Central Armed Police Forces (CAPF) Exam Conducted by UPSC

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The Central Armed Police Forces (CAPF) Examination is a national-level competitive exam conducted by the Union Public Service Commission (UPSC) for recruitment into various paramilitary forces of India. This exam provides an opportunity for candidates to join prestigious forces such as the Border Security Force (BSF), Central Reserve Police Force (CRPF), Central Industrial Security Force (CISF), Indo-Tibetan Border Police (ITBP), and Sashastra Seema Bal (SSB) as Assistant Commandants (AC).

Eligibility Criteria

To appear for the CAPF exam, candidates must fulfill the following eligibility requirements:

1. **Nationality**: The candidate must be a citizen of India.
2. **Age Limit**: The age should be between 20 to 25 years. Relaxation in the upper age limit is provided for reserved categories.
3. **Educational Qualification**: A Bachelor's degree from a recognized university is required.
4. **Physical Standards**: Candidates must meet the prescribed physical and medical standards set by UPSC.

Selection Process

The CAPF exam consists of multiple stages:

1. **Written Examination**:
    - **Paper I** (General Ability and Intelligence) – Objective type, 250 marks.
    - **Paper II** (General Studies, Essay, and Comprehension) – Descriptive type, 200 marks.
2. **Physical Efficiency Test (PET) & Medical Examination**: Candidates who qualify the written exam undergo physical and medical tests.
3. **Interview/Personality Test**: Candidates who clear the PET and medical examination are called for an interview carrying 150 marks.
4. **Final Merit List**: The final selection is based on the cumulative score of the

written exam and interview.

Syllabus Overview

- **Paper I**:
    - General Mental Ability
    - General Science
    - Current Events of National and International Importance
    - Indian Polity and Economy
    - History of India
    - Indian and World Geography
- **Paper II**:
    - Essay writing on national security, polity, economy, and human rights issues.
    - Comprehension, précis writing, and communication skills.

Physical Standards and Efficiency Test

The physical test includes:

- **100m race**: 16 seconds (male), 18 seconds (female)
- **800m race**: 3 minutes 45 seconds (male), 4 minutes 45 seconds (female)
- **Long jump**: 3.5 meters (male), 3 meters (female)
- **Shot put (7.26 kg)**: 4.5 meters (male only)

Preparation Strategy

- **Understand the Syllabus**: Familiarize yourself with the exam pattern and topics.
- **Practice Mock Tests**: Solve previous years’ question papers and mock tests.

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- **Focus on Current Affairs**: Read newspapers, magazines, and online resources regularly.
- **Improve Writing Skills**: Practice essay and comprehension writing for Paper II.
- **Maintain Physical Fitness**: Train regularly to meet the required physical standards.

Conclusion

The CAPF exam is one of the most sought-after examinations for individuals aspiring to serve the nation in the paramilitary forces. With a structured preparation plan, dedication, and perseverance, candidates can successfully clear the exam and embark on a prestigious career as an Assistant Commandant in India’s elite forces.

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