

# Day-Wise Breakdown of 5-Day SSB Interview Procedure

The **SSB (Services Selection Board) interview** is a five-day intensive evaluation conducted by the Indian Armed Forces to select potential officers for the **Indian Army, Navy, and Air Force**. This highly respected procedure assesses a candidate's personality, leadership qualities, decision-making skills, and overall officer potential through psychological and physical tests.

In this article, we provide a **detailed day-wise breakdown of the SSB interview process**, helping candidates understand what to expect, how to prepare, and how to excel in each stage.

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## Overview: What is the SSB Interview?

The SSB Interview is a **standardized selection process** used to assess candidates recommended through various entry schemes like:

- **NDA, CDS, AFCAT**
- **Technical Entry Scheme (TES)**
- **NCC Special Entry, JAG Entry**
- **University Entry Scheme (UES)**

Conducted at designated SSB centers across India, this **five-day evaluation process** is divided into two major stages:

- **Stage I:** Screening (Day 1)
- **Stage II:** Psychological, Group Tasks, Interview & Conference (Days 2-5)

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## DAY-WISE BREAKDOWN OF THE 5-DAY SSB INTERVIEW PROCEDURE

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### Day 0 - Reporting Day

- Candidates report to the designated SSB centre in the afternoon.
- Initial **document verification, chest number allocation, and briefing by duty officer**.
- Orientation about SSB rules, schedule, and accommodation facilities.

This day is primarily administrative and sets the tone for the coming days.

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## Day 1 - Screening Test (Stage I)

The **screening test** determines who will continue for the next four days.

### 1. Officer Intelligence Rating (OIR) Test

- Two sets of questions assessing **verbal and non-verbal reasoning**
- Time-bound multiple-choice format
- Tests speed and accuracy

### 2. Picture Perception and Discussion Test (PPDT)

- A **blurred picture** is shown for 30 seconds
- Candidates write a story in 4 minutes
- Group discussion follows where each candidate narrates their story and discusses it collectively

#### Outcome:

Candidates who clear this stage are **screened in** and proceed to Stage II. The rest are sent back the same day.

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## Day 2 - Psychology Tests

These tests are conducted by a trained psychologist to assess a candidate's subconscious mind and natural responses.

### 1. Thematic Apperception Test (TAT)

- 12 pictures shown (including one blank)
- Candidates write stories based on each picture within 4 minutes

### 2. Word Association Test (WAT)

- 60 words shown on screen for 15 seconds each
- Candidates write the first thought that comes to mind

### 3. Situation Reaction Test (SRT)

- 60 practical situations are given
- Candidates write spontaneous responses within 30 minutes

### 4. Self Description Test (SDT)

- Write descriptions from the perspective of self, parents, friends, teachers, and personal opinion

#### **Objective:**

These tests help in evaluating **personality traits, thinking patterns, values, and attitude under stress.**

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## Day 3 - GTO Tasks (Part 1)

**Group Testing Officer (GTO)** tasks assess group behaviour, communication, physical coordination, and leadership.

### 1. Group Discussion (GD)

- Discussion on current and social issues
- Tested for clarity of thought, expression, and cooperation

### 2. Group Planning Exercise (GPE)

- Given a problem scenario
- Candidates suggest practical solutions as a group

### 3. Progressive Group Task (PGT)

- Cross obstacles using planks, ropes, and other resources
- Emphasizes teamwork and planning

### 4. Group Obstacle Race (GOR)

- Teams compete in a race over obstacles while holding a “snake-like” object
- Tests group coordination and stamina

## **5. Lecturette**

- Candidates speak for 3 minutes on one of four topics
- Evaluated for confidence, language, and structure

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## **Day 4 - GTO Tasks (Part 2) and Personal Interview**

### **1. Half Group Task (HGT)**

- Similar to PGT but with fewer members
- Tests individual contribution in smaller groups

### **2. Individual Obstacles**

- 10 physical tasks like climbing, jumping, crawling, etc.
- Time: 3 minutes

### **3. Command Task**

- Candidate is made commander
- Must lead subordinates through obstacles
- Tests leadership and problem-solving

### **4. Final Group Task (FGT)**

- Last team task involving strategic planning and execution
- Similar to PGT, but more complex

### **5. Personal Interview**

- Conducted by an interviewing officer
  - Duration: 30 to 60 minutes
  - Questions on academics, family, interests, current affairs, life goals, etc.
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## Day 5 - Conference Day

- A formal interaction between the candidate and the entire SSB board
- Lasts 1-2 minutes
- Assesses final impressions and clears any doubtful cases
- Declaration of **Recommended Candidates** list

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## Post-SSB: Medical and Merit List

Candidates recommended by the board undergo a **comprehensive medical examination**. Based on:

- SSB marks
  - Medical fitness
  - Vacancies
- A final **merit list** is published by the respective defence service HQs.

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## Tips to Excel in the SSB Interview

- Be **honest and self-aware**
- Improve **general awareness and communication skills**
- Practice **time-bound writing** for psychology tests
- Work on **physical fitness** for GTO tasks
- Stay calm, positive, and **confident under pressure**

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## Frequently Asked Questions (FAQ)

### 1. How long is the SSB interview process?

The SSB interview is conducted over **5 days**, not including the medical exam and travel days.

### 2. Is the SSB interview the same for Army, Navy, and Air Force?

The core procedure is the same, but **medical standards** and **entry eligibility** may differ.

### 3. What happens if I fail the screening test on Day 1?

You will be **screened out** and sent home the same day. You can reappear in future attempts.

### 4. Is there negative marking in OIR or PPDT?

No, there is **no negative marking**, but speed and accuracy are essential.

### 5. How many candidates are recommended out of total?

Typically, **only 6-10%** of candidates are recommended depending on performance and vacancies.

### 6. Can I appear for the SSB interview more than once?

Yes, you can appear **multiple times** as long as you meet eligibility criteria for each entry.

### 7. Do I need coaching to clear the SSB interview?

**Not mandatory**, but coaching may help in structured preparation, especially for first-timers.

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