



Welcome to your ultimate guide for the WB Police SI Physical Test 2024! If you're aiming for a rewarding career in law enforcement through the

**West Bengal Police Recruitment Board**

(WBPRB) examination, you've come to the right place. Understanding the eligibility criteria, particularly the physical standards, is crucial for a successful application. In this WB Police SI Physical Test 2024 blog, we'll explore the specific physical requirements you need to meet to embark on this prestigious career path. Let's get started on your journey towards becoming a West Bengal Police Sub-Inspector!

## WB Police SI Physical Test 2024 - Exam Overview

The newly announced

**WB Police SI Recruitment 2024**

presents new opportunities for numerous job seekers in West Bengal, marking the beginning of the recruitment process for sub-inspector positions with the West Bengal Police. This drive includes a total of 1131 vacancies, available to both male and female candidates. Graduates aspiring to a career in law enforcement are encouraged to take advantage of this opportunity.



**WEST BENGAL POLICE RECRUITMENT BOARD,**  
ARAKSHA BHAWAN (5<sup>TH</sup> FLOOR), 6<sup>TH</sup> CROSS ROAD, BLOCK-DJ,  
SECTOR-II, SALT LAKE CITY, KOLKATA - 700 091

**RECRUITMENT TO THE POSTS OF SUB-INSPECTOR OF POLICE  
(UNARMED & ARMED BRANCH) IN WEST BENGAL POLICE - 2024**

## NOTICE

**No. WBPRB/NOTICE - 2024/23 (SI\_WBP\_24)**

With reference to the earlier Notice No. WBPRB/NOTICE - 2024/14 (SI\_WBP\_24), this is to inform that the vacancy position for recruitment to the post of **Sub-Inspector (Unarmed Branch) and Sub-Inspector (Armed Branch) in West Bengal Police - 2024** has been revised and given hereunder.

Sl. No.	Category	No. of vacancies			Total no. of vacancy
		Unarmed Branch		Armed Branch	
		Male	Female	Male	
1.	Unreserved (UR)	254	112	144	510
2.	Economically Weaker Section (EWS)	56	25	32	113
3.	Scheduled Caste	124	54	70	248
4.	Scheduled Tribe	34	15	19	68
5.	OBC - A	56	25	32	113
6.	OBC - B	40	17	22	79
<b>TOTAL</b>		<b>564</b>	<b>248</b>	<b>319</b>	<b>1131</b>

Other instructions regarding period of application window, process of submission of application form and editing window as per the above notice will remain unchanged.

[Source: wbpolice.gov.in]

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

The WB Police SI Physical Test consists of two stages. First, the Physical Measurement Test (PMT) assesses the applicants' height, weight, and chest measurements to determine if they pass this phase. Only those who meet the PMT criteria can proceed to the Physical Efficiency Test (PET). The West Bengal Police Recruitment Board will conduct both the PMT and PET at designated locations. Candidates who pass both tests are eligible to sit for the Mains Exam or the Final Combined Competitive Examination. Before delving into the details of the PET, let's familiarize ourselves with the PMT criteria for the WB Police SI.

## E. MINIMUM PHYSICAL MEASUREMENT OF CANDIDATES:

Sl. No.	Gender	Name of the Post	Class	Height (in cm)	Chest (in cm)	Weight (in kg.)
1	Male	Sub-Inspector of Police [Unarmed Branch (UB) in West Bengal Police]	Candidates of all categories (except Gorkhas, Rajbansis, Garwalis and Scheduled Tribes)	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.
		Sub-Inspector of Police [Armed Branch (AB) in West Bengal Police]	Candidates of all categories (except Gorkhas, Rajbansis, Garwalis and Scheduled Tribes)	173 cm	86 cm with a minimum expansion of 5 cm	60 kg.
			Gorkhas, Rajbansis, Garwalis and Scheduled Tribes	163 cm	81 cm with a minimum expansion of 5 cm	54 kg.
2	Female	Sub-Inspector of Police [Unarmed Branch (UB) in West Bengal Police]	Candidates of all categories (except Gorkhas, Rajbansis, Garwalis and Scheduled Tribes)	160 cm	-	48 kg.
			Gorkhas, Rajbansis, Garwalis and Scheduled Tribes	155 cm	-	45 kg.
3	Transgender	Sub-Inspector of Police [Unarmed Branch (UB) in West Bengal Police]	Candidates of all categories (except Gorkhas, Rajbansis, Garwalis and Scheduled Tribes)	162 cm	-	51 kg.
			Gorkhas, Rajbansis, Garwalis and Scheduled Tribes	157 cm	-	47 kg.
		Sub-Inspector of Police [Armed Branch (AB) in West Bengal Police]	Candidates of all categories (except Gorkhas, Rajbansis, Garwalis and Scheduled Tribes)	166 cm	-	54 kg.
			Gorkhas, Rajbansis, Garwalis and Scheduled Tribes	160 cm	-	50 kg.

[Source: wbpolicе.gov.in]

These standards ensure that all candidates are physically fit for the challenging and dynamic roles within the WB Police SI Physical Test 2024. Make sure you meet these criteria as you prepare for your application! If you have any questions or need further clarification, feel free to ask!



## WB Police SI Physical Test 2024 - Physical Efficiency Test (PET)

Your performance in the Physical Efficiency Test is crucial and will be evaluated through various activities, including the 400-meter or 800-meter run. To give you a clear picture of what to expect, here's an engaging look at the key details from the official notification:

Ready to showcase your physical prowess? The Physical Efficiency Test (PET) is a critical part of the selection process. Here's a breakdown of what you need to accomplish based on your category:

### F. Physical Efficiency Test (PET) :-

Sl. No.	Class of Candidate	Minimum Efficiency
1.	Male candidates (Both Unarmed & Armed Branch)	800 metres run within 3 minutes.
2.	Female candidates (Unarmed Branch)	400 metres run within 2 minutes.
3.	Transgender Candidates (Both Unarmed & Armed Branch)	400 metres run within 1 minute 40 seconds.

[Source: wbpolicе.gov.in]

### Male Candidates (Both Unarmed & Armed Branch):

- **Challenge:** 800 meters run
- **Target Time:** Within 3 minutes

### Female Candidates (Unarmed Branch):

- **Challenge:** 400 meters run
- **Target Time:** Within 2 minutes

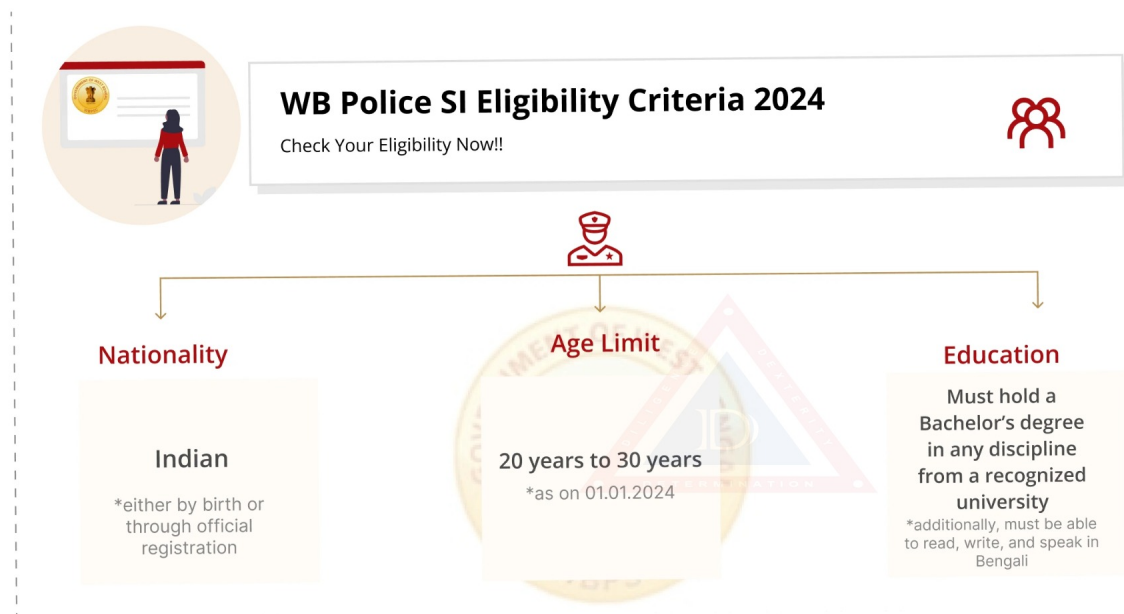
### Transgender Candidates (Both Unarmed & Armed Branch):

- **Challenge:** 400 meters run
- **Target Time:** Within 1 minute 40 seconds

Prepare to push your limits and meet these targets to succeed in the Physical Efficiency Test. Your fitness and determination will be your best allies.

# WB Police SI Physical Test 2024 - Eligibility Criteria

Before you dive into your preparation for the West Bengal Police SI 2024 exam, let's make sure you meet the eligibility criteria. Here's a quick breakdown of the essential conditions you need to fulfill:



[Source: The Dhronas]

## Nationality

To be eligible for the West Bengal Police SI 2024 exam, you must be an Indian citizen. It's a basic yet crucial requirement as stated in the official notification.

## Age Limit

Candidates must be between 20 and 30 years old as of January 1, 2024. Age relaxations are available as follows:

- Scheduled Castes and Scheduled Tribes candidates: Upper age limit relaxable by 5 years.
- Other Backward Classes-A, Other Backward Classes-B, and transgender persons: Upper age limit relaxable by 3 years.
- Departmental candidates of the West Bengal Police: Upper age limit is 35 years, with an additional relaxation of 5 years for Scheduled Caste and Scheduled Tribe candidates, and 3 years for Other Backward Classes-A, Other Backward Classes-B, and transgender persons.

## Educational Qualification:



Applicants must hold a bachelor's degree in any discipline from a recognized university or its equivalent. Additionally, candidates must be able to speak, read, and write Bengali, except for permanent residents of the hill sub-divisions in Darjeeling and Kalimpong Districts, to whom the provisions of the West Bengal Official Language Act, 1961, apply.

Now that you know the

[eligibility criteria for WB Police SI 2024](#)

, would you like us to guide you through some preparation tips?

## WB Police SI Physical Test 2024 - Preparation Tips

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

1. **Understand the Test Requirements:** Familiarize yourself with the specific physical tasks included in the test, such as running, long jump, high jump, and other endurance exercises.
2. **Create a Balanced Workout Schedule:** Incorporate cardiovascular exercises, strength training, and flexibility workouts. Include running drills to improve speed and stamina, strength exercises like squats and push-ups for overall power, and stretching routines to enhance flexibility and reduce injury risk.
3. **Maintain a Balanced Diet:** Eat a 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.
4. **Simulate Test Conditions:** Regularly time yourself on the various components of the physical test. Gradually increase the intensity and difficulty of your practice sessions to build confidence and endurance.
5. **Ensure Adequate Rest:** Get enough rest between workouts to allow your muscles to recover and prevent burnout. Aim for 7-8 hours of sleep per night to support recovery and overall performance.

By following these preparation tips, you'll be well-equipped to face the WB Police SI Physical Test with confidence and peak physical readiness.

In conclusion, preparing for the WB 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. You can also visit The Dhronas official application for study materials like

[blogs](#)

[online test series](#)

, and more. Good luck!