



## ADMIT CARD

FOR PHYSICAL MEASUREMENT & ENDURANCE TEST  
(FOR RE- ENROLMENT OF EX-HOME GUARDS AS BUS MARSHAL)

(For Office use only)

FORM NO. \_\_\_\_\_

Date of PMET: \_\_\_\_\_

Reporting Time: 7:30 AM

Venue of PMET: Parade Ground, Directorate General of Home Guards, Raja Garden,  
New Delhi-110027.

Paste a  
Passport Size  
Photo  
4.5 x 3.5

### TO BE FILLED BY CANDIDATE

NAME: \_\_\_\_\_

Father Name: \_\_\_\_\_

Address: \_\_\_\_\_

PIN Code: \_\_\_\_\_

Ph. No. \_\_\_\_\_

Email ID (If any): \_\_\_\_\_

Candidate Signature

### Instructions for Physical Measurement & Endurance Test

1. Candidate should appear for PMET as per scheduled Date, Time & Venue.
2. No Candidate will be allowed to enter the PMET ground after end of reporting time mentioned in the admit card under any circumstances whatsoever.
3. Candidate must carry this Admit Card (in original), failing which the candidate will not be allowed for PMET.
4. Candidates must carry their Original Certificates/Documents on the day of PMET, and produce before the board for verification.
5. Candidate must fulfill the following criterion before appearing for the PMET:
  - (a) The Candidate must be a duly discharged Ex-Home Guard of Delhi Home Guards.
  - (b) The Candidate should be citizen of India and resident of Delhi;
  - (c) The candidate must be 10<sup>th</sup> class pass;
  - (d) The candidate must be within 20-60 years of age; (as on 01-01-2020)
  - (e) The Candidate must be mentally sound and physically fit;
  - (f) The candidate must have satisfactory Work & Conduct report during past tenure.
  - (g) The Candidate must be free from criminal involvement.
6. The candidate must pass the Physical Measurement & Endurance Test, as per following criteria:
  - i. Qualifying Height: 165cms (Male) & 150cms (for Female)
  - ii. Qualifying Race: 1km for Males and 800 meters for Female
  - iii. Qualifying Time for Race: 5½ minutes up to 35 years of age  
6½ minutes for more than 35 years of age
7. No further opportunity to appear for Physical Measurement & Endurance Test shall be given once failed.
8. Mobile phone, Camera and any other electronics device will not be allowed inside PMET Area. There shall be no arrangement for keeping any such articles.

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Signature of Candidate  
(To be signed before the Issuing authority)

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Issuing Authority