

**Cantonment Board Dalhousie, District Chamba, Himachal Pradesh**

**Employment Notice**

Advt No. 01/2019

Dated 05.03.2019

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Starting date for online application : 18.03.2019  
Closing date for online application : 11.05.2019 till 2359 hrs.  
Online application is to be submitted through [www.canttboardrecruit.org](http://www.canttboardrecruit.org)

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Online applications are invited by Dalhousie Cantonment Board for Direct Recruitment of under mentioned categories of posts through recruitment portal i.e. [www.canttboardrecruit.org](http://www.canttboardrecruit.org). The online application can be filled-up from 18.03.2019 to 11.05.2019 till 2359 hrs, thereafter the website link will be disabled. The candidates are strictly advised to apply online well in advance to avoid rush during closing dates of the submission of online application. **No offline application form will be accepted.**

**1. Detail of posts:-**

Post Code	Name of post	Pay Scale	Category-wise break-up					Total no. of posts	Out of which PH vacancy
			UR	SC	ST	OBC	EWS		
01/19	Junior Clerk	5910-20200 +1900 (GP)	01	-	-	-	-	01	-
02/19	Forest Guard	5910-20200 +2000 (GP)	-	-	-	01	-	01	-
03/19	Ayah	4900-10680 +1300 (GP)	01	-	-	-	-	01	-
04/19	Safaiwala	4900-10680 + 1300 (GP)	04	-	01	02	01	08	01
05/19	Bhisty	4900-10680 + 1300 (GP)	-	01	-	-	-	01	-
06/19	Mazdoor	4900-10680 + 1300 (GP)	01	-	-	-	-	01	-
07/19	JBT Teacher	5910-20200 + 3000 (GP)	02	01	-	-	-	03	-

**Note 1** : PH vacancy is identified for OL, B, LV, HH.

**Note 2** : EWS category criteria and applicability is as described in Department of Personnel and Training's Office Memorandum No. 36039/1/2019-Estt (Res) dated 31<sup>st</sup> January, 2019.

**[Contd....2/-]**

2. Minimum Essential Qualification:-

01/19 Junior Clerk	(i) Must have passed 10+2 examination or its equivalent from a recognized Board of School Education or University. (ii) Must possess a minimum speed of 30 wpm in English typewriting or 25 wpm in Hindi typewriting on computer. (iii) Must have the knowledge of "MS word and Excel" on computer as prescribed by the Recruiting Authority.
02/19 Forest Guard	(i) Must have passed 10+2 examination or its equivalent from a recognized Board of School Education or University.  <u>Physical Standard:</u> <b>MEN</b> (i) Height : 165 cm. (ii) Chest : 79 cm without expansion & 84 cm with expansion. <b>WOMEN</b> (i) Height : 150 cm. (ii) Chest : 74 cm without expansion & 79 cm with expansion.
03/19 Ayah	Middle (8 <sup>th</sup> ) standard pass.
04/19 Safaiwala	Middle (8 <sup>th</sup> ) standard pass.
05/19 Bhisty	Middle (8 <sup>th</sup> ) standard pass.
06/19 Mazdoor	Middle (8 <sup>th</sup> ) standard pass.
07/19 JBT Teacher	(i) Senior Secondary (or its equivalent) with at least 50 % marks and 2 years Junior Basic Teacher (JBT) / Diploma in Elementary Education(D.El.Ed.) (by whatever name known) from an Institute affiliated to any state Board of School Education in accordance with the NCTE(Recognition Norms and Procedure )Regulations,2002. <b>OR</b> Senior Secondary (or its equivalent) with at least 50 % marks and 4 years Bachelor of Elementary Education (B.El.Ed.) <b>OR</b> Graduation with at least 50% of marks and Bachelor of Education(B.Ed)* * who has acquired the qualification of Bachelor of Education (B.Ed) from any NCTE recognized institution shall be considered as appointment for teacher in class I-V provided the person so appointed as a teacher shall mandatorily undergo a six month bridge course in elementary education recognized by the NCTE within two years of such appointment as primary teacher. <b>OR</b> Senior Secondary (or its equivalent) with at least 50 % marks and 2 years Diploma in Education(Special Education) <b>And</b> (ii) Pass in the Central Teacher Eligibility Test from (CTET) conducted by Govt. of India or pass in the Teacher Eligibility Test from (TET) conducted by an authority designated by the concerned State Government.

3. **Age Limit-** Age limit as per existing rules under CFSR 1937 is 18-25 (**age as on 11.05.2019**) and age relaxation for Ex-servicemen who has put in not less than 6 months continuous service under 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 25 years by more than 3 years, shall be deemed to satisfy the conditions regarding age limit.

S.No	Category	Age limit (years)
1	UR	18-25
2	ST	18-30
3	SC	18-30
4	OBC	18-28
5	PH	18-30

The age limit will be considered as on last date of receipt of application.

4. **Mode of selection:-**

Post code	Mode of selection
01/19	(i) Multiple Choice Objective type examination of 100 marks (Duration 90 minutes). (ii) Skill test of typing and MS word & Excel knowledge of only those candidates who qualify in objective examination. The skill test will be of qualifying nature only.
02/19	(i) Multiple Choice Objective type examination of 100 marks (Duration 90 minutes). (ii) PET (25 marks)- Details at <b>Annexure I</b> .
04/19, 05/19, 06/19	(i) Multiple Choice Objective type examination of 100 marks (Duration 90 minutes). (ii) PET (qualifying only)- Details at <b>Annexure II</b> .
03/19, 07/19	(i) Multiple Choice Objective type examination of 100 marks (Duration 90 minutes).

5. **Scheme of examination:-**

Post code	Scheme of examination		
	S.No.	Subject	Number of questions
01/19, 03/19, 04/19, 05/19, 06/19	1	General intelligence and reasoning	25
	2	General awareness	25
	3	Numerical aptitude	25
	4	English Comprehension	25

[Contd...4/-]

02/19	<b>S.No.</b>	<b>Subject</b>	<b>Number of questions</b>
	1	General intelligence and reasoning	20
	2	General awareness	20
	3	Numerical aptitude	20
	4	English Comprehension	20
	5	Knowledge of forest and forestry	20
07/19	<b>S.No.</b>	<b>Subject</b>	<b>Number of questions</b>
	1	General intelligence and reasoning	20
	2	General awareness	20
	3	Numerical aptitude	20
	4	English Comprehension	20
	5	Child development and pedagogy	20

All questions will carry equal marks. There will be **penalty (negative marking) for wrong answers**. For each wrong answer, one-fourth (0.25) of the marks assigned to that question will be deducted as penalty.

**6. Syllabus of the examination:-**

- i) General intelligence and reasoning will include both verbal and non-verbal reasoning.
- ii) General awareness will include history, culture, geography, economic scene, General polity, Indian constitution, current affairs etc.
- iii) Numerical aptitude will test the knowledge of arithmetical concepts and their use in finding the solution of real life problems (Matriculation/ 10<sup>th</sup> level).
- iv) English Comprehension will test the candidate's ability to understand correct English, his basic comprehension and writing ability etc.
- v) Forest and forestry will test the knowledge of the candidate for ecological and forestry concepts etc.
- vi) The test on Child development and pedagogy will focus on educational psychology and learning relevant to the age group of 6-11 years.

**7. Application Fee:**

S.No	Category	Fee	S.No	Category	Fee
1	UR	500	4	OBC	500
2	ST	Nil	5	PH	Nil
3	SC	Nil	6	Female	Nil

Application fee will be non refundable. Fee is to be paid **through online payment mode only.**

**8. MODE OF APPLICATION:** Online application, complete in all respect will only be accepted. Application(s) received from any other source shall not be entertained and will be summarily rejected.

<b>Commencing date for Submission of online Application</b>	18.03.2019
<b>Last date of receipt of online application</b>	11.05.2019 till 2359 hrs
<b>Last date to take printout of application submitted</b>	11.05.2019 till 2359 hrs
<b>Download of Admit Card</b>	<b>To be intimated on website/portal</b>

**Note-** Applications which are incomplete in any respect or not accompanied by requisite photographs, Signature, essential qualification or without requisite fee or not properly filled are liable to be summarily rejected. **No correspondence in this regard would be entertained by the Department.**

**9. Admit-Card/Call letter for Written Test:** - Application will be scrutinized and only eligible candidates would be intimated online at website/portal [www.canttboardrecruit.org](http://www.canttboardrecruit.org). **The candidates are advised to regularly this website for any information or any amendments or updates regarding said recruitment and time schedule for written test.**

**10. Mode of Selection:**

(a) Final selection and merit will be based on written test and skill/ PET (as mentioned at para 4 above). Date, Time & venue for Written test will be intimated on our website/Portal [www.canttboardrecruit.org](http://www.canttboardrecruit.org) in due course of time.

(b) At the time of Written test, the candidates must bring Identity proof and recent passport size photographs with him/her along with Admit Card.

(c) Written test will comprise of Multiple Choice Objective type questions and will be printed in Hindi & English. Answers to the questions will have to be marked on OMR Answer sheet.

(d) **PENALTY FOR WRONG ANSWERS:** Candidates should note that for each wrong answer, one-fourth (0.25) of the marks assigned to that question will be deducted as penalty.

**11. ELIGIBILITY CRITERIA:**

- (i) The candidate must be a citizen of India.
- (ii) The candidate must fulfill the educational qualification, age, experience etc. as stipulated in this advertisement.
- (iii) The cut-off date for age and SC, ST, OBC and PH certificates will be the closing date of application.

**12. GENERAL CONDITIONS:-**

(a) **The services of the appointed candidate/person will be governed under Cantt Fund Servant rules, 1937, Cantonment Act, 2006 and pension rules as amended from time to time by the Central Govt. are applicable to employees of Cantt Boards.**

(b) The Post is provisional for a period of **2 years (i.e on probation)** & thereafter permanent subject to satisfactory service.

(c) **The applicant can apply through Online portal only.** No application will be entertained after **closing date**. Administration will not be responsible for any server failure.

(d) No TA/DA will be paid to the candidates for appearing for the written test.

(e) Department reserves the right to postpone/cancel/suspend/terminate the recruitment process without any prior notice/assigning any reason at any stage. No correspondence would be entertained in this regard.

(f) If there are more than two candidates in the same category having equal marks in the merit list, the candidate older in age will get preference.

(g) The appointment authority shall draw a reserve panel/waiting list in addition to the number of candidates selected as per the notified vacancies. The reserve panel/waiting list shall be valid for a period of one year from the date of declaration of result and the vacancies arising due to non-acceptance of the offer of appointment, candidates not joining the post after acceptance of appointment or the candidates not being found eligible for appointment after verification of documents/certificates or due to resignation of selected candidate(s) within one year of joining the post, shall be filled-up from this reserve panel/waiting list.

(h) Candidate can apply for any category of the post subject to fulfilling the qualification criteria. However, only one application for each category of the post can be made by the applicant. Multiple applications for a category will result in cancellation of all the applications made by a candidate for that category.

(i) The candidates should note that their admission to the examination will be purely provisional based on the information given by them in the Application Form. This will be subject to verification of all the eligibility conditions by the Competent Authority.

**13. Documents required at the time of Scrutiny of documents along with Online generated Application:**

After considering the merit list the shortlisted candidate will be called for verification/scrutiny of documents. The following original Documents/certificates and one set of self-attested copies, along with hard copy of print out of online application, are to be produced at that time:-

- (a) Computer generated Application form duly signed by the candidate.
- (b) Certificate of date of birth.
- (c) Two latest colour passport size photographs.
- (d) Original Certificate of requisite academic qualification with detail marks.
- (e) Caste/ disability certificate (wherever applicable).

The original documents as mentioned above of the shortlisted candidates will be checked & verified at Cantt Board Office, Dalhousie Cantt and further, the appointing authority will undertake an exercise of verification of character and antecedents of the Candidates. The appointment will be provisional and subject to verification of Character and antecedents of the Candidate.

It may be noted that document verification is just another stage in the selection process. Merely being called for verification of documents does not indicate that his/her name will also appear in the final merit list. Candidature of candidate may be cancelled at any stage and no correspondence in this regard will be entertained.

**14. Rejection:-** The following acts/omission would render a candidate/application disqualified /rejected.

- (a) Not meeting qualifying/passing the laid down mandatory educational qualification/Skill test/PET.
- (b) Furnishing of false, inaccurate or tampered information.
- (c) Obtaining support for his candidature through unfair means.
- (d) Impersonation by any person.
- (e) Submitting fabricated/false documents.
- (f) Making statements which are incorrect or false or suppressing material information.
- (g) Resorting to any other irregular or improper means in connection with his candidature for the selection.
- (h) Improper/Incomplete filling of application.
- (i) More than one application submitted for the same post.

**15. HOW TO APPLY ONLINE FOR THE POSTS:**

- (1) (a) Before applying, the Candidates are advised to go through this advertisement carefully in detail for determining their eligibility as per laid criteria for the post.
- (b) Candidate will be required to complete the Online Application Form, the instruction for which is available at the above mentioned site. The time gap to fill complete online application will be 30 minutes.
- (c) Before starting the filling up of online application, the candidate must have his/her photograph and signature duly scanned in the jpg format.
- (d) The admission at all the stages of the examination will be purely provisional subject to satisfying the prescribed eligibility conditions.
- (e) Candidates are required to apply ONLINE at [www.canttboardrecruit.org](http://www.canttboardrecruit.org) between **18.03.2019 to 11.05.2019**, no other means/mode of application will be accepted. **Candidates are required to have valid e-mail identification and active mobile number and there should not be any change for contact by this office.**

[Contd....8/-]

(2) For submission of application, visit the website/portal at [www.canttboardrecruit.org](http://www.canttboardrecruit.org) click on **New User Registration**.

- (a) Select **Dalhousie** from drop down option in the Cantt Board.
- (b) Select the post to apply from the drop down option.
- (c) Enter your mobile Number (working) and click to get OTP.
- (d) You will receive the OTP on your mobile.
- (e) Thereafter, fill the OTP and validation code (**CAPTCHA**) and click on submit.

(3) The procedure/steps for filling up of application online is briefed below;

**STEP 1 : Submission of Application details.**

**STEP 2 : Uploading of scanned Photograph and Signature.**

**STEP 3 : Payout of application fee online ( if applicable)**

(4) The application shall be treated complete only if all the three mandatory Steps (Step-1, Step-2 and Step-3) are completed successfully.

(5) In case candidates are not able to submit fee by **closing date**, or the application is otherwise is incomplete, his/her candidature will similarly be rejected.

(6) Applicant can view the application details from the already registered user section available on the home page by providing application Number and E-mail id. Applicant is required to ensure that Photograph & Signature is visible and Fee status changed to paid otherwise application will be treated as incomplete and summarily rejected.

(7) Check list: following document(s) should be kept handy before applying online;

- a) **Credit Card/Debit card/Bank details.**
- b) **Scanned image of Photographs ( JPG format, size between 20-40 KB)**
- c) **Scanned image of Signature ( JPG format, size between 10-20 KB)**

(8) For further details and online application. Please log on Website/Portal: [www.canttboardrecruit.org](http://www.canttboardrecruit.org).

(9) The vacancies advertised are provisional and likely to be permanent. Decision of the Competent Authority would be final with regards to all matters connected with the Recruitment including cancellation of Recruitment process at any stage and no Correspondence in this regard will be entertained.

(10). After submitting the online Application, the candidates are required to preserve the print out of the finally submitted Online Application for the post Applied for.

(11) The Candidates are advised to submit the Online Application well in advance without waiting for closing date.

(12) Neither the print out of the application nor any document should be sent to this office while applying for the post.

(13) Application should avoid submitting multiple applications for a post.



(16) **IMPORTANT INSTRUCTIONS**

1. The decision of CEO/Cantonment Board, Dalhousie in all matters relating to acceptance or rejection of an application, eligibility/ suitability of a candidate shall be final and binding for all the candidates.
2. The candidate should have valid email ID and a working mobile number for applying for the examination. The applicants are advised not to change the email ID or Mobile number during the process of recruitment. **They are also advised not to give mobile number/email id to any unknown person to avoid any complication.**
3. After the examination details regarding marks obtained by each candidate will be put up on the website of the Cantonment Board, Dalhousie.
4. The applicant can login at any time on the website/portal i.e [www.canttboardrecruit.org](http://www.canttboardrecruit.org) using his/her application number at any time to check any update regarding the examination.
5. The admit cards of provisionally eligible candidates will be uploaded on the website [www.canttboardrecruit.org](http://www.canttboardrecruit.org). The candidates will have to download the admit cards from there only as **no hard copy of admit card will be sent to the applicants by post or by email.**
6. Any doubts/clarifications regarding the application can be cleared from the office of the Cantonment Board, Dalhousie on any working day between working hours.
7. The candidates are advised to visit the website regularly to be in touch with information/update regarding the examination.
8. Any corrigendum/change regarding the examination will only be notified through the website [www.canttboardrecruit.org](http://www.canttboardrecruit.org) and no other medium of giving information to candidates will be incorporated.
9. The exact date of the written test will be updated through the website [www.canttboardrecruit.org](http://www.canttboardrecruit.org). The candidates are advised to **check the website regularly.**

17. **GENERAL INSTRUCTIOS FOR CANDIDATES**

- (i) The Appointing authority makes provisional selection of the candidates on the basis of information provided in the application and documents/certificate provided by the candidate at the time of scrutiny and subsequently, the Appointing Authority verifies and satisfies itself about the authenticity of documents/certificates and eligibility as per the Recruitment Rules before finally appointing the candidates. Therefore, the provisional selection of a candidates confers on him/her no right of appointment unless the Appointing Authority is satisfied after such inquiry as may be considered necessary that the candidate is suitable in all respect for appointment to the post.
- (ii) The services of the selected candidates on appointment will be governed by the provisions of Cantt Fund Servant Rules 1937 as amended from time to time, Cantonment Act 2006 and Govt. Instructions issued from time to time.
- (iii) The candidate should not have been convicted by any court of law. Also No Disciplinary/Vigilance case should be contemplated/pending against the candidates already serving in Govt. Organizations.
- (iv) The vacancies advertised are provisional and likely to be permanent. In case the vacancy position is reduced to any number, the Board is not liable to compensate the applicant for any consequential damage/loss.
- (v) The appointing authority/Board reserves the right to reject the candidature of any ineligible candidate at any stage of recruitment.

- (vi) The appointing authority reserves the right to cancel a part of or entire process of examination or a part of it due to administrative reason (s) and in case of unfair means, cheating or other irregularities/malpractice noticed by the appointing authority. The appointing authority also reserves the right to cancel or set up a new examination centre and divert the candidates to appear at that examination centre if required.
- (vii) No correspondence in regard to the appointment will be entertained.
- (viii) No representation on any grounds for non-appearance for the written test/ Skill test/ PET by the candidates will be entertained and his/her candidature will not be considered in such an eventuality.
- (ix) TA/DA will not be admissible for attending tests as the case may be.
- (x) The appointing authority reserves the right to cancel any centre of exam and ask the candidates of that centre to appear at another centre. No request for change in date, time and centre of exam will be accepted under any circumstances.
- (xi) The candidature of the candidate to the written test is entirely provisional and subject to the outcome of any direct decision/order /pronouncement of court of law and mere issue of Admit Card or appearance at Examination does not entitle him/her to any claim for the post.
- (xii) The OMR Answer Sheet must be handed over to the invigilator after completion of Examination.
- (xiii) The candidates should scrupulously follow the instructions given by the Centre in charge, Invigilators and all examination functionaries at every stage of exam. If a candidate violates the instructions, his/her candidature will be cancelled.
- (xiv) The candidate will sign on the Admit Card at the prescribed space in the presence of Invigilators. Thereafter, the Invigilator will also sign on the Admit Card at the prescribed space. The candidate is also required to sign on the attendance sheet and OMR Sheet in the presence of Invigilator, The Invigilator shall also sign on the same at the prescribed space.
- (xv) After the examination is over, the candidate should hand over the OMR Answer Sheet to the Invigilator before leaving the room. Any candidate who does not return the OMR Answer Sheet or is found attempting to take the OMR Sheet outside the examination hall or pass on the OMR Answer Sheet to someone else inside the examination hall will be disqualified and the appointing authority may take further appropriate action against him/her as per rules.
- (xvi) Question papers may be taken by the candidates.
- (xvii) The appointing authority reserves the right to cancel or modify the advertisement or part of it at any stage. **The number of vacancies is provisional and subject to change (increase or decrease).**
- (xviii) Use of calculator, Laptop, Palmtop other Digital/electronic instrumental/Mobile/Cell Phone, Paper etc are not allowed. In case of any candidate is found to be in possession of any gadgets/instrument, he/she would be debarred from the examination and legal proceedings can also be initiated against the candidates.
- (xix) Candidates are advised not to bring any of the above gadgets in the examination centre as no arrangements for keeping any security of these items would be available at the centers.

(xx) Candidates are required to visit our website [www.canttboardrecruit.org](http://www.canttboardrecruit.org) regularly to check the latest updates, corrigendum, Downloading of Admit Card, Time & Date schedule for written test and other information regarding recruitment process.

18. All the applicants are required to be present well in advance time on the date & venue before the commencement of written test. Any delay in presence will be marked as absent.

19. **Abbreviations used:-**

UR	Unreserved
OBC	Other Backward Classes
SC	Scheduled Caste
ST	Scheduled Tribe
EWS	Economically Weaker Section
PH	Physically Handicapped
OL	One Leg
B	Blind
LV	Low Vision
HH	Hearing Handicapped
MS	Microsoft
PET	Physical Efficiency Test
NCTE	National Council for Teacher Education
OMR	Optical mark recognition
TA/DA	Travelling Allowance/ Dearness Allowance
OTP	One Time Password
GP	Grade Pay

Chief Executive Officer  
Cantonment Board, Dalhousie  
( Ravinder, IDES)

**ANNEXURE-I****1. For Male Candidates:-**

S.No.	Item	Minimum Standards	Max. Marks	Grading of Marks	
				Time/ Length	Marks
01	100 Meters Race	14 seconds (Single attempt only)	7	14.0 Seconds	02
				13.5 Seconds	03
				13.0 Seconds	04
				12.5 seconds	05
				12.0 seconds	06
				11.5 Seconds	07
02	800 Meters race	2 Minutes 45 Seconds (Single attempt only)	7	2 Minutes 45 Seconds	2
				2 Minutes 40 Seconds	2 ½
				2 Minutes 35 Seconds	3
				2 Minutes 30 Seconds	4
				2 Minutes 25 Seconds	5
				2 Minutes 20 Seconds	6
				2 Minutes 15 Seconds	7
03	High Jump	1.25 Meters (Maximum three attempts)	5	1.25 m	2 ½
				1.30 m	3
				1.35 m	3 ½
				1.40 m	4
				1.45 m	4 ½
				1.50 m	5
04	Broad/long Jump	4 Meters (Maximum three attempts)	6	4.00 m	3
				4.20 m	4
				4.40 m	5
				4.60 m	6

**2. For Female Candidates:-**

S.No.	Item	Minimum Standards	Max. Marks	Grading of Marks	
				Time/ Length	Marks
01	100 Meters Race	17 seconds (Single attempt only)	7	17.0 Seconds	02
				16.5 Seconds	03
				16.0 Seconds	04
				15.5 seconds	05
				15.0 seconds	06
				14.5 Seconds	07
02	400 Meters race	2 Minutes 15 seconds (Single attempt only)	7	2 Minutes 15 Seconds	2
				2 Minutes 05 Seconds	3
				1 Minutes 55 Seconds	4
				1 Minutes 45 Seconds	5
				1 Minutes 35 Seconds	6
				1 Minutes 20 Seconds	7
03	High Jump	70 cms (Maximum three attempts)	5	70 cm	2 ½
				75 cm	3
				80 cm	3 ½
				85 cm	4
				90 cm	4 ½
				95 cm	5
04	Broad/long Jump	2 Meters (Maximum three attempts)	6	2.00 m	3
				2.20 m	4
				2.41 m	5
				2.60 m	6

**1. For Male Candidates (except PH):-**

S.No.	Item	Minimum Standards
1.	Race of 800 Meters (Single attempt only)	03 Minutes
2.	Chin-up (Single attempt only)	08 nos in one minute
3	Long-jump (Two attempt only)	11 feet
4	Carrying the weight (Single attempt only)	20+20 kg weight for a distance of 100 Meters in 02 minutes, without putting the weight down

**2. For female Candidates (except PH):-**

S.No.	Item	Minimum Standards
1.	Race of 400 Meters (Single attempt only)	02 Minutes
2.	Carrying the weight (Single attempt only)	15+15 kg weight for a distance of 25 Meters, without putting the weight down.

**3. For ex-servicemen:-**

S.No.	Item	Minimum Standards
1.	Brisk walk of 400 Meters (Single attempt only)	03 Minutes
2.	Chin-up (Single attempt only)	06 nos in 40 seconds
4	Carrying the weight (Single attempt only)	20+20 kg weight for a distance of 60 Meters in 02 minutes, without putting the weight down