



## **Pravara Police/Army Pre Recruitment Training Academy**

The academy is a brainchild of president and management of PRES as a part of social responsibility. The students in and around the institution mostly belong to underprivileged strata of the society. They cannot afford to join the professional academies due to financial problems. In order to help them out, the management took this initiative to provide them necessary training and orientation in the campus itself. The Primary purpose of the Academy is to prepare leaders for the Indian Police, Army who will lead/command the force with courage, uprightness, dedication and a strong sense of service to the people.

Academy will endeavor to inculcate in them, such values and norms that would help them serve the people better. In particular, it will try to inculcate integrity of the highest order, sensitivity to aspirations of people in a fast changing social and economic milieu, respect for human rights, broad liberal perspective of law and justice, high standard of professionalism, physical fitness and mental alertness. The Academy further aims at nurturing human values in all its areas of activity to prepare students not only to be good professionals but also to be a good human-being.

### **Objective:-**

1. To provide Police/Army pre recruitment training for students
2. To create opportunities of employment
3. To strengthen physical and mental fitness of trainees
4. To inculcate professionals and human values among the trainees
5. To provide coaching for preparation of competitive examination

As per the vision and mission, the institution has assiduously strived to provide assistance to grab jobs and inculcate skills to facilitate and create opportunities for their employment. By considering the need of the local community and scarcity of physical and infrastructural facilities in the surrounding area, the institute strives to give these facilities through Pravara Pre Recruitment Training Police Academy. It strengthens the physical and mental fitness of the students. The aim of the academy is to inculcate necessary skills to get career opportunities in

Police/Army by providing basic training and boosting their confidence. Considering the rural background and the financial constraints of the students the institute provides training on free of cost basis. The contribution of the institution has been appreciated by the stakeholders.

Pravara Pre Recruitment Training Police Academy was started from the academic year 2020-21. This academy has provided training to 153 students since its inception.

The institute took prior permission from Pravara Rural Education Society to introduce the training programme. Before the commencement of the activity, printed pamphlets were distributed to the students in the class and for local community through newspaper vendors. Apart from this, institution installed flex boards at public places in nearby villages for advertisement and to create awareness among the stake holders.

After this, physical test and written examination of interested candidates are conducted by the institute. In the physical test, information about the age, weight and height of the students is taken. Students qualified in the physical test and written examination are selected for admission for Pravara Police/Army Pre Recruitment Training Academy. Admission forms are filled from selected students along with the supporting documents.

Schedule of the basic training programme is notified to the students through notices and Whatsapp groups. Students are advised to join training session in the morning at 06:00 am. to 07:30 am. The institute has appointed trainer to train the students. As part of the training, a schedule is made for the students for their practice and study. Every morning, warm up, stretching, running and shot-put, is practiced every day except Saturday. Every Saturday morning, cross country practice is taken between 6:00 am to 8:00 am. Students go for cross county outside the college campus. To make students physically and mentally healthy the institute provides free breakfast for the students which include eggs, banana and glass of milk.

Trekking at nearby places like Kanadgaon and Dudheshwar hills is organized on at least one of the Saturdays of the month to develop the physical skills of the students. Under this training, institute also provides basic knowledge of military tanks and other materials. Additionally, training of horse riding and rifle shooting are also provided to the students at Pravara Military School. Track suit is also provided to the students.

Along with physical training, competitive examination centre provides coaching for preparation of written examination regularly as per the schedule. The institute creates awareness among the students about various competitive examinations through notices and WhatsApp groups.

**The institute provides following facilities to the students for training:**

1. Training through expert and experienced coaches
2. Experienced director of Physical Education guides the students regularly
3. Various books are made available to the students through the library
4. Internet facility and study center are also made available to them
5. Separate hostel is made available for the girls students
6. The college provides free breakfast for the students in the canteen
7. Outdoor ground facilities with 200 meters running track.



  
**PRINCIPAL**  
ARTS, SCIENCE & COMMERCE COLLEGE  
KOLHAR, TAL. RAHATA, DIST. AHMEDNAGAR



LOKNETE DR. BALASAHEB VIKHE PATIL  
(PADMA BHUSHAN AWARDEE)  
PRAVARA RURAL EDUCATION SOCIETY

**ARTS, SCIENCE & COMMERCE COLLEGE  
KOLHAR**

NAAC Accredited 'A++' Grade with CGPA 3.54

Tal. Rahata, Dist. Ahmednagar-413 710

## TIME TABLE

### Pravara Army/Police Pre-Recruitment Training Academy

Academic Year: 2023-24

Applicable Form- 1<sup>st</sup> August, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 to 6.30 am	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
6.30 to 7.00 am	Stretching	Stretching	Stretching	Stretching	Stretching	Stretching
7.00 to 8.00 am	Ground PT,	5KM Running	Ground PT	Ground Test	Ground PT	Cross Country
12.00 to 1.00 pm	Marathi Grammar	Maths	Social Science	General Knowledge	-	-

Physical Director  
Arts, Science and Commerce College, Kolhar.



PRINCIPAL  
ARTS, SCIENCE & COMMERCE COLLEGE  
KOLHAR, TAL. RAHATA, DIST. AHMEDNAGAR



LOKNETE DR. BALASAHEB VIKHE PATIL  
(PADMA BHUSHAN AWARDEE)  
PRAVARA RURAL EDUCATION SOCIETY

**ARTS, SCIENCE & COMMERCE COLLEGE  
KOLHAR**

NAAC Accredited 'A++' Grade with CGPA 3.54  
Tal. Rahata, Dist. Ahmednagar-413 710

# REPORT OF ACTIVITY / PROGRAMME

**Academic Year: 2023-24**

**Pravara Army/Police Pre-Recruitment Training Academy**

**Academic Year: 2023-24**



**Organized by:**

Loknete Dr. Balasaheb Vikhe Patil Pravara Rural Education Societies  
**Arts, Science and Commerce College, Kolhar**

Tal- Rahata, Dist- Ahmednagar

# **Pravara Army/Police Pre-Recruitment Training Academy**

**Academic Year: 2023-24**

## **Objectives:**

1. Conducting training of Police officers, Military recruitment.
2. Capacity building to the matrices of Sensitization orientation and competency.
3. Imparting professional knowledge and understanding.
4. Development of professional, organisation and community skill.
5. Development of overall personality.

## **Introduction:**

The College of Arts, Science and Commerce, as per the vision and mission statement, has diligently strived to provide assistance to grab jobs and inculcate skills to facilitate and create opportunities for their employment. As per the demand of the students the college had made functional Training Academy for Police Recruitment considering the unavailability of such facilities and infrastructure in the rural areas. The aim has been to inculcate skills necessary for opportunities of employment and empowering them by boosting their confidence. Considering the rural background and the financial constraints of the students studying in the College the project has been highly appreciated by the students, parents and the stakeholders.

## **Details:**

Pravara Pre Recruitment Training Police Academy was started from the academic year 2020-21 and is functional till the academic year 2023 - 24.

In this year Pravara Police Pre-recruitment Training Academy started on 1<sup>st</sup> August, 2023. The information of the students was collected through Google forms. 80 students filled these forms, out of which 45 were selected for the training.

There were 20 Girls and 25 Boys who joined police pre-recruitment training academy. In this academy various activities like Warm up, tracking, shot put, discus through, cross country, Horse raiding, rifle shooting are taken. Along with these activities, regular coaching classes were conducted for History, Geography, Social Science, General Knowledge and Marathi Grammar.

The college took prior permission from the head office of the organization. After the commencement of the activity all the stake holders were informed about the decision through Whatsapp groups of the college and the students. It was advertised through

pamphlets which were distributed to the students and through the local newspaper vendors as well as by installing flex boards at few prominent villages located nearby. The practice has been followed since then each year. After this, written examination and physical test of the students are conducted. In the physical test, information about the age, weight and height of the students is taken and the students are given police pre-recruitment training along with the supporting document.

**The Institute given following Facilities for Trainers:**

1. The help of expert and experienced trainers and faculties is taken for the training of the Students.
2. Various books are made available to the students through the library.
3. Internet facility and study centre are also provided to them.

45 students and 06 faculty members actively participated in Pravara Police Pre-Recruitment Training Academy in the year 2023-24.

## Metrics:

**Number of students:** 45 (Girls- 20, Boys-25)

**Number of stakeholders:** (Teaching Staff- 06 , Non-Teaching Staff- 01)



**Physical Director**  
Arts, Science and Commerce College, Kolhar.



**PRINCIPAL**  
ARTS, SCIENCE & COMMERCE COLLEGE  
KOLHAR, TAL. RAHATA, DIST. AHMEDNAGAR



लोकनेते डॉ. बाळासाहेब विखे पाटील  
(पद्मभूषण उपाधिने सन्मानित)

**प्रवरा**  
ग्रामीण शिक्षण संस्था  
प्रवरानगर



## मोफत पोलीस/आर्मी/वनरक्षक भरती पुर्व प्रशिक्षण

### \* उपलब्ध सुविधा \*

- \* तज्ञ व अनुभवी आध्यापक वर्ग
- \* सुसज्ज ग्रंथालय
- \* इंटरनेट सुविधांसह अद्यावत अभ्यासिका
- \* मुलां-मुलींसाठी स्वतंत्र वस्तीगृहे
- \* रनिंग ट्रॅक असलेले स्वतंत्र मैदान
- \* मोफत नाष्ट्याची सुविधा
- \* अनुभवी क्रीडा प्रशिक्षक
- \* नियमित सराव चाचणी
- \* नाशिक, अहमदनगर व पुणे येथील नामवंत आध्यापकांचे दर शनिवारी मार्गदर्शन



स्पर्धा परीक्षांची मैदानी तसेच लेखी परिक्षेची संपूर्ण तयारी करून घेतली जाईल.

### \* ठिकाण \*

**कला, विज्ञान व वाणिज्य महाविद्यालय, कोल्हार**

श्री.उबाळे आर.व्ही. श्री.भालेराव आर.एन. श्री.गिरी एच.बी. श्री.घोरपडे ए.जी. श्री.चिंधे ए.एच.

9860983476 9404980088 9922830067 9779110549 7972482287

Physical Director  
Arts, Science and Commerce College, Kolhar.



PRINCIPAL  
ARTS, SCIENCE & COMMERCE COLLEGE  
KOLHAR, TAL. RAHATA, DIST. AHMEDNAGAR





LOKNETE DR. BALASAHEB VIKHE PATIL  
(PADMA BHUSHAN AWARDEE)  
PRAVARA RURAL EDUCATION SOCIETY

**ARTS, SCIENCE & COMMERCE COLLEGE  
KOLHAR**

Tal. Rahata, Dist. Ahmednagar, Pin - 413 710  
NAAC Accredited at 'A' Grade with CGPA 3.10

## Students List

Sr.No	Name of Student	Place for Physical Test	Qualified/Unqualified	Remark
1	Akshy Ashok londhe	Mumb. Kusadgad	Qualified	Ready for written test.
2	Avinash Subhash Guldagad	Mumb. Kusadgaav	Qualified	Ready for written test.
3	Ravindra sakahari Lande	Mumb. Kusadgaav	Qualified	Ready for written test.
4	Bhagyesh Panduranga Tekale	Mumb. Kusadgaav	Unqualified	Ground training
5	Chindhe Shrikant Shankar	Mumbai Rail.	Qualified	Ready for written test.
6	Subodh Suhas Bhagat	Mumbai Rail.	Qualified	Ready for written test.
7	Jadhav Dattatray Dipak	Thane	Qualified	Ready for written test.
8	Lokhande Siddharth Rajendra	SRPF Daund	Qualified	Ready for written test.
9	Gaikwad Swapnil Chandrakanth	SRPF Daund	Qualified	Ready for written test.
10	Chandole Mayur Prasad	SRPF Daund	Qualified	Ready for written test.
11	Ohol Sushil Rajendra	SRPF Daund	Qualified	Ready for written test.
12	Nibe Sagar Dilip	SRPF Daund	Qualified	Ready for written test.
13	Lokhande Vinayak AnnaSaheb	Pune gramin	Qualified	Ready for written test.
14	Salve Abhijeet Prafulla	Pune gramin38	Qualified	Ready for written test.
15	Kanade Siddharth Rajendra	Mumb. City	Unqualified	Ground training
16	Gaikwad Indrabhan Chandrakant	Mumb. City	Qualified	Ready for written test.
17	More Arjun Rama	Mumb. City	Qualified	Ready for written test.
18	Raut Vishal Namdev	Mumbai Rail.	Qualified	Ready for written test.
19	Salunkhe Ganesh Suresh	Pune	Qualified	Ready for written test.
20	Shinde Dharma Narayan	Pune	Qualified	Ready for written test.
21	Keskar Ganesh Namdev	Thane	Qualified	Ready for written test.
22	Jadhav Sagar Gorakshnath	Nagar	Unqualified	Ground training
23	Jadhav Vinod Sahebrao	Mumb	Qualified	Ready for written test.
24	Kharat Akash Haribhau	Nagar	Unqualified	Ground training
25	Shelke Gorakshnath Baban	Pune	Unqualified	Ground training

## Girls List

Sr.No	Name of Student	Place for Physical Test	Qualified/ Unqualified	Remark
1	Shaikh Alsaba Salim	Pune City	Qualified	Ready for written test.
2	Bang Prerana Bharat	Pune City	Qualified	Ready for written test.
3	Dethe Suvarna Rajendra	Pune City	Qualified	Ready for written test.
4	More Vaishnavi Rajesh	Pune City	Unqualified	Ground training
5	Navgire Sakshi Ajinath	Pune City	Qualified	Ready for written test.
6	Borude Akanksha Bharat	Mumb. City	Qualified	Ready for written test.
7	Borude Arti Sandip	Pune City	Qualified	Ready for written test.
8	Musande Sujata Somnath	Mumb. City	Qualified	Ready for written test.
9	Shinde Ankita Jalindar	Mumb. City	Qualified	Ready for written test.
10	Kurhe Payal Shahaji	Indian NAVY	Qualified	Training started at Orissa
11	Bhosale Kanchan Sanjay	Mumb. City	Qualified	Ready for written test.
12	Lokhande Ashwini Pritam	Pune City	Qualified	Ready for written test.
13	Waditake Sonali Bhausahab	Pune gramim	Qualified	Ready for written test.
14	Bhand Varsha Ashok	Pune City	Qualified	Ready for written test.
15	Kadam Duraga Rajendra	Mumb. City	Unqualified	Ground training



**Physical Director**  
Arts, Science and Commerce College, Kolhar





**PRINCIPAL**  
ARTS, SCIENCE & COMMERCE COLLEGE  
KOLHAR, TAL. RAHATA, DIST. AHMEDNAGAR

## Success Students Call Letter.

**JOIN INDIAN NAVY  
CALL UP LETTER OF TRAINING**

Application No.: AA567893N Registration No.: G3049156AF

<b>Entry</b>	AA[10PLUS 2 BTECH] 05/2023
<b>Name</b>	PAYAL KURHE
<b>Father's Mother's Name</b>	RAJENDRA KURHE
<b>Trade</b>	CLK(AA)
<b>Reporting Date</b>	12/12/2023
<b>Reporting Time</b>	11:00AM
<b>Reporting Place</b>	INS SHIVAJI LONAVALA 410402
<b>Address Of Training Center</b>	INS CHILUKA KHORDA ORISSA 752037
<b>State</b>	ORISSA

# Pravara Police/Army pre-recruitment Training academy

Photos: 2023-24



**Trainee Students**



**Shot- Put**



**Warm Up**



**Pushups**



  
**Physical Director**  
Arts, Science and Commerce College, Kolhar.



  
**PRINCIPAL**  
ARTS, SCIENCE & COMMERCE COLLEGE  
KOLHAR, TAL. RAHATA, DIST. AHMEDNAGAR