

Haryana Staff Selection Commission

Bays No. 67-70 Sector-2 Panchkula

Website:- www.hssc.gov.in



ADMIT CARD FOR PHYSICAL MEASUREMENT TEST (PMT) & PHYSICAL SCREENING TEST (PST) FOR THE POST OF MALE CONSTABLE (COMMANDO WING), ADVT. NO.02/2021, CAT. NO. 1
POLICE DEPARTMENT OF HARYANA

NO.1/8/2021-1EXAM/3487

Date:- 15 Jul 2021

Registration No. **221121253**

Applicant Name ANMOL

Father's/Husband's MAAN SINGH

Mother's Name RAJRANI

Date of Birth 22/02/2002

Category SC

Aadhar No. 980219406511

PERMANENT ADDRESS: SIKANDERPUR GHOSI(68)-GURGAON City: GURGAON, Tehsil: GURGAON, Dist: Gurgaon,
Pin: 122002 State: Haryana

Candidate should bring two original copies of admit card (not to be photostated)

PLACE AND DATE OF PMT & PST (High Jumps & Chin Ups) :-

Date 07.09.2021
Time 06.00 A.M. (No Entry after 06.30 A.M.)
Place Sector-5, Parade Ground, Panchkula (Entry from Gate no. 2)

Under. Secy. (Exam) HSSC, Panchkula

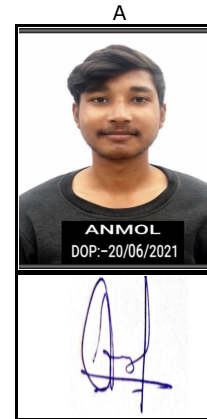
Visible Identification mark as mentioned in application form:- NO MARK

Note: I have read the instructions given below and undertake to abide by the same.

DOWNLOADING DATE AND TIME: 8/30/2021 1:03:41 PM

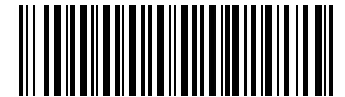
IMPORTANT INSTRUCTION FOR THE CANDIDATES:-

1. Candidates must go through the instructions below as well as prescribed on the Admit Card carefully before coming for the Physical Screening Test & Physical Measurement Test.
2. Candidate must bring 2 original Copies of legibly printed Admit Card with recent colored photo pasted on Admit Card duly attested by Gazetted Officer and one identity proof with photo like Driving License, Voter Card, Aadhar Card, Passport etc. at the time of Physical Screening Test, PMT failing which candidate will not be allowed for PMT & PST.



Please affix here your recent passport size color photograph duly attested by gazette officer

Left Thumb Impression (LTI) for male & female candidate in the presence of Invigilator at the time of Examination



CANDIDATE'S SIGNATURE
(To be signed before committee)

3. Candidate should report the venue along with his admit card as originally downloaded from website at the date and time mentioned therein. Entry in the venue shall not be allowed before the time mentioned in admit card. After the completion of one shift the entry for next shift shall start. Candidates should bring original Admit Card (not to be photostated) for Physical Measurement Test (PMT) & Physical Screening Test (PST).
4. Candidates who qualify the PMT will only be allowed to take part in High Jumps & Candidates who qualifies High Jumps will only be allowed to take part in Chin ups. The result of PMT, High Jumps & Chin ups of all Candidates will be displayed on website of Commission. On the last day of schedule after which admit card for PST (running) will be issued to only qualified candidates
5. At the venue, candidate shall be given token number and then he shall go into the waiting area from where he shall be called as per his token number for registration. After registration he will be called for PMT.
6. Taking drugs and other restricted medicine are strictly prohibited during Physical Screening Test (PST) and Physical Measurement Test (PMT).
7. All the candidates who have applied for the post of Male Constable (Commando) should ensure that they meet the physical standards for the post and fit for the conduct of physical test. The candidate will participate in the Physical Screening Test at his/her own risk/responsibility. The commission or the government shall not be responsible for any mishappening or injury caused to him during the test.
8. The candidate can participate in the Physical Screening Test with/without shoes as per his/her choice but if an injury is caused the Commission or government shall not be responsible for the same.
9. Procedure:-
 - i) Registration of candidate by capturing photographs & biometric finger print after confirming the identity from ID produced by candidate.
 - ii) Height and Chest measurement.
 - iii) High Jumps of candidates who qualify PMT.
 - iv) Chin ups of candidates who qualify High Jumps.
10. As per advt conditions, after taking biometric attendance videography of candidate will be done. Then candidate will appear before the committee assigned for PMT. PMT will be carried out using machines in which data related to measurement will be displayed on screen. Candidate shall sign on the measurement slip. If any candidate has any objection regarding PST/ PMT he/she shall raise his objection immediately, after which no such objection shall be considered.
11. PST (Running) will be done only of those candidates whose roll numbers are there in result published by commission.
12. All candidate are bound to follow the instructions given by HSSC and if not followed, his candidature may be cancelled.
13. If any candidate is found creating any kind of indiscipline, his candidature may be cancelled.
14. Mobile phones or any kind of electronic instruments are strictly prohibited at the test site.
15. PMT & PST will be as per HSSC Advt. No. 02/2021 which is already available on Commission's website i.e. www.hssc.gov.in.

Declaration :- I have read the instructions given above and undertake to abide by the same.

CANDIDATE'S SIGNATURE
(To be signed before committee)

For Secretary, Haryana Staff Selection Commission, Panchkula