

## **DEPARTMENT OF COCURRICULAR ACTIVITIES**

**COCA 100**

**Credits 1 (0 + 1)**

### **NCC**

Introduction to NCC, defense services, system of NCC training, foot drill, sizing, forming up in three ranks, open and close order march, dressing, getting on parade, dismissal and falling out, saluting, marching, arms drill, shoulder arm, order arm, present arm, guard of honour, ceremonial drill, weapon training rifle bayonet, light machine gun, sten machine carbine, introduction and characteristic stripping, assembling and cleaning, loading, unloading and firing.

Field craft, visual training, targets, judging distance, fire discipline and fire control orders, battle craft, field signals, description of ground, section formation, section battle drill, scouts and patrols, ambush, field engineering, map reading, conventional signs, grid systems, use of service protractor, prismatic compass and its use, self defense, general principles, precautions and training, attacks and counter attacks marching and searching, first aid, hygiene and sanitation, civil defense, leadership and NCC song.

**COCA 200**

**Credits 1 (0 + 1)**

### **PHYSICAL EDUCATION**

Introduction to physical education. Posture, exercises for good posture, physical fitness exercises for agility, strength, coordination, endurance and speed. Rules and regulations of important games, skill development in any one of the games - football, hockey, cricket, volleyball, basket ball, ball badminton, throw ball, tennikoit, participation in one of the indoor games - shuttle badminton, chess and table tennis.

Rules and regulations of athletic events, participation in any one of the athletic events \_ broad jump, high jump, triple jump, javelin throw, discuss throw, shotput, short and long distance running. Safety education, movement education, effective way of doing day-to-day activities. First aid training, coaching for major games and indoor games. Asanas and indigenous ways for physical fitness and curative exercises. Exercises and. games for leisure time, use and experience.