

SARDAR PATEL UNIVERSITY
Programme: BCOM Semester-III
Syllabus with effect from : JUNE 2019

Paper Code: UB03SCOM24	Total Credit: 3
Title Of Paper: NATIONAL CADET CORPS-II (NCC – II)	

Objective: The objective of this course is to impart basic knowledge of Civil Defence, Fire Fighting , Disaster Manage , Heath and Sanitation , Yoga and Exercises.

Unit	Description in detail	Weighting (%)
1	Civil Defence and Fire Fighting: Civil Defence: Meaning, Organization and its Duties, Civil Defence Services. Fire Fighting: Meaning, Mode of fire, Fire Fighting Parties, Fire Fighting Equipments.	25 %
2	Disaster Management: Introduction, Classification of Disasters: Natural Disaster & Man Made Disaster, Disaster Management during Flood, Cyclone and Earthquake. Responsibilities of Traffic Police in Disaster Management, Collection and Distribution of Aid Material.	25 %
3	Hygiene And Sanitation: Hygiene: Introduction, Personal Hygiene , Water Supply And Its Purification, Food Hygiene. Sanitation: Definition, Types Of Waste Products / Refuse, Sources of Refuse, Disposal of Waste Products/Refuse, Disposal of Human Waste, Disposal of Sewage.	25 %
4	Yoga and Exercises: Introduction, Historical perspective and purpose of Yoga, Potential benefits of Yoga, Potential problems of Yoga. Asanas: Padmaasana, Siddhasana , Trikonasana, Suryanamskara, Shavasana, Gomukhasana, Vajrasana, Dhanurasana, Bhujangasana, Chakrasana, Sarvangsana, Halasana.	25 %

Basic Text & Reference Books

Cadet's Hand Book Common Subject, All Wings, By DGNCC, New Delhi.
 Cadet's Hand Book Specialized Subject, Army, By DGNCC, New Delhi.

