

1st Aug 2025

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.	BINOD RAI	25	1:31	2:10	P
2.	DANIEL PRAJA	A	A	A	F
3.	DARSHAN ROKAYA	A	A	A	A
4.	DURGAM LIMBU	24	1:30	A	F
5.	INDRA SHRESS	21	1:32	2:23	P
6.	JENISH SHRESTHA	22	1:28	2:09	P
7.	JOHEB MAHARJAN	A	A	A	A
8.	KABIRAJ GURUNG	24	1:32	2:18	P
9.	KAUSHAL LAMA	A	A	A	A
10.	MANOJ KUMAL	24	1:29	2:23	P
11.	MIZZEL JABEGU	22	1:29	2:19	P
12.	NIMA SHERPA	19	1:30	2:18	P
13.	NIRMAL LAMA	25	1:26	2:09	P
14.	SALOM LIMBU	25	1:29	2:23	P
15.	SAMIR MAGAR	21	1:26	2:19	P
16.	SAMIR THAPA	A	A	A	A
17.	SAMMAN GURUNG	17	1:31	2:25	P
18.	SANJIB SUNUWAR	15	1:34	2:16	P
19.	SHITAL SHRESTHA	22	1:32	2:18	P
20.	SIJAN YOGI	24	1:33	2:20	P
21.	DIPESH SHRESTHA	18	1:32	A	F
22.	ADITYA LIMBU	16	1:38	A	F
23.	ANOJ BHUJEL	21	1:24	2:07	P

24.	AYUSH TAMANG	05	1:49	A	F
25.	BINOD BATALA	17	1:29	A	F
26.	BISHWAS THAKURI	A	A	A	F
27.	DAVID REGAMI	12	1:36	A	F
28.	DILAV REGMI	24	1:35	A	F
29.	DEV KHADKA	01	1:52	A	F
30.	HUKUM ROKA MAGAR	14	1:40	A	A
31.	KESHAV SAUD	A	A	A	A
32.	KEVIN AMATYA	18	1:37	2:24	P
33.	NIKESH TIRUWA	A	A	2:21	F
34.	NIRAJAN TAMANG	A	A	A	A
35.	NISCHAL PUN	A	A	A	A
36.	NISHAN LAL THEENG	A	A	A	A
37.	PRAVAKAR LAMA	A	A	A	A
38.	RITIK MAJHI	A	A	A	A
39.	SAROJ BLON LAMA	12	1:36	A	F
40.	SAURAV GOPALI	17	1:39	A	F
41.	SUBASH KARKI	09	1:45	A	F
42.	SUJAN TAMANG	A	A	A	A
43.	YANGSIHANG NEMBANG	A	A	A	A

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 ❄️⚙️

