

Outdoor Training Syllabus for Prob./Inspr/ Sub.Inspr/Asstt.Sub.Insprs.

1. Total No of days	- 365 days
2. Deduct :-	
a) Holidays including Sundays & 2nd Saturday	- 90 ! ! 125 days !
b) Examination days, POP, Periodical exams, etc.	- 35 !
3. Total No. of working days (365-125)	- 240 days
4. Period per day	- 5 Periods
5. Total number of periods (240x5)	-1200 Periods

Distribution of Periods

Outdoor Subjects	Periods
1. Physical Training	180
2. Unarmed Combat	50
3. Meditation	30
4. Drill	200
5. Weapons Training	160
6. Crowd control	80
7. Maintenance & mechanism of motor cycles, Jeeps & driving	40
8. Field Craft and Minor tactics	75
9. Explosive	25
10. Natural Calamities	20
11. Horse Riding	30
12. R.T.	-
13. Miscellaneous	60
14. Game	180
15. Maintenance	70
Total	----- 1200 -----

Outdoor Training Syllabus for Prob. Insprs./Sub.Insprs./ ASI

	Periods

1. Physical training :- (180 periods)	
a) Army recruits table cards I to VI.	35
b) P.T. Apparatus-Rope Climbing, beam, cutting horse and ground work, etc.	40
c) Yoga Asans.	40
e) Road walk and run/cross country run, endurance, etc.	25
f) Obstacles course.	20
g) Swimming and life saving.	20
2. Unarmed combat.	50
3. Meditation	30
4. Drill :- (200 periods)	
a) Drill with & without Arms.	90
b) Cane Drill/Beaton Drill.	10
c) Sword Drill.	5
d) Platoon Drill.	10
e) Coy. Drill.	10
f) Ceremonial Drill.	10
g) Guard mounting & Guard of honour.	20
h) Miscellaneous Drill.	10
i) Fire Fighting, Street lining and Extended Drill.	30
j) Kit inspection.	5
5. Weapon Training :- (160 periods)	
a) Rifle & Baynets-all types (.303).	30
b) Light Machine Gun .303	10
c) .38 Revolver/9mm Pistol.	35
d) 9mm sten Gun/9mm Carbine.	35
e) .36 Hand Grenade/.36 Rifle grenade discharger cup and .303 G.F.Rifle.	20
f) Rifle 7.62 SLR, AK 47 Rifle, AK-74 Rifle, AK 94 Rifle, Rocket Launcher, G-PMG, Explosive devices, etc.	30
	Periods

6. Crowd Control :- (80 periods)	
a) Tear Smoke	20
b) Cane shield drill.	15
c) Mob dispersal drill (Riot Drill)	25
d) Lathi Drill.	15
e) Embussing and Debussing Drill.	5
7. a) Maintenance and mechanism of motor cycle, jeep and their driving.	40
b) Handling of R.T equipment.	-

8.	Field craft and tactics :- (75 Periods) including practical training	
	a) Selection of fire position.	2
	b) Camouflage and concealment.	2
	c) Salking.	2
	d) Section/Platoon formations.	5
	e) Judging distance.	2
	f) Patrolling.	3
	g) Ambush and Counter Ambush.(Pract.Trg.)	5
	h) Raids on criminal dens.(Pract. Trg)	3
	i) Field signals.	3
	j) Duties of night sentries.	2
	k) Night navigation.	3
	l) Fighting in built-up areas.	3
	m) Why things are seen (visual training).	3
	n) Selection of fire position and camouflage-concealment.	5
	o) Search of village for the arrest of criminal/extremists.	5
	p) Light and sound.	2
	q) Bank robbery and its prevention.	5
	r) Essentials of armed cycle patrolling in rural areas, ambush and counter ambush action.	5
	s) Operation against extremists/criminals with a platoon at farm house or tubewell huts.	5
	t) Raid on terrorists/criminal hide-up, search, etc.	5
	u) Encountering criminals/extremists in different situations faced by mobile patrol and nakabandi parties.	5
9.	Explosives :- (25 Periods)	
	a) Type of explosives.	10
	b) Accessories.	5
	c) Recognition of various types of bombs.	5
	d) Types of switches.	5
10.	Natural Calamities :- (20 PERIODS)	
	a) Earth quakes.	4
	b) Flood.	4
	c) Droughts.	4
	d) Fire.	4
	e) Rail/Road accidents.	4

11.	Horse Riding	30
12.	R.T.	-
13.	Miscellaneous (60 periods)	
	a) Practical Training (escort of prisoners)	20
	b) Purpose & use of whistle	5
	c) Alarm	5
	d) Traffic Signs & Traffic Signals	20
	e) What is Quarter Guard & its importance	10
14.	Game	180
15.	Maintenance	70

	Total =	1200
