EAST COAST RAILWAY

Office of the Pr.Chief Personnel Officer
Rail Sadan, IIInd Floor, Bhubaneswar-751 017

RBE NO-11/2018

Date: 08.02.2018

Stapana Krmank/ Estt. Srl. No. 12/2018
Pootare/Karmik/Aar/ECOR/Pers/R/Rectt.

Vishay/Sub: Recruitment of staff in Level-I of 7th CPC Pay Matrix on Indian Railways-Criteria for Physical Efficiency Test (PET) regarding.

Pootare ke Vishay Krmank/ECOR’s Subject Serial No.RECT-03/2018

UPYUKTA VISHAY PRA BY BOTT PINT SN E(NG)-II/2017/RR-1/10 DINK 24.01.2018 KI PRATILIPHI SUUGHNA, MAARIGARSHAN ETW AADHYAK KARVANGAH HETU ADHYEHTH HAIN.

A copy of the Board’s No. E(NG)-II/2017/RR-1/10 dated 24.01.2018 on the above quoted subject is forwarded herewith for information, guidance and necessary action.

Encl: As above,

(M.G.Bhawani)
Dy.Chief Personnel Officer(IR&W)
For Pr. Chief Personnel Officer

Pratiliphi Prashith/Copy to:
1) Maha Praadhak ke Sabhva/Poorv Tatt Ratak, Bhubaneswar
2) Mukhadhindhi(Mukha), Up M.Pr, Adhva(Relv Bharti Prakoshtha)
3) Up Mukhva Praadhak(Sui Poo), Up Mukaadh(Ori. S.Etv. Kalyaan), Vakadh(Einghi)
4) Vakadh(Mukhaa), Vakadh(Dastap), Vakadh(Raj. Etv. Vnyaa)
5) Mukhadh Hindhi ke Nitesh Sabhva/Sha, Karmik Adhi.(Mukhva-1), Saha Karmik Adhi.(Kalyaan), Saha Karmik Adhi.(Viti), Saha Karmik Adhi.(Bhar)
The General Manager (P),
All Zonal Railways/Production Units

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

Ref: This office 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:-

<table>
<thead>
<tr>
<th>Male Candidates</th>
<th>Female Candidates</th>
</tr>
</thead>
<tbody>
<tr>
<td>(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</td>
<td>(i) 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</td>
</tr>
<tr>
<td>(ii) Should be able to run for a distance of 1000 metres in 4 minute and 15 seconds in one chance.</td>
<td>(ii) Should be able to run for a distance of 1000 metres in 5 minutes and 40 second in one chance.</td>
</tr>
</tbody>
</table>

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.

4. Please acknowledge receipt. (Hindi version will follow)

(Ravi Shanker)
Dy. Dir. Estt. (N)-II
Railway Board.