



महानिदेशालय/ DIRECTORATE GENERAL  
केन्द्रीय औद्योगिक सुरक्षा बल/ CENTRAL INDUSTRIAL SECURITY FORCE  
(गृह मंत्रालय)/(MINISTRY OF HOME AFFAIRS)

ब्लॉक 13 सी.जी.ओ. काम्प्लेक्स/ BLOCK-13, CGO COMPLEX,  
लोधी रोड, नई दिल्ली -03/ LODHI ROAD, NEW DELHI

No.E-16015/DEPU-NSG/2022/PERSII-125543-(E)/2968

Dated : 22-12-2025

To,

The SDG(APS)/ ADsG(North/South)

All Sector IsG concerned including Trg. Dte / NISA Hyderabad

Subject :- **NSG COMMANDO CONVERSION COURSE : REG.**

NSG Directorate has intimated that the Commando Conversion Course (SRL No. 40) for the DC(Exe) & AC (Exe) is scheduled from 12.01.2026 to 11.04.2026 at Training Centre, NSG Manesar.

02. SDG/APS & ADsG (/North/South) & Sector IsG are requested to send nominations of suitable and willing DC(Exe) & AC (Exe) who fulfil the norms of MHA's deputation policy dated 22.11.2016 and eligibility criteria fixed by NSG which is as under:-

(a) Service Record and APAR Criteria

Rank	Maximum Age	Service Record	APAR Grading	Medical Category
DC	38 years	No punishment	Very Good	SHAPE-I with
AC	33 years	during Service		BMI below 25

(b) Other Mandatory Requirements

- Should be a volunteer.
- SHAPE-I medical category
- Clear from Discipline and Vigilance angle

(c) Preferred Qualification – The following personnel will be given preference:-

- Instructional Grading in Courses.
- Served in CI Ops and LWE
- Undergone Courses such as PT, CDO, CIJW, & ToT.

03. Pre-physical Standards for CCC and Professional Screening (Pre-Physical and Firing Standards) as per **Appendix- B**

04. In case of deliberately failing on account of one or other reasons, action will be taken against such officers as deemed fit by the competent authority.

05. The nominations in respect of eligible and willing officers in the rank of DC(Exe) & AC(Exe) with willingness certificate may be forwarded to this Directorate in the Excel proforma (using Alt+Enter key in single cell) as per Annexure-A by **26.12.2025** positively. Nominations received with incomplete records or received after due date, will summarily be rejected.

**ANNEXURE-A**

Sl.No.	Force No.	RANK	NAME	PRESENT UNIT	D.O.B.	Age as on last date	D.O.A	Service as on last date
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)

D.O.P. each rank	Edu. Qual.	Details of Major/Minor penalty		Details of Hard Area service, if any done after last deputation	Details of previous deputation / UN Mission, if any done	SHAPE Category with BMI Below 25 (should be mentioned)	Remarks
		Major	Minor				
(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)

06. This has the approval of the DG, CISF.

Digitally signed by  
धर्मवीर यादव  
DHARMVEER YADAV,  
वरिष्ठ कमाण्डेन्ट/कार्मिक  
SR. COMMANDANT/PERS,  
FHQ NEW DELHI,  
22-12-2025

Copy to:-

All Branch(s), FHQrs., New Delhi - For similar action, please  
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## REVISED SCREENING STANDARDS FOR NSG COMMANDO CONVERSION COURSE :-

### (1) Pre-Physical Standards for CCC

The minimum physical standards of personnel for induction into NSG will be as under, for which they will be tested during the Zero week.

#### **BASIC PHYSICAL STANDARD**

Test will be conducted in the Zero week in PT dress.

### (2) Professional Screening (Pre-Physical and Firing Standards)

#### (a) For Male

##### (i) 2.4 Kms run in

Below 30 yrs - 10 min.

30 to 40 yrs - 11.30 min

Above 40 yrs - 12.30 min

##### (ii) Chin ups

Below 30 yrs - 06

30 to 40 yrs - 05

Above 40 yrs - 03

##### (iii) Vertical Rope

(3<sup>rd</sup> class up and 3<sup>rd</sup>  
class down)

##### (iv) Horizontal Rope

(9 mtrs traverse)

##### (v) Grouping **5 cms** from 25 mtrs with INSAS Rifle (Lying supported).

#### **SELECTION PROCESS**

The selection during the CCC will be done by applying the following three filters in the sequence as mentioned below:

- 1. Physical Test
- 2. Medical Test
- 3. Psychological Screening

Only those personnel who qualify / get through each filter/s will go to the next level of selection.

#### (b) For Female

##### (i) 2.4 Kms run in 14 minutes.

##### (ii) Sit Ups - 25.

##### (iii) Grouping **6 cms** from 25 mtrs with INSAS Rifle (Lying Supported).

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