

SSC Havaldar Physical Test 2024 - All about PET & PST

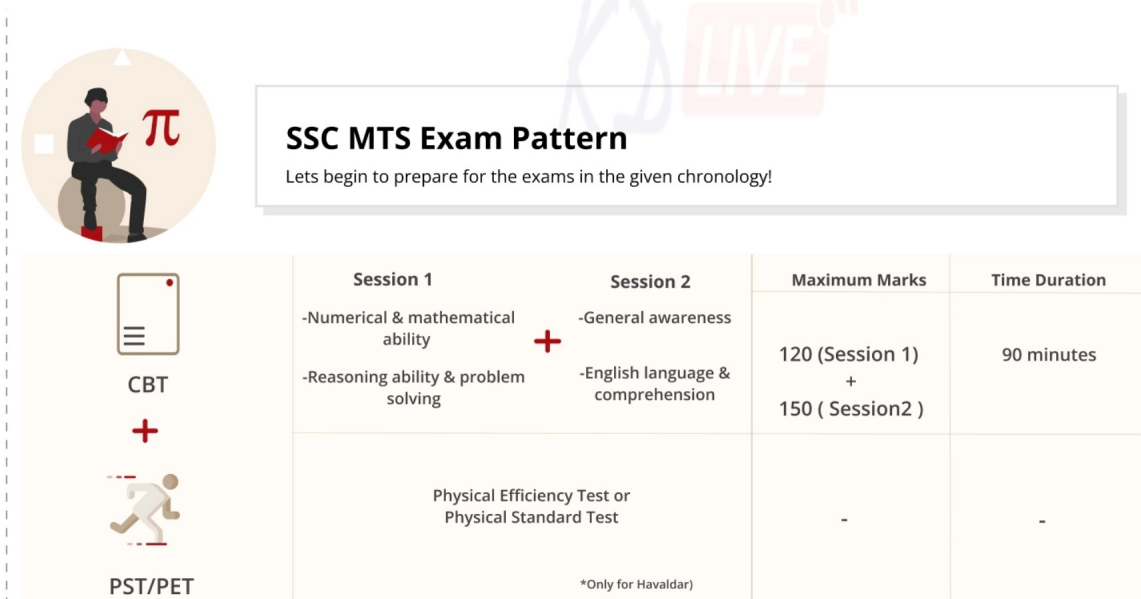
The

Staff Selection Commission (SSC)

conducts physical tests as part of the selection process for the post of Havaldar. These tests are crucial in determining the physical fitness and endurance of candidates, ensuring they are capable of handling the demands of the job. In this blog, we will delve into the various aspects of the SSC Havaldar physical test 2024, including the requirements, preparation tips, and common challenges faced by aspirants. Understanding these elements can greatly enhance your chances of success in this competitive examination.

SSC Havaldar Physical Test 2024 - Overview

The SSC Havaldar recruitment process includes a physical test in its second stage, comprising the Physical Standard Test (PST) and the Physical Efficiency Test (PET). Qualifying in this test is mandatory for candidates to secure recruitment. The following infographic has been provided to enhance comprehension and facilitate better understanding of the selection process.



[Source: KD Live]

After clearing the Computer Based Test (CBT), candidates proceed to the PET/PST stage. Failure to pass the physical test results in disqualification from the recruitment process. PET/PST can be conducted at any designated center across the country.

SSC Havaldar Physical Test 2024 - Requirements

In the SSC Havaldar Selection Process, the Physical Standard Test (PST) and Physical Efficiency Test (PET) play pivotal roles as qualifying assessments. To proceed to the Physical Standard Test, candidates must meet specific minimum physical requirements, which are distinct for male and female candidates and are established by the commission. Here

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Physical Standard Test (PST)

Male Candidates:

- Height: 157.5 cms (with a relaxation of 5 cms for Garhwalis, Assamese, Gorkhas, and members of Scheduled Tribes)
- Chest: 81 cms (fully expanded, with a minimum expansion of 5 cms)

Female Candidates:

- Height: 152 cms (with a relaxation of 2.5 cms for Garhwalis, Assamese, Gorkhas, and members of Scheduled Tribes)
- Weight: 48 kg (with a relaxation of 2 kg for Garhwalis, Assamese, Gorkhas, and members of Scheduled Tribes)

Additionally, the Physical Efficiency Test (PET) evaluates candidates based on their walking ability. Here are the specific requirements:

Physical Efficiency Test (PET)

Male Candidates:

- Walking: Covering a distance of 1600 meters in 15 minutes.

Female Candidates:

- Walking: Covering a distance of 1 Km in 20 minutes.

These criteria are essential for candidates aiming to successfully clear the physical assessments in the SSC Havaldar recruitment process.

SSC Havaldar Physical Test 2024 - Eligibility Criteria

Before you begin your application, it's important to familiarize yourself with the eligibility criteria for SSC Havaldar in 2024. These criteria primarily encompass nationality, minimum educational qualifications, and an age limit. Let's provide a brief explanation of these eligibility criteria for SSC Havaldar in 2024. The key eligibility factors include:

- **Nationality:** You must be a citizen of India, or a subject of Nepal or Bhutan.
- **Age Limit:** For MTS positions, you must be between 18 to 25 years old. However, for the position of Havaldar in CBIC, the age limit is 18 to 27 years.
- **Educational Qualification:** You must have passed the 10th grade or its equivalent from a recognized Board.
- **Physical Qualification:** Only for the Havaldar position, you must undergo the Physical Efficiency Test / Physical Standard Test (PST).

To gain a detailed understanding of each of these eligibility criteria, refer to our [SSC Havaldar Eligibility Criteria 2024](#) blog.

SSC Havaladar 2024 Notification

The Staff Selection Commission conducts examinations for the recruitment of Multi Tasking Staff (MTS) and Havaladar, attracting numerous applicants who diligently prepare for and are selected through these exams. With the release of the SSC Exam Calendar 2024, aspirants are eagerly anticipating the SSC Havaladar Notification 2024 to kick-start their preparation. The official announcement for the release of the SSC Havaladar Notification 2024 is announced for May 7, 2024, and will be available for access on the official website of the commission. Applicants are advised to stay tuned to the official updates for detailed information and timely preparation. For a better understanding of the SSC Havaladar Physical Test 2024, candidates can have a look on the previous year's [Notification](#).

For a more comprehensive understanding, we recommend reading the blog post titled [SSC Havaladar Notification 2024](#)

. This blog post provides detailed information and insights into the SSC Havaladar Notification for 2024, helping you stay informed and prepared for the upcoming recruitment process.

SSC Havaladar 2024 Exam Pattern

The SSC Havaladar Exam consists of two online sessions. Session I includes Numerical and Mathematical Ability and Reasoning Ability and Problem-Solving, with 20 questions each. Session II covers General Awareness and English Language and Comprehension, also with 25 questions each. After clearing the Computer Based Examination, candidates undergo the Physical Standard Test (PST) and Physical Efficiency Test (PET). Detailed physical standards are available in the official SSC MTS Notification 2024.

SSC Havaladar Physical Test 2024 - All about PET & PST

Session	Subjects	Number of Questions	Maximum Marks	Duration	Extra Time for Scribe
I	Numerical and Mathematical Ability	20	60	45 minutes	60 minutes
	Reasoning Ability and Problem-Solving	20	60		
Total		40	120		
II	General Awareness	25	75	45 minutes	60 minutes
	English Language and Comprehension	25	75		
Total		50	150		

For a more comprehensive understanding of the

[SSC Havaladar Exam Pattern 2024](#)

, we invite you to explore our detailed blog. Click on the embedded link to access in-depth information about the exam pattern, including insights into each section, marking scheme, and preparation tips.

SSC Havaladar 2024 Syllabus

Now that you are completely aware of the SSC Havaladar Physical Test and its exam pattern. Let's equip you with a brief syllabus of the SSC Havaladar exam 2024. The SSC Havaladar Notification 2024 includes the SSC Havaladar Syllabus 2024, which details the syllabus for both Session 1 and Session 2.

- Session 1 covers Numerical and Mathematical Ability, focusing on topics like Integers, LCM and HCF, Decimals and Fractions, and Reasoning Ability covering topics like Alpha-Numeric Series, Coding and Decoding.
- Session 2 includes General Awareness covering Social Studies, General Science, Environmental studies, and English Language and Comprehension focusing on vocabulary, grammar, synonyms, antonyms, and comprehension skills.

Having covered the eligibility, details, requirements, exam pattern, and syllabus for the SSC Havaladar physical test 2024, our next segment will delve into important dates. For a detailed breakdown of the topic-wise weightage, please refer to our

[SSC Havaladar Syllabus 2024](#)

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SSC Havaladar Physical Test 2024 - Important Dates

Below is the tabular format presenting the official schedule for the SSC Havaladar exam 2024 as outlined by the Staff Selection Commission, providing clear and organized reference.

Event	Dates (Tentative)
Notification Release Date	7 May 2024
Start Date of online applications	7 May 2024
End Date of online applications	6 June 2024
Making an online fee payment	To be Announced
Generation of offline challan	To be Announced
Payment through challan (during working hours of the Bank)	To be Announced
'Window for Application Form Correction' and online payment of Correction Charges	To be Announced
Computer-Based Examination	July-August 2024
Schedule for Phase-2	To be announced

We hope that this blog has brought clarity to your understanding of the SSC Havaladar Physical Test 2024. It is important to highlight the significance of staying well-informed and thoroughly prepared, as these are key factors in achieving success. Your dedication and hard work, combined with the guidance from

KD Live,

will undoubtedly take you towards your goal of becoming a Havaladar in your chosen field.