

Block Syllabus Outdoor Training Programme Recruit (Band Men)

1. Duration of the course	=	142 days
2. No. of days for Final Examination POP etc	=	15 days
3. No. of Holidays	=	32 days
4. No. of working days (142 – 47)	=	95 days
5. No. of Period per day	=	3 Period
6. No. of Total Period (95 X 3)	=	285 Periods

Detail of Subject

<u>Subject</u>		<u>Periods</u>
Physical Training	=	60
Drill	=	60
Crowd Control	=	20
Weapon Training	=	60
Field Craft & Tactics	=	30
Miscellaneous	=	45
Game, Maintenance /Spare	=	10

	Total	285

Distribution of periods

	<u>Physical Training</u>	<u>Periods</u>	
1.	a) PT Table	= 15	
	b) Apparatus Work	= 15	
	c) Walk and Run	= 5	= 60
	d) Obstacles & Assault	= 5	
	e) Yoga	= 10	
	f) UAC	= 10	
2.	<u>Drill</u>		
	a) Drill With & without Arms	= 35	
	b) Guard Mounting	= 15	= 60
	c) Ceremonial Drill	= 10	
3.	<u>Crowd Control</u>		
	a) Lathi Cane-shield	= 5	
	b) Tear Smoke	= 5	= 20
	c) Mob Control exercises	= 10	
4.	<u>Weapon Training</u>		
	a) .303 Rifle, 7.62 MM SLR, 9mm sten/carbine, .38 rev., 9mm pistol, .303 LMG, Drill & Handling	= 40	
	b) .303 Rifle/7.62 MM SLR Musketry	= 10	= 60
	c) Musketry on Simulator	= 10	
5.	<u>Field Craft & Tactics</u>		
	a) Field Craft & Tactics	= 5	
	b) Anti Terrorist/ Extremist operation	= 5	
	c) Counter Insurgency	= 5	= 30
	d) Collection of Intelligence	= 5	
	e) Jungle Warfare Training	= 10	
6.	<u>Miscellaneous</u>		
	a) Traffic Control	= 5	
	b) VIP Security	= 8	
	c) Escorts of prisoners	= 8	= 45
	d) Street Lining	= 2	
	e) Fire prevention & Fire fighting	= 5	
	f) First Aid	= 2	
	g) Visits to affected Areas	= 5	
	h) Explosive handling	= 10	
7.	Game, Maintenance/spare	= 10	= 10

Total = 285
