

GOVERNMENT OF INDIA
MINISTRY OF HOME AFFAIRS
OFFICE OF THE DIRECTOR GENERAL
SASHASTRA SEEMA BAL
EAST BLOCK-V, R.K. PURAM, NEW DELHI-110066

File No.338/RC/SSB/Combined Advt./CTs/2020

Online applications are invited for filling up the following posts of Constables (Driver, Laboratory Assistant, Veterinary, Ayah, Carpenter, Plumber, Painter, Tailor, Cobbler, Gardner, Cook, Washerman, Barber, Safaiwala, Water Carrier and Waiter) in Group-'C' Non-Gazetted (Combatised) in **SASHASTRA SEEMA BAL, Ministry of Home Affairs, Government of India**. The posts are temporary, but likely to continue. Selected candidates are liable to serve anywhere in India or outside the Territory of India and will be governed by SSB Act & Rules and other rules amended from time to time.

2. Nationality/ Citizenship:-

- (i) For the post of Constables (Laboratory Assistant, Ayah, Cook, Washerman, Barber, Safaiwala, Water Carrier, Waiter, Tailor, Gardener and Cobbler).
 (a) A citizen of India only.
- (ii) For the posts of Constables (Driver, Veterinary, Carpenter, Plumber and Painter):-
 (a) A citizen of India, or
 (b) A citizen of Nepal, or
 (c) A citizen of Bhutan.

3. VACANCIES:- The details of vacancies are as follows:-

| Sl. No. | Name of Posts | UR | EWS | OBC | SC | ST | Total Vacancy |
|---------|----------------------------------|-----|-----|-----|-----|----|---------------|
| 1. | Constable (Driver) for male only | 148 | 36 | 114 | 245 | 31 | 574 |
| 2. | Constable (Laboratory Assistant) | 05 | 0 | 11 | 05 | 0 | 21 |
| 3. | Constable (Veterinary) | 67 | 15 | 42 | 19 | 18 | 161 |
| 4. | Constable (Ayah) Female only | 02 | 0 | 02 | 01 | 0 | 05 |
| 5. | Constable (Carpenter) | 01 | 0 | 0 | 0 | 02 | 03 |
| 6. | Constable (Plumber) | 0 | 0 | 01 | 0 | 0 | 01 |
| 7. | Constable (Painter) | 05 | 01 | 02 | 02 | 02 | 12 |
| 8. | Constable (Tailor) | 11 | 02 | 0 | 02 | 05 | 20 |
| 9. | Constable (Cobbler) | 16 | 02 | 02 | 0 | 0 | 20 |
| 10. | Constable (Gardner) | 08 | 0 | 01 | 0 | 0 | 09 |
| 11. | Constable (Cook) Male | 123 | 23 | 40 | 25 | 21 | 232 |
| | Constable (Cook) Female | 12 | 2 | 6 | 4 | 2 | 26 |
| 12. | Constable (Washerman) Male | 27 | 7 | 24 | 8 | 26 | 92 |
| | Constable (Washerman) Female | 14 | 1 | 7 | 3 | 3 | 28 |
| 13. | Constable (Barber) Male | 28 | 5 | 8 | 8 | 26 | 75 |
| | Constable (Barber) Female | 3 | 0 | 5 | 4 | 0 | 12 |
| 14. | Constable (Safaiwala) Male | 35 | 8 | 31 | 9 | 6 | 89 |
| | Constable (Safaiwala) Female | 12 | 1 | 10 | 4 | 1 | 28 |
| 15. | Constable (Water Carrier) Male | 44 | 10 | 27 | 14 | 6 | 101 |
| | Constable (Water Carrier) Female | 5 | 1 | 3 | 2 | 1 | 12 |
| 16. | Constable (Waiter) Male | 0 | 0 | 0 | 0 | 1 | 1 |

* UR: Unreserved, EWS: Economically Weaker Section, OBC: Other Backward Class, SC: Schedule Caste and ST: Schedule Tribe.

** 10 % vacancies are reserved for Ex-servicemen in all ranks in accordance with Govt. Orders.

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28/7/2020
1

Note:-

i) Vacancies reserved for Ex-Servicemen will be filled by non Ex-Servicemen candidates, if eligible Ex-Servicemen candidates are not available.

ii) Director General, SSB reserves the rights to increase/decrease, fill or not to fill the vacancies or cancel the advertisement for the above mentioned post(s), without assigning any reason.

iii) SC/ST/OBC/EWS candidates who fulfill eligibility criteria of unreserved category may apply against the unreserved category for posts where no vacancies are reserved for SC/ ST/ OBC/ EWS.

iv) Applications received through any other mode except **ONLINE MODE** shall not be accepted and rejected straightway. No correspondence in this regard will be entertained by SSB.

v) **A candidate can apply for only one post from amongst the posts as mentioned at para-3 above.**

4. **PAY SCALE AND OTHER ALLOWANCES AS PER 7TH CPC:-**

(a) **PAY SCALE:-**

| POSTS | BASIC PAY IN PAY MATRIX |
|--|-------------------------|
| Constables (Driver, Laboratory Assistant, Veterinary, Ayah, Carpenter, Plumber, Painter, Tailor, Cobbler, Gardner, Cook, Washerman, Barber, Safaiwala, Water Carrier and Waiter) | Level-3 Rs.21700-69100. |

(b) **OTHER ALLOWANCES:-** The above posts carry Dearness Allowance, Ration Money Allowance, Washing Allowance and any other allowances as posts will be governed under Defined Contribution Pension Scheme (New Pension Scheme).

5. **ELIGIBILITY CONDITIONS:-**

| Name of Post | Age | Essential Educational & Professional Qualification |
|---|----------------|--|
| Constable(Driver) only for male | 21 to 27 years | i) Matriculation or equivalent from a recognised Board. ii) Must possess valid Heavy Vehicle Driving Licence. |
| Constable (Laboratory Assistant) | 18 to 25 years | i) Matriculation with Science from a recognised Board or Institution. ii) Should have certificate in Laboratory Assistant Course from an Institution recognised by Central Government or State Government. |
| Constable (Veterinary) | 18 to 25 years | Essential Educational qualification: Tenth or Matriculation Examination pass with Science as main subject from a recognised Board or University. Desirable: One year experience in treatment of different species of animals, in a recognised Veterinary Hospital. |
| Constable (Ayah) for Female only | 18 to 25 years | i) Matriculation with science from a recognised Board or Institution. ii) Possessing the first Aid Examination pass certificate from Red Cross Society or should be trained Dai. iii) One-year experience in relevant field. |
| Constables (Carpenter, Plumber and Painter) | 18 to 25 years | i) Matriculation or equivalent from a recognised Board. ii) Two years work experience in respective trade; or iii) One year certificate course from a recognised Industrial Training Institute or Vocational Institute with at least one year experience in the respective trade; or iv) Two years Diploma from a recognised Industrial Training Institute in the respective trade or similar trade; and v) Must qualify trade test. |

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|--|-------------------|--|
| Constables (Cook, Washerman, Barber, Safaiwala, Water Carrier, Waiter, Tailor, Gardner and Cobbler) | 18 to 23 years | a) Matriculation or equivalent from a recognised board with. (i) Two years work experience in respective trades; or (ii) One year certificate course from a recognised Industrial Training Institute or Vocational Institute with at least one year experience in the trade ; or (iii) Two years Diploma from recognised Industrial Training Institute in the trade or similar trade. (b) Must qualify trade test. Note:- Multi-skilled candidates will be given preference. |
|--|-------------------|--|

Note:- i) The crucial date to determine age for above posts will be **the closing date for receipt of applications i.e. 30 (thirty) days from the date of publication of this advertisement in the Employment News.** However, the closing date for the Remote Areas (i.e. Assam, Meghalaya, Arunachal Pradesh, Mizoram, Manipur, Nagaland, Tripura, Sikkim, Union Territory of Jammu & Kashmir, Union Territory of Ladakh, Lahaul & Spiti District and Pangi Sub-Division of Chamba District of Himachal Pradesh, Union Territory of Andaman & Nicobar Islands and Union territory of Lakshadweep) will be 37 days from the date of publication of advertisement in Employment News, but it will not affect the crucial date for determining the eligibility criteria.

ii) The candidates must fulfill all eligibility conditions for applied post and should be in possession of all certificates as on the **last date of receipt of application i.e. 30 (thirty) days from the date of publication of this advertisement in the Employment News.** Candidates appearing in the examination/awaiting result/ not in possession of educational certificates need not to apply.

iii) All educational certificates other than Central Board/State Board should be accompanied with Government notification declaring the equivalence of such qualification for service under Central Government (to be produced at the time of documentation).

iv) D.O.B. and name as recorded in Matriculation certificate will be accepted for determining the age and name. No subsequent request for its change will be considered.

6. **AGE RELAXATION:-** (i) Age relaxation available to different category of eligible candidates, are as under in accordance with the orders issued by the Central Government from time to time :-

| Sl. No. | Category | Age Relaxation permissible beyond the upper age limit |
|---------|--|--|
| 1. | SC/ST | 5 years |
| 2. | OBC | 3 years |
| 3. | Ex-Servicemen | 3 years after deduction of the military service rendered from the actual age. |
| 4. | Departmental Candidates with three years continuous service in Central Government. | Up to the age of 40 years in the case of General candidates, up to 43 years in the case of candidates belonging to OBC category and up to 45 years in the case of candidates belonging to the Scheduled Castes or the Schedules Tribes |
| 5. | Candidate who had ordinarily been domiciled in the UTs of J & K and Ladakh during the period from 1 st January 1980 to 31 st December 1989(UR). | 5 years |
| 6. | Candidates who had ordinarily been domiciled in the UTs of J & K and Ladakh during the period from 1 st January 1980 to 31 st December 1989. (OBC). | (3+5) 8 years |
| 7. | Candidates who had ordinarily been domiciled in the UTs of J & K and Ladakh during the period from 1 st January 1980 to 31 st December 1989 (SC/ST). | (5 + 5) 10 years |
| 8. | *Children and dependent of victims killed in the 1984 riots OR communal riots of 2002 in Gujarat (Unreserved) | 5 years |

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3

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| 9. | *Children and dependent of victims killed in the 1984 riots OR communal riots of 2002 in Gujarat (OBC) | (3+5) 8 years |
| 10. | *Children and dependent of victims killed in the 1984 riots OR communal riots of 2002 in Gujarat (ST/ SC) | (5 + 5) 10 years |

***Children mean (a) Son (including adopted son); or (b) Daughter (including adopted daughter) Dependent family members mean: (a) Spouse; or (b) Children; or Brother or Sister in the case of unmarried Govt. servant who were wholly dependent on the Govt. servant at the time of his killing in the riot. The candidate will have to produce a certificate to the effect, issued by the concerned District Collector to claim relaxation in age.**

**** Government employees/servants** claiming age relaxation should be in possession of certificate from their office in respect of the length of continuous service which should not be less than 03 years in the immediate period preceding the closing date of receipt of application. They should continue to have the status of Government servant/employee till the time of appointment. In the event of their selection, the candidate will have to produce NOC from his/her parent department.

(i) Candidates who wish to be considered against vacancies reserved or seek age relaxation must submit requisite certificate from the competent authority at the time of documentation.

(ii) The candidates seeking relaxation under SC/ST category should submit the certificate as per **Annexure-II** issued by the district authorities at the time of documentation. In the event of non-production of the certificate their claim for SC/ST category will not be considered and the candidature of candidate will be cancelled straightway. No correspondence in this regard will be entertained by SSB at a later stage. Candidate is liable for cancellation of his/ her candidature due to non production of SC/ST certificate as per format at the time of documentation.

(iii) The candidates seeking relaxation under OBC category should submit the certificate as per **Annexure -I** at the time of documentation. The creamy layer status should have been obtained in preceding three years of the closing date of receipt of application in **Annexure-I**. In the event of non-production of OBC certificate in prescribed format, the candidate will be considered under unreserved category, if he/she fulfills the eligibility conditions prescribed for unreserved category. Certificate on any other format will not be accepted and the candidature of candidate who wants to avail relaxation under OBC category will be cancelled straightway. No correspondence in this regard will be entertained by SSB. Candidate is liable for cancellation of his/ her candidature due to non production of OBC certificate as per format at the time of documentation.

(iv) The candidates seeking relaxation under Economically Weaker Sections (EWSs) and not covered under the scheme of reservation for SCs, STs and OBCs and whose family has gross annual income below Rs.8,00,000/- (Rupees Eight lakh only) are to be identified as EWSs for benefit of reservation. Income shall also include income from all sources i.e Salary, Agriculture, Business, Profession etc. for the financial year prior to the year of application are required to submit the certificate as per **Annexure-III**.

Also persons whose family owns or possesses any of the following assets shall be excluded from being identified as EWS, irrespective of the family income:-

- (a) Five acres of agricultural land and above.
- (b) Residential flat of 1000 sq. ft. and above.
- (c) Residential plot of 100 sq. yards and above in notified municipalities.
- (d) Residential plot of 200 sq. yards and above in areas other than the notified municipalities.

The property held by a "Family" in different locations or different places/ cities would be clubbed while applying the land or property holding test to determine EWS status.

The term "Family" for this purpose will include the person who seeks benefit of reservation, his/her parents and siblings below the age of 18 years as also his/her spouse and children below the age of 18 years.

(vi) DEFINITION/ SPECIAL INSTRUCTION FOR EX-SERVICEMEN:-

a) Relaxation to the extent of military service plus 3 years as provided in DOP&T Notification No. 39016/10/1979-Rectt(c) dated 15.12.1979.

b) Every Ex-Serviceman who has put in not less than six months continuous service in the Armed Forces of the Union, shall be allowed to deduct the period of such service from his actual age and if the resultant age does not exceed the maximum age limit by more than three years he shall be deemed to satisfy the condition regarding age limit. However, break in service should not be more than two years.

c) Ex-Servicemen holding the higher rank may also compete in this recruitment for lower post provided they fulfill the eligibility criteria and also they furnish their willingness in writing that in the event of their selection they will not claim the post equivalent to the rank they were holding in the Defence Forces.

d) Character certificate: Minimum requirement is Exemplary/Very Good/Good category certificate.

e) Medical category: "A" (AYE)/SHAPE-ONE, at the time of discharge. It may be ensured from discharge certificate or pension papers. However, they should pass the same medical standards prescribed for direct recruits.

f) "Ex-serviceman" means a person who has served in any rank (whether as a combatant or as a non-combatant) in the Regular Army, Navy and Air Force of the Indian Union but does not include a person who has served in the Defence Security Corps, the General Reserve Engineering Force, the Lok Sahayak Sena and the paramilitary forces; and

g) Who has retired from such service after earning his/her pension; this would also include persons who are released/retired at their own request but after having earned their pension or

who has been released from such service on medical grounds attributable to military service or circumstances beyond his control and awarded medical or other disability pension or

who has been released, otherwise than on his own request, from such service as a result of reduction in establishment; or

who has been released from such service after completing the specific period of engagement, otherwise than at his own request or by way of dismissal or discharge on account of misconduct or inefficiency, and has been given a gratuity, and includes personnel of the Territorial Army, of the following categories, namely:-

- (i) pension holders for continuous embodied services;
- (ii) pension with disability attributable to military service; and
- (iii) gallantry award winners.

7. Disqualification:-

(i) No person:-

(a) who has entered into or contracted a marriage with a person having a spouse living; or

(b) who, having a spouse living has entered into or contracted a marriage with any person shall not be eligible for appointment to the said post.

Provided that the Central Government may, if satisfied that such marriage is permissible under the personal law applicable to such person and the other party to the marriage and that there are other grounds for doing so, exempt any person from the operation of this rule.

(ii) Conviction by any court of law.

(iii) Dismissal from Government Service.

8. FEE PAYABLE AND MODE OF PAYMENT:-UR, EWS and OBC category candidates will require to pay examination fee amounting to Rs.100/- (Rupees one hundred) only (Non Refundable) through net-banking/ credit card/ debit card. However, SC, ST, Ex-Serviceman, and female candidates are exempted from payment of examination fees.

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28/7/2020
5

9. **HOW TO APPLY:-**

(i) **LAST DATE:-** 30 (thirty) days from the date of publication of this advertisement in the Employment News. However, DG, SSB reserves the rights to extend the date of receipt of applications, without assigning any reason.

Candidates are advised to go through the instructions and detailed advertisement available on SSB Recruitment website www.ssbrectt.gov.in carefully before filling up the application form.

PART-I

| Sl | Particulars | Instruction/ Guidelines |
|-----|---|--|
| 1. | Post | Candidate will have to fill the post name for which he/she wants to apply. (A candidate can apply for only one post) |
| 2. | Candidate's Name | Candidates will have to fill their first name, middle name and last name in capital letters as shown in their matriculation certificate. |
| 3. | Father's / Husband's Name | Candidate will have to fill his/ her father's / Husband's Name, preferably in capital letters as per their matriculation certificate. |
| 4. | Mother's Name | Candidate will have to fill his/ her mother's name, preferably in capital letters as per their matriculation certificate. |
| 5. | Date of Birth | Date of Birth will have to be mentioned in DD/MM/YYYY format as per matriculation certificate. |
| 6. | Gender | The candidates will have to select gender as applicable (Male or Female) |
| 7. | Nationality | Candidates will have to fill their nationality i.e Indian or Others. If others candidates will have to select subject of Nepal/ Subject of Bhutan. |
| 8. | Religion | Candidate will have to fill his/ her religion i.e Hindu, Muslims, Christians, Sikhs, Buddhists, Zoroastrians (Parsees), Jains or others. If others candidates will have to mention name of his/ her religion. |
| 9. | Marital Status | The candidate will have to fill their current marital status as Married/ Un-married/ Divorcee/widowed. |
| 10. | Category | Candidate should fill the category to which he/ she belongs i.e. Gen/ EWS/OBC/ SC/ ST. Keeping in view the problems faced by the candidates Govt. of India had revised the format of OBC certificate vide DoP&T No.36036/2/2013-Estt.(Res) dated 30.05.2014. Candidates selecting OBC category must ensure that he/ she is belonging to the community which is recognized as a Backward Class for Central Services by the Govt. of India for the purpose of reservation in services as per orders contained in GOI instructions and in DoP&T OM No.36012/22/93-Estt(SCT) dated 08.09.93. He/ She should also ensure that he/she does not belong to persons/ sections (Creamy layer) mentioned in column 3 of the schedule of the above referred OM dtd 08/09/1993 to claim relaxation. |
| 11. | Whether candidate belongs to a specified community | If candidate belongs to a community (Garhwalis/ Kumaonis/ Gorkhas/ Dogras/ Marathas), then he/she has to fill community & certificate details. |
| 12. | Whether Affected in 1984 Riots | Candidates affected by 1984 Riots, will have to fill certificate details. |
| 13. | Whether affected in 2002 Communal Riots of Gujarat | Candidates affected by 2002 Communal Riots of Gujarat, will have to fill certificate details. |
| 14. | Whether ordinarily been domiciled in the UTs of J&K and Ladakh during 1.1.1980-31.12.1989 | Candidates who had ordinarily been domiciled in the UTs of J&K and Ladakh during the period from 1 st January 1980 to 31 December 1989 will have to fill certificate details. |

| | | |
|-----|---|--|
| 15. | Whether Ex-Serviceman | Applicable for Ex-serviceman only. If yes, candidate will have to fill length of service and date of discharge. |
| 16. | Whether Departmental Candidates with three years continuous service in Central Government | Applicable to Departmental candidates. Candidate will have to fill employment details. |
| 17. | Aadhaar Number | Candidate will have to fill-up their 12-digit Aadhaar number. If the candidates do not have Aadhaar Number, they may fill number of photo bearing Identity Card such as Driving License, Voter Card, Pan Card, Identity Card issued by University/ College. |
| 18. | Identification Marks | Candidate will have to fill his/ her identification which is clearly visible. |
| 19. | Mobile Number | Candidate will have to mention a valid mobile number. Providing of mobile number is mandatory. If any candidate does not provide/ mention his/ her mobile number, he/she will be responsible for non receipt of any information/ updation about examination to be provided by the SSB/ or any information in exigency. |
| 20. | E-mail ID | Candidate has to mention current and in-use valid email ID. Providing of email ID is mandatory. If any candidate does not provide/ mention his/ her email ID, he/ she will be responsible for non receipt of any information/ updation related to examination to be provided by SSB/ or any information in exigency. |
| 21. | Education Qualification | Candidates will have to fill-up respective columns of education qualification indicating year of passing only. Filling up 10 th /SSC is mandatory and are essentially required as proof of age, date of birth and minimum education qualification for the post applied. |
| 22. | Postal/ Permanent Address | Candidates will have to fill up their postal address for correspondence and permanent address. |
| 23. | Criminal Cases Declaration | Candidate will have to declare his/ her criminal cases, if any case is registered against the candidate, he/she shall have to fill up the details of case. |
| 24. | Password | Candidates will have to create their own password and this password will be used by them for login to know the application status and further updates.. |

Note: After clicking, proceed button, the filled up application form will be shown. The filled up application form can be edited by clicking "Edit Details" button.

PART-II

| S/No. | Particulars | Instruction/ Guidelines |
|-------|------------------|--|
| 1. | Upload Photo | The candidate will have to upload his/ her passport size photograph in JPG format which must be less than 12 kb and greater than 4 kb of resolution 100 pixel widths by 120 pixels height. |
| 2. | Upload signature | The candidate will have to upload his/ her signature in JPG format which must be less than 12 kb and greater than 4 kb of resolution 140 pixel widths by 60 pixels height. |

Note 1:- Once photograph and scanned signature are uploaded. "Upload" button is to be pressed. Once uploading process is done successfully, then a page with Post Applied & Registration No. will be generated automatically. The candidate will have to note down the registration number or take a print out of the Acknowledgement. (Candidate should note registration/ application number for further reference).

Suman
28/7/2020
7

2. Proper tracking features have already been generated in software to find out the location of candidates who are filling the application form online. If any candidate fills wrong information in his/her application form or uploads, fake photograph of any other person/celebrity or object or puts blank photo etc, suitable action will be taken against them as per provision under cyber crime IT Act 2000 and the application of the candidate will be summarily rejected.

PART III

| S/No. | Particulars | Instruction/ Guidelines |
|-------|----------------------|--|
| 1. | Mode of payment | Candidates will have to pay requisite fee as applicable for the posts through net Banking/ Credit Card/ Debit Card of any bank. SC/ST/Ex-servicemen/ Women candidates are exempted from paying fee. No amount will be refunded in any case. Candidates are advised to be careful while making payment and avoid making multiple payments against single registration, as payment made are non-refundable. If they are making such payments, it will be at their own risk/ loss. |
| 2. | Proof of candidature | <p>Candidate must take a print out of application form after final submission. If payment is not applicable then the candidate is advised to take a print of acknowledgement. Unreserved/ OBC candidates can take print out only after payment of applicable fee. In case, payment is not made successfully due to banking error or other network problem then the candidate can pay the amount by visiting the website again. The candidate will have to note down their registration number, which will also be mailed to/ sent to their registered email ID. For payment they can login and go straight for payment mode, fill in their registration number, date of birth and then make payment.</p> <p>Candidates are advised that they should submit the application form after filling each and every column of application form correctly and to their entire satisfaction.</p> <p>After submission of form any request for change/ correction in any particulars in the application form shall not be entertained under any circumstances. SSB will not be responsible for any consequences arising out of non acceptance of any correction/ addition/ deletion in any particular filled up application form whatsoever the reasons may be.</p> <p>Application forms with blurred photograph will be rejected summarily.</p> <p>Application forms incomplete in any respect will be summarily rejected.</p> |

10. **REPORTING TO THE RECRUITMENT VENUE:-** The admit cards can be downloaded from the SSB Recruitment website which will have the information about the venue of PET, PST, Documentation and Medical Examinations. Candidate should report to the venue on the date mentioned in the Admit Card along with all the documents that he/ she has mentioned in the application form like his/ her Identity certificate, educational qualification certificates, Caste Certificates, Aadhaar Card etc. In the event of non production of relevant document the candidate will not be allowed to appear in recruitment process. No further correspondence in this regard will be entertained by SSB at later stage.

11. **NO TA/DA WILL BE ADMISSIBLE:-** No TA/DA or other expenses for appearing in the recruitment tests will be paid to the candidates. The candidates should come duly prepared for a stay of at least one week at their own arrangement at the recruitment venue. Unemployed SC/ST candidates who appear in written test will be reimbursed fare as admissible under relevant Rules subject to production of Rail/Bus tickets, original caste certificate & Non-employment certificate issued by MP or MLA or any Gazetted Officer of the locality.

12. **SELECTION PROCESS:-** Candidates those applications are found in order will be issued admit cards through SSB Recruitment website www.ssbrectt.gov.in to appear in recruitment process. On reporting at recruitment venues, the bio-metric attendance, digital photograph, signature and thumb impression etc. of the candidates will be taken, which shall be followed by conduct of different stages of recruitment process as under:-

(i) PHYSICAL EFFICIENCY TEST (PET) AND PHYSICAL STANDARD TEST (PST):- PET & PST will be conducted at SSB locations by Board of Officers detailed by SSB, as per administrative convenience as per detail given below:-

(a) Physical Efficiency Test (PET):-

| POSTS | FOR MALE | FOR FEMALE |
|--|-----------------------------|-----------------------------|
| Constables (Driver, Laboratory Assistant, Veterinary, Carpenter, Plumber, Painter, Tailor, Cobbler, Gardner, Cook, Washerman, Barber, Safaiwala, Water Carrier and Waiter) | 4.8 Kms. Race in 24 minutes | 2.4 Kms. Race in 18 minutes |

NOTE:- 1. Ex-servicemen are exempted from PET. However, they will have to appear in other recruitment stages i.e. PST, written examination, skill test and medical examination etc. as applicable.

2. There is no Physical Efficiency Test (PET) for CT(Ayah) Female. However, candidates for the post of CT(Ayah) will have to appear in PST, written examination, skill test and medical examination as prescribed.

(a) PHYSICAL STANDARD TEST (PST):- The Candidates who qualify in the Physical Efficiency Test (PET) will have to undergo Physical Standard Test (PST). Candidate including Ex-Servicemen not meeting the minimum height and chest requirement will be rejected from the recruitment process. Physical Standard Test of posts as mentioned at S/No.3 above is as under:-

For Constable (Driver):-

| Description | Min. Height in Cms. | Chest in Cms. |
|--|---------------------|--------------------------------------|
| For all candidates not belonging to 1, 2, 3 & 4 below: | Male 170 | Minimum – 80 Minimum expansion- 5 |
| 1. For Garhwalis, Kumaonis, Dogras, Marathas and candidates belonging to the States of Assam, Himachal Pradesh UTs Jammu & Kashmir and Ladhak. | Male 165 | Minimum – 78 Minimum expansion- 5 |
| 2. For Gorkhas and candidates belonging to the States of Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram and Meghalaya. | Male 162.5 | Minimum – 77 Minimum expansion– 5 |
| 3. For all Scheduled Tribes candidates belonging to State of Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram, Meghalaya & Left Wing Extremism affected districts. | Male 160 | Minimum – 76 Minimum expansion- 5 |
| 4. For all candidates belonging to the Scheduled Tribes of remaining areas. | Male 162.5 | |

Constables (Laboratory Assistant and Veterinary):-

| Description | Min. Height in Cms. | Chest in Cms. |
|---|---------------------|---------------------------------------|
| For all candidates not belonging to 1 & 2 below. | Male 170 | Minimum - 80 Minimum expansion - 5 |
| | Female 157 | Not applicable |
| 1. For Garhwalis, Kumaonis, Gorkhas, Dogras, Marathas and candidates belonging to the States of Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram, Meghalaya, Assam, Himachal Pradesh, UTs Jammu & Kashmir and Ladhak. | Male 165 | Minimum - 78 Minimum expansion - 5 |
| | Female 155 | Not applicable. |
| 2. For all candidates belonging to the Scheduled Tribes. | Male 162.5 | Minimum - 76 Minimum expansion - 5 |
| | Female 150 | Not applicable |

Suman
28/7/2020
9

For Constable (Ayah) Female:-

| Description | Min. Height in Cms. | Chest in Cms. |
|---|---------------------|-----------------|
| For all candidates not belonging to 1 & 2 below. | Female 157 | Not applicable |
| 1. For Garhwalis, Kumaonis, Gorkhas, Dogras, Marathas and candidates belonging to the States of Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram, Meghalaya, Assam, Himachal Pradesh, UTs Jammu & Kashmir and Ladakh. | Female 155 | Not applicable. |
| 2. Candidates belonging to the Scheduled Tribes. | Female 150 | Not applicable |

For Constables (Carpenter, Plumber, Painter, Cook, Washerman, Barber, Safaiwala, Water Carrier, Waiter, Tailor, Gardner and Cobbler):-

| Description | Min. Height in Cms. | Chest in Cms. |
|--|---------------------|--------------------------------------|
| For all candidates not belonging to 1 & 2 below. | Male 167.5 | Minimum – 78 Minimum expansion- 5 |
| | Female 157 | Not applicable |
| 1. For Garhwalis, Kumaonis, Gorkhas, Dogras, Marathas and candidates belonging to the States of Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram, Meghalaya, Assam, Himachal Pradesh, Kashmir regions of J&K UT and Ladakh UT. | Male 165 | Minimum – 78 Minimum expansion- 5 |
| | Female 155 | Not applicable. |
| 2. For all candidates belonging to the Scheduled Tribes. | Male 162.5 | Minimum – 76 Minimum expansion- 5 |
| | Female 150 | Not applicable |

Note:- 1. Candidates seeking relaxation in height and chest will require submitting the certificate reg. their community from concerned District Authorities. In the event of non-production of the certificate at the time of Physical Standard Test, their claim for relaxation in height and chest will not be entertained and their candidature for the post will be cancelled straightaway. No correspondence in this regard will be entertained by SSB at later stage.

2. Candidates declared disqualified in Physical Standard Test (PST) can prefer an appeal in the form of written application to the appellate authority for re-measurement of Height and Chest only. The appeals of the candidates shall be disposed off on the same day.

3. Weight of the candidate should be proportionate to height and age as per ANNEXURE-IV. Weight will not be disqualification criteria at the time of PST. However, the overweight/ underweight candidates will be disqualified at the time of Detailed Medical Examination (DME) based on weight and age on the day of Detailed Medical Examination and the height as measured during Physical Standard Test.

(ii) **WRITTEN EXAMINATION:** - Candidates declared qualified in Physical Standard Test (PST) will have to appear in written examination which will be conducted as per following:-

Common Entrance Test :- For all posts CET will be of 2 (two) hours duration and will be of 100 marks, consisting 100 multiple choice objective type question focusing on General Knowledge, Mathematics, Reasoning & General English/ General Hindi.

Minimum qualifying marks of written examination for all posts will be:-

50 % for General, EWS, OBC and Ex-Servicemen
45 % for SC & ST

Note: Final merit for all posts will be prepared on the basis of marks obtained in written examination only.

(iii) **DOCUMENTATION AND SKILL TEST:-** After completion of written examination, a call list of candidates upto 20 (twenty) times of the vacancies (category wise) will be prepared, to put through the documentation process prior to appear in skill test. Documentation will be conducted by a Board of Officers and secretarial staff as detailed by SSB, In which all the original documents as claimed by the candidate during filling of online application will be checked properly and duly attested photocopies of the same will be sought from the candidates for placing in their dossiers. If any candidate fails to produce his/her original documents and photocopies of self attested documents, their candidature for the post will be cancelled straightaway and the candidate shall be responsible for cancellation of his/ her candidature. No correspondence in this regard will be entertained by SSB at later stage.

In this process some candidates though declared qualified in written examination but do not find place in the list prepared for documentation and skill test will not be called for documentation and skill test. No appeal/ representation in this regard, will be entertained by SSB at later stage.

Documentation and Skill test of all posts will be conducted by Board of Officers detailed by FHQ, SSB on the basis of Recruitment Rules and guidelines prepared by FHQ, SSB.

The skill test for all the posts will be of 50 marks, the minimum qualifying marks for all candidates including SC/ST/OBC/EWS/Ex-Servicemen candidates will be 60%. Trade test for all posts will be qualifying in nature. No marks of trade test will be included in the marks of Paper-I for preparation of final merit list.

NOTE:- Candidates declared qualified in PET, PST, Written Examination, Documentation and Skill Test will have no surety to be called for Detailed Medical Examination.

(iv) **DETAILED MEDICAL EXAMINATION (DME):-** After completion of skill test as applicable, on the basis of merit of written examination candidates numbering upto 3 times the vacancies (category wise) advertised in Employment News will be shortlisted and called for Documentation and Detailed Medical Examination. In this process some candidates though declared qualified in skill test but do not find place in the call list prepared for Documentation and Detailed Medical Examination (DME) will not be called.

The Detailed Medical Examination will be conducted as per Revised Medical Guidelines issued by ADG (Medical) on 20.05.2015 and amendments thereof. **Being declared FIT in Detailed Medical Examination will in no way give any legal claim or right to any candidate for final appointment in Government service, as the appointment will be strictly as per merit.**

(v) **REVIEW MEDICAL EXAMINATION:-** If a candidate is declared unfit in the Detailed Medical Examination, the grounds for rejection will be communicated to him by the Chairman. If the rejected candidate is not satisfied with the findings of the Medical Officer, he will obtain Form-1, 2 & 3 from the Chairman of Recruitment Board concerned, to prefer an appeal for Review Medical Examination within 15(fifteen) days from the date of issue of communication, in which the findings of the Medical Officers is communicated to him. The appeal, should necessarily contain the following: (a) Review Medical Examination fee, of Rs.25/- (Rupees Twenty. Five only) **non-refundable**, is payable in favour of concerned authority and mode of payment to be intimated by Chairman Recruitment Board (b) Appeal Forms-1, 2 & 3 issued by the Detailed Medical Examination Board declaring the candidate as Unfit, (c) One self addressed envelope with Rs.25/-(Rupees twenty five only) postage stamp duly affixed on it. Fitness certificate other than Form-3 (provided by the Chairman of Recruitment Board to the Candidate) will not be considered for Review Medical Examination and appeal will be rejected straightway.

The fitness certificate on Form-3 is essential to consider the case for Review Medical Examination and not for any other purpose. Form-3 (medical fitness certificate) issued by Medical Officer of any Hospital below District Hospital will not be accepted. It should be issued by the medical officer of concerned speciality from District Hospital and above, along with registration no. given by MCI/ State Medical Council. Information regarding rejection of appeals will be available only on SSB website www.ssbrectt.gov.in

Sunil
28/7/2020

Those candidates whose appeals are found in order will be issued call letters to appear for Review Medical Examination and their list will also be uploaded on the SSB website www.ssbrectt.gov.in.

The decision of the Review Medical Examination Board will be final and no 2nd appeal will be entertained by SSB. No correspondence in this regard will be entertained by SSB.

NOTE:-(a) It should, however, be clearly understood that the Selection Board reserves absolute discretion to reject or accept any candidate after considering the report of the medical board.

(b) Being declared FIT in Review Medical Examination will in no way give any legal claim or right to any candidate for final appointment in Government service. As the appointment will be strictly as per merit.

(vi) **FINAL SELECTION:-** The final selection list will be prepared in order of merit, category wise, after completion of Review Medical Examination. It is hereby emphasized that the candidates who merely secure the qualifying marks and found medically fit, may not be considered for final selection since the cut off marks will be determined based on number of vacancies after the completion of whole recruitment process. Where equal marks have been obtained by candidates their merit will be fixed as per following:-

- a) A candidate who secures more marks in the Trade Test will be ranked higher.
- b) In case where, marks mentioned at (a) above are also equal, the candidate senior in age will be ranked higher.
- c) In case, date of births are also the same, then the candidates will be given priority based on the alphabets of their names (in dictionary pattern) i.e. A- first, B- second, C- third etc.

13. **GENERAL INSTRUCTIONS:-**

(i) Only eligible candidates may apply and minutely go through all the provisions in the notification to ensure that he/she is eligible for the post for which he/she is applying.

(ii) Candidates should bring all original documents i.e. matriculation, technical pass certificate alongwith self attested Photostat copies of the same at the time of documentation, failing which candidature of candidate will be rejected in the documentation stage of recruitment.

(iii) Name, Father's Name & Date of Birth should be mentioned exactly as recorded in Matriculation certificate. In case of change the same must be supported by necessary documents, otherwise, the candidature will be rejected.

(iv) Persons employed in Government/ Semi-Government/ Public Sector Undertakings should apply through proper channel. No objection certificate from their employer will be required to be submitted at the time of documentation.

(v) Falsification of documents to mislead the Recruitment board or to gain access to examination would lead to legal/ debar action against the candidate, besides cancellation of his/her candidature.

(vi) Admit cards/call letters to appear in recruitment process will be uploaded on SSB Recruitment website www.ssbrectt.gov.in

(vii) The Government/ SSB shall not be responsible for damage/ injury/ death/ loss to the individual, if any, sustained during the entire recruitment process/ journey.

(viii) The DG, SSB has full right to make changes/ cancel/ postpone the recruitment without assigning any reason.

(ix) Candidates canvassing in any form/ bringing outside influence/ pressure/ offering illegal gratification/ blackmailing/ threatening to blackmail any person connected with recruitment will be disqualified.

(x) It should, however be clearly understood that the Recruitment Board reserves to itself, absolute discretion to reject or accept any candidate at any stage.

(xi) Mere qualifying all the prescribed tests in SSB recruitment does not confer the right to any candidate for final selection.

(xii) Change in category will **NOT** be entertained once registered and the candidature of such candidate shall be cancelled.

(xiii) Candidates who are not in possession of certificate of minimum education qualification by closing date of receipt of applications i.e. 30 (thirty) days from the date of publication of this advertisement in the Employment News need not to apply.

(xiv) Calculator, Digital Diary, Cellular Phone, pager, whiteners, blade etc. are prohibited in the recruitment venue.

(xv) The candidates will not be considered for recruitment if involved /convicted/arrested in any criminal case under IPC or any other Act of the Central Government or State Government.

(xvi) The selection committee will not enter into any correspondence with the candidate except in the case of change of address sought by a candidate.

(xvii) Any amendment in the schedule/condition/process of recruitment will be available on SSB website www.ssbrectt.gov.in only. Candidates are advised to login to this site regularly.

(xviii) The advertisement is also available on SSB website.

(xix) In case a candidate is found ineligible or suppresses facts on any ground after his selection/appointment, his services will be terminated without assigning any reason.

(xx) The candidates provisionally selected for the above posts should qualify the training or course as prescribed by the Director General, Sashastra Seema Bal from time to time during probation period failing which services are liable to be terminated.

(xxi) Application received through any mode except online will be summarily rejected.

(xxii) After applying for the post if any criminal case is registered in any police station against the candidate, same may be intimated to the Chairman of Recruitment Board.

(xxiii) Candidates are requested to visit SSB website www.ssbrectt.gov.in regularly for any updates regarding the recruitment.


20/7/2020
Commandant (Rectt.)

ANNEXURE-I

**(FORM OF CERTIFICATE TO BE PRODUCED BY OTHER BACKWARD CLASSES
APPLYING FOR APPOINTMENT TO POSTS UNDER THE GOVERNMENT OF INDIA)**

This is to certify that Shri/Smt/Kumari _____ son/daughter of _____ of
village/town _____ in District/Division _____ in the State/Union
Territory _____ belongs to the _____ Community which is recognized
as a backward class under the Government of India, Ministry of Social Justice and Empowerment's
Resolution No. _____ dated _____.*

Shri/Smt./Kumari _____ and/or his/her family ordinarily reside(s)
in the _____ District/Division of the _____
State/Union Territory. This is also to certify that he/she does not belong to the persons/sections
(Creamy Layer) mentioned in Column 3 of the Schedule to the Government of India, Department of
Personnel and Training, O. M. No.36012/22/93-Estt.(SCT) dated 8-9-1993**.

Dated:

**DISTRICT MAGISTRATE/
DEPUTY COMMISSIONER ETC.
Office Seal**

-
- * The authority issuing the certificate may have to mention the details of Resolution of Government of India, in which the caste of the candidate's is mentioned as OBC.
** As amended from time to time.
Note: The term "Ordinarily" used here will have the same meaning as in Section 20 of the Representation of the People Act, 1950.

**FORM OF CERTIFICATE TO BE PRODUCED BY A CANDIDATE BELONGING TO
SCHEDULED CASTE OR SCHEDULED TRIBE**

This is to certify that Shri/Mrs/Ms/Miss _____ son/daughter of Shri _____ village/Town _____ in District/Division _____ of the State/Union Territory _____ belongs to the _____ caste/tribe which is recognized as a Schedule Caste/Scheduled Tribe under.

The Constitution (Scheduled Castes) order, 1950.

The Constitution (Scheduled Tribes) order, 1950.

The Constitution (Scheduled Castes) (Union Territory) order, 1951.

The Constitution (Scheduled Tribes) (Union Territory) order, 1951.

(As amended by the Scheduled Castes and Scheduled Tribes (Modification) Order 1956, the Bombay Reorganization Act, 1960, the Punjab Reorganization Act, 1966, The State of Himachal Pradesh Act, 1970, the North Eastern Areas (Reorganization Act, 1971) and the Scheduled Castes and Scheduled Tribes orders (Amendment) Act, 1976.)

*The constitution (Jammu & Kashmir) Scheduled Caste Order, 1956;

*The Constitution (Andaman and Nicobar Islands) Scheduled Tribes, 1959, as amended by the Scheduled Castes and Scheduled Tribes orders (Amendment) Act. 1976;

*The Constitution (Dadra and Nagar Haveli) Scheduled Castes Order 1962;

*The Constitution (Dadra & Nagar Haveli) Scheduled Tribes Order, 1962;

*The Constitution (Pondichery) Scheduled Castes Order, 1964;

*The Constitution (Uttar Pradesh) Scheduled Tribes Order, 1967;

*The Constitution (Goa, Daman & Diu) Scheduled Castes Order, 1968;

*The Constitution (Goa, Daman & Diu) Scheduled Tribes Order, 1968;

*The Constitution (Nagaland) Scheduled Tribes Order, 1970;

*The Constitution (Sikkim) Scheduled Castes Order, 1978;

*The Constitution (Sikkim) Scheduled Tribes Order, 1978;

*The Constitution (Scheduled Castes) Orders (Amendment) Act, 1990.

*The Constitution (Scheduled Tribes) Order, (Amendment) Ordinance, 1991.

*The Constitution (Scheduled Tribes) Order, (Second Amendment) Act, 1991.

*The Constitution (Scheduled Tribes) Ordinance, 1996

2. This certificate is issued on the basis of the Scheduled Castes/Scheduled Tribes Certificate issue to Shri _____ father of Shri/Mrs/Miss _____ of village/town _____ in District / Division _____ of the State/UT _____ who belong to the _____ caste/Tribe which is recognized as a SC/ST in the State/Union Territory _____ issued by the _____ (name of the prescribed issuing authority) vide their No. _____ dated _____ or Shri _____ and or his/her family ordinarily reside (s) in Village/Town _____ of _____ District /Division of the State/Union Territory of _____.

Place & Date _____

Signature _____

Designation (With seal of Office)

NOTE: - The terms ordinarily reside(s) used here will have the same meaning as in Section 20 of the Representation of the People Act, 1950.

LIST OF AUTHORITIES EMPOWERED TO ISSUE CASTE/TRIBE CERTIFICATE

1. District Magistrate/Additional District Magistrate/Collector/Deputy Commissioner /Additional Deputy Commissioner/Dy. Collector/1st Class Stipendiary Magistrate/Sub Divisional Magistrate/Extra Assistant Commissioner /Taluka Magistrate/ Executive Magistrate.
2. Chief Presidency Magistrate/Additional Chief Presidency Magistrate/Presidency Magistrate.
3. Revenue Officers not below the rank of Tehsildar.
4. Sub-Divisional Officer of the area where the candidate and or his/her family resides.

NOTE: - ST candidates belonging to Tamil Nadu State should submit caste certificate only from the Revenue Division Officer.

Government of _____
(Name & Address of the authority issuing the certificate)

INCOME & ASSEST CERTIFICATE TO BE PRODUCED BY ECONOMICALLY
WEAKER SECTIONS

Certificate No. _____ Date: _____

VALID FOR THE YEAR _____

This is to certify that Shri/Smt./Kumari _____ Son/Daughter/Wife/
Husband of _____ permanent resident of _____
Village/ Street _____ Post Office _____ District _____ in the State/
Union Territory _____ Pin Code _____ whose photograph is attested below
belongs to Economically Weaker Sections, since the gross annual income* of his/her family**
is below Rs.8 Lakh (Rupees Eight Lakh only) for the financial year _____. His/her family
does not own or possess any of the following assets***:-

- I. 5 (Five) acres of agricultural land and above.
- II. Residential flat of 1000 sq. ft. and above.
- III. Residential plot of 100 sq. yards and above in notified municipalities;
- IV. Residential plot of 200 sq. yards and above in areas other than the notified municipalities.

2. Shri/ Smt/ Kumari _____ belongs to the _____ caste
which is not recognized as a Scheduled Caste, Scheduled Tribe and Other Backward Classes
(Central List)

Recent
Passport size
attested
photograph
of the
applicant

Signature with seal of Office _____
Name _____
Designation _____

* Note1: Income covered all sources i.e. salary, agriculture, business, profession etc.

** Note 2: The term "Family" for this purpose include the person, who seeks benefit of reservation, his/ her parents and siblings below the age of 18 years as also his/her spouse and children below the age of 18 years.

*** Note 3: The property held by a "Family" in different locations or different places/ cities have been clubbed while applying the land or property holding test to determine EWS status.

Income and Asset Certificate issued by any one of the following authorities in the prescribed format as given above shall only be accepted as proof of candidate's claim as belonging to EWS:-

- (i) District Magistrate/ Additional District Magistrate/ Collector/ Deputy Commissioner/ Additional Deputy Commissioner/ 1st Class Stipendary Magistrate/ Sub-Divisional Magistrate/ Taluka magistrate/ Executive Magistrate/ Extra Assistant Commissioner.
- (ii) Chief Presidency Magistrate/ Additional Chief Presidency Magistrate/ Presidency Magistrate.
- (iii) Revenue Officer not below the rank of Tehsildar and
- (iv) Sub-Divisional Officer or the area where the candidate and/ or his/ her family normally resides.

Female Average Body Weights in Kilograms For Different Age Groups and Heights

| Height in Cms | Age in years | | | |
|---------------|--------------|-----------|-----------|-----------|
| | 18-22 | 23-27 | 28-32 | 33-37 |
| 148 | 34.5-42.5 | 37-45 | 38.5-47 | 39.5-48.5 |
| 150 | 36.5-44.5 | 37.5-45.5 | 39-48 | 40.5-49.5 |
| 153 | 38-46 | 39-48 | 41-50 | 42-51 |
| 155 | 38.5-47.5 | 40-49 | 41.5-50.5 | 43-52.5 |
| 158 | 40.5-49.5 | 42-51 | 43-53 | 44.5-53.5 |
| 160 | 41.5-50.5 | 43-52.5 | 44-54 | 45.5-54.5 |
| 163 | 43-52.5 | 44-54 | 46-56 | 47-57 |
| 165 | 44-54 | 45.5-55.5 | 47-58 | 48.5-59.5 |
| 168 | 45-55 | 47-57 | 48.5-59.5 | 49.5-60.5 |

Male Average Body Weights in Kilograms For Different Age Groups and Heights

| Height in Cms | Age in years | | | |
|---------------|--------------|-----------|-----------|-----------|
| | 18-22 | 23-27 | 28-32 | 33-37 |
| 156 | 44-54 | 46-56 | 47-58 | 48-59 |
| 158 | 45-55 | 47-57 | 48.5-59.5 | 49.5-60.5 |
| 160 | 46-56 | 47.5-58.5 | 49.5-60.5 | 50.5-61.5 |
| 162 | 47-58 | 49-60 | 50.5-61.5 | 52-63 |
| 164 | 48-59 | 50-61 | 52-63.5 | 53-65 |
| 166 | 49.5-60.5 | 51.5-62.5 | 53-65 | 54.5-66.5 |
| 168 | 51-62 | 52.5-64.5 | 54.5-66.5 | 56-68 |
| 170 | 52-64 | 54-66 | 56-68 | 57.5-70.5 |
| 172 | 54-66 | 55.5-67.5 | 57-70 | 59-72 |
| 174 | 55-67 | 57-70 | 59-72 | 61-74.5 |
| 176 | 56.5-69 | 58.5-71.5 | 60.5-73.5 | 62-76 |
| 178 | 57.5-70.5 | 60-73 | 61.5-75.5 | 63.5-77.5 |
| 180 | 59-72 | 61-75 | 63.5-77.5 | 65.5-80 |
| 182 | 61-74.5 | 62.5-76.5 | 65-79 | 66.5-81.5 |
| 184 | 63-77 | 64.5-78.5 | 66.5-81.5 | 68.5-83.5 |
| 186 | 63.5-77.5 | 65.5-80.5 | 68-83 | 70-86 |
| 188 | 65-79 | 67.5-82.5 | 70-85.5 | 71.5-87.5 |
| 190 | 66-81 | 68.5-83.5 | 70.5-86.5 | 72.5-88.5 |

- The body weights given in the chart are corresponding to only certain heights (in cms) in even numbers only. In respect of heights in between, the principle of 'Average' will be utilized for calculating body weights.
- In doubtful cases of overweight, the assessment is to be made on the basis of BMI.
- Where Age for Govt. employees is relaxed above the age of 37 (for e.g. 40 or more) the average weight is to be arrived at by using BMI.

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