**Name of Civil Services :** IPS (Indian Police Service)

**Exam Date :** Prelim in 1st week of May & Mains in 2nd week of Oct

**Eligibility Criteria :**

**1.Age limit**

21 years must be completed on 1st August of the year, which a candidate is appearing. Maximum 30 for general category, 33 for OBCs and 35 for SCs/STs . Ex-servicemen will get 5 more years exemption from the prescribed age limit The date of birth accepted by the Commission is that entered in the Matriculation or Secondary School Leaving Certificate or in a certificate recognized by an Indian University as equivalent to Matriculation or in an extract from a Register of Matriculates maintained by a University, which extract must be certified by the proper authority of the University or in the Higher Secondary or an equivalent examination certificate.

**2.Number of Attempts**

Four attempts for open, seven for OBCs and no limit for SCs/STs. If a person appears in the Preliminary Examination or even one paper is counted as an attempt.

**3.Restrictions on applying for the examination:**

A candidate who is appointed to the Indian Administrative Service or the Indian Foreign Service on the results of an earlier examination and continues to be a member of that service will not be eligible to compete at this examination.

**4. Minimum Physical Standard**

The physical standards are important for the job profile and the rigorous training at the NPA, which includes weekly run for 10 k.m. in 60 minutes, route march for 25 k.m. UAC, Horse riding, rock climbing, assault course, PT obstacles, rope climbing etc.  I shall give a detailed a/c of this sometime.

Services are divided into technical and non-technical. Technical services are IRTS, IPS, DANI PS, CISF, RPF & other Police organization.  The Medical standards for Technical Services are stringent.

**For IPS-**

Height – Male 165 cm Pahari Male (general also) & ST (not the SC/ OBC) – 160 cm

Female 150 cm Pahari Female  (general also) & ST (not SC/ OBC)- 145 cm

Chest – Male Minimum 84 cm. Expansion 5 cm.

           Female Min 79 cm expansion 5 cm.

(Those can’t expand the chest go to next service. If expansion is less during 1st Medical, i.e. just after interview; during second Medical, i.e. after the result, or appeal, expansion can be shown.)

Many people fail in this test of chest expansion.

(I know some people who have cleared this exam during the second Medical Test, i.e. after the Medical Exam conducted after the declaration of Final result)

Eye sight – 6/6 or 6/9 distant vision for good eye. 6/12 or 6/9 for worst eye. Near vision J 1 for good eye. J2 for worst eye. The correction is by lenses  
only. High standard for the Colour-blind test. No inherent night blindness. Vision should stereoscopic.

Blood pressure (High) – Age 23 – 123, age 24 – 124, age 25 –122, age 28 – 124, age 30 –125, age 32 – 126, age 34 – 127.

Ladies should not be pregnant at the time of Medical Test.

Ear- good listening & normal ear cavity. 1000 to 4000 frequency hearing impairment shd not be more than 30 decibels.

Nasal- candidate should not stammer while speaking.

**Exam Pattern :**

All India Combined Competitive Examination for the Civil Services conducted by the Union Public Service Commission (UPSC) comprises of two successive stages:

* **Preliminary Examination**: It is of objective type, which is a qualifying examination.
* **Main Examination**: It consists of written examination and interview.

The Preliminary Examination is held in May/June and the Main Examination in October/November. One must begin preparations of the main exam along with preliminary exam. This is because there is little time for the Main exam if one waits for the results of the Preliminaries.

**Description :**

To serve in the Indian Police Service one has to pass the Civil Service Examination, which is conducted by the Union Public Service Commission, every year. This examination is a common examination conducted for selection to the other two All India Services as well as various other Group A and Group B services under the Central Government. This examination consists of three stages. At stage one, there is an objective type examination called the Preliminary examination. This is a qualifying examination and only the candidates who clears this can appear for the next stage called the Main examination. In the Main examination each candidate has to select two optional subjects, apart from which all candidates have to take a General Studies, Essay and compulsory language exam. The Main examination is a very intensive subjective type examination for which marks are awarded. A shortlist is prepared on the basis of the Main examination and these candidates can compete in the third and final stage of exam called the Viva voce or the Interview. The marks of the Main examination and the Interview are combined to prepare a final merit list of selected candidates**.**