AIR FORCE SCHOOL OF PHYSICAL FITNESS

SL. No.: ARC/39
385/09

CERTIFICATE

This is to certify that Service No 796018 - B

Rank Sgt Name Sher Singh Yadav

Trade GDI has successfully completed No 39

Advance Refresher Course conducted at this school

from 01 Jun 09 to 08 Aug 09 This course covers advanced

Training for Ground Training Instructors (GTIs)

THE SUBJECTS COVERED DURING THE COURSE:

(A) ANATOMY AND PHYSIOLOGY	(b) ATHLETICS
(c) BOXING	(d) COMBAT SPORTS
(e) DRILL AND CEREMONIALS	(f) ENDURANCE TRAINING
(g) FIRST AID	(h) MAJOR GAMES (BASKET BALL, CRICKET, FOOT BALL, HAND BALL, HOCKEY, SOFT BALL & VOLLEY BALL
(i) MINOR GAMES	(j) SWIMMING
(k) SMALL ARMS TRAINING	(l) WEIGHT TRAINING
(m) YOGA	

He has been graded Above Average

(निरीज वालिया)
(Nirish Walia)
विंग कमांडर
Wg Cdr
कमान अधिकारी
CO
वायु सेना स्कूल
AFSPF

Commanding Officer

(K Raghavendra)
Gp Capt
Stn Cdr
AF 91405 (AF Stn)

Station Commander

SEAL

Date : 07 Aug 09