

# 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  
Army  
Navy

Qualification Required  
10+2 (any stream)  
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

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

✓ 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.

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# **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**

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# **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

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## **SSB Interview Preparation for Girls**

- Improve communication skills

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

IASB 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.

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### **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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