

ITBP Head Constable Syllabus & Exam Pattern 2024: Download PDF

The Indo-Tibetan Border Police (ITBP) has released the syllabus and exam pattern for the ITBP Head Constable 2024 recruitment. Candidates aspiring for the 128 available vacancies must review both the syllabus and the exam pattern to ensure they cover all relevant topics during preparation. The recruitment process consists of six stages:

1. **Physical Efficiency Test (PET)**
2. **Physical Standards Test (PST)**
3. **Written Examination**
4. **Skill Test**
5. **Documentation**
6. **Detailed Medical Examination (DME)**

Candidates are advised to thoroughly cover the topics outlined in the ITBP Head Constable syllabus to ensure success in the written examination.

ITBP Head Constable Exam Pattern 2024

The exam pattern helps candidates understand the marking scheme and weightage of each subject. Below is the exam pattern for all recruitment stages:

- **Physical Efficiency Test (PET):** No marks are awarded, but qualifying this test is mandatory. Failing any event will result in immediate disqualification.

Written Examination:

- The exam includes questions from various subjects like General Knowledge, General English/Hindi, Elementary Mathematics, and Basic Computer Knowledge.

Skill Test: Candidates will be tested on specific skills required for the job.

For more details and to download the syllabus and exam pattern PDF, candidates can visit the official ITBP website.

Physical Efficiency Test (PET)

Although no marks will be awarded for this test, candidates are required to qualify each event of the Physical Efficiency Test. Those who do not qualify any event will be immediately eliminated.

Category	Race	Long Jump	High Jump
Male Candidates	1.6 Kms (to be completed in 7:30 mins)	11 Feet (3 chances)	3.5 Feet (3 chances)
Female Candidates	800 Meters (to be completed in 4:45 mins)	9 Feet (3 chances)	3 Feet (3 chances)

Physical Standard Test (PST)

Candidates who pass the Physical Efficiency Test will be screened for height, chest and weight measurements. Those candidates who do not meet the physical measurements that are required shall be eliminated. Eliminated candidates who wish to appeal the decision may do so on the same day to the appellate authority nominated for the centre through the Presiding Officer. The table is given below for your reference:

Category	Height (Male)	Height (Female)	Chest (Male Only) (cm)
All Candidates Except ST	165 cm	157 cm	80 cm (Unexpanded), 85

			cm (Expanded)
Relaxation for specific regions (Garhwalis, Kumaonis, Gorkhas, Dogras, Marathas, candidates from Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram, Meghalaya, Assam, Himachal Pradesh, Jammu & Kashmir, Ladakh)	162.5 cm	150 cm	78 cm (Unexpanded), 83 cm (Expanded)
ST Candidates	162.5 cm	150 cm	76 cm (Unexpanded), 81 cm (Expanded)

ITBP Head Constable Written Examination Structure

Candidates who qualify for for the first two rounds of selection must undergo the written examination. The ITBP Head Constable exam pattern is given below.

The examination will carry 100 marks.

The exam will consist of objective-type multiple-choice questions. The medium of examination si bilingual (both Hindi and English). 1 mark will be allotted for every correct answer.

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No negative marking scheme for incorrect answers.

- The duration of the exam will be 2 hours.

Subject	Total Questions	Total Marks
General English	10	10
General Hindi	10	10
General Awareness	10	10
Quantitative Aptitude	10	10
Psychology	60	60
Total	100	100
Time Duration		2 Hours

Document Verification

Candidates who pass the written examination will be called for **document verification**. Those seeking reservation benefits must present original documents, which will be returned after verification, while self-attested copies will be retained for future reference.

ITBP Head Constable Syllabus 2024

The syllabus covers various subjects essential for the written exam. Below are the details for each subject:

General Arithmetic & Reasoning

Topic

Simplification

Decimals & Fractions

Data Interpretation

LCM & HCF

Ratio & Proportion

Percentage

Average

Profit, Loss & Discount

Simple & Compound Interest

Mensuration

Time & Work

Time and Distance

Tables & Graphs

General Knowledge

Topic

Environment

Current Events

Indian History

Politics & Constitution

Sports

Art & Culture

Indian Geography

Economics

General English

Topic

Sentence Arrangement

Error Correction

Fill in the Blanks

Prepositions

Synonyms & Antonyms

Direct & Indirect Speech

Active & Passive Voice

Sentence Completion & Improvement

Idioms & Phrases

Substitution

Spelling Test

Theoretical Knowledge of Computer

Topic

Security Tools

Logical Gates

Software

Communication

MS Windows & MS Office

Computer Fundamentals

Networking (LAN, WAN, MAN)

Hardware

Database

Internet

For more information and resources visit www.atozsarkari.com
