



JAMMU AND KASHMIR PUBLIC SERVICE COMMISSION

Solina Srinagar, Kashmir -190009

website: <http://jkpsc.nic.in>
email: jkpscsecretary@gmail.com

Jammu: 0191-2566528 (f) 2566530
Srinagar: 0194-2312629 (f) 2312631

Subject: Conduct of Physical Fitness Test (Minute Run/Walk test) for the post of Physical Training Instructor, in Higher Education Department notified vide Notification No. 08-PSC(DR-P) of 2023 Dated 01.03.2023 & 11-PSC(DR-P) of 2023 Dated 05.04.2023.

NOTICE DATED: 24.10.2025

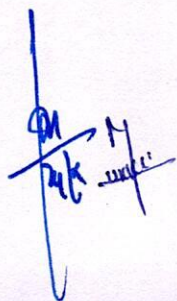
It is notified for information of the following candidates that Physical Fitness Test (Minute Run/Walk test) for the post of Physical Training Instructor, in Higher Education Department shall be held on 30.10.2025 at University of Kashmir and University of Jammu. The candidates are further directed to report at the Venue of the Physical Fitness Test (Minute Run/Walk test) at 10:00 A.M sharp. The candidates are advised to choose any of the two venues as per their convenience:-

S.NO.	ROLL NO.	NAME OF THE CANDIDATE
1.	4300278	Ajay Singh
2.	4300070	ShowkatRasool
3.	4300105	NaseerUd Din Waza
4.	4300125	Mohammad Rafiq Bhat
5.	4300149	Javaid Ahmad Ganaie
6.	4300179	Rakesh Kumar
7.	4300191	Rajeev Sharma
8.	4300064	Ajaiz Ahmad Ganie
9.	4300139	Showkat Ahmad Dar
10.	4300184	Naveen Sharma
11.	4300129	Jaseem Ul Rashid
12.	4300258	Suresh Kumar
13.	4300061	Arif Hussain Mir
14.	4300272	Ranjeeta Langeh
15.	4300183	Ashwani Bali
16.	4300051	Showkat Sultan Sofi
17.	4300056	Irfan RamzanReshi
18.	4300013	ShahidMohiUd Din

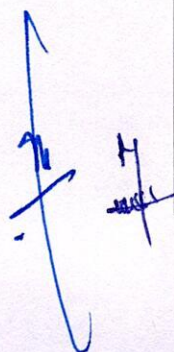
[Handwritten signature]
24/10/25
[Initials]

19.	4300194	Nikhil Sharma
20.	4300049	Shazia Rashid
21.	4300275	Manish Charak
22.	4300202	Amit Jamwal
23.	4300113	Imran Habib
24.	4300035	Babar Bashir
25.	4300213	Ravinder Kumar
26.	4300087	Tahir Rasool Mir
27.	4300040	Aubid Hussain Parrey
28.	4300263	Ajay Kumar Billa
29.	4300248	Amit Sharma
30.	4300112	NaseerMushtaq Rather
31.	4300117	Ovais Ahmad Rather
32.	4300020	Javead Ahmed Itoo
33.	4300071	QaziInaamSaboor
34.	4300181	Sanjay Verma
35.	4300126	Hilal Ahmad Bhat
36.	4300234	Manu Singh Pawar
37.	4300211	Pankaj Kumar
38.	4300203	Dileshwar Singh
39.	4300274	DeshBandu
40.	4300193	Pankaj Manhas
41.	4300232	Altaf Ahmed
42.	4300050	IrshadMaqbool Malik
43.	4300192	Nadeem Ahmed
44.	4300218	Rashav Singh
45.	4300032	Jaffar Hussain Lone
46.	4300268	Sanjeev Sharma
47.	4300266	Abrar Ahmed
48.	4300252	Danish Saleem
49.	4300041	Farooq Ahmad Kumar
50.	4300250	Deepika Gupta
51.	4300270	MehulPuri
52.	4300017	JahangeerMohd Dar
53.	4300138	Mir Ahsan UlHaq

54.	4300219	Ajay Kumar
55.	4300031	Amir Farooq
56.	4300206	Sunil Singh
57.	4300127	Rafiq Ahmad Mir
58.	4300167	Junaid Ahmad Parrey
59.	4300265	SahiraBano
60.	4300174	Sahil Sharma
61.	4300197	Vickey Kumar
62.	4300107	Aqil Rasool
63.	4300058	Iftikhar Ahmad Wani
64.	4300223	Gurpreet Singh
65.	4300239	Dilbir Singh
66.	4300086	Bilal Ahmad Bhat
67.	4300185	Manoj Singh
68.	4300134	Syed Murtaza Hussain Andrabi
69.	4300207	Shafqit Hussain Shah
70.	4300131	ZahoorUlHaq Bhat
71.	4300204	Sanjeev Kumar
72.	4300133	Umar Ali
73.	4300246	Muneeb Rashid Magray
74.	4300143	Dr ZahoorUlGani
75.	4300045	ShahidUl Rashid Dar
76.	4300186	Narinder Singh
77.	4300208	PawanGiri
78.	4300042	Muhammad Mubashir Ali
79.	4300253	Bipen Kumar
80.	4300151	Showkat Ahmad Chat
81.	4300214	Inderjeet Singh
82.	4300226	Jagatar Singh
83.	4300145	Naseer Ahmad Bhat
84.	4300010	Akhter Murtaza
85.	4300228	Arun Kumar
86.	4300153	SuhailYaqoob Bhat
87.	4300094	Mohd Akbar Bhat
88.	4300150	Mir Yasirul Ameen

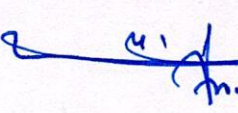


89.	4300230	Kanchan Thappa
90.	4300190	Sachin Dogra
91.	4300007	Tajamul Hussain Malik
92.	4300062	Shabir Ahmad Bhat
93.	4300114	Zahoor Ahmad Bhat
94.	4300254	Neeru Manhas
95.	4300115	Shabir Ahmad Malik
96.	4300182	Pawan Kumar
97.	4300015	Gulzar Ahmad Rather
98.	4300037	Israr Ul Haq
99.	4300080	Zahid Mushtaq
100.	4300025	Ishfaq Hussain Parry
101.	4300180	Mohd Adriss Anjum
102.	4300082	Showket Ahmad Beigh
103.	4300241	Buneet Singh
104.	4300277	Jatinder Paul
105.	4300106	KouserUl Hassan
106.	4300171	Sheetal Kumari
107.	4300260	Manjeet Kotwal
108.	4300224	Rekha Devi
109.	4300121	Towseef Ahmad Taily
110.	4300261	Dr Pinky Sharma
111.	4300176	Rohan Kumar Kundal
112.	4300215	Rishiv Sharma
113.	4300212	Vandna Sharma
114.	4300264	Iftiaz Shahbir
115.	4300259	Mitali Manhas
116.	4300189	Mr Rahul Manhas
117.	4300216	Shivali Kumari
118.	4300210	Goyal Giri
119.	4300220	Manpreet Kour
120.	4300235	Richa Mandla
121.	4300195	Mansi Vaid
122.	4300249	Mahmood Ahmed
123.	4300155	Fida Hussain Rather



Further, the candidate has to produce a medical certificate certifying that he/she is medically fit before undertaking such test, as laid out in the rules 45 of J&K Public Service Commission (Business & Procedure) Rules, 2021.

Note: Mere calling a candidate for Physical Fitness Test does not confirm/certify his/her eligibility for the post and it shall not confer any right on him/her to selection.


24.10.2025
(P.N Hamid) JKAS
Deputy Secretary
J&K Public Service Commission

No: PSC/DR/PTI/GCET/GDC/HED /2023(7787572)

 Dated: 24 .10.2025

Copy to the:-

1. Commissioner/Secretary to the Government, Youth Services & Sports Department, Civil Secretariat, J&K.
2. Director General, Youth Services & Sports Department, J&K for information.
3. Director, Information and Public Relations, Department of Information and Public Relations, Government of Union Territory of J&K for publication of the notice in all leading newspapers published from Jammu/Srinagar.
4. Joint Director, Youth Services & Sports Jammu/Kashmir for information.
5. General Manager, Government Press, Jammu/Kashmir for publication of notification in the extra ordinary issue of Govt. Gazette, also requested to provide 10 copies of the above notification immediately upon its publication.
6. Private Secretary to the Chairman, J&K PSC for information of the Hon'ble Chairman.
7. Private Secretary to Member for information of _____, Hon'ble Member.
8. PA to Secretary, J&K Public Service Commission for record and reference.
9. PA to Controller of Examination, J&K Public Service Commission
10. In-Charge website for uploading the Notice on website.
11. Notice Board, J&K PSC Srinagar/Jammu.
12. Concerned.
13. Main file.

Copy also to the :

1. Director, All India Radio Srinagar/Jammu/Bhaderwah/Poonch.
2. Director Doordarshan Kendra Jammu/Srinagar.