

**NCC GENERAL (NCC)**

**CHAPTER NCC-I**

**AIMS, OBJECTIVES AND ORG OF NCC**

- Q1. What is the rank of the Director General of NCC?
- A1. The rank of the Director General of NCC is Lieutenant General.
- Q2. How many NCC Directorates are there in India?
- A2. There are 17 NCC Directorates in India.
- Q3. Where are the NCC Officer Training Academies (OTA) located?
- A3. There are two OTAs, OTA, Kamptee is for Male ANOs and OTA, Gwalior is for Lady ANOs.
- Q4. When was the NCC Girls Division raised?
- A4. NCC Girls Division was raised in 1949.
- Q5. What are the full form of,
- (a) WTLO - Whole Time Lady Officer
- (b) ANO - Associate NCC officers
- (c) GCI - Girl Cadet Instructors
- Q6. What are the aims of NCC?
- A6. The aims of NCC are three-fold:-
- (a) To develop these qualities in the cadets – Character, Comradeship, Discipline, Secular Outlook, Spirit of Adventure, Ideals of selfless service.
- (b) To create a human resource of organised, trained and motivated youth, to provide leadership in all walks of life who will serve the nation regardless of which career they choose.
- (c) To provide an environment conducive to motivating young Indians to choose the Armed Forces as a career.
- Q7. What are the main training activities carried out by NCC?
- A7. The main training activities carried out by NCC are:-
- (a) Institutional Training.
- (b) Camp Training.

- (c) Attachment Training.
- (d) Naval Wing Activities.
- (e) Air Wing Activities.
- (f) Remount & Veterinary Activity.

## CHAPTER NCC-II

### INCENTIVES TO CADETS

Q1. What are the incentives given by the Central Government?

A1. The Incentives given by the Central Government are:-

(a) Vacancies reserved in all the three services for NCC 'C' Certificate holders are: -

- (i) **Army**. 100 seats per year at OTA for Men and 10% for Women.
- (ii) **Navy**. 06 seats per course.
- (ii) **Air Force**. 10% vacancies in all courses.

(b) 5-10% bonus marks for recruitment in ranks in Army, Navy and Air force.

(c) Bonus marks for employment in CAPF / Para Military Forces and Department of Telecommunication.

Q2. What are the Incentives given by the State Government?

A2. Preference is given by various state governments to the NCC 'B' / 'C' certificate holders for Recruitment in following departments: -

- (a) Police Service.
- (b) Transport Department.
- (c) Forest Department.
- (d) Excise Department.
- (e) Preference to the Girl Cadets as nurses, receptionists and telephone operators.

Q3. What are the benefits provided by CWS to NCC Cadets?

A3. The benefits provided by the CWS are:-

(a) CWS awards scholarship of Rs 6000/- per cadet for 1000 NCC cadets every year to academically brilliant students.

(b) Grant of Best Cadet Award of Rs 4500/- and 2nd Best Cadet Award of Rs 3500/- at each Group level.

(c) Conduct of sports and adventure activities.

(d) The following financial aid and relief to cadets is provided to the cadet in case of any injury or, to the NOK in case of any fatality during NCC related activities:-

<u>Ser</u>	<u>NCC Activities</u>	<u>Death Cases (Rs)</u>	<u>Permanent Disability (Rs)</u>	<u>Temporary Disability (Rs)</u>
(i)	High Risk	5,00,000/-	up to 5,00,000/-	up to 1,75,000/-
(ii)	Other Activities	4,50,000/-	up to 4,50,000/-	up to 1,75,000/-

## CHAPTER NCC-III

### DUTIES OF NCC CADETS

Q1. Who can join NCC?

A1. Any volunteer citizen of India or Nepal who is of good character and on the roll of schools or colleges, fulfilling the age, medical and other criteria can be enrolled into NCC.

Q2. What are the different divisions/wings of cadets?

A2. The different divisions/wings of cadets are:-

<u>Institute</u>	<u>Boys</u>	<u>Girls</u>
Colleges -	Senior Division (SD)	Senior Wing (SW)
Schools -	Junior Division (JD)	Junior Wing (JW)

Q3. What are the duties and responsibilities of a cadet?

A3. Duties of NCC cadets during parades and camps are as under: -

- (a) Self discipline is the most basic trait of an NCC Cadet.
- (b) He/she has to be punctual during parade and roll call.
- (c) Obeying the orders of higher ranks is yet another important duty of NCC Cadet.
- (d) Every cadet should participate in camp activities with complete enthusiasm.
- (e) Always take proper haircut and wear clean and correct pattern of uniform. Polishing of shoes, pressing of uniforms and wearing of beret in correct manner should be followed.
- (f) Take part in the cultural activities organized by the NCC.
- (g) Attend all NCC parades regularly without fail.
- (h) Participate in the team work.
- (j) Extend complete cooperation to the seniors.
- (k) Pursue the adventure activities.

Q4. What are the Cadet Commandments enunciated by DGNCC?

A4. The Cadet Commandments are given below:-

- (a) I will ensure construction of toilet in my house and motivate at least 10 persons for the same.
- (b) I will be an 'Aadhar' Indian and would motivate 10 more persons to be one.
- (c) I will donate blood at least once every year.
- (d) I will make only digital transactions wherever possible and motivate others for the same.
- (e) I will plant minimum two trees in a year and care for the same.
- (f) I will obtain my voter and PAN Card once I have crossed 18 years of age.
- (g) I will ensure garbage segregation in my house and within 100 m of my neighbourhood.
- (h) I will undertake 100 hours of "Shramdaan" for social service.
- (j) I will help physically-challenged persons to live their dreams.
- (k) I will be a role model for gender sensitivity, secular outlook and spirit of nationalism without any regional bias.
- (l) I will rush to help any accident victim.
- (m) I will always uphold motto of NCC 'Unity and Discipline'. I will be equally disciplined when not under observation.

## CHAPTER – NCC- IV

### NCC CAMPS: TYPES AND CONDUCT

Q1. What is *Ek Bharat Shresht Bharat* (EBSB) camp is also known as?

A1. *Ek Bharat Shresht Bharat* camp is also known as National Integration Camp.

Q2. What are the advantages of EBSB camps?

A2. EBSB camps are conducted on all India basis and help bridge the cultural gap among various states of India. EBSB are conducted to make cadets understand and value the rich heritage of cultures that forge unity despite the diverse languages, traditions and religions of our country.

Q3. What are the various camps organised by NCC?

A3. The various camps organised by NCC are:-

- (a) Annual Training Camps (ATCs) /Combined Annual Training Camps (CATCs).
- (b) Centrally Organised Camps (COCs).
  - (i) Leadership Camps.
  - (ii) Thal Sainik Camp.
  - (iii) Nau Sainik Camp.
  - (iv) Vayu Sainik Camp.
  - (v) Republic Day Camp (RDC).
  - (vi) Ek Bharat Shresth Bharat Camp.
  - (vii) SSB Screening Camp.
  - (viii) Rock Climbing Camp
  - (ix) All India Treks
- (c) Military Attachment Camp.
- (d) Attachment Training IMA/OTA.

Q4. Which all training activities are carried out in camps?

A4. The training activities carried out in camps are:-

- (a) PT/Yoga.
- (b) Drill.
- (c) Games.
- (d) Guest Lectures.
- (e) Line Area maintenance.
- (f) Map Reading.
- (g) Night Navigation.
- (h) Obstacle Training.
- (j) Firing.
- (k) Social Service Work/Rally.
- (l) Visit to places of Historical interest.
- (m) Cultural activities.
- (n) Organising sports and other competitions.

## NATIONAL INTEGRATION (NI)

### CHAPTER NI – I

#### NATIONAL INTEGRATION IMPORTANCE AND NECESSITY

Q1. What are the components of national integration?

A1. Components of national integration include:-

- (a) Cultural integration.
- (b) Economic integration.
- (c) Political integration.
- (d) Religious integration.
- (e) Social integration.

Q2. What is the necessity for national integration?

A2. Necessity for National Integration:-

- (a) Helps to maintain peace & harmony, law and order and dignity & self-respect.
- (b) Promote cultural & religious development.
- (c) Contribute to the growth of nation.
- (d) Enhance the welfare of the people.

### CHAPTER NI – II

#### FACTORS AFFECTING NATIONAL INTEGRATION

Q1. What are the Factors affecting National Integration?

A1. The Factors affecting National Integration are:-

- |                        |                            |
|------------------------|----------------------------|
| (a) Communalism.       | (b) Casteism.              |
| (c) Regionalism.       | (d) Linguistic problems.   |
| (e) Lack of education. | (f) Corruption.            |
| (g) Social Disparity.  | (h) Political motives.     |
| (j) Cultural Aspects.  | (k) Economic inequalities. |
| (l) Lack of Character. |                            |

Q2. What are the measures to achieve national integration?

A2. The measures to achieve national integration are:-

- |  |                                   |
|--|-----------------------------------|
| (a) Philosophy of Integration              | (b) Culture as a unifying factor. |
| (c) Promotion of secularism.               | (d) Role of politics              |
| (e) Economic unity.                        | (f) Dignity of individuals        |
| (g) Socio-Economic reforms                 | (h) Education.                    |
| (j) Emotional unity.                       | (k) National language.            |
| (l) Nationalism and patriotism.            | (m) Proper use of media.          |
| (n) Political and administrative measures. |                                   |

DGNCC TRAINING



**CHAPTER NI – III : UNITY IN DIVERSITY**

Q1. What are the fundamentals of unity in diversity?

A1. The fundamentals of unity in diversity are:-

- |                         |                                |
|-------------------------|--------------------------------|
| (a) Geographical unity. | (b) Spirit of religious unity. |
| (c) Indian philosophy.  | (d) Ethnic coexistence.        |
| (e) Cultural unity.     | (f) Social unity.              |
| (g) Political unity.    | (h) Emotional unity.           |

Q2. How can cadets contribute to nation building?

A2. Cadets can play a role in nation building by:-

- (a) Contributing to adult education.
- (b) Social service activities.
- (c) Promoting the national language
- (d) Treating all human beings as equal.
- (e) Respecting all religions and beliefs.

Q3. What are the different types of social service activities carried out by NCC?

A3. The different types of social service activities carried out by NCC are:-

- (a) Tree plantation drives to ensure climatic balance.
- (b) Blood donation camps aimed at collecting blood to help out those in urgent need.
- (c) Campaigning against the Dowry in the form of different Rallies.
- (d) Educate people against Female Foeticide.
- (e) Anti Leprosy Drive to educate people about the disease and also giving information about cure.
- (f) AIDS Awareness Rally to spread information about this disease and also giving information about some prevention tips.
- (g) Visit and render help to people residing in old age homes.
- (h) Disaster management & relief at the time of occurrence.

## **CHAPTER NI – IV : THREATS TO NATIONAL SECURITY**

Q1. Which ministry takes care of India's Internal Security?

A1. The Ministry of Home Affairs takes care of India's Internal Security.

Q2. What are the threats to national security?

A2. The threats to National Security are:-

(a) **Internal Threats.**

- (i) Poverty.
- (ii) Unemployment.
- (iii) Communal violence.
- (iv) Linguistic & Ethnic problems.
- (v) Administrative failures by Govt.
- (vi) Large scale economic inequality.

(b) **External Threats.**

- (i) Border disputes with neighbouring countries.
- (ii) Cross border terrorism
- (iii) Cyber threats

Q3. What are the attributes of national security?

A3. The main attributes of national security are:-

- (a) Secure territorial integrity and protect internal sovereignty.
- (b) Maintain domestic peace.
- (c) Prevalence of law and order.
- (d) Rule of law and equality before law - law of the land should protect everyone irrespective of status.
- (e) Absence of fear from the feared implying individual freedom for people as guaranteed by the Constitution.
- (f) Peaceful co-existence and communal harmony.

Q4. National security doctrine includes which all following key elements?

A4. The National security doctrine includes the following key elements:-

- (a) Political.
- (b) Socio-economic.
- (c) Governance.
- (d) Police & Security Forces.
- (e) Centre-State coordination.
- (f) Intelligence.
- (g) Border management.
- (h) Cyber security.

DGNCC TRAINING

## DRILL : FOOT DRILL (FD)

### CHAPTER FD – I

#### DRILL KI AAM HIDAYATEN AUR WORDS OF COMMAND

Q1. Drill ki Paribhasha Likho.

A1. Kisi procedure ko kramwar aur uचित tarike se karne ki karyawahi ko **DRILL** kehte hai.

Q2. Drill ke kya maksad hain?

A2. Drill ke nimnlikhit maksad hote hain:-

- (a) Drill discipline ki buniyad hai.
- (b) Drill se milkar kaam karne ki aur hukm manne ki aadat parti hai.
- (c) Drill officers, JCOs aur NCOs ko command aur control sikhati hai.
- (d) Drill dress pahanna aur chalna phirna sikhati hai.
- (e) Drill ko dekh kar kisi unit ke discipline aur morale ka pata lagaya ja sakta hai.

Q3. Ek acche word of command ke liye kya batein zaruri hain?

A3. Ek ache word of command dene ke liye nimnlikhit baten zaruri hain:-

- (a) Loudness (Swar). Word of command ki loudness is baat pe nirbhar karta hai ki word of command kitne logon ko diya ja raha hai ya unki duri kitni hai. Word of command dene ke liye, commander apne aap ko squad ki samne, bichon bich unki taraf muh kar ke khada ho kar diya jata hai. Word of command hamesha – savdhan position mein diya jata hai.
- (b) Clarity (Safai). Jeebh (Tongue), lips aur danton ka sahi talmel ke saath clear word of command diya jae. Sust word of command squad mein teji nahi paida karega.
- (c) Pitch. Durust word of command ke liye sahi pitch ka hona zaruri hai.
- (d) Timing. Word of command ki sahi timing uske turant amal ke liye bahut hizaruri hai. Ek word of command ke do bhag hoten hai 'cautionary' aur 'executive'. Cautionary aur executive ke bich char (four) tej kadam ka fasla hona chahiye. Tej chal mein, cautionary word of command, baen pair se shuru hota hai.

**CHAPTER FD – II****SAVDHAN, VISHRAM, AARAM SE AUR MUDNA**

Q1. Savdhan position mein dekhne wali batein kya hain?

A1. Savdhan position mein dekhne ki baten:-

- (a) Dono aaedian mili hui aur toe ka angle 30 degree.
- (b) Dono ghutne kase hue hon.
- (c) Dono baju dahine aur baen taraf pant ki silai ke saath mile hue aur mutthi kudrati taur par bandh ho.
- (d) Pant kheencha hua, chhati uthi hui, kandhe pichhe kheenche hue, gardan collar kesaath mili hui, chin upar aur nigah samne.

Q2. Vishram aur Aram se mein dekhne wali batein kya hain?

A2. Iss position mein dekhne ki baten:-

- (a) Dono aaedion ke beech 12 inch ka fasla.
- (b) Dono ghutne kase hue.
- (c) Dono haath pichhe bandhe, Bayen haath niche aur dahina haath upar se, angulianniche ki taraf, dahina angutha baen anguthe ke upar se.
- (d) Badan ka bojh dono paon par.
- (e) "Aram se" ke word of command par, kamar ke upar wale hisse ko dheela Karen lekin, paonse harket nahin hogi.

**CHAPTER FD – III****KADWAR SIZING, LINE BANANA, KHULI AUR NIKAT LINE MEIN MARCH**

Q1. Nimnlikhit ki zarurat kab hoti hain?

- (a) Khuli line chal.
- (b) Nikat line chal.
- (c) Kadwar sizing.
- (d) Teen Line banana.

A1. Uprokth ki zarurat hoti hain:-

- (a) **Khuli line chal.** Jab squad ko shastra qawaid karana ho, ya badi parade mein VIP ko nirikshankarana ho toh 'khuli line' ki karyawahi ki jaati hai.
- (b) **Nikat line chal.** Jab nirikshan ho jata to march karne se pahle 'nikat line' ki karyawahi ki jaatihai.
- (c) **Kadwar sizing.** Kadwar sizing ki zarurat drill mein hamesha hoti hai, khas kar ke CeremonialDrill ke liye. Is mein pure squad koek line mein khada karten hai taki Lamba sabse dahine khada ho aur size wise chota uske baen khada ho. Kadwar ki hui parade aur squad, dur se dekhne main achchhe aur sundar lagte hai.
- (d) **Teen Line banana.** Jab nafri nau se jyada ho to teen file (line) banane ki karyawahi ki jaati hai.

#### **CHAPTER FD – IV**

#### **KHADE KHADE SALUTE KARNA**

Q1. Khade Khade salute karne ki kya zarurat hain?

A1. Jab ham kisi jagah par khade hon aur hamare samne se koi bhi salute lene wale adhikari gujren to unhen izzat dene ke liye khade-khade samne salute ki karyawahi ki jaati hai.

## CHAPTER FD – V

### PARADE PAR, VISARJAN AUR LINE TOD

Q1. Parade Par, Visarjan aur Line Tod ki zarurat likhen.

A1. Parade Par , Visarjan aur Line Tod ki zaruratein:-

(a) Parade Par. Jab platoon ya troops kisi bhi formation mein drill ground ke kinare par khade hon aur unhen parade mein hazir karne ke liye parade par kiya jata hai. Platoon ko parade par lane se pahle dahina darshak mangwaya jata hai. Squad mein squad commander, platoon mein platoon Hav, company mein CHM dahina darshak hota hai. Darshak ko cover nahin kiya jata hai.

(b) Visarjan. Jab dubara fall in nahi karna ho aur officer parade par hazir hon toh visarjan ki karyawahi ki jaati hai.

(c) Line Tod. Jab thodi der ke liye aaram dena ho aur dubara fall in karna ho to line tod ki karyawahi ki jaati hai.

## CHAPTER FD – VI

### TEZ CHAL AUR DHIRE CHAL

Q1. Tez aur Dhire chal ki zarurat likho.

A1. Tez aur Dhire chal ki zaruratein:-

(a) Discipline ko kayam rakhte hue ek jagah se dusri jagah jane ke liye 'tez chal' kiyajata hai. Kadam ki lambai 30 inch hoti hai. Regimeint / units ki kadam ki raftaar ek minute mein 120 kadam, rifle units 140, NCC cadets 116 kadam aur NCC girls cadets 110 kadam per minute hoti hai. Lekin, shuru mein recruits 135 kadam ki raftaar se march karte hain.

(b) Badi parade mein, parade ke nirikshan ke liye VIP ke age jo pilot chalte hain wo dhire chal se chalte hain. Kadam ki lambai 30 inch, kadam ki raftaar, 1 minute mein 70 kadam hoti hai.

## CHAPTER FD – VII

### TEZ CHAL SE MUDNA

Q1. Nimlikhit ki zarurat likho.

(a) Tez chal se dahine mudna.

(b) Tez chal se bayen mudna.

(c) Tez chal se piche mudna.

A1. Uprokth ki zarurat hoti hain:-

(a) **Tez chal se dahine mudna.** Jab tej chal se march karte hue kisi simmat ko ja rahe hon aur 90 degree parapni simmat ya formation ko dahini taraf badli karni ho to, dahine mud ki karyawahi ki jaati hai.

(b) **Tez chal se bayen mudna.** Jab tej chal se march karte hue kisi bhi simmat ko ja rahe hon, aur 90 degree parapni simmat ya formation ko baen taraf badli karni ho toh baen mud ki karyawahi ki jaati hai.

(c) **Tez chal se piche mudna.** Jab tej chal se march karte hue kisi bhi simmat ko ja rahe hon, aur 180 degree par formation ko kayam rakhte hue simmat ki badli karni ho toh piche mud ki karyawahi ki jaati hai.

### **CHAPTER FD – VIII**

#### **TEZ CHAL SE SALUTE KARNA**

Q1. Tez chal se salute karne ki zarurat likho.

A1. Jab tej chal se march karte hue kisi bhi simmat ko ja rahe hon, koi bhi taraf salutelene wale adhikari milen toh unhe izzat dene ki liye samne, baen ya dahine salute ki karyawahi ki jaati hai.

### **CHAPTER FD – IX**

#### **INDIVIDUAL WORDS OF COMMAND**

Q1. Drill mein diye jane wale words of command likho.

A1. Drill men nimlikhit words of command diye jaten hain:-

- (a) Savdhan aur Vishram.
- (b) Dahine Mud ya Baen Mud.
- (c) Piche Mud ya Aage Mud.
- (d) Dahine Dekh ya Baen Dekh.
- (e) Tez Chal, Dhire Chal aur Tham.
- (f) Khuli Line Chal ya Nikat Line Chal.
- (g) Line Ban, Sajja, Visarjan ya Line Tod.
- (h) Dahine Salute, Baen Salute ya Samne Salute.



**DRILL : RIFLE DRILL (RD)**  
**CHAPTER RD – I**

**RIFLE KE SAATH SAVDHAN, VISHRAM AUR AARAM SE**

Q1. Rifle Ke Saath Savdhan ka tarika kya hai?

A1. Dahine haath se rifle ko pura pichhe khenchte hue butt par sawar karen aur check karen rifle ki position heel butt par dahine haath ki taraf point karta hua aur kalai rifle ke pichhe cover kiya hua.

Q2. Rifle Ke Saath Vishraam ka tarika kya hai?

A2. Vishram mein baen paon ko baen taraf le jayen. Saath hi rifle ko dahine haath se aage ko dhakelen aur check karen Dahine haath se rifle pura age dhakela hua, Dahini kohni ka kham nikala hua. Bayan baju savdhan position mein.

**CHAPTER RD – II**

**RIFLE KE SAATH PARADE PAR AUR SAJ**

Q1. Rifle Ke Saath Parade Par ka tarika kya hai?

A1. Jab savdhan position se word of command milta hai "Squad Parade Par" toh is word of command par dahine haath se rifle ko zamin se sidhe ek ya 1.5 inch upar uthate hue shout karen 'ek'. Is position mein dekhne ki baten. Rifle zamin se 1 ya 1.5 inch upar sidha uthaya hua, baki position savdhan. Is ke baad squad tej chal se rifle ko uthate hue parade par ata hai aur tham karta hai. Tham ke saath hi rifle ko zamin pe rakha jata hai.

**CHAPTER RD – III**

**RIFLE KE SAATH VISARJAN AUR LINE TOD**

Q1. Rifle Ke Saath Visarjan ka tariqa kya hai?

A1. Jab savdhan position se word of command milta hai "squad / platoon visarjan" toh dahine mud karen, bagal shastra karen, salute karen aur, teen kadam aage lekar tham karen aur, sidhe aage nikal jayen. Line Tod ki karyawahi usi tarah hai jaise rifle ke saath visarjan mein seekh chuke hain - lekin line tod par bagal shastra position mein, salute nahin kiya jayega.

## CHAPTER RD – IV

### BHUMI SHASTRA AUR UTHAO SHASTRA

Q1. Bhumi Shastra ka tariqa kya hai?

A1. Jab savdhan position se word of command milta hai “Bhumi Shastra” toh body ko savdhan position se sidha aage ko jhukao aur check karo, ghutne khule hue par aedi judi hui, rifle dahine haath mein, barrel aage ki taraf aur magazine bahar ki taraf zamin par touch karti hui. Phir rifle ko zamin pe chod do, aur savdhan position mein vaapis aajao.

Q2. Uthao Shastra ka tariqa kya hai?

A2. Jab savdhan position se word of command milta hai “Uthao Shastra” to, body ko savdhan position se sidha age ko jhukao aur check karo , ghutne khule hue par aedi judi hui, aur dahine haath, dahine toe ki line mein, barrel ko pakde hue, aur rifle zamin se thodi si uthi hui. Phir rifle ko zamin se teji se utha kar savdhan position mein ajao.

## CHAPTER RD – V

### BAGAL SHASTRA AUR BAJU SHASTRA

Q1. Bagal Shastra ka tarika kya hai?

A1. Jab savdhan position se word of command milta hai, “Bagal Shastra” toh, is word of command par dahine haath se rifle ko thoda upar uchhalen aur saath hi baen haath se forehand guard aur dahine haath se pistol grip ko ek saath pakden, Is position mein dekhne ki baten, bayan haath kohni se kalai tak kamar belt ki line mein zamin ke mutabik, chaaron angulion bahar se angutha andar se pakda hua. Dahine haath se pistol grip ko mazbuti se pakda hua, dahina haath sidha, baki position savdhan. Phir baen haath ko tezise savdhan position mein layen. Is position mein dekhne ki baten, rifle bagal shastra baaki position savdhan.

Q2. Baju Shastra ka tarika kya hai?

A2. Jab savdhan position se word of command milta hai, “Baju Shastra” toh is word of command par bayen haath se flash hider ke niche se barrel ko grip karen. Is position mein dekhne ki baten, baen haath se barrel ko mutthi bhar pakda hua, baen haath ki kalai chhaati ke saath mili hui, baaki position pahle ki tarah. Phir baen haath se rifle ko sidha niche le jayen, dahine haath ko chod kar dubara rifle ke forehand guard se savdhan position ki tarah pakden. Is position mein dekhne ki baten, baen haath se flash hider U ke shape mein pakda hua, dahine haath se forehand guard ko pakda hua, chaaron angulian bahar se angutha andar se, savdhan position ki tarah pakda hua, rifle zamin se ek inch upar butt toe ke barabar. Phir baen haath ko savdhan position mein layen aur ko dahine haath se zamin par

savdhan position mein layen. Is position mein dekhne ki baten, bagal shastra ki karyawahi ki hui, baki position savdhan.

## CHAPTER RD – VI

### SALAMI SHASTRA

Q1. Salami Shastra ka tariqa kya hai?

A1. Salami Shastra ka tariqa

(a) Jab savdhan position se word of command milta hai, "Salami Shastra" toh is word of command par dahine haath se rifle ko sidha upar uchhalen aur baen haath se forehand guard aur dahine haath se small of the butt ko pakden. Is position mein dekhne ki baten, baen haath fore hand guard par chaaron angulian bahar se aur angutha andar se pakra hua, charon angulian bahar se angutha andar se zameen ki taraf point karte hue, rifle badan ke dahini taraf 90 degree par. Baki position pahle ki tarah.

(b) Phir dono haathon ki madad se rifle ko badan ke samne aur beech mein layen, saath hi baen haath ko chhor kar rifle ke baen bagal mein lagaen aur shout karen 'do'. Is position mein dekhne ki baten, rifle badan ke samne aur beech main 90 degree par khari magazine aage, kohni se kalai tak rifle se mili hui, baen haath ki chaaron angulian aur angutha mila hua aur cocking handle kalme wali anguli aur anguthe ke beech, baki position savdhan.

(c) Phir dahine haath se rifle ko niche khinchen aur sidha karen, baen haath se rifle ko samne se pakaren, dahina paon sidha saath hi chalti halat se, rifle ko samne se pakaren, dahina paon sidha saath hi chalti halat mein baen paon ki piche lagaen, shout karen 'teen'. Is position mein dekhne ki baten, rifle baen haath se forehand guard se pakre hue, angutha baen taraf khara, dahina haath butt par, charon angulian aur angutha zameen ki taraf point karta hua, barrel nak se 6 inch dur, dahina paon baen paon ke piche chalti halat mein laga hua. Baaki position savdhan.

## CHAPTER RD – VII

### SQUAD DRILL

Q1. Squad Drill ke prakar kya hai?

A1. Squad Drill ke prakar nimnlikhit hain:-

(a) Prakar I - Word of Command pe Rifle ke saath khade khade squad drill ka abhyas karana hai.

- (b) Prakar II - Word of Command pe Rifle ke saath Tej Chal se squad drill ka abhyas karana hai.

## **DRILL : CEREMONIAL DRILL (CD)**

### **CHAPTER CD – I**

#### **GUARD MOUNTING**

Q1. Guard Mounting kab kiya jata hai?

A1. Guard Mounting aam taur pe Quarter Guard ya kisi bhi authorised adhikari (General Officer) ke awaas pe ya visit ke dauran ki jaati hai.

Q1. Guard Mounting mein kitne guard hote hai?

A1. Guard mounting ke liye 2+6 jawanon ki zarurat hoti hai. Is mein 6 jawan aur guard commander aur guard ka 2IC hota hai. Guard mount hone ke liye hamesha, do ranks mein 'fall in' hoti hai, jis mein guard commander sabse dahine hota hai aur, guard 2IC agli rank ke sabse baen hota hai.

### **CHAPTER CD – II**

#### **GUARD OF HONOUR**

Q1. NCC cadets dwara Guard of Honour kin adhikarion ko pradaan ki jaati hai?

A1. NCC cadets dwara Guard of Honour nimnlikhit adhikarion ko pradaan ki jaati hai:-

- (a) Rashtrapati, Up-Rashtrapati aur Pradhan Mantri.
- (b) Governors and Lt Governors.
- (c) Raksha Mantri, Raksha Rajya Mantri, States ke Mukhya Mantri
- (d) Sena / Nau Sena / Vayu Sena Pramukh.
- (e) Command ka General Officer Commanding-in-Chief.
- (f) Sena/Nau Sena/Vayu Sena ke Up Pramukh.
- (g) University ke Chancellor/ Pro-Chancellor/Vice Chancellor as Chief guest.
- (h) Director General NCC.

Q2. President ke liye Guard of Honour ki nafri kya hogi?

A2. President ke liye Guard of Honour ki nafri 150 rank and file, 3 divisions mein.

**WEAPON TRAINING (WT)****CHAPTER WT – I****INTRODUCTION TO .22 RIFLE**

Q1. What are the specifications of .22 Rif. No II MK IV BA

A1: The specifications of .22 Rif are:-

- (a) Length: 45 Inch.
- (b) Effective Range: 23 metre.
- (c) Magazine Capacity: 10 rounds.
- (d) Weight :3.93Kg.
- (e) Grooves in Barrel:6.

Q2. What are the types of “Aam Safai” of rifle .22?

A2. Aam Safai of rifle .22 is of three types:-

- (a) Daily.
- (b) Weekly.
- (c) Quarterly.

Q3. What are the specification of .22 Rifle Ammunition.?

A3. Specification of .22 Rifle Ammunitionis:-

- (a) Calibre - Point 22”.
- (b) Length of Bullet - 10 mm.
- (c) Length of Bullet with Case - 15 mm.
- (d) Weight - 38/40 gm.
- (e) Type of Bullet - Lead / Copper.
- (f) Type of Ammunition - Rim / Rimless.

## CHAPTER WT – II

### SHORT RANGE FIRING

Q1. What are the three objectives of firing?

A1. The three aims of firing are:-

- (a) Correct holding.
- (b) Right aiming.
- (c) Body alignment.

Q2. Alteration of Sight ki kya zarurat hain.

A2. Firing ke dauran agar yeh pata chalta hai ki, durust aim aur firing ke bavajood goliPOA se upar ya niche lagti hai to, back sight ko adjust karke setting karna zaruri hai.

## CHAPTER WT – III

### RANGE PROCEDURE AND THEORY OF GROUP

Q1. What are the important points to keep in mind while handling a weapon?

A1. The important points to keep in mind while handling a weapon are:-

- (a) The weapon should always be aimed at the target.
- (b) The weapon should always be cocked after the command is given.

Q2. Why is sight alignment important?

A2. Sight alignment is important because the foresight and the rear site make an accurate aim at the target.

Q3. What is grouping capacity?

A3. Kisi bhi firer dwara fire ki gayi paanch golion ke circle ke daire (diameter) ko us firer ki Grouping Capacity kehte hain.

Q4. Firing se pehle target group se kya abhyas karaya jata hain?

A4. Firing point se pichhe target group ko nimnlikhit abhyas ke liye lagaya jata hai.

- (a) Aiming.
- (b) Trigger operation.

- (c) Holding.
- (d) Roken dur karna.
- (e) Firers ki jati galti ke lie sudhara exercise aur coaching.
- (f) TsOET.

Q5. Firing point se pehle aur firing point par suraksha sambhandhi batein likho.

A5. **Firing Point se Phele.**

- (a) Hathiyar clear, magazine utra hua aur safety device laga hua.
- (b) Muzzle hamesha surakshit disha mein.
- (c) Drill cartridge ka istemal nahin.
- (d) Ammunition practice ke mutabik issue.
- (e) Harkat chal kar.
- (f) Chamber hamesha khali.
- (g) Dry exercise se pahle hathiyar ka nirikshan.

**Firing Point Par.**

- (a) Ammunition ki safai aur damage check.
- (b) Barrel surakshit disha.
- (c) Bhar hukam se.
- (d) Sahi khali kar.
- (e) Barkhilap karwai par fire band.
- (f) Roken dur karte samay savdhani.

Q6. How many types of firing position are there?

A6. There are four types of firing positions:-

- (a) Laying.
- (b) Standing.
- (c) Kneeling.
- (d) Sitting.

**CHAPTER WT – IV****SHORT RANGE FIRING**

Q1. While firing rifle .22 on the Short Range(25 yards), What is the size of the target?

A1. When firing rifle .22 on the Short Range, the size of the target is 1' x 1'.

Q2. What is the Scoring procedure of .22 Rifle during Short Range Firing?

A2.

<b>Practice</b>	<b>Target Type</b>	<b>Range in Yards</b>	<b>Rounds</b>	<b>Instructions</b>	<b>Scoring</b>
Deliberate	1' x 1'	25	10	(a) Position lying supported (b) One practice of 5 rounds	Bull & Inner – 03 points Magpie – 02 points Outer – 01 points HPS – 15 points

Q3. What is the requirement of Alteration of Sight?

A3. During firing when it is seen that the inspite of correct holding of the weapon the bullet is not hitting the Point of Aim (POA), there is a requirement of adjusting the Back Sight.



**PERSONALITY DEVELOPMENT (PD)****CHAPTER PD – I****PERSONALITY DEVELOPMENT CAPSULE**

Q1. Name some of the core life skills to enhance personality of an individual.

A1. Some of the core life skills to enhance personality of an individual:-

- (a) Self Awareness.
- (b) Empathy.
- (c) Critical Thinking.
- (d) Creative Thinking.
- (e) Problem Solving Skills.
- (f) Decision Making.
- (g) Interpersonal Relationship.
- (h) Effective Communication.
- (j) Coping with Emotions.
- (k) Coping with Stress.

Q2. What are the factors which shape/influence Personality?

A2. The following factors influence/ shape personality: -

- (a) Hereditary.
- (b) Self-Development.
- (c) Environment.
- (d) Education.
- (e) Life-situations.
- (f) Past Experiences.
- (g) Dreams and Ambitions.
- (h) Self-Image.
- (j) Values.

Q3. What are the aspects of self-awareness?

A3. Self-awareness involves knowing ourselves and our personality, and accepting oneself in spite of our imperfection. To have complete self-awareness one needs to concentrate on two aspects the first being how we perceive ourselves our strengths, weakness, abilities etc. and secondly how others perceive us. Both the views together give a person a complete picture about one self. Every person perceives oneself in three aspects as:-

- (a) The perceived self - the way we see that part of ourselves.
- (b) The real self - the way we truly are.
- (c) The ideal self - the way we would like to be in that area.

Q4. What are the characteristics of a creative person?

A4. A creative person has the following characteristics: -

- (a) Curious.
- (b) Seeks problems.
- (c) Enjoys challenge.
- (d) Optimistic.
- (e) Able to suspend judgement.
- (f) Comfortable with imagination
- (g) Sees problems as opportunities.
- (h) Sees problems as interesting.
- (j) Problems are emotionally acceptable.
- (k) Challenges assumptions.
- (l) Doesn't give up easily: perseveres, works hard.

Q5. What is the difference between critical thinking and creative thinking?

A5. Critical thinking is the process of determining the authenticity, accuracy or value of something. Critical thinking involves logical thinking and reasoning. It also includes skills such as comparison, classification, cause/effect, deductive reasoning, and planning and is characterised by the ability to:-

- (a) Seek reasons and alternatives.
- (b) Perceive the total situation.
- (c) Change one's views based on evidence.

## CHAPTER PD – II

### COMMUNICATION SKILLS

Q1. What are the different ways of communication?

A1. There are three ways of communication as under:-

- (a) Aggressive.
- (b) Passive.
- (c) Assertive.

Q2. Which is more preferable Active communication or Passive Communication?

A2. Active communication is more preferable as it is considered as a two way process and involves feedback with better clarity.

Q3. What are the components of effective communication?

A3. Effective Communication involves:-

- (a) Verbal Communication.
- (b) Non-Verbal Communication.
- (c) Listening.

Q4. What are the listening barriers to effective communication?

A4. The listening barriers to effective communication are:-

- (a) Interrupting the speaker.
- (b) Not maintaining eye contact with the speaker.
- (c) Rushing the speaker to complete what he has to say.
- (d) Making the speaker feel as though he is wasting the listener's time.
- (e) Being distracted by something that is not part of the on going communication.
- (f) Getting ahead of the speaker and completing his thoughts.
- (g) Ignoring the speaker's requests.
- (h) Topping the speaker's story with one's own set of examples.
- (j) Forgetting what is being discussed.

**CHAPTER PD – III****GROUP DISCUSSIONS :COPING WITH STRESS AND EMOTIONS**

Q1. Enumerate the stress management techniques?

A1. The Stress Management Techniques are:-

- (a) Take Deep Breath.
- (b) Talk It Out.
- (c) Take A Break.
- (d) Create A Quiet Place in Your Mind.
- (e) Pay Attention to Physical Comfort.
- (f) Move.
- (g) Take Care of your Body.
- (h) Laugh.
- (j) Manage your Time.
- (k) Know your Limits.
- (l) Do you have to be Right Always?
- (m) Have a Good Cry.
- (n) Look for the Good Things around You.
- (o) Talk Less, Listen More.

Q2. What is Mind Set?

A2. A mind set refers to whether you believe qualities such as intelligence and talent are fixed or changeable traits. People with a fixed mind set believe that these qualities are inborn, fixed, and unchangeable. Those with a growth mind set, on the other hand, believe that these abilities can be developed and strengthened by way of commitment and hard work.

Q3. How can we change our mind set?

A3. We can change our mind set by any of the following ways:-

- (a) Get the Best Information Only.
- (b) Role Model the Best People.
- (c) Examine Your Current Beliefs.
- (d) Shape Your Mind set with Vision and Goals.
- (e) Find Your Voice.
- (f) Protect Your Mind set.
- (g) Let Go of Comparisons.
- (h) Put an End to Perfectionism.
- (j) Look at the Evidence.

- (k) Redefine What Failure Means.
- (l) Stop Worrying about What "People" Think.

Q4. How does time management helpsus?

A4. Time management helps you to:-

- (a) Reduce or eliminate wasted time and effort so you'll have more productive time each day.
- (b) Improve your productivity so you can accomplish more with less effort.
- (c) Focus your time and energy on what is most important and make time for the things youwant and value. Thus, help you find greater balance and fulfilment.
- (d) Improve your performance while reducing stress.
- (e) Set and achieve your long-term goals.

Q5. What is an Etiquette and what are its Types?

A5. Etiquette is a code of behaviour that delineates expectations for social behaviour according to contemporary conventional norms within a society, social class, or group. Rules of etiquette encompass most aspects of social interaction in any society. The types of etiquettes are:-

- (a) Social Etiquette.
- (b) Bathroom Etiquette.
- (c) Corporate Etiquette.
- (d) Wedding Etiquette.
- (e) Meeting Etiquette.
- (f) Telephone Etiquette.
- (g) Eating Etiquette.
- (h) Business Etiquette.

Q6. What are the different types of teams?

A6. The different types of teams are:-

- (a) Functional Teams.
- (b) Problem Solving Teams.
- (c) Cross - Functional Teams.
- (d) Self - Managed Teams.

Q7. What are the different types of groups?

A7. The different types of groups are:-

- (a) Friendship Group.
- (b) Task Group. Task group can further be classified as under:-
  - (i) Formal Groups.
  - (ii) Informal Group.
  - (iii) Effective Group.

### **CHAPTER PD – IV**

#### **CAREER COUNSELLING, SSB PROCEDURE AND INTERVIEW SKILLS**

Q1. What is Career Counselling?

A1. Career counselling is counselling or mentoring/coaching on issues related to an individual's career. Career counselling helps individuals make the right choice about their career paths, career development and career change.

Q2. What is the difference between Career counselling and Career development?

A2. Career Counselling is a process that will help you to know and understand yourself and the world of work in order to make career, educational, and life decisions. Career development is more than just deciding on a subject and what job you want to get when you graduate. Career counselling or career guidance includes a wide variety of professional activities which help people deal with career-related challenges.

Q3. What are the benefits of Career counselling?

- A3. Benefits of career counselling are as follows:-
- (a) Helps in Determining a Student's True Potential.
  - (b) Clear Doubts.
  - (c) Support and Motivation.
  - (d) Guidance to Students.

Q4. What is the procedure of SSB?

A4. The SSB Procedure has two stages of testing which are spread over a period of five days as enumerated below:-

- (a) Reporting Day.

- (b) Stage-1 Testing.
- (i) Screening.
  - (ii) Verbal and Non-verbal Test.
  - (iii) PPDT.
  - (iii) Results of Screening.
- (c) Stage-2 Testing.
- (i) Psychological Test.
  - (ii) Thematic Appreciation Test (TAT).
  - (iii) Word Association Test (WAT).
  - (iv) Situation Reaction Test (SRT).
  - (v) Self-Description Test (SD).
- (d) GTO.
- (i) Group Discussion (GD) on two topics, mostly current affairs.
  - (ii) Group Planning Exercise (GPE), each candidate has to write his planning for the mentioned problem and map given.
  - (ii) Progressive Group Task (PGT), you are required to cross some obstacles with the help of supporting materials like rope, plank, wood log etc. Some rules are required to be followed during this task, it a full group activity.
  - (iv) Half Group Task (HGT), same as PGT but the number of group members will be half, you may get more chance to show your potential.
  - (v) Individual Obstacles Task (IOT), you are required to attempt 10 obstacles individually, each obstacle consist of points from 1 to 10.
  - (vi) **Command Task.** You will be a commander in this task; you are required to cross some obstacles with the help of 2-3 subordinates.
  - (vii) **Snake race/Group Obstacle Race.** All group members will be competing with other groups, members will be holding a snake like rope, and they are required to cross certain obstacles with the snake.

(viii) **Individual Lecturette.** Each candidate will be giving lecture for 3 mins on a topic selected by him/her. You will get 4 topics out of which you have to select one topic.

(ix) Final Group Task (FGT), same like PGT, just like another chance to show your potential.

(e) **Personal Interview.** It is a main key which decides your recommendation in the SSB Interview.

(f) **Conference.** Each candidate will be facing all SSB board members. All assessors collectively decide your suitability.

Q5. What is curriculum vitae (CV)?

A5. **Curriculum Vitae (CV).** An outline of a person's educational and professional history, it is usually prepared for job applications. Another name for a CV is a resume.

Q6. How should you be conducting yourself during the Interview?

A6. Cadets should be conducting themselves in the following manner during the interview:-

- (a) Try to remember persons' names, and call each person by his or her name.
- (b) Always focus on the person asking the question.
- (c) If you don't have an answer to a specific question, respond honestly that you don't know much about that topic.
- (d) Be aware of your tone of voice and your body language.
- (e) Don't try to answer a question immediately; if you want to, take a little time to provide a more complete answer.
- (f) Always answer each question honestly, because you will probably have to live with what you present.
- (g) Display a good knowledge of the subject, based upon all the homework you have done.
- (h) Don't argue if you disagree with the opinion of an interviewer. If you can, avoid it.
- (j) If you have materials that you would like the interviewers to review, do not hand them out.
- (k) At the end, make certain to express your gratitude for being given the opportunity for the interview.
- (l) At the very end, provide an additional copy of your resume to each person conducting the interview.
- (m) Throughout the entire interview, respond with sincerity, tact, and a high degree of interest.
- (n) Engage in active listening. Pay attention to the emotional tone of the interviewer, not just the words he or she utters.



- (o) Most important, throughout the entire interview situation, display life, pep, enthusiasm. Let your personality shine and display a high interest for the job for which you are interviewed.

## CHAPTER PD – V

### PUBLIC SPEAKING

Q1. What is Public Speaking?

A1. Public speaking is the process or act of performing a speech to a live audience. Public speaking is commonly understood as formal, face-to-face, speaking of a single person to a group of listeners.

Q2. How can we improve our public speaking skills?

A2. The following should be kept in mind to improve public speaking skills:

(a) **Stage Presence.** Good public speakers appear confident, friendly, enthusiastic and energetic.

(b) **Voice Control.** Your voice is the most important tool you will use as a public speaker. Improve the quality of your voice through diaphragmatic breathing; breathing from your diaphragm instead of your chest. This type of breathing will allow you to better control the following aspects of your voice:

- (i) Tone (quality)
- (ii) Pitch (high or low)
- (iii) Volume of your voice

(c) **Body Language.** Practice standing with a relaxed upright posture. Place your hands at your sides or clasped in front of you, unless you are making a gesture to emphasise a point.

(d) **Delivery.** Some tips for developing good delivery skills.

- (i) Speak slowly and deliberately. Here's a tip: it will probably seem too slow for you.
- (ii) Pause between ideas to give the audience time to digest what you are saying.
- (iii) Carefully articulate and pronounce your words. A mumbling public speaker is hard to understand.

(iv) Avoid filler sounds like "Um" and "ah." It detracts from what you are saying and is distracting to the audience.

(v) Vary the pitch and volume of your voice to add interest. Speaking in a monotone is a sure way to lose the interest of your listeners. Listen to podcasts of upbeat public speakers and try to imitate how they talk.

(e) **Audience Relations.** Good public speakers are in tune with their audience. Public speaking is more than standing in front of a group and talking.

DGNCC TRAINING

**LEADERSHIP (L)****CHAPTER L – I****LEADERSHIP CAPSULE**

Q1. What are the leadership traits that are of paramount importance to a leader?

A1. **Traits** that are of paramount importance to a leader are given below:-

- |                   |                      |                |
|-------------------|----------------------|----------------|
| (a) Alertness.    | (b) Bearing.         | (c) Courage.   |
| (d) Decisiveness. | (e) Dependability.   | (f) Endurance. |
| (g) Enthusiasm.   | (h) Initiative.      | (j) Integrity  |
| (k) Judgment.     | (l) Justice.         | (m) Knowledge. |
| (n) Loyalty.      | (o) Sense of Humour. |                |

Q2. What are the four indicators of leadership?

A2. The four indicators of leadership are:-

- (a) Morale.
- (b) Team spirit.
- (c) Discipline.
- (d) Competence.

Q3. What is Motivation and its factors?

A3. "Motivation is the commitment and urge within a member which makes him accomplish his task under all situations without thinking about the cost". Three factors which help motivate any person are:-

- (a) Material Factors.
- (b) Intellectual Factors.
- (c) Spiritual Factors.

Q4. What are Character traits?

A4. Character traits are all the aspects of a person's behaviour and attitude that makes up a person's personality. Character is not inborn, but developed over period of time. Important traits are: -

- (a) Speak Truth
- (b) Be Honest.
- (c) Keep Your Word.

- (d) Own Up Your Mistake.
- (e) Be Your Own Judge.
- (f) Do Not Seek Cheap Popularity.
- (g) Resist Temptation.
- (h) Set an Example.
- (j) Sense of Responsibility.
- (k) Self Sacrifice.
- (l) Be Impartial.
- (m) Discipline.

Q5. What are the tenants of honour code?

A5. The tenets of Honour Code are:–

- (a) Good conduct to enhance your own self respect, honour and image of institution.
- (b) Give priority to group interest over personal interest.
- (c) Stand up for what is right and accept responsibility.
- (d) Answer questions fully and truthfully to the honour code committee even if it results inaction against you or your friends.
- (e) Own up to the committee any breach of discipline or honour code, whether intentional or unintentional.
- (f) Give all help and encouragement to fellow cadets who are weak.
- (g) Participate in all competitions and sports in the true spirit of sportsmanship. Accept defeat with grace and victory with humility.
- (h) Treat all fellow cadets with love and affection.
- (j) Be secular, truthful, honest and straight forward in your dealings.

## DISASTER MANAGEMENT (DM)

### CHAPTER DM – I

#### DISASTER MANAGEMENT CAPSULE

Q1. What is Disaster?

A1. A Disaster can be defined as any occurrence that causes damage, ecological disruption, loss of human life, deterioration of health and health services on a scale, sufficient to warrant an extraordinary response from outside the affected community or area.

Q2. Explain in detail classification of Disasters?

A2. Disasters can be classified as natural and manmade disasters:-

(a) **Natural Disasters.**

(i) **Wind Related.** Storms, Cyclones, Tornadoes, Tidal Waves and Blizzards, etc.

(ii) **Water Related.** Floods/Flash Floods, Cloudburst, Excessive Rains, Drought, etc.

(iii) **Earth Related.** Earthquakes, Tsunamis, Avalanches, Landslides, Volcanic Eruptions, etc.

(b) **Man Made Disasters.**

(i) **Accidents.** Road, rail, air, sea accidents or building collapse.

(ii) **Industrial Mishaps.** Gas leaks, explosion, sabotage and safety breaches.

(iii) **Fire.** In buildings, coal fields or oil or gas fields and oil or gas store depots.

(iv) **Forest Fires.** In tropical countries, forest fires are often man made.

(v) **Contamination/Poisoning.** Incidents of mass food poisoning, water contamination, illicit-liquor poisoning and epidemics.

(vi) **Terrorist Activities.** Serial Blasts / explosions in public transport or markets.

(vii) **Ecological**. Pollution of air, water, noise, soil degradation, loss of biodiversity, global warming, sea level rise, toxic wastes and nuclear accidents.

(viii) **Warfare**. Conventional, chemical, biological or nuclear.

Q3. Who heads the National Disaster Management Authority (NDMA) of India?

A3. NDMA is headed by the Prime Minister of India.

Q4. What is the full form of NDRF?

A4. National Disaster Response Force.

Q5. Name the methods by which fire can be extinguished?

A5. Fire can be extinguished by Starvation / Cooling / Smothering.

Q6. What roles can NCC Cadets perform in maintaining essential services during disasters?

A6. NCC cadets could assist in maintaining the following essential services:-

(a) As operators in Telephone Exchange.

(b) As nurses in hospitals or as links between doctors, nurses, patients and hospital technicians. They could also help in maintaining hospital discipline and security.

(c) Assist in establishment and running of First Aid Centres.

(d) Assist civil defence wardens in carrying out their duties.

(e) Carry out neighbourhood campaigns by motivating people to create self-assistance groups.

(f) Counteract gossip and rumours to restore the morale of the people.

(g) Assist the civil authorities whenever feasible and to the best of ability.

(h) Some of the areas where cadets can help are:-

(i) Search for and rescue trapped people.

(ii) Salvage destroyed structures and property.

(iii) Distribution of relief material to the affected population for their temporary sustenance.

(iv) Coordinate the flow of relief material from out-side and ensure maximum coverage of territory in provision of relief stores, food and water, avoiding wastage and duplication of work in the same area.

(v) Repair and restore essential services to enable rescue and relief work and for normalization of activities.

Q7. What all groups can be formed of NCC Cadets for providing assistance during disasters?

A7. The following groups of NCC cadets can be created for providing assistance: -

- (a) Traffic Control Group.
- (b) Relief Group.
- (c) Shelter Management Group.
- (d) Evacuation and Rescue Groups.
- (e) First Aid Medical Groups.
- (f) Sanitation Groups.
- (g) Carcass Disposal Groups.

Q8. In what all categories can essential services be categorised?

A8. Essential services can be categorized as under:-

- (a) Postal, telegraph or telephone services.
- (b) Transport Services like rail, road, air and sea.
- (c) Running of air / sea ports.
- (d) Provision of water, electricity and sanitation services.
- (e) Medical services and essential supplies.
- (f) Production and supply of essential commodities.
- (g) Running of government mint and security press.

## CHAPTER DM – II

### INITIATIVE TRG, ORGANISING SKILLS AND DO's AND DONT's

#### NATURAL DISASTERS

Q1. What are the Do's and Don'ts to be followed by NCC Cadets performing disaster related tasks?

A1. Do's and Don'ts instructions to be followed by NCC cadets performing disaster related tasks are given below: -

<u>Do's</u>	<u>Dont's</u>
NCC cadets should take all the preventivemeasures during disaster management	Ensure that no cadet will be permittedwithout the consent bond document fromthe parents.
Assist in Traffic Management undersupervision	Without adequate signal equipment trafficcontrol should not be operated.
First Aid can be given to the rescued people.	They should avoid treatment of seriousinjuries.
Help in setting up and administration ofRelief Camps.	Without suitable training specialised tasksshould not be handled by NCC cadets.
Distribute the relief material to the affectedpopulation for their temporary sustenance.	Don't operate away from your group.
Manning exchanges during strikes oftelephone operators.	Cadets should not act as experts as theydon't have required technical knowledge.
Collect the water containers, food andordinary and special medicines.	Cadets should not indulge in mishandlingof water, food and medicines as these areimportant amenities during disaster.
Submit suitable bonds to be obtained fromtheir parents.	Avoid risky work during the disastermanagement.
SW cadets may be used for softer jobs likeproviding medical assistance or manningexchanges.	Ensure that SD cadets are not involveddirectly in the rescue operations.
Be prepared for immediate response.	Cadets should not make unnecessarydelays in their response.
Cadets can mark safe places and makeevacuation route chart of the arena.	Cadets should not impede rescueoperations.
Collect data of the injured & casualties.	Given task should not be neglected.
Counteract gossip and rumours to restorethe morale of the people.	Cadets should stay away from gossipingand rumours.



Conduct of cultural and recreational activities for victims to boost their morale at later /Land rehabilitation stages.	Operate without full preparation.
Help removal of debris.	Cadets should not be involved in removal of toxic material.

Q2. What are the precautionary measures to be followed by NCC Cadets prior to being launched for any assistance during disaster?

A2. NCC cadets must keep the following points in mind:-

- (a) JD/JW cadets should not be considered suitable for such operations.
- (b) SW cadets be employed for softer jobs like providing medical assistance or manning exchanges.
- (c) Only SD cadets may be found suitable for helping in natural calamities like earthquakes, land-slides and floods.
- (d) Prior to sending the cadets on such tasks, suitable bonds would be required to be obtained from parents of cadets.
- (e) Suitable training must be given to Cadets for specialised tasks related to Disaster Management.
- (f) Adequate allowances would require to be allocated for the cadets taking part in these activities.
- (g) NCC cadets would have to carry out rehearsals along with the Army, Police, Fire Fighting forces and others in the state.

Q3. Enumerate the Do's and Don'ts for accidents.

A3. **DO's**.

- (a) DO seek medical attention before doing anything else.
- (b) DO call the police to the scene of the accident, in appropriate cases.
- (c) DO cooperate with all law enforcement and emergency personnel who respond to the scene.
- (d) DO get the license plate numbers of all other vehicles involved in car accidents and the drivers' names, addresses, telephone numbers, and insurance information.
- (e) DO write down the names, addresses, and phone numbers of all potential witnesses to an accident before the witnesses leave the area where the accident occurred.

- (f) DO take photographs of all of the following, as applicable, as soon as possible after the accident:-
- (i) The scene of the accident, from all angles.
  - (ii) The surrounding area.
  - (iii) The product or animal that caused your injuries.
  - (iv) Your injuries, including taking pictures over the time it takes your injuries to heal.
  - (v) Any property damages.
- (g) DO keep track of all work missed because of the accident and follow-up medical appointments, all medical treatment received, and how you felt physically and emotionally because of your injuries.
- (h) DO get a property damage valuation from your insurance company or from two independent shops if you aren't satisfied with how your insurance company has valued the damage to your car.
- (j) DO contact your attorney. If you don't have an attorney or your attorney is unable to take car accident cases, contact a qualified attorney in your area.

**DON'Ts.**

- (a) DON'T move your vehicle after an automobile accident unless necessary for safety or required by law.
- (b) DON'T put yourself at risk of being further injured by standing or waiting in an area with traffic or other safety hazards.
- (c) DON'T leave the scene of an accident until the police tell you it's okay to do so.
- (d) DON'T throw away any potential evidence in the case, such as defective products, torn or blood stained clothing, or car parts that came off the car during the accident.
- (e) DON'T remain in a burning car or building while calling for help. Leave the area of danger first, and then immediately call 100 from a safe place.
- (f) DON'T engage in discussions about who was at fault in the accident with anyone, and make sure you don't apologise for anything - it can be considered evidence that you were legally at fault.
- (g) DON'T agree to settlement terms without contacting your attorney and having him or her review the settlement offer.

## CHAPTER DM – III

### FIRE SERVICES AND FIRE FIGHTING

Q1. What are the causes of Fire?

A1. Fire is the outcome of either heating or over heating of a combustible substance to the required temperature or igniting an inflammable material. The following three elements are essential for creation of fire and its continuation:-

- (a) Oxygen.
- (b) Sufficient heat to raise the temperature of fuel to its burning point or ignition temperature.
- (c) Combustible or burnable material (Solid, Liquid or Gas).

Q2. What are the measures for Prevention of Fire?

A2. The following measures must be taken:-

- (a) **Domestic Fires.**
  - (i) **Kitchen Fires.** These can be prevented by:-
    - (aa) Don't keep any inflammable material like petrol, kerosene or clothing near the fire or the gas.
    - (ab) Switch off the regulator when the gas is not in use.
    - (ac) Before lighting the gas, ensure there is no gas leakage.
    - (ad) Keep children away from gas or fire or stoves.
    - (ae) Before leaving the kitchen, ensure that the gas and kerosene stoves are switched off and there are no burning embers in the 'Chulha'.
  - (ii) **Other Fires.**
    - (aa) Ensure that no electrical circuit is overloaded'.
    - (ab) Ensure that good quality electrical items are used.
    - (ac) Ensure that all electrical gadgets are switched off when not in use, e.g. TV, AC, room heater or iron.
    - (ad) Ensure that smokers do not leave any burning cigarettes or stubs in ashtrays near inflammable material.
    - (ae) Don't ignite any fire cracker inside the house.

(b) **Fire in Public Places.**

(i) Ensure that smokers do not leave any burning cigarettes or stubs in public dustbins or near inflammable material in closed AC offices, shopping malls or cinema halls.

(ii) Don't ignite any fire cracker near petrol pumps, in crowded markets, near inflammable material or inside malls.

Q3. Write the four categories of firefighting equipment.

A3. Fire Fighting Equipment can be divided into the following four categories: -

- (a) Fire Extinguishers.
- (b) Stirrup Pumps.
- (c) Buckets.
- (d) Fire Beaters and Hooks.

**SOCIAL SERVICE (SS)****CHAPTER SS – I****SOCIAL SERVICE CAPSULE**

Q1. What are the types of social service activities?

A1. There can be many social service activities which can be undertaken:-

- (a) Education.
- (b) Family Welfare, Medical Care, Family Planning and Nutrition.
- (c) Provision of Water and Cooking Fuel, Roads, Electricity and Sanitation.
- (d) Old Age Support Systems.
- (e) Employment.
- (f) Social Assistance, Social Security and Care & Protection.
- (g) Housing and Rehabilitation.
- (h) Recreation, Sports and Social activities.

Q2. Which social service activities can be undertaken by NCC Cadets?

A2. Social service activities which can be undertaken by NCC Cadets are:-

- (a) Education.
- (b) Family Welfare, Medical Care, Family Planning and Nutrition.
- (c) Provision of Water and Cooking Fuel, Roads, Electricity and Sanitation.
- (d) Old Age Support Systems.
- (e) Employment.
- (f) Social Assistance, Social Security and Care & Protection.
- (g) Housing and Rehabilitation.

(h) Recreation, Sports and Social activities.

Q3. What are the Objectives of rural development schemes?

A3. The objectives of rural development are:-

- (a) To improve the living standards by providing food, shelter, clothing, employment and education.
- (b) To Increase productivity in rural areas and reduce poverty.
- (c) To involve people in planning and development through their participation in decision making and through centralisation of administration.
- (d) To ensure distributive Justice and equalisation of opportunities in the society.

Q4. Which are the Important Rural Development Programmes?

A4. Some of the Important Rural Development Programmes are:-

(a) **Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)**. Features of MGNREGA. Unique features of the Act include:-

- (i) Time bound employment guarantee and wage payment within 15 days.
- (ii) Incentive- disincentive structure to the state government, for providing or not providing employment, as per demand.
- (iii) Emphasis on labour intensive work prohibiting the use of contractor, and machinery.
- (iv) Ensure the creation of durable community, social and economic infrastructure and assets in the rural areas.
- (v) The Act also mandates 33 percent participation for women.

(b) **Pradhan Mantri Gram Sadak Yojana (PMGSY)**. It is a nationwide plan in India to provide good all-weather road connectivity to unconnected villages.

(c) **National Social Assistance Programme (NSAP)**. NSAP was launched in 1995-96 and comprised of the National Old Age Pension Scheme (NOAPS) for senior citizens, National Family Benefit Scheme (NFBS) and National Maternity Benefit Scheme (NMBS).

(d) **Sansad Adarsh Gram Yojna.** In this, each Member of Parliament would take out some part of their funds for the development of any one adopted village.

(e) **Pradhan Mantri Awas Yojana (PMAY).** An initiative by Government of India to provide affordable housing to the urban poor with a target of building 20 million affordable houses by 31 March 2022.

(f) **Pradhan Mantri Jeevan Jyoti Bima Yojna.** It is a life insurance policy in ensuring financial future for the customer with lowest cost on yearly basis. Anyone within the age group from 18 to 50 years can get enrolled in it. Insured's family members will receive a sum insured of 2 lac Rupees after insured's death.

(g) **Pradhan Mantri Krishi Sinchai Yojna (PMKSY).** It's a National mission to improve farm productivity and ensure better utilisation of the resources in the country. Major objectives of PMKSY are:-

- (i) Convergence of investment in irrigation at the field level.
- (ii) Expand cultivable area under irrigation.
- (iii) Improve On-farm water use efficiency to reduce wastage of water.
- (iv) Enhance the adoption of being precise in irrigation and other water saving technologies (more crop per drop).
- (v) Enhance recharge of aquifers and introduce sustainable water conservation practice.

(h) **Atal Pension Yojana (APY).** This scheme has been launched to make the population self-reliant (under pension) after they have spent a lifetime working in non-pensionable jobs. The government aspires to make the unorganised workforce which makes chunk of the Indian labour force join the National Pension Scheme.

(j) **Pradhan Mantri Suraksha Bima Yojana (PMSBY).** It is aimed at increasing the penetration of accidental insurance cover in India. The insurance subscriber will get annual life insurance in case of accidental death, partial disability or full disability.

## CHAPTER SS – II

### SWACHH BHARAT ABHIYAN

Q1. What is Swachh Bharat Abhiyan?

A1. Swachh Bharat Abhiyan is a campaign by the Government of India to clean the streets, roads and infrastructure of the country's 4,041 statutory cities and towns with the ultimate aim of making our country clean from garbage.

Q2. What is Shauch Abhiyan.?

A2. Shauch mission is aimed to construct individual sanitary latrines for household purpose. Shauch Abhiyan is a project within Swachh Bharat Abhiyan which deals with only toilets and bathrooms in the country.

Q3. NCC Cadets undertook which all activities during Swachhta Abhiyan?

A3. NCC, through its mass base in rural and urban areas, took up the task of Swachata during the Swachata Pakhwada. The activities carried out by the cadets were cleanliness drive at historical sites and a mass pledge by cadets. The NCC also held awareness rallies, street plays, lectures and seminars across the country. The cadets distributed public health material with the help of civil administration, cleaned statues of national leaders and made posters to spread awareness about swachata.

## CHAPTER SS – III

### SOCIAL SERVICE AND COMMUNITY DEVELOPEMENT ACTIVITIES

Q1. What is social security?

A1. Social security refers to the action programs of government intended to promote the welfare of the population through assistance measures guaranteeing access to sufficient resources for food and shelter and to promote health and well-being for the population at large and potentially vulnerable segments such as children, the elderly, the sick and the unemployed. Services providing social security are often called social services.

Q2. What are the types of social security?

A2. Social security is of three types:-

(a) **Social Insurance**. Where people receive benefits of services in recognition of contributions to an insurance program.

(b) **Services**. The ones provided by government for social security provision.



(c) **Basic Security.** Irrespective of participation in specific insurance program where eligibility may otherwise be an issue.

Q3. What is Female Foeticide?

A3. Female foeticide is the process of finding out the sex of the foetus and undergoing abortion if it is a girl. Although it is illegal, many people continue to practice it. Besides this, there are some communities which practice female infanticide - the practice of killing the girl child once she is born.

Q4. What are the measures to prevent Female Foeticide?

A4. Measures to Prevent Female Foeticide:-

- (a) Cancellation / permanent ban of the doctor's license who reveal the gender of the child.
- (b) Heavy penalty imposed on firms doing illegal sex determination.
- (c) High fines / judicial actions against 'parents' who knowingly try to kill their unborn girl.
- (d) High incentives for the girl child in education, employment etc.
- (e) Equal rights for women in the property of the parents / husband.
- (f) Awareness campaigns targeted specially on the youth.

Q5. What are the measures to prevent corruption it?

A5. The measures to prevent corruption:-

- (a) Proper education of all sections of society to understand that corruption in any form is bad and will not be tolerated.
- (b) Neither give bribe or favours to any one nor takes bribes/favours from any one.
- (c) Highlighting / reporting of cases of corruption.
- (d) Speedy trial and exemplary punishment for persons involved in corruption.
- (e) Ensuring transparency in all dealings.
- (f) Full freedom to Lok Pal or Lokayukta to investigate cases of corruption.
- (g) Simplifying routine procedures.

Q6. What is the role of youth in preventing the spread of AIDS/HIV?

A6. Youth can play the following role in preventing the spread of AIDS/HIV:-

- (a) Youth can assume responsibility in preventing HIV infections by avoiding behaviour that might lead to HIV infections.
- (b) Youth may also share the right to refuse sex and assume responsibility for ensuring safe sex.
- (c) People living with HIV/AIDS have the same right to education, employment, health, travel, marriage, recreation, privacy, social security, scientific benefits etc. Hence, all should share responsibilities for avoiding HIV infection / re-infection.
- (d) The youth by creating a proper and positive peer pressure, can delay the age at first sex, avoid sex before marriage, practicing safer sex, and preventing alcohol and drug abuse. The stereotypical image of a "macho" male needs to be changed to depict responsible behaviours.
- (e) The young can also play an important role in addressing gender imbalance, which is one of the important factors for underdevelopment and HIV transmission.

Q7. What is "Beti Bachao Beti Padhao"?

A7. It is a campaign of the Government of India that aims to generate awareness and improve the efficiency of welfare services intended for girls in India. Strategies employed to successfully carry out the scheme are:

- (a) Implement a sustained social mobilization and communication campaign to create equal value for the girl child and promote her education.
- (b) Place the issue of decline in child sex ratio/sex ratio at birth in public discourse, improvement of which would be an indicator for good governance.
- (c) Focus on gender critical districts and cities.
- (d) The Beti Bachao campaign is also supported by the Indian Medical Association.

Q8. What is Mission Indradhanush?

A8. Mission Indradhanush is a health mission of the government of India with the ultimate goal to ensure full immunization with all available vaccines for children up to two years of age and pregnant women. Intensified Mission Indradhanush will cover low performing areas in the selected districts and urban areas. The focus is also on the urban settlements and cities identified under National Urban Health Mission (NUHM).

Q9. What is Digital India?

A9. Digital India is a campaign launched by the Government of India in order to ensure that the Government's services are made available to citizens electronically by improved online infrastructure and by increasing Internet connectivity or by making the country digitally empowered in the field of technology. The initiative includes plans to connect rural areas with high-speed internet networks. Digital India consists of three core components: the development of secure and stable digital infrastructure, delivering government services digitally, and universal digital literacy.

Q10. Why is Women Health and Sanitation important?

A10. Women's health in India can be examined in terms of multiple indicators, which vary by geography, socio economic standing and culture. To adequately improve the health of women in India multiple dimensions of well-being must be analysed in relation to global health averages and also in comparison to men in India. Health is an important factor that contributes to human well-being and economic growth. Currently, women in India face a multitude of health problems, which ultimately affect the aggregate economy's output. Addressing the gender, class or ethnic disparities that exist in healthcare and improving the health outcomes can contribute to economic gain through the creation of quality human capital and increased levels of savings and investment.

## **CHAPTER SS – IV**

### **PROTECTION OF CHILDREN AND WOMEN SAFETY**

#### **PROTECTION OF CHILDREN**

Q1. What is the POCSO Act 2012?

A1. The general provisions of the POCSO Act 2012 are:-

- (a) The Act is gender-neutral and defines a child as any person below the age of eighteen years.
- (b) The Act provides precise definitions for different forms of sexual abuse, including penetrative and non-penetrative sexual assault, sexual harassment and pornography.
- (c) The Act provides for stringent punishment including rigorous imprisonment for life for certain offences, and fine.
- (d) The Act provides for mandatory reporting of sexual offences.
- (e) The Act provides for child-friendly procedures for reporting of offences, recording of evidence, investigation and trial.

Q2. What are the Punishments for Offences Covered in the Act?

A2. The Punishment for Offences Covered in the Act are:-

- (a) Penetrative Sexual Assault (Section 3). Not less than seven years imprisonment, this may extend to imprisonment for life and fine (Section 4).
- (b) Aggravated Penetrative Sexual Assault (Section 5). Not less than ten years imprisonment, this may lead to imprisonment for life and fine (Sec 6).
- (c) Sexual Assault (Section 7). Not less than three years imprisonment, this may extend to five years and fine (Section 8).
- (d) Aggravated Sexual Assault (Section 9). Not less than five years imprisonment, this may extend to seven years and fine (Section 10).
- (e) Sexual Harassment of the Child (Section 11). Three years imprisonment and fine (Section 12).
- (f) Use of Child for Pornographic Purposes (Section 13). Five years imprisonment and fine and in the event of subsequent conviction, seven years imprisonment and fine (Section 14 (1)).

Q3. What is child abuse and its forms?

A3. Child abuse constitutes all forms of physical and / or emotional ill-treatment, sexual abuse, neglect or negligent treatment or commercial or other exploitation, resulting in actual or potential harm to the child's health, survival, development or dignity. Child Abuse can be of following forms:-

- (a) Physical Abuse. Causing physical injury upon a child. This may include hitting, shaking, kicking, beating, or otherwise harming a child physically.
- (b) Emotional Abuse. Emotional abuse (also known as verbal abuse, mental abuse) means, causing behavioural, emotional, or mental distress/trauma, by acts or the failure to act by others.
- (c) Sexual Abuse. Sexual abuse is inappropriate sexual behaviour with a child.
- (d) Child Neglect. Child neglect is an act of omission or commission leading to the denial of a child's basic needs.

Q4. What are the tips for women safety?

A4. Some of the tips for women safety are:-

- (a) Self defence techniques.

- (b) Generally, most of the women are gifted with sixth sense which they must use whenever they encounter any problem.
- (c) Escape and run.
- (d) Women must understand and feel their physical power and use accordingly.
- (e) They should be careful while communicating with someone on internet in the cyberspace.
- (f) Pepper spray
- (g) Have all the emergency numbers with them.
- (h) Should be very conscious while driving a car and going on any trip.
- (j) Never go with any unknown person alone at unknown places.

### **CHAPTER SS – V**

#### **ROAD / RAIL TRAVEL SAFETY**

Q1. What are the Do's and Don'ts for Road Safety?

A1. (a) Do's for Road Safety.

- (i) Obey traffic rules.
- (ii) Conduct or attend of road safety seminars.
- (iii) Educate general public on traffic rules.
- (iv) Wear helmet and seat belts.
- (v) Give pedestrians the right-of-way in crosswalks.

(b) Don'ts for Road Safety.

- (i) Do not drink and drive.
- (ii) Do not over speed.
- (iii) Do not cross the road during the red signal.
- (iv) Do not use mobile phones while driving.
- (v) Do not engage in other activities, while driving.

Q2. Enumerate the Do's and Don'ts For Rail Safety?

A2. (a) Do's for Rail Safety.

- (i) Carry own Identification Card while travelling.
- (ii) Always use over bridge to cross the track.
- (iii) Stop vehicles when the gate is closed at the crossing.
- (iv) Pull the chain, only in emergency if required to stop the train.
- (v) Report to the railway police regarding unidentified objects or suspected persons

(d) Don'ts for Rail Safety.

- (i) Do not be careless while crossing train tracks.
- (ii) Do not try to get in/ get down while train is moving.
- (iii) Do not ignore the signal at railway crossing.
- (iv) Do not sit on the footsteps/foot board while travelling.
- (v) Do not use fire while travelling.
- (vi) Do not consume alcohol during journey.
- (vii) Do not accept any eatables from unknown persons.
- (viii) Do not quarrel with railway staff and fellow passengers.
- (ix) Do not travel on footboards of moving train.
- (x) Do not bunch up to present a large target at railway platforms.

**CHAPTER SS – VI**

**NEW INITIATIVES**

Q1. Which are the new initiatives introduced by the Government?

A1. The five new initiatives introduced by the Government are:-

- (a) **Aadhar**. For unique identity of citizens and its connectivity digitally.
- (b) **BHIM App**. For fast, safe and trustworthy payments.
- (c) **Make in India**. To encourage manufacturing in India.
- (d) **Start up India**. For encouraging new businessmen.

- (e) **Skill India**. For skill training schemes.
- (f) **Mudra Bank**. Loan for entrepreneurs.

Q2. What are the features of Aadhar?

A2. Aadhar has the following features which are peculiar to it:-

- (a) **Uniqueness**. This is achieved through the process of demographic and biometric de-duplication. The de-duplication process compares the resident's demographic and biometric information, collected during the process of enrolment, with the records in the UIDAI database to verify if the resident is already in the database or not.
- (b) **Portability**. Aadhaar gives nationwide portability as it can be authenticated anywhere on-line. This is critical as millions of Indians migrate from one state to another or from rural area to urban centres etc.
- (c) **Random Number**. Aadhaar number is a random number devoid of any intelligence. Person willing to enroll has to provide minimal demographic along with biometric information during the enrolment process. The Aadhaar enrolment process does not capture details like caste, religion, income, health, geography, etc.
- (d) **Scalable Technology Architecture**. The UID architecture is open and scalable. Resident's data is stored centrally and authentication can be done online from anywhere in the country. Aadhaar Authentication service is built to handle 100 million authentications a day.
- (e) **Open Source Technologies**. Open source architecture precludes dependence on specific computer hardware, specific storage, specific OS, specific database vendor, or any specific vendor technologies to scale.

Q3. What is the importance of having an Aadhaar card?

A3. Few important uses of Aadhaar card in our basic living are as under:-

- (a) **LPG Subsidy through Aadhaar**. Government has started the PAHAL Scheme under which the subsidy amount of LPG cylinder is directly transferred into the Aadhaar number linked bank account of the consumer.
- (b) **Aadhaar card must for Passport**. Government has also ordered that Aadhaar card is necessary for issuance of new passport.
- (c) **Aadhaar is Digital ID Proof**. Aadhaar card will be identity proof of every individual in future.
- (d) **Use Aadhaar for new SIM Card**. Aadhaar card is necessary for purchasing new SIM cards.

(e) **Aadhar Vital for Government Employees.** There is a proposal to bring Aadhar card into use to connect it with the attendance book of government employees.

Q4. What is “Make in India” initiative?

A4. Make in India scheme is a Government initiative to facilitate and augment the manufacturing industry in India. Besides promoting manufacturing and employment sector in the country it has set wide array of targets which are meant to change the entire economy of the country positively. The initiative is built on four pillars which are as follows:-

(a) **New Processes.** The government is introducing several reforms to create possibilities for getting Foreign Direct Investment (FDI) and foster business partnerships.

(b) **New Infrastructure.** Infrastructure is integral to the growth of any industry. Along with the development of infrastructure, the training for the skilled workforce for the sectors is also being addressed.

(c) **New Sectors.** ‘Make in India’ has identified 25 sectors to promote with the detailed information being shared through an interactive web-portal.

(d) **New Mind set.** This initiative intends to change this by bringing a paradigm shift in the way Government interacts with various industries. It will focus on acting as a partner in the economic development of the country alongside the corporate sector.

Q4. What are main features of “Start Up India”?

A4. The main features of Start-up India campaign are as follows:-

(a) Single Window Clearance even with the help of a mobile application.

(b) 10,000 crore INR of funds.

(c) 80% reduction in patent registration fee.

(d) Modified and friendlier Bankruptcy Code to ensure 90-day exit window.

(e) Eliminating red tape.

(f) Self-certification compliance.

(g) Encourage entrepreneurship.



## CHAPTER SS – VII

### CYBER AND MOBILE SECURITY

Q1. What is Cyber security?

A1. Cyber security refers to the body of technologies, processes, and practices designed to protect networks, devices, programs, and data from attack, damage, or unauthorised access. Cyber security may also be referred to as information technology security. Cyber Security is all about protecting your devices and network from unauthorised access or modification.

Q2. What are types of Cyber Security?

A2. Cyber Security is classified into the following types:-

(a) **Information Security**. Information security aims to protect the users' private information from unauthorized access, identity theft. It protects the privacy of data and hardware that handle, store and transmit that data.

(b) **Network Security**. Network security aims to protect the usability, integrity, and safety of a network, associated components, and data shared over the network. When a network is secured, potential threats gets blocked from entering or spreading on that network.

(c) **Application Security**. Application security aims to protect software applications from vulnerabilities that occur due to the flaws in application design, development, installation, and upgrade or maintenance phases.

Q3. What are types of Cyber Security threats?

A3. There are many different types of cyber security threats:-

- (a) Viruses
- (b) Password Attacks.
- (b) Spyware and Key loggers.
- (c) Adware.
- (d) Trojans.
- (e) Ransom ware.

Q3. What precautions should be taken from Cyber Security threats?

A3. Here are some practical steps that will help you minimise the exposure of your devices to Cyber Security threats:-

- (a) Use strong passwords/biometrics.
- (b) Ensure public or free Wi-Fi is protected.

- (c) Utilise VPN
- (d) Encrypt your device
- (e) Install an Antivirus application.
- (f) Update to the latest software.
- (g) Avoid turning on auto fill.
- (h) Log out.
- (j) Use only trusted stores.

DGNCC TRAINING

## HEALTH AND HYGIENE (HH)

### CHAPTER HH – I

#### HYGIENE AND SANITATION (PERSONAL AND CAMP HYGIENE)

Q1. What is the importance of hygiene and sanitation?

A1. Maintaining hygiene and sanitation is necessary for many reasons; personal, social, health, psychological or simply as a way of life. Keeping a good standard of hygiene helps to prevent the development and spread of infections, illnesses and bad odours.

Q2. What is Personal Hygiene?

A2. Personal hygiene involves those practices performed by an individual to care for one's bodily health and well-being, through cleanliness. Maintenance of personal hygiene is very important in preventing disease. It deals with the practices that help in the maintenance and promotion of a person's health.

Q3. What is Food Hygiene?

A3. Food hygiene is the condition and measures necessary to ensure the safety of food from production to consumption. Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation. Lack of adequate food hygiene can lead to foodborne diseases and death of consumer.

Q4. What are the components of Personal hygiene?

A4. Components of personal hygiene are:-

(a) **Sleep.** Sleep is the periodical rest of both body and mind and it is extremely essential for a healthy body. The duration of sleep one requires varies with individual age. The average requirement of sleep is about 7 to 8 hours a day.

(b) **Bathing.** Keeping the skin clean and in healthy condition is essential for good health. Wash your body regularly. Your body is constantly shedding skin. That skin needs to come off. Otherwise, it will take up and cause illnesses.

(c) **Oral Hygiene.** Brush your teeth twice a day. Brushing minimizes the accumulation of bacteria in mouth which can cause tooth decay and gum diseases.

(d) **Nail.** Keeping finger and toe nails trimmed and in good shape will prevent problems such as hang nails and infected nail beds. Feet that are clean and dry are less likely to contact Athlete's foot.

Q4. What are the points to be kept in mind while cooking and serving food?

A4. The following points need attention:-

- (a) All preliminaries, such as, cutting, peeling and washing of food items will be done in a separate room. Proper preparation tables, cutting and chopping blocks will be used for the purpose.
- (b) The cooked food should be served hot and so timed that food is ready just a few minutes before distribution.
- (c) Regular inspection of the hygiene, sanitation and cleanliness of the cook house staff and utensils should be carried out.
- (d) Avoid over peeling, use of excessive oil, condiments, salt and sugar.

## CHAPTER HH – II

### FIRST AID IN COMMON MEDICAL EMERGENCIES AND TREATMENT OF WOUNDS

Q1. What is First Aid?

A1. First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, and/or promote recovery. At its most basic, first aid is the initial assistance given to a victim of injury or illness. Comprised of relatively simple techniques that can be performed with rudimentary equipment, first aid is usually carried out by a person until professional medical assistance arrives.

Q2. How to do First Aid in case of a snake bite?

A2. All cases of snake bite should be treated as being bitten by poisonous snakes. The First Aid treatment will be as follows:-

- (a) Make the victim lie down comfortably.
- (b) Give convincing reassurance against fear of death.
- (c) Apply a light constricting tourniquet with hand kerchief, bandage or shoe lace above the knee for a bite on the leg and above elbow for a bite on the arm, so that the poison does not flow to all parts of the body.
- (d) Wash with soap and water. Use water freely.
- (e) Evacuate the patient quickly to the nearest dispensary or hospital.
- (f) If breathing fails, start artificial respiration.

Q3. What are the symptoms of internal injuries?

A3. The following symptoms are observed in case of internal injuries:-

- (a) Cold clammy skin.
- (b) Weak or rapid pulse.
- (c) Shallow sighing and breathing.
- (d) Face pinched and pale.
- (e) Eyes deeply sunken with dark rings around them.
- (f) Patient usually restless and anxious and may lose consciousness.

Q4 Write about First Aid in case of dog bite?

A4. Rabies is a very dangerous disease transmitted by a rabid dog. The disease is preventable by giving anti-rabies vaccine. First Aid Treatment should be:-

- (a) Immediately wash the bite area with lots of water and soap.
- (b) Wound should be cleaned with available antiseptic.
- (c) Patient should be sent to hospital for an anti-rabies injection course.
- (d) Dog and the patient should be kept under observation for at least 10 days.

Q5. What are the signs and symptoms of Asphyxia?

A5. Signs and Symptoms of Asphyxia.

- (a) Dizziness and weakness.
- (b) Shortness of breath rate or breathing increase.
- (c) Rapid pulse.
- (d) Partial loss of consciousness.
- (e) Swelling of the veins of the neck.
- (f) Face, lips, nails, fingers and toes turn blue.

Q6. What is the First Aid For Wounds?

A6. The method for giving first aid for different types of wounds are:-

- (a) Place the patient in a comfortable position.
- (b) Stop the bleeding, if any.
- (c) Remove any foreign body, if it is easily visible and can be easily removed.
- (d) Prevent the entry of germs by applying sterilized dressing like first field or shell dressing.
- (e) Give rest to the injured part by sling.
- (f) Immobilise the part, if wound is large or complicated by fracture.
- (g) Treat the patient for shock.
- (h) Send the patient to nearest hospital.

Q7. What is the procedure for dressing of wounds?

A7. The following procedure is to be adopted while dressing of wounds:-

- (a) Reassure the patient and place him in comfortable position.
- (b) Stop the bleeding, remove foreign body and clean the wound with anti-septic lotion and cotton.
- (c) Apply anti-septic ointment or powder and cover it with gauze.
- (d) Put the knot away from the wound.
- (e) Bandaging should not be either too tight or loose.

### **CHAPTER HH – III**

#### **INTRODUCTION TO YOGA**

Q1. What are the characteristics of Yoga?

A1. The characteristics of Yoga are given below:-

- (a) The Yogic system of health involves the exercise of skeletal as well as the deep-seated smooth muscles of the body.

- (b) The intra-thoracic and intra-abdominal pressure may be mentioned as special characteristics of the yoga system of health.
- (c) Little expenditure of energy and money is involved in the Yoga practices.
- (d) The rich as well as poor, and men and women of all ages can practice Yogic practices.
- (e) Every school of Yoga emphasised specific practices, but their aim always remained the same; but the highest level of integration through the control of the modification of mind.
- (f) The nature of Yogic practices is psycho-neurophysical.
- (g) All yogic practices are complementary.

Q2. Name some asanas useful for curing ailments and for maintaining good health.

A2. Some of the asanas useful for curing ailments and for maintaining good health are as follows:-

- (a) Padmasanaasana helps in curing diseases like asthma, hysteria and insomnia.
- (b) Vajrasana asana helps digestion and eliminates gas troubles.
- (c) Dhanurasanaasana provides good exercise to the abdominal muscles, lower back and thighs.
- (d) Chakrasanaasana helps in making the spine supple.
- (e) Sarvangasanaasana improves circulatory, respiratory and alimentary systems of the body.
- (f) Gyan Mudraasana is most suitable for pranayam and dhyana.
- (g) Siddhasanaasana helps the mind to be firm, attentive and alert.

## **ADVENTURE (A)**

### **CHAPTER A- I**

Q1. What is Slithering?

A1. The literal definition of the word slithering is to slide or glide, like a reptile. This can be better explained as descending from a height, most of the times a bridge, slowly at a controlled pace and touch the surface underneath. The thrill in this sport is to see the ground coming closer and closer as you descend down and feel the wind in your hair and with no support besides a rope, which one is holding. It is also known as fast roping.

Q2. What is Rock Climbing?

A2. Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a pre-defined route without falling. Rock climbing competitions have objectives of completing the route in the quickest possible time or the farthest along an increasingly difficult route.

Q3. What is Parasailing?

A3. Parasailing is also known as Parascending or Parakiting. It is a recreational kiting activity where a person is towed behind a vehicle or a boat while attached to a specially designed canopy wing that reminds one of a parachute, known as parasail wing. On land or over water the manned kite's moving anchor may be a car, truck or a boat.

Q4. What is Cycling and Trekking?

A4. Cycling expedition refers to cycling over long distances prioritising pleasure and endurance over utility or speed. Cycling can range from a single day ride to multi-day trips. Trekking is walking for a number of days, usually on uncharted paths, in challenging environments which are likely to be hilly, mountainous or jungle. The Himalayan routes are famous for attracting a large number of trekkers.

Q5. List out the items that are essential for trekking?

A5. Before setting out for a trek, following hints and tips are required to be considered during the planning phase:-

- (a) Keep toilet items handy. This will ensure that no germs/infection enters the body through consumption of water or food.
- (b) Carry all possible essentials in the ruck sack with the expedition. Heavy items could be ferried by road.
- (c) Carry sleeping mattress or durries for night halts.
- (d) Carry adequate woollens for the period of the trek.



- (e) Take off your shoes at drink and lunch halts. This will give relaxation to your feet.
- (f) Take small steps when ascending up slope.
- (g) Ensure good consumption of water at regular intervals.
- (h) Carry essential medicines to cater for minor injuries or disorders.
- (j) Acclimatisation is a must for high altitude marches.

DGNCC TRAINING

**ENVIRONMENTAL AWARENESS AND CONSERVATION (EA)**

**CHAPTER EA – I**

**WATER AND ENERGY CONSERVATION**

Q1. Why is Water Conservation important?

A1. Water is a very important and precious resource for life. Water Conservation covers policies, strategies and activities to manage fresh water as a sustainable resource, to protect the water environment and to meet current and future human demands. No other natural resource has had such an overwhelming response on the history of mankind as much as Water. Water conservation should not be considered an option any longer but is an inescapable necessity.

Q2. What are the methods of Water conservation?

A2. The methods of Water conservation are:-

**Indoors**

- (a) Water efficiency flush
- (b) Shower low flow taps
- (c) Close taps while brushing , washing
- (d) Using water used for washing for lawn through channels

**Outdoors**

- (a) Agriculture : Drip irrigation methods
- (b) Industries : Install water recycling system

Q3. What is Rainwater harvesting?

A3. Rainwater harvesting means capturing the runoff of the rainwater in our own house, village, town or city. It basically means accumulation and storage of rainwater for reuse, before it reaches the aquifer. Utilisation includes water for garden, livestock, irrigation, etc. In many places, the water collected is just redirected to a deep pit with percolation.

Q4. What are the advantages of Rainwater harvesting?

A4. The harvested water can be used for drinking water also, if the storage is a tank that can be accessed and cleaned when needed.

- (a) To arrest ground water decline and augment ground water table
- (b) To beneficiate water quality in aquifers
- (c) To conserve surface water runoff during monsoon
- (d) To reduce soil erosion
- (e) To inculcate a culture of water conservation

Q5. What is Energy Conservation?

A5. Energy conservation refers to various ways and methods of reducing energy consumption by economizing on the use of a particular source of energy. Energy conservation is the management of processes and policies, designed to reduce energy usage. Energy conservation can be achieved only by reducing consumption of energy by, either preventing wasteful use of energy or by using energy efficient products.

Q6. What are the Energy Conservation Measures?

A6. Some of the Energy Conservation Measures are:-

- (a) Energy Saving Building Designs.
- (b) Use of Energy Efficient Equipment / Implements.
- (c) Public Lighting.
- (d) Usage Habits.
- (e) Public Transport System.
- (f) Energy Efficient Infrastructure.
- (g) Preventing Pilferage.
- (h) Use of Non-Conventional Sources of Energy:-
  - (i) Solar Energy.
  - (ii) Wind Energy.
  - (iii) Biogas.

## OBSTACLE TRAINING

### CHAPTER OT – I

Q1. Which are the obstacles of a standard obstacle course?

A1. A standard obstacle course consists of the following obstacles.

- |                       |                       |
|-----------------------|-----------------------|
| (a) Straight Balance. | (b) Clear Jump.       |
| (c) Gate Vault.       | (d) Zig-Zag Balance.  |
| (e) High Wall.        | (f) Double Ditch.     |
| (g) Right Hand Vault. | (h) Left Hand Vault.  |
| (j) Ramp.             | (k) Straight Balance. |

Q2. Which are the safety measures to be ensured during the conduct of obstacle training?

A2. Following safety measures must be ensured during the conduct of Obstacle Course training to cadets :-

- (a) Suitable and physically fit cadets only to be selected.
- (b) Training to be given first in PT dress, later on with packs and weapon.
- (c) Emphasis to be given on closing of individual timings and later team timings.
- (d) Wet and slippery obstacles and area to be avoided.
- (e) Obstacles to be done under supervision of qualified instructors and correct technique only to be used.
- (f) Arrangement of first aid to be ensured.

Q3. What are the benefits of obstacle training?

A3. Benefits of Obstacles courses are as under:-

- (a) Ensures physical fitness.
- (b) Ensures flexibility.
- (c) Ensures mental strength.
- (d) Coordination and balance of mind and body.
- (e) Improves risk taking ability.
- (f) Evaluating problem solving skills.
- (g) Over all team spirit.