CRPF SAMACHAR

CRPF Newsletter & Magazine

1993

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CRPF Mahila Contingent Passing through Rajpath on Republic day 1993



Shri D.P.N. Singh, DG CRPF Pinning Gallantry Medal to Ct. R.N. Ghosh of 2 Bn on 53rd Anniversary Parade

THE
C.R.P.F.
SAMACHAR

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Quarterly

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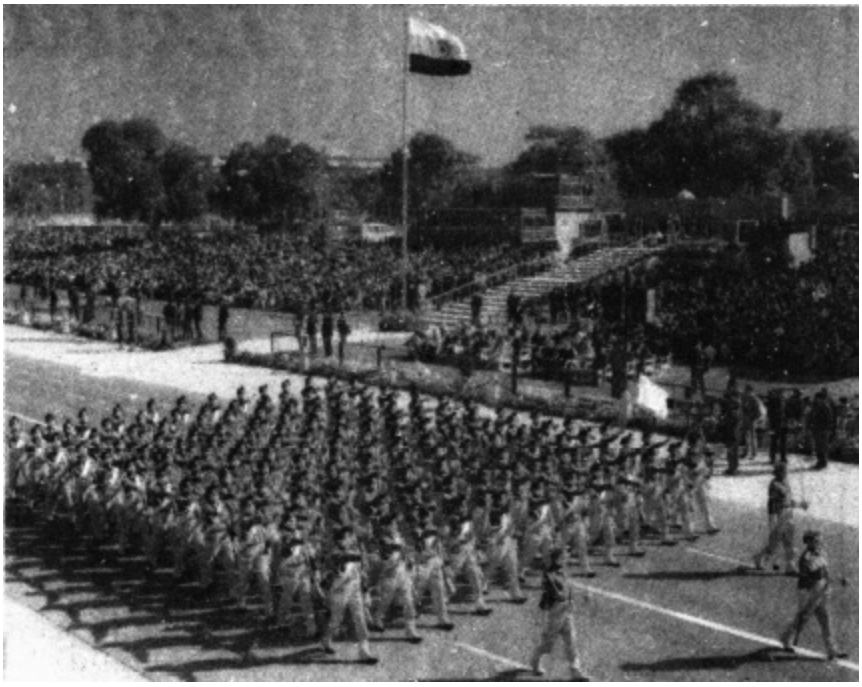
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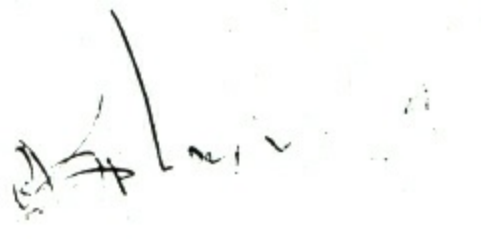
Dear friends,

The period under report is an eventful period as far as CRPF is concerned.

The most important event was Anniversary Parade, an event for which we all in CRPF looked forward with pride and honour. It is on this day that some of us are given recognition by the nation for our gallant act. And others who could not make it this time took a vow to do their best next year. During Anniversary celebrations a Blood Donation Camp was organised at Detachment Hospital, R.K. Puram in which more than 400 men and women of CRPF vied with one another to donate their blood—a noble gesture which could be kept up. We also succeeded in getting a TV documentary "A Fearless Friend" produced by Delhi Doordarshan which was telecast on 28th December 1992.

Another important event was CRPF's participation in Republic Day Parade—an honour given to a selected few. Three contingents of CRPF Male, Mahila and Band took part in the parade with other Police and Paramilitary Forces. A press preview of the above contingents was arranged at 50 Battalion location and the press highly appreciated our performance. 26 CRPF personnel got Republic Day medals including two Distinguished Service Medals. I, on behalf of CRPF, extend heartiest congratulations to the awardees.

In this issue we are also including. Battalion History a detail report on Anniversary Functions, a writeup on Health and other routine items like News in brief, They are no more, Risk Fund benefits etc.



(A.N. Sharma)

New Year Greetings



"On the eve of New Year 1993, I send my best wishes to all personnel in the Central Reserve Police Force. I pray to God to bless you and members of your respective families with health, wealth and happiness in 1993 and in the years to come. On this occasion let us re-dedicate ourselves to ensure that the name and flag of CRPF is always kept high in service of the nation."

D.P.N. Singh
Director General C.R.P.F.

53RD ANNIVERSARY

"Maintain High Standard Of

Professionalism”

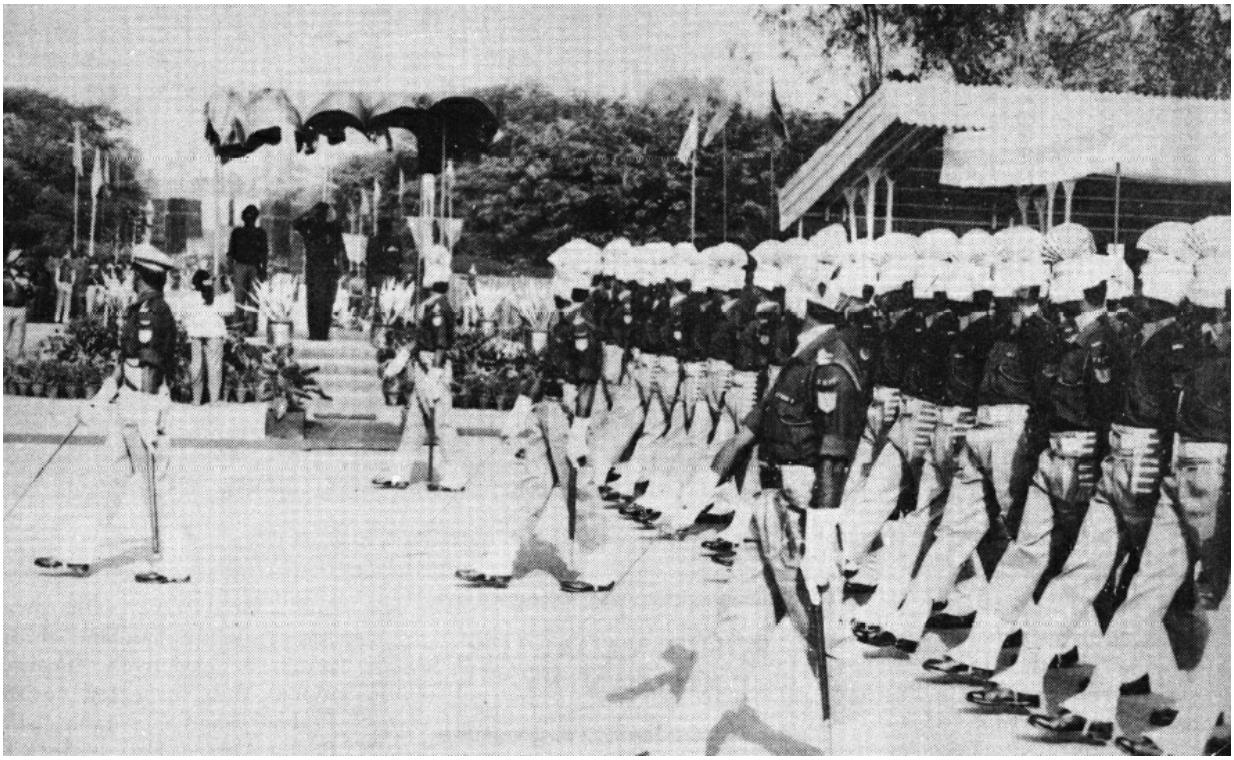
DG CRPF

A.N. Sharma



“Maintain high standard of professionalism achieved by the Force” said DG CRPF Shri D.P.N. Singh while addressing gathering at the 53nd Anniversary Parade of the CRPF at New Delhi on 28th Dec, 92. The Director General who was the Chief Guest and took salute at the Anniversary Parade advised the CRPF men to be extra vigilant and extra laborious to maintain the above position. He said that CRPF is such a Force for which no assignment is out of their purview and inspite of assignment of varied nature the Force performed all of them creditably well.

Highlighting the year’s achievements Shri Singh said that the notable events are, creation of 8 training Battalions, launching of RAF and stoppage of creation of ad-hoc Companies excepting in special circumstances. He praised the role of Mahila Battalion and said that due to their good performance the demand for more and more Mahila personnel has gone up. On this occasion Shri D.P.N. Singh composed a title song for the CRPF and dedicated to the Force.



Shri D.P.N. Singh, DGP CRPF taking salute at the 53rd Anniversary parade held at New Delhi.

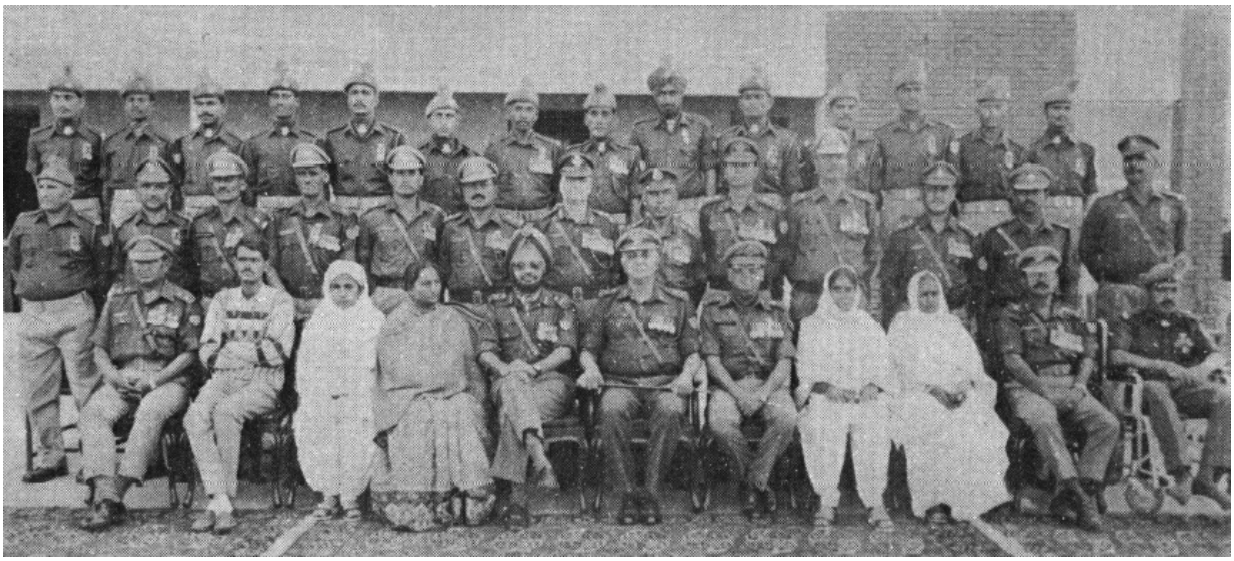
Shri Singh complimented the turn-out of the Parade and announced on the spot DG’s Disc to the Parade Commander Shri D.N.S. Bisht, Commandant. Shri Singh said the Parade of CRPF has won laurels to them last year during Republic Day Parade by getting the best marching

contingent award among the Central Police Organisation contingents. He hoped that in the years to come same position would be maintained.

Earlier to his address, Shri Singh pinned President's Police Medals for gallantry, Police Medals for gallantry and Distinguished Service Medals to 36 CRPF personnel. Out of this 32 were medal recipients of gallantry including 5 posthumously and 4 were recipients of Distinguished Service Medals. Shri Singh also visited Base Hospital and talked to the CRPF personnel who were nursing their injuries received during terrorists encounters in J&K and Punjab. The medal recipients are :—

PRESIDENT'S POLICE MEDAL FOR GALLANTRY

S/Shri Nirmal Singh, Constable 8th Bn; Ann Singh, Sub Inspector 66 Bn; Samiulla Khan, Sub Inspector 7th Bn; R.S. Kuhar, 2nd-in-Command; 2nd Bn (all posthumous) Jai Prakash, Commandant 7th Bn; Mohan Ram Baryaik, Head Constable 2nd Bn; Rajender Singh, Constable 2nd Bn.



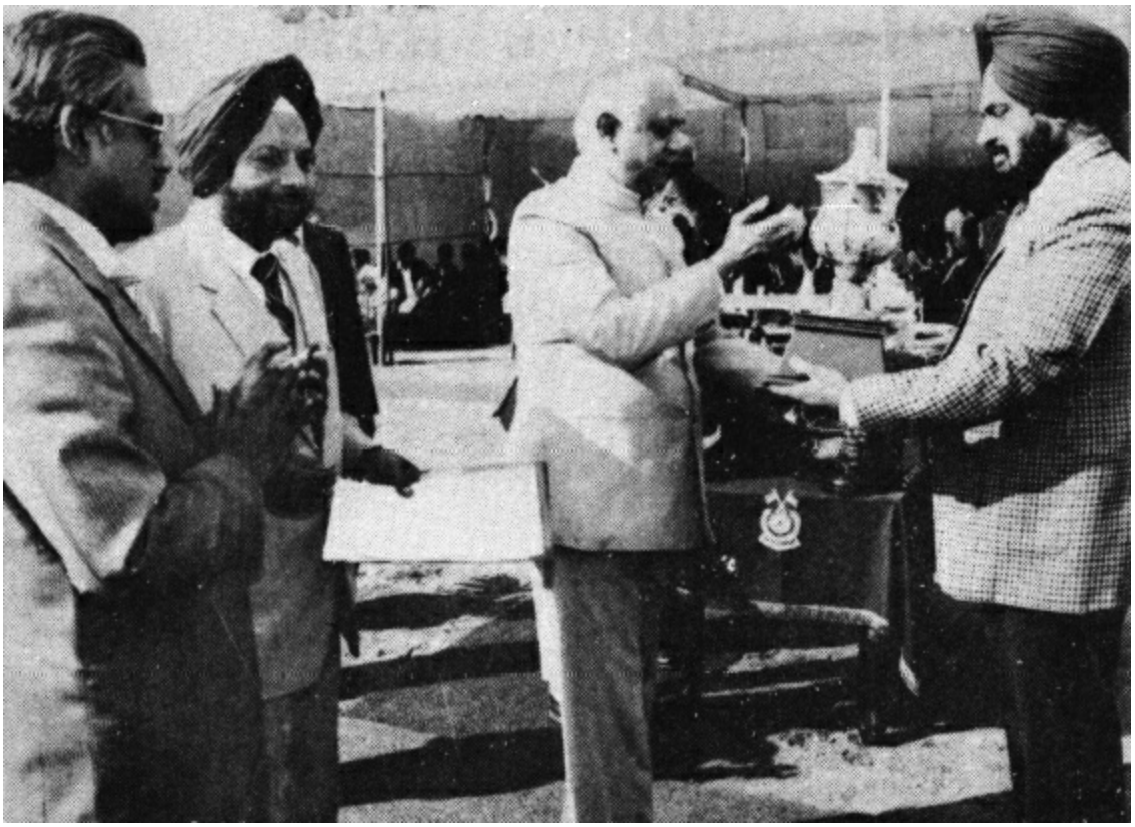
Medal Recipients with Shri DPN Singh DG CRPF

POLICE MEDAL FOR GALLANTRY



Shri D.P.N. Singh DGP consoling a CRPF jawan at BH-I, New Delhi.

S/Shri R.N. Gosh, Constable 2nd Bn; S.C. Bhardwaj, Assistant Commandant 7th Bn; Subhash Upadhyah (Posthumous) Sub Inspector 46 Bn; Prahlad Singh, Constable 46 Bn; Bashir Ahmed, Naik 49 Bn; R.K. Sharma, Commandant 29 Bn; R.K. Singh, Commandant 4th Bn; Abdul Majid, Naik 18 Bn; Rampal Singh, Dy. Commandant *76* Bn; Mohan Singh, Inspector 76 Bn; S.N. Nimbalkar, Dy Commandant 76 Bn; R.S. Meena, L/Nk 76 Bn; Bijender Singh, Constable 5th Bn; S. Elango, Dy. Commandant 73 Bn; S. Sarguru, Constable 60 Bn; P. Dahingia, Constable 60 Bn; Bhairon Singh, Sub Inspector 75 Bn; R.V. Sharma, Constable 75 Bn; Bindeswari Singh, Head Constable 41 Bn; D.A. Dhannjaiah, Commandant *66* Bn; V.V. Singh, 2nd-in-Command 66 Bn; Yashvir Singh, L/Nk 66 Bn; Devender Pal, Constable 66 Bn; Dharam Raj, L/Nk 89 Bn and Govardhan Sahu, Constable 43 Bn.



Shri S.S. Gill, Commandant 75 Bn receiving 'Best Battalion Trophy' from Shri D.P.N. Singh. DGP CRPF

DISTINGUISHED SERVICE MEDAL

S/Shri R.K. Sharma, IGP Dte. General; V.D. Sehgal, Addl. DIGP (Retd) GC. II Ajmer; M.C. Soam, Commandant 121 Bn and Omkar Singh, 2nd-in-Command 65 Bn.

'TOPPERS OF THE YEAR'

75 Battalion was adjudged as the 'Best Operational Battalion' in Punjab for the year 1991-92, while 47 Battalion stood 'Best' in the state of J & K. Similarly 66 Bn and *77* Bn were declared as Second best Operational Battalions in Punjab and J & K states respectively.

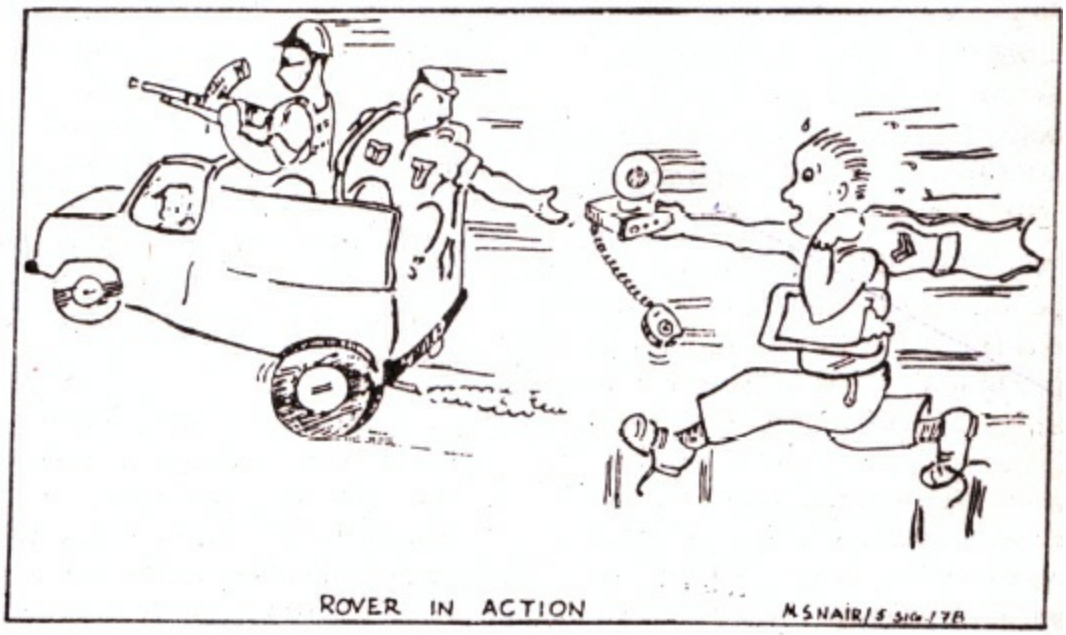
The Welfare Centre of GC CRPF Neemcuh stood first among the Welfare Centres and Welfare Centre, GC Rampur became 'Second Best'.

Among the Group Centres, GC CRPF Hyderabad was declared as Best Group Centre' and *75* Battalion added one more feather to its cap bagging 'Best Battalion' trophy. The trophies were handed over by Shri D.P.N.

Singh, Director General, CRPF during 53rd Anniversary Day celebrations.

DG'S DISC TO DNS BISHT

Shri D.P.N. Singh, Director General CRPF has awarded DG's Commendation Letter/Disc for the year 1992 to Shri D.N.S. Bisht, Asstt Director (Adm) of this Directorate for commanding the 53rd Anniversary Day Parade on Dec 28, in an excellent and high standard manner.



Jayalalitha Lauds CRPF's Role



Ms. Jayalalitha, Chief Minister of Tamil Nadu at the passing out parade held at CRPF parade ground, Avadi.

Ms. Jayalalitha, Chief Minister of Tamil Nadu praised CRPF for its impartiality, secularism, discipline and loyalty to the nation.

Speaking after inspecting a passing out parade of Sub Inspectors and Constables at the parade ground CRPF Avadi on 24th October ‘92, she referred to the role of the CRPF in Tamil Nadu in tackling the LTTE and in helping to. track down the assasins of Rajiv Candhi. Ms. Jayalalitha was happy to note that CRPF had constituted the first ever all women battalion.

Ms. Jayalalitha inspected an impressive passing out parade presented by 252 Constables and 37 Sub Inspectors. She asked the new recruits to uphold the motto of the CRPF’s Service and Loyalty’. Reminding them that only through hard work and discipline one could progress she urged them to maintain physical fitness and mental alertness throughout their carrier, develop courage and the moral strength to deal with trying situation. **They** should earn fame for unquestioned loyalty to the nation rising above petty consideration and narrow mindedness she said.

The Chief Minister presented trophies to Sub Inspector S. Suresh (Best All. Rounder), Copal Kumar (Best in outdoor subjects) and Ajay Kumar

(Best in indoor subjects). She also pinned medals to 3d CRPF personnel for meritorious service. They included Shri Sadhu Singh Sehgal, Commandant 1st Bn., and. Shri P.S. Sayarus, Commandant 109 Bn CRPF. The parade was commanded by Shri Ravi Deep Singh Sahi, Dy. Commandant a veteran of two Republic Day parades.

Earlier, Shri D.P.N. Singh, DCP CRPF in his welcome address said the personal example of Ms. Jayalalitha in facing odds would inspire members of the Force. Shri D.R. Karthikeyan, IGP Southern Sector proposed vote of thanks.

Almost the entire cabinet of Tamil Nadu was present at the function. Three former DGPs, also serving service officers including Maj. Genl. V. Mulya, General Officer Commanding, Andhra, Tamil Nadu, Karnataka, Kerala and Goa area, Air Commodore, R.S. Sehgal, DGP Tamil Nadu, Shri S. Sripal and Addl. DGP (T.N.) Shri W. Devaram witnessed the parade.

Later Ms. Jayalalitha watched a demonstration at the CRPF swimming pool on methods of survival in water. Commandant R.K.B. Sharma, Principal RTC-II, CRPF conducted the proceedings. Fhe Chief Minister made following remarks in the Visitor's Book of Station Officer's Mess.

"The Central Reserve Police Force is the most disciplined and professionally competent Security Force in the Country. The CRPF has proved to be indispensable in fighting insurgency and in containing divisive and disruptive Forces which pose a threat to the nation. The men of the CRPF have made great sacrifices to safeguard the Unity and integrity of the nation for which the country will be forever indebted to them."

DG's Disc to 150 C.R.P.F. Personnel

One hundred and fifty officers and men of CRPF have been awarded DG's Commendation Letter/Disc on the occasion of 53rd Anniversary S/Shri C. Pal Singh, IGP RAF, R.M.S. Brar DIGP Ajmer, A. Patnaik, IPS DIGP Bhubaneshwar, M.R. Malik DIGP Imphal, A.A. Siddiqui, IPS DIGP RAF, S.K. Sankaran, Addl. DIGP GC Imphal, B.S. Rang, Addl. DIGP GC Bhubaneshwar, Balwant Singh, Commandant 103 RAF, Raghubir Singh Commandant 83 Bn, G.S.L. Saxena, Commandant 7 Bn, S.S. Gill, Commandant 75 Bn, Satinder Singh, Commandant 101 RAF, R.S. Virk, Commandant 72 Bn, Nagender Singh, Commandant 116 Bn, M.L. Sharma, Commandant 88 Bn, S.C. Chawala, Commandant 41 Bn, F.J. Baba,

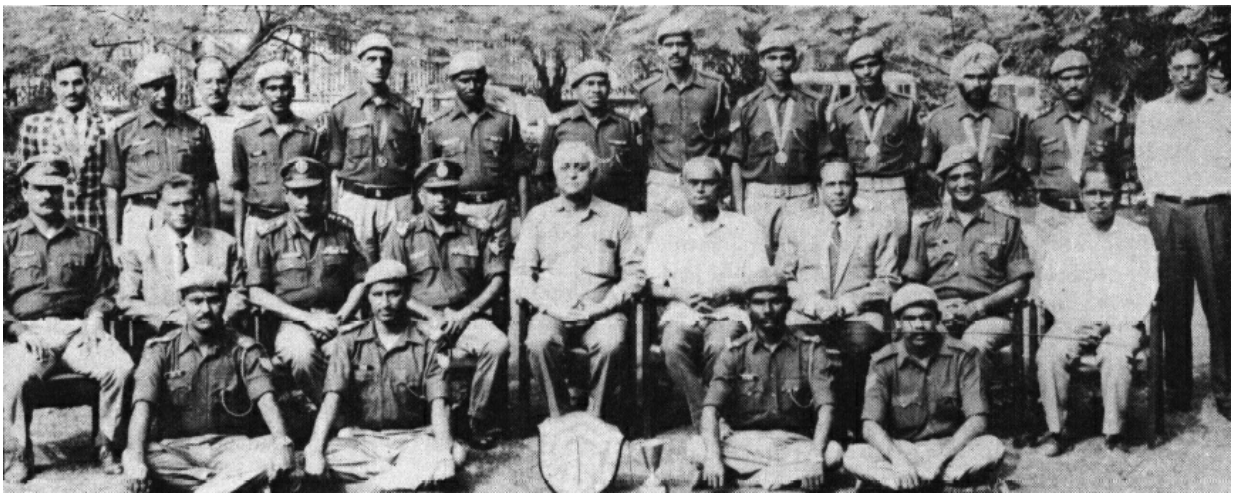
Commandant 52 Bn, M.S. Sidhu, Commandant 43 Bn, V.D. Tokas, Commandant 47 Bn, N.K. Barthwal, Commandant 35 Bn, Ganesh Kumar, Commandant 74 Bn, J.N. Mathur, Commandant SPL. Range, Ravindra Tomar, 2 I/C 112 Bn, Jai Karan Choudhari, Commandant 1st Sig. Bn, O.P. Sharma, 2 I/C 34 Bn, M.S. Raghav 2 I/C 50 Bn, V.K. Sharma 2 I/C 82 Bn, R.K. Pradhan, SMO BH. I, G.H.V. Giri Prasad, Dy. Comdt. 46 Bn, M.S. Bhandari, Dy. Comdt 10 Bn, T.V. Nair, Dy. Comdt. 53 Bn, Taj Mohmed, Dy. Comdt GC Pinjore, D.K. Mahapatra, Dy. Comdt 20 Bn, Harphool Singh, Dy. Comdt 86 Bn, S.S. Tomar, Dy. Comdt 121 Bn, Resham Singh, Dy. Comdt 99 Bn, Rakesh Kumar Singh, Dy. Comdt ISA, Hawa Singh, Dy. Comdt RTC. IV, Dr. N.C. Kamath, MO 25 Bn, J.N. Koli, A/Comdt 80 Bn, R.R. Dutta, A/Comdt 13 Bn, Jeet Singh A/Comdt 87 Bn, Shiv Nath Yadav, A/Comdt 84 Bn, K.S. Nair, A/Comdt 7 Bn, Ratnakar Singh, A/Comdt 24 Bn, R.S. Sharma, A/Comdt 30 Bn, Sagar Mal Agarwal, AO GC Neemuch, Y.L. Malik, AO E/Sector, K.P.S. Nair, SO (Comns) Dte., SM/OS R.S. Meena, OIO DIGP Agartala, SM/OS M. Ramachandrudu, GC Hyderabad, SM/OS S.K. Sarkar, GC Guwahaty, SM/OS Dayal Dass, Spl/Sector, OS Hira Singh, Spl/Sector, SM/OS M.C. Saxena, C/Sector, SM/OS Praveen Kumar, Estt Br. Dte., SM/OS A.Thangaraj, Estt Br. Dte., SM K.D. Joshi, 103 Bn, SM Anusuyia Prasad, 88 Bn, Insp (M) M.K. Thomas, 18 Bn, Insp Sohan Singh 83 Bn, Insp Siya Ram Singh, 10 Bn, Insp Joginder Singh, 85 Bn, Insp Kashmira Singh, 6 Bn, Insp N.R. Mehra, 35 Bn, Insp Mast Ram, GC Dimapur, Insp (M) J. Thomas, 27 Bn, Insp Hargagan Singh, 22 Bn,

Insp Hari Singh, 121 Bn, Insp (M) R.C. Dudpuri, Spl/Sector, Insp (M) V.M. Mishra, C/Sector, Insp (M) B.C. Kulbe, O/O DIGP Rampur, Insp (T) Sodhan Singh, SGC, Insp (M) S.D. Verma, GC Mokamehghat, Insp (M) Sita Ram Riyal, OIO DIGP Gandhinagar, Insp U.B. Mishra, ISA, Insp Har Singh Bisht, RTC. II, SI Shri Ram, 108 Bn, SI D.P. Dubey, 12 Bn, SI Mumtaj Hussain, 32 Bn, SI Padam Singh Thapa 48 Bn, SI Jagmohan Singh, 75 BN, SI Tara Singh, 9 Bn, SI Basudeo Paswan, 27 Bn, SI Jawahar Yadav, 87 Bn, SI Surender Bahadur, GC Guwahaty, SI N.K. Chandrabhan, 110 Bn, SI R.N. Trivedi, GC Rampur, SI Hira Singh, 7 Bn, SI/RO Ram Kher Singh, 4th Sig. Bn, SI P. Vamadevan, 79 Bn, SI Balkishan, 30 Bn, SI/MT J.B. Singh, CTC. I, SI (M) Kanwar Singh, Works Br. Dte, Pharmacist Sassidhar Prasad, BH.I, HC B. Shreenivasagam, 32 Bn, HC Bhim Singh, 63 Bn, HC (Dvr) K. Arvindakshan, 41 Bn, HC Dilbagh Singh, 52 Bn, HC (Dvr) Ranjit Roy, 71 Bn, HC Pratap Singh, 47 Bn, HC Bhairon Singh, 67 Bn, HC

Gurdev Singh, 27 Bn, HC/Ftr V.K. Sharma, 20 Bn, HC Kashmir Singh, 22 Bn, HC Ram Singh, GC Pinjore, HC Charan Singh, 86 Bn, HC Meghnarain, 109 Bn, HC Param Hans Singh, 113 Bn, H.C. Ganesh Dutt, 119 Bn, H.C. Bahadur Singh GC Rampur, HC Tirth Ram, 30 Bn, Nk Surat Singh, 108 Bn, Nk M. Ayyappan, 63 Bn, Nk (Dvr) Ramesh Chander, GC Delhi, Nk D. Baby, 3 Bn, Nk (Dvr) Jayanand Singh, 11 Bn, L/Nk T.D. Singh, 13 Bn, Ct C. Pappan, 42 Bn, Ct (Dftry) T.K. Tamkumar, G.C. Pallipuram, CT (Band) Prem Dass, GC Neemuch, Ct Chaku Singh, 67 Bn, CT Babu Lal, GC Delhi, CT Ranjit Singh, 35 Bn, CT Prahalad Singh, GC Rampur, CT S.K. Sharma, 108 Bn, CT Ram Dass, 108 Bn, CT Deepak Kumar, 108 Bn, CT Rameshwar Lal, 108 Bn, CT S.C. Behra, 36 Bn, CT Udaivir Singh, 108 Bn, Cook Alauddin, 12 Bn, Cook Ramchander, 55 Bn, Cook Bishamber Dass, 6 Bn, SK A. Ayyappan, 110 Bn.

Recipients of Commendation letter: S/Shri, S.C. Chaube, IPS IGP C/Sector, S.N. Mathur, IGP W/Sector, B. Chakraborti, DIGP, Calcutta, E.S. Bakhtawar, DIGP Bhopal, Y.P. Baxi, DIGP Patna, P.N. Ramakrishnan, Addl. DIGP GC Gandhinagar, J. Basnet, Addl. DIGP GC Guwahaty, R.S. Notyal, Addl. DIGP GC-II Ajmer, S.K. Mahendroo, Addl. DIGP GC Pinjore, C.P. Singh, Addl. DIGP GC Mokamehghat, Z.F. Khan, Commandant 104 RAF, C.V. Mathew, Commandant 99 RAF, M.S. Yadav, Commandant 73 Bn, O.D. Mathur, Commandant 112 Bn, D.K. Khurana Commandant 86 Bn, and Gurcharan Singh, Commandant 127 Bn. Members of CRPF Samachar convey their heartiest congratulations to the letter/disc recipients.

D.G. Felicitates CRPF Wireless Team



Team members with Shri DPN Singh DGP CRPF and other officers.

Shri D.P.N. Singh Director General CRPF on 19th November '92 felicitated CRPF Wireless, Cryptograhy and Computer teams which won laurels at the All India Police Duty Meet '92 recently held at Shimla.

The CRPF Wireless Team secured First Position in team events by winning four Gold Medals. It also won one Gold Medal in individual skill through Inspector Radio Operator Balbir Singh.

The CRPF Cryptography team, secured 4th position in the team event and 3rd position in individual skill. ASI/C Ramesh Kumar secured Bronze medal in individual skill. In computer awareness, CRPF team secured two silver medals.

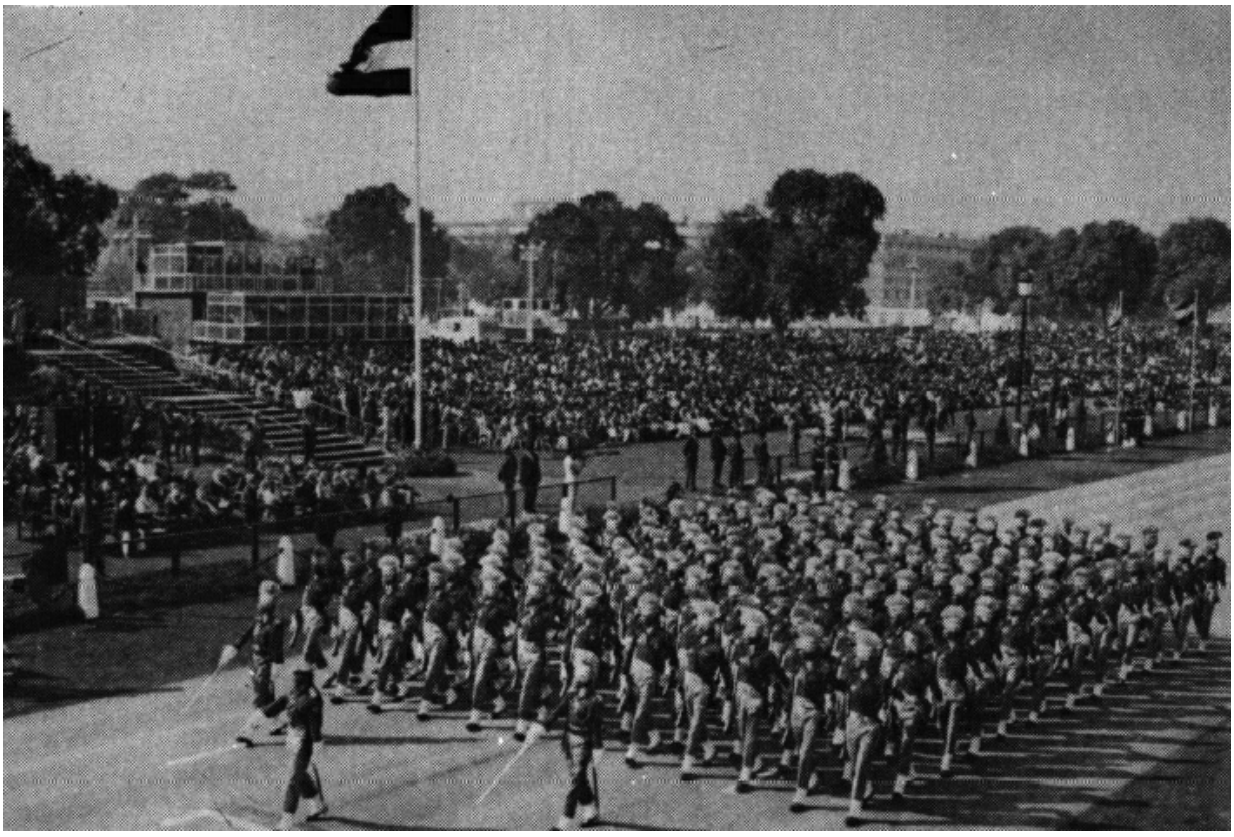
Incidentally CRPF Wireless Team started winning medals from 1958 onwards to till date in All India Police Duty Meet. So far it earned 32 Gold, 24 Silver and 12 Bronze Medals in team event and seven Gold, 24 Silver and one Bronze Medals in the individual skills. Similarly CRPF cryptography team secured 10 Gold, 12 Silver and 8 Bronze Medals in the individual skill so far.

RISK FUND

A total of Rs. 6,30,000/- has been paid to Next of Kins of 18 CRPF personnel died during the month of December '92. This includes Rs. 10,000/- from Central Welfare Fund and Central Benevolent Fund in each case. Another sum of Rs. 60,000/- has been sanctioned for 4 CRPF pesonnel invalidated during the month.

C.R.P.F. Contingents in Republic Day Parade

—A.N. Sharma



Despite its heavy deployment, CRPF has been able to spare three contingents comprising male, female and a brass band to participate in the Republic Day Parade 1993.

The first contingent of the CRPF was the Mahila contingent led by Assistant Commandant Aprajitha Ramdyani with a total strength of 144 Constables, NCOs and Sub Inspectors. CRPF is the only paramilitary force in the country which can be proud of a womens' Battalion which was raised

during 1986. It won laurels for its outstanding work in Sri Lanka. The Companies of this Battalion are actively involved in J&K, U.P., Gauhati and Bihar to handle the women agitators and for search duties. One Sena Medal is also to the credit of the Battalion.

The Mahila contingent was followed by a 105 men strong band contingent under the leadership of Inspector P.S Thapa. Shri Thapa has completed silver jubilee in attending the Republic Day Parade.

Marching behind the band contingent was the male contingent of 144 other ranks and Sub Inspectors led by Assistant Commandant Ashok Prasad. The average height of the male contingent was six feet.

The contingents marched to the tune of ‘SARE JAHAN SE ACHHA’.

Colourfully attired, the men wore dark blue turbans with stripped blue band and sky blue ‘turrha’ alongwith golden ‘jhalar’. The Mahila contingent wore light blue barets with navy blue hackles. Both contingents were in angola shirts with blue serge band underneath the shoulder title and CRPF formation sign in light blue colour on the left sleeve. Khaki trousers were worn with blue ‘kamarbandh’ and white leather belt on the waist. Blue scarf with CRPF monogram embroidered on it also was worn. The Male and Mahila contingents were carrying SLR and their Commanders marched with glistening swords.

SHRI S.V.M. TRIPATHI
JOINS AS ADDL. D.G.
CRPF



Shri S.V.M. Tripathi an IPS Officer of 1961 batch of UP cadre took over charge of Additional Director General of CRPF (Hqrs). Shri Tripathi was the first in his batch of IPS Officers. Before joining CRPF he was DGP UP Police.

In his long career in Police, Shri Tripathi held many important assignments including Assistant Director, National Police Academy, Mount Abu; SSP Moradabad & Kanpur; DIG ITBP and Joint Secretary to the Govt. of India, Ministry of Food and Civil Supplies. In UP he worked as IG (Personnel); IG (Economic Offences Wing); Additional Director General (Economic Offences Wing & Anti Corruption Organisation); Director General of Police (Intelligence & Security).

Shri Tripathi has attended various training courses related to Police in India and abroad. Shri Tripathi was awarded the Police Medal for Meritorious Services on the occasion of Independence Day, 1978 and President's Police Medal for Distinguished Services on the Republic Day 1990.

SHRI M.R. SINGH—
A VETERAN CRPF OFFICER.



Shri M.R. Singh is a veteran CRPF officer leading a retired life at the age of 78 years.

Shri Singh was born on 10th January 1915. He joined U.P. Police in 1937 as Sub Inspector. Having served as security officer to late Prime Minister Jawaharlal Nehru during 1947 to 49 he got posted as Adjustant in the Police Training College Moradabad from 1950 to 54.

In January 1954 he joined CRPF as Deputy Superintendant of Police when there was only one Battalion and the second battalion was under raising. He retired as Commandant CRPF on 10th January 1973.

Shri Singh is a recipient of Police Medal for Meritorious Service and President's Police Medal for distinguished service.

CRPF PUBLIC SCHOOL CELEBRATES CHILDREN'S DAY



Medal winners on the victory stand

The CRPF Public Shool at Rohini celebrated Children's. Day on 14th November '92. Shri B.S. Rekhi Addl. DIG CRPF presided over the function. The function started with the opening of an Exhibition of Painting and Calligraphy in which children's work were on display. This was followed by the Sports Meet in which children of various age groups participated.

Addressing the school children and their parents Shri Rekhi called upon them to follow the ideals set forth by Pandit Jawaharlal Nerhu. Shri Suraj Prakash Principal gave a vote of thanks and assured the Chief Guest that the children of this school will leave no stone unturned in this regard.

Blood Donation Camp

More than 400 CRPF personnel including Mahilas donated their Blood at CRPF Dett. Hospital, R.K. Puram, New Delhi under the supervision of Dr. D.N. Kar, Chief Medical Officer Base Hospital-], CRPF. Assistant Commandant Yadvender Singh of 9th Bn CRPF who donated blood for the

ninth time and DIGP CRPF Rampur Shri D.K. Suri were amongst the important donors.

The camp was inaugurated by Shri D.P.N. Singh DGP as a part of 53rd Anniversary function of the CRPF. The function was attended by Dr. M.L. Gupta, Director Red Cross, IGs of CRPF S/Shri Joginder Singh, G. Jha, M.K. Singh, G.P. Dubey and other senior Officers.



A Mahila constable of 88 Bn donating blood.

Police Medals for 26 C.R.P.F. Personnel

The President is pleased on the occasion of the Republic Day, 1993, to award the police medals for Distinguished and Meritorious Service to 26 CRPF personnel. The recipients are :—

DISTINGUISHED SERVICE MEDALS

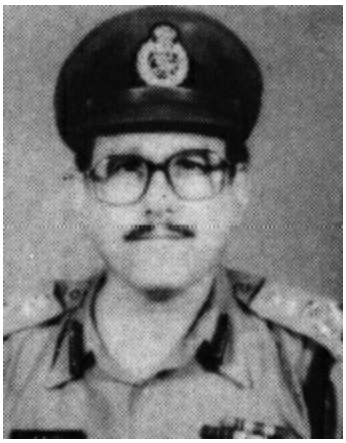


G. Jha, IGP Spl Sector



M.L. Guleria, DIGP Ops Srinagar.

MERITORIOUS SERVICE MEDALS



J. Basnet, Addl. DIGP, GC CRPF Gauhaty



N.K. Awashty, AD (Trg., Dte. General



R.K.B. Sharma, Principal RTC-II



M.S. Sethi, Comdt. 18 Bn



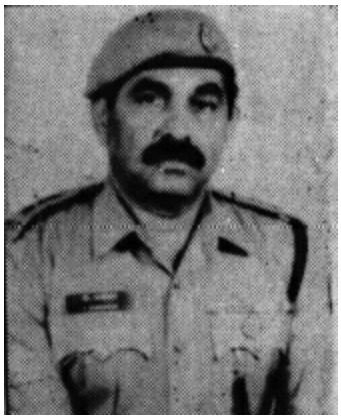
B.S. Rawat, Comdt. O/O DIGP Rampur.



Swinder Singh, Comdt. 87 Bn



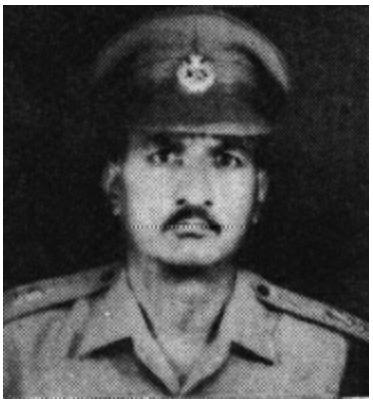
Pritam Singh, Comdt. O/O Addl. DG NW Zone



P. Damodaran, Comdt. 106 Bn



I.J.S. Gill Dy. Comdt. 23 Bn



L.S. Negi, Dy. Comdt. GC Hyd.



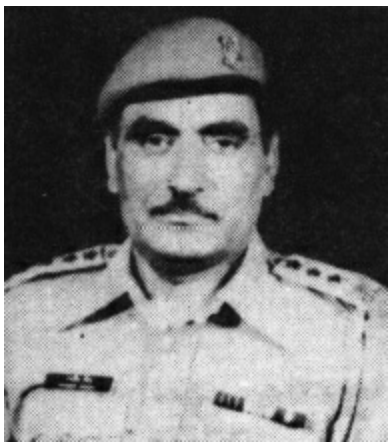
Sub. Maj. Lekhraj Sharma, GC CRPF Imphal



Insp Bhoop Singh 6 Bn



Insp. B.P. Sharma 99 Bn



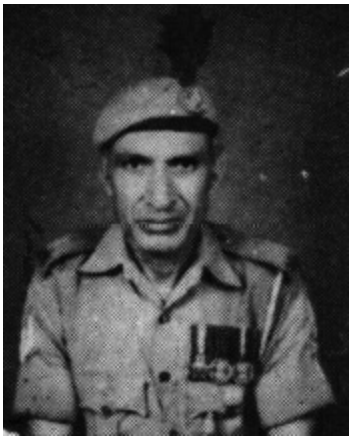
Ranbir Singh Insp. 27 Bn



SI Nathilal SGC Ranchi



SI Bhagat Singh Ist Bn.



H.C. Moorthy Singh Ist Bn



H.C. Chellappan 13 Bn



H.C. Bholanath 14 Bn



Ct. Pritam Singh 75 Bn



Ct. Tulsi Das 6 Bn



W/M Suraj Ram 72 Bn

Besides, Shri K.S.V. Subramanian

Commandant 3rd Sig. Bn and

Anokheylal Asst. Comdt. 25 Bn. also won Police Medals for Meritorious Service.

Western Sector

Heavy Responsibilities Ahead

The Western Sector came into being from Ist April '92 having its Head Quarters at Bombay. This HQ is exercising control over Nagpur and Gandhi Nagar Ranges. Within a short span the sector has won many laurels both in administrative and operational fields.

From the administrative point of view, the sector conducted ASI(M) test at GC Nagpur from 17th April to 20th April '92 inwhich 47 candidates got selected. Similarly out of the allotted vacancies of 20 Constable Fitters and 17 Constable Drivers this sector could select 11 Ct/Fitters and 14 Ct/Drivers. Moreover 14 Mahila Constables (GD) were recruited from Maharashtra under the arrangements of this Sector. Recruitment Rallies

were also held in various districts in Maharashtra and Gujarat during August and September ‘92 for enlistments of Constables. The sector was entrusted the task of conducting ‘E’ List test for promotion of Sub Inspectors to the rank of Inspector at GC CRPF Nagpur, inwhich 303 candidates out of 320 qualified successfully. The Sector also conducted two senior cadre courses at GC CRPF Gandhi Nagar.

The operational control of states of Maharashtra, Goa and the UT of Dadra and Nagar Haveli has been given to the DIGP CRPF Nagpur while Gujarat state has been given to the DIGP CRPF Gandhi Nagar Range. The achievements from the operational point of view include elimination of 32 terrorists/anti social elements, apprehension of 54 terrorists, recovery of 32 AK-47 Rifles, seven SLR/Rifles, Twenty one Pistols/Revolvers, Three AK-56 Rifles, Thirty Five Guns and one machine carbine. 24 Bn, 29 Bn, 30 Bn, 37 Bn, 45 Bn, 64 Bn, 68 Bn, 73 Bn, 79 Bn and 97 Bn are mainly responsible for this great achievements.

In sports, the Sector has secured 5th position in the Inter-Sector Wrestling Competition held at GC CRPF Bantalab from 2nd to 8th August ‘92. Inspector Suyodhanan of this Sector has set a new record in 110 hurdles with a timing of 14.90 seconds in the 2nd Inter Sector Athletic Meet 92 held at GC CRPF New Delhi. Head Constable K. Chand of 79 Bn took part in Inter Sector First Aid competition through Southern Sector and has been selected for Central Team. Sub Insp. Devi Singh and Ct. Balbir Singh of 45

Bn also took part in the Inter Sector Shooting competition and have been selected for Central team.

As far as the Welfare is concerned recreational facilities such as TVs, indoor/outdoor games, newspapers, periodicals and books on various subjects are available for Unit personnel. Some of the Battalions of this Sector are deployed in Arunachal Pradesh, Tripura, Tamil Nadu and Bihar for delicate law and Order duties and others are deployed in militant infested sensitive areas of Jammu and Kashmir and Punjab. At present Shri S.N. Mathur is the IGP of this Sector, Shri P.V. Subba Rao DIGP CRPF Hyderabad is holding additional charge of DIGP. Nagpur while Shri CM. Pandey DIGP looks after Gandhi Nagar Range.



CRPF jawans of Western Sector proving their mettle in Bombay.

Northern Sector

Irresistable Progress



Shri Joginder Singh IGP Northern Sector receiving overall championship trophy of Inter Sector Athletic Meet from Shri P.K. Dave, Lt. Governor Delhi.

Having its Hqtrs. at Delhi, the Northern Sector has contributed its best efforts in Operational, Administrative, Welfare and Sports activities. Both Delhi and Ajmer Ranges come under this Sector.

During last year, the Units of Northern Sector eliminated as many as 22 terrorists and apprehended 86 others. Besides, the Sector has recovered many arms and ammunition which include 54 AK-47 Rifles, 20 Revolvers/pistols, 5 SBBL Guns, 1 GPMG, 2 Guns and huge amount of ammunitions.

As far as welfare is concerned the Northern Sector is fully committed in providing all possible amenities to families and men of CRPF. Family accommodation is provided in GC-I, GC-II Ajmer and in GC New Delhi. Bal Mandirs are being run in GCs to enable the children of Force personnel get admission in primary classes. The GCs also organise competitions like Healthy Baby Competition, Rangoli Competition and Best maintained Quarter for active involvement of family members of CRPF men. General awareness on family planning and Adult Education is also imparted in GCs.

The Northern Sector also provides adequate medical facilities to the Force personnel. As GC New Delhi has got well equipped Base Hospital-I, the GC-I and GC-II Ajmer have got 50 and 40 bedded hospital respectively.

During 1992 GC CRPF New Delhi successfully completed 11 courses including D&M Course Basic Band/Bugler Course, and two Senior Cadre Courses besides conducting approved list D in February '92.

In sports arena, Inter Battalions and Inter Range tournaments were conducted during the year. Second Inter Sector Athletic Meet was organised by this Sector at GC New Delhi from 27th to 30th October '92 in which Hon'ble Lt. Governor of Delhi Shri P.K. Dave presided over the closing ceremony. Western Sector won overall Team Championship in this Tournament.

Considering last year's achievements the Northern Sector will no doubt achieve its best in the years to come under the able commandership of Shri Joginder Singh IGP.

News in Brief

CRPF CELEBRATES GURUNANAK BIRTH DAY

All Units of CRPF located in Delhi celebrated Guru Nanak Birth Day at Group Centre Jharoda Kalan on 16th Nov. '92. The highlight of the function was lectures on the life of Guru Nanak and his **teachings** and their relevance in the present day. Kirtan by eminent Ragi Jatthas was another highlight of the function. The celebration concluded with 'Guru-ka-langar'.

S.C. KAPOOR—NEW PRINCIPAL CRPF ITI

Shri S.C. Kapoor the former DD (Trg.) in the Directorate of Training and Tech. Education, Delhi Admn., Delhi took over charge as Principal ITI CRPF Wazirabad, Delhi on 22nd October '92.

A graduate in Mechanical Engineering, Shri Kapoor has vast Training and Administrative experience which will go a long way in ITI working.

RATION MONEY

The Ministry of Home Affairs has raised the Ration Money to Rs. 338/-

from October 1992 to all non Gazetted combatised personnel of the Force.

ALERT COP SAVE CHILD'S LIFE

Lance Naik Kaviraj Parida of 27 Bn saved the life of a four year old child when the latter accidentally fell in to a nullah, in Seelampur, Delhi.

The child Mohammed Nisha was playing near the nullah when the mishap occurred. Lance Naik Parida and another constable of Seelampur police station were on patrolling in the vicinity. Hearing screams from persons who had seen the child falling down into the drain the two rushed forward. Lance Naik Parida jumped into the nullah and after some search found the drowned child.



L/Nk Kaviraj Parida

Think it Over

The means of life is in its excellence not in its length.

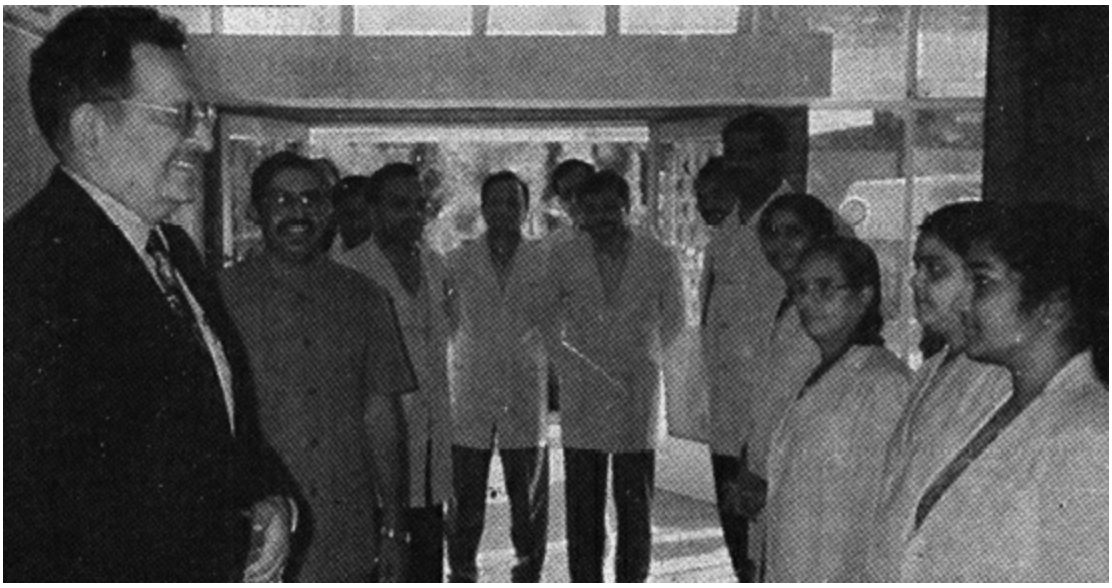
When a man seeks your advice he generally wants your praise.

He who is afraid to ask is ashamed of learning.

A wise man never attempts impossibilities.

DIRECTOR AIIMS PRAISES BASE HOSPITAL-II

Dr. S.K. Kacker, Director, All India Institute of Medical Sciences, New Delhi visited base Hospital II CRPF on 4th January 1993. he was much impressed by the maintenance and cleanliness of the Hospital. He said, "This is a very good, and very well maintained hospital. I am impressed with the cleanliness and team spirit of doctors, nurses and other employees.



Shri S.K. Kacker, Director, AIIMS, New Delhi with staff of BH-II CRPF.

Cheque Presented to Widow

SI Narvair Singh



On 14th December ‘92 at a simple but sedate function, bank draft for Rs. 1,15,000/- was handed over to next of kin of late SI Narvair Singh of 53 Bn CRPF.

Shri J.S. Mehar, Commandant 35 Bn handed over the draft to Smt. Mahender Kaur wife of late Narvair Singh at Dhaligaon, Assam.

Shri J.S. Mehar Commandant 35 Bn handing over the cheque to wife of late SI Narvair Singh.

Exgratia Payment

Ct . Darshan Singh

A bank draft of Rs. 1,25,000/- was paid to Shri Pritam Singh father of late Ct. Darshan Singh on 28th October ‘92 by Shri S.S. Gill, Commandant 84 Bn at Battalion HQ in Faridkot, Punjab.

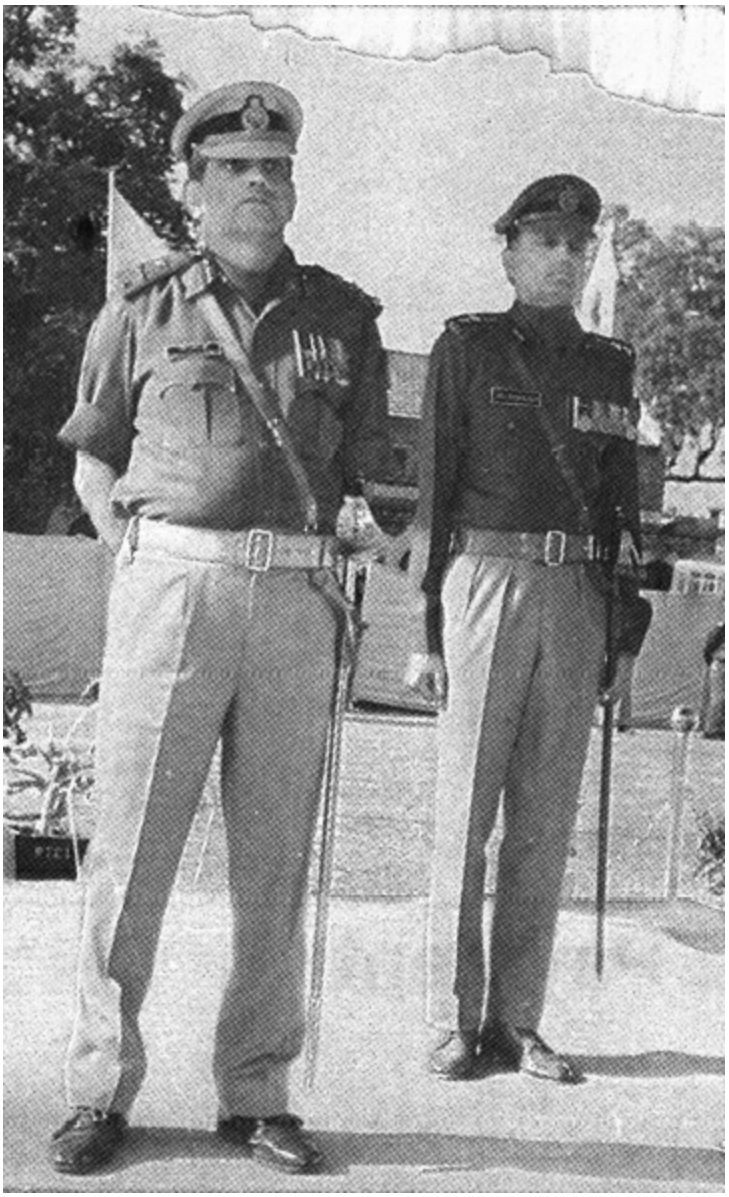
Ct. Darshan Singh died on 3rd July ‘92 in a grenade explosion when he was, on patrolling duty in Jawahar Nagar, Srinagar (IK). The grenade was

hurled by some unknown militants on the vehicle in which the constable was on patrolling along with his colleagues.



Commandant S.S. Gill handing over bank draft to father of late Ct. Darshan Singh

PASSING OUT PARADE AT RTC I



Shri G.P. Dubey IGP (Ops & Trg.) at the passing out parade held at RTC-I, CRPF, Neemuch.

After completing their basic training, 393 recruits joined CRPF by taking oath at a passing out cum attesation parade held on 12th December ‘92 at RTC-I, CRPF Neemuch.

Shri G P. Dubey IPS, IGP (Ops & Trg.) CRPF was the chief guest on this occasion to take salute. Shri Dubey also distributed trophies to ‘Best Cadets’ in different fields.

THEY ARE NO MORE

We offer our deep condolence to the grieved families of following CRPF

personnel who lost their lives during Nov/Dec ‘92:—November ‘92: Sub Insp. Prem Sukh (14 Bn); Naik Gurbachan Singh (107 Bn) RAF; December ‘92: Asstt. Comdt. Mangal Singh (105 Bn RAF); Ct. Udaya Kumar Singha (19 Bn); Constable D.N. Jha (8 Bn); Ct. Jagmal Singh (29 Bn); Ct. R.O. Khandare (80 Bn); Lance Naik Lalan Ram (GC Guwahati); SI Kewal Singh (IGP. Ops J&K); Ct. Gopal Krishan (93 Bn); ASI (M) B. Satya Narayan Gupta (125 Bn); L/Nk Firu Loharwas (106 Bn RAF); Cook B.P. Singh (GC BBSR); Ct. L. Subramani (121 Bn) ASI (M) Sunil Kumar Sinha (72 Bn); Insp. Kartar Singh (19 Bn); Ct. Dharambir Yadav (123 Aux. Bn) Ct. Kishore Chand (GC Rampur) and Ct. P. Deka *87* Bn.

TERRORIST KILLED

Tarsame Singh alias Azad a self styled area commander of Dashmesh Regiment was killed in an encounter with men of D/90 Bn and Punjab Police who were on patrolling duty at PS Mehta in Majitha district, on Nov. 11, 1992.

One 303 rifle with magazine and empty cases were also recovered from the spot.

TWO DEAD

A two day long joint combing operation by men of 6, 7, 38, 102 Bns and Punjab Police resulted in the eradication of two terrorists in Majitha District.

The incident occurred when the security forces carried out combing operation in a sugarcane field of village Chakaikander under PS Jhander, from 30th November to 1st December 92.

One GPMG with two drum magazines, One 303 Rifle and one 38 Revolver were recovered alongwith huge quantity of live/empty rounds. Later one of the terrorists was identified as Jagjeet Singh alias Jagi.

BATTALION HISTORY— 71 BN

The Battalion was raised on 24th March 1981. Shri M.S. Boparai was the first Commandant of this Unit. This Unit has earned various medals and DGs Commendation Disc. Sub Insp. Bhagwan Dass of this Unit was honoured with Police Medal for Gallantry in 1986. Shri H.S. Gidda Dy. Commandant, Shri T.S. Dhillon and HC Ram Murthi of this Unit were

awarded Police Medal for Meritorious Service during 1985, 1987 and 1990 respectively. Shri Jeet Singh Dy SP of this Unit received DG's Commendation Certificate/Disc in 1990.

So far the Unit has performed commendable duty in various states of the country like Punjab, J&K, UP, Kerala, Assam, Arunachal & Union Territory of Delhi. During this period the Unit personnel eliminated as many as 45 terrorists and recovered twenty five AK-47 Rifles, Twenty Six Revolver/Pistols, Thirteen 12 Bore Guns, Four 303 Rifles', Seven, 315 Bore Rifles, One LMG and One GPMG, besides lot of other arms and ammunitions.

At present the Unit, having its Head Qtrs. at Badmajra (Punjab) deployed its Coys, at Mohali, Chandigarh and Matatila (UP). Shri Jagjit Singh is the Commandant of the Battalion now.

SEARCH YIELDED RESULT:

A combined search operation conducted by 90 Bn, 39 Bn and Punjab police personnel on 10th December '92 in Bhowal area under PS Matewal yielded fruitful result. The search party after a breif encounter succeeded in eradicating Sur-nam Singh alias Dhamaka a self styled Chief of Dasmesh Regiment of Khalistan.

According to the report when the search party was approaching a behak of one Baldev Singh it was heavily fired upon by some terrorists from inside one of the rooms. The room was cordoned and HE grenades were lobbed in. As a result the search party recovered dead body of Surnam Singh alongwith one AK-47 Rifle, magazines and ammunitions.

CRPF MT MEN LIFTS TROPHY

The Motor Transport Team of CRPF lifted the overall Championship trophy of the All India Police Duty meet '92 held at Shimla from 29th Oct to 3rd November '92.

Shri N.K. Tewary VSM, DD (Trg.) felicitated the members of jubilant team during his recent visit to CTC-I, Neemuch. The members are:—

SI (MT) Bhuawal Singh, CTC-I (Coach), HC/Dvr. Prakash Chand, CTC-I, NK/Dvr. Krishna Ram, GC II Ajmer (Secured Illrd Position in Light Vehicle Category), Nk/Dvr. Budhram 94 Bn (Secured 1st Position in Motor

Cycle Category), Nk/Dvr. Dharam Raj Singh GC Mokamaghat, (Secured Illrd position in Heavy vehicle Category), HC/Dvr Sadhu Ram 20 Bn and NK/Dvr M. Rahman 73 Bn.



Shri N.K. Tewary, DD (Trg.) and other CRPF officers with jubilant MT team.

TERRORIST COMMITS SUICIDE

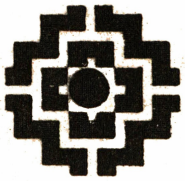
The prompt action of men of 84 Bn forced a terrorist to commit suicide by consuming poision during an encounter on 1st January '93 at Village Malla under PS Jaito, Faridkot.

Naik Mohd. Nasiruddin and four constables of 84 Bn with Punjab police challenged a suspicious person who in turn took his pistol and started firing. But unable to match our men's fire power the terrorist saw no other way except to commit suicide. He consumed poision and died on the spot. One, 32 Pistol was found in his right hand.

CRPF SUB INSPECTOR DIED WHILE SAVING A GIRL FROM MOLESTATION

Sub Inspector Prem Sukh of 14 Bn CRPF posted at Sarchuk, Amritsar on an information rounded up five persons from village Sarchuk who were trying to molest a girl at gun point and saved her from their clutches. Afterwards the culprits were handed over to local police.

Later, SI Prem Sukh with five Jawans while escorting the girl and her uncle to their village Bharatwal were fired upon by militants on the way. In the exchange of fire SI Prem Sukh suffered bullet injury on his head and died on the spot while the militants escaped under cover of darkness.



INTERNATIONAL SECURITY EXHIBITION
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* Personal Protection
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* State Police Forces
* Banks
* Fire Fighting Organisations
* Sea Ports/Air Ports
* Railways
* Manufacturers and dealers of security devices.

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C.R.P.F. JAWAN A KARMA YOGI

By K.K.N. Menon

A CRPF Javvan symbolises for his high dedication to duty. Treating alike pain and pleasure, accepting less comfort and more discomforts in daily life, he moves from one region to the other region of the country at the shortest possible time to face the new challenges created by new and vexed law and order problems and problems affecting adversely the unity and security of the country. At all places, he is welcomed by novel threats and difficult conditions while tackling the volatile situations. In that mission, he is fully merged devoting his body and mind to bring peace and tranquility in the area of deployment. In that process, what kind of trauma and perennial difficulties a CRPF Jawan, is confronted is very less known to the masses. Yes, it is a truth that he silently suffers all the difficulties and concentrates his might in contributing his valuable services to the good cause of the National and well being of the people of all walks of life. Such an attitude on his part, makes him lead the life of a Karma Yogi. Steady and large scale expansion of the Force in the recent past only confirms the magnanimity of the services of CRPF Jawans to the Nation Of late the glory of CRPF jawan did cross the borders of the country while the CRPF was deployed in Srilanka.

Every individual is known for his own work (karma), good or bad, and this natural law cannot be changed. So is the case of CRPF Jawan, who is well known throughout the country for his valour, tough approach to the hard problems, effective handling of law and order situations and above all the humanitarian attempts in rendering help to the helpless victims of the anarchy let loose by the antisocial and anti-national elements and various other calamities including natural calamity. CRPF Jawan has proved much beyond any, shadow of doubt his indelible contribution to the National integration and for strengthening secularism. CRPF is always quoted as an example for high secular values nurtured in its culture.

Swamy Vivekananda's philosophy and spirituality of service cuts across all communal, caste and other differences and shines as a universal spiritual religion or philosophy of life, acceptable as well. This universality arises from its stress on character, on the humanist passion; and on lived spiritual experience, and not on mere belief and dogma. By all means a CRPF Jawan leads the life of a true Karma Yogi and in him we could find the traces of golden principles propagated by Swami Vivekananda. This is very much reminiscent from his very work aspect. Accepting all the troubles and tribulations in the way, the CRPF Jawan, unmindful of these perennial problems, spearheads in his action (karma) to bring peace to the people of his country, as a true Karma Yogi. By practically accepting the life of a Karma Yogi, what a CRPF Jawan achieves in his life is to be seen. Firstly, he is blessed and also gifted with the wisdom to do the right action in right time and in right manner, thus bringing positive and effective results only. So a CRPF Jawan is not an ordinary person. He is perfectly gifted with the wisdom and with the help of his illumined senses, mind and intellect, he uses his wisdom in rightly discharging the duties entrusted to him. Such an attitude of the CRPF Jawan continues to bring laurels to the Force.

Man in his pilgrimage from the womb to the tomb, is incessantly motivated and propelled by two inevitable impulses, namely revulsion to sorrow and craving for joy. A CRPF Jawan cannot be kept apart here and he also deserves joy in his life. But the long stretched duty hours under difficult conditions make him do research to find joy by churning his difficulties wedded with the arduous nature of duties. In this intricate and difficult mission of life, material gain and resultant happiness is, of course, much less in his share compared to the civil society of his stature. Still he tries to carry on his life and looks after his kith and kin holding himself to the subtle string of patience and will power developed from his dedicated execution of duties in the true spirit of a Karma Yogi. So the CRPF Jawan loves his Nation, the people without any yardstick and above all his "duty" and he strictly discharges it to the best of his ability and in real spirit of a Karma Yogi to maintain peace and harmony throughout the country.

Health Column

BLOOD PRESSURE

Dr. L.C. Gupta

Blood pressure, if neglected, can lead to serious consequences such as stroke (Paralysis), heart attack (coronary heart disease), heart failure, kidney failure and loss of eye sight. All these consequences are avoidalbe if high blood pressure is detected earlier properly treated and one changes life style to avoid risk factors.

WHAT IS BLOOD?

Blood is a liquid, red in colour, which circulates in the arteries and veins of humans and higher animals. It transports food and Oxygen to millions of living cells. To push and purify blood, heart works for all the 24 hours and pumps blood through a net work of arteries and veins which cover about 35000 KMs. Heart beats about 100,000 times a day.

It consists of Red Blood Cells, White blood cells beside many other complex chemical compounds.

WHAT IS BLOOD PRESSURE?

It is the force of the blood against the wall of the blood vessels, the arteries and veins in our body. Without a certain pressure blood would not be able to circulate. The pressure is maintained by the continous output of the blood from the heart and the resistance produced by the arteries in the tissues.

HOW BLOOD PRESSURE VARIES?

Blood pressure varies from moment to moment. It rises when we are excited or tense and drops when we are relaxed or asleep. When blood pressure remains high for long time it is known as High Blood Pressure. In some persons, it remains consistently low which may be either a trait in the family or a characteristic of the individual concerned.

WHAT IS NORMAL BLOOD PRESSURE?

There are two readings while measuring blood pressure, systolic and diastolic.

Systolic pressure is the pressure at a moment when heart contracts in the process of pumping out of blood and represents the higher pressure.

Diastalic pressure is the pressure at a moment when the heart relaxes to permit the inflow of blood. Normal blood pressure in adults is around 120 millimeters of mercury or m.m. Hg Systolic and 80 m.m of mercury diastolic.

WHEN IT IS TO BE LABELLED HIGH BLOOD PRESSURE?

Normally, BP changes as per age of the person. For instance a blood pressure of 140, or 150/90 m.m. Hg would be less significant in 60 years old, compared to a 20 year old person.

High blood pressure is a state of sustained systolic pressure equal to or greater than 140-150 m.m. Hg Rise in blood pressure should be sustained for a period of time. Temporary or isolated rise in B.P. is often of no consequence and may result after exercise or tension.

WHAT ARE THE TYPE OF HIGH BLOOD PRESSURE?

There are two types of hypertension and other type is known as Secondary Hypertension'.

In essential hypertension, high blood pressure is present for no obvious reason.

Secondary hypertension may result from one of the other diseases, such as Kidney ailments, harmonal disorders, etc.

HOW BLOOD PRESSSURE HAS BEEN CLASSIFIED?

Certain physicians classify it as:

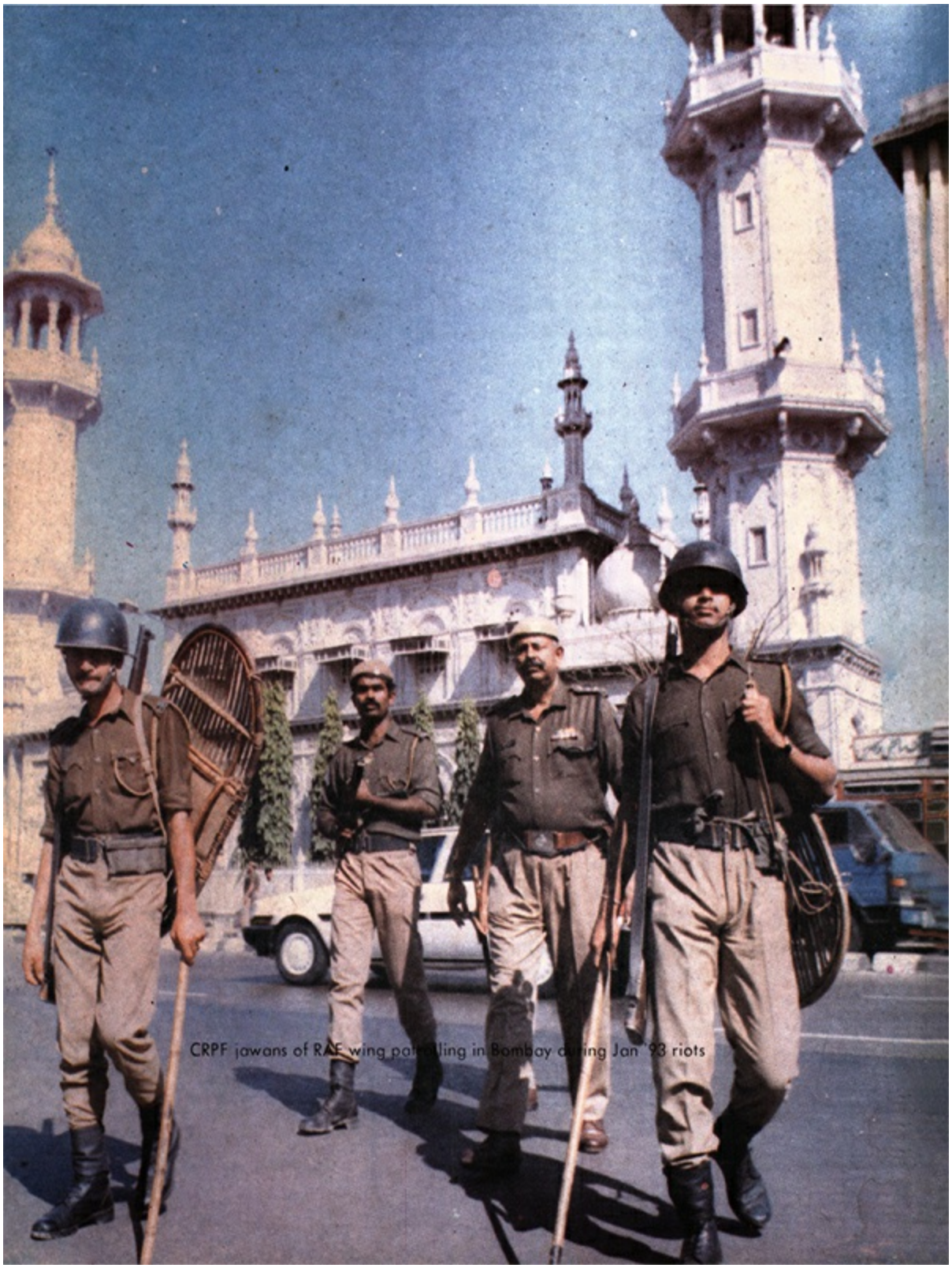
High BP	Systolic m.m Hg	Diastolic m.m/Hg
Mild-High	140-150	90-95
Moderate-High	160	95-105
Severe-High	180-190	115-120
Malignant-High	200-300	130-160

Many of patients do not develop any symptoms in early stage. In long standing cases one may develop persistent headache, dizziness, fatigue, tension and shortness of breath.

(To be concluded...)



DG CRPF and other Senior Officers during Blood Donation Camp at CRPF Dett. Hospital, R.K. Puram



CRPF jawans of RAF wing patrolling in Bombay during Jan '93 riots

CRPF SAMACHAR

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Pix—D.N. Tiwari

Foundation Stone Laid for C.T.C.-III



Shri S.V.M. Tripathi Addl. DG CRPF inaugurating New Drill Shed at CTC-I, CRPF on 21st April, 1993



Shri G.P. Dubey IG (ops/trg) inaugurating indoor Class Room Block at CTC-I CRPF on 25th March’93

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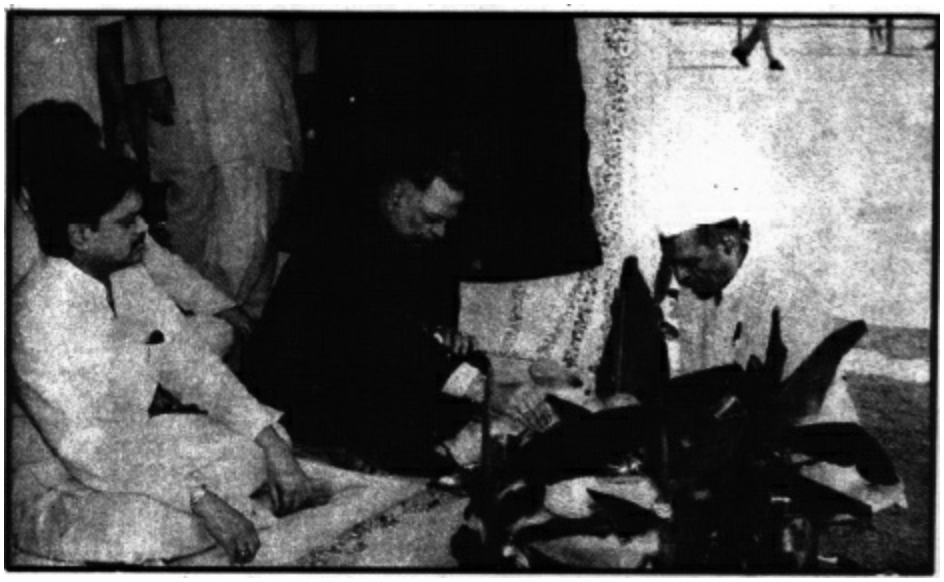
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Editorial

Dear Friends,

We had organised two press trips during February and March. 1993. Media persons were taken to Neemuch and Base Hospital I Jharoda Kalan. This has been done with a view to revive our own memories in particular and public memory in general regarding CRPF's birth place and about medical care that is being provided by CRPF to its officers and men.

Another highlight during this period was laying of foundation stone for CRPF Central Training College III at Mutkhed, Nanded (Maharashtra) by the Hon'ble Union Home Minister Shri S.B. Chavan.

On the sports front, CRPF took part in the 42nd All India Police Games at Lucknow and secured 3rd position out of 24 teams that took part in the games. Our team-wise performance needs much improvement, but in individual events our boys did a commendable job by winning gold, silver and bronze medals. In comparison with last year, individual achievements of our boys give a ray of hope to us for better results next year in the All India Police Games. We wish them all success.

This time in our regular columns, we are presenting History of 46 Battalion and in health column we are dealing with 'Blood Pressure Part-II".

I would like to request all of you to contribute interesting and relevant articles to enrich "CRPF Samachar".



(A.N. SHARMA)

CRPF ITI DELHI CELEBRATES ITS ANNUAL DAY



Shri S.V.M. Tripathi, Addl. DG CRPF and other Senior Officers with prize recipients of I.T.I, at Wazirabad

Shri S.V.M. Tripathi, Addi. Director General CRPF presided over a simple but impressive annual day function of CRPF Integrated Technical Institute (ITI) Delhi on Feb. 20, 1993.

Addressing the students Shri Tripathi called upon them to update their technical knowhow every now and then to catch up with the rapidly changing scenario in the technical field. He complimented the students who made marks in their technical field in various trades.

Shri Tripathi also gave away prizes to the meritorious students and winners in athletics and games.

All round Best student trophy went to Shri Rajender Singh of Motor Mechanic (Ilnd year). The running shields for Best Workshop and Best Hostel were bagged by Motor Mechanic Trade.

NEW DD (ADM)

Shri B. Chakrabarti, DIGP joined CRPF HQ as Deputy Director (Adm) on April 26,1993. He is also holding additional charge of DIGP, CRPF, Calcutta Range.



Shri B. Chakrabarti

Shri Chakrabarti, an MA in Economics from University of Calcutta joined CRPF in 1963 as a Directly Appointed Gazetted Officer. He has varied experience of serving in various parts of the Country and has served in as many 19 States/UTs. He commanded several Battalions and one of the Battalions commanded by him had received Best Battalion Trophy for three consecutive years. He was the first Commandant, Gauhati Group Centre. The other important assignments held by him are Assistant Director in the Office of IGP S/III (presently Northern Sector). Additional DIGP, Rampur and Avadi, DIGP Agartala, Aizwal, Ferozepur and Calcutta.

Shri Chakrabarti has attended many highly professional courses such as Advanced Criminology Course and Police Community Relations Course in the Institute of Criminology and Forensic Science, Senior Officers' Course at National Police Academy, Course on Management for Public Enterprises and Advanced Course on Materials Management in Indian Institute of Public Administration and Course on Special Programme on Management in Government for Senior Government Officers in the University of Delhi.

As Deputy Director in Internal Security Academy, Mount Abu he trained three batches of Directly Appointed Gazetted Officers.

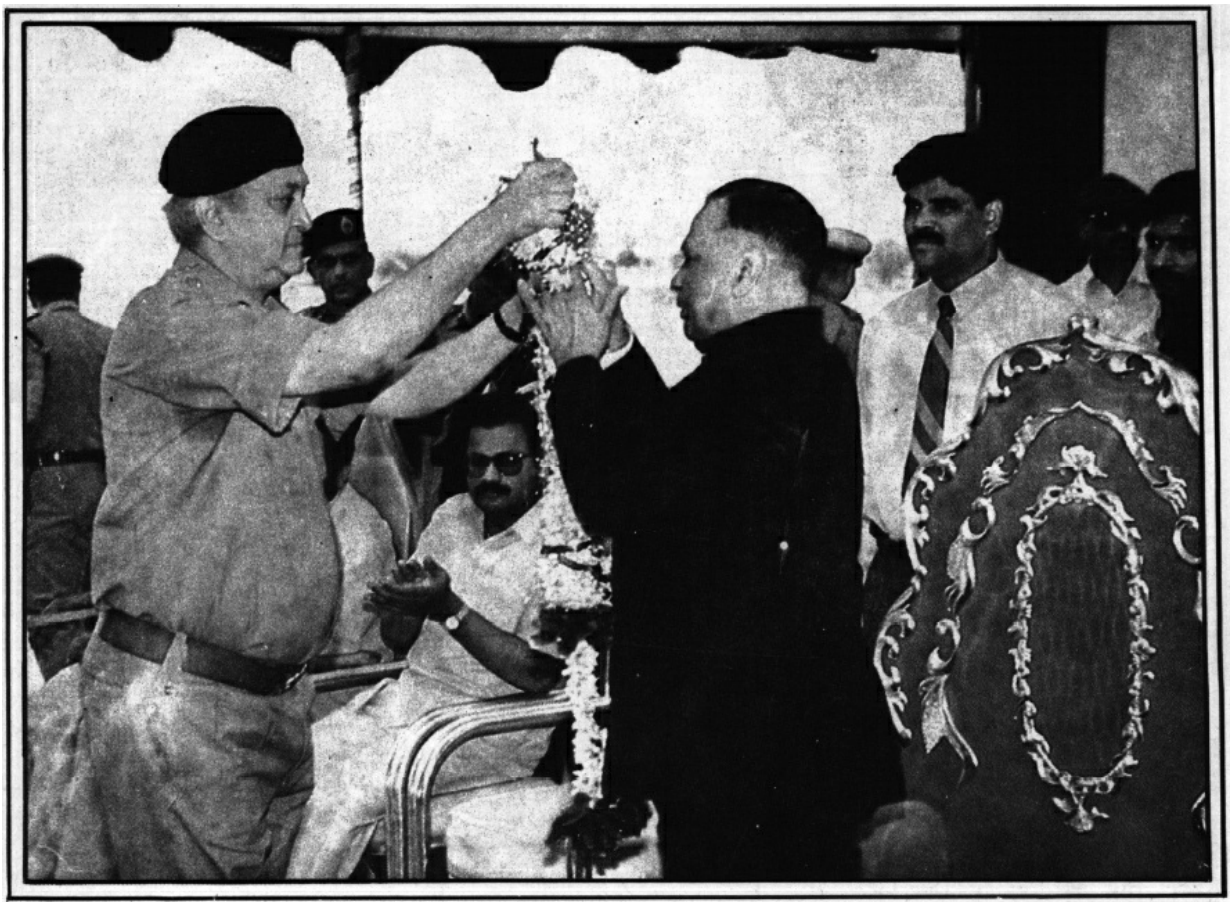
Shri Chakrabarti takes interest in studies of Management and

Behavioural Science. He is interested in literature and knows Hindi, English, Bengali and Sanskrit.

Shri Chakrabarti has organised many blood donation camps and has himself donated blood on several occasions to the Red Cross Society. He along with his wife have registered themselves as Donors for the gift of eyes to the Nation.

He is enthusiastic about environmental protection and has talked to students in many schools about environment.

CHAVAN LAYS FOUNDATION STONE OF CTC III AT NANDED



A traditional welcome by DG CRPF D.P.N. Singh to Shri S.B. Chavan Union Home Minister before the foundation stone laying ceremony at CTC-III Nanded.

Nanded, a small town in Maharashtra placed itself in CRPF's map when Shri S.B. Chavan, Union Minister for Home Affairs laid foundation stone for Central Training College III on April 5, 1993.

Addressing the audience, Shri Chavan called upon the CRPF to take care of changing needs of security while training the officers and men in view of increasing terrorism and communalism in the country. The Minsiter wanted that the trainees should be told that khaki uniform was their religion and they have to protect one and all irrespective of cast, creed and religion.



Shri Chavan performing Bhoomi Puja before laying the foundation stone



S.B. Chavan Union Home Minister alongwith senior CRPF Officers and other VIP's

Shri Chavan further said that the Police Forces must function in a non-discriminatory manner and it was most regrettable when one force is replaced by another during the riots on the complaints of people.

In his welcome speech, Shri D.P.N. Singh, DG CRPF assured the Home Minister that the CRPF will continue to work tirelessly for the unity and integrity of the country.

The function was attended by a large number of VIPs including Ministers of Maharashtra Government, Shri Vidas Rao Desmukh, Revenue Minister, Ashok Rao Chavan, Minister of State for PWD and Madav Rao Kimalkr, Minister of State for Home, Revenue and Cooperative and Senior CRPF Officers.

The around 12 crore rupees project will take three to four years to complete and it will train around 600 persons at a time. It will also conduct around 13 courses in various categories. The 1st and IInd Central Training Colleges of CRPF are located at Neemuch and Avadi respectively.

NEEMUCH—BIRTH PLACE OF CRPF

—A. N. Sharma



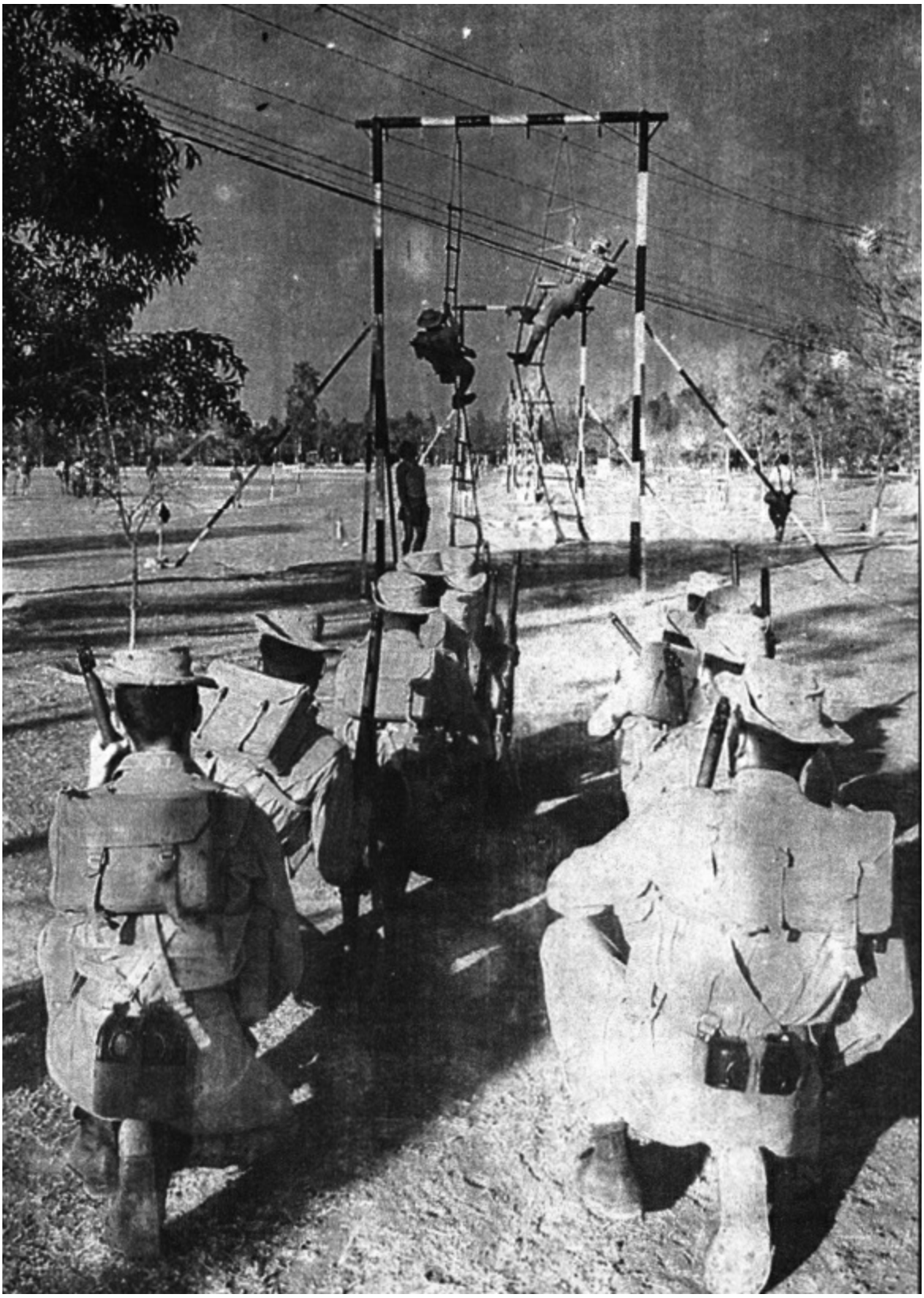
CRPF Personnel training with LMG at RTC-I Neemuch

A press party was taken to Neemuch from February 14 to 18, 1993 by me where the party was briefed by Shri D.R. Karthikeyan, Inspector General of Police, Southern Sector on various training aspects of CRPF. On this basis a report is being published hereunder for the benefit of the Force personnel:

Neemuch—this small town on the Rajasthan-Madhya Pradesh border, may not have much to offer for an ordinary citizen except abundance of

limestone and opium fields. But for the CRPF a visit to this place is a no less than a pilgrimage—it being the birth place of the Force It is spread over an area of over 2693 acres; The name Neemuch is derived from Northern India military artillery command headquarters (Nimach).

This otherwise a quiet township, reverberates with the sound of gunfire as hundreds of recruits undergo extensive training at the Central Training College of the CRPF before being inducted into the force.



A scene of obstacle training at CTC-I

“The CRPF is modernising its weaponry extensively and modifying its combat techniques to suit its changing needs with every jawan trained to adapt the new skill. From the older .303 rifles to the modern day light machine guns, the force has always been acquiring modern weapons to keep itself in tune with the times”, Inspector General of CRPFs Southern Sector D.R. Karthikeyan told the visiting journalists.

He said the force is training the personnel with the modern combat techniques—both armed and unarmed to enable them to face any situation.

It has become a premier paramilitary force in the country organised and trained on military lines and constantly on the move to disturbed areas in the country.

From a humble beginning in Neemuch in 1939 as the Crown Representative’s Force and rechristened to its present name after independence, “CRPF has grown 129 battalions strong with about 1.60 lakhs personnel and have carved itself an identity of being a stabilising force.

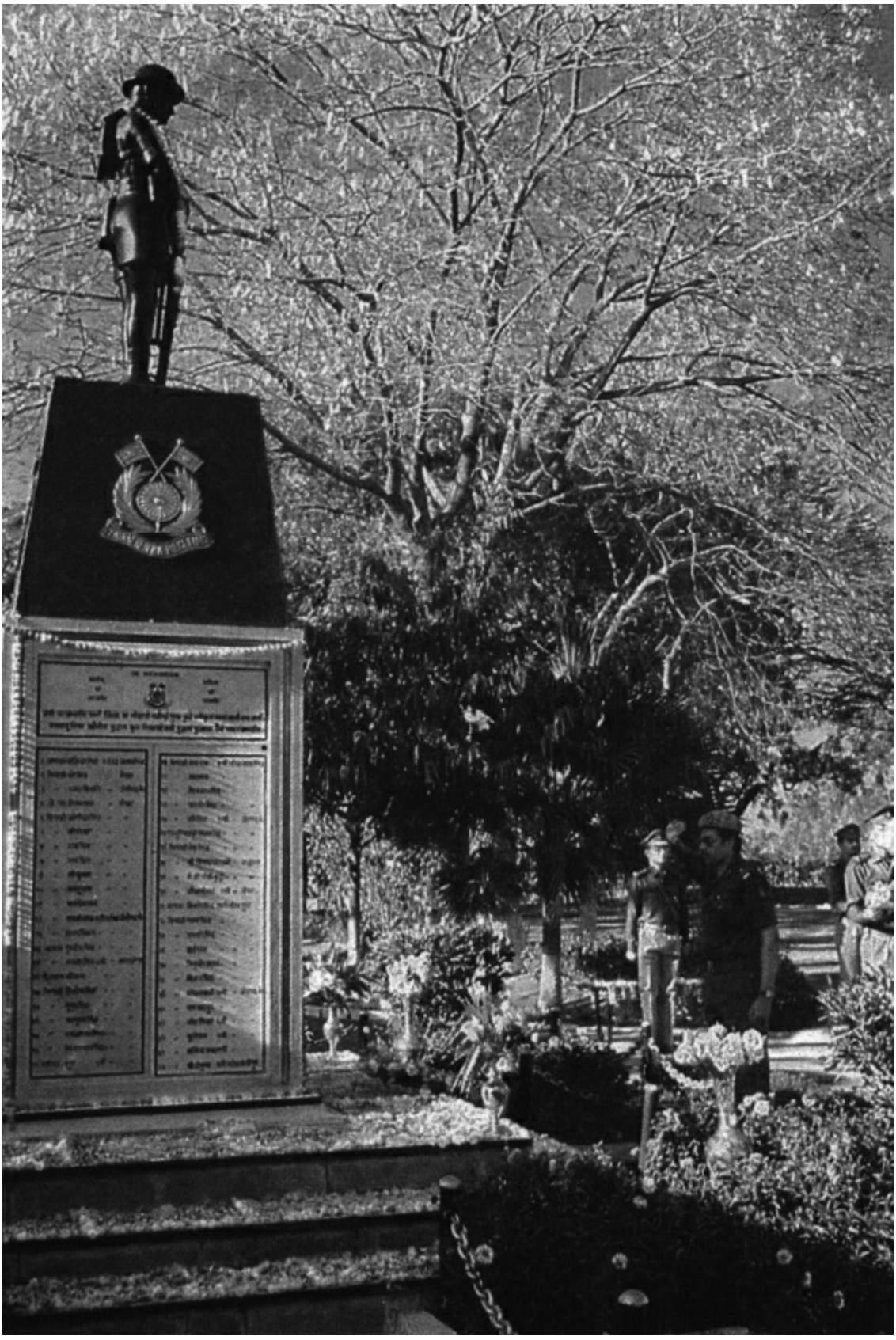
Mr. Karthikeyan told that jawans are mentally tuned for tough tasks through rigorous training and act with alacrity wherever and whenever their services are needed.

Everyone in the force concur with him. They feel that morale, motivation and weaponry form the essential ingredients of the 36 weeks jawan training at the four recruits training centres (RTCs) all over the country.

Twenty-year-old Venkatesh from Andhra Pradesh, a trainee at the RTC Neemuch feels the training is real to the situation and the instructors follow a balance between rule and liberty “which makes me feel emotionally attached to the Force.”

Besides state-of-the-art weapons training, the personnel undergo periodic refresher courses; in modern warfare and there are eight training reserve. battalions for this purpose.

To tackle situation from time to time, organisation have been created out of or under the force. For instance, the Indo-Tibetan Border Force (ITBP) is a offshoot of CRPF formed after the Chinese invasion in 1962.



Shri D.R. Karthikeyan IGP S/S paying homage at Martyr's, Memorial Neemuch

The Rapid Action Force (RAF) created in October last year is a part of CRPF. Only personnel who have put in at least three years of service are inducted into the force specially created to tackle riots in the country.

After 36 weeks reorientation course which includes special training in social interaction with people, first aid and fire fighting, the RAF is ready with zero response time to deal with riot affected areas with their theme, "hum peheredar aman ke" (we are the guardians of peace).

In 1818 Gen Octorlony established his office and to effectively deal with the local dacoits, jagidars and the 'pindari' thugs, constructed a fort in 1819.

During the 1857 Wan of Independence, the Indian troops attacked the fort and looted the Government treasury. However, later British forces, under the command of Capt. Lloyd recaptured the fort. In 1939, the Government established a force to take over the duties of the British forces deployed in Neemuch. The force, known as "Crown Representatives Police", was trained on military lines and went to the aid of civil power in the princely states. Major J.F. Peart then headed the force which was composed on communal lines comprising Hindus, Sikhs, Muslims and Christians.

Immediately after the Independence, the Crown Representatives Police was redesignated as the "Central Reserve Police Force."

In 1949, the CRPF Bill crystallised the then Home Minister Sardar Patel's dream of re-orienting the force. In 1950s the CRPF was decorated with colours by the then President of India. The CRPF played a very important role in the 1962 Indo-China war and 1965 and 1971 Indo-Pak conflicts.

Irrespective of the pressure faced by the CRPF, it has been constantly demonstrating its flexibility in tackling the problems in Punjab, Assam, Jammu and Kashmir, and as part of the Indian Peace Keeping Force (IPKF) operations in Sri Lanka. The force has also rendered laudable service in putting down communal riots in various parts of the country.

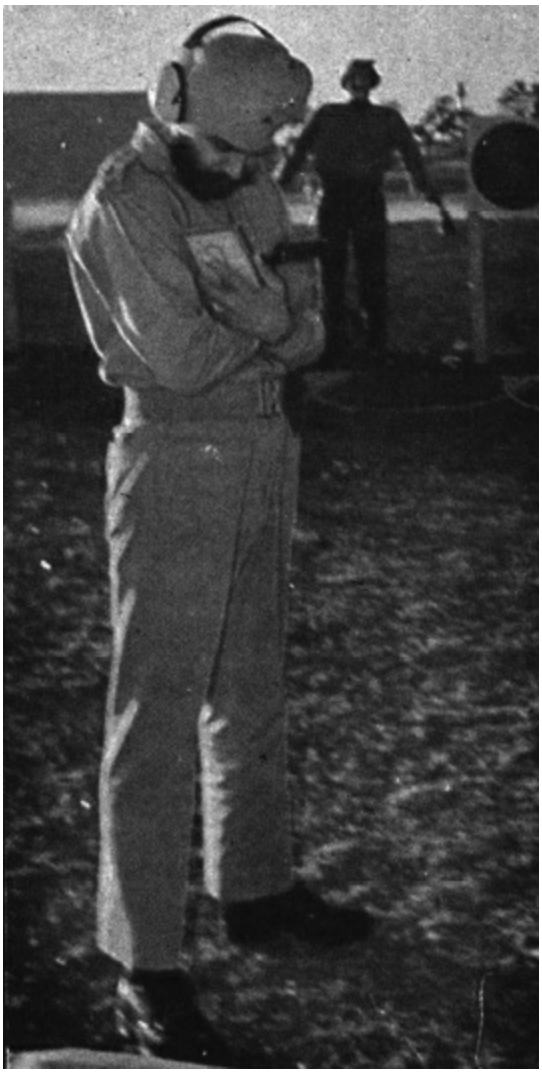
In order to provide the force with effective training, a Recruits Training Centre (RTC) was established in 1968. The RTC imparts training to CRPF recruits in handling of fire arms and other sophisticated weapons. Psychological sessions are also held to mentally toughen the jawans during odd situations.

The fire control training consists of four phases that is delayed fire control order, full fire control order, opportunity fire control and brief fire control order.

The RTC also provides training to commandos of the special secretariat force meant for VIPs as also to jawans from various state police forces.

After graduating from the RTC following a 36 week rigorous training course, the jawan becomes a constable after which he has the option to join theforce for professional and promotional training at the Central Training College (CTC), Neemuch which was set up in 1960 to provide training to inservice officers of the force in unarmed and armed combat techniques.

The CTC conducts training in weapons, tactics, physical training and promotional training for senior and junior cadres. The jawans are also trained in ambush and nakabandi duties through enactment of real life situations the force encounters in various parts of the country. The jawans are taught how to move about in the jungle and militant infected areas and how to react to a situation where an ambush has been laid or where blockade is to be set up to nab the militants or other anti-national elements.

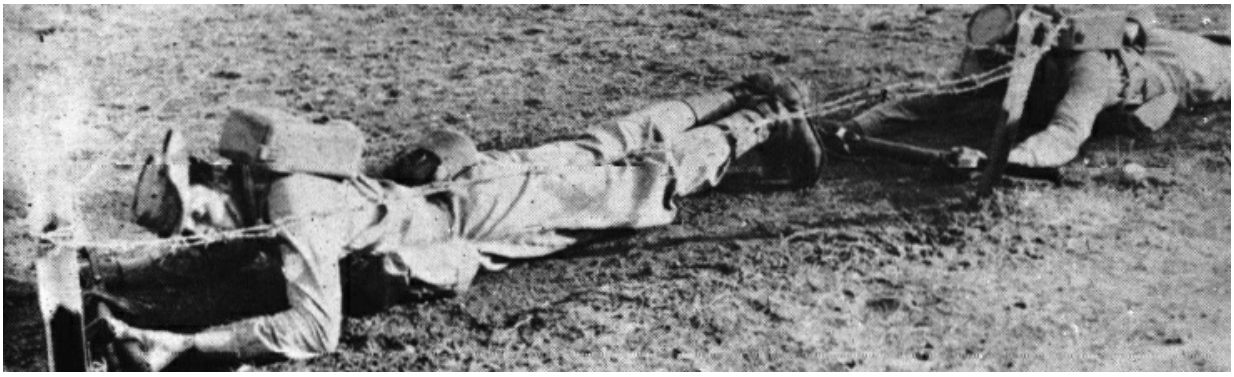


Shri T.S. Dhillon Comdt. exhibiting his shooting skills

The CRPF which already boasts of one of the best communications network second only to the defence forces, has begun the process of upgrading its systems. This responsibility, Mr. Karthikeyan said, has been entrusted to the 4th Signal Battalion stationed at Neemuch. This battalion was raised in 1985 to provide communication to units deployed in Punjab, Rajasthan, Madhya Pradesh, Gujarat, Dadra and Nagar Haveli.

Besides plans are afoot to link all DIG Headquarters with satellite channels through data system, installation of automax to reduce the time of transmission of .messages, on-line secrecy devices to clear classified messages directly, increased use of on-line data transmission upto battalion level and acquisition of ultra high frequency sets to reduce burden on the present very high frequency sets.

It is being felt that in view of. the increasing pressure on the force and its constant requirement for curbing the disturbances on the domestic front, the force should be strengthened with induction of more battalions which at present stand at 129.



Trainees Crossing through barbed wires as a part of obstacle Course

MEDICAL SET UP IN CRPF

—A. N. Sharma



The mobile offtien in action depends to a great extent on the assured medical back up in an operation. That is why all Armed Forces world over insists on Medical Officers to accompany the men in the field, fighting troops pay due obeisance to a badge of Red Cross even in thick of battles.

CRPF is fighting every day all over the country for the integrity and internal security of our country. To meet the growing needs of the Forces and challenges, the Govt, of India has provided a separate medical cadre to CRPF since early seventies. Today, there are about 100 specialist doctors in various fields working in CRPF Hospitals all over the country treating not only the jawans but also providing medical cover to their families.

At present CRPF is having three 100 bedded Hospitals at Delhi, Hyderabad and Guwahati, three 50 bedded Hospitals at Jammu, Ajmer and Neemuch, 40 bedded Hospitals at each of 18 Group Centres and 10 bedded Hospitals with each duty Battalions.

The Base Hospital, Delhi is the premier institution and imparts all specialised medical cover having specialised Medical gadgets like

Ultrasonography, Autoanalysor, Ventilator, Operative Microscope, Audiometry, Automatic ECG machine etc. It shoulders the burden of casulties and referred cases from the whol of North India, especially from Punjab and J&K. It also receives referred cases from all parts of the country including other Base Hospitals for specialised care at Delhi.

Personnel of the CRPF, victims of many a frontline operation against militants, recuperating at the Base Hospital on the outskirts of the Capital, recounted their tales—valour and woes—to a. media team which visited the hospital on 19 March 1993.

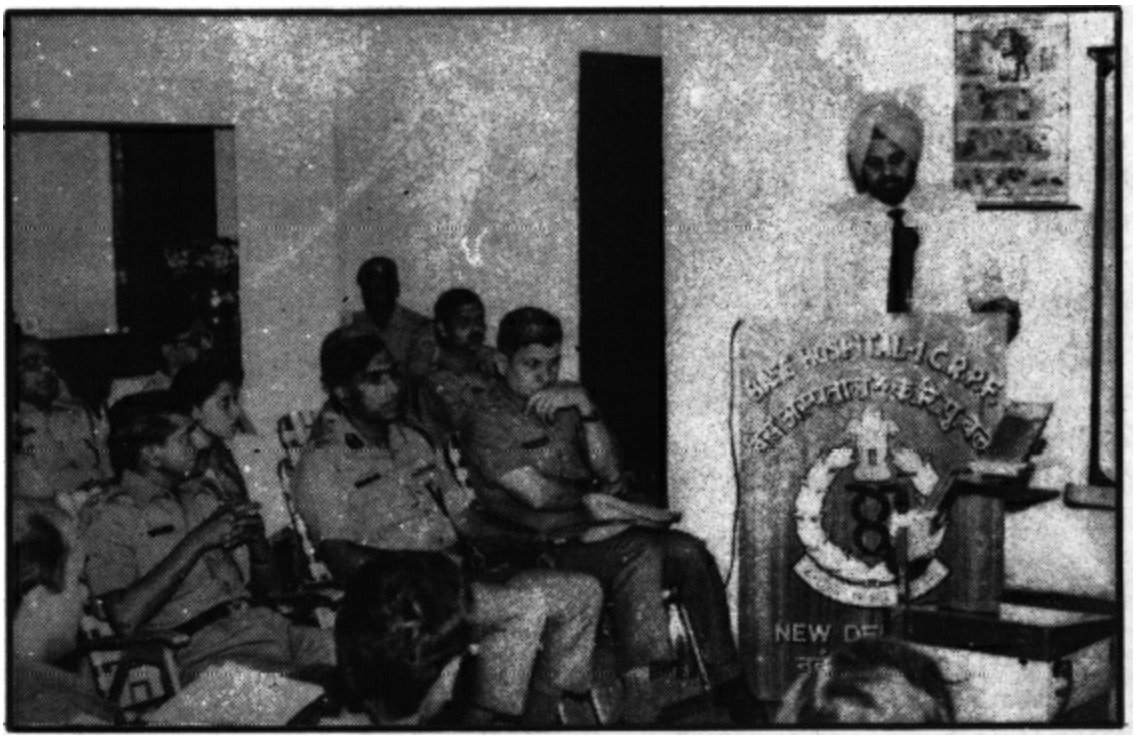
Though Base Hospital I, CRPF, New Delhi is a 100 bedded Hospital, it caters to 400-500 OPD and 120-130 indoor patients daily. This Hospital is extending specialised services in Medicines, Surgery, Gynaecology, TB and Chest Disease, Psychiatry Paediatric, Orthopaedic, Eye, ENT and Skin and VD alongwith services of Anaestheoilogy, Pathology, Radiology and Ultrasonography. During the period 1990-92, this Hospital treated 397 seriously wounded patients received from the operational areas of J& K and Punjab while 762 major and 2451 minor operations were performed.

For the purpose of family welfare programme, this hospital is recongnised by the Director General, Health Services, New Delhi. Besides distribution of contraceptives, the hospital have undertaken 179 Sterilisation Operations in last three years (1990 to 92). The open cafeteria system of distribution of Nirodh and pills are also available.

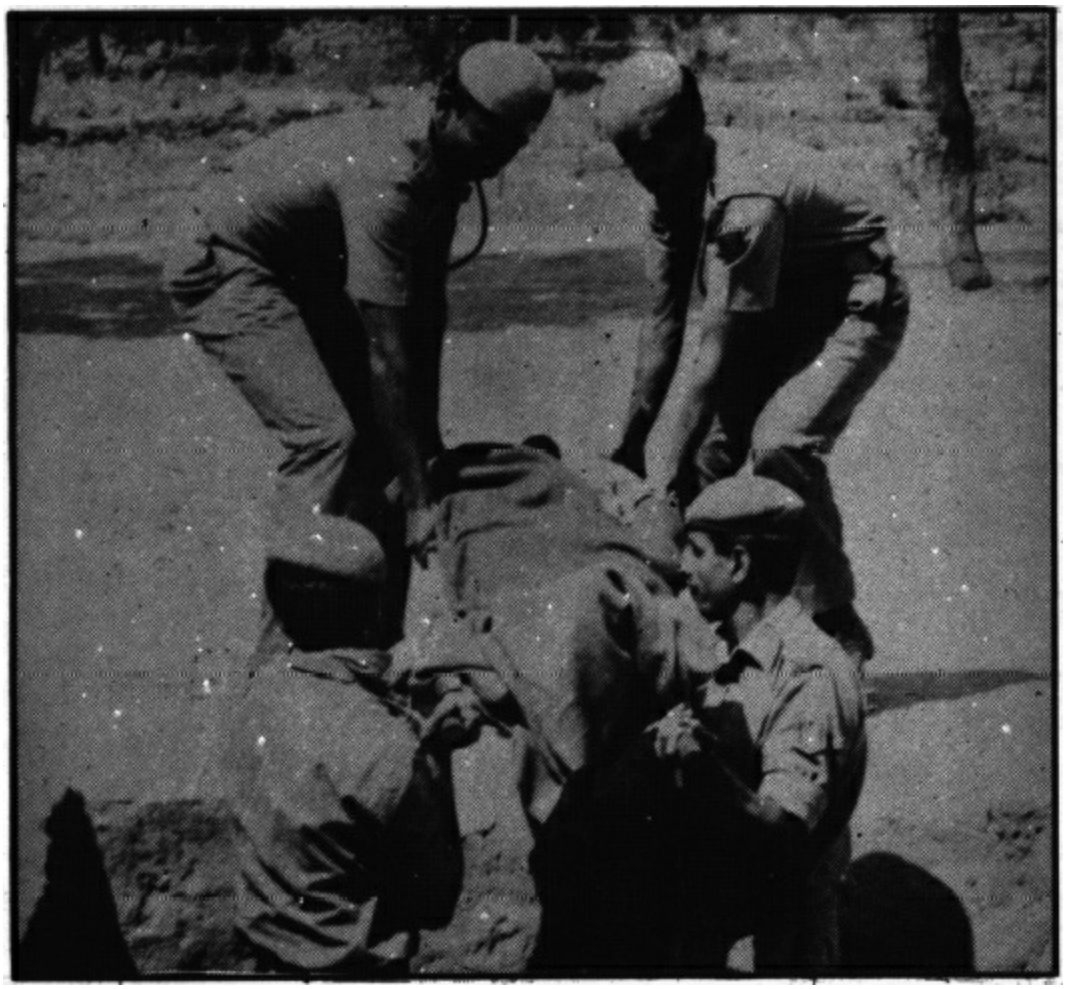
As a preventive measure this hospital has contribution to Immunisation activity as under:-

Civic Action Programme-Medical Cover to Civilians

As there is no other well equipped Hospital available in Najafgarh-Bahadurgarh Road, almost everyday accident injury cases report to this hospital. This Hospital also imparts medical cover to civilians in emergency cases and urgent delivery cases. During last three years 327.injured cases and 21 delivery cases of civilians have been attended at this Hospital. Free immunization cover is also being given to children from all nearby villages who report to this hospital.



Shri Joginder Singh IGP N/S briefing Press persons on medical set up in CRPF



A victim being evacuated to Hospital in a demo given by BH-I staff

Field Hospital Srinagar

This Hospital has equipped the Hospital specially created at Rambag in J&K to cope up with the injury cases and 4 Senior Medical Officers are always available for the purpose there.

Shamarhi

From Base Hospital I, one medical team consisting of 4 doctors, hospital staff with medicine rushed to Sitamarhi in Bihar riot affected area and rendered medical cover to 7,626 persons.

Punjab

In Punjab our Doctors are extending medical cover to the Civilians

besides attending to our own casualties. This hospital is Keeping ready a contingency stock of medicines, equipment along-with Doctors and staff to meet such exigencies whenever required.

Professional Training

This hospital is regularly undertaking a Para Medical Course of 3 months duration comprising of 20 Constables in each batch round the year. This is to augment the first aid and emergency medical cover in the forward field formations and in the remote operational areas. Sc far, 780 personnel have been trained.

Health Education

One close circuit TV network has been installed in all sections of the Base Hospital in which various educational materials are shown for 3 to 4 hours daily.

CRPF specialist Doctors constantly visit various Units at Delhi to impart health education as preventive measures including AIDS, TUBERCULOSIS, MALARIA, ENCEPHALITIS and other communicable diseases and family welfare measures.

CRPF Doctors visit the various training institutions of the Force, including the Internal Security Academy at Mount Abu to deliver lectures.

Blood Donation Camps

As a humanitarian gesture, Blood donation from CRPF is a regular phenomenon. During last 3 years this Base Hospital has organised 4 (four) massive blood donation camps arid in toto 2,225 men and women donated blood to the Indian Red Cross for the suffering humanity.

As a part of composite hospital scheme to provide medical cover to all central police organisations, the Government recently sanctioned one new hospital and upgradation of three hospitals in the CRPF. While the new hospital would be constructed in Mizoram, the hosptials in Jammu, Nagpur and Rampur would be upgraded.

Six medical, officers of the CRPF were decorated with meritorious service medals, while 11 medical , officers, one Pharmacist and one Nurising Assistant were awarded the DG’s Commendation Disc for

excellent services in their fields.

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

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7.	Names and address of individuals who own the newspaper and the partners or share holders holding more than one percent of the total capital.	—	Director General, Central Reserve Police Force, Block 1, KK Parisar, Lodi Road, New Delhi - 110003.

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

Date : April 30, 1993

Sd/-A. N. Sharma
Signature of Publisher

CRPF PERSONNEL AWARDED IN ALL INDIA HINDI COMPETITION



Shri V.C. Shukla Hon'ble Minister for Water Resources and Parliamentary affairs Presenting trophy to S.K. Srivastava of GC Rampur

Hon'ble Minister for Water Resources and Parliamentary Affairs, Shri V.C. Shukla presented trophies/prizes to four CRPF personnel who have secured positions in All India Hindi Competition conducted by the Central Secretariat Hindi Parishad during 1992-93 at a function conducted in New Delhi on March' 12,1993.

Shri Santosh Kumar Srivastava of GC Rampur was awarded with a Gold Medal and a Trophy for securing Ist position in 27th All India Hindi Correspondence Competition. Shri Karamvir of GC Bhubaneswar secured Ist position in Hindi Typing compeition, Shri K.D. Patial of GC Pinjore secured third position in Hindi correspondence competition while Shri R.P. Singh of 126 Bn CRPF secured third positionin Hindi typing and drafting competition.

59 ULTRAS APPREHENDED

The CRPF apprehended 59 ultras while 25 others got killed in as many as 17 encounters from all over the country including Punjab and J&K during the month of March 1993.

The Chief of International Guerilla Force of Khalistan of KLF Balwinder Singh Mulawala; self styled Lt. Genl. of Khalistan Armed Force Harwant Singh alias Kanwaljit alias Fauji Gurmej Singh-, self styled Area Coindr. of KAF Lakhwinder Singh alias' Lakha alias Langra and , Lt. General Khalistan Commando Force Jagga Singh were among the hardcore terrorists killed during the month.

During the above period CRPF seized 59 weapons and large quantity of ammunition which includes 10 AK47 Riflfes, one AK56 Rifle,. 17 Pistols/Revolvers four Rifles, one Sten Gun, four General Purpose Machine guns, four Mouser Pistols, two Rocket Launchers and one Self Loading Rifle.

In the above encounters CRPF lost one of its jawans and seven others got injured.

THEY ARE NO MORE

We offer our deep condolence to the grieved families of following CRPF personnel who lost their lives during the month of March 1993.

Lance Naik S.P. Mukherjee (74 Bn), SI P.D. Kolekar (78 Bn), Const. Suresh Yadav (21Bn), Const. Ansari Ahamed (39 Bn), Safai Karamchari (Hosp) K.G. Rangmai (GC DMP), Const. Jyothi Prakash (78 Bn), Naik Sukhu Singh (2 Bn), L/Naik/Dvr. V.K. Bali (44 Bn), Female Staff Nurse Miss Sherefa (BH I), Const. Yogender Kumar (62 Bn), Cook Suresh Kumar (97 Bn), Naik Anni Singh (73 Bn), Const. G.C. Baruah (53 Bn), Inspector Chandrama Rai (126 Bn), Const. Sanjay Kumar Singh (36 Bn), Coast. Shree Chand (GC II Ajmer), HC Hardev Sing (50 Bn), Cook Muthu Swamy (109 Bn), Naik Ganesh Tiwari (28 Bn), SI Rajnath Singh (9 Bn), Const. Vipat Mishram (84 Bn), HC Ramakant Singh (60 Bn), Const. P.C. Paul (6 Bn), CT/RO K.B. Hatekar (4 Sig Bn), L/Naik Gajraj Singh (67 Bn) and Const. Manoj Kumar (64 Bn).

RISK FUND

A total of Rs. 9,80,000 has been paid to next of kin of 28 CRPF personnel who died during the month of March'93. This includes Rs. 10,000 from Central Welfare and Benevolent Fund in each case. Another sum of Rs. 15,000/- was sanctioned for one invalidation case.

CRPF ATHLETE WINS BEST ATHLETE AWARD IN 42ND ALL INDIA POLICE GAMES

By A.N. SHARMA



Shri B. Satynarain Redely, Governor of U.P. taking salute of CRPF contingent at the 42nd All India Police Games

Shri Rajender Singh of CRPF was declared the Best Athlete in men's section in 42nd All India Police Games and Athletics Meet which concluded at Lucknow on February 28, 1993.

In team championship, the CRPF was third with 142 points while BSF with 189 points and Punjab Police with 175 points were first and second

respectively.

In the women's category Punjab Police was first while CISF and Bihar secured second and third positions respectively.

The Guest of Honour on the concluding day was Shri RajesH Pilot, Union Minister of State for Internal Security. He also distributed prizes to the winners. The Chairman of All India Police Sports Control Board Shri C.G. Vaidya, Director IB present on the concluding function declared the meet closed.

The 42nd All India Police Games was held from February 21 to 28,1993 at Lucknow under the aegis of Uttar Pradesh Police.

The Athletic Meet was inaugurated by Shri B. Satyanarain Reddy, Governor of Uttar Pradesh at a well organised function by UP Police with a lot of fanfare and by releasing white pigeons and baloons. The opening ceremony was adorned by PT/Malkhamb dispaly and cultural programmes.

24 Police teams representing various States, Union Territories and Paramilitary Organisations participated in the games. They were, BSF, Bihar, Andhra Pradesh, CRPF, CISF, Delhi, Gujarat, Haryana, Himachal Pradesh, ITBP, Jammu & Kashmir, Karnataka, Kerala, Madhya Pradesh Maharashtra, Manipur, Orissa, Punjab, Rajasthan, RPF, SSB, Jamil Nadu and Uttar Pradesh.

The highlights from the CRPF point of view of this Police Games were the better performance by CRPF in Athletics as far as Medal haul is concerned and poor performance in the games as compared to last year. This time CRPF won more gold medals than last year. The best athlete Shri Rajender Singh and fastest athlete Shri R,S. Sharma, both were from CRPF. The CRPF secured six gold, four silver and two bronze medals in the, athletics.

In the games section, CRPF secured runnersup trophy in Kabaddi fourth position in Basketball and Gymnastic, third position in Judo and Fourth position in Wrestling. Constable Chandu Kov got silver medal in Gymnastic (Vaulting Horse Event), HC Jagbir Singh got silver medal in Wrestling (52 Kg weight category). In Judo we got one gold; one silver and two bronze medals.

For the first: time, in the women's section CT Sheeja Molof CRPF got bronze medal in High Jump.

The complete results of athletics are as follows: **100 Mtr Race (Men)** : R.S. Sharma-Ist (CRPF), Gurvinder Singh-IInd (Punjab), Ram P. Joseph-IIIrd (Kerala), RamPhool-IVth (Punjab), S. Anand-VIth (CISF) and A.C. Thangappa-VIth (BSF), **400 Mtr Race (Men):** Amarjit Singh-Ist (BSF), Jata Shankar-IInd (BSF), Harjinder Singh-IIIrd (Punjab), Harmeet Singh-IVth (Punjab), Ramesh Singh-Vth (UP) and Parmajit Singh-VIth (CRPF); **800 Mtr**



CRPF Pole Vaulter In action



Mahila Constable Sheeja Mole of CRPF winner of Bronze Medal in High Jump in the 42nd All India Police Games in action.

Race: Harmeet Singh-Ist (Punjab) R.P. Patel-IInd (MP), Jaswant Singh-IIIrd (Punjab), Azad Mohd.-IVth CCRPF), Ram Posh-Vth (CRPF) and Sudhakar Prasad-Vlth (BSF); **1500 Mtr Race:** Ranjit Singh-Ist (BSF), Ram Pratap-IInd (MP), Kulwant Rai-IIIrd (Punjab), Kashmiri Lal IVth (ITBP), J. Joseph-Vth (Kerala) and Karan Singh-VIth (CISF); **5000 Mtr Race**: Ram Karan-Ist (CRPF), Madan Singh-IInd (BSF), Murli-IIIrd (Tamil Nadu), S.L. Ahluwalia-IVth (Maharashtra), Lavan Kumar-Vth (Punjab) and Arun Paul-VIth (ITBP); **1,0000 Mtr Race:** Madan Singh-Ist (BSF), Ram Karan-IInd (CRPF), Lavan, Kumar-IIIrd (Punjab), Murli-IVth (Tamil Nadu), Satpal-Vth JPunjab) and Arun Paul-VIth (lTBP); **Marathon Race:** Yaswant Singh-Ist (BSF), Pradeep Singh-IInd (CISF), Amar Kumar Yadav-IIIrd (Bihar), Mukhbinder Singh-IVth (Punjab), AA. Desai-Vth (BSF) and Tara Singh-VIth (Punjab); **Decathlon:** Dharmpal Singh-Ist (BSF), A.D. Ganapathi-IInd (CRPF), T.P. Robert IIIrd (CISF), Gamdoor Singh-IVth (Punjab), Hairvinder Singh-Vth (Punjab) and Ajit Singh-VIth (BSF); **400 Mtr Hurdles:** Rajinder Singh-Ist (CRPF), R.V. Raju-IInd (Kerala), Charan Ram-IIIrd (BSF), Rejendra Singh-IVth (Punjab), Balkar Singh-Vth (Punjab)

and Roy Jacob-Vlth (CRPF); **Shotput:** Manjeet Singh-Ist (Punjab), Avatar Singh-IInd (BSF), Gurmeet Singh-IIIrd (BSF), Iqbal Singh-IVth (Punjab), Raghubir Singh-Vth (CRPF) and Babu Mathew-VI (Kerala); **Hammer Throw:** Sudhir Kumar-Ist (CISF), Om Prakash-IInd (CRPF), Anup Yadav-IIIrd (CISF), Jagbinder Singh-IVth (Punjab), Bhupendra Singh-Vth (Punjab) and Pradeep Kumer-Vlth (CRPF); **Discuss Throw:** Shakti Singh-Ist (CISF), Manjeet Singh-IInd (BSF), Bahadur Singh Illrd (Bihar), Deo Kumar Rao-IVth (Bihar), Kuldeep Singh-Vth (BSF) and Vipin Kumar-VIth (CRPF); **Long Jump:** M.B. Sadasivam-Ist (Kerala), C. Kunjumon-IInd (BSF),Nanvat Kujur-IIIrd (Bihar), P.V. Wilson-IVth (Kerala), A.D. Ganapathi-Vth (CRPF) and H.M. Mehto-VIth (CRPF); **Pole Vault:** Prabhajot Singh-Ist (CRPF), M. Rajan-IInd (Kerala), Vijai Pal Singh-IIIrd (Delhi), M.P. Sajmon-IV (CRPF), V.R. Baby-Vth (Kerala) and Mange Ram-VIth (BSF); **Triple Jump:** Reshwar Sahu-Ist (Bihar),B.S. Vinod-IInd (CISF), T.M. Martin Illrd (Kerala), Prem Chander Singh-IV (Bihar), K Rajendran-Vth (BSF) and Parminder Kumar-VIth (Haiyana); **High Jump**: P. Ajai Kumar-Ist (Kerala), Ranjan Deo Nath-IInd (BSF), John K.T.-IIIrd (BSF), Mahinder Singh-IVth (Punjab) and P. Prakashan-Vth (Kerala); **4x100 Mtr Relay Race**: Punjab-Ist CISF-IInd, CRPF-IIIrd, Kerala-IV, BSF-Vth and Bihar-VI; **Javeline Throw:** Satbir Singh-Ist (Punjab), Daljit Singh-IInd (Punjab), Yusuf Khan-IIIrd (Bihar), Balbir Singh-IVth (BSF), Suresh Kumar-V (BSF) and Sanjai Singh-VI (UP) **4x400 mtr Relay Race:** BSF—1st, Punjab-IInd, CRPF-III; **3000 Mtr Steeple Chase:** Shamshuddin-Ist (CRPF), Amritpal Singh-IInd (CRPF) and Sarwan Dass-III (BSF); **110 Mtr Hurdle:** Rajendra Singh-Ist (CRPF), P.K. Rath-IInd (CISF), M. Radhakrishnan-IIIrd (BSF); **200 Mtr Race:** Harjinder Singh-Ist (Punjab), Amarjit Singh-IInd (BSF) and Ram Bhup-IIIrd (Punjab);

IGP N/S INAUGURATES QG BARRACK



Shri Joginder Singh IGP N/Sector inaugurating Barrack for quarter guard at 19 Bn CRPF New Delhi

Shri Joginder Singh, Inspector General of Police, N/Sector inaugurated a barrack meant for Quarter Guard on April 13, 1993 at 19 Bn CRPF, New Delhi. This is one of the biggest barrack made by CRPF so far in the recent months. Its measurement was 60'x21'. This has been constructed in a record time of 40 days on self help basis with the assistance of CPWD. This will be used for storage of arms/amns.

Speaking on the occasion, IGP N/Sector expressed his satisfaction for the good job done by 19 Bn CRPF. This Barrack will fulfill the long demand of the Bn personnel for a barrack for Quarter Guard.

DEFINITION

Education: That which remains when we have forgottern all that .we have been taught.

Neighbour: A person who is always doing something you can't afford.

Racehorse: The only animal that can take several thousand people for a ride at the same time.

NORTH WEST ZONE WINS CROSS COUNTRY

MEET TROPHY

The North West Zone has won the Inter Sector CRPF Cross Country Race team championship trophy with 32 points while Special Sector got Runners-up Trophy with 75 points and Southern Sector got third position with 141 points.

Constable Rajesh Kumar of Southern Sector secured first position in the cross Country race while Constable Mukh Ram and Naik Dhiraj Singh of North West Zone secured second and third position respectively.

Shri C. Pal Singh, Inspector General of Police, RAF flagged off the cross country race and also distributed prizes to winners and runners-up.

10 teams representing various sectors of CRPF from all over the country took part in the Cross Country Race which was organised by RAF at 103 RAF Bn Wazirabad, New Delhi on March 17, 1993.



Captain of North West Zone CRPF receiving Team Championship Trophy from Shri C. Pal Singh, IGP RAF

GALLANTRY MEDALS FOR CRPF PERSONNEL

The President is pleased to award Police Medal for Gallantry to CRPF personnel including one President's Police Medal for Gallantry for showing conspicuous gallantry, courage and devotion to duty of a high order while performing anti-terrorist duties inPunjab and J&K.

President’s Police Medal for Gallantry

Out of awardees, Shri Vishwambhar Singh, Dy. SP of 33 Bn CRPF was given President’s Police Medal for Gallantry posthumously.



2 l/C H.S. Negi (75 Bn),



Asstt. Comdt. Hardev Singh (66 Bn),



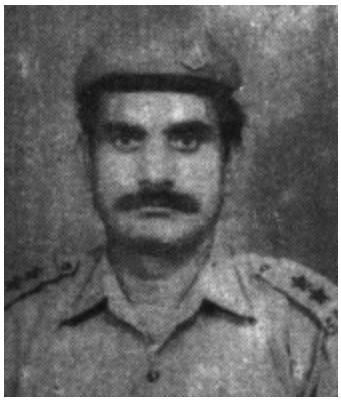
Asstt. Comdt. PS. Rajora (10 Bn),



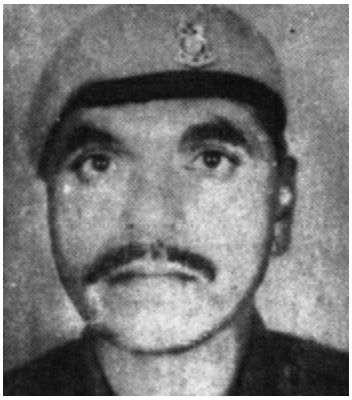
Insp. Surinder Singh (62 Bn),



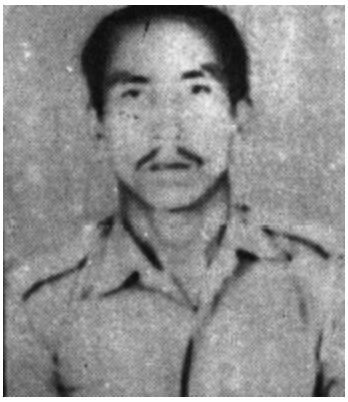
SI Sarju Pandey (72 Bn),



SI Bajrangi Dhar Dubey (3Bn),



HC T.K. Fadtare (75 Bn),



HC Kesav Bahadur (75 Bn),



HC Laxman Ram (75 Bn),



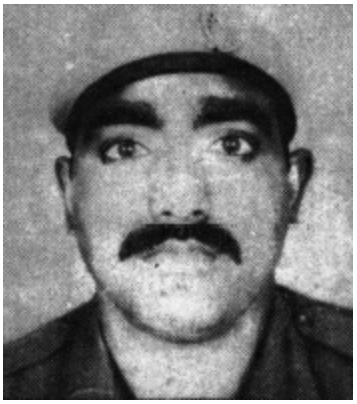
HC Jai Karan Singh (10 Bn),



HC Ran Singh (70 Bn).



L/Nk. Manphool Singh (66 Bn),



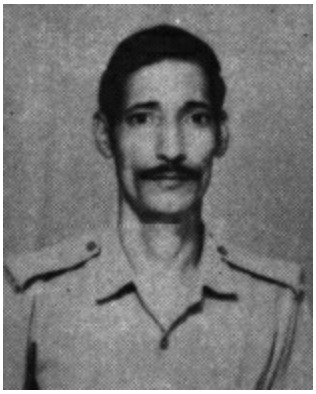
Ct. Mahabir Prasad (75 Bn),



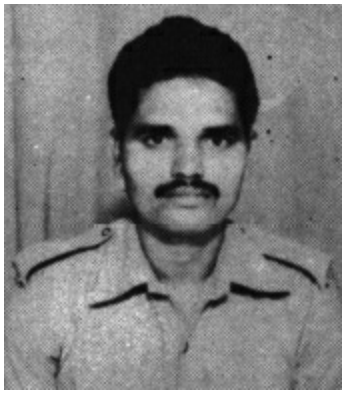
Ct. M.N. Gundle (72 Bn),



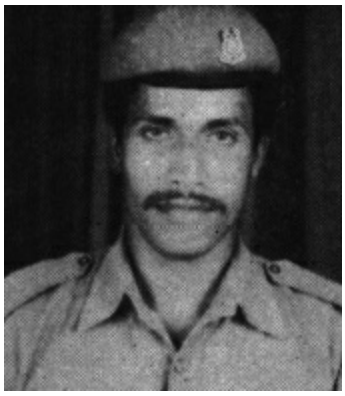
Ct. Abdul Kalam (84 Bn),



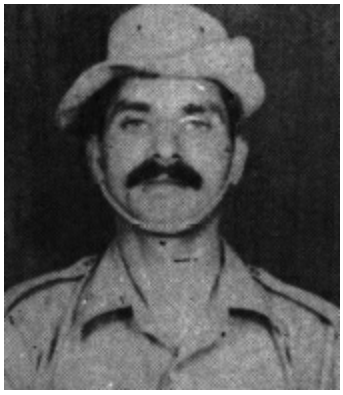
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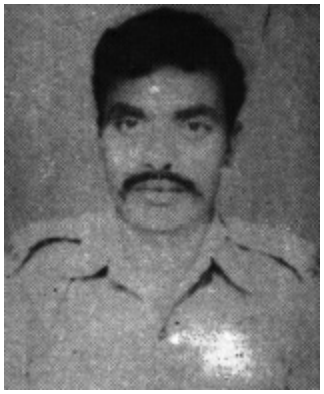
Ct. R.K. Patil (66 Bn),



Ct. P. Sudhakaran Nair (84 Bn),



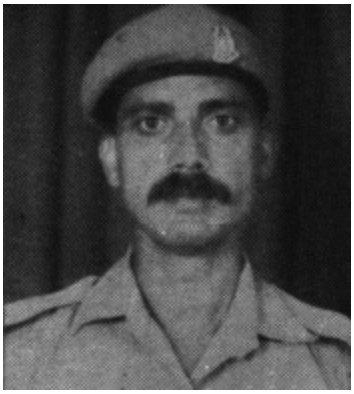
Ct. C.C. Durai (66 Bn),



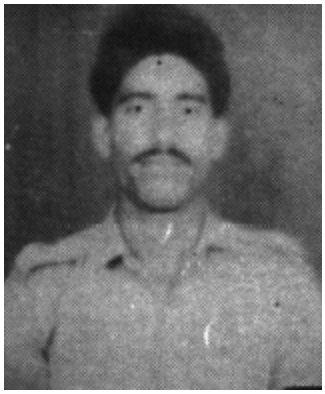
Ct. B.N. Yadav (66 Bn),



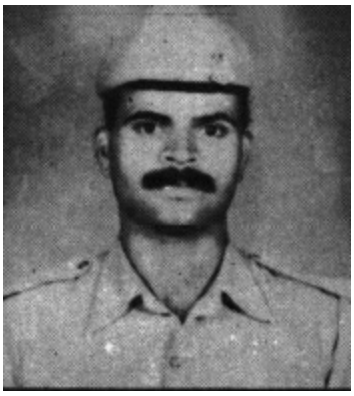
Ct. P. Girish (76 Bn),



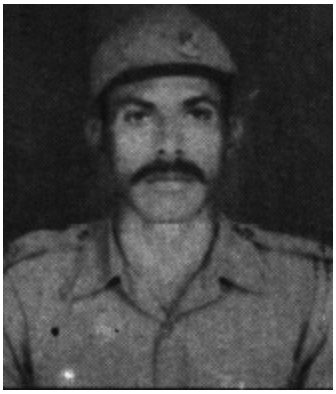
Ct. U.K. Mandal (76 Bn),



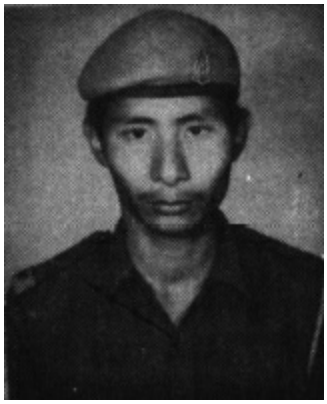
Ct. Ram Niwas (75 Bn Posthumous),



Ct. C.R. Manju Nath (75 Bn),



Ct. Zile Singh (84 Bn),



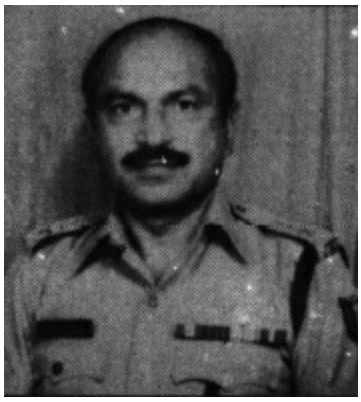
Ct. Sunil Mochari (10 Bn),



Ct. Satnam Singh (36 Bn)

Besides, L/Nk V Mohan (64 Bn) and SI Jugal Kishore Joshi (30 Bn) also awarded Police Medal for Gallantry.

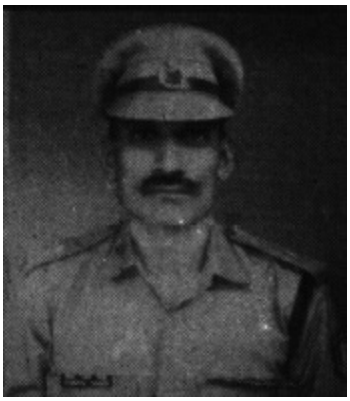
Bar to Police Medal for Gallantry



Comdt. D.A. Dhananjaiah (66 Bn),



Dy. Comdt. V.V. Singh (66 Bn),



Asstt. Comdt. Rampal Singh (76 Bn)

ANNUAL DAY CELEBRATIONS OF MONTESSORI SCHOOL



Montessori School Children presenting a programme during annual day function

Brig(Retd) Shyam Prasad, Dy. Director (Communications) was the Chief Guest on February 23, 1993 at Group Centre, Hyderabad during the Annual

Day Celebration of Montessori School. The children within the age group of *2½* years to 5 years presented various cultural programmes on this occasion. The function concluded with prize distribution ceremony. Smt. Shyam Prasad gave away the prizes. A large number of CRPF officers and personnel besides parents of the children attended the function.

BN HISTORY OF 46 BATTALION

The erstwhile 21 Bn of UP PAC raised at Moradabad (UP) in 1962 was merged into CRPF on 1st September 1968 and rechris-tened as 46 Battalion, CRPF. Shri J.P. Kulshrshtha. IPS was the first Commandant of this Unit. Since its inception, the Unit was deployed in the States of Assam, Nagaland, Meghalaya, Rajasthan, Uttar Pradesh, Tripura, West Bengal, J&K and Union Territory of Delhi. At present the service coys of this Unit are deployed in Mizoram and Tripura.

The Battalion has been discharging its role creditably every-where and in recognition of fine performance it earned commendations from the State authorities as well as from own higher formations.

So far the Battalions has earned six medals. They are one Police Medal for Gallantry, one President's Police Fire Service Medal and four Police Medals for Meritorious Service.

Since its deployment in Kashmir Valley the Unit has liquidated two hardcore militants, apprehended 14 militants and 129 other anti-social elements.

Besides the Unit recovered three GPMGs, thirty four AK-47 rifles, seven pistols, six pistol magazines, two .38 revolvers, two rocket launchers, one air gun pistol and huge amount of ammunitions.

At present Shri A.K. Narula is the Commandant of this Battalion.

HARDCORE TERRORIST KILLED

On March 11, 1993, Lance Naik Md. Yusuf of 73 Bn CRPF a member of the specially organised Commando Squad showed exemplary courage when he alongwith his party succeeded in cornering a dreaded ‘A’ category terrorist in a farm house of Sadhu Singh Fauji by chasing him for quite some time without caring for his life in the face of continuous firing by terrorist. The terrorist was subsequently shot dead in encounter with re-

inforcement force from 73 Bn. He was later identified as Baljinder Singh alias Binda of Village Pandori Bibi under PS Sadar, Hoshiarpur belonging to iqbal Singh Bagga gang of KCF (Panjwar). He was responsible for a number of killings and other crimes in the districts of Hoshiarpur and Jalandhar. Two associates of killed terrorist managed to escape under the cover of darkness and taking advantage of vast sugarcane field. In this encounter Naik Bani Singh of 73 Bn sustained serious bullet injury and died on the spot while Constable R.C. Behera was injured.

The above encounter yielded recovery of one AK47 rifle, three AK47 rifle magazines, one .30 mouser pistol, one .30 mouser pistol magazine, one stick grenade and ammunitions.

Lt Gen. of KAF dead

A terrorist later found to be a self styled Lt; General of KAF (Jagga Chananka group) was killed during a combing operation conducted by 90 Bn CRPF and Punjab Police on 9th February , 1993 near Umra Nangal sheller/Chima area in Majitha district, Amritsar after a hot chase in a sugar Cane field in broad day light in full public view.

A diary from possession of the dead terrorist identified him as Harpreet Singh alias Harbant Singh, the self styled Lt. General of KAF Jagga Chananke group. He was involved in over 100 killings and a number of blasts and extortions in the area under PS Mehta and PS Beas.

One AK 47 rifle with three magazines, HE granades arid detonators were recovered from the site.

TWO TERRORISTS ELIMINATED

Men of 90 Bn CRPF under the command of Commandant S.S. Soni liquidated two dreaded terrorists in an encounter on April 1, 1993.

The incident took place when one platoon of A/90 including Dett/90 was carrying out raid along with Punjab Police in village Boparai, Majitha district, Punjab.

One of the killed terrorists was identified as Jagtar Singh alias Jaga of village Chananka, who was responsible for more than 200 killings and a number of kidnappings and extortion cases. The search party also recovered on GPMG, one AK47 Rifle, one .30 mouser pistol and live rounds from the

encounter site.



INTERNATIONAL SECURITY EXHIBITION
PRAGATI MAIDAN, NEW DELHI.
SEPTEMBER 1-5, 1993

Large scale exposition on the latest security technology and state-of-the-art equipment in aid of security duties.

DISPLAY PROFILE

* Security Systems, equipment and devices for :
* Access control
* Bomb detection, removal & disposal
* Fire safety
* Personal Protection
* Building Security
* Riot Control
* Safe Communication
* Fibre optic devices

BENEFICIARIES

* Public/Private Sector Industries
* Defence services
* Paramilitary Forces
* State Police Forces
* Banks
* Fire Fighting Organisations
* Sea Ports/Air Ports
* Railways
* Manufacturers and dealers of security devices.

Sponsored by
MINISTRY OF
HOME AFFAIRS
(Govt. of India)

Organised by
INDIA TRADE
PROMOTION
ORGANISATION

COLLABORATION
CENTRAL INDUSTRIAL SECURITY FORCE
13, CGO COMPLEX, LODHI ROAD, NEW DELHI-3

122 Bn LIFTS BASKETBALL CHAMPIONSHIP

122 Bn CRPF lifted the Basketball championship when they edged out 127 Bn by 2 points in the CRPF Inter Battalion Pool B of special sector basketball tournament which concluded at 111 Bn HQ, at Jaithala in Nagpur on March 18, 1993.

In an action packed final at the basketball stadium in GC CRPF Nagpur both the teams displayed good game. But 122 Bn seized the initiative by well calculated moves and control of the ball to the plaudits of the gathering.

Seven teams 109 Bn, 110 Bn; 111 Bn, 122 Bn, 125 Bn, 126 Bn and 127 Bn of CRPF took part in this tournament which was held from March 13 to 18.

Constable Ram Prasad of 127 Bn, scored 94 points, the highest in the competition and was declared Best player'. Out of the 70 players representing seven battalions 13 were selected to represent special sector pool 'B'

Shri P.C. Joshi, Addl. DIGP CRPF was the chief guest at the concluding function, while Mrs. Joshi gave away the prizes. A large number of CRPF officer sand other ranks with their families attended the function.

All the participating teams marched to the tune of the band with the colour of their respective battalion at closing ceremony. The chief guest later declared the meet closed with the bugles sounding the retreat and lowering the flags.

QUOTABLE QUOTES

Friends may come and go but enemies accumulate.

Poverty is a wonderful thing. It stick to a man after all his friends forsaken him.

BLOOD PRESSURE

PART II - DR. L.C. GUPTA

WHAT DO YOU UNDERSTAND BY LOW BLOOD PRESSURE?

It is not a disease but a condition in which the BP is low i.e., systolic pressure less than 100 m.m. Hg and diastolic less than 60 m.m. Hg consistently

It may also result due to excessive blood loss or fluid loss through diarrhoea, turns etc. In severe cases of low B.P. person may collapse with fast and feeble pulse, less production of urine and circulatory failure.

WHAT IS POSTURAL HYPOTENSION?

Usually low B.P. does not cause any major problems but postural hypotension which develops abruptly causes dizziness and sometime giddiness and can be troublesome. In it flow of blood to brain is reduced by a sudden change of posture. It may cause brief loss of consciousness. It may occur as a complication of pregnancy or diabetes or arteriosclerosis. However if a person gets dizzy or feels rather giddy when he stands bruptly it is advisable to make a habit of getting up slowly from a sitting or lying position.

IS NUTRITIONAL HYPOTENSION POSSIBLE?

Faulty nutrition makes the tissues forming the walls of the blood vessels relaxed an flabby. As a result the person with low blood . pressure suffers from fatigue, usually lacks endurance, is sensitive to heat and cold and requires more sleep than normal. Such people are usually more tired when they get up in the morning than before they went to bed. Lack of pantothenic acid inhibits the production of adrenal hormones with the result that excesive amounts of salt and water are excreted and the volume of blood decreases giving rise to low blood pressure.

WHAT ARE THE COMMON CAUSES OF BLOOD PRESSURE?

There is no one known single cause of hypertentid n. Important causes include genetic, hardening of arteries stress and strain, environment and personality, high salt diet and obesity.

WHAT IS THE ROLE OF HEREDITY?

Tendency to develop hyper tension is greatly influenced y genetics. When one parent is hypertensive, chances are that 25 to 30% of children may be hypertensive. When both parents are hypertensive, risk factor for the child is 75%.

ENVIRONMENT AND PERSONALITY AFFECTS B.P. HOW?

Strong emotions such as fear, anxiety, anger or painful stimuli raise B.P. But B.P. usually comes down to normal when stress is removed. In certain personalities who are emphatic, restless and irritative, B.P. remains high.

IS THERE ANY RELATION OF SALT CONSUMPTION WITH HIGH B.P.?

In societies where salt consumption is high due to a diet of meat and fish preserved in salt, consumption of chutney/pickles, high B.P. is a comt on phenomenon. Hence before starting any drug treatment, person if put on a salt restricted diet.

WHAT IS THE ROLE OF TENSION?

Tension of all sorts can trigger high B.P. Job worries, social status, noise, aggression, agitation, anxiety all these negative influences and emotions are thought to precipitate high B.P. They can raise the B.P. and can exacerbate existing hypertension. It has been observed that the average blood pressure of persons on vacation is lower than in the normal working and domestic lives.

IS ALCOHOL CONSUMPTION PERMISSIBLE FOR A CASE OF HIGH B.P.?

Heavy drinkers who regularly consume 3-4 drinks are at high risk. Morec er obesity is common in drinkers because of high calorie content of alcohol. Each grain of alcohol gives 7 empty calories, and also it increases appetite. Alcohol makes drug treatment of high blood pressure a more difficult and less effective.

WHY OVER-WEIGHT PERSONS ARE LIKELY TO DEVELOP HIGH B.P.?

Obesity is crucial and most avoidable single known factor contributing to the development of high blood pressure. Persons whose weight is 20% above normal run three times the risk of developing high B.P. Obesity results in thickening of vessels and high cholesterol level.

DOES TEA AND COFFEE AFFECT B.P.?

These substances in execssive amounts irritate the fine structure of the kidneys and ultimately disturb the blood pressure. Tea subjected to Ion; brewing is harmful particularly when drunk without milk.

HOW NICOTINE AFFECTS THE BODY?

The immediate effect of smoking is the acceleration of heart rate, a step rise in blood pressure and in increase in the amount of blood pushed out with each heart beat. This results in an increase in the work load of the . heart. Nicotine also stimulates the production of pitression which may constrict coronary arteries. Continued smoking also raises blood cholesterol as well as fatty acids which further predispose in individual to arteriosclerosis.

DOES HIGH BLOOD PRESSURE LOWER LIFE EXPECANCY?

Yes, people with untreated high blood pressure cannot expect to live as long as those with normal blood pressure.

A 45 year old with a systolic blood pressure of 120 and a diastolic level of 80 m.m. of Hg may expect to live to over seventy years of age. A man of same age With a systolic pressure of 140 and diastolic of 95 may expect to live 6 years less.

Greater the elevation of blood pressure the greater the reduction in life expectancy. But when the condition is controlled the outlook is much brighter.

SHOULD HIGH B.P. PATIENTS GIVE UP SEX?

It is true that blood pressure and heart rate increase during sexual activity. Persons having high blood pressure can have more or less normal sex life. Most commonly used drugs in the treatment of high B.P. namely diuretics and beta blockers don't have any appreciable effect on sexual function.

CAN A PATIENT OF HYPERTENSION UNDERTAKE EXERCISE?

Exercise may improve the coronary circulation and exercise programmes over a period of time can lower B.P. by reducing cholesterol level. For obese people to reduce weight, exercise is a must in addition to reduced consumption of calories.

WHAT ABOUT TRAVEL BY AIR?

On short flights there are no great changes in cabin pressure and most patients can take such trips witons suffering from malignant hypertension, angina pectoris, arrthythania and recent heart attack should not fly without consulting doctor.

DOES EVERY PATIENT OF HYPERTENSION NEED DRUG THERAPY?

If it is mild hypertension, diet control exercise and little bit of change in life style can be helpful.

WHEN DOES BLOOD PRESSURE GO UP AND

WHEN DOEST IT GO DOWN?

Blood pressure is never constant and it is a condition that changes according to the needs and requirement of the body. It does so, frequently during the course of every day.

WHAT TYPE OF DIET CONTROL IS ADVISABLE?

As we have known ‘hardening’ of arteries can lead to high blood pressure and high level of cholesterol and fats result in hardening of the arteries. Saturated fats are more harmful.

If a person is obese, he should reduce and cut down his daily calories consumption.

CRPF’s ROLE IN COUNTER INSURGENCY DUTIES IN CHANDIGARH PRAISED

Shri R.S. Gupta, Inspector General of Police, U.T. of Chandigarh praised the role of 4th and 11th Battalions, CRPF in handling VIP and counter insurgency duties in Chandigarh in a letter addressed to DG CRPF Shri D.P.N. Singh. Shri Gupta said that the officers and men of these Bns made valuable contributions in the anti-terrorist operations which saw a series of commendable success by the police in Chandigarh. These success of 4th and 11 Battalions include the killing of dreaded terrorist Aravinder Singh alias Tanny-, Terrorist Gurmit Singh, responsible for a large number of murders including that of the Station Director, All India Radio, Chandigarh; terrorist Baldev Singh, who had indulged in a lot of innocent killings in the area of Ropar and Chandigarh; the dreaded terrorist Amrik Singh Kauli responsible for a large number of killings inclding the Station Engineer, All India Radio, Patiala, the Professors of Punjab University etc. A large number of arms and ammunition were also seized from these terrorists. In fact, the encounter and killing of Amrik Singh Kauli was a watershed in the anti-terrorist operations in Punjab and Chandigarh whereafter a large number of other successes followed.

CRPF’s ROLE IN TRIPURA ELECTIONS

PRAISED

Shri M.D. Sharma, Director General of Police, Tripura, in a letter to Shri D.P.N. Singh, Director General of Police, CRPF praised the good work done by the CRPF Officers, and men of CRPF coys numbering 48 deployed in Tripura during recently held Assembly elections in the State.

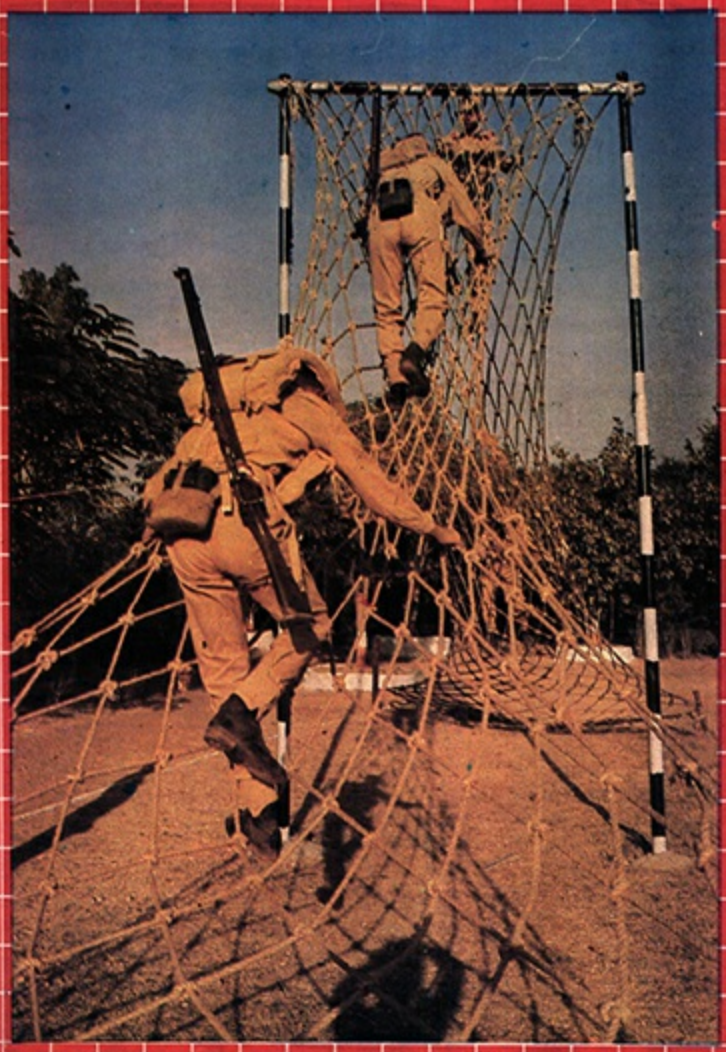
By appreciating the extreme sincerity, diligence, involvement and outstanding display of professional expertise of CRPF officers and men, Shri Sharma says “But for this essential help and excellent performance, free, fair and peaceful elections would not have been possible.”



Shri R.S. Sharma 100 rotrs. winner receiving gold medal from Shri B. Satyanarain Reddy Governor of UP- in 42nd AJ1 India Police Games at Lucknow.



A Press Team interviewing convalescing jawans at BH-I, CRPF injured in terrorist encounters.



Pix—A.S. Panotra (Punjab Kesari)

A part of training for CRPF Recruits at RTC-I, Neemuch

CRPF SAMACHAR

Vol. VII No. 2 July 31, 1993 9 Sravana, Saka 1915





Shri S. Sathyam, Special Secretary to Home Ministry congratulating Shri D.P.N. Singh DG CRPF for CRPF's best performance to win Rajbhasha Trophy for the year 1990-91.

THE
C.R.P.F.
SAMACHAR

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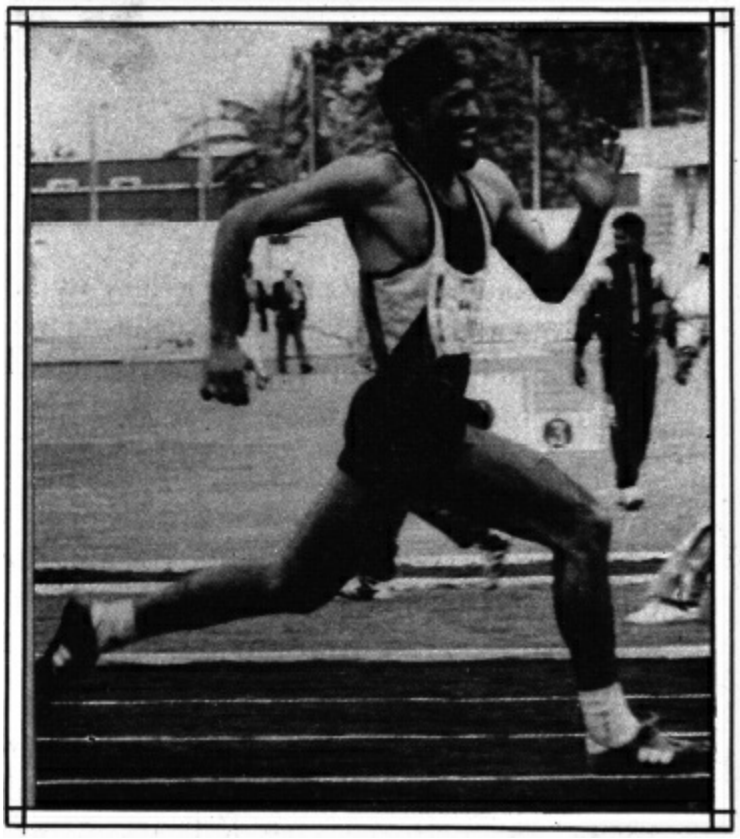
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Sports and Games in CRPF

Editorial

Dear Reader,

The Raising Day of CRPF celebrated on July 27,1993 at its birth place, Neemuch for the first time after a gap of many years. The celebration got standing ovation from the people at Neemuch and their joy was reflected in their enthusiasm with which they participated in the ceremony.

This was a great day for the small town of Neemuch when senior police officers and Internal Security Minister Shri Rajesh Pilot arrived to celebrate this historic day. The ceremony served as reminder for all of us about our moorings. It was from this place that CRPF started its career with one Battalion on 27th July 1939 and today has risen to a strength of 128 Battalions having over 1.5 lakh persons at present. Every CRPF man is emotionally attached to this place.

The Martyr' Memorial at Neemuch reminds all of us of the supreme sacrifices made by the Force and instills in us the feelings of pride and glory of one belonging to a Force which served this country with dedication and sacrifice. Such occasions emotionally overwhelm us and inspire us to take a vow to fight to the last drop of one's blood for the unity and integrity of our beloved country.

We are dedicating this issue to the Raising Day.

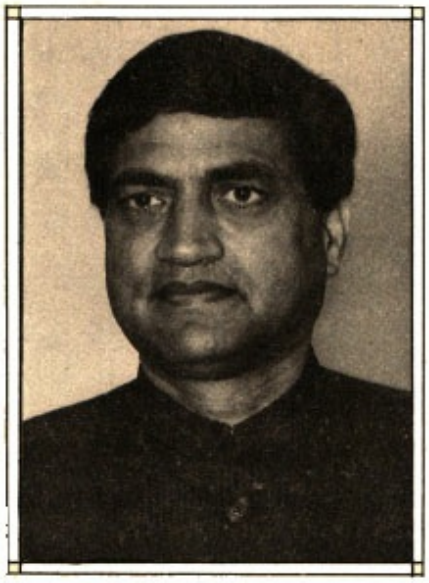
Another important event that took place during the period under report was the holding of Inter Sector Tournaments, the events which gave a respite from tension to the Force for time being and instill in them a new Vigour to do their job more efficiently. Actually sports and games refresh the mind and body and imparts strength to bear pressures smilingly. We will be covering in these columns; Inter Sector hockey, wrestling, volley ball, football and basket ball tournaments.

Another highlight is the passing out parade of 124 Battalion at Jaipur where Internal Security Minister Shri Rajesh Pilot was the Chief Guest. The occasion was eventful because new recruits have joined the main stream and they had vowed to follow the lofty ideals of the Force.

Besides these eventful functions you would in this issue also find the

usual features like news in brief, battalion history and other write ups.

(A.N. Sharma)



SHRI RAJESH PILOT,
MINISTER OF STATE
(INTERNAL SECURITY)
MINISTRY OF HOME AFFAIRS
INDIA
NEW DELHI-110001

Massage

I congratulate all ranks of CRPF and their families, on its 54th Raising Day. It was on this day 54 years ago, that CRPF was raised as Crown Representative Force with a strength of one Battalion. It is a tribute to the capability and effectiveness, demonstrated by the men of this force, that it has today risen to a gigantic force of 128 Battalions.

The men of the Force have to work in most difficult circumstances and despite the constraints they have always brought laurels to its name. I am confident that all the ranks shall continue to strive for bringing further laurels to the name of the Force and uphold its spirit of service and loyalty to greater heights.

I convey my best wishes and greetings to all ranks and their families on this occasion.

(RAJESH PILOT)



D.P.N. SINGH
DIRECTOR GENERAL
CENTRAL RESERVE POLICE FORCE
C.G.O. COMPLEX,
LODHI ROAD,
NEW DELHI-110 003

Message

The CRPF celebrates its Raising Day today, as it was born at Neemuch on this day 54 years ago with the name “CROWN REPRESENTATIVE'S POLICE". The Force acquired its present name after Independence. It is only in the fitness of things that the Raising Day of the Force is being celebrated this year and at Neemuch. Hence forth, the Raising Day of the Force will be celebrated every year on the 27th of July at Neemuch, its birth place.

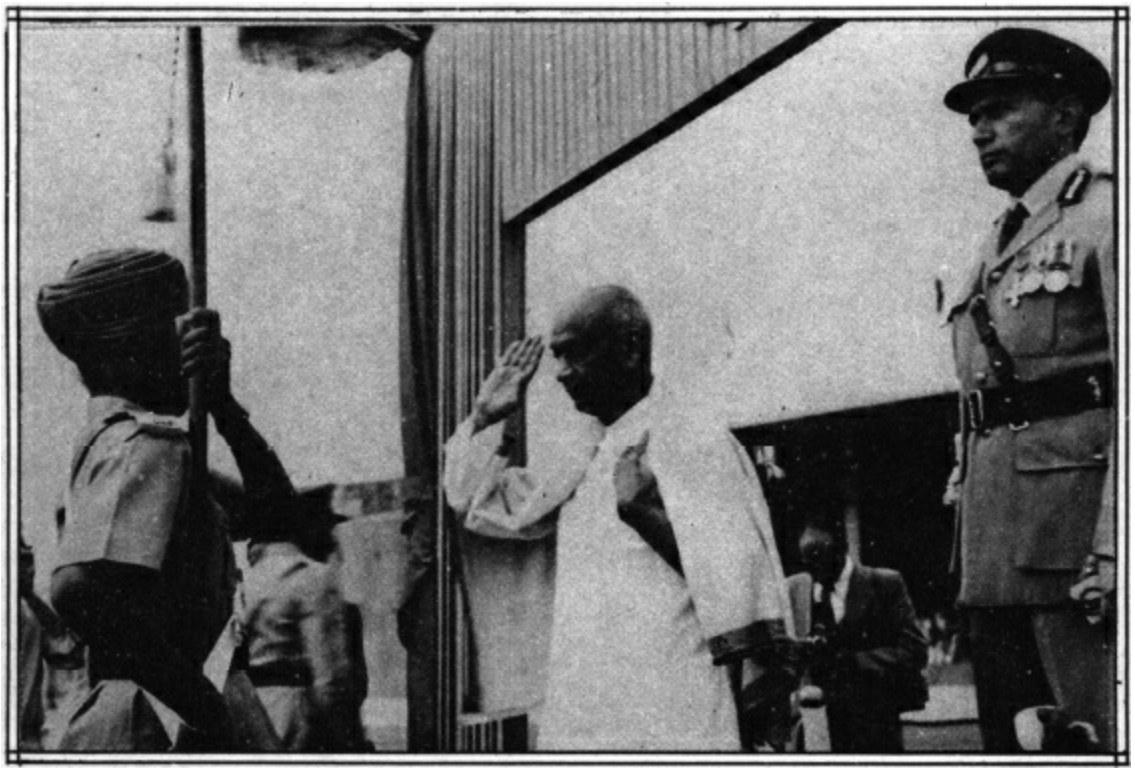
On this momentous occasion, I felicitate all ranks of the CRPF and wish them and their family members the very best. I also congratulate all ranks of

the Force on their dedication and loyalty. The excellence achieved by the Force has been possible only due to their devotion. Let us remember with respect on this occasion those officers and men of the CRPF, who sacrificed their comforts and even their lives to provide safety and security to our society and our country. Over the years, the CRPF has come to be regarded as “The Peacekeepers of the Nation”. However, we should not rest on our laurels and should take a pledge on this day to continue to work hard to serve the nation with dedication and steadfastness and to bring greater glory to the Force in the service of the nation. In the years to come, we must increasingly actualise the CRPF motto of “Service and Loyalty” and make it something much more real than a slogan.

sd/-(D.P.N. SINGH)

A Historic Moment

Speech on C.R.P.F.
By Sardar Vallabh Bhai Patel in Parliament



Colour presentation to CRPF by late Sardar Vallabhbhai Patel on 19 March 1950.

"Aspart of the political settlement of transfer df power the Force passed on to the Central Control and since then it has been used by us in various States whenever demands of law and order justified its use. This Force with further augmentation, partly to make up the depletion on account of partition and partly to meet the growing demands from the States and Unions has performed the most useful functions and has been a good Reserve Force which has been sent from time to time in aid of local Forces. In Junagadh, on the borders of Jaisalmer in Mayurbhanj, in Saurashtra, and elsewhere it has been a stabilising influence, whenever any threat to security has manifested itself. Further, the Force is primarily intended to be used in aid of civil power in States proper, no less than in the merged states. We, therefore, decided, that the most appropriate course was to have central legislation. The sanctioned strength of the Force is 1,746. Although its Headquarters are at Neemuch, its detachments are functioning at various places in Rajasthan, Vindhya Pradesh, Madhya Bharat, Cutch, Saurashtra,.

Bhopal and Mount Abu. It is commanded by an officer of the Indian Army."

"We are passing through a period of transition. In this period we have made so many changes and raised so many forces, upset so many things of

the old orderabolition of Zamindari.....In all these circumstances, a central, well organised and disciplined police force is a boon in these areas and they have all acknowledged with one voice that our help has been very useful."

"Ours is a vast country, where consolidation has taken place with electric rapidity. So unless we are very watchful we may find to our cost difficulties arising for which we may have to pay heavily. Therefore we have taken care to organise our services, our Police Force and all the requirements that are necessary for keeping law and order in the whole land so that progress may be as effective and as rapid as possible".

Thus in one singal sweep, the Central Reserve Police Force was made, according to the Constitution, one of the armed forces of the Union for the purpose of utilisation in Internal security concerned and its scope of duty was extended all over India.

54TH RAISING DAY-

SHRI PILOT LAUDS CRPF

BY—A.N. SHARMA/PIX—S.K. KHANNA



Shri Rajesh Pilot, Minister of State for Home Affairs inspecting the Raising Day Parade at Neemuch.

As the soothing Malwa breeze rustled through the lush green foliage of Neemuch on 27th July 1993, it gently reminded the Central Reserve Police Force jawans about their 54 year-old long association with the salubrious place.

The birth place of the CRPF wore a festive look as for the first time the Raising Day celebration of the force was held here. A colourful parade was held in which six companies drawn from different battalions participated. Commandant Mukhtiar Singh was the parade commander while Ms. Amrit Brar, Assistant Commandant was the leader of flag bearing squad. E/Coy of RAF won the Best Marching Contingent Award.

Speaking oh the occasion, Mr. Rajesh Pilot, Minister of State for Home Affairs, said the Raising Day will now be celebrated at Neemuch every year as the place was overladen with momentous events of history.

Mr. Pilot said the Force will be divided into four zones to expedite its deployment operations. In each zone, accommodation will be provided to families of about 1000 jawans.

The Minister assured the jawans that they will be provided subsidized canteen facilities at par with the Army. He also donated Rs. 54 lakhs towards the CRPF Welfare fund.

Mr. Pilot said the country was proud of the yeoman service rendered by the paramilitary force. He urged the . officers to continue their vigil as the country was being threatened by forces within and outside.

On this occasion Shri Pilot presented the Police Medal for Meritorious Service to Mr. V.P. Raman, Principal RTC II; Commandant D.R. Pathak of 40 Bn; Mr. Sukhwant Singh, 2 I/C of 89 Bn; Assistant Commandant Lal Singh; Inspector (retired) Bhim Singh; Head Constable Shiv Singh; Ganesh Chand and Mohamad Akbar (both retired Head Constables) and Head Constable/Driver Tara Chand.

The force has recently introduced a risk premia scheme. The dependants of the jawans who deposit Rs. 820 in four instalments get Rs. 25,000 if the member dies before his retirement. At present 35 percent jawans are risk premia scheme members. The minister announced that the dependents will now be paid Rs. 30,000.

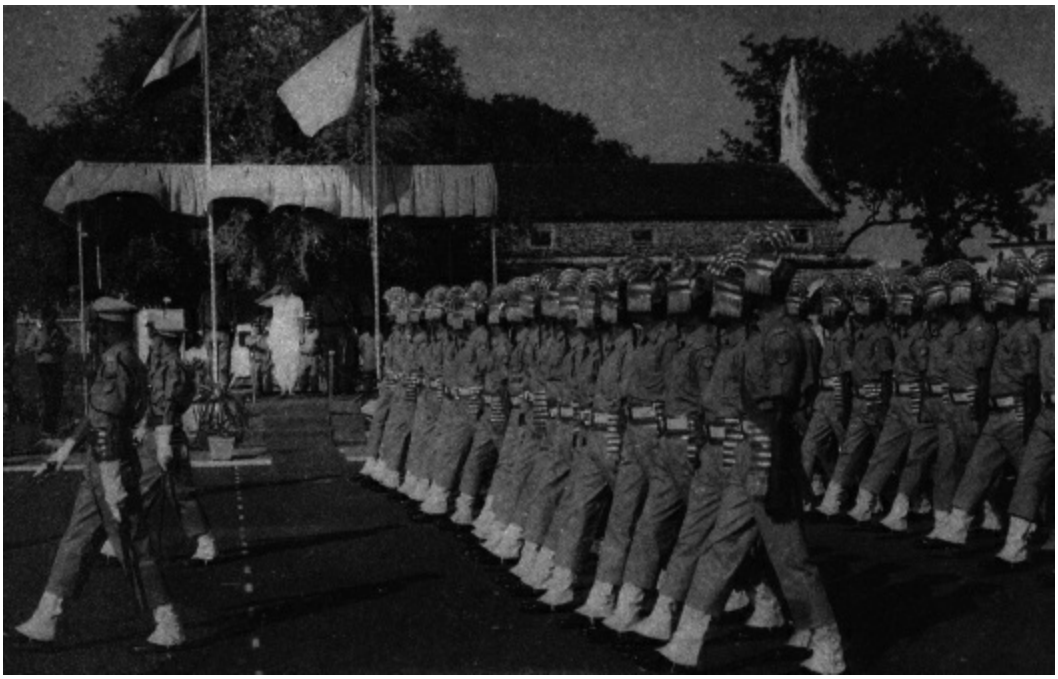
Mr. Pilot after the parade function went alongwith DG, Addl DGs and other senior officers to Martyr's Memorial situated in Neemuch Group Centre to pay homage to those officers and jawans who laid down their lives at the altar of Mother Land Talking to reporters taken from Delhi to Neemuch by me, Shri D.P.N. Singh, DG CRPF welcomed the Government's decision of reorganising the force. He said the decision of reorganising the CRPF has been taken after a gap of 15 years.



Shri Pilot pinning Police Medal for Meritorious Service to Commandant D.R. Pathak.



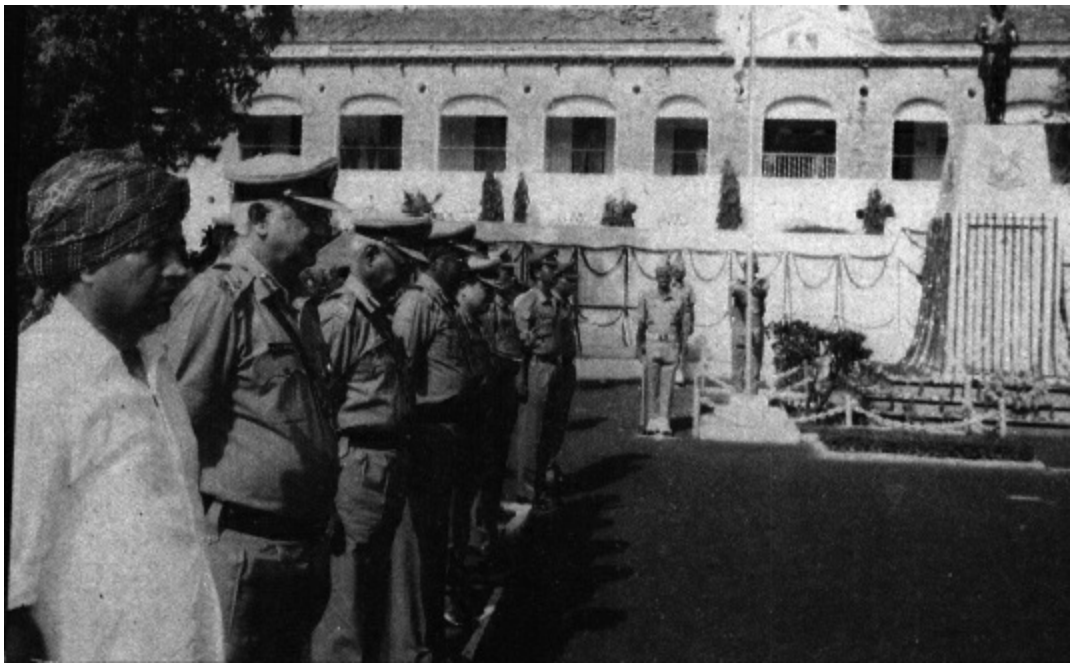
Shri Pilot Inaugurating Family Welfare Centre



A contingent passing through saluting dais



Shri Rajesh Pilot greets senior CRPF officials.



Shri Rajesh Pilot, Shri D.P.N. Singh and other CRPF officials paying homage at Martyr's Memorial.

Shri Singh said the reorganisation of the force was necessary in view of its mobility from one place to another. “Our pattern of deployment changes from time to time and at one stage 70 percent of our jawans were fighting with militants in Punjab and Jammu & Kashmir”, he said.

Mr. Singh said the force was now-a-days active in Nagaland and

Manipur.

Shri Singh alongwith Shri D.R. Karthikeyan and Shri S.V.M. Tripathi, both Additional DGs visited a signal exhibition where latest equipments used for communication were on display. They also visited Family Welfare Centre which is run by the wives of the jawans. The major attraction of the celebrations was the “Anand Mela” where family members of the jawans attired in colourful dresses were dancing to the tunes of the “Hum Bharatiya Hai” song.

The most interesting event of the Raising Day celebration was the display of shooting skill by Commandant T.S. Dhillon wherein he shot accurate shooting by various weapons on various objects ranging from big to small objects. His men also thrilled the crowd by showing accurate LMG and other weapon fires to far-flung objects. The shooting skill includes, Opening of Banners; Accurate shooting; Shooting candles and match boxes; Writing CRPF with Bullets; Shooting of smaller objects placed on human figures; Shooting through mirror reflection; Shooting small objects sharply; and Shooting mutkas.

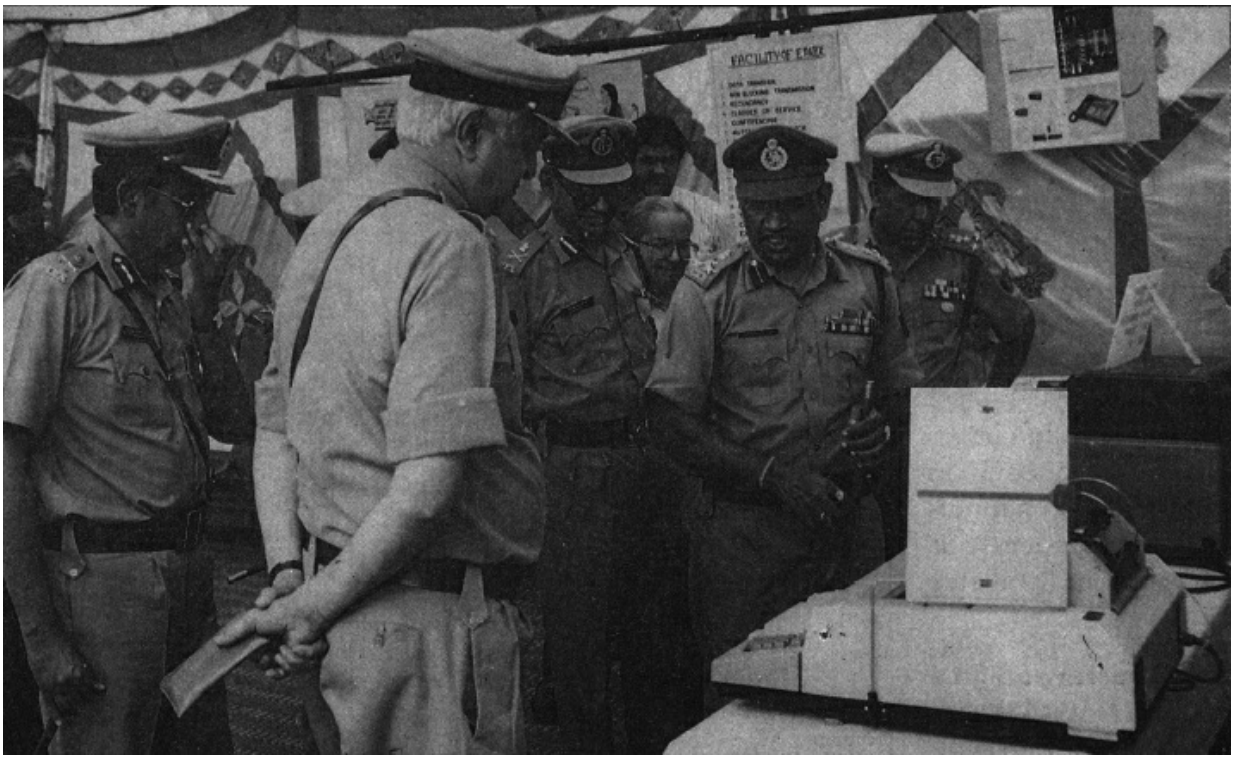
The above demonstration followed by an Un-armed Combat display which was also superb and got the appreciation from every one who witnessed it. In this demonstration, events like Katras Karate; Falls and Rolls; Throws; Hold Lock and release; Defence against knife; Escorting prisoner; Defence against sword; Gang attack and Breaking techniques like sleeping on broken glass, batten breaking, bottle breaking and Burning tiles breaking.

Shri Singh on this occasion also inaugurated Vanamahotsav by planting a sapling at Neemuch Group Centre Campus. Subsequently, Addl DG and other senior officers also planted sapling at GC campus area.

54TH RAISING DAY-

Signal Exhibition on Raising Day

by A.N. Sharma



Shri D.P.N. Singh and other officers at Signal Exhibition.

Shri D.P.N. Singh, Director General, CRPF inaugurated on July 27, 1993 at Neemuch a Signal Exhibition set up by 4th Signal Battalion stationed at Neemuch. The exhibition was set-up under the overall guidance of Brig. (Rtd.) Shyam Prasad DD (Communications).

The Exhibition was divided into seven stalls each covering a particular aspect of the Signal Communication. Each stall was headed by a SO who explained the details of their units to the visitors. The stalls containing different equipment were: (a). High frequency stall; (b) Very high frequency equipment stall; (c) Line Equipment stall; (d) Aerials and battery charges/ power supply stall; (e) Modernisation of communication in CRPF; (f) Test equipment and (g) A show of the lay out of signal Centre for a Regional Signal Centre working for Hqrs of DIGP. This signal centre showed all Radio and line links working in the Signal Centre.

Brief History of Signal Communication: Signal Communication set-up in CRPF is known for its efficiency in Police organisations. Round the clock communications are provided to all static Head quarters and Executive Bns in all parts of the country. Even a signal platoon deployed at a remote location has been connected with its company headquarter and Battalion headquarters through a Radio link, Radio Comns which were earlier being

provided with 2nd World War Vintage sets. The following types of communications are being provided to headquarters/ units of CRPF at present; (a) High Frequency digitalised sets with both high and low power output; (b) Very High Frequency digitalised sets with both high and low power output; (c) Very High Frequency sets with low and high power output; (d) Message switching system (storage and forward switching system) from Dte. General to all Hqrs of IsGP and some DIsGP; (e) Teleprinter circuits hired from P&T Deptt; (f) Burst Error Control Sytem (working of TP machines on Radio); (g) Data PRO Computerised system with 2/4 parts for clearance of traffic; and (h) Automatic Electronic exchange for internal communication.

Pattern: The pattern of providing communication in CRPF follows the chain of command i.e. from Dte. General to the offices of Inspector General of Police, to the Office of DIGPs and to the office of Commandants/GCs to Coy platoons.

All higher headquarters are connected on TP lines/Best link. Communication from the DIG HQ down-wards is mostly on radio. Alternate channels of communications have been catered for at all headquarters so as to reduce dependency on P&T Deptt. All Radio channels in CRPF work independently as per licences issued by Ministry of Communication.

Command Structure: Signal elements had been working as part of the Executive Battalion since the raising of the Force in 1939. The communication was reorganised and the Ist Signal Bn was raised on Ist December 1965. Signal Range is commanded by Dy. Director (Comns). At present Brig. (Retd) Shyam Prasad is posted as Dy. Director (Comns) at Dte. General, CRPF, New Delhi. He is also the advisor to DG CRPF on communication matters. Responsibility of provision of communications to all headquarters and 123 Ex. Bns CRPF has been entrusted to 5 Signal Battalions of CRPF. Their headquarters are at: (a) Ist Signal Bn, New Delhi; (b) 2nd Signal Bn, Hyderabad (AP); (c) 3rd Signal Bn, Rampur (UP); (d) 4th Signal Bn, Neemuch (MP) and (e) 5th Signal Bn, Mohali (Punjab).

Whole country has been divided in five regions and responsibility for providing communication in the region has been given to a Signal Bn located in the area. A proposal for sanction of two more signal Bns has been sent to Govt. of India which will be located in East/North East India.

For house keeping jobs of maintenance of Service records and accounts,

Signal Group Centre is functioning at its permanent headquarter at Ranchi (Bihar). Central Training College (Tele Comn) the Training Institute Signallers is also located with SGC Ranchi under the command of Addl DIGP Shri R.N. Rao.

Modernisation of Communication in CRPF: The following modernisation of communication being undertaken in the Force was also explained to all the visitors: (a) Multi media message switching system. (MMSS) which is a store and forward device whereby message can be cleared much faster; (b) Add on secrecy . module or inbuilt secrecy with Radio sets to have better security; (c) To exploit usage of UHF sets to avoid congestion of VHF bands; (d) Faster mode of clearance of message on Radio sets by using Radio model with Teleprinter/ use of Burst Error Control System for Teleprinters (BEST) at Executive Bn; (e) Value added services like FAX upto HQ DIG,important nodal centres on Telephone having STD facility; (f) Use of very small aperture terminal (USAT) based on satellite communiction.

THEY ARE NO MORE

We offer our deep condolence to the grieved families of following CRPF personnel who lost thier lives in June 93:—

Constable Manoj Kumar Raja (42 Bn), Ct. Baldev Singh (38 Bn), Ct. Babu Rao (20 Bn), Ct. Pun Bahadur (AWS-III), SI D.C. Mohanty (GC BBSR), Ct. Oswal Orean (110 Bn), Ct. T.G. Gumre *(*65 Bn), Nk Nalan Toppono (63 Bn), HC Ishtiyak Khan (124 Bn), Insp/Head Clerk O.L. Saini (Dte. Genl.), Ct/Dvr. Omprakash (GC GTY), Ct. Murrari Singh (125 Bn), SI P.H. Pandey (74 Bn), Ct. Uttam Singh Negi (47 Bn), Ct'. Kalyan Singh (25 Bn), HC John Kandolna (11 Bn), Ct/Dvr. Jaspal Singh (6 Bn), Asst. Comdt. R.L. Sharma 34 Bn, S/K Balluram (GC DMP) Ct/Ftr Yogender Kumar (37 Bn), SI Kuldeep Singh (115 Bn), NK VGR Nair (86 Bn),. and HC Banwar Singh (112 Bn).

18 ULTRAS APPREHENDED

The CRPF in June 1993 apprehended 18 ultras while seven others got killed in as many as four encounters from all over the country including Punjab and J&K.

During the month, CRPF also recovered 16 weapons and large quantity of ammunitions. This includes one AK 56 rifle, four Ak 47 rifles, one self loading rifle, six revolver/pistols, one mouser pistol, one general purpose machine gun and one rifle.

In above encounters, CRPF lost one of its jawans while six others received injuries.

C.R.P.F. Bags Raj Bhasha Trophy



Shri. D.P.N. Singh, D.G. CRPF receiving Raj bhasha Shield for the year 1990-91 from Dy. Minister for Home Affairs Shri Ram Lal Rahi.

The CRPF bagged Rajbhasha trophy for the year 1990-91 for working most consistently in the national language. Shri D.P.N. Singh, DG CRPF received the trophy from the Deputy Minister for Home Affairs Shri Ramlal Rahi on June 16, 1993 at a function held at Vigyan Bhavan Annexe, New Delhi.

Speaking on the occasion, Shri Rahi, a keen votary of Hindi, expressed himself in favour of retaining English words which had become commonly acceptable in Hindi. Shri Rahi said that Hindi could be enriched much more by borrowing words from other Indian languages. If we do this the National language would be much more easily acceptable to all and it will spread the message of national integration too.

Shri S. Sathyam, Special Secretary in the Home Ministry while welcoming the Minister said that as a Tamilian he had no difficulty in learning Hindi.

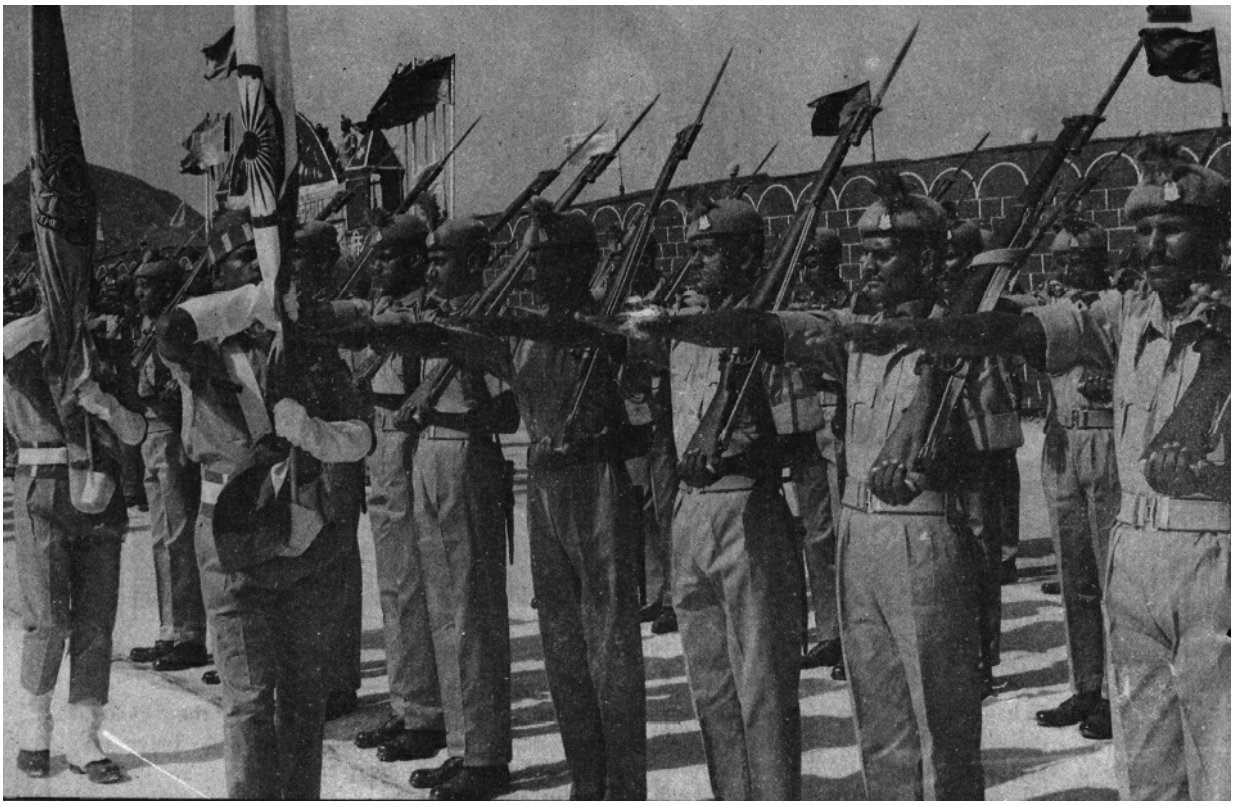
The Rajbhasha Committee organised the function to award shields to Central Police Organisations for using Hindi in their official work. The shield for doing maximum official work in Hindi during 1989-90 was awarded to Assam Rifles. The second and third prize was bagged by the Registrar General of India and the Central Industrial Security Force respectively.

The CRPF won the first prize for the year 1990-91. The second and third prize were given to CISF and Assam Rifles respectively. Thirty six certificates of merit were also given to the employees including eight women who attended various Hindi workshops and did commendable work.

A large number of senior police and civil officers representing various Central Police Organisations attended the function.

Jawans Take Oath To Keep the Flag Flying

By—A.N. Sharma/Pix—S.K. Khanna



Shri Rajesh Pilot, Union Minister of State for Internal Security took salute at an impressive Passing Out Parade by the Jawans of 124 Battalion CRPF who had completed 36 weeks of training on July 26, 1993 at Jaipur at Battalion Parade ground. Commandant Shri P.S. Chaudhary was the Parade Commander. Shri Pilot distributed prizes to the outstanding trainees in various disciplines. Constable Umesh Kumar got the Best Trainee Award for Out Door activities while Constable Mrigandra Tiwari got the best Trainee Award for Indoor activities. Overall Best prize went to Constable Ravindra Ram while HC Arjun Singh was declared as Best Trainer. Shri G. Jha, IPS, IGP Special Sector presented a memento to Shri Rajesh Pilot as a token of good-will gesture on behalf of the CRPF.

Addressing the large gathering who were assembled in the Bn parade ground, Shri Pilot welcomed the trainees for joining the Force which has a proud history. He said the CRPF is a Force which does its work with dedication and perfection. It is because of this that there is a great demand for CRPF all over the country to meet the internal law and order problems. The Minister said, he is aware of the hardship faced by the CRPF personnel especially moving from one corner of the country to another without having a breathing time. Government will take all possible step to improve the

career of the Force. He called upon the jawans to do their duty with dedication and leave their problems to the Government for its solution.



Shri Rajesh Pilot, ***greets CRPF officials***



A view of audience

The function was attended by Shri D.P.N. Singh, DG CRPF and a large number of police and civil officers besides others from the town.

BATTALION HISTORY: 63 BATTALION

The erstwhile 56 Battalion was rechristened as 63 Battalion CRPF which came into existence on 17th August ‘79. Shri P.N. Ramakrishnan was the first Commandant of the 63 Battalion.

Since its inception, the sub units of the Battalion were extensively deployed in North East region like Mizoram and Tripura. During June ‘89 the Coys, and part of HQ Coy. moved to Srilanka to be deployed under IPKF. After mandatory preinduction training in Srilanka the Coys were deployed as part of IPKF for ‘Operation Pawans’.

Later A/63 and E/63 were moved to Andaman and Nicobar Islands. The C/63 was deployed to provide security to Special Investigation Team (CBI) at Madras. Some other major achievements of the Unit are; a platoon of this Unit participated in the 1987 Republic Day Parade at Chandigarh and was awarded the ‘Best marching contingent’. In a ten hour long encounter with terrorists near village Ratta Gudda, Amritsar, men of C/63 eliminated 6 terrorists.

So far the Battalion has recovered 16 Pistols/Revolvers, ten Ak-47 assault rifles, two guns, 3 rifles, one LMG and lot of bombs/grenades and ammunition.

Presently the Unit Hqtrs. is located in Gurdaspur, Punjab having its sub units deployed in Kanpur. At present Shri N.V. Samy is the Commandant of the Battalion.

CRPF IN THE SERVICE OF HUMANITY

RAF’S HELP TO FLOOD VICTIMS



Flood victims being given medical assistance at the medical camp organised by RAF at Wazirabad.

99 and 103 Battalions of Rapid Action Force gave assistance to Delhi Administration in rendering yeoman service to the flood victims of Wazirabad area which was submerged due to heavy rains since 24 of July' 93. The RAF has established two medical camps, one at the entrance of Wazirabad and another at the gate of 103 Battalion HQ. Three doctors headed by Dr. R.K. Dass, Medical officer of Rapid Action Force gave first aid services to the flood victims and also distributed medicines to the patients suffering from fever and other diseases. They even went around the temporary camps erected for relief purpose to check patients and gave them immediate relief. The RAF also supplied fresh drinking water through their tankers besides distributing food packets to the flood victims who have rendered homeless.

7TH BN CRPF SAVES SARPANCH

Shri Surjit Singh an ex-Sarpanch of village Dabeepur of Punjab was rescued from flood water by the personnel of 7th Bn, CRPF.

Shri Surjit Singh was found trapped in the fierce current of Sakki Nala water on July 12, 1993 at about 1745 hrs. This was noticed by the DSP Ajnala who sent a verbal message to 7th Bn for skilled swimmers to save a life. Immediately ASI/C V. Ravinder, CTHarihar Ghosh and Ct Ashok

Malakar of 7th Bn were sent to the spot under the command of Shri R.S.H.S. Shota, Second-in-command. The rescue party saw Shri Surjit Singh holding a telephone pole and struggling for his life. They immediately jumped into the Nalla and rescued the victim safely without caring for their own lives.

LOST CHILD RECOVERED

A 10 year old child Harish S/o Shri Dhan Prakash, Physical Training Instructor of H.A.V. Inter College Devbandh, Shahran-pur disappeared from his home town was restored back to his parents with the help of 106 RAF Bn. of CRPF stationed at Khanna Agarwal Dharamsala, Punjab who had traced the child from the description flashed by the Police. The 106 Bn on getting the residential address of the child through an enquiry, flashed a message to the Principal of H.A.V. Inter College requesting him to direct the parents to take back the child.

In a letter addressed to DG CRPF Shri D.P.N. Singh, the Principal of the college has appreciated the role of CRPF in tracing and restoring the child to his parents and saving the child from falling into the trap of the terrorists.

RISK FUND BENEFITS

A total of Rs. 9,45,000 has been paid to the next of kins of 27 CRPF personnel who died during the month of June 1993. This includes Rs. 10,000 from Central Welfare and Benevolent Fund in each case. Another sum of Rs. 1,05,000 has been sanctioned for 7 CRPF personnel who were invalidated from service during the month.

COMMENDATION LETTER/DISC

Shri H.S. Arneja, Commandant 81 Bn was awarded DG's Commendation letter/Disc for his excellent performance by the Director General, CRPF.

CRPF SENIOR OFFICERS CONFERENCE

One day conference of Senior Officers including IsG and DIsG of CRPF was held at Transit Officers Mess Ravindra Rangshala, New Delhi on July 7, 1993 under the Chairmanship of Shri D.P.N. Singh, Director General, CRPF.

The conference discussed the steps to be taken to further improve the operational and administrative efficiency of the Force and its morale. The

officers who. attended the conference also discussed ways and means to streamline the financial management procedures with a view to strengthening the support to field units. Various administrative problems of newly raised Battalions including the Rapid Action Force were also discussed at length.



Shri D.P.N. Singh and other senior CRRF officials at the officers conference.

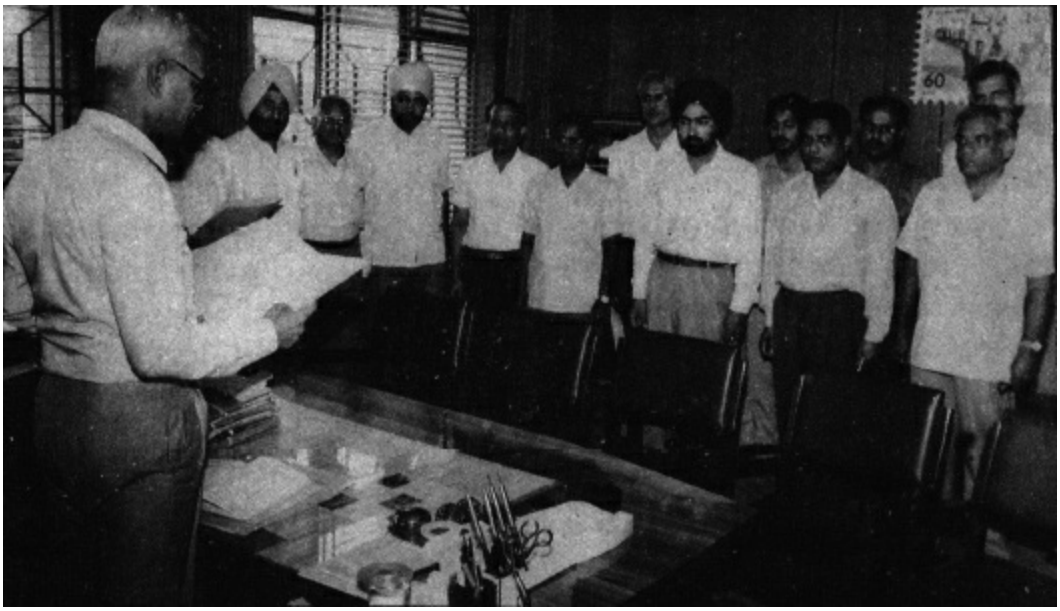
The DG CRPF, during the course of the conference informed that, as a CRPF project to adopt about 23674 hectares of forest in Orissa has been cleared, CRPF can become a pioneer in the field of environment protection.

CRPF OBSERVE ANTI TERRORISM DAY

The CRPF observed Antiterrorism day on May 21, 1993 at its HQ and various Units all over the country by taking repledge to fight terrorists menace tooth and nail till it is eradicated completely.

Incidentally, CRPF is one of the Forces which has taken up the cudgel with terrorists face to face in the country. In the process it sacrificed lives of many officers and men on the one hand and on the other hand apprehended/eliminated a large number of terrorists and recovered huge quantity of weapons/ammunitions.

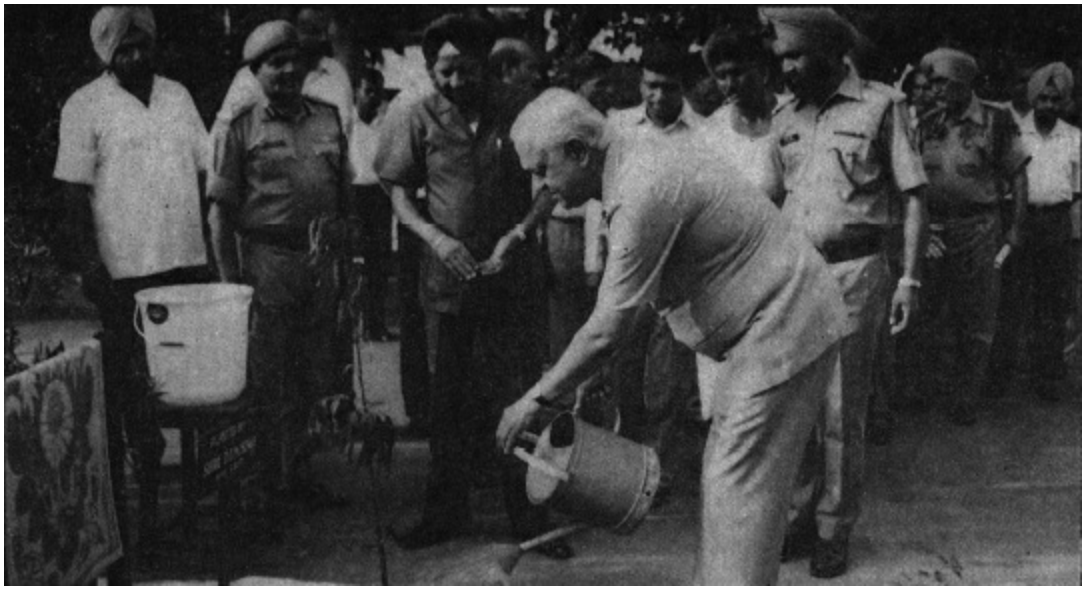
The day is observed as a part of call given by the Govt. of India to commemorate the second death anniversary of Shri Rajiv Gandhi as “Anti Terrorism Day”.



Shri SVM Tripathi Addl. DG CRPF presiding over the function,

The Addl Director General, CRPF Shri S.V.M. Tripathi presided over the function at CRPF HQ while Inspector Generals presided over the function in their respective Hqrs and Commandants in their Units.

Massive Tree Plantation in C.R.P.F.



Shri D.P.N. Singh, DG CRPF planting a sapling as a part of massive tree plantation drive at 32 Bn.

Realising the importance of environment the CRPF has taken up in recent years a massive tree plantation programme in all its unit locations spread all over the country. So far around three lakh fifty thousand trees have been planted by CRPF all over the country in' its various unit locations. In addition to this 13,671 trees have been planted by Rapid Action Force.

Care has been taken to plant all types of trees including fruit trees, shady and timber trees and ensured its regular nurture to avoid its extinction. As a result of which maximum number of trees which have been planted are growing very fast.

The Group Centre CRPF Bhubaneswar has won many prizes in environmental protection.

Whenever a Battalion is to be set up the first thing is to make the environment around the campus most green and pollution free.

Efforts are on to take up more tree plantation to further improve the environment and pollution free areas in and around various units location of CRPF.

RAF 103, BN BAGS THE BEST BN TROPHY

The 103 Rapid Action Force Bn received the “Best Battalion Trophy” for the year 1992 amongst Delhi based Battalions of CRPF from DG CRPF Shri D.P.N. Singh on May 11, 1993 at Ravindra Rangshala New Delhi, Comdt. Balwant Singh received the trophy and Rs. 5000/- cash reward on behalf of the Bn. 120 Bn of Special Sector CRPF headed by Commandant Shri I.S. Dhillon got the second position with a cash reward of Rs. 3000/- while 32 Bn of Southern Sector CRPF headed by Shri D.R. Khurana got the 3rd position with a cash reward of Rs. 2000/-.

The prizes were given after the conference of Senior CRPF Officers which was presided over by DG CRPF. During the conference, discussions were held on various steps taken and are likely to be taken to improve the professional efficiency of the Force. Subjects like creation of Bomb Disposal Squad, Rotational Training, Housing facilities, Specialised Medical Facilities, provision of Bullet Proof vehicles, Organisation of Staff Officer’s course were taken up during the conference.

DG CRPF STRESSES FOR BETTER MEDICAL FACILITIES

A high level meeting of Medical Officers was held at R.R. Shala on May 5, 1993. Chairing the meeting, Shri D.P.N. Singh DG CRPF said that the efforts would be made to provide better medical facilities to the CRPF personnel including creation of hospitals in the operational areas. He also said during the discussions with the Medical Officers of all Sectors of CRPF that the steps will be taken to alleviate genuine problems of medical officers and to improve their working conditions.

The DG further emphasised the need of updating the various medical hospitals with latest medical equipments. He also advised the Medical Officers to work like soldiers and do their utmost for the better health of CRPF personnel even at the cost of their personal inconvenience. He also discussed about the various problems being faced by doctors in their day to day working.

100 PERCENT RESULT IN XTH CLASS BY CRPF PUBLIC SCHOOL

The CRPF Public School Rohini which represents lower and upper middle class has shown 100 percent results in this year’s CBSE Class X Examination.

All the 34 students who appeared in Class X examination passed with first division. The topper of the school was Amit Kumar with 92.5 percent marks while six students got distinction in all the five subjects. 22 students secured more than 75 percent marks in aggregate.

WORKSHOP ON EMERGENCY MEDICAL CARE

A workshop on “Emergency Medical Care” was organised by Base Hospital—2 CRPF on July 10' 1993 in the Recreation Room of Group Centre, CRPF Hyderabad under supervision of Dr. D.N. Kar, CMO, Base Hospital-II. Professor N.P. Singh, Convener, National Association of Critical Care Medicine, New Delhi and Prof. (Mrs) Gupta, Co-Convener of the Association delivered lecture/ demo on Cardio-Pulmonary Resuscitation

in the event of accidents and heart attacks.

Mr. P.V. Subba Rao, DIGP, CRPF, Hyderabad presided over the function which was attended by about five hundred persons including Officers, SOs, NCOs, Hospital. Ministerial staff and other ranks from all the local units of CRPF. Dr. D.N. Kar, CMO and Dr. P.K. Dash, SMO also talked on the subject.

DG's DISC PRESENTED TO RAF OFFICIALS

At a simple but impressive function held at 103 RAF Bn, Wazirabad on July 19,1993, DG CRPF Shri D.P.N. Singh presented DG's Disc, highest honour of the Force, to 15 officers and men of Rapid Action Force for showing exemplary courage and dedication to their duties. Besides two officers were given Commendation letter. The awardees of DG's Disc are: IGP RAF Shri C.Pal Singh; DIGP RAF Shri A.A. Siddiqui; Commandant 103 RAF Bn Balwant Singh; Comdt. 101 RAF Bn. Satinder Singh, 2IC V.V. Singh 108 RAF Bn., Deputy Comdt. 99 RAF Bn Resham Singh; Sub Major K.D. Joshi (103 RAF); Sub Major/Office Supdt. G.S. Soni (IGP Office RAF); Sub Inspector Shri Ram (108 RAF); Naik Surat Singh (108 RAF); Constables S.K. Sharma, Ram Dass, Deepak Kumar, Udaivir Singh of 108 RAF Bn and Constable Rameshwar Lal (105 RAF). Commandant 104 RAF Bn Shri Z.F. Khan and Commandant 99 RAF Bn Shri C.V. Mathew got Commendation letters.

Addressing the audience, Shri D.P.N. Singh called upon others to follow the example set by the awardees and to win laurels for themselves and for the Force in the years to come.

In an another function Shri Singh while giving valedictory address to the trainees of first course of "Sensitivity Training Programme to Subordinate Officers' of RAF,. called upon them to up-date and up-grade their professional skill and inculcate in them motivational qualities so that sensitivisation course which they have undergrone at 103 RAF HQ has some meaning.

Later on Shri Singh distributed certificates to the trainees for successful completion of the Course. Inspector M.B. Sharma of 101 RAF Bn stood first in the course while Sub Inspector Jijimon K.M. of 106 RAF Bn and Inspector M.R. Sharma of 105 RAF Bn got second and third positions respectively.

Shri Singh also visited low cost house designed by the Centre of Science for Villages Wardha and RAF Family Welfare Centre where Smt D.P.N. Singh distributed Sewing machines to the wives of RAF Jawans.

CHIEF MINISTER PRAISES THE ROLE OF CRPF

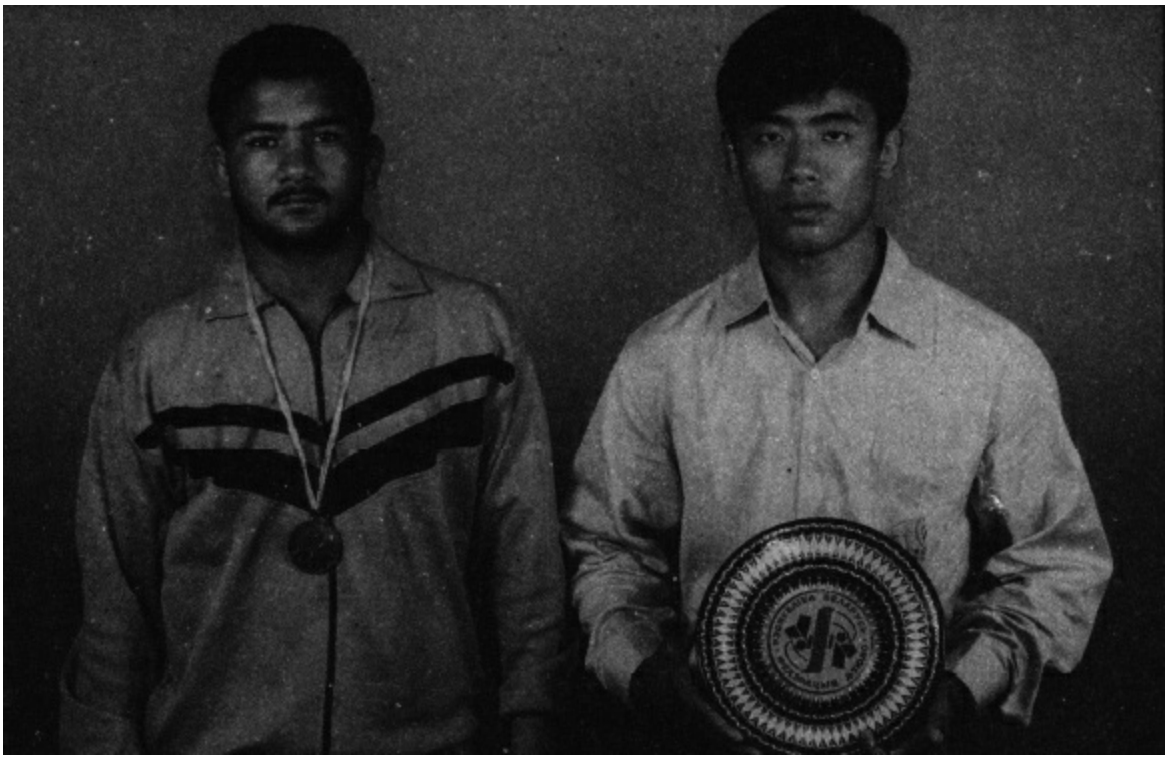
The Chief Minister of Punjab, Shri Beant Singh in a letter to DG CRPF praised the work, conduct, commitment and professional skill of officer and men of 4th Bn CRPF Coy which was deployed for his security arrangements from January 28, 1990.

Shri Beant Singh said that the Coy under command of Asstt. Commandant Malkiat Singh worked hard without caring for their personal comforts round the clock with dedication and devotion towards the duties which was full of risk and very sensitive.

SPORTS-NEWS

C.R.P.F. Sportsmen on International Arena

DG CRPF Praises CRPF Sportsmen



HC Ram Kumar and S.I. Tilak Thapa

Shri D.P.N. Singh, DG CRPF felicitated two CRPF sportsmen viz, Sub Inspector Tilak Thapa. and Head Constable Ram Kumar who earned laurels for the country in Judo and Wrestling in International/ National events respectively in the month of June 1993.

Sub Inspector Tilak Thapa earned third place in Judo Championship held at Minsk, Belarus in June 1993, a very "prestigious tournament in Eurofian circuit. In this tournament national teams from Germany, Italy, Great Britain, Romania, Russia, Luthuania, Latvia, Georgia and Belarus participated. SI Thapa won bronze medal in 65 kg weight category.

Incidentally, SI Thapa represented the Indian Judo Team in the South Asia Judo Championship held at Delhi in 1992 and won individual gold medal and team gold medal. He also represented in Jigaro kano International Judo Tournament held in Japan in 1993. At national level he has won gold medals in 1993 in All India Police Games, Federation Cup and Senior National Judo Championship.

Twenty Four year old Thapa who joined CRPF in 1990 as Sub Inspector is a Black Belt II **Don Judoka and a qualified 'A' Grade National Referee.**

In wrestling Head Constable Ram Kumar, a former Junior National

champion in 58 kg weight category twice and gold medal winner in 58 kg in the Delhi State Wrestling championship 1993, won bronze mdeal in Greco Roman in 62 kg weight category representing Delhi State in the recently concluded Senior National Wrestling Championship at Sangli (Maharashtra). He has been included in the coaching camp being held at NIS Patiala with effect from June 24, 1993.

TWO CRPF SPORTSMEN FOR WORtD POLICE GAMES

Two CRPF sportsmen are representing Indian Police Team for World Police & Fire Games being held at Colorado Springs (USA) from July 31 to August, 7, 1993.

The selected sportsmen are, Athlete Sub Inspector Rajinder Singh who had claimed gold medal for CRPF in 110 Mtr (14.7 sec) and 400 Mtr hurdles (52.5 sec) respectively in the recently held All India Police Games and Swimmer Asstt. Commandant S. Radhakrishnan who holds national record in 200 Mtr. Breast Stroke. Besides he also earned many gold medals in various Aquatic Meets which includes South Asian Federation Games 1989.

A NOVEL WAY TO CELEBRATE IDUL ZUHA BY CRPF IN SRINAGAR

Officers and men of CRPF 74 Bn posted at Srinagar celebrated Idul Zuha in a novel way by distributing cold drinks, sarbat and tea to pedestrians, scooterists and passerby in the campus of Railway Holiday Home on June 2, 1993. This gesture of brother-hood and cooperation in a sensitive area was highly appreciated by all and sundry. Even DIGP Ops Shri M.L. Guleria was highly impressed with this gesture.

Actually this was a genuine effort on the part of the Force to patch up the increasing rift between the security forces arid civilians of the Valley.

EASTERN SECTOR EMERGES CHAMPION



Eastern Sector Foot Ball team members receiving trophy from DG CRPF.

The Eastern Sector defeated Special Sector by 2-0 to lift the CRPF's Inter Sector Football Tournament '93 held at 50th Battalion, Kalkaji, New Delhi. The eight day long tournament was played from 21st to 28th June '93 on league cum knock out basis.

All the sectors of CRPF took part in this tournament. The Eastern Sector, RAF, Northern Sector, Special Sector and North East Sector were placed in Pool 'A' while Souther Sector, Bihar Sector, Western Sector, North West Zone and Central Sector were in Pool 'B'.

In the semi finals Eastern Sector beat Bihar Sector and Special. Sector defeated Southern Sector. Shri D.P.N. Singh DG CRPF was the chief guest on the concluding day. Speaking on the •occasion Shri Singh complimented the players for exhibiting. sportsmen spirit during the tournament. He further said that the purpose of organising such tournament is to develop comradeship and endurance of the players. Shri Joginder Singh IGP Northern Sector gave vote of thanks before Shri DPN Singh declared the meet closed. The team members of the Winner Team were; S.Oroar (Captain), S. Kumar, Pallab Da /, Dipak Das, S. Mondal, S.R. Hansda, R. Chetry, M. Murmur, D.D. Bannerjee, T.K. Roy, J.M. **Bhatacharjee, M.D. Allauddin,** P. Biswas, S. Bhaduri, N.K. Ganguly and Manik Mondal.



Shri S.S. Wazir, IGPJammu giving away trophy to the Southern Sector Volley Ball Team Captain.

SOUTHERN SECTOR WINS VOLLEY BALL

The Southern Sector thrashed Special Sector in straight sets 15-5, 15-4, 15-2 to win the third CRPF Inter Sector Volley ball tournament held on July 14, 1993 at GC CRPF Bantalab. Shri S.S. Wazir, IPS IG of Police Jammu gave away prizes to the winners and the runners up.

In the hard line match RAF defeated North west Zone 15-11,15-12,15-13 to win the third position.

Earlier Shri J.S. Negi DIGP Srinagar inaugurated the tournament on July 4,1993. In the semi finals played on 13th July Southern Sector beat North West Zone by 15-1, 15-3, 15-2 while RAF was defeated by Special Sector by 15-12,15-9, 5-15, 7-15 and 15-12. The tournament was played on league cum knock out basis.

INTER SECTOR HOCKEY TOURNAMENT AT RANCHI



The D.G. CRPF with jubilant team members of special sector which won the third inter sector hockey tournament.

The Special Sector, CRPF clinched the third Inter Sector Hockey Tournament, beating defending champion Bihar Sector by 2-1 in the final played at Ranchi on June 18, 1993. Similarly, in an another match, North West Zone defeated RAF by 2-1 for third place..

This eight day long tournament played on Morabadi Staduim Ranchi was inaugurated by Shri Gopal Acharya, IGP Bihar while Shri D.P.N. Singh, DG CRPF was the Chief Guest on the concluding Day.

On the concluding day the final was keenly contested and till the last moment it was not clear as who will win. 1 he first half saw Bihar Sector having an edge over Special Sector by 1-0. However in the second half Special Sector turned the table when Amrik Singh of Special Sector superbly converted a penalty corner to equalise the score. Now the stage was set for survival of the fittest. Both the teams displayed all their skills to out play the other. The clock was ticking off and no result was coming forth and every one was expecting for a tie-breaker. It was Special Sector's Balvinder Singh who converted a penalty stroke at the last minute, helping Special Sector to clinch the title.

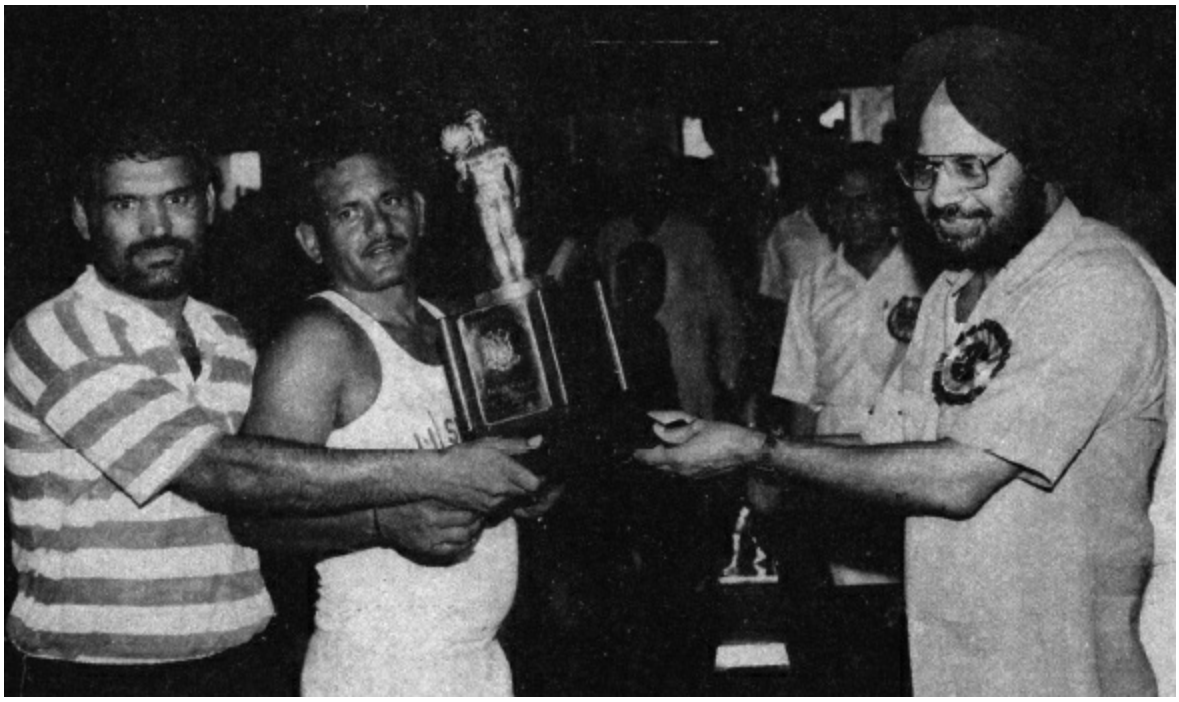
Jholan Topno of Bihar Sector was adjudged the Best Player of the

tournament. Smt. D.P.N, Singh gave away the prizes to the winner.

The team members of the winning team were: Rama Uraoa, Amrik Singh, Raspal Singh, Jarnail Singh, Balwinder Singh (Captain), P. Kumar, M. Singh, Satendra Singh, Manjit Singh, Bhupinder Singh, Anil Kumar, Suresh, C. Bilunghm and Balbir Singh.

The tournament was conducted under the arrangement of 116 Bn, CRPF, and SGC Ranchi.

N/S WINS CRPF INTER SECTOR WRESTLING CHAMPIONSHIP



Shri Joginder Singh IGP Northern Sector presenting inter sector wrestling championship trophy to the winner.

The Northern Sector won the 3rd CRPF Inter Sector Wrestling Championship held at Group Centre, CRPF Jharoda. Khalan from July 19 to 23,1993. Northern Sector became winners with 108 points while Central Sector got runners-up position with 104 points.

Shri Joginder Singh, IG of Police, Northern Sector who was the Chief Guest on the concluding function of the five day championship gave away prizes to the winners and runners-up. Total ten sector teams participated in this wrestling championship which was inaugurated by IG Northern Sector

in July 19, 1993.

A large number of officers and jawans witnessed the final bouts of the championship. The detailed results of final bouts of various categories are given under:-

48 Kg Category: Akshya Lal of RAF beat Balwant Raj of Northern Sector by fall (4.10 mts)/**52 Kg Category:** Jagbir Singh of North West Zone beat Ramesh Kumar of Central Sector by points (5 mts)/**57 Kg Category:** Jitender Yadav of Bihar Sector beat N.G. Patel of Western Sector by fall (1.35 mts)/**62 Kg Category:** Chandra-sekhar of Central Sector beat Kuldip Singh of North West Zone by fall (3.55 mts)/**68 Kg Category:** S.K. Yadav of Eastern Sector beat Virender Singh of NE Sector by fall (3.55 mts)/**74 Kg Category**: Kapil Dev of Southern Sector beat Suresh Kumar of Bihar Sector by points (8 mts)/**82 Kg Category:** Pratap Singh of Northern Sector beat Rajbir Singh of NE Sector by points (8 mts)/**90 Kg Category:** Sarjeet Singh of N/Sector beat Mangal Singh of N/Sector by walk-out/**100 Kg Category:** Jai Prakash of N/Sector beat Udaivir Singh of N/Sector by walk-out/**130 Kg Category:**

S.K. Rai of Central Rector beat Rajesh Kumar of Eastern Sector by points (8 mts.).

INTER BATTALION WRESTLING TOURNAMENT

The 85 Bn won the overall championship in the 27th Inter Battalion wrestling tournament of Ajmer Range held at 33 Bn, RR Shala, New Delhi. This six day long tournament commenced on June 13, 1993.

Shri Joginder Singh IGP Northern Sector was the chief guest on the final day of the tournament. Impressed by the fine performance of the wrestlers Shri Joginder Singh announced on the spot cash rewards to wrestlers.

32 BN WINS

In an exciting final match played at 32 Bn CRPF. R.R. Shala, New Delhi on June 6, 1993, 32 Bn defeated 12th Bn by 15-12, 15-8, 13-15, 12-15 and 15-7 in the 25th Inter Bn Volley Ball Tournament of the Hyderabad Range.

Constable Naresh Kumar of 32 Bn was declared as “Best Player” while Constable P.V. Arvindakshan of 5th Bn received consolation prize in this

six day tournament.

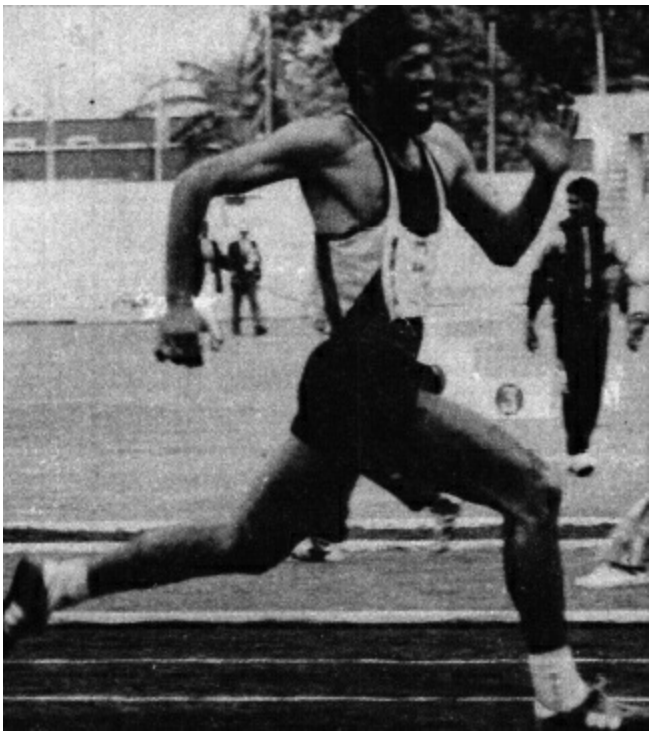
Presiding over the concluding function, Shri A.A. Siddiqui, IPS. DIGP New Delhi range complimented the players for playing the match in true spirit. He later on distributed prizes to the winners and runners-up.

Sports & Games in C.R.P.F

By-A.N. Sharma

Games and Sports are the integral part of professional training and daily routine in the CRPF. The organisation is making sustained efforts to promote sport and encourage the sportsmen in the Force. CRPF is recruiting talented sportsmen in attractive ranks, giving them out of turn promotion whenever they achieve positions in National and All India Police Games. The CRPF have revised the rates of special diet to the sportsmen. Built up accommodation has also been provided to imrove their living conditions. With all these incentives, our sportsmen are not only giving excellent performance in the All India Police Games but have also made a mark at the International and National level. CRPF is making sizable contribution to the National teams in International Meets. CRPF sportsmen have brought glory to the country in general and to the Force in particular. Many of them hold National records and have written their names in the history of National sports.

Over the years, CRPF's main nursery of sportsmen has been the Training Centres and the Battalions from where talents are spotted and groomed. Apart from this, direct recruitment of sportsmen are also undertaken though the percentage is limited. However with the Battalions committed to law and order duties, the Force is experiencing difficulty in finding new talents. A special drive during 1991 and 1992 was taken up to recruit sportsmen. All Sectors were permitted to recruit 100 sportsmen each through these drive. The results were encouraging.



Rajender Singh of CRPF adjudged as the Best Athelete in the 42nd All India Police Games held at Lucknow.

With the increase in the number of Ranges, the conduct of Inter Range Tournaments was discontinued from the year 1991. In its place, conduct of Inter Sector Tournaments was introduced. Thus, in all, nine sectors and one Zone are participating in Inter Sector Tournaments. It is left to the Sectors to conduct either Inter Battalion or Inter Range Tournaments within their sector. CRPF has been placed in the West Zone alongwith ITBP, SSB, MP Police, Maharashtra Police, Goa Police, Gujarat Police and Rajasthan Police for qualifying for the All India Police Games in the disciplines of Hockey, Football, Volleyball,

Basketball, Kabbadi, Gymnastic, Judo and Wrestling. This year CRPF teams have qualified in all the disciplines except Hockey. Besides this, CRPF team has been participating in the All India Police Aquatic Meet and Cross Country Championships. In the 1992 All India Police Aquatic Meet, CRPF was runners up after dominating the championship for the last 17 years. In Cross Country also CRPF was runners up in 1992. In Atheletics CRPF, placed Vth in 1991, was able to come IIIrd in 1993 All India Police Games.

Besides the Police Games, CRPF players also represent the Indian Police teams in disciplines where the Police teams are affiliated to the Federations.

Others are permitted to participate from various states from which they are selected. CRPF Team also participate in various All India level tournaments in all the disciplines. Sportsmen selected for the National teams and camp are also permitted to participate.

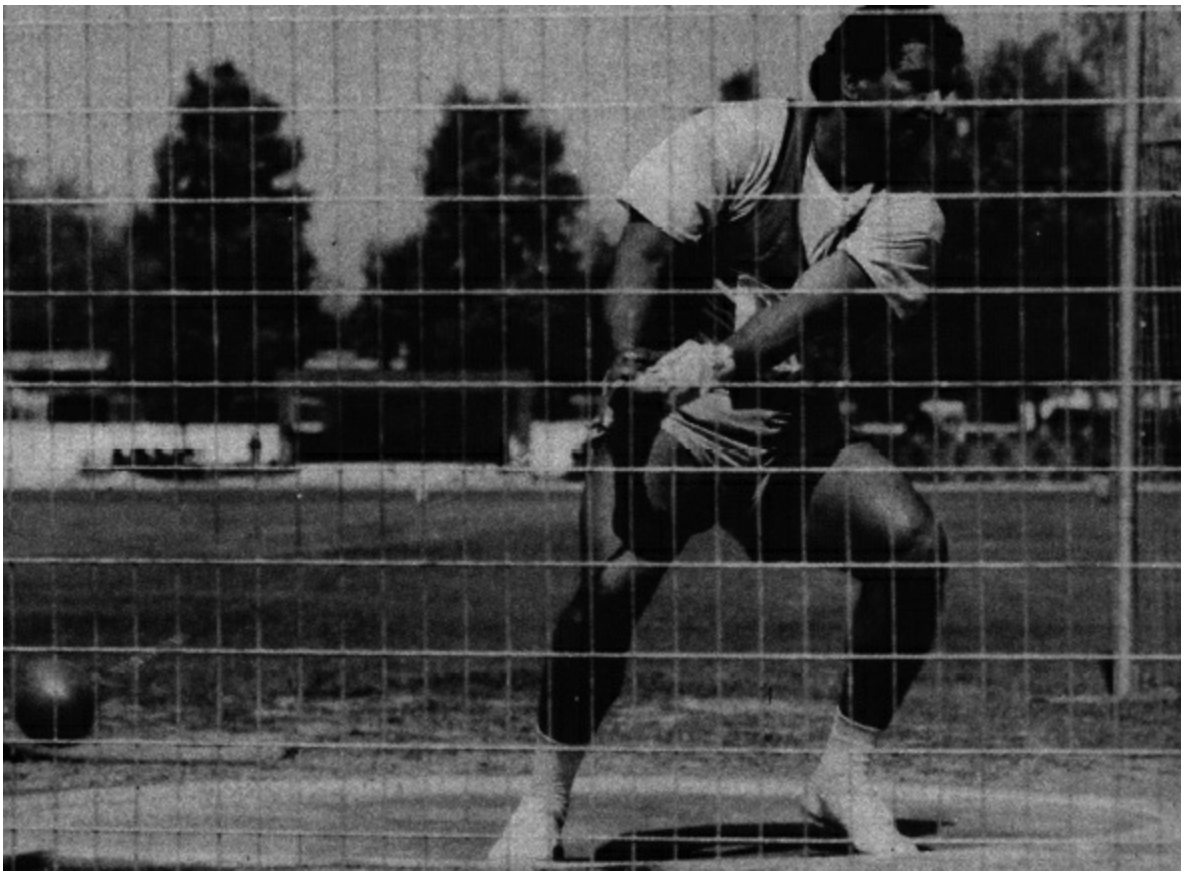
The expenditure on conduct of sports activities is met from the yearly contribution by the Force personnel towards the Central Sports Fund and grants from the Central Welfare Fund. In addition, special grant in aid received from Government yearly is being utilised for purchase of sport goods by the Battalions as well as equipping the Sectors by providing them jumping pits, hurdles, multigym etc., so that they are self sufficient and are able to train the sportsmen as well as conduct Inter Sector Meets.

The CRPF teams selected after the conduct of Inter Sector Tournaments are concentrated at different locations

The selected players are put under 40 days off season camp and after the camp, those not likely to come up due to unfitness etc., are weeded out. Thereafter intensive practice and systematic coaching is given in preparation for the Zonal games and All India Police Games. Each teams are placed under an officer who act as Manager. These officers are those who have played in that particular discipline. Only NIS qualified coaches are given the responsibility of coaching the teams.

All efforts are being made to achieve better results through close supervision of the training sessions as well as critical analysis of the results of the team participating in various competitions. Games wise performance of CRPF are as under:

In the field of “Athletics”, CRPF has been winning the All India Police Games Athletic Championship since last 19 years i.e. 1972, except in 1978, 1990 and 1991. Shri Gurbachan Singh Randhawa, an Olympian and ‘Arjuna’ award winner, is amongst the top most athletes of our country. His record of 110 M Hurdles established in 1964 in Tokyo still holds good. Shri Hari Chand, also an ‘Arjuna’ award winner, still holds the record in 10000 M established in Montreal Olympics in 1976. Shri Raghubir Singh Bal, Dy. Commandant is the National record holder in Hammer Throw and representing the country in various international athletic meets. He was awarded Maharaja Ranjit Singh award. CRPF have other international athletes like Insp. Om Prakash, Insp K. Suyodhanan and SI Kartar Singh.



Om Prakash of CRPF who won the silver medal in hammer throw in 42nd All India Police Games.

CRPF is also having a Mahila Athletic Team which is doing well in All India Police Games and contributing for National level competitions.

In the field of Gymnastics, Shri N.B. Bhonsle, Asstt. Comdt represented India in Asian Games at Banghok and Commonwealth Games in 1978. Shri Balram Shil, Asstt. Comdt also represented India in Moscow Olympics in 1980 and in Asian Games during 1982 at Delhi and 1986 at Seoul. He was the best gymnast of his time.

CRPF Judokas namely SI Sidharth Seth and Tilak Thapa attended National Coaching camp in preparation of Indian team for Asian Judo Championship. SI Sidharth Seth represented India in the Asian Judo Championship held at Japan from 8th to 11th Nov 1991. CRPF is proud of having produced international judokas in Insp Radhey Shyam, Insp. Ram Niwas and SI. Bannu Singh. Insp. Radhey Shyam and SI Bannu Singh represented India in 10th Asian Games held at Seoul in 1986. SI Bannu Singh won bronze medal in the open weight category. Insp Ram Niwas represented India in World Judo Championship in West Germany in 1987

and again in 1990. SI Tilak Thapa won bronze medal in 65 kg weight category in Judo Championship held at Minsk, Belarus in June 1993 in which national teams from Germany, Italy, Great Britain, Romania, Russia, Luthuania, Latvia, Georgia and Belarus were participated. SI Thapa also represented the Indian Judo Team in South Asia Judo Championship held at Delhi in 1992, Jidao Kano International. Judo Tournament held in Japan in 1993, All India Police Games 1993, Federation Cup 1993, Senior National Judo Championship 1993 at Bombay and won gold medals.

In Hockey, SI Pramod Kumar represented India in pre-olympics at Moscow in 1979, Shri S.S. Mann, Dy. Comdt was the coach of the Indian Team in Indira Gandhi International Gold Cup Hockey tournameqt.

In Basketball, CRPF is proud of having produced international strikers in S/Shri M.V. Singh, P.P. Singh, Insp V.N. Kutty and Insp Jagjit Singh. Insp Jasminder Singh, who is still in the central team, has represented India in Asian Basketball Championship at Hongkong in 1987 and SAF Games at Calcutta in 1987 and 1991. Shri K.S. Cheema, Asstt. Comdt was the coach of the Indian team in SAF Games in 1987.

CRPF Wrestling team has the distinction of having produced 3 Rustam-E-Hinds and 1 Hind-Kesari. S/Shri Sukhwant Singh, 2-I/C. Ishwar Singh, Dy. Comdt; O.P. Yadav, Dy. Comdt and Suresh Chand have represented CRPF in various National level competitions. Shri Ishwar Singh represented India in Commonwealth games in 1979 and won a bronze medal for the country. HC Ram Kumar, a former Junior National Wrestling Champion in 58 kg weight category twice, represented Delhi in Senior National Wrestling Championship held at Sangli (Maharashtra) in 1993 and won Bronze medal in Greco Roman 62 kg weight category.

CRPF Shooters have also excelled in various National and International level shooting competitions. Shri T.S. Dhillon, now Commandant, is one of our ace shooters who represented India in 3rd World Police Games held at Toronto (Italy) during 1993. He is the first Asian to be honoured with life membership of International Shooting Coaches Association. He was also awarded Maharaja Ranjit Singh Award.

In Swimming also CRPF has produced a number of National/ International level swimmers. Shri Khajan Singh, T.J. Jacob, P.V. Pillai, S. Radhakrishnan, Somasekharan, B.S. Ravisekharan, Mohinder Kumar have represented the Country more than once in swimming at National and

International levels.

CRPF BASKET BALL

In a keenly contested match,. 32 Battalion defeated 33 Battalion by 53-28 in the CRPF's Inter Battalion Basket Ball Tournament finals played at 32 Bn HQ Ravindra Rangshala on July 13,1993. For the winners P. Babu scored 16 points while for the runners-up Surender Singh scored 18 points. At half time score was 33-18.

In this knock out basis tournament, teams from 17 CRPF Units located at Delhi took part. The Chief Guest on this occasion, Shri D.P.N. Singh, Director General, CRPF congratulated the players and also gave away prizes to the winners and runners-up.

On this occasion Shri D.P.N. Singh also inaugurated a tree plantation programme on the eve of "Van Mahotsav 1993" at 32 Bn CRPF campus by planting a sapling.

32 BN WINS INTER BN KABBADI TOURNAMENT

32 Bn clinched the CRPF's Inter Battalion Kabbadi Tournament title defeating 33 Bn by 33-26 in the finals played at 19 Bn CRPF HQ Mehrauli on July 29, 1993. At half time the score was 11-9.

As many as 16 teams from Delhi based CRPF's Units took part in this 3 day long tournament, which was played on knock out basis. Earlier in the semi finals 32 Bn and 33 Bn defeated 103 RAF and 93 Bn respectively to reach the finals.

Hari Kishan of 32 Bn was adjudged as "All Round Best Player". Congratulating the players for the true sportsmanship, Shri Joginder Singh, IGP Northern Sector, CRPF gave away the prizes to the winners and runners-up.



Smt. D.P.N. Singh wife of DG CRPF presenting Inter Sector Hockey Tournament Trophy to Team Captain Speciai Sector at Ranchi



Shri Rajesh Pilot, Union Minister of State for Internal Security inspecting Passing Out Parade of 124 Bn at Jaipur.

CRPF SAMACHAR

Vol. VII No. 3 October 31, 1993 9 Kartika, Saka 1915



MARTYRS REMEMBERED

Pix : S.K. Khanna



Shri D.P.N. Singh DG presenting Sword of Honour to Best Cadet Md. Imran Mallick at DAGOs Passing Out Parade at ISA Mount Abu on 20 August 1993

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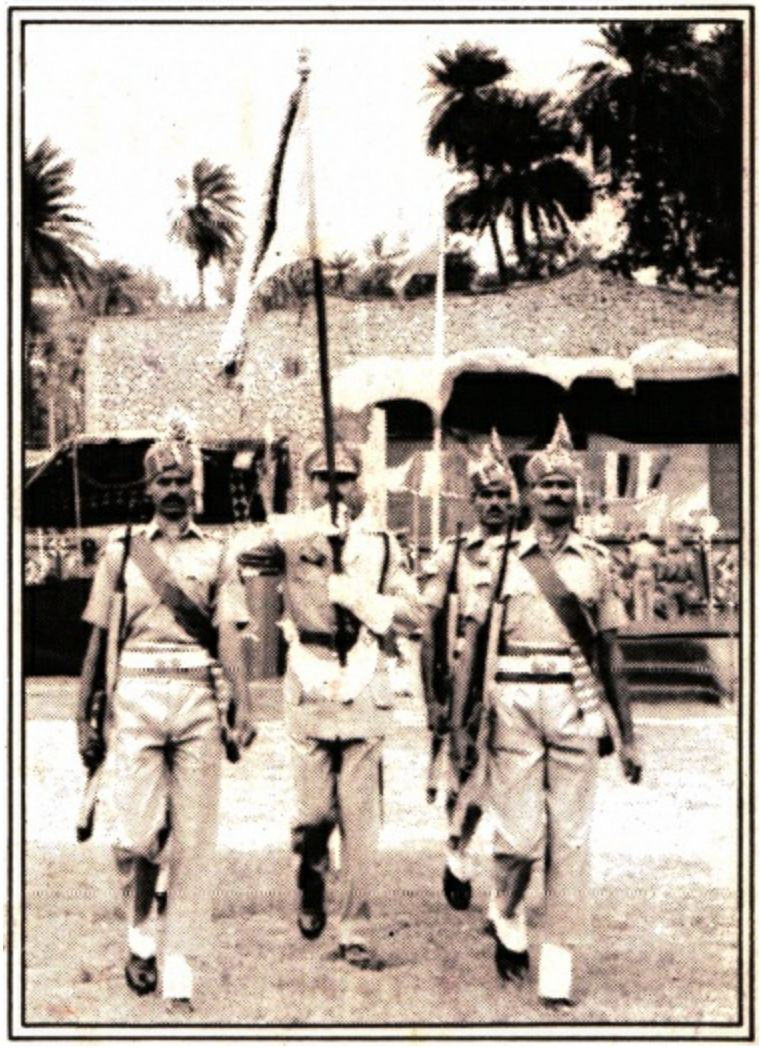
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News in Brief
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A Dedicated Hospital
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Health Column
Peace and Happiness

Editorial

Dear Reader,

Month of October has got unique significance for CRPF. “Police Commemoration day” is observed on 21st October and RAF Raising Day also is celebrated on 7th October. On 21st October, all Police organisations in the country pay homage to police martyrs who laid down their lives on the altar of Motherland while fighting enemies of the country. The best homage on Police Commemoration day would be to take a pledge to uphold the high ideals for which the policemen laid down their lives.

The Raising Day of RAF was celebrated on 7th October as first RAF Anniversary in Aligarh (UP), the Hqrs of one of the 10 Battalions of RAF.

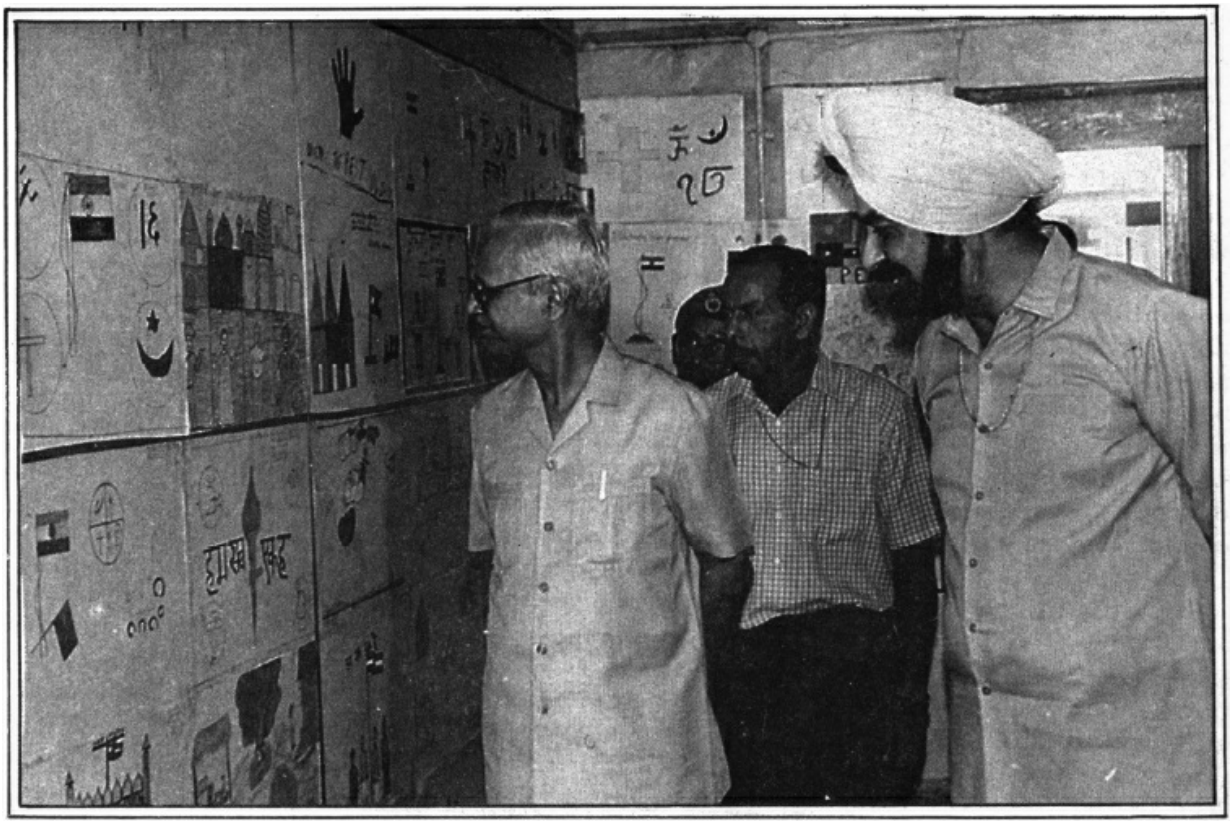
During the quarter covered by this issue, other important events were 42nd All India Police Aquatic meet at Lucknow in which CRPF dethroned BSF to win the Police Aquatic Championship; CRPF Public School annual day function at Rohini and Passing Out Parade of 23rd batch of DAGOs at ISA Mount Abu.

We have included in this issue a comprehensive write-up on Police Commemoration Day and an article on health written by Dr. L.C. Gupta besides regular features like Bn History and News in brief.

I hope you will find this issue interesting. I am looking forward eagerly for your help and co-operation for enriching CRPF Samachar with your contribution through reports of activities and achievements.

(A.N. Sharma)

RAF SENSITIVITY COURSE



Shri S. V. M. Tripathi ADDL DG alongwith Shri C.Pal Singh IGP RAF glancing through Children's Paintings on topics of Sadbhavana.

"Check basic instinct in most adverse circumstances" was the advice of Addl DG Shri S.V.M Tripathi to the trainees of second batch of RAF Sensitivity Course at RAF HQ, R.K. Puram New Delhi on September 21, 1993. Shri Tripathi during his valedictory address on the concluding day of the course said that he was confident that this training would have given them enough immunisation to control this instinct.

This Sensitivity course of RAF Inspectors and Sub Inspectors was inaugurated on Sept. 13, 1993 by Shri D. K. Suri DIG RAF. Shri Suri while addressing the trainees called upon them to acquire such professional expertise in handling communal situation that people should look towards you only during such eventualities for immediate solution.

During this course, subordinate officers of Rapid Action Force were given lectures on Indian Constitution, Social Unity and its reality, Communalism and the present day society, Secularism and the need of Indian Society and creation of awareness in the trainees regarding the current social realities. Subjects like media and police cooperation and effective leadership and decision making were also taught to them.

Addl DG after the address distributed certificates to the trainees. Best Trainee award was bagged by Insp Kalyan Singh of 103 RAF Bn while Insp. Rajgopal Singh of 108 RAF Bn stood second.

Earlier Shri Tripathi went round a Children's painting exhibition on Sadbhavana Diwas put up by the children of personnel of various RAF Units. Paintings were divided into four groups and in each group best paintings were given prizes.

Besides this, RAF also organised an essay competition on communal harmony and three best entries were given prizes. Talks were also organised on communal harmony amongst the jawans and three prizes for best speakers were given in this category.

Passing Out Parade of 23rd Batch of DAGOs

D.G. Stresses on Hard Work

The CRPF is no less than an Indian Police Service or any other service, maintained the DG CRPF Shri D.P.N. Singh while addressing the officers of CRPF after taking salute at the Passing Out Parade of 23rd batch of DAGOs at ISA Mount Abu on Aug 20, 1993. He further advised them to take life and career as a marathon race and every one should make an effort to win this race and that is only possible when hard work is done. There is no last phase in life, hence we should continue to do good work. Shri Singh said that all of them should earn name during their career so that it leaves good impression on subordinate officers who in turn start respecting you.

A total of 56 officers passed the 55 week basic training in the hill station of the Aravallis. They will take a special commando course now and undergo the second, six week phase of basic training after a year's experience in the field.

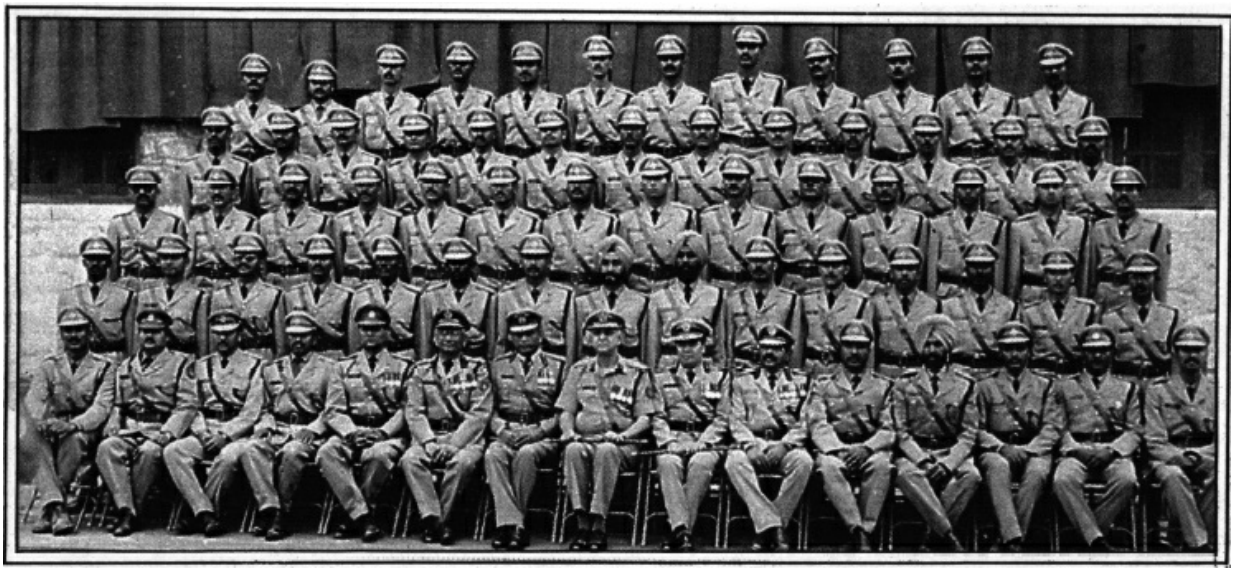
It was a proud moment for the officers and their families. With the academy cramped for space, the hour long ceremony was held at the local polo ground, with a backdrop of cloud kissed hills.

The parade Commander and the 23rd batch's best cadet, Assistant Commandant Md. Imran Mallick, set the pace. This Physics graduate and faculty topper was presented the Sword of Honour and adjuged best in

indoor subjects. His colleague, Sheel Nidhi Jha who won the rural merit and national merit scholarships and did his M.Sc in Mathematics from Bhagalpur University was adjuged the best in physical training. He topped in outdoor subjects and drill.

Next in line was Dhiraj Kumar, a Mathematics graduate from Magadh University, who topped the weapons training list. The best shooter in the batch was Ajay Mishra, who had done his B.Sc. from Ranchi University. M.J. Vijai, also a B.Sc graduate from Kottayam in Kerala was adjuged best in sports and unarmed combat. The rock climbing trophy went to Ramyophang Duidang from Manipur, who had done his post graduation in English Literature from Delhi University. And the best speaker award went to Shahnawaz Khan, a History graduate from Magadh University. Public speaking takes pride of place with anti insurgency and anti terrorist operations in the DAGOs course.

After the parade function, the DG CRPF addressed a press conference on important issues of CRPF and discussed human rights issue, RAF's role and staff shortages. On human rights, Shri Singh said that most of the stories on alleged human rights violation were a part of "psychological warfare". He said that better emphasis would be laid on teaching human rights.



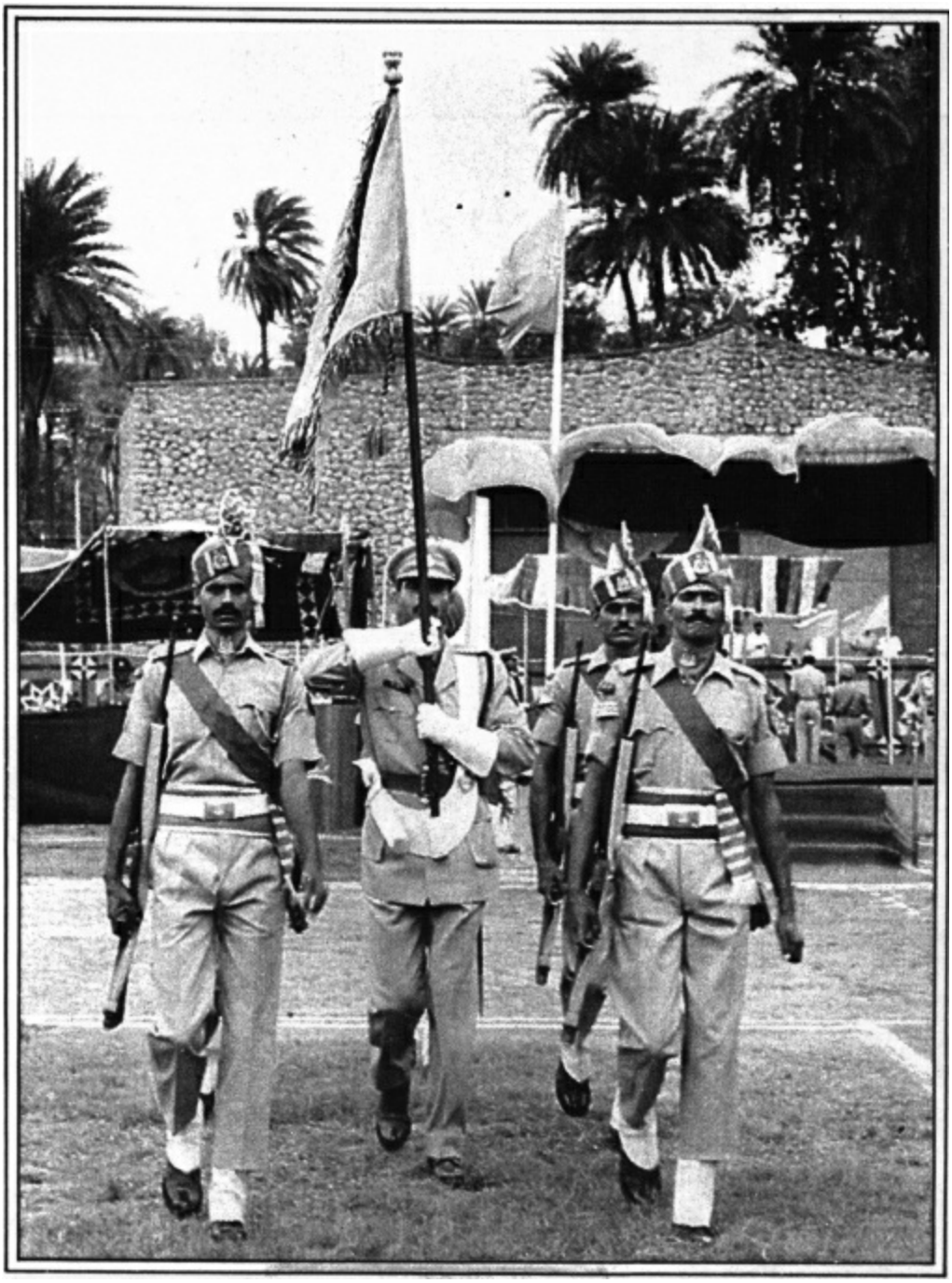
Group Photo of 23rd Batch of DAGOs with Shri D.P.N. Sinqh, DG CRPF

Answering questions on the RAF, Shri Singh said that the RAF must gradually be isolated and kept away from other CRPF duties. It must be the causalty ward, there for emergenices, its presence at a spot limited to a few days at the most. The rest of the CRPF is like the intensive care unit, at sore

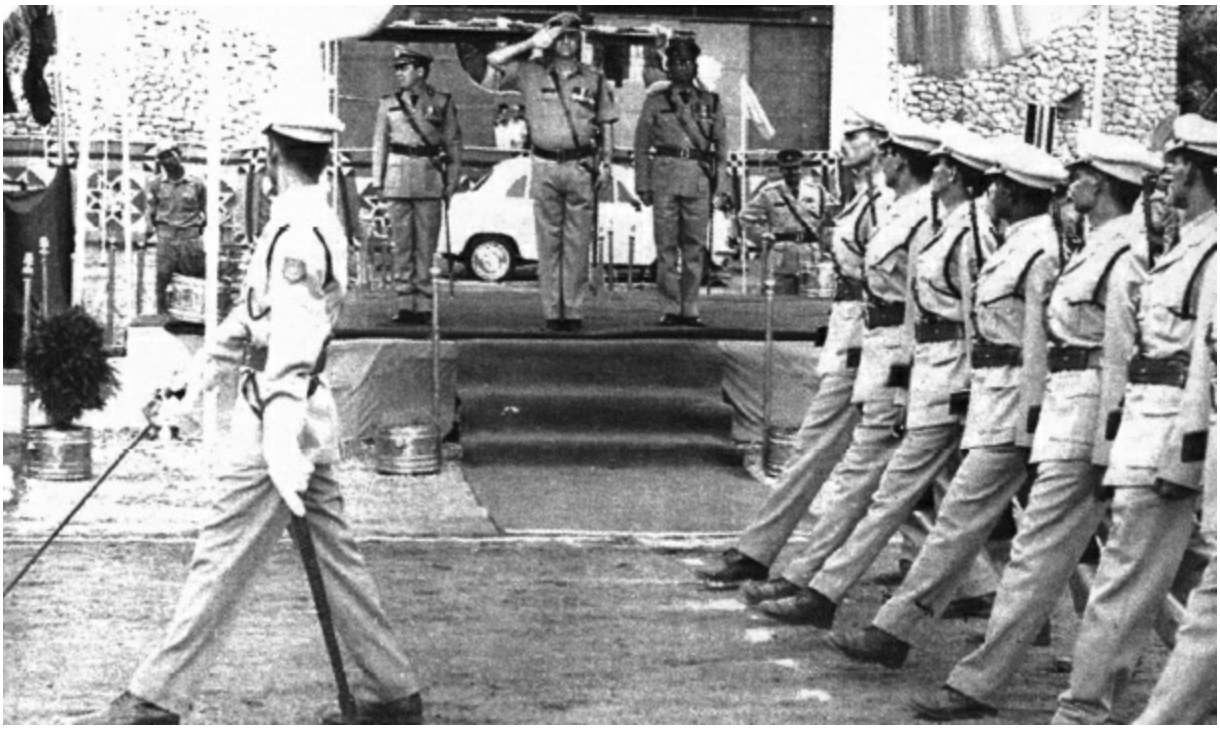
spots for long spells. As for the RAF's compsoition, he said a "mixed force" (representative of different communities) is less vital than the 'correct frame of mind' of the entire Force. It is a question of orientation. Regarding training, vacanices and the absence of adequate man power to be devoted to training are, in fact, major problems, he said.

Though a second women's battalion may be added to the CRPF, they are looking now to consolidation and better use of existing resources rather than expansion, he said. A fifth of the assistant commandants' post and a fourth of all deputy commandants' posts are vacant. There has been so much pressure on men that some have been spared for in service training, necessary to "tighten the nuts and bolts" only after a 15 year span.

In Mount Abu, there are shortage of land and housing space at the Internal Security Academy. Access to this town, set at 1200 metres, is difficult and inviting guest speakers is no easy task. Hence chances of shifting of this Institute to a better facility area are on the agenda of the Govt.



CRPF Flag is being carried by Best Cadet Md. Imran Mallick during DAGOs Passing Out Parade.

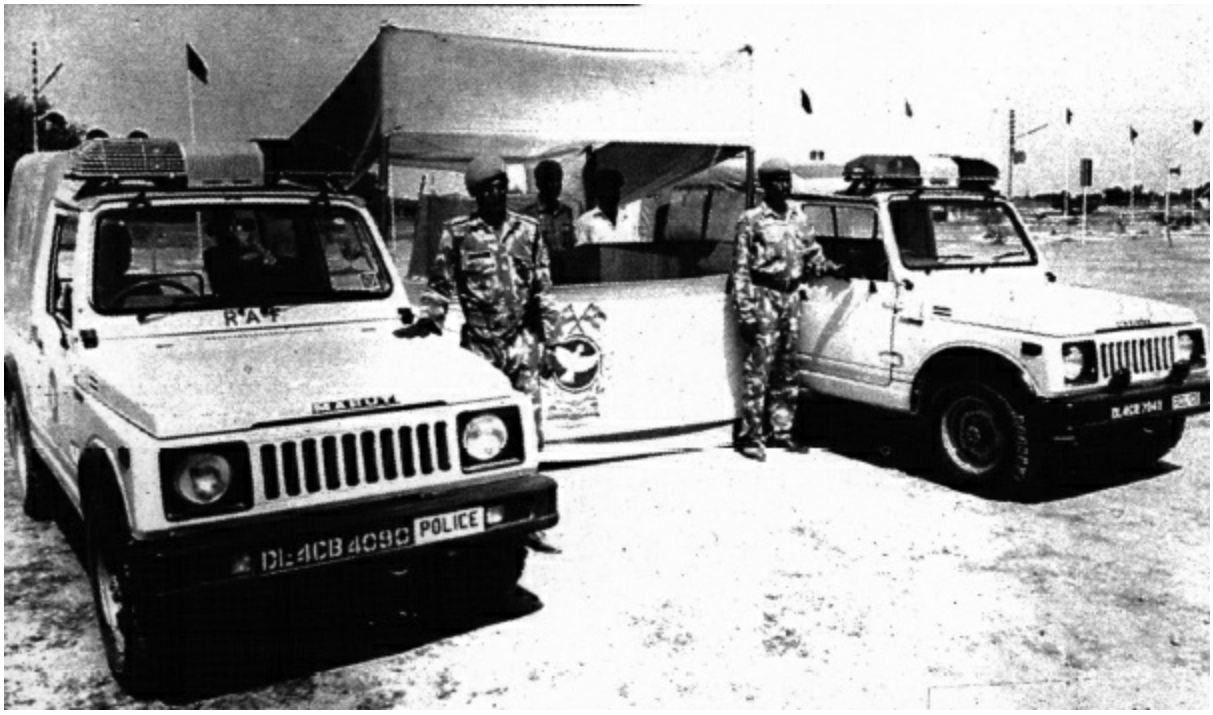


Shri D.P.N. Singh DG CRPF taking salute at the Passing out parade of DAGOs.

RAF Celebrates First Anniversary



Shri D.P.N. Singh DG CRPF taking salute at the first Anniversary of RAF at Aligarh



RAF personnel ready for action

Shri D.P.N. Singh, Director General, CRPF took salute of the Rapid Action Force's parade on the occasion of its first anniversary at Aligarh (UP) on October 7, 1993. The attractive part of the parade was the marching of convoy of vehicles carrying RAF personnel in their new attire and equipments. The parade was commanded by Shri Resham Singh, Deputy Commandant.

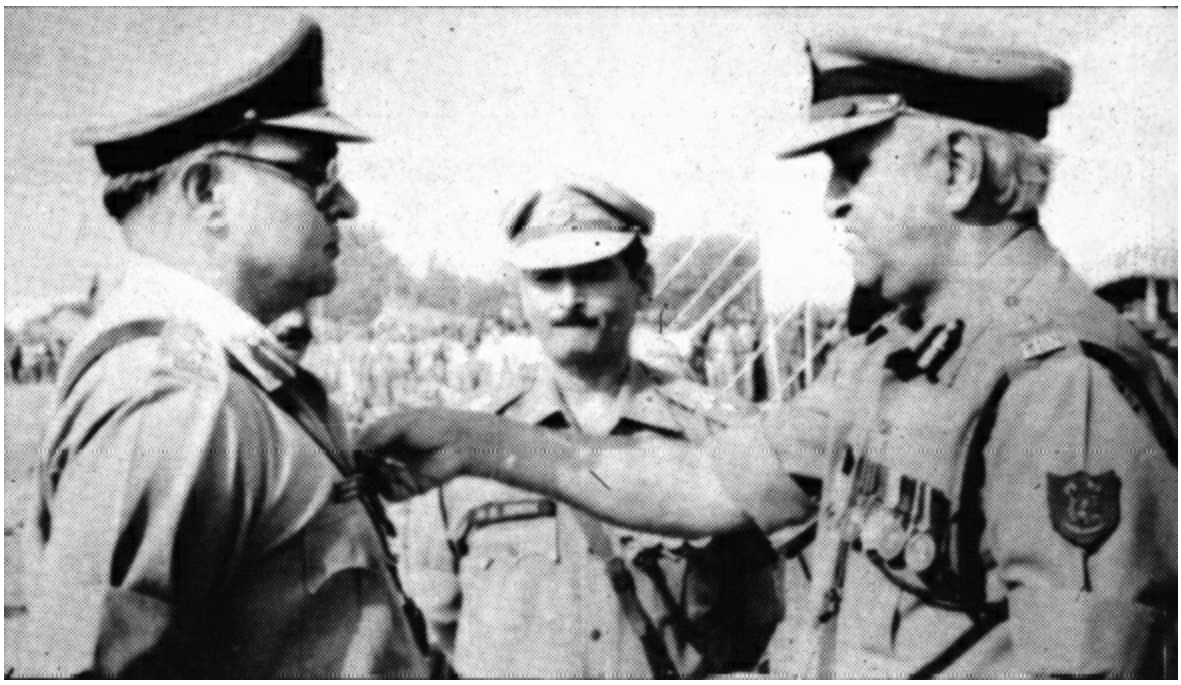
After the parade Shri Singh pinned Police Medals for Meritorious Service to 21 CRPF officers and men. They are; AD(Ops) Shri Sukhjinder Singh, Shri K.S.V. Subramanian (3rd Sig Bn), Commandant/Staff Officer Shri B.S. Rawat, Commandant Shri Swinder Singh (87 Bn), AD (Trg) Shri N.K. Awasthi, SMO Dr. S.N. Patnaik (BH I), Dy. Comdt Shri Gurmeet Singh (79 Bn), Dy. Comdt Shri S.R. Tiwari (6 Bn), SM/OS K.S. Bisht (Dte Genl), SM Arjun Singh (92 Bn), Insp Sultan Singh (60 Bn), Insp Bhoop Singh (6 Bn), Insp Ranbir Singh (27 Bn), SI Prem Nath (32 Bn), SI/MM Nathi Lal (SGC), HC George Ekka (74 Bn), HC/Band K.V. Ayya Swamy (GC PPM), HC K. Chellappan (13 Bn), HC Bhola Nath (32 Bn), HC Bansidhar (98 Bn) and CT Tulsi Das (6 Bn).

The RAF on this occasion presented a scintillating demo of controlling an unruly mob of students who were protesting against some decisions of

their college principal.

Shri. D.P.N. Singh also inaugurated a model unit of low cost house constructed by the RAF personnel on self help basis. Addressing the officers and men of RAF, Shri Singh called upon them to maintain and further improve the reputation earned by them during the short span of their existence by dint of their hard work. He also called upon them to maintain the same standard of efficiency while performing their duty during the forthcoming assembly elections.

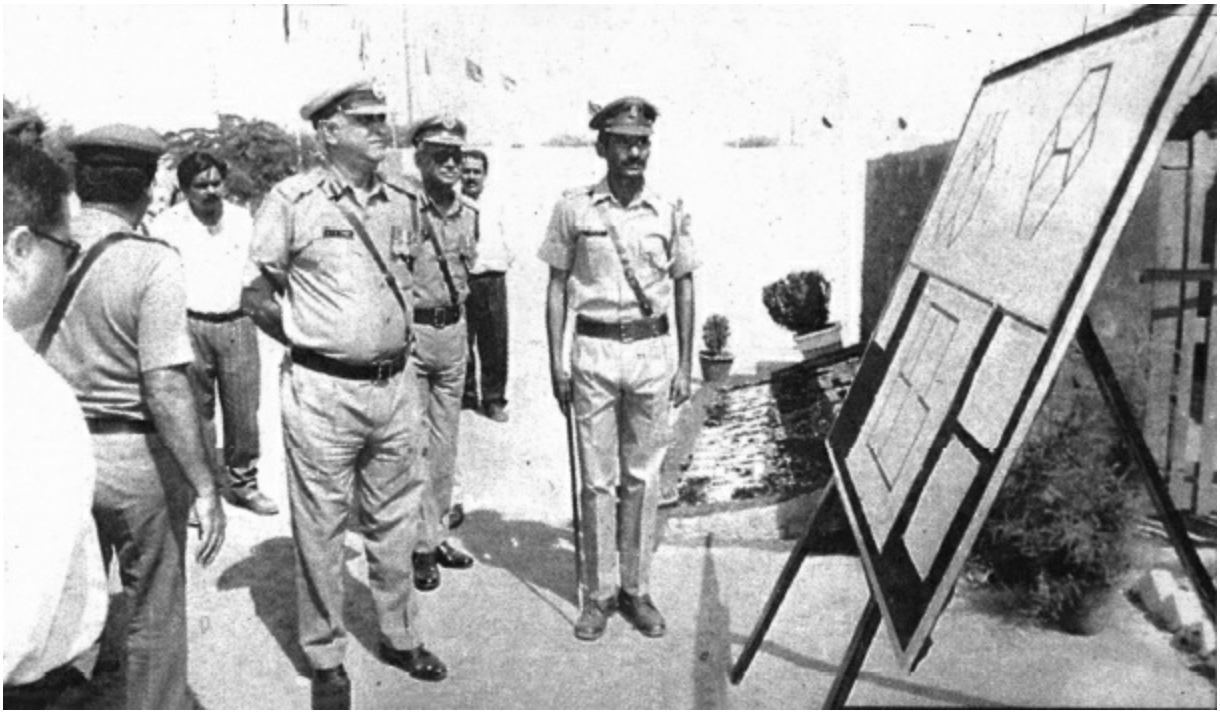
A large number of VIPs of local administration and senior CRPF officers with their families including Addl Director General, Shri S.V.M. Tripathi witnessed the parade.



DG CRPF pinning meritorious Service Medal to Shri N.K. Awasthi, AD (Trg) during RAF Anniversary function.



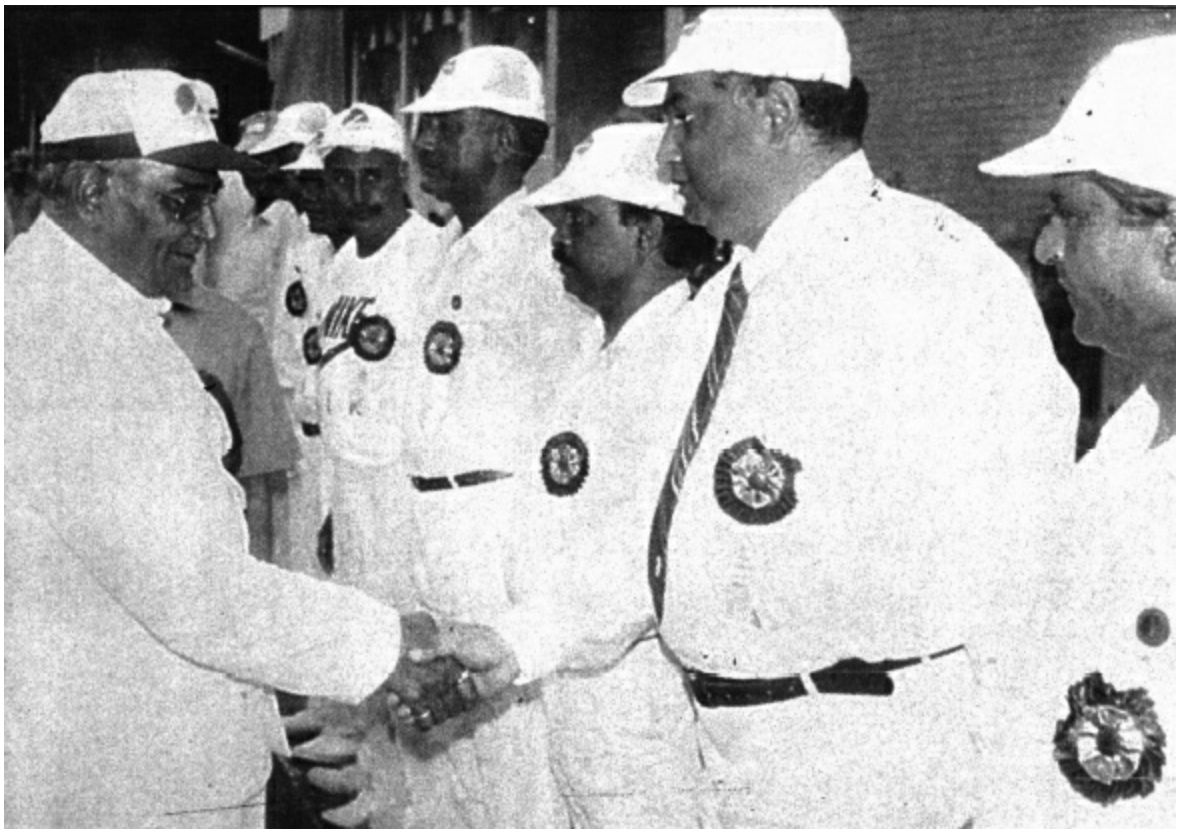
RAF personnel presenting a demo of mob control during its first Anniversary, at Aligarh



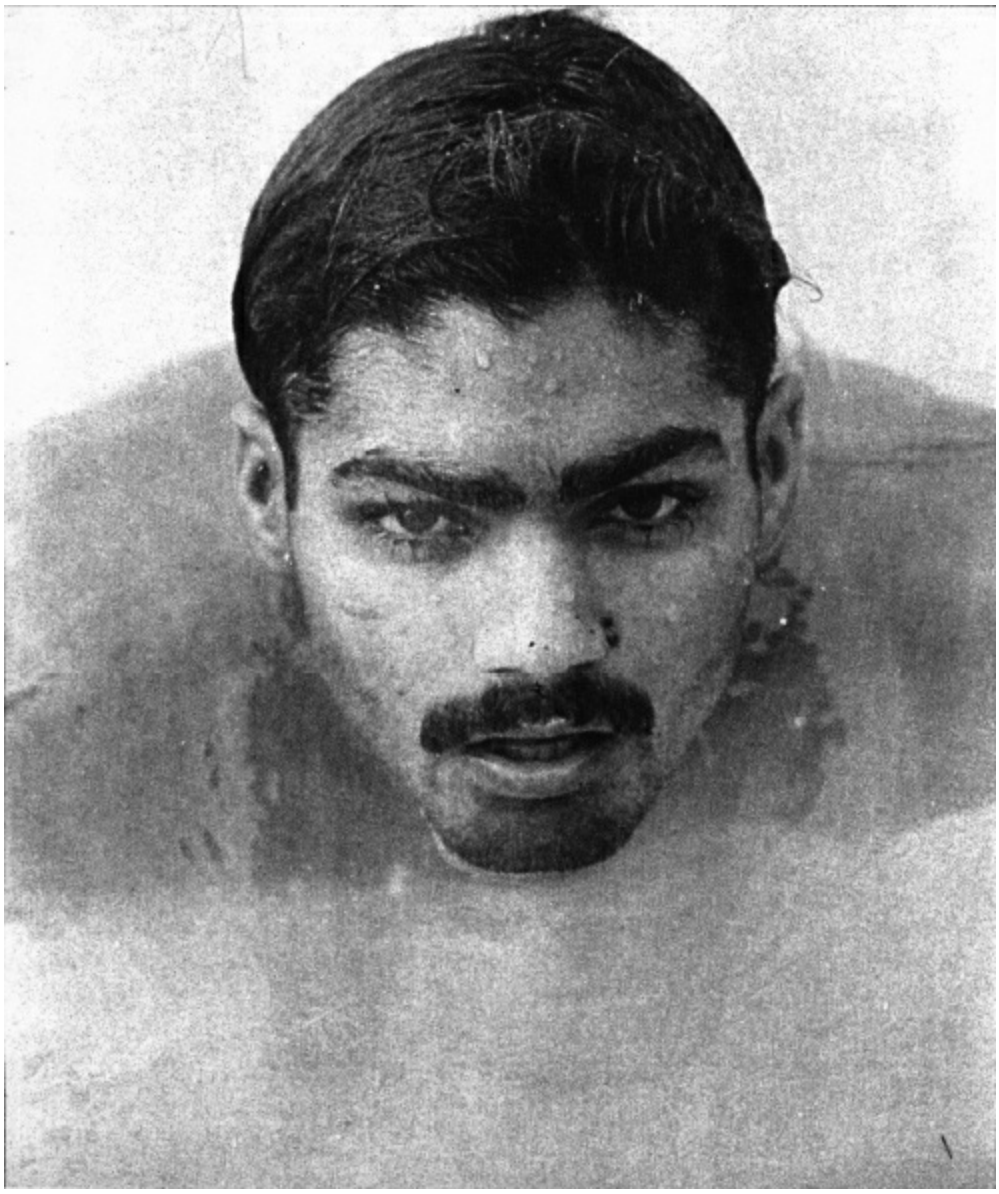
DG CRPF D.P.N. Singh looking at the chart of a model unit of low cost house constructed by RAF

42nd All India Police Aquatic Meet

CRPF Regain Police Aquatic Championship



Shri Motilal Vora, Governor of UP is being introduced to the officers of participating teams of 42nd All India Police Aquatic Meet.



SI Raja Ram - Hero of 42nd All India Police Aquatic Meet.

After only a year's gap, CRPF bounced back to reign in the 42nd All India Police Aquatic and Cross Country Chamionship by collecting 256 points which was concluded at K.D. Singh Babu Stadium Pool, Lucknow on August 29, 1993. The BSF with 207 points secured second position while Kerala got third position with 50 points.

Shri Motilal Vora, Governor of UP presided over the concluding function and distributed prizes to the winners. He took salute of the march past and also declared the 42nd All India Police Aquatic and Cross Country Meet closed.

This meet was inaugurated on 25th of August '93 by Shri V.K. Kapoor,

Director General of Police, UP. From the start of the meet, the CRPF swimmers dominated the scene throughout. The young Raja Ram of CRPF became the dark horse of the meet by creating two new meet records on the first day in 100 m. and 200 m. back stroke.

Ajit Sang wan became the fastest swimmer of the Championship. The tall CRPF swimmer won the 50m freestyle in 25.97 sec. taking the advantage of his fine start. Khazan Singh picked up the second spot, beating Santosh Kumar of C1SF narrowly. Rajiv Nagpal of BSF bagged the individual championship.

BSF riding on the success of their wonderboy Rajiv Ngpal had dethroned CRPF in New Delhi last year only by four points. But at the K.D. Singh Babu Stadium Pool, CRPF underlined the fact by defeating the BSF with a convincing margin that why they dominated the meet for 14 years running before yielding the championship to arch-rivals in the 41st meet.

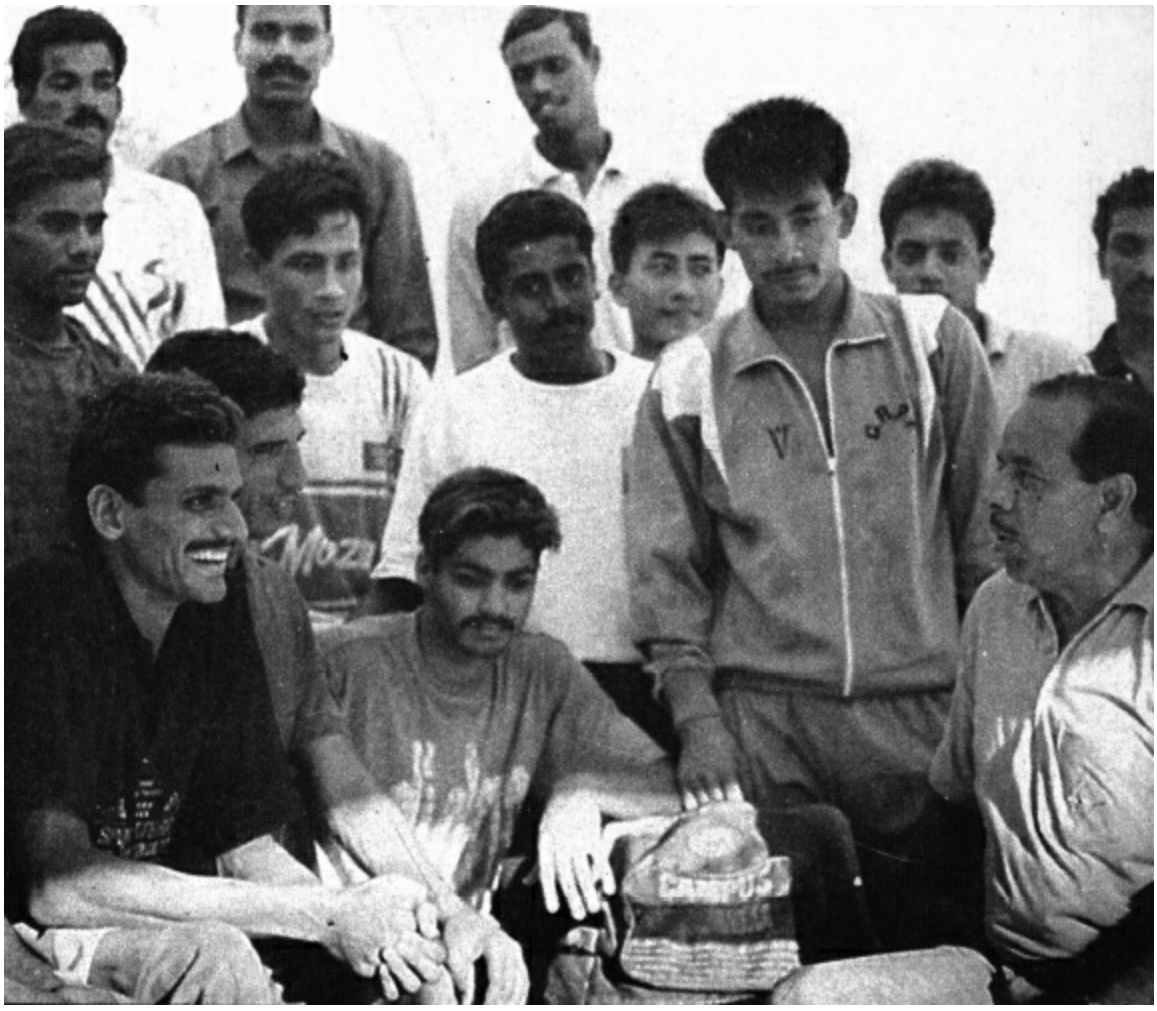
The champions who had a 22-point edge over BSF on penultimate day, closed out the five-day meet in a style that befits a top-notcher-record in the final events. The 4 × 100 m medley relay was the last contest, which BSF had to defend. Taking into account the versatility CRPF posses, it was highly improbable that they would allow the title to slip away this time.

And as was expected, Raja Ram, who created two of his three record in back stroke events, set the pace and completed his leg about a body length ahead of BSF's Sanjiv Tokas. Robindro Singh conceded some of the advantage to BSF's Harendra Singh. But it was former international Khazan Singh who showed his class, increasing the difference to a formidable five metre. In the last 100 metres, Premjit Singh stroked hard and fast. He had to do it. For the BSF's last man was Nagpal. Though Nagpal strained himself to the limit, he could not stop Premjit, who turned to the gallery where his team mates were sitting. He punched the air and let out a big yell.

Then a wild merry making followed. What was lost in the noise was a record, the fourth one, CRPF clocked 4:19.47 to erase the previous best of 4:20.75 set by them seven years ago in Delhi. That time they were the hosts. BSF took a time of 4:21.07. Kerala represented by Mohan Kumar, Shaji Joseph, Manoj Sebastian and P.Unikrishnan, secured the bronze. Kerala's third finish was incredible. In the morning, CISF had done much better then them. But in the final, the CISF's challenge fizzled out in the face of a spirited effort by Kerala, who were third last year too.



CRPF Relay Team



DD(Trg) N.K. Tiwary with CRPF Team immediately after winning the Aquatic Crown



DD (Training) receiving Championship Trophy from Shri Motilal Vora, Governor of UP

Earlier, the upset of the day was the defeat of S.Radhakrishnan in 100m breast stroke. This is a contest in which not only does he hold the record but has not lost it since 1984. Chand Mathi of BSF was the man many were hoping to cause sensation. But in the end Shaji Joseph of Kerala stole the march. Swimming in lane three, Shaji was in the hot pursuit of Chand, S. Radhakrishnan and Harendra Singh in the first lap. But on the return stretch, Shaji surged ahead and rubbed shoulders with them. When the finish was in sight, the Kerala lad put in a valiant effort and the gold was his by less than six inches. While Chand went out of the medal contention, both Radhakrishnan and Harendra clocked 1:14.28. The former, however, had to be satisfied with the bronze when judges declared the BSF swimmer second.

Khazan Singh recorded his first gold of the meet, winning 100m butterfly. Khazan took part in three events. In one, he was disqualified. And in others, he was second and third. The class of the ageing star was at his best in the two lap contest He beat both Rajiv Nagpal and Raja Ram by a comfortable margin to clock 1:00.76. Nagpal gained the silver and Raja Ram, the bronze.

Mahipal Singh of BSF won the springboard diving title logging 423.30

points. UP got the bronze through Bhrigunath Singh (329.50). Surendra Singh of BSF was third with 325.05.

Punjab Police won the water polo title beating BSF 11-7 in the final three team super league match. In cross country CRPF secured IVth position.

The detailed results of disciplines of the Aquatic Meet in which CRPF scored positions are given here-under::

50 Mtrs Free Style: Insp. Ajit Sangwan (1st) and AC Khajan Singh (IInd); **100 Mtrs Free Style :** Insp Premjit Singh (IInd); **200 Mtrs Free Style:** Insp Premjit Singh (IInd), Insp Ranjit Singh (IVth); **400 Mtrs Free Style:** Insp Premjit Singh (IInd), Insp Ranjit Singh (IIIrd); **1500 Mtrs Free Style:** Insp Premjit Singh (IInd), Insp Ranjit Singh (IIIrd); **100 Mtrs Back Stroke:** SI Raja Ram (1st - New meet record), Insp Ajit Sangwan (IIIrd); **200 Mtrs Back Stroke:** SI Raja Ram (1st - New meet record), Inspt Ajit Sangwan (IIIrd); **100 Mtrs Breast Stroke:** AC S. Radhakrishnan (1st), SI Robindro Singh (IVth); **200 Mtrs Breast Stroke:** AC S.Radhakrishnan (Ist), SI Robindro Singh (IVth); **100 Mtrs Butterfly Stroke:** AC Khajan Singh (1st), SI Raja Ram (IIIrd); **200 Mtrs Butterfly Stroke:** SI Raja Ram (1st), SI Pradeep Rana (IInd); **200 Mtrs Individual Medley :** SI Raja Ram (1st), AC Khajan Singh (IIIrd); **400 Mtrs Individual Medley:** SI Raja Ram (1st - New Meet Record), Insp Premjit Singh (IIIrd); **4×100 Mtrs Free Style Relay:** CRPF (1st); **4×200 Free Style Relay :** CRPF (1st); **4×100 Mtrs Medley:** CRPF (1st - New Meet Record); **Diving** : CT T.Shiju (VIIth), CT N.Perjosh (XIth).

AGARWAL Promoted as I.G

Shri R.C. Agarwal took over charge as the Inspector General of Police (operations) CRPF on promotion on 31.7.93. He joined CRPF in Oct, 1990 and served as the DIG Delhi Range and Deputy Director (Ops).

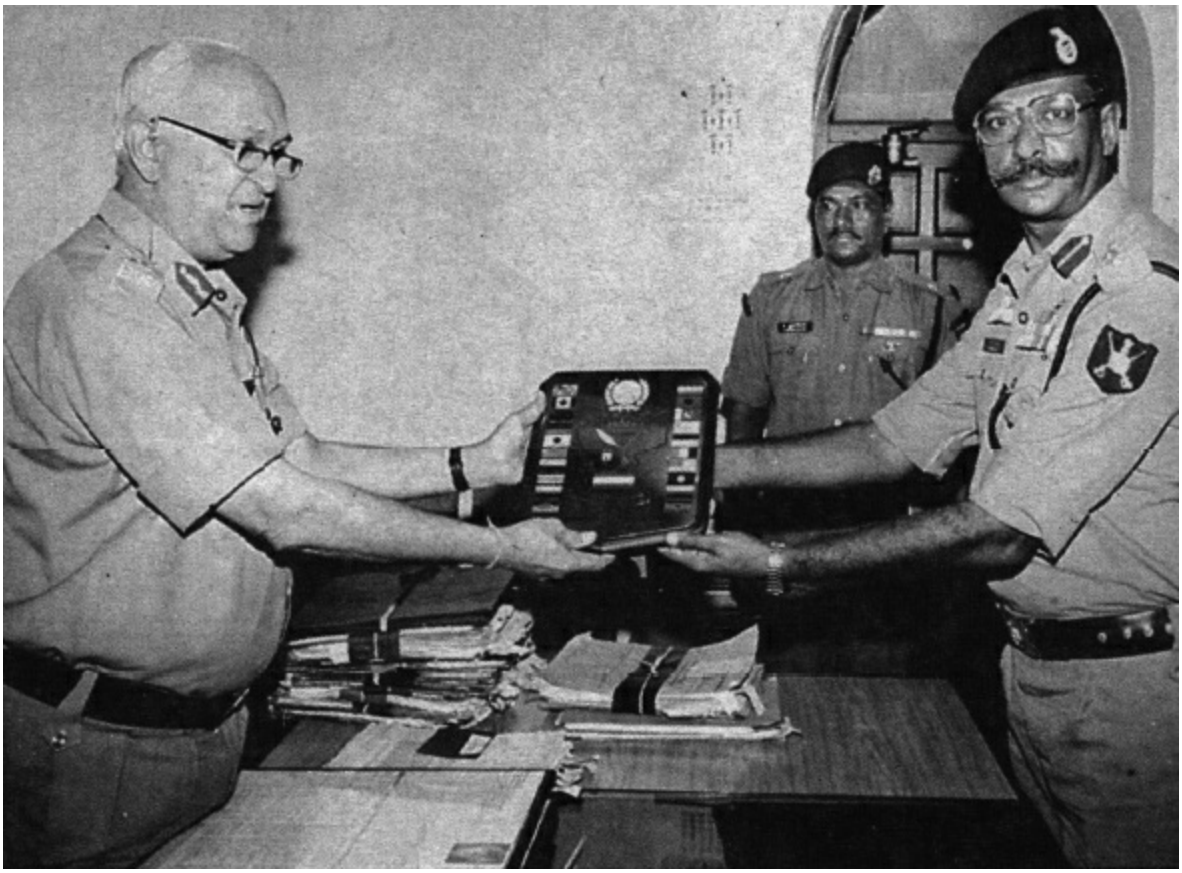


R. C. Agarwal

Shri Agarwal is an IPS Officer of 1968 batch. He was first in his batch. Shri Agarwal held many important assignments including S.P. Central Bureau of Investigation, First Secretary/Counsellor Embassy of India Kathmandu and the DIG Kanpur Range.

Shri Agarwal was awarded the Police Medal for Meritorious Services in 1986, D.G.'s Commendation Disc 1991, DGs Commendation Certificate 1992 and President's Police Medal for Distinguished Services 1993. Shri Agarwal was the member of the First Indian Police delegation to China in April, 93.'

INDIAN POLICE CONTINGENT COMMANDER CALLS ON DG



Indian Police Contingent Commander Shri W.S. Elley of BSF presenting memento to DG CRPF D.P.N. Singh.

The Commander of Indian Police Contingent for United Nations Transitional Authority in Camboida (UNTAC), Commandant Shri W.S. Elley, Sena Medal, presented a memento to Shri D.P.N. Singh, DG CRPF on behalf of Indian Police Contingent on September 20, 1993 at New Delhi. Earlier he had presented another memento to Shri G.P Dubey, IGP (Trg).

Shri Elley was Incharge of Indian Police Contingent consisting of 429 personnel from various CPOs who had gone on deputation to UNTAC for 15 months. They had gone there as a part of UNTAC Civil Police to supervise, train, monitor and control local police. The Indian Police Contingent was the largest Contingent out of 32 country's contingents who went there as a part of UNTAC.

The Indian Police Contingent was deployed in 18 cities out of 21 in Cambodia. The Commissioner of Police in Cambodia, Brig. Genl Klass-C-Rules of Netherland appreciated the work done by the Indian Police Contingent there for successful completion of election duties.

QUATABLE QAUTES

One Cannot have the vision of God as long as one has these three-shame, hatred, and fear.

RETURN OF CRPF PERSONNEL FROM CAMBODIA



Shri D.P.N. Singh DG CRPF looking at the memento presented by representatives of CRPF Contingent.

A group of 97 CRPF personnel who went to Camodia as a part of United Nations Transitional Authority in Cambodia (UNTAC) returned to India after serving them for over a year. A representative group of these personnel called on DG CRPF Shri D.P.N. Singh and presented a memento to him. Shri Singh commended the work done by the Force as a part of UNTAC.

The CRPF set to supervise, and control the existing Cambodian police, did a commendable job there. They were deployed in various provinces where they gave assistance to local Police in evacuation of the sick and wounded. While doing so in remote areas they came under threat from terrorist outfits also.

THEY ARE NO MORE

We offer our deep condolence to the grieved families of following CRPF personnel who lost their lives during the month of August/ September 1993.

August' 93 : SI (M) B.S. Negi (GC MKG), CT Mangalen Thang (35 Bn), L/Naik A.C. Sakaria (35 Bn), CT K.Velappan (91 Bn), L/Naik V.Pratap Singh (16 Bn), CT Bishan Lal (16 Bn), CT Jagroop Singh (16 Bn).

September '93 : HC Kuldeep Singh (11 Bn), CT Miland Bhadarge (73 Bn). L/Naid Gagan Singh (39 Bn), SI V.K.S. Pillai (50 Bn), CT Randhir Singh (62 Bn), L/Naik Jaswant Singh (118 Bn), CT A.Suresh (12 Bn), NK/RO Ranjeet Singh (73 Bn), CT Ramanand (53 Bn), ASI (M) V.S. Bhandari (67 Bn), LNK/Dvr Amadin Bhatt (GC Imphal), Insp. S.T. Shinde (80 Bn), NK/RO P.K. Sahoo (4 Sig Bn), HC Girish Chand (GC NMH), CT Baljeet Singh (9 Bn), CT Tulsa Ram (GC DPR), HC H.P. Purshottam (45 Bn), SI/RO K.Vijayan (2 Sig Bn), CT Munir Hussain (22 Bn), HC Ganesh Chander (24 Bn), CT Pawan Kumar (96 Bn), Barber Om Prakash (35 Bn), CT Md. Saha Alam (51 Bn), HC/RO S.C. Verma (1st Sig Bn) and W/C Majibullah (111 Bn).

Police Medals to 28 CRPF Personnel

28 CRPF personnel have been honoured with Distinguished and Meritorius Medals on the eve of Independence Day 1993.

The awardees are : **Distinguished Service Medal:** Shri R.C. Agarwal, Dy. Director (Ops) now IGP (Ops) and Shri E.S. Bakhtawar, DIGP CRPF Bhopal.

Meritorius Service Medal: Addl DIGP A. Guha Roy (GC Hyd); Commandants R.K. Singh (11 Bn); Shri S.S. Rawat, AD (Adm) (DTE General); S.C. Sharma, AD (Accts) (IGP CS Office, Lucknow); Dr. P.C. Sahu, Sr. Medical Officer (BH 3); Second-In-Command S. Ramalingam (ISA); Asstt. Commandants V.K. Sharma (ISA); Subedar Majors Hiro Gurbani (NW Zone); M. Gopalakrishnan (GC Hyd); P.N. Simloto (ISA); Inspectors Ghanshyam (82Bn); Sumer Singh (1st Sig Bn) Sub Inspectors Shankar Dayal Singh (10 Bn), Prakash Chand (26 Bn); Om Prakash (GC Rampur); N.Gopikuttan Nair (110 Bn); Prakash Chand (ISA); Head Constables Sudama Ram (74 Bn); H.P. Dubey (52 Bn); Hira Singh (4 Bn); Yogeswar Prasad (88 Mahila Bn); Constables N.C.John (Bugler. GC Avadi); Ali Akshar (10 Bn); P. Yohannan (62 Bn); Barber Sunder Lal (67

Bn) and Cook N.K. Kutty Nair (GC Pallipuram).

Passing out Parade of 128 BN

Shri K.P.S. Gill, IPS, DG (P) Punjab was the Chief Guest on the occasion of Passing Out Parade of 128 Bn which was held on August 17, 1993 at Bn HQ, Saraikhas, Jalandhar (Punjab). Shri H.S. Negi, Commandant 128 Bn commanded the parade of 752 recruits.

Addressing after the passing out parade, Shri Gill complimented the CRPF on its major role in eliminating terrorism in Punjab. He further recalled his long association with the Force in Assam and Punjab where it worked in complete unison with local police. He was confident that the recruits would maintain the high tradition of the Force.

Earlier, Shri Gill was received by Shri S.S. Virk, DIGP, CRPF, Jalandhar and escorted to the saluting base. After the inspection of the parade six coys of the Bn passed through the saluting base on the tune of CRPF Band “Sare jahan se achha...”.

After the parade Shri Gill gave away prizes to the All round best, best indoor, best outdoor and best sportsman trainees and also to the best Company.

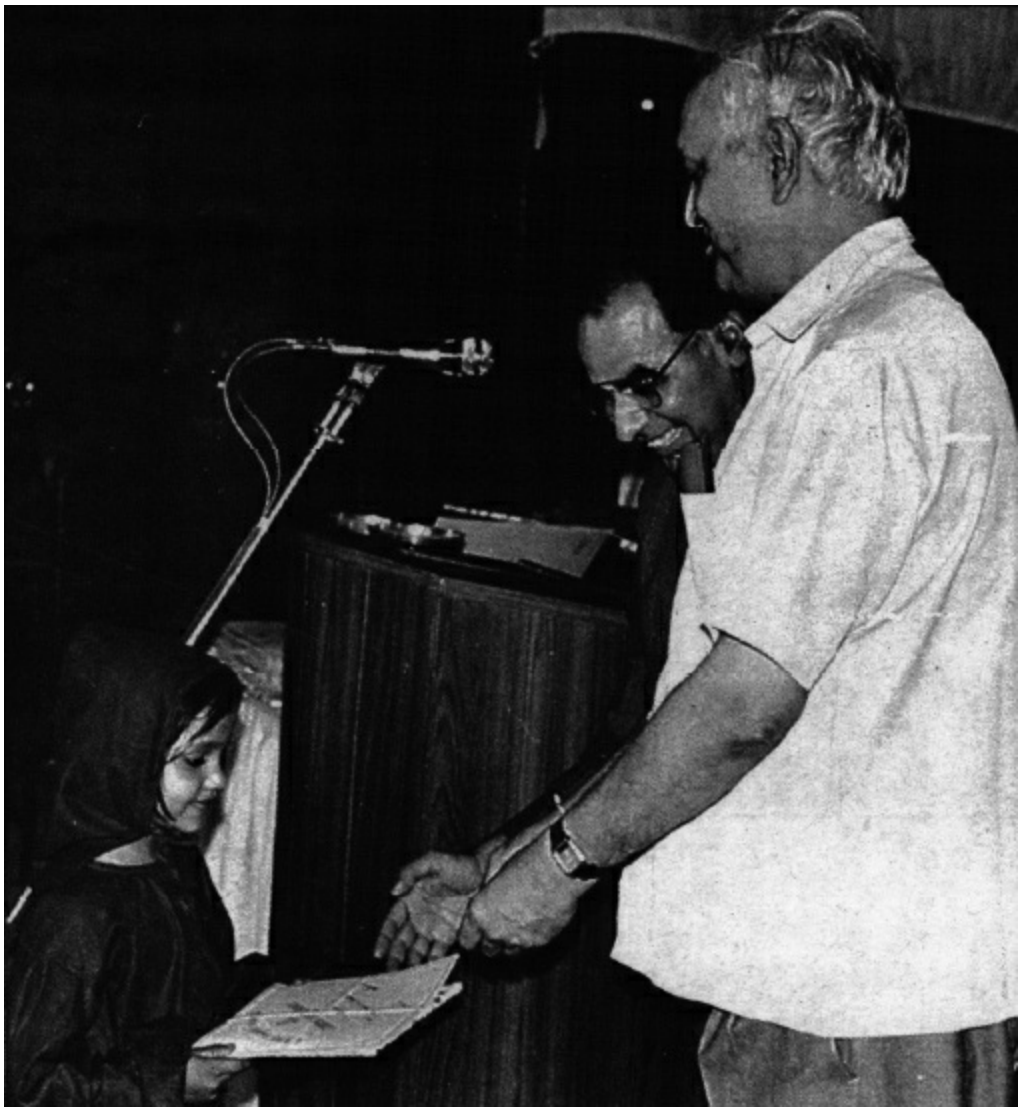
The function was concluded after a show of Lacium, UAC and Mass P.T display by the recruits.,

A large number of senior police officers of the CRPF and Punjab police besides other local VIPs attended the function.

25 CRPF Auxiliary Battalions for Election Duties

The CRPF raised 25 Auxiliary Battalions temporarily for a period of three months from October 1st to December 21, 1993 to meet the law and order requirement for the forthcoming Assembly elections.

5th Annual Day of CRPF Public School Celebrated



DG CRPF D.P.N. Singh giving prize to a student during annual day function of CRPF Public School.

The fifth annual day of CRPF Public School was celebrated on September 30, 1993 in the new school premises at Rohini, New Delhi. Shri D.P.N. Singh, DG CRPF was the Chief Guest on the occasion.

Shri Suraj Prakash, Principal of the school while welcoming the Chief Guest highlighted the achievements of the school which included hundred percent results in Xth Board examination of CBSE in the year 1992-193.

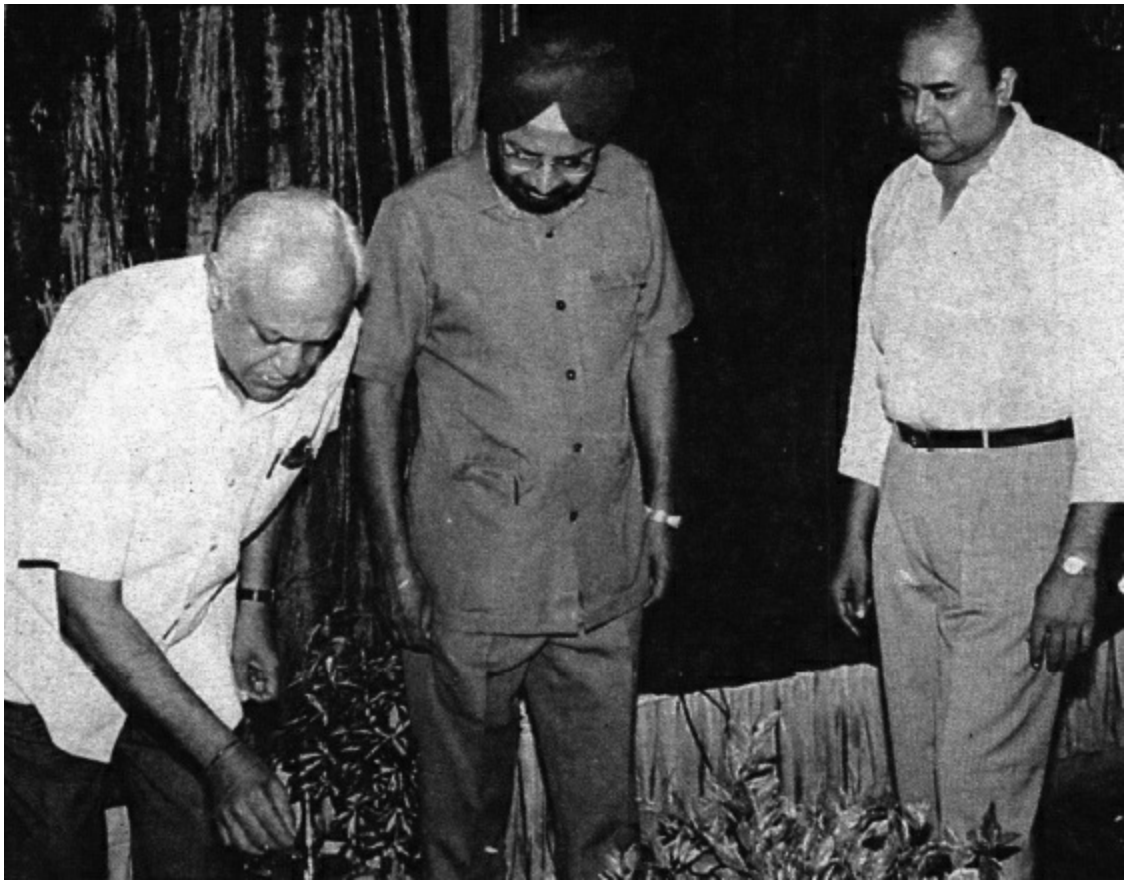
In fact CRPF Public School in its fifth year of existence has made a mark in the schools of Delhi for itself by continuously giving excellent performance.

Shri D.P.N. Singh lauded the achievements of the school and called upon the students to maintain and improve the standards of their studies and other

activities in the years to come. He later distributed prizes to the students who came first and second in the academic year 1992-93.

Earlier Shri Singh went round an exhibition put up by the students on various activities of the school with a special emphasis on environment. Shri Singh sanctioned a sum of Rs. 10,001/- to the school from CRPF Welfare Fund. The celebration concluded with an exciting cultural programme presented by the students of the school.

Cultural Programme Competition



Shri D.P.N. Singh D.G. CRPF inaugurating CRPF Cultural Programme Competition by lighting a lamp.

A first ever Inter Battalion Cultural programme Competition of the Delhi based CRPF Battalions was held at Ravindra Ranghasala, New Delhi on August 17, 1993. Shri D.P.N. Singh, DG CRPF inaugurated this cultural programme competition. This programme named as “Hum Kisi Se Kum Nahi” was organised with the sole aim of finding talents amongst the CRPF personnel in the cultural fields also.

This competition was divided into five categories, viz, Mimicry, Regional Folk Dances and Songs, Disco dance/Brake dance, Solo Songs and Quwali for assessing their talents and giving prizes.

Speaking on the occasion, Shri Singh appreciated this sole efforts of CRPF Battalions but stressed on further improving their performance and he said that this could be possible only when we have such competitions on regular basis like sports activities.

In overall competition, 32 Bn got first position with a cash reward of Rs. 751/ while 89 Bn secured 2nd position with cash reward of Rs. 501/ and 123 Auxiliary Bn got third position with a cash reward of Rs. 101.

The category wise results of the competition are as follows:

Mimicry : L/Naik Satya Narain of 89 Bn got 1st position while Constables Mohan Lal and Mangal Das of 32 Bn got second position.

Regional Folk Dances and Songs : Constable Mangal Dass & Party of 32 Bn who performed Punjabi Dance got first position while Constable Lakhan Singh & Party of 123 Aux Bn who given Rajasthani Dance got second position.

Disco/Break Dance : Constable H.M. Hanumaiah of 90 Bn got first position while Constable N. Sankrappa of 99 Bn got second position.

Solo Song : Constable K.Ravi of 19 Bn got first position while Naik S.N. Chaudhury of 125 Bn got second position.

Quawali : Head Constable Prabhu Dayal & Party of 93 Bn got first position while Head Constable A.K. Dubey & party of 89 Bn got second position.

A large number of CRPF personnel with their families witnessed this cultural competition.

54 Extremists Apprehended

The Central Reserve Police Force during the month of September 1993, apprehended 54 extremists while nine extremists got killed in as many as six encounters all over the country. Lt. Genl of Bhinderwala Tiger Force of Khalistan Jaswant Singh alias Jassa was among the hardcore terrorists killed.

During the period CRPF also recovered 21 weapons and large quantity of ammunitions. This includes, one AK 47 rifle, two AK 56 rifles, one self

loading rifle, 11 rifles/guns, five revolver/pistols and one 7.62 pistol made in China.

The CRPF lost one of its jawans while 12 others received injuries during the month of Sept'93 while fighting with terrorists.

Medical AID to Earthquake Victims

Two teams of CRPF doctors, including one from the Rapid Action Force (RAF), with para-medics and medicines have been sent to render medical help to the victims of earthquake in Maharashtra.

Rajasthan Governor Visits ISA

Shri Bali Ram Bhagat, Governor of Rajasthan visited ISA of CRPF at Mount Abu on September 1, 1993. Addressing the faculty members of the Academy, the Governor said that the Rajasthan Government has made available 200 acres of land at Dousa for permanent location for the Academy.

The Governor highlighted the role of Internal Security Academy in training state Police Officers and Officers of CRPF and other CPOs. He called upon them to develop professionalism and managerial approaches to Internal Security problems. The Governor further said that importance of this Academy should never be underestimated and it is high time that some mature thought should be given for building up its infrastructure and permanent location.

Earlier, Director ISA Shri R.S. Mooshahary and other faculty members of the Academy received the Governor and an overview of the Internal Security Academy was presented to him by the Director. Dr. K.M. Mathur, Dy. Director ISA proposed a vote of thanks to the Governor for sparing his valuable time to visit the Academy.

The darkness of centuries is dispersed as soon as a light is brought into a room. The accumulated sins of countless lives vanish by a single glance of God.

Hindi Day Awards



Shri D.P.N. Singh DG CRPF with award winners.

Shri D.P.N. Singh, DG CRPF, on September 14, 1993, in a simple but impressive function, presented awards to competitors who secured positions in Hindi competitions, i.e. Hindi Karyashala, Usage of Hindi in Official language, Hindi Noting and Drafting and Hindi Typing conducted on the occasion of Hindi Day from August 8 to Sept 14, 1993.

ASI (M) Mrs. Pratibha Chadda of 88 (M) Bn (attached with PR Branch) secured first prize in Hindi Karyashala, while ASI (M) Amarnath Kushwha and ASI (M) Satish Kumar secured second and third positions respectively. In Usage of Hindi in Official work, SI(M) Ram Vyas Rai secured first position while Head Constable Ishwar Singh and SI(M) Dinesh Chand Sharma got second and third positions respectively. In Hindi Noting and Drafting, SI(M) Anup Singh, SI(M) Ram Niwas Varma and ASI(M) P.P. Sunil secured first, second and third positions respectively and in Hindi Typing SI(M) Mrs. C.K. Bisht secured first position while SI(M) Baghdaman Singh and ASI(M) Hukum Singh got second and third positions respectively.

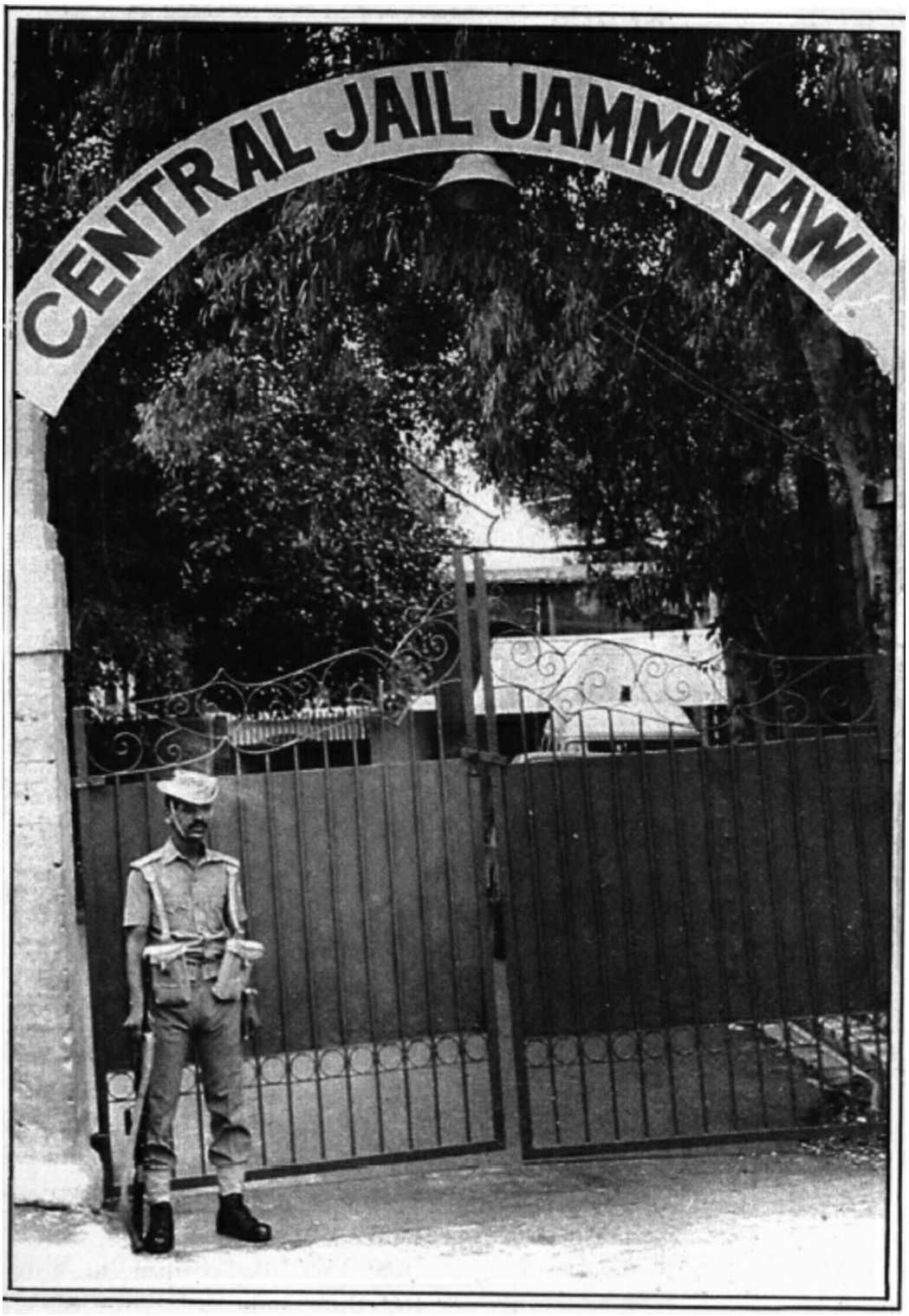
Addressing the officers and men on this occasion, Shri D.P.N. Singh called upon them to promote use of Hindi in official work. He reminded

them that CRPF has bagged Best Working Rajbasha Shield for the year 1991 and should keep up this spirit by remaining first in use of Hindi. He also cautioned them not to use Hindi as translation language, but use Hindi as an original language.

On this occasion Shri R.S. Gupta, member of Rajbasha Advisory Committee, Home Ministry was the special invitee.

Bn History

52 Bn : A Symbol of Bravery



52 Bn Jawan on Duty

52 Bn which was raised on 1st April 1968 with its HQ at Patna is a symbol of bravery. Shri Maniram Singh was the first Commandant who raised this Bn. At present this Bn is situated in GC CRPF Campus Bantalab

(J&K) and Shri F.J. Baba is its Commandant.

Before deployment in J&K this Bn served in Haryana and West Bengal where they tackled many a difficult situations specially naxalites menace in West Bengal. The present assignment of the Bn is also full of challenges and very sensitive.

Its six coys are deployed in strategic places in J&K and performing static duties in the form of protecting important buildings, providing guards to VVIPs and assisting local police in search operations etc. 'A' Coy is performing law and other duty in Batot, Rambhan (J&K), 'B' Coy is looking after the security of Central Jail, Jammu; 'C' coy at Top Sher Khania (Jammu) is assisting the local police in maintaining law and order duties; 'D' coy is performing duties at very sensitive place that is Banehal (Jammu); 'E' Coy is looking after VVIP security duties while 'F' Coy is performing the security duty of MLA Hostel situated at Jammu. All these coys have been commended by senior officers of local police as well as CRPF for performing their duties excellently. They have aborted many attempts of terrorists to create panic in their area of duties.

Inspite of the very sensitive and hard nature of duties this Bn has contributed in the field of sports and some of its players even represented the country in national and international competitions viz. Asstt. Commandant S. Radhakrishnan in swimming and constable Gyan Singh in a kabbadi.

Due to the able guidance of the present Commandant, the Bn won prizes for promotion of Hindi in official work. So far the Bn has earned two Police Medals for meritorious service.

News in Brief

Donation by CRPF to Punjab Flood Victims

The members of 29 Bn, 43 Bn CRPF and 105 Bn RAF stationed in Punjab contributed their one day's salary towards Punjab Chief Minister's Relief Fund with a sole purpose to help to mitigate the sufferings/ hardships faced by the flood affected people of Punjab during the month of July' 93... A total amount of Rs. 98,687 was contributed by these three Battalions in which 43 Bn contributed Rs. 52,612/- while 29 Bn and 105 Bn contributed

Rs. 25,075/- and Rs. 21,000/-respectively.

This rare gesture by the CRPF personnel was highly appreciated by the Chief Minister and people of Punjab.

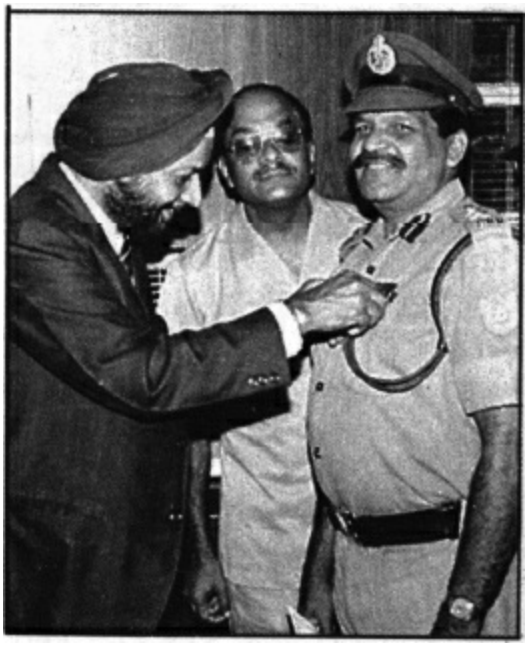
DC's DISC to Six CRPF Men

Six CRPF Officers and men received DCs Commendation Disc/Certificate from Shri Joginder Singh, IG of Police, Northern Sector, CRPF at a simple but impressive function organised at RK Puram on August 10, 1993. The recipients are; Addl DIGP N/Sector Sukhcharan Singh; Dr. K.K. Pradhan, Base Hospital I; Dr. N.C. Mohanty, Base Hospital I; Pharmacist Sasidhar Prasad, BH I; Naik Ramesh Chander, GC New Delhi and Naik D. Baby of Dett Hospital R.K. Puram.

After the pinning ceremony, Shri Joginder Singh called upon the officers and men to take inspiration from those officers and men who have been awarded the DC's Disc and work with dedication to achieve highest honour and efficiency. A large number of officers and men attended the function.

DC's DISC to Five CRPF Officers

Five CRPF Officers received DCs Commendation Disc/ Certificate from Shri Joginder Singh, IG of Police, North Sector, CRPF at a simple but impressive function organised at 33 Bn, CRPF HQ R.R. Shala, New Delhi on September 1,



IGP N/Sector CRPF pinning DG's Commendation Disc to Commandant 19 Bn Shri J.N. Mathur.

1993. The recipients are : Commandant D.K. Khurana (32 Bn), Commandant J.S. Bisht (76 Bn), Commandant J.N. Mathur (19 Bn), Deputy Commandant O.P. Yadav (76 Bn) and Asstt. Commandant R.R. Dutta (SPG).

DG's Disc Presented

Shri M.S. Yadav, Inspector General of Police, Northern Sector, CRPF presented DG's Commendation Disc/Certificate to Second-in-Command M.S. Raghava (50 Bn) and Adm Officer Hem Rajani (Directorate General) at a simple function held at North Sector HQ on October 4, 1993.

CRPF Observe Sadbhavana Diwas

The CRPF observed "Sadbhavana Diwas" on August 20, 1993 (birth anniversary of late Shri Rajiv Gandhi) at Directorate and at various locations all over the country by taking pledge to work for the emotional oneness and harmony of all the people of India regardless of caste, creed, region, religion and language and to resolve all differences whether personal or group, through dialogue and constitutional means without resorting to violence.

Shri S.V.M. Tripathi, Addl Director General, CRPF administered the Sadbhavana pledge to Force personnel at CRPF HQ. Inspector Generals and heads of various CRPF Offices/Units also administered the Sadbhavana pledge to their personnel at their respective Hqrs.

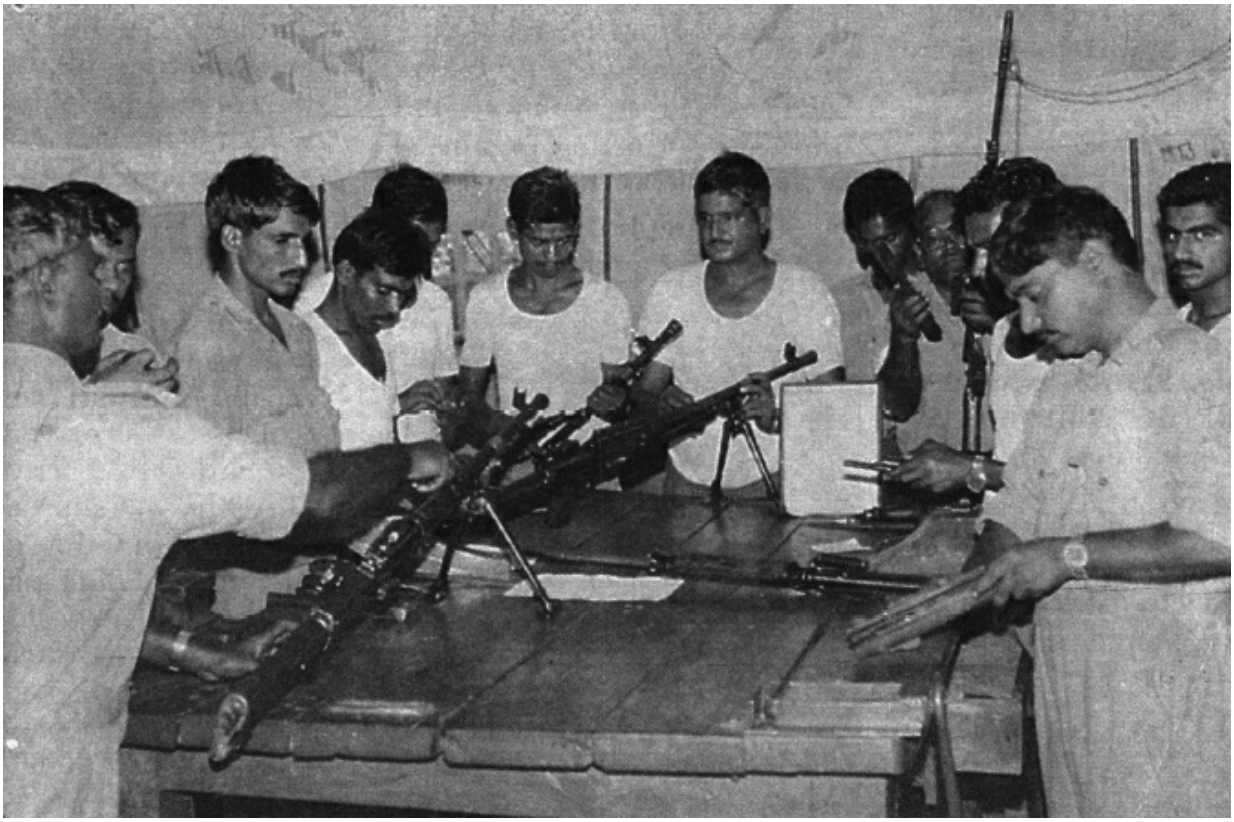
RISK FUND BENEFITS

A total of Rs. 5,24,970 has been paid to next of kins of 15 CRPF personnel who died during the month of September' 93. This included Rs. 10,000 from Central Welfare and Benevolent Fund in each case. Another sum of Rs. 1,35,000 has been paid to 9 CRPF personnel invalidated during the month.

A sum of Rs. 3 lakhs from Risk Fund 'B' (Special Welfare Fund Scheme) have been paid to next of kins of 10 CRPF personnel who died during the month of Sept' 93.

CRPF’s Arms Workshop In Jammu

By A.N. Sharma



A scene of Arms Workshop, Jammu

CRPF’s Arms Workshop in Jammu was raised in October 1988. Playing a pivotal role in the maintenance of arms and thereby keeping the optimum operational efficiency of the Force, this workshop have become self dependant in repair of small arms and instruments. In this workshop some selected types of component parts of weapons are fabricated with the help of latest machines and other equipments. This workshop undertakes the repair of small arms, associated equipments and instruments of CRPF Units situated in J&K, Jalandhar and Hoshiarpur.

This workshop was raised by Shri Amar Singh, Dy. Commandant (Now second-in-command). The present Officer Commanding of the Workshop is Deputy Commandant Kuldeep Dhar. When the author visited this workshop in July he was taken round the workshop by Shri Dhar.

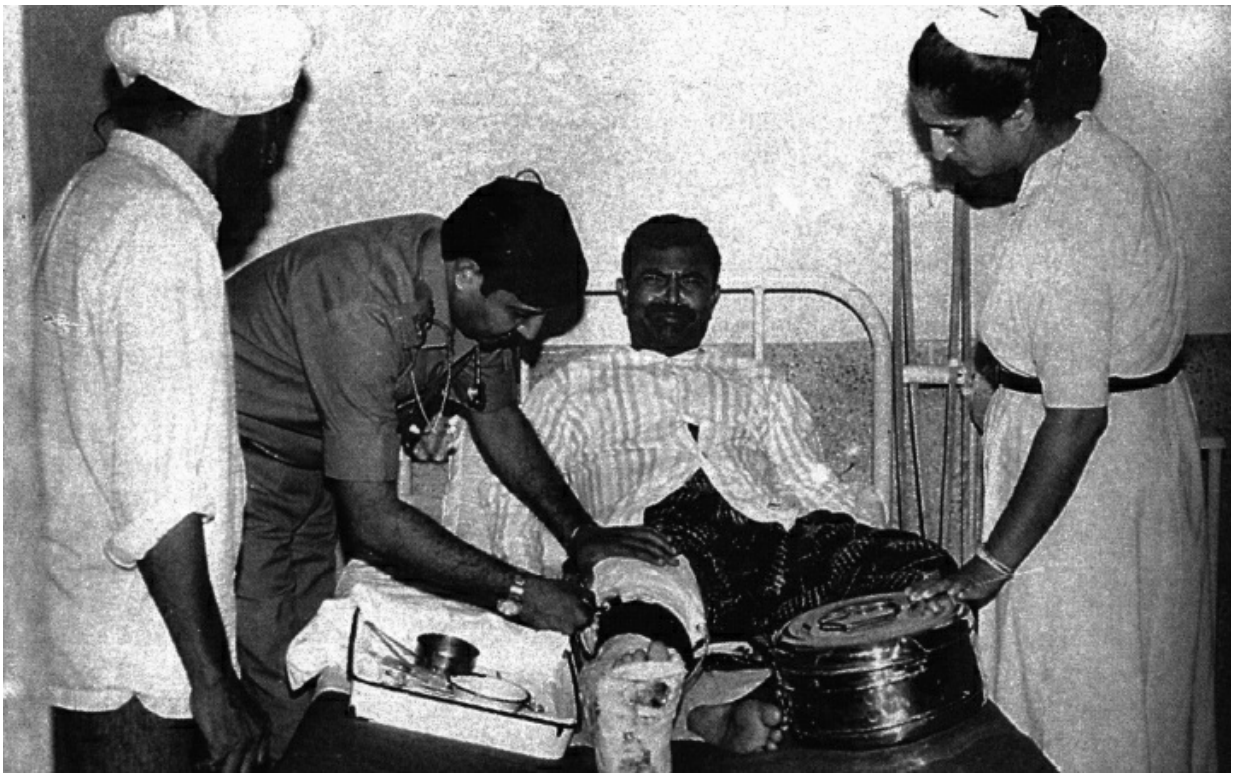
It is a small workshop having a strength of 15 officers/men. But the

amount of work this workshop undertakes is enormous which is evident from the fact that during the current year they have repaired over 2000 rifles besides fabricating various parts for them.

Besides repair work a number of basic armourer courses are being run by this workshop. So far they have conducted two basic armourer courses and third was in progress. In the present course there are 43 trainees and the course was running under the direct supervision of Inspector (Armr). Trainees were taught filing, basic fitting, blacksmith, carpentry, machine drawing etc in the first phase and in the second phase method of operations, maintenance, stripping and assembling of small arms and instruments presently in existence in CRPF. They are also taught technical informations of prevalent weaponary in the world.

Base Hospital GC Bantalab

A Dedicated Hospital



Doctor attending a patient, in Jammu Hospital

The Station Hospital, Group Centre, Bantalab is a dedicated hospital doing yeomen service to CRPF personnel in particular and civilian people nearby in general. Dr. Kulbushan, Senior Medical Officer of the Hospital with dedicated team of doctors are working very hard to alleviate the sufferings of the CRPF personnel who sustain injuries in militant action. Though short of staff and equipments, with limited resources, they have done a commendable job by treating the patients successfully. At present the hospital is having 50 beds with a separate 10 beded T.B. Hospital.

Realising the importance and genuine need for medical facilities, the Government has decided to make this a composite hospital and upgrade the beds from 50 to 100. The work on this project is going on at a rapid pace and on completion the hospital will be equipped with all modern equipments and specialist facilities covering all disciplines of medical health. It is hoped that after getting the face lift this hospital would meet all types of requirements of the patients and they need not to depend on hospitals at metropolitan cities for specialised treatment.

When I visited the hospital in July'93 a number of CRPF personnel who had sustained injuries in militant action in Srinagar were convalescing there. LNK C. Murugan of 52 Bn and LNK Mohd sarwar of 98 Bn who sustained gun shot injuries in thighs resulting in compound communited fracture of thigh in militant action on 3.11.92 and 31.10.92 respectively were recovering fast and were able to walk on clutches now. Similarly Naik G. Soman of 9 Bn who sustained injury in the ankle resulting in Compound frature of tibia and fibula on 3.11.92 in militant action at Srinagar and CT Swapan Kumar Biswas of 74 Bn who sustained compound communited fracture of femur in militant action on 15.8.92 are now able to walk without support and needs clutches occasionally.

While talking to them one feels that they are full of zeal and valour and wants to go back to field of operation immediately to again fight with militants. They were full of praise for nursing & other medical help that was given to them in the Station Hospital.

October 21
The Police Commemoration Day

October 21 is a sad, but proud day for the Indian Police. In 1959, on this day, 10 brave Indian policemen laid down their lives on the altar of duty at Hotspring in Ladakh. These gallant men, despite their severe limitations in number and fire power, gave a valiant fight to the enemy forces and, in trying to repel them from the Indian territory, lost their lives. Though it happened 34 years ago, the memory of their supreme sacrifice is still fresh in the minds of all policemen. This day is symbolic of their courage and devotion to duty and is observed as the Police Commemoration Day', when policemen all over the country remember and honour their brave colleagues, who lose their lives every year while on duty.

With the ever-increasing threats to internal security, the job of the policeman has become highly stressful and hazardous. Consequently, the number of police personnel losing their lives on duty has considerably increased since the Hotspring incident of 1959. While during the sixties (1961-62 to 1970-71), only 1,543 police personnel died while on duty, during the next decade, (1971-72 to 1980-81), the number had increased to 3/352 and violence during the last decade (1981-82 to 1990-91) took a toll of 7,144 police lives.

During the five year period alone (1987-88 to 1991-92), as many as 5,283 police pesonnel lost their lives. Amongst the State Police Forces, Punjab Police suffered the maximum loss, i.e., of 1,096 lives during this period. Punjab was followed by UP (552), Bihar (188), Andhra Pradesh (179), Assam (156), J&K (127), Haryana (123), Maharashtra (112), Madhya Pradesh (103), Rajasthan (75), Karnataka (74), Gujarat (72), Nagaland (71), Delhi (68), Manipur (51) etc. of 1,987 police personnel belonging to the Central Police Organisations, who died in operations during the period, as many as 1,637 belonged to only two Forces - the Border Security Force and the Central Reserve Police Force. While the BSF lost 1,000 lives, the CRPF had to grieve for 637 men.

An analysis of data reveals that the policemen lose their lives in situations varying from as routine a duty as investigation of crime to extremely hazardous duties relating to anti-terrorist operations. While the loss was the heaviest during the anti-insurgency/anti-terrorist operations, a sizeable number of police personnel also lost their lives while performing other police duties, like anti-dacoity operations, riot control, VIP Protection, etc.

Quite a large number of police personnel lost their lives in line of duty at a fairly young age. A study conducted by the Bureau of Police Research and Development in 1990 revealed that out of 1,000 police personnel, who lost their lives on duty during 1983-87, about 45% were below 36 years of age. About 11% were less than 25 years old and 14% were between 26 and 30 years old.

All ranks have been making sacrifices in performing their duties. Out of those, who died while on duty during the last 5 year period, (1987-88 - 19991-92), 38 were police officers of the ranks Superintendent of Police/ Commandant and above and as many as 71 were of the rank of Dy. SP. Amongst the upper subordinate officers, 116 fatalities occured in the rank of Inspector of Police, 440 in the rank of Sub-Inspector and 250 in the rank of Asstt. Sub-Inspector of Police. The constabulary, constituting the largest chunk of police strength, made the maximum sacrifices. Out of those who died during this period in line of duty, as many as 786 were Head Constable, 443 Naiks/L/Naiks and 2,998 were Constables.

No Police force anywhere in the world has made such great sacrifices. The Metropolitan Police Force in the United Kingdom was founded in 1829 and since then had lost only 220 police officers till 1991. The Police Forces of the United States of America had suffered a loss of only 801 police lives, during the decade of eighties. While the police in UK lost only 2 men on average per year during the eighties and law enforcement agencies in the USA suffered an annual loss of 80 officers. In our country, police duties during the five year period (1987-88 - 1991-92) took an average annual toll of 1056 police lives. In fact, the losses suffered by the Indian policemen were all the more heavy and poignant, as in some cases, the entire families of police personnel were murdered.

The country cannot afford to keep on losing so many of its policemen every year. There is an imperative need to review and improve the gadgetry, weaponry, training and tactics of the police so as to develop their ability to come out of hazardous situations with flying colours, and with minimum losses.

A certain element of risk is inherent in police job and an occasional loss of life is almost unavoidable. What is required is to mitigate the sufferings of the bereaved families by looking after their welfare and providing them the required financial and other support. This would give added strength to

the policemen to face the hazards and risks involved in their job with confidence. The Central and State Governments have taken several steps in this direction. In addition, the society should show a greater understanding of the policeman's role and the difficult conditions or circumstances in which this role is being performed. The status of the policeman needs to be raised. While his failures should be highlighted, it is only fair to expect that his achievements are not completely overlooked. The media, thus, has a special responsibility in this regard.

October 21 is an occasion for the policemen to pay homage to their brave and gallant colleagues, who are no more. This is an occasion which should be utilised by the public also to do self introspection and realise that violence does not solve problems. In fact, the police and public must join forces to see that our society is not torn apart through violence. It is only in a climate of peace and tranquility that we can achieve the goals laid down for us by our founding fathers. - Courtesy — I.B.

Health Column

Use and Misuse of Vitamins & Minerals

by Dr. L.C. Gupta

Almost every official, executive and a member of the educated elite is a Vitamin-a-day faddist, despite sound health and vigour. The credit goes to the amorphous wide publicity by the manufacturers and misinformation about the role of Vitamins playing in our health. The practising physician is exposed to pressures from both patients and medical representatives. Pharmaceutical houses generally recommend large doses of Vitamins than needed for both therapeutic and prophylactic purposes.

Vitamins don't yield calories nor they replenish vitality or vigour. These act as catalyst. Vitamin deficiency is indicated by specific manifestations and not by vague symptoms like lassitude, which is more

psychogenic than organic in origin. Moreover, in this age of cancerous corruption, you just cannot rely on the quality of vitamins and tonics which are commercially produced.

What is usually overlooked is that these very essential vitamins are found in abundance in common food items and some of them are synthesised in the human body. These are better absorbed than taken in the form of a pill.

Again, **it is very important to distinguish between supplemetnary and therapeutic**

vitamin preparations. The latter contain much larger quantities of individual vitamins and, therefore, should be prescribed to cure deficiency diseases or to provide prophylactic treatment for patients with disorders that require increased vitamin intake.

As a dietary supplement, vitamins are considered in situations where -

* there is inadequate intake, i.e. avitaminosis

* disturbances in absorption

* increased body requirement

Avitaminosis could also arise from eccentric diets due to psychiatric disorders, individual idiosyncracies, religious beliefs and food fadism.

Decreased vitamin absorption could also occur in anaemia, sprue, chronic diarrhoea and with the use of certain antibiotics that alter intestinal flora. In a healthy individual, there is a greater requirement of nutrients during, growth, hard physical work, pregnancy and lactation. Diseases associated with increased metabolism such as hyperthyroidism and fever also demand a high intake of vitamins.

Vitamins There are Vit. ABCDEK. Out of these **vitamin B and C are watersoluble. These cannot be stored in the body.** Only the amount required by the body is retained, the rest is excreted unused in the urine. Hence massive consumption only burdens the excretory system without any gain. Fat soluble vitamins **Vit. A, D, E and K can be stored in the body for a longer time and may prove toxic.** The conscientious physician must assure himself that his patients don’t become the victims of excessive use of vitamins.

Promoted by well planned, high powered compaigns, **Vitamin B complex is one Vitamin that every educated Indian thinks he lacks.** The

daily requirement of Vit. B complex is very small and an average diet meets it easily. Some diseased states and concurrent use of antibiotics may demand increased intake of Vit. B complex. Habitual use of Vit. B capsules as a prophylaxis against diseases by well to do people is not only a collosal waste of money and efforts but strain on kidneys too in excreting them out from the body. Wheat, leafy vegetables, groundnuts and meat are good sources of vitamin B complex. Excessive use of this vitamin may cause skin changes, abnormal liver functioning and lowered glucose tolerance.

High doses of vitamin C, i.e. 1000 to 5000 mg still enjoy a reputation of protecting against common cold and viral infections of upper respiratory tract. This is more of a wishful assumption than a reality. Even if it is true, it can be achieved by a cheaper antithistaminic tablet. Daily requirement of vitamin C is 40 to 50 mg only and good sources of Vit. C are citrous fruits, amla, cabage, guava, cauliflower and lime.

Excessive consumption of vit. C could precipitate gout by breaking down of proteins. If could destroy B_{12} partially in the food. It decreases bone growth, causes heavy menstrual bleeding and precipitates kidney stones. It can also depress nerve function.

Hypervitaminosis is very common in children whose over enthusiastic parents feed them tonics containing excess vit. A, i.e. 15 to 20 times the recommended dose over prolonged period. Many persons consume one capsule of **Seven Seas** at the time of breakfast for many years. The daily requirement of an adult is 5000 I.U.

Early signs and symptoms of Vit. A intoxication include irritability, vomitting, loss of appetite, headache, skin desquamation, fatigue, malaise, loss of hair and gingivits.

In tropics, sunshine is in abundance and body synthesis its own requirement of Vit. D. No supplement is needed from outside. The daily requirement of Vit. D for infants and children is 400 I.U. Sunlight and animal foods are good source of this vitamin.

The initial signs and symptoms of hypervitaminosis, i.e. consumption of more than 20000 I.U. daily for months are those associated with hypercalcemia and consist of weakness, fatigue, headache, nausea, vomiting and diarrhoea.

Early damage of the renal function is manifested by polyuria, polydypsia,

nocturia, decreased urinary concentrating ability and proteinuria.

Vit. E, is the latest in vitamin fads, as it is supposed to promote sexual strength and stamina. Vegetable oil, wheat germ oil, peas, beans and egg yolk are particularly rich in Vit. E. Ladies consume it to give glare to their skin. **In fact, excess of Vit. E produces blurring of vision, giddiness, nausea, fatigue and may even lower down the desire for sex.**

Of the minerals, calcium, iron and otherwise glucose and honey are the most popular. Calcium is an important mineral, aggressively marketed and advocated for expectant mothers and growing children. For extraordinary growth of child, parents provide lot of calcium in tablet and syrup form to their children. Daily requirement is from 400 - 500 mg.

Drinking water can provide 50-70 mg/daily. Green leafy vegetables are good source of calcium. **Excessive calcium may cause depressed nerve function, drowsiness and excess may be deposited in the muscle.**

Human body contains 3 to 4 gms of iron. The daily requirement is 20 - 30 mg. Iron capsules in the hope of increasing the quantity and quality of blood are also taken.

Body absorbs 1 to 2 mg of iron daily and excess is excreted in the faeces and can produces constipation and surplus may be deposited in the liver. in India worm infestation is the common cause of anemia in children.

Although glucose is readily available energy mainly useful for sportsmen, to be consumed during interval hours its indiscriminate use is hardly justified. In the normal course, the starch and sugar we consume are first converted to glucose, which, with the help of insulin, is incorporated into the cells to produce the necessary energy. When glucose is consumed in large quantities by a healthy person, it diffuses rapidly into the blood stream, raising the blood sugar. No dobut the consumer gets abundant energy within a few minutes, but this transient exhilaration is followed by dullness due to sudden fall in the blood sugar.

Commercial honey comprises mainly of glucose, fructose and some potasium and is not as nutritious as projected by the manufacturers. **Most tonics contain vitamins, iron and minerals in different ratios and there is nothing in those sophisticated and costly preparations which cannot be met with a simple and balanced diet.**

Enzymes and antiflatulants are commonly added to vitamins to increase their usefulness and marketability. Proprietory enzyme supplements are hardly necessary and it is doubtful if they reach their site of action in sufficient quantity. Regular use of these enzymes will supress the secretion of the same by our body organs. Gas in the abdomen is due to many factors like swallowing of air during rapid eating, lack of green leafy vegetables in the food, sedentary habits and increased consumption of sugar, tea and coffee. Gas absorbans will be rarely necessary if the causative factors are taken care of.

To meet the calorie requirement, banana, groundnut and soyabean are good sources instead of costly food pharmaceuticals.

The following is a balanced diet suggested by ICMR in grams that will not only meet the daily requirement but a small provision is also made for extra nutrients to withstand short duration of leanness :-

Items	Sedentray Work		Moderate work		Heavy work	
	Veg	Non-veg	Veg	Non-veg	Veg	Non-veg
Cereals	200	400	475	475	650	650
Pulses	700	55	80	65	80	65
Green leafy veg	100	100	125	125	125	125
Roots/other veg	150	150	175	175	200	200
Fruits	30	30	30	30	30	30
Milk 200	200	200	200	200	200	
Meat & Fish	-	30	-	30	-	30
Sugar	30	30	40	40	55	50
Groundnut	-	-	-	-	50	50

Leisure

Peace and Happiness

K.K.N. Menon

From time immemorial man is in search of peace and happiness in life. Some get while some do not get. One wanders at different places like cinema theaters, parks, five star hotels, restaurants etc., but the ultimate

outcome is frustration because one is unable to experience the real peace and happiness from the material world around us. Any pleasure or happiness that generates from the material environment can hardly sustain even for little longer a period as by that time its side effects start showing its Dracula face. Living environments that emanate sensual pleasures make the young generation to adopt more a materialistic style of living leaning more towards the western culture. Resultantly, tension, anger and aggressiveness rule them. Such a situation for the people of India is highly deplorable because in our daily routine chores we forget to understand the real values of our social, ethical and spiritual culture that our older generation had imbibed, nurtured and preserved for the future generation of India.

One King wanders throughout his region in search of the King and the result is frustration for he himself is the King of the region. Similarly, if we wander for peace and happiness in the present day highly cosmetic material world around us, we may not be able to experience peace and happiness, because it is from ourselves the real peace and happiness should originate. Everyone, rich or poor, likes to lead a happy and peaceful life. Both peace and happiness are very much related to the extent that in the absence of peace we cannot experience happiness. So to create a peaceful living environment and to lead a happy life we should know our self, for which a Self examination is very much essentail. It is said that though hard to practise, self-control alone is the path to happiness. Dr. S. Radhakrishnan in his notes on The Bhagavadgita has said “True happiness of human beings lies not in the possession of outward things but in the fulfilment of the higher mind and spirit, in the devleopment of what is most inward in us. It may mean pain and restraint but it will lead us to joy and freedom. We can pass from the happiness of knowledge and virtue to the eternal calm and joy (ananda) of the spirit, when we become one with the Highest Self and one with all beings.”

We keep ourselves busy with the sense pleasures which we derive from the material world, so we find little time to know our Self and to be more clear, we are unable to understand our Self due to the curtain of illlusion created by the sense pleasures and pain. It cannot be denied that every pleasure we enjoy out of sense objects are followed by miseries. Fire is very useful to the human being provided it is kept under control and used properly. Uncontrolled fire put the things into ashes. Similarly, uncontrolled sense pleasures lead one to the turmoil of anxiety, tension and even to a

state of aversion to the existence. So long we are controlled by our senses, we are bound to be the slaves of sense pleasures and sufferers of the miseries. Man fails to see the defects in those he is fond of. Here we find the difficulty in life.

Can our senses be controlled? Certainly yes. We can control our senses giving more power to the mind which is superior to the senses. We can control the mind also with the help of our intellect (Self). It is said that one who is controlled by his intellect (Self), he/she is able to lead a systematic life and thus experience peace and happiness in life. Religion, whatever may be, has a pertinent role in leading one to the path of spirituality. The work (karma) of one has also a prominent role in leading his/her life to the goal of filfilment of life. Spiritual awareness in one helps to control the senses and the mind and to know the real power of intellect. By confining ourselves to the mundane world and enjoying the sense pleasures and sufferings only, our mission to find the truth in life also gets detracted. Here we are to do the work of a man skilled in taming a wild elephant. In the human frame, the senses are shining in their own way and they bring light to the dweller in the body. If food be not supplied to the body, the senses become weak and unable to function. if the senses are abused, then also they get worn out making the life highly miserable. Addiction to drugs, alcohol etc. is an example to it. But when the senses are properly cherished they become useful to bring knowledge and efficiency to man. To the extent man gets enlightened, he looks after the senses with added wisdom and attenton. Mutual fostering takes place this way causing good to both. Life thereby becomes enriched.

Man is constitutionally a combination of good and bad inclinations. Evil habits are born of ignorance whereas good inclinations originate from purity. Our motive should be to decrease the bad habits and augment the good habits with proper control over our senses. If one succeeds in fighting out the bad intentions, his/her life turns to the realm of peace and happiness. This can be achieved if one enters in life in the spirit in which a sportsman enters into his game. If we do the job incumbent on us as a religious act, we certainly find job satisfaction in it. For this we should harmonise our thought, word and deed because this act of one verily gets into yoga. Accumulation of wealth to make life comfortable is not denied by our scriptures but with one condition that the motive behind should be noble. Arjuna got the name ‘Dhananjaya’ because he accmulated wealth as a

religious act and ensured its proper use without any selfish motive. Peaceful co-existence in the society also plays a major role in paving way to a happy living environment around us. With the wisdom developed in us we should be able to do such works that bring comfort and happiness to larger sections of the society and one could enjoy perenial peace and happiness that may derive from such works. Lord Sri Krishna has defined the true happiness as under:-

"That which is like poison at the first, but like nectar at the end; that happiness is said to be sattvika, born of the translucence of intellect due to Self-Realization!" (B/Gita -XVIII/37).



Shri D.P.N. Singh DG in an Exhibition put up by the students of CRPF Public School during its Annual Day Function on 30th September 1993

Regd. No. 45950/89



RAF Jawans during mob control demonstration at the First Anniversary function at Aligarh (UP) on 7th October 1993