

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	23	1:26	2:13	P
2.	DANIEL PRAJA	A	A	2:08	F
3.	DARSHAN ROKAYA	20	1:26	*	F
4.	DURGAM LIMBU	A	A	2:11	F
5.	INDRA SHRESS	16	1:26	2:28	P
6.	JENISH SHRESTHA	20	1:22	A	F
7.	JOHEB MAHARJAN	*	*	*	Inj.
8.	KABIRAJ GURUNG	22	1:29	2:22	P
9.	KAUSHAL LAMA	23	1:24	A	F
10.	MANOJ KUMAL	21	1:24	2:33	F
11.	MIZZEL JABEGU	19	1:25	2:15	P
12.	NIMA SHERPA	17	1:25	2:20	P
13.	NIRMAL LAMA	23	1:22	2:09	P
14.	SALOM LIMBU	23	1:24	2:14	P
15.	SAMIR MAGAR	18	1:23	2:19	P
16.	SAMIR THAPA	20	1:23	2:04	P
17.	SAMMAN GURUNG	16	1:29	2:28	P
18.	SANJIB SUNUWAR	*	*	*	Inj.
19.	SHITAL SHRESTHA	*	*	2:18	F
20.	SIJAN YOGI	20	1:29	2:20	P
21.	DIRESH SHRESTHA	17	1:27	2:29	P
22.	ADITYA LIMBU	14	1:34	A	F
23.	ANOJ BHUJEL	18	Inj.	A	F
24.	AYUSH TAMANG	A	A	A	A
25.	BINOD BATALA	15	1:24	A	F
26.	BISHWAS THAKURI	16	1:28	A	F
27.	DAVID REGAMI	11	1:29	A	F
28.	DILAV REGMI	21	1:36	A	F

29.	DEV KHADKA	01	N	A	F
30.	HUKUM ROKA MAGAR	A	A	A	A
31.	KESHAV SAUD	A	A	A	A
32.	KEVIN AMATYA	15	1:29	A	F
33.	NIKESH TIRUWA	A	A	A	A
34.	NIRAJAN TAMANG	A	A	A	A
35.	NISCHAL PUN	05	N	A	N
36.	NISHAN LAL THEENG	01	1:37	A	F
37.	PRAVAKAR LAMA	A	A	A	A
38.	RITIK MAJHI	A	A	A	A
39.	SAROJ BLON LAMA	07	1:32	2:40	F
40.	SAURAV GOPALI	A	A	A	A
41.	SUBASH KARKI	05	N	A	F
42.	SUBED SHAKYA	A	A	A	A
43.	SUJAN TAMANG	A	A	A	A
44.	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 ❄️⚙️