

**Eastern Railway
(Personnel Department)
17, N.S. Road, Kolkata -700 001**

CPO's S.L. No.18/2018

NO: E.890/0/1/R&R/Policy/Pt.XIII

Kol. dt. 25.01.2018

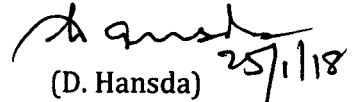
All Concerned

(as per standard list)

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

A photocopy of Railway Board's letter No.E (NG)-II/2017/RR-1/10 dated 24.01.2018 (RBE No.11/2018) on the above mentioned subject is forwarded herewith for information, guidance and necessary action. Board's earlier letter No. E(NG)II/2012/RR-1/14 dated 12.11.2012 (RBE NO. 126/2012) was circulated vide CPO's SI No. 136/2012.

DA: As above


(D. Hansda) 25/1/18

Sr. Personnel Officer (RP)
for Principal Chief Personnel Officer

Index No. 1063: Recruitment of staff in Level-1 of 7th CPC Pay Matrix on Indian Railways-
Criteria for Physical Efficiency Test (PET) regarding

**GOVERNMENT OF INDIA
MINISTRY OF RAILWAYS
(RAILWAY BOARD)**

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).

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

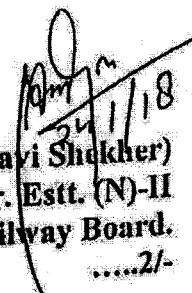
- (i) Should be able to lift and carry 35 kg of weight for a distance of 100 metres in 2 minutes in one chance without putting the weight down; and
- (ii) Should be able to run for a distance of 1000 metres in 4 minute and 15 seconds in one chance.

Female Candidates

- (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 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)


(Ravi Shukher)
Dy. Dir. Estt. (N)-II
Railway Board.
.....2/-