

NATIONAL CADET CROPS
DEVA MATHA COLLEGE, KURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



SYLLABUS
OF
ADD-ON COURSE
IN
LIFE SKILLS TRAINING

Academic Year 2021-22



DEVA MATHA COLLEGE KURAVILANGAD

National Cadet Corps (NCC)



Add on Courses offered for Students:2021-2022

Life Skills Training - for II DC Students
DMCK/ NCC/AD 39/2021



Course Coordinator: Capt. Sathees Thomas

Instructional Hours: *30 Hours*

Duration: *1 Year*

Mode of Instruction: *Offline (Theory & Practical)*

Intake Capacity: *50*

Eligibility: *UG Students*

Add-On course offered by National Cadet Corps

OBJECTIVES

1. To enhance one's ability to be fully self aware by helping oneself to overcome all fears and insecurities and to grow fully from inside out and outside in.
2. To increase one's knowledge and awareness of emotional competency and emotional intelligence at place of study/work.
3. To provide opportunity for realising one's potential through practical experience.

Syllabus

THE NCC (4+1Hours)

- Aims and objectives of NCC.
- Organization of NCC song.
- Objective of NCC.

NATIONAL INTEGRATION: IMPORTANCE AND NECESSITY

(0+3Hours)

- Importance of National Integration.
- Essence of National Integration.
- Necessity of National Integration.
- Factors affecting National Integration.
- Measures to achieve National Integration.

PERSONALITY DEVELOPMENT

(3+2Hours)

- The concept of life skills.
- Factors influencing/ Shaping personality.
- Self Awareness.
- Critical and Creative Thinking.
- Decision Making and Problem Solving.

DISASTR MANAGEMENT AND CIVIL AFFAIRS

(2+1Hours)

- Types of emergencies and Natural disasters.
- Assistance during natural and other calamities: Floods, Cyclones, Earthquakes, Accidents.
- National Disaster Management Authority (NDMA).

- Types of Disasters.
- Essential Services and Their Maintenance.
- Employment of NCC Cadets during Natural Disasters.
- Effects of Natural Disasters and Assistance Required.
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HEALTH AND HYGIENE

(3+0Hours)

- Hygiene and sanitation
- Infectious and contagious diseases and its prevention
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MILITARY HISTORY

(0+3Hours)

- importance of studying military history
- military career
- world war II
- Indo-Pakistan War of 1971
- Kargil War

FIRST AID

(4+4Hours)

- Types of Bandages, First Aid of Fracture, Sprain, Strain, Wounds
- First Aid of Snake bite, Insect bite, Dog Bite
- Artificial Respiration

COURSE OUTCOME

1. Gain Self Competency and Confidence
2. Practice Emotional Competency
3. Gain Intellectual Competency
4. Gain an edge through Professional Competency
5. Aim for high sense of Social Competency
6. Be an integral Human Being

Assessment Procedure: - Written examination, assignments and viva

Grading: -

80-100% - A Grade

60-79% - B Grade

40-59% - C Grade

Below 40% - D Grade- Not passed



Anand Mathew

Principal

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