

## Training Programme for Commando Refresher Course (One Month)

Total No. of Day	=	31		
Holidays including Sunday	=	05		
Total Working Days	=	26		
Period per Day	=	07		
Night Period	=	10		
Total No. of Period	=	26 x -10	=	172

### Distribution of Periods

<u>S. No.</u>	<u>Subject</u>	<u>Periods</u>	
		<u>Day</u>	<u>Night</u>
1.	Physical Training & Yoga	20	----
2.	Weapon Trg.	10	---
3.	Field Craft & Tactics	18	02
4.	Commando Opr. Theory	10	02
5.	MAP Reading	10	02
6.	Explosive / Bomb Disposal	10	---
7.	Un Armed Combat	16	---
8.	VIP Security	10	---
9.	Building Climbing & Resque Opr. & Disaster Management	04	---
10.	Misc. Subject	02	02
11.	Field Exercise & Firing	15	02
12.	Samvedi Police	04	
13.	Lecture Samvedi in Hindi & English	04	
14.	Maintenance, Game, Library & Gym	30	
14.	Lecture Offensive & Defensive Driving	02	--
14.	Final Test	07---	
<b>G. Total</b>		<b>172</b>	<b>10</b>

## Subject wise Details

- 1. Physical Training** **20 Periods.**
- i) P.T. Commando Wing HPA
  - ii) Yoga SI Lakhwinder Singh / Ct. Ajab Singh
  - iii) Strength Exercise Commando Wing
  - iv) Obstacles Crossing Trg. “
  - v) Running & Speed March “
  - vi) Swimming & Life Saving “
  - vii) Battle proficient efficiency test (BPET) “
    - i) 5KM Race- 25 Mi upto 30 years & above -27mins. “
    - ii) Monkey Crawl- weight 20' & height 12' “
    - iii) Vertical rope 20' “
    - iv) 9' Ditch cross- cross “
    - v) 60 mtr sprint- 9seconds, 10 seconds. “
  - viii) Physical Proficient efficiency test (PPET) “
    - i) 2.4000mtrs. race – 9 minutes & 9.50 minutes. “
    - ii) Chin up - 10 & 9 “
    - iii) Sit up - 40 & 35 “
    - iv) Shuttle race -5mtrs. -17 & 16 “
    - v) 100 mtrs. Sprint – 13 seconds & 14 seconds. “
- 2. Weapon Trg.** **10 Periods** **Weapon Wing**
- i) General Data, its characteristics, handling, stripping and assembling, stoppage & IAD (Immediate Action Drill) of 7.62 mm SLR, .303 & 7.62mm LMG, 9mm Sten & Carbine, 9mm Pistol, .38 Revolver, GF Rifle, HE-36 Grenade, AKM rifle & 5.56mm INSAS.
- 3. Field Craft & Tactics** **18 + 2 Periods**
- i) Field Craft
    - a) Camouflage & Concealment Technique. **ASI Jaswant Singh**
    - b) Night Observation & Indication of TGT. “
    - c) Judging distance methods. Inspr. Lakhu Ram
    - d) Fire Order “
    - e) Stalking Procedure. “
    - f) Selection of Fire Position “
    - g) Movements. ASI Jaswant Singh
    - h) Field Signals & Scout formations. “

- ii) **Tactics**
- a) Formation and movements ASI Jaswant Singh
  - b) Patrolling/Fighting in built up area. Inspr Lakhu Ran
  - c) Surveillance Technique. ASI Ranbir Singh
  - d) Ambush and Counter Ambush . “
  - e) Raid on hostilities hideouts “
  - f) Chance encounter operation “
  - g) Searching Procedure ASI Jaswant Singh
  - h) A film on Naka-Bandi ASI Ganesh Kumar
- 4. Commando Opr. Theory 10 + 2 Periods.**
- a) Characteristics of a Commando ASI Ranbir Singh
  - b) Introduction to terrorism & insurgency, Tactics, Organization , Motivates, methods, Terrorist groups in India “
  - c) Modus – operandi of insurgents “
  - d) Kidnapping & Hostage Situation “
  - e) Escape & Evasion “
- 5. MAP Reading 10 +2 Periods**
- Introduction, Different types of technical terms & Topographical Terms, Compass, Service Protector, Setting of Map, find out own position with the help of local details, conventional signs & night navigation etc. **HC Jeet Singh**
- 6. Explosive & Bomb 10 Periods.**
- i) Introduction def. Types, physical & Chemical Characteristics, handling storage & transportation measures. **SI Tara Chand / HC Jitender Singh**
  - ii) Accessories. “
  - iii) Handling of explosive “
  - iv) Modus operandi of terrorist for laying I.E.D & Body traps “
  - v) Anti Sabotage Measures “
  - vi) Film on Bomb Disposal Drill & Explosive. **ASI Ganesh Kumar**
- 7. Un Armed Combat 16 Periods**
- i) Flexible & Reflexes movements. Commando Wing
  - ii) Falls, throws & Stances, blocks, punches, kicks & stances. “
  - iii) Offensive & defensive movements. “
  - iv) Film on UAC

**8. VIP Security: = 10 periods**

- i) Basic Principles of VIP-Security. **Sh. Rameshwer Kuamr, DSP**  
ii) Types of Threats for VIP. “  
iii) Characteristic of a PSO and his duties. “  
iv) Duties of sentry at residence & Office . “  
v) Organization of CAR – Cade & Duties of Pilot, Escorts and Tail – “  
Car.  
vi) Deployment and Precautions during journey by Road, Water, Train “  
and Air.  
vii) Security arrangements at Residence, Office, Public functions. “  
viii) Role of contingency arrangement in VIP Security. “  
ix) Relevance of Intelligence and technical support in VIP Security. “  
x) Film on VIP Security. **ASI Ganesh Kumar**  
xi) Fidayeen Attack **Sh. Rameshwer Kumar, DSP**

**9. Building Climbing & Rescue Operation & Disaster Management**

**04 Periods**

- i) Causality Handling and Rescue operation **SI Tara Chand**  
ii) Rescue from flood **Sh. Amrik Singh, DSP/ SI Lekh Ram**  
III) Rescue from earth quakes “  
IV) Types of Ropes & Knots **SI Tara Chand**  
v) Concept of QRT ( Quick Response Team) **SI Tara Chand /**  
**HC Jitender Singh**

**10. Misc. Subject**

**2 + 2 Periods.**

- i) Lecture on Human Rights **Sh. Amrik Singh, DSP**  
ii) Lecture on Fist Aid **MO /HPA**  
iii)Intelligence Collection **Sh. Sajjan Singh,DSP**  
iv) Propaganda & counter propaganda “  
v) Selection & handling of an informant “  
vi) Subversion “

**11. Field Exercise & Firing**

**15 + 2 Periods.**

- i) Speed March (10 KM) **Commando Wing**  
iii) Practice & Final/test Firing **Examiner**  
iii) Reflex Shooting (Simulator Firing) **SI Tara Chand**

**12. Final Test**

**07 Periods**

- i) Outdoor Subject Tests **Examiner**  
ii) Written Test “

**14. Samvedi Police**

**04 Periods**

- i) Social, cultural & literary **Sh. Vinod Kumar, HC Ram**  
knowledge **Kumar & Ct. Kavrish Kumar**

15. Maintenance , game & library & GYM 30 Periods

**Platoon Commander**

16. Lect. On offensive and defensive driving 02 Periods **MTO**

Sd/- ( V.N. Rai)  
Director,  
Haryana Police Academy,  
Madhuban.

Endst. No. \_\_\_\_\_ / Trg. dated \_\_\_\_\_.

A copy of above is forwarded to the following for  
information and necessary action :-

1. All DsSP
2. CDI
3. Liaison Officer – Samvedi Police (Please inform all concerned)
4. ASI Ranbir Singh ( Please inform all concerned)
5. I/C Simulator & Cinema
6. Steno to DIR, Jt. DIR & Dy. DIR HPA

( Jagdish Mitter)  
Supdt (O)  
For Director,  
Haryana Police Academy,  
Madhuban.