

PRESS RELEASE

Subject:- Recruitment of Constables in J&K Executive/Armed Police, Implementation of Transparent Recruitment Process (TRP).

Ref'nce: PHQ Advertisement Notice endorsement No. Pers/A/117/2015/47322-422 dated 25-08-2015

After the last date i.e. 23-10-2015 for receiving the Application Forms for the Post of Constable in J&K Executive/Armed Police, the Forms are being processed and the Physical Endurance Tests(PET) & Physical Standard Test(PST)consisting of the following events is likely to commence in Kashmir Province in the 3rd Week of November, 2015:-

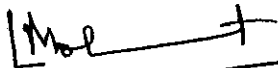
Physical endurance Test(PET)	<p>Long Race= 1600 Meters in 06 minutes for males. 1000 meters in 06 minutes for females.</p> <p>Pushups(for male candidates only) = 20 (one cycle of up and down to be counted as one)</p> <p>Shotput(4 Kgs) (for female candidates only)= 14 ½ feet in three attempts.</p> <p>The Test shall be qualifying in nature and no marks are allotted for these tests.</p>
Physical Standard Test(PST)	<p>Measurement of Height and Chest.</p> <p>The candidates are also required to carry their original documents for scrutiny during the PST</p>
Male	Female
<p>Height= 5'-6"(minimum)</p> <p>Chest= 32"(unexpanded)</p> <p>33 ½"(expanded)</p>	<p>Height= 5'-2"(minimum)</p>
For candidates belonging to Ladakh Region and Gorkha Community(State Subject)	
<p>Height =5'-4" (minimum)</p> <p>Chest= 32"(unexpanded)</p> <p>33 ½"(expanded)</p>	<p>Height= 5' (minimum)</p>

The Candidates who successfully qualify the Physical Endurance Tests (PET) and Physical Standard Test (PST) would thereafter be called for a multiple choice written Test:-

The written Test would comprise of a question Paper of 100 marks (multiple choice) of two hours duration based on Class 10th Standard.

Admit Cards would be despatched to the candidates soon on their respective residential address. The exact dates and venue shall be intimated in due course. Although Admit Cards would be despatched to the respective residential address given in the application Forms, Candidates are nevertheless, advised to look out for details in the Local News Papers and J&K Police website (www.jkpolice.gov.in).

Candidates are further advised to prepare for the Physical Endurance Tests and Written Test in the right earnest.


Chairman PRB,
PHQ J&K Srinagar.

No. UO/PRB/PHQ/15/03 / 208-10
Date. 29. /10/2015

Copy to :

01. PRO PHQ J&K for its circulation among leading News Papers in J&K
02. PS to DGP J&K for information of the DGP.
- ✓ 03. I/C IT Centre PHQ for uploading the same on J&K Police Website.