

## PLAN A

We conduct 10 months regular training to schools and following below mentioned are the class wise activities

S.N.	STD- 1 <sup>st</sup> to 3 <sup>rd</sup> 6 activities can be selected	S.N.	STD- 4 <sup>th</sup> to 6 <sup>th</sup> 12 activities can be selected	S.N.	STD- 7 <sup>th</sup> to 9 <sup>th</sup> 15 activities can be selected
1	Drill (compulsory)	1	Drill (compulsory)	1	Drill (compulsory)
2	Yoga	2	yoga	2	yoga
3	Martial Art	3	Gymnastic	3	About MCF
4	Sport Recreation	4	Karate/Self Defence Activity	4	Karate/Self Defence Activity
5	Karate Basic	5	Lathi-Kathi	5	Lathi-Kathi
6	Health Hygiene	6	Archery	6	Archery
7	Medical Check-up	7	Sword Fighting	7	Sword Fighting
8	Basic Adventure	8	Rifle shooting	8	Rifle shooting
9	P.T.Rope	9	Mallakhamb & Rope Mallakhamb	9	Mallakhamb & Rope Mallakhamb
10	Monkey Crawling	10	School Safety Disaster Mock Drill	10	Health Hygiene
		11	Military Obstacles	11	School Safety Disaster Mock Drill
		12	Rappling & Zipline	12	Map Reading
		13	First Aid	13	Armed Force & Unarmed Force
		14	Medical Check-up	14	Military Obstacles
		15	Defence History	15	Adventure Activities Zip Line Rock Climbing
		16	Display Band – March Past(Band will be conducted only if the School provides with Instrument for the Band)	16	First Aid
		17	Social Awareness Program	17	Defence History
				18	Display Band – March Past(Band will be conducted only if the School provides with Instrument for the Band)
				19	Social Awareness Program
				20	About MCF & Political Geographical, Military History & Neighbouring Countries
				21	Career Guidance
				22	Military Battle Craft, Field Craft & Map Reading