



F.No.-232/SSC-CR/2009-Rectt
Government of India
Ministry of Personnel, P.G. & Pension
Department of Personnel & Training
Staff Selection Commission (C.R.)
8 A-B, Beli Road, Allahabad - 211 002

Sub:- Sub-Inspectors in Central Police Organisation's Examination, 2008- Conduct of Eligibility and Physical Endurance Test (PET) and Medical Examination (ME).

Dear Candidate,

With reference to your candidature for the above mentioned Examination conducted by the Commission, you have been declared **PROVISIONALLY** qualified for Eligibility Test and Physical Endurance Test (PET) and Medical Examination (ME) on the basis of your performance in Paper 1 (OMR) of the said examination. The Commission has decided to hold the PET and Medical Examination from 21st July, 2009 onwards and you are requested to report for the same as per the following programme:

Venue :

Date : i) For PET :
ii) For Medical Examination :

Time : **7.00 Hrs.**

ABOUT PET :

2. The events to be conducted in Pet as well as the details of Physical Standards for Eligibility have been provided in Annexure.
3. PET will be conducted first and measurements will be taken in respect of those candidates found qualified in PET.
4. Candidates appearing for PET/Medical Examination should satisfy himself that he/she fulfils all the eligibility conditions like age, educational qualification and Physical and medical standards as laid down in the notice of the examination. Candidates not fulfilling the eligibility conditions will not be allowed to appear in PET/Medical Examination.

5. The result of PET will be issued to the candidates on the PET ground. Candidates who have qualified in PET will have to produce the result of PET before the medical Board at the time of medical examination and at the time of interview.

6. If you are aggrieved by the decision of the PET board about measurement of physical standards you can, if you so desire, prefer an appeal on the same day to the appellate authority present in the PET ground. No appeal/representation will be entertained at a later stage under any circumstance.

DOCUMENTS & CERTIFICATE:

7. You should bring the call letter, in original, along with four recent passport size photographs and photocopies of following documents duly attested by a Gazetted Officer/self attested for verification and record.

- (i) Document in support of category/caste (for reserved category candidates)
- (ii) Document in support of age - Matriculation/ High School / Higher Secondary School/ equivalent certificate (NOT MARKSHEET), issued by the State/ Central Education Board and **not** by the Principal / Headmaster of the School/Institution where studied, showing your date of birth (in Christian Era), **Date of birth recorded on mark sheet will not be accepted.**
- (iii) You should ensure that you fulfill EQ i.e. Degree of a recognized university as on **4.7.2008** (Degree Final year result must be declared on or before **4.7.2008**)
- (iv) OBC category candidates must submit their OBC certificate in the prescribed Proforma for Central Govt. offices as per Annexure VII of the Notice of Examination, Issued by the Competent Authority on or before **4.7.2008**, failing which you will be treated as UR candidate subject to fulfilling other eligibility conditions.
- (v) Complete Discharge Certificate in support of your claim of being in Ex-serviceman Category (if applicable).
- (vi) In case of central Govt./Departmental candidates, No Objection Certificate from the Department and certificate in support of claim for completion of three years regular service on the prescribed date i.e. **4.7.2008**. Please note that you will not be eligible for being treated as a Departmental candidate, if you have ceased to be in Government Service.
- (vii) In case you are **seeking relaxation** in height and chest on account of belonging to Hill areas of Garhwal, Kumaon, Himanchal Pradesh, Gorkhas, Dogras, Marathas, Sikkimies, Leh & Ladhakh, Kashmir valley and North-Eastern states, you **must bring** with you a certificate issued by the competent authority viz, Deputy Commissioner/District Magistrate/ Tehsildar of the place under the jurisdiction of which your residence falls in the format prescribed in Annexure-IX to the Notice for the said recruitment published in the Employment News/Rozgar Samachar dated 07/06/2008 and it may be noted that no relaxation in Eligibility Tests shall be allowed without the certificate.

OTHER IMPORTANT INSTRUCTIONS :

8. You may wear PT shoes, shorts and vests for the PET for which you may make your own arrangement and bring the same with you. These will not be supplied by SSC/CPOs/PET Board.
9. It may further be noted that Govt. will not be responsible for any accident or injury which might take place during the test, nor will the Govt. be liable for any claim arising out of any injury etc. suffered during the physical efficiency test or otherwise.
10. **No traveling or other expenses** will be paid by the Commission for attending the PET/Medical.
11. **Any change in your present postal address** should be communicated to this office at once showing your roll no., Name of the examination and the changed address.
12. Candidates qualified in Eligibility Test and PET will be medically examined by the Medical Officer of CPOs. You will be informed of the position of your medical fitness at the end of the medical examination. In case you are found 'UNFIT' in the medical examination, you can make appeal to the **D.I.G. (Admn.), CISF, Block No.13, CGO complex, Lodhi Road, New Delhi-110003** within the prescribed time limit of one month after the date of your medical tests. A separate communication will be sent to you by office of the CISF regarding the acceptance or otherwise of your appeal.
13. Candidates, who are declared temporarily unfit, will have to get the necessary treatment and appear for **Re-Medical Examination**. The date and venue of re-medical examination will be indicated in the result given to you.
14. **The Commission will not be responsible for non-receipt or late receipt of this letter due to delay in postal transit.**
15. Canvassing in any form will result in cancellation of your candidature.

Regional Director (C.R.)

**PHYSICAL STANDARDS FOR ELIGIBILITY TEST FOR THE POST OF
SUB-INSPECTORS IN CENTRAL POLICE ORGANIZATIONS.**

The candidates who qualify on the basis of their performance in Paper-I of the written examination for the posts of Sub-Inspectors in the Central Police Organizations will be put through the Eligibility Tests and PET.

ELIGIBILITY TESTS

The standards for Eligibility Tests will be as follows :-

PHYSICAL STANDARDS

Sl.No.	For Male Candidates	Height (in cms.)	Chest (in cms.)	
			Unexpanded	Expanded
1.	(for all CPOs)			
(a)	General	170	80	85
(b)	Candidates belonging to hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh Regions of J&K, North-Eastern States and Sikkim.	165	80	85
(c)	All candidates belonging to Scheduled Tribes.	162.5	77	82
(d)	Weight	Corresponding to height (for all)		
2.	For Female Candidates			
(a)	General	157	No measurements prescribed	
(b)	Candidates belonging to hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh Regions of J&K, North-Eastern States and Sikkim.	155	No measurements prescribed	
c.	All candidates belonging to Scheduled Tribes.	154	No measurements prescribed	
d.	Weight	Corresponding to height (for all)		

MEDICAL STANDARDS

- (a) Eye Sight : The minimum distant vision should be 6/6 and 6/9 of two eyes without correction, i.e. without wearing of glasses.
- (b) The candidates must not have knock-knee. flat foot, varicose vein or squint in eyes and they should possess high colour vision. They must be in good mental and bodily health and free from any physical defect likely to interfere with the efficient discharge of the duties.

PHYSICAL EFFICIENCY (ENDURANCE) TEST (PET)

The PET will consists of following events :

	For Male Candidates	
(a)	100 meters. race	in 16 Seconds
(b)	1.6 Kms. race	in 6.5 minutes
(c)	Long Jump	3.65 mtrs. in 3 chances
(d)	High Jump	1.2 mtrs in 3 chances
(e)	Shot Put (16 lbs)	4.5 mtrs. in 3 chances
	For Female Candidates	
(a)	100 mtrs. race	in 18 Seconds
(b)	800 mtrs. race	in 4 minutes
(c)	Long Jump	2.7 mtrs. (9 feet) in 3 chances
(d)	High Jump	0.9 mtrs in (3 feet) 3 chances

- Note 1 : Failure in any one of the items will result in elimination at that stage.
- Note 2 : PET DOES NOT CARRY ANY MARK BUT WILL BE OF QUALIFYING/ELIMINATION NATURE.
- Note 3 : Relaxation in Height and chest as mentioned in para 1(b) & 2(b) under Physical Standards of Eligibility Test as the case may be will be permissible only on production of the requisite certificate from the competent authority in the proforma as prescribed in Annexure-IX to the Notice Published in Employment News/Rozgar Samachar dated 07.06.2008 for this recruitment.
- Note 4 : Female candidates who are pregnant should note that it would not be possible to conduct PET for them. They are advised not to report for PET. In case they do so, their candidature would be rejected.

Regional Director (C.R.)



GOVERNMENT OF INDIA
STAFF SELECTION COMMISSION (CR)
ALLAHABAD

UNDERTAKING

I undertake that I _____

S/o/D/o/W/o Shri _____ have applied for the **Recruitment of Sub-Inspectors in CPOs Examination, 2008** advertised by the Staff Selection Commission. I have come today to appear in PET/Medical Examination of the above said Examination. I understand that my candidature for the said examination is purely provisional and subject to my fulfilling the eligibility criteria as described in the Notice of the examination and also to such further scrutiny as Commission may deem fit.

(Signature of the Candidate)

(TO BE WRITTEN BY THE CANDIDATE IN HIS / HER OWN HANDWRITING)

I shall abide by the decision of the Commission regarding my candidature in the event of any malpractice found against me or I am found not fulfilling the eligibility conditions for the said examination/post.

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(Signature of the Candidate)

(यह पैराग्राफ अभ्यर्थी के द्वारा स्वयं की हस्तलिपि में लिखा जाएगा।)

यदि मेरे द्वारा उपरोक्त परीक्षा में किसी प्रकार के अनुचित साधनों का प्रयोग का मामला पाया जाता है अथवा यदि मैं इस परीक्षा/पद की पात्रता की शर्तों को पूरा नहीं करता हूँ/करती हूँ तो मेरी अभ्यर्थिता के सम्बन्ध में आयोग का जो निर्णय होगा वह मुझे मान्य होगा।

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(अभ्यर्थी के हस्ताक्षर)

Recruitment of Sub-Inspectors in CPOs Examination, 2008 : Conduct of PET/Medical Examination reg.

SPECIMEN SIGNATURE OF THE CANDIDATE TAKEN AT THE TIME OF P.E.T./MEDICAL EXAMINATION.

IN HINDI

IN ENGLISH

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(Left hand thumb impression
of the candidate)

Signature : _____

Name of the Candidate : _____

Roll No. _____

Name of the Exam.: _____

Date : _____ Place: _____