

SYLLABUS
FOR
NCC
as Value Added Course

NCC (THEORY)

Total Credit: 3

UNIT I NCC ORGANIZATION

Aims and objectives of NCC, Organizational structure of NCC, NCC Song, Incentives of NCC Cadets, Certificate Examination in NCC; Honours and Awards, Youth Exchange Programme (YEP) and YEP Countries, Introduction to SSB Interview, Duties, responsibilities and conduct of NCC Cadets.

UNIT II BASIC FOOT DRILLS

Aims and objectives of learning the drill commands and its importance, General word of commands, attention, stand at ease, turning left, right and inkling at halt; Sizing, forming three ranks and numbering, open and close march order, dressing the squad; Saluting at halt, getting on Parade, dismissing and falling out.

UNIT III FOOT DRILL

Marching, length of pace and time in marching in quick time and halt, slow march and halt, side pace, pace forward and to the rear; Turning on the march and wheeling, saluting on the march, Marching timing, forward march and halt in quick march; changing step, formation of squad and squad drill.

UNIT IV ADVENTURE & OBSTACLE TRAINING

- a) Adventure training tips, Para sailing and its principles; Slithering, Rock climbing, cycling and trekking and their impacts on physical health.
- b) Obstacle training: aim, types and importance.

UNIT V PERSONALITY DEVELOPMENT

Introduction to personality development, Factors influencing/shaping personality, Self-Awareness, Empathy, Critical and creative thinking, Communication Skills, Decision making and problem solving, Coping with stress and emotional stress, Importance of changing mindset, Time management, Sociability: Social Skills, Etiquettes and manners, Importance of Group/Teamwork, Interview Skills.

Recommended Books and References:

1. Cadets training handbook common subjects (2017), D.G NCC Delhi-110030
2. Pamphlets issued by the ministry of Defence
3. DG, NCC Training directive
4. Femida Handy, Kassam Meenaz, Ingold Sharjah Jillian , Ranade , Bhagyashree (2011). From Seva to Cyberspace: The Many Faces of Volunteering in India. Sage.
5. R Gupta ; NCC National Cadet Corps A, B & C Certificate Examination Book; Ramesh Publishing House, 2018.
6. Singh, Neeraj; A Hand Book of NCC; Kanti Prakashan Publisher
7. United National Volunteers, India (2012). Volunteering in India: Contexts, Perspectives and Discourses (under publication)
8. Cadet training hand book specialised subjects (2017)