

CRPF SAMACHAR



CRPF Newsletter & Magazine

1994

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CRPF SAMACHAR

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CRPF Band Display in India Gate on the occasion of 54th Anniversary



Shri S.V.M. Tripathi taking over the charge of D.G. C.R.P.F.

CRPF SAMACHAR

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THE C.R.P.F. SAMACHAR

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Editorial

Dear Reader,

At the very onset, let me wish you all a very happy, prosperous, incident free and toward looking New Year.

Let us start the New Year with renewed vigour and confidence. We should rededicate ourselves for the maintenance of peace through out the length and breadth of the country even at the cost of our lives.

Coming to the highlights of the period under review the 54th Anniversary Parade was the most important function. Shri S.B. Chavan, Union Home Minister, presided over the function. For the first time, the entire function was telecast live. Second in line was the appointment of Sh. S.V.M. Tripathi as D.G. C.R.P.F. The third major event was successful conduct of Assembly Elections in U.P., M.P., Rajasthan, Himachal Pradesh and Union Territory of Delhi. In these elections, CRPF was the nodal unit amongst Central Para-Military Forces for co-ordination.

“Poorti”, the first sale counter at Delhi for the items made at the CRPF Welfare Centres all over the country, was inaugurated by Smt. Margaret Alva, Union Minister of State for Personnel, Public Grievances and Pensions..

Another new venture undertaken by CRPF was the adoption of forest land in Orissa for maintenance of flora and fauna. Chief Minister of Orissa was the chief guest at the handing and taking over ceremony of the documents.

CRPF Theme Song Cassette was released on 29th Oct. '93 by President of India, Dr. Shankar Dayal Sharma, at Rashtrapati Bhavan. The script of the song was written by Sh. D.P.N. Singh, then, DG, CRPF and music was composed by Sh. Ravindra Jain of celluloid fame. This song was played during this year's Republic Day Parade by the CRPF Band. We are proud of our 29 CRPF personnel who were awarded. Distinguished and Meritorious Service Awards. Our congratulations to these persons.

Besides the above, other routine items included in this issue are News in Brief, Bn. History, Poems etc.

In the end I would appeal once again to our readers to contribute liberally in the CRPF Samachar to make it successful.

(A.N. Sharma)

New Year Greetings from D.G.



Heartiest Greetings and Best Wishes to all ranks of the Force and their families for a Happy and Prosperous New Year. The Year 1993 saw us splendidly meeting many challenges against numerous odds. Future demands on us will be heavier. I am confident that we will steer through gloriously with our characteristic zeal and quiet efficiency.

S.V.M. Tripathi

D.G. C.R.P.F

MRS. MARGARET ALVA INAUGURATES 'POORTI'



Mrs. Alva inaugurating C.R.P.F. Welfare Shopping Complex

Mrs. Margaret Alva, Minister of State for Personnel and Public Grievances, inaugurated 'Poorti' - a CRPF Welfare Shopping Complex, on November 9, 1993, a maiden venture of the Force by lighting a lamp at R.K. Puram, New Delhi.

Inside the shopping complex, gift items procured from various Welfare Centres of CRPF all over the country have been displayed for sale.

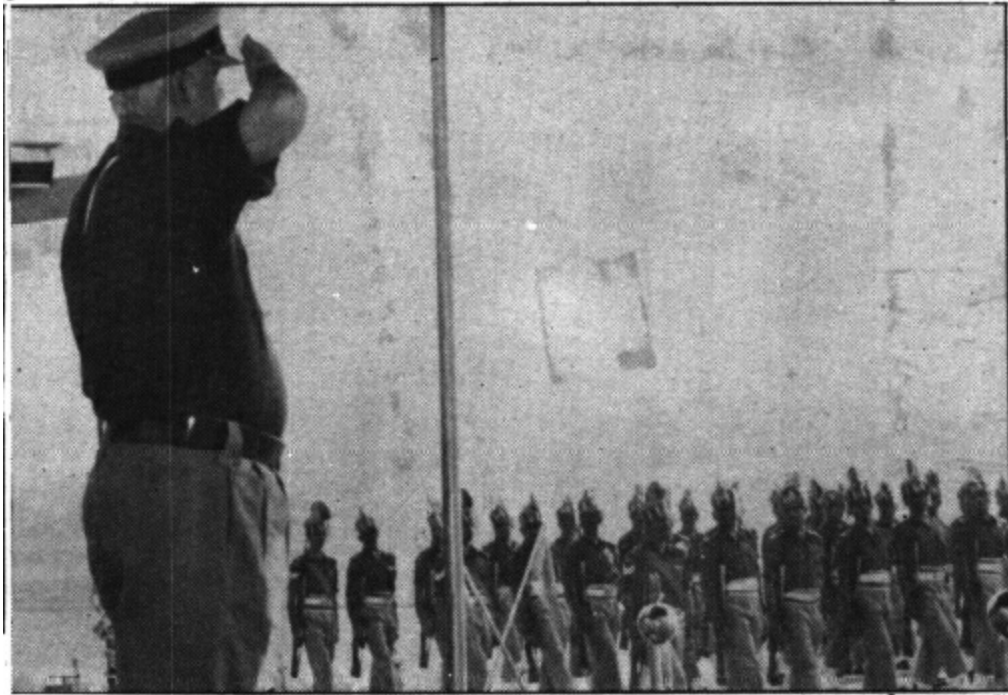
The children of CRPF Public School presented a welcome song in the honour of the Minister. Mrs. S.V.M. Tripathi, Vice President of CRPF Ladies Welfare Board, in her welcome address said that 'Poorti' has been set up with the sole objective of giving direction to the creative ability and to give employment to all those talents in CRPF who can contribute towards this movement.

While addressing the audience, Mrs. Alva complimented the CRPF Ladies Welfare Board for taking initiative in this direction. She said that she is confident that this outlet will inspire the ladies, widows and others in CRPF to come out with more creative items. She called upon the CRPF to involve more and more women in their organisation as their involvement will certainly help in giving a humane out-look to the Force.

The function concluded with the presentation of a memento to the Minister on behalf of CRPF Ladies Welfare Board by its President Smt.

Kusum Singh, wife of Shri D.P.N. Singh, DG CRPF.

CRPF BID FAREWELL TO D.P.N. SINGH



Mr. D.P.N. Singh taking Salute of farewell parade

On his retirement, Shri D.P.N. Singh, IPS, Director General, CRPF was given a ceremonial send-off on November 30, 1993 at Group Centre, CRPF, Jharoda Kalan by members of the CRPF representing various sectors. A scintillating parade consisting of six marching contingents including Mahila Bn, contingent was organised on this occasion.

Belonging to the 1957 batch of IPS (Rajasthan Cadre), Shri Singh remained as DG CRPF for one year and 10 months. His important assignments were, DIG Udaipur Range, IG (Ops) BSF, DG (Prisons) Rajasthan and DG BPR&D.

His important achievements in CRPF as DG were creation of adhoc bns, creation of training battalions, sanction of 11 Group Centres, raising of Rapid Action Force, giving of title song to CRPF and adoption of forest in Orissa for environmental protection.

Speaking on the occasion, in a emotion charged voice, Shri Singh thanked the Central Government for appointing him as Chief of CRPF which has a long traditon of sacrifices and dedication of work. He further

said, during his tenure as DG, the CRPF made many achievements operationally and administratively, but he was confident, that in coming years even these achievements would be overshadowed.

He is recipient of Police Medal for Meritorious Service 1978 and the President's Police Medal for Distinguished Service 1985.

PRESIDENT RELEASES CRPF THEME SONG CASSETTE



President releasing C.R.P.F. Theme Song Cassette

The H.E. president of India, Dr. Shankar Dayal Sharma released an audio cassette of CRPF Theme Song at Rashtrapati Bhavan on October 29, 1993. The song was written by Shri D.P.N. Singh, DG CRPF and music has been composed by Shri Ravindra Jain, an eminent music composer from Bombay.

The song is in the nature of an anthem sung in praise of the Force. song starts with a reference to the traditions of "Service and Loyalty", unique to the Force. Later, the song brings out the all-India character of the Force, its

commitment to secular ethos, the position of eminence assigned to women stead-fastness to duty against all odds and its spirit of sacrifice.

The song will be sung by members of the Force and its tune will be played by the bands on all befitting occasions. In due course, the song will blend into the traditions of the Force and will continue to inspire its members for years to come.

Earlier the H.E. the President was presented with a memento by the DG CRPF and welcomed by the Union Home Minister Shri S.B. Chavan. The President was also introduced with the Music Composer of the CRPF Theme Song, Shri Ravindra Jain of celluloid fame.

During the function, Dr. Sharma also met the widows of CRPF personnel killed in action recently.

A large number of VVIPs including CRPF representatives from all ranks and their families attended the function which concluded with the audio presentation of CRPF Theme Song.

CRPF TO PROTECT FOREST IN ORISSA



Shri Biju Patnaik CM. Orissa formally handing over palque of Berbara forest to D.G. C.R.P.F. Mr. D.P.N. Singh

At a colourful function organised at Bhubaneswar on November 27,

1993, the Chief Minister of Orissa, Shri Biju Patnaik, formally handed over 20,000 acres of Berbara Forest area in Puri District, Orissa to CRPF for protection, preservation and management for achieving shared objective of ecological protection. The Orissa Forest Minister Shri A.P. Singh was also present on the occasion.

This particular forest, known as Berbara Reserve Forest, comprising of five reserve forest blocks and ten demarcated forests, is an interesting configuration of hills and valleys traversed by Salia river and two nallahs known as Tava and Ashoka Nallas.

Addressing a gathering of VIPs, Officers and people from all walks of life, Shri Biju Patnaik commended the role of CRPF for its discipline and dedication to duty. He urged the jawans to make concerted efforts in this direction to protect the environment and forest wealth.

Shri D.P.N. Singh, DG CRPF, thanked CM and Forest Minister, Orissa, for giving an opportunity to CRPF to prove themselves in yet another field. Shri Singh also presented mementos to the Chief Minister and the Forest Minister on this occasion.

A new role for the bold and courageous heroes of CRPF is being envisaged now, that of friendly cops. One coy of CRPF with vehicles, and wireless sets deployed in the forest will be concerned with stopping the smuggling of timber and forest products. They will check in and stop the felling of trees thus improving forest wealth besides providing security to the tribals.

The CRPF besides creating a mini-sanctuary to protect flora and fauna, in a different role, would plant several thousand sapplings in the forest area allotted to them which has a cover of sal and rare trees. Thus, serving the nation and mankind, CRPF is certainly the only one of its kind.

TRIPATHI ASSUMES CHARGE OF DG



Shri S.V.M. Tripathi, an IPS Officer of 1961 batch assumed the charge of Director General, CRPF on 31 December, 1993. Hitherto he was officiating as DG CRPF.

Shri Tripathi who belongs to UP cadre held many important portfolios both in Police and Civil departments before coming over to CRPF as Addl Director General in January 1993.

Shri Tripathi's important portfolios in his home State includes assignments of SSP Moradabad and Kanpur, IG (Personnel), IG (Economic Offences Wing), Addl Director General (Economic Offences Wing & Anti Corruption Organisation); Director General of Police (Intelligence and Security); DGP UP Police and in Central, Government Joint Secretary to the Govt. of India, Ministry of Food and Civil Supplies.

Shri Tripathi is a lover of games and enjoys playing tennis. He is a good orator and loves reading. He shuns pomp & show and believes in quiet work. He is recipient of Police Medal for Meritorious Service in 1978 and President's Police Medal for Distinguished Services during 1990.

DG ADDRESSES DAGOs AND SENIOR OFFICERS CONFERENCE

“The public expectations from the Force are very high as far as the standard of work is concerned” said Shri S.V.M. Tripathi, DG CRPF, while addressing the 105 Directly Appointed Gazetted Officers of 24th batch on December 30, 1993 at Transit Officers’ Mess 33 Bn, CRPF, New Delhi. He advised them to keep three points in mind to become excellent officers. First, they should know everything about their men whom they command and have full knowledge of rules and procedures. Secondly, they should not take the routine lightly and make efforts to build oneself. They should be effective in work, and be impressive. Lastly they should have unimpeachable integrity. He further added that they should be professional proud and feel second to none. He asserted that if these qualities are imbibed, the results would be astonishing.

Addressing the senior officers, including Addl DG and IGs, Shri Tripathi said that the upliftment of the organisation should be their first priority and they should keep thinking about the organisation. The officers should also try to interact with the Directorate and should not hesitate in giving suggestions on points which are upper-most in their mind. He assured them of Directorate’s full support in dealing with their problems.

The conference came up with three points for deliberations, one was role of CRPF vis-a-vis State Police, second was movement of the Force and third was lack of confidence amongst the force personnel. During the discussions all these points were deliberated upon thread-bare by the various IGs and their suggestions were well taken by the Directorate.

The conference concluded with a note that efforts should be made towards betterment of C.R.P.F.

54TH ANNIVERSARY

HOME MINISTER GIVES RS. 1 CRORE TO CENTRAL WELFARE FUND



Home Minister inspecting 54th anniversary parade

Sh. S.B. Chavan, Union Home Minister, announced an aid of rupees one crore to the CRPF's Central Welfare Fund while presiding over the 54th CRPF Anniversary Parade function in New Delhi on 28th December, 1993.

Addressing the officers and jawans of the Force and the August gathering, Shri Chavan said, the amount donated is no match to the valour of the Force but he hoped, this will certainly add to the welfare of the force. He called upon them to perform their duties meticulously and try to create a sense of fear in the heart of militants, ultras, insurgents and terrorists. He also warned them to be careful of all those who are encouraging insurgency and enemies of the country. He also assured the CRPF that the sacrifices made by them will not go unheeded. Shri Chavan praised the good work done by Rapid Action Force and Mahila Battalion wherever their services were requisitioned. The Minister also hoped that the each and every person of the Force will do their utmost to keep the flag of CRPF and the Country flying high.

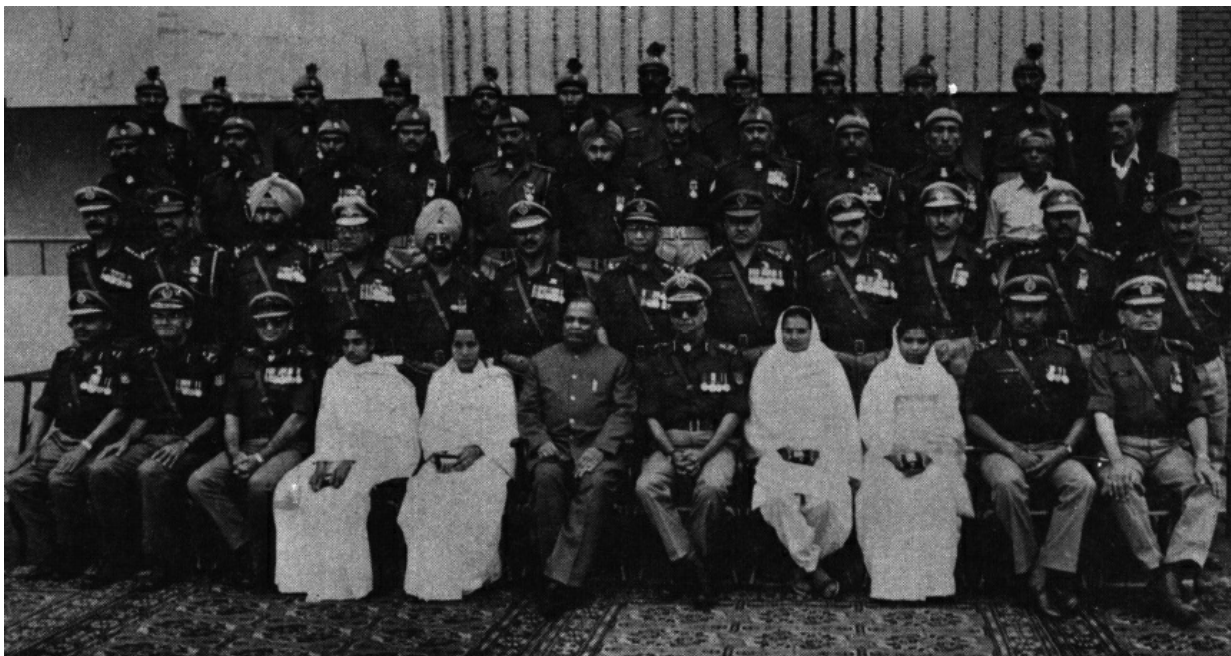
Earlier to this, Shri Chavan inspected a guard of honour presented by the Force and took salute at the impressive passing out parade commanded by Commandant Nagender Singh.

After the Parade the Minister pinned medals on 42 officers and jawans of CRPF.

Out of these three were recipient of President's Police Medal for Gallantry, 30 Police Medal for Gallantry, four Bar to Police Medal for Gallantry and five President's Police Medal for Distinguished Services. Out of 42 medal recipients, five medals were given posthumously.

Shri Chavan also presented "Best Battalion Trophy" for the year 1993 to Shri R.C. Puri, Commandant 66th Bn. CRPF.

Shri S.V.M. Tripathi, Director General, CRPF presented a memento to Shri Chavan on behalf of the Force as a token of gratitude. He also presented a cheque of Rs.5.47 lakhs to PM's National Relief Fund for Maharashtra earthquake victims. This amount is in-addition to



Home Minister with medal recipients

Rs 38 lakhs donated earlier by CRPF. Thus the CRPF has contributed over Rs.43 lakhs as a Force voluntary contribution to the above Fund.

A large number of VIPs, Senior Police officers and other officers and men of CRPF witnessed the ceremonial parade.

Names of officials who received medals from Union Home Minister on the occasion of 54th CRPF Anniversary.

A. PRESIDENT'S POLICE MEDAL FOR GALLANTRY

1. Shri Vishwambar Singh, Asstt. Commandant (33 Bn)
2. Constable Arabindo Mandal (8 Bn) (Posthumous)

3. Constable Surender Singh (8 Bn) (Posthumous)

B. POLICE MEDAL FOR GALLANTRY

1. Constable/Driver M.K. Varkey (7 Bn) (Posthumous)

2. Sub Inspector Sarju Pandey (72 Bn)

3. Constable- M.N. Gundle (72 Bn)

4. Sub Inspector Bajrangi Dhar Dubey (3 Bn)

5. Constable Abdul Kalam (84 Bn)

6. Constable R.K. Patil (66 Bn)

7. Constable Harpal Singh (66 Bn)

8. Constable P. Sudhakaran Nair (84 Bn)

9. Constable B.N. Yadav (66 Bn)

10. Lance Naik U.K. Mandal (76 Bn)

11. Inspector Surinder Singh (62 Bn)

12. Asstt. Commandant P.S. Rajora (10 Bn/SPG)

13. Head Constable Jaikaran Singh (10 Bn)

14. Sub Inspector J.K. Joshi (13 Bn)

15. Lance Naik Satnam Singh (36 Bn)

16. Head Constable Ran Singh (70 Bn)

17. Commandant H.S. Negi (75 Bn)

18. Head Constable Keshav Bahadur (75 Bn)

19. Head Constable Laxman Ram (75 Bn)

20. Constable Ram Niwas (75 Bn) (Posthumous)

21. Lance Naik C.R. Manjunath (75 Bn)

22. Constable Zile Singh (84 Bn)

23. Lance Naik Mahavir Prasad (75 Bn)

24. Constable Sunil Mochari (10 Bn)

25. Dy Commandant Hardev Singh (66 Bn)

26. Naik Manphool Singh (66 Bn)

27. Naik C.C. Duari (66 Bn)

28. Head Constable T.K. Fadtare (75 Bn)

29. Lance Naik Mahabir Prasad (75 Bn)

30. Lance Naik V.P. Mohan (64/90 Bn)

C. BAR TO POLICE MEDAL FOR GALLANTRY

1. Commandant D.A. Dhananjaiah (66/77 Bn)

2. Dy. Commandant V.V. Singh (66 Bn)

3. Constable Harpal Singh (66 Bn)

4. Naik P.G. Gavali (12 Bn/CTCII)

D. PRESIDENT'S POLICE MEDAL FOR DISTINGUISHED SERVICE

1. Dy. Director Dr. K.M. Mathur (ISA)
2. Shri G. Jha, IPS, IGP (Special Sector)
3. Shri M.L. Guleria, DIGP Ferozpur
4. Shri R.C. Aggarwal, IPS, IGP (Ops)
5. Shri E.S. Bakhtawar, DIGP, Bhopal

REPUBLIC DAY POLICE MEDALS FOR 29 CRPF PERSONNEL

PRESIDENT'S POLICE MEDALS FOR DISTINGUISHED SERVICES



G.P. Dubey. IPS IGP (Prov & Trg.) Dte Genl.

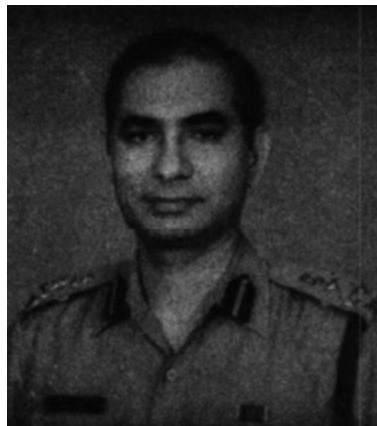


P.N. Ramakrishnan DIG (Principal) C.T.C.-I



Purshottam Kumar Commandant 4th Sig.

POLICE MEDALS FOR MERITORIOUS SERVICES



D.I.G. O.P.S. Malik Allahabad



Addl. D.I.G.P. Mahendra Prasad G.C. Durgapur



Comdt. S.R. Yadav 54 Bn.



Comdt. Arun Kumar Singh O/o DIGP Bhopal



Comdt. V.D. Tokas AD (Works) Dte Genl.



Comdt. Aran Chibber AD (Legal) Dte Genl.



Dy. Comdt S.S. Bal 128 Bn



Asstt. Comdt K.S. Nair 7 Bn



Dr. G.C. Satpathy GC Neemuch



Sub Major N.S. Bisht 67 Bn.



SM/Steno K.K.N. Menon Dte. Genl.



Insp. B. Swaminathan CTC. II



Insp. /Steno P.P. Baxi Dte Genl.



Insp. Yasin Khan 82 Bn



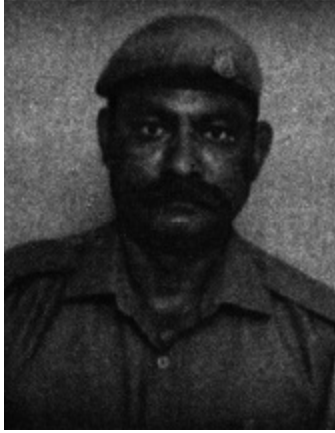
SI Munshi Ram 86 Bn



SI R.D. Pant GC Imphal



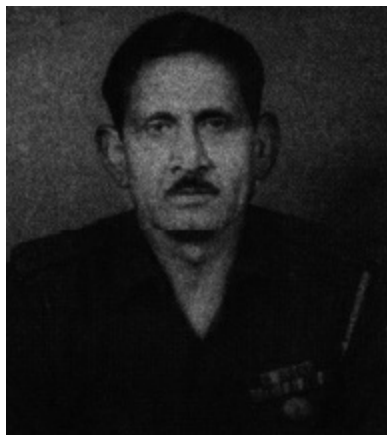
SI/R.O. K. Sasidharan 5 Sig Bn



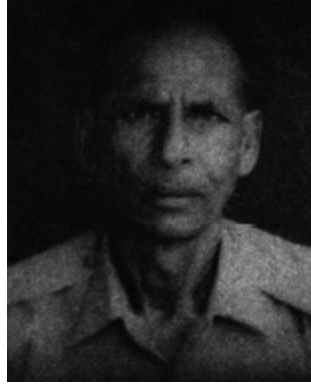
HC B.Srinivasagam 32 Bn



HC S.A. Viyakulam GC Avadi



HC Daya Ram, 52 Bn



HC R.N. Singh GC MKG



NK Nizamuddin 41 Bn ,



L/NK (Band) Barfa Ram GC PPM



CT. K.R. Nair GC-II Ajmer



CT Khadim Hussain RTC IV



S/K Poocha Ram GC MKG

IG RAF RETIRES



Shri C. Pal Singh

Sh. C. Pal Singh, Inspector General, Rapid Action Force (RAF) handed over the charge of his office on superannuation. He was given a warm send off by the RAF personnel at Wazirabad, New Delhi on 1st January, 1994.

Addressing the jawans of RAF on this occasion, Shri Singh who belongs to the CRPF cadre, recalled the starting of RAF with flying colours and hoped that the personnel would maintain the same tempo in the years to come. He further said that very soon all the ten Battalions of RAF would be ready to operate wherever required. With the five Battalions already working and conversion training of remaining five battalions having started, all battalions would be ready for operations soon.

Later on he was presented a memento in another function by Sh. S.V.M. Tripathi, Director General, CRPF as a parting gift on behalf of the Force.

M.S. YADAV JOINS AS IG; NORTHERN SECTOR



Shri M.S. Yadav

Sh. M.S. Yadav, IPS who belongs to 1966 batch, joined CRPF as Inspector General of Police, Northern Sector on Sept. 22, 1993.

Before joining CRPF, he was Executive Director, National Centre for Jute Diversification, New Delhi. Other important assignments held by Sh. Yadav in U.P. are of Supdt. of Police, Hamirpur, Sr. Supdt. of Police, Meerut, Dy. Director, Civil Defence, DIG Bareilly, Senior Regional Manager, Food Corporation of India, UP Region Lucknow, Director, Marketing, UP State Cement Corporation, Lucknow and Chairman-cum-Managing Director, British India Corporation, Kanpur.

Sh. Yadav has attended a number of training courses during his service career.

He went to Canada in 1990, Singapore and U.K. in 1991 on official assignments.

Sh. Yadav is also a recipient of Police Medal for Meritorious Service in Jan. 1990.

NEW FINANCIAL ADVISER



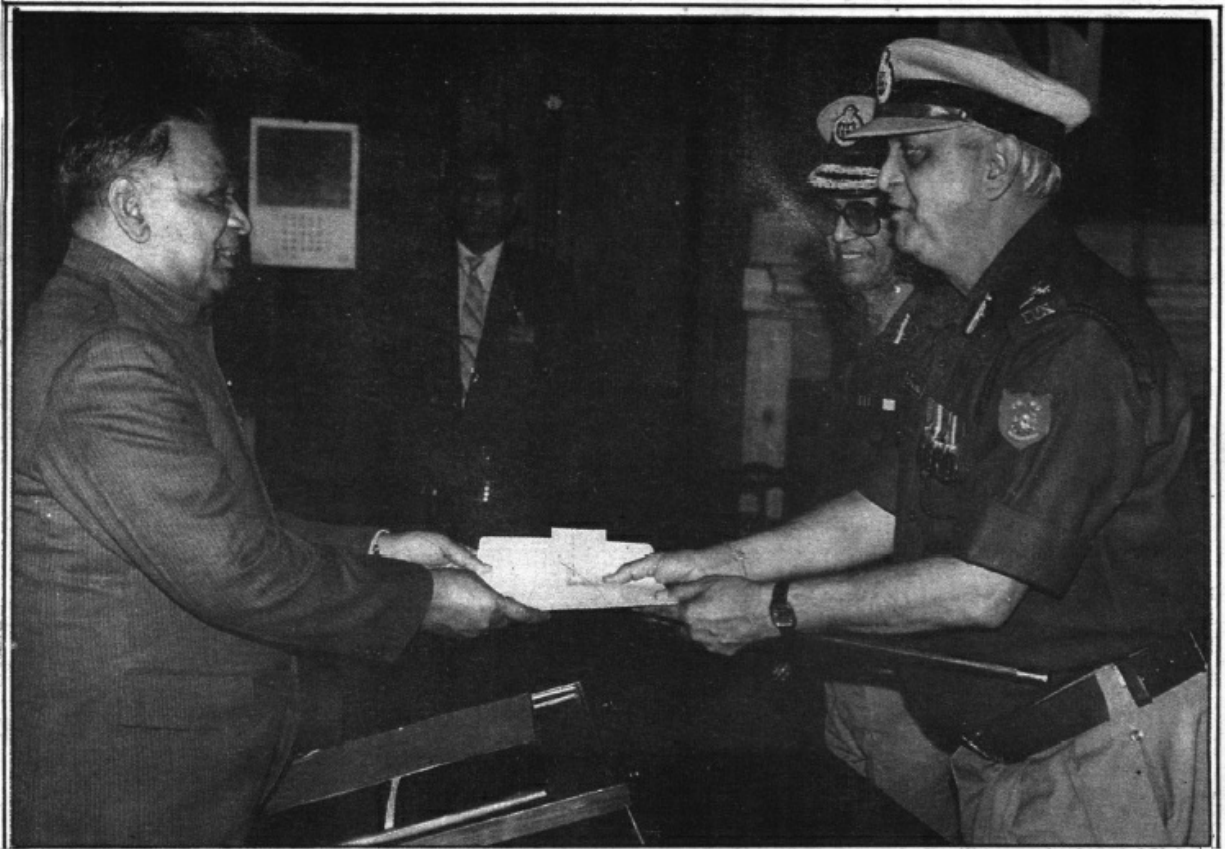
Mrs Rukhsana Shaheen

Mrs. Rukhsana

Shaheen Khan, a 1972 batch officer of Indian Defence Accounts Service (IDAS), joined CRPF as Financial Advisor on 7th January, 1994. Before joining CRPF she was Chief Controller of Accounts (Pension) at Allahabad (U.P.)

The first posting of Mrs. Khan was Assistant Controller of Defence Accounts. She also served as Dy. Controller of Defence Accounts; Assistant Controller in Ministry of Defence, Deputy Secretary (Establishment) CPWD, Joint Controller of Defence Accounts and Financial Adviser cum Chief Accounts Officer, Water Resources Department, Govt. of Bihar. She has a flair, for writing and is well versed in Hindi, Sanskrit and English.

CRPF DONATION TO MAHARASHTRA EARTH QUAKE RELIEF FUND



D.G. CRPF Mr. D.P.N. Singh and Shri S.V.M.Tripathi presenting a cheque of Rs. 38 Lakhs to the Hon'ble Home Minister Shri S.B. Chavan

Sh. S.V.M. Tripathi, D.G. CRPF, handed over a cheque of Rs. 5.47 lakhs to Sh. S.B. Chavan on 28th December' 93 during the Anniversary Parade. CRPF has donated so far Rs. 43.47 lakhs to the Prime Minister's Relief Fund for the Maharashtra Earth Quake Victims. The above amount was given in two instalments. The first was when Sh. D.P.N. Singh, former, DG, CRPF handed over a cheque of Rs. 38 lakhs to Sh. S.B. Chavan, Union Home Minister on November 30th, 1993.

Hon'ble Prime Minister

P.V. Narsimha Rao has conveyed his grateful thanks and appreciated kind gesture of officers and men of CRPF for making this contribution. The message further says that this gesture reflects the deep-rooted culture and tradition of the officers and men of the force.

NEWS IN BRIEF

CRPF'S PATROL PARTY PRAISED

A patrol party of 120 Auxiliary Battalion, CRPF, which was deployed in Dayanand Vihar, New Delhi saw a car parked with keys on at mid-night on November 17, 1993. They immediately took the keys and retrieved them to its owner, Shri Birbal Nath, a retired IPS and former member of Central Administrative Tribunal, who had forgotten to take out the keys from his car.

The presence of mind and prompt action of the patrol party was highly appreciated by Shri Birbal Nath who had sent a cheque of Rs.500/- to the Commandant 120 Aux Bn for suitably rewarding the members of the patrol party for their alertness and prompt action which otherwise could have led to car theft.

ASSEMBLY ELECTION DUTY PRAISED

Shri N.N. Vohra, Home Secretary, Govt. of India, praised CRPF's role in the recently conducted Assembly Elections in the States of Himachal Pradesh, Rajasthan, Uttar Pradesh, Mizoram and NCT of Delhi. He applauded the role played by CRPF in these elections which necessitated extensive mobilisation and large scale deployment of Central Para-Military Forces and SSB for the orderly conduct of the polls. Needless to say, the task was difficult, further compounded by the need for strict time-bound movements of the Forces from State to State.

The Central Para-Military Forces moved as one, and did the work with commendable precision. He also expressed his grief to the families of the 9 CRPF personnel who lost their lives, in a mine blast, in Madhya pradesh while performing their duties.

The returning officers of Patparganja, Delhi; Aizwal, the Chief Minister of Sikkim and D.G. MP Bhopal, patted CRPF personnel for their excellent work done in the Assembly Elections. DIGSPs of Meerut and Allahabad (UP) also appreciated their good work and efforts of CRPF in respective areas.

C.R.P.F. WINS WEST ZONE ALL INDIA POLICE GAMES

CRPF won the 43rd West Zone All India Police Games at Gandhi Nagar (Gujarat) in January, 1994. The games were held from 2/1/94 to 9/1/94 in

which seven teams viz CRPF, ITBP, Maharashtra, Madhya Pradesh, Gujarat, Rajasthan, and SSB took part. The games in which these teams participated were hockey, Volley Ball, Football, Kabaddi Basket Ball, Gymnastic, Judo and Wrestling. The games were inaugurated by Mrs. Urvasi Devi, Minister of Sports, Gujarat while Minister of Culture and Youth Affairs, Gujarat distributed prizes to the winners on the concluding day.

CRPF won 1st position in Hockey, Volley Ball, Football,

Kabbadi, Basket Ball, Gymnastic and Wrestling. While in Judo CRPF got 11th position.

RISK FUND

A total of Rs. 8,75,000/- has been paid to the next of kin of 25 CRPF personnel who died during the month of December, 1993. This includes Rs. 10,000/- of Central Welfare fund in each case. Another sum of Rs.60,000/- was sanctioned to four personnel who were invalidated.

In Risk Fund 'B' (Special Welfare Fund) a sum of Rs. 2,40,000/- was paid to the next of kin of eight CRPF Personnel during this month.

THEY ARE NO MORE

We offer our deep condolence to the grieved families of following CRPF Personnel who lost their lives during Dec, 1993.

NK Ramesh Chandra Singh, 94 Bn; HC Gursai Ram 62 Bn; Ct. Hari Singh Meena; 111 Bn; Ct. V. Dhanraj; 79 Bn; Ct. Jaspal Singh; 9 Bn; Ct. Sukhbir Singh; 2 Bn; SI Bhanwar Singh, GC-I(A); Ct. Megh Singh, 82 Bn; Ct. Prahlad Mahapatra, 26 Bn; NK Sammpuran Singh, 114 Bn; Ct./Dvr. R.C. Patil, GC-Gty; LNK/Ftr. Ram Kumar, 100 RAF; Ct./Carp. S. Jaya Kumar, 110 Bn; SI Jadu Kishku, 18 Bn; LNK D.R. Bora, 18 Bn; Ct. Shyam Lal, 18 Bn; NK Naushad Ali, 18 Bn; HC/Carp. K. Lohidarshan, 78 Bn; Ct. Hoshier Singh, 2 Bn; and Ct. P. Bhim Rao, 32 Bn.

CHILDREN'S DAY AT CRPF PUBLIC SCHOOL



Mr. Siddiqui D.I.G. New Delhi and Principal Shri Suraj Prakash with award winning children

The Children's Day, in the memory of Late Pandit Jawaharlal Nehru, popularly known as 'Chacha Nehru', was celebrated at CRPF Public School, Rohini on Nov' 12 93. Shri A.A. Siddiqui, DIGP, CRPF New Delhi Range presided over the function.

The function started with an impressive march past by the school students followed by Art Competition and Sports Meet in which children of various age groups participated. The winners were given prizes by the Chief Guest, Shri Siddiqui.

Addressing the students and their parents, Shri Siddiqui said that the Children are the future of the country, therefore, it is necessary that they should follow the path of our leaders. He further said that the ideals followed and preached by Pandit Jawaharlal Nehru are still relevant in the present day society and if followed meticulously, will help the children in developing their personalities.

Shri Suraj Prakash, the School Principal, who gave vote of thanks assured the Chief Guest that his students will make all out efforts to achieve

the ideals for which late Panditji stood.

BLOOD DONATION

The Governor of Assam has praised the initiative of CRPF to organise a Blood Donation Camp at Group Centre, CRPF Guwahati, on December 21, 1993, while inaugurating the camp. About 35 personnel donated blood on this occasion.

NAGALAND GOVERNOR'S REPUBLIC DAY AWARD TO CRPF PERSONNEL

Two CRPF Personnel have been awarded Nagaland Governor's Award on the eve of Republic Day by the Governor of Nagaland. The awardees are Sh Mohar Singh, Commandant-30 Bn and Sh. T.R. Arora, Commandant-12Bn.

POST OFFICE IN 124 BN

Commandant 124 Bn, Sh. Prithvi Singh Choudhary, inaugurated a Post Office in the premises of 124Bn, Lalwas Jaipur on 24th Nov. 93.

With the opening of this Post Office, besides villagers of Lalwas area, a large number of CRPF personnel including trainees will be benefitted.

UNIQUE WAY TO CELEBRATE 54TH ANNIVERSARY IN ROPAR

CRPF at Ropar celebrated its 54th Anniversary in a Unique way by cutting Anniversary cake in the campus of 78 Bn, by the DIGP Chandigarh. Commandant 78 Bn. Sh. M.C. Joseph was also present in this occasion.

Besides this, other functions like inter Coy sports and games competitions, cultural programmes and tug of war between Distt. Police and 78 Bn were also organised with gusto and the winners were given prizes.

Northern Sector Wins Tennis Title



Mr. S.V.M. Tripathi, D.G. C.R.P.F. presenting Trophy to Mr. M.S. Yadav IGP N/Sector.

The North Sector CRPF lifted the 3rd CRPF 'Inter Sector Tennis title' by defeating Special Sector. Shri Sanjeev Doondia and Shri Ashok Kumar clinched the match from their opponents, Shri D.K. Suri and Shri K.C. Sharma, in an exciting three sets contest by 2-6, 6-4 and 6-1. The Match lasted for over two hours.

The two finalists, the North Sector and the Special Sector, won their semi-finals by routing Directorate 'B' team and Southern Sector respectively.

The six day Tournament was organised by SDG from December 14 to 19, to mark the 54th CRPF anniversary. Nine teams, representing Eastern, Special, Bihar, Southern, Northern, North West Sectors, Rapid Action Force and two teams from Directorate participated in the event.

Shri S.V.M. Tripathi, Director General CRPF, presided over the concluding function and Smt. S.V.M. Tripathi distributed prizes to the winners and runnersup. Addressing the gathering, Shri Tripathi called for a greater participation in such tournaments in future and hoped that the standard of games will improve further.

BATTALION HISTORY 67 BN

The 67 Battalion was raised on 1 st Oct.' 1980. Sh. Swaran Singh was the first Commandant. The present Commandant is Sh. Daljit Singh.

It goes to the credit of this Battalion for having won four President's Police Medal for Meritorious Service, one DG's Disc, 53 Special Duty Medals both in J&K and Mizoram. Important deployments includes J&K, Mizoram and at present, is at Calcutta.

Major achievements include 22 encounters during it's deployment in Jammu and Kashmir. Following Arms and Ammunitions have been recovered in operations/raids:

A-K-47	= 09
Pistol	= 06
Revolver	= 03
Magzine Ak-47	= 23
Live Rounds	= 77
Live Rounds AK-56	= 08
Live Rounds AK-47	= 505
Live Rounds Chinese Pistol	= 10
Rocket Launcher	= 02
Chinese Grenade	= 04
Crude Bomb	= 01
Booster Launcher	= 03

AK-56 Rifle	= 01
Chinese Pistol	= 03
Anti personnel Mines with complete accessories	= 04
Winchester Spring Gun	= 01
Pistol Pakistan Made	= 01
Pistol rounds	= 09
H.E. Grenade	= 01
Binocular	= 02

Five important Operations conducted by this Battalion are as follows:

First was on 14th Aug.'90. The encounter was at Nowpora (Srinagar) in Jammu and Kashmir. In this encounter two important extremists belonging to Muslim Janbaz Force and JKLF respectively were killed. The Force recovered four AK-47 Rifles, 246 Live rounds, 9 AK-47 Rifles, Magzines, one rocket launcher and three grenades were recovered from them.

The second encounter took place on Dec. 12th, 1990 at Jogilankar (Srinagar). In this encounter, one Farooq Ahmed got killed and C.R.P.F. recovered-one AK-47 Rifles, 3 Magzines and 56 Live rounds.

The third encounter was during search operations at Kalamdanpora (Srinagar) in which one pistol, one Revolver, 203 Live rounds and nine magzines of AK-47 and one booster Rocket Launcher were recovered.

The fourth encounter took place on March, 18, 1991 at Alikadal area (Srinagar) in which five dreaded terrorists of JKLF/MJF was arrested and police recovered one AK-47 Rifle, one Rocket Launcher, four Anti personnel Mines with complete accessories and two booster Rocket Launcher.

The last raid/search was at Kargali Mohalla (Srinagar) in which C.R.P.F.

recovered one AK-Rifle, eight Live Rounds, two Chinese Pistol, ten Live rounds, one Pakistan Made Pistol, nine rounds, H.E. Grenade and two Binoculars.

RECRUIT TRAINING CENTRE-IV-SRINAGAR

RTC-IV Srinagar was made functional at Awantipur Pulwama Distt. (Kashmir) from May, 15, 1992 with a strength of 500 recruits. The first passing out parade of Recruits was held on Jan. 93 at Group Centre, Bantalab, Jammu.

Sh. R.S. Mooshahary, IPS, IGP (OPS) J&K, was the chief guest on the occasion. So far two batches of recruits have passed out from this training centre. Sh. G.L. Sharma and Shri Hawa Singh are the Principal and Vice Principal of this centre who are doing their bit to make recruit training a success.

PEACE ETERNAL

K.K.N. Menon

Peace dawns where violence ends;

Peace flourishes where love of humanity dominates;

Peace nourishes where desire for co-existence develops;

Peace soothes the mind where compassion prevails;

Peace brings happiness where brotherhood shines;

Peace acts as invincible link where humanity love humanity;

Peace protects humanity where humanity preaches peace in action;

Peace becomes the ultimate where humanity craves to sustain its existence.

BASIC TRAINING CAMPS IN TENTAGE ACCOMMODATION

WITH LOW COST SANITATION FACILITIES

Dr. S.S. Patra, M.D; M.I.P.H.A.

ABSTRACT

In a fast growing force like CRPF with varied deployments men are forced to settle in accommodations offered by the State for a stay stretching from weeks to months. Various epidemics have been seen in the units in the past decade, while the troops were in the basic trainings; leading to mortality and high morbidity. Overcrowding is a measure factor with inadequate sanitary facilities. In a reasonable land area in tentage accommodation with low cost sanitation facilities will reduce the upsurge of epidemics like infections Hepatitis, meningitis etc. in the newly raised units.

INTRODUCTION

Central Reserve Police Force over the year is growing at a fast pace. Accommodation of the troops is a major problem being faced by the commanders due to its variable deployments necessitating the nature of duties. New raising units are put to training at various part of the country due to paucity of training centres. Epidemics like infectious Hepatitis, Japanese encephalities and viral fevers etc. have been seen in the past decade particularly in the newly raised units. Various factors contribute to such happening but by and large accommodation of the troops matter most, which needs to be viewed seriously to avert such occurrences with the improved medical care system of the force.

Accommodation implies human requirement of a healthful residential environment which provides for the achievement of biological, social, psychological ethical aspirations of the individuals, families and communities.

Accommodation of the service personnel should be considered in its comprehensive sense because only shelter from rain or cold at night does not constitute accommodation. The working places, cook houses, dining halls, canteens, recreation room, office blocks, stores, sanitary conveniences; water points, barbers and washerman's shops, Officers mess and SO's mess all include under accommodation. It is of concern to the Commander and to the medical officer as the adequacy, nature and quality of the structures their proper maintenance at the highest hygienic level as the health of the troops is influenced by all these conditions.

TYPES OF CAMPS

In a routine deployment camps are established at a site offered by State. These camps could be of “permanent”, “semi-permanent” or “temporary” nature. Those camps which will remain in occupation for more than a year are “permanent camps” those which will not last more than one week duration are termed as “temporary camps”. “Semi-permanent camps” are those which remain in occupation for less than one year duration. All these camps could be “Tented” camps.

CAMP SITE SELECTION

Selection of camp site largely depends on the availability of accommodation offered by the local authorities. The best comfort and convenience of troops and their health should be the guiding considerations in selecting the camp site, specially for the selection of semi-permanent and permanent camps. Guidance of the Medical Officer is necessary in reference to landscape epidemiology where preventable diseases like malaria, typhoid can be avoided if alternative sites are selected and acquired.

Camps should be located on high grounds: Marshes, irrigated lands and vicinity of village should be avoided. While selecting a site in mountainous country a smooth, invitingly green patch at the bottom of the valley should be avoided. The general lay out of a camp, should be planned after taking the following points for guidance.

a) Any sector of the camp should be at least one kilometer away from any village or local habitation and from any collections of water likely to breed the vector species of mosquitoes.

b) It is necessary to forbid troops movements towards village and to place the village “out of bounds” to troops from dusk to dawn as an extra precaution against contracting mosquito borne, excremental and venereal diseases.

c) Direction of the prevailing wind should not be from village or breeding places towards the camp.

d) Camp should be provided with surface drainage.

CAMPS IN TENTS

Tented camps are normally of a temporary nature but due to various

administrative, logistics and economic reasons these are put for longer durations. Proper ventilation is always difficult in closed tents and is made worse by overcrowding. During the day tent flies should be rolled up; and occasionally all tents should be struck to expose the site to sun and fresh air. In hot weather the sides of the tents better dispensed with, unless dust storms are likely.

SCALE OF ACCOMODATION

The scale of accomodation in tents varies with the exigencies of situation. For the standard 180lbs (82 kg) double fly IPP tents it ranges between 8 to 12 men per tent. However, where long stay is warranted it is ideal to allot 6 men per tent 3 on either side. Meticulous cleanliness and tidines inside and outside the tent must be enforced. The tent should be surrounded with a raised bund to stop rain water entering it. This should be surrounded with a snake trench about 100 cms broad and 100 cms deep with absolutely straight and smooth walks.

For further comfort the floor can be paved or cemented. The mudftoor and wall should be periodically plastered. Kit bags may be arranged in a central row to simulate a central screen in between the two rows of sleeping occupants to create a barrier against the direct nasopharyngeal droplet spray. Arrangements to fix mosquito nets should be made inside the tents. The flies should be periodically tightened and repaired. DDT should be sprayed on both the surfaces of the inner fly and inner surface of the outer fly every 6 weeks.

While establishing a camp or arranging for accomodation of a unit, it is not enough to only arrange for living or sleeping rooms but places for a cook house, dining room sanitary facilities barber shop, bath room and washing places, dhobighat, recreation room, M.I. room offices and stores, guard room, play ground, parade ground and PT ground should be earmarked.

PRINCIPLES OF ACCOMODATION

In a living accomodation may be barrack, hut, basha or tent principles applicable to one are applicable to all types of accomodation. **SPACE**

The space allowed per individual in a barrack is minimum 2 meters of linear wall space, 5 square meters of floor area 18 cubicmeters of air space with the exclusion of any height above 3.6 meters. The distance between

centres of two adjacent beds should not be less than 1.8 meters.

VENTILATION

For ensuring adequate ventilation the total window space should not be less than 1/10th of the total floor space and cross ventilation be maintained.

LIGHT

The natural and artificial lighting should be good and adequate to provide bright, agreeable non-flickering light for carrying out daily routine in the barracks. If 20 percent of the space of every window shows the key from the farthest point in the room, the minimum requirements of natural day light is satisfactory. **MESS**

The messing arrangements should include the cook house, ration store, dining hall with food rack counter. it includes arrangements for cleaning and washing the plates and vessels and arrangements for safe disposal of garbage and swill.

COOK HOUSE

Cook house must possess one smokeless chullah with twin oven arrangement which has got benefits of fuel economy. The elimination of smoke leads to elimination of eye irritation; respiratory diseases. Dirt on clothes, kitchen walls and adjoining rooms smokeless chullahs can be built manually from locally available material. Construction is easy and can be undertaken by use of moulds. Chullah should be maintained daily with a mixture of dung and mud after cooking is over. Clean the chimney once in every 3 months by passing a bamboo stick with a piece of cloth tied to one end. **WATER**

In the arrangements for drinking water supplies are to be obtained from authorised source; purified and chlorinated. The storage and distribution of water in unit lines should be centrally organised. Water can be stored in syntex tanks with lid and tap.

CANTEEN

A canteen should be provided with separate arrangements for a dry and wet canteen made in the same premises. These places are more used as part of recreation than feeding. The canteen must maintain a high standard of cleanliness with good sanitation.

Arrangement for personal hygiene include the latrines; the barbers shop; the dhobhyghat; washing place and bathing points to be maintained with adequate water supply.

Appropriate areas be earmarked for disposal of waste matters; good environmental sanitation is an important means of promoting and maintaining human health and well being. The efficient disposal of human excreta is one of the most important difficult task in the temporary and semi-permanent camps. Sanitary discipline must be strict, but success will only be obtained where discipline is supported by willing co-operation based on knowledge. Full information should therefore be given to all ranks concerning the methods for disposal of wastes based on practicable principles.

LATRINES

In temporary camps shallow trench latrines are used whereas deep trench latrines are used in semi-permanent camps.

The handflush water seal latrine popularly known as sulabh shauchalaya represents an innovation in the field of urban sanitation can be used in semi-permanent camps. It is economically cheaper and conveniently constructed; consists of pan; trap, foot rest, water seal drain pit and pit covers. The pan and water are connected with two leaching pit of which one functions at a time while the other is kept closed. The second pit is opened for use when the first one is filled; while the second pit on use the human excreta formed into manure in the first trench. A pit of 1 meter diameter and depth will fill up to the drain outlet level in about 3 years for 5 to 6 members. When the filled pit is left for about 2 years, the content becomes rich organic humus and can be handled safely. If the pit depth is doubled at 2 meters depth than one latrine; can safely be used for 2 years by 12-14 individuals. A coy of about maximum strength of 130-140 men will need only 13 to 14 latrines per company to be constructed.

THREE POEMS

THE NAKED KING

By - Nirendranath Chakrabarti

All can see
The King wears no clothes.
Still they clap
And shower praises.
Some are sceptics
Some timid
Some others
Without scruples.
Parasites and flatterers
Frauds and means
Are also there.
Some think
The royal cloth
Is woven of finest silk.
Some think
Though unseen
The apparel is there.

The legend is old
Where in the motley crowd
There were not only
Sycophant and spineless
Clever and foolish
Flatterers.
There was also a child
A truthful and innocent
And a courageous child.
Now we see the King
Before our eyes.
Flatterers are crowded
Around him.
But where is the child.
We do not see him
In the crowd.
Where the child has gone.

Has any one hidden him
In a lonely cave of a hill.
Or has he gone to sleep
After his play
On the pebbles, grass and
Bosom of the earth
Far away

On the bank of a lonesome
Stream.
Or under a tree
On a vast meadow.
Go and bring him.
Let him again
Stand before the King
With his head held high.
Let him ask with raised voice
Above all thunderous claps
King where are your clothes.

NOSTRADAMUS

By - Subhas Mukhopadhyay

Destiny
Who can change.
How many days more.
Or is it months or years.

Down in his grave
With fingers on forehead
Predicts
Nostradamus.

Can we say
Our millenium

Will not see its end.
All creations will perish with it.
Inside the earth
In the decadent grave
You cannot get
Any fresh air.
Come out in the sun
See the tapestry
Of black and white.
You see only new visions
And creations.

When you close your eyes
An unknown fear envelopes
You.
As you open them
New hopes unfold before
You.
Cast aside your stones and
Pendants
Fill your baskets
With seeds.

Take your hands
From your forehead
And go to sleep
Nostradamus.
We keep vigil.

BATASIA LOOP

By - Annadashankar Roy

Chhata Kuri
Train has left Siliguri.

Ding Dong
Train is past Kurseong.
Jhum Jhum
Are we in sleepy Ghoom.
Ting Ting
Yonder is Darjeeling.
Ya Ya
Is it Batasia.
Chup Chup
Ahead is Batasia Loop.
Are we in sky
Batasia is so high.
Round and Round
The train covers ground.
Jhum Jhum
Are we back in Ghoom.
Here comes mist
The whole train is vanished.
Where is Ghoom town
The train has come down.
On other side
We see the train glide.
Ting Ting
There comes Darjeeling.
Chhata KuriSix Twenty (Bengali)
(Translation from Bengali by Bhudeb Chakrabarti)



C.R.P.F. Mahilla contingent in 1094 Republic Day parade



Shri S.V.M. Tripathi D.G. C.R.P.F. presenting a memento to Union Home Minister Shri S.B. Chauhan

CRPF SAMACHAR

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30, April 1994 •

10 Vaisaka, Sakha 1916



CRPF Hockey Team receiving Runners-up Trophy of First All India
Jan Sakti Vahini Hockey Tournament from Shri Jai Lal Ravi, Dy. Minister for Home Affairs.

Pix: S. K. Khanna



DG CRPF Shri S.V.M. Tripathi congratulating the CRPF Sportsmen who were given promotions for their outstanding performance in National and All India Police Games.

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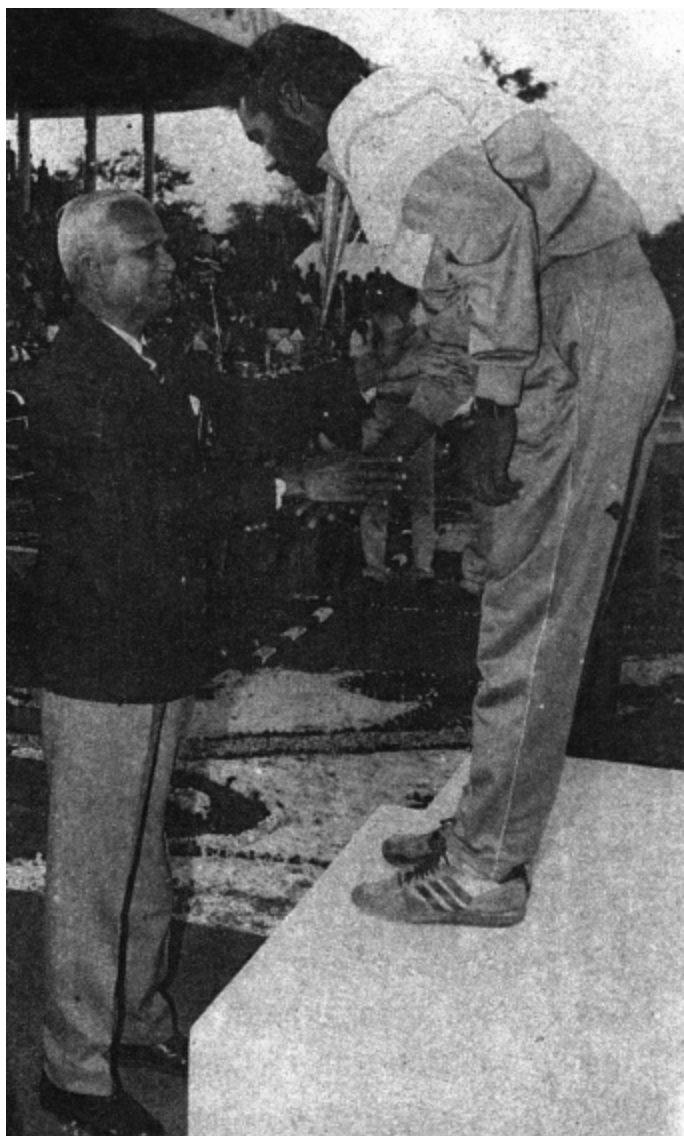
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Editorial

Dear Reader,

Shri A. N. Sharma, who had been the Chief Editor of this magazine for the last four years left the CRPF on promotion as Dy. Principle Information Officer to the Press Information Bureau, Lucknow on February 28, 1994. We assure the readers that we shall continue to maintain the high standard of the CRPF Samachar. Towards this end, we seek your co-operation by way of contributing articles, humour, cartoons and even photographs. Handsome honorarium awaits those, whose pieces are accepted for publication.

During the quarter, we enriched the magazine with details of 43rd All India Police Games held at Jaipur from Feb 21 to 28, 1994. In team championship, CRPF maintained the 3rd position with 157 points - 15 points more than what CRPF secured in 42nd All India Police Games in which CRPF were 3rd with 142 points. The increase in points was due to good coaching and induction of new talents. Head Constable Paramjit Singh of CRPF was declared the "Best Athlete" of the meet. Due to best performance of our sportsmen, Shri S.V.M. Tripathi, DG CRPF announced promotion of 34 CRPF sportsmen/women.

Besides, the items like Operational Achievement, Blood Donation, Bn History, Death cases, DG's Commendation Disc, Risk Fund Benefits, Cheque presentation, Appreciation, and a write up on adoption of Barbera Forest and Heart Attack causes & Cures are also adorned this issue.

This time we have also included a general interest writeup, "Disciplining the police" written by Shri Rustamji, in this issue. I hope you will find it interesting.



(Bhudeb Chakrabarti)

SURESH ROY I G P (PROV & TRG)

Shri Suresh Roy, IPS (AGMU :68) joined CRPF on deputation and took

over as Inspector General of Police (Provisioning & Training) on 26th April, 1994 at CRPF HQrs New Delhi. Before joining the CRPF he was posted as Addl. Commissioner of Police (Security) Rashtrapati Bhavan New Delhi.

2. Born on June 1, 1944, Shri Roy obtained B.Sc (Hons.) degree from the University of Guwahati, Assam. He joined Army in 1966 during the time of emergency and took part in Indo-Pak war 1971. He joined Indian Police Service in 1973 and was allotted to the then U.T. Cadre. He held important assignments like those of DCP Armed Police, DCP East and Central districts of Delhi, SSP Pondicherry, DIG Range and DIG CID Mizoram, Director, Security, Parliament House and Addl. Commissioner of Police (Security) Rashtrapati Bhavan, New Delhi.



3. He attended several professional courses including Internal Personnel Management at Royal Institute of Public Administration, London (UK) from September to December, 1990. Shri Roy was awarded Police Medal for Meritorious Service in 1986 and President's Police Medal for Distinguished Services in 1992.

A. K. BANDHYOPADHYAY : IGP N.E. SECTOR



DG CRPF Pinning IGP's Rank to Shri A.K. Bandhyopadhyay; on his Promotion

Shri A.K. Bandhyopadhyay, a directly appointed CRPF Officer of 1963 batch has been promoted as Inspector General of police and posted as IGP NE Sector, Shillong on February 24, 1994. Prior to this, he was Deputy Director (Provisioning) at CRPF HQrs. He is recipient of President's Police Medal for Distinguished Service.

N. K. TEWARY: IGP (OPS) MANIPUR



DG CRPF Pinning IGP's Rank to Shri N.K. Tewary on his Promotion.

Shri N.K. Tewary, a directly appointed CRPF Officer of 1963 batch, has

been promoted as Inspector General of Police and posted as Operational Inspector General of police at Manipur on February, 24, 1994. Prior to this, he was Deputy Director (Training) at CRPF HQrs. He is recipient of President's Police Medal for Distinguished Service and Vishist Sewa Medal.

34 SPORTSMEN PROMOTED

Shri S.V.M.Tripathi, DG CRPF announced promotion of 34 CRPF sportsmen/women as a reward for their outstanding performance in National Games '94', Inter State Open National Championship '93 and All India Police Games '94, at a function at 32 Bn HQ Rabindra Rangshala, New Delhi on March 9, 1994. The function was organised to facilitate the sportsmen/women of CRPF who brought laurels for the country as well as the

Department through their outstanding performance in various games and athletic events.

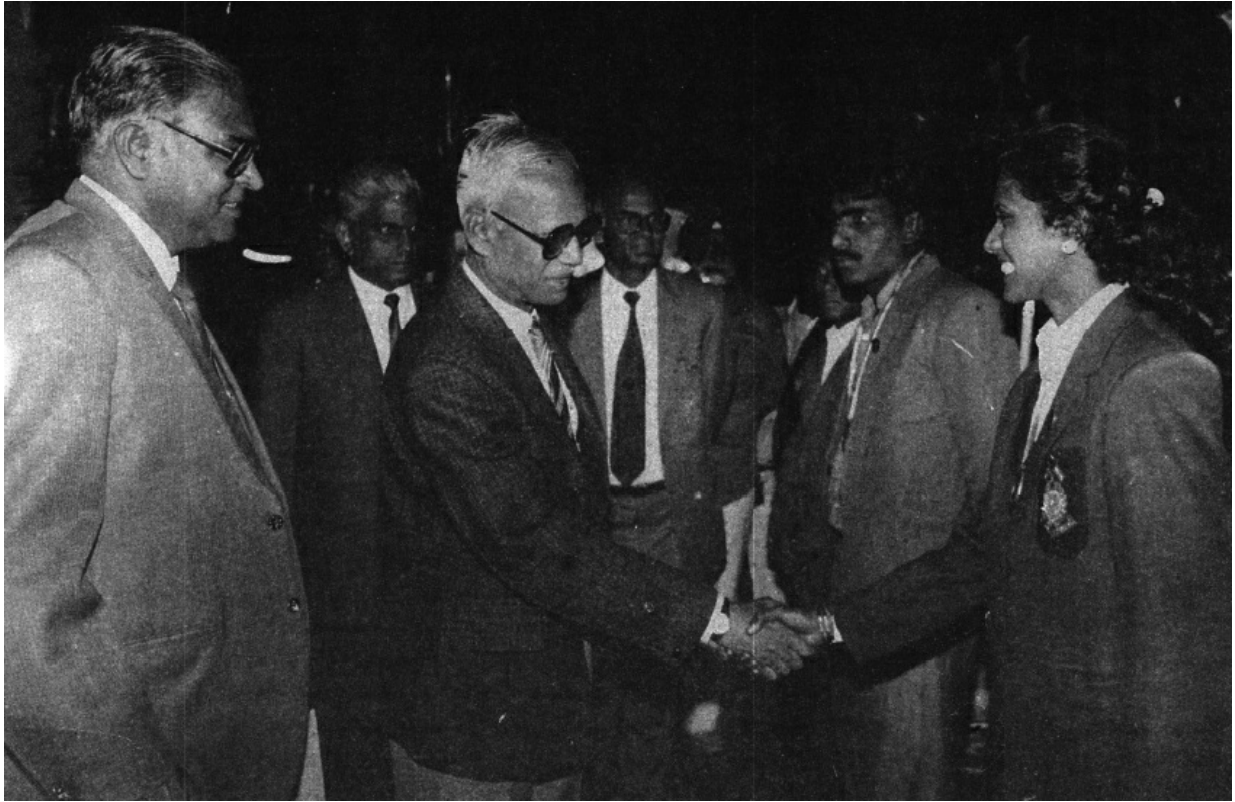
Speaking on the occasion, Shri Tripathi told the sportsmen that although the CRPF secured third position in All India Police Games this year, but he is confident that our sportsmen, with their hard work and good coaching will secure top position in All India Police Games next year. He also said that the CRPF will undertake a special drive for recruitment of young and talented sportsmen.

The details of promotion announced are:

SI To Inspector: SI Sidhharth Seth for winning Gold Medal in open weight category in Judo event during National Games 94 held at Pune by defeating Shri C. Billmoria, an Olympian and National Champion for last 11 years.

Head Constable to Sub Inspector: HC Paramjit Singh for winning two gold medals (200 and 400 mtrs race) in All India Police Games '94. He was declared the best athlete and awarded Home Minister's Medal. (2) **HC. A.D. Ganapathy** for winning gold medal in Inter State National Championship, 93 and one Gold medal in All India Police Games '94 in Decathlon. (3) **HC Amritpal Singh** for winning Gold medal in Inter State National Championship '93 and one Gold medal in All India Police Games

in 3000 mtr Steeple Chase.



DG CRPF Shri. S. V.M. Tripathi Congratulating Seeja Mole K. for Creating A New Meet Record in High JUMP in AIPG-1994.



DG CRPF Sh. S.V.M Tripathi with the Promoted Sportsmen

Naik to head Constable: Naik **H.M. Mahato** for winning Silver medal in Inter State National Championship '93 and Vth position in All India Police Games '94 in Decathlon event.

(2) **Naik Chandu Koley** for winning Silver Medal in Vaulting Horse during National Games '94 held at Pune.

L/Naik to Head Constable: **LNK (M) Seeja Mol. K.** for winning one gold medal in High jump event during All India Police Games '94 by clearing 157 Mtrs. a new meet record, (previous record is 156 mtrs.)

(2) **LNK Gokul Chand Mahato** for winning silver medal in Open State National Athletic Championship '93 and Bronze medal in All India Police Game's 94 in High Jump event. (3) **LNK (M) Kanak Lata** for winning

Gold medal in Open Shooting Competition '93.

Constable To Head Constable: **Const Rajesh Kumar** for winning Silver medal in 130 Kg weight category (wrestling) during National Games '94 held at Pune. (2) **Constable (M) Pyari Purti** for winning Gold medal in National Shooting Championship, 1992.

L/Naik to Naik: **LNK Inoba Singh** for winning Silver medal in 100 mtr race during All India Police Games 94. (2) **LNK Raghubir Singh** for winning Silver Medal in 200 Mtr race during all India Police Games '94. (3) **LNK Narender Kumar** for winning Bronze medal in 86 kg weight category (Judo) during National Games '94.

Constable to Naik: **Const. Guman Singh** for winning Bronze medal in 78 Kg weight category (Judo) during National Games' 94. (2) **Const Shobh Nath** for winning Bronze medal in 78 Kg weight category (Judo) during National Games '94.

Constable to L/Naik: **Constables, H.M.Dass. Md. Minz and V.P.Singh** for securing IVth position in 4x400 mtr relay in All India Police Games '94;

Const N.K.Agnihotri for securing IVth position in 4x100 mtr relay in All India Police Games '94 alongwith his team mates; **Const P.C.Panigrahi** for securing VIth position in Marathon in All India Police Game '94'; **Const Muthu Ganashwari** for securing Vth position in 100 mtr hurdles in All India Police Games '94;

Const Ram Kumar for securing IVth position in 90 Kg weight category

(wrestling) in All India Police Games'94, **Constables Shivaji Nikkam, Naresh Kumar, V Vasudavan, Mohammed Somdani and Shyam Lal** for securing third position in Basket Ball in All India Police Games '94; **Const Ramesh Kumar** for securing third team position in Kabbadi in All India Police Games '94; **Constables J. Topno Kujur and Sandeep Singh** for securing third team position in Hockey in All India Police Games '94; **Const (M) Cheeba C.V.** for securing IVth position in 4x100 mtr relay in All India Police Game '94 and **Const (M) T. Shiju** for securing IVth position in High Board Diving in All India Police Games '94.



SUBBA RAO AS D D (PROV)

Shri P.V. Subba Rao, DIGP joined CRPF HQ as Deputy Director (Provisioning) on March 21, 1994

Shri Subba Rao, B.Sc, L.L.B., joined CRPF as a Directly Appointed Gazetted Officer in 1963. He commanded many Battalions/ Group Centres. The important assignments held by him are, DIGP of Aizwal (Mizoram),

Guwahaty, Madras and Hyderabad Ranges. Shri Rao attended many professional courses, such as Police Community Relation Course at ICFS, New Delhi Management Development Programme in Public System, IIM, Ahmedabad and Top Management Course at NPA Hyderabad.



He is recipient of Police Medal for Gallantry (1966), Police Medal for Meritorious Service (1982), President's Police Medal for Distinguished Service (1988) and DG's Commendation Disc. (1991).

450 C.R.P.F. Men Donate Blood



DG CRPF Inaugurating Blood Donation Camp

Around 450 CRPF personnel including more than 100 Mahilas donated blood in a massive Blood Donation camp organised by CRPF Base Hospital with the help of Indian Red Cross Society at CRPF Dett Hospital, R.K.Puram, New Delhi on March, 8, 1994. Shri S.V.M.Tripathi, Director General CRPF inaugurated the blood donation camp which was held under the supervision of Dr. M.L.Gupta of Indian Red Cross Society.

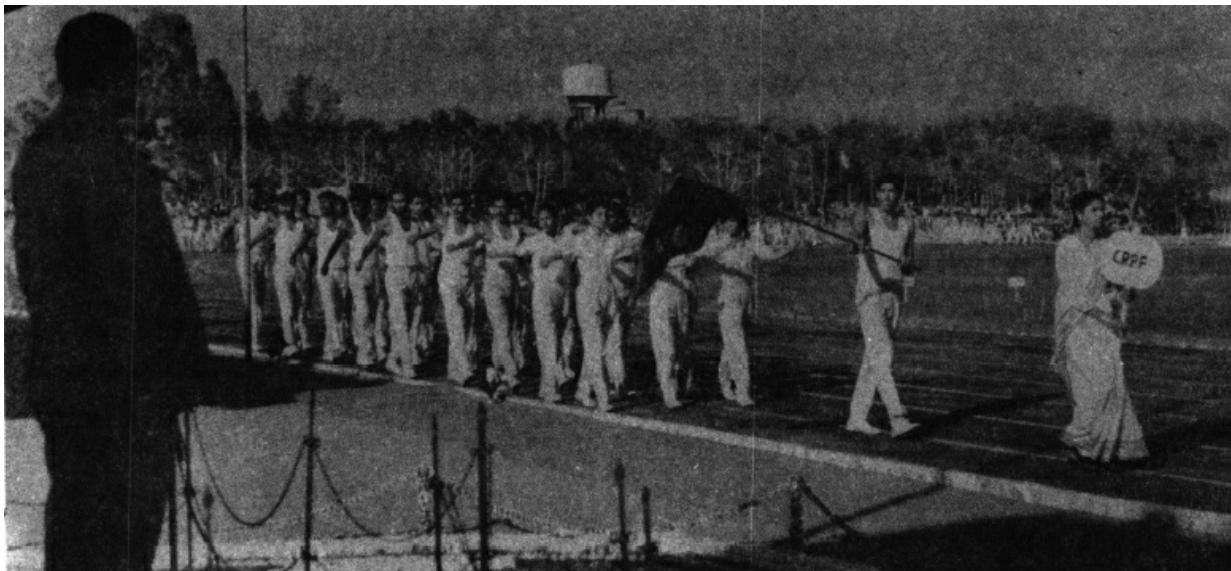
Shri B. Chakrabarty, DD (Adm) and Shri B.M. Saraswat, IPS DIGP CRPF New Delhi were among the senior officers who donated blood on this occasion.



DG CRPF witnessing CRPF Mahilas donating Blood

43rd ALL INDIA POLICE GAMES

PARAMJIT SINGH DECLARED ‘BEST ATHLETE’



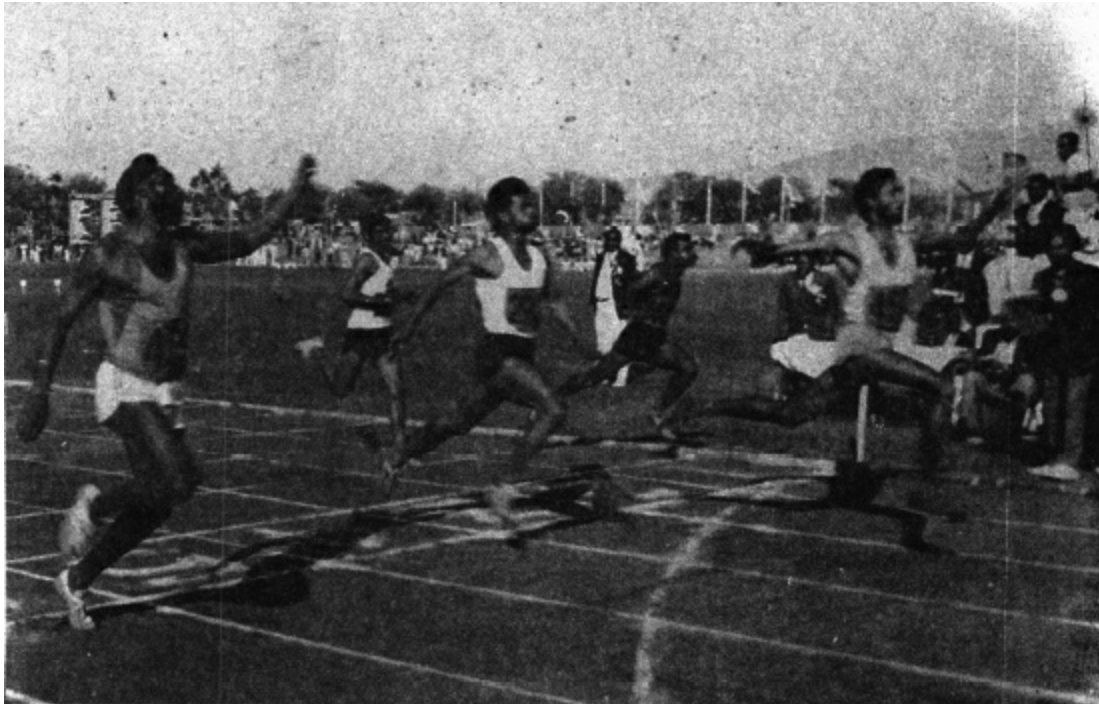
CRPF Contingent marching through the dias during All India Police Games-1994.

Head Constable Paramjit Singh of CRPF who won gold medals in 200M and 400M races was declared the “Best Athlete” in 43rd All India Police Games which concluded in Jaipur on February 28, 1994. He was also

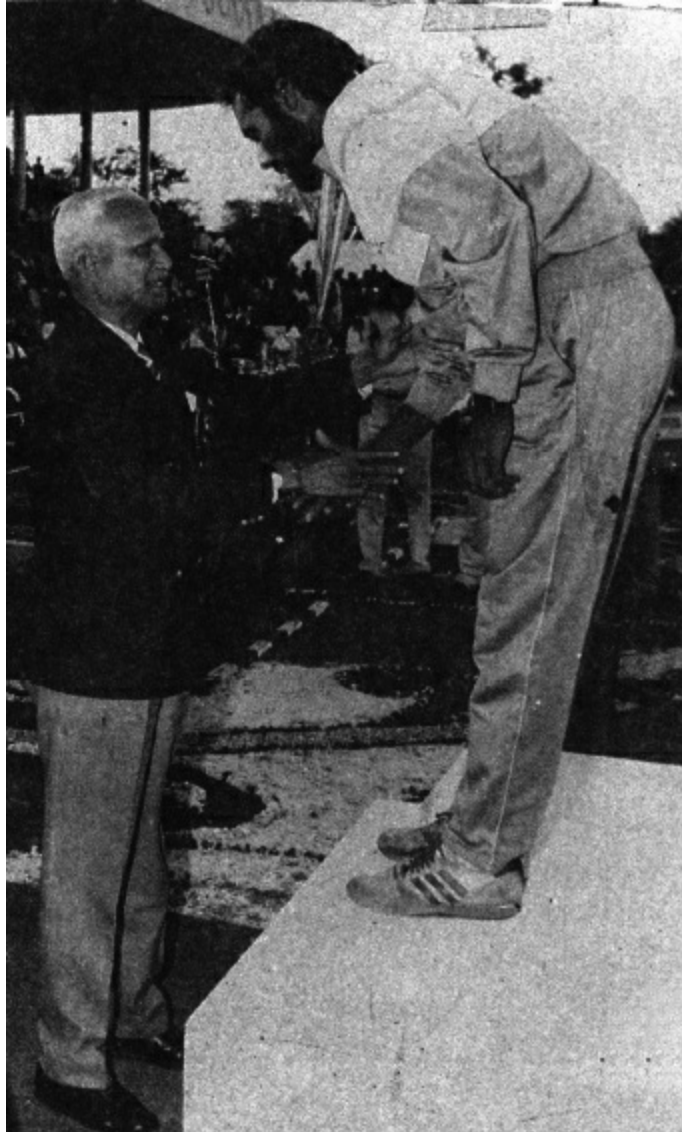
awarded Home Minister's Medal.

The 43rd All India Police Games was held from Feb 21 to 28, 1994 at Jaipur under the aegis of Rajasthan Police.

In team Championship, the CRPF secured 3rd position with 157 points while BSF clinched first position with 197 points and Punjab Police secured second position with 182 points.



HC Paramjit Singh finishing his 200 m. race - Gold Medal



DG CRPF giving Gold Medal to the Paramjit Singh



DG CRPF Shri S.V.M Tripathi witnessing All India Police Games-1994



HC Paramjit Singh receiving Best Athlete Award



CRPF Official being introduced to Shri Baliram Bhagat, Governor of Rajasthan during AIPG 1994.

The Athletic Meet of All India Police Games was inaugurated by Shri Baliram Bhagat, Governor of Rajasthan while Guest of honour on the concluding day was Shri Bheron Singh Shekhawat, Chief Minister of Rajasthan. He also gave away the trophies/prizes to the winners and runners-up.

22 teams representing various States/Union Territories and para-military organisations participated in the Games. They are, Andhra Pradesh, Assam, Assam Rifle, B.S.F., Bihar, C.R.P.F., C.I.S.F, Delhi, Gujarat, Haryana, Himachal Pradesh, Kerala, Karnataka, Madhya Pradesh, Maharashtra, Orissa, Punjab, Rajasthan, R.P.F., Tamil Nadu, Uttar Pradesh and I.T.B.P.

The CRPF team, an amalgamation of experience and fresh talents participated in all eight disciplines of the games, namely, Football, Volleyball, Hockey, Basket Ball, Kabbadi, Judo, Gymnastics and Wrestling and in Athletics where both CRPF men and women teams participated.

In the games section, CRPF secured third place in Hockey, Basket Ball, Kabbadi, Judo and Gymnastics. In Judo, CRPF won 3 silver medals and 2 bronze medals while in Gymnastics, two gold, one silver and two bronze medals. In Wrestling, CRPF secured two silver medals.



Seeja Mol of 88 (M) Bn receiving trophy for creating a new Meet record in High Jump (Women) in All India Police Games - 1994.



CRPF's Gymnastic Team coach Mr. Balram Sheet Recieving Gymnastic Trophy.

In Athletics, CRPF secured 3rd position with 4 gold, 6 silver and 4 bronze medals. L/NK Seeja Mol. K. of 88 (M) Bn won gold medal in High

Jump with a new meet record.

The medal winners are : **GYMNASTIC** : Insp Vijay Kumar - Gold medal in Floor exercise, bronze medal in Vaulting Horse and silver medal in All Round Best : Naik Chandu Koley - Gold medal in Vaulting Horse; LNK D. Gopikrishnan - bronze medal in All Round Best. **JUDO** Naik Shiv Kumar Yadav - Silver Medal in 55 Kg category; HC Munni Lal Yadav - Silver medal for 60 kg wt. category; Insp Tilak Thapa -Silver medal in 65 kg. wt. category; HC Mahender Singh -Bronze medal in 71 kg weight category; CT Ghaman Singh -bronze medal in 78 kg weight category. **WRESTLING** : HC Achhel Lal - Silver medal in 48 kg weight category and HC Jagbir Singh - Silver medal in 52 kg weight category. **ATHLETICS** : HC Paramjit Singh - Gold medals in 200 mtr and 400 mtr race; HC Azar Mohd -Bronze medal in 900 mtr race; LNK Inoba Singh - Silver medal in 100 Mtr race; LNK Gokul Chand Mahato - Bronze medal in High Jump; Insp Rajender Singh - Gold medal in 110 mtr hurdles and Silver medal in 400 mtr hurdles; Insp Om Prakash -Silver medal in Hammer Throw; LNK Rameshwar Singh - Bronze medal in Javelin Throw; HC Amrit Lal - Gold medal in 3000 mtr steeple chase; A/Comdt Shri Shamsuddin - Silver medal in 3000 mtr steeple chase; LNK Raghubir Singh - Silver medal in 200 mtr race; SI Ram Karan -Bronze medal in 5000 mtr race HC A.D. Ganapathy - Silver medal in Decathlon; LNK Seeja Mol - Gold medal in High Jump (new meet record)

C.R.P.F. ADOPTS BARBERA FOREST IN ORISSA

by - K.R.K. Prasad

The men of the Central Reserve Police Force who are hitherto been wielding lathies and dispersing unlawful assemblies in our country have now undertaken a refreshingly new challenging role in Orissa by adopting 2,000 acres of Barbera forest of balugan range under Puri Forest Division, which is one of the State's oldest forest divisions in the newly created Khurda District, with the objective of bringing up a mini-sanctuary, preserving the existing flora and fauna in this reserve forest area.

The project was given a final shape when Shri S.V.M. Tripathi the then

Additional Director General of CRPF in consultation with the Hon'ble Chief Minister of Orissa Shri Biju Pattnaik and detailed discussions with the Addl. Chief Secretary finalised the plan of action for joint forest management and environmental protection by CRPF and Forest Department of Orissa. The scheme was inaugurated by the Hon'ble Chief Minister by formally handing over a plaque to the Director General, CRPF on 27th November 1993 in a function held at Group Centre, CRPF, Bhubaneswar.

Barbera forest is a huge reserve forest consisting of 23, 500 acres, it has Rajin, Tamana, Arang, Bankard, Katwal, Bhaleri, Champagarh, Ghulijhinka, Jharah, Solari,

Sandhampal, Nathapur, Bhatapada, Krishnapali and Jiripada of a demarcated reserve forest. It contains a great variety of flora and fauna and the vegetation consists natural SAAL forests and miscellaneous forests. SAAL attains height of 100'-0" with sound stems of more than 6'-0" girth. Extensive artificial teak plantations have been raised over a large area since 1984-85 and teak has attained more than 12'-0" girth. In addition the fauna of this division is also quite rich and varied due to differences of natural habitants. Commonly found mammals are Royal Bengal Tiger, Indian Bison, Bear, Leopard, Neelgai, Chita, Kutra, Sambar, Elephant, Spotted deer, Barking deer etc. It is a rich field of study for the Ecologists.

During the last 30 years, the valuable forests of this division were under great pressure due to growth of cities such as Bhubaneswar, Cuttack, Puri and Berhampur.

The increasing demand for timber and fuel wood has contributed to the illicit fellings and smuggling of forest produce. Smuggling of TEAK and SAAL is lucrative business for ever increasing unemployed youths who find it very convenient to carry and dispose off timber in and around Bhubaneswar in spite of best protection measures undertaken by the

Forest Department. People in and around these forests and also the un-social elements of nearby cities used to earn their livelihood and to make easy and quick money by resorting to illicit removal and unauthorised trade in forest produces due to which the valuable Saal and Teak forest in this area are fast depleting. The beautiful fauna of this division is also seriously endangered due to fast depletion of the forests. The animals are exposed to poaching and epidemics. Though tight security measures were taken by the

Forest Department with the assistance from the local police, forest officials continued to lose ground against the smugglers. The inadequate and ill-equipped forest staff found the terrain difficult to negotiate in the face of the well organised timber smugglers.

Most of the forests of Puri Division are notified reserves between 1885 to 1911 and the Reserve forest blocks such as Arang, Bankard, Rajin, Katwal and Tamna of Balugaon Range of this division are most vulnerable to illicit felling and smuggling of forest produce. Physiographically the configuration is hilly terrain. The hills are steep and of ten precipitous with deep valleys containing a few perennial After After inauguration of adoption of

After inauguration of adoption of barbera Forest Scheme by CRPF on 27-11-1993 by the Hon'ble Chief Minister of Orissa, one Company of CRPF (E/41) was moved to Group Centre, CRPF, Bhubaneswar and was put through two weeks training under the State Forest Department. They have been taught about forest law, silviculture, organisational methods, security of Forests besides environmental conservation. They have also been given practical demonstrations and in handling seed collection, storage, testing, method of germination and treatment. During the field visits of forest area they have also been taught about appreciating the forest situation and forest degradation, exercise of rights by the people, incidence of grazing, fire etc investigation of forest cases, illicit felling/ poaching etc.

On completion of 2 weeks training 'E' Company 41 Bn CRPF under command of Shri T.N. Khuntia, Assistant Commandant of 1987 batch was deployed at barbera Forest on 10-2-1994 alongwith Forest Officials to protect the forest with the twin objectives of (i) prevention of smuggling, felling of trees and thefts and (ii) afforestation. The Company took position and established 4 posts. Patrols were taken out every day both by foot and in vehicles accompanied by forest officials. The patrolling of the CRPF has been so effective that some of the villagers who were notorious for smuggling wood have confessed their mistakes and have promised to co-operative with the Forest Department. Our patrol parties have raided two clandestine Saw Mills in Gopalpur Village on 26-3-1994 and have recovered huge quantities of contraband forest products. Due to CRPF protection the Forest Department have also been able to confiscate 35 Vehicles which have been modified to smuggle wood besides confiscating 7 trucks

with national permit which were carrying Teak wood in their vehicles from Barbera to Bhubaneswar. Within a short period our Force personnel have recovered items, the approximate cost of which is reported to be Rs. 30 lakhs.

According to the District Forest Officers of Khurda District the smuggling of Teak and Saal wood has reached the zero level.

Apart from allorestation and environmental protection we have proposed to establish one Medicare centre in the Forest area to provide medical aid to the tribals who are inhabited in these forest areas. We also propose to run a small Primary School for the tribal children besides providing employment in case of young tribals of these villages who wish to join the force.

The disciplined personnel of the Force hitherto known for their ruthlessness have now worn eco-friendly uniform and work shoulder-to-shoulder with the Forest Department in promoting ecology and preserving the forest wealth.

JANSHAKTI VAHINI HOCKEY TOURNAMENT

CRPF PLACED SECOND

The CRPF emerged runners-up in the first Jan Shakti Vahini Hockey Tournament. In the finals played on April 29, 1994 at Shivaji Stadium, New Delhi, CRPF go down to Punjab and Sind Bank by 3-4 in a tie breaker. Both teams drew 1-1 at regulation period as well as extra times. In the semi-finals, CRPF beat Air India by 5-4 goals in tie breaker while Punjab and Sind Bank beat BSF by 3-1 goals.

In the final match, CRPF gave a good fight to Punjab and Sind Bank but unable to cash it on their superiority in the 70-minute encounter.

The bankmen struck in the fourth minute when Sanjev Kumar found the target from a Gundeep Kumar cross. CRPF fought back and forced two penalty-corners but Tirlok Ram and Suresh Topno failed to convert the awards. Their hopes were sustained by inside right Tanveer Jamal who was later shown the green card for rough play.

Four minutes before the interval CRPF levelled the score through sole effort by G.Tirkey. On resumption, CRPF had slight edge in the proceedings

but determined PSB deep defence thwarted their scoring attempts.



Dy. Home Minister Shri. R.L Rahi, Shri Dara Singh and other dignitaries watching the final match.



CRPF Team being introduced to Shri. Dara Singh

Few minutes before the end, Sukar Aind had a clear sight of the PSB

goal but his powerful shot went wide of the target.

In the tie-breaker session, PSB scored through Bhupinder Singh, Gundeep Kumar, Suresh Bhatia and Harvinder Singh. L. Joseph, Sukar Aind and S.K. Vashisht were the scorers for CRPF.

Before commencement of the match, both the teams were introduced to former renowned Wrestler Shri Dara Singh. Shri Ram Lal Rahi, Dy. Minister for Home Affairs gave away trophies to the winners and runners-up.



CRPF striking goal against Punjab and Sind Bank





CRPF Team with Dy. Home Minister Shri Ram Lal Rahi

SPORTS

75 BN WINS HOCKEY TOURNAMENT



75 Bn receiving Delhi Based Inter Bn Hockey Trophy from IGP RAF Shri M.K. Singh

75 Bn lifted the Inter Bn Hockey Championship Trophy of Delhi Based Battalions held at 103 RAF HQ Wazirabad on March 19, 1994. In the final match, 75 Bn defeated 89 Bn by two goals to nil. Both the goals were scored by Naik Budh Ram after the half time. 75 Bn defeated 90 & 125 Bns in league matches and SDG in semi finals while 89 Bn defeated 97 and 32 Bns in league matches and 120 Bn in the semi finals.

Shri M.K. Singh, IPS, IG of Police, RAF who was the Chief Guest on the concluding function gave away trophy/prizes to the winners and runners-up.

This four day hockey tournament was inaugurated on March 16, 1994 by Shri Md. Izhar Alam, IPS DIGP RAF. Teams from 19, 32, 33, 50, 75, 76, 89, 90, 93, 97, 103, 120, 125, SDG and GC New Delhi took part in this tournament.

40 BN Lifted Inter Bn Basket Ball Title

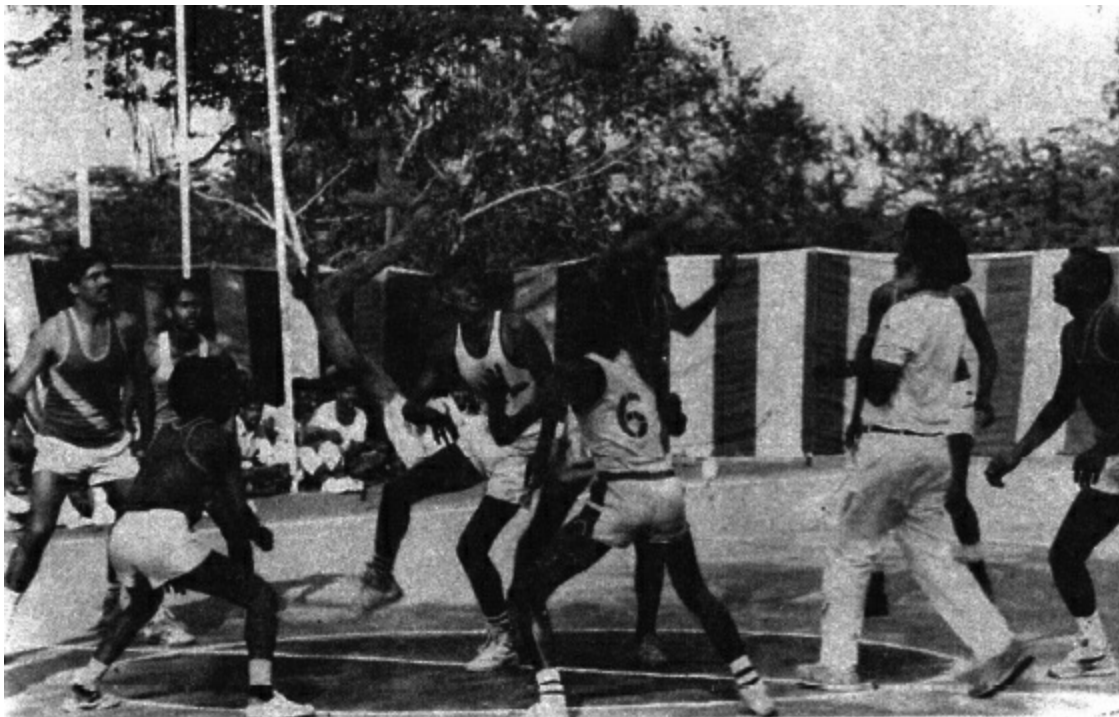
The six day 1st Inter Bn Basket Ball Championship was inaugurated on April 4, 1994 by Commandant Shri G. S. Randhava, Olympian and first

Arjuna Awardee. 16 teams from 3, 9, 13, 33, 40, 47, 54, 55, 61, 67, 71, 85, 130 Bn. GC I Ajmer, GC II Ajmer and GC New Delhi were participated in this Championship which was played on league-cum-knockout basis.

In the semi finals, 40 Bn defeated 55 Bn by 64-44 points while 33 Bn beat 54 Bn by 63-21 points.

40 Bn over come a stiff challenge from 33 Bn to lift the first Inter Bn Basket Ball Title of Northern Sector, CRPF, Lagging behind at half time by eight points, 40 Bn exhibited a spirited game in the second half of the final match to beat 33 Bn by 43-40 points at 33 Bn HQ R.R.Shala on April 9, 1994. SI Gurvinder Singh was the man behind 40 Bn who scored 24 points alone.

Shri M.S.Yadav, IPS, IGP Northern Sector, who was the Chief Guest on the concluding function, gave away trophy/prizes to the winners and runners-up.



A tense moment of final match of Inter Bn Basket Ball of N/Sector

33 Bn lifts N/S Football Trophy



Comdt.33 Bn receiving 1st Inter Bn Football Trophy from IGP N/Sector

The seven-day 1st Inter Bn Football tournament of Northern's sector CRPF was inaugurated on April 18, 1994 by Shri R.P. Tiwari, Addl DIGP GC CRPF Jharoda Kalan. 17 teams from 3, 9, 13, 14, 33, 40, 47, 54, 55, 61, 67, 71, 85, 130 Battalions, GC I Ajmer, GC II Ajmer and GC New Delhi vied for the top honours in this tournament which was played on league-cum-knock-out basis.

In the semi finals, 85 Bn beat 71 Bn by 4-2 goals in a tie-breaker while 33 Bn beat 9 Bn by 2-0 goals.

In the spirited final match played at Group Centre, Jharoda Kalan, on April 25, 1994, 33 Bn beat 85 Bn by 4-3 goals in a tie-breaker to lift the trophy. SI Bhim Singh scored 1 goal for 33 Bn during first half while Ct Suresh Thapa scored 1 goal for 85 Bn during second half and tied the match 1-1 at regulation time.

Shri M. S. Yadav, IPS., IG of Police, Northern Sector, CRPF the Chief Guest on the concluding function, distributed prizes to the winners and runners-up.

SOCCER TOURNAMENT

50 Bn CRPF lifted the Inter Bn Soccer Trophy of Delhi based Battalions

for the year 1994. In the spirited final match played at 50 Bn HQ, Kalkaji on April 15, 1994, 50 Bn beat 103 RAF Bn by a solitary goal scored by Constable Narender Singh in the first half.

Shri Md. Izhar Alam, IPS DIGP RAF who was the Chief Guest on the concluding function presented trophy/prizes to the winners/runners-up.

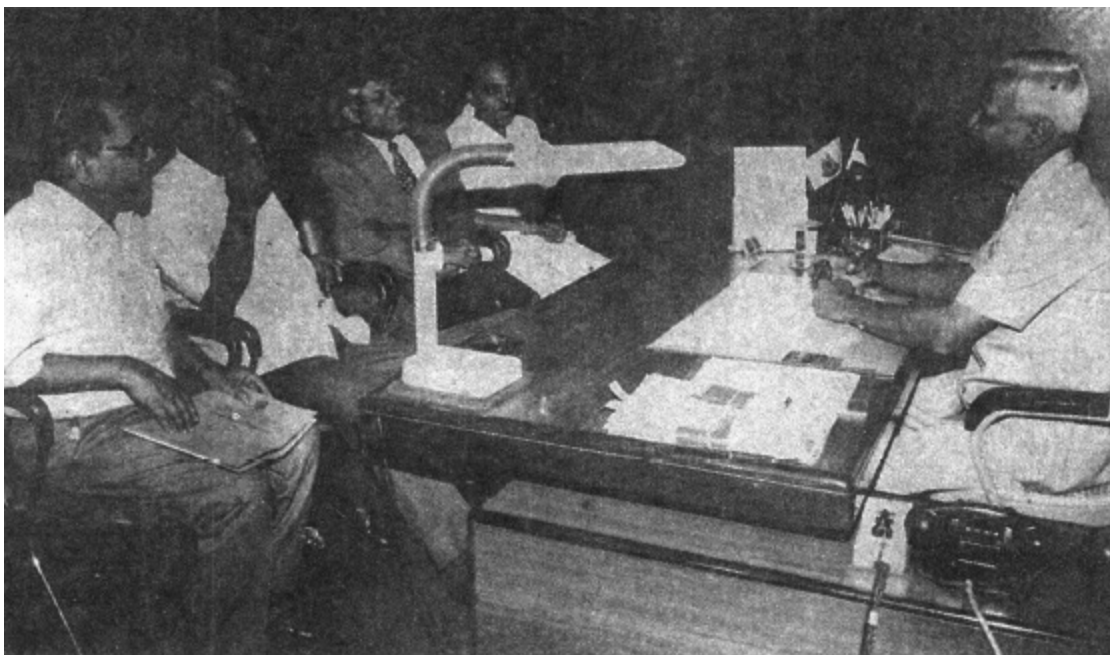
This four-day soccer tournament was inaugurated by Shri P. V. Subba Rao Deputy Director (Prov) CRPF on April 11, 1994. 12 teams from 33, 50, 75, 76, 89, 90, 93, 97, 103, 120, 130 CRPF Bns and GC New Delhi took part in this competition.



50 Bn Team receiving Trophy from DIGP RAF Md. Izhar Alam

News in Brief

SRILANKAN SENIOR POLICE OFFICER VISITS CRPF DIRECTORATE



DG CRPF Shri. S.V. M. Tripathi with Mr. J.D. Ariyasinghe Senior DIG of Sri Lanka and other Senior Officers of CRPF

Mr. J.D. Ariyasinghe, Senior DIG of Sri Lanka Police visited CRPF Headquarters on April 20, 1994. His visit is with a view to familiarising himself with working of various Indian Police organisations. He called on DG,

CRPF, Shri S.V.M. Tripathi. Shri Ariyasinghe also had useful interaction with other senior CRPF Officers at the CRPF Headquarters and exchanged views with them.

THEY ARE NO MORE

We offer our deep condolences to the grieved families of following CRPF personnel who lost their lives during the month of March 94.

Nursing Assistant Aziz Rehman (25 Bn), Const B. Govindaiah (69 Bn), Rect Bhaskar S. Bhosale (RTC II/ GC Imphal), Cook Lal Bahadur Chettry (35 Bn), Const S.C. Das (GC Durgapur), Const Om Prakash (127 Bn), Const Achhar Singh (109 Bn), Const Md. H.Rehaman (41 Bn), Head Const Kedar Nath Dubey (GC Nagpur), L/Naik Sobaraba Khan (09 Bn), Head Const Ram Kush Ram (89 Bn), Const Ghamandi Lal (61 Bn), Sub Insp. Tarkeshwar Rai (90 Bn), NK/RO K. Madaswamy (2 Sig Bn), Const. S.K.Manik Rao (05 Bn), Cook B.M. Shukla (64 Bn), L/Naik Ami Lal (13

Bn), Naik Dharam Chand (34 Bn), L/Naik Kulwinder Singh (34 Bn), Const/Bug. Nand Ram (04 Bn), L/Naik Khushal Singh (04 Bn), and Const Dilsasa Ram (GC Guwahaty).

Sharma Relinquishes Charge of PRO CRPF

Consequent on posting to Press Information Bureau, Lucknow on promotion as Dy. Principle Information Officer, Shri A.N. Sharma, IIS, relinquished the charge of Public Relations Officer (PRO) CRPF in the afternoon of February 28, 1994 after serving the organisation for nearly four years.

Mr. Sharma has been given a warm send off at CRPF HQ by the officers and men of the Force. During his stay in CRPF, he received DG's Commendation Disc for outstanding PR work.

Appreciation from Chief Minister of Punjab

Shri Beant Singh, Chief Minister, Punjab had appreciated the excellent job of Shri C.M.Bakshi, Commandant, Quote, "I take the opportunity of placing on record the invaluable services rendered by Shri C.M.Bakshi, Commandant CRPF in the capacity of my Superintendent of Police, Security. Shri Bakshi is professional in his out look and competent in his job. He is with me ever since I took over as Chief Minister of Punjab. Shri Bakshi accepted this most challenging and arduous job with solemn pledge and ensured unfailing security. He has exhibited unflinching loyalty and resolute outlook in his duties."

RAF's Performance in Jaipur Commended

The Director General of Police, Rajasthan, K.N. Thakur appreciated the excellent job done by Commandant Shri Balwant Singh, other officers and men of 103 RAF Bn during the period of State Government employees strike and the 'Bandh' call in Beawar and Ajmer from March 16 to April 4, 1994.

Four coys of 103 RAF Bn under command of Shri Balwant Singh, Commandant were rushed to Jaipur on the night of March 15, 1994 and deployed at Vidhan Sabha and Secretariate to thwart any attempt of striking Govt. employees of Rajasthan to paralyse the state administration. The turn out, bearing and firmness of well built RAF personnel had made such an impact that the demonstrators did not dare to indulge in any unlawful

activities. On 31st March 1994, two coys were rushed to Beawar and brought law and order situation under control immediately on deployment which was worsened there by series of clashes between police and unruly crowds agitating against the acute shortage of drinking water. One coy also played a vital role in maintenance of law and order in Ajmer on April 3/4, 1994.

Six Auxiliary Battalions Regularised



IGP N/Sector Shri M.S. Yadav at a function organised by one of the Aux. Bn at Delhi on its regularisation

Six Auxiliary Battalions of CRPF have been regularised as un-attached Bns wef. 1st April '94 vide Govt. of India order No. III. 11039/11/91-G&Q/PF. IV dated 16 March 1994. Accordingly these Battalions have been renamed as; 120 Aux Bn as 129 Bn at Delhi, 121 Aux Bn as 130 Bn at Delhi, 123 Aux Bn as 131 Bn at Ajmer; 124 Aux Bn as 132 Bn at Rampur; 126 Aux Bn as 133 Bn at Mokameghat and 131 Aux Bn as 134 Bn at Jammu.

612 EXTREMISTS APPREHENDED

During the month of March '94, CRPF apprehended 612 extremists

while two extremists got killed through raids/searches and encounters from all parts of the country.

During the period, CRPF also recovered 55 weapons and large quantity of ammunitions, which includes, four 9 mm pistols, one .303 pistol, one .22 pistol, .22 rifle, one 9mm sten gun, one 9mm carbine, one .38 revolver, four country made pistols, two country made revolvers, two home made 2" Mortars and 37 country made SBBL/12 bore guns.

During the month, CRPF lost two of its jawans while 12 others received injuries in encounters with extremists.

DG's Commendation Disc

The Director General has awarded DG's Commendation Disc/ letter to nine officer's/ jawans of CRPF for their outstanding performance in various fields. They are, Shri. B.M. Saraswat, IPS Commandant 108 RAF (Now DIGP CRPF, New Delhi) and Dy. Commandant T.S. Bhella (108 RAF Bn) for outstanding work in 'Ayodhya Operation' on 7/8th December 1992; Shri O.P.S.Malik, IPS DIGP CRPF, Allahabad and Shri J.S.Negi, DIGP CRPF Rampur for excellent performance during Assembly Elections 1993 in Uttar Pradesh; Asstt. Commandant Sureshanand (66 Bn) for his gallant action in an encounter with terrorists in Punjab on 25.4.92; Sub Inspector Bahadur Singh (93 Bn) for his conspicuous operational achievement with extremists in Punjab on 23.5.92; Constable Kripal Singh (100 Bn) for gallant action in an encounter with extremists in Punjab on 27.9.92; Lance Naik Quadir Hussain Khan (11 Bn) and CT Bipin Singh (11 Bn) for conspicuous courage and achievement in an encounter with terrorists in Punjab on 4.5.1991.

Cheque Presentation to NOKs

At a simple and sedate function on December 31, 1993 at Eastern Sector Office, Calcutta, Shri K.R.K. Prasad, IGP Eastern Sector handed over cheques for Rs. two lakhs each (one lakh from CRPF Directorate and one lakh from Madhya Pradesh Government) to the next of kins of five CRPF personnel of 70 Bn who were killed in a bomb blast while on election duty near Chhota Dongar of Bastar District in Madhya Pradesh on November 28, 1993.

Besides these cheques, they were also given dues from Risk Fund,

Special Risk Fund (who were members of it), Central Group Insurance Scheme and Battalion Welfare Amenities Fund.

The names of NOK's who received cheques are; Smt Molly Sebastain, w/o late L/NK Sebastain Joseph; Smt Asha Rani Mallik, w/o late CT R.C. Mallik; Shri Keshab Kumar Pradhan, f/o late CT Jitendra Kumar. Pradhan, Smt. Laila Arjumond Banu, w/o late CT Abdsul Mannan and Shri Ajit Kumar Das f/o late Ct. S.K. Das.

On this occasion, Smt. K.R.K. Prasad also handed over sewing machine to above NOKs except Shri Ajit Kumar Dass, f/o late Ct. S.K.Das.

NOKs of late Naik Md Sharif and late CT Kailash Chand who were also victims of the bomb blast, were given the cheque of Rs. 2 lakhs each in a simple function organised at Bn Hqrs of 70 Bn on January 3, 1994.

Risk Fund Benefits

A total of Rs. 11, 74, 000.00 has been paid to next of kins of 32 CRPF personnel who died during the month of March'94. 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. 1,80,000 from Risk Fund 'B' (Special Welfare Fund Scheme) has been paid to next of kins of six CRPF personnel who died during the month of March' 94.

Flood Havoc

Floods, Floods, Floods,
How disasterous they are!
Taking lives of thousands
unaware,
And causing harm to wares.
They roar and flash all over,
Sending signals of fear & tear,

Leaving tales of woes and loss,
And bringing life to halt.
Too fast doeth the hapless act,
Save their lives and others,
Undithered the Force fight
throughout;
Risk their lives and save crores’.

N.U. Shibu (14 Y)

IX-B

CRPF Public School
Rohini, New Delhi.

BN HISTORY: 81 BN

81 Bn, presently stationed at Tripura, was raised at Mokameghat (Patna) Bihar on June 4, 1985 under the command of Shri Mahendra Prasad, Commandant. After completion of basic training at Mokameghat, the Coys of the Bn were deployed in Bihar, Mizoram, Assam, Nagaland and Delhi for various law and order duties.

In March 1988, the Bn moved to Ropar (Punjab) where the Unit played a very vital role in anti-terrorists operations.



Jawans of 81 Bn patrolling somewhere in Tripura

The Bn moved to Tripura in August 1992 after completion of its tenure in Punjab. All the coys are deployed at far flung areas of West and North Tripura with Bn HQ at Narsingarh, where the Bn personnel are doing exceptionally well in anti-terrorist operations and internal security duties under the able command of Shri H.S. Arneja, Commandant. The Bn exhibited commendable job during Police Strike in 1992 and Assembly elections in 1993 in the State of Tripura.

Since its inception in Tripura, the Bn unearthed one cannon gun, 24 Country made guns, one 7.62 bolt action rifle, 1 MK-IV rifle, nine .22 pistol/ revolvers, six grenades, 11. 12 bore DBBL/SBBL guns, 18 uniforms

and huge quantity of ammunition besides elimination of one ATTF extremist and apprehension of 15 extremists during anti-terrorist operations and internal security duties in the State.

C/Coy of the Unit doing vital role of guarding Raj Bhavan and providing pilot and escort duties to the Governor of Tripura, Chief Minister of Tripura and Steel Minister of India. Jawans and Coy Commander of the Unit earned appreciations from these dignitaries for their discipline, turn out, punctuality and extra vigilant/alertness while on duty. The coy also earned appreciations from State and CRPF authorities for successful conduction of Assembly elections, 1993 in the State.

For the overall performance of the Unit in Tripura, Shri H.S. Arneja, Commandant has been awarded DG's Commendation Disc.

BOSS TALKING TO HIS SECRETARY ON PHONE

Boss — My sister-in-law is at our residence. Please take her on the line as I want to talk to her.

(When the Secretary was to dial his Boss's residential telephone, Boss gave a buzzer) and said :-

Boss — What do you call sister-in-law in Hindi ?

(Secretary held the phone and kept mum thinking as to what to say — whether she was his brother's wife or his wife's sister).

However, before the Secretary could ask the Boss, the buzzer again came and the Boss said :-

Boss — She is my wife's sister. What do you call wife's sister in Hindi ?

Secretary — Sali.

Boss — What ?

Secretary — S..a..l..i.

Boss — S.a.l.i ?

Secretary — Yes Sir, Sali.

Boss — Oh! Oh! S.a.l.i,
S.a.l.i, OK, OK.
“Yai Yai Yo”

By S.C. NIRWAL

DISCIPLINING POLICE

By K.F. Rustamji

There can be many interpretations of what is happening in the police force. Suddenly it is involved in several fights, some like the clash in Hyderabad between the army and the police caused by the rumour that a police officer had done away with two army children. There are disquieting reports of indiscipline in Bhubaneswar and Amritsar. And, there are stories of tonsuring Dalits, and tattooing pick-pockets on the fore-head.

All the reports are of the same category and probably arise from the same causes -a decline in the standard of discipline combined with an inability to control crime by present day methods.

What we have to be careful about is that these incidents may be arising out of some new factors that have appeared on the disciplinary scene. The first is the erosion of authority by courts, tribunals and political busybodies. It is now a regular feature for any one who is punished or even threatened with punishment, to go to court, get a stay order, or make out a case of oppression, that makes the court order a reopening of the case. To turn a case of punishment into a corruption charge is the first course advised by lawyers.

Military Law

Today courts can block promotions because one man has represented that he has been unjustly treated, or give a stay order to a police officer who has been transferred on a serious complaint, or even open up a case of promotion. Most officers are reluctant to take disciplinary action owing to complicated procedures, writs at every stage, and even orders stalling proceedings. Since the worst offenders cannot be punished, the others get away in the atmosphere of ‘chalta hai’ that is spreading.

In the past, civil courts did not interfere with justice under military law. (The law is more or less the same for the military and paramilitary police.) In fact, the Supreme Court and the High Courts established a tradition of non-interference unless there was a serious infirmity in the constitution of a military court. Recently, however, many decisions have been questioned by civil courts on the ground that they violate natural justice. As a result, there are decisions by civil courts even in cases in which they have no jurisdiction like promotion or service conditions. Would this not affect discipline ?

Clear distinction

There are basic differences between civil and military law. Military law contemplates that every person subject to that law will be judged by his own peers, his default judged against the occasion, and its effect on the unit's performance. Civil law requires that every case will be judged by an impartial court against the background of justice in the land.

Cowardice is a serious offence under military law. It is not an offence under the IPC. Desertion is a major crime under military law. Walking away from work would not be an offence under civil law. Fundamental rights are abridged under military law.

Can we apply normal standards of civil law in armed forces without frustrating the basic concepts of discipline and effective performance? In fact supersession of military law by civil law can seriously damage the discipline of the armed forces.

At the same time, it is clear that military and paramilitary courts cannot be outside the purview of the civil courts totally. For civil courts to take up every case on appeal would defeat the purpose for which a special law has been enacted, and special concepts incorporated in it. It would certainly create the impression in all ranks that the judgement of peers does not matter.

The line between protection of those who have suffered an arbitrary punishment, and those who want to escape punishment by civil legality is so clear that it should be possible for a judicial court to take up the first type of cases and throw out the second. In this way we should be able to safeguard military and police morale and discipline, and at the same time correct flagrant cases of injustice. Discipline takes a knock in cases of unjustified interference.

The court that directed the Army Chief to send a report within six weeks about the allegations made by a dismissed risaldar of the President's Bodyguard and directed the Chanakyapuri Police Station to send a copy of the petition through someone of at least subinspector's rank by name, probably acted out of concern for justice. But this could have the opposite effect of reducing the authority of the chief in the eyes of his subordinates.

The worst damage to discipline has been done by corruption in the middle and senior ranks of the police. I am not sure about defence forces but there is no doubt that in the police force the evil has become rampant. How can a superintendent of police who is known to his subordinate staff to be corrupt have an impact on his men?

Courts' failure

Another important factor that is encouraging all police personnel to be assertive in the wrong way is the failure of our courts to give decisions in time in criminal cases. Many oppressive acts of the police — certainly 50 per cent of custodial violence — arise from the fact that the criminal cannot be dealt with by courts in time. Undoubtedly that cannot be an excuse, but the public blame does fall on the police if crime is not controlled.

The cumulative effect of the law's indifference, decline in the influence of the senior officers, and the new assertiveness of the lower ranks is promoting indiscipline, and the use of unfair methods to control crime.

The manner in which the courts of the land have been punishing and browbeating police officers may be in conformity with the new usages and new methods of correcting wrong-doers. They appear to signal (quite rightly) that the methods used by the police to deal with terrorism, are no longer relevant when terrorism is declining, and there is an outcry about human rights. The need for change must be accepted. But in the process the idea is spreading in the police forces that the judiciary wants to make an example of them and the best course would be to play safe wherever possible.

Delicate balance

Police morale must remain an important consideration in decisions that are made by the Government or the judiciary. The balance is a delicate one. It would be a real disservice to the people if courts adopt the wrong attitude and allow criminals to ravage the land. It would be just as bad for the police

to act in an illegal manner. The law's delays must be reduced and police adherence to the law must be ensured.

We required an authority, perhaps the Chief Justice of India or the Home Minister (Government of India), or both combined, to bring all agencies together to discuss the issue. We must work out a plan of action which would keep interference by civil courts at the minimum in military and paramilitary cases, even perhaps in cases under the Police Act. At the same time it is the duty of all to see that the sense of justice in military courts is as acute and as pervasive as in the highest civil courts, and that even under military laws there are remedies for an unjust punishment.

In the situation that exists in India today, the military and paramilitary have a role to play which is forceful, sympathetic and democratic. Both morale and discipline are needed, and can only be secured by the correct application of our laws and the correct judgement of civil and military authorities.

HEALTH COLUMN

HEART ATTACK CAUSES & CURES

By- Dr. L.C. Gupta

1. Angina

What is angina pectoris ?

It is a clinical syndrome characterized by paroxysms of pain or oppression in the anterior chest caused by insufficiency of coronary flow and/or inadequate oxygen supply to the myocardial muscle.

How angina pectoris develops ?

Atherosclerosis of major vessel critical obstruction with diminution of coronary blood flow decreased myocardial oxygen demand anginal pain.

What are the factors precipitating anginal pain?

- Exertion
- Exposure to cold
- Emotion and excitement

What are clinical manifestations of angina ?

- Pain is located behind middle or upper third of sternum felt deep in chest. Patient may make a fist at the site of the pain.
- Pain usually radiates to neck, jaw, shoulders and upper extremities.
- Patient may experience tightness, choking or a strangulating sensation.
- Numbness or weakness in arms, wrist, and hands may be developed.
- Person may develop apprehension and feeling of impending death.
- Pain while at work last for less than 3 minutes. At rest pain may persist for 5 minutes.

How to Diagnose Angina?

- Pain may be relieved by nitroglycerine tablet.
- ECG may show transient ST segment shift and T wave changes which reverse to normal when pain is relieved

What are the objectives of management ?

- To reduce the work load of the heart there by decreasing myocardial O_2 demand.
- To relieve pain
- To prevent myocardial infarction.

How nitroglycerine helps ?

It reduces myocardial oxygen consumption. It decreases ischemia and relieves anginal pain. It should be taken before pain develops. It should be given sublingually (under tongue). Pain relief usually begins within 3 minutes.

Nitroglycerine should be used prophylactically to avoid pain known to occur with certain activities such as stair climbing, sexual intercourse, exposure to cold etc.

How nitroglycerine ointment is used ?

It helps to protect against anginal pain and promote its relief. Useful for patients experiencing nocturnal, angina or whose angina occurs frequently. Ointment is

measured with a calibrated strip of paper that comes with the product and is smoothed on to the skin in a thin uniform layer, can be applied on any convenient surface since it is topically absorbed.

What is unstable angina ?

In it there is progressive increase in frequency, intensity and duration of anginal attack. These patients are at high risk for myocardial infarction and sudden death.

What health education is advisable ?

Instruct the patient as follows :

- Too much load on heart i.e. activity may provoke pain.
- Avoid activities known to cause anginal pain like sudden exertion, walking against the wind, extreme temperature, high altitude. Emotionally stressful situations may accelerate heart rate, raise BP and increase cardiac work.
- Refrain from engaging in physical activity for two hours after meals.
- Try to avoid cold weather if possible.
- Reduce weight if necessary to reduce cardiac load. Avoid over-eating.
- Avoid excessive caffeine intake that can increase the heart rate.
- Place nitroglycerine under tongue at first sign of chest discomfort.
- Stop all efforts/activities, sit calmly and take nitroglycerine tablet. Relief should be obtained within a few minutes.
- Don't swallow saliva until tablet is dissolved.
- Repeat dosage in a few minutes for total of 3 tablets if relief is not obtained.

2. Myocardial Infarction What is myocardial infarction ?

It refers to the process by which myocardial tissue is destroyed in regions of the heart that are deprived of their blood supply because of a reduced coronary blood flow.

What are the causes of myocardial infarction ?

- Critical narrowing of coronary artery due to atherosclerosis or complete occlusion of an artery from thrombus.
- Decreased coronary blood flow produces profound imbalance between

myocardial oxygen supply and demand.

What are clinical symptoms of myocardial infarction ?

- Chest pain — steady, constructive pain, not relieved by rest or nitrate. Pain may radiate widely, may produce arrhythmias, hypotension, shock and cardiac failure.
- Profuse perspiration, moist, clammy skin with pallor.
- Drop in blood pressure.
- Dyspnea, weakness and fainting.
- Nausea and vomiting
- Anxiety and restlessness.
- Tachycardia or bradycardia.
- Typical symptoms — extreme fatigue, epigastric or abdominal distress, shortness of breath.

What are diagnostic evaluations?

- Clinical history and physical examination.
- ECG examination shows changes within 2 to 12 hours but may take as long as 72 hours.
- Elevation of isoenzymes.

What is the management of infarction ?

- Complete body rest.
- Clear fluids, avoid fats.
- Restriction of sodium (salt).
- Restrict coffee and cola beverages. Coffee can effect heart rate, blood pressure, coronary circulation and rhythm.
- Use stool softener to avoid strain during passing of stools.

What are the points to become alert ?

- Cardiogenic shock.
- Falling of arterial blood pressure.

- Reduced urinary volume — 30 ml/hour or less
- Cool, moist skin may be peripheral cyanosis due to lack of blood.
- Systemic vasoconstriction caused by reduction in cardiac output.
- Restlessness, apathy, lessening of responsiveness due to systemic vasoconstriction.
- Arrhythmals occur frequently in first few days after infarction.
- Congestive cardiac failure.

What are the health education objective ?

- To restore patient to his optimal physiological, psychological, social and work level.
- To aid in restoring confidence and self esteem.
- To prevent progression of underlying disease.

What health education is necessary ?

- Inform patient that myocardial healing starts early but is not complete till 6-8 weeks.
- Walk daily, slowly increasing the distance and time.
- Avoid doing anything that tenses the muscle i.e. lifting heavy weights, pushing, pulling etc.
- Rest after meals.
- Avoid large meals and hurrying while eating.
- Avoid cigarette smoking and alcoholism.
- If patient can walk briskly or climb two flights of stairs he can usually resume sexual activity with familiar partner.

(To be Continued)

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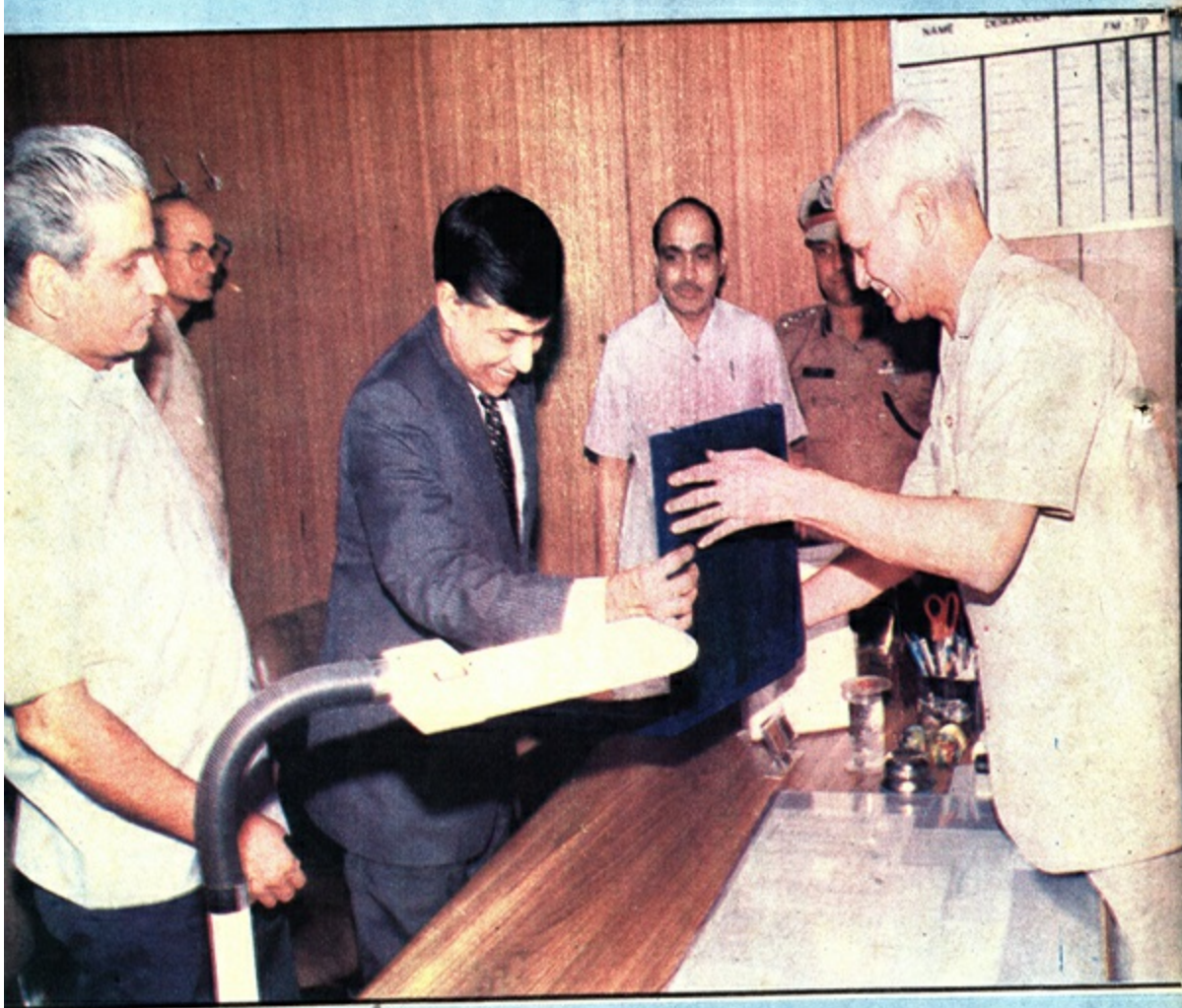
I, Bhudeb Chakrabarti hereby declare that the particulars given above are true to the best of my knowledge and belief.

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Sd/
Signature of Publisher



DG CRPF Shri S.V.M. Tripathi inaugurating a Blood Donation Camp at CRPF Hospital R.K. Puram



DG CRPF Shri S.V.M. Tripathi presenting a memento to Shri J.D. Ariyasinghe,
Senior DIG of Sri Lanka Police on his visit to CRPF HQ

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31 July, 1994

9 Sravana, Sakha 1916

D.A.G.O.'s PASSING OUT PARADE & 55TH RAISING DAY



Shri S.V.M. Tripathi, DG Presenting sword of Honour to Asstt. Comdt. Anurag Gaur Best Cadet, on the occasion of P.O.P. of 24th batch of DAGOs at Nimach.



Shri S.V.M. Tripathi DG CRPF inspecting the parade of 24th batch of DAGO at Nimach on the occasion of 55th Raising Day Celebration.

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Editorial

The CRPF celebrated its 55th Raising Day on 27th July 1994. The 24th batch of Directly Appointed Gazetted Officers passed out at Neemuch, the birth place of CRPF, on the Raising Day. Shri S.V.M. Tripathi, Director-General, CRPF while taking salute at the Passing Out Parade, reminded the officers and men to rise to the occasion for facing the serious challenges to the internal security in different parts of the country.

The Director-General presented Sword of Honour to Anurag Gaur for being adjudged as the Best Trainee. He also presented Trophies of Best Trainees in different subjects to DAGOs. Our heartiest congratulations to the awardees and all other DAGOs.

The Director-General also presented Police Medals for Meritorious Service to 31 officers and men and DG's Commendation Discs to 5 officers and men on this occasion. Our heartiest congratulations to all of them.

The Risk Fund 'B' (Special Welfare Fund), a voluntary contributory fund, was launched on 28th December 1992. Lumpsum grant from this fund was increased from Rs. 28,000 to 30,000 last year. This year, the DG announced further increase in lumpsum grant from Rs. 30,000 to 35,000 to the next of kins of the deceased members of the Fund while addressing the parade organised at Neemuch on the occasion of the Raising Day.

Shri A.V.Liddle, an IPS officer of 1963 batch, joined at CRPF HQ on 17 June 1994, as Addl Director-General. We extend him a hearty welcome and wish him a very happy tenure in CRPF.

We also wish a very happy tenure to Shri V.C.Goel, an IPS officer from UP Cadre, who joined CRPF as Deputy Director (Training).

The President awarded Police Medals for Gallantry to 31 Officers and men for showing conspicuous gallantry, courage and devotion to duty of a high order while performing anti-terrorist duties in Punjab and J&K. They have brought glory to the Force. We extend our heartiest congratulations to them and their families. We also pay homage to those gallant men among these awardees, who laid down their lives on the altar of duty.

Let us hope that the occasion of the Raising Day will inspire us to

rededicate ourselves to perform our tasks with renewed vigour and enthusiasm.

NEW ADDL DG FOR CRPF

Shri A.V.Liddle, an IPS Officer of 1963 batch of MP Cadre joined CRPF on June 17, 1994 and took over charge of Additional Director General at CRPF (Hqrs).



Shri A.V. Liddle

In his long career in Police, Shri Liddle held many important assignments including SP Bhopal, DIGP Gwalior, four years tenure in SSB at North East/ Himachal Pradesh, 8 years tenure in ITBP as DIGP Srinagar (J&K), IG (Ops & Estt) at ITBP (Hqrs) Delhi. He served as DGP Manipur for a full tenure of 3 years. Before joining CRPF, he was Director, National Institute of Criminology & Forensic Science at Delhi.

Shri Liddle is a recipient of Police Medal for Meritorious Service in 1980 and President's Police Medal for Distinguished Service in 1986.

Shri Liddle is a lover of environment and film making. He has been directing and producing training films almost regularly since 1986 and all of them have been telecast over the National Network of Doordarshan.

GOEL JOINS CRPF AS DD (TRG)

Shri V.C. Goel, an Indian Police Service Officer belonging to the 1973 batch of UP Cadre joined CRPF on May 18, 1994 and was entrusted with the job of Deputy Director (Training) at CRPF HQ, New Delhi.

Before joining CRPF, Shri Goel was holding the charge of DIGP at Police Headquarters, Allahabad.



Shri V.C. Goel

He also held many important assignments, which includes, Superintendent of Police of seven districts of UP state, Commandant, Police Training School, Supdt. of Police, CID & Intelligence and Senior Supdt of Police, Agra.

Shri Goel is a recipient of Police Medal for Meritorious Service in the Year 1991.

215 EXTREMISTS NABBED

During the month of June 1994, the CRPF nabbed 215 extremists/insurgents while six extremists got killed in five encounters and various raids/search operations from all over the country.

During the period, CRPF also recovered 26 major weapons and large quantity of ammunition. The major weapons include 3 carbines, 2 AK 56 rifles, 5 SBBL guns, 1 2" Mortar, 1 deshi gun and 15 different types of pistols and revolvers.

Eight CRPF jawans sustained injuries in the encounters which took place during the month.

CRPF ROUNDED UP 35 INSURGENT IN MANIPUR.

The officers/jawans of 23, 61, 71, 91 and 127 Battalions of CRPF carried out search operations on July 24, 1994 at villages K.Mong Kumbhipokri, Champhai Model, Lipland, Dung Sun, Pacham, Molnom, Silkijhar and Subimari of Manipur State to flush out insurgents/anti-social elements. During this search operation, the CRPF apprehended 35 insurgents/ anti-social elements and recovered one .22 Country made Revolver, two Country made muzzle loading, three Country made .12 Bore SBBL guns, six Country made .12 Bore SBBL barrels, two Country made .12 bore muzzle loading guns, two Country made .12 bore bridge block, two Bolt action bridge and .12 bore bolt action guns besides large quantity of ammuntion, explosives and 297 Kgs Ganja.

GEMS

Hatred should cease along with the other one's death. You should never hate a dead man.

That person who lives completely free from all desires without longing, devoid of the idea of ownership and egoism, attains to peace.

ANTI-TERRORISM DAY



Shri S.V.M. Tripathi, DG CRPF administering Anti-Terrorism pledge to officers and men at CRPF HQ.

The CRPF observed Antiterrorism Day on May 21, 1994 at its HQ and various units all over the country by taking pledge to fight terrorists' menace tooth and nail till it is eradicated completely. The day is observed as a part of call given by the Government of India to commemorate the third death anniversary of Shri Rajiv Gandhi as "Anti-terrorism Day".

The Director-General, CRPF, Shri S.V.M. Tripathi administered the pledge to the CRPF Officers and men at CRPF HQ. The text of the pledge, "We the people of India having abiding faith in our Country's tradition of non-violence and tolerance, hereby solemnly affirm to oppose with our strength, all forms of terrorism and violence. We pledge to uphold and promote peace, social harmony and understanding among all fellow human beings and fight the forces of disruption threatening human lives and values."

RAJASTHAN GOVERNOR VISITS ISA

Shri Bali Ram Bhagat, Governor of Rajasthan visited ISA, CRPF, Mount Abu on June 29, 1994 on the concluding day of 65th SP/DM course on

Internal Security which was attended by one IAS Officer and 13 SPs and Commandants from various States and CPOs. The Hon'ble Governor in his valedictory address advised the participants to protect the Human Rights and interests of the minorities in the country. He analysed the various challenges likely to be faced by the security forces in maintenance of internal security of the country and emphasised the need to deal with the terrorism in a fair and firm manner. The Hon'ble Governor was pleased that ISA was giving great stress on Human Rights training. He said that

India is having pluralist society and one has to recognise and respect the diversity of India's composite culture, yet, at the same time improve our commitment to the cause of the national integration and unity.

Earlier on arrival in the Academy premises the Hon'ble Governor was received by Dr. K.M. Mathur, Dy. Director, ISA.

ANTI-MILITANT OPERATION

During the month of May/ June, 1994 the personnel of 7 Bn, CRPF deployed at Nowgong (Assam) were successful in elimination of two ULFA extremists and. apprehension of one hardcore ULFA extremist.

During a raid operation on May 20, 1994, two platoons of CRPF with local police had an encounter with extremists at Village Deurigaon for about 15 minutes. In the encounter one ULFA extremist was killed, who was later identified as Girikant Bania @ Arjun of PS Nowgong One .22 Revolver and two rounds were recovered from the spot.

In another operation/raid on June 8, 1994, one Coy each of 6 and 7 Bns CRPF with local police came under an attack of fire arms from the militants in the area Chapanal Reserve Forest. Immediately the Force returned the fire. and in the resultant encounter one hardcore ULFA extremist, named Tapan Bora alias Vijai Bahadur Rai of PS Samaguri, was killed. One revolver with three rounds were also recovered from the dead body.

In the third operation/raid conducted on June 21, 1994, one section of CRPF alongwith representative of Assam Police, while on mobile patrolling, chased and caught a suspected man with incriminating documents at Elephine Store Chariali who was later identified as Maniuddin Ahmed alias Babul Borah of PS Mikribeta. On further interrogation by civil police, it was revealed that he is a hardcore militant of ULFA and active

participant of late ULFA member Tapan Borah.

IMDAD ALI PASSES AWAY



Shri IMDAD ALI

Shri Imdad Ali, IP, Ex-Chief of CRPF breathed his last on 'the 22nd June, 1994. Belonging to the 1938 batch of Indian Police (Gujarat), late Shri Imdad Ali joined CRPF as Director General on September 15, 1969 and relinquished the charge on February 28, 1973.

SHRAMDAN

The Director ISA, Shri R.S. Mooshahary, the Chairman of Environmental Committee of Mount Abu addressed a meeting on June 18, 1994 attended by various local officers and prominent persons of the town. He called upon the members to make all out efforts to protect and improve the environment which is not only the need of the country but it is also a necessary ingredients of Human Rights. A scheduled programme was made in which various schools and departments were requested to take mass tree plantation in the specified areas in Mount Abu. The ISA staff including men and officers and Kendriya Vidyalaya children did shramdan at Anadra point on June 26, 1994 and on later days planted 485 seedlings of different

varieties.

BN HISTORY : 42 BN

42 Battalion CRPF came into existence on 1.7.68 on embodiment of III Bn M.S.P. with its HQ at Tiruchirapally, Tamil Nadu into CRPF. The first Commandant of the Bn was Lt. Col (Retd.) B.K. Patole. At present the Bn is commanded by Shri Mohinder Singh.

Since its embodiment, the Bn was deployed in Tamil Nadu, Kerala, West Bengal, Nagaland, Manipur, Arunachal Pradesh, Karnataka, Tripura and J&K.

In Kerala and West Bengal, the Bn successfully performed the anti-naxalites duties and was able to apprehend eight naxalites and effect recovery of lethal weapons. While deployed in Nagaland/ Manipur, the Bn apprehended 7 hostiles of NSCN and UNLF which included self-styled captain of NSCN. A large quantity of arms and ammunition was also unearthed.

During anti-militant operations in Srinagar, the Bn apprehended 9 militants while 12 militants were killed besides recovery of one AK 47 rifle.

It goes to the credit of the Bn for having won five PMs Life Saving Medals and five Police Medals for Meritorious Service. The Bn also received coveted trophy for excellent work done during election in Feb'78 in Arunachal Pradesh from Dy. Commissioner, Tirap, Khonsa, ACP.

The Bn is presently deployed in Khonsa (ACP).

CRPF ASSISTANCE

On April 4, 1994 a party of 84 Bn. CRPF alongwith officers of Narcotic Control Bureau, during a raid in village Badak Marian Circle, East Siang District, Arunachal Pradesh, discovered 30 plots of illegal Opium cultivation and subsequently set fire to the plants in the presence of Narcotics officials.

55TH CRPF RAISING DAY

DG ANNOUNCES INCREASE IN RISK FUND

BENEFITS



Shri S.V.M. Tripathi, DG CRPF taking salute at 24th batch of DAGO's, P.O.P. at Nimach

Shri S.V.M. Tripathi, Director-General, CRPF announced increase in lumpsum grant of Rs. 30000 to Rs. 35000 from Risk Fund 'B' (Special Welfare Fund) to the next of kin while addressing the parade organised at Nimach on the occasion of 55th Raising Day Celebrations of CRPF.

The 55th Raising Day of CRPF was celebrated at Nimach on July 27, 1994. On this occasion, Shri Tripathi took salute at a colourful parade consisting of seven contingents of CRPF including Mahila Battalion, Directly Appointed Gazetted Officers and the Rapid Action Force, led by the Assistant Commandant Anurag Gaur.

The Passing Out Parade of the 24th batch of Directly Appointed Gazetted Officers was synchronised with the Raising Day Celebrations. All 105 young officers who completed their 55-week training at Nimach took part in the parade.

Addressing the jawans and officers at the parade ground, Shri Tripathi urged the men to fight the divisive forces that were creating trouble in different parts of the country. He also congratulated the new officers as well as the CRPF men on the occasion.

The Parade Commander, Asstt. Commandant Anurag Gaur was awarded Sword of Honour for the Best Trainee by the DG CRPF. Shri Gaur was also adjudged as Best

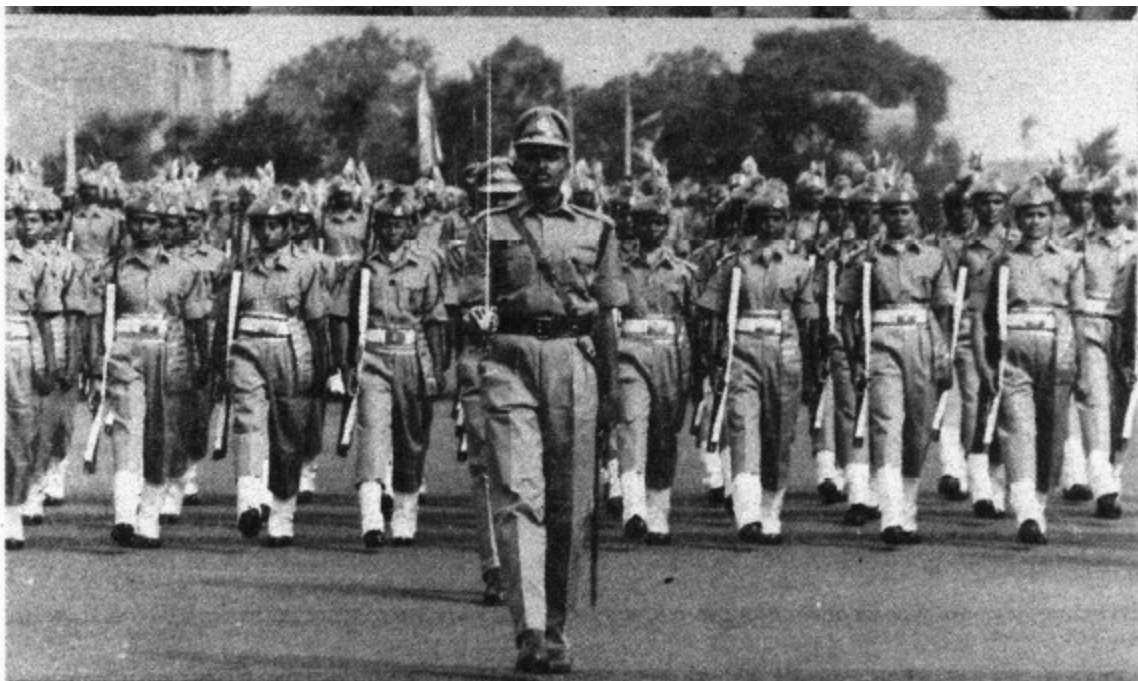
Trainee in Shooting and Weapons. The other awardees for excellence in performance on this occasion, were A/Commandants Sanjay Kumar - Best Trainee in Indoor Subjects, Ajay Kumar Singh - Best Trainee in Outdoor Subjects and Drill, I. Lokendra Singh - Best Trainee in Physical Training, Ravindra M.L. - Best Trainee in Sports, Dalip Singh Ambesh - Best Trainee in Unarmed Combat, Puran Singh - Best in Rock climbing and Arun Kumar Singh - Best Trainee in Public Speaking.

On this occasion, Shri Tripathi presented the Medals for Meritorious Services to 31 officers men and DG's Commendation Discs to 5 officers/men. The recipients were:

Meritorious Services Medals : S/Shri A.Guha Roy, ADIGP (GC Nagpur), Pritam Singh, Commandant (NWZ HQ), Jasbir Singh, Commandant (90 Bn), S.S. Rawat, Commandant/ Asstt. Director (Adm), Dte, S.C.Sharma, Commandant/Asstt. Director (CS HQ), P. Damodaran, Commandant (ISA), M.S. Sethi, Commandant, Dr. P.C. Sahu, SMO (BH III), S. Ramalingam, 2-IC (GC Avadi), L.C Negi, Dy. Comdt (Retd), Balwant Singh, Asstt. Commandant (5 Bn), V.K.Sharma, Asstt. Commandant (ISA), Sumer Singh, Asstt. Commandant, Hero Qurbani, Adm officer (IGP SS), SM M. Gopalkrishnan (GC Hyd), SM/OS P. N. Simlote (ISA), Insp Ghan Shyam (82 Bn), SI Prakash Chand (26 Bn), SI Shankar Dayal Singh (IOBn), SI/MT Prakash Chand (ISA), SI N. Gopikuttan (110 Bn), SI Om Prakash (GC RPR), SI Bhagat Singh (1st Bn), SI S.C. Pant (66 Bn); HC Yogeshwar Prasad (88 M Bn), HC Sudama Ram (74 Bn), HC Hari Pd. Dubey (52 Bn), HC Hira Singh (4th Bn), HC Murti Singh (1st Bn), CT P. Yohanan (62 Bn) and B/B Sunder Lal (67 Bn). DG's Discs: S/Shri P.S. Kadian, ADIGP (GC NMH); Nagendra Singh, Commandant (CTC I); R.K. Singh, Dy, Commandant (CTC I); Insp R.S. Nair (CTC I) and SI/MT J.B. Singh (CTC I).

Shri Tripathi also presented an exgratia payment of Rs. 1.25 Lakh to Mrs. Ram Bai, widow of CT Shyam Lal of 18 Bn who died while on duty.

Later Shri Tripathi in his talks with the press persons informed that the 70% of the Force was engaged in counter-insurgency operations in the North-East,





1. *Shri S.V.M. Tripathi, DG CRPF being introduced to officers at Nimach on the occasion of 55th Raising Day Celebration*
2. *Parade Commander Shri Anurag Gaur, Asstt. Comdt leading the Parade on the 55th Raising Day Celebration at Nimach*
3. *Shri S.V.M. Tripathi, DG CRPF, presenting ex-gratia payment cheque to Mrs. Ram Bai, widow of et Shyam Lal of 18 Bn.*

55TH CRPF RAISING DAY



Shri S.V.M. Tripathi, DG CRPF going to pay homage to CRPF Martyrs at Nimach

Jammu & Kashmir and Punjab. Shri Tripathi, who had recently been in Kashmir Valley, felt there had been a perceptible improvement in the situation there. However, he described Doda as a new problem which needed for attention. At present two battalions of the CRPF are deployed in Doda.

Shri Tripathi commended the role of the Rapid Action Force which is a part of the CRPF in controlling riots effectively. He, however, hoped the

RAF would be kept away from any “routine deployment” as far as possible so that it could perform the specialised task for which it had been created. He added that all the 10 RAF Bns which have a platoon of 97 women personnel, had been stationed at communally sensitive areas like Delhi, Allahabad, Aligarh, Meerut, Ahmedabad, Bhopal, Trivandrum, Belgatim, Jamshedpur and Hyderabad.

Stating that the main problem which CRPF was facing today was the criss-cross movement across the country at short notice, he said that Zonal Reserves were being set up to reduce movement of the Companies and meet the immediate requirement of Forces in the respective zones. The zonal reserves that have been set up recently are at Delhi and Allahabad in North, Avadi in South, Guwahati in the East and Nagpur in West.

Talking about Human Rights, Shri Tripathi said that several steps were being taken to ensure that there was no violation of human rights by CRPF personnel. CRPF is giving added emphasis on this aspect by conducting a three-day capsule course and special course on human rights from time to time for the officers and jawans. He said that CRPF personnel being sent to various places to fight terrorism are given a six-weeks pre-induction training programme on human rights. The CRPF has a good record so far as human rights are concerned, he said and added in the last one year, not a single case of human rights violation involving CRPF men was reported from the Kashmir Valley.

Shri Tripathi said, the CRPF plans to raise its second Mahila Battalion soon.

DG CRPF INAUGURATES LOUNGE

Shri S. V.M.Tripathi, Director General, CRPF inaugurated a new lounge added to the Senior Officers Mess at NPA Hyderabad on May 6,1994. The lounge was tastefully designed by Shri J.R.Saligram, Deputy Director (Advanced Courses) and built with Rs. 3 lakhs grant provided by the CRPF.

DG's COMMENDATION DISC TO 21 CRPF

PERSONNEL

21 Officers/Jawans of CRPF were awarded DG's Commendation Disc/Letter for their outstanding performance in various fields:

They are Shri B.M. Saraswat, commandant 108 Bn (now DIGP CRPF New Delhi) and Dy. Commandant T.S. Bhella (108 RAF Bn) for outstanding work in 'Ayodhya Operation' on 7/8th December 1992; Shri O.P.S.Malik, DIGP, CRPF, Allahabad and Shri J.S. Negi, DIGP, CRPF, Rampur for excellent performance during Assembly Elections 1993 in Uttar Pradesh, Dy. Commandant T.V. Nair (29 Bn) for conspicuous operational achievement with extremists in Kashmir Valley on 18.11.1990; Dy. Commandant Prem Prakash (102 Bn) and Asstt. Commandant Ratti Ram (14 Bn) for conspicuous operational achievement with terrorists in Punjab on 15.9.92; Dy. Commandant Hari Singh (36 Bn) for praiseworthy performance in an encounter with the extremists in Punjab in an encounter with the extremists in punjab on 10.4.1992; Asst. Commandant Sureshanand (66 Bn) for gallant action in an encounter with terrorists in Punjab on 25.4.1992; Inspector Hira lal Singh (75 Bn) for conspicuous operational achievement with terrorists in Punjab on 14.6.1992; Sub Inspector Bahadur Singh (93 Bn) for conspicuous operational achievement with extremists in Punjab on 23.5.1992; Constable Kripal Singh (100 Bn) for gallant action in an encounter with extremists in Punjab on 27.9.1992; Lance Naik Quadir Hussain Khan (11 Bn) and Constable Bipin Singh (11 Bn) for conspicuous courage and achievement in an encounter with terrorists in Punjab on 4.5.1991; Naik Rawkam Deagam (70 Bn) and Constable / Driver Bichiter Singh (70 Bn) for conspicuous operational achievement with terrorists in Punjab on 12.11.1991; Head Constable Shripal Singh (90 Bn) and Constable Reep Singh Pandram (90 Bn) for conspicuous courage and praiseworthy role in the encounter with terrorists on 24.9.1992 in Punjab; Dy.Commandant Prem. Prakash (102 RAF Bn) (now in 104 RAF), Asstt.Commandant Ram Pratap Singh (6 Bn) and Head Constable Madan Singh (6 Bn) for their conspicuous courage and achievement in encounter with terrorists in Punjab on 24.9.1992.

GALLANTRY MEDAL



Shri V.K. Kapil

President of India awarded Police Medal for Gallantry to Shri V.K. Kapil (Commandant, CRPF), now Superintendent of Police/Hqrs. Intelligence, CID Punjab, Chandigarh.

RISK FUND

A total of Rs. 9,58,000 has been paid to the next of kin of 26 CRPF personnel who died during the month of June, 1994. This includes Rs. 10,000 of Central Welfare Fund in each case. A sum of Rs. 15,000 was sanctioned to one CRPF person who was invalidated during the month.

In Risk Fund 'B' (Special Welfare Fund), a sum of Rs. 30,000 was paid to the next of kin of one CRPF person during the month of June, 1994.

THEY ARE NO MORE

We offer our deep condolences to the grieved families of following CRPF personnel who died during May/June, 1994:

Naik Gopi chand (81 Bn), CT Mohan Baburao Sardar (67 Bn), HC Nawab Singh (GC Rampur), HC Ram Kumar (13 Bn), CT Krishnappa. T(11 Bn), CT Rajkumar Rana (105 Bn), CT Madho Ram (123 Bn), S/K Chunni Lal (132 Bn), HC Jhuggi Lal (4 Bn), CT Dhian Chand (5 Bn), CT E.A. Shibu (117 Bn), SI S.S.Rawat (61 Bn), CT Shiv Govind (1st Bn), HC Ravan Kumar (99 RAF), CT B.N. Patil (92 Bn), CT Hamjan Kundulna (22 Bn), Cook U.K. Parida (114 Bn), NK N. Biswas (131 Bn), CT Sharda Devi (88

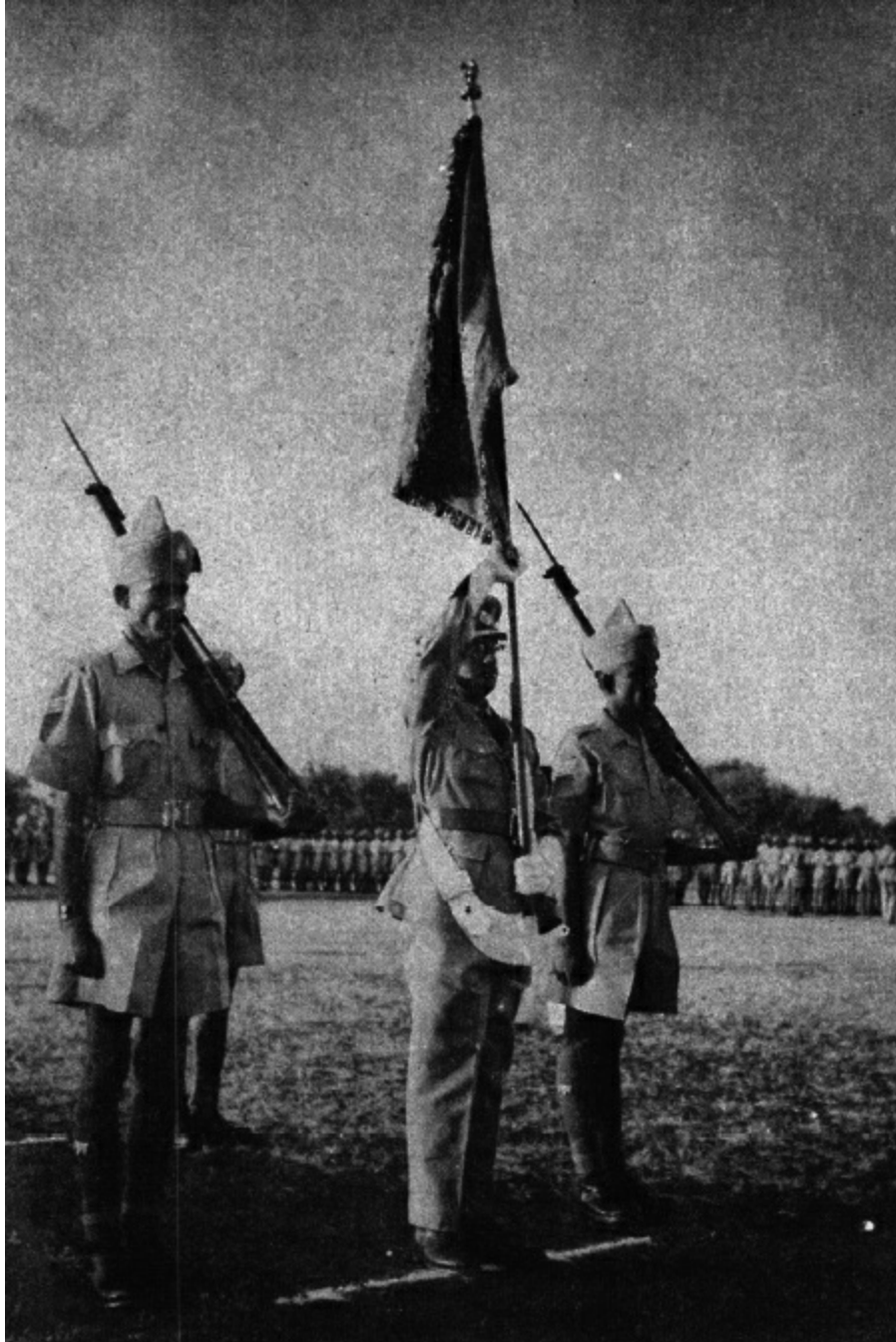
Bn), CT/Dvr Vikram Singh (24 Bn), NK/Dvr Dhamodharan (24 Bn), W/C C.A. Thomas (109 Bn), HC Ganpat Paswan (77 Bn), CT Ahmed Ali (77 Bn), SI T. B. Rai (2 Bn) and CT Mahatab Ahmed (113 Bn).

THE RECRUITS

BHUDEB CHAKRABARTI

There is no place called Neemuch', the Tourist Department official at Calcutta informed me. When I almost gave up the hope of reaching Neemuch where I was to go for CRPF training, another helpful official came to my rescue. 'You have first to reach Delhi. Then take a metre gauge train to Ajmer. You have to change again at Ajmer to a passenger train on a metre gauge line which goes upto Khandwa. Neemuch is somewhere on this branch line'. He told.

I reached Neemuch one fine morning after a long train journey. It was the summer of 1963. When I reached a palatial House of Western architecture, I saw that some more young men were already there. The Palatial House was called the Ochtorloney House named after the famous British General David Ochtorloney.



We were received by an elderly man in bush shirt and wide bottomed pant. We did not give him much importance and talked to him in a very casual manner. Later we came to know that he was Lt Col Sanwal Singh, the Principal of the Training College where we would have to do our training. He informed us that the training would start next day.

Most of us did not know what type of training it was to be. I had attended some drill classes in the school but that was very elementary. We came to

learn that for the first time directly recruited Gazetted Officers were being trained in Neemuch.

I found Neemuch to be a sleepy town. I came to know that it was famous for its opium factory. Neemuch was earlier the Headquarters of British administration in Malwa. The place was still called Neemuch Cantonment or 'Chhawni'. The town was on the Malwa plateau. Although the summer had set in, it was not very hot. The nights were pleasant with the gentle Malwa breeze blowing throughout the night.

The training in Central Training College Neemuch started next morning. We reached the Parade Ground on bicycles. We were eleven officers - Subha Rao, Tewari, Roy, Sachdeva, Buxi, Santhanam, Narayana, Kama, Dhar, Rambabu and myself.

Physical training set the pace of the day. Our physical training instructors were Havildar Gurbux Singh and Havildar Gurbachan Singh. Both were very agile. Gurbux was short and stocky whereas Gurbachan was tall and lanky. We went through the runs and PT exercises. But when times came to climb the rope, we staunchly opposed it. We did not understand as to why we should climb a rope unnecessarily. Gurbux and Gurbachan were extremely cool and persuasive and we went through the rope climbing as well. We found the Sardar duo thoroughly professional and competent and PT periods became one of the most enjoyable facets of our training.

After PT periods we had drill. Our uniform comprised of khaki shirt, khaki short, web belt, patti, ammunition boots and beret cap. The instructors who were inducted to impart us Infantry Training were Havildars Sohan Singh, Pokhar Singh and Pratap Singh. Subedar Jawahar Lal was the Chief Instructor. Our drill sessions were conducted on hard ground of red gravel surface. In between the recesses we relaxed under the shade of babool trees. The drill sessions were long. We continued the arduous exercise even after the midday break for lunch.

Towards the end of the day we played various games with young and energetic constable recruits.

After foot drill, the training became more complicated. Foot drill was replaced by arms drill. Platoon Drill and Company Drill followed. Training with small arms was added. Crowd control, riots drill and tear smoke imparted new dimensions to our training.

Subedar Brijlal, a tough ex Army Dogra JCO came in place of Subedar Jawahar Lal. After summer, rains came. The leaves of trees got new lease of life. Green grasses came up on the red gravel surface of the hard parade grounds. At last the rains were over.

Our firing practices had started with .22 firing on the Min- iature Range. The Miniature Range

was close to the railway track of Ajmer - Khandwa line. From the Miniature Range we could see vast stretches of undulating land. We soon had firing on the Long Range first with .303 Rifle and then with Bren Gun. We acquainted ourselves with Close Quarter Battle in the form of bayonet fighting with dummies and practice firing on CQB Range with sten guns and .38 pistol.

Our Map Reading classes under Naik Chandrika Prasad were quite interesting. They were held outdoors close to the nature. We learnt navigation with sun, moon and stars. We used compass to find direction like the sailors of the ship. We felt like adventurers in the rain forests of Africa and Latin America poring over the map to locate where we were.

We were trained in the basics about signals. We knew about the Morse codes and how messages were transmitted and received.

We did not know much about CRPF and about how the Force was administered. Shri B.B. Mishra, an IP officer, who was DIG of CRPF at Ajmer, came to enlighten us about the History of CRPF and about CRPF Act and Rules. Lt. Col Sanwal Singh, our Principal, taught us about officer like qualities. Mr. L Oakey the Assistant Principal familiarised us with regimental life. He rose from the ranks and was proud to mention that he had been a Class III piper.

Neemuch had the Battalion Headquarters of three CRPF Battalions-1 Battalion, 2 Battalion and 6 Battalion. We were given practical training in Battalion and Company administration in these Battalions. Shri J.S. Bajpai was Commandant 1 Battalion and Shri

R.N. Sheopory was Commandant, 2 Battalion. Both were IPS officers. 6 Battalion was commanded by a retired Army Col-Lt Col. Shiv Charan Dass.

There was a CRPF Hospital in Neemuch. The Doctors unlike us were civilians and were particularly friendly to us. We went there for lectures on

First Aid, Hygiene and Sanitation. The Chief Medical Officer of the Hospital was Medical Superintendent and Staff Surgeon. A nice amiable Bengali, Dr. T.P. Mukherjee was the M.S. and S.S.

The barracks, offices, Hospitals and other institutions were built of solid stones. The Barracks were called Victoria Barracks after Queen Victoria. Many of the buildings were of distinct western architecture.

Mr H. Osbourne, one of the first Commandants of CRPF, a full blooded British, had settled down in Neemuch. He was a regular visitor to the Officers' Mess. We had formal dinners during the visits of Senior Officers in Officers Mess including Regimental Dinner, when we had to be on full ceremonials. One such occasion was the visit of Shri V.G. Kanetkar, IP, the first exclusive IG for CRPF. The family get-togethers were quite enjoyable when we felt fully relaxed. Once we were accosted by the lady wives of Officers to sing a chorus and we sang a hit film song 'Teri Pyari Pyari Surat Ko Kisi ki najar na lage, chasme baddur', facing the ladies and all burst out laughing.

When the weather was fine and the air became crisp, it was time for us to go for jungle training. The jungle training camp was in a place called Suakhera. We lived in tents. We used hurricane lanterns. The lectures on field craft and tactics by Subedar Brij Lal and demonstrations by Demo Platoon of CTC were superb. We went for field firing to the Field Firing Range of Bawal. Bawal was a small tribal village. We lobbed hand grenades from dug in pits and were relieved to see that we were all safe. Along with us the trained constables of JCC also were in the jungle camp. We did outdoor exercises along with them and developed a rare camaraderie.

After we returned to Neemuch from jungle camp we were called by Principal. 'You are all to go to Mount Abu for a condensed training in Central Police Training College'. We were all happy to go to Mount Abu for a respite from the rigorous Infantry Training of CTC.

Coming back to Neemuch again after a few months was like home coming. How much we missed Neemuch all these months.

The Principal called us to his office on return. He told us 'You have completed your training. Now you get ready for your final test. We did not work so hard all throughout our life as we worked for the final test. The tests passed off smoothly. The instructors - our mentors - were source of

great strength to us and had motivated us to do our best. The First Aid Test was most interesting. Lt. Col Shiv Charan Dass who was the examiner of First Aid test, had set only one question - 'what is the antidote of insect bite'. Fortunately we knew the answer and came out successful.

Our basic training came to an end when eight of us passed out. Rambabu, Dhar and Kama had left in between the training. When we had joined, we had doubts and hesitations about training and our life in the Force. After training we felt quite self-confident and self-reliant. We learnt to work together as comrades and face troubles and ordeals courageously. We were grateful to the Principal and our instructors who taught us so much what we did not know. We felt how much of these lessons of life we had missed so far. About a year had passed since we had come to Neemuch for training. One day we boarded a passenger train for Ajmer. The train steamed off from Neemuch Station. We saw the Victoria Barracks and our parade grounds from the running train. The train picked up speed and then the barracks and all familiar sights of Neemuch disappeared on the horizon.

JOKES !

“What do you think of the women’s lib movement ?” one young lady asked her friend.

“I think I would like to be liberated, ” she said, “but first I want to be caputred.”

A widow who had recently married a widower was chanting with a friend. “How is your new marriage working out ?” the friend asked. “I don’t want to pry into your affairs, but I understand that one problem with marrying a widower is that he always wants to talk about his first wife. Have you had that trouble ?” “Yes, I did,” the woman said. “But I cured him of that”. “You did ?” her friend said. “How in the world did you manage that ?” “Whenever he started talking about his first wife,” the woman said, “I started talking about my next husband.”

HUMANITARIAN WORK BY RAF

The jawans of 101 Bn Rapid Action Force came to the rescue of farmers

of diarrhoea-infected villages of Transganga area Uttar Giri Ki Chakia and Madhopur Pasian and provided them medical and other help.

On getting information from villagers on July 19, 1994, that a large number of people were suffering from vomiting/diarrhoea and death of over two dozen people including children due to this, a team of jawans of 101 RAF Bn under the leadership of Commandant H.B. Singh and two Unit doctors rushed to the area to provide relief and medicines to the affected villagers. The RAF medical team visited these villages, examined patients and provided them medicines, anti-cholera vaccines, spray of D.D.T. and other hygiene and sanitation materials. This selfless humanitarian work rendered by the RAF personnel was highly appreciated by the villagers/farmers.

RETIREMENT

Shri G.D.Sachdeva, Jt. Asstt. Director (Audit), Directorate General, CRPF, retired on superannuation wef. July 31, 1994 after serving the Force for more than 37 years. A recipient of Police Medal for Meritorious Service in 1988, Shri Sachdeva joined CRPF as LDC on 8.10.1956 and served in various parts of the country.

Mrs. Gomati Maleyvar, SI (M) of Directorate General, CRPF (Budget Section) retired from service wef. July 31, 1994 after serving this Force for more than 16 years. She joined CRPF on July 29, 1977 as LDC due to sudden demise of her husband, Head Clerk V.P.Maleyvar.

D.G.'s KEY NOTE ON TRAINING WORKSHOP

I am immensely happy to be present here to inaugurate this workshop on training, organised on the occasion of Silver Jubilee Celebrations of Recruits Training Centre.II, one of our premier Training Institutions. CRPF has been the primary instrument of Central Government for maintaining law and order through out the country in its past 54 years of eventful existence. The Recruits Training Centre II during the past 25 years have been an important tool for achieving this excellence by the Force.

Our work entails maintenance of law and order notoriously prone to sporadic changes. Being a multipurpose Force, our spectrum of roles and

tasks is large. Other sister Para-military organisations have also been entrusted with similar responsibilities and therefore, an atmosphere of competition has emerged. This leads to comparisons in performance of various forces by the public, media, State and the Central Govts. Our Organisation can only thrive if we respond with corresponding changes in our planning and strategies. Normal changes in an' organisation take place spontaneously, keeping in tune with expansion, and changes in role and tasks, Such changes, being not very systematic and un-planned, will not help us in developing strategies against anticipated changes of the future. The Training Institutions of the Force, therefore, have to play a significant role in organisational development to make it fit to face future challenges in the field of law and order maintenance. They have to function as “think tanks” and bring about changes in training in the desired direction.

Training is, by definition, the continuous and systematic development of all members in an organisation. It, therefore, needs to change considerably to achieve systematic development of all personnel and prepare the Force for facing the future challenges effectively. Such training may be directed at and include.

- a) Basic training at the induction stage
- b) Individual skills training
- c) Specialised skills training
- d) Promotional training
- e) Collective training
- f) On the job training

a) Basic training at the induction stage

Basic training requirement in CRPF is mainly at the level of Constable recruits, directly appointed SOs, directly appointed GOs and to a very limited extent for other personnel in the allied cadres of the Force like Medical, Ministerial Staff, etc. This responsibility of basic training is

discharged by Recruits Training Centres for Constables, by Central Training Colleges for Subordinates Officers and Internal Security Academy for Gazetted Officers.

The primary concern of a Instructor dealing with basic training or an officer administering institutions imparting basic training should be to design and systematically imbibe the qualities expected of a member of the Force in those young persons, who are entrusted to their charge. For the purpose, the trainers need to have a thorough understanding of what is an ideal member of the force, in terms of his physical skills and mental attitudes. In other words, the trainers should have a clear cut sculptor's vision of the finished product before he even starts working on the basic raw material of a new recruits entrant. Whereas the attitudinal requirements of a member of the Force may hold good for long term, the physical skill requirements will change from time to time, depending on the dictates of the law and order scenario in the country and the role and tasks assigned to the Force by the Govt. This would mean and imply that the trainers have to constantly keep in touch with the field formations and bring in changes in the training design and syllabi for imparting required physical skills to match the demands of the duties expected to be performed by a trained member of the Force. It is sometimes felt that the instructors do not assert themselves in designing the required changes in the curricula.

A critical look at the existing training syllabi for the recruits training and its comparison with that of the basic skill requirements of a trained Constable fighting terrorism and insurgency today and comparison of the same syllabi with ones that which were followed in the 1950s or 60s would bring out the enormous changes which have occurred over the years to meet ever increasing commitments/ resolve to effectively maintain law and order, fight terrorism/militancy/ insurgency in the country.

b) Individual skill training

We perform our tasks/duties in groups, not individually. However, certain amount of basic skills are required in each individual to become a useful member of the group like Section, Platoon, Coy and Battalion which are functional units at various levels. Each individual is expected to have a certain level of proficiency in skills related to use of Arms, use of ground and other tactical and physical skills. Whereas higher than average proficiency in some individuals will not cause any problems in the funcr

tioning of the team, lower levels of performance could prove to be a severe handicap to the functional unit to which they belong and may hamper the performance of the team as a whole. Therefore, individual skills training is to be imparted in such disciplines to such individuals as identified by their Section Commanders, Platoon Commander, Coy Commanders and Bn Commanders to bring them at par with others in the team. The present system of detailment of personnel for career courses, without actually analysing the requirement, should, therefore, needs reconsideration in favour of need based training. Our annual performance appraisal reports of personnel in various ranks should contain an objective analysis of such individual skills training requirements for each individual. Nomination for courses which promote individual skills should, therefore, be based on such assessment and not simply for “filling up the gaps”. The Training Institutions receiving candidates for inservice courses should also assess whether the trainee nominated actually needs to improve upon such skill which is expected to be imbibed by undergoing that particular career course for which he is detailed.

c) Specialised Skills Training

Specialised skills are not expected to be present uniformly in every member of the Force as such functions are not routine and are only expected to be attended to now and then by highly skilled persons. However, a large number of personnel with specialised skills needs to be generated and maintained in the technical as well as GD side of the Force for ensuring trouble free performance of specific tasks. Specialised skills on the technical side would be in the area of Medical, Wireless, MT, Weapons etc. The skills on the general duty side would be that of Commando, Bomb Disposal, Instructor, etc. The basic criteria for selection of personnel for undergoing specialised skills training should be their potential talent, attitude, interest and requirement of the Force. These personnel are expected to perform their task individually, or at the most in small groups consisting of 2 or 3 persons. Therefore, their training should be aimed at perfection in the discipline in which they are trained. The trainers, should make sure that the candidates nominated for such training are the correct material, their training is imparted most systematically and thoroughly and should pass out with the approval of the institution as a specialist in the field, only if 100% fit for the job he is expected to perform.

In the case of specialised skills training, the connection of the trained person with the Training Institution, should never break off. All personnel with specialised skills come back to the institution for a short period at fixed intervals, as considered suitable, for a brief refresher training and re-certification of their skills, so that the Force can depend on the persons at the time of need without hesitation.

d) Promotional Training

Promotions bring added responsibilities on an individual. For performing such higher responsibilities, a person's skill shall have to be upgraded. Such up-gradation is more required in the attitude training rather than physical skills training. It can also be utilised as a selection procedure for promotion of the personnel rather than after their promotion. When promotional courses are introduced as a pre-pro-motional cadre for imbining skills

for shouldering added responsibilities and also as a selection procedure, the results of such courses would have a direct bearing on the morale of the Force. Therefore, the objectives of the course and the level of skills required for qualifying in the course should be well established and known all over the force without any ambiguity. The performance of the individual during such courses should be assessed at frequent intervals and it should be made known to all the candidates, so that they are able to concentrate in the areas of their weaknesses within the available time and if not able to improve, at least are able to reconcile with their own weaknesses which caused their failure at the end of the course.

e) Collective Training

The role and task allotted to the CRPF often gives limited scope for individual performances. Therefore, we have to depend on the collective performance of a group of people at Section, Platoon, Coy or Battalion levels. Such grouping of people to perform tasks brings in dynamics of "Human behaviour in the groups" into the reckoning. A lot of research has been carried out in this area in the corporate world for management effectiveness. But such research is sadly lacking in the Armed Forces atmosphere, although it is of primary concern to us. A group of people cannot perform at their best, if each individual does not know his part of the team work thoroughly and not trained as part of that particular group. This is where the institutional training should come to a halt and collective training in Battalions in actual field conditions-should take over. The

individual training and skills imbibed in each individual should be functionally synchronised and channelised to suit the role expected to be performed by him as a member of the team performing a particular task. This task has to be primarily taken up by the respective Sub-Unit and Unit Commanders. Repeated disturbances in the structure of sub-units and units, due to lateral movements of personnel, would demand increase in the frequency of such collective training and, therefore, if we are not in a position to reduce such disturbance, there is no other alternative other than to increase the frequency of collective training. The Training Institutions should also be able to send out comprehensive Task Forces comprising instructors in various skills as their satellites to monitor such collective training being imparted by Units and Sub Units in actual field conditions.

f) On the Job Training

Pre-induction training imparted before deployment in terrorism affected areas could be considered as an off-shoot of this kind. of training. However, the basic difference is that the pre-induction training is conducted in a simulated atmosphere, but on the spot training is always conducted simultaneously. when the individual or the team is performing their assigned tasks. In essence, on the job training leads to perfection in the trade in practical terms. In the CRPF, this task to be carried out by each level of supervisory staff for their subordinates. Such training needs higher level of observation of the performance of the task by an individual or a team coupled with “feed forward and feed back activities”, both in formal and informal atmosphere. Any difficulties, out of the routine action or encounter, should be analysed thoroughly giving full freedom to all the members to bring out their ver- sion and “lessons learnt” from such situations for failure or success of the action brought out without any ambiguity, this could also be an objective forum for deciding requirement of individual skills training in any of the members of the team, who participated in the task.

Awareness of changes taking place in the environment and adopting oneself to such changes are signs of life itself. Any organisation refusing to change to suit the dictates of the environment in which it functions, shall slowly cease to be effective and rendered useless. Unmanaged changes induced in organisations spontaneously by environmental changes shall be wild and cannot expect to help the organisation in bringing about any

planned changes to suit the anticipated future changes in the environment in which it functions. The corporate world did not have any organised training in the early part of this century anywhere in the world and till late 60s in India, whereas the training processes in Armed Forces are centuries old. The corporate world took a leaf from the Armed Forces training and organised training for their management cadres. The results achieved by such training and the quality of training being imparted at present are much above the level of training being imparted by Armed Forces in India or any where in the world. The situation on ground as of now is that we have to depend on the agencies specialising for corporate training for training of our own personnel in advanced man-management techniques.

Training is a continuous process and has to move from its status as an ancillary activity to one which is an integral part of a well managed organisation's functioning. The organisation has to give careful attention to the training function and several new thoughts and ideas including in the area of 'Human Rights' have to be developed. I think work-shops like this are forums which will set trends towards changes in the positive direction. in the field of training achieving effective performance of the Force. Gordon Lippitt has listed several trends in his book titled "Organisation Renewal", an excerpt of which is reproduced below for setting a trend in the thought process during this workshop :—

A trend towards a focus on improved performances rather than on increased individual knowledge.

A trend to deal with situations rather than individuals.

A trend to see training as the way management gets its job done rather than as a function of a department in the organisation.

A trend towards building up inhouse capabilities rather than dependence on outside experts.

A trend towards insistence on evaluation of the results of training rather than accepting rosy reports on faith.

A trend towards designing learning that will focus on learning how-to-learn.

A trend towards training that is based on action learning rather than on one way communication.

A trend towards training that provides reinforcement and follow-up experience for trainees rather than “graduating” them from a training programme.

A trend towards dependence more on the learning to be self-motivated by the learner rather than imposed on the learner by the trainers.

A trend for training to be goal-oriented rather than a vague assurance that it will be “good for you.”

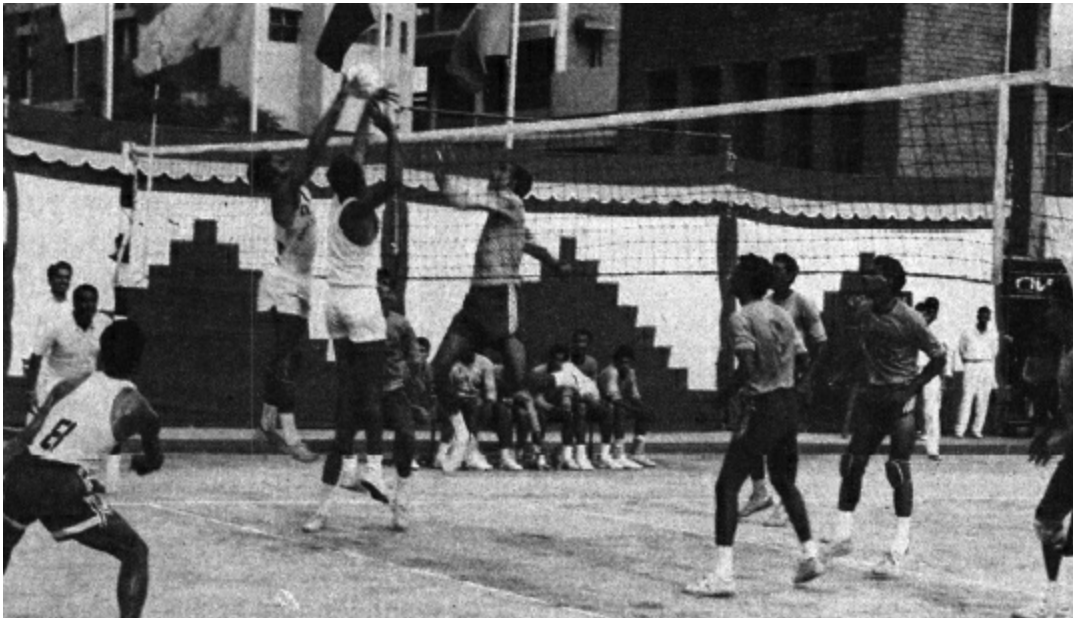
A trend towards greater homogeneity in the persons being trained.

A trend towards emphasis on the importance of organizational climate as an essential factor affecting. change.

With these words I inaugurate the Training Workshop.

Thank you.

INTER SECTOR VOLLEY BALL



A tense moment of 4th Inter Sector Volley Ball tournament

The fourth CRPF Inter Sector Volley Ball Tournament was held from 04 to 13 July'94 at 89 Bn HQ Mahabir Nagar, New Delhi. Teams from ten CRPF Sectors Bihar Sector, Central Sector, Eastern Sector, Western Sector, North West Zone, Northern Sector, Special Sector, Southern Sector, North Eastern Sector and Rapid Action Force took part in this tournament which

was played on league-cum-knock-out basis.

The Rapid Action Force on their way to final, beat Central Sector, Special Sector, Bihar Sector in league matches and Southern Sector in the semi-final while North Eastern Sector reached in final by beating RAF, Special Sector, Bihar Sector, Central Sector in league matches and North West Zone in the semi-final. In the keenly contested final match, Rapid Force Action defeated North Eastern Sector by 15-7, 15-12, 15-0 and 15-6 to clinch the title.

The tournament was inaugurated by Shri G.Jha IGP Special Sector while Shri A.V.Liddle, Addl DG was the Chief Guest on the concluding day. Shri Liddle gave away trophy/prizes to the winners and runners-up. Speaking on the occasion, Shri Liddle praised the high level of sportmen spirit exhibited by the players during the course of the tournament.

CRPF SPORTSMEN EXCEL IN NATIONAL GAMES

The following CRPF Sportsmen/Athelets participated in the 3rd National Games, 1994 held at Pune from Jan 16 to 25, 1994 and secured following medals : **JUDO** : Insp. Tilak Thapa - Silver Medal (Over 60 kg and including 65 kg); HC Mahender Singh and HC Ram veer Singh Bronze

Medal (Over 65 kg and including 71 Kg); SI Ranjeet Singh - Bronze Medal (over 55 Kg and including 60 Kg); NK Guman Singh and CT Sobh Nath - Bronze Medal (Over 71 Kg and including 78 Kg); NK Narender Kumar Bronze Medal (Over 78 Kg and including 86 Kg); Insp Sidharth Seth -

Gold Medal (Open weight Category). **SWIMMING** : Insp Raja Ram - Silver Medals in 400 Mtrs Individual Medley, 200 Mtrs Back Stroke and 100 Mtrs Back Stroke and Bronze Medals in 200 Mtrs Individual Medley and 400 Mtrs Free Style/ **WRESTLING** : HC Rajesh Kumar - Silver Medal in 130 kg weight category in Greco Roman Style/ **ATHLETICS** : Insp Prabhjot Singh - Gold Medal in Pole Vault/ **GYMNASTIC** : NK Chandu Koley - Silver Medal in Vaulting Horse. Besides he was awarded a cash reward of Rs. 10,000 by the Madhya Pradesh Sports Council, Jabalpur in token of this achievement.

HC Ram Kumar secured Silver Medal in 62 Kg weight category wrestling in Greco Roman Category in **41st National Wrestling Championship 1994**.

HC Rajesh Kumar has won **Rajasthan Kesari Title** during Rajasthan Kesari Wrestling Championship at Chirava from April 22 to 25, 1994.

INTER BATTALION KABBADI TOURNAMENT

The first inter Bn Kabbadi tournament of Northern Sector, CRPF was held from May 16 to 23, 1994 at 33 Bn HQ, CRPF in which 17 teams from 3, 7, 13, 14, 33, 40, 47, 54, 61, 71, 130 Bns, GC I Ajmer, GC II Ajmer, GC New Delhi and SDG participated. The tournament was inaugurated by Shri B.S. Narang, Commandant 33 Bn, CRPF.

In the final match, 33 Bn defeated 54 Bn by 46-28 points to lift the Inter Bn Kabbadi Title. Shri B.M. Saraswat, DIGP, CRPF, New Delhi, who was Chief Guest on the concluding function, distributed prizes to the winners and runners-up.

103 RAF BN LIFTS KABBADI TITLE



Shri A.A. Siddique IGP RAF presenting IInd Inter Bn Kabbadi Trophy to 103 RAF Bn.

The second Inter Battalion Kabbadi Tournament of Rapid Action Force Sector was held from June 7 to 12, 1994 at 103 RAF Bn HQ, Wazirabad in

which ten Battalions of RAF - 99 to 108 Bns participated. The inauguration of the tournament was done by Shri. Mohd. Izhar Alam, DIGP, RAF.

103 RAF Bn lifted the above Kabbadi title by beating 104 RAF Bn by 28-21 points in the final. The Chief Guest on the final day, Shri A.A. Siddiqui, IGP, RAF gave away prizes to the winners and runners-up.

INTER BATTALION WRESTLING

22 Bn, CRPF won the 1st Inter Battalion Wrestling Competition of Northern Sector CRPF for the year 1994, which was held at Group Centre, CRPF, Jharoda Kalan during last week of June 1994. 3rd Battalion secured IInd position while 71 Bn got IIIrd position. Shri B.M.Saraswat, DIGP, CRPF, New Delhi, Chief Guest on the final day, distributed prizes to the winners and runners-up.

109 Wrestlers from 14 Battalions/Group Centres of Northern Sector took part in this competition.

103 RAF BN LIFTS VOLLEY BALL TITLE

The Inter Bn Volley Ball tournament of Delhi based CRPF Bns was held from May 24 to June 2, 1994 at 89 Bn HQ Mahabir Nagar, New Delhi. 11 teams from 19, 33, 75, 89, 93, 103, 107, 125, 130 Bns based in Delhi and Group Centre, New Delhi participated in this tournament which was inaugurated by Shri S.K. Yadav, Commandant 89 Bn, CRPF.

103 RAF Bn lifted the above Volley Ball Title. In the spirited final match, 103 RAF Bn beat 33 Bn by 13-15, 15-8, 15-5, and 15-2. The Chief Guest on the concluding day, Shri B.M. Saraswat, DIGP, CRPF, New Delhi gave away prizes to the winners and runners-up.

GALLANTRY MEDALS TO 31 CRPF PERSONNEL

The President awarded Police Medal for Gallantry to 31 personnel of CRPF for showing conspicuous gallantry, courage and devotion to duty of a high order while performing anti-terrorist duties in Punjab and J & K.

The awardees are: 2-IC P.R.N. Nair (2 Bn), Asstt. Commandant D. Kanan (2 Bn), Constable Maharaj Bax Singh (2 Bn), Late Constable Sheikh Usman

(81 Bn-Posthumously), Asstt. Commandant H.R. Chowdhury (33 Bn). Asstt. Commandant Vivek Vaid (33 Bn), Inspector Som Prakash (33 Bn), Inspector Devendra Prasad Singh (33 Bn), Head Constable Mahabir Singh (33 Bn), Naik Subhash Chander (33 Bn), Late Naik Raghubir Singh (36 Bn -Posthumously), Lance Naik Surinder Singh (75 Bn), Constable Pusa Ram (93 Bn), Constable Pritam Das (73 Bn), Head Constable Dhana Singh (70 Bn), Late Naik Maheshwar Sigh (75 Bn -Posthumously), Late Lance Naik Prakash Singh (36 Bn - Posthumously), Head Constable M. Bodra (36 Bn), Late Constable M.A. Deshmukh (73 Bn-Posthumously), Sub Inspector Hargain Singh (73 Bn), Constable Haridas Linde (73 Bn), Dy. Commandant Ranpal Singh (47 Bn) Constable Om Prakash (47 Bn) Dy. Commandant V.P. Singh (91 Bn), Naik Ramavtar Singh (91 Bn), Head Constable Suresh Singh (91 Bn) Constable Pragat Singh (91 Bn) Commandant V.D. Tokas (Asstt. Director, Works, CRPF HQ), Dy. Commandant T.S. Negi (47 Bn), Constable Sree Bhagwan (47 Bn) and Constable Sanjeev Kumar (47 Bn).

HEALTH CARE

HEART ATTACK CAUSES & CURES

Part-II By- Dr. L.C. Gupta

When again to contact physician?

- Chest pressure or pain not relieved in 15 minutes by nitroglycerine or rest.
- Shortness of breath.
- Unusual fatigue.
- Swelling of feet and ankle.
- Fainting dizziness.
- Very slow or rapid heart beat.

What are the signs of impending heart attack ?

- Chest pain which the patient has never felt before.
- Changes in an already diagnosed angina pectoris. The pain becomes more frequent and intense and of longer duration.

What type of pain is felt ?

It is severe and prolonged chest pain. The agonising feeling of pressure, chest tightness and cutting pain may be new and alarming. It may radiate to both arms, the abdomen, or the area between the shoulder blades.

What is silent heart attack ?

There may be a few or no symptoms especially in older patients or those with diabetes. These silent heart attacks are often discovered merely by chance when the causes for severe shortness of breath and inability to exert oneself are closely examined.

What relatives can do ?

- Force yourself to act quickly and decisively.
- Call the physician immediately, express your concern about a heart attack on the phone.
- Allow the patient to decide whether to sit up or lie down. Make sure that fresh air is available and help to open articles such as tie, jacket, brassiere or belt.
- If possible record pulse and see for its regularity.
- Your most important duty is to remain with the patient, offer sympathy and give moral support.

What about fear & depression in a patient ?

Probably all patients harbour the fear of death. In some patients fear leads to depression which may be treated for a short period. Antidepressant

drugs may be taken without side effects.

Some patients suffer from physical depression rather than emotional. It may also be helpful if patients talk about these fears and depression with their spouse to overcome these problems at ease.

What about repression and dissimulation ?

Whereas some patients exaggerate or invent symptoms coronary patients dissimulate their symptoms and their fears of developing life threatening complications. The manner in which heart patient describes symptoms cardiologist can understand. Whereas the coronary patients tend to minimise his disease and insist that nothing is really wrong while the neurotic heart patient draws attention to complaints by dramatic description.

How one reacts after heart attack ?

A. narrow escape from death causes fear in every one although some persons are able to conceal it from other and sometimes even from themselves. At some point either in the intensive care unit, or at home every patient goes through a phase in which the fear of death becomes a fear of life; person starts thinking about their past and future and meaning of life.

What is the role of ECG in diagnosing coronary heart disease ?

Careful clinical history and examination are by far the most accurate method. Because ECG may be normal at rest in stable angina. Exercise ECG will give positive results in about 80-90 percent of cases. It leaves 10 to 20% cases in which ECG is of no help. However ECG during anginal attack will be abnormal.

After a heart attack can ECG abnormalities disappear completely ?

In about 15% cases, ECG changes following heart attack may disappear. It does not mean that person has become absolutely normal. The disease of the coronary artery still continues but the functional capacity of the heart becomes upto normal.

Why exercise test is being carried out ?

- To detect ischemic heart disease in a patient with chest pain when ECG is normal at rest.

- For evaluation of therapy in angina and high B.P.
- For follow up of patient after a heart attack to determine the functional capacity of heart.
- For evaluation of physical fitness in athletes and in exercise programmes.

What is the Master's two step tests ?

This test consist of a predetermined number of trips over a set of two steps each 23 cms high. The duration of single Master's two step test is 1/4 minutes. In the double Master's two step test the number of steps in 3 minutes is doubled. ECG, heart rate and BP are recorded before, during and after the test which may reveal changes of ischemia, irregularity of heart and abnormalities of B.P. The test is discontinued if the person complaints of chest pain, giddiness and breathlessness.

What is Holter Monitoring ?

It is a technique for recording ECG continuously for 24 hours during one's daily activities. In it small flat electrode discs are trapped to the patients chest and five connecting cords are plugged into a special portable tape recorder to record two channels of ECG simultaneously. The tape on which ECG is recorded, is scanned on a scanner so that ECG tracing can be visualised and recorded when indicated. This helps to corelate anginal pain with ECG changes.

What are the contra-indications of stress testing ?

It is contraindicated in unstable angina, heart failure, uncontrolled B.P., complete heart (block, fresh heart attack etc.

When one can resume marital sex relations after heart attack ?

After a heart attack normal sexual relationship should be avoided for 6-8 weeks unless the sexual urge is very high. If one can climb two flights of stairs, can have sex and healthy partner may resume major sex responsibilities.

Can a patient with heart disease vacation at a hill station ?

At an altitude above 5000 feet a patient with heart disease may develop symptoms as a result of hypoxia. Patients with angina may have a

worsening of anginal attacks and may even develop heart attack. Patient with heart failure may develop severe dyspnea.

Is it possible to find out whether the coronary arteries are normal or diseased ?

This can be determined by a technique called 'Coronary angiography'. A radio opaque dye is injected into the coronary arteries through a catheter introduced through an artery in an arm or groin. Series of X-Ray plates or films are taken. These will show the site and extent of narrowing of the coronary arteries.

What is pace maker ?

It is an electronic instrument which regulates heart rate. It consists of two parts —

- Impulse generator
- Electrode

Electrical impulses are generated by the impulse generator and they are carried to the heart •through an electrode attached to it.

What are the indications of pace maker implantation ?

Giddiness, dizziness attacks of black-outs or transient loss of consciousness are the common symptoms experienced by a patient requiring pace maker implantation.

What improvements are expected after pace maker ?

Symptoms due to slow heart as syncopal attacks, blackouts, and heart failure improves. Heart rate from 30 minute increases to 70 minutes.

When after pace maker patient should consult the doctor ?

- Any major change in pulse.
- prolonged fatigue or weakness.
- Swelling in legs, ankles, or arms.
- Discomfort of chest.

- Change in skin over pace maker

Is it essential that one must remain completely in bed and not move at all for the first few weeks after a heart attack ?

Earlier this was the belief that patient must remain in bed for about a week or two unless there are complications in which case he has to remain longer.

On the first day movements of limbs are started when condition becomes stabilised. He is allowed to move his limbs and is propped up in bed between six to eighth day. He can sit up in bed after tenth day. By the end of third week he can walk around the bed.

When person can resume touring ?

Provided there are no complications and the exercise test does not show any abnormality. After 12 weeks when wound is healed forming a firm scar journey may be undertaken.

What is the role of alcohol in case of heart attack ?

Alcohol in small doses is good for circulation. Since alcohol dilates blood vessels it may marginally relieve the work of the heart. Excessive consumption of alcohol increases blood pressure and makes it difficult to treat.

Should heart attack patient drive?

- One should not drive if he had a heart attack within past two months.
- Had angina frequently while driving.
- Is taking drugs that cause vertigo, faintness, loss of consciousness, lack of alertness or rapid onset of tiredness.
- Had unexplained periods of syncope
- Had untreated heart block.

Professional drivers will need to have regular check ups by doing exercise test to confirm that there is an adequate supply of blood to the heart muscle.

Does heart attack reduces life span ?

In about 30% cases there may be some residual symptoms in the form of mild angina, irregularity of heart, shortness of breath on exertion etc. In a few patients these symptoms persist even after medication and reduce the life span.

Is it true that person after third heart attack dies ?

No, it is not necessarily so. It is true that with each attack the outlook becomes more pessimistic. However, the patient can survive after three heart attacks but this depends on how he had looked after his heart.

What type of death occurs in case of heart attack ?

One often hears of persons dying suddenly in office or while standing at a bus stop or in bed during sleep but if the heart can be activated within three minutes a few people can survive. About 50% of the deaths after a heart attack occur suddenly.

Actually what happens to an individual in sudden death ?

His heart stops beating. Before it stops completely heart may fibrillate for sometime but effective contraction of heart is lost. For all purposes the person is dead, unless revived. Person has no pulse and heart sounds are not heard. Within a minute, pupils dilate. At this stage heart can be revived but after three minutes brain damage becomes permanent.

What is the rationale of cardiopulmonary resuscitation ?

Cardiopulmonary resuscitation helps to provide oxygenated blood to the various parts of the body. This is achieved by

- maintaining the air way open
- establishing circulation by a closed cardiac massage
- establishing mouth to mouth breathing

What is closed Cardiac massage?

The resuscitator holds his closed fist at a point about 8 to 12 inches above the midpoint of breast bone with the fleshy side of the fist towards

sternum. He should quickly deliver one or two strong blows.

How C.P.R. is done ?

The resuscitator should be standing or kneeling by the side of the patient. Then he puts his hands on the patients chest, heel of one hand over the lower half of the breast bone and compresses with the heel of the other hand placed on the back of the first hand. Compression should be vigorous and sternum should be depressed at least 4-5 cms with each compression and held in position for half a second and then suddenly released to allow the thorax to come back to its original shape. Cardiac massage should be done at

the rate of 60-80 per minute. This is synchronised with mouth to mouth breathing.

How mouth to mouth respiration is done ?

The resuscitator closes the patient's nostrils with index finger and thumb. After a deep inhalation the resuscitator places his mouth open tightly around the mouth of the patient and blows out expired air into the mouth of the patient. This expands the chest of the patient. He then separates his mouth allowing air to come out of the patient's mouth. Mouth to mouth breathing is carried out about 12 to 16 times per minute. Cardiac massage should be done by another resuscitator side by side. If there is only one resuscitator then cardiac massage should be carried out at the rate of 80 compressions a minute. Mouth to mouth breathing is done twice after every fifteen cardiac compressions.

If mouth to mouth breathing is difficult then mouth to nose respiration may be done.

What is balloon angioplasty ?

In balloon angioplasty fine tube is passed along a major blood vessel from the arm to reach the affected coronary artery. Liquid is then pumped into the balloon until it is fully expanded crushing the atheroma. But in 30% of cases narrowing develops within 2-3 years and balloon angioplasty may have to be repeated.

What is bypass surgery ?

The operation consists of putting bypass graft between the aorta and the

coronary arteries distal to abstraction thus by passing the diseased segment and thereby providing blood to the ischemic myocardium.



Smt. Indu Tripathi, wife of DG CRPF visiting Family Welfare Centre at GC, Nimach



*Shri A.V. Liddle, Addl. DG, CRPF presenting
4th Inter Section Volley ball Trophy to RAF*

CRPF SAMACHAR

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9 Kartika, Saka, 1916



Sh. Rajesh Pilot inspecting Mahila Contingent of R.A.F. in its anniversary Parade



Mrs. Indu Tripathi Presenting Inter Sector Athletic Trophy to I.G., R.A.F. Shri A.A. Siddiqui.

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Golf Club at Rampur

News in Brief

A successful Manager

Editorial

There was plague in Surat and Rapid Action Force came into prominence. Only few will understand the relevance to deploy a police force to control a dreadful disease. Similarly, during the earthquake in Latur, RAF units were among the first to reach the devastated area. It is undoubtedly the result of confidence posed by the people and the Government alike that wherever there was a calamity, whether manmade or natural, the officers and men of CRPF are assigned the job of bringing normalcy and giving relief and assistance to the needy.

It is on account of this confidence that affected people heave a sigh of relief by sheer deployment of the units of RAF with the conviction that all will become normal now onwards. Such a reputation earned by the Force during two years of its existence bears eloquent testimony of its effectiveness.

It would be appropriate to recall and remind the advice given by the Union Minister of State for Home Affairs (Internal Security) Shri Rajesh Pilot on the Second Anniversary of RAF in New Delhi to maintain the name, fame and achievements which CRPF has earned so far.

For them, it has not merely been the performance of their duty just because they have been assigned to accomplish. It is the high degree of devotion to duty, sincerity and dedication of the men and women of the Force that they have withstood all odds, faced all challenges and have come out with flying colours wherever they have been put to test.

It was the same sense of dedication that ten CRPF personnel laid down their lives facing Chinese onslaught on October 21, 1959 at Hot Springs (Ladakh). In commemoration of their supreme sacrifice, Police Martyrs' Day is observed all over the country by all Police Organisations. It is for the society and specially the Government to see that the dependents of those who made supreme sacrifice do not face neglect and lead a respectable life.

MESSAGE ON POLICE COMMEMORATION DAY



“On the occasion of the Police Commemoration Day, I pay homage to all policemen who have sacrificed their lives for the sake of National unity and integrity maintaining the best traditions of the services. The personnel of our Police and Para-Military Forces are performing a very difficult task. Tensions of various kinds are escalating and attaining dangerous proportions posing a serious threat to national security. The anti-social elements and

insurgents are adopting new and latest techniques to further their nefarious designs. In this backdrop our Policemen are confronted with a serious threat to their lives. It is a tribute to our officers and men of the Police Forces that inspite of these heavy odds, they are doing a commendable job. I wish them and their families happiness, prosperity and all the best in their lives ahead.”

—**Rajesh Pilot**

Union Minister of State for Home Affairs (Internal Security)

A PILGRIMAGE TO HOT SPRING

S.M. HASNAIN



Paying homage at the Hot Springs, Ladabh

The day I felt so exalted and consider it most fortunate in my life, when I started my journey to the “MECCA” of all the police forces of India, the “Hot Springs”. The name itself induces a warmth in the snow clad Aksai Chin area of Ladakh and indeed a hot springs spurting in the frozen atmosphere of below zero degree temperature.

It was October 21,1959, a proud day for Indian Police when ten brave CRPF men laid down their lives at the altar of duty at “HOT SPRINGS”.

These gallant immortal souls, despite unfavourable terrain and limitation in number and fire power gave indefatigable valient fight to the enemy. In trying to repel the invaders out of Indian territory they lost their lives. Thus 21 st October is symbolic of courage and devotion to duty and is observed as Police Commemoration Day, the day when police men all over the country remember and honour their brave brothers.

The ploicemen representing different State police and CPOs assembled at BSF Camp Jammu. The police party of 29 members was represented from Constable to DIGP, a wide spectrum of policemen bubbling with energy to salute the great souls who cracked spectre among the enemy.

Our next halt was at BSF HQ, Pantha Chowk, Srinagar. Amidst sound of bullets and grenades explosion, we continued our journey and had next halt at Chemikund, Kargil.

Kargil, a city of ancient civilisation, is very calm and serene. Stream of Indus river was following with deep sonorous sound. Ultimately, after two days of journey from Srinagar, we reached LEH, a frozen desert. On the very first day Asstt. Director, IB, briefed us about further course of journey and we stayed at Leh for about a week to acclimatise ourselves and of course visited all places of interest viz. Shantistup, Budhist Museum, War-Memorial, Tangse Monastery and so many Gompas.

In Leh, the party was provided with necessary clothings, Parkacoat, Snow goggles, cold creams etc. On

vehicle we dashed for Phobrong ITBP post, afterwards we were to proceed for three days on ponies. The deserted look and scanty population could not diminish our high spirits. On ourway, wecrossed lot of hurdles, the high peak valleys, speedy chilled winds and the rivers.

After making night halts at Bahu, Tshok-shalu, pang-gong lake the much awaited Police Memorial appeared like an Oasis, we saluted and felt an “AMBROSIAL TASTE”. On next day before wreath ceremony we were told how the opening shots of Indo-Chinese War were exchanged between CRPF Platoon and much bigger Chinese Army column on the bank of river Chang Chanmo. Despite being haplessly outnumbered and outweaponed, the CRPF Sub-Unit fought manfully, killing a Chinese Officer and injuring many other. Ten CRPF men fell martyrs in this action. After placing wreath our pilgrimage came to an end and we were all feeling tears in the eyes of

thought but with pride and satisfaction.

IS LEADERSHIP EXCLUSIVE?

—T.G.L IYER

A continuous never ending debate goes on to decide whether or not leadership qualities are inborn or could be cultivated through training. One view is that it is a heritage through genes and it easily surfaces during crisis situations. The other view is that a Born Leader does not exist. The quality comes through persistence and perseverance. Ray Krock of McDonald's Hamburgers, a billion dollar business in just about two decades in USA has this to say "Press on! Nothing in this world can take the place of persistence. Talent will not; Genius will not; Education will not. The world is full of educated people. Persistence and determination alone are omnipotent!" The point is whether you would like to walk behind or in front? To be constantly in front takes effort.

Taking the example of any champion whether it is Olympics, Wimbledon or World Cup Football, reaching the top itself is hard ; staying at the top is doubly hard. Many people do hard work but some are like engines pulling others and the majority are like railway coaches who have to be pulled. All progress in this world are because of such men who can move themselves and move others. An Arab proverb says : "Mankind can be divided into : Immovable, can be moved and movers. Leaders are mover."

Denis Waitley in his Book "Seeds of Greatness" says: "You can be a total winner even if you are a beginner. If you think you can, you can. It is not your talent or the gifted birth. It is not your bank book that determines worth. And it is not in the colour of your skin. It is your attitude that lets you win." People are always driving either themselves or other. A leader does both through self discipline. A good life is impossible without self-discipline. And perseverance is a precious quality which cannot be easily acquired and which is indeed impossible of attainment without the most vital and indispensable ingredient of self-discipline namely WILL POWER, the sincere resolve and earnest determination to accomplish something. A leader has this will power.

If leadership qualities are inborn, there is no explanation why successful

leaders send their sons and daughters to start and learn the work from the shop floor ? Born with a golden or silver spoon in the mouth is a myth. No leader has started from the top, if he has he might have flopped. Outstanding leaders in any field of endeavour endure the rigours of perseverance and self-discipline because in the long run, they expect their efforts will pay off. They have the ability to picture vividly their success and reassure themselves in the face of all odds that they will come through the fire purified and polished. They know that it is a self fulfilling prophecy and they keep their eyes open to new opportunities. “Also rans” and “unhappy” individuals remain in the ranks.

So, can we say that leadership qualities are inborn and exclusive given and gifted to a few ? Certainly not. Although our constitution says that all men are equal; all men are created equal; the said principle is not true. People become equal because some develop their talents through struggle and sacrifice; others remain where they are and blame fate, luck, stars etc. working against them. The majority don't mind a person winning a lottery but people mind a man making money through hard work (including the Income Tax

Department, perhaps) because we have embraced standardised and accepted mediocrity. In short, there is no born winner or leader. Every winner and successful person works hard. In fact, mankind is not made by God to be handcuffed. Man is not designed to follow but to lead, to strive to build.

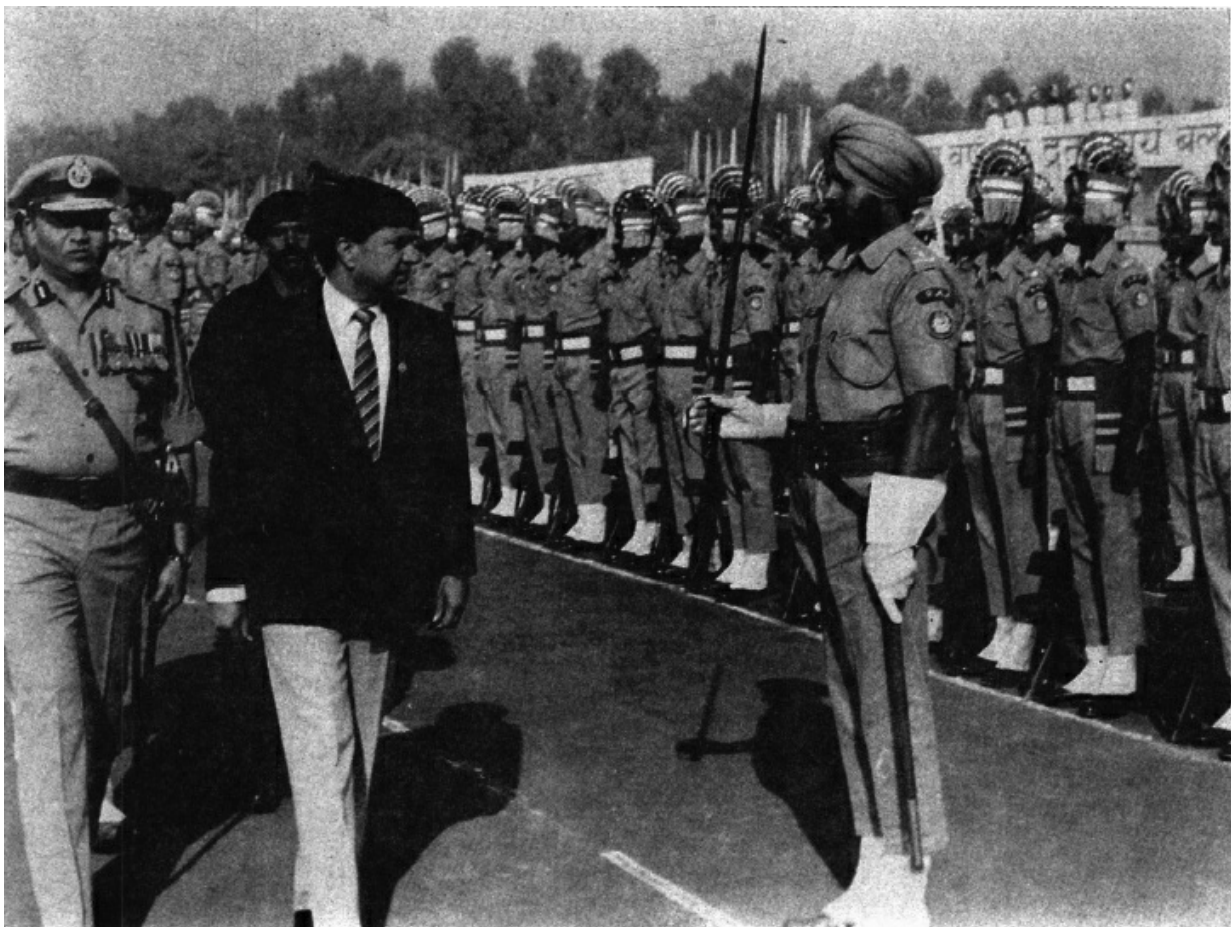
Napolean Hill in his popular book Think and Grow Rich says : “Whatever the mind or man can conceive and believe, he can achieve.” The greatest miracle about the human minds that once it is programmed for a certain expectation, it will propel all action and behaviour to fulfil that expectation. If we have a mind of our own why should we allow other to manipulate us ? Not to sue talents is wasting life altogether. For example in show business, there are no small parts, there are only small actors. Muscles strengthen through exercise; so too abilities in men. Therefore, enriching oneself, developing talents in oneself; moulding leadership qualities in oneself is all based on self-esteem, self-discipline and self-reliance.

In sum, leaders are moulded and made. Like steam if released into the open it evaporates and disappears, if trapped, harnessed and regulated it can move mountains. Instead of programming oneself to mediocrity and saying,

“I am an average guy’ the effort should be to say “ I am glad I am me”. I shall make the most out of myself. Washington Irving said “Great minds have purposes, others have only wishes”. Wealth is not only what we have but also what we are. So, leaders do not belong to any exclusive club. On the contrary the club beckons every one of them. We have to only deserve it and it is in our hands only.

2nd ANNIVERSARY OF R.A.F.

PILOT LAUDS R.A.F. ROLE



Second Anniversary of Rapid Action Force was celebrated at 103 RAF Bn HQ, Wazirabad, New Delhi on October 7,1994. The Union Minister of State for Internal Security Shri Rajesh Pilot was the Chief Guest on this occasion.

Shri Rajesh Pilot while addressing the officers and men of CRPF called upon them to maintain the name, fame and achievements which they have

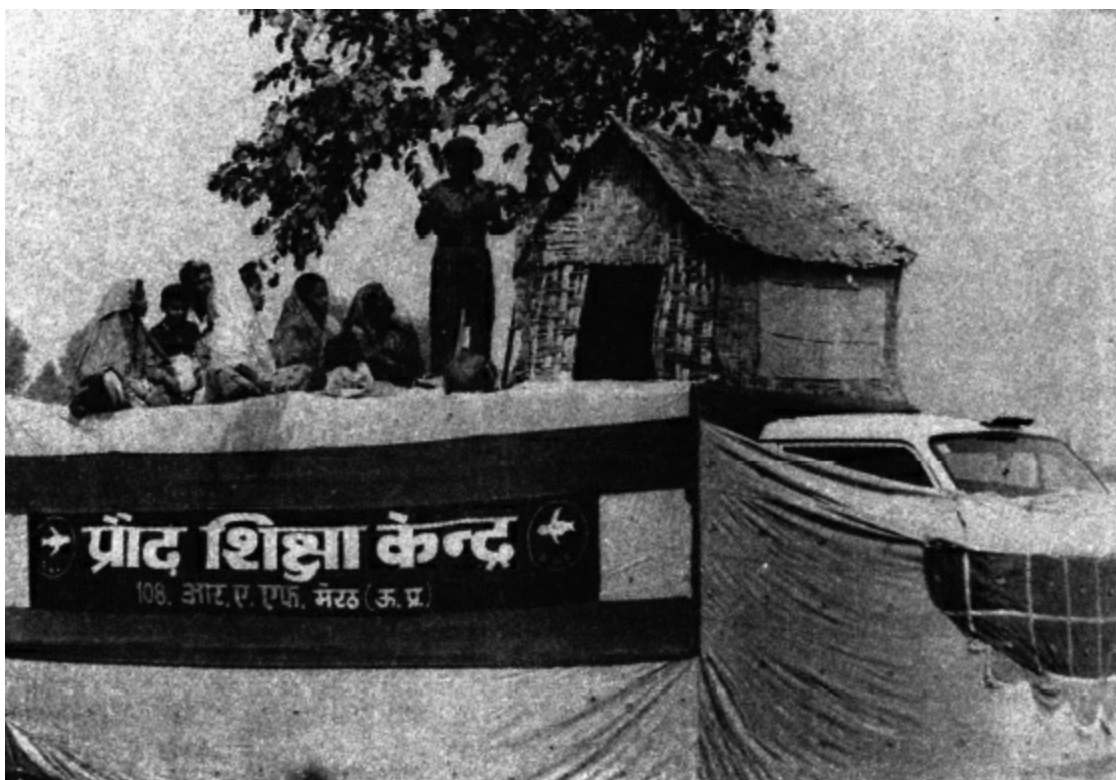
earned so far in maintenance of law and order in the country. Shri Pilot praised the role of RAF and said that it has brought peace and security wherever deployed.

The Minister said that role of CRPF has been very significant in the country. Every State has been demanding the CRPF Units whenever there was law and order problem.

Shri Pilot assured on this occasion that wherever appropriate land for Force Battalions is not available so far, the State or the Central Government will arrange it shortly. Four main zonal centres of CRPF are proposed to be opened at four corners of the country and units will be stationed there. It will facilitate quick movement and will reduce expenditure.



Shri S. V. M. Tripathi D. G. C. R. P. F. presenting a memento to the Minister



A tableau of 108 R.A.F. Bn. during parade.

The Minister earlier took general salute of ceremonial parade consisting of contingents of RAF including Mahila contingent commanded by Dy. Commandant Rakesh Kumar Yadav.

Earlier, DG CRPF, Shri S. V.M.Tripathi drew the attention of the Minister towards acquisition of land for RAF Units in the States and replenishment of commodities and medicines to the units during their deployment for supply to riot affected areas.

The RAF jawans, on this occasion, presented a demonstration of unarmed combat, martial arts and mode of operation during riot-like situations. In the end jawans presented dances of various States in colourful costumes which was followed by some tableau by RAF Units.

ABHIYAN GANGA SAGAR



Shri S. V. M. Tripathi D. G C.R.P.F. meeting the expedition members before flag off of Abhiyan Ganga Sagar at Haridwar



The Boats of Abhiyan Ganga Sagar preparing to move.



One of the boats on move under Abhiyan Ganga Sagar

The CRPF's first ever rowing expedition, "Abhiyan Ganga Sagar" was flagged off by the Director General, CRPF Shri S.V.M.Tripathi at Haridwar on October 16, 1994. The 61-day expedition under the leadership of Shri D.Clement, Asstt. commandant 105 Battalion of RAF will conclude at Calcutta on December 15, 1994.

The expedition consisting of 26 and six reserves including the leader is being undertaken in four rowing boats with six members in each.

The river expedition will remain confined to three States, viz., U.P., Bihar and West Bengal. The rowing team is expected to cover 40 kms a day and the total distance of 2151 kms from Haridwar to Calcutta is scheduled to be covered in 61 days.

The objective of the expedition organised by CRPF is to create awareness in public regarding the services put in by the Force and to introduce adventure sports among CRPF men.

The members of the expedition will undertake rescue and relief operation

training on the way and will also collect data of gangetic terrain so that it is useful during deployment of CRPF at the time of floods etc.

INTER SECTOR ATHLETIC MEET 1994 • • •

R.A.F. WINS CHAMPIONSHIP

The fourth Inter Sector Athletic meet of CRPF was held at GC Stadium Jharoda Kalan, New Delhi from October 24 to 27, 1994. About 400 athletes of 9 Sectors and one Zone participated in the 22 athletic events of the Meet. Mahila athletes of 88 Mahila Bn. and RAF also participated.

The Rapid Action Force won the overall team Championship trophy by securing 151 points. North West Zone got championship with 170 points in Men Section and Northern Sector with 282 points in Women Section. Six athletes including two women received best athlete awards.

The Director General, CRPF Shri S.V.M. Tripathi inaugurated the Meet on October 24, 1994 and his wife Mrs. Indu Tripathi gave away trophies and other awards to the winners on the concluding function on October 27, 1994.



Athletes in action in the 3000 Mt steepal Chase event of the meet

18 new Meet records, out of which 5 by men section and 13 by women section, were set during the four-day event. The best athletes and potentials of this Meet will be selected for participation in the next All India Police Athletic Championship to be held in December, 1995.

The athletes who created new records during the meet are : Men section : Insp. Rajender Singh of Sourthern Sector set a new meet record in 110 mtrs

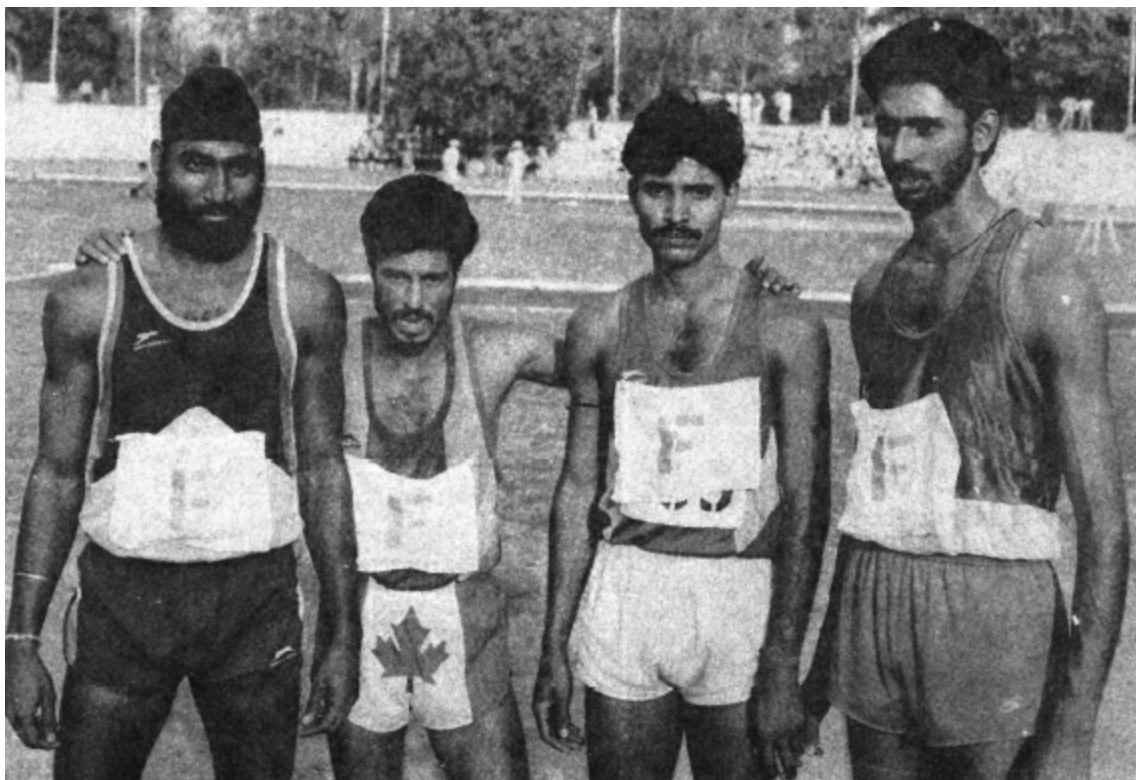
Hurdles by 14.80 Sec. Sub. Insp. Paramjeet Singh of North West Zone in 400 Mtrs race by 47.04 Sec. Insp. Prabjot Singh of Southern Sector in Pole Vault in 4.45 mtrs. Sub Insp. Rakesh Kumar of Central Sector in Javelin throw by 67.96 Mtrs. (old record 67.14 mtrs). Head Constable Gokul Chand Mohanta of Eastern Sector in High Jump by 2 mtrs. (old record 1.98 mtrs).

Women Section : Const. S. Subha of Northern Sector in 100 mtrs race by 12.87 sec. Naik P.A. Jaissy of Northern Sector in 200 mtrs race by 27.68 sec. (old record 28.66 sec), and in 400 mtrs by 1:04.20 sec. Lance Naik Jaisamma George of Northern Sector in 800 mtrs race by 2;30.40 sec. Const. P.K. Anuradha of RAF in 1500 mtrs race by 5:25.20 sec. Const. M.C. Bindu of RAF in 100 mtrs. hurdles by 17.39 sec. Naik Beenama Joseph of Northern Sector in 400 mtrs hurdles in 1:10.72 sec. Northern Sector team in 4x 100 mtrs relay by 52.83 sec. Const. Riji Kuria Kose of Northern Sector in Long Jump by 4.75 mtrs (old record 4.52 mtrs) Const. Geeta K.K. of RAF in High Jump by 1.50 mtrs. Const. P.M. Shally of Northern Sector in Shot Put by 9.73 mtrs (old record 8.53 mtrs) and in Discus throw by 30.68 mtrs. Naik N. Naganbi Devi of Northern Sector in Javelin Throw by 31.64 mtrs (old record 30.74 mtrs).

The complete results of the Athletic Meet are as under :

100 Mtrs Race: S.I. Ravi Shankar of Northern Sector-Ist (10.61 sec.) NK Inoba Singh of RAF-IIInd (10.87 sec.) Ct. Jakari Ahmed of NWZ-IIIrd (10.99 Sec), **200 Mtrs Race:** SI Paramjeet Singh of NWZ-Ist (22.12 Sec.) NK Raghubir Singh of NWZ-IIInd (22.62 Sec.) SI Ravi Shankar of N/S - IIIrd (22.93 Sec). **400 Mtrs Race:** SI Paramjeet Singh of NWZ-Ist (48.70 Sec.) SI Ramposh of RAF-IIInd (50.36 Sec.) HC K.P. Wilson of RAF -IIIrd (50.85 Sec) **800 Mtrs Race :** HC Ajhar Mohd. of N/ S-Ist (1:56.00 Sec.) SI Ramposh of RAF-IIInd (1:57.5 sec.) Ct. M.K. Binny of S/S IIIrd. (1:58.9 sec.). **1500 Mtrs Race:** LNK M.N.R. Kurup of S/S - Ist (3:59.9 sec). HC Ajhar Mohd of N/S -IIInd (4:01.00 sec) SI Amritpal Singh of NWZ - IIIrd (4:05.7 sec). **5000 Mtrs Race :** SI Ram Karan of B/S - Ist (15:06.60 sec). NK Prahlad Singh of Spl. Sec-IIInd (15:09.27 sec) SI Ashok Kumar of B/S - IIIrd (15:09.76 sec). **10000 Mtrs Race:** SI Ram Karan of B/S - Ist (31:32.2 sec). NK Rajesh Kumar of Sp. Sec-IIInd (31:33.3 sec) HC Dhanraj Singh of NWZ - IIIrd (32:31.7 sec.) **110 Mtrs Hurdles:** Insp. Rajender Singh of S/S - Ist (14.80 sec). Insp. K. Suyodhnan of RAF-IIInd (15.25 sec) Ct. Umesh Chand of NWZ-IIIrd (15.80 sec.) **400 Mtrs Hurdles:** HC Roy

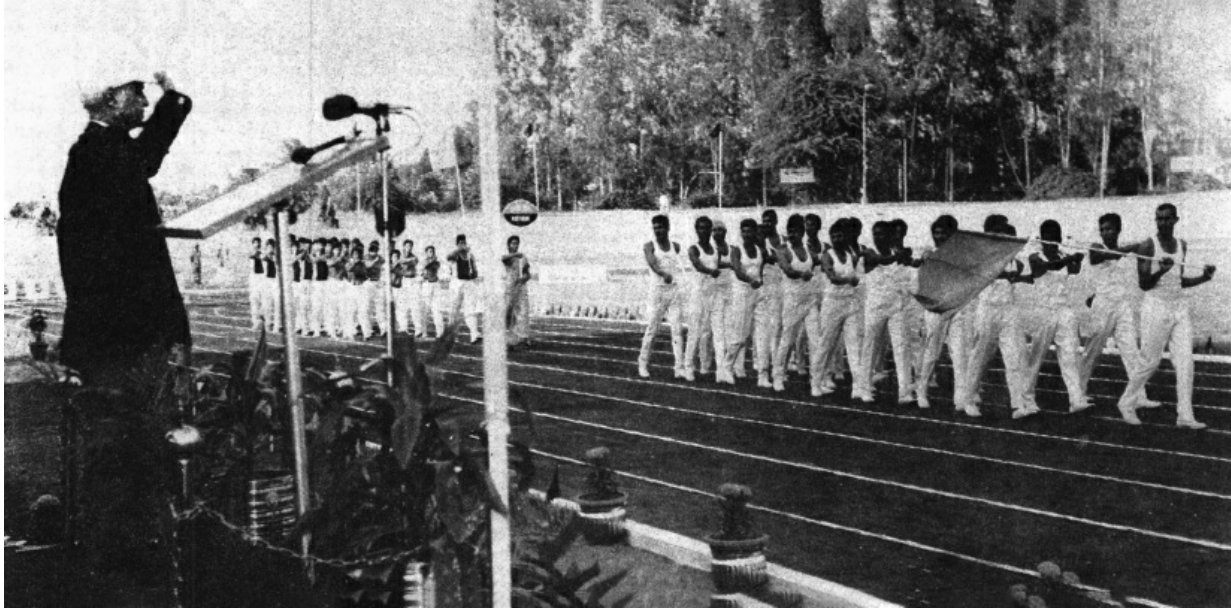
Jacob of S/S-Ist (55.15 sec) CT. Dyal Santra of B/S -IInd (56.18 sec) LNKH.M.Dass of RAF-IIIrd (57.61 sec) **3000 Mtrs Steepal Chase** : SI Amritpal Singh of NWZ-Ist(9:14.88 sec.) LNK M.N.R.Kurup of S/S-IIInd (9:21.30 sec) SI Jaidev Singh of NWZ-IIIrd (9:21.98 sec) **LONG JUMP**: Ct. Jeet Bhan Oran of B/S -Ist (6.96 mtrs) Ct. B. Rajindran of N/ S-IIInd (6.95 mtrs) Ct. K.C. Saji of C S-IIIrd (6.66 mtrs) **High Jump**: HC Gokul Chand Mahato of E/S-Ist (2.00 mtrs) LNK Langa Marandi of E/S-IIInd (2.00 mtrs) SI Rajesh Kumar of NWZ -IIIrd -1.90 mtrs) **Pole Vault**: Insp. Prabjot singh of S/S - Ist (4.45mtrs) Ct. Gokul Dass of RAF-IIInd (3 .60 mtrs) LN K M. P. Sajman of S/S - IIIrd (3.50 mtrs) **Triple Jump**: Ct. Jeet Bhan Oran of B/S-Ist (14.61 mtrs) Ct. V.S. Polraj of NWZ-IIInd (14.37 mtrs)Ct. P. Mariyappan of N/S-IIIrd (14.30 mtrs) **Discuss Throw**: LNK Deonis Topno of B/S-Ist (40.42 mtrs) Insp. Kamaldeep Singh of RAF-IIInd (39.62 sec.) Ct. Amarjeet Singh of C/S IIIrd (39.00 mtrs). **Hammer Throw**: LNK Pradeep Kumar of RAF-Ist (53.06 mtrs) Shri Om Prakash, A/ C of RAF-IIInd (50.18 mtrs) HC Gandeep Singh of NWZ-IIIrd 38.12 mtrs). **Jevalin Throw**: SI Rakesh Kumar of S/S-Ist (67.96 mtrs) LNK Rajeshwar Singh of RAF-IIInd (63.06 mtrs) HC Sudhir Kumar of W/S-IIIrd (60.80 mtrs). **SHOT PUT**: LNK Deonish Topno of B/S-Ist (14.50 mtrs) Insp. Kamaldeep Singh of RAF-IIInd (12.76 mtrs) Ct. Amerjit Singh of C/S-I IIIrd (12.64 mtrs) **Decathdon**: SI A.D. Ganpati of RAF-Ist (6066 points) HC H.M. Mahanto of N/S-IIInd (5893 points) Ct. P.D. Pradeep of S/S-IIIrd(5736 points) **Marathon**: LNK Panigarh of B/S-Ist (2.34.2.5 sec) HC R.R. Pillai of NWZ-IIInd(2.35.14.9 sec) RAF-IIInd (3:26.44 sec) Ct. Lachi Tokre of N/S-IIIrd (2.35.46.8 Sec). 4x400 mtrs Relay : North West Zone-Ist 43.07sec.) RAF IIInd (43.51 sec.) Northern Sector IIIrd (44.28sec). **4x400 Mtrs Relay**: Northern Zone Ist (3:23.92 sec.) RAF IIInd (3:26.44 sec). Northern Sector-IIIrd (3:27.07 sec).



4 X 100M Relay race winners



Gold medal winner Paramjit Singh at the finishing point



DG Shri SVM Tripathi taking salute of the March Past of participating teams of Inter Sector Athletic Meet

Women's Events

100 Mtrs Race : Ct. S. Subha of N/ S - Ist (12.07 sec) LNK Dalfina T.M.-IInd (13.47 sec) Ct. K.N. Kasturi of RAF-IIIrd (13.78 sec) **200 Mtrs Race:** NK P.A. Jaissy of N/S-Ist (27.68 sec) LNK Dalfina T.M. of N/S-IIInd (28.40 sec) LNK Vijayamma V.R. of N/S-IIIrd (28.77 sec) **400 mtrs Race:** NKP.A.JaisyofNIS-Ist(1:04.20sec) LNK V.R. Vijayamma of N/S-IIInd (1:04.45 sec) LNK Jaisamma George of N/S-IIIrd (1:05.90 sec) **800 Mtrs Race:** LNK Jaisamma George of N/ S-Ist (2:30.40 sec) Ct. P.T. Shylaja-IInd(2:33.30sec.)Ct. Mani Amma of NIS-IIIrd (2:33.70 sec) **1500 Mtrs race:** Ct. P.K. Anuradha of RAF-Ist (5:25.20 sec) Ct. Hayridyesh Pandey of RAF-IIInd (5:26.27 sec) Ct.Pushp Lata Soy of N/S-IIIrd (5:40.30 sec.)



Athletics crossing at the finishing line in 100 mtr. Race

100 Mtrs Hurdle : Ct. Bindu M.C. of RAF-Ist (17.39 sec.) LNK C.V.Sheela of NIS-IIInd (17.82 sec) LNK Alphansa N.P. of NIS-IIIrd (18.19 sec) 400 Mtrs Race Hurdles : NK Beenamma Joseph of N/S - Ist (1:10.72 sec) LNK N.P. Alphonsa of N/S-IIInd (1:16.20 sec) Ct. M.C. Bindu of RAF (1:21.29 sec) 4x100 Mtrs Relay Race: Northern Sector (A-Team)-Ist (52.03 sec) Northern Sector (B-Team)-IIInd (53.14 sec) RAF (A-Team).IIIrd (56.90 sec) **Long Jump:** Ct. Riji Kuria Kose of N/S - Ist (4.76 mtrs) Ct. Deena Day of NIS-IIInd (4.67 Mtrs.) Ct. A. Victoria of RAF-IIIrd (4.47 Mtrs.) High Jump : Ct. K.K. Geetha of RAF-Ist (1.50 mtrs) Ct. P. Sheeja of N/S-IIInd (1.44 mtrs) **Shot Put:** Ct. P.M. Shally of N/S-Ist (9.73 mtrs) NK/RO Sherly Philip of N/S-IIInd (9.63 mtrs) Ct. Laisamma Antony of RAF-IIIrd (9.07 mtrs) **Discuss Throw:** Ct. P.M. Shally of N/S-Ist (30.68 mtrs) LNK Shanti Singh of RAF-IIInd (27.42 mtrs) Ct. Thiraviya Rani of RAF-IIIrd (25.42 mtrs) **Javelin Throw:** NK N. Nagangbi Devi of N/S-Ist (31.64 mtrs) LNK Alphonsa of N/S-IIInd (30.36 mtrs) and Ct. Mini Abraham of RAF-IIInd (27.74 mtrs).

ANNUAL DAY OF CRPF PUBLIC SCHOOL



D. G. Shri Tripathi inaugurating hostel building in C R. P F Public School

Inauguration of a hostel. building in CRPF Public School (Rohini), New Delhi and its Annual Day celebration was held on October 22, 1994. The Director General, CRPF Shri S.V.M.Tripathi inaugurated the hostel building and was the Chief Guest in the annual function.



Shri Tripathi inspecting facilities in the Hostel

Speaking in the function, the DG Shri Tripathi announced that one more CRPF school upto Intermediate level will be opened at Hyderabad and fifteen acres of land for this purpose has been purchased. This will be the second school for children of CRPF personnel in the Country.

Shri Tripathi said, our objective was to bring stability in the life of Force personnel and their children. The hostel facility in Rohini school was a step in this direction.

Shri Tripathi congratulated students for their good performance and said that parents were equally responsible for it with the teachers. He advised students not to be overwhelmed and overawed by pressures and problems which come on their way. They were capable of achieving everything, he added.

The hostel complex when completed will have four buildings with capacity to accommodate 250 children. One of them will be for girls.

The DG gave away awards to outstanding students of the school. All round best student award was given to Bharat Bhushan. Ballet “Abhimanyu” and ‘Wonderworld of Dolls’ were staged by the school children on this occasion.

ALL INDIA POLICE AQUATIC MEET • • •

C.R.P.F. RETAINS TROPHY



Winners of the CRPF Aquatic team with DG Shri SVM Tripathi.

The CRPF team won the overall Championship trophy of 43rd All India Police Aquatic Competition held at Jaipur from September 19 to 23, 1994. CRPF won the Championship with 147 points while second position was secured by BSF with 113 points.

The CRPF medal winners in the competition are as under :

Shri Premjit Singh, Asstt. Commandant : Gold medals in 4 x 200m Free Style Relay, 4x100m Medley Relay, Silver Medals in 200m Free Style, 400m Free Style, 4 x 100m Free Style Relay and Bronze Medals in

100m Free Style and 400m individual Medley.

Shri S. Radhakrishnan, Asstt. Commandant: Gold Medals in 200m Breast Stroke, 100m Breast Stroke and 4x100m Medley Relay.

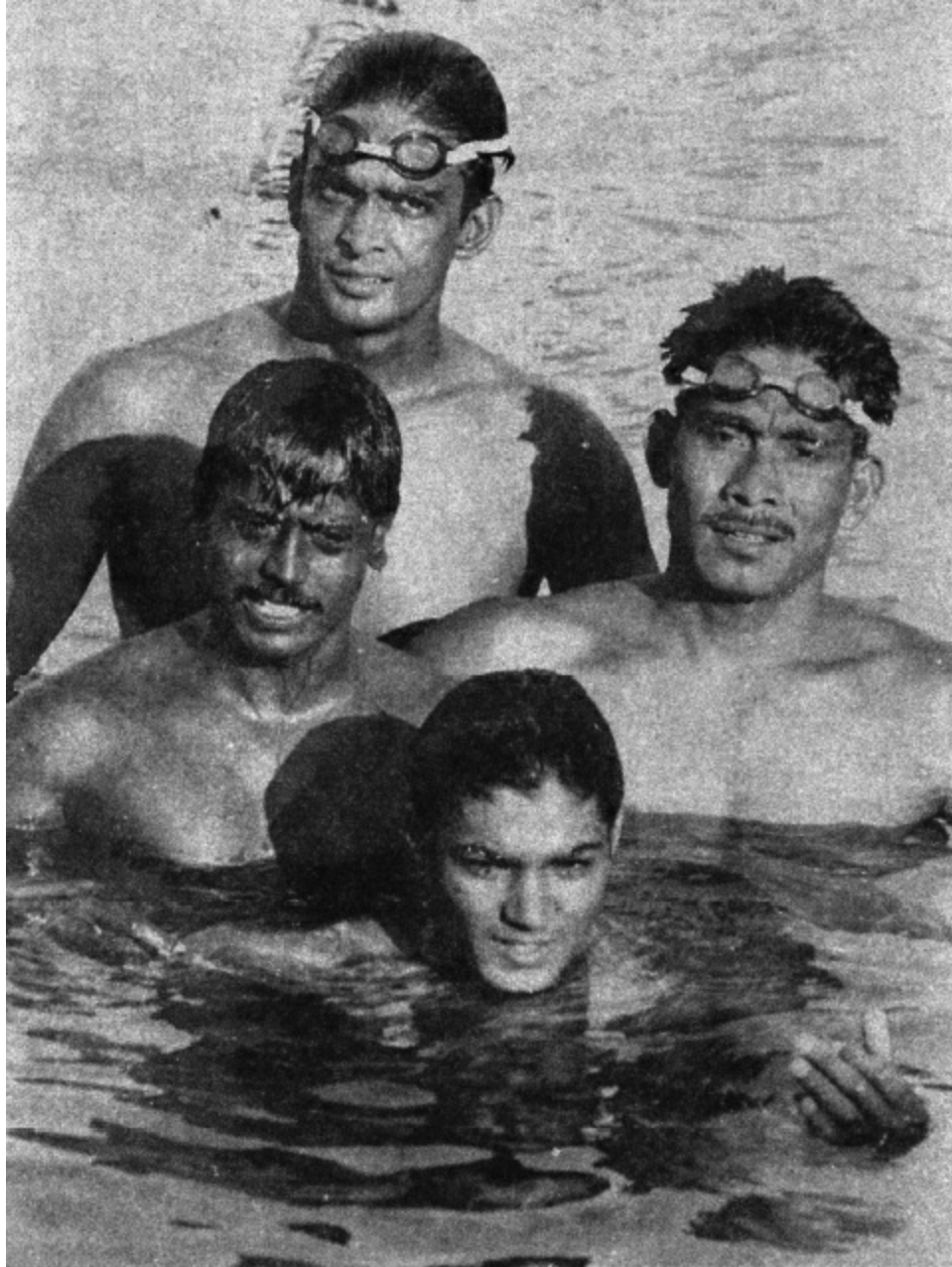
Shri Khazan Singh, Asstt. Commandant : Gold Medals in 50m Free Style, 4x100m Medley Relay and Silver Medal in 4x100m Free Style.

Inspector H. Ranjit Singh: Gold Medal in 4x200m Free Style, Silver Medal in 4x100m Free Style Relay and Bronze Medals in 1500m Free Style and 400m Free Style.

Inspector Raja Ram: Gold Medals in 100m Back Stroke, 4x200m Free Style, 200m Individual Medley, 100m Butterfly Stroke, 4x100m Medley Relay, Silver Medals in 400m Individual Medley, 200m Back Stroke, 1500m Free Style, and 200m Butterfly events.

Sub Inspector Pradeep Rana : Gold Medal in 4x200m Free Style Relay and Silver Medal in 4x100m Free Style Relay.

The CRPF team secured third position in All India Police Cross Country Race at Jaipur.



CRPF Relay team-gold in 4 X 100M

CRPF Swimmers Shine in Asia Pacific Age Group Championship

CRPF Swimmers, inspector Raja Ram and Sub-Inspector Kailash Nath represented the Country in Asia Pacific Age Group Championship held at Talkatora Swimming Pool, New Delhi from August 5 to 7, 1994 and secured medals. Insp. Raja Ram secured gold medals in 100m Back Stroke,

200m back Stroke, 400m Individual Medley and bronze medal in 4x200m Medley Relay.

National Aquatic Championship

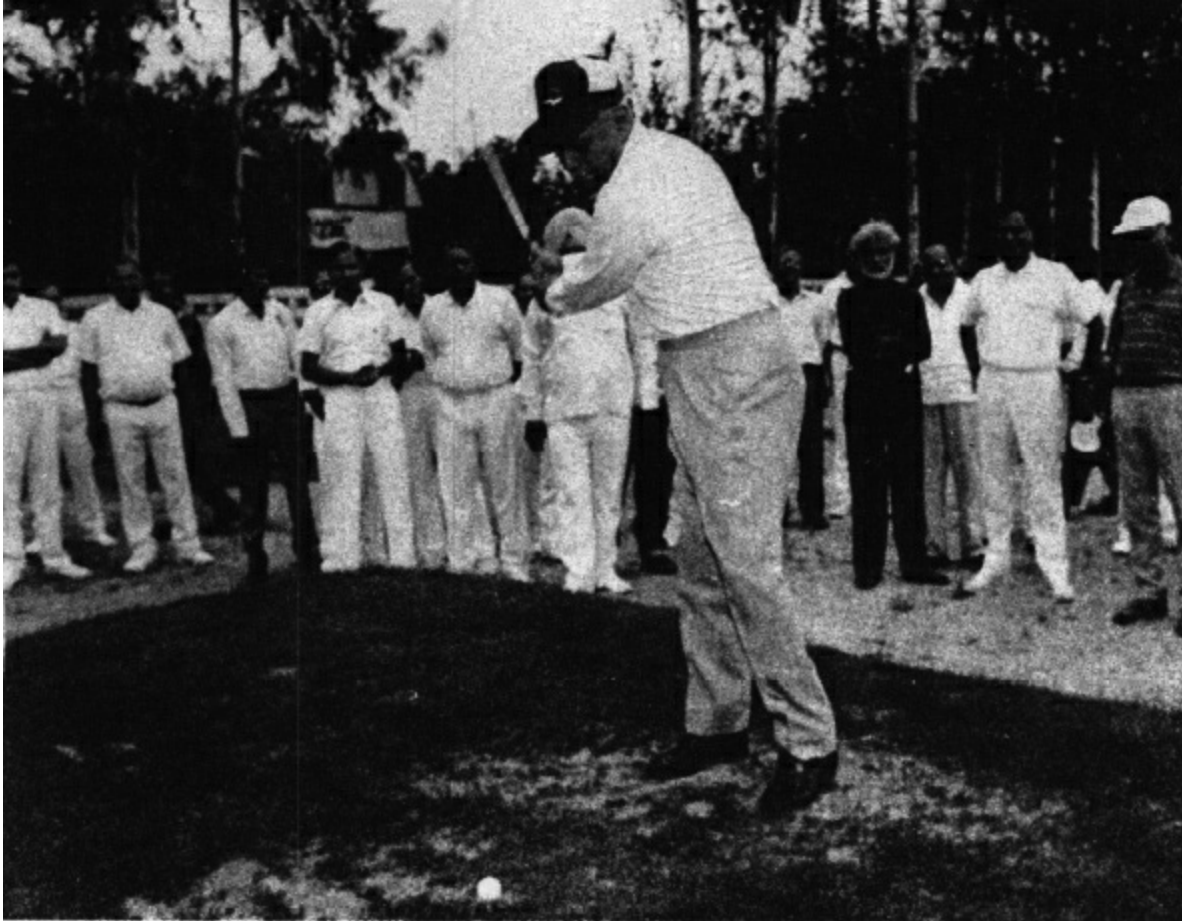
Five silver and four bronze medals were won by CRPF swimmers in 39th National Aquatic Championship held at Panaji, Goa from August 16 to 21, 1994.

Inspector Raja Ram won silver medals in 100m Back Stroke, 400m Individual Medley, 4x100m Medley and bronze medals in 200m Back Stroke, 100m Butterfly and 200m Individual Medley. Asstt. Commandant Premjit Singh won silver medal in 4x200m Free Style and bronze medal in 4x100m Free Style Relay. Sub Inspector Kailash Nath secured silver medal in 4x200m Free Style Relay.

GOLF CLUB AT RAMPUR



D.G Shri SVM Tripathi inaugurating type I special family quarters at G.C., Rampur



D.G. Shri SVM Tripathi inaugurating Golf Club in G.C. Rampur

The Director General, CRPF Shri S.V.M. Tripathi during his visit to Rampur on August 13, 1994 inaugurated a Golf Club (first of its kind in CRPF) and an LPG Agency/Godown at GC Campus. The interested officers and men can avail the benefit of this Golf Club. By establishment of LPG Agency, the families residing in GC Campus will get gas cylinders without any inconvenience besides the opportunity of getting new LPG connections.

The Director General later inaugurated 101 Type I Special quarters at GC Campus, Rampur which can accommodate families of jawans of Group Centre Rampur and its attached Units serving in North Eastern Region.

NEWS IN BRIEF

R.A.F. INTER Bn. ATHLETIC MEET 104 Bn. WINS THE TROPHY



Wife of the Addl. D.G. Mrs Liddle presenting the Trophy to 104 Bn.

104 Bn of Rapid Action Force won the overall Championship Trophy of Inter Battalion Athletic Meet of Rapid Action Force of CRPF which was held at Chattarsal Stadium, New Delhi from Sept. 5 to 9, 1994. 104 RAF Bn secured 221 points while

103 RAF Bn secured second position with 203 points.

Sub Inspector A.D. Ganapati of 103 RAF Bn declared Best Athlete of the Meet in the men's section while Constable Laisamma of 99 RAF Bn declared Best Athlete among women athletes.

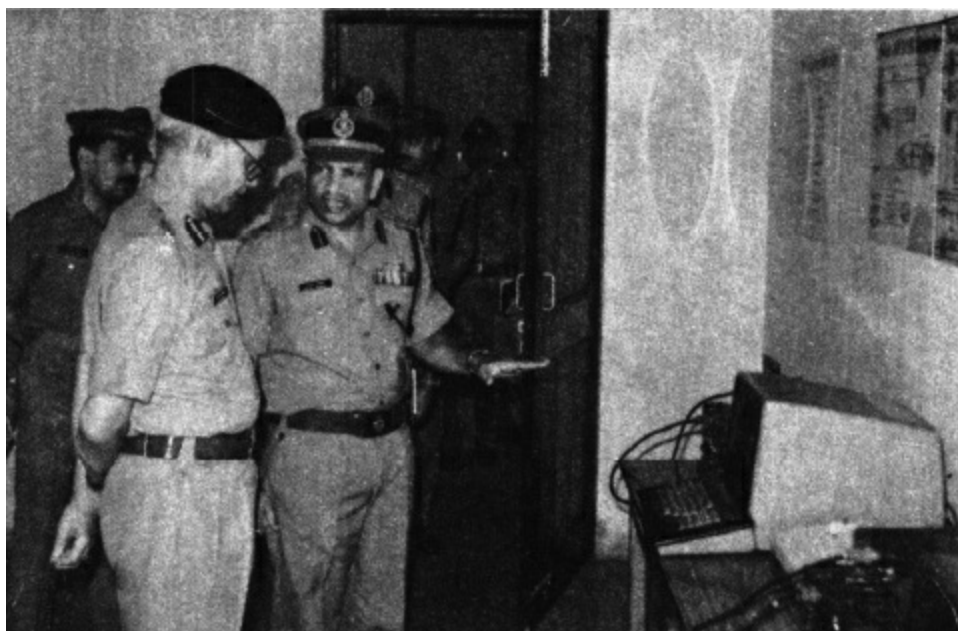
Mrs. Liddle, wife of the Addl. Director General, CRPF gave away trophy and prizes to the winners and runner-ups. The Meet was earlier inaugurated by Shri A.A. Siddiqui, IGP, RAF in which ten Battalions of RAF - 99 TO 108 Bns were participated.

33 BN. WINS CRPF BASKETBALL TOURNAMENT

33 Bn.CRPF won the Basketball Tournament of Delhi based battalions. Shri Suresh Roy, IGP (Hqrs) gave away prizes to the winners and runners-up. 13 teams from CRPF Battalions based at Delhi were participated in this tournament, played on league-cum-knock-out basis.

In the exciting final match played at the Headquarters of 97 Bn CRPF, R.R. Shala, New Delhi, 33 Bn. beat 93 Bn by 63-31 points on October 18, 1994. At half time the score was 32-20. For 33 Bn, Asstt. Commandant Narender Singh scored 18 points while 93 Bn, LNK Vasudev scored 20 points.

DG VISITS CTC (T)



Shri S.V.M.Tripathi, Director General, CRPF visited Signal Group Centre and Central Training College (Telecommunications) Ranchi (Bihar) from September 2 to 3, 1994. The DG showed keen interest in technical training being imparted at CTC(T) to Signal personnel of the Force.

The DG was apprised with various technical courses being run and modern training aids available in various technical labs of the college and he expressed happiness over the standard of training and proficiency of technical staff.

The CTC(T) is having most sophisticated laboratories on VHF, HF, Digital Technology and Line equipment. The college is imparting training to

personnel of other para-military forces like CISF. Recently new courses have been introduced for Gazetted officers/Subordinate officers on modern system of communications.

INTER BN. ATHLETIC MEET OF NORTHERN SECTOR

33 Bn won the overall championship of IInd Inter Battalion Athletic Meet of Northern Sector, CRPF which was held at CRPF Stadium, GC Jharoda Kalan from September 9 to 22, 1994. 33 Bn secured 159 points while 67 secured second position with 145 points and 40 Bn secured third position with 63 points.

Head Constable H.M. Mahto of 40 Bn was declared 'Best Athlete' of the Meet.

Shri A.V. Liddle, Addl Director General, CRPF was the chief guest on the concluding function. Mrs. Liddle gave away trophy and prizes to the winners and runners-up.

The Meet was earlier inaugurated by Shri M.S. Yadav, IGP Northern Sector, CRPF on September 19, 1994 in which 200 athletes from 18 Battalions of Northern Sector participated.

New DD (ADM)

Shri Dhanpat Rai Yadava joined CRPF HQ as Deputy Director (Administration) on August 30, 1994. Earlier, he was holding the charge of DIG of Police, CRPF, Chandigarh.

A Post Graduate from Punjab University, Shri Yadava was commissioned in Army in Artillery Regiment in September 27, 1963 and subsequently joined CRPF as Gazetted officer on Sept. 23, 1967. He was one of the first batch of officers who raised, organised, trained and operated Village Voluntary Force in Manipur against undergrounds. Shri Yadava attended many professional courses, like, Senior Officers Course and Training of Trainers Administrative Officers' Course at NPA Hyderabad and Materials Managements in an Emergency in IIPA, Delhi.

Shri Yadava is a recipient of Police Medal for Meritorious Service, President's Police Medal for Distinguished Service and DG's

Commendation Disc and Certificate.



DWIVEDI JOINS AS PRO

Shri G.C. Dwivedi has taken over the charge of Public Relations Officer at Directorate General, CRPF on September 16, 1994. Earlier, he was working as Information Officer (Press Facility) in PIB, New Delhi Prior to this he was information officer in PIB Jaipur for many years.

BOOK ON HEALTH CARE

Dr. G.C.Satpathy, Medicine Specialist, CRPF, Neemuch has written a book, titled "Health Care in Indian Police Force". Based on his two decades of experience and study in CRPF and sister organisations, he has covered a broad spectrum of the history of police medicines, occupational health hazards, base medical formulations, special problems of women members and aid to the civilians during emergency.

THEY ARE NO MORE

We offer our deep condolences to the grieved families of following CRPF personnel who lost their lives during the month of September, 1994:

S/Karamchari K.Thevan(CTCII), Const. Tulsa Singh (79 Bn), NK/Dvr Dhruv Dev Chand (RTC I). HC Rameshwar Dayal (50 Bn), HC/Carpt. Dayanand (68 Bn), W/M Ram Chander (115 Bn), Insp. Tilak Raj (97 Bn), Const. Muralidharan (110 Bn), Insp. S.R.Hazra (101 Bn), Const. Dinesh Singh Rawat (126 Bn), Const. Ramasaran lal (GC Avadi), HC Gokul Singh

(23 Bn), Const. Richpal Ram (53 Bn), HC Achhar Singh (02 Bn), ASI (m) Shankar Mandal (BHI), Const. Rajendra Prasad (120 Bn.) A/Commandant Surender Singh (45 Bn), Lance Naik Mool Chand (23 Bn), Const. Subir Chakrawarti (79 Bn), Const, p.srinivasa Rao (32 Bn), Const. Bhagwan Mishra (27 Bn), Const/ Mochi Ram Nagina Ram (38 Bn), Sub Major (os) R.K.Roy, (Dte. General), Const. A.C.Bora (87 Bn), Const. Gulab Singh (92 Bn), Const. Lekh Raj (127 Bn) and Const/Dvr vikram Singh (90 Bn).

Tit Bits

Once ajawan came to the office of their chief. He brought a letter of someone in a stamped postel envelope. When questioned what was the need for him to come personally all the way with the stamped envelope which could have been posted ? Pat came the reply, sir, to ensure its correct delivery without any loss in the post.

—S.C.Nirwal

Presentation of Scientific Paper

Dr. R.B. Das, Sports Medicine Specialist of CRPF presented a scientific paper, under title, “Chronic Overload Injuries in Endurance Sports” in First Indian Sports Medicine Congress and XVIII Annual Conference of Indian Association of Sports Medicines, affiliated to International Federation of Sports Medicines (FIMS), held at New Delhi from September 9 to 11, 1994.

The paper deals in details the causes, prevention and cure of overload injuries sustained by sportsmen and guidelines for better results.

Silver Jubilee of Central Training College II

The Central Training College-2, CRPF, Avadi (Madras) celebrated its Silver Jubilee on October 11, 1994. Shri S.V.M. Tripathi, Director General, CRPF was the Chief Guest on the occasion. The DG released a Souvenir and a book on Self Loading Rifle publied by the Institution on this occasion.

The DG, Shri Tripathi also inaugurated the underground Reflex Firing Range built by the Institution. It is the first of its kind available in the country. The rage built by “Shramdan” of the trainees is an all weather firing range where a firer is to deal with targets in new and changing

situations.

DG's COMMENDATION DISC

Shri S. V.M.Tripathi, Director General, CRPF pinned DG's Commendation Disc to 15 officers and men of CRPF at a function organised at Group Centre, Rampur on August 13, 1994. The recipients are : Shri S.C.Chaube, IGP Central Sector/Shri O.P.S. Malik, DIGP Allahabad/Shri S.C.Sharma, Asstt. Director, Central Sector/Shri Mukhtiar Singh, Commandant 132 Bn/Shri R.S. Virk, Commandant 72 Bn/Shri K.K. Shiva Prasad, 2-1C 104 Bn/Shri V.K.Sharma, 2-ICGC Rampur/ Shri M.C.Saxena, Adm Officer, GC Rampur/Subedar Major (OS) B.N.Mishra, Central Sector/Inspector (M) B.C.Kulbe, DIG Office Rampur/ Insp. Hargagan Singh, 22 Bn/Head Constable K.N.Dwivedi, GC Rampur/ Head Constable Bahadur Singh, GC Pampur/Head Constable Kashmira Singh, 22 Bn and Constable Prahlad Singh, GC Rampur.

Risk Fund Benefits

A total of Rs. 9,82,500 has been paid to the next of kin of 27 CRPF personnel who died during the month of September, 1994. This included Rs. 10,000 from Central Welfare and Benevolent Fund in each case.

A sum of Rs. 2,10,000/- from Risk Fund 'B' (Special Welfare Fund) has been paid to the next of kins of six CRPF personnel who died during the month of September, 1994.



A SUCCESSFUL MANAGER

— *S. C. Nirwal*

A successful Manager is the man under whom there are a number of human soul and who knows how to run his establishment smoothly and take due care of the costly equipment and other paraphernalia placed under his charge as a custodian. The more he understands his people, the better will it be for him to get along in his career. For him, it is very important to maintain not only good, but very cordial relations with everyone under him.

A real Manager will never dress down his immediate subordinate in the presence of latter's subordinates. One must be ticked off only when nobody is around. He will always think of his workers and must give them a word of appreciation where due. A harsh word spoken or harsh action taken in the heat of the moment can do untold harm. Self-control for a successful Manager is prerequisite for good supervision. It is only good human relations and good supervision that can achieve high production at low cost.

Fear is the crudest method for getting someone to work and probably this is the worst. Creating fear in the mind takes away all the initiative from a good worker. The real quality of a big boss is the way in which he treats his little workers. The best way is to go right down occasionally to the worker himself. Talk to him face to face and get to know what he thinks.

A Manager should get his men together periodically and talk to them frankly what has happened in the past month. This is the only way which is really effective for good administration or good management. It is easier to find fault with the workers through dictatorial methods but this may get the Manager to the point of no return. In case of mischiefs and mistakes committed by a worker, the Manager should take prompt and firm action in such a way that the worker realises that he was in the wrong.

A successful Manager is the person who can anticipate problems before hand and does not wait for the crisis to develop. Moreover, important information concerning good management of a factory or an establishment must pass both upwards and downwards.

It is to be kept in mind that whenever any of his men make a suggestion- no matter how stupid the suggestion might be - that must be heard and

treated sympathetically. It may be understood that the man, who makes a suggestion, has shown some initiative. If the manager pours cold water on it, that man is certainly not going to come up again with another suggestion.

In any establishment favouritism could be terrible upsetting to many. It happens when one suddenly finds that somebody else though not deserving, has been shown some undue favours for some reason or the other. This needs to be avoided in the interest of fair play and justice.

A SOLDIER'S WISH

The following verse was written on the back of a cigarette case by an American Soldier killed on the battlefield in World War II and found by a stretcher bearer. The verse was :

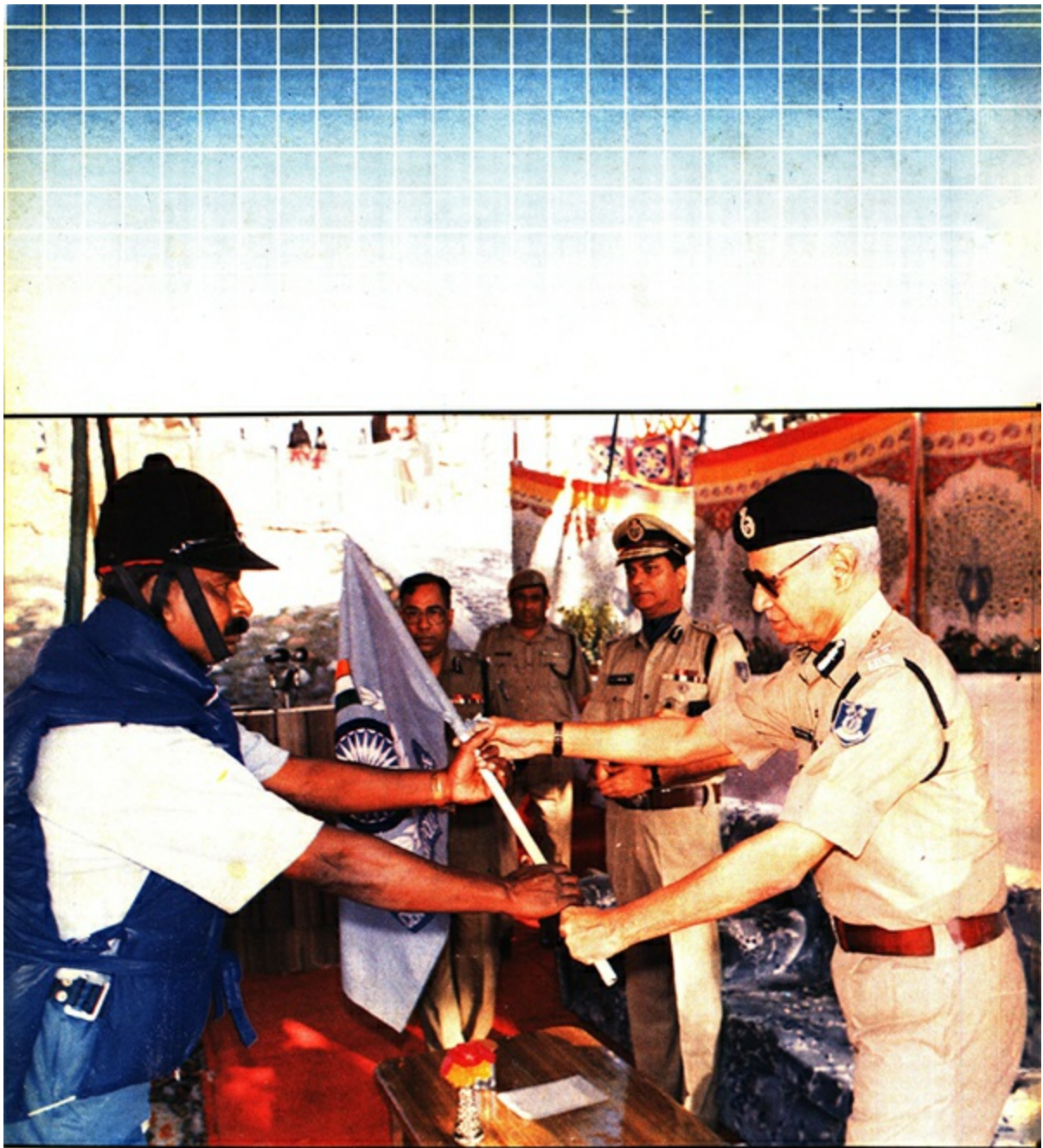
“Look God I have never spoken to you,
But now I want to say “How do you do?”
You see God, they told me you didn’t exist,
And I like a fool, I believed all this.
Last night from a shell-hole I saw your sky,
I figured right then, they told me a lie.
Had I taken the time to see, things you made
I’d have known they weren’t calling a spade a spade.
I wonder God if you’d shake my hand, somehow I feel you would understand.
Funny I had to come to this hellish place,
Before I had time to see your face.
Well I guess there isn’t very much more to say,
But I’m glad, God I met you today.
I guess the “Zero hour” will soon be here,
But I’m not afraid since I know you are near.
The signal, well, God I’ll have to go:
I like you lots : and I want you to know,

Look now, this will be a horrible fight,
who knows ? I may come to your home tonight :
Though I wasn't friendly to you before,
I wonder, God if you'll wait at your door.
Look, I'm crying : Me-shedding tears:
I wish I had known you all these years.
Well, I have to go now, God : Goodbye :
Strange since I met you,
I'm not afraid to die.....

Compiled by Ajay Gupta Assistant Commandant 50 Bn.



D. G. Shri S. V.M. Tripathi inaugurating hostel building in C.R.P.F. Public School, Rohini, New Delhi



*D.G. Shri S.V.M. Tripathi giving C.R.P.F. flag to Shri D. Clement
Expedition Commander of C.R.P.F. Abhiyan Ganga Sagar at Haridwar*