

CRPF SAMACHAR



CRPF Newsletter & Magazine

1991

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CRPF SAMACHAR

Vol. 4 No. 4

January 31, 1991

Magha 11, Saka 1912



*Prime Minister Sh. Chandra Shekhar accepting greetings of audience on the occasion of
51st anniversary of CRPF*



Sh. P.S. Bhindar handing over the charge of Director General CRPF to Sh. K.P.S. Gill

CRPF SAMACHAR

Vol.4 No.4

THE CR.P.F. SAMACHAR

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Editorial

Dear reader,

The year 1990 was a hectic year for Central Reserve Police Force. During this period country passed through many abnormal situations one after another. And in all these situations the CRPF was entrusted with one assignment or other and the Force proved its worth.

The year started with the increase of terrorist activities in J&K Punjab was already a trouble spot. This was aggravated by agitations on Mandal Commission report followed by flare-up in Ayodhya and increase in ULFA activities in Assam. And lastly incidents of communal tensions have made CRPF run from one place to another, to help state administrations to overcome these situations.

Though CRPF was very busy during 1990, it had its achievements also. In 1118 encounters CRPF captured 2870 terrorists and in the process 470 terrorists got killed. Two of our valiant boys were amply rewarded in Ayodhya for foiling an attempt of disruptive forces to blow up disputed

Babri Masjid. Besides five of our men got President's Police Medals, 25 got Police Medals, 2 Prime Minister's Life Saving Medals and one Sena Medal during the year 1990.

We are equally proud of our valiant Jawans who have sacrificed their lives for our country as we are proud of our men who have been awarded coveted prizes and honours during the year.

New year have brought the message of duty and sacrifice for the nation. This is the time when we should take lessons from past mistakes and encouragement from successes.

This year is memorable from administrative point of view as well. It is during this period that former D.G. Shri P.G. Halarnkar went on retirement and Addl.D.G, Shri.P.S.Bhindar who was holding the concurrent charge of D.G.'s office, went to CISF as D.G. CRPF got new bosses Shri K.P.S.Gill as D.G. and Shri R.K. Wadehra as Addl.D.G. It is hoped that during their tenure CRPF will achieve new heights. In this issue we have included important events like 51st CRPF Anniversary, CRPF participation in

Republic Day, joining of new bosses, Ops and Medical Conferences.

We wish you all a happy and prosperous new year. While wishing you all success we wish CRPF to keep on marching ahead with out looking back. It's high traditions may flourish further and we should help the Nation to build a society free from tension, struggle and bloodshed. **Your's Sincerely**



(A.N.SHARMA)

Our New D.G.



Shri K.P.S. Gill

Shri K.P.S.GM, an IPS officer of 1957 batch of Assam Cadre till now DGP, Punjab Police, took over as Director General of the Central Reserve Police Force on Dec 18, 1990 at the CRPF Headquarters, New Delhi.

Shri Gill held many important assignments in the State of Assam. His brief history of assignments covers-posting to Sibsagar District as SDPO. He was promoted as SP Sibsagar in Oct'61. He worked as SP Tezpur, United Khasi and Jaintia Hills (Maghalaya) and SP Kamrup. On promotion, he was posted as Dy. Inspector General of Police Southern Range at Silchar in Oct'74. A year later, he took over Western Range at Guwahati where he supervised anti terrorists Operations successfully. Shri K P.S. Gill moved to Maghalaya in Jan'80 as IGP where he brought the anti Bangali riots under control within a fortnight of his assuming charge. In June 1981 he became Director, Bureau of Investigation, Economic Finance/IG Law & Order Assam.

In June 1984 Shri Gill became IG,BSF at Jammu and in Sept'84 he was IG,PAP and OPS Jalandhar (Punjab). In Jan'86 he became IG,CISF and in June'86 he joined as IG,CRPF, Chandigarh. In June 1987 he became Additional DG Law and Order Chandhigarh. In April'88 he became Director General, Punjab. He came to limelight for his brilliant handling of Operation Black Thunder in Punjab.

Shri Gill is the recipient of the Police Medal for Meritorious Service in 1972, President's Police Medal for Dis-tinguished Service in 1982 and Padam-shri in 1989.

He did post graduation in English Literature and have keen interest for Urdu poetry.

Our New Addl. D.G.



Shri RK. Wadehra

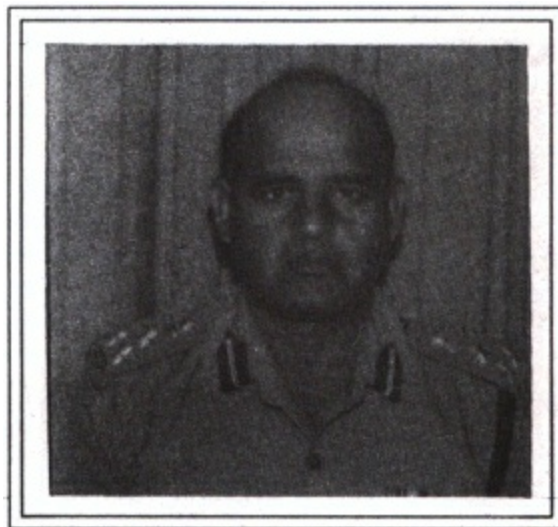
Shri R.K. Wadehra, an IPS officer of 1959 batch of Uttar Pradesh cadre, took over on Dec 19, 1990 as Additional Director General in the Central Reserve Police Force on promotion. Before joining the CRPF, he was Inspector General in the National Security Guards. He held many important assignments in Border Security Force, Ministry of Home Affairs and in Uttar Pradesh Government besides Uttar Pradesh Police.

28 CRPF MEN HONoured

President's Police Medal for Distinguished Service



Sh. M.R. Malik
Deputy Director
(Auxiliary)



Sh. D.R. Yadav
Addl D.I.G.P(Ops.)
Jalandhar



Sh. Sukh Charan Singh
Commandant
54 Battalion

President's Police Medal for Meritorious Service



Commandant
Gurmohan Singh
3rd Battalion



**Commandant
N.K. Vij
90 Battalion**



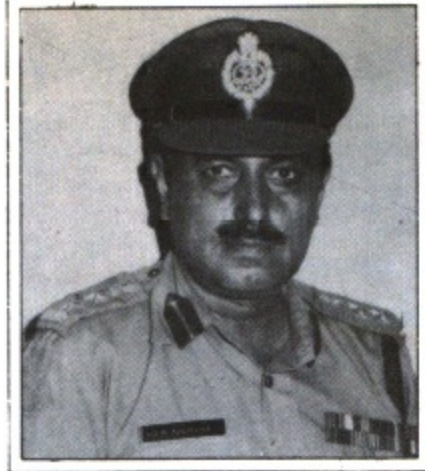
**Commandant
S.V. Mohammed
99 Battalion**



**Commandant
J.K. Choudhary
1st Signal Battalion**



**Commandant
B.L. Takiyar
67 Battalion.**



**Commandant
D.K. Khurana
86 Battalion**



**Asst. Director (Prov.)
Rajender Singh
Directorate.**



**Asst. Commandant
Sukhwant Singh
89 Battalion**



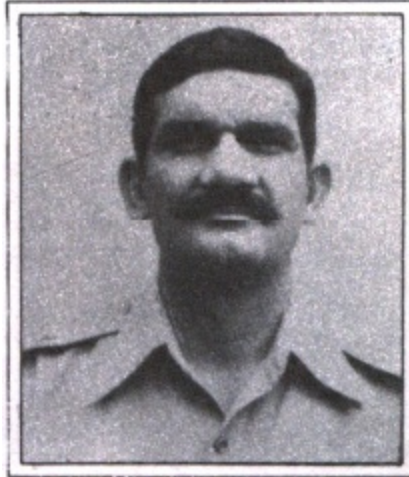
**Asst. Commandant
Sohan Lal
7th Battalion**



**Asst. Commandant
Kashmir Singh
44 Battalion**



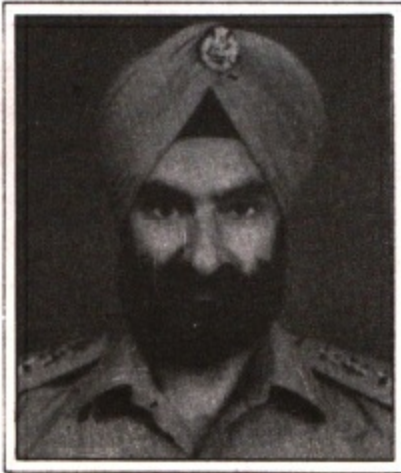
**Jt. Asst. Director (Org.)
P.V. Belgamkar
Directorate.**



**Asst. Commandant
Kali Ram Sharma
37 Battalion**



**Dr. Ajai Ballav Ghosh
Group Centre,
Durgapur**



Dy. S.P. Fauza Singh
102 Battalion



Dy. S.P. (Now Asst. Commandant)
Gilbert Paul
46 Battalion.



Dy. S.P. K.B. Chhetri
86 Battalion



Dy. S.P. B.N. Sharma
55 Battalion



Dy. S.P. S.J. Speake
100 Battalion.



**Inspector
Himmat Singh
14 Battalion**



**Sub Inspector Amar Nath
9 Battalion**



**Subedar Major (M)
R.K. Ray
Group Centre,
Guwahati.**



**Head Constable
Tara Chand
54 Battalion**



**Head Constable
Dalip Singhy 84 Battalion.**



**Head Constable
Janardhan Singh
62 Battalion**



**Constable Trilok
Singh
61 Battalion**

DG's Commendation Disc

105 Central Reserve Police Force personnel serving all over the country have been awarded the Director General's Commendation Disc for their excellent performance during the year 1990. This includes 4 DIG, 1 Additional DIG, 6 Commandants, 2 Second-in-Command, 8 Assistant Commandants, 15 Deputy Superintendents of Police, 2 Medical Officers, 1 Joint Assistant Director (Accts), 6 Subedar Majors, 10 Inspectors, 15 Sub Inspectors, 1 Ward Sister and 34 Other Ranks.

3 Men Honoured

Three Officers of Central Reserve Police Force were awarded Director General's Commendation Disc on Jan. 18, 1991 for their out-standing performance and devotion to duty done during an encounter at Fatehwal Distt. Amritsar on 24th December 1990. They are Shri. Sohan Lal Assistant Commandant 7th Battalion, Shri. N.Bhardwaj 2nd in Command 51 Battalion and Sub Inspector K.V.Chellappan 43 Battalion.

R.D. Commendation

Deputy Commissioner, Faridkote (Punjab), awarded commendation certificates with cash reward to CRPF personal posted in Faridkote on the occasion of the Republic Day celebration this year. The awardees are Assistant Commandant, Shri. A.K. Tyagi (Rs. 5000/-) and Rs. 1000/- each to Constable Ashgar Khan, Constable Kripal Saikiya and Constable J. Man nuel.

CHEQUES TO WIDOWS



Shri K.P.S. Gill D.G. C.R.P.F. with the Widows of three C.R.P.F. personnel after the cheque presentation.

Smt. K.P.S. Gill wife of Director General, Central Reserve Police Force presented cheques of Rs. 1,00,000/- to two widows and Rs. 1,25,000/- to another widow of CRPF personnel who sacrificed their lives for the unity and integrity of the nation at a simple and sedate function held in New Delhi on Jan 17th, 1991. The CRPF men were killed in various encounters with terrorists in Punjab and Jammu & Kashmir during 1990.

The cheques were recieved by Smt. Savitri Devi, W/O SI Amrik Singh, Smt. Dhanpati Devi, W/O L/NK Zile Singh (both of 71 Battalion CRPF) and widow of Constable Ranjit Singh of 24 Battalion CRPF. The amounts are an-exgratia payment made by the Punjab and Jammu & Kashmir Governments. Presiding over the function Shri Gill paid rich tributes to the deceased CRPF personnel and said that their sacrifices would be remembered by all CRPF Personnel with pride and honour. He also expressed the hope that CRPF personnel would do everything to uphold the dignity and honour of the Force.

THINK FOR A MOVEMENT

- * You can not be anything if you want to be everything.
- * Temporary gain is a permanent loss.
- * Advice is least heeded when most needed.
- * An upright man can never be a downright failure.
- * You live once but if you live right once is enough,

Compiled by - S.C.NIRWAL

Children's day at C.R.P.F. School



Shri Sharma I.G.P. (Hqr.) Signing the School Souvenir

The children of Central Reserve Police Force Public School Rohini celebrated Children's Day on 14th Nov. 1990 to commemorate the 101st birth anniversary of Pandit Jawahar Lal Nehru with a colourful song and dance programme.

To mark the Occasion, a bilingual quarterly children's magazine -Srijun- edited by the children was brought out by them which contains articles and paintings of the children.

Inspector General of Police,(Hqrs) CRPF Shri Ajay Raj Sharma while addressing the children told them to emulate the scientific temper and humanism of Pandit Nehru and exhorted them to follow his ideals.

The hour long programme was devoted to various aspects of Pandit Nehru's life with special emphasis on love for children who fondly remember him as Chacha Nehru.

The function concluded with distribution of sweets to children by IGP (Hqrs) Shri Sharma.

Construction of School Building Starts



Shri Bhindar inspecting the Model of School Building

“A long cherished dream of CRPF personnel fulfilled” This was stated by Shri P.S.Bhindar, Director General, CRPF while giving green signal to the construction of CRPF Public School building on Dec 11,1990 in New Delhi. National Building Construction Corporation has taken upon themselves to construct this school building. It is likely to be completed in eighteen months. The cost of the construction is being financed from Education Fund which is subscribed by Jawans and Officers of the CRPF.

“Bhoomi-Pooja” ceremony was preceded by a cultural programme presented by school students having patriotic songs and other items of general interest.

CRPF CONTINGENTS AT RAJPATH

An impressive march past by the two marching contingents and the band contingent of the CRPF drew thunderous applause from the spectators as they marched down the Rajpath in the capital on the Republic Day this year.

The 144 strong women's contingent led the CRPF advance, commanded by 27 year old DySP, Smt. Aparajitha Ramdayani, a post-graduate in criminology from the Madras University and a research fellow of M.Phil in criminology, who hails from Tamil Nadu. The contingent was greeted with cheers all along. Marching behind this contingent was the elegant 105 men strong band contingent of the CRPF under the leadership of Inspector P.S. Thapa. Shri P.S. Thapa is one of the oldest Commander of the band taking part in the Republic Day.

Marching behind the band contingent was the male contingent of the same size of the mahila contingent which was led by Shri. Ravideep Singh Sahi, a 24 year old DySP. Shri Sahi who hails from Jalandhar, measures six foot one inch in his socks and is a commando.



Parade Commanders (L to R) R.S. Thapa, Ravideep Shahi and Mrs. Aprajitha Ramdhyan

The CRPF contingents marched past the saluting base to the tune of “KEN-DRIYA SURAKSHA ARAKSHI BAL”, played by the CRPF band that marched between the contingents. The Commanders dipped their

glistening swords in salute as they passed the President, Shri. R. Venkataraman.

Randhawa honoured

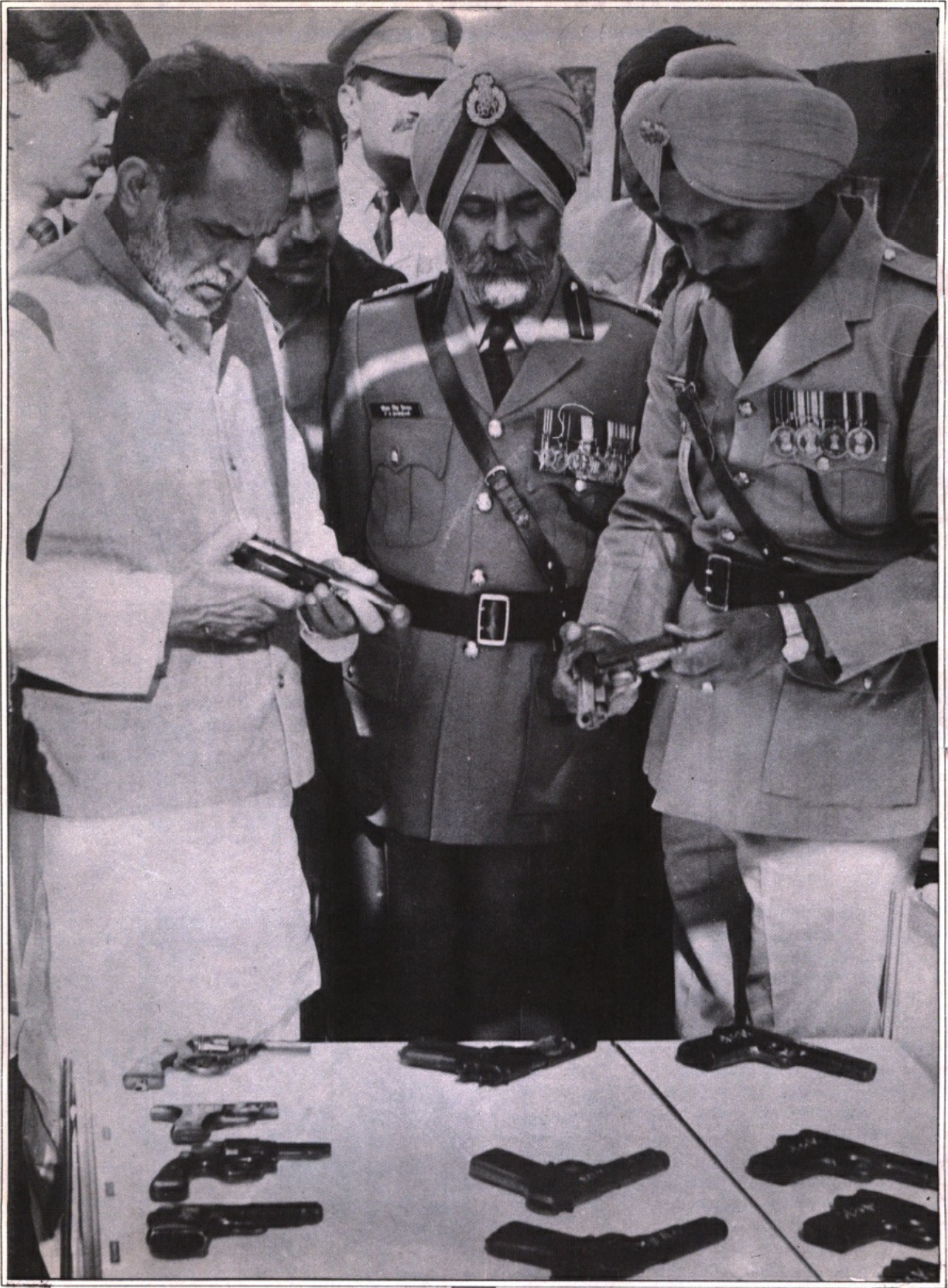
The Delhi Olympic Association has honoured renowned runner Shri G.S.Randhawa of the Central Reserve Police Force when he was Presented a cash reward of Rs.11,000 on Dec.18, 1990 by the Vice President of the Indian Olympic Association.

Shri Randhawa received this honour for his notable contribution in the sports especially in the field of athletics on the national and international level. He had set up Olympic records in 110 Meters hurdles at Tokyo Olympics in the Year 1964 which is still unbroken. This honour was given to him during the concluding session of the celebrations of the Delhi Olympic Association.



Shri G.S. Randhawa receiving the Cheque

51st Anniversary



PRIME MINISTER LAUDS C.R.P.F's ROLE



Prime Minister Presenting a Medal to a Widow

Prime Minister Having a look at the Weapons seized by CRPF

Prime Minister Shri Chandra Shekhar lauded the role of Central Reserve Police Force in maintaining peace in the country. He paid rich tributes to the CRPF men who laid down their lives in protecting the unity of the country. The Prime Minister said that the country would always remember them with honour for the sacrifices they had made in defending unity and integrity of the Nation. Shri Chandra Shekhar said that he was confident that the future of the country would be safe in the hands of Central Reserve Police Force.

The Prime Minister was speaking on the occasion of 51st Anniversary of CRPF at Group Centre, Jharoda Kalan, New Delhi on Dec 6, 1990. He took salute of CRPF parade during the occasion. All the five sectors of CRPF and a Coy. of Mahila Battalion took part in this parade which was led by Commandant Rajinder Singh.

Speaking on the occasion, Shri Chandra Shekhar Called for steps to encourage enrolment of more women into the Force. He was impressed by the performance of Mahila contingent and said that they had reminded him of the rising power of the women in the country. He complimented women force in leading the way for other women to follow.

Prime Minister complimented the Medal recipients and said that the country would always remember the sacrifices they made for the country. On this occasion 31 medals were presented, out of which 5 were President's Police Medal for Gallantry, 22 Police Medal for Gallantry, and four medal for Distinguished Service. Besides this, trophies for 'Best Group Centre' was given to Group Centre, CRPF, Bantalab and another for Best Battalion' was given to 40th Battalion, CRPF. Out of the total medal recipients, 8 medals were given posthumously. The medal recipients were:-



Prime Minister Shri Chandra Shekhar and other Senior Officers of CRPF with medal recipients.

PRESIDENTS'S POLICE MEDAL FOR GALLANTRY:- (late) Head Constable Hira Lal Yadav (76 Battalion), Naik Hariher Yadav (41 Battalion), Assistant Commandant Sushil Kumar Sharma (24 Battalion), (Late) Constable Gulfam (76 Battalion) and (Late) Constable (Driver) Mohan Singh (Group Centre Bantalab). **POLICE MEDAL FOR GALLANTRY:-** (Late) Naik (Driver) A.K. Chakraverty (26 Battalion) Inspector Malkiyat Singh (26 Battalion), Constable S.S. Tangad (26 Battalion), Commandant A.C. Seetha Ram (24 Battalion), Inspector Gurdev Singh (24 Battalion), (Late) Constable Hin-gole Kishan Ganga Ram, (2? Battalion), DySP Ramphal Singh (76 Battalion), Constable Gopal Singh (76 Battalion), DySP Khubi Ram (48 Battalion now in SDG), Naik V.K.B.

Nambiar (48 Battalion), Constable Talib Hussain (25 Battalion now in 9 Battalion), Constable Mohinder Pal (25 Battalion now in 9 Battalion), (Late) Constable virender Singh Negi (30 Battalion), Inspector Ranjeet Singh (41 Battalion), Constable (Now L/Naik) M. Sunderam (48 Battalion), Constable Azad Singh (41 Battalion), (Late) Constable Asin khan (44 Battalion), (Late) Constable (Driver) Ravinder Kumar (32 Battalion), Sub-Inspector Dalip Singh (32 Battalion), L/Naik Chander Pal Singh (65 Battalion), L/Naik Saudan Singh (65 Battalion) and L/Naik L.B.Swamy (65 Battalion).

MEDAL FOR DISTINGUISHED SERVICE:- Deputy Director (Training) Shri. S.C Chaubey (Dte.General), Principal (CTC.I) Shri B.S. Kang, Assistant Director (Sports) Shri. G.S.Randhawa (Dte.General) and Inspector (T) R.K. Nair (Signal Group Centre).

After the parade, Prime Minister visited Base Hospital, CRPF and met patients who were injured during encounters with terrorists in various parts of the country. Prime Minister also visited Photo and OPS exhibition put up by the CRPF. He showed keen interest in the recovered arms and ammunition displayed in the exhibition consisting of AK-47 rifles, AK-74 rifles, Rocket launchers and other deadly Weapons. Shri Chandra Shekhar evinced keen interest in photos displayed in Hero's gallery.

Prime Minister was received by the then Director General, CRPF, Shri P.S. Bhindar at Group Centre Helipad. Shri Subodh Kant Sahay, Minister of State for Home Affairs and Information & Broadcasting and other senior officers of Home Ministry and Police Organisations attended the function.

51st CR.P.F. ANNIVERSARY CELEBRATIONS

Tennis & Volley Ball tournaments

As a part of CRPF anniversary celebrations, Inter Sector Tennis and Volley Ball tournaments were organised on league-cum-knockout basis for the first time.

TENNIS

Teams from Northern, Eastern, Southern, North Eastern, North Western Sectors, Signal Range, Training Range and Directorate participated in the tournament which was played from Nov. 29 to Dec 3, 1990. The match was played on league-cum-knockout basis by dividing the teams into two pools.

Shri Ajay Raj Sharma I.G.P. (HQ) inaugurated the tournament on Nov 29, 1990.

Northern Sector represented by Shri. P.S. Kadian and Shri. R.K Swamy won tennis title while CRPF Headquarters represented by Shri. AK. Bandho-padhya and Shri. Ajay Raj Sharma became runners-up.

Shri. P.S. Bhindar, the then DG CRPF distributed prizes to the winners.

VOLLEYBALL

Five teams participated in the volleyball tournament which was inaugurated by Shri Joginder Singh, IGP, Northern Sector in New Delhi On Nov 30th, 1990. In this tournament two international volley-ball players SI Swatantra Singh, Eastern Sector and Head Constable Arjun Singh, Northern Sector participated. Northern Sector won Volley ball Tournament defeating North Western Sector in straight sets, 15-3,15-8,15,9. Shri P.S. Bhindar, the then DG CRPF distributed prizes to the winners.



A Tense Moment during Volley Ball Tournament



Sh. P.S. Bhindar Presenting the Shield to I.G. Northern Sector Sh. Joginder Singh

Mr. SAHAY's ASSURANCE TO CRPF



Shri Sahay addressing the Senior officers at CRPP's two days workshop

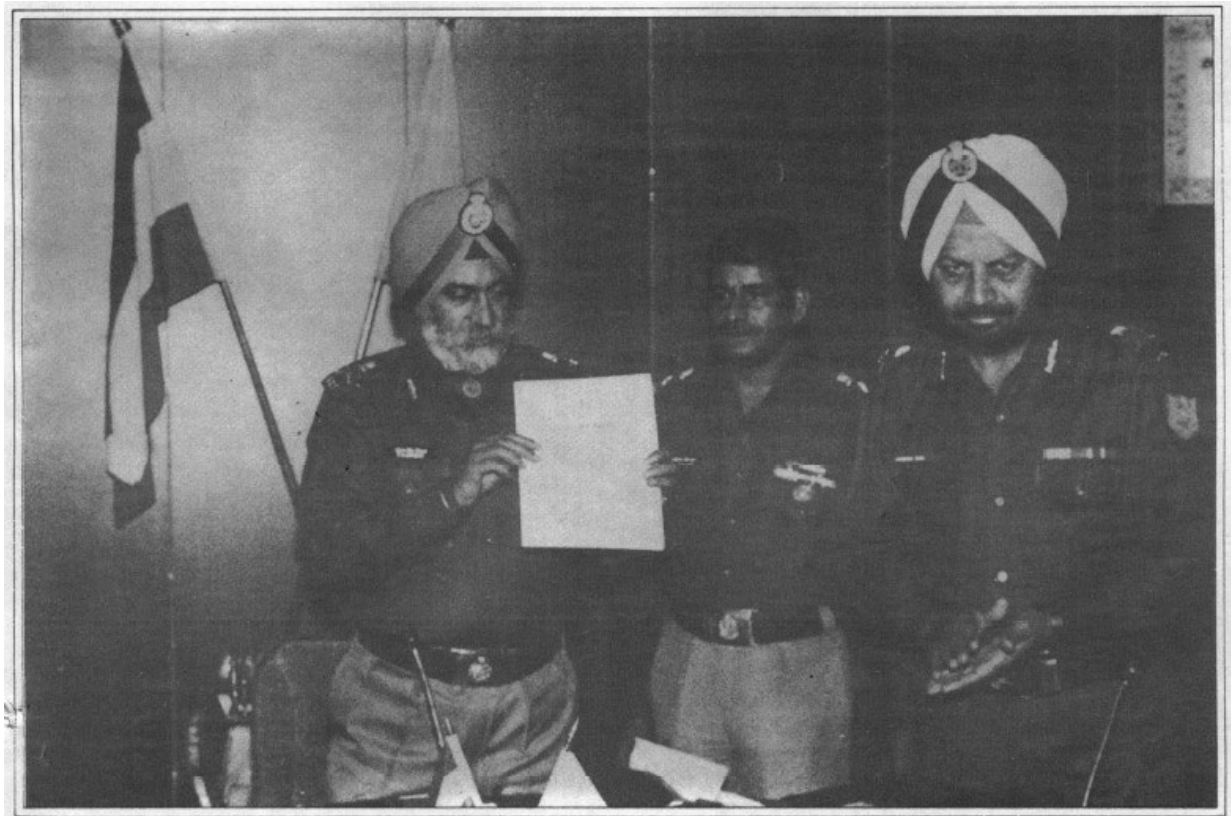
Shri Subodh Kant Sahay, Union Minister of State for Home Affairs and Information and Broadcasting, while inaugurating a two day CRPF Workshop on Training, Provisioning, Ops and Communication in New Delhi on Dec 7, 1990 assured that the cases relating to CRPF, pending with Home Ministry will be solved at the earliest. The Minister gave this promise when Director General, CRPF Shri P.S. Bhindar while welcoming him narrated some of the major problems faced by the Force. The Minister urged Shri Bhindar to send all the proposals immediately after the workshop in a consolidated form so that a decision can be taken immediately.

The Minister said that he was aware of the fact that the Force was on the move frequently and were performing their duties in a very adverse circumstances. The Minister stated that he was proud of CRPF for having people's confidence as people's own Force. The Minister appreciated the Director General's idea of zonal reserves to lessen force movement. He agreed on the need of proper accommodation, regular refresher courses and new orientation in training in the CRPF.

Additional Director General Shri C S. Dwivedi proposed a vote of thanks and hoped that in future also, the Minister would keep on giving moral support to the Force as he did today. During the two days deliberations

matters relating to operations, Training, Provisions and Communications were discussed. The workshop also discussed the ways and means to improve CRPF operations and training. CRPF Inspectors General of Police and other senior officers of the Force representing various sectors of the CRPF participated in the Workshop.

Medical Officers Conference



Shri Bhindar issuing a Souvenir on the occasion of medical officers conference.

Develop indigenous Devices to give medical assistance on the spot to the Central Reserve Police Personnel injured while in action', this was advised by Shri P.S.Bhinder, Director General, CRPF while addressing a two-day conference of Medical Officers of the Force from all over the country at CRPF Headquarters, CGO Complex, New Delhi on Dec 17,1990. Shri Bhindar said that the dedication and motivation with which CRPF Medical Officers work in difficult situations and remote areas had been acclaimed by each and every members of the Force and hoped that they would continue to work in the same spirit in near future.

Shri Bhindar further said that efforts are afoot to acquire new devices and upgrade medical facilities in various CRPF Hospitals. As regards difficulties faced by the Medical Officers, he said that Force Headquarter was taking steps to lessen their difficulties. Earlier Shri Bhindar released a Souvenir brought out on this occasion. During the two-day deliberations, matter relating to improvement and updating of Hospitals, increasing beds in various hospitals, procurement of latest medicines, modernisation of laboratories

RISK FUND BENEFITS

A total of Rs 2,40,000/- have been paid to the next of kins of seven CRPF personnel who died during the month of Dec, 1990. This include Rs. 10,000/- from Central Welfare and Benevolent Funds in each case.

Another sum of Rs 30,000/-were paid to 2 CRPF personnel invalidated during this period.

ALL INDIA POLICE DUTY MEET TEAM FELICITATED



D.G. Shri K P.S. Gill with the winners of All India Police Duty Meet

The contingent of the Central Reserve Police Force which won the overall championship of All India Police Duty Meet-1990 held at Pune from 24th to 30th November, 1990, was felicitated in New Delhi on Jan. 23, 1991 by the Director General of the Force, Shri.K.P.S.Gill, at a simple but impressive function. The function was attended by senior CRPF officers and the participants who represented the Force in the Meet.

All India Police Duty Meet is organised every year to promote professionalism amongst the Central and State Police Forces of the country. Although, there are 9 events like shooting, Scientific Aids to Investigation of Crimes, Police Photography, Police Dog Squad, etc. in which a team is allowed to participate, yet CRPF participated only in five events viz. Shooting, First Aid, Motor Transport, Wireless and Cryptography. In spite of this handicap, the CRPF team bagged 6 gold, 6 silver and 4 bronze medals in the Meet. It also secured the overall championship of All India Police Duty Meet for the first time. Sub Inspector Taru Ram of 73 Battalion CRPF who won two gold medals and one bronze medal was declared the 'Best Shooter' of the Meet. He was honoured by the award of the Home Minister's 'Best Shot Medal'.

The CRPF contingent had participated in the All India Police Duty Meet under the leadership of Shri.T.S.Dhillon, Second-in-command 18 Battalion. An ace Shooter himself, Shri Dhillon has represented India in IX Asian Games, 1982 at Delhi. He also has the distinction of representing the country in International Invitation Meet 1986 at West Germany where he won gold and bronze medals in Centre Fire Pistol and Standard Pistol Shooting respectively. His shooting skills were further recognised during Advance Specialised Training in Shooting as a Coach at Olympic Training Centre, Colorado Springs USA in 1987.

Speaking on the occasion, Shri Gill said that he was proud of the achievements of the contingent during All India Police Duty Meet last year. Cautioning them, however, against any complacency, he exhorted the members of the contingent to improve upon their professional Skills for better results in future.

Cheque Presented to Widow



Shri Joginder Singh Presenting Cheque to Widow

Shri Joginder Singh, IGP, Northern Sector, presented an ex-gratia grant of a sum of Rs. 1 Lakh, to Smt Mongi Ben mother of late Ct Pratap Giri of 54 Bn, CRPF on Nov 21st 1990, at CRPF Group Centre Gandhinagar (Gujrat). The cheque was presented in recognition of late Ct Pratap Giri's praise worthy and courageous performance of duties without fear for the safety to his own life, in Srinagar (J&K).

Late Ct Pratap Giri died in action on 11th June 1990 in Srinagar while trying to save his vehicle from a bomb which was thrown by militants into the vehicle during a well laid-out ambush.

Two Constables Promoted



Ct. G.C. Mandal and M. Jamatia

Two Central Reserve Police Force Constables, namely G.C.Mandal and M. Jamatia, have been promoted to the rank of Lance Naik by Director General CRPF Shri P.S. Bhindar for showing presence of mind and exceptional courage on December 8, 1990 at Ayodhya, when they succeeded in foiling a bid of two persons to blow up the disputed structure with a dynamite. Both the constables also succeeded in apprehending one of the suspect Suresh Singh Baghal and recovered four bundles of stick gun cotton from his possession. In recognition of the gallant work done by these two Constables, Chief Minister of Uttar Pradesh immediately sanctioned cash reward of Rs.1000 each. SSP Faizabad sanctioned cash reward of Rs.500 each and DG,TAC,UP and Commissioner of Faizabad also sanctioned cash reward of Rs.1000 each to all section personnel.

THEY ARE NO MORE

We offer our deep condolence to the grie ved families of following CRPF personnel who lost their lives in December, 1990:-Head Constable

G.Surendranathan (13 Battalion), Constable (Daftry) Ra-mesh Kumar (GC BBSR), Constable (Bugler) Rai Singh (73 Battalion), Constable (Driver) P.Subba Raju, (11 Battalion), Constable (Driver) Samal Haq (53 Battalion), Naik Harish Chander (46 Battalion), Assistant Commandant Bharosanand (94 Battalion), Cooks Busudev Tiwari, Rajender Thakur (5 Battalion), Water Carrier S. Kali (5 Battalion), Water Carrier Roshan Lal (34 Battalion), Constable Chandra Pal (97 Battalion), Head Constable Rattan Chand (94 Battalion), Constable Katra Kava Bhai (97 Battalion), Constable Nazar Mohd (48 Battalion), Constable D.Sita Ramiya (27 Battalion), Constable (Recruit) K.Krishnappa Poojari (104 Battalion), Constable Ram Lal (7 Battalion) L/Naik Martin Barla (7 Battalion) L/Naik L.Francis (25 Battalion), Sub-Inspector Azad Singh (90 Battalion), Constable Girish Chand (68 Battalion), Water Carrier Sita Ram (3 Battalion), Cook Dhan Singh (3 Battalion), Const. Sant Ram (3 Battalion) and Recruit K. Ganesh Kumar (103 Battalion). Constable Ravinder Singh (35 Battalion - on deputation with Delhi Police). also died during Nov.90.

NEWS IN BRIEF

Medals for CRPF Shooters

Central Reserve Police Force shooters both men and women won medals in Delhi State Open Championship held at Tuglakabad Range, New Delhi on 19 Dec. 1990. The CRPF men team comprising Second-in-Command T.S.Dhillon, Sub Inspectors Sarabjit Singh and Murad Khan won Air Rifle championship. The CRPF team won runners up in Standard Pistol, Centre Pistol and 22 Open Sight Pistol events. Constable (Mahila) Kiran Arya won both individual gold medals while Constable (M) Nirmal Rani, Pyary Puri, Kanak Lata won silver Medals and Naik (Mahila) T.Dass won a bronze medal.

In the Air Pistol, the women team comprising of Medical Officer S.K. Dhillon, Constable (Mahila) Kiran Arya and Kanak Lata won silver medals. The Union Minister of State for Commerce gave away the prizes to the winners.

NATIONAL SWIMMING CHAMPIONSHIP

17 members contingent of CRPF swimmers whose manager was Shri R.N.Yadav, second-in-command, participated in the 46th National Swimming Championship held at Bombay from Nov 13th to Nov 18th, 1990. Shri Khazan Singh, DySP, won Gold medals in 100 and 200 meters butterfly whereas Insp. S.Radhakrishnan won gold medals in 100 and 200 meters breast stroke. In 4 x 100 meters individual relay CRPF won Bronze and Silver medals respectively.

A man of noble sensibilities should never care for worthless wealth; he should, on the other hand, develop generosity, power and fame on earth.

DHILLON ADJUDGED BEST SHOOTER



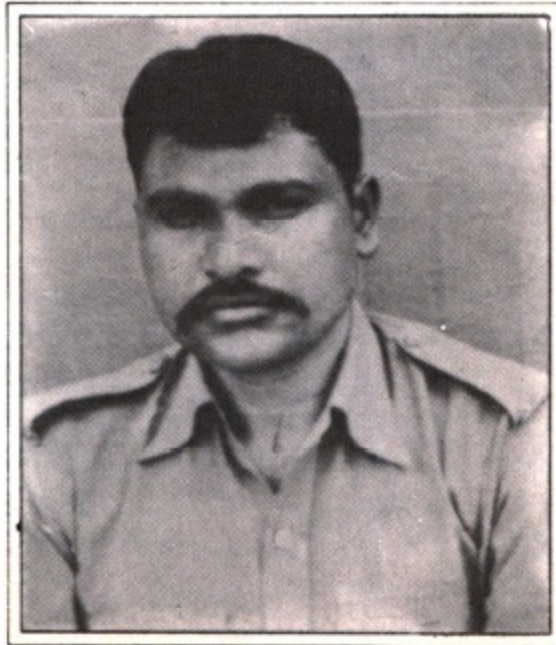
Dhillan Recieving Championship Trophy

Shri Tejinder Singh Dhillon, Second-in-Command of the Central Reserve Police Force has been adjudged the best shooter in the recently concluded Northern India Inter State Shooting Competition held at Chandigarh for the eighth year in succession. He bagged three gold medals

and two silver medals in the competition.

For the first time CRPF Mahila Shooters participated in the competition and bagged one gold, one silver and one bronze medals. 242 shooters representing 55 teams in various events participated in the competition.

DEATH IN ACTION



Lance Naik Salai Kudada

Lance Naik Salai Kudada of 24 Battalion CRPF stationed at Srinagar died in action when the vehicle in which he was travelling was ambushed by terrorists on Oct 8th 1990 near Noor Bagh area in Srinagar. His vehicle was fired upon from all directions with automatic weapons and with Chinese grenade. He alongwith his party members jumped out and took position and engaged the militants till reinforcement party arrived. But in the process he was hit by a bullet on the left side of his chest. Inspite of grievous injuries he continued firing from his SLR till he fell unconscious and died.

3 TERRORISTS KILLED

Three terrorists including deputy chief of K.C.F. were killed in an encounter on Dec 24, 1990 near village Fatehwal under P.S.Ajnala, Police District Majithain Punjab. Personnel of B/C/ D/ and F Coy, of 10 Battalion,

CRPF under the overall supervision of IGP, (OPS) CRPF, Punjab cordoned the village Fatehwal on Dec 24, 1990 at 1300 hours. They found that terrorists were hiding in two houses in the village. CRPF surrounded these houses from where heavy firing was going on. In the encounter three terrorists were killed and a large quantity of arms and ammunitions recovered. This includes 2 AK-47 rifles, One Rocket Launcher and 7 Rockets.

TERRORIST KILLED

In an encounter on Jan 4, 1991 between CRPF and terrorists one terrorist namely Kashmir Singh was killed in district Amritsar in Punjab. One .303 rifle and one AK-47 Magazine with ammunition was recovered.

BOMB RECOVERED

On 18 Dec, 1990 B Coy of 6 Battalion entrusted with the duties of Static Guard in and around Indira Gandhi International Airport, New Delhi, on a tip off, detected one country made bomb lying wrapped in torn gunny cloth. Immediately area was cordoned off and bomb disposal squad was called for. Steps were also taken to warn concerned authorities at airport to shift aircrafts parked near-by to a safer place.

5 KILLED

On Dec 30, 1990 in village Randhawa, in Faridkote district five terrorists were killed in an encounter with Notable amongst extremists killed were Sher Singh Shera of village Allewela, self styled Deputy Chief General of Babbar Khalsa International group, Tarn Taran and Mahinder Singh of village Nidaur, Tarn Taran District. On Dec 30th an information was received by CRPF that an encounter is going on at village Randhawa wherein three sections of B Coy, 84 Battalion and local police had engaged terrorist in a house. On receipt of information Commandant M.S Toor and Asst Commandant (ops) A. K. Tyagi rushed to the place of encounter. The party found heavy firing from the house and to check it petrol bomb grenades were lobbed and the house was cordoned off in such a manner that no terrorists could escape. After night operation when firing stopped, Assistant Commandant A.K. Tyagi with three Constables entered the house and found 5 terrorists belonging to Babbar Khalsa International group dead.

Police recovered one AK-47, one .315, and two .303, rifles one GPMG etc. besides large quantity of ammunition were recovered from the spot.

CT. PROMOTED



Ct H.G. Halappa

Constable H.G.Halappa of 63 Battalion, Central Reserve Police Force was given out of turn promotion to the rank of Lance Naik for showing presence of mind and exceptional courage in over-powering an Andhra Pradesh Police Constable Kadir, who fired On ACP Sathaiah of AP Police. The ACP was on patrolling duty in the curfew bound area of Falaknuma Bus Depot in Hyderabad on Dec. 12,1990.

Shri D.RKarthikaeyan, Inspector General of Police, Southern Sector, CRPF has sanctioned cash reward of Rs.2000 to Shri Halappa and Rs. 1000 each to Head Constable Khalifa Ram, Constable P.K.Bora and Constable K.S.Suguna who assisted Constable Halappa in controlling the assailant.

BLOOD DONATION

A blood donation camp was organised by the jawans of the CRPF at the Force's Gandhinagar Headquarters on Dec 28, 1990.

Mr P.N. Ramakrishanan, Additional DIGP of the Group Centre, was the first to donate blood to mark the inauguration of the camp. He complimented the jawans for organising the camp and appealed to them to take up humanitarian activities like this. As many as 75 jawans donated blood at the camp.

EYE CAMP

About 150 persons were treated at an eye-camp organised by the Central Reserve Police Force on Dec 22,1990 at Madhavgad.

Primary tests and minor operations were performed. The patients were provided free medicines. While those requiring major operations have been asked to come to Gandhinagar according to Dr. S.K.Parimal, the eye specialist, who was incharge of the camp. Inaugurating the camp Additional DIGP of CRPF, Mr P.N. Ramakrishnan, said that, the CRPF had voluntarily adopted the village and would carry out programmes for the social and educational development.

SHIELD FOR CRPF

District Magistrate, Rampur (UP) presented on 7th Jan, 1990, at a simple but impressive function a shield to Shri S.S.Ahuliwalia, Commandant (CCD), 3rd Signal Battalion, CRPF, Rampur for helping the local administration in maintaining law and order in that area during communal riots.

2830 HELD

2830 extremists were apprehended by the Central Reserve Police Force in 1118 encounters held in various parts of the country during 1990. 470 extremists were killed in these encounters while 111 were injured.

In the Process, CRPF lost 70 of its officers and men while 549 were injured. 1266 major arms were also recovered.

FUN TIME

“Men Can live without air for two minutes”, said one of the teachers at a P.T. A. meeting the other night,” and without water for two weeks, and without food for two months, and without a new thought for two generations.”

The army chaplain was preaching earnestly on the subject. “You can improve yourself if you improve your thoughts.” He concluded by saying,” What you

are is determined by your thoughts". Whereupon one soldier nudged his neighbour and whispered, " In that case I'm either a pin-up girl or a Cadillac."

Recruit to Officer: " If I told you that you were an ass what would you do, Sir?"

Officer: "I should put you under arrest."

Recruit: " And if I only thought it ?"

Officer: " Then I could do nothing; thoughts are invisible."

Recruit: " Well, I am thinking it."

Stenographer: " I've been saving a lot of time lately."

Friend: "How's that ?"

Stenographer: "I found out that the dictionary is in alphabetical order."

Two Cousins got into a hot argument and decided to settle things the way they do in the old country-with guns.

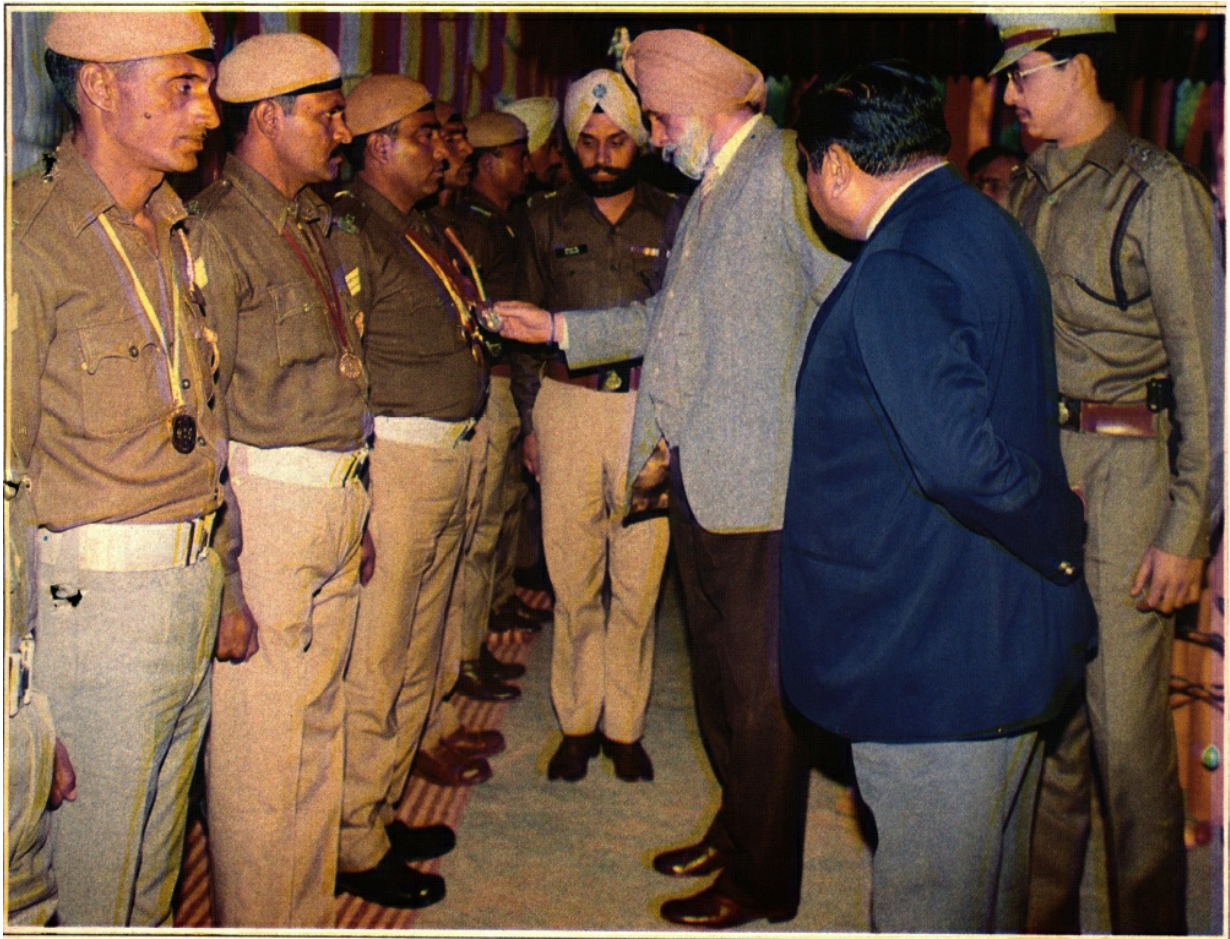
On the appointed morning, Francois was on hand with his pistol, second, and his physician. After about an hour, a messenger arrived with a telegram from Bourdreaux.

"Dear Francois", it read. "If I am late, don't wait for me. Go ahead and shoot."

As the man and his wife were leaving the restaurant after dinner, the proprietor was standing at the cashier's desk. "How was your dinner tonight ?" the proprietor asked. "One thing I can say for your restaurant," the man said. " You surely must have the cleanest kitchen of any restaurant in town " "Cleanest kitchen ?" the proprietor asked. " You didn't go into the kitchen. How did you find out that it was so clean?" "Because," the man said, " everything tasted like soap."

A school teacher wrote a note home to jimmy's mother, "Dear Mrs. Jones, your son, Jimmy, is a smart little boy but he spends all of his time with the girls. I am trying to break him of the habit." Jimmy's mother wrote back, " I wish you success. Please let me know how you do it. I have been trying for years to break his father for the same habit."

**Compiled by -
R.K. GAUR
Dte.Gen.**



Sh. K.P.S. Gill, D.G. Looking at the Medals of a Winner during felicitation function of CRPF Team, which won All India Police Duty Meet 1990



CRPF Male Contingent at Republic Day Parade

CRPF SAMACHAR

Vol. No. 5 No. 1

April 30, 1991

Vaisakha 10. Saka 1913



*DG, CRPF Shri K.P.S. Gill with two widows of CRPF men
after presenting ex-gratia payment cheques*



Vaishnov Devi Temple under strict vigil of CRPF men.

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Life and contributions of Dr. Bhim Rao Ambedkar

Care of your Heart

Fun Time

Editorial

Dear readers,

Tighten your belt. 10th Lok Sabha Elections are coming. Poll dates have been announced. Election Commission is heavily depending on us for the smooth and trouble free elections. This is due to the trust and confidence they have on us. We have to prove our mettle and prove ourselves worthy of the trust reposed in us by the Election Commission.

This is not the first time we have been called upon to maintain law and order. Earlier also, many a times, we were called upon to perform difficult duties and we have risen to the occasion. We are sure that this time also we will come out with flying colours.

Realising the important of our work, Central Government has allowed us to raise 20 Battalions immediately. They have been raised and are being given extensive training in handling law and order situation during the elections. This is due to our DG Shri K.P.S. Gill's efforts, that these Bns were raised. He had taken keen interest in getting these Bns by convincing the Central Authority about the requirements. It is purely due to his efforts that within a short span of a month we could raise the battalions. Raising of these Bns will certainly help us to perform our duty more effectively with lesser strain.

Coming to the events from February to April 1991, we are covering in this issue, All India Police Games, Medal Presentation Ceremony, Gallantry Medal Awards, Visit to Vaishnov Devi and Group Centre Jammu and New Senior level appointments in CRPF. We congratulate all those who have been promoted and welcome all those who have joined CRPF recently at senior level. We have included articles on "Care of your Heart - The Holistic Approach" and first part of an Essay on Dr. B.R. Ambedkar which won second prize in the Essay Competition. This essay is being serialised and will appear in subsequent English issues.

Our thanks to all those who have done an excellent job in making huge seizures of arms & ammunition from extremists by waging a relentless war against them. During the last four months from Jan. to April they have recovered around 456 major arms and over 14,500 rounds of ammunition in

as many as 500 encounters from the terrorists.

Kindly co-operate with us by sending write-ups regarding good work done by you so that others can emulate your worthy example. We hope you will find this issue interesting. Do send your contributions to enrich our magazine.



(A.N. Sharma)

APPOINTMENTS AND PROMOTIONS

CHATURVEDI NEW F.A.



Mr. Gopal Chaturvedi

Shri Gopal Chaturvedi, an officer of Indian Railway Service of 1966 batch joined CRPF in February 1991 as Financial Adviser.

Besides holding many important assignments in the Railway Ministry earlier, he joined National Security Guard as Financial Adviser in Feb. 1988

CHAUBE I.G. (CENTRAL SECTOR)



Mr. S.C. Chaube

Shri S.C Chaube, an IPS Officer of UP Cadre (1966 batch), has been promoted as Inspector General and posted as IG CRPF - Central Sector. Prior to this, he was Dy. Director (Training) at CRPF Hqrs.

Shri Chaube joined CRPF in May'87. His earlier important assignments include SP Itawa, Mathura and CBI and DIG, PAC (UP) in Lucknow.

DUBEY I.G. (OPS) AMRITSAR



Mr. G.P. Dubey

Shri G.P.Dubey, an IPS Officer of 1967 batch (MP Cadre) has been promoted as Inspector General and taken over charge of IGP OPS Amritsar, Punjab. Before promotion he was Deputy Director (Adm) at CRPF Hqrs. He remained posted in Sagar, Gwalior, Seoni, Sehore, Chindwara as Supdt. of Police.

His earlier important assignments include AJG,CID of Special Branch in Bhopal, Economic Offences Wing, DIG Raipur, DIG Railway (MP) and DIG Intelligence. He was also Sepcial Secretary to Home (Police), Govt. of Madhya Pradesh. He joined CRPF as DIG Ajmer on May 12, 1989.

M.K. SINGH I.G. (OPS) J&K

Shri M.K. Singh, an IPS officer of 1967 batch (West Bengal Cadre) has been promoted as Inspector General and took over charge of IGP, OPS (J&K). Prior to this, he was DIGP, CRPF, Calcutta Range.

His earlier important assignments include SSP Purulia, West Dinajpur and Burdwan (WB), Dy. Commissioner of Central Division, South and Southern Sub Urban Division of Calcutta Metropolitan Police. He joined CRPF in August 1986 as DIGP CRPF, Calcutta Range.

MATHUR I.G. (OPS) LUDHIANA



Mr. S.N. Mathur

Shri S.N. Mathur, a directly recruited CRPF officer of 1961 batch has

been promoted as Inspector General and posted as Operational IGP at Ludhiana - Punjab. Prior to this, he was Deputy Director (Ops) at CRPF Hqrs. His earlier important assignments include Asstt. Director (Ops), (Estt), Senior staff officer to IGP Eastern Sector, Commandant at Mizoram, Patna and Sikkim and DIG Agartala and Rampur. Incidentally, he is the third officer of CRPF cadre 1961 batch to be promoted as Inspector General. Other two officers are Shri M.P. Singh and K.R.K. Prasad.

SIDDIQUI DIG (NEW RAISING)



Mr. A.A. Siddiqui

Shri A.A. Siddiqui, an IPS officer of Punjab Cadre (1968 batch) joined CRPF HQ as DIG (New Raising) on 10th April 1991. Shri Siddiqui has held many important postings before joining CRPF. He was SSP Ferozpur in 1983-84, DIG Border Range, DIG Jalandhar Range from 1984-88. He was DIG Intelligence Punjab in 1988-89. Before joining CRPF he was Executive Director (Vigilance) in I.T.D.C.

IZHAR ALAM DEPUTY DIRECTOR



Mr Mohd. Izhar Alam

Shri Mohd. Izhar Alam, an IPS officer of Punjab cadre (1974 batch) joined CRPF as Deputy Director at Directorate General on March 21, 1991.

Before joining CRPF, he held many important portfolios like SSP Ropar, Jalandhar, Amritsar (Punjab), DIG Border Range, Amritsar and DIG Kashmir Range (Srinagar). He has been given Ops. portfolio.

BHOLANATH DEPUTY DIRECTOR



Mr. Bhola Nath

Shri Bhola Nath, an IPS Officer of Tamil Nadu (1976 batch) has been promoted as Dy. Inspector General and posted as Deputy Director (Administration) at CRPF Hqrs from AD (Estt). His earlier important

assignments include ADC to Governor of Tamil Nadu, SP (CID) Madras, SP Madurai, DCP HQ Madras, DCP (Crime) Madras and Commandant VI Bn Tamil Nadu Special Police at Delhi.

QUOTABLE QUOTES

“Purity, Patience, and perseverance are three essential to success and above all Love”

“Never think there is anything impossible for the soul. It is the greatest hearsay to think so. If there is any sin, this is the only sin -- to say that you are weak, or others are weak.”

“Education is the manifestation of the perfection already in man. Real education is that which enables one to stand on one’s own leg.”

-- Vivekanand

CHEQUES TO WIDOWS



Shri Gill presenting cheques to widows

No amount of money can compensate for their loss. But every little effort helps. And CRPF cares for its men and their families. Pensions are despatched and every effort is made by the Force to provide all the assistance it can, monetary and otherwise, to the next of kin of the personnel who lose their lives in the line of duty. Most of the time our men and officers are serving under the most trying circumstances, fighting terrorists and controlling riots. It was during such operations that Lance Naik Omkar Singh and Constable Pratap Singh fell to the militants' bullets recently. Rewards are promptly announced by the Punjab and Jammu and Kashmir administrations in recognition of their sacrifice and valour. The next of kin of both of them were presented with cheques at a simple function held at Directorate General on April 24, 1991.

Shri K.P.S. Gill, Director General, CRPF gave away the cheques to the widows, at a brief function. Smt Omvati Devi, wife of Omkar Singh and Smt. Shanta Devi,, wife of Pratap Singh, escorted from Ahmedabad and Jaipur, were pictures of prideful grief as the citations were being read.

Omkar Singh of 33 Bn died in a fierce encounter with terrorists near Dhotia village of Amritsar district on August 20, 1990, In fact, he had foiled an attempt by the terrorists to indulge in mass killings in the village. Omkar Singh led a small force and had surrounded the terrorists near the adjacent village of Dobri. In the ensuing encounter he was fatally injured and died on way to the hospital. The Punjab Government had declared a

cash reward of Rs. 1 lakh to his next of kin. Pratap Singh of 54 Bn fell to a rocket attack by Kashmiri militants on his picket at the UNDP office at Naushera area of Srinagar early this year. Pratap Singh stuck his ground and gave all he got to the militants, but a splinter from a rocket injured him seriously. Still he managed to chase the militants away. This incident occurred on January 3, 1991. The Jammu and Kashmir administration announced a reward of Rs.1.25 lakh to the members of his family. After both the widows were presented with the cheques, senior officials advised them how to invest the money to get maximum benefits for their family. They were also assured that their problems including delays in disbursement of pension, would be looked into.

INVESTITURE CEREMONY

SAHAY PRAISES C.R.P.F.'s ROLE



Shri Sahay and D.G. with medal recipients

CRPF has proved its mettle on all fronts whether fighting external enemy or internal. This was stated by Shri Subodh Kanth Sahay, Union Minister of State for Home Affairs and Information and Broadcasting on March 12, 1991 at the medal presentation ceremony to 45 CRPF personnel including one Gallantry, two Distinguished and 42 Meritorious.

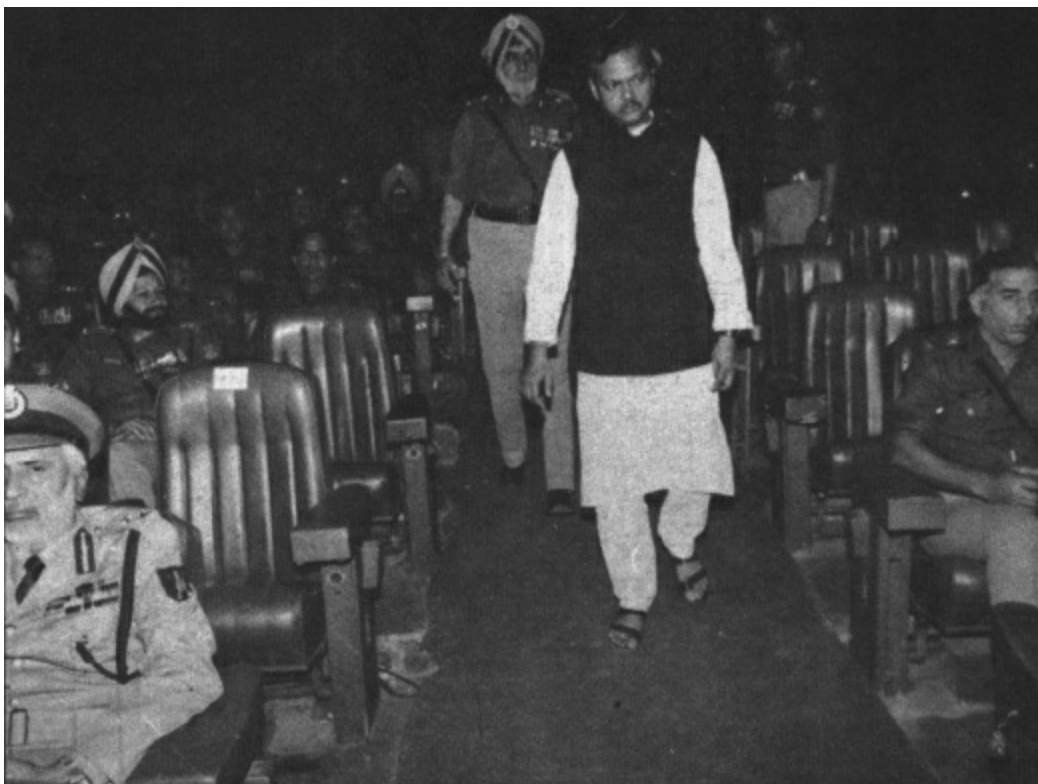
Shri Sahay further said that the CRPF had contributed to the integrity and unity of the country by their heroic deeds and sacrifices. There is no place in the country where CRPF men had not shed their blood for the maintenance of peace. One could see the CRPF Jawans performing duty in the snow-clad areas of Jammu and Kashmir, remote areas of North-Eastern states, desert of Rajasthan and

Gangetic valley of Northern states. Whether it is natural calamities or election duties or containing terrorists, the presence of CRPF is felt everywhere. The un-ending line of medal winners is the proof of CRPF's valour, he added. He assured all possible help in solving the problems of CRPF and hoped that CRPF will keep up its high traditions in the years to come.

Earlier Shri Sahay pinned medals to 45 CRPF personnel. They are Const Azade Singh Chauhan (41 Bn) for Gallantry, Additional DIG Jayander Negi (GC Dimapur) and Commandant R.N. Rao (2nd Sig) for Distinguished

Service and for Meritorious Service the personnel are Commandants K.D. Maini (38 Bn), P.S. Kadian (AD N/Sector), Swaran Singh (62 Bn), M.S. Gill (Dte), G.S. Rathuri (26 Bn) K.D.S. Dullat (4 Bn), M.M. Sharma (Dte), K.C. Sharma (39 Bn), B.S. Kallur (Deputation to NSG), Dr. K. Mahapatra (BH II), Dr. B.N. Acharya (Base Hospital II), Second-in-Commands, Gurcharan Singh (1st Bn), Z.F. Khan (49 Bn), Asstt. Commandants Nagendra Singh (GC Mokameghat), K.R. Bhangro (40 Bn), Dhanna Ram (40 Bn), Dy. S.P. S.K. Ghai (Directorate), A.O. V.K. Chaturvedi (CG New Delhi), Subedar Major Ansuya Prasad (88 Bn), Sub. Major P.K.S. Nair (Directorate), Sub. Major Pratap Singh (23 Bn), Inspectors P. Shivanandan (90) Bn, M.D. Shukla (Directorate), Ratan Chand (CTC I), Budh Ram (88 Bn), Inspector (Min.) G.T. Abraham (GC Pallipuram), Sub Inspectors Vikram Singh (3 Sig) Dharam Singh (92 Bn), O.V. Shekharan (41 Bn), G.S. Rathore (GC Ajmer), S.R. Pillai (61 Bn), Head Constables P.V. Kuriakose (GC Pallipuram), Roope Lal (GC Bantalab), S.Viswanathan (29 Bn), Dhani Ram (58 Bn), Sawant Singh (48 Bn) Ram Murti (71 Bn), R.K. Sharma (7 Bn), A.R. Khan (DIG Officer Srinagar), Constables Nakludu (GC Hyderabad), Abdul Sagive (38 Bn) and Gaur Singh (4 n).

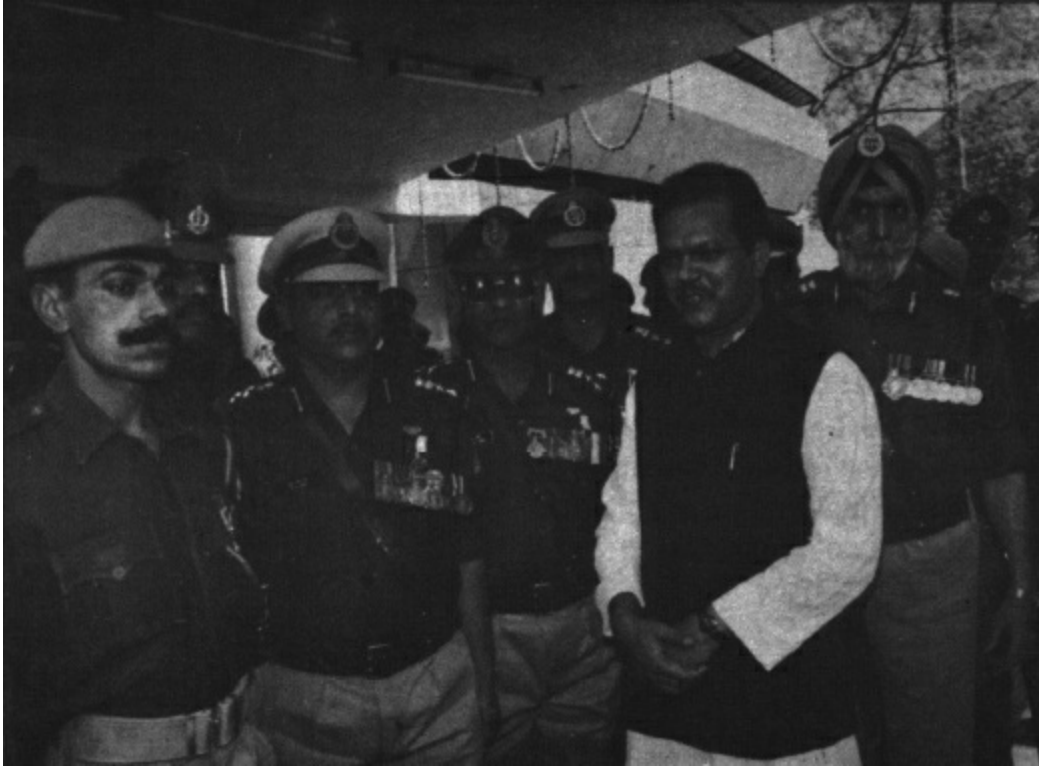
The Director General Shri K.P.S. Gill, welcomed the chief Guest while Inspector General of police, Northern Sector Shri Joginder Singh thanked the Chief guest and assured him that he would not find CRPF wanting in any way. A large number of senior officers of Home Ministry, CRPF and other Police Organisations attended the function.



Arrival of Chief Guest Mr. Sahay, Minister of State for Home at the venue



Mr. Sahay addressing the gathering



Mr. Sahay and DG, CRPF, with some medal recipients

40th All India Police Games

CRPF BAGS

BEST ATHLETE AND GYMNASTIC AWARDS

Text - A.N. Sharma

Pix - Satish Khanna

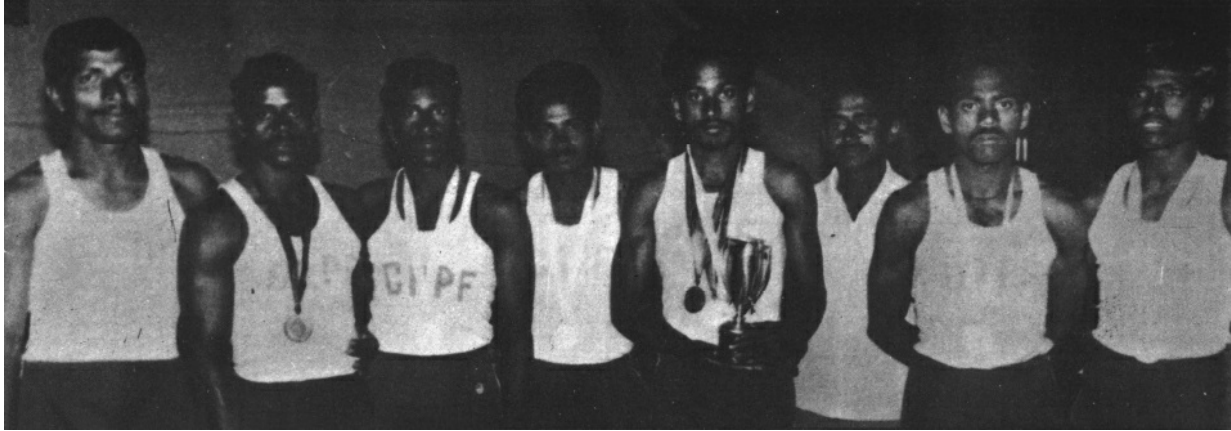


Jubilant Basket Ball team of CRPF

In the 40th All India Police Games which was held from 10th to 17th February 1991 at Patna, CRPF team clinched the Best Athlete and Gymnastic awards when its Decathlon athlete SI K. Suyodhanan and Gymnast Shri Vijay Kumar won these awards.

The CRPF participated in this game with its full strength. CRPF improved its position in Judo, Basket Ball, Gymnastic, Kabaddi and Wrestling, but could not fair well in Athletics, Hockey, Volley Ball and Foot Ball. Overall position of CRPF in the games was second while Punjab Police and BSF were the joint holders of the title and were declared first.

The Bihar Police got the honour of hosting this games after a gap of 15 years. Earlier, Bihar got this honour in 1976. During these 8 days the sportsmen and women of various police organisations from all over the country competed for honour in Foot Ball, Volley Ball, Kabaddi, Gymnastics, Wrestling, Basket Ball, Judo, Hockey and Athletics. In all 1800 men and women competitors, officials and experts took part in the meet.



CRPF Judokas; Proved their mettle

With the start of athletics on 14th, the meet was inaugurated by Shri Laloo Prasad Yadav, Chief Minister of Bihar. The function concluded on 17th which was also presided over by the Chief Minister of Bihar. Both these events were full of fanfare and the march past during this event gave the feel of mini India on the surface. We were the winners of Judo Championship followed by BSF.

In all, our Judo team won two Gold, three Silver and three Bronze medals. Similarly in Basket Ball we became the champion by defeating Punjab Police in the finals. Our gymnastic team also won the championship relegating BSF to second and ITBP to third position. We won two Gold, five Silver and one Bronze medals in this event.



Mr. Laloo Prasad Yadav, CM, Bihar Presenting Trophy

Our gymnast Shri Vijay Kumar was declared All Round Best Gymnast during the meet. In Kabaddi and Wrestling, we stood third while CISF was first and BSF stood second. Our grapplers won one Gold, One Silver and four Bronze medals in the competition. In Athletics, our team got fifth position.

Pilgrimage to Vaishnov Devi

Text - A.N. Sharma

Pix. Satish Khanna

WE ARE GUARDING THE HOLY SHRINE



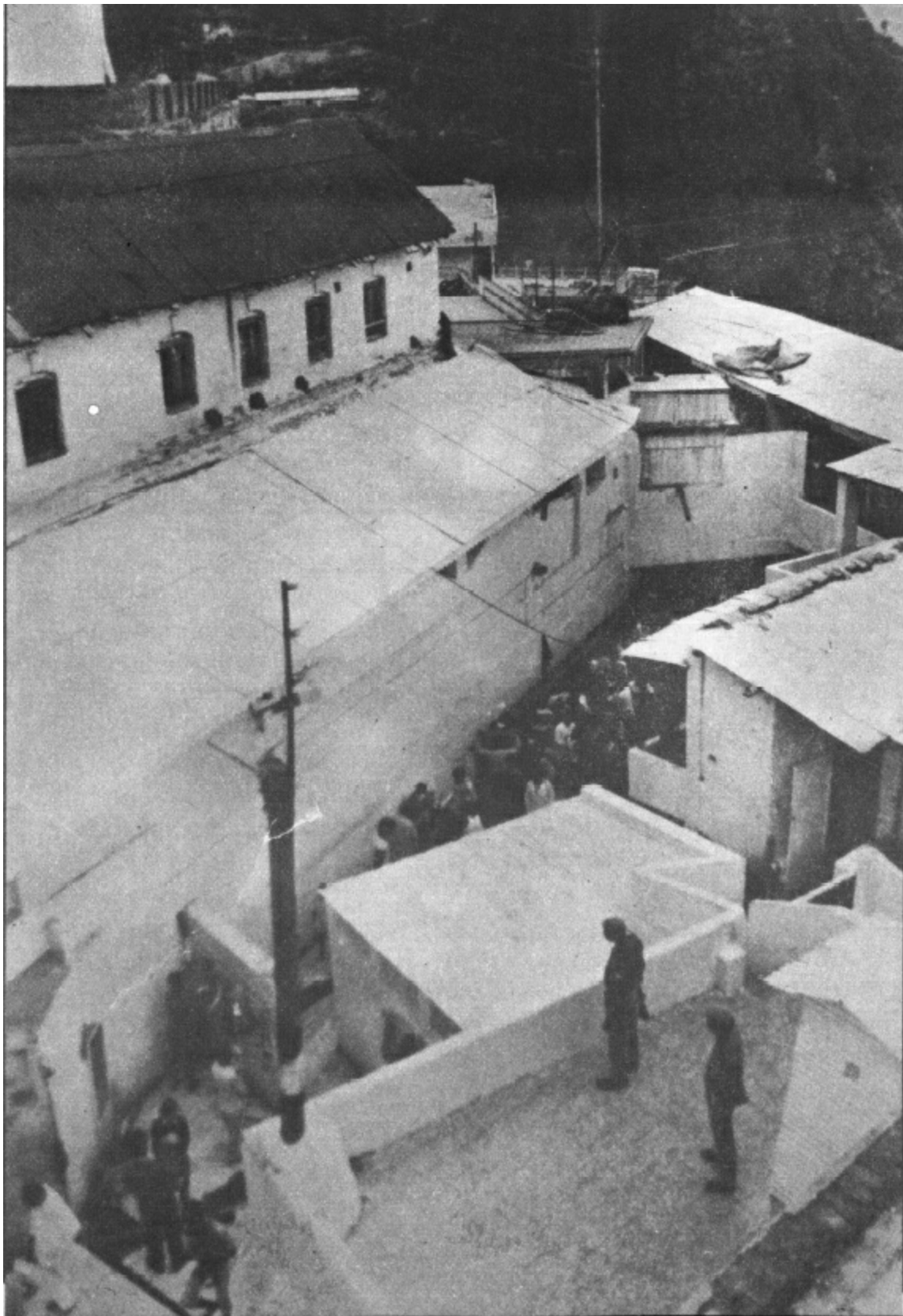
The famous shrine of Vaisnov Devi in Jammu is being guarded by a Coy of CRPF from 9th Bn round the year without caring for extreme cold or heavy rains. Jawans perform this round the duty cheerfully. CRPF has put up

14 Static points to guard the shrine. Rest of the Force maintain orderliness and help in smooth Darshan to the pilgrims at the shrine. When a press party visited the shrine they found CRPF Coy Commander R.P.

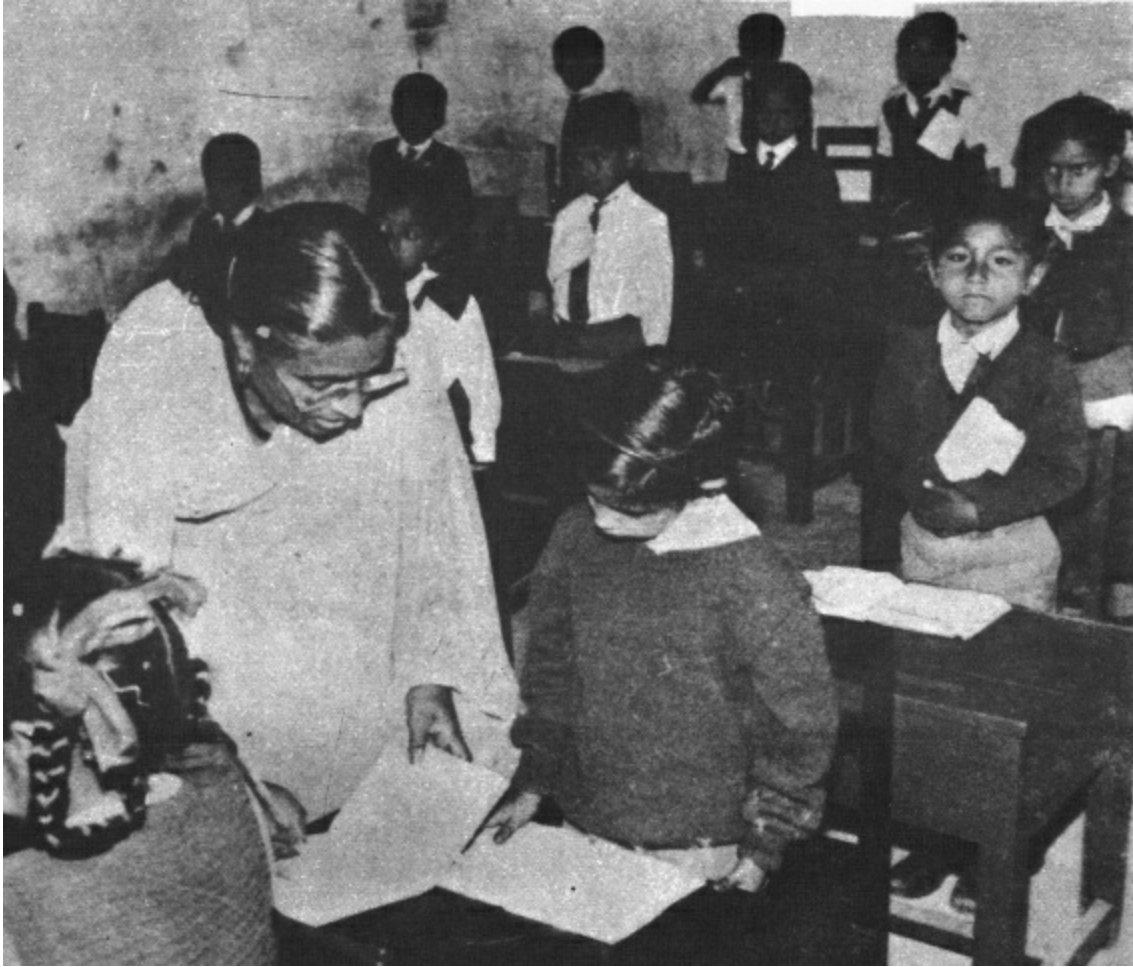
Singh and his men doing their duties with cheer and utmost sincerity. Metal Detectors have been put at the entry of the shrine and at Banaganga. Impressed with the performance of CRPF at Vaishnov Devi, press party came back to GC Bantalab (Jammu).

Press men were informed that Group Centre Jammu was built in an area of 180 Acres with 660 housing units.

Here Jawans and officers of CRPF live with their families after completing a term of strenuous duties in far flung areas of the state. This three crore rupees project has provided accommodation to 5000 men. It is complete and self-contained with facilities of school, shopping complex, play-grounds, open air theatre and a central market, besides a 40 bedded hospital. The colony can boast of having the most reliable and abundant water supply. Two tube wells have been dug from where 40,000 gallons of water are pumped in the over-head and underground tanks. These tanks have the capacity of above three lakh gallons.



CRPF men guarding the area



CRPF School at GC. Bantalab

Press men were impressed with the functioning of Nursery School, Bakery and Carpet Weaving Centre. The Carpet Weaving Centre meant for Force's women only was introduced for the first time in this centre with the help of Textile Ministry. So far 50 carpets have been made. Trainees get a stipend of Rs. 250/- during training and after the course, a diploma is given to them. They take two to three months to prepare a carpet.

In Family welfare centre women in their spare time learn stitching, weaving and sewing etc. During last year around 22,487 uniforms were stitched.

Tracing the history of Group Centres in CRPF it was informed that it came into existence in the year 1968.

CRPF is the only Central Police Organisation where the Group Centre Scheme exists. The purpose of this scheme is to relieve the frequently mobile CRPF Bns of several house keeping functions like drawal of pay and

allowances, maintenance of service records and provisioning of stores and equipments.

Another good feature of this scheme is that though the Group Centre will assist the attached Bns in most of their house keeping functions, Group Centres as well as the Battalions function as independent units under their respective Commandants with separate sanction of staff.

Families of some of the officers and men of the attached Bns are also provided family accommodation in Group Centre.

At present there are 19 Group Centres in CRPF spread over the entire country. Raising of more Group Centres are in the offing.

GALLANTRY MEDALS FOR TWENTY CRPF PERSONNEL

Twenty CRPF personnel have been awarded Gallantry Medals by the President for their valour in various encounters with terrorists in Punjab during March and April 1991.

Out of these awardees, six have been awarded President's Police Medals for Gallantry and fourteen Police Medal for Gallantry.

Those who have been awarded President's Police Medal for Gallantry are Constable Naunihal Singh, 41 (Posthumous), Inspector Ram Avtar, 19 Bn (Posthumous), Head Constable M.S. Bhandari 63 Bn, Constable P.R. Arjunan, 63 Bn (Posthumous) Constable Patil Laxman, 63 Bn (Posthumous) and Naik Ram Prakash 19 Bn (Posthumous).

The awardees of Police Medal for Gallantry are, Sub Inspector T.S. Bhau, 38 Bn, Commandant N.N. Mishra, 33 Bn, Constable Usha Ranjan Deb Barma, 4 Bn, Asstt. Commandant S.S. Sandhu, 38 Bn, Asstt. Commandant R. Raman, 48 Bn, DySP Pat Ram, 48 Bn, Inspector C.K. Johny, 48 Bn, Sub Inspector Sadi Ram, 48 Bn, Sub Inspector L.P. Lama, 48 Bn, Constable Zalora Lusai, 38 Bn, Head Constable Rajdeo Singh, 19 Bn, Naik Mahavir Singh, 19 Bn, Constable C. Yella Naga Raju, 19 Bn, and Constable P. Gopala Krishnan of 19 Bn.

RISK FUND BENEFITS

A total of Rs. 11,20,000/- has been paid to the next of kins of thirty two CRPF personnel who died during the month of March, 1991. This include

Rs. 10,000/- from Central Welfare and Benevolent Funds in each case. Another sum of Rs. 1,05,000/- was paid to seven CRPF personnel invalidated during this period.

A Book On Police Surveillance and Community Security

Dr. R.C. Jha, an IPS Officer of MP Cadre (1961 batch) turns into an author when he produced his maiden both, 'Police Surveillance and Community Security'.

Decorated with Police Medal for Meritorious Service and President's Police Medal for distinguished service, Dr. Jha is presently working as Director, Internal Security Academy, Mount Abu.

Dr. Jha has taken keen interest in the professional problems of the Police and has written a number of research papers on police subjects which have been published in the Police journals and Law journals. These research papers on Police subjects inspired him to write the present book.

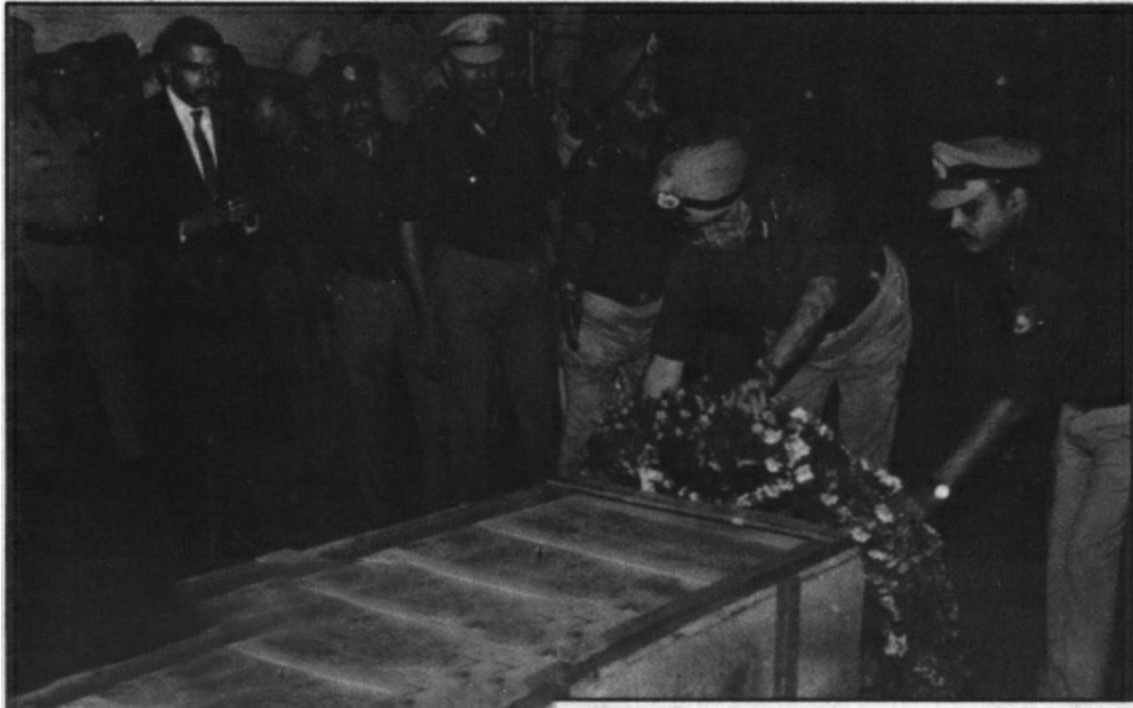
The book not only traces the evolution of Police Surveillance in modern India but also highlights the need for bringing under Police Surveillance new types of criminals posing a serious threat to the Indian society. The book is a pioneering effort, probing into the dynamics of Police Surveillance. Besides being a useful contribution in the realm of criminology, it raises some important questions of law.

To cap it all, it aims enhancing the professional effectiveness of the law enforcing agencies.

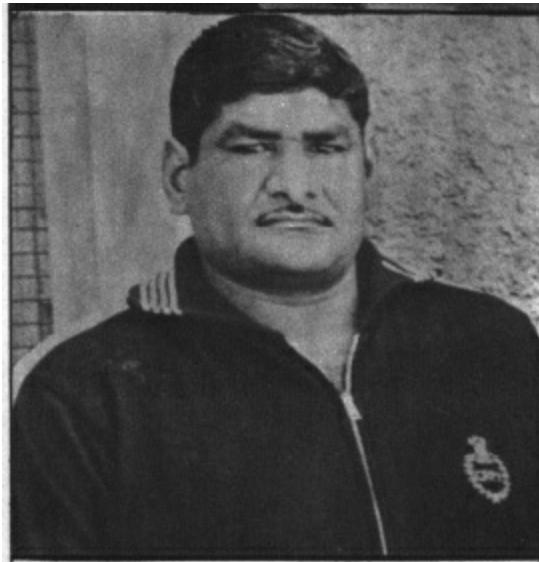
The life is short, the vanities of the world are transient, but they alone live who live for others, the rest are more dead than alive.

- Vivekanand

DIWAN SINGH DIED IN ENCOUNTER



DG - CRPF laying wreath over Diwan Singh's body at Palam Airport



Asstt. Comdt. Diwan Singh

Shri Diwan Singh, Assistant Commandant of 98 Bn, a wrestler of National repute and an International standard coach died in an ambush laid by militants on March 11, 1991 near Nagbal in Srinagar area. At the time of incident the deceased was returning from Gandharbal with a CRPF patrol party headed by the Commandant 98 Bn. In this ambush Constable Harindra Singh Tomar was also injured. On the ensuing encounter the CRPF patrol

party shot dead three militants on the spot and injured one.

The body of 48 year old Diwan Singh was brought to Delhi by a special plane from Srinagar on March 12 1991 on way to Agra, his home town, for cremation. At Delhi airport, the

Director General Shri K.P.S. Gill alongwith other senior officers paid floral tributes to the departed soul and consoled the family members of the deceased.

Shri Diwan Singh joined CRPF in 1979 as Sub Inspector and rose to the rank of Assistant Commandant by dint of his hard work.

Shri Diwan Singh was selected for Asiad Wrestling camp in the year 1970-71. In 1971 and 75 he was the National Champion in Wrestling and in 1976 he was runner up. In the All India Police Games, he won Gold medals in 1971, 73 and 75 while in 1973 he got Silver medal. In 1970 and 75 he was runner-up of Rustam-E-HIND title.

In 1974 he passed National Institute of Sports, Patiala Course. In 1976 he got training from an International Coach of USSR and in 1981 he was qualified as International Judge/ Referee for wrestling.

NEWS IN BRIEF

D.G's Commendation to D.I.G. Pandey



Mr. Pandey receiving commendation Disc from Shri K.P.S. Gill

Shri C.M. Pandey, Dy Inspector General of Police, CRPF at Rampur received DG's Commendation Disc from Shri K.P.S. Gill, Director General CRPF for his excellent performance in Operational duties.

Incidentally, Shri Pandey is a recipient of Police Medal for Meritorious Service as well as President's Police Medal for Distinguished Service. He was also awarded Governor's Gold Medal for distinguished services for his service in Nagaland.

D.G.'s Commendation to Ct. Yadav

The Director General CRPF Shri K.P.S.Gill has awarded DG's Commendation Disc to Constable Ved Prakash of 88 Bn CRPF on 3rd April, 1991. Mr. Ved Prakash is presently on deputation with Ministry of External Affairs.

Shri Yadav has been bestowed this honour for the outstanding devotion to duty displayed by him while working under extreme circumstances of stress and strain during his posting at High Commission of India, Mogadiscio as Security Guard.

NEW STORE AT 40 BN

Shri K.P.S.Gill, Director General CRPF at a simple and an impressive function, inaugurated a mini complex for keeping stores of 40th Bn situated at Rabindra Rang Shala, New Delhi on April 12, 1991. Shri Gill also inaugurated a GOs' Suite at the Officer's Mess.

All these constructions were carried out on self help basis by the Bn personnel and was completed in a record time of one month.

A large number of CRPF officers including IG CRPF Hqrs Shri Ajay

Raj Sharma,. IG Ops Punjab Shri R.K.Sharma, Financial Advisor Shri Gopal. Chaturvedi and IG Northern Sector Shri Jaginder Singh attended the function.

THEY ARE NO MORE

We offer our deep condolence to the grieved families of following CRPF personnel who lost their lives in March 1991:

Sub Inspector L.D. Pandey (SDG), HC/RM P. Nanu (3rd Sig Bn), H/Const Abhay Singh (12 Bn), Const G. Shakia (32 Bn), Const. B, Manikhantan (50 Bn), H/Const Ram Kishor (92 Bn), L/Naik Bhupendra Singh (97 Bn), Const/Bug. Kishan Prasad (68 Bn), Sub Inspector Subash Upadhyaya (8 Bn), Const Ajit Kumar Upadhyay (8 Bn), Asst. Comdt Diwan Singh (98 Bn), Cont/Rt. Jagdish Singh (102 Bn), Const. Abdul Hameed (42 Bn), Sub Inspector Chandrabhan (98 Bn), Const/Driver Ramesh Chand (98 Bn), L/Naik Bharat Singh (29 Bn), Const Jiwan Dan (7 Bn), L/Naik Ramphal (31 Bn), Const Abhay Singh (18 Bn), Head Const. Tej Singh Rajput (39 Bn), Ct. P.Karthikeyan, (77 Bn), Ct. Vijaya kumar (39 Bn), Const Nanku Ram (53 Bn), Head Const., Natha Singh (49 Bn), Const. Jintender Singh (98 Bn), ASI (M) M. Mainuddin (GC Mokameghat), Head Const. Ishwar Singh (60 Bn), Const K.C. Borah (60 Bn), Water Carrier Surat Singh (55 Bn) and Naik Sansar Chand (64 Bn).

PASSING OUT PARADE AT RTC III

513 recruits of 24th batch participated in the attestation-cum-passing out parade that marked the end of their nine months intensive training on February 17, 1991 in a colourful ceremony. Shri D.R. Karthikeyan, IPS, Inspector General of Police, Southern Sector, CRPF, Hyderabad reviewed the parade and took salute. This batch was given besides conventional

training on police subects, special training on latest hardwares of anti-terrorist, anti-extremist and other tactics including training. Addressing the recruits, Shri Karthikeyan hailed the indelible contribution made by the CRPF in maintaining the unity and integrity of the country.

CRPF'S SEIZURE

During January to April 1991, CRPF recovered 456 arms and around 14,500 ammunitions from terrorists in various operations/searches from various parts of the country including Punjab and Jammu & Kashmir.

The Major recovery include 180 AK 47 rifles, 91 pistols, 28 rifles.sixAK 74 rifles, six SLRs, eight rocket launchers, seven Rocket Propeller Guns (RPG) and four General Purpose Machine Guns (GPMG).

WIDOW WELFARE DAY

Widow Welfare Day for the year 1991 was celebrated at CRPF Complex, Yelahanka, Bangalore on February 26, 1991 in which Shri D.R. Karthikeyan, IGP Southern Sector, CRPF was the chief guest. On this occasion all the nine widows and next of kins of CRPF men died in action, hailing from Karnataka state, attended the function. IGP S/Sector, on this occasion, also presented a cheque of ex-gratia payment, amounting to Rs. 1,25,00 to Shri Giriappa, father of late. G.Srinivasa who laid down his life on October 10, 1991 fighting militants at Jammu & Kashmir.

D.G. AT AVADI



D.G. inaugurating the soft drink bottling plant at Avadi

Shri K.P.S. Gill, Director General CRPF took salute and reviewed a Passing out Parade of 312 recruits at Recruits Training Centre Avadi on Feb 15, 1991. Shri Gill, on this occasion, presented medal to the all round Best Trainee Constable Pyare Lal.

Shri Gill also presented cheques of ex-gratia payments of Rs. 1,00,000/- to Smt Muthammal wife of late CTK. Somasundaram of 18 Bn and Rs. 1,25,000 to Smt Bhagya Lakshmi, wife of late Const Govindaswamy of 5th Bn.

Besides the above function, DG also inaugurated an ITI at CRPF Avadi, Establishment of an independent gas agency under CRPF Parivar Kalayan Kendra and a Soft-drink Bottling Plant. Incidentally G C Avadi got permission to start an Integrated Technical Institute on 7th Feb 1990. It is running with two trades. Mech, (Motor Vehicle) and Mech. (Radio and TV) from 20th August 1990. There are at present 35 students being trained in above two trades. At present it has a staff of one Principal, three Asstt. Training officers and three Ancillary staff. More courses and staff are likely to be added in near future.

With the help of Bharat Petroleum, the CRPF Parivar Kalyan is running a LPG agency in Group Centre, Avadi. The dealership was given to Parivar Kalyan on Feb 2, 1991. At present the total consumption of LPG cylinders is about 700 which is going to be increased to 1000.

A Soft-drink Bottling Plant has been commissioned near the shopping

complex of GC Avadi, which has a capacity of filling 2400 bottles per day 400 bottles per hour with six hour running. With this indigenous preparation out of Rasna Concentrate, cool drinks will now be available below rupee 1/- to personnel of CRPF.

The above are the three new welfare steps taken by the CRPF for its personnel in Group Centre, Avadi.

HYDERABAD WINS

Hyderabad Range won the 25th Inter Range Shooting competition which was held from Feb 23 to 27, 1991 at CTC I, CRPF Neemuch.

Patna Range came second while Neemuch range was third.

Hyderabad range also won the overall Team Championship. In the individual championship, L/Naik Dilbagh Singh of Delhi Range (68 Bn) was declared Best Shooter for Rifle where as HC Ibrahim Sama of Rampur Range (7 Bn) was declared Best Pistol Shooter.

The above function was inaugurated by Shri O.P.Bhatta, Addl. DIGP, GC CRPF, Neemuch while Shri B.S. Kang, Addl DIGP/Principal CTC I Neemuch presided over the concluding function. In all, 13 Range participated in this competition. They are Hyderabad, Patna, Neemuch, Delhi, Madras, Rampur, Gauhati, Calcutta, Ajmer, Chandigarh, Kohima, Srinagar and Imphal.

TWO TERRORISTS SHOT DEAD

A section of 10th Bn which was on patrol-cum-naka duty in village Manga

Sarai under PS Kathu Nangal of Amritsar district, shot dead two terrorists on Feb 21, 1991 after a brief exchange of fire with the terrorists who were riding on a two wheeler and did not stop on signalling by the patrol party. After the encounter the search party located the bodies of two terrorists from the field and recovered one AK 47 rifle, one Hand Grenade, one scooter and large amount of ammunition from the spot.

TWO TERRORISTS ARRESTED

On February 26, 1991 one section of 10 Bn, a specific information

regarding terrorists' activities in the area of PS Kathu Nangal, laid an ambush near Shahjada Nullah. After some time the ambush party saw one tractor coming towards them from village Frathu Billa, which carried two persons. When patrol party signalled the tractor driver to stop, they immediately took position and started firing on the patrol party. After a brief encounter of about 15 minutes the patrol party could succeed in apprehending both the terrorists. They were later identified as Joginder Singh alias Panju and Savinder Singh, a hard core terrorist. From their possession one AK 47 rifle, one 12 bore gun and large amount of ammunition alongwith tractor were seized.

3 TERRORISTS SHOT DEAD

A search party of 10 Bn, on a specific information went to village Ramdevali Hindua in Amritsar district for a search on March 3, 1991 and an ambush was laid. After sometime some suspected people were seen coming towards the ambush site. When they were signalled to stop, they immediately opened fire. The fire was ably returned; After the firing was stopped, a search was conducted recovery of dead bodies of three terrorists. The party also recovered two AK47 rifles, one 9 MM pistol, one 12 bore gun and large amount of ammunition from the spot.

STATEMENT ABOUT OWNERSHIP & AND OTHER PARTICULARS REGARDING THE MAGAZINE "CRPF SAMACHAR"

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I, A.N. Sharma, hereby declare that the particulars given above are true to the best of my knowledge and belief.	
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ESSAY COMPETITION

LIFE AND CONTRIBUTIONS OF Dr. BHIM RAO AMBEDKAR

The ISA CRP-Mount Abu organised an Essay competition on the life and contribution of Dr. B.R. Ambedkar to mark the centenary celebrations of Bharat Ratna Dr Bhim Rao Ambedkar.

Shri Bhanu Pratap Singh Dy SP of 10th Bn has got first position and honorarium of Rs. 1000, Shri Ram Anuj, Asstt. Commandant of GC New Delhi stood second and got honorarim of Rs. 700 while Lance Naik P.R.K. Nair of ISA got third position and cash reward of Rs. 500. In addition all the above three got DG's Commendation Disc.

Here we are producing first part of the essay written by **Shri Ramanuj** which got second prize in the competition.

The History of Freedom Struggle in India presents a vast panorama of people and events that contributed in shaping her destiny. India woke up, with a start from her slumber as freedom dawned. An air expectancy filled the villages and cities, as intense political and social ferment led to the birth of freedom men and women emerged from their apathy and seclusion to join the rising of demand for complete independence. A galaxy of leaders confronted the British with their convictions, as they galvanized the Nation into action. Amidst this galactical array, there shone a star brightening the darkest part of the Indian sky. Babasaheb Bhim Rao Ambedkar, a star performer on the Indian Social scene and leader of the downtrodden and the oppressed in his own right, was destined to blaze like a meteor across the political horizon of the nation at the acme of his career. Who was he ? What impelled him to do what he did? What contributions did he make to enrich and enliven the Indian Policy and life of her people.

Bhim Rao Ambedkar was born on 14th April, 1891 at Mhow in Central Provinces, where his father Ramji Ambedkar was posted as Subedar

Major in Army. He was the youngest of 14 children and was initially named as Bhiva Ramji Ambedkar. The surname connoted his link with his ancestral village Ambavade in Ratnagiri district of Maharashtra. He was born in a leading Mahar family. Like his father, his grand father had been in the Army. Mahars are a robust brave community among untouchables and constitute about 35% of the untouchables in Maharashtra.

Bhim Rao's father, after his retirement from the Army in 1891, took up re-employment with Public Works Department in 1894 at Ratnagiri. The young Bhim Rao accompanied him on his transfer to Satara, where he was admitted in First standard for his Schooling in 1907. A teacher named Ambedkar showed affection for him, who in turn was so enamoured for his teacher that he adopted the surname as that of his teacher. He later shifted to Elphinstone School in Bombay for his matriculation.

The young Bhim Rao had to suffer discrimination and the prejudices that his caste bestowed on him. Right from his school days, he was segregated from the normal mix of children, had to sit separately in his class, none talked to him, and the Hindu caste boys shunned his shadow. One day

Ambedkar was going to school in a cart. The cart-man discovering their caste, started walking on foot leaving the bullock-cart. Bhim Rao and his brother remained thirsty throughout the journey as they could not be offered water. Similar indignities dogged him, wherever, he went in his State whether for studies or other work.

The young Ambedkar was married at the age of 14 years while he was in fifth standard, because of the prevalent customs of early marriage among lower castes at that time.

Bhim Rao joined Elphinstone College after his Matriculation on scholarship given to him by the Maharaja of Baroda State. He graduated in 1912. He had to take employment in Baroda State Service. Here again his caste made his life vulnerable as even the peons hurled the files at him. While he was trying to adjust in this social milieu he lost his father and his death came as a blow to him.

The Maharaja of Baroda decided to sponsor some scholars for higher studies in the United States. He was one of them. He joined Columbia University in July, 1913. A sudden found free social atmosphere marked a complete break from the oppressive atmosphere in the native country. He could move about freely and do as he pleased. He completed his thesis on 'Ancient Indian Commerce' and was awarded MA Degree in June, 1915. By June, 1916 he had prepared his thesis for Ph.D on "National Divident for India - A Historic and Analytic Study". This was later published as 'The Provincial Finance In British India' and dedicated to his mentor and benefactor Maharaja of Baroda. This became a reference book for scholars & legislators alike. While in Columbia, Ambedkar presented a paper at Anthnology Seminar on 'The Castes in India - Their Mechanism, Genesis and Development,' in May, 1916. Here he traced the History and Origin of Caste, describing it as an endogamous phenomenon.

Within a year, he had to abandon his studies, as the form of sponsorship expired and he returned to suffer the oppressive caste prejudices once again, which had bedevilled his career as young student. He joined the State Service of Maharaja of Baroda as Military Secretary and was being groomed to take over as State Finance Minister. But he faced the problems of accommodation, ill-treatment at the hands of even peons. Exasperated he left Baroda in November, 1917 for Bombay, where he began with tution & also dabbled in consultancy in Stocks and Shares. In Nov. 1918 he joined as

the Professor of Political Economy in Sydenham College, Bombay. But within one and half years he resigned and returned to London to resume his studies, duly helped by the Maharaja of Kolhapur Sahu Chhatapati.

He rejoined London School of Economics in September, 1920 and qualified as a Barrister from Gray's Inn. He was awarded M.Sc(Econ.) Degree in June, 1921 for his thesis on "Provincial

Decentralisation of Imperial Finance In India". After some months in Bonn University in Germany, he submitted his thesis for D.Sc(Econ.) on "The Problem of the Rupee - Its Origin and its solution.

On his return to India, he was caught in the vortex of politics, even though he wanted to become a Professor and lead scholarly life. He joined as a Professor of Economics in Sydenham College, Bombay. He worked as Principal of the Government Law College,

Bombay from June, 1935 till 1938, when he resigned. He even practised in Bombay High Court, where he found that his Hindu caste colleagues treated him with disdain and refused to take tea with him. In June, 1932, he was conferred the Degree of LL.D (Honoris Causa) by his alma mater, the Columbia University in recognition of his contribution in drafting of Indian Constitution. He was awarded LL.D by Osmania University in 1953. (To be concluded)

Care of Your Heart

THE HOLISTIC APPROACH

Dr. G.S. Soni DHMS

From poets to philosophers and preachers to Practitioners of health care, every one attached great importance to heart in human system. Some important questions relating to the heart such as (i) Is our heart really the master of our body (ii) Can it function entirely on its own (iii) In diseases affecting the heart, is heart the trigger or the target of hostilities occurring elsewhere (iv) Should our attempts to protect the heart be focussed at the heart per se or somewhere else, etc., always arise. These questions are important in view of the increasing occurrence of heart attacks and for the proper utilisation of our limited resources to control the Cardio-vascular diseases.

It would not be out of place to mention here that in most of the industrialised countries like USA & UK, 60 to 70% of deaths are caused due to heart diseases, blood vessels defect and high blood pressure. A brief study of records shows that in the Cardiac clinics of the All India Medical Science about 9000 to 10,000 new cardiac patients are registered every year.

In view of the importance of heart in human life, we will discuss few Points in brief. What is a heart attack, its causes and the warning signals of a heart attack.

“Heart attack” is a lay man’s term for coronary occlusion or thrombosis in medical terms. Heart attack occurs when the blood vessel (Coronary artery) which supply fresh blood to the heart for its nutrition is suddenly blocked and discontinues the blood supply to a part of the heart muscle.

The main cause of heart attack is atherosclerosis where fat cholesterol is deposited on the inner lining of the coronary artery. The gradual accumulation of fat may ultimately interfere with blood flow and when the blood flow ceases the result is a heart attack.

As other diseases, heart attack also gives warnings like uncomfortable pressure, pain, fullness or burning sensation in the centre of chest generally for several minutes or even longer. Some times discomfort and pain spread to the shoulders, arms, jaw and the upper part of the abdomen.

Severe pain, dizziness, fainting, vomiting, sweating or shortness of breath may accompany the above feelings. Sometimes these may be the only sensations without any significant chest symptoms. It may be noted that the symptoms or warnings may not always be present. In many instances they may subside to return to normal after sometimes. Rather the warnings or signals are not the same for every one as they may range from very intense for one mild symptoms for another.

The heart disease is of various types, such as, (a) Congenital (b) Rheumatic (c) Coronary (heart attacks and angina), (d) Hypertensive Heart Disease (e) Arrhythmias (Pulse rhythm abnormalities) (f) Infections of heart and pericardium and lastly Cardio myopathies (Heart Muscle disease). Among these, Rheumatic heart disease is the commonest and is followed by coronary disease, high blood pressure and congenital heart disease in the rate of prevalence. In Western countries rheumatic heart disease is not in existence but they have to deal with the coronary heart disease and high

blood pressure. In India rheumatic heart disease, epidemic of coronary disease (heart attack) and hypertension are in existence. In cities 20 to 30% of adult population is suffering from high blood pressure and heart attacks. The most strange thing is that now younger generation in their forties are its victims.

These diseases are more prevalent in high industrialised societies, smokers, obese people and those with sedentary jobs, subjects with high blood lipids (cholesterol etc.), diabetes patients and persons with tense personality and in jobs involving highly responsible positions. However, there are other rare cases who have neither of these risk factors and yet they suffer heart attacks.

Now the question is how to take care of these ? Since the heart is very sensitive to stimuli from the rest of the body or from outside the body, we have to take care of all those factors which may have direct or indirect influence on the functioning of heart.

The concept of heart care that I call as the holistic approach means that the net effect of various efforts directed to achieve something is more than the mere mathematical total. Although heart is just one of the many organs of the body, and it is in the interest of the heart itself that we have a concept of whole body care which will include the heart care. In fact health is a state of physical, mental and social well being and not merely the absence of disease and infirmity. In spite of the fact that living conditions are going up, the heart attacks and high blood pressure (hypertension) are occurring more frequently especially in the younger persons. It is very important to know the reasons as to why this epidemic of heart disease is spreading along with the economic prosperity and industrialisation ? The answer obviously is the change of life style, excessive smoking, high cholesterol diet, physical inactivity, tension and worries. Emotions have a strong control over the functioning of heart and various cardiac arrhythmias have been reported to occur by emotional disturbances. Since these emotional disturbances are being increased day by day and this phenomenon has been seen in human populations when they particularly migrate from isolated islands to the main lands. It has compelled us to think over as to what could be the effective approach to contain the increasing incidence of coronary heart disease ? The drugs have certainly not helped us to lower the chances of people getting heart attacks. If we go through the condition of some advanced countries

like European countries, we will find that there has been a reduction in heart attack by 30 to 35% but not because of drugs but because of institutions of large scale measures like (i) avoiding smoking (ii) changing food habit and adopting vegetarian diet than non-vegetarian as well as to avoid high cholesterol foods (iii) doing more physical exercise, yoga and meditation. It has been proved beyond doubt that using drugs to reduce heart disease for long has not only yielded positive results but on the other had it created serious side effects. The World Health Organisation has recommended the following preventions to control High Blood Pressure : (i) Restrict salt intake and avoid adding extra salt into dishes; (ii) Control of weight in obese persons; (iii) Avoid excess use of alcohol, (iv) Regular physical exercise; (v) Modification of environmental and psycho-social factors and (vi) Relaxation techniques like Yoga and meditation.

It is, thus, seen that incorporating these in daily and proper control over (a) Emotions (b) Food (c) Sleep (d) Sex (e) Physical Exercise (f) Excess use of smoking and alcohol have been held as the pillars to achieve and maintain good health.

Most of the people are unaware as to what to do when there is a heart attack and what is to be done latter. The following are the guidelines to be kept in mind on such occasions; There is no time for delay. Most heart victims survive if they recognise the early warnings of heart attack and get prompt medical care. Till medical attention is received one must avoid physical exertion, must rest in a comfortable position, must loose tight clothes and avoid chill or excessive heat. As far as medical treatment is concerned, hospital care, is the safest. With prompt and proper care the heart begins to heal and new blood supply to the damaged part is established. The process of healing varies from person to person.

The responsibilities of relatives or parents towards patients play vital role after discharge from hospital, patients should be given only the prescribed diet and to take preventions as mentioned above. A firm family support is essential and a positive outlook is of great importance. Not only this but regular check up and guidance by the doctor is also important.

Homeopathy always stressed more on care of the heart and body to prevent disease rather than treatment of the disease with medicines.

Lastly, prevention is not only better but much cheaper than cure. Often it

costs nothing except changing the living style, foot habits and self control. I know it is difficult task to change our habit but choice is ours-” disease state or a healthy livings”. It must be remembered that it is not the doctor but it is we who can take care of our health/body in general and our heart in particular.

The Homeopathy has certain important medicines which are taken properly after consultation with Doctor, will give amazing results without any side effects. Some of these medicines are Arnica, Aconite, Spigelia, Lycopus Vir, Kali Carb, Lilium Tigr, Cactus, Sepia, Digitalis, Kalmia, Aurun, Aurun mur, Spongia, Lachesis, Arsenium, Apis, Sulphur, Pulstilla and Phosphorur.

Think it over

A drop of ink can make thousands to think.

FUN TIME

Sergeant-Major’s golden rules for new recruits detailed for duty in the Officer’s Mess”

“If it moves, drive it away.

If it doesn’t move, sweep it up.

If it’s too big to sweep up, pick it up.

If it’s too big to pick up, paint it”

The old colonel had put in 40 long years under Army routine and now he was being retired. He took his orderly with him as a servant, and gave him strict instructions:

“Now, George, each morning at five o’clock sharp you wake me up and say, ‘Time for the parade, sir,’ and then I’ll say, ‘Damn the parade!’ and turn over and go bade to steep”.

An Army marksman passed through a small town and saw evidence of amazing shooting. On trees, walls, fences, and barns were numerous bull's-eyes with the bullet hole in the exact centre. He asked to meet the remarkable marksman.

The man turned out to be the village idiot. "This is the most wonderful marksmanship I've ever seen." said the army man. "How in the world do you do it ?"

"Very easy, I shoot first and draw the circle afterwards."

"What's courage, dad ?"

"Refusing to tip in a restaurant."

"What's discretion ?"

"Not going back to the same restaurant."

Teacher: "Why was Solomon the wisest man in the world ?"

Pupil: "He had so many wives to advise him."

Customer : "Why do you have an apple for a trademark ? You're a tailor."

Tailor: "Well, if it hadn't been for the apple, where would the clothing business be ?"

Lady : "I want to buy an inexpensive pair of shoes."

Clerk: "To go with what ?"

Lady: "A cheap husband."

***Compiled by
Sub. Insp. A.J. Ramalingam
(Dte. Gen.)***



Women working at carpet weaving centre, GC, Bantalab



K. Suyodhanan receiving "Best Athlete" medal from Shri Laloo Prasad Yadav, CM, Bihar

CRPF SAMACHAR

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July 31, 1991

Asravana, Saka 1913-



Shri K.P.S. Gill, Director General presenting Best Bn. Trophy among Delhi based Bns. to the Commandant 86 Bn.



Shri. Ajai Raj Sharma, IGP (HQ) inaugurating colour photo lab at PR Branch, Directorate.

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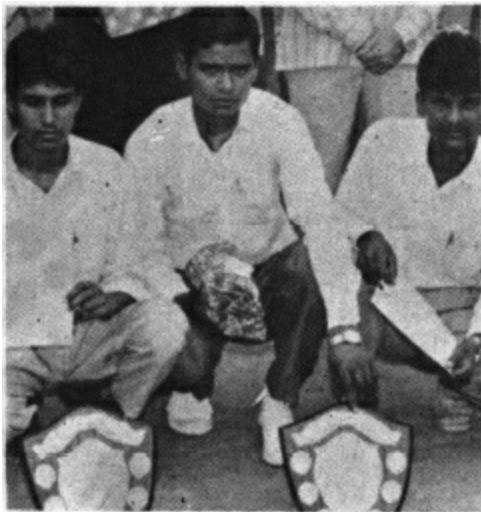
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Editorial

Dear friends,

I spoke to you last was in April 91. Since then a lot of changes took place in the country. Lok Sabha elections were held. Congress (I) came to power. Shri P.V.Narasimha Rao became Prime Minister and Shri S.B.Chavan Home Minister. Shri Rajiv Gandhi was assassinated during election campaign. Terrorists have stepped up their activities. They have also changed their strategy and started kidnapping VIPs. This created a psychophobia. The authorities started feeling that due to over engagement local police may not be able to cope with the new hostile disruptive forces. As a result of this, affected states started demanding more and more central forces, specially CRPF to control riots etc. To over come this problem, Govt started sanctioning more Bns to the Force. As a result of which a large scale expansion programme in CRPF have started. This will in the long run benefit the Force and incumbent as far as their promotions are concerned.

Expansion itself is a certificate of people's faith in Force's working. I would call upon all my fellow men in CRPF to rise to the occasion and prove themselves worthy of the trust reposed by the people in them.

In this issue we are covering operations in Punjab and Jammu & Kashmir extensively besides routine items. Two important functions held in Delhi, namely, cheques presentation to widows and Disc presentation-cum-installation of an equipment in Base Hospital-I have been adequately covered here-under.



(A.N. SHARMA)

C.W.F ANNUAL MEETING



The D G Presiding over C. W.F. Annual Conference

Shri K.P.S.Gill, Director General, CRPF inaugurated on July 8,1991, in New Delhi the annual meeting of Central Welfare Fund. Speaking on the occasion, Shri Gill underlined the need to think in the new dimension on the whole issue of CWF. He stressed upon the importance of creating facilities for high technical education in the CRPF. For this he suggested that force should start four public schools with full hostel facilities to admit students from Class VI onwards and give them special training so that they might be able to compete for high technical education courses like Engineering, Medical etc. He also suggested that Force should explore the possibility of having an Engineering/Medical College for the wards of CRPF Jawans/officers. To mop up financial resources for all this, he suggested donation of one day's pay every month by the Force personnel. The DG decided to set up a subcommittee to look into all the above facts.

Another important decision taken in the meeting was that the wards of CRPF personnel killed in action should be given 100 percent admission in schools and hostels.

The meeting was represented from all sectors of CRPF.

GEM

Let us

*perfect the means;
the end will
take care of itself*

Vivekananda

PASSING OUT OF C.R.P.F. I.T.I STUDENTS.



Prize winning students of the first batch of I.T.I. C.R.P.F. with Mr. R.K. Sharma IGP (Ops & Trg.)

Shri R.K. Sharma, IGP(Ops) & Training, CRPF Hqrs gave away prizes to students of the 1st batch of Motor Mech and Radio/TV trade students, who performed well during their course in the CRPF ITI premises Wazirabad, New Delhi.

Shields for well maintained shop and hostel were given to Motor Mech. shop and barrack No. 11 of the Hostel. Shri Narender Prasad Tiwari received the best trainee award in Motor Mech, while Shri Subhash Chandra received the 1st prize in Radio/TV trade. Shri Chandra Kant

Dwivedi received the 1st prize in Motor Mech. trade while Shri M.R.Lingam, Instructor got the Principal's prize for the best instructor. Earlier, addressing the students Shri Sharma complimented them for high degree of proficiency in examination and hoped that they would maintain

the same in future also.

Incidentally CRPF ITI, Delhi was established in the year 1989 under the aegis of CRPF Educational Society. The Institute has started three courses; Motor Mech., Radio/TV and Welding. The courses of Motor Mech. and Radio/TV trade are of two years and Welding is of one year duration. It is meant for the children of CRPF personnel only. The training is free. There are at present 89 trainees undergoing training at the Institute. The 1st batch of welders completed their training last year on 31st July 90. The 1st batch of Motor Mech. and Radio/TV trade completed their training on 31st July 91. It goes to the credit of the Institution that all the students of welding trade of the 1st batch got employment.

WIDOWS HONOURED



DG. C.R.P.F. Shri K.P.S. Gill with widows

Shri K.P.S. Gill, DG CRPF presented cheques of Ex-gratia payment of Rs. 1,25,000/- each to three widows of CRPF personnel who sacrificed their lives for the unity and integrity of the nation at a simple and sedate function held in New Delhi on June 27, 1991.

The amounts are an ex-gratia payment made by the J&K Government. The cheques were received by wives of Late Asstt. Commandant Diwan

Singh of 98 Bn, Late Sub Inspector Chandra Bhan of 98 Bn and Late Head Constable Ishwar Singh of 60 Bn. Presiding over the function, Shri Gill paid rich tributes to the deceased CRPF personnel and said that their sacrifices would be remembered by all CRPF personnel with pride and honour. He also expressed hope that CRPF personnel will do everything to uphold the dignity and honour of the Force. Shri Gill further said that CRPF will continue to extend all possible help to the families of its men and officers killed in action while defending the honour and integrity of the country.

The short citations of above three personnel are as under :

Asstt. Commandant Diwan Singh of 98 Bn, a wrestler of national and inter-national fame succumbed to terrorists bullets on 11/3/91 near Srinagar when his party was trapped in an ambush laid by the terrorists. In this incident three terrorists also got killed and one received serious injuries.

In the second incident, SI Chandra Bhan of 98 Bn was killed on 16/3/91 at a place about 20Kms away from Srinagar where he became a victim of terrorists' ambush.

In the third incident, on March 27, 1991, Head Const. Ishwar Singh of 60 Bn succumbed to injuries which he sustained in a clash with terrorists near Rena Wahi Chowk in J&K.

Cheque Presented to Widow



Smt. Bindu Devi receiving Ex-gratia payment Cheque

Smt. Bindu Devi, wife of late Constable Uday Sharma of 53 Bn received a cheque of Rs. 1,25,000/- and one Sewing Machine on July 17, 1991 from Shri G.G.A. Sharma, commandant 53 Bn CRPF at HQ. This grant was given by J&K Govt as ex-gratia payment.

The brief citation of incident as follows. On Jan 29, 1991, Second-in-Command Satinder Singh of 53 Bn CRPF left Bn HO to visit out post Kokernag. When the party was on the outskirts of

Kokernag, militants opened fire from two directions. Const Uday Sharma who was sitting in front seat jumped out of the vehicle and without caring the incoming bullets rushed towards building from where the militants opened fire. Const Uday Singh took position, but the militants again opened burst fire which hit Uday Sharma to attain the supreme sacrifice. Due to his selfless action precious life of other members of the protection party could be saved.

WIDOW HONOURED

Smt. Kawari Devi, wife of Late Constable Ram Lai Choudhary of 7th Bn

was presented a bank draft of Rs. 2 lakhs by Shri Ganeshwar Jha, IPS, DIGP CRPF Ajmer on June 14,1991 at GCi, Ajmer. It was an exgratia payment from Punjab Government to the widow. Constable Ram Lal Choudhary was killed while fighting with the terrorists on December 24,1990 in Punjab. A large number of officers and jawans attended the function.

GOVERNOR'S REWARD TO CRPF MEN

Genl. O.P.Malhotra (Retd) the Governor of Punjab has sanctioned a cash reward of Rs. 10,000/- to five platoons of 1st Bn CRPF on July 2,1991 who were deployed at Punjab Raj Bhavan for providing protection to the Governor. This reward was in appreciation of high sense of responsibility and presence of mind exhibited by own force while performing their duties in Raj Bhavan.

RISK FUND BENEFITS

A total of Rs. 9,45,000/- has been paid to the next of kins of twenty seven CRPF personnel who died during the month of June 91. This include Rs. 10,000/- from Central Welfare and Benevolent Fund in each case. Another sum of Rs. 1,20,000/- was paid to eight CRPF personnel invalidated during this period.

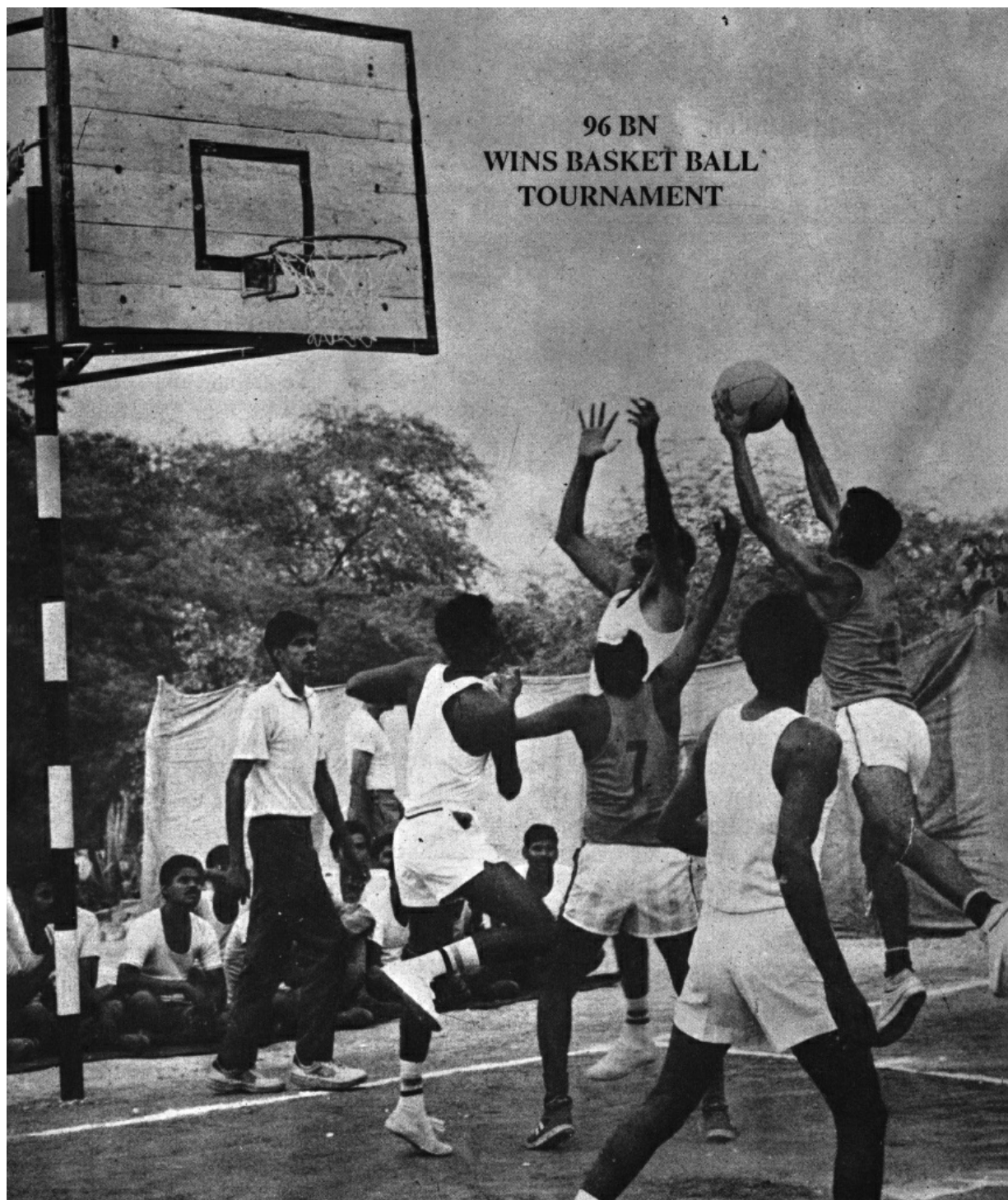
Quotable Qoutes

Hospiality should be shown even one's foe when he comes to one's house. The tree withdraws not its shade from even the person that approaches it for cutting it down.

(Mahabharata)

Need for money and difficult question are plentiful in every house, but the giver (of the former) and satisfactory answer for the letter are difficult to find in this world.

(Shrisuktavali)



A exciting moment during the final of the Basketball Tournament

96 Bn won the 4th Inter Bn Basketball tournament of Chandigarh Range which was concluded in New Delhi on July 3, 1991. The 96 Bn defeated 86 Bn in a keenly contested match with a margin of only four points. 96 Bn scored 43 points while 86 Bn scored 39 points.

Six Battalions stationed at

Tripura, Punjab, New Delhi, Rajasthan and Chandigarh participated in the tournament. The matches were played on league-cum-knock out basis.

Best Battalion Trophy to 86 BN.



Shri Khurana receiving Trophy from DG

Shri K.P.S. Gill, Director general CRPF, at a simple but impressive function in New Delhi on June 7, 1991, presented the Best Battalion Trophy for the year 1990 amongst the Delhi based Bns to 86 Bn at Ravindra Rangshala, New Delhi. Shri D.K. Khurana, Commandant 86 Bn received the trophy.

The above trophy is awarded annually sector wise to the best Battalion in all respects. The aim of awarding the trophy is to inculcate a sense of devotion to duty and healthy competition among various Bns of CRPF. This trophy was instituted in 1988.

86 Bn was raised at Gandhinagar in June 1985. In a short span of 5 years, it has creditable performance in Goa, Haryana, Chandigarh and Punjab. The Unit has earned 3 Police Medals for Gallantry, 2 Police Medals for Meritorious service and 4 DG's Commendation Discs.

A large number of senior CRPF officers attended the function.

REHABILITATION OF KITH AND KIN OF CRPF PERSONNEL

In an order issued by the Directorate (CO No.5/91) kith and kin of CRPF personnel who died or became invalid in action will be given employment i.e. one member per family as Constable or Water Carrier subject to condition that the person applied for employment is fully fit according to CRPF standard. Similarly this concession has been extended to kith and kin of CRPF personnel who retire on superannuation provided the candidate fulfil the CRPF recruitment conditions and applied for the job within five years of retirement of CRPF person.

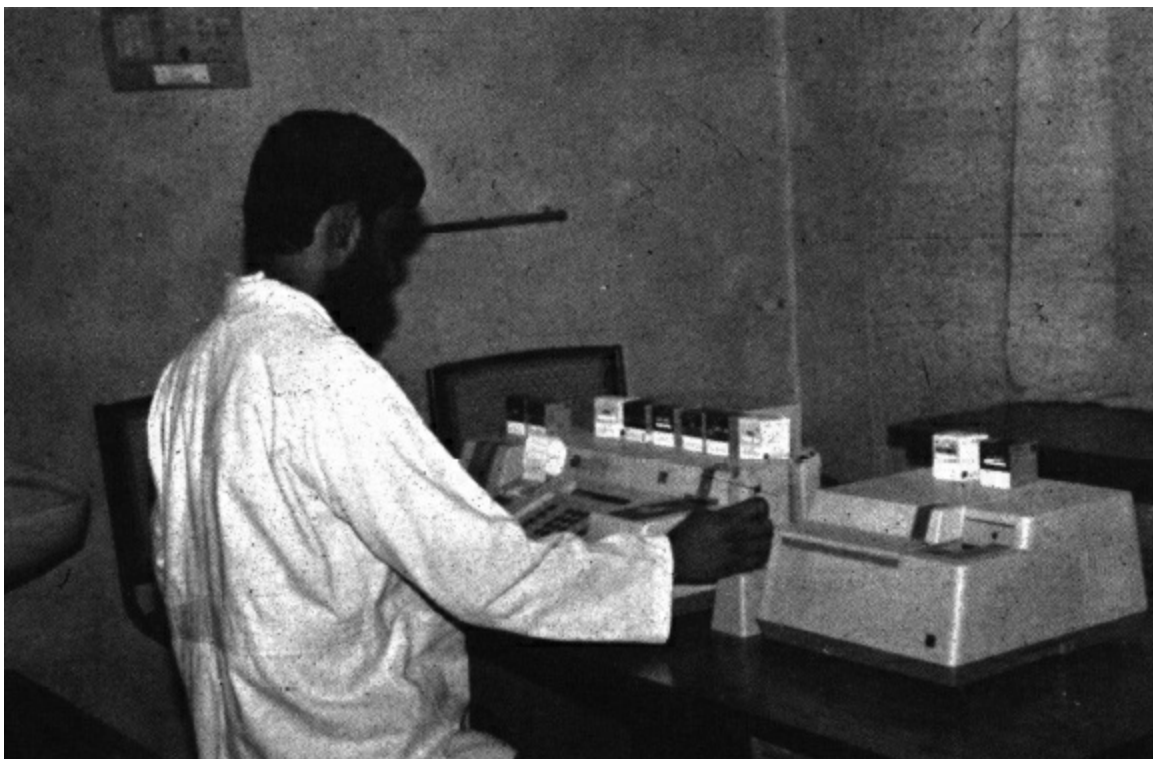
25TH INTER RANGE FIRST AID COMPETITION

25th Inter Range First Aid competition was held from 1st to 2nd April 91 in Group Centre, CRPF, Pinjore. Shri M.L.Guleria, Addl DIGP GC Pinjore inaugurated the competition in which all the 13 Ranges of CRPF took part. Naik R.C.Tiwari of Patna Range stood first in individual championship while HC Prem Shankar of Chandigarh Range and L/Naik K.K.Yadav of Madras Range were declared second and third respectively. In the team Championship Chandigarh secured first while Patna and Delhi secured second and third respectively.

LATEST EQUIPMENTS IN CRPF BASE HOSPITAL

By Dr. S.P. Patnaik

CRPF Base Hospital-I at Group Centre, Jharoda Kalan, New Delhi presently is capable of giving specialised treatment in almost all specialities. This has been possible due to the regular updating of equipments by authorities. Influx of sick personnel from various units, dependents of Force members from adjoining areas and the turbulent situation in Jammu and Kashmir and Punjab requiring evacuation of critically ill patients to this hospital has necessitated the revision of proper equipments during past couple of years.



The Blood Analyser at Work

The new equipments included are:

1.) Blood Analyser.

All types of biochemical, Enzymatic and blood gas analysis can be done with this equipment. It has provision for monitoring exact level of a specific drug present in the blood, which is required in some serious heart and lung diseases. This computerised equipment automatically prints out the results in a few minutes and can be run round the clock by a trained technician.

2.) An Ultra-sound Scanner for noninvasive diagnosis of various diseases affecting liver and gall-bladder, spleen, kidney, urinary track, female genital organs, heart and other organs like eye has been procured recently. It can give 100% diagnosis of conception as early as two weeks of pregnancy, the growing baby's sex, dimensions and defects etc in the mother's belly. It has got video print out and photographic attachments for keeping the records of investigation.

3.) An operating microscope for fine surgery in various surgical branches especially for Eye and ENT surgery is in operation for the last one year. This has brought a new era in the field of Surgical Wings of this Hospital as due precision is achieved by the use of this equipment, especially for micro-

surgery.

The hospital has a mechanical ventilator for giving continued artificial ventilation in some surgical procedures under general anaesthesia and in some emergency situations. This equipment has provided proper tool to our Anaesthetist who is giving general anaesthesia on an average to a hundred patients per year for major surgeries. Other equipment those have been purchased are one ETC (Electro Convulsive Therapy) equipment for treatment of mental disorders, one Vitrectomy equipment for routine eye operations. CRPF is planning to equip and strengthen specialists hands further by procuring specific equipments in the coming years.

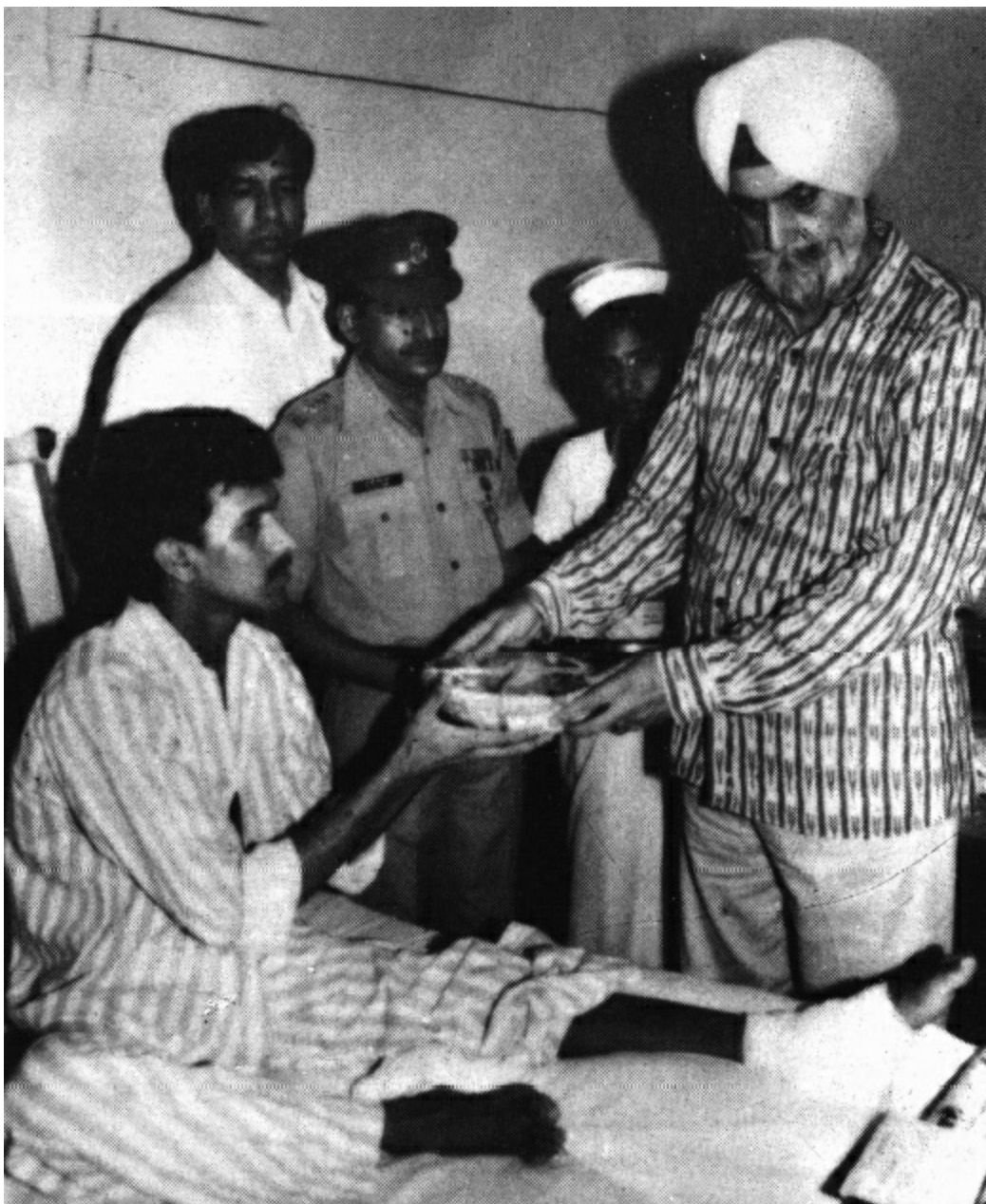
COLOUR LAB AT DTE. GENL.

IGP(Hqrs) Shri Ajai Raj Sharma inaugurated a Colour Lab in the photo Section of the PR Branch on 5th June 1991. With the commissioning of this Colour Lab we can now prepare our own photographs without depending on outside market whereby saving the market cost. Besides the colour Lab, a studio has also been set up to take photographs of VIPs.

TREE PLANTATION

During the month of June 91, Group Centre, Hyderabad launched a massive programme of tree plantation in and around Group Centre and over 30,000 trees were planted during the month. They were helped in this effort by the local institutions also. The inauguration of tree plantation was done on June 6, 1991 by Addl DIGP Y.N.Kashyap. This tree plantation is a part of CRPF Tree Plantation Programme in which CRPF plans to plant 100 lakh trees in all their Units in the country.

DG PINS DISCS AND COMMISSIONS NEW EQUIPMENTS IN BASE HOSPITAL



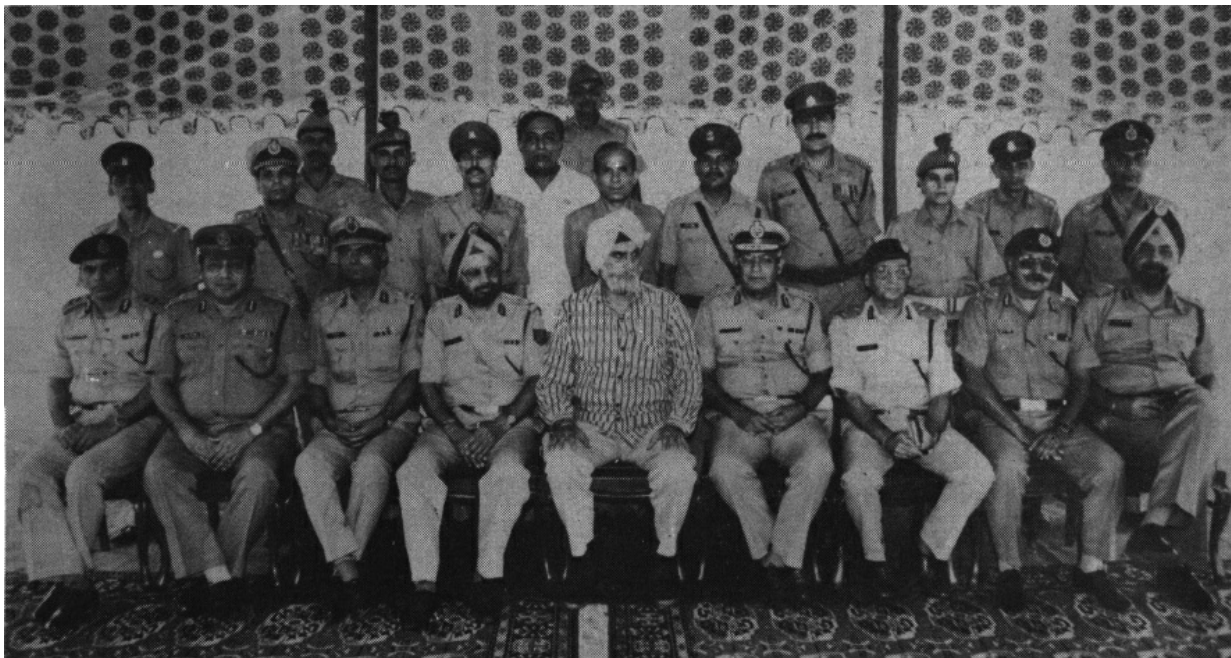
DG visiting Base Hospital at New Delhi.

Shri K.P.S.Gill, DG, CRPF in a simple but impressive function at GC CRPF Jharoda Kalan, New Delhi on June 28, 1991 pinned Commendation Disc to 12 CRPF personnel and gave away chief of Army Staff's Commendation Certificate to the Mahila Constable Darshan Sharma of 88 CRPF Bn.

The awardees of DG's Commendation Disc are Commandants S.C.Mishra, K.S.Rana, 2IC J.S.Gehlout, Jt. Asstt. Director G.C.Sharma, Dr. Vijai Bahadur, Medical Officer, Inspector (Steno) N.M. Soni, SI (Steno)

P.P.Baxi, all of Dte General. SI(UDC) J.B. Jain, BH-I, L/Naik N.B.Mishra, Dte. General, Constable Jaitha Ram and Cook Santosh Singh of 70 CRPF Bn Sub Mjaor (OS) Vikram Singh Rawat of Dte General, CRPF.

Subsequent to Disc presentation, the DG CRPF commissioned two new equipments viz., Ultra Sound Diagnostic System and Auto Analyser, worth Rs., 16 lacs and 4 lacs respectively, in CRPF Base Hospital-I, situated at Jharoda Kalan. Dr. D.N.Kar, Chief Medical Officer, BH-I, explained the working of these two equipments to DG and other officers. With the commissioning of these two equipments, this CRPF hospital has caught up with the latest hospitals of the country.



DG and other Senior Officers with Disc Receipients.



DG inaugurating a New System at Base Hospital

Incidentally, the CRPF is having three 100 bedded Base Hospitals at Delhi, Hyderabad and Guwahati, three 50 bedded Station hospitals at Jammu, Neemuch, Ajmer and 40 bedded hospitals in each Group Centres and 10 bedded hospitals with one Medical Officer in each battalions. The BH-I at New Delhi is the only hospital in CRPF which got the above sophisticated instruments.

Shri Gill also visited the patients who were convalescing from injuries sustained by them during the encounters with terrorists in Punjab and J&K.

A large number of senior CRPF officers including Addl DG Shri C.S.Dwivedi attend the function.

For this job we want someone who is responsible.

“That’s for me. Everywhere I’ve worked, whenever something went wrong. I was responsible.”

News From J&K

2 Terrorists arrested

Three platoons of 5th Bn on a specific information carried out search operation in the area of Bemina colony in the night of 9-10 June, 91 and arrested one suspected terrorist Khurshid Ahmed alias Alam Khan and on his disclosure arrested another suspect Mohd Ashraf resident of Chattabal. Search party also recovered one Chinese made pistol alongwith two live rounds of 9 mm from Khurshid Ahmed.

Suspected Militants' house searched

On 3.6.91 at 1000 hrs one section of 65 BN alongwith 2 civil police of Banihal searched the house of suspected militant Mumtaz Ahmed and recovered one German made pistol(3.65 mm), one country made revolver, two live stick hand grenades, 9 Chinese made live cartridges and 9 live detonators.

Dreaded JKLF terrorist nabbed

Victor group of 13 Bn CRPF, commanded by Shri R R Dutta, DYSP who were on patrolling duty near S.P.College, Srinagar succeeded in nabbing two dreaded terrorists of JKLF group and in the process shot dead another dreaded terrorist.

According to the incident report, on April 28, 1991, the above patrolling party signalled a white Maruti car coming from Barbar Shah Bridge side towards M. A.Road to stop, but instead of doing so, the driver accelerated the speed of the car and tried to run over DYSP and Const. Sukhdev Singh. The patrolling party chased the car and punctured the tyres of the car in an effort to stop it. As a result of firing one occupant of the car died on the spot and the remaining two suspects were over powered by the chasing party. The suspect who died was later identified as Mohamad Hanif alias Amir Khan, resident of Sutra Sahi, Srinagar, who was the Deputy District Chief of JKLF in Srinagar. Those over powered were identified as Mohmmmed Rafiq Pahllo alias Nanaji, resident of Natipora, Srinagar, a dreaded deputy Chief commander of JKLF and Gulam Rasul Dar, resident of Masjid Bagh, Srinagar who was close associate of JKLF chief Nanaji.

Important Encounters by 5 Bn during April/ May 91

5 Bn CRPF during the months of April/ May 91 conducted three important operations against militants while patrolling in Srinagar area.

In the first operation on April 21, CRPF raid party killed three militants

in the down town area of Srinagar after a heavy exchange of cross fire with the militants. The encounter continued for quite some time and involved in chasing of militants. The killed militants were later identified as Mohd Altaf Baba alias Shaheen khan alias Sujja, Latif Ahmed Dar, Mohd Maqbool Bhat all belong to JKHM. The raid party also recovered 2 AK 47 rifles. 5 loaded magazines, 2 Chinese grenades, 4 Detonators connected with fuse, 88 live ammns of AK 47 and 152 empty cases of AK 47.

In the second incident, the patrolling party under the command of Inspector Musafir Ram, on May 17, 1991, who were patrolling the area of Noorbagh under PS Safakadal down town in Srinagar was attacked by militants with automatic weapons. The party immediately took position and returned fire and did not allow the militants to escape. They even chased them and shot dead two militants who were later identified as Shabir Ahmed and Javed Ahmed . The party also recovered two 9 mm pistols alongwith 13 live rounds of 9 MM from the possession of killed militants.

In the third incident, two important militants, namely Tariq Ahmed Gujri and Tariq Ahmed Bauta of Muslim Jambaz Force were killed in a hair raising encounter with patrolling party in the area of Chhattabal-Bagyas under PS Safakadala down town area in Srinagar on May 27,1991.

The patrolling party while on duty suddenly collided with 5 to 6 militants who appeared from a by lane. Finding themselves in an awkward situation, the militants tried to run away. But they were over powered by the patrolling party and when their weapons were about to be snatched the other militants hiding in the area opened a rain of bullets. To avoid casualty our men left the over powered militants and took position to return the fire. Getting an opportunity for a run, these two militants who were lying on the ground suddenly got up and started running away, but they were shot down in the exchange of fire. One AK 47 rifle was recovered from their possession. The terrorists made another attempt to cow-down this patrolling party by laying an ambush near Mahal Mahalla Chhatabal, but ambush was detected in time and our party succeed in foiling their attempt. The militants had to retreat in panic.

A motorist overtook a young man running along the road.

He stopped his car and asked the perspiring runner to get in.

“An emergency, I gather?” the driver asked.

‘No,” puffed the young man. “I always run like that when I want a ride. It seldom fails.”

News From Punjab

TWO TERRORISTS KILLED

Two hardcore terrorists were killed in an encounter by 10 Bn CRPF on June 16, 1991 at Behuwal village under PS Kathunangal.

The report says that when the mobile patrol party of CRPF reached near village Ajaibwali, they noticed two persons coming from Majitha side. Having seen the patrol party the two suspects tried to escape, but CRPF patrol party challenged and over powered them. One .303 pistol and half kg of high explosives were found from their possession.

Having been caught red handed, the two suspects tried to trap CRPF men on the pretext of recovering arms\ amn. Accordingly they were taken to Drain Bridge in village Beguwal. Suddenly the party were fired upon by some terrorists who were already waiting in an ambush. Our men returned fire and the exchange of fire continued for about 15 minutes. Though the terrorists managed to escape, the two who were taken for recovery of arms got killed in the exchange of fire. Both the terrorists have been listed as hardcores.

ONE TERRORIST KILLED

One suspected terrorist was killed in an encounter by the men of 41 Bn CRPF on May 25,1991.

The detailed repot says that the Naka party while on duty at

Chittiwind Gate, Amritsar saw two suspects coming on a bicycle towards them. When challenged to stop one of the suspects opened fire with his .32 Bore Mouser which missed the target. Sensing the situation getting worse, HC Bindeswar crawled and jumped on the terrorist to catch hold of him. All of a sudden, one of the bullets fired by the terrorists pierced through his left arm but still he kept his grip tight over the terrorist. Evaluating the deteriorating situation, one constable Randhir Singh quickly reacted and

succeeded in gunning down one of the terrorist. However the other managed to escape under the cover of darkness,

TWO TERRORISTS KILLED

A search party of 76 Bn while on duty on the early hours of June 3, 1991 in Sursingh village of PS Bhikhiwind, Amritsar was fired upon by two terrorists with automatic weapons. The police party immediately took position and retaliated the fire and in the resultant encounter both the terrorists died on the spot. They were later identified as Surjit Singh and Joginder Singh of K.CF (Wassan group). One AK 47 rifle and one Chinese made pistol were also recovered from the spot. In the process the party also rescued one Krishna Kumar who was kidnapped by the two terrorists on June 1, 1991 and was in their captivity.

TERRORISTS AND ONE JAWAN KILLED

Three terrorists were killed in an encounter with troops of 76 Bn CRPF Mal Mandi, Amritsar (Punjab) on June 10, 1991. Constable Mahabir Prasad Meena also lost his life in the exchange of fire.

In the course of a search operation launched in the Farm House of Sardar Kartar Singh of village Thathli under PS Bhikhiwind, Amritsar, the joint party of CRPF and civil police came under heavy fire when they neared the Behaks of above Sardar. The party immediately took position and returned the fire and surrounded the Behak by technically moving. In the meantime, one terrorist noticed of Const Mahabir Prasad advancing to take position with his rifle. The terrorist immediately opened fire at Const Mahabir Prasad Meena resulting serious injury to him. Without caring for his wounds, Meena shot the firing terrorist dead. Later on Const Mahabir Prasad Meena succumbed to his injuries. The terrorist who was shot dead later identified as Pargat Singh of BTFK group.

The encounter continued for about two hours. When the fire from terrorists had ceased, the Behak was searched and dead bodies of two terrorists recovered who were later identified as Mewa Singh and Gurmej Singh of BTFK group. One AK 74 rifle, 6 rifles, one sten gun and huge quantity of live amm were also recovered from the Behak.

ACHIEVEMENTS OF 75 BN CRPF IN PUNJAB FROM MAY TO

JULY 1991

10 Terrorists killed

75 Bn CRPF deployed at Tarn Taran, Amritsar, Punjab, conducted four major result oriented operations during May to July 91, to flush out terrorists and to prevent terrorists's attack in that area. On May 30, 1991 in between village Chautala and Jodhpur of Tarn Taran with the help of local police, CRPF party could succeed in chasing 4/5 suspected terrorists out of the village and in the process killed two unidentified terrorists on the spot. In this operation there was heavy exchange of fire from both the sides. The search party besides recovery of dead bodies of two unidentified terrorists, captured one .303 rifles with 10 live rounds and one AK 47 rifle with 60 live rounds. The CRPF party was headed by Shri H.S. Negi, 2nd-in-Command.

In the second operation which took place on June 4, 1991 at village Noordi of Tarn Taran, CRPF party headed by 2nd-in-Command H.S. Negi with the help of local police succeeded in eliminating four unidentified terrorists and recovery of the one GPMG with 2 Drum Magazines, one AK 47 rifle with 2 magazines, one SLR with one magazine, one .303 rifle with 1 magazine and large quantity of live rounds of these weapons.

CRPF party alongwith local police on a specific information regarding movement of a terrorists group in Jhabal area of Tarn Taran launched an operation to apprehend these terrorists who were five/six in number. CRPF party stopped terrorists' vehicle in village Noordi and finding themselves accosted by police party, terrorists opened heavy fire on the party and fled towards Doburji village. They were chased by the police party and in the ensuing encounter which lasted for about 1-1/2 hour, four of the terrorists lost their lives. Remaining managed to escape under the cover of bushes/trees. In the third operation conducted in village Shahabpur under PS Sadar, Tarn Taran, an ambush was laid on July 15, 1991 to trap the terrorists on getting specific information regarding movements of terrorists in that area. As a result of this trap, two terrorists coming from Chautala sides fell prey to this trap. Finding themselves in an awkward situation, the terrorists opened fire and took position in the bushes. In the exchange of fire which lasted for an hour, both the terrorists lost their lives. Their dead bodies alongwith arms/ammunition later recovered by the search party.

In the fourth operation conducted in village Mugal Chak of Tarn Taran area on July 15, 1991, on a specific information that terrorists are moving in this area very frequently, troops of 75 Bn with local police laid night ambushes to trap them. As a result of this two terrorists fell prey to this trap. Finding themselves face to face with the police, the terrorists opened fire on the police party and tried to escape under the cover of fire, but could not succeed as both of them were shot dead in the return of fire by the police party. After firing stopped the area was thoroughly searched and police recovered dead bodies of these unidentified terrorists besides one AK 47 rifles, one .303 rifle and live rounds of these weapons.

In all the four operations, officers and men of 75 Bn did a commendable job in chasing/ eliminating terrorists out of their respective areas.

TWO TERRORISTS KILLED

An information was received by the CRPF Unit at Mal Mandi, Amritsar that some terrorists are moving and hiding in village Banka. To check-mate them, a special search operation was organised by the sub units of 76 Bn. This search party started combing the area on the evening of 14 July 91. This search operation created panic in hiding terrorists. Two of them came out in open and started firing on the search party and ran towards paddy field, when police opened counter offensive. The exchange of fire lasted for a long time and when it stopped it was next day i.e. July 15,. A search of the area was made and in the process dead bodies of these unidentified terrorists alongwith one AK 47 rifle with two magazines, one SBBL cut barrel gun with six live rounds, one bag containing 95 live rounds of AK 47 were recovered. Later on the dead terrorists were identified as Bagicha Singh, a B category/listed terrorist of KCF Wassan Singh group and Harpal Singh alias Bhola, also of the same group.

TERRORISTS KILLED

On the basis of a specific informations on May 31, 1991 that some terrorists are hiding in a house of village Jamalpur of Amritsar district, Commandant of 73 Bn CRPF alongwith his men immediately rushed to the spot. When the patrol party entered in to the suspected house, they were attacked with automatic weapons from inside. Men of the Force immediately took position and challenged the terrorists and in the encounter

one terrorist was wounded and subsequently arrested. But he later died on the way to hospital. The body of another terrorist was recovered from the site of encounter after the firing was seized. They were later identified as Mangal Singh and Lakha Singh. It was said that Mangal Singh was involved in murder of 50 innocent persons and carried a reward of Rs. 50, 000/- on his head. Patrol party recovered two AK 47 rifles, four AK 47 rifle magazines and large number of ammunitions.

138 ARMS SEIZED

During the month of June 1991, CRPF recovered 138 arms including 31 AK 47, four AK 74, 10 rifles, 36 pistols, two sten carbines, one GPMG, seven Mouser pistols, two SLRs. Besides, they have also recovered over 2900 rounds of ammunition.

During the above period, in 109 raids/encounters, CRPF apprehended 179 terrorists/ultras and in the process of operations shot dead 50 extremists. Important extremists killed during these operations include Lt. Genl Kashmira Singh, a dreaded hardcore terrorist carrying a reward of rupees five lacs on his head, Ajit Singh, self styled Lt. Genl. Joginder Singh, self styled Major Genl. Kikkar Singh and self styled Area Comdr. Kulwinder Singh of Khalistan Liberation Army. During this period, CRPF lost six of their men while 51 got injured.

A TERROR FOR MILITANTS

Dare devil Ms. Amrit Brar, Dy. S.P. of 2nd Bn who joined CRPF as directly appointed gazetted officer on 4th July 1989, has created panic in the terrorists' camp in Jammu and Kashmir by dint of her brave and intelligent act. Her impact is so much that she has been nick named as Rani (Queen) by Kashmiri Muslim women. She feels little apprehensive in picking up terrorists from down-town areas of Srinagar city which is considered as militants' den. She has arrested more than 17 hardcore terrorists from their underground cells and recovered large number of arms/ amn from them including AK 47 rifles, Chinese Hand Grenades, pistols, live ammunitions, explosives etc. She has also served in Faridkot (Punjab) in 84 Bn CRPF. During her special operation duties she has faced several ambushes and encounters with the militants on several occasions in which she displayed high degree of operational acumen and tactical skill. At present Ms. Brar

tops the hit list of various militant groups.



Ms Amrit Brar

Ms. Brar is a post graduate in English Literature from Delhi University.

THEY ARE NO MORE

We offer our deep condolence to the grieved families of following CRPF personnel who lost their lives in May/June 1991. Head Const Jagdish Chand Joshi (GC NMH), Const D.Papanna (GC NGR), HC/RO Jitender Nath (1st Sig), Rect/CT Puran Tamang (101 Bn), Cost Abdul Majeed (67Bn), Const Harbans Singh (97 Bn), HC N. Sasidharan (100 Bn), Rt/Const Arjun Singh (100 Bn), Rt/Const Sreenivas Rao (100 Bn), Const Jagjit Singh (19 Bn), Const Nagoorbatcha (19 Bn.) L/Naik Rajender Singh (19Bn) Const T.D.Lipcha (19Bn), Safai Karamchari D.John (GC Avadi). Const Jaipal Singh (5 Bn) L/Naik Jagdish Singh (120 Aux/ 54 Bn), HC N.S.Chettiar (63 Bn), Const Bhriguram Sanapati (95 Bn), Const Yadvinder Singh (26 Bn), Rt/Const Uttam Kumar (108 Bn), Const Gopal Singh (10Bn), HC Daya Kishan (64 Bn) and Water Carrier Sarwan Kumar (118Bn)

HYDERABAD RANGE EMERGE WINNERS

Hyderabad range emerged winners with 136.09 points in the Inter Range Gymnastic competition of Southern Sector CRPF held at Group Centre, Avadi from July 5th to 6th, 1991. The Madras and Neemuch Ranges have secured 2nd and 3rd position respectively. Head Constable G.V.V.Prasad of 45 Bn was adjudged Best Gymnast of the meet. The inauguration and closing ceremony was presided over by Shri E.S.Bhakhtawar, Addl DIGP GC CRPF Avadi, who also gave away prizes to the winners.

FIRE EXTINGUISHED

A CRPF platoon of Group Centre Mokamaghat helped the National Textile Corporation, Mokama in extinguishing a fire which erupted in the N.T.C. factory premises on 2nd June, 1991. The NTC management have appreciated the timely help rendered by the CRPF to save the factory.

TROPHY TO CRPF

CRPF men won first and second prize in the Prime Minister's Silver Cup Essay Competition 1990 organised by the Sardar Vallabhai Patel National Police Academy, Hyderabad. The subject of Essay was "Community Participation for Better Policing."

Shri Ram Anuj and Shri Pratap Singh, Assistant Commandants of CRPF have been adjudged first and second respectively in the above Essay competition. Shri Ram Anuj will get a trophy and prize money of Rs. 1000/- while Shri Pratap Singh will get a certificate and cash prize of Rs. 750/

Jokes

On the job application blank was the question, "Have you ever been arrested?" The applicant put down, "No"

The next question was "Why" -meant for those who have been arrested. Not realising this, the applicant put down, "Never been caught."

Small boy: "Daddy, why does it rain?."

Daddy : 'It rains to make the lawns and flowers grow.'

Small boy : "Then why does it rains on the sidewalks?"

Lawyer : "When I was a boy, my highest ambition was to be a pirate."

Client: "Congratulations!"

Two lumbermen were drinking in a bar when suddenly one lurched backward of his stool and lay flat on the floor without moving a muscle.

“One thing about Tom,” said the other to the bartender, “he knows when to stop.”

Compiled by J.P Thomas

Life and Contributions

by Shri Ramanuj

Ambedkar's exposure to the free and liberal social environment of the Western countries and his education in American and European Universities equipped him to play a major role in making of Indian Nation. What filled him with deep remorse and indignation was the atrocious, abject and inhuman conditions in which a large segment of India's population was born, worked, lived and died with no deliverance for hits posterity in sight. The tentacles of an anachronistic caste system had so firmly held India's untouchables in place, that they could never imagine of ever being able to slipout of this iron mould and be counted as equal human beings like other Hindu Caste. The origins of this cast system lie buried in antiquity and is attributed to Purusha Sukti. In any case, castes emerged much before Manu codified, caste prejudices in his Manusmriti. Many social reformers and religious preachers tried to correct this tragic inequity but failed to make headway. The Great Buddha who rose to spread the message of Equality could not restructure the Society. Buddhism itself had to die in the land of its birth. The Caste system continued in its undiluted form and became a constant in Hindu Life. The rigidity and perniciousness of the caste system derive from the following attributes of the caste. It divides society in different groups. Each group maintains its identity by means of its occupation and calling; Castes create a hierarchy based upon birth i.e. A person is considered low, if born in a low costs and so on; Castes are characterised by endogamous. Thus no one is permitted to marry outside his caste. Hence no endos-mosis could take place; Intermixing and inter-dining is restricted and it derives strength from religious sanction.

Ambedkar lived under the indignity of caste system faced and experienced its inequities consequences from the very beginning of his life. It was under these circumstances that he took up the cause of the depressed classes and made it a mission of his life to uplift them socially, economically and politically, a mission which was dearer to him than even the liberation of the country from foreign rule.

During 1917-20, when Ambedkar had returned to India for lack of financial support and was waiting to return to England to resume his studies, a couple of conferences of depressed classes were held in Bombay demanding right of election of representatives to legislatures. Similarly, an All India Conference of Depressed Classes was held in March, 1918 in Baroda which appealed for removal of untouchability. The depressed classes Conference at Nagpur, 1918 and Kolhapur, 1920 were attended by him. These were the first intimations of growing consciousness of the Depressed classes about their rights and existence. Ambedkar had taken a keen interest in these proceedings. He had even been examined by the

Sonthe-Borough Parliamentary Commission which report formed the basis of Montague Chelmsford Reforms of 1919. Ambedkar had demanded separate electorates and reserved seats for the Depressed Classes on a proportionate basis.

After completion of his studies in London, Ambedkar returned to India and plunged himself in the social struggle of the Depressed classes, of which he soon assumed leadership.

The first major involvement of Ambedkar on social issue came as what is known as Mehad Tank Satyagraha of March, 1927. Bombay Legislature Council in 1923 has passed a resolution permitting use of public water places, wells and dharmshalas by members of the untouchable communities. Under the Presidentship of Dr. Ambedkar, a conference of the untouchables was held in March, 1920 where some 10,000 people gathered. After the conference, all those present marched to the tank to assert their right of access to the tank. Suddenly cast Hindus appeared on the scene and attacked the delegates, some of them were beaten. People ran into Moslem houses for shelter. Dr. Ambedkar sought protection in a Police Station. Following this, the untouchables were assaulted and forced to vacate their lands.

Dr. Ambedkar planned a Satyagraha in December in the same year. Thousands of Satyagrahis came, out but following an intercession from the District Administration this was postponed.

Similarly, Dr. Ambedkar personally led the satyagraha for entry into the Kala Ram Mandir at Nasik in May, 1930. About 15,000 volunteers including hundreds of women took out a mile long procession in batches of four. A compromise was reached after some violence caused by caste

Hindus that untouchables world also be permitted to pull the Chariot of Lord Ram on Ram Navami day. However, as things happended, this was actually not allowed. The Temple was closed for a year. Volunteers offered arrest and the Satyagraha continued for more than five years. Another social cause that Ambedkar took up on behalf of the Mahars was abolition of the Watan System, which was responsible for exploitation of Mahar workers. Under the Bombay Hereditary Offices Act, 1874 the Mahars were employed for day and night and in their absence, their family members could substitute them. They were paid a pittance and were allowed to take corn from villagers and also given a pieces of land known as Watan. Dr. Ambedkar introduced a bill in the Bombay Legislative Council for its amendment seeking commutation of watan and specification of duties. As there was large scale opposition from vested interests Amebedkar withdrew the bill after a year.

However, he again introduced a bill at the Poona Session of the Bombay Legislative Council in September, 1937. A demand to abolish watan system was submitted by Conference of Mahar leaders organised in 1939. Dr. Ambedkar fought till his last breath to see the abolition of this Act. It was however, abolished, some years after his death in 1959.

It was in response to the agitating mood of the Depressed Classes that the Bombay Government appointed the State Committee to enquire into the social, educational & economic conditions of these classes. Alongwith Dr. P.G.Solanki who had introduced this resolution, A.V.Thakkar and Dr. B.R.Ambedkar were made members of this Committee. While working on this Committee, Dr. Ambedkar faced many insulting situations like stoppage of his entry into the class room by a Primary School Headmaster, refused by tonga driver to offer him carriage. Among the other recommendations, Dr. Ambedkar recommended recruitment of depressed classes into the Army and the Police and suggested opening of Social Centre for social and cultural activities etc.

Dr. Ambedkar started Samta SainikDal (Social Equality Army) with the purpose of shaking off these values which militate against human dignity and social equality. This Dal however was banned after the assassination of Mahatma Gandhi in 1948.

If one looks at the socio-political scene of these days, the political leaders, imbued with their own perceptions and in keeping with the interest

groups they led, did not always work in unison. However, two very distinct strands become visible as regards the approach of the Congress led by Gandhi and of schedule caste federation headed by Ambedkar. Whereas the former tried to consolidate its position while inching its way towards freedom, the latter's consuming passion in these years was essentially the upliftment of the Depressed Classes. In course of pursuit of their respective ends, they even sometimes lost sight of each other's compulsions and looked at each other with suspicion. As freedom movement intensified, it made an urge upon the British masters to visit upon the scene with instruments of progressive realisation of self Government in India. Beginning with Morley-Minto Reforms of 1909, Montague Reforms 1919, Macdonald's Communal Award 1932, the Government of India Act 1935, the Cabinet Mission Plan, the British Government continued its effort to hold on its empires as long as possible. On the other hand, the Congress movement through a series of mass actions like Civil Disobedience & Non-cooperation of 1920's and the Quit India Movement of 1942, gradually brought home the urgency of its call for freedom. The political decisions taken during this period often entailed wider social fall out. Partly contrived by the Britishers and partly born of contractions of the situation, some issues put the Indian leaders on seemingly irreconcilable course.

The Communal Award of the British Prime Minister Macdonald announced following the failure of round table conference held in London, must be seen in this light.

Ambedkar was convinced that none could improve the conditions of the depressed classes, except the depressed classes themselves. Minto-Morley Reforms of 1909 as well as the Lucknow Pact of 1916 created a perfect situation, where Ambedkar, keeping in view of the position that these classes must be considered a separate entity and their Hindu connections a mere deception. Therefore he began to demand separate electorates for them, right from his student days, when he had give evidence before the Franchise Committee under Southborough. When the Simon Commission came in India and was boycotted by the Congress and the League (Sinna Group), Ambedkar was elected Member of the Bombay Provincial Committee to work with the Commission. His students dubbed him British Crony and boycotted his lectures. He came into disagreement with the Committee and submitted a separate report asking for separate electorate.

Ambadkar alongwith Rao Bahadur Srinivasan represented the depressed classes at the first Round Table Conference held in London in November 1930. Gandhi was not invited to this conference. Ambedkar served on three of its nine subcommittees. The second Round Table Conference was held in

September 1931. Gandhiji following Gandhi-Irwin Pact agreed to attend. Ambedkar asked for special representation for the Depressed Classes and presented a Supplementary Memorandum of the minorities known as the Minority Pact enraged Gandhi who came down heavily on Ambedkar during the course of his speech.

The Communal Award of Ramsay Macondonald, the British Prime Minister, followed in the wake of failure of Round Table Conference to arrive at any formula. The award, inter alia gave the depressed classes the status of minority community entitled to separate electorate. It also gave them an additional right to contest in the general constituencies. However, this special provision was to lapse after a period of 20 years. The Congress Party neither accepted nor rejected the Communal Award.

Cont'd

IS CANCER CURABLE?

By Dr. Muraru Dehury, MS

Cancer is not confined to any particular rank of people. Cancer was known to Greeks for centuries as the word cancer is derived from its Greek root meaning “crab”, probably due to similarity of certain cancer growth and shape of the crab.

A localised and anomalous growth of cell produces a local swelling generally called cancer or tumour. Not all tumours, however, are cancerous. Some are harmless growths which do not spread or lend to create problems for the patient. The harmless variety is called benign. The kind that grows intensively, i.e. spreading to the other parts of the body is the dreaded variety is called malignant.

Why does cancer occur?

It is difficult to pinpoint the specific cause of the cancer. What leads to the onset of cancer in a patient can be classified into three major categories. Physical, chemical and biological. Physical causes relate to any constant

irritation to any part of the body which leads to cancer. Mouth cancer prevalent in pan-chewing population of West Bengal is an example of physical cause. Skin cancer at waist usually arising out of prolonged use of tight fitting saris and dhoties by people of Maharashtra; "Chuttha Cancer" by people of A.P. "Hangri Cancer" by people of Kashmir are another example of irritant factor. Persons handling chemicals such as asbestos, coal tar, pitch, tobacco are found predisposed to cancer. There are cases of viruses such as Hepatitis B Virus, Herpes simplex etc. associated with cancer of liver and uterus. This is an example of biological causes. Cancer of cervix is quite common among the prostitutes who indulge in sex with many partners where as rarely seen in nuns. Cancer itself is not infuriated like many other diseases. But heredity of the individual may be a predisposing factor towards cancer as in breast cancer women. Napoleon died of stomach cancer and his father, grand father all died of stomach cancer.

It is not yet precisely known what produces the cancer. But this deficiency is not an obstacle on the way of effectiveness of its treatment and cure. Thanks to the years of research and progress technology. Discovered at an early stage cancer is curable. Like many other diseases pain is rarely an early symptom of cancer. Hence its onset in the body often escapes the notice of the victim. And by the time the victim approaches the doctor, the disease is often in the advanced stage. Treatment is very difficult at this stage and sometimes even impossible. The unfortunate patient firmly in the grips of an invading cancer awaits the inevitable death. This situation has given rise to a common belief which describes the disease dreadful and incurable.

The good news is that cancer is curable. We have to diagnose it in the beginning itself and treat it in the early stages.

One out of every eight Indians death there is a cancer patient. It is the second common cause of the death next to cardio-vascular diseases. In the CRPF incidence of cancer is comparatively lower than the national average. We have lost many valuable lives prematurely due to cancer. These incidences are on an increasing trend. Smoking and chewing of tobacco are the major causes of cancer in the Force. Apart from keeping away from these dangerous habits, in order to prevent or remove the cancer in early stages following "seven dangerous signals" are required to be investigated. Consult a doctor if you find any of the symptoms however innocuous they

may appear to be.

Persistent changes in the digestive and bladder habits; a nagging sore that does not heal; an unusual bleeding or discharge; a lump or a hard area in the breast; persistent indigestion or difficulty in swallowing; a noticeable change in wart or a mole and a persistent cough or hoarseness in the voice. Screening the high-risk group of people can go a long way in early detection and effective treatment.

RECOMMENDATION

In order to keep away from this killer-disease following preventive steps are recommended: smoking and chewing of tobacco in any form must be avoided; Prolonged dealing with chemicals such a pesticides, fertilisers, colouring agents etc., can cause cancer. Hence this must be avoided as far as possible; At the dietary level, fibrous and cholesterol-free food is always recommended. Control on intake of fatty foods is advisable; self examination by women above 20 years of age to their breast themselves five days after each menstrual period to detect any lump is recommended. Annual chest x-ray of all smokers above 45 years of age is advisable.

TREATMENT

Cancer treatment is becoming more and more effective and sophisticated. In the last ten years along technology like Ultrasound, Endoscopy, Cat-Scan, NNR, HIDA and like have made the diagnosis very easy. In the scenario of treatment surgery Radiotherapy, Chemotherapy, Hormone therapy, Immunotherapy and laser-based therapy etc., have made the treatment effective and safe.

CONCLUSION

New techniques of investigation and surgery are becoming effective, safe and surely popular. There is a greater responsibility on the patient in getting his illness treated early. He has to look for the symptoms mentioned earlier and approach the doctor in the beginning itself. Let the doctor nip the cancer in the bud. If we allow the cancer to take roots in the body it will be a great problem for the doctor and the patient to cure it.

THINK IT OVER

Man comes into this world without his consent, leaves it against his will, and while on earth he is misjudged and misunderstood. In INFANCY, he is an angel, in boyhood, he is a devil and in MANHOOD he is a fool.

It is, impossible to please everybody. So, do your duty and be fearless.

Use your commonsense which is so un-common, and even if you make mistakes, it is better than doing nothing.

(Compiled By Balakrishnan Dte. Genl.)



Widows of CRPF men with Mrs. & Mr. K.P.S. Gill, DG CRPF, Shri C.S. Dwivedi, Addl. DG and Shri Joginder Singh IGP Northern Sector after cheque presentation.



CRPF men performing election duty.

CRPF men performing election duty.

CRPF SAMACHAR

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Oct. 31, 1991

Kartika 9, Saka 1913



Shri K.P.S. Gill, DG CRPF enquiring about the health of a jawan injured in terrorists operation at Base Hospital-I, Jharoda Kalan. New Delhi.



Shri R. K. Wadehra, Addl. DG CRPF presenting Inter Sector Volley Ball Trophy to the Northern Sector.

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Life is like a stream

It never reverses.

Pure knowledge and pure love are one and the same. Both lead the aspirants to the same goal.

The path of Love is much easier.

There is no fire like lust;

No crime like hatred;

No ill like the body and no bliss
higher than Peace.

Since it is impossible to escape the result of our deeds let us practise good works.

Editorial

Dear friends,

The last I spoke to you was in July 1991. From July to October, 1991, a lot of interesting events took place. But the entire period was more devoted to sports activities. Events like Inter Sector Aquatic Meet, All India Police Aquatic Meet, Inter Sector Basket Ball Tournament and Inter Sector Athletic Meet dominated the scene.

During this period, we celebrated Independence Day and Martyr's Day with usual solemnity. As far as CRPF is concerned, both these days are complimentary to each other. CRPF men sacrificed themselves to protect the tri-colour. It is because of these martyrs that the tri-colour is flying unhindered.

In the All India Police Aquatic Meet we came 1st, and in Inter sector

meets our sportsmen showed promise to bring laurels to CRPF.

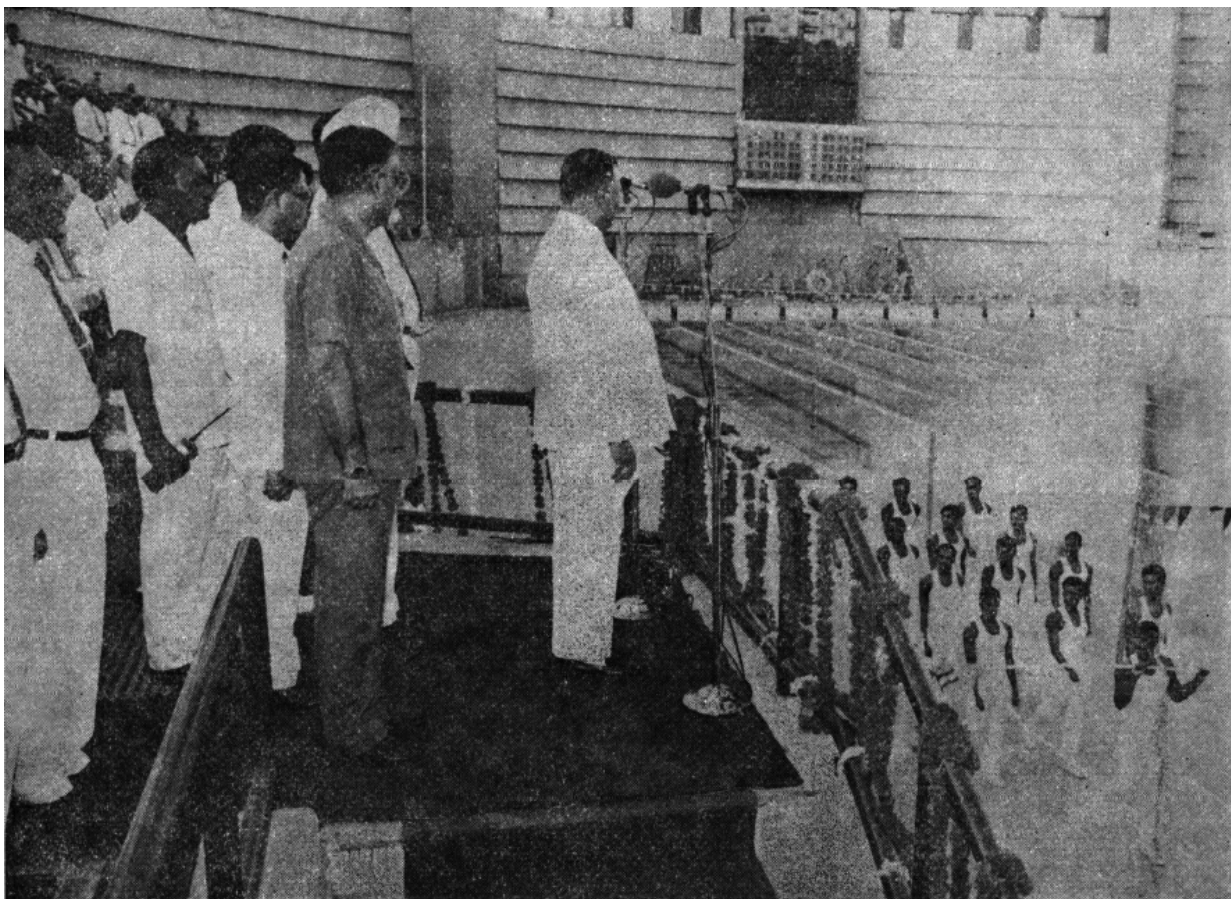
In this edition, we are including write-ups on “Qualities of Leadership, Tennis Elbow, History of Bns, etc. The write-up on Bn. History will be a permanent feature in our CRPF Samachar in future.



(A. N. Sharma)

40th All India Police Aquatic Meet

C R. P. R bagged Overall Championship



Shri S. B. Chavan, Union Home Minister taking salute at the 40th All India Police Aquatic Meet

inauguration.

The swimmers from CRPF bagged the overall championship with a total of 228 points in the 40th All India Police Aquatic Meet which concluded at Talkatora Swimming Pool, New Delhi on October 6, 1991. BSF became runners-up with 198 points while Kerala Police grabbed third position with 100 points.

The five day All India Police

Aquatic Championship of 40th All India Police Games was inaugurated by Shri SB. Chavan, Union Home Minister on October 2nd while the concluding function was presided over by Shri Rajesh Pilot, Union Minister for Communication. He also gave away trophies to the winners and runners-up.

Over 500 swimmers from 19 teams representing Orissa, Tripura,

Haryana; Bihar, Madhya Pradesh, Karnataka, Lakshwadeep, Goa, Kerala, Punjab, Tamil Nadu, Gujrat, Uttar Pradesh, Delhi, ITBP, RPF, BSF, CISF and CRPF vied for top honours during this meet.

On this occasion, Shri Chavan also released a Souvenir on All India Police Aquatic Meet brought out by the CRPF.

Inter Sector Volley Ball Tournament

Northern Sector Wins the Cup



A tense moment during the final of Inter Sector Volley Ball tournament.

The Northern Sector won the first CRPF Inter Sector Volley Ball tournament defeating North West Zone in a keenly contested final match with a score of 15-10, 15-3.

The teams from Northern, Eastern, North Eastern, Southern,

Central Sector and North West Zone participated in the tournament which was held from Sept. 19 to 23 at 86 CRPF Bn HQ, Rabindra Ranghasala, New Delhi.

The tournament was inaugurated by Shri C. S. Dwivedi, Addl DG NW Zone while the concluding function was presided over by Shri K. P. S. Gill, DG, CRPF. Shri R.K. Wadehra, Addl DG gave away the prizes to winner and runners-up on the occasion.

CRPF's Novel way to Celebrate Independence Day



CRPF Jawans in a Blood donation Camp

The CRPF celebrated Independence Day 1991 in a novel way by donating blood for suffering humanity. Over 400 CRPF Officers, Men and Mahilas have lined-up to donate blood in a Blood Donation Camp organised by CRPF Base Hospital, Jharoda Kalan at Dett. Hospital, R.K. Puram.

The Camp was inaugurated by Shri K.P.S. Gill, Director General, CRPF. Immediately after this inauguration, Shri Gill presented ex-gratia payment cheques of Rs. 2 lacs each to three widows and one lac to another widow of CRPF personnel who died in action while fighting against terrorists in Punjab. The CRPF personnel who died in action are, late Shri Bishamber Singh, DySP and Lance Naik (late) Onkar Singh of 33 Bn, Late Naik Shive Charan Verma and Late Naik Ramanand of 71 Bn CRPF.

The above cheques were presented on behalf of Punjab Government. To mark the occasion one minute silence was observed by all those who attended the function.

NEWS IN BRIEF

MEDAL FOR TWO

Two Central Reserve Police Force personnel have been awarded Police Medal for Gallantry by the President for conspicuous gallantry, courage and devotion to duty of a high order exhibited by them during the course of their duties in terrorist infested areas of Punjab, without caring for their lives.

The awardees are Constable Anirudh Tiwari of 90 Bn CRPF and Constable G.P.S. Murthy of 8 Bn CRPF who was awarded this medal posthumously.

The brief citation of the above two constables are as follows :

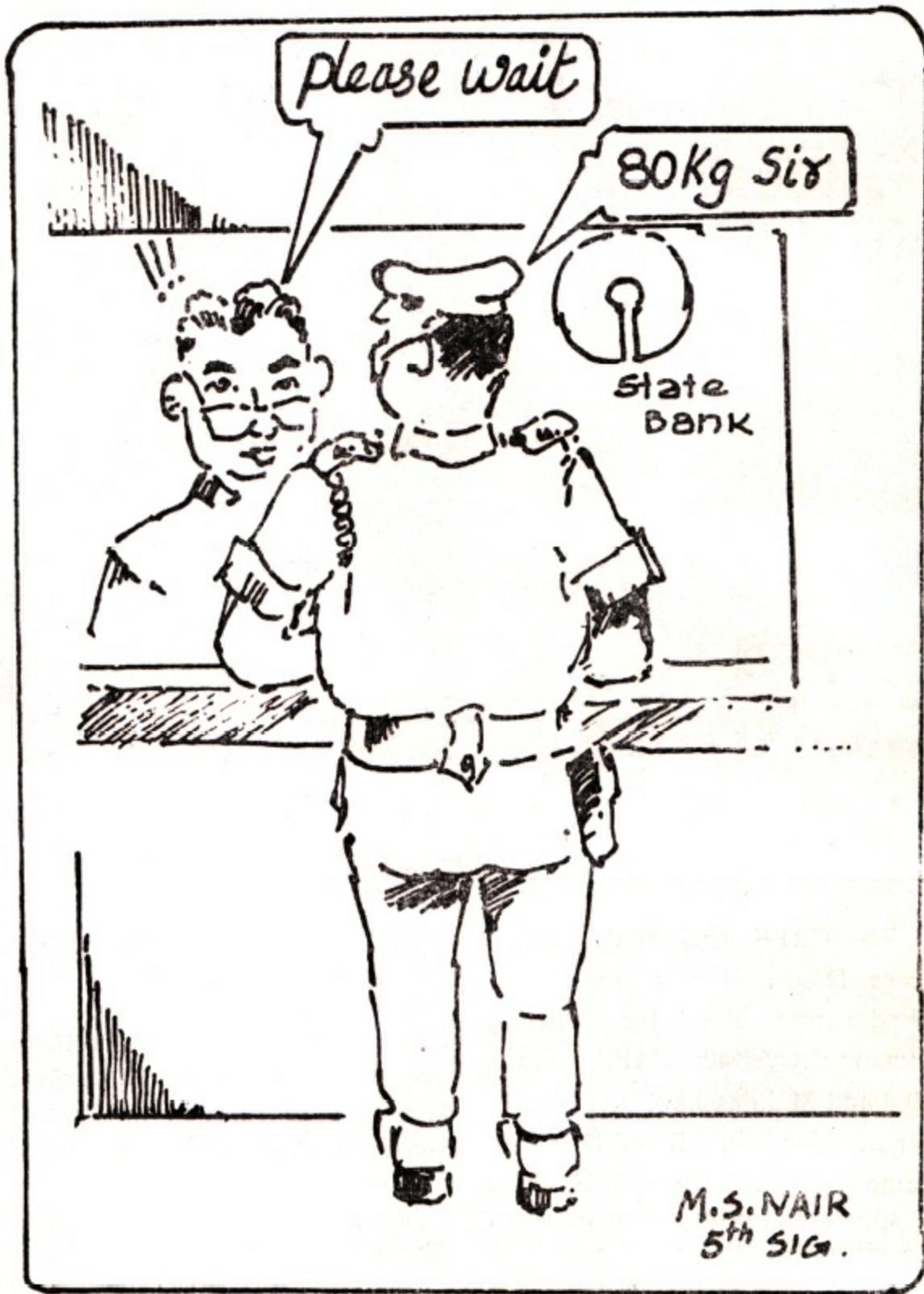
In the first case, Constable Anirudh Tiwari of 90 Bn CRPF was on a naka duty on the night of 26 Aug 1989 alongwith 11 others, in a village about 3-4 kms away from the out post Attari. The party check-mated a tractor-trolley which was carrying 10-12 terrorists followed by an exchange of fire. In this encounter Ct. Anirudh Tiwari was hit by a bullet, but, despite that he kept on chasing the fleeing terrorists and even succeeded in injuring a terrorist with his LMG burst. The injured terrorist subsequently died whose body was recovered during combing and search operations later on.

In the second case, Ct. G.P.S. Murthy was a member of a search party led by a DySP of 8 Bn. On 14th Feb. 1989, on an information that terrorists were hiding in a farm house of Dal Singh in village Othian, the search party raided the hide out. The CRPF party received stiff resistance in the form of bullet and rocket attacks. Without caring for their lives, DySP alongwith Head Constable and Constable Murthy inched towards the wall of the farm house. Ct. Murthy scaled the wall and jumped into the farm house. While jumping he was fired upon and seriously injured. In spite of injury he engaged one of the terrorists and killed him on the spot. Thereafter Ct. Murthy succumbed to his injuries. In the meantime, DySP and Head Constable also scaled the wall, took position around the cattle shed wall and succeeded in eliminating three terrorists who were hiding in the farm house and trying to escape. In this encounter, Constable Murthy displayed conspicuous gallantry, courage and devotion to duty of a high order .

CHEQUE PRESENTED TO WIDOWS

At a solemn function held at Group Centre, CRPF, Pallipuram on Oct 5,

1991 Shri G. Jha, IPS, IG of Police, Southern Sector, CRPF persented bank drafts of Rs. 50.000-to Smt, Nalina Kumari, widow of late HC N. Sashidharan of 100 Bn and Rs. 2,00,000/-to Shri D. David, father of late Const. D. Jose Kutty of 91 Bn CRPF, who have sacrificed their lives while fighting with naxalites / terrorists. The above amounts were on account of exgratia payments from Govts, of Andhra pradesh and Punjab.





Shri G. Jha, IGP Southern Sector presenting cheques to Smt. Nalina Kumari, widow of late HC. N. Sasidharan of 100 Bn.



Father of late Const. D Jose Kutty of 91 Bn.

The brief citations are as follows :—

HC N. Sasidharan while posted in 100 Bn was attached with Eturunagaram Police Station, (Andhra Pradesh) with 7 others for maintaining law and order during election. On May 15, 1991, i. e. polling day, the above party with representatives of civil police was detailed for patrolling the area of village Chelpaka which is infested with naxalites and considered as most sensitive. While on patrolling, the jeep in which N. Sasidharan with seven others travelling, was trapped into a well laid out ambush by naxalites of People's War Group about 4 kms short of village Chelpaka. The jeep while negotiating a bend was blown off by a powerful, electronically detonated land mine breaking the vehicle into pieces and resulting instantaneous death to HC N. Sasidharan and three others.

Constable D. Jose Kutty of 91 Bn. while on naka duty at Goldiggi Naka Point (Bhatinda, Punjab) by standing outside a morcha on the night of May 16/17, 1991 was attacked by asikh youth from behind with a knife causing a deep stab injury in the left side of his back. The assailant after stabbing tried

to snatch the weapon from Ct. Jose Kutty, but he despite serious injury gave stiff resistance to the assailant and grappled with him. In the meantime other members of naka party reached the spot and killed the assailant. Immediately Ct. Jose Kutty was rushed to the Civil hospital Bhatinda where he succumbed to his injury.

Dr. Jha Awarded

Dr. R. C. Jha, IPS, Director, ISA, CRPF, Mount Abu has been honoured with Suprabha Deb Memorial Medal by Calcutta University for the year 1991 for his book, "Police Surveillance and Community Security" which has been adjudged the most creative and original work among all the published works in Criminal Law and Criminology during the last 5 years.

8 CRPF Men Honoured

Eight CRPF Officers and Jawans were presented with DG's Commendation Discs by Shri C.S. Dwivedi, Addl. DG, NW Zone CRPF at an Investiture Ceremony held at Guru Nanak Bhavan, Amritsar (Punjab) on Sept. 10, 1991. They were given this honour for their outstanding performance against militants in Amritsar.

Speaking on the occasion, Shri Dwivedi praised the officers and jawans for working against heavy odds with discipline and determination.

The officers and jawans honoured were, Dr. P. C. D. Samanta, 2 1/C N. Bhardwaj (51 Bn.), Dy. Comdt. J. S. Bhullar (68 Bn.) Insp. Garu Hari (93 Bn). Sub Insp H. S. Rawat (5 Sig Bn), Sub Insp. K. V. Chellappan (43 Bn.) Sub Insp. N. P. Pillai (84 Bn) and Naik Mohammed Bashir (90 Bn).

Besides this, 41 Bn received cash awards of Rs. 83,643, 75 Bn received Rs. 75,000/- and 70 & 73 Bns got cash rewards of Rs. 20,000/-each respectively. This has been given in recognition of their good services done in police districts of Amritsar, Tarn Taran and Majitha.

DG Addresses Commandants of newly raised Battalions

Shri K. P. S. Gill, Director General, CRPF addressed the Commandants of newly raised Bns of CRPF on August 9, 1991 in New Delhi.

Shri Gill called upon the Commandants to leave no stone unturned in training the new recruits. He emphasised on the need of training them in the latest methods so that they could meet the challenges facing the country effectively. He assured them all help in meeting their training requirements.

Thanking the D.G., Shri D.D. Gupta, IG Special Sector assured him that the new Bns would certainly come up to the expectations of every one and the DG.

Earlier, Shri Gupta inaugurated the two day conference of Commandants of newly raised Bns on Aug. 8, 1991. Addressing the conference on the opening day, Shri Gupta said that the raising of 20 Bns in a very short spell was an unique experiment in CRPF and these 20 Bns are being run without a Group Centre. Let us hope that we would succeed in this experiment. He further said that we had to be careful in training the new recruits as the expectations from them by the public had gone very high. The quality of adaptability, sensibility and capability to react to variety of situations quickly without difficulty had to be developed in the new recruits as it had become the requirement of the present time. He said that CRPF is the only answer to solve the crisis that the country is facing today.

RECRUITS TRAINING CENTRE-III

RTC III, CRPF came into existence in 1987 and started functioning in Pallipuram, Kerala State.

Since its inception it has trained more than 5000 cadets who are performing duties in various Bns of CRPF all over the country. This institution has a capacity of training 1200 recruits at a time. The training is divided into three parts i.e. indoor, outdoor and jungle training. The training include fighting terrorism, naxalism and handling of sophisticated weapons besides subjects like law-management which helps to develop self-confidence and to take right decisions under trying conditions. The Institution is basically meant for training recruits who arrive from various corners of the country but occasionally is given the task to impart specialised training to other Police and Central Government agencies. In the training schedule of 36 weeks recruits are given training on various aspects of Police/Para-Military Force including unarmed combat, battle of combat, counter insurgency technique, anti-terrorists roles, guerilla warfare, handling

of sophisticated weapons and explosives.

Enough accommodation is available to accommodate these trainees where they are looked after very well.

A jawan has to pay nothing for his food, boarding and lodging except for his day-to-day personal needs which he can have from well equipped canteen, co-operative and departmental stores on payment. Each trainee gets a salary of Rs. 1600 per month.

Five Terrorists Killed

On October 12, 1991, an information was received that the terrorists with a kidnapped person and hiding in some of the behaks of Dhand area under P S Jhabal. Immediately force from 75, 43, 51 and 84 Bns with civil police under overall supervision of Commandant 75 Bn., CRPF rushed to the spot for cordon/search operation.

In the course of cordon/search operation, police noticed movements of some terrorists. Immediately the party chased the terrorists and also opened fire on them and compelled them to take shelter in nearby behak. Without loss of time the behak was surrounded by re-inforced strength to prevent escape. When the terrorists were warned and asked to surrender, they opened fire. The police party also returned the fire and also lobbed grenades into the behaks. In the resultant encounter No. 880750247 Ct Ram Niwas sustained fatal bullet injuries on his neck and died on the spot.

After the resultant search of behak yielded in recovery of five dead bodies of terrorists. They were later identified as Amrik Singh alias Gurvel Singh alias Gehla (KCF Panjwar group), Ranjeet Singh alias Gurdeep Singh, Sardul Singh Hawildar, Sher Singh alias Shera alias Ghora (KCF—Thash garh group) and Gurpreet Singh alias Harpreet Singh alias Babla.

The police also recovered 3 AK-47 rifles, with 7 magazines and 175 live rounds, one stick bomb, one mouser pistol and one .32 revolver from the spot.

Terrorists Killed

On Sept. 24, 1991, two terrorists, Swaran Singh and Balwinder Singh, were killed in an encounter with a search party of 10th Bn CRPF in village

Koleke under PS Mehta.

The police party on cordon/ search operation in village Koleke, noticed two terrorists moving on a Hero Honda. When the party challenged the terrorists, they opened fire in a bid to escape. The fire was returned immediately and in the resultant encounter both the terrorists got killed. One pistol, one detonator, one high explosive bomb were recovered from the encounter site.

Rich Haul of Arms

On October 7, 1991, troops of 75 Bn. under AC (Ops) Juglal Singh and Civil Police, laid an ambush at drain bridge near village Rashiana under PS Sadar, Tarn Taran, on receipt of information regarding movements of terrorists in the village.

At about 2030 hrs, two scooter borne terrorists trapped in the above ambush. When the ambush party challenged the terrorists they opened automatic fire and tried to escape leaving the scooter on kutchra road. The ambush party promptly rained bullets on the fleeing terrorists resulting in death of both the terrorists.

The subsequent search of the area yielded recovery of one SLR, two Drum magazines GPMG, three time bombs, three pencil bombs, three iron pressure switch, 19 detonators and large quantity of explosive materials/amms.

Two Terrorists Killed

No. 830731492 Ct. M.A. Deshmukh of 73 Bn CRPF and two terrorists were killed in an encounter near canal bridge on Deriwal-Jodhanagari village link canal under P S Mehta on Aug 15, 1991.

On receipt of information about the movements of terrorists in Deriwal village area, a joint ambush was laid by one section of 'F' Coy 73 Bn. and civil police at canal bridge between Deriwal-Jodha-nagari. While moving, the section of 73 Bn noticed two suspected persons coming on a motor cycle. On being challenged the terrorists opened fire which was promptly replied by the ambush party. In the ensuing fierce encounter, Const. Deshmukh sustained serious bullet injuries and later on succumbed to his injuries. Both the terrorists also got killed in the encounter who were later

identified as Dilbagh Singh and Virsa Singh Fauji of KCF (Panjwar group). One AK-47 rifle and one SLR with huge quantity of ammunitions were recovered from the dead terrorists.

Four Terrorists Killed

On Sept 3, 1991 on a tip off that Shri Ashok Kumar of Amritsar, who was kidnapped for ransom by terrorist Lakhwinder Singh alias Lakha has been kept, at Bambi of Gurnam Singh of village Sangna, a joint raid consisting of troops of 43 Bn CRPF with civil police was organised under the supervision of Commandant 43 Bn Shri M.S. Sidhu. When the party approached the hide out, Lakhwinder Singh alias Lakha (self styled area commander of KLF) alongwith his three associates fled towards the field leaving the kidnapped person Mr.

Ashok Kumar in the Bambi. He was immediately rescued by the party. In the meantime, the police party chased the fleeing terrorists and also opened fire. In the ensuing encounter which lasted for over one hour, Lakhwinder Singh alias Lakha and his three associates were killed. One AK-47 rifle, one .12 bore gun with cut barrel, one mouser and two hand grenades were recovered from the slained terrorists.

Two terrorists Dead

On Sept 29, 1991, two sections of 75 Bn who were on mobile patrolling duty in area Mouse, Chak Sikander and Padri Khurd under P S Jhabal noticed two Sikh youths coming from opposite side towards Chak Sikander in a scooter with arms. On seeing the mobile patrol party, the youths changed their routes and ran away towards Jhamke village side. While fleeing they opened fire on the patrolling party. Undeterred by firing from fleeing terrorists mobile patrol party kept on chasing the fleeing sikh youths and fired on them. The youths took shelter in cherry/sugarcane fields. The area was cordoned off under the supervision of AC(Ops) Juglal Singh. Subsequently a thorough search/clearance of cherry/sugar cane fields was organised with bullet proof tractor and dragon/search lights since the dark has set in by that time. Finding no way to escape the hiding youths opened burst fire when the bullet proof tractor entered the cherry field. The CRPF party returned the fire and continued clearing cherry field. When the fire ceased and area cleared a thorough search was carried out both the terrorists were found dead with bullet injuries, who were later identified as Swaran

Singh of BTFK—Manochahal group and Daljit Singh (Fauji) of KCF-Panjwar group. One 7.62 LMG with 2 magazines and 68 live rounds were also recovered from the spot.

Three terrorists eliminated

On August 19, 1991, on receipt of information that three terrorists snatched a fiat car from Shri Narender Singh, a retired DSP and escaped towards Bath village (Tarn Taran) 11 men of 84 Bn with civil police rushed towards the village. When the Police party reached the village, they noticed one white car with three militants equipped with arms parked at a Petrol Pump. On seeing the police party, the militants fled towards paddy fields and started firing. The police party retaliated the fire and also cordoned the paddy field. The hiding terrorists started indiscriminate firing with automatic weapons. The police party repulsed the attack and also lobbed grenades on the position of terrorists. After the firing stopped, the area was searched and dead bodies of three militants recovered. One of them later identified as Balwinder Singh alias Chattar Singh, of KLF—Jasbir Singh Jandail group. One SLR with one magazine, one AK-47 rifle with two magazines, one HE 36 grenade and 130 live rounds also recovered from the site of encounter.

Two hard core terrorists killed

Two hardcore terrorists, Jagtar Singh alias Dhamaka, a self styled Lt. Gen. and Dy. Chief of KLO, carrying reward of Rs. 35,000 and Balbir Singh alias Dhera were killed in an encounter with an ambush party of 10 Bn CRPF in between village Ludher and Nagkhurd under P S Majitha on August 25, 1991.

When the ambush party challeged two scooter borne terrorists, they were fired upon and they took position in an adjacent paddy field. The ambush party cordoned the area and subsequently an encounter took place which resulted in the death of both the terrorists. One AK-47, one .12 Bore DBBL Gun with ammunitions recovered from the spot.

Two terrorists killed

Two terrorists, Sukhwinder Singh alias Pappu and Ram Niwas alias

Swinder Singh of KCF-Panjwar group were killed in an encounter with 75 Bn. CRPF in village Saikh under PS Jhabal on October 1, 1991.

Two sections of 75 Bn CRPF with civil police on mobile patrolling duty in the area, noticed two Sikh youths coming on a bicycle. The youths seeing the police vehicle, abandoned the bicycle and took shelter in a nearby paddy fields. When the police party advanced towards the fields, the hiding youths opened fire which was promptly returned by the party. In the resultant encounter both the youths got killed.

Enhanced allowance for Nursing Staff

The Ministry of Home Affairs have revised/sanctioned Uniform Allowance at the rate of Rs. 1500/- per annum instead of Rs. 200/- Washing allowance at the rate of Rs. 75/- per month instead of Rs. 05.15 P. and New Allowance called 'Nursing Allowance' at the rate of Rs. 150/- per month to Nursing Staff of CRPF w.e.f. 1st Oct. 1986.

While the Nursing Allowance is admissible to both combatised and non-combatised category of Nursing Staff the Uniform and Washing Allowance is admissible only to non combatised category. The Nursing Staff who have opted for combatisation will, however, be paid the revised rates of Uniform and Washing allowance till the date of combatisation.

Cent percent result of ITI

All the 55 trainees of Welding, Motor Mechanic, Radio & TV Trades of the CRPF Integrated Technical Institute have been declared successful in the final trade test conducted by the National Council of Vocational Training in the month of July 1991. This is the second year in succession that the Institute is having cent percent results.

The Institute was established in the year 1989 by the CRPF as a welfare step for its employees' wards.

They are no more

We offer our deep condolence to the grieved families of following CRPF personnel who lost their lives in Sept/Oct 1991 :

Const Hoshiar Singh (GC BBSR), Dy. Comdt. R. B. Sagar (64 Bn),

HC/Dvr Iqbal Singh (5 Bn), Const Binod Kumar Ram (7 Bn), Dy. Comdt Ramanuj Singh (39 Bn), Rt/ Const Raj Kumar Gond (125 Bn), L/Nk/Ftr Puran Chand (89 Bn), Const Patel Shiv Bhai (93 Bn), HC/Ftr J. Janas (GC PPM), L/Nk

Sate Singh (93 Bn), Const Hirdaya-nand (61 Bn), Naik Sada Shiv (20 Bn), Const Dev Karan Charamkar (75 Bn), HC G. Kannaiah (69 Bn). Rt/Const Ravindra Nath Tiwari (125 Bn), HC Pemba Tshering Lama (112 Bn), Const Dasan Pathrose (25 Bn), Const Roshan Lal (53 Bn), Const Ravi Kumar (53 Bn), Const (Mahila) Rekha Kushwah (88 Bn), W/M Maha Kali (GC Hyd); HC Hardev Ram (112 Bn), Const Ram Niwas (75 Bn), W/M Dosh Mohd(11 Bn), Naik Lallan Prasad (61 Bn), Barbar Radhey Shyam (49 Bn), Const L. Sakthivel (18 Bn), HC Mohinder Singh (34 Bn), HC Ghisa Ram (22 Bn), Const Rajbahadur Singh (26 Bn), Nk/RO Dev Rajan (1st Singh Bn), SI(M) J.S. Chauhan (GC Pinjore), Naik Ashok Singh (GC Nimach), Const Paran Kumar Sharma (87 Bn), Const Gurmeet Singh (22 Bn). Const S. N. Ahmed (22 Bn), HC/Ftr S.K. Dey (2 Bn), HC Nanda Ram (86 Bn), HC/RM Fauja Singh (B/5 Sig Bn), Const A. P. Sadanandan (18 Bn), Naik Karam Singh (18 Bn), Const Harawet Ramni (91 Bn), Const D. S. Dhule (77 Bn), Naik, H.H. Giri (25 Bn), Const Babu Lal Meena (90 Bn), Dr. S.C. Bhaskar (46 Bn), Const Girdhar Choubey (74 Bn), HC Naurti Ram (65 Bn), S/K Sua Lal (GC Rampur), Naik Amarjit Singh (74 Bn), Const/Dvr Sachidanand Rai (21 Bn), Rt/Const Minu Satpathy (118 Bn), Const Motilal Mahto (109 Bn) and Const Ganesh Dutt (24 Bn).

Risk Fund Benefits

A total of Rs. 7,70,000/-has been paid to the next of kins of 22 CRPF personnel who died during the month of September 1991. This includes Rs. 10,000 from Central Welfare and Benevolent Fund in each case.

Another sum of Rs. 75,000/-was paid to five CRPF personnel invalidated during the month.

TENNIS ELBOW

Dr. R. B. DASS

We play the game of Tennis, but many of us may not know that a slow

injury can happen around the elbow out of this game without occurrence of any incidence of actual injury. In later stage it can pass into a most disabling condition if not properly diagnosed and treated. It is in fact a type of chronic overused injury where initially pain and tenderness can occur on the outer side of the elbow which may aggravate by gripping and turning of the forearm. Such thing can happen commonly among the persons do-it-yourself handy man or the poorly trained player who get repeated trauma by stereotype movements e.g. racquet strokes. It is difficult to differentiate it from the local trauma or arthritis. However a careful observation and offcourse medical investigations can establish the diagnosis,

In addition to medical treatment like taking analgesics, local applications of heat or physio-therapy, local injections of steroids, surgical manoeuvre etc., it is very important to take certain precautions to prevent the occurrence. The preventions which we need most, are as under :That proper warm up before going for the game, application of ice on the elbow after the game, adopting proper technique, avoiding the un-required back strokes, proper gripping of racquets, handle, using proper racquets like graphite racquets, adjusting the racquet string-tension, using proper tennis shoes, playing on proper tennis court etc. Hope, with this we can play a safe tennis.

Qualities of a Leader

By S. C. Nirwal

Learn to lead in a nourishing manner.

Learn to lead without being possessive.

Learn to be helpful without taking the credit.

Learn to lead without coercion.

A leader can do this if he remains unbiased and clear.

One of the greatest tests of leadership is the ability to recognise a problem before it becomes an emergency. A leader is expected to be on the fore-front and not watch things from a distance. In fact, he should have such

qualities as can provide lead to others. He, who is to give a lead, must be a good example in himself.

The chief characteristic of a good leader is to have the imagination and forethought of a high order to understand the situation and proper moment to initiate any particular action. He should have the initiative and capacity for right judgement to give quick decisions based, of course, on relevant facts and advice. It is not a sign of weakness to seek help or advice if the same is readily available.

It is a paramount and overriding responsibility of a leader to take care of men under his charge before caring for himself.

Human relations always play a vital role in the advancement of a leader. In fact, they become the mainspring of success for the leader. Visiting ailing men in hospital is a duty that no leader should neglect because not only does this please the man concerned and his family, it enhances the image of the leader among the rank and file. The man never forgets his leader who was so thoughtful enough to call on him when he was down.

There is nothing more pleasing and satisfying for a subordinate than to be asked by his leader for his opinion on any matter—provided the same is given a respectful hearing. If he is consulted and asked for a judgement, it builds up his morale.

A leader should also have the ability to obtain the best out of his men and at the same time also understand quickly as to what they say. There can be no two opinions that “it is not the status that commands respect : it is the quality of the person holding that rank.”

A leader should keep the good of others uppermost in his mind and not think too much of himself and too little of others. When an order or decision has to be implemented, the leader should infuse a sense of understanding into his men so that they realise that they are all serving for the common cause and objectives.

A leader is expected to be decisive, and if for some reason or the other, he subsequently finds that his decision was wrong, he should be bold enough to change the same without any loss of time.

A leader must observe punctuality if he expects others to be punctual. If, per chance, he fails to observe the schedule, he should not at least forget to

express the five-letter word “Sorry” to his audience in waiting.

He should be persistent and steadfast in his efforts. A leader must decide about his aim and once a goal is set after due thought, there is then no going back from it. He should not have a wavering mind and no difficult problem should ruffle him.

A leader should be prepared to do what others are afraid to do. Leadership is a personal example in behaviour, honesty, courage (not only physical but also moral), knowledge of human strength and weaknesses, knowledge of one’s job, clarity of orders and decisions and above all, a sense of responsibility.

Life without a sense of humour is like meat without salt, but the word ‘humour’ should not be confused with wit and sarcasm. Before exercising wit, a leader must assess his audience. A leader will never speak ironically or sarcastically to his subordinates since the latter doesn’t have a fair chance to answer back. A leader will always assure his men that their interests are safe and protected in his hands. He should remove all doubts, uncertainties or confusion from the minds of all those under him and make his aims and objectives clear. He should have the good sense and fairness to praise his men where due and the courage to correct them where essential. A leader is expected to be loyal to his superiors and also those who are following him. Misplaced loyalty, more often than not does more harm than good. It will be agreed that dedication to duty is born out of respect and not fear. A leader should be firm but at the same time be kind and fair to all under him. He must have a strong will which should, however, always be controlled by a flexible mind according to varied situations and circumstances. At the same time, he is expected to be even tempered, because bad temper is surely not a substitute for fairness. A good leader will never make promises unless he is in a position to fulfil them. A wise leader, keeps his egocentricity in check and if he succeeds in doing so, he becomes effective. Enlightened leadership is service and not selfishness. A leader grows more and lasts longer by placing the well-being of all above the well-being of his own self.

When a leader gets puzzled by what he sees or hears, he should not strive to figure things out. He should stand back for a moment and become calm because when a person is calm, complex things and events automatically appear simple for easy solution. A good leader speaks rarely and briefly. A leader who knows how to be still and feels deeply will probably, make him

even more effective.

The flashy leader lacks stability. trying to rush matters gets him nowhere.

Trying to appear brilliant is not enlightened.

Insecure leaders try to promote themselves.

All these behaviours come from insecurity thereby feeding insecurity. None of them helps the work. None contributes to the leader's health. A leader cannot be seduced by offers or threats. Money, love or fame whether gained or lost—do not sway the leader from the centre. Come what may, a good leader has to see as to what is to be done by feeling the pulse of the men under him. Success or no succes, duty must be performed diligently and honestly and the same should appear to have been performed as such.

BATTALION HISTORY —8TH BATTALION

The 8 Bn CRPF was raised on 4th Oct. 1959 at Old RaMpur Infantry Lines under the command of Lt. Col. Rattan Singh. Initially the Bn was with the strength of four coys and in 1963 two more coys were added to make it a 6 Coy Battalion. Shri K. S. Pandhi is the present Commandant of the Bn.

During the period of over 30 years, this Bn has performed various kinds of internal security duties in Uttar Pradesh, Delhi, Assam, Nagaland, Punjab, Goa, Bihar, Jammu & Kashmir, Madhya Pradesh and Arunachal Pradesh. At present it is stationed at Amritsar (Punjab) since October 1988.

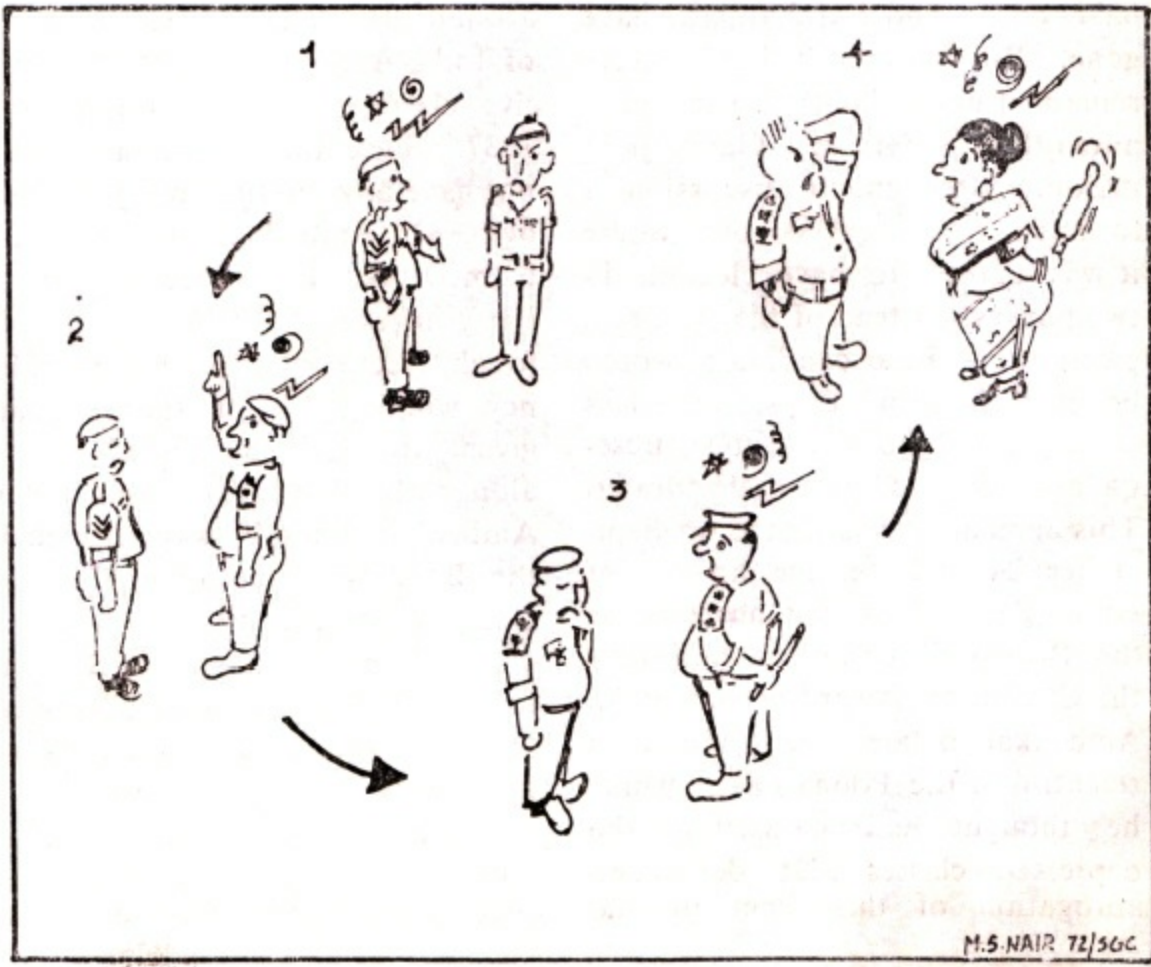
Since its induction in Punjab, the Bn has, in various encounters, shot dead 46 militants including dreaded terrorists self styled Lt. Gen. Narender Singh alias Bhola, Lt. Gen. Gurmukh Singh alias Bomb, Area Commander Nirmal

Singh alias Neema and Joginder Singh alias Dodhi. Besides 81 terrorists were apprehended and handed over to local police.

A large number of arms/ammn were also recovered by this Bn from Punjab which includes 34 Assault rifles, 06 Thomson Guns, 06 Hand Grenades, 12 various kinds of guns/ rifles, 02 rockets, 04 Chinese Mouser, 25 Pistols/revolvers, 07 Detonators, etc. In these various encounters the Bn. lost three of their men.

The Bn is decorated with 5 President's Police Medal for Gallantry, 8 Police Medals for Gallantry, 4 Police Medals for Meritorious Service and 2 DG's Commendation Discs/letters.

It is hoped that with this record of service to its credit, this Bn will achieve further heights and keep the name of CRPF flying high in the sky.



ESSAY COMPETITION

LIFE AND CONTRIBUTIONS OF Dr. BHIM RAO AMBEDKAR

The ISA CRP-Mount Abu organised an Essay competition on the life and contribution of Dr. B. R. Ambedkar to mark the centenary celebrations of

Bharat Ratna Dr. Bhim Rao Ambedkar.

Shri Bhanu Pratay Singh Dy SP of 10th Bn has got first position and honorarium of Rs. 1000, Shri Ram Annj, Asstt. Commandant of GC New Delhi stood second and got honorarim of Rs. 700 while Lance Naik P.R.K. Nair of ISA got third position and cash reward of Rs. 500. In addition alt the above three got DG's Commendation Disc. Here we are producing last part of the essay written by **Shri Ramanuj** which got second prize in the competition.

Gandhiji resented the idea of separate identity of the depressed classes and through the Communal Award would perpetuate 'bar sinister'. He began 'fast unto death' while in Yerevada Jail on September 20, 1932. Dr. Ambedkar was described as a monster and traitor. A conference of Hindu leaders was called in Bombay to resolve the deadlock. Ambedkar issued a statement: "The Mahatma is not an immortal person, nor the Congress. Mahatma have come and Mahatmas have gone. But the untouchables have remained untouchables". Ambedkar and other leaders met Gandhiji in prison. After much discussion a formula was worked out where it was agreed to have elections in two phases, instead of the separate electorates. Four candidates would be elected from Depressed Class electorates, who will contest subsequently from General electorates. This agreement was signed on September 24 and became known as Poona Pact. This was accepted by the British Government and thus the Communal Award became void. Ambedkar in later years remained resentful of the Poona Pact, which he thought had hamstrung the depressed classes. He demanded abrogation of this Pact in the

Executive Committee meeting of the Scheduled Cast Federation in 1944 and also in 1953 in his speech in the Rajya Sabha.

Dr. Bhim Rao Ambedkar, while championing the cause of the depressed classes, was well aware of the political compulsions and changed the form and organisation to suit the prevailing circumstances. The Depressed Classes were organised under the Depressed Classes Mission and became a political preer around 1919. When the Government of India Act of 1935 became operative elections were to be held in 1937. Since the untouchables did not have any political party of their own, Dr. Ambedkar conceived and formed the Independent Labour Party in August, 1936. The I.L.P. fought

elections in Bombay Presidency winning 13 of the 15 seats given to the Scheduled Casts alongwith 2 general seats. Dr. Ambedkar himself was elected to the Bombay Legislative Council. Congress formed ministries in seven of the eleven provinces. In Bombay Presidency ILP worked effectively as an opposition party. Ambedkar's speeches on the floor were well prepared and incisive. Ambedkar actively organised a general strike in co-operation with all the opposition parties against the Industrial Disputes Bill in 1938. It was a successful strike, in the face of a popular Congress government.

At the outbreak of the Second World War on September 1, 1939 the Viceroy declared India to be a belligerent country. The Congress Ministries introduced the War Resolution which was criticised by Ambedkar. When the Congress Ministries resigned in November 1939. Jinnah observed December 22 as 'Day of Deliverance.' Calling it purely political move, Ambedkar and his Independent Labour Party participated in this celebration.

An important phase of Dr. Ambedkar's political life was his Membership of the Executive Council as Labour Member from July 1942 to May 1946. He accepted this post with the purpose of occupying a seat of authority. He said : If this is not done, then the untouchables will not be a ruling race. As a Labour Member he presided over several Labour Committee and Conference. He initiated the discussion on setting up of Joint Labour Management Committees and opening of Employment Exchanges.

He also took up the question of social security for labour and holidays. In December 1945 while inaugurating the Regional Labour Commissioners he suggested establishment of a conciliation machinery for industrial peace.

During the 'Quit India Movement', Ambedkar held Labour portfolios and was bitterly criticised, Like Moslem League and Hindu Mahasabha 'Ambedkar's followers kept away from it. Dr Ambedkar justified the repression of the movement on the grounds that India would have been over run by the Axis powers. This created a wide gulf between Ambedkar and the Congress.

As the British Government stepped up its efforts to evolve a viable constitutional arrangement, this confrontation of ideas deepened. Lord Wavell announced general elections in '46 and Ambedkar joined the fray. Unfortunately, for him, his party was completely routed.

The new Government assumed office in September, 1946 Ambedkar proposed that the tasks before the Constituent Assembly are two fold- constitutional and communal and urged the British Government to specify its policy about the minorities.

The Indian Independence Act was passed by the British parliament on July 15, 1947. When the Cabinet of independent India was formed, Ambedkar was given law portfolio. It was remarkable of Ambedkar to adjust formidably to the new realities of independence India, as he buried his anti-Congress and anti-Gandhi stance. He had been elected from East Bengal but after partition this territory went to Pakistan and he lost his seat. He was however elected by the Bombay Legislative Congress Party. After the Constitution making exercise, he got busy with codification of Hindu Law. After much debate and revision, he introduced the Hindu Code Bill in Parliament in February, 1951. The

Bill failed and Ambedkar blamed Nehru in a press statement. Disappointed, Ambedkar resigned from Nehru Cabinet.

By far the most important contribution that Ambedkar made, in his chequered career was the part he played in framing the Constitution of India. When Ambedkar adopted a milder approach in his dealings with Congress, following the freedom and trauma of partition, the Congress leaders responded to this gesture generously and elected him the Chairman of the Drafting Committee.

In this capacity, he had a stupendous task ahead of him. Fortunately, the Constituent Assembly had some of the best legal brains and talents from various fields and their cumulative knowledge and rich experience proved to be of immense value. Dr. Ambedkar himself had witnessed closely the working of the Government of India Act 1935 and possessed a fund of knowledge about constitutional practices and principles of many Western countries. The debate in the Constituent Assembly bears testimony to his perspicacious- clarity of vision and thorough power of logic, sheer eloquence and the vast erudition that he brought to bear on the making of the constitution. His power of speech was indeed mesmerizing when he had to forward an argument to clinch an issue. To the criticism that village panchayats were not made the basic unit of the Constitution, Dr. Ambedkar said, What is village but a sink of localism, a den of ignorance narrow mindedness and communalism. I am glad that the Draft Constitution has

discarded the village and adopted the individual as its unit.' To the sceptics who spoke of the constitution being in good part a reproduction of the provisions of the Government of India Act, 1935, he said, 'I make no apology.'

There is nothing to be ashamed of borrowing. It involves no plagiarism. Nobody holds any patent rights in the fundamental ideas of a Constitution ' Quoting the Greek Historian Grote he said that the "diffusion of constitutional morality was an indispensable condition of a government at once free and peaceful Constitutional morality is not a natural sentiment. It has to be cultivated. We must realise that our people have yet to learn it Democracy in India is only top dressing on an Indian soil which is essentially undemocratic." Regarding special safeguards for minorities and socially and educationally backward classes he spoke speaking for myself and have no doubt that the Constituent Assembly has done wisely in providing such safeguards, Minorities are an explosive force which if erupts can blow up the whole fabric of the State. The moment the majority loses the habit of discrimination against the minority, the minorities can have no ground to exist. They will vanish." And lastly the oft quoted observation of Ambedkar about the merit of the Constitution, "If things go wrong under the new Constitution the reason will not be that we had a bad constitution. What we will have to say is that Man of vile."

As stated earlier, immediately after the Constitution became operative, Ambedkar resigned in the wake of the failure of the Hindu Code Bill. He sat as an opposition leader. In the ensuing general election of 1952 he entered into an electoral alliance with the Praja Socialist Party, but he lost the elections. He was elected to the Rajya Sabha in March 1952. He contested a Parliamentary by-election in 1954 but failed to win.

Towards the fag end of his life, Ambedkar embraced Buddhism on 14 October, 1956 at Nagpur. His conversion was not a sudden action, but a culmination of a long process of thought. He had been toying with the idea of abandoning Hindu Faith which held his caste in abysmal indignity. He did not want to adopt Christianity or Moslem religion, as he thought this would amount to de-nationalisation. Sikhism attracted him for its Indianes. But ultimately he preferred Buddhism, which he propounded to be an answer to Marx, at a Buddhist Conference at Kathmandu, presided over by King Mahendra of Nepal in November, 1956. By his conversion to Buddhism, the

flood gates of mass adoption of Buddhism were opened mostly affecting Mahar Harijans in Maharashtra, though lately conversions had been reported in other parts of India as well. The pace of conversion has abated, but continues. Its basic impact has been considered to be psychological wherein the convertite feels liberated from the hell of lowly existence, although this has not been accompanied by economic betterment.

Ambedkar returned from Kathmandu and attended a function in the honour of the Dalai Lama at Delhi. He attended the proceedings of the Rajya Sabha on 4th Dec. 1956. He passed away in his sleep and when his wife woke up in the morning of 6th December, she found him no more. His body was flown to Bombay, where his last rites were performed by Buddhist Monks.

In their tributes, world leaders remembered Dr. Ambedkar's contribution to the process of social evolution in the country. Pt. Nehru called him to be "the symbol of revolt" against the demeaning features of Hindu life.

Any dispassionate analysis of his life and times would reveal his multifaced personality and a keen intellect. In his early days he had written papers and dissertation particularly on economic issues, which bore a stamp of scholarly erudition. Given time and energy he would have blossomed into a distinguished economist. He was an educationist par excellence and a lover of books. He founded the Peoples Education Society and run colleges at Bombay and Aurangabad. But his heart remained with the people of lowest casts in the Hindu Hierarchy. His rigid attitude on the social issues of development of the depressed classes during the freedom struggle projected him as staunch supporter of their causes. But his sobering stance at the beginning of the independent life of the nation catapulted him into the very hearts of the people as a great influence on National integration

The subsequent unfolding of his abilities during the framing of the Constitution made him an immortal in the political annals of country.

Dr. Bhim Rao Ambedkar bequeathed to the future generations three important institutions. Peoples Education Society alongwith its colleges, Republican Party of India which was formed after his death, out of the existing scheduled caste federation and the Buddhist Society of India.

India never had such an avowed champion of the cause of the downtrodden, than this one who rose from their ranks. In her wistful

moments, she remembers him one of her greatest sons and and saviour of her Soul.

THINK OVER FOR A MOMENT

Keep smiling, nobody wants to hear about troubles of others, as they have wagon-loads of their own.

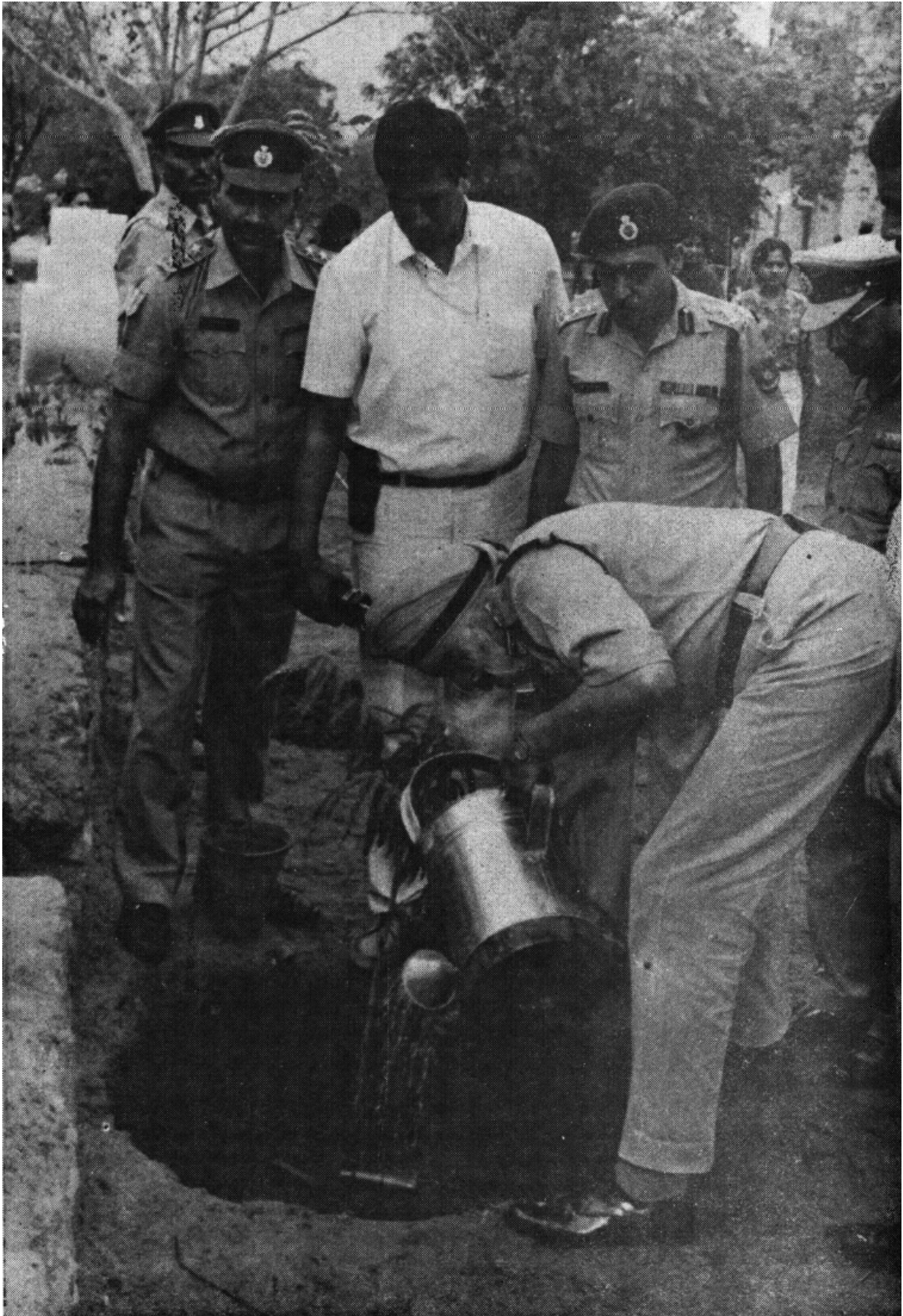
If man has a wife and children, he is chump and if he is a bachelor, he is inhuman and mean. If he enters a public house, he is a drunkard and if he stays out he is a miser. If he is poor, he has no brains, and if he is rich, he has all the luck in the world and is a crook.

If man has brains, he is too smart. If he goes to Church, he is a hypocrite and if he stays away, he is a sinner. If he gives charity it is for advertisement and if he does not, he is stingy.

When man comes into the world, everybody wants to kiss him. Before he leaves the world, everybody wants to kick him. If he dies young he had a great future, and if he lives to a ripe old age, everyone hopes he has made a will.

Do your duty and be fearless, because it is impossible to please everybody.

Compiled by : S. C Nirwal



Shri K.P.S. Gill, DG CRPF planting a tree in GC Campus, Ajmer.

Regd. No. 45950/89



Children of CRPF Public School presenting a colourful programme on the occasion of Independence Day.

CRPF SAMACHAR

Vol. No:6 No:7

November 30, 1991

Agrahayana 9, Saka 1913.



Union Minister Shri Rajesh Pilot presenting All India Police Aquatic Championship trophy to the CRPF team.



Dr. S.Subramanian , D.G. chating with a patient in Base Hospital, Group Centre, CRPF, New Delhi.

CRPF SAMACHAR

Vol.6 No.7

THE C.R.P.F. SAMACHAR

Vol. - 6

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November 30, 1991 Agrahayana 9

Saka 1913

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Editorial

Dear Friends,

This month, CRPF celebrates the 52nd Anniversary on November 30. This is the day to remember those brothers who laid their lives for the country. "From this day to the ending of the world.. we in it shall be remembered ... we band of brothers;

For he today that shed his blood with me

Shall be my brother." -King Henry.; Today we look with pride at CRPF achievements in the year that has just passed. The force has grown up considerably. Twenty more battalions were commissioned beside addition of new sectors/ranges. Now CRPF have 11 Sectors and 23 Ranges.

How courageous are our CRPF men who have succeeded in containing terrorism to a great extent. In this effort CRPF apprehended 1413 terrorists while 568 got killed and recovered 1106 weapons of various kinds during the year.

This anniversary day brings nostalgia for the pride and purpose they felt in fighting against terrorism and disruptive forces. The history of CRPF is a saga of brave and determined men who have always fought for good cause. Every men lost is a hero. We salute to these dedicated soldiers on this day. Anniversary day is a day when we all take a pledge to continue to fight against disruptive forces even at the cost of our lives. A long list of medals and recognition that we have earned is an ample proof of our sincerity and dedication to the Nation.

Samachar family sends its good wishes to all members of CRPF.

A handwritten signature in dark ink, appearing to read 'A.N. Sharma', with a stylized, cursive script.

(A.N. SHARMA)



MESSAGE

Central Reserve Police Force celebrates its 52nd Anniversary this year. For all of us in the CRPF this is an occasion not only of rejoicing but to renew our pledge to protect the unity and integrity of the country and to give our best to maintain peace and tranquillity.

The Central Reserve Police Force which came into being in 1939 as the Crown Representative Police, has over the years, dealt with marauding dacoit gangs, insurgency, extremism and terrorism in various parts of the country. It has fought shoulder to shoulder with the Indian Army on all occasions when the country was threatened with external aggression. CRPF has brought succour and relief to the riot affected and those affected by natural calamities.

32 years ago, on October 21, 1959, the CRPF Platoon on patrol duty in the inhospitable Hot Springs area of Ladakh, was ambushed by the Chinese. In spite of being hopelessly out-numbered, the brave jawans of CRPF fought gallantly and 10 of them made the supreme sacrifice of laying down their lives for protecting the country's integrity. The survivors were captured only after they fired the last bullet. In honour of these martyrs, the Police forces all over the country observe October 21 as the Martyrs' Day.

In 1965, CRPF made history of sorts when a small contingent of the Force, gallantly contained the onslaught of a regular Pakistan Brigade. CRPF served with distinction during Bangladesh operations as well as assisted the Peace Keeping Forces in Sri Lanka. Many of our personnel have been decorated with gallantry awards and battle honours. CRPF has become

a symbol of India's unity in diversity. It is proud of its secular and all India character. Our personnel belong to all religions, castes and regions and every group is well represented in the Force; with the result, every CRPF Bn is a true representative of our great country. We take pride in the fact that more than 1/3 of the Force consists of members of minority communities, Scheduled Castes and Scheduled Tribes. We are the only Force in the country which has an exclusive Mahila Bn., proving to the world that women of India are second to none in taking up arms to protect the country's integrity and unity. I wish to quote the observations made by late Prime Minister Smt. Indira Gandhi "The CRPF fulfilled an essential need which was to have a force which may comprise people from different religions, from different States, speaking different languages and still working together. We have observed that wherever the CRPF has gone, the people have reposed confidence in it and they (CRPF men) too have worked with great courage and dedication".

52 years ago, CRPF was born with one Battalion at Neemuch. Today it consists of 129 Battalions. The magnitude of its task and variety of its role cannot be described in a short time. CRPF personnel perform all the functions expected of an ordinary police man as well as a skilled professional soldier.

CRPF is fully engaged in meeting the threats posed to the integrity of our country from extremists and terrorists. In this cause, number of personnel of CRPF have laid down their lives. On this occasion we salute those brave officers and men who made the supreme sacrifice on the altar of duty. My heart goes out to the families of these martyrs and I take this opportunity to re-assure them that they are always in our thoughts and they will not find us wanting in fulfilling our duty to our departed colleagues.

The CRPF is legitimately proud of its past and its achievements. We are aware that as a professional force we cannot afford to rest on our laurels. We are fully aware of the challenges that are facing the country. To justify the faith reposed on CRPF by the country, we constantly train personnel, up-grade our skills and orient our personnel to the new challenges. We always keep in mind our motto "Service and loyalty".

On this occasion, all of us in the CRPF take a solemn pledge that we shall do our utmost to maintain the integrity and unity of the nation and peace and tranquillity so that our country marches towards peace and

prosperity.

Jai Hind



(S. Subramanian)
D.C. C.R.P.F.

Dr. S. Subramanian

New C.R.P.R Chief



Dr. S. Subramanian assuming the Charge of D.G. C.R.P.F

Padma Shri Dr. S.Subramanian, an IPS Officer of 1958 batch (Andhra Pradesh Cadre) took over as Director General of Central Reserve Police Force from Shri K.P.S. Gill consequent on his posting as DG of Punjab Police.

Dr. S.Subramanian will continue to hold charge of Director General,

National Security Guard. In his long career in Police, he served in the Intelligence Bureau, Central Bureau of Investigation, Special Protection Group, National Police Academy and also the Minister in our Embassy in Bonn, FRG.

He is the recipient of National Award - Padma Shri and Police Decorations - President's Police Medal for Distinguished service and Indian Police Medal for Meritorious Service.

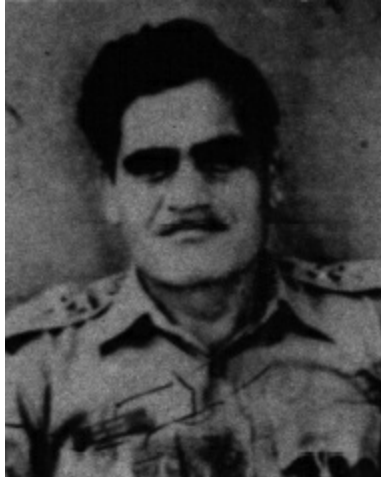
Dr. Subramanian has written two books and many papers on professional subjects ; Guides Doctoral Research in Police and Management subjects.

Medal Recipients On The Occasion Of 52nd Anniversary

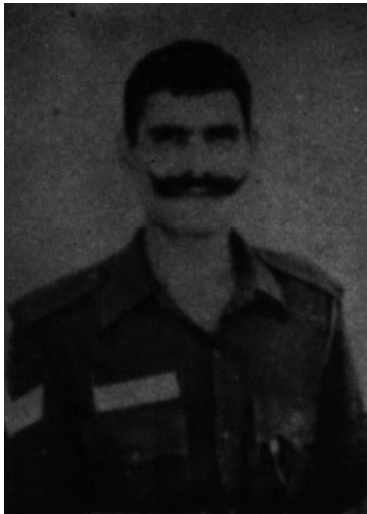
President's Police Medal For Gallantry



Late Ct Naunihal 41 Bn



Late Insp Ram Avtar 19 Bn



HC M.S. Bhandari 63 Bn



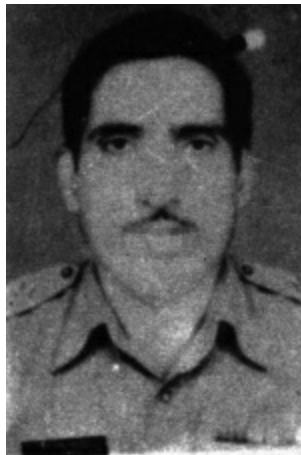
Late Ct P.R. Arjunan 63 Bn



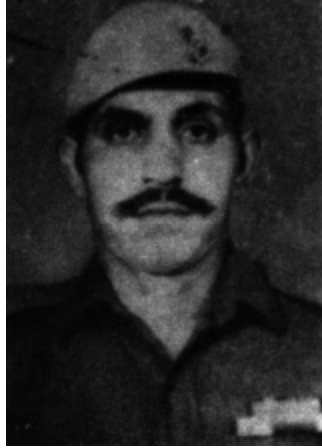
Late Ct Patil Laxman 63 Bn



Late Nk Ram Prakash 19 Bn



Late SI B.N.Pandey 41 Bn

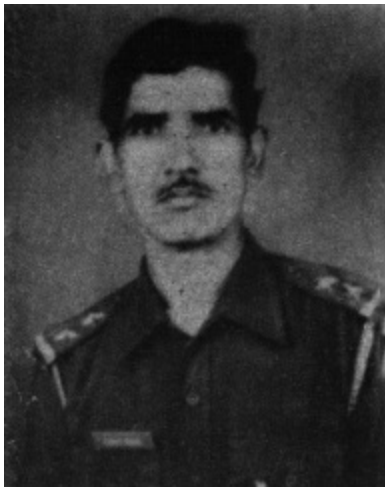


Late L/Nk Ram Avtar 41 Bn



Ct Brij Pal Singh 72 Bn

Police Medal for Gallantry



SI T.S. Bhau 38 Bn



Comdt N.N. Mishra RTC.4



Late Ct Usha Ranjan Deb Barman 4 Bn



A/Comdt Sarvjit Singh Sandhu 38 Bn



DySP Pat Ram 110 Bn



Insp C.K Jonny 48 Bn



SI Sadi Ram 48Bn



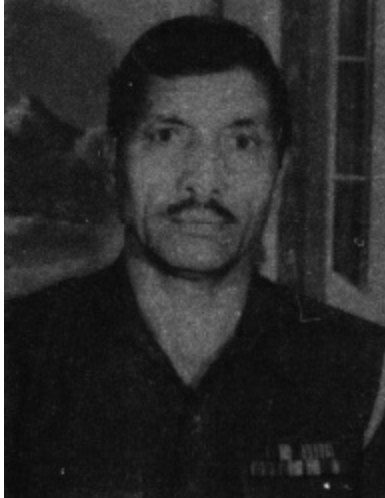
SI L.P.Lama 48 Bn



Ct Zalora Lysai



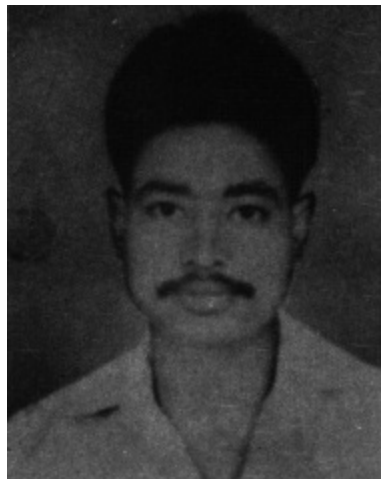
Ct P.Gopalakrishnan



HC Balak Ram



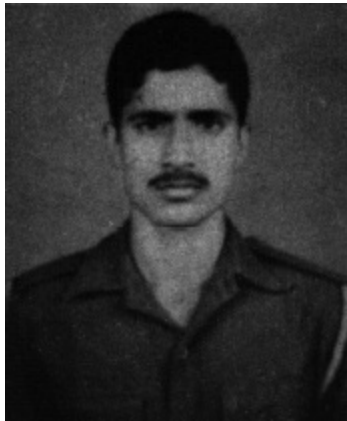
N K Kamlesh Kumar



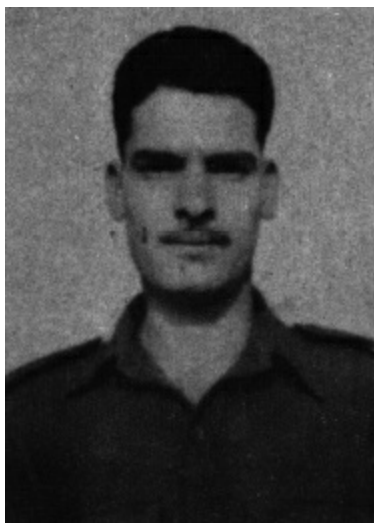
Ct Khagender Burman 41 Bn



Ct R.B.Bhagat 18 Bn



Late Ct Pratap Giri 54 Bn



Late Ct Puran Chand 38 Bn

HC Rajdeo Singh, Nk Mahavir Singh(Posthumous), and Ct C.Yella Naga Raju all of 19 Bn also are among the medal recipients.

President's Police Medal for Distinguished Services



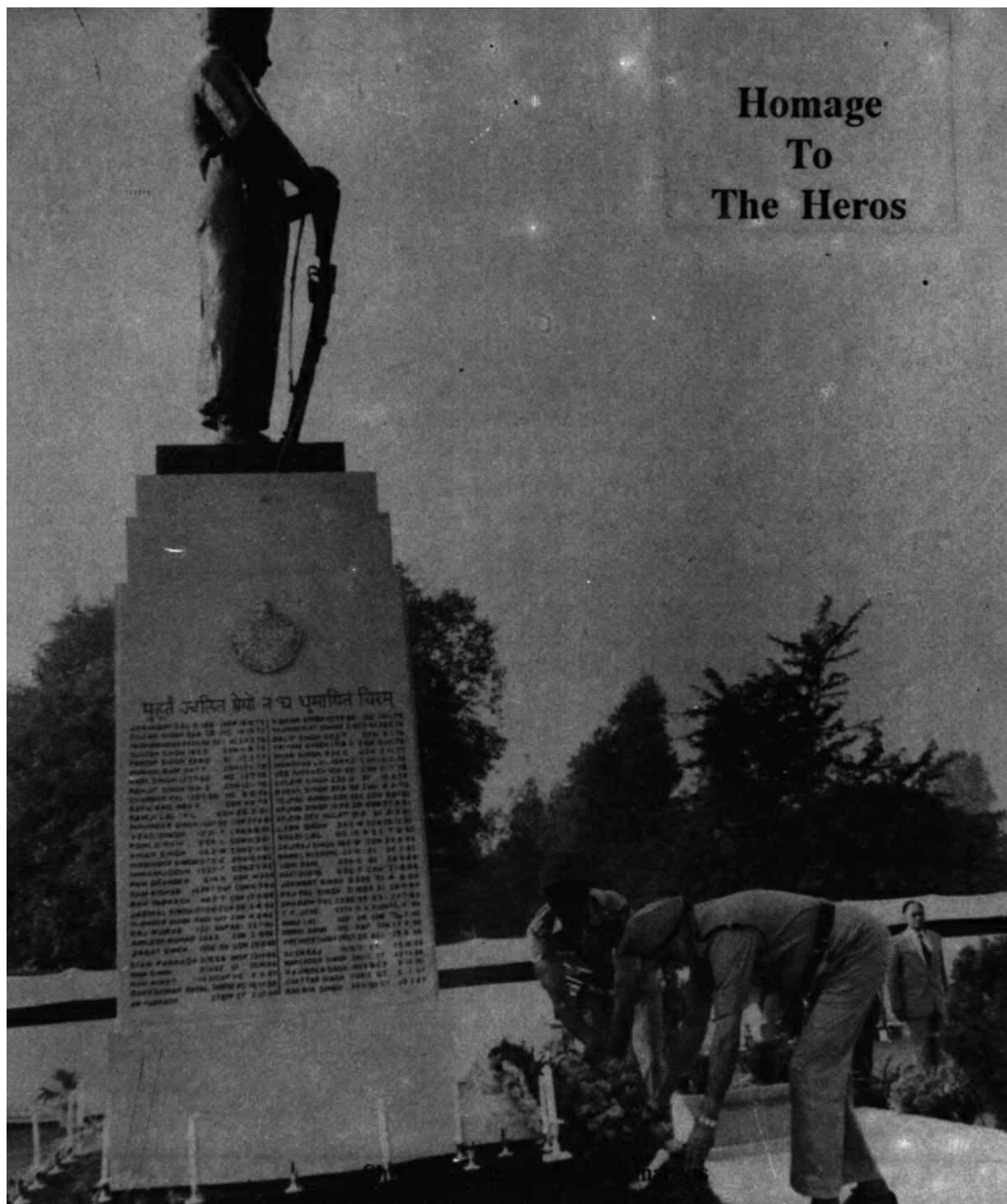
Shri M.R. Malik, DIGP (Ops), Anantnag (J&K)



Shri D.R. Yadava ADIGP (Ops), Amritsar



Shri Sukhcharan Singh Comdt 54 Bn



Homage To The Heros

The Police Organisation all over the country observed October 21, 1991 as Martyr's Day. It is an important day for Police Organisations in general and CRPF in particular. It was on this day, 10 CRPF personnel sacrificed their lives on the altar of Mother Land while resisting the attack of Chinese troops at Hot Spring. It is because of this sacrifice the day of Oct 21 is

observed as Martyr's day by all Police Organisations.

This year, the DG CRPF Shri K.P.S.Gill alongwith other CPO chiefs laid wreath at Martyr's Memorial of Delhi Police at New Police Lines. Over 65 CRPF men sacrificed themselves during the year for the country while defending unity and integrity of the Mother Land. It is on this day when each one of us take a pledge to defend our country from disruptive forces and draw inspirations from all those who sacrificed themselves for this noble cause. CRPF is the only Police Organisation in the country who have sacrificed maximum number of their personnel for this cause.

A Peace Keeping Force

By Rahul Datta

Hindustan Times Correspondant Photos-S.K. Khanna

The strife-torn states of Punjab, Kashmir, Assam and the naxalite infested pockets of Andhra Pradesh have one common feature - the khaki-clad men of the Central Reserve Police Force (CRPF). Their presence was warranted at a particular stage and once the soldiers of this 52-year-old force came to grips with the situation, the respective state governments just did not let go of them.

This trust is upheld at all costs, be it men, material, financial constraints or lack of regular training and the 'Chalte Raho Pyare Force', as it is popularly nicknamed keeps the flag flying high always.

Over 1,55,000 strong force, known as Crown Representative Police before Independence, has hit the headlines in the last decade or so. The force has lost men and officers in Punjab and more recently in Kashmir while tackling the scourge of terrorism.

However, this force representing almost all the communities and regions in the guise of motivated and trained men and officers, has given a very good and professional account of themselves in the hostile terrains of the North-East in the 50s, 60s and 70s besides a bloody campaign against the naxalites in the West Bengal and the Telangana region in Andhra Pradesh.



Though over stretched, the CRPF, has time and again done its bit in controlling riots, saving people from natural calamities and above all defending the borders against the Pakistani onslaught in the 1965 and 1971 wars, sometimes taking on the superior enemy force on its own till the army came to do its job.

In fact, a CRPF patrol party was ambushed in Ladakh at a place called Hot Spring on October 21, 1959. In the ensuing battle with the better-equipped and numerically superior Chinese, ten men of the force were killed. A memorial was erected there as a mark of respect and the police forces all over the country observe October 21 every year as 'Police Commemoration Day'. There are reasons for the CRPF to feel proud. Its men have proved their mettle time and again since the nation gained Independence and opted for parliamentary form of democracy. Misguided, motivated, trained and highly-dangerous youths armed the state-of-the-art weapons test the CRPF 'nakas' day in and day out in Kashmir, Punjab, Assam and the North-East. One moment a young CRPF jawan is sharing a 'bidi' with his colleague and the next moment he finds the head blown off the shoulders of his mate by a sniper's bullet perched atop a terrace in the congested locality of Srinagar down-town. The 'naka' party cannot shoot back despite this horrendous act as their firing might kill innocents. This dangerous scenario is repeated umpteen number of times in Kashmir and Punjab and definitely taxes the nerves and courage of a CRPF soldier.

To overcome these serious problems in the field, experienced officers of the CRPF trained and tested in counter-insurgency operations have started imparting their expertise to the soldiers who will be serving a stint in terrorist-infested states. Different states have varied terrain and peculiar situations and the CRPF, which bears the brunt of terrorism, has to be trained and honed to a high degree of professionalism relentlessly. Unfortunately, due to trouble erupting in many parts of the country and the deployment of the CRPF to the last man has seriously hampered the ongoing and rigorous training regimen of the men and officers. The authorities are now devising methods to ensure that the training is not effected and yet the force is deployed wherever needed. Modernisation is an on-going process in the CRPF. A computer-based automatic message switching system known as Automax was installed recently in order to eliminate delay and human error in relaying messages. This system would

be made effective in all the five sector headquarters of the CRPF at Delhi, Calcutta, Hyderabad, Shillong and Chandigarh. The force has also acquired a mini-super computer as part of its plan for computerisation of major activities like pay rolls, general provident fund, motor vehicles, fire-arms, other stores and OPS data.





After hard duty some light moments

The force, raised in Neemuch (Madhya Pradesh) on July 27, 1939 to help the princely states maintain law and order, has come a long way in the last 52 years. Rechristened the Central Reserve Police Force in 1947 by the then Home Minister Sardar Patel, the CRPF has no other option but to live up to its name earned for professionalism, sense of duty and discipline.

Keeping in view the nature of duties especially in thickly populated areas where house-to-house searches are frequent, the CRPF raised a battalion of women in 1986. Trained in all the techniques of soldiering including the use of latest fire-arms, unarmed combat and complex and deadly anti-terrorist operations besides tackling ugly and vicious mobs in streets, the Mahila battalion was inducted into the dangerous terrain of Sri Lanka where IPKF operations were on. Reports indicated that the government was pleased by the performance of the mahila battalion and the CRPF was given the go-ahead to use the battalion for more assignments.



A strict vigil

The mahila battalion was in news last year when they did a commendable job while handling the sensitive situation in Ayodhya. Baptism in Sri Lanka proved handy and soon after the stint in Ayodhya the mahila battalion was airlifted to Kashmir Valley to tackle the volatile situation there. The mahila battalion has proved that it is not less than its male colleagues when it comes to tackling law and order problems whether in Meerut or streets of Delhi.

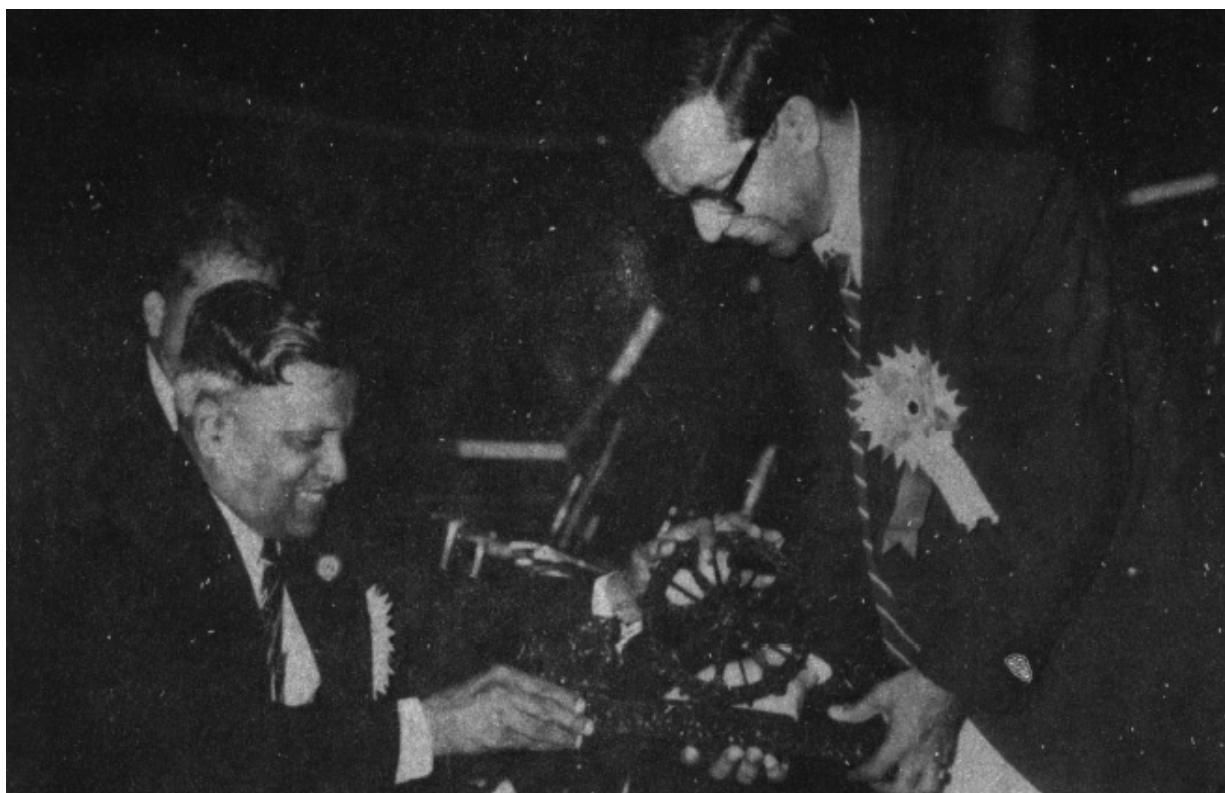
The achievements of this unit were recognised when one mahila Const was awarded the Sena Medal and another Mahila Lance Naik with Commendation Certificate of Chief of Army Staff which is a rare

distinction. The mahila troops have also been rewarded with cash rewards from time to time. The Unit has come out with flying colours in different fields of sports like judo, athletics and shooting though the battalion is still in its infancy.

Rapidly changing social equa-. tions, rising aspirations of different communities be it ethnic or religious, crumbling barriers of a tradition-bound society and external forces will test the government and in turn the CRPF in the years to come and the investment in inputs at this juncture will no doubt help the CRPF to stand upto the challenges and do the nation proud.

INTER SECTOR ATHLETIC MEET

SOUTHERN SECTOR WINS TROPHY



Shri K.R.K.Prasad, IGP Eastern Sector presenting momento to Addl.DG R.K.Wadehra

Southern Sector won the First Inter Sector CRPF Athletic Meet at Bhubaneswar (Orissa) which was held from Oct. 23 to 27, 1991. Eastern Sector got runners-up trophy. International player R.S.Bal, Dy. Commandant was adjudged as the 'Best Athlete' of the meet. This four days

first Inter Sector CRPF Athletic Meet was inaugurated by Shri R.K.Wadehra, Addl Director General, CRPF Hqrs on 23rd Oct. at B.B.Mishra Stadium in CRPF Camp Bhubaneswar. About 300 athletes from eight sectors of CRPF took part in the above tournament. The opening function started with a demonstration of Malkhamb by members of 101 Bn CRPF, which is a traditional Maratha Marshal Sports. Besides this, three events i.e. long jump, discuss throw and 10,000 mtr race were also held on the opening day.

The function concluded on 27th October 1991 which was presided over by Shri K.P.S.Gill, Director General, CRPF who also gave away prizes to the winners and run-ners-up.

The event wise results are as follows :-

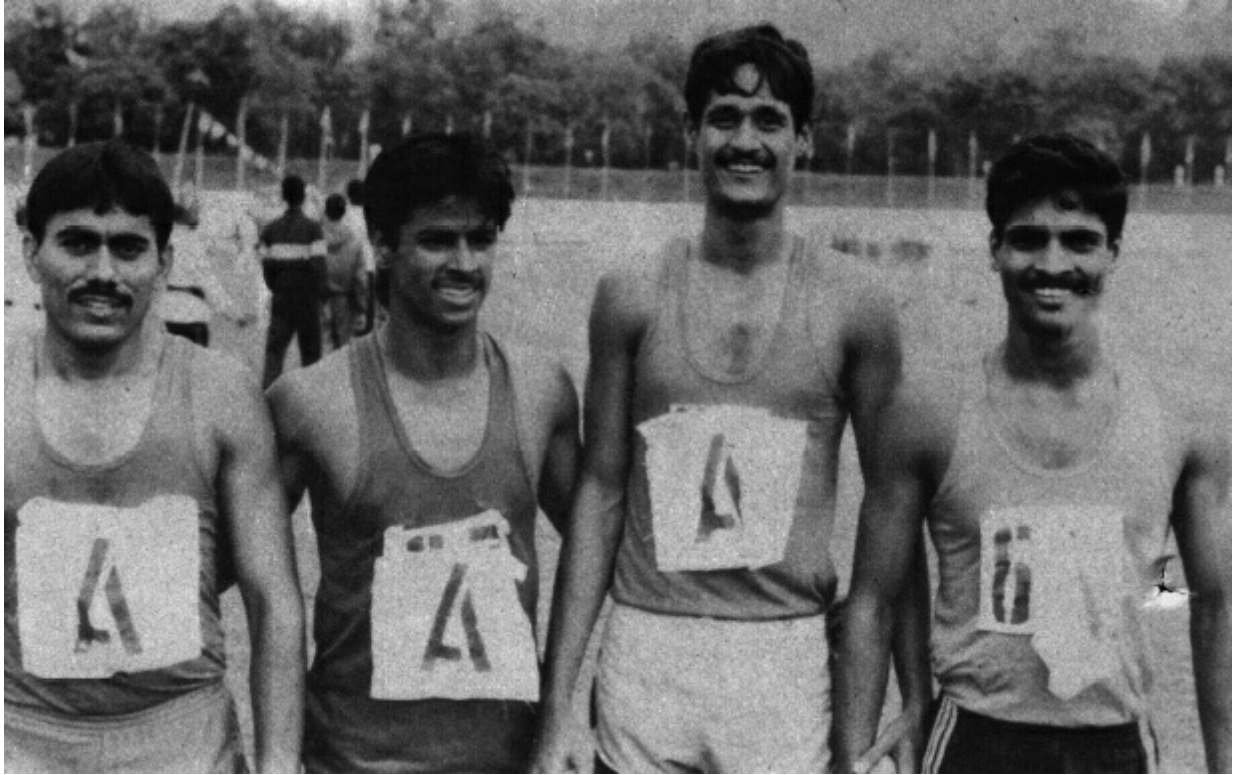
Long Jump : Y. Satyaseelan -First (Southern Sector), Prashant Kumar - Second (Eastern Sector, K.Suyodhanan - Third (Special Sector). Discuss Throw : R.S.Bal - First (Eastern), Raghubir Singh - Second (Special), Kamaldeep Singh - Third (Southern)/10,000 Mtr. race: Ram Karan - First (Special),



Surender Singh - Gold in 200 Mtrs.

I.D.Umesh - Second (North Western), Prahlad Singh -Third (Southern).
200 Mtr Race : Surender Singh - First (NW Zone), B.K.Pradhan -Second (Eastern),

S.K.Faruque Ali - Third (Eastern), 800 Mtr race : Chandbir Singh - First (Northern), Azhar Mohmad - Second (Northern), P.Muthu - Third (Southern). 5000 Mtr Race : Ram Karan -First (Special), Shamsuddin - Second (Special), Dhiraj Singh - Third (North Western). Javelin Throw: Rama Shankar First (Special) Rameshwar -



Winning team of 4 x 100 Mtrs. relay



R.S. Bal - Gold in Shot-put

Second (Southern), B.Ramanathan - Third (Southern). Shot Put : Raghubir Singh - First (Special), Kamaldeep Singh - Second (Southern), Devinious Topno - Third (Eastern). Triple Jump : Y.Satyaseelan - First (Southern), Prasant Kumar - Second (Eastern), B.Robert, - Third (Southern). 400 Mtr Hurdles : Rajender Singh -First (Southern), Roy Jacob - Second (Southern), H.M.Dass - Third (Eastern). 1500 Mtr Race : Kartar Singh - First (Special), Chandbir Singh - Second (Northern), D.Umesh - Third (NW Zone). Marathon Race : Rashdev Singh -First (North Western), Shiv Charan - Second (North Western), P.G.Bise - Third (Southern), 400 Mtr Race:

Benedict Ekka - First (Eastern), Paramjeet Singh - Second (North Western), S.K.Faruque Ali - Third (Eastern). 4x100 Mtr Relay: First - Eastern Sector, Second - Southern Sector, Third - North West Zone. Pol Vault : Prabhjot Singh-First (Southern), Gokul Das - Second (Southern), M.P.Sajeevan - Third (Southern). 110 Mtr Hurdles : K.Suyodhanan - First (Special), P.Sadanandan - Second (Southern), Rajender Singh -Third (Southern). Hammer Throw: R.S.Bal - First (Eastern), Om Prakash - Second (Eastern), Pradeep Kumar -Third (Eastern). High Jump : Gokul Chand Mohanta - First (Eastern), Langa Marandi -Second (Eastern),

K.Suyodhanan - Third (Special), 100 Mtr Race: Surender Singh - First (North Western), B.K.Pradhan - Second (Eastern), Inoba Singh - Third (Southern). 3000 Mtr Steeple Chase : Shamsuddin - First (Special), Amritpal Singh -Second (North Western), Kartar Singh - Third (Special) 4x400 Mtr Relay: First - Eastern Sector, Second - North West Zone, Third - Southern Sector.

Risk Fund Benefit

A total of Rs. 7,35,000/- has been paid to the next of kins of 21 CRPF personnel who died during the month of October 1991. This includes Rs. 10,000 from Central Welfare and Benevolent Fund in each case. Another sum of Rs. 31,000/-was paid of three CRPF personnel invalidated during this period.

Inter Sector Basket Ball Tournament

Southern Sector wins



Dr. S.Subramanian with the victorious Southern Sector team

Southern Sector won the CRPF Inter Sector Basket Ball Tournament which was concluded in New Delhi on Nov 15, 1991. Southern Sector defeated Northern Sector in a keenly contested final match with a score of 68-66. The five day CRPF Inter Sector Basket Ball Tournament was inaugurated by Shri R.C.Agarwal, DIGP, CRPF New Delhi while the concluding function was presided over by Dr. S.Subramanian, DG, CRPF who also gave the prizes to the winners and runners-up.

In the above tournament six teams representing North West Zone, Southern, Northern, Central and Bihar Sectors have participated. The matches were played on league-cum-knock out basis.

CHEQUES PRESENTED TO THE WIDOWS



Shri R.K. Wadehra Addl.DG presenting cheques to the widows

Shri R.K. Wadehra, IPS, Addl Director General, Central Reserve Police, presented cheques of ex-gratia payment of Rs. 1,25,000/- each to two widows of CRPF personnel who sacrificed their lives for the unity and integrity of the nation at a simple and sedate function held at New Delhi on 22nd Oct. 1991. The amounts are an ex-gratia payments made by the Jammu and Kashmir Government.

The cheques were received by Smt. Geeta Devi, widow of late Constable Daulat Ram of 13 Bn CRPF and Smt. Saroj Bala, widow of late Constable Jaipal Singh of 5 Bn CRPF. These constables have sacrificed their lives while fighting with extremists in Jammu and Kashmir. Presiding over the function,

Shri Wadehra said that the sacrifice of the above deceased personnel would be remembered by all CRPF personnel with pride and honour. He further said that CRPF will continue to extend all possible help to the families of its men and officers killed in action while defending the honour and integrity of the country.



Southern Sector team receiving athletic championship trophy from D.G. Shri K.P.S. Gill.



Martyrs remembered on 21st October.