

UNION PUBLIC SERVICE COMMISSION
CISF ASSISTANT COMMANDANTS [EXECUTIVE] LIMITED
DEPARTMENTAL COMPETITIVE EXAMINATION, 2020

The Union Public Service Commission will hold a Limited Departmental Competitive Examination on 1st March, 2020 for filling the vacancies of Assistant Commandants (Executive) in Central Industrial Security Force (CISF). The Examination will be held at New Delhi. The tentative number of vacancies to be filled on the basis of the Examination will be 23 (General- 20, SC-02, ST- 01).

2. The Examination is restricted to only certain categories of departmental candidates of CISF. **For details regarding eligibility conditions, the syllabus and scheme of the examination, physical/ medical standards etc., aspirants should consult the Rules of the Examination notified by Ministry of Home Affairs in the Gazette of India dated 04.12.2019 which may be downloaded from the CISF website at address www.cisf.gov.in** The Rules will also be available on UPSC website www.upsc.gov.in.

3. **How to Apply/Last Date**

The candidates are required to fill in the application form **online** on the UPSC's website www.upsc.gov.in. The online application form can be filled **from 4th December, 2019 to 24th December, 2019**, after which the link will be disabled. Candidates are also required to route a hard copy of the online-submitted application through proper channel to the CISF authorities at the address: **Director General, Central Industrial Security Force, 13, CGO Complex, Lodi Road, New Delhi-110003**, for verification and onward transmission to the Commission.

4. e-Admission Certificates of the admitted candidates to this examination will be uploaded in the UPSC website www.upsc.gov.in **two weeks** before the date of examination and can be downloaded by the eligible candidates. No paper Admission Certificate will be issued by the Commission.

Mobile Phones are banned in the Campus of UPSC Examination Halls.

All the candidates applying for the CISF (AC) Limited Departmental Competitive Examination, 2020 are requested to fill the Application Form Online.

Please read the following instructions before filling up the online application.

1. CANDIDATES TO ENSURE THEIR ELIGIBILITY FOR THE EXAMINATION:

The candidates applying for the examination should ensure that they fulfill all eligibility conditions for admission to examination. Their admission to all the stages of the examination will be purely **provisional** subject to satisfying the prescribed eligibility conditions.

Mere Issue of e-admission certificate to the candidate will not imply that his/her candidature has been finally cleared by the Commission.

2. HOW TO APPLY:

(a) Candidate must apply online by using the website <http://www.upsc.gov.in>. Candidate should ensure that all columns of the Online Application Form are filled in correctly. No correspondence will be entertained by the Commission from candidates to change any of the entries made in the application form.

Candidates are required to route a hard copy of the online submitted application form through proper channel with necessary certification done by the appropriate authority to the CISF authorities at the address: Director General, Central Industrial Security Force, 13, CGO Complex, Lodi Road, New Delhi-110003, for verification and onward transmission to the Commission on or before **31st December, 2019**.

3. LAST DATE FOR RECEIPT OF APPLICATIONS:

The Online Applications can be filled up to **24th December, 2019 till 6:00 P.M.** after which link will be disabled. The last date for receiving printed copy (hard copy) of online application form along with enclosures/certificates is **31st December, 2019, by CISF authority for further verification and forwarding the same to the Commission.**

GUIDELINES FOR FILLING THE ONLINE APPLICATION FORM FOR CISF (AC) LIMITED DEPARTMENTAL COMPETITIVE EXAMINATION, 2020

Please log on to the website www.upsc.gov.in and click on the link "Application for CISF-LDCE, 2020."

1. Candidates who wish to apply for **CISF-LDCE, 2020** have to first get themselves registered before filling up the Online Application Form at the website www.upsconline.nic.in.
2. Please create your registration account by clicking appropriately on the link provided below the "login" button.
3. On the registration module, provide your Name (as recorded in the matriculation/secondary examination certificate), CISF Number, rank and Date of Birth (as recorded in the matriculation/secondary examination certificate).
4. Provide your e-mail address and re-enter your e-mail address.
5. Enter the random number which is appearing on the screen and click the submit button.

NB: (a) All the field mark with * are mandatory and are compulsory to fill in.

(b) Please ensure that you provide a valid and an active e-mail address in the e-mail address field as your password for filling up the online application form along with Registration ID (RID) shall be e-mailed to you on the e-mail address provided by you.

MINISTRY OF HOME AFFAIRS
NOTIFICATION
New Delhi, the 04th December, 2019

RULES

No.45012/43/2019-Pers.I -The Rules for a Limited Departmental Competitive Examination to be held by the Union Public Service Commission in **2020** for the purpose of filling vacancies of Assistant Commandants (Executive) in Central Industrial Security Force (CISF) **for the vacancy year 2020** are published for general information:

1. The number of vacancies to be filled on the results of the examination will be specified in the Notice issued by the Commission. Reservation will be made for candidates belonging to the Scheduled Castes and the Scheduled Tribes in respect of vacancies as may be fixed by the Government.

2. The examination will be conducted by the Union Public Service Commission in the manner prescribed in Appendix I to these rules.

The dates on which and the places at which the examination will be held, shall be fixed by the Commission.

3. The candidates should have completed 04 years of regular service as on 01st January, 2020 in the rank of Sub. Inspector (GD)/Inspector(GD) including the period of basic training and **should have clean record of service** till issue of offer of appointment.

4. A candidate must not have attained the age of 35 years on the 01st August, 2020 i.e. he/she must have been born not earlier than 02nd August 1985. However, the upper age limit prescribed above shall be relaxable upto a maximum of five years if a candidate belongs to a Schedule Caste or a Schedule Tribe.

SAVE AS PROVIDED ABOVE THE AGE LIMITS PRESCRIBED CAN IN NO CASE BE RELAXED.

5. Every candidates appearing at the examination who is otherwise eligible, shall be permitted three attempts at the examination.

6. The Educational Qualification for appearing in the Limited Departmental Competitive Examination will be a Graduation from a recognized University.

7. Possession of NCC 'B' or 'C' Certificate will be a desirable qualification. These desirable qualifications will be given consideration at the time of interview/Personality Test only.

8. Candidates must meet the prescribed Physical and Medical standards for admission to the Limited Departmental Competitive Examination for selection of Assistant Commandant (Executive) in CISF, 2020 specified in Appendix-II of these Rules.

9. After the Notification of the Rules of the Examination in the Gazette of India by Ministry of Home Affairs and notification of examination by the Commission, the candidates will have to fill in the application form on-line on the UPSC's web-site and a hard copy of the same are to be routed through proper channel to the CISF authorities for verification and onwards transmission to the Commission. The scrutiny of applications for deciding the eligibility of candidates with reference to the stipulated eligibility conditions will be done by the Central Industrial Security Force. However, the decision of the Commission as to the acceptance of the application of a candidate and his/her eligibility or otherwise for admission to the examination shall be final.

10. The candidates applying for the examination should ensure that they fulfil all the eligibility conditions for admission to the examination. Their admission at all the stages of examination for which they are admitted by the Commission viz. Written Examination, Physical and Medical Standard Tests or Personality/Interview Tests will be purely **provisional** subject to their satisfying the prescribed eligibility conditions. If on verification at any time before or after the Written Examination, Physical and Medical Standard Tests or Personality/Interview Tests, it is found that they do not fulfil any of eligibility conditions; their candidature for the examination will be **cancelled**.

11. Admit Card of the admitted candidates to this examination will be uploaded in the UPSC website two weeks before the date of examination and can be downloaded by the eligible candidates. No paper e-Admit Card will be issued by the Commission. Candidates shall not be admitted to the examination unless he/she holds a downloaded e-Admit Card.

12. A candidate who is or has been declared by the Commission to be guilty of:-

- (i) Obtaining support for his/her candidature by the following means, namely:-
 - (a) offering illegal gratification to, or
 - (b) applying pressure on, or
 - (c) blackmailing, or threatening to blackmail any person connected with the conduct of the examination, or
- (ii) Impersonating, or
- (iii) Procuring impersonation by any person, or
- (iv) Submitting fabricated documents or documents which have been tampered with, or
- (v) Uploading irrelevant photos in the application form in place of actual photo/signature.
- (vi) Making statements which are incorrect or false or suppressing material information, or
- (vii) Resorting to the following means in connection with his/her candidature for the examination, namely
 - (a) obtaining copy of question paper through improper means,
 - (b) finding out the particulars of the persons connected with secret work relating to the examination,

- (c) influencing the examiners, or
 - (viii) being in possession of or using unfair means during the examination, or
 - (ix) writing obscene matter or drawing obscene sketches in the scripts, or
 - (x) misbehaving in the examination hall including tearing of the scripts, provoking fellow examinees to boycott examination, creating disorderly scene and the like, or
 - (xi) harassing or doing bodily harm to the staff employed by the Commission for the conduct of their examinations, or
 - (xii) being in possession of or using any mobile phone, pager or any electronic equipment or device or programmable device or storage media like pen drive, smart watches etc. or camera or Bluetooth devices or any other equipment or related accessories either in working or switched off mode capable of being used as a communication device during the examination, or
 - (xiii) violating any of the instructions issued to candidates along with their e-admission certificates permitting them to take the examination, or
 - (xiv) attempting to commit or as the case may be, abetting the commission of all or any of the acts specified in the foregoing clauses may, in addition to rendering himself/herself liable to criminal prosecution, be liable.
 - (a) to be disqualified by the Commission from the examination for which he/she is a candidate and/or
 - (b) to be debarred either permanently or for a specified period
 - (i) by the Commission from any examination or selection held by it.
 - (ii) by the Central Government from any employment under them, and for any disciplinary action under the appropriate rules.
- Provided that no penalty under these rules shall be imposed except after
- (i) Giving the candidate an opportunity of making such representation, in writing as he/she may wish to make in that behalf; and
 - (ii) Taking the representation, if any, submitted by the candidate within the period allowed to him/her into consideration.

13.(1) Candidates who obtain such minimum qualifying marks in the written examination as may be fixed by the Commission in their discretion shall be summoned for the Physical Standards/Physical Efficiency Tests and Medical Standard Tests by CISF to check whether they meet the Physical and Medical Standards specified in Appendix II to these Rules :

13.(2) Commission retains discretion to fix minimum qualifying standards in any or all of the papers at any stage and retains discretion to evaluate conventional papers of only those candidates who secure minimum qualifying standards in the objective paper, as may be determined by the Commission in its discretion.

13.(3) Provided that candidates belonging to the Scheduled Castes and the Scheduled Tribes may be summoned for the Physical Standards/Physical Efficiency and Medical Standard Tests by applying relaxed standards if the Commission is of the opinion that sufficient number of candidates from these categories are not likely to be summoned for the Physical Standards/Physical Efficiency Tests and Medical Standards Tests on the basis of the general standard in written examination in order to fill up the vacancies reserved for them.

13.(4) Those candidates who meet the prescribed Physical Standards as specified in Appendix II to these Rules, will be put through Physical Efficiency Test (PET) as indicated below :

PHYSICAL EFFICIENCY TEST (PET)

	<u>Males</u>	<u>Females</u>
(a) 100 Meters race	In 16 seconds	In 18 Seconds
(b) 800 Meters race	In 3 minutes 45 Seconds	In 4minutes 45 Seconds
(c) Long Jump	3.5 Meters (3 chances)	3.0 Meters (3 chances)
(d) Shot Put (7.26 Kgs.)	4.50 Meters	-----

These Tests will be only of qualifying nature and will not carry any marks. Failure even in one of these tests will amount to disqualification.

Pregnancy at the time of PET will be a disqualification and pregnant female candidates will be rejected.

13.(5) Medical Standards Tests, to check the standards specified in Appendix-II, will be conducted only in respect of candidates who are declared qualified in the Physical Efficiency Tests. Candidates will either be declared "FIT" or "UNFIT" in the Medical Standard Tests. Those candidates who are declared 'UNFIT' in the Medical Standard Tests will be allowed to appear before the Review Medical Board on their appeals by the Appellate Authority.

13.(6) The Physical Standards/Physical Efficiency Tests and Medical Standard Tests will be conducted under the supervision of CISF. These tests will be conducted at various centres to be notified after the results of the written examination.

13.(7) Appeals will be entertained only against the Medical Standards Tests and will have to be made to the Appellate Authority designated by the Ministry of Home Affairs within a period of 15 days from the date of declaration of the result of these tests.

13.(8) Candidates, who are declared qualified in the Medical Standards Tests, will be called for the Interview/Personality Test to be conducted by the Union Public Service Commission. Candidates, who are declared medically unfit but allowed to appear before the "Review Medical Board" on their appeal by the Appellate Authority will be called for Interview/Personality Tests provisionally. The Interview/Personality Test will carry 200 marks.

13.(9) The Interview/Personality Test would be conducted by a Board of competent and unbiased persons who will have before them a record of the candidates. The candidate will be asked questions both in his/her own field as well as matters of general interest to test his/her awareness and understanding. In broad terms, this will be an assessment of not only his/her mental calibre but also his/her social traits and integrity of character. The Board would broadly assess the candidate inter-alia in the following :

- (i) Physical Make-up
 - (a) Appearance
 - (b) Bearing
 - (c) Manners and Mannerism
- (ii) General Intelligence, Aptitude and Interest
 - (a) Ability to perceive, analyse and present facts and situation.
 - (b) Work related aptitudes, like discipline, empathy etc.
 - (c) Extra-curricular activities-participation in games, sports, debates etc.
- (iii) Disposition
 - (a) Leadership, drive, determination, quick decision making etc.
 - (b) Self-reliance.
 - (c) Ability to face stress and crisis.
 - (d) Courage-moral and physical.
- (iv) Behavioural aspect of personality
 - (a) Inter-personal relations with superiors and subordinates.
 - (b) Commitment to values, integrity, secular and national orientation.

13.(10) The candidature of such candidates who do not qualify at the Physical Standards/Physical Efficiency Tests or Medical Standards Tests is liable for cancellation.

14. (1) After the Interview, candidates will be arranged by the Commission in order of merit as disclosed by the aggregate marks finally awarded to each candidate and in that order so many candidates as are found by the Commission to be qualified at the examination shall be recommended for appointment up to the number of unreserved vacancies decided to be filled on the results of the examination.

14.(2) The candidates belonging to any of the Scheduled Castes and the Scheduled Tribes may to the extent of the number of vacancies reserved for the Scheduled Castes and the Scheduled Tribes be recommended by the Commission by a relaxed standard, subject to the fitness of these candidates for selection to the Post.

Provided that the candidates belonging to Scheduled Castes and Scheduled Tribes who have not availed themselves of any of the concessions or relaxations in the eligibility or the selection criteria, at any stage of the examination and who after taking into account the general qualifying standards are found fit for recommendation by the Commission shall not be recommended against the vacancies reserved for the Scheduled Castes and Scheduled Tribes.

Further provided that the candidates who qualify in the order of merit but the results of whose medical standards test are pending will be recommended provisionally.

15. The form and manner of communication of the result of the examination to individual candidates shall be decided by the Commission in their discretion and the Commission will not enter into correspondence with them regarding the result.

16. A candidate must be in good mental and bodily health and free from any physical defect likely to interfere with the discharge of his/her duties as an officer of the service. A candidate, who after such medical examination as Government or the appointing authority, as the case may be, may prescribe, is found not to satisfy these requirements will not be appointed. The candidate should be in SHAPE-1 medical category during Annual Medical Examination-2019(should be valid upto August-2020) as specified in CISF Circular No.(145) dated 28.01.2009.

17. The list of finally selected candidates would be forwarded by the Commission to Ministry of Home Affairs/Directorate General, CISF for issue of offer of appointment to the post of Assistant Commandants (Executive) for training and medical examination. The selected candidates shall undergo training at the training centre of the Force and will remain on probation for a period of two years.

18. No TA/DA/Journey expenses will be allowed to the candidates for attending the Exam at any stage.

{ Harish Chandra Rai }
Under Secretary to Government of India

Scheme and Syllabus of the Written Examination for the Limited Departmental Competitive Examination for the post of Assistant Commandants in Central Industrial Security Force

(I) Scheme of Written Examination:

The written examination to be conducted by Union Public Service Commission will comprise two papers as follows:

Paper-1 General ability and Intelligence and Professional Skill, (300 marks) (150 questions) (2 ½ hours)

This paper will be of Objective Type (Multiple Choice Questions) in which the questions will be set in English as well as Hindi. The paper will comprise two parts as follows:-

Part-A: General Ability and Intelligence - 150 Marks
(75 Questions)

Part-B : Professional Skill - 150 Marks
(75 Questions)

Paper II : Essay, Precis Writing and Comprehension - 100 Marks (2 hours)

In this paper candidates will be allowed the option of writing the Essay Component in English or Hindi, but the medium of Précis Writing and Comprehension Components will be English only.

NOTE-1 : Candidates should ensure that in Paper II they write the Answers only in the Medium allowed by the Commission for the different components as mentioned above. No credit will be given for answers written in a medium other than the one allowed in the Paper.

NOTE-2 : Candidates will be required to indicate the medium of writing the Essay Component in the Attendance List and on the Answer Book. No credit will be given for the Essay Component if the candidate indicates a medium on the Attendance List and on the Answer Book other than the one in which he/she has written the Essay.

NOTE-3: There will be minimum qualifying marks separately in each Paper as may be fixed by the Commission.

NOTE-4: The Commission will declare a list of candidates qualified in the written Exam. The CISF will conduct Physical Efficiency Test first and thereafter the Medical Efficiency Test of only those candidates will be conducted who are declared qualified in the Physical Efficiency Test.

NOTE-5: The candidates who qualify in the Medical Examination and Physical Efficiency Test shall be required to appear for Personality Test/Interview to be conducted by the Commission.

On completion of above process, a final merit list of candidates shall be prepared and be sent to the CISF authority for taking further course of action.

(II) Syllabi of the Written Papers:-

Paper I : General Ability and Intelligence and Professional Skill.

PART-A : General Ability and Intelligence: The objective type questions with multiple choices in this paper will broadly cover the following areas:

1. General Mental Ability

The questions will be designed to test the logical reasoning, quantitative aptitude including numerical ability and data interpretation.

2. General Science

The questions will be set to test general awareness, scientific temper, comprehension and appreciation of scientific phenomena of everyday observation including new areas of importance like Information Technology, Biotechnology and Environmental Science.

3. Current Events of National and International Importance:

The questions will test the candidates' awareness of current events of national and international importance in the broad areas of culture, music, arts, literature, sports, governance, societal and developmental issues, industry, business, globalisation and interplay among nations.

4. General Awareness:

The questions shall aim to test candidates' general awareness and would inter-alia include question to test basic knowledge of history of India, Indian and World Geography as well as Indian Polity and Economy.

PART-B : Professional Skill

This test will be designed to test professional skills of the candidates in relation to operational and administrative requirement of the Central Industrial Security Force and will broadly cover the following areas:

1. CISF related professional skills

- Industrial Security;
- Industrial Safety and fire fighting;
- Disaster Management;
- Aviation Security
- Crime and Intelligence-Espionage, Sabotage, Subversion;
- Perimeter Security
- Security of vital installations-DAE, Metro Rail, Space;
- Use of Technical Gadgets-Alarm, detection, intrusion, Access control, fire safety;
- Bomb disposal;
- VIP Security
- Internal Security and Election duties.

2. Law

- Cr.PC (Search, Seizure and unlawful assembly)
- IPC (Theft, mischief, breach of trust, corruption etc.)
- Evidence Act (Search, seizure & collection of evidence)

- Labour Laws (Industrial Disputes Act, Workmen Compensation Act, EPF Act.)
 - Other Criminal Offences.
 - Human Rights.
3. Computer Skills and Awareness
- Computer Security
 - Basic computer operations
 - Basic hardware and software
4. Service Rules and HR matters
- CCA Rules
 - CISF Act and Rules
 - HR functions related to CISF

Paper II : Essay, Précis Writing and Comprehension

This paper shall test candidates' ability to bring to fore his/her ideas on the given essay topic, arrange them in a coherent, orderly, concise, understandable and lucid manner in effective and grammatically correct language free from spelling errors.

Further, this shall test candidates' ability to understand the given passages for précis-writing and comprehension and their skills to summarise the précis passage and reply to the short-answered questions on the comprehension passage.

APPENDIX-II

PHYSICAL AND MEDICAL STANDARDS FOR THE CANDIDATE FOR THE POST OF ASSISTANT COMMANDANTS IN THE CISF SELECTED THROUGH LIMITED DEPARTMENTAL COMPETITIVE EXAMINATION-2020

APPENDIX-II(A)

(1) Physical Standards:

The Minimum requirements for the candidate (for all categories) are as follows:

	Men	Women
Height	165 cms (Gen & SC)	157 Cms (Gen & SC)
	162.5 cms (ST)	154 cms (ST)
Chest (unexpanded)	81 cms (with 5 cm minimum expansion)	Not applicable
Weight	Corresponding to height	Corresponding to height
Medical	SHAPE-1	SHAPE-1

Moreover, the weight should be as per the height and age as mentioned in APPENDIX-II(B).

(2) Medical Standards:

(a) Eye Sight :

	Better eye (Corrected vision)	Worse eye (Corrected vision)
Distant Vision	6/6	6/12
	OR 6/9	6/9
Near vision	J1 (corrected)	J2 (corrected)

The candidate should not have squint of any degree and should have high colour vision. The candidate will be tested for colour vision by Ishahara's test as well as Edridge-Green Lantern Test. Eyes should be bright, clear with no abnormality/disease. Movements of eyeballs should be full and free in all direction. In every case of Myopia, fundus examination should be carried out and the results should be recorded. Contact lenses or laser surgery is not allowed.

(b) Carrying angle

Carrying angle should not be more than 15° for male and 20° for female.

(c) **Ear**

- i) Candidate should not have any degree of deafness or persistent ear discharge.
- ii) Candidate should not have any other condition (congenital or acquired) like atresia of the meatus, exostosis, neoplasm which is causing obstruction of ear passage and should not have history or recurrent earache, tinnitus and vertigo.

(d) **Nose** : Candidate should not have DNS, atrophic rhinitis, tubercular ulceration, chronic sinusitis.

(e) **Neck** : Candidate should not have enlarged lymph nodes, thyroid or other swelling of neck, inability to extend the neck fully or any evidence of disease of spine or cervical vertebrae.

(f) **Teeth**: Candidate must possess sufficient number of sound teeth for efficient mastication. Candidate should not have severe pyorrhea.

(g) **Venereal Disease**: Candidate should not have active signs of clinical VD.

(h) **Chronic skin diseases**: Candidate should not have chronic skin diseases like Leprosy, chronic dermatitis, extensive Pityriasis Versicolor, psoriasis, SLE etc.

(3) **General Standards :**

- a) Speech should be without impediment i.e. no stammering.
- b) The candidate should not have any indication of chronic disease like TB, any type of arthritis, high blood pressure, Diabetes, Bronchial Asthma, any heart disease.
- c) Candidate should not have perceptible and visible glandular swelling anywhere in the body.
- d) Chest should be well formed, devoid of any abnormality like flat chest, pigeon chest, with rickety rosary defects. Heart and lungs should be sound.
- e) Limbs, hands and feet should be well formed and fully developed and there shall be perfect motion of all joints.
- f) Should not have any old/mal united fracture of bones.
- g) There should be free and perfect movements of all the joints.
- h) Feet and toes should be well formed.
- i) Should not have congenital malformation or defects.
- j) Should not bear traces of previous acute or chronic disease pointing to any impaired constitution.
- k) Candidate should have no disease of the genito-urinary tract.
- l) Candidate should have no inguinal, scrotal swelling, any type of Hernia.

- m) (Only for male) Both the testicles are in the scrotum and of normal size.
 - n) The candidate must not have knock knees, flat foot, varicose veins.
 - o) They must be in good mental and bodily health and free from any physical defect likely to interfere with the efficient performance of the duties.
- (4) Candidate should not suffer from TACHYCARDIA (more than 100 pulse rate per minute) or BRADYCARDIA (less than 50 per minute).
- (5) Candidate should not suffer from Hernia, hemorrhoids, condylomata prolapse rectum.

Note :- 1. Medical Examination will be conducted as per revised uniform guidelines issued by MHA UO dated 20.05.2015 for recruitment of GO's and NGO's in the CAPFs & AR.

2. Candidates will either be declared "FIT" or "UNFIT" in the Medical Standard Tests. Those candidates who are declared 'UNFIT' in the Medical Standard Tests will be allowed to appear before the Review Medical Board on their appeals by the Appellate Authority.

Male Average Body Weights in Kilograms for different Age Groups and Heights

Height in CMs	Age in years			
	18-22	23-27	28-32	33-37
156	44-54	46-56	47-58	48-59
158	45-55	47-57	48.5-59.5	49.5-60.5
160	46-56	47.7-58.5	49.5-60.5	50.5-61.5
162	47-58	49-60	50.5-61.5	52-63
164	48-59	50-61	52-63.5	53-65
166	49.5-60.5	51.5-62.5	53-65	54.5-66.5
168	51-62	52.5-64.5	54.5-66.5	56-68
170	52-64	54-66	56-68	57.5-70.5
172	54-66	55.5-67.5	57-70	59-72
174	55-67	57-70	59-72	61-74.5
176	56.5-69	58.5-71.5	60.5-73.5	62-76
178	57.5-70.5	60-73	61.5-75.5	63.5-77.5
180	59-72	61-75	63.5-77.5	65.5-80
182	61-74.5	62.5-76.5	65-79	66.5-81.5
184	63-77	64.5-78.5	66.5-81.5	68.5-83.5
186	63.5-77.5	65.5-80.5	68-83	70-86
188	65-79	67.5-82.5	70-85.5	71.5-87.5
190	66-81	68.5-83.5	70.5-86.5	72.5-88.5

Female Average body Weights in Kilograms for Different Age Group and Heights

Height in CMs	Age in years			
	18-22	23-27	28-32	33-37
148	34.5-42.5	37-45	38.5-47	39.5-48.5
150	36.5-44.5	37.5-45.5	39-48	40.5-49.5
153	38-46	39-48	41-50	42-51
155	38.5-47.5	40-49	41.5-50.5	43-52.5
158	40.5-49.5	42-51	43-53	44.5-54.5
160	41.5-50.5	43-52.5	44-54	45.5-54.5
163	43-52.5	44-54	46-56	47-57
165	44-54	45.5-55.5	47-58	48.5-59.5
168	45-55	47-57	48.5-59.5	49.5-60.5

The body weights are given in this chart corresponding to only certain heights (in cms). In respect of height in between, the principle of 'Average' may be utilized for calculating body weights.

For calculating average weight beyond the heights tabulated, 0.71 Kg for every one cm of increase or decrease in height may be added or subtracted respectively.
