

Outdoor Basic Training Syllabus for Recruit Constables of W.B.P

OUTDOOR TRAINING ABSTRACT

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| 1. Total training days available | = 100 days |
| 2. Per Day Periods in 06 Months | = 06 Periods |
| 3. Total periods for 06 Months (06 X 100) | = 600 periods |
| 6. Duration of 01 (one) Outdoor Period | = 45 Minutes |

SL. No.	OUTDOOR SUBJECTS	Periods for 06 Months	MARKS
1.	PT	176	100
2.	YOGA	29	15
3.	DRILL	120	100 (Marks 75 for Practical + Marks 25 For Theoretical)
4.	WEAPON TRAINING & FIRING	90	175 (Knowledge of Weapon[Oral] – 35 + Range Firing – 140)
5.	SWIMMING	30	20
6.	MOTOR DRIVING, MOTOR CYCLE RIDING AND KNOWLEDGE OF PARTS	30	20
7.	UAC	20	20
8.	FIELD CRAFTS & TACTICS, MAP READING, NAVIGATION	30	50
9.	GAMES / GYM	22	Non Evaluated
10.	EXPLOSIVES, IED, BOMB DETECTION	9	Non Evaluated
11.	ONE MINUTE DRILL	5	Non Evaluated
12.	MODULAR TRAINING ON RIOT CONTROL MANAGEMENT WITH LESS LETHAL WEAPONS	18	Non Evaluated
13.	DISASTER MANAGEMENT	12	Non Evaluated
14.	HEALTH & HYGIENE AND FIRST AID	9	Non Evaluated
15.	INTERNAL ASSESSMENT (MARKS TO BE ALLOTTED ON THE BASIS OF CLASS ATTENDANCE, CLASS TEST DISCIPLINE AND CONDUCT)	-	50
Total		600	550

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 DIG (Trg) WB	100
2.	YOGA	Practical	-do-	15
3.	DRILL	Theoretical & Practical	-do-	100 (Marks 75 for Practical + Marks 25 For Theoretical)
4.	WEAPON TRAINING & FIRING	Theoretical (Viva & Hands on Demo) Range Firing	-do-	175 (Knowledge of Weapon[Oral] – 35+ Range Firing – 140)
5.	SWIMMING	Practical	-do-	20
6.	MOTOR DRIVING, MOTOR CYCLE RIDING AND KNOWLEDGE OF PARTS	Practical	-do-	20
7.	UAC	Practical	-do-	20
8.	FIELD CRAFTS & TACTICS, MAP READING, NAVIGATION	Practical	-do-	50
9.	GAMES / GYM	Non Evaluated		
10.	EXPLOSIVES, IED, BOMB DETECTION	Non Evaluated		
11.	ONE MINUTE DRILL	Non Evaluated		
12.	MODULAR TRAINING ON RIOT CONTROL MANAGEMENT WITH LESS LETHAL WEAPONS	Non Evaluated		
13.	DISASTER MANAGEMENT	Non Evaluated		
14.	HEALTH & HYGIENE AND FIRST AID	Non Evaluated		
15.	INTERNAL ASSESSMENT	Class Attendance, Class Test and Conduct	CDI	50

1. PHYSICAL FITNESS PROGRAMME (PT)

Sl.	Topic	Period
1	Walk, Run & Stretching Exercise	45
2	PT Table Card 1 and 2 of West Bengal Police	58
3	Stamina (Run)	28
4	Endurance (Walk)	30
5	PPET, Obstacles including Rock Climbing	15
TOTAL		176

SL. NO.	SUBJECTS	PERIODS	MARKS
1.	PT Table Card 1 to 2 of West Bengal Police		
2	<p><u>A) Run</u></p> <p><u>For Male Trainees</u></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><i>(To be maintained at this level for the remainder of the training)</i></p> <p><u>For Female Trainees</u></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>	176	100

End of 6th Week – Run– 4 Km in 24 Minutes
End of 8th Week – Run– 5 Km in 30 Minutes
End of 10th Week – Run– 6 km in 36 Minutes
End of 12th Week – Run– 7 km in 42 Minutes
End of 14th Week – Run– 8 km in 48 Minutes
End of 16th Week – Run– 9 km in 54 Minutes
End of 18th Week – Run- 10 km in 60 Minutes

(To be maintained at this level for the remainder of the training)

B) Endurance (3 periods of 45 minutes each or 2 hours fortnight)

For Male Trainees

End of 3rd Week – Walk without rifle in uniform 4 Km.in 40 minutes.

End of 5th Week – Walk with rifle in FSMO B Scale Dress 5 kilometres in 50 Minutes

End of 7th Week – Walk with rifle in FSMO B Scale Dress 6 kilometres in 60 Minutes

End of 9th Week – Walk with rifle in FSMO B Scale Dress 8 kilometres in 80 Minutes

End of 11th Week – Walk with rifle in FSMO B Scale Dress 10 kilometres in 100 Minutes

End of 13th Week – Walk with rifle in FSMO B Scale Dress 12 kilometres in 120 Minutes

End of 15th Week – Walk with rifle in FSMO B Scale Dress 14 kilometres in 140 Minutes

End of 17th Week – Walk with rifle in FSMO B Scale Dress 16 kilometres in 160 Minutes

(To be maintained at this level for the remainder of the training)

For Female Trainees

End of 3rd Week – Walk without rifle in uniform - 3 Km. in 30 minutes.

End of 5th Week – Walk with rifle in FSMO B Scale Dress 4

<p>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 in 90</p> <p>End of 17th Week – Walk with rifle in FSMO B Scale Dress 10 kilometres in 100 Minutes</p> <p><i>(To be maintained at this level for the remainder of the training)</i></p> <p>“B-Scale” – Dungree – Boot (Ammunition / Jungle), Anklet, Web Belt, Pouch, Haver Sack (Small) with 05-08 Kg Wt., Jungle Hat & Rifle</p> <p><u>Physical Training</u> also included <u>For Male Trainees</u> :</p> <p>1600 Mtrs. Run (Excellent – 6.3 Minutes, Good – 07 Minutes, Satisfactory – 08 Minutes)</p> <p>100 Mtrs. Run (Excellent – 12 Sec., Good- 13 Sec. , Satisfactory – 14 Sec.</p> <p>Chin UP – (Excellent – 10 Times, Good – 08 Times, Satisfactory – 06 Times)</p> <p>Sit Up – (Excellent – 40 Times, Good – 35 Times, Satisfactory – 30 Times)</p> <p>Push Up - (Excellent – 35 Times, Good – 30 Times, Satisfactory – 25 Times)</p> <p>Beep Test - (Excellent – Level 10, Good – Level 9, Satisfactory – Level 8)</p> <p>Obstacle – Gate Vault, Double Ditch, 08 Ft Wall, Clear Jump, Ramp, Tunnel, Zig Zag Balance, Step Up</p> <p><u>Physical Training</u> also included <u>For Female Trainees</u> :</p> <p>800 Mtrs. Run (Excellent – 3.3 Minutes, Good – 3.5 Minutes, Satisfactory – 4 Minutes)</p> <p>100 Mtrs. Run (Excellent – 13 Sec., Good- 14 Sec. , Satisfactory – 15 Sec.</p> <p>Chin UP – (Excellent – 10 Times, Good – 08 Times,</p>		
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	<p>Satisfactory – 06 Times)</p> <p>Sit Up – (Excellent – 40 Times, Good – 35 Times, Satisfactory – 30 Times)</p> <p>Push Up - (Excellent – 35 Times, Good – 30 Times, Satisfactory – 25 Times)</p> <p>Beep Test - (Excellent – Level 10, Good – Level 9, Satisfactory – Level 8)</p> <p>Obstacle – Gate Vault, Double Ditch, 08 Ft Wall, Clear Jump, Ramp, Tunnel, Zig Zag Balance, Step Up</p>		
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2. YOGASANA

SL. NO.	SUBJECTS	PERIODS	MARKS
	<p>a) Pawan muktasan group and surya namaskar</p> <p>b) Ashans for eyes(six ashans)</p> <p>c) Shithlikaran ashans(Six ashans)</p> <p>d) Bajrashans and ashans of bajrashan group(four ashans)</p> <p>e) Ashans of standing, sitting and lying positions</p> <p>f) Medium ashans group(Yog mudra, matsyasana, kukutasana, garbhasana)</p> <p>g) Back bending ashanas (Bhujang ashanas, sarpasana, shalbhassana, chakrasanas)</p> <p>h) Forward bending ashanas(Paschimotara asana, pad hastasana).</p> <p>i) Asanas with the help of head(Shirsha asana, sarvang asana, halasana)</p> <p>j) Asanas for balance(balancing asanas, bikrasana, tuladandasana)</p> <p>k) Pranayama</p> <p>Reference : Asanas, pranayama, mudra, bandha, by Swami Satyanand Saraswati of Bihar Yoga Vidyalaya, Munger.</p>	29	15

3. DRILL

SL. NO.	SUBJECTS	PERIODS	MARKS
1.	Dress Code for Daily Parade, Muster Parade , Working Uniform, Ceremonial Parade and wearing of civvies		
2.	Attention – stand at ease and stand easy (Savdhan, Vishram, Aram Se)		
3.	Forming up in three ranks, two ranks (Tin Line Bana, Do Line Bana)		
4.	Dressing (Sajna aur Line Sidhi Karna)		
5.	Numbering and Proving (Ginna aur Parakhna)		

6.	Formation of Squad with Intervals (Antar ki sath squad banana)	120	100
7.	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		
8.	Dismissing and falling out-sizing (Visarjan aur Line Todr), Take Post (Apna Jagah Lo)		
9.	Salute to the Front, Right and Left at the halt (Samne Salute, Dahine aur Baye Salute - Tham Kar)		
10.	Side Pace- Pace Forward and to the Rear (Bagli Kadam, Age aur Piche – Kadam Chalna)		
11.	Open and Close Order at the Halt (Khule Line Chal, Nikat Line Chal – Tham Kar)		
12.	Marking Time Slow and Halt (Dhire Kadam Tal aur Tham) including Turning at Slow Time (Dhire Kadam Tal Se Murna)		
13.	Salute to the Front, Right and Left at the making time slow (Samne, Dahine aur Baye Salute Dhire Kadam Tal Se)		
14.	Marking Time Forward and Halt at the Slow Time (Dhire Kadam Tal Se Age Bar aur Tham)		
15.	Wheeling, Turning and Diagonal March in Slow Time (Ghumna, Murna aur Kona Chal – Dhire Chal Main)		
16.	Blank File in three line and two line (Blank ka kam tin line main aur do line main)		
17.	Squad Drill in Position of Halt (Tham ki abastha par Squad Drill)		
18.	Change Direction by Forming at Making Slow Time (Dhire Kadam Tal Se Disha Badalna)		
19.	Change Direction by Forming at the Halt and on the March in Slow Time (Dhire Chal Se Disha Badalna aur Thamna)		
20.	Marking Time at Quick and Halt (Tej Kadam Tal aur Tham)		
21.	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)		
22.	Wheeling, Turning and Diagonal March in Quick Time (Ghumna, Murna aur Kona Chal Tej Kadam Tal Se)		
23.	Marking Time Forward and Halt at Quick Time (Tej Kadam Tal se Age Bar aur Tham)		
24.	Change Step into Slow and Quick Time (Dhire aur Tej Kadam Tal main Kadam Badalna)		
25.	Marching, Marking Time and Halting in Double Time (Dour Kadam Tal se Age Bar aur Tham, Daur Chal Aur Tham)		
26.	Breaking into Slow, Quick and Double, When Making Time (Dhire Chal, Tej Chak aur Dour Chal main ana – Kadam Tal se)		
27.	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)		
28.	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)		
29.	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		
30.	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)		
31.	Slope Arms (Kandhe Sastra)		
32.	Shoulder Arms (Bagal Sastra)		
33.	Order Arms (Baju Sastra)		
34.	Present Arms (Salami Sastra)		
35.	Port Arms (Baye Sastra)		
36.	High Port (Uncha Baye Sastra)		
37.	Examine Arms (Janch Sastra)		
38.	Trail Arms (Tol Sastra)		
39.	Short Trail (Samtol Sastra)		
40.	Change Arms (Badal Sastra)		
41.	Secure Arms (Sambhal Sastra)		
42.	Ground Arms (Bhumi Sastra)		
43.	Sling Arms (Latakan Sastra)		
44.	For Examine Port Arms (Nirikshan ke Liye Baye Sastra)		
45.	Charge Arms (Tan Sastra)		
46.	Squad Drill with Arms at the Quick March (Sastra ke Sath Squad Drill Tej Chal Main)		
47.	Platoon Drill with Arms at the Quick March (Sastra ke Sath Platoon Drill Tej Chal Main)		
48.	Extended Order Drill (Bistrit Vidhi Main Kawayad)		
49.	Ceremonial Drill (Samaraho Kawayad)		
50.	Street Lining (Marg Pankti)		
51.	Lathi Drill (Lathi Kawayad)		
52.	Guard Checking		
TOTAL		120	100

4. WEAPON TRAINING & FIRING

SL.	SUBJECTS	PERIODS	MARKS
1	0.303 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.	90	05
2	0.38 revolver : Safety precaution, cleaning, loading		05

	unloading, holding, aiming, cock, uncock, assembling.		
3	9 mm pistol : Safety precaution, cleaning, loading unloading, holding, aiming, cock, uncock, assembling.		05
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 Practice		140
9	Firing Simulator practice		
10	Range Firing		
TOTAL			
			175

MUSKETRY PRACTICE & FINAL FIRING AT RANGE

Sl. No.	Type of Arms	1 st Periodical Practice (Not evaluated) (Rds.)	2 nd Periodical Practice (Not evaluated) (Rds.)	Final Examination (Rds.)	Total Ammunition (Rds.)	Marks for Final Examination
1	.303" Rifle	4	4	15	23	15 X 02= 30
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.	130 Marks
Range Discipline		-	-	-		10 Marks
Grand Total		-	-	-		140 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]

5. SWIMMING

SL. No.	SUBJECTS	PERIODS	MARKS
1.	Introduction with Swimming & Pool	30	20
2	Breathing Control		
3	Leg Action		
4	Arm Action		
5	Combined Swimming		
6	Various Type of Swimming		
TOTAL		30	20

6. MOTOR DRIVING, MOTOR CYCLE RIDING AND KNOWLEDGE OF PARTS

SL. No.	SUBJECTS	PERIODS	MARKS
1.	Knowledge of Parts – Motor Mechanism of 02 stroke and 04 stroke engines	30	20
2	Riding of Motor Cycle		
3	Motor Driving		
TOTAL		30	20

7. UNARMED COMBAT

SL. No.	SUBJECTS	PERIODS	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.	20	20
Total		20	20

8. FIELD CRAFTS & TACTICS, MAP READING, NAVIGATION.

SL. No.	SUBJECTS	PERIODS	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	50
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	50

9. GAMES & GYM

SL. No.	SUBJECTS	PERIODS	MARKS
1.	Athletic & Games (Football, Volley Ball, Basket Ball, Kabadi, Cricket etc.)	22	Non Evaluated
Total		22	

10. EXPLOSIVES, IED, BOMB DETECTION

SL. No.	SUBJECTS	PERIODS	MARKS
1.	Definition – Types of Explosives and accessories.	09	Non Evaluated
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		09	

11. ONE MINUTE DRILL

SL. No.	SUBJECTS	PERIODS	MARKS
1.	One Minute Drill	05	Non Evaluated
Total		05	

12. MODULAR TRAINING ON RIOT CONTROL MANAGEMENT WITH LESS LETHAL WEAPONS

(Police Order No. 07 of 2009)

SL. No.	SUBJECTS	PERIODS	MARKS
1	Use of less lethal munitions – a conceptual framework.	18	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		18	

13. DISASTER MANAGEMENT

SL. No.	SUBJECTS	PERIODS	MARKS
1	Disaster Management Operations (Demo)	12	Non Evaluated
TOTAL		12	

14. HEALTH & HYGIENE AND FIRST AID

SL. No.	SUBJECTS	PERIODS	MARKS
1	Health and Hygiene	3	Non Evaluated
2	First Aid	6	
TOTAL		9	

DETAILS OF DISTRIBUTION OF TRAINING DAYS / SESSIONS (DAYS 100):
PERIOD – 100 X 06 = 600

MORNING	Period	EVENING	Period
Walk, Run, Conditioning Exercise,- 45 X 1	45	Police PT – 29 X 2	58
PPET, Obstacle including Rock Climbing 15 X 1	15	Yoga – 29 X 1 followed by Police PT	29
Stamina (Run) / Tobata / Circuit Trg. – 2X2, 8X3	28	Endurance – 15 X 2	30
Drill – 60 X 2	120	Games / Gym – (15 +5) 20 X 1 followed by Endurance & UAC	20
Practice Firing – 6 X 3	18	Practice Firing 6 X 3	18
Swimming – 5 X 3	15	Swimming – 5 X 3	15
Motor Driving – 5 X 3	15	Motor Driving – 5 X 3	15
Explosive – 2 X 3 (By CID, BDDS Unit)	6	Explosive – 1 X 3 (By CID, BDDS Unit)	3
FC, FT & Map Reading Navigation – 5 X 3	15	FC, FT & Map Reading Navigation – 5 X 3	15
Riot Drill – 2X3	6	Riot Drill – 4X3	12
Health & Hygiene and First Aid (By Outsource) 3 X 3	9	Weapon Training 18 x 3	54
Disaster Management (By Outsource) 2 X 3	6	Disaster Management 2 X 3	6
Games / Gym – 2 X 1 followed by Stamina	2	UAC – 5 X 2 UAC – 5 X 2	10 10
		One Minute Drill – 5 X 1 followed by UAC	5
Total	300	Total	300
GRAND TOTAL : 600			