

CRITERIA: PHYSICAL EFFICIENCY TEST (PIONEER)

S/No	Activity	Maximum Marks	Distribution of Marks											
			Time	Less than 05 Min 40 Sec	5 Min 41 Sec to 5 Min 50 Sec	05 Min 51 Sec to 06 Min	06 Min 01 Sec to 06 Min 10 Sec	06 Min 11 Sec to 06 Min 20 Sec	06 Min 21 Sec to 06 Min 30 Sec	06 Min 31 Sec to 06 Min 40 Sec	06 Min 41 Sec to 06 Min 50 Sec	06 Min 51 Sec and above		
1	One Mile Run	20 Marks	Marks	20	16	12	10	8	6	4		2		0
			No of Pull Ups	Upto 2	3	4	5	6	7	8	9	10	11 & 12	13 & above
2	Pull Ups	10 Marks	Marks	0	1	2	3	4	5	6	7	8	9	10
			A candidate jumping over 9 Feet Ditch in First attempt itself will get 10 Marks and if fails will get '0' (Zero) Marks.											
3	9 Feet Ditch Jumping	10 Marks	A candidate will get 10 Marks if he climbs a 20 Feet Rope, touches the Hook / Knot at the top and comes down with the help of rope other wise he will get '0' (Zero) Marks.											
4	20 Feet Vertical Rope Climbing	10 Marks	A candidate will get 10 Marks if he climbs a 20 Feet Rope, touches the Hook / Knot at the top and comes down with the help of rope other wise he will get '0' (Zero) Marks.											
Note:		Candidate to score minimum 80% marks to qualify for Written Test except DD cases where qualifying marks are minimum 76 %.												

							APPX-'D'
<u>SYLABUS</u>							
Post No	Trade	Type of Post	Physical (1 mile run)	Practical Test (Min 40% reqd to qualify for written Exam)	Written Test		
1	D/Man	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 10 mins)	NIL	Questions on simple maths	100 marks	
					Questions on mensuration		
					Civil Engineering Drawing		
					Quantitative aptitude		
					General Knowledge		
2	Supervisor Stores	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 10 mins)	NIL	Accounting of Stores including inventory control procedure	100 marks	
					Storage & precautions of stores incl fire protection / fighting		
					Stock verification of stores		
					Maint of stock ledger		
					Security of Stores		
					Questions on Arthematic		
3	Supervisor Nursing	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 10 mins)	NIL	Anatomy & physiology	100 marks	
					Administration of drugs		
					Use & doses of drugs		
					First aid & anti anaphylactic		
					Types of Beds & Bed making		
					Hospital admission & discharge		
					Preventive measures for various diseases/ infections		
					Good hygiene / sanitation and disposal of med waste		
					Use of insecticides		
					Family Planning		
					Foods & its service and balanced diet / Hospital diet		
					Nuring / care of patients		
					Animal borne diseases		
					General Knowledge		
4	Hindi Typist	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 10 mins)	Typing test @ 30 words per minute in Hindi on Computer (passing criteria)	Essay in English & Hindi 12th Std level)	100 marks	
					Sentences in Hindi & English		
					English & Hindi grammer		
					Letter writing in English		
					Letter writing in Hindi		
					Proverbs, idioms & pharses		
					Translation of passage from Eng to Hindi		
					Questions on Arthematic		
					General Knowledge		

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5	Vehicle Mechanic	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 10 mins)	Identification of engine parts	25 marks	Operations of petrol / diesel engines	100 marks
				Identification of parts of transmission sys		Checking of faults	
				Identification of parts of fuel sys		Repair & Maint on engine	
				Identification of different Lubricants / oils		Repair & Maint on fuel sys	
				Identification of tools, eqpts		Repair & Maint of break sys	
						Repair & Maint of clutch sys	
	Repair & Maint of chasis						
		General Knowledge					
6	Welder	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 10 mins)	Arc welding operation	30 marks	Questions of Gas welding	100 marks
				Gas welding operation		Questions of Arc welding	
				Identification of eqpts/mtrl used for welding		Operation & Maint of welding eqpts	
						Eqpts used in welding	
		Safety precautions					
		General Knowledge					
7	MSW Pioneer	Gp 'C'	Physical test in r/o PNR is part of Practical Test	Physical Efficiency Test as per Annexure 'I' (Min 80% reqd to qualify for written exam)	50 marks	Making of simple sentences in English & Hindi	100 marks
						Vocabulary, antonym & synonyms	
						Simple arithmetic of 10th std	
		General Knowledge on all subjects					
8	MSW Mess Waiter	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 08 mins)	Beverage serving etiquette	30 marks	Handling & identification of different types of crockery	100 marks
				Food serving etiquettes		Maint of Room	
				Use of different type of crockery/cutlery		Food service etiquettes	
				Laying out a dining table for various occasions		Beverage service etiquettes	
				Preparation of bed		General Knowledge	
				Identification of food/beverage			

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9	MSW Nursing Assistant	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 08 mins)	Identification & use of medical Eqpts and instruments	25 marks	Administration of drugs	100 marks	
				Identification & Administration of drugs		Use & dose of drugs		
				Routine examination of patients		First Aid		
				Management & evacuation of medical emergencies		Types of Beds & Bed making		
10	MSW Safaiwala	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 08 mins)	Cleaning of toilets & lavatories	30 marks	Hygiene and sanitation		100 marks
				Cleaning of common areas		Nursing / care of patients		
				Making of broom from available resources		Procurement and storage of medicines		
				Using cleaning eqpts		Sterilization of surgical eqpts		
11	MSW Diesel Engine Static	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 08 mins)	Identifying cleaning eqpts	25 marks	General Knowledge		100 marks
				Identification of engine parts of Static Engines		Use of different types of insecticides / cleaning chemicals/eqpt		
				Identification of oils / lubs		General hygiene & sanitation		
				Identification of tools, eqpts		General Knowledge		
12	MSW Mason	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 08 mins)	Brick masonry	30 marks	Operation of static engine/Generator set / Concrete Mixers	100 marks	
				Stone Masonry		Checking of faults & Maint of Static Engines/Generator set / Concrete Mixers		
				Mixing mortar as per proportion		Use of fuels / oils / lubs in static engines		
				Use of Vibrators		General Knowledge		
				Erecting knowledge of shuttering		Questions on concrete & concrete mixing		
				Curing procedure		Brick/stone masonry works		
						Pears & arches		
	Different type of floors							
	Pointing							
	Different type of cement Mortar & its use							
	Plastering							
	Use of staging & shuttering							
	General Knowledge							

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13	MSW Cook	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 08 mins)	Chopping/Cutting of vegetables	30 marks	(a) Preparation of procedure & different types of ingredients used with quantity mentioned against each, for preparation of Indian, South Indian, Mughalai, Hyderabad, Chinese & Continental dishes: -	100 marks
				Identification of spices			
				Cleaning of utensils			
				Knowledge of cleanliness of working place			
				Finishing/garnishing/decoration /beautification/flavoring of food			
					(i) Veg dishes		
					(ii) Non-Veg		
					(iii) Sweet dish		
					(b) Preservation of food		
					(c) Washing / cleaning of Utensils		
					General Knowledge		
14	Driver Mechanical Transport (Ordinary Grade)	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 08 mins)	Maneuvering of slope without silpping	30 marks	Maint of heavy / light veh	100 marks
				Driving of vehs on a driving track ('8')		Use of Oiles / lubs	
				Reverse parking		Daily / periodic checking	
						Tyre rotation	
						Road signs	
		Traffice Rules					
		Use of Tools					
		General knowledge					
15	Driver Road Roller (Ordinary Grade)	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 08 mins)	Forward & reverse march of road roller with ony 10 cm of clearance on both side	30 marks	Maint of Road roller	100 marks
						Use of Oils / lubs	
						Daily / periodic checking	
						Use of Tools	
						Traffice Rules	
		General Knowledge					
16	Operator Excavating Machinery (Ordinary Grade)	Gp 'C'	Pass/ Qualify (Maximum time to qualify - 08 mins)	Dozing of earth by dozer & its output / excavating & loading of excavated material by Excavator Time period per candidate 5 mins	30 marks	Maint of Dozer / JCB	100 marks
						Use of Oils / lubs	
						Daily / periodic checking	
						Use of Tools	
						Traffice Rules	
		General Knowledge					