NDA 2026 SSB Interview Process Explained Step-by-Step

Clearing the **NDA written exam** is only the first milestone. The real test of personality, leadership, and officer-like qualities begins with the **NDA 2026 SSB Interview**, a **5-day selection process** conducted by the **Services Selection Board (SSB)** of the Indian Armed Forces.

This article provides a **comprehensive, step-by-step explanation of the NDA 2026 SSB Interview process**, including **tests conducted each day, marks distribution, preparation tips, common mistakes, and FAQs**, written in an **SEO-optimised** format for aspirants.

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What Is the NDA SSB Interview?

The **SSB Interview** is designed to assess whether a candidate possesses **Officer Like Qualities (OLQs)** required in the **Indian Army, Navy, and Air Force**.

✔ Conducted after clearing the NDA written exam
✔ Total duration: **5 days**
✔ Total marks: **900**
✔ Tests conducted by **Psychologists, GTOs & Interviewing Officers**

NDA 2026 SSB Interview – Overview

Stage	Details
Total Days	5 Days
Total Marks	900
Mode	Offline (at SSB centres)
Aim	Personality & leadership assessment
Final Selection	Written Exam + SSB + Medical

NDA 2026 SSB Interview Process – Day-Wise Breakdown

DAY 0 – Reporting & Documentation

- Reporting at allotted SSB centre
- Verification of documents
- Chest number allotment
- Group allocation

Candidates who fail document verification are sent back.

DAY 1 – Screening Test (Most Crucial Day)

1. Officer Intelligence Rating (OIR) Test

- Verbal & Non-verbal reasoning
- Measures logical and analytical ability

2. Picture Perception & Description Test (PPDT)

- Observe a picture for 30 seconds
- Write a story (4 minutes)
- Group discussion on the story

⚠ **Major elimination day** – nearly **60–70% candidates are screened out**

DAY 2 – Psychological Tests

Conducted by a trained psychologist to assess subconscious traits.

Psychological Tests Include:

1. **Thematic Apperception Test (TAT)** – Story writing (12 pictures)
2. **Word Association Test (WAT)** – 60 words, quick responses
3. **Situation Reaction Test (SRT)** – Real-life situations
4. **Self-Description Test (SDT)** – Self-analysis

Honesty and consistency are key.

DAY 3 – Group Testing Officer (GTO) Tasks – Part 1

Outdoor & Indoor Group Tasks

- Group Discussion (GD)
- Group Planning Exercise (GPE)
- Progressive Group Task (PGT)

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- Half Group Task (HGT)

□□ Focus: **Teamwork, leadership, cooperation, communication**

DAY 4 – GTO Tasks (Part 2) + Personal Interview

GTO Tasks

- Individual Obstacles
- Command Task
- Final Group Task

Personal Interview (PI)

- Academics
- Family background
- Current affairs
- Goals & motivation for NDA

□□ *Interview may last 30–45 minutes.*

DAY 5 – Conference Day

- Final interaction with assessors
- Discussion among psychologists, GTO & IO
- Final decision: **Recommended / Not Recommended**

□□ *Recommended candidates proceed for medical examination.*

NDA SSB Interview – Marks Distribution

Stage	Marks
Psychological Tests	300
GTO Tasks	300
Personal Interview	300
Total	**900**

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Officer Like Qualities (OLQs) Tested

- Leadership
- Initiative
- Responsibility
- Team spirit
- Decision-making
- Emotional stability
- Integrity & honesty

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Common Reasons for SSB Rejection

 Lack of clarity in communication
 Poor group participation
 Fake personality or memorised answers
 Over-aggression or passiveness
 Inconsistency between tests

How to Prepare for NDA 2026 SSB Interview

Before SSB

- Improve communication skills
- Practice story writing & reasoning
- Stay updated with current affairs
- Work on physical fitness

During SSB

- Be natural and confident
- Support team members
- Express ideas clearly
- Maintain discipline and body language

NDA SSB Interview Dress Code

- Formal attire for interview
- Comfortable sportswear for GTO tasks
- Neat haircut and grooming

After SSB: What Happens Next?

- Medical examination at military hospital
- Merit list based on **Written + SSB marks**
- Final joining letter issued to selected candidates

Frequently Asked Questions (FAQs)

Q1. How many days is NDA SSB Interview?

The NDA SSB Interview is conducted over **5 days**.

Q2. Is coaching necessary to clear SSB?

No. Self-awareness and preparation are more important than coaching.

Q3. How many candidates are screened out on Day 1?

Approximately **60–70%** candidates are eliminated on Day 1.

Q4. Are SSB questions repeated?

Tests are standard, but **responses must be original**.

Q5. Can girls appear for NDA SSB?

Yes, **both boys and girls** are eligible for NDA SSB.

Conclusion

The **NDA 2026 SSB Interview** is not about intelligence alone—it is about **character, leadership, and officer potential**. Understanding the **step-by-step SSB process** and preparing with the right mindset can significantly improve your chances of recommendation.

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