

INTRODUCTION

This training programme has been framed to train the newly recruited trainees at PRTC, Jahan Khelan, mainly keeping in view the crime prevailing in the modern society. To make training programme result oriented, more emphasis is given to train the trainees in field of Forensic Science and Forensic Medicine, Cyber Crime , Information Technology and Tele-communication, Crime Investigation, Criminology, Stress Management, Physical Stamina, Drill & Professional Skills, Weapon Training, Yoga, Field Craft tactics etc. Apart from developing self confidence, discipline etc. the aim of **Police Recruits Training Centre, Jahan Khelan, Hoshiarpur** is to inculcate the ability, quick reflexes and to build healthy flexible, fit and strong muscular body with high stamina in the recruits to provide a tough young constable for sustaining meticulous duty for longer duration.

Curriculum Induction Training of Recruit Constables of Punjab Police

(District Cadre)

Duration of the Course	:	Nine months (270 days)
Average Gazetted Holidays	:	50 days
Less zeroweek	:	06 days
Less Mid Training break	:	06 days
Working days assigned to	:	14days
Testing and Evaluation		
Passing Out Parade	:	14 days
Total Working Days duringthe course	:	(270-90) =180 days
No. of periods per day	:	10 periods (05 Indoor; 05 Outdoor)
Duration of period	:	40 minutes
Total No. of periods	:	180x10=1800 (Periods)

Training Programme at a Glance

Area of Focus (Indoor)	Periods	Marks
Indoor Classes	875	900
Total	875	900
Area of Focus (Outdoor)	Periods	Marks
Outdoor Classes	875	600
Field Visit	50	--
Total	1800	1500

Note: -25 Periods of Indoor and 25 Periods of Outdoor for Field Visit.

Indoor Training Methodology:

- Class Room Lectures
- Field Visits/Practical
- Group Discussion
- Seminar/Multi-media Presentation
- Self Study
- Book Review
- Demonstrations
- Role Play
- Briefing / De-briefing
- Training Films

AIM OF INDOOR TRAINING

Apart from developing self confidence, discipline, the aim of Indoor training is to train the newly recruited trainees in the field of Scientific Investigations, maintenance of law and order, knowledge about Computer & Cyber Crimes, different types of Criminal Laws i.e. IPC (Indian Penal Code), Cr.P.C. (Criminal Procedure Code), the Evidence Act and different Local and Special Laws etc. The aim of training in the Indoor subjects is to give theoretical and practical knowledge in such a way, so that the newly recruited trainees may be able to deal the society and criminals within the frame work of Criminal Procedure Code covering the topics, Police in Modern India, Police Organization and Administration, Punjab Police Act and Punjab Police Rules, Constitution and Human Rights, Criminal Law {a) Law-I: Indian Penal Code,b)Law-II: Criminal Procedure Code & Evidence Act, c)Law-III: Local and Special Laws}, Police Station Management & Crime Prevention (PPW-1), Investigation (PPW-2), Security Management (PPW-3), Forensic Science & Forensic Medicine, Computer, Cyber Crimes, Information Technology and Telecommunications, Human Behaviour, Criminology and Stress Management.

Indoor Training Curriculum

Indoor Subjects:

The following subjects will be taught in the class room as per the plan out-lined above. Details of the total number of periods to be taught in the class room/Lab. for each subject and maximum marks to be assigned for final testing and evaluation are given here under:

Sr.No	Subjects	Periods	Marks
1.	Police in Modern India(Paper-1)	40	50
2.	Police Organization and Administration. (Paper-2)	60	65
3.	Police Acts and Police Rules (Paper-3)	78	65
4.	Constitution and Human Rights(Paper-4)	40	50
5.	Criminal Law:	94	75
	a) Law-I: Indian Penal Code (Paper-5)	65	75
	b)Law-II: Criminal Procedure Code & Evidence Act(Paper-6)	60	75
	c)Law-III: Local and Special Laws(Paper-7)		
6.	Police Practical Works – 1(Paper-8) Crime Prevention & Police Station Management	90	100
7.	Police Practical Works – 2(Paper-9) Investigation	62	75
8.	Police Practical Works – 3(Paper-10) Public Order, Security, Traffic & Contingency Management	127	100
9.	Forensic Science & Forensic Medicine(Paper-11)	48	60
10.	Computer, Cyber Crimes, Information Technology and Telecommunications (Paper-12)	54	60
11	Human Behavior, Criminology and Stress Management (Paper-13)	57	50
Total		875	900

Period-wise details of topics of Indoor subjects

01. Police in Modern India (40 periods)

Sr. No.	Topic-wise Details	Periods
1	Police in Modern India & Punjab	3
2.	Role of Police in a democratic welfare state	1
3	Police attitude: focus on service orientation, professionalism and image makeover	2
4	Role of Police in national integration and threats to national integration	3
5	State Political Parties and National Political Parties	2
6	Model Code of Conduct for Police	3
7	Role of Police during Elections	4
8	Role of Police in internal security and challenges to internal security	3
9	Role of Police in handling-sports events, student agitations, religious meeting, farmer agitations, employee agitations, industrial / labour unrest, school examinations	4
10	Role of Police in civil administration and relation with other departments	3
11	Role of Non Governmental Organizations	2
12	Changing Role of Police in the context of present social order- People Friendly and SMART Policing	2
13	Role of Police in Criminal Justice System	2
14	Concept of Community policing/Police Public Partnership	3
15	Major Law & Order problems & crime pattern in Punjab State	3

02. Police Organization and Administration. 60 periods)

Sr. No.	Topic-wise Details	Periods
1	State Police Organization : Police Headquarters Level, Zonal/ Range Level, Commissionerate System, District level, Sub-division/Circle level, Police Station level, Police Lines	8
2	Ranks& Badges of Police and Army	4
3	Flags/stars/insignia of vehicles of dignitaries, Police, Civil, Military	2
4	Central Police Organization& Institutions : IB, CBI, BPR& D, CRPF, BSF, RPF, CISF, ITBP, NPA, NICFS, NCB, NCRB, NIA, SSB, RAF, RAW, Assam Rifles, NDRF & NDMA	4
5	Organization of State Armed Police: Indian Reserve Battalions Commando Battalions Armed Battalions	4
6	Other State units: Home Department Prosecution agency, SCRB, Finger Prints Bureau, Intelligence, Vigilance Bureau IT&T Railways Police, Traffic Police & Highway Traffic Police, CFSL, Crime Wing Home Guards and Civil Defence, Special Police Officer, State Police Academy& Training Centres, Fire Services PPHC	30
7	Administrative set-up of the State Govt.	4
8	District and Sub-divisional administrative set-up, Relation of Police with other departments	4

03. Police Acts and Rules (78 Periods)

Part: 1) Police Act

Sr. No.	Topic-wise Details	Section/Rules	Periods
1.	Punjab Police Act, 2007	4,7,22,40,41,42,46,47,48,58,60,64,65,68	10
2.	The Police Force (Restriction of Rights) Act, 1966.		04
3.	The Police (Incitement to Disaffection) Act, 1992.		04

Part:2) Punjab Police Rules

1.	Chapter No.6. Arms & Ammunition	10, 22	02
2.	Chapter No.8. Leave	2,5,9,10,17	02
3.	Chapter No.12. Appointments and Enrollment	21,22,27,28,39,41	03
4.	Chapter No.13. Promotions	1,8	02
5.	Chapter No.14. Discipline and Conduct	2,4,5,7,8,10,30,32,56	02
6.	Chapter No.15. Rewards	3,5,12	01
7.	Chapter No.16. Punishments	1,2,3,5,17,21,24,29,30,34,35	02
8.	Chapter No.18. Guards and Escorts	1,5,7,21,30,34,38	03
9.	Chapter No.19. Training & Examination	1,5,6	01
10.	Chapter No.22. Police Station	1,3,4,5,6,7,8,13,15,16,17,18,45to51,77,79	06
11.	Chapter No.23-Prevention of Offences	1,3,8,9,10,11,16,17,18	04
12.	Chapter No.24-Information to the Police	1, 3, 5, 12	02
13.	Chapter No.25-Investigation	1,10,14,17,19,21,22,23,31,34,35,38,39	04
14.	Chapter No.26-Arrest, Escape and Custody	8,18-A,19,21,22,23,24,25,26,31	03
15.	Chapter No.28-Railway Police and Other Special Rules	1,5,7,9,10,22	03

Part:C**Service Matter****(20Periods)**

Sr. No	Topic-Wise Detail	Periods
1	Pay & Allowances	01
2	Promotions	02
3	Leaves & Procedures	02
4	Medical facilities & reimbursement	01
5	T.A/L.T.C Etc	02
6	Discipline & Conduct Rules	04
7	Punishment and Appeal Rules	04
8	Retirement Benefits/GPF, NPS & GIS	02
9	Medals / Disc	01
10	Welfare measures / redressal of grievances etc.	01

04. Constitution and Human Rights: (40 Periods)

Sr. No.	Topic-wise Details	Periods
1	Salient features of Indian Constitution with focus on Fundamental Rights.	5
2	Concept of Rule of Law.	4
3	Concept of Human Rights and its importance	3
4	Role of Police in Protection of Human Rights	4
5	Common complaints against police regarding Human Rights(case study) and remedial measures	5
6	Human Rights under the Constitution of India	3
7	National /State Human Right Commission, National Commission for Minorities, National Commission for SCs/STs, National/State Commission for Women, National Commission for Protection of Child Rights	5
8	Role of Non- Government organization and civil society groups working in area of Human Right	3
9	Important Court Judgments on Human Rights, treatment of victims etc.	8

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Criminal Law**LAW-I****Indian Penal Code****(94 Periods)**

Sr. No.	Topic-wise Details	Chapter	Sections	Periods
1	Introduction to the Indian Penal Code			1
2	General Explanations	II	21 to 25,28,33, 34,39,44 to 52 A	4
3	General Exceptions	IV	76, 78, 79, 80, 81, 83, 84, 85, 88, 89, 90, 94, 95	3
4	General Exceptions (Of the Right of Private Defense)	IV	96 to 106	4
5	Of Abetment	V	107,108,109,114	2
6	Criminal Conspiracy	V-A	120-A,120-A, 124-A	2
7	Of Offences Against the Public Tranquility	VIII	141 to 149,152, 153-A,153-B, 154,156, 157,159,160	4
8	Of Offences by or Relating to Public Servants	IX	166,166-A, 166-B,167, 168, 170	2
9	Of Offences Relating to Elections	IX-A	171- A to171- F	2
10	Of Contempt's of the Lawful Authority of Public Servants	X	172,173,175,176,182,186,189	3
11	Of False Evidence and Offences Against Public Justice	XI	201,221,223,224,228-A	3
12	Of offences Relating to Coin and Government Stamps	XII	230,231,232,233,234	3
13	Of Offences Affecting the Public Health, Safety, Convenience, Decency and Morals	XIV	279,292,294, 294- A	3
14	Of Offences Relating to Religion	XV	295,295- A to 297	3
15	Of Offences Affecting the Human Body	XVI	299,300,301,302,304,304-A, 304-B, 307,308	7
16	Of the Causing of Miscarriage, of Injuries to Unborn Children, of the Exposure of infants, and of the Concealment of Births	XVI	312,313	2
17	Of Hurt	XVI	319,320,321,322, 323 to 326,326-A, 326-B, 332,	6

			334, 336,337	
18	Of Wrongful Restraint and Wrongful Confinement	XVI	339,340,341,342	2
19	Of Criminal Force and Assault	XVI	349 to 351, 353,354,354-A, 354-B, 354- C, 354-D	3
20	Of Kidnapping, Abduction, Slavery and Forced Labour	XV	359 to 366,366-A 366-B	3
21	Of Sexual Offences	XVI	375,376,376-A to 376-E ,377	5
22	Of Offences Against Property Of Theft	XVII	378,379,379-A, 379-B, 380,382,	3
23	Of Extortion	XVII	383,384	1
24	Of Robbery and Dacoity	XVII	390 to 396, 399,400,	3
25	Of Criminal Misappropriation of property		403,404	2
26	Of Criminal Breach of Trust	XVII	405,406,409	2
27	Of Stolen Property	XVII	410,411,413,414	1
28	Of Cheating	XVII	415,416,420	1
29	Of Mischief	XVII	425,426,429,431, 435.436	2
30	Of Criminal Trespass	XVII	441 to 448, 452,454,457,458, 460	3
31	Of Offences Relating to Documents and Property Marks	XVIII	463,465,467,468, 471	2
32	Of Currency-Note and Bank-Notes	XVIII	489-A-489-B	1
33	Of Offence Relating to Marriage	XX	494,497,498	1
34	Of Cruelty by husband or his relatives	XX-A	498- A	1
35	Of Defamation	XXI	499,500	1
36	Of Criminal Intimidation, Insult and Annoyance	XXII	503,504,506,509, 510	2
37	Of Attempt to Commit Offences	XXIII	511	1

LAW-II**(Total Period=45+20=65)****Part: a)****Code of Criminal Procedure**

Sr. No.	Topic-wise Details	Chapter	Sections	Periods
1	General Introduction to the Code with emphasis on its main features			2
2	Preliminary	I	2 A to 2 Y	2
3	Classes of Criminal Courts	II	6,11,22	3
4	Power of Courts	III	26 to 29	1
5	Power of Superior Officers of Police , aid to Magistrate	IV	36 to 40	1
6	Arrest of Person	V	41 to 44, 46 to 53-A	6
7	Processes to Compel Appearance	VI	61, 62,64,65,66, 67,69	4
8	Warrant of Arrest	VI	70 to 77, 79,80	4
9	Proclamation and Attachment	VI	82,83	2
10	Search Warrant	VI	94,97,98	1
11	General Provisions Relating To Search	VII	100,102	2
12	Security for keeping Peace and for Good Behaviour	VIII	106 to110	3
13	Maintenance of Public Order	X	129 to131	2
14	Urgent Cases of Nuisance and Apprehended Danger	X	144 to 147	2
15	Preventive action by Police	XI	149 to 151	1
16	Information to the Police and their power to investigation	XII	154 to176	5
17	Commissions for the Examination of Witness	XXIII	296,297	1
18	Provisions as to Bail and Bonds	XXXIII	436 to 439	2
19	Disposal of Property	XXXIV	457 to 459	1

Part:b)**Indian Evidence Act****(20 Periods)**

<u>Chapter -I : Preliminary :</u>	
i) Definitions Sec. 3-Interpretation Clause.	01
<u>Chapter - 2 : Of the Relevancy of Facts :</u>	
i) Sec. 5 Evidence may be given of fact in issue and relevant facts.	01
When facts not otherwise relevant become relevant.	
<u>Chapter -3 : Confession :</u>	04
i)Sec. 24 Confession caused by inducement, threat or promise, when irrelevant in criminal proceeding.	
ii)Sec. 25 Confession to Police Officer not to be proved	
iii)Sec. 26 Confession by accused while in custody of Police not to be proved against him.	
iv)Sec. 27 How much of information received from accused may be proved.	
v)Sec. 28 Confession made after removal of impression caused by inducement, threat or promise relevant.	
vi)Sec. 29 Confession otherwise relevant not to become irrelevant because of promise of secrecy, etc.	
<u>Chapter - 4 : Statements by persons who cannot be called as witness :</u>	
i) Sec. 32 Cases in which statement of relevant fact by person who is dead or cannot be found, etc., is relevant:	02
a) Or when it relates to cause of death	
b) Or is made in course of business	
c) Or against interest of maker	
d)Or gives opinion as to public right or custom or matters of general interests	
e) Or relates to existence of relationship	
f) Or is made in will or deed relating to family affairs	
g) Or in document relating to transaction mentioned in section 13, clause (a)	
h) Or is made by several persons and expresses feelings relevant to matter in question.	02
<u>Chapter - 5 : Opinion of Third Persons When relevant :</u>	
i) Sec. 45: Opinion of experts.	
ii) Sec. 46: Facts bearing upon opinions of experts.	02
<u>Chapter - 6 : Of Documentary Evidence :</u>	
i) Sec. 61 : Proof of contents of documents.	
ii) Sec. 62 : Primary Evidence.	
iii) Sec. 63 : Secondary Evidence.	01
<u>Chapter - 7 : Public Documents :</u>	
i) Sec. 74 : Public Documents.	
ii) Sec. 75 : Private Documents.	
iii) Sec. 76 : Certified Copies of Public Documents.	
<u>Chapter - 8 : Of The Burden of Proof:</u>	04
i) Sec. 101 : Burden of Proof.	
ii) Sec. 102 : On whom burden of proof lies.	
iii) Sec. 112: Birth during marriage, conclusive proof legitimacy.	
iv) Sec. 113-A : Presumption as to abetment of suicide by a married women.	
v) Sec. 113-B : Presumption as to dowry death.	01
<u>Chapter - 9 : Of Witnesses:</u>	
i) Sec. 118: Who may testify	
ii) Sec. 119 : Dumb witnesses.	
iii) Sec. 133 : Accomplice.	
iv) Sec. 134 : Number of Witnesses.	02
<u>Chapter - 10 : Examination of Witnesses:</u>	
i) Sec.137: Examination in chief, cross-examination, re-examination.	
ii) Judges power to put questions or order production sec. 165.	

Law-III (Local and Special Laws)**(60 Periods)**

Sr. No.	Topic-wise Details	Sections	Periods
1.	Protection of Civil Rights Act, 1955	2, 3 to 7, 10,15	4
2.	Right to Information Act 2005.	2,3,6,7,8,9,12,15,18,19,20,24)	4
3.	SC & ST (POA) Act. 1989	3, 4	2
4.	Human Rights Act. 1993	2,3,4,12,17,18,21,30	6
5.	Right to Service Act. 2011	3,4,5, 6, 7, 9, 10, 11, 12, 13, 15	4
6.	Prevention of Corruption Act, 1988	7 to 15, 17	4
7.	Juvenile Justice Act. 2000	2,4,6,11,13,21,25,26,27	4
8.	Protection of Children From Sexual Offences Act. (POCSO Act)2012	2,9	3
9.	Cigarettes And Other Tobacco Product Act 2003 (COTPA)	2,4, 6,12,13,20-22,,24	3
10.	Public Gambling Act. 1867	1, 3,4, 5, 12, 13, 13-A	3
11.	Excise Act. 1914	47, 50, 60, 61, 68, 69	2
12.	Motor Vehicle Act. 1988	2, 3, 4, 66, 112, 177 to 187, 192,202, 203, 206, 207)	4
13.	Indian Railway Act. 1989	55, 137, 141, 145, 151,152, 154, 155, 156, 161, 162, 165, 167, 172, 174, 175, 188, 189	4
14.	NDPS Act. -1985	2, 15 to 27, 41,42,50	4
15.	The Explosive Substances Act. 1908	3 to 7	3
16.	Dowry Prohibition Act. 1967	2, 3, 4,4-A, 5, 6 to 8	2
17.	Indian Arms Act. 1959	2, 3, 19, 20, 25, 27, 28, 29	2
18.	IT Act, 2000 and IT Amendment Act. 2008.	65, 66, 66-A,66-B,66-C,66-D,66-E,66-F,67,67-A,67-B	2

06. (PPW-1) Crime prevention & Police Station Management (90 Periods)**Part-a) Crime Prevention**

Sr. No.	Topic-wise Details	Periods
1	Introduction to Beat System	2
2	Role of Beat System in Crime prevention	2
3	Beat duty in day and night	3
4	Beat duty in urban and rural areas	3
5	Urban Beat Patrol System	1
6	Rural Beat Patrol System	1
7	Maintaining beat book (Practical Training)	4
8	Checking, Frisking, searching of Strangers (Demonstration and role play)	3
9	Preparing bad character / stranger rolls	3
10	Introduction to Intelligence	2
11	Methods of Intelligence Collection	2
12	Developing sources	2
13	Writing Source report	2
14	Conducting preventive raids	3
15	Mobile Check Post / Nakabandi Duty (Demonstration and practical exercise)	8
16	Cordoning and searching	2
17	Surveillance over criminals, anti-social elements & suspects	2
18	Questioning of Strangers / Suspects	4
19	Beat in fairs & festivals	1
20	Beat in trains & other public transport	1
Total number of Sessions:		51

Part-b) Police Station Duties:

Sr. No.	Topic-wise Details	Periods
1	Sentry duty at Police Station	2
2	Telephone duty (Simulation / Role Play)	2
3	Reception duty & receipt of complaints	2
4	Messenger duty	1
5	Assistance to Station writer / MHC /Duty officer	4
6	Maintenance of first Information Report Register	5
7	Maintenance of records regarding history sheeted criminals	5
8	Computerization of various station records & its importance (Role Play)	10
9	Beat book, point book and other related records	2
10	Recording statements during enquiry / verification	2
11	Court Assistance duty	1
12	Quick Reaction Team at Police Station	2
13	Deposing in the court as a witness	1
Total number of Sessions		39

07

(PPW-2)

Investigation**(62 Periods)**

Sr. No.	Topic-wise Details	Periods
1	Scene of Crime and its Importance in detection	2
2	Protecting / preserving scene of crime (Lecture and simulation exercise including exercises to enhance power of observation)	4
3	Inspecting scene of crime and methods of search	2
4	Transmission of information to police station regarding crime and its subsequent relevance during trial	2
5	Examination of witnesses	1
6	Dealing with the injured	1
7	Method of handling the victims, relations and the neighborhood	1
8	Ways for seeking public co-operation & information	1
9	Method of dealing with witnesses	1
10	Method of dealing with Accused	1
11	Method of handling crowds / on-lookers around the scene of occurrence	1
12	Drawing up scene of crime –Cartography, Photography and observation.	2
13	How to effect arrest (Effecting arrest of a docile / resistant / aggressive person)	3
14	Court judgments, departmental instructions regarding arrest procedure – and guidelines regarding handcuffing	2
15	Preparing arrest memo	1
16	Search of a person and preparing personal search memo (Lecture, demo and role play)	4
17	Preparing descriptive roll (Lecture and Practical)	3
18	Information Sheet	1
19	Search of Area – open ground, built up area, house and other premises	3
20	Seizure- preparing seizure memo	2
21	Identification parade	1
22	Service of summons and execution of warrants (Lecture and role play)	4
23	Preparing report on process service	2
24	Special report	1
25	Escorting and producing accused in the court	1
26	Producing exhibits before expert / court	2
27	Preparing notice u/s 160 Cr.PC	1
28	Pecking, labeling, handling of exhibits including requisite paper work	2
29	Taking dead body to mortuary / hospital for Post-mortem	2
30	Integrated Investigation forms	2
31	Complaint / Report for preventive action u/s 107,109,110 Cr.PC	3
32	Modus Operandi Classification	2
33	Utility of Police Dog in Investigation	1
Total number of Sessions		62

08. (PPW-3) Public Order, Security, Traffic & Contingency Management (127 Periods)

Part-a)		Public Order
Sr. No.	Topic-wise Details	Periods
1	Types of Crowds	1
2	Estimating the strength of crowd & gauging its mood	1
3	Police response to different type of crowds especially dealing with agitating women and children	3
4	Law and order/ Bandobast duties at : Markets Fairs Festivals Public rallies/ meetings Agitations by students, labour ,Caste/communal clashes	7
5	Dispersal of unlawful assemblies	2
6	Use of minimum force in handling law and order	2
7	Pickets/ nakabandi	2

Part-b)		Security Management
Sr. No.	Topic-wise Details	Periods
1	Introduction to security environment and threats to internal security	1
2	Tactical and Ceremonial Guard : An Overview	2
3	Role and responsibility of police constable as police station sentry and guard with special reference to extremism/ insurgency affected disturbed areas	3
4	Role and responsibility of police constable while escorting of prisoners with special reference to handcuffing them	2
5	Duties of police constable while escorting cash and valuables.	1
6	Role and responsibility while escorting trains / buses/ convoy	2
7	Introduction to observation : Observing thing, observation of passing vehicles (Lecture and observation exercises)	2
8	Access Control	2
9	Frisking a person (Demonstration and Role Play)	2
10	Handling security equipment (Demonstration and Role Play)	4
11	Identifying suspicious objects and subsequent action	2
12	Introduction to Explosives, type of explosives and detonators and their identification (Lecture cum demonstration)	4
13	Precautions and safety measures upon identification of explosives	2
14	Introduction to IEDs, command mechanisms(wired, remote controlled, timer, pressure, light, etc) (Lecture cum Demonstration)	4
15	Introduction to landmines	1
16	Search of a Vehicle (Demo and Practical)	3
17	Bomb Detection and Pre- disposal action (Practical exercises)	5
18	Introduction to VIP security and an overview of the security techniques and practices used for VIP security purpose.	8
19	Security of Vital Installations	2
20	Formulation of Standard Operating Procedures in different situations to combat security threat and to minimize loss and collateral damage.	2
21	How to overcome over-lapping and grey areas while performing VIP security duties as per prescribed Standard Operating Procedures.	2
22	Role of time and situational priorities in VIP security and importance of making adjustments accordingly in the interest of security.	2
23	Genesis of the evolution and growth of the vital causative factors leading to major Security threats.	2
24	Relative magnitude of threat and Security categorization.	2

Part-c) Traffic Management

Sr. No.	Topic-wise Details	Periods
1	Introduction to Regulation of Traffic	2
2	Traffic Control Devices and equipments	2
3	Traffic signs and signals	3
4	Traffic offences and challaning	4
5	Conduct while on traffic duty	1
6	Regulating traffic at intersections	2
7	Interception of vehicles	1
8	Guarding place of accident, protecting forensic evidence like Skid marks and traffic diversion	3
9	Rescuing accident victims, First Aid to accident victim and transportation to hospital	2
10	Managing Traffic jam	1
11	High-way Traffic Management	1
12	Road Safety education	1
13	Traffic Police organization and functions	1

Part-d) Contingency Management

Sr. No.	Topic-wise Details	Periods
1	Role of police in manmade and natural disasters	1
2	First Aid & its importance	1
3	Fractures, wounds, bruises, contusions and abrasions types of dressing, bandaging etc.	2
4	Artificial respiration in case of drowning / hanging	1
5	Administration of first aid in case of poisoning/ snake bite	1
6	First aid in case of burns	1
7	Rescue and Management of first aid in outbreak of fire	1
8	Rescue and Administration of first aid during floods, cyclones, earthquakes and other natural disasters	3
9	Administration of first aid to the victim of seizures/fits	1
11	Administration of first aid to the victim of electrocution	1
12	Practical Demonstration and role play	10

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Forensic Science & Forensic Medicine**(48 Periods)****Part: 1****Forensic Science**

Sr. No.	Topic-wise Details	Periods
1	Scientific Aids for Investigation: An introduction	2
2	Need for using the latest Scientific Aids	1
3	Preservation of Finger Prints at the scene of occurrence	1
4	Preservation of Foot Prints at the scene of occurrence	1
5	Preservation of Blood Stains at the scene of occurrence	1
6	Preservation of live explosives or remnants of explosives at an explosive on site	1
7	Preservation of articles such as pieces of cloth, glass, hair, paint, wood, empty cartridge, weapons etc.	1
8	Preservation of various kind of marks such as tyre marks, staid marks, tool marks etc.	1
9	Preservation of papers, documents, files etc. found at the crime scene.	1
10	Preservation of communication / networking equipment, computers and peripherals, printers, Fax machine etc at the site	2
11	Need of forensic experts to gather evidences and seek their preliminary opinion	2
12	Collection of clues and investigation with the help of items / marks etc found at the scene of crime	3
Total number of Sessions:		17

Part: 2**Finger Prints & Foot Print**

Sr. No.	Topic-wise Details	Periods
1	Finger Print Bureau and its role : An Introduction	1
2	Discussion on important of the Finger Print & Foot Prints with reference to their Evidentiary Value.	2
3	Description of various types of Finger& Foot Prints	1
4	Methods of developing Finger Prints & Foot Prints	4
5	Methods of taking precautions while developing Finger & Foot Prints	1
6	Methods of taking finger & Foot Prints	2
Total number of Sessions:		11

Part: 3**Practical**

Sr. No.	Topic	Periods
1	Practical Periods	20

10. Computer & Cyber Crimes, Information Technology and Telecommunications: (54 periods)

a) Computer & Cyber Crimes

Sr. No.	Topic-wise Details	Periods
1.	Familiarization with Computer and Its Parts- hardware and software including data storage equipment like pen drive etc. Cable Connection of Computer etc.	01
2.	Introduction to Windows	01
3.	Window Applications	02
4.	Notepad	01
5.	My Computer	01
6.	Typing tutor	06
7.	Introduction to MS Word File Making/saving & opening in MS word Editing in MS Word View and insert command in MS word Format and tool command in MS Word Table and font setting in MS Word Printing command in MS Word	02
8.	Introduction to MS Power Point Makes slides in Power Point	01
9.	Introduction to MS Excel	02
10.	Use of Internet and surfing	01
11.	Introduction to CCTNS	02
12.	Filling Up CCTNS forms	01
13.	PBS Introduction & PBS Sketch	02
14.	State Specific Police Software	02
15.	Introduction to Networking, Hardware and Software Internet: TCP/IP protocol, IP Addressing scheme	03
16.	Cyber Crimes	15

b) Wireless / Modern Modes of Communication and their usage in Practical Police Working

Sr. No.	Topic-wise Details	Periods
1.	Phonetic Alphabets, Definitions, Standard Phrases	01
2.	R.S.V.P.	01
3.	Priorities	01
4.	Signal Strength, Types of Calls & Duties of Operator.	01
5.	How to Establish Communication,	01
6.	Modern Modes of Communication and their usage in Practical Police Workings	04
7.	Dos and Don'ts of Wireless Communication	01
8.	Important and functions of WAN	01

11. Human Behaviour, Criminology and Stress Management (57Periods)

Sr. No.	Topic-wise Details	Periods
1.	Human Behavior	03
2.	Stress Management	02
3.	Social Problems.	08
4.	Gender Issues	04
5.	Juvenile Delinquency	05
6.	Police and Media	03
7.	Motivation	04
8.	Capacity Building	02
9.	Welfare	02
10.	Team Work in Police Functioning	03
11.	Ethics in Police	03
12.	Time Management	01
13.	Introduction to Criminology	02
14.	Causes of Crime: Psychological, Economical, Political and Social	06
15.	Types of Crime	02
16.	Reformatory Measures	02
17.	Violence & Police	02
18.	Introduction to Penology with reference to Punishment, Reformatory, Probation, Parole, Correction institutions	03

Sensitization Training Modules**(50 Periods)**

Sr. No.	Topic-wise Details	Periods
1.	Gender sensitization	50
2.	Caste &communal sensitization	
3.	Health & Hygiene, AIDS	
4.	Service orientation in public dealing	
5.	Community policing	
6.	Personality Development & public speaking	
7.	Visit to Prison	
8.	Visit to Court	
9.	Visit to District Police Office	
10.	Visit to Police Lines	
11.	Visit to Police Station	
12.	Visit to District Police Control Room	
13.	Visit to DC / SDM office	
14.	Visit to a vital installation / airport	
15.	Visit to District Fire Brigade office	

Outdoor Training Curriculum

AIM

The main aim of Outdoor training is to teach the recruits to wear an impressive turn out, to build and maintain high sense of discipline and confidence and to inculcate the sense of pride and belonging to police force.

They learn about the basics of obedience, regards and discipline by learning the saluting to the seniors. The purpose of weapon training is to teach trainees the handling of weapons for all types of duties and also to make them proficient in firing practice. The aim of the Crowd/Mob control training is to teach the trainees the use of minimum force with maximum effect in order to effectively dealing the rioters or law breakers. Mob control training is very essential to handle agitations, demonstrations, fairs/melas and other lawful and unlawful assemblies.

The purpose of Field Craft & Tactics training is to teach the trainees the way to change and adopt the ground situations (camouflage) in order to meet the challenge of hostiles. The aim of this training is to teach the measure/use of techniques to observe, control and capture/immobile the hostiles. The training regarding MAP reading, use of Compass and GPS (Global Positioning System) serves the purpose of move with the help of map, to teach night navigation and night march in unknown areas.

The aim of VIP Security training is to protect the V.I.P. from hostiles against sabotage, subversion and assassination. The emphasis will be on making them proficient in driving so that they can do effective patrolling in the village, town and city areas in order to prevent and detect the crime and collect the information.

The purpose of training in the subject of Traffic Control is to teach the trainees as to how to regulate the general traffic in towns and on other busy roads in order to ensure smooth conduct of the traffic and to prevent the accidents. Another field of the training is to teach the way to recruits as to how to take the prisoners from the jail to court and back safely. The aim of the UAC is to make the trainees alert, tough and proficient for offence & defence in order to combat the hostiles without arms. The purpose of training in first aid is to provide primary assistance to the injured on the spot before the availability of regular medical facility.

Outdoor Subjects:

Details of the training hours/sessions to be assigned to different areas of Outdoor Training with number of periods and marks assigned for Testing and Evaluation out of a total of 875 training sessions/credit hours and 600 marks are given below :

Sr. No.	Area/Activity of Outdoor Training	Periods	Marks
1.	Physical Training	150	150
2.	Drill and Professional Skills	150	150
3.	Weapon Training and Firing	150	100
4.	Field Craft and Tactics	75	30
5.	Defensive and Combative Professional Skills (UAC, baton fighting, overpowering, immobilization etc.)	80	25
6.	Relaxation and Concentration of Mind (Yoga, breathing exercises, body postures etc.)	45	25
7.	Mob-Control (Practical Exercises & Demonstration)	50	50
8.	Identification and Detection of Explosives and Narcotics	45	--
9.	Motor Cycle Driving	20	--
10.	Obstacle Course	20	20
11.	Games, Gym and Sports	50	25
12.	Fundamentals of Security Skills	20	--
13.	Traffic Control	20	25
	Total:	875	600

(1) PHYSICAL TRAINING**(1) P.T. & P.T. Table work****Sr. No. Code Name of lesson**

- | | | |
|----|--------|---|
| 1. | P.T. 1 | Introduction to PT |
| 2. | P.T. 2 | P.T. table 5bx Canadian table 1, 2, 3. |
| 3. | P.T. 3 | P.P.E.T. (1 mile race, 300m shuttle race, push ups, sit ups, jump and reach, chin ups, standing broad jump) |
| 4. | P.T. 4 | B.P.E.T. (2 mile race, 200 m fire man, lift, Monkey rope, 9 fit ditch) |

(2) Walking and Jogging

- | | | |
|----|--------|---|
| 1. | W.J. 1 | Walk and race |
| 2. | W.J. 2 | Route March (10km, 5km up and 5km down) |

(3) Cross-Country

- | | | |
|----|------|----------------------------|
| 1. | C.C. | 10km (5km up and 5km down) |
|----|------|----------------------------|

(4) Ground Work

- | | | |
|----|------|--------------------------------------|
| 1. | G.W. | Cart wheel, front roll and back roll |
|----|------|--------------------------------------|

(5) Apparatus Work

1. Vaulting Horse

V. H. Through Vault over split (2nd Class)

2. Beam Work

B.W. Beam balance, beam heaving (2nd class)

3. Rope Work

R. W. Rope climbing (2nd class)

2) DRILL AND PROFESSIONAL SKILL

(A) Conduct in uniform

1. Introduction

2. Turn-out

- | | | | | |
|---------------|----------|----------|---------|------------|
| 1. Head dress | 2. Face | 3. Shirt | 4. Belt | 5. Trouser |
| 6. Socks | 7. Shoes | | | |

(B) Squad drill at the halt

1. Formation of squad with interval
2. Attention
3. Standing at ease
4. Standing easy
5. Dressing a squad with interval
6. Turning and inclining by number

Drill in three ranks

1. Falling in a squad/platoon
2. Blank file
3. Dressing
4. Drill on the move
5. Platoon in line and in threes
6. Dressing on the march
7. A line changing direction to a flank
8. Marching in threes
9. Turning from threes into line on the move
10. Turning from line into threes on the move
11. Wheeling in threes
12. Forming line from threes facing the same direction

Forming two ranks

1. To form two ranks from three ranks
2. To form three ranks from two ranks

Marching

1. Length of pace and time in marching
2. Position in marching
3. Marching in quick and slow time
4. Paces forward and to the rear
5. Changing step in slow and quick time
6. Marching in double time

7. Breaking into slow, quick and double time
8. The side pace
9. Turning when on the march

Marching off in single file

1. A squad facing its right flank in three with the front rank on the left, marching off in single file.
2. A squad in three ranks (line) in the advance position, marching off in single file.

Saluting without arms

1. Saluting at the halt
2. Saluting on the march
3. Dismissing without arms

General instructions on saluting

1. Saluting when without head-dress and when wearing plain clothes, etc.
2. Miscellaneous

(C) Detail of rifle exercise drill syllabus

1. Fall-in with rifle.
3. Squad attention, stand-at-ease, stand-easy, order arms.
4. Slope arms.
5. Fix and unfix of bayonets
6. Butt salute, present arms.
7. Port arms, port arms for inspection.
8. Examine arms, exam arms for inspection.
9. Short trails, secure arms.
10. Order arms to secure arms, slope arms to secure arms.
11. Order arms to change arms, trail arms to change arms.
12. Taan shashter, uncha bayen shashter
13. Ground arms, uplift arms, short trail, sling arm, revision

(D) Detailed syllabus of guard duty

1. Basic information and definitions.
2. Guard mounting
3. To relieving, posting and dismissing guard
4. Post relieving, marching, dismissal sentries and relief
5. Turning out a guard for inspection by a day.
6. Turning out a guard by a night

7. General rules for sentries.
8. General instructions and compliments to be given by guard and sentries
9. Knowledge of bugle call

Guard of honour

1. Composition, strength and occasions
2. Dress
3. Formations
4. Aide-de-camp
5. Conducting officer
6. Colors
7. Salute
8. National anthem
9. Inspection
10. General

(E) Detailed syllabus of first aid

1. Meaning of first aid & its importance
2. First aid after snake bite.
3. First aid after burned part of body
4. Way to give first aid while injured by gun shot in combat.
5. Way to give first aid to person who sink in water
6. Duty of police officer when someone met with an accident
7. To laid down injured men on stature and take him to hospital.
8. To stop flow of blood from the wounds of injured men
9. To inform family of injured men

(F) Detailed syllabus of fire fighting

- 1 First aid fire fighting appliance
- 2 Chemical fire extinguisher.
- 3 Hose pipe and hose fitting
- 4 Rope
- 5 Fire service ladder
- 6 Foam and foam apparatus
- 7 Breathing appliances
- 8 Special appliances

(3) WEAPON TRAINING AND FIRING

(A) Detailed syllabus of .303" rifle

- | | | |
|----------------|------|---|
| 1. R/B lesson | NO1 | Stripping, assembling and to adjust sight |
| 2. " | NO2 | Safety and cleaning |
| 3. " | NO5 | Load and unload |
| 4. " | NO7 | Lying position and holding. |
| 5. " | NO9 | Aiming-1 |
| 6. " | NO11 | Trigger control |
| 7. " | NO13 | Method to fire one shot |
| 8. " | NO23 | Aiming-2 |
| 9. " | NO28 | Bolt manipulation |
| 10. " | NO34 | High level cleaning |
| 11. R/B Lesson | NO40 | Snap shooting |
| 12. " | NO44 | Continues snap shooting |
| 13. " | NO48 | Aiming-3 |
| 14. " | NO53 | Fire from kneeling & standing position |
| 15. " | NO57 | Fire from low cover |
| 16. " | NO70 | Cycle of operations |

(B) Detailed syllabus of .9mm pistol FNHP

1. Safety, stripping, assembling, load and unload
2. Firing

(C) Detailed syllabus of .38" Revolver

1. cleaning, loading and unloading
2. Holding, cock, uncock, firing and battle crouch position

(D) Detailed syllabus of .9mm carbine SAF

1. Characteristics, stripping, assembling and cleaning
2. Load, unload methods of carrying and firing
3. Stoppages and immediate action

(E) Detailed syllabus of 7.62mm SLR

1. Introduction, safety, stripping, assembling and cleaning
2. Load and unload
3. Lying position and holding
4. Aiming
5. Firing
6. Mechanism and stoppages

7. Firing in different positions

8. Firing from the post

(F) Detailed syllabus of no.36 H.E. Hand Grenade

1. Hand grenade reorganization and its uses

2. Hand grenade throwing and lobbing

3. Discharger cup

(G) Detailed syllabus of 7.62mm A.K.M. ASSAULT RIFLE

1. Introduction, orientation and characteristics

2. Safety, stripping, assembling and cleaning

3. Load and unload.

4. Firing

5. Mechanism of rifle and stoppages

6. Zeroing.

(H) Detailed syllabus of 5.56mm INSAS RIFLE

1. Introduction, orientation and characteristics

2. Safety, stripping, assembling and cleaning

3. Load and unload.

4. Firing

5. Mechanism of rifle and stoppages

6. Zeroing.

(I) Detailed syllabus of bayonet fighting

1. Hold weapon and hit point.

2. Training stick.

3. Safety

(J) Detailed syllabus of L.M.G.

LMG 1. Safety, stripping, assembling and cleaning.

LMG 2. Load , unload and aiming

LMG 3. Holding and firing.

LMG 4. Checking before firing and cleaning after use

LMG 5. Mechanism, stoppages and immediate action.

LMG 6. Elementary handling

LMG 7. Method of carrying LMG in CQB

LMG 8. Firing in different position

LMG 9. Use of anti air craft

LMG 10 Use of tripod

(4) FIELD CRAFT AND TACTICS

1. Sight of things
2. Judging distance
3. Indication of targets, fire control orders & fire discipline.
4. Section handling.
5. Locating enemy by sound
6. Camouflage and concealment
7. Duties of night sentries
8. Field signals.
9. Movements by day and movements by night
10. Selection of fighting position
11. Battle drill and procedure.
12. Type of observation area (middle, distance, fore ground, field area, hill area)
13. Observation day and night
14. Ways of observation
15. Observation of patrolling urban area

(A) Practical & demonstration tactics & tactical operation

1. Raid on hideout
2. Naka bandi & establishment of vehicle check post/ mobile vehicle check post.
3. Quick reaction team
4. Patrolling (by foot, by-cycle, vehicles, day & night)
5. Ambush & counter ambush drill.
6. Access control
7. Action in sudden attack by the terrorists.
8. Mob control
9. Un-Armed combat.
10. Bank and other strategic guard duties like power house, T.V., radio station etc.
11. Escort of VIP, protection and searching of VIP when convoy under attack
12. VIP protection attack on VIP in various situations.
13. Security of VIP during fairs, processions, meetings and crowd places.
14. Action to be taken in case suspected explosive material is found as IED and counter IED drills.
15. Equipments used for security purposes.
16. Anti sabotage checking

(B) Map reading and use of GPS

1. Map and its outer information
2. Conventional signs
3. Direction and their degrees
4. Service prismatic compass
5. Scale
6. Map reference and grid co-ordinates
7. Setting the map
8. From map to ground
9. From ground to map
10. Sand model
11. Silva compass model-54
12. Global positioning system (GPS)

(5) DEFENSIVE AND COMBATIVE PROFESSIONAL SKILLS (UAC, BATON FIGHTING, OVERPOWERING, IMMOBILIZATION, ETC)

1. Technique of self defense
2. Vulnerable parts of human body
3. Hands as weapon
4. Foot as weapon
5. Fall, roll and their importance
6. Throw away
7. Use of UAC in police duty
8. Defense against stick
9. Defense against rifle
10. Defense against pistol
11. ADP (Aggression determination & persistence)
12. IUF (Integrated use of force) technique
13. **ATTACK SCENARIO-1**
 - A) Physical attack and defense (any variation or combination)
 - B) Defense against knife attack (any variation)
 - C) Defense against knife threat (any variation)
14. **ATTACK SCENARIO-2**
 - A) Stick attack (any variation)
 - B) Pistol threat (any variation)
 - C) Release from a choke/hold/hug/lock (any variation)
15. **ATTACK SCENARIO-3**

Any two of the following three possible scenarios

A) One against one (any variation)

B) One against two (any variation)

C) One against three (any variation)

(6) RELAXATION AND CONCENTRATION OF MIND (YOGA, BREATHING EXERCISES, BODY POSTURES ETC.)

- | | | |
|-----|---------|---|
| 1. | YOGA-1 | Kriyen 1 to 6. |
| 2. | YOGA-2 | Sarvotaan kriya. |
| 3. | YOGA-3 | Narri chalan kriya. |
| 4. | YOGA-4 | Sugand chalan kriya. |
| 5. | YOGA-5 | Bal machlan kriya |
| 6. | YOGA-6 | Katti chalan kriya |
| 7. | YOGA-7 | Nabhi chalan kriya |
| 8. | YOGA-8 | Kon aasan, garur aasan |
| 9. | YOGA-9 | Utkat aasan, hasta-pad-angushth aasan |
| 10. | YOGA-10 | Pada-hast aasan, uttan pad aasan |
| 11. | YOGA-11 | Panshchimottan aasan, pad angushth asan |
| 12. | YOGA-12 | Sarvang aasan |
| 13. | YOGA-13 | Sarap aasan, dhanur aasan |
| 14. | YOGA-14 | Vajar aasan, tiger aasan. |
| 15. | YOGA-15 | Anulom vilom pranayama. |
| 16. | YOGA-16 | Kapalbhati pranayama. |

7) MOB-CONTROL (PRACTICAL EXERCISES & DEMONSTRATION)

(A) Detailed syllabus of Mob Control

1. A) Introduction
 - B) Formation of police force.
2. Commands of commander and act of leaders.
3. Section formation
 - A) Section bhala formation
 - B) Section tirschha formation
 - C) Section line formation
 - D) Uses of cane shield.
4. Platoon formation
 - A) Platoon line formation
 - B) Platoon tirschha formation.

- C) Platoon bhala formation
- D) To capture mob leader by reserve section of platoon
- 5. Position and working of tear gas squad.
- 6. Position and working of armed force

(B) Detailed syllabus of lathi drill & fighting

A) General information

- 1. General rules to use force.
- 2. Less use of force
- 3. Use of force for self defense
- 4. Need to use force in various situations.
- 5. Cleaning.
- 6. Choose.
- 7. To take care.

B) Lathi drill

Attention, stand-at-ease, stand-easy, extend from two lines for lathi drill, slope lathi, order lathi, salute, uplift lathi to left

C) Lathi fighting

Attack

Attack on ankle, on knees and on ribs

Defense

Downside right, downside left, upside right, upside left, head

Stabbing

In stomach, in chest, at neck, at jaw

(C) Detailed syllabus of Tear gas

- 1. Introduction and use of tear gas
- 2. Cons. and Prons. of tear gas tear gas shell and trajectory of grenade
- 3. Facts about tear gas and its uses
- 4. Introduction to federal riot gas gun key and gas gun drill and federal riot gas gun shell carrier, introduction to grenade carrier and lobbing of tear gas.
- 5. Use and care of respirator

(D) Detailed syllabus of volley fire

- RULE NO. 1 Use of power as per law.
- " 2 Drill in two lines in standing position.
- " 3 Drill in two lines in kneeling position
- " 4 Drill with front line kneeling and rear line standing

(E) Detailed syllabus of polycarbonate shield

1. Introduction to polycarbonate shield.
2. Formation with polycarbonate shield
3. Defense with polycarbonate shield

(8) IDENTIFICATION AND DETECTION OF EXPLOSIVES

- 1 Explosive general
- 2 Type of explosive
- 3 Type of explosion
- 4 Type of IED
- 5 Disposal of blind bomb

9) DETAILED SYLLABUS OF MOTOR CYCLE

1. Basic information
2. Different ways of controlling.
3. Maintenance.
4. Do and don'ts.
5. Maintenance of battery
6. Maintenance of tyres (tyre rotation)
7. Tools and accessories
8. Information to fill log book.
9. Detailed information of driving

10) OBSTACLE COURSE

- | | | |
|----|-------|---------------------------------|
| 1. | O.C.1 | Standard obstacle |
| 2. | O.C.2 | Battle obstacle, assault course |

(11) SPORTS & GYM**(A) Games**

- | | | |
|----|-------|-------------|
| 1. | G.A.1 | Hockey |
| 2. | G.A.2 | Volleyball |
| 3. | G.A.3 | Football |
| 4. | G.A.4 | Basket ball |
| 5. | G.A.5 | Hand ball |
| 6. | G.A.6 | Kabaddi |
| 7. | G.A.7 | Athletics |

(B) Gym Work

- | | |
|----|--|
| 1. | In gym do or don't, diet chart, warm up and stretching |
| 2. | Chest workout |
| 3. | Triceps |
| 4. | Lats |
| 5. | Biceps |
| 6. | Shoulder |
| 7. | Legs |

(12) FUNDAMENTAL OF SECURITY SKILLS

1. Introduction of VIP security.
2. Access control
3. Vehicle security of VIP
4. Residence security of VIP
5. Office security of VIP
6. Rest house security
7. Public meeting security
8. Route security
9. Route security by train
10. Equipments used for security purposes
11. Anti -sabotage checking

(13) TRAFFIC

1. Characteristics of traffic constable
2. T. point signals.
3. Road signs
4. Electric signals.
5. Driver signals
6. Police traffic signal no.1, 2, 3, and 4
7. Police traffic signal no. 5, 6, and 7
8. Police traffic signal no. 8, 9
9. VIP signal 4, 5
10. VIP signals 7, 8, and 9
11. Chowk practical

DETAILED SYLLABUS OF NIGHT WEAPON TRAINING**(20 EXTRA PERIODS)****1. 7.62MM S.L.R.**

1. Introduction safety, stripping, assembling and cleaning
2. Load and unload
3. Lying position and holding
4. Aiming
5. Firing

2. 7.62MM L.M.G.

- | | | |
|-----|----|---|
| LMG | 1. | Safety, stripping, assembling and cleaning. |
| LMG | 2. | Load, unload and aiming |
| LMG | 3. | Holding and firing. |
| LMG | 4. | Checking before firing and cleaning after use |
| LMG | 5. | Mechanism, stoppages and immediate action |

3. .9MM SAF Carbine

1. Stoppages and immediate action at night

4. NO. 36 HE Hand Grenades

1. Identify grenade at night.
2. Prime and un prime.

5. .9MM PISTOL

1. Safety, stripping, assembling, load and unload
2. Firing

6. 7.62MM AKM Assault

1. Mechanism, stoppages and immediate action

Appendix A

PPET Timings Above 35 Years					
Sr. No.	Test	Excellent	Good	Satisfactory	Poor
1	1 Mile Run	6 Min 30 Sec	7 Mins	7 Min 30 Sec	7Min. 31sec to 08min
2	Sit Ups	18	14	10	7
3	Chin Ups	14	10	6	4
4	Jump & Reach	17"	15"	13"	11"
5	Push Ups	18	14	10	8
6	Standing Board Jump	7' 7"	6' 11"	6' 3"	5' 8"

PPET Timings Below 35 Years					
Sr. No.	Test	Excellent	Good	Satisfactory	Poor
1	1 Mile Run	5 Mins 40 Sec	6 Mins	6 Mins 20 Sec	6min.21sec to 6min 40 sec
2	Sit Ups	30	25	20	15
3	Chin Ups	16	12	8	5
4	Jump & Reach	21"	19"	17"	15"
5	Push Ups	30	25	20	15
6	Standing Board Jump	8' 4"	7' 8"	7' 0"	6' 5"
7	300 Mtr Shuttles	43 Sec	47 Sec	51 Sec	48 sec

Appendix B**B.P.E.T. -**

S. No.	Allocation of Marks	Specifications of B.P.E.T				
		Age	Excellent	Good	Satisfactory	Poor
1	B.P.E.T for 3.2 kms "B" scale with weapon-	Upto 45 Years	14:45 Min. or Less	14:46 Min. To 16:05 Min	16:06 Min. To 17:25 Min	17:26 Min To 18:45 Min
	1.6Kms Walk in place of B.P.E.T - (B scale with weapon)	Above 45 Years	14:00 Min or Less	14:01 Min To 15:00 Min	15:01 Min To 15:30 Min	15:31 Min To 16:00 Min
2	Fireman lift (Equal weight) 200 yards	Upto 45 Years	Upto 70 Sec	Upto 80 Sec.	Upto 90 Sec.	Upto 100 Sec.
	200 yards run with Rifle	Above 45 Years	57 sec or less	58 sec To 65 Sec	66 sec To 75 Sec	76 sec To 82 Sec