

14-Day SSB Coaching Program - Service Selection Board Interview Coaching

For NDA / CDS / AFCAT / TES / TGC / SSC (Tech) Aspirants

Duration: 14 Days

Timing: 6-8 hours per day (can be split as per institution schedule)

Objective: To equip candidates with skills and confidence to successfully clear all 5 days of the SSB Interview including Screening, Psychology, GTO & Personal Interview.

DAY-WISE BREAKUP

Day	Topics Covered	Description
Day 1	Introduction to SSB Process & Officer-Like Qualities (OLQs)	<ul style="list-style-type: none">- Overview of 5-Day SSB- Importance of OLQs- SSB Forms and Do's & Don'ts
Day 2	Screening Test (OIR + PP&DT)	<ul style="list-style-type: none">- Initial Self-Assessment- OIR Practice Sets- Picture Perception & Description Test- Story Writing Tips- Group Discussion Techniques
Day 3	PP&DT Practice + Feedback	<ul style="list-style-type: none">- Full Mock PP&DT Session- Individual Story Writing- Group Narration & Discussion- Personalized Feedback
Day 4	Psychology Test - TAT (Thematic Apperception Test)	<ul style="list-style-type: none">- 12 TAT Pictures- How to frame effective responses- Practice + Evaluation
Day 5	WAT (Word Association Test)	<ul style="list-style-type: none">- 60 Words Practice- Understanding Thought Process- How to reflect OLQs in WAT
Day 6	SRT (Situation Reaction Test)	<ul style="list-style-type: none">- 60 Situations Practice- Time Management- Framing effective responses
Day 7	SDT (Self Description Test)	<ul style="list-style-type: none">- How to write SDT effectively- Practice + Correction- Personality Reflection in SDT

Day	Topics Covered	Description
Day 8	GTO - Introduction & Group Discussion	<ul style="list-style-type: none"> - What is GTO? - GD Techniques & Practice - Mock GD + Feedback
Day 9	GTO - Group Planning Exercise (GPE)	<ul style="list-style-type: none"> - Situation Analysis - Map Reading & Logical Thinking
Day 10	GTO - Outdoor Tasks I (PGT, HGT, FGT)	<ul style="list-style-type: none"> - Individual & Group Plans - Rules & Objectives - OLQs Demonstration - Practice Outdoor Tasks (using models if indoors)
Day 11	GTO - Outdoor Tasks II (Command Task, Individual Obstacles)	<ul style="list-style-type: none"> - Tips for Command Task - IO Strategy
Day 12	GTO - Lecturette + Final GTO Practice	<ul style="list-style-type: none"> - Demo + Roleplay - Topic Selection - Confidence Building - Final Mock GTO Session
Day 13	Personal Interview Techniques (PI)	<ul style="list-style-type: none"> - Interview Questions - PIQ Form Analysis - Body Language & DAF-based Qs
Day 14	Mock Interview + Final Feedback + Closing	<ul style="list-style-type: none"> - Full PI Simulation - Psych/GTO/PI Summary Review - Tips for Conference Day - Final Evaluation & Guidance

☐☐ Study Material Provided

- Daily Handouts
- OLQ Chart
- Sample PIQ Form
- Story Bank for TAT & PPDT
- Model SRT/WAT/SDT Booklet
- GTO Tasks Handbook

☐☐ Key Features

- Trained by **SSB-Recommended Candidates and Defence Experts**
- **Personal Mentorship** for each candidate

- **Mock Drills** for every test
- **Daily Feedback** for personality development
- Focus on **Communication, Confidence, and Critical Thinking**

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