



Are you ready to take the next step in your journey to become a **Kolkata Police** Sub-Inspector? The Kolkata Police SI Physical Test is a crucial milestone that demands not just strength and endurance, but also determination. This blog on Kolkata Police SI Physical Test is your comprehensive guide to ace the Kolkata Police SI Physical Test, providing you with essential insights, exam pattern, and many more. Whether you're looking to boost your fitness levels, understand the test components, or gain an edge over the competition, you've come to the right place. Let's begin your journey on the Kolkata Police SI Physical Test without any further ado!

## Kolkata Police SI 2024 - Exam Overview

The Kolkata Police SI Physical Test 2024 is a crucial component of the selection process for various positions, including Sub-Inspector/Sub-Inspectress (Unarmed Branch), Sub-Inspector (Armed Branch), and Sergeant under the Home & Hill Affairs Dept., Govt. of West Bengal. The Kolkata Police SI Admit Card for the Prelims has already been released, with the exam scheduled for 28th January 2024. This recruitment drive offers a total of 309 vacancies, open to both male and female candidates. Graduates interested in a career in law enforcement should seize this opportunity.



**West Bengal Police Recruitment Board**  
**Araksha Bhawan (5<sup>th</sup> floor), 6<sup>th</sup> Cross Road, Block - DJ**  
**Sector - II, Saltlake City, Kolkata - 700091**

**RECRUITMENT TO THE POSTS OF SUB-INSPECTOR/SUB-INSPECTRESS (UNARMED BRANCH), SUB-INSPECTOR (ARMED BRANCH) AND SERGEANT IN KOLKATA POLICE - 2023**

**NOTICE**

**No. WBPRB/NOTICE - 2024/04 (SI\_KP\_23)**

The date of Preliminary Examination for recruitment to the post of **Sub-Inspector/Sub-Inspectress (Unarmed Branch), Sub-Inspector (Armed Branch) and Sergeant in Kolkata Police - 2023** has been scheduled on **28.01.2024 (Sunday)**. The e-Admit Card will be available on the websites of **West Bengal Police Recruitment Board (<https://prb.wb.gov.in>)** & **West Bengal Police (<https://wbpolice.gov.in>)** from **18.01.2024** on keying of their **Application Serial No. and Date of Birth**. The candidates shall have to produce the printout of their e-Admit cards at the allotted venues for appearing in the said exam with a proper and original proof of identity. The candidates are strongly advised not to carry any articles declared as prohibited in **Sl. No. 7** of Important Instructions given in the Admit Card. The candidates are also advised to follow the instructions given on the Admit Card and visit the websites of **West Bengal Police Recruitment Board (<https://prb.wb.gov.in>)**, **West Bengal Police (<https://wbpolice.gov.in>)** and **Kolkata Police ([www.kolkatapolicenews.com](http://www.kolkatapolicenews.com))** on a regular basis.

**MOBILE PHONE, BLUETOOTH ENABLED HEARING DEVICE, PORTABLE SCANNERS, DIGITAL WRIST WATCHES INCLUDING SMART WATCHES, CALCULATORS OR ANY OTHER MATERIAL FOR CHEATING IS STRICTLY PROHIBITED FROM BEING TAKEN INTO THE VENUE AND STRICT LEGAL ACTION WILL BE TAKEN AGAINST THOSE FOUND IN POSSESSION AT THE TIME OF ENTRY OR USE DURING THE COURSE OF EXAM. WEARING OF HIGH HEELED FOOTWEAR IS ALSO PROHIBITED. ANY TYPE OF CANVASSING DURING THE RECRUITMENT PROCESS WILL LEAD TO CANCELLATION OF CANDIDATURE WITHOUT RECOURSE TO REPRESENTATION.**

[Source: The Dhronas]

The Kolkata Police SI Physical Test evaluates candidates' physical efficiency, ensuring they are physically and medically fit for the role. It typically follows the preliminary written examination, with successful candidates proceeding to the PET stage. After completing the Preliminary written exam, candidates who pass the Physical Measurement Test (PMT) become eligible for the Physical Efficiency Test (PET) stage. However, failure to meet the standards set in the physical test results in disqualification from the recruitment process. The Kolkata Police SI Physical Test may be conducted at any designated examination center on the [Kolkata Police SI Exam Date 2024](#).



## Kolkata Police SI Physical Test 2024 - Physical Measurement Test

The Kolkata Police SI Physical Test is divided into 2 stages. Physical Efficiency Test (PET) will come after the Physical Measurement Test (PMT), which measures the applicants' height, weight, and chest and determines if they have passed this stage of the examination or not. Only those who meet the Physical Measurement criteria will be allowed to appear for the Physical Efficiency Test (PET).

The West Bengal Police Recruitment Board will administer the PMT and PET at locations selected by the Board. A candidate may sit for the Mains Exam or Final Combined Competitive Examination if they have passed both the PMT and the PET. However, before discussing further about the PET, let us acquaint you with the PMT criteria for the KP SI.





**Kolkata Police SI Syllabus: Physical Measurement Test  
Details**

Sl. No.	Post Name	Class	Height (in cm)	Chest (in cm)	Weight (in kg.)
1	Police Department of Kolkata's Unarmed Branch (UB) SI	Candidates from all categories (except Scheduled Tribes, Gorkhas, Rajbansis, Garwalis, and Rajbansis)	167 cm	79 cm with a minimum expansion of 5 cm	56 kg.
		Gorkhas, Rajbansis, Garwalis, and Scheduled Tribes	160 cm	76 cm with a minimum expansion of 5 cm	52 kg.
2	Lady SI [Unarmed Branch (UB) in Kolkata Police]	Candidates from all categories (except Scheduled Tribes, Gorkhas, Rajbansis, Garwalis, and Rajbansis)	160 cm	–	49 kg.
		Gorkhas, Rajbansis, Garwalis, and	155 cm	–	45 kg.



## Kolkata Police SI Physical Efficiency Test (PET)

Check Kolkata Police SI Physical Efficiency Test has been discussed in the table given below. The candidates must go through the physical requirements for the Kolkata Police SI **recruitment** process:

Sl. NO	Name Of The Post	Exam
1.	Kolkata Police Sergeant and Sub-Inspector (Unarmed Branch)	Three minutes are needed to complete 800 meters.
2.	Sub-Inspectress (Unarmed Branch) in Kolkata Police	Two minutes are needed to complete 400 meters.
3.	Transgender person for the post-Sub-Inspector of Police (Unarmed Branch) in Kolkata Police	Run 400 meters in 1 minute and 40 seconds.

## Kolkata Police SI Physical Test 2024 - Exam Pattern

The recruitment for Kolkata Police SI is a prestigious opportunity that attracts a large number of applicants. It is essential for candidates to have a detailed understanding of the Kolkata Police SI Syllabus, as it outlines the subjects and topics they need to prepare for the examination. Similarly, a thorough understanding of the Kolkata Police SI Exam Pattern is crucial, as it provides insights into the marking scheme, types of questions, and other important details for each stage of the Kolkata Police SI Recruitment process.

The Kolkata Police SI Selection Process consists of four main stages:

### 1. Preliminary Examination:

- Qualifying in nature
- MCQ-type OMR-based written exam
- Bilingual question paper (English and Bengali)
- 100 questions for 200 marks
- Negative marking of 1/4th for each incorrect answer

### 2. Physical Measurement Test (PMT) & Physical Efficiency Test (PET):

- PET tasks include running 800 meters in 3 minutes for Sub-Inspectors and 400 meters in 2 minutes for Sub-Inspectresses.

### 3. Final Combined Competitive Examination:

- It consists of three papers with conventional-type questions
- Paper-I (General Studies, Logical & Analytical Reasoning, Arithmetic) in three languages (English, Bengali, Nepali)
- Papers II and III in English and Bengali/Hindi/Urdu/Nepali respectively
- Total marks: 200, Total duration: 4 hours

### 4. Personality Test:

- Selected candidates based on merit from the Final Combined Competitive Examination
- Ability to speak in Bengali tested
- Conducted out of 30 marks, with a minimum qualifying mark of 8 marks.

## Kolkata Police SI Physical Test 2024 - Syllabus

The Kolkata Police SI Syllabus 2024 plays a vital role in the exam preparation of candidates aiming to join the West Bengal Police Force. It serves as a guide for the topics and subjects to concentrate on during preparation. Candidates should strategize their preparation meticulously based on the specified syllabus to enhance their likelihood of success. Here is a comprehensive overview of the Kolkata Police SI Syllabus 2024:

## Preliminary Exam Syllabus



Subject	Kolkata Police SI Syllabus
General Studies	Candidates' general knowledge in various spheres will be tested.
Logical & Analytical Reasoning	The logical and analytical ability of the candidate will be evaluated through questions.
Arithmetic	Questions will be based on the syllabus of the Madhyamik Examination of the West Bengal Board of Secondary Education.

## Final Combined Exam Syllabus



Paper	Subject	Kolkata Police SI Syllabus
1	General Studies and Arithmetic	General Studies: Questions to assess candidates' General Knowledge in various spheres. Logical & Analytical Reasoning: Questions to evaluate the logical and analytical ability of the candidate. Arithmetic: Questions based on the syllabus of the Madhyamik Examination of the West Bengal Board of Secondary Education.
2	English	Drafting of a report from the points or material supplied; Translation from Bengali/Hindi/ Urdu/ Nepali, as the case may be, to English; Condensing of a prose passage (summary/precis); Correct use of words, correction of sentences, use of common phrases, synonyms, and antonyms, etc.
3	Bengali / Hindi / Urdu / Nepali	Drafting of a report from the points or material supplied; Translation from English to Bengali and English to Nepali for the candidates who have opted for 'Bengali' or 'Nepali,' respectively, and translation from Hindi/Urdu to Bengali for the candidates who have opted for Hindi or Urdu. The translation shall be of 20 (twenty) marks.





## Kolkata Police SI Physical Test 2024 - Marking Scheme

The Kolkata Police Sub-Inspector (SI) exam in 2024 features a detailed marking scheme designed to evaluate candidates thoroughly. The preliminary exam includes 100 multiple-choice questions across three sections: General Studies (50 questions, 100 marks), Logical & Analytical Reasoning (25 questions, 50 marks), and Arithmetic (25 questions, 50 marks). The exam duration is 90 minutes, and there is a negative marking of 0.25 marks for each incorrect answer.

Candidates can also check their performances with the [Kolkata Police SI Answer Key](#).

## Kolkata Police SI Physical Test 2024 - Preparation Tips

Preparing for the Kolkata Police SI Physical Test in 2024 requires a strategic approach and consistent effort. Here are five essential tips to help you crack the Kolkata Police SI Physical Test:

- Familiarize yourself with the specific physical tasks included in the test, such as running, long jump, high jump, and other endurance exercises.
- Create a balanced workout schedule that includes cardiovascular exercises, strength training, and flexibility workouts. Incorporate running drills to improve your speed and stamina, strength exercises like squats and push-ups for overall power, and stretching routines to enhance flexibility and reduce the risk of injury.
- Maintain a balanced diet rich in proteins, carbohydrates, and healthy fats to fuel your body. Proper nutrition and hydration are crucial for maintaining energy levels and promoting muscle recovery.
- Regularly simulate the test conditions by timing yourself on the various components of the physical test. Gradually increase the intensity and difficulty of your practice sessions to build confidence and endurance.
- Ensure you get adequate rest between workouts to allow your muscles to recover and prevent burnout. Quality sleep is also essential for recovery and overall performance, so aim for 7-8 hours of sleep per night.

By following these preparation tips, you'll be well-equipped to face the Kolkata Police SI Physical Test with confidence and peak physical readiness. And for more detailed strategies and study plans, you can visit our blog on [Tips to crack Kolkata Police SI Exam 2024](#).

In conclusion, preparing for the Kolkata Police SI Physical Test takes dedication and hard work, but with the right approach, you can achieve your goal. Remember to understand the test requirements, follow a structured workout plan, eat well, stay hydrated, practice regularly, and give your body the rest it needs. Also, you can surely visit [The Dhronas](#) official application for any kind of study materials like [Blogs](#) and [Online Test Series](#) and many more. Good luck!