



**PHYSICAL ASSESSMENTS FOR THE FINAL TRIALS OF 20<sup>TH</sup> ASIAN  
GAMES 2026, HELD AT SKICS, SRINAGAR, FROM 05<sup>TH</sup> TO 08<sup>TH</sup>  
JUNE 2026.**



S.NO	NAME OF ATHLETES	GEN	STATE/DEP	COOPER TEST	800/600 MTR
1	NAMRATA BATRA	F	MP	2400	3.22
2	APARNA	F	HAR	2840	2.44
3	ANSHA CHISTI	F	J&K	2450	3.26
4	KHUSHI	F	HAR	AB	AB
5	N CHAOBA DEVI	F	ITBP	2400	3.08
6	KHUSHI	F	CISF	2570	3.19
7	AYEERA HASAN	F	J&K	2300	3.28
8	CHHAVI	F	CRPF	AB	AB
9	N ROSHIBINA DEVI	F	MAN	2540	3.16
10	DIVYANSHI	F	RAJ	2800	2.56
11	NITIKA BANSAL	F	IT	2560	2.56
12	HIMANSHI	F	CHD	2800	2.53
13	ANJALI DEVI	F	ITBP	2000	3.51
14	H BHAUMIKA DEVI	F	MAN	2740	3.22
15	KAREENA KAUSHIK	F	SSB	2530	3.12
16	SIKHA	F	CHD	2640	3.05
17	NYEMEN WANGSU	F	ARU	2410	2.05
18	ARPITA DAS	F	BIH	2290	2.16
19	T. SAYA DEVI	F	MAN	AB	AB
20	JEEVAN VIJETA	F	CRPF	2400	2.13
21	W. NINGTHIBI DEVI	F	SSB	2500	2.10
22	MERCY NGAIMONG	F	ARU	2410	2.12
23	TANUSHREE	F	JHA	2050	3.04
24	TANYA JATAV	F	MP	2160	2.21
25	H. LANGLENTOMBI	F	MAN	2490	2.02
26	REZINA TAMANG	F	DEL	2490	2.06
27	REKIMBALA YUMNAM	F	SSB	2500	2.10
28	GYAMAR KANA	F	ARU	AB	AB
29	PRAGYA YADAV	F	MP	2440	2.06

30	JONA PRINCIE	F	MAN	2400	2.15
31	CHERA LOKU	F	ARU	2415	2.17
32	OLICA NAOREM	F	MAN	2450	2.12
33	ARYAN	M	HAR	2980	2.38
34	TANISH NAGAR	M	UP	2880	2.35
35	H ROBINSON SINGH	M	ARMY	3050	2.27
36	SAGAR DAHIYA	M	ITBP	2820	2.32
37	ABHIMANYU PAREEK	M	RAJ	2830	2.37
38	ABHISHEK JAMWAL	M	J&K	2830	2.42
39	ANUJ	M	BSF	2920	2.26
40	MUSHARRAF QAYOOM	M	BSF	2930	2.30
41	SHIV KUMAR	M	RAJ	2830	2.30
42	AMIT TAMANG	M	ASM	2860	2.27
43	ABHIJIT	M	ASM	3050	2.22
44	RAVI PANCHAL	M	SSB	2830	2.38
45	VINAY	M	HAR	2830	2.31
46	ROHAN SHARMA	M	J&K	2830	2.38
47	ROHAN VERMA	M	UP	2830	2.43
48	N KAIKU	M	ARMY	3110	2.21
49	SURYA BHANU	M	J&K	2910	2.32
50	SYED MD ALI	M	BSF	2800	2.38
51	VICKY RAI	M	ARMY	2870	2.51
52	AMIT RATHEE	M	ARMY	3000	2.28
53	H PRIYOJIT SINGH	M	MAN	2560	2.42
54	VAIBHAV SHARMA	M	RAJ	2800	2.46
55	DEEPANSHU	M	BSF	2910	2.32
56	CHIRAG	M	HAR	2930	2.32
57	NITIN CHAUDHARY	M	UPP	2870	2.31
58	LALIT	M	SSB	2940	2.29
59	ISHANT SINGH	M	J&K	2910	2.30
60	ABHIJEET SALATHIA	M	J&K	2840	2.47
61	HOMRAJ LAMA	M	ASM	2800	2.40
62	RUSHIKESH	M	MAH	2830	2.33
63	N THOITHOIBA	M	MAN	2870	2.40

64	SURAJ YADAV	M	UPP	2760	2.44
65	ANIRUDH CHAUDHARY	M	UP	2810	2.29
66	ABHISHEK BALIYAN	M	ITBP	3170	2.26
67	AJMAL	M	J&K	2800	2.36
68	VIKRANT BALIYAN	M	ARMY	2810	2.43
69	ALANKAR SAINI	M	BSF	2820	2.35
70	SOURAV	M	UP	AB	AB
71	VINOD KUMAR	M	BSF	2800	2.34
72	KANNU KUMAR	M	J&K	2840	2.40
73	M SURAJ SINGH	M	ARMY	2800	1.59
74	SUMIT PULAMI	M	CRPF	2870	1.50
75	ANJUL NAMDEO	M	AF	2820	1.50
76	THOUNGANBA AHEIBAM	M	MAN	2700	1.53
77	ACHOM TAPAS	M	MAN	2800	1.49
78	SHASHI TAMANG	M	AF	2840	1.51
79	YOGESH CHOUDHARY	M	RAJ	2400	2.12
80	ROHIT JADHAV	M	ITBP	2430	2.02
81	Y. BONISH SINGH	M	MAN	2800	1.43
82	G. DEVESH SHARMA	M	AF	2400	1.56
83	KRISH CHETRI	M	DEL	2400	1.59
84	YASH NAMDEO	M	MP	2750	1.42
85	H. KARNAJIT SHARMA	M	AF	2800	1.40
86	K. MONISH	M	MAN	2800	1.54
87	NGAMBA AHEIBAM	M	MAN	2800	1.44
88	W. BHUMESHWOR MEITEI	M	MAN	AB	AB