

**NORTHEAST FRONTIER RAILWAY
RAILWAY RECRUITMENT CELL
STATION COLONY, GUWAHATI – 781 001**

General Instructions

1. The Physical Efficiency Test (PET) of shortlisted candidates is expected to be held from 29th March, 2019 onwards. The exact dates and venue for conducting PET will be mentioned in Call Letters which will be ready for download shortly.
2. Candidates appearing for PET are advised to get themselves medically examined by Physician and satisfy themselves that they are fit to appear in the PET as per stipulated criteria mentioned below :

Male Candidates	Should be able to lift and carry 35 kg of weight for a distance of 100 metres in 2 minutes in one chance without putting the weight down and Should be able to run for a distance of 1000 metres in 4 minutes and 15 seconds in one chance.
Female Candidates	Should be able to lift and carry 20 kg of weight for a distance of 100 metres in 2 minutes in one chance without putting the weight down and Should be able to run for a distance of 1000 metres in 5 minutes and 40 seconds in one chance.

Railway Administration will not be responsible for any injury or damage suffered/ caused during the PET.

3. Candidates are advised to keep visiting RRC/NFR's website i.e. www.nfr.indianrailways.gov.in → *General Info* → *Railway Recruitment Cell GHY* for updates.

Dated : 11.03.2019

Chairman/RRC