

SER No	CONTENT
	<p style="text-align: center;"><b><u>LESSON PLAN : AD 1</u></b> <b><u>RIFLE KE SATH SAVDHAN, VISHRAM AUR ARAM SE</u></b></p> <p>Period- One</p> <p>Type - Lecture / Practice</p> <p>Code - AD 1</p> <p>Term - I (SD/SW)</p> <p><b>Trg Aid</b></p> <p>1. Rifles.</p> <p><b>Time Plan</b></p> <p>2. (a) Rifle ke Sath Savdhan - 20 Min</p> <p>(b) Rifle ke Sath Vishram aur Aaram Se -20 Min</p> <p><b><u>UDDESH</u></b></p> <p>3. Is period mein rifle ke sath Savdhan Vishram aur Aram Se ki karyawahi sihkana hai.</p> <p><b><u>TARTIB</u></b></p> <p>4. Yeh sabak do bhagon mein chalaya jayega:-</p> <p>(a) Bhag I- Rifle ke Sath Savdhan.</p> <p>(b) Bhag II - Rifel ke Sath Vishraam aur Aaram Se.</p> <p>(a) <b><u>BHAG I : RIFLE KE SATH SAVDHAN</u></b></p> <p>5. Zarurat. Jab hamare pas rifle ho aur kisi senior se bat karni ho ya shastr qawaid ki koi harkat shuru karni ho tohh savdhan position se shuru ki jati hai.</p> <p>6. Bayan se Namuna. Jab word of command milta hai “squad savdhan” to, is word of command par sikhe hue tarike se paon ko harkat den. Dahine hath se rifle ko pura piche khenchte hue hel butt par sawar karen aur shout karen ‘ek’. Is position me dekhne ki baten position savdhan khali hath ki tarah, rifle ki position heel butt par dahine hath ki taraf point karta hua. Kalai rifle ke piche cover kiya hua.</p>

7. Abhyas. Ustad ke word of command pe, squad abhyas karaen.

(b)

**BHAG II : VISHRAAM AUR AARAM SE**

8. Zarurat. Senior ke sath bat khatm ho jane par vishram aur aram se kiya jata hai.

9. Bayan se Namuna. Jab savdhan position se word of command milta hai “vishram” to sikhe hue tarike se baen paon ko baen taraf le jayen. Sath hi rifle ko dahine hath se age ko dhakelen aur shout karen ‘ek’. Is position me dekhene ki baten, baen paon ki position jaise khali hath mein seikh chuke hain. Dahine hath se rifle pura age dhakela hua, Dahini kohni ka kham nikala hua.

**Bayan :-**

baju savdhan position mein. Word of command milta hai “aram se”, to sikhe hue tarike se karyawahi karen. Is position me dekhne ki baten, jaise khali hath mein seekh chuke hain.

10. Abhyas. Ustad ke word of command pe, squad abhyas kare