

# **AISECT UNIVERSITY**

## **Transferable And Life Skill**

### Syllabus

**Course Code -TLS01**

**Duration -30 Hrs**

### **Course Name -Tracking**

1. Introduction

Need and use of tracking skill for life survival. Introduction to trees and herbs. Rope knots. First aid tips.

2 Map Reading –

Locating land mark Points.

Finding directions using (a) Campas (b) Pole star (c) Sun with time and other techniques

3 Climbing hill and introduction to mountering, Shoes and other accesaries needed, Tools required,dress and foods one can carry.Medicies, precautions. Survival in low oxygen heights.

4 Introduction to swimming and its need.

5 Tree climbing techniques and its needs.

6 Safety from Animals. Igniting fire without matchbox.Finding water source. Safety from cold.

7 Introduction to tracking in ice and deserts.

8 Practice

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### **Syllabus**

**Course Code -TLS03**

**Duration -30 Hrs**

### **Course Name - Driving**

1. Introduction

Need of two wheeler driving. Introduction to various controls. Accelerator, Brakes. Back view mirrors, Fuel tank, Steering, wheel air pressure, Lubricants, oil and grease types and use changing wheels.

2 Four wheel vehicles

Need of four wheel driving.

Introduction to four wheel vehicles, Various controls accelerator, Brakes, Back view mirrors, Fuel tank. Steering, Tire air pressure, Changing wheel, Lubricants oil and grease. How to measure oil level. Introduction to wheel balancing and tuning.

3 Various road signs, Road safety rules. Introduction to transport act, Safety precautions.

4 Practice

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### Syllabus

**Course Code -TLS07**

**Duration -30 Hrs**

### **Course Name – Marshal Arts**

1. Introduction

Need of Marshal arts for safety, Various marshal arts of India,Japan and China, Need of Runing and Jumping in Marshal arts.

2 Indian Marshal arts. Use of 'LATHI' as arms, Various technics and its Practice.

3 Introduction to various Japanies and Chinese marshal arts, Judo, Karate,Kangfoo,Practice of any one, Basic techniques selected by the student.

4 Long duration practice of the Art selected by the student.