

31

FAX : 0471/2314272
Tele/Mob: 0471- 2315788 / 9634092790
Email ID : adperskeraladte@gmail.com/
chackovd.444n@gov.in

OH
26/04

BY MAIL/SPEED POST	
NCC Directorate(K&L)	304
Cotton Hill Bungalow	300
Trivandrum - 695 010	RIQ
25 Apr 2022	

0120/PRCN/SD/JD/Pers(A)

All NCC Gp HQs
(TVM / KLM / KTM / EKM / CLT)

JOINING INSTRS : STDS OF PHYSICAL TEST

1. Ref this Dte letter even Nos dt 13 & 25 Apr 2022.
2. A copy of NCC Offrs Trg Academy, Kamptee letter No.164/10/JD/PRCN/Trg dt 10 Apr 2022 is fwd herewith for your info and necessary action pl.

(Handwritten signature)

(Chacko VD)
Lt Col
Addl Dir(Pers)
For ADG NCC

Encl:- As above

Internal:-

State Wing(IT Cell) - for uploading

6
Telle: 07109-289642

164/10/JD/PRCN/rg

All NCC Dtes

NCC OffrsTrg Academy
Kamptee - 441001

10 Apr 2022

ob/ 19/04 04
20/04

JOINING INSTRS: STDS OF PHYSICAL TEST

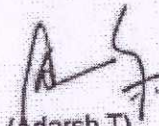
1. Ref joining Instr of PRCN/JD - 177 & DC - 42 dt 05 Apr 2022.
2. It is intimated that the CTOs detailed for the above mentioned course should prepare themselves adequately and get conditioned especially in physical and other ~~the~~ aspects in which they will be tested as per syllabus given in Joining Instrs.
3. The std of physical tests conducted is as follows:-

PPT / BPET

Types of Test	Below 30Yrs			30-40 Yrs			40-45 Yrs			45-50 Yrs			50-55 Yrs			Over55 Yrs		
	Ex	G	S	Ex	G	S	Ex	G	S	Ex	G	S	Ex	G	S	E	G	S
2.4Km Run (in min)	11	11:30	12	13	13:30	14	15	16	17	17	18	19	-	-	-	-	-	-
3 Km Walk (in min)	-	-	-	-	-	-	-	-	-	-	-	-	34	35	36	-	-	-
2 Km Walk (in min)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	24	25	26
100 Mtr Sprint	14	16	18	17	18	20	18	20	21	-	-	-	-	-	-	-	-	-
5 Mtr Shuttle	15	14	13	13	12	11	11	10	09	09	08	07	-	-	-	-	-	-
Push Up	25	20	17	20	17	14	15	12	10	12	10	08	10	08	06	07	06	05
Sit Up	35	30	25	30	25	20	25	20	15	20	15	10	11	07	04	-	-	-

4. The theory syllabus is uploaded in DG NCC website. The link for the same is :- Vis DG NCC website <https://indiancc.nic.in> OR Google drive link <https://drive.google.com/drive/folders/1M7Z1-5XuclXcPSS26cSoHRW81Lm590?USP=sharing> CTOs/ANOs are advised to study the material religiously and come adequately prepared for the course.

5. For your info & necessary action pl.


(Adarsh T)
Maj
DS (Coord)
for Comdt