



Complete and Detailed NDA Exam Guide

For AKT Matric Hr. Sec. School Students — Be Future Indian Defence Officers!

1. Eligibility Criteria — Know Before You Apply

Before you dream big, verify you meet the strict NDA eligibility:

- **Nationality:** Indian citizens or subjects of Nepal or Indian origin from specified countries with permanent settlement certificates.
- **Age:** Must be between **16½ and 19½ years** at course start. This means you can appear for NDA in Class 11, Class 12, or after 12th depending on your birth date.
- **Gender & Marital Status:** Both **unmarried boys and girls** can apply (female admission started in 2021). Marriage during training leads to disqualification — so plan accordingly.
- **Educational Qualification:**
 - Army wing: Pass 12th from **any stream**.
 - Navy & Air Force wings: Must have studied **Physics and Mathematics** in Class 12.
- **Physical & Medical Standards:**
 - Height: 157 cm (boys), 152 cm (girls), with relaxations for specific groups.
 - Weight: Must be proportionate to height (medical charts).
 - Vision: Must meet minimum standards (color blindness and severe vision issues can disqualify).
 - Good overall health and fitness — no chronic illnesses, surgeries, or disabilities.

Tip: Begin maintaining physical fitness and good health early. This is critical for clearing the medical stage and succeeding at NDA training.

2. NDA Selection Process — The Roadmap to Success

Step 1: Written Exam

- Conducted twice a year by UPSC (April and September).
- Papers: Mathematics (300 marks) + General Ability Test (600 marks).
- Exam is offline, objective, and bilingual (English & Hindi for all but English section).
- Requires a minimum aggregate and minimum 25% in each paper to qualify.
- Around 2-3% candidates qualify this stage from hundreds of thousands of applicants.

Step 2: Services Selection Board (SSB) Interview

- A **5-day rigorous evaluation** of your personality, intelligence, and officer qualities.
- Tests include:
 - Day 1: Screening tests (Officer Intelligence Rating, Picture Perception).
 - Day 2: Psychological tests (Story writing, word association, situation reactions).
 - Days 3 & 4: Group physical and leadership tasks, obstacle courses, command tasks.
 - Personal Interview: A 1-on-1 with a senior officer probing your motivation and knowledge.
 - Day 5: Conference with assessors and final “recommended/not recommended” result.
- Less than 20% of those called to SSB get recommended — it’s very tough but achievable with the right mindset.

Step 3: Medical Examination

- Comprehensive fitness evaluation including eyesight, hearing, dental, cardiovascular, orthopedic, and internal health.
- Medical fitness is mandatory to enter NDA.

Step 4: Final Merit List

- UPSC prepares a merit list combining written and SSB scores (out of 1800).
- Medically fit and high-ranking candidates are offered admission (~350-400 per course).
- Female candidates face intense competition due to limited seats but opportunities are growing.

Step 5: Training at NDA, Khadakwasla, Pune

- 3 years of academic and physical training leading to a Bachelor’s degree from Jawaharlal Nehru University.
 - Followed by 1-year specialized training at respective service academies before commissioning.
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3. NDA Written Exam — Pattern & Syllabus

Mathematics (300 marks, 2.5 hours):

- Algebra (sets, relations, complex numbers, quadratic equations, sequences)
- Trigonometry (ratios, identities, angles, triangles)
- Calculus (differentiation, integration, maxima/minima)
- Analytical Geometry (2D and 3D)
- Vector Algebra, Matrices, Determinants
- Probability and Statistics

General Ability Test (600 marks, 2.5 hours):

- English (Vocabulary, Grammar, Comprehension, Idioms)
 - General Knowledge covering:
 - Physics (basic concepts, mechanics, heat, light, magnetism)
 - Chemistry (elements, compounds, chemical reactions)
 - Biology (human body, nutrition, diseases)
 - History & Freedom Movement (Indian and World)
 - Geography (physical, economic, world geography)
 - Current Affairs (last 6-12 months) focusing on Defence, Politics, Science, Sports
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4. How to Prepare — A Strategic Plan

Build Strong Foundations:

- Revise Class 9 and 10 NCERT thoroughly, especially Science & Maths.
- Use NCERT Class 11 & 12 for deeper concepts.
- Improve English vocabulary & grammar with daily reading (newspapers, books).

Make a Timetable:

- 2-3 hours daily study outside school hours, increasing near exam time.
- Alternate subjects daily to avoid monotony (Maths, GK, English).
- Reserve weekends for mock tests & revision.

Practice Past Papers:

- Solve last 10 years of NDA question papers under timed conditions.
- Analyze mistakes & strengthen weak areas.

Physical Fitness Routine:

- Run daily, aiming to reach 2.4 km under 12 minutes.
- Bodyweight exercises: push-ups, sit-ups, squats, pull-ups.
- Join sports or NCC to build stamina and discipline.

Stay Consistent & Motivated:

- Keep visual reminders (NDA photos, motivational quotes).
 - Set short-term achievable goals to build momentum.
 - Balance study, fitness, and rest to avoid burnout.
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5. Physical Fitness — Your Weapon for Success

- Start with light jogging, build endurance progressively.
 - Daily bodyweight workouts strengthen your core and limbs.
 - Join NCC or sports teams for discipline, teamwork & exposure.
 - Follow a balanced diet rich in protein, vitamins, and hydration.
 - Ensure 7-8 hours of sleep for recovery and mental sharpness.
 - Practice mental fitness techniques like meditation and positive visualization.
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6. Motivational Stories & Quotes

- **Harini Raghavendran:** First girl from Tamil Nadu to join NDA, cracked exam on first attempt.
- **P.S. Nakshatra:** Another successful Tamil Nadu girl, batch 2025.
- **Priya Dhaka:** Overcame lack of math background to crack NDA after self-study.

“Courage is not the absence of fear, but the triumph over it.” – Nelson Mandela

“The more you sweat in peace, the less you bleed in war.”

7. Application Process & Important Dates

- **Notification:** NDA I in Dec/Jan; NDA II in May/June.
 - **Apply online:** upsconline.nic.in
 - **Documents:** Passport-size photo, signature, educational certificates.
 - **Fee:** Rs. 100 for general male candidates; girls and SC/ST exempted.
 - **Admit Card:** Download ~3 weeks before exam.
 - **Exam:** Usually Sundays in April & September.
 - **Result:** Written results ~6-8 weeks after exam.
 - **SSB:** Schedule your interview after written result on service websites.
 - **Final Merit:** Published before course start; admission depends on merit and medical fitness.
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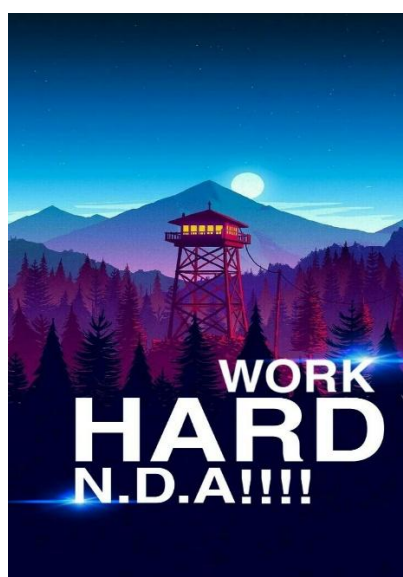
8. Final Words — Your Journey Begins Today

Students of AKT Matric Hr. Sec. School, remember:

“Every great officer was once a determined student just like you.”

Start early. Stay disciplined. Train your mind and body. Visualize your success. Every day of hard work builds the foundation of your future as a brave and proud officer of the Indian Armed Forces.

Are you ready to serve the nation?



The NDA is calling you!

Jai Hind! IN

