



**SSB TEST**

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**SCREENING TEST (2 OIR TEST) + 2 PSYCHOLOGICAL TEST  
MILITARY EXERCISE + PERSONAL INTERVIEW + MATERIALS RELATED  
TO 2 GROUP DISCUSSIONS TOPIC AND LECTURETT  
PAY 1/5TH OF WHAT YOU PAY OTHERS**

*get full refund if not satisfied*



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## OUR SSB PREPARATION PROCEDURE

### Benefits for candidates

1. In coaching institutes the batches are of 50-60 candidates and of 7-10 days. The focus of an officer on each candidate is lost. Attention is given to a group and not to each candidates.

### How it is different in our system

There is no group. Each candidate have different capabilities and area where they are lacking. All candidates cannot be treated on same parameters.

That's the advantage which a candidate will get from our system. Attention is given to each candidate. Our platform will provide a one to one discussion of an officer with the candidate.

You will get to know about your weak areas and not of your group.

2. In maximum of the coaching institutes, some predefined materials is given to the candidate. The natural flavor of candidate is lost.

### How it is different in our system

We strictly suggest candidates not to read anything from anywhere. You have to give your natural Response.

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We will never tell you that if this particular picture is coming then you have to write this story or if that word is coming then you have to write that sentence. This will never be the case in our system.

You have to write whatever thought coming to your mind naturally. In psychological test, none of the answer is right or wrong. That's why the officer is going to discuss your answer with you and will teach you how to make it better.

3. The fees structure is very high in coaching institutes. Normally in most of the cases the candidates are paying approx 15000 Rs for 7-10 days including hostel charges, mess charges etc and they are forgotten after their batch get finished.

When the same candidates goes for SSB and unfortunately get screened out or conference out they feel like they are on the same level where they were earlier and they have wasted their money. Right?

### **How it is different in our system**

Money is not priority for us. Candidates need to pay a very minimum fees which is nearly 1/5th of what coaching institutes are asking for.

We will be always in contact with the candidate till you are not getting recommended.

- Fees is fully refundable if candidate are not satisfied with our system.
- Let a candidate is going for SSB and unfortunately they are not getting recommended. In that case, candidates are totally free to contact the officer and take further guidance from him till the time

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you are not getting recommended. Candidate need not to pay any extra charges.

4. We always believe that its candidates hard work if they are recommended. Many of the candidates going through our system and who got recommended are repeaters. It was 13th Attempt of a candidate who got recommended recently. Maximum of the candidates were having 6th or 7th attempt and they got recommended. We never publish our result because we do not want to take the credit of hard work they did. A mentor can only show you direction. That is what we are doing here. They took it positively and worked hard on it day by day and finally did it.

#### IMPORTANT NOTES ABOUT THIS BOOK

1. We request candidate to completely go through this file. This will clear many queries like whether candidates need coaching or not, how to do self assessment, myth related to conference round etc etc.
2. This book is highly recommended to all SSB Aspirant.
3. If you think that you can prepare for SSB by reading a book then it will never going to happen. A book can tell you about SSB procedure but it cannot tell about your personality, thought process or your personal behavior.
4. Feedback can be mailed to "[ssbonlinetest@gmail.com](mailto:ssbonlinetest@gmail.com)" or candidate can also reach us at 8112285826.

#### LINK TO ENROLL

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## **SCREENING DAY**

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*I gave SSB 9 times and got 2 conference out in my last 2 attempts I have more attempts left, should I try more as I really want to join the forces?*



SSB is looking for average above average candidates with all round developed personality.

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You seem to have invested seven chances in clearing your stage one. Not a good idea. I fail to understand if one is not able to clear why you guys don't take professional guidance. Don't you do that for cracking your engineering, medical or MBA entrance exams.

Nine times and no go obviously means there is something that SSB doesn't like in your personality and you are not able to put your finger at it else you would have rectified it by now.

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Analyse your mistake, correct it and then appear. Dont be shy of taking help if needed.

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**SSB SCREENING TEST**

**HOW TO CLEAR**

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SSB starts with screening test consisting of 2 papers, first is **Officer Intelligence Rating Test (verbal/non-verbal test)** and the other paper is **PPDT**.

**Verbal/Non-Verbal** test requires simple and analytical reasoning which are basic questions of 10th level, anyone can perform here. Just do a little bit of practice if you are not confident.

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**PPDT, Picture Perception and Description Test**, a picture will flash for 30 seconds. The candidate have to write a story for the next 4 minutes, **highlighting the main characters, number of characters, their age, sex, mood and what led to the situation? What is going on and what would be the outcome?**

**PPDT:** Make a logical story, the main character, most of the time, should be a young and dynamic person. First, give a little bit of background then explain the situation and finally solve that problem in the logical efficient way.

After this, a discussion will be conducted where a group of 15-20 candidate will be there. Each candidate will be given 1 minute to **narrate** his/her perception of story and once when all the candidate finished, the group discussion will start.

The candidate will discuss among themselves about the story and achieve the common consensus about the characters and theme of the story.

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Tips: Better efficiently use the 1 minute, to narrate your story confidently and in a voice tone that all your group can hear. Its best to speak in english but if the candidate stuck, they can use hindi but should revert back as soon as possible, to english.

When **Group Discussion** starts, be mentally prepared that it will be a fish market (99% of the time). So you have to jump whenever you get the time and direct the group to your story or wherever the group story is moving.

It's better to be **loud, confident, logical and addressing all the member of the group**. You will definitely get your chance to speak. Grab that moment and give your 100%. **If you have spoken 2-3 times, added valuable and logical part to the story and everyone listen to you, then you are definitely in.**

Note: Never address the assessor.

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Note: During 1 minute narration, speak in english. if stuck, use hindi but revert back as soon as possible to english.

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## Screening Test Marks Distribution

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**Screening Test Marks Distribution**



You have to score 75 % marks or more in **OIR test** which basically counted as 25% marks for the whole **Screening Test**. Rest marks of **Screening Test** includes **PPDT writing, 1 Minute Narration and Group Discussion.**

25% marks for **Story Writing**.

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25 % marks for **1 Minute Narration** before the **Group Discussion** starts.

And the rest 25% marks for the **Group Discussion**.

In reality, candidate is already 75% assessed before the **Group Discussion** even starts.

But it doesn't mean that the candidate stop putting effort in the **Group Discussion**. Remember, it's a candidate testing and its candidate responsibility to give their 100%

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**In the SSB Interview, are the marks in the stage 1 test considered only for Screening, or do they matter at the time of the Final Recommendation as well?**



**In the SSB interview, are the marks in the stage 1 test considered only for screening, or do they matter at the time of the final recommendation as well?**

Screening Marks are only for screening in and do not count for stage 2.

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*How much of importance is OIR in the Screening?*



OIR (Officer Intelligence Rating) which includes verbal and nonverbal verbal tests is performed to check the IQ levels of the candidates and PPDT gives glimpse of the candidate to all the assessors (IO, GTO and Psych) to help them assess whether candidate is fit tone taken to stage two or not.

If candidate has unacceptable IQ levels he will not be accepted.

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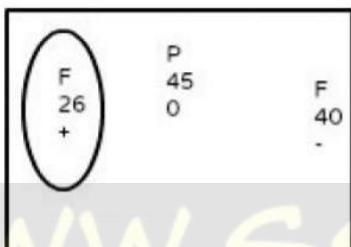


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*What are some punch points to keep in mind while writing a story in PPDT SSB?*

Chest no:

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Action: Helping in farming

**Tips to write story in PPDT**

Story:

Your story goes here, keep minimum 100 words. If the space is not enough, use back side of the sheet



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There are no punch points but here are some points that you should keep in mind while writing a **PPDT** story!

Story should be connected to the picture. If a flood scene is shown don't write on drought conditions :)

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Your story should match the mood of the character eg if you said the character is in positive mood then don't write in the story that he has lost his mother (negative mood).

**Story should have name of the hero** which should be as per the theme of the story. Like in the movies if you want to show an underworld person a name like "Kalu Chhipakali" and for a royal character " Ranbir Inder Singh"

**Story should have an aim of the hero. Bit of a challenge and how he overcomes the challenge to come out as hero. Challenge can be a person, circumstances or a situation.**

If you take help of some one do give due credit to him in the story.

Even girls can be hero (heroin) of the story.

As a rough guide if I make a movie on your story and screen it in the PVR next to your house would you go and see it or will you be doubt full? If you are doubtful it's a flop.

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*How should a candidate prepare for SSB if he is good at academics and fit but not participated in any sports?*



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**How should a candidate prepare for SSB if he is good at academics and fit but not participated in any sports?**



First of all let's try and answer as to why do you want to join defence forces?

I think it is because you like uniform and adventurous outbound activities because if you give me any other reason then I can offer you job may be in railways, Postal department or any other department other than defence forces. If that be so then if in my natural course of action I am interested in adventurous outbound

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activities which is indicated by the fact that I have participated in **National Cadet Corps, Scouts and Guides** or others outdoor sports and activities then that make sense that I am naturally cut out for this kind of a job. If I still want to join defence forces then with whatever time is available I must get interested and start participating in these kind of activities.

If you want to learn how to swim you need to get into water.

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**Which are the best ways to crack the SSB in the first attempt?**

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I would go a step ahead and say **first attempt is your best attempt.**

Because at **SSB** we take it that the candidate has the potential to be an officer and has come for selection unless he proves otherwise. (For repeaters the tendency of the **SSB** will be to find what was wrong and whether he has improved in that area or no).

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Candidates need to **study** a news paper yes study and not read for an hour daily for current affairs awareness is on a down trend, for physical fitness though no physical competition is held as such for selection; three kilometers of run, thirty pushups, thirty crunches and 5–10 pull-ups or chin ups will see you through the physical part.

Start reading as a hobby if you can tolerate it:) unless you genuinely have some constructive hobby.

**Do not put up a facade. Be your natural self, give honest answers and join army  
only if you want to as a career and not for a job.**

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## How to narrate story confidently during PPDT?



It's you who has written the story and you need to **narrate** it to others. If you believe in what you have written there need not be any hesitation. But you said you still fumble!

Firstly it appears you have **fear of public speaking**. Whenever you feel everyone is looking at you possibly you tend to become conscious.

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Let me narrate a small anecdote. In the army after we dig our trenches superiors need to ascertain that everyone knows his job. There was Havaldar Bahadur of Gorkha Regt who was good but used to become conscious while speaking. When the commanding officer came to listen to his briefing, Havaldar Bahadur took out a small piece of paper from his pocket kept in his hand and without looking at the paper he gave a very nice briefing with confidence.

Commanding officer asked him “Kancha ( addressing a Gorkha with love) ye paper mein kya likha hai, isse to aapne padha nahin” ( what is written on the paper you did not consult it).

He showed the paper and said, “sahab ye khali hai” ( Sir, this is blank).

So the commanding officer asked with surprise, “phir isse kyu rakha hai”( then why are you holding it).

To this Havaldar Bahadur replied, “ye Confidence ke liye hai sahab” :) ( This is to maintain confidence sir)

You can't visibly hold a paper during discussion in SSB for confidence but do find a way to believe in what you have written and you will be able to do it.

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Do some speaking in front of your friends. Initially they may laugh at you but slowly you will gain confidence. *If you want to learn how to swim the only way is to get into the water.* So start speaking :)

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*Is it possible for a girl with no Extracurricular and Sports achievements to get Recommended in an SSB interview (Non-Technical Entry)?*



Before we answer this let's ask another question if one is not interested in **extracurricular and sports activity** then the candidate won't be a happy person in an organisation full of these activities. Then why even think of joining there.

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There are two types of people one who are happy with 9 am to 5 pm job, air conditioned environment and Saturday Sunday off:)

Other category is they want out bound **adventurous activities**, don't want a set routine of 9 A.M. to 5 P.M. If you belong to this category then you will be happy in defence forces.

**Defence forces is a career and not a job and treat it as such.** My personal advice will be to look for a career that suits your temperament.

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*How can we prepare for an SSB interview without coaching so that we can qualify in the first chance?*

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**How can we prepare for an SSB interview without coaching so that we can qualify in the first chance?**

if you are capable enough to trace your weak areas and plug them not in your answers but in your **personality** eg if you do not do any physical activity or play any games then best remedy is that you start playing an outdoor game or start running say three kilometers and not just change your answers to suit these requirements. Then you do not require coaching. If you feel you are not in a

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position to do that then there is no harm in taking a professional help. We do that for IAS, IPS and many other exams.

Where **coaching academies** go wrong is they enrol too many candidates in a batch and give them a standard answer for a common problem. In the matters of personality one medicine can't serve all the candidates. **Each one have specific weak areas which he need to improve and his strong areas should stay untouched as that will maintain natural flavor of the candidate.** But once you see an ideal answer given to a TAT story even if your story is okay you as a candidate tend to pick up the story shown and that **kills your originality.**

What needs to be done is **you need someone to tell you what exactly is lacking/weak and how to prepare to remove that.** Most of the academies do not even put you through a full fledged interview which is bad.

Now here is my answer to one of the questions that will be of help in **preparing for the interview.**

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**What is the confusion of language in SSB? Why  
do we have a negative point if we narrate or take  
a GD in Hindi?**

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**Why English is Important to Clear SSB INTERVIEW**

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There is no confusion :)

Spoken language for the defence officers is English and each candidate is expected to speak in English.

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But remember **language is just a means of communication** had our mother used English while interacting with us we would have been proficient in this language since she spoke in the mother tongue so we are proficient in our mother tongue.

Also in **SSB you are not rejected just because of your spoken english.**

If only **English** was important we would have picked up all the students from the convent schools and filled the officers vacancies.

As long as you can convey your viewpoint it is okay. Also if you get stuck somewhere you are free to use Hindi and again switch back to English when comfortable.

**When you join the academy your English will improve** as you have to speak only in this language :)

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## How To Handle Fish Market Like Situation During PPDT and GD?

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**How To Handle Fish Market Situation  
During PPDT ?**

Firstly try and understand that the **fish market** condition is purposly created in the **SSB** otherwise **GTO** can always say that you will speak one person at a time.

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Remember true character of a person comes out only when no one is watching him or when the person is angry. In a **fish market** like situation is there is General frustration amongst the candidates and shades of their true character are visible.

**Don't get overly concerned about that behave naturally and keep giving logical points and keep reinforcing your view point.**

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TO 2 GROUP DISCUSSIONS TOPIC AND LECTURETTES  
PAY 1/5TH OF WHAT YOU PAY OTHERS**  
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## **What is the best way to ace the GD round in an interview?**

First and foremost is **ability to express yourself** and for that language is the means of communication. Most of us have our mother tongue other than English and we are not fluent in spoken English. Though language alone is normally not the reason for rejections but one must be able to put across his point of view with adequate ease. **Listen to Doordarshan English News daily, read an English newspaper and practice speaking in English to gain proficiency and confidence.**

Second aspect is substance in your interactions. Do some research on the common current topics or the likely topics for **GD** so that when you speak you have relevant points to contribute. All **Group Discussion** topics have two sides to them. **Choose the side where your heart lies.** This will show the conviction you have when you put across your points.

Don't try to become a referee and modulate the discussion that is not your job.

Remember assessor has no x-ray machine to know what you hold in your mind unless you speak. So do **participate in the GD**. Participate and continue to do that throughout the discussion.

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You need to maintain your composure even during a heated discussion. Be polite and yet firm when you put across your points. **Group Discussion** topics are purposely chosen to be controversial to generate heat. That's one of the ways to get a glimpse into the personality of the candidate when he is agitated. So hold your self. *Remember Temper is a great possession don't lose it :)*

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*What would help me more to improve in psychology for the SSB; writing stories in a group and discussing it, or writing and self-analyzing it?*



**What would help me more to improve in psychology for the SSB;  
writing stories in a group and discussing it, or writing and  
self-analyzing it?**

None!

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Surprised! Yes **the answer is none**. If you write the story and analyse it yourself, haven't you written the best story under the circumstances so what analysis can you make. And friends who are themselves groping in the dark will be like a blind leading the blind.

**I would suggest initially take help of a professional** who without coaching you can give your grey areas in writing the stories from the SSB point of view.

If you still insist doing it on your own, remember a few things:

- story should be in sync with the moods of the characters.
- your story need to be connected to the scene. If you are shown a flood scene do not write on drought.
- your story should have Name of the hero, Aim of the hero, a challenge and how the person over ones the challenge to come out as a hero.

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## How to perform well in Group Discussion part of PPDT under Screening Test



Leaders don't shout. Their duty is to make the group moving in a right direction, to show them the correct path if they are going wrong, to initiate if no one wants to take responsibility and give opportunity to all the members whom he leading. Right??

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If everyone is shouting, try to calm them down. Still if candidate is in rush, ask the other member to let him finish. Then control the complete group discussion

**The above performance comes with your skill. Your voice , confident, social tactics etc will decide that how you are performing in group discussion. You should have a good and valuable knowledge of the topics which is given to you for GD. It's not necessary that you are speaking and dominating the entire group in GD.**

**Domination part comes only when the group is deviating from the actual topic or someone is giving false information**

**Let's breakdown the PPDT test.**

Before **Group Discussion**, story writing and 1 minute narration is tested.

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**Story writing :** Candidate will always percept the things according to his/her upbringing. So, your mentality is already checked in this part.

**1 min narration :** Your expression, confident and whether you are able to stand among group of people is checked here.

Till now they have already checked your perception, confident and power of expression.

It's time for **Group Discussion**.

In **Group Discussion** they are checking that :

- a) Are you able to stand in the crowd.
- b) Whether you are able to control the crowd.
- c) Whether you are able to influence others by your points.

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d) Do you have capability to take the group in a right direction or not.

So, it's not important that the group have chosen your story but what here they check is your reaction when you are in group.

If you have spoken 2-3 times in Group Discussion and added valuable points in the group story with confident, in a tone that everyone have listened you attentively then no one can stop you to get screened in.

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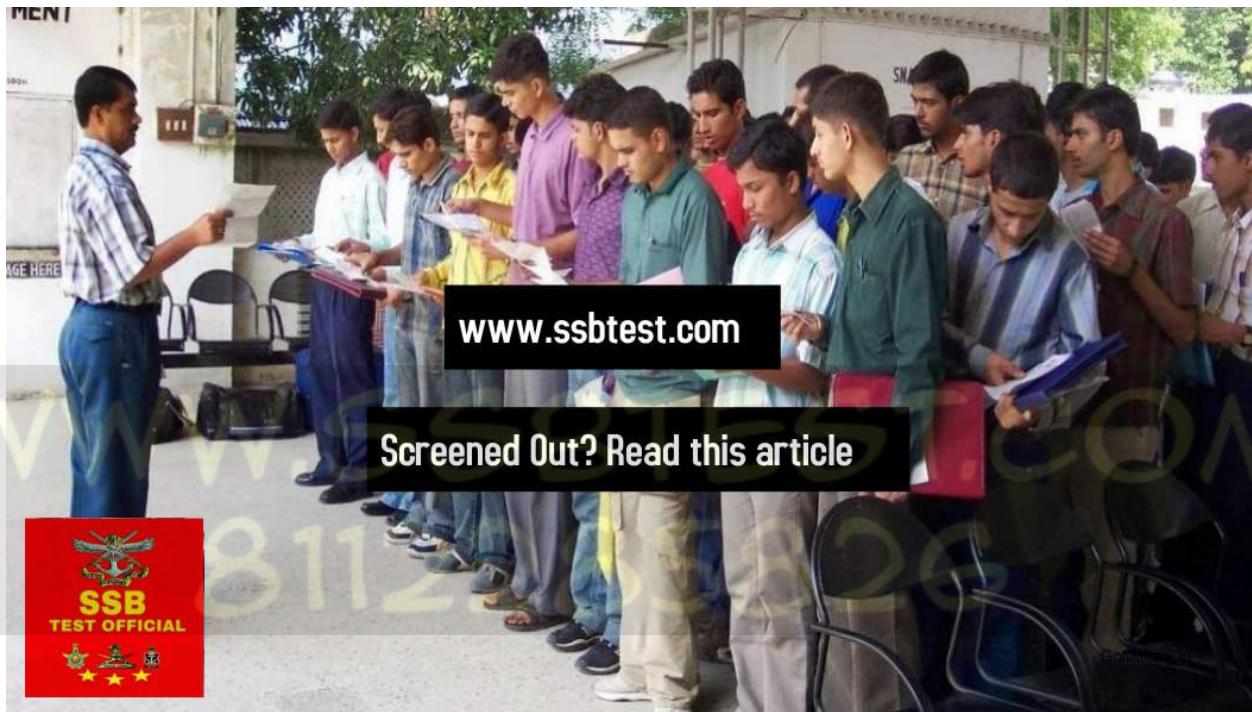
As i mentioned that this performance comes with your skill. Your voice , confident, social tactics etc will decide that how you are performing in group discussion.

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## How should a Screened Out candidate approach the next attempt?



Screening has two tests one is **Officer Intelligence Rating (OIR)** and second is **PPDT** ie Picture Perception and Discussion Test.

OIR which includes **verbal and nonverbal verbal tests** is performed to check the **IQ levels** of the candidates and PPDT gives glimpse of the candidate to all the

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assessors (**IO, GTO & Psych**) to help them assess whether candidate is fit to be taken to stage two or not.

**IQ** of a person can not be changed but your familiarity with the type of questions and ease to solve can be increased to an extent. If candidate has unacceptable IQ levels he may not be taken to stage 2.

Now let's come to **PPDT**. You need to write the number of characters that you see in the picture and give their **gender, age and mood** as you perceive. Having given the mood now your story also need to reflect the same mood. You can't say that the boy is in positive mood and then write the story that he just lost his father. This will become contradictory.

Your story need to have four elements.

- 1. Name of the hero**
- 2. Aim of the hero**
- 3. Bit of a challenge. Without challenge there is no hero**
- 4. How he overcomes the challenge to come out as a hero.**

Story should be connected to the picture if I show a picture of flood scene and you write story on drought that goes to show irrespective of whatever is told to the

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candidate he would do what he wants to do. Then do narrate your story confidently and finish it in one minute positively. **During the discussion** do participate and keep giving logical points to support your story. Group reaching the conclusion is your responsibility alone, do not become a referee leave that to **GTO**. If there is fish market that is created with a purpose, don't lose your cool and participate.

If you do well in **OIR tests**, make a **good story** having all the four elements, narrate your story well and participate in the discussion **there is no reason that you will not be screened in.**

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*Should I wear formal attire during the reporting day of the SSB?*



SSB joining instructions do not say anything about it. If you like **Dhoni or Virat Kohli** don't you tend to adapt their mannerisms may be dress a little like them. Army likes to dress up appropriately for different occasions and you want to join

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them so it is a good idea to have a proper haircut ( not the funky one). Dress up in shirt and trousers. You may not wear a tie but be decently dressed. Do not wear torn jeans, slippers or sandals.

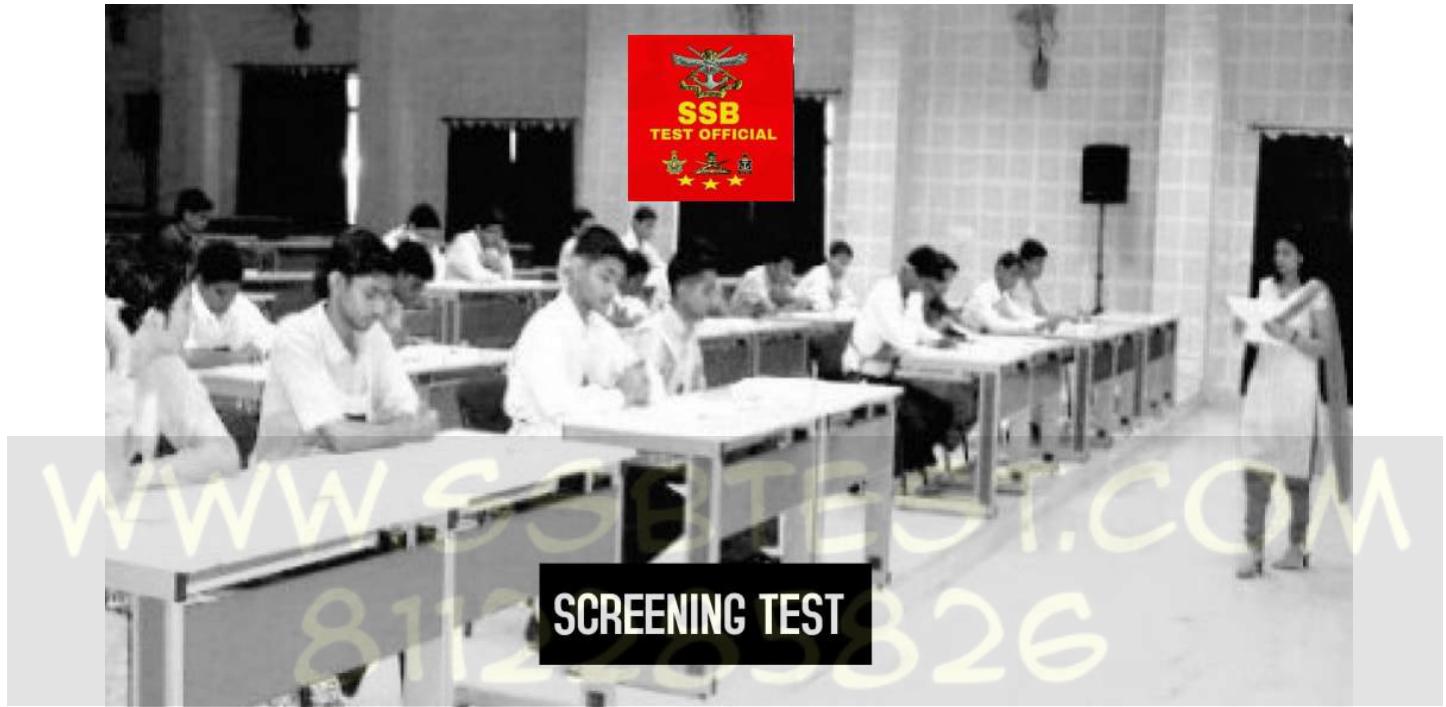
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Hitesh never get screened out. Here is how....



Let's try to recall the very first day of your **SSB test**. Yes, I am talking about the **screening test**. All candidates are lined up for document verification and then get the chest number before the testing starts.

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Here is hitesh (assume yourself in place of hitesh), dressed up well, going for the first time, unaware of 5 days testing procedure, heard that one candidate is coming for 15th time and when he saw the huge number of candidate for the **screening test**, he got nervous but then he decided to give his best and if he get screened out then next time he will come prepared.



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Hitesh and all other candidates are taken to a big auditorium for the **screening test**. They were given a booklet with **OIR test** written on the cover. Hitesh didn't knew anything but when he started solving the test , he found it very easy as its a **very basic reasoning questions**. He enjoyed solving it. He started thinking that "Oh, this is easy, might be the next stage will be tough where maximum of candidate screened out".

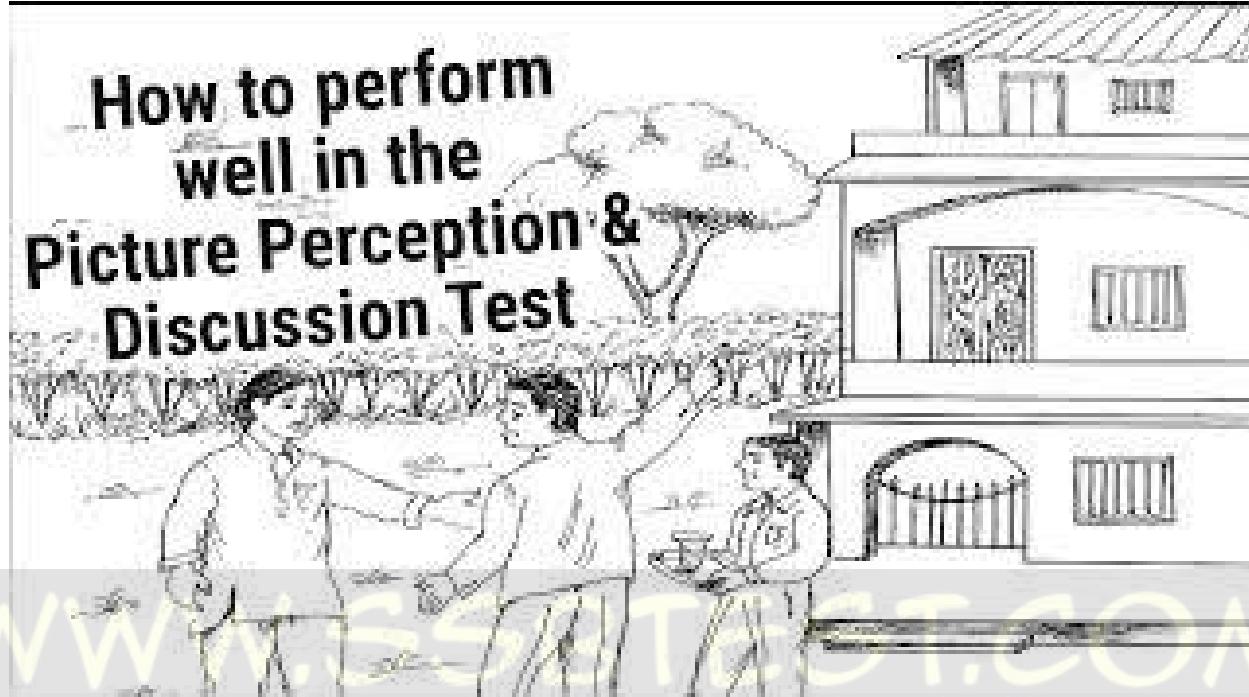
Here comes the **PPDT** round. Hitesh still don't know what the test is all about. The officer came and instruct the candidate about what to write. When the instructor completed his instructions, Hitesh got 1 doubt. Hitesh asked the doubt and get it cleared.

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## **How to perform well in the Picture Perception & Discussion Test**



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A picture was shown in which two person were sitting in a library and talking to each other. Hitesh recalled the condition of education system is in his own village, students hardly show any interest in study. So he place himself as a school head master and wrote a story about what he would have done to improve the education in his school. He wrote to reorganize the time-table, include different cultural and sports events once in a week and also audit the performance of

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teacher. As of now the time was over and Hitesh submitted his answer sheet. He again thinks that "Oh, this is easy, might be the next stage will be tough".

Before the next test start, the officer instructed candidate about the further process. Hitesh found that there were only 20 people in his group so he realized that **it doesn't matter how many candidates comes for the screening test because he only have to perform among these 20 candidate.**

Hitesh was very determined to utilize the 1 min narration time because he had heard that **group discussion becomes a fish market** where no one listen to others. Hitesh **listen to everyone story and narrated his story confidently** and later found that his story is completely different from everyone else.

When **group discussion** started, everyone started shouting at each other so the officer has divided the group in 10-10. Now Hitesh was relaxed because **earlier he didn't got the chance to speak**. But now he was decided that as soon as someone will about to end ,he will start speaking.

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This time Hitesh speak as soon as the first member stops. **He added few points in the story and let the others to speak.** But again everyone started shouting. Hitesh tried to calm them down but no one was listening so he sit silent and tried to listen.

The testing was over. Now it's time for result. Hitesh was satisfied as he tried his best. When the officer announced the result, he was surprised that he was the only one in his group who got screened in. He thank the god and got the new chest number.

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# HITESH GOT SCREENED IN GOT A NEW CHEST NUMBER



Hitesh cleared the screening test not by doing any extraordinary things but by doing the things which was logical, by utilising the time efficiently which was given to him, by relating the picture with his own life experience and connecting it with problems which our society is facing now and giving an efficient solution of what he would have done to solve that problem. He didn't shouted in the group discussion. He grab the chance to speak and added few logical and valuable points to the group story, he tried to calm down the group by the time

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when the group was just shouting and going nowhere but when he found that no one was listening to him, he remain silent and tried to listen to others.

So, the story writing part is very important. **You do not have to memorise these stories but you have to give your natural response and present it in an efficient way.**

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## OUR SSB PREPARATION PROCEDURE

### Benefits for candidates

1. In coaching institutes the batches are of 50-60 candidates and of 7-10 days. The focus of an officer on each candidate is lost. Attention is given to a group and not to each candidates.

### How it is different in our system

There is no group. Each candidate have different capabilities and area where they are lacking. All candidates cannot be treated on same parameters.

That's the advantage which a candidate will get from our system. Attention is given to each candidate. Our platform will provide a one to one discussion of an officer with the candidate.

You will get to know about your weak areas and not of your group.

2. In maximum of the coaching institutes, some predefined materials is given to the candidate. The natural flavor of candidate is lost.

### How it is different in our system

We strictly suggest candidates not to read anything from anywhere. You have to give your natural Response.

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We will never tell you that if this particular picture is coming then you have to write this story or if that word is coming then you have to write that sentence. This will never be the case in our system.

You have to write whatever thought coming to your mind naturally. In psychological test, none of the answer is right or wrong. That's why the officer is going to discuss your answer with you and will teach you how to make it better.

3. The fees structure is very high in coaching institutes. Normally in most of the cases the candidates are paying approx 15000 Rs for 7-10 days including hostel charges, mess charges etc and they are forgotten after their batch get finished.

When the same candidates goes for SSB and unfortunately get screened out or conference out they feel like they are on the same level where they were earlier and they have wasted their money. Right?

### **How it is different in our system**

Money is not priority for us. Candidates need to pay a very minimum fees which is nearly 1/5th of what coaching institutes are asking for.

We will be always in contact with the candidate till you are not getting recommended.

- Fees is fully refundable if candidate are not satisfied with our system.
- Let a candidate is going for SSB and unfortunately they are not getting recommended. In that case, candidates are totally free to contact the officer and take further guidance from him till the time

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you are not getting recommended. Candidate need not to pay any extra charges.

4. We always believe that its candidates hard work if they are recommended. Many of the candidates going through our system and who got recommended are repeaters. It was 13th Attempt of a candidate who got recommended recently. Maximum of the candidates were having 6th or 7th attempt and they got recommended. We never publish our result because we do not want to take the credit of hard work they did. A mentor can only show you direction. That is what we are doing here. They took it positively and worked hard on it day by day and finally did it.

#### **IMPORTANT NOTES ABOUT THIS BOOK**

1. We request candidate to completely go through this file. This will clear many queries like whether candidates need coaching or not, how to do self assessment, myth related to conference round etc etc.
2. This book is highly recommended to all SSB Aspirant.
3. If you think that you can prepare for SSB by reading a book then it will never going to happen. A book can tell you about SSB procedure but it cannot tell about your personality, thought process or your personal behavior.
4. Feedback can be mailed to "[ssbonlinetest@gmail.com](mailto:ssbonlinetest@gmail.com)" or candidate can also reach us at 8112285826

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# PSYCHOLOGICAL TEST

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**Psychological Testing procedure and how to  
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## TAT

**12 Pictures including one blank**, will flash for 30 seconds each. Candidates are asked to write a story around what led to the situation? What is going on and what would be the outcome? Picture is shown for 30 seconds and they are asked to write the story in next 4 minutes.

In the blank slide, the candidate have to think the picture of their own choice and write a story around that.

Make a logical story, the main character, most of the time, should be a young person. First, give a little bit of background then explain the situation and finally solve that problem in the efficient logical way.

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## WAT

For **Word Association Test [WAT]**, a series of **60 words** are shown to the candidates one after another for 15 seconds each. The candidate is required to write down the first thought or idea comes to his mind.

**It's better to write what you have observed. Never write negative sentences.**

## SRT

This test consists of **60 routine life situations** regarding day to day activities. The candidate is asked to write his reactions by completing the sentences, as to how the candidate would feel, think and act in these situations. Time duration for the test is 30 minutes.

**Just place yourself in that situation and write down what you would have done.**

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## SDT

Candidate are required to write opinion about you from your parents, friends, teachers, yourself and qualities you would like to develop in future. Time allotted will be 15 mins.

NOTE: Psychological Test are a part of our psychology. No one can improve their psychology just in a day. Its a daily process. Its a habit which a candidate can create by doing it again and again. For that, self introspection is very important.

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**Will I be considered a fresher in my second SSB if I get Screened Out in my first attempt?**



Who is a fresher! **Fresher** is a person who has not participated in any live activity conducted by **SSB**.

By this definition a person who is screened out is a repeater for stage 1 of the **SSB** but a fresher for Stage 2.

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Purpose of keeping the freshers and repeaters separate during **SSB** is to give fresher's a level playing field.

**Interviewing Officer** once he knows that you were screened out will normally treat you as a fresher as you have not attended an interview in the past.

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*How do I get ideas to write TAT stories? I become blank during this. How do I practice TAT?*

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**How to practice TAT?**

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A tough question to answer as to how do I get ideas to write the stories!

Let us start from what is the meaning of **apperception** in **Thematic Apperception Test**? And before that what is **perception**?

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**Perception is the way we perceive things and Apperception...!**

Let me give you an example. If I put a small snake in front of a six months old child what will the child do? Most likely child would like to catch it when it sees it moving. And what happens if I put the same snake in front of you? You may move back, kill the snake or get scared. Why?

Because you have previous experience related to snake and the child has no such previous experience. That's why for child it is perception and for you it is Apperception. So in other words Apperception is perception with past experience. That's the reason despite our showing same picture to the entire group, still every candidate writes a different story.

Now let's see what your story should be comprised of. Your story should have four elements namely

- 1. name of the hero,**
- 2. aim of the hero,**
- 3. bit of a challenge**
- 4. and how he overcomes the challenge to come out as hero.**

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As far as getting the ideas is concerned try and keep the existing themes in the country in your mind e.g. **female foeticide, swachh bharat, droughts and floods, farmers committing suicide, child education, child labor, corruption etc.** Do not force an idea on a picture. Picture should be the centre of your story.

Roughly speaking if I make a movie on your story and put it in **PVR** next to your house will you go and see it or you will be doubtful. If you are doubtful then the story is a flop.

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## How to prepare for Psychological Test?



**Psychological Test: TAT, WAT, SRT and SD.**

**TAT: Thematic Apperception Test**

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For 30 seconds the picture is shown to you and for the next 4 minutes, you have to write a story.

Total **12 pictures** are shown to candidates, including a blank picture.



The rationale behind the technique is that people tend to interpret ambiguous situations in accordance with their own past experiences and current motivations, which may be conscious or unconscious.

It measures an individual's ability to identify and formulate a problem situation.

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It shows level of personal control, emotional distress, confidence and motivation.

So in a nutshell, whatever the perception you did of all the **12 pictures** is combinely tells about your personality, the way you see the problems and whether your attitude to solve the problem is positive and effective or not .

In a very simple term, whatever the perception you are doing should highlight some real social or common problem which we face in day to day life.

If the character shown are in angry mood then you cannot write that they are in **positive mood**. Important point is your end of the story should have some better and efficient solution which ultimately leads to positive ending.

Picking a good problem and solving it efficiently which includes the benefits of not only the main character but also of society or the group of people, is the key of performing well in **TAT**.

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Read the complete article to understand how to prepare for TAT.

### **WAT: WORD ASSOCIATION TEST**

# **Word Association Test**

A word is shown to you for 15 seconds and you have to write whatever the first thought which comes to your mind.

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You might have heard or learned that you should write a positive sentence or things related to what you have experienced. Right?

You might have Memorised few sentences too.

BUT let me be very honest with you. You might have answered 15-20 words according to what you have memorised but what about the rest 45 words?

**Few candidates try to associate each words to armed forces or current affairs.**

**Let's be a bit logical. Connecting even 50 responses either to armed forces or to current affairs means that day and night  $24*7*365$  days you only thinks about either army or read current affairs. Ask yourself that is it possible?**

The assessor are trained and experienced enough to catch those responses because it is totally different from the rest of your responses which are natural.

**15 seconds are very short time that you can manipulate your own thought until and unless those thoughts starts coming to you naturally.**

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### SRT: Situation Reaction TEST

# Situation Reaction Test

60 situations are given to you and you have to write what you would have done in those situations. Time allotted is 30 minutes.

These are normal life situations which anyone can face.

Types of responses which candidate gives

- 1) Relying on other people to solve the problem.

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**2) Making the problem more complex by adding problems from their own imagination and which is not written there.**

**3) Focusing on quantity(Number of situations answered) rather than quality(how you are handling those situations).**

The way you are handling any situations gives a correct reflection of your personality. It should match with your **TAT** and **WAT** responses.

**SRT** is a natural response. You can't change it because you are putting yourself in that situation and then writing it down. But what you can do is making your answer more efficient.

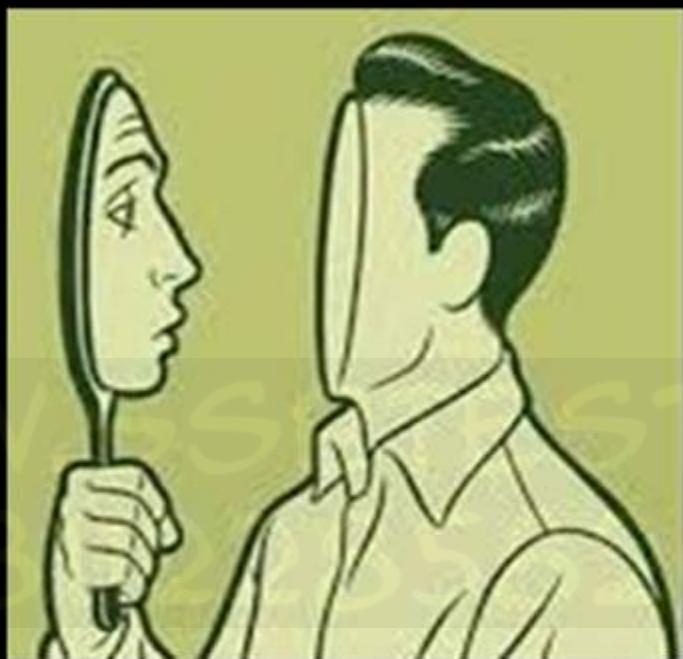
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### SD: SELF DESCRIPTION TEST



## Self Description Test in SSB

Here you have to write what **you think of yourself, what your parents, teachers/employers, friends** thinks about you and the quality which you would like to develop in future.

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Basically here also you are defining your own thoughts looking from the perspective of someone else.

Candidate write that they are doing good in study or they are helping nature or they can adjust in any situation or they fight with worst situation and never complain ETC ETC.

It is very very important to understand that the personality traits which gets reflected in **TAT** or **WAT** or **SRT** should match here also.

### How to prepare?

You can practice 'n' number of **TAT** or memorise each of the **WAT** or practiced **SRT** situations and **SD**.

But do you know how much time is given to you in each test?

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Yes, 4 min for **TAT**, 15 sec for **WAT** and 30 sec for each of your **situations**(60 questions in 30 minute)

Be a bit logical here, **it doesn't matter how many books you read, which notes you prefer, you cannot manipulate your natural response in those limited time and pressure to perform.**

Assessors are experienced enough to catch your memorised answer and separate it from your natural responses.

**Then what's the solution?**

Never try to memorise anything because that's not gonna work out. The only thing which you are doing is getting stressed out.

Work on your natural responses. Make it more effective and presentable.

**SSB Psychological Test** depend on projective technique. **What is it? How it works? are not relevant from candidates point of view.**

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As regards your handwriting is concerned. Let me give you an anecdote.

There was one illiterate villager who wanted a letter to be written so he requested one literate person to write it for him. Literate person said that he will not be able to write the letter as his legs are paining. Illiterate guy asked him shockingly as to what role the legs will play in writing. Literate guy replied that his handwriting is such that only he can read it. Since his legs are paining so he won't be able to go and read the letter

Some of the candidates write as if they are writing with their toes. If your hand writing will give the headache the psychologist then you will also feel the pain in assessment.

We are looking for legible handwriting. Is it too much to ask!

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How to write SRT answers?



Before writing and taking you to an actual SRT question, i will first write 3 points which candidates have to focus while answering.

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(To understand all the points read the complete article.)

- 1) Handle the situation completely rather than giving an incomplete solution.**
- 2) Don't make the things complex by assuming other problems coming with that situation or will follow up with the solution you are giving.**
- 3) Focus on quality rather than quantity. It doesn't matter if you have answered all the 60 questions in 60 minutes. If in your answers the above 2 points are missing then all your hardwork will goes in vain.**

Lets assume a common SRT questions which generally asked in SSB.

**Question: What will you do if you are seating in a movie theatre and someone shouted presence of snake?**

Now, let's talk about the way candidates are answering this question.( The way we answer basically tells about our psychology too apart from our action of dealing with that situation)

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### **Worst Answer**

**Answer 1:** He will run to the theatre management team as fast as he can and will inform them .

**Psychology here:** You thought that how can anyone stay calm in this situation.

After All it's a snake. Situation is already worse. Let's not make it more worst and inform the authority.

**Action:** You run away leaving behind the other people who don't know how to deal with that situation and might they start shouting, running and creating more panic among other people which leads to worse situation.

You are also relying on other people to get the problem solved.

**Both the above mentioned points are missing here.**

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### Average Answer

**Answer 2:** He will ask everyone to stay calm until the snake moves away.

**Psychology here:** You are not overthinking that how anyone can stay calm in this situation. You are positive here that everyone will follow what you said.

**Action:** You are not leaving the situation and also making sure that everyone is safe in that particular situation.

Here we are covering the first point BUT we are not covering the second point.

Now read the best answer to understand why the above 2 answers are incomplete.

### Best Answer

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**Answer 3:** Ask people to stay calm, confirm the presence of snake, kill/catch the snake.

**Psychology here:** We are strong, positive and believe in action part rather than just letting the problem go away.

**Action here:** You are taking incharge of the whole situation, confirming the problem and then solving it so that no one else will face the problem with the same snake .

I hope you can probably see the difference between the 3rd answer and the first 2 answers.

We are covering both the points. We are not assuming other problems and making the thing complex.

Also we are completely handling the situation rather then just letting it go away.

60 Questions are asked in SRT. You have to answer each question in the same way i have answered above.

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You can't memorise 60 WAT or TAT or 60 SRT. It's not possible. 15 seconds time is given in WAT. Do you think that's possible that you will write a memorised answers?? No, it's not. You will definitely give your natural response at least in 40 questions if not in all 60 questions.

And the psychologist officer is smart and experienced enough to separate those answers from your "IDEAL" answers.

So, work on your natural response. Make it better and effective. This is what we are here for. We will not coach you but we will assess your natural responses and work on it to make it effective.

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*How can one come out of the inferiority complex?*

# INFERIORITY COMPLEX

Imagining the fail before it might happen

Before answering that let us understand what causes Inferiority complex.

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At one time or another, many of us feel inferior compared to our friends. However, for those suffering from an inferiority complex, perceived comparison is so harsh it can lead to a debilitating life.

An inferiority complex is a feeling of inadequacy stemming from either real or imaginary sources. While the emotions are often subconscious, it often compels its victims to overcompensate in their performance. This can take the form of either outstanding achievement or severe antisocial antics - or in severe cases, the individual can fluctuate between the two extremes.

A primary feeling is rooted in a child's first experience of weakness or dependency upon others.

Secondary feelings of inferiority come to us as adults, when a person is unable to reach the final goal of subjective security and success. This can stem from a failed job attempt, the inability to graduate from school, or a fear of leaving the nest.

Parental attitudes toward a child are one of the largest contributors to an inferiority complex. Continual negative remarks and an emphasis upon mistakes

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and failings can change the lifetime outlook and attitude of a child before he/she reaches the age of six.

Being born with a physical defect, be it a deformed body part or speech impediment, can also serve as a basis for such a disorder.

How to Overcome an Inferiority Complex. In some, the disorder will heal itself if a notable life change takes place.

This may involve moving to a new city, being removed from a discouraging environment, or discovering a hobby or skill that one greatly succeeds at.

However, in most cases, successfully learning to **overcome inferiority complex comes from a lot of hard work with a trusted therapist.**

**A psychologist can also help a person realize their own unique gifts.**

Lastly, constant and consistent friendships can help to heal such a condition. In many instances, a person dealing with inferiority has never received positive encouragement in their life, which has made the development of self-esteem

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unlikely. Spending time with a positive individual who can remind him/her of their positive traits can make a big difference in the world of the inferior.

Positive affirmation is truly the best remedy for inferiority complex, so take advantage of every opportunity you have to get hold of it.

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## OUR SSB PREPARATION PROCEDURE

### Benefits for candidates

2. In coaching institutes the batches are of 50-60 candidates and of 7-10 days. The focus of an officer on each candidate is lost. Attention is given to a group and not to each candidates.

### How it is different in our system

There is no group. Each candidate have different capabilities and area where they are lacking. All candidates cannot be treated on same parameters.

That's the advantage which a candidate will get from our system. Attention is given to each candidate. Our platform will provide a one to one discussion of an officer with the candidate.

You will get to know about your weak areas and not of your group.

3. In maximum of the coaching institutes, some predefined materials is given to the candidate. The natural flavor of candidate is lost.

### How it is different in our system

We strictly suggest candidates not to read anything from anywhere. You have to give your natural Response.

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We will never tell you that if this particular picture is coming then you have to write this story or if that word is coming then you have to write that sentence. This will never be the case in our system.

You have to write whatever thought coming to your mind naturally. In psychological test, none of the answer is right or wrong. That's why the officer is going to discuss your answer with you and will teach you how to make it better.

4. The fees structure is very high in coaching institutes. Normally in most of the cases the candidates are paying approx 15000 Rs for 7-10 days including hostel charges, mess charges etc and they are forgotten after their batch get finished.

When the same candidates goes for SSB and unfortunately get screened out or conference out they feel like they are on the same level where they were earlier and they have wasted their money. Right?

#### **How it is different in our system**

Money is not priority for us. Candidates need to pay a very minimum fees which is nearly 1/5th of what coaching institutes are asking for.

We will be always in contact with the candidate till you are not getting recommended.

- Fees is fully refundable if candidate are not satisfied with our system.
- Let a candidate is going for SSB and unfortunately they are not getting recommended. In that case, candidates are totally free to contact the officer and take further guidance from him till the time

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you are not getting recommended. Candidate need not to pay any extra charges.

5. We always believe that its candidates hard work if they are recommended. Many of the candidates going through our system and who got recommended are repeaters. It was 13th Attempt of a candidate who got recommended recently. Maximum of the candidates were having 6th or 7th attempt and they got recommended. We never publish our result because we do not want to take the credit of hard work they did. A mentor can only show you direction. That is what we are doing here. They took it positively and worked hard on it day by day and finally did it.

#### **IMPORTANT NOTES ABOUT THIS BOOK**

5. We request candidate to completely go through this file. This will clear many queries like whether candidates need coaching or not, how to do self assessment, myth related to conference round etc etc.
6. This book is highly recommended to all SSB Aspirant.
7. If you think that you can prepare for SSB by reading a book then it will never going to happen. A book can tell you about SSB procedure but it cannot tell about your personality, thought process or your personal behavior.
8. Feedback can be mailed to "[ssbonlinetest@gmail.com](mailto:ssbonlinetest@gmail.com)" or candidate can also reach us at 8112285826.

#### **LINK TO ENROLL**

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# GTO

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GTO testing procedure and how to clear it?



## GROUP TESTING

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Primary concern here is to see how a candidate face up the obstacles in the task, in the time allotted and the attitude towards the other members of the group. Both when working with them and while directing them.

**Group test** do not requires specialized individual skills on the candidate part. **Logical thinking, coordinated team efforts, work ability to receive and give suggestions** is what is looked for.

## 2 GROUP DISCUSSION

A debatable topic which is usually given on the **current events or social issue**. In the **first group discussion**, **2 GD** topic will be given to the group by the **GTO officer**, the group have to choose one of them and then they have to undergo in an informal friendly discussion.

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The second group discussion, there will be no choice as the topic is of **GTO** choice. Each discussion will last for approximately 20-30 minutes. Each candidate is expected to participate in the discussion.

Be logical, try to put your points by giving any statistical data. Try to add more and more valuable points and actively take part in the group discussion.

**NOTE:** In case if you are not aware of the topic, listen to other candidates. makes a logical point from them by recollecting your own thoughts. Don't elaborate other views. and don't worry ,you will always have points in your mind,you just have to recollect them and present it more logically.

## GROUP PLANNING EXERCISE

A map will be shown and a problem statement sheet will be given to the group with numbers of problems mentioned.

Candidate have to write a practical solution on the paper provided, in time.

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Always make the solution earlier in mind before the assessor take away the problem statement. Memorise the time constraint. Give focus on the resources which you can use. Keep in mind the distances and the time to cover those distances.

**NOTE:** Make a workable planning rather than a fancy planning. Think logically and write neatly. Examine the alternative solutions.

## PROGRESSIVE GROUP TASK

4 obstacles are required to be collectively negotiated by a group along with a heavy load. Certain helping materials in the form of ropes, planks etc provided. 40 minutes are assigned for this task. Rules are narrated to the group in details before the start of the test.

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## HALF GROUP TASK

Similar to **Progressive Group Task** except it is conducted over 1 obstacle with smaller group.

## COMMAND TASKS

Each member of the group will be put in command. The objective here is the completion of the specified task as a commander.

## FINAL GROUP TASKS

The entire group gets together to complete an assign task within the stipulated time frame.

Candidate should not break the rules. Help the team to get the task done, when they are stuck. Be calm and you will do it.

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## INDIVIDUAL OBSTACLES

Stamina, drive, determination and courage are checked. 3 minutes will be given, with total 10 obstacles and with different difficulty level, candidate have to grab as many marks as a candidate can, by successfully clearing the obstacle.

## LECTURETTE

Candidate will get 4 options for lecturette topics. Choose the effective and matured one. Candidate will get 3 minutes to think before speak and 3 minutes for the speech. Your lecturette should be arranged.

First you define the issue, then go for what the problems are, adding the solutions which is in process and what you think the other solutions are and finally end up with a conclusion.

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## SNAKE RACE

Help the group members, motivate them and be energetic during the whole test.

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**What are PGT and HGT in SSB, and how do I  
clear these tasks?**



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## **PGT and HGT in GTO**

**PGT (Progressive Group Task) and HGT (Half Group Task)**

**GTO** group is approx 8–10 people.

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I am sure all of you have played video games.

How is the stage 1- easy; stage 2-little difficult and stage 3- a little more difficult.

Progressively it is becoming difficult.

**PGT** as the name suggests are tasks that are progressively becoming difficult. All these tasks have a start line and a finish line in between you have certain structures made from pipes and wood. For doing these tasks you are given certain resources which can be a phatta and balli or bamboo of different sizes, rope and an ammunition box.

**You need to follow some rules:**

**a. Color code**

Anything painted red is out of bounds, you or the material that you carry is not suppose to touch it. Similarly entire ground is out of bounds.

If something is painted white or black you can stand on it and the material can also touch.

If it is painted sky blue you can stand on it but your material can't touch it.

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If you happen to break any rules you along with the material need to come back to the start point of the current task and start again.

**b. Rule of four feet**

If a distance is less than four feet you can jump and cross it. If it is more than four feet you can't jump and you need to bridge the gap.

**c. You are suppose to** take all the material with you across the task and not throw the things around but pass them properly else the ammunition can get damaged or explode and material may get damaged and will not be available for further task.

**d. You can tie one loose object to a fixed object** but can not tie two loose objects together.

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You would've noticed in your school or college classes it's only handful of students who ask questions and the rest keep quiet even at times when they have some genuine questions to ask. They are scared of asking In Front of everyone

In **HGT; GTO** divides the group to half thus only 4–5 candidates. Easy for them to express in a small group and easy for the **GTO** to observe in detail. **HGT** is similar to **PGT** but not the same task.

You will find some candidates jumping to pick up the material and start using it but without having the complete plan. You will find them stuck after sometime. You need to have a complete plan to make an entire **bridge** to get across. You need to have a plan and convince the others of your plan.

Now that we are at it. Let me cover the **command task** as well. In command task each of the candidates is made a **commander** in turn. Commander can choose two members of his choice for his task. Commander makes the plan and the subordinates without speaking do what they are told by the commander.

Remember if you are called by maximum people when they become commander to form part of their team that means they trust you, have confidence in you that

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you will contribute towards completion of the task. And if no one calls you that means contrary to the above.

How do you win the trust of your friends at **SSB** does not happen in the **SSB** ground but when you are travelling in the Train or in the barracks. Maybe a friend of yours forgot to bring toothpaste. You have options to say what kind of an officer you will become you can't even remember to get even toothpaste or you can offer him your toothpaste and make a nice impression and initiate friendship.

**If a subordinate breaks a rule it's your responsibility to politely ask him to come back if does not do so on his own.**

**Final Group Task** is similar to **PGT** but not same. It is for **GTO** to make up his mind and clear his doubts if he has any on any candidate.

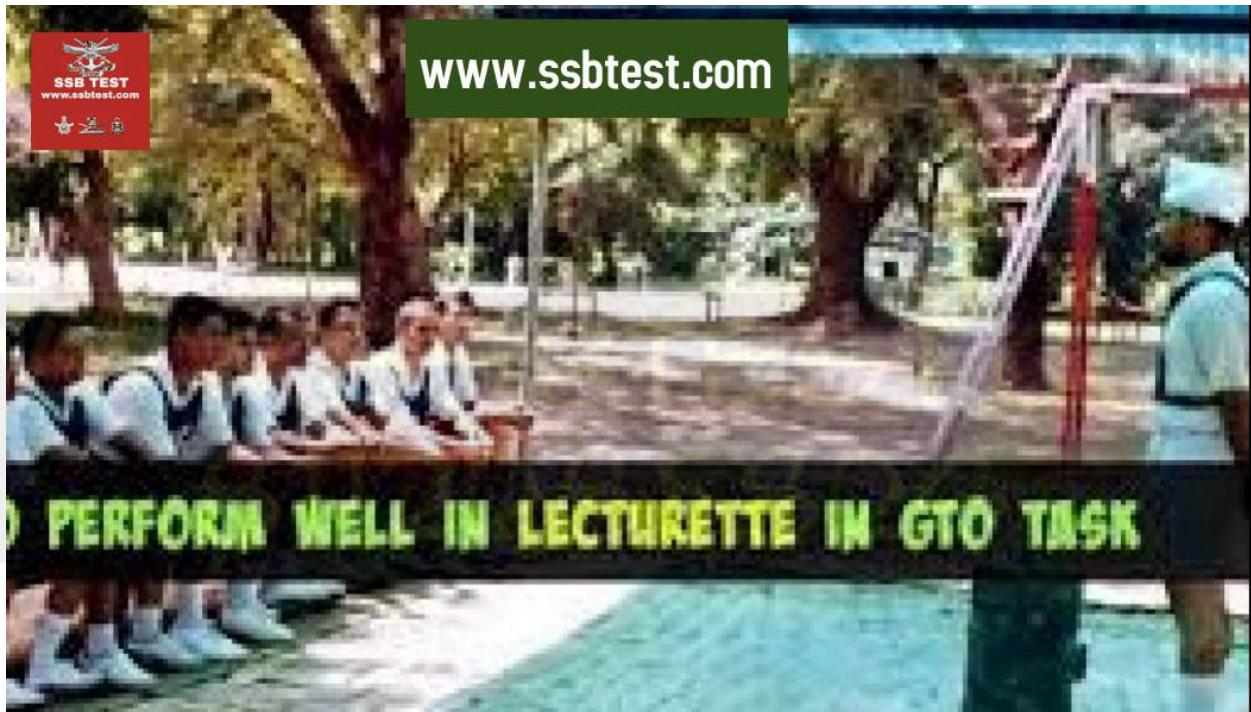
**DO NOT BREAK RULES IN GTO GROUND. GTO MAY NOT APPEAR TO BE LOOKING AT YOU BUT MARK MY WORDS HE IS ....!**

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How can I prepare for a 'lecturette' for the SSB if I have a stage fear problem?



Let us see what causes the stage fear !

First and foremost is your communication skills that includes weak spoken English.

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Second is insufficient and suitable content to speak.

For the first you need to learn to speak fluently in English language. I recommend you listen to Doordarshan English News bulletin twice a day (they still use better words), read an English News paper for an hour and practice speaking, either speak in front of mirror and record it to listen to it again and correct or in front of your friends who will make fun of you initially but later will help you out :) DO NOT try to learn the language through its Grammar. Grammer is a hindrance for fluency. You never learnt your mother tongue that way. Your mother kept speaking to you when you didn't even understand your mother tongue, then you understood it but could not speak and when you spoke you made mistakes. She simply corrected your mistakes and you repeated the correct words. Today you don't think about Grammar of your mother tongue but speak fluently. That's the way to learn a language. A little slow but sure method.

Now coming to material or substance. Only fluency in spoken English can't help you spend three fruitful minutes on stage. So do bit of Google search, find material for and against the topic and put it in sequence to be conveyed to the audience.

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Lastly about the stage fear. Above two factors will certainly help you to reduce the stage fear. Remember if you have to learn how to swim you will have to get into water. You can't learn without going inside water. Same way you will have to push yourself to get onto stage, speak, make mistakes and get laughed at before you become confident. Mr Amitabh Bachan after 60 plus years of experience says that he still gets butterflies in his stomach when he goes on stage. So don't worry about the butterflies in the stomach just make them to fly in a formation ;)

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How does GTO increase the difficulty of a Command Task?



**Difficulty level** is automatically taken care of as far as **Progressive Group Task** in **GTO** is concerned. As the name suggests it is **Progressive** in nature. Like you remember having played video games! How is the stage one- easy; and stage two - little difficult similarly stage three-little more difficult and so on. Similarly

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Progressive group task keeps getting difficult with each stage. It is designed like that.

Each **GTO** task can be done by 3–4 different methods. If you are likely to succeed by one method to check you out **GTO** may put some structure out of bounds or say that your plank is broken or rope is not available etc. **With all this he is able to exert additional pressure and check the candidate under this new environment created by him.**

So don't get perturbed by all this. Remember when the battle start the first casualty is the plan itself. That's where your innovative thinking will come handy.

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## *How do I perform better in GPE under the GTO in SSB?*



In the **Group Planning Exercise (GPE)** that you get has 4–5 challenges and to make a plan you are given some resources. Resources can be in terms of number of men

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that you are, arms and ammunition, vehicles and equipment even time is a resource especially when it is in short supply.

First of all put all the challenges in priority. Though it is not mandatory to write the priorities but you must have them before making the plan. For your ease base them on the number of human lives involved eg a train going down because of broken bridge will get higher priority than a bus going down because train carries more people.

When you are writing the plan do include time and distance along with distribution of manpower. Your position as a leader should be at a place where maximum confusion is likely to take place. Injured people are difficult to manage by a single person preferably send two or more persons for them. For informing police and railway station master one person each is enough. Give all the persons a place to come back after finishing their task. Some smart Alec will insist on informing police and station master on mobile phone technically he is right but both these officials may not believe in what you say and may take your call to be a fake call. When you physically inform them your physical presence act as a guarantee of what you speak.

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Do write your plan neatly as it becomes part of your dossier and is checked by the GTO.

Do **participate in the discussion** to reach a common plan. Do **volunteer** to give the plan it shows your understanding the entire plan. While giving outgroup plan do not change it to give your plan.

**Participate confidently and with conviction.**

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## OUR SSB PREPARATION PROCEDURE

### Benefits for candidates

1. In coaching institutes the batches are of 50-60 candidates and of 7-10 days. The focus of an officer on each candidate is lost. Attention is given to a group and not to each candidates.

### How it is different in our system

There is no group. Each candidate have different capabilities and area where they are lacking. All candidates cannot be treated on same parameters.

That's the advantage which a candidate will get from our system. Attention is given to each candidate. Our platform will provide a one to one discussion of an officer with the candidate.

You will get to know about your weak areas and not of your group.

2. In maximum of the coaching institutes, some predefined materials is given to the candidate. The natural flavor of candidate is lost.

### How it is different in our system

We strictly suggest candidates not to read anything from anywhere. You have to give your natural Response.

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We will never tell you that if this particular picture is coming then you have to write this story or if that word is coming then you have to write that sentence. This will never be the case in our system.

You have to write whatever thought coming to your mind naturally. In psychological test, none of the answer is right or wrong. That's why the officer is going to discuss your answer with you and will teach you how to make it better.

3. The fees structure is very high in coaching institutes. Normally in most of the cases the candidates are paying approx 15000 Rs for 7-10 days including hostel charges, mess charges etc and they are forgotten after their batch get finished.

When the same candidates goes for SSB and unfortunately get screened out or conference out they feel like they are on the same level where they were earlier and they have wasted their money. Right?

### **How it is different in our system**

Money is not priority for us. Candidates need to pay a very minimum fees which is nearly 1/5th of what coaching institutes are asking for.

We will be always in contact with the candidate till you are not getting recommended.

- Fees is fully refundable if candidate are not satisfied with our system.
- Let a candidate is going for SSB and unfortunately they are not getting recommended. In that case, candidates are totally free to contact the officer and take further guidance from him till the time

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you are not getting recommended. Candidate need not to pay any extra charges.

4. We always believe that its candidates hard work if they are recommended. Many of the candidates going through our system and who got recommended are repeaters. It was 13th Attempt of a candidate who got recommended recently. Maximum of the candidates were having 6th or 7th attempt and they got recommended. We never publish our result because we do not want to take the credit of hard work they did. A mentor can only show you direction. That is what we are doing here. They took it positively and worked hard on it day by day and finally did it.

#### IMPORTANT NOTES ABOUT THIS BOOK

1. We request candidate to completely go through this file. This will clear many queries like whether candidates need coaching or not, how to do self assessment, myth related to conference round etc etc.
2. This book is highly recommended to all SSB Aspirant.
3. If you think that you can prepare for SSB by reading a book then it will never going to happen. A book can tell you about SSB procedure but it cannot tell about your personality, thought process or your personal behavior.
4. Feedback can be mailed to "[ssbonlinetest@gmail.com](mailto:ssbonlinetest@gmail.com)" or candidate can also reach us at 8112285826

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# PERSONAL INTERVIEW

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## How do I answer Personal Interview questions?



Of course one line answer is **answer them confidently.**

Having said that **you can answer in three ways.**

If you know the answer then of course answer it **confidently.**

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If you do not know the answer then politely decline saying you do not know the answer. This will save you the embarrassment to give wrong answer and give you another chance to answer a fresh question.

If you are doubtful then say that you are not sure but you think the answer is....  
This way your track is covered should your answer turn out to be incorrect.

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## What IO check in Personal Interview and how to clear it?



The atmosphere throughout the interview is relaxed and informal. The questions are generally based on the candidates everyday experiences and relating to the candidate work, education, family and spare time activities, hobbies and interest.

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Each candidate is interviewed for duration ranging from 45 min to an hour. The interviewing officer will discuss by way of questions and answers, the opportunities candidate had in life and the utilisation which a candidate have made of them.

While the interviewer interacts with the candidate, he assesses whether the candidate have required essentials qualities to be trained to become an officer in the armed forces.

What a candidate have done in regard to their academics, achievements and extracurricular activities, interest in life, interaction with parents ,friends and society at large, general awareness, physical and mental fortitude form important facets to assist the interviewer in his assessment.

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No one is perfect and the interviewing officer understand and gives candidate more than adequate benefits for shortcomings and mistakes which a candidate may have committed.

**Never stress out yourself** in the entire interview. Think about it as someone who is interested about your life, about what you have done and what's your thought for present time and future. **Have a presence of mind.**

Try to link the rapid fire question which interviewer will ask because its in a sequence from your school education to the college education, from your family members to your college friends.

If you missed anything, you can ask later. **Be genuine, be true to yourself and to the interviewer.** If its a technical entry, then be prepared for basic technical questions too. Be calm and confident.

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**NOTE:** Don't ever try to trick the interviewer because 30-35 minutes time are enough for a fairly senior and an experienced officer to caught you.

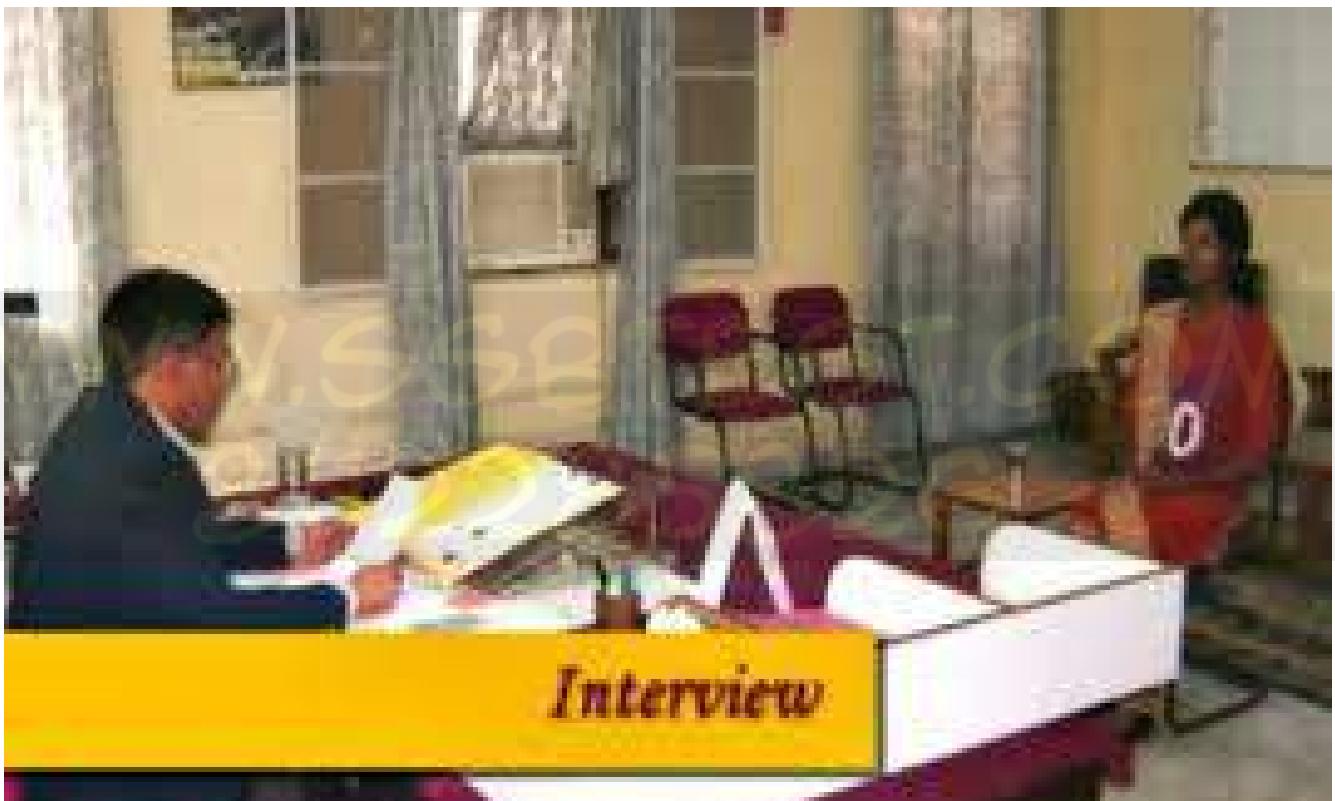
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**What should be the answer in an interview if you were asked, "why there is a backlog in a subject in graduation"?**



Remember backlog is not desirable so if you still have a back log you better have a genuine reason. Now what is a genuine reason and what is not! Let's try and analyse a bit!

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If you suddenly fell I'll say typhoid closer to your exam and we're out of action for a prolonged please but otherwise your grades in other classes have been good then it will pass. May be you participated in republic day NCC parade but otherwise your grades are supportive of good percentage is a valid reason.

On the contrary you fell in love and lost focus or started bunking classed and flunked in the subject then it may not be acceptable.

Backlog kind of shows your seriousness and lack of focus on the purpose of your being in the college. It is this attitude that the assessor is worried about than the backlog in particular.

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*What could be an appropriate answer to things you need to improve in yourself in an SSB Interview? If I say short tempered, will it hamper my selection?*

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**What are the things which you want to improve in yourself?**

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Each one of us have certain strong points and some weak areas. Mostly people will stick to **bad handwriting or communication skills** in this area. Remember you need to give more than superficial answer to this question.

There is no one who does not have weak areas. When you are writing **SD (Self Description)** your parents may point out that you keep sleeping and are lazy or your friends may tell you that you lose temper quickly.

Suppose you have mentioned that you lose temper. Then in the areas to improve do mention that "**I use to lose temper now I do not react immediately, take a deep breath or count till 20 or have a glass of water and by then the fit of anger is passed**" Remember Dr. Asthana of Munna Bhai MBBS when he gets angry he stretches his arms side ways, takes a deep breath and says calm down calm down. In effect he is avoiding to speak immediately till the fit of anger passes :)

If said in the interview I as an assessor am interested in as to what are the things on which you lose temper and how many times you losesay in a week. And what are you doing about it.

Suppose your friends are saying you lose temper but you don't mention it in areas to improve that means you don't accept that you lose temper and you will not correct it. Because first stage to correction is to know and accept the weak area.

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So it is perfectly in order to mention your weak area as long as you are trying to improve on it. Instead of saying you lose temper easily you may make it mild by saying that you lose temper at times or some times :)

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## What IO check in Personal Interview and how to clear it?



**Hobby is anything that you would love to do in your spare time.**

By definition watching movies is very well a hobby.

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Sports and games are normally not included in hobbies. Hobbies are more individual in nature. **Hobbies can be reading, writing poems, playing an instrument, TV watching, facebook, internet surfing, gardening etc.** Hobbies can be divided in two categories **constructive and not so constructive.**

Like **reading is a constructive hobby** and **TV watching (called idiot box, actually it is only a box, idiot is the one sitting in front) :)** Facebook are not constructive ones.

Having mentioned a hobby do research and be prepared to be answering questions about. **If you say cooking** (should not be that only thing you can make is Maggie noodles) you should know various terms used in cooking like saute, shallow & deep frying, various types of gravies and how they are made etc.

***Hobby is connected to use of spare time. And remember time is a valuable resource. Are you making good use of this resource or not is the issue!***

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## How to handle nervousness during Personal Interview?



Let's go over the issue like this. Under the conditions of interview each one of you is bit nervous. And when you are nervous your body pumps more **adrenalin** that provides you energy to cope up with this situation. But this energy is in excess and

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your nervousness becomes visible in your tapping the feet, clasping or playing with your fingers etc.

**You can not stop being nervous** but you can hide this by putting your hands on each thigh. They don't meet so they don't play with each other. And a bit of nervousness is good it keeps you away from being callous.

Regarding your **hand gestures** by all means make them and when not required put your hands back on the thighs. It is not the only way but it is one of the safe ways to control your **body language** and avoid displaying **negative body language**.

But remember your body language is an indicator of what you are so put emphasis on making yourself capable and worthwhile body language will take care of itself :)

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## How a candidate can impress the Interviewer in SSB Personal Interview?



**How a candidate can impress the interviewer in SSB Personal Interview?**

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Now this simple looking question is trying to ask the entire technique of interviewing. An entire book can be written on it.

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Having been an interviewing officer at SSB for three years and having done more than 5000 interviews let me put what I would like to see in a candidate.

Candidate should appear to be an **honest, forthright and simple person** who has substance in terms of **knowledge and done justice with the resources** he got in his life.

Who does not put up a facade. He wants to **join defence forces as a career and not for seeking a job.**

Now coming to bit of details.

In his **education** has he done justice and **got decent grades** and is there **consistency** in it. If not what brought about that inconsistency. For some of you this is where your **bunking classes, having girl friend/ boyfriend or any other diversion** becomes cause of the drop in performance. If you think and say girls are meant to be enjoyed and used there is an issue but if **you say you have a girlfriend** for say past two years and waiting to settle down and then marry that girl and it has not affected your grades negatively we have no issue.

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Interviewing officer is always smiling and you think it is friendly but it is deadly ;). If your drop is justified it's okay.

In your friends; **how many friends and how many close friends you have**. This is where you tend to give that you have **500 Facebook friends** and then some go about saying **making friends is your hobby**. It becomes **problematic once question of keeping in touch with your friends is posed** and it **discloses precious time being wasted on facebook**.

**Qualities** that you don't like in your best friend? If you say that he attends all the classes in college or he participates in **outdoor activities** and thus is not able to spend time with you or he does not bunk classes with you then your **priorities** are misplaced. If these are like someone criticizes everything or loses temper or they are into drinking and smoking and those are your strong points then it's okay.

As regards **teachers** if you don't like a teacher because he/she is partial (and you can give an example) or he **does not come prepared in class and you have taken action to inform the principle about it** it's okay. But your saying that teacher is

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strict or gives too much work or doesn't allow you to miss a class then you are at fault.

In your **extra curricular co -curricular activities** have you participated and know about what you did. If You say you did **NCC or Scouts & Guides** but don't even **know their mottos** or have not done any of these and say you have passion to join defence forces. Then I tend to see, you are saying something without supporting it. Any teachers that you didn't like and the reasons of your dislike and what action did you take there!

Let's cover a **few questions** about your **family**. Whatever information is given in the **PIQ** form is not required to be repeated because that the **IO** knows. Explain a few qualities about your father that have impressed you. It can be his honesty or care for the family or the hardship in earning etc. Also give your **relationship with your father** it may be formal or casual or friendly.

**Most of the times father's are normally away and boys tend to be close to their mothers which is okay.** Explain your **relationship** with your mother also tell whom do you approach when you are in a problem.

Explain your **relationship with your siblings**. Give out those fights over remote control you had at home as to who will see which TV channel(:), explain the the

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help rendered to you in doing your homework by elder sibling or vice versa. And once any one reaches the age where one has to leave the house these fights get converted to fondness for each other.

Explain **how you help your mother in doing dishes, or dusting the house or help in getting groceries or doing bank work.** We do not want parasites in the family but contributing members. At the end of your explaining about the family I should get a feeling that you belong to a well knit happy family. **But I want to know if you had an issue in your family like a divorce, may be death of some near and dear one and has it affected you negatively or no.**

**Gentleman use this to improve yourself as a person and not to modify your answers.** If there is a drawback remove that drawback and not try to change the answer. Grant it to the experience of IO you will be caught.

Now let's cover your **hobbies and interests, reading, writing and internet surfing and your daily routine.**

**Sports and games** are normally not included in hobbies. **Hobbies** are more individual in nature. **Hobbies can be reading, writing poems, playing an instrument, TV watching, facebook, internet surfing, gardening etc.** Hobbies can be divided in two categories **constructive and not so constructive.** Like reading is

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a constructive hobby and TV watching (called idiot box, actually it is only a box  
idiot is the one sitting in front)

:)

**Facebook are not constructive ones.** Having mentioned a hobby do research and  
be prepared to be answering questions about. If you say cooking (should not be  
that only think you can make is Maggie noodles) you should know various terms  
used in cooking like saute, shallow & deep frying, various types of gravies and how  
they are made etc.

When you give your **games and sports** make sure that you know about that game  
inside out. Say I give football as one of the games. Then I should be aware of the  
**dimensions of the field, height of goal post, number of players in the team,**  
**various fouls your position in the team, your favourite player, which club he**  
**plays for, difference between football and soccer. Why Indian football is not**  
**doing well etc.**

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And similarly about other games. At times candidate mentions he has played **cricket** when I ask him in detail he confirms he has played with **tennis** ball in the street with friends :)

Let's move on to your daily routine from the time you get up to the time you go to bed. Say this is the routine:

**0700–0800 get up, get ready**

**0800–1600 college**

**1600–1700 rest**

**1700–1800 go out with friends**

**1800–2030 TV, Facebook**

**2030–2130 dinner**

**2130–2230 studies and sleep**

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In this routine other than the mandatory things there is **no news paper reading, hobby, physical fitness or any fruitful activity.** Rest I leave it to your judgement.

Let us talk about **reading and internet surfing habits.** Internet surfing can be dicey in the sense with the young minds one is never sure it is being used or abused. So see which all sites you surf regularly and with what purpose. If **Facebook** is the place you spend maximum time then I know that you have wasted that time if time spent on this is more than 15–20 mins.

Even if you want to go over **current affairs** on net I would recommend you to go over **actual version of any one newspaper on net and not the headlines on an app.**

**Reading if you say is hobby be prepared with favourite author, books read, why you like the author and some details about the author.**

Let us discuss some common questions being asked.

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If you appearing for army know **who is the Chief of the Army Staff**, latest equipment being purchased by the army, any major thing like restructuring being thought of. Similarly do your home work for Navy and Air Force.

Our **Prime Minister** is very active and keeps visiting various countries know what is happening, any financial aid being given to these countries and important agreements being signed. **Knows about the issues with our neighboring countries in relations to India.**

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*Is it a good idea to correct the Interviewer's  
grammar during the Interview?*



There is a saying “आ बैल मुझे ज़ोर से मार!” (inviting the uncalled for trouble)

And the modified version is “बैल तू उधर ही रुक मैं ही आ के बजता हूँ!” (yourself going to the trouble)

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If you want to catch a fish you put earthworm as a bait because fish likes it and not a chocolate because you like it.

Remember the purpose of your being there and focus on that and not the Grammar of the interviewer.

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*What are the various sources from where I can increase my knowledge about the international issues for the SSB interview?*



**Updating of international issues is an ongoing and continuous process.** If I ask anyone about how are relations with Pakistan are answer will be “bad”. If I ask why is it that they are bad or how did it reach where they are? Many may not be able to answer. For starters first find out the chronology of events of India's

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relations with all its neighbors and main powers of the world. And **Wikipedia** can be a good source for this.

**Competition Success Review** can be another source as it consolidates the happenings of onemo the at one place.

On **YouTube** as well you have some nice videos about specific current issues.

There is nothing to beat regular reading of newspaper after having got the background clear about a particular issue. I recommend, **study the newspaper and not read** it. Avoid news apps because they give you a very selective news. Even if you are smartphone kinds download the complete newspaper and then read. It should be an **English newspaper and not a regional language or Hindi newspaper**. I have nothing against these but in SSB you need to speak in English.

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If someone said in an SSB interview that he is associated with any particular left-wing or right-wing group, how would the SSB board assess this one?



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Defence forces take pride in being apolitical.

In the officer mess officers are prohibited to discuss **religion, lady wives or politics** which includes your left wing or right wing.

Being **neutral is the strength** of the defence forces and not a weakness.

To an organisation which believes in being **apolitical** if you say you believe in the philosophy of left wing or right wing that's like inviting unwanted trouble.

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## How to handle nervousness during Personal Interview?



Let's go over the issue like this. Under the conditions of interview each one of you is bit nervous. And when you are nervous your body pumps more adrenalin that provides you energy to cope up with this situation. But this energy is in excess and your nervousness becomes visible in your tapping the feet, clasping or playing with your fingers etc.

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You can not **stop being nervous** but you can hide this by putting your hands on each thigh. They don't meet so they don't play with each other. And a bit of nervousness is good it keeps you away from being callous.

Regarding your **hand gestures** by all means make them and when not required put your hands back on the thighs. It is not the only way but it is one of the safe ways to control your body language and avoid **displaying negative body language**.

But remember your **body language** is an indicator of what you are so put emphasis on making yourself capable and worthwhile body language will take care of itself :)

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Should we use our hand gestures while sitting in gd and in front of Interviewing Officer during an interview in SSB, or we should just sit ideally straight without any movement keeping our hands on our thigh and answer the Interviewing Officer as coached by different coaches?



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Let's go over the issue like this. Under the conditions of **interview** each one of you is bit nervous. And when you are nervous your body pumps more adrenalin that provides you energy to cope up with this situation. But this energy is in excess and your **nervousness becomes visible in your tapping the feet, clasping or playing with your fingers etc.**

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*What should I know about the books that I read if  
I am going to attend the SSB Interview?*

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What should I know about the books that I read if I am going to attend the SSB Interview?



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**Hobby** is what you would love to do now if I give you say two hours of free time.

So reading newspaper, motivational books or competition related books are not hobby that is your compulsion.

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Moment you achieve your aim or get selected you may discontinue all these :)

If **reading books is the hobby** that you have mentioned in **PIQ** form then you should be prepared for :

**Who is your favourite author?**

**What is peculiar about his writing? Like Sidney Sheldon wrote about strong female characters.**

**The book you are currently reading you should be aware of the storyline and the characters in the story.**

**How many books you have read?**

**Can you recommend some good books of that author?**

Remember you make a mention of reading as hobby if you regularly read may be on daily basis. Then it should figure in your daily routine also. Do not bluff.

**If you want to say reading is your hobby then do read daily.**

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*What was your response during your SSB Interview when the Interviewer asked you, 'why do want to join the indian armed forces?'?*



From one of my earlier answers!

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### Why do you want to join army?

There are two reasons one is “**for Uniform**” and second is “**for Outdoor Outbound adventurous lifestyle**”.

We do not buy the reason that **you want to join to serve the nation**. Because we do not believe that only defence forces serve the nation. **Even a cobbler doing his work sincerely is also serving the nation. A teacher is also serving the nation.**

If you give a reason other than the two mentioned by me then I can sell you some other job.**If you want to join because of salary or job security then you may join Postal Service's or Indian railways.**

People can be divided in two categories in this world first one are who like 9 to 5 job, air-conditioned room and Saturday Sunday off then defence is not for you. If you are the second category and like defence uniform, like out bound adventurous activities then you are cut out for defence.

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**What will be the response, when an Interviewer asked, what is the relationship between you and your father in SSB?**



Normally candidates are very stingy when it comes to talking about their father. By far girl candidates are more expressive in this aspect.

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When this is asked, **first give out certain qualities of your father that have impressed you, may be his honesty, hard work, taking care of family needs or discipline etc.** Then do give your relationship with him it may be formal, informal or friendly. Anything is okay. **Sometimes father's are strict** so it can be formal which is perfectly okay. If he is friendly then say so. **If you share your problems** with him without any inhibition then it will normally fall in friendly category. If you are more comfortable doing that with your mother than with your father it may fall in formal category. It happens that father is mostly away from the family and children are more close to their mother than father which is perfectly okay.

**Let me give out my personal example.** I told my son that whenever he wants to have a drink I should get the honour to pour him his first drink. When he finished his MBA and picked up his job he told me that he would like to have a drink. We went to the club in Bangalore (where we lived) and I poured him his first glass of beer.

As we grow up we do so many things with or without the knowledge of our parents. This had two advantages to me as a father,  
firstly I knew that he has started having a drink :)

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secondly now when ever he has it he will be able to share the news with me because he knows I have no issues with it and also I can advise him not to overdo it or how to control it and enjoy it. Otherwise he would have had it and I won't even know about it. It also helps me keep the channels of communication open with him should he face any challenge in life.

**Remember as an interviewing officer** I want to know whether you belong to happy well knit family or no, because product of happy family is likely to be good :).

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*Being an Interviewer, how will you judge a candidate for 10+2 entry who straight away admits that he has a girlfriend?*



We at **SSB** are fully aware that the age at which candidates come for **SSB** may have fallen in love.

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Now what do I as an **interviewing officer** make of it! One is the focus of the candidate; has this act affected the candidates academic performance, has he started bunking classes, spending hard earned money of parents on this affair! Secondly what is his **attitude towards girls** does he believe that girls are to be used and abused like objects or he has plans to go steady and get married once he settles down.

A girl friend of candidates for graduation entry is still palatable but for plus two entry definitely would affect their performance and shift their focus. (This has been my experience because of their tender age)

**At times candidate finds IO to be friendly and start boasting about his love affairs. IO is army's friend and not yours :)**

I am telling you all this because you can't fool the board.

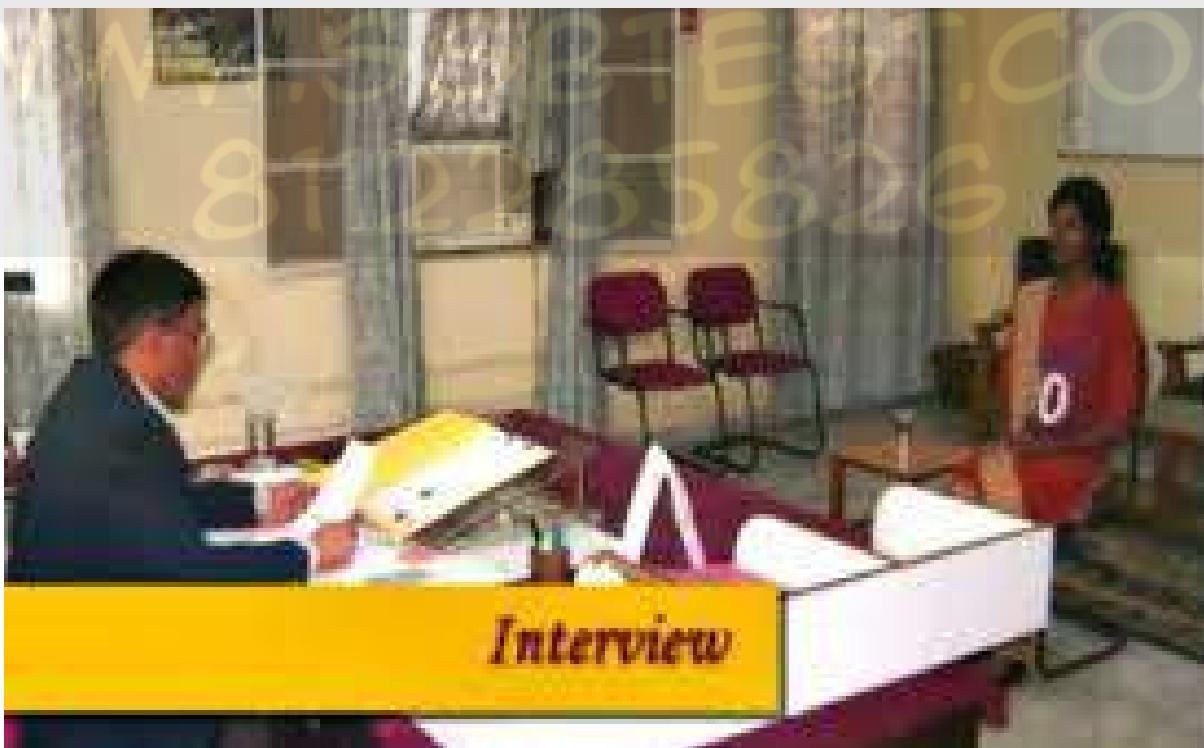
**We are not against love affairs we are looking at your focus and attitude towards the other gender.**

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*How would an Interviewing Officer react if during an interview in SSB I say that, "I want to join the army because I want to impress my girlfriend's dad for our marriage"?*



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We at SSB get various reasons for which **candidates want to join army**. Some want to join to serve the nation, others for disciplined life, some because of the uniform, some because their parents want them to. Some even say because they want a beautiful wife.

**You are free you can give any reason but if you ask me your answer some how has to be based on army uniform and adventurous outbound lifestyle. Here I reproduce some portion of one of my answers.**

#### **Why do you want to join army?**

There are two reasons one is “**for Uniform**” and second is “**for Outdoor Outbound adventurous life style**”. We do not buy the reason that you want to join to serve the nation. Because we do not believe that only defence forces serve the nation.

Even a cobbler doing his work sincerely is also serving the nation. A teacher is also serving the nation. If you give a reason other than the two mentioned by me then I can sell you some other job. If you want to join because of salary or job security then you may join Postal Service's or Indian railways. People can be divided in two categories in this world first one are who like 9 to 5 job, air-conditioned room and Saturday Sunday off then defence is not for you. If you are the second category

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and like defence uniform, like out bound adventurous activities then you are cut out for defence.

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## How is SSB different for repeaters?



Firstly to give fair chance to the Freshers we try and avoid putting Repeaters with Freshers. You may recall your first **SSB** and there was probably no repeater in the group.

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**Secondly** to the Freshers **IO** asked questions in a particular sequence now that you know that sequence **IO** does not follow the same sequence.

**Thirdly remember first chance is your best chance as there is no history on you that exists.** Each assessor feels you have the potential and are there to get recommended unless you prove otherwise. **But for repeaters each assessor is trying to find the reason you were not recommended and whether you have improved in that area or not.**

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*Can I become officer in defence without going to  
the SSB (other than medical corps)?*



**How to become officer without qualifying SSB**

Answer is unfortunately NO.

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One has to go through SSB to join defence forces as officers. But why should you be looking for such an entry, SSB is kind of picnic outing at the expense of defence budget enjoy it and if you enjoy it chances are **you will get recommended!**

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*Does showing an EXTRA CURRICULAR certificate help in clearing Interview?*



Showing an educational certificate does help to create an initial impression but in SSB we do not believe that first impression unless you prove it.

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We get candidates with **90 percent marks** from science background but when we ask about Newton's three laws, or a candidate joining Navy who doesn't even know Archimedes principle or an Air Force candidate not knowing Bernoulli's theorem then there is a problem.

Not only **educational certificate** but for other certificates also it's like I once heard former US President Barrack Obama say that "**trust but verify**". That's exactly what we do.

You say you **participated in a debate** and you have a certificate having won the debate, fine. Then be prepared to tell me what was the topic of the debate? Did you speak for or against what all arguments you gave to support your side etc.

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**Does an Interviewer in an SSB Interview check  
eye movements to catch a liar?**



There are number of ways an interviewing officer can catch your lie including  
your eye movements.

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A liar normally avoids an eye contact while trying to lie. But interviewing officer confirms it before making up his mind.

For example interviewing officer asks you "**How do you stay fit?**"

You answer that I run two Kms every day. "How much time you take to cover two Kms" and you say 30 mins. Any one who runs will know this is too much of time to cover 2 Kms. But he does not stop here and after some time asks you to give your daily routine and in this routine running never figures. Now it is confined that the candidates was telling a lie.

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*How should I respond to what if you do not get recommended this time in SSB?*

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**How to answer "What if you don't get recommended this time" ?**



Not recommended is basically failing at what you wanted to succeed in.

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Most people end up saying that they will try hard and try again and continue to try till the age is on their side and have even up to the last chance left with them.

Let us understand it with a simple example. Suppose you want to go out of a room and instead of the door you are attempting to go out through one of the walls of the room. Will you be able to go out? Answer is NO.

If second time you try harder but again through the wall, will you be able to go out? Answer again is NO. **What you need to do is to analyse your mistake (through the wall is not working) , correct your self ( change direction to go out through the door) and then try again.**

You may not require to put in that much hard work and will be able to go out of the room successfully.

Same is when you are not recommended in SSB. Answer should be, “**sir, I will analyse my mistake, correct it and then try again”.**

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## Can we say Making Friends as Hobbies in SSB?



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### Can we write making friends as hobbies in SSB Interview?

Do I need to have a large circle of friends to talk about in my SSB interview? Will having a few friends leave a bad impact on the assessor (for non-technical entry)?

All the people that you know can be divided in three categories. First is Acquaintances; these are all those people that you recognise but don't interact on regular basis eg your college mates, people staying in hostel or society etc.

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Second is Friends; these are people you interact with regularly their number will approximately be 6–8.

And then you have close friends; a group of 2–3 people you can call them any time, seek or give advice and share secrets with them.

Some will call facebook friends as friends, now that is not correct. I don't think those people qualify to be friends 😊:)

Some take pride in saying that their hobby is making friends, now that is dangerous that means having lot of friends and as a consequence spend so much time keeping in touch with them ( or wasting time).

So if you have a small but good and reliable friend circle that's perfectly alright.

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*How can I explain Interviewing Officer in an SSB interview about my academic failures?*



When you say **academic failures** it goes to say that you have been performing well but then you encounter a failure.

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One has to get into the cause of the **academic failure** and having encountered a failure what is it that you did about the failure.

If your performance got a hit while you participated in some out door activities or you participated in some organisational annual activity a fare or you fell ill and it affected your performance then it is acceptable. If you were chasing the fair sex, bunking classes or watching movies during college hours then I leave it to your judgement to decide.

And then the Ifsaidin one of the year you performed badly for whatever reason.

Then you analysed your mistake corrected it and improved or regained your grades then you are on the right lines.

IO is also looking at these reasons then confirming from you and then make up his mind.

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**“Why did you leave your job?” How do you tackle this question in SSB and answer wisely during the SSB Interview?**

**How to answer "Why did you leave your job?"**

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**Why is the interviewing officer asking this question?**

**In defence forces we always believe in having a Plan B or call it an Alternate Plan** should your first thing does not work. If you are not recommended and you have left your job too, now what!

Even doing some course or diploma that will help you or even higher education to enhance you capability are good enough reasons for leaving job.

It's a good idea to have a job unless you can assure that you have taken a say six months break and a job offer is already there to join at the end of it.

Beacuse “no job” means uncertainty and we do not like that. Hence your Plan B should be clear and well thought of. Also another competitive exam is not considered as your Plan B.

**Build your answer around the truth and do plan to have an alternative or Plan B it will help in life too.**

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*What questions can be asked in SSB for gym as a hobby?*



Gym is for keeping fit and does not qualify to be a hobby like reading news paper. Any aware citizen is suppose to read news paper. Similarly any

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responsible person is suppose to keep himself fit. It is a necessity and not a hobby.

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## OUR SSB PREPARATION PROCEDURE

### Benefits for candidates

1. In coaching institutes the batches are of 50-60 candidates and of 7-10 days. The focus of an officer on each candidate is lost. Attention is given to a group and not to each candidates.

### How it is different in our system

There is no group. Each candidate have different capabilities and area where they are lacking. All candidates cannot be treated on same parameters.

That's the advantage which a candidate will get from our system. Attention is given to each candidate. Our platform will provide a one to one discussion of an officer with the candidate.

You will get to know about your weak areas and not of your group.

2. In maximum of the coaching institutes, some predefined materials is given to the candidate. The natural flavor of candidate is lost.

### How it is different in our system

We strictly suggest candidates not to read anything from anywhere. You have to give your natural Response.

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We will never tell you that if this particular picture is coming then you have to write this story or if that word is coming then you have to write that sentence. This will never be the case in our system.

You have to write whatever thought coming to your mind naturally. In psychological test, none of the answer is right or wrong. That's why the officer is going to discuss your answer with you and will teach you how to make it better.

3. The fees structure is very high in coaching institutes. Normally in most of the cases the candidates are paying approx 15000 Rs for 7-10 days including hostel charges, mess charges etc and they are forgotten after their batch get finished.

When the same candidates goes for SSB and unfortunately get screened out or conference out they feel like they are on the same level where they were earlier and they have wasted their money. Right?

### **How it is different in our system**

Money is not priority for us. Candidates need to pay a very minimum fees which is nearly 1/5th of what coaching institutes are asking for.

We will be always in contact with the candidate till you are not getting recommended.

- Fees is fully refundable if candidate are not satisfied with our system.
- Let a candidate is going for SSB and unfortunately they are not getting recommended. In that case, candidates are totally free to contact the officer and take further guidance from him till the time

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you are not getting recommended. Candidate need not to pay any extra charges.

4. We always believe that its candidates hard work if they are recommended. Many of the candidates going through our system and who got recommended are repeaters. It was 13th Attempt of a candidate who got recommended recently. Maximum of the candidates were having 6th or 7th attempt and they got recommended. We never publish our result because we do not want to take the credit of hard work they did. A mentor can only show you direction. That is what we are doing here. They took it positively and worked hard on it day by day and finally did it.

#### IMPORTANT NOTES ABOUT THIS BOOK

1. We request candidate to completely go through this file. This will clear many queries like whether candidates need coaching or not, how to do self assessment, myth related to conference round etc etc.
2. This book is highly recommended to all SSB Aspirant.
3. If you think that you can prepare for SSB by reading a book then it will never going to happen. A book can tell you about SSB procedure but it cannot tell about your personality, thought process or your personal behavior.
4. Feedback can be mailed to "[ssbonlinetest@gmail.com](mailto:ssbonlinetest@gmail.com)" or candidate can also reach us at 8112285826

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# CONFERENCE DAY

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*Why do Indian Armed Forces officers wear uniforms during the Conference Day in SSB?*

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Why do Indian Armed Forces officers wear uniforms during the Conference Day in SSB?

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First let me answer why officers do not wear uniform during the first four days of the SSB.

Candidates who want to join the armed forces are in the age group of approx 17–27 years of age. Some of them are through NCC, some from Sainik Schools, military schools or RIMC (Rashtriya Indian Military College) and others who have seen officers in uniform and are inspired, some even after seeing Indian movies like Border and Lakshya etc. If officers wear their uniforms during the SSB the performance of some candidates might get affected by the brass and medals they see on the uniforms. **It is to give a fair chance to all the candidates to perform without the fear of rank or uniform and because of this the officers do not wear their uniforms.**

Imagine a military school candidate whose principal is of the rank of Lt Col being interviewed by the selection centre President (who is also an Interviewing Officer) of the rank of Major General. ( After Lt Col you have Colonel, then Brigadier and then comes Major General). He is likely to get over awed by the uniform. Same goes for other candidates.

Now lets see why they wear uniform during the conference.

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Firstly by the end of GTO second day practically the assessment of the candidate is over. Now whatever you feel after seeing everyone in the uniform is unlikely to affect the outcome of SSB hence everyone comes in uniform.

And it is the conference where candidate get a chance to see the officers in uniform.

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**Does the SSB keep a record of previous SSB performance and is it used in the current SSB?**



No, **SSB** does not rely on your performance in the previous boards. We believe that personality is dynamic in nature that means there is a scope of change in it.

That is the reason that a recommended candidate who does not make it in merit list and appears again may not be recommended in his **SSB**. On the similar lines a not recommended candidate gets recommended in future **SSB's**. Because in **SSB**

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we rely on your current performance and not the past performance. Otherwise what stops us from permanently banning a not recommended candidate for future SSBs.

Valmiki before he became Saint Valmiki was a dacoit and underwent a change to become Saint Valmiki and went on to write Ramayana because personality is dynamic in nature.

If you are a **recommended candidate** you do have an initial advantage till you prove that you have deteriorated in your personality and vice versa. So focus on your current performance.

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**What does waiting before conference for 2 minutes or 10 15 minutes signifies?**



There can be three situations in the SSB.

First are cases NOY cleared by all the three assessors ie IO, GTO and Psych. So there is no confusion and the result definitely will be Not Recommended.

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**Second are those cases cleared by all the three assessors.** So here also no confusion and the result definitely will be Recommended.

**Third are the cases where two assessors have cleared but one has not cleared or one has cleared and two assessors have not cleared the candidate.** All these cases fall in the border line cases where discussion will take place. Yes in your case the discussion may have taken place. Or maybe board was discussing some other point can't be said.

**Only 5 percent of the total recommended cases are recommended by all three assessors**

As long as one gets recommended I think we should say cheers and let it be.

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How do the GTO, IO, and psychologists recommend a candidate separately in SSB? How do all 3 assessors deduce the qualities of a candidate in SSB? How do they decide that the candidate is at the acceptable level to be recommended?

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How GTO, IO and Psychologist recommend candidates?



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Actually speaking this answer may not help you in your getting selected but let me give it a shot.

All the three assessors check out a candidate with different technique but on same parameters. IO by interviewing, psych by psych tests and GTO by group interaction on ground.

Each assessor checks the candidate in a **holistic manner** first and if he finds potential in the candidate then decide on each quality. **His assessment is converted into marks** by a set method common for all the assessors for ease of comparison and assessment.

All the three are independent and do not discuss about candidate performance till the board conference.

Before a candidate enters the **conference room** his marks are given out by all three assessors in a set sequence.

**All the assessors have equal marks and weightage.** Three situations can arise first is all the assessors have cleared the candidate so it's easy and the candidate is recommended, second is that all three have not cleared the candidate so he is not recommended, third is that either one has not cleared or two have not cleared. In

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this case discussion takes place and the decision lies with the one who has not cleared. These cases are called borderline cases.

For example GTO has not cleared a candidate on one particular quality but this is not confirmed by other two assessors then GTO is asked if he still has the reservations about the candidate. If GTO says he is okay then the candidate is recommended if he says no he still has his reservations then the candidate is not recommended. Approx ninety percent of cleared candidates fall in this category of borderline cases.

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**From which assessor do students not get recommended in the SSB IO, psychologists or GTO?**

**Conference**

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**It happens from all the assessors that candidates are not recommended.** But most of the times candidates feel they are not recommended by psychologists and there is a reason for this feeling.

You meet the **IO** and **during the interview he is always smiling** never tells you that you gave a wrong answer or you told a lie.

You meet **GTO** who is young wearing Jeans, snickers and goggles, candidates are able to identify with him. And then **he says well-done commander** so he is a good guy.

**Psychologist is the only one whom the candidate does not meet.** So if he gets not recommended he blames it on the psych.

**But all the assessors recommend and all of them do not recommend at times depends on the capability of the candidate.** Assessors are there to select the Candidates. It is my experience that IOs are bit liberal, psychs are moderate and GTOs are a bit stingy :)

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*Can officers in SSB make any mistakes in selecting a wrong candidate or rejecting a worthy candidate by any chance?*



## **Conference**

This fact was in the minds of the defence forces that's why the process of current **SSB** was designed where more than one assessors decide about the candidate.

If one assessor is selecting there is a chance that he may make a mistake. We have three different assessors **IO, GTO and Psych** assessing the same candidate but

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independently to the extent that **they do not interact with each other till the day of conference**. So one may make a mistake but for three to make a mistake is rare. But theoretically can all the three make a mistake may be yes chances are bleak.

Also if we have a doubt on the candidate during stage 1 or screening tests the benefit of doubt is given to the candidate and he is taken to stage 2. If there is doubt about the candidate in stage 2 the benefit of doubt is not given to the candidate it is given to the army and the candidate is dropped.

But the system is very fare, trust me :)

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*What do you discuss about a recommended candidate on the conference day of SSB?*



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Three assessors Psychologist, GTO and IO assess the candidate independent of each other. They do not interact with each other regarding performance of any candidate.

Also each technique has its strong points eg **physical courage and stamina can best be seen by the GTO** similarly other techniques are strong in their own areas.

It is highly possible that **psych has recommended a candidate and others (both GTO and IO)** or any one of these does not recommend the candidate and ultimately the candidate is not recommended.

A candidate can get recommended in the following manner:

If the candidate is cleared by all the three assessors then he is cleared.

If the candidate is cleared by two assessors and not cleared by one. Then the one who has not cleared is asked if he has serious reservations or is he willing to clear the candidate. If he says he is willing to clear then the candidate is cleared if his answer is negative then the candidate is dropped.

In stage one if there is a doubt about the candidate he is given the benefit of doubt and taken to stage two. In stage two if there is a doubt then the benefit of doubt is taken by the organisation and the candidate is dropped.

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All three assessors have same weightage.

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## OUR SSB PREPARATION PROCEDURE

### Benefits for candidates

1. In coaching institutes the batches are of 50-60 candidates and of 7-10 days. The focus of an officer on each candidate is lost. Attention is given to a group and not to each candidates.

### How it is different in our system

There is no group. Each candidate have different capabilities and area where they are lacking. All candidates cannot be treated on same parameters.

That's the advantage which a candidate will get from our system. Attention is given to each candidate. Our platform will provide a one to one discussion of an officer with the candidate.

You will get to know about your weak areas and not of your group.

2. In maximum of the coaching institutes, some predefined materials is given to the candidate. The natural flavor of candidate is lost.

### How it is different in our system

We strictly suggest candidates not to read anything from anywhere. You have to give your natural Response.

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We will never tell you that if this particular picture is coming then you have to write this story or if that word is coming then you have to write that sentence. This will never be the case in our system.

You have to write whatever thought coming to your mind naturally. In psychological test, none of the answer is right or wrong. That's why the officer is going to discuss your answer with you and will teach you how to make it better.

3. The fees structure is very high in coaching institutes. Normally in most of the cases the candidates are paying approx 15000 Rs for 7-10 days including hostel charges, mess charges etc and they are forgotten after their batch get finished.

When the same candidates goes for SSB and unfortunately get screened out or conference out they feel like they are on the same level where they were earlier and they have wasted their money. Right?

### **How it is different in our system**

Money is not priority for us. Candidates need to pay a very minimum fees which is nearly 1/5th of what coaching institutes are asking for.

We will be always in contact with the candidate till you are not getting recommended.

- Fees is fully refundable if candidate are not satisfied with our system.
- Let a candidate is going for SSB and unfortunately they are not getting recommended. In that case, candidates are totally free to contact the officer and take further guidance from him till the time

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you are not getting recommended. Candidate need not to pay any extra charges.

4. We always believe that its candidates hard work if they are recommended. Many of the candidates going through our system and who got recommended are repeaters. It was 13th Attempt of a candidate who got recommended recently. Maximum of the candidates were having 6th or 7th attempt and they got recommended. We never publish our result because we do not want to take the credit of hard work they did. A mentor can only show you direction. That is what we are doing here. They took it positively and worked hard on it day by day and finally did it.

#### IMPORTANT NOTES ABOUT THIS BOOK

1. We request candidate to completely go through this file. This will clear many queries like whether candidates need coaching or not, how to do self assessment, myth related to conference round etc etc.
2. This book is highly recommended to all SSB Aspirant.
3. If you think that you can prepare for SSB by reading a book then it will never going to happen. A book can tell you about SSB procedure but it cannot tell about your personality, thought process or your personal behavior.
4. Feedback can be mailed to "[ssbonlinetest@gmail.com](mailto:ssbonlinetest@gmail.com)" or candidate can also reach us at 8112285826

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# MOST IMPORTANT QUESTIONS

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**Do we really need to remember 15 OLQ?**  
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## **OFFICER LIKE QUALITIES**

### **FACTOR I - MIND**

Effective Intelligence  
Reasoning Ability  
Organising Ability  
Power of Expression



### **FACTOR II - HEART**

Social Adaptability  
Cooperation  
Sense of Responsibility

### **FACTOR III - GUTS**

Initiative  
Self Confidence  
Speed of Decision  
Ability to Influence the Group  
Liveliness

### **FACTOR IV - LIMBS**

Determination  
Courage  
Stamina

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Before answering this question, you have to answer few questions about what you would have done....

**Q1: If everyone is shouting in the group discussion and no one is listening to anyone?**

**Q2: How to influence group members when the topic is on some social issue or any general issue?**

**Q3: If your team is not able to find out how to cross the next hurdle in order to complete the task?**

**Q4: If the moral of your team is down?**

**Q5: If one of your good friend is very weak in one subject in which he might get fail and the exam is very near?**

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**Q6: If you like reading novel but you hardly getting time in the entire day to read?**

**Q7: If your family financial condition is not good and you are just in school or college?**

**Q8: If 6 runs are needed to win by the opposite team, 1 ball left and you are the captain of bowling team?**

Lets answer these questions logically.

**ANSWER 1 :You will use your social tact to calm them down and then ask them to proceed by cooperating each other.**

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SHOWS YOUR :Organizing ability, Power of Expression, Social Adaptability, Co-operation, Sense of Responsibility, Initiative, Self Confidence, Ability to influence, Courage.

**ANSWER 2 :You will put some statistical data, facts to prove your point and convince them.**

SHOWS YOUR :Power of Expression, Effective Intelligence, Reasoning Ability, Social Adaptability, Co-operation, Sense of Responsibility, Initiative, Self Confidence, Ability to influence.

**ANSWER 3 :You will try to find the solution and help your team to move forward.**

SHOWS YOUR :Effective Intelligence, Reasoning Ability, Co-operation, Sense of Responsibility, Initiative, Self Confidence, Ability to influence.

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**ANSWER 4 :You will encourage them.**

SHOWS YOUR :Co-operation, Sense of Responsibility, Self Confidence, Ability to influence, Courage, Stamina, Determination.

**ANSWER 5 :You will find time to teach him so that he can atleast pass that subject.**

SHOWS YOUR :Co-operation,Social Adaptability, Sense of Responsibility, Self Confidence, Ability to influence,Liveliness, Determination.

**ANSWER 6 :You will sleep half an hour late in night and finish few pages daily.**

SHOWS YOUR :Effective Intelligence, Reasoning Ability, Sense of Responsibility, Liveliness, Determination.

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**ANSWER 7 :You will continue your study but also do some other work to help your family like giving home tuition or helping your parents in their works.**

**SHOWS YOUR :** Co-operation, Sense of Responsibility, Initiative, Self Confidence, Ability to influence, Liveliness.

**ANSWER 8 :You will figure out the batsman strong hitting area, ask players to cover those boundary area, ask bowler to bowl at the batsman weakest point.**

**SHOWS YOUR :** Effective Intelligence, Reasoning Ability, Co-operation, Sense of Responsibility, Initiative, Self Confidence, Ability to influence, Determination.

**If you analyse then each of the above questions are related to all the 15 OLQ directly or indirectly.**

**What's the conclusion?**

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You don't even need to read those 15 OLQ because whatever you do in your life, at every single point of time, it is surrounded by all these 15 OLQ either directly or indirectly.

Make your present better. Don't complain ever and try to find the solution of any situation. That's the only thing which can help you in improving your personality.

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## How to do Self Assessment?

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**How to do Self Assessment?**



On the 5th day of SSB before the conference start, officer guide the candidate and try to explain what they are looking for in a candidate. They **try to boost the moral of candidates by putting few examples of A.P.J Abdul Kalam, Amitabh Bachhan or Shahrukh khan etc that even after not getting recommended in Armed forces how these people have achieved milestone in their own domain.**

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The officer also **encourage candidates to do a proper self assessment** of themselves and then come with better preparation next time. Most often candidates do a wrong interpretation of these words "**assessment**" and "**better preparation**".

**Insanity is that you are doing the same thing over and over again and expecting a different results.**

**They buy some books or start grasping the materials available on internet.**

These candidates again end up getting not recommended. Here we will try to understand how to do self assessment.

Let suppose that you are in college, the next day you have mid term exam but one of your friend came to you and asked that whether you have completed the other subject assignment or not because tomorrow is the last day to submit and the professor has already extended the date 3 times. When you return to hostel, you

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find that 1 of the transmitter is burn out so there is a power cut in your hostel and electrician will repair it next day as it is already late.

Now how you react in this situation? Whether you start getting tensed or your mind start looking for the solution. Whether you end up shouting at others or you are calm and thinking of what to do?

Its a very simple example to understand how a person can analyse their behavior, their thought process.

**Life will throw tremendous blows at you. Its not a straight path that you have decided to get somewhere and everything goes according to plan. This will never be the case.**

**In personal interview,** this is what the officer try to understand about you. They try to understand how much tough situation you have been through, how you handled those situations, whether you have included others in your decision or

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you only thought about yourself, the opportunities which you had in life and how you used those opportunities in your growth.

**Candidates starts rushing to current affairs topics or lecturette topics for SSB.**

Always remember that you are applying for an officer in armed forces. **An officer is always aware of the things happening in his/her surroundings.**

If 1000's of innocent people are dying every single day in syria then you should be aware about that.

**One of the biggest economic reform done by our government is "Demonetization".**

As many disregularity we have seen in conduction of Government exams in recent times. So, whats candidates view on that.

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Don't you think above are the very basic questions which anyone should be aware of? Yes it is.

So, what's the point? Point is that you have to use your logical mind to understand things.

**Its totally fine if you don't know the answer. It's totally fine that you failed in maximum of the things you tried in your life.**

**Always think of what you can do now to get better results.**

We get goosebumps after reading the story of a candidate who got **recommended in his 20th attempt.**

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We read success stories of how a son of a labour becomes an army officer, how a cab driver joined the academy after getting inspired by an officer and there are many stories out there.

**Do you know how they make it???? Because they didn't complained.**

The day you stop complaining, no one can stop you to wear that uniform.



**A good mindset always try look at the solution part rather than arguing with anyone.**

They never complain, accept the situation as it is and still try to take maximum outputs from whatever the option he have left.





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Best thing about SSB testing is that once you get screened in, all are equal for them. It doesn't matter whether you are 1 time conference out or 15 times conference out. If the candidates have worked on themselves in a right direction, no one can stop them to get recommended.

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## Will low graduation marks affect selection in SSB?

Cut off →		Written Result		Final Result	
Course ↓	Minimum qualifying marks in each Subject	Aggregate marks of last qualified candidate		Marks of recommended candidate	last
IMA	12	114	114	237	
INA	12	108	108	231	
AFA	12	144	144	266	
OTA (Men)	<b>Will low graduation marks affect selection in SSB?</b>				
OTA (Women)	12	76	76	159	

Your percentage in graduation does not have any implication in your selection for the **SSB** provided you can justify your low percentage. If you have a genuine reason and you got low marks it's acceptable. There may be a case of bunking

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classes and indulging in unwanted activities and hence getting low percentage then it is not acceptable.

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**Why does the age for joining Indian defense services has to be so less? When age for joining IPS is 32?**



**Why does the age for joining Indian defense services has to be so less? When age for joining IPS is 32?**

It is because of the different job profiles.

IPS officers do not go to Siachen Glacier, they don't have to climb the mountains, do not have to chase the terrorists in the jungles. It is not to say that IPS need not be fit or that they are not fit but the profile is different. Like politicians have no

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age as long people are willing to elect them it's because of their profile (though it's high time we fix the upper age limit for them)

In army you need young commanding officers who can lead the men from the front. Army officers have been known to lead by personal example that means they should beat the men in physical stamina.

I know of a colleague of mine from Tamilnadu who was barely five feet and weighed under 40 kgs. As luck would have it he was posted to SIKH regiment. All the men almost 6 feet tall and fit as a horse. To this officers good luck they had cross country competition in their battalion. He ran the cross country and beat the men and came first. From that time on men had respect in their salute for the officer. They said "**Sahab vich dum hai**" means officer has the strength. He was able to do it because he was young had he been beyond 32 years he may have found it difficult to beat them.

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*What should be the daily routine of a student so as to inculcate OLQs and prepare for SSB?*

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**What should be the daily routine of a student so as to inculcate OLQs and prepare for SSB?**

**Article by :**

**Col. Pradeep Walia (Ex. Interviewing Officer, Bangalore Board)**

Some how I am against even mentioning of the word **OLQ** leave aside listing them.

Each one of us have certain good qualities and some not so qualities. We need to

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retain the good qualities and not attempt to change them and improve on the weak areas/ qualities that we have.

**If you know or focus on the list of qualities SSB is looking for you will automatically put what you want to speak or write through this OLQ filter and if you find it suitable after passing through this filter then you will speak or write.**

So you are unintentionally incorporating an obstacle which will delay your responses. Hence you would lose your spontaneity.

A guidance is a good guidance if it does not give you general “gyan” but point out your weak areas and allows you to improve them also if it does not temper with your strong points so that you retain your natural flavor.

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*How do I improve my personality for SSB?*



**Personality** is some total of what you are. Good thing about personality is that it is dynamic in nature. So there is scope to change and can become better or worse from what it is today.

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You heard of Saint Valmiki who wrote Ramayana. He was a dacoit and one fine day he changed and became Saint Valmiki. The possibility of this change is the ray of light for everyone.

Now how should I change the personality to get selected in SSB?

I wonder if you should do that. You should **change to be a better person and clearance of SSB will automatically follow donot change to clear the SSB**. Valmiki did not change from being dacoit to write Ramayana, he changed to be a better person and ended up writing Ramayana.

You are not today what you were yesterday, you won't be what you were before reading this because everything leaves an impression on us and the sum total of that is our personality. If you want to change you will.

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*Is the SSB procedure biased towards national or state-level sportspersons?*



SSB does not select you based on your sports capability but as an interviewing officer if a person has been a sports person of the national level it does indicate his focus and hardwork in achieving that level.

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Barring this he gets no selection advantage this too he need to justify like any other achievement filled in the PIQ form

**You are recommended if you cross the thresholds level fixed for selection as a wholesome personality.**

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**SSB Assessment is different for Army, Navy or Airforce?**

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**SSB Assessment is different for Army, Navy and Airforce?**



By and large SSB for all the three services Army, Navy and Airforce is same with minor variations. Airforce for the selection of pilots puts them through an

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aptitude test for flying called **CPSS** which actually is an additional test along with the SSB testing.

Other variations are that the **IO** would ask the questions related to service one is wanting to join eg for navy one would like to ask may be Archimedes principal, working of SONAR or for Airforce one may ask about Bernauli theorem etc.

Now let us try to understand **why have separate SSB for Army Navy and Airforce?**

All the assessors are trained by the common institute **DIPR ( Defence Institute of Psychological Research)**. In fact army and naval boards are co located like I am from army and did my on the job training not in the Army but a Naval board. SSB boards of Airforce are located separately.

These days defence forces are moving towards integrated teams operations concept where **Army, Navy and Airforce** are co located and operate under one officer. Andaman Nicobar has got first such command. **It helps in achieving optimisation of resources, faster response and smoother operation.**

Though it's not happening today but in times to come it will make sense to have common SSBs for optimisation of resources.

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*What action plan should previously recommended candidates follow to get recommended again?*



Firstly congrats for getting recommended in SSB it goes to show you have the potential to join defence forces.

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The mistake recommended candidates make is they become careless thinking they have what it takes to be an officer so they will get recommended again.

SSB firmly believes that **personality is dynamic in nature and undergoes change** that is the reason a not recommended candidate can get recommended in his next SSB. With same logic a recommended candidate can get not recommended if he does not perform to the desired level. **SSB checks out your personality** at the current levels it may have deteriorated or improved from your last **SSB** as the case may be. So do not be lax.

A recommended candidate should appear for next SSB as if it is his first attempt, keep updated about the current happenings, should not become over confident. Already recommended tag in SSB will help him till the time he proves that he is worth it.

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**What is next when you have exhausted all of  
your attempts in SSB (overage)?**

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**Exhausted all attempts for SSB?**



**Actually speaking this situation should not arise.** If you have appeared couple of times for SSB and not getting recommended what does it mean!

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It means either you are not cutout for army or you are not doing something right. In first case nothing can be done. But for the second case you have options.

Let us understand it like this, you want to go out of a room and instead of the door you are trying to go through one of the walls. Result - you are not successful.

Second time you work even harder but again in the same direction through the wall. Result- same not successful.

What you need to do is to analyse your mistakes, (not go through the wall) correct them (change direction to face the door)) and then try again and you will be able to go out.

SSB does not tell you what is it that is stopping you from getting recommended. **A professional can help you put your finger on your weak area and put you in correct direction.** If you are able to improve on that there is no reason why you should not get through.

Now let's assume that you started appearing late in life or for some other reason you have exhausted all your chances and still want to continue without advise.

Then you have Territorial Army 18 years to 42 years of age though it's not a full

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time job but help you wear a uniform and fulfill your desire to do adventurous activities but the hurdle of SSB continues.

Other para military organisations are there like BSF, CRPF, ITBP etc.

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**Can a depressed person crack the SSB?**



India as per WHO is one of the most depressed countries. Let us understand as to what is depression?

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*It is a feeling of unhappiness that lasts for a long time. Depression can be a medical condition and may have physical signs, for example being unable to sleep, etc.*

And if you are unhappy for a long time you tend to talk negatively in that state.

And if are unable to sleep as a consequent you will stay irritated. If you are not fully rested focussing on anything will become a challenge. And all this will show

So it is not only depression but its impact on your other qualities that make the situation worse.

Once you are able to find the reason that is causing the depression it is possible to cure it.

**The best way is to seek medical help though unfortunately there is a stigma attached to see a doctor on mental issues.**

Without getting rid of depression it may not be possible to get through SSB.

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## 5 biggest Reasons behind not getting recommended



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**5 biggest Reasons behind not getting recommended**



### 1) Demoralised after getting few screened out/conference out.

Always remember that You are applying for an armed forces where you have to face the toughest situations which you haven't seen in your life till now.

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Imagine you and your team has given a task of killing a terrorists hiding in a jungle. You are leader. Everytime you try to trace the terrorist location, the terrorist have already moved on to new location.



What will you do? Will you give up? Answer is "No". You will try harder. Its your duty to give moral supports to your team too. It doesn't matter how much time it would take but until and unless you will not hunt them down you will not return. Right?

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Now, if you get demoralised after facing just few screened out or conference out then you should better apply for other job. That's the truth champs.

Everyone understands that you feel sad etc etc. That's basic human nature But you have to use that failure as a weapon and not as a tool to get demotivated.

Always remember, sometimes recommended candidates coming again for the SSB is also get screened out/conference out. So, result is not in your hand but trying hard for it is in your hand.

**2) Getting demoralised just because you didn't performed well in your group discussion or your GTO task or any individual test.**

Your recommendations is not based on performance in any single test. Its a 5 days long testing procedure.

No one is perfect. It's fine if you have not completed your command task.

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It's fine if you haven't got the chance to speak in group discussion.

It's fine if you have completed just 7 Individual obstacles.

It's totally fine if you have messed up in your personal Interview.



It's your duty to move on and perform well in other remaining task.

Overthinking on any particular test performance will only gonna hamper out your performance in other test .

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Just because of 1 test, do not spoil your other test. Try to perform well in other remaining test.

### 3) Taking too serious the 5 days SSB testing and not enjoying it.

Remember that its not a physics or maths paper that you need to be too serious to get good marks, that you have to sacrifice your free time so that you can finish your book.

Enjoy your 5 days stay. Make friends. Play different games.

Go out with other candidates.

Do the activites which makes you happy or relax your mind.

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Because these things effect your psychology. If you are happy then your mind works in different way. You automatically thinks positive. You will perform well in your tasks.

- 4) Trying to show yourself as better than other candidates.

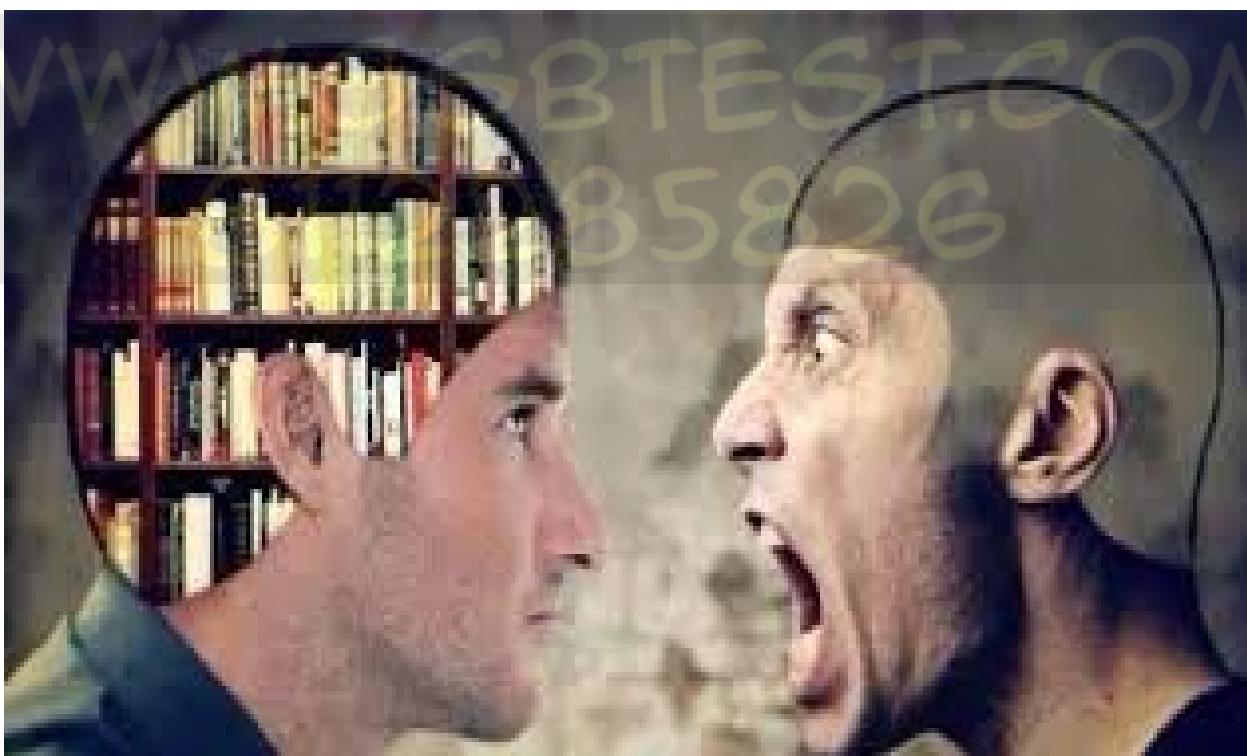
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Trying to show yourself as genius in all field while filling PIQ form, unnecessary shouting during group discussion, trying to show superior than other candidates etc etc leads to overconfidence.

Always remember, SSB 5 Days testing is not a competition. You are not competing with other candidates there. Its a testing of your own personality. What you think, what you speak and how you act in any situation is tested there.



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It totally doesn't matter that you have been 10 times conference out or last time you waited for 30 min during conference time etc etc.

Whenever a candidate go for SSB, the entire testing process starts from beginning. It is not anyhow related to your past SSB Performance.

## 5) Communication skill.

It is very important to understand that you are applying as an officer in armed forces. The common language which anyone can understand is english and that's why we have to speak in english.

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# **IMPORTANCE OF COMMUNICATIONS**

It's a very simple logic. If you are not able to express yourself then how will you command soldiers under you?

BUT it totally doesn't mean that you should have fluency.

Important thing is :

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- a) what you are speaking should be logical.
- b) Your team members can easily understand you.
- c) You should be confident while you speaking.

So, work on your communication skills

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**How to give your best in SSB? 10 things you should never miss before going for SSB.**



## **1) Consistent performance in all the 3 test.**

Whether it is Psychological test or Personal Interview or Ground Task, it is very important for a candidate to have a consistent performance.

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If it is a good performance then it should be good in all the 3 test. If it is an average performance then it should be average in all the 3 test.

If you are performing very well in psychological test or personal interview but your interaction with team is not effective in GTO then it overall degrades your performance and also reduce the chances of you getting recommended.

It shows that you are not showing your true personality in these test.

## 2) Importance of Psychological Test

Psychological Test is very important. This is the only test in the entire SSB interview in which a candidate do not have any interaction with anyone.

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The story which you are writing, the self description you are writing should definitely match with the things which you are mentioning in Personal Interview or the traits which you are showing in your GTO task.

Writing a preconceived story will never work in your favour.

Psychological officer picture you by reading the things which you have written on paper.

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### 3) Awareness

The most important thing is that you should be aware about yourself very well.

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You should know what your weak points are. You should know what are the areas where you are strong.

If you are going through any technical entries then you should have basic knowledge of the things which is very common in your domain.

Let suppose you are mechanical engineering student and the interviewer ask about engines and its working.

Then you hould never be surprised by this questions as its a very basic question for mechanical engineering students.

It is expected that they should be aware of these things.

Preparation of current affairs is also mandatory before going for the SSB.

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If you have a gap in your studies or after your graduation then the interviewer might ask the reason behind that. Give a genuine reason. Well prepared for these type of questions which the interviewer will surely ask.

If you are working professional then he will surely ask your salary and the way you spend it.

Interview always want to know about your interaction with your family, friends etc.

#### 4) PIQ form

You should be completely aware of the things which you have written in PIQ form.

It is recommended that your Achievement section in PIQ form should never be blank. It is definitely not important that your achievement should be big. So, even if you have participated in Debate competition then mention that.

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This will never be the case that throughout your academic career you have never participated in any activity.

So, always try to mention something in your Achievement section rather than keeping it blank.

## 5) Mentality while performing any task

Let suppose Group Discussion is going on then never count number of times you have spoken or you have dominated the group.

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Trying to dominate in every task ,just to perform well than others will not going to work in your favour.

Your mentality should be to help your group in any of the task given in crossing the hurdle or to give valuable points in the group discussion and thereby taking the group in right direction.

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## 6) Getting nervous in Personal Interview

This problem normally happens with repeaters. It negatively effects your presentation skills.

Try to practice your interview before going for SSB. You already have idea about what kind of questions they are going to ask in interview.

Be confident while answering.

Please never ever deviate from the things which you have mentioned in PIQ form or the things which you have said to the interviewer.

## 7) Worrying about the results

This is the common mistakes done by the repeaters.

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They always start thinking that what will happen this time, whether they will make or not. Please, never worry about the result.

It is very important for the candidates to stay calm throughout the 5 days testing procedure and try to give best in it.

While performing any task, do not think of the result. You will never be able to give your 100% while thinking about the results.

## 8) Past Performance

Fresher gets a plus point here as this is their first attempt so a better preparation and a correct guidance will definitely help them in their performance.

But normally this is the point where repeaters are worrying about.

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Always remember, if you get screened in then your assessment will be done freshly and it is not related anyhow to your past attempts. Candidates get recommended in their 23rd attempts also and that's the beauty of SSB.

So, never let your earlier attempts become a hurdle in your performance. If you perform better in this time then no one can stop you to get recommended.

## 9) Judging others performance

IT's a very negative trait of judging the performance of others. You never know how a candidate performed in Psychological Test or Personal Interview.

Assessors are experienced enough to judge the candidates. So do not compare or judge others performance.

## 10) Enjoying 5 days

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A calm and happy mind always gives a better output.

Take those 5 days as a vacation from your daily schedule. Make friends, visit new places, give your views on different topics(only place where someone ask for your views and which matters(in group discussion)), try to understand yourself, analyse yourself and live those 5 days to the fullest.

This will surely help you in your performance.

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**What are the chances of NCC students of clearing SSB through NCC special entry?**

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**Chances of getting Recommended through NCC Special Entry**

**NCC SPECIAL ENTRY SCHEME**

In SSB we do not recommend candidates based on number of vacancies available. Say there are 50 vacancies. All over the country SSBs may end up clearing more than fifty or less than that. To make you understand take it that SSB has a set standard if candidate crosses this standard he gets recommended. Though some conditions apply that are not relevant for you to know.

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Some candidates get filtered out during the medicals and balance are put in the merit list. The best candidates are asked to join based on the vacancies available. Those who are not able to join the course but are in merit list are expected to clear the SSB all over again.

**Hence you not only need to clear the SSB but clear it in a manner that you make it to merit list. Therefore do not hesitate to take professional guidance. Actually what we are going over here is also guidance and education :)**

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*Is it correct that repeaters are shown a blurred image in the PPDT during the SSB?*



#### **PPDT (Picture Perception & Discussion Test)**

We show you a relatively blurred image to give you the flexibility of thought. You may imagine that the character is male or even female; in positive, negative or

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even neutral mood; age may be 25 or may be 30-35 years. You get this flexibility because the image is blurred.

On the contrary if we show you an **image of Katrina Kaif in PPDT** your imagination and thought will be curtailed because the picture is clear and you will not be able to go beyond the life of Katrina Kaif.

This perception that repeaters are shown **blurred images** and freshers are shown clear images is misplaced. No such distinction is made in **SSB** it is a matter of chance that you get relatively clear picture once and shade blurred the other time.

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*Being a repeater, how can I prepare for the SSB?*



**Repeater is a person who is going to SSB more than once.** If the second time is after you were screened out you are still a kind of fresher as far as stage 2 is concerned.

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**SSB has a set standard for the candidates to be recommended.** Any candidate who attains that standard or higher than that is recommended. Any candidate who for some reason does not reach that level is not recommended.

Let us understand this with an example. Suppose you want to go out of a room but instead of going out through the door you are trying to go out through the wall. Will you be able to go out? Answer is no. Second time you put in more effort but are still trying to go out through the wall. Even with more hard work and more effort the result will be same that you will not be able to go out of the room.

**What is required!** You need to analyse your mistakes, correct them and then try again.

In the above example **analyse your mistake** that you should not try to go through the wall, **correct your mistake** by changing the direction ie point towards the door and **then try again** and even with lesser effort you will be able to go out.

Now after your rejection you are no doubt putting more effort but your direction may not be correct. **There is no harm in taking a professional view** to find out what is it that you are doing wrong and then focus your energy on this weak area and the result will be different.

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**What are the limitations of joining the special entry in the armed forces using an NCC C certificate?**



**What are the limitations of joining the special entry in the armed forces using an NCC C certificate?**

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There are certain limitations while joining through NCC C certificate.

Firstly number of vacancies are less.

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Secondly you can start with only short service commission.

**But having joined, there are no limitations whatsoever.** These officers are at par with other officers in terms of ranks and salary.

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*Is there nepotism in SSBs?*



No.

It is by far the fairest system as a candidate is assessed by three different assessors who interact about the candidate only in the conference.

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There are many many army personnels kids who are not recommended. Even  
kids of the assessors have no guarantee of success.

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**What is the new de Novo system of SSB and  
when will it come into effect?**



**Selection centres are always under pressure to undertake testing of more candidates.** You are aware these days it takes 5 days for a batch to be tested.

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A study was ordered to see if we can increase the number of candidates being tested. One option was to increase the number of selection centres. Recently 9 SSBs have been added for this purpose.

Another angle was to see if we can reduce the number of days without affecting the quality of testing. In the 5 days testing those who have appeared earlier would appreciate that after screening tests no activity was planned post lunch similarly after psych tests post lunch was left free, GTO was spread over two days and last day of conference was actually not contributing to increase in inefficiency.

The new system being tested in Selection Centre South Bangalore plans to take care of these and see that these free patches of time are made use of and days reduced to 3 instead of 5 if possible without affecting the quality. If that happens every three days a batch will be churned out and total number of candidates being screened will increase.

Assessors have to confirm that results achieved by 3 day testing do not differ from 5 days testing.

**No date has been fixed for its implementation so far.**

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*Is there any discrimination against reserved category candidates in SSB interviews?*

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**PIQ FORM**

1. No. of Brothers and Sisters.....  
2. Your Ranking Among Brothers and Sisters.....  
3. Education and Occupation of Siblings.....

क्षु. नां. क्र. QIR.....

प्रक्रियात जानकारी प्रश्नपत्री  
**PERSONAL INFORMATION QUESTIONNAIRE**

1. चयन बोर्ड नं. और स्थान Selection Board (No. & Place)	बैच सं. Batch No.	दस्त संख्या Chest No.	कूली, से. को. का. रोल नम्बर UPSC Roll No.
2. सुन्दर अक्षरों में नाम (जैसा आवेदन पत्र में है) Name in CAPITALS (As in the application form)			
3. पिता का नाम / Father's Name (अ) अधिकारी समय आवाज का स्थान			
4.			

**Is there any discrimination against reserved category candidates in SSB interviews?**

(b) Present Address (With approximate population  
of the city/town/village)  
(ग) राहीं पता (साल/करवा/प्राप्त की अनुमानित जनसंख्या लिखा)

(c) Permanent Address (With approximate population)

If you are saying that reserved category students do not get selected as they would in other jobs even with less marks then yes they are discriminated.

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Army so far does not take cognizance of your caste creed or religion for selection.

Though these days you have a column in PIQ stating your caste (which personally I am against) but I guess this is for generating some statistics.

**There is a misconception that wards of defence officers get preference which is misplaced.** We have enough and more officers whose children could not qualify in SSB.

SSB considers every candidate as potential officer and treats them at par, ***any one who achieves the set standard gets recommended.***

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**What is the easiest way to become a permanent  
commissioned officer in the Indian armed forces  
(Army/Air Force/Navy/Coast Guard)?**



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Actually there is **no easy way** to become an officer in the defence forces but there is **the way** to come one!

Having said that let me elaborate and give you relatively easy way which can be subjective. I am giving this answer making it gender neutral for the benefit of others too.

If you do not like maths especially the higher maths then **NDA** is not your cup of tea similarly **TES(Tech Entry Scheme)** will fall under this as you need to be good at PCM (physics chemistry and maths)

If you are okay at elementary maths then **CDS** where one has to clear English, GK and Maths paper may be easiest but this is only for the gentlemen as it is for permanent commission. Soon it may be made available for ladies as well. Ladies and the gentlemen (who hate maths) can apply for short service commission where only two papers are there English and GK. **By far the entry to OTA is easiest as far as written exam is concerned.** Another entry is **NCC entry** where there is no written test but doing **NCC** in itself requires consistency and hard work.

**SSB** is same for all the entries so it will not make any difference.

Where there is will there is a way. If you have decided to join defence forces then focus all your efforts, all your time and all your energy towards it and one of the seat will definitely belong to you in the academy!

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**What are the chances of NCC students of clearing SSB through NCC special entry?**

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**Chances of NCC Cadets to clear SSB**

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In SSB we do not recommend candidates based on number of vacancies available.

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**What is the confusion of language in SSB? Why  
do we have a negative point if we narrate or take  
a GD in Hindi?**

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**Why English is Important to Clear SSB Interview**

Spoken language for the defence officers is English and each candidate is expected to speak in English.

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But remember language is just a means of communication had our mother used English while interacting with us we would have been proficient in this language since she spoke in the mother tongue so we are proficient in our mother tongue.

Also in SSB you are not rejected just because of your spoken english. If only English was important we would have picked up all the students from the convent schools and filled the officers vacancies.

As long as you can convey your view point it is okay. Also if you get stuck some where you are free to use Hindi and again switch back to English when comfortable.

When you join the academy your English will improve as you have to speak only in this language 😊 :)

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**What are the chances of a fresher being recommended in SSB as compared to a repeater?**



When you go as a fresher in **SSB** we consider that we have a potential officer in front of us unless you prove otherwise. Because there is no history available on you.

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**As a repeater** when you appear natural tendency of any assessor will be to know why were you not recommended last time and have you improved upon on your weakness. Because one board has already seen you. It is not that repeaters have no chance of success compare to repeaters. .

At **SSB** we try and ensure that Freshers are not mixed with repeaters.

Freshers are at an advantage in **SSB** as compared to repeaters.

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*Is low confidence a good enough reason for rejection at the SSB?*

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**Chances of low confidence candidate to get recommended**



Low confidence will reflect in **GTO** in terms of not being able to do commando bridge or other obstacles, in **Lecturelettes**, all the discussions, in out door tasks he will be submissive, during interview he will not be that expressive. During psych tests also this will be reflected.

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Once all the assessors confirm low confidence levels then the candidate may not be recommended.

**It's never one trait alone it the sum total of all the qualities that make a personality.**

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*Is it normal to not get nervous during an interview?*

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**Is it normal to get nervous during SSB Interview?**

Not getting nervous is unusual as interview has an element of unknown selection or no selection and this fear of unknown is what makes a person nervous.

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This nervousness can be reduced if you can define the loss that will happen if the result is not to your liking.

Our mind is made to function and handle certainties. When ever there is an unknown factor it keeps fluctuating like a pendulum. For example you get a news of your best friend meeting with an accident and no other piece of information. Now your mind will keep jumping at conclusions till you feed it with some clarity. Even if you feed it that your friend is no more (God forbid) it will reconcile.

Actor Amitabh Bachan once said “**after spending decades in acting even today when I get on to the stage or Infront of the camera I get butterflies in the stomach**” it's nothing but the fear of unknown.

May be you already dislike the job and mentally rejected it or too overconfident the you already know you have this job and interview is just a formality, both are not good.

***So not getting a bit nervous for an interview is not good.***

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**Can we say Making Friends as Hobbies in SSB?**



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**Can we write making friends as hobbies in SSB Interview?**

Do I need to have a large circle of friends to talk about in my SSB interview? Will having a few friends leave a bad impact on the assessor (for non-technical entry)?

All the people that you know can be divided in three categories. First is Acquaintances; these are all those people that you recognise but don't interact on regular basis eg your college mates, people staying in hostel or society etc.

Second is Friends; these are people you interact with regularly their number will approximately be 6–8.

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And then you have close friends; a group of 2–3 people you can call them any time, seek or give advice and share secrets with them.

Some will call face book friends as friends, now that is not correct. I don't think those people qualify to be friends 😊:)

Some take pride in saying that their hobby is making friends, now that is dangerous that means having lot of friends and as a consequence spend so much time keeping in touch with them ( or wasting time).

So if you have a small but good and reliable friend circle that's perfectly alright.

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Can I crack the SSB on my first attempt without going to any SSB coaching centres? Will I be confident enough to face the SSB with only the knowledge that I gain from the internet and from friends?

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Can I crack SSB in my first attempt without going to SSB coaching centres?

Definitely the answer is **Yes**. If you have all the ingredients required for being the potential officer you will get recommended in **SSB without coaching**.

Second part is tricky, will I be confident with only the knowledge gained from internet and from friends then the answer is big **NO**.

Internet has sites where all the candidates recommended and not recommended give out what they feel is the correct way of doing it. **Remember SSB does not give the reason for not recommending the candidates what candidates write is their perception which can be right or wrong.**

Similarly recommended candidates write what they feel is their perception that they were recommended. Both these are normally far away from reality.

When we announce the result after the conference and you find a particular candidate has been recommended haven't most of you felt why has he been recommended? and that you were far better than him and there were others better than him too :)

So do not trust your friends who were not recommended and more so who have been recommended.

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If possible seek some genuine professional guidance who can point to your weak areas and then fix them and go for the SSB. You not only need to clear the SSB but need to make it in merit too.

I reiterate if you have all the ingredients then no guidance is required.

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*What are some of the best answers about your weakness for the army SSB, or any Interview?*



This forms part of your interview as well as Self Description. Instead of answering this question directly let's look at it this way.

If you have to make a friend what would you like that person to be.

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First is your frequency should match with him ie you should feel comfortable in his company. He should be dependable, he should be available at the time you need him, he should be able to keep your secrets as a friend, he should be able to give you good advice and friends are the ones who will tell you that “your zip is open close it” or “your face is dirty go wash it” others will either keep quiet or laugh at you and not tell you. It will come from your friends that you **lose your temper quickly or that you are a bit stingy (kanjoos) :)** If your friends think on these lines about you then you are on the right track. Same way think about your teachers and parents.

From your parents side weak area that can come may be that **you are lazy** and keep sleeping. If you get up early you can change the world.

Teachers always feel that if you **put in a bit of hard work** you can achieve what you want.

Most of us tend to write about bad communication skills. Do write it but not if you can speak fluently.

Having written this when you write areas to improve do write what have you done about all the weaknesses that were shared with you.

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Say your friends feel you lose temper and you tell them “you guys make me lose it because of your idiotic actions” this means friends feel and know you lose temper but you are not willing to accept it. Since you have not accepted your weakness you can't even improve on it.

We want to know, have you taken note of your weak areas and done something about it or not.

**Common myth why give your weak areas on your own is misplaced yes dilute it a little if you so desire instead of “I am lazy” you may put it “lazy at times”:**

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## *What are the chances of an introvert in the SSB and the AFSB*



**What are the chances  
of an introvert in the SSB  
and the AFSB?**

An introvert is a person who is shy or inward looking person. Apparently all actors need to be extroverts as they have to act in front of others. Are you aware that Angelina Jolie, Emma Watson, Deepika Padukone and Ranbir Kapoor are all

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introverts as confessed by them. But they are doing what the best of extroverts actors are doing.

Same goes for selection in SSB you have to make an attempt to interact with people and once you have the content to speak it makes it easier for you. So do not let this nature to act against your interests.

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If someone never participated in NCC and was not able to clear the NDA exam, what are his chances of clearing the SSB to join the Indian Army?

**Chances of clearing SSB without clearing NDA Exam or participation in NCC.**

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It happens that lot of schools do not offer NCC to the students.

And **NDA exam** involves higher maths and it may happen that one is not good at higher maths and may not be able to clear **NDA written exam**.

There is nothing wrong there. And only these two things donot determine your selection or rejection.

There are other entries through **CDS exam** where maths questions asked are only upto tenth standard. And if you are appearing for short service commission then this maths is also not required. You appear for two papers English and GK. And you can still become an officer if you are cutout for one.

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**What kind of mental stress do students face  
during their SSB interview?**



Why only in SSB interview in any interview the stress is because of fear of unknown.

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Now the point is how to get over this fear of unknown? Let us define what is unknown in this.

If my **SSB doesn't go well** I will not be recommended and may have to attempt again. This is the maximum that can happen. Once you define what is the maximum damage that can happen your mind starts accepting it and becomes clear & start thinking.

Now prepare well with all the time and energy you have your outcome will be better than the one you defined.

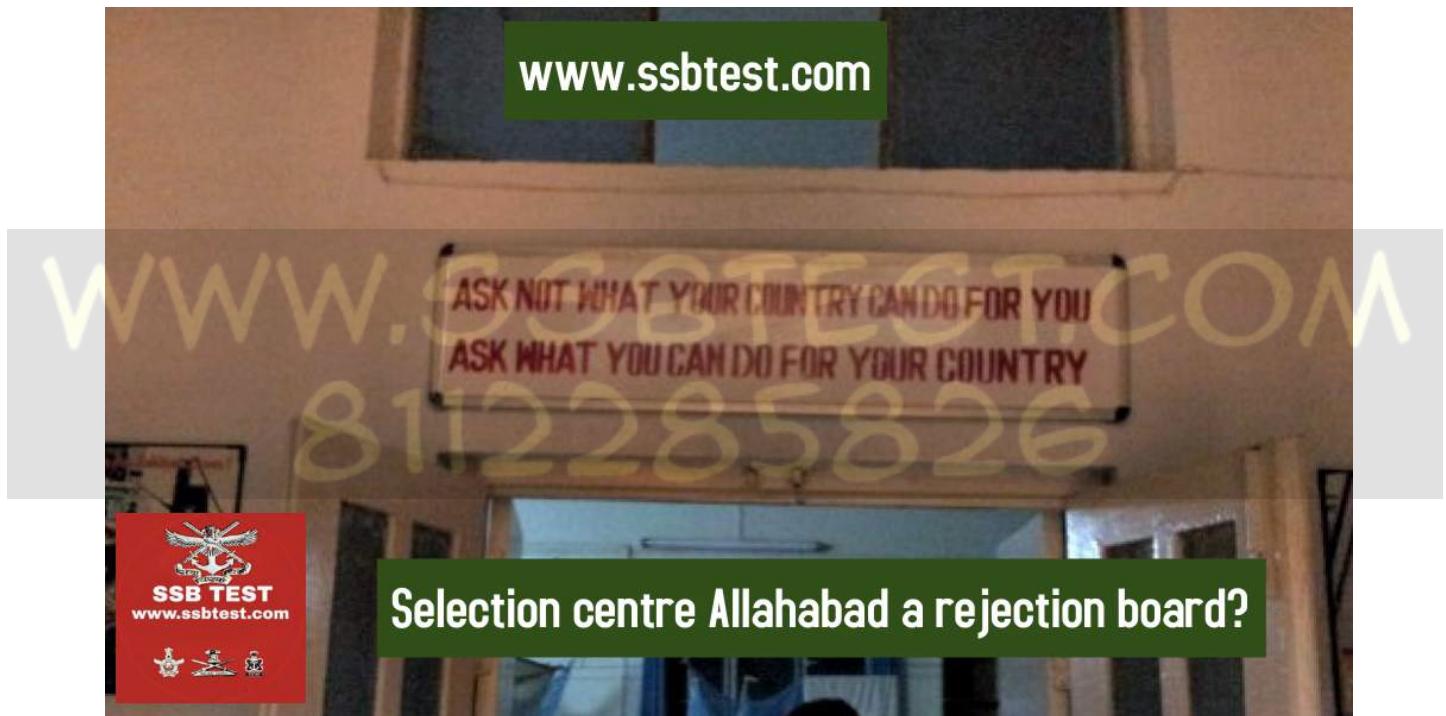
Five days at **SSB** are like picnic organised for you at the government expense. If you enjoy it and play on front foot believe me your chances of selection will improve.

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**Why is Selection Centre East, Allahabad, known  
as the "rejection board"?**



Yes, this perception exists in the environment that the selection rate is lesser in SSB Allahabad compared to other boards.

In other words rejections are more in SSB Allahabad.

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Let me give you the logic to this. Out of say approx 153 candidates that report to one selection centre for screening say approx 50 candidates are taken to stage 2. And out of those 50 say 3 candidates get recommended. Now there are 150 (153–3) candidates who are not recommended from this board. Remember Bangalore has three boards so  $150 \times 3 = 450$ ; Bhopal has four boards so  $150 \times 4 = 600$ ; and Allahabad has five boards  $150 \times 5 = 750$  candidate who are not recommended and are in the environment telling they could not make it in Allahabad. And if you calculate round the year it will be crazy. So any one you meet says he was not recommended and appeared in SSB from Allahabad.

And the recommended candidates may not even be available to that an extent in the environment because he would have joined army and doing his training.

If you are the boss and have these boards working for you and you find success rate is more in one board and very less in the other board wouldn't you pull up that board for their inefficiency in comparison to other boards. Army HQs recruiting directorate monitors this rate. Also all these boards have officers from same defence forces trained at same institute and get posted from one board to another. So **this is only a myth that Allahabad is a rejection board.**

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**What is the best reply to interview question "what are you negative qualities/weakness?"**



The purpose of asking this question is not to find or know your weak points or negative qualities. Your negative qualities glare without you listing them out. This question is to know whether you are aware of your negative qualities or not.

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The weak areas or negative qualities that are normally given out by candidates are **losing temper, being lazy, bad handwriting and the most common spoken English.**

It may happen that your friends are telling you that you lose temper very quickly but you may turn around and say, "I don't lose temper but your behaviour make me lose it" that means you have a quality or call it negative quality but are not willing to accept it. Unless you accept that you have a negative quality you can not over come it.

**Now what is the best answer to the question?**

**First analyse and identify actual weak areas of yours.** While putting across make it a little mild if required eg instead of saying I am lazy one can say I am lazy at times.

**Donot manufacture weak areas give the ones you have and be prepared to handle as to how are you trying to over come this.** So for losing temper one can say that "I do not react immediately now, I count till twenty or have a glass of water and by then fit of anger is gone past".

Remember there are no living human beings with no negative quality. They may have less or mild neagative qualities but they will have them. So there is nothing

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to feel bad about having them as long as you are aware of them and taking appropriate action to correct them.

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**What should I say about my very low percentage of (8th to 12th class) to the IO in an SSB interview?**

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Low percentage in Graduation?

I am not sure what is your **educational qualification** ie +2 or graduation.

If you are a graduate and your performance up to 12th is **below average** and thereafter you have realised and improved then you can build your case on realisation of performing well and your percentage in your graduation will support your

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claim. It will go as you made a mistake but on realisation you changed for better which is good.

If you are only +2 then it becomes difficult to justify. It is difficult because it is related to your attitude of not realizing the importance of good percentage or at least decent percentage in today's world.

**A dip in percentage in a particular year is easy to justify than prolonged low percentage which is related to attitude of not focussing and working hard consistantly.**

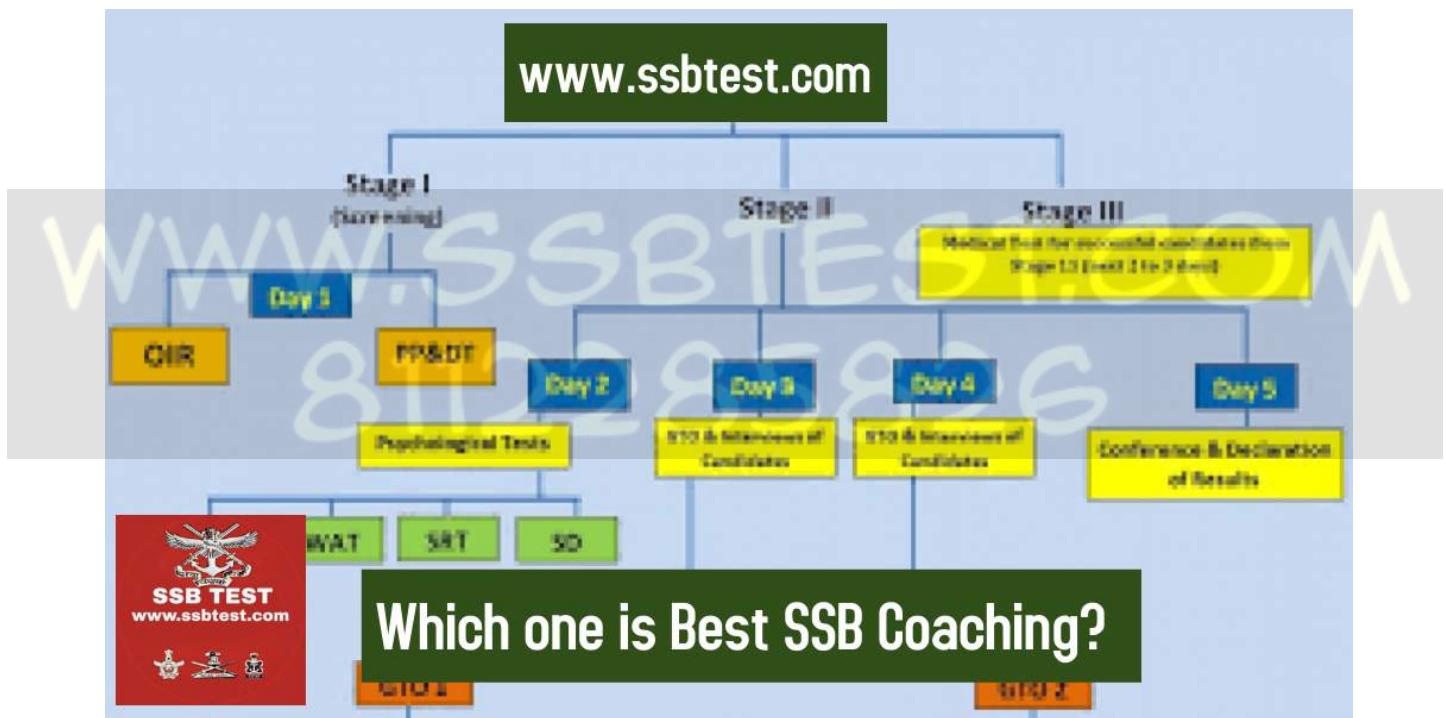
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Which is the worst SSB interview coaching center in India, or what SSB coaching centers should one avoid?



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First of all let me give a disclaimer that I run a coaching academy The Talent Bridge so what I say take it with a pinch of salt. I know I am treading a forbidden path but let me do it for overall good.s

Having said that I will give a **few symptoms/indications which will help you avoid the institutes that may not do justice to you with SSB in mind.** So let's find Wrong Numbers as elaborated by Amir Khan in movie PK.

-All the academies which make a batch of more than ten candidates is a wrong number.

-Those who make a mention of three letter word OLQ verbally or in writing is a wrong number.

-Those who give you written list of words with sentences is a wrong number.

-Those who make a group of candidates sit and give you a common story in PPDT and TAT so called ideal story is a wrong number.

-Those who do not conduct a full 30–40 minute personal interview and do not give you individual feed back is a wrong number.

-Those who make you do GTO tasks on laptop/projector is a wrong number.

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Having said this let's see what is the main issue. Each candidate has certain strong points and some weak areas. His strong points should be left untouched to maintain his natural flavour and one need to work on the weak areas to remove/improve them. And it's not a rocket science to get through SSB.

What needs to be done to get through or the way to go which is time consuming and need to be followed:

- All candidates need to be treated individually and separately to identify their strong points which should not be tempered with and weak areas which need to be addressed.
- Individual interview for each candidate to find out the above. No common points to all the candidates.
- Individual checking of psych test and individual feedback.
  
- GTO tasks done on ground to identify individual weak areas and process to rectify it.

And let me state like we take advise and help of professionals for cracking engineering, medical or civil services exams we certainly can do that for SSB. We

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at SSB don't take a negative view of this. Only thing is don't tell lies and don't put up a facade. Be natural and success will be yours.

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*What if IO is asked in SSB? What is your next plan?*

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*What if IO is asked in SSB? What is your next plan?*



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**It should be, sir I am hopeful that I will get recommended and join the forces with due process.**

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If he says suppose you are not recommended this time then you can tell him that you will analyse your mistakes correct them and then try again.

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Why are the graduation degrees given by the NDA and IMA seen as of no use outside military circles?

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Values of Graduation degrees from NDA and IMA

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I was attending the convocation ceremony of army young officers who had just finished their engineering degree in Hyderabad and the chief guest was none other than Field Marshal SHFJ Manekshaw popularly called Sam Bahadur or Sam. He was addressing the officers I still remember and he said, "**I congratulate you all on you graduation with a touch of envy as I am just a matriculate though I had the honor to command one million army**" (strength of our army at that time).

Those were the times when cadets in NDA used to join after their matriculation and they continued to be same. Then induction qualification was raised to plus 2. And now the cadets get a degree from JNU when they pass out from NDA and join IMA.

Before we discuss the topic let's see who is a specialist!

Specialist is a person who knows more and more about less and less. That's what happens as you keep growing in your subject. You start from general subject and then keep narrowing it till you reach the minutest part of it.

Like a General Physician knows something about everything and a specialist (say an eye specialist) knows every thing about that little thing (eye).

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Same way NDA makes you graduate and allows you to study 36 subjects as vast as Physical Training, Drill, Martial Arts, Horse Riding, Rafting, Para gliding, Para jumping etc along with the normal subjects. Cadets get graduation degree from JNU.

So as an academic degree these certificates may not be too valuable but as a person that cadet becomes highly capable. Capable enough to handle most difficult challenges of life in a matter of fact manner.

Hope it answers your question.

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## What habits can we adopt from the Indian Army?

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**Habits of an officer which anyone can adopt**

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What is lacking in today's youth in general is not taking care of their physical health, discipline, respect for others time and emphasis on comfort over task to be accomplished. I said in general if you do not fall in this category then treat yourself to be an exception and keep it like that.

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**Sense of time and value of reaching on stipulated time.** There are three ways you can reach a venue; after the time (not acceptable), on time (very difficult to manage) and before time (desirable). If a commanding officer is late by five minutes for a sainik sammelan ( where approx. 700 soldiers participate) is he five minutes late! no he has wasted  $700 \times 5 = 3500$  minutes of the battalion. And no one has the right to waste others time. One can learn the value of time.

**Good physical health and positive attitude;** a healthy mind stays in a healthy body. We were camping in jungles for a practice exercise of our battalion and it was my first posting after commissioning. We were staying in tents, had just finished our morning Physical Training routine and all officers were having a cup of tea after that. My commanding officer Lt Col V Mahalingam ( now Brigadier retired) said, “ see we have finished our physical fitness exercises, see the beautiful sunrise, birds are chirping, we are enjoying this with a cup of tea in this beautiful environment and imagine army is paying us for all this”. Now this is a matter of attitude you can choose to be happy or choose to be sad that you are sitting in the jungle wasting your time.

**Focus on the task** is another thing that one can learn. Our own comfort comes later first is accomplishment of task. If you keep this in mind half your problems will get resolved on their own and you will have clarity of mind.

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People in the army are also taken from the same society that we live in. It's their attitude that makes them different. It is said **your attitude will determine your altitude in life.**

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I think, in order to change oneself, one has to feel bad about oneself. Am I right?

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**Feeling bad about yourself is necessary to change your personality?**

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Why do you want to change because you have something in your personality that is not liked by others. You do not have to feel bad about it but you need to recognise, analyse, accept it and then you can proceed to change yourself.

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For example if your friends tell you that you lose temper very quickly. Now you may turn around and say " I don't lose temper it's you people who make me do it". That means you have an issue but you fail to recognise and accept it. Unless you accept you can not change.

**So what is important is to recognise, analyse and correct yourself. You don't have to feel bad about your self. And this is an ongoing process as long as you are alive :)**

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*Can you recommend a good book?*

**SOLDIERING  
A LIFE ON  
THE EDGE**

Book all SSB Aspirants must read

Actually you have not mentioned any particular subject. I would recommend a book that I recently read. It is “**Soldiering: A life on the edge**” by PS Gothra. Brigadier Gothra is a dedicated soldier who has done considerable service in J&K. Published by Notion Press. It is 183 page book.

It is on the life of a young officer who is short service commissioned and posted in a battalion located in J&K. The book through the hero of the book takes you on a

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journey and shows what all a young officer goes through in terms of operations and along with that how he takes care of his men and solve their problems. It is a fast paced, pleasing to read book. Book will keep you on the edge from the first page to the last. You will feel as if it is you who is living his life.

Highly recommended for all the SSB Aspirants it's available on "Amazon" also.

*And may I request to those who read it to give their comments for the help of others.*

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*Is it wise to drop a year after +2 just to prepare  
for NDA written and SSB interview?*

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*Is it wise to drop a year after +2 just to prepare for NDA  
written and SSB interview?*

Not a good idea!

NDA has two papers GK and Mathematics. GK includes Physics, Chemistry, Biology, History, Geography Current Affairs and English. Mathematic is from syllabus from 11th and 12th class. So in fact while in twelfth class second half one should be

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able to clear NDA written exam provided you paid attention to learn the subjects in the class room.

Remember each one of us gets 24 hours in a day. You need to make extra hours available for your preparation by cutting down on your sleeping and any other not so useful activity in the day.

**Dropping an year should be avoided as it will affect your chances for other competitive examinations. If required take admission in simple graduation but try not to drop a year. If you take a drop and God forbid you still don't clear the exam it will reflect badly on you.**

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*If we appear for NDA written exam twice, during class 12th, without full preparation, as generally to check exam criteria, level of competition and we clear it in 3rd attempt, after completing 12th, so is it going to affect in SSB interview?*



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No it is not going to affect your SSB.

Why appear in the exam physically to get the feel, why not take the old question papers and go over them and save the time.

When you do not clear an exam whether with or without due preparation it affects your self esteem. So when ever you appear you should have put in your best and nothing but the best then the result can be any.

In any case appearing in first half of 12th you are not eligible because even if you clear the exam your 12th wouldn't be over when the course starts.

Also NDA maths paper covers the syllabus of 11th and 12th. Appearing for the NDA exam during 12th you are at a disadvantage because maths syllabus is not completed fully unless you made arrangements to cover it outside the school.

Appear while you are in the second half if the 12th ie Oct/Nov exam and you will reap the benefit of saving 6 months as you will be joining when your 12th finishes. Also that can be your biggest gift to your father for he will not have to spend for your admission in any professional college. Now on expenditure is taken on by the defence :)

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*I have taken PCB in 11th but I want to join the Indian army. How can I do this?*



For joining army you need to crack upsc exam for NDA. NDA exam has two papers one is **General Knowledge** paper and second **Maths**. GK paper includes English,

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physics, chemistry, biology, history, geography and civics. Maths has maths of eleventh and twelfth class.

Army has no problem if you take PCB as long as you can crack the above test.

Now recommendation. Either you take maths as an additional subject or take tuition to learn and crack. With additional subject you have one additional advantage ie if you get more than 84 percent (normally the cut off) then you get a chance for direct SSB without written exam under TES entry.

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**Will a Gutkha eating candidate be recommended  
in the SSB interview and medical?**

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**Will a gutkha eating candidate be recommended in the SSB  
interview and medical?**



Here is my answer I gave for smoking instead of gutkha! **For smoking read  
smoking and gutkha!**

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Let me explain this with an example I recall from my appointment as 2IC (Second in Command) No. 2 position in the battalion. 2IC is responsible for welfare of troops along with other aspects.

I am from Madras Regiment and our troops are taken from the four South Indian States namely Tamil Nadu, Andhra Pradesh, Kerala and Karnataka.

Our troops are fond of consuming lot of spices. Spices issued by the army always fall short for them so they contribute additional money to get the spices so that food is not bland. Because of this they suffer from ulcers also. So as 2IC of the paltan I had called all the company senior representatives( Senior JCOs) and was giving them the disadvantages of consuming excessive spices that the CO (Commanding Officer) walked in and enquired what was the matter? I explained to him that the troops were consuming excessive spices. CO smiled and said,

**“Pradeep if they want to burn from both ends, let them!”** and he walked out.

Now for smoking the definition of smoking is, **“Fire on one side and fool on the other”** in lighter vein

Army has no problem with your smoking it's your health.

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Personal advice, "Try and leave smoking it has an impact on your stamina in the long run in addition to other abuses they have written on the packet"

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*Can a person who once failed in class 12th but cleared it later be able to clear the SSB?*



Your past failures are okay as long as one can genuinely justify it. May be candidate fell seriously ill and failed but his before and after 12th performance is okay then there is nothing much to worry.

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If it turns out that candidate wasted his time in say bunking classes, chasing girls and hence got low marks in 12th or failed then he has an issue.

With his genuine reason to flunk in 12th class, SSB as such has nothing against the candidate if his performance is as per required standard.

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*Is it necessary to be clean shaven for appearing  
before SSB?*

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**Is it necessary to be clean shaved before appearing UES  
Navy/Army/SSB interview?**

No it is not necessary to be clean shaven for appearing before SSB! But having said that lets understand it like this:-

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Have you seen a youngster following the mannerism of Virat Kohli because he is fond of cricket and his favourite player is Virat Kohli. Why does he do that because he wants to feel like him, behave like him and become like him.

Or if a young boy is planning to go on a date and his date likes say red roses. So won't it be appropriate for him to carry red rose to make a good impression on her and make her feel happy.

Same way if you know you are keen on joining armed forces and most of you say you have passion to join defence forces then it would be desirable to do what armed forces like or do **including shaving**.

Remember when you go fishing you put an earthworm as bait because fish likes it. You don't put a Cadbury chocolate because you like it.

So it is recommended you shave, have no gotties, decent haircut, no ear rings (for boys) or tattoos.

Also do not wear a very low cut jeans that one is able to see a cleavage on your backside:)

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## Does smoking cause rejection at SSB?



Let me explain this with an example I recall from my appointment as 2IC (Second in Command) No. 2 position in the battalion. 2IC is responsible for welfare of troops along with other aspects.

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**What is the basic qualification required for an army chief in India?**



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**What is the basic qualification required for an army chief in India?**

Since we are talking qualifications for becoming chief. Obviously a senior Lieutenant General will become the Chief of the Army Staff. So I am not even going into competence, keeping the army prepared for war, smooth political

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interactions, maintaining the image of the army, training and welfare of the all ranks which he needs to take care.

To my mind he needs to have three things.

First is he **need to have broad shoulders**. There will be many pressures mounted on him and he can not afford to pass the same down the chain. So he need to have broad ahoulders to absorb these pressures and pass them down fully.

Second is he **need to have large heart**. A million plus army. They are bound to make some mistakes. He can't treat them like enemy. So he need to pardon them and therefore he need to have a large heart.

Third is as they say in Sikh Li Regt **Dabbi Chal** (that means bash on regardless)

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**How do I become an SSB interviewer or an assessor?**



**How do I become an SSB interviewer or an assessor?**

**SSB assessors or Interviewing Officers are not selected directly.** One need to be an officer in Army, Navy or Airforce first.

This is one course where an officer cannot apply for it. This course comes by name. Officers who were cleared by all the three assessors ie IO, GTO and Psych

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during their SSB are normally detailed for this course. Once selected for the course these assessors needs to clear an exam at the end of three month course in **Defence Institute of Psychological Research (DIPR)**. Then these assessors are sent for on the job training at the selection centres for three months. Those who are found fit are posted as assessor others are sent back to their unit.

**Psychologists are also recruited by DIPR (post graduates in psychology) and then they are put through training.**

Though it is a wonderful experience to be an assessor but one really does not know if he or she will be detailed or not.

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*After completing 12th, which examinations as a girl I should write in order to join the Indian Armed Forces?*



**After completing 12th, which examinations as a girl I should write in order to join the Indian Armed Forces?**

You would require to do your graduation and in your final year of graduation you will be able to apply for defence forces by appearing for short service exam

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conducted by UPSC. For more details on this you can visit official website of Army Navy and Airforce.

So far **girls can not join through NDA** or through other entries available to boys after 12th class. In principle government has agreed to open these entries for the girls as the first batch of girls has already started their education along with the boys in Sainik Schools.

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## How can a commerce student become an Indian Army officer?



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**How can a commerce student become an Indian Army officer?**

Army seeks graduates from any recognised university including commerce graduates. You have to crack CDS exam conducted by UPSC which is held twice a year for both permanent commission and short service commission. Followed by SSB interview and then medicals and merit list.

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Being a commerce graduate you may **not be able to join as an Engineer** which in any case you would not liked to else you wouldn't have switched to commerce.

**You can be an officer and join any combat arm or services in the army.**

**You can even join Army Aviation Corps as a Pilot if you had PCM in +2. Almost all the streams are open to you.**

After your +2 with commerce and maths you can even clear **NDA exam** and join army.

For further information visit [www.joinindianarmy.nic.in](http://www.joinindianarmy.nic.in)

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*Does age matter in the SSB if it is the last attempt after which your age will not permit you?*



**Does age matter in the SSB if it is the last attempt after which your age will not permit you?**

**No age does not matter.** SSB is same and treats you at par with others even if it is your last chance.

Appear without any apprehension!

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**Can I join IAF just after 12th?**

**How to Join Indian Air Force as Flying Officer After 12th Science**

**Can I join IAF just after 12th?**

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If you have PCM in 12th then you can join as TES entry ( check they were planning to do away with this entry).

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You can also appear for NDA exam conducted by UPSC. For this you will have to clear SSB , medical and then make it in the merit list.

All these exams are held twice a year.

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## OUR SSB PREPARATION PROCEDURE

### Benefits for candidates

1. In coaching institutes the batches are of 50-60 candidates and of 7-10 days. The focus of an officer on each candidate is lost. Attention is given to a group and not to each candidates.

### How it is different in our system

There is no group. Each candidate have different capabilities and area where they are lacking. All candidates cannot be treated on same parameters.

That's the advantage which a candidate will get from our system. Attention is given to each candidate. Our platform will provide a one to one discussion of an officer with the candidate.

You will get to know about your weak areas and not of your group.

2. In maximum of the coaching institutes, some predefined materials is given to the candidate. The natural flavor of candidate is lost.

### How it is different in our system

We strictly suggest candidates not to read anything from anywhere. You have to give your natural Response.

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We will never tell you that if this particular picture is coming then you have to write this story or if that word is coming then you have to write that sentence. This will never be the case in our system.

You have to write whatever thought coming to your mind naturally. In psychological test, none of the answer is right or wrong. That's why the officer is going to discuss your answer with you and will teach you how to make it better.

3. The fees structure is very high in coaching institutes. Normally in most of the cases the candidates are paying approx 15000 Rs for 7-10 days including hostel charges, mess charges etc and they are forgotten after their batch get finished.

When the same candidates goes for SSB and unfortunately get screened out or conference out they feel like they are on the same level where they were earlier and they have wasted their money. Right?

### **How it is different in our system**

Money is not priority for us. Candidates need to pay a very minimum fees which is nearly 1/5th of what coaching institutes are asking for.

We will be always in contact with the candidate till you are not getting recommended.

- Fees is fully refundable if candidate are not satisfied with our system.
- Let a candidate is going for SSB and unfortunately they are not getting recommended. In that case, candidates are totally free to contact the officer and take further guidance from him till the time

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you are not getting recommended. Candidate need not to pay any extra charges.

4. We always believe that its candidates hard work if they are recommended. Many of the candidates going through our system and who got recommended are repeaters. It was 13th Attempt of a candidate who got recommended recently. Maximum of the candidates were having 6th or 7th attempt and they got recommended. We never publish our result because we do not want to take the credit of hard work they did. A mentor can only show you direction. That is what we are doing here. They took it positively and worked hard on it day by day and finally did it.

#### IMPORTANT NOTES ABOUT THIS BOOK

1. We request candidate to completely go through this file. This will clear many queries like whether candidates need coaching or not, how to do self assessment, myth related to conference round etc etc.
2. This book is highly recommended to all SSB Aspirant.
3. If you think that you can prepare for SSB by reading a book then it will never going to happen. A book can tell you about SSB procedure but it cannot tell about your personality, thought process or your personal behavior.
4. Feedback can be mailed to "[ssbonlinetest@gmail.com](mailto:ssbonlinetest@gmail.com)" or candidate can also reach us at 8112285826

**LINK TO ENROLL**

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