



THE ADMINISTRATION OF UNION TERRITORY OF LADAKH
FINANCE DEPARTMENT
Civil Secretariat, Ladakh

Subject: Physical Fitness and Physical Endurance Test for Guard/Excise Guard-Recruitment Regarding.

Reference: Method of recruitment for the posts of Guard/Excise Guard as provided in Schedule IIA of S.O:65

Order No: 01 of 2022

Dated: 21-04-2022

It is hereby ordered that for appointment to the posts of Guard/Excise Guard under the Ladakh Excise & State Taxes (Subordinate) Service Recruitment Rules, 2021, the candidates must meet the following physical standards:

1. Physical Measurement Test:

Standard of Physical measurement shall be:

- a. Height Male = 162cms Minimum
- b. Height Female = 152cms Minimum
- c. Chest (Only Male) = 81cms Unexpanded
= 85cms Expanded

Candidates who do not qualify the physical measurement test shall be disqualified and shall not be allowed to participate in the remaining recruitment process.

2. Physical Endurance Test:

- | | <i>Qualifying Time</i> |
|--|------------------------|
| a. Walking:1600 meters (Male Candidates) | within 15 Minutes |
| b. Walking:1000 meters (Female Candidates) | within 20 Minutes |

Physical Endurance Test shall be taken only of those candidates who qualify the Physical Measurement Test.

Sd/-
Umang Narula, IAS
Advisor & Finance Secretary

No:M-13/45/2022-GST-UTL/ 01-03

Dated:21 04 2022

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Amit Singh Chandel, IRS
Deputy Excise Commissioner