

A. Physical standards for the post of Inspector (Central Excise/Examiner/Preventive Officer), Inspector & Sub-Inspector in Central Bureau of Narcotics (CBN):

Male Candidates:

i. **Physical Standards:**

Height 157.5 cm. Chest 81 cm (fully expanded with a minimum expansion of 5 cm.)	Height relaxable by 5 cm in the case of Garwalis, Assamese, Gorkhas and members of Scheduled Tribes.
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ii) **Physical Test:**

Walking : 1600 metres in 15 minutes.

Cycling :8Kms. in 30 minutes. (Note: Cycling is not applicable for the post of Sub Inspector in CBN)

Female Candidates:

i) **Physical standards (Minimum):**

Height: 152 cms. Weight: 48 Kgs.	Height relaxable by 2.5 cms and weight relaxable by 2 Kg. for Gorkhas, Garwalis, Assamese and members of Scheduled Tribes.
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ii) **Physical Test:**

Walking: 1 Km. in 20 minutes.

Cycling: 3 Km. in 25 minutes.(Note: Cycling is not applicable for the post of Sub Inspector in CBN)

NOTE: For the post of Inspector (Central Excise/ Examiner/ Preventive Officer), persons with disabilities will have to meet the physical standards i.e. height, chest and weight as prescribed for the relevant post. However, for orthopedically disabled candidates, the following relaxation in Physical Test is allowed:

- a. The test of “Walking” shall not be insisted in case of OL and OAL categories.
- b. The test of “Cycling” shall not be insisted in case of OA, OL and OAL categories.

B. Physical standards for the Post of Sub- Inspector in Central Bureau of Investigation:

a) **Height**

For men - 165 cm.

For women - 150 cm.

Height relaxable for Hillsmen and Tribals : 5 cms.

b) **Chest** :

76 cm with expansion (There shall be no such requirement in case of female candidates)

c) **Vision** :

Eye-sight (with or without glasses)

Distant vision: 6/6 in one and 6/9 in the other eye.

Near vision 0.6 in one eye and 0.8 in other eye.

C. Physical standards for the Post of Sub-Inspector in National Investigation Agency:

a) **Height**

For men - 170 cms.

For women - 150 cms.

Height relaxable for Hillsmen and Tribals : 5 cms.

b) **Chest:**

76 cm with expansion (There shall be no such requirement in case of female candidates)

c) **Vision:**

Eye-sight (with or without glasses)

Distant vision: 6/6 in one and 6/9 in the other eye.

Near vision 0.6 in one eye and 0.8 in other eye.

D. Physical standards for the Post of Sub-Inspector/ Junior Intelligence Officer in Narcotics Control Bureau, Ministry of Home Affairs:

a) **Height**

For men - 165 cm.

For women - 152 cm.

Note: Height relaxable for Hillsmen and Tribal those in Assam, Meghalaya, Arunachal Pradesh, Mizoram, Manipur, Nagaland, Tripura, Sikkim, Lahual and Spiti district and Pangi Sub-division of Chamba district of Himachal Pradesh, Union territory of Ladakh, Union territory of Jammu and Kashmir, Union territories of Andaman and Nicobar Islands and Union territories of Lakshadweep: 5 cms.

b) **Chest** :

76 cm (unexpanded) with 5 cms expansion for all candidates (There shall be no such requirement in case of female candidates)

c) **Vision** :

Eye-sight (with or without glasses)

Distant vision: 6/6 in one and 6/9 in the other eye.

Near vision 0.6 in one eye and 0.8 in other eye.

Note: Candidates are advised to make sure before opting for any category of post that they fulfill the requirements for that category. The physical measurements (including vision test) for candidates will be conducted by the concerned Indenting Departments and only those candidates who fulfill the specified physical measurements will be eligible for the respective posts. No request from candidates for allotting to any other service/ category of post will be entertained by the Commission if the nominated candidates fail to meet the physical requirements. Thus, the onus of fulfilling the eligibility criteria will exclusively be on the candidates opting for such posts.

**Physical Efficiency Test, Physical and Medical Standard for the Posts in Border Roads
Organization (BRO)**

Physical Efficiency Test

(i) Criteria for Physical Efficiency Tests are placed as „Schedule-I’ of the Notification. The Physical Efficiency Tests will be conducted at GREF Centre or respective Recruitment Centre as applicable, by a Board of Officers, detailed by the Headquarters, Director General Border Roads.

Physical Standards: Region wise requirement of Physical Standards of personnel for recruitment in GREF (Border Roads Organisation) is placed as „Schedule-II’ of the Notification.

(A) Medical Standards: The specified Medical Standards are requirement for recruitment of candidates for their service in GREF (BRO) as per their job profile, charter of duties and anticipated deployment, including extreme remote areas, high altitude areas and difficult areas of hilly terrain etc. Medical Standards have been specified in „Schedule-III’ of the Notification.

Medical Examination & Medical Tests: Medical examination and medical tests will be carried out as per guidelines of this Notification for each provisionally selected candidate. The Medical Examination will be carried out by a Medical Board nominated by HQ DGBR. The guidelines to be followed for conduct of Medical Examination and the procedure for declaring candidates as Temporary or Permanent UNFIT are enumerated in succeeding sub-paras:

After detailed checking of all documents, Officer-In-Charge Recruiting Section will handover medical papers (duly affixed with passport size photograph) of selected candidates to Medical Board of respective Recruitment Centre, including GREF Centre, and the candidates will report as per schedule decided. Medical examination of provisionally selected candidates will be carried out by two Medical Officers at each Recruitment Centre including GREF Centre.

Recruitment Medical Board will examine the medical fitness of the candidates as per guidelines of this Notification.

Candidates found medically fit or unfit will be informed of their medical result by the Medical Board themselves so that the candidates are clear about their position.

Where the medical officer needs the opinion of a Specialist, the case will be referred to Military Hospital or any service/Army Hospitals in proximity of respective Recruitment Centre or GREF Centre. Based on the day of the OPD of concerned Specialist, doctor would personally brief the candidate about the conduct of medical examination at Military Hospital and subsequent procedure.

Medical papers in respect of fit and unfit candidates will be given to Recruiting Section/ Mobile Regional Recruitment Team by MI Room after completion of medical examination preferably on the same day of medical examination but not later than 5 days from the date of examination.

Details about cases referred to Military Hospitals or any Service/ Army Hospitals will also be informed by Medical Board to Recruiting Section simultaneously.

Referred cases returned by Medical Specialist duly reviewed by concerned Specialist will be disposed of by Regimental Medical Officer expeditiously according to the remarks of Specialist and Recruiting Section be informed simultaneously by Regimental Medical Officer.

Temporarily Unfit: Candidates declared temporarily UNFIT will be divided in two categories:

Temporarily Unfit due to Medical Reasons: Candidates who are declared Temporary UNFIT due to medical reasons will be informed of their disability in writing by Medical Board and Officer-In-Charge Recruiting or Board of Officer or Mobile Regional Recruitment Team. Such candidates have a right to appeal against the medical examination conducted by the Recruitment Centre Medical Board and such appeal should be made within the period of 60 days from the date of being declared temporarily unfit initially by the Medical Board of Recruitment Centre. Such candidates should report for medical examination by Specialist 05 (five) days in advance with an appeal and will be referred to concerned Specialist of nearest Military Hospital/ Service Hospital on Review Certificate in duplicate. Such candidates will not be required to deposit Rs 40/- as fees for re- medical examination. If such candidates are found UNFIT again on review, no further chance will be given for re-medical examination and their candidature shall stand cancelled automatically. After re-medical examination, if candidates are found FIT, the whole process of induction shall be completed within a period of six months from the date of initial medical examination. In case induction is not completed within a period of six months from the date of initial medical examination, candidature of such a candidate for recruitment shall stand cancelled automatically, where delay is due to acts attributable to the candidate himself.

Temporarily Unfit for being Below Physical Standards: Candidates declared Temporary UNFIT due to physical standards will also be informed of their disability or shortcoming in writing by the Medical Board and Officer-In- Charge Recruiting or Board of Officer or Mobile Regional Recruitment Team. Candidates protesting in writing against Physical measurements will be once again measured by Medical Board of Recruitment Centre in the presence of Commandant or Officer-In-Charge Recruiting in case Medical Examination is carried out at GREF Centre and in the presence of Board of Officers in case it is carried out at Mobile Regional Recruitment Team Centre within 24 hrs of the Medical Examination. Candidates declared Temporary UNFIT for being Below Physical Standards in weight or Chest measurement only will be given a reasonable time not exceeding two months from the date of initial Medical Examination for attaining the desired standards. After re-measurement, if candidate is found FIT the whole process of induction shall be completed within a period of six months from the date of initial medical examination. In case induction is not completed within a period of six months from the date of initial medical examination, candidature of such a candidate for recruitment shall stand cancelled automatically, where delay is due to acts attributable to the candidate himself.

Permanently Unfit: Candidates declared Permanent UNFIT also will be divided in two categories:

Permanently Unfit due to medical reasons: Candidates who are declared Permanent UNFIT by the Medical Board will be informed of their disability in writing by the Medical Board and Officer-In-Charge Recruiting or Board of Officers. Such candidates have a right to appeal against the present medical examination within a period of 60 days of their being declared permanently unfit. In case such candidates should report at GREF Centre or Recruitment Zone 05 (Five) days in advance with an appeal for re-medical examination, the Medical Board will refer such candidates to the nearest service hospital on Review certificate in duplicate. Such candidates will be required to deposit a sum of Rs 40/- in Govt. treasury at SBI before the re-medical examination by the service Specialist is done. All such cases which are declared UNFIT again on review by the concerned Specialist, will not be given any further chance for re-medical Examination/ Review and their candidature shall stand cancelled automatically. After re- medical examination, if candidates are found FIT, the whole process of induction shall be completed within a period of six months from the date of initial medical examination. In case induction is not completed within a period of six months from the date of initial medical examination, candidature of such a candidate for recruitment shall stand cancelled automatically, where delay is due to acts attributable to the candidate himself.

Permanently Unfit for being Below Physical Standards: For candidates declared Permanent UNFIT by Medical Board due to being below physical standards with respect to height, no appeal can be made against physical measurements. However candidates protesting against physical measurements will be once again measured by Medical Board in presence of Officer-In- Charge Recruiting or Commandant GREF Centre or Board of Officers or Mobile Regional Recruitment Team (MRRT) as the case may be on the very same day.

Visual standards: Visual acuity not less than 6/12 each eye or Right eye 6/6, Left 6/24. Corrective spectacles are permitted during the visual test. Unaided vision in case of corrected vision will not be below 6/60 in each eye and on correction will be same as laid down for other recruits.

Surgery: Any candidate who have recently undergone abdominal surgery (e.g.: in Hernia, Muscle defect, Nephrolithotomy, Cholelithiasis, Cholecystotomy) are liable to be made Unfit for one year as per existing rules. However, the provision of medical appeal for permanent unfit cases remains the same i.e. within 2 months. In such cases same criterion as for eye surgery cases should be followed as above.

Medical Fitness: Notwithstanding anything contained in these rules, only those persons who are medically fit shall be eligible for appointment under the provisions of these rules.

Border Roads Organisation is a Central Govt. Organisation with all India transferable liabilities. BRO is governed by Central Civil Services Rules. However, certain provisions of Army Act-1950 are also applicable to members of the Force.

The final selection of the candidates selected by Staff Selection Commission and GREF Centre will be subject to pass the Medical fitness test. Medical Board detailed by Headquarters Director General

Border Roads will carry out the medical fitness test of the candidates declared selected by SSC and GREF Centre.

Candidates declared medically „FIT“ by the Medical Board, will be inducted in General Reserve Engineer Force (BRO) subject to fulfillment of all other criteria and have to undergo initial training at GREF Centre, Dighi Camp, Pune-15.

After imparting training at GREF Centre, they will be posted anywhere in India as per available vacancies.

Cancellation of candidature: If any, candidate is absent on the date of reporting for Medical Examination or during Medical Examination or does not report for Medical Review within prescribed time limit, his candidature shall be cancelled automatically. No representation/ appeal in this regard will be entertained by the department.

Power to relax rules: Where the Central Government is of the opinion that it is necessary or expedient so to do, it may, by order and for reason to be recorded in writing, relax any of the provisions of these rules with respect to any class or category of persons.

Saving: Nothing in these rules shall affect reservation, relaxation of age-limit and other concessions required to be provided for the Scheduled Castes, the Scheduled Tribes, Ex- serviceman and other special categories of persons in accordance with the orders issued by the Central Government from time to time in this regard.

Schedule-I

PHYSICAL EFFICIENCY TEST (FOR GROUP 'C' POSTS)			
S No	ACTIVITY	MAXIMUM MARKS	TIME AVAILABLE
1.	ONE MILE RUN	ONLY PASSING THE TEST IS MANDATORY	10 MINUTES
<p>NOTE: (i) ONE MILE RUN TO BE COMPLETED WITHIN THE SPECIFIED TIME.</p> <p>(ii) CANDIDATES QUALIFYING THROUGH STAFF SELECTION COMMISSION WILL HAVE TO MANDATORILY PASS THE TEST IN ONE MILE RUN TO BE HELD AT GREF CENTRE, PUNE TO UNDERGO FURTHER MEDICAL EXAMINATION.</p>			

Schedule-II

REGION-WISE PHYSICAL STANDARDS OF PERSONNEL

S. No.	Region	States/Region included	Physical Standards		
			Minimum Height	Chest	Minimum Weight
(a)	Western Himalayan	J&K, Himachal Pradesh, Punjab Hills (Area South and west of the Inter State Border between Himachal Pradesh and Punjab and North and East of Road of Mukerian Hoshiarpur, Garh Shankar, Ropar and Chandigarh), Uttarakhand	158 Cms	Minimum 75 Cm (Unexpanded) and expansion by 5 Cm	47.5 Kgs
(b)	Eastern Himalayan Region	Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram, Meghalaya, Assam & Hill region of West Bengal (Darjeeling and Kalimpong districts and Andaman Nicobar)	152 Cms	Minimum 75 Cm (Unexpanded) and expansion by 5 Cm	47.5 Kgs
(c)	West Plain Region	Punjab, Haryana, Chandigarh, Delhi, Rajasthan, Western UP	162.5 Cms	Minimum 76 Cm (Unexpanded) and expansion by 5 Cm	50 Kgs
(d)	Eastern Plain	Eastern UP, Bihar, West Bengal & Orissa and Jharkhand	157 Cms	Minimum 75 Cm (Unexpanded) and expansion by 5 Cm	50 Kgs
(e)	Central Region	Gujarat, Maharashtra and Madhya Pradesh, Dadar Nagar & Haveli, Daman & Diu and Chhattisgarh	157 Cms	Minimum 75 Cm (Unexpanded) and expansion by 5 Cm	50 Kgs

(f)	Southern Region	Andhra Pradesh, Karnataka, Tamil Nadu, Jharkhand	157 Cms	Minimum 75 Cm (Unexpanded) and expansion by 5 Cm	50 kgs
(g)	Relaxation to sons of serving/Ex-GREF personnel)		2 Cms	1 Cm	2 Kgs
(h)	Relaxation in DD cases (this will be applicable to ownson adopted son and not any other relative		2 Cms	1 Cm	2 Kgs
(j)	Gorkhas (Indian Domicile)		152 Cms	Minimum 75 Cm (Unexpanded) and expansion by 5 Cm	47.5 Kgs