

ITBP HEAD CONSTABLE SYLLABUS 2026

Education & Stress Counsellor — Detailed Syllabus & Exam Pattern

Based strictly on the uploaded official ITBPF recruitment notification

25-page recruitment advertisement for Head Constable (Education & Stress Counsellor)-2026

Particular	Details
Post	Head Constable (Education & Stress Counsellor)
Vacancies	16
Written Exam	100 Questions / 100 Marks
Duration	2 Hours
Psychology	60 Questions / 60 Marks
Negative Marking	No
PET	Qualifying
Official Portal	recruitment.itbpolice.nic.in

Important: This PDF separates the officially notified syllabus and pattern from preparation guidance. Where the notification does not provide a topic-wise breakdown, no unofficial topic list has been presented as official.

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1. Syllabus at a Glance

The ITBP Head Constable (Education & Stress Counsellor) written examination is a 100-mark objective paper. Psychology is the dominant section, accounting for 60 questions and 60 marks. The other four sections carry 10 questions and 10 marks each.

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

Duration: 2 hours **Maximum Marks:** 100 **Question Type:** Objective MCQs **Negative Marking:** No

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

2. Complete Written Exam Pattern

Candidates who qualify the Physical Standard Test (PST) proceed to the written examination. The notification states that the paper contains 100 objective-type questions for a maximum of 100 marks and has a duration of 2 hours.

Section	Questions	Marks	Share of Paper
General English	10	10	10%
General Hindi	10	10	10%
General Awareness	10	10	10%
Quantitative Aptitude & Simple Reasoning	10	10	10%
Psychology	60	60	60%
Total	100	100	100%

There is no negative marking according to the notification. Candidates are also not permitted to use mobile phones, calculators or other electronic/electrical devices in the examination.

3. Psychology Syllabus — 60 Marks

Psychology is the largest section of the examination. The official notification divides the 60 questions into five areas.

Unit	Officially Notified 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

Unit	Officially Notified Topic	Questions	Marks
	Total	60	60

The following sub-sections explain the scope exactly as named in the notification. They do not add an unofficial chapter list to the official syllabus.

3.1 General Psychology, Intelligence and Creativity, Problem Solving

Official scope: General Psychology; Intelligence and Creativity; Problem Solving. This unit carries 10 questions and 10 marks.

- General Psychology
- Intelligence
- Creativity
- Problem Solving

Preparation approach: build conceptual notes first, then practise objective questions based on these areas. The notification itself does not provide a further chapter-by-chapter subdivision.

3.2 Personality, Attitude, Stereotypes, Prejudice and Discrimination, Group Dynamics

This unit carries 10 questions and 10 marks.

- Personality
- Attitude
- Stereotypes
- Prejudice
- Discrimination
- Group Dynamics

A useful revision method is to create comparison notes for closely related terms such as stereotypes, prejudice and discrimination.

3.3 Psychopathology

Psychopathology carries 15 questions and 15 marks, making it one of the two largest Psychology units.

The official notification names Psychopathology as the syllabus area but does not provide a further topic-wise subdivision. Therefore, this PDF does not label additional chapters as officially prescribed.

3.4 Counseling Psychology

Counseling Psychology carries 15 questions and 15 marks. It is tied with Psychopathology for the largest individual Psychology allocation.

The notification names Counseling Psychology as the syllabus area but does not provide a more granular official topic list.

3.5 Managing Human Resources

Managing Human Resources carries 10 questions and 10 marks.

The notification names the unit but does not break it into additional official subtopics.

4. General English — 10 Marks

The official written-examination table lists General English as 10 questions for 10 marks.

The supplied notification does not provide a further topic-wise English syllabus in the written-examination section. Therefore, no additional English topics are presented here as officially notified.

5. General Hindi — 10 Marks

General Hindi carries 10 questions and 10 marks.

The supplied notification does not provide a detailed topic-by-topic Hindi syllabus in the written-examination table. Candidates should use the official notification as the boundary for what is formally notified.

6. General Awareness — 10 Marks

General Awareness contains 10 questions for 10 marks and is specified as Bilingual in the official exam pattern.

The supplied notification does not provide a separate detailed General Awareness topic list. This PDF therefore does not present an unofficial list as the official syllabus.

7. Quantitative Aptitude & Simple Reasoning — 10 Marks

Quantitative Aptitude & Simple Reasoning is one combined section of 10 questions and 10 marks and is specified as Bilingual.

The notification does not state how many of the 10 questions will come from Quantitative Aptitude versus Simple Reasoning, nor does it provide a further topic-wise breakdown.

8. PET Pattern

The Physical Efficiency Test is qualifying in nature and no marks are awarded for it. Candidates must qualify each event.

Event	Male	Female
Race	1.6 km within 7 min 30 sec	800 m within 4 min 45 sec
Long Jump	11 feet — 3 chances	9 feet — 3 chances
High Jump	3½ feet — 3 chances	3 feet — 3 chances

The notification states that PET will not be held for Ex-Servicemen; they are nevertheless required to qualify the prescribed PST, written examination and medical examination.

9. PST Standards

Candidates who qualify PET are screened for height, chest (male candidates only) and weight.

Category	Male Height	Female Height	Male Chest
All States/UTs except specified categories	170 cm	157 cm	80–85 cm
Specified regions/categories listed in notification	165 cm	155 cm	80–85 cm
Scheduled Tribe including Mizos and Nagas	162.5 cm	154 cm	77–82 cm

The notification provides appeal/re-measurement provisions for certain physical-standard decisions and states that female candidates' chest measurement is not taken.

10. Medical Standards

The notification specifies detailed medical standards. Among the stated visual requirements are minimum distance vision of 6/6 and 6/9 for both eyes without correction, with the prescribed near-vision standard and colour-vision requirements.

- Visual correction of any kind is not permitted under the stated standard.
- Colour-blind candidates are not eligible.
- Candidates must not have knock-knees, flat foot, varicose veins or squint in the eyes.
- High colour vision and the prescribed overall medical fitness are required.

Candidates who qualify documentation undergo Detailed Medical Examination (DME). Candidates declared unfit may be allowed Review Medical Examination (RME) subject to the notification's consent and procedure.

11. Qualifying Marks

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

These are minimum qualifying percentages specified for the written examination. They should not be confused with the final category-wise merit position.

12. Merit and Tie-Breaking

After the written examination, merit lists are prepared category-wise based on written-examination marks. Candidates are shortlisted for document verification and DME according to the recruitment provisions.

For a tie in marks, the notification gives the following order:

- The older candidate is placed higher.
- If the tie persists, the candidate whose name comes first in English alphabetical order is placed higher.

The notification states that there is no reserve list.

13. How to Organise Your Preparation

The marks distribution suggests a simple preparation structure: give the largest share of study time to Psychology while maintaining regular practice in the four 10-mark sections.

Preparation Area	Suggested Approach
Psychology	Concept study + short notes + topic MCQs + repeated revision
English	Regular objective-question practice
Hindi	Regular language practice and revision
General Awareness	Short, frequent revision sessions
Quantitative Aptitude & Reasoning	Timed practice
PET/PST	Physical preparation alongside written preparation

This is preparation guidance, not an official study timetable issued by ITBPF.

14. 30-Day Preparation Framework

The following framework is an original study-planning aid based on the official marks distribution; it is not an official ITBP schedule.

Days	Primary Focus	Secondary Focus
1–6	General Psychology, Intelligence, Creativity, Problem Solving	Daily MCQs + PET practice
7–11	Personality, Attitude, Stereotypes, Prejudice, Discrimination, Group Dynamics	General sections
12–18	Psychopathology	Mixed Psychology questions
19–24	Counseling Psychology	General sections + revision
25–27	Managing Human Resources	Full Psychology revision
28–30	Mixed tests + complete revision	Weak areas + physical practice

Because Psychology accounts for 60% of the written paper, it should remain the core of the written-examination plan.

15. Final Revision Checklist

- Revise all five officially notified Psychology units.
- Practise the four 10-mark general sections regularly.
- Solve objective questions under a time limit.
- Maintain a notebook of mistakes and difficult concepts.
- Review PET events and physical standards.
- Keep required original documents ready for later verification.
- Read the admit-card instructions when the admit card is issued.
- Do not carry prohibited electronic devices into the examination.
- Check the official ITBP recruitment portal for subsequent notices.

The original notification states that further information/notices concerning the recruitment will be published on the ITBPF recruitment website.

16. Source Note

This detailed syllabus PDF has been prepared from the uploaded 25-page ITBPF recruitment advertisement for **Head Constable (Education & Stress Counsellor)-2026**. The official document provides the written-examination structure and the detailed Psychology topic distribution, as well as PET/PST, medical and qualifying requirements.

Official recruitment portal: recruitment.itbpolicen.nic.in

Important: Where the notification provides only a subject name and marks allocation—such as General English, General Hindi, General Awareness and Quantitative Aptitude & Simple Reasoning—this PDF does not invent a more detailed official topic list. Candidates should use the original notification for the authoritative recruitment requirements.

Prepared as an informational study reference from the uploaded source document. The official notification remains the controlling document for recruitment.