

# NDA-I 2026 Written Exam vs SSB Interview - How to Prepare for Both

## Introduction

The **NDA-I 2026 Exam** is a two-stage selection process for candidates aspiring to join the **National Defence Academy**. Clearing the **written exam** is only the first step; the real challenge lies in performing well at the **SSB (Services Selection Board) interview**.

Many aspirants focus only on the written test but forget that **SSB carries 900 marks**, which is as important as the 900 marks of the written exam. To secure final selection, aspirants must prepare for **both stages simultaneously**.

This article explains the **difference between the NDA written exam and the SSB interview**, gives **preparation strategies**, and shows how **Victor Growth Coaching** helps aspirants succeed.

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## NDA-I 2026 Written Exam Overview

The written exam tests academic knowledge, reasoning ability, and current affairs awareness.

### Exam Pattern

- **Mathematics:** 120 questions | 300 marks | 2.5 hours
- **General Ability Test (GAT):** 150 questions | 600 marks | 2.5 hours
  - English (200 marks)
  - General Knowledge (400 marks)

☐☐ **Total Written Marks = 900**

## How to Prepare for NDA Written Exam

### 1. Mathematics

- Focus on Algebra, Trigonometry, Calculus, Probability, and Geometry.
- Solve NCERT (Class 11 & 12) + NDA Pathfinder.
- Practice 30-40 sums daily with a formula notebook.

### 2. English

- Improve vocabulary with *Word Power Made Easy*.
- Revise grammar rules from Wren & Martin.
- Practice comprehension passages and error detection.

### 3. General Knowledge

- Physics, Chemistry, Biology → Revise NCERT basics.
- History & Geography → Focus on Indian Freedom Struggle and map-based learning.
- Current Affairs → Read *The Hindu* and *Pratiyogita Darpan*.

### 4. Mock Tests

- Attempt at least 15–20 full-length mock tests before exam day.

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## SSB Interview Overview

The **SSB Interview** is a **5-day selection process** testing personality, leadership, and psychological strength.

### Stages of SSB Interview

#### 1. Day 1 - Screening Test

- OIR (Officer Intelligence Rating).
- PPDT (Picture Perception & Description Test).

#### 2. Day 2 - Psychological Tests

- Thematic Apperception Test (TAT).
- Word Association Test (WAT).
- Situation Reaction Test (SRT).
- Self-Description Test.

#### 3. Day 3 & 4 - GTO Tasks

- Group Discussions.
- Group Planning Exercises.

- Progressive Group Tasks.
- Obstacle Race.
- Individual Lectures.

#### 4. Day 5 - Personal Interview & Conference

- Questions on academics, current affairs, hobbies, personal life.
- Board's final recommendation.

SSB Marks = 900

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## How to Prepare for NDA SSB Interview

### 1. Improve Communication Skills

- Read newspapers daily.
- Practice speaking in English confidently.

### 2. Work on Leadership Qualities

- Take initiative in group tasks.
- Be cooperative, not dominating.

### 3. Practice Psychological Tests

- Write fast and honestly in WAT, SRT, and TAT.
- Avoid memorized responses; be natural.

### 4. Stay Physically Fit

- Running, pushups, and stamina-building exercises.
- Prepare for obstacle tasks.

### 5. Mock SSB Sessions

- Attend practice interviews and group tasks with coaching guidance.

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## NDA Written Exam vs SSB Interview - Key Differences

Aspect	Written Exam	SSB Interview
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Aspect	Written Exam	SSB Interview
Focus Area	Academic knowledge & reasoning	Personality, leadership, mental & physical ability
Marks	900	900
Duration	1-day exam (5 hours total)	5-day process
Preparation	Subject knowledge, problem-solving	Confidence, communication, decision-making
Nature	Objective MCQ test	Personality & psychological tests

☐☐ To succeed, aspirants must prepare for **both stages together**, not separately.

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## Why Choose Victor Growth Coaching for NDA Preparation?

At **Victor Growth Coaching**, we prepare aspirants for **both the written exam and SSB**:

- **Written Exam Coaching**

- Expert faculty for Maths, English, and GK.
- Comprehensive notes and test series.
- Weekly mock tests.

- **SSB Interview Training**

- Personality development sessions.
- Group discussion and GTO task practice.
- Mock interviews with feedback.
- Psychology test guidance.

- **Complete NDA Program**

- Integrated written + SSB training.
- Affordable Fee Structure.
- Proven track record of results.

☐☐ With Victor Growth, aspirants get **end-to-end guidance** from written exam success to final SSB recommendation.

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## SEO Keywords

- NDA-I 2026 written exam vs SSB interview
- NDA 2026 preparation tips written + SSB
- NDA exam and interview strategy 2026
- Victor Growth NDA coaching Kerala
- NDA written and SSB training institute

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## FAQs on NDA Written Exam vs SSB Interview

### Q1. Which is tougher - NDA written exam or SSB interview?

Both are equally important. The written exam tests academics, while the SSB tests personality.

### Q2. Can I prepare for SSB after clearing the written exam?

You can, but preparing in advance gives you a clear edge.

### Q3. What is the passing mark for NDA written exam?

Around **120+ in Maths** and a total of **350+ marks overall** is generally safe.

### Q4. What qualities are tested in SSB?

Leadership, teamwork, confidence, honesty, and decision-making.

### Q5. How should I balance written exam and SSB preparation?

Dedicate weekdays to academics and weekends to personality/fitness training.

### Q6. Does Victor Growth provide integrated NDA coaching?

Yes. Victor Growth offers **both written exam coaching and SSB interview training** under one program.

### Q7. Can a candidate clear NDA without coaching?

Self-study is possible, but coaching ensures better guidance, practice, and confidence.

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