

# UP Police Constable Syllabus 2026

Complete Subject-wise Guide with Exam Pattern, Selection Process & Preparation Strategy

**32,679**

Total Vacancies

**150 Qs**

300 Marks

**2 Hours**

Exam Duration

**8-10 Jun**

2026 Exam Date

**NO**

Negative Marking

## CONDUCTING BODY

Uttar Pradesh Police Recruitment & Promotion Board (UPPRPB)

## OFFICIAL WEBSITE

[uppbpb.gov.in](http://uppbpb.gov.in)

## ELIGIBILITY

10+2 (Intermediate) Passed from Recognized Board

## AGE LIMIT

18 - 22 Years (Relaxation as per UP Govt. norms)

General Knowledge

General Hindi

Numerical & Mental Ability

Mental Aptitude / IQ / Reasoning

4 Subjects | Bilingual Exam (Hindi & English) | OMR Offline Mode

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Updated: May 2026 | Based on Official UPPRPB Notification

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## 1. Exam Overview & Key Highlights

Parameter	Details
Conducting Body	Uttar Pradesh Police Recruitment & Promotion Board (UPPRPB)
Post Name	Constable Civil Police, PAC (Provincial Armed Constabulary) & Jail Warder
Total Vacancies	32,679 Posts
Eligibility	10+2 / Intermediate from a recognized board
Age Limit	18 – 22 years (relaxation for SC/ST/OBC as per UP Govt. rules)
Exam Date	8th, 9th, and 10th June 2026
Exam Mode	Offline — OMR Based (Pen & Paper)
Language	Bilingual — Hindi & English
Total Questions	150 Objective Multiple Choice Questions (MCQs)
Total Marks	300 Marks
Marks per Question	+2 Marks for each correct answer
Negative Marking	NONE — Completely removed for 2026 (wrong = 0 marks, not -0.5)
Duration	2 Hours (120 minutes)
Syllabus Level	Class 10 to Class 12 standard
No. of Sections	4 Sections — GK, Hindi, Numerical Ability, Mental Aptitude
Official Website	upppb.gov.in

## 2. Exam Pattern & Marks Distribution

Subject	No. of Questions	Maximum Marks	Weightage	Time (Approx.)
General Knowledge & General Science	38	76	25.3%	~30 min
General Hindi	37	74	24.7%	~28 min
Numerical & Mental Ability	38	76	25.3%	~32 min
Mental Aptitude / IQ / Reasoning	37	74	24.7%	~30 min
<b>TOTAL</b>	<b>150</b>	<b>300</b>	<b>100%</b>	<b>2 Hours</b>

Correct Answer	Wrong Answer	Unattempted
<b>+ 2 Marks</b>	<b>0 Marks</b>	<b>0 Marks</b>
No marks lost for wrong answers!	Attempt ALL 150 questions	No penalty applied

### 3. Selection Process — 3 Stages

01

#### Written Examination

150 objective MCQs | 300 Marks | 2 Hours | Offline OMR | Bilingual (Hindi & English) The FINAL MERIT LIST is prepared based ENTIRELY on written exam marks. Stages 2 & 3 are qualifying gates only — they add ZERO marks to your final score. Strategy: Since no negative marking, ALWAYS attempt all 150 questions.

02

#### Document Verification & Physical Standard Test (PST)

Candidates shortlisted from written exam merit list appear for: (a) Original Document Verification — 10th/12th marksheets, caste certificate, domicile, etc. (b) Physical Measurements — Height, chest (for males), and weight checked against UPPRPB norms. Disqualification at this stage means elimination from recruitment. No marks awarded.

03

#### Physical Efficiency Test (PET)

Running race conducted under timed conditions. Different standards for male/female and category. Candidates failing PET are disqualified despite good written exam marks. Tip: Start running practice from Day 1 of preparation — build stamina over 3 months.

### 4. Physical Standard Test (PST) — Height, Chest & Weight

Category	Male — Height	Male — Chest (Unexpanded / Expanded)	Female — Height	Female — Weight
General / OBC / SC	168 cm	79 cm / 84 cm (+5 cm expansion)	152 cm	Proportionate to height
ST Category	160 cm	77 cm / 82 cm (+5 cm expansion)	147 cm	Proportionate to height

### 5. Physical Efficiency Test (PET) — Running Standards

Category	Gender	Distance	Time Limit	Pace Required
General / OBC / SC	Male	4.8 km	25 minutes	~5 min 12 sec / km
ST Category	Male	4.8 km	27 minutes	~5 min 37 sec / km
General / OBC / SC	Female	2.4 km	14 minutes	~5 min 50 sec / km
ST Category	Female	2.4 km	16 minutes	~6 min 40 sec / km

Preparation Tip: Start running daily from Day 1. Male candidates should target 4.8 km in under 22 minutes (to keep a safety margin). Female candidates should target 2.4 km in under 12 minutes. Build stamina progressively over 3 months.

## 6. SUBJECT 1 — General Knowledge & General Science

38 Questions | 76 Marks | 25.3%

38 Questions

76 Marks

Approx. 30 minutes

**HIGH PRIORITY: UP-Specific GK + Current Affairs**

### Indian History & Freedom Movement

<b>Ancient India</b>	Indus Valley Civilization, Vedic Period, Maurya Empire (Ashoka), Gupta Empire, Rise of Buddhism & Jainism, Major dynasties.
<b>Medieval India</b>	Delhi Sultanate (5 dynasties), Mughal Empire (Babur to Aurangzeb), Maratha Empire, Sikh Empire under Ranjit Singh.
<b>Modern India &amp; Freedom Movement</b>	1857 Revolt (First War of Independence), Formation of INC (1885), Non-Cooperation Movement 1920, Civil Disobedience 1930, Quit India 1942, INA/Netaji.
<b>Important Years</b>	1857 revolt, 1885 INC, 1919 Rowlatt Act, 1947 Independence & Partition, 1950 Constitution adopted.

### Indian Constitution & Polity

<b>Preamble &amp; Fundamental Rights</b>	Preamble text & keywords; FR Articles 12–35 — right to equality, freedom, against exploitation, religion, culture, constitutional remedies.
<b>Directive Principles &amp; Duties</b>	DPSP (Part IV, Art 36–51) — non-justiciable but fundamental; Fundamental Duties (Art 51A) — 11 duties.
<b>Parliament</b>	Lok Sabha (543 seats, 5-year term, Speaker), Rajya Sabha (250 max, VP as Chairman); Legislative process; joint session.
<b>Executive</b>	President (Art 52–62, powers), Vice-President, Prime Minister & Cabinet, Council of Ministers.
<b>Judiciary</b>	Supreme Court (Art 124), High Courts, Subordinate courts; Writ jurisdiction; PIL.
<b>Local Government</b>	73rd Amendment — Panchayati Raj (3-tier); 74th Amendment — Urban Local Bodies; 11th & 12th Schedules.
<b>Human Rights</b>	NHRC, State HRCs; Child Rights (NCPCR, POCSO Act); Women's Commission; RTI Act 2005.
<b>Emergency Provisions</b>	Art 352 (National), Art 356 (President's Rule), Art 360 (Financial Emergency).

## Geography — India & World

<b>Physical Geography of India</b>	Himalayas (ranges, peaks), Indo-Gangetic Plain, Peninsular Plateau, Coastal Plains, Islands; Soil types (alluvial, black, red, laterite).
<b>Rivers of India</b>	Himalayan rivers: Ganga, Yamuna, Brahmaputra, Ghaghra, Kosi. Peninsular: Godavari, Krishna, Kaveri, Narmada, Tapti. Tributaries & origin points.
<b>Climate</b>	Monsoon mechanism (SW & NE monsoon), seasons, rainfall distribution, tropical/arid/temperate zones of India.
<b>Natural Resources</b>	Coal (Jharkhand, WB), Iron ore (Odisha, Chhattisgarh), Petroleum (Assam, Gujarat), Forests (types — tropical evergreen, deciduous, mangrove).
<b>Agriculture</b>	Kharif crops (Rice, Maize, Cotton — sown June-July), Rabi crops (Wheat, Barley, Mustard — sown Nov); Green Revolution, Blue Revolution.
<b>World Geography</b>	Continents & oceans; important deserts (Sahara, Thar, Gobi); mountain ranges; international date line & time zones.
<b>Population</b>	Census 2011 data — total population, density, sex ratio, literacy rate, most/least populated states.

## Indian Economy

<b>Economic Planning</b>	NITI Aayog (replaced Planning Commission 2015); Five-Year Plans history; Sustainable Development Goals.
<b>Banking &amp; Finance</b>	RBI (functions, repo rate, reverse repo, CRR, SLR); commercial banks; NABARD; monetary policy; inflation control.
<b>GST</b>	Goods & Services Tax (implemented July 2017); 4 slabs (0%, 5%, 12%, 18%, 28%); GSTIN; One Nation One Tax concept.
<b>Demonetization</b>	8 November 2016 — Rs 500 & 1000 notes withdrawn; objectives, impact on economy; digital payments boost.
<b>Commerce &amp; Trade</b>	Balance of trade vs balance of payments; India's major exports (IT, gems, pharma) & imports (crude oil, gold, electronics).
<b>Government Schemes</b>	PM Jan Dhan Yojana, MNRGA, PM Ujjwala Yojana, Atal Pension Yojana, Skill India, Make in India, Digital India.

General Science	
<b>Physics</b>	Newton's Laws, Force & Motion, Work-Energy-Power; Electricity (Ohm's Law, circuits); Magnetism; Light (reflection, refraction, lenses); Sound (frequency, amplitude).
<b>Chemistry</b>	Elements & Periodic Table basics; Acids, Bases, Salts; Common chemical reactions; Metals & Non-metals; Polymers; Common chemicals in daily life.
<b>Biology</b>	Cell structure (plant vs animal cell); Nutrition in plants & humans; Circulatory, respiratory, digestive systems; Diseases (bacterial, viral, protozoan); Vaccines.
<b>Space &amp; Technology</b>	ISRO missions (Chandrayaan, Gaganyaan, Mangalyaan); Satellites; Key inventions & inventors; Cybercrime types & IT Act 2000.
<b>Environment &amp; Ecology</b>	Food chains & food webs; Ecosystems; Air/water/soil pollution; Climate change & global warming; Ozone layer; Biodiversity hotspots.
<b>Health &amp; Disease</b>	Communicable diseases (TB, Malaria, Dengue, COVID); Non-communicable diseases (diabetes, hypertension); Nutrition deficiencies; Immunization.

Uttar Pradesh — Special Focus (High Priority)	
<b>UP History</b>	Ancient Ayodhya, Mathura, Varanasi, Prayagraj; Awadh Nawabs; UP's role in 1857 revolt; prominent freedom fighters from UP.
<b>UP Geography</b>	75 Districts, 18 Divisional Headquarters; Major rivers (Ganga, Yamuna, Ghaghra, Betwa, Chambal, Ken); UP borders 9 states + Nepal.
<b>UP Administration &amp; Polity</b>	Vidhan Sabha — 403 seats; Vidhan Parishad — 100 seats; Governor, CM; Revenue system — Tehsil, Block, Gram Panchayat.
<b>UP Police Structure</b>	DGP ADG IG DIG SSP/SP CO SHO hierarchy; Zones, Ranges, Districts, Police Circles, Police Stations.
<b>UP Economy</b>	GDP contribution; major industries (Agra leather, Firozabad glass, Varanasi silk, Moradabad brass, Mirzapur carpets); MSME sector; tourism revenue.
<b>UP Government Schemes</b>	Mukhyamantri Kanya Sumangala Yojana; UP Scholarship; One District One Product (ODOP); UP Startup Policy; Free Tablet/Smartphone scheme.
<b>UP Culture &amp; Heritage</b>	UNESCO World Heritage Sites (Taj Mahal, Agra Fort, Fatehpur Sikri); Kumbh Mela (UNESCO intangible heritage); Classical dance (Kathak); Cuisine.

**Current Affairs — National & International**

<b>Awards &amp; Honours</b>	Bharat Ratna, Padma Vibhushan/Bhushan/Shri; Nobel Prizes (recent years); Olympic/CWG medals; Filmfare, National Film Awards; Sahitya Akademi.
<b>Books &amp; Authors</b>	Recently published books by Indian authors; Booker Prize winners; notable international books; Books by PM Modi & other leaders.
<b>Sports</b>	India's performance in Olympics 2024 (Paris); Cricket ICC events; Hockey; Chess (FIDE World); Badminton; CWG; Asian Games.
<b>Important Days</b>	National: Jan 26 (Republic Day), Aug 15 (Independence), Oct 2 (Gandhi Jayanti), Nov 14 (Children's Day). International: major UN days.
<b>Countries, Capitals, Currencies</b>	New countries; currency changes; capital shifts; G20 members; BRICS members; SCO members; SAARC nations.
<b>International Organizations</b>	UN (HQ NY), WHO (Geneva), IMF, World Bank (Washington DC), WTO (Geneva), SCO (Beijing), G20, ASEAN, NATO.
<b>Security &amp; Defence</b>	Internal security; terrorism & counter-terrorism; NIA; CRPF, BSF, CISF, ITBP roles; India's border disputes; cyber security.
<b>India &amp; Neighbours</b>	India-China relations (LAC, Arunachal Pradesh); India-Pakistan (LoC, J&K); India-Nepal; India-Bangladesh; India-Sri Lanka.
<b>Technology &amp; Innovation</b>	AI developments; India's space achievements; 5G rollout; Cybercrime types; Digital India milestones; StartUp India ecosystem.
<b>Social Media &amp; Cybercrime</b>	Social media role in society; cyber bullying, phishing, ransomware; IT Act 2000 key sections; IT Amendment Act 2008; CERT-In.

## 7. SUBJECT 2 — General Hindi

37 Questions | 74 Marks | 24.7%

37 Questions

74 Marks

Approx. 28 minutes

**FOCUS: Grammar Rules + Vocabulary**  
(Synonyms/Antonyms)

### Hindi Language — Introduction

<b>Hindi &amp; Indian Languages</b>	Position of Hindi among 22 Scheduled languages; Hindi as official language of India (Art 343); Classical languages of India.
<b>Dialects of Hindi</b>	Khari Boli (standard Hindi base), Braj Bhasha, Awadhi, Bundeli, Bhojpuri, Maithili, Bagheli — features & regions.
<b>Devanagari Script</b>	Structure of Devanagari; unique features vs other scripts; evolution from Brahmi; use across multiple Indian languages.

### Varnamala — Hindi Alphabet

<b>Swar (Vowels)</b>	11 vowels: — short & long; Anuswar (ं), Anunaasik, Visarga (ः); Matras (vowel signs).
<b>Vyanjan (Consonants)</b>	33 standard consonants in 5 Vargas (groups) by articulation point — Kanthya, Talavya, Murdhanya, Dantya, Aushthya.
<b>Tatsam Words</b>	Sanskrit-origin words used unchanged in Hindi — e.g. Kaarya, Pustak, Nayak, Aadar. Very commonly tested.
<b>Tadbhav Words</b>	Words modified from Sanskrit over time — e.g. Haath (from Hasta), Ghee (from Ghrita), Raat (from Ratri).
<b>Deshaj &amp; Foreign Words</b>	Native origin (Deshaj) words; loanwords from Arabic (Kitab, Kaanoon), Persian (Baazar, Dil), English (Station, Doctor).

### Sandhi — Euphony (Sound Joining)

<b>Swar Sandhi (Vowel)</b>	Dirgha Sandhi (aa+aa=aa), Guna Sandhi (a+i=e), Vriddhi Sandhi (a+e=ai), Yaan Sandhi, Ayadi Sandhi — rules & examples.
<b>Vyanjan Sandhi (Consonant)</b>	Rules when consonants join — voiced/unvoiced changes; nasal transformations; Visarg changes to consonants.
<b>Visarg Sandhi</b>	Visarga (ः) transformation rules — when it becomes "s", "r", "sh" or other sounds before different consonants.

**Samas — Compound Words**

<b>Avyavibhav Samas</b>	Indeclinable compound — first word is dominant; mostly uses Avyay — e.g. Pratyeksha (before each).
<b>Tatpurusha Samas</b>	Second word dominant; classified by case suffix (Karmadharaya, Dviguu sub-types) — most common type in exams.
<b>Karmadharaya</b>	Sub-type of Tatpurusha — adjective + noun or noun + noun with qualifier relation.
<b>Dvandva Samas</b>	Both words equal — joined by "and" — e.g. Mata-Pita (mother-father), Daal-Bhat (lentils-rice).
<b>Bahuvrihi Samas</b>	Neither word is main — compound refers to something else — e.g. Dashanan (Ravana with 10 heads).
<b>Dviguu Samas</b>	First word is a numeral — e.g. Trimurti (three forms), Saptaah (7 days = 1 week).

**Vyakaran — Core Grammar**

<b>Ling (Gender)</b>	Pulling (masculine) vs Stri-Ling (feminine); gender transformation rules; common exceptions frequently tested.
<b>Vachan (Number)</b>	Ekvachan (singular) to Bahuvachan (plural) transformation — rules for different word endings.
<b>Karak (Case)</b>	8 cases: Karta (nominative), Karma (accusative), Karan (instrumental), Sampradan (dative), Apadaan (ablative), Sambandh (genitive), Adhikaran (locative), Sambodhan (vocative).
<b>Sarvnaam (Pronoun)</b>	6 types: Purush-vachak, Nishchay-vachak, Anishchay-vachak, Sambandh-vachak, Prashn-vachak, Nij-vachak — forms & usage.
<b>Visheshan (Adjective)</b>	Gun-vachak, Sankhya-vachak, Parimaan-vachak, Sarvnaamik; three degrees: Positive, Comparative, Superlative.
<b>Kriya &amp; Kaal (Verb &amp; Tense)</b>	Sakarma (transitive) & Akarma (intransitive); Past — Samanye/Asanmany/Purna; Present — 4 sub-types; Future — 3 sub-types.
<b>Vaachya (Voice)</b>	Kartri-vaachya (active), Karma-vaachya (passive), Bhaav-vaachya — transformations between voices.
<b>Avyay &amp; Upsarg/Pratyay</b>	Indeclinables (Avyay); Prefixes (Upsarg) — Sanskrit, Hindi, Urdu origin; Suffixes (Pratyay) — Krit & Taddhit.
<b>Viraam-chinh (Punctuation)</b>	Purn-Viraam (.), Ardh-Viraam (;), Prashna (?), Uddharan (" "), Yojak (-), Nirdesak (—), Koma (,) — correct usage.

**Shabd Bhandar — Vocabulary**

<b>Paryayavachi (Synonyms)</b>	300+ synonym groups commonly tested: Agni=Paavak=Anala=Vahni; Jal=Neer=Vaariji=Udak; Soorya=Divakar=Ravi=Bhaanu.
<b>Vilom (Antonyms)</b>	200+ antonym pairs: Andhera-Ujala, Aadi-Ant, Videsh-Swadesh, Narak-Swarg, Saral-Kathin, Ujada-Abaad.
<b>Anekarthak (Polysemous)</b>	Words with 2+ meanings: Karan (ear/reason/instrument), Arth (meaning/money), Kaal (time/death/tense).
<b>Ek Shabd (One-word Substitution)</b>	100+ one-word substitutions: "Jo mara na ja sake" = Amar; "Jo bahut bolata ho" = Vaachaal; "Sapte mein padhna" = Adhyayan.
<b>Samroopi Bhinnarthak</b>	Look-alike words with different meanings: Saar/Shaar, Din/Deen, Kul/Kool, Agya/Agyaa — distinguish by context.
<b>Muhavare (Idioms)</b>	150+ idioms: "Aankh ka taara" (very dear), "Haath dhona" (to lose), "Naak katna" (lose honor), "Taal thok ke" (confidently).
<b>Lokoktiyan (Proverbs)</b>	100+ proverbs: "Jiski laathi uski bhains", "Ek aur ek gyarah hote hain", "Naach na jaane aangan tedha".

**Sahitya — Hindi Literature**

<b>Ras (Aesthetic Sentiment)</b>	9 Rasas: Shringar (beauty/love), Hasya (humor), Karuna (compassion), Raudra (fury), Veer (heroism), Bhayanaka (terror), Bibhatsa (disgust), Adbhut (wonder), Shaant (peace).
<b>Chhand (Meter)</b>	Doha (13+11 Matras), Chaupai (16+16), Savaiya (23 Matras), Kundaliya (Doha+Rolaa) — structure & identification.
<b>Alankar (Figures of Speech)</b>	Anupras (alliteration), Yamak, Shlesha, Upma (simile), Rupak (metaphor), Utpreksha (fancy), Atishayokti (hyperbole), Manvikaran.
<b>Apathit Bodh (Comprehension)</b>	Unseen passage — identify main idea, infer author's purpose, answer vocabulary & inference questions within the passage.
<b>Famous Poets</b>	Medieval: Tulsidas (Ramcharitmanas), Kabir, Mirabai, Surdas. Modern: Mahadevi Verma, Nirala, Pant, Dinkar, Bacchan (Madhushala).
<b>Famous Prose Writers</b>	Premchand (Godan, Nirmala), Harivanshrai Bachchan, Jaishankar Prasad (Kamayani), Mahadevi Verma (Mera Parivar).
<b>Literary Periods</b>	Adikal (900-1350), Bhaktikal (1350-1650, golden age), Ritikal (1650-1850), Adhunik Kal (1850-present).
<b>Hindi Awards</b>	Sahitya Akademi Award, Vyas Samman, Jnanpith Award for Hindi, Bhartendu Harischandra Award, Moortidevi Award.

**8. SUBJECT 3 — Numerical & Mental Ability**

38 Questions | 76 Marks | 25.3%

**38 Questions****76 Marks**

Approx. 32 minutes

**LEVEL: Class 10 | KEY: Speed & Accuracy with shortcuts****Part A — Numerical Ability (Arithmetic & Mathematics)****Number System**

Natural numbers, whole numbers, integers, rational & irrational numbers, real numbers. Divisibility rules (2, 3, 4, 5, 6, 8, 9, 11). Prime & composite numbers, prime factorization. HCF & LCM — prime factorization method, division method. Tests: Find HCF of 3 numbers, word problems.

**Simplification & BODMAS**

BODMAS rule (Brackets Orders Division Multiplication Addition Subtraction). Fractions (proper, improper, mixed); decimal operations; conversion. Surds and indices; laws of exponents. Approximation questions.

**Percentage**

Percentage calculation; % increase/decrease formula; successive percentage change. Expenditure = Population × Rate (triangle concept). Profit/Loss % =  $(P/L \div CP) \times 100$ . Population-based % problems. Key formula: New Value = Original ×  $(1 \pm r/100)$ .

**Ratio & Proportion**

Simple ratio (a:b); compound ratio; duplicate/triplicate ratio. Direct proportion (xy) and Inverse proportion ( $x1/y$ ). Mixture problems; alligation method. Partnership — simple and weighted.

**Profit, Loss & Discount**

CP, SP, MP definitions; Profit = SP – CP; Loss = CP – SP. Discount % =  $(\text{Discount} \div \text{MP}) \times 100$ ; SP = MP ×  $(1 - D/100)$ . Successive discounts:  $(100-d1)(100-d2)/100$ . Dishonest shopkeeper problems using false weights.

**Simple & Compound Interest**

SI =  $P \times R \times T \div 100$ ; CI =  $P(1+R/100)^T - P$ . Half-yearly CI: R becomes R/2, T becomes 2T. Quarterly: R/4, T×4. Difference between CI and SI for 2 years =  $P(R/100)^2$ . Find rate/time/principal from given SI or CI.

**Average**

Average = Sum ÷ Count. Weighted average. Average speed =  $2xy/(x+y)$  for equal distances at different speeds. Age problems: if avg increases/decreases when someone joins/leaves — use net change. Running average; missing term from average.

**Time & Work**

If A does work in "a" days, efficiency =  $1/a$ . LCM method for combined work. Work and wages proportional to work done. Pipes & Cisterns: inlet pipe fills, outlet empties — net rate. MDH formula:  $M_1D_1H_1 = M_2D_2H_2$  (work equivalence).

**Time, Speed & Distance**

Distance = Speed × Time. Unit conversions (km/h to m/s: ×5/18). Relative speed: same direction =  $|S1-S2|$ ; opposite =  $S1+S2$ . Trains: length matters when crossing poles/platforms/other trains. Boats & Streams: Downstream = B+S, Upstream = B-S, B =  $(D+U)/2$ .

**Mensuration (2D & 3D)**

2D — Square: area= $a^2$ , perimeter= $4a$ ; Rectangle:  $l \times b$ ,  $2(l+b)$ ; Triangle:  $\frac{1}{2}bh$ , Heron's formula; Circle:  $\pi r^2$ ,  $2\pi r$ ; Trapezium:  $\frac{1}{2}(a+b) \times h$ .  
 3D — Cube:  $V=a^3$ ,  $SA=6a^2$ ; Cuboid:  $l \times b \times h$ ,  $2(lb+bh+hl)$ ; Cylinder:  $\pi r^2 h$ ,  $2\pi r(r+h)$ ; Cone:  $\frac{1}{3}\pi r^2 h$ ,  $\pi r l + \pi r^2$ ; Sphere:  $\frac{4}{3}\pi r^3$ ,  $4\pi r^2$ .

**Algebra**

Linear equations in 1 & 2 variables; simultaneous equations (substitution, elimination). Quadratic equations (factorization, quadratic formula). Key identities:  $(a+b)^2=a^2+2ab+b^2$ ;  $(a-b)^2=a^2-2ab+b^2$ ;  $a^2-b^2=(a+b)(a-b)$ ;  $(a+b)^3$ ;  $(a-b)^3$ .

**Data Interpretation**

Bar graphs (vertical/horizontal), Pie charts (% to degrees:  $\times 3.6$ ), Line graphs, Tables. Common question types: find total, find %, find ratio, find change over periods. Practice reading data accurately and computing quickly under time pressure.

**Part B — Mental Ability**

<b>Logical Diagrams / Venn Diagrams</b>	Circles representing sets; find number of members in intersection/union/exclusive zones. Classify groups using diagrams. Very common in UP Police exams.
<b>Symbol-Relationship Questions</b>	Standard mathematical symbols ( $=$ , $>$ , $<$ , $+$ , $-$ ) replaced by custom symbols. Decode the mapping and solve expressions.
<b>Analogy (Relationship Finding)</b>	Word analogy: Car:Petrol :: Lamp:?.   Number analogy: 3:9::5:?.   Figure analogy. Identify the relationship and apply.
<b>Coding-Decoding</b>	Letter coding (AD means shift by 3); Number coding (words numbers); Mixed coding. Decode given words using discovered pattern.
<b>Series Completion</b>	Number series (arithmetic, geometric, Fibonacci, mixed operations); Alphabet series (position-based); Alpha-numeric series — find the next term.
<b>Word Formation</b>	Form a meaningful word from given letters; rank of a word in dictionary; number of words that can be formed.
<b>Direction &amp; Distance</b>	8 compass directions (N, NE, E, SE, S, SW, W, NW); calculate net distance after multiple turns; shadow-based direction problems.
<b>Blood Relations</b>	Family tree analysis; generation-based relations. "A is the son of B's father's brother" type multi-step problems.
<b>Classification (Odd One Out)</b>	Find the item that doesn't belong — based on letters, numbers, shapes, or general knowledge categories.
<b>Ranking &amp; Seating Arrangement</b>	Position from top/bottom/left/right; linear and circular seating; find position of one person relative to another.

## 9. SUBJECT 4 — Mental Aptitude / IQ / Logical Reasoning

37 Questions | 74 Marks | 24.7%

37 Questions

74 Marks

3 Sub-sections

**UNIQUE TO UP POLICE — Not in SSC/Railway syllabus!**

CRITICAL STRATEGY FOR MENTAL APTITUDE: Questions present real police scenarios. The correct answer ALWAYS prioritizes: (1) Public Interest over personal interest, (2) Legal Procedure over shortcuts, (3) Non-discrimination over community bias, (4) Professional Ethics over personal loyalty. Example: "You see your senior officer accepting money from a civilian — what do you do?" Answer: Report through proper channels to senior authority. NEVER ignore, cover up, or confront aggressively.

### Part A — Mental Aptitude (Police Values & Ethics — Scenario-based)

<b>Public Interest &amp; Service Mentality</b>	Police must prioritize welfare of the public above personal convenience, community loyalty, or political pressure. Questions test this attitude through scenarios.
<b>Law &amp; Order Maintenance</b>	Handling riots, protests, communal tensions — correct procedure: inform seniors, follow SOP, avoid force escalation, protect life & property.
<b>Communal Harmony &amp; Non-discrimination</b>	Treating all communities, religions, castes, and genders equally. Secular approach. No differential treatment based on identity.
<b>Crime Control &amp; Prevention</b>	Preventive policing; community policing; awareness drives; proper FIR registration; zero tolerance for crime.
<b>Professional Knowledge of Police System</b>	UP Police hierarchy; jurisdiction; powers of different ranks; roles of DGP, SSP, CO, SHO; police station functions.
<b>Key IPC Sections</b>	Section 302 (Murder), 307 (Attempt to Murder), 376 (Rape), 420 (Cheating), 379 (Theft), 498A (Cruelty by husband), 304B (Dowry Death).
<b>Key CrPC Provisions</b>	Section 154 (FIR), 161 (Examination of witnesses), 41 (Arrest without warrant), 107-116 (Security proceedings), 482 (High Court powers).
<b>Rule of Law</b>	Constitutional supremacy; no arbitrary action; judicial review; every action must have legal backing.
<b>Accountability &amp; Transparency</b>	Reporting corruption upward; avoiding misuse of power; citizen grievance redressal; transparency in FIR registration.
<b>Gender Sensitivity &amp; Child Rights</b>	Respectful treatment of women at police stations; POCSO Act awareness; anti-trafficking measures; NHRC guidelines on women in custody.
<b>Adaptability &amp; Professionalism</b>	Handling stress; working in adverse conditions (floods, elections, VIP duty); rural vs urban policing challenges.
<b>Social Media &amp; Cybercrime Awareness</b>	Recognizing cyber fraud, phishing, online harassment; IT Act 2000; Section 66 (computer crime); role of Cyber Cell.

### Part B — Intelligence Quotient (IQ)

<b>Relationship &amp; Analogy</b>	Word pair, number pair, and figure-based analogies. Find the rule connecting the first pair and apply to the second.
<b>Spotting Differences</b>	Identify differences between two similar images or patterns; spot the odd one out from a set of figures.
<b>Problem Solving</b>	Multi-step logical puzzles requiring step-by-step deduction; finding the solution through systematic elimination.
<b>Space Visualization</b>	Unfolded cube (dice problems — opposite faces); mirror images; water images; figure rotation in 90°/180° steps.
<b>Arithmetic Number Series</b>	Complex series using arithmetic (+n), geometric (×n), prime numbers, squares, alternating operations — identify the pattern.
<b>Venn Diagram (IQ type)</b>	Given three characteristics, use Venn circles to find: only A, only B, AB, ABC, at least two, etc.
<b>Matrix &amp; Sequence</b>	Row/column pattern completion in figure matrices; number matrices with missing cells.
<b>Alphabet Position Tests</b>	Position of letters from A=1 to Z=26; reverse alphabet Z=1; find letter at position X from left/right of word.

### Part C — Logical Reasoning

<b>Observation &amp; Attention to Detail</b>	Carefully identify minute differences in patterns, pictures, or sequences. Common in police recruitment to test observational skills.
<b>Discrimination</b>	Accurately distinguish between look-alike items; classify items into correct categories based on subtle differences.
<b>Verbal Reasoning — Statements &amp; Conclusions</b>	Given statements, identify which conclusions logically follow (definitely true, possibly true, or false).
<b>Verbal Reasoning — Arguments</b>	"Should X be done?" Identify strong vs weak arguments based on logic, not emotion or popularity.
<b>Syllogisms</b>	Two or more premises conclusion. Use Venn diagrams to validate. "All A are B; All B are C All A are C".
<b>Cause &amp; Effect</b>	From a set of events, identify which is the cause and which is the effect; distinguish from independent events.
<b>Non-Verbal — Pattern Completion</b>	Complete an incomplete figure pattern; find the next figure in a series of shapes/patterns.
<b>Non-Verbal — Paper Folding</b>	Identify the pattern when a folded & punched paper is unfolded; recognize embedded figures.
<b>Decision Making</b>	Given a scenario with multiple options, apply logical reasoning and given conditions to choose the best action.
<b>Visual Memory</b>	Briefly shown a figure; later identify it from choices. Tests short-term visual recall — important for police work.
<b>Critical Thinking</b>	Evaluate the validity of arguments; identify assumptions, identify which statement strengthens/weakens an argument.

## 10. Preparation Strategy & 90-Day Study Plan

**01**

### Understand the 2026 Exam Pattern First

The 2026 exam has NO NEGATIVE MARKING — so always attempt all 150 questions, even if guessing. All 4 sections have almost equal weightage (within 2 marks of each other). A consistent 70% across all 4 sections WILL outrank someone with 90% in two sections and 50% in two. Never neglect a section — balanced preparation is the key to a high rank.

**02**

### Daily Study Schedule (Recommended)

Morning (2 hours): General Knowledge — UP GK + Current Affairs + History/Geography. Afternoon (1.5 hours): General Hindi — Grammar rules + Vocabulary lists (Synonyms/Antonyms). Evening (2 hours): Mathematics — One chapter theory + 30 practice problems. Night (1 hour): Reasoning + Mental Aptitude — 1 topic + 20 questions. Weekend: 1 full-length mock test (2 hours) + complete analysis of errors.

**03**

### Subject-wise Priority Topics

General Knowledge (HIGH): UP-specific topics (history, police system, schemes, geography) + last 6 months current affairs. Constitution basics + General Science. These are the highest-scoring areas. General Hindi (HIGH): Sandhi, Samas, Ling, Vachan, Karak, Synonyms/Antonyms, Muhavare. Master grammar rules first. Mathematics (MEDIUM-HIGH): Percentage, Ratio, SI/CI, Profit-Loss, Time-Work, Mensuration account for 70% of questions. Reasoning/Mental Aptitude (MEDIUM): Series, Analogy, Coding-Decoding, Blood Relations, Police Scenarios.

**04**

### Mental Aptitude — Special Strategy

Study 15–20 police scenario sample questions before the exam. The answer principle is fixed and predictable: Public Interest > Personal Loyalty | Legal Procedure > Shortcuts | Non-discrimination > Community Bias. Read UP Police Act basics. Know key IPC sections: 302, 307, 376, 420, 379, 498A, 304B. Know CrPC sections: 154 (FIR), 41 (arrest without warrant), 161 (witness examination).

**05**

### Mock Tests & Previous Year Papers

Practice at least 20 full-length mock tests (2-hour timed). Target: 48 seconds per question average. Analyze section-wise errors after every test — identify weak topics and revisit them. Solve previous year UP Police Constable papers: 2018 (51,216 vacancies), 2019, 2023 exams. Use examkhiladi.com for free mock tests with detailed performance analysis and comparison.

**06**

### Physical Fitness — Start Day 1

Start running daily from the very first day of preparation — do not wait until the written exam result. Male target: 4.8 km in 22 minutes (gives 3-min safety margin against the 25-min limit). Female target: 2.4 km in 12 minutes (gives 2-min safety margin against the 14-min limit). Week 1-4: Build stamina (run 1-2 km). Week 5-8: Target distance. Week 9+: Hit time targets consistently.

## 11. Recommended Books & Study Resources

Subject	Book / Resource	Author / Publisher	Why Use It
General Knowledge	Lucent's General Knowledge	Dr. Binay Karna	Best for static GK, History, Geography, Science basics
General Knowledge	Arihant General Knowledge	Manohar Pandey	Comprehensive, updated annually, strong on current affairs
General Knowledge	UP Samanya Gyan (UP GK)	Arihant / Youth Competition	Dedicated UP-specific content — must have for UP Police
General Knowledge	Pratiyogita Darpan / Current Affairs Magazine	Monthly issues	For current affairs — last 6 months before exam
General Hindi	Aadhunik Hindi Vyakaran aur Rachna	Dr. Vasudeva Nandan Prasad	The most complete Hindi grammar reference book
General Hindi	Lucent Hindi Vyakaran	Lucent Publications	Quick reference for grammar rules and vocabulary
General Hindi	Arihant Samanya Hindi	Arihant Prakashan	Good for practice questions and literature section
Mathematics	Quantitative Aptitude for Competitive Exams	R.S. Aggarwal (S. Chand)	The gold standard — covers all topics with 1000+ questions
Mathematics	Rakesh Yadav Class Notes	Rakesh Yadav Readers Publication	Best for shortcuts, tricks, and speed-solving techniques
Mathematics	Fast Track Objective Arithmetic	Rajesh Verma (Arihant)	Quick revision formulas + large question bank
Reasoning	A Modern Approach to Verbal & Non-Verbal Reasoning	R.S. Aggarwal (S. Chand)	Definitive book for reasoning — all types covered
Reasoning	Verbal & Non-Verbal Reasoning	Arihant Prakashan	Affordable, UP Police specific practice sets
Practice Sets	UP Police Constable Previous Year Solved Papers	Kiran / Arihant	Must solve — 2018, 2019, 2023 papers with solutions
Online Free	Free Syllabus PDFs + Mock Tests + Exam Tracker	examkhiladi.com	Free platform with personal dashboard, exam tracker & tests

## 12. Important Dates & Official Links

Event	Date / Period	Status / Notes
Official Notification Released	<b>31 December 2025</b>	Confirmed
Application Start	<b>January 2026</b>	Confirmed
Application Last Date	<b>February 2026</b>	Confirmed
Admit Card Release	<b>May / June 2026</b>	Likely 1-2 weeks before exam

Written Examination	<b>8, 9 &amp; 10 June 2026</b>	CONFIRMED — 3 shifts
Answer Key Release	<b>June 2026 (after exam)</b>	Usually within 1 week
Result Declaration	<b>July - August 2026</b>	Expected
PST / Document Verification	<b>August - September 2026</b>	Expected after result
PET (Running Test)	<b>September - October 2026</b>	Expected after PST
Final Merit List	<b>October - November 2026</b>	Expected

### Frequently Asked Questions (FAQ)

<b>Q. Is there negative marking in 2026?</b>	A. NO — Negative marking has been completely removed for 2026. Wrong answers score 0 marks (not -0.5). This is a major change from previous years. Always attempt all 150 questions!
<b>Q. What is the exam mode — online or offline?</b>	A. Offline OMR-based, pen-and-paper exam. NOT computer-based. You fill circles on an OMR sheet.
<b>Q. What is the educational qualification required?</b>	A. Intermediate (10+2) from any recognized board. No graduation needed. Class 12 pass is sufficient.
<b>Q. What is the age limit and relaxation?</b>	A. 18 to 22 years. Relaxation: OBC — 3 years, SC/ST — 5 years (UP residents), Ex-Servicemen — 5 years, PwD — 15 years.
<b>Q. Is the Mental Aptitude section the same as Reasoning?</b>	A. NO — they are different. Mental Aptitude tests police values and ethics through scenario-based questions. It does NOT appear in SSC or Railway exams — it is unique to UP Police. IQ and Reasoning are separate sub-sections in Subject 4.
<b>Q. How is the final merit list prepared?</b>	A. Entirely on Written Exam marks. PST and PET are qualifying stages only — they add ZERO marks. Your rank is permanently fixed after Stage 1. Stage 2 & 3 only verify physical eligibility.
<b>Q. Can I appear for both Civil Police and PAC with one application?</b>	A. Yes — the same written exam and application covers Civil Police, PAC, and Jail Warder posts. Allocation is based on merit and preference filled during application.
<b>Q. Where can I get free study material and mock tests?</b>	A. Visit examkhiladi.com — completely free platform with syllabus PDFs, mock tests, previous year papers, personal exam dashboard, and exam tracker. No registration fees.

Official Website	Link
UPPRPB (Official Recruitment Portal)	<a href="http://uppbpb.gov.in">uppbpb.gov.in</a>
UP Police Official Website	<a href="http://uppolice.gov.in">uppolice.gov.in</a>
<b>Free Resources, Mock Tests &amp; Exam Tracker</b>	<a href="http://examkhiladi.com">examkhiladi.com</a>

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