

UP Police Constable Syllabus 2026

Uttar Pradesh Police Recruitment and Promotion Board — Uttar Pradesh Police — Civil Police Constable

Vacancies	Announced periodically for Civil Police Constable posts across Uttar Pradesh
Age Limit	18–22 years for General/EWS/OBC candidates (relaxation per state government norms for SC/ST and other reserved categories)
Qualification	Passed Class 12 (10+2) from a recognised Board
Application Fee	■400 (General/OBC/EWS candidates). SC/ST candidates typically pay a reduced fee as per the state's fee structure.
Official Website	uppbpb.gov.in
Last Reviewed	19 May 2026

Overview

UP Police Constable is one of India's largest state-level police recruitment drives, filling Civil Police Constable posts across Uttar Pradesh's districts. Given the state's large population and the scale of vacancies typically announced, applicant volumes run into the tens of lakhs, making it one of the most competitive constable-level exams nationally purely on a numbers basis. Selection runs through a written exam, Physical Efficiency Test and Physical Standard Test, document verification and a medical examination — a broadly similar structure to other state police constable exams, but at a significantly larger operational scale.

What's New in the 2026 Cycle

- One of the largest-scale police recruitment drives in the country by applicant volume, given Uttar Pradesh's population.
- Written exam covers General Knowledge, General Hindi, Numerical & Mental Ability, and Mental Aptitude/IQ/Reasoning.
- PET/PST standards include category and gender-specific race timing and physical measurements.
- Document verification is typically conducted at a large scale in phases given the high number of shortlisted candidates.

Exam Pattern

Written Examination

Mode: Online/Offline objective MCQ (mode as per the specific notification) | Duration: 2 hours

Section	Questions	Marks
General Knowledge	38	76
General Hindi	37	74
Numerical & Mental Ability Test	38	76

Mental Aptitude Test/IQ Test/Reasoning	37	74
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Negative marking: As per the current notification (verify against the official notice) | **Nature:** Merit-determining for shortlisting to PET/PST.

Physical Efficiency Test (PET) & Physical Standard Test (PST)

Mode: Field test — running, height, chest (male) & weight measurement | Duration: Conducted on scheduled test dates

Section	Questions	Marks
Race, Height/Chest/Weight measurement	—	Qualifying

Negative marking: Not applicable — qualifying (pass/fail) only | **Nature:** Mandatory gate; standards vary by category and gender.

UP Police Constable — Detailed Subject-Wise Syllabus

General Knowledge

Blends national/international current affairs with UP-specific knowledge — don't neglect the state-specific portion.

- Current affairs — national & international, UP-specific news
- Indian history & culture
- Indian geography — physical, social, economic, UP-specific geography
- Indian polity & Constitution
- Indian economy & government schemes
- General science
- Uttar Pradesh-specific general knowledge

General Hindi

Unique to UP Police among many national constable exams — dedicated grammar revision pays off directly.

- Hindi grammar — sandhi, samas, alankar
- Vocabulary, synonyms & antonyms
- Comprehension & essay-style questions
- Common errors in Hindi usage

Numerical & Mental Ability Test

Foundational-level questions — consistent practice on fundamentals is the fastest route to improvement.

- Number system, simplification
- Percentage, ratio & proportion, average
- Profit, loss & discount
- Time, speed & distance, time & work
- Mensuration & basic algebra
- Data interpretation

Mental Aptitude Test/IQ Test/Reasoning

Includes police-context situational judgement, not just standard reasoning — practise exam-specific question styles.

- Logical reasoning & analytical ability
- Public interest, law & order, police-context situational judgement
- Analogies, coding-decoding, series
- Direction sense & blood relations

Selection Process

- 1 Written Examination.
- 2 Physical Efficiency Test (PET) and Physical Standard Test (PST).
- 3 Document Verification.
- 4 Medical Examination.

Salary & Job Profile

UP Police Constable posts fall under Pay Level 3 of the 7th CPC-equivalent state pay matrix (approximately ₹21,700–₹69,100), plus Dearness Allowance, HRA and other state-specific allowances.

Best Books for Preparation

- Lucent's General Knowledge
- UP Police Constable General Hindi — Arihant/Youth Competition Times
- Fast Track Objective Arithmetic — Rajesh Verma (Arihant)

Previous Cut-off Trends (Approximate)

UP Police Constable written exam cut-offs vary enormously by category, gender and district/zone allocation, given the very high applicant-to-vacancy ratio typical of this recruitment. Always check the official category-wise and zone-wise cut-off release rather than a single state-level figure.

Preparation Tips

- General Hindi is unique to UP Police among many national-level constable exams — dedicate specific revision time to Hindi grammar rules.
- Given the very high applicant volume, prioritise accuracy over attempting every question in the written exam.
- Build a UP-specific current affairs habit alongside general national/international news, since state-specific GK carries real weight.
- Begin physical training in parallel with written exam preparation, not after the result.

Exam Day Guidelines

- Carry the Admit Card and a valid original photo ID — no exceptions are made for missing documentation.
- Reach the exam centre well before reporting time, given the very high candidate volume typical of UP Police exams.
- No electronic devices are allowed inside the exam hall.
- Start PET training (timed runs) months in advance — this stage eliminates a significant share of candidates independent of written exam rank.

Frequently Asked Questions

What is the minimum qualification for UP Police Constable?

Class 12 (10+2) pass from a recognised Board.

Why is UP Police Constable considered so competitive?

Given Uttar Pradesh's large population, applicant volumes for this exam typically run into the tens of lakhs, making it one of the most competitive constable-level exams nationally by sheer numbers.

Does the UP Police Constable exam test Hindi specifically?

Yes, General Hindi is a dedicated section testing grammar, vocabulary and comprehension, distinct from the General Knowledge section.

What comes after the UP Police Constable written exam?

Candidates who qualify are called for the Physical Efficiency Test (PET) and Physical Standard Test (PST), followed by document verification and a medical examination.