



# Indian Military Training Center

## Syllabus and Terms of Commando Training.

- Total Course Fees -: **INR. 2000/- (Two Thousand only)**
- Fees Collection and Distribution between the College and A.I.C.E. be done in advance for the Complete course. It will be done by the College.
- The Course will be conducted for College official Students Only.
- If Due to some unavoidable reasons, any lecture is missed, It will be covered in the same week or next week as per the convenience of the College.

## Syllabus for Commando Training

Day	Syllabus
1	Introduction of Army Discipline, Basic Commands like Savdhan, Vishram.
2	Dahine Mud, Bayen Mud, Piche Mud, Basic Commands Practice.
3	Salute, Bayen Salute, Dahine Salute, Samne Salute, Khuli Line Chal, Nikat Line Chal, Kadwar Line Ban.
4	Introduction to March Pass. Stamp Foot March
5	Practice of Military Commands Covered above with stamp Foot March.
6	Self Defense -: Rules of Commando Life, Mental Preparation, Basic Blocks.
7	Different Punches and Kicks for knocking down of Evil.
8	Practice of Blocks, Punches and Kicks.
9	Operating of Air Guns-: Safety Precautions, Information about guns, Firing Positions.
10	Practice of Air Gun firing. , Use of paper sprey for self defense.
11	Disaster Management-: Importance of Disaster Management. Information about fire fighting, Electrical Safety,
12	Water Disaster Management, Types of Knots, emergency stature,
13	Lifting Methods, Bomb Threat Action Plan.
14	Basic Commands, Games (Kabaddi, Specially designed group Games, Rugby.
15	Emergency Acupressure Techniques -: Introduction to Acupressure, Sujok, Emergency Acupressure Points.
Introduction to Indian Armed Forces and how to join Them. Every Session will consist of Specially Designed ground games to inspire team spirit and leadership in cadets.	

If Some more information is needed, Let us know and we will promptly make it available to you...

Expecting positive decision at your end...

Yours Faithfully,

Dr. Adwait Deshpande.  
(President)

(Dimple Bache)  
Coordinator

Course Coordinator

