



PUNJAB PUBLIC SERVICE COMMISSION

BARADARI GARDENS, PATIALA-147001

WEBSITE : <http://ppsc.gov.in>

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PUNJAB STATE CIVIL SERVICES COMBINED COMPETITIVE EXAMINATION- 2018.

Information regarding plan of physical tests for the posts of Deputy Superintendent of Police/Deputy Superintendent of Jails(Grade-II)/ District Probation Officer (Jails)

1. It is for the information of the candidates who had qualified the Mains Examination and have been shortlisted, and had given the preference for the posts of **Deputy Superintendent of Police/Deputy Superintendent of Jails(Grade-II)/ District Probation Officer (Jails)**, that the physical tests for the ibid posts will be conducted as per following programmes:

Event	Venue	Date	Reporting time
1600m/800m Race	Civil Aviation Club, Sangrur Road, next to Army Contonment Area, Patiala	23/04/2019	6.00 AM (For all Candidates) at Civil Aviation Club (Main Gate of the Club on Sangrur Road)
Other events	all Polo Ground, Upper Mall, Patiala	24/04/2019	Morning Session: 5:30 AM Evening Session: 4:00 PM (As per the schedule to be given by PPSC on 23.4.2019)

2. Out of total 153 shortlisted candidates, only 132 candidates (Male 88 and Female 44) had given the preference and have been found eligible for the posts of **Deputy Superintendent of Police/Deputy Superintendent of Jails(Grade-II)/District Probation Officer (Jails)**. The list of such candidates is attached as Annexure-A.
3. Physical Measurement and other eligibility tests of the candidates who will qualify the Race test will be conducted on 24/04/2019 in Morning and Evening batches as per schedule to be provided by PPSC on 23/4/2019.
4. The candidates are advised to report at the time specified, failing which they shall be marked absent and declared ineligible for the said posts. Candidates must also bring with them ONE PHOTO ID as proof of identity.

5. All the candidates are required to submit a Medical Fitness Certificate from a Registered Medical Officer as per proforma attached as Annexure-B before the commencement of the Physical Test on 23/04/2019.

6. The details of Physical Measurement and Physical Tests are as under:

Minimum Height		Chest Measurement	
For Men	For Women	Applicable for men only	
		Unexpanded	Expanded
5 feet 7 inches	5 feet 3 inches	33 inches	34.5 inches

7. List of Physical Tests for the Post of Deputy Superintendent of Police and Deputy Superintendent of Jails Grade-II/District Probation Officer (jails):

Sr. No.	Events for Male Candidates	Events for Female Candidates
1.	1600 meters race: To be completed within 07 minutes 30 seconds (only one attempt)	800 meters race: To be completed within 04 minutes 45 seconds (only one attempt)
2.	Long Jump : Minimum 3.60 meters (Three attempts only)	Long Jump: Minimum 3.00 meters (Three attempts only)
3.	High Jump : Minimum 1.15 meters (Three attempts only)	High Jump : Minimum 1.00 meter (Three attempts only)
4.	Vertical Rope: 2.0 Meters climb from the ground (Three attempts only)	Shuttle : Running between two parallel lines 10 meter apart, five times in 20 seconds (one attempt only)

Note 1: Candidates have to mandatorily qualify the physical Test mentioned at **Serial No.1 in the table above**. In addition the candidates have to qualify any two physical test events out of the three physical test events mentioned above at serial No. 2,3 and 4.

Note:2 If a candidate falls down during the race, he/she should get up and complete the race in the given time, since there is no second attempt for the race.

Date: 10/04//2019

Jasleen Kaur Sandhu, PCS
Secretary