary?
28. Is T-20 Cricket killing real cricketing skills?
29. Should there be censorship on the media?
30. Co-education – good or bad?
31. Poverty in 3rd world countries is due to prosperity in 1st world countries
32. Impact of western culture on India.
33. Should we change our national game?
34. Privatization of higher education.
35. Eve-teasing – who is responsible?
36. Do we need education to become successful?
37. Is computerization causing unemployment?
38. Should Internet be censored?
39. Live-in relationship
40. Love marriage vs Arranged marriage
41. Vegetarianism
42. Reservation in promotions.
43. Are engineers doing MBA a national waste?
44. Effect of computers on society
45. Housewife vs working women

46. Television – an idiot box or a useful resource?
47. Should journalism be censored?
48. Cloning of humans – is it ethical?
49. Chinese goods vs Indian Goods
50. Coke and Pepsi should be driven out of India.

GROUP PLANNING EXERCISE

The Group planning Exercise is the second test of the GTO test series. In this test a story on a model with a few problems is narrated. What you are required to do is to identify the problems and evolve the practical solution within the given time. You are expected to write down your own individual solution on the paper provided to you. A candidate while giving solution should think logically, write and draw neatly and also examine alternate solutions of the problem. Thereafter your group collective solution will be discussed by the group and you are expected to participate in evolving the group plan acceptable to everyone. One of you may then be asked to explain the acceptable group plan.

EXCELLING IN GROUP PLANNING EXERCISE

1. **Write neatly, carefully:** You need to maintain a good handwriting while you write your solution. As time will be a constraint so you are likely to mess up your handwriting. There are myths regarding the **Group Planning Exercise** solution, many people say the GTO never reads it. But you have never been a witness to what happens inside the board, so please write carefully and neatly.
2. **Apply Logic:** Do not go for bookish solutions. There might be solutions where country is being given more priority and in some life is given priority. It is your own appreciation what you give priority to. There are no hard and fast rules to solve **Group Planning Exercise**, and I am sure if you stick to others solutions you are likely to fail. So read a few solutions, and what matters the most is applying your brain.
3. **Be analytical:** Analyzing a problem is even bigger a task than solving it. If you are able to analyze a problem well you can excel in **Group Planning Exercise** very well. Look out for the minutest details, look out for the resources and apply them in your solution. Read the problem carefully and listen to the instructions very prominently.
4. **Divide and conquer:** Candidates feel that they have to put the whole group to work for a single problem. This is not the case. You can divide your group in two parts and work for the major two problems.
5. **Don't speak first in the discussion:** if you speak first in the discussion you'll open up your cards. Listen to at least one more person before you speak. In this way you can also check whether or not you have missed out any points, because sometimes in hurry you might miss points. In this case when you feel the solution which you wrote is not as good as the plan others are speaking, change your side. Go with the plan you think suits the best.
6. **Learn to find mistakes:** If you can learn the art of finding small mistakes in others plans, you can come up as the hero in the planning exercise. Listen to their plan and find small mistakes, do not say them in a condescending manner, instead comment politely, that your plan is good but lacks this. Do opt yourself for the person who narrates the group story.

GROUP PLANNING EXERCISE WITH SOLUTION

This test basically designed to check our decision making capabilities i.e. how quick and effective we are in making decision in time bounded environment. We are given a set of problems all of the problems need to be solved in different time constraints. This test involves few steps and according to mine experience, I would like to tell you what to be done in which step.

Step 1: Brief introduction of the concerned area by GTO

Friend here you need to be very attentive because if you missed any place or misinterpreted anything on map, it will hamper your performance. so be attentive, listen to every minute detail meticulously and keep them in mind.

Step 2: In next step GTO is going to read out the problem in the concerned area to you. He has the write up with him. In this test you need to co-relate the problem to the map, and while listening pay attention to hidden resources, given resources, time constraints ,and total no. of problems and what all problems are. So at the end of this step you must be able to answer these questions to yourself.

- How many problems are there?
- What are the resources given and hidden?
- What are Time constraints of each problem?
- What are other constraints like no telephone is working, your vehicle broke down. Head lights are not working and so on.

Step 3: Now GTO will give you 5 min. to read out the write up of the problem. Friend if you were good in listening and were attentive in step 2 then in this step you will get advantage. Those five minutes you can utilize in your planning. now be quick and do the followings.

- Decide priorities of problems, and have always a reason for giving the particular priority to a particular problem, it will help you in discussion.(keep loss and time available in mind while doing this)
- As a problem can be solved in more than one ways. Start thinking for available solutions to each problem and decide which one to follow and how many persons you need to solve that problem. Friends whatever solution you follow have a reason for that. Most important thing which I learned recently from 14ssb board GTO that whenever you have a choice between possibility and certainty go for certainty. Example. You are on a road with an injured person, you have two options one to take lift and at a short distance you have a petrol pump or garage. Then it is certain that you will get vehicle at garage or pump, but you may or may not get lift. So always select an option which is accessible to you and which ensures you the solution.
- After you get a solution to each problem now you have a clear idea about how many persons are needed in each problem. So now you can decide in how many sub groups you will divide your team.
- Friends if you jump on dividing the group first before solution, you can get wrong in mid way. So do it at last.

Step 4:- in this step GTO will ask you write your individual solution on a paper. Let me clear my friends everything is evaluated in ssb, nothing is just for time pass, so do not believe on rumors that this copy will not be evaluated. For writing always follow a particular way so that you don't miss anything. Like this

"We group of _ friends, on our way to the —encountered with some problems. According to priority problems are:-

A:-

B:-

C:-

D:-

Write what you have (resources) quickly and always mention hidden resources as it shows you are practical and can think other options too.

Now write I will divide my group in _ sub groups of 3,2,2,3 (according to you)

Now attending each problem priority wise write down solution attending these points for each Who, what, when, where, how, time- distance and action

Always mention distance according to scale given to you, you can go to the model or map and measure it with your hand so that you can get a rough idea of distance and time needed to travel that distance using the particular mode of transport.

After you finish this reassemble your group mates and move where you were going prior to the problems.

Step 5:- group discussion to reach a common solution. Again it is a discussion so all the things which are tested in GDs ,will be there. But this time one more thing will be tested and this is your decision making ability and how you persuade others to your decision. Presence of mind and listening are most important things. If you have made a good plan then discuss reasons behind your particular choice of priority or particular path, particular transport anything you say there have a reason for that and it is sufficient for a good discussion. other things are same as in group discussion. If you have strong reasons your group mates will agree automatically. And keep in mind what group is deciding for common plan so that if your group nominates you to give final plan. You don't hesitate and can give it confidently. And this is a fact that group will nominate you automatically if you were good and active throughout the discussion.

- **Example for group planning exercise**

You are a group of 10 students returning to your hostel at doper after a picnic at Rampur your vehicle developed problem and you left it at garage near petrol pump and your group decided to enjoy ferry as your jeep will be repaired by 6pm. You stopped at tea stall and having tea, one of your friends found a rifle and accidentally he fired a bullet which injured him in his shoulder. While you were thinking about what to do, a boy came to you to seek your help as his father fell down near wheat fields from his cart and broken his leg. As he finished a man came on cycle to you and informed that miscreants who are hidden in shanty village, and they are going to remove fish plates of train track and also will blast a train going from dholpur to Rampur which leaves at 4:45 and they plan to blow it at 5:30 over the bridge. And villagers are afraid of goons so they are not informing police. just as he finished a woman came to you and asked for help as her cow was stranded in marshy land and it is the only source of her livelihood as it 4pm now, and you need to reach hostel before 7 pm you are also provided that a bus leaves from shampur to dholpur leaves at 5 pm. boats are also available at ferry. No telephone or mobile is working. What you will do in such a situation?



Figure 10: GPR SAMPLE MAP

• Way to find GPE Solutions

Note that carefully I am suggesting ways to think solution not how to write solution.

Step 1 priority setting

1. Person injured with bullet: reason:-he needs immediate assistance as excessive bleeding is dangerous for him.
2. Person with broken leg: – reason as we have enough time for train problem and the farmer can't go himself anywhere. And he also needs some medical assistance.
3. As train will leave at 4:45 and reach the bridge at 5:30 it is 4:00 now so we can give this problem 3rd priority.
4. Cow stranded in marshy land. As human life is not involved

Step 2 Solution to each problem and assigning it to subgroups

Problem 1:- person injured with bullet

- First of all I will stop his blood using cloths now, (think solution in these 7 points)
- Who: 2 of us
- What: take the person to hospital
- When: start 4:15 as it will take some time to plan and take lift.
- Where: to the hospital
- How: we will take lift from passing vehicles.

- Time and distance: it will take near 15 min to cover the distance of 15km and additional 15 min to take him to hospital.
- Action: admitted the person to the hospital and treatment started. and sent a ambulance to pick up the leg broken person and take him to hospital.

Problem 2: leg broken person

- Who: 2 of us + cycle +son of that person
- What: will go to wheat field and take him out so that ambulance can pick him up
- When: start at 4:15
- Where: we will move from tea stall to wheat field
- How: using cycle and cart
- Time & distance: to cover 4 km cycle will take near 10 minutes and we will take him out on his cart in near 10 min.
- Action: we will take him to tea stall and wait for ambulance so that he can be taken to hospital and can be treated.

Problem 3: train problem

- Who: 3 of us
- What: 1 will inform shanty village police and 2 will inform railway person at manned railway crossing.
- When: at 4:15
- Where: police station in village and at manned crossing
- How: 1 will take help of villagers to reach police station using villagers motor cycle or cycle. And other two will reach ferry in running and take boat to reach the manned crossing near temple.
- Time & distance: 1 man will use villager's resources and in 20 minutes he can find the police station .and 2 others will cover 3 km. in 10 min. and then reaming 8 km by boat and it will take 10 minutes as speed of current will also support us.
- Action: informing the concerned person on time will resolve the issue till 4:50 pm.

Problem 4: cow in marshy land

- Who: 2 of us + lady + villager who informed us about miscreants
- What: will take the cow out of marshy land
- When: they will start at 4:15
- Where: will move to marshy land
- How: we will collect resources like rope, man power, some sticks, a wooden plank etc. and using them we will pull the cow out
- Time & distance: it will take us 5 mins to cover 2 kms and then 10 mins to gather resources. And near 30 mins to take cow out.
- Action: we will save the cow with help of villagers. Till 5:00.

After all problems are solved

- All of us will gather at tea stall till 5:20 and catch the bus and reach garage and collect our jeep and return to the hostel before 7:00 pm.

PROGRESSIVE GROUP TASK

Progressive group task PGT is continued after the group planning exercise. This is a outdoor task and is one of the interesting task of the GTO series. This task is about set of obstacles in ground in that you and your team members need to cross each obstacle by set of rules. The time allotted for the task is 30-45 minutes and to cross the obstacles the group will have some helping materials which are given by the GTO.

The helping material will be

- Wooden log (Balli)
- Wooden plank (Phatta)
- Rope
- A fragile load to carry

As the name suggest the task will include number of levels and the consecutive level will be difficult than the last level. The whole group participates in the task.



Figure 11: Candidates Taking Part In PGT

RULES OF THE TASK

1. Rule of color– The structure are painted in different colors viz Red, Yellow and White.
2. White– Both the person and helping material can use this structure.
3. Yellow-The person can stand on this structure but he cannot place the helping material on the structure colored yellow.
4. Red– Both the candidate and helping material should not touch the obstacle.
5. Out of bond area– The areas in the PGT which should not be touched are called as out of bound areas. These areas include the mud surfaces and the color mentioned above.
6. Rule of rigidity-This rule states that no two rigid helping material can be tied together. Instead the helping material can be tied with the structure.
7. Rule of infinity– This states that the start and the end line of the obstacle extend till infinity. The group cannot pass these lines.
8. Rule of Group and load– The entire group along with the last person, helping material and load must move ahead in unison at any point of time through the entire course of the obstacle.
9. Rule of distance-It sates that no distance greater than four feet can be jumped. The gap more than four feet has to bridge using the helping materials to shorten the distance.

IMPORTANT POINTS TO BE FOLLOWED

1. Never look at the GTO while doing the tasks.
2. Pay attention to the briefing given by the GTO before the start of any obstacle.
3. Look into the details, the GTO shows in his explanation. Many a times, he indirectly gives clues and hints while briefing.
4. Give a logical solution of the problem.
5. Talk to your group in a friendly tone.
6. Support the subordinate and motivate them to complete the task.

TIPS ON TACKLING PROGRESSIVE GROUP TASK

1. Run to the start line where the helping materials are placed as soon as the GTO says that you may start. Don't walk like a snail show some sense of urgency.
2. When you'll run it'll be an advantage for you only because then you'll be able to catch hold of any of the helping material.
3. You must take the plank or balli or the rope in your hand and start the work immediately.
4. Please do not take the load and try to get your possession on the helping materials because then only you'll be able to start the work.
5. While you are making your bridge you must ask other group members to help you and not try to do it on your own.
6. If someone else has taken the lead and started making the bridge then you must support them by your ideas and your physical help.
7. Do not stand and watch the other members doing it, you have to be involved and look involved.
8. Volunteer to cross the bridge first and encourage others to cross it as well. If anybody is hesitating then you must motivate them and help them in crossing.
9. While working and encouraging others you must be loud enough because your voice must reach the GTO at least and he'll think that you are involved.
10. You must look working the entire time try not to remain idle for a single second.
11. When the GTO is giving the directions he might ask you that okay now I'll tell you the rules for PGT, does anybody knows the rule? Then please do not act over smart and say 'Yes', because this is the first Outdoor task you are blank on the rules as of now.
12. Do not ask the GTO silly questions like how much distance is 3-4 feet, at your age you are expected to have that much sense of distance.
13. The GTO will even ask your group that how much time you'll need to complete the task, do not say 30 minute or 35 minute, tell 1 hour he'll bargain for 40-45 minute.
14. Do not shout on your team members and do not throw the helping material etc.
15. Do not break the rules and if you are breaking any you have infinite chance to correct it, there is no penalty hence if you happen to break a rule then you must repeat the task again. Honesty is what is expected from you.
16. Wait till all the members have crossed.
17. Do not look at the GTO all the time.
18. DO not give up easily, keep on motivating your team members and encouraging them to perform.

GROUP OBSTACLE RACE [SNAKE RACE]

Unlike other tasks here the entire group competes with other groups of your batch over a set of six obstacles. Each group has to carry a roll of tent/ stuffed gunny bags in the shape of snake from the start point to finish point. Therefore the task is commonly referred as Snake Race. The rules of the race will be explained to you, the winner is the group that cover all the obstacles against the challenge posed by opponents. Not to forget to include time, obstacles and load within the framework of rules of the race. After the race there is a short 20 minutes break for rest and refreshments.

THE OBSTACLES TO BE CROSSED IN SNAKE RACE ARE

- Spider web
- Parallel big size iron pipe painted with white, red alternatively, the candidate has to cross it without touching the red lines and bend his body such that making the letter ‘8’.
- Balance Beam.
- 10 feet wall.
- Crossing parallel walls – In between these walls, a pipe is laid to cross.

The aim of Preparation for individual obstacle and snake race is for Physical Stamina. They will see physical stamina and fearlessness in Individual Obstacles. Also in Snake Race they will see our selfishness participation in group, rule following, team spirit etc.



Figure 12: Spider Web Obstacle In Snake Race

GENERAL PREPARATION

Doing exercises like Push ups, Pull ups, Rope climbing etc is really helpful for the Group Obstacle race. Because in these exercises, we are lifting our own body weight.

For eg. For climbing up 10 feet wall, we must have greater muscular strength in arms. Push ups and pull ups increase our ability to lift our own body weight.

GROUP OBSTACLE RACE – PROCEDURE

The senior most GTO explains the rules of the task and the nature of the obstacles to all the groups.

- A dummy snake is given to each group which they have to carry with them all the time during the race.
- The whole group is required to run together with the snake. Individual running is prohibited.
- The colour rule of the PGT also applies here. The snake should not touch the ground and should be held by at least 3 group members when they are on an obstacle.
- Otherwise the whole group must hold the snake when approaching one obstacle from another.
- Each group is required to have a war cry for example “BHARAT MATA KI JAY”, “CHAK DE” etc.
- The group must shout the war cry loudly in order to motivate its group members and also to spook the rival group.
- A penalty in the form of time is imposed by the GTO if the group is found to break any rule.
- The group which finishes first after bearing the time penalties (if any) is declared the winner.

GROUP OBSTACLE RACE – KEY POINTS

- It is a test of cooperation and team spirit. Therefore, it is requested that you do not show any selfish motive at any point of the race.
- Though it is a race, you must not leave your group members behind to win the race.
- Be careful with all the rules of the task and if you have broken any rule, admit it honestly.
- Be genuinely helpful towards your group members, do not get into squabbles with them.
- Please shun this dogma of showing your helping nature to the GTO overtly.
- Forget that there is any GTO checking your performance. It is really fatuous and flippant of the candidates to help others just for getting some points by the GTO.
- The GTO is very experienced; do not look at him during the task. He is noticing everybody though he is appearing not to.
- Motivate the group when required. Please do not listen to the people who tell you to shout the WAR CRY incessantly. It will only make your throat go sore, nothing else.
- Remember, only genuine and veritable efforts will be rewarded, even a pang of selfish motive will get into the eye of GTO.
- Do the task as a normal routine activity, extra pressure will only make things worse.

HALF GROUP TASK (HGT)

After the break you will participate in the Half Group Task. This task is similar to the PGT except that it is conducted over one obstacle with smaller group.

The HGT can be considered as the most important task of GTO Outdoor tasks. After the GD and PGT, some of the candidates might have assumed the role of a leader and some of the candidates may not have been able to express themselves or put forth their views because of the presence of brilliant candidates in his group. After the PGT and GD, the GTO might have formed an assessment about each candidate and he observes every candidate minutely in HGT to conclude or to change his former assessment.

As the number of candidates is reduced to half, GTO can minutely observe the leadership qualities of every candidate. Also in HGT, every candidate has a wider opportunity to show his various character traits and leadership qualities if in case he failed to do so in PGT. So you must give importance to HGT as this test will mark your leadership qualities. After the HGT, the GTO will form a clear cut assessment about every candidate and he assesses the candidates further in the following tests to confirm his earlier findings.

TIPS TO TACKLE HALF-GROUP TASK

1. Never look at the G.T.O while doing the tasks.
2. Give a good idea to the group if you don't know any idea just helps the idea givers truthfully.
3. Never violate the rules it is the basis of G.T.O tasks, and in case if you violate the rule, just repeat the task.
4. Be an active participant in the team by giving your full cooperation.
5. Be positive in your views i.e. take consideration about other member ideas if it is finer than yours.
6. It is for you to become the leader of the Group .An avenue for leadership is opened to you and you must make use of it. Practical intelligence ,dashing spirit, sociability, dominating nature and of course your personal magnetism will make you the leader.
7. Always have a gentle smile at your face throughout the GTO Tasks which shows that you are confident.
8. Be gentle and polite while behaving with other group members
9. If you have no idea of tackling the obstacle ,be a faithful follower and if your group is caught in an obstacle, make use of the Golden opportunity and explain a constructive plan to negotiate the obstacle. Remember ,never try to impose yourself to the group. Let the group be depended on you.

LECTURETTE

Lecturette is a task from the **Group Testing/GTO series**. In this a candidate is asked to deliver a short talk on any one of the topic given to him/her out of the four topics. The GTO has as much number of cards as there are candidates in a group. Each card has four topics written on it. Each candidate is expected to pick up one card and give a short talk of about 3 minutes on any one of the given topics.

The first candidate as per numerical sequence will come and pick up one card, go a little away from the group, prepare for a maximum time of 3 minutes or less and when ready can come back and return the card to the GTO and speak for maximum three minutes. As soon as the first candidate is ready the second one can come pick up the card and start preparing.

As soon as two and half minutes are over the GTO will ring a bell. This indicates that the candidate must wind up soon. After three minutes GTO rings two bells, with this the first candidate sits down and second stands up.

WHAT IS SEEN THROUGH LECTURETTE

- Self Confidence.
- Ability to influence group.
- Power of expression.
- Clarity of thoughts.
- Determination to deliver under stress.

- General Awareness.
- Courage to speak in front of people.
- Command and power in your speaking style.

TIPS FOR LECTURETTE PREPARATION

- Start practicing to speak in English.
- Speak with your friends, family members in English or talk to yourself only!
- Read newspapers and increase your general awareness about the most common things which could be asked also which are of national and international importance.
- Take sample topics like UNO, Indo-Pak relations etc. and give yourself a preparation time of three minutes, then mark with a clock or take anybody's help to monitor three minutes time and give a lecture on your chosen topic.
- If you feel shy in giving lecture in front of any family member, then simply stand in front of the mirror and speak, trust me that help a lot!
- The topics given will be of different levels, like one will be of really high level, the other being slightly lower and so on. So choose your topic wisely.
- Choose only the topic you are well aware and conversant with, choosing a high level topic will not impress anybody if you'll not speak well on it.
- Maintain a good posture while speaking, do not slouch or lean on the podium.
- Do not look unduly worried; remember it is only three minutes it will pass away
- While lecturette the allotted three minutes seem to be the longest three minutes of our life, so speak slowly and clearly.
- Never look at the GTO while speaking.
- Make an eye contact with your friends sitting there; speak as if you are teaching them some topic.
- Divide your content so you'll find easy to speak, keep your mind running all the time you are speaking.
- Do not use your hands while speaking.
- Do not exceed your time and also do not finish very fast.



Figure 13: A Candidate Delivering Lecturette

300 LATEST LECTURETOPICS FOR SSB INTERVIEW

<ol style="list-style-type: none"> 1. Power of Social Media 2. Barack Obama 3. Indo-US Nuclear Deal 4. India's Foreign Policy 5. You-tube 6. Censorship Issues 7. Religious Tolerance in India 8. Women Safety 9. Sachin Tendulkar 10. Bharat Ratna 11. Lobbying in Medical World 12. Sports in India 13. Football in India 14. Cricket in India 15. Computer Hacking 16. China India Relationship 17. Kashmir Issue 18. Narendra Modi on the World Front 19. Role of President in India 20. Modern means of Transportation 21. IT industry in India 22. Brain Drain 23. Role of Women in Nation Building 24. Women Safety 25. NOTA 26. Delhi Elections 27. Democracy in India 28. India-Pakistan Relations 29. India 's relation with her neighbors 30. Criminalization of politics 31. Social Media's role in society 32. Youth and social media 33. Role of youth in nation building 	<ol style="list-style-type: none"> 145. Narendra Modi – A Case Study 146. Cricket vs Other Games in India 147. Glamour In India 148. Our Rights vs Responsibilities 149. Indian Cricket – More of a Hidden Game 150. Higher Education in India 151. Siachen Galacier 152. Kashmir Issue – A Historical Look 153. AIDS – A Threat to Humanity 154. Value of Computer Education Today 155. Alternate Sources of Energy 156. L N Mittal – An Iron Man 157. Solar Energy I158. Shiv Sena – A Self Style Policeman of Indian Culture 159. King Khan 160. Reverse Brain drain 161. Professional Education in India 162. Homeopathy – An Established Medical Science 163. Yoga- A Gift to Present World by India 164. President's Rule in a State – An Indian Concept 165. Pen Stronger than Sword 166. Corrupt Politicians – An Issue Requires Attention 167. Traffic Problem 168. Computer Virus 169. Sati System 170. Energy Industry in Our Country 171. Family Planning 172. Laden – A Criminal of Humanity
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34. Internet revolution	173. Rahul Gandhi – A Future or Failure
35. Arab Spring	174. Godhara Incident
36. Israel Palestine Issue	175. Judiciary in India
37. US-Russia Relationship	176. BSP – A Party For Down Trodden or Otherwise
38. Rivers in India	177. Malnutrition
39. AGNI V	178. Coalition Govt Can Neither be Strong Nor Success
40. Emerging India Writers	179. Fashion – A Society's View
41. Pollution and its prevention	180. Live In – Should be Accepted or Banned
42. What Indian Military needs	181. Medical Care in India
43. Modernization in Military	182. Adult Education – A Mission
44. Books Versus E-Books	183. UNO – A Review Needed
45. Education System in India	184. NAM – An Outdated Concept
46. Judicial System in India	185. Should Constitution of India be Rewritten
47. Indian Railways	186. Right to Information (RTI)
48. The metropolitan cities of India	187. Army is Less a Career, More a Way of Life
49. Terrorism/Naxalism/Maoism	188. Corruption in Our Society
50. Population problem	189. Poverty in India
51. Adult Education	190. Stray Cattle Menace
52. Indo US Relations	191. Green House Effect
53. Beauty Pageants	192. Co-ed -Education
54. Cable TV	193. Terrorist Problem in Kashmir
55. Personality – Secret of Success	194. Terrorism in North Eastern India
56. Dog Man's Best Friend	195. Doping in Sports
57. Ragging	196. Division Of States in India
58. IT	197. Role of NGO
59. Students Union	198. Human Cloning
60. IT Industry	199. E-Market
61. Your Favorite Day	200. My HobbyRole of Media
62. Role of Discipline in Life	201. Global Warming
63. Smart Card	
64. G 8 Nations	
65. E-Commerce	
66. Cyber Crime	
67. Sports in India	

68. Role of Opposition in Indian Politics	202. India as Superpower
69. BPO vs KPO	203. Discoveries that Changed the World
70. Why Youth Hesitate to Join Defense Forces	204. Indo Pak Relations- The Future
71. Peaceful use of Nuclear Energy	205. AIDS
72. Globalization	206. NCTC
73. India's Agricultural Problem	207. Alternate Source of Energy
74. Favorite Actress India	208. Information Technology
75. USA in Changing World	209. Medha Patkar
76. Criminalization in Politics	210. Is India a Soft Country?
77. Child Labor	211. India's Nuclear policy
78. USA – A Policeman of Unipolar World	212. Joint Family Vs Nuclear Family
79. Education is a Modern Day Industry	213. Naxalism
80. Religion – A Secular View in Indian Society	214. Child Labor
81. Nithari – An Episode which is Shame	215. Wildlife Protection
82. Page 3 – A Way of Life	216. Global Warming
83. Indian Society – Turning to Western Way of Life	217. Water Crisis
84. Sachin Tendulkar	218. BPO in India
85. Infrastructure of India	219. Nigerian Problem /
86. Rain Water Harvesting	220. Unrest Disaster Management in India
87. Favorite Cricketer	221. National Integration
88. Democracy in Pakistan – A Joke	222. India's Architecture
89. Status of Women in India	223. Eye Donation
90. Govt Schools vs Public School	224. Disarmament
91. Insurgency – A Phenomenon Needs Understanding	225. Crime against Women
92. E Governance	226. Water Bodies
93. Health Tourism	227. India's Foreign Trade
94. National Anthem	228. Water Resources
95. G 20	229. Girl Child
96. Volcano	230. Health
	231. Aviation Industry in India
	232. If there Were No Super Powers in this World
	233. Use of Technology in Agriculture
	234. United We Stand, Divided We Fall

97. Secularism	235. Can India Become Self Sufficient in Energy Resources
98. Ambition in Life	236. Indian Reservation Policy
99. Net Education	237. Sanjay Dutt
100. Internet	238. Missile Programme of India
101. Rattan Tata – A Business Personality	239. Musharraf – A Leader's Case Study
102. Politicians in India – Root Cause of Problems	240. Kashmir Issue
103. Should Article 370 be Abrogated?	241. Terrorism – A Threat to Humanity
104. Article 376 is an Insult to Indian Democracy	242. Sex Education – Crying Need of Present Day
105. Democracy v/s Dictatorship	243. World Media and its Effects
106. Aviation Industry in Developing India	244. Role of Youth in Society
107. Security Industry in Present Day	245. Social Effects in Pornography
108. IT is a Boon for Society	246. Gay Rights
109. Water Shall be the Cause of World War –III	247. Instant Cricket
110. Bribery- A Cancer of Indian Society	248. Green House Effect
111. Should India Attack Pakistan	249. Ecology and Environment
112. Constitution of India – As I see it	250. ISRO
113. Mutual Funds	251. SEZs – A Double Edged Weapon
114. Higher Education in India	252. Disinvestment of PSUs
115. Election Commission	253. Bullet Trains In India
116. Life Insurance Industry in India	254. Peace Measures in J&K
117. Indian Cinema Industry (Bollywood)	255. Right to Information
118. Electronic Media And Print Media	256. Act and its Fall Out
119. Internet – A Boon or Curse	257. Privatization of Universities
120. Political Leadership in India	258. Inflation
121. New Channels on India TV	259. Same Sex Marriage
122. Policing in Our Country – Requires Review	260. Valentine Day
123. Which is the Most Neglected Sector in Our Country ?	261. MANREGA
124. Girl Child in Indian Society –	262. Pulse Polio
	263. 9/11 – A Black Mark for USA but Caution for All
	264. Terrorism-A Global Curse
	265. BJP – A Party with a Difference

Misunderstood Aspect	
125. Judicial Activism	266. Reality Shows on TV – A Deep Rooted Look
126. Distance Education	267. Most Corrupt Person – As I See it
127. Center – State Relations	268. Dowry – A Curse on Society
128. Kashmir Issue – A Mistake by Pt. Jawahar Lal Nehru	269. Most Responsible Corporate – As Per Me
129. Sarkaria Commission	270. Make In India
130. NSG	271. Ecological System
131. Generation Gap	272. India Global Research and Development Destination
132. Call Center	273. Nano Technology
133. Communist in India – An Out Step of Political Ideology	274. National Highway Authority of India
134. A forestation – A Crying Need	275. Mobile Phones
135. Population Problem	276. Energy Crisis
136. Unemployment	277. MNC's
137. Shah Commission	278. International Terrorism
138. Ragging in Colleges / Universities	279. Indian Economy
139. Mandal Commission	280. India Shining
140. My Favorite Book	281. BPO Industry
141. Gandhi – My Role Model	282. NHAI – Serving Nation
142. Entry of Foreign Universities in India	283. Medical Project
143. Child Abuse	284. Tourism in India
144. Pollution	285. Indian Culture
	286. Sports as a career
	287. Indian Space missions
	288. Indo-Pak relations
	289. Indo-China relations
	290. India and its relations with neighboring countries
	291. Interlinking of rivers
	292. Judicial System of India
	293. Health and Diet
	294. Media
	295. Crime and Justice

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| | 296. Metro Rail
297. Role of UN in present era
298. Role of Computers
299. Role of media in Nation Building
300. New Technology In Defence |
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INDIVIDUAL OBSTACLES

I.O. also known as **Individual Obstacles** is one of the tasks of the GTO series, generally conducted on the first day of GTO testing. Sometimes it could be conducted on the second day, depending on the weather and mood of the officer. As the name suggests this task is performed by each member of the group, individually.

The purpose of this test is to check ability, physical toughness, stamina level, courage, determination, acrophobia (fear of heights), it also checks how fast you can make choice and execute it. There are total 10 tasks and time bound is 3 min. One can repeat the task if he is able to complete all 10 obstacles before 3 min. All obstacles are marked from 1 to 10, more tasks a candidate completes more his marks will be. You need to maintain a good stamina level. It is not necessary to start the tasks from 1st, but it is left to the wish of the candidate where does he want to start from. Army and Navy SSB has same IO tasks but there are few differences between I.O. in army and air force selection centres.



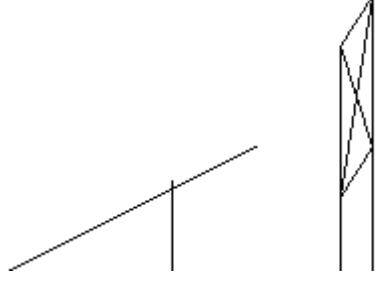
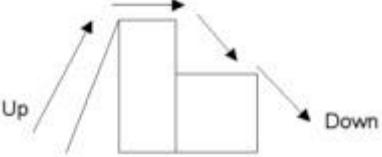
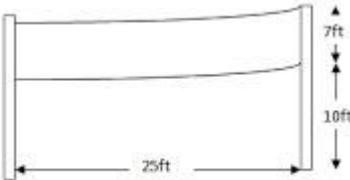
Figure 14: Candidate Performing High Jump During Individual Tasks

Total Marks : 55

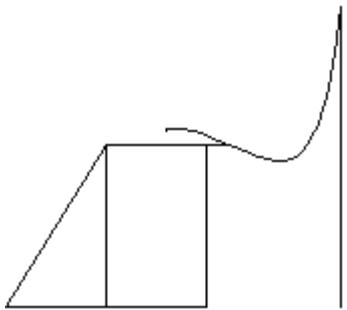
Time : 3 mins

Obstacles : 10

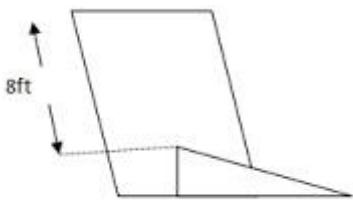
These tasks are:-

Army	Air Force
<p>1. Jumping over a slide:- This is the 1 pointer task which is the simplest. You have to run on the slope of an inclined plane and jump across a line which is marked at approximately 4ft from the end of the plane.</p> 	
<p>2. Long jump:- It consists jump across a 6 ft.* 3ft. drum. For male and for girls the length is slightly less.</p>	<p>2. High jump:- It is a simple 3ft high jump. You can use free style for making the jump. There will be sand on the other side of the bar to avoid injury in case you happen to fall.</p>
<p>3. Zig-Zag Balance:- it include walk over a zig-zag balance and completion of walk and land properly. it is not used in air force.</p> 	<p>3. Walking a wooden log:- Walking on a cylindrical log of length approximately 6ft. The pole will be 4ft above the ground level.</p>
<p>4. High Screen jump:- candidate need to run over a slide and over a screen placed after slide.</p> 	<p>4. Jumping platforms: You have to climb a platform of 12 ft and then take two jumps. The first jump is to the lower platform which will be at 8ft from the ground. The second one is to the ground.</p> 
<p>5. Burma bridge: You need to walk between two ropes for a distance of 25 ft. The two ropes will be tied on poles at a height of 10 ft. This obstacle starts shaking as you begin to move so maintain your body balance. it is also most time consuming task.</p> 	
<p>6. Tarzan swing:-in this candidate climb to a platform near 10-12 ft at height then taking a rope in hand he need to swing like Tarzan and to land after a</p>	<p>6. Climbing the wall: Run up the slope of an inclined plane and climb over a wall of 8 ft. this wall is actually a wooden screen.</p>

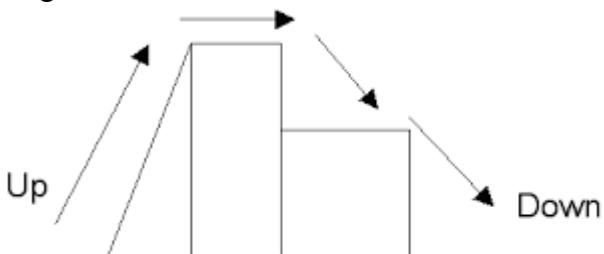
mark on the land. Tarzan swing is not in air force.



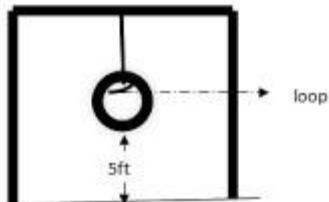
The best way is to put your one foot on top of the wall and get yourself rolled over to the other side.



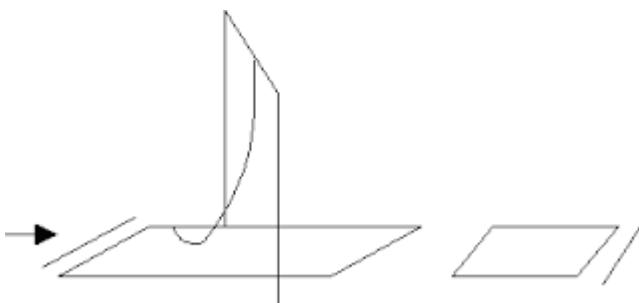
7. Jumping platforms: This can be difficult if you are scared of heights but it is easily doable. You have to climb a platform of 12 ft and then take two jumps. The first jump is to the lower platform which will be at 8ft from the ground. The second one is to the ground.



7. Jumping through a tyre: Jump through a big tyre with your feet first. The tyre is hung from a post at a height of 5 ft. There will be a small loop in the rope which can be used to hold and pull yourself up to get into the tyre. This is not in army.

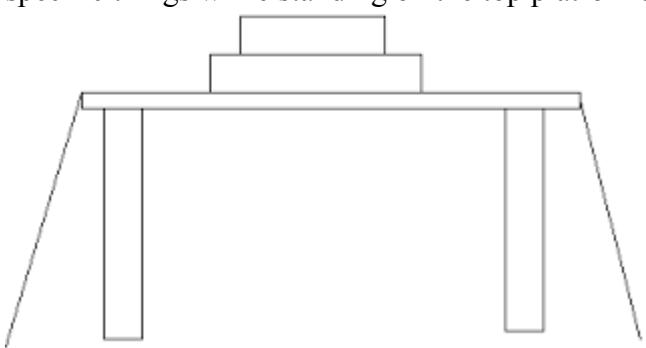


8. Double Ditch:- it have two ditch of 8ft.*3ft. and 4ft.*3ft. candidate need to cross the 1st ditch with the help of a rope and the second one with jump. This is not used in air force.

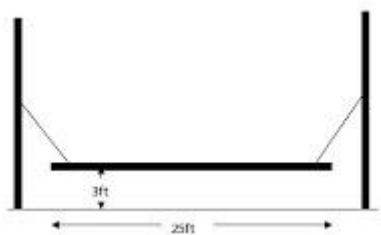


8. Tiger leap: You have to climb up a platform of 9ft and leap a distance of 4ft to catch a rope and get down by the rope. It is important to catch the rope at chest level so that you don't slide down and get cuts. In air force height of tiger leap is more than that of Army. it is for 10 points in army but here it is for 8 points.

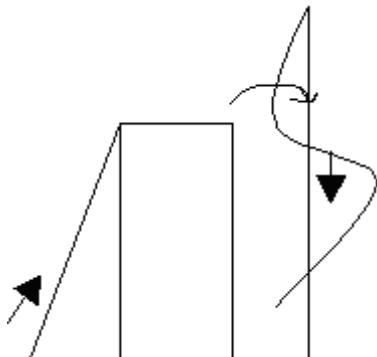
9. Commando walk:-it consist walk from any side up and down from another, maintain balance. Sometimes instructions are given to shout some specific things while standing on the top platform.



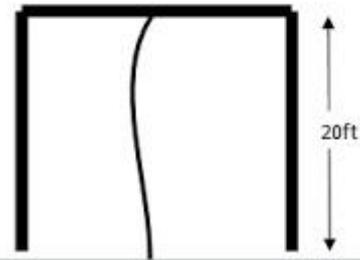
9. Monkey crawl: You have to move on a wooden log of 25 ft in length hung from rope suspenders at 3 ft above the ground level. You can choose either to slide on the log or get underneath it and crawl with both your hands and feet. But since it is suspended from ropes, as soon as you climb on it the whole set up starts to swing from side to side. Not used in army.



10. Tiger leap:-walk up a podium, leap and catch hold of a rope, then to climb down.



10. Rope climbing: You have to climb up a vertical rope to touch the post at a height of approximately 4 to 5 metre and then to come back. Not used in army.



COMMAND TASK

Command task is one of the most interesting and important **GTO Task**. Unlike other Group Task, it is not a leaderless exercise. In this test, you are the commander and you have to accomplish the given task within allotted time. Here, your ability to give command is tested by the GTO.

Depending upon the performance of the candidate, GTO selects a task for every candidate .So if you have performed well in GTO tasks, the task allotted to you in the Command task will be rather challenging. Some simple tasks are allotted to the weak candidates.

Manner of Conduct: The GTO calls the candidates one by one and interacts with them.

He will explain the task allotted to you along with the helping materials. He then tells you to choose your Sub ordinates from your Group. Then you have to finish the job within the allotted time. There may be a load to be carried along with while you are negotiating the obstacles.



Figure 15: One Commander and Two Helpers In The Command Task

TIPS TO TACKLE THE COMMAND TASK

- While the GTO is explaining the task, listen to him carefully and clarify the doubts on the spot as you may not be allowed to ask anything after commencing the task.
- You can spend one or two minutes to form a broad plan. Use your common sense and think of a logical solution for the task.
- Never allow nervousness to overpower you as your intelligence shall not work properly when you are nervous.
- Be judicious in selection of your subordinates. They will be the ones who have to help you to finish the job. As you have spent a few days with your group, you may know the weakness and strength of each Group member.
- Make your subordinates stand in a line and explain the allotted task, your plan and materials at your disposal.
- If you are stuck somewhere while doing the command task, you can ask suggestions of your subordinates, but you may have to lose some marks.
- If you find that your subordinates are not doing the task according to your directions, ask them politely to follow your instructions.
- If you feel that your plan will not work well, you have to change it. Be logical and systematic.
- Do not be harsh and rude to your subordinates. You may encourage those who are cooperating and working well.
- Do not get nervous. Be cheerful and optimistic about your success and have confidence in your planning.
- GTO might increase the level of difficulty by asking you not to consider some structures or changing the colour code. He may ask for multiple solutions.
- When you are a helper, show maximum cooperation and loyalty.

Command task is to assess the common sense of a candidate and his ability of giving commands. He also evaluates the candidate's ability of working under stress by increasing difficulty. This task is used by the GTO to change some of his former assumptions about a candidate and to know each candidate in detail.

What kind of task you have got during Command task, was it hard or simple. Do share your experience in the comment box below.

FINAL GROUP TASK

This task consist of one obstacle similar to Progressive Group Task and the whole group participate in the task. Time limit is 15 minutes.

DOS & DON'TS GTO TEST [OFFICIAL TIPS BY SSB]

DOs

- Perceive the problems posed correctly and assimilate all details.
- Have adequate awareness about general/ current affairs.
- Be quick enough to think and write solutions.
- Solutions should be logical and realistic.
- Be spontaneous and forthright in expressing yourself, participate actively.

- In outdoor task, be energetic, participate and contribute to the group activities. Understand the requirement of the task, plan and try to evolve/suggest workable ideas.
- Keep the group aim in mind.
- Be confident and develop perseverance in pursuing the aim/goal.
- Be effective in communication

DON'T

- Don't limit yourself to one type of media-explore various types of media to acquire knowledge/ awareness about topics of general interest.
- Don't try to put pre-conceived knowledge / ideas, utilize them to generate own ideas.
- Don't sit/stand back and wait for opportunity to come your way – grab the opportunity.
- Don't shut out others' ideas.

SSBCRACK

DAY 5 – CONFERENCE DAY

CLOSING ADDRESS

The last or the 5th day is spent in the conference. In the continuation of the process of selection, the day begins with the closing address. Closing Address is generally given by Dy President of the board before the Board Conference. During the address officer will highlight the merits of selection system, explain the qualities that we in the Armed Forces are looking for in your personality and provide clarification to any doubts or question that may arise in your mind. This is also interactive forum for you to put forward any problem complaint or any suggestion that you may have experienced during your stay at SSB.

BOARD CONFERENCE

The Board Conference is the final event of the five day testing process, during the board conference which is chaired by president, Dy president and all the assessors that is the GTOs, Psychologists and Interviewing Officers, who have assessed you will be in attendance. Each candidate is discussed in detail by the three assessors, who have examined his demonstrated performance through the specific technique independently to arrive at consensus on acceptability of each candidate. Detailed process of validation and counter validation is undertaken to arrive at final decision about the candidate. Candidates will be asked to appear individually before the board. You will be asked some question during the conference. Your answers during the conference are also important. The board makes final recommendation about the suitability of the candidate as well as final marks to be awarded to each candidate.

DECLARATION OF RESULT

After all the candidates have appeared before the board and the result has been compiled, the Technical Officer of the board will announce the result. The candidates who fail to make the grade are seen off at the railway station. All those who are recommended by the board will stay on for the medical examination which may take one week.

7 TIPS TO HANDLE SSB CONFERENCE

1. **Smiling Face** – Keep a smile over your face during your conference. Don't get into any kind of stress. All the assessors are there to conduct a short questioning drill. You just have to answer those in a simple and mannered way.
2. **Be Clear In What You Are Answering** – During the conference, a candidate can be asked questions by any of the assessors. Stay alert and direct the correct answer to the correct person. Don't get confused in the questions. The questions asked are casual.
3. **Don't Criticize The SSB** – Normally, the candidates are asked for any suggestion for changing the SSB testing criteria. You have to stay away from showing smartness by pointing mistakes or suggesting any change. The SSB testing is framed perfectly by highly experienced and qualified people. You can't point error in testing pattern. Your criticism shows your non-adjustability.
4. **Avoid Asking Any Question Or Giving Suggestions** – If you want to conclude your conference in a polite and stable manner, then avoid asking any question and suggesting anything. Your suggestion or your question will successively raise more questions and cross questioning can take you down.

5. **Maintain Posture** – Maintain your posture and keep your body relaxed. But don't lose your posture. Avoid shaking legs or shivering, walk in a gentle way and sit straight on the chair. While leaving the room, wish them “Good Day” and walk out of the door gently.
6. **Prepare The Questions That Were Asked in Interview, but not answered by you** – Many times, it is observed that the questions that were asked by IO in the interview and not replied by the candidates, were asked again in the conference. It is a general way to check, how you are dedicated toward overcoming your failures.
7. **Follow the instructions given by CHM** – Before commencement of the conference, CHM instructs all the candidates about where to wait before the conference, where to sit in the conference room, how to enter, how to leave etc... stick to those instructions and follow them.

15 FREQUENTLY ASKED QUESTIONS IN SSB CONFERENCE

1. How are you? How were your stay, food and accommodation here in last 5 days?
2. Rate your performance out of 10?
3. How do you rate your performance of three tests?
4. How many friends you made in these last five days?
5. Any changes which you felt in yourself in these 5 days.
6. Why you were not selected in your previous attempts? (For Repeaters).
7. What you will do if you are not selected this time?
8. Rate yourself in you group?
9. What is your next plan?
10. Which test you enjoyed most in SSB?
11. In which test you think you could have done better?
12. Have you been out with friends? What all places you visited of the city in which you Board is Located.
13. Compare your performance with previous ssb attempt?
14. Some SRTs if you are boarder line case?
15. Any suggestion for improvement of SSB?

MEDICAL EXAMINATION

Recommended candidates appear before the medical board for carrying out their medical board after the SSB results. It takes 4 to 5 working days for the concerned Military Hospital to complete the medical board and after that the candidates are dispersed. NDA candidates are examined both for Army and Navy unless otherwise instructed and endorsement of fitness status will be made accordingly. President of the medical board will guide the candidates for Appeal/Review Medical Board procedures. Candidates may seek the advice of President Special Medical Board for review/appeal in case they have been declared unfit.

PERSONALITY DEVELOPMENT TIPS FOR SSB

HOW TO BE A HERO OF YOUR SSB INTERVIEW GROUP

1. Stop the “I don’t know anything” pretension: Some of us think that if we try to pretend as if we know nothing about the SSB and how things are done in SSB others will think that we are innocent and take us lightly. Trust me I have seen candidates behaving that way. It casts a negative impression on your mates. Avoid it.
2. Stop the “I know everything” show-off: Everybody knows that if you are in SSB you ought to be intelligent and smart but don’t forget that so are they. Your mates are not fools so stop answering every question that is being asked in your group. If person ‘x’ is asking to person ‘y’ then tell me where do you stand to answer the question? Stop playing the crow in between who tries to catch the ball every time it is thrown.
3. Pulling other person’s leg will make you fall eventually: If you find pulling legs and talking sarcasm cool then surely your group mates will like you to remain aloof and retain your coolness alone. Hence pulling leg of a weak member or talking sarcasm on anybody is not an officer’s material.
4. Sharing is good but only to an extent: Asking for your group mate’s towel, cream, shampoo etc. etc. will certainly make you look like a needy but not an officer.
5. Play polo: Here I don’t mean the horse polo, I simply mean the mint, and it can do wonders! While you are sitting in the bus or waiting for the PPDT you can easily slide or pass a polo to your group mates, trust me it is a good friendship starter! So the next time you go for your SSB keep this wonder mint with you in a good stock.
6. Pamper them: While you go for an outing in the city, pamper them and give a treat to them. A few samosa’s and a bottle of cold drink will cost nothing if you compare it with you pay-band as an officer
7. Be real: Don’t be a fake person, be real show your real self you are unique so don’t try to copy anybody.
8. Lies are a big no-no: If you tell them that you are topper of your college and you lack the basic General knowledge also then its worthless to mention the impression they’ll have of you. Hence please don’t lie about anything, lying only makes you conscious.

TOP 15 OLQS- OFFICER LIKE QUALITIES

1. Effective Intelligence.
2. Reasoning Ability.
3. Power of Expression.
4. Self Confidence.
5. Determination.
6. Organizing Ability.
7. Initiative.
8. Courage.
9. Cooperation.
10. Sense of Responsibility.
11. Stamina.
12. Group Influencing Ability.
13. Liveliness.
14. Social Adaptability.
15. Speed of Decision

6 LIFE LESSONS THAT ONLY SSB CAN TEACH YOU

1. Organization and discipline.

With each day being dedicated to a certain test which is highly time bound and with every assessor and other members of the SSB board being highly detail oriented while briefing the candidates and assessing their performance, it's safe to say that the 5 day long procedure makes the candidates organized and disciplined. They have to show up on time, they have to do things under certain time period and all these things inculcate the quality of being organised and disciplined.

2. Team Work and Cohesiveness.

There are numerous tasks in the SSB that occur in teams and a group to assess how each candidate performs as a team member and who emerges as a leader. Be it the chaos of the Group Discussion or the strategizing in the Group Planning Exercise the art of working as a team and maintaining the decorum while the discussions is something that the SSB teaches to each of its candidates and the ability to be a group member and to think about others first and then oneself and to maintain the cohesiveness of one's group and to emerge with commonly agreed upon solutions and answers.

3. Quick decision making.

In the SSB, the presence of mind and the reasoning ability of the candidate is assessed along with several other qualities and characteristics. With being subjected to different stressful (hypothetical in case of the situation reaction test and other psychological test and real in case of the various GTOs tests), the decision making ability of the candidate needs to be quick as well as sound. Any individual with quick and good decision making ability is always valued in the organizational setup, needless to say this ability is desired in the Officers as well and the SSB makes a candidate realise its importance.

4. Mental toughness.

During the entire SSB procedure, the candidates are being evaluated and assessed on their personality traits and characteristics. To accomplish this task the psychological tests are designed in a way that elicit the true traits and qualities of the candidates. Being subjected to numerous psychological tests and other physical tasks, a candidate learns how to be mentally strong and tough.

5. Motivation and determination.

The drive that the candidates have, to be amongst the fortunate ones to don the coveted Olive Green grows only stronger while having the SSB experience. The SSB process teaches a person to be determined and to be motivated to fulfil their dreams and goals.

6. Nothing is impossible.

When I come across people who have cleared their SSB in 8th attempt and 11th attempt, it really proves that nothing is impossible and if one is truly dedicated and determined then no matter how much unattainable the goal may seem, you can achieve it and the sky is the limit for you!

8 TIPS TO COMBAT SHYNESS AND SOCIAL ANXIETY

If I ask you whether you feel a little jittery while you are about to go on a podium for a speech or a debate, most likely your answer would be a yes. There might have been an incident or two when you must have felt shy to walk up to talk to a person or you must have felt hesitant or anxious to ask someone for professional matters. The feeling of butterflies in the stomach often occurs in such situations due to anxiety and shyness.

It's a very common thing to happen irrespective whether you are an extrovert or an introvert. All of us at some point would have felt shy or socially anxious. It's normal, but when these feelings of anxiety and

shyness start taking a toll on a person, it can lead to various psychological disorders. From the SSB point of view, social anxiety and shyness can hamper your chances of success. With self-confidence, social adaptability and initiative being some of the OLQs, you have to mould yourself so that your shyness and anxiety doesn't cause a hindrance to your successful performance.

How you perform in the Lecturette, the Group Discussion, the Command Task, the Group Task, the Interview and other tests, all can get affected if you let your shyness and anxiety control you. Leaving SSB aside, even general life functioning will be affected.

According to Dr. Bernardo J. Carducci, shyness has three components: **Excessive Self-Consciousness** – you are overly aware of yourself, particularly in social situations. **Excessive Negative Self-Evaluation** – you tend to see yourself negatively. **Excessive Negative Self-Preoccupation** – you tend to pay too much attention to all the things you are doing wrong when you are around other people.

One tends to feel shy and socially anxious due to various internal (from within the individual) and external (the outside environment) factors.

Having a low self-esteem and doubting oneself is an example of internal factors, while being labelled as a shy person by other people is an example of external factors.

HOW CAN ONE OVERCOME SHYNESS AND SOCIAL ANXIETY?

1. Engaging with others.

Start with indulging in small talk with people. It could be in a supermarket, metro rides, restaurants, neighbours, etc. The more you engage and get exposure to different individuals, the more confident you will be in dealing with diverse individuals.

2. Understand your anxiety.

Try and figure out what makes you anxious. Try to find out the specific situations that make you act shy in front of people and understand how it affects your life. Having this information will make it simpler for you to combat your shyness and anxiety in social settings.

3. Act confidently.

Confidence can be learned and it comes through practice. There must have been so many things you might have been afraid of in your childhood but I'm sure you've overcome those fears now. Avoiding social gatherings and interaction is the problem and facing this situation with confidence and self-belief is the solution.

4. Develop confident body language.

Make your body language such that people feel and think that you're a positive and an open person. Smile, give warm and affectionate handshakes, make eye contact, walk with your head held high, and speak clearly and effectively.

5. Focus on the moment.

While talking and conversing with others shift your focus from yourself, how you look, how you talk to what's being spoken. Focus on the content, the words, the expressions and the tone.

6. Turn self-consciousness to self-awareness.

With your understanding of what makes you shy, seek within yourself and observe yourself. Self-awareness is the first step towards any change or life improvement.

7. Practice social skills.

Social skills aren't hard to cultivate. Practice them and figure out what you should do and how you should behave in particular situations.

8. Try new things in life.

You get one life to live and there are n number of things to do and goals to achieve. Don't let your social anxiety take control of your life. Join a club, go to a new place, play a new sport, do

things that you've never done before even if it makes you anxious. This is the best way you will gain confidence.

8 WAYS TO BUILD A SUITABLE PERSONALITY FOR ARMED FORCES

1. **Be honest** – Your honesty is your identity card. What you say should be what you do. A bluffer can never be an officer. Honesty in behaviour keeps the things crystal clear and imposes your perfect image on others.
2. **Let your action speak louder than your voice** – Keep your voice in control and make people to judge you by your actions, rather than your voice or pitch. In SSB your actions, mind and words are analysed to decide your perfectness for the services.
3. **Be lively and happy** – An officer faces several kinds of situations and circumstances in his life time. Your moral and your liveliness makes the situation calm and this helps the officer to handle the situation.
4. **Develop your productive interest and hobby** – Your nature of working depends over your hobbies and interests. Your hobbies and interests should be productive rather than casual and time wasting like watching TV or chatting on FB, Whatsapp. If you are watching TV then watch some knowledge full shows. Productive hobbies and interest can be repairing basic machines, gathering technical knowledge, tracking, cycling, etc.
5. **Confidence is all you need** – Your confidence is checked in all SSB tests. Officer means responsibility, and confidence is the factor that drives responsibility. Your mind should always keep a motto on top that nothing is impossible for you. Then you can easily track new ways to reach your destination.
6. **Control your temper** – An officer is the one who controls his mind and temper in all situations. Loosing temper can add problems. Your coordination with your team should be in a humble, coordinated and calm state. Try to solve problems in casual life without losing temper.



7. **Curiosity makes** – Questioning and inquiring is a good habit and this enhances the experience and widens our mind's reach. The Armed Forces need a candidate who can complete a given work/ task with the given resources. It is not always that officers get all resources they need. They have to manage the task keeping the given resources in mind. And this can be achieved with the help of prior experience. Your risk, responsibility, stamina and determination to complete the work is all that expands our experience.

8. **Do and make the task done** – Your ultimate aim in Armed Forces will be to accept and make the task done on the orders of seniors. No matter how and why, your eye should be at the end of the task. Be a leader, operate your men, and make them to do the task as per your plan and stay involved in the task.

7 WAYS TO REMAIN FOCUSED ON YOUR GOALS

1. Make SMART goals.

SMART here is an acronym where

S- specific

M- measurable

A- attainable

R- relevant

T- time bound

Make sure that the goals that you've set for yourself are specific. It'll be easier for you to focus better and to work towards it with clarity. Next, your goal should be measurable; you should be able to tell when you have achieved your goal. Attainability of a goal means that you can do and is within your capability. Having a relevant goal means that the goal should have some value for you and it shouldn't be something that doesn't excite you. Lastly, having a time bound goal will make sure that there exists a deadline and that the goal becomes a reality and doesn't just remain a dream.

2. Write down your goals.

"I hear and I forget; I see and I remember; I write and I understand." – Chinese Proverb. Thinking about a goal may only keep you aware of it and motivated to some extent but writing it down makes a huge difference, it's your own way to tell and remind yourself that this is what you want in life and by doing this; it'll be etched on your consciousness.

3. Have strong reasons.

When you decide upon your aim and goal in life you must do so with reasons which are strong and powerful enough to not only get you excited but also motivated. Reason and belief together make a great motivator to work hard and to put in efforts towards the goals set. Your goal should excite you and then you need to be determined to work for it.

4. Make a plan and follow it.

Just dreaming and reminding yourself of what your dreams and ambitions aren't will not get you anywhere. You need to make a well thought and well-organised action plan which ensures your progress towards the attainment of your goals. Make a realistic plan that you can follow and keep a check of how much you efforts you are making.

5. Tell others about your goals.

While I read somewhere that one shouldn't reveal their goals, I on the other hand feel that one MUST tell their near and dear ones about their dreams and goals. Once you've told your goal to someone, they can check on you regarding your progress, which is a great motivator. Having someone (other than yourself) to be answerable to will make sure that you don't get sluggish. Also remember that responsibility is a result of accountability.

6. Take action every single day.

Do something every day which is shortening the distance between you and your goal. No goal can be achieved in a day; it requires constant effort, patience and determination. Therefore, you must do constrictive things daily that are benefiting you and allowing you to come closer to your goal. Break it down into smaller parts and then work on them individually.

7. Believe in it and act as if it's already your reality.

"The mind is everything, what you think you become"- Buddha. Indeed this holds true. Believing in yourself, your capability gets you motivated and you tend to remain determined to achieve what you want. Also, acting as if the goal is already your reality is another great motivator. If you think in a particular manner, you will end up believing in that thought which has a direct implication on your behaviour. Therefore, believe in yourself and use the power of your mind.

**JOINING INSTRUCTION FOR GUIDANCE AND COMPLIANCE
OF CANDIDATES ATTENDING SERVICE SELECTION BOARD
INTERVIEW**

1. Items to Be Brought. The following items will be required for the interview:-

S/ No	Item	Quantity Required		Remarks
		Gents	Ladies	
A	Dark colour trouser and light colour shirt	1 set	1 set*	*Suits/Sarees permissible
B	Shoes	1 pair	1 Pair	
C	Neck tie	1	1	Optional
D	Winter wear	1	1	Seasonal requirement during winter
E	White shorts & T-shirts	1/2 sets	-	For GTO tests
F	Track suit	1*	2 set @	* For winters only @ May wear appropriate Indian dress
G	Sports shoes	1	1	Preferably white
H	Socks white	1/2 pairs	1/2 pairs	
I	Writing material (pen (blue/black), pencil, eraser, A4 size white paper (10 Nos)	Adequate quantity	Adequate quantity	
K	Passport size colour photograph	20 copies	20 copies	Background of the photo should be white
L	Toilet items	As required	As required	
M	Lock and key for safety of personal belongings			

2. Cash and Valuables. A maximum of Rupees One thousand over and above what is required for travelling expense may be carried. No valuables should be carried. Safe custody of cash and valuables will be the responsibility of the candidate.

3. Documents. Please bring the following certificates/documents at the time of reporting at this centre and adhere to instructions in regard to documentation given below:-

- (i) Original Matric & Higher Secondary or equivalent certificate along with one attested copy thereof in support of your age. In case you fail to bring these certificates in ORIGINAL, please note that you WILL NOT be allowed to appear for SSB interview and NO REIMBURSEMENT of rail/bus fares/reservation-cum-sleeper charges will be permitted. Please note that statement of Marks in lieu of original certificates or any other date of birth certificate is not acceptable.

- (ii) Original/Provisional degree from the University/Institution and marks sheet of all the years/semesters along with a photocopy of each.
- (iii) Proof of identity with photograph such as voter ID (or) PAN card (or) driving license (or) passport (or) UPSC admit card. In case of candidates of NDA/10+2 TES, they are required to bring certificate with photo issued by principal as proof of identity.
- (iv) In case the result of final year/semester is awaited, then the candidate will submit a certificate from the principal, stating that the result of final year will be declared by all these documents
will be verified by selection centre.(**Appx 'A'**)
- (v) **For final year students only-** if you are studying in final year of degree course, then please bring a certificate from the principal of your College/Institution stating that you are in final year of degree course and going to appear the final examination during.....failing which you will not be interviewed by SSB (**Appx 'B'**).
- (vi) **Candidates who have submitted their certificates and marksheets in college or institution for pursuing higher studies** - Please bring a bonafide certificate along with certified true copy of those documents as per specimen attached at (**Appx 'C'**).
- (vii) **Risk Certificate Applicable to NDA and TES Candidates**. You will bring Risk Certificate as per specimen attached as (**Appx 'D'**).
- (viii) Original NCC 'C' Certificate (Army/Navy/Airforce Wing) with one attested copy, if competing against reserved vacancies for NCC 'C' Certificate holders.
- (ix) Bring certified copy duly authenticated/signed by the competent authority of every achievement you have obtained in the field of NCC, Games, sports and other extra curricular activities.
- (x) Candidates declared successful in the SSB interview are required to submit at the earliest a photocopy duly attested by Class-I Gazetted Officer of all such provisional degree/degree certificate, acquired after the SSB interview to: IHQ, MoD (Navy)/PDMPR, 'C' Wing, Sena Bhawan, New Delhi - 110011.
- (xi) Candidates are further advised that documents already verified at Selection Centre, need not be submitted again to IHQ MoD (Navy). In case of loss of such documents the onus will entirely rest with the candidate.
- (xii) Photographs – Please bring twenty copies of the latest passport size photographs, unattested along with the negative in white shirt (not in coat)
- (xiii) Last and the most important the Call Up letter itself.

4. Travelling Allowance (TA).

- (a) TA is admissible for the shortest route only.
- (b) AC 3 Tier fare (including reservation-cum-sleeper charges) by main route from home station to Coimbatore/Bangalore/Bhopal and bus fare from home to the nearest railway station (if not connected by rail) will be paid as per government rates on production of tickets.
- (c) No re-imbursement of rail/bus fares/ reservation-cum-sleeper charges will be permitted in the absence of original travel documents.
- (d) You are entitled to TA when you attend the interview for a commission for the first time. Such allowance is not admissible for second or subsequent attempts for the same type of commission.

Caution - You are liable to forfeit travelling allowance if you fail to:-

- (a) Meet the eligibility criteria and educational qualifications as required.
- (b) Produce the original documents as given in the instructions.
- (c) Produce ID proof as mentioned at Para 8 above.

5. Change of address. Change of address, if any, after submission of application will be intimated to IHQ, MoD

6. Warning. A candidate should withhold his move if he is a resident of Bhopal/Coimbatore/Bangalore, his permanent address is Bhopal/Coimbatore/ Bangalore or has a relative/friend serving in the selection centre or his unit is located in Bhopal/Coimbatore/Bangalore (Serving candidates only) and intimate IHQ, MoD (Navy)/ PDMPR the particulars of the person concerned and await further instructions. Any attempts made by candidates, their relatives or friends to influence the members of Services Selection Board in their favour either verbally or in writing will result in his name being removed from the list of candidates. In all matters of discipline, the Board President will be the final authority and no appeal against his decision will be entertained.

7. Compensation. Government is not responsible for any compensation to the candidates or to their guardians/heirs for injuries sustained by them during the period of testing. However, facilities exist to attend to the candidates falling sick or sustaining injuries during their stay at the Centre.

8. Correspondence. In all correspondence please quote this letter No and date, UPSC Roll No/Name of the Entry/registration number and full postal address. Email + Contact Number.

9. Service personnel only. In case you are already serving in the Army/Navy/Air Force, this letter will be put up to your Officer Commanding and your move in connection with this interview will be treated as temporary duty under the provision of TR-192 (f) (ii). As such you will bring return journey railway warrant for your journey. You are required to bring one set of uniform.

10. For information of Officer Commanding Unit.

- (a) In case the candidate has been posted out of your Unit please forward this letter to his present unit immediately, under intimation to the SSB.
- (b) Copies of movement order and Gen form/part II order will not be endorsed to SSB, Separate movement order will be issued to every individual required to report to the SSB.
- (c) In case the individual cannot present himself for interview, the SSB should be informed immediately.
- (d) No Arms and Ammunition will be carried by the candidate.
- (e) Please advice the candidate to bring two passport size photographs.
- (f) Candidates will be in possession of free return railway warrant and Identity Card.
- (g) Apprise SSB immediately in case you are at a local unit.

11. Physical conditioning. Candidates who qualify the SSB interview and medical examination are advised to follow the under mentioned regimen daily in order to keep themselves in good physical condition at the time of reporting at the Academy.-

- (a) Running 2.4 Kms in 15 Minutes
- (b) Sit ups-25
- (c) Push ups-13
- (d) Chin ups (minimum 06)
- (e) Rope Climbing (3 to 4 Meters)

12. Candidate reporting for their SSB should take care of the following medical points failing which he/she is liable for rejection:-

- (a) **Ideal Age, Height and Weight (Male):-** It should be within permissible limits i.e. 10% of the ideal weight given in the table. In recording fraction lower than 0.5 Kg will be noted and 0.5Kg, above will be recorded as 1 Kg. a correlation table between age, height and average weight is given below for guidance of candidates :-

Age Period	15-16 Yrs	16-17 Yrs	17-18 Yrs	18-20 Yrs	20-22 Yrs	22-24 Yrs	24-26 yrs	26-28 Yrs	28-30 Yrs
Height (Cm)	Weight (kg)								
157.0	43.5	45.0	47.0	49.0	49.5	50.5	51.5	51.5	52.0
160.0	45.0	46.0	48.0	50.0	51.0	51.5	52.0	53.0	54.0
162.0	46.0	48.0	50.0	51.5	52.5	53.5	54.0	55.0	55.5
165.0	48.0	50.0	52.0	53.0	54.0	54.5	55.0	56.0	56.5
167.0	49.0	51.0	53.0	55.0	56.0	57.0	58.0	58.5	59.0
170.0	51.0	52.5	55.0	57.0	58.0	59.0	59.5	60.5	61.0
173.0	52.5	54.5	57.0	59.0	60.0	62.0	62.5	63.5	64.0
175.0	54.5	56.0	59.0	61.0	62.0	63.0	64.0	64.5	65.0
178.0	56.0	58.0	61.0	62.5	63.5	64.5	66.0	66.5	67.5
180.0	58.5	60.0	63.0	65.0	65.5	67.0	67.5	68.5	69.0
183.0	60.0	62.5	65.0	67.0	67.5	70.0	70.5	71.0	72.0

* In case candidates belonging to the North East and hilly area like Gorkhas, Nepalese, Assamese and Garhwalis, the height will be relaxed by 5 cms and weight commensurate with reduced heights.

- (b) No wax in the ear.
- (c) No skin disease i.e. Acne vulgaris, warts, fungal infection.
- (d) No dental cavities including temporary filling and minimum 14 dental points.
- (e) No vision defect i.e. vision corrected by glasses.
- (f) No hernia/abdominal operation in past one year.
- (g) No hydrocele, varicocele.

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No Claim Certificate

I father/guardian of who is a candidate for NDA/ NA entry of the Navy, hereby certify that I fully understand that my son/ daughter/ ward will, if required, attend the Service Selection Board Interview with my full and free consent and at my own risk and that I or my son/daughter/ward shall not be entitled to claim any compensation or other relief from the Government in respect of any injury or disability which my son/daughter/ward may sustain in the course of or as the result of any of the test given to him at the SSB Interview, whether due to his own negligence or the negligence of any other person or otherwise.

Signature of Father/Guardian

Address

Place.....

Date:.....

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A ppendix ‘A ’

(Refers to Para 3 (iv) of
Joining Instructions)

**CANDIDATES WHO ARE STUDYING IN FINAL YEAR OF THEIR
ACADEMIC SESSION/APPEARED FOR FINAL EXAMINATION/
RESULTS NOT DECLARED**

It is certified that _____ s/o Shri _____
is a bona fide student of _____ (School/ College) and
is presently studying in _____. His final board / semester
examination will be / was conducted during _____ (month and year
of exam) and the results are expected to be declared by
_____ (month and year of expected date of declaration of exam
results).

Place : _____ (Signature of the Principal/Registrar of the
Date : _____ College/University where studying with stamp)

A ppendix ‘B’
(Refers to Para 3 (v) of
Joining Instructions)

**FOR PRE FINAL YEAR STUDENTS OF UNIVERSITY ENTRY SCHEME (PRE
FINAL YEAR) COURSE ONLY**

It is certified that Mr _____ is in Pre-Final Year of degree
course and is going to appear in the Final Year/Semester Examination during
_____ and Final Year results will be declared by _____ (herein
month and year of expected date of declaration of the exam results is to be mentioned, failing which
you will not be interviewed by SSB. Mark-sheets of all the semesters (upto IV semester for Pre Final
year candidates) are also to be brought along with two attested photocopies).

Place: _____ (Signature of the Principal/Registrar of the
Date : _____ College/University where studying with stamp)

Appendix ‘C’

(Refers to Para 3 (vi) of
Joining Instructions)

**CANDIDATES WHO HAVE SUBMITTED THEIR CERTIFICATES AND
MARK SHEETS IN COLLEGE OR INSTITUTION FOR PURSUING
HIGHER STUDIES**

It is certified that _____ s/o Shri _____
is a bona fide student of _____ (College/ University/
Institution/ School) and is presently studying _____
(herein name of course pursuing is to be mentioned). The following certificates and mark-sheets in
respect of the above individual have been deposited with this College/University/Institution in
original for verification purpose:-

- (a).....
- (b).....
- (c).....

It is further certified that photostat copies of above documents have been verified by the
undersigned and attested.

Place :

(Signature of the Principal/Registrar of

Date :

the College/University where studying with stamp)

Appendix ‘D’

(Refers to Para 3 (vii) of
Joining Instructions)

**RISK
CERTIFICATE**

I (Name) _____ father/guardian of (name of
candidate) _____ who is a candidate for NDA/TES
Regular Commission of the Navy, hereby certify that I fully understand that my son/ ward will, if
required, attend Service Board with my full and free consent and at my own risk and that I or my son/
ward shall not be entitled to claim any compensation or retest for the same course or any other relief
from the Government if my son/ward sustains any injury during the course of /as a result of any of the
tests administrated to him at the said Service Selection Board or while using military transport due to
any reasons.

Place :

Date :

(Signature of father / guardian)

**A ppendix ‘E’ (Refers
to Para 5 of Joining
Instructions)**

SPECIMEN APPLICATION FOR CHANGE OF ADDRESS

From

Roll No : _____
 Name : _____
 Father's Name : _____
 Postal Address : _____

E-mail _____
 Mob No _____

To

The Call Up Officer
 Selection Centre _____

APPLICATION FOR CHANGE OF ADDRESS

Sir,

1. Please refer to your Call Up letter bearing No SCE/_____ /CU dated _____.
2. As per your Call Up letter quoted above, I am required to report to your Centre on My correspondence address given in my application for subject course has now been changed. The details are as under:-

Postal Address (as given in the application) :-

New Postal Address (To be changed in the application):-

3. May I request you to please include my postal address in the application for correspondence.
4. Thanking you.

Place : Yours faithfully

Date : (Signature of the candidate)

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