

**SAINIK SCHOOL REWA(MP
NATIONAL CADET CORPS(NCC)
SYLLABUS (2020-21)**

Sr No.	Subjects
1	The NCC
	History of NCC
	NCC Organisation and training and NCC Song
	Incentives of Joining NCC
	Directorate of NCC in India
	Skeleton of NCC Administration
	NCC Training
	Activities of Training 'A'
	Activities of Training 'B'
	Conduct of NCC certificate examination
	NCC Uniform
	Promotion of NCC cadets
	Aim & Advantages of NCC Training
	Honours and Awards
2	National Integration and Awareness
	Religions, Culture, Traditions and Customs of India
	National Integration: Importance and Necessity
	Freedom Struggle and Nationalist Movement in India
	Problems/Challenges of National Integration
	Unity in Diversity
	Famous Leaders of India
	Images/Slogans for National Integration
	Contribution of Youth to Nation Building
3	Civil Affairs
	Civil Defence Organisation and its duties/NDMA
	Types of Emergencies/Natural Hazards
	Role of NCC during Natural Hazards/Calamities
	Civil Administrative set up at District/Taluk/Village
	Fire Service and fire fighting
	Essential services and their maintenance
4	Drill
	Drill without Arms
	General and Words of Command
	Attention, Stand at Ease and Stand Easy, turning and inclining at the halt
	Sizing, forming up in three ranks and numbering, open and close order march and dressing
	Saluting at the halt
	Getting on parade, dismissing and falling out
	Marching, length of pace and time of marching in quick time and halt, slow march and halt
	Turning on the march and wheeling

	saluting on the March Individual word of command
5	Weapon training
	characteristics of a rifle/rifle ammunition and its fire power
	stripping, assembling, care and cleaning and sighting setting
	loading, cocking and unloading
	The lying position and Holding
	Aiming, range, and figure target
	Trigger control and firing a shot
	Range precautions and safety precautions
	Short range firing
6	Adventure Training
	Trekking including selection of route and administration planning
	Cycle expedition including selection of route and administration planning
	Rock climbing
7	Personality Development and Leadership
	Introduction to Personality development
	Factors influencing/shaping personality: physical, social, psychological and philosophical
	Self awareness-know yourself
	Critical and creative thinking
	Communication skills: group discussions/lectures
	Self confidence, courage & self conviction
	Effects of leadership with historical examples
	Problem solving skills
	Interview skills
	Importance of group and team work
	Effective use of time
	Coping with stress/emotions
	Sociability: social skills
	Characteristics of healthy personalities-ethics/values
8	Social Awareness Community Development
	Basics of Social Science, and its needs
	Social /Rural Development Projects: MNREGA, SGSY, NSAP etc
	Literacy enhancement and poverty alleviation
	Contribution of youth towards social welfare
	Civic responsibilities
	Drug abuse and trafficking
	Causes and prevention of HIV/AIDS, Role of Youth
	Corruption
	Social evils viz dowry/female foeticide/child abuse and trafficking etc
	Traffic control organisation and anti drunken driving
	Provisions of child Act
9	Health and Hygiene
	Structure and functioning of the human body
	Hygiene and sanitation (personal and food Hygiene)

	Physical and mental health
	Infectious and contagious diseases and its prevention
	Basics of First Aid in common medical emergencies
	Introduction to Yoga and Exercise
10	Environment Awareness and Conservation
	Natural resources-conservation and management
	Water conservation and rain water harvesting
	Waste Management
	Pollution control, water, air, noise, soil
	Wildlife conservation: projects in India.

Signature of ANO
T M Rao, Caretaker