

TRIPURA PUBLIC SERVICE COMMISSION
AGARTALA

**PROGRAMME OF PHYSICAL EFFICIENCY TEST FOR SUB-INSPECTOR OF POLICE
(MEN) (UB/AB) & (WOMEN) (UB).**

Sl. No.	Date & Time	Venue	Roll No.	To whom report
(1)	(2)	(3)	(4)	(5)
1.	19.08.2019 0700 hrs (7.00 A.M)	KTDS PTA, Narsingarh, West Tripura.	10001 to 10300 (Men Candidates)	DIGP (Crime Branch) at KTDS PTA Ground, Narsingarh, West Tripura.
2.	20.08.2019 0700 hrs (7.00 A.M)	-do-	10301 to 10600 (Men Candidates)	-do-
3.	21.08.2019 0700 hrs (7.00 A.M)	-do-	10601 to 10900 (Men Candidates)	-do-
4.	22.08.2019 0700 hrs (7.00 A.M)	-do-	10901 to 11200 (Men Candidates)	-do-
5.	23.08.2019 0700 hrs (7.00 A.M)	-do-	11201 to 11500 (Men Candidates)	-do-
6.	26.08.2019 0700 hrs (7.00 A.M)	-do-	11501 to 11800 (Men Candidates)	-do-
7.	27.08.2019 0700 hrs (7.00 A.M)	-do-	11801 to 12100 (Men Candidates)	-do-
8.	28.08.2019 0700 hrs (7.00 A.M)	-do-	12101 to 12400 (Men Candidates)	-do-
9.	29.08.2019 0700 hrs (7.00 A.M)	-do-	12401 to 12700 (Men Candidates)	-do-
10.	30.08.2019 0700 hrs (7.00 A.M)	-do-	12701 to 13000 (Men Candidates)	-do-
11.	31.08.2019 0700 hrs (7.00 A.M)	-do-	13001 to 13300 (Men Candidates)	-do-
12.	02.09.2019 0700 hrs (7.00 A.M)	-do-	13301 to 13511 (Men Candidates)	-do-
13.	03.09.2019 0700 hrs (7.00 A.M)	-do-	W-20001 to W-20300 (Women candidates)	-do-
14.	04.09.2019 0700 hrs (7.00 A.M)	-do-	W-20301 to W-20519 (Women Candidates)	-do-

Instruction to the Candidates on over leaf.

INSTRUCTION TO THE CANDIDATES:

1. Physical Efficiency Test will be taken on the following events with minimum 'One Star Standard' of the National Physical Efficiency Test as fixed by the Government of India, Ministry of Education.

Table-"A"

Sl. No.	Events	For Men	For Women
1.	100 Mtr. Run	15.00 Sec.	16.5 Sec.
2.	Long Jump	3.80 Mtr.	3.25 Mtr.
3.	Short Put(7.26 KG)	5.60 Mtr.	-----
4.	Short Put(4 KG)	-----	4.50 Mtr.
5.	High Jump	1.20 Mtr.	1.05 Mtr.
6.	800 Mtr. Run	2 Min. 50 Sec.	-----
7.	200 Mtr. Run	-----	36.00 Sec.

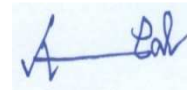
2. (i) On the date of Physical Efficiency Test each candidates shall be first tested for his/her eligibility in respect of Physical Measurement. If he/she does not possess the prescribed minimum Physical Measurement, his/her candidature shall stand rejected outright and shall not be allowed to appear for Physical Efficiency Test.

(ii) The candidate who will qualify in the Physical Measurement Test shall only be allowed to appear for Physical Efficiency Test.

(iii) For each item minimum qualifying standard has been indicated in Table-"A". A candidate must achieve the prescribed minimum standard in each item. If a candidate fails to achieve the prescribed minimum qualifying Standard in any of the five items, shall stand disqualified and shall not be allowed to appear in the remaining items.

3. Those who qualify in the Physical Efficiency Test will be called to appear at Written Examination in due course.

4. The Tripura Public Service Commission will not bear any TA/DA or other expenses for appearing in the Physical Efficiency Test.



01.08.19

**Controller of Exams.,
Tripura Public Service Commission**