

ITBP HEAD CONSTABLE RECRUITMENT 2026

Education & Stress Counsellor — Informational Guide

Indo-Tibetan Border Police Force (ITBPF)
Ministry of Home Affairs, Government of India

Particular	Details
Post	Head Constable (Education & Stress Counsellor)
Total Vacancies	16
Application Mode	Online only
Application Opens	28 September 2026, 00:01 AM
Application Closes	27 October 2026, 11:59 PM
Pay Level	Level-4; ■25,500—■81,100
Written Examination	100 questions / 100 marks / 2 hours
Official Recruitment Portal	recruitment.itbpolice.nic.in

Source: Official recruitment advertisement supplied by the user (25-page PDF). This guide reorganises the notification into a reader-friendly informational format; it does not replace the original notification.

Contents

1. Recruitment at a Glance
2. Vacancy and Category Distribution
3. Pay Scale and Allowances
4. Eligibility and Age Limit
5. Physical Standards
6. Medical Standards
7. Application Process and Fee
8. Selection Process
9. PET and PST Requirements
10. Written Examination Pattern
11. Psychology Syllabus
12. Qualifying Marks and Merit
13. Document Verification
14. Medical Examination and Review Medical Examination
15. Important General Instructions
16. Candidate Checklist
17. Annexures in the Original Notification
18. Official Source

1. Recruitment at a Glance

The uploaded notification invites online applications from eligible male and female Indian citizens, including subjects of Nepal or Bhutan, for the post of Head Constable (Education & Stress Counsellor), General Central Service, Group 'C' Non-Gazetted (Non-Ministerial), on a temporary basis likely to become permanent in ITBPF.

The notification states that selected candidates may be required to serve anywhere in India or abroad and will be governed by the ITBPF Act, 1992, ITBPF Rules, 1994 and other applicable rules.

The application process is online only. The notification specifically states that no other mode of submission will be accepted.

Item	Information
Organisation	Indo-Tibetan Border Police Force (ITBPF)
Ministry	Ministry of Home Affairs, Government of India
Post	Head Constable (Education & Stress Counsellor)
Group	Group 'C' Non-Gazetted (Non-Ministerial)
Vacancies	16
Application Mode	Online only
Opening	28/09/2026 at 00:01 AM
Closing	27/10/2026 at 11:59 PM
Age	20 to 25 years
Pay	Level-4, ■25,500–■81,100

2. Vacancy and Category Distribution

The notification lists 16 vacancies for Head Constable (Education & Stress Counsellor). The vacancy roster is divided between male and female candidates as shown below.

Category	Male	Female	Total
UR	3	1	4
SC	0	0	0
ST	2	0	2
OBC	8	1	9
EWS	1	0	1
Total	14	2	16

The notification says the vacancies are tentative and may increase or decrease without notice. Any change will be intimated through the ITBPF Recruitment website. It also states that 10% of vacancies are reserved for Ex-Servicemen in the respective post/category, subject to the conditions in the notification.

The notification further contains provisions concerning horizontal reservation for women and the filling of certain vacancies when eligible women candidates are not available.

3. Pay Scale and Allowances

The post carries **Pay Level-4 in the Pay Matrix: ₹25,500–₹81,100** as per the 7th Central Pay Commission.

The notification lists the following allowances and facilities, subject to applicable rules and instructions:

- Dearness Allowance
- Ration Money
- Special Compensatory Allowance while posted in specified border areas
- Free accommodation or HRA
- Transport Allowance
- Leave Travel Concession
- Free Medical Facilities
- Other allowances admissible in the Force from time to time

The notification also states that on appointment candidates may opt for either the New Defined Contribution Pension Scheme (NPS), introduced from 01.01.2004, or the United Pension Scheme (UPS), introduced from 01.04.2024, subject to the applicable rules.

4. Eligibility and Age Limit

Age limit: **20 to 25 years**.

The educational qualification is given through two routes:

- Degree from a recognised University or equivalent with Psychology as a subject.
- OR Degree from a recognised University with Bachelor of Education, Bachelor of Teaching or equivalent.

The crucial date for determining age is the closing date of online applications: **27 October 2026**. According to the notification, candidates should not have been born earlier than 28 October 2001 and later than 27 October 2006.

The date of birth recorded in the Matriculation certificate available at the time of application is accepted as proof of age.

Category certificates and age-relaxation claims must meet the conditions and prescribed formats stated in the notification.

Category	Age Relaxation Beyond Upper Age Limit
SC/ST	5 years
OBC (NCL)	3 years
Ex-Servicemen (UR/General)	3 years after deduction of military service
Ex-Servicemen (OBC-NCL)	6 years after deduction of military service
Ex-Servicemen (SC/ST)	8 years after deduction of military service
Departmental candidates	5 years

The notification specifies that OBC (NCL) certificates should be based on income earned during the three previous financial years 2025-26, 2024-25 and 2023-24 and should be available before the closing date.

5. Physical Standards

The notification prescribes height and, for male candidates, chest standards. Weight should correspond to height and age according to medical standards.

Candidate category	Male Height	Female Height	Male Chest (Unexp.)	Male Chest (Exp.)
All States/UTs except specified categories	170 cm	157 cm	80 cm	85 cm
Specified hill/region categories	165 cm	155 cm	80 cm	85 cm
Scheduled Tribe (including Mizos and Nagas)	162.5 cm	154 cm	77 cm	82 cm

Candidates seeking height/chest relaxation must produce the prescribed certificate in the format specified in Annexure-V when requested by the Recruitment Board.

6. Medical Standards

The notification lays down specific visual and physical medical standards. The minimum distance vision is stated as 6/6 and 6/9 for both eyes without correction, with the detailed visual standard table specifying N6/N9 near vision and 6/6–6/9 distant vision.

The notification states that visual correction of any kind is not permitted, including glasses, and specifies CP III colour vision by Ishihara. Binocular vision is required.

- A colour-blind candidate is not eligible for recruitment.
- Candidates must not have knock-knees, flat foot, varicose veins or squint in the eyes.
- Candidates should possess high colour vision.
- Candidates must meet the prescribed bodily and medical standards for efficient performance of duties.

The notification also contains detailed provisions concerning tattoos, including permitted content, location and size, and explains how substantially faded tattoo-removal scars are treated during the recruitment process.

7. Application Process and Fee

Applications must be submitted online through the ITBPF recruitment website. Offline applications are not accepted.

Item	Details
Application Start	28 September 2026, 00:01 AM
Application Last Date	27 October 2026, 11:59 PM
Fee	■100 for male UR/OBC/EWS candidates
Fee Exemption	SC, ST, Female and Ex-Servicemen candidates
Payment	Online payment gateway

The notification states that the fee once paid will not be refunded. Payments made through modes other than the prescribed online mode are not accepted.

Candidates must provide a genuine and functional email ID and mobile number. Information such as gender, category and other profile details must be entered correctly. False or incorrect information can lead to cancellation of candidature.

Government employees applying for the post must provide the required No Objection Certificate (NOC) from their employer at the documentation stage.

8. Selection Process

The notification divides the recruitment into multiple phases. Candidates should prepare for the complete process rather than only the written examination.

Phase	Stage
Phase I	Physical Efficiency Test (PET) and Physical Standard Test (PST)
Phase II	Written Examination – 100 marks
Phase III	Verification of Original Documents
Further stage	Detailed Medical Examination (DME)
Medical review	Review Medical Examination (RME), where applicable

Admit cards are issued online and mention the date and venue. Candidates called for PET/PST must bring a clear, legible printout of the online application form and admit card.

Biometric identity verification is conducted before PET/PST and may also be carried out at other stages. Failure in biometric verification can lead to cancellation of candidature.

9. PET and PST Requirements

The Physical Efficiency Test (PET) is qualifying in nature and carries no marks. Candidates must qualify each event.

Event	Male Candidates	Female Candidates
Race	1.6 km within 7 minutes 30 seconds	800 m within 4 minutes 45 seconds
Long Jump	11 feet – 3 chances	9 feet – 3 chances
High Jump	3½ feet – 3 chances	3 feet – 3 chances

Ex-Servicemen are exempted from PET, but they are required to qualify the prescribed PST, written examination and medical examination.

Candidates who qualify PET are screened for height, chest (male candidates) and weight during PST. Candidates who do not meet the applicable physical standards may be eliminated at this stage, subject to the appeal/re-measurement provisions described in the notification.

10. Written Examination Pattern

Candidates who qualify the PST proceed to the written examination. The written test carries **100 marks**, contains **100 objective-type questions** and has a duration of **2 hours**.

Subject	Questions	Marks
General English	10	10
General Hindi	10	10
General Awareness (Bilingual)	10	10
Quantitative Aptitude & Simple Reasoning (Bilingual)	10	10
Psychology (Bilingual)	60	60
Total	100	100

The notification states that the examination may be conducted through OMR or Computer Based Test (CBT), at the discretion of ITBPF.

There is no negative marking. The notification also prohibits mobile phones, calculators and other electronic/electrical devices in the examination.

11. Psychology Syllabus

Psychology is the largest section of the written examination, carrying 60 of the 100 marks.

No.	Psychology Topic	Questions	Marks
1	General Psychology, Intelligence and Creativity, Problem Solving	10	10
2	Personality, Attitude, Stereotypes, Prejudice and Discrimination, Group Dynamics	10	10
3	Psychopathology	15	15
4	Counseling Psychology	15	15
5	Managing Human Resources	10	10
	Total	60	60

For preparation, candidates should organise their Psychology study around these five notified areas. The original notification should be used for the final interpretation of the syllabus.

12. Qualifying Marks and Merit

Category	Minimum Qualifying Percentage
UR, EWS & Ex-Servicemen	35%
SC/ST/OBC (NCL)	33%

The notification states that there is no provision for re-evaluation or re-checking of scores.

After the written examination, category-wise merit lists are prepared on the basis of written-examination marks. Candidates are shortlisted for original-document verification and Detailed Medical Examination according to category-wise vacancies and the recruitment provisions.

For tie cases, the notification states that the older candidate is placed higher. If the tie persists, the candidate whose name comes first in English alphabetical order is placed higher.

13. Document Verification

Candidates shortlisted in merit are required to undergo verification of original documents. The notification lists the following documents among those required for verification:

- Educational certificate(s).
- Matriculation/10th certificate for date-of-birth verification.
- SC/ST certificate, where applicable.
- OBC certificate and OBC-NCL declaration, where applicable.
- EWS certificate valid for the specified year, where applicable.
- No Objection Certificate for serving government employees, where applicable.
- Certificate for height/chest relaxation, where applicable.
- Citizenship verification document such as domicile certificate, PAN, Aadhaar, driving licence or voter card as specified.
- Discharge certificate for Ex-Servicemen, where applicable.
- Four latest passport-size photographs.

Candidates should use the exact certificate formats required by the notification. The document-verification stage can result in rejection where required proof is not produced.

14. Medical Examination and Review Medical Examination

Candidates who qualify document verification are required to undergo Detailed Medical Examination (DME). The notification states that DME is conducted under the applicable MHA/CAPF recruitment medical guidelines.

Candidates declared unfit during DME may be allowed to undergo Review Medical Examination (RME) if they provide written consent in the prescribed manner. The notification states that the consent should be submitted within 24 hours after the candidate is informed of unfitness in DME.

The RME is intended to address the possibility of an error of judgment in the DME. The decision of the ITBPF Board of Medical Officers in RME is stated to be final, with no second appeal.

15. Important General Instructions

The notification contains extensive instructions covering examination conduct, candidate identification, documents, recruitment procedures and prohibited practices.

- Candidates must carry the required application printout and admit card when called for PET/PST.
- Candidates should keep sufficient copies of the same passport-size photograph used in the online application.
- Government servants must submit the required original NOC at documentation.
- Only notices published on the ITBPF recruitment website should be treated as the recruitment authority's subsequent updates.
- Candidates are advised to beware of touts and fraudulent persons seeking money or favours.
- Mobile phones, Bluetooth devices, spy cameras and other prohibited electronic gadgets are not permitted in the examination hall.
- Impersonation, copying, forged documents, unauthorised examination material and other listed malpractices can result in cancellation of candidature.
- Selected candidates are required to undergo Basic Training and other courses prescribed by the Force.
- The notification states that candidates are required to serve in the Force for a minimum period of 10 years; provisions concerning resignation before that period are specified in the notification.
- The notification states that physically handicapped candidates are not eligible to apply for this examination.

16. Candidate Checklist

Before applying	Check
Eligibility	Degree/qualification and age requirement
Category	Correct category and valid certificate where applicable
Application	Complete only through ITBPF online portal
Fee	Pay only if applicable
Documents	Keep originals and prescribed certificates ready
PET/PST	Review physical standards and qualifying events
Written test	Prepare all five sections, especially Psychology

Before applying	Check
Medical	Review notified medical requirements
Admit card	Download from official recruitment portal when issued

17. Annexures in the Original Notification

The uploaded 25-page notification contains seven annexures. These forms are part of the original recruitment document and should be referred to in the situations where the notification requires them.

Annexure	Purpose
I	SC/ST certificate format
II	OBC certificate format
II-A	OBC Non-Creamy Layer declaration
III	EWS Income & Asset Certificate
IV	No Objection Certificate for serving government employees
V	Certificate for height/chest relaxation
VI	Identity certificate for West Pakistani Refugees in specified UTs
VII	Memorandum/consent for Review Medical Examination

The original notification should be consulted for the complete wording and format of every annexure. The annexures have not been reproduced in full in this informational guide.

18. Official Source

Official recruitment website:

<https://recruitment.itbpolice.nic.in>

The uploaded source document is the ITBP recruitment advertisement for Head Constable (Education & Stress Counsellor)-2026. This informational PDF reorganises the notification into a simpler reference format. For any conflict between this guide and the official notification, the official notification should be followed.

Document prepared from the uploaded 25-page ITBP notification.

No recruitment date, qualification, vacancy, syllabus or selection condition has been added beyond the supplied document.