NORTHERN RAILWAY
RAILWAY RECRUITMENT CELL
Lajpat Nagar-I, New Delhi – 110024
Website: www.rrcnr.org

NOTICE no-4

CEN No. 08/2024 (Level-1 Posts)
IMPORTANT INSTRUCTIONS FOR CANDIDATES SHORTLISTED FOR PHYSICAL EFFICIENCY TEST (PET)

Notice for Physical Efficiency Test (PET) against CEN RRC 08/2024

1. Based on the merit secured in the Computer Based Test (CBT), candidates have been shortlisted for the Physical Efficiency Test (PET) in accordance with the provisions of CEN No. 08/2024

2. The Physical Efficiency Test (PET) under **CEN No. 08/2024** for all candidates who have opted for Northern Railway and have been shortlisted for the same is tentatively scheduled to be conducted on **22.09.2026, 23.09.2026, 24.09.2026, 25.09.2026, 26.09.2026, 27.09.2026** at the following venue:

Railway Stadium, Rail Vihar Colony,
Near DRM Office Complex, Ambala Cantt., Haryana.

The above schedule is **tentative** and is subject to change due to prevailing weather conditions or any administrative exigencies. Any change in the schedule will be notified through the **RRC/Northern Railway website**, SMS, and e-mail. Candidates are advised to regularly visit the **RRC/Northern Railway website (www.rrcnr.org)** for the latest updates regarding the PET schedule.

3. Passing the Physical Efficiency Test (PET) is mandatory and qualifying in nature. The PET standards are as under:

PET	A. Male candidates	B. Female candidates
Weight Carrying Test	Should be able to lift and carry 35 Kg of weight for a distance of 100 meters in 2 minutes in one chance without putting the weight down; and	Should be able to lift and carry 20 Kg of weight for a distance of 100 meters in 2 minutes in one chance without putting the weight down; and
Running Test	Should be able to run for a distance of 1000 meters in 4 minutes and 15 seconds in one chance.	Should be able to run for a distance of 1000 meters in 5 minutes and 40 seconds in one chance.

C. Transgender Candidates
Relaxed PET standards equivalent to those prescribed for Female candidates shall be applicable.

4. The Physical Efficiency Test (PET) consists of two stages:
(a) Weight Carrying Test. (b) Running Test.

The Weight Carrying Test shall be conducted first. Only those candidates who qualify in the Weight Carrying Test shall be permitted to appear in the Running Test after a suitable recovery interval.

Failure in the Weight Carrying Test shall result in elimination from the PET, and such candidates shall not be allowed to participate in the Running Test.

5. During the Weight Carrying Test, candidates will be required to lift a sandbag (without any handle) from a bench/platform approximately at waist height and carry it above the ground for the prescribed distance without dropping it. Candidates may carry the sandbag in any convenient manner.

6. Persons with Benchmark Disabilities (PwBD), as specified in CEN No. 08/2024, are exempted from appearing in PET. However, such candidates shall be required to qualify the prescribed Medical Examination applicable to PwBD candidates.

7. Course Completed Act Apprentices are exempted from appearing in the Physical Efficiency Test. However, they shall be required to qualify the prescribed written examination and medical standards applicable for the post.

8. Ex-Servicemen are exempted from PET. However, they shall be required to qualify the prescribed written examination and medical standards applicable for the post.

9. Female Candidates – Pregnancy Declaration

(a) Every female candidate shall submit a self-declaration regarding her pregnancy status before commencement of PET.

(b) If she declares that she is not pregnant, she will be permitted to participate in PET. In case of any false declaration, the entire risk associated with participation in PET shall be borne by the candidate herself.

(c) If a candidate declares that she is pregnant, a confirmatory pregnancy test shall be conducted. If found pregnant, irrespective of the stage of pregnancy, she shall be declared temporarily unfit and her empanelment shall remain in abeyance until confinement.

(d) The vacancy against which such candidate has been selected shall be kept reserved. She shall be re-examined for PET six weeks after confinement, subject to production of a Medical Fitness Certificate from a Registered Medical Practitioner.

(e) Upon qualifying PET and the prescribed Medical Examination, she shall be considered for appointment against the reserved vacancy with admissible seniority as per Railway Board instructions.

(f) If the confirmatory pregnancy test is negative, the candidate shall be allowed to participate in PET.

10. It is the sole responsibility of every candidate to ensure that he/she is medically fit to undergo PET. RRC/Northern Railway and the Railway Administration shall not be responsible for any injury, illness or any other harm suffered during participation in PET.

11. Candidates are advised to make their own arrangements in advance for accommodation, boarding, transportation and other necessary logistics for at least 03–04 days, considering the overall PET schedule and related activities. The Railway Administration will not provide accommodation, boarding, transportation, or any other such facilities.

12. PET e-Call Letters will be made available on the RRC/Northern Railway website approximately 7–8 days before the scheduled date of PET. Candidates are advised to download the e-Call Letter well in advance and carefully read all instructions contained therein. ***Entry to the PET venue will be permitted only on production of a valid PET e-Call Letter (e-Admit Card). No candidate shall be allowed to enter the venue without the PET e-Call Letter (e-Admit Card).***

13. Candidates must report at the PET venue well before the reporting time mentioned in the PET e-Call Letter. Late reporting may lead to cancellation of candidature and no request for change of PET date/time shall be entertained.

14. Candidates must carry the following documents/items while reporting for PET:

(i) Printed copy of PET e-Call Letter.
(ii) Original Aadhaar Card.
(iii) Four (04) recent passport-size colour photographs identical to those uploaded during the online application.
(iv) Any other document(s), if specifically mentioned in the e-Call Letter.

15. Aadhaar Based Biometric Authentication

In accordance with Rule 5 of the Aadhaar Authentication for Good Governance (Social Welfare, Innovation, Knowledge) Rules, 2020 read with Section 4(4)(b)(ii) of the Aadhaar Act, 2016 (as amended), Aadhaar-based biometric authentication shall be carried out on a voluntary basis before and/or during PET to establish the identity of candidates and prevent impersonation and malpractices. Candidates are advised to bring their original Aadhaar Card.

16. Candidates should wear proper sports attire and sports shoes suitable for running and other physical activities. They are also advised to carry an umbrella/raincoat considering the prevailing weather conditions.

17. Candidates qualifying the PET shall be called for Document Verification (DV) and Medical Examination (ME) in the ratio of 1:1 against the notified vacancies, subject to the provisions of CEN No. 08/2024.

18. Any candidate found using unfair means, attempting impersonation, or sending another person to appear on his/her behalf during PET/DV shall be disqualified, debarred from all future examinations conducted by RRBs/RRCs and appropriate legal action shall be initiated.

19. The decision of the Railway Recruitment Boards/Railway Recruitment Cells regarding eligibility, conduct of PET/DV, modification of vacancies, selection, empanelment, allotment of posts and all other recruitment matters shall be final and binding. No correspondence or enquiry in this regard shall be entertained.

20. Candidates are advised to visit the official website of RRC/Northern Railway (www.rrcnr.org) regularly for the latest updates regarding PET, Document Verification, Medical Examination and further stages of recruitment.

Chairman
Railway Recruitment Cell
Northern Railway