



MARSHAL CADET FORCE - MAHARASHTRA

MCF ONLINE COMMANDO TRAINING COURSE



ABOUT US

Marshal Cadet Force (MCF) is established under the Marshal Cadet Foundation on 20th Nov. 2010. It has been recognized by the 21st Institution's Registration Act 1860 and the 29th Mumbai Trust Act of 1950, it is the first private institution in Maharashtra, and is equally competent with other Government Institutions.

The marshal cadet force conducts a unique "Commando Training Course" for the past ten years, for cadet of age group 6-18 years. The aim of the course is not only making the cadet self-reliant, confident, physically and mentally fit, but also teach the student to be a survivor and life saver of others. Adequate military training, teaching and curriculum activities are provided equally to every cadet in addition to their academic classes.

The Commando training course is conducted in more than 60 schools in Maharashtra (ICSE, CBSE, and State Board). Nearly about 17,645 students are enrolled with MCF. We have male & female instructors in our team. The physical training & syllabus is carried out by highly qualified experts & professionals.

WHY JOIN MCF

MCF covers all possible aspects of defence preparatory training, teaching and guidance with its well-developed curriculum. We create an environment conducive in motivating the youth to join armed forces to become an officer in Army, Navy, Air Force & Coast Guard, in their respective cadre.

The outcome of this training is important as a child in their early age becomes eligible with increased physical fitness, stamina, self-discipline and confidence to achieve future self-goals.

A candidate is required to possess certain Officer Like qualities, which are assessed by conduct of various tests by the Testing officers. During the SSB Interview period at SSB Selection Centres, the candidates are required to perform about 17 psychological/quality-based tests, which consist of written tests / oral tests / outdoor ground tests. MCF tries to give the best guidance and training to the cadet.

Our Aim- "Creating Tomorrow's Responsible Citizen"

Our Vision- To shape the best self-disciplined, physically and mentally sound/skilled cadets who will make a difference towards building a strong Nation

Our Mission- To impart & promote ethical and value based skilled training

To develop future career-based competence

To encourage volunteering spirit to join the civil and defence forces

To boost standards of physical health and natural stamina to grab bright future prospects.

Our Staff- To carry out the prescribed syllabus We have professionally trained Staff from the field of Army Veteran, B.P.E.D. & M.P.E.D Faculties.

WHAT WE DO AT MCF:

1. Our regular 10 months Commando Training Course at various schools of different boards ICSE/CBSE/ State Board., June to March
2. Diwali Camp 5 days, Christmas Camps 3 days, Summer Camps 7days, 14 days, 21 days and 30 days in the month of May. Approx. 800 and above cadets participate every year at Panchagani.
3. Jai Hind Academy- training the personnel for all defence related exams and physical training at Yawat.

MARSHAL CADET FORCE – MAHARASHTRA

Our MCF Motto is Creating Tomorrow Responsible Citizen.

We are work together for the achieving the above Aim. We are started to implement the program of MCF on student 7th to 10th stander we find that if we are start to train them from 1st stander we can achieve better result. It's pre-preparation for MCF program. In this pre-preparation program we can build the physical ability of student which is required for MCF program. In pre-preparation program we are provide the training through the Recreation Game, Lead up Game & some Drills.

For this purpose we can start basic movement which is required for this age group. We are find that the Fundamental motor skill competence has been shown to influence students in many ways. Students who have achieved fundamental motor skill competence have been found to successfully participate in a range of sports and movement activities and maintain involvement during childhood and adolescence. Regular involvement in sport and movement activities leads to gains in health-related physical fitness. How students feel about themselves can be influenced by their physical skills. Students who have achieved fundamental motor skill competence have been found to perceive themselves as being competent, socially accepted & to have a positive attitude towards physical activity. In essence, fundamental motor skill competence assists in preparing students for a healthy lifestyle.

When to teach Movement Skill :-

Research (e.g. Vallentyne 2002) suggests that the 'window of opportunity' to teach FMS occurs during the first 8 years of life. Youth Sport Trust literature extends this notion further by stating that one of the most important periods of motor development for young people is between the ages of 4 and 12. At these ages, children are highly intrinsically motivated and naturally enthusiastic about learning, as well as being physically and intellectually capable of benefiting from instruction in physical education. However, the development of FMS does not happen by chance or maturation alone; children need opportunity and guidance within a supportive learning atmosphere. Components of this include:

- Developmentally appropriate activities and differentiation (e.g. regarding task difficulty levels, equipment).
- Visual demonstrations and the provision of strong mental images.
- Instruction and feedback (from teachers and peers).
- Variety (e.g. through a multiskill approach) with a focus on fun and challenge.
- Encouragement.
- The provision of a safe and positive learning environment

Fundamental Movement Skills Phase

Chronological age: Males 6-9 and Females 6-8

- Focus on the general, overall development of physical ability by using a range of experiences and participation in a number of sports/activities.
- Focus on the ABCs of Athleticism: agility, balance, coordination and speed.
- Focus on the ABCs of Athletics: running, jumping, twisting, throwing.
- Holistic approach used to introduce aspects of sport ethics, fairly and the notion of sport as a positive method of character building.
- Well structured, positive programmers with the emphasis on FUN.
- Aim for practice and subsequent mastery of the FMS to allow for sport specific.
- Skills to be introduced during the next phase of development.

Categories of FMS

FMS can be broken down into three categories as follows:

Locomotors	Locomotors skills involve moving the body from point A to point B. These skills include walking, running, jumping, leaping, hopping, skipping and galloping.
Non Locomotors	Non Locomotors skills involve body stability and balance. These skills include twisting, turning, pivoting and performing balances.
Manipulative	Manipulative skills involve the control of objects using various body parts. These skills include throwing, passing, striking, catching, kicking and receiving objects Practical examples of movements from each category are provided through.

Outline Of Training Program (Movement Skills).

Basic Skills (Fundamentals)	L	NL	M
	Run	Twist	Throw
	Hop	Turn	Kick
	Skip	Balance	Control
	Jump	Pivot	Bounce
	Gallop	Catch	Stretch

Intermediary. (Specialized & Functional)	L	M	NL	L
	1st Phase		2nd Phase	
	Run, Send & Receive.		Turn & Throw/ Kick/ Receive/ Control.	
	Dribbling.		Twist & Throw/ Receive/ Control.	
	Run & Bounce.		Throw & Receive on One Leg.	
	Run & Throw/ Kick/ Receive/ Control.		Bounce & Pivot/ Turn.	
Advanced Skills. (Specialized & Functional)	L	NL	M	
	4th Phase			
	Combination of L, NL, M Skill.			

4. ONLINE COACHING:

CATEGORY	AGE	DAY/Time	ACTIVITY NAME	FEES STRUCTURE FOR SIX MONTHS
I	1 ST TO 4 TH GRADE 6 TO 10	MONDAY & THURSDAY TIME – 5.00 PM TO 6.00 PM	YOGA MARTIAL ARTS AEROBICS HEALTH & HYGINE & BASIC FIRST AID BASIC HOME SAFETY. DISASTER MANAGEMENT SELF DEFENCE ABOUT MCF & BASICS OF MILITARY RECRATION ACTIVITES	TOTAL FEES – 900/-
II	10 to 13 years Grade 5 th to 8 th	TUESDAY AND FRIDAY TIME – 5.00 PM TO 6.00 PM	1. LEADERSHIP 2. TIME MANAGEMENT 3. SOFT SKILL 4. DISASTER MANAGEMENT 5. DRILL & ARMY HISTORY 6. FIRE /RESCUE/ACCIDENT 7. PHYSICAL FITNESS 8. FIELD & BATTLE CRAFT 9. MAP READING 10.MILITARY OBSTACLE TRAINING 11.SELF DEFENCE 12 HUMAN TRAFFICKING 13.CYBER ATTACK	TOTAL FEES -1200/- PER
III	14 to 18 years Grade 9 th to 12 th	WENSDAY AND SATURDAY TIME – 5.00 PM TO 6.00 PM	1.SSB/SSC/CDS INTERVIEW PREPARATION 2. NDA ADMISSION PROCESS 3. LEADERSHIP 4. TIME MANAGEMENT 5. SOFT SKILL TRAINING 6. MARTIAL ARTS 7. MILITARY DRILL & ARMY HISTORY 8. PHYSICAL FITNESS 9. FIELD & BATTLE CRAFT 10.OBSTACLE TRAINING INFO. 11.DISASTER MANAGEMENT 12.CYBER ATTACK	TOTAL FEES -1500/-

CERTIFICATION:

On completion of the Six Months course online certificate will be provided to the cadets (Sept to Feb)



COURSE DAY & TIMINGS:

1. MONDAY 5 TO 6.00 P.M (4 MONDAY) **Category I**
THURSDAY 5 TO 6.00 P.M (4 THURSDAY) **Category I**
2. TUESDAY 5 TO 6.00 P.M (4 TUESDAY) **Category II**
FRIDAY 5 TO 6.00 P.M (4 FRIDAY) **Category II**
3. WENSDAY 5 TO 6.00 P.M (4 WENSDAY) **Category II**
SATURDAY 5 TO 6.00 P.M (4 SATURDAY) **Category II**

ADMISSION PROCEDURE

1. FILL IN ONLINE FORM
2. MAKE PAYMENT
3. GET RECEIPT

For any further queries contact

ADMISSION AND PAYMENT ENQUARY - 9604992000

CTC ENQUIRY : 8806028787

E mail- infomcfindia@gmail.com / infomcfctc@gmail.com
web - www.mcfindia.in / www.mcfctc.in

ACCOUNT DETAILS -

ACCOUNT NAME- MARSHAL CADET FORCE

ACCOUNT NUMBER- 372100100000481

IFSC CODE- SRCB0000372

BRANCH- SARASWAT BANK- PIMPLENILKH (Pune)



Future India



MARSHAL CADET FORCE – MAHARASHTRA ONLINE INS PROFILE



S.N	RANK	NAME	EDUCATION	EXPERIENCES	Photo
1	DIRECTOR	GANESH BORATE	BA, B.P.ED , NCC/CTC , MBA	12 YEARS IN COMMANDO TRAINING & SPORT ACTIVITIES	
2	HOD DEF EDU	LT.COL. GANESH BABU (Retd.)	B.Sc., B.Tech(E&TC) M.A., MBA. P.G.Diploma	30 YEARS SERVICE IN INDIAN ARMY SSB Committee Member	
3	DEFENCE GUIDENCE	LT.COL PARDEEP BHARMANIKAR	BE	21 YEARS DEFENCE SERVICE AND APEX ACADEMY EXPRINCE TILL 2005	
4	MCFTC	SADASHIV JADHAV	ARMY GRADUATE	24 YEARS SERVICE IN INDIAN ARMY & COMMANDO INSTRUCTOR	
5	INSTRUCTOR	PREEJA NAIR	B.A , KARATE NATIONAL LEVEL BLACK BELT	KARATE – 4 YEAR	
6	INSTRUCTOR	LLOYD XAVIER	B. P. ED	RECREATION, AEROBICS , FUNNY GAMES - 7 YEAR	
7	INSTRUCTOR	SAMDHAN PATIL	MBA	5 YEARS DEFENCE TRAINER	

8	INSTRUCTOR	PALLAVI HEGDE	MBA FINANCE, YOGA DIPLOMA, DIPLOMA IN NUTRION	YOGA - 5 YEAR	
9	INSTRUCTOR	SONAL BUNDALE	B.SC . B,PED	12 YEARS IN ARCHERY NATIOANAL ARCHERY COMPITAION	
10	DISATER TRAINING	RAVINDRA PATIL	BA .DM CERTIFICATON	12 YEARS EXPRINCE DISASTER MANAGEMENT	
11	TRAINER	RAHUL POKHARKAR	B SC NDDM	6 YEARS EXPRINCE TRAINING DM	
12	INSTUCTOR	NAGODA PATIL	ARMY GARADUTE	5 YEARS IN ARMY TRAINING	
13	INSTUCTOR	SHANATARAM MORE	ARMY GARADUTE	5 YEARS TRAINING IN MCF	

FILL ONLINE ADMISSION FORM

PERSONAL INFORMATION

FIRST NAME

MIDDLE NAME

LAST NAME

GENDER

DATE OF BIRTH

AADHAR NO.

ADDRESS

EMAIL ID: _____

MOBILE NO

WHAT'SAPP NO

SCHOOL NAME: _____

BOARD : ICSE/CBSE/STATE BOARD

GRADE /CLASS STUDYING:

PHOTO

SIGNATURE



MARSHAL CADET FORCE – MAHARASHTRA CTC Online Teaching Staff Profile



S.N.	Activities Name & STD	STD	Instructor Name
1	Recreation Activities	I	Mr. Loyard Sir
2	Yoga	I	Mrs. Pallavi Hegade
3	Aerobics	I, II	Mr. Loyard Sir
4	Drill	II, III	SADASHIV JADHAV SIR
5	Archery	II, III	Sonal Madam
6	Obstacle	II, III	SHATARAM MORE SIR
7	Map Reading	II, III	NAGOUDA Patil Sir
8	Para Force	III	SHANATARAM MORE SIR
9	Defence History	II, III	SADASHIV JADHAV Sir
10	About MCF	I, II, III	Dr. Sara Madam
11	Defence Rank	II, III	TANAVI BHIRAT MAM
12	Defence Career	III	Lt. Col Ganesh Babu Sir
13	NDA/SSB/CDS Carrier Guidance	III	LT COL PARDEEP Bharmarikar Sir
14	Lathi – Kathi	I, II, III	Mr. Vishwajeet Sir
15	Self Defence	I, II, III	PREEJA MAM
16	Disaster Management	I, II, III	Mr. RAVINDRA PATIL Sir
17	Martial Art	I, II, III	Preeja Madam
18	Field Craft / Battle Craft	II, III	PATIL SIR
19	Weapon Training	II, III	SHANATA RAM MORE Sir
20	Funny Games	I,II / Play Group	Layord Sir
21	LEADERSHIP & TIME MANAGEMENT	III GROUP	SAMDHAN PATIL SIR

As the above table shows, when a combination of FMS are performed simultaneously, Specialized Movement Skills (SMS) and Functional Movement Skills develop. SMS are sports/activity specific skills that require a combination of refined FMS to be performed successfully. For example, quickly fielding and throwing a moving ball would require a combination of several FMS (running, receiving, twisting, throwing, balancing etc).

The following diagrams show examples of SMS broken down into their FMS components. Accompanying each diagram is a simple guide on how to effectively execute and assess the skill.

Example Of Combination Of Skill. (Used in Activity)

Field & Throw.





MARSHAL CADET FORCE – MAHARASHTRA ONLINE CTC SYLLABUS 2021-2022



1st to 3rd Std

S.N.	Month	Period	Activite Name	1st	2nd	3rd
1	June	W-1	1) YOGA	1) Tadasan Samasthiti	1) Utthita Trikonasana	1) Virbhadasana -2
				2) Paschima Namaskarasana	2) Virbhadasana -1	2) Ashva sanchalanasana
				3) Parighasana -1	3) Ardha Padmottanasana	3) Parighasana -2
				4) Padangushthasana	4) Padangushthasana	4) Urdhva Hastasana in virasana
				5) Urdhva Hasta Dandasana	5) Baddhanguliyasana	5) Parighasana
				6) Baddha Konasana	6) Gomukhasana	6) Akarna Dhanurasana
				7) Padmasana	7) Uttanpadasana 90 Degree	7) Baddha Padmasana
W-2	2) Recreation	1) Walking & Running.	1) Walk Forward & Backward.	1) Agility Run.		
		2) Jumping & Running.	2) Run Forward & Backward.	2) Both Leg Jump & Run.		
W-2	1) Marital Art	Basic - I) Stance: A) Naate Stance B) Sikodache Stance C) Fighting Stance	Basic - I) Stance: A) Naate Stance B) Sikodache Stance C) Fighting Stance	Basic - I) Stance: A) Naate Stance B) Sikodache Stance C) Fighting Stance		

4th to 6th Std

S.N.	Month	Period	Activite Name	4th	5th	6th
1	June	W-1	Drill	1) Khade Khade Mudna, aage, Piche, Dahine & Baye - Basic foundation foot drill	1) Khuli Line and Nikat Line Karna & Chal - Basic foundation foot drill.	1) Khade Khade Mudna - Aage, Piche, Dahine & Baye - Basic foundation foot drill.
				2) Dahine, Baye & Madhya se sajj - Basic foundation foot drill.	2) Tez Chaal & Tham - Baic foundation foot drill.	2) Khuli Line and Nikat Line Karna & Chal - Basic foundation foot drill.
		W-2	Yoga	1) Eka pada Adhomukha Shwanasana	1) Parshvokanasna	1) Prasrita Padottanasana
				2) Parvatasana	2) Utkatasana	2) Pada Hastasana
				3) Prasrita Padottanasana - 90 D	3) Parighasana -2	3) Eka Pada Adhomukha Shwanasana
				4) Ardha Padmottanasana	4) Adhomukha shwanasana	4) Uttan padasana 45 D
				5) Virbhadasana - 2	5) Halasana	5) Supta Konasana
6) Samakonasana	6) Supta Padangushthasana	6) Navasana				
7) Uttanpadasana 60 D	7) Eka pada Sikandasana	7) Supta Padangushthasana				

7th to 9th Std

S.N.	Month	Period	Activite Name	7th	8th	9th
1	June	W-1	Drill	1) Khade Khade Mudna -Aage, Piche, Dahine & Baye - Basic foundation foot drill.	1) Khade Khade Mudna - Aage, Piche, Dahine & Baye - Basic foundation foot drill.	1) Khade Khade Mudna -Aage, Piche, Dahine & Baye - Basic foundation foot drill.
				2) Khuli Line and Nikat Line Karna & Chal - Basic foundation foot drill.	2) Khuli Line and Nikat Line Karna & Chal - Basic foundation foot drill.	2) Khuli Line and Nikat Line Karna & Chal - Basic foundation foot drill.
		W-2	Yoga	1) Prasrita Padottanasana	1) Adhomukha Baddhakonasana	1) Utthit Padangushthasana
				2) Parshattanasana	2) Krounchasana	2) Akarna Dhanurasana -1
				3) Parivrutta Supta Padangushthasana	3) Upavishta Konasana	3) Uttan Padasana 45 D
				4) Eka pada Sikandasana	4) Akarna Dhanurasana - 2	4) Krounchasana -1
				5) Ardha Matsyendrasana	5) Pidasana in Sarvangasana	5) Eka Pada Adhomukha Shwanasana
6) Parshva Upavishta Konasana	6) Parivritta Parshvakonasana	6) Parshvakonasana				
7) Mukatasana in Parshva Namaskar	7) Parighasana	7) Parivrutta Upavishta Konasana				