



**SCREENING TEST (2 OIR TEST) - 2 PSYCHOLOGICAL TEST
MILITARY EXERCISE - PERSONAL INTERVIEW - MATERIALS RELATED
TO 2 GROUP DISCUSSIONS TOPIC AND LECTURETTE
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SSB PREPARATION PLATFORM

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This file is for SSB Aspirants who have doubts related to SSB.

We will cover each topic whether it is Communication issue (English Speaking) to How an Interviewing Officer will catch your lies?

There are some myths related to SSB selection procedure (eg. Candidate is at border line if they have done well in 2 test psych & interview). We will try to give you a clear picture related to these things.

Candidates starts rushing to include those 15 OLQ in their answers and behavior which is totally a wrong approach.

It is advised to read each Questions/Answers is you are preparing for SSB with dedication.

BY www.ssbtest.com (8112285826)

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Get prepared before going for SSB.

We provide OIR TEST materials.

We take 2 Psychological Test. Candidate will decide the Date/Time for their test.

We will not coach you but we will polish your thoughts..

In Psychological Test no answer is right or wrong but the way you represent your thought is most important.

We will discuss and make you understand the mistakes which you are doing in all these test..

After first Psychological Test ,the officer will first assess candidate answer sheet and then discuss each questions of TAT, WAT, SRT and SD in detail. with candidate.

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NOTE: Candidate have to give their natural response. No need to read anything from anywhere.

After getting feedback of first Psychological Test , candidate again have to give second Psychological Test, the officer will first assess candidate answer sheet and then discuss the improvements candidates have done and the area of improvements.

Each questions of TAT, WAT ,SRT and SD will be discussed again by the officer in detail.

At the end, 1 Personal Interview will also be conducted by the officer.

Candidate need also to share their PIQ form.

We will share Group Discussion and Lecturette Topics asked in different boards also.

Feel free to contact us at 8112285826 anytime or visit www.ssbtest.com.

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Medical Query

QUESTION: How can one make sure that one is completely fit for SSB medical checkup and selection?

Answer: Medicals is one thing you don't have to worry much. The only thing you can do is remove your clothes and let the doctor do his job! That's on the lighter side!!

There are two types of medical rejections that happen, one is permanent about which you can do nothing about for example for color blindness. Instead of feeling bad feel satisfied that you came to know of this and you can take precautions in life. Second is temporary that happens for may be heart murmuring, over/under weight, wax in the ears. For things like weight you can reduce or increase and for wax in the ears one can get the ears cleaned and rectify so do that. For the rest you just don't have to worry. If you have a problem just too bad if you don't you will be wearing the uniform subject to merit list.

Question: Does being skinny affect my SSB process at any point, even though I have the required standards?

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Answer: If you have the required standards it does not matter even if you are skinny. I know of my colleague an NDA entry who was just 4 ft 11 inches and 37 KGs when he passed out of IMA. Do not let this fact affect you in any way.

SCREENING TEST

Question: 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?

Answer: Screening marks are only for screening in and do not count for stage 2.

Question: How should a screened out candidate approach the next attempt?

Answer: 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.

Name of the hero

Aim of the hero

Bit of a challenge. Without challenge there is no hero

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 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.

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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.

Question: Is low confidence a good enough reason for rejection at the SSB?

Answer: Low confidence will reflect in GTO in terms of not being able to do commando bridge or other obstacles, in Lecturettes, all the discussions, in outdoor tasks he will be submissive, during interview he will not be that expressive. During psych tests also this will be reflected.

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.

Question : What percentage of SSB pass students?

Answer: There are no targets given to assessors for selection. Any one who reaches the benchmark is recommended. That means recommended candidates can be more





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than the number of seats available or even less than the vacancies. After the medicals merit list is made and the numbers required are called to join the course. Those who don't make it in the merit are suppose to appear again.

Question : What is to be done if a group discussion becomes a fish market in the first stage of SSB?

Answer: Your true behaviour comes out when you are annoyed, irritated or no one is listening to you. Fish market in the SSB screening test discussion is by design to get your true behaviour out. Otherwise what stops the board to say that each one will speak in his turn.

But remember even if no candidate is listening board members are definitely listening. So keep giving logical points and continue to participate.

Question: What is the best way to prepare for the SSB and what are the things needed to be known to clear it at the earliest?

Answer: *Either know the jewellery or know the jewellar.*

It may be a good idea to take some guidance from the experts. Each one of us have some weak areas and some strong points. We need to see it from SSB boards point of view, keep our strong points as it is to keep the natural flavor and improve on our weak areas and to know about these you need an expert advice.

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Your weak areas are unique so a general advice will not work. We tend to believe whatever is written on the web by the recommended candidates and not recommended candidates. Where as both these are writing what they feel happened which most of the times is not true as in SSB we do not share these with the candidates. It is their perception.

Remember it's not only cracking the interview but getting into the merit list as well. So you need to pass with high percentage. Hence guidance.

Question: How much of importance is OIR in the screening?

Answer: 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 & 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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PERSONAL

INTERVIEW

Question: What was your response during your SSB interview when the interviewer asked you, 'Why do want to join the Indian Armed Forces?'

Answer: 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.

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 outbound adventurous activities then you are cut out for defence.

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Question: What things in a candidate can impress an interviewer at SSB?

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

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. 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





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in touch with your friends is posed and it discloses precious time being wasted on face book.

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 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 NSS 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.

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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 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 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

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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.

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 of 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. 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 aigned. Knows about the issues with our neighboring countries in relations to India.

Rest later:) to be continued...

Question: What are some of the best answers about your weakness for the army SSB, or any interview?





Answer: 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.

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”:)

Question: 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"?

Answer: 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 army ladies that they have seemed pretty.

You are free you can give any reason but if you ask me your answer some how has tone based on uniform and adventurous outbound lifestyle. Here I reproduce some portion of each 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.

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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 outbound adventurous activities then you are cut out for defence.

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

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

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 girlfriend 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.





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

Question: Could a small lie if caught be the reason for not getting recommended in the SSB?

Answer: It's like this if you have been caught telling a lie every thing you said comes under suspicion.

Let me give you an example say a family is interviewing a domestic help. And on asking he confirms that he can cook delicious meals, iron the clothes, do dishes, knows how to drive and is very honest. Family is highly impressed till they ask him any weak areas and he replies "at times I am in the habit of telling lies".

Now tell me will you hire the domestic help without verifying everything he said.

An IO or other assessors do confirm this before they take a decision. You remember in one of my questions I had given an example. When a candidate was asked how does he keep fit. He replied he runs for two kilometers every day. IO inquired how much time you take to cover two kilometers. Candidate replied 30 minutes. Now all those who run know it does not take 30 mins for two kilometers. But IO continues on other questions and later ask him to tell his daily routine from the time he gets up to the time he goes to bed. In that this 2 kilometers run never figures. Now it is confirmed he was telling a lie. IO will not even tell the candidate that he told a lie. Same goes with Psych and the GTO.

Best is to speak the truth and if you want to say that you run two kilometers then start running two kilometers. Truth never changes and lies will remain lies.

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Question: What happens if I say the truth about my cheating in exams to an interviewing officer? Is it fine?

Answer: If you do so as an interviewing officer I would put a question mark on your behaviour. If similar behaviour is confirmed from GTO and Psych then surely you will be dropped.

We believe, your past actions are indicative of your future behaviour. You must tell yourself not to do that again and follow it strictly.

Question: Sir, what aspects should we cover in the question "Tell me about yourself". Should we tell the things written in PIQ or it should be brief? Sir, what aspects should we cover in the question "Tell me about yourself". Should we tell the things written in PIQ or it should be brief?

Answer: "Tell me about yourself" is the question normally asked by an ill prepared HR manager in the corporate because by the time you say something he wants to go over your CV. You will not find this question being asked in SSB.

Question: Why do want to join army?

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

Let me add a word about should you repeat what is written in PIQ form! I would recommend do a proper research on whatever you're too. In PIQ form eg if you have written NCC then you should know what is the motto of NCC, who is the DG NCC, what is the total strength of NCC, history of NCC etc. Similarly for other things.

Question: Hello Sir, I am going for SSC tech Indian army. My technical knowledge is not that good will it affect my performance in SSB if I will be unable to answer technical question if asked in deep?

Answer: Interviewing officers are not necessarily from engineering back ground but as assessors with experience that they have will definitely ask some fundamental questions to know if you have your basics clear.

If you are joining air force least you should know is Bernoulli theorem or Archimedes principal for navy. We do get candidates with high percentage in science not clear about the Newton's laws even. So brush up your basics, know about your projects.

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Question: What would you do if you get a lottery of 10 lakh rupees?

This question was asked at 4 AFSB Varanasi.

Answer: There can be no fixed answer for a hypothetical question like this but let's try to understand it in this manner that who all do you remember in your good times(lottery).

30 percent for future use, 30 percent for the family, 10 percent for charity and balance 30 percent on self. This can be the rough guideline which can be modified.

This way amount will become inconsequential.

Some may have a loan running that can be repaid to help your father/mother, this way you have taken care of your future, family, charity and yourself.

But as I said earlier there is no set answer for this.

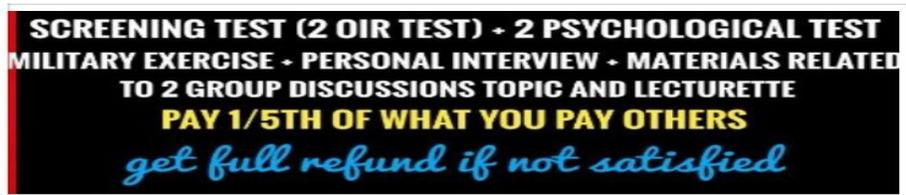
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Question: What should I know about the books that I read if I am going to attend the SSB interview?

Answer: 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. 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 :

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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.

Question: Can an introvert be an officer in the Armed Forces of India?
Would an introvert be recommended by the SSB?

Answer: 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 introverts as confessed by them. But they are doing what the best of extrovert 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





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this nature to act against your interests. SSB for sure has nothing against introverts or for extroverts. If you meet the standard you are in :)

JOINING COACHING OR NOT?

Question: How do I clear the SSB without coaching?

Answer: Clearing the SSB has nothing to do with coaching it has everything to do with preparation.

Let me give you an example. Your mother cooks food at home, it requires lot of effort, passion and love for the family members that pushes her to do it. But can she get the food from the market if she wants to? yes she can; will this food do the job that her food had to do? Yes it will!

Same is preparing yourself Vs coaching. Can you prepare yourself? Yes you can and that's the best way if you can handle it; can you get the coaching from outside and

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prepare yourself? Yes you can, will it help you as if you had to prepare yourself? Yes it will.

So you are the one who should make a conscious choice. If you can prepare yourself you should, if you can't then there is no harm done in taking guidance. By the way what we are doing here is also coaching in a way :)

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

Answer: 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).

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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PSYCHOLOGICAL TEST

Question: 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?

Answer: None!

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.

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-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.

Question: What are the various techniques in giving a psychology test for the SSB? Does handwriting matter a lot in the psychology test?

Answer: SSB psychological tests depend on projective technique. What is it?how it works? are not relevant from candidates point of view.

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 hand writing 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 hand writing. Is it too much to ask!

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MOST IMPORTANT QUESTIONS

Question: Can a depressed person crack the SSB?

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

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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Question: Will low graduation marks (62%) affect selection in SSB?

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

Question: How high will my chances of being recommended at SSB be if I join the RIMC?

Answer: RIMC (Rashtriya Indian Military College) has very few vacancies only 1 or 2 per state and inducts students after a competitive examination.

It is the only college of its quality located in Dehradun and comes under Defence Ministry.

The facilities it provides the candidates is state of the art. You name an activity, be it horse riding, tennis, squash or other games they are available. Student to teacher ratio is the best possible that can be. It's prime aim is to prepare students to be inducted in the Defence forces and it does boast of very good success rate.

Though your chances to join defence forces increase but it is no guarantee that you will be able to join defence forces after studying at RIMC.

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Since students join at a very young age and have a singular aim to join forces if for some reason they are not recommended it is very disheartening. But the advantage is if you happen to join defence forces then you fit in very well because you are wearing uniform and staying in an army like atmosphere from your childhood.

We had one of our instructors a Captain at IMA while I was doing my IMA training. This instructor Captain Sinha was from RIMC, so one fine day when we were about to pass out from the academy we asked him how it was to be in army from RIMC. He replied "PT drill, mountain climbing, cross country or route marches do not bother me as I have been doing it from my childhood in RIMC. But when it comes to interacting with girls my legs start trembling. Because I have never interacted with them. Started with all males school in RIMC, then moved to another organisation of repute NDA again all males and then to IMA same story" :)

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Question: What is the worst thing to wear to a job interview?

Answer: A negative attitude :)

Question: Which SSB is easy to crack among the Army, Navy, Air Force, and Coast Guard?

Answer: Irrespective of the entry into Army, Navy, Airforce or Coast Guard the SSB remains same. Officers testing are trained at the same institute, they follow the same pattern, every two years they are put through what we call standardisation so that the standard and method of testing continues to be same at all the SSBs

You have seen McDonalds wherever, in whichever outlet they try and maintain same standards. I won't say SSBs are exactly like that because we do have human element involved. But an endeavour is made to reduce that to minimum.

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So do not worry about the service you are joining you will get a standardized pattern in any of the SSBs.

Questions: What are the limitations of joining the special entry in the armed forces using an NCC C certificate?

Answer: There are certain limitations while joining through NCC C certificate.

Firstly number of vacancies are less. 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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Question: Does preparing for an interview hurt your spontaneity during the job interview?

Answer: What is it that you are asked during an interview. Your academic background, about your family (in SSB yes) in other interviews (may be), your participation in other activities your hobbies, aims and ambitions and why do you think you are suitable for this job?

Maybe you have read a book on a subject but you are getting hazy about the characters and the story line and you may like to refresh it. Your exact percentages that you got in every year may be getting mixed up and you go over them to refresh them,

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why are you suitable for the job and you do some research on the company profile and your job requirements, ask some ex employees what is expected of you? You may find out about the work culture of the company.

All this falls under the realm of preparation for the interview. And all this will add to your spontaneity.

Don't you, at times forget the punchline of the joke and want to revise it before you open your mouth on stage or Infront of friends gathering to avoid getting embarrassed. Your revision adds to your spontaneity and not hurt it.

In army we say "more you sweat in peace less you bleed in war". And sweating in peace is nothing but preparation.

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Question: How do I remove fear in Exam Time?

Answer: Let us understand what is fear. Fear is a feeling that something bad might happen.

There is a beautiful book called "how to stop worrying and start living" by Dale Carnegie. He explains beautifully in this book in 3 steps how you can handle any situation.

In step one ask yourself what is the worst that can possibly happen?

In step 2 prepare to accept it if you have to?

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in step 3 proceed to improve on the worst?

let us take an example suppose you get the news that a friend of yours has met with an accident. Our mind has a tendency to worry as long as the consequences are unknown. Be it accident, result of an exam or interview.

Now the worst that can happen is you may lose your friend though painful automatically your mind will start preparing for this.

Now try to improve on the situation by finding out what happened and suppose you come to know that friend is alive but has two broken bones. Though this is also bad but once you compare it with the worst this outcome is pleasing and you will be happy.

Now let's take your case of fear of exams. What worst can happen you may fail?

What can you do to improve upon it? Prepare well so that you don't fail and the outcome will always be better than what you thought.

If you have done proper preparation for your exam the fear factor will go down!

Question: What is the easiest way to become a permanent commissioned officer in the Indian armed forces (Army/Air Force/Navy/Coast Guard)?

Answer: Actually there is no easy way to become an officer in the defence forces but there is the way to come one!

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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 donot 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!

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

Answer: 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.

Question: After completing 12th, which examinations as a girl I should write in order to join the Indian Armed Forces?

Answer: 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 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 principal 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.

Question: 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?

Answer: 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.

Question: What are the chances of NCC students of clearing SSB through NCC special entry?

Answer: 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.

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 donot hesitate to take professional guidance. Actually what we are going over here is also guidance and education :)





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Question: Is it right to if I say in interview that I want to join the armed forces because I think I have a lot of potential in me and this service will bring out the best out of me?

Answer: When you say you have potential then I must see signs of it in terms of your suitability and your endeavour that you keenly want to join defence forces.

How do I see it, first have you done NCC, tried NDA exam, have you played outdoor games, participated in extracurricular co curricular activities and your general awareness about the service you intend joining. If it is there then there is no issue.

Question: Is the Selection Centre East (SCE), Allahabad really a rejection SSB centre?

Answer: Yes this perception exist in the environment that the selection rate is less in SSB Allahabad compared to other boards. 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 clear.

So anyone you meet he says he was not recommended and appeared SSB from Allahabad. And the recommended candidates may not even be available to that an extent in the environment. 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

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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.

REPEATERS?

Question: Who is a repeater?

Answer: Any candidate who has appeared for SSB once and is trying for one or more times now.

If you get through in one or maximum two chances then good enough. Else there is something amiss in your personality that is not letting you get through and you as an individual are not able to put your finger on it.

Now each one of you have some strong points and some weak areas. It's better to take professional help from someone who can help you find your weak area and help you improve this and there is no doubt that you will get through.

The mistake that candidates make is to keep doing the same mistake over and over again.

Question: Is there any case in ssbs in which psychologist recommend a candidate but gto and IO doesn't recommend?

Answer: This happens all the time.

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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.

All three assessors have same weightage.

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

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

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.

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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 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.

Question: I'm a three-time SO candidate. How do you get screened in SSB?

Answer: Screening tests are conducted to see if the candidates have the apparent potential so that they can be taken to the second stage of four days testing.

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You have verbal and nonverbal tests to check your IQ levels and there is no negative marking. You require speed to finish the tests maintaining accuracy of answers.

You write one story on a vague picture this is a precursor to psych test because you have to handle twelve stories in the psych test. Be sure your story is related to the picture shown. Some times we show a picture showing floods but the candidate writes about drought conditions. It conveys whatever is told to the candidate he will do what he wants to do.

Also your story should have four elements in it.

1. Name of the hero.

2. Aim of the hero.

3. A challenge, as there is no hero without a challenge.

4. How he overcomes the challenge and comes out as a hero.

Story should be ten to twelve lines. All in the past tense. Remember the social themes existing in the country like Swachh Bharat, crops failure, female foeticide, farmers committing suicide etc. If genuinely some theme fits in make a story around that.

After writing the story you need to narrate the story in one minute this gives the indication to the IO about your participation during the interview. Finish your story in one minute positively.





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GTO puts you through three discussions two GDs and one after the Military Planning Exercise. So he gets a hint how you are going to perform there.

During discussion donot be a referee that's not your job leave it to GTO. You continue to participate in the discussion. Even if the entire group is not listening remember board members are listening.

If you have done well in verbal and nonverbal verbal tests. Written a well connected story having the elements I mentioned. You have narrated it well and participated in the discussion, there is no reason why would you not get screened in.

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Question: Do we really need to remember 15 OLQ?

Answer: 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?

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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?

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

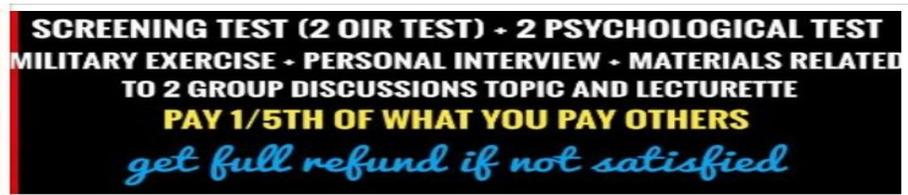
Q7: If your family financial condition is not good and you are just in school or college?

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.

ANSWER 4 :You will encourage them.

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

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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.

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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?

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.

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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.

Question: I was recommended from the 4 AFSB Varanasi for the NDA 141. I was made to wait for 10 to 15 minutes before my conference and then my conference went for only 2 minutes. Should I consider myself as a borderline case?

Answer: There can be three situations in the SSB.

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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.

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 may be board was discussing some other pointcant 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.

Question: Is English necessary in the SSB interview?

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

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.

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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 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 :)

Questions: Can we get recommended in the SSB by offering a bribe or by giving money?

Answers: NO, don't even think about it.

I myself come from middle-class/lower middle class family and my father could not even afford to give any money. Money never worked in selection system for officers that's how I got selected. Now I have been part of the selection system and know that money does not work and we should be happy for that.

Let me give out one example. We used to get information that our soldiers pay money to the touts and get selected. This was quite disturbing and harmful to the reputation of selection system of Indian Army. Army took lot of steps to make the soldier selection system transparent and fool proof. After all these steps were implemented we were happy and satisfied. When I was commanding my unit 10 MADRAS REGIMENT 2005–2008 I happened to ask my men if they had paid any money for their selection and to my shock some of them said yes.

I decided to do some research on this and found a few people were promising soldiers that it will cost them Rs 2 Lakhs for selection and if that does not happen money will be returned after deducting Rs 5000 as administration charges. If you collect

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this from say 20 people and say 3 out of them get through on their own so you make $2L \times 3 = 6L$ plus 5k from rest of the 17 candidates $5k \times 17 = 85k$. Thus making a total of 6.85L for doing almost nothing. And all the rejected people will say that the people are so honest that they take money only if one is selected. And these 17 will get other 170. And who gets the bad name -army.

Gentlemen in my entire service in the army I have not come across any officer who said he paid bribe to get through and that is the strength of the system.

Work hard and work focussed it is the only option. Take guidance from the correct place and you will get through.

Questions: How is SSB different for repeaters?

Answers: 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.

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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Questions: What should be done in the SSB GD if I don't know a single thing about the given topic?

Answers: SSB GD topics are normally based on recent happenings in the country or in the international arena or they are based on social issues prevalent in today's times.

All the topics need to have two or more sides which candidates are free to choose.

At times topic is such that some candidates don't understand the topic eg LGBTQ if that is the case there is no harm in asking the GTO about the same than not participating at all(Lesbian Gay Bisexual Transgender Queer).

If you have been reading a newspapers regularly it is not possible that you know nothing about the topic.

Now that you know that there may be a chance that you may not know anything about the topic. Prepare well!

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Questions: Does age matter in the SSB if it is the last attempt after which your age will not permit?

Answers: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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Questions: Want to get recommended? Read this article to understand what kind of preparation you need.

Answer: SSB Interview is not something which special among us can only clear. We all know that its a testing of your thought, action and speech.

Large percentage of candidates among us after graduation are either doing any government job preparation or not happy with the job they are doing currently. Right?

Looking at the uniform we started getting goosebumps. Everyone wants to wear it and take the responsibility.

But its very hard to get recommended if you are struggling in your own mind.

For all these candidates, we soon going to write how to prepare for SSB.

SSB Testing is not a 1 day game or 10 days game. Its a testing of your personality , your psychology. You cannot improve your psychology just in a day. For that you have to live a balance life, you have to change your daily routines. You have to get rid of this struggle in your mind.

There is not any hack or shortcut to prepare for SSB.

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Just 1 tip to all the candidate.

Enjoy your every single day. Be happy. Try to create interest in whatever you are doing.

If you are doing government job preparation then create interest in it.

Make your study and life interesting rather than a burden.

Because its your responsibility and nobody else will do it.

These small changes in your routines will help you to improve your mindset.

Its ok if you got screened out last time or conference out. Its ok if you are getting failed everywhere you are trying BUT it's not ok if you are not trying.

You are only one who is responsible for your life.

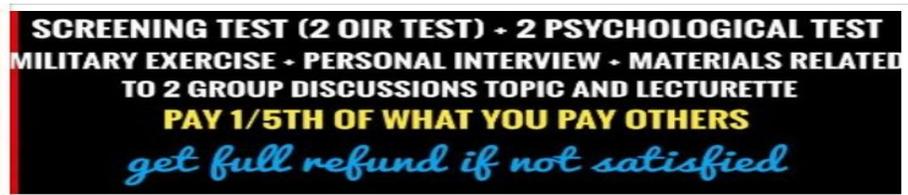
Now, let's move to understand how to perform better in each test.

1) Screening Test PPDT round Group Discussion part.

Before the Group Discussion(war among candidates to lead the group) you have been through Story Writing and 1 minute narration .

We will discuss story writing in Psychological Test which is our next point but let's discuss about the 1 min narration.





The SSB have gifted this 1 minute narration time which no one can take away from you.

Practice your story to complete in 1 min duration in the time available before the group discussion starts.

This 1 min time is yours. No one will interfere you. So speak confidently, in a voice that all the person seating in the room can hear, address to all the member of your group(not the assesor), be fluent and complete your story in 1 minute.

Now, let's discuss the Group Discussion part(The war among candidates to lead the group).

As soon as the officer command to start the group discussion, candidates jumps to lead the group and it becomes the fist market.

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?? 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. Its not important that the group have choosen your story But the important thing is that you should make the group story moving in a right direction.

The above performance comes with your skill. Your voice , confident, social tactics etc will decide that how you are performing in group discussion. Do you think you need any special preparation for this? Answer is "NO".





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Imagine you are in college and the next 5 days are off. You don't have any coming exam. You are living in college hostel. Now what you do? You start making plans to either have a cricket match with other branch or you convince your friends to go on a tour or else.

Let suppose your friends convinced to go on a tour. But here the main problems begins: 1 of your good friend said no , budget issue etc.

Now what you will do? You start convincing your friend until he agrees. You search for any other location which is in your budget and start making further plan.

Let's come to our main discussion.

Our complete performance in the group discussion depends on kind of person we are and how we have handled the situation in our own life. You can't prepare for it BUT you can improve your skills with time by changing your daily routines.

2) Do you think you need any special preparation for any of the Psychological Test? The answer is "NO".

BUT you definitely need the preparation of how to represent your own thought on paper in a simple, short and effective way.

Let first talk about the TAT test.

Please, do not memorise the picture theme for your PPDT or TAT test.

Candidate starts connecting picture with NGO or Joining the Armed forces etc. Its totally fine if picture shown to you relates these themes.

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BUT its not fine if you just want to fit your story anyhow to the picture shown. You have to open your mind.

Try to recall that sometimes during 1 min naration, the assessor just listen 7-8 words of few candidates and order the next candidate to speak. In maximum cases, these are those candidates who are writing a preconceived story .

Try to relate the picture with things which you have experienced in your own normal day to day life.

Think of what you would have done to solve that issue.

Let talk about the WAT test.

Let suppose the word shown to you is "Fail".

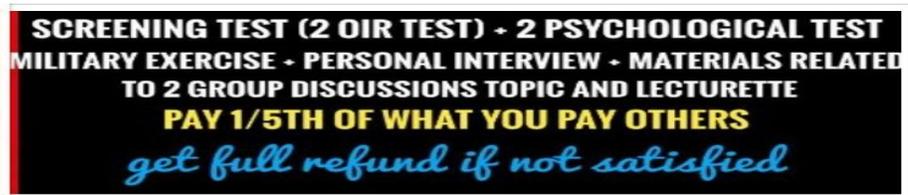
Candidate starts writing that hardwork can turn failures to success.

There is no doubt that this answer is correct BUT if 40 candiates are giving the Psychological test with you then 25 of them are writing the same response for this word. Agree with this?

Question is why the same response comes to the mind of 25 candidates at the same time?

Answer: Because its a very common word. We have seen this quote "hardwork can turn failures to success" everywhere in school or coaching or any motivation videos or movie scenes.

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It's totally fine if you are writing similar response to this particular word or for any other common word like Success, Army, Leader etc.

But it's not fine if you are memorising words for the WAT test. Why???

Because it not gonna work. 15 seconds time is very very short time that you can manipulate your own thought.

When 60 words comes back to back for 15 seconds, its already a lots of pressure to finish the earlier sentence before the next word shown on the screen.

Assessors are trained and experienced enough to separate these memorised responses from your natural response .

Let talk about the SRT test.

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

(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 situtaion)

Worst Answer

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

Psychology here: You thought that how can anyone stay calm in this situation. Afterall its a snake. Situation is already worse. Lets 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.

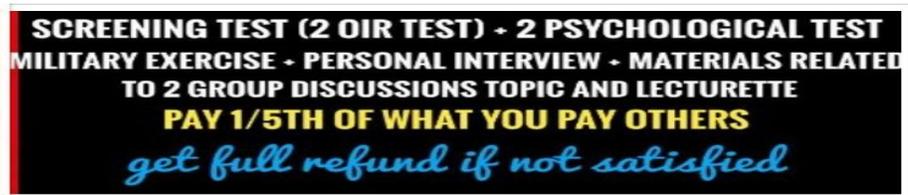
Both the above mentioned points are missing here.

Average Answer

Answer 2: He will ask everone 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

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.





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 atleast 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.

Let talk about the SD test.

In Self Description test, again you don't need any special preparation. Before going for the SSB , just think about what points you want to write here.

There is only 1 Psychological thing which you need to remeber.

If you believe you can then you will. 0.1% of doubt in yourself can be the reason behind not getting recommended.

3) Personal Interview

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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Candidate generally rush behind current affair materials of this month or last month.

They are expecting that you should be aware of things happening around you? Any biggest reform government have taken in recent times?

If you are going for technical entries then they will ask basic questions related to your domain .

They will check your presence of mind. They put pressure on you to check how you are reacting.

It's fine if you don't know all the answers.

The more you try to hide or try to lie the more you will get caught.

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 whats 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 memebers 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.

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.

Question: SSB Preparation: 5 biggest Reasons behind not getting recommended?

Answer: 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.

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.

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.

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

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.

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.

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.

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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.

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.

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 :

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

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So, work on your communication skills

Question: How to do self assessment?

Answer: 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 acheived milestone in their own domain.

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.

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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 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 you

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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.

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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.

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

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

It's 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.

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 complain.

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

You have to work on your mindset. And this is what self assessment is.

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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.

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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PERSONALITY

IMPROVEMENT

Questions: What kind of leadership qualities are expected from a candidate in SSB? Are there any books to read?

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

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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.

Questions: How do I improve my personality for SSB?

Answers: 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.

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.

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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.

Question: Is it necessary to read self help books and novels to get through SSB?

Answer: Let me take this question as Should I use reading as a hobby and will it affect my selection/interview?

Let us find out what is a hobby?

If I give two hours now and ask you to do what ever you want to do. What ever you would love to do in those two hours is your hobby!

Sports and games are normally not considered hobbies as say in the night you have two hours and you say your hobby is playing football so where would you get other players to play at night. Hobbies are normally individual in nature. Like sketching, TV watching, internet surfing, reading, painting etc.

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You may classify them as constructive and not so constructive. Like reading is constructive hobby and TV watching or facebook are not so constructive hobbies. That's how TV is also called an idiot box actually idiot is the one sitting in front of the box :)

Having mentioned a hobby eg reading books then you should be prepared to answer what kind of books you read, who is your favourite author, which book are you reading now etc.

If you mention a constructive hobby and are able to answer relevant questions you will definitely benefit.

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

Answer: 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 SSBs. Because in SSB 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.

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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 a versa. So focus on your current performance.

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

Answer: Somehow 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 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 flavour.





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MILITARY EXERCISE - PERSONAL INTERVIEW - MATERIALS RELATED
TO 2 GROUP DISCUSSIONS TOPIC AND LECTURETTE
PAY 1/5TH OF WHAT YOU PAY OTHERS
*get full refund if not satisfied***

G.T.O.

Questions: Are the command task structures in the SSB interview the same in all the SSB/AFSB boards?

Answer: Command task structures are all different in every SSB. It's like once you know a formula of mathematics. You can solve many similar questions though they are not same.

Same way the procedure to clear the command tasks is same though they are different.

BOOKS TO READ

Questions: Can you suggest some good books to read?

Answer: 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.

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It is on the life of a young officer who is short service commissioned and describe what all he happen to do in his battalion in Indian Army based in J&K. It is a fast paced, pleasing to read book. You will feel as if it is you who is living his life.

Highly recommended for all the SSB Aspirants.

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Get prepared before going for SSB.

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We provide OIR TEST materials.

We take 2 Psychological Test. Candidate will decide the Date/Time for their test.

We will not coach you but we will polish your thoughts..

In Psychological Test no answer is right or wrong but the way you represent your thought is most important.

We will discuss and make you understand the mistakes which you are doing in all these test..

After first Psychological Test ,the officer will first assess candidate answer sheet and then discuss each questions of TAT, WAT, SRT and SD in detail. with candidate.

NOTE: Candidate have to give their natural response. No need to read anything from anywhere.

After getting feedback of first Psychological Test , candidate again have to give second Psychological Test, the officer will first assess candidate

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answer sheet and then discuss the improvements candidates have done and the area of improvements.

Each questions of TAT, WAT ,SRT and SD will be discussed again by the officer in detail.

At the end, 1 Personal Interview will also be conducted by the officer.

Candidate need also to share their PIQ form.

We will share Group Discussion and Lecturette Topics asked in different boards also.

Feel free to contact us at 8112285826 anytime or visit www.ssbtest.com.

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