



# Indian Military Training Center

## Syllabus and Terms of Commando Training.

- Total Course Fees -: **INR. 2000/- (Two Thousand only)**
- Fees Collection and Distribution between the College and A.I.C.E. be done in advance for the Complete course. It will be done by the College.
- The Course will be conducted for College official Students Only.
  - If Due to some unavoidable reasons, any lecture is missed, It will be covered in the same week or next week as per the convenience of the College.

### Syllabus for Commando Training

Day	Syllabus
1	Introduction of Army Discipline, Basic Commands like Savdhan, Vishram.
2	Dahine Mud, Bayen Mud, Piche Mud, Basic Commands Practice.
3	Salute, Bayen Salute, Dahine Salute, Samne Salute, Khuli Line Chal, Nikat Line Chal, Kadwar Line Ban.
4	Introduction to March Pass. Stamp Foot March
5	Practice of Military Commands Covered above with stam Foot March.
6	Self Defense -: Rules of Commando Life, Mental Preparation, Basic Blocks.
7	Different Punches and Kicks for knocking down of Evil.
8	Practice of Blocks, Punches and Kicks.
9	Operating of Air Guns-: Safety Precautions, Information about guns, Firing Positions.
10	Practice of Air Gun firing. , Use of papper spray for self defense.
11	Fire Fighting, First Aid.
12	Rapelling
13	Lifting Methods,
14	Basic Commands, Games (Kabaddi, Specially designed group Games, Rugby.
15	Emergency Acupressure Techniques -: Introduction to Acupressure, Sujok, Emergency Acupressure Points.
Introduction to Indian Armed Forces and how to join Them. Every Session will consist of Specially Designed ground games to inspire team spirit and leadership in cadets.	

If Some more information is needed, Let us know and we will promptly make it available to you...

Expecting positive decision at your end...

Yours Faithfully,

Dr. Adwait Deshpande.  
(President)



610, Vitthal Niwas, 3<sup>rd</sup> Floor, Behind Sai Service Petrol Pump, Deccan Gymkhana, Pune- 411004. Ph. 9823068226

Email ID- [indianmilitarytrainingcenter@gmail.com](mailto:indianmilitarytrainingcenter@gmail.com)



**St. Mira's College for Girls, Pune**  
Autonomus- Affiliated to Savitribai Phule Pune University

Name of Credit Course: Civil Commando Services Value Added Course

No. of Credits : 2

Period From : 18th August 2022 to 14th Oct 2022

Name of the Teacher Incharge : Mrs. Deepanjali Mazumder

Sr.No	Name of the Student	Roll No.	Class & Div	Marks Obtained	Out of	Lectures Attended	% of Attendance	No. of Credits	Signature of the student
1	Theresa Chaliyan	2202	FYBA - A	5	50	2	13%	0	Theresa Chaliyan
2	Rheanne Fernandes	2205	FYBA - A	4	50	1	7%	0	Rheanne Fernandes
3	MariyaKakajiWala	2206	FYBA (A)	50	50	15	100%	2	MariyaKakajiWala
4	Kaasshvi Sharma	2219	FYBA	30	50	7	47%	2	Kaasshvi Sharma
5	Anushka Khemnar	2223	FYBA-A	50	50	13	87%	2	Anushka Khemnar
6	PranjaliLipane	2232	FYBA (A)	35	50	8	53%	2	PranjaliLipane
7	Suzanne Pillai	2204	FYBA -A	50	50	14	93%	2	Suzanne Pillai
8	Rasika Joshi	2425	FYBA - B	50	50	15	100%	2	Rasika Joshi
9	Sadiya	3028	F.Y.Bcom A	35	50	9	60%	2	Sadiya
10	Vaishnavi Sanjay Shelar	3073	F.Y .B.COM-A	4	50	1	7%	0	Vaishnavi Sanjay Shelar
11	Anjali Bhadoriya	3225	FYBCom	5	50	2	13%	0	Anjali Bhadoriya
12	Anushka Pillay	3226	FYBCom	5	50	2	13%	0	Anushka Pillay
13	Riddhi soni	3243	Fybcom C	50	50	13	87%	2	Riddhi soni
14	Aditi mishra	2870	Syba A	50	50	14	93%	2	Aditi mishra
15	SAKINA HATIM HAMID	2275	SYBA A	50	50	13	87%	2	SAKINA HATIM HAMID
16	Aditi R Gade	2712	SYBA-A	50	50	13	87%	2	Aditi R Gade
17	Shruti math	4018	SY.BCOM C	50	50	13	87%	2	Shruti math
18	Ruchi Gandhi	3826	SY BCOM B	45	50	11	73%	2	Ruchi Gandhi
19	Meghna Ramgir	3881	SYBCOM 'B'	50	50	14	93%	2	Meghna Ramgir
20	Samruddhi Badal	3825	SYBCom B	45	50	11	73%	2	Samruddhi Badal

Dr. Adwait Deshpande  
Signature of Course Instructor

Mrs. Deepanjali Mazumder  
Signature of Course Co-ordinator



Dr. Shalini Iyer  
Signature of Co-ordinator



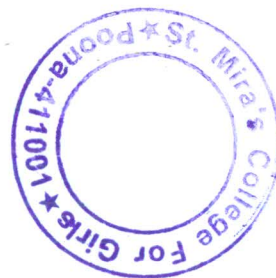
Sr.No	Name of the Student	Roll No.	Class & Div	Marks Obtained	Out of	Lectures Attended	% of Attendance	No. of Credits	Signature of the student
21	HrithikaKahol	3805	SY BCOM (B)	35	50	8	53%	2	<i>H. Kahol</i>
22	Vanshika Gohil	4078	SYBCom C	30	50	7	47%	2	<i>V. Gohil</i>
23	Shivangee Prajapati	4039	Syb.com c	38	50	10	67%	2	<i>S. Prajapati</i>
24	Srushti Desai	4055	SYBCom C	50	50	15	100%	2	<i>S. Desai</i>
25	Akanchha Yadav	4057	SYBCom C	50	50	14	93%	2	<i>A. Yadav</i>
26	Kajal Naik	4009	SYBCom C	45	50	11	73%	2	<i>K. Naik</i>
27	Minal Bhuniwal	4799	TYBA B	50	50	13	87%	2	<i>M. Bhuniwal</i>
28	Ashabi shaikh	4458	TY Bcom	50	50	14	93%	2	<i>A. Shaikh</i>
29	Rushali Suresh Misale	4433	TYBCOM B	50	50	12	80%	2	<i>R. Misale</i>
30	Sanika Dnyaneshwar Ghule	4476	TYBCOM B	50	50	15	100%	2	<i>S. Ghule</i>
31	SamruddhiOvhale	4452	T.Y.Bcom 'B'	50	50	14	93%	2	<i>S. Ovhale</i>
32	RutujaPise	4641	TYBCom – C	50	50	15	100%	2	<i>R. Pise</i>
33	Sunita kumari	22119	Fy BBA	50	50	15	100%	2	<i>S. Kumari</i>
34	Jayanti Raj	22105	SYBBA	50	50	14	93%	2	<i>J. Raj</i>
35	Shrushti Agarwal	22126	SYBBA	48	50	12	80%	2	<i>S. Agarwal</i>
36	Aparna Harpalani	22029	TYBBA	50	50	15	100%	2	<i>A. Harpalani</i>

*Adwait Deshpande*

Dr. Adwait Deshpande  
Signature of Course Instructor

*Deepanjali Mazumder*

Mrs. Deepanjali Mazumder  
Signature of Course Co-ordinator

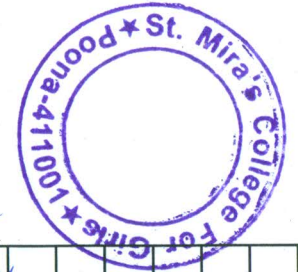


*Shalini Iyer*

Dr. Shalini Iyer  
Signature of Co-ordinator



St. Mira's College for Girls, Pune  
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Name of Credit Course: Civil Commando Services Value Added Course

No. of Credits : 2

Period From : 18-AUG-2022 to 14/10/2022

Name of the Teacher Incharge : Mrs. Deepanjali Mazumder

S. No.	Name	Roll No	Class & Div	18/08/22	19/08/22	24/08/22	26/08/22	7/9/22	14/9/22	21/9/22	23/9/22	28/9/22	30/9/22	07/10/22	12/10/22	13/10/22	14/10/22	Total
2202	1	Theresa Chaliyan	2202	FYBA - A	P	P	A	A	A	A	A	A	A	A	A	A	A	02
2205	2	Rheanne Fernandes	2205	FYBA - A	P	A	A	A	A	A	A	A	A	A	A	A	A	01
2206	3	MariyaKakajiwal	2206	FYBA (A)	P	P	P	P	P	P	P	P	P	P	P	P	P	15
2219	4	Kaasshvi Sharma	2219	FYBA	P	P	A	A	A	P	P	A	P	P	A	A	P	07
2223	5	Anushka Khemnar	2223	FYBA-A	P	P	A	A	P	P	P	P	P	P	P	P	P	13
2232	6	PranjaliLipane	2232	FYBA (A)	P	P	A	A	P	A	P	P	A	P	P	A	A	8
2204	7	Suzanne Pillai	2204	FYBA - A	P	P	P	P	P	P	P	A	P	P	P	P	P	14
2425	8	Rasika Joshi	2425	FYBA - B	P	P	P	P	P	P	P	P	P	P	P	P	P	15
3028	9	Sadiya	3028	F.Y.Bcom A	A	A	P	P	A	P	P	A	P	P	A	P	P	9
3073	10	Vaishnavi Sanjay Shelar	3073	F.Y .B.COM-A	P	A	A	A	A	A	A	A	A	A	A	A	A	01
3225	11	Anjali Bhadoriya	3225	FYBCom	A	A	P	P	A	A	A	A	A	A	A	A	A	02
3226	12	Anushka Pillay	3226	FYBCom	A	A	P	P	A	A	A	A	A	A	A	A	A	02
3243	13	Riddhi soni	3243	Fybcom C	P	P	P	A	A	P	P	P	P	P	P	P	P	13
2421	14	Aditi mishra	2870	Syba A	P	P	P	P	P	P	P	P	P	P	A	P	P	14
2275	15	SAKINA HATIM HAMID	2275	FSYBA A	P	P	P	P	P	P	P	P	P	P	P	P	A	13
2453	16	Aditi R Gade	2712	SYBA-A	P	P	P	A	P	P	P	P	P	P	A	P	P	13
3411	17	Shruti math	4018	SY.BCOM C	P	P	P	P	P	A	P	P	P	P	A	P	P	13
3299	18	Ruchi Gandhi	3826	SY BCOM B	P	P	P	P	A	P	A	A	P	P	P	P	P	14
3307	19	Meghna Ramgir	3881	SYBCOM 'B'	P	P	P	P	P	P	P	P	P	P	A	P	P	14
3206	20	Samruddhi Badal	3825	SYBCom B	A	A	P	P	P	P	P	A	P	P	A	P	P	11


*Aditi*

*Deepanjali*

*Vijay*



**Name of the Teacher Incharge : Mrs. Deepanjali Mazumder**

  
**Dr. Adwait Deshpande**  
**Course Instructor**

*Shalini Iyer*  
**Dr. Shalini Iyer**  
**Coordinaor**