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consist of 100 objective type multiple choice questions with a total duration of 90 minutes 1 4 There will be a negative marking of 1 3rd of the marks for each incorrect answer 3 The minimum qualifying marks are 40% for UR EWS 30% for OBC NCL SC and 25% for ST candidates 1 3 Qualification and Eligibility To be eligible for the Technician Grade III posts candidates must have passed Matriculation 10th class along with an ITI certificate in the relevant trade from a recognized institution NCVT SCVT or have completed an Act Apprenticeship 6 7 The age limit for applicants is between 18 and 30 years 6 8 Number of Vacancies The RRB has announced a total of 6238 vacancies for Technicians out of which a significant number are for the Grade III positions 9 10 Specifically there are 6055 posts for Technician Grade III 6 How to Apply Interested and eligible candidates can apply for the RRB Technician recruitment online through the official RRB websites 7 11 The application window opened on June 28 2025 and the last date to apply has been extended to August 7 2025 7 10 To apply you will need to register on the portal fill out the application form with the required details upload scanned documents and pay the application fee 6 Grade Pay and Salary The salary for an RRB Technician Grade III is based on the 7th Pay Commission guidelines 12 The initial basic pay for a Technician Grade III is 19 900 12 13 In addition to the basic pay employees are also entitled to various allowances such as Dearness Allowance DA House Rent Allowance HRA and Travel Allowance TA which significantly enhances the in hand salary 14 15 The grade pay for a Technician Grade III is 1900 Table of Contents Test Paper 1 Railway Technician Gr III 3 Test Paper 2 Railway Technician Gr III 11 Test Paper 3 Railway Technician Gr III 20 Test Paper 4 Railway Technician Gr III 29 Test Paper 5 Railway Technician Gr III 37 Test Paper 6 Railway Technician Gr III 46 Test Paper 7 Railway Technician Gr III 54 Test Paper 8 Railway Technician Gr III 62 Test Paper 9 Railway Technician Gr III 71 Test Paper 10 Railway Technician Gr III 79 Test Paper 11 Railway Technician Gr III 88 Test Paper 12 Railway Technician Gr III 96 Test Paper 13 Railway Technician Gr III 105 Test Paper 14 Railway Technician Gr III 114 Test Paper 15 Railway Technician Gr III 123 Test Paper 16 Railway Technician Gr III 132 Test Paper 17 Railway Technician Gr III 141 Test Paper 18 Railway Technician Gr III 150 Test Paper 19 Railway Technician Gr III 158 Test Paper 20 Railway Technician Gr III 167 Test Paper 21 Railway Technician Gr III 176 Test Paper 22 Railway Technician Gr III 185      *2025-26 RRB Technician Engineering Mathematics Solved Papers*. YCT Expert Team , 2025 26 RRB Technician Engineering Mathematics Solved Papers 256 492 E This book contains the previous year solved papers grade I signal      2024-25 RRB Technician Grade-I Signal Engineering Mathematics YCT Expert Team , 2024 25 RRB Technician Grade I Signal Engineering Mathematics 264 495 E This book covers all basic elementary mathematics and also the solution of asked previous questions      RRB Assistant Loco Pilot and Technician 2018 (English Guide) S. Chand Experts, This book is specifically developed for the aspirants who are preparing for the recruitment process organized by the Railway Recruitment Board This book has study material practice questions solved and previous year s question papers solved for the aspirants to have rigorous practice based on the latest pattern of examination      **RRB Technician Grade 3 Exam 2025 Railway Recruitment Board 20 Practice Sets With**

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web jan 11 2023 it s also common for athletes to want to gain weight as muscle it is best to see your health care provider if you lost weight unexpectedly your provider or a dietitian can help you gain weight in a healthy way together you can create a plan based on your needs in general your plan may include eating more frequently

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web apr 19 2022 generally speaking carbohydrate intake ranges from 5 7 g kg of body weight day for general training needs and 7 10 g kg of body weight day for the increased needs of endurance athletes interestingly studies have found that many athletes fail to consume enough carbohydrates to fully replenish muscle glycogen stores

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web nov 7 2022 experts recommend increasing calories 10 20 above the calories you need to for the target weight gain 1 6 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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web feb 23 2021 but what about the trend for athletes to eat high fat low carb diets evidence suggests these diets don t boost athletic performance and actually hinder it at higher intensities during a workout carbohydrates fuel your brain and muscles

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web mar 15 2021 sports nutritionists recommend that strength training athletes consume about 1 4 to 2 0 grams of protein per kilogram of body weight per day for an athlete weighing 90 kg 200 pounds that is a total of 126 180 grams of protein a day

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web healthy weight gain strategies if you are wondering how to gain weight the healthy way and gain lean mass it is

necessary to consume more calories than you expend while participating in an appropriate exercise program increasing your portions and intake of high calorie foods can be an appropriate strategy for weight gain

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web jun 3 2018 healthy weight gain tips eat frequently ideally every 3 hours and have a snack right before bed add coconut oil avocado oil or olive oil healthy fats to vegetables potatoes meat etc 1 tbsp 120 calories add sliced avocado to sandwiches smoothies meals 1 2 an avocado 161 calories

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web mar 1 2021 weight gain meal plan sample week 1 this healthy meal plan is for anyone looking to gain weight and add muscle mass but was designed by chris mohr ph d rd specifically for hardgainers and athletes chris mohr ph d rd