

**HARYANA STAFF SELECTION COMMISSION**  
**Bays No. 67-70, Sec-2, Panchkula-134151**  
**(Website: www.hssc.gov.in)**

**NOTICE**

**Notice to the candidates for Physical Screening Test (PST), Physical Measurement Test (PMT) and Scrutiny of Documents for the post of Male-Constable (G.D) & Sub-Inspector (Male & Female) against advt. No. 03/2018, Category No. 01, 04 & 5**

As per advertisement conditions and on the basis of written examination held on 23.12.2018 & 02.12.2018 and declaration of result on 31.01.2019 & 02.02.2019 for the post of Male Constable(G.D) & Sub-Inspector (Male & Female) against Advt. No. 03/2018, Cat. No. 01, 04 & 05, it is notified for the information of all concerned that Haryana Staff Selection Commission has decided to hold the **Physical Screening Test (PST), Physical Measurement Test (PMT) and Scrutiny of Documents** as per schedule given below:-

<b>Physical Screening Test (PST)</b>					
Sr. No	Name of the post & Department	Advt. No	Cat. No.	Date of Physical Screening Test (PST)	Place
1	<b>Male Constable (GD)</b>	<b>03/2018</b>	<b>01</b>	<b>09.02.2019 to 15.02.2019</b> 1 <sup>st</sup> Shift- (Reporting Time 07.00 A.M.) 2 <sup>nd</sup> Shift- (Reporting Time 09.00 A.M.) 3 <sup>rd</sup> Shift- (Reporting Time 11.00 A.M.) 4 <sup>th</sup> Shift- (Reporting Time 01.00 P.M.)  <b>(No entry after 01.30 P.M)</b>	Tau Devi Lal Stadium, Sector-3, Panchkula
2	<b>Sub- Inspector (Male &amp; Female)</b>	<b>03/2018</b>	<b>04 &amp; 05</b>	<b>16.02.2019</b> 1 <sup>st</sup> Shift- (Reporting Time 07.00 A.M.) (Only Male Candidates) 2 <sup>nd</sup> Shift- (Reporting Time 09.00 A.M.) (Only Male Candidates) 3 <sup>rd</sup> Shift- (Reporting Time 11.00 A.M.) (Only Male Candidates) 4 <sup>th</sup> Shift- (Reporting Time 01.00 P.M.) (Only Female Candidates)  <b>(No entry after 01.30 P.M)</b>	Tau Devi Lal Stadium, Sector-3, Panchkula
<b>Physical Measurement Test (PMT) &amp; Scrutiny of Documents</b>					
Sr. No	Name of the post & Department	Advt. No	Cat. No.	Date of Physical Measurement Test (PMT)	Place
1	<b>Male Constable (GD)</b>	<b>03/2018</b>	<b>01</b>	<b>11.02.2019 to 17.02.2019</b> 1 <sup>st</sup> Shift- (Reporting Time 07.00 A.M.) 2 <sup>nd</sup> Shift- (Reporting Time 09.00 A.M.) 3 <sup>rd</sup> Shift- (Reporting Time 11.00 A.M.) 4 <sup>th</sup> Shift- (Reporting Time 01.00 P.M.)  <b>(No entry after 01.30 P.M)</b>	Tau Devi Lal Stadium, Sector-3, Panchkula

2	<b>Sub- Inspector (Male &amp; Female)</b>	<b>03/2018</b>	<b>04 &amp; 05</b>	<p><b>18.02.2019</b></p> <p>1<sup>st</sup> Shift- (Reporting Time 07.00 A.M.) (Only Male Candidates)</p> <p>2<sup>nd</sup> Shift- (Reporting Time 09.00 A.M.) (Only Male Candidates)</p> <p>3<sup>rd</sup> Shift- (Reporting Time 11.00 A.M.) (Only Male Candidates)</p> <p>4<sup>th</sup> Shift- (Reporting Time 01.00 P.M.) (Only Female Candidates)</p> <p><b>(No entry after 01.30 P.M)</b></p>	Tau Devi Lal Stadium, Sector-3, Panchkula
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2. Minimum Physical Standard prescribed for the test shall be as under:

**a) Physical Measurement Test (PMT) for Categories No. 01**

	<b>Height</b>	<b>Chest</b>
<b>Male</b>	170 Centimeter (General Category)	83 Centimeter (un-expanded) to 87 centimeter (expanded)
	168 Centimeter for eligible reserve Categories as per latest government reservation policy applicable at the time of Advertisement/ Corrigendum as the case may be.	81 Centimeter (un- expanded) to 85 centimeter (expanded)
<b>Female</b>	158 Centimeter (General Category)	Nil
	156 Centimeter for eligible reserve Categories as per latest government reservation policy applicable at the time of Advertisement/ Corrigendum as the case may be.	Nil

**b) Physical Measurement Test (PMT) for Categories No. 04 & 05**

	<b>Height</b>	<b>Chest</b>
<b>Male</b>	170 Centimeter (General Category)	83 Centimeter un-expanded minimum with expansion of 04 Centimeter (minimum) onwards
	168 Centimeter for eligible reserve Categories as per latest government reservation policy applicable at the time of Advertisement/ Corrigendum as the case may be.	81 Centimeter un- expanded minimum with expansion of 04 Centimeter (minimum) onwards for eligible reserve Categories as per latest government reservation policy applicable at the time of Advertisement/ Corrigendum as the case may be.
<b>Female</b>	158 Centimeter (General Category)	Nil
	156 Centimeter for eligible reserve Categories as per latest government reservation policy applicable at the time of Advertisement/ Corrigendum as the case may be.	Nil

**b) Physical Screening Test (PST)**

<b>Candidates</b>	<b>Test distance</b>	<b>Qualifying Time</b>
1. Male	2.5 Kilometer	12 minutes
2. Female	1.0 Kilometer	6 minutes
3. Ex.-serviceman	1.0 Kilometer	5 minutes

## **Important instructions for the candidates**

1. Candidate must bring legibly printed Admit Card with recent colored photo pasted on Admit Card duly attested by Gazetted Officer and one identity proof with photo like Driving License, Voter Card, Aadhar Card, Passport etc. at the time of Physical Screening Test (PST) & Physical Measurement Test (PMT).
2. The candidates are directed to report and register themselves for Physical Screening Test (PST) & Physical Measurement Test (PMT) on the above given schedule date & time. In case candidates do not follow above schedule they will not be allowed to participate in Physical Screening Test (PST) & Physical Measurement Test (PMT).
3. In case a candidate does not appear for Physical Screening Test (PST), Physical Measurement Test (PMT) & Scrutiny of Documents he/she will not be considered for further selection process and no further opportunity will be given thereafter
4. Candidates should report at the venue along with his admit card as originally downloaded from website at the date and time mentioned therein. Entry in the venue shall not be allowed before the time mentioned in admit card. After the completion of one shift the entry for next shift shall start. The candidates should download three original admit cards (not to be photostated) which shall be brought for PMT, PST and Scrutiny of Documents separately.
5. Candidates shall read & sign the instructions with the admit card and bring at the time of PST, PMT & Scrutiny of Documents.

Admit Card for Physical Screening Test (PST) & Physical Measurement Test (PMT) and Scrutiny of Documents of the candidates will be uploaded on the Commission's Web-site i.e. [www.hssc.gov.in](http://www.hssc.gov.in). The candidates can download the admit cards from the Commission's Web-site from **06.02.2019- onwards**. Thereafter Link for download of Admit card will be disabled. No other chance will be given to download admit card later on. **Candidates are advised to read the instructions with this notice and on the Admit Card carefully and follow the same strictly.** Request for change of date of Physical Screening Test (PST), Physical Measurement Test (PMT) & Scrutiny of Documents will not be entertained by the Commission.

Separate call letters/intimation will not be sent to the candidates by the Commission through post.

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Controller of Examination,  
Haryana Staff Selection Commission,  
Panchkula

Place: Panchkula  
Dated: - 01<sup>st</sup> February, 2019

