

## ITBP Head Constable (Education & Stress Counsellor) Exam Pattern/ Syllabus 2024

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### 6. SELECTION PROCESS:

- a) Admit Cards to the candidates will be issued online mentioning the date and venue of recruitment test. Candidature of candidates who are issued online admit cards will remain provisional till they are finally selected and submit all related documents/certificates in original and in prescribed format at the stage of verification of original documents.
- b) Candidates are required to bring a clear & legible print out of their online application form & admit card; else they will not be permitted to enter the venue of Physical Efficiency Test (PET) and Physical Standard Test (PST).

#### Note:-

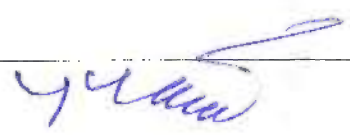
- (i) Before start of PET & PST the candidates will undergo thorough verification of identity including Biometric capture.
- (ii) Biometric identification of candidates can also be verified at any stage of recruitment.
- (iii) It is candidate's responsibility to check before hand that the biometric machines are able to capture the fingerprint image. In case, if the biometric machine is not able to capture the fingerprint image due to Mehandi, wax, etc. then, the candidate will not be allowed to appear in the examination.
- (iv) Failure in biometric verification at any stage will lead to cancellation of candidature.



c) Candidates will have to undergo the following recruitment tests:-

<b>PHASE - I</b>																	
<b>PHYSICAL EFFICIENCY TEST (PET)</b>	<p>i) The events of the PET are as follow:-</p> <table border="1" style="width: 100%;"> <thead> <tr> <th colspan="2" style="text-align: center;"><b>For Male Candidates:-</b></th> </tr> </thead> <tbody> <tr> <td>i) 1.6 Kms Race</td> <td>To be completed within 7.30 minutes.</td> </tr> <tr> <td>ii) Long Jump</td> <td>11 Feet (03 Chances).</td> </tr> <tr> <td>iii) High Jump</td> <td>3½ Feet (03 Chances).</td> </tr> <tr> <th colspan="2" style="text-align: center;"><b>For Female Candidates:-</b></th> </tr> <tr> <td>i) 800 Mtr Race</td> <td>To be completed within 4.45 minutes.</td> </tr> <tr> <td>ii) Long Jump</td> <td>09 Feet (03 Chances).</td> </tr> <tr> <td>iii) High Jump</td> <td>3 Feet (03 Chances).</td> </tr> </tbody> </table> <p>ii) No marks will be awarded for this test and PET shall be qualifying in nature. Candidates have to qualify each event of PET, those who do not qualify shall be eliminated.</p> <p>iii) On reporting of female candidates for PET/PST, a self declaration indicating about her pregnancy status will be submitted. In case, if she declares that she is not pregnant, then, she will be allowed to participate in PET/PST. In case of false declaration, all the risk for undergoing PET/PST will be of her own.</p> <p>iv) A women candidate, who as a result of tests is found to be pregnant of 12 weeks standing or over, shall be declared temporarily unfit and appointment be held in abeyance until the confinement is over. The vacancy against which a woman candidate was selected will be kept reserved for her. She will be re-examined for Physical Efficiency Test (PET) six weeks after the date of confinement, subject to the production of medical certificate of fitness from a registered medical practitioner. If she is found fit, she may be appointed to the post kept reserved for and allowed the benefit of seniority in accordance with the instructions of the Government, as amended from time to time. <b>However, such woman candidate to appear and qualify PST, Written Examination, Documentation and DME/RME and has to secure place in final selection list of respective category.</b></p> <p>v) There is no provision of appeal for Physical Efficiency Test (PET).</p> <p><b>Note:-</b> PET will not be held for Ex-Servicemen. However, Ex-Servicemen will be required to qualify the requisite PST, Written Examination and Medical Examination.</p>	<b>For Male Candidates:-</b>		i) 1.6 Kms Race	To be completed within 7.30 minutes.	ii) Long Jump	11 Feet (03 Chances).	iii) High Jump	3½ Feet (03 Chances).	<b>For Female Candidates:-</b>		i) 800 Mtr Race	To be completed within 4.45 minutes.	ii) Long Jump	09 Feet (03 Chances).	iii) High Jump	3 Feet (03 Chances).
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<b>PHYSICAL STANDARD TEST (PST)</b>	<p>(i) Candidates who qualify PET will be screened for Height, Chest (Chest measurement for male candidate only) and Weight measurements. Those who do not meet the required physical measurement as applicable will be eliminated at this stage. The Candidates who are declared not qualified in physical standard i.e.</p>																

*Y. Srinivas*

	<p>height &amp; chest (as applicable) may prefer an appeal on same day, if they so desire, to the appellate authority nominated for the centre through Presiding Officer. The decision of the Appellate Authority will be final and no further <b>appeal or representation</b> in this regard, will be entertained.</p> <p>ii) Physical standard of female candidates shall be measured by female staff only. Chest measurement of female candidates shall not be taken.</p> <p>iii) Underweight/Overweight candidates will be allowed to participate in the next stage of recruitment and shall not be debarred at PST stage. The final decision on fitness/unfitness due to underweight/overweight will be decided at the time of Detailed Medical Examination (DME) based on the weight and age on the day of DME and the height as measure by the PST Board.</p> <p>iv) Rejection Slip to the candidates who are less in height and chest will be issued at the time of PST. Board shall ensure that measurement is mentioned in writing in the rejection slip. In case, if any candidate is not satisfied with the physical measurement recorded by the Board, he/she may make a representation/appeal in writing to the Presiding Officer of the Recruitment Board on the same day for re-measurement. In such case, the physical measurement of aggrieved candidate(s) shall be measured by the Presiding Officer himself and shall dispose off the representation/appeal immediately in writing to the candidate then and there. In case, any candidate refuses to sign or leaves the PST centre without signing the rejection slip, the Presiding Officer should endorse the remarks in the rejection slip as <b>"candidate refused to sign/candidate left without receiving rejection slip/candidate did not turn up to receive rejection slip"</b> and same may be kept in record properly having duly signed by the Presiding Officer of the Board.</p>
<b>PHASE - II</b>	
Written Examination (100 Marks)	<p>(i) The candidates who qualify Physical Standard Test (PST) will have to undergo written examination. Admit cards to the candidates will be issued online by mentioning date and venue of the written test. Candidates have to download online admit card from ITBPF recruitment website i.e. <a href="https://recruitment.itbpolice.nic.in">https://recruitment.itbpolice.nic.in</a></p> <p>(ii) The written examination carrying 100 marks will consist of objective type Multiple Choice Questions. However, pattern of written test i.e. OMR or Computer Based Test (CBT) will be at the discretion of ITBPF. The pattern of question paper for OMR/CBT based written examination will be as under:-</p> <p style="text-align: center;"></p>

100 Questions (Objective type), Maximum Marks--100  
Time – 2 Hrs

SN	Subject	No. of questions	Marks
a)	General English	10	10
b)	General Hindi	10	10
c)	General Awareness (Bilingual)	10	10
d)	Quantitative Aptitude & Simple reasoning (Bilingual)	10	10
e)	Psychology (Bilingual)	60	60
<b>Total</b>		<b>100</b>	<b>100</b>

**NOTE :**

**Syllabus of Psychology**

Sl.No.	Topics	No. of questions	Marks
1.	General Psychology, Intelligence and Creativity, Problem solving.	10	10
2.	Personality, Attitude, Stereotypes, Prejudice and Discrimination, Group Dynamics.	10	10
3.	Psychopathology	15	15
4.	Counseling Psychology	15	15
5.	Managing Human Resources.	10	10
Total =		60	60

**Note:**

i) Answer Key of the question papers will be uploaded on ITBPF recruitment website i.e. <https://recruitment.itbpolice.nic.in> after the written examination is completed.

ii) Candidates are not permitted to use Mobile phone, calculators or any other electronic/electrical device. Possession of these items, whether in use or not, will be considered as “**use of unfair means**” in the examination and appropriate action will be taken against such candidates.

iii) The minimum cut-off percentage of marks for qualifying in written examination will be as follows:-

**UR, EWS & Ex-Servicemen category : 35%**  
**SC/ST/OBC (NCL) category : 33%**

*Y. C. Chauhan*

	<p>iv) There shall be no provision for re-evaluation/re-checking of scores. No correspondence in this regard shall be entertained.</p> <p>v) <b>There will be no negative marking.</b></p>
MERIT LIST	<p>After completion of written examination, merit lists in each category namely UR, SC, ST, OBC (NCL), EWS and Ex-servicemen will be drawn on the basis of marks obtained by the candidates in the Written examination. On the basis of merit, the candidates shall be shortlisted for verification of original documents and Detailed Medical Examination (DME) as per the category wise vacancies. Extended list in each category shall also be prepared to cover the shortfall due to failure of candidates in documentation, Detailed Medical Examination and Review Medical Examination (RME). However, there shall be no reserve list.</p>
RESOLUTION OF TIE CASES	<p>a) In case of tie in marks, the candidate older in age will be higher in merit.</p> <p>b) If the tie still persists, the candidate whose names come first in the alphabetical order (English) will be kept high in the merit.</p>
<b>PHASE – III</b>	
VERIFICATION OF ORIGINAL DOCUMENTS	<p>The candidates will be shortlisted in order of merit in each category will be put through verification of original Documents. Testimonials of the candidates will be checked before Detailed Medical Examination (DME). Original documents will be returned on the spot after verification and self attested copies of certificates will be retained with the application. Original copy of following documents will be required for verification :-</p> <p>(i) Educational Certificate(s) .</p> <p>(ii) Matriculation or 10<sup>th</sup> Class Certificate for verification of DOB.</p> <p>(iii) Scheduled Caste (SC) and Scheduled Tribes (ST) Certificate as per <b>Annexure-‘I’</b>, OBC certificate as per <b>Annexure-‘II’</b> and Economically Weaker Section (EWS) Certificate (valid for the year 2023-2024) as per <b>Annexure-III</b> (if belonging to any of these categories). Certificates obtained in any other format will not be accepted. Candidates claiming OBC status may note that certificate on non creamy layer status as per <b>Annexure-II-A</b> should have been obtained within three years before the closing date i.e. <b>5<sup>th</sup> August, 2024 (05/08/2024)</b>.</p> <p>(iv) Candidates seeking reservation as OBC (NCL) shall submit a declaration as <b>Annexure-II-A</b>.</p> <p>(v) Persons serving in Government Services applying for the post are required to furnish <b>“No Objection Certificate”</b> in original as</p>

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	<p>per <b>Annexure-‘IV’</b> issued by their employer at the time of physical verification of documents. Candidates who fail to submit N.O.C. at the time of documentation shall be summarily rejected.</p> <p>(vi) Certificate as per <b>Annexure ‘V’</b> for claiming relaxation in height &amp; chest (if applicable).</p> <p>(vii) Domicile Certificate issued by local revenue authorities or PAN Card or Aadhar Card or Driving License or Voter Card etc. for verification of citizenship. In case of West Pakistani Refugees settled in Jammu and Kashmir (UT), they are required to produce Certificate in the format attached as <b>Annexure-‘VI’</b> issued by the Sarpanch/ Numberdar of the candidate’s village to the effect that the person belonged to the West Pakistani Refugees Category, along with a copy of Electoral Roll showing the name of the candidate in the voter list for elections to the Parliamentary Constituency.</p> <p>(viii) Discharge certificate in case of Ex-Servicemen.</p> <p>(ix) Four latest passport size photographs.</p>
DETAILED MEDICAL EXAMINATION (DME)	<p>(i) Only those candidates who qualify in the documentation will be required to undergo Detailed Medical Examination (DME) to assess their fitness. The Detailed Medical Examination (DME) of the candidates will be conducted in terms of Uniform Guidelines for Recruitment Medical Examination for GOs and NGOs in CAPFs and AR issued vide MHA U.O. No. A.VI-1/2014-Rectt(SSB) dated 20.05.2015 and A.VI.1/14-Rectt(SSB) dated 24.08.2015 and as amended from time to time by the Government.</p>
REVIEW MEDICAL EXAMINATION (RME)	<p>i) Candidates declared unfit during Detailed Medical Examination (DME) will be allowed to undergo Review Medical Examination (RME), provided they give their written consent by appending their signature on the intimation indicating the reasons for being unfit as per <b>Annexure-‘VII’</b>.</p> <p>(ii) The candidates who have been declared unfit in DME will be briefed about the procedure for filing an appeal for RME at the venue.</p> <p>(iii) The RME will be conducted in continuation to DME on the appeal by the candidate for re-medical in order to rule out any possibility of an error of judgment in the decision of the Recruiting Medical Officer in the DME. The candidate needs to be declared fit by DME or RME board (as applicable) on the date of Medical examination in all aspects as per Medical Guidelines issued by MHA/Government of India.</p> <p>(iv) The RME of candidates will be conducted in continuation of DME preferable on the next day of DME, The consent for RME as</p>

per **Annexure-VII** duly signed by the candidate should be submitted within **24 hours** after he/she is informed of his/her unfitness in DME.

(v) The decision of ITBPF Board of Medical Officers shall be final for declaring a candidate Fit or Unfit in DME/RME.

vi) There will be no provision of **“Temporary Unfit”**. Medical Officer should give his verdict as **“FIT”** or **“UNFIT”** in respect of each candidate.