

GOVERNMENT OF JAMMU AND KASHMIR
JAMMU AND KASHMIR SERVICES SELECTION BOARD
Muthi, Akhnoor Road, Jammu / Zamzam Complex, Rambagh, Srinagar
(www.jkssb.nic.in)

**Subject: OA No. 1057/2025 titled *Mohammad Aarif vs UT of J&K & Ors.* --
*Consideration Order thereof.***

Order No: 325 - SSB of 2025
Dated: 22.10.2025

Whereas, the above mentioned Original Application (OA) was filed before the Hon'ble Central Administrative Tribunal, Srinagar Bench and upon consideration of the OA the Hon'ble Tribunal was pleased to dispose of the case vide its order dated 17.09.2025, the operative part whereof is reproduced as under:

"3. Issue notice. Mr. Syed Musaib, learned DAG appears and accepts notice for the respondents who is granted four weeks' time to file his detailed response. In the meantime, the applicant has also filed a representation before the respondents dated 25.08.2025 projecting his grievances. The respondents shall decide the representation of the applicant within a period of 7 days by passing a speaking order.

4. List on 25.11.2025."

Whereas, in compliance to the directions of the Hon'ble Tribunal, the representation of the applicant has been examined and the following factual position has emerged:

- i) Jammu & Kashmir Services Selection Board (JKSSB) received an indent from the Home Department, J&K, vide communication No. Home/PNG/268/2022 (CC-7040944) dated 27.06.2024, for direct recruitment to 4002 posts of Constable.
- ii) JKSSB, vide Advertisement Notification No. 01 of 2024, advertised 4002 posts of Constable in different cadres of the Home Department.
- iii) The criteria for Physical Standard Test (PST) and Physical Endurance Test (PET), as well as the scheme of written examination, were duly notified in the advertisement notification as under:

Name of Post	Item No.	Qualification prescribed	Criteria for Selection
Constable (Armed /IRP)	01	1. Physical Standard Test (PST): For Males: Height: 5'6" (minimum)	Written Test: The candidates shall be subjected to a written
Constable (SDRF)	02		
Constable (Telecommunication)	03		
Constable	04		

(Photographer)		Chest girth: 32" (unexpanded) Chest girth: 33 ½" (expanded)	examination for arriving at the merit.																								
Constable (Executive)	05	For Females: Height: 5'2" (minimum) Relaxation in Physical Standard: For the candidates belonging to the Gorkha Community and Bot Tribe, the minimum Height shall be relaxable by 2". 2. Physical Endurance Test (PET): For Males: Long Race: 1600 meters in 6 ½ minutes Pushups: 20 (one cycle of up and down to be counted as one). For Female: Long Race: 1000 meters in 6 ½ minutes Shot Put (4Kgs): 14 ½ feet in three attempts. Special provisions regarding relaxation in Physical Endurance Test for Ex-Servicemen: The Ex-Servicemen candidates shall be required to qualify Physical Endurance Test as per the following relaxed standards. <table><tr><th rowspan="2">Age</th><th colspan="2">Male</th><th colspan="2">Female</th></tr><tr><th>Long Race 1600 Mtrs.</th><th>Push ups</th><th>Long Race 1000 Mtrs.</th><th>Shot put (4 Kgs)</th></tr><tr><td>Upto 30 years</td><td>6 ½ minutes</td><td>20</td><td>6 ½ minutes</td><td>14 ½ Feet</td></tr><tr><td>Above 30 to 40 years</td><td>7 ½ minutes</td><td>16</td><td>7 ½ minutes</td><td>12 ½ Feet</td></tr><tr><td>Above 40 years</td><td>8 ½ minutes</td><td>12</td><td>8 ½ minutes</td><td>10 ½ Feet</td></tr></table>	Age	Male		Female		Long Race 1600 Mtrs.	Push ups	Long Race 1000 Mtrs.	Shot put (4 Kgs)	Upto 30 years	6 ½ minutes	20	6 ½ minutes	14 ½ Feet	Above 30 to 40 years	7 ½ minutes	16	7 ½ minutes	12 ½ Feet	Above 40 years	8 ½ minutes	12	8 ½ minutes	10 ½ Feet	However, candidates in possession of NCC Certificates shall be awarded Bonus Marks as per the provisions in S.O. 290 of 2021 dated: 20.08.2021.
Age	Male			Female																							
	Long Race 1600 Mtrs.	Push ups	Long Race 1000 Mtrs.	Shot put (4 Kgs)																							
Upto 30 years	6 ½ minutes	20	6 ½ minutes	14 ½ Feet																							
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Above 40 years	8 ½ minutes	12	8 ½ minutes	10 ½ Feet																							
Constable (Executive)	06		Physical Standard Test (PST): The candidates, as per their merit, shall undergo the PST, which shall be of qualifying nature. The number of candidates to be selected for appearing in the PST shall be six times the total number of vacancies to be filled up in each category. Physical Endurance Test (PET): The candidates,																								

			who qualify the PST, shall be required to undergo the PET. The PET shall be of qualifying nature.
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- iv) That the applicant submitted his candidature for the said post and was shortlisted for PST/PET scheduled on 23.08.2025, under Roll No. 910170158.

Whereas, the applicant's claim that he was pushed from the backside by a police officer on duty during the push-up stage of PST/PET, due to which he fell on the ground as a result was declared failed is factually incorrect; and

Whereas, as per the Standard Operating Procedure (SOP) while a candidate is undergoing push-up test, his actions are watched closely in as much as one officer is watching one or two candidates performing push ups and when any of the candidates either misses the push-up or his chest or knees touch the ground, he is tapped to stop the push-ups and is asked to get up, subsequently is declared as disqualified; and

Whereas, in case a candidate is not performing push-ups in a proper form, he is warned verbally as also through appropriate gestures. Since, the candidates are facing the ground during the push-up stage, if found expedient, the officer moves close to the erring candidate to single him out of the rest; and

Whereas, the CCTV footage of the incident was watched in the Board and it was ascertained that the applicant was not doing the push-ups properly and accordingly was directed through a gesture, without touching him to perform properly. However, in the same moment, his knee touched the ground and hence was declared as disqualified; and

Whereas, in compliance to the directions passed by the Hon'ble CAT the matter was placed before the Board in its 323rd meeting held on 27.09.2025 for deliberation and discussion, wherein following decision was taken:

"The case of the applicant was deliberated in the Board and the allegations levelled by the applicant were found untenable based on inputs furnished by the concerned. Besides, the video footage of the process was shown to the applicant, therefore nothing is left for the applicant to agitate. Accordingly, it was decided that consideration order be issued in the case rejecting the claim of the applicant and legal section be directed to file reply/objections in the subject matter."

Now, therefore, in compliance to the order dated 17.09.2025 of the Hon'ble Central Administrative Tribunal, Srinagar Bench, the representation of the applicant was considered and the same was found devoid of merit, legally untenable, hence **rejected**.

By Order

No. JKSSB/LEG/208/2025 (E-7768036)


(Atul Kumar) Secretary
J&K Services Selection Board
Srinagar/Jammu


Copy to the:

1. Principal Secretary to the Government, Home Department, Civil Secretariat, Srinagar/Jammu.
2. Mr. Syed Musaib, Deputy Advocate General, Hon'ble Central Administrative Tribunal, Srinagar.
3. Incharge Website, J&K Services Selection Board.
4. Order File.