



JOINING INSTRUCTIONS FOR PCT OFFICERS

CREST AND MOTTO

1. The crest of Valsura contains a Sword fish with streaks of lightning emerging out. The motto of the establishment Tasya Bhasa Sarvavidarn Vibhati" means, "the light that emanates from here, illuminates the entire world". The crest and motto represents the role of Sparks in the Indian Navy.

ROUTINE AND FACILITIES

2. **Routine.** Key features of the routine are highlighted below:

- Mass PT on all Wednesdays.
- All Divisions as promulgated.
- Mass Cross Country run once a month.

3. **Daily Orders.** Routine orders of day-to-day nature are promulgated through the daily orders. All trainees are to read the daily orders regularly and abide by the promulgated orders.

4. **Uniforms.** You are required to be in possession of summer and winter uniforms at the time of reporting to the establishment. The winter rig this year is likely to be in force from Mid Dec onwards. The periods when Summer/Winter uniform are worn in Valsura can be broadly divided as follows:

SNo	Period	Types of Uniforms
(a)	Summer Mar to Nov	(i) Nos.2's, 4 , 6, 6B (ii) 10's, 10A, 8's ,8A's
(b)	Winter Dec to Feb	(i) Nos.1,3's, 5 (ii) 10's,10A's(with Service Jersey)
(c)	All Times	Sports Rigs - White T-Shirt. White Short & White PT Shoes

The trainees are required to be in possession of sufficient number of Games rig.

Training Hours

5. The establishment follows a six-day week routine. The class timings are as follows:

<u>Sessions</u>	<u>Timings</u>	<u>Timings</u>
	<u>Summer</u>	<u>Winter</u>
Session 1	0810-0900	0830-0920
Session 2	0900-0950	0920-1010
Session 3	0950-1040	1010-1100
Tea Break	1040-1100	1100-1120
Session 4	1100-1150	1120-1210
Session 5	1150-1240	1210-1300
Session 6	1240-1330	1300-1350
Lunch Break	1330-1430	1350-1445
OTW/Dog Watch	1430-1630	1445-1700

Examination

6. The training pattern specifies conduct of examination for all classes taken. Examinations will be conducted after completion of every subject.

Facilities

7. Various facilities are available in the establishment for overall development of trainees:

- Library.** The establishment has a fine Technical Library, which has more than 50,000 books on Technical subjects. In addition, a large number of technical journals/magazines are also subscribed. A total of 06 books are issued to trainees at one time. However, additional books can be issued with approval of OIC Library.
- Sports and Games.** Facilities are. available for sports and games such as Football,

Hockey, Basket Ball, Tennis, Badminton, Squash, Billiards, Table Tennis and Swimming.

(c) **Sailing Club/ Watermanship Training.** The complex is situated in a shed inside the tidal zone near Rozi Jetty. This facility is open to all officers, sailors and civilians of the establishment.

(d) **Health Club/Golf Club.** Health Club facilities with mini gym are available in Wardroom. A nine hole golf course is available for utilization of all officers.

(e) **Internet.** The establishment has high speed ISDN Internet connection and a Cyber Cafe for internet browsing. Wardroom cabins are enabled for internet connectivity.

(f) **Officer's Institute.** OI is located adjacent to the Ward Room.

(g) **Bank.** A branch of Bank of India is situated inside the base. It is open during normal banking hours (1100 to 1530 hrs. on Weekdays and 1100 to 1400 hrs. on Saturdays). HDFC Bank ATM is also available. SBI Branch with ATM is also available for utilization. Further, most of the reputed banks operating in the country have branches and ATMs in Jamnagar Town.

(h) **Post Office.** A sub-Post Office is situated inside the base and is open between 0800 to 1400 hrs on all working days.

(j) **Cinema Hall.** There is a Cinema Hall, which has a seating capacity of 350. In addition to regular Hindi Films, English and regional language films are also screened. The cinema programme is published through daily orders.

(k) **Canteen.** This canteen stocks items of general nature for daily use & its timings are:

1030-1300 hrs	}	All days except Fridays & Saturdays
1530-1730 hrs		
1030-1300 hrs		Saturday & Sunday

Important Telephone and Contact Nos.

Exchange: 0288-3987492/493

Fax No: 0288-2522053

OOD – Extn 7222

SO (T) - Extn 7302

Oi/c LES : Extn 7332

CI LES : Extn 7334

(l) **TRUPTI Shopping Complex.** TRUPTI is situated inside the base, to cater for immediate requirements of stationery, grocery, vegetables, uniform accessories and other items.

(m) **Medical Facility.** There is a full-fledged 20-bed sickbay and a Dental Centre inside the base with modern facilities to provide medical support. The Military Hospital, Jamnagar located about 15 Kms away from the base provides specialist support.

9. **Flight / Train Timings.**

(a) Air India Flight AI-647 (Ex Mumbai) arrival at Jamnagar Daily : 1110 Hrs

(b) Air India Flight AI-648 (To Mumbai) departs Jamnagar Daily : 1150 Hrs

Railway Station, Jamnagar

Train No.	From	To	Arrival	Departure
9006 Saurashtra Mail	Okha	Mumbai Central	1525	1530
9005 Saurashtra Mail	Mumbai	Okha	1255	1300
9016 Saurashtra Express	Central	Mumbai Central	2245	2250
9017 Saurashtra Express	Porbander	Jamnagar	0925	1325
8041 Puri Express (Wed only)	Bandra	Puri	1115	1120
8042 Puri Express(Tues only)	Okha	Puri	1135	1140

Railway Station, Hapa

Train No.	From	To	Arrival	Departure
9018 Saurashtra Janta Express	Hapa	Mumbai.		1325
9017 Saurashtra Janta Express	Mumbai	Hapa	0900	
2477 Sarvodaya Express	Hapa	Jammu-Tawi		0515
2478 Sarvodaya Express	Jammu-Tawi	Hapa	2055	
6333 Hapa-Trivandrum Express	Hapa	Trivandrum		0515
6334 Trivandrum-Hapa Express	Trivandrum	Hapa	1815	