

Outdoor Syllabus for Basic Training of Dy. SP. (U/T) Block Syllabus

Time Management: Calculation of available training days and period details

Duration of Basic Training: **365 days**

Less '0' week : 06 days

Less Sundays : 52 days

Less 2nd& 4th Saturdays : 26 days

Less Holidays (approx) : 26 days

Less visit to different units : 15 days

Less engagement for L/O Duty: 20 days

Less Exam days : 20 days

Less Days for POP rehearsal : 10 days

175 days

Total Training days available at SVSPA, WB: **190 days**

Total No. of Indoor periods to be available: (190 x 4) = **760 periods**

Indoor periods per day = 4 Periods

Duration of 01 period = 45 minutes

Total No. of Outdoor periods to be available: (190 x 5) = **950 periods**

Outdoor periods per day = 05 periods

Duration of 01 period = 40 minutes

❖ If unforeseen wastage exceeds 10 days, training duration will be extended accordingly.

OUTDOOR TRAINING MODULE FOR DY.SP (Proby.)
OUTDOOR TRAINING ABSTRACT

Total training days available	= 190 days
Total periods for outdoor training (194 x 5)	= 950 periods
Duration of 01 (one) Outdoor Period	= 40 Minutes
Outdoor Periods to be allotted in Morning Session	= 03 Periods
Outdoor Periods to be allotted in Afternoon Session	= 02 Periods

SL.NO.	OUTDOOR SUBJECTS	PERIODS	MARKS
1.	PT	194	100
2.	YOGA	50	25
3.	DRILL	150	100 (Marks 75 for Practical + Marks 25 for Theoretical)
4.	WEAPON TRAINING & FIRING	100	175 (Knowledge of Weapon[Oral] – 50 + Range Firing – 125)
5.	SWIMMING	40	25
6.	MOTOR MECHANISM, DRIVING AND MOTOR CYCLE RIDING	60	25
7.	GAMES / GYM	175	-
8.	EXPLOSIVES & BOMB DETECTION / DISPOSAL	35	25
9.	EQUESTRAIN	30	25
10.	UAC	50	25
11.	FIELD CRAFTS & TACTICS, MAP READING, NAVIGATION	30	75
12.	ONE MINUTE DRILL	15	-
13.	MODULAR TRAINING ON RIOT CONTROL MANAGEMENT WITH LESS LETHAL WEAPONS	21	-
14.	INTERNAL ASSESSMENT ON OUTDOOR (MARKS TO BE ALLOTTED ON THE BASIS OF CLASS ATTENDANCE, CLASS TEST AND CONDUCT		50
	Total	950	650

Outdoor Training, Examination and Evaluation at a Glance

Sl. No.	Subject	Methodology of Examination	Methodology of evaluation	Allocation of Marks
1.	PT	Practical	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	100
2.	YOGA	Practical	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	25
3.	DRILL	Theoretical & Practical	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	100 (Marks 75 for Practical + Marks 25 For Theoretical)
4.	WEAPON TRAINING & FIRING	Theoretical (Viva & Hands on Demo) Range Firing	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	175 (Knowledge of Weapon[Oral] – 50 + Range Firing – 125)
5.	SWIMMING	Practical	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	25
6.	MOTOR MECHANISM, DRIVING AND MOTOR CYCLE RIDING	Practical	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	25
7.	GAMES / GYM	Non Evaluated		
8.	EXPLOSIVES & BOMB DETECTION / DISPOSAL	Theoretical	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	25
9.	EQUESTRAIN	Practical	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	25
10.	UAC	Practical	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	25
11.	FIELD CRAFTS & TACTICS, MAP READING, NAVIGATION	Practical	Examination and Evaluation to be caused by Outside Examiner as per order of Police WB	75
12.	ONE MINUTE DRILL	Non Evaluated		
13.	MODULAR TRAINING ON RIOT CONTROL MANAGEMENT WITH LESS LETHAL WEAPONS	Non Evaluated		
14.	INTERNAL ASSESSMENT	Class Attendance, Class Test and Conduct	CDI	50

SL. NO.	SUBJECTS	PERIODS	MARKS
I PHYSICAL FITNESS PROGRAMME (PT) Periods on PT will be allotted in every training day.			
1.	PT Table 1 to 6 of Eastern Frontier Rifles		
2.	PT Table Card 1 to 2 of West Bengal Police		
3.	<p>Run (A trainee who achieves the target prescribed below will qualify to appear Final Examination.</p> <p>For Male Trainees</p> <p>(a) Stamina (3 Periods of 40 Minutes each or 2 Hours per fortnight)</p> <p>End of 2nd Week - Run- 2.4 Km in 12 Minutes (as beginner)</p> <p>End of 4th Week – Run- 4 Km in 20 Minutes</p> <p>End of 6th Week – Run- 6 Km in 30 Minutes</p> <p>End of 8th Week – Run- 7 Km in 35 Minutes</p> <p>End of 10th Week – Run- 8 km in 40 Minutes</p> <p>End of 12th Week – Run- 9 km in 45 Minutes</p> <p>End of 14th Week – Run- 10 km in 50 Minutes</p> <p>End of 16th Week – Run- 11 km in 55 Minutes</p> <p>End of 18th Week – Run- 12 km in 60 Minutes</p> <p>(To be maintained at this level for the remainder of the training)</p> <p>For Female Trainees</p> <p>End of 2nd Week - Run- 1.6 Km in 10 Minutes (as beginner)</p> <p>End of 4th Week – Run- 2 Km in 12 Minutes</p> <p>End of 6th Week – Run- 4 Km in 24 Minutes</p> <p>End of 8th Week – Run- 5 Km in 30 Minutes</p> <p>End of 10th Week – Run- 6 km in 36 Minutes</p> <p>End of 12th Week – Run- 7 km in 42 Minutes</p> <p>End of 14th Week – Run- 8 km in 48 Minutes</p> <p>End of 16th Week – Run- 9 km in 54 Minutes</p> <p>End of 18th Week – Run- 10 km in 60 Minutes</p> <p>(To be maintained at this level for the remainder of the training)</p>	194	100

<p>B) Endurance (3 periods of 40 minutes each or 2 hours fortnight)</p> <p>For Male Trainees</p> <p>End of 3rd Week – Walk without rifle in uniform 4 Km.in 40 minuits.</p> <p>End of 5th Week – Walk with rifle in FSMO B Scale Dress 5 kilometres in 50 Minutes</p> <p>End of 7th Week – Walk with rifle in FSMO B Scale Dress 6 kilometres in 60 Minutes</p> <p>End of 9th Week – Walk with rifle in FSMO B Scale Dress 8 kilometres in 80 Minutes</p> <p>End of 11th Week – Walk with rifle in FSMO B Scale Dress 10 kilometres in 100 Minutes</p> <p>End of 13th Week – Walk with rifle in FSMO B Scale Dress 12 kilometres in 120 Minutes</p> <p>End of 15th Week – Walk with rifle in FSMO B Scale Dress 14 kilometres in 140 Minutes</p> <p>End of 17th Week – Walk with rifle in FSMO B Scale Dress 16 kilometres in 160 Minutes</p> <p>(To be maintained at this level for the remainder of the training)</p> <p>For Female Trainees</p> <p>End of 3rd Week – Walk without rifle in uniform 3 Km.in 30 minuits.</p> <p>End of 5th Week – Walk with rifle in FSMO B Scale Dress 4 kilometres in 40 Minutes</p> <p>End of 7th Week – Walk with rifle in FSMO B Scale Dress 5 kilometres in 50 Minutes</p> <p>End of 9th Week – Walk with rifle in FSMO B Scale Dress 6 kilometres in 60 Minutes</p> <p>End of 11th Week – Walk with rifle in FSMO B Scale Dress 7 kilometres in 70 Minutes</p> <p>End of 13th Week – Walk with rifle in FSMO B Scale Dress 08 kilometres in 80 Minutes</p> <p>End of 15th Week – Walk with rifle in FSMO B Scale Dress 09 kilometres in90</p> <p>End of 17th Week – Walk with rifle in FSMO B Scale Dress 10 kilometres in 100 Minutes</p> <p>(To be maintained at this level for the remainder of the training)</p> <p>“B-Scale” – Dungree – Boot (Ammunition / Jungle),</p>		
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	<p>Anklet, Web Belt, Pouch, Haver Sack (Small) with 05-08 Kg Wt., Jungle Hat & Rifle</p> <p>Physical Training also included For Male Trainees : 1600 Mtrs. Run (Excellent – 6.3 Minutes, Good – 07 Minutes, Satisfactory – 08 Minutes) 100 Mtrs. Run (Excellent – 12 Sec., Good- 13 Sec. , Satisfactory – 14 Sec. Chin UP – (Excellent – 10 Times, Good – 08 Times, Satisfactory – 06 Times) Sit Up – (Excellent – 40 Times, Good – 35 Times, Satisfactory – 30 Times) Push Up - (Excellent – 35 Times, Good – 30 Times, Satisfactory – 25 Times) Beep Test - (Excellent – Level 10, Good – Level 9, Satisfactory – Level 8 Obstacle – Gate Vault, Double Ditch, 08 Ft Wall, Clear Jump, Ramp, Tunnel, Zig Zag Balance, Step Up</p> <p>Physical Training also included For Female Trainees : 800 Mtrs. Run (Excellent – 3.3 Minutes, Good – 3.5 Minutes, Satisfactory – 4 Minutes) 100 Mtrs. Run (Excellent – 13 Sec., Good- 14 Sec. , Satisfactory – 15 Sec. Chin UP – (Excellent – 10 Times, Good – 08 Times, Satisfactory – 06 Times) Sit Up – (Excellent – 40 Times, Good – 35 Times, Satisfactory – 30 Times) Push Up - (Excellent – 35 Times, Good – 30 Times, Satisfactory – 25 Times) Beep Test - (Excellent – Level 10, Good – Level 9, Satisfactory – Level 8) Obstacle – Gate Vault, Double Ditch, 08 Ft Wall, Clear Jump, Ramp, Tunnel, Zig Zag Balance, Step Up</p>		
II PHYSICAL FITNESS PROGRAMME (YOGA)			
	<p>Yogasanas</p> <ol style="list-style-type: none"> Pawan muktasan group and surya namaskar Ashans for eyes(six ashans) Shithlikaran ashans(Six ashans) Bajrashans and ashans of bajrashan group(four ashans) Ashans of standing, sitting and lying positions Medium ashans group(Yog mudra, matsyasana, kukutasan, garbhasan) Back bending ashanas (Bhujang ashanas, sarpasan, shalbhasan, chakarasanas) Forward bending ashanas(Paschimotar asan, pad hastashan. Asans with the help of head(Shirsh asan, sarvang asan, hal asan) Asans for balance(bak asans, briksasan, tuladandasan) Pranayam <p>Reference : Asans, prayanam, mudra, bandh, by Swami Satyanand Saraswati of Bihar Yog Vidyalaya, Munger.</p>	50	25

III DRILL

Drill (Marks 75 for Practical + Marks 25 For Theoretical = Total 100 Marks) (1 period per day for 12 weeks; then 3 periods per week for 12 weeks; then 2 periods per week for the remaining period of training): Definition, object of drill, theory of drill training, preparation, method of training, general instruction, words of command, inspection.

SUBJECTS	PERIODS	MARKS
Dress Code for Daily Parade, Muster Parade , Working Uniform, Ceremonial Parade and wearing of civvies	150	100
Attention – stand at ease and stand easy (Savdhan, Vishram, Aram Se)		
Forming up in three ranks, two ranks (Tin Line Bana, Do Line Bana)		
Dressing (Sajna aur Line Sidhi Karna)		
Numbering and Proving (Ginna aur Parakhna)		
Formation of Squad with Intervals (Antar ki sath squad banana)		
Turning and Incline at the Halt (Dahine ya Baye Mur, Piche Mur, Adha Dahine / Adha Baye Mur – Ginti se bhi) by Number and Judging Time		
Dismissing and falling out-sizing (Visarjan aur Line Todr), Take Post (Apna Jagah Lo)		
Salute to the Front, Right and Left at the halt (Samne Salute, Dahine aur Baye Salute - Tham Kar)		
Side Pace- Pace Forward and to the Rear (Bagli Kadam, Age aur Piche – Kadam Chalna)		
Open and Close Order at the Halt (Khule Line Chal, Nikat Line Chal – Tham Kar)		
Marking Time Slow and Halt (Dhire Kadam Tal aur Tham) including Turning at Slow Time (Dhire Kadam Tal Se Murna)		
Salute to the Front, Right and Left at the making time slow (Samne, Dahine aur Baye Salute Dhire Kadam Tal Se)		
Marking Time Forward and Halt at the Slow Time (Dhire Kadam Tal Se Age Bar aur Tham)		
Wheeling, Turning and Diagonal March in Slow Time (Ghumna, Murna aur Kona Chal – Dhire Chal Main)		
Blank File in three line and two line (Blank ka kam tin line main aur do line main)		
Squad Drill in Position of Halt (Tham ki abastha par Squad Drill)		
Change Direction by Forming at Making Slow Time (Dhire Kadam Tal Se Disha Badalna)		
Change Direction by Forming at the Halt and on the March in Slow Time (Dhire Chal Se Disha Badalna aur Thamna)		
Marking Time at Quick and Halt (Tej Kadam Tal aur Tham)		
Saluting on the Marking Time Quick and Marching Quick – Front, Right & Left (Tej kadam tal main salute, Tej Chal main Samne, Dahine aur Baye Salute)		
Wheeling, Turning and Diagonal March in Quick Time (Ghumna, Murna aur Kona Chal Tej Kadam Tal Se)		
Marking Time Forward and Halt at Quick Time (Tej Kadam Tal se Age Bar aur Tham)		
Change Step into Slow and Quick Time (Dhire aur Tej Kadam Tal main Kadam Badalna)		
Marching, Marking Time and Halting in Double Time (Dour Kadam Tal se Age Bar aur Tham, Daur Chal Aur Tham)		
Breaking into Slow, Quick and Double, When Making Time (Dhire Chal, Tej Chak aur Dour Chal main ana – Kadam Tal se)		
Change Direction by Forming at the Halt – and on the March in Quick Time (Tej Chal main Disha Badalna aur Tham Kar Abastha Main) including Forming Squad from in threes (Tin o Tin main Squad Banana)		

Marching in a File - Forming Single from the Left / Right at Quick / Slow March (Dhire Chal / Tej Chal se Ek File Banana – Dahine ya Baye Se) and Reforming Squad in threes (Phir Line Banana)		
Drill With Arms – Attention , Ease, Easy including Turning at the Halt (Tham Kar Shastra ke Sath Savdhan, Vishram, Aram Se aur Murna) Knowledge about Drill Arms including Dismantling and Assemble		
Saluting with Arms – At the Order Arms, Slope Arms, Shoulder Arms and on the move (Sastra ke sath salute, Baju sastra, Kandhe sastra, Bagal sastra main salute, Sastra ke sath chalti halat main salute)		
Slope Arms (Kandhe Sastra)		
Shoulder Arms (Bagal Sastra)		
Order Arms (Baju Sastra)		
Present Arms (Salami Sastra)		
Port Arms (Baye Sastra)		
High Port (Uncha Baye Sastra)		
Examine Arms (Janch Sastra)		
Trail Arms (Tol Sastra)		
Short Trail (Samtol Sastra)		
Change Arms (Badal Sastra)		
Secure Arms (Sambhal Sastra)		
Ground Arms (Bhumi Sastra)		
Sling Arms (Latakan Sastra)		
For Examine Port Arms (Nirikshan ke Liye Baye Sastra)		
Charge Arms (Tan Sastra)		
Squad Drill with Arms at the Quick March (Sastra ke Sath Squad Drill Tej Chal Main)		
Platoon Drill with Arms at the Quick March (Sastra ke Sath Platoon Drill Tej Chal Main)		
Extended Order Drill (Bistrit Vidhi Main Kawayad)		
Ceremonial Drill (Samaraho Kawayad)		
Street Lining (Marg Pankti)		
Lathi Drill (Lathi Kawayad)		
Guard Checking		
TOTAL	150	100

IV WEAPON TRAINING :			
SL. NO	SUBJECTS	PERIODS	MARKS
1	.303 rifle : Opening, assembling, sight setting, cleaning & safety, load unload, holding, aiming, trigger operation, one round fire, change of sight-aiming two, bolt manipulation, high standard cleaning, snap shooting, aiming three, aiming four, parrying, fire from low cover, fire on moving target, method of working of rifle.	100	10
2	.38 revolver : Safety precaution, cleaning, loading unloading, holding, aiming, cock, uncock, assembling.		10
3	9 mm pistol : Safety precaution, cleaning, loading unloading, holding, aiming, cock, uncock, assembling.		10
4	7.62 mm SLR : Introduction, opening, safety precaution, cleaning, loading, unloading, holding, aiming, cock, uncock, assembling.		05
5	AK 47 rifle : Introduction, opening, safety precaution, cleaning, loading, unloading, holding, aiming, cock, uncock, assembling.		05
6	5.56 INSAS rifle: Introduction, opening, safety precaution, cleaning, loading, unloading, holding, aiming, cock, uncock, assembling		05
7	9 MM Carbine : Introduction, opening, safety precaution, cleaning, loading, unloading, holding, aiming, cock, uncock, assembling		05
8	Musketry Dry & Range Fire		125
TOTAL		100	175

MUSKETRY PRACTICE & FINAL FIRING AT RANGE

Sl. No.	Type of Arms	1st Periodical Practice (Not evaluated) (Rds.)	2nd Periodical Practice (Not evaluated) (Rds.)	Final Examination (Rds.)	Total Ammunition (Rds.)	Marks for Final Examination
1	.303" Rifle	4	4	12	20	12 X 02= 24
2	.38" Revolver	6	6	6	18	06 X 02 = 12
3	9 MM Pistol	3	3	6	12	06 X 02 = 12
4	7.62 MM SLR	4	4	12	20	12 X 02 = 24
5	AK-47 Rifle	5	5	10	20	10 X 02 = 20
6	5.56 MM INSAS	5	5	10	20	10 X 02 = 20
7	9 MM Carbine	4	5	6	15	06 X 02 = 12
TOTAL		31 Rds.	32 Rds.	62 Rds.	125 Rds.	124 Marks
Range Discipline		-	-	-		01 Mark
Grand Total		-	-	-		125 Marks

Marks for Bull : 02, Marks for Centre : 01

[TARGET SIZE FOR .38" REVOLVER , 9 MM PISTOL & 9 MM CARBINE – FIGURE TARGET]
 [TARGET SIZE FOR .303" RIFLE, 7.62 MM SLR, AK-47, 5.56 MM INSAS – 3 FT. DIA METER]

V. SWIMMING

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Introduction with Swimming & Pool	40	25
2	Breathing Control		
3	Leg Action		
4	Arm Action		
5	Combined Swimming		
6	Various Type of Swimming		
TOTAL		40	25

VI. MOTOR MECHANISM, DRIVING AND MOTOR CYCLE RIDING

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Maintenance of Motor Cycle & Jeep	60	25
2	Mechanism of Motor Cycle & Jeep		
3	Driving of Motor Cycle & Jeep (including simulator driving)		
TOTAL		60	25

VII. GAMES & GYM

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Athletic & Games (Football, Volly Ball, Basket Ball, Kabadi, Cricket etc.)	175	Non Evaluated
Total		175	

VIII. EXPLOSIVE & BOMB DETECTION / DISPOSAL

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Definition – Types of Explosives and accessories.	35	25
2.	Initiation – Charge – Chain of detonation.		
3.	Claymore Mines and Improvised explosive Devices (IEDs) – Bomb diffusion and disposal, country made bombs		
4.	Precaution against explosives.		
Total		35	25

IX EQUESTRAIN

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Mounting / Dismounting	30	25
2	Walk & Trot		
TOTAL		30	25

X UNARMED COMBAT

SL NO.	SUBJECT	PERIOD	MARKS
1.	Destroying energy of karate, taking of position, art of falling, exercise of karate for beginners, self defence in case of attack with knife, lathi, gun, pistol etc.	50	25

XI FIELD CRAFTS & FIELD TACTICS

SL NO.	SUBJECT	PERIOD	MARKS
1.	Field Craft:- a) Definition of Field Craft. Why Things are seen Demonstration b) Judging Distance / Demonstration c) Indication & recognition of targets d) Camouflage & Concealment / Demonstration e) Fire Control Order f) Observation by Nights g) Stalking / Demonstration	30	75
2.	Field Tactics :- a) Patrolling / Demonstration b) Ambush / Demonstration c) Cordon & Search of a village / Demonstration d) Hostile hideout operation / Demonstration e) Combing operation / Demonstration f) Contingency plan & Camp Sentry in LWE Area		
3.	Map Reading, Navigation		
TOTAL		30	75

XII ONE MINUTE DRILL

SL.NO.	SUBJECT	PERIOD	MARKS
1.	One Minute Drill	15	Non Evaluated
Total		15	

XIII) Modular Training on Riot Control Management with Less Lethal weapons

- Police Order No. 07 of 2009

SL.	Topics	Periods	Marks
1	Use of less lethal munitions – a conceptual framework.	21	Non Evaluated
2	Composition of the riot control party and their respective functions.		
3	Role and responsibility of Commanders of dhal/lathi/firing. Arresting and administrative party.		
4	Tactical aspects in dispersal of unlawful assemblies.		
5	Exhibition of all mob dispersal munitions/munitions launchers and protective gear.		
6	Water Cannon /Vajra Demonstration.		
TOTAL		21	