

ਅਧੀਨ ਸੇਵਾਵਾਂ ਚੋਣ ਬੋਰਡ, ਪੰਜਾਬ
ਵਣ ਭਵਨ, ਸੈਕਟਰ-68, ਐਸ.ਏ.ਐਸ.ਨਗਰ

ਸ਼ੁੱਧੀ ਪੱਤਰ

ਅਧੀਨ ਸੇਵਾਵਾਂ ਚੋਣ ਬੋਰਡ ਵੱਲੋਂ ਇਸ਼ਤਿਹਾਰ ਨੰ.07 ਆਫ 2025 ਰਾਹੀਂ ਵਧੀਕ ਡਾਇਰੈਕਟਰ ਜਨਰਲ ਆਫ ਪੁਲਿਸ, ਜੇਲ੍ਹਾਂ, ਪੰਜਾਬ, ਚੰਡੀਗੜ੍ਹ ਦੀਆਂ ਸਹਾਇਕ ਸੁਪਰਡੰਟ, ਵਾਰਡਰ ਅਤੇ ਮੈਟਰਨ ਦੀਆਂ ਅਸਾਮੀਆਂ ਪ੍ਰਕਾਸ਼ਿਤ ਕੀਤੀਆਂ ਗਈਆਂ ਸਨ। ਹੁਣ ਸਬੰਧਤ ਵਿਭਾਗ ਵੱਲੋਂ ਇਸ ਇਸ਼ਤਿਹਾਰ ਵਿੱਚ ਉਮੀਦਵਾਰਾਂ ਦੀ ਵਿੱਦਿਅਕ ਯੋਗਤਾ, Physical Measurement Test ਅਤੇ Physical Efficiency Test ਵਿੱਚ ਸੋਧ ਕਰਨ ਲਈ ਮਿਤੀ 01.08.2025 ਰਾਹੀਂ ਪੱਤਰ ਪ੍ਰਾਪਤ ਹੋਇਆ ਹੈ, ਜਿਸ ਦੇ ਸਨਮੁੱਖ ਇਸ਼ਤਿਹਾਰ ਵਿੱਚ ਲੜੀ ਨੰ. 05 ਤੇ ਦਰਜ ਉਮੀਦਵਾਰਾਂ ਦੀ ਵਿੱਦਿਅਕ ਯੋਗਤਾ, Physical Measurement Test ਅਤੇ Physical Efficiency Test ਵਿੱਚ ਸੋਧ ਕੀਤੀ ਜਾਂਦੀ ਹੈ, ਹੁਣ ਇਸ ਨੂੰ ਹੇਠ ਅਨੁਸਾਰ ਪੜ੍ਹਿਆ ਜਾਵੇ:-

5. ਵਿੱਦਿਅਕ ਯੋਗਤਾ, ਸਰੀਰਕ ਮਾਪਦੰਡ ਅਤੇ ਸਰੀਰਕ ਕੁਸ਼ਲਤਾ (Educational Qualification, Physical Measurement and Physical Efficiency)

1. ਅਸਾਮੀ ਦਾ ਨਾਮ:- ਸਹਾਇਕ ਸੁਪਰਡੰਟ

(i) Educational Qualification:-

A degree from a recognized University along with Punjabi as a compulsory or elective subjects at matriculation level, or any other equivalent examination with Punjabi language which may be specified by the Government from time to time.

A) Physical Measurement Test (PMT) for male candidates is as follows:-

(a) Minimum Height: - 5 Feet 7 Inches

(5 Feet 5 Inches in case of Dogras and Gurkhas)

(b) Chest: - 33 Inches - Unexpanded

34-1/2 Inches - Expanded

B) Physical Efficiency Test (PET)

(a) For male candidates is as follows:-

Sr. No.	Item	Eligible Time/ Distance
1.	100 Meters Run	15 Seconds (Only one Chance)

2.	Shot Put (7.26 Kg) (16 Pound)	5.50 Meters (Three Chances)
3.	Rope Climbing	15 Feet (Three Chances)

(b) For Ex-Servicemen male candidates is as follows:-

Sr. No.	Item	Eligible Time/ Distance
1.	100 Meters Run	17.5 Seconds (Only one Chance)
2.	Shot Put (7.26 Kg) (16 Pound)	5.00 Meters (Three Chances)
3.	Rope Climbing	12 Feet (Three Chances)

C) Physical Measurement Test (PMT) for female candidates is as follows:-

(b) Minimum Height: - 5 Feet 3 Inches

(b) Weight: - 110 Lbs (50 kg)

D) Physical Efficiency Test (PET)

(a) For female candidates is as follows:-

Sr. No.	Item	Eligible Time/ Distance
1.	100 Meters Run	18.5 Seconds (Only one Chance)
2.	Shot Put (5.443 Kg) (12 Pound)	4.00 Meters (Three Chances)
3.	Rope Climbing	12 Feet (Three Chances)

(b) For Ex-Servicewomen candidates (female) is as follows:-

Sr. No.	Item	Eligible Time/ Distance
1.	100 Meters Run	20.00 Seconds (Only one Chance)
2.	Shot Put (5.443 Kg)	3.50 Meters (Three

		(12 Pound)	Chances)	
	3.	Rope Climbing	10 Feet (Three Chances)	

Note: Wards of Ex-Servicemen will have to qualify the Physical Efficiency Test as per the criteria fixed for General category candidates.

2. ਅਸਾਮੀ ਦਾ ਨਾਮ:- ਵਾਰਡਰ

(ਇਹ ਅਸਾਮੀਆਂ ਕੇਵਲ ਪੁਰਸ਼ ਉਮੀਦਵਾਰਾਂ ਦੀਆਂ ਹਨ)

(i) Educational Qualification:-

Who have passed 10+2 or equivalent examination from a recognized Education Board/ University along with Punjabi as a compulsory or elective subject at Matriculation level, or any other equivalent examination with Punjabi language, which may be specified by the Government from time to time.

(A) Physical Measurement Test (PMT)

(a) Minimum Height: - 5 Feet 7 Inches
(5 Feet 4- 1/2 Inches in case of Dogras and Gurkhas)

(b) Chest: - 33 Inches - Unexpanded
34-1/2 Inches - Expanded

(c) Vision: - Normal in both eyes (with or without spectacles) (must not be colour blind)

(B) Physical Efficiency Test (PET)

(a) For male candidates is as follows:-

Sr. No.	Item	Eligible Time/ Distance
1.	100 Meters Run	15 Seconds (Only one Chance)
2.	Shot Put (7.26 Kg) (16 Pound)	5.50 Meters (Three Chances)

3.	Rope Climbing	15 Feet (Three Chances)
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(b) For Ex-Servicemen male candidates is as follows:-

Sr. No.	Item	Eligible Time/ Distance
1.	100 Meters Run	17.5 Seconds (Only one Chance)
2.	Shot Put (7.26 Kg) (16 Pound)	5.00 Meters (Three Chances)
3.	Rope Climbing	12 Feet (Three Chances)

3. ਅਸਾਮੀ ਦਾ ਨਾਮ:- ਮੈਟਰਨ

(ਇਹ ਅਸਾਮੀਆਂ ਕੇਵਲ ਇਸਤਰੀ ਉਮੀਦਵਾਰਾਂ ਦੀਆਂ ਹਨ)

(i) Educational Qualification:-

Who have passed 10+2 or equivalent examination from a recognized Education Board/ University along with Punjabi as a compulsory or elective subject at Matriculation level, or any other equivalent examination with Punjabi language, which may be specified by the Government from time to time.

(A) Physical Measurement Test (PMT)

(a) Minimum Height: - 5 Feet 3 Inches

(b) Weight: - 50 Kg and above

(c) Vision: - Normal in both eyes (with or without spectacles) (must not be colour blind)

(B) Physical Efficiency Test (PET)

(a) For female candidates is as follows:-

Sr. No.	Item	Eligible Time/ Distance
1.	100 Meters Run	18.5 Seconds (Only one Chance)
2.	Shot Put (5.443 Kg) (12 Pound)	4.00 Meters (Three Chances)
3.	Rope Climbing	12 Feet (Three Chances)

(b) For Ex-Servicewomen candidates (female) is as follows:-

Sr. No.	Item	Eligible Time/ Distance
1.	100 Meters Run	20.0 Seconds (Only one Chance)
2.	Shot Put (5.443 Kg) (12 Pound)	3.5 Meters (Three Chances)
3.	Rope Climbing	10 Feet (Three Chances)

ਨੋਟ:- ਉਕਤ ਦਰਸਾਈਆਂ ਅਸਾਮੀਆਂ ਲਈ Punjab Civil Services (General and Common Conditions of Service) Rules, 1994, ਦੇ ਨਿਯਮ 17 ਤਹਿਤ ਦਸਵੀਂ ਪੱਧਰ ਤੇ ਪੰਜਾਬੀ ਜਾਂ ਇਸਦੇ ਬਰਾਬਰ ਦੀ ਯੋਗਤਾ ਪਾਸ ਕੀਤੀ ਹੋਈ ਲਾਜ਼ਮੀ ਹੈ।

ਸਹੀ/-

ਸਕੱਤਰ

ਅਧੀਨ ਸੇਵਾਵਾਂ ਚੋਣ ਬੋਰਡ, ਪੰਜਾਬ