

**MDC -116: INTRODUCTION TO NATIONAL CADET CORPS
(Contact Hours-45, Credits-3)**

Course Objectives (COs): The paper intends to impart basic knowledge about the evolution of National Cadet Corps; a brief overview of our defence system and services, to shape the young minds of our country with an aim of developing qualities like courage, Positive mindset, a secular outlook so that they may become responsible citizen and contribute towards the growth of India as a nation. Through Drill and Command, the young leaders will inculcate in them the quality of discipline.

Learning Outcomes (LOs): The students will develop a sense of responsibility and display patriotism, secular values, discipline, improve bearing and develop the quality of immediate and implicit obedience to orders.

UNIT I	NCC Motto, NCC Flag, Aims of NCC, Cardinal points of NCC, Types, organization, capability & role of NCC cadet. Organization of defence forces in general, Organizational structure of Indian Army, Organizational structure of NCC, NCC Song, Incentives of NCC, Ranks in Army, Navy and Air Force – Certificate Examination in NCC– Honors and Awards. Honour code. Modes of entry to Army CAPF Police
UNIT II	Foot Drill Basics, Aims of Drill, Word of Commands, Attention, Stand at Ease, Turning Left, Right and Inclining at the Halt. Sizing, Forming up in three Ranks and Numbering, Open and Close March Order, Dressing the Squad, Saluting at the Halt, Getting on Parade, Falling Out and Dismissing, Marching, Guard of Honour
UNIT III	Basics of Weapon Training, Introduction and organization of Infantry BN, Characteristic of Rifles, Stripping, Assembling, Care and Cleaning, and Sight Setting, Loading, Unloading of Rifle, Light Machine Gun and Stern Machine Carbine, Safety Procedures, Positions in Shooting and its Advantages, Trigger Control and Firing a Shot, Theory of Group and Snap Shooting.
Practical	a. Drill and physical training b. NCC Camps c. Types of Camps

Suggested Readings:

Cadet's Handbook- Common Subject, All Wings, by DG NCC, New Delhi

Cadet's Handbook -Specialized Subject, Army, by DG NCC, New Delhi

Challenging Destiny: A biography (2016). M. D. Bhaskaran, 314pp

Field Marshal Sam Manekshaw, (Soldiering with Dignity), 2021, Lt. Gen. Depinder Singh, PVSM, VSM. Published by Natraj publishers, 271pp

Youth in Step, V. Longer (1983), Published by Lancer International, 220pp

MDC- 117: INTRODUCTION TO PSYCHOLOGY

(Contact Hours-45, Credits-3)

Programme Objectives: This programme will develop interest among the learners towards Psychology. It aims to help learners to understand behaviours and mental processes of people. It will also develop awareness of the empirical knowledge to improve the lives of people.

Learning Outcomes

At the end of the Course students are able to:

1. identify basic concepts of psychology and apply psychological principles to everyday life
2. determine the relationship between the physical functioning of an organism and its behaviour
3. make use of a wide range of actions such as helping, sharing, comforting and cooperating with others

UNIT I Concept of Psychology

- Meaning, Nature and Scope of Psychology, Psychology as a Science
- Principles of Psychology
- Branches of Psychology
- Approaches in Psychology: Behaviourism, Cognitive, Psychodynamic and Biological

UNIT II Physiological Basis of Psychology

- Physiological Characteristics
- Nervous System and Endocrine System
- Hemispheric Division and its features
- Neurons: Definition, Structure and Types

UNIT III Pro- Social Behaviour

- Meaning and determinants of Pro-social Behaviour
- Types: Proactive, Reactive and Altruistic
- Influences on Pro-social Behaviour
- Benefits of Pro-social Behaviour

Assignments (Choose any one)

1. Prepare a sketch on how to promote pro-social behaviour
2. Use a pro-social behaviour scale to measure the Pro-Social Behaviour of a student.
3. Engage yourself in any one prosocial activities: like Clubs(e.g. art, biking, robotics, scouts, chess etc); or day camps; or creative arts/music/theatre or volunteer opportunities through community organizations

References -

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- Bron R.A. Allyn & Bacon (2002). *Essentials of Psychology*, Guwahati, Nivedita DK. Distributors.
- Chand T. (2002). *Educational Psychology*, Agra, Bhargava Book House,
- Crow, R.B. & Crow (1964). *Educational Psychology*, New Delhi, Eurasia Publishing House,
- Development and Maintenance of Prosocial Behavior: International Perspectives on Positive Morality. (2013). Germany: Springer US.
- Glassman, W. E., Hadad, M. (2004). *Approaches to Psychology*. United Kingdom: Open University Press.
- Mangal. S.K. (2011) *Essentials of Educational Psychology*, PHI Pvt. Ltd, New Delhi.
- Sahoo F.M.(2002) *Psychology in Indian Context*, Agra, Bhargava Book House.
- Schroeder, D. A., Piliavin, J. A., Dovidio, J. F., Penner, L. A. (2017). *The Social Psychology of Prosocial Behavior*. United Kingdom: Taylor & Francis.
- Sharmila P. (2004). *Textbook of Educational Psychology*, Kanishka Publication, New Delhi.