

SER No	CONTENT
	<p style="text-align: center;"><u>LESSON PLAN : FD-7</u> <u>TEJ CHAL SE MUDNA</u></p> <p>Period- One</p> <p>Type - Lecture / Practice</p> <p>Code - FD 7</p> <p>Term - I / II (SD/SW)</p> <p><u>TIME PLAN</u></p> <p>1. (a) TejChal se DahineMudna - 15 Min</p> <p>(b) TejChal se BaenMudna - 15 Min</p> <p>(c) TejChal se PicheMudna - 10 Min</p> <p><u>UDDESH</u></p> <p>2. Is period meinkhaalihaath drill TejChal se Mudnekikaryawahisihkanahai.</p> <p><u>TARTIB</u></p> <p>3. Yehsabakko teen bhagonmeinchalayajayega:-</p> <p>(a) Bhag I-TejChal se DahineMudna - Bayan vaNamuna.</p> <p>(b) Bhag II-TejChal se BaenMudna - Bayan vaNamuna.</p> <p>(c) Bhag III-TejChal se PicheMudna - Bayan vaNamuna.</p> <p>(a) <u>BHAG I : TEJ CHAL SE DAHINE MUDNA</u></p> <p>4. <u>ZARURAT</u>. Jab tejchal se march karte hue kisisimmatkojarahehon, aur 90 degree parapnisimmatya formation kodahinitarafbadlikarni ho to, dahine mud kikaryawahikijaatihai.</p> <p>5. <u>GINTI AUR BAYAN SE NAMUNA</u>.</p> <p>(a) Tejchal se word of command miltahai “ginti se mudnadahine mud - ek”, ye wordof command us samaymiltahai jab dahinapaonbaenpaonko cross karraha ho ya, baenpaonzamin par laga ho to, is word of command par dahinepaonko 15 inch age zamin par rakhenaurchaltihalatmeinrukjayenaur shouting karen ‘ek’.Is position meindekhnekibaten - dahinapaonzamin par, badankapanjazamin par auraediuthihui,</p>

baenbaju age dahinabajupichechaltihalatmein.

(b) Jab word of command miltahai 'squad do' to, is word of command par baenpaonkodadamtalkihalat main age uthaen, aurbajusavdhankihalatmein le jayen shout karen 'do'. Is position meindekhnekibaten, dahinapaonpurazamin par, badankabajhdahinepaon par, baenpaonkadamtalkihalatmeinbaki position savdhan.

(c) Jab word of command miltahai "squad teen" to, dahinepaonkiaaedi par dahinetaraf 90 degree par ghoomjayenaurbaenpaonkosavdhan position meinlagaenaurdahinepaonkoteji se 15 inch age kadamtolkihalatmeinnikalenaur shouting karen teen. Is position meindekhnekibaten - baenpaonpurazamin par lagahuabadankabojhbaenpaon par dahinapaon 15 inch age kadamtolkihalatmeinbaki position savdhan.

(d) Jab word of command miltahai "squad char" to, dahinepaonko 15 inch age aedilagate hue tejchalkoshurukarenaur shout karen 'badho'. Squad charbadhothamkhaaliek-do. Jaisethe.

6. Abhyas. Ustadke word of command pe, squad se ginti se abhyaskaraen.

(b) **BHAG II : TEJ CHAL SE BAEN MUDNA**

7. Zarurat. Jab tejchal se march karte hue kisibhisimmatkojarahehon, aur 90 degree parapnisimmatya formation kobaentaraftadlikarni ho to, baen mud kikaryawahikijaatihai.

8. **GINTI AUR BAYAN SE NAMUNA.**

(a) Tejchal se word of command miltahai "ginti se mudnabaen mud - ek", ye word of command us samaymiltahai jab baenpaondahinepaonko cross karraha ho yadahinepaonkiaaedizamin par lag rahi ho tohbaenpaonko 15 inch age zamin par rakhenaurchaltihalatmeinrukjayen, shouting karenek. Is position meindekhnekibaten - baenpaonpurazamin par badankabojhbaenpaon par dahinepaonkapanjajaimn par aediuthihui, dahinabaju age baenabajupichechaltihalatmein.

(b) Jab word of command miltahai "squad do" to, is word of command par

dahinepaonkokadamtaalkihalatmein age uthaenaurbajusavdhan position meinlayen, shoutkaren

‘do’. Is position meindekhnekibaten - baenpaonpurazamin par lagahuabadankabojhbaenpaon par, dahinapaonkadamtaalkihalatmein, baki position savdhan.

(c) Jab word of command miltahai “squad teen” to, baenpaonkiaaedi par baentaraf 90 degree par ghoomjayenaurdahinepaonkosavdhan position meinlagaenaurbaen paonkoteji se 15 inch age kadamtolkihalatmein, baki position savdhan.

(d) Jab word of command miltahai “squad char” to, baenpaonko 15 inch age aedilagakartejchalshurukarenaur shout karenbadho. Squad charbadho - squad thamkhaaliek-do.

9. Abhyas. Ustadke word of command pe, squad se ginti se abhyaskaraen.

(c) **BHAG III : TEJ CHAL SE PICHE MUDNA**

10. Zarurat. Jab tejchal se march karte hue kisibhisimmatkojarahehon, aur 180 degreepar formation kokayamrakhte hue simmatkibadlikarni ho to piche mud kikaryawahikijaatihai.

11. **GINTI AUR BAYAN SE NAMUNA.**

(a) Tejchal se word of command miltahai “ginti se mudnapiche mud -ek”, ye word ofcommand us samaymiltahai jab baenpaondahinepaonko cross karraha ho yadahinepaonkiaedizamin par lag rahi ho tohbaenpaonkokhaalijane den, dahinepaonko 15 inch age lagate hi chaltihalatmeinrukjaen, shout karen ‘khaaliek’. Is position meindekhnekibaten - dahine mud ke No 1 movenemtkitarah.

(b) Jab word of command miltahai “squad do” to, dahinepaonkiaaedi par 90 degree dahinetaarafghoomjayenaurbaenpaonkodahinepaonkesaathsavdhanpostionmeinlagaen, shout karen ‘do’. Is postionmeindekhnekibaten, 90 degree dahine turn kiyahua, bakipostionsavdhan.

(c) Jab word of command miltahai “squad teen” to, is word of command par baenpaonkepanje par dahinetaraf 90 degree par aurgloomjayen, saath hi dahinepaonko 6 inch utharkarsavdhan position meinlagaenaur shout karen teen. Is position meindekhnekibaten - position savdhan.

(d) Jab word of command miltahai “squad char” to, postionaur direction kodurustkarnekeliyebaenpaonko 6 inch uparuthate hue dahinepaonkesaathsavdhanpostionmeinlagaen. Is poditionmeindekhnekibaten - 180 degree piche turn kiyahuabakipostionsavdhan.

(e) Jab word of command miltahai “squad panch” to, dahinepaonko 30 inch agenikalkartejchalkikaryawahishurukarenaur shout karen ‘badho’. Squad panch—badhothamkahoek-do.

12. **ABHYAS**. Ustadke word of command pe, squad se ginti se abhyaskaraen.