

HARYANA STAFF SELECTION COMMISSION
BAYS NO. 67-70, SECTOR-2, PANCHKULA-134151
(Website: www.hssc.gov.in)

PHYSICAL MEASUREMENT TEST (PMT) & PHYSICAL SCREENING TEST (PST)
NOTICE

NOTICE TO THE CANDIDATES FOR PHYSICAL MEASUREMENT TEST (PMT) & PHYSICAL SCREENING TEST (PST) OF MALE CONSTABLE (COMMANDO WING) AGAINST ADVT. NO. 2/2021, CAT. NO. 01 OF POLICE DEPARTMENT, HARYANA

It is notified for the information of all concerned that Haryana Staff Selection Commission will hold the **Physical Measurement Test (PMT) & Physical Screening Test (PST)** for the post of **Male Constable (Commando Wing)** against **Advt. No. 02/2021, Cat. No. 01 of Police Department, Haryana** from dated **13.08.2021 to 10.09.2021 & 13.09.2021 to 26.09.2021** as per schedule given below:-

Sr. No.	Name of the post	Advt. No.	Cat. No.	Date of PMT & PST	Event	Place
1.	Male Constable (Commando Wing)	2/2021	01	13.08.2021 (Friday) To 10.09.2021 (Friday)	PMT (Height & Chest) and PST (High Jumps & Chin ups)	As per Admit Card
				13.09.2021 (Monday) to 26.09.2021 (Sunday)	PST (Running)	As per Admit Card

a) Physical Measurement Test (PMT) :-

PMT-Height (Advantage Score)	
Height	Marks
175 CM	05
Above 178 CM	06
Above 181 CM	08
From 184 CM and above	10

Note:- Candidates less than 175 CM would not be qualified.

i) Chest: - 83 cms plus a minimum expansion of 4 cm.

Note: - Candidates having chest measurement less than 83 CM would not be qualified.

(Relaxation of 2 cms in Height and Chest will be given only to SC/ST and BC category candidates. No such relaxation is available to EWS category candidates).

ii). The candidates who fail to meet the standards prescribed for Physical Measurement Test (PMT) shall stand eliminated from further selection process.

iii). Only the candidates who qualify the standards prescribed for Physical Measurement Test (PMT) shall take part in the further process of Selection.

b) Physical Screening Test (PST):-

There shall be following three tests for physical screening test.

There shall be following three tests of 10 marks each i.e. the total marks for PST shall be 30. A candidate shall have to qualify all the 3 tests prescribed. Any candidate who fails to qualify any of the tests will not be allowed to take part in the

further process of selection. The prescribed tests, qualifying standards and marks shall be as under:

Sr. No.	Test	Qualifying Standard	Marks
1.	High Jump	More than 137 Cm (best of three chances)	10
2.	Chin-ups	Minimum 8 (face above the horizontal bar in each count)	10
3.	Race-2 KM	In less than 7 minutes and 30 seconds (timing with RFID technology)	10

- c) **Knowledge Test:- All these candidates who qualify in the Physical Screening Test (PST) will be eligible to appear for the knowledge test. The knowledge test shall be of only 60 marks. The knowledge test shall be of objective type having Hundred (100) multiple choice questions of 0.60 marks each and of Ninety (90) minutes duration. While each correct answer will get 0.6 marks. There will be no negative marking for wrong answers. The medium of examination shall be bilingual i.e. both in Hindi as well as in English.**
- d) **There shall be no additional/extra mark given to any candidate except (a) PMT (b) PST & (c) Knowledge Test as mentioned above.**
- e) **The candidates will take part in PMT & PST at their own risk/responsibility.**

IMPORTANT INSTRUCTIONS FOR THE CANDIDATES FOR PHYSICAL MEASUREMENT TEST (PMT) & PHYSICAL SCREENING TEST (PST) ARE AVAILABLE ON WEBSITE OF THE COMMISSION i.e. www.hssc.gov.in WHICH SHOULD BE THOROUGHLY READ BY CANDIDATES. BEFORE COMING FOR EXAMINATION.

Admit Card for written examination of the candidates will be uploaded on the Commission Web-site i.e. www.hssc.gov.in on dated 08.08.2021. **Candidates are advised to read the instructions on the Admit Card carefully and follow the same strictly.**

No separate information will be sent to the candidates by the Commission through post.

Place: Panchkula
Dated: 13th July 2021

--Sd/-
Secretary,
Haryana Staff Selection Commission,
Panchkula