

(IF ANY CANDIDATE DOES NOT RECEIVE CALL LETTER FOR PST/PET & MET, HE/SHE MAY DOWNLOAD THE LETTER ALONGWITH CANDIDATE'S LIST OF CONCERNED CENTER AND REPORT TO ALLOTTED PST/PET & MET CENTER ON SCHEDULED DATE WITH DAF & OTHER DOCUMENTS)

No.A.7/CAPFs AC (DE)-2016/Pers (Rectt)/BSF/2016/ .  
Government of India  
Ministry of Home Affairs  
Directorate General Border Security Force  
(Personnel Directorate - Rectt sec)

Block No. 10, CGO Complex,  
Lodhi Road, New Delhi – 03

Dated the 27<sup>th</sup> Sept' 2016

To,

**AS PER LIST ENCLOSED  
(CENTER WISE)**

Sub:- RECRUITMENT FOR THE POST OF ASSISTANT COMMANDANT THROUGH CAPFs(AC) EXAMINATION-2016 : REGARDING PHYSICAL STANDARD TEST(PST)/ PHYSICAL EFFICIENCY TEST(PET) AND MEDICAL ELIGIBILITY TEST (MET)

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-2016 conducted by the Union Public Service Commission on 26.06.2016 and found eligible to appear for Physical Efficiency Test (PET) followed by Medical Eligibility Test (MET). These tests will be conducted by the Central Armed Police Forces viz BSF, CISF, CRPF, ITBP & SSB on behalf of Ministry of Home Affairs. Border Security Force (BSF) 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 self attested photo copies of the original certificate)** for PST/PET followed by Medical Eligibility Test(MET) on the date and time and venue indicated below:-

Date	Time	Venue
As mentioned against each candidate	0800 Hrs.	As per list

03. The candidates short listed for Physical Efficiency Test (PET) and Medical Eligibility Test will deposit the hard copy of Detailed Application Form (DAF) along-with relevant documents like proof of date of birth, educational qualification, caste, Central Govt. Service employees, resident of J&K etc. at their respective centers with the PO 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).** 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 centers.

Contd....2/-

04. Before reporting for the Physical Efficiency Test (PET) and Medical Eligibility Test (MET), 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 23.03.2016 was published in the Gazette Notification of India (Extraordinary) (copy of Gazette notification can be downloaded from e-gazette website i.e. [www.egazette.nic.in](http://www.egazette.nic.in) for detailed information) 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) of 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	**	
** Colour Perception (CP-III) by ISIHARA plates		

\* LASIK surgery correction is permitted subject to prescribed criteria as below :-

- a) Age - 18-35 years
- b) Axial-length - 21-26 mm.
- c) Corneal-thickness - 425 micron
- d) Pre LASIK error - 6 D
- e) Post operative - Should be stable period refractive flap.
- f) Interval - 06 months (post operative period mandatory)  
(Candidate must have completed 06 months after LASIK surgery while considering for recruitment in CAPFs).

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 to Height/Age standard as per the height, age and weight chart mentioned in the advertisement (APPENDIX-II (B)).

Contd....3/-