

MONTHLY TRAINING PROGRAMME OF SD / SW 1st YEAR
FOR THE YEAR 2022-23
21 MP BN NCC RATLAM

<u>Month</u> Sep 22	<u>Parade</u>	<u>Period</u>	<u>Subject</u>		<u>Subject</u>	<u>Type of Period</u>	<u>Responsibility</u>
			<u>Code</u>	<u>Period No</u>			
Week 1	01.	1	N-1	P-1	Aims, Objectives & Organisation of NCC	Lecture	ANO
		2	AD-1	P-1	Rifle Ke sath Savdhan Vishram aur Aram se	Practical	PI STAFF
		3	SS-3	P-1	SS and Community Dev Activities : Soch Vichar, Social Evils, Beti Bachao, Beti Padao, Drug Abuse, Mission Indradhanush, Digital Awareness, Waste Mgt, Woman Hlth and Sanitation, Tree Plantation, Tfc Awareness and Pollution	Lecture	PI STAFF
	02.	4	N-2	P-2	Incentives	Lecture	ANO
		5	AD-1	P-2	Rifle Ke sath Savdhan Vishrm aur Aram se	Practical	PI STAFF
		6	SS-4	P-2	Protection of Children & Woman Safety	Lecture	ANO
Week 2	03.	7	N-2	P-3	Incentives	Lecture	ANO
		8	AD-2	P-2	Rifle Ke sath parade Par aur Saj	Practical	PI STAFF
		9	SS-6	P-3	New Initiative	Lecture	ANO
	04.	10	N-3	P-4	Duties of NCC Cadets	Lecture	PI STAFF
		11	AD-3	P-3	Rifle ke Sath Visharjan and Line Tod	Practical	PI STAFF
		12	SS-7	P-4	Cyber & Mobile Security Awareness		ANO

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			<u>Code</u>	<u>Period No</u>			
Week 3	05.	13	N-4	P-4	NCC Camps : Types & Conduct	Lecture	ANO
		14	AD-4	P-4	Bhumi Shashtra aur Uthao Shashtra	Practical	PI STAFF
		15	H-1	P-1	Hygiene & Sanitation (Personal & Camp Hygiene) Soch Vichar	Lecture	ANO
	06.	16	N-4	P-5	NCC Camps : Types & Conduct	Lecture	ANO
		17	AD-5	P-5	Bagal Shashtra aur Baju Shashtra	Practical	PI STAFF
		18	H-2	P-2	First Aid in Common Medical Emergencies, Treatment & Care of Wounds	Lecture	ANO
Week 4	07.	19	NL-1	P-1	National Integration : Importance & Necessity	Lecture	ANO
		20	WT-1	P-1	Introduction & Characteristic of .22 Rifle	Lecture/Practical	PI STAFF
		21	H-2	P-3	First Aid in Common Medical Emergencies, Treatment & Care of Wounds	Lecture	ANO
	08.	22	NL-1	P-2	National Integration: Importance & Necessity	Lecture	ANO
		23	WT-1	P-2	Introduction & Characteristic of .22 Rifle	Lecture/Practical	PI STAFF
		24	H-2	P-4	First Aid in Common Medical Emergencies, Treatment & Care of Wounds	Lecture	ANO

Month Oct 22	Parade	Period	Subject		Subject	Type of Period	Responsibility
			Code	Period No			
Week 1	09.	25	NL-2	P-3	Factors Affecting National Integration	Lecture	ANO
		26	WT-1	P-3	Introduction & Characteristic of .22 Rifle	Lecture/Practical	PI STAFF
		27	H-3	P-5	Introduction to Yoga & Exercises	Lecture/Practical	ANO
	10.	28	NL-3	P-4	Unity in Diversity & Role of NCC in Nation Building	Lecture	ANO
		29	WT-2	P-4	Handling of .22 Rifle	Lecture/Practical	PI STAFF
		30	ADV-1	P-1	Introduction to Adventure Activities	Lecture/Practical	PI STAFF
Week 2	11.	31	NL-3	P-5	Unity in Diversity & Role of NCC in Nation Building	Lecture	ANO
		32	WT-2	P-5	Handling of .22 Rifle	Lecture/Practical	PI STAFF
		33	OT-1	P-1	Obstacle Course	Practical	PI STAFF
	12.	34	FD-1	P-1	Drill ki Aam Hidayaten aur Word of Command	Practical	PI STAFF
		35	WT-2	P-6	Handling of .22 Rifle	Lecture/Practical	PI STAFF
		36	OT-1	P-2	Obstacle Course	Practical	PI STAFF

Month Oct 22	Parade	Period	Subject		Subject	Type of Period	Responsibility
			Code	Period No			
Week 3	13.	37	FD-2	P-2	Savdhan, Vishram, Aram se aur Murna	Practical	PI STAFF
		38	WT-3	P-7	Range Procedure & Theory of Group	Lecture/Practical	PI STAFF
		39	OT-1	P-3	Obstacle Course	Practical	PI STAFF
	14.	40	FD-2	P-3	Savdhan, Vishram, Aram se aur Murna	Practical	PI STAFF
		41	WT-4	P-8	Short Range Firing	Lecture/Practical	PI STAFF
		42	AF-1	P-1	Armed Forces, Army, CAPF and Police	Lecture	PI STAFF
Week 4	15.	43	FD-3	P-3	Kadvar Sizing, Teen Line Banana, Khuli Line or Nikat Line	Practical	PI STAFF
		44	WT-4	P-9	Short Range Firing	Lecture/Practical	PI STAFF
		45	AF-1	P-2	Armed Forces, Army, CAPF and Police	Lecture	PI STAFF
	16.	46	FD-3	P-4	Kadvar Sizing, Teen Line Banana, Khuli Line or Nikat Line	Practical	PI STAFF
		47	WT-4	P-10	Short Range Firing	Lecture/Practical	PI STAFF
		48	AF-1	P-3	Armed Forces, Army, CAPF and Police	Lecture	PI STAFF

Month Nov 22	Parade	Period	Subject		Subject	Type of Period	Responsibility
			Code	Period No			
Week 1	17.	49	FD-4	P-5	Khae Khade Salute Karna, Parade par Visharjan or Line Tod	Practical	PI STAFF
		50	WT-4	P-11	Short Range Firing	Lecture/Practical	PI STAFF
		51	MR-1	P-1	Introduction to Map Reading	Lecture/Practical	PI STAFF
	18.	52	FD-5	6P-	Tej Chal, Tham aur Piche Kadam Lena	Practical	PI STAFF
		53	WT-4	12P-	Short Range Firing	Lecture/Practical	PI STAFF
		54	MR-1	P2-	Introduction to Map Reading	Lecture/Practical	PI STAFF
Week 2	19.	55	FD-5	P-6	Tej Chal, Tham aur Piche Kadam Lena	Practical	PI STAFF
		56	WT-4	P-13	Short Range Firing	Lecture/Practical	PI STAFF
		57	MR-1	P-3	Introduction to Map Reading	Lecture/Practical	PI STAFF
	20.	58	FD-5	P-7	Tej Chal, Tham aur Piche Kadam Lena	Practical	PI STAFF
		59	P-1	P-1	PD Capsule : Self Awareness, Empathy, Critical & Creative Thinking and Decision Making	Lecture	ANO
		60	MR-2	P-4	Conduct of MR, Google & Tourist Maps and Apps	Lecture/Practical	ANO

Month Nov 22	Parade	Period	Subject		Subject	Type of Period	Responsibility
			Code	Period No			
Week 3	21.	61	FD-6	P-8	Dahine, Beayen, Aage or Piche Kadam Lena	Practical	PI STAFF
		62	P-1	P-2	PD Capsule : Self Awareness, Empathy, Critical & Creative Thinking and Decision Making	Lecture	ANO
		63	MR-2	P-5	Conduct of MR, Google & Tourist Maps and Apps	Lecture/Practical	ANO
	22.	64	FD-7	P-9	Tej Chal se Mudna	Practical	PI STAFF
		65	P-3	P-3	Group Discussion: Stress and Emotions, Change your mindset, Inter Personal Relation and Team Work, Time mgt and Civic Sense	Lecture	ANO
		66	MR-2	P-10	Conduct of MR, Google & Tourist Maps and Apps	Lecture/Practical	ANO
Week 4	23.	67	FD-7	P-10	Tej Chal se Mudna	Practical	PI STAFF
		68	P-5	P-4	Public Speaking	Lecture/Practical	ANO
		69	MR-2	P-11	Conduct of MR, Google & Tourist Maps and Apps	Lecture/Practical	ANO
	24.	70	FD-9	P-11	Tej Kadam Tall aur Tham	Practical	PI STAFF
		71	P-5	P-6	Public Speaking	Lecture/Practical	ANO
		72	MR-2	P-12	Conduct of MR, Google & Tourist Maps and Apps	Lecture/Practical	ANO

Month Dec 22	Parade	Period	Subject		Subject	Type of Period	Responsibility
			Code	Period No			
Week 1	25.	73	FD-10	P-12	Tej Kadam Tall se Kadam Badalna	Practical	PI STAFF
		74	LD-1	P-1	Leadership Capsule: Traits, Indicators, Motivation, Ethics and Honour Code	Lecture	ANO
		75	MR-2	P-13	Conduct of MR, Google & Tourist Maps and Apps	Lecture/Practical	ANO
	26.	76	FD-10	P-13	Tej Kadam Tall se Kadam Badalna	Practical	PI STAFF
		77	LD-1	P-2	Leadership Capsule: Traits, Indicators, Motivation, Ethics and Honour Code	Lecture	ANO
		78	FC & BC – 1	P-1	Introduction of Field Craft	Lecture/Practical	PI STAFF
Week 2	27.	79	LD-1	P-3	Leadership Capsule: Traits, Indicators, Motivation, Ethics and Honour Code	Lecture	ANO
		80	FC & BC – 1	P-2	Introduction of Field Craft	Lecture/Practical	PI STAFF
		81	DM-1	P-1	Disaster Mgt Capsule: Soch Vichar, Types of Org Capability & Role of NCC Cadets	Lecture/Practical	ANO
	28.	82	FC & BC – 1	P-3	Introduction of Field Craft	Lecture/Practical	PI STAFF
		83	MH-3	P-1	Study of Battels- Indo Pak War 1965, 1971 & Kargil	Lecture	PI STAFF
		84	DM-1	P-1	Disaster Mgt Capsule: Soch Vichar, Types of Org Capability & Role of NCC Cadets	Lecture/Practical	ANO

Month Dec 22	Parade	Period	Subject		Subject	Type of Period	Responsibility
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Week 3	29.	85	FC & BC – 2	P-4	Indication of Landmark	Lecture/Practical	PI STAFF
		86	MH-4	P-2	War Movies	Practical	ANO
		87	DM-1	P-2	Disaster Mgt Capsule: Soch Vichar, Types of Org Capability & Role of NCC Cadets	Lecture/Practical	ANO
	30.	88	FC & BC – 2	P-5	Indication of Landmark	Lecture/Practical	PI STAFF
		89	MH-4	P-3	War Movies	Practical	ANO
		90	DM-2	P-3	Fire Service & Fire Fighting	Lecture/Practical	ANO
Week 4	31.	91	FC & BC – 3	P-6	Observation, Camouflage & Concealment	Lecture/Practical	PI STAFF
		92	C-2	P-1	Basic Communication & Latest Trends	Lecture/Practical	ANO
		93	DM-3	P-4	Initiative Trg, Org Skills Do's and Dont's : Natural Disaster	Lecture/Practical	PI STAFF
	32.	94	FC & BC – 3	P-7	Observation, Camouflage & Concealment	Lecture/Practical	PI STAFF
		95	DM-3	P-5	Initiative Trg, Org Skills Do's and Dont's : Natural Disaster	Lecture/Practical	PI STAFF
		96	FC & BC – 3	P-8	Observation, Camouflage & Concealment	Lecture/Practical	PI STAFF

Month Jan 23	Parade	Period	Subject		Subject	Type of Period	Responsibility
			Code	Period No			
Week 1	33.	97	DM-3	P-6	Initiative Trg, Org Skills Do's and Dont's : Manmade Disaster	Lecture/Practical	PI STAFF
		98	INF-1	P-1	Organisation of Inf Bn & Its weapons	Lecture	PI STAFF
		99	SS-1	P-1	Social Service Capsule: Basics, Rural Dev Pgmes, NGO's and Contribution of Youth	Lecture/Practical	ANO
	34.	100	INF-1	P-2	Organisation of Inf Bn & Its weapons	Lecture	PI STAFF
		101	SS-1	P-2	Social Service Capsule: Basics, Rural Dev Pgmes, NGO's and Contribution of Youth	Lecture/Practical	ANO
		102	INF-1	P-3	Organisation of Inf Bn & Its weapons	Lecture	PI STAFF
Week 2	35.	103	SS-1	P-2	Social Service Capsule: Basics, Rural Dev Pgmes, NGO's and Contribution of Youth	Lecture/Practical	ANO
		104	MH-1	P-1	Biographies of Renowned Generals	Lecture	ANO
		105	SS-2	P-3	Swatch Bharat Abhiyan	Lecture/Practical	ANO
	36.	106	MH-1	P-2	Biographies of Renowned Generals	Lecture	ANO
		107	SS-2	P-4	Swatch Bharat Abhiyan	Lecture/Practical	ANO
		108	MH-1	P-3	Biographies of Renowned Generals	Lecture	ANO

Month Jan 23	Parade	Period	Subject		Subject	Type of Period	Responsibility
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Week 3	37.	109	SS-2	P-5	Swatch Bharat Abhiyan	Lecture/Practical	ANO
		110	MH-3	P-4	Study of Battels- Indo Pak War 1965, 1971 & Kargil	Lecture	PI STAFF

Station: Ratlam (MP)

Dated: Jul 2022

(HPS Ahlawat)
Colonel
Commanding Officer