



MAHARASHTRA POLICE ACADEMY, NASHIK

**SYLLABUS
OF
CPSIs (DN)**



| | | | |
|-----------------------|-------------------------------|--|---|
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| Annexure-6(12) | - | Paper No.12- | <u>SELF STUDY</u> Police Station Management & Crime Control |
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DURATION OF TRAINING

A) FOR DIRECT RECRUIT POLICE SUB INSPECTORS,

| SR. NO. | PARTICULARS | PROPOSED |
|---------------------|-------------------------------------|--------------------------------|
| 1 | Duration of Training | 12 Months |
| 2 | Less Sunday & Holidays | 56 |
| 3 | Less o week | 3 |
| 4 | Less Midterm practical | 7 Days |
| 5 | Less Bandobast | 17 Days |
| 6 | Less Final Exam & POP | 21 Days |
| 7 | Less Mid Term Indoor & Outdoor Exam | 15 Days |
| 8 | Commando Course | 21 Days |
| 9 | Total Duration | 226 Days |
| 10 | Period per day | 11 period of 40 Minutes |
| TOTAL PERIOD | | 2486 |

MARKS DISTRIBUTION

A) DIRECT RECRUIT PSIs

| SR.NO. | PARTICULAR | MARKS |
|--------------------|----------------------------|--------------|
| 1 | Indoor Subjects | 1100 |
| 2 | Outdoor Subjects | 600 |
| 3 | Commando Course | 100 |
| 4 | Director Assessment | 100 |
| TOTAL MARKS | | 1900 |

OUTDOOR SUBJECTS

A) DIRECT PSIs.

| SR. NO | SUBJECT (A) | MARKS |
|--------------------|------------------------|--------------|
| 1 | P.T. | 120 |
| 2 | Yoga | 20 |
| 3 | Drill | 200 |
| 4 | Field Craft & Tactics | 80 |
| 5 | Weapon Handling | 60 |
| 6 | Firing Exam | 120 |
| TOTAL | | 600 |
| SR, NO | SUBJECT (B) | MARKS |
| 1 | 3 week Commando Course | 100 |
| TOTAL A + B | | 700 |

DIRECTOR'S ASSESSMENT

A) DIRECT CADET PSIs (D/N)

1. To take review of first six months and to give marks out of 50 marks. The marks need to be displayed to the probationer officers immediately after six months.
2. To take review of remaining training period in the Academy and to give marks out of 50 marks.
3. In the final result, as per above stated marks should be given out of 100 marks. (e.g. 1 + 2 = 3)

CAPSULE COURSES

| SR. NO. | SUBJECT |
|------------|--|
| 1 | Ethical Policing |
| 2 | First Aid |
| 3 | Community Policing |
| 4 | Intelligence Collection-demo/practical on surveillance / chadowing |
| 5 | Interrogation skills |
| 6 | Security-Preparing bandobast schemes for fair, festival, public rally of a VIP, Ganapati/ Election/ ID/ Mohurram/BRA/ Shivsena dassera/6th Dec |
| 7 | Court Craft |
| 8 | Inspection of Police station |
| 9 | Rights of an accused |
| 10 | Introduction to Revenue records & revenue |
| 11 | Recording entries in Police Station Records-simulation |
| 12 | Public Speaking / Communication Skills |
| 13 | Media Management |
| 14 | Disaster Management |
| 15 | Electronic Surveillance |
| 16 | Use to Force |
| 17 | Negotiation Skills / Conflict Resolution (DY.Ss.P/ PSI) |
| 18 | Cyber Crime |
| 19 | Narrative Policing |

□ **Training -Methodology -) Guest lectures + field visits.**

> **There shall be no formal examination for these subjects /**

themes & the understanding of trainees will be assessed through objective type tests conducted periodically.

SENSITIZATION MODULES

| SR. NO. | SUBJECT |
|---------|---|
| 1 | Gender sensitization |
| 2 | Caste and communal conflicts and role of police |
| 3 | Dealing with victims of crime |
| 4 | Public Dealing- Do's and don'ts & OLQs |
| 5 | Collaboration with Non-governmental organizations |
| 6 | Visit to Prison |
| 7 | Visit to Court |
| 8 | Visit to District Police Office |
| 9 | Visit to Police Lines |
| 10 | Visit to Police Station |
| 11 | Visit to DM/SDM office |
| 12 | Visit to Old Age Home |
| 13 | Visit to Women's Home/Mahila Ashram |
| 14 | Visit to Children's Home |
| 15 | Visit to Public Prosecutor Office |
| 16 | Visit to Hospital / mortuary |

- **Training methodology will be through guest lectures & field visits.**
- **No format examinations will be conducted for these inputs.**

Instead, objective type unit-tests will be conducted periodically to assess the understanding of trainees.

STATE SPECIFIC SUBJECTS/ TOPICS

| SR. NO. | SUBJECT |
|------------|---|
| 1 | Naxal Problem in India |
| 2 | Terrorism & Impact thereof on Nation States |
| 3 | Agriculture & problems related thereto |
| 4 | Industrial Relations - Handling Unions / Strikes |
| 5 | Political Environment |
| 6 | Social Milieu in Maharashtra |
| 7 | Urbanization & problems of demographic transition |
| 8 | Welfare Schemes for policemen |

These concepts will be taught through seminars & guest lectures.

Understanding of trainee officers objective type tests.

INDOOR SUBJECTS

(B) DIRECT PSIs

| SR. NO | TEACHING SUBJECTS | MARKS |
|---------------|--|--------------|
| 1 | Indian Penal Code & Mumbai Police Act | 100 |
| 2 | Code of Criminal Procedure | 100 |
| 3 | A. Constitution & Human Rights B. Evidence Act | 100 |
| 4 | Local & Special Laws | 100 |
| 5 | Forensic Science Forensic Medicine Cyber Crime Investigation | 100 |
| 6 | Investigation Theory | 100 |
| 7 | Maintenance of Public Peace and Order | 100 |
| 8 | Criminology & Crime Prevention | 100 |
| 9 | Investigation - Practical Work | 100 |
| 10 | Police Rules/ Regulations / Manual | 100 |
| TOTAL | | 1000 |

| SR.NO. | SELF STUDY SUBJECTS | MARKS |
|---------------|--|--------------|
| 1 | Police Organization and administration & Police in Modern India. | 100 |
| 2 | Police Station Management and Crime Control | |
| 3 | Human Behavior and Management Techniques. | |

PAPER NO. 01**INDIAN PENAL CODE**

| TOPICS | SECTIONS |
|--|--|
| Introduction and concept of crime | 1 to 5 |
| General explanations | 6, 7, 10, 14, 21 to 30, 34 to 39, 41 to 44, 52, 52 A |
| Punishment | 75 |
| General exceptions | 76 to 94, 96 to 106 |
| Abetment & criminal conspiracy | 107 to 117, 120 A, 120 B |
| Offences against state | 121 - 124, 124 A |
| Offences against the public tranquility | 144 to 149, 153A, 153AA, 153B, 160 |
| Offences relating to religion | 295, 295A, 296*, 297*, 298* |
| Offences relating to public servants | 170 to 174*, 180 to 187*, 188 |
| Offences relating to elections | 71A, B,C,D,E |
| Offences affecting Human Life | 299 to 304, 304A-B, 306, 307, 308, 309, 313, 315, 317, 318, 319 to 326, 328, 330 to 333, 336 to 338, 339 to 342, 353, 354, 356, 359 to 364, 364A, 365, 366, 375, 376A, B, C, D, E, 377 |
| Offences against property | 378 to 384, 385, 387, 390, 392 to 397, 399, 401, 402 |
| Offences relating to misappropriation of property | 406 to 409, 410, 412 |
| Offences relating to cheating / mischief etc.. | 415, 419, 420, 425, 429, 430, 435, 436, 441 to 460 |
| Offences relating to documents property marks and counterfeiting of currency | 463 to 465, 470, 471, 89A, B, C, D, E |
| Offences relating to marriage | 494, 495, 497, 498, 498A |
| Offences relating to criminal intimidation, insult, annoyance and to commit offences | 499, 503, 506, 511 |
| Mumbai Police Act, 1957 | 2, 5, 6, 7, 8, 9, 14, 15, 25, 28, 33, 36, 37, 55, 56, 57, 64, 65, 66, 67, 68, 69, 72, 73, 79, 80, 81, 82, 97, 102 to 117, 122, 124, 135, 145 |

* The examination will be with Bare Act.

** At the end of the training the officer should be able to apply the correct section of law after going through the statement of the complainant. More illustrations should be included in the inputs.

PAPER NO. 02**CODE OF CRIMINAL PROCEDURE**

| TOPICS | SECTIONS |
|--|--|
| Introduction and definitions | 1, 2 a, b, c, d, g, h, i, k, l, o, r, s, w, x, 3, 4, 5 |
| Criminal court & prosecution agency | 6 to 17, 24 to 26 |
| Power of court | 29, 30, 32, 34 |
| Powers of superior officers of Police | 36 to 40 |
| Arrest of persons, medical examination etc. Directions issued by Supreme Court of India regarding arrest of a person in D.K. Basu's case and other cases | 41 to 60_ (All Directions) |
| Processes to compel appearance | 61 to 90 |
| Processes to compel the production of | 93 to 95, 97, 100, 102 |
| Reciprocal arrangement & procedure for Attachment & forfeiture of property | 105 |
| Maintenance of public order & tranquility removal of nuisance | 129 to 132, 144, 145 133 |
| Preventive action of the Police | 149 to 153 |
| Information to the Police and their powers to investigate | 154 to 176 |
| Conditions requisite for initiation of | 190, 191, 195 to 199 |
| Complaints to magistrate | 200 to 202 |
| Commencement of proceedings before | 207, 208 |
| Joinder of charges | 218 |
| Trial before a court of session | 228(2), 235(2) |
| Trial of warrant cases by Magistrates | 238, 240(2), 243, 273 |
| Plea Bargaining | 265 |
| General provisions as to inquiries and trials | 303 to 306, 309, 313 to 315, 32 |
| Judgment | 351, 360, 363 |
| Appeals | 379, 380 |
| Provisions as to bail and bonds | 436 to 439 |
| Disposal of property | 456 to 459 |
| Miscellaneous | 468, 479, Scheduled I & II |

** The object is to acquaint the officer with the relevant provisions of the Cr. PC which he has to use while performing duties as police investigating officer and also while assisting the prosecution agency and the court during the court proceedings.*

PAPER NO. 03**EVIDENCE ACT, CONSTITUTION, HUMAN RIGHTS****A) EVIDENCE ACT**

| TOPICS | SECTIONS |
|-------------------------------------|--|
| Introduction and definitions | 1 to 3 |
| Relevancy of Facts | 5, 6, 7, 8, 9, 10, 11, 14, 17, 21 |
| Admission and Confession | 20 to 30 |
| Dying Declaration | 32, 32 (1) |
| Statements in special circumstances | 33, 34, 35 |
| Expert Opinion | 45 to 48 |
| Relevancy of Character | 51, 53, 54 & 61 |
| Documentary evidence | 62, 63, 65, 67 |
| Public and private document | 73, 74, 75, 76 |
| Burden of proof | 101 to 110 |
| Presumption | 113A, 113B, 114A |
| Witnesses | 118, 119 |
| Privileged communication | 122 to 126 |
| Accomplice | 133 |
| Examination of witnesses | 137, 138, 139, 141, 145, 146, 154, 155, 157, 159, 160 to 165 |

* The object is to make the officer understand nature of evidence and its admissibility in the court of law. Illustrations and examples should be included in the inputs so that the officer, after the completion of the training, is able to collect evidence relevant to the case.

B) CONSTITUTION AND HUMAN RIGHTS

| TOPICS |
|---|
| Introduction to the Constitution of India |
| Concept of Rule of law Fundamental Rights (Article 12 to 35) |
| Fundamental duties |
| Restriction on Rights of Police (Article 33), Article 226, Service under union and States (Articles 308 to 311), Powers & Privileges of MPs & MLAs (Articles 105, 194), Schedule 7 -central, state and concurrent lists |
| Concept of Human Rights & its importance |
| Protection of Human Rights Act, 1993 (Sections 2,3,4,5,12,13,14) |
| Important Court Judgments on the issue of Human Rights & departmental instructions regarding treatment of victim of crime, complainant, witness and accused |
| Functions & powers of National Commissions for Human Rights, Scheduled Castes & Scheduled Tribes, Women, Children, Minorities |
| Guidelines of NHRC relating to Police investigations in custodial crimes |
| Role of police in protection of Human rights Common complaints against police regarding human rights (case studies) Need and initiatives to improve image of police as custodian of Human Rights |

* The objective is to give an overview of the constitutional scheme of fundamental rights.

* At the end of the training the officer should be able to understand the sanctity of Fundamental Rights for police working and know the statutory authorities responsible to maintain watch on these issues.

PAPER NO. 04**LOCAL & SPECIAL LAWS**

| TOPICS | SECTIONS |
|--|---|
| Prevention of Atrocities on SC / ST Act, 1989 | 2, 3, 4, 5, 14 |
| Prevention of Damage to Public Property Act, 1984 | 2 to 6, 8, 9, 9A |
| Motor Vehicle Act, 1988 | 2 to 5, 39, 66, 112, 119, 130, 132, 134, 141 to 146, 177 to 188, 190, 192, 194, 196, 201, 204, 206, 207 |
| Arms Act, 1959 | 2, 3 to 12, 17, 19, 25 to 30, 39 |
| Explosives Act, 1884 | 2, 5, 6, 6B, 6C, 7, 9, A B C D, 13 |
| Immoral Traffic Prevention Act, 1956 | 2 to 9, 13, 14, 15, 16, 17, 20, 21 |
| The Right to Information Act, 2005 | 2, 3 to 11, 15, 18 to 25, 27 |
| Unlawful Activities Prevention Act, 1967 | 2, 2A, 3, 10 to 14 |
| NDPS Act, 1985 PIT NDPS Act 1988 | 2, 8, 9, 10, 15 to 32, 37, 41 to 58, 63, Forfeiture of property made out of Proceeds of crimes. |
| Bombay Gambling Act | |
| Bombay Prohibition Act | |
| Juvenile Justice (Care & Protection of Children) Act, 2000 | Chapter II & III Rule 1 to 11 |
| Protection of Women from Domestic Violence Act, 2005 | 2 to 5, 8 to 11, 18, 19, 20, 21, 31 |
| Indecent Representation of Women (Prohibition) Act, 1985 | 2 to 8 |
| Prohibition of smoking in public places Rules, 2008, GSR 417 (E) | 1 to 5 |
| Cinematograph Act, 1952 & Cable TV Network Regulation Act, 1995 | 2, 12A, 7, 7A, 10, 14 |
| The Dowry Prohibition Act, 1961 | 2, 3, 4, 4A, 5 to 8 |
| The Copyright Act, 1957 | 2, 13, 14, 30, 44, 51, 52, 63, 63A, 64, 65, 66, 67, 68, 68A, 69, 70 |
| National Security Act, 1980 | 3, 4, 5, 7, 8, 9, 14 |
| Prevention of Money Laundering Act, 2002 | 1 to 8, 11, 16 to 20, 41, 42, 44, 45, 59, 62, 63, 64 |
| Prevention of Corruption Act, 1988 | 2, 7, 8, 9, 12, 13 |
| Prevention of Food Adulteration Act | 2, 5, 6, 7, 10, 16, 16A, 17, 18, 20, 21 |

| Topics | Sections |
|--|--|
| Police Force (Restrictions of Rights) Act, 1966 | 2, 3, 4 |
| Police (Incitement to Disaffection Act), 1992 | 2, 3, 4, 5, 6 |
| Essential Commodities Act, 1955 | 2, 3, 6A, 7, 8, 9, 10, 10A, 10C, 11 |
| Official Secrets Act, 1923 | 2, 3, 4, 5, 6, 7, 10, 13 |
| Representation of Peoples Act, 1951 | 2, 125, 125A, 126, 126A, 126B, 127, 127A, 128, 129, 130, 131, 132, 132A, 133, 134, 134A, |
| Private Security Agencies (Regulation) Act, 2005 and Rules | 2, 4, 20, 21, 22 |
| The I.T. Act-2000 | |
| Protection of women from Domestic Violence Act-2005 | |
| The Prevention of Insults to National Honour Act, 1971 | 2, 3, 3A |
| The Maharashtra Village Police Act, 1967 | |
| Maharashtra Motor Vehicles Rules, 1989 | (20-24, 34, 58, 77-84, 95-969, 102103, 108, 110, 115-117, 120, 122, 161-163, 168, 173, |
| Maharashtra Prevention of Ragging Act, 1999 | |
| Maharashtra Control of Organized Crime Act, 1999 | |
| The Maharashtra Prevention of Dangerous Activities of slum Lords, Bootleggers and Drug Offenders Act, 1985 | |
| Maharashtra Lottery Regulation Act 1958 | (entire Act) |
| Right to Information Act 2005 | Sec.1 to 2, 4, 5, 6, 8, 9, 19, 20,23 |
| Noise Pollution (Regulation of Control) Rules 2000 | (entire Act) |
| Maharashtra Protection of Interest of Depositors in Financial Establishment Act, 1999 | |
| Bombay Money Lender Act, 1946 | Sec.1, 2, 32, 32A, 32B, 33, 34, 35, 35A, 3513, 35C, 36, 37 |
| Maharashtra Medicare Service Persons & Medicare Service Institutions (Prevention of Violence & Damage or Loss to Property) Act, 2010 | |

PAPER NO. 05**FORENSIC SCIENCE, CYBER FORENSIC & FORENSIC MEDICINE****A) FORENSIC SCIENCE & CYBER FORENSIC****Marks - 50**

| TOPICS |
|--|
| Forensic Science and its role in crime investigation |
| FSL and other expert institutions and their utilization in police work. Law relating to expert opinion (Section 45 to 48 of Evidence Act, Section 293 of Cr.PC) |
| Scene of occurrence and its preservation and examination |
| Physical evidence and its importance, identification and collection of physical clues from scene of crime, Lifting, Packing, Labeling and Transportation of physical exhibits |
| Fingerprints - importance, classification, types of impression, collecting (lifting or photographing), recording, identification and palm prints. (Methodology - Lecture and demonstration) |
| Footprints - importance, location, collection (casting demo), identification, sole-prints and shoe prints (Methodology - Lecture and demonstration) |
| Identification - hair, fiber and fabrics; blood, semen and other fluids; soil dirt and dust; tyre impression and skid marks, glass and paints; burnt remains (Methodology - Lecture and demonstration) |
| Documents-problems and principles, forgeries, erasures, alterations, additions, obliteration, counterfeit coins and currency, hand writing, typed script, printed matter, paper and ink. |
| Restoration of obliterated marks, tool marks, mechanical and trace analysis (Methodology - Lecture and demonstration) |
| Alcohol, drugs, narcotics and poisons |
| Ballistics - firearms, cartridges, bullets, range of fire, gunshot residue, blackening and tattooing, firing pin impressions, extractor and ejector marks, blackening and tattooing Nature and types of explosives and IEDs (Improvised Explosive Devices) (Methodology - Lecture & demonstration) |
| Infra-red, Ultra-violet and X-rays, their importance and application, tracing material and detection (Methodology - Lecture & demonstration) |
| Blood - animal and human, blood grouping |
| DNA and its importance in investigation |
| Use of dyes and chemicals in Trap-cases under the provisions of Prevention of Corruption Act, 1988 (Methodology - Lecture & demonstration) |
| Psychological tools of investigation i.e. Narco Analysis, Brain Mapping & Lie Detection |
| Photography in Police work, crime scene photography, laboratory photography and photography in court-work. (Methodology - Lecture & demonstration) |
| Portrait Parle and computer generated picture of a suspect (Methodology - Lecture & demonstration), Photo morphing |
| Preparation of forwarding memo for FSL/Experts (Methodology - Lecture & demonstration) |
| SIM, IMEI, CDR, SDR and Introduction of Common Cyber Crimes |

- *Lecture/Audio Visual/Case Study/Lab visit/Practical Demonstration should be used as teaching methodology. The objective is to make the officer understand as to how the scientific techniques available can be used in the investigation of crime.*

B) FORENSIC MEDICINE**Marks - 50**

| TOPICS |
|---|
| Scope & Importance of forensic medicine in Police work |
| Examination of Scene of occurrence from the point of view of medico-legal evidence |
| Types of wounds including Injuries arising out of traffic & other accidents Burns Gunshot entry and exit wounds |
| Medico-legal aspects of death with emphasis on causes and time since death |
| Homicidal, suicidal, accidental & natural death |
| Asphyxia - death by hanging, strangulation, throttling, suffocation & drowning |
| Methods of establishing identity of dead person Exhumation, postmortem examination, examination of mutilated dead bodies Skeletal remains and determination of sex and age |
| Sexual offences - Rape, illegal abortion & infanticide |
| Methods of establishing identity of living subjects including determination of age |
| Medico - legal aspects of poisons commonly used in India in the commission of crime (living subjects and dead bodies) |
| Common terms used in Post mortem and medico-legal reports |
| Transportation of injured & dead bodies |
| Common words/terminology used in postmortem and medico-legal examination |

- *Lecture, audio-visual aids and case study method should be used to impart instructions on the above topics.*

PAPER NO.6

INVESTIGATION THEORY

(Marks – 100)

| TOPICS |
|--|
| <p>Introduction to investigation - General principles and steps in investigations</p> <p>Core skills of an Investigating Officer</p> <p>Information and Investigation: Legal Aspects</p> <p>[Sec - 154 to 176 Cr.PC. relevant provisions of State Police Rules]</p> |
| <p>Registration of Crime and Scene of Crime:</p> <ul style="list-style-type: none">A. Preparation of FIR [Sec 154, 155 Cr PC.] including practical exerciseB. Scene of Crime proceedings : Inspection & Guarding of SOC - Visit of SOC by Scientific ExpertsC. Recording - Photography - Sketching and Plan drawing - Note Taking -Location and Identification of evidenceD. Handling, Lifting, Packing, Labeling and sealing of exhibits, Forwarding of exhibits and letter for adviceE. Maintaining chain of custody of the exhibits & their production before trial court |
| <p>Collection of Oral Evidence:</p> <ul style="list-style-type: none">A. Principles and Techniques of Interviewing including audio-video recording<ul style="list-style-type: none">a. Interviewing the Witnessesb. Questioning the Suspects and Accused[reinforce Sec. 160 to 164, 171, 306 to 308 Cr Pc. Sec. 24 to 30, 32(I) Evidence Act. and Articles 20(3), 22(1) and 22(2) of the Indian Constitution]B. Confessions: - Judicial and Extra-Judicial [reinforce relevant sections of law], Recording dying declaration [reinforce relevant sections of law and Rules], AdmissionsC. Standard Forms used in investigations, CCTNS <p>C.C.T.N.S. IT Basics I</p> |
| <p>Collection of Documentary evidence, property, and material objects</p> <p>Search and Seizure including preparation of Search memo, Seizure list /memo[Sec 99, 100, 102, 165 and 166 Cr.PC.- Sec. 61 to 90 of Indian Evidence Act.]</p> |
| <p>Inquest</p> <p>[sec 174 to 176 Cr. Pc] - Preparation of Inquest report [in prescribed format] - Observation and directions of NHRC</p> |
| <p>Identification .Recording of physical features, principles regarding identification of a person - Test Identification Parade of person and property (Relevant Sections of Identification of Prisoner's Act) - Antecedent Verification (Relevant provisions of State Police Rules/manual)</p> |

| TOPICS |
|---|
| <p>Case Diary [Sec 172 Cr.PC.]- writing case diary, Evidence chart & Memo of Evidence Writing of statements under 161 Cr.PC</p> |
| <p>Arrest - Custody - Remand - Bail Preparation of Custody memo - Forwarding Report - [Sec 41 to 60, 167, 436, 439 Cr.PC], Arrest memo, Remand Application, Bail Bond, Information sheets, Notice under 160 Cr.PC, Instructions regarding use of handcuff</p> |
| <p>Filing of Charge Sheet and Final Report Entry about investigation in relevant record/registers of police station Help from police station record/software's, MOB, District Crime Record Branch, SCRB, NCRB during investigation Procedure of tendering pardon and approver Extradition proceedings Trial monitoring System Release of documents and cash held in courts custody after the case is finalized Pretrial disposal of narcotics and contrabands</p> |
| <p>Investigation of specific offences</p> <ul style="list-style-type: none"> A. House Breaking B. Robbery and Dacoity C. Poisoning D. Rape E. Rioting F. Murder G. Hit and Run cases H. Arson I. Dowry Death by burning |

** The objective is to equip the trainees with the art of scientific and legal investigation. Different steps in investigation should be taught sequentially using lecture/audio visual/case study/simulation exercise and field visits as methodology. At end of the training the officer should be able to feel confident to undertake investigation of crime independently. The relevant provisions of Police Manual qua investigations should be taught along with provisions of Cr.PC.*

PAPER NO. 07**MAINTENANCE OF PUBLIC PEACE AND ORDER****(Marks – 100)**

| NO | TOPICS |
|-----------|--|
| | PART - I CROWD AND UNLAWFUL ASSEMBLIES |
| 1 | Crowd psychology and behavior, Joint Liability, Common intention, unlawful assembly. |
| 2 | Principles of crowd control, Police attitudes in dealing with different classes of agitators, Collection of intelligence, Counseling and mediation, Rumours, Anticipation of Law and order situations, Special problems in dealing with agitations of women, students, labour, farmers, etc. |
| 3 | Arrangements for fairs/ meals and for festivals. |
| 4 | Use of force and less than lethal methods of dealing with violent Crowd. |
| 5 | Broad principles of Anti-Riot Schemes. |
| 6 | Problems of mobilization, command and control. |
| 7 | Broad principles of deployment of Home Guards, Para-military forces, method of co-ordination and co-operation. |
| 8 | Handling communal problems. |
| 9 | Judicial enquiries: Broad features of Commission of Enquiries Act, 1952. Some important findings of the Commissions of Enquiry relating to Police. |
| 10 | Election management. |
| 11 | Handling crises created by natural disasters, major accidents, etc. |

| NO | TOPICS |
|----|---|
| 1 | <p><u>PART -II SECURITY</u></p> <p>A. INTERNAL SECURITY</p> <p>Introduction to internal security and threats to internal security including non-traditional internal security concerns, prevailing scenario, agencies involved.</p> |
| 2 | <p>Various types of extremism including Left Wing Extremism, Militancy, Insurgency, Terrorist activity and religious fundamentalism (case studies to be discussed)</p> |
| 3 | <p>Counter measures, strategy, and tactics to deal with terrorism, insurgency and left wing extremism.</p> |
| 4 | <p>Internal security schemes</p> |
| 5 | <p>Preparation of reports for action under NSA</p> |
| 6 | <p>Collection of Intelligence in context of internal security (case Studies of successful and unsuccessful cases) Handling Urban Terrorism, hostage situations</p> |
| 7 | <p>Counter Terrorism and Counter Insurgency operations B) VIP SECURITY</p> <p>General Principles of VIP Security including Advance Security Liaison, Access control and Anti-sabotage check</p> <ul style="list-style-type: none"> ➤ Security arrangements for VIP <ul style="list-style-type: none"> 1.at place of stay 2.at a public rally 3.during movement by road including convoy arrangements 4. at helipad/airport <p>Security of vital installations and of vulnerable points Use of security related equipment</p> |

| TOPICS |
|--|
| <p><u>PART III TRAFFIC MANAGEMENT</u></p> <p>Concept and techniques of traffic management including engineering, education and enforcement.</p> <p>Traffic Police organization and functions.</p> <p>Road Safety education.</p> <p>Traffic Control Devices, Road signs, Road markings, Speed Breakers, Traffic signals Area traffic control system, removal of environment barriers.</p> <p>Handling equipments used in enforcement of traffic laws, Radar Gun, Breath analyzer, axle load weighing, auto exhaust emission analyzer, etc.</p> <p>Traffic Drill - Principles of Traffic control, manual control by hand drill, two three multiphase traffic control through road drill.</p> <p>Motor Vehicles Accidents - First Aid to accident victim, Movement line</p> <p>Reaction Time, Skid marks and Forensic evidence, Causes and Prevention, Reporting/Recording of Accident Data and Analysis</p> <p>Traffic Laws & Rules, Preparation of challan for important traffic offences. Third party insurance, Motor accident Claims, Solatium Scheme, 1989 Road courtesy.,</p> |

PAPER NO.08**CRIMINOLOGY AND CRIME PREVENTION**

(Marks – 100)

A. CRIMINOLOGY

Marks – 40

| <u>TOPICS</u> |
|--|
| Concept of crime, types of crime and criminals & role of Police in prevention of crime. |
| Introduction to theories in criminology. |
| Criminogenic factors: - Psychological, Economical, Political & Social |
| Juvenile delinquency its causes and role of Police in reformation of the juvenile delinquents |
| Deviance - Individual and Collective Organized Crimes, white collar crimes |
| Vices - Gambling, Alcoholism, Prostitution & rehabilitation, Drugs abuse and de-addiction |
| Penology: - Theories of punishment, Prisons, Correctional and reformation theories, Probation, Parole, Correctional institutions and correctional administration |
| Recidivism Criminal Justice System-Inter organization co-ordination & co-operation |
| Victimology: - Concept & Objective, Compensation & Rehabilitation, Coordination & Co-operation with Government & Non-Government Institutions and Groups Engaged in Social Reforms. |
| Community Policing - Community participation in crime prevention and police-public relationship . |

B. CRIME PREVENTION

Marks 60

| <u>TOPICS</u> |
|--|
| 1. CRIME RECORDS <ol style="list-style-type: none"> a. Need and Importance b. Police Station Records c. Record of SDPO office, MCR, 'd' statement annual administrative report, responsibility of reader PSI d. District records. e. State CID Records f. MOB at the district and state levels. g. National Crime Records Bureau (N.C.R.B.) h. INTERPOL |

TOPICS

PREVENTION OF CRIME

1. Patrolling and surveillance
2. Combing operations & Nakabandi
3. Collection of criminal intelligence
4. Use of Gram Panchayats in prevention of crime
5. Powers of SDPO/ACP in preventing crimes
6. Habitual criminals
7. Prevention of special crimes like decoity and burglary
8. Relevant laws in Criminal Procedure Code
 - Chapter VIII (Sec. 106-110,117,124)
 - Chapter IX
 - Chapter X
 - Chapter XI
 - Chapter XII (Secs.145 and 147)
 - Chapter XIII

TOPICS

3. CRIMINOLOGY

- a. An introduction to concepts in criminology
- b. Criminogenic factors: psychological, sociological, economic, political
- c. Deviance: individual deviance delinquency, professional criminals
- d. Collective deviance, organized defiance of authority, gangsters, theory of organized crime.
- e. Vice: gambling, alcoholism, drug-abuse, addiction and prostitution-why different economic, psychological and sociogenic, theories.
- f. White- collar crime.
- g. Penology: Correction and reformation, probation, parole and correctional institutions, Recidivism, Social defence mechanisms, role of NGOs in rehabilitation.
- h. Victimology.
- i. Community policing and Crime Prevention.
- j. National Crime Records Bureau.
- k. Criminal Intelligence.
 1. Surveillance
- m. Police as a part of Criminal justice system-need for interdepartmental co-operation.
- n. Coordination with Bordering district, State C.I.D. and coordination with CBI & other states.

PAPER NO.09

INVESTIGATION PRACTICAL

(Marks – 100)

TOPICS

- A.Lifting of fingerprints
- B.Lifting of footprints
- C.Lifting, Packing, Labeling, Forwarding of physical exhibits
- D.Complete Investigation of a simulated Hurt Case
- E. Complete Investigation of a simulated Murder Case
- F. Complete Investigation of a simulated NDPS Act case
- G.Complete Investigation of a simulated Theft case
- H.Complete Investigation of a simulated fatal accident case
- I. Complete Investigation of a simulated Rape Case

** The objective is to make the trainee feel confident to undertake investigation independently as and when he is posted in the police station. Simulated crime scenes should be created and the trainees should be deputed to investigate the crime independently incorporating all the legal, evidentiary and procedural aspects. The trainees should prepare the complete final report/Charge Sheet of the case under supervision of experienced police investigating officers. The Final report/charge Sheet should be scrutinized by law officer bringing out the procedural lapses in the investigation.*

PAPER NO.10

POLICE MANUAL

(Marks – 100)

Police Manual **I, II** and **III** will be taught completely. - **[Examination with books]**

PAPER NO.11

SELF STUDY

(Marks – 100)

POLICE IN MODERN INDIA AND POLICE ORGANIZATION & ADMINISTRATION

A) POLICE IN MODERN INDIA

| <u>TOPICS</u> |
|---|
| Policing in a welfare state Changing role of Police in the context of present social order and need for behavioral changes in the Police work -Transformation to service orientation Professionalism in Police functioning Code of conduct for police |
| Rule of Law |
| Role of Police in Criminal Justice System |
| Significance of National Flag, Emblem, Anthem |
| Threats to National Unity and integrity by disruptive forces - communalism, fundamentalism, extremism & terrorism and role of police in countering threats |
| Socio-economic problems & Role of Police |
| Agitations of Farmers, Students & Labour & Role of Police |
| Political parties - regional and national |
| Concept of Community policing/Police Public Partnership |
| Police Reforms |

** The focus of inputs in this paper will be to understand the prevailing socio-economic situation and law & order issues confronting the police in the state. The objective is to teach the officers about their ideal role in the context of policing.*

B) POLICE ORGANIZATION & ADMINISTRATION

| <u>TOPICS</u> |
|--|
| Evolution, Origin and history of Police in India and Maharashtra |
| Central Police Organization & Institutions :- IB, CBI, BPR & D, CRPF, BSF, RPF, CISF, NPA, NICFS, NCRB, NIA, SSB, RAW, Assam Rifles, Central forensic Institute :- CDTS, Central Forensic Science Laboratory, Central Finger Print Bureau |
| Indian Armed Forces including Territorial Army & N.C.C. |
| State Police Organization (State Level, Range Level, Commissionerate System, District level, Sub-division/Circle level, Police Station level) |
| Other units like: - Prosecution agency, SCRB, Finger Prints Bureau, CID, State Crime Branch, Women Police, Railways Police, Police Telecommunication, Traffic Police & Highway Traffic Police, State Forensic Science Laboratory, Armed Police, Home Guards and Civil Defence, Special Police Officer, Indian Reserve Battalions, State Police Academy, State Commando Unit, Police Headquarters, State Vigilance Bureau, Fire Services, Home Department |
| Prosecution Agency and Court duties |
| Functioning of different wings of district police - District Intelligence Branch, District Enforcement Branch, SP office, Police Lines, District Traffic Wing, Telecommunication Unit etc. |

ADMINISTRATION

| <u>TOPICS</u> |
|--|
| Administrative set-up of the central Govt. |
| Administrative set-up of the State Govt. |
| Local self Government (Urban & Rural) |
| District and Sub-divisional administrative set-up, Relation of Police with revenue Officers, Judiciary, Prosecution Agency & Health Officers |
| Rank & Badges of Police, Army, Navy and Air Force |
| Flags/stars/insignia of vehicles of dignitaries, police, civil, military and judicial Officers |
| Role of Non Governmental Organizations |
| Contemporary issues in policing <ul style="list-style-type: none"> ● Internal challenges to national integration <ul style="list-style-type: none"> o Caste-ism, Communalism, and Fundamentalism o Terrorism, Militancy, and left wing extremism ● Crimes against women, Children and Weaker sections of the society -Role of police ● Gender sensitization <ul style="list-style-type: none"> o Women police and their role in police |

PAPER NO.12

SELF STUDY

(Marks – 100)

POLICE STATION MANAGEMENT & CRIME CONTROL

| S.NO | TOPICS |
|-------------|--|
| I | <u>General Functioning of the Police Station</u> Police Station- broad features of day to day functioning of the Police Station in respect of prevention of crime & maintenance of law and order Responsibilities and Powers of the officer in-charge of a Police Station Role as a manager of human and material resources of police station and response to the needs of various stakeholders and accountability Duties and responsibilities of SIs & AS's Supervision of work of Constables/Head Constables at PS Maintenance of Govt. building, properties of Police Station Care and Custody of Arms & Ammunition Maintenance of lock-up in Police Station and escorting the accused as per directives of the Supreme Court and NHRC Maintenance & disposal of Case property Welfare of police personnel and their families <u>Maintenance of Records and Registers at Police Station</u> Police station records - various registers and their utility |
| II | General rules as to maintenance of records and registers at Police Station as per State Police Rules/Regulations Procedure of making entries in different records and registers. |
| III | <u>Wireless Telecommunication</u> Definition Basic concepts & importance of telecommunication network Types of equipments used Importance and function of WAN Phonetic alphabets Some important standard phrases Dos and Don'ts of wireless communication Priority of messages |

PAPER NO.13

SELF STUDY

(Marks – 100)

HUMAN BEHAVIOR & MANAGEMENT TECHNIQUES

(Marks – 50)

A) HUMAN BEHAVIOR

TOPICS

Understanding Human behavior

- i) Human behavior and role of Police
- ii) Why do people behave the way they do?
- iii) Perception, attitudes and behavior
- iv) Prejudices, stereotypes and biases
- v) Development of Human personality & characteristics of a stable personality
- vi) Qualities of a good Police officer
- vii) Anxiety and dealing with anxiety

Behavior of police with public - its importance, need for change and ways & means for bringing in change

Formal and informal groups - Group behavior, changing pattern of small groups and their functions and crowd psychology

Understanding critical social groups and conflict situations and problems relating to - Students & Youth, Industrial workers, Agrarian unrest, Communal, linguistic and regional conflicts, Political Parties

Understanding Police sub-culture

Police image and initiatives for improvement

Police public relation - need and strategies for improvement

Good practices adopted by different police units

B) MANAGEMENT TECHNIQUES

(Marks - 55)

TOPICS

Concept of Management

Leadership - Concept, Traits and Style

Management Roles and Leadership functions - General leadership qualities.-Innovation and Evaluation of personality

TOPICS

Organizational Behavior

- Communication - Oral, written, non-verbal ; Transactional Analysis;
- Barriers in Communication and measures to overcome these
- Art of Listening, empathy in communication and skill in giving effective feedback
- Controlling 'Anger' and 'Aggression' at work
- Group Dynamics and team building
- Conflict Management
- Theories of Motivation for application in Police

TOPICS

Managerial skills

- Media Management - Dealing with the Media. General Principles and Legal Context - media Briefing: Criteria and timing. Do's & Don'ts
- Time management
- Stress management
- Basic skills
- Reading skills
- Writing skills
- Report writing
- Official communication skills
- Listening skills
- Public Speaking

Self Awareness - Understanding self and Dimensions of ' Self Personnel Management and performance appraisal

Managing conflicts

- Senior - subordinate
- Inter-personal
- Inter-departmental

Conflict resolution in police

Handling Students, Youth, Organized labour, Radicals - Negotiation Skills Human

Resource Development in Police

Counseling skills and Inter-personal feedback

Developing subordinates; Training and Development Strategies

ब्लॉक सिलेबस (सुधारीत)

आऊट डोअर प्रशि १ १

महाराष्ट्र पोलीस अॅडमी नाशि येथील पोलीस उपनिरीक्षक (DN)

| अ.सं. | विषय | गुण |
|----------|--|-----|
| १ | PT (फिजी ल ट्रेनिंग) | १२० |
| २ | Yoga (योग) | २० |
| ३ | Drill (पद वायत) | २०० |
| ४ | Field craft & Tactics (युद्ध कौशल्य) | ८० |
| ५ | Weapon Training (शस्त्र हाताळणी) + Firing Practice (गोळीबार सराव) | ६० |
| ६ | Firing (गोळीबार परीक्षा) | १२० |
| एकूण गुण | | ६०० |

डिटेल सिलेबस

१) शारिरी वायत :-

| अ.सं. | विषय |
|-------|--|
| १ | पी.टी. रनिंग/पी.टी.टेबल हार्ड नं.१ लॉंग, मेडीसीन बॉल, प्रिस्टॅडींग टेबल सह |
| | रनिंग/पी.टी.टेबल हार्ड नं.२ लॉंग, मेडीसीन बॉल, प्रिस्टॅडींग टेबल सह |
| | रनिंग/पी.टी.टेबल हार्ड नं.३ लॉंग, मेडीसीन बॉल, प्रिस्टॅडींग टेबल सह |
| | रनिंग/पी.टी.टेबल हार्ड नं.४ लॉंग, मेडीसीन बॉल, प्रिस्टॅडींग टेबल सह |
| | रनिंग/पी.टी.टेबल हार्ड नं.५ लॉंग, मेडीसीन बॉल, प्रिस्टॅडींग टेबल सह |
| | रनिंग/पी.टी.टेबल हार्ड नं.६ लॉंग, मेडीसीन बॉल, प्रिस्टॅडींग टेबल सह |
| | रोड रेन वॉ |

१) यो गा :-

३) पद वायत :-

| अ.सं. | विषय | |
|-------|-----------|---|
| १ | फुट ड्रील | अंतर रॉड बनाना |
| | | सावधान/विश्राम |
| | | डाडे- डाडे दहिने, बाये, पिछे मूडना |
| | | बाली दम |
| | | सजना (दहिने, बाये सज) |
| | | डाडे- डाडे सॅल्युटीं । |
| | | धिरे चाल गिनती/बयानसे |
| | | धिरे चाल दहिने, बाये, पिछे मूडना |
| | | धिरे चाल मे दम बदलना |
| | | धिरे चाल मे दम ताल |
| | | धिरे चाल मे गुली/निट लाईन |
| | | धिरे चाल दहिने/ बाये दे । |
| | | धिरे चाल मे सॅल्युटीं । |
| | | धिरे चाल मे दहिने, बाये दिषा बदल/ रॉड बनाना |
| | | तेज चाल गिनती / बयानसे |
| | | तेज चाल मे दहिने, बाये, पिछे मूडना |
| | | तेज चाल मे दम बदलना |
| | | तेज चाल मे दम ताल |
| | | तेज चाल से धिरे चाल |
| | | धिरे चाल से तेज चाल |
| २ | रॉड ड्रील | डाडे- डाडे दिषा बदलना |
| | | रॉड बनाना |
| | | तेज चाल मे दिषा बदलना |
| | | चलते चलते सॅल्युटीं । |
| | | रॉड को गोलना/जोडना |

| अ.सं. | विषय | |
|-------|-----------------------------------|--|
| ३ | स्वोर्ड ड्रील | चिर्च के बारे में आम जानकारी और सावधान/विश्राम/आरामसे |
| | | चिर्च के साथ हरकतें |
| | | चिर्च के साथ सैल्युटींग |
| | | चिर्च के साथ धिरे चाल दहिने देना |
| | | चिर्च के साथ तेज चाल दहिने देना |
| ४ | लाठी ड्रील | सबक नं.१ लाठी के बारे में आम जानकारी, और लाठी के साथ सावधान, विश्राम, बाल लाठी, मुडना, तेज चाल, तेज चाल में मुडना, सैल्युटींग |
| | | सबक नं.२ क्लास में गोलना, जोडना, दहिने में मार और बचाव |
| | | सबक नं.३ बाये से मार और बचाव |
| | | सबक नं.४ फ्रि-फायटींग (रॉयट ड्रिल की तरह) |
| ५ | शस्त्र वायत | षस्त्र के साथ सावधान/विश्राम/निरीक्षण |
| | | षस्त्र के साथ बाल षस्त्र/बाजु षस्त्र, संभाल षस्त्र/तोल षस्त्र/सलामी षस्त्र उंचा बाय षस्त्र/तिरचा षस्त्र/भुमी षस्त्र समतोल षस्त्र |
| | | षस्त्र के साथ धिरे चाल |
| | | षस्त्र के साथ तेज चाल |
| ६ | फ्लटून ड्रील | फ्लटून में ड्रील के तैयार करना, धिरे चाल, तेज चाल |
| | | दहिने/बाये फ्लटून बनाना |
| | | दहिने/बाये दिशा बदलना |
| | | सैल्युटींग |
| ७ | गार्ड माउंटींग / गार्ड बदली | गार्ड आरोहन |
| | | गार्ड बदली |
| | | सेंट्री ड्रील |
| ८ | मॉब ड्रील | जमाव नियंत्रण पध्दती Crowd Control Methods |
| ९ | समारंभ वायत | |
| १० | रॉयट ड्रील | |

४) युद्ध कौशल्य :-

| अ.क्र. | विषय |
|--------|---|
| १ | फिल्ड ट्राफ्ट <ol style="list-style-type: none"> १. चिजे क्यू नजर आती है २. जमीन का अध्ययन ३. फासले का अनुमान लगाना ४. मैपलेज संसलमेंट ५. रात को देखभाल ६. अम्बुश-लेक्चर, डेमो और अभ्यास ७. फायर कंट्रोल ऑर्डर-लेक्चर और डेमो |
| २ | टैक्टीस <ol style="list-style-type: none"> १. फिल्ड सिनल - लेक्चर, डेमो और अभ्यास २. सेक्शन फार्मेशन - लेक्चर, डेमो और अभ्यास ३. नाईट सेन्ट्री ड्युटी - लेक्चर, डेमो और अभ्यास ४. अभियान प्रक्रिया ५. पेट्रोल ६. रोड ओपनिंग और ऑनवॉय प्रोटेक्शन ७. सेक्शन चान्स एन्टर लेक्चर और अभ्यास ८. रेड-लेक्चर और अभ्यास ९. ऑर्डन अँड सर्च-लेक्चर और अभ्यास १०. तलाशी लेना-व्यक्तिगत/ गाड़ीवाली तलाशी ११. गाव की तलाशी लेक्चर, प्रैक्टिस १२. पोलीस पोस्ट स्थापित करना १३. जंगल सर्वायवल १४. रूफटोप पार करना १५. ट्रेन्चेस १६. नाबांदी |

५) शस्त्र हाताळणी प्रशिक्षण :-

| अ.नं. | विषय | |
|-------|------------------------------|---|
| १ | ७.६२ mm SLR | परिचय, उत्पत्ती, आम जानकारी, सुरक्षा सबक नं.१ – आम जानकारी, सुरक्षा, खोलना जोडना और सफाई सबक नं.२ – भरना और खाली करना सबक नं.३ – लाईन पोजिशन और होल्डिंग सबक नं.४ – दुरुस्त निशाना बांधना सबक नं.५ – गोली फायर करना |
| २. | ७.६२ mm A.K.M. | सबक नं.१ – परिचय, उत्पत्ती, विशेषताये, आम जानकारी, खोलना जोडना और सफाई सबक नं.२ – भरना और खाली करना सबक नं.३ – फायर पोजीशन और फायर करना सबक नं.४ – रायफल की चाल और रोको को दुर करना सबक नं.५ – फायर करना और मुमकीन होके |
| ३ | ९ mm कार्बाइन | सबक नं.१ – परिचय, उत्पत्ती, विशेषताये, आम जानकारी, सुरक्षा, खोलना जोडना और सफाई सबक नं.२ – भरना और खाली करना, ले जाने के तरीके सबक नं.३ – फायर करना और रोको को दुर करना |
| ४ | ९ mm ब्राउनिंग पिस्तोल | सबक नं.१ – परिचय, उत्पत्ती, विशेषताये, आम जानकारी, सुरक्षा, खोलना जोडना, सफाई, भरना और खाली करना सबक नं.२ – फायर पोजीशन और फायर करना, और रोको को दुर करना |
| ५ | .३८” रिव्होल्वर | सबक नं.१ – आम जानकारी, सुरक्षा खोलना जोडना और सफाई सबक नं.२ – पकड और फायर करना |
| ६ | L.M.G. ७.६२ mm | सबक नं.१ – आम जानकारी सबक नं.२ – खोलना जोडना और सफाई सबक नं.३ – भरना और खाली करना और साईट लगाना सबक नं.४ – पकड और शिस्त सबक नं.५ – फायर करना |

| | | |
|----|-------------------------------|---|
| | | सबक नं.६ – गन कि चाल और मुंमकीन रोको |
| ७ | O.M.L. २ इंच मोर्टर | सबक नं.१ – आम जानकारी सबक नं.२ – खोलना जोडना और सफाई सबक नं.३ – बंम्बो की पहचान और इस्तेमाल सबक नं.४ – फायर करना |
| ८ | No. ३६ HE हॅण्ड ग्रिनेड | सबक नं.१ – No. ३६ HE हॅण्ड ग्रिनेड की पहचान और खोलना जोडना और प्राईम करना सबक नं.२ – ग्रिनेड को फेकना और लॉबींग करना सबक नं.३ – ३ जी.एफ.रायफल |
| ९ | पिस्तोल सिग्नल | पिस्टल कि सुरक्षा , सेल कि पहचान भरना, फायर और खाली करना |
| १० | फेडरल गॅस गन | गॅस गन के बारे मे जानकारी |

ASSESSMENT FINAL EXAM FIRE (MPA NASHIK)

| WEAPON | TYPE OF FIRE | ROUND | YARD | POSITIO N | TARGET | MARKS |
|----------------------|----------------------------------|--------------|-------------|----------------------|---------------|-------------------------------------|
| 7.62 SLR | Introduction (shoot/ Zeroing) | 5 | 100 | Lying | 4X4 | 0 |
| | Grouping | 5 | 100 | Lying | 4X4 | 4"-- 20 8"--12 12"--8 |
| | Application | 5 | 200 | Lying | 4X4 | Bull --4 Inner-- 3 Outer -- 2 |
| | snapshotting | 5 | 200 | kneeling | Figure 22 | Hit -- 4 Rest -- 3 |
| | Timing | 5 | 200 | Standing | 4X4 | Bull --4 Inner-- 3 Outer -- 2 |
| | Application | 5 | 300 | Lying | 4X4 | Bull --4 Inner-- 3 Outer -- 2 |
| | Timing | 5 | 300 | kneeling | 4X4 | Bull --4 Inner-- 3 Outer -- 2 |
| Maximum Marks- 40 | | | | | | |
| 9MM Pistol | Grouping | 4 | 10 | Any Hand | 4X4 | 4x8—20 8x12--16 12x16--12 |
| | Application | 6 | 20 | Any Hand | Figure 2 | Hit -- 5 Rest -- 3 |
| | Attack Fire | 4 | 20-15 | Any Hand | Figure 2 | Hit -- 5 Rest -- 3 |
| | Sence of Direction | 4 | 15 | Battle Crouch | Figure 2 | Hit -- 5 Rest -- 3 |
| Maximum Marks- 40 | | | | | | |
| 7.62 MM A.K.M. | Grouping | 5 | 100 | Lying | 4X4 | 4"-- 20 8"--12 12"--8 |
| | Application | 5 | 100 | Lying | 4X4 | Bull --4 Inner-- 3 Outer -- 2 |
| Maximum Marks- 20 | | | | | | |
| 9MM Carbine | Application | 4 | 25 | Standing | Figure 2 | Hit --10 Rest -- 6 |
| | Rapid Fire | 4 | 30 | Standing | Figure 2 | Hit --10 Rest -- 6 |
| | Sence of Direction | 6 | 25 | Battle Crouch | Figure 2 | Hit --10 Rest -- 6 |
| Maximum Marks- 20 | | | | | | |

COMMANDO COURSE

पोलीस उपनिरीक्षक यांना ३ आठवड्यांचा मांडो कोर्स ब्लॉक सिलॅबस

- कोर्सचा आलावधी - ३ आठवडे
- एका आठवड्याचे दिवस - ६ दिवस
- एका आठवड्याचे दिवस - १८ दिवस
- एका दिवसाच्या आठवड्याचे तास - ११ तास
- एका आठवड्याचे तास - १९८ तास
- प्रत्येक मंगळवारी आठवड्याचे तास - १४
(३ तास मांडो फिल्मसाठी जादा)
- एका आठवड्याचे तास - २०७ तास
- प्रत्येक आठवड्याचा तास - ४५ मिनिटांचा राहिल
- आठवड्याची वेळ संध्याकाळी - ०५:४० ते १८:०५
- आठवड्याची वेळ प्रत्येक मंगळवारी - ०५:४० ते २०:२५

| अ.क्र. | विषयाचे नाव | वाटप केलेले तास |
|--------|---------------------------|-----------------|
| १ | पीटी | २७ |
| २ | युएसी (UAC) | ४८ |
| ३ | पीपीटी (PPT) | ०९ |
| ४ | बीपीईटी (BPET) | ०९ |
| ५ | बीओएसी(BOAC) | ०६ |
| ६ | १ मिनिट ड्रील | ०४ |
| ७ | वेपन हॅन्डलींग | ४३ |
| ८ | टॅक्टीकल ड्रील | १६ |
| ९ | फिल्ड सिनल | ०६ |
| १० | स्पीड मार्च | १० |
| ११ | पीपीटी मांडो कोर्स स्टडीज | ०३ |
| १२ | गेम | १७ |
| १३ | मांडो मन्ही | ०९ |
| | एकूण | २०७ |

ब्लॉक सिलेबसचे आठवड्याचे वर्गीकरण

| अ.क्र. | विषयाचे नाव | आठवडे | | | |
|--------|----------------------|-------|----|----|------|
| | | १ | २ | ३ | ए.ता |
| १ | पीटी | ७ | १० | १० | २७ |
| २ | युएसी (UAC) | २४ | २४ | ० | ४८ |
| ३ | पीपीटी (PPT) | ३ | ३ | ३ | ९ |
| ४ | बीपीईटी (BPET) | ३ | ३ | ३ | ९ |
| ५ | बीओएसी(BOAC) | २ | २ | २ | ६ |
| ६ | १ मिनिट ड्रील | ० | २ | २ | ४ |
| ७ | वेपन हॅन्डलींग | १८ | १३ | १२ | ४३ |
| ८ | टॅक्टीकल ड्रील | ० | ० | १६ | १६ |
| ९ | फिल्ड सिनल | ० | ० | ६ | ६ |
| १० | स्पीड मार्च | ३ | ३ | ४ | १० |
| ११ | पीपीटी मांडोस स्टडीज | ० | ० | ३ | ३ |
| १२ | गेम | ६ | ६ | ५ | १७ |
| १३ | मांडो मक्की | ३ | ३ | ३ | ९ |
| | ए.ता | ६९ | ६९ | ६९ | २०७ |

| पहिला आठवडा | | | | | | | | | | | | | | | | |
|--------------|--|------------------------------|--------------|--------------|--------------|------------------------------------|----------------|----------------|----------------|--|---------------------------------------|------------------|--------------------------|----------------|----------------|----------------|
| तास | १ | २ | ३ | | ४ | ५ | ६ | ७ | | ८ | ९ | | १० | ११ | १२ | १३ |
| वार व दिनांक | ५.४० ते ६.२५ | ६.२५ ते ७.१० | ७.१५ ते ८.०० | ८.०० ते ९.०० | ९.०० ते ९.४५ | ९.५० ते १०.३५ | १०.४० ते ११.२५ | ११.३० ते १२.१५ | १२.१५ ते १४.३० | १४.३० ते १५.१५ | १५.३० ते १६.०५ | १६.०५ ते १६.३० | १६.३० ते १७.१५ | १७.२० ते १८.०५ | १८.१० ते १८.५५ | १८.५५ ते १९.४० |
| सोमवार | वार्मअप रनिंग | शारीरिक कवायत, स्टमक, थाईन्स | | नाश्टा ब्रेक | UAC थेअरी | UAC वार्म अप, स्टान्स | UAC पंच | UAC किक | ब्रेक | ९ mm पिस्टल आम जानकारी, सेफटी चेक, सेफटी रूल, खोलना -जोडना | | | ९ mm पिस्टल खोलना -जोडना | गेम व्हॉलीबॉल | ब्रेक | |
| मंगळवार | पीपीटी | पीपीटी | पीपीटी | | UAC वार्म अप | UAC कराटे, पंच, किक सराव | | | | ९ mm पिस्टल कॅरी, पोजिशन, फायर सिद्धांत स्टॅंजिंग व सिलींग पोजिशन | ९ mm पिस्टल स्टॅंजिंग व निलींग पोजिशन | गेम बस टकलने | कमांडो मुव्ही | | | |
| बुधवार | वार्मअप रनिंग | शारीरिक कवायत, आर्मस | | | UAC वार्म अप | UAC कराटे, पंच, किक सराव व ब्लॉक्स | | | | ९ mm पिस्टल ब्लॉकेजेस, डेड राउंड, डबल फिड | ९ mm पिस्टल ब्लॉकेजेस,, MTMO | गेम फुटबॉल | ब्रेक | | | |
| गुरुवार | बीपीईटी | बीपीईटी | बीपीईटी | | UAC वार्म अप | UAC ज्युडो, फॉल्स, व थो | | | | ९ mm फायर ड्राय प्रक्टिस | ९ mm पिस्टल ब्लॉकेजेस, युनिवर्सल | गेम बास्केटबॉल | ब्रेक | | | |
| शुक्रवार | वार्मअप रनिंग | BOAC | | | UAC वार्म अप | UAC ज्युडो, फॉल्स, व थो व होल्ड | | | | ९ mm किर्बाइन आम जानकारी, सेफटी चेक, सेफटी रूल, खोलना -जोडना | ९ mm किर्बाइन खोलना-जोडना सराव | गेम आय एम विथ यु | ब्रेक | | | |
| शनिवार | स्पीड मार्च १० किमी + १० किलो वजन + रायफल + FSMO | | | | UAC वार्म अप | UAC कराटे, पंच, किक व ब्लॉक्स सराव | | | | ९ mm किर्बाइन कॅरी, पोजिशन, फायर सिद्धांत, स्टॅंजिंग व सिलींग पोजिशन | ९ mm किर्बाइन ब्लॉकेजेस व डेड राउंड | गेम परफेक्ट टिम | ब्रेक | | | |
| रविवार | साप्ताहिक सुट्टी | | | | | | | | | | | | | | | |

| दुसरा आठवडा | | | | | | | | | | | | | | | | |
|--------------|-----------------|-------------------------------------|--------------|--------------|--------------|--|----------------|----------------|----------------|--|----------------------------------|----------------|------------------------------|----------------|----------------|----------------|
| तास | १ | २ | ३ | | ४ | ५ | ६ | ७ | | ८ | ९ | | १० | ११ | १२ | १३ |
| वार व दिनांक | ५.४० ते ६.२५ | ६.२५ ते ७.१० | ७.१५ ते ८.०० | ८.०० ते ९.०० | ९.०० ते ९.४५ | ९.५० ते १०.३५ | १०.४० ते ११.२५ | ११.३० ते १२.१५ | १२.१५ ते १४.३० | १४.३० ते १५.१५ | १५.३० ते १६.०५ | १६.०५ ते १६.३० | १६.३० ते १७.१५ | १७.२० ते १८.०५ | १८.१० ते १८.५५ | १८.५५ ते १९.४० |
| सोमवार | वार्मअप रनिंग | शारीरिक कवायत, स्टमक, थाईन्स, आर्मस | | नाश्ता ब्रेक | UAC थेअरी | UAC कराटे, पंच, किक सराव व ब्लॉक्स | | | फ्रि | ९ mm किर्बाइन फायर, ड्राय प्रक्टिस, ब्लॉकेजेस व डेड राउंड, डबल फिड | | फ्रि | ९ mm किर्बाइन MTMO युनिवर्सल | गेम व्हॉलीबॉल | ब्रेक | |
| मंगळवार | पीपीटी | पीपीटी | पीपीटी | | UAC वार्म अप | UAC कराटे, पंच, किक, ब्लॉक्स सराव | | | | ७.६२ mm SLR आम जानकारी, सेफटी चेक, सेफटी रूल, खोलना - जोडना | ७.६२ mm SLR खोलना - जोडना सराव | | गेम बस ढकलने | कमांडो मुव्ही | | |
| बुधवार | वार्मअप रनिंग | शारीरिक कवायत, स्टमक, थाईन्स, आर्मस | | | UAC वार्म अप | UAC ज्युडो, फॉल्स, व थ्रो, होल्ड व होल्ड रिलीफ | | | | ७.६२ mm SLR कॅरी पोजिशन, फायर सिद्धांत, स्टॅडिंग व निर्लीग पोजिशन | ७.६२ mm SLR डेड राउंड | | गेम फुटबॉल | ब्रेक | | |
| गुरुवार | बीपीईटी | बीपीईटी | बीपीईटी | | UAC वार्म अप | UAC कराटे, नॉन चाकू, रोड फाईट टेकनिक | | | | ७.६२ mm SLR ब्लॉकेजेस MTMO डबल फिड, गॅस कि कमी | १ मिनिट ड्रील वेपन खोलना - जोडना | | गेम बास्केटबॉल | ब्रेक | | |
| शुक्रवार | वार्मअप रनिंग | BOAC | | | UAC वार्म अप | UAC ज्युडो, थ्री व होल्ड रिलीज सराव | | | | ७.६२ mm SLR कॅरी पोजिशन, फायर सिद्धांत, स्टॅडिंग व निर्लीग पोजिशन | १ मिनिट ड्रील वेपन खोलना - जोडना | | गेम डॉच बॉल | ब्रेक | | |
| शनिवार | वार्मअप रनिंग | शारीरिक कवायत, स्टमक, थाईन्स, आर्मस | | | UAC वार्म अप | UAC कराटे, पंच, किक व ब्लॉक्स सराव व फ्री फाईट | | | | स्पीड मार्च १५ किमी + १० किलो वजन + रायफल + FSMO | गेम रिप्लेस बॉल थ्रो | | ब्रेक | | | |
| रविवार | साप्तहिक सुट्टी | | | | | | | | | | | | | | | |

| तिसरा आठवडा | | | | | | | | | | | | | | | | | |
|--------------|--|------------------------------------|--------------|--------------|---|----------------------------------|----------------|----------------|----------------|--|----------------|----------------|----------------|---|----------------|----------------|--|
| तास | १ | २ | ३ | | ४ | ५ | ६ | ७ | | ८ | ९ | | १० | ११ | १२ | १३ | |
| वार व दिनांक | ५.४० ते ६.२५ | ६.२५ ते ७.१० | ७.१५ ते ८.०० | ८.०० ते ९.०० | ९.०० ते ९.४५ | ९.५० ते १०.३५ | १०.४० ते ११.२५ | ११.३० ते १२.१५ | १२.१५ ते १४.३० | १४.३० ते १५.१५ | १५.३० ते १६.०५ | १६.०५ ते १६.३० | १६.३० ते १७.१५ | १७.२० ते १८.०५ | १८.१० ते १८.५५ | १८.५५ ते १९.४० | |
| सोमवार | वार्मअप रनिंग | शारीरिक कवायत, स्टमक,थाईन्स, आर्मस | | नाश्टा ब्रेक | ७.६२ mm AKM आम जानकारी, सेफटी चेक,सेफटी रूल, खोलना -जोडना कॅरी, पोजिशन ,फायर सिद्धांत स्टॅंजिंग व निर्लींग पोजिशन | | | | फ्रिड | ७.६२ mm AKM ब्लॉकेजेस,डेड राउंड, डबल फिड | | | फ्रिड | कमांडो ऑपरेशन थंडर बॉलट (PPT) | गेम व्हॉलीबॉल | ब्रेक | |
| मंगळवार | पीपीटी | पीपीटी | पीपीटी | | ७.६२ mm AKM ब्लॉकेजेस,डेड राउंड, MTMO डबल फिड, युनिवर्सल, फायर ड्राय प्रक्टिस | | | | | ७.६२ mm AKM फायर ड्राय प्रक्टिस व ब्लॉकेजेस सराव | | | | १ मिनिट ड्रील (मॅग्झीन भरना खाली करना) | गेम पासिंग पास | कमांडो मुव्ही | |
| बुधवार | वार्मअप रनिंग | शारीरिक कवायत, स्टमक,थाईन्स, आर्मस | | | टॅक्टीकल डिल ग्लॉक,एनिमी राईट, एनिमी लेफट,बॅक्, अप,डाऊन | | | | | टॅक्टीकल डिल ग्लॉक, सिक्युरीटी टिम | | | | १ मिनिट ड्रील (वेपन पार्टस फॅमिलॅरीटी) | गेम फुटबॉल | ब्रेक | |
| गुरुवार | बीपीईटी | बीपीईटी | बीपीईटी | | टॅक्टीकल डिल एके,एनिमी राईट, एनिमी लेफट, बॅक्, अप, डाऊन | | | | | टॅक्टीकल डिल एके, सिक्युरीटी टिम | | | | मुंबई २६/११ (PPT) | गेम बास्केटबॉल | ब्रेक | |
| शुक्रवार | वार्मअप रनिंग | BOAC | | | फिल्ड सिग्नल | | | | | फिल्ड सिग्नल | | | | कमांडो ऑपरेशन (PPT) | गेम कॅटर पीलर | ब्रेक | |
| शनिवार | स्पीड मार्च १० किमी + १० किलो वजन + रायफल + FSMO | | | | UAC वार्म अप | UAC कराटे,पंच,किक व ब्लॉक्स सराव | | | | स्पीड मार्च २० किमी + १० किलो वजन + रायफल+ FSMO | | | | ब्रेक | | | |
| रविवार | साप्ताहिक सुट्टी | | | | | | | | | | | | | | | | |

| PPT(Physical Progiency Test) एु टाु टा : १०० | | | | | | | | |
|---|-------------------------|----------------------------|-----------------------------------|-----------------------|------------------------|---------------------------------------|--------------------|------------------------|
| २.४ ि.मी. धावो (एु टाु टा : ३०) | | | १०० मीटर धावो (एु टाु टा : १५) | | | ५ मीटर शटल (एु टाु टा : १५) वेळ ०१ मी | | |
| ग्रेड - टा | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त | ग्रेड - टा | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त | ग्रेड - टा | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त |
| EX - १५ | ९.०० मिनीटे | १०.३० मिनीटे | EX - १५ | १३ से द | १५ से द | EX - ३० | १७ शटल | १५ शटल |
| Good - १२ | ९.३० मिनीटे | ११.०० मिनीटे | Good - १२ | १४ से द | १६ से द | Good - २४ | १६ शटल | १४ शटल |
| Sat - ९ | १०.०० मिनीटे | ११.३० मिनीटे | Sat - ९ | १५ से द | १७ से द | Sat - १६ | १५ शटल | १३ शटल |
| Poor - ० | १० मिनीटापे ा जास्त वेळ | ११.३० मिनीटापे ा जास्त वेळ | Poor - ० | १५ से दपे ा जास्त वेळ | १७ से दपे ा जास्त वेळ | Poor - ० | १५ शटल पे ामी | १३ शटल पे ामी |
| न ल पुश अप (एु टाु टा : १५) वेळ ०१ मी | | | सीट अप (एु टाु टा : १५) वेळ ०१ मी | | | चिन अप (एु टाु टा : १०) | | |
| ग्रेड - टा | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त | ग्रेड - टा | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त | ग्रेड - टा | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त |
| EX - १५ | ४० | ३५ | EX - १५ | ४० | ३५ | EX - १० | १० | ९ |
| Good - १२ | ३५ | ३० | Good - १२ | ३५ | ३० | Good - ८ | ९ | ८ |
| Sat - ९ | ३० | २५ | Sat - ९ | ३० | २५ | Sat - ६ | ८ | ७ |
| Poor - ० | ३० पे ामी | २५ पे ामी | Poor - ० | ३० पे ामी | २५ पे ामी | Poor - ० | ८ पे ामी | ७ पे ामी |

| BPET(Battle Preparedness & Endurance Test) रायफल व B स लसह एुाुा : १०० | | | | | |
|---|-------------------------|-------------------------|----------------------------|------------------------|------------------------|
| ५ ि.मी.रन (एुाुा :४०) | | | ६० मीटर स्पिंट (एुाुा :१५) | | |
| ग्रेड - उा | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त | ग्रेड - उा | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त |
| EX - ४० | २५ मिनीटे | २७ मिनीटे | EX - १५ | ९ सेंद | १० सेंद |
| Good - ३२ | २७ मिनीटे | २९ मिनीटे | Good - १२ | १० सेंद | १२ सेंद |
| Sat - २४ | २८ मिनीटे | ३० मिनीटे | Sat - ९ | १२ सेंद | १४ सेंद |
| Poor - ० | २८ मिनीटापे ा जास्त वेळ | ३० मिनीटापे ा जास्त वेळ | Poor - ० | १२ सेंद पे ा जास्त वेळ | १४ सेंद पे ा जास्त वेळ |
| २) ९ फुट डिच पार री : १५ उा | | | | | |
| ३) ९ मिटर आडवा मंी रोप पार री : १५ उा | | | | | |
| ४) ४ मिटर उभा रोप चढी : १५ उा | | | | | |

| १० कि.मी. स्पीड मार्च रायफल व १० किलो वजनासह | | | ६० मीटर स्प्रिंट (एगु आ गु आ :१५) | | | बीओएसी रायफल व B रूलसह २५ ऑब्स्टीकल पार कर या रीता | | |
|---|----------------------------|----------------------------|-----------------------------------|----------------------------|----------------------------|---|-------------------------|-------------------------|
| ग्रेड - गु आ | वय ३० वर्षा पे गा मी | वय ३० वर्षा पे गा जास्त | ग्रेड - गु आ | वय ३० वर्षा पे गा मी | वय ३० वर्षा पे गा जास्त | ग्रेड - गु आ | वय ३० वर्षा पे गा मी | वय ३० वर्षा पे गा जास्त |
| EX - १०० | १.१० तास | १.२० तास | EX - १०० | १.५० तास | २.०५ तास | EX - १५० | १० मि. | १२ मि. |
| Good - ८० | १.२० तास | १.३० तास | Good - ८० | २.०५ तास | २.२० तास | Good - १२० | १० ते १२ मि. | १२ ते १४ मि. |
| Sat - ६० | १.३० तास | १.४० तास | Sat - ६० | २.२० तास | २.३५ तास | Sat - ९० | १२ ते १४ मि. | १४ ते १६ मि. |
| Poor - ० | १.३० तासपे गा जास्त वेळ | १.४० तासपे गा जास्त वेळ | Poor - ० | २.२० तासपे गा जास्त वेळ | २.३५ तासपे गा जास्त वेळ | Poor - ० | १४ मि. पे गा जास्त | १६ मि. पे गा जास्त |
| टिप :- EX - ०१ कि मी = ७ मिनीट | | | टिप :- EX - ०१ कि मी = ७.३० मिनीट | | | | | |

| PPT(Physical Progiency Test) एु टु टु : १०० | | | | | | | | |
|--|-------------------------|----------------------------|----------------------------------|--------------------------|--------------------------|---|------------------------|------------------------|
| २.४ ि.मी. धाव ने (एु टु टु : ३०) | | | १०० मीटर धाव ने (एु टु टु : १५) | | | ५ मीटर शटल (एु टु टु : १५) वेळ ०१ मी | | |
| ग्रेड - टु टु | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त | ग्रेड - टु टु | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त | ग्रेड - टु टु | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त |
| EX - १५ | १३.०० मिनीटे | १३.३० मिनीटे | EX - १५ | १६ से ं द | १७ से ं द | EX - ३० | १५ शटल | १३ शटल |
| Good - १२ | १३.३० मिनीटे | १४.०० मिनीटे | Good - १२ | १७ से ं द | १८ से ं द | Good - २४ | १४ शटल | १२ शटल |
| Sat - ९ | १४.०० मिनीटे | १४.३० मिनीटे | Sat - ९ | १८ से ं द | १९ से ं द | Sat - १६ | १३ शटल | ११ शटल |
| Poor - ० | १४ मिनीटापे ा जास्त वेळ | १४.३० मिनीटापे ा जास्त वेळ | Poor - ० | १८ से ं दापे ा जास्त वेळ | १९ से ं दापे ा जास्त वेळ | Poor - ० | १३ शटल पे ामी | ११ शटल पे ामी |
| न ल पुश अप (एु टु टु : १५) (हॅ डस डाऊनमध्ये जास्त वेळ थांब ने) | | | सीट अप (एु टु टु : १५) वेळ ०१ मी | | | चिन अप (एु टु टु : १०) (फक्त बीमला लटु न राह याचा ालावधी) | | |
| ग्रेड - टु टु | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त | ग्रेड - टु टु | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त | ग्रेड - टु टु | वय ३० वर्षा पे ामी | वय ३० वर्षा पे ा जास्त |
| EX - १५ | ०३.०० मिनीटे | ०२.३० मिनीटे | EX - १५ | ३० | २५ | EX - १० | ०२.०० मिनीटे | ०१.३० मिनीटे |
| Good - १२ | ०२.३० मिनीटे | ०२.०० मिनीटे | Good - १२ | २५ | २० | Good - ८ | ०१.३० मिनीटे | ०१.०० मिनीटे |
| Sat - ९ | ०२.०० मिनीटे | ०१.३० मिनीटे | Sat - ९ | २७ | १५ | Sat - ६ | ०१.०० मिनीटे | ००.३० मिनीटे |
| Poor - ० | ०२.०० मिनीटापे ामी वेळ | ०१.३० मिनीटापे ामी वेळ | Poor - ० | २० पे ामी | १४ पे ामी | Poor - ० | ०१.०० मिनीटापे ामी वेळ | ००.३० मिनीटापे ामी वेळ |

| BPET(Battle Preparedness & Endurance Test) रायफल व B स्तलसह एुा गुा : १०० | | | | | |
|--|-------------------------|-------------------------|---------------------------------------|------------------------|------------------------|
| ५ ि.मी.रन (एुा गुा :४०) | | | ६० मीटर स्प्रिंट (एुा गुा :१५) | | |
| ग्रेड - गुा | वय ३० वर्षा पे ा मी | वय ३० वर्षा पे ा जास्त | ग्रेड - गुा | वय ३० वर्षा पे ा मी | वय ३० वर्षा पे ा जास्त |
| EX - ४० | २९ मिनीटे | ३१ मिनीटे | EX - १५ | १० सेंद | ११ सेंद |
| Good - ३२ | ३१ मिनीटे | ३३ मिनीटे | Good - १२ | ११ सेंद | १३ सेंद |
| Sat - २४ | ३३ मिनीटे | ३५ मिनीटे | Sat - ९ | १३ सेंद | १४ सेंद |
| Poor - ० | ३३ मिनीटापे ा जास्त वेळ | ३५ मिनीटापे ा जास्त वेळ | Poor - ० | १३ सेंद पे ा जास्त वेळ | १४ सेंद पे ा जास्त वेळ |
| २) ९ फुट डिच पार री : १५ गुा | | | | | |
| ३) ९ मिटर आडवा मंी रोप पार री : १५ गुा | | | | | |
| ४) ४ मिटर उभा रोप चढी : १५ गुा | | | | | |

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