

**No. A.12024/3/2024-HMP
GOVERNMENT OF MIZORAM
HOME DEPARTMENT**

Dated Aizawl, the 7th October, 2024

NOTIFICATION

In exercise of the powers conferred by Para 4 (3) of Chapter-I of The Mizoram Police Manual, 2005 and in the interest of public service, the Governor of Mizoram is pleased to allow one-time relaxation of the following provisions of Police Manual, 2005.

1. MPM 349(1) – The Physical Efficiency Test as per Appendix- IX of Volume-II of Mizoram Police Manual, 2005 will be used for only qualification and disqualification of the candidates as per the minimum standards of the table.

Moreover, the minimum qualifying standards shall be relaxed for female candidates as below:

- a) **1 Kilometer Race** : Qualifying time of 5 minutes (8 minutes for female)
- b) **100 Meter Race** : Qualifying time of 15 seconds (18 seconds for female)
- c) **High Jump** : Qualifying height of 1 meter (80 cm for female)
- d) **Long Jump** : Qualifying distance of 3.30 meters (2.25 meters for female)

**Sd/- VANLALMAWIA
Secretary to the Govt. of Mizoram,
Home Department**

Memo No. A.12024/3/2024-HMP

: Aizawl, the 7th October, 2024

Copy to:-

1. Secretary to Governor of Mizoram
2. Commissioner & Secretary to Chief Minister, Mizoram
3. Sr. PPS to Chief Secretary, Govt. of Mizoram
4. Director General of Police, Mizoram
5. P.S. to Secretary, Home Department.
6. Guard file


(P.C. LALDUHTHLANGA)

**Joint Secretary to the Govt. of Mizoram,
Home Department**