

SER No	CONTENT
	<p style="text-align: center;"><u>LESSON PLAN : AD 4</u></p> <p style="text-align: center;"><u>BHUMI SHASTRA AUR UTHAO SHASTRA</u></p> <p>Period- One</p> <p>Type - Lecture / Practice</p> <p>Code - AD 4</p> <p>Term - I (SD/SW)</p> <p>Trg Aid</p> <p>1. Rifles.</p> <p>Time Plan</p> <p>2. (a) Bhumi Shastra aur Uthao Shastra- 10 Min</p> <p>(b) Abhayas - 30 Min</p> <p><u>UDDESH</u></p> <p>3. Is period mein Bhumi Shastra aur Uthao Shastra ki karyawahi sihkana hai.</p> <p><u>TARTIB</u></p> <p>4. Yeh sabak do bhagon mein chalaya jayega.</p> <p>(a) Bhag I - Bhumi Shastra.</p> <p>(b) Bhag II - Uthao Shastra.</p> <p>(a) <u>BHAG I : BHUMI SHASTRA</u></p> <p>5. Zarurat. Jab rifle ko savdhan position se zamin pe rakhna ho to 'Bhumi Shastra' ki karyawahi ki jati hai.</p> <p>6. <u>Bayan se Namuna.</u></p> <p>(a) Jab savdhan position se word of command milta hai "Bhumi Shastra" to, body ko savdhan position se sidha age ko jhukao aur shout karo 'ek'. Is position men dekhne wali baten, ghutne khule hue par aedi judi hui, rifle dahine hath men, barrel age ki taraf aur</p>

	<p>magazine bahar ki taraf zamin par touch karti hui.</p> <p>(b) Jab word of command milta hai 'do' to, rifle ko zamin pe chod do, aur savdhan position men vapis ajao aur shout karo 'do'.</p> <p>7. Abhyas. Ustad ke word of command pe squad isi kayawahi ka abhyas kare.</p>
(b)	<p><u>BHAG II : UTHAO SHASTRA</u></p> <p>8. Zarurat. Jab rifle ko savdhan position se zamin se uthana ho to 'Uthao Shashtra' ki karyawahi ki jati hai.</p> <p>9. <u>Bayan se Namuna.</u></p> <p>(a) Jab savdhan position se word of command milta hai "Uthao Shashtra" to, body ko savdhan position se sidha age ko jhukao aur shout karo 'ek'. Is position men dekhne wali baten, ghutne khule hue par aedi judi hui, aur dahine hath, dahine toe ki line men, barrel ko pakde hue, aur rifle zamin se thodi si uthi hui.</p> <p>(b) Jab word of command milta hai 'do' to, rifle ko zamin se tezi se utha kar savdhan position men ajao aur shout karo 'do'.</p> <p>10. Abhyas. Ustad ke word of command pe squad isi kayawahi ka abhyas kare.</p>