



PAKISTAN MARINE ACADEMY
Hawks Bay Road, Mauripur
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No. PMA/NE/62ndBatch/2023.

14 November 2023

SUBJECT: PHYSICAL EFFICIENCY TEST (PET) & INTERVIEW PMA 62ND BATCH

1. It is intimated that PET & Interview of 62nd Batch has been scheduled from 20 Nov to 05 Dec 23. Detail of the same is as follows:

S. No	Test Date	Report Timing	PNR & SC Center Name
a.	20-11-2023	08:00 am	Sukkur
b.	21-11-2023	08:00 am	Multan
c.	22-11-2023	08:00 am	Lahore
d.	23-11-2023 24-11-2023	08:00 am	Rawalpindi
e.	27-11-2023	08:00 am	Peshawar
f.	29-11-2023	08:00 am	Quetta
g.	05-12-2023	08:00 am	Karachi

2. You are Directed to report in standard sport rig (T-Shirt/ Trouser) for PET. The PET standard is as under:

Test	Requirement	Time	Marks
Running	One Mile (1.6 Km)	08 Minutes	50
Push-ups	15 Repetitions	02 Minutes	
Sit-ups	15 Repetitions	02 Minutes	
Chin-ups	02 Repetitions	02 Minutes	

3. Upon completion of PET you have to change your dress (i.e.) pant, coat & neck tie for conduct of interview. Subjects to be covered in interview are as follows:

S. No	Subject	Marks
a.	English	50
b.	Career as a Merchant Navy Officer (Basic Knowledge)	
c.	Physics	
d.	Chemistry	
e.	Mathematics	
d.	General Knowledge/ Current Affairs	

4. Bring your original CNIC or Form B along with you on test day.

SHAKOOR AKHTAR
Education Officer
OI/C Admissions

PMA 62nd BATCH PET & INTERVIEW LIST

KARACHI CENTER

Sr No	Roll No	OPEN/SFS	NAME OF CANDIDATE	FATHER'S NAME OF CANDIDATE	MEDICAL STATUS	PET CENTER	PET CENTER ADDRESS
1	1004	OPEN	Hamza Ahmad	Alam Sher	FIT	Karachi	Pakistan Marine Academy Hawksbay Road Mauripur Karachi
2	1007	SFS	Hasan Mustafa	Ghullam Mustafa	FIT	Karachi	
3	1012	OPEN	Syed Shoaib Ali Naqvi	Syed Muhammad Iqbal Naqvi	FIT	Karachi	
4	1021	OPEN	Hussain Ali	Iqbal Nazeer	FIT	Karachi	
5	1028	OPEN	Muhammad Muzammil	Muhammad Akram	FIT	Karachi	
6	1042	OPEN	Muhammad Awais Muzaffar	Muzaffar Hussain	U/P	Karachi	
7	1052	OPEN	Faizan Ali	Shokat Mehmood	U/P	Karachi	
8	1058	SFS	Muhammad Nabeel Mandrey	Muhammad Rafiq	FIT	Karachi	
9	1059	SFS	Muhammad Saqib	Munawar Badshah	FIT	Karachi	
10	1063	OPEN	Muhammad Ammar	Muhammad yasir Rahli	FIT	Karachi	
11	1064	OPEN	Hamza Ashraf Shah	Muhammad Ashraf	FIT	Karachi	
12	1065	OPEN	Muhammad Rauf	Muhammad Naeem	U/P	Karachi	
13	1071	OPEN	Abdul Kabeer Khan	Idrees Khan	FIT	Karachi	
14	1079	OPEN	Musadiq Ali	Bahadur Ali Korai	FIT	Karachi	
15	1082	OPEN	Sadaquat Ali	Liaquat Ali	FIT	Karachi	
16	1088	OPEN	Ali Sharyar	Muhammad Imran	FIT	Karachi	
17	1091	OPEN	Muhammad Hasnain	Muhammad Rashid	FIT	Karachi	
18	1092	OPEN	Syed Ebad-UI-Hassan Rizvi	Syed Nadir Hussain Rizvi	FIT	Karachi	
19	1099	OPEN	Muhammad Ehtisham	Nasar Hayat	FIT	Karachi	
20	1100	SFS	Chaudhary Muhammad Dariyan Iftikhar Goraya	Chaudhary Muhammad Atif Iftikhar	FIT	Karachi	
21	1101	OPEN	Isharab Hussain	Tanveer Hussain	FIT	Karachi	
22	1106	OPEN	Syed Tehaam-Ud-Din	Syed Farhan-Ud-Din	FIT	Karachi	
23	1119	OPEN	Saad	Nawab Uddin	FIT	Karachi	
24	1129	OPEN	Hamza Khalid	Muhammad Khalid	FIT	Karachi	
25	1140	OPEN	Ubaidullah Khan	Muhammad Israr Khan Afridi	FIT	Karachi	
26	1147	OPEN	Ameer Ali	Iqtidar Ali	U/P	Karachi	
27	1160	OPEN	Ebadullah	Muhammad Hashmat Khan	FIT	Karachi	
28	1161	OPEN	Muhammad Hasnain	Muhammad Akram	FIT	Karachi	
29	1171	OPEN	Ahmed Irtaza	Muhammad Aslam	FIT	Karachi	
30	1179	OPEN	Aamir Ali	Abdul Karim	FIT	Karachi	
31	1186	OPEN	Sooban Shah	Rehman Shah	Ty. Unfit	Karachi	
32	1188	OPEN	Hedayayt Ullah	Khuda Bux	Ty. Unfit	Karachi	
33	1190	SFS	Sikandar Ali	Imdad Ali Chandio	U/P	Karachi	
34	1201	OPEN	Syed Muhammad Mustafa Naeem	Syed Muhammad Naeem-UI-Haq	FIT	Karachi	
35	1214	OPEN	Muhammad Sheharyay Jahangir	Shahid Ejaz Jahangir	FIT	Karachi	

SUKKUR CENTER

Sr No	Roll No	OPEN/SFS	NAME OF CANDIDATE	FATHER'S NAME OF CANDIDATE	MEDICAL STATUS	PET CENTER	PET CENTER ADDRESS
1	2002	OPEN	Mudasir Nisar	Nisar Ahmed	FIT	Sukkur	Pakistan Navy Recruitment & Selection Center House No.A-14 Friends Housing Society Near yusuf Masjid Shikarpur Road Sukkur
2	2009	OPEN	Muhammad Kaif	Nadeem Ahmed	FIT	Sukkur	
3	2021	OPEN	Abdul Ahad	Amjad Ali Buriro	Ty. Unfit	Sukkur	

MULTAN CENTER

Sr No	Roll No	OPEN/SFS	NAME OF CANDIDATE	FATHER'S NAME OF CANDIDATE	MEDICAL STATUS	PET CENTER	PET CENTER ADDRESS
1	3004	SFS	Mubeen Raza	Muhammad Nasir	FIT	Multan	Pakistan Navy Recruitment & Selection Center 217 Sher Shah Road Sher Shah Rd, Defence Officer Colony, Multan
2	3005	OPEN	Sohail Arshad	Muhammad Arshad	FIT	Multan	
3	3008	OPEN	Muhammad Zahid	Abdul Aziz	FIT	Multan	
4	3009	OPEN	Muhammad Jaffar Mahdi	Muhammad Ishaque	FIT	Multan	
5	3010	OPEN	Muhammad Jawad Mahdi	Muhammad Ishaque	FIT	Multan	
6	3014	OPEN	Hammad Ahmad Khan	Tanveer Ahmad Khan	FIT	Multan	
7	3015	OPEN	Saqib Sattar	Abdul Sattar	FIT	Multan	
8	3016	OPEN	Zohaib Hassan	Ghulam Shabbir	FIT	Multan	
9	3019	OPEN	Muhammad Jawad Rasool	Ghulam Rasool	FIT	Multan	
10	3020	OPEN	Muhammad Usman Nasrullah Bajwa	Ihsan Mahmood	FIT	Multan	
11	3022	OPEN	Muhammad Anees	Ghulam Mustafa	FIT	Multan	
12	3025	OPEN	Muhammad Bilal Shafi	Muhammad Shafi	U/P	Multan	
13	3029	OPEN	Sheikh Muhammad Uzair	Muhammad Tariq Sheikh	U/P	Multan	

LAHORE CENTER

Sr No	Roll No	OPEN/SFS	NAME OF CANDIDATE	FATHER'S NAME OF CANDIDATE	MEDICAL STATUS	PET CENTER	PET CENTER ADDRESS
1	4001	OPEN	Faiz Saqib	Saqib Touqir	FIT	Lahore	Pakistan Navy Recruitment & Selection Center 92, Shami Road, near Fortress Stadium, Lahore Cantt.
2	4002	OPEN	Syed Shahpal Hassan	Syed Qamar Ul Hassan	FIT	Lahore	
3	4004	OPEN	Muhammad Abdullah Aamir	Muhammad Aamir Altaf	FIT	Lahore	
4	4012	SFS	Muhammad Husnain Zaheer	Zaheer Ahmad Khawar	FIT	Lahore	
5	4016	OPEN	Muhammad Saad Naveed	Ghulam Naveed	FIT	Lahore	
6	4017	OPEN	Salman Arif	Arif Hameed	FIT	Lahore	
7	4018	OPEN	Syed Muhammad Ali Shah	Inayat Ali Shah	FIT	Lahore	
8	4019	OPEN	Muhammad Ahsan Butt	Iftikhar Ahmed Sadiqi	FIT	Lahore	
9	4021	OPEN	Bilal	Shafaqat Ali	FIT	Lahore	
10	4027	OPEN	Muhammad Zayyan	Muhammad Ajmal	FIT	Lahore	
11	4030	OPEN	Muhammad Fahad Saeed	Muhammad Saeed	FIT	Lahore	
12	4032	SFS	Muhammad Saad	Waris Ali	FIT	Lahore	
13	4033	OPEN	Abdul Haseeb Khan	Sarfraz Khan	FIT	Lahore	
14	4034	OPEN	Ahmad Uzair	Hafiz Imtiaz Ahmed Chaddar	FIT	Lahore	
15	4038	OPEN	Muneeb Ijaz	Ijaz Ahmad	FIT	Lahore	

16	4044	OPEN	Muzammal Iqbal	Muhammad Iqbal	FIT	Lahore
17	4047	OPEN	Muhammad Awais Raza	Rao Zahoor Ahmad	U/P	Lahore

RAWALPINDI CENTER

Sr No	Roll No	OPEN/SFS	NAME OF CANDIDATE	FATHER'S NAME OF CANDIDATE	MEDICAL STATUS	PET CENTER	PET CENTER ADDRESS
1	5001	OPEN	Muhammad Fazeel Shahid	Muhammad Shahid Naseem	FIT	Rawalpindi	Pakistan Navy Recruitment & Selection Center H NO 102 St-1 Fazal Town Airport Road Rawalpindi,
2	5003	OPEN	Syed Abdullah	Farooq Ahsan	FIT	Rawalpindi	
3	5007	OPEN	Muhammad Asad Raza	Abdul Shakoor	FIT	Rawalpindi	
4	5009	OPEN	Muhammad Murtaza Abbas	Muhammad Safdar Abbas	FIT	Rawalpindi	
5	5010	OPEN	Muhammad Daim Ali Nawaz	Muhammad Nawaz	FIT	Rawalpindi	
6	5015	SFS	Muhammad Anique Ali	Shahid Mehmood	FIT	Rawalpindi	
7	5016	SFS	Muhammad Abbas Babar	Babar Rehan	FIT	Rawalpindi	
8	5017	OPEN	Farooq Iqbal	Naveed Iqbal	FIT	Rawalpindi	
9	5019	OPEN	Muhammad Ali	Abdul Qadeer	FIT	Rawalpindi	
10	5022	OPEN	Muhammad Shoaib	Allah Ditta	FIT	Rawalpindi	
11	5025	OPEN	Hasnaat Ali Zahid	Zahid Hussain	FIT	Rawalpindi	
12	5027	OPEN	Saif Ullah Arif	Muhammad Arif	FIT	Rawalpindi	
13	5029	SFS	Muhammad Ubaidullah Khan	Hakeem Khan	U/P	Rawalpindi	
14	5033	OPEN	Syed Farhan Raza	Syed Qurban Hussain Shah	FIT	Rawalpindi	
15	5039	OPEN	Huzaima Mansoor	Mansoor Ahmed	FIT	Rawalpindi	
16	5043	OPEN	Momin Khan	Mouzam Khan	FIT	Rawalpindi	
17	5045	OPEN	Zia-Ur-Rehman	Jamil Iqbal	U/P	Rawalpindi	
18	5054	OPEN	Syed Muhammad Muntazir Abbas Naqvi	Saqib Ali	FIT	Rawalpindi	
19	5058	OPEN	Zain Javed	Javed Akhtar	FIT	Rawalpindi	
20	5075	OPEN	Muhammad Sajjad Aariaz	Asghar Ali	FIT	Rawalpindi	
21	5086	OPEN	Muhammad Sajjad Sehgal	Muhammad Jawad Sehgal	FIT	Rawalpindi	
22	5090	OPEN	Muhammad Ali	Sohail Nazir	FIT	Rawalpindi	
23	5094	OPEN	Ahmed Sadiq	Sadiq Hussain	FIT	Rawalpindi	
24	5099	OPEN	Muhammad Zaib	Muhammad Yousuf Khan	FIT	Rawalpindi	
25	5102	OPEN	Inam-UI-Haq Sajid	Muhammad Sajid	FIT	Rawalpindi	
26	5107	OPEN	Waqar Haider	Najat Ali	FIT	Rawalpindi	
27	5115	OPEN	Muhammad Shoaib Khan	Majid Khan	FIT	Rawalpindi	
28	5116	OPEN	Muhammad Huzaifa Ilyas	Muhammad Ilyas	FIT	Rawalpindi	
29	6001	OPEN	Zeeshan Shakeel	Shakeel Ahmed	FIT	Rawalpindi	
30	6002	OPEN	Taimoor Niaz	Muhammad Niaz	FIT	Rawalpindi	
31	6005	OPEN	Muhammad Abdullah Shoaib	Muhammad Shoaib	FIT	Rawalpindi	
32	6007	OPEN	Muhammad Faizan	Abdul Majeed Khan	FIT	Rawalpindi	
33	6008	OPEN	Ameer Hamza	Ashiq	FIT	Rawalpindi	
34	6019	SFS	Abdullah Zahid	Zahid-ur-Rehman	FIT	Rawalpindi	

35	6022	OPEN	Abdullah Zahid	Zahid Mehmood	FIT	Rawalpindi
36	6024	OPEN	Daniyal Faiz	Faiz Muhammad	FIT	Rawalpindi
37	6031	OPEN	Abdullah Khan	Sher Afgan Khan	U/P	Rawalpindi
38	6035	OPEN	Syed Haris Ahmed	Zahid Hussain	U/P	Rawalpindi
39	6037	SFS	Muhammad Ahmed Mir	Zuber Mir	FIT	Rawalpindi
40	6047	OPEN	Ahmed Hassan	Tariq Aslam	FIT	Rawalpindi
41	6055	OPEN	Shahmir Zulfiqar	Zulfiqar Ali Khan	U/P	Rawalpindi
42	6063	OPEN	Saifullah	Mukhtar Ahmad	U/P	Rawalpindi

PESHAWAR CENTER

Sr No	Roll No	OPEN/SFS	NAME OF CANDIDATE	FATHER'S NAME OF CANDIDATE	MEDICAL STATUS	PET CENTER	PET CENTER ADDRESS
1	7005	OPEN	Muhammad Usman Nawab	Fazli Subhan	FIT	Peshawar	Pakistan Navy Recruitment & Selection Center Warsak Road, Peshawar Cantt
2	7006	OPEN	Muhammad Zain Ul Ibad Tabish	Muzammil Raza Tabish	FIT	Peshawar	
3	7008	SFS	Mehdi Hassan	Farman Ali	FIT	Peshawar	
4	7009	OPEN	Shan-e-Haider	Haider Habib	FIT	Peshawar	
5	7016	OPEN	Amar Subhan	Fazal Subhan	FIT	Peshawar	
6	7020	OPEN	Sinan Khan	Siyar Khan	FIT	Peshawar	
7	7021	OPEN	Qazi Faizan-Ul-Haq	Qazi Ijaz-Ul-Haq	FIT	Peshawar	
8	7030	OPEN	Anees Ahmad	Sajad Ahmad	FIT	Peshawar	
9	7032	OPEN	Ayan Zahid	Zahid Imran Bangash	FIT	Peshawar	
10	7050	OPEN	Awais Ahmad	Asil Janan	FIT	Peshawar	
11	7055	OPEN	Muhammad Shadab Akbar	Muhammad Akbar	FIT	Peshawar	
12	7056	OPEN	Alyan Alam	Jan Alam	FIT	Peshawar	

QUETTA CENTER

Sr No	Roll No	OPEN/SFS	NAME OF CANDIDATE	FATHER'S NAME OF CANDIDATE	MEDICAL STATUS	PET CENTER	PET CENTER ADDRESS
1	8002	OPEN	Abdullah Bin Abdul Rehman	Abdul Rehman	FIT	Quetta	Pakistan Navy Recruitment & Selection Center 414, Zarghoon Road, Opposite Quetta Serena Hotel, Quetta Cantt
2	8006	OPEN	Iftikhar Ahmed	Khamisa Khan	FIT	Quetta	
3	8011	OPEN	Mehmood Ashraf	Muhammad Ashraf	FIT	Quetta	
4	8012	OPEN	Muhammad Riaz	Niaz Muhammad	FIT	Quetta	
5	8017	OPEN	Irfan Ali	Muhammad Sadeeq	FIT	Quetta	
6	8020	OPEN	Abdul Ahad	Muhammad Tariq	FIT	Quetta	
7	8023	OPEN	Zubair Shah	Hakim Khan	FIT	Quetta	
8	8034	OPEN	Taj Muhammad	Abdul Ghaffar	FIT	Quetta	