

TENTATIVE SCHEDULE OF GHATAK PHYSICAL COURSE (GPC-13)
BY PRITHVI DEFENCE ACADEMY

1. The course includes common physical test for all trades and specialized physical test with respect to Police/ Forest/ Railway. The course comprise of approximately 70% and specialized training is 30% of the Ghatak Physical Course. Detailed of ustaad as below :

S.No	Teacher	Parade	Remarks
a)	Sainik Vijay Yadav	Diet, Medical & Injury	
b)	Kalyan Verma	Discipline & PT	
c)	Shubham Jadhav	PT & Medical	
d)	Ganesh Kushwah	Discipline & PT	

2. The training is conducted with the following specific Parade program:-

S.No	Time	Responsibilities	Parade	Remarks
a)	0445 to 0545h	Shubham Sir & Ganesh Sir	PT	Sign on MMT (Foundation Class) – Shubham Sir
b)	0900 to 1030h	Kalyan Sir	Malish, PT, Swimming, Injury & Rehab	Rassa, Long Jump, High Jump, Gola Fek, Pull Up, etc
c)	1600 to 1630h	Shubham Sir	Shramdan	According to checklist
d)	1630 to 1800h	Shubham Sir	PT	Relay, Rassa-kasi, Tyre, Sports Competition
e)	1815 to 1830h	Sainik Vijay Sir	Roll Call	Net Mosquito Bathroom Mess

3. The online training is conducted on **YouTube Channel – Prithvi Defence Academy** with the following specific Parade program:-

S.No	Time	Responsibilities	Subject	Remarks
a)	-	Shubham Sir	Running & Speed Drill	4 video at a week
b)	-	Kalyan Sir	Academy, Army Info	4 video at a week

Place – PDA Ground

Date – 02 Nov 2024

Sainik Vijay Yadav
Founder
Prithvi Defence Academy

S No.	Unit	Periods	Remarks
Part 1: Common Subjects			
1	The BLO Course		
2	National Integration and Awareness		
3	Civil Affairs		
4	Drill		
5	Weapon Training (Basic Knowledge)		
6	Adventure Training and Obstacle		
7	Personality Development and Leadership		
8	Social Awareness and Community Development		
9	Health and Hygiene		
10	Environment Awareness and Conservation		
	Total		

Part 2: Special Subjects		Periods	
1	Armed Forces		
2	Military History		
3	Map Reading		
4	Field Craft and Battle Craft		
5	Communication		
	Total		