



## JAMMU AND KASHMIR PUBLIC SERVICE COMMISSION

RESHAM GHAR COLONY, BAKSHI NAGAR, JAMMU - 180001

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**Subject: Filling up of the posts of Physical Training Instructor in Higher Education Department.**

Reference: Higher Education No. HE-Coll/Coord/Apptt/AP/2014 Dated 25.09.2020.  
Higher Education No. HED-GAZ/85/2022-04 Dated 13.04.2022

### **Notification No: 08 - PSC (DR-P) OF 2023 Dated: 01-03-2023**

Applications, through online mode, are invited from the applicants who are domiciled in the Union Territory of Jammu & Kashmir, possessing the prescribed academic/professional qualification and age, for the posts of **Physical Training Instructor**, in terms of the J&K (Gazetted) College Service Recruitment Rules, 2008, notified vide SRO 423 of 2008, amended vide SRO-124 dated 21.4.2014 and the Jammu and Kashmir Public Service Commission (Business and Procedure) Rules, 2021, as amended up-to-date.

#### **MOST IMPORTANT**

- The Application Form together with instructions for filling up the Application Forms will be available at the website of the Commission from **03-03-2023**.
- Candidates are advised to go through the instructions and all the eligibility conditions prescribed for the post before filing the online Application Form. Candidates are advised to update their One Time Registration before filling the application Form.
- Last date for filing of online Application complete in all respects along with the requisite fee (online mode only) is **31-03-2023**.
- The last date for receipt of online applications provided in the notification shall be the cut-off date for determining the eligibility as regards acquisition of Domicile Certificates and educational and professional qualifications.
- The minimum and maximum age will however be reckoned with reference to **1st January, 2023**.
- Candidates can edit some of the fields in their online application form from **01-04-2023 to 03-04-2023**.
- Candidates are not required to submit hard copy or any other documents to the Commission.
- Candidates are advised in their own interest to submit online applications much before the closing date and not to wait till the last date to avoid the possibility of disconnection/inability to pay fee or failure to login to the online application portal on account of heavy load on the website during the closing days.

## 2. Details of post with category-wise breakup is given below:

Item No.	Name of the Post	Pay level	OM	RBA	SC	ST	ALC/IB	SLC	PSP	EWS	Total
01	Physical Training Instructor	Pay Band= 15600-39,100+AGP Rs. 6000	27	05	05	05	02	02	02	05	53

## 3. Prescribed Qualification

Designation	Qualification												
<b>Physical Training Instructor</b>	<p>a. A Master's Degree in Physical Education or Master's Degree in Sports Science with at least 55% marks [50% excluding any grace marks, in case of SC/ST Differently Abled (Physically and Visually differently abled) Categories/ Ph.D degree holders, who have obtained their Master's Degree prior to 19<sup>th</sup> September 1991] or an equivalent grade in a point scale wherever grading system is followed with a consistently good academic record.</p> <p>b) Has represented the University/College at the inter-university/collegiate competition or the State and/or national championship.</p> <p>c) The candidate must have cleared NET/SET/SET conducted by the UGC, CSIR /AIU.</p> <p>d) Passed the physical fitness test as per standards prescribed here under:</p> <p>i) NORMS FOR MEN: 12 Minute Run/Walk test</p> <table border="1"> <tbody> <tr> <td>Upto 30 year of age</td> <td>1800 metre</td> </tr> <tr> <td>Upto 40 years of age</td> <td>1500 metre</td> </tr> <tr> <td>Upto 45 year of age</td> <td>1200 metre</td> </tr> </tbody> </table> <p>ii) NORMS FOR WOMEN 8 Minute Run/Walk test</p> <table border="1"> <tbody> <tr> <td>Upto 30 year of age</td> <td>1000 metre</td> </tr> <tr> <td>Upto 40 years of age</td> <td>800 metre</td> </tr> <tr> <td>Upto 45 year of age</td> <td>600 metre</td> </tr> </tbody> </table> <p>Provided that a candidate who is required to undertake the physical fitness test shall produce a medical certificate certifying to the effect that he/she is medically fit for undertaking such test, before actually undertaking the said test.</p> <p>d) The candidates who are, or have been awarded a Ph.D degree in accordance with the University Grants Commission (Minimum Standards and Procedure for Aware of Ph.D Degree) Regulations, 2009 shall be exempted from the requirement of the minimum eligibility condition of NET/SLET/SET.</p>	Upto 30 year of age	1800 metre	Upto 40 years of age	1500 metre	Upto 45 year of age	1200 metre	Upto 30 year of age	1000 metre	Upto 40 years of age	800 metre	Upto 45 year of age	600 metre
Upto 30 year of age	1800 metre												
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Upto 45 year of age	1200 metre												
Upto 30 year of age	1000 metre												
Upto 40 years of age	800 metre												
Upto 45 year of age	600 metre												

## 4. Age as on 1st January 2023

The prescribed age (minimum/maximum) for candidates belonging to Open Merit (OM) & various Reserved Categories is as follows:-

S.NO	Category	Age limit	Not born after	Not born before
1	OM	40	01.01.2005	01.01.1983
2	RBA, SC, ST, EWS, ALC/IB, PSP, SLC	43	01.01.2005	01.01.1981
3	In service candidate/Government	40	01.01.2005	01.01.1983

**Note: One time age relaxation is granted to the over-aged candidates who had earlier applied for these posts and were within the age limit, as per the advertisement notification issued at that time ( i.e. Notification No. 08-PSC (DR-P) of 2021 dated:**

**18.08.2021 & 13-PSC (DR-P) of 2022 dated 25.05.2022) but have, in the meantime, crossed the upper age limit, if they apply for the posts in pursuance of this Notification.**

## **5. Reservation**

- i) A candidate seeking his/her consideration under a Reserved Category must ensure that he/she possesses a valid requisite Category certificate on the cut-off date i.e. 31.03.2023.
- ii) The candidature of the applicants will be provisional till the genuineness of the reserved category certificate is verified by the Appointing Authority.
- iii) Candidates may note that in case a claim for reservation is made on the basis of false/fake/fraudulent certificate, he/she shall be debarred from the examination(s) conducted by the J&K Public Service Commission, in addition to any other penal action as may be deemed appropriate.

## **6. Domicile**

The candidate should be a Domicile of the Union Territory of Jammu & Kashmir. The candidate must possess the Domicile Certificate issued by the Competent Authority in the prescribed format as on the last date prescribed for submission of online application form.

## **7. Requisite Fee**

After successful submission of the online application form, candidate will be required to deposit requisite fee through online mode. The amount of fee to be paid is given below:

<b>General Category</b>	<b>=</b>	<b>Rs.1000.00</b>
<b>Reserved Categories</b>	<b>=</b>	<b>Rs.500.00</b>
<b>PHC Candidates</b>	<b>=</b>	<b>Nil.</b>

### **Note:**

- i. The application Form submitted without deposition of the fee, which gets substantiated through reflection of the same on the application form, such application form shall be treated as incomplete and candidature shall be deemed to have been rejected without any notice. No representation against such rejection shall be entertained.
- ii. Submission of multiple applications by way of prefixing Mr/Ms or through generation of multiple User ID's or any other mode, followed by either non-payment of fee particulars or fee particulars (TID) of one application (RID) being mentioned against another application with a different RID would lead to rejection of the online application. The applicants who are submitting multiple applications should note that only the applications with higher Registration ID (RID) number shall be entertained by the Commission and fee paid against one RID shall not be adjusted against any other RID number. Besides strict disciplinary action shall be taken including the cancellation of candidature and debarment for future examinations of J&K PSC will be taken against such applicants.

## **8. Documents to be uploaded**

While filling the online application form the applicants are requested to upload the documents as per details given bellow:-

### **Documents (Mandatory):-**

1. Date of birth certificate (secondary School/Matric Certificate)
2. Domicile Certificate of the UT of J&K.
3. Graduation Degree.
4. PG Degree certificate.
5. NET/SET/SLET/PhD (one of the three)

### **Documents (Mandatory if claiming benefit under that category):-**

1. Category Certificate.
2. In-service certificate signed by HOD

### **Any other document for which the candidate is claiming weightage as per J&K (Business and Procedure) Rules, 2021:-**

1. M.Phil certificate alongwith result Notification
2. Ph.D Notification.
3. JRF/NET/SET/SLET Certificate
4. Experience Certificates, as per format-up to 05 lvs.
5. Certificate of Distinction in Sports in terms of J&K (Appointment of Outstanding Sports Persons) Rules, 2022.
6. List of books published as 1st and 2<sup>nd</sup> Authors as per format.
7. Certificate of National Award.
8. Gold Medal Certificate for first position in the prescribed eligibility qualification. 01 leaf
9. List of Research papers as I/II or corresponding author as per format.
10. Post Doctorate Certificate minimum 1 year.

It may be noted that no further opportunity to upload any document shall be provided hereafter and action under rules including rejection of application/candidature will be taken.

## **9. Scheme of Selection/Criteria**

The selection shall be made in terms of Rule 45 of the J&K Public Service Commission (Business & Procedure) Rules, 2021, as amended up-to-date. For convenience, a part of the rule is reproduced below:-

### **(iii) Criteria for the posts of Physical Training Instructor/Assistant Director Physical Education and Sports.**

#### **(A) Physical Fitness Test and norms.**

- (i) Subject to the provisions of these Rules, all candidates who are required to undertake the physical fitness test shall be required to produce a medical certificate certifying that he/she is medically fit before undertaking such tests.
- (ii) On production of such certificate mentioned at (i) above, the candidate would be required to undertake the physical fitness test in accordance with the following norms:

<b>NORMS FOR MEN</b>
12 MINUTES RUN/WALK TEST

Up to 30 years	Up to 40 years	Up to 45 years
1800 metres	1500 metres	1200 metres
<b>NORMS FOR WOMEN</b>		
8 MINUTES RUN/WALK TEST		
Up to 30 years	Up to 40 years	Up to 45 years
1000 metres	800 metres	600 metres

**(B) Assessment**

<b>I</b>	<b>Written examination</b>	<b>70 points</b>	
<b>II</b>	<b>Weightage to academic merit:</b>		
(a)	SET/SLET	01 point	Maximum 03 points
(b)	NET	02 points	
(c)	JRF	03 points	
(d)	M.Phil	02 points	Maximum 08 points
(e)	Ph.D	05 points	
(f)	Post-Doctoral (Minimum One year)	01 point	
<b>III</b>	<b>SPECIAL ATTRIBUTES: Research and Publications</b>		
	(i) Discipline specific Research papers as 1 <sup>st</sup> , 2 <sup>nd</sup> or corresponding author published in peer reviewed and UGC/CARE approved journals with ISSN and positive impact factor @ 0.50 point for each publication. The research papers must have been published not later than the cut-off date for determination of eligibility.	02 points	02 points
	(ii) Publication of a book relevant to the discipline as assessed by the subject matter expert to be relevant to the subject and of a level where it can be accepted as a reference material for the post applied for and as 1 <sup>st</sup> or 2 <sup>nd</sup> author of book with ISBN @ 1.00 point per book. The book must have been published with ISBN not later than the cut-off date for determining eligibility.		
<b>IV</b>	<b>National /State Awards</b>		
	<b>National</b> i) An award given by the Government of India or an autonomous organization working under the GoI at National level, for achievement in the subject in which the selection is sought.	02 points	Maximum 03 Points
	<b>State/Institution</b> ii) Gold Medal for First Position in prescribed eligibility qualification.	01 point	
<b>V</b>	<b>Experience</b>		
	Experience at the level of post applied for or above in a Government/ Government recognized institution as certified by the Head of Institution and in the case of a private institution recognized by the Government on the basis of fulfilment of criterion, provided it is authenticated/ countersigned by the District/ Divisional/ State authority of the concerned Government Department on the basis of verifiable parameters including attendance and drawal of salary through financial institutions for the period claimed. The weightage shall be calculated @ 0.50 point for every academic session having worked at-least for six months subject to a maximum of 02 points.	02 points (04 complete sessions each not less than 6 months).	02 points
	(ii) Coaching camp (s) conducted at the National level for Indian teams duly sponsored by Sports Authority of India/ recognized National Sports Federation (s) at Sub Junior, Junior and Senior Level in a discipline/subject recognized by Indian Olympic Committee (IOC)/ Government of India based on verifiable records @ 0.50 point for each camp upto a maximum of two.	01 point	01 point
<b>VI</b>	<b>Distinction in Sports.</b>		
	Distinction in Sports Certified by Secretary, J&K Sports Council to be an Outstanding Sports Person in terms of J&K (Appointment of Outstanding Sports Persons) Rules, as applicable.	01 point	01 point
<b>VII</b>	<b>Interview/viva-voce</b>		
	Besides checking the domain knowledge and other attributes (05 points) the teaching/communication/sports skills shall be assessed by the expert (s) and member (s) by asking the candidate to deliver a 5 minute demonstration/lecture on a given topic from the relevant subject (05 points).	10 points	10 points
<b>Total I to VII</b>			<b>100 points</b>

**(iv) Guidelines given below shall be followed while assessing candidate's special attributes etc under this rule:**

- i. The weightage available for the Gold Medal is for securing the overall first position in the minimum prescribed qualification recognized by the award of Gold Medal.
- ii. The weightage for original Research material published in the academic journals mentioned hereinabove shall be subject to the following conditions:
  - i) The criteria for journal shall be that it should be specialty journal recognised in the UGC-CARE list.
  - ii) The assessment of the special attributes shall be made by the Expert(s) dependent upon the quality, impact factor and extent of contribution of the candidate as first, second or corresponding author.
  - iii) Posters, case reports, abstracts and popular articles shall not count for weightage.
  - iv) The research articles and books must have been published not later than the cut-off date determined under Rule 19.
  - v) The publications/research articles should be discipline specific and related to the subject of which the interview is being held.
- iii. Credit for books published by the candidate shall be only for such books as are assessed by the expert to be relevant to the subject and of a level where the book can be accepted as a reference material at least at the level of the minimum qualification for the post.
- iv. Wherever the papers/publications etc are based on thesis/dissertation etc for which any benefit has been availed either at eligibility or at higher qualification level, such papers/publications etc shall not be accepted.
- v. Foreign degree shall only be entertained if equivalence certificate issued by Association of Indian Universities (AIU) is submitted by the candidate.
- vi. Post Doc experience at different fellowships/ institutions shall not be clubbed to obtain minimum period of one year i.e a candidate should have spent at least one year in a single Post Doc Fellowship.
- vii. Post Doc certificate shall be accepted only if it is issued by the Institution awarding the fellowship. No certificate issued by any other authority shall be accepted. The Post Doc certificate should be accompanied with a copy of the duly accepted Thesis/Dissertation pertaining to the Post Doc work and assessment of the same shall be the domain of the Subject Expert.
- viii. Post Doc certificate issued by a Foreign Institution shall only be accepted if the Institution recognition certificate issued by AIU also accompanies the Post Doc Certificate. The recognition certificate should have been issued before the date of interview.
- ix. As regards National Awards in the field of Sports (for PTI/Assistant Director Physical Education and Sports) the Commission shall take into consideration Arjuna Award, Dronacharya Award and Dhyam Chand Award.
- x. As regards State Awards in the field of Sports (for PTI/Assistant Director Physical Education and Sports) the Commission shall take into consideration only the State/UT Awards announced in favour of outstanding sportsperson (s).
- xi. In the interview, the candidates will be asked questions on matters of general interest and matters related to the post for which the candidate is being interviewed. The object of the interview is to assess the personal suitability of the candidate for a career in public service. The interview test is intended to judge the mental calibre of a candidate. In broad terms, this is really an assessment of not only the intellectual qualities but also social traits and interest of the candidate in current affairs. Some of the qualities to be judged are mental alertness, critical powers of assimilation, clear and logical exposition, balance of judgement, variety and depth of interest, ability for social cohesion and leadership, intellectual and moral integrity.

**(v) Written Examination and shortlisting of candidates for interview.**

- i. The written examination specified under Rule 45 shall comprise objective type Multiple Choice Questions (MCQ) with negative marking for in-correct/wrong answers. The detailed scheme of examination will be published in the notification/ advertisement calling for applications.
- ii. The candidates shall be shortlisted in the ratio of 1:3 (posts : candidates) in each category of reservation on the basis of their score in the written examination.

Provided that the candidate(s) who have secured marks equal to those secured by the last candidate, shall also be called for the Interview over and above the number of candidates short listed for oral test;

Provided further, that in a situation, when a reserved category candidate secures merit equal to or above the cut off merit in open category, such reserved category candidates shall be called for oral test in their respective category.

- iii. Credit/weightage earned on account of academic merit, higher qualification as well as special attributes/research & publications/experience and other criteria will not be taken into consideration for shortlisting.

**10. Syllabus for the Written Examination:**

There shall be a written examination consisting of a single paper of 3 hours duration, carrying 120 Multiple Choice Questions, the syllabus for which shall be notified separately.

**11. Necessary instructions regarding filling up of online applications are given herein below:**

- a) Candidates are required to apply online through the website of the Commission i.e. <http://www.jkpsc.nic.in>. No other means/ mode of application shall be accepted.
- b) Candidates are first required to go to the JKPSC website [www.jkpsc.nic.in](http://www.jkpsc.nic.in) and click on the link "One Time Registration" or click on Login menu if you have already created your profile with the JK PSC.
- c) After logging into your account, candidates are required to fill all the requisite fields of One Time Registration (OTR) i.e. personal information, contact information & educational qualification, service details etc.
- d) The candidate shall also be required to upload the image of date stamped recent passport size color photograph and signature. The photograph should not be taken earlier than 01.01.2023.
- e) Size of the photograph (passport size) and signature must be between 10kB to 20kB in \*.jpeg or \*.jpg only.
- f) After successful submission of all the details in your OTR account, check the eligibility conditions as mentioned in the advertisement notification before applying for the post.
- g) On Clicking on the "show examination" a window will appear on your computer screen. Select the month of the advertisement notification for which you want to apply, a link(s) for the post(s) will appear on the computer screen.

- h) An "APPLY" button is shown against the respective post and the candidates will click on the APPLY button against the post he/she is eligible.
- i) On clicking "APPLY" button, an instruction window will appear. Candidates should read instructions carefully at the bottom of the webpage.
- j) On clicking "APPLY" button, the system will display all facts/particulars that a candidate may have mentioned while filling up the necessary fields of his/her OTR account. Candidate shall fill up the remaining required fields in the application form and accept the declaration thereof.
- k) Once the candidate is satisfied *about the correctness* of the filled in details, then, he or she may click on "SUBMIT" button to finally push the data into server with successful submission report.
- l) On successful submission of the basic details, the candidates will be required to pay the online fee.
- m) Candidates can pay the requisite fee through online mode in the "SUBMITTED APPLICATIONS" menu in your account.
- n) After successful payment of the fee, the fee status will get reflected on the Online Application form. Candidates can check the fee status by clicking on the ***Print Application Button*** in the submitted Applications menu in your JKPSC account. In case the payment status shows either "not submitted or under processing or status has not been reflected on your submitted application form", candidates(s) are advised to contact the JKPSC office at Solina Srinagar/ReshamGhar Colony Jammu immediately for clarification. Further where the online fee is paid through other service providers the candidate must ensure that not only the amount of fee is debited from his/service provider's Account but also credited into the official account of JKPSC.
- o) After successful submission of fee, the candidates will be required to upload requisite documents as specified in the advertisement/application form.
- p) The candidate would be able get the printout of his/her submitted application only after the payment of the requisite fee and uploading of requisite documents.
- q) Please note that the above procedure is the only valid procedure for applying. No other mode of application or incomplete steps would be accepted and such applications would be rejected.

## 12. **Editing of the online application form**

Candidates who have successfully submitted the online application form along with requisite fee will be allowed to edit some of the fields in their submitted online application form within three days after the cut-off date i.e. on **01-04-2023 to 03-04-2023**.

## 13. **Action against candidates found guilty of misconduct**

Candidates are advised not to furnish any particulars that are false or suppress any material information.

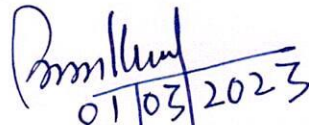
A candidate who is, or has been, declared by the Commission, to be guilty of:

- i. obtaining by wrongful support his/her candidature by any means; or,
- ii. impersonating; or,
- iii. procuring impersonation by any person; or,
- iv. submitting fabricated documents or documents which have been tampered with; or,
- v. making statements which are incorrect, or false or suppressing material information; or,



- vi. resorting to any other irregular or improper means in connection with his/her candidature for the selection; or,
- vii. using unfair means during the interview; or,
- viii. misbehaving in any other manner in the interview; or,
- ix. harassing or doing bodily harm to the staff employed by the Commission for the conduct of their test; or,
- x. attempting to commit or , as the case may be, abetting the commission of all or any of the acts specified in the foregoing clauses may, in addition to the specified actions given below render the candidate liable to criminal prosecution.

- (a) to be disqualified by the Commission from selection for which he/she is a candidate ; and/or,
- (b) to be debarred either permanently or for a specified period:-
  - (i) by the Commission from any selection held by them.
  - (ii) by the Union Territory Government from any employment under them; and,
- (c) if he/she is already in service under Government, disciplinary action can be taken against him/her under the appropriate rules.

  
01/03/2023  
**(Bashir Ahmad Dar) JKAS**  
**Secretary**  
**J&K Public Service Commission**

No: PSC/DR-HE/PTI/2020/03

Dated: 01.03.2023

Copy to the: -

1. Principal Secretary to the Government, Higher Education Department, Civil Secretariat, J&K
2. Director, Information Department J&K. He is requested to publish the Notification in all the leading local dailies of the Union Territory of J&K, for at least three consecutive days.
3. General Manager, Govt. Press, Jammu/Kashmir for publication of Notification in the next issue of Govt. Gazette.
4. Deputy Secretary/Under Secretary (DR), J&K Public Service Commission for information.
5. P.S. to Chairman, J&K Public Service Commission for information of the Hon'ble Chairman.
6. P.S. to Member \_\_\_\_\_, J&K PSC for information of Hon'ble Member.
7. P.A. to Secretary, J&K Public Service Commission.
8. In charge website, J&K Public Service Commission for uploading of the Notification on the website.
9. In charge Camp Office, Srinagar for pasting the notice on the notice board.
10. Notice Board, J&K Public Service Commission, Srinagar/Jammu.
11. Stock file/Main file.