

# SOUTH CENTRAL RAILWAY

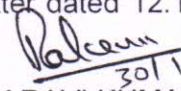
Headquarters Office  
Personnel Branch  
Secunderabad.  
Date: 30.01.2018

No. P[R]563/XII

ALL CONCERNED

PERSONNEL BRANCH SERIAL CIRCULAR No. 16 /2018

Copy of Board's letter No. E(NG)-II/2017/RR-I/10 dated 24.01.2018 is forwarded for information, guidance and necessary action. Board's letter dated 12.11.2012 was circulated under SC No.121/2012.

  
[K.RAVI KUMAR]  
Secy. to PCPO

For Principal Chief Personnel Officer

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Copy of Board's ltr. No. E(NG)-II/2017/RR-1/10 dated 24.01.2018 [RBE No.11/2018]

*Sub: Recruitment of staff in Level – 1 of 7th CPC Pay Matrix on Indian Railways – Criteria for Physical Efficiency Test (PET) regarding.*

*Ref: Board's letter No. E(NG)II/2012/RR-1/14 dated 12.11.2012 (RBE No. 126/2012).*

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Attention is invited to Board's letter under reference prescribing criteria for Physical Efficiency Test (PET) for recruitment of staff for all categories in Level – 1 of 7th CPC Pay Matrix (earlier Grade Pay 1800/-) on Indian Railways.

2. The matter has further been reviewed, keeping in view the requirement of the job and it has been decided by Ministry of Railways (Railway Board) to amend the existing criteria for recruitment from open market in all categories in Level-1, as per norms prescribed below:-

	Male Candidates	Female Candidates
[i]	Should be able to lift and carry 35 kg of weight for a distance of 100 metres in 2 minutes in one chance without putting the weight down; and	Should be able to lift and carry 20 kg of weight for a distance of 100 metres in 2 minutes in one chance without putting the weight down; and
[ii]	Should be able to run for a distance of 1000 metres in 4 minutes and 15 seconds in one chance.	Should be able to run for a distance of 1000 metres in 5 minutes and 40 seconds in one chance.

3. The above norms will be applicable in all future recruitment from open market in Level-1. Notification, if any, issued may please be amended suitably by issuing a corrigendum.

sd/-  
[Ravi Shekher]/DDE[N] II

INDEX No. 1063 RECRUITMENT RULES	S.C.No.
Recruitment of staff in Level – 1 of 7th CPC Pay Matrix on Indian Railways: Board have amended the Criteria for Physical Efficiency Test (PET) for future recruitment from open market in all categories in Level-1. Notification, if any, issued should be amended suitably by issuing a corrigendum.	16 /2018