

Police Deptt.

HPA, Madhuban.

Block Syllabus Outdoor Training of Drill Basic Course for 4 month

Duration of the course (4 month)	122 Days
No. of days for final examination	5 Days
No. of days available for training	122-5= 117 Days
No. of holidays	27 Days
No. of working days	117-27 = 90 Days
Total Periods (per day = 8)	90 X 8 = 720

Detail of Subject

1.	Physical training	90
2	GYM	80
3.	Drill	200
4.	Weapon Training	100
5.	Crowd Control	70
6.	Field Craft	35
7.	Misc.	125
8.	Samvedi Police	50
9.	Swimming	10
	Total	720

Distribution of Periods

Sr.No.	Subject	Period		
A).	<u>Physical training</u>			
	P.T. table/ Mass P.T.	20		
	Yoga	20		
	UAC	15		
	Obstacle	10	=	90
	Cross country race	10		
	Strength Exercise	15		
B)	GYM (Cart Wheel, Front Roll, Back roll, hand stand, forward roll, Spilt over, foot between the hands, Beam heaving , beam balance & Rope climbing).	80		
C)	<u>Drill</u>			
1.	Drill	20		
2.	Saluting	5		
3.	Squad Drill & IP	40		
4.	Squad Drill & Classes Taking	50	=	200
5.	Guard Duty Ceremonial Drill	30		
6.	Stick Drill/ Sworad Drill	15		
7.	Platoon & Coy. Drill	10		
8.	Word of command & Control	30		
D)	<u>Weapon Training</u>			
	All types rifle & bayonet, 7.62 SLR, AK-47, 9MM Carbine, (MM Sten, .38 Rev. , 9 MM Pistol, .303 LMG, HE-36, Grenade & GF Rifle	100		
E)	<u>Crowd Control</u>			
1.	Lathi Caneshiled	30		
2.	Tear Smoke	20	=	70
3.	Volly Fire	20		
(F)	<u>Field Craft</u>			
1.	Extended order drill	15	=	35
2.	Field Craft tactics	10		
3.	Naka Bandi	05		
4.	Search of person & House	05		
(G)	<u>Misc.</u>			
1.	Street Lining	05		
2.	Ambussing & Debussing	05		
3.	Traffic Control	10		
4.	Tent pitching	05		
5.	Lecture on Management	05		
6.	Rules for sports & ground	05	=	125

	7. Long Range firing (Practice)	10	
	8. First Aid by Dr. HPA	10	
	9. Passing out Parade	10	
	10. Fire Fighting	05	
	11. Game	55	
	12. Spare periods	10	
	13. Maintenance	30	
(H)	Samvedi Police.		
	1. Drama	05	
	2. Music	05	
	3. Literature	10	= 50
	4. Singing & Dancing	10	
	5. Communication Skill.	20	
I)	Swimming	10	

	Total	720 Periods	
