PSSSB Jail Warder Admit Card 2026 Out: Download PMT PET

Complete PSSSB Jail Warder revision guide covering PET/PMT standards, Punjab GK, Reasoning, Math, Punjabi Langua...

1. EXAM / NOTIFICATION KEY FACTS & DATES

Post / Course Name	Jail Warder & Matron
Total Vacancies	532 Posts
Exam Date	11 Nov 2026
Selection Process	Written MCQ Exam -> PMT/PET Physical Test -> Document Verification
Exam Mode & Duration	Offline OMR Based (120 Minutes, 120 Questions)
Key Subjects	Punjab GK, General Awareness, Quantitative Aptitude, Reasoning, English, Pu...
Negative Marking	0.25 marks deducted for every wrong answer

2. 4-STEP SMART PREPARATION PLAN

1. Phase 1: Master Punjab Geography, History, Sikh Gurus, and Freedom Struggle topics thoroughly.
2. Phase 2: Practice Core Quantitative Aptitude and Reasoning concepts using quick elimination methods.
3. Phase 3: Strengthen Punjabi Grammar (Vyakaran) and basic Computer operations for high-scoring sections.
4. Phase 4: Solve official PSSSB previous year question papers and maintain physical endurance for PET/PMT.

3. SAMPLE GOLDEN SHORTCUTS & FORMULAS

* Shortcut 1: Net Percentage Change formula = A + B + (A x B)/100 for successive percentage increase or decrease.
* Shortcut 2: Time & Work shortcut: Total Work = LCM of individual times. Efficiency = Work / Time.
* Shortcut 3: Speed conversion: Multiply km/h by 5/18 to convert to m/s; multiply m/s by 18/5 to get km/h.
* Shortcut 4: Simple vs Compound Interest 2-year difference formula: D = P x (R/100)^2.

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4. TOP 10 HIGH-WEIGHTAGE SYLLABUS TOPICS (QUICK SUMMARY)

1. Punjab History & Sikh Gurus
Weightage: High (6-8 Qs)

Focus on the life, teachings, and contributions of all ten Sikh Gurus, including the establishment of city foundations like Amritsar by Guru Ram Das Ji and Anandpur Sahib by Guru Tegh Bahadur Ji. Study the composition...

2. Punjab Geography & Natural Resources
Weightage: High (5-7 Qs)

Revise the physical divisions of Punjab including Majha, Doaba, Malwa, and Puadh regions along with their respective districts. Study Vedic names of Punjab rivers: Sutlej (Shatadru), Beas (Vipasa), Ravi (Irawati), Che...

3. Indian Polity & Constitution
Weightage: High (5-6 Qs)

Focus heavily on Fundamental Rights (Articles 14-32), Directive Principles of State Policy (Articles 36-51), and Fundamental Duties (Article 51A). Understand the structure of Panchayati Raj System via the 73rd Constit...

4. Freedom Movement in Punjab
Weightage: High (4-5 Qs)

Key movements include Ghadar Movement (1913) led by Lala Hardayal and Sohan Singh Bhakna, Kuka/Namdhari Movement led by Satguru Ram Singh, and Babbar Akali Movement. Study the Jallianwala Bagh Massacre (13 April 1919)...

5. Quantitative Aptitude - Arithmetic
Weightage: High (6-8 Qs)

Master core concepts of Percentages, Ratio and Proportion, Profit and Loss, and Simple/Compound Interest. Learn quick methods to calculate average speed, relative speed in train problems, and work efficiency ratios in...

6. Reasoning - Analytical & Logical
Weightage: High (6-8 Qs)

Practice Coding-Decoding based on letter positions and reverse order alphabets. Master Blood Relations using family tree diagrams and Direction Sense test using 8-cardinal direction maps. Syllogism questions must be s...

7. Punjabi Grammar (Vyakaran)
Weightage: High (8-10 Qs)

Focus on main parts of Punjabi Vyakaran: Dhuni Bodh, Shabd Bodh, and Vak Bodh. Memorize types of Naw (Noun - 5 types), Parnaw (Pronoun - 6 types), Kiriya (Verb - 2 types), and Visheshan (Adjective - 5 types). Master S...

8. English Language & Grammar
Weightage: Medium (4-6 Qs)

Revise subject-verb agreement rules, preposition usage after specific verbs, and tense corrections. Focus on Active-Passive voice conversion rules and Direct-Indirect speech reporting verb shifts. Memorize high-freque...

9. Basic Computer Literacy
Weightage: Medium (5-6 Qs)

Understand hardware components, input/output devices, and primary vs secondary memory storage types. Learn keyboard shortcut keys in MS Word, MS Excel, and MS PowerPoint (e.g., Ctrl+K for hyperlink, F7 for spell check...

10. Current Affairs & Punjab Schemes
Weightage: Medium (5-6 Qs)

Cover latest 6-8 months of state and national news. Focus on Punjab state government schemes, modern sports awards, recent appointments, and national awards (Padma Awards, Khel Ratna). Track major events hosted in Pun...

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5. 10 SAMPLE EXAM-STYLE PRACTICE MCQS (WITH ANSWERS)

Q1. What is the ancient Vedic name of the river Sutlej?
(A) Vipasa (B) Shatadru (C) Asikni (D) Vitasta
Ans: (B) | Sutlej was known as Shatadru in ancient Vedic times. Beas was Vipasa, Chenab was Asikni, and Jhelum was Vitasta.

Q2. Which Sikh Guru founded the city of Amritsar and initiated the construction of the Holy Tank (Sarovar)?
(A) Guru Angad Dev Ji (B) Guru Amar Das Ji (C) Guru Ram Das Ji (D) Guru Arjan Dev Ji
Ans: (C) | Guru Ram Das Ji, the fourth Sikh Guru, founded the city of Ramdaspur, which later came to be known as Amritsar.

Q3. The historic Ghadar Party was founded in 1913 at which city?
(A) London (B) San Francisco (C) Vancouver (D) Berlin
Ans: (B) | The Ghadar Party was established in 1913 in San Francisco, USA, by Punjabi immigrants led by Lala Hardayal and Sohan Singh Bhakna.

Q4. On which historic date did the Jallianwala Bagh massacre take place in Amritsar?
(A) 13 April 1919 (B) 15 August 1919 (C) 23 March 1931 (D) 10 May 1857
Ans: (A) | The horrific Jallianwala Bagh massacre took place on Baisakhi day, 13 April 1919, when General Dyer ordered firing on unarmed crowds.

Q5. Which Article of the Indian Constitution guarantees 'Equality before Law'?
(A) Article 14 (B) Article 19 (C) Article 21 (D) Article 32
Ans: (A) | Article 14 guarantees equality before law and equal protection of laws to all persons within the territory of India.

Q6. By which Constitutional Amendment Act was Panchayati Raj system given constitutional status?
(A) 42nd Amendment (B) 44th Amendment (C) 73rd Amendment (D) 86th Amendment
Ans: (C) | The 73rd Constitutional Amendment Act of 1992 added Part IX to the Constitution and gave constitutional recognition to Panchayati Raj Institutions.

Q7. If A can complete a work in 10 days and B in 15 days, how many days will they take together to complete the same work?
(A) 5 days (B) 6 days (C) 8 days (D) 7.5 days
Ans: (B) | Total work = LCM(10, 15) = 30 units. A's efficiency = 3 units/day, B's efficiency = 2 units/day. Combined time = 30 / (3+2) = 6 days.

Q8. A person buys an item for Rs. 500 and sells it for Rs. 625. What is the profit percentage?
(A) 20% (B) 22.5% (C) 25% (D) 30%
Ans: (C) | Profit = Selling Price - Cost Price = 625 - 500 = 125. Profit % = (125 / 500) x 100 = 25%.

Q9. Find the simple interest on Rs. 4,000 for 3 years at an annual interest rate of 5%.
(A) Rs. 400 (B) Rs. 500 (C) Rs. 600 (D) Rs. 800
Ans: (C) | Simple Interest SI = (P x R x T) / 100 = (4000 x 5 x 3) / 100 = Rs. 600.

Q10. A train 150 meters long is running at a speed of 54 km/h. How long will it take to cross a telegraph pole?
(A) 8 seconds (B) 10 seconds (C) 12 seconds (D) 15 seconds
Ans: (B) | Speed in m/s = 54 x (5/18) = 15 m/s. Time required = Distance / Speed = 150 / 15 = 10 seconds.

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