

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	20	1:44	A	F
2.	ANOJ BHUJEL	21	1:23	2:08	P
3.	ARYAN PUN MAGAR	10	1:35	2:30	F
4.	AYUSH TAMANG	A	A	A	A
5.	AYUSH TAMANG(B)	10	2:06	A	F
6.	BINOD BATALA	A	A	A	A
7.	BINOD RAI	A	A	A	A
8.	BISHWAS THAKURI	20	Inj	2:23	F
9.	DANIEL PRAJA	25	1:24	2:10	P
10.	DARSHAN ROKAYA	21	1:31	A	F
11.	DAVID REGAMI	14	1:35	2:24	P
12.	DEV KHADKA	01	1:41	A	F
13.	DILAV REGMI	A	A	A	A
14.	DIPESH SHRESTHA	19	1:28	A	F
15.	DURGAM LIMBU	23	1:29	2:12	P
16.	HUKUM ROKA MAGAR	15	1:38	A	F
17.	INDRA SHRESS	A	A	A	A
18.	JENISH SHRESTHA	23	1:29	2:12	P
19.	JOHEB MAHARJAN	19	Inj.	2:37	F
20.	KABIRAJ GURUNG	25	1:30	2:16	P
21.	KAUSHAL LAMA	28	1:26	2:18	P
22.	KESHAV SAUD	A	A	A	A
23.	KEVIN AMATYA	20	1:31	2:23	P
24.	MANOJ KUMAL	25	1:28	2:29	P
25.	MIZZEL JABEGU	20	Inj.	A	F
26.	NIKESH TIRUWA	19	*	2:29	F
27.	NIMA SHERPA	20	1:30	2:16	P
28.	NIRAJAN TAMANG	A	A	A	A

29.	NIRMAL LAMA	A	A	A	A
30.	NISCHAL PUN	A	A	A	A
31.	NISHAN LAL THEENG	03	1:38	A	F
32.	PRABESH GHISING	16	1:42	A	F
33.	PRAVAKAR LAMA	A	A	A	A
34.	RITIK MAJHI	A	A	A	A
35.	SALOM LIMBU	27	1:28	2:20	F
36.	SAMIR MAGAR	26	1:25	2:20	P
37.	SAMIR THAPA	A	A	A	A
38.	SAMMAN GURUNG	15	1:31	2:25	P
39.	SANJIB SUNUWAR	19	1:28	2:17	P
40.	SAROJ BLON LAMA	13	1:34	A	F
41.	SAURAV GOPALI	A	A	A	A
42.	SHITAL SHRESTHA	19	1:28	A	F
43.	SIJAN YOGI	27	1:32	2:21	P
44.	SUBASH KARKI	12	1:37	A	F
45.	SUJAN TAMANG	A	A	A	A
46.	SUSHANT TAMANG	17	NPR	A	F
47.	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 ❄️⚙️