

# **JHARKHAND RAKSHA SHAKTI UNIVERSITY**

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## **POST GRADUATE DIPLOMA IN INDUSTRIAL SECURITY**

**[Duration: One year]**

## **PG DIPLOMA IN INDUSTRIAL SECURITY**

### **General Guidelines:**

1. The course shall be a one-year academic course in Industrial Security and the certificate shall be called “*Post Graduate Diploma in Industrial Security*”.
2. The course shall be divided into two semester systems each of 6 months duration.
3. The candidate seeking admission to the course must be a graduate in any discipline with minimum 60% marks. Since the number of candidates that can be admitted to the course is limited and fixed, the candidates will be admitted on merit on all India bases.
4. Examination Fee and schedule for payment of fees shall be such as prescribed from time to time by the University.
5. A student will be required to attend not less than 80 % of the lectures delivered and practicals for becoming eligible to appear in the Term-end Examination. A candidate, who falls short of the prescribed percentage of attendance, shall not be allowed to take the examination.
6. The examination shall be held on such dates as may be fixed by the University.
7. University reserves the right to frame or adopt or change the rules regarding course curriculum and examination from time to time.
8. The syllabus shall be such, as may be prescribed from time to time.

## **SCHEME OF THE COURSE**

- The syllabus of PGDIS will have two components –  
(1) Classroom Teaching                      (2) Outdoor training
- Total Number of Days in the course = 90 per semester = 180 Days  
No. of Hours per day = 6 Hours  
Total No. of Hours in the entire course duration =  $180 \times 6 = 1080$  Hours = 540 per semester.
- Classroom Teaching per semester = 360 Hours      Outdoor Training per semester = 180 Hours

<b>Semester – I</b> [Total Duration = 180 Days]	<b>Semester – II</b> [Total Duration = 180 Days]
<b>Total No. of Hours = 360</b>	<b>Total No. of Hours = 360</b>
<b>Total Papers = 6</b>	<b>Total Papers = 6</b>
<b>Hours per paper = <math>360/6 = 60</math> Hours</b>	<b>Hours per paper = <math>360/6 = 60</math> Hours</b>

**PG DIPLOMA IN INDUSTRIAL SECURITY**

**SEMESTER-I**

<b>Paper No.</b>	<b>Paper</b>	<b>Paper Code</b>
1	Criminology & Forensic Science	PGDIS 101
2	Fundamentals of Computer& Cyber security	PGDIS 102
3	Police Organization & Administration	PGDIS 103
4	Fundamentals of Law	PGDIS 104
5	Security Management	PGDIS 105
6	Basic Lessons in Typing in Hindi & English	PGDIS 106
7	Outdoor Training - I	PGDIS 107

**Paper 1: Criminology & Forensic Science (Periods = 60)**

**Unit I & II – (Periods = 49)**

<b>Unit</b>	<b>Topics</b>	<b>Periods</b>
<b>I</b>	<b>Criminology Part - I</b> Definition of Criminology Relationship with other Social Sciences Relevance of Criminology to Contemporary Society Nature & Definition of Crime Types of Crime Reasons behind Crime Juvenile Delinquency: Definition, Forms and Causes Role of Police in Prevention of Juvenile Delinquency Criminal Justice System: Meaning, Purpose, Co-ordination & Co-operation	20
<b>II</b>	<b>Criminology Part - II</b> Penology <ul style="list-style-type: none"><li>• Meaning , Importance &amp; Objectives of Punishment</li><li>• New Alternative Forms of Punishment</li></ul> Correctional Administration <ul style="list-style-type: none"><li>• Definition &amp; Objectives of Prison</li><li>• Institutionalized Form of Treatment: Adult Institution, Juvenile Institution, Children Homes, Open Institutions, Borstal Homes for young offenders, Counseling &amp; Psychological Services, Vocational Training (Education, religious sessions, Games, Recreation &amp; other cultural activities), Remission, Pre-mature release</li><li>• Non-Institutionalized Form of Treatment: Probation, Parole, After-Care &amp; Rehabilitation Services</li></ul> Victimology <ul style="list-style-type: none"><li>• Definition</li><li>• Impact of Victimization: Physical, Financial. Psychological &amp; Impact on Family</li><li>• Compensation &amp; Rehabilitation</li></ul>	29

**Unit III –Forensic Science (Periods = 11)**

<b>S. No.</b>	<b>Topics</b>	<b>Periods</b>
1.	Value of Scientific Evidence & Introduction to Forensic Science	2
2.	Crime Scene Management	2
3.	Crime Scene Sketching	2
4.	Crime Scene Photography	2
5.	Fingerprint Analysis	2
6.	Footprint – significance in Police Investigations	1

**Paper 2: Fundamentals of Computer & Cyber Security**

(Lectures – 60)  
(THEORY =33 PRACTICAL=27)

Unit	Subjects	Periods (60)	
		Theory (33)	Practical (27)
1	<b>Introduction to Computer</b> a.)What is Computer? b.)History of Computers? c.)Hardware and Software d.)Input and Output Devices	04	00
2	<b>Working on a MS Word document</b> a.)Different versions of MS-Word(2003,2007,2010) b.)Uses of MS-Word c.)Different tools of MS-word d.)Mail merge in word document e.)Extension for a word file	06	08
3	<b>Introduction to MS Excel sheet</b> a.)Different versions of MS- Excel (2003,2007,2010) b.)Uses of MS-Excel c.)Different tools of MS-Excel d.) Use of different formulas in Excel e.)Extension for a Excel file	06	06
4	<b>Introduction to MS PowerPoint</b> a.)Different versions of MS-PowerPoint (2003,2007,2010) b.)Uses of MS-PowerPoint c.)Different options in MS-PowerPoint d.)Extension for a PowerPoint file	05	05
5	<b>Installation of Windows, formatting, Printer installation and sharing</b> a.)Different versions of Operating Systems (Windows 2003,2007,2010,Windows-Xp) b.) Installation of O.S, Partitions and allocating the memory	00	04
6	<b>Saving computer from virus</b> a.) What is virus? b.)How doesVirus affects the computer? c.)Different Antivirus software's available and their working.	04	01

7	<b>Introduction to Internet and e-mailing</b> a.)What is internet? b.)What are advantages and disadvantages of Internet? c.)E-mail and its uses.	04	02
8	<b>Use of Accessories/Peripherals such as cell-phones, cameras and pen-drive.</b> a.)Attaching an external hardware b.)How to access the external Hardware?	04	01

### **Paper 3: Police Organization & Administration**

(Lectures – 51)

<b>S.No.</b>	<b>Topics</b>	<b>Periods</b>
1	Evolution, Origin and history of Police in India	15
2	Police Act	
3	Central Police Organization & Institutions :- IB, CBI, BPR&D, CRPF, BSF, RPF, CISF,SPG, NPA, NICFS, NCRB, NIA, SSB, RAW, Assam Rifles, CDTs, CFSLS	
4	State Police Organization (State Level, Range Level, Commissionarate System, District Level, Sub-Division/ Circle Level, Police Station Level)	
5	Indian Armed Forces including Territorial Army & N.C.C.	
6	Other units like :- Prosecution agency, SCRB, Finger Prints Bureau, CID, State Crime Branch, Women Police, Railways Police, Police Telecommunication, Traffic Police & Highway Traffic Police, State Forensic Science Laboratory, Armed Police, Home Guards and Civil Defense, Special Police Officer, Indian Reserve Battalions, State Police Academy, State Commando Unit, Police Headquarters, State Vigilance Bureau, Fire Services, Home Department.	10
7	Police Recruitment & Training	
8	Prosecution Agency and Court Duties	
9	Functioning of different wings of District Police-District Intelligence Branch, District Enforcement Branch, SP Office, Police Lines, District Traffic Wing, Telecommunication Unit etc.	15
10	Administrative set-up of the Central Govt.	
11	Administrative set-up of the State Govt.	
12	Local Self Government(Urban & Rural)	
13	District and Sub-Divisional administrative set-up, Relation of Police with Revenue Officers, Judiciary, Prosecution Agency & Health Officer	
14	Rank & Badges of Police, Army, Navy and Air Force	11
15	Flags/ Stars/ Insignia of vehicles of dignitaries, police, civil, military and judicial officers	
16	Role of Non Governmental Organizations	
17	Contemporary issues in policing <ul style="list-style-type: none"><li>• Internal challenges to national integration<ul style="list-style-type: none"><li>○ Casteism, Communalism and Fundamentalism</li></ul></li><li>• Crimes against women, Children and Weaker sections of the Society Role of Police</li></ul>	



**Field Visits: (Periods = 9)**

<b>S.No.</b>	<b>Places</b>	<b>Periods</b>
1	Rural Police Station	1
2	Urban Police Station	2
3	Jharkhand Police Academy, Hazaribagh	2
4	State Police Headquarters/DGP Office	2
5	Jungle Warfare School, Netarhat	2

**Paper-4: Fundamentals of Law**

**(Lectures – 60) (IPC=40; Constitution & HR = 20)**

Unit	Topics
<b>IPC(Periods-40)</b>	
<b>1</b>	Introduction to Indian Penal Code, Stages of Crime, What is Crime, Extension of Code to extra-territorial offences. Public Servant, Fraudulently, Common intention and common object punishment.
<b>2</b>	General exception, Abatement, Conspiracy, Sedition Unlawful Assembly, Rioting, Affray Rash driving or riding on a public way
<b>3</b>	Culpable Homicide and Murder, Dowry Death & 498-A Attempt to Murder, Hurt and grievous hurt Wrongful restraint and wrongful confinement Force, Criminal Force and Assault Kidnapping and Abduction, Rape and Unnatural offences
<b>4</b>	Theft, Extortion, Robbery and Dacoity, Dacoity with murder Making preparation to commit dacoity Dishonest misappropriation of property Criminal breach of trust, Stolen property Dishonestly receiving stolen property Cheating and Cheating by impersonation, Criminal Trespass
<b>5</b>	Marrying again during lifetime of husband and wife Adultery, Defamation, Punishment for attempting to commit offences punishable with imprisonment for life or other imprisonment
<b>Constitution &amp; Human Rights(Periods-20)</b>	
<b>Topic</b>	
<b>1</b>	Nature of Constitutional Law. Salient features of the Indian Constitution. Preamble of the Indian Constitution, Citizenship
<b>2</b>	Fundamental Rights, Directive Principles of state policy and Fundamental Duties, Constitutional Remedies for citizens
<b>3</b>	The Union of India: a) Nature of Indian Federation - Union & State- Legislatures, Executive & Judiciary. Union Government – Structures of the Union Government and Functions – President – Vice President Prime Minister – Cabinet – Parliament.
	State Government – Structure and Functions – Governor – Chief Minister Cabinet – State Legislature
<b>4</b>	Supreme Court and High Courts: Jurisdiction – Powers Provisions relating to elections, emergency amendment to Constitution
<b>5</b>	The Protection of Human Rights Act, 1993 : Historical Background- The Human Rights Commissions - State & National- Protection and Enforcement of Human Rights and Human rights of Disadvantage group.

## **Paper 5: Security Management**

**(Periods = 60)**

### **Unit I: Security Gadgets**

<b>S.No.</b>	<b>Topics</b>	<b>Periods</b>
<b>1</b>	Role of security gadgets in internal security	<b>17</b>
<b>2</b>	Categories of security gadgets	
<b>3</b>	Security gadgets used for industrial and perimeter security	
<b>4</b>	Security gadgets used for frisking of individuals & baggage	
<b>5</b>	Security gadgets used for VIP Security	

### **Unit II: VIP Security**

<b>S.No.</b>	<b>Topics</b>	<b>Periods</b>
<b>1</b>	Various types of security and gunman duties	<b>05</b>
<b>2</b>	Procedure for grant of arms licences	
<b>3</b>	Qualities & etiquettes of a PSO	
<b>4</b>	VIP security during movement from one place to another	
<b>5</b>	Close protection team	
<b>6</b>	VIP convoy	
<b>7</b>	Case studies	

### **Unit III: Fire Services and Civil Defence**

<b>S.No.</b>	<b>Topics</b>	<b>Periods</b>
<b>1</b>	Role of Fire Services and Civil Defense	<b>06</b>
<b>2</b>	Administrative Structure	
<b>3</b>	Various kinds of Fire Fighting Equipment and their demonstration	
<b>4</b>	Visit to State Fire Hqtrs.	

#### **Unit IV: Security of minerals**

<b>S.No.</b>	<b>Topics</b>	<b>Periods</b>
1	Kinds of mineral wealth	07
2	Criminal activities around mineral wealth	
3	Perimeter security	
4	Access control	
5	Penal laws relating to mines and minerals	

#### **Unit V: Disaster Management**

<b>S.No</b>	<b>Topics</b>	<b>Periods</b>
.		
1	Kinds of natural disasters	11
2	Administrative structure for Disaster Management	
3	Responses during different kinds of natural disaster – Floods, Drought, Earthquakes, Major Fires, Lightning Strikes etc.	
4	Government compensation schemes	

#### **Unit VI: Traffic Management**

<b>S.No</b>	<b>Topics</b>	<b>Periods</b>
.		
1	Need for traffic management – road accidents	06
2	Traffic signs and signals	
3	Major traffic offenses and penal laws	
4	Compensation and claims payable to victims of road accidents	
5	Visit to Traffic PS	

**Unit VII: Extremism**

<b>S.No.</b>	<b>Topics</b>	<b>Periods</b>
1	Naxalism – An introduction; Various Naxal organizations	08
2	History of Naxalism and Naxalite Movement	
3	Causes for rise of Naxalism in India	
4	Changing tactics & current trends in Naxalism	
5	Role of Government and security agencies in curbing Naxalism	
6	Meaning, Nature and Forms of Terrorism	
7	Causes of Terrorism	
8	National and International roots of Terrorism	
9	Role of Government and security agencies in Counter-Terrorism	
10	Case Studies	

**Paper 6: Basic Lessons in Typing in Hindi & English(Periods=60)**

	<b>Topic</b>
	<b><u>Typing in Hindi &amp; English</u></b>

**Paper 7: Outdoor Training – I**

**100 Marks**

**180 Periods**

Sr. No.	Code		Subject	Periods	
				No.of Period	Total Period
<b>1</b>	<b>PT</b>		<b>Physical Training</b>		<b>12</b>
			P.T.Tables (12)		
<b>2</b>	<b>FD</b>		<b>Foot Drill</b>		<b>25</b>
		D-1	Drill ki am baten (Introduction)/Demo	2	
		D-2	Word of Command	2	
		D-3	Savdhan, Vishram aur Aaramse	1	
		D-4	Khare Khare murna, Piche, Dahine, Bayen (Adha Dahine Bayen)	2	
		D-5	Sajna(Dressing)	1	
		D-7	Ginti Karneka	1	
		D-8	Khuli Line aur Nikat Line	1	
		D-9	Visarjan aur Line Torna	1	
		D-10	Sizing Drill	2	
		D-11	Parade par aur Squad aur Platoon banana	2	
		D-13	Tez chal aur tham	3	
		D-14	Aage,Pichhe,Dahine ya Baen Qadam Lena	2	
		D-15	tez chal main ghumna qadamtal age barh aur tham	3	
		D-16	Tez chal se qadam badalna	2	
<b>3</b>	<b>AT</b>		<b>Athletics</b>		
			5km. Running (Twice in a week)		<b>25</b>
<b>4</b>	<b>AT</b>		<b>Athletics</b>		
			Cross Country (Ones a week)		<b>15</b>
<b>5</b>	<b>AT</b>		<b>Athletics</b>		<b>10</b>
			Long Jump	3	
			High Jump	3	
			Shot Put	4	

6	YG		Yogasana		30
			<b>Asan</b>	20	
		1	Padmasan		
		2	Budha Padmasan		
		3	Utkatasan		
		4	Vajrasan		
		5	Pachittonasan		
		6	Matsendrasan		
		7	Naukasan		
		8	Bhujangasan		
		9	Dhanurasan		
		10	Shalbhasan		
		11	Pavanmuktasan		
		12	Mayurasan		
		13	Sarvagasan		
		14	Padhastasan		
		15	Chakrasan		
		16	Janushirasana		
		17	Shirshasan		
		18	Ushtrasan		
		19	Uttanpadmasan		
		20	Savasan		
			<b>Pranayam</b>	5	
		1	Kapalbhati		
		2	Aaloma Viloma		
		3	Bhramari		
		4	Shitkari		
		5	Shitali		
		6	Omkar		
			<b>Mudra</b>	2	
		1	Surya		
		2	Vayu		
		3	Pruthvi		
		4	Pranayam		



		5	Shankh		
			<b>Suryanamaskar</b>	3	
<b>7</b>	<b>SW</b>		<b>Swimming</b>		<b>30</b>
<b>8</b>	<b>TG</b>		<b>Team Game</b>		<b>30</b>
		1	Volley Ball	10	
		2	Kabaddi	10	
		3	Kho-Kho	10	
		4	Foot Ball/ optional	10	
<b>9</b>			<b>Theory</b>		<b>3</b>
			General talk about hygiene and discipline Fitness, Diet, Exercise		
			<b>Total</b>		<b>180</b>

**PG DIPLOMA IN INDUSTRIAL SECURITY**

**SEMESTER-II**

<b>Paper No.</b>	<b>Paper</b>	<b>Paper Code</b>
8	Factory Act and General Management	PGDIS 108
9	Safety engineering & Management	PGDIS 109
10	Fundamentals of Law-II	PGDIS 110
11	Fire & Electrical Safety Management	PGDIS 111
12	Occupational Health Management	PGDIS 112
13	Project Assignment	PGDIS 113
14	Outdoor Training- II	PGDIS 114

## **Paper-8: Factory Act and General Management**

**(Lectures – 60)**

<b>Unit</b>	<b>Topic</b>	<b>Periods</b>
<b>1</b>	<b>Factory Act &amp; Legal Requirements</b>	10
	Introduction to Factory Act 1948, Duties and responsibilities of occupier and factory manager, Factory licensing and registration of factory under Factory Act 1948, General duties of manufacturers, Provision of working hours under sections 51 to 56. Case study and Exercise.	
	<b>General Management &amp; Safety Management in Industry</b>	
	Management of functions and behaviours, Management of Human resources, Introduction to Business Communication, Type of Communication, Effective Presentations, Visual Aids, Problem solving Techniques, Report Writing. Case study and Exercise.	30
	Introduction to Safety Management, Safety policies, Constitution of safety committee and workers participation in Safety management, Total loss control Management: Total loss control in Industry, Evolution of loss control, Establishing Total Loss Control programme, product Liability and Loss Control, Insurance and Loss Control Check list, Training and Awareness. Safety Inspections, Safety surveys, Safety contract, Safety Audit, Role of Trade union in safety, Appointment of Safety officer, duties and responsibility of safety officer, Case study and Exercise.	
	<b>Environment Management (ISO-140001) &amp; OHSAS 180001 in Industry</b>	
	Environmental Management An Overview, Strategic planning, Sustainable Development, Definition of ISO 14001, Aspect and impact analysis, Advantage of ISO, Certification of ISO, Pollution Control Tangible and Intangible benefits of ISO, Resource conservation, Waste Water Treatment and Disposal. Definition, OHSAS.18001. Documentation, Certification, Risk and Hazard analysis, Management programs, Audit and compliance to standard. Accident analysis. Case study and Exercise, Visit to the construction site.	20

## **Paper 09: Safety Engineering**

**(Lectures – 60)**

<b>Sr.No.</b>	<b>Topics</b>	<b>Periods</b>
1	<b>Safety Engineering</b> Introduction to Safety Engineering, Evaluation of Safety, Safety Organization, Safety Functions, Safety in material handling, Team lifting, Mechanical handling, Manual Handling, Kinetic principles, Fork lift and lifting machines, Lifting tackles, Mechanical handling, Electrical handling, Material handling, General awareness of ergonomics, Safety engineering techniques, Safety in design. Theory of mechanical operations and safety. Structural details of cranes and safety features. Safe working load and its importance in operation. Safety in Sand blasting and shot penning, Safety in burning and furnace application, Safety in Casting and foundry practices, Case study and Exercise.	15
2	<b>Hazards &amp; Risk Analysis &amp; Safety in Use of Chemicals</b> Hazard analysis, Definition of risk, Risk analysis, Storage and Transportation of Chemicals. Case study and Exercise. Chemical Hazards, Rules For Hazardous Chemicals, Classification of Chemicals, TLV, Toxicity, Flash Points, Flammability etc, Use of biological material and treatment, Combustible Gas/ Vapors, Acid, Alkalies Toxic vapor application, Static Electricity, Chemical Burns, and Fire Hazards. Case study and Exercise	15
3	<b>Safety Management</b>  <b>Machines &amp; Machine Guards</b>  Safety in Machine Guards, Types of Machine Guards, Fencing of Machines, Safety in Pressure vessels, Revolving Machines, Circular saw benches, Safe Working Practices. Safety in the use of abrasive wheels, Safety in wood working machines, Casing of new machinery. Safety in lifting machines, Types of machines. Case study and Exercise.  <b>Safety in Building &amp; Construction</b>  Safety in building construction – General, Stability test of Building Floors, stairs and Means of Access, Scaffolding and design in construction of building. Construction safety, Fire safety planning, Lay out of the site, Design and Management Regulation, Black Spot Construction, Material handling at site Risk assessment of site, Briefing of erection and commissioning of equipment and safety Checklist. Confined Spaces, Permit to Work. Case study and Exercise.  <b>Disaster Control &amp; Emergency Planning</b>  Disaster classification, Natural and manmade disasters, Hazards and controls, Emergency standard, Elements of emergency planning, Organization for emergency, Coordination, Onsite emergency, Offsite emergency, Risk control, Property damage control, Evacuation procedure, Mock drills, Management review and corrective action. Case study and Exercise.	30

## Paper 10: Fundamentals of Law-II

(Lectures - 60)

Unit	Topics	Periods
1	<p><b>Criminal Procedure Code</b></p> <p><b>Subject-Introduction.</b></p> <ol style="list-style-type: none"> <li>The historical background, extent and commencement</li> <li>Some changes introduced by the new Act.</li> </ol> <p><b>Definitions</b></p> <p>Understanding the essential definitions such as: Bailable Offence, Non-bailable Offence, Charge, Complaint, Inquiry, Investigation, officer In charge of a police station, Public Prosecutor, Police Report, Judicial Proceeding, Cognizable Offence, Non-cognizable Offence, Summons case, Warrant case ,etc...</p> <p><b>Arrest, Summons, Warrant, Attachment &amp; Search Warrant.</b></p> <ol style="list-style-type: none"> <li>When Police may arrest without warrant (Sec.41).</li> <li>Arrest on refusal to give name and address(Sec.42)</li> <li>Power to arrest by private person (Sec.43).</li> <li>Power to arrest by Magistrate (Sec.44).</li> <li>Search of arrested person (Sec.51)</li> <li>Examination of arrested person by medical officer. (Sec.53-54).</li> <li>Health &amp; Safety of arrested person (Sec.55A)</li> <li>Process to Compel Appearance.</li> <li>Basic of summons (Sec.61-69).</li> <li>Basic of Warrant (Sec. 70-83).</li> </ol> <p><b>Summons and Search –Warrant</b></p> <ol style="list-style-type: none"> <li>Summons to produce Document or other things and procedure concerning Letters and Telegrams (Sec.91, 92).</li> <li>When Search-Warrant may be issued (Sec. 93)</li> <li>Search of place suspected to contain stolen property, forged documents etc.(Sec.94)</li> <li>Power to declare certain publications forfeited and to issue search-warrant for the same.(sec.95)</li> <li>Directions etc., of search warrants (Sec.99)</li> <li>Persons in charge of closed place to allow search(Sec.100)</li> <li>Disposal of things found in search beyond jurisdiction(Sec.101)</li> <li>power of police officer to seize certain property(Sec.102),</li> <li>Magistrate may direct search in his presence (Sec. 103)</li> <li>Power to impound document etc.. produced(Sec.104)</li> <li>Reciprocal arrangements regarding processes (Sec. 105)</li> </ol> <p><b>General Principles concerning Security for keeping the peace on Conviction</b></p> <ol style="list-style-type: none"> <li><u>Security for keeping the peace in other cases</u>(Sec.107)</li> <li>Security for good behavior from <u>suspected persons</u>(Sec.109)</li> <li>Security for good behavior from <u>habitual offenders</u> (Sec.110)</li> </ol> <p><b>Public Nuisance</b></p> <p><b>Urgent Cases of Nuisance for Apprehended Danger</b></p> <p><b><u>Police to prevent cognizable offences</u></b></p>	37



## **Paper 12: Occupational Health Management**

**(Lectures 60)**

Sr.No.	Topics	Periods
1	<p><b>Occupational Health Management</b></p> <p>Introduction to Health and Environment at work, Work Health Hazard and Hazard Evaluation Chart, Health monitoring, Environmental Monitor, Physics of Sound Noise Measurement Noise Induced hearing Loss (NIHL) Controls of pollution, Principles of health protection, Types of health hazards, Health hazard and risk, Medical surveillance, Factors affecting Workers Health. Occupational health problems, taking care of occupational safety and health, confined space standard, Hazardous waste and Material standards, Record keeping, Case study and Exercise.</p> <p><b>Accident Prevention &amp; Cost of Accident</b></p> <p>Introduction to Accident Prevention, Accident definition, Near miss accident and Incident, Accident reporting, accident enquiry committee, Accident Investigation, Accident Costing Incident Recall, Direct &amp; Indirect Cost, Analysis of accidents, Controls for prevention of accidents, Safety indices, Severity rate (SR), Frequency rate (FR), Incident Rate (IR), Record keeping, Typical study of Reporting and Investigation. Case study and Exercise</p>	<p>35</p> <p>25</p>

## Paper 13: Project Assignment

The students will be attached with industrial houses for practical training in Industrial Security

**Paper 14: Outdoor Training – II**

**100      Marks**  
**180      Periods**

Sr. No.	Code		Subject	Periods	
				No.of Period	Total Period
<b>1</b>	<b>PT</b>		<b>Physical Training</b>		<b>12</b>
			P.T.Tables (12)		
<b>2</b>	<b>FD</b>		<b>Foot Drill</b>		<b>25</b>
		D-1	Drill ki am baten (Introduction)/Demo	2	
		D-2	Word of Command	2	
		D-3	Savdhan, Vishram aur Aaramse	1	
		D-4	Khare Khare murna, Piche, Dahine, Bayen (Adha Dahine Bayen)	2	
		D-5	Sajna(Dressing)	1	
		D-7	Ginti Karneka	1	
		D-8	Khuli Line aur Nikat Line	1	
		D-9	Visarjan aur Line Torna	1	
		D-10	Sizing Drill	2	
		D-11	Parade par aur Squad aur Platoon banana	2	
		D-13	Tez chal aur tham	3	
		D-14	Aage,Pichhe,Dahine ya Baen Qadam Lena	2	
		D-15	tez chal main ghumna qadamtal age barh aur tham	3	
		D-16	Tez chal se qadam badalna	2	
<b>3</b>	<b>AT</b>		<b>Athletics</b>		
			5km. Running (Twice in a week)		<b>25</b>
<b>4</b>	<b>AT</b>		<b>Athletics</b>		
			Cross Country (Ones a week)		<b>15</b>
<b>5</b>	<b>AT</b>		<b>Athletics</b>		<b>10</b>
			Long Jump	3	
			High Jump	3	
			Shot Put	4	



6	YG		Yogasana		30
			<b>Asan</b>	20	
		1	Padmasan		
		2	Budha Padmasan		
		3	Utkatasan		
		4	Vajrasan		
		5	Pachittonasan		
		6	Matsendrasan		
		7	Naukasan		
		8	Bhujangasan		
		9	Dhanurasan		
		10	Shalbhasan		
		11	Pavanmuktasan		
		12	Mayurasan		
		13	Sarvagasan		
		14	Padhastasan		
		15	Chakrasan		
		16	Janushirasan		
		17	Shirshasan		
		18	Ushtrasan		
		19	Uttanpadmasan		
		20	Savasan		
			<b>Pranayam</b>	5	
		1	Kapalbhati		
		2	Aalom Vilom		
		3	Bhramari		
		4	Shitkari		
		5	Shitali		
		6	Omkar		
			<b>Mudra</b>	2	
		1	Surya		
		2	Vayu		
		3	Pruthvi		
		4	Pranayam		

		5	Shankh		
			<b>Suryanamaskar</b>	3	
<b>7</b>	<b>SW</b>		<b>Swimming</b>		<b>30</b>
<b>8</b>	<b>TG</b>		<b>Team Game</b>		<b>30</b>
		1	Volley Ball	10	
		2	Kabaddi	10	
		3	Kho-Kho	10	
		4	Foot Ball/ optional	10	
<b>9</b>			<b>Theory</b>		<b>3</b>
			General talk about hygiene and discipline Fitness, Diet, Exercise		
			<b>Total</b>		<b>180</b>