

4. (a) The minimum standards for height, chest girth and physical fitness which shall be verified by the designated Board, Shillong shall be as follows:

	<u>Height (Cm)</u>	<u>Chest girth (Cm)</u>	
		<u>Normal</u>	<u>Expansion</u>
Male Candidate	163	84	05
Female Candidate	150	79	05

The following minimum height standards may be allowed in case of candidates belonging to Schedule Tribes and races such as Assamese, Bhutanese, Garhwalis, Gorkhas, Kumaonis, Ladakhese, Mizo, Naga, Nepalese, Sikkimese, Lahaul and Spiti and those from Arunachal Pradesh and Meghalaya.

Male Candidate - 152 Cm

Female Candidate - 145 Cm

(b) Male Candidates must pass a physical test covering a distance of 25 Kms within four hours on foot and Female must pass said test covering a distance of 16 Kms within four hours on foot. This test will be arranged by the Meghalaya Forest and Environment Department followed by a medical examination by the Medical Board Shillong / Tura. The Medical Board shall issue the Certificate that the candidate is fit to undertake strenuous outdoor work in the Forest Department.