

**VIKRAM SARABHAI SPACE CENTRE**  
THIRUVANANTHAPURAM

**(ADVERTISEMENT NO 305. POST NO. 1404. POST - FIREMAN-A)**

**The following candidates who underwent medical examination on 19.08.2019 for prescribed physical fitness standards, have qualified for the endurance test scheduled to be held on 22.08.2019 and they are advised to report for endurance test as follows.**

<b>Reporting Place :</b> RECRUITMENT & REVIEW SECTION, ROOM NO.F-09 ADMINISTRATIVE BLOCK, ATF AREA VIKRAM SARABHAI SPACE CENTRE (VSSC)	<b>Time :</b> 0630 Hrs
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Sl No.	Roll No	Regn. No.	Name
1	200308	D5E4E98	ADHARSH B R
2	201673	Q5F5A91	ADITHYA SACHIN L P
3	200150	C5B5F56	ANANDU P S
4	200550	F5D4U33	ANANTHA KRISHNAN R
5	201425	N5C8H76	ANANTHU V S
6	201656	Q5B9U53	HARI PRASAD SP
7	202208	U5J6Z29	JITHIN S ROY
8	202435	W5D2P68	NANDU NARAYANAN
9	200325	D5G9L15	NOUFAL S
10	200411	D5Z2H35	SARAN UV
11	202372	V5T2D98	SARATH CHANDRAN G
12	200086	B5N8R42	SOORAJ S
13	201628	P5W1F27	SUBHIND ANIL
14	200873	H5U7D94	SUNDEEP S NAIR

**Endurance Standards : (To qualify in 5 events out of the eight given below)**

Sl No	Events	For candidates of age		
		Below 40 years		Above 40 years
		Three Star Standard	Two Star Standard	One Star Standard
1	100 metres run	12 seconds	13 seconds	14 seconds
2	High Jump	5 feet 3 inch (160.02 cm)	5 feet (152.40 cm)	4 feet 6 in (137.16 cm)
3	Long Jump	19 feet (5.80 metres)	17 feet (5.19 metres)	15 feet (4.57 metres)
4	Putting the shot of 7.27 kg (16 lbs)	28 feet (8.53 metres)	24 feet (7.32 metres)	20 feet (6.10 metres)
5	Throwing the Cricket ball	275 feet (83.82 metres)	225 feet (68.58 metres)	200 feet (60.96 metres)
6	Rope climbing (only hands)	16 feet (4.88 metres)	14 feet (4.27 metres)	12 feet (3.66 metres)
7	Pull-ups	15 Nos.	10 Nos.	08 Nos.
8	1500 metres run	5 minutes	5 minutes 15 seconds	5 minutes 45 seconds

**\* Breakfast will be served to the candidates.**

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