



Amar Shikshan Prasarak Sanstha, Mangrulpir Dist. Washim
Shri Vasant Naik Arts & Amarsing Naik Commerce College,
Mangrulpir - 444403 Dist. Washim

Department of Physical Education

(Affiliated to Sant Gadge Baba Amravati University, Amravati)

Phon. No. 07253-260432 / 91 -9763396910

E-mail Id: - vnancollegemangrulpir@gmail.com

Fax No.07253-261222

drsubhashvadgule@gmail.com

NAAC Accredited with 'B' Grade

Website: - vnancollege.ac.in

Best Practice

Title: Pre-Preparation Training Program for Police and Army Recruitment

Aim:

The primary aim of this program is to prepare candidates physically and mentally for the rigorous physical fitness tests required in the police and army recruitment process. The program aims to enhance the strength, endurance, agility, and overall physical conditioning of the participants, enabling them to meet and exceed the physical standards set by these institutions.

Objectives:

1. To improve the cardiovascular endurance, strength, agility, and flexibility of candidates through a structured fitness regimen.
2. To familiarize participants with the specific physical requirements of police and army recruitment tests, such as running, jumping, and other endurance-based exercises.
3. To build mental resilience and focus through intense training and simulations, preparing candidates for the psychological challenges during recruitment.
4. To provide dietary advice to ensure that candidates maintain optimal energy levels and achieve peak physical performance.
5. To assess the fitness levels of each participant and track their progress throughout the program to ensure the training is tailored to individual needs.

Outcome:

1. Participants demonstrated significant improvements in strength, endurance, and agility, meeting the physical benchmarks required for police and army recruitment.
2. Two students from the program were successfully selected as Police Constables, showcasing the program's effectiveness in preparing candidates for competitive physical assessments.
3. Participants gained a thorough understanding of the physical demands of police and army recruitment processes, ensuring a high level of readiness.
4. Candidates reported increased confidence in their ability to succeed in recruitment tests due to their improved fitness levels and mental preparedness.

Evidence of Success:

- Out of the participants, two students successfully cleared the physical fitness tests and were selected for the position of Police Constable, indicating the program's direct impact on their preparedness.
- Feedback from participants highlights improvements in physical fitness and mental resilience, confirming the effectiveness of the training.
- Regular fitness assessments showed consistent progress in participants' performance, demonstrating the program's ability to improve physical fitness systematically.

Evidence:

Sr. No.	Particulars	Link
1	Pre-Preparation Training Program for Police and Army Recruitment	Watch
2		Watch
3		Watch
4		Watch
5		Watch
6		Watch
7		Watch
8		Watch
9		Watch
10		Watch