



"We don't create officers - we guide the leaders already within you. Your success is our mission."

"At SSBOG, being an OG means more than just passing the SSB. It's about becoming a leader for life. **Our specialized training transforms your potential into excellence.**"

 **Best SSB Coaching in INDIA** 



5 DAY SSB PROCESS

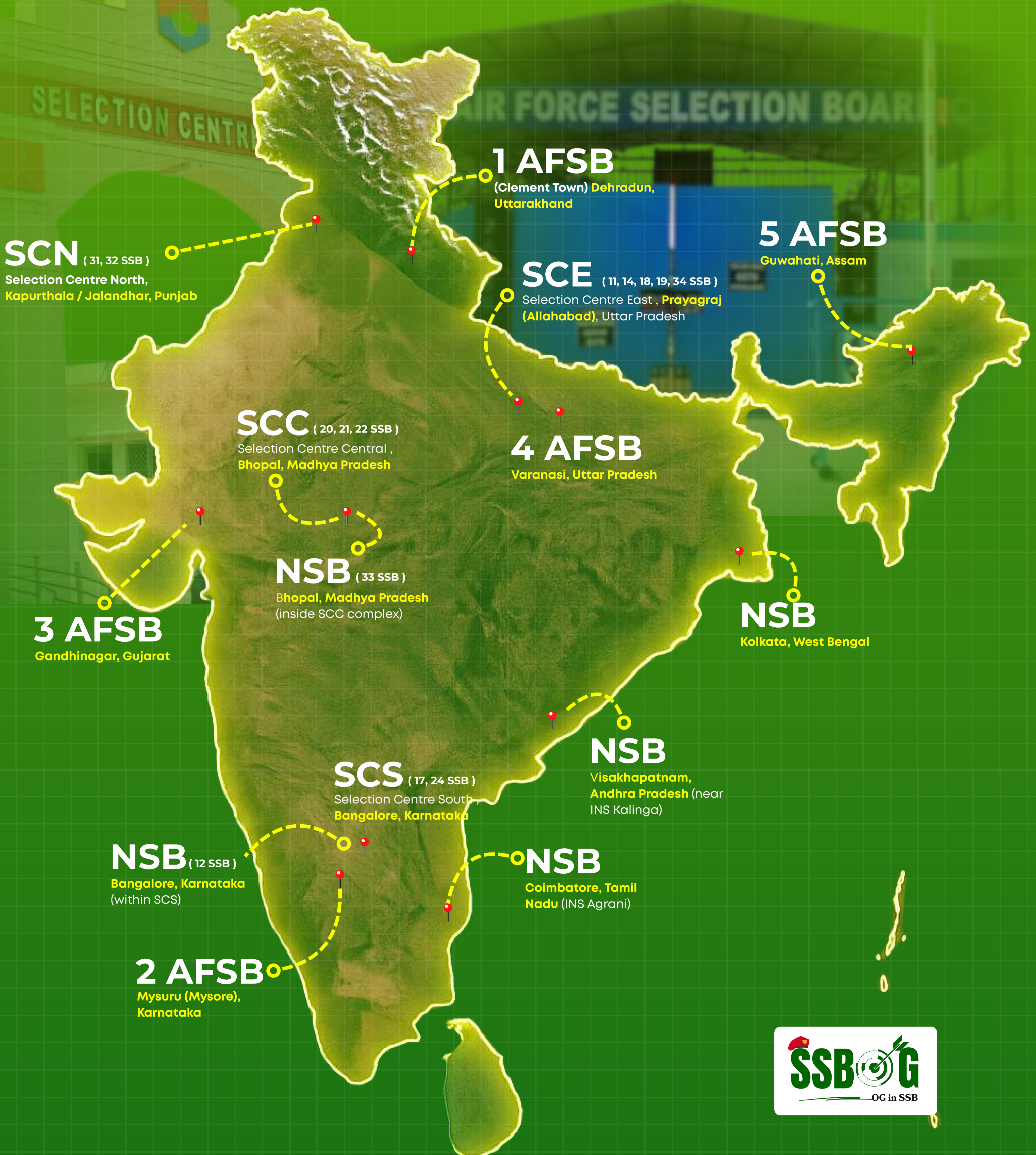
This is the process that you will go through **after clearing the written exam** and reporting to the SSB Centre. The **5-day schedule explains each stage** of testing that every candidate follows during the selection **process at SSB Centre.**"



Day	Time	Topic
Day 1	0700 h	Reporting Documentation & allotment of chest numbers
	0900 h	OIR Test
	1100 h	PPDT
	1400 h	Lunch
	1500 h	Result / Screening Result
Day 2	0900 h	Psychological Test
	Post lunch	Scheduled P.I.
Day 3	0700 h	GTO – I
	Post 1200 h	Scheduled P.I.
Day 4	0700 h	GTO – II
	Post 1200 h	Scheduled P.I.
Day 5	0900 h	Conference
	Post lunch	Final Result

SSB CENTRES

INDIAN ARMED FORCES



TEST IN SSB

“

EVERY TEST IS A MIRROR REFLECTING
YOUR OFFICER'S QUALITIES.

”



OIR

PPDT

TAT

WAT

SRT

SD

GD

GPE

PGT

HGT

IO

CT

GOR

FGT

PI





OIR

OFFICER INTELLIGENCE RATING TEST

The OIR test is the first step of your SSB journey. It checks how smartly and quickly you can think. Through simple verbal and non-verbal questions, assessors try to understand your reasoning ability and problem-solving skills.





PPDT

PICTURE PERCEPTION & DISCUSSION TEST

In PPDT, you'll see a blurred picture for a few seconds and write a story around it. Then you'll discuss that story in a group. This test shows how well you observe, imagine, and express your thoughts while working with others.





TAT

THEMATIC APPERCEPTION TEST

The TAT brings out your imagination and emotions. You'll see a series of pictures and write short stories based on them. These stories reflect your mindset, leadership qualities, and how you handle different life situations.





WAT

WORD ASSOCIATION TEST

In WAT, 60 random words flash on the screen one after another. You have to create quick, meaningful sentences. It's not about grammar but about your thinking - your words reveal your attitude and personality.





SRT

SITUATION REACTION TEST

Here, you'll be given real-life situations like emergencies or daily challenges. You must write your immediate reaction to each. The test shows how practical, balanced, and decisive you are when facing problems.





SD

SELF DESCRIPTION TEST

The SD test is about knowing yourself deeply. You'll write how your parents, teachers, and friends see you, along with your own strengths and weaknesses. It helps assessors understand your honesty and self-awareness.





GD

GROUP DISCUSSION

In GD, you'll sit with other candidates and talk about two topics given by the GTO. It's not about being loud but about being logical, confident, and cooperative. Your team spirit and clarity of thought make you stand out.





GPE

GROUP PLANNING EXERCISE

In this exercise, your group is given a map and a problem to solve together. Everyone discusses and presents a plan. It reveals your sense of responsibility, logical thinking, and ability to work as a team.





PGT

PROGRESSIVE GROUP TASK

PGT takes you outdoors. You and your team will face obstacles that need to be crossed using planks, ropes, and structures. The task shows your cooperation, leadership, and planning under pressure.





HGT

HALF GROUP TASK

HGT is just like PGT but done in smaller groups. It gives everyone more space to perform and lead. It helps assessors notice your initiative and teamwork more closely.





10

INDIVIDUAL OBSTACLES

This is where your physical fitness meets courage. You'll face ten different obstacles, each testing your speed, strength, and determination. It's not about perfection, but about giving your best effort till the end.





CT

COMMAND TASK

In this task, you become the leader. You'll choose two teammates and complete a given obstacle. The assessors watch how you guide, communicate, and stay calm while leading.





GOR

GROUP OBSTACLE RACE

Popularly called the "Snake Race," this is one of the most energetic parts of the SSB. The entire group carries a rope-like snake through hurdles. It's all about teamwork, unity, and enthusiasm.





FGT

FINAL GROUP TASK

This is your last outdoor task as a group. It's similar to the PGT but more challenging. It shows how consistent and cooperative you've been throughout the tasks and how you contribute till the end.





PI

PERSONAL INTERVIEW

Finally, comes the personal interview - a friendly conversation with an officer. You'll talk about your background, hobbies, academics, and thoughts on current affairs. It's not just about answers, but about being real, confident, and genuine.



Congratulations!

OUR RECENT SELECTIONS

From aspiring candidates to successful selections - their journey began with us.
Now it's your turn!



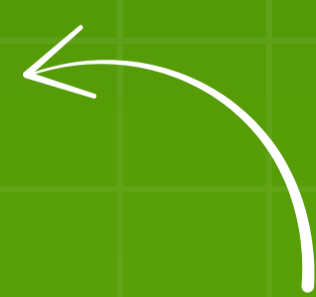


Congratulations!

RECOMMENDED

FROM 3 AFSB GANDHINAGAR

Congratulations to Arya Ashok for being recommended from Gandhinagar for the Indian Air Force (Flying Branch).



Arya Ashok
3 AFSB GANDHINAGAR





Congratulations!

RECOMMENDED



14 SSB ALLAHABAD

Proud moment for all of us!
Our student Pragnesh has been
recommended from 14 SSB
Allahabad.

←
Pragnesh
14 SSB ALLAHABAD





Congratulations!

RECOMMENDED



4 AFSB VARANASI

We are proud to share that Himanshu has been recommended from 4 AFSB Varanasi for Air Force (Flying).



Himanshu
4 AFSB VARANASI





Congratulations!

RECOMMENDED



3 AFSB GANDHINAGAR

We are filled with pride and joy to share that Suyash got recommended from Gandhinagar for Air Force (Flying).



Suyash

3 AFSB GANDHINAGAR





Congratulations!

FINAL SELECTION



←
Saurav Kumar
18 SSB PRAYAGRAJ





Congratulations!

FINAL SELECTION



Santhwana George
SSB KOLKATA



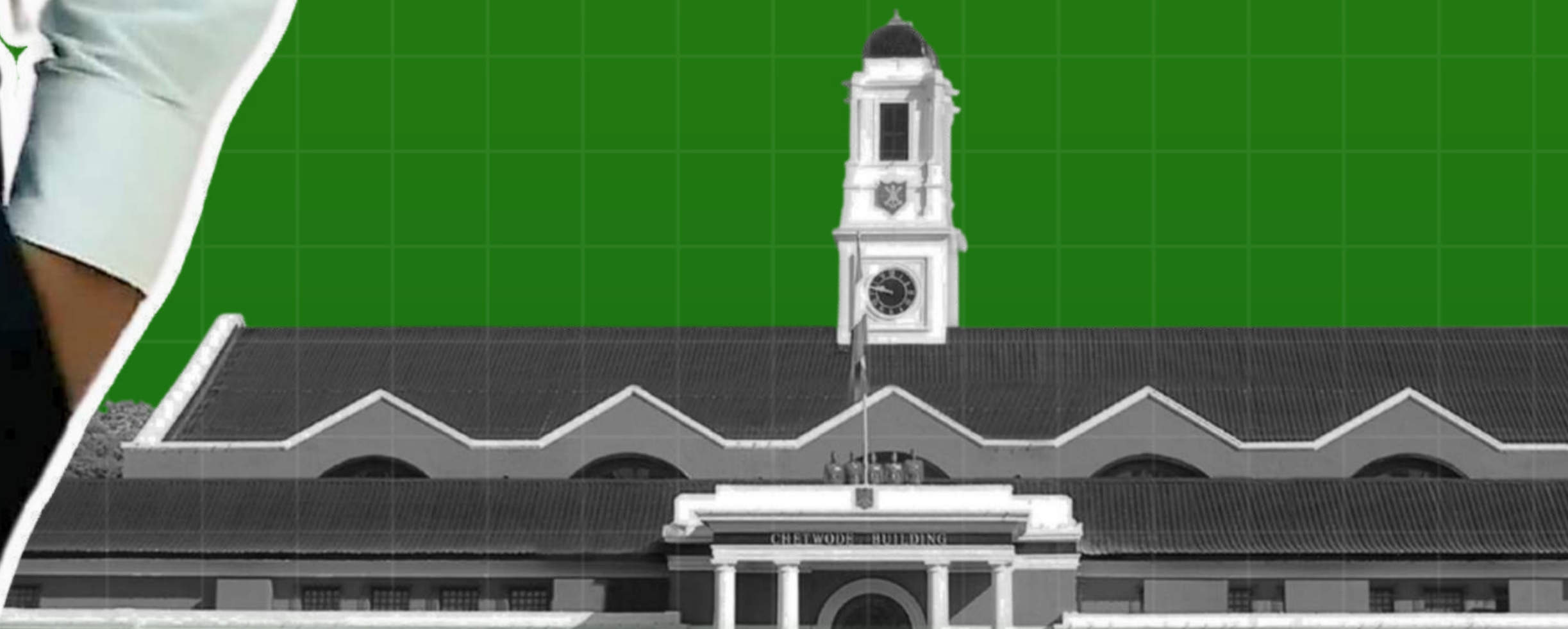


Congratulations!

FINAL SELECTION



**Devendra
Bishnoi**
11 SSB BOARD





Congratulations!

FINAL SELECTION

Adarsh Mishra

3 AFSB GANDHINAGAR, NDA 153
(FOR FLYING OFFICER)





Congratulations!

FINAL SELECTION



**LIEUTENANT
Mayank Kaneri**

33 SSB BHOPAL





Congratulations!

FINAL SELECTION

25



← **Ashish Bisht**
NDA ALL INDIA RANK 25





Congratulations!

FINAL SELECTION

Abhirath Tiwari

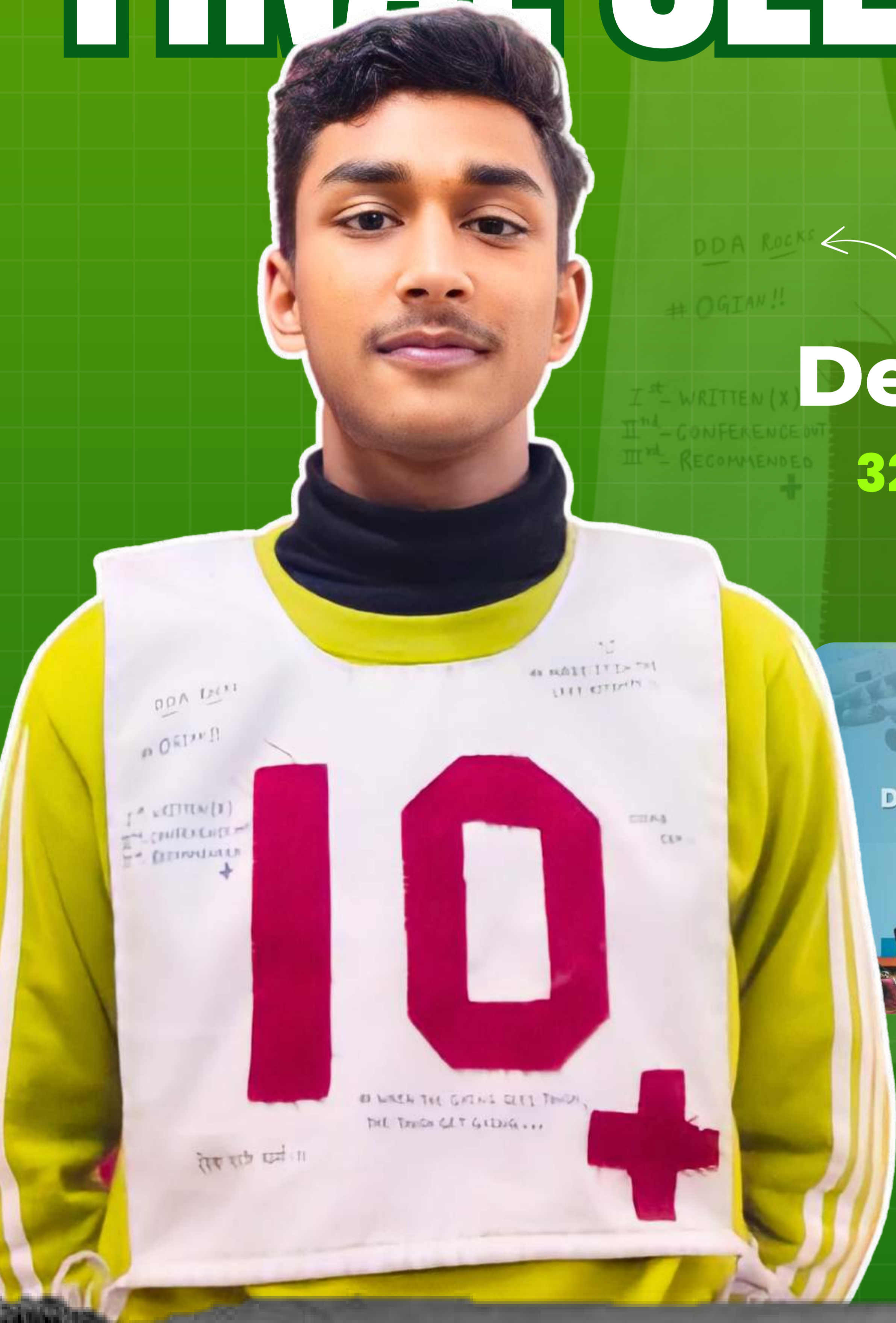
12 SSB BANGALORE





Congratulations!

FINAL SELECTION



Deepesh Kholia

32 SSB JALANDHAR





Meet Your Mentors

"We don't create officers - we guide the leaders already within you. **Your success is our mission.**"



MEET THE PANEL

ANUPAM SUDAN
(COLONEL RETD.)

SHASHI SHEKHAR
(EX. ASSISTANT COMMANDANT)

S PANDE
(COLONEL RETD.)

I PS RANA
(COLONEL RETD.)





Colonel Anupam Sudan (retd.)

(GTO)

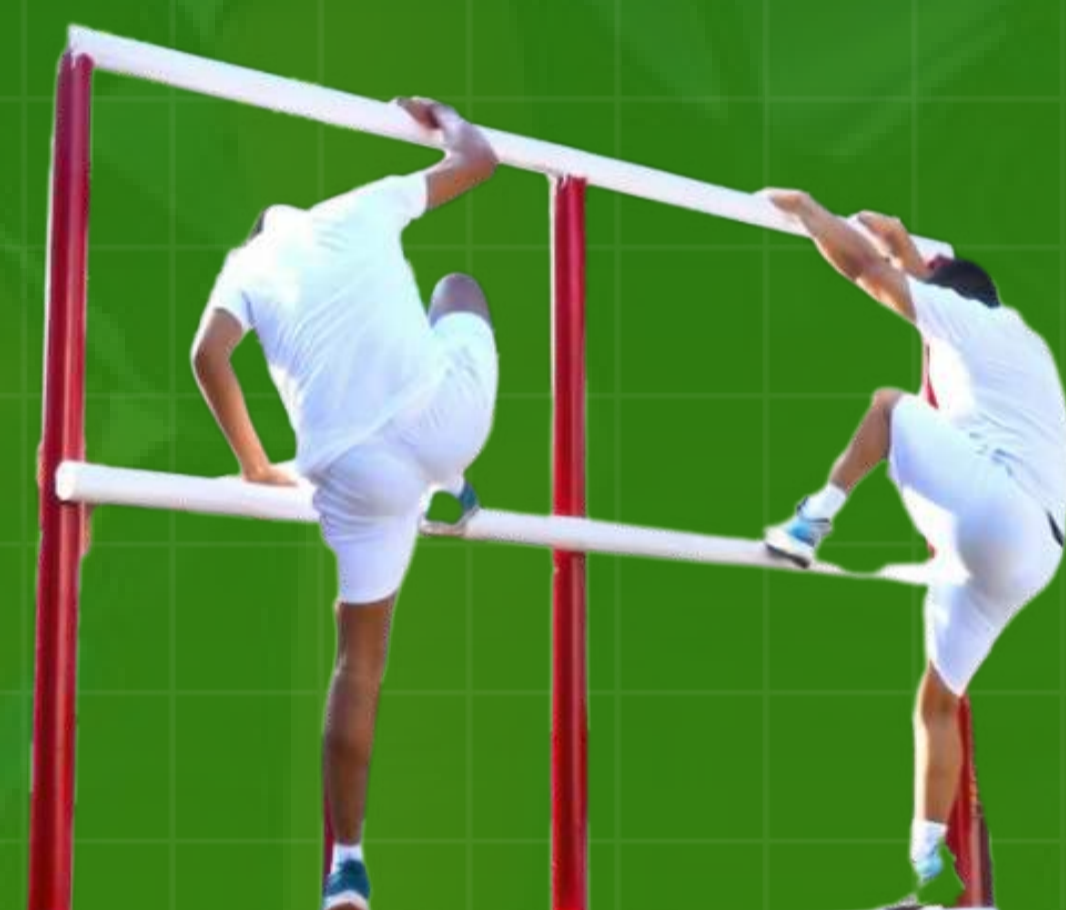


- **Colonel Anupam** was commissioned in **Air Defence Missile Regiment** in **1993**.
- He is a **trained Group Testing Officer (GTO)** from **Defence Institute of Psychological Research (DIPR), DRDO, New Delhi**.
- Colonel Anupam was a **GTO at Selection Centre Bhopal** and a **Senior GTO of Selection Centre at East Allahabad**.
- During his tenure spanning **almost 7 years**, he has **assessed more than 2200 candidates**.



Sashi Shekhar

(INT)



- **Ex-Assistant Commandant (AIR 23) and two-time SSB interview qualifier.**
- **Sainik School alumnus** who has successfully **cleared various UPSC exams.**
- **Owner of a prestigious school with 9 years of experience** in creating a **dynamic learning environment** for students.
- An **excellent life coach and motivator**, Shashi, who has **cracked one of the most difficult exams** in India, possesses a unique understanding of competitive exams and how to prepare students for any competition.
- His vast knowledge has **benefitted numerous students** who are now studying in some of the most **prestigious schools in India.**



Col S Pande (retd.) (10)



- **Col S Pande, a Jat Regiment veteran,** was commissioned in June 1986 and retired in 2022 after **36 years of service.**
- He served as an **SSB Interviewing Officer** in **Bangalore (2012-2014)** and **Kapurthala (2020-2022).**
- During his tenure, he **conducted approximately 2100 interviews.**



Col IPS Rana (retd.)

(Psych)



- Col I PS Rana was commissioned in the **Grenadiers**.
- Served as **BM (Brigade Major)** of a **high-altitude brigade** in **Sikkim** on the **Chinese border**.
- Led **operations** in **high-altitude areas** on the **Line of Control (LC)** in **Uri, J&K**.
- **Instructor Class A** at the **Infantry School's Anti-Tank Wing** in **Mhow**.
- Completed the **Technical Officer Course** from **DIPR, Delhi**.

SSB Classes 14 day Syllabus



Day	Time	Topic
Day 1	1000 hrs - 1200 hrs	Reporting and initial documentation & Allotment of Chest numbers
	1215 hrs - 1300 hrs	Opening address (Welcome address) & Introduction of Candidates
	1300 hrs - 1400 hrs	Orientation to SSB vis-à-vis interview in corporates/ civil exam
	1500 hrs - 1700 hrs	One to One Interaction
Day 2	1000 hrs - 1200 hrs	Complete process of SSB & Lecture on OLQ's
	1215 hrs - 1400 hrs	Lecture on OIR - I, II & Practice OIR - I, II
	1500 hrs - 1700 hrs	Discussion on OLQ's and OIR
Day 3	1000 hrs - 1100 hrs	Lecture on PPDT
	1100 hrs - 1200 hrs	Art of Dressing/ SSB Specific
	1215 hrs - 1400 hrs	Practice PPDT
	1500 hrs - 1700 hrs	Outdoor learning programme
Day 4	1000 hrs - 1100 hrs	Description of Psychological tests
	1100 hrs - 1200 hrs	Introduction to TAT & Introduction to WAT
	1215 hrs - 1400 hrs	Practice TAT, WAT
	1500 hrs - 1700 hrs	Practice Psychological Test

Day	Time	Topic
Day 5	1000 hrs - 1100 hrs	Introduction to SRT, SD
	1100 hrs - 1200 hrs	Time Resources & Priorities Management
	1215 hrs - 1400 hrs	Practice SRT, SD
	1500 hrs - 1700 hrs	Movie Show
Day 6	1000 hrs - 1200 hrs	Introduction to filling in PIQ & Filling up of PIQ forms & Discussion on PIQ forms
	1215 hrs - 1400 hrs	Practice Interview Batch – I & Practice OIR, PPDT Batch – II
	1500 hrs - 1700 hrs	Discussion on Personal Interview
Day 7	1000 hrs - 1300 hrs	Interview Batch – II & Practice OIR, PPDT Batch – I
	1300 hrs - 1400 hrs	Communication Skill Lecture / Boat Skill
	1500 hrs - 1700 hrs	Outdoor Learning Programme
Day 8	1000 hrs - 1200 hrs	Description of GTO Test
	1215 hrs - 1400 hrs	Introduction to Group Discussion I, II & Group Discussion Practice I, II
	1500 hrs - 1700 hrs	Discussion on GTO Tests
Day 9	1000 hrs - 1100 hrs	Public Speaking
	1100 hrs - 1200 hrs	Lecturette Procedure
	1215 hrs - 1400 hrs	Practice Lecturette
	1500 hrs - 1700 hrs	Practice Lecturette

Day	Time	Topic
Day 10	1000 hrs - 1100 hrs	GPE Conduct & Procedure
	1100 hrs - 1300 hrs	GPE Practice
	1300 hrs - 1400 hrs	PPDT, OIR Practice
	1500 hrs - 1700 hrs	Practice GD
Day 11	1000 hrs - 1100 hrs	Lecture on Leadership
	1100 hrs - 1300 hrs	GD & Lecturette practice
	1300 hrs - 1400 hrs	Description of Outdoor Tasks
	1500 hrs - 1700 hrs	Practice GPE
Day 12	0800 hrs - 1100 hrs	Outdoor GTO Tasks
	1500 hrs - 1700 hrs	Practice GTO Outdoor Tasks
Day 13	1000 hrs - 1200 hrs	Practice of Psychological Tests – TAT, SAT, WAT, SD
	1200 hrs - 1400 hrs	Interview of Batch – I, II & Feedback forms by Candidates
	1500 hrs - 1700 hrs	Movie
Day 14	1000 hrs - 1100 hrs	Process of final day conference
	1100 hrs - 1300 hrs	Open House Q/A
	1300 hrs - 1400 hrs	Closing Address
	1500 hrs - 1700 hrs	Feedback and Doubts Session

Note:

- 1- Everybody will have their tea break for 15 minutes (Timing: 1200 to 1215).**
- 2- Feedback will be provided every student in their daily classes.**

SSB Classes 3 Months Syllabus



Day	Topic
Day 1	Motivation
Day 2	Complete process of SSB Interview
Day 3	Time, Resources, and Priorities Management
Day 4	Orientation of SSB vis-à-vis other corporate interviews
Day 5	Art of Dressing/Uniforms
Day 6	Public Speaking
Day 7	Lecture on Code & Conduct by aspirants while stay in SSB Board
Day 8	Communication Skills
Day 9	Communication Skills
Day 10	Lecture on OIR – I, OIR – II
Day 11	Practice OIR I, II
Day 12	Lecture on PPDT
Day 13	Practice PPDT Session – I
Day 14	Practice PPDT Session – II

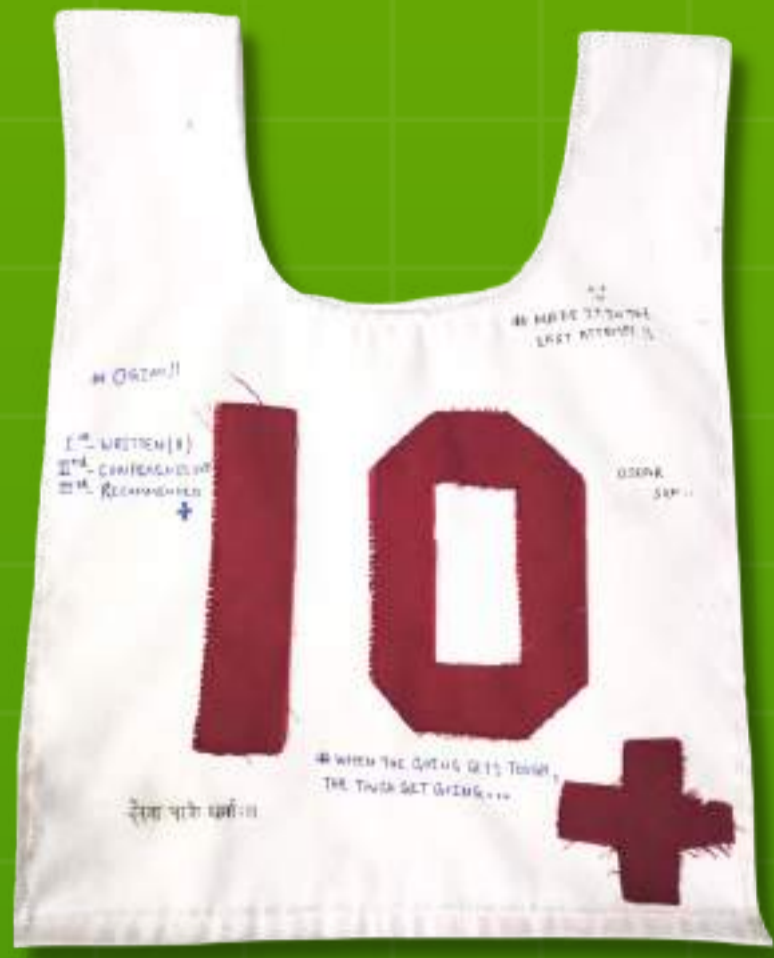
Day	Topic
Day 15	Communication Skills
Day 16	Communication Skills
Day 17	Introduction to Psychological Tests
Day 18	Lecture on TAT
Day 19	Practice TAT Session- I
Day 20	Practice TAT Session – II
Day 21	Lecture on WAT
Day 22	Practice WAT Session -I
Day 23	Practice WAT Session – II
Day 24	Lecture on SRT
Day 25	Practice SRT Session – I
Day 26	Practice SRT Session – II
Day 27	Lecture on SD
Day 28	Practice SD Session – I

Day	Topic
Day 29	Practice SD Session – II
Day 30	Communication Skills
Day 31	Communication Skills
Day 32	Introduction to GTO Tasks
Day 33	Lecture on GD – I, II
Day 34	Practice GD – I
Day 35	Practice GD –II
Day 36	Lecture on Lecturette
Day 37	Practice Lecturette Session – I
Day 38	Practice Lecturette Session – II
Day 39	Lecture on GPE
Day 40	Practice GPE Session – I
Day 41	Practice GPE Session – II
Day 42	Lecture on Outdoor Tasks of GTO

Day	Topic
Day 43	Practice PGT Session – I
Day 44	Practice PGT Session – II
Day 45	Practice HGT
Day 46	Practice FGT
Day 47	Practice Snake Race
Day 48	Practice Command Task – Session I
Day 49	Practice Command Task – Session II
Day 50	Practice Individual Obstetric
Day 51	Practice GTO Outdoor task (ALL)
Day 52	Communication Skills
Day 53	Communication Skills
Day 54	Introduction to Personal Interview
Day 55	Filling up of PIQ Forms
Day 56	Explanation of PIQ minute details of Individual Candidate

Day	Topic
Day 57	Personal Interview Session – I
Day 58	Personal Interview Session – II
Day 59	Personal Interview Session – III
Day 60	Personal Interview Session – IV
Day 61	Personal Interview Session – V
Day 62	Communication Skills
Day 63	Communication Skills
Day 64	Feedback P.I. Session – I (one to one)
Day 65	Feedback P.I. Session – II (one to one)
Day 66	Feedback P.I. Session – III (one to one)
Day 67	Feedback GTO Task Session – I (one to one)
Day 68	Feedback GTO Task Session – II (one to one)
Day 69	Feedback GTO Task Session – III (one to one)
Day 70	Feedback Psychological Test Session – I (one to one)

Day	Topic
Day 71	Feedback Psychological Test Session – II (one to one)
Day 72	Feedback Psychological Test Session – III (one to one)
Day 73	Feedback PPDT/Screening – I (one to one)
Day 74	Feedback PPDT/Screening – II (one to one)
Day 75	Feedback PPDT/Screening – III (one to one)
Day 76	Lecture on Conference Procedure
Day 77	Do's and Don'ts on Conference
Day 78	Outdoor learning Program
Day 79	Outdoor learning Program
Day 80	Outdoor learning Program



← ssbog_official



SSBOG

290 posts

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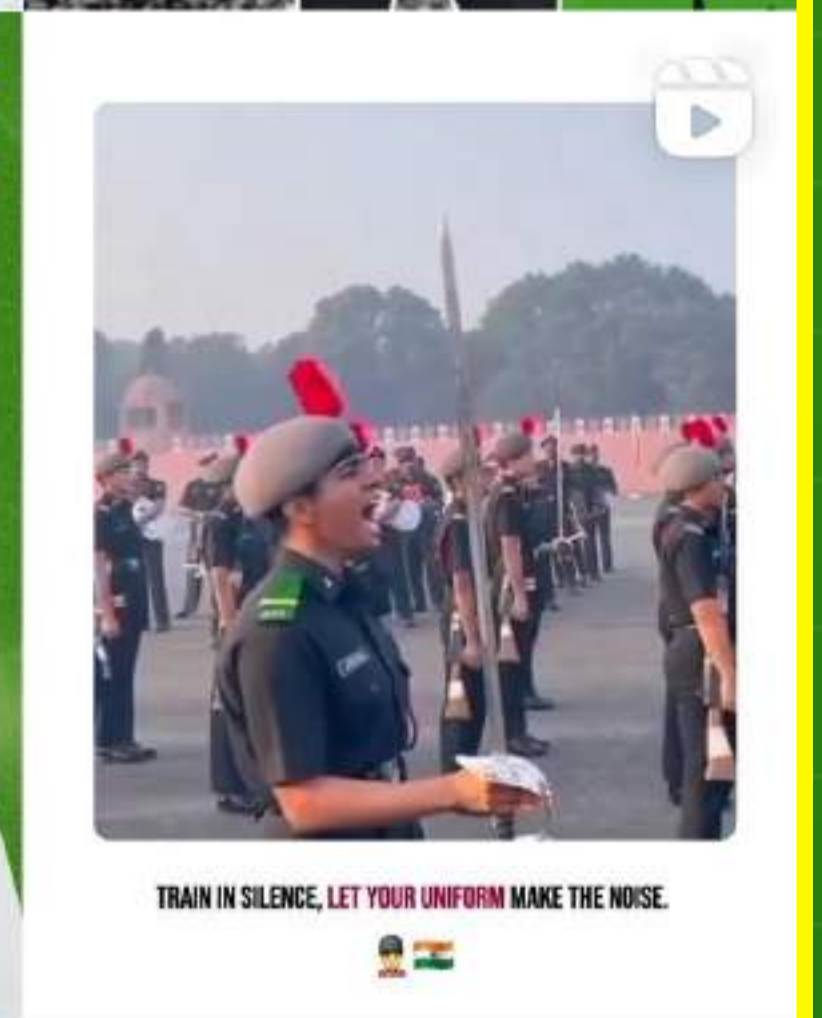
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Ready to Begin?

"Have questions? Whether you're ready to enroll or need guidance, we're here to help."



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