

SOUTH EASTERN RAILWAY

Office of the
Chief Personnel Officer,
Garden Reach, Kolkata-43.

Estt. Srl. No.29/2018

RBE No. 11/2018

No. SER/P-HQ/Rec./100/Recruitment/Poly/Pt-VII

Dated: 8 -02-18

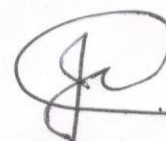
To
All concerned

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

Ref: Estt. Srl. No. 148/12.

Railway Board's letter No.E(G)-II/2017/RR-I/10 dated 24.01.2018(RBENo.11/2018) is forwarded for information, guidance and necessary action.

Encl: as above.



(Jaydip Sengupta)
Sr. Personnel Officer (HQ)
for Chief Personnel Officer

R-31
5/2/18

~~SER/P-HQ/Rec/100/Recruitment~~

RB-165
01/02/18

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SCPO

US

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GOVERNMENT OF INDIA
MINISTRY OF RAILWAYS
(RAILWAY BOARD)

S-EP

SER/P-HQ/Rec/100/Recruitment/1 poly

RBE No. 11 /2018

No. E (NG)-II/2017/RR-1/10

New Delhi, dated: 24 .01.2018

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). — 148/12

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

(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

(ii) Should be able to run for
a distance of 1000 metres
in 4 minute and 15
seconds in one chance.

(ii) Should be able to run for a
distance of 1000 metres in
5 minutes and 40 second
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.

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

SPD/H2
Ruling
11/1/18



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

.....2/-

Ch. OS (R)

So. Pk.