



OFFICE OF THE  
INSPECTOR GENERAL OF POLICE  
NATIONAL HIGHWAYS AND MOTORWAY POLICE  
NHMP BUILDING, MAUVE AREA, G-11/1, ISLAMABAD

No. NHMP-156(1)/2021/419

Islamabad the 17<sup>th</sup> May, 2024

1. The Addl. IGP (North Region), NHMP, Islamabad.
2. The Addl. IGP (Central Region), NHMP, Lahore.
3. The Addl. IGP (South Region), NHMP, Karachi.

Subject: **PHYSICAL TEST FOR THE POSTS OF CONSTABLE/JUNIOR PATROL OFFICER (BS-07) IN NHMP**

Please refer to the subject cited above.

2. The Inspector General, NHMP has been pleased to approve the following committees to conduct the Physical Tests for the post of Junior Patrol Officer (BS-07) w.e.f 01-06-2024 to 14-06-2024:-

S#	Zone	Venue	Committee
<b>North Region</b>			
1	Motorway North	<b>Islamabad</b> (Islamabad Sports Complex near Shakarparian)	1-Mr. Salman Ali Khan, PSP/DIG (Overall Supervision) 2-Mr. Jahandad Akram, PSP/SP (Chairman) 3-Mr. Waqar Ali Malik, DSP/CPO (Member) 4-Mr. Muhammad Khan Toor, DSP/CPO (Member) 5-Mr. Sajjad Hussain Malik (S-618), IP/SPO (Member) 6-Mr. Faisal Malik (S-657), IP/SPO (Member) 7-Mr. Shahid Iqbal (S-580), IP/SPO (Member) 8-Mr. Javed Iqbal (S-1396), IP/SPO (Member)
2		<b>Mansehra</b> (District Police LHQ)	1-Mr. Salman Ali Khan, PSP/DIG (Overall Supervision) 2-Mr. Sajjad Hussain Bhatti, SP (Chairman) 3-Mr. Hamid Ali Bangash, DSP/CPO (Member) 4-Ms. Naghman Hayat, DSP/CPO (Member) 5-Mr. Muhammad Ilyas (S-916), IP/SPO (Member) 6-Mr. Muhammad Sajjad (S-1254), IP/SPO (Member) 7-Mr. Zafeer Ahmed (S-1143), IP/SPO (Member) 8-Mr. Niaz Ahmed Shah (S-1529), IP/SPO (Member)
3	N-5 (North)	<b>Muzaffarabad</b> (Narole Cricket Stadium)	1-Mr. Ishfaq Ahmed, PSP/DIG (Overall Supervision) 2-Mr. Nazakat Ali, PSP/SP (Chairman) 3-Mr. Qasim Iftikhar, DSP/CPO (Member) 4-Mr. Tayyab Nazir, DSP/CPO (Member) 5-Mr. Muhammad Ibrar Ishaq (S-543), IP/SPO (Member) 6-Mr. Naveed Ahmed (S-583), IP/SPO (Member) 7-Mr. Shahzad Attique (S-704), IP/SPO (Member) 8-Mr. Muhammad Shafiq Khan (S-1247), IP/SPO (Member)

4		<b>Mardan</b> (District Sports Office, Sports Complex)	1-Mr. Ishfaq Ahmed, PSP/DIG (Overall Supervision) 2-Syed Ahmed Jawad Shah, PSP/SP (Chairman) 3-Mr. Anees-u-Din, DSP/CPO (Member) 4-Mr. Irfan Faisal, DSP/CPO (Member) 5-Mr. Muhammad Jawad Ali, IP/SPO (Member) 6-Mr. Muhammad Shoaib (S-694), IP/SPO (Member) 7-Mr. Akbar Khan (S-907), IP/SPO (Member) 8-Mr. Zabir Khan (S-913), IP/SPO (Member)
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**Central Region**

5	N-5 (central)	<b>Sahiwal</b> (Punjab Cooperative Housing Society, near View Hotel Chowk-Beat-15)	1-Mr. Shahid Javed, PSP/DIG (Overall Supervision) 2-Mr. Atif Ali Ch., SP (Chairman) 3-Mr. Imran Adeel, DSP/CPO (Member) 4-Mr. Rab Nawaz, DSP/CPO (Member) 5-Mr. Zahid Faheem (S-641), IP/SPO (Member) 6-Mr. Yasir Mehmood (S-714), IP/SPO (Member) 7-Mr. Kashif Ikhlq (S-892), IP/SPO (Member) 8-Ms. Asma Rani (S-1422), IP/SPO (Member)
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6		<b>Bahawalpur</b> (Industrial Estate Dera Masti, N-5 in front of Total Petrol Pump)	1-Mr. Shahid Javed, PSP/DIG (Overall Supervision) 2-Rana Sarfraz Nasir, SP (Chairman) 3-Mr. Rizwan Ahmed Shah, DSP/CPO (Member) 4-Mr. Muhammad Akram, Beat Cmdr IP/SPO (Member) 5-Mr. Kamran Rasool (S-594), IP/SPO (Member) 6-Mr. Imran Bin Dewan (S-840), IP/SPO (Member) 7-Mr. Asghar Ali Khayam (S-810), IP/SPO (Member) 8-Mr. Amir Shehzad (S-435), IP/SPO (Member)
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7		<b>Lahore</b> (Punjab Stadium opposite Qaddafi Stadium)	1-Mr. Masroor Alam Kolachi, PSP/DIG (Overall Supervision) 2-Mr. Ghulam Qadir Sandhu, SP (Chairman) 3-Mr. Shoukat Ali Changazi, DSP/CPO (Member) 4-Mr. Riaz Khan, DSP/CPO (Member) 5-Mr. Rai Asghar Ali (S-796), IP/SPO (Member) 6-Syed Khurram Abbasi (S-514), IP/SPO (Member) 7-Mr. Hamayun Arshad (S-1880), IP/SPO (Member) 8-Mr. Aftab Haider (S-609), IP/SPO (Member)
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8	Motorway Central-I	<b>Faisalabad</b> (Hockey Stadium)	1-Mr. Masroor Alam Kolachi, PSP/DIG (Overall Supervision) 2-Mr. Shahbaz Alam, SP (Chairman) 3-Mr. Yasir Zulfiqar, DSP/CPO (Member) 4-Mr. Abdul Waheed Rabbani, DSP/CPO (Member) 5-Mr. Zahid Iqbal (S-684), IP/SPO (Member) 6-Mr. Inam Ullah Aslam (S-1227), IP/SPO (Member) 7-Mr. Naeem Abdullah (S-1500), IP/SPO (Member) 8-Mr. Muhammad Aslam (S-1336), IP/SPO (Member)
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9		<b>Gujranwala</b> (Palm City, Gujranwala)	1-Mr. Masroor Alam Kolachi, PSP/DIG (Overall Supervision) 2-Mr. Abdul Razzaq, SP (Chairman) 3-Mr. Sohail Aslam, DSP/CPO (Member) 4-Mr. Iqbal Jawad, DSP/CPO (Member) 5-Mr. Abid Hussain (S-864), IP/SPO (Member) 6-Mr. Tahir Iqbal (S-617), IP/SPO (Member) 7-Mr. Shoukat Yasin (S-755), IP/SPO (Member) 8-Mr. Ali Abbas (S-1757), IP/SPO (Member)
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10	Motorway Central-II	<b>Multan</b> (City Housing Scheme Shujabad Road 04 km from Shershah Interchange)	1-Mr. Shahid Javed, PSP/DIG (Overall Supervision) 2-Mr. Nadeem Ashraf Warraich, PSP/SP (Chairman) 3-Mr. Masroor Ali, DSP/CPO (Member) 4-Mr. Mahmood ur Rehman, DSP/CPO (Member) 5-Mr. Akbar Ali (S-395), IP/SPO (Member) 6-Mr. Muhammad Akram (S-1169), IP/SPO (Member) 7-Mr. Munawar Saeed (S-1514), IP/SPO (Member) 8-Ms. Sajida Nazir (S-1830), IP/SPO (Member)
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**South Region**

11	N-5 South	<b>Karachi-1</b> Shahid Hayat Police Training College, Saeedabad	1-Mr. Muhammad Saleem, PSP/DIG (Overall Supervision) 2-Mr. Farrukh Raza, PSP/SP (Chairman) 3-Mr. Khalid Hameed, DSP/CPO (Member) 4-Mr. Mansoor Alvi, DSP/CPO (Member) 5-Mr. Umar Bin Tafazzul, IP/SPO (Member) 6-Mr. M. Javed Khan, IP/SPO (Member) 7-Mr. M. Javed Zaidi, IP/SPO (Member) 8-Mr. Kamran Aashiq, IP/SPO (Member)
12		<b>Karachi-2</b> Shaheed Benazir Butto Elite Police Training Centre, Razzaqabad	1-Mr. Muhammad Saleem, PSP/DIG (Overall Supervision) 2-Mr. Tanveer Asgher, Acting SP (Chairman) 3-Mr. Ahmed Hussain Siddiqui, DSP/CPO (Member) 4-Mr. Sadar Uddin Talpur, DSP/CPO (Member) 5-Mr. Gul Muhammad Khan, IP/SPO (Member) 6-Mr. Salman Haseeb, IP/SPO (Member) 7-Mr. Usman Baig, IP/SPO (Member) 8-Mr. Rehman Nazar, IP/SPO (Member)
13		<b>Hyderabad</b> Shaheed Abdul Aziz Bhullo, RTC	1-Mr. Muhammad Saleem, PSP/DIG (Overall Supervision) 2-Mr. Ashiq Hussain Chohan, SP (Chairman) 3-Mr. Hamid Nawaz, DSP/CPO (Member) 4-Mr. Ahsan Ali, DSP/CPO (Member) 5-Mr. Jamal Uddin Shaikh, IP/SPO (Member) 6-Mr. Hosh Muhammad Jatoi, IP/SPO (Member) 7-Mr. Ramesh Oad, IP/SPO (Member) 8-Mr. Sher Zaman Narejo, IP/SPO (Member)
14		<b>Shahdadpur</b> Police Training College	1-Mr. Muhammad Saleem, PSP/DIG (Overall Supervision) 2-Mr. Shah Asad Khan, PSP/SP (Chairman) 3-Mr. Zaigham ur Rehman, DSP/CPO (Member) 4-Mr. Qaiser Abbas, DSP/CPO (Member) 5-Mr. Muhammad Ali Panhawar, IP/SPO (Member) 6-Mr. Khalil Khan, IP/SPO (Member) 7-Mr. Zawar Hussain Mirza, IP/SPO (Member) 8-Mr. Arshad Awan, IP/SPO (Member)
15		<b>Nawabshah /SBA</b> Bharia Town Nawabshah (Running Test) Nawabshah Stadium (Written Test)	1-Mr. Muhammad Saleem, PSP/DIG (Overall Supervision) 2-Mr. Faisal Akram, SP (Chairman) 3-Mr. Hameed Ullah Khan, DSP/CPO (Member) 4-Mr. Mirza Aamir, DSP/CPO (Member) 5-Mr. Muhammad Gulraiz Zafar, IP/SPO (Member) 6-Mr. Azeem Zardari, IP/SPO (Member) 7-Mr. Arif Larik, IP/SPO (Member) 8-Mr. Mehbob Elahi, IP/SPO (Member)
16		<b>Larkana</b> Police Training School	1-Mr. Muhammad Saleem, PSP/DIG (Overall Supervision) 2-Mr. Ateeq ur Rehman, SP (Chairman) 3-Mr. Sohail Afzal, DSP/CPO (Member) 4-Mr. Mansoor Ahmed Bughio, DSP/CPO (Member) 5-Mr. Sami Ullah Abbasi, IP/SPO (Member) 6-Mr. Irshad Ali Laghari, IP/SPO (Member) 7-Mr. Haq Nawaz Solangi, IP/SPO (Member) 8-Mr. Taqi Haider, IP/SPO (Member)
17		<b>Sukkur</b> Sports Complex, Shikarpur Road	1-Mr. Muhammad Saleem, PSP/DIG (Overall Supervision) 2-Rana Muhammad Ismail, Acting SP (Chairman) 3-Mr. Muhammad Akram Dogar, DSP/CPO (Member) 4-Mr. Ehsan Ul Haq, DSP/CPO (Member) 5-Mr. Muhammad Anwar Saeed, IP/SPO (Member) 6-Mr. Zulfiqar Chandio, IP/SPO (Member) 7-Mr. Altaf Hussain, IP/SPO (Member) 8-Mr. Shahid Hussain Baloch, IP/SPO (Member)

18	West	Quetta (Shaheed DIG Fayyaz Sumbal Police Lines Ground)	1-Mr. Tahir Alauddin Kasi, PSP/DIG (Overall Supervision) 2-Mr. Rizwan Abbasi, Acting SP (Chairman) 3-Mr. Shafi ur Rehman, DSP/CPO (Member) 4-Mr. Muhammad Ayub Tareen, DSP/CPO (Member) 5-Mr. Muhammad Shoaib, IP/SPO (Member) 6-Mr. Ghulam Ullah Kakar, IP/SPO (Member) 7-Mr. Ziauddin, IP/SPO (Member) 8-Mr. Azhar Rehman, IP/SPO (Member)
19		Uthal (Balochistan Residential College)	1-Mr. Tahir Alauddin Kasi, PSP/DIG (Overall Supervision) 2-Mr. Muhammad Yasir Dotani, Acting SP (Chairman) 3-Mr. Saeed Ahmed Cheema, DSP/CPO (Member) 4-Mr. Tahir Hussain, DSP/CPO (Member) 5-Mr. Zafar Ahmed Bughti, IP/SPO (Member) 6-Mr. Hamid Hassan, IP/SPO (Member) 7-Mr. Jahandar Shah, IP/SPO (Member) 8-Mr. Ishtiaq Ahmed, IP/SPO (Member)
20		Gawadar (NHMP Complex)	1-Mr. Tahir Alauddin Kasi, PSP/DIG (Overall Supervision) 2-Mr. Nabeel Ahmed Butt, Acting SP (Chairman) 3-Mr. Shahid Ali, DSP/CPO (Member) 4-Mr. Sajjad Haider, DSP/CPO (Member) 5-Mr. Ghulam Dastagir, IP/SPO (Member) 6-Mr. Daulat Khan, IP/SPO (Member) 7-Mr. Faisal Shah, IP/SPO (Member) 8-Mr. Khalid Ali, IP/SPO (Member)

3. Moreover, the Physical Test to be conducted shall include candidates whose data (121,121 applicants) has already been sent to Regions and those candidates whose data will be received from NITB (NJP) after closing date i.e 31-05-2024, the same will be shared with the Regions accordingly.

4. Furthermore, the Inspector General, NHMP has directed to conduct the Physical Tests in light of the following SOP/Guidelines:-

1. **COMPONENTS OF PHYSICAL TEST (CRITERIA):**

**Stage-I:** Completion of Running of One (01) mile by the candidate within prescribed time.

- For Male:** One (01) mile in Eight (08) minutes.
- For Female:** One (01) mile in Fifteen (15) minutes.

**Stage-II:** Measurement of Height and Chest as prescribed in the NHMP APT Rules 2007, as amended from time to time, for various categories of candidates i.e:-

- Minimum Height (5'x8" for male).
- Minimum Height (5'x6" for male) for candidates belonging to Balochistan province only.
- Minimum Height (5'x4" for female).
- Minimum Height (5'x3" for female) for candidates belonging to Balochistan province only.
- Minimum Chest Measurement 33"x35" (Relaxable by 1" on both sides), for male candidates.

2. **PROCEDURE OF PHYSICAL TEST:**

- Physical test will be carried out in presence of Physical Test Committees as given above.
- For the Physical Test, venues (grounds) shall be arranged by Regions/ Zones including necessary outer cordon and security arrangements in liaison with the local police in respective provinces. Regions/ Zones shall make necessary coordination with ICPs of all provinces.



- iii. The inner security and deployment of well-trained staff during the whole process of physical tests shall be the responsibility of Regions/ Zones.
- iv. Zonal Commanders shall ensure that Walk-through gates are arranged for security purpose.
- v. Regions/Zones shall make sufficient logistics arrangements, including provision of drinking water, ambulance equipped with first aid facilities, fire extinguisher and well trained staff at the venues.
- vi. The concerned Zonal Commanders shall arrange all the related logistics i.e. chairs, video/still photography cameras, mega phones, cones etc. Moreover, a reliable sound system shall be installed in order to pass instructions and to maintain discipline throughout the process.
- vii. A lost and found counter should be established at each test center. Its location should be notified through loud speakers and mega phones.
- viii. Adequate arrangements in case of adverse weather condition shall also be ensured.
- ix. Sufficient staff including Female Officers shall be deployed at the venue to avoid any untoward situation.
- x. In order to avoid attempts of impersonation, the Physical Test Committee shall monitor the process of verification of candidates at the entry points.
- xi. After complete checking of photo/ identity from original CNIC/ RNS and comparing with the lists available with NHMP team, candidates may be allowed to enter into the designated area.
- xii. The attendance of all the appearing candidates must be ensured at the time of test in each center.
- xiii. The committee shall ensure prevention of any malpractices/cheating during the Physical Test.
- xiv. Precision of measurement of height and chest as per requirement shall be ensured in a highly transparent manner and proper records shall be maintained.
- xv. Before starting the measurement of height of candidates, Physical Test Committee may check accuracy of the Height Scale, and may provide guidance to the officers/ officials deployed for measuring the height and chest in a proper way.
- xvi. If a candidate is disqualified either in running or measurement, he/she will be rejected and will not be considered for the next stage.
- xvii. Measurement of height and chest (chest only for male candidates) shall be carried out and the proforma shall be filled accordingly by the concerned officer.
- xviii. In case, any candidate raises objection regarding measurement of height/chest, re-measurement shall be carried out in the presence of Chairman Committee. In this context, video shall be recorded as evidence.
- xix. The proformas/ Result of Physical Test of the candidates shall be filled up and signed by Physical Test Committee.
- xx. The process of the Physical Tests (measurement of height & chest and running) shall be recorded in video(s), and soft copies shall be kept in safe custody for future reference.
- xxi. The concerned DIG/ Zonal Commander shall ensure transparency and accuracy during the whole process of Physical Test.
- xxii. After the test, exit of candidates from test centers/venues shall be ensured smoothly in disciplined manner.

5. The schedule of Physical Test may be communicated to the candidates through call letter as per specimen (**copy enclosed**) as well as other means including phone call, sms, email etc. well before time.

6. Further, the Addl. IGP Central Region shall coordinate with and provide data of candidates domiciled of Islamabad, Rawalpindi, Chakwal, Jhelum and Attock districts to North Region for conducting of physical test.

7. The grievances committees under the supervision of concerned Addl.IGP be constituted to entertain the applications/queries of candidates within 03 days.

8. The requests for change of centers may be discouraged, however, in extreme emergency/deserving cases, the change of centers may be allowed within Region by the Regional Commander and from Region to Region with the consent of both Regional Commanders

9. This is issued with the approval of Inspector General, NHMP.

**Encl: a.a**

  
(Hamid Hussain)

Assistant Inspector General (HRM)  
For Inspector General, NHMP

**Copies to:**

- i. All Zonal DIsG, NHMP.
- ii. The DIG (HQ), NHMP, Islamabad.
- iii. The Commandant Training College, NHMP, Sheikhpura.
- iv. The AIG (Logistics), NHMP, Islamabad.
- v. The AIG (Finance), NHMP, Islamabad.
- vi. The APS to Inspector General, NHMP.
- vii. Master File.
- viii. Office copy.





**OFFICE OF THE  
DEPUTY INSPECTOR GENERAL OF POLICE  
NATIONAL HIGHWAYS AND MOTORWAY POLICE**

Address: \_\_\_\_\_

Phone No: \_\_\_\_\_

No. NHMP- \_\_\_\_\_ the \_\_\_\_\_, 2024

Subject: **PHYSICAL TEST FOR THE POST OF JUNIOR PATROL OFFICER (BS-07)**

With reference to your online application for the post of Junior Patrol Officer (BS-07) in NHMP.

2. You are hereby directed to report for the Physical Test for the post of Junior Patrol Officer (BS-07) in NHMP as per following schedule:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Venue:** \_\_\_\_\_

**Detail of Physical Test:**

- i. Running test (01 Mile-run in 08 minutes for male candidates and 01 Mile-run in 15 minutes for female candidates).
- ii. Minimum height for male candidates 5' x 8".
- iii. Minimum height for female candidates 5' x 4".
- iv. Chest measurement 33" x 35" for **Male Candidates** only (relaxable by 1" on both sides).
- v. Minimum height for the candidates belonging to Balochistan province for male 5' x 6" and for female 5' x 3".

3. You are directed to bring original CNIC and this letter on the date of physical test. Moreover, it is advised that you should bring your own joggers and bottle of drinking water on the date of physical test.

4. Electronic Gadgets / Mobile phones are not allowed in the test center.

5. Video recording / taking pictures are strictly prohibited in test venue.

6. Impersonation will be dealt as per the law.

7. You are advised to reach the test venue well before the time.

8. TA/DA will not be admissible.

**Deputy Inspector General**  
\_\_\_\_\_, NHMP

<b>Roll No:</b>	<b>CNIC:</b>
<b>Name:</b>	<b>Father's Name:</b>
<b>Address:</b>	<b>Mob No:</b>