



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-115590-(E) / 554 Dated : 28-08-2025
To,

The SDG(APS, New Delhi) / ADGs (North, New Delhi /South, Mumbai)
All Sector IsG concerned including NISA(H) and IG/Trg.

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

NSG Directorate has requested to nominate young officers in the rank of DCs/ACs(Exe) for attending the Commando Conversion Course (schedule of the Course will be intimated by NSG in due course) at the Training Centre, NSG Manesar.

02. SDG(APS) ADsG (North/South) & Sector IsG are requested to send nominations of young, suitable and willing officers in the rank of DCs/ACs(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 during Service	Very Good for last 05 years (If service is more than 05 years)	SHAPE-I with <u>BMI below 25</u>
AC	33 Years			

(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

(iii) 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 young officers in the rank of DCs/ACs(Exe) with willingness certificate alongwith **BMI report** may be forwarded to this Directorate in the Excel proforma (using Alt+Enter key in single cell) as per Annexure-A by **03.09.2025** positively. Nominations received with incomplete records or without BMI report or received after due date, will summarily be rejected.

ANNEXURE-A

S.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 during the service	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 competent authority.

Digitally signed by
धर्मवीर यादव
DHARMVEER YADAV,
वरिष्ठ कमाण्डेन्ट/कार्मिक
SR. COMMANDANT/PERS,
FHQ NEW DELHI,
28-08-2025

Copy to:-

All Branch(s) FHQrs : For similar action please.

I/C EDP Cell : To flash this message on CISF website please.

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

(3rd class up and 3rd
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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