



UNION PUBLIC SERVICE COMMISSION

EXAMINATION NOTICE NO.9/2019-CPF

DATED : 24.04.2019

(LAST DATE FOR SUBMISSION APPLICATIONS : 20.05.2019)

CENTRAL ARMED POLICE FORCES (ASSISTANT COMMANDANTS) EXAMINATION, 2019

(COMMISSION'S WEBSITE : <https://www.upsc.gov.in>)

IMPORTANT

1. CANDIDATES TO ENSURE THEIR ELIGIBILITY FOR THE EXAMINATION:

Candidates applying for the examination should ensure that they fulfill all eligibility conditions for admission to the Examination. Their admission at all the stages of the examination will be purely **provisional** subject to satisfying the prescribed eligibility conditions.

Mere issue of e-Admission Certificate to the candidate will not imply that his/her candidature has been finally cleared by the Commission.

Verification of eligibility conditions with reference to original documents is taken up only after the candidate has qualified for Interview/Personality Test.

2. HOW TO APPLY:

Candidates are required to apply **online only** by using the website <https://www.upsconline.nic.in>. Brief instructions for filling up the online Application Form have been given in Appendix-II. Detailed instructions are available on the above mentioned website.

2.1 Candidate should have details of one Photo ID Card viz. Aadhaar Card/Voter Card/PAN Card/Passport/Driving Licence/Any other Photo ID Card issued by the State/Central Government. The details of this Photo ID Card will have to be provided by the candidate while filling up the online application form. The candidates will have to upload a scanned copy of the Photo ID whose details have been provided in the online application by him/her. This Photo ID Card will be used for all future referencing and the candidate is advised to carry this Photo ID Card while appearing for Examination/Personality Test.

2.2 The Commission has introduced the facility of withdrawal of Application for those candidates who do not want to appear for the Examination. In this regard, Instructions are mentioned in Appendix-II (B) of this Examination Notice.

3. LAST DATE FOR SUBMISSION AND WITHDRAWAL OF APPLICATIONS:

The Online Applications can be filled upto **20th May, 2019 till 18.00 Hours.**

(II) The online Applications can be withdrawn from 27.05.2019 to 03.06.2019 till 6.00 PM. Detailed instructions regarding withdrawal of Applications is available at Appendix-II (B).

4. The eligible candidates shall be issued an e-Admission Certificate three weeks before the commencement of the examination. The e-Admission Certificate will be made available in the UPSC website [<https://www.upsconline.nic.in>] for downloading by candidates. No Admission Certificate will be sent by post. All the applicants are required to provide valid and active E-Mail I.D. while filling up Online Application Form as the Commission may use electronic mode for contacting them.

5. PENALTY FOR WRONG ANSWERS (In Objective Type Question Paper):

Candidates should note that there will be penalty (**Negative Marking**) for wrong answers marked by a candidate in the Objective Type Question Paper.

6. INSTRUCTIONS FOR FILLING UP OMR SHEETS:

a) For both writing and marking answers in the OMR Sheets (Answer Sheet) candidates must use black ball point pen only. Pens with any other colours are prohibited. Do not use Pencil or Ink pen. Candidates are further advised to read Special Instructions contained in Appendix-III of the Notice.

b) Candidates should note that any omission/mistake/discrepancy in encoding/filling in details in the OMR answer sheet; especially with regard to Roll Number and Test Booklet Series Code, will render the answer sheet liable for rejection.

7. SPECIAL INSTRUCTIONS:

Candidates are advised to read carefully "Special Instructions to the Candidates for Conventional Type Tests" (Appendix-IV).

8. FACILITATION COUNTER FOR GUIDANCE OF CANDIDATES:

In case of any guidance/information/clarification regarding their applications, candidature etc. candidates can contact UPSC's Facilitation Counter near 'C' Gate of its campus in person or over **Telephone No. 011-23385271/011-23381125/011-23098543** on working days between 10.00 hrs. and 17.00 hrs.

9. Mobile Phones/other articles Banned:

(a) The use of any mobile phone (even in switched off mode), pager or any electronic equipment or programmable device or storage media like pen drive, smart watches etc. or camera or blue tooth devices or any other equipment or related accessories either in working or switched off mode capable of being used as a communication device during the examination is strictly prohibited. Any infringement of these instructions shall entail disciplinary action including ban from future examinations.

(b) Candidates are advised in their own interest not to bring any of the banned item including mobile phones or any valuable/costly items to the venue of the examination, as arrangement for safe-keeping cannot be assured. Commission will not be responsible for any loss in this regard.

No.11/1/2019-E1(B) : The Union Public Service Commission will hold a Written Examination on **18th August, 2019** for recruitment of Assistant Commandants (Group A) in the Central Armed Police Forces (CAPF) viz. **Border Security Force (BSF), Central Reserve Police Force (CRPF), Central Industrial Security Force(CISF), Indo-Tibetan Border Police (ITBP) and Sashastra Seema Bal (SSB)**. The Examination will be held in accordance with the Rules for the Examination published by Ministry of Home Affairs in the Gazette of India dated **24th April, 2019**. The date of holding the examination as mentioned above is liable to be changed at the discretion of the Commission.

The tentative number of vacancies to be filled on the results of the examination is as follows:

(i)	BSF	100
(ii)	CRPF	108
(iii)	CISF	28
(iv)	ITBP	21
(iv)	SSB	66
Total		323

The number of vacancies mentioned above is liable to alteration.

Reservation will be given effect to as per policy of the Govt. 10% of the vacancies are earmarked for ex-servicemen.

NOTE: In case the vacancy(ies) reserved for Ex-servicemen remain unfilled due to non-availability of eligible or qualified candidates, the same shall be filled by candidates from non-ex-servicemen category.

2. CENTRES OF EXAMINATION :

The Examination will be held at the following Centres :

AGARTALA	HYDERABAD	PATNA
AHMEDABAD	IMPHAL	PORT BLAIR
AIZAWL	ITANAGAR	PRAYAGRAJ (ALLAHABAD)
BANGALORE	JAIPUR	RAIPUR
BAREILLY	JAMMU	RANCHI
BHOPAL	JORHAT	SAMBALPUR
CHANDIGARH	KOCHI	SHILLONG
CHENNAI	KOHIMA	SHIMLA
CUTTACK	KOLKATA	SRINAGAR
DEHRADUN	LUCKNOW	THIRUVANANTHAPURAM
DELHI	MADURAI	TIRUPATI
DHARWAD	MUMBAI	UDAIPUR
DISPUR	NAGPUR	VISHAKHAPATNAM
GANGTOK	PANAJI (GOA)	

The centres and the date of holding the examination as mentioned above are liable to be changed at the discretion of the Commission. Applicants should note that there will be a ceiling on the number of candidates allotted to each of the Centres, except Chennai, Dispur, Kolkata and Nagpur. Allotment of

Centres will be on the “**first-apply-first allot**” basis, and once the capacity of a particular Centre is attained, the same will be frozen. Applicants, who cannot get a Centre of their Choice due to ceiling, will be required to choose a Centre from the remaining ones. Applicants are, thus, advised that they may apply early so that they may apply early so that they could get a Centre of their choice.

NB : Notwithstanding the aforesaid provision, Commission reserve the right to change the Centres at their discretion if the situation demands.

Candidates admitted to the examination will be informed of the time table and place or places of examination. The candidates should note that no request for change of centre will be entertained. Reservations will be made for candidates belonging to Scheduled Castes, Scheduled Tribes, other Backward Classes and Economically Weaker Sections categories in respect of vacancies as may be fixed by the Government.

A candidate will be eligible to get the benefit of community reservation only in case the particular caste to which the candidates belong is included in the list of reserved communities issued by the Central Government. The candidates will be eligible to get the benefit of the Economically Weaker Section reservation only in case the candidate meets the criteria issued by the Central Government and in possession of such eligibility certification. If a candidate indicates in his/her application form for Central Armed Police Forces (Assistant Commandants) Examination that he/she belongs to General category but subsequently writes to the Commission to change his/her category to a reserved one, such request shall not be entertained by the Commission. Further, once a candidate has chosen a reserved category, no request shall be entertained for change to other reserved category viz. SC to ST, ST to SC, OBC to SC/ST or SC/ST to OBC, SC to EWS, EWS to SC, ST to EWS, EWS to ST, OBC to EWS, EWS to OBC. No reserved category candidates other than those recommended on General Merit shall be allowed to change his/her category from Reserved to Unreserved or claim the vacancies for UR category after the declaration of final result by UPSC.

While the above principle will be followed in general, there may be a few cases where there was a gap not more than 3 months between the issuance of a Government Notification enlisting a particular community in the list of any of the reserved communities and the date of submission of the application by the candidate. In such cases the request of change of community from general to reserved may be considered by the Commission on merit.

Candidates seeking reservation/relaxation benefits available for SC/ST/EWS/OBC must ensure that they are entitled to such reservation/relaxation as per eligibility prescribed in the Rules/Notice. They should also be in possession of all the requisite certificates in the prescribed format in support of their claim as stipulated in the Rules/Notice for such benefits, and these certificates should be dated earlier than the due date (Closing date) of the application.

Provided further that EWS Candidates can submit their Income and Asset Certificate (certificate of eligibility) at the time of submission of online Detailed Application Form (DAF). The Income and Asset Certificate must be dated earlier than 1st August, 2019. Since reservation for EWS category candidates has been notified recently, therefore this extension for submission of certificate for EWS category candidates is a one time relaxation applicable for Central Armed Police Forces (Assistant Commandants) Examination, 2019 only.

As per the decision taken by the Government for increasing the access of unemployed to job opportunities, the Commission will publically disclose the scores of the candidates (obtained in the Written Examination and Interview/Personality Test) through the public portals. The disclosure will be made in respect of only those candidates who will appear in the Interview/Personality Test for the Central Armed Police Forces (Assistant Commandants) Examination and are not finally recommended for appointment. The information shared through this disclosure scheme about the non-recommended candidates may be used by other public and private recruitment agencies to appoint suitable candidates from the information made available in the public portal.

Candidates will be required to give their options at the time of Interview/ Personality Test, while acknowledging the e-summon letter mailed to them for interview. A candidate may opt out of the scheme also and in that case his/her details will not be published by the Commission.

Besides sharing of the information of the non-recommended candidates for the examinations conducted by the Commission, the Commission will not assume any responsibility of liability for the method and manner in which information related to candidates who appear at the Commission's Examinations/Selections is utilized by other private of public organizations.

3. ELIGIBILITY CONDITIONS :

(I) Nationality : No person who is not a citizen of India shall, except with the consent of the Central Government signified in writing be appointed or employed under these Rules.

Provided that nothing contained in these rules shall debar the appointment, enrolment or employment of a subject of Nepal or Bhutan under these Rules.

(II) Sex : Both Male and Female candidates are eligible for appointment to the post of Assistant Commandants.

(III) Age Limits :

(a) A candidate must have attained the age of 20 years and must not have attained the age of 25 years on 1st August, 2019, i.e. he/she must have been born not earlier than 2nd August, 1994 and not later than 1st August, 1999.

(b) The upper age limit prescribed above will be relaxable.

(i) upto a maximum of five years if a candidate belongs to a Scheduled Caste or a Scheduled Tribe.

(ii) upto a maximum of three years in the case of candidates belonging to Other Backward Classes who are eligible to avail of reservation applicable to such candidates.

(iii) upto a maximum of five years for Civilian Central Government Servants in accordance with the existing instructions of the Central Government. Ex-Servicemen will also be eligible for this relaxation. **However the total relaxation claimed on account of Government Service will be limited to five years.**

(iv) upto a maximum of five years if a candidate had ordinarily been domiciled in the State of Jammu & Kashmir during the period from 1st January, 1980 to the 31st day of December, 1989.

Note I : Candidates belonging to the Scheduled Castes and the Scheduled Tribes and the Other Backward Classes who are also covered under any other clause of Para 3(III)(b) above, viz. those coming under the category of Civilian Central Government Servants/Ex-Servicemen and persons domiciled in the State of Jammu & Kashmir, will be eligible for grant of cumulative age-relaxation under both the categories.

Note II : The term Ex-Servicemen will apply to the persons who are defined as Ex-Servicemen in the Ex-Servicemen (Re-employment in Civil Services and Posts) Rules, 1979, as amended from time to time

Note III: The age concession under Para 3(III)(b)(iii) will be admissible to Ex-servicemen i.e. a person who has served in any rank whether as combatant or non-combatant in the Regular Army, Navy and Air Force of the Indian Union and who either has been retired or relieved or discharged from such service whether at his own request or being relieved by the employer after earning his or her pension. The term "Civilian Central Government Servants" will apply to persons who are defined as "Government Servants" in the Central Civil Services (Classification, Control and Appeal) Rules, 1965 as amended from time to time.

SAVE AS PROVIDED ABOVE THE AGE LIMITS PRESCRIBED CAN IN NO CASE BE RELAXED.

The date of birth accepted by the Commission is that entered in the Matriculation or Secondary School Leaving Certificate or in a certificate recognised by an Indian University as equivalent to Matriculation or in an extract from a Register of Matriculates maintained by a University, which must be certified by the proper authority of the University or in the Higher Secondary or an equivalent examination certificate. No other document relating to age like horoscopes, affidavits, birth extracts from Municipal Corporation, service records and the like will be accepted. The expression Matriculation/Secondary Examination Certificate in this part of the instructions includes the alternative certificates mentioned above.

NOTE 1 : Candidates should note that once a Date of Birth has been claimed by them and entered in the records of the Commission for the purpose of admission to an Examination, no change will be allowed subsequently (or at any other Examination of the Commission) on any grounds whatsoever.

NOTE 2 : The candidate should exercise due care while entering their Date of Birth in Online Application Form for the Examination. If on verification at any subsequent stage, any variation is found in their Date of Birth from the one entered in their Matriculation or equivalent Examination Certificate, disciplinary action will be taken by the Commission under the Rules.

(IV) Minimum Educational Qualifications: A candidate must hold a Bachelor's degree of a University incorporated by an Act of the Central or State Legislature in India or other educational institutions established by an Act of Parliament or declared to be deemed as a University under Section-3 of the University Grants Commission Act, 1956 or possess an equivalent qualification.

NOTE 1 : Candidates who have appeared at an examination the passing of which would render them educationally qualified for the Commission's examination but have not been informed of the results as also the candidates who intend to appear at such a qualifying examination in the year 2019 will also be eligible for admission to the examination. Such candidates will be admitted to the examination if otherwise eligible but the admission would be deemed to be provisional and subject to cancellation if they do not produce proof of having passed the requisite examination **along with the Detailed**

Application Form which will be required to be submitted online by the candidates who after qualifying on the result of the written part of the examination are also declared qualified in the Physical Standards/Physical Efficiency Tests and Medical Standards Tests. Such proof of passing the requisite examination should be dated earlier than the due date (closing date) of Detailed Application Form of the Central Armed Police Forces (Assistant Commandants) Examination, 2019.

NOTE II : In exceptional cases the Union Public Service Commission may treat a candidate who has not any of the foregoing qualifications as a qualified candidate, provided that he/she has passed an examination conducted by the other Institutions, the standard of which in the opinion of the Commission justifies his/her admission to the examination.

NOTE III : Candidates possessing professional and technical qualifications which are recognised by Government as equivalent to professional and technical degree would also be eligible for admission to the examination.

V. Restriction on re-appearance of candidates finally selected/ recommended earlier:

A candidate who has been finally selected on the basis of an earlier examination to the post of Assistant Commandants in any of the forces participating in the Central Armed Police Forces (Assistant Commandants) Examination will not be eligible to appear at a subsequent examination for recruitment of Assistant Commandants in the participating CAPFs.

VI. Physical Standards : Candidates must meet the prescribed Physical and Medical Standards for admission to Central Armed Police Forces (Assistant Commandants), Examination, 2019 specified in **Appendix-V** of the Notice.

VII. Possession of NCC 'B' or 'C' Certificates :

Possession of NCC 'B' or 'C' Certificate will be a desirable qualification. These qualifications will be given consideration at the time of Interview/Personality Test only.

4. FEE :

Candidates (excepting Female/SC/ST Candidates who are exempted from payment of fee) are required to pay fee of Rs.200/- (Rupees Two Hundred only) either by remitting the money in any Branch of State Bank of India or by using Visa/Master/RuPay Credit/Debit Card or by using Internet Banking of SBI. Applicants who opt for "Pay by Cash" mode should print the system generated Pay-in-slip during part II registration and deposit the fee at the counter of SBI Branch on the next working day only. "Pay by Cash" mode will be deactivated at 23.59 hours of 19.05.2019 i.e. one day before the closing date; however applicants who have generated their Pay-in- Slip before it is deactivated may pay at the counter of SBI Branch during banking hours on the closing date. Such applicants who are unable to pay by cash on the closing date i.e during banking hours at SBI Branch, for reasons whatsoever, even if holding valid pay-in-slip will have no other offline option but to opt for available online Debit/Credit Card or Internet Banking payment mode on the closing date i.e. till 18:00 Hours of 20.05.2019.

Note: 1. Candidates should note that payment of examination fee can be made only through the modes prescribed above. Payment of fee through any other mode is neither valid nor acceptable. Applications submitted without the prescribed fee/mode (unless remission of fee is claimed) shall be summarily rejected.

Note: 2. Fee once paid shall not be refunded under any circumstances nor can the fee be held in reserve for any other examination or selection.

Note: 3. For the applicants in whose case payments details have not been received from the bank, they will be treated as fictitious payment cases and their applications will be rejected in the first instance. A list of all such applicants shall be made available on the Commission website within two weeks after the last day of submission of Online Application. The applicants shall be required to submit the proof of their fee payment within 10 days from the date of such communication either by hand or by speed post to the Commission. On receipt of documentary proof, genuine fee payment cases will be considered and their applications will be revived, if they are otherwise eligible.

ALL FEMALE CANDIDATES AND CANDIDATES BELONGING TO SCHEDULED CASTES/SCHEDULED TRIBES ARE NOT REQUIRED TO PAY ANY FEE. NO FEE EXEMPTION IS, HOWEVER, AVAILABLE TO OBC/EWS CANDIDATES AND THEY ARE REQUIRED TO PAY THE FULL PRESCRIBED FEE.

5. HOW TO APPLY :

(a) Candidates are required to apply Online using the link <https://www.upsconline.nic.in> Detailed instructions for filling up Online Applications are available on the above mentioned website.

(b) The applicants are advised to submit only single application. However, if due to any unavoidable situation, he/she submits another/multiple applications, then he/she must ensure that application with the higher RID is complete in all respects like applicants details, examination centre, photograph, signature, fee etc. The applicants who are submitting multiple applications should note that only the application with higher RID (Registration ID) shall be entertained by the Commission and fee paid against one RID shall not be adjusted against any other RID.

(c) All candidates, whether already in Government Service, Government owned industrial undertakings or other similar organisations or in private employment should submit their applications direct to the Commission.

Persons already in Government service, whether in permanent or temporary capacity or as work-charged employees other than casual or daily rated employees or those serving under the Public Enterprises are however, required to inform in writing their Head of Office/Department that they have applied for the Examination.

Candidates should note that in case a communication is received from their employer by the Commission withholding permission to the candidates applying for/appearing at the examination, their application will be liable to be rejected/ candidature will be liable to be cancelled.

NOTE 1 : While filling in his/her Online Application Form, the candidate should carefully decide about his/her choice for the Centre for the Examination.

If any candidate appears at a centre other than the one indicated by the Commission in his/her e-Admission Certificate, the papers of such a candidate will not be evaluated and his/her candidature will be liable to cancellation.

NOTE 2 : Incomplete or defective applications shall be summarily rejected. No representation or correspondence regarding such rejection shall be entertained under any circumstances.

NOTE 3 : Candidates are not required to submit Hard Copy of their applications to the Commission at this stage.

The candidates applying for the examination should ensure that they fulfill all the eligibility conditions for admission to the examination. Their admission at all the stages of examination for which they are admitted by the Commission viz. Written Examination, Physical and Medical Standards Tests and Physical Efficiency Test (PET) and Interview/ Personality Test will be purely provisional, subject to their satisfying the prescribed eligibility conditions. If on verification at any time before or after the Written Examination, Physical and Medical Standards Tests, Physical Efficiency Test (PET) and Interview/ Personality Test, it is found that they do not fulfill any of the eligibility conditions, their candidature for the examination will be cancelled by the Commission.

If any of their claims is found to be incorrect, they will render themselves liable to disciplinary action by the Commission in terms of Rule 14 of the Rules for the Central Armed Police Forces (Assistant Commandants) Examination, 2019 reproduced below :

A candidate who is or has been declared by the Commission to be guilty of :

A candidate who is or has been declared by Commission to be guilty of :

- i) obtaining support for his/her candidature by any following means namely;
 - (a) offering illegal gratification; or
 - (b) applying pressure on ; or
 - (c) blackmailing or threatening to blackmail any person connected with the conduct of the examination; or
- (ii) impersonation, or
- (iii) procuring impersonation by any person, or
- (iv) submitting fabricated documents or documents which have been tampered with, or
- (v) uploading irrelevant photos in the application form in place of actual photo/signature.
- (vi) making statements which are incorrect or false, or suppressing material information, or
- (vii) resorting to any other irregular or improper means in connection with his/her candidature for the Examination, or
- (viii) being in possession of or using unfair means during the examination, or
- (ix) writing irrelevant matter including, obscene language or irrelevant matter pornographic matter, in the script(s), or
- (x) misbehaving in any other manner in the examination hall, or
- (xi) harassing or doing bodily harm to the staff employed by the Commission for the conduct of their examination, or
- (xii) being in possession of or using any mobile phone (even in switched off mode), pager or any electronic equipment or programmable device or storage media like pen drive,

- smart watches etc. or camera or blue tooth devices or any other equipment or related accessories either in working or switched off mode capable of being used as a communication device during the examination; or
- (xiii) violating any of the instructions issued to candidates along with their e-Admission Certificates permitting them to take the examination, or
- (xiv) attempting to commit, or as the case may be abetting the commission of all or any of the acts specified in the foregoing clauses;
- may in addition to rendering himself/herself liable to criminal prosecution be liable
- (a) to be disqualified by the Commission from the examination for which he/she is a candidate : and/or
- (b) to be debarred either permanently or for specified period :—
- (i) by the Commission from any examination or selection held by them;
- (ii) by the Central Government from any employment under them; and
- (c) if he/she is already in service under Government to disciplinary action under the appropriate rules :
- Provided that no penalty under this rule shall be imposed except after :
- (i) giving the candidate an opportunity of making such representation in writing as he/she may wish to make in that behalf; and
- (ii) taking the representation, if any, submitted by the candidate, within the period allowed to him/ her into consideration.

6. LAST DATE FOR SUBMISSION OF APPLICATIONS :

The Online Applications can be filled upto **20th May, 2019 till 18.00 hours.**

7. CORRESPONDENCE WITH THE COMMISSION :

The Commission will not enter into any correspondence with the candidates about their candidature except in the following cases:

(i) The eligible candidates shall be issued an e-admission Certificate three weeks before the commencement of the examination. The e-Admission Certificate will be made available in the UPSC website [<https://www.upsc.gov.in>] for downloading by candidates. No paper Admission Certificate will be sent by post. For downloading the e-Admission Certificate/e-Admit Card the candidate must have his/her vital parameters like RID & Date of Birth or Roll No. (if received) & date of birth or name, father's name & Date of Birth available with him/her. **If a candidate does not receive his/her e-Admission Certificate or any other communication regarding his/her candidature for the examination three weeks before the commencement of the examination, he/she should at once contact the Commission.** Information in this regard can also be obtained from the Facilitation Counter located in the Commission's office either in person or over phone Nos. 011-23381125/011-23385271/011-23098543. **In case no communication is received in the Commission's office from the candidate regarding non-receipt of his/her e-admission certificate at least 3 weeks before the examination, he/she himself/herself will be solely responsible for non-receipt of his/her e-Admission Certificate.**

No candidate will ordinarily be allowed to take the examination unless he/she holds an e-admission certificate for the examination. On the receipt of e-Admission Certificate, candidates should check it carefully and bring discrepancies/errors, if any, to the notice of UPSC immediately.

The candidates should note that their admission to the examination would 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 UPSC.

The mere fact that an e-admission certificate to the Examination has been issued to a candidate will not imply that the Commission has finally cleared his/her candidature or that the Commission has accepted entries made by the candidate in his/her application for the Examination as true and correct. Candidates may note that the Commission will take up the verification of eligibility conditions of a candidate, with reference to original documents, only after the candidate has qualified the Central Armed Police Forces (Written) Examination. Unless the Commission formally confirms candidature, it continues to be provisional.

The decision of the Commission as to the eligibility or otherwise of a candidate for admission to the Examination shall be final. Candidates should note that the name in the e-Admission Certificate in some cases may be abbreviated due to technical reasons.

(ii) The candidates must ensure that their E-Mail IDs given in their Online Applications are valid and active as the Commission may use electronic mode of communication while contacting them at different stages of examination processes.

(iii) A candidate must see that communications sent to him/her at the address stated in his/her application are redirected, if necessary. Change in address should be communicated to the Commission at the earliest

opportunity. Although the Commission make every effort to take account of such changes, they cannot accept any responsibility in the matter.

(iv) Candidates may note that they will not be allowed to take the examination on the strength of an e-Admission Certificate issued in respect of another candidate.

IMPORTANT : ALL COMMUNICATIONS TO THE COMMISSION SHOULD INVARIABLY CONTAIN THE FOLLOWING PARTICULARS.

1. NAME AND YEAR OF THE EXAMINATION
2. REGISTRATION I.D. (RID)
3. ROLL NUMBER (IF RECEIVED)
4. NAME OF CANDIDATE (IN FULL AND IN BLOCK LETTERS)
5. COMPLETE POSTAL ADDRESS AS GIVEN IN THE APPLICATION.
6. VALID AND ACTIVE E-MAIL ID.

N.B.I : Communications not containing the above particulars may not be attended to. Candidates are strongly advised to keep a print out or soft copy of their online application for future references.

8. WITHDRAWAL OF APPLICATIONS :

Applications can be withdrawn as per instructions available at Appendix II (B).

9. SERVICE ALLOCATION:

Service Allocation will be made on the basis of position in the Merit List and the Service Preferences, which will have to be indicated by the candidates at the time of filling up the Detailed Application Form after qualifying the Physical and Medical Standards Tests and the Physical Efficiency Tests. Both Male and Female candidates are eligible for appointment to the post of Assistant Commandants.

10. OTHER DETAILS :

For other details regarding the Examination, the candidates may refer to the Appendices as specified below :

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|---|--------------|
| (a) Selection Procedure/ Scheme and syllabus of Examination | Appendix-I |
| (b) Instructions to candidates for filling up the Online Application Form | Appendix-II |
| (c) Special Instructions for Objective Type Tests | Appendix-III |
| (d) Special Instructions for Conventional Type Tests | Appendix-IV |
| (e) Physical and Medical Standards | Appendix-V |

(OM PRAKASH)
Under Secretary
Union Public Service Commission

APPENDIX - I

SELECTION PROCEDURE/SCHEME AND SYLLABUS OF THE EXAMINATION

(A) Selection Procedure/Scheme: -

The Selection Procedure/Scheme of the Examination will be as follows:

(i) Written Examination: The written examination to be conducted by Union Public Service Commission will be held on **18th August, 2019** and will comprise two papers. Paper I will be held from **10 a.m. to 12.00 Noon** and Paper II will be held from **2.00 p.m. to 5.00 p.m.**

Paper I : General Ability and Intelligence - 250 Marks

The questions in this paper will be of Objective (Multiple Answers) Type in which the questions will be set in English as well as Hindi.

Paper II : General Studies, Essay and Comprehension - 200 Marks

In this paper candidates will be allowed the option of writing the Essay Component in English or Hindi, but the medium of Precis Writing, Comprehension Components and other communications/ language skills will be English only.

NOTE-I : Candidates should ensure that in Paper II they write the answers only in the medium allowed by the Commission for the different Components as mentioned above. No credit will be given for answers written in a medium other than the one allowed in the Paper. Candidates will be required to indicate the medium of Essay Component in the Attendance Lists and on the Answer Book. No credit will be given for the Essay Component if the candidate indicates a medium on the Attendance List and on the Answer Book other than the one in which he/she has written the Essay.

NOTE-II: There will be minimum qualifying marks separately in each Paper as may be fixed by the Commission in their discretion. Paper-I will be evaluated first and evaluation of Paper-II will be done only of those candidates who obtain the minimum qualifying marks in Paper-I.

(ii) Physical Standards/Physical Efficiency Tests and Medical Standards Tests :

Candidates who are declared qualified in the written examination will be summoned for Physical Standards/ Physical Efficiency Tests and Medical Standards Tests. Those candidates who meet the prescribed Physical Standards, specified in Appendix-VI, will be put through the Physical Efficiency Tests as indicated below :

Physical Efficiency Tests (PET)

	Males	Females
(a) 100 Meters race	In 16 seconds	In 18 seconds
(b) 800 Meters race	In 3 minutes 45 seconds	In 4 minutes 45 seconds
(c) Long Jump	3.5 Meters (3 chances)	3.0 meters (3 chances)
(d) Shot Put (7.26 Kgs.)	4.5 Meters	—

Pregnancy at the time of PET will be a disqualification and pregnant female candidate will be rejected.

Medical Standards Tests, to check the standards specified in Appendix-VI, will be conducted only in respect of candidates who are declared qualified in the Physical Efficiency Test.

The Physical Standards/Physical Efficiency Tests and Medical Standards Tests will be conducted under the supervision of a Nodal Authority to be appointed by the Ministry of Home Affairs. These tests will be conducted at various centres to be notified after the results of the written examination.

Appeals will be entertained only against the Medical Standards Tests and will have to be made to the Appellate Authority designated by the Ministry of Home Affairs within a period of 15 days from the date of declaration of the results of these tests.

(iii) Interview/Personality Test : Candidates who are declared qualified in the Medical Standards Tests, will be called for Interview/Personality Test to be conducted by Union Public Service Commission. Candidates who are declared medically unfit but allowed to appear before the "Review Medical Board" on their appeal by the Appellate Authority will be called for Interview/Personality Tests provisionally. The Interview/Personality Test will carry **150 Marks**.

Candidates who are short-listed for Interview/Personality Test, including those shortlisted for Interview/Personality Test provisionally will be issued a Detailed Application Form (DAF) in which among other things, they will be required to indicate their preference of Forces.

(iv) Final Selection / Merit : The merit list will be drawn on the basis of marks obtained by the candidates in the Written Examination and Interview/Personality Test.

(B) Syllabi of the Written Papers:-

Paper I : General Ability and Intelligence

The objective type questions with multiple choices in this paper will broadly cover the following areas:

1. General Mental Ability

The questions will be designed to test the logical reasoning, quantitative aptitude including numerical ability, and data interpretation.

2. General Science

The questions will be set to test general awareness, scientific temper, comprehension and appreciation of scientific phenomena of everyday observation including new areas of importance like Information Technology, Biotechnology, Environmental Science.

3. Current Events of National and International Importance:

The questions will test the candidates' awareness of current events of national and international importance in the broad areas of culture, music, arts, literature, sports, governance, societal and developmental issues, industry, business, globalisation, and interplay among nations.

4. Indian Polity and Economy:

The questions shall aim to test candidates' knowledge of the Country's political system and the Constitution of India, social systems and public administration, economic development in India, regional and international security issues and human rights including its indicators.

5. History of India :

The questions will broadly cover the subject in its social, economic and political aspects. This shall also include the areas of growth of nationalism and freedom movement.

6. Indian and World Geography:

The questions shall cover the physical, social and economic aspects of geography pertaining to India and the World.

Paper II : General Studies, Essay and Comprehension

Part-A – Essay questions which are to be answered in long narrative form either in Hindi or English totaling 80 Marks. The indicative topics are modern Indian history especially of the freedom struggle, geography, polity and economy, knowledge of security and human rights issues, and analytical ability.

Part-B – Comprehension, précis writing, other communications/language skills – to be attempted in English only (Marks 120) – The topics are Comprehension passages, précis writing, developing counter arguments, simple grammar and other aspects of language testing.

APPENDIX-II(A)

INSTRUCTIONS TO THE CANDIDATES FOR FILLING ONLINE APPLICATIONS

Candidates are required to apply Online using the website **www.upsconline.nic.in**.

Salient features of the system of Online Application Form are given hereunder:

- Detailed instructions for filling up Online Applications are available on the above mentioned website.
- Candidates will be required to complete the Online Application Form containing two stages viz. Part-I and Part-II as per the instructions available in the above mentioned site through drop down menus.
- The candidates are required to pay a fee of Rs. 200/- (Rupees Two Hundred only) [excepting SC/ST/Female candidates who are exempted from payment of fee] either by depositing the money in any branch of State Bank of India by cash, or by using net banking facility of State Bank of India or by using any Visa/Master/RuPay Credit/Debit Card.
- Before start filling up Online Application, a candidate must have his photograph and signature duly scanned in the .jpg format in such a manner that each file should not exceed 300 KB each and must not be less than 20 KB in size for the photograph and signature.
- The candidate should have details of one Photo ID viz. Aadhar Card/Voter Card/PAN Card/Passport/Driving License/Any other photo ID Card issued by the State/Central Government. The details of this photo ID will have to be provided by the candidate while filling up the online application form. This photo ID will be used for all future references and the candidate is advised to carry this ID while appearing for the examination.
- The Online applications (Part I and II) can be filled from 24th April, 2019 to 20th May, 2019 till 18:00 Hrs.
- Applicants should avoid submitting multiple applications. However, if due to any unavoidable circumstances, any applicant submits multiple applications then he/she must ensure that the application with higher RID is complete in all respects.
- In case of multiple applications, the application with higher RID shall be entertained by the Commission and fee paid against one RID shall not be adjusted against any other RID.
- The applicants must ensure that while filling their Application Form, they are providing their valid and active E-Mail IDs as the Commission may use electronic mode of communication while contacting them at different stages of examination process.
- The applicants are advised to check their e-mails at regular intervals and ensure that the e-mail address ending with @nic.in are directed to their inbox folder and not to the SPAM folder or any other folder.
- **Candidates are strongly advised to apply online well in time without waiting for the last date for submission of Online Applications.**
- **Moreover, the Commission has introduced provision of withdrawal of application for the candidate, who does not want to appear at the Examination, he/she may withdraw his/her application.**

Appendix-II (B)

IMPORTANT INSTRUCTIONS TO WITHDRAW APPLICATION

1. Candidates are advised to go through the instructions carefully before filling up the request for withdrawal of application.
2. The Commission has provided the withdrawal facility from 27.05.2019 to 03.06.2019 (till 6.00 PM) to those candidates who do not want to appear at this Examination.
3. Candidates are advised to provide the details of registered application with registration-id which was completed and submitted finally. There is no provision for withdrawing of incomplete applications.
4. Before making the request for withdrawal, candidate must ensure that they have access to the registered mobile number and email-id which were provided by them at the time of submission of application. Separate OTPs will be sent by the Commission on the registered mobile number and email-id. Request for withdrawal will be accepted only after it is confirmed by validating the OTP details sent on candidate's mobile and email-id. Such OTPs will be valid for 30 Minutes only.
5. **Request for generating OTP for withdrawal of application will be accepted only till 5.30 PM on 03.06.2019.**
6. If a candidate has submitted more than one application form then the higher registration-id of Application (latest) will be considered for withdrawal and all earlier applications will be treated as cancelled automatically.
7. After the final acceptance of the request for online withdrawal of application, the candidate must print the authenticated receipt. Once application has been withdrawn by the candidate, it cannot be revived in future.
8. UPSC has no provision to refund any fee amount paid by candidates, so in case of successful withdrawal of application the fees will not be refunded.

9. On successful completion of withdrawal of application, an auto-generated email and SMS will be sent on candidate's registered email-id and mobile. In case any candidate has not submitted the request for withdrawal of application he/she may contact UPSC on email-id: upscsoap@nic.in immediately.
10. Candidates are advised not to share the OTPs received on email and SMS to anybody.
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APPENDIX-III

Special Instruction to candidates for objective type tests

1. **Articles permitted inside Examination Hall**
Clip board or hard board (on which nothing is written), a good quality black ball pen for making responses on the Answer Sheet. Answer Sheet and sheet for rough work will be supplied by the invigilator.
2. **Articles not permitted inside Examination Hall**
Do not bring into the Examination Hall any article other than those specified above e.g. books, notes, loose sheets, electronic or any other type of calculators, mathematical and drawing instruments, Log Tables, stencils of maps, slide rules, Test Booklets, rough sheets pertaining to earlier session(s), etc.
Mobile phones or any other communication devices are not allowed inside the premises where the examination is being conducted. Any infringement of these instructions shall entail disciplinary action including ban from future examinations. Candidates are advised in their own interest not to bring any of the banned items including mobile phones etc. to the venue of the examination, as arrangements for safekeeping cannot be assured.
3. **Penalty for wrong Answers (in Objective Type Papers)**
THERE WILL BE PENALTY (NEGATIVE MARKING) FOR WRONG ANSWERS MARKED BY A CANDIDATE IN THE OBJECTIVE TYPE QUESTION PAPERS.
 - (i) **There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, one third (0.33) of the marks assigned to that question will be deducted as penalty.**
 - (ii) **If a candidate gives more than one answer, it will be treated as a wrong answer even if one of the given answers happens to be correct and there will be same penalty as above for that question.**
 - (iii) **If a question is left blank i.e. no answer is given by the candidate, there will be no penalty for that question.**
4. **Unfair means strictly prohibited**
No candidates shall copy from the papers of any other candidate nor permit his papers to be copied nor give nor attempt to give not obtain nor attempt to obtain irregular assistance of any description.
5. **Conduct in Examination Hall**
No candidates should misbehave in any manner or create disorderly scene in the Examination Hall or harass the staff employed by the Commission for the conduct of the examination. Any such misconduct will be severely penalised.
6. **Answer Sheet Particulars**
 - (i) Write in black ball pen your Centre and subject followed by Test Booklet series (in bracket), subject code and roll number at the appropriate space provided on the Answer Sheet at the top. Also encode your booklet series (A, B, C or D as the case may be), subject code and roll number with black ball pen in the circles provided for the purpose in the Answer Sheet. The guidelines for writing the above particulars and encoding the above particulars are given in Annexure. In case the booklet series is not printed on the Test Booklet or Answer Sheet is unnumbered, please report immediately to the invigilator and get the Test Booklet/Answer Sheet replaced.
 - (ii) Candidates should note that any omission/mistake/discrepancy in encoding/filling of details in the OMR answer sheet, especially with regard to Roll Number and Test Booklet Series Code, will render the answer sheet liable for rejection.
 - (iii) Immediately after commencement of the examination please check that the Test Booklet supplied to you does not have any unprinted or torn or missing pages or items etc. If so, get it replaced by a complete Test Booklet of the same series and subject.
7. Do not write your name or anything other than the specific items of information asked for, on the Answer Sheet/Test Booklet/sheet for rough work.
8. Do not fold or mutilate or damage or put any extraneous marking in the Answer Sheet. Do not write anything on the reverse of the Answer Sheet.
9. Since the Answer Sheets will be evaluated on computerised machines, candidates should exercise due care in handling and filling up the Answer Sheets. **They should use black ball pen only to darken the circles. For writing in boxes, they should use black ball pen. Since the entries made by the candidates by darkening the circles will be taken into account while evaluating the Answer Sheet on computerised machines, they should make these entries very carefully and**

accurately. The candidate must mark responses in the Answer Sheet with good quality black ball pen.

10. Method of marking answers

In the "OBJECTIVE TYPE" of examination, you do not write the answers. For each question (hereinafter referred to as "Item") several suggested answers (hereinafter referred to as "Responses") are given. You have to choose one response to each item. The question paper will be in the Form of TEST BOOKLET. The booklet will contain item bearing numbers 1, 2, 3 etc. Under each item, Responses marked (a), (b), (c), (d) will be given. Your task will be to choose the correct response. If you think there is more than one correct response, then choose what you consider the best response.

In any case, for each item you are to select only one response. If you select more than one response, your response will be considered wrong. In the Answer Sheet, Serial Nos. from 1 to 160 are printed. Against each numbers, there are circles marked (a), (b), (c) and (d). After you have read each item in the Test Booklet and decided which one of the given responses is correct or the best, you have to mark your response by completely blackening to indicate your response.

Ink pen or pencil should not be used for blackening the circle on the Answer Sheet.

For example, if the correct answer to item 1 is (b), then the circle containing the letter (b) is to be completely blackened with black ball pen as shown below :-

Example : (a) • (c) (d)

11. Entries in Scannable Attendance List

Candidates are required to fill in the relevant particulars with black ball pen only against their columns in the Scannable Attendance List as given below :-

- i) Blacken the circle (P) under the column (Present/Absent)
- ii) Blacken the relevant circle for Test Booklet Series
- iii) Write Test Booklet Serial No.
- iv) Write the Answer Sheet serial No. and also blacken the corresponding circles below
- v) Append signature in the relevant column

12. Please read and abide by the instructions on the cover of Test Booklet. If any candidate indulges in disorderly or improper conduct, he will render himself liable for disciplinary action and/or imposition of a penalty as the Commission may deem fit.

13. The candidates are not allowed to leave the Examination Hall before the expiry of prescribed time period of the examination.

Annexure

How to fill in the Answer Sheet of objective type tests in the Examination Hall

Please follow these instructions very carefully. You may note that since the Answer Sheets are to be evaluated on machine, any violation of these instructions may result in reduction of your score for which you would yourself be responsible.

Before you mark your responses on the Answer Sheet, you will have to fill in various particulars in it. As soon as the candidate receives the Answer Sheet, he/she should check that it is numbered at the bottom. If it is found unnumbered he/she should at once get it replaced by a numbered one!

You will see from the Answer Sheet that you will have to fill in the top line, which reads thus:

केंद्र	विषय	विषय कोड	<input type="text"/>	अनक्रमांक	<input type="text"/>
-----	-----	-----		-----	
Centre	Subject	S. Code		Roll Number	

If you are, say, appearing for the examination in Delhi Centre for the General Studies Paper and your Roll No. is 081276 and your Test Booklet series is 'A', you should fill in thus, using ball pen.

* This is just illustrative and may not be relevant to the Examination concerned.

केंद्र	विषय	विषय कोड	<input type="text"/>	अनक्रमांक	<input type="text"/>
-----	-----	-----	9 9	-----	0 8 1 2 7 6
Centre	Subject	S. Code		Roll Number	
DELHI	General Ability				

You should write with black ball pen the name of the centre and subject in English or Hindi. The test Booklet Series is indicated by Alphabets A, B, C or D at the top right hand corner of the Booklet.

Write your Roll Numbers exactly as it is in your **e-Admit Card** in the boxes provided for this purpose. Do not omit black pen. The name of the Centre need not be encoded.

Writing and any zero(s) which may be there.

The next step is to find out the appropriate subject code from the Time Table. Now encode the Test Booklet Series, Subject Code and the Roll Number in the circles provided for this purpose. Do the encoding with encoding of Test Booklet Series is to be done after receiving the Test Booklet and confirming the Booklet Series from the same.

For General Ability subject paper of 'A' Test Booklet Series you have to encode the subject code, which is 99. Do it thus.

attempted first up to the prescribed number shall be valued and the remaining answers will be ignored.

4. Questions relating to précis should be attempted only on précis sheets to be supplied on demand by the invigilators. Précis sheet, whether used or not, should be placed inside the answer books and fastened along with the additional answer book(s), if any. Candidates who fail to observe this instruction will be penalised. Do not write your roll number on these sheets.

5. Unfair means strictly prohibited

Do not copy from the papers of any other candidates nor allow your papers to be copied nor give nor attempt to give nor obtain nor attempt to obtain irregular assistance of any description. It will be responsibility of every candidate to ensure that his/her answers are not copied by another candidate. Failure to do so will invite penalty, as may be awarded by the Commission for adoption of unfair means.

6. Conduct in Examination Hall

Do not misbehave in any manner or create disorderly scene in the examination hall or harass or bodily harm the staff deployed for the conduct of examination. You will be severely penalized if you attempt to do so.

7. Please read carefully and abide by the instructions printed on the Question Paper and on the Answer Book supplied in the Examination Hall.

APPENDIX-V

PHYSICAL AND MEDICAL STANDARDS FOR THE CANDIDATE FOR THE POST OF ASSISTANT COMMANDANTS IN THE CENTRAL ARMED POLICE FORCES.

APPENDIX-V(A)

(1) Physical Standards:

The minimum requirements for the candidate are as follows:

	Men	Women
Height	165 cm	157 cm
Chest (unexpanded) (with 5 cm minimum expansion)	81 cm	(Not applicable)
Weight	50 kg.	46 kg.

Moreover, the weight should be as per the height and age as mentioned in Appendix-II(B).

(2) Medical Standards:

(a) Eye Sight:

	Better eye (corrected vision)	Worse eye (corrected vision)
Distant vision	6/6	6/12 OR 6/9
Near Vision	N6 (corrected)	N9 (corrected)
With Glasses/LASIK Surgery*		
Limits of Refractive errors permitted	-4.00 D (including cylinder) Myopia +4.00 D (including cylinder) Hypermetropia	
Colour Perception-III (CP-III) by ISIHARA plates.		

* LASIK surgery correction is permitted subject to prescribed criteria as below :-

- a) Age - 18-35 years
- b) Axial-length - 21-26 mm.
- c) Corneal-thickness 425 micron
- d) Pre LASIK error - 6 D
- e) Post operative - Should be stable refractive flap period
- f) Interval - 06 months (post operative period mandatory (Candidate must have completed 06 months after LASIK surgery while considering for recruitment in CAPFs).

(b) Carrying angle:

Carrying angle should not be more than 15° for male and 20° for female.

(c) Ear:

- i) Candidate should not have any degree of deafness or persistent ear discharge.

- ii) Candidate should not have any other condition (congenital or acquired) like atresia of the meatus, exostosis, neoplasm which is causing obstruction of ear passage and should not have history of recurrent earache, tinnitus and vertigo.
- (d) Nose:** Candidates should not have DNS, atrophic rhinitis, tubercular ulceration, chronic sinusitis.
- (e) Neck:** Candidate should not have enlarged lymph nodes, thyroid or other swelling of neck, inability to extend the neck fully or any evidence of disease of spine or cervical vertebrae.
- (f) Teeth:** Candidate must possess sufficient number of sound teeth for efficient mastication. Candidate should not have severe pyorrhea.
- (g) Venereal Disease:** Candidate should not have active signs of clinical VD.
- (h) Chronic skin diseases:** Candidate should not have chronic skin diseases like Leprosy, chronic dermatitis, extensive Pityriasis Versicolor, psoriasis, SLE etc.
- (3) General Standards:**
- Speech should be without impediment i.e. no stammering.
 - The candidate should not have any indication of chronic disease like TB, any type of arthritis, high blood pressure, Diabetes, Bronchial Asthma, any heart disease.
 - Candidate should not have perceptible and visible glandular swelling anywhere in the body.
 - Chest should be well formed, devoid of any abnormality like flat chest, Pigeon chest, with rickety rosary defects. Heart and lungs should be sound.
 - Limbs, hands and feet should be well formed and fully developed and there shall be perfect motion of all joints.
 - Should not have any old /mal united fracture of bones.
 - There should be free and perfect movements of all the joints.
 - Feet and toes should be well formed
 - Should not have congenital malformation or defects.
(Candidate must have completed 06 months after LASIK surgery while considering for recruitment in CAPFs).
 - Should not bear traces of previous acute or chronic disease pointing to an impaired constitution.
 - Candidate should have no disease of the genito urinary tract.
 - Candidate should have no inguinal, scrotal swelling, any type of Hernia.
 - (Only for male) Both the testicles are in the scrotum and of normal size.
 - The candidate must not have knock knees, flat foot, varicose veins.
 - They must be in good mental and bodily health and free from any physical defect likely to interfere with the efficient performance of the duties.
- (4)** Candidate should not suffer from TACHYCARDIA (more than 100 pulse rate per minute) or BRADYCARDIA (Less than 50 per minute).
- (5)** Candidate should not suffer from Hernia, hemorrhoids, condylomata prolapse rectum.
- (6) Tattoo Clause:**
- 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.
 - 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.
 - Size :** Size must be less than $\frac{1}{4}$ of the particular part (Elbow or Hand) of the body.

APPENDIX-V(B)

Male Average Body Weights in Kilograms for Different Age Groups and Heights

Height in CMs	Age in years			
	18-22	23-27	28-32	33-37
156	44-54	46-56	47-58	48-59
158	45-55	47-57	48.5-59.5	49.5-60.5
160	46-56	47.5-58.5	49.5-60.5	50.5-61.5
162	47-58	49-60	50.5-61.5	52-63
164	48-59	50-61	52-63.5	53-65
166	49.5-60.5	51.5-62.5	53-65	54.5-66.5
168	51-62	52.5-64.5	54.5-66.5	56-68
170	52-64	54-66	56-68	57.5-70.5
172	54-66	55.5-67.5	57-70	59-72
174	55-67	57-70	59-72	61-74.5
176	56.5-69	58.5-71.5	60.5-73.5	62-76
178	57.5-70.5	60-73	61.5-75.5	63.5-77.5
180	59-72	61-75	63.5-77.5	65.5-80
182	61-74.5	62.5-76.5	65-79	66.5-81.5
184	63-77	64.5-78.5	66.5-81.5	68.5-83.5
186	63.5-77.5	65.5-80.5	68-83	70-86
188	65-79	67.5-82.5	70-85.5	71.5-87.5

190	66-81	68.5-83.5	70.5-86.5	72.5-88.5
Female Average body Weights in Kilograms for Different Age Groups - Heights				
Height in CMs	Age in years			
	18-22	23-27	28-32	33-37
148	34.5-42.5	37-45	38.5-47	39.5-48.5
150	36.5-44.5	37.5-45.5	39-48	40.5-49.5
153	38-46	39-48	41-50	42-51
155	38.5-47.5	40-49	41.5-50.5	43-52.5
158	40.5-49.5	42-51	43-53	44.5-54.5
160	41.5-50.5	43-52.5	44-54	45.5-54.5
163	43-52.5	44-54	46-56	47-57
165	44-54	45.5-55.5	47-58	48.5-59.5
168	45-55	47-57	48.5-59.5	49.5-60.5

- The body weights are given in this chart corresponding to only certain heights (in cms). In respect of height in between, the principle of 'Average' may be utilized for calculating body weights.
- For calculating average weight beyond the heights tabulated, 0.71 Kg for every one cm of increase or decrease in height may be added or subtracted respectively.
