Private Security

NVEQ Level 1 – Class IX

SS107-NQ2012- Work Integrated Learning – Security Services L-1

Student's Workbook

Student Details

Student Name:_____

Student Roll Number:_____

Batch Start Date:_____

Acknowledgements

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Preface

The National Curriculum Framework, 2005, recommends that children's life at school must be linked to their life outside the school. This principle makes a departure from the legacy of bookish learning which continues to shape our system and causes a gap between the school, home, community and the workplace.

The student workbook on **"Work Integrated Learning – Security Services L-1"** is a part of the qualification package developed for the implementation of National Vocational Education Qualification Framework (NVEQF), an initiative of Ministry of Human Resource Development (MHRD), Government of India to set common principles and guidelines for a nationally recognized qualification system covering Schools, Vocational Education and Training Institutions, Technical Education Institutions, Colleges and Universities. It is envisaged that the NVEQF will promote transparency of qualifications, cross-sectoral learning, student-centred learning and facilitate learner's mobility between different qualifications, thus encouraging lifelong learning.

This student workbook, which forms a part of vocational qualification package for student's who have passed Class VIII or equivalent examination, was created by a group of experts. The Security Knowledge and Skill Development Council (SKSDC) approved by the National Skill Development Corporation (NSDC) for the Private Security Industry developed the National Occupation Standards (NOS). The National Occupation Standards are a set of competency standards and guidelines endorsed by the representatives of Private Security Industry for recognizing and assessing skills and knowledge needed to perform effectively in the workplace.

The Pandit Sunderlal Sharma Central Institute of Vocational Education (PSSCIVE), a constituent of National Council of Educational Research and Training (NCERT) in association with SKSDC has developed modular curricula and learning materials (Units) for the vocational qualification package in Private Security sector for NVEQ levels 1 to 4; level 1 is equivalent to Class IX. Based on NOS, occupation related core competencies (knowledge, skills, and abilities) were identified for development of curricula and learning modules (Units).

This student workbook attempts to discourage rote learning and to bring about necessary flexibility in offering of courses, necessary for breaking the sharp boundaries between different subject areas. The workbook attempts to enhance these endeavour by giving higher priority and space to opportunities for contemplation and wondering, discussion in small groups and activities requiring

hands-on-experience. We hope these measures will take us significantly further in the direction of a child-centred system of education outlined in the National Policy of Education (1986).

The success of this effort depends on the steps that school Principals and Teachers will take to encourage children to reflect their own learning and to pursue imaginative and on-the-job activities and questions. Participation of learners in skill development exercises and inculcation of values and creativity is possible if we involve children as participants in learning, and not as receiver of information. These aims imply considerable change in school routines and mode of functioning. Flexibility in the daily time-table would be a necessity to maintain the rigour in implementing the activities and the required number of teaching days will have to be increased for teaching and training.

About Your Workbook

This workbook is to assist you with completing the Unit of Competency **SS107-NQ2012: Work Integrated Learning – Security Services   L-1.** You should work through the workbook in the classroom, at the workplace or in your own time under the guidance and supervision of your teacher or trainer. This workbook contains sessions which will help you to acquire relevant knowledge and skills (soft and hard) on various aspects of the unit of competency. Each session is small enough to be easily tackled and digested by you before you move on to the next session. Animated pictures and photographs have been included to bring about visual appeal and to make the text lively and interactive for you. You can also try to create your own illustrations using your imagination or taking the help of your teacher. Let us now see what the sections in the sessions have for you.

Section1: Introduction

This section introduces you to the topic of the Unit. It also tells you what you will learn through the various sessions covered in the Unit.

Section 2: Relevant Knowledge

This section provides you with the relevant information on the topic (s) covered in the session. The knowledge developed through this section will enable you to perform certain activities. You should read through the information to develop an understanding on the various aspects of the topic before you complete the exercise (s).

Section 3: Exercise

Each session has exercises, which you should complete on time. You will perform the activities in the classroom, at home or at the workplace. The activities included in this section will help you to develop necessary knowledge, skills and attitude that you need for becoming competent in performing the tasks at workplace. The activities should be done under the supervision of your teacher or trainer who will guide you in completing the tasks and also provide feedback to you for improving your performance. To achieve this, prepare a timetable in consultation with your teacher or trainer and strictly adhere to the stipulated norms or standards. Do not hesitate to ask your teacher or trainer to explain anything that you do not understand.

Section 4: Assessment

The review questions included in this section will help you to check your progress. You must be able to answer all the questions before you proceed to the next session.

MEANING OF SECURITY

The word **Security** comes from the Latin word **"Securas"** meaning **"without care", "free from danger", or meaning "safe"**. The business dictionary defines security as the **"prevention of and protection against assault, damage, fire, fraud, invasion of privacy, theft, unlawful entry,** and other such **occurrences caused by deliberate action".**

Security can also be defined as "freedom from exposure to danger, a feeling of safety, certainty, freedom from anxiety and a means of protection" or "an arrangement to secure (safeguard) a property against theft/ intrusion/ pilferage/damage and render living beings **SAFE,** against kidnapping, abduction, injury or death".The basic objective of providing security is to prevent crime against person, property and proprietary information.

Security provides a safe and danger free environment, so that people can conduct their daily chores and businesses. In a rapidly changing social and technological environment, understanding of security aspects and actions is of great relevance for improving security.

This unit deals with the essential information for understanding the role of security, various types of security forces in India and their role in maintaining security from internal and external threats. It will enable you to explore the various career options available in the security sector.

The basic purpose of providing security is to prevent crime against **person, property** and **proprietary information**. According to the free dictionary, security assures safety and the scope of the security is related to the following areas:

(i) Measures adopted by a government to prevent **espionage** (the act of securing information of a military or political nature that a competing nation holds secret), **sabotage** (destruction of property or obstruction of normal operations, as by civilians or enemy agents in time of war) or **attack.**

(ii) Measures adopted to prevent escape.

(iii) Measures adopted, as by a business or home owner to prevent a crime such as burglary or assault.

Threats to security can originate from people, invasion by other states, from international or cross-border terrorism, menaces from ethnic or religious groups or from gangs (street violence), domestic violence, violence against children (abuse, prostitution, forced labour) or even violence against one's self (suicide or drug abuse).

Type of threats: Threats can be broadly classified into the following categories, according to their type and origin:

(a) **Physical damage**: e.g., fire, water, pollution, etc.

(b) **Natural events**: e.g., climatic, seismic (such as earthquake and tsunami), volcanic eruptions, etc.

(c) **Loss of essential services:** e.g., electrical power, availability of water, telecommunication.

(d) **Loss of secret information**: e.g., eavesdropping (to listen secretly to the private conversation of others), theft of media, retrieval of discarded information.

(e) **Technical failures**: equipment failure, software failure, etc.

(f) **Environmental:** natural events.

Essentially the role of security is protective, preventive and detective in nature.

Protective Role

ROLES OF SECURITY

The role of security in general is to **protect person, property** and **information** from **internal** as well as **external threats** and **aggression**. This is possible through the use of governmental administrative process such as regulatory, supervisory and law enforcement agencies. Police officers, who are the part of law enforcement agencies work in partnership with the communities they serve to maintain law and order, protect members of the public and their property, prevent crime, reduce the fear of crime and improve the quality of life for all citizens.

Preventive Role

The preventive nature of security seeks to prevent disruptive activities against person, property and information.

- **Disruption against person:** It may involve incidents such as armed attack, kidnapping, hijacking, assassination, murder and rape.
- **Disruptive activity against property:** It could involve theft, robbery, dacoity, arson, sabotage, and bombing.

- **Espionage or cyber threat:** It is a common form of disruption against proprietary information security.

The goals of prevention may be attained through a meaningful prevention programme based on gathering of information through intelligence agency, use of advanced electronic devices such as Closed Circuit Television (CCTV), skilled security personnel, reliable communication devices, etc.

Detective Role

The detective role of security includes detection of disruptive activities that may be directed against property and information. An early detection of illicit presence of persons, arms, ammunition, explosive and the weapons may prevent a major security threat.

Detective security is said to be at its best when it detects crime in the planning stage. For example, a group of people have gathered in an area or a house and are planning to commit a crime. A security officer detects their presence and listen to their intentions and reports immediately to the police station. In such a situation, the detective role of the security personnel has helped in preventing the crime.

Security applications extend to a wide variety of diverse institutions like industries, commercial establishments, financial institutions, educational institutes, and recreational and religious places.

Case Based Problem

Scenario 1

Assume that there is an annual function in the school auditorium, where a large number of parents and guest have gathered to attend the function. You have been assigned the duty of controlling the access to the auditorium at the entrance. There is a long queue in which people have been waiting for quite sometime and they are becoming restless. Suddenly, a woman in the queue starts shouting at you that the programme is going to commence and the people in the queue are not moving fast enough and clearing the entrance. She also states that her child is the first to perform in the function and she would miss his/her performance.

In such as situation what will you do. Arrange the options in the order of your preference in the column given below:

	Immediately allow the woman to go in on priority.
	Ask a colleague to get the permission from the superiors/event in-charge.
	Ask the lady, the name of the child who is performing and request another colleague to verify the fact.
	Calm down the woman

Scenario 2

Assume there is a situation, where you were returning from your friend's house after doing joint studies at around 8:40 PM. You observed that the door of a house is open. You suspect something is wrong and at the door you noticed that there are two people with a torch in their hand who are desperately removing things from the almirah kept in the living room and collecting valuables in the bag.

Tick mark the most appropriate action that you will take from the choices given below:

(a) Challenge the persons in the room.
(b) Pick up a bamboo stick and start hitting them.
(c) Run to the neighbouring house and ask for help.
(d) Call the police at telephone number 100.

ASSESSMENT

Fill in the Blanks

1. Fire is a threat which is called as _____ damage.

2. Earthquake is a _____ event that poses security threat.

3. _____, means to listen secretly to the private conversation.

4. The prevention of and protection against assault, damage, fire, fraud, invasion of privacy, theft, unlawful entry, and other such occurrences caused by deliberate action is known as _____.

5. The role of security is to protect person, property and information from internal as well as external _____ and aggression.

6. The role of security is _____, preventive and detective in nature.

7. The preventive nature of security seeks to prevent _____ activities.

8. The role of security is to protect people from _____ and external threats.

Use the following checklist to see if you have met all the requirements for assessment activity.

Part A

(a) Differentiated between different types of threats to people.
(b) Differentiated between different role of security.

Part B

Discussed in class the following:

(a) What is security?
(b) What is the main role of security?
(c) Why is security needed by the people?

Part C

Performance standards

The performance standards may include, but not limited to the following:

Performance standards	Yes	No
Enlist 3 types of threat due to natural factors.		
Enlist 3 types of threat due to man made factors.		
Enlist 3 roles of security.		
Correlate the role of security in a given situation or incident.		

RELEVANT KNOWLEDGE

TYPES OF SECURITY

In the previous session, we have studied about the general roles of security. Let us now try to understand the various types of security and their specific roles.

Human Security: Human security forms an important part of people's well-being. It includes **economic** security (it can be provided by measures that provide assured basic income), **food** security (it can be provided by measures that increases physical and economic access to basic food), **health** security (protection from diseases and unhealthy lifestyles), **environmental** security (measures to promote healthy physical environment), **personal** security (security from physical violence), **community** security(safe membership in a group), and **political** security (living in a society that honours basic human rights).

Public Security: Public security is the responsibility and function of governments which ensures the protection of citizens, organisations, and institutions against threats to their **well-being** and **productivity**. It is performed by those groups that perform a security function funded exclusively by government in the interest of public. Within the public security sector, there are five sub-sectors: (i) **Law enforcement**, (ii) **Intelligence and information sharing**, (iii) **Emergency management**, (iv) **Justice**, (v) **Global public security.**

Police, investigative agencies, intelligence agencies, fire departments, emergency medical departments, prisons, and courts are all part of the public security.

Legislations lay down their powers and jurisdiction and mandates specific training. The duties of public security groups include preventing crimes and other offences, assisting victims of crime, drafting and laying criminal charges, arresting or detaining criminals or those suspected of involvement in crime, investigating crimes, executing search and arrest warrants, seizing evidence, testifying in court, etc.
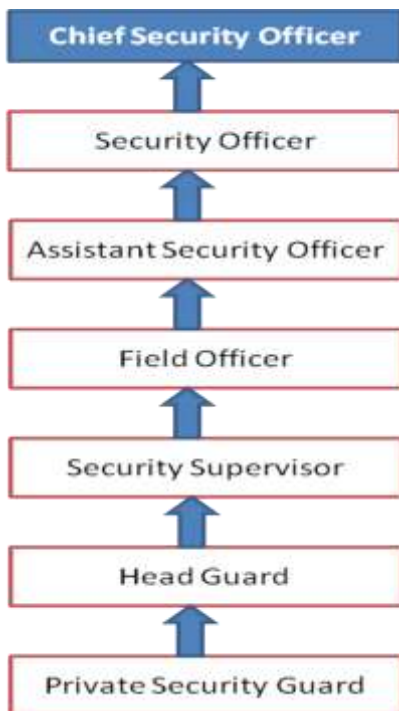
Private Security: Private security is different from public security in several ways. Private security is provided to clients for a fee, and except in special circumstances, has its jurisdiction limited to the property owned by the client. A Private Security Guard is the person providing private security with or without arms to either person or property or both. He/she can reach to the position of the Chief Security Officer by his/her competencies, abilities, hard work, and attitude. An enterprise can employ private security personnel in two ways: (i) Proprietary Security, and (ii) Contractual Security. The proprietary security is owned by the enterprise and the security personnel are on the payroll of the enterprise. In contractual security, the enterprise outsources or hires the security services on a contract basis.

National Security: National security is the function of the government to preserve the nation's physical integrity and territory; to maintain its economic relations with the rest of the world on reasonable terms; to preserve its nature, institutions, and governance from disruption from outside; and to control its borders. Measures taken to ensure national security include using military powers for defence, using diplomacy to rally allies and isolate

threats, implementing civil defence and emergency preparedness measures, using intelligence services to detect and defeat threats and espionage, and to protect classified information.

Physical Security: Physical security include measures that prevent or deter attackers from accessing a facility, resource, or information stored on physical media.

Information Security: Most of the information is now collected, processed and stored on electronic computers and transmitted across networks to other computers. Information security means protecting information and information systems from unauthorized access, use, disclosure, disruption, modification, inspection, recording or destruction. Governments, military, corporations, financial institutions, hospitals, and private businesses possess a great deal of confidential information about their employees, customers, products, research, and financial status. The type of information and security classification labels selected and used will depend on the nature of the organization. For example, in the business sector, labels such as Public, Sensitive, Private, and Confidential are used, whereas in the government sector, labels such as Un-classified, Sensitive but Un-classified, Restricted, Confidential, Secret, and Top Secret are used. Protecting confidential information is a business requirement, and in many cases also an ethical and legal requirement.

Communication Security: Communication security includes measures and controls taken to deny unauthorised persons from accessing information from telecommunications. It includes cryptosecurity, transmission security, security and physical security emission security, traffic-flow of equipment.

Industrial Security: Industrial security means taking care of all personnel, documents and movable and immovable assets in an industry. Industrial security provides complete safeguard from all kinds of hazards, losses and threats; be it internal or external.

International security: International security consists of the measures taken by nations and international organisations, such as the United Nations, to ensure mutual survival and safety. These measures include military action and diplomatic agreements such as treaties and conventions.

ASSIGNMENT

(Use additional sheets of paper, if necessary)

In the table given below, various components of human security and threats (a threat is anything, manmade or an act of nature that has the potential to cause harm) that the people face under that component are given in the second and third column, respectively. Write the measures that could be undertaken by the government to overcome such threats.

S. No.	Threats	Identify the type of Human Security
1.	Poverty, unemployment, lack of income.	
2.	Hunger, famines and the lack of physical and economic access to basic food.	
3.	Inadequate healthcare, new and recurrent diseases including epidemics and pandemics, poor nutrition and unsafe environment, unsafe lifestyles.	
4.	Environmental degradation, natural disasters, pollution and resource depletion.	
5.	From the state (torture), other states (war), groups of people (ethnic tension), individuals or gangs (crime), industrial, workplace or traffic accidents.	
6.	From the group (oppressive practices), between groups (ethnic violence), from dominant groups (e.g. indigenous people vulnerability).	
7.	Political or state repression, including torture, disappearance, human rights violations, detention and imprisonment.	

A. Fill in the blanks

(i) _____ security include measures that provide assured basic income.

(i) _____ security include measures that increases physical and economic access to basic food.

(ii) _____ security include protection from diseases and unhealthy lifestyles.

(iii) Police, intelligence agencies, fire department, prisons, and courts are part of the _____ security.

(iv) The process of protecting data from unauthorized access, use, disclosure, destruction, modification, or disruption is known as _____ security.

B. Multiple Choice Questions

1. The security which aims to preserve the nation's physical integrity ad territory is known as:

    (a) Physical Security
    (b) Private Security
    (c) National Security
    (d) Information Security

2. The security that describes measures that prevent or deter attackers from accessing a facility, resource, or information stored on physical media is known as:

    (a) Application security
    (b) Information security
    (c) Industrial security
    (d) Physical security

3. Crypto-security, transmission security, and traffic-flow security are examples of _____ security.

   (a) National security
   (b) Communication security
   (c) International security
   (d) None of the above

Use the following checklist to see if you have met all the requirements for assessment activity.

Part A

(a) Differentiated between different types of security.
(b) Differentiated between the purpose of internal and external security.

Part B

Discussed in class the following:

(a) What are the different types of security?
(b) Why do we need different types of security?

Part C

Performance standards

The performance standards may include, but not limited to the following:

Performance standards	Yes	No
Enlist 5 types of security.		
Enlist 3 factors that influence human security.		
Correlate threat with the type of security.		

RELEVANT KNOWLEDGE

TYPES OF NATIONAL SECURITY

National security implies the capability of a nation to defend itself, and/or deter military aggression. It is of utmost priority for any nation. For example, to handle the external threats, India has established various security organisations namely the army, air force, navy and paramilitary forces. Threats to national security may impact territorial integrity, economy, social and political structures and institutions. We will now learn about the various security organisations to understand their importance, role and functions.

Ministry of Defence: The Government of India is responsible for ensuring the defence of India and every part thereof. The **Supreme Command** of the Armed Forces vests in the **President of India**. The responsibility for national defence rests with the **Cabinet.** This is discharged through the Ministry of Defence, which provides the policy framework and wherewithal to the Armed Forces to discharge their responsibilities in the context of the defence of the country. The **Defence Minister** is the head of the **Ministry of Defence**. The principal task of the Defence Ministry is to obtain policy directions of the government on all defence and security related matters and communicate them for implementation to the services headquarters, inter-services organisations, production establishments and research and development organisations. Now let us study about the different armed forces that protect people and property from external threats and also internal aggressions.

Indian Army: The armed forces of a nation have a vital role to play in mitigating the **external threats**. The President of India is the Commander-in-Chief of the Army. The **Chief of Army Staff**, in the rank of **General,** commands the army.

The Indian Army offers opportunities for professional and personal growth at every stage of the career. An officer in the Indian Army inherits glorious heritage and timeless traditions, blended perfectly with the latest technology in the fields of management, engineering and medical sciences. The adventure and extra-curricular activities in the Army ensure an all round development of the **cadet** (trainee). The training includes knowledge and skills related to fields like engineering, medicine, administration, human resource development and management.

Joining the Army is possible both after school as well as after graduation. You can join the armed forces as part of the **Permanent Commission**, which means a career in the Army till you retire. For a permanent commission you have to join the **National Defence Academy (NDA)** or the **Indian Military Academy (IMA)**. You can take the NDA entrance exam right after Class XII. The selection process is a written exam followed by the **Services Selection Board (SSB)** interview and **medical** examination.

Once selected for **Short Service Commission**, one has go to the **Officers Training Academy (OTA)** at Chennai. You also have the option of joining the Army and serving as a **Commissioned Officer** for **10 years.** At the end of this period you have two options, either elect for a permanent commission or opt out. Those not selected for permanent

"The safety, honour and welfare of your country comes first, always and every time. The honour, welfare and comfort of men you command come next. Your own ease, comfort and safety comes last always and every time"

Field Marshal
Philip Walhouse Chetwode

commission have the option of 4 years extension in short service commission. One can resign at any time during this period.

One can also join the army as a soldier (general duties) if you are in the age bracket of **17 ½ - 21 yrs,** with an education of **SSLC/ Matric** with **45% marks** in aggregate and 32% in each subject. (no percentage considered in case candidate has passed higher qualification i.e., 10+2 and above).

Army Ranks

India has a **Field Marshal** rank, but it is mostly honorary. Two distinguished officers of the Indian Army have been conferred with this rank. They are Late **Sam Manekshaw** and Late **K M Cariappa.** Field Marshals do not retire and the rank is held for life.

Ranks and Insignia of Group 'A' or Class-I (Gazetted) Officers

Officers are commissioned as Lieutenants and can rise to be the Chief of Army Staff. The rank and insignia (rank badges) are as follows:

Indian Field Marshal rank insignia

Ranks and Insignia of Group 'A' or Class-I (Gazetted) Officer

Insignia									
Rank	General	Lt General	Maj Gen	Brigadier	Colonel	Lt Col	Major	Captain	Lieutenant

Ranks and Insignia of Group 'B' or Class-II (Gazetted) -Junior Commissioned Officers

Insignia											
Rank	Subedar/ Risaldar Major	Subeda/ Risaldar	Naib Subeda/ Naib Risaldar	Regimental Havildar Major	Regimental Quarter Master Havildar	Company Havildar Major/Squadron Daffadar Major*	Company Quarter Master Havildar/Squadron Quarter Master Daffadar*	Havaldar / Daffadar*	Naik / Lance Daffadar	Lance Naik / Acting Lance Daffadar	Sepoy / Sowar
Risaldars, Daffadar, and Sowar are equivalent ranks in the Armoured Corps. Ranks down to Naib Subedar/ Risaldar are Gazetted (Junior Commissioned) and Others are Non Commissioned ranks											

Indian Air Force

The Indian Air Force (IAF) has the primary objective of safeguarding Indian territory and national interests from all threats in conjunction with the other branches of the armed forces by defending Indian airspace. **The President of India** serves as the **Commander-in-Chief of the IAF**. The **Chief of Air Staff**, in the rank of **Air Chief Marshal (ACM)**, is a four-star commander and commands the Air Force.

Anyone holding Indian citizenship can apply to be an officer in the Air Force as long he or she satisfies the eligibility criteria. Male or female applicants, who are between the ages of 16½ and 19 and have passed high school, can apply at the Intermediate level.

Former **Air Chief Marshal Arjan Singh** who is one of the greatest pilots the world has ever seen has been conferred the rank of **Marshal of the Air Force**.

Air Force Ranks

The air force uses broad and narrow sleeve stripe combinations for officer ranks and combinations of Chevrons, Lion of Sarnath (National Emblem), and wing symbols for enlisted ranks.

Officers are commissioned as Flying Officers and can rise to be Air Chief Marshal who is a four star General. A Group Captain is of equivalent rank of Colonel and Air Commodores are equivalent to Brigadiers. Similarly Air Vice Marshals and Air Marshals are equivalent to Major Generals and Lieutenant Generals.

Officer Ranks

Insignia									
Rank	Air Chief Marshal	Air Marshal	Air Vice Marshal	Air Commodore	Group Captain	Wing Commander	Squadron Leader	Flight Lieutenant	Flying Officer

Persons Below Officer Ranks (PBOR)

Persons below officer ranks (PBOR) normally join the air force as **Aircraftsmen** and rise to the rank of **Master Warrant Officer** who is the senior most PBOR. However, a large number are also recruited directly as **Junior Warrant Officers**. Ranks above Junior Warrant Officer are **Junior Commissioned Officers**.

Insignia							
Rank	Master Warrant Officer	Warrant Officer	Junior Warrant Officer	Sergeant	Corporal	Leading Aircraftman	Aircraftman

Indian Navy

The Indian Navy is the naval branch of the armed forces of India. The President of India serves as the Commander-in-Chief of the Indian Navy. The Chief of Naval Staff (CNS), in the rank of Admiral, commands the navy. In conjunction with other armed forces of the union, navy acts to deter or defeat any threat or aggression against the territory, people or maritime interests of India, both in war and peace. The navy has the following three commands, each under the control of a Flag:

- The Western Naval Command (Headquarters at Mumbai).
- The Eastern Naval Command (Headquarters at Visakhapatnam)
- The Southern Naval Command (Headquarters at Kochi)

Officers Rank

Officers are commissioned as **Sub Lieutenant** and can rise to be **Admiral** who is a four star General. A **Captain of the Navy** is of equivalent rank of **Colonel** and **Commodores** are equivalent to **Brigadiers**. Similarly Rear Admirals and Vice Admirals are equivalent to Major Generals and Lieutenant Generals. The equivalent of Field Marshal in the Navy is Admiral Fleet.

Shoulder									
Rank	Admiral of the Fleet	Admiral	Vice Admiral	Rear Admiral	Commodore	Captain	Commander	Lieutenant Commander	Lieutenant	Sub Lieutenant

Persons Below the Officer Rank (PBOR)

Persons below officer ranks (PBOR) normally join the Navy as Seaman - II and rise to the rank of Master Chief Petty Officer -I who is the senior most PBOR. However, a

large number are also recruited directly as Chief Petty Officers. Ranks above Chief Petty Officer are Junior Commissioned Officers.

Insignia							
Rank	Master Chief Petty Officer-I	Master Chief Petty Officer-II	Chief Petty Officer	Petty Officer on left sleeve	Leading Seaman on left sleeve	Seaman-I	Seaman-II
Petty Officer and below are non commissioned officers							

The Coast Guard: Indian Coast Guard is an armed force of the union for enforcing the maritime laws of the country. The **Coast Guards** play an important role in protecting the interests of the nation all along the maritime boundaries. Coastal Security Scheme has been formulated by the Government of India for strengthening infrastructure for patrolling and surveillance of country's coastal areas to check and counter illegal cross border activities and criminal activities using coast or sea. The life of Coast Guard officers and men involves hard work, professionalism, adventure and the opportunity to move around and visit different places within India and abroad and to meet a variety of people.

The Border Security Force (BSF): The Border Security Force came into existence in December 1965 defending the borders along with the army and checking infiltration on the borders during the current standoff with Pakistan.

The Indo Tibetan Border Police (ITBP): The Indo-Tibetan Border Police (ITBP) was established on October 24, 1962 for security along India's border with the Tibet, covering 2115 kilometres. It is one of the Central Armed Police Forces.

**The *Sashastra Seema Bal (SSB):* *Sashastra Seema Bal* (SSB) (known as Armed Border Force in English) is one of India's Central Armed Police Forces. It is often referred to as a Paramilitary Force, although it is not one of the three officially defined paramilitary forces of India. It was formerly known as the Special Service Bureau and was set up in early 1963 in the wake of the Indo-China conflict under the administrative control of the Ministry of Home Affairs.

Security against Internal Disturbances: We will now learn about the security agencies that deal with matters relating to internal security and law and order, including anti-national and subversive activities of various groups/extremist organisations, policy and operational issues on terrorism.

Assam Rifles: The Assam Rifles was raised mainly to guard the fertile alluvial plains of Assam. Gradually more units were raised and employed for establishing posts in the interior and thus acted as the strong arm of the civil administration in extending their authority into these remote inaccessible areas. Their long association with the region reflects in the force being fondly called "The Sentinels of the North-East" and "Friends of the Hill People".

Central Reserve Police Force: The Central Reserve Police Force (CRPF) is the largest Industrial Armed Police Forces in India. The CRPF's primary role lies in assisting the State/Union Territories in police operations to maintain law and order and contain **insurgency.** Apart from law and order and counter-insurgency duties, it has been playing a very

significant and vital role of policing in the general elections.

Ranks and insignia of Gazetted Police Officers: Gazetted officers include all the **Indian Police Service (IPS)** officers and all **State Police Services** officers of and above the rank of **Assistant Commissioner of Police** (ACP) or **Deputy Superintendent of Police** (DSP) in State Police and Metropolitan Police forces, respectively.

Indian Police Service Officers

Insignia										
Rank	Director of Intelligence Bureau	Commissioner of Police (State) or Director General of Police	Joint Commissioner of Police or Inspector General of Police	Additional Commissioner of Police or Deputy Inspector General of Police	Deputy Commissioner of Police or Senior Superintendent of Police	Deputy Commissioner of Police or Superintendent of Police	Additional Deputy Commissioner of Police or Additional Superintendent of Police	Assistant Commissioner of Police or Deputy Superintendent of Police	Assistant Superintendent of Police (Probationary Rank: 2 years of service)	Assistant Superintendent of Police (Probationary Rank: 1 year of service)

Insignia of Non-Gazetted Officers of Indian Police

Insignia						
	Three stars and Blue and red ribbon	Two stars and Blue and red ribbon	One stars and Blue and red ribbon	Three red stripes	Two red stripes as above	---
Rank	Inspector of Police	Sub-Inspector of Police	Assistant Sub-Inspector of Police	Police Head Constable	Senior Police Constable	Police Constable

Rapid Action Force: The Rapid Action Force (RAF) is a specialized wing of the CRPF. It was established in December 1991 and became fully operational in October 1992, to deal with riots and related unrest.

Other Security Organizations

We will now learn about other security organisations and understand their specific role and functions.

Central Industrial Security Force: Central Industrial Security Force (CISF) was raised in 1969 with three battalions to provide integrated security cover to the Public Sector Undertakings (PSUs). With globalisation and liberalisation of the economy, CISF is no longer a PSU-centric organisation. It is now premier multi-skilled security agency of the country, providing security in diverse areas to major critical infrastructure installations of the country. CISF is currently providing security cover to nuclear installations, space establishments, airports, seaports,

power plants, sensitive Government buildings and heritage monuments.

Railway Protection Force (RPF): Railway Protection Force (RPF) was established to protect and safeguard passengers travelling in trains and to protect the passengers and property of the Indian railways.

Intelligence Agencies

Intelligence agencies such as Intelligence Bureau (IB), Research and Analysis Wing (RAW) and Army Intelligence (AI) help in information gathering, analysing and forecasting, related to various threats and crime. These agencies function under the Central Government and are known as "Eyes and Ears" of the nation.

Central Board of Customs and Central Excise: The Central Board of Excise and Customs (CBEC) is a part of the Department of Revenue under the Ministry of Finance, Government of India. It deals with the tasks of formulation of policy concerning levy and collection of Customs and Central Excise duties, prevention of smuggling and administration of matters relating to Customs, Central Excise and Narcotics.

Criminal Investigation Agencies: Central Bureau of Investigation (CBI) and Criminal Investigation Department (CID) are the investigation and crime cracking wings of the Central Government.

State Security Agencies

State Security Agencies provide security cover to the citizens of the state, public sector undertakings, vital installations, very important persons and political leaders. State Reserve Police and Armed Reserve Police are organizations that provide backup for guarding, escort, and law and order duties in the states.

Special Forces

Special Forces are the forces which undertake special tasks such as counter insurgency and anti-naxal operations. Special Forces include Mumbai police, Anti Terrorist Squad (ATS), Mumbai Police Force One, Rajasthan Police Special Operations Group, Andhra Pradesh Police GREY Hound Commandos, Chhattisgarh Commando Battalion and Karnataka Anti Terrorist Squad.

Civil Defence Force

Civil Defence Force was raised in 1962 after the Sino-Indian conflict. It was established with the aim to minimise damage to the property and maintaining continuity of industrial production in the event of hostile attack.

Home Guards: Home Guards is a voluntary force, which was raised in December 1946 to assist the police in controlling civil disturbance and communal riots. Subsequently, the concept of the voluntary citizen's force was adopted by several States. The role of Home Guards is to serve as an auxiliary to the police in maintenance of internal security, help the community in any kind of emergency or disaster, help in maintenance of essential services, promote communal harmony and assist the administration in protecting weaker sections, participate in socio-economic and welfare activities and perform civil defence duties.

PRIVATE SECURITY

Private Security

The role of Private Security is to protect people, property and information. In order to regulate the activities of private security agencies, both Indian and foreign, within a legal framework, "The Private Security Agencies (Regulation) Act, 2005" was notified

in the Gazette of India and brought into force from. The legislation lays down the licensing requirements of the Act and has introduced a mandatory training and equipment requirements before employers can employ an individual as a 'security guard'. The private security sector helps to make public places secure and contributes to the creation of a safer society. This contribution is now becoming more visible and it is getting greater recognition.

General Duties and Responsibilities of Security Personnel

Security personnel use their powers of observation, language, body language, assertiveness and professionalism to achieve the objective of protecting people and property. The security personnel must, wherever possible, avoid placing himself/herself in danger. The duties of security personnel include the following:

GENERAL DUTIES AND RESPONSIBILITIES

- Patrol areas
- Control access of people and allow only authorised visitors to enter the premises
- Deter and detect crime
- Respond to emergencies
- Control traffic
- Report and prevent safety hazards
- Perform emergency duties
- Record and report incidents
- Seek assistance from the local law enforcement agency

The security personnel are frequently the first contact to a visitor, customer or employee of an organisation. The manner in which the security personnel deal with people has a marked positive or negative effect on

the initial impression of the organisation. The core values that security personnel should possess include the following:

- Be honest and truthful in all dealings.
- Never disobey lawful orders.
- Give due respect to your seniors and follow the chain of command.
- Wear the prescribed uniform with pride.
- Report timely for duty (15 minutes before reporting time in order to ensure proper handing or taking over).
- Respect different religions, cultures and genders.
- Protect public property and save wasteful expenditure of water, electricity and natural resources.
- Protect the environment.

EXERCISE

1. Case Based Problem

Scenario

You are travelling by Metro Rail and standing near the door as it is very crowded. You see a person standing next to the door who is scratching the rubber on the door with his keys.

What will you do under such a situation?

_____

_____

_____

2. Assignment

1. Based on our experiences, we develop certain perceptions about the people in various professions or occupations with whom we come in contact in day-to-day life. For example we perceive that the doctors are honest, technically qualified and caring. Tick mark against each of the core values given below in the table that you feel that the persons in that profession or occupation posses:

S.No.	Profession	Honesty	Personality (Disciplined and Smart)	Caring Nature	Go-getter	Can do attitude
1.	Social Worker					
2.	Teacher					
3.	Political leader					
4.	Police					
5.	Security guard					
6.	Lawyer					
7.	Armed Forces					
8.	Nurses					
9.	Shopkeeper					
10.	Farmer					

2. Write the primary role of the following security forces

S.No.	Force	Role
1.	Army	
2.	Navy	
3.	Indian Air Force	
4.	Police	
5.	Traffic Police	
6.	Railway Protection force	

Fill in the Blanks

1. The _____ protects us from the enemy that poses threat from land.
2. The _____ protects us from enemy that poses threat from air.
3. The _____ protects us from enemy that poses threat from sea.
4. The _____ Security Force is the Central Paramilitary Force that guard against trans-border crimes.
5. The Central _____ Security Force guards installations owned by Central Government, such as Airports, Seaports, etc.
6. _____ is the investigation and crime cracking wings of the Central Government.

CHECKLIST FOR ASSESSMENT ACTIVITY

Use the following checklist to see if you have met all the requirements for assessment activity.

Part A

(a) Differentiated between the role of Army, Navy and Air Force.
(b) Differentiated between the roles of state security agencies.

Part B

Discussed in class the following:

(a) What are the different security agencies in India?

(b) What is the primary role of different types of security agencies?

(c) What are the general duties of security person?

Part C

Performance standards

The performance standards may include, but not limited to the following:

Performance standards	Yes	No
Enlist 4 security agencies involved in providing internal security.		
Enlist 3 core values of security personnel.		
Enlist the armed forces of India that handle external threats.		
Enlist 2 external threats to India.		
Arrange the ranks in the army according to the hierarchy.		

SESSION 4: KEEPING PHYSICALLY FIT

PHYSICAL FITNESS

In security sector, training is provided which is specifically geared towards the various duties that the security personnel will have to carry out. It is therefore, essential that security personnel should always be physically and mentally fit. A physically fit body, free from aliments of any kind, is believed to be one of the most important asset that a human being can possess.

In order to accomplish a mission, security personnel will need to respond **speedily** to a particular situation and therefore must be physically fit to act immediately in any weather condition, whether it is extreme heat to bone-chilling cold. Physical training standards for keeping security personnel physically fit have been laid down in various orders of respective departments in the security sector.

Fitness programmes that promote physical and mental well-being and increase effectiveness have been developed worldwide for security personnel.

Physical fitness is generally achieved through **correct nutrition, exercise,** and **enough rest**. It comprises two related concepts:

(i) **General fitness**: A positive state of health and general well-being.

(ii) **Specific fitness**: It is based on the ability to perform specific aspects of occupations.

Components of Fitness: Fitness can be classified in nine main components: strength, power, agility, balance, local muscle endurance (stamina), cardio muscular endurance, strength endurance and flexibility. Let us discuss each of them briefly.

COMPONENTS OF FITNESS

- **Strength** - the extent to which muscles can exert force by contracting against resistance like holding or restraining an object or person.
- **Power -** the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed and are required in activities like jumping or a sprint start.
- **Agility** - the ability to perform a series of explosive power movements in rapid succession in oppose directions like zigzag running or cutting movements.
- **Balance** - the ability to control the body's position, either stationary like a handstand, or while moving, like gymnastic stunts.
- **Local muscle endurance** - a single muscle's ability to perform sustained work like rowing or cycling.
- **Cardiovascular endurance -** the heart's ability to deliver blood to working muscles and their ability to use it like running long distances.
- **Strength endurance** - a muscle's ability to perform a maximum contraction time after continuous explosive rebounding through an entire basketball game.
- **Co-ordination-** the ability to integrate the above listed components so that effective movements are achieved.
- **Flexibility**- the ability to achieve an extended range of motion without being impeded by excess tissue, i.e., fat or muscle.

IMPORTANCE OF PHYSICAL FITNESS

Importance of Physical Fitness: Physical fitness not only improves quality of life, but it also helps in coping with stress. It increases cardiovascular fitness and body endurance. Regular exercise can also help increase the strength of the heart. Physical fitness makes your joints and body more flexible, and regular exercise results in a decrease of body fat and results in a lean body mass.

The importance of physical fitness and exercise, customised to the specific requirements of both young and old in different professions, has led to the development of **"customised exercise routines"**.

According to the Private Security Agencies (Regulation) Act, 2005 the requirement for recruitment of private security guards are as follows:

(i) **Height - 160 cm** for **male** and **150 cm** for **female.**
(ii) **Weight** – according to standard table of height and weight.
(iii) **Chest - 80 cm** with an **expansion of 4 cm** (for female no minimum requirements)
(iv) **Eye sight**
   - Far sight vision 6/6
   - Near vision 0.6/0.6 with or without correction
   - Free from colour blindness
(v) Free from knock knee and flat foot and should be able to run 1 km in 6 minutes.
(vi) Free from defect in hearing.
(vii) Strength and dexterity to perform searches, handle objects and use force for restraining individuals.

(viii) Free from evidence of any contagious or infectious disease.

Time spent at work in the private security sector involves a lot of physical activity, therefore, it is of utmost importance that the security personnel should exercise regularly according to the exercise routine to keep physically and mentally fit.

Exercise Routine: To achieve physical fitness a proper exercise routine is essential. Strength training will assist in performing weight bearing exercises such as push-ups, pull-ups or dips. Not only will strength training help you in becoming more powerful, but it will also, through the addition of hard-earned muscle, help your body utilise calories more efficiently.

The trainee warm-up consists of 10 minutes of slow and fast running and 5 minutes riding the bike or walking on the treadmill.

Training Routines for Teamwork: Sports and outdoor activities help develop good personality besides team building. The security sector also uses techniques like "Drill" for personality development and conditioning. Outdoor activity is an experience where we are required to face challenging situations individually and as a team. Meeting such challenges help us develop our personality through communication, leadership, planning and team work. Some of the out -door activities and their benefits are as under.

Camping: A camp is a place where a group rests for sometime. A stay in a camp helps us know each other better and teaches us to work as a team.

Trekking: It builds endurance and teaches us how to move in different types of terrain.

**Rock climbing:** It builds strength and teaches us how to navigate between rocks and climb mountains.

Rafting: It teaches how to navigate rivers and face challenges.

Personality Development: Personality development is the improvement of behaviour, communication skills, interpersonal relationships, attitude towards life and ethics. Character can be considered as the basic factor in determining an individual's personality. Personality is like a building. If personality is developed on the solid base of values and ethics, it will last forever. Personality development can be achieved by training on the following aspects:

(a) Communication skills
(b) Public speaking
(c) Physical fitness
(d) Body language
(e) Personal hygiene
(f) Presentation skills
(g) Positive attitude
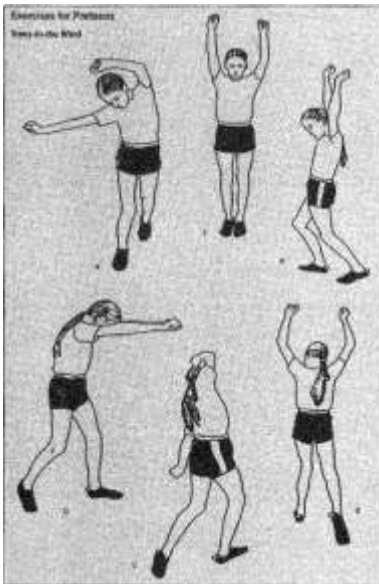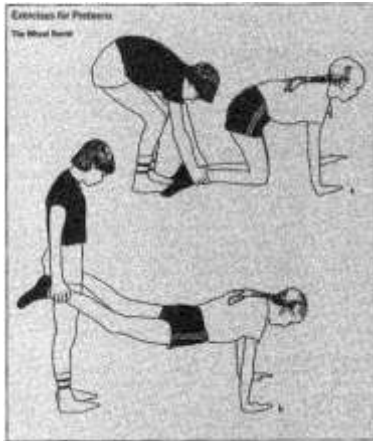
Practice Session

Perform the following exercises (adapted from Pat Stewart's *U.S. Fitness Book)* under the supervision of a trainer.

1. *The Wheelbarrow:* Performed with two children, develops arm, shoulder, and abdominal strength.

o One participant kneels on the floor and places his hands down flat, directly under the shoulders.
o The fingers should point forward.
o The other child grasps the kneeling child's ankles and raises the legs.
o The first child "walks" forward on his hands while the partner keeps his feet suspended in the air at waist height.
o The walker should travel only three or four feet at the beginning.

2. *Trees in the Wind:* Helps to develop trunk flexibility. The children stand in a circle, arms extended overhead. As the children run slowly in a circle, they bend left, forward, and right, then forward and back like trees swaying in the wind. The exercise can be continued for three or four minutes.
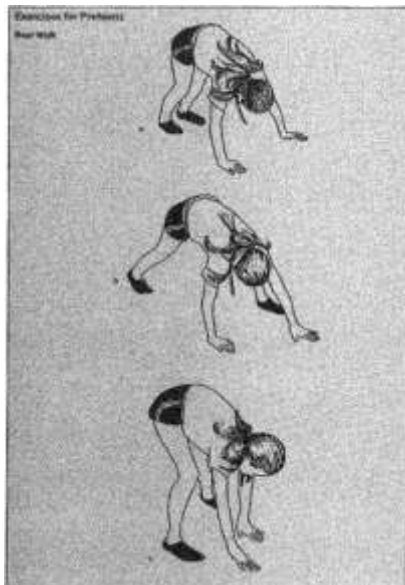
3. *The Bear Walk*: It is useful for leg flexibility. It requires that the child bend forward from the waist. He/she places his/her hands on the floor, moving around in a circle. The child moves his right arm and right leg at the same time as one step. Then he moves the left arm and left leg. Four circles will do. Until they reach the finish line. Variations may be introduced. The children may hop on one leg.
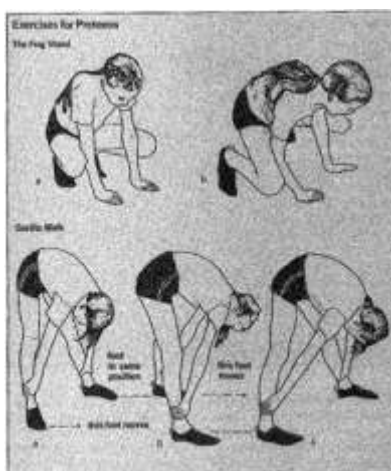
4. *The Frog Stand*: Strengthens the arms and enhances balance. The participant squats and places his hands on the floor. The fingers point forward and the elbows press against the inside of the knees. Leaning forward slowly, the child transfers his weight to his hands, going up on his toes and, if possible, raising his toes off the floor. He balances on his hands, keeping his head up. After several seconds in that position, he returns to the starting position. In repetitions the child tries to maintain his balance for increasingly longer periods.
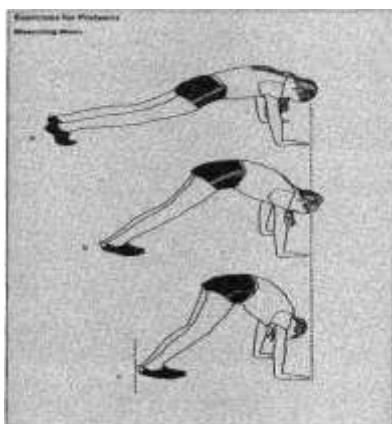
5. *The Measuring Worm*: It has been found effective in the development of strength in the lower back and hamstrings. The child assumes the push-up position with both hands on the floor and arms straight. Holding his hands in one place, the child "walks" his feet toward his hands. His back arches up. When he has walked his feet forward as far as possible, the child walks his hands forward by slow stages until he has assumed the original push-up position. Both walking actions should be repeated five times.

(Source: http://www.faqs.org/health-encyc/ Physical-Fitness/Exercises-for-Early-Ages-Fun-exercises-for-preteens. html# b#ixzz 1uBl DnX mK)

Fill in the Blanks

1. A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity is known as h _____.

2. Physical fitness helps in increasing cardiovascular fitness and _____.

3. The four major components of physical fitness are s_____, s_____, e_____ and f_____.

4. The ability to achieve an extended range of motion without being impeded by excess tissue is called _____.

5. According to Private Security Agencies (Regulation) Act, 2005, the height for male should be _____ can be recruitment as private security guard.

CHECKLIST FOR ASSESSMENT ACTIVITY

Use the following checklist to see if you have met all the requirements for assessment activity.

Part A

(a) Differentiated between different components of physical fitness

Part B

Discussed in class the following:

(a) Why do we need to be physically fit?

(b) What are the requirements for being physically fit?

(c) What is personality development?

Part C

Performance standards

The performance standards may include, but not limited to the following:

Performance standards	Yes	No
Enlist 5 components of physical fitness.		
Develop an exercise schedule for keeping physically fit.		
Perform 2 exercises for maintaining physically fitness.		

BOOKS

- Effective Security Officer's Training Manual by Ralph Brislin, Butterworth-Heinemann
- Practical Security Training, Patrick Kane by Butterworth-Heinemann

WEBSITES

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