



DR. RAJKUMAR
ACADEMY

Dr. RAJKUMAR IAS/KAS ACADEMY

AN INITIATIVE BY DR. RAJKUMAR FAMILY

Mission Sarkari Jobs

Name of the Examination:

Central Armed Police Forces : Assistant Commandants

Last Date for Application : 12th March 2026

Recruitment Police Forces :

Border Security Force (BSF)

Central Reserve Police Force (CRPF)

Central Industrial Security Force (CISF)

Indo-Tibetan Border Police (ITBP)

Sashastra Seema Bal (SSB)

Plan of Examination

Stage 1 : Written Examination

The written examination to be conducted by the Commission will be held on **19th July, 2026** and will comprise two papers. **Paper-I** will be held from **10:00 AM to 12:00 PM** and **Paper-II** will be held from **2:00 PM to 5:00 PM**.

Stage 2 : Physical Standards Tests/Physical Efficiency Tests

		Men	Women
(a)	100 Meter Race	In 16 Seconds	In 18 Seconds
(b)	800 Meter Race	In 03 Min. 45 Sec.	In 4 Min. 45 Sec.
(c)	Long Jump*	3.5 Meters (3 Chances)	3.0 Meters (3 Chances)
* Note: During long jump, if any part of the body of a candidate touches the starting line or finishing line of length 3 Mtrs for Female candidate and 3.5 Mtrs for Male candidate (both marking line are inclusive), it would be deemed as disqualification in long jump event. Candidate is required to jump and clear distance prescribed for his/her i.e. 3 Mtrs for Female and 3.5 Mtrs for Male Candidate".			
(d)	Shot Put (7.26 Kg)	4.5 Meters (3 Chances)	-----

(1) Physical Standards:

The minimum requirements for the candidate are as follows:

	Men	Women
Height	165 cm	157 cm
Chest	81 cm (unexpanded) (with 5 cm minimum expansion)	(Not applicable)
Weight	50 kg.	46 kg.

NOTE: The height and chest measurement of a male candidate and only height of female candidate will be measured correct to one decimal in centimeter. For example, height will be measured and recorded as 165.2 cms. Any candidate having height or chest measurement less than the prescribed minimum criteria as mentioned in Appendix-II(A) of Rules for the post will be disqualified. For example, if minimum height requirement is 165 cms then candidate having height 164.9 cms and less will be disqualified.

Stage 3 : Interview/Personality Test

Candidates who are declared qualified in the Physical Standards Tests (PST) /Physical Efficiency Tests (PET), will be called for Interview/Personality Test to be conducted by the Commission. Candidates who are declared unqualified in the Physical Efficiency Test will not be called for Interview/Personality Tests. The Interview/Personality Test will carry **150 Marks**.

1. Syllabus (Key Topics):

Paper 1 - General Ability and Intelligence (Objective Type/250 Marks)

The questions in this paper will be of Objective (Multiple Answers) Type in which the questions will be set in English as well as Hindi.

- **General Mental Ability** : The questions will be designed to test the logical reasoning, quantitative aptitude including numerical ability, and data interpretation.
- **General Science** : The questions will be set to test general awareness, scientific temper, comprehension and appreciation of scientific phenomena of everyday observation including new areas of importance like Information Technology, Biotechnology, Environmental Science.
- **Current Events of National and International Importance** : The questions will test the candidates' awareness of current events of national and international importance in the broad areas of culture, music, arts, literature, sports, governance, societal and developmental issues, industry, business, globalisation, and interplay among nations.

- **Indian Polity and Economy:** The questions shall aim to test candidates' knowledge of the Country's political system and the Constitution of India, social systems and public administration, economic development in India, regional and international security issues and human rights including its indicators.
- **History of India :** The questions will broadly cover the subject in its social, economic and political aspects. This shall also include the areas of growth of nationalism and freedom movement.
- **Indian and World Geography :** The questions shall cover the physical, social and economic aspects of geography pertaining to India and the World.

Paper 2 - General Studies, Essay and Comprehension - 200 Marks

In this paper candidates will be allowed the option of writing the Essay Component in English or Hindi, but the medium of Precis Writing, Comprehension Components and other communications/language skills will be English only.

- **Part – A :** Essay questions which are to be answered in long narrative form either in Hindi or English totaling 80 Marks. The indicative topics are modern Indian history especially of the freedom struggle, geography, polity and economy, knowledge of security and human rights issues, and analytical ability.
- **Part-B :** Comprehension, precis writing, other communications/language skills – to be attempted in English only (Marks 120) – The topics are Comprehension passages, précis writing, developing counter arguments, simple grammar and other aspects of language testing.

NOTE : There will be minimum qualifying marks separately in each Paper as may be fixed by the Commission in their discretion. Paper-I will be evaluated first and evaluation of Paper-II will be done only of those candidates who obtain the minimum qualifying marks in Paper-I.

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2. Qualification Criteria:

Educational Qualification : Bachelor's Degree of a recognised University.

3. Age Limit:

General: 20-25 Years

OBC: 20-28 Years

SC and ST: 20-30 Years

Ex-Servicemen Age Relaxation : 5 Years

5. Examination Authority and Website:

- Union Public Service Commission (UPSC) : <https://upsconline.nic.in>
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6. Examination Centre in Karnataka: Bengaluru

7. Salary Band:

- Pay Scale : 56,100 Rupees
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Best Wishes Always!!!

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