

**CIVIL DEFENCE SUNDAY TO SUNDAY BASIC TRAINING SYLLABUS**

Days	1st	2nd	Tea	3rd	4th	5th	lunch	6th	7th	8th
Time	9:00 am -9:45 am	9:50 am - 10:35am	10:35am-11:05am	11:05am - 11:50am	11:55am - 12:40am	12:45am - 1:30am	1:30am - 2:15pm	2:20pm - 3:05pm	3:05pm - 3:50pm	03:55pm - 05:00pm
1 <sup>st</sup> Day	P.T/Drill /Yoga	Modern Warfare & Defence Potential of nation (L)	<b>T E A  B R E A K  T E A  B R E A K  E A K</b>	General Organization & Function of CD at all functions of CD Service (L)	Movie on Disaster Earthquake (L)	Types and effect of H.E bombs and incendiary bombs(L)	<b>L U N C H  B R E A K  L U N C H  B R E A K</b>	Protection of against Bombs trenches/ taking cover & Lighting restrictions (L)	CD Legislation, Rules & Regulation, Enrollment Procedure, Responsibilities & Privileges of a CD Volunteer	Principal of Fire (L)
2 <sup>nd</sup> Day	P.T/Drill /Yoga	Control/ Sub Control Center-warning System-Air Raid Warning ARP (L)		Introduction and organization of House Fire Parties, Use and Care of Stip up Pump and Fire Extinguishers	Principal of First-Aid its equipment & improvised methods (L)	CD Organization & role CD in Disaster Types O Disaster (L)		Introduction K.M Singh Committee Report Revised role of CD (L)	Formation of QRTs of Reporting Procedure (L)	Weapons of Mass Destruction, Nuclear, Chemical & Biological hazards, effects Preventive / precautionary measure (L)
3 <sup>rd</sup> Day	P.T/Drill /Yoga	Weapons of Mass Destruction, Nuclear, Chemical & Biological hazards, effects preventive/precautionary measure(L)		Salient features of disaster relief, flood, Cyclone, Tornado & earthquake, prevention & protective measure Roll of CD vol. (L)	General Principles of rescue knowledge & use of simple rescue equipment ladders, Ropes,& types of Knots (L)	Needs of leadership in an emergency & quality & duties of a leader (L)		Nature of injures Bleeding and problem faced by Fist Aider (L)	Practice of fire Extinguisher (P)	General Principle & Stages of Rescue (L)
4 <sup>th</sup> Day	P.T/Drill /Yoga	Written Test		Artificial Respiration & types CPR (L/D/P)	Protection against Chemical Disaster (L/D/P)	Wounds Types of Wounds, Treatment, fracture & treatment (L/D/P)		Bandages & its types Wounds treatment Causality lashing on Stretcher & transportation (P)	Bandages & its types wounds treatment casually lashing on stretcher & transportation (P)	Emergency method of rescue & Self Defence (P)
5 <sup>th</sup> Day	P.T/Drill/ Yoga/Stress management & positive Behavior through meditation			General Principles of Rescue (L)	Knowledge & use of simple rescue equipment ladders ropes & types of knots (D/P)	Wounds, Types of wounds, treatment fracture & treatment (L/D/P)		Bandages & its types wounds treatment casualty lashing on structure & transportation (P)	Protection against Chemical Disaster (L/D/P)	Practice of fire Extinguisher (P)
6 <sup>th</sup> Day	P.T/Drill /Yoga	Rescue equipment, ropes, ladders ,knots practice (P)		Interface with other agencies Police, Fire Bridge etc.	Local area Disaster Management Plan (L)	Movie on Fire Fighting		Movie Fire Fighting and discussion on it	Visit to near by sub-control center, warden post, depot, first aid party fire bridged etc.	
7 <sup>th</sup> Day	P.T/Drill /Yoga	Local area Disaster management plan Exercise (P)		Discussion on Local area Disaster Management Plan (P)				Mock Drill (P)		
8 <sup>th</sup> Day	P.T/Drill /Yoga	Movie		Movie	Feed Back	Discussion, Distribution of certificates & closing of Basic Trg. By Chief Warden/Dy. Chief Warden etc.		Discussion Distribution of certificate & closing of Basic Trg. By Chief Warden/ Dy. Chief Warden etc.		

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