

**Note-1:** The candidates who applied for the trades of Constable(Cook), Constable(Water Carrier) and Constable(Waiter) must have passed National Skill Qualifications Framework (NSQF) level-I Course in food production or Kitchen from National Skill Development Corporation or from the Institutes recognized by National Skill Development Corporation as on or before the cut-off date i.e., 23-08-2025.

**Note -2 :** Candidates, who have not acquired the essential educational qualification as on the stipulated date (i.e., 23-08-2025) will not be eligible and need not apply.

(c) **Physical Standards :-**

standards	For Male		For Female	
	Height	Chest	Height	Chest
For all candidates (except those mentioned below)	165 Cms	75-80 Cms	155 Cms	Not applicable
<b>Relaxations:</b>				
Minimum height for all candidates belonging to the Scheduled Tribes categories of all States or Union Territories or Districts except as given in the following para.	160 Cms	75-80 Cms	148 Cms	Not applicable
Minimum height for all Scheduled Tribe candidates hailing from the LWE affected district.	158 Cms	75-80 Cms	147 Cms	Not applicable
Minimum Height for all Scheduled Tribe candidates hailing from the North Eastern States.	155 Cms	75-80 Cms	147 Cms	Not applicable
Minimum height for all candidates falling in the categories of Garwalis, Kumaonis, Dogras, Marathas and candidates belonging to the States of Assam, Himachal Pradesh and Union territories of Jammu and Kashmir and Ladakh.	162.5 Cms	75-80 Cms	152 Cms	Not applicable
Minimum height for all candidates hailing from the North Eastern States of Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura.	160 Cms	75-80 Cms	150 Cms	Not applicable
Minimum height for all candidates hailing from Gorkha Territorial Administration (GTA) comprising of the three Sub-Division of Darjeeling District namely Darjeeling, Kalimpong and Kurseong and includes the following "Mouzas" Sub Division of these Districts :- (1) Lohagarh Tea Garden (2) Lohagarh Forest (3) Rangmohan (4) Barachenga (5) Panighata (6) Chota Adalpur (7) Paharu (8) Sukna Forest (9) Sukna Part-I (10) Pantapati Forest-I (11) Mahanadi Forest (12) Champasari Forest (13) Salbari Chhatpart-II (14) Sitong Forest (15) Sivoke Hill Forest (16) Sivoke Forest (17) Chhota Chenga (18) Nipania.	155 Cms	75-80 Cms	150 Cms	Not applicable

**Weight :** As per standard height-weight chart prescribed in the Uniform Guidelines for Medical Examination Test Recruitment in Central Armed Police Forces, National Security Guard and Assam Rifle-2015. "Physical and medical standard for recruitment shall be applicable as per the scheme specified by the Central Government from time to time."

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<b>Note-1:</b>		Reserved category candidates seeking relaxations in physical standards by virtue of belonging to hilly area cannot be considered against un- reserved vacancies in terms of MHA ID No.342/RC/SSB/Remust.CT(GD)/1121 dated 07.05.2021.	
<b>Note-2:</b>		Relaxation in height and chest (as the case may be) as mentioned above will be permissible on production of certificate in the proforma as prescribed in <b>Annexure – IV</b> from the competent authorities.	
(d)	<b>Medical Standard</b>	i	Vision- Minimum distance vision should be 6/6 and 6/9 in other eye without correction (i.e. without wearing glasses/lenses).
		ii	Must not have knock-knee, flat foot, varicose vein or squint in eyes, should possess colour perception standard CP.III and must be in good mental and bodily health and free from any physical defect likely to interfere with the efficient performance of the duties.
(e)	Must qualify the physical efficiency test, Physical Standard Test, written test and medical examination.		

(7). **METHOD OF SELECTION :-**

**(A) FIRST PHASE OF EXAMINATION**

Candidates whose online application forms are found to be in order will be called to appear in PST/PET.

**Physical Standard Test (PST) and Physical Efficiency Test (PET):-**

**FIRST PHASE EXAMINATION**

- (i) 1st phase Examination i.e Physical Efficiency Test/Physical Standard Test will be conducted at the selected Examination Centre through Radio Frequency Identification Device (RFID) Technology, Digital Machine based PST and CCTV recording of entire process of PET/PST and candidates will be communicated through E-Mail address/SMS for downloading call letters through online. Candidates will have to qualify all the stages of PET/PST examination. If any candidate fails to qualify in any events/stage of the examination, he/she will not be allowed to participate in further stage(s) of the examination process. The stages of 1st phase of examination will be as under:-

Event	Male	Female
Race	5 Kilometers race to be completed within 24 minutes.	1.6 Kilometers race to be completed within 8.30 minutes.

- (ii) Those candidate(s) who not qualify in the laid down physical standards. The candidates will be eliminated from recruitment process. However, elimination on grounds of weight will be done at the time of medical examination only.

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- (iii) Woman candidate, who as a result of tests is found to be pregnant 12 weeks standing or over, shall be declared temporarily unfit and her appointment held in abeyance until the confinement is over. The vacancy against which a women candidate was selected should be kept reserved for her. She should be re-examined for PET six weeks after the date of confinement, subject to the production of the medical certificate of fitness from a registered medical practitioner.
- (iv) Original documents/testimonials of candidates will be checked by the Board of Officers and only eligible candidates will be go to the next stage.
- (v) Any candidates found under influence of any energetic medicine during PET will be debarred from the further process of recruitment. Candidates are advised to keep in mind their own physical stamina and endurance level. BSF will not be responsible for any untoward incident occurring during PET as a consequence of consumption of performance enhancing drugs/injections or other reasons.

**Note-I : No physical efficiency test will be held for Ex-servicemen.**

**Note-II : PET will be only qualifying in nature and it will not carry any marks.**

**(B) 2<sup>ND</sup> PHASE OF EXAMINATION I.E. WRITTEN EXAMINATION**

- (i) Successful candidate in the first phase examination i.e. PST & PET will be called to appear in second phase of examination i.e. Written Examination which will be conducted at the various Examination Centres through OMR or Computer Based. There will be one composite paper for two hour duration and candidates will be communicated through E-Mail address/ SMS for call letters through online.
- (ii) The Written Examination will be of 100 marks containing 100 questions (qualifying marks 35% for UR Category/EWS & Ex-Servicemen and 33% for SC/ST/OBC) will consist of **CBT** (Computer Based Test).
- (iii) The question paper will be Objective Type containing 100 questions with multiple choices on OMR sheet or Computer and shall be consisting of the following subjects :-

S. No.	Subject	Number of questions	Maximum marks	Duration
1.	General Awareness / General knowledge	25	25	2 Hours (120 Minutes)
2.	Knowledge of elementary mathematics	25	25	
3.	Analytical aptitude and ability to observe the distinguished patterns	25	25	
4.	Basic knowledge of the candidates in English or Hindi	25	25	

- (i) **All candidates are required to fill and shade, name, roll number, date of birth, language, Post/Trade, category in the Computer during Computer based examination.**

- (ii) All questions will be of objective multiple choice type. The standard of the question will commensurate with the knowledge expected from a class-10<sup>th</sup> pass candidate.
- (iii) **Candidates reporting after 15 minutes of the commencement of examination will not be allowed.**

**(C) 3<sup>RD</sup> PHASE OF EXAMINATION**

**(a) DOCUMENTATION :**

- (i) Candidates will carry original and photocopy of all related documents at the time of documentation. All certificates/testimonials related to Date of Birth, Name, essential qualification, Caste certificate including OBC certificate as per Govt. of India list of OBCs, SCs and STs, domicile certificate, identity verification of the candidates required to be verified/checked with reference to the cut off date mentioned in advertisement/notice of examination from the original and place the photo copies of the same with dossier duly signed by PO with seal and concerned candidate.
- (ii) During the period of documentation, if any claim made in the application is not found substantiated, the same will be intimated to the candidate concerned with direction to produce the same within a reasonable time(during documentation period) as decided by the recruitment board. If failed to do so thereafter the candidature may be cancelled by recruitment board.
- (i) Matriculation / secondary examination certificate to prove date of birth, age, name, father/mother's name and educational qualification.
- (v) Domicile Certificate issued by the competent authority. Candidates will be considered for recruitment in their respective State/UT on production of valid "Domicile Certificate" issued by the authorized Competent Authority.
- (vi) Caste certificate must be recognized by the Central Govt. and **notified in the Central List** of reserve category of GOI for seeking reservation / age relaxation. OBC candidates must not fall in creamy layer on the last date of submission of online application i.e. (closing date of online application). Caste certificate must be valid on the last date of submission of online application.
- (vii) Caste certificate issued other than domicile state of candidate will not be considered. Both certificate (caste and domicile) should be issued by same State/UT. If Caste certificate is to be submitted by the candidate from other than domicile then such candidate will be treated as Un-Reserved (UR) category.
- (viii) Since, the State of Assam is not issuing Domicile Certificate/Permanent Residence Certificate, candidates belonging to the State of Assam are not required to submit the same. However, their selection will be subject to verification of residential status from the concerned District Authorities.

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(ix) While applying the post of Constable (Cook), Constable (Waiter) and Constable (Carrier), candidates should be very careful and must exercise due diligence while providing information about National Skills Qualifications Framework (NSQF) level-I Course in food production or Kitchen certificate from National Skill Development Corporation or from the Institutes recognized by National Skill Development Corporation. If there is any variation of course name and level of certificate mentioned by the candidate in the Online Application Form and NSQF level-I certificate submitted by them at the time of Document Verification, their candidature will be cancelled forthwith and they will not be allowed to participate in the Detailed Medical Examination.

**(b) TRADE TEST :-**

The candidates who apply for the trade listed below at Srl No. (ix) to (xv) and qualified PST/PET will be put through the respective Trade Test only. Candidates applied for the remaining trades are need not to undergo trade test. However, they will be considered for the applied trade on production of certificate as mentioned against their trade. Candidate will be allowed to appear for one trade only as entered in the application form. **The Trade Test will be qualifying in nature and it will not carry any marks.**

S/No	Trade	Trade test	Remarks
(i)	Carpenter	No trade test required	Candidate should possess following suitable qualifications : (i) Two years certificate course from Industrial Training Institute in the trade or similar trade;  Or (ii) One year certificate course from Industrial Training Institute or Government affiliated Vocational Institute with at least one year experience in the trade;
(ii)	Plumber	No trade test required	
(iii)	Painter	No trade test required	
(iv)	Electrician	No trade test required	
(v)	Pump Operator	No trade test required	
(vi)	Upholster	No trade test required	
(vii)	Cobbler	Polishing of shoes, handling tools, cutting of leather, repair & stitching of shoes.	(i) Must be proficient in respective trade;  (ii) Must qualify trade test in the respective trade conducted by recruitment board.
(viii)	Tailor	Taking measurement of persons, cutting of cloth and Stitching of uniform.	
(ix)	Washer man	Washing of clothes, Ironing of Khaki, Cotton uniform, woolen and TC uniform	
(x)	Barber	Handling of tools, haircutting and shaving.	
(xi)	Sweeper	Sweeping, cleaning of toilets and bathroom etc.	
(xii)	Khojl/ Syce	Foot prints tracker.	

(xiii)	Cook	No trade test required	Candidate should possess following suitable qualifications : National Skills Qualifications Framework (NSQF) level-I Course in food production or Kitchen from National Skill Development Corporation or from the Institutes recognized by National Skill Development Corporation.
(xiv)	Water Carrier	No trade test required	
(xv)	Waiter	No trade test required	

#### Detailed Medical Examination:-

- (i) The candidates who qualify all the above stages i.e. PST, PET, Documentation, Trade Test and Written test will put through Detailed Medical Examination (DME) which will be carried out by Medical Board of Officers to assess their physical & medical fitness.
- (ii) The medical examination of candidates will be carried out as per revised uniform medical guidelines issued by MHA vide UO No. A.VI-1/2014-Rectt(SSB) dated 20.05.2015 as amended from time to time.
- (iii) Candidates have to qualify all the stages of the third phase examination one by one. Any candidate not qualified any of the stage of examination, he/she will be eliminated from the recruitment process.
- (iv) Candidates having **Tattoos** will be considered as per following instructions:-
  - (a) **Content:** Being a secular country, the religious sentiments of our countrymen are to be respected and thus, tattoos depicting religious symbol or figures and the name as followed in Indian Army are to be permitted.
  - (b) **Location:** Tattoos marked on traditional sites of the body like inner aspect of forearm but only left forearm, being non saluting limb or dorsum of the hands are to be allowed.
  - (c) **Size:** Size must be less than  $\frac{1}{4}$  of the particular part (Elbow or Hand) of the body.
  - (d) In case a candidate has undergone removal of tattoo(s) prior to appearing for recruitment process and the same has faded substantially, this will be treated as a "scar" and not a tattoo. Such candidates will be permitted to undergo the entire selection process with the approval of Presiding Officer of the recruitment Board. Further, the scar resulting due to removal of tattoo will be reviewed by the Medical Board of Officer during Detailed Medical Examination".
- (v) Candidates will be called for medical examination in order of merit. Such candidates will be called till such time all vacancies in their respective categories are filled.

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- (vi) For female candidates only :- Any such female candidates who during the medical examination is found to be pregnant of twelve weeks or above, she shall be declared temporarily unfit and her appointment will be held in abeyance until the confinement is over.

(c) Review Medical Examination :-

- (i) The candidates who are declared Unfit in Detailed Medical Examination (DME) and not satisfied with the findings of the Initial Medical Examination, can submit their appeal. RME of candidates will be conducted in continuation of DME preferably on the next day of DME according to **MHA(Police-II Division) OM No.E.32012/ADG(Med)/DME & RME/DA-1/2020(Part File)/1166 dated 31<sup>st</sup> May'2021** containing "Revised uniform Guidelines for Review Medical Examination in central armed police forces and Assam Rifles for GOs & NGOs".
- (ii) All candidates declared unfit during Detailed Medical Examination (DME) will be allowed to undergo Review Medical Examination (RME), provided they give their written consent by appending their signature on the intimation indicating the reasons for being unfit. The appeals for Review Medical Examination (RME) will be preferred in the name of Appellate authority of concerned Recruiting Agency (RA).
- (iii) The consent in prescribed proforma for RME duly signed by the candidate should be submitted within 24 hours after he/she is informed of his/her unfitness in DME.
- (iv) Recruiting Agencies (RA) will endeavor to keep the venue for RME in the vicinity of a Composite Hospital of CAPFs or Government Medical College/Hospitals, for facilitating specialist opinion/ investigations etc, if required.
- (v) The decision of RME board will be final. **No appeal will be entertained against the findings of Review Medical Examination.**

**(8). CONDITION FOR ECONOMICALLY WEAKER SECTION (EWS)**

According to the Department of Personnel & Training (DoP&T) Office Memorandum No. 36039/1/2019-Estt.(Res) dated 31.01.2019. "The person belonging to EWSs who are not covered under the scheme of reservation for SCs, STs and OBCs and whose family has gross annual income below Rs. 8.00 lakh (Rupees Eight Lakh only) are to be identified as EWSs for benefit of 10% reservation in direct recruitment in civil posts and services in the Government of India."

Candidates availing the 10% reservation allocated for Economically Weaker Section (EWS), should submit a valid "INCOME & ASSET CERTIFICATE" as per the specimen attached at **Annexure-VII**.

**(9). ELIGIBILITY FOR RE-EMPLOYMENT OF EX-SERVICEMEN :-**

No Physical Efficiency Test will be held for Ex-Servicemen. However, Ex-Servicemen are required to qualify the Physical Standard Test (PST), Documentation, Trade Test, Written Examination and Medical Examination. Relaxation of upper age limit to the extent of military service plus 3 years is applicable.