

DAY 3 & 4 - GROUP TESTING

The third day is full of exciting physical activity in the Group Testing Grounds. The candidates will be briefed by the Group Testing Officer in the morning about all out door activities. The primary concern here is to see how you will face the obstacles and the tasks allotted to you and your attitude towards other members of the group both while working with them and while directing them. Group tests do not require specialised individual skills on your part, logical thinking, coordinated team efforts, work ability to receive and give suggestion is what is looked at by assessors. You will be provided with Sketch Board, Ladders, Ropes, Planks and other such things as your tools to help you in the assigned task. You are given few minutes to form plan and thereafter execute the task within the given timeframe. The battery of GTO tests consists of nine tests/ tasks.



Figure 9: Group Testing Being Conducted At SSB

GROUP DISCUSSION

The first task of GTO battery of test begins with Group Discussions on a debatable topic, which is usually given on a current event/ social issues. In the first group discussion the group is allowed to select one of the two topics offered.

In the second group discussion the topic is of the GTO's choice. Each discussion will last for approximately 20 to 30 minutes. Each candidate is expected to participate in the discussions. Remember that the discussions involve the exchange of ideas and thoughts. It is not a traffic of words.

FIVE COMMON MISTAKES IN GROUP DISCUSSION

1. **Waiting for the right time:** There will never come a perfect time to speak. You'll have to snatch that time amongst the discussion. So wait for an opportunity where you can enter the discussion. This moment needs to be very appropriate, otherwise it'll look like you are shouting and dominating. Wait for a chance where the volume of the whole group comes down a bit, then just speak in a firm, not rude voice. Make your voice count, don't speak along with the group in a herd.
2. **Not listening to others:** Some candidates keep on speaking again and again thus not giving a chance to others to speak. While some candidates when start speaking, speak for a really long time. The audience gets bored due to this behaviour. Moreover you tend to repeat your points, making a negative impression on the GTO. When you speak more and listen less, the GTO barely gets chance to judge others, so you appear like a very dominant person. When you start speaking speak for maximum of 60 seconds to 90 seconds, and give others a chance to speak.
3. **Trying to over-help:** Candidates sometimes try to do charity by pretending to help others in the group. Thus they shout on other person's behalf, let so and so chest number speak. Remember you are not there for charity, the so and so chest number made it till there without your help, and he/she is capable to do so now also. If you really want to appear like a leader, just listen to other people's points without interrupting unnecessarily.
4. **Speaking for the sake of speaking:** Do not speak just for the sake of speaking. Some candidates speak just because they have to, not because they have a point. If you just repeat other's points or speak irrelevant things, it'll definitely go against you. So speak only the relevant things, and points which actually contribute to the discussion.
5. **Not being themselves:** Adopting extremes of behaviour, like getting up from the chair or shouting on others is definitely not accepted. Also if you speak in a made up accent or do too many gestures then you appear fake. So be yourself, think like you are discussing things with friends.

GROUP PLANNING EXERCISE

The Group planning Exercise is the second test of the GTO test series. In this test a story on a model with a few problems is narrated. What you are required to do is to identify the problems and evolve the practical solution within the given time. You are expected to write down your own individual solution on the paper provided to you. A candidate while giving solution should think logically, write and draw neatly and also examine alternate solutions of the problem. Thereafter your group collective solution will be discussed by the group and you are expected to participate in evolving the group plan acceptable to everyone. One of you may then be asked to explain the acceptable group plan.

EXCELLING IN GROUP PLANNING EXERCISE

1. **Write neatly, carefully:** You need to maintain a good handwriting while you write your solution. As time will be a constraint so you are likely to mess up your handwriting. There are myths regarding the **Group Planning Exercise** solution, many people say the GTO never reads it. But you have never been a witness to what happens inside the board, so please write carefully and neatly.
2. **Apply Logic:** Do not go for bookish solutions. There might be solutions where country is being given more priority and in some life is given priority. It is your own appreciation what you give priority to. There are no hard and fast rules to solve **Group Planning Exercise**, and I am sure if you stick to others solutions you are likely to fail. So read a few solutions, and what matters the most is applying your brain.
3. **Be analytical:** Analyzing a problem is even bigger a task than solving it. If you are able to analyze a problem well you can excel in **Group Planning Exercise** very well. Look out for the minutest details, look out for the resources and apply them in your solution. Read the problem carefully and listen to the instructions very prominently.
4. **Divide and conquer:** Candidates feel that they have to put the whole group to work for a single problem. This is not the case. You can divide your group in two parts and work for the major two problems.
5. **Don't speak first in the discussion:** if you speak first in the discussion you'll open up your cards. Listen you at least one more person before you speak. In this way you can also check whether or not you have missed out any points, because sometimes in hurry you might miss points. In this case when you feel the solution which you wrote is not as good as the plan others are speaking, change your side. Go with the plan you think suits the best.
6. **Learn to find mistakes:** If you can learn the art of finding small mistakes in others plans, you can come up as the hero in the planning exercise. Listen to their plan and find small mistakes, do not say them in a condescending manner, instead comment politely, that you plan is good but lacks this. Do opt yourself for the person who narrates the group story.

GROUP PLANNING EXERCISE WITH SOLUTION

This test basically designed to check our decision making capabilities i.e. how quick and effective we are in making decision in time bounded environment. We are given a set of problems all of the problems need to be solved in different time constraints. This test involves few steps and according to mine experience, I would like to tell you what to be done in which step.

Step 1: Brief introduction of the concerned area by GTO

Friend here you need to be very attentive because if you missed any place or misinterpreted anything on map, it will hamper your performance. so be attentive, listen to every minute detail meticulously and keep them in mind.

Step 2: In next step GTO is going to read out the problem in the concerned area to you. He has the write up with him. In this test you need to co-relate the problem to the map, and while listening pay attention to hidden resources, given resources, time constraints ,and total no. of problems and what all problems are. So at the end of this step you must be able to answer these questions to yourself.

- How many problems are there?
- What are the resources given and hidden?
- What are Time constraints of each problem?
- What are other constraints like no telephone is working, your vehicle broke down. Head lights are not working and so on.

Step 3: Now GTO will give you 5 min. to read out the write up of the problem. Friend if you were good in listening and were attentive in step 2 then in this step you will get advantage. Those five minutes you can utilize in your planning. now be quick and do the followings.

- Decide priorities of problems, and have always a reason for giving the particular priority to a particular problem, it will help you in discussion.(keep loss and time available in mind while doing this)
- As a problem can be solved in more than one ways. Start thinking for available solutions to each problem and decide which one to follow and how many persons you need to solve that problem. Friends whatever solution you follow have a reason for that. Most important thing which I learned recently from 14ssb board GTO that whenever you have a choice between possibility and certainty go for certainty. Example. You are on a road with an injured person, you have two options one to take lift and at a short distance you have a petrol pump or garage. Then it is certain that you will get vehicle at garage or pump, but you may or may not get lift. So always select an option which is accessible to you and which ensures you the solution.
- After you get a solution to each problem now you have a clear idea about how many persons are needed in each problem. So now you can decide in how many sub groups you will divide your team.
- Friends if you jump on dividing the group first before solution, you can get wrong in mid way. So do it at last.

Step 4:- in this step GTO will ask you write your individual solution on a paper. Let me clear my friends everything is evaluated in ssb, nothing is just for time pass, so do not believe on rumors that this copy will not be evaluated. For writing always follow a particular way so that you don't miss anything. Like this

“We group of _ friends, on our way to the —encountered with some problems. According to priority problems are:-

A:-

B:-

C:-

D:-

Write what you have (resources) quickly and always mention hidden resources as it shows you are practical and can think other options too.

Now write I will divide my group in _ sub groups of 3,2,2,3 (according to you)

Now attending each problem priority wise write down solution attending these points for each
Who, what, when, where, how, time- distance and action

Always mention distance according to scale given to you, you can go to the model or map and measure it with you hand so that you can get a rough idea of distance and time needed to travel that distance using the particular mode of transport.

After you finish this reassemble your group mates and move where you were going prior to the problems.

Step 5:- group discussion to reach a common solution. Again it is a discussion so all the things which are tested in GDs ,will be there. But this time one more thing will be tested and this is your decision making ability and how you persuade others to your decision. Presence of mind and listening are most important things. If you have made a good plan then discuss reasons behind your particular choice of priority or particular path, particular transport anything you say there have a reason for that and it is sufficient for a good discussion. other things are same as in group discussion. If you have strong reasons your group mates will agree automatically. And keep in mind what group is deciding for common plan so that if your group nominates you to give final plan. You don't hesitate and can give it confidently. And this is a fact that group will nominate you automatically if you were good and active throughout the discussion.

- **Example for group planning exercise**

You are a group of 10 students returning to your hostel at dooper after a picnic at Rampur your vehicle developed problem and you left it at garage near petrol pump and your group decided to enjoy ferry as your jeep will be repaired by 6pm. You stopped at tea stall and having tea, one of your friends found a rifle and accidentally he fired a bullet which injured him in his shoulder. While you were thinking about what to do, a boy came to you to seek your help as his father fell down near wheat fields from his cart and broken his leg. As he finished a man came on cycle to you and informed that miscreant who are hidden in shanty village, and they are going to remove fish plates of train track and also will blast a train going from dholpur to Rampur which leaves at 4:45 and they plan to blow it at 5:30 over the bridge. And villagers are afraid of goons so they are not informing police. just as he finished a woman came to you and asked for help as her cow was stranded in marshy land and it is the only source if her livelihood as it 4pm now, and you need to reach hostel before 7 pm you are also provided that a bus leaves from shampur to dholpur leaves at 5 pm. boats are also available at ferry. No telephone or mobile is working. What you will do in such a situation?

- **Way to find GPE Solutions**

Note that carefully I am suggesting ways to think solution not how to write solution.

Step 1 priority setting

1. Person injured with bullet: reason:-he needs immediate assistance as excessive bleeding is dangerous for him.
2. Person with broken leg: – reason as we have enough time for train problem and the farmer can't go himself anywhere. And he also needs some medical assistance.
3. As train will leave at 4:45 and reach the bridge at 5:30 it is 4:00 now so we can give this problem 3rd priority.
4. Cow stranded in marshy land. As human life is not involved

Step 2 Solution to each problem and assigning it to subgroups

Problem 1:- person injured with bullet

- First of all I will stop his blood using cloths now, (think solution in these 7 points)
- Who: 2 of us
- What: take the person to hospital
- When: start 4:15 as it will take some time to plan and take lift.
- Where: to the hospital
- How: we will take lift from passing vehicles.

- Time and distance: it will take near 15 min to cover the distance of 15km and additional 15 min to take him to hospital.
- Action: admitted the person to the hospital and treatment started. and sent a ambulance to pick up the leg broken person and take him to hospital.

Problem 2: leg broken person

- Who: 2 of us + cycle +son of that person
- What: will go to wheat field and take him out so that ambulance can pick him up
- When: start at 4:15
- Where: we will move from tea stall to wheat field
- How: using cycle and cart
- Time & distance: to cover 4 km cycle will take near 10 minutes and we will take him out on his cart in near 10 min.
- Action: we will take him to tea stall and wait for ambulance so that he can be taken to hospital and can be treated.

Problem 3: train problem

- Who: 3 of us
- What: 1 will inform shanty village police and 2 will inform railway person at manned railway crossing.
- When: at 4:15
- Where: police station in village and at manned crossing
- How: 1 will take help of villagers to reach police station using villagers motor cycle or cycle. And other two will reach ferry in running and take boat to reach the manned crossing near temple.
- Time & distance: 1 man will use villager's resources and in 20 minutes he can find the police station .and 2 others will cover 3 km. in 10 min. and then reaming 8 km by boat and it will take 10 minutes as speed of current will also support us.
- Action: informing the concerned person on time will resolve the issue till 4:50 pm.

Problem 4: cow in marshy land

- Who: 2 of us + lady + villager who informed us about miscreants
- What: will take the cow out of marshy land
- When: they will start at 4:15
- Where: will move to marshy land
- How: we will collect resources like rope, man power, some some sticks, a wooden plank etc. and using them we will pull the cow out
- Time & distance: it will take us 5 mins to cover 2 kms and then 10 mins to gather resources. And near 30 mins to take cow out.
- Action: we will save the cow with help of villagers. Till 5:00.

After all problems are solved

- All of us will gather at tea stall till 5:20 and catch the bus and reach garage and collect our jeep and return to the hostel before 7:00 pm.

PROGRESSIVE GROUP TASK

Progressive group task PGT is continued after the group planning exercise. This is an outdoor task and is one of the interesting tasks of the GTO series. This task is about a set of obstacles in the ground in that you and your team members need to cross each obstacle by a set of rules. The time allotted for the task is 30-45 minutes and to cross the obstacles the group will have some helping materials which are given by the GTO.

The helping material will be

- Wooden log (Balli)
- Wooden plank (Phatta)
- Rope
- A fragile load to carry

As the name suggests the task will include a number of levels and the consecutive level will be difficult than the last level. The whole group participates in the task.



Figure 11: Candidates Taking Part In PGT

RULES OF THE TASK

1. Rule of color– The structures are painted in different colors viz Red, Yellow and White.
2. White– Both the person and helping material can use this structure.
3. Yellow– The person can stand on this structure but he cannot place the helping material on the structure colored yellow.
4. Red– Both the candidate and helping material should not touch the obstacle.
5. Out of bond area– The areas in the PGT which should not be touched are called as out of bound areas. These areas include the mud surfaces and the color mentioned above.
6. Rule of rigidity– This rule states that no two rigid helping materials can be tied together. Instead the helping material can be tied with the structure.
7. Rule of infinity– This states that the start and the end line of the obstacle extend till infinity. The group cannot pass these lines.
8. Rule of Group and load– The entire group along with the last person, helping material and load must move ahead in unison at any point of time through the entire course of the obstacle.
9. Rule of distance– It states that no distance greater than four feet can be jumped. The gap more than four feet has to be bridged using the helping materials to shorten the distance.

IMPORTANT POINTS TO BE FOLLOWED

1. Never look at the GTO while doing the tasks.
2. Pay attention to the briefing given by the GTO before the start of any obstacle.
3. Look into the details, the GTO shows in his explanation. Many a times, he indirectly gives clues and hints while briefing.
4. Give a logical solution of the problem.
5. Talk to your group in a friendly tone.
6. Support the subordinate and motivate them to complete the task.

GROUP OBSTACLE RACE [SNAKE RACE]

Unlike other tasks here the entire group competes with other groups of your batch over a set of six obstacles. Each group has to carry a roll of tent/ stuffed gunny bags in the shape of snake from the start point to finish point. Therefore the task is commonly referred as Snake Race. The rules of the race will be explained to you, the winner is the group that cover all the obstacles against the challenge posed by opponents. Not to forget to include time, obstacles and load within the framework of rules of the race. After the race there is a short 20 minutes break for rest and refreshments.

THE OBSTACLES TO BE CROSSED IN SNAKE RACE ARE

- Spider web
- Parallel big size iron pipe painted with white, red alternatively, the candidate has to cross it without touching the red lines and bend his body such that making the letter '8'.
- Balance Beam.
- 10 feet wall.
- Crossing parallel walls – In between these walls, a pipe is laid to cross.

The aim of Preparation for individual obstacle and snake race is for Physical Stamina. They will see physical stamina and fearlessness in Individual Obstacles. Also in Snake Race they will see our selfishness participation in group, rule following, team spirit etc.



Figure 12: Spider Web Obstacle In Snake Race

GENERAL PREPARATION

Doing exercises like Push ups, Pull ups, Rope climbing etc is really helpful for the Group Obstacle race. Because in these exercises, we are lifting our own body weight.

For eg. For climbing up 10 feet wall, we must have greater muscular strength in arms. Push ups and pull ups increase our ability to lift our own body weight.

GROUP OBSTACLE RACE – PROCEDURE

The senior most GTO explains the rules of the task and the nature of the obstacles to all the groups.

- A dummy snake is given to each group which they have to carry with them all the time during the race.
- The whole group is required to run together with the snake. Individual running is prohibited.
- The colour rule of the PGT also applies here. The snake should not touch the ground and should be held by at least 3 group members when they are on an obstacle.
- Otherwise the whole group must hold the snake when approaching one obstacle from another.
- Each group is required to have a war cry for example “BHARAT MATA KI JAY”, “CHAK DE” etc.
- The group must shout the war cry loudly in order to motivate its group members and also to spook the rival group.
- A penalty in the form of time is imposed by the GTO if the group is found to break any rule.
- The group which finishes first after bearing the time penalties (if any) is declared the winner.

HALF GROUP TASK (HGT)

After the break you will participate in the Half Group Task. This task is similar to the PGT except that it is conducted over one obstacle with smaller group.

The HGT can be considered as the most important task of GTO Outdoor tasks. After the GD and PGT, some of the candidates might have assumed the role of a leader and some of the candidates may not have been able to express themselves or put forth their views because of the presence of brilliant candidates in his group. After the PGT and GD, the GTO might have formed an assessment about each candidate and he observes every candidate minutely in HGT to conclude or to change his former assessment.

As the number of candidates is reduced to half, GTO can minutely observe the leadership qualities of every candidate. Also in HGT, every candidate has a wider opportunity to show his various character traits and leadership qualities if in case he failed to do so in PGT. So you must give importance to HGT as this test will mark your leadership qualities. After the HGT, the GTO will form a clear cut assessment about every candidate and he assesses the candidates further in the following tests to confirm his earlier findings.

LECTURETTE

Lecturette is a task from the **Group Testing/GTO series**. In this a candidate is asked to deliver a short talk on any one of the topic given to him/her out of the four topics. The GTO has as much number of cards as there are candidates in a group. Each card has four topics written on it. Each candidate is expected to pick up one card and give a short talk of about 3 minutes on any one of the given topics.

The first candidate as per numerical sequence will come and pick up one card, go a little away from the group, prepare for a maximum time of 3 minutes or less and when ready can come back and return the card to the GTO and speak for maximum three minutes. As soon as the first candidate is ready the second one can come pick up the card and start preparing.

As soon as two and half minutes are over the GTO will ring a bell. This indicates that the candidate must wind up soon. After three minutes GTO rings two bells, with this the first candidate sits down and second stands up.

WHAT IS SEEN THROUGH LECTURETTE

- Self Confidence.
- Ability to influence group.
- Power of expression.
- Clarity of thoughts.
- Determination to deliver under stress.

- General Awareness.
- Courage to speak in front of people.
- Command and power in your speaking style.

300 LATEST LECTURETTE TOPICS FOR SSB INTERVIEW

| | |
|--|---|
| 1. Power of Social Media | 145. Narendra Modi – A Case Study |
| 2. Barack Obama | 146. Cricket vs Other Games in India |
| 3. Indo-US Nuclear Deal | 147. Glamour In India |
| 4. India's Foreign Policy | 148. Our Rights vs Responsibilities |
| 5. You-tube | 149. Indian Cricket – More of a Hidden Game |
| 6. Censorship Issues | 150. Higher Education in India |
| 7. Religious Tolerance in India | 151. Siachen Galacier |
| 8. Women Safety | 152. Kashmir Issue – A Historical Look |
| 9. Sachin Tendulkar | 153. AIDS – A Threat to Humanity |
| 10. Bharat Ratna | 154. Value of Computer Education Today |
| 11. Lobbying in Medical World | 155. Alternate Sources of Energy |
| 12. Sports in India | 156. L N Mittal – An Iron Man |
| 13. Football in India | 157. Solar Energy |
| 14. Cricket in India | 158. Shiv Sena – A Self Style Policeman of Indian Culture |
| 15. Computer Hacking | 159. King Khan |
| 16. China India Relationship | 160. Reverse Brain drain |
| 17. Kashmir Issue | 161. Professional Education in India |
| 18. Narendra Modi on the World Front | 162. Homeopathy – An Established Medical Science |
| 19. Role of President in India | 163. Yoga- A Gift to Present World by India |
| 20. Modern means of Transportation | 164. President's Rule in a State – An Indian Concept |
| 21. IT industry in India | 165. Pen Stronger than Sword |
| 22. Brain Drain | 166. Corrupt Politicians – An Issue Requires Attention |
| 23. Role of Women in Nation Building | 167. Traffic Problem |
| 24. Women Safety | 168. Computer Virus |
| 25. NOTA | 169. Sati System |
| 26. Delhi Elections | 170. Energy Industry in Our Country |
| 27. Democracy in India | 171. Family Planning |
| 28. India-Pakistan Relations | 172. Laden – A Criminal of Humanity |
| 29. India 's relation with her neighbors | |
| 30. Criminalization of politics | |
| 31. Social Media's role in society | |
| 32. Youth and social media | |
| 33. Role of youth in nation building | |

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| 34. Internet revolution | 173. Rahul Gandhi – A Future or Failure |
| 35. Arab Spring | 174. Godhara Incident |
| 36. Israel Palestine Issue | 175. Judiciary in India |
| 37. US-Russia Relationship | 176. BSP – A Party For Down Trodden or Otherwise |
| 38. Rivers in India | 177. Malnutrition |
| 39. AGNI V | 178. Coalition Govt Can Neither be Strong Nor Success |
| 40. Emerging India Writers | 179. Fashion – A Society’s View |
| 41. Pollution and its prevention | 180. Live In – Should be Accepted or Banned |
| 42. What Indian Military needs | 181. Medical Care in India |
| 43. Modernization in Military | 182. Adult Education – A Mission |
| 44. Books Versus E-Books | 183. UNO – A Review Needed |
| 45. Education System in India | 184. NAM – An Outdated Concept |
| 46. Judicial System in India | 185. Should Constitution of India be Rewritten |
| 47. Indian Railways | 186. Right to Information (RTI) |
| 48. The metropolitan cities of India | 187. Army is Less a Career, More a Way of Life |
| 49. Terrorism/Naxalism/Maoism | 188. Corruption in Our Society |
| 50. Population problem | 189. Poverty in India |
| 51. Adult Education | 190. Stray Cattle Menace |
| 52. Indo US Relations | 191. Green House Effect |
| 53. Beauty Pageants | 192. Co-ed -Education |
| 54. Cable TV | 193. Terrorist Problem in Kashmir |
| 55. Personality – Secret of Success | 194. Terrorism in North Eastern India |
| 56. Dog Man’s Best Friend | 195. Doping in Sports |
| 57. Ragging | 196. Division Of States in India |
| 58. IT | 197. Role of NGO |
| 59. Students Union | 198. Human Cloning |
| 60. IT Industry | 199. E-Market |
| 61. Your Favorite Day | 200. My HobbyRole of Media |
| 62. Role of Discipline in Life | 201. Global Warming |
| 63. Smart Card | |
| 64. G 8 Nations | |
| 65. E-Commerce | |
| 66. Cyber Crime | |
| 67. Sports in India | |

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| 68. Role of Opposition in Indian Politics | 202. India as Superpower |
| 69. BPO vs KPO | 203. Discoveries that Changed the World |
| 70. Why Youth Hesitate to Join Defense Forces | 204. Indo Pak Relations- The Future |
| 71. Peaceful use of Nuclear Energy | 205. AIDS |
| 72. Globalization | 206. NCTC |
| 73. India's Agricultural Problem | 207. Alternate Source of Energy |
| 74. Favorite Actress India | 208. Information Technology |
| 75. USA in Changing World | 209. Medha Patkar |
| 76. Criminalization in Politics | 210. Is India a Soft Country? |
| 77. Child Labor | 211. India's Nuclear policy |
| 78. USA – A Policeman of Unipolar World | 212. Joint Family Vs Nuclear Family |
| 79. Education is a Modern Day Industry | 213. Naxalism |
| 80. Religion – A Secular View in Indian Society | 214. Child Labor |
| 81. Nithari – An Episode which is Shame | 215. Wildlife Protection |
| 82. Page 3 – A Way of Life | 216. Global Warming |
| 83. Indian Society – Turning to Western Way of Life | 217. Water Crisis |
| 84. Sachin Tendulkar | 218. BPO in India |
| 85. Infrastructure of India | 219. Nigerian Problem / |
| 86. Rain Water Harvesting | 220. Unrest Disaster Management in India |
| 87. Favorite Cricketer | 221. National Integration |
| 88. Democracy in Pakistan – A Joke | 222. India's Architecture |
| 89. Status of Women in India | 223. Eye Donation |
| 90. Govt Schools vs Public School | 224. Disarmament |
| 91. Insurgency – A Phenomenon Needs Understanding | 225. Crime against Women |
| 92. E Governance | 226. Water Bodies |
| 93. Health Tourism | 227. India's Foreign Trade |
| 94. National Anthem | 228. Water Resources |
| 95. G 20 | 229. Girl Child |
| 96. Volcano | 230. Health |
| | 231. Aviation Industry in India |
| | 232. If there Were No Super Powers in this World |
| | 233. Use of Technology in Agriculture |
| | 234. United We Stand, Divided We Fall |

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| 97. Secularism | 235. Can India Become Self Sufficient in Energy Resources |
| 98. Ambition in Life | 236. Indian Reservation Policy |
| 99. Net Education | 237. Sanjay Dutt |
| 100. Internet | 238. Missile Programme of India |
| 101. Rattan Tata – A Business Personality | 239. Musharraf – A Leader’s Case Study |
| 102. Politicians in India – Root Cause of Problems | 240. Kashmir Issue |
| 103. Should Article 370 be Abrogated? | 241. Terrorism – A Threat to Humanity |
| 104. Article 376 is an Insult to Indian Democracy | 242. Sex Education – Crying Need of Present Day |
| 105. Democracy v/s Dictatorship | 243. World Media and its Effects |
| 106. Aviation Industry in Developing India | 244. Role of Youth in Society |
| 107. Security Industry in Present Day | 245. Social Effects in Pornography |
| 108. IT is a Boon for Society | 246. Gay Rights |
| 109. Water Shall be the Cause of World War –III | 247. Instant Cricket |
| 110. Bribery- A Cancer of Indian Society | 248. Green House Effect |
| 111. Should India Attack Pakistan | 249. Ecology and Environment |
| 112. Constitution of India – As I see it | 250. ISRO |
| 113. Mutual Funds | 251. SEZs – A Double Edged Weapon |
| 114. Higher Education in India | 252. Disinvestment of PSUs |
| 115. Election Commission | 253. Bullet Trains In India |
| 116. Life Insurance Industry in India | 254. Peace Measures in J&K |
| 117. Indian Cinema Industry (Bollywood) | 255. Right to Information |
| 118. Electronic Media And Print Media | 256. Act and its Fall Out |
| 119. Internet – A Boon or Curse | 257. Privatization of Universities |
| 120. Political Leadership in India | 258. Inflation |
| 121. New Channels on India TV | 259. Same Sex Marriage |
| 122. Policing in Our Country – Requires Review | 260. Valentine Day |
| 123. Which is the Most Neglected Sector in Our Country ? | 261. MANREGA |
| 124. Girl Child in Indian Society – | 262. Pulse Polio |
| | 263. 9/11 – A Black Mark for USA but Caution for All |
| | 264. Terrorism-A Global Curse |
| | 265. BJP – A Party with a Difference |

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| Misunderstood Aspect | 266. Reality Shows on TV – A Deep Rooted Look |
| 125. Judicial Activism | 267. Most Corrupt Person – As I See it |
| 126. Distance Education | 268. Dowry – A Curse on Society |
| 127. Center – State Relations | 269. Most Responsible Corporate – As Per Me |
| 128. Kashmir Issue – A Mistake by Pt. Jawahar Lal Nehru | 270. Make In India |
| 129. Sarkaria Commission | 271. Ecological System |
| 130. NSG | 272. India Global Research and Development Destination |
| 131. Generation Gap | 273. Nano Technology |
| 132. Call Center | 274. National Highway Authority of India |
| 133. Communist in India – An Out Step of Political Ideology | 275. Mobile Phones |
| 134. A forestation – A Crying Need | 276. Energy Crisis |
| 135. Population Problem | 277. MNC's |
| 136. Unemployment | 278. International Terrorism |
| 137. Shah Commission | 279. Indian Economy |
| 138. Ragging in Colleges / Universities | 280. India Shining |
| 139. Mandal Commission | 281. BPO Industry |
| 140. My Favorite Book | 282. NHAI – Serving Nation |
| 141. Gandhi – My Role Model | 283. Medical Project |
| 142. Entry of Foreign Universities in India | 284. Tourism in India |
| 143. Child Abuse | 285. Indian Culture |
| 144. Pollution | 286. Sports as a career |
| | 287. Indian Space missions |
| | 288. Indo-Pak relations |
| | 289. Indo-China relations |
| | 290. India and its relations with neighboring countries |
| | 291. Interlinking of rivers |
| | 292. Judicial System of India |
| | 293. Health and Diet |
| | 294. Media |
| | 295. Crime and Justice |

| | |
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| | <p>296. Metro Rail</p> <p>297. Role of UN in present era</p> <p>298. Role of Computers</p> <p>299. Role of media in Nation Building</p> <p>300. New Technology In Defence</p> |
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INDIVIDUAL OBSTACLES

I.O. also known as **Individual Obstacles** is one of the tasks of the GTO series, generally conducted on the first day of GTO testing. Sometimes it could be conducted on the second day, depending on the weather and mood of the officer. As the name suggests this task is performed by each member of the group, individually.

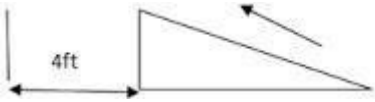

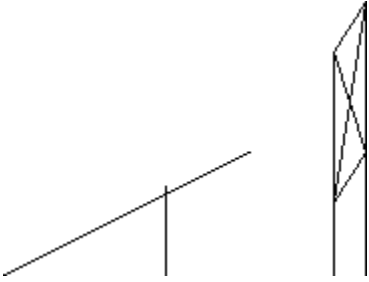
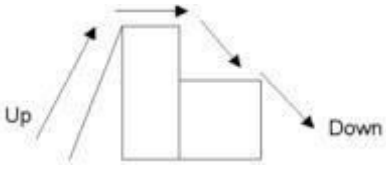
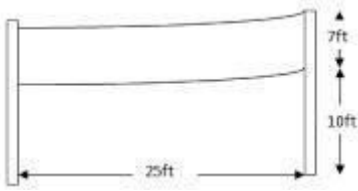
The purpose of this test is to check ability, physical toughness, stamina level, courage, determination, acrophobia (fear of heights), it also checks how fast you can make choice and execute it. There are total 10 tasks and time bound is 3 min. one can repeat the task if he is able to complete all 10 obstacles before 3 min. all obstacles are marked from 1 to 10, more task a candidate complete more his marks will be. You need to maintain a good stamina level. It is not necessary to start the tasks from 1st, but it is left to the wish of the candidate where does he want to start from. Army and Navy SSB has same IO tasks but there are few differences between I.O. in army and air force selection centres.

Total Marks : 55

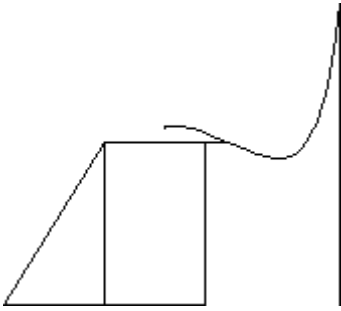
Time : 3 mins

Obstacles : 10

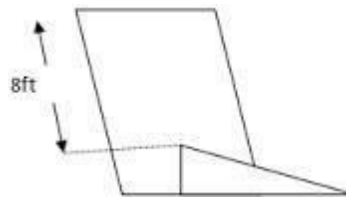
These tasks are:-

| Army | Air Force |
|--|--|
| <p>1. Jumping over a slide:- This is the 1 pointer task which is the simplest. You have to run on the slope of an inclined plane and jump across a line which is marked at approximately 4ft from the end of the plane.</p>  | |
| <p>2. Long jump:- It consists jump across a 6 ft.* 3ft. drum. For male and for girls the length is slightly less.</p> | <p>2. High jump:- It is a simple 3ft high jump. You can use free style for making the jump. There will be sand on the other side of the bar to avoid injury in case you happen to fall.</p> |
| <p>3. Zig-Zag Balance:- it include walk over a zig-zag balance and completion of walk and land properly. it is not used in air force.</p>  | <p>3. Walking a wooden log:- Walking on a cylindrical log of length approximately 6ft. The pole will be 4ft above the ground level.</p> |
| <p>4. High Screen jump:- candidate need to run over a slide and over a screen placed after slide.</p>  | <p>4. Jumping platforms: You have to climb a platform of 12 ft and then take two jumps. The first jump is to the lower platform which will be at 8ft from the ground. The second one is to the ground.</p>  |
| <p>5. Burma bridge: You need to walk between two ropes for a distance of 25 ft. The two ropes will be tied on poles at a height of 10 ft. This obstacle starts shaking as you begin to move so maintain your body balance. it is also most time consuming task.</p>  | |
| <p>6. Tarzan swing:-in this candidate climb to a platform near 10-12 ft at height then taking a rope in hand he need to swing like Tarzan and to land after a</p> | <p>6. Climbing the wall: Run up the slope of an inclined plane and climb over a wall of 8 ft. this wall is actually a wooden screen.</p> |

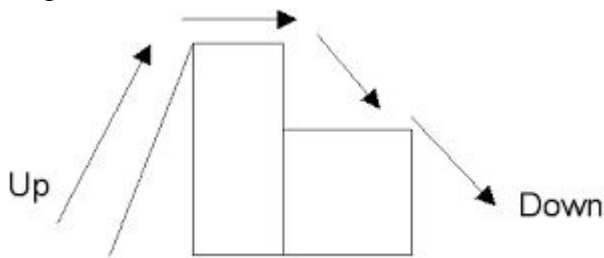
mark on the land. Tarzan swing is not in air force.



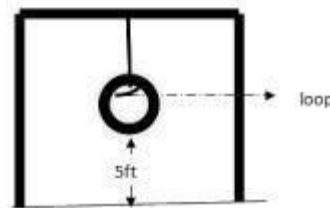
The best way is to put your one foot on top of the wall and get yourself rolled over to the other side.



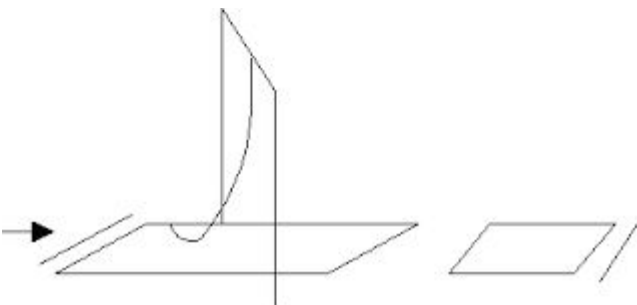
7. **Jumping platforms:** This can be difficult if you are scared of heights but it is easily doable. You have to climb a platform of 12 ft and then take two jumps. The first jump is to the lower platform which will be at 8ft from the ground. The second one is to the ground.



7. **Jumping through a tyre:** Jump through a big tyre with your feet first. The tyre is hung from a post at a height of 5 ft. There will be a small loop in the rope which can be used to hold and pull yourself up to get into the tyre. This is not in army.

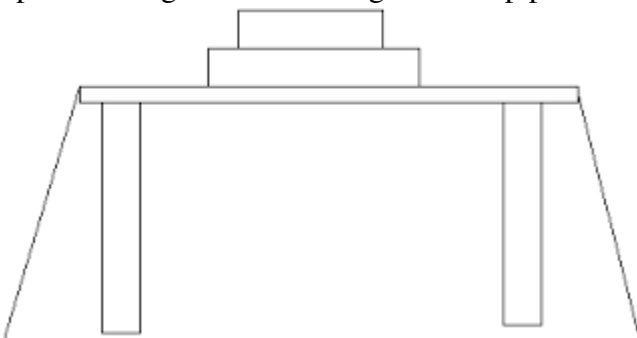


8. **Double Ditch:-** it have two ditch of 8ft.*3ft. and 4ft.*3ft. candidate need to cross the 1st ditch with the help of a rope and the second one with jump. This is not used in air force.

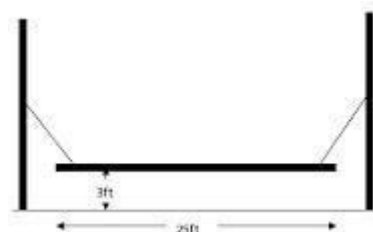


8. **Tiger leap:** You have to climb up a platform of 9ft and leap a distance of 4ft to catch a rope and get down by the rope. It is important to catch the rope at chest level so that you don't slide down and get cuts. In air force height of tiger leap is more than that of Army. it is for 10 points in army but here it is for 8 points.

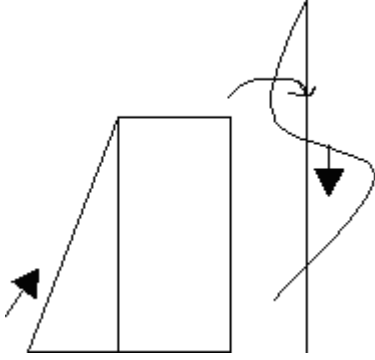
9. **Commando walk:-**it consist walk from any side up and down from another, maintain balance. Sometimes instructions are given to shout some specific things while standing on the top platform.



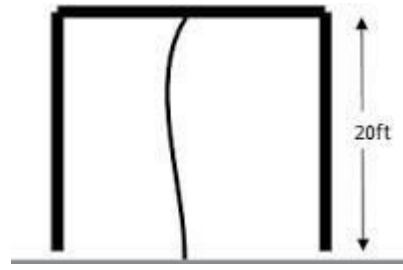
9. **Monkey crawl:** You have to move on a wooden log of 25 ft in length hung from rope suspenders at 3 ft above the ground level. You can choose either to slide on the log or get underneath it and crawl with both your hands and feet. But since it is suspended from ropes, as soon as you climb on it the whole set up starts to swing from side to side. Not used in army.



10. **Tiger leap**:-walk up a podium, leap and catch hold of a rope, then to climb down.



10. **Rope climbing**: You have to climb up a vertical rope to touch the post at a height of approximately 4 to 5 metre and then to come back. Not used in army.



COMMAND TASK

Command task is one of the most interesting and important **GTO Task**. Unlike other Group Task, it is not a leaderless exercise. In this test, you are the commander and you have to accomplish the given task within allotted time. Here, your ability to give command is tested by the GTO.

Depending upon the performance of the candidate, GTO selects a task for every candidate .So if you have performed well in GTO tasks, the task allotted to you in the Command task will be rather challenging. Some simple tasks are allotted to the weak candidates.

Manner of Conduct: The GTO calls the candidates one by one and interacts with them.

He will explain the task allotted to you along with the helping materials. He then tells you to choose your Sub ordinates from your Group. Then you have to finish the job within the allotted time. There may be a load to be carried along with while you are negotiating the obstacles.

FINAL GROUP TASK

This task consist of one obstacle similar to Progressive Group Task and the whole group participate in the task. Time limit is 15 minutes.

DOS & DON'TS GTO TEST [OFFICIAL TIPS BY SSB]

DOs

- Perceive the problems posed correctly and assimilate all details.
- Have adequate awareness about general/ current affairs.
- Be quick enough to think and write solutions.
- Solutions should be logical and realistic.
- Be spontaneous and forthright in expressing yourself, participate actively.

- In outdoor task, be energetic, participate and contribute to the group activities. Understand the requirement of the task, plan and try to evolve/suggest workable ideas.
- Keep the group aim in mind.
- Be confident and develop perseverance in pursuing the aim/goal.
- Be effective in communication

DON'T

- Don't limit yourself to one type of media-explore various types of media to acquire knowledge/ awareness about topics of general interest.
- Don't try to put pre-conceived knowledge / ideas, utilize them to generate own ideas.
- Don't sit/stand back and wait for opportunity to come your way – grab the opportunity.
- Don't shut out others' ideas.

