



Dr. Yashwant Singh Parmar University of Horticulture & Forestry,  
Nauni (Solan)–173230, Himachal Pradesh

Office of the Registrar, “Establishment & Recruitment Branch”

☎ 01792-252219, 01792-252444 ✉: [registrar@yspuniversity.ac.in](mailto:registrar@yspuniversity.ac.in)

No.UHF.Regr.Rectt.2-116/2025/-29083

Dated: - 15.09.2025

**NOTICE REGARDING CRITERIA FOR PHYSICAL TEST FOR THE POST OF TRAINEE BELDAR**

Following criteria shall be followed in the “Physical Test” scheduled to be held on **17.09.2025 at 10:30 AM** for the posts of **Trainee Beldar** at University Play Ground, Dr. YSP, UHF, Nauni (Solan) of the shortlisted candidates invited vide Notice No. UHF.Regr.Rectt.2-116/2025/-28170-71 dated 08.09.2025:-

Sr. No.	Gender	Criteria	Time Limit	Remarks
1.	Male	Lifting of sand/soil bag of 50 kg for a distance of 50m without putting down the bag.	60 Seconds	i) The candidate lifts the bag within prescribed time limit of 60 seconds will be treated qualified otherwise unqualified. ii) The bag will be placed at office table height and the candidate will be allowed to take help of other worker for lifting the bag to his shoulder height. The time taken for lifting the bag to shoulder height will not be counted for time limit. A start line will be marked and the time limit shall be counted from that line with starting clap. Finishing line at a distance of 50m from the start line will also be marked.
2.	Female	Lifting of sand/soil bag of 25 kg for a distance of 50m without putting down the bag.	90 Seconds	i) The candidate lifts the bag within prescribed time limit of 90 seconds will be declared qualified otherwise unqualified. ii) The bag will be placed at office table height and the candidate will be allowed to take help of other worker for lifting the bag to his shoulder height. The time taken for lifting the bag to shoulder height will not be counted for time limit. A start line will be marked and the time limit shall be counted from that line. Finishing line at a distance of 50m from the start line will also be marked.

(Siddhartha Acharya, HPAS)  
Registrar

**Copy to:-**

The Officer Incharge, Computing & Informatics Centre, Dr. YSP UHF, Nauni (Solan). He is requested to get the result uploaded in the University website.