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.

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DAY-WISE BREAKUP

Day	Topics Covered	Description
Day 1	**Introduction to SSB Process & Officer-Like Qualities (OLQs)**	– Overview of 5-Day SSB – Importance of OLQs – SSB Forms and Do's & Don'ts – Initial Self-Assessment
Day 2	**Screening Test (OIR + PP&DT)**	– OIR Practice Sets – Picture Perception & Description Test – Story Writing Tips – Group Discussion Techniques
Day 3	**PP&DT Practice + Feedback**	– Full Mock PP&DT Session – Individual Story Writing – Group Narration & Discussion – Personalized Feedback
Day 4	**Psychology Test – TAT (Thematic Apperception Test)**	– 12 TAT Pictures – How to frame effective responses – Practice + Evaluation
Day 5	**WAT (Word Association Test)**	– 60 Words Practice – Understanding Thought Process – How to reflect OLQs in WAT
Day 6	**SRT (Situation Reaction Test)**	– 60 Situations Practice – Time Management – Framing effective responses
Day 7	**SDT (Self Description Test)**	– How to write SDT effectively – Practice + Correction – Personality Reflection in SDT

Day	Topics Covered	Description
Day 8	**GTO – Introduction & Group Discussion**	– What is GTO? – GD Techniques & Practice – Mock GD + Feedback
Day 9	**GTO – Group Planning Exercise (GPE)**	– Situation Analysis – Map Reading & Logical Thinking – Individual & Group Plans
Day 10	**GTO – Outdoor Tasks I (PGT, HGT, FGT)**	– Rules & Objectives – OLQs Demonstration – Practice Outdoor Tasks (using models if indoors)
Day 11	**GTO – Outdoor Tasks II (Command Task, Individual Obstacles)**	– Tips for Command Task – IO Strategy – Demo + Roleplay
Day 12	**GTO – Lecturette + Final GTO Practice**	– Topic Selection – Confidence Building – Final Mock GTO Session
Day 13	**Personal Interview Techniques (PI)**	– Interview Questions – PIQ Form Analysis – Body Language & DAF-based Qs
Day 14	**Mock Interview + Final Feedback + Closing**	– Full PI Simulation – Psych/GTO/PI Summary Review – Tips for Conference Day – Final Evaluation & Guidance

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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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