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SSB

360°



PIONEER ACADEMY FOR DEFENSE SERVICES

ABSTRACT OF BOOKLET

SSB 360



SSB 360 is a complete, all-angle guide crafted for aspirants of **NDA**, **CDS**, **AFCAT**, and other defence entries who seek success at the **Service Selection Board (SSB)**. This book delivers a **360-degree perspective** on the entire SSB journey — from day-wise schedule breakdowns to detailed segregation of **indoor, outdoor, group, and individual tasks**.

What sets *SSB 360* apart is its **integrated comparison of psychological and physical challenges**, offering clarity on how each test contributes to the assessment of **Officer Like Qualities (OLQs)**. The book is designed to help both first-timers and repeaters understand the structure, intention, and strategy behind each task. With practical tips, real insights, and a smart preparation approach, *SSB 360* is your go-to compass to navigate the SSB maze with confidence.

At Pioneer Academy for Defence Services, we are committed to a **result-oriented, targeted, and well-planned** approach to NDA/CDS preparation. This idioms and phrases booklet is designed to enhance your language proficiency, ensuring success in exams.

A thorough analysis of previous NDA/CDS exams shows that idioms and phrases frequently appear in the English section, making this resource essential for scoring well. Stay focused, practice consistently, and embrace learning with discipline. **Your success is our mission!** Best wishes for your journey ahead.

-Director

Mr. Mandar Rawool

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OVERVIEW OF SSB SCHEDULE



OVERVIEW OF SSB SCHEDULE

Here's a detailed **5-day SSB (Services Selection Board)** Interview Schedule, typically followed by boards like **Bhopal, Allahabad, Bangalore, Kapurthala, Vishakhapatnaum and Gandhinagar**. This is the standard for most entries like NDA, CDS, AFCAT, TES, etc. The schedule might change depending on the SSB center, but **the structure remains largely consistent**. Some activities might take place on different days, and the exact sequence may vary.

Day 0 – Reporting Day

- **Candidates report** to the SSB center (usually in the afternoon).
- Document verification is done.
- Chest numbers are allotted.
- Briefing about the SSB procedure by the Duty Officer.
- Candidates stay overnight in the premises.

Day 1 – Screening Test

Purpose: To filter out candidates for further testing.

Test 1: Officer Intelligence Rating (OIR) Test

- Verbal & Non-verbal reasoning
- ~50 questions per test, ~30 minutes

Test 2: Picture Perception and Description Test (PPDT)

- View a hazy picture for 30 seconds
- Write a story based on the picture (4 mins)
- Narrate the story individually
- Group Discussion (GD) based on the picture

Results announced – Only screened-in candidates stay for the next days.

Day 2 – Psychology Tests

Purpose: To evaluate subconscious mind and personality traits.

Test 3: Thematic Apperception Test (TAT)

12 pictures shown, write a story for each.

Test 4: Word Association Test (WAT) –

60 words, 15 seconds per word; write the first thought.

Test 5: Situation Reaction Test (SRT)

30 situations, write your response quickly.

Test 6: Self-Description Test (SDT)

Write about:

- Parents' opinion
- Teachers' opinion
- Friends' opinion
- Your own opinion
- What you want to improve

Day 3 & 4 – Group Testing Officer (GTO) Tasks

Purpose: Group behavior, leadership, and physical coordination.

Indoor Tasks:

Test 7: Group Discussion (GD)

Test 8: Group Planning Exercise (GPE)

Test 9: Lecturette (speak for 3 mins on a random topic)

Outdoor Tasks:

Test 10: Progressive Group Task (PGT)

Test 11: Half Group Task (HGT)

Test 12: Individual Obstacles (IO)

Test 13: Command Task (CT)

Test 14: Snake Race / Group Obstacle Race

Test 15: Final Group Task (FGT)

Day 5 – Personal Interview & Conference

Test 16: Personal Interview

(may be scheduled from Day 2–4)

Questions from PIQ (Personal Info Questionnaire)

Based on academics, hobbies, GK, reasoning, life goals, etc.

Test 17: Conference

All board members assess and discuss each candidate.

You'll be asked basic questions (stay calm and confident).

Results declared at the end of the conference.

Medicals & Further Steps

Selected candidates stay for medical tests (3–5 days).

If declared fit, you'll await merit list and joining instructions

DAY 1

SCREENING TEST



TEST 1: OFFICERS INTELLIGENCE RATING TEST (OIR TEST)

Officers Intelligence Rating (OIR) Test is a crucial part of the **SSB (Services Selection Board)** interview process conducted for selecting candidates for the Indian Armed Forces (Army, Navy, Air Force). It is the **first stage** of the **Screening Test** on **Day 1** of SSB process.

What is the OIR Test?

The **OIR Test** is designed to evaluate a candidate's:

- **Logical reasoning**
- **Analytical ability**
- **Verbal and non-verbal intelligence**

It helps assess a candidate's basic mental ability, and the score is combined with **PPDT (Picture Perception & Discussion Test)** performance to decide if the candidate gets screened in.

Structure of the OIR Test

You are given **two booklets**, each containing **40-50 questions** (may vary slightly). The test includes:

1. *Verbal Reasoning Questions*

- ✓ Coding-Decoding
- ✓ Series Completion (Alphabet & Number Series)
- ✓ Analogy (Word/Number/Letter)
- ✓ Direction Sense Test
- ✓ Blood Relations
- ✓ Arithmetic Reasoning
- ✓ Jumbled Words or Sentences

- ✓ Classification

2. Non-Verbal Reasoning Questions

- ✓ Figure Series
- ✓ Odd One Out (Figures)
- ✓ Mirror and Water Images
- ✓ Embedded Figures
- ✓ Paper Folding/Cutting
- ✓ Pattern Matching

Time Limit

- **Each test booklet:** 17–20 minutes
- Speed and accuracy are critical. Usually, **you need to attempt around 90–100 questions in 30–40 minutes.**

Scoring and Rating

- Your OIR score is converted into a **rating**, usually from **OIR 1 (highest)** to **OIR 5 (lowest)**.
- **OIR 1 or 2** increases your chance of being **screened in**
- **OIR 3 or below** needs a strong PPDT performance to get screened

Preparation Tips

- Practice reasoning books (RS Aggarwal's VERBAL & NON-VERBAL REASONING is widely used)
- Solve previous SSB OIR sample papers
- Improve speed with mock tests
- Avoid guesswork if negative marking is involved (some boards may include it)

TEST 2: PICTURE PERCEPTION AND DESCRIPTION TEST(PPDT)

The **Picture Perception and Discussion Test (PPDT)** is the **second part of the Screening Test** conducted on **Day 1** of the **SSB (Services Selection Board)** interview, right after the **OIR Test**.

It is one of the **most crucial stages** of the SSB process because your performance here directly determines whether you'll be **screened in** for the full 5-day process.

What is the PPDT?

PPDT involves **perceiving a picture, writing a story** based on it, and then **discussing** that story with a group. It tests your:

- ✓ **Imagination**
- ✓ **Clarity of thought**
- ✓ **Communication skills**
- ✓ **Leadership and team behavior**

Structure of the PPDT

Picture Shown:

- A **blurred or hazy image** is shown for **30 seconds**.
- It can be a real-life or abstract situation with 1 or more characters.

Story Writing:

- You get **4 minutes** to write a story based on the picture.
- You must write:
 - **Number of characters**
 - **Their age, sex, and mood** (use a box format to indicate this)

- A logical and **positive story** with a **central character**.
- Ensure your story has:
 - **Situation**
 - **Action**
 - **Outcome**

Narration:

Each candidate **narrates their story aloud** to the group (in about 1 minute).

Confidence, clarity, and voice modulation are key here.

Group Discussion:

A **group discussion** follows where the group tries to **form a common story**.

It's unmoderated, so **initiative, cooperation, and leadership qualities** are observed.

What Assessors Look For

- ✓ **Clarity of thought and expression**
- ✓ **Positive and realistic imagination**
- ✓ **Initiative and ability to influence the group**
- ✓ **Team spirit, patience, and listening skills**
- ✓ **Leadership potential**

Tips to Excel in PPDT

During Story Writing:

- Observe the picture carefully: How many people? What's happening?
- Create a **positive, realistic, and constructive** story.
- Show the **main character** overcoming a challenge or solving a problem.
- Stick to the **present or near-past/future** (avoid fantasy or war stories unless it

fits naturally).

During Narration:

- **Be confident and fluent**, even if your story isn't perfect.
- **Don't look at the assessors**; address your group.
- **Memorize your story**, or at least the key points.

During Discussion:

- Don't be overly aggressive or silent.
- **Support good points**, give constructive suggestions.
- If the group is chaotic, try to bring it back on track calmly.
- Show qualities of a **natural leader**, not a dictator.

Practice Ideas

- Practice with random images (you can find many online).
- Use a timer: 30 seconds to observe, 4 minutes to write, 1 minute to narrate.
- Record your narration and play it back to improve your delivery.

DAY 2

PSYCHOLOGICAL TEST



TEST 3: WORD ASSOCIATION TEST(WAT)

Word Association Test (WAT) is **second psychological test** conducted during the **SSB Interview**, typically on **Day 2**, after **Thematic Apperception Test (TAT)**. It's one of the key assessments used by psychologists to evaluate your **personality, thought process, and emotional stability**.

What is the WAT?

The **WAT** assesses your **subconscious personality traits** by analyzing how you respond to **stimulus words**. It's not just about grammar or vocabulary — it's about the **ideas, emotions, and attitudes** your mind generates **under pressure**.

How WAT Works

- ✓ You are shown a **series of 60 words, one at a time**, on a screen.
- ✓ Each word stays on the screen for **15 seconds**.
- ✓ In that time, you must write **the first sentence** that comes to your mind **based on that word**.
- ✓ You should write **short, meaningful sentences**—ideally **complete, positive, and active**.

What Kind of Words Are Used?

Words are usually common and neutral or slightly emotionally charged, like:

- ✓ **Action words:** Run, Fight, Win, Fail, Obey
- ✓ **Emotional words:** Love, Hate, Anger, Peace
- ✓ **Character words:** Brave, Honest, Loyal, Strong
- ✓ **Abstract ideas:** Freedom, Justice, Success, Risk

What Are Psychologists Looking For?

They assess traits like:

- ✓ **Optimism and positivity**
- ✓ **Leadership**
- ✓ **Responsibility**
- ✓ **Emotional control**
- ✓ **Social adaptability**
- ✓ **Planning and organizing skills**
- ✓ **Courage, initiative, and self-confidence**

Avoid:

- ✓ Negative sentences (e.g., “He failed and gave up.”)
- ✓ Generic clichés (e.g., “Honesty is the best policy.”)
- ✓ Passive voice or dependency (e.g., “Help was asked.”)
- ✓ Overthinking or writing complex sentences

Tips to Do Well in WAT

- **Be Natural:** Don’t try to impress with big words—focus on **genuine, meaningful responses**.
- **Think Fast:** Practice thinking quickly and positively.
- **Be Positive:** Turn even negative words into a constructive sentence.
 - E.G., WORD: “FEAR” → SENTENCE: “HE FACED HIS FEAR AND SUCCEEDED.”
- **Be Active:** Show action and involvement, not passivity.
- **Connect with your life:** Relate some words to your personal experiences or goals if it feels natural.
- **Practice Writing:** Practice mock WATs regularly to build speed and confidence.

Example Practice

| Word | Example Sentence |
|--------|---|
| Win | He trained daily and won the championship. |
| Death | He accepted death as a part of life and moved on bravely. |
| Alone | He used his alone time to reflect and grow. |
| Leader | A good leader listens and guides the team. |
| Fail | He learned from failure and tried again with more effort. |

TEST 4: THEMATIC APPERCEPTION TEST (TAT)

The **Thematic Apperception Test (TAT)** is the **first psychological test** conducted on **Day 2** of the **SSB (Services Selection Board) Interview**. It's designed to assess your **personality, attitude, leadership potential, and emotional responses** through your imagination and storytelling.

What is the TAT?

TAT involves being shown a series of **pictures**, each one for a short time. You must then write a story about each picture that reflects:

- What **led to the situation** in the image,
- What is **currently happening**, and
- What will be the **outcome**.

It evaluates your:

- ✓ **Perception of situations**

- ✓ **Thought patterns**
- ✓ **Problem-solving approach**
- ✓ **Motivation and values**
- ✓ **Emotional depth and maturity**

Structure of the TAT

You'll be shown **12 pictures** in total:

- **11 with real-life or vague human images.**
- The **12th** is a **blank slide**, where you create a story from your imagination.

Display Time per Picture: 30 seconds

Story Writing Time: 4 minutes per story

What Kind of Pictures Appear?

The pictures may show:

- A person (young/old, male/female) in different emotional states.
- Groups involved in tasks, travel, accidents, etc.
- Scenes that are **ambiguous**, pushing you to think and interpret.

What Psychologists Look For

Your stories give clues about:

- ✓ **How you face problems**
- ✓ **How you think under pressure**
- ✓ **How positively or negatively you interpret situations**
- ✓ **Your sense of responsibility, empathy, courage, leadership, and morals**

Tips to Excel in TAT

- **Identify the main character** and build the story around them.
- Make the character **proactive and solution-oriented**.
- Keep the tone **optimistic and realistic**—avoid extreme heroism or fantasy.
- Avoid **negative traits** like fear, depression, or aggression unless shown as overcome.
- Stick to a **time limit**—practice writing stories in 4 minutes.
- Ensure the story has a **clear structure**:
 - **Past**: What led to the scene
 - **Present**: What's happening now
 - **Future**: Logical, positive outcome

Example TAT Scenario & Story

Image Description: A young man looking at books in a library.

Sample Story:

Ramesh, a college student, was struggling with his academic performance. Determined to improve, he made a routine of studying for 3 hours daily at the library. He consulted professors and used reference books. Over time, his grades improved, and he topped his class. His hard work and determination inspired his classmates too.

Traits shown: Determination, goal-setting, hard work, leadership.

The 12th Blank Slide

It's meant to reveal your **core personality** and **imagination**.

Use it to project a story based on your values, goals, or real-life incident.

Be **authentic and constructive** in your theme.

TEST 5 : SITUATION REACTION TEST (SRT)

The **Situation Reaction Test (SRT)** is the **third psychological test** conducted during **Day 2** of the **SSB Interview**. It is a **projective test** designed to assess your **behavioral responses** under different real-life situations, often under stress or in challenging scenarios.

What is the SRT?

The **SRT** presents you with a series of **situations**, and you must write how you would **react or respond** to each.

It helps assess your:

- ✓ **Decision-making ability**
- ✓ **Presence of mind**
- ✓ **Responsibility**
- ✓ **Courage**
- ✓ **Emotional balance**
- ✓ **Social maturity**
- ✓ **Leadership potential**

Structure of the SRT

You'll be given a booklet containing **60 situations**.

Time limit: 30 minutes

That's **30 seconds per situation**, on average.

Each situation is usually 1-2 lines long.

You need to write **short, crisp, and practical responses** (not full essays).

Types of Situations You'll Encounter

The situations may involve:

- ✓ Accidents or emergencies
- ✓ Family or personal dilemmas
- ✓ Leadership or team scenarios
- ✓ Disciplinary challenges
- ✓ Natural calamities or social issues
- ✓ Conflict with peers, authority, or rules

Sample SRT Examples and Responses

| Situation | Response |
|---|--|
| You see an accident on the road while going for an exam. | Help the injured by calling an ambulance, inform the police, and continue to the exam. |
| Your friend cheats in an exam and asks you to stay quiet. | Advise him to be honest and inform the teacher if necessary. |
| Your younger brother is sick, and your parents are away. | Take him to a doctor, inform parents, and care for him. |
| Your cycle is stolen from the college campus. | Inform the campus security and file a complaint. |
| You're scolded by your boss in front of everyone without any fault. | Stay calm, clarify the misunderstanding privately, and continue working sincerely. |

What Psychologists Look For

They're not testing your grammar or vocabulary. They want to see:

- ✓ **Practical and logical thinking**
- ✓ **Maturity and responsibility**

- ✓ **Adaptability and self-control**
- ✓ **Positive attitude and calm under pressure**
- ✓ **How well your thoughts align with OLQs (Officer-Like Qualities)**

Tips to Perform Well in SRT

- **Be Natural & Honest** – Don't try to write what you THINK they want. Be genuine.
- **Keep It Short & To the Point** – 1 or 2 lines is enough if it clearly shows your action.
- **Show Action** – Don't just think or feel; **DO** something. Officers act.
- **Be Positive & Constructive** – Even in tough situations, show resilience and control.
- **Practice Speed** – Aim to attempt **at least 45–50 situations** in 30 minutes.

How to Practice for SRT

- Get a set of 60–100 practice situations (I can provide you one!)
- Time yourself: 30 minutes
- Review your answers for clarity and officer-like behavior

TEST 6: SELF DESCRIPTION TEST (SDT)

The **Self-Description Test (SDT)** is the **fourth and final psychological test** in the SSB interview process, conducted on **Day 2**. Unlike the previous tests (TAT, WAT, SRT), which are projective in nature, the SDT is a **direct, introspective assessment** of your **personality, values, and self-awareness**.

What is the SDT?

The SDT asks you to write **how people perceive you**, and how **you perceive yourself**. It's

meant to reflect you:

- ✓ **Self-awareness.i**
- ✓ **Level of maturity**
- ✓ **Clarity of thoughts**
- ✓ **Willingness to improve**
- ✓ **Consistency with previous tests**

Structure of the SDT

You'll be asked to write short paragraphs on the following **5 areas**:

- ✓ **What your parents think of you**
- ✓ **What your teachers think of you**
- ✓ **What your friends think of you**
- ✓ **What you think about yourself**
- ✓ **What kind of person you want to become**

Time Limit: About **15 minutes** to write all **5** parts.

Length: Keep each paragraph to **4–5 lines**; be concise but meaningful.

What Psychologists Look For

- ✓ **Honesty and realism** (not too perfect or too negative)
- ✓ **Consistency** with your TAT, WAT, and SRT responses
- ✓ **Balanced personality** – knowing your strengths and areas of improvement
- ✓ **Officer-like qualities** (OLQs): leadership, responsibility, courage, empathy, social adaptability, etc.

Tips to Do Well in SDT

- ✓ **Be Honest, But Positive** – Mention minor weaknesses but also show you're working on them.

- ✓ **Avoid Over-Glorifying Yourself** – No one is perfect; be humble.
- ✓ **Keep It Consistent** – Your description should match the personality shown in TAT/WAT/SRT.
- ✓ **Focus on Values and Growth** – Show you are aware of your values and have aspirations to improve.
- ✓ **Use Real Traits, Not Buzzwords** – Avoid listing traits like “I am hardworking, honest, kind” without explanation or context.

Sample Format

1. What my parents think of me:

My parents think I am responsible and mature for my age. They appreciate my helpful nature and ability to manage tasks independently. They want me to improve my patience and manage stress better.

2. What my teachers think of me:

My teachers consider me attentive and curious. They find me disciplined and good at teamwork. They have encouraged me to work on my time management and speak more confidently in class.

3. What my friends think of me:

My friends find me friendly, dependable, and supportive. They say I’m a good listener and someone they can count on. They suggest I become more assertive in group situations.

4. What I think about myself:

I see myself as a sincere and adaptable person. I try to stay calm in tough situations and believe in learning from my mistakes. I know I need to improve my

public speaking and decision-making under pressure.

5. What I want to become:

I want to become a confident, disciplined officer who leads by example. I aim to develop qualities like quick decision-making, better communication, and physical fitness to serve the nation with honor.

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DAY 3

GROUP TESTING OFFICER (GTO) TEST



TEST 7: GROUP PLANNING EXERCISE/MILITARY PLANNING EXERCISE (GPE/MPE TEST)

The **Group Planning Exercise (GPE)**, also known as **Military Planning Exercise (MPE)** in some boards, is a key part of the **Group Testing Officer (GTO)** tasks during the SSB interview, usually conducted on **Day 3 or Day 4**.

It is a **group-level test** designed to assess your **analytical thinking, planning ability, decision-making skills**, and how well you perform in a **team under pressure**.

What is GPE/MPE?

The GPE/MPE is a **map-based problem-solving exercise** where a group of candidates is presented with:

- ✓ A scenario map
- ✓ Multiple problems/crises
- ✓ Limited resources
- ✓ A time constraint

You must come up with a **realistic and effective plan** to solve the problems.

Structure of GPE/MPE

Story is Read Aloud:

GTO reads the scenario and problem aloud (includes places, distances, time, events).

Map Display:

You are shown a **sketch map** with key landmarks (roads, rivers, railway, village, etc.).

Individual Planning:

You get **10 minutes** to read and write your own plan.

Plan must include:

- Priority of problems
- Resources used
- Route and time calculations

Actions taken

Group Discussion:

All candidates discuss their individual plans and try to form a **common group plan**.

Nomination of a Speaker:

One person (volunteer or nominated) presents the final group plan to the GTO.

What You Must Include in Your Plan

- ✓ Problem identification & prioritization
- ✓ Time and distance calculations
- ✓ Allocation of group members & resources
- ✓ Clear sequence of actions
- ✓ Use of logic, teamwork, and leadership

What GTO Looks For

- ✓ Logical and structured thinking
- ✓ Clarity in priorities
- ✓ Time management
- ✓ Team coordination
- ✓ Communication skills
- ✓ Leadership and cooperation

Tips to Ace GPE/MPE

- ✓ **Read the map and problem carefully** – Underline key points.
- ✓ **Prioritize problems** – Life > time-sensitive tasks > property.
- ✓ **Do time-distance-speed calculations** – Be accurate and fast.
- ✓ **Make a neat and readable plan** – Bullet points are fine.
- ✓ **Be calm and assertive in discussion** – Don't dominate; collaborate.
- ✓ **Be flexible** – Open to better ideas, even if they're not yours.
- ✓ **Support your group speaker** – It reflects unity.

TEST 8: GROUP DISCUSSION (GD)

The **Group Discussion (GD)** is one of the **initial tasks in the GTO (Group Testing Officer)** series during the **SSB Interview**, usually conducted on **Day 3**. It plays a vital role in assessing your **communication skills, social adaptability, team spirit, and leadership qualities**.

What is GD in SSB?

The **Group Discussion** involves **a group of 8–10 candidates** seated in a circle and discussing a given topic.

There are usually **2 rounds**:

First GD – A current affairs/social topic is given (e.g., unemployment, climate change, AI in defense).

Second GD – A more abstract or philosophical topic is given (e.g., success vs. happiness, power of youth, is money everything?).

You are expected to contribute actively, listen attentively, and **interact meaningfully**, not just

speak.

What the GTO Looks For

- ✓ **Clarity of thoughts**
- ✓ **Ability to express ideas effectively**
- ✓ **Initiative-taking behavior**
- ✓ **Logical reasoning and knowledge**
- ✓ **Team collaboration, not aggression**
- ✓ **Respectful listening and rebuttal**

GD Format

- No formal introduction is needed.
- The topic is announced and you are given **a few seconds** to think (no writing).
- Discussion begins **directly**.
- There is **no moderator or time limit**, GTO observes and ends it when satisfied.

Types of GD Topics

Current Affairs:

- India's economic growth
- Electric vehicles: future of transport
- Social media: boon or curse
- One Nation, One Election

Social Issues:

- Education system in India
- Role of women in armed forces
- Youth and drug abuse

Abstract Topics:

- Black or white
- Speed vs. accuracy
- Happiness or success
- Change is the only constant

Tips to Perform Well in GD

- ✓ **Take Initiative** – If you know the topic, start confidently but don't rush.
- ✓ **Speak Clearly and Concisely** – Make your points crisp and avoid rambling.
- ✓ **Support with Examples** – Use facts, data, or real-life instances where relevant.
- ✓ **Listen Actively** – Nod, make eye contact, and refer to others' points when building yours.
- ✓ **Avoid Aggression or Dominance** – It's a team task, not a debate.
- ✓ **Be Consistent** – Speak multiple times if possible, not just once.
- ✓ **Balance** – Talk, listen, encourage silent candidates, and keep the discussion on track.

Sample Topic & Entry Point

Topic: IS SOCIAL MEDIA MORE HARMFUL THAN USEFUL?

How to Begin:

“Good morning everyone. I believe social media is a double-edged sword. While it has made communication and awareness faster than ever, the mental health impact and misinformation it spreads cannot be ignored. I'd like to explore both sides of this issue with all of you.”

TEST 9: PROGRESSIVE GROUP TASK (PGT)

The **Progressive Group Task (PGT)** is one of the most exciting and crucial group tasks conducted during the **GTO (Group Testing Officer)** series in the **SSB Interview**, usually on **Day 3**.

It tests your **teamwork, leadership, resourcefulness**, and ability to **think practically** while solving obstacles as a team.

What is PGT in SSB?

In the **Progressive Group Task**, your group is required to **cross a series of obstacles** using limited resources, while adhering to certain **rules** and **time limits**.

It gets **progressively more difficult** as you move forward.

Structure of PGT

Group size: **8–10 candidates**

You will face **4 physical obstacle areas** (progressive in difficulty).

Resources given: Typically includes:

Wooden Planks

Balli (wooden log)

Ropes

Objective: **Cross each obstacle using the resources**, without touching the ground (out of bounds area).

Basic Rules in PGT (Same for all outdoor tasks)

Color Rule:

White: Can be touched or stepped on.

Red: Out of bounds—can't be touched or stepped on.

Blue: Can be touched but not stepped on.

Rule of Rigidity:

Structures are fixed. You can't move or shift them.

Rule of Distance:

If you can't reach the next platform with your hand or resources, you cannot jump.

Rule of Load:

All team members and load (if any) must cross.

Rule of Infinity:

You cannot cross side boundaries. Stay within the start and end points.

Rule of Group Effort:

No individual heroism; all work should involve team coordination.

What GTO Looks For

- ✓ **Planning & Execution**
- ✓ **Cooperation & Team Spirit**
- ✓ **Initiative-taking**
- ✓ **Communication & Support**
- ✓ **Stamina and Focus**
- ✓ **Respect for Rules**

Tips to Excel in PGT

- **Understand the Rules Thoroughly** – If you're unsure, ask the GTO before

starting.

- **Be Active but Not Dominating** – Suggest ideas, carry planks, help teammates.
- **Think Before You Act** – Poor planning wastes time and effort.
- **Communicate Clearly** – Keep teammates updated on your ideas and listen to theirs.
- **Use the Resources Smartly** – Think creatively (plank over drum, cantilever balances, etc.).
- **Stay Physically Engaged** – Don't just talk. Act. Even small help counts.
- **Maintain Group Morale** – Encourage others, don't criticize or blame.

Common Obstacle Designs

- ✓ Gaps between platforms that need bridging
- ✓ Drums or cones that must be crossed
- ✓ Suspended planks or seesaws
- ✓ Zig-zag paths with limited stepping areas

Example Situation

You're given:

- 2 planks, 1 rope, and a balli.
- The team must cross a zig-zag arrangement of platforms where gaps are too wide to jump.
- A red zone surrounds the area.

You must:

- Use the plank to form bridges.
- Anchor the balli and use the rope for support.
- Ensure no one touches the red area.

Difference Between PGT and FGT

| PGT (Progressive Group Task) | FGT (Final Group Task) |
|------------------------------|---------------------------|
| Comes early in GTO tasks | Comes at the end |
| Longer and more complex | Shorter and symbolic |
| More tasks involved | Usually 1 final obstacle |
| Greater observation time | GTO makes final judgments |

TEST 10: HALF GROUP TASK (HGT)

The **Half Group Task (HGT)** is part of the **GTO (Group Testing Officer)** series in the **SSB Interview**, typically conducted on **Day 3** along with PGT, GD, GPE, and others.

What is the Half Group Task (HGT)?

The **HGT** is similar to the **Progressive Group Task (PGT)** but done with **half the number of group members**.

If you had 8–10 members in PGT, your group is now split into **two sub-groups** of 4–5 candidates.

This **smaller group size** allows the GTO to **observe you more closely**, particularly your:

- **Planning and execution**
- **Communication and coordination**
- **Leadership under reduced peer pressure**

Structure of HGT

You are given **1 obstacle** (instead of 4 in PGT).

You have to **cross it using helping materials** (planks, ropes, ballis, etc.).

Time: About **10–15 minutes**.

Same rules as PGT apply (Color Rule, Distance Rule, Rigidity Rule, etc.).

Rules to Remember (Same as PGT)

| Rule | Description |
|---------------|---|
| Color Rule | Red = out of bounds, White = allowed, Blue = touchable but not stand able |
| Distance Rule | Can't jump distances you can't reach by plank or rope |
| Rigidity Rule | Structures on the ground are fixed |
| Load Rule | All group members and load must cross |
| Group Rule | Must solve as a team, not individually |
| Infinity Rule | Cannot go outside the lateral boundaries |

What GTO Looks For in HGT

- ✓ Your role in group planning
- ✓ Creative problem-solving
- ✓ How well you execute ideas
- ✓ Respect for others' opinions
- ✓ How actively and calmly you participate
- ✓ Leadership under shared responsibility

Tips to Do Well in HGT

- ✓ Speak Up More Than in PGT – Smaller group = more visibility.
- ✓ Initiate if You Have Ideas – Take the lead if the group is stuck.

- ✓ **Use Time Wisely** – It's one task, so be efficient and focused.
- ✓ **Support Others' Ideas** – Build upon suggestions constructively.
- ✓ **Balance Thinking and Action** – Talk AND move the material.
- ✓ **Don't Force Leadership** – Show natural team spirit.

Example HGT Situation

You are given:

- 1 plank
- 1 balli (log)
- 1 rope

Objective:

- Cross from one platform to another over a gap too wide to jump.
- The area between platforms is red (out of bounds).
- Only part of the plank fits on the starting platform.

You might:

- Use the rope to anchor the balli.
- Use the plank as a bridge or cantilever.
- Balance the balli and plank to form stepping paths.

Bonus Insight

HGT helps the GTO see **how you perform when there's more room to speak and act**. If you were overshadowed in PGT, **this is your redemption task!**

TEST 11: SNAKE RACE

The **Snake Race** is a **team-building exercise** conducted during the **GTO (Group Testing Officer)** tasks in the **SSB interview**, usually on **Day 3**. It is a **fun yet challenging group task** designed to assess your **team coordination, leadership qualities, problem-solving skills, and decision-making under time pressure**.

What is the Snake Race?

In the **Snake Race**, your group (typically 8–10 candidates) is divided into two smaller teams. The task involves **moving a "snake"** (a long rope or series of sticks) from one point to another, across a designated area, with **specific obstacles or challenges** to navigate. The main aim is to do this **as quickly as possible** while ensuring **teamwork and coordination**.

Structure of Snake Race

Team Setup:

The group is split into **two teams** (usually 4–5 candidates per team).

Each team is given a **"snake"** (a rope or series of wooden sticks).

Objective:

Both teams must **move the snake** from the starting point to the finishing point, crossing several obstacles along the way.

Team members must **work together** to ensure the snake doesn't touch the ground and must be **maneuvered** carefully over the obstacles.

Obstacles:

These could include gaps, hurdles, ponds (marked as "no-go" zones), walls, and

other physical barriers that need strategic thinking to cross.

The team needs to **plan and execute strategies** to overcome these obstacles using the snake.

Time Limit:

The task is typically time-bound, usually around **15-20 minutes**.

Winning Team:

The team that manages to move the snake **most effectively** and **within the time limit** wins.

What GTO Looks For

- ✓ **Teamwork:** How effectively the team works together, with everyone contributing.
- ✓ **Coordination and Communication:** Clear, concise instructions and support to teammates.
- ✓ **Problem-Solving:** How creatively the team solves obstacles and uses available resources.
- ✓ **Leadership:** Whether someone takes charge in the group and guides the team (without being too bossy).
- ✓ **Time Management:** Ability to strategize and execute plans efficiently within the time limit.
- ✓ **Calmness Under Pressure:** Ability to stay focused and control the situation when things don't go as planned.
- ✓ **Physical and Mental Stamina:** Persistence and energy to keep going despite challenges.

Tips to Excel in Snake Race

- ✓ **Plan First:** Before starting, discuss with your team how to tackle each obstacle.

- ✓ **Assign Roles:** Decide who will do what—who will lead, who will be the "snake-handler," and who will help the team move through obstacles.
- ✓ **Work Together:** Don't let any member feel left out; involve everyone in decision-making.
- ✓ **Support and Encourage:** Keep morale high, cheer each other on, and stay positive.
- ✓ **Stay Calm Under Pressure:** Things may go wrong—stay composed and quickly adapt.
- ✓ **Communication is Key:** Give clear instructions and listen to others' suggestions.
- ✓ **Use Your Energy Wisely:** Don't rush. Sometimes, it's better to take a calculated approach to avoid mistakes.

Sample Obstacle Scenario

Imagine you have to cross a **wide gap** between two platforms. You can't drop the snake, and the gap is too wide to jump across.

Possible solutions:

One team member holds the snake while others use the rope to build a bridge.

Team members balance the snake across stepping stones.

Key Takeaways for Success

This task is about **team dynamics**, not individual glory. Even if you are a good leader, don't try to take over; lead by example and get others involved.

Think of **creative ways to solve problems**. Sometimes, the simplest solutions work best (e.g., using a plank to cross a gap).

Stay **cooperative**—don't fight for the snake or argue with teammates. Your communication should be smooth and effective.

DAY 4

GROUP TESTING OFFICER (GTO) TEST



TEST 12: LECTURETTE

The **Lecturette** is an important task in the **Group Testing Officer (GTO)** series during the **SSB Interview**, typically conducted on **Day 3**. It is a **short speech exercise** designed to assess your **communication skills, knowledge on various topics, and your ability to think and speak clearly under pressure**.

What is the Lecturette?

In the **Lecturette**, you are given a **topic** and asked to speak about it for **3 minutes**. The task is designed to evaluate your:

- ✓ **Ability to organize thoughts**
- ✓ **Clarity of expression**
- ✓ **General awareness**
- ✓ **Confidence in public speaking**
- ✓ **Ability to speak with authority on a subject**

Structure of the Lecturette

Topic Selection:

You will be given **one topic** from a set of 4–5 topics.

The topics are usually related to **general knowledge** and **current affairs**, but they can also be more **philosophical or abstract**.

Preparation Time:

You will have **3 minutes** to think about the topic and jot down **brief notes**.

You can use this time to organize your thoughts, write a quick outline, or list key points.

Presentation:

You will then be required to speak for **3 minutes** on the topic.

There are no props, slides, or notes allowed once you begin speaking.

The GTO and other candidates will listen to you during your speech.

Assessment:

The GTO observes how well you speak, how you manage the time, and how well you organize your thoughts.

You will not be interrupted, but at times, the GTO might ask a question after the speech to test your **reaction to pressure**.

What GTO Looks For

- ✓ **Clarity and Structure:** How clearly you can explain the topic and organize your speech.
- ✓ **Content:** Knowledge and depth of understanding of the subject.
- ✓ **Confidence:** Your ability to speak without hesitation or nervousness.
- ✓ **Time Management:** How well you use the 3 minutes—don't go over or under time.
- ✓ **Logical Flow:** Your ability to keep the discussion logical, relevant, and engaging.
- ✓ **Speaking Skills:** Good pronunciation, voice modulation, and eye contact.

Types of Lecturette Topics

Current Affairs:

- “Impact of AI on jobs in India”
- “Global warming and climate change”

- “Recent developments in space exploration”

Social Issues:

- “The importance of education in rural India”
- “Role of women in the Indian Armed Forces”
- “India’s healthcare system: challenges and solutions”

Philosophical/Abstract:

- “Success vs. happiness”
- “The role of youth in nation-building”
- “Are we living in a digital age or a digital trap?”

Personal Opinion:

- “Should we ban plastic completely?”
- “Is cricket more important than education in India?”
- “The impact of social media on society”

Tips for Performing Well in Lecturette

Structure Your Speech:

- **Introduction:** Start by briefly explaining the topic.
- **Body:** Discuss the main points with relevant examples or data.
- **Conclusion:** End by summarizing your key points and offering a conclusion or opinion.

Be Concise and Focused:

Stick to the topic and avoid deviating too far from the subject.

Keep your speech organized and avoid unnecessary details.

Use Simple Language:

Don't use complex jargon unless you are comfortable explaining it.

Aim for clear and simple sentences.

Maintain Eye Contact:

Look at the GTO and other candidates as you speak.

Avoid reading from notes after your preparation time.

Use Examples:

Try to relate the topic to something practical, current, or personal. Examples make your speech more engaging and memorable.

Stay Calm and Confident:

Even if you're unsure of the topic, try to stay calm, and speak with confidence.

It's okay to admit a lack of knowledge, but always try to express your opinion.

Practice Public Speaking:

Before the SSB, practice speaking about random topics for 3 minutes.

This will help you organize your thoughts and improve your confidence.

Sample Lecturette Structure

Topic: THE IMPACT OF SOCIAL MEDIA ON SOCIETY

Introduction:

"Good morning, everyone. Today, I will be talking about the impact of social media on society. Social media has become an integral part of our daily lives, influencing various aspects of society."

Body:

- **Positive Impacts:** “On the positive side, social media has helped people stay connected globally, provides a platform for self-expression, and helps in spreading awareness about various social issues.”
- **Negative Impacts:** “However, there are significant drawbacks. Social media addiction can lead to mental health issues, cyber bullying, and the spread of misinformation.”
- **Balancing the Impacts:** “It is important to use social media responsibly to avoid its negative effects while harnessing its positive potential.”

Conclusion:

“In conclusion, while social media has brought many benefits, it is essential to use it wisely to prevent its adverse effects on society. We must ensure a healthy balance to make the most of it.”

Common Mistakes to Avoid in Lecturette

- ✓ **Going Over Time:** Keep track of the time, or your speech may feel rushed or incomplete.
- ✓ **Speaking in a Monotone Voice:** Engage your audience by varying your pitch and tone.
- ✓ **Avoiding the Topic:** Stick to the given topic. Don’t divert to unrelated areas.
- ✓ **Speaking Too Fast or Too Slowly:** Find a balanced pace that is clear and easy to follow.
- ✓ **Lack of Confidence:** Even if you’re unsure about a topic, speak confidently and stay calm.

Practice Topics for Lecturette

- ✓ “The Future of Work in the Age of Automation”
- ✓ “The Role of Technology in Modern Education”
- ✓ “Why Physical Fitness is Important for Mental Health”
- ✓ “The Importance of Volunteering and Social Service”
- ✓ “The Significance of Leadership in Times of Crisis”

TEST 13: COMMAND TASK (CT)

In the context of the **SSB Interview**, the **CT Test** usually refers to the **Command Task**—a key individual task in the **GTO (Group Testing Officer)** series, typically conducted on **Day 4 or Day 5**. This task is designed to assess your **leadership, decision-making, initiative, and problem-solving skills** under pressure.

What is the Command Task (CT)?

The **Command Task** is an **individual task** where **you become the commander** and are required to **lead a mini-obstacle task** with limited resources and **2–3 subordinates** (chosen by you from your group). The GTO observes how effectively you:

- ✓ Plan and execute a task
- ✓ Communicate your plan
- ✓ Manage a small team
- ✓ Handle stress and pressure

Structure of the Command Task

- **Briefing by GTO:**

The GTO calls each candidate individually.

You're given a **task scenario**, often involving a physical obstacle (e.g., cross a minefield, retrieve an object, save someone).

You'll be given resources like **planks, ropes, and balli (logs)**.

▪ **Task Area:**

The area has specific **rules** (e.g., some areas are out of bounds, touching certain parts may mean “death”).

You'll need to devise a method to get from one point to another with your team, using the materials.

▪ **Choosing Subordinates:**

You are asked to select **2–3 team members** as your subordinates (from your group).

You **cannot take suggestions** from them. You must **command** and **direct** them.

▪ **Time Limit:**

The task is typically around **10–15 minutes** long.

Your effectiveness is judged based on how you **plan, brief, and lead** your team to complete the task efficiently.

What the GTO Observes in CT

- ✓ **Leadership:** How confidently and effectively you lead your team.
- ✓ **Planning Ability:** Your approach to solving the obstacle logically.
- ✓ **Command and Control:** Whether you give clear and firm instructions.
- ✓ **Adaptability:** How you adjust your plan if things go wrong.
- ✓ **Confidence Under Pressure:** How calm and collected you are under stress.
- ✓ **Responsibility:** Whether you take charge of the situation or get flustered.

Tips to Excel in the Command Task

- **Listen to Instructions Carefully:**

Pay close attention to what the GTO says, especially about what is allowed and what isn't.

- **Survey the Task Area:**

Take 30–60 seconds to observe the obstacle before you begin. Look for the easiest path and how to use materials.

- **Plan Before You Act:**

Don't rush into the task. Brief your team clearly and lay out the plan before beginning.

- **Be Clear and Commanding:**

Use assertive language: "Hold the rope here," "Place the plank across," etc. Avoid saying "Should we try this?"

- **Don't Seek Help:**

Subordinates are only to follow instructions, not suggest solutions. Avoid asking, "What do you think?"

- **Stay Positive and Composed:**

If you make a mistake or face a challenge, don't panic. Think, re-plan, and try again.

- **Make Use of Resources Wisely:**

Think creatively with what you're given. A plank or rope can often solve a problem in multiple ways.

- **Be Respectful and Appreciative:**

Treat your subordinates with respect. Say "Thank you" at the end of the task—it shows maturity and humility.

Common Command Task Example

Scenario:

You must rescue a person (dummy) stuck across a river (out-of-bounds area). You're provided with:

2 planks

1 rope

A support structure

Rules:

You can't step into the "river"

The dummy must be brought back safely

You must figure out:

How to build a bridge using planks

How to use the rope to pull the dummy across

How to move team members and resources without touching the restricted area

Final Thoughts

The **Command Task** is a crucial test of leadership and personality. Even if you aren't physically very strong, your ability to plan, organize, and communicate effectively can shine here. Think of it as a **real-life leadership test** under limited time and resources.

TEST 14: FINAL GROUP TASK(FGT)

The **Final Group Task (FGT)** is the **last outdoor task** in the GTO (Group Testing Officer) series during the **SSB interview**, usually conducted on **Day 4 or Day 5**. It is similar in format

to earlier tasks like the **Progressive Group Task (PGT)** and **Half Group Task (HGT)** but is designed to evaluate **teamwork, leadership, and collaborative problem-solving skills** one last time before the final assessment.

WHAT IS THE FINAL GROUP TASK (FGT)?

The **FGT** is a **group-level obstacle-solving task**.

All members of your group work **together** to overcome a structured obstacle using limited resources (planks, ropes, and ballis).

It's usually a **simple and shorter** version of earlier group tasks.

Consider it the GTO's **final opportunity to observe your natural behavior** in a group setting.

STRUCTURE OF THE FGT

- **Group Size:** 6–10 candidates (same group as other GTO tasks).
- **Materials Provided:**

Wooden planks

Ropes

Ballis (logs)

Load (a dummy or weight that must also be carried)

- **Task Area:**

A defined obstacle zone with rules: color-coded areas like **white (allowed)**, **red (out of bounds)**, **blue (helping structures)**.

- **Objective:**

To cross the obstacle as a team, using logic, coordination, and teamwork within the set rules and time.

PURPOSE OF FGT

The FGT allows the GTO to make final observations regarding:

- ✓ **Group Dynamics**
- ✓ **Natural Leadership**
- ✓ **Willingness to Help Others**
- ✓ **Ability to Follow Rules**
- ✓ **Communication Skills**
- ✓ **Team Spirit and Responsibility**

It's a **summative task**—meaning, it's less about complexity and more about seeing how you interact naturally at the end of the group tasks.

TIPS TO PERFORM WELL IN FGT

- **Be Involved:**
 - Stay active throughout. Don't hang back or be passive.
 - Show initiative, even if it's by assisting others.
- **Encourage Others:**
 - Be positive and boost morale. Help quieter teammates speak or act.
- **Stay Focused on the Goal:**
 - Keep the group on task. Avoid arguments or distractions.
- **Use Resources Wisely:**
 - Suggest logical ways to use planks, ropes, and balls.
 - Think about balance, leverage, and safety.
- **Follow the Rules Strictly:**
 - Avoid touching the out-of-bound areas. Rule violations are noted seriously.
- **Communicate Clearly:**
 - Speak confidently but respectfully. Avoid shouting or dominating.

- **Support Your Teammates:**
 - Physically and mentally support others, especially if someone struggles.
- **Don't Show-Off:**
 - The GTO already has a strong idea of your personality. Be consistent and cooperative.

EXAMPLE OF A FINAL GROUP TASK SCENARIO

- **Scenario:**

Your group must cross a broken bridge using:

 - 2 planks
 - 1 rope
 - A dummy load to carry
- **Rules:**

Red-colored portions are out of bounds.

Only one person can be on a plank at a time.

The dummy must not touch the ground.

You must reach the end platform with all team members and the load.
- **How to Approach:**

Plan the sequence (who goes first, who supports from behind).

Secure the planks before stepping.

Help others balance and move the load safely.

Rotate leadership naturally.

KEY TAKEAWAYS

| Skill | Demonstrated in FGT |
|------------------------|---|
| Leadership | Taking initiative, guiding group |
| Team Spirit | Supporting others, working in harmony |
| Problem Solving | Strategically using materials |
| Confidence | Taking responsibility without fear |
| Discipline | Following instructions and respecting rules |

TEST 15: INDIVIDUAL OBSTACLES

The Individual Obstacle task in SSB assesses a candidate's physical stamina, courage, and determination. Candidates face 10 obstacles within a time limit, testing their ability to take initiative and overcome challenges swiftly. It reveals both physical fitness and mental resilience under pressure.

Key Details About Individual Obstacles (IO)

Number of Obstacles: 10 obstacles

Time Limit: 3 minutes

Scoring: Each obstacle has a score from 1 to 10 (based on difficulty).

Attempt Rule: You can attempt obstacles in any order and repeat the same obstacle if time allows (extra points can be scored).

Common 10 Obstacles in IO

| Obstacle No. | Name | Description | Points |
|--------------|----------------------|---|--------|
| 1 | Jumping Over a Slide | Climb a slide and jump from the top | 1 |
| 2 | Long Jump | Jump across a marked distance (like in athletics) | 2 |
| 3 | High Jump | Jump over a suspended bar (about 4 ft) | 3 |
| 4 | Zig-Zag Balance | Walk on a zig-zag narrow wooden plank without falling | 4 |
| 5 | Screen Jump | Jump over a screen (wall) around 6 ft height | 5 |
| 6 | Burma Bridge | Cross a rope bridge suspended between two platforms | 6 |
| 7 | Tarzan Swing | Swing across with the help of a rope and land safely | 7 |
| 8 | Double Ditch | Cross two ditches (leap across both) | 8 |
| 9 | Commando Walk | Walk across a narrow log placed at height | 9 |
| 10 | Tiger Leap | Leap from a platform to catch a rope and then swing to a landing platform | 10 |

Tips to Perform Well

- **Start with higher-point obstacles** to maximize your score quickly.
- **Practice running, jumping, and balance exercises** before the SSB.
- **Don't panic if you fall or fail** — move to the next obstacle.
- **Maintain a positive attitude and sportsman spirit.**

TEST 16: PERSONAL INTERVIEW(PI)

The Personal Interview evaluates a candidate's personality, background, communication skills, and Officer Like Qualities. Conducted by an interviewing officer, it explores education, family, interests, and decision-making. The goal is to assess clarity of thought, honesty, confidence, and suitability for a career in the Armed Forces.

SSB Personal Interview

Conducted by: Interviewing Officer (IO) – typically a senior officer like a Colonel or Brigadier.

Duration: 30 to 60 minutes.

Style: One-on-one, informal yet structured conversation.

Key Areas Covered

Personal Background

- ✓ Family details, education, schooling, hometown
- ✓ Responsibilities at home or school
- ✓ Friends, hobbies, daily routine

Education and Academics

- ✓ Subjects you like/dislike and why
- ✓ Teachers you admire
- ✓ Weak and strong areas in academics

Extracurricular Activities

- ✓ Sports, cultural activities, clubs, NCC
- ✓ Leadership roles or achievements

Social Life

- ✓ Friends and peer group
- ✓ Social media habits

Role models and mentors

General Awareness

- ✓ Current affairs and defense news
- ✓ National and international events
- ✓ Knowledge of Armed Forces

Situational and Hypothetical Questions

- ✓ Handling failure or stress
- ✓ Ethical dilemmas
- ✓ Reaction to real-life situations

Self-Awareness

- ✓ Strengths and weaknesses
- ✓ Life goals and plans if not selected
- ✓ What others (friends, teachers, parents) think of you

Common Questions Asked

- Tell me about yourself.
- Why do you want to join the Armed Forces?
- What are your hobbies?
- Describe your daily routine.
- What did you do yesterday?
- What are your strengths and weaknesses?
- Who is your role model and why?
- What are your backup plans?

Personal Information Questionnaire (PIQ)

Before the interview, you fill out a **PIQ form** covering your personal, educational, and extracurricular details. Most of the interview questions are derived from this form.

Tips to Excel in the Interview

- **Be honest** – the IO can detect exaggeration or lies.
- **Know your PIQ thoroughly.**
- **Stay calm and composed** – it's okay to not know an answer.
- **Stay updated with current events**, especially defense-related.
- **Practice speaking confidently** – but stay natural and humble.

DAY 5

CONFERENCE



TEST 17: CONFERENCE

The **Conference** is the **final stage** of the **SSB interview process**, held on the **last day (Day 5)**. It is the **culmination of all assessments**—Psychological tests, GTO tasks, and the Personal Interview. During the conference, the fate of your selection (Recommended / Not Recommended) is decided.

WHAT IS THE SSB CONFERENCE?

A formal meeting between the **entire board of assessors**:

- **Psychologist**
- **GTO (Group Testing Officer)**
- **Interviewing Officer (IO)**

All officers who assessed you over the past days sit together to **discuss your performance**.

You are called in **one by one**, and the conference lasts around **1–2 minutes** per candidate (a bit longer if you're a borderline case).

PURPOSE OF THE CONFERENCE

To **correlate** all assessments and give a **final judgment**.

To evaluate if there is a **consensus among the assessors** about your personality traits.

For borderline candidates, the panel may **clarify doubts** or assess traits like communication, confidence, or clarity of thought one final time.

CONFERENCE ROOM PROCESS

- **Waiting Area:** You wait outside until your chest number is called.

- **Entering the Room:** You enter, salute the President of the Board (usually a senior officer), and sit down after being told to.
- **Questions Asked:** Usually simple and formal, such as:
 - How was your stay here?
 - Did you face any problems?
 - Which task did you enjoy most and why?
 - Which task did you find difficult?
 - Any suggestions for improving the process?
 - Have you made any friends?
 - What would you do after this if not selected?
 - For borderline candidates, they may probe deeper:
 - Clarifying psych test responses, asking about personal opinions, leadership views, or challenging a past response.

Exit: Once the interaction is over, you're asked to leave respectfully. Salute again and walk out smartly.

TIPS TO PERFORM WELL IN THE CONFERENCE

- **Be Smart and Confident:**
 - Wear proper formal attire, sit straight, and stay calm.
- **Be Honest:**
 - Don't try to impress by exaggerating or lying. They already know you well.
- **Show Positive Attitude:**
 - Even if asked about tough parts, focus on what you learned or enjoyed.
- **Be Respectful:**
 - Salute smartly, maintain decorum, and speak politely.
- **Stay Composed:**
 - Don't overthink it. Your selection is based on **overall performance**, not

this one interaction

AFTER THE CONFERENCE

Once all candidates have gone through the conference, the results are **compiled**.

✓ **Results Declaration:**

A senior officer announces the **chest numbers** of candidates who are **recommended**.

Recommended candidates proceed for **medical examination**.

Others are given a **formal send-off** and feedback (in some boards).

FINAL THOUGHTS

The **SSB Conference** is not a test, but a **review**. You've already demonstrated your **OLQs** (Officer-Like Qualities) throughout the week. So:

Stay calm, be yourself, and trust your performance.

ANALYSIS OF SSB TESTS



GROUP TESTS IN SSB

| Test No. | Task | Description |
|----------|--|---|
| 1 | PPDT (Picture Perception and Discussion Test) | One part in PPDT is Group Discussion |
| 2 | Group Discussion (GD) | Informal discussion on current or social topics to assess communication and reasoning skills. |
| 3 | Group Planning Exercise (GPE) | A situational planning task where candidates must analyze a scenario and propose a group solution. |
| 4 | Progressive Group Task (PGT) | Group crosses a series of physical obstacles using planks, ropes, and other materials. |
| 5 | Group Obstacle Race (Snake Race) | Team race through obstacles while carrying a "snake" (rope/rolled mat), emphasizing team spirit and coordination. |
| 6 | Half Group Task (HGT) | Similar to PGT, but with a smaller group. Gives more visibility to individual effort. |
| 7 | Lecturette | Each candidate gives a 3-minute speech on a topic chosen from a given set. Tests confidence and public speaking. |
| 8 | Command Task (CT) | You act as a commander and lead 2–3 subordinates to complete an obstacle. Assesses leadership and planning. |
| 9 | 9. Final Group Task (FGT) | Last outdoor task where the full group solves a simple obstacle. Summarizes GTO's observations. |

INDIVIDUAL TESTS SSB

| | Test | Description |
|----------|---|---|
| 1 | OIR (Officers Intelligence Rating) | Verbal and non verbal reasoning based aptitude test |
| 2 | TAT (Thematic Apperception Test) | 12 picture-based story writing tasks to assess imagination and personality. |
| 3 | WAT (Word Association Test) | 60 words shown one by one – you write the first thought/sentence that comes to your mind. |
| 4 | SRT (Situation Reaction Test) | 60 daily-life situations – you write your response to each. Tests decision-making and reaction. |
| 5 | SDT (Self Description Test) | You write how you perceive yourself, how others perceive you (friends, teachers, parents), and your aspirations. |
| 6 | Lecturette | Each candidate delivers a 3-minute talk on one of four topics picked randomly. Evaluates confidence, knowledge, and articulation. |
| 7 | Personal Interview | Conducted by Interviewing Officer. Varied questions on different topics |
| 8 | Conference | A formal interaction with the entire board of assessors . You are asked basic questions about your stay, performance, and observations. Recommendation decision is made after this. |
| 9 | Individual Obstacles (IO) | 10 physical obstacles (jumping, balancing, crawling, etc.) to complete in 3 minutes. Each has a score (1–10 points). |

INDOOR TESTS IN SSB

| | Test | Description |
|---|--|---|
| 1 | OIR (Officer Intelligence Rating) | Verbal and non-verbal reasoning questions to test mental sharpness and analytical ability. |
| 2 | PPDT (Picture Perception and Discussion Test) | Candidates write a story based on a picture, then discuss it in a group. Tests perception, storytelling, and group communication. |
| 3 | TAT (Thematic Apperception Test) | Story writing based on shown pictures. Reveals thoughts, motivation, and imagination. |
| 4 | WAT (Word Association Test) | You write sentences based on 60 quickly-flashed words. Tests personality traits and associations. |
| 5 | SRT (Situation Reaction Test) | Write your response to 60 daily life situations. Assesses practical thinking and attitude. |
| 6 | SDT (Self-Description Test) | Write how you, your parents, friends, and teachers view you. Also, write about your aims. Shows self-awareness and values. |
| 7 | Group Discussion (GD) | Candidates discuss 1–2 topics related to current affairs or social issues. |

| | | |
|-----------|--|---|
| 8 | Group Planning Exercise (GPE/MPE) | A map-based problem-solving task where candidates plan a group solution to a crisis situation. |
| 9 | Lecturette | Each candidate delivers a 3-minute talk on one of four topics picked randomly. Evaluates confidence, knowledge, and articulation. |
| 10 | Personal Interview | Conducted by Interviewing Officer. Varied questions on different topics |
| 11 | Conference | A formal interaction with the entire board of assessors . You are asked basic questions about your stay, performance, and observations. Recommendation decision is made after this. |

PIONEER ACADEMY FOR DEFENSE SERVICES

OUTDOOR TESTS IN SSB

| | Task | Description | Key Traits Observed |
|---|---|--|---|
| 1 | Progressive Group Task (PGT) | Group crosses multiple obstacles using helping materials (planks, ropes, etc.). Rules and boundaries must be followed. | Teamwork, planning, coordination, initiative |
| 2 | Half Group Task (HGT) | Same as PGT but with a smaller group. Gives individuals more chance to lead. | Problem-solving, communication, leadership |
| 3 | Snake Race / Group Obstacle Race | Group races through 6 obstacles carrying a rope ("snake"). | Team spirit, energy, coordination, cheerleading |
| 4 | Command Task (CT) | You act as a commander, choose subordinates, and solve an obstacle with them. | Leadership, decision-making, confidence |
| 5 | Final Group Task (FGT) | Final group obstacle task like PGT. Usually simpler. Meant for final GTO observations. | Overall performance, group effort |
| 6 | Individual Obstacles (IO) | 10 physical obstacles (jumping, balancing, crawling, etc.) to complete in 3 minutes. Each has a score (1–10 points). | Physical stamina, risk-taking, determination |

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COMPARISON OF SSB TESTS



All 17 SSB Tests with Classification- PSYCHOLOGICAL VS PHYSICAL

| Test No. | Test Name | Brief Description | Written | Verbal | Physical-Group | Physical-Individual |
|---------------------------|--------------------------------------|---|---------|--------|----------------|---------------------|
| 1 | Screening Test-OIR | Verbal and Nonverbal reasoning | Y | - | - | - |
| 2 | Screening Test-PPDT | (Story writing + narration + group discussion) | Y | Y | - | - |
| 3 | TAT (Thematic Apperception Test) | Write 12 stories based on images shown | Y | - | - | - |
| 4 | WAT (Word Association Test) | Write 60 responses to 60 words in 15 sec each | Y | - | - | - |
| 5 | SRT (Situation Reaction Test) | Respond to 60 situations – show decision-making /presence of mind | Y | - | - | - |
| 6 | SDT (Self-Description Test) | Write about yourself from multiple perspectives | Y | - | - | - |
| 7 | Group Discussion (GD) | Group discussion on current or general topics | - | Y | - | - |
| 8 | Group Planning Exercise (GPE) | Discuss a solution to a problem-based map story | - | Y | - | - |
| 9 | Lecturette | 3 min speech on impromptu topic | - | Y | - | - |
| 10 | Personal Interview | 1-to-1 interview with assessor | - | Y | - | - |
| 11 | Conference | Final interaction with all officers | - | Y | - | - |
| 12 | Progressive Group Task (PGT) | Cross obstacles in group with load & helping materials | - | - | Y | - |
| 13 | Group Obstacle Race (GOR/Snake Race) | Compete as a group to cross obstacles carrying snake-like object | - | - | Y | - |
| 14 | Half Group Task (HGT) | Same as PGT but with half group | - | - | Y | - |
| 15 | Command Task | command 1-2 persons to solve task | - | - | Y | - |
| 16 | Final Group Task (FGT) | Final large task with full group | - | - | Y | - |
| 17 | Individual Obstacles (IO) | 10 obstacles to complete in 3 minutes | - | - | | Y |
| Total tests | | 17 | 6 | 6 | 5 | 1 |
| Contribution(percentage) | | 100% | 35% | 35% | 30% | 5% |

*Test No. 2- Only PPDT requires both skills- written and Verbal

**Psychology Based
Indoor Tests**

65%

**Group Coordination
Outdoor Tests**

30%

**Individual Physical
Outdoor Tests**

05%

ALL THE BEST

for

your journey

towards

success...

PIONEER ACADEMY FOR DEFENSE SERVICES