

# SSB CAPSULE COURSE REPORT



GURU NANAK DEV ENGINEERING COLLEGE

# SSB CAPSULE COURSE

**Date-** 18<sup>th</sup> Oct – 22<sup>nd</sup> Oct 2019

**Conducted By-** Er. Ankitpal Singh

The five day capsule course was conducted to prepare the Final year students for their upcoming SSB interviews. Few of the third year students and senior year NCC cadets also got the opportunity to attend the course, they had an insight into the selection criteria of the SSB interview. The total strength was of 40 students throughout the course. The low strength allowed greater individual attention on each one of the student. SSB is among the world's toughest selection procedures and preparing someone for it, in a short span of five days is a very cumbersome task. Still utmost effort was put up by Er. Ankitpal Singh sir and he covered most of the important topics during the course. The following curriculum was followed by Ankitpal sir and he ensured maximum utilization of the available time period.

## 18/10/19 (1500-1800hrs)

- The session started with a briefing about the SSB, then the names of the students having the SSB in the upcoming months were noted, so that extra attention could be paid on them.
- Interview basics, methods to carry ourselves and tricks to make a strong impact were taught.

## 19/10/19(0930-1630hrs)

- An overview of the **SDT** (Self-Description Test) and **SRT** (Situation Reaction Test) was given and in detail methods were taught to attempt each one of them.
- After a lunch break methods to perform in **GD** were taught and subsequently mock GDs were conducted.

## 20/10/19(0930-1630hrs)

- The session started with a series of **GDs** and the students were given review of their performance, also points of improvement were told.
- After the lunch break an overview of the **LECTURATE** and tricks to excel were taught.

## 21/10/19(1530-1730hrs)

- Briefing about the **GPE** (Group Planning Exercise) was given and the complete procedure to perform was discussed. Later a mock GPE was conducted and individual feedback was given.

22/10/19(1530-1730hrs)

- The session was conducted in the college sports complex. The main focus of the session was on **COMMAND TASK** and **GROUP OBSTACLE TASK**.

### COURSE OUTCOME-

Er. Ankitpal Singh sir has been in the field of SSB training for over five years now. He himself had been recommended for different wings of armed forces four times, other than this he has helped more than 400 candidates to clear the SSB. Out of 400, three candidates were from our very own college. Being an alumnus of our own college he puts in extra efforts to make the GENCONIANS excel. The immediate result of course was shown in performance of one of the candidate. He made it to the conference of his SSB, just two weeks after attending the course. The students were not just only trained for SSB, they were taught techniques which they can apply in any corporate field. Because of the live demo exercises that were conducted students could see a change in their performance from the very minute.

### PERSONAL FEEDBACK-

Even in such short amount of time a lot of valuable knowledge and techniques were taught in the course. If a full seminar is conducted it would be a great opportunity for all the defense aspirants studying in the college. Also for students who are not interested in the uniform job, they can also learn a great deal of techniques for job interviews.