

TRAINING PROGRAMME

PRE-RECRUITMENT TRAINING COURSE

FIRST WEEK

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
0530h-0700h	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	-
0700h-0800h	CHANGE						
0800h-0830h	BREAKFAST						
0830h-0845h	CABIN CUPBOARD						
0845h-0900h	PLEDGE						
0900h-1000h	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Marathi (930h to 1230 h)
1000h-1100h	Maths/IQ	Maths/IQ	Maths/IQ	Maths	Maths	Maths	
1100h-1115h	TEA BREAK						
1115h-1215h	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	
1215h-1245h	Science	Science	Science	Science	Science	Science	
1300h-1400h	LUNCH AND REST						
1400h-1500h	GK&CA/Mar Gr	GK&CA/Mar Gr	GK&CA/Mar Gr	Sci/Mar	Sci/Mar	Sci/Mar	
1500h-1600h	Science	Science	Science	Science	Science	Science	
1600h-1640h	Science	Science	Science	Science	Science	Science	
1645h-1745h	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	-
1745h-1800h	TEA						
1800h-1900h	CHANGE						
1900h-1915h	ROLL CALL						
1915h-2015h	SELF STUDY						
2015h-2100h	DINNER						
2200h	LIGHTS OUT						

SUBJECTS

1. Mathematics (Maths) /Marathi/Hindi Grammar
2. General Knowledge & Current Affairs (GK & CA)/English/IQ
3. SCIENCE (SCI)

INSTRUCTORS

- MR SS Metange
 -- MR A Ekade
 -- MR SS Metange

Carry items for PT

Chuna Bag, Shot Puts, Tape , Stop Watch & Cone Stoppers

Abbrev.

PU – Pull Ups, LJ – Long Jump, SP – Shot Put

TRAINING PROGRAMME

PRE-RECRUITMENT TRAINING COURSE

SECOND WEEK

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
0545h-0700h	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	-
0700h-0830h	CHANGE						
0830h-0900h	BREAKFAST						
0900h-0915h	CABIN CUPBOARD						
0930h-1030h	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	
1030h-1130h	Maths/IQ	Maths/IQ	Maths/IQ	Maths	Maths	Maths	
1130h-1200h	TEA BREAK						
1200h-1300h	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	
1300h-1500h	LUNCH AND REST						
1500h-1545h	GK&CA/Mar Gr	GK&CA/Mar Gr	GK&CA/Mar Gr	Sci/Mar	Sci/Mar	Rev/Test	
1545h-1630h	Sci 1	Sci 1	Sci 1	Sci 1	Sci 1	Rev/Test	
1645h-1745h	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	-
1745h-1800h	TEA						
1800h-1900h	CHANGE						
1900h-1915h	ROLL CALL						
1915h-2015h	DINNER						
2015h-2130h	SELF STUDY						
2200h	LIGHTS OUT						

SUBJECTS

1. Mathematics (Maths) /Marathi/Hindi Grammar
2. General Knowledge & Current Affairs (GK & CA)/English/IQ
3. SCIENCE (SCI)

INSTRUCTORS

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PRE-RECRUITMENT TRAINING COURSE

THIRD WEEK

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
0530h-0700h	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	-
0700h-0800h	CHANGE						
0800h-0830h	BREAKFAST						
0830h-0845h	CABIN CUPBOARD						
0845h-0900h	PLEDGE						
0900h-1000h	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Marathi (930h to 1230 h)
1000h-1100h	Maths/IQ	Maths/IQ	Maths/IQ	Maths	Maths	Maths	
1100h-1115h	TEA BREAK						
1115h-1215h	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	
1215h-1245h	Science	Science	Science	Science	Science	Science	
1300h-1400h	LUNCH AND REST						
1400h-1500h	GK&CA/Mar Gr	GK&CA/Mar Gr	GK&CA/Mar Gr	Sci/Mar	Sci/Mar	Sci/Mar	
1500h-1600h	Sci 1	Sci 1	Sci 1	Sci 1	Sci 1	Sci 1	
1600h-1640h	Sci 2	Sci 2	Sci 2	Sci 2	Sci 2	Sci 2	
1645h-1745h	<u>PT</u> PU,LJ & SP	<u>PT</u> PU,LJ & SP	<u>PT</u> PU,LJ & SP	<u>PT</u> PU,LJ & SP	<u>PT</u> PU,LJ & SP	<u>PT</u> PU,LJ & SP	-
1745h-1800h	TEA						
1800h-1900h	CHANGE						
1900h-1915h	ROLL CALL						
1915h-2015h	SELF STUDY						
2015h-2100h	DINNER						
2200h	LIGHTS OUT						

SUBJECTS

1. Mathematics (Maths) /Marathi/Hindi Grammar
2. General Knowledge & Current Affairs (GK & CA)/English/IQ
3. SCIENCE (SCI)
4. CS (Monday to Saturday) Time : 1930h to 2015h

INSTRUCTORS

- MR SS Metange
 -- MR A Ekade
 -- MR SS Metange
 -- MR Suhas Deshmukh

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TRAINING PROGRAMME

PRE-RECRUITMENT TRAINING COURSE

FOURTH WEEK

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
0530h-0700h	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	<u>PT</u> 1 Mile run & 100m run	-
0700h-0800h	CHANGE						
0800h-0830h	BREAKFAST						
0830h-0845h	CABIN CUPBOARD						
0845h-0900h	PLEDGE						
0900h-1000h	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Maths/Eng	Marathi (930h to 1130 h)
1000h-1100h	Maths/IQ	Maths/IQ	Maths/IQ	Maths	Maths	Maths	IQ(1130h to 1230h)
1100h-1115h	TEA BREAK						
1115h-1215h	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	GK&CA/HINDI GR	
1215h-1245h	Science	Science	Science	Science	Science	Science	
1300h-1400h	LUNCH AND REST						
1400h-1500h	GK&CA/Mar Gr	GK&CA/Mar Gr	GK&CA/Mar Gr	Sci/Mar	Sci/Mar	Rev/Test	
1500h-1600h	Sci 1	Sci 1	Sci 1	Sci 1	Sci 1	Rev/Test	
1600h-1640h	Sci 2	Sci 2	Sci 2	Sci 2	Sci 2	Rev/Test	
1645h-1745h	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	<u>PT</u> PU,L J & SP	-
1745h-1800h	TEA						
1800h-1900h	CHANGE						
1900h-1915h	ROLL CALL						
1915h-2015h	SELF STUDY						
2015h-2100h	DINNER						
2200h	LIGHTS OUT						

SUBJECTS

1. Mathematics (Maths) /Marathi/Hindi Grammar
2. General Knowledge & Current Affairs (GK & CA)/English/IQ
3. SCIENCE (SCI)
4. CS (Monday to Saturday) Time : 1930h to 2015h

INSTRUCTORS

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 -- MR A Ekade
 -- MR MR SS Metange
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