



**TELANGANA SOCIAL WELFARE RESIDENTIAL ARMED FORCES
PREPARATORY DEGREE COLLEGE FOR WOMEN, BHONGIR
YADARI BHONGIR (DIST), TELANGANA, 508126**



Affiliated to Mahatma Gandhi University, Nalgonda

E-mail: prl-rdcw-bngiri-swrs@telangana.gov.in Website: <https://rdcwbhongir.tswreis.ac.in>

Mobile No.: 7995010687

Criteria 5

5.1.3

Guidance for competitive examinations and career counselling offered by the Defence Wing, TSWRAFPDCW, Bhongir

Telangana Government is empowering the young girls from marginalized sections to break the highest ceiling through Telangana Social Welfare Residential Armed Forces Preparatory Degree College for Women (TSWRAFPDCW), Bhongir.

The uphill battle is to break a gender stereotype and provide equal opportunities for women in the Defence Services. This college for the first time in the history provides multiple opportunities of education cum employment available for women in all Indian Defence services. This Institution provides regular academics of Under-Graduate and Integrated M.A. (Eco-5 Years) courses and Military Education & Training for appearing UPSC Exams (AFCAT, CDS, NDA& MNS etc.) and SSB Selections to become Commissioned Officers in three Indian Defence sectors viz. Army, Navy and Air-Force.

Initially in 2016, this college established as normal social welfare degree college. With the great determination, in 2018 it was converted into Armed forces preparatory Degree college. The idea of this conversion is to gain an entry as officers, meant for women in all the three defence services viz. Army, Navy and Air Force for students of TSWR Degree Colleges Career because a defence career is a dignified, honourable and enviable one with lots of unique opportunities which no other profession offers. As our defence forces have to be kept young, there is a huge wastage rate every year which result in constant job opportunity for our Indians. In addition, the students can also try to get selected as officers for other central uniformed services like BSF, CISF, CRPF, SSB (Sahastra Sena Bal), AR and ITBP. However, the main focus will be to train students will be to train them for clearing the SSB (Services Selection Board). Students will be put through Physical Training including games and sports, obstacle course training, gymnastics, adventure training, horse riding etc. There will be focus on personal effectiveness programme to groom students' personality through extra classes on spoken English, public speaking, extempore speaking, written communication skills, aptitude and analytical skills etc.




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To uphold the esteemed traditions of the specialized Army college, a retired Indian Defence Officer has been appointed as the **Director of the Military Training Wing**. Highly qualified Army trainers and experienced retired Army Drill Instructors work under the guidance and supervision of the Director of Military Training (MT), ensuring the college's high standards and military excellence are maintained. Experienced trainers, including a retired Group Captain, provided expert guidance on Spoken English and Soft Skills to female cadets at TSWRAFPDCW, Bhongir, preparing them for prestigious UPSC Defence Competitive Examinations such as AFCAT, CDS, CAPF, and NDA & NA. Additionally, distinguished retired Army officers and Group Captains conduct mock SSB interviews, offering valuable insights and simulated experiences to students who successfully cracked the rigorous AFCAT exam, one of India's most challenging competitive exams.

Standard Operating Procedure (SOP) for Defence Wing Guidance

- Expert Trainers: Utilization of experienced trainers, including retired defence personnel, for subject matter expertise
- Mock SSB Interviews: Conducting simulated SSB interviews to prepare students for the selection process
- Soft Skills Development: Focused training on spoken English, leadership skills, and personality development
- Comprehensive Study Material: Provision of relevant study materials, notes, and resources for exam preparation
- Regular Assessments: Periodic evaluations and assessments to monitor student progress and identify areas for improvement
- Mentorship Programs: Assignment of experienced mentors for personalized guidance and support
- Time Management: Guidance on effective time management and exam strategy techniques
- Physical and Mental Conditioning: Training and guidance on physical fitness and mental toughness development




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To balance Academics and Defence training, a standardized timetable followed from 8.00 AM to 8.45 AM, 3:00 PM to 5:00 PM for Defence classes. Furthermore, we have an online subscription for UPSC classes and it is available for round the clock, which students access through the Minty lab, a dedicated facility for Defence classes. This lab provides a virtual platform for students to supplement their offline training and stay committed to their goal. These classes prepare students for UPSC exams, including AFCAT, CDS, NDA, and MNS, as well as SSB selections, with the ultimate goal of becoming commissioned officers in the Indian Army, Navy, or Air Force. To maintain the dedication and spirit of an Army officer, UPSC classes conducted on Sundays and holidays.

TSWRAFPDCW in Bhongir has four well-equipped classrooms dedicated to Defence classes. The classes are conducted in specific halls for each year: Tharani Hall for final years, TV Hall for second years, and SSB room for first years. Additionally, the Minty lab is utilized for online classes, A* batch, and AFCAT-qualified students to focus more effectively.

A comprehensive collection of competitive books for UPSC exams is available, alongside a wide range of daily newspapers, weekly, and monthly magazines. This extensive resource helps keep students informed and up-to-date, providing them with a competitive edge in their studies.

The rigorous Defence training program at TSWRAFPDCW, Bhongir includes detailed study sessions on exam-specific subjects, regular mock tests, and physical fitness training to meet the demanding requirements of these exams. Additionally, students receive coaching on current affairs, problem-solving, and communication skills. This preparation not only paves the way for their careers in the defence services but also helps them in excelling in all state level competitive exams as well as higher education entrance exams.

The Defence Wing, in collaboration with the Career Guidance Cell and NCC of TSWRAFPDCW, Bhongir, hosts career guidance classes and motivational talks featuring retired Indian Army officers. Through these programs, students have the unique opportunity to interact with elite Indian Army officers, typically inaccessible to civilians. This interaction enlightens, inspires, and excites the students, broadening their perspectives and aspirations.




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The major activities that are part of daily routine of the LCs are:

Field Activities

- PT (2.5 km Run) – Thrice a week
- Drill – Thrice a week with DMS
- Coaching for UPSC (CDS & CAPF) / AFCAT – Daily 3 hrs
- Cross Country House Competitions – 5 kms / 10 kms
- Cross Country – 24 Kms with 8 Kgs Weight & DMS Boots
- Run & walk – 12 Kms in PT Shoe
- Pyramids & Yoga
- Cycling

Academic / SSB Oriented Activities

- Book Review
- Lecturette
- Diary Writing
- Movie Review
- Group Discussion
- Picture Perception & Story Writing
- Defence Specific Classes
- PD & Soft Skills Classes

As part of the specialized Army college policy, **students from all groups attend and benefit by Defence classes, activities** which provide valuable guidance for competitive exams, including the UPSC and uniformed services exams. Through these classes, all the students from each academic year benefit from the guidance and support offered, helping them prepare for their future endeavours.

Supportive documents

Proceeding for Conversion from normal college to Defence college	View document
Defence Syllabus: Defence Wing	View document
Time Table: Defence Wing	View document
Defence Attendance register: Defence Wing	View document
Defence Library collection: Defence Wing	View document
Career Guidance by Eminent Officers: Defence Wing	View document
Training Triumphs: Defence Wing	View document
Journey of becoming the first from Social Welfare Institutions to Crack AFSB	View document



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