

NORTHERN RAILWAY

Headquarters Office,
Baroda House,
New Delhi.

P.S.No. 14858 / 2018

No.220E/Policy/Pt-XI /Rectt./2015.

Dt: 15.03.2018.

The DRM / NR, DLI, FZR, LKO, MB & UMB.
CAO/C K Gate DLI, CAO/C USBRL/Satyam Complex, Trikuta Ngr / JAT.
CWM / CB-LKO, JUDW, AMV-LKO & ASR, CWM/Signal Shop/GZB.
Dy CMM / SSB, AMV-LKO & JUDW.
Chief Manager (Ptg & Sty) Punjabi Bagh, Delhi.
DyCE/Bridge, CB-LKO & JUC.

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

A copy of Railway Board's letter No. E(NG)II/2017/RR-1/10. dated 24.01.2018 (RBE No.11/2018), is enclosed herewith for your information and necessary action please.

The copy of Railway Board's letter mentioned there in has already been circulated as under:-

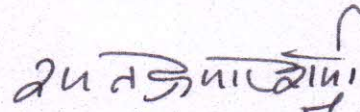
S.No.	Railway Board's Letter & date	NR P.S.No.
1.	E(NG)II/2012/RR-1/14. .dt.12.11.2012 (RBNo.126/2012)	14006/2012

The above P.S.No. is available on the website given as under:-
10.2.2.19/dept/personnel_main.html

<http://10.2.2.19/dept/personnel/14858.pdf>

Please acknowledge the receipt.

DA. As above.


(Raman Kumar Sharma) 5/3/2018
For General Manager / P.

Copy to:-

1. All PHODs and All Officers of Personnel Dept. HQs office, Baroda House, NDLS.
2. Genl. Secy NRMU,12 Chelmsford Road, New Delhi.
3. Genl. Secy URMU,166/2, P.K.Road, New Delhi.
4. Genl. Secy AIOBC Rly Emp Asso 171/A3, Basant lane, New Delhi.
5. Zonal. Secy All India SC/ST Rly Emp Asso North Zone office, Baroda House, NDLS.
6. Genl Secy NRPOA Room No.301, HQs office, Baroda House, NDLS.
7. Dy CPO/T&C, HQs office, Baroda House, NDLS for uploading on the website.

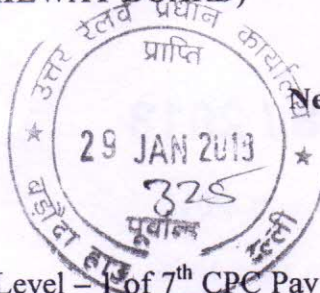
NR

12 Barndarhouse
No. 90009
29.1.18

157-14858/2018

GOVERNMENT OF INDIA
MINISTRY OF RAILWAYS
(RAILWAY BOARD)

CPCHA
Dy. CPOR
RBE No. 11 /2018
30/1/18
30/1/18



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

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

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

Sanyal
Dy. Dir. Estt. (N)-II
31/1/18

RFP