

STAGE 2- DAY 2- PSYCHOLOGICAL TEST

The candidates are retained for further testing in Stage 2 will be divided into groups of eight to ten candidates. Each candidate will be allotted a new chest number. It is important to remember that you are not competing with other candidates, all of you will be assessed against the common standard of suitability and it is possible that everyone in the group is selected or rejected. You will require to fill up Personal Information Questionnaire (PIQ) with correct and exact details about your life. In case of a large batch some of you may find yourself facing Interviewing Officer in the evening of same day.

The second day sees the testing in the earnest and begins with the onset of Psychological Assessment. The candidates are taken through a series of situations projected as words, pictures and narrated situations. The reaction timings are stringent to bring in natural and subconscious behavioral pattern of individual. As the Psych tests takes time and one has to be fresh and natural, the tests are started early in the morning. Before the tests are administered you will be briefed by the Psychologist about the various tests you have to undergo, also before you undergo actual tests you will be familiarised with the example tests of each type. Psych test are administered on candidates to access the psychological profile acceptable for candidates of particular age group.



Figure 6: Psychology test being conducted at SSB Allahabad

There are 4 different psychological tests as mentioned below:

1. Thematic Apperception Test
2. Word Association Test
3. Situation Reaction Test
4. Self Description Test

THEMATIC APPERCEPTION TEST

The first test among the battery of Psych tests is the Thematic Apperception Test (TAT). In this test a total of 12 pictures including a blank picture will be shown for 30 seconds each, one after the other. Candidates are asked to write story around the picture shown, covering issues like what led to the situation, what is going on and what would be the outcome of the situation perceived in the picture. The picture is selected in a manner to allow your creative mind to evolve a number of stories.

No story is correct or wrong, what matters is it must be a story triggered in your mind by the picture. Remember that the picture is shown only for 30 seconds and then you are asked to write about the picture within four minutes. In the blank picture, you have to imagine a picture of your own choice and write a story around that. Since the timings are stringent you are advised to write the story that occurs to you first on seeing the picture, that way your response will be natural and you will be able to write the entire story within the limited time available to you.

WHY THEMATIC APPERCEPTION TEST?

This pictures originally employed for this purpose were very vague. There was a great play of projection or inner sub consciousness in the interpretation of these T.A.T pictures. Pictures with greater details and needing less play of projection and imagination were introduced by two psychologist, Murray and Margon, who used these in 1903 and the same are generally in use in India.

In TAT, the picture used by the SSBs are on the model of Murray's pictures, but they are almost clear and not hazy. A set of 12 pictures is generally used including one blank slide. A slide of each picture is shown on a screen with the help of a magic lantern for half a minute and the candidates are required to write a story based on the picture in a period of four minutes in the particular space provided on the answer sheet.

These test is based on the theory that in the construction or stories around ambiguous pictures, the candidate organize material from his own personal experiences, partly as a result of the stimulus that he receives i.e. what he finds in the picture and partly his associations with such stimuli recalled from his past experiences.

CHARACTERISTICS OF THE STORY

The candidates must remember that there are certain essential elements or components of a well constructed story. These are:

- The Hero: Each story must have a hero or the chief character with whom the writer identifies himself. The hero should exhibit qualities which an officer of the Armed Forces should possess. He should act and behave like a normal human being and not like a supernatural being.
- Other characters who help the hero in the execution of the task undertaken by him.
- Situation in the Story:
 - What it is ?
 - How it came into being or what events led up to it?
 - What will be the outcome or conclusion?
- The them or plot:
 - It is an attempt by the hero, assisted by other characters to organize the story by pooling all the resources at this disposal in order to successfully solve the problem by him.
 - The plot should be interesting and end successfully.
 - It should be self-evident. The reader must not remain in doubt about it or keep on guessing it.

IDEAS FOR THEMATIC APPERCEPTION TEST BASED ON PICTURE

- Scene of Factory or Workshop
 - Modification of Factory
 - Quick Order Delivery
 - New Invention
 - New design
- Scene of Office Meeting/ Phone Calls
 - Board of director
 - Presenting new idea
 - Inventions
 - New techniques
 - New education system
 - Planning attack
- Scene of Fight/Running/Knife in hand/ Pistol in hand/Catching the Throat
 - Yoga
 - Karate
 - Commando attack
 - Learning martial arts
- Scene of Defence Forces /Army Soldiers
 - Patrolling
 - Planning
 - Attack
 - Destroying enemy target
 - Destroying Amn dump
 - Getting information of enemy
- Scene of Vehicle Car/ Bike
 - Car/Bike rally
 - New design of an engine
 - Pollution free vehicles
 - Less competition
 - Multi fuel design
- Group of Girls/women
 - Vocational training centre
 - Cottage industries
 - Handicraft industry
 - Health/hygiene training
 - SSB selection training
 - Modelling
 - Dramatics
 - Folk dancing
 - Family Planning
- Scene of Boat/River/lake
 - Boating competition
 - New design of boat
 - Racing
 - Rafting

- Scene of Bridge
 - Repair of bridge
 - New design
 - Widening of bridge
 - Bridge inauguration
- Scene of Mountains
 - Mineral/Oil discovery
 - Plantation/forestation
 - Tourism/archaeological
 - Hiking, skiing, study of historical structure
- Water/river
 - Pollution
 - Creating lake
 - Reservoirs
 - Tourist resort
 - Boating
 - Flood control
 - Digging
 - Navigation/waterway
- Land
 - New technology of agriculture
 - Drip irrigation
 - Digging canal
 - Creation Reservoir for water
 - Plantation
 - Windmill
- People/Villager
 - Cottage industries
 - Small scale industries
 - Handicraft Industries
 - Agricultural Industries
 - Teaching new agricultural Method
 - Education/Family planning/Child Marriage menace
- Road/traffic/accident
 - Widen road
 - One- way traffic
 - Bus facilities
 - Street- lights
 - Encroachment removal
 - Zebra crossing
 - Traffic lights
 - Evacuation of hospital

- Boys scouts/cycle/car
 - NSS Camp
 - Flood relief
 - Cycle rally
 - Car rally
 - Picnic
 - Jogging
 - Peace march
 - Blood donation
 - Rescue operation
- Sitting in Office
 - Planning
 - Research
 - Relief operations i.e. flood, earthquake etc.

SAMPLE TAT PICTURE AND STORY



Figure 7: Sample TAT picture.

Story: Shoeb was an engineering student in Ramnath college of technology. He had a hobby in trekking. After his exams he wished to take a brake and go for trekking from nagra hill to pithora garh. He talked to his friends and they all agreed upon the idea. He made all the arrangements and they left on the next morning. They started the hike and were enjoying the beauty of the surroundings. Suddenly the way forward was seen blocked due to landslides which had come the last night. Shoeb analysed the situation and took a decision to move forward by making way out of the malba on the track. With great difficulty and teamwork they managed to cross the hurdle. They continued and reached their destination successfully. Tough difficult, the tour was adventurous and memorable for the group. They felt energised and joined their schedule tasks again.

WORD ASSOCIATION TEST

The next psych test is the Word Association Test (WAT). In this test a total of 60 words are shown to the candidates. Each word is flashed on the screen for 15 seconds. The candidate is required to write down the first thought or idea that comes to his mind on seeing the word in the space provided in the 15 seconds before the next word is flashed.

HOW TO WRITE A POSITIVE SENTENCE FROM A NEGATIVE WORD

- When your reaction to a negative word is positive, it will be easy for you to make a sentence from the word.
- Form a positive idea from a negative word shown in the slide.

For example– DIE: – Now when we hear die, an image of death comes to our mind. It is natural but a little practice will help you to change the image out of your mind.

Sentence– Indian people are diehard fans of cricket. Or

Sentence-With Agni- V, Indian security system becomes a deadly combination.

- Do not use readymade sentence. This will break the pattern of loop created by psychologist.
- Practice writing negative words, it will help you in changing the image of those words in your mind.

EXAMPLES OF SOME WORD ASSOCIATION TEST

1. Sacrifice- A person with morals never sacrifice with his principles.
2. Defeat – A winner defeats his weakness.
3. Danger- Indian defence is always ready for dangerous situations.
4. Risk- A winner always ready to take calculated risk.
5. Worry- A fighter never worries about failures.
6. War- Indian war of independence got tremendous support.
7. Problem- Proper planning lead to a easy solution of the problem.
8. Failure-failures are the foundation of success.
9. Challenge- challenges increase the abilities.
10. Difficult-difficulties are solved by patience.
11. Fear- winners bravely face his fear.
12. Aggressive- A leader patiently deals with his team.
13. Confusion-leaders have a clear vision.
14. Weapon- weapon is used for protection.
15. Hijack- commandos are trained for hijack.

SITUATION REACTION TEST

The third psy test is the Situation Reaction Test (SRT). This test consists of 60 routine life situations regarding day to day activities. The situations are printed in the booklet and candidate is asked to write his reaction by completing the sentences as to how he would feel, think and act in these situations. A total of 30 minutes are given to candidates to write down reactions to all the sixty situations in the booklet.

SAMPLE SITUATION REACTION TEST WITH SAMPLE ANSWERS

1. **Your friend need urgent money from you for his father's operation and you found a Purse full of money along with the ID of owner, you will**
 - Return the purse with the help of ID, contribute whatever I can to friend from my money and help in all possible way for the operation.
2. **Your captain falls ill and team left with no leader, you will**
 - Volunteer to lead the team, discuss important things with ill captain motivate teammates, practice well and win the matches.
3. **You want to marry a girl/boy but your parents are not ready, you will**
 - Talk to my parents putting forward logical points, convince them and marry the girl/boy.
4. **You fall ill before your exams, you will**
 - Take medicine and proper rest, revise as much as I can, give the exam and pass with good marks.
5. **You have to attend the marriage of a friend's sister in another city, just one day before when you have to leave your other good friend arrives and tells he/she has to stay at your home and has some work in your city. You will**
 - Make the friend comfortable, tell her/him the situation and ask her/him to stay with my family and complete her/his work in the city.
6. **In a moving train you see a thief snatch away a women's purse and jump out of the train. You will**
 - Lodge a complaint with the RPF, help the women by giving her some money if she needs.
7. **While going on trekking in midway you come to know that the person responsible for bringing the food packets has forgot to bring. You being the leader of the group will**
 - Come back and go for trekking another day.
8. **While going for exam you see an injured person lying on the road. You will**
 - Hire an auto and take the injured and admit him in a hospital which lies in the way of my exam place, inform his family, and reach on time for exam.
9. **You are very successful any have many jealous people who you suspect are planning against you. You will**
 - Keep doing my work with more caution and alertness.
10. **When you see somebody in your school/college/workplace who is much more successful and is a favourite of all, you**
 - Appreciate him/her and take and learn as much good points from him/her and do hard work to improve my performance more.

SELF DESCRIPTION TEST

The last in the battery of Psych tests is the Self Description Test (SD). Each candidate is given 15 minute and is asked to write 5 separate paragraphs on the opinion of his parents or guardian, friends, teachers or superiors, self opinion and qualities the candidate would like to develop/ inculcate in himself.

- We all have good traits as well as bad ones. Please write your bad points along with your good ones.
- You should take care that your self- description should never contradict with any of the information given to the board.
- Maintain a good writing speed.

- Never try to memorize any self description from anywhere and produce it before the board. It will only reduce your chances of selection as the SD will have no connection with your personality traits.
- Do not write strong negative things about you. There is much difference between weaknesses and negative qualities. Be positive.

QUESTIONS TO BE ASKED IN SELF DESCRIPTION

1. Write about your strength and weaknesses?

- The answer totally depends upon your personality and presentation of one's personality in his mind. If one will have a good understanding about his personality, he will definitely perform better. The most important thing for a personality test to be remembered is one should have a good introspection of his/her personality to know and understand your strength and weakness much better. When you are writing your strengths make sure you are mentioning all the strengths which you think is most comparable to officer like qualities. Coming to your weakness, mention the weakness on which you are working on. If you have some weakness that you think can be an impediment in your selection, work on it. Try to talk to your parents, friends, and teachers and find out more about your weaknesses and make them in your strengths.

2. What your friends say about you?

- Now if you've friends you must have like them for most of their qualities and dislike them for their mistakes. The same thing goes with your friends. Try to write the positive traits of your personality. To elaborate more, you can give examples – How they helped in winning your battles of personal failures to convert them into success? Why do you like them? How you help them in achieving their aims. I would suggest that if you think that you are friendly in nature then you must remember names of all the people in your group and their likes and dislikes. Give examples how you help during their problem, during their ups and downs.

3. What your parents say about you?

4. What your teachers say about you?

5. What kind of person you want to be?

Observe the comments made about you by your parents, friends, teachers or you may directly ask them. Note these points on a paper and try to make a sample description. You have to practice it more and more times that you will be able to finish the description within allotted time. See that your friends, parent's or teacher's view should never contradict with your self-analysis and also among themselves. Practice will help you to eliminate unimportant points and give importance to important ones. Practice will improve your speed and confidence.

You are once again warned that you should never copy a **Self Description** from a book or from the internet and re produce it in the SSB AS IT WILL HAVE NO CONNECTION WITH YOU and character traits differ from person to person.

In short , have truthfulness and honesty while writing a SD and try to give a balanced view of your personality.

DOS & DON'TS Of PSYCHOLOGICAL TEST [OFFICIAL TIPS FROM SSB]

DOs

- Listen and adhere to the instructions properly.
- Clarify all your doubts before the commencement of each test. Be as imaginative and spontaneous as possible.
- Give your first reaction to picture/word shown to you, don't think twice as there is no right or wrong answer to the situation, everyone is like to respond in his own unique way.
- Be realistic and logical in your responses and keep track of time.

Don'ts

- Do not use coached/ tutored ideas while responding to psychological test battery.
- Do not create mental sets about pictures during run up to the SSB as it may restrict your spontaneity and imagination.

PERSONAL INTERVIEW

On completion of Psych tests and subsequent refreshment break, some of the candidates have to appear before the Interviewing Officer for Personal Interview. The interviews will continue in the afternoon and evenings of Day 2, 3 and 4. You will be interviewed only once and will be informed well in advance about the time and place.

7 INTERVIEW ETIQUETTES CANDIDATES SHOULD KNOW

1. **Good Entry** – A good beginning is half done. These need to be kept in mind while preparing for SSB interview. Positive entry with humble behaviour makes the good image of the person. Polite voice coupled with gentle entry is the best way to enter the interview room.
2. **Eye Contact** – While attending the personal interview, candidates are advised to maintain eye contact with interviewing officer. This not only shows your alertness but also shows your confidence. Avoiding eye while answering any question or thinking something leaves a bad impact over IO.
3. **Posture** – The way you sit after entering the room, the way you stand while going out of the room and even the way you sit in entire interview period matter a lot. Shaking legs, biting nails, non-erect posture, etc. should be avoided. These traits show non-presence (mentally), lack of interest or lack of social moral values. Erect posture shows attentiveness and your interest to the speaker/ interviewing officer.
4. **Hand Movements** – Hand movement should be as low as possible. Try to bind your palm with your legs. Your attention and discipline will impress the interviewing officer. Hand movement with conversation should be controlled. Excess usage shows low confidence of the candidate.
5. **Talking Style** – The way of talking while the questioning and answering is going should be in a cordial manner. Speaking louder, or in a lazy way, fumbling, confusingly speaking, correcting yourself again and again, might take your chances of selection down.
6. **Mild Smile** – Answering with a mild smile on face doubles the impact of the candidate. Personal interview has some questions of enjoyment, seriousness and more, but candidate must keep a smile on the face. Remember, excessive laughing means you are excessively frank and not a serious guy toward your future or work. An officer has to be cool minded in all kinds of situations. An unstable mind can take the entire team to into a problem.
7. **Total Attention** – Paying total attention to the interviewing officer shows your attentiveness. It

is the most important quality that an officer must possess. Hearing the questions or getting what IO wants to ask, his counter questions and his expression have to be attentively observed and your reply must be as per the requirement of the question. Answering irrelevant or out of topic will reduce IO's interest in you. Keep the conversation, comprehensive and crisp.

8 POWERFUL TRICKS TO BOOST YOUR CONFIDENCE BEFORE THE INTERVIEW

1. Stop Thinking Too Much.

It's finally come down to the moment that every Defence Aspirant waits for, your interview, which gives you the chance to express yourself and to convince the authorities that yes "I have it in me". So just stop over thinking. One of the biggest reasons why people fail to feel and be confident is their fear of thinking of the 'what ifs'. Don't make the situation more complicated for yourself by dwelling in such thoughts.

2. Work on your Non-Verbal Communication.

93% of the communication between humans occurs through means of non-verbal communication. Your words only comprise of 7% of the total communication. So I hope you realise how important it is to focus and to work on your gestures and postures. From the moment you enter the room, till the time you move out of the door, The IO is observing your body language. There should be congruence between what you say and what your body says.

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3. Think happy thoughts.

While you are sitting outside and waiting for your interview to start think about the happy moments and memories that you have about yourself and your loved ones. It could be a day out with your family, a trip with your friends, a conversation with your teacher or time spent with your pet. Anything. Think about whatever makes you happy. In doing so, the level of your stress hormones decreases and you start to better and positive.

4. Superman Pose.

Research says that standing in a superman pose before doing anything significant and important helps you feel better and confident about yourself. The superman pose causes a decrease in cortisol level of 25%. So 10 minutes before your interview starts, go somewhere private and for 2 minutes stand in the superman pose. Be self-assured.

5. Go back to the last time you felt confident.

Think of the last event in your life in which you felt really confident about yourself. Mentally go back to that event and try to recall your emotions and feelings at that point of time. Try to remember how much relieved and happy you were after the completion of that particular task. Try to feel the same emotions and feelings and you’ll end up becoming more confident.

6. Rehearse Mentally.

Just go through major points that you have to remember during your interview and try to just scan through all the pointers that you had prepared for yourself. You should be clear about each word that you had written in your Personal Information Questionnaire (PIQ), so just rehearse whatever you had written and any other major fact and detail that you have to remember.

7. Think of nice things that people have said about you.

Try to think of all the positive things that your friends, family, colleagues and your teachers have said about you. It’s the best way to remind yourself that you are capable of doing good and great things in life. You will instantly feel positive and confident about yourself.

8. Enjoy the moment!

You are about to give probably the most important interview of your life. You’ve worked hard, you’ve dreamt about it and you’re so close to living your dream. So just live in the moment. Breathe in and breathe out. Later in life this’ll be one of your fondest memories, provided you believe in yourself and follow the above tricks!

13 PSYCHOLOGICAL LIFE HACKS TO CLEAR THE PERSONAL INTERVIEW

We are shaped by our thoughts. How we think, perceive and believe all influences how we adjust and function in our environment. We all know that psychology has an integral role to play in the SSB interview. The agenda of the interview is to determine whether the candidate possesses the Officer Like Qualities (OLQs). This is done by means of a purposive or directed conversation between the candidate

and the Interviewing Officer (IO). Not only is the current personality evaluated but the training potential of the candidate is also assessed.

In order to excel in the interview, the candidate needs to be in touch with his/her own personality and of their surroundings. The following psychological life hacks will help you in performing better in the SSB interview.

Cognitive reframing

It is a psychological technique used to identify negative thoughts, and reframing those thoughts into more positive challenges. Before your interview starts, instead of thinking it to be a threat, perceive it as a challenge which you have to overcome. You'll be likely to perform better and efficiently.

You are in control of your emotions, and thoughts.

Tell yourself you're happy or you're excited. Eventually your brain will end up believing it. Saying that you're depressed or you're feeling anxious will make you all the more depressed and anxious.

Your attitude is everything.

Learn how to deal with stress without changing your behaviour. It's not always possible to answer all questions in the correct manner. Don't lose your cool and don't be demoralised if the interview isn't going the way you wanted it to. Just go with the flow and give it your best shot.

Maintain proper eye contact.

In a research it was found that 67% of interviewees fail to maintain adequate eye contact. Maintaining proper eye contact is essential since it shows that you are confident. A candidate who looks straight in the interviewer's eye will be appraised as more confident than a candidate who looks at the floor or at the ceiling and avoids eye contact. But don't stare or gaze hard at the IO. Look at their eyes long enough to notice what colour they are.

Chewing gum before the interview

Researchers from St. Lawrence University found that gum-chewing benefits working memory, episodic memory and general information-processing speed. The chewing motion makes it easier to focus and concentrate. Chewing some gum before the interview may help you focus, remember important information and it helps to combat the stress and nervousness. Don't forget to spit the gum out before entering the interview room!

Smile!

While entering the room, greeting the IO, thanking him or listening to him, keep your smile on. Smiling from time to time (wherever appropriate) makes you feel more relaxed and cheerful. Smiling indicates that you are cheerful and connect with people easily.

Posture

Stand up straight, avoid slouching, keep your hands out of pockets, and head held up high. It's not just a cliché — you literally feel better.

Dress smartly.

If your clothes create an initial unfavourable impression, you'll have trouble neutralising it during the interview. If you look good, you feel good; and if you feel good, you'll do well.

Etiquettes.

Manners and courtesy help in tilting the direction of the interview in your favour. Before entering the room, gently knock on the door. You can politely ask if you can come in- enter only when you are asked to, with confidence. Wish those present as per the time of the day. Wait till you are asked to sit and thank the person who asks you to sit down. While answering questions, be respectful and say 'sir', however excessive use of the word 'sir' must be avoided.

Believe in yourself.

The interview revolved around you; therefore, it is you and your performance that matters. Keep telling

yourself that you have 'it' in you and believe in it. Don't be nervous and don't get intimidated by the personality and the aura of the IO.

Express your emotions.

Use your emotions to allow the IO to have a better understanding of yourself. Describe your feelings as and when appropriate. Avoid extreme emotions such as anger, sentiments, etc. Use your body language as a part of your emotional expression. Avoid giving political opinions. Remember, armed forces are always apolitical and above board.

Be truthful

Credibility, once lost is hard to regain. You want to portray yourself as morally trustworthy since your reputation is at stake. Be respectful towards the other person with whom you're speaking and be sensitive towards others' feelings.

Positive thinking.

Having a positive mindset is vital. Positive thinking helps in combating negative thoughts, it elevates one's mood and it helps us to focus on the bright side of life. It motivates us towards success. Being optimistic in the face of challenges is a positive trait that will help a candidate in the interview.

While you are waiting for your interview to start, keep these tips in mind as they will help you combat stress and anxiety.

QUESTION IN SSB PERSONAL INTERVIEWS

1. What is your name, meaning of your name, meaning of other member's names in your family, compare yourself with them, name of place you come from, currently what are you doing?
2. Family: How many members, since when living at the same place, description and sort of relationship with each member, closer to whom, why closer, whom you admire. Compare yourself with any of your brother/s or sister/s. If alone what would you prefer to have an elder/younger brother/sister? Occupation of working members in the family, if you are working what is your job profile, salary etc.
3. Education: Institution where you had your education, since when, any achievements, any responsible post held during your education at the institution, represented institution at what levels, subjects you liked most and those you did not like at all, why, teachers you liked most and those which you did not like at all, why (here include the teacher and subject till all these years of education and not only school), name and specialty of institution where studied and a brief description about it namely its location, crowd, cultural and other heritages it carries. What are you currently doing ,what are further options (if not army),why, Why ARMY, since when liked army?
4. Friends: What type of friends you like, what type you do not like, where have you gone and where would you like to go with your friends, why are these people your friends, describe your best friend, compare him with you (appearance ,height, texture, thinking, something common in both of you), their hobbies and interests, their way of living life and what do they want to achieve in life.
5. Why do you want to join the defense forces, if not defense other options, how did you come to the conclusion that you want to join the forces. Did you try for NDA, why not succeeded? Why not proper efforts were given?
6. Your hobbies and interests, how do you pass your time, which task did you find most interesting in psyche and GTO series, which books have you read, why did you not score well enough in 12th as you scored in 10th , NCC knowledge, Scouts, RSP, MCC, etc., knowledge.
7. Your life in college, any memories, what is the difference between your friends at Pune and SSB centre. If given chance what would you like to change in Pune (Geographical, economical,

agricultural, tourism, traffic etc.) Compare your hometown and hometown friends with friends in Pune and Pune as a place itself. Have you ever come before to the SSB centre previously. Which places did you visit at the SSB place

8. Give 5 current national and international political news.
9. Give 5 current national and international sports news.
10. Some international matters, international organizations, their working procedure and a good knowledge of your specialized subject.
11. How would you organize a football match /hike/cycle race/ local festival /trek/swimming competition.
12. Why were you weak in some specified sphere, how did you cope up with it.
13. Have you taken coaching, why, what sort of?

