

NDA 2026 for Girls: Eligibility, Preparation & Opportunities

With the historic inclusion of women candidates, the **NDA exam has opened new doors for girls** aspiring to serve as officers in the **Indian Armed Forces**. **NDA 2026 for girls** offers a prestigious pathway to join the **Army, Navy, and Air Force** through the National Defence Academy, Khadakwasla.

This article is a **comprehensive, SEO-optimised, and in-depth guide** covering **NDA 2026 eligibility for girls, preparation strategy, physical & medical standards, career opportunities, challenges, and FAQs**.

Can Girls Apply for NDA 2026?

☐ **Yes.** Girls are fully eligible to apply for **NDA 2026** and can join the **National Defence Academy** just like male candidates.

☐ *Selection process, exam pattern, SSB interview, and training are largely the same for boys and girls.*

NDA 2026 Eligibility Criteria for Girls

1. Nationality

A female candidate must be:

- A citizen of India, or
- A subject of Nepal/Bhutan, or
- A Tibetan refugee settled in India

2. Age Limit (NDA 2026 for Girls)

- Candidates must be **between 16.5 to 19.5 years**
- Date of birth range will be specified in the **official NDA 2026 notification**

☐ *Age criteria is strictly followed—no relaxation.*

3. Educational Qualification

Wing	Qualification Required
Army	10+2 (any stream)
Navy	10+2 with Physics & Maths

4. Marital Status

- **Only unmarried female candidates** are eligible
- Marriage is **not permitted during training**

NDA 2026 Physical Standards for Girls

Minimum Height Requirement

Wing	Minimum Height
Army	152 cm
Navy	152 cm
Air Force	163 cm

✓ Height relaxation of **5 cm** for candidates from hilly areas.

Weight Standards

- Weight must be proportionate to height and age
- Overweight or underweight beyond limits can lead to rejection

Chest Requirement

- ☐ **Not applicable for girls**

NDA 2026 Medical Standards for Girls (Key Points)

Common checks include:

- Vision & eyesight standards
- No flat foot or knock knees
- Normal hearing and BP
- No major skin diseases
- Tattoos only allowed on **inner forearm or back of palm**

☐ *Medical standards are strict and non-negotiable.*

NDA 2026 Selection Process for Girls

1. Written Examination

- Mathematics (300 marks)
- GAT (600 marks)

2. SSB Interview (900 marks)

- Screening
- Psychology tests
- GTO tasks
- Personal interview
- Conference

3. Medical Examination

4. Final Merit List

How Should Girls Prepare for NDA 2026?

Written Exam Preparation

Mathematics

- Focus on basics (NCERT 9–12)
- Practice daily questions
- Improve speed and accuracy

GAT (English & GK)

- English: grammar, comprehension, vocabulary
- GK: history, geography, polity, science, current affairs

SSB Interview Preparation for Girls

- Improve communication skills

- Practice TAT, WAT, SRT & SDT
- Participate in group discussions
- Develop leadership and confidence

☐☐SSB looks at personality, not gender.

Physical Fitness Preparation

Recommended activities:

- Running (2–4 km)
- Skipping & stretching
- Push-ups & core exercises
- Yoga for flexibility and posture

Training at NDA for Girls

- Same academic & military training standards
- Separate accommodation facilities
- Equal opportunities in training and leadership roles
- Discipline, teamwork, and leadership development

Career Opportunities After NDA for Girls

After completing NDA & respective academies, girls can become:

- **Army Officer (Lieutenant)**
- **Naval Officer**
- **Air Force Flying / Ground Duty Officer**
- Opportunities for:
 - Higher ranks
 - Command roles

- Defence specialization courses

□□NDA is the foundation of a long-term military career.

Challenges Girls May Face (And How to Overcome Them)

Physical Demands

- ✓ Start fitness early
- ✓ Train gradually

Mental Pressure

- ✓ Stay confident
- ✓ Avoid comparison

SSB Myths

- ✓ Be natural
- ✓ No special treatment—merit matters

Advantages of NDA for Girls

- Early entry into armed forces
- World-class leadership training
- Prestigious career
- Nation-first service
- Equal growth opportunities

Frequently Asked Questions (FAQs)

Q1. Can girls join NDA directly after 12th?

Yes, girls can apply for NDA immediately after 10+2.

Q2. Is NDA training same for girls and boys?

Yes, training standards are the same with suitable arrangements.

Q3. Are girls allowed in combat roles after NDA?

Role allocation depends on service policies, but opportunities are expanding.

Q4. Is coaching compulsory for girls to clear NDA?

No. Self-study with discipline is sufficient.

Q5. How many girls are selected in NDA every year?

Selection depends on vacancies and merit; competition is high.

Conclusion

NDA 2026 for girls is not just an exam—it is a **historic opportunity** to serve the nation as a **commissioned officer**. With the **right preparation, physical fitness, and mindset**, girls can excel in NDA just like their male counterparts.

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