

The candidate must write his/her roll number (and not his/her name) only in the space provided for the purpose on every answer book used by him/her. Before writing in the answer book, please see that it is complete. In case there are any missing pages, it should be got replaced. Do not tear out any pages from the Answer Book. If you use more than one Answer Book, indicate on the cover of first Answer Book the total number of Answer Books used. Do not leave any blank, unused spaces between answers. If such spaces are left, score them out.

3. Answers in excess of prescribed number will be ignored

The candidate must attempt questions strictly in accordance with the directions given on each question paper. If questions are attempted in excess of the prescribed number only questions 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
	6/9	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
period refractive flap
- 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:

- a) Speech should be without impediment i.e. no stammering.
- b) 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.
- c) Candidate should not have perceptible and visible glandular swelling anywhere in the body.
- d) Chest should be well formed, devoid of any abnormality like flat chest, Pigeon chest, with rickety rosary effects. Heart and lungs should be sound.
- e) Limbs, hands and feet should be well formed and fully developed and there shall be perfect motion of all joints.
- f) Should not have any old/mal united fracture of bones.
- g) There should be free and perfect movements of all the joints.
- h) Feet and toes should be well formed
- i) Should not have congenital malformation or defects.
(Candidate must have completed 06 months after LASIK surgery while considering for recruitment in CAPFs).
- j) Should not bear traces of previous acute or chronic disease pointing to an impaired constitution.
- k) Candidate should have no disease of the genito urinary tract.
- l) Candidate should have no inguinal, scrotal swelling, any type of Hernia.
- m) (Only for male) Both the testicles are in the scrotum and of normal size.
- n) The candidate must not have knock knees, flat foot, varicose veins.
- o) 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:

(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 ¼ of the particular part (Elbow or Hand) of the body.

Note : 1. Medical Examination will be conducted as per revised uniform guidelines issued by MHA UO dated 20.05.2015 for recruitment of GO's and NGO's in the CAPFs & AR and Review Medical Examination will be conducted as per revised uniforms

guidelines for RME in CAPFs & ARs for GO's & NGO's vide MHA UO No.E-32012/ADG(Med)/DME&RME/ DA-1/2020 (Part File)/1166 dated 31.05.2021.

2. Candidates will either be declared "FIT" or "UNFIT" in the Medical Standard Tests. Those candidates who are declared 'UNFIT' in the Medical Standard Tests will be allowed to appear before the Review Medical Board preferably on the next day of Detailed Medical Examination.

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.

APPENDIX- VI

APPENDIX- VI(A)

PROFORMA OF CERTIFICATE FOR EMPLOYED PERSONNEL

1. It is informed that Shri/Kum./Smt. working as (Rank) in (Unit/ Office) has applied for the post of as advertised by (name of recruiting agency) vide Advt. No..... dated

2. I hereby, with the information available, verify in respect of Shri/Kum./Smt. (Name) No..... (Rank), as follows :-

- i. He/She will be completing the prescribed period of engagement of Years (in words) for acquiring Ex-servicemen status, subject to fulfillment of other conditions, on (date). Shri/Kum./Smt. shall completes years of service (in words) at the time of leaving of military service.
- ii. He/She will be released on selection to the posts.

Place :
Dated :

Commanding Officer
(Signature)

Office Seal

APPENDIX – VI(B)

FORM OF UNDERTAKING TO BE GIVEN BY CANDIDATES APPLYING FOR CIVIL POSTS UNDER EX-SERVICEMEN CATEGORY

I understand that if selected on the basis of the recruitment/examination to which this application relates, my appointment will be subject to my producing documentary evidence to the satisfaction of Appointing Authority that I have been duly released/retired/discharged from the Armed Forces and that I am entitled to the benefits admissible to ex-servicemen in terms of the Ex-servicemen (Re-employment in Central Civil Services and Posts) Rules, 1979, as amended from time to time.

2. I also understand that as per DoPT OM No.36034/1/2014-Estt.(Res.) dated 14.8.2014, if I apply for various vacancies before joining any civil employment, I can avail of the benefit of reservation as Ex-servicemen for any subsequent employment provided that to avail of this benefit, as soon as I join any civil employment, I should give self-declaration/undertaking to the concerned employer about date-wise details of application for various vacancies for which I had applied for before joining the initial civil employment, in respect of vacancies which are filled on direct recruitment and wherever reservation is applicable to the Ex-servicemen.

Place :
Dated :

Signature of the candidate
