

INSTITUTIONAL TRAINING SYLLABUS 2019

SD / SW : COMMON SUBJECTS

BLOCK SYLLABUS

S.No	Subject	First Year	Second Year	Third Year	Total Periods
1	NCC General	6	0	0	6
2	National Integration and Awareness	5	2	0	7
3	Drill	21	14	10	45
4	Weapon Training	13	6	6	25
5	Personality Development	5	11	12	28
6	Leadership	3	4	5	12
7	Disaster Management	7	3	4	13
8	Social Service and Community Development	10	19	18	47
9	Health and Hygiene	5	4	1	10
10	Adventure	1	0	0	1
11	Environmental Awareness and Conservation	0	0	3	3
12	Obstacle Training	3	3	3	9
13	General Awareness	0	0	4	4
	Total	79	66	66	210

1. NCC General (N)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	N-1	Aims, Objectives & Organisation of NCC	1	L	0	-	0	-	1
(ii)	N-2	Incentives	2	L	0	-	0	-	2
(iii)	N-3	Duties of NCC Cadet	1	L	0	-	0	-	1
(iv)	N-4	NCC Camps: Types & Conduct	2	L	0	-	0	-	2
		TOTAL	6	-	0	-	0	-	6

2. National Integration & Awareness (NI)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	NI-1	National Integration: Importance & Necessity	2	L	0	-	0	-	2
(ii)	NI-2	Factors Affecting National Integration	1	L	0	-	0	-	1
(iii)	NI-3	Unity in Diversity & Role of NCC in Nation Building	2	L	0	-	0	-	2
(iv)	NI-4	Threats to National Security	0	-	2	L	0	-	2
		TOTAL	5	-	2	-	0	-	7

3. Drill**(a) Foot Drill (FD)**

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	FD-1	Drill ki Aam Hidayaten aur Word of Command	1	L/P	0	-	0	-	1
(ii)	FD-2	Savdhan, Vishram, Aram Se aur Murdna	2	L/P	0	-	0	-	2
(iii)	FD-3	Kadvar Sizing, Teen Line Banana, Khuli Line aur Nikat Line	2	L/P	0	-	0	-	2
(iv)	FD-4	Khade Khade Salute Karna Parade par, Visarjan, Line Tod	1	L/P	0	-	0	-	1
(v)	FD-5	Tej Chal, Tham aur Dhire Chal, Tham	3	L/P	3	L/P	0	-	6
(vi)	FD-6	Dahine, Baen, Aage aur Piche Kadam Lena	1	L/P	0	-	0	-	1
(vii)	FD-7	Tej Chal se Murdna	2	L/P	0	-	0	-	2
(viii)	FD-8	Tej Chal se Salute Karna	0	-	3	L/P	0	-	3
(ix)	FD-9	Tej Kadam Taal aur Tham	1	L/P	0	-	0	-	1
(x)	FD-10	Tej Kadam Taal se Kadam Badalna	2	L/P	0	-	0	-	2
(xi)	FD-11	Teeno Teen se Ek File aur ek file se Teeno Teen Banana	0	-	3	L/P	0	-	3
		TOTAL	15	-	9	-	0	-	24

(b) Drill with Arms (AD)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	AD-1	Rifle ke Saath Savadhan, Vishram aur Aram se	2	L/P	0	-	0	-	2
(ii)	AD-2	Rifle ke Saath Parade Par aur Saj	1	L/P	0	-	0	-	1
(iii)	AD-3	Rifle Ke Saath Visarjan, Line Tod	1	L/P	0	-	0	-	1
(iv)	AD-4	Bhumi Shastra aur Uthao Shastra	1	L/P	0	-	0	-	1
(v)	AD-5	Bagal Shastra aur Baju Shastra	1	L/P	0	-	0	-	1
(vi)	AD-6	Salami Shastra	0	-	3	L/P	3	L/P	6
(vii)	AD-7	Squad Drill	0	-	0	-	3	L/P	3
		TOTAL	6	-	3	-	6	-	15

(c) Ceremonial Drill with Arms (CD)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	CD-1	Guard Mounting	0	-	1	L/P	2	L/P	3
(ii)	CD-2	Guard of Honour	0	-	1	L/P	2	L/P	3
		TOTAL	0	-	2	-	4	-	6

GRAND TOTAL			21	-	14	-	10	-	45
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4. Weapon Training (WT)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	WT-1	Introduction & Characteristics of .22 rifle	3	L/P	0	-	0	-	3
(ii)	WT-2	Handling of .22 rifle	3	L/P	0	-	0	-	3
(iii)	WT-3	Range Procedure & Theory of Group	1	L	0	-	0	-	1
(iv)	WT-4	Short Range Firing	6	L/P	6	L/P	6	L/P	18
		TOTAL	13	-	6	-	6	-	25

5. Personality Development (P)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	P-1	Personality Development Capsule *Self Awareness *Empathy, *Critical & Creative Thinking, *Decision Making	2	L	0	-	0	-	2
(ii)	P-2	Communication Skills	0	-	3	L/P	0	-	3
(iii)	P-3	Group Discussion, *Stress & Emotions, *Change your mindset, *Inter Personal Relations & Team Work, *Time Mgt, *Civic Sense	1	L/Di	6	L/Di	6	L/Di	13
(iv)	P-4	Career Counselling, SSB Procedure & Interview Skills	0	-	0	-	3	L/P	3
(v)	P-5	Public Speaking	2	P	2	P	3	P	7
		TOTAL	5	-	11	-	12	-	28

6. Leadership Development (LD)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	LD-1	Leadership Capsule. *Traits, *Indicators, *Motivation, *Ethics, *Honour Code	3	L/Di	0	-	0	-	3
(ii)	LD-2	Case Studies. Shivaji, APJ Abdul Kalam & Deepa Malik, Maharana Pratap, Ratan Tata, Kiran Majumdar, Jhasi Ki Rani, Narayan Murty, Prakash Padukone, Tipu Sultan, Rabindra Nath Tagore	0	-	4	L/Di	5	L/Di	9
Any other Case Study as deemed appropriate by the respective Dtes									
TOTAL			3	-	4	-	5	-	12

7. Disaster Management (DM)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	DM-1	Disaster Mgt Capsule- *Soch Vichar * Types, Org, Capability & Role of NCC cdt's *Team Composn & Eqpt for specific disasters	3	L	0	-	0	-	3
(ii)	DM-2	Fire Service & Fire Fighting	1	L/D	0	-	1	L/D	1
(iii)	DM-3	Initiative Trg, Organising Skills, Do's & Don't's Natural Disasters Man Made Disasters	2 1	L/D L/D	2 1	L/D L/D	2 1	L/D L/D	6 3
TOTAL			7	-	3	-	4	-	13

8. Social Service and Community Development (SS)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	SS-1	Social Service Capsule- *Basics, *Rural Devp Pgmes, *NGOs, *Contribution of Youth	3	L	0	-	0	-	3
(iii)	SS-2	Swatch Bharat Abhiyan	3	P	3	P	3	P	9
(iv)	SS-3	Social Service and Community Development Activities- *Soch Vichar, *Social Evils, *Beti Bachao Beti Padhao, *Drug Abuse, *Mission Indradhanush, *Digital Awareness, *Waste Mgt, *Women Hlth & Sanitation, *Tree Plantation, *Tfc Awareness, *Pollution	1	L	12	P	12	P	25
(v)	SS-4	Protection of Children & Women Safety	1	L	1	L	1	L	3
(vi)	SS-5	Road / Rail Travel Safety	0	-	1	L/P	0	-	1
(vii)	SS-6	New Initiatives	1	L	1	L	1	L	3
(viii)	SS-7	Cyber & Mobile Security Awareness	1	L	1	L	1	L	3
		TOTAL	10	-	19	-	18	-	47

9. Health and Hygiene (HH)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	H-1	Hygiene & Sanitation (Personal & Camp Hygiene) Soch Vichar	1	L	0	-	0	-	1
(ii)	H-2	First Aid in Common Medical Emergencies, Treatment & Care of Wounds	3	L/D/P	3	L/D/P	0	-	6
(iii)	H-3	Introduction to Yoga & Exercises	1	L/D/P	1	L/D/P	1	L/D/P	3
		TOTAL	5	-	4	-	1	-	10

10. Adventure (ADV)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	ADV-1	Introduction to Adventure Activities	1	L	0	-	0	-	1
		TOTAL	1	-	0	-	0	-	1

11. Environmental Awareness & Conservation {E}

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	E-1	<u>Environmental Awareness & Conservation Capsule-</u> *Soch Vichar, *Water Conservation, *Energy Conservation	0	-	0	-	3	L/P	3
		TOTAL	0	-	0	-	3	-	3

12. Obstacle Training (OT)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	OT-1	Obstacle Course	3	L/D/P	3	L/D/P	3	L/D/P	9
		TOTAL	3	-	3	-	3	-	9

13. General Awareness (GA)

S No	Code	Subject	1st Year	Type	2nd Year	Type	3rd Year	Type	Total Periods
(i)	GA-1	General Knowledge	0	-	0	-	2	Di	2
(ii)	GA-2	Logical & Analytical Reasoning	0	-	0	-	2	Di	2
		TOTAL	0	-	0	-	4	-	4