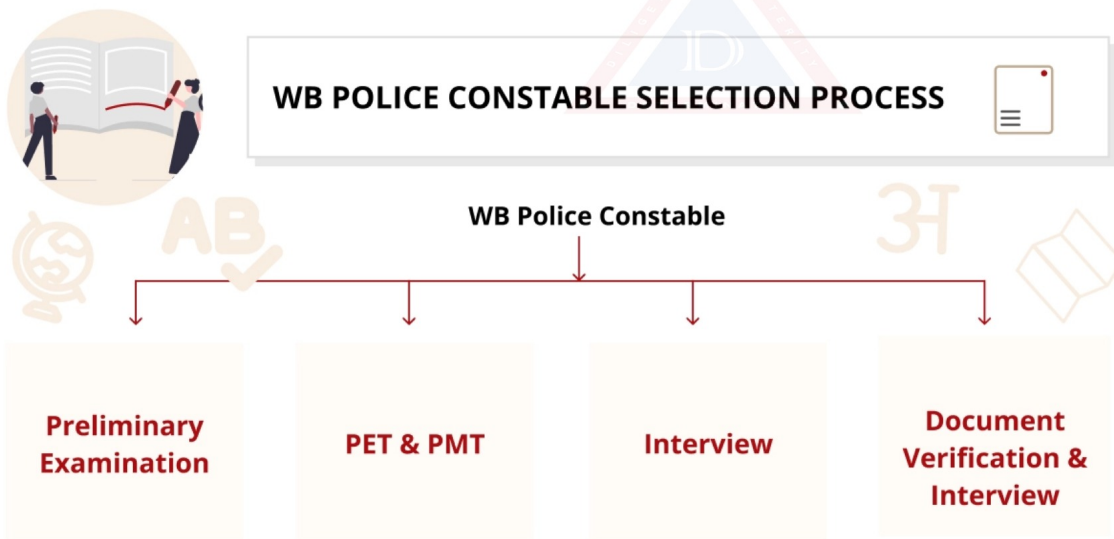


The **West Bengal Public Service Commission (WBPS)** conducts the WB Police Constable Physical Test as part of the selection process for the post of Constable. These tests are crucial in determining the physical fitness and endurance of candidates, ensuring they are capable of handling the demands of the job. In this blog, we will delve into the various aspects of the WB Police Constable physical test, 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.

WB Police Constable Physical Test - Overview

The physical test for **WB Police Constable Recruitment** is conducted to evaluate the physical efficiency of candidates applying for this position. Candidates must be physically and medically fit to be eligible for the WB Police Constable role. The WB Police Constable Physical Test is likely to be conducted shortly after the preliminary written examination. Candidates who pass this PMT stage will then be eligible for PET stage. The following infographic has been included to improve understanding and aid comprehension of the topic.



[Source: The Dhronas]

Upon passing the Preliminary written exam, candidates who clear PMT are eligible for PET stage. Failure to clear the WB Police Constable Physical Test leads to disqualification from the recruitment process. PET may be held at any designated center.

WB Police Constable Physical Test - Physical Requirements

Candidates who are applying for the WB Police Constable position are required to meet specific minimum physical standards to qualify for the next round, which is the Physical Efficiency Test (PET). Below are the height and weight requirements for different categories:

Category	Male Constable	Female Constable	Transgender
Gorkhas, Garhwalis, Rajbanshis, Scheduled Tribes	Height: 160 cm Weight: 57 kg Chest: 76 cm (5 cm expansion)	Height: 152 cm Weight: 45 kg	Height: 155 cm Weight: 48 kg
All Others	Height: 167 cm Weight: 53 kg Chest: 78 cm (5 cm expansion)	Height: 160 cm Weight: 49 kg	Height: 163 cm Weight: 52 kg

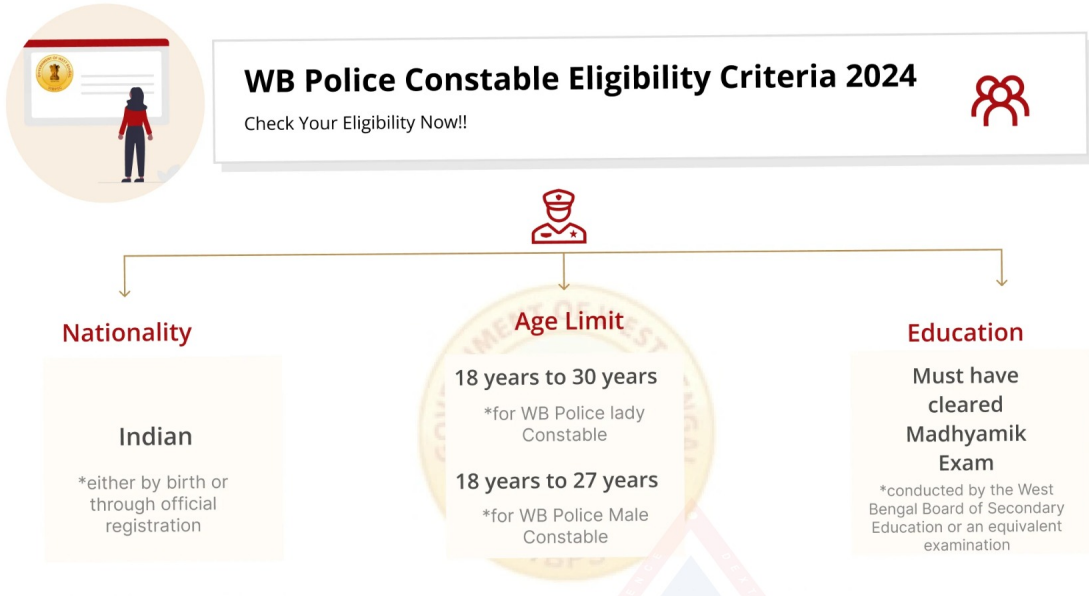
Candidates who successfully clear the Physical Measurement Test (PMT) will be permitted to participate in the Physical Efficiency Test (PET), which is the next stage of the selection process. The events and timings for the PET are as follows:

Post	Event	Timing
Male Constable	1600m run	6 minutes 30 sec
Lady Constable	800m run	4 minutes
Third Gender	800m run	3 minutes 30 sec

These standards are crucial for candidates aiming to pass the physical assessments in the WB Police Constable recruitment process.

WB Police Constable Physical Test - Eligibility Criteria

Prior to commencing your application, it is crucial to acquaint yourself with the eligibility criteria for the WB Police Constable position in 2024. These criteria predominantly include nationality, minimum educational qualifications, and an age limit. Let us offer a concise explanation of these eligibility criteria for the WB Police Constable position in 2024.



[Source: The Dronas]

Now that you have a comprehensive understanding of the WB Constable Notification 2024 and its specifics, let's explore the eligibility criteria, which is the first step toward reaching your goal. It is essential to thoroughly understand all the eligibility criteria to ensure your eligibility for the examination. The primary eligibility factors include:

Age Limit

- Minimum: 18 years
- Maximum age for WB Police Constable Male: 30 years
- Maximum age for WB Police Lady Constable: 30 years

Education Qualification

- Candidates must have passed the Madhyamik Examination from the WB Board of Secondary Education or any other school examination board in India.
- Knowledge of the Bengali language is necessary (Not applicable for permanent residents of the sub-hill region of Darjeeling and Kalimpong districts).

Nationality

- The candidate must be a citizen of India and possess valid government-issued documents.
- Candidates who are not Indian citizens but are permanently settled in India should be able to produce valid documents issued by the government or any concerned authority.

Previous Experience



- Not Required

For a comprehensive understanding of each of these eligibility criteria, please refer to our blog on the [WB Police Constable Eligibility Criteria 2024](#).

WB Police Constable Physical Test - Exam Pattern

Understanding the WB Police Constable exam format is like having a personalized roadmap for your journey. It's essential because it helps you prepare effectively, provides clear guidelines for readiness, and boosts your confidence during the actual exam. Let's simplify and tailor the WB Police Constable exam pattern just for you.

The WB Police Constable Exam consists of four main stages:

- Written Examination (85 marks)
- Physical Measurement Test
- Physical Efficiency Test
- Interview (15 marks)

Written Examination

- The written exam consists of 85 multiple-choice questions, each worth one mark, totaling 85 marks.
- Be careful, as each incorrect answer incurs a penalty of 0.25 marks.
- No marks are deducted for unanswered questions.
- The test is available in Bengali and Nepali languages.
- You will have 1 hour to complete the test

PMT/PET

- Based on your Written Examination marks, you will be shortlisted for the Physical Measurement Test (PMT), which is qualifying in nature.
- Your physical standards, including height and weight, will be measured using Electronic Machines.
- Male candidates will also have their chest measurements taken using a measuring tape.
- Upon qualifying in the PMT, you will be eligible to participate in the Physical Efficiency Test (PET).

Interview

- If you qualify in the Physical Efficiency Test (PET), you will be invited for an Interview.
- The West Bengal Police Recruitment Board will determine the procedure, date, time, and venue for the Interview.
- During the Interview, your general awareness and suitability for public service will be assessed, along with your proficiency in speaking, reading, and writing in Bengali/Nepali.

For more information, you can refer to our blog, [WB Police Constable Exam Pattern 2024](#).



WB Police Constable Physical Test - Syllabus

Now that you understand the exam pattern, it's important to dive into the syllabus details to help you prepare strategically. The WB Police Constable written examination covers the following subjects:

- General Awareness and Knowledge
- English
- Elementary Mathematics (Madhyamik standard)
- Reasoning and Logical Analysis

For more information, refer to our blog, WB Police Constable Syllabus 2024.

WB Police Constable Physical Test 2024 - Important Dates

Here is the tabular format displaying the official schedule for the WB Police Constable exam 2024 as outlined by the Staff Selection Commission, offering a clear and organized reference.

Event	Date
Notification release date	7th March 2024
Application Start Date	7th March 2024
End Date For Applications	5th April 2024
Admit card	To be announced
Prelims Exam Date	To be announced
Mains Exam Date	To be announced

We trust that this blog has clarified your understanding of the WB Police Constable Physical Test. It is crucial to emphasize the importance of staying informed and thoroughly prepared, as these are critical factors in achieving success. Your dedication and hard work, coupled with the guidance from [The Dronas](#), will undoubtedly lead you toward your goal of becoming a Constable in your chosen field.