

**CERTIFICATE IN SECURITY AND
INTELLIGENCE (CSI)**

Term-End Examination

June, 2011

**BAVL-003 : SECURITY AND INTELLIGENCE
PRACTICAL**

Time : 3 hours

Maximum Marks : 100

Note : *Answer any five questions. All questions carry equal marks.*

1. Explain about Physical Efficiency Test. What are the main parts in the Physical Efficiency Test ? 20
2. What all are the Vulnerable points in human body ? Explain about falls and rolls, locks and releases. 20
3. Write short notes on the following : 10x2=20
 - (a) Formations of Lathi Drill.
 - (b) Care Drill.
4. What do you understand by the term "Yoga" ? Describe about joint free practices in "Yoga". 20

5. Write short notes on the following : 20
- (a) Turning, halting, wheeling, change step in Drill.
 - (b) Various types of throws in UAC.
6. Elucidate various types of PT Table cards and exercises of each table card. 20
7. Explain in your own words "Physical Conditioning and conditional exercises". 20
8. Write short notes on the following : 10x2=20
- (a) Any Five "asanas".
 - (b) Advantages of PT and PET.
-