

Name of the cadet Dhanush Manoj Sanap		City/State Panvel/Maharashtra	
Selected For NDA	Navy	All India Rank	
UPSC Score		SSB Interview Score	
Attempt Number	1	SSB Centre	Vishakhapatnam
Where I Prepare for NDA?	Services Preparatory Institute, Aurangabad, Maharashtra		
My Schooling Details.	PSBA English School, Aurangabad, Maharashtra-431005		
My Interest and achievement in Sports	Represented Maharashtra at National level in Football, District Level in Table tennis and Basketball.		

1. How I came to know NDA? How I Set My Goal?

My father told me about NDA . I was fascinated by the disciplined and adventurous life in defence. Hence, I decided to pursue my career in armed forces.

2. How I Started NDA Preparation?

My preparation started at SPI, Aurangabad. First, I started preparing for the NDA-UPSC examination. I started with Mathematics first and simultaneously I started studying General Studies which includes Science , Social Science, Current Affairs and English. After clearing the examination I started preparing for the SSB .I attended the SSB capsules which were conducted at SPI, Aurangabad.

3. What Problems I Faced Initially?

I faced problems in History, Political Science and Calculus. I wasn't able to prioritise my topics and maths was going little tough for me.

4. Which Books I found useful for prep?

Pathfinder, General knowledge by Arihant, General English, Mathematics for NDA/NA, Objective Mathematics and Drishti Current Affairs Magazines.

5. What was My Strategy For Mathematics?

I started with algebra because it holds a high weightage in the exam and also it is easy as compared to geometry and calculus . After getting a firm grip on algebra I started with geometry because it was easier than calculus for me . I did basics of calculus and didn't study calculus deeply because it was time consuming for me . I solved previous year question papers regularly and used the book Mathematics for NDA/NA regularly.

6. What was My Strategy For English?

I studied English grammar from the book General English. I used to talk in English with my friends and teachers. I also practiced lecturettes

which helped me for my SSB too. I solved many question papers too. Reading newspapers and books also helped a lot.

7. What was My Strategy For Science?

First I divided the topics according to their weightage in previous years exams. I started with physics. I studied physics from Pathfinder and General science book by Arihant. I solved physics numericals from Pathfinder and also from previous year question papers. After physics I started with chemistry. I studied chemistry from the same book. I studied biology from the same books and studied only those topics which have high weightage of marks. The main strategy which worked for me was dividing the topics according to their weightage and giving preference to them.

8. What was My Strategy For History And Geography?

History was tough for me so I started with geography as it was more interesting than history for me. I studied geography from General knowledge by Arihant, Pathfinder and 9th/10th NCERT Textbooks. I first completed Indian geography because it has more weightage in the examination

9. How I Prepared For Current Affairs?

I prepared current affairs from newspapers and Drishti current affairs magazines. I made a different notebook for current affairs. I checked the internet regularly for any defence update. Drishti magazine was the most helpful source. The Study IQ channel on youtube also helped a lot.

10. My Thinking About SSB and Plan To Prepare For It.(Details)

I was pretty confident about my SSB. I wasn't scared at all. I prepared current affairs for my SSB from drishti current affairs magazine, newspapers and Study IQ channel on YouTube. My speaking skills were not so good. I practiced it by reading out newspapers loudly and giving lecturettes to my friends. I practiced OIR tests from the book General Reasoning by Arihant. Many group discussions were conducted in our institute which helped me to reach perfection in group discussions. There were SSB capsules conducted in SPI. This helped me to improve myself in the psychology tests. I practiced WAT(word association test) daily by taking random words and making sentences related to the word as quick as I can. Mock interview helped me a lot. The weak point which came out from the mock interview was current affairs. So I prepared current affairs very hard after that and I became very confident about the SSB.

11. How To Revise everything in Last Month or two? Importance Of Revision

I will suggest that one should not start a new topic in the last month. One should revise whatever he has prepared. Keep revising the formulas daily and refer to General Knowledge by Arihant . Revision from that book will help for sure. Keep solving the previous year question papers which will help one to gain confidence before the exam and can also tell one if he's still lacking somewhere. Try to become master in that topics which you have completed. Prioritise the

topics in the last month also. This will help to be sure that which questions to solve first in the exam. Keep your formula book and current affairs book handy.

12. How Test Series Are Importance For UPSC NDA?

Test series are very important for the UPSC NDA. It shows that how well you are prepared for the exam. It gives you an idea that where you need to work more in order to score well. If you score well then it can increase your confidence too. So test series are one of the most important part of the preparation. It also gives you the basic idea behind the question paper and the questions.

13. UPSC-NDA Exam Day? How To Perform? And Mindset

The exam day was one of the biggest day of my life for which I was preparing for last 500 days. Some people say that one should not study till the last minute but I say that last minute study helps a lot and gives you some confidence. One should be cool and calm and should not take much pressure. Be confident that you have studied enough to clear the examination with good marks.

15. What I Did Till Result is announced?

After the exam I had my football nationals at Andaman and Nicobar Islands. It took me 7 days to reach Andaman by ship. I stayed at Andaman for 10 days. I came back to Aurangabad on 8th December and after coming back I started my studies for 12th boards. On 11th December the result was declared and after that I started preparing for my SSB.

16.	My Reaction After Result?	
	I was very happy after the results. It was one of my biggest achievements in my life. I was excited to tell this news to my parents. I just felt that my hardwork paid off.	
17.	My SSB.	
	Day 1	Day 1 started at the railway station. I reported at the railway station at 6:00 AM. After that the officials of the naval board took us to the Naval Selection Board, Vishakhapatnam. We ate our breakfast and then we were taken in a hall where we completed our documentation. After that we were taken to our screening test. The first part was to write a story on the given picture and after that a group discussion on the story. Another test was the OIR test which tests our basic intelligence. After completing the test we had our lunch and then we assembled in the same hall and the results were declared. 21 candidates passed the screening test out of 40 and I was one of them.
	Day 2	On this day , I gave my psychology tests. The test consisted of only writing work. We were told to write 12 stories which was known as TAT(thematic aperception test). After this we were told to write 60 sentences related to the 60 words given on the screen which appeared one by one and one word was on the screen for 15 seconds and we had to write the sentence in that 15 seconds only. This test is also known as WAT(word

		<p>association test). The next test was SRT(situation reaction test). We were given 60 situations and we had to write our reaction to that situation. For 60 situations the time given was 30 minutes. Next test was self description test and we were told to write that what your parents, teachers and friends think about you ? . We were also told to write that what do u think of yourselves and what kind of person you'd like to become?. This was the end of the second day .</p>
	Day 3	<p>On this day our outdoor activities started. First was our group discussion. There were two group discussions. Each discussion was for 15-20 minutes. One topic is related to current affairs and the other one is a social topic. The group gets to choose a topic in either current affairs topic or social topic. After group discussions, the next task was PGT(progressive group task). In this task the group needed to cross some obstacles with the use of some given materials only like plank, ropes, a log of wood (balli) etc. Our group strength was 8. The next task was HGT(half group task). Our group was divided into two equal halves. The aim of the task was same as it was in PGT that we needed to cross some obstacles using the given materials only but this time the group was shorter. The next task was Snake Race. In these all the groups are given a rolled tent or a big rope on their shoulders and then the group needed to cross the obstacles will the Snake on their shoulder. The first group</p>

to complete the obstacles wins the race. This was the last task of the third day.

My interview was conducted on this day. My interview lasted for around 40 minutes. My interview was taken by the President of the board. My interview didn't consist of academics or current affairs and this was my luck. The President mainly focused on my qualities, my family and their qualities and my achievements and hobbies. My interview was pretty good and I felt that I did well in the interview though I was stuck one or two times.

Day 4

The remaining outdoor activities were conducted on this day. First the individual obstacles was conducted. Each one of us was given 3 minutes and we needed to perform as many obstacles as we could in those 3 minutes. I performed 11 obstacles and the total number of obstacles were 10 but if one completes all 10 and if the time is still remaining then one can repeat the obstacles and I repeated one obstacle after completing all 10. The next task was GPE(group planning exercise). In this task a model was kept in front of our group and certain problems were told to us regarding the model. The model was of a village and it had some problems. We were told to write the solutions of the problems on a sheet and after completing the solution we were told to discuss the solutions and bring out a common group solution. After the

discussion the group nominates one person from the group who'll give the final group solution and I was nominated by the group to give the final solution. The next task was lecturettes. Each one of us were given 3 minutes to prepare on a topic which we needed to choose after picking up a card which had 4 options and one needs to choose one topic on which he'll give a lecturette. I chose the topic ' Child Education'. After the lecturettes , the FGT (final group task) was conducted. In this the group needed to cross just one obstacle by using some given materials only . This task was same as PGT and HGT. So this was the end of our GTO tasks.

Day 5 This was the final day. Conference is conducted on this day. Each candidate is interviewed once again but this time for just 5-10minutes. All the authorities like the President, Vice President, Interviewing Officer, GTOs and psychologists assemble in the conference hall and then they interviewed each one of us. We were asked some very general questions like how was your stay? Any suggestions? Rate yourself according to your performance in these last 5 days etc. No academic or current affair or any questions regarding your quality is asked . After the conference we had our lunch and we were told to assemble in the testing hall. After sometime the psychologist mam came and announced the results. She said that seven candidates are recommended out of 23 and

she started taking chest numbers in the reverse order. She announced my chest number 21 first and I was very happy and it was unbelievable for me to hear my chest number. After this we did a lot of documentation and our medicals were conducted from the next day.

18. What I Can Suggest To New NDA Aspirants?

I would like to suggest that SSB is not so difficult to clear if u prepare properly and one should focus on the UPSC. Focus on your studies rather than SSB because many aspirants are overconfident of clearing the UPSC. So don't be overconfident but be confident also. I would like to say that one should focus on mathematics first because if you don't clear mathematics then your GAT paper is not even touched. You failed the exam if you fail mathematics. So focus on mathematics first but on the other side one should not neglect GAT too because GAT will help you to increase your overall score.

19. What Mistakes One Should Not Do During Preparation?

According to me some candidates practice group discussions a lot and during the practice their nature can become dominating. This should not happen. Don't believe the rumours regarding the SSB during the preparation. Gain the knowledge regarding current affairs from reliable sources only. Don't try to create some quality during the preparation because if you fail in doing so then you'll lose your original quality as well as you'll not gain the new quality too.

20. My Further Plans.

Right now I am waiting for the merit list and boards result. If by any chance I don't get a seat for Navy and I don't join NDA then I'll be giving next attempts and will pursue mechanical engineering.