

most urgent



GOVERNMENT OF NCT OF DELHI
Delhi Subordinate Services Selection Board
FC-18, INSTITUTIONAL AREA, KARKARDOOMA, DELHI-110092
www.dsssb.delhigovt.nic.in, Ph. 011-22370237

**Sub: - General Instructions to Candidates for the post codes (Matron 36/13),
(Warder 37/13) and (Asstt. Supdt 38/13) for uploading on dsssb official
website.**

Please find enclosed herewith general instructions to candidates for the
Physical Endurance Test for above mentioned post codes for uploading on dsssb
official website.

Encl: General Instructions.

(Dy. Controller of Exam)
DSSSB

No. F.55 (80)/DSSSB/2017/ 964

Dated: 07/02/2018

System Analyst



INSTRUCTIONS TO CANDIDATES FOR PHYSICAL ENDURANCE TEST (PET) FOR THE
POST OF MATRON (POST CODE-36/13), WARDER (POST CODE-3713), ASSTT.
SUPDT. (POST CODE-38/13) IN DELHI PRISONS

The reporting time at the test centre will be 8.30 AM. In any case, no entry will be allowed after 9.30 AM. Late comers will be considered as **absent**.

1. Based on result of written examination held on 02.03.2014 & 09.03.2014, you have been provisionally qualified for appearing in next stage Exam i.e. Physical Endurance Test (PET) which is qualifying in nature as per recruitment rules for selection to the post of Matron, Warder, Assistant Superintendent under post codes 36/13, 37/13 & 38/13 respectively.
2. All the shortlisted candidates for the above said post codes are strictly advised to attend for Exam i.e. PET on the date & time mentioned on their e-admit card.
3. e-Admit cards are being uploaded on the official web site of DSSSB i.e. **dsssbonline.nic.in** and eligible candidates may download their e-admit card w.e.f. 01.02.2018 at 11.00 AM to 11.02.2018 up to 11.59 PM. In case, any candidate finds difficulties in downloading the e-admit card he/she may contact the Board Office on Telephone No. 22379204/22370307 or may approach the DSSSB office at above address on 05.02.2018 to 07.02.2018 between 10.00 AM to 3.00 P.M. alongwith proof of their identity and one post card size upper half photograph 4" 6".
4. If any candidate appearing for the above examination finds that his /her name, reservation category, post name, post code, photo, signature are missing or incorrect in his admit card, he/she should get it rectified by visiting the Board office on the date and time mentioned in point No. 2. **Any modification of the admit card at the examination venue will not be allowed.**
5. No candidate without e- Admit Card (issued by the Board) and original Photo identity proof alongwith **post card size upper half Photograph (4"/6")** shall be allowed to enter the test venue.
6. Any kind of malpractices such as impersonation, canvassing, taking drugs etc. shall invite penal action including rejection from present test as well as debarring for future examinations.
7. The candidature to the Exam i.e. Physical Endurance Test is entirely provisional and subject to the outcome of direction/decision/order pronouncement of any Court of Law and mere issue of e-Admit Card or appearance at the Test does not entitle the candidate to any claim for the post.
8. The Board reserves the right to cancel a part of or entire process of Exam/Test due to administrative reasons and in case of unfair means, cheating or other irregularities/malpractices if noticed by the Board. The

Board also reserves the right to cancel Exam/Test Centre or set up a new centre and divert the candidates to appear at new centre, if required. No request for change in date, time and centre of Exam/Test will be accepted under any circumstances.

9. The Board reserves the right to reject the candidature of any ineligible candidate at any stage of recruitment/selection.
10. Any dispute with regard to this recruitment will be subject to courts/tribunals having jurisdiction over Delhi.
11. No TA/DA is admissible to any candidate for appearing in the Exam/test.
12. All candidates are strictly advised to wear vest/T-shirt for affixing chest badge for clear identification during Exam/Physical Endurance Test (PET).
13. The candidate should scrupulously follow these instructions and also that of the designated officers of the Board at the Test Centre failing which the candidature of the candidate may be cancelled.
14. **Candidates shall bring with them copies of all documents supporting their candidature for the post.**
15. **Candidates should also bring his/her Photo Identity proof in original.**
16. **Postcard size Photo of upper half should be pasted on 2nd page of Admit Card.**
17. The details of PET parameters post code wise are as follows :

Post code: 37/13 WARDER (Reserved for Male)

Physical Standards Essential: Sound state of health, free from defect/deformity /disease, vision 6/6 without glasses, both eyes free from colour blindness. Height: 170 cms. (Relaxable by 5 cms for candidates belonging to Gorkhas/Garwalis/Dogras and Schedule Tribe candidates), Chest : Normal 81-85 cms and expandable by 05 cms (Relaxable by 5 cms for candidates belonging to Gorkhas/Garwalis/Dogras and Schedule Tribe candidates).

Note :1. No relaxation permissible for physical standards.

Physical Endurance Test: (PET) (a) 1600 meters race in six minutes. **Note 2:** Those who qualify in the race shall be further eligible to appear in the following tests: (b) 13 feet Long jump and 3 feet 9 inch high jump (To be achieved in any one of the three chances that will be given).

Note:3: There would be no appeal against the physical endurance test. **Note: 4** Before joining, a checkup will also be made for any defect or deformity (including bow-legged, knocked knees, flat feet etc.) which would render the candidate ineligible for recruitment.

Post Code: 36/13 Matron (Female)

Physical Standards Essential : Sound status of health, free from defect/deformity/disease, vision 6/6 without glasses, both eyes free from colour blindness. Height: 157 Cms. (Relaxable by 5 cms for candidates belonging to Gorkhas/Garwalis /Dogras and Schedule Tribe candidates), **Note 1:** No relaxation permissible for physical standards. **Physical Endurance Test:** (a) 800 Mtrs race in four minutes. **Note 2:** Those who qualify in the race shall be further eligible to appear in the following tests: (b) 09 feet long jump and 03 feet High jump (To be achieved in any one of the three chances that will be given) **Note 3:** There would be no appeal against the physical endurance test: **Note : 4 :** Before joining, a checkup will also be made for any defect or deformity(including bow-legged, knocked knees, flat feet etc.) which would render the candidate ineligible for recruitment.

POST CODE: 38/13 ASSISTANT SUPERINTENDENT

Physical Standards Essential: Physical Standard (for Male): Height: 5' 4 ½" for Gorkhas & Gogras, 5'6" for others. Chest: 32' (Girths).

Physical standard (for Female) : Height: 5' 0" Note: No relaxation permissible for physical standard.

Physical Endurance Test (PET) for male: (a) 1600 meters race in 06 (six) minutes and 30 seconds.

Note : Those who qualify in the race shall be further eligible to appear in the following tests: i. High Jump – 3'6" (To be achieved in any one of the three chances that will be given). ii. Broad jump/Long jump – 13.0 feet (To be achieved in any one of the three chances that will be given).

Physical Endurance Test (PET) for female: (a) 800 meters race in 4(four) minutes and 30 seconds.

Note: Those who qualify in the race shall be further eligible to appear in the following tests: (i) High Jump-3'.00 feet" (To be achieved in any one of the three chances that will be given). ii. Broad jump/Long jump – 9.0 feet (To be achieved in any one of the three chances that will be given). **Note :** there would be no appeal against the PET.

Note: Before joining, a check will also be made for any defect or deformity (including now-legged, knocked knees, flat-feet etc.) which would render candidate ineligible for recruitment.



Dy. COE (Exam-II)