

OUTDOOR BLOCK SYLLABUS FOR BASIC COURSE

S/No	Subject	Periods	Marks				Total Marks
			Written	Prac	TOSAA	Firing	
1.	Drill (180 periods)						175
	(a) Foot Drill	67	0	100			
	(b) Squad Drill	25	0	25			
	(c) Arms Drill (INSAS)	22	0	50			
	(d) Sword Drill	24	0				
	(e) Guard of Honour drill	04	0				
	(f) Guard mounting drill	11	0				
	(g) Ceremonial drill	15	0				
	(h) Funeral drill	12	0				
	(i) Cane Drill	0	0				
2.	Weapon (233 periods)	0					250 (Pass marks will be separated for TOSAA and Firing)
	(a) 7.62 mm SLR	17	50		20		
	(b) 5.56 mm INSAS Rifle	21			20	20	
	(c) No.36 HE Hand Grenade	09			15		
	(d) 9 mm Pistol	14			10	15	
	(e) AK 47 Rifle	09			20	20	
	(f) .38" Revolver	07			20	0	
	(g) 5.56 mm INSAS LMG	07					
	(h) MP-5	09			20	20	
	(i) Misc. Weapons Training	06					
	(j) Firing	110					
	(k) Weapon TOSAA	24					
3.	Riot Drill (Police Ops)- (44 periods)	0					
	(a) Lathi Drill	10	40	20			
	(b) Shield Drill	04					
	(c) Tear Smoke	05			10		
	(d) Gas gun Drill	05			10		
	(e) Riot control/Mob operation	20			20		
4.	Field Craft (Police Ops)	26		25	25		
5.	Field Engineering (Police Ops)	11	20				20
6.	Map Reading/GPS (Police Ops)	30	25	25			50
7.	Tactics (Written)	30	25				25
8.	Tactics (practical – jungle camp)	00		30			30
9.	Physical Training (229 periods)	0					160
	(a) Introduction of PT	02					
	(b) FPET	56		80			
	(c) PPT	20		30			
	(d) Endurance training	48		30			
	(e) PT Table Card	06					
	(f) Ground work	15		10			
	(g) Rope work	26		10			
	(h) Beam work	15		05			
	(i) Beam balance	11		05			
	(j) Vaulting horse	11		05			
	(k) Log Exercise	09					
	(l) Obstacle Training	10		10			
10.	Yoga	10					
11.	Route March (16 night periods)	0					
12.	Horse Riding	25		20			20
13.	Swimming	30		20			20
14.	Driving	30					
16.	Games	159					
Total period		1037					900

(NOTE: - 11 days POP practice, 6 days jungle camp, 3 days of route march, 22 periods of night firing and 02 night periods of Map reading not included).

DRILL

FOOT DRILL

S. No.	Code	Subject	Period
1	FD-01	Drill ki am baten Introduction/demo with Lec	02
2	FD-02	Savdhan, visramauraramse	04
3	FD-03	Kharekharemurna,piche, dahine,bayen(adhadahine bayen)	02
4	FD-04	Ek do aur Teen line banana	02
5	FD-05	Khuli line aurnikat line	03
6	FD-06	Visarjanaur line torna	03
7	FD-07	Sizing	02
8	FD-08	KharekhareSalute karna	02
9	FD-09	DhirechalaurTham	04
10	FD-10	TezchalaurTham	04
11	FD-11	Tezchal se dahine,bayen,samnesalute karana	05
12	FD-12	Dhirechal se dahine,bayensamnesalute karana	04
13	FD-13	Tezchal se murna	05
14	FD-14	Age,pichhe,dahineyabaenkadamnilana	02
15	FD-15	Dhire chal se dahine,bayen ,pichhemurna	05
16	FD-16	Patrakesathsamne salute karna	02
17	FD-17	Tez chal se dhirechalaur dhire chal se tezchal	03
19	FD-19	Sajana (dressing)	02
20	FD-20	Chaltechalatedahinebayendekh	03
21	FD-21	Tezchalmeinghumnakadamtal age barhaurtham	02
22	FD-22	Dhirekadamtalaurtham	03
23	FD-23	Dhirechal se dahinebaendekh	03
Total Periods			67
Progressive Total			67

SQUAD DRILL

S. No.	Code	Subject	Period
1	SQD-01	Kharekharebaen squad banana.	03
2	SQD-02	Dhirechal se baen squad banana.	03
3	SQD-03	Tezchal se squad banana.	03
4	SQD-04	Kharekharedahinedishabadalna.	02
5	SQD-05	Dhirechal se dahinedishabadalna.	03
6	SQD-06	Tezchal se dahinedishabadalna.	03
7	SQD-07	Squad drill chalanekaabhyas	08
Total Periods			25
Progressive Total			92

INSAS ARMS DRILL

S. No	Code	Subject	Period
1	AD-01	Savdhan vishramauraram se.	01
2	AD-04	Kharekhare salute karna	02
3	AD-05	Tejchal se samneaurpatrake sath salute karna.	02
4	AD-06	Dhirechal se salute karna.	04
5	AD-07	Tejchal se dahine ,bayen salute karna	04
6	AD-08	Salami shastra se baju shastra.	09
Total periods			22
Progressive Total			114

SWORD DRILL

S. No	Code	Subject	Period
1	SD-01	Parichaya,kirchkahissepurjonkanam	01
2	SD-02	Kirchkesath savdhan, visramauraram se nikalaur vapiskirch	03
3	SD-03	Kirchke sath tezchal tham , aur pichhemur	04
4	SD-04	Kirchkesathsamnesalute, dahine& bayen salute	09
5	SD-05	Tezchal se dahinedekh, samnedekh	04
6	SD-06	Dhirechal se dahinedekh, samnedekh	03
Total Periods			24
Progressive Total			138

GUARD OF HONOUR

S. No	Code	Subject	Period
1	GD-01	Guard of Honour	04
Total Periods			04
Progressive Total			142

GUARD MOUNTING DRILL

S.No	Code	Subject	Period
1	GMD-01	Guard mounting drill	11
Total Periods			11
Progressive Total			153

CEREMONIAL DRILL

S. No	Code	Subject	Period
1	CD-01	Platoon drill	05
2	CD-02	Company drill	05
3	CD-03	Battalion drill	05
Total Periods			15
Progressive Total			168

FUNERAL DRILL

S.No	Code	Subject	Period
1	FD-01	Salami shastra se ultashastra	02
2	FD-02	Ultashastra se bagal shastra	02
3	FD-03	Ultashastra se tol shastra	01
4	FD-04	Ultashastra se shokshastra	01
5	FD-05	Shokshastra se ultashastra	02
6	FD-06	Salami shastra se shokshastra aur shokshastra se salami shastra	02
7	FD-07	Antesthi ke samay ki jane walikarwahi.	02
Total Periods			12
Progressive Total			180

CANE DRILL (ONLY FOR DY. SP – TO BE COVERED DURING SPARE/MISC. PERIODS)

S. No	Code	Subject	Period
1	CD-01	Parichaya,sabdhan, visramauraramse	01
2	CD-02	Bagal cane se baju cane aurbaju cane se bagalcane	02
3	CD-03	Tol cane se bagal cane aurbagal cane se tol cane	02
4	CD-04	Cane kesath march karna, murna aurtham	04
5	CD-05	Baju cane se tol cane aurtol cane se baju cane	01
7	CD-07	Cane kesathsamne,dahine&bayensalute karna	06
9	CD-09	Cane kesath line tor aurvisharjan	02
Total Periods			18

WEAPON TRAINING**RIFLE 7.62 mm SLR**

S. No	Code	Subject	Periods
1	SLR-01	IOC of 7.62 mm SLR	01
2	SLR-02	Safety , stripping, assembling and cleaning	02
3	SLR-03	Load unload	02
4	SLR-04	Getting natural alignment and fire from different positions	02
5	SLR-05	Lying position and holding	02
6	SLR-06	Aiming	02
7	SLR-07	Mechanism and possible stoppages	06
Total			17
Progressive total			197

5.56 mm INSAS RIFLE

S. No	Code	Subject	Periods
1	INSAS-01	IOC of 5.56mm INSAS Rifle	01
2	INSAS-02	Safety , stripping, assembling and cleaning	03
3	INSAS-03	Load unload	03
4	INSAS-04	Getting natural alignment and fire from different positions	02
5	INSAS-05	Lying position and holding	02
6	INSAS-06	Mechanism and possible stoppages	05
7	INSAS-07	Handling practice	05
Total			21
Progressive total			218

No.36HE Hand Grenade

S. No	Code	Subject	Periods
1	HG-01	No.36 HE Hand Grenade recognition and use	01
2	HG-02	No.36 HE Hand Grenade operating –mechanism	02
3	HG-03	No.36 Hand Grenade priming , un-priming	02
4	HG-04	No.36 Hand Grenade throwing and lobbing	04
Total			09
Progressive total			227

9mm PISTOL

S.No	Code	Subject	Periods
1	P-01	IOC of 9mm Pistol	01
2	P-02	Safety , stripping, assembling and cleaning	04
3	P-03	Load unload and stoppage	03
4	P-04	Handling practice	06
Total			14
Progressive total			241

7.62 mm AK RIFLE

S. No.	Code	Subject	Periods
1	AK-01	IOC of AKM Rifle	01
2	AK-02	Safety , stripping, assembling and cleaning	02
3	AK-03	Load, unload, fire, mechanism and stoppage	03
4	AK-04	Handling practice	03
Total			09
Progressive total			250

.38" REVOLVER

S. No.	Code	Subject	Periods
1	R-01	IOC of .38" Revolver	01
2	R-02	Safety, stripping, assembling and cleaning, load, unload, fire position	03
3	R-03	Handling practice	03
Total			07
Progressive total			257

5.56 mm INSAS LMG

S. No.	Code	Subject	Periods
1	LMG-01	IOC of 5.56 mm INSAS LMG	01
2	LMG-02	Safety, stripping, assembling and cleaning	02
3	LMG-03	Load , unload and make-safe	02
4	LMG-04	Handling practice	02
Total			07
Progressive total			264

MP-5

S. No.	Code	Subject	Periods
1	MP-01	IOC of MP-5	01
2	MP-02	Safety , stripping, assembling and cleaning	02
3	MP-03	Load unload and make-safe	02
4	MP-04	Stoppage	02
5	MP-05	Handling practice	02
Total			09
Progressive total			273

Misc. (WEAPONS)

S. No.	Code	Subject	Periods
1	Misc-01	IOC of 9mm Carbine Machine	01
2	Misc-02	IOC 51mm Mortar	01
3	Misc-03	IOC of MBL	01
4	Misc-04	IOC of UBGL,	01
5	Misc-05	Theory of normal group, group analysis and corrective measures	01
6	Misc-6	Care and maintenance of small Arms	01
Total			06
Progressive Total			279

WEAPON FIRING

S. No.	Code	Subjects	Periods
1	F-01	5.56 mm INSAS Rifle firing	18
2	F-02	7.62 mm SLR firing(Introductory)	14
3	F-03	.38" Revolver firing(Introductory)	16
4	F-04	MP-5 firing	18
5	F-05	7.62 mm AK Rifle firing	16
6	F-06	Pistol firing (Introductory)	14
7	F-07	5.56 mm INSAS LMG firing (Introductory)	14
Total			110
(Exclusive of 22 night periods)			
Progressive Total			389

WEAPON TOSAA

S. No.	Code	Subjects	Periods
1	WT-01	5.56 mm INSAS Rifle	04
2	WT-02	7.62 mm SLR	04
3	WT-03	Grenade throwing	04
4	WT-04	MP-5	04
5	WT-05	.38" Revolver	04
6	WT-06	AK Rifle	04
Total			24
Progressive Total			413

RIOT CONTROL (Police Ops)

LATHI DRILL

S. No.	Code	Subject	Periods
1	LD-01	Short Lathi and riot gears - description attention stand at ease and stand easy	01
2	LD-02	Marching with lathi	01
3	LD-03	Saluting at the halt – Saluting at the march land message salute	01
4	LD-04	Saluting with lathi dismissing of squad at the halt	01
5	LD-05	Marching saluting to the front hand message saluting to the flank(Right and left)	01
6	LD-06	Thussamarna and Bachao Karna	03
7	LD-07	Tamam mare aurbachao	02
Total			10
Progressive total			423

SHIELD DRILL

S.No.	Code	Subject	Periods
1	SD-01	Introduction to shield	01
2	SD-02	Positioning and holding of shields.	01
3	SD-03	Various formations and handling drill of shields	02
Total			04
Progressive total			427

TEAR SMOKE

S.No.	Code	Subject	Periods
1	TS-01	Introduction to non-lethal munitions.	02
2	TS-02	Grenade throwing drill.	01
3	TS-03	Firing and throwing of non-lethal munitions	02
Total			05
Progressive total			432

GAS GUN DRILL

S.No.	Code	Subject	Period
1	GGD-01	Gas Gun uthana, savdhan, vishram, salute, bhumi gas gun	01
2	GGD-02	Bagal Gas Gun nirikshanKe lie bayen gas gun, Janch gas gun	02
3	GGD-03	Bhar position se bharna, khalikarnaphirbharnaaur fire karna	02
Total Periods			05
Progressive total			437

CROWD CONTROL/ MOB OPERATIONS

S. No	Code	Subject	Periods
1	MO-01	Introduction to riot control	01
2	MO-02	Practical exercise for crowd control/ mob operation	13
3	MO-03	Duties during mela, procession, etc.	06
Total			20
Progressive total			457

FIELD CRAFT (Police Ops)

S. No.	Code	Subject	Theory Period	Practical period	Remarks
1	FC-01	Introduction to the field craft/qualities of FC Man	01	0	1
2	FC-02	Why things are seen	01	0	1
3	FC-03	Camouflage and concealment	01	1	2
4	FC-04	Judging Distance	02	02	4
5	FC-05	Indication of tgt	02	02	4
6	FC-06	Stalking.	01	01	2
7	FC-07	Field Signals	01	01	2
8	FC-08	Section formation	02	02	4
9	FC-09	Fire control order	04	02	6
Total Periods			15	11	26
Progressive Total					483

FIELD ENGINEERING (Police Ops)

S.No.	Code	Subject	Period	Remarks
1	FE-01	Explosive in General	01	
2	FE-02	Chain of detonation	01	
3	FE-03	Field fortification	01	
4	FE-0	Road block	01	
5	FE-05	Wire obstacle	01	
6	FE-06	Demolition set	01	
7	FE-07	Demo & practical	05	
Total Periods			11	
Progressive Total			494	

MAP READING/GPS (Police Ops)

S.No	Code	Subject	Period		Total
			Theory	Prac	
1	MR-01	Introduction to maps	01	00	01
2	MR-02	Conventional sign and Military symbol	01	00	01
3	MR-03	Technical terms & Topographical forms	03	00	03
4	MR-04	Introduction to Compass, service protector and setting of map	02	01	03
5	MR-05	Bearing & back bearing	02	00	02
6	MR-06	Map to Ground and Ground to map	02	02	04
7	MR-07	Point to point march	02	01	03
8	MR-08	Night navigation	02	01	03
9	MR-09	Scale	02	00	02
10	MR-10	GPS introduction and practical	02	01	03
11	MR -11	Enlargement	01	00	01
12	MR-12	Eye sketch and field sketch	02	02	04
Total Periods			22	08	30
(Excludes 2 night periods)					
Progressive total					524

TACTICS(LEC/ PRAC)

S.No	Code	Subject	Periods
1	TAC-01	Glossary of tactical terms	4
2	TAC-02	Patrolling	3
3	TAC-03	Ambush & counter ambush	3
4	TAC-04	ROP and convoy protection	2
5	TAC-05	Mobile vehicle check post	2
6	TAC-06	Cordon & Search operation	3
7	TAC-07	Establishment of Police post in CI/ANO/Militant infested areas.	2
8	TAC-08	Raid	2
9	TAC-09	Briefing for various tactical operations.	3
10	TAC-10	Composite demo of various minor tactics like patrolling, ambush and counter ambush, ROP, convoy protection, MVCP and raid.	6
Total			30
Progressive Total			554

PHYSICAL TRAINING

S. No	Code	Subject	Periods
1	PT-01	Introduction to PT	02
2	PT-02	Endurance training	48
3	PT-03	2.4 KM PPT	20
4	PT-04	3.2 KM FPET	56
5	PT-05	PT Table Card	06
6	PT-06	Ground work	15
7	PT-07	Rope work 3 rd Class	15
8	PT-08	Beam work	15
9	PT-09	Obstacle Training	10
10	PT-10	Vaulting horse 3 rd Class	11
11	PT-11	Beam balance 3 rd Class	11
12	PT-12	Rope work 2 nd Class	11
13	PT-13	Log Exercise	09
		Total	229
		Progressive Total	783

YOGA

S. No	Code	Subject	Periods
1	YOGA	Yoga	10
		Progressive Total	793

ROUTE MARCH(3 days)

S.No	Code	Subject	Periods
1	RM-1	Route March No.1 (7 Kms)	
2	RM-2	Route March No.2 (15 Kms)	
3	RM-3	Route March No.3 (30 Kms)	

HORSE RIDING

S.No	Code	Subject	Periods
1	HR-01	Horse Riding	25
		Total	25
		Progressive Total	818

SWIMMING

S.No	Code	Subject	Periods
1	SW-01	Swimming	30
		Total	30
		Progressive Total	848

DRIVING

S. No	Code	Subject	Periods
1	DR-01	Driving practice	30
		Total	30
		Progressive Total	878

GAMES

S. No	Code	Subject	Periods
1	G-01	Introduction of various Games rules (Lect)	03
2	G-02	Games period including Squad wise competition.	156
		Total	159
		Progressive Total	1037

(NOTE: - 11 days POP practice, 6 days jungle camp, 3 days of route march, 22 periods of night firing and 02 night periods of Map reading not included).

ASSESSMENT

DRILL

S/No	Particulars	Marks	Total Marks	
1.	(a) Drill without Arms			
	Dress	10		
	Appearance	15		
	Marching	10		
	Halt	05		
	Salute While at halt	10		
	Left/right Turn While at Halt	05		
	About Turn while at Halt	05		
	Left/right Turn While Marching	05		
	Change-March to Slow March	05		
	Change-Slow March to march	05		
	About Turn while Marching	05		
	Left/Right Salute while Marching	05		
	Left Right salute in slow march	05		
	Left/Right and about turn while in slow march	10		
	TOTAL	100	100	
		(b) Squad Drill (DST)		
		Turnout	05	
		Reporting	05	
		Personal demonstration	05	
Word of command		05		
Control of Squad		05		
Total		25	25	
2.		ARMS DRILL 7.62MM SLR		
	Savdhan, visramauraramse	05		
	Bagal shastra aurbaju shastra	05		
	Santolshastra aur baju shastra	05		
	Bagal shastra se badal shastra aurtol shastra	05		
	Tejchjal se dainebaiye aur piche murna	05		
	Chaltechalatedahinebayensalute karna	10		
	Dhirechal se salute karana	05		
	Salami shastra se baju shastra	10		
	TOTAL	50	50	
G TOTAL			175	

WEAPON TRAINING

S/No	Subject	Marks			Total Marks
		Written	TOSAA	Firing	
1.	Weapons (Written)	50	-	-	50
2.	Weapons Practical				0
	(a) 5.56mm INSAS Rifle	-	20	20	40
	(b) 7.62mm SLR	-	20	Introductory Fire	20
	(c) 9mm Pistol	-	10	15	25
	(d) MP-5	-	20	20	40
	(e) AK Rifle	-	20	20	40
	(f) .38 Revolver	-	20	-	20
	(g) 5.56mm INSAS LMG	-	0	Introductory Fire	0
	(h) No.36 HE Hand Grenade	-	15	-	15
	TOTAL	50	125	75	250

RIOT DRILL(Police Ops)

S/No	Particulars	Marks		Total Marks
		Written	Practical	
1	Lathi Drill	10	20	
2	Shield Drill	05	-	
3	Tear Smoke/Stun Grenade throwing	10	10	
4	Gas Gun Drill	05	10	
5	Riot Control/Mob Operation	10	20	
	TOTAL	40	60	100

FIELD CRAFT (Police Ops)

S/No	Particulars	Marks	Total Marks
1	WRITTEN	25	25
2	PRACTICAL		
(a)	Fire Control order	10	25
(b)	Judging distance	05	
(c)	Indication of Target	10	
	TOTAL	50	50

FIELD ENGINEERING/EXPLOSIVES (Police Ops)

S/No	PARTICULARS	Marks	Total Marks
1.	Written	20	20
	TOTAL	20	20

MAP READING (Police Ops)

S/No	Particulars	Marks	Total Marks
1.	Written	25	25
2.	Practical		
(a)	Finding own position	05	25
(b)	Map to ground	10	
(c)	Ground to Map	10	
	TOTAL	50	50

TACTICS

S/No	PARTICULARS	Marks	Total Marks
1.	WRITTEN	25	25
2.	PRACTICAL (JUNGLE CAMP) – Establishment of Police Post in CI/Anti – Naxal scenario and other minor tactical operational exercises like CASO, Patrolling, Ambush and Counter Ambush, ROP and convoy protection, Mobile vehicle check post & Raid.	30	30
	TOTAL	55	55

PHYSICAL TRAINING

Particulars					1 st term	2 nd term	Total Marks
(a) FPET	EX	VG	Good	Satisfactory			
(i) 3.2 kms Run	10	08	06	04	10	10	20
(ii) Vertical & Horizontal Rope	10 1 st Attempt	8 2 nd Attempt	6 3 rd Attempt		10	10	20
(iii) 9 ft Ditch (for men)	5	3	2		05	05	10
(iv) 6 ft Ditch (for women)	1 st Attempt	2 nd Attempt	1 st Attempt				
(iv) 6 ft wall (for men)	10	8	6		10	10	20
(v) 5 ft wall (for women)	1 st Attempt	2 nd Attempt	3 rd Attempt				
TOTAL							70
(b) PPT	EX	VG	Good	Satisfactory			
(i)(a) 2.4 kms Run	10	08	06	05	10		
(ii) Push up-Men/women (Time – 1Minute)	>=36 for men & >=24 for ladies 10marks	31-35 for men & 20-23 for ladies 8marks	26-30 for men & 16-19 for ladies 6marks		10		
(iii) 5 Mtrs Shuttle	17/16 time 5marks	16/15 time 4marks	15/14 time 3marks		05		
(iv) Standing Broad Jump	7'6' 5marks	6'5' 4marks	5'4' 3marks		05		
TOTAL					30		30
(c) 05 KMs RUN (for men) (Cross Country)						10	10
Excellent	Within 19 minutes- 10 Marks						
V. Good	Within 21 minutes- 08 Marks						
Good	Within 23 minutes- 06 Marks						
Satisfactory	Within 25 minutes- 04 Marks						
(d) 05 KMs RUN (for women) (Cross Country)							
Excellent	Within 21 minutes- 10 Marks						
V. Good	Within 23 minutes- 08 Marks						
Good	Within 25 minutes- 06 Marks						
Satisfactory	Within 27 minutes- 04 Marks						
(e) 10 KMs RUN (for men) (Cross Country)						10	10
Excellent	Within 45 minutes- 20 Marks						
V. Good	Within 50 minutes- 18 Marks						
Good	Within 55 minutes- 15 Marks						
Satisfactory	Within 60 minutes- 10 Marks						
(f) 10 KMs RUN (for women) (Cross Country)							
Excellent	Within 55 minutes- 20 Marks						
V. Good	Within 60 minutes- 18 Marks						
Good	Within 65 minutes- 15 Marks						
Satisfactory	Within 70 minutes- 10 Marks						
(g) Ground Work							
(i) Forward Roll					05		
(ii) Back Roll					05		
(iii) Vaulting horse 3 rd Class					05		
(iv) Chin up for male trainees (>=8, 6-7 & 4-5) (05,04,03 marks) & Bar Hold for female trainees (>=105 Sec, >=91 & >=77 Sec) (05,04,03 marks)					05		
(v) Beam balance 3 rd Class						05	
(vi) Vertical rope (18 feet) 3 rd Class					05		
(vii) Vertical rope (18 feet) 2 nd Class						0	
TOTAL					25	05	30
(h) STANDARD OBSTACLES (OT)							10
Excellent (50 sec.men,60 sec.women)						10	
Very Good (60 sec. men,70 sec.women)						08	
Good(70 sec. men,80 sec.women)						06	
Satisfactory (80sec. men,60 sec.women)						04	
Poor	02 (To be awarded only on the completion of all the obstacles).					02	
TOTAL							160
(i) HORSE RIDING						20	20
(j) SWIMMING							
Completion of 25 mtr swimming			20 marks				
Completion of 20 mtr swimming			18 marks				
Completion of 15 mtr swimming			15 marks				
Completion of 10 mtr swimming			10 marks				
TOTAL						20	20
(k) DRIVING							
(l) TOTAL					95	130	200