

CISF DIRECTORATE, BLOCK NO 13, CGO COMPLEX, LODHI ROAD
NEW DELHI

PHYSICAL STANDARD TEST (PST), PHYSICAL EFFICIENCY TEST (PET),
AND MEDICAL EXAMINATION TEST (MET), IN RESPECT OF CANDIDATE
WHO QUALIFIED THE WRITTEN EXAMINATION FOR THE POST OF
ASSISTANT COMMANDANT (AC) THROUGH CENTRAL ARMED POLICE
FORCES EXAMINATION-2014 (CAPF EXAM-2014) CONDUCTED BY THE
UNION PUBLIC SERVICE COMMISSION (UPSC) :

DEAR CANDIDATES

CISF HAS BEEN NOMINATED AS NODAL AGENCY FOR CONDUCTING PST/
PET AND MET IN RESPECT OF THE CANDIDATES WHO QUALIFIED WRITTEN PART
OF ACs-CAPFs EXAM-2014.

PST, PET AND MET WILL BE HELD IN DIFFERENT CENTERS ALL OVER THE
COUNTRY FROM 01.12.2014 TO 05.12.2014 AT 07 VARIOUS CENTRES AND AS FOR
AS POSSIBLE THE CANDIDATES HAVE BEEN ADJUSTED IN NEAREST CENTERS
KEEPING IN VIEW THE CENTERS OF THEIR WRITTEN EXAMINATION. SOME OF THE
CANDIDATES HAVE ALSO BEEN ADJUSTED IN OTHER CENTERS. ISSUANCE OF
CALL LETTERS IS UNDER WAY. IN CASE THE CALL LETTERS ARE NOT RECEIVED BY
ANY CANDIDATE TIMELY, HE CAN DOWN LOAD THE GENERAL CALL LETTER (04
PAGES), THE PAGE CONTAINING THE ROLL NUMBER OF THE CANDIDATE
ALONGWITH ADDRESS OF THE PET VENU ATTACHED WITH THIS MESSAGE, AND
APPEAR BEFORE THE CHAIRMAN OF THE PET BOARD WITH ALL THE ORIGINAL
TESTIMONIALS (PROOF OF DATE OF BIRTH, EDUCATIONAL CERTIFICATE
MATRICULATION ONWARDS) , PROOF OF ACs-CAPF EXAM-2014 ROLL NUMBER
ALLOTTED TO THE CANDIDATES BY THE UPSC, ALONGWITH THE DOWNLOADED
CALL LETTER.

THE CHAIRMAN OF THE PET BOARD WILL CONFIRM IDENTITY OF THE
CANDIDATE FIRST AND THEN ALLOW THE CANDIDATE TO PROCEED FURTHER FOR
APPEARING IN THE PST/PET AND MET OF AC-CAPF- EXAM-2014.

IMPORTANT NOTE : THE PET VENUES ALLOTTED TO THE CANDIDATES WILL
NOT BE CHANGED UNDER ANY CIRCUMSTANCES.
REQUEST FOR CHANGE OF PET VENUES IS NOT
PERMISSIBLE. NO SUCH REQUEST WILL BE
ENTERTAINED.


(D SHYAMALA)
ASSTT INSPECTOR/GENERAL (PERS)

AIG(TECH) : FOR PLACING IN CISF WEBSITE.

GENERAL CALL UP LETTERS

SPEED POST

Directorate General
Central Industrial Security Force
(Ministry of Home Affairs)

Block No. 13, CGO Complex,
Lodhi Road, New Delhi
Pin Code-110003

No. E-32015(4)/1/AC-CAPF-2014/Pers.I/

Dated: Nov'2014

To

SPACE FOR NAME & ADDRESS OF THE CANDIDATE	PHOTO OF THE CANDIDATE
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Sub:- RECRUITMENT FOR THE POST OF ASSISTANT COMMANDANT THROUGH AGs-CAPFs EXAMINATION-2014 : REGARDING PHYSICAL STANDARD TEST(PST)/ PHYSICAL EFFICIENCY TEST(PET) AND MEDICAL STANDARD TEST/ MEDICAL EXAMINATION.

Dear Candidate,

On behalf of the Union Public Service Commission, it is to inform that you have qualified the written examination of CAPFs (Assistant Commandant) Exam-2014 conducted by the Union Public Service Commission on 13.07.2014 and found eligible to appear for Physical Efficiency Test (PET) followed by Medical Standard Test/Medical Examination. These tests will be conducted by the Central Armed Police Forces viz BSF, CISF, CRPF, ITBP & SSB on behalf of Ministry of Home Affairs. **Central Industrial Security Force (CISF)** has been nominated as Nodal and Coordinating agency by the Ministry of Home Affairs.

02. You are, required to appear along-with all testimonials (Proof of date of Birth, Educational certificates matriculation onwards in original and also one set of attested photo copies of the original certificate) for PST/PET followed by Medical examination on the date and time and venue indicated below:-

Date	Time	Venue
	0800 HRS	

Contd....2/-

03. The candidates short listed for Physical Efficiency Test (PET) and Medical Test, will deposit the hard copy of Detailed Application Form (DAF) along-with relevant documents like proof of date of birth, educational qualification, caste, Civilian Central Govt. Service employees, resident of J&K etc. at their respective centers with the Chairman of PET Board, as per the instructions issued by UPSC. **It should be noted that the candidates will not be allowed to appear in PST/PET and MET without Detailed Application Form (DAF).** As female candidates are eligible for appointment to CRPF, CISF, SSB and BSF only, they will be required to indicate their preferences for these four forces only. Apart from the DAF, your identity will be established by the board by checking of photograph and signature as may be available with PST/PET and MET booklets.

04. Before reporting for the Physical Efficiency Test (PET) and Medical Examination, please ensure that you fulfill prescribed physical and medical standards, as already published in the advertisement notifying the vacancies of Asstt. Commandants. However, some parameters of physical and medical standards as mentioned in Advertisement/notification dated 12.04.2014 and few changes in notification dated 12.04.2014 in Para-2(a) of Appendix-II(A) with heading "Eye Sight" was published in the Gazette of India (Extraordinary) as 'CORRIGENDUM' vide notification dated 16.05.2014 are highlighted below:-

i) Physical Standards

	Male	Female
Height	165 Cms.	157 Cms
Chest (Unexpanded)	81 Cms. (With 5 cm. minimum expansion)	Not applicable
Weight	50 Kg.	46 Kg.

Moreover, the weight should be as per the height and age as mentioned in Appendix-II (B) enclosed to Examination Rules.

ii) Medical Standards

(a) Eye Sight:-

	Better eye (corrected vision)	Worse eye (corrected vision)
Distant vision	6/6	6/12
	OR	
	6/9	6/9
Near vision	N6 (corrected)	N9 (corrected)
Type of corrections permitted	With Glasses/ LASIK Surgery *	
Limits of Refractive errors permitted	-4.00 D (including cylinder) Myopia +4.00 D (including cylinder) Hypermetropia	
Colour vision	High grade **	

* LASIK surgery correction is permitted subject to prescribed criteria mentioned Table-L. However, no radial keratotomy or any other refractive surgery is permitted except LASIK.

** The colour vision standard shall be as per the extant guidelines issued by MHA and applicable on the day of the Medical Examination.

Contd....3/-

- b) The candidates should have no inguinal, scrotal swelling, any type of Hernia. Both the testicles are in the scrotum and of normal size (Only for male). The candidates must not have knock-knees, flat foot, and varicose veins. They must be in good mental and bodily health and free from any physical defect likely to interfere with the efficient performance of the duties.

05. There shall be no relaxation in the physical and medical standards except as published in advertisement under any circumstances and to any category of candidates. In addition to the same, you should be medically fit on other health parameters and for this you will be examined by Government Doctors. CAPFs PST/PET boards and Medical Boards of Doctors can also direct you to undergo various medical and diagnostic tests whenever it is required / necessitated. Failure to possess any of the prescribed minimum physical and medical standards shall disqualify you to appear in the subsequent process of selection. Overweight will not be a disqualification at the stage of PET. However it would be assessed for disqualification during medical examination with respect of Height/Age standard as per the height, age and weight chart mentioned in the advertisement (APPENDIX-II (B)).

06. Minimum qualifying standards for the Physical Efficiency Test (PET) are mentioned below for your information.

	<u>Male</u>	<u>Female</u>
(a) 100 meters race to be completed	In 16 seconds	In 18 seconds
(b) 800 meters race to be completed	In 3 minutes & 45 second	In 4 minutes, 45 second
(c) Long Jump	3.5 meters (3 chances)	3.0 meters (3 chances)
(d) Shot put (7.26 kgs)	4.5 meters	-----

07. Physical Efficiency Tests are only qualifying in nature. No marks shall be awarded for these tests. However, it is pertinent to mention for your information that failure in any event of these tests shall disqualify you for appearing in the subsequent selection process and for the medical examination.

08. You should bring your own sports kit for appearing in the PET.

09. It is also emphasized that you will be appearing in the PET at your own risk and cost. Neither UPSC nor authority conducting the tests on behalf of MHA i.e. BSF/CISF/CRPF/ITBP & SSB shall be responsible for any injury or loss, which you may suffer during the course of conduct of PET.

Contd... 4/-

10. There is no provision of appeal for PST/PET in the Rules of Examination, however, if any, candidate is not satisfied with the results of the PST/PET, he/she may prefer a representation to the DIG of the respective Center being Appellate authority of CAPF, available at the venue of PST/PET, to sort out any dispute on the spot. The decision given by Appellate authority shall be final and no further representation of the candidate shall be entertained.

11. The candidates, who qualify in the Physical Efficiency Test (PET) will be required to appear for Medical Standard Test/Medical Examination before the Medical Board on subsequent day at 0900 hrs at the venue to be announced by the Presiding Officer of the PET Board. The Medical Standard Test/Medical Examination may take 2/3 days. You should bring 05 copies of latest passport size photographs and latest optical glass number, if you wear glasses. Medical Standard Test/ Medical Examination is a part of recruitment process; as such the candidates are informed that calling for Medical Standard Test/Medical Examination may not be construed eligibility for selection.

12. Result of Medical Standard Test/Medical Examination report in respect of each candidate will be communicated by the Chairman of Medical board. **Unfit candidates can appeal against the decision of the medical board for the error of judgment and will be allowed to appear for Re-medical examination as per Rules.** The detail information / instructions regarding appeal be obtained from Medical Board of respective centre.

13. No journey fare is admissible for appearing in the Physical Efficiency Test and Medical Standard Test/ Medical Examination. **You will not be allowed to change the PST/PET & MST centre once allotted, under any circumstances.**

14. You should come well prepared to stay 3-4 days to appear in PET, Medical Standard Test/ Medical Examination and to complete other formalities related thereto. You have to make your own arrangements for your boarding and lodging during the stay. You should also bring sufficient money to undergo investigations and other pathological tests in connection with the medical examination from authorized pathological labs/diagnostic centers. However, the expenditure on such tests shall be re-imbursed on production of original receipt, by Presiding officer of medical board, which will be restricted to CGHS rates.

15. It may be noted that if at any stage you are found indulging in canvassing in any form, directly or indirectly, your candidature is liable to be cancelled.

16. The call up letter to appear for the PET and Medical examination is purely **PROVISIONAL**. If it is found later on that you did not fulfill any of the eligibility conditions, your candidature is liable to be cancelled and no appeal against such cancellation will be entertained.

Yours sincerely,

(D SHYAMALA)
Asstt. Inspector General (Pers)
Tel.No. 011-24307747

S/NO	Name of PET Centre	Address of the PET Centre
01	DELHI-1 CRPF JHARODA KALAN NEW DELHI.	GROUP CENTRE, CRPF, JHARODA KALAN, NEW DELHI PIN : 110072 PH. NO.011-25315373 (CR)
02	DELHI-2 ITBP, TIGRI CAMP, NEW DELHI	22 ND BN. ITB POLICE, OPP : BATRA HOSPITAL, TIGRI CAMP, PO : MADANGIR, NEW DELHI - 110062 PH. NO. 011- 26042291
03	BSF JALANDHER (PUNJAB)	IG BSF FTR HQRS BSF CAMPUS, JALANDHER CANTT, PUNJAB, PIN -144006 PH. NO.0181- 2244083
04	SSB HQRS GORAKHPUR (UP)	DIG , SECTOR HEAD QUARTERS SSB, GORAKHPUR, MARKETING BUILDING, FCI CAMPUS, PO : FERTILIZER FACTORY, URVARAK NAGAR, GORAKHPUR (UP) - 237007, PH. NO. 0551-2261832
05	BSF KOLKATA (WB)	FTR SB, 2B-LORD SINHA ROAD, KOLKATA (WB) PIN – 700071 PH. NO. 033-25778872
06	CISF NISA HYDERABAD (AP)	CISF NISA HYDERABAD POST : HAKIMPAT, HYDERABAD (AP) PIN – 500078 PH. NO. 040-2786290
07	CRPF PUNE (MAHARASTRA)	DIGP, GROUP CENTER, CRPF, POST: TALEGAON, PUNE (MH) - 410508 PH. NO. 02114- 222800