



Discipline as an Integral Component of NCC Training

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ABSTRACT

Discipline is derived from discipulus, the Latin word for pupil, which also provided the source of the word disciple. As per Napoleon discipline is seventy-five per cent of all the subsets that lead success in a battle. According to Foch, "Discipline constitutes the main strength of armies." Discipline is an important component of our lives and organisations. Organisations having set of rules, discipline help them improve their performance and productivity. Discipline is the bedrock of overall development of oneself and of an organisation. In the Military, discipline is more important because of the nature of call of duty. Discipline also lead to self-control. Developing discipline through training is a military concept followed since centuries and even today. NCC is the world's largest uniformed youth organization and has about 14 lakh youth in its fold at any given time. It is the second line of Defence of India and therefore its training is very similar to the Military. In NCC training, discipline forms an integral component of the training gamut.

I. INTRODUCTION

Evolution of National Cadet Corps

The National Cadet Corps has a representation of Students from large number of Schools and Colleges from almost all districts of the country. For better

command and control 17 Directorates are established in various states capitals. These Directorates have Group Headquarters under them, followed by a large number NCC Units of Army, Navy & Air force wings. It is these NCC Units that provide NCC training to the NCC cadets. The NCC cadets are controlled by respective schools/colleges Associate NCC Officers (ANOs). These ANOs are trained by the two training institutes at Kamptee and Gwalior.

The training of NCC comprises of large number of inputs like Drill practice, Rifle shooting, Adventure, Study of Armed Forces related Subjects, sports activities, Biographies of great/freedom fighters, Social service, Community development programmes, Social & Cultural activities, personality development programme, leadership courses, SSB screening courses to enable become Officers' in armed forces etc. The NCC training and various activities undertaken by the cadets, instils in them camaraderie, Discipline, secularism, feeling of adventure, belief in selfless service, character building, leadership skills and various other qualities which results in a holistic development in their formative years.

The NCC training is akin to a leadership development programme that helps in enhancing leadership skills in the cadets and honing of an individual's personality.

Though there are large number of qualities, traits, attributes that form part of a successful leader; these could broadly be covered under qualities like character, integrity and honesty, vision, personal courage, emotional intelligence, communication skills, discipline, self-awareness, intelligence & knowledge, self-confidence and perseverance.

India is a country with many religions, faiths & cultures, languages and despite all the diversities India is a unified country with rich heritage and traditional values. Role of the youth in nation building is immense. The NCC cadets are taught at great length about the National Integration, nation building and its importance. Every year the NCC organises numerous National Integration Camps and republic day celebrations at Delhi, wherein cadets from all the states participate and show case their history, culture, traditions, economic growth, agriculture produce, mineral resources etc. In case of any threat to the national integrity/security whether from across the borders or from within, it is the youth who have to stand in unison to fight such forces and towards this NCC can contribute immensely due to the training they have been provided and the huge manpower that it possess.

Many Countries have NCC like organisation since decades wherein the cadets are given inputs that help them to learn community living, adventure activities, leadership skills, selflessness, discipline, character building, positive attitude, physical as well as mental stamina etc.

In most of nation's awareness programmes, government regularly seeks involvement & contribution of NCC cadets. Few of these programmes Swachh Bharat Mission, tree plantation, international Yoga Day, Digital India (cashless transaction), health &

Safety, aids awareness, cancer awareness, traffic management, road safety, anti-tobacco drive, disaster management, importance of vaccination & inoculation, blood donation, organ donation, run for health etc. As NCC has its footprints everywhere in the country, it can effectively be utilised for spreading awareness amongst the masses. NCC cadets spreads message of national integration, discipline, cleanliness, selflessness, patriotism, national character, honesty, courage and other attributes. The training of the NCC leaves a positive indelible mark on the cadets and they become role model for other college students, their colleagues, family members and country men at large.

In few Colleges the students engage in community development programmes and nation building activities though not on a regular basis and at a very low key. More stress is given on subject knowledge and job seeking activities. It is now only that some colleges are organising various capsules for the college students towards personality development, team building exercises etc. as these are beneficial for the students for securing of jobs and in future life. Whereas NCC has been organising these activities since very beginning of NCC was established. There are a few corporates who give preference to NCC cadets and similarly the Indian Government has reserved few seats in certain jobs and gives bonus marks to NCC cadets.

Importance of Discipline

President George Washington was a staunch believer in Discipline and had said that it is the soul of an army, making a small army daunting and providing admiration to all. This has been quoted during various seminars, meetings, training programs. As per the Art of war book by Sun Tzu, out of five factors elucidated, discipline is one of the factors considered necessary for

consideration by the General for a win. An army has to be disciplined else it can become a liability and the soldiers to be dealt humanely and kept under hard hold and then one can be sure of victory. Self-control, Self-Discipline are subsets of discipline. A disciplined individual has to be in control of oneself, he should be able to control his passion, emotions and feelings. He should be a role model for others. He should be self-driven, self-motivated and always ready to take responsibility for his actions. He should be willing for sacrifice his comforts. Honesty, integrity, courage are part of self-discipline. As per Collins Dictionary Self-discipline is self-control and without the guidance of any external agency. Importance of discipline has been highlighted in our ancient texts, preachings and scriptures. As per Patanjali's Yoga Sutras there are a set of rules prescribed for how one can lead a significant and decisive life. It prescribes for moral, ethical conduct and self-discipline.

Bhagwad Gita has detailed lessons on discipline. It teaches that being bereft of anger, material world and those who are striving for excellence and are disciplined shall be free of worldly desires. The mind of a human being is constantly wandering and needs control, discipline and meditation. The mind is constantly to be reined in and then only one can achieve serenity. Once the mind is in control which is possible only through discipline, self-control, prolonged practice; one can achieve salvation or yoga.

Ayurveda is also a way to healthy life though with self-discipline. Living a life with simple regimens like early to rise early to bed, eating every day at same time, chewing the food properly, having vegetarian food, eating as per the seasons, drinking water early morning etc. These simple regimens needs self-discipline. The importance of discipline cannot be denied.

Discipline helps in bringing the sensory organs under control. Yoga, meditation and Ayurveda all related to each other and lead to salvation. Sushruta described good health by practising Ayurveda in Sushrut Samhita. Discipline and self-control are advised to be practised throughout one's life and for a day or two.

II. TECHNIQUES ADOPTED FOR IMPLEMENTING/INTRODUCING DISCIPLINE IN NCC

For imparting training to NCC Cadets, Institutional training is organised at Colleges and Schools. This task is achieved by the NCC Officers from colleges and schools and regular Armed Forces personnel. The syllabus comprises primarily of topics related to the Armed Forces and also common subjects. Training of cadets' viz. Senior Division/Senior Wing and Junior Wing/Division training is for varied duration. For obtaining "A" certificate in NCC, one has to undergo two years of NCC training in School and for "B" Certificate two years of training in Senior Secondary School or College followed by one more year training for obtaining the "C" certificate. In case a student joins NCC as a fresher in college he shall be applicable for appearing for "B" certificate after two years of NCC training and as regards to "C" certificate one more year of NCC training shall make him eligible for appearing in the "C" certificate exam after obtaining "B" Certificate. Emphasis is on practical training like weapon training, parade training, Map Reading, sailing etc. Drill is taught in all the years of NCC training and is considered as the most important aspect of NCC training.

NCC training is on the lines of Armed Forces training to a large extent though in a pruned down version. The cadets are trained and motivated to join the Armed Forces. The cadets are taught 'regimental way of

life' which helps in instilling in them discipline, duty, punctuality, orderliness, smartness, good turnout, bearing, smartness, respect to the law of land, correct work ethos, spirit of adventure, self-confidence, hard work, sincerity of purpose, honesty, selfless service, dignity of labour, secular outlook, comrade ship and sportsmanship.

Self-Discipline: The bedrock of all achievement

From time immemorial, all military organisations have tried to instil discipline into their armies through training the men appropriately. On joining academies or army camps the training begins with forming the trainees in small teams and there they undergo team exercises like parade training or foot drill, team sports etc.

Drill training is carried out for the NCC cadets for long duration as it helps them to know about the weapons more closely and also assemble immediately in desired pattern or orderly manner. Constant Drill practice instils in the participants a feeling of discipline, teamwork and discipline. Drill training is mostly teamwork and helps in ingraining group dynamics in the trainees. Drill consolidates soldiers into battle formations and familiarizes them with their weapons. Drill develops a sense of teamwork, disciplin, and self-control. By using commands or orders in Drill one can gather soldiers in short time and in an orderly manner. Drill has been there since ancient times as large number of men were/ are required to assemble in an orderly manner for drill practice or battle. Drill was practised with precision by the Greeks for various movements. The Spartans practised it for long hours and they were said to be par excellence. The drill evolved as per the requirements of warfare, weapons, artillery etc. There were parade ground marches which slowly faded away with weaponry

sophistication and advancements. Many a wars were won purely by following the Drill procedures. Despite the advancements in weapons, drill procedures are being continued for precision and also as ceremonies, customs and traditions being an integral part of the Army. Close order drill is still being continued as it helps moving large number of troops in an orderly manner and helps in building teamwork, discipline and makes combat drill possible.

In the Parades men are smartly attired in uniforms and are formed up in platoons. A classic example can be seen during the republic day parade wherein men and women alike are smartly dressed in various ceremonial uniforms and we see systematic display of men and war machines. Thousands of uniformed men and women march on the beat of the drum, maintaining at all times number of steps per minute. The soldiers, NCC cadets, scouts, NSS, children from various schools all marching in a straight line, taking dressing at all times, arms straight, palms inward with fingers clenched, shoulders thrown back, chest out and head erect, looking forward. These participants have practised for months together and result is there for everyone to see on the final day of the parade. Everyone is held agog and sit in front of television sets glued to watch the republic day parade. The movements are synchronous; nothing seems to be out of place. A person trained in the drill stands out from others around, with a smart bearing and turnout. The drill inculcates discipline and on a single order all soldiers or trainees form up immediately in a squad with their heads held high with pride. On the orders of the platoon commander depending upon the order all personnel carry out movements in a synchronised manner. It is a scene to watch the troops to march together giving a feeling of a cohesive unit knit together with team spirit, camaraderie and discipline. The

practice of drill commands is a sight to behold when one hears troops practising commands loudly. These commands are crisp, and clear and improve a person's personality, communication skills and inculcates a sense of coordination with others.

Time is of essence and during the training often the discipline becomes harsher and trainees are always hard-pressed for time. The training programme is kept with very few breaks and intervals. A balance between rewards and punishments is maintained for keeping the trainees morale high and motivated. In case of any default, punishment in the form of extra training is meted, so as to bring the trainee up to the stipulated standards. As the training progresses a marked change is observed in the trainee cadets and a sense of self-discipline emerges in them.

Weapon training

Weapon training is an important discipline of training of a soldier or a NCC cadet for that matter. Rifle is the basic weapon of an infantry soldier and therefore it is the responsibility of the soldier to keep the rifle in serviceable condition. Rifle is a reliable weapon.

Training both in theoretical as well as practical form on various weapons is conducted as part of the curriculum, wherein topics like stripping, assembling, cleaning, specifications of weapon, safety precautions, sequence, methods of aiming, concentration, control of breath, postures, various positions of firing etc. is taught. The NCC cadets participate in various shooting competitions organised by the NCC, National Rifle Association of India and other Sports bodies. Weapon training enhances personal growth, self-discipline, sportsmanship. Shooting is a sports and sports we are aware teaches self-discipline.

Semaphore Training

In this type of training, each alphabet can be described by moving one's hands that are holding square flags with red and yellow colours. Naval NCC, the cadets are made to stand in group or singularly and read the message being transmitted with the help of pair of flags in various positions. The Naval Cadets are trained in this form of signalling and it presents a very beautiful sight to behold whilst the cadets are practising it.

Military History

In this the biographies of Indian Historical leaders like Maharana Pratap, Chhattar Pati Shivaji, Akbar etc. is taught. Famous battles like Indo Pak War, Indo China War, Kargil War, Falkland War, Pearl harbour attack are studied. Biographies of successful Military Leaders like General Patton, General Mac Arthur, Field Marshal Sam Manekshaw, Air Chief Marshal Arjan Singh is studied. These studies give an insight to the Armed Forces and reinforces the knowledge of the cadets. One thing that clearly emerges from these biographies and wars is the importance of discipline in the armed forces.

Similarly there are various topics on Map Reading, field craft & battle Craft, communication, Navigation, study about ships and submarines, Radar and Sonar on board Indian Navy Warships, types of aircrafts, ship modelling, aero modelling, principles of flying etc. All these give insight about the NCC training.

Community Development Programmes

To utilise the youth gainfully towards Nation building what better can there be than the NCC cadets actively and voluntarily involve themselves in various community development programmes like Save the Environment from pollution, cleanliness drive viz. the Swachh Bharat

Mission, taking initiatives of donating blood, planting trees, rallies on Drug abuse, making public aware on cancer, digital money, Beti Bachao Beti Padhao, AIDS, Organ donation, vaccination, inoculations, Care for the Blind and elderly and other burning social issues. These programmes teaches the cadets the dignity of labour, team work, selfless service, organising skills and other life skills.

Camp Training

Each training year numerous camps are organised for the NCC cadets. The camps are generally of durations ranging from 8 to 12 days. Annual Training camps, Combined Annual training camps, Centrally organised camps like Republic Day Contingent Camp, ThalSainik camp, Vayusainik camp, NauSainik camp, Ek Bharat Shrest Bharat Camps, Advanced leadership camps, SSB coaching camps etc.

These camps teaches the cadets various life skills like team work, comradeship, disciplined military life, independence, confidence, leadership skills, respect for labour. The cadets are excited about the various activities they are exposed to like organising of team sports, quiz competition, staying together in tents or covered accommodation, cultural programmes, witnessing war movies, practical application of what they have been taught in NCC etc. All junior level cadets to become eligible to participate in NCC “A” certificate exam have to compulsorily attend at least one camp. Similarly the Senior level cadets to become eligible for appearing in “B” certificate exam have to attend one camp and thereafter one more camp for becoming eligible to appear in the coveted “C” certificate examination. Across the country in a year about 1500 camps are organised and in each camp about 400 to 500 cadets take part. These camps are also attended by the Permanent Instructors, NCC

staff like drivers, lascars, nursing assistants, ANOs, Girl cadet instructors, armed forces Officers posted in the NCC Units. The Republic Day Camp is the most sought after camp and is dream of every NCC cadet as it gives opportunity to a cadet to visit Delhi and participate in the Republic Day Parade, Prime Minister Rally and meet VVIPs. This camp is held in Delhi and selected cadets from all over India participate in it. This camp truly represents India. On witnessing the cultural show and parade of the NCC cadets leaves you spell bound and amazed at the energy and talent they possess. The Republic day camp keeps a cadet away from his family for more than 2 months and when the cadet returns from the camp he has aall-round developed personality.

IV. ATTACHMENT WITH DEFENSE ORGANIZATIONS

Selected cadets of all wings go through a period of attachment with respective services of the Armed Forces, Indian Military Academy, Indian Naval Ships, Air Force Academy and Military Hospital Attachment. The Naval Wing cadets board Indian Naval Warships wherein they are given an insight of the life onboard a ship and also they are practically able to appreciate the theoretical aspect taught to them by the instructors. They also witness various exercises being conducted on board the ship. All these attachments provide a cadet with unique experience of witnessing the functions of armed forces first hand.

Learning Based on Adventure Activities.

A large number of cadets join NCC for the adventure activities it provides for participation during the training. Various adventure activities like Para jumping, trekking, mountaineering, Sailing, Shooting, Diving, kayaking, Para sailing etc., are planned for the cadets. This adventure activity teaches the Cadets about

landscape, biotic, abiotic, meteorological factors and staying under tough camp life. These adventure activities indoctrinate endurance, courage, minimalism, streak of adventurism, perseverance, confidence, team work, leadership, comradeship in the NCC cadets. The army wing NCC cadets have even conquered Mount Everest.

The above activities instil in the cadets a sense of discipline. There are various life skills that discipline teaches a trainee like perseverance, time management, goal setting, self-control, enthusiasm, gratitude, optimism and curiosity, decision making, confidence, empathy, hard work, problem solving, communication skills.

Objectives of the research

NCC's myriad training curriculum and varied activities leads to developing of discipline in a cadet. The objectives of this research are:

- (a) To study the NCC training curriculum and activities.
- (b) To study the techniques adopted for instilling discipline amongst the NCC Cadets.
- (c) To identify the concepts that shall enable further improvement in the discipline of the NCC Cadets.

V. HYPOTHESIS

H01 : NCC training instils discipline amongst the NCC Cadets.

Data Analysis and Interpretation of Facts

A questionnaire was prepared in line with the training imparted by the NCC organisation. The questionnaire designed also took into consideration the various techniques applied by the NCC to improve sense of discipline in its cadets. To get a complete picture, the questionnaire was disseminated to hundred cadets of senior

division and senior wing cadets; including few who have already completed NCC tenure. The questionnaire along with results gives a clear picture of the outcome. The questions are so designed that the answer can be replied as Strongly Disagree, Disagree, Undecided, Agree, Strongly Agree.

Q1. You have respect for the authority, rules and regulations and law of the land?

The outcome clearly shows that the NCC cadets have respect towards the law of the land. It is because of the discipline and the training imparted by the NCC shows a large turnout towards obeying the authority, rules and regulations.

Q2. Does the training curriculum of NCC instilled in you a sense of discipline?

The result shows clearly that the NCC curriculum is so designed that it instils a sense of discipline in the cadets. The training curriculum comprise of varied topics like parade training, weapon training, studying biographies of martyrs, Generals, important wars, warships, war planes, aero modelling, ship modelling, types of warships, submarines etc.

Q3. Are you able to maintain concentration despite distractions, tiredness and boring study activity?

The result shows that the participants are able to maintain concentration despite distractions, tiredness and boring study activity. In fact all this is the result of the disciplined and hard training of NCC wherein a cadet is taught how to manage time, multi task, delegate, prioritise, persevere and not to rest till task completion. The discipline of NCC leads to self-discipline and this in turn to various life skills related to discipline.

Q4. Are you cognitively ready before commencement of any event?

The NCC training is tough wherein one has to undergo physical and mental training for longer durations. Varied subjects are taught like field craft, war craft, obstacle training, first aid, swimming, sailing, adventure activities, yoga, community development programmes. A cadet undergoes a host of these programmes which gives rise to various life skills like ability to plan, forecast, organise, team work, leadership skills etc.

Q5. Do the NCC camps introduce discipline in the participants?

The result shows that NCC camps do noticeable change in an individual. One can see a marked difference between a fresher and a cadet who has completed a NCC camp. During the camp a host of activities are conducted like Morning PT, parade training, classroom instructions, quiz, lectures by guest speakers on varied topics ranging from first aid, military training, disaster management, traffic control, pollution, yoga, conserving the environment, flora & fauna, drawing competition and the list runs long. Team Sports activities like tug of war, football, volleyball, khokho etc., is also conducted which give rise to team spirit. Motivational movies are screened and cultural programmes are presented by the cadets. All these activities are conducted in a disciplined manner under the supervision of Officers, ANOs, PI Staff and Senior Cadets.

Q6. Do you agree that the various social activities and community development programmes helps in achieving the aims of NCC?

The survey result makes it amply clear that the various social activities and community development programmes along with other

training activities conducted by the NCC helps in achieving the aims of NCC.

Q7. Do you think the NCC training has instilled in you life skills like self-discipline, self-control, social skills, decision making, emotion control, confidence, perseverance, communication skills, confidence, time management, honesty & integrity, hard work& dedication etc.?

The result shows that large numbers of cadets have indicated in favour of varied life skills being introduced in them post

NCC training. NCC provides the most befitting platform and environment to the youth for developing in them character, camaraderie, discipline, a secular outlook, spirit of adventure and essence of selfless service.

VI. SUGGESTIONS

1. Bonus marks must be given to NCC cadets in all the states of India for joining professional courses like Engineering, medical colleges etc., as is being done in few states.
2. NCC cadets to be provided with job opportunities in the corporate world. There are organisations who take NCC cadets as Security Officers.
3. More Schools and Colleges to be brought in the ambit of NCC, preferably in the rural areas. Strength of cadets to be increased as more and more students are keen to join the NCC but are unable to join view paucity of vacancies or non-availability of NCC in their institutions.
4. NCC to be made compulsory or elective subject in the Colleges.

5. Media should cover elaborately the NCC related activities.
 6. To enable maximum participation of cadets, vacancies to be increased in various adventure activities being conducted by the National cadet corps, similarly vacancies of cadets to be increased in youth exchange programmes, attachment programmes to various defence organisations and other courses.
 7. To give an insight to maximum NCC cadets, more Joint training programmes of shorter duration with armed forces, police forces, NDRF etc. could be planned.
 8. Ensuring availability of complete range of Uniforms to the NCC cadets.
 9. A policy needs to be framed for better utilisation of NCC cadets post completion of NCC tenure who are a trained & disciplined manpower.
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