

Important: The prospectus or the details given below is informational and should not be taken as binding on the VAS-PAK/ VMRC College, the VAS-PAK administration or college reserves the right to change the rules and regulations applicable to the students, trainee or Pre-Cadets; whenever it is deemed appropriate or necessary.

Before getting registration and also before taking admission you should read and understand the following terms and conditions. If you agree with the following conditions then proceed the process of Registration and Admission in VAS-PAK or VMRC.

It will take about Twenty Two (22) minutes to read and understand the following material (Informational data) for a common person. Please keep a Notebook /Diary & Pen with you to note down the important points, codes, passwords (If Any) and key words used in the following data.

Differences between VAS-PAK and other ordinary Institutes.

SN	VAS-PAK Pre-Cadet	Others/ Ordinary Cadet
1.	Select Limited Students (Just 12) Through Merit Based Tests. HIGH MERIT.	Select unlimited Students without any Merit Based Tests.NO MERIT.
2.	VAS-PAK doesn't hire models. All photographs are of Pre-Cadets (VAS- PAK, s own).	Almost All photographs are of models or other institutes.
3.	VAS PAK/ VMRC have own cloth, uniform and badges.	Copying and using <u>Fake Uniforms</u> . No concept of uniform.
4.	Highly specific shoes (SBS) to learn and maintain the gait, grace and decency.	Ordinary cheap shoes .Their trainee or (so called) cadets are without gait, grace and decency.
5.	Admission opens twice in a year. Well Organized.	Admission opens throughout the year. <u>Ill organized</u> .
6.	At least four BOQ ,s just like home / (Tippu House, Jinnah House etc.)Located in Rwp. Cantt. & Islamabad.	None of any in Islamabad. Mostly in villages. Residence in Hostels.
7.	Four to Eight (BOQ, s in all over Pakistan).	Just single building.
8.	In any case, our Pre-Cadet can move within a 24 HRS (to obey the Movement Order) for DTY & TRNG.	Just localized. None of any or even all together can never move anywhere other than their single campus.
9.	<u>No Late Fee Charges</u> . Pak (Purely Clean) from (Haram/Illegal) amount (Sood – Trust).	Late fee charges taking as (Haram – Sood /Trust).
10.	Once fee decided. It remains same throughout the term.	At the time of admission fewer fees brought in your knowledge and then it increases throughout the term.
11.	VAS Academy is oldest one since 1995.	All are still establishing .None of them is older than four years.

Contents of a Complete Process of a Trainee/Pre-cadet

1. Announcement and advertisement of Registration and Admission in VAS-PAK and VMRC.
2. Age Criteria.
3. Registration (RAR).
4. Preliminary Test & Telephonic interview (TI-1 & TI-2).
5. Entry Test.
6. Medical (During Selection-From Basic to Preliminary).
7. Medical (During Selection-Final).
8. Joining letter.
9. Uniform.
10. Life In VAS -PAK Posting is mandatory. Moreover; it's not always necessary that he/she (Pre-Cadet) will also be accompanied by a/the same colleague/s as a roommate or section-mate or even platoon mate. He/she (Pre-Cadet) could be accommodated alone in a room/BOQ.
11. Parents and Visits.
12. Discipline.
13. Out Pass and Night Pass.
14. Residence /Accommodation.
15. Medical (During Training- Sickness, Injury etc.)
16. Mess.
17. Laundry.

18. Hair Cutting/Beauty Parlor.
19. Transport.
20. Sports (Physical Fitness, Assault/ Survival Courses and Exercises in Sea, Desert & Mountains etc.).
21. Official Duties.
22. Library.
23. Discipline: Warning/Promotion, Relegation & Withdrawn Conditions.
24. Classes.
25. Clearance Form.
26. Exams.
27. Pass out.

1. Announcement and Advertisement of Registration, Admission and Recruitment in VAS-PAK & VMRC:

VAS Pakistan announces admission normally twice a year (means **Two Batches per Year**). But sometimes it varies as we took three Batches in 2020. But now in 2021; Quota for Seats and Batches are categorized as given below:

A. **National Students (Pre-Cadet Girls):**

B. **International Students (Pre-Cadet Girls):**

A. **National Students (Pre-Cadet Girls):**

We are taking just **One Batch** at National Level (**6th, 7th, 8th & 9th**-students from Pakistan only). We are taking **Two Batches** at National Level (from, **10th, First Year, Second Year & after Second Year** for Commissioned Officers in Pak Forces, Medical Entry Test, Engineering Entry Test and becoming officer in VAS-PAK. - Students from Pakistan only).

B. **International Students (Pre Cadet Girls):**

Two Batches of International students only according to the following category:

SN	Continent						
1.	Asia (11)	Afghanistan	Azerbaijan	Iran	Iraq	Lebanon	Palestine
2.		Saudi Arabia	Sri Lanka	Syria	UAE	Uzbekistan	
3.	Africa (4)	Sudan	Libya	Nigeria	Morocco		
4.	Europe (6)	France	Germany	Iceland	Italy	Norway	United Kingdom
5.	N. America	Canada	United States				
6.	S. America	Brazil	Chili				
7.	Australia	Australia	New Zealand				

1. **First Batch Entry:** In the First Week of May (In 2021, it will be August Entry) of each year.
2. **Second Batch Entry:** In the First Week October of each year.

Registration Dates: Normally in January & March for First Batch Entry and Second Batch Entry; respectively.

2. Age Criteria (For Students /Pre-Cadets Only.

For Trainees /Officers /Lady Doctors/Lady Teachers; See Job/TRNG Tab at web/Prospectus/Catalogue.

AGE LIMIT

AGE RELAXATION

SN	Class/Grade	Min age		Max age		Lower Case		Upper Case	
		Year	Month	Year	Month	Year	Month	Year	Month
1. *	One	3	10	4	10	Nil	Nil	Nil	
2. *	Two	4	Nil	5	6	Nil	Nil	Nil	
3.	Three	4	5	6	2	Nil	Nil	Nil	
4.	Four	5	2	6	8	Nil	Nil	Nil	
5. *	5 th (Primary).	5	8	7	4	Nil	Nil	Nil	
6.	6 th	6	8	8	8	Nil	8		
7. *	7 th	7	2	11	10	Nil	Nil	1	4
8. *	8 th (Middle).	11	10	13	4	Nil	Nil		8

9. *	Pre- 9 th	12	4	14	8	Nil	Nil		8
10.	9 th	12	8	15	10	Nil	Nil		8
11.	10 th (Matric).	13	4	17	4	Nil	Nil	Nil	8
12. *	1st Year	14	2	17	11	Nil	Nil	2	Nil
13. *	2nd Year	15	Nil	19	11	Nil	Nil	2	Nil
14.	LTC- BASIC	16				Nil	Nil		
15.	LTC- Gen To Special	24							

- a. *Means these are special cases and need further details and consideration.
- b. Age relaxation process could be reviewed and revised at any time. Application in this regard could be addressed to the Chief Administrator only. Application must be submitted within the Forty Days of Registration of the relevant candidate.

3. Registration, Admission and Recruitment (RAR).

Registration process is divided into the following five (5) steps:

- A. Telephonic Call. B. Text Message (SMS/WhatsApp). C. Email. D. By Post. E. Online.**

Request for Registration via

- A. Telephonic Call:** 0333-557-1026, 03-44-55-48-175 (for short duration Telephonic calls only - not for incoming whatsapp texts or SIM texts).
- B. Text message SMS/WhatsApp:** 0310-55-42-100 (For incoming whatsapp texts or SIM texts only -not for incoming Telephonic or WhatsApp calls).
- C. Email:** vmrcpk@gmail.com
- D. By Post:** VAS-PAK, VMRC Girls Pre-Cadet College, Registration, Admission and Recruitment (RAR) Branch, Lehtrar Road Main KP, Islamabad-PAKISTAN.
- E. Online (At www.vaspakistan.com > Online(Top Right Most Tab):**

Following data is required:

1. Name of the Candidate:
2. Blood group:
3. Two Photographs; (One Passport Size -One Full Size):
4. Fathers Name:
5. Mothers Name:
6. Form B No/ID Card No.
7. Class (In which Admission is required):
8. Institute Name with address:
9. Last Result Card:
10. Postal Address:
11. Village Address:
12. Face Book Id:
13. Personal Contact 1:
14. Personal Contact 2:
15. WhatsApp:
16. Emergency Contact :
17. Home Contact :
18. Email: Email: (Reconfirm)

4. Preliminary Test(Video) & Telephonic Interviews:

- 5. First Telephonic Interview:** After receiving above data, there will be **First Telephonic Interview (within 72 hours)** of 4 to 12 minutes duration. The interview will be taken by a Senior Officer. The purpose of the interview is to evaluate the Candidate, Parents/ Guardians Personality, Family Coordination, Candidate Grooming, Psychological Aspects, General Knowledge and Etiquettes.

- 6. Second Telephonic Interview:** After qualifying the **First Telephonic Interview** there will be **Second Telephonic Interview; soon** after the **First Telephonic Interview** i.e.

from three to seven days but if you are **Late Case** then these (Telephonic Interviews) may be taken within a gap of twenty four (24) hours only. The pattern remains as above but comparatively tough as the **First Telephonic Interview**.

- Meanwhile, we will send you; (via Post/E-mail/WhatsApp) all the required documents those are supposed to fill and deposit within three days (72 HRS.) with **Due Registration Fee, Entry Test Fee, Provisional Admission Fee** and **Medical Fitness Certificate (original)**.
- If the candidate gets qualified in **Second Telephonic Interview** He/She/ Parents /Guardian are supposed to deposit the following documents with a size of **his/hers Civil Uniform** (with payment) for the order of stitching; His/Her just single uniform, of the appropriate size. Do remember that sample or dress size that you are sending should be **Normal Regular Straight Fitting**. Normally, it takes about eight(8) weeks for a single uniform with Shoes/Socks /Belt/Cap/Beret/Name Plate/ Head-Scarf (**for Pre Cadet-Girls**) and Neck -Scarf & Neck-Tie (**for both Pre-Cadet Girls and Pre-Cadet Boys**).
- After it **FINAL ENTRY TEST** will be proceeded over in Islamabad while issuing you the **Specified Roll No Slip** .The **Final Written Test Contents** are given below:

7. **VAS-PAK ENTRY TEST:**

VAS-PAK ENTRY TEST (in some cases it is generally called **VMRC ENTRY TEST**) will start at 920.a.m and will be finished till Evening or night. In the case of night–stay the candidate will be accommodated in RAR- Branch and all basic facilities will be provided without any charges (residence with Single Bed, Breakfast, Lunch, Dinner, Two Times Light Tea-Break and Basic Facilities will also be free of cost).But the guardians or parents would have to arrange their own accommodation. VMRC administration will provide them guide lines.

CONTENTS

- Intelligence Test-Part-1**
- G K-1 Test -Part-2**
- Psychological -Test-Part-3**
- Islamiyat/GK-2 Test-Part-4**
- Urdu Test -Part-5**
- Subject/Course Test-Part-6**
- English Test-Part-7**
- Physical Test-Part-8**
- Interview-Part-9**
- Medical Fitness-Part-10**
- FINAL SELECTION-Part-11**

You are advised that you never leave your **current institute** until, you are finally selected. You are also advised to re-read and understand the **Rules and Regulations of VAS-PAK**. And understand to follow them clearly. Do remember as much as you can do physical exercise with certain limits, as easy you could be accommodated in VAS PAK Training Centre. If you have **Good Physical Stamina** you may have maximum chances over here to get in **Top Student's List**.

8. **Medical (During Selection):**

- Basic Medical:** Medical Fitness Certificate as Provided By the Candidate by a Registered Physician.
- Preliminary Medical:** Preliminary Medical could be proceeded at VMRC (RAR) Branch.
- Final Medical:** Final Medical would be I proceeded in any hospital like CMH/MH/Fauji Foundation etc. (as ordered By VMRC Administration).

9. **Final Selection: Documentation, Scrutiny, Affidavits, Bond etc.**

10. Joining Letter (Conditioned with the Original Documents): Once you are finally selected and you have submitted your all dues (for details see your CFN), documents (See Documents required at the time of Registration and Admission) and **Sample Dress for Uniform Size** (Consult VAS-PAK Administration) you will be provided joining letter. Joining

letter includes all things required at VMRC. Moreover, joining letter also includes your willingness to join VMRC.

List of Restricted Things is also attached with joining letter.

11. UNIFORM:

VAS PAK/ VMRC/ VOC are famous for its highly graceful uniforms (Sleeping, Sports, Parade, and Mess-Kit etc.). Complete information and rules are present in **Uniform & TRNG** but basics rules and general samples are mentioned here to give you the basic concept.

UNIFORM –Instructions & Restrictions.

This form after completion must be attached with Clearance Form (Part I & Part II)/Cert to proceed the application within due date.

1. Uniform Will Be Worn Only On Mentioned Days, Time & Places as Ordered By VAS Command.
2. You can't travel in public transport at any place in or outside Pakistan, while wearing uniform.
3. You can't share your uniform in social media in any form or mode.
4. You can't share your uniform to your family members or friends by any men e.g. wearing etc.
5. Any Pre -Cadet/ Staff (Male or Female) must get **Clearance Form (Part I & Part II)** while going with Out -Pass/ Night- Pass/Leave or withdrawn case. If he/she does not pass through checking process, he/she will be responsible for all lost things or damages or both.

UNIFORM-What you can have and what you can't have from outside the academy.

SN	Items those you can take outside from VAS/VMRC/ VOC Academy. In the case of withdrawn case get separate sheet for rules & regulations.	Items those you can't take outside from VAS/VMRC/ VOC Academy	Items those you can have permanently when CRSE/TRNG is completed	Tick or cross by Dty Clerk or on Dty if something lost later on or found restricted thing/s with the Pre-Cadet. Dty Person will be responsible.
1.	College Card			
2.	Authority Letter			
3.	White shirt (with Shoulder strips)	Uniform Shirt		
4.	Single strip Dress Pent	Ranks		
5.	White Shirt (without Shoulder strips)	Shoulder Title		
6.	Single Dress Pent	D.Sign		
7.	Single Strip Dress Pent	VMRC Beret		
8.	Sun Cap	VAS PAK Mono		
9.	Double Strip Belt	VAS PAK FLD Sign		
10.	Dress Shoes	VMRS Insignia		
11.	Name Plate	VAS PAK Insignia		
12.	Socks	SD CAP		
13.	Pent with Double Strip	Mess Kit Cap		
14.	Petty Coat	Mess Kit		
15.	Simple Coat	FT Shoes		
16.	Uniform Sweater	SARRI (Uniform)		
17.	Joggers	SARRI (Mess Kit)		
18.	Slippers			
19.	Single Scarf			
20.	Sleeping Dress			
21.	Sports Kit			
22.	VAS PAK T-Shirt			
23.	Under Garments			
24.				

e. **Emergency** : (May be in the Case of Domestic, National or International Disaster) Anywhere in Pakistan or Ex-Pakistan.

When we talk about permanent it means their fifty percent stay , and when we talk about camp office it means while training in Hospitals, Universities, Medicals Colleges etc. for Seminars , Conferences, WKSP, Symposium etc. When we talk about temporary 1& 2 it means during training or while participating in Sports, Declamation Test, and Speech etc.

1. **Bedroom:** Average bed room size is **16 x 16 Feet** with The Following Items (Few Items May Be Added Or Removed According To The Order And Situation):

2. **Bed Types:** Type (a) is commonly used while type (b) (c) & (d) are occasionally used. Last three types are most often used in a special training of survival course.

I. **Single Wooden Bed** with Mattress.

II. **Tubular** (it's made up of Frame of iron pipe with a central net structure of criss-cross arrangement with Nawaar (Cotton Made- Strips) laid over by a Talai (filled with a cotton swab in cover).

III. **Vertical Double Bed** – wooden made (above & below) bed with mattress or cotton filled Talai.

IV. Or very few times on floor with mattress or cotton filled Talai (during survival training only).

A BOQ/ Facilitated Room consist of the following items:

i. Three Wooden Beds.

ii. Three Chairs.

iii. Two Study Tables/Shelves.

iv. Single Computer.

v. Single Fan (there is no AC as extreme summers are spent in a northern or mountain areas but duty room is facilitated with AC where Trainees /Pre-Cadets could be accommodated temporarily i.e. from few hours to few days). Only three to four weeks of the summers are spent in hot area campuses).

vi. Single Heater.

vii. Single Television.

viii. Iron.

ix. Book Shelf (for about thirty books).

x. Cloths Almirah.

xi. Single Study Lamp.

xii. Single Round Table cum dining table (for two to four persons only).

❖ **Study Room** cum classroom; also attached with the bed room. Essential items of the class room (white board, four study chairs etc.) are also present in study room.

3. **Basic TRNG Area:** Basic training area (Empty Area with rough floor) is a rough area just like the war area, obstacles area or any rough building (in the case of plaza inside while in the case of house outside adjacent area). This area is facilitated with drums, inclined Plain, Bricks, Sand, Rope, Bamboos (all the things, those are used in ISSB-GTO Task). The purposes or functions of basic training area while facilitating the trainees are given below:

A. Primary Assault Course.

B. Parade Ground (Primary).

C. Salute Test Training.

D. In the case of raining; indoor parade rehearsal.

E. GTO Task.

F. Individual Task, Group Task and Command Task.

16. Medical (During Training) Details of Medical Facilities & Cases:

Generally, after two weeks every member of VAS Pakistan is supposed to appear in front of Staff Nurses or Medical Officer for **Basic Medical Checkup**. Fever, Flu, Headache, Minor injuries like Simple Cut, Bruises etc. are treated on the spot and medicines of such diseases are free of cost. But in the case of fracture/s or other major disease (regardless chronic etc.), patient is supposed to be admitted in hospital. Such expense will be beard by the family.

1. **Sickness:**

a. **Fever** (Normal To High).

b. **Minor Injury:** Any Cut, Bruise or about three to four surgical stitching would be classified in normal to minor injury.

c. **Major Injury:** Fracture or Cranium, Arm, Leg ,Nose etc. bone or Any cut, bruise or about eight to ten surgical stitching would classified in major injury

2. **Death:** VAS-PAK or VMRC administration will be responsible (with certain limits) to start and concluded the fact and factors within the two weeks of the incident only when it proceeded in VAS-PAK or VMRC Premises.

a. **Martyred.** If you are performing your duty In School, College, Hospital etc.

b. **Natural.** If anyone suffering from any disease may be chronic or epidemic like Covid-19.

c. **Accident.** God Forbid, it may be Road Accident, Earthquake, Storm, Flood, Air Crash etc. (Check Affidavit).

- d. **Suicide (Self-Killing).** Till the December 2020, there is not any a single case of suicide. VAS-PAK and VMRC train its Students, Pre-Cadets and Trainee to become hard (Mentally & Physically) to face and handle the life challenges in positive manner. VAS-PAK / VMRC will not responsible for it, in any case; if it takes outside the premises of the institute. If God Forbid, it proceeded within the VAS-PAK/VMRC premises, administration will start and concluded the fact and factors within the two weeks of the incident.

17. Details of Physical & Mental Training

- Normal candidates are supposed to train hard.
- Therefore; following Physical Fitness are required to maintain the fitness and promotion. Front-role, Side-role, Chin-up, Push-up, Sit-stand, Simple stand, Salute stand, Invert stand (Head- Based), Invert stand (Arms-Based), Frog Jump, Skipping, Running, Rope Climbing, Tarzan Bridge, Monkey Bridge, Tyre-Crossing, Hiking, Swimming, Crawling etc. Duration of these Physical exercises vary according to the level of Fitness, Term and age of the Trainee/ Pre-Cadet.

Major Sports

SN	Title	Winter	Summer	All Season			
1.	Athletics	Weekly	Weekly				
2.	Cricket	Weekly	Weekly				
3.	Hockey	Weekly	Weekly				
4.	Football	Weekly	Weekly				
5.	Badminton	Weekly	Weekly				
6.	Table tennis	Weekly	Weekly				
7.	Sack race	Weekly	Weekly				
8.	Swimming	NIL	Weekly				
9.	Paragliding	Monthly	Monthly				
10.	Hiking	Monthly	Monthly				
11.	Boating	Monthly	Monthly				

Details of Survival-1 & Technical Training (Skills Development).

For Further Details see Training Part- VI

- Dusting, Washing & cleansing floor.
 - Washing Tools/Utensils/Crockery
 - Using of Fork, Spoon, Knife, Plates And Dish. Basic Cooking and Knead the dough.
 - Plantation, Digging , Trenches/,Stitching, Shoe Polishing, Interior Decoration, Public Dealing, Basic & General Medical Treatment, Ironing, Hair Cutting, Slaughtering, Primary Palliative Care, Driving, Electrician, White wash/Painting etc.
- Above mentioned basic training is further classified for Males and Females Separately but essential part of **First Term**.

18. Details of Activities with Time Table

- Sleeping Hours:**
 - Summer:** 8 Hours.
 - Winter:** 8 Hours.
 - Exams:** 6 Hours.
 - Training:** 5 Hours.
 - Survival Course/ Emergency:** 4 Hours.
- Normal Training Days:** (See Training in the form of Terms).
- Study Hours:** 4 to 18 Hours (from normal routine days to Examination days respectively).
- Sports /Physical Fitness (according to the schedule mentioned above - see Physical & Mental Training).

CLASSES TIME TABLE

Pd	Time	Bio	Chem	Phy	Maths	Eng	Stat	Compt	Urdu	Pk.Stdy	Islm
1.	0740-0820 Hrs.										
2.	0820-0900 Hrs.										
3.	0900-0940 Hrs.										
4.	0940-1020 Hrs.										
5.	1020-1100 Hrs.										
6.	1100-1140 Hrs.										
7.	1140-1200 Hrs.										
8.	1200-1240 Hrs.										

9.	1240-1320 Hrs.									
10.	1320-1400 Hrs.									
11.	1400-1440 Hrs.									

Pd	Time				
1.	0740-0820 Hrs.	Assembly			
2.	0820-0900 Hrs.	Islamiyat			
3.	0900-0940 Hrs.	Computer	Civics	History	Military History
4.	0940-1020 Hrs.	Chemistry	Psychology	Islamiyat (Elective)	Statistics
5.	1020-1100 Hrs.	Urdu			
6.	1100-1140 Hrs.	Maths	Biology	Geography	Edu
7.	1140-1200 Hrs.	Physics	Economics	English Lit	H&P Edu
8.	1200-1240 Hrs.	English			
9.	1240-1320 Hrs.				
10.	1320-1400 Hrs.				
11.	1400-1440 Hrs.				

19. Clearance Form:

There is a certain processes (at least 45 days ;after submitting the clearance forms),while posting(Leaving Old Place and Joining New Place), Getting Promotion, Joining New Term, Getting Roll No Slip/Date Sheet, Appearing in the Examination or even Leaving the Institute; Student/ Pre-Cadet/ Trainee must submit the clearance form to the academy office (accounts). Such forms are called Clearance Form. There should be clearance (with signature & stamp) from Teachers, Mess, Sports etc. that none of the amount or any tool/s is/are pending from the Student/ Pre-Cadet/ Trainee or due on the Student/ Pre-Cadet/ Trainee.

For details see clearance form.

20.Examination:

Percentage Required

To Get Promotion into Next Session Or Term (Regarding Attendance & Marks Obtained).

SN	Percentage	Classes				TESTS			EXAM		
		Physical Classes	On line Classes	Practical	Study Tours	Written	Physical		Mid I	Mid II	Annual
2.	Attendance Min Required in %	80	72	90	90	90	100		75	85	95

21.Transport:

There are certain routes on which transport is free (from RAR/BOQ/Main Centre to Gymnasium, Sports Ground, and Officers Mess, other Branch, Official Duties, etc.).

In the case of Additional, New, Non Official or Required routes (Out Pass/Night Pass/Pick and from Bus Stands, Railway Stations, Airports, Market, etc.) Transport facility is not guaranteed but if provided, it will be charged accordingly. Appointment holder for such services will not be charged.

Transport facility during tours is also charged. VAS PAK includes its own small car or as already hired on panels from small vehicles (Cars) to medium (Van) to big (Coaster, Bus etc.) Private Transport booking by the trainees is never allowed. Moreover; they are also not allowed to travel in a private transport or motorbike while wearing uniform.