



A COMPENDIUM OF BENEFITS  
FOR  
OUR  
EX-SERVICEMEN





## RELAXATION IN PHYSICAL EFFICIENCY TEST FOR ESM

1. During the various KSB meetings, the point regarding relaxation in Physical Efficiency Test to Ex-servicemen while joining for their second carrier after retirement at a younger age, was discussed. Hon'ble Raksha Mantri has written to the State Chief Ministers for relaxing in Standard of Physical Efficiency Test in comparison to the young recruits. Some of the State Governments have extended the relaxation and rest of State Governments are requested to extend the same.
2. The details of relaxation in Physical Efficiency Test for Ex-servicemen is given on the succeeding pages.

### RELAXATION IN PHYSICAL EFFICIENCY TEST FOR ESM

RSB CODE	STATE/UT	Whether Relaxation is extended to ESM
1.	ANDHRA PRADESH	YES
2.	ARUNACHAL PRADESH	NO
3.	ASSAM	NIL
4.	BIHAR	NO
5.	CHHATTISGARH	NO
6.	GOA	UNDER CONSIDERATION
7.	GUJARAT	Yes, Relaxed in Physical Std Test for Recruitment in Police & SRP
8.	HARYANA	YES
9.	HIMACHAL PRADESH	NO
10.	JAMMU AND KASHMIR	NO
11.	JHARKHAND	NO
12.	KARNATAKA	NO
13.	KERALA	UNDER CONSIDERATION
14.	MADHYA PRADESH	YES (UNDER CONSIDERATION FOR SI/ASI)
15.	MAHARASHTRA	YES
16.	MANIPUR	YES (FULL EXEMPTION)
17.	MEGHALAYA	UNDER CONSIDERATION
18.	MIZORAM	NO
19.	NAGALAND	YES
20.	ORISSA	UNDER CONSIDERATION
21.	PUNJAB	YES
22.	RAJASTHAN	YES
23.	SIKKIM	UNDER CONSIDERATION
24.	TAMIL NADU	YES (FULL EXEMPTION)
25.	TRIPURA	NO
26.	UTTRAKHAND	UNDER CONSIDERATION
27.	UTTAR PRADESH	NO
28.	WEST BENGAL	NO*
29.	ANDAMAN & NICOBAR UT	NO
30.	CHANDIGARH UT	YES
31.	DELHI	Yes
32.	PUDUCHERRY UT	Yes – for Recruiting the post of Police

(\*)(Under active Consideration of the Govt)