



80 *Years of Glorious Service to the Nation*



Central Reserve Police Force



Service & Loyalty

बल का ध्येय

के.रि.पु.बल का लक्ष्य है राष्ट्र की एकता, अखण्डता एवं संविधान की मर्यादा को अक्षुण्ण रखना। देश की आन्तरिक सुरक्षा सुनिश्चित रखने तथा कानून व्यवस्था को बनाये रखने के लिए शासन को कौशलपूर्ण एवं प्रभावी सहायता प्रदान करना इसका उद्देश्य है ताकि सामाजिक सद्भाव तथा राष्ट्र के विकास को गति मिले।

राष्ट्रीय आपदाओं से निपटने के लिए और आन्तरिक सुरक्षा के कुशल प्रबंधन की श्रेष्ठता के लिए बल के सदस्य सदा प्रयत्नशील रहेंगे।

हमारा संकल्प है कि हम यह लक्ष्य नागरिकों की स्वतंत्रता और मानवीय गरिमा का सम्मान करते हुए पूर्ण करेंगे। राष्ट्र की सेवा एवं निष्ठा हमारे जीवन के सर्वोच्च मूल्य होंगे।



श्री एम. वेंकैया नायडू, माननीय उप राष्ट्रपति 50वीं बैच के सीधे नियुक्त राजपत्रित अधिकारियों के दीक्षांत परेड का निरीक्षण करते हुए एवं साथ में है श्री आर.आर. भटनागर, महानिदेशक, के.रि.पु.बल।



माननीय गृहमंत्री श्री राजनाथ सिंह द्रुत कार्य बल के 26वीं वर्षगांठ के अवसर पर आर.ए.एफ. की प्रदर्शनी का निरीक्षण करते हुए एवं साथ में श्री आर.आर. भटनागर, महानिदेशक, के.रि.पु.बल।

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FROM THE DIRECTOR GENERAL'S DESK

First of all I pay tribute to our Martyrs who have sacrificed their lives and also express heartfelt condolences to the family of martyrs. I also pray to God for speedy recovery of the injured personnel. The Nation stands behind the forces and there has been tremendous outpouring of sentiments supporting the valour and sacrifice of the Force, more so after the Pulwama incident.

The Central Reserve Police Force has completed 80 years of dedicated service to the Nation. It is indeed an honour and privilege to be a part of this great Force which has been at the forefront of our Nation's fight against terrorism, insurgency and left wing extremism.

With the strength of 247 battalions, the CRPF is the largest paramilitary Force and is playing a pivotal role in upholding the unity and the integrity of the country. Having unparalleled record of dedication and service, it occupies a unique place in the hearts of our countrymen. Today it is the main Force

shouldering the responsibility of maintaining internal security in the country and it is also the designated Force for handling counter insurgency operations. The Force is presently deployed in high intensity conflict theatres fighting cross border jihadi terrorism in J&K, countering multiple ethno-insurgencies in North East and tackling Naxal violence in the hinterland relentlessly.

It is a versatile Force with immense inherent capabilities. The Force has been tackling diverse problems and issues facing our country with commitment and dedication. Its deployment in adverse and hostile conditions notwithstanding, the Force has always succeeded in achieving the desired outcomes. Grit, determination and valour have always been the hallmarks of our Force.

If medals are any mirror of the valour and sacrifice of a uniformed Force, then CRPF has reflected very high standards

and an unparalleled record of sorts with as many as 1825 gallantry medals till date. These include 1 Ashok Chakra, 5 Kirti Chakra, 1 Vir Chakra, 24 Shaurya Chakras and 197 President's Police Medals for Gallantry, 1423 Police Medals for gallantry and 174 Others medals awarded till date. In 2018-19 alone it has been bestowed with 02 Kirti Chakra, 06 Shaurya Chakra, 05 President's Police Medal for Gallantry and 130 Police Medal for Gallantry. Till date 2183 personnel of CRPF have sacrificed their lives in the line of duty for the nation.

The Union Home Ministry has recently introduced five police medals for promoting professionalism and excellence in service and for encouraging security personnel working in stressful and hard areas.



Special Operation Medal of Union Home Minister for activities having a direct impact or bearing on the security of the country and also those relating to rescue operations. Police Internal Security Medal for the force personnel completing 2 years of service in Jammu and Kashmir, North-East and Left-wing extremism affected areas. Extraordinary Intelligence Skill Medal for extraordinary courage and skill in the field of intelligence. Excellent and Highly Excellent Service Medals for 25 years of excellent and highly excellent service rendered by security personnel.

It is our endeavour to continuously upgrade skills and competency level to adapt to the ever changing security environment in the country. Special attention is being paid to train our men on the tactics, field craft and handling of explosives etc. Intensive efforts have been made to upgrade our skills in jungle warfare through continuous training. We have since acquired expertise to conduct raids on fully fortified hideouts and bunkers of insurgent groups and inflict pin-pointed losses on them with the least collateral damage. Theatre

specific training and operational modules have been prepared and distributed. Training is a dynamic activity and we need to continuously update it.

We have signed a Memorandum of Understanding (MoU) with the Indian Institute of Management, Rohtak for a certificate programme on Business Management on 24th May, 2018 for the trainee officers for equipping them with managerial skills ranging from resource management, stress management, financial management to logistics and inventory. We have also signed an MoU with National Law University, New Delhi on 31st July, 2018 for sensitizing our trainee officers about various functional aspects of the law of the land.

Modernisation is uppermost in our agenda. New riot drill gear, modern weapons and latest gadgets are being acquired to upgrade our operational capabilities. The Home Minister has sanctioned the purchase of 746 new vehicles alongwith 100 Mines protected vehicles and 560 armoured vehicles. Presently, about 40,000 Assault Rifle have also been purchased.

CRPF is engaged not only in fighting terrorism, insurgency & maoism, but also in staving off other socio-economic ills like illiteracy, poverty and under development in the remote & backward areas. We have been doing this through a series of different civic action programmes which have developed into a highly successful emotional interface with the local populace. Though not our forte, we have been into road construction work in some stretches of the naxal infested South Chhattisgarh, to help local people enjoy their rightful share of peace & progress.

I have the privilege of visiting many locations of the force where jawans are involved in operational duties and found that their morale very high against all odds including hostile terrain and inclement weather. We are determined to provide them better facilities and upgrade their living conditions. I am of the view that welfare of our personnel should be given the utmost attention. We have achieved a lot but still more is to be done. We can make the life of our jawans easier and their working

conditions better. Every commander is responsible for taking care of his subordinates down to the lowest rank. It should be ensured that they get dignified and improved living conditions.

We at the HQr are quite alive to the welfare of our more than 03 lakh employees. Our sincere efforts have brought in many an encouraging outcome. The Govt. of India and the Home Ministry have very proactively supported the forces and taken various measures for the morale and welfare of the men.

All non entitled personnel of CAPFs have now been allowed to travel by air from Jammu to Srinagar and back for the purpose of their official duty/ transfer/ tour and leave(on termination/ commencement at base point at Jammu) and From Delhi to Srinagar and back on official duty/Transfer/Tour. Thus around 50,000 CRPF personnel and entitled personnel deployed in valley will travel by air even in private airlines in case of non availability of seats in Air India Flights.

Risk and Hardship Allowance has been increased from Rs. 9,700/- to 17,300/- per month to CRPF personnel and Rs. 16,900/- to 25,000/- per month to officers for those serving in the Kashmir Valley and highly infested Maoist Areas. More than 88,000 CRPF officers and personnel will be benefitted from this incentive.

We have also signed an MoU with Chairman and Managing Director, IRCTC on Railway Reserved e-ticketing system on 11th July 2018 for fulfilling long standing demand of the Jawans/ personnel of the Force facing lots of problems in ensuring railway reservation, especially during long distance travel and travel at short notice as also doing away with usage of Railway warrants.

Consequent upon the sincere efforts of the Hon'ble Home Minister 7432 residential Quarters, 42 Barracks & 145 other residential projects have been completed during the last 05 years. This has addressed the problems of accommodation earlier faced by our Jawans.

CRPF is providing security cover to 77 protectees of different threat categories. The VIP Security Training Centre at GC CRPF G/Noida has been established for providing pre-induction and orientation training in VIP security duties. The Force is under process of expansion. New Battalions and offices are being raised. It will be our biggest challenge to provide them basic infrastructure and separated family accommodation.

Coming days will be full of challenges. We have always proved our worth in testing times. I am sure that by taking inspiration from our glorious past and motivation from our commanders we will face all challenges successfully and serve our Motherland to the best of our capabilities.

On the joyous occasion of the 80th Anniversary Day of the Central Reserve Police Force, I convey my heartiest greetings to all the CRPF personnel and their family members and wish them all success.

JAI HIND

(Rajeev Rai Bhatnagar)
Director General

CRPF- A force to be valued

During our training in 1961-62, at CPTC, Mt. Abu, after joining the Indian Police Service, we were provided with a nodding academic acquaintance with the Central Reserve Police Force. A number of Assistant Commandants were also trained with us for nearly one year, with whom we formed lasting bonds. In the earlier days of our service, as district superintendents of police we were expected to manage our affairs with the police available with us. On special occasions, and very reluctantly, we were given outside help in the form of our own Pradeshik (Provincial) Armed Constabulary after a very close scrutiny by the superior officers. When I was posted as Superintendent of Police,



Rampur, in 1969, I came in close contact for the first time with serving officers of Central Reserve Police Force as it had a strong presence there. I actually got four companies of CRPF for the first time in my career in 1974 to cope with midterm election arrangements at Moradabad, where I was posted as Senior Superintendent of Police, and saw their

versatility and professionalism. During my tenure of 3 ½ years as Deputy Inspector General in the Indo Tibetan Border Police



S.V.M. Tripathi
Ex DG CRPF

later I became familiar with the CRPF Act and Rules, as these were then applicable to us also. We frequently utilised the infrastructures of this force in many activities such as recruitment etc at various locations. When I joined CRPF as Additional Director General in early 1993 and took over as Director General at the end of that year till I retired in the middle of 1996 I became fully familiar with their sterling qualities.

CRPF, one of the oldest Central

Police Force of the country, has a glorious past and is replete with their sacrifice and sustained dedication to the cause of national integration, and has earned the epithet of "Peace Keepers of the Nation". Raised as a single battalion in 1939 as "His Excellency The Crown Representative's Police", the force has grown to become the biggest central police organisation of the country. Its growth and has been essentially pushed by the demands of diverse and complex internal security scenario. At least some of terrorist and insurgent groups are being aided and nurtured by external sources. It is the force preferred both by the state and the public as it is eminently suited to handle this task as well as for handling law and order situations. The present strength of 247 battalions includes 15 Rapid Action Force battalions, 6 Mahila battalions, 10 Cobra battalions, 5 Signal battalions, Special Duty Group and Parliamentary Securing Group (PDG). The composition of the force truly reflects the diversity and character of every state of the nation.

That is a source of both its strength and acceptability. CRPF has permanent presence throughout the country. Each state has senior officers of appropriate rank of this force located at sensitive and important places ensuring quick reaction to any developing situation. 43 group centres take care of the logistical and personnel problems faced by this highly mobile and dispersed body of men.

Given the frequency and variety of deployment which have to be managed, serious thought has to be given to train the personnel for the tasks and mentally condition them to face the challenges. The need for each deployment has to be fastidiously scrutinised. It is not uncommon to come across instances when states requisition CRPF as an additional alibi for showing that the state machinery has taken all steps to handle situation. It would be a great improvement if mechanisms are put in place so that a preliminary audit is carried out and a plan of deployment is put in place with the aid of CRPF officers.

The plans are then likely to be more realistic and only the minimum strength and duration of deployment can be worked out. For this purpose anticipation of developing threats and horizon scanning would be necessary not only by the state authorities but also from the CRPF. There is need to strictly discourage routine deployment and a tendency to hold on to the units even after the immediate threat has been neutralised. I am personally aware of instances where a few units remained unutilised during a communal riot and were even overlooked when other units were returned to the base afterwards. We have to make utmost efforts to preserve the "reserve" nature of the force and give it adequate space for rest, recuperation and training.

CRPF has an enviable record in the field of Human Rights. The ambit of these rights is being widened by the day due to various factors such as judicial orders, a very active, even intrusive media, state and public Human Rights Protection bodies etc. In certain ways this fact has

made the task of the force more difficult, particularly while dealing with terrorism, insurgency, communal riots and other violent public disorders. As actions against perpetrators of these acts are always in public domain nothing can be swept under the carpet. The force has always abided by the dictum that public acceptability increases efficiency of operations. It is a known tactic of hostile elements to deliberately engineer grave provocations for inviting over reaction from the forces. In the heat of the moment, it is sometimes difficult to control the natural human emotion to punish the persons in a summary manner. It is only the innate discipline, training and close supervision, which is the hallmark of the force, which helps the force in keeping their high reputation as impartial protectors of human rights intact. For the objective of protecting human rights continuous

efforts are required to acquire new skills, equipments and calibrate operating procedures. Even then closest continuous attention is required to maintain high standards in this area.

When any force expands on a fast track



and becomes as big as CRPF, management of human resources assumes great importance. There is no doubt that with the accelerated accretion in numbers much greater pressure is generated on cadre

management, training and also in providing for basic human needs of a large body of men. That is why I am an ardent advocate of gradual and calibrated increase in strength of any force which is only possible if we look ahead and anticipate requirements in future. I remember the efforts which went into only changing six existing auxiliary battalions into regular ones and equipping them properly during my stint in the force. The need for more focussed man management is obvious. With the changing world due to technology upgrades, all personnel are more aware of their environment. The rank and file in the force lead a hard life professionally and face grave, even fatal dangers almost on a daily basis. It is essential that all out efforts are made to mitigate the harshness of their working condition. The need for a more benign and sensitive inter personal relationship across the hierarchy is obvious.

CRPF has to operate as a highly mobile all-India force, managing the widest, an ever growing, and diverse range of sensitive internal security concerns. It is almost perpetually on the move across the country. I have personally seen arrival of a couple of Companies of CRPF from Chennai to Kashmir valley by air when the airport neighbourhood was under actual small arm fire. They were handling comparatively routine law and order duties and had now to face an entirely different climate and active hostile action. The logistic support in these circumstances, to be provided largely by the state on arrival, can vary wildly from excellent to poor. The frequency of movement is normally very high but becomes mind boggling during certain type of events. The holding of national elections can be cited as a ready example. Every state sends its wish list sometimes asking for greater number of CPO personnel, preferring the CRPF, than their own security forces to be deployed. The number of moves which each unit faces, usually in special trains

having indifferent facilities, is quite daunting. It leads to unsettled feeling and even disorientation. This happens even with the best efforts of the operation branch and the railways.

Besides the regulatory role being performed by the force with credit it has always taken up social causes wherever possible. I remember that during 1992-96 we had kept one company in a reserve forest block spread over nearly twenty five thousand hectare having dense Burma teak plantation and rich in wildlife near Bhubaneshwar, Odisha with the sole purpose of allowing it to regenerate. Besides stopping the depredations of determined and well armed poachers of flora and fauna, which the local security set up found difficult to handle, a doctor attached to this training company also gave medical advice and free medicines to the numerous Adivasi population in the area. (When I informed Late Shri Biju Patanayak, about this during a courtesy call later in 1994, he praised the medical

help and half in jest, wondered if the CRPF could replace the total medical set up in the state, as according to him it was not performing to his satisfaction!). I am aware that support to social causes has been now taken up in a much more organised manner and covering a much wider spectrum. Many projects covering some of the social actions such as "Swachhata Abhiyan" etc have been taken up in the right earnest. Such actions bring the force nearer the society and enhance their acceptance and regard in the society. In the long run such actions result in facilitating seamless interface with the public and help in better performance of the force.

The present difficult internal security picture in the country is quite likely to continue in the foreseeable future. As CRPF has been assigned the lead role in handling terrorism and insurgency related situations and for assisting the states this magnificent force would have to maintain constant alertness and assiduous honing of skills.

CRPF - Peace Keeper of the Nation

I have a particular affinity for Central Reserve Police Force. I share the same year and month of birth with CRPF.

Among all the several positions and responsibilities that I have had the privilege of holding in the state and central governments including my postings abroad, the experience I most cherish are my years with this unique force.

While in no way playing down the role of several other organizations, in my assessment CRPF has played the most crucial role in maintaining peace, integrity, unity, security and sovereignty of this country of sub-continental proportions.

While there was development and economic progress and prosperity for the Nation as a whole, the gap between the haves and the have-nots kept increasing. All this resulted in endless agitations and violent movements.

A perceived sense of economic, social and political injustice resulted in growth of violent movements in parts of the country. Some demanded not only redressal of their grievances, but even autonomy and independent existence.

Even elections of public representatives could not be managed by the administration with the help of local police alone. All this resulted in demands

D. R. Kaarathikeyan
Former Director, CBI

Former Director General, NHRC
Former Special Director General, CRPF

for deployment of more and more of Central Reserve Police Force.

While the polity got more and more deeply divided year after year, the only force which was universally demanded



and accepted without any reservation was CRPF. This always happened irrespective of whichever political party ruled the concerned state or Union Territory and whether the state or Union Territory was under popular government or under President's rule.

All communities, castes, regions reposed faith in the impartiality, integrity, objectivity, fairness, and effectiveness of the CRPF in all situations.

Whether it is at high altitudes in cold weather or in hot climate in the desert area, CRPF adapted itself to the terrain and seasonal conditions very quickly.

Whether it is the army, state armed police or the local police, they have all preferred to work with CRPF. CRPF proved its flexibility and capability to rise to any situation by effectively working shoulder-to-shoulder with the military and para-military forces in crisis situations like Indo-Pak wars, in Sri Lanka as part of the IPKF and in several other theatres of counter-insurgency, counter-



terrorist and anti-extremist operations in the country.

CRPF in general & the Rapid Action Force of CRPF in particular earned gratitude of the affected people and appreciation of the government, whenever and wherever they were called upon to deal with the consequences of natural disasters like earth quakes, cyclones and floods.

CRPF units conduct themselves with a

great sense of sensitivity, responsibility and courtesy in performing their delicate, difficult and important tasks in places like Sri Vaishno Devi Shrine and occasions like Amarnath Yatra, where several thousands of devout people have to be handled against constant terrorist threats.

It is the only para military force with a large contingent of women. In the Mahila battalion, the women also perform equally challenging tasks like

men even in dealing with insurgency and terrorist situations.

The contingents of CRPF sent abroad on peacekeeping operations of the United Nations have earned laurels for the force and the nation by their professionalism, efficiency, discipline, decorum and dignity.

Police and security forces anywhere in the world have to perform a difficult, delicate and very often thankless job. Most often violent situations arise as a consequence of the omissions and commissions of the political parties in power and the administration. These are ultimately to be faced, handled and encountered by the security forces. The consequences are necessarily confrontational. Even the most sensitive and restrained act of the best-trained and motivated force is criticized very often for Human Rights violations. Judged by the prevailing standards all over the world and by the number of serious situations constantly handled all over the nation, the Human Rights

record of the CRPF is commendable. This despite the force personnel making the ultimate sacrifice time and again in the course of performance of their duty to the nation.

When I joined the CRPF in 1989, on the invitation of the then Director-General of the CRPF, I was posted as Inspector-General of CRPF, Southern Zone with Head Quarters at Hyderabad. At that time I had many other options including the option to join the Intelligence Bureau and as Commissioner of Police, Bangalore City. I opted to join the CRPF as I have given my commitment first to CRPF and also as I wanted to have an idea of the serious problems confronting the nation in various sectors.

I have no regrets, as joining the CRPF helped me in knowing the entire country particularly those areas affected by serious insurgency, terrorist and extremist problems like in Punjab, Jammu and Kashmir and Naxalite affected areas where my battalions were deployed.

Even when I was asked by the Government of India to take up the leadership of the Special Investigation Team of the CBI to investigate the assassination of former Prime Minister Shri. Rajiv Gandhi, I insisted on my continuing to hold a position in the CRPF, as I had immense faith in its loyalty, reliability, objectivity and its efficiency.

I have acknowledged again and again the important role played by CRPF in enabling me to successfully detect and prosecute the case. I have no hesitation in declaring that I am fortunate and proud to have been associated and still associating myself with this great force.

CRPF, perhaps the largest para military force in the world, rightly applauded as the 'Peacekeeper of the Nation' should be aptly and appropriately rechristened as the Internal Security Force of the nation, as the force has been efficiently performing its delicate, difficult and critical task throughout its existence of eight decades.

प्रकृति का संरक्षण स्वयं के अस्तित्व का संरक्षण है...

पृथ्वी के प्राकृतिक संसाधनों में हवा, पानी, मिट्टी, खनिज, ईंधन, पौधे और जानवर शामिल हैं। इन संसाधनों की देखभाल करना और इनका सीमित उपयोग करना ही प्रकृति का संरक्षण है ताकि सभी जीवित चीजें भविष्य में उनके द्वारा लाभान्वित हो सकें। प्रकृति, संसाधन और पर्यावरण हमारे जीवन और अस्तित्व का आधार हैं।

हालांकि आधुनिक सभ्यता की उन्नति ने हमारे ग्रह के प्राकृतिक संसाधनों पर बहुत प्रभाव डाला है इसलिए आज प्राकृतिक संसाधनों का संरक्षण बहुत जरूरी है। प्रकृति या पर्यावरण का संरक्षण केवल स्थायी संसाधनों के साथ-साथ प्राकृतिक संसाधनों के प्रबंधन को दर्शाता है जिसमें वन्यजीव, जल, वायु और पृथ्वी शामिल हैं। अक्षय और गैर-नवीकरणीय प्राकृतिक संसाधन हैं। प्राकृतिक संसाधनों का संरक्षण आमतौर पर मनुष्यों की जरूरतों और रुचियों पर केंद्रित होता है— उदाहरण के लिए जैविक, आर्थिक, सांस्कृतिक और मनोरंजक मूल्य।

संरक्षणवादियों का मानना है कि बेहतर भविष्य के लिए विकास आवश्यक है। लेकिन जब परिवर्तन ऐसे तरीके से होते हैं, जो प्रकृति को नुकसान पहुंचते हों तो वे विकास नहीं, वरन आने वाली पीढ़ियों के लिए

विनाश का सबब बनते हैं। खाने, पानी, वायु और आश्रय जैसी सभी चीजें हमें जीवित रहने के लिए जरूरी हैं। ये सभी प्राकृतिक संसाधनों के अंतर्गत आते हैं। इनमें से कुछ संसाधन छोटे पौधों की तरह होते हैं। इन्हें इस्तेमाल किए जाने के बाद जल्दी से बदला जा सकता है। दूसरे, बड़े पेड़ों की तरह होते हैं। इनके बदलने में बहुत समय लगता है। ये अक्षय संसाधन हैं। अन्य संसाधन जैसे कि जीवाश्म ईंधन बिलकुल नहीं बदला जा सकता है। एक बार उपयोग करने के बाद ये पुनः प्राप्त नहीं किए जा सकते हैं। ये गैर नवीनीकरण संसाधन के अंतर्गत आते हैं।

यदि संसाधन लापरवाही से प्रबंधित होते हैं तो निश्चित रूप से संसाधनों का दुरुपयोग होता है और इससे जो अक्षय संसाधन हैं, वे भी खतरे की



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जद में आ जाते हैं और इन अक्षय संसाधनों को बहुत अधिक समय तक उपयोग के लिए नहीं बचाया जा सकेगा। लेकिन अगर हम अपनी पीढ़ियों से प्यार करते हैं तो इन प्राकृतिक संसाधनों को बुद्धिमानी से प्रबंधित करना होगा।

पिछली 2 शताब्दियों में मनुष्यों की आबादी बहुत बढ़ी हो गई है। अरबों लोग संसाधनों का इस्तेमाल करते हैं, क्योंकि वे भोजन व घरों का निर्माण करते हैं, वस्तुओं का उत्पादन करते हैं और परिवहन और बिजली के लिए ईंधन जलाते हैं। हम जानते हैं कि जीवन की निरंतरता प्राकृतिक संसाधनों के सावधान उपयोग पर निर्भर करती है।

संसाधनों को संरक्षित करने की आवश्यकता अक्सर अन्य आवश्यकताओं के साथ संघर्ष करती है। कुछ लोगों के लिए एक जंगली क्षेत्र एक खेत लगाने के लिए एक अच्छी जगह हो सकता है। एक लकड़ी कंपनी, निर्माण सामग्री के लिए क्षेत्र के पेड़ों को काटकर उनका व्यापारिक प्रयोग करती है। एक व्यवसायी भूमि पर फैक्टरी या शॉपिंग

मॉल का निर्माण करना चाहेगा। ऐसे कई तरीके हैं, जो किसी प्राकृतिक संसाधनों का संरक्षण कर सकते हैं। आज अधिकांश लोग प्राकृतिक संसाधनों के संरक्षण के लिए कई तरीके ढूँढ रहे हैं। हाइड्रोपॉवर और सौर ऊर्जा एक विकल्प है। इन स्रोतों से बिजली उत्पन्न हो सकती है और ये प्राकृतिक संसाधनों के संरक्षण के लिए सर्वोत्तम तरीके हैं।

प्राकृतिक संसाधनों का संरक्षण करने का एक तरीका है रीसाइक्लिंग की प्रक्रिया। इसके माध्यम से प्रकृति और संसाधनों का संरक्षण हो सकता है। कई उत्पाद जैसे पेपर, कप, कार्डबोर्ड और लिफाफे पेड़ों से बनते हैं। इन उत्पादों को रीसाइक्लिंग करके आप 1 वर्ष में कई लाख पेड़ों को बचा सकते हैं। यह प्राकृतिक संसाधनों के संरक्षण के लिए एक बढ़िया तरीका है। भविष्य में इन संसाधनों को अच्छी तरह से स्थापित करने के लिए सतत वनों की प्रथा महत्वपूर्ण है। वनों का रोपण सिर्फ प्राकृतिक तरीकों से ही हो सकता है। ये मनुष्य की क्षमताओं में नहीं हैं। इसके लिए जंगल में स्वाभाविक रूप से क्षरण के लिए पेड़ तैयार करना ताकि उनके बीजों, पत्तियों एवं तनों से नए वृक्षों का निर्माण हो सके। यह 'डेडवुड' मिट्टी को तैयार करता है और अन्य तरीकों से प्राकृतिक पुनर्जनन में सहायक होता है।

हमें जीवाश्म ईंधन के संरक्षण की आवश्यकता है, हालांकि हमारे जीवाश्म ईंधन के उपयोग को सीमित करने के अन्य कारण भी हमें तलाशने होंगे, क्योंकि ये ईंधन वायु प्रदूषित करते हैं। जीवाश्म ईंधन को जलाने से कार्बन डाई ऑक्साइड वायुमंडल में फैलती है जिससे ग्लोबल

वॉर्मिंग में योगदान होता है। ग्लोबल वॉर्मिंग हमारे पारिस्थितिक तंत्र को बदल रहा है।

महासागर गर्म और अधिक अम्लीय होते जा रहे हैं, जो समुद्री जीवन के लिए खतरा हैं। समुद्र के स्तर बढ़ रहे हैं और तटीय समुदायों के लिए खतरा पैदा हो रहा है। कई क्षेत्रों में अधिक सूखे का सामना करना पड़ रहा है, जबकि अन्य बाढ़ से पीड़ित हैं। दुनिया के कई हिस्सों में लोग पानी की कमी को भुगत रहे हैं। भूमिगत जलस्रोतों, जिन्हें एक्विफेर कहा जाता है, की कमी के कारण पानी की निरंतर कमी हो रही है। सूखे के कारण वर्षा की कमी या पानी की आपूर्ति भी प्रकृति के प्रदूषण का एक मुख्य कारण है।

विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) का अनुमान है कि 2.6 बिलियन लोगों के लिए पर्याप्त मात्रा में पीने के लिए स्वच्छ पानी नहीं है। पीने, खाना पकाने या धोने के लिए प्रदूषित पानी का उपयोग करने के कारण हर साल 5 लाख से अधिक लोग मरते हैं। पृथ्वी की आबादी का एक-तिहाई हिस्सा उन क्षेत्रों में रहता है, जो पानी के तनाव का सामना कर रहे हैं। इन क्षेत्रों में से ज्यादातर विकासशील देशों में पीड़ित हैं।

जैवविविधता की सुरक्षा अब बहुत जरूरी है, क्योंकि जलवायु परिवर्तन को कम करने और साथ ही साथ जलवायु परिवर्तन के प्रभावों के अनुकूल होने के लिए जैवविविधता महत्वपूर्ण है। यदि हम जैवविविधता की रक्षा नहीं करते हैं, तो इसका प्रभाव ग्लोबल वॉर्मिंग के प्रभावों के रूप में और अधिक हानिकारक हो सकता है। विशेष रूप से ऊष्णकटिबंधीय जंगलों की जैवविविधता हमारे

लिए बहुत महत्वपूर्ण है। ये जंगल जलवायु परिवर्तन से लड़ने और किसी भी अन्य पारिस्थितिक तंत्र के प्रकार की तुलना में अधिक प्रजातियों के लिए महत्वपूर्ण हैं। दूसरे शब्दों में, हमारे स्वास्थ्य के लिए जैवविविधता की सुरक्षा आवश्यक है। इसके साथ ही जैवविविधता प्रकृति को संतुलित करने में मदद करती है।

गरीबी के स्तर को कम करने और जनसंख्या के जीवन स्तर में सुधार के लिए उच्च आर्थिक विकास आवश्यक है। उच्च आर्थिक विकास में प्राकृतिक संसाधनों और पर्यावरण का अधिक से अधिक उपयोग करने की आवश्यकता होती है, जो बदले में उनकी गिरावट और अंततः क्षय का कारण बन जाती है। प्राकृतिक संसाधनों पर बढ़ी हुई आबादी का दबाव भी उनकी गिरावट में योगदान देता है इसलिए उच्च विकास को स्थायी विकास तब तक नहीं कहा जा सकता है, जब तक कि इसके साथ पर्यावरण संरक्षण न हो।

पर्यावरण के संरक्षण और समझदारी के इस्तेमाल पर बल देते हुए एक कुशल मांग प्रबंधन नीति भी इन संसाधनों के भंडार की आपूर्ति में वृद्धि कर सकती है। ऐसे संसाधनों के सामुदायिक प्रबंधन के माध्यम से संसाधनों को संरक्षित करने के विकल्प खोजने का प्रयास जरूरी है। विभिन्न समुदायों और उपयुक्त संस्थानों के उचित संपत्ति अधिकारों के अभाव में समुदाय प्रबंधन सफल नहीं हो सकता है।

आज जरूरत है ऐसी सामुदायिक और पारिस्थितिक नीतियों की, जो पर्यावरण संरक्षण और प्रबंधन की भागीदारी प्रणाली में संलग्न हों।

AFSPA – Not Desireable Yet Necessary

Armed Forces Special Power Act enables certain powers to be conferred upon members of the Armed Forces in disturbed areas so declared by Central /State Government. For the purpose of this act Armed Forces mean Army, Air Force and other Armed Forces of Union operating as land forces in the concerned area. This Act empowers Armed Forces to fire upon or to use force after due warning even to causing of death against any person acting in contravention of any law or order for the time being in force, destroying of any armed dump, fortified position, shelter, arresting without warrant and search any premises in the disturbed area. The Act provides protection to the persons acting under this act against any prosecution or any legal proceedings except with the previous sanction of the Central Government.

The Act passed in 1958 was applicable to various districts of North Eastern states. In 1983, it was passed for Punjab and Chandigarh and was withdrawn in 1997.

Similarly the Act was applied for Jammu and Kashmir and is still in force. It was withdrawn from Tripura in 2015 after 18 years. Similarly it has been withdrawn totally from Meghalaya w.e.f 31.3.2018 as well as 8 out of 16 Police Stations in Arunachal Pradesh after 27 years. It is now applicable in whole of Assam, Nagaland, all districts of Manipur except Imphal, in 3 Districts and 8 Police Stations in Arunachal Pradesh and Jammu and Kashmir.

India is a democratic country and is governed as per rule of law enshrined in the Constitution. The constitution protects rights of citizens of the country bestowing upon them a life of dignity



Joginder Singh
IGP, CRPF (Retd.)

and honour. AFSPA provides security forces enormous powers and also immunity against prosecution or any legal proceedings. There would have been no problem if

the powers are utilised in a justified manner, following laid down procedure under the act and observing Human Rights of innocents. The act has been made applicable in the extreme situations where violence had become a way of life and in such circumstance only work of the forces would have brought peace for the public. The efforts and sacrifices of security forces have brought peace in Punjab, Chandigarh, Meghalaya, Mizoram, Tripura and a large part of Arunachal Pradesh. However since this Act provides protection to security forces against any prosecution, there have also been instances of misuse of this act. Special situations, of course,

require special legal provisions to handle. The Act per se is not bad; it is only its misuse which makes people rise against it.

The members of United Nations Human Rights Committee questioned about validity and constitutionality of this Act under Indian Law and also in the light of the article of International Covenant on civil and political rights. UN body asked India to repeal this Act saying that it has no place in a democracy. It has also been criticized by NGOs working in the field of human rights at national and international level calling it draconian. The Institute of Defence Studies and Analysis (IDSA) in its report pointed out multiple occurrences of violence by security forces but also mentioned that repeal of this act will encourage insurgency. Amnesty International, Human Rights Watch and many other NGOs working in the field, condemned human rights abuses such as extra judicial executions, disappearance and torture. Santosh Hegde Commission constituted to probe six encounter deaths in Manipur in Jan 2013 found none of the victims having any criminal record, Act to be an impediment to achieving peace, suggested to be more

humane, SFs to be more accountable, time frame of 3 months to decide whether to prosecute SFs engaged in extra judicial killings etc. Justice Jeevan Reddy committee termed the Act as a symbol of oppression and unambiguously recommended its repealing. The second Administrative Reforms Commission in its fifth report on public order recommended repeal of



this Act. The Supreme Court in July 2016 ruled that any encounter carried out by SFs in the garb of this Act should be subjected to thorough enquiry and also said that it is the requirement of a democracy and preservation of the rule of law and individual liberties. The court took it upon itself the task of monitoring the probe into the deaths of more than 1500 persons who are reportedly victims

of alleged extra judicial encounters and also turned down subsequent appeals.

For holistic analysis, there is a need to consider developments right from beginning when the Act was enacted and situation prevailing in concerned states at that time. This Act was enacted for North Eastern states, Punjab and Chandigarh and J&K at different points of time when situation in these states were not within the control of State Governments and normal life had completely been disrupted. The situation was even beyond the control of Para Military forces and deployment of Army became necessary. It is also a fact that this Act has now been completely withdrawn from the states of Meghalaya, Tripura, municipal areas of Imphal, large parts of Arunachal Pradesh, Punjab and Chandigarh. This Act has played a pivotal role. Normalcy in these states has not returned without any sacrifices. A large number of officers and Jawans of Army, Central Para Military Forces and State Police Forces have lost their lives. Many of the luminaries who are now deliberating on the need of this Act do not have practical feel of living and operating in these areas.

Another aspect which is very important is the compulsions of political parties particularly regional parties functioning or governing such states. The case in point is PDP government in J&K which was very quick to register a case against a Major of the Army who was not even present at the scene of incident but did not even think of taking any action against the mob which was trying to literally lynch the JCO. The warning shots had no effect on the mob and Jawans had to open fire to save them killing 3 rioters. The father of the Major, himself an Army veteran had to approach the Supreme Court to stop the travesty of justice. The situation in J&K is so well known to everybody due media out reach and one can easily imagine how difficult it is to work there. The role of Pakistan in J&K is so well known to everyone. If this Act does not remain applicable in such areas, the militants also supported by misguided public, it will be extremely difficult for SFs to operate there. Therefore this Act needs to remain applicable in such areas to effectively deal with disturbances to bring normalcy.

The issue relating to human rights

violations is very important. The human rights are enshrined in our constitution and have been provided to the citizens by the supreme law of the land, and nobody even SFs have the right to violate life, liberties and dignities of the common people, even if they are fighting for the nation against heavily armed militants/ insurgents/ terrorists being even supported by a neighbouring country. It also cannot be denied that there have been instances of human rights violations by SFs. Therefore to guard against this, SFs need to be trained, retrained, restrained and educated about this aspect vigorously. Whenever there are reports of human rights violations concerned state government cannot remain unaware. Even the Central Government would know about it through their intelligence agencies. Therefore chief of concerned Force should be tasked to take action against erring persons. It should also be given publicity within the force and beyond so the people know about such mechanism. All forces should have effective internal mechanism to ensure that erring personnel are made to pay for their deeds. If state governments have not taken cognizance of such

violations by SFs, they cannot escape responsibility. The SFs are deployed for assistance of state governments and all incidents are reported to concerned Police Stations by all SFs. The genuine mistakes and omissions in good faith should be looked in to realistically in view of prevailing situation in such states. The investigation into alleged killing of 1500 persons over a long period after 20 to 30 yrs is very difficult. It will be highly demoralising for the personnel of concerned SFs. Many of the SFs personnel would have retired or may not even be surviving. The complete record of such incidents may also not be available. It would be difficult to provide evidence in such cases at such a belated stage. It may also not be possible to remember full details of such incidents. Therefore this is not the right way. The right way is to tighten internal mechanism in consultation with all stake holders such as Ministry of Home Affairs, Ministry of Defence, State governments, Chiefs of Forces operating in such areas to ensure that there are no human rights violations and if there are any such reports, necessary action is taken against all those who are responsible.

A Commando in the Making

Way back in the 80s, I was delighted to learn that I had been detailed to undergo Commando and Rock Climbing Course in the Internal Security Academy of the Central Reserve Police Force in Mount Abu. It was a sequel to my earlier meeting with DIGP (Training) when I informed him that I had not undergone any course during my seven years service though I could not attend the Platoon Weapon Officers Course in Army School in Mhow due to serious bullet injuries sustained by me in both legs. In a fierce encounter with Naga insurgents in Tamenglong district of Manipur on November 11, 1974, I had sustained injuries while leading my Company in the wee hours. While one insurgent was killed, five others including the self-styled Commanding Officer of the Naga Battalion were apprehended in the encounter. Bed ridden for the next eight months, I had perforce to skip the PWOs course that began in January 1975.

On reporting at the ISA in October 1981, I was briefed that the course would be a tough one but I would be able to make it through as I had willingly come all the way from Imphal (Manipur) where I was posted. Of course, I had the option of seeking exemption from the course considering the fact that my left ankle was swollen and painful at times. To be a seriously wounded officer and yet to be undergoing the gruelling Commando course was a big challenge, I willingly accepted.

Getting up in the early hours every morning and proceeding to the ground



was a cumbersome task. In our khaki dungarees, fifteen of us would report every morning with trepidation as to what the day had in store for us.

A Sikh Lance Naik and a Sub Inspector would be there in the ground before our arrival to sap our energy. From just about a kilometer or two of brisk running, the distance was gradually increased to five, then ten, twenty, thirty and finally to the toughest and most strenuous forty kilometers marathon walk and run.

The obstacle course which concluded with firing, was a challenge, not because of it being arduous but more because of the timings in which it had to be completed. There was that lurking fear that a minor slip in the method of jumping from an eighteen feet rock



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would end up with a fractured ankle and hospitalization. A minute or two late and we would end up with zero marks. We were expected to be sharp shooters too as the hits on the targets would be counted.

The course incharge Mr Kali Ram Sharma, a tough Commando himself, who had been trained in Army, would now and then join us and soothe us with his calm words and advise while being firm in his dealing. When we would be seething with anger, he would calm us down and make the going easy despite its being tough. An ideal instructor for Commando course.

The dreaded Commando jump on Trevors tank on the outskirts of Mount Abu was another big challenge. Thankfully, officers like me who did not know swimming were put through swimming training in Nakki lake for a few days before being taken for the mighty 30 feet jump.

Balancing oneself on a shaky ten feet

plank of one foot width over the Tank, taking a left turn on another plank and then jump into the water shouting "Commando" was something that even the bravest would best avoid. But we had no choice. Jump, we had to. Since I happened to be the senior most in the



batch, woefully, I would be the first one to be called out to start the exercise which made my task more difficult as the others would get discouraged if I were to show any signs of jitteriness. Putting up a bold front, I took the plunge shouting, "Commando" and after going a few

meters deep emerged out of the waters feeling victorious. The then Director of the Academy Mr. Balottam Verma, IGP was there to see for himself as to how the Commandos were faring.

A narrow escape from sure death in the rock climbing course failed to put me off.

While ascending the Arbuda wall, I preferred to go up on my own without the help of the rope that was provided to lend support. As I neared the top, my foot failed to get a grip on the crevice and I slipped. While hurtling down, I heard someone loudly asking me to hold the rope, which I did just a little before hitting the base of the rock. In the process, I suffered burn injuries in my hands and had to undergo treatment but mercifully not hospitalization.

Though I continued with the course, I could I felt handicapped due to the bandaged hands. A few days later, I was back on my normal routine.

Three days before the conclusion of the course, we were made to trek to the

highest point in Mount Abu – Guru Shikhar. All our haversacks were checked to see that we had at least 25 Kgs of weight in them and NO eatables whatsoever. From there began our descent into the jungles where we were left to fend for ourselves. Jungle survival exercise had begun. Earlier we had an exercise of catching snakes, chopping off their heads and then cook and eat. It tasted like fish. One had to perform to have it to qualify as a Commando. It was an exercise to train us for the Jungle survival.

Fortunately for me, my commando comrades asked me to remain at the harbor (safe sanctuary) where we were to stay for the night while they went hunting around for eatables. Finally, they could spot a small shop in a village on the outskirts of the jungle and got some “namkeens”. Next evening, after having starved the whole day, we were finally on a road, having emerged out of the jungles. A lavish dinner was on display—anything would have appeared lavish after two days of starvation – and we

were directed to be ready for the next exercise in fifteen minutes. Stuff we did whatever we could and soon we were ready for the most arduous and tough 40-kilometers march, which we had to complete in the given time. For every minute's delay thereafter, one mark would be deducted. For delay of 10 minutes or more, no marks were to be awarded.

With 25Kgs in our backpacks and a rifle to hold, the speed walk became more strenuous as we covered kilometers after kilometers, at times running, to complete it within the stipulated time. The pain in my left ankle became more excruciating with every step but I was determined to complete it even if I were to be a little late overshooting the stipulated time.

My commando buddy Mr Balbir Singh, who subsequently served in the Special Protection Group for over a decade, was not the one who would proceed further without me. Despite my goading him to move on so that he does not lose marks, he stuck to his guns that he will not

proceed without me. We eventually made it within the stipulated time. But the joy of having completed the course successfully lessened the pain and we were all celebrating in the wee hours of the following day at our destination at the end of the 40-kilometers march.

Among those who trained with me was late Mr Avtar Singh Chhetra, who as SP (Ops), Tarn Taran achieved a series of success in killing some of the top dreaded terrorists in Punjab when the State was in the grip of terrorism in 1980s and 90s. He was awarded the President's Police Medal for Gallantry posthumously.

A commando is one who is tough and determined to achieve his goals and does not baulk under pressure of physical pain apart from being confident with a tremendous amount of derring-do. As they say, “The tough gets going, when the going gets tough” – the credo of a Commando.

(This writer was awarded the President's Police Medal for Gallantry for his action in Tamenglong in November 1974)

"Journey to Arunachal (Erstwhile NEFA) – An untold story"

The News item appearing in page No. 7 of The Hindu News Paper of 25 December 2018 (Coimbatore Edition) about the inauguration by the Honourable Prime Minister of India on 25 December 2018 of the Bogibeel rail-cum-road bridge of 4.94 kms length across the river Brahmaputra in Assam connecting Dibrugarh District in the southern bank with Dhemaji District in the northern bank constructed at a cost of Rs. 5920 crores. This has prompted me to write this article to showcase, for the benefit of the readers of CRPF samachar, how difficult it used to be for CRPF officers and men during 1969-1972 to undertake a journey from Assam to Arunachal Pradesh (Called NEFA-North East Frontier Agency, at that time) by crossing river Brahmaputra using the Ferry service. At that time I was posted as a young Dy.S.P (Now called Asst. Comdt) in 41 Bn CRPF (old 8 Bn RAC) with its Bn HQ in Mohanbari (Assam) and deployment of Coys in Subansiri, Lohit and Siang Districts of NEFA at the rate of two Coys

in each District. The duties were being performed with Subsidiary Intelligence Bureau(SIB), Govt of India.

After my passing out from CTC, CRPF, Neemuch (M.P) on 5 April 1969 and



completing the "Follow up Training" in Group Centre, CRPF, Kishangarh (Rajasthan) I reported for duty in 41 Bn CRPF in Mohanbari (Assam) during August 1969. Mohanbari was the Airport for Dibrugarh and the Airfield was being used by Indian Air Force also located in Mohanbari for airlifting and air dropping of ration items for the air

maintained posts of CRPF located in the interiors of NEFA. 41 Bn CRPF alone had 48 air maintained posts at that time.

There were many Bns of CRPF deployed in NEFA during those days to assist the District Administration as there was no Civil Police set up in NEFA at that time. 30 Bn CRPF (IR Bn of SRP merged into CRPF) was deployed side by side with 41 Bn CRPF, 9 Bn, 26 Bn, 29 Bn of CRPF and one Tamil Nadu Special Police Battalion were also deployed in NEFA during that time.

The journey by Ferry service across the Brahmaputra from Dibrugarh in the southern bank to Sonarighat in the northern bank for four to five hours used to be very tiresome. Even vehicles and cattles were also transported along with the passengers in the Ferry service. A good and memorable experience



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indeed! From Sonarighat to reach the nearest Railway station at Silapathar, one had to avail a congested jeep along with other civilians. The jeep drive used to take approximately one hour. At Silapathar Railway station we had to wait till midnight to board a train coming from Murkangselek (NEFA) located at a distance of 1 Kms from Assam-NEFA border. Thus the whole day from morning to midnight had been spent in journey to reach Silapathar Railway station only. The train journey for a few hours took me and my party to North Lakhimpur Railway station in Assam. It was a small Railway station without adequate facilities for passengers. Therefore, we had to wait in the platform till dawn. In the morning, SI Hari Singh (He retired as Dy. Comdt) who was detailed by the Commandant (CCD) of 41 Bn, CRPF to accompany me to my Coy HQ and Platoon posts managed to get lift for us in a vehicle of Assam Rifles upto a place called Kimin where a Bn HQ of Assam Rifles (A Paramilitary Force raised in 1835) was located.

Fortunately, there was a Coy HQ of 30 Bn

CRPF also manning the check post at Kimin to check the Inner Line Permits of vehicles etc entering NEFA via Kimin. Insp. Sridharan who was commanding the Coy of 30 Bn CRPF, Kimin took personal care to provide us lunch and send us towards NEFA in an Army vehicle going that side. After a long drive till sunset we reached a place in the



“jungle” where the bridge on the Highway connecting Kimin with Ziro (Location of my 'C' CoyHQ) had been broken a few days ago. Therefore, we had to cross the place by using alternative arrangement. On the other side of the bridge an old jeep of 'C' Coy 41 Bn CRPF which looked like a

condemned one was waiting for me. That jeep which did not have even horn was driven very carefully as it was already dark and the road was having many bends and bumps. To add more problem, “Mithun” a popular animal looking like a cow and bigger in size than buffalo was also suddenly appearing on the road. At last around 2000 hrs on the

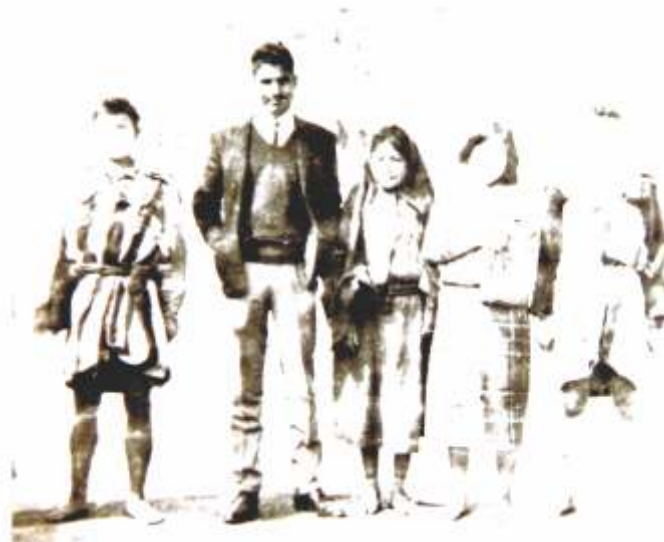
second day of my journey from the Bn HQ I reached 'C' Coy of 41 Bn CRPF at a place called Ziro which was part of Hapoli, the HQ of Subansiri District of NEFA. The Coy HQ and a platoon were housed in “Bashas” constructed using bamboo. There was no separate accommodation for the Coy Commander as Shri. Ramuram, an officer of RAC (Rajasthan Armed Constabulary) who had been commanding this Coy before going

back to Rajasthan was reportedly staying in a portion of a “Basha” meant for office. My Coy was working with SIB in Ziro headed by a DCIO (Dy. Central Intelligence Officer) and two Coys of 30 Bn CRPF were assisting the Dist Administration in Law and Order duties. Those days officers of IFAS (Indian Frontier Administrative Service) were

also functioning as Deputy Commissioners (Equivalent to District Collector) besides IAS officers.

After assuming the charge of Officer Commanding of 'C' Coy, 41 Bn, CRPF and understanding the functioning of the Coy from the Coy 2 IC, I called on the Civil Authorities, Coy Commanders of 30 Bn, CRPF and DCIO of SIB in Ziro. Then I planned my programme to visit the platoon posts in Huri and Sarli and the Transit Camp in Kloringang. This may sound very simple and nice but the actual journey to these places by foot from Ziro spreading over 21 days walk was really a nightmare. The situation with the other four Coys of 41 Bn CRPF (At that time we had only six coys in a Bn) was worse because to reach 'A' Coy HQ in Roing one had to cross the Brahmaputra at Saikowaghat near Tinsukia (Assam) and also cover a long distance by foot. To reach 'B' Coy in Anini one had to fly from Mohanbari utilizing the services of IAF Aircrafts, if available or walk for a few days after crossing the Brahmaputra. To reach 'D' Coy HQ in Limiking one had to cover a long distance

by foot from a place called Daporijo where 30 Bn CRPF HQ was located. But to reach Daporijo one had to undertake a long journey of five to six hours by road in hilly terrain of NEFA after crossing the Brahmaputra. To reach 'E' Coy in Tuting one had to fly from Mohanbari availing the services of IAF Aircrafts, if available



or move on foot for a few days after crossing the Brahmaputra. To reach 'F' Coy in Mechuka one had to avail Helicopter service of IAF, if available or move on foot for a day from Along, the HQ of Siang District. But to reach Along one had to move for nearly four hours by road in the hilly terrain of NEFA after

crossing the river Brahmaputra. From the Coy HQ to Platoon posts all had to move on foot for many days through the foot track maintained by the Central Public Works Department (CPWD).

In my case, I was required to walk for 14 days from my Coy HQ in Ziro to reach a Transit camp of my Coy in Kloring where only two men were posted to take care of the personnel passing through that place. To reach a platoon post in Sarli I had to walk for another two days from Kloringang. To reach my other platoon post in Huri I was required to come back to Kloringang from Sarli and proceed in another direction on foot for six days. Beyond my platoon posts I had seasonal posts at Dharmu, Thapa and Vating. To reach these seasonal posts one had to walk for a few days from the respective platoon posts. Seasonal posts used to be established during summers to check any intrusion from China through the passes and closed once the snowfall started closing the passes. Indeed an unique procedure adopted by the Subsidiary Intelligence Bureau (SIB)!

All the above descriptions of my journey

to NEFA (Now Arunachal Pradesh) may look like a Fairy Tale but it was the reality during 1969-1972. Over the years, lot of developments had, reportedly, taken place in Arunachal Pradesh including construction of good motorable roads to all interior places. Those days while moving on foot, at night halt places “Bashas” constructed by using bamboos used to be available with a “Chowkidhar” to take care. Separate “Bashas” were available for officers, men and porters as provided by NEFA Administration for carrying the luggage. We used to carry dry ration items, tinned vegetables, tinned fruits etc for cooking the food enroute as nothing could be purchased at the halting places. Even for drinking water one had to depend on natural streams on the way.

The Bogibeel Bridge inaugurated on 25 December 2018 by the Honourable Prime Minister of India will be an important mile stone for connectivity between Assam and Arunachal Pradesh and future developments of Arunachal Pradesh. This double deck bridge will have double line Railway track in the lower deck and three lane road in the upper deck. With the inauguration of

this bridge the Rail travel from Dibrugarh in Assam to Itanagar the Capital of Arunachal Pradesh will become shorter by 700 Kms, as reported in the News item. A great Engineering marvel indeed! The first Rail service was also inaugurated by the Honourable Prime



Minister of India on 25 December 2018. The train flagged off was Inter-City Express from Tinsukia in Assam to Naharlagun in Arunachal Pradesh. A great boon for both Assam and Arunachal Pradesh.

North East Frontier Railway has

constructed this important bridge in association with Gammon India, Hindustan Construction Company etc. Though the foundation stone for this India's longest rail-cum-road span across the Brahmaputra was laid on 22 Jan 1997 by the former Prime Minister of India Shri. Deve Gowda at Dhemaji, the work had started in April 2002 only after another round of Initiation Ceremony by his successor Late Sh. Atal Bihari Vajpayee. Kudos to every one associated with this great work which will help civil population, Central Armed Police Forces, Army etc to access Arunachal Pradesh from Assam travelling much less distance both by road and by rail. This will also be a big morale booster for the officers and men of CRPF having deployment in Assam as well as in Arunachal Pradesh. As Dr A.P.J Abdul Kalam, our former President once said,

**“Without positive attitude
Success is called Luck;
With positive attitude
Success is called Achievement**

Bogibeel bridge across the Brahmaputra river is indeed a great achievement!

मधुमेह: कारण और बचाव

मधुमेह मेटाबोलिक बीमारियों का एक समूह है, जिसमें व्यक्ति के खून में ग्लूकोज (ब्लड शुगर) का स्तर सामान्य से अधिक हो जाता है। ऐसा तब होता है, जब शरीर में इंसुलिन ठीक से न बने या शरीर की कोशिकाएं इंसुलिन के लिए ठीक से प्रतिक्रिया न दें। जिन मरीजों का ब्लड शुगर सामान्य से अधिक होता है वे अक्सर पॉलीयूरिया (बार बार पेशाब आना) से परेशान रहते हैं। उन्हें प्यास (पॉलीडिप्सिया) और भूख (पॉलिफेजिया) ज्यादा लगती है।

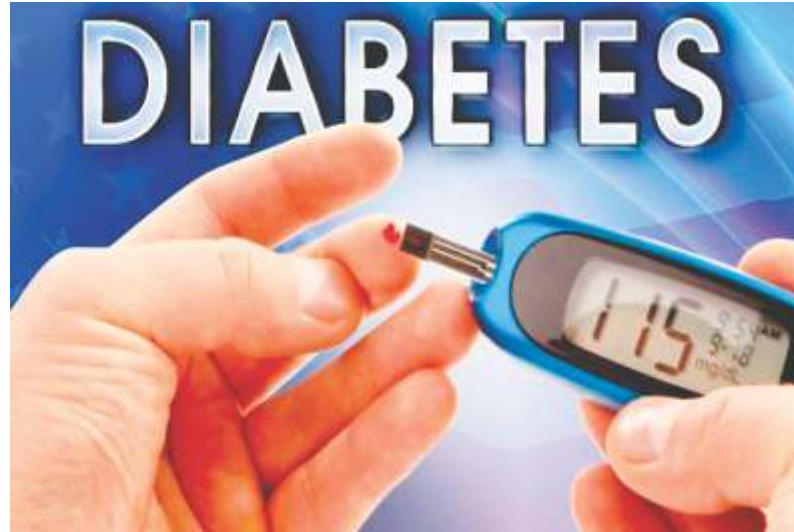
टाइप 1 डायबिटीज में शरीर में इंसुलिन नहीं बनता। मधुमेह के तकरीबन 10 फीसदी मामले इसी प्रकार के होते हैं। जबकि टाइप 2 डायबिटीज में शरीर में पर्याप्त मात्रा में इंसुलिन नहीं बन पाता। दुनिया भर में मधुमेह के 90 फीसदी मामले इसी प्रकार के हैं। मधुमेह का तीसरा प्रकार है गैस्टेशनल मधुमेह, जो गर्भावस्था के दौरान महिलाओं को होता है।

“उचित व्यायाम, आहार और शरीर के वजन पर नियन्त्रण बनाए रखकर मधुमेह को नियन्त्रित रखा जा सकता है। अगर मधुमेह पर ठीक से नियन्त्रण न रखा जाए तो मरीज में दिल, गुर्दे, आंखें, पैर एवं

तंत्रिका संबंधी कई तरह की बीमारियों की संभावना बढ़ जाती है।”

मधुमेह के कारण :

1. **जीवनशैली** : गतिहीन जीवनशैली, अधिक मात्रा में जंक फूड, फिजी पेय पदार्थों का सेवन और खाने-पीने की गलत आदतें मधुमेह का कारण बन सकती हैं। घंटों तक लगातार बैठे रहने से भी मधुमेह की संभावना बढ़ती है।
2. **सामान्य से अधिक वजन, मोटापा और शारीरिक निष्क्रियता** : अगर व्यक्ति शारीरिक रूप से ज्यादा सक्रिय न हो अथवा



मोटापे का शिकार हो, उसका वजन सामान्य से अधिक हो तो भी मधुमेह की संभावना बढ़ जाती है। ज्यादा

वजन इंसुलिन के निर्माण में बाधा पैदा करता है। शरीर में वसा की लोकेशन भी इसे प्रभावित करती है। पेट पर अधिक वसा का जमाव होने से इंसुलिन उत्पादन में बाधा आती है, जिसका परिणाम टाइप 2 डायबिटीज, दिल एवं रक्त वाहिकाओं की बीमारियों के रूप में सामने आ सकता है। ऐसे में व्यक्ति को अपने बीएमआई (शरीर वजन सूचकांक) पर निगरानी बनाए रखते हुए अपने वजन पर नियन्त्रण रखना चाहिए।

3. **जीन एवं पारिवारिक इतिहास** : कुछ विशेष जीन मधुमेह की संभावना बढ़ा सकते हैं। जिन लोगों के परिवार में मधुमेह का इतिहास होता है, उनमें इस रोग की संभावना अधिक होती है।



डॉ. अनिल कुमार
मुख्य चिकित्सा अधिकारी

डायबिटीज के लक्षण



मधुमेह से ऐसे बचें :

1. नियमित व्यायाम करें : गतिहीन जीवनशैली मधुमेह के मुख्य कारणों में से एक है। रोजाना कम से कम 30-45 मिनट व्यायाम मधुमेह से बचने के लिए आवश्यक है।

2. संतुलित आहार : सही समय पर सही आहार जैसे फलों, सब्जियों और अनाज का सेवन बेहद फायदेमंद है। लम्बे समय तक खाली पेट न रहें।

3. वजन पर नियन्त्रण रखें : उचित आहार

और नियमित व्यायाम द्वारा वजन पर नियंत्रण रखें। कम वजन और उचित आहार से डायबिटीज के लक्षणों को ठीक कर सकते हैं।

4. पर्याप्त नींद : रोजाना सात-आठ घंटे की नींद महत्वपूर्ण है। नींद के दौरान हमारा शरीर विषैले पदार्थों को बाहर निकाल कर शरीर में टूट-फूट की मरम्मत करता है। देर रात तक जागने और सुबह देर तक सोने से मधुमेह और उच्च रक्तचाप की संभावना बढ़ती है।

5. तनाव से बचें : तनाव आज हर किसी के जीवन का जरूरी हिस्सा बन गया है। मनोरंजक एवं सामाजिक

गतिविधियों द्वारा अपने आप को तनाव से दूर रखने की कोशिश करें। साथ ही तनाव के दौरान सिगरेट का सेवन करने से मधुमेह की सम्भावना और अधिक बढ़ जाती है।

“दैनिक जीवन में योग” एक पद्धति का परिचय (शरीर, बुद्धि, चेतना एवं आत्मा का विज्ञान)

हर मानव की इच्छा स्वयं से और पर्यावरण से समरस होकर जीवित रहने की है। तथापि आधुनिक युग में अधिक शारीरिक और भावात्मक इच्छायें लगातार जीवन के अनेक क्षेत्रों पर भारी हो रही हैं। परिणामतः अधिकाधिक व्यक्ति खिंचाव, चिंता, अनिद्रा जैसे शारीरिक और मानसिक तनावों से पीड़ित रहते हैं और शारीरिक सक्रियता और उचित व्यायाम में एक असंतुलन बन गया है। यही कारण है कि स्वस्थ बने रहने और उसमें सुधार के साथ-साथ शारीरिक, मानसिक और आध्यात्मिक समरसता बनाए रखने के लिए नई नई विधियों और तकनीकों का महत्व बढ़ गया है और इसी भावना से “दैनिक जीवन में योग” पुस्तक व्यक्ति के सहायता के लिए विशुद्ध रूप से सामग्री प्रस्तुत करती है।

“योग” शब्द का उद्गम संस्कृत भाषा से है और इसका अर्थ “जोड़ना, एकत्र करना” है। यौगिक व्यायामों का एक पवित्र प्रभाव होता है और यह शरीर, मन, चेतना और आत्मा को संतुलित करता है। योग हमें दैनन्दिन की माँगों, समस्याओं और परेशानियों का मुकाबला करने में सहायक होता है। योग स्वयं के बारे में समझ, जीवन का प्रयोजन और ईश्वर से हमारे संबंध की जानकारी विकसित करने के लिए

सहायता करता है। आध्यात्मिक पथ पर योग हमको ब्रह्माण्ड के स्व के साथ वैयक्तिक स्व के शाश्वत परमानंद मिलन और सर्वोच्च ज्ञान को प्रशस्त करता है। योग सर्वोच्च ब्रह्मांडमय सिद्धान्त है। यह जीवन का प्रकाश, विश्व की सृजनात्मक चेतना है जो सदैव सजग रहती है और कभी सोती नहीं जो हमेशा थी, हमेशा है और हमेशा होगी—रहेगी।

हजारों वर्ष पहले भारत में ऋषियों (बुद्धिजीवियों और संतों) ने अपनी ध्यानावस्था में प्रकृति और ब्रह्माण्ड की खोज की थी। उन्होंने भौतिक और आध्यात्मिक शासनों के कानूनों का पता किया था



सत्येन्द्र सिंह
सूबेदार मेजर/हि.अनु.
जन सम्पर्क महानिदेशालय

और विश्व में संबंधों की अंतर्दृष्टि प्राप्त की थी। उन्होंने ब्रह्माण्ड के नियमों, प्रकृति के नियम और तत्त्वों, धरती पर जीवन और ब्रह्माण्ड में कार्यरत शक्तियों और

ऊर्जाओं—बाह्य संसार और आध्यात्मिक स्तर दोनों पर ही, जांच की थी। पदार्थ और ऊर्जा की एकता, ब्रह्माण्ड का उद्गम और प्राथमिक शक्तियों के प्रभावों का वर्णन और स्पष्टीकरण वेदों में किया गया है। इस ज्ञान का पर्याप्त अंश पुनः खोजा गया और आधुनिक विज्ञान द्वारा उसकी पुष्टि—सत्य अनुभूति की गई है।

इन अनुभवों और अंतर्दृष्टियों से एक अति दूरगामी और योग नाम से ज्ञात प्रणाली प्रारम्भ हुई और उसने हमको शारीरिक स्वास्थ्य, श्वास एकाग्रचित्तता, तनावहीनता और ध्यान के लिए व्यवहारिक अनुदेश दिए हैं। इस पुस्तक में जो अभ्यास प्रस्तुत किए गए हैं, वे पिछले हजारों वर्षों में सत्य सिद्ध हुए हैं और उन्हें लाखों—करोड़ों लोगों ने सहायक एवं लाभदायक पाया है।

“दैनिक जीवन में योग” पद्धति

विश्वव्यापी योग केन्द्रों, प्रौढ़ शिक्षा केन्द्रों, स्वास्थ्य संस्थाओं, दक्षता और खेलकूद, पुनर्स्थापन केन्द्रों और स्वास्थ्य विहारों में सिखाई जाती है। यह सभी आयु वर्गों के लिए समीचीन, उपयुक्त है—इसके लिए किसी “करतबी” बुद्धि की आवश्यकता नहीं है और यह अयोग्य, विकलांग, बीमार और स्वास्थ्य लाभ करने वाले सभी व्यक्तियों को योगाभ्यास करने की संभावना प्रदान करती है। इसका नाम स्वयं इस बात का द्योतक है कि योग का प्रयोग “दैनिक जीवन में” किया जा सकता है और किया भी जाना चाहिए।

व्यायाम स्तरों का निर्धारण चिकित्सकों से परामर्श के बाद किए गये हैं और इस प्रकार—कथित

नियमों और सावधानियों के पर्यवेक्षण के साथ—किसी भी व्यक्ति द्वारा घर पर स्वतंत्र रूप से अभ्यास किया जा सकता है। “दैनिक जीवन में योग” एक पुण्यप्रदा देने वाली प्रणाली है जिसका अर्थ है कि इसमें न केवल शारीरिक, अपितु मानसिक और आध्यात्मिक पक्षों पर भी विचार किया जा सकता है। सार्थक—सकारात्मक विचार, दृढ़ता, अनुशासन, सर्वोच्च के प्रति अभिविन्यास, प्रार्थना के साथ—साथ दयालुता और समझ, आत्मज्ञान और आत्मानुभूति का मार्ग प्रशस्त करते हैं।

“दैनिक जीवन में योग” के मुख्य लक्ष्य हैं:

शारीरिक स्वास्थ्य। मानसिक स्वास्थ्य। सामाजिक

स्वास्थ्य। आध्यात्मिक स्वास्थ्य। आत्मानुभूति या हमारे अपने अंदर दिव्यात्मा की अनुभूति। इन लक्ष्यों की प्राप्ति निम्नलिखित द्वारा होती है:

सभी जीवधारियों के प्रति प्रेम और सहायता—भाव। जीवन के प्रति सम्मान और प्रकृति व पर्यावरण का संरक्षण। मानसिक शांति। पूर्ण शाकाहारी भोजन। शुद्ध विचार और सार्थक, सकारात्मक जीवन शैली। शारीरिक, मानसिक और आध्यात्मिक अभ्यास। सभी राष्ट्रों, संस्कृतियों और धर्मों के प्रति सहानुभूति, सहनशीलता।

शारीरिक स्वास्थ्य:—

शारीरिक स्वास्थ्य का जीवन में आधारभूत मूल महत्व है। जैसा कि स्विट्जरलैण्ड में जन्मे



चिकित्सक, पैरासैलसस ने बहुत ठीक कहा है: “स्वास्थ्य ही सब कुछ नहीं है, किन्तु स्वास्थ्य के बिना सब कुछ शून्य है। “स्वास्थ्य को बनाने और उसको संजोये रखने के लिए शारीरिक व्यायाम, आसन, श्वास व्यायाम (प्राणायाम और तनावहीनता, विश्राम, शिथिलता, आदि) तकनीकें हैं।

“दैनिक जीवन में योग” में श्रेष्ठ आसनों और प्राणायामों को अष्ट स्तरीय प्रणाली में बांधा गया है जिसका प्रारम्भ “सर्वहितासन” (वे आसन व्यायाम जो हर व्यक्ति के लिए लाभदायक हैं) से है। अन्य भाग इस तैयारी स्तर के बाद आते हैं, और जो आसनों और प्राणायामों के अभ्यास से क्रमशः आगे बढ़ते जाते हैं। अनेक विशेष कार्यक्रम आधारभूत व्यायामों से विकसित किये गये हैं—“पीठ दर्द के लिए योग”, “जोड़ों के लिए योग”, “वरिष्ठों के लिए योग”, “प्रबन्धकों के लिए योग” और “बच्चों के लिए योग”। अच्छा स्वास्थ्य बनाये रखने के लिए “दैनिक जीवन में योग” पुस्तक में अन्य महत्वपूर्ण व्यायाम हठयोग” शुद्धिकरण की तकनीक है। इनमें गहरी तनावहीनता योग निद्रा” एकाग्रता व्यायाम के साथ साथ मुद्राएं और बन्ध (विशेष योग तकनीक) भी सम्मिलित हैं।

अच्छे स्वास्थ्य के संरक्षण के लिए एक और बड़ा कारक है— वह भोजन जो हम करते हैं। जो कुछ हम खाते हैं वह हमारे शरीर और मन, हमारे स्वभाव और गुण दोनों को ही प्रभावित करता है। संक्षेप में हम जो खाते हैं उसका प्रभाव हमारे अपने अस्तित्व पर होता है। भोजन हमारी शारीरिक ऊर्जा और जीवन शक्ति, हमारे अस्तित्व का स्रोत है। संतुलित और स्वास्थ्यप्रद भोजन में सम्मिलित हैं— अनाज, सब्जियाँ, दालें, फल, मेवे, दूध और

दुग्ध पदार्थ साथ ही मधु, अंकुर, सलाद बीज, जड़ी बूटियाँ, मसाले, मूल रूप में या तुरंत तले पकाए हों। जिन भोजनों को परित्याग करना है वे हैं पुरानी बासी, पुनः गरम किये हुए, प्रकृति परिवर्तित खाद्य, मांस, सभी मांस उत्पाद और मछली और अंडे हैं। शराब, निकोटिन और मादक पदार्थों से बचना भी सर्वोत्तम है क्योंकि ये भी हमारे स्वास्थ्य को शीघ्र नष्ट कर देते हैं।

मानसिक स्वास्थ्य:—

सामान्यतः, हम मन और इंद्रियों को नियंत्रण में रखने की अपेक्षा इनसे ही जीवन में चलते हैं। तथापि, मन पर नियंत्रण करने के लिए हमें इसे आंतरिक विश्लेषण के अधीन लाना चाहिए और इसको शुद्ध करना चाहिए। नकारात्मक विचार और आशंकाएँ हमारे नाड़ी तंत्र में और उसके द्वारा शारीरिक कार्य में एक असंतुलन पैदा करते हैं। यह बहुत सारी बीमारियों और दुःख का कारण है। विचार की स्पष्टता, आंतरिक स्वतंत्रता, संतोष और एक स्वस्थ आत्मविश्वास, मानसिक कल्याण का आधार है। यही कारण है हम क्रमिक रूप से अपने नकारात्मक गुणों और विचारों का हल करने का यत्न करते हैं और सकारात्मक विचारों और व्यवहारों को विकसित करने का लक्ष्य अपने सम्मुख रखते हैं और तद्नुसार कार्य करते हैं।

“दैनिक जीवन में योग” पुस्तक मानसिक कल्याण प्राप्त करने के लिए असंख्य विधियाँ प्रस्तुत करती है: मंत्र अभ्यास, अभ्यास, नैतिक सिद्धान्तों का पालन, सत्संग करना, मन को शुद्ध और स्वतंत्र करने के लिए प्रेरक ग्रंथों का अध्ययन। आत्मान्वेषण और आत्म ज्ञान में एक महत्वपूर्ण उपकरण “आत्म मनन ध्यान” आत्म विश्लेषण की

चरणबद्ध तकनीक है। इस ध्यान अभ्यास में हम अपने अवचेतन, हमारी इच्छाओं, जटिलताओं, आचरण के प्रकारों और पक्ष-विपक्ष के संपर्क में आते हैं। यह अभ्यास हमको अपनी प्रकृति, स्वभाव तक परिचित करवा देता है। यह तकनीक हमको नकारात्मक गुणों और स्वभाव से दूर करने के योग्य बनाती है और जीवन में समस्याओं के बेहतर ढंग से प्रबंध करने में सहायता करती है।

सामाजिक स्वास्थ्य:—

सामाजिक स्वास्थ्य, स्वयं अपने अंदर ही खुश होने की और अन्य लोगों की खुशी बनाने, रखने की योग्यता है। इसका अर्थ है अन्य लोगों के साथ वास्तविक संपर्क व समाज में उत्तरदायित्व ग्रहण करना और समाज के हित के लिए कार्य करना। सामाजिक स्वास्थ्य का अर्थ जीवन को इसके संपूर्ण सौंदर्य में अनुभव करना और तनावहीनता में बिताना है।

हमारे युग की बढ़ती हुई समस्याओं में मादक, नशीले पदार्थों का सेवन है। यह सामाजिक बीमारी का एक साफ लक्षण है। “दैनिक जीवन में योग” की प्रणाली इस रोग का शमन या निरोध करने में सहायक हो सकती है और जनता को एक नया, सार्थक उद्देश्य और जीवन में प्रयोजन प्रदान कर सकती है। एक अच्छे, सकारात्मक सत्संग का हमारे मानस पर महान् सत् प्रभाव पड़ता है। क्योंकि ऐसा साहचर्य हमारा व्यक्तित्व और चरित्र को ढालता है और निरूपित करता है। सत्संग आध्यात्मिक विकास में अति महत्व रखता है।

“दैनिक जीवन में योग” का जीवन बिताने का अर्थ अपने स्वयं के लिए और लोगों के लिए कार्य

करना है। इसका अर्थ अपने पड़ोसियों के लिए और समाज के लिए मूल्यवान और रचनात्मक कार्य करना, प्रकृति और पर्यावरण को बनाए रखना और विश्व में शांति के लिए कार्य करना है। योग का अभ्यास करने का अर्थ सार्थक सकारात्मक भावना में रहना और सभी मानव जाति के कल्याण के लिए कार्य करने में सक्रिय रहना है।

आध्यात्मिक स्वास्थ्य:-

आध्यात्मिक जीवन का मुख्य सिद्धान्त और मानव जाति का नीति वचन, नियम है:

अहिंसा- परमोधर्म। किसी की हिंसा न करना प्रमुख सिद्धान्त है।

इस नीति वचन का, अहिंसा का सिद्धान्त, विचार, शब्द भावना और कार्य में सन्निहित है। प्रार्थना, ध्यान, मंत्र, सकारात्मक विचार और सहनशीलता आध्यात्मिक स्वास्थ्य उपलब्ध कराते हैं।

मानव को संरक्षक होना चाहिए, विध्वंसक, नाशक नहीं। जिन गुणों से हम वास्तव में मानव बनते हैं वे देने, समझने, और क्षमा करने की योग्यताएं हैं। जीवन के हर रूपों की वैयक्तिकता-पृथकता और स्वाधीनता का जीवन संरक्षण और सम्मान, योग शिक्षाओं का प्रथम अभ्यास है। इस नीति वचन का अनुसरण करने से अत्यधिक सहनशीलता, समझ,

पारस्परिक प्रेम, सहायता और दयाभाव विकसित होते हैं – न केवल कुछ व्यक्तियों में, अपितु सभी मानवों, राष्ट्रों, जातियों और धार्मिक विश्वासों, मत-मतांतरों के मध्य भी।

“दैनिक जीवन में योग” का मूल सिद्धान्त स्वतंत्रता है। योग एक धर्म नहीं है— यह आध्यात्मिकता और बुद्धिमत्ता का स्रोत, सभी धर्मों



की जड़ है। योग धार्मिक सीमाओं के बंधनों को दूर करता है और एकता का मार्ग दिखाता है।

“दैनिक जीवन में योग” मंत्र योग और क्रिया योग के माध्यम से जीवन पथ के लिए आध्यात्मिक अपेक्षित मार्गदर्शन प्रस्तुत करता है। धरती पर सर्वाधिक उच्च विकसित जीवनधारी होने के नाते मानव अपनी वास्तविक प्रकृति और ईश्वर की

अनुभूति करने में सक्षम है। योग का आध्यात्मिक लक्ष्य ईश्वर अनुभूति, वैयक्तिकता एवं आत्मा का ईश्वर से मिलन है। यह अनुभूति कि सब अपने मूल रूप में एक ही है और ईश्वर से संबंध रखते हैं, पहला कदम है।

आपके अपने स्वास्थ्य और कल्याण के बारे में, एक और स्वतंत्र, सुखी जीवन के बारे में निर्णय, आप ही के हाथों में है। दृढ़ निश्चय के साथ नियमित रूप से अभ्यास करें और सफलता निश्चय ही होगी।

मैं सभी योगाभ्यासियों और भविष्य में योग करने के इच्छुक व्यक्तियों के लिए वृहद् सुख, सफलता, स्वास्थ्य, जीवन में सुव्यवस्था और आनन्द की कामना व ईश्वर की अनुकंपा चाहता हूँ।

ॐ सह नावतु। सह नौ भुनक्तु। सह वीर्यं करवावहै। तेजस्विनावधीतमस्तु। मा विद्विषावहै। ॐ शान्तिः शान्तिः शान्तिः॥ ॐ परमात्मा, हमें सुरक्षा एवं आशीष प्रदान करें।

शाश्वत ज्ञान के मार्ग के अन्त तक चलने की शक्ति प्रदान करें। हमारी सहायता करें ताकि हम किसी के सामने झुकें नहीं और शाश्वत के मार्ग पर एक साथ चलते रहें।

ॐ शान्तिः शान्तिः शान्तिः॥

CRPF BRAVEHEARTS GRABS 47 GALLANTRY MEDALS: 02 KIRTI CHAKRAS AND 01 SHAURYA CHAKRA AMONG THE MEDALS

In keeping with the highest traditions of ultimate bravery and self sacrifice for the sake of the motherland, this time too the bravehearts of CRPF have been bestowed with as many as 47 gallantry medals. It includes 02 Kirti Chakras, one Shaurya Chakra, 03 President's Police Medal for Gallantry and 41 Police Medals for Gallantry. The Government announcement to this effect made on the eve of the Republic day on 25th January, 2019, is a reiteration of the supreme sacrifice and patriotic fervor of the personnel of the Force, which happens to

be the highest decorated Force among all the Central Armed Police Forces in the country. Out of 146 personnel selected for Police medals for Gallantry, CRPF tops the list with as many as 41 brave hearts receiving the prestigious recognition.

The CRPF officers and men have been decorated with Gallantry Medal for displaying their conspicuous valour in various theatres i.e, J&K, LWE and NE theatres.

In the 80th year of existence, CRPF has been decorated with 1825 medals including 01 George Cross, 03 King's PMG,

01 Ashok Chakra, 05 Kirti Chakra, 01 Veer Chakra, 24 Shaurya Chakra, 01 Padam Shree, 49 PPF SMG, 197 PPMG, 1423 PMG, 05 IPMG, 04 Vishisht Sewa Medal, 01 Yuddh Seva Medal, 05 Sena Medal, 101 PM's Police Medal for life saving and 04 Jeevan Raksha Padak. Till date 2183 officers and personnel of CRPF have sacrificed their lives in the line of duty for the nation.

Besides above, CRPF has also been awarded 05 President's Police Medal for Distinguished service and 57 Police Medal for Meritorious Service.



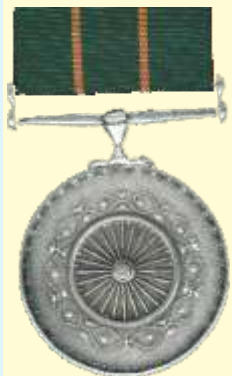
02 KIRTI CHAKRAS AND 01 SHAURYA CHAKRA AMONG THE MEDALS

The two Kirti Chakra awardees namely Shaheed Constable Pradip Kumar Panda, 132 Bn, Shaheed Constable Rajendra Kumar Nain, 130 Bn and one Shaurya Chakra awardee Shri Zile Singh, Assistant Commandant had shown exemplary bravery in the deadly fidayeen attack on the CRPF camp at Lethpora in the Awantipura district of south Kashmir on the 30th December 2017. The over 36 hours long grueling

effort of the valiant men of CRPF in neutralizing the three militants had also witnessed the martyrdom of five brave hearts including the two Kirti Chakra awardees and injuries to two other gallant men of the Force. These three main architects of the daring operation along with the other brave men of the Force had succeeded not only in eliminating all the three militants who had sneaked into the camp under the

cover of darkness but also in saving the precious lives of their fellow mates and the family members of Force personnel living in the residential quarters inside the camp. The nightmarish operation involved careful planning coupled with the steely resolve and dedication of the Force personnel to frustrate the evil design of the three militants.

KIRTI CHAKRAS



Shaheed Constable
Pradip Kumar Panda, 132 Bn



Shaheed Constable
Rajendra Kumar Nain, 130 Bn

SHAURYA CHAKRA



Shri Zile Singh,
Assistant Commandant

PRESIDENT'S POLICE MEDAL FOR GALLANTRY

The gallant men of CRPF had another close brush with the fidayeen on 26th August 2017 when three terrorists barged into the premises of the District Police Line, Pulwama in the wee hours. The treacherous fidayeen attack was effectively foiled by the Force personnel in a more than 20 hours long well planned and deftly executed operation, leading to the elimination of all the three militants. The incident was witness to the raw courage and rare

commitment of brave hearts like Shaheed constable Mohd. Yaseen Tali of 115 Bn, Shaheed constable Borase Dinesh Dipak of 25 Bn and Shaheed constable Jaswant Singh of 183 Bn- all of whom chose to put the cause of the motherland over and above their own personal safety and attained martyrdom. Because of their supreme sacrifice these bravehearts of the Force were awarded with the prestigious President's Police Medal for Gallantry

posthumously. These three brave men of CRPF are the only ones to be bestowed with the President's Police Medals for Gallantry. As in the Lethpora fidayeen attack of December 2017, this incident also was quite challenging in the sense that the brave personnel of the Force had to save the lives of their fellow mates and family members residing inside the camp, while ensuring the neutralization of all the three militants.



Shaheed Constable
Mohd. Yaseen Tali of 115 Bn



Shaheed Constable
Borase Dinesh Dipak of 25 Bn



Shaheed Constable
Jaswant Singh of 183 Bn



POLICE MEDAL FOR GALLANTRY



Shaheed Constable
Mohd. Yaseen Tali



Shaheed Constable
Bikash Sutradhar



Alok Kumar Anal,
Dy. Comdt.



Shashank Shanker,
Asstt. Comdt.



Constable
Tawsif Ahmad Hajam



Prahalad Sahay Choudhary,
Asstt. Comdt.



Constable Akhilesh
Kumar Pandey



Constable
Satendra Kumar



Vinay Kumar Tiwari,
Comdt.



Praveen Shanker,
Asstt. Comdt.



Constable
Thorat Vaibhav Shankar



Constable
Dinesh



Constable
Ravindra Paswan



Bal Kishan Yadav,
Asstt. Comdt.



Sub Inspector
Khoirom Prasanta Meetei



Constable
Vijay Kumar



Constable
Raj Gautam Kumar



Sanjay Kumar,
Second-In-Command



Constable
Ashish



Narendra Pal Singh,
Comdt.



Sub Inspector
Vijay Bahadur Singh



POLICE MEDAL FOR GALLANTRY



Head Constable
Rakesh Kumar Patel



Constable
Phamey Kumar



Constable/Painter
Naresh Kumar



Constable
John Barman



Constable
Anil Dohare



Shri Ab. Kaipou,
Asstt. Comdt.



Constable
Sameer Singh



Shri Dipak Kumar,
Comdt.



Asstt. Sub Inspector,
Sanjay Kumar Singh



Head Constable
Patorkar Ishwar Gotu



Ravi Sharma,
Asstt. Comdt.



Naresh Kumar,
Asstt. Comdt.



Constable
Budhi Singh



Constable
Rahul Singh



Head Constable/RO
Harvash Singh Bhadoriya



Constable
Amaresh Kumar Jena



Varun Sharma,
Asstt. Comdt.



Rajbardhan,
Asstt. Comdt.



Asstt. Sub Inspector
Indal



Head Constable
Javid Akhter

PRESIDENT'S POLICE MEDAL FOR DISTINGUISHED SERVICE



Shri G.H.P. Raju, IPS, IG,
Southern Sector



Shri Raj Navinder Singh Bahad,
IG, Tripura Sector



Shri M.S. Sekhawat, DIG,
GC, Allahabad



Shri Girish Kumar, DIG,
RTC Jodhpur



Shri Balvinder Singh Gujral, DIG,
GC, Silliguri

POLICE MEDAL FOR MERITORIOUS SERVICE

Sl. No.	IRLA / Force No.	Rank	Name of the Officer / Shri	Office / Unit
1.	4202	Comdt	Chitt Ranjan Mahapatra	137 Bn
2.	4182	Comdt	Harjinder Singh Ghuman	67 Bn
3.	4264	Comdt	Megh Raj	1st SIG BN
4.	4244	Comdt	Rajesh Pandey	156 Bn
5.	4254	Comdt	Raghuvansh Kumar	123 Bn
6.	4199	Comdt	Amit Kumar Singh	2nd SIG Bn
7.	4201	Comdt	Suresh S	OPS KMR SEC
8.	4189	Comdt	Narvir Singh	220 Bn
9.	4255	Comdt	Kamlesh Singh	79 Bn
10.	4190	Comdt	Rajendra Singh Shekhawat	02 Bn
11.	4256	Comdt	B Jayakrishnan	105 RAF
12.	4262	Comdt	S S H Rizvi	233(M) Bn
13.	4226	Comdt	Naresh Kumar Sharma	CRPF Academy
14.	5843	2-I/C	Ravinder Singh	67 Bn
15.	5891	2-I/C	Satpal	163 Bn
16.	5895	2-I/C	Jugal Kishore Joshi	52 Bn
17.	5905	2-I/C	Manoj Kumar	82 Bn
18.	5906	2-I/C	Sanjay Gautam	112 Bn
19.	5909	2-I/C	Ashok Kumar Yadav	122 Bn
20.	6445	D/C	Lalan Kumar Pandey	GC New Delhi

21.	6407	D/C	Arvind Kumar Singh	103 RAF
22.	6476	D/C	Rajesh Tiwari	224 Bn
23.	801270518	INSP/GD	Mohammad Ismail Ansari	99 RAF
24.	801130628	INSP/GD	Heikham Inao Singh	86 Bn
25.	800681346	INSP/GD	Om Singh	133 Bn
26.	810697496	INSP/GD	Anjani Kumar	155 Bn
27.	810717148	INSP/GD	Ramji Lal Semar	CTC GWL
28.	810719142	INSP/GD	Ramkhiladi Jat	61 Bn
29.	821120511	INSP/GD	Tarachand	112 Bn
30.	821290657	INSP/GD	Rajender Singh	84 Bn
31.	820070797	INSP/GD	Devender Singh	GC G/Noida
32.	820040434	INSP/GD	Jitendra Prasad Singh	189 Bn
33.	831190156	INSP/GD	Lacham Singh Bisht	110 Bn
34.	831170244	SM/GD	Girdhari Lal	GC New Delhi
35.	830764239	INSP/GD	Jagdish Prasad Mishra	92 Bn
36.	830760714	INSP/GD	Pudhucode Venkatachalam Sundaram	141 Bn
37.	830724727	INSP/GD	M.A. Nanaiah	113 Bn
38.	830763857	INSP/GD	Surjeet Singh	69 Bn
39.	830754733	INSP/GD	Brijraj Singh	124 Bn
40.	830690066	INSP/GD	Modalavalasa Naidu Polu	39 Bn
41.	810707277	SI/GD	Sriniwas Singh	218 Bn
42.	810060558	SI/GD	Bijay Shankar Mishra	10 Bn
43.	830762236	SI/GD	Bali Mohammad	52 Bn
44.	839720605	SI/GD	Kaviraj	61 Bn
45.	830350079	SI/GD	Daya Nand	GC SNR
46.	841110439	SI/GD	Anuj Kumar Pandey	GC GLW
47.	841322286	SI/GD	Naresh Kumar	24 Bn
48.	850540041	SI/GD	Jailal	86 Bn
49.	850050133	SI/GD	Amrit Bahadur Khadka	20 Bn
50.	851171299	SI/GD	Raj Kumar	GC New Delhi
51.	850800844	SI/GD	Kumod Kumar	RTC RJR
52.	850817311	SI/GD	Kewal Krishan	137 Bn
53.	850877519	SI/GD	Raj Kumar Singh	31 Bn
54.	850848706	SI/GD	Korban Ali	DIG (OPS) SKOR
55.	850801431	ASI/GD	Raju Laxman Werulkar	221 Bn
56.	850818629	HC/GD	Sarbjit Singh	121 Bn
57.	820834197	CT/GD	Bhakta Charan Putel	189 Bn

Homage to Martyrs of Pulwama Attack



Hon'ble Prime Minister Shri Narendra Modi paying homage to martyrs of Pulwama Attack

Shri Narendra Modi, Hon'ble Prime Minister paid homage to the martyrs of Pulwama Attack in New Delhi on 15th February, 2019. Union Defence Minister Smt. Nirmala Sitharaman, Shri Rajyavardhan Singh Rathore, Minister of State for Youth Affairs & Sports (Independent Charge), Shri Arvind Kejriwal, Hon'ble Chief

Minister, Delhi and other dignitaries have also paid homage to the martyrs.

On 14th February, 2019, CRPF convoy was returning from Jammu to Srinagar. The CRPF convoy was crossing Ladoo Mod, Lethpora under PS Awantipora, Distt. Pulwama (Jammu and Kashmir), when one explosive laden vehicle rammed into one of the CRPF bus. In

the suicidal attack, both the CRPF bus and explosive laden vehicle were blown off. In this incident 40 CRPF personnel attained martyrdom and 05 CRPF personnel sustained injuries.

Earlier Shri Rajnath Singh, Hon'ble Home Minister, Shri Rajeev Rai Bhatnagar, DG, CRPF and other dignitaries had paid homage to the martyrs on 15th February, 2019 at Srinagar (Jammu and Kashmir).



Shri Rajnath Singh Hon'ble Home Minister & Shri Rajeev Rai Bhatnagar, DG, CRPF shouldering the mortal remains of martyrs



Shri Rajnath Singh, Hon'ble Home Minister
paying homage to martyrs



Smt. Nirmala Sitharaman, Union Defence Minister
paying homage to martyrs



Shri Arvind Kejriwal, Hon'ble Chief Minister, Delhi
paying homage to martyrs



Shri Rajyavardhan Singh Rathore,
Minister of State for Youth Affairs & Sports (Independent Charge)
paying homage to martyrs



Shri Satya Pal Malik, Governor J&K
paying homage to martyrs



Shri Rajiv Gauba, Hon'ble Home Secretary
paying homage to martyrs



General Shri Bipin Rawat, Chief of the Army Staff
paying homage to martyrs



Admiral Shri Sunil Lanba, Chief of the Naval Staff
paying homage to martyrs



Air Chief Marshal Shri Birender Singh Dhanoa, Chief of the Air Staff
paying homage to martyrs

MARTYRS OF PULWAMA ATTACK



Shaheed Constable
Guru. H.



Shaheed Constable
Vasantha Kumar V.V.



Shaheed Head Constable
Maneswar Basumatari



Shaheed Head Constable
Sanjay Kumar Sinha



Shaheed Constable
Ratan Kumar Thakur



Shaheed Constable/Bug
Tilak Raj



Shaheed Head Constable
Naseer Ahmed



Shaheed Head Constable
Vijay Soreng



Shaheed Constable
Ashvni Kumar Kaochi



Shaheed Head Constable
Sanjay Rajput



Shaheed Constable
Rathod Shivaji



Shaheed Constable
P. K. Sahoo



Shaheed Constable
Manoj Kumar Behra



Shaheed Head Constable/DVR
Jaimal Singh



Shaheed Constable
Sukhjinder Singh



Shaheed Constable
Kulwinder Singh



Shaheed Constable/WC
Maninder Singh Attri



Shaheed Head Constable
Hemraj Meena



Shaheed Head Constable/CRY
Narayan Lal Gurjar



Shaheed Constable
Jeet Ram

MARTYRS OF PULWAMA ATTACK



Shaheed Constable
Bhagirath Singh



Shaheed Constable
Rohitash Lamba



Shaheed Constable
Sivachandran. C.



Shaheed Constable
Subramanian. G



Shaheed Asstt. Sub Insp.
Mohan Lal



Shaheed Constable
Virendra Singh



Shaheed Head Constable
Bablu Santra



Shaheed Constable
Sudip Biswas



Shaheed Head Constable
Ram Vakeel



Shaheed Head Constable/RO
Awadhesh Kumar Yadav



Shaheed Constable
Pradeep Singh



Shaheed Constable
Pradeep Kumar



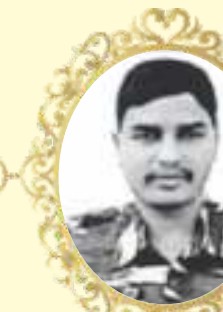
Shaheed Constable
Ajit Kumar Azad



Shaheed Constable
Shyam Babu



Shaheed Constable/BUG
Vijay Kumar Mourya



Shaheed Constable/DVR
Pankaj Kumar Tripathi



Shaheed Constable
Mahesh Kumar



Shaheed Constable
Ramesh Yadav



Shaheed Constable/Cook
Koushal Kumar Rawat



Shaheed Constable/WM
Amit Kumar

An aggrieved Nation Unites against Terror

शहीद जवानों के लिए सभी आए साथ

...जा लाट के घर ना

पुलवामा आतंकी हमले में शहीद जवानों में से काश्मीर छद्मियां नामावर बामरा करमर ला रहे थे। सभी ने अपने बलों और परिवार से जुड़े किं वर लौटने का वादा किया था। पर वे वापस नहीं आ रहे...। दुखी परिवारों के साथ पूरा देश है।

पर आतंकी हमले की देखा डर गया था परिवार

पुलवामा आतंकी हमले की खबर पर आतंकी हमले की देखा डर गया था परिवार। सभी ने अपने बलों और परिवार से जुड़े किं वर लौटने का वादा किया था। पर वे वापस नहीं आ रहे...। दुखी परिवारों के साथ पूरा देश है।

माक उच्चायोग की सुरक्षा में तैनात CRPF जवानों ने कहा, हमारे लिए ज़ुयूटी सबसे पर

पुलवामा आतंकी हमले की खबर पर आतंकी हमले की देखा डर गया था परिवार। सभी ने अपने बलों और परिवार से जुड़े किं वर लौटने का वादा किया था। पर वे वापस नहीं आ रहे...। दुखी परिवारों के साथ पूरा देश है।

hindustan times

INDIA UNITES IN MOURNING

30 Karol hotels to over fire

Pulwama attack: US plans to pull out from Afghanistan could be driving stepped up terror in Kashmir

CONFILTS KILL 100,000 BABIES A YEAR

KARTHIK DROPPED FROM TEAM FOR ODI SERIES AGAINST AUSTRALIA

TRIBUTES PM, leaders pay respects as parties cut across political divisions

RESPONSE Pak MP in status revealed India to assist neighbour diplomatically

OPTIONS Military options on table, experts ground rules to be set

IN Memoriam

RDX mix, more than 1 Covert ops, air attack among India's options

मिलेगा नवभारत टाइम्स

पूरा देश एकसाथ, सेना को खुला हाथ

Families lose everything but willing to sacrifice more

DG Visit to field formations



DG Visit to field formations



Glimpses of CRPF Family Welfare Association



Glimpses of CRPF Family Welfare Association



Civic Action Programmes



Civic Action Programmes



“Veer Gatha” Series



CRPF at a Glance

The Central Reserve Police Force (CRPF) was raised on 27th July, 1939 at Neemuch as the Crown Representative's Police. The primary task of the force was to help the Princely States preserve "Law and Order."

The Independence of the country marked an important watershed in the life of the Force which was renamed as the Central Reserve Police by an Act of Parliament. This Act constituted the CRPF as one of the Armed Forces of the Union. Sardar Vallabh Bhai Patel, the then Union Home Minister visualized a multidimensional role for it in tune with the changing needs of the newly independent Nation. The Force was presented with colors on 19th March, 1950 by Sardar Patel.

The Force grew in size as demand for its deployment continued to increase. The

work of the CRPF detachments at Bhuj, PEPSU and Chambal Ravines, attracted notice of the authorities and praise from the people. It was the CRPF which bore



the brunt of the first onslaught of the Chinese at Hot Springs (Ladakh) on October 21, 1959 when a small CRPF patrol was ambushed and overwhelmingly out-numbered by the Chinese. In the ensuing skirmish, as many as 10 CRPF men laid down their lives for the Motherland. Their

Martyrdom on October 21 is observed throughout the country as the 'Police Commemoration Day'.

A small contingent of 2nd Bn CRPF repulsed the 3,500 men strong Pakistani Brigade attack on 9th April, 1965 at Sardar Post in Gujarat in which 34 Pakistani soldiers were killed. In the battle six valiant CRPF men laid down their lives at the call of duty. The day is being observed as Valour Day in the Force.

In Sri Lanka, two CRPF Battalions and one Company of Mahila Battalion were deployed as a part of the IPKF. The first major offensive of the LTTE was directed against the CRPF troops, but was repulsed with the grit and determination of the CRPF bravehearts.

The brave Jawans of the Force had proved their mettle by foiling a suicidal

attack on Parliament House by militants on December 13, 2001. In exchange of fire between the CRPF and militants, that continued for about 30 minutes, all the five militants were eliminated.

On 5th July, 2005, five armed terrorists tried to storm the Ram Janambhoomi/ Babri Masjid Complex in Ayodhya. They



had penetrated the outer security rings manned by the UP Police. The CRPF Jawans posted at the inner security rings rose to the occasion and thwarted the evil designs of the terrorists, eliminating all of them on the spot.

CRPF had done an excellent job in controlling militancy in Punjab in the 1980s and insurgency in North Eastern States. It is combating Naxalism in LWE area and terrorism in Jammu and Kashmir.

The expansion of the Force has been directly proportional to the growing demands of the state to deploy CRPF to quell unlawful activities. As such, from a humble 1 Bns, it has now expanded to 247 Bns, including 15 Rapid Action Force Bns, 10 CoBRA Bn, 5 Signal Bns, 06 Mahila Bns, 01 Special Duty Group and 01 Parliament Duty Group. For effective command and control, the Force has been divided into 04 Zones headed by 03

Special Directors General and 01 Addl. Directors General to man administrative control over 23 Adm/Ops Sector and 56 Adm/Ops Ranges. The other field formations consist of 43 Group Centres, 20 Training Institutions, 03 Central Weapon Stores, 07 Arms Workshops, 03 Static/Mobile Workshops and 21 Composite Hospitals out of which 04 are of 100 bed capacity and the rest are of 50 bed capacity, besides other intermediary establishments. The Force has taken giant strides in the field of specialization and has opened many specialized schools viz. Institute of IED Management at Pune, CRPF Intelligence School at Gurgaon, College of IT at Bangalore, Dog Breeding and Training school.

Centre at Taralu, Bangalore, Training of Trainers School at Dharampur, CoBRA School for Jungle Warfare & Tactics (CSJWT) and RAF Academy of Public Order (RAPO) at Meerut.

CRPF plays a significant role in times of natural disasters. Super cyclone in Odisha, the destructive Tsunami waves that overlook the Andaman and Nicobar islands, earthquake in Gujarat, the J&K earthquake and plague in Surat disrupted life on a massive scale. In the devas taking flood that hit Kerala

recently relief, rescue and rehabilitation efforts were launched by the Centre and State Governments on an unprecedented scale. CRPF played a very important role in these efforts. The heavy flood in Srinagar a couple of years back, witnessed a massive rescue operation by CRPF.

CRPF extends its assistance for socially weaker sections in the form of free medical camps, distribution of school books, study tours and creation of infrastructure in villages under its Civic Action Programmes.

The Rapid Action Force (RAF), formed on October 7, 1992 to deal with communal riots and riot like situations, had made its impact and won confidence of the people from the very beginning. Its mere presence has a preventive effect on a riot situation. Their commendable role in quelling communal tension at Sitamarhi (Bihar) 1992, Coimbatore (Tamil Nadu) 1997&98 and Lucknow 1999 is still alive in minds of the countrymen. During 2002, their contribution in quelling riot and providing rescue and succour to the victims in Gujarat has been applauded by all sections of people. In recognition of its services had the Force was

presented with Colours on its 11th Anniversary on 7th October, 2003.

The Force had also been deployed



internationally at Kosovo, Haiti, Sri Lanka, Sudan and Bagdad. Now, for the first time in the history of the UN a Fully

Formed Women Unit was posted in Liberia as a part of UN Peace Keeping Mission. In addition to this a Male Formed Police Unit of CRPF is also deployed in Liberia.

Many a bright star has shone on the sports firmament of the CRPF during last few decades. 16 sports persons of the Force have been conferred upon Arjuna Awards. Sh. G.S. Randhawa and Ms. N. Kunjarani Devi were also awarded Padmashree. These sports persons participated in National and International sports events and will always be remembered with pride, not only by the officers and men of the CRPF but also by all sports lovers in the country.

AWARDS

Since its inception, the CRPF has earned 1825 Gallantry Medals which includes 01 George Cross, 01 Ashok Chakra, 05 Kirti Chakra, 01 Vir Chakra, 24 Shaurya Chakra, 01 Padma Shri, 03 King's Police Medal for Gallantry, 49 PPF SMG, 197 President's Police Medal for Gallantry, 1423 Police Medal for Gallantry, 04 Vishisht Seva Medal, 01 Yudh Seva Medal, 05 Sena Medals, 101 Prime Minister's Police Medal for Life Saving and, 04 Jeevan Raksha Padak and 05 IPMG.



श्री रामनाथ कोविन्द, माननीय राष्ट्रपति, श्रीमती नेहा त्रिपाठी, पत्नी
शहीद कमाण्डेन्ट प्रमोद कुमार, 49 बटालियन के.रि.पु.बल को कीर्ति चक्र प्रदान करते हुए।



11वीं अखिल भारतीय पुलिस बैडमिंटन चैम्पियनशिप के समापन समारोह पर श्री राज्यवर्द्धन सिंह राठौर, माननीय युवा एवं खेल मंत्री (स्वतंत्र प्रभार), श्री राजीव राय भटनागर, महानिदेशक, के.रि.पु.बल, पद्मश्री कुंजु रानी देवी एवं अन्य गणमान्य विजेता खिलाड़ियों के साथ

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