

GURKHA ACTION**Pre Military Training Academy****RECRUITMENT INTAKE YEAR 2025/26*****PROGRESS REPORT OF POTENTIAL RECRUITS PHASE I***

S.NO.	NAME LIST	PULL UPS	R.L&C. (min/sec)	800 M (min/sec)	Remarks
1.	ADITYA LIMBU	A	A	A	A
2.	ANOJ BHUJEL	21	1:19	2:07	PASS
3.	ARYAN PUN MAGAR	11	1:40	2:35	FAIL
4.	AYUSH TAMANG	A	A	A	A
5.	BINOD BATALA	A	A	A	A
6.	BINOD RAI	24	1:25	2:11	PASS
7.	BISHWAS THAKURI	A	A	A	A
8.	DANIEL PRAJA	A	A	2:07	FAIL
9.	DARSHAN ROKAYA	22	1:28	2:26	PASS
10.	DAVID REGAMI	12	1:31	2:39	FAIL
11.	DEV KHADKA	A	A	A	A
12.	DILAV REGMI	A	A	A	A
13.	DIPESH SHRESTHA	18	1:26	A	FAIL
14.	DURGAM LIMBU	23	1:24	A	FAIL
15.	HUKUM ROKA MAGAR	A	A	A	A
16.	INDRA SHRESS	19	1:26	2:19	PASS
17.	JENISH SHRESTHA	A	A	A	A
18.	JOHEB MAHARJAN	19	INJ.	2:30	FAIL
19.	KABIRAJ GURUNG	27	1:27	2:15	PASS
20.	KAUSHAL LAMA	27	1:22	2:18	PASS
21.	KESHAV SAUD	A	A	A	A
22.	KEVIN AMATYA	18	1:27	A	FAIL
23.	MANOJ KUMAL	25	1:24	A	FAIL
24.	MIZZEL JABEGU	21	INJ.	2:15	FAIL
25.	NIKESH TIRUWA	20	A	A	A
26.	NIMA SHERPA	17	1:24	2:13	PASS
27.	NIRAJAN TAMANG	A	A	A	A
28.	NIRMAL LAMA	27	1:20	2:10	PASS

29.	NISCHAL PUN	A	A	A	A
30.	NISHAN LAL THEENG	02	1:34	A	FAIL
31.	PRABESH GHISING	14	1:40	A	FAIL
32.	PRAVAKAR LAMA	A	A	A	A
33.	RITIK MAJHI	A	A	A	A
34.	SALOM LIMBU	26	1:23	2:14	PASS
35.	SAMIR MAGAR	25	1:21	2:14	PASS
36.	SAMIR THAPA	23	1:23	A	FAIL
37.	SAMMAN GURUNG	17	1:26	2:29	PASS
38.	SANJIB SUNUWAR	18	1:22	2:14	PASS
39.	SAROJ BLON LAMA	12	1:31	A	FAIL
40.	SAURAV GOPALI	A	A	A	A
41.	SHITAL SHRESTHA	21	1:24	2:16	PASS
42.	SIJAN YOGI	24	1:33	2:16	PASS
43.	SUBASH KARKI	10	1:37	A	FAIL
44.	SUJAN TAMANG	A	A	A	A
45.	YANGSIHANG NEMBANG	INJ.	INJ.	INJ.	INJ.

Physical Assessments:

Over-Arm Grip Heaves: Minimum of 14 (Best Effort)

800m Run: Under 2 minutes 30 seconds (Best Effort)

Repeated lift and carry: Under 1 minute 40 seconds (Best Effort)

Best Effort:

You must give your very best effort in every test to achieve the highest score possible. The higher you score the better your chance of being call forward to attend Phase 3 (Final Selection).

⚙️🌀 BEST WISHES INTAKE 2026 🌀⚙️