CRPF SAMACHAR

CRPF Newsletter & Magazine

2000

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31 January, 2000



Prime Minister Shri Atal Bihari Vajpayee inspecting CRPF Diamond Jubilee Parade



Shri M.N. Sabharwal, DG, CRPF presenting a memento to the Prime Minister Shri A.B. Vajpayee on the occasion of Diamond Jubilee Parade



Group Photograph of Parade Commanders with the Prime Minister and the Home Minister

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SAMACHAR

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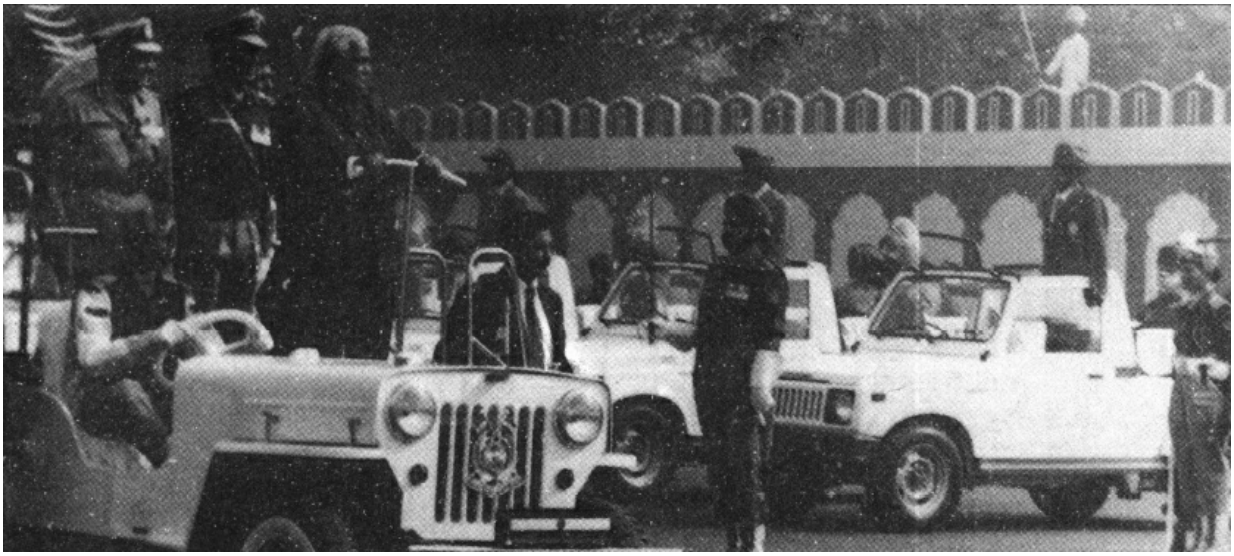
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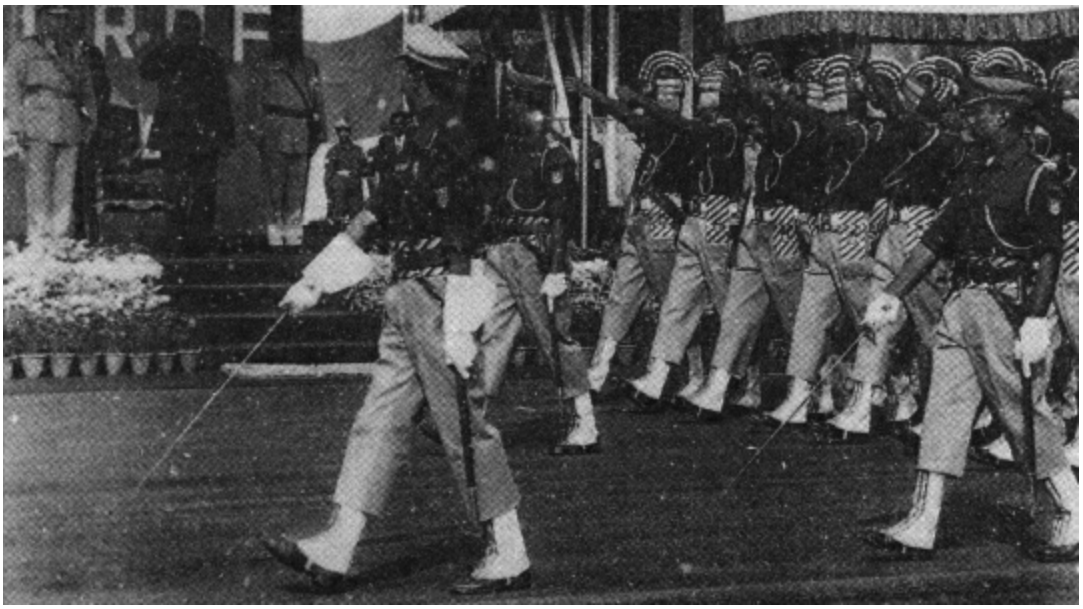
CRPF Plays Remarkable Role in Maintenance of Internal Security of the Country

— PRIME MINISTER

GRANT OF RS. TWO CRORES TO CRPF WELFARE FUND



The Prime Minister Shri Atal Bihari Vajpayee inspecting diamond Jubilee parade



The Prime Minister taking salute of the parade

The Central Reserve Police Force (CRPF) is a Force of 60 years dedication, valour and sacrifices. Addressing the Officers and Jawans on the occasion of the Diamond Jubilee year celebrations of the Force held at its Group Centre, Jharoda Kalan, New Delhi on Dec. 26, 1999 the Prime Minister of India Shri A.B. Vajpayee said that the CRPF is playing a remarkable role in maintenance of internal security of the country. Lauding the role of the Force, he said that the Force for its contribution has created a place of pride in the hearts of the countrymen. The Prime Minister announced a grant of Rs. two crores to the CRPF Welfare Fund. He inspected and took salute of an impressive Parade presented on the occasion.

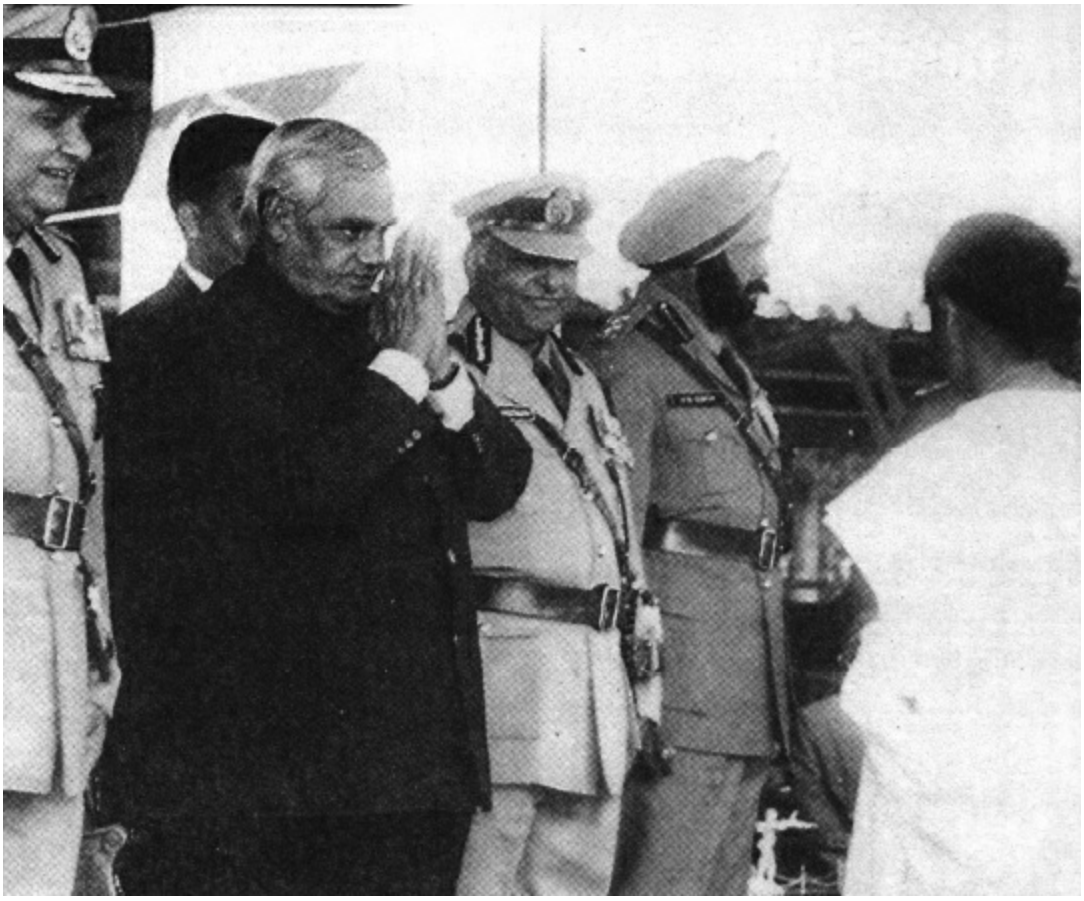
He further said that Govt. is fully aware of the difficulties of the Force personnel and every possible steps are being taken for its redressal.

Earlier in his welcome address the DG, CRPF Shri M.N. Sabharwal said that the Force has given supreme sacrifice to keep intact the integrity and unity of the nation.

On this occasion the Prime Minister decorated 33 officers and personnel with Gallantry and Distinguished medals out of which 3 medals were presented posthumously. Shri Vajpayee also presented best Group Centre Trophy to GC Pallipuram best cost effective and financial trophy to 136 Bn, best battalion trophy to 116 Bn and best operational Bn in J&K to 28 Bn and best operational Bn in North East to 66 Bn.

The Parade was commanded by Commandant Shri Sushil Kumar Sharma. There were 10 contingents including one Mahila contingent. RAF Mobile Column, Tableau, Veteran Gallantry Medalists, Arjun Awardees were part of the Parade. Besides a Motor Biking Expedition which was started from Jammu on Nov. 25, 1999 terminated at the Parade Ground after travelling 8000 Kms covering major cities of the country.

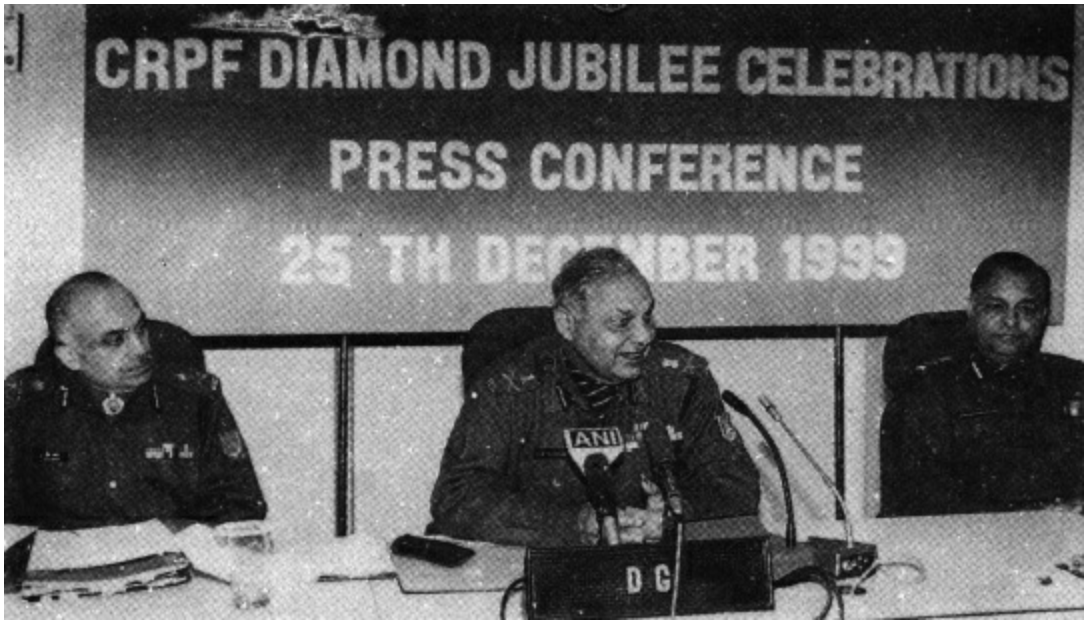
On the occasion, the Union Home Minister Shri L.K. Advani was also present.



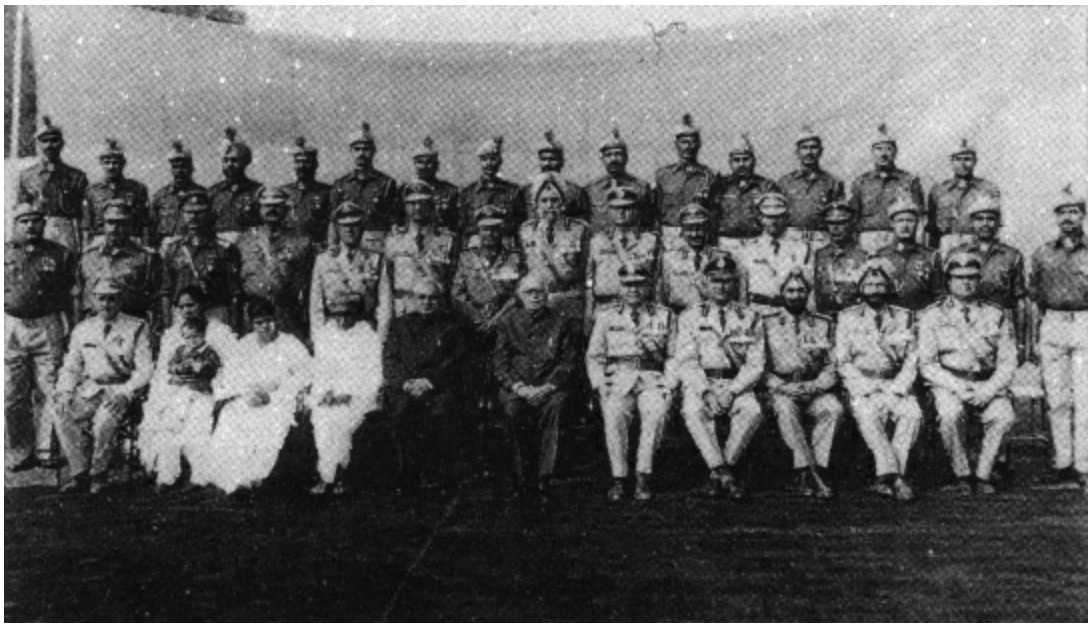
The Prime Minister presenting the Gallantry medal to a widow



The Prime Minister presenting the best Ops Battalion trophy



DG, CRPF Shri M.N. Sabharwal addressing annual Press Conference at Dte. Genl. CRPF



The Prime Minister and the Home Minister with the medal recipients on the occasion of Diamond Jubilee Parade



CRPF band display at Nehru Park, New Delhi

CRPF BAND DISPLAY AND THEIR PERFORMANCE

The CRPF Band displayed their performance at Nehru Park, Vinay Marg, New Delhi on Dec. 24, 1999 from 4.00 pm for two hours as a part of various programmes of 60th 'CRPF DAY' celebrations.

4 Brass Bands of 72 Musicians each and 2 pipe Bands of 48 Musicians each played on their instruments under the command of their Band Masters. While Brass Bands were led by Inspector S.S. Singh, Inspector Raj Kumar, Inspector G. Singh and Sub-Inspector H.C. Das, the Pipe Bands were led by Head Constable Parasu Ram, Head Constable Shamsher Singh and Head Constable Lekh Raj.

288 Brass and 96 Pipe men played on the tunes of 13 English and other popular Indian songs.

The combined Bands were led by Band Master Inspector Purushottam Ram, who has the distinction of participating in Annual CRPF Band displays for the last 39 years. The Brass Band of CRPF raised in 1961 and Pipe Band in 1952.

Southern Sector Clinched the CRPF Inter Sector Badminton Championship - 1999



DG, CRPF Shri M.N. Sabharwal presenting prizes to the winner

Southern Sector of the CRPF won the championship by defeating the Northern Sector by 15-7, 15-5 in the final match of the Inter Sector

Badminton Tournament - 1999 held in New Delhi on Dec. 22, 1999. While the Southern Sector was represented by Shri P.K. Mohan and Shri Raja Rao, Shri Praveen Kumar and Shri B.R. Sharma represented the Northern Sector.

Besides an exhibition match was also played. Shri M.N. Sabharwal, DG, CRPF, Shri D.K. Suri, IGP (Provision), Shri P.P.S. Sidhu, IGP (Pers & HQrs) and Shri CM. Pandey, IGP Special Sector participated in the same.

Shri M.N. Sabharwal, Director General, CRPF presented shield and prizes to the winners.

Southern Sector Emerged Winner in the CRPF Inter Sector Tennis Tournament - 1999

Southern Sector of the CRPF won the Championship by defeating the North East Sector by 6-3, 6-0 in the final match of the CRPF Inter-Sector Tennis Tournament- 1999 held in New Delhi on Dec. 16, 1999. While the Southern Sector was represented by Shri A.V.S. Chauhan and Shri Randeep Dutt, Shri Ashok Kumar and R.D. S. Sahi represented North East Sector.



Southern Sector team receiving the trophy

Shri M.N. Sabharwal, DG, CRPF attended the closing function as the

Chief Guest.

Passing Out Parade of CRPF Officers at ISA Mount Abu



The Home Minister Shri L.K. Advani taking salute of the Passing Out Parade of the 30th Batch of DAGOs at ISA, Mt. Abu

"Internal Security Academy and its training programme can play a vital role in bringing back normalcy in the internal security scenario of the nation". Addressing the august gathering on the occasion of the Passing Out Parade of the 30th Batch of the Directly Appointed Gazetted Officers (DAGOs) at the Internal Security Academy at Mount Abu on December 4, 1999, the Union Home Minister Shri L.K. Advani said that the trainee officers should strictly adhere to the oath they took here today in letter and spirit and should not treat as a mere ritual or a formality. Our neighbour has been trying to create turmoil in this country for last 15 years or so. Recently this country started a direct military attack on Kargil and being defeated, it is now engaged to increase the Proxy war. But our Armed Force and Para Military Forces including the Officers and Jawans of CRPF will give a befitting reply to the evil designs of the enemy, he hoped.

Shri M.N. Sabharwal, DG, CRPF in his welcome address said that the internal security of the Nation has now to contend with multi-faceted

challenges and threats. We have to constantly evolve suitable responses and deal with the sensitive phenomena, he added.

Addressing the gathering Smt. Manjari Jaruhar, Director of ISA said that with the existing sociopolitical scenario, the training of the officers has been modulated to give them a wide exposure to build confidence.

At the outset, Shri Advani took general salute and inspected the Parade. 60 officers including one lady officer participated in the Parade. He also awarded shields and trophies to the officers for their outstanding performance. While Shri B. Kishore Kumar bagged sword of honor, best in Indoor and best in Outdoor trophies went to Miss Vijaya Rawat and Shri Sanjay Kumar Singh. While Shri Basant Kumar Singh got best in Physical Training and Director's Baton, best in Drill, best shot and best in Weapon Training went to Shri Vishal Khandwal, Shri H.N.S. Bisht and Shri Avdesh Dhyani respectively.

The Composite and Re-Union Seminar of CRPF Officers at Mount Abu



DAGOs of 14 Batch with DG, CRPF during their reunion seminar at Mount Abu

“The Central Para Military Forces have a vital role to play in the maintenance of the intricate and delicate internal security situation”. Inaugurating the composite and Re-union Seminar of the 14th Batch of Directly Appointed Gazetted officers (DAGOs) at Mount Abu on Dec. 5, 1999, Shri M.N. Sabharwal, Director General, Central Reserve Police Force (CRPF) said that the3 officers have to develop a very wide vision and play a dynamic role in this regard.

“To meet the future challenges adequately; we should suitably equip ourselves both mentally and physically”, Sri Sabharwal advised. He further said that “we can not sit back and relax. We have to continuously think and devise new professional strategies to put the internal security scenario of the country on the right track.”

Congratulating the officers for having successfully completed 25 years of difficult, hazardous and dedicated service, Shri Sabharwal said that the re-union is a welcome idea as it provides an opportunity of meeting colleagues and travel down the memory lane which in itself is a unique experience and secondly the organisation surely benefits through the outcome of deliberations which follows with their vast experience. “This seminar, while providing you, an opportunity for emotional re-union, would also call upon your experience to put your minds together to analyse in a positive manner the issues which are so relevant for the betterment of the force,” he added.

Smt. Manjari Jaruhar, Director of Internal Security Academy in her welcome address urged the officers to analyse the role of CRPF in terms of its strength, weaknesses, opportunities, threats and devise plans for the future accordingly.

Two papers on the “Role of CRPF in maintaining Internal Security” were presented in the seminar. More than 30 officers who are now senior level Commandants of the Force and other Para Military Forces participated in the seminar for exchange of ideas enriched by experience.

INTERNAL SECURITY ACADEMY : THE CENTRE OF EXCELLENCE

—D.G. Mohapatra, PRO, CRPF



The Home Minister Shri L.K. Advani inspecting the POP at 30th Batch of DAGOs at Mount Abu

The rapidly changing pattern of political and social violence has made the problems of Internal Security more complex & complicated. Economic distress, prevalent social inequalities and extremist politics coupled with rapid technological advances have added to the difficulties of administrators in handling Law & Order problems. It was therefore, felt that Police Officers and Administrators should be exposed to the developing trends in various aspects of Internal Security with a view to sharpen their perception and to devise better tools and techniques for handling these problems.

The Internal Security Academy (ISA) was thus established on Feb. 1, 1975 under the aegis of Ministry of Home Affairs, Government of India at Mount Abu (a hill station at an altitude of approximately 1200 metrs in the Aravali ranges in Raiasthan).

The Internal Security Academy is the apex training institution of CRPF, its goals and objectives are to (a) Impart basic training to Directly Appointed Gazetted Officers of CRPF i.e. Asstt. Commandants, (b) run in-service course for the gazetted officers of CRPF, (c) organise Internal Security courses and seminars for various level officers of Central and state police organisations and also the Executive Magistrates, (d) engage in research activities on matters concerning Internal Security, (e) provide expertise on maintenance of Internal Security of the country and (f) act as a centre of excellence for the study of issues relating to Internal Security.

The Primary mission of the Internal Security Academy is to prepare

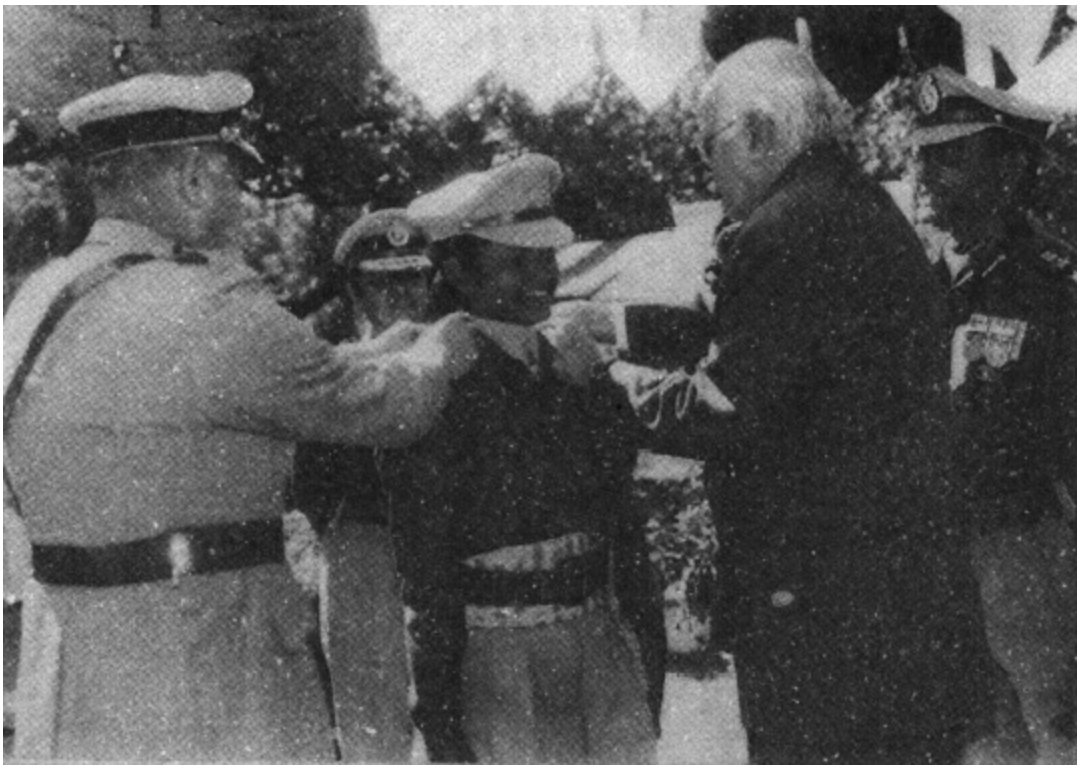
officers with right attitudinal orientation for the police organisations and other services for their assigned tasks and responsibilities with uprightness, dedication and a strong commitment of service to the people. It endeavours to inculcate in the trainees professional knowledge and skills, attitudes, values and norms which enable them to serve the nation better. The Academy has been declared as the “Centre of Excellence” for training and research in various fields and will bring responsiveness, commitment, awareness, infusion of scientific temper and accountability.

The Academy conducts a number of inservice training programme, refresher courses, short service commissioned officers familiarisation courses for CRPF officers. It also conducts training for combatised Medical Officers.

It conducts Internal Security courses for District Magistrates, Superintendents of Police of state Police Organisations, officers of the Central Police Organisations like the Border Security Force, Central Industrial Security Force, Indo Tibetean Border Police, Special Service Bureau, National Security Guards, Railway Protection Force, Assam Rifles and Officers from Army also attend these courses. Twice a year the Academy organises seminars for the Deputy Inspector General of Police of State Police Organisations and Para Military Forces on subjects connected with Internal Security.

Academy started conducting various Internal Security courses from the year 1975. Till date 92 IPS Officers, 362 DIsG, 992 SSP/ SP/DMs/ADMs and 1924 Dysp/ Asstt. Commandants from State Police and Central Police Organisations have attended these in the Academy. Besides 4112 officers have been trained in various In-service courses.

The Directly Appointed Gazetted Officers who are appointed to the rank of Assistant Commandants in CRPF belong to the Group ‘A’ Service of Central Government. Direct recruitment of Officers in CRPF was started in 1961. Till date out of total of 30 batches, 16 batches of DAGOs have passed out of this Academy and are successfully handling complex Internal Security challenges throughout the length and breadth of the country So far 922 DAGOs have been trained in this Academy. The previous 14 batches were trained in Central Training College of CRPF at Neemuch (MP) and at the then Central Police Training College at Mount Abu.



The Home Minister pining rank to one of the DAGOs

The officers are being trained in a variety of subjects like physical training, Yoga, Unarmed Combat, drill, law, Internal Security, Police Science, Crowd Control, Field Craft and tactics, firing, anti insurgency operations, mountaineering and rock climbing. Map reading, Intelligence collection, Human Psychology, Behavioural Science, Management etc. They are also put through intensive training in driving, swimming, skating, boxing, body building and other regular games with a view to develop their physical endurance to withstand the rigorous demand of job in the field. They are given extensive motivation for attitudinal change and in the management and protection of Human Rights.

To make them efficient in jungle warfare two weeks extensive jungle camp training is imparted to these young officers wherein they actually stay in the jungle and learn jungle warfare, other operations and tactics.

On December 4, 1999, 60 Directly Appointed Gazetted Officers including one lady officers of 30th batch marched out into the future with a sense of dedication and pride, achievement and expectations to uphold the motto of the Force “Service and Loyalty”.

CRPF Public School, Rohini is now on WEB-SITE



Mrs. Sabhanval visiting an exhibition put up by school children

Details regarding the admission into various classes, the achievements of the school on various fronts now can be had from the web-site (www.crpf public school.com) launched on oct. 25, 1999 by the authority of CRPF Public School, Rohini, New Delhi. Inaugurating the Web-Site in a special function organised on the occasion of Annual Day, Smt. Vina Sabharwal, President of CRPF Wives' Welfare Association said that such an innovative endeavour will serve the general public including the anxious parents in a befitting manner. They can have the required information by sitting at home even.

Shri M.N. Sabharwal, DG CRPF attended the function as the Chief Guest and gave away the prizes to the winning students. In his remark Shri Sabhanval lauded the achievement of the School and called upon the students to maintain and improve their standard to further heights.

Shri Suraj Prakash, Principal presented school's annual report. Shri A.K. Singh, DIG (Adm), CRPF and the Manager of the school also spoke on the occasion. A glittering Cultural show was put up by the students.

SAF Games Medalists of CRPF

Felicitated

“You are the pride of the Force and the country as well”, said Shri M.N. Sabhanval, Director General, Central Reserve Police Force (CRPF).

Congratulating the sportspersons of the CRPF who brought laurels for the country in the SAF Games held at Kathmandu, Shri Sabhanval said that the days may not be far, when CRPF boys and girls would dominate the international scene in a much bigger way.



Shri Sabharwal, DG, CRPF greeting the sportspersons

In the SAF Games held from Sept. 25 to Oct. 4, 1999, CRPF sportspersons have garnered a total of 13 gold, 2 silver and 2 bronze medals on Swimming and athletics (Women).

While Inspector Kailash Nath, Inspector Deepak Kumar and In-spector T.K. Senthil Kumar won three gold medals each on swimming, Inspector Elvis Hazarika won two gold, two silver and two bronze medals.

Besides while Inspector (Mahila) Jincy Philip won gold medal on Athletics (Women), Inspector (Mahila) Rigzen Angmo got gold medal for women’s Marathon, the first gold medal for the country.

DG CRPF Congratulates Sportspersons



Shri Sabharwal and other Senior Officers with sportspersons who won medals in all India police Athletic meet

Shri M.N. Sabharwal Director General, Central Reserve Police Force (CRPF) has congratulated the sportspersons of the Force for their remarkable performance in the All India Police Athletic Meet-99 and Senior National Aquatic meet. The Felicitation Ceremony was held here at the headquarters of Force on Dec. 15, 1999.

CRPF has won 13 gold medals out of the 16 gold medals besides 6 silver and 4 bronze medals in the women section of the 48th All India Police Athletic Meet-99 held recently at Gandhinagar (Gujarat). Besides securing the Athletic Championship (women), Binita Kumari of the Force was declared as the best women athlete.

In the men section, the Force has secured the Athletic championship with 6 gold, 11 silver and 7 bronze medals.

For the first time CRPF won both the men and women championships in this meet, creating a new record.

In the 54th Senior National Aquatic meet held recently at Mumbai, CRPF has won 24 medals out of 28 medals in the men (swimming) section comprising 11 gold, 9 silver and 4 bronze medals. In the women section the Force has won all the 12 medals comprising 6 gold, 5 silver and 1 bronze

medal.

CRPF Apprehends 5039 Extremists During 1999

The Central Reserve Police Force (CRPF) played a vital role in containing the terrorism and insurgency during the year 1999. During the year 1999, 199 extremists were killed and 5039 were apprehended in different encounters. The Force recovered 746 arms and as many as 17931 rounds of ammunitions. 91 CRPF personnel sacrificed their lives on the call of duty and 280 were injunred in 288 encounters.

While in Jammu and Kashmir 123 terrorists were killed and 181 militants were apprehended, 47 insurgents were killed and 3930 were apprehended in the North East during the year 1999.

The bulk of CRPF companies are now deployed in Jammu and Kashmir (237 Coys) and North Eastern Region (332 Coys) to quell the insurgent activities and maintain Law and Order. 24 Coys in Andhra Pradesh and 30 Coys in Bihar are also deployed to deal effectively with the Naxalities.

CRPF played a pivotal role in peaceful conduct of General Parliamentary Elections and mobilised 103 Companies

ASSISTANCE TO THE CYCLONE AFFECTED PEOPLE OF ORISSA



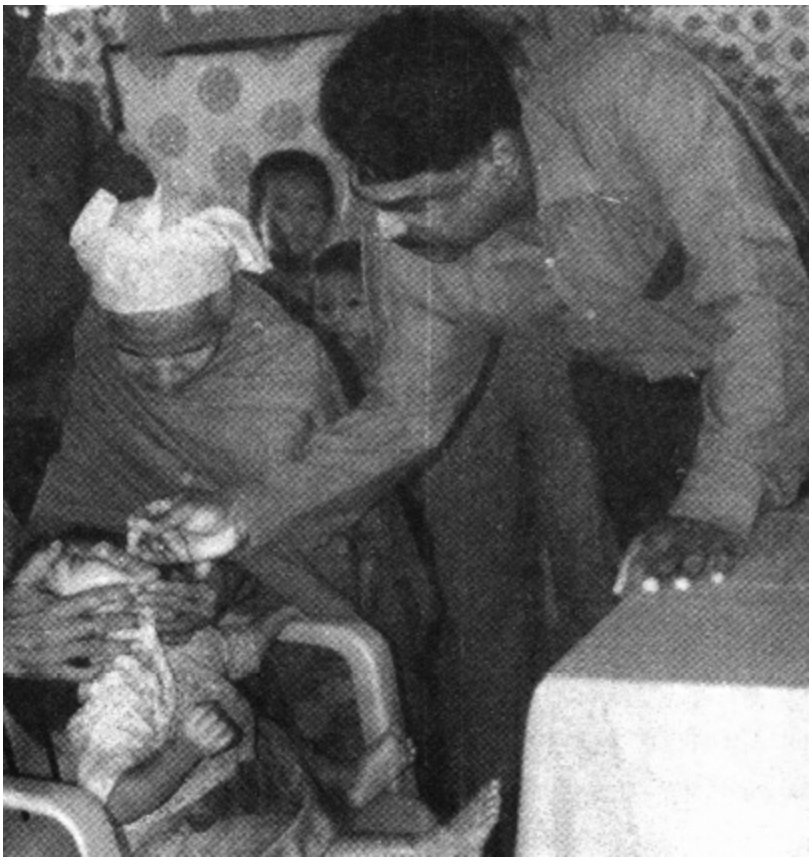
Relief Materials to Orissa Cyclone victims presented by Group Centre, Avadi

The Family Welfare Centre of Central Reserve Police Force (CRPF), Avadi station, collected donation from all family members of the station to help the cyclone victims of Orissa. The centre despatched 27 boxes containing clothes, rice, blankets and Rs. 8,945 which were handed over to the Special Relief Commissioner, Orissa, Ragini Chandran, Chairperson of the centre handed over the items

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PPI Camp at Kanachup (Imphal)

Central Reserve Police Force assisted the local administration in Pulse Polio immunisation drive. A Massive Pulse Polio immunisation Camp was held at 12th Bn, CRPF, HQr Kangchup, Imphal on Nov. 7, 1999. The Camp was inaugurated by Shri T.A.A. Hakeem, Commandant, 12th Battalion who administered first dose to a child. More than 150 children of Kangchup and nearby villages were administered Pulse Polio drops. Parents alongwith their children started arriving at the camp from 0700 hours. Sweets and Choclates were distributed among the children. A mobile team of CRPF visited Singda Dam to administer Pulse Polio drops to the children of families staying at Singda Dam.



Polio drops being given to a child

RESCUE & RELIEF IN CYCLONE HIT ORISSA



Dead bodies being recovered by 99 Bn RAF men.



Food packets being distributed



CRPF personnel assisting local people to clean the pond



Much needed medical help to the cyclone victim



RAF personnel also cremated dead bodies



Smt. Lakhbir Kaur, widow of Ct. Jarnail Singh receiving gallantry medal for her husband from the Prime Minister of India





Shri George C. Podipara, IG (Ops) Tripura welcoming participants of the meeting of senior police, civil and CRPF officers held at Agartala



Shri P.C. Joshi, I.G. (OPs) Srinagar distributing writing material to a student during Civic Action Programme organised by 122 Bn



107 Children administered Polio drops in Pulse Polio camp organised by 122 Bn. at Srinagar

Senior Civil Police and CRPF Officers of Tripura Meet At Agartala

"The Central Reserve Police Force (CRPF) is the main stay of Counter-Insurgency (Ops) in Tripura". Presiding over the meeting of Commandants of CRPF deployed in Tripura and DMs and SSPs of all the districts of the State, held on December, 15, 1999 at Agartala, the Chief Secretary, Govt, of Tripura, Shri V. Thulasidas said that besides its extensive Counter insurgency operations all over the State, CRPF also guards the NH-44 and State highways and prevents ethnic clashes between tribal and non-tribals in some of the most strife-torn areas. Consequently any addition on depletion in the strength of CRPF in Tripura receives wide media coverage and attention of the Public, he added.

The meeting organised by the Inpector General of Police (Ops), CRPF, Tripura was attended by the Senior Civil, Police and CRPF Officers dealing with the insurgency situation in the State. At the outset Shri George C. Podipara, IGP (Ops), CRPF, Tripura in the welcome address dealt at length the achievements of Force in containing the insurgency in the State by the valiant officers and Jawans of the Force.

The purpose of holding this meeting was to discuss revised strategy in countering the extremists, menace of the State in the context of induction of 6 additional Bns of CRPF to Tripura. The CRPF, with 15 Bns being deployed here, will be the largest Forces available for the State to deal with the ethnic strife, the resultant in-surgency in the State.

Shri Manik Sarkar, the Chief Minister of the State considered this meeting as a very important land mark in the CI(OPS) of the State as mentioned by him while addressing the concluding session of the meeting. He also elaborated the important decisions taken during this conference in a widely attended ‘media meet’ held which followed the conference. These functions were organised at the HQr of 11 Bn CRPF at Agartala Airport.

Workshop on Stress Management



Personnel of 12 Bn attending Sahaj Yoga workshop

CRPF personnel work under lot of stress and strain. To help CRPF personnel face it in a positive way a workshop on ‘Sahaj Yoga’ was arranged at 12th Bn CRPF HQr Kangchup on Nov. 7, 1999. Sahaj Yoga is a form of Yoga which believes in Management of stress by using eternal

energy and Meditation. Professor Ibomacha Singh, President of Sahaj Yoga society, Manipur organised the workshop. He was assisted by Shri Shyam Kishore Singh, Secretary, Sahaj Yoga society, Manipur.

In his welcome address, Shri T. A. A. Hakeem, Commandant said that CRPF personnel work in very hard conditions and are under stress. By meditation and self control, we can manage stress, he said more than 100 personnel of the Unit attended the workshop.

Annual Medical Officer's Conference at Guwahati



Shri Biren Dutta, Secretary, Health and Family Welfare, Assam inaugurating conference

The annual conference of the CRPF Medical Officers of the North Eastern Sector was organized by the Base hospital, CRPF, Guwahati at the Conference Hall of Station Officers' Mess, Group Centre, CRPF, 9th Mile, Amerigog on 13th and 14th November, 1999. All the Medical Officers of the North Eastern Sector, CRPF and Manipur Nagaland Sector attended the conference. Shri Biren Dutta, Secretary, Health & Family Welfare, Govt. of Assam inaugurated the Conference. Shri P.N. Ramakrishnan IGP, CRPF, North Eastern Sector was the Guest of Honour, Dr. N.C. Borah, Director, Institute of Neurological Science delivered the guest lecture on "Seizure Disorder". Distinguished Specialists from different faculties of Medical

Sciences from Guwahati Medical College, 151 Army Base Hospital and CRPF delivered lectures on various medical problems and their management. Dr. S.K. Mishra, Chief Medical Officer of the Base Hospital gave welcome address. The valedictory Function was presided over by Shri Jaiprakash, DIGP, CRPF, Guwahati.

64,000 CRPF Personnel Trained on Human Rights

64,000 officers and men have been trained on Human Rights by the Central Reserve Police Force (CRPF) on the three day Capsule Course during the year 1999. The course was introduced at the instance of the National Human Rights Commission in 1996. The objectives of the course are to develop conpern for human rights among the officers and men, foster higher standards of professional conduct, make them appreciate, understand and internalise instruments on human and fundamental rights and create among themselves a people friendly approach.

Besides the Capsule Course, the Force is also conducting a 10 day long "Human Rights sensitivity Course" as prescribed by the Human Rights Commission in Sep. '98 and 440 subordinate officers have been trained so far in this course.

In order to give wider exposure to the officers of Rapid Action Force (RAF), a specialised branch of CRPF, "Human Rights sensitivity course" was organised in every RAF Battalion in close collaboration with the ICRC, New Delhi in which 1387 GOs and SOs have been trained from 1997 to 1999.

Besides organising lectures, debates etc, CRPF has issued a small pocket booklet on human rights on DO's and DONT's both in Hindi and English to every personnel for their consumption. It is noteworthy to mention that the human rights records of the CRPF personnel in the field have been reported to be excellent.

RISK FUND

A total sum of Rs. 13,80,000/-has been paid to the next of kin of 23 personnel in the month of Dec. '99 from Risk Fund 'A' Scheme while a sum of Rs. 4,40,000/- was paid to the next of kin of 11 personnel from Risk Fund 'B' Scheme during December '99.

DIMAPUR : CRPF ORGANISES PPI PROG.



DIG (Ops) Dimapur Mr. R.K. Sharma giving Polio drops to a Child

During the nation-wide second round of Pulse Polio Immunization programme (PPI) on November 21, the CRPF organised camps in various areas of Nagaland where a large number of children were vaccinated. According to Mr. R.K. Sharma, DIGP (Ops), CRPF, Dimapur the PPI programme has been organised in Dimapur at a number of places, in addition to Chumukedima, Medziphema, Tuli, Mokochung, Zubza and Kohima. He said the response of public was encouraging and appealed to the public to make the subsequent rounds a success so that the children of next millennium are free from polio menace. Mr. Sharma further said that the programme was carried out with the help of local medical staff and with vaccine provided by the State Health Services Department, which was appreciated by doctors who visited the camps and as well as by the citizens of Dimapur, Kohima and Mokochung.

THEY ARE NO MORE

We offer our deep condolence to the grieved families of following CRPF personnel who lost their lives during the months of October, November and December 1999.

Insp. Triveni Prasad (109 Bn.), L/Nk Bhoye Rayaj Bhai (109 Bn.), Ct. Madheswar Sharma (133 Bn.), Ct. Sudama Rai (2 Bn.), Ct. Ravinder Kumar (2 Bn.), Ct. Ajay Kumar Pandey (76 Bn.), SI Shyam Lal Ram (136 Bn.), SI Rameswar Dayal (100 Bn.), Ct. Sanjay Kumar (74 Bn.), HC Jagbir Singh (125 Bn.), Shri Jiwant Singh, Dy. Comdt. (92 Bn.), Ct. (Ftr), Rakesh Kumar Shrotriya (125 Bn.), Insp. P.N. Yati GC. BTB, Shri Hira Singh, Section Officer (Dte.), HC, Mahavir Prasad, (GC, PJR), Ct. Abdul Majid (GC, BTB), Ct. Subhash Chand (14 Bn.).

HC Deep Singh (52 Bn.), HC Abdul Razak (27 Bn.), W.M. Nanak Chand (10 Bn.), HC Narayan Prasad (109 Bn.), L/Nk, M.M.K. Pillai (90 Bn.), HC Ranjit Singh (87 Bn.), Rt. (Tlr), Deepak Kumar Bhol (43 Bn.), SI Mohan Singh Bhandari (88 Bn.), Rt. Santi Lal (GC, PJR), Ct. Jawahar Singh (114 Bn.), L/Nk, RC Payeng (50 Bn.), HC, K.G.K. Nair (2Bn.), Ct. (Dvr), Attar Singh (95 Bn.), L/Nk, Vijay Pal Singh (21 Bn), Ct. Amar Pal Singh (SGC, Ranchi), HC, Krishan Kumar (105 Bn.), Insp. Suraj Pal Singh (RTC-III), HC, S.C. Gogai (53 Bn.), L/Nk Shiv Charan (12 Bn.), Ct. Hari Chandra Deka (110 Bn,), HC, Vijay Ram Dangwal (46 Bn.), L/Nk (Dvr), Mangesh Parab (GC, MKG), HC, S. Apanna (71 Bn), HC, Ranbir Singh (120 Bn), Ct. Shasi Kant (99 Bn.), Ct. Harka Bahadur Thakur (GC-II AJM), HC (RO), Iqbal Chand Katoch (4 Sig.), Ct. Devender Singh (108 Bn), Ct. Sudhir Kumar Singh (90 Bn.), HC, J.T. Yadav (85 Bn.), Shri B.S. Sandhu Asstt. Comdt. (10 Bn.).

SM/PA, E.S. Bala Raman (IGP, C/S), HC, Ram Narayan Singh (89 Bn.), Ct. Subedar Singh (65 Bn.), Insp. Ram Pal Singh (GC, Lucknow), SI, Tarsem Lal (1 sig. Bn), Ct. (Dvr), Mahadeo Tukram Sonkumble (79 Bn.), HC Dharambir Singh (GC, N/Delhi), HC Banka Ram (70 Bn.), Ct. Raman Dutta (3 Bn.), Ct. (Mali), C.P. Giri (41 Bn.)), Ct. Ramesh Kumar (103 Bn.).

Besides above, as per late information received HC (Dvr), Darshan Singh (82 Bn.) and CT (Dvr), Kamal Jeet Singh (127 Bn.), died during June 1999 and L/Nk Laxman Ram (6 Bn.) also died during September 1999.

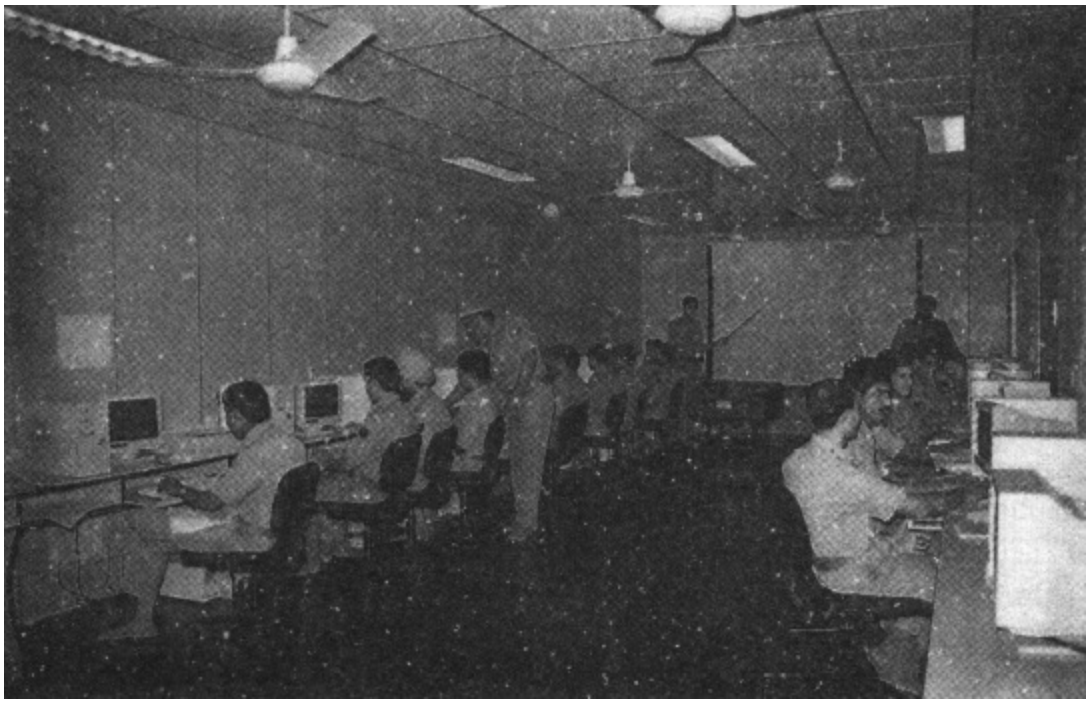
CRPF : Ready to Meet Communication Challenges of the New Millennium

—Brig J.S. Sawhney, DIG (Comns), CRPF

The information which used to take days of hours to transmit from one place to another is now routinely transmitted in seconds. The convergence of communication and computer technologies now permits simultaneous and interactive transmission of text, voice, data and video images. The automatic message switching system installed at the Directorate General, CRPF with terminals provided down to DIG/GC level connected through dedicated circuits, forms hub centre of our efficient and reliable communications network. Regional switching systems installed at Calcutta. Patna, Hydrabad, Shillong and concentrators at Guwahati and Srinagar have further enhanced the efficiency of our communication network. Secure field communications on HF and VHF have already been achieved through EPROM in BEST sets and voice scramblers in VHF sets, thereby considerably reducing the danger of interception of our field communications by insurgents in Manipur, Assam and Kashmir.

The evolution of CRPF comput-ing scenario from sharing computer time slot at DCPW (Directorate of Coordination & Police Wireless) computer to one dedicated state of the art LAN has been driven by our clear vision. Till last year one mini computer with seven data entry terminals was catering for preparation of pay bills, A/rolls etc for the Force. One odd PC in some branches used to look after the documentation and presentation jobs and that was all we had in the name of IT revolution. In the world of technology there is just one guiding philosophy, “those who understand the technological transformation and take effective measures to adapt, will survive and those who don’t, will be consigned to the dustbins of history.” Keeping this in view; a five-year perspective plan has been formulated to manage and analyse the information in efficient and meaningful way for our organisation. Accordingly a mini local area network (LAN) has been

established at the Directorate General with twelve terminals. In the next phase, the mini LAN will be expanded to a full LAN consisting of approximately 105 PCs to fully computerise the Directorate General. Each branch of this Directorate General will be connected on this LAN. In the next phase Sector Headquarters and Group Centres will be computerised and these elements will have their own networks having separate computers in each section connected together to share information and resources. Range Headquarters, RAF and Signal Battalions will be computerised along with the Base Hospitals in third phase and remaining elements will be computerised in the fourth phase. These separate elements will be inter-connected at later stage to make a wide area network which will operate as INTERANET of the Force. An integrated software has been planned to be developed which will enable Directorate General, Sectors, Ranges, GCs and Units to use identical screen formats thus enhancing inter workability of all branches and all headquarters/offices.



The training work is on in Signal Group Centre, Ranchi

Total computerisation will facilitate smooth and uninterrupted flow of information among various offices in paperless environment. The interconnectivity will ensure proper utilization of resources and databases which will further improve the decision making process. The information would be accessible from any location restricted only by access rights. The

postal and manual delays will be replaced by speedy and efficient movement on the information super highway, our own network of networks i.e. “Intranet’. There will be significant reduction in the cost of operation of the organisation and the time required to process and case as full information will be available to any user at the click of the ‘mouse’ button.

NEW MILLENNIUM: TRENDS IN COMMUNICATIONS & IT

Great and fundamental changes will mark the new millennium, a world where traditional concepts will stand on their heads. Parents learning from their children, class rooms as large as the girth of the Earth, households defined not by walls but by the reach of their home networks, drawing rooms where PCs will act as TVs & vice-versa. Every person’s capabilities will be multiplied by an enormous, still indeterminate factor because he/she will be able to reach out and interact with thousands of others over the emerging Big Brother called Internet-the beginning of an interactive world. The way of universal, seamless, affordable knowledge is the all-pervasive Internet. Emerging virtually on its own steam without governments planning for it. It is an example of how IT has made the world a global village.

Internet means different things to different people. It is an inexhaustible source of information for some, and ultimate medium for entertainment and tool for global communications for others. The many faceted Internet offers to users the opportunity to explore and exploit virtually everything and anything they can think of. Until recently, web sites were only a source for giving information about a company and what it had to offer. Visitors to a web site could do little more than view the information. But now all this has changed and passive web sites have become dynamic vehicles for doing online business, from start to finish.

Today you can visit a business web site, take a look at the products being offered, and order online by filling up a form and making instant payments. It has become easier and lucrative channel for commercial transactions. E-commerce, the technology behind this scenario, has changed the way pricing and transactions are done. Power will soon shift to consumers and

all industries would be affected.

Few technologies are as alluring to mobile professionals as the idea of easy, any place-any time, face to face communications. Video conferencing facilitates the realisation of this dream using Video conferencing equipments which consist of a TV monitor, CODEC, Multiplexer, Camera and Key pad. This equipment is connected to the network using ISDN lines. The equipment establishes connection with similar equipment on the other end for sending and receiving video images of conference participants alongwith audio.

As the new Millennium opens, a rainbow of hope for humanity beyond national borders and socio-cul-tural divides leaps into view. Today's technology will not survive for long in this interactive world. Ten years from now the telephone Network will be as obsolete as telex as more people will be connected to computers than to telephones. The Internet is about to challenge the very foundation of telecommunications. It is true that today's Internet is heavily dependant on telephone Network but at the same time it is undermining the operational and economic foundations of the network. Half of all voice traffic will ride on the Net by the year 2010. As the Internet technologies mature, communications that now require direct and expensive transnational connections will be able to travel on net's 'any to any' backbone. The net result of this shake down in voice telecom may be drastic cut in the call rates by the telecom companies. The likely scenario is that everything i.e. voice, data and video will ride on IP (Internet Protocol) and Internet will control everything.

We are fast approaching the end of both a century and a millennium. The thing to do at this juncture is to retrospect, introspect and make wild predictions even though the predictions business is dangerous as the future has a habit of turning out to be wilder than the wildest predictions. In the world of technology, there is just one guiding philosophy - if you do not update regularly you will most surely get outdated. Information Technology takes you to new heights and puts you right on top of an aggressive world full of changes and opportunities. We in the CRPF are well poised to take full advantage of this ongoing technological revolution.

GALLANT CRPF SERVES

NATION

—K.R.K. Prasad, IGP, CRPF (Retd.)

No other country world over has such a large concentration of para military forces popularly known as armed police with sophisticated arms and specialised training. For that matter no other country has faced four full scale wars, proxy war from across the Eastern, Western and Northern borders, Terrorism, insurgency, naxalite menace, communal riots, castewars, mass agitations and revolutions as India has faced during the last 50 years.

If our country has not disintegrated like the erstwhile Soviet Union and Yugoslavia it is not due to finding of solutions to these vexed political problems but entirely due to the para military forces maintaining vigil day and night along the length and breadths of the country.

Of all the paramilitary forces the Central Reserve Police Force can be called the mother of Khaki Clad Armed Police Forces of the Union which has an unenviable task of assisting the forces that are responsible to maintain law and order within the country and policing requirements outside the border. With no specific role like the BSF. CISF, ITBP, NSG, SPG or even Assam Rifles, and Rashtriya Rifles it has to aid the state police in times of need both in case of internal security or threats due to external agression.

The sacrifices of CRPF men during the last 50 years are legendary. It was Mr. V.P. Singh former Prime Minister who while addressing the parade on an anniversary stated that “if any one picks up a fistful of earth from any part of the country it will contain the drops of blood shed by CRPF men”. Indeed a highly emotional and poetic oration by the head of executive but wholly truthful. There could be no better tribute that could be paid to the CRPF men who made sacrifices serving the country.

It was again in the vision of the iron man of India Sardar Vallab Bhai Patel who visualised the type of Law and order in future years that would be probably faced by the union of India, that he decided to form Central Reserve Police Force when the question of continuing Crown Representative Police of British India came up in 1948.

No other police force has adopted to the conflicting conditions of deployment as the CRPF has done. In the early forties anti decoit operations were performed with precision. In 1948,1962,1965 and 1971 it fought wars with Indian Army shoulder to shoulder.

In 1965 three companies of 2nd Battalion of CRPF gave a fitting reply to one Brigade of Pakistan Army and repelled the attack of regulars, thus establishing the highest traditions of valour sacrifice and loyalty. Again in 1971 CRPF units not only fought war in Chaub Jaurian but guarded 90,000 Pakistani prisoners of war later till they were deported to Pakistan. When the late Prime Minister Mr. Rajiv Gandhi saw some armed policemen pushing and pulling women agitators at Boat Club lawns in New Delhi he instantly decided to raise Mahila Battalion as part of CRPF. Eyebrows were raised as to how women will fit in barracks which were the exclusive preserve of men. But the CRPF not only raised three Mahila battalions but the women armed Police proved to be humans of steel when they were deployed in Srilanka, Jammu & Kashmir, Nagaland and other disturbed parts.



CRPF men in Srinagar

It wall be no exaggeration to say that encouraged by the performance of women in CRPF other Armed Forces opened their gates to women candidates in all regiments.

When the Indian peace keeping force landed in Srilanka they felt an urgent need for some Police Forces to solve the problems of local Tamils. Two CRPF Battalions operated overseas for the first time and earned the gratitude of one and all. They were deployed in places where even the IPKF was not operating.

Whether it is Congo, Kosavo or Haiti, CRPF Flags fly high with its contingents discharging onerous duties.

The Director General of Police, CRPF called on the U.S. President who had conveyed his appreciation for services rendered by CRPF in Haiti. A force which faces heavy odds and moves at short notice has to maintain high degree of discipline and should be prepared to make sacrifices which are truely mind boggling. Despite rigour of routine nomadic life the CRPF is second to none in its high discipline, service and loyalty and duty consciousness.

The nation salutes the brave soldiers on its anniversary.

MAKE HAY WHILE THE SUN SHINES-SHOULD WE ?

— Dr. D.N. Gautam, IG, Southern Sector, CRPF

The permanent services in India were created on the foundation of anonymity, impartiality and integrity. This was the official religion of the civil services as well as the Armed Forces. Services used to pride in the show of strict neutrality towards all political persuasions and stood for impartial conduct and judgement displaying routine guts of integrity and shunning name, fame, power, privilege of any kind. Water really used to flow down the river Ganges at some point of time. It was not long before an odd tennery or a distillery started letting its effluents into the pure water and before we feel happy shouting development, we know that you cannot touch Ganga water any longer.

We are living in electronic age. A whole molecule has to set in work before an electron is released to wring its showmanship. Electron is the hero while the molecule is the slogging stuntman which courts actual risks and

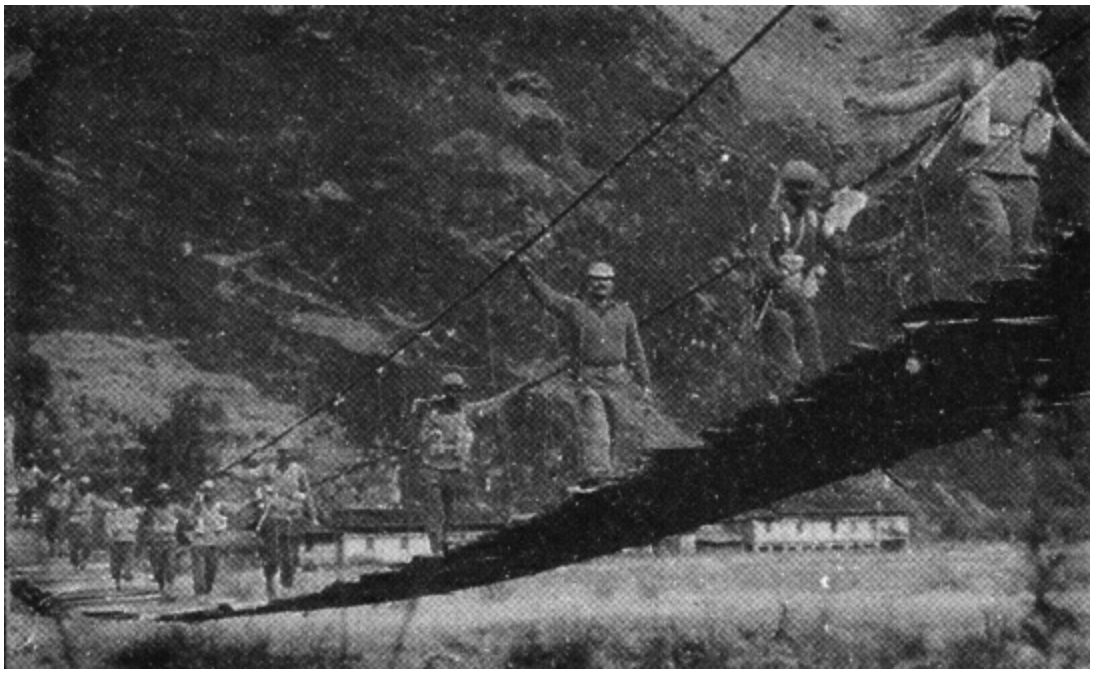
gets peanuts. This is the age of dummies. They hog the limelight where as actual work would be going on away from the stage where the scene is filmed. The glare and glitter has the effect of pulverising the senses and what is not is more of ten likely to be seen. The attempt is also to let it appear what it is not. Everything would have been alright but for the forces of friction that this kind of dichotomy unleashes. A man sets on file, another plays favourites, a robber holds gun, someone unleashes terror, another collects his hafta, some play coterie and flattery. All are shades violence - purple to dark brown.

In a scenario when it is the electron that matters though matter is made up of molecules every other molecule is aspiring to become an electron or any other nuclear particle so as to be seen in the Wilson's cloud chamber for howsoever short. The half-life it may be. No rat race is complete without an electron race. Going to seed? Is that the objective?

The obvious outcome of this exercise of self annihilation is the destruction of values that the system has been standing upon. There should be no surprise at increasing violence in family, society, village, cities, nation and with in the man when the sense of truth and justice arc sought to be replaced by practicability and pragmatism. It is ironical that in the process, individuals may gain and create a false notion of success of the paradigm while the society at large is the loser. Neutrality or impartiality may grant isolation; anonymity may stand for oblivion and integrity considered plain insipid stupidity. Do the audit of all the telephone calls that may receive from the authorities and find out how many related to public interest and you would identify what exactly is flowing down the Ganges. We can change all this for the better but there is a price to be paid and few would like to do that. This is apparently the harvest age. There seems to be chorus make, a hay while the Sun shines. Would it become our folklore for the yore?

Life with CRPF in Nagaland

—Bhudeb Chakrabarti, DIGP, CRPF (Retd.)



CRPF men crossing a bridge somewhere in North East

I was posted to 36 Battalion in Nagaland on my promotion as Second-in-Command. My Battalion Hqrs was in Pfutsero in Kohima district which was set on the top of a hill at a height of 7000 feet enjoying a fine view of the surrounding hills.

D.S. Paul was the Commanding Officer when I joined the Battalion. He briefed me about the Battalion which had recently been embodied in CRPF from UP PAC The Companies of the Battalion were deployed in the Chakesang area of Kohima District.

When I joined my Battalion in Nagaland in December, 1968 the ceasefire had already come into effect. Therefore, the operations were limited to a considerable extent. This respite in operations was however utilised for fraternisation with the local Naga people. Pfutsero was a Circle Hqrs. Later it was upgraded with the induction of an Extra Assistant Commissioner.

When our CO, D.S. Paul was posted out prematurely, we were a little upset. In his place Lt. Col. (Retd.) A.L. Bahl came as our new CO. As our Battalion was newly embodied in CRPF, our tasks were mostly directed towards bringing about required changes in the Battalion on CRPF lines. There were two tragic incidents during Col. Bahl's tenure, one was a unit vehicle accident and the second an ambush, in which we lost precious lives.

Col. Bahl also left the Battalion soon. After his departure, Indra Singh

came as our new CO. Indra Singh rose from the ranks and was every inch a soldier. In view of the changed situation, we were now required to conduct more operations than earlier, at the same time continuing our fraternization programme. We made good friends and developed useful contacts. Wepreyni Kapfo who became a Minister was from Pfutsero and had become our close friend. We participated in social functions of the local Naga people freely. Once we were invited for a marriage ceremony in a village. We went by our unit convoy upto a certain point where we were received by our local hosts. Knowing fully well the Naga character, we went to the village on foot unarmed. We later came to learn that an underground group had camped somewhere near the village. But as we were their guests, they never thought of harming us.

Soon we were joined at Pfutsero by 9 Jat. The close proximity of our two units provided mutual support to each other. In course of time we became good neighbours. From now onwards we were frequent visitors to 9 Jat Officers Mess and so were their officers to our Officers Mess. We carried out joint operations. I saw that we had a lot to learn from the Army.

Both the units kept good company with each other. They invited our officers and other ranks on their Raising Day and on many other occasions. We similarly reciprocated by inviting them to our unit on suitable occasions. Once we were invited by the Army for an open air special film show on a wide screen. We, officers, were protected by a tarpauline cover over our head. However the men, who were not similarly protected, remained absorted seeing the movie draped in their waterproof.

During the visits to the Companies of my Battalion and in course of our operations, I had the opportunity of seeing the length and breadth of Chakesang area. On one axis we had only one post at a place called Chazouba. It also happened to be a Circle Hqrs. At Chazouba only I came to know Vamuzo who later on went to become the Chief Minister of Nagaland. During one of my visits to Chazouba, the Circle Officer came to meet me. He told me that two adjoining villages in his circle had a dispute over some land and they decided to fight it out in a combat. He asked me to assist him to maintain law and order . I went with our Force to the place. I saw that almost the entire population of both the villages had got together there. The menfolk were first served food and drinks by their village women to provide more strength to their muscles and sinews. After the necessary preparations,

the warriors of both the villages faced one another in a spacious open area. Each village formed a compact body of men and pushed the other side with all their strength. We meddled in between and tried to restrain them. They, however, by suitable gestures told us to move away and not to intervene. By seeing their resolve, we decided to remain there as spectators. They were engaged in the unarmed combat for about an hour and during the evenly poised battle did not yield any ground to the other side. Ultimately they decided to call off the battle vowing to meet again.

On the southern axis we had two posts - one each at Zuketsa and Khezakhonoma. On reaching Khezakhonoma you could see the Angami Country. The fair weather road from Pfutsero to Khezakhonoma was an apology of a road. Once I drove my DIG, Col. P.S. Thapa, on this road and he prophesied that if I would leave CRPF, at least I would get the job of a driver. The road had numerous bends and curves and provided ideal sites for ambush. Once during our return journey from Zuketsa, our convoy came to a sudden halt on the sound of fire. I was not too much afraid because of the supposed ambush by the underground group. At that time I even thought that we would be delayed in reaching Pfutsero if at all we would return. Later to our great relief we came to learn that it was nothing but the bursting of a tyre of one of our vehicles.

The northern axis was the longest in our Battalion deployment. It was the continuation of Kohima-Pfutsero Road. Chizami was the next place on this road which ended at Meluri. After Chizami there was hardly any village. The hills were fully wooded with beautiful orchids. There was a bifurcation on this road which led to Phek, the Subdivisional Hqrs, where we had one of our posts. We had our last post at Meluri and before reaching Meluri we had to pass through some portion of Ukhrul Hills of Manipur.

I spent my days with CRPF in Nagaland quite happily. I liked my work with our men, the place, the Naga People and lastly the climate. We had successes in our operations to our expectations. However the successes achieved by us in fraternization with the local Naga People were beyond our expectations.

I had some amusing experiences too during our operations. Once my CO India Singh asked me to accompany him in a night operation. I politely told him that both of us should not go together as in any eventuality the Battalion would be left without any command. However due to his persistence I went

along with him. Then while crossing a mountain stream over an improvised bridge I slipped and my stengun fell into the rivulet. My CO was very worried that it would lead to court of inquiry and other complications. However one of our Jawans came to my rescue and retrieved my stengun alongwith the magazine and even its ammunitions.

The young boys and girls of Pfutsero High School happened to be my good friends and I was always accessible to them whenever they came to meet me. Once a group of four boys who had formed a musical group "Four Zero" invited me to their maiden performance. I was quite appreciative of their efforts but the others found them to be a "Bie Zero".

My days with CRPF in Nagaland came to an end when I received the order of my transfer on promotion as Commandant in February, 1971. I was a little sad to leave Pfutsero. I had established close rapport with the officers and men of my Battalion. I had also developed deep friendship with the local Naga People.

I would like to say that the time spent by me with CRPF in Nagaland helped me to learn my work and do it in a better maimer in future. I learnt from my experiences there that successes in operations depend on good teamwork and goodwill of the people you are serving.

Developing Personal Qualities

—T.G.L. Iyer, Ex DG, CRPF

Everyone has some qualities good or bad. To be successful in life, there should be a good accumulation of positive qualities. But how to accumulate them? Well, there is no school for life where lessons could be learnt how to live. Normally, one has to graduate at the University of 'Hard-Knocks' facing the challenges of life as they come along. However, people who have lived life successfully have always passed on the wisdom to succeeding generations. There was a king who wanted to pass on some wisdom to posterity. So he asked his courtiers to write down their experiences. After some weeks, each courtier, ten in all, produced a voluminous book each. The king remarked "Nobody will read them, reduce it in size". The Courtiers after consultations and deliberations produced just

one volume. Again the king remarked “No one will have the Time to read this, Reduce it further”. So, after sometime, they produced one chapter when the king made the same remark. They reduced the matter to one paragraph but the king was not satisfied. Ultimately, it was reduced to one line and it read “There is nothing free in this world; everything has a price”.

The wisdom that has come down the ages could be summarised into a few points. The first one is that the human mind has to be decontaminated and the accumulated garbage has to be thrown out for fresh ideas to enter. One should have an open mind like the parachute which can work only when it is open. There are parts of our personality which are totally dark which has to be illuminated. Why should one remain a stranger to himself or herself? Explore more of the hidden qualities that lie buried deep inside. Also, the unwanted parts of the personality have to be chiselled out. Like the boy who was watching the sculptor day after day who was working on a huge rock and one day the figure of Mahatma Gandhi emerged. When the boy asked the sculptor how he knew that Mahatma Gandhi was inside the rock, the sculptor replied “By removing the unwanted parts”.

The third step is to dig deep within oneself to find out what God has buried there. Andrew Carnigie, the Steel Magnate the Billionaire of America said “To get one ounce of gold, you have to move mountains of dirt”. How do you know what talents you possess? Well, dig deep and you shall discover. In fact, talent surfaces in real crisis, when you are engaged in solving a problem, when you are facing a challenge. That is the time when you are at your best; natural, alert and bringing out the best qualities for a survival. The fourth step is commitment and single minded devotion to a cause. There is the story of a man who in broad daylight in a crowded street barged into a jewellery shop and started filling his bag with gold and cash. When the Police after arrest asked him “Why did you do it in the presence of so many people?”. The robber replied “What people? I did not see any. I saw only the gold”.

The fifth requirement is to associate oneself with good people, good books, good thoughts and good deeds. You change your life by changing your thoughts, action, habit, attitude and performance. The thoughts get refined through a process of purification. It is like crude oil which is refined and the byproducts are diesel, petrol, kerosene, bitumen and ultimately the base material for cosmetics. The thoughts have to be constantly polished

like gold which will glitter; like diamond which will dazzle. The sixth step is doing the work now without postponement. The result may be failure or success. You cannot do something when everything is perfect. Through failure alone one reaches success. If you don't try anything there is no risk; only people who try face the risk of failure.

The seventh requirement is to have character and integrity. There is the story of a nurse who on the very first day joined a surgical team and was responsible to hand over the instruments to the surgeon. After the surgery was over, when the surgeon commenced to stich the wound the nurse said "You can't do that. One cotton swab is missing". The surgeon said "It is only cotton; it does not matter". But the nurse insisted and then the surgeon lifted his food and there the cotton swab was lying. The surgeon said "You will go far in life, my child. You have shown integrity and you are in the footsteps of Florence Nightingale".

The eighth requirement is to have love, compassion and a sense of service. The theory is that you can't get love unless you love others. It is a two-way traffic. Like the sun which converts water into vapour, lifts the same, converts it into clouds and gives it back in bountiful rains. The slogan should be 'I don't belong to any ERA; I belong to all Times. My sense of belonging is more important than my belongings:" And lastly when you believe in others, you are halfway towards the goal; when you believe in yourself, you are three-fourths there; when you believe in God you are completely on target.

Dr. Verghese Kurien the 'Milk Maharshi' gave the following recipe for success in life in an intellectual forum. 1. Do things on a large scale 2. Acquire the necessary, experience and skill. 3. Take other's help when needed, but on your own terms. 4. Be clear on what you want to achieve. 5. Know what the market needs and not what you think it needs. 6. Consumer is the king. 7. Never compromise on quality. 8. Ensure that you and your team are young, energetic and committed. 9. Honesty is the only policy. So, start now and it is in your hands to create history: Take an inventory of yourself. You may discover that your stock and store needs to be augmented. When your skill increases people will make a path to your door and beg for your services.

The Precious Medal

—V.K. Tiwari, Asstt. Comdt. R.T.C.-I

The threat of IED' has direct & deadly impact on security forces deployed in terrorist infected areas. Due to short fall of trained personnel in the force, it is not possible to have enough number of such technically trained bomb disposal experts to be placed through out the country. Therefore it becomes all the more imperative to organise basic training at unit level followed by crash refresher course intermittently to ensure that all personnel engaged in areas highly prone to lED's become acquainted in recognising, detecting and if not diffusing, them at least be able to take safety precautions untill the IED is safely deposed.

The gravity of the situation is apparent from the number of casualties. injuries and loss of vehicles we have faced in north east and J&K. It is also apparent that placement of lEDs which are laid out for the mobile troops either on foot or vehicle is succeded by opening fire on heavily disrupted and shocked men; which leads to loss of Arms and Amns. as well.

The big question is, though we comprehend the complexity of the grave scenario and lurking threat at every nook and corner, what effective measures could be adapted to minimise recurrence of such incidents effectively. Although the modern scientific development has several methods and instruments to offer; all over the globe to detect, hidden explosives but under the prevailing circumstances that our troops have to grind themselves day in and day out and cover the expanse of the country, it is not possible to make best use of them.

First and foremost requirement is to acquire and develop mental aptitude towards the fact that no sooner than you are out of the safe premises of your campus, you are apt to tread on the death trap carefully laid out by the enemy.

Therefore, it becomes initial and mandatory for all commanders to acquire maximum information on modus operandi of militant groups through reliable sources. The past incidents must be studied thoroughly and realisticaly for accurate assesment and evaluation. This must be done as soon as any new unit/ sub unit is inducted the sensitive area The parting unit should be morally responsible to hand over all such information.

The modus operandi must be repeatedly briefed to all men of rank and file and at the same time action plan be emphasised up to the hilt on counter methods to be adopted by all during the movement out side the campus be it on duty or off duty, by foot or by vehicle, routine patrol or special operation.

Procuring enough sniffer dogs to be used to units deployed in highly sensitive area could be very helpful for men performing duty on foot. Lately terrorists have been known to use remote control lEDs on security vehicles at the roads nearing culverts, U-turns speed breakers and very definitely wooden bridges.

Therefore to meet the situation our endeavour is to remain ahead of the militants. This is only possible if we are prepared to sweat it out, by avoiding the pace of tearing hurry to reach our place of destination or equally maddening rush to reach the comparative comforts of the food and rest, awaiting in the campus. The enterprise to remain alert for freshly dug and covered ground keeping safe distance among each other, watch out eyes on both side for suspective movements, and never-never crossing the bridge and culverts on vehicle itself are some of the elementary essentials of the trade.

Least but not last, our endeavour should be to keep the enemy on run and j not vice-versa. This is not possible by routine road blocks, patrolling or guard duties. Apart from this we must move out of our dens to raid on all the areas falling in jurisdiction of our duty on daily basis, so that they are constantly on move hiding themselves and their weapons and not allowing them opportunity enough to plant IEDS. One search per day/night with the representative of local police will bring the desired results. Despite the hesitancy form local quarter, we must insist on these exercises.

If you do this, you may not get any special medal, but the most precious medal of your life - the lease on your life.

Are you Aware About Me, I Am I.E.D.

—Dy. Comdt. Puran Sigh, 124 Bn, CRPF

The world is slowly slipping into a guagmire of terrorist organisations which are sprouting every where and unleashing death and misery on to fellow beings using a deadly weapon Improvised Explosive Device or I.E.D.

The chemical reaction of the blast releases compressed waves 10,000 Kilometers per hour with temperatures shooting upto an incredible 3000-4000 degree centigrade and pressure ranging to 4.000,000 liters per square inch due to sudden release of stupendous amount of energy, the detonation of the high explosive releases gases 1200 to 1500 times its original volume. Devastating metals in the I.E.D. sped at about 6,000 Kilometers per hours making mincement of every thing on its way.

The indiscriminate killer called IED comes in all kinds of shapes and sizes and mechanisms. A terrorist whose object is to spread terror can set the times of such an explosive device any where between five minutes to 500 hours (More than 22 days). The quarter system of timing can show a number of days in just 12 hours earlier the bomber has to rest content with a time span of just 12 hours going by the clock work mechanism within which he had to initiate the explosion.

From today a bomber listens to the news of his devastation and deaths at the other end of the earth comfortably ensconced in a drawing room sofa, perhaps celebrating the success of his mission. International terrorists reportedly planted I.E.Ds in U.S. embassies in Africa in 1998, days before the blasts actually took place killing over 2000 people.

Now a days I.E.Ds are designed to operate electrically or mechanically and engineered to detonate by mere handling or delay mechanism. It may also be exploded by remote control device apart from ambient conditions (Atmospheric characteristics). A standard IED consists of switches, power source, detonator and explosives.

People have met with tragic death handling such devices with or without proper authorisation or competence in insurgency prone states in India.

Advanced countries are increasingly using robots to defuse sophisicated bombing devices under the command of a remote controlled operator. Military use of robots is highly advanced in Israil which they successfully used against the Syrians in 1982.

There have been cases in Assam and else where, where the LED. under transportation reportedly brust because it was set off by involuntary use of

the frequency of security forces portophone (Walkie Talkie) or other VHF sets which matches the radio frequency of the bomber's IED, sources say, adding a combination of two or more types of switches, delayed ambient, anti-handling and remote may be used in one IED.

Since main explosive such as RDKX, PETN, TNT, HMX. PE and CE are relatively insensitive an initial detonation is required to facilitate a blast, detonator tubes are filled with sensitive explosive like leadazide, lead styphnate and fulminate of mercury. These sources may be electrical or non-electrical. Electrical detonators contain a lead wire connected to the power sources which is generally at 1.5, 6 or 9 Volt battery. Through the firing switch, once contact is made through the firing switch, the wire burns to incandescence igniting a detonator through such sensitive explosives finally culminating into the detonation of the main explosive. Detorator functions on impact, activested by the mechanical action of a firing pin detonator, a chain of explosions is started off by the sensitive explosives. At time of safety fuse wire is used to light a detonator. The bursting of explosive causes the actual damage to the target due to sudden release of gas and temparature thrusting out equally in all direction.

Now a days Indian Army has recently imported the casspir Mine-Protected vehicles for protection against IED in insurgency prone states. Proxy war and low intensity conflicts (LIC) have become grim realities. Apart from such defensive and offensive aids, countries, even the smallest of nations also recruit special forces. Some times disguised as police to combat LIC's. The US Army have its Delta force raised its 1st and 2nd parachute brigades, Britain its special Air services (SAS), Denmark its JAcgerkops and Taiwan its Amphibious commandos to name a few in theory. Such special forces can be employed in any kind of warfare from a nuclear confrontation to a border skirmish.

Are new technologies contributing to economic gain or military clout ? Can poor countries like India afford all these expensive forces and their day to day expensive expenditure ? Moreover in coming days to tackle the sophisticated challenges, we the member of the forces and their admires have to rethink over the problems to save the cold blood.



CRPF Aquatic Team with DG CRPF and other senior officers. - The team won three championships out of four in this All India Police Aquatic Meet held at Trivandrum from January 28-31, 2000

Regd. No. 45950/87



CRPF Band during Band Display at Nehru Park, New Delhi on the occasion of Diamond Jubilee

CRPF SAMACHAR

30 April, 2000





Members of CRPF Tennis Team who won open doubles in All India Police Officers Tennis Tournament-1999 held at Shillong - (From Right to Left) Shri S.S. Rawat, ADIG (Ops) Captain, Shri MN Sabharwal DG, CRPF, 2-ICs Shri A.V.S. Chauhan and Shri Randeep Dutta, other players.

***Front Cover**: The Union Home Secretary Shri Kamal Pandey presenting flags to Mr. Sunnad Kumar, team leader of CRPF Diamond Jubilee Mountaineering Expedition*

***Back Cover**: DG CRPF Shri M.N. Sabharwal presenting the Sword of Honour to Shri Deepak Dhoundiyal on the occasion of the Passing Out Parade of the 31st Batch of DAGOs at ISA Mount Abu*

CRPF
SAMACHAR

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The experience of a mother....

CRPF Mountaineering Expedition Flagged Off

The Central Reserve Police Force (CRPF) launched on April 24, 2000 a mountaineering expedition to The Peak "Sri Kailash" (6932 mtrs) located in Garhwal Himalayas. 16 mountaineers including two lady officers and two lady constables will form part of the summit team assisted by a five member support team.

Addressing the members of expedition at the head quarters of the Force, the Union Home Secretary, Shri Kamal Pandey said that over a decade now, CRPF has been actively involved in fighting insurgents, militants and anti-national elements in difficult and inhospitable terrain and climatic condition in J&K and North-East.

It is, therefore, befitting that a Mountaineering Expedition is undertaken by the force personnel to mark the successful culmination of Diamond Jubilee celebrations of the Force. He also presented the national and CRPF flags to the team leader Deputy Commandant Sunand Kumar.



DG CRPF Shri M.N. Sabharwal presenting a memento to the Union Home Secretary Shri Kamal

Pandey on the occasion of flagging off Diamond Jubilee Mountaineering Expedition



The Union Home Secretary is being introduced to the team members

Shri M.N. Sabharwal, DG, CRPF in his welcome address said that CRPF, being a multidimensional force, has to face such situations which require physical and mental endurance of a very high degree and capacity to take risks. To inculcate this spirit, the adventure sports have been introduced in the Force since 1994. At the outset outlining the history of Adventure Sports in CRPF Brig. (Retd) Govindji Mishra, DIG (Training) said that on May 18, 1995 a ten member team conquerred Mt. Jogin I (6456 mtrs) and Mount Jogin III (6116 mtrs). Shri A.R. Pawar, IGP, CRPF gave vote of thanks.

The Mount Sri Kailash (22736 ft) peak has unique pyramid shape which makes it totally different from other peaks in the region. The peak is situated in the Uttar Kashi district of Garhwal region. The first ascent to the peak was made by Austrian Climbers E. Ellmauthaler, W. Fraunberger, R. Jonas and R. Sabwarzruber on Oct 16, 1938. The first Indian Expedition to the peak was led by D. Pandya in 1963. Ms. Hauna Przedpelska Preyzuer was the first lady to climb the peak on Sept 2, 1981.

THINK IT OVER

"Consider all your own, no one alien"

"Don't find fault, find out remedy"

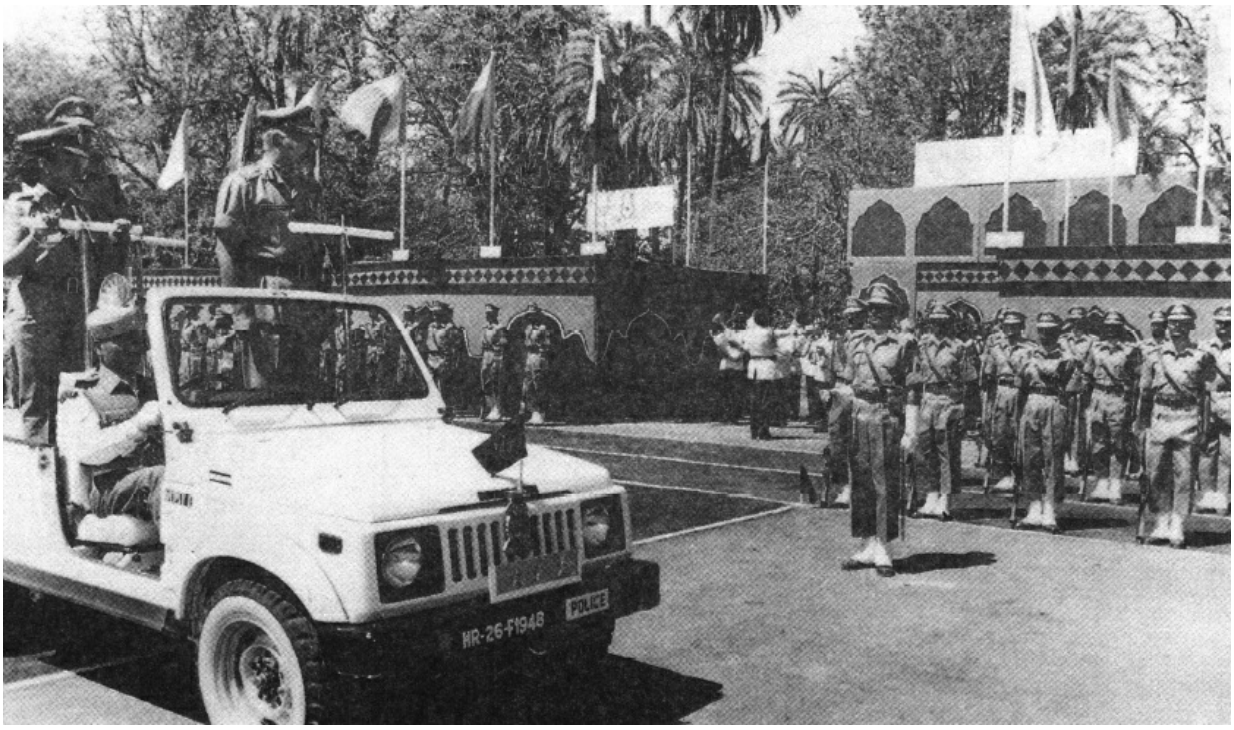
"Work hard, save more, produce more"

Passing Out Parade of CRPF Officers at ISA Mount Abu

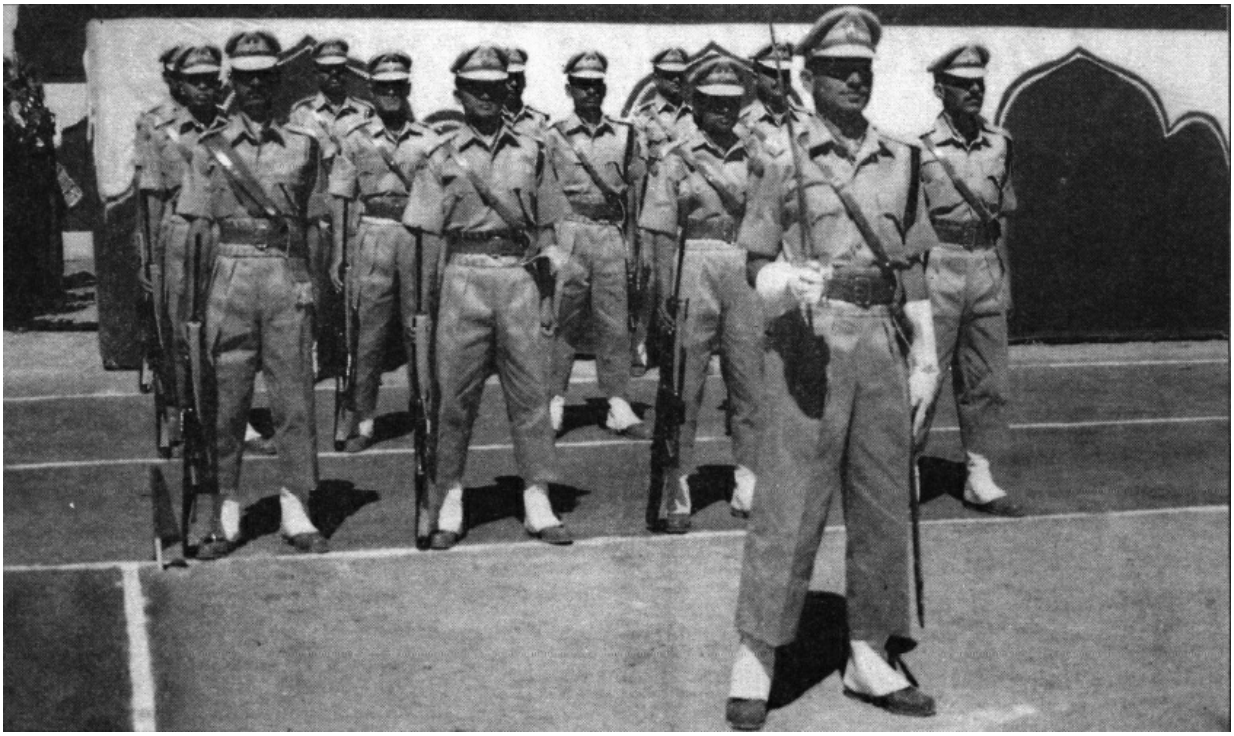
"Internal Security of the nation has now to contend with multi-faceted challenges and threats from mere law and order problems to low intensity operations and proxy wars. The officers have to play a vital role in maintenance of intricate and delicate internal security situations. "Addressing the august gathering on the occasion of the Passing Out Parade of the 31st Batch of the Directly Appointed Gazetted Officers (DAGOs) at the Internal Security Academy, Mount Abu on April 16, 2000, Director General, CRPF, Shri M.N. Sabharwal said that they have to constantly evolve suitable responses to deal with the sensitive phenomena and meet the challenges under the law with patient perseverance and determination.

Highly appreciating the role of CRPF, Shri Sabharwal said that over the years many new dimensions have been added to its role. The CRPF is considered as the most versatile force today. In all its assigned tasks, he said, the force has acquitted creditably and its role in controlling the insurgency in the North East, terrorism in J&K and extremism in Andhra Pradesh and Bihar have carried its name as the most dependable police force, he added.

Congratulating the young officers, Shri Sabharwal said that a company in CRPF is just like a mini-India with representatives from all states, castes and creed. As their manager you should maintain this high culture and tradition and courageously lead them in righteous path, he advised.



DG CRPF M.N. Sabharwal inspecting the Passing Out Parade of 31st batch of DAGOs



DAGOs of 10th Batch

Smt. Manjari Jaruhar, Director of ISA in her welcome address said that with the existing sociopolitical scenario, the training of the officers has been modulated accordingly to give them a wide exposure to build confidence.

At the outset, Shri Sabharwal took general salute and inspected the parade. 56 Asstt. Commandants including 2 lady officers participated in the parade. He also awarded shields and trophies to the officers for their outstanding performance. While Shri Deepak Dhoundiyal bagged the Sword of Honour, Shri Hargyan Singh Gurjar got best indoor trainee and best in weapon training trophies, Shri Vijay Singh Khatana was awarded with the best out door trainee trophy. He also got the Director's Baton. While Shri Ratul Das got best in physical training and UAC, best in drill trophy was given to Shri Devendra Singh and Jasbir Singh received the best shot trophy. Head Constable Mukhtiar Singh was adjudged as the best instructor of the course.

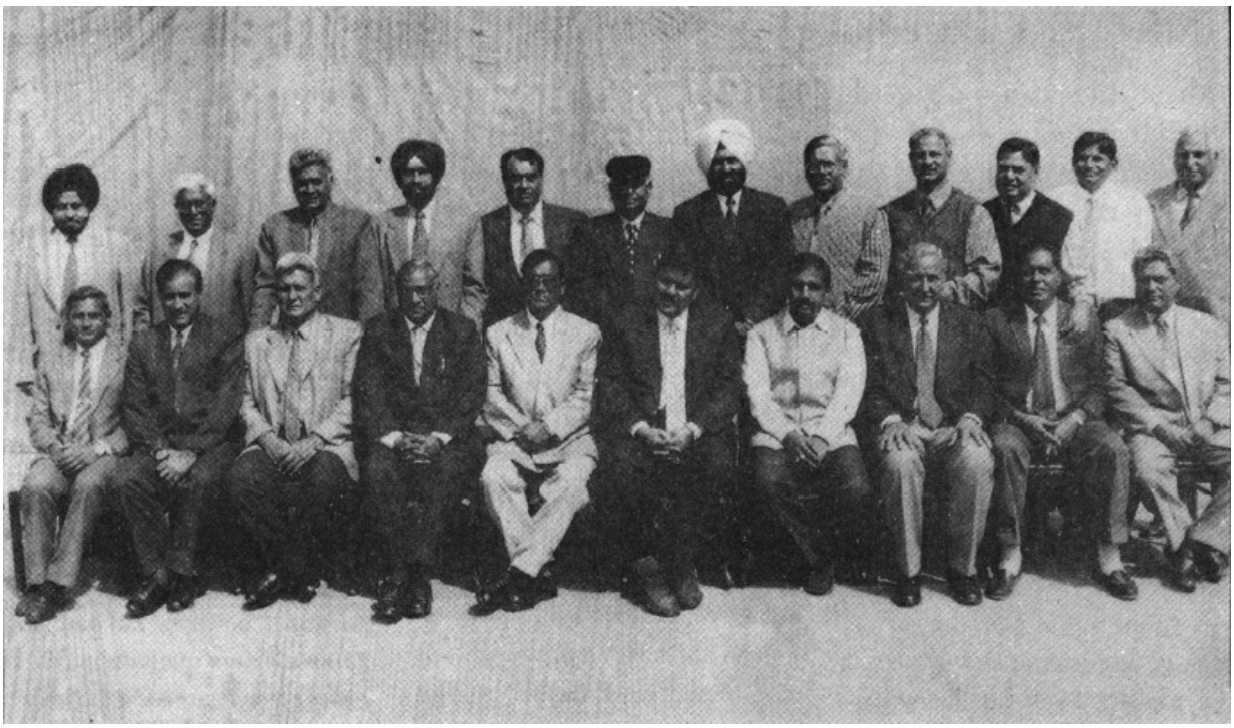
The Internal Security Academy (ISA) was established on Feb. 1, 1975 under the aegis of Ministry of Home Affairs, Govt. of India at Mount Abu. This appex training institution of the Force is, besides imparting basic training to its Directly appointed Asstt. Commandants, conducting various Internal Security Courses and seminars for other central and state govt. officers also. Till date about 8500 officers including 92 IPS officers have attended these in the Academy.

The Re-Union Seminar of CRPF Officers

"The Central Para Military Forces have a vital role to play in the maintenance of the intricate and delicate internal security situation". Inaugurating the two days Re-union Seminar of the 10th Batch of Directly Appointed Gazetted Officers (DAGOs) on March 1, 2000 at CRPF Group Centre, Jharodakalan, Shri M.N. Sabharwal, Director General, Central Reserve Police Force (CRPF) said that the officers have to develop a very wide vision and play a dynamic role in this regard.

"To meet the future challenges adequately, we should suitably equip ourselves both mentally and physically", Shri Sabharwal advised. He further said that "we can not sit back and relax. We have to continuously think and devise new professional strategies to put the internal security scenario of the country on the right track."

Congratulating the officers for having successfully completed 30 years of difficult, hazardous and dedicated service, Shri Sabharwal said that the re-union is a welcome idea as it provides an opportunity of meeting colleagues and travel down the memory lane which in itself is a unique experience and secondly the organisation surely benefits through the outcome of deliberations which follows with their vast experience. “This re-union, would also call upon your experience to put your minds together to analyse in a positive manner the issues which are so relevant for the betterment of the force,” he added.



Officers of the 10th Batch of DAGOs with I.G.P.N.S. Shri D.P. Sinha and other senior officers

Shri P.V. Belgamkar, Commandant, Special Duty Group Battalion gave the welcome address. Two papers on “the maximum operational Effectiveness and need to change Training Strategies with Special Reference to training policy” by Addl. DIG (Ops) S.S. Rawat and Addl. DIGP Internal Security Academy D.N.S. Bisht were presented in the seminar.

28 officers of 10th Batch commenced its training on 15th December, 1969 at CTC Neemuch. Now only 19 officers of this Batch are in service, among whom 6 are Addl. DIsG and the rest Commandants. The officers of this batch have done very well professionally and earned 2 Police Medals for Gallantry, 4 President’s Police Medals for Distinguished Service and 13

Police Medals for Meritorious Service. Besides, two officers had also undergone Courses abroad.

Taking the Trip Down Memory Lane

—Devendra Kumar

I grow .... I grow old ....

I shall wear the bottoms of my trousers rolled

—T.S. Eliot

It was not very long ago that we the 10th Batch of DAGOs, assembled at Neemuch to begin our service career in cold December of 1969 that too in tents. Thirty years have passed whizzed, as if in fast forward mode, and some of us are now on the verge of retirement soon, others after a few years from hence, but not very far if 30 years could go with the speed they have gone.

Fait accompli

“Abandon hope all you who enter here"

—On Gateway to Dante’s Hell.

It is difficult to generalize how we have spent last 30 years in CRPF but it can be done quite approximately to a fair degree. Twenty eight officers had joined CTC Neemuch in our batch from very different backgrounds - perhaps all were strangers to CRPF excepting five who were working in CRPF earlier and had qualified with us for the direct entry. Ten months of training brought lot of homogeneity from such a heterogeneous crowd consisting from national level athlete and player to indoor book worms type. Even during basic training, three had to quit immediately after injuries or personal reasons. (Physical training was tougher those days !!). One more left on his own volition after three years and life treated him far better outside CRPF as top Executive in a multi national. Yet another one called it a day taking voluntary retirement after 20 years of srevice and starting his own industrial unit. Four of us have fallen in this journey and died of accidents and illness, (too big a loss: They were good pals:) Rest of us have done average 14 postings each and average stay at 25 places because of Bn.

movements etc. Average 12 to 14 years have been spent in North East tackling insurgencies (Alas ! seems never ending) 3 to 5 years in trouble stricken J&K, 3 years in sad days of Punjab and rest all over facing communal disturbances, language riots, Naxalite movement in West Bengal and Andhra Pradesh, various serious agitations like Nav Nirman, election duties and related violence and other riots and average about 6 to 8 years in Group-Centres, Training Institute, deputation Staff officers, Directorate posting etc. In short, entire India has been our work-place - its breadth and length physically covered many times over by most of us - A free compulsory touring at Government cost. Frequent movements affected families and education of children. Seventh school by sixth class was not unusual for our children. Still children did reasonably well under circumstances and two of them are Assistant Commandants in CRPF (to replicate their parents) two in Army and one in Air Force as Commissioned Officers, a few in Hotel Management, other services. Children mostly blame their fathers for not providing enough opportunity and stable education. Incidentally, none succeeded in elite civil service or IIT or IIM or things like that. Simple grils who married us became clever CRPF lady wives, smart in taking work than doing themselves, expert in packing and unpacking of personal effects, running house-hold and educating children without help or interference of their husbands. The Batch has bunched off in 4 groups, as far as seniority was concerned, as a result some may retire very shortly and few will go for more than 8 years from now because of different age of superannuation in different ranks. In physical appearance, 30 years have taken their toll-increase in weight, girth, greying and balding in varied degree with glasses of various power and shapes have made us look different. So this is the profile after 30 years of service.

Down Memory Lane

If the Camel hadn’t knelt down, it couldn’t have been loaded

— Greek Proverb

Our ‘Ustads’ in CTC Neemuch (they were the real trainers) were averse of higher education and were keen to de-educate anything over matric and almost achieved it by constant ‘Kadamtal’ even on tarred road so that unnecessary education above matric go out quickly. In their practical and experienced wisdom perhaps they were correct as we have seen afterwards that any knowledge over matric had interfered and not paid in our work.

(Pahli das class rakhunga baki sab bahar) - one of them used to say while giving ‘Ragra’. We had also heard some of the distilled wisdom for CRPF life “Hukum Moro Mat, Tinka Toro Mat, Langar Choro Mat” or believing authenticity of “Langar Gazette” and stories of CRPF Veterans mostly now no more and very quickly forgotten. It was here that we came to know and later experience that ‘CRP’ as was the force known at that time, was 'Chalte Raho Pyare'. Despite hard life and tough training those are well cherished memories.

Having started life like that and having worked in types of situations and places, we all should be thankful to God for what we are after such a start- enduring and living 30 years through thick and thin and still surviving - A small miracle indeed !

My colleague Belgamkar - a thinker - who could bluff Ustads by not losing his educational classes - and who still dab in photography, reading and writing, flirts with philosophy and other intellectual pursuits, recently wrote me from Manipur his views of last 30 years and I quote below without his permission :

“Started on a journey of our life and career 30 years ago in CRPF, the 10th batch, itself a small stream of officers, over a period of time and space somehow lost its way into the labyrinth of proverbial “Dreary desert sand of deadly habitat” and divided into several splinter streamlets. Some streamlets dried up in the natural course, some stagnated but alive. A few gathered momentum kept gushing, rising, attaining higher and higher plains converging into a big river. All these streams and streamlets have one ultimate destination, the ocean. In what form they meet remains to be seen in the parameters of the law of nature.

Your letter took me down the memory lanes for a while. It’s difficult to reduce all in writing but now I can only sum up when I look back on CRPF’s life, in one line made famous by Anagorous.

“A blind man on darknight sitting in a dark room searching for a black cat which is not there”.

Above may look somewhat abstract and gloomy but I have no reason to doubt his superior wisdom.

We had passed out in Oct. ‘1970, passing out salute was taken by the then Chief of Army Staff Gen. S.H.F.J. Maneckshaw, who had addressed by calling “future Inspectors General of India” and ended by wishing us “a

good luck like me". We all were thrilled by his powerful presence. His good wishes have not fructified nor we could even think to have such a good luck. Thereafter, we remained scattered for most of the 30 years. In service, it was normally accidental meetings - and this 're-union' brought most of us together once again, perhaps for the last time. Count down for retirement will begin now. Let us think and reflect about ageing process as we approach towards 'aged people'.

Some factors about ageing

Scientific studies have shown that there are certain factors which can keep even old age's ill effects under control. Some of them are as under :

- Only 30% of the characteristics of ageing are genetically based, rest 70% is within ones control.

- Staying active physically and socially is important for successful ageing.

- People themselves are largely responsible for their own old age. Our aim should be to increase 'health span' and not the 'life span'.

- This is a myth that verbal intelligence declines with age in fact actually increases.

- Decline in memory with age are linked to lesser degree of physical activity i.e. those who remain active in old age have better memory as well.

- Those who are involved in some social work to help the needy, normally lead better and healthy life in old age.

Best is yet to come

Retirement is starting at many of 10th batch officers but certainly it is not the end of all good things but that of only active service and hence, as far as possible, we should accept it is a positive way. This is only yet another stage and one should take it gracefully. Preparing oneself mentally and start some new activity according to ones taste, temperament and means is a good idea. We can continue to learn and to create. Old people have also done remarkable things as Longfellow's poems "Morituri Slutamus" reminds us :

"Nothing is too late till the tired heart shall cease to palpitate
Cato learned Greek at eighty; Sophocles
Wrote his grand Oedipus, and Simonides
Bore off the prize of verse from his compeers,

When each had numbered more than four-score years

Chaucer, at Woodstock with the nightingales

At sixty wrote the Canterbury Tales;

Goethe at Weimar, toiling to the last,

Completed Faust when eighty years were past".

There are so many elderly people, some still living, some now dead, who offer us bountiful visions of tomorrow affirming amid their losses and limits - and multiplying infirmities - that existence is good.

We will have to accept, says Erikson "The fact that One's life is one's own responsibility" old age is our responsibility too. In old age, we have some strong points on our younger days. There may be more wisdom, more freedom, more perspective, more toughness and experience of life.

Perhaps best advice even for retired people, comes very pithily from teachings of Guru Nanak Dev "Kirat Karo, Nam Japo te Wand Chhako". Real joy is in living and not in reaching final destination which anyway is bound to come.

The trick is in growing up without growing old.

—C. *Stangel*

TRAINING ON HUMAN RIGHTS AT RAF HEADQUARTERS

The record of the Central Re serve Police Force (CRPF) in recognising, respecting, preserving, protecting and furthering of Human Rights is unparalleled for a Para-Military Force of its size and magnitude of its operation. Inaugurating the two day training programme on "International Humanitarian Law and Human Rights" sponsored by the International Committee of Red Cross (ICRC) on March 27, 2000 at the Head Quarters of Rapid Action Force (RAF), Shri Y.N. Srivastava, Addl. Director General, CRPF said that over the years CRPF has proved itself as a champion of Human Rights while discharging the onerous duty of maintaining law and order, fighting insurgency, terrorism and extremism etc under trying

conditions.

Shri D.K. Arya, Consultant of ICRC in his introductory remark said that this World Body is striving to create awareness in one and all regarding the imperative need for enforcing Human Rights. Shri Tashi Dawa, Inspector General, RAF in his welcome address said that ICRC has conducted six such training courses for the officers of CRPF since 1996.



Shri Tashi Dawa LG. RAF presenting bouquet to Addl DG Shri Y.N. Srivastava on the occasion of inauguration of training seminar

"The essence of democracy is a rule of law. The essence of rule of law is recognition, respect and protection of human rights. This includes equality before the law, equal protection of law and all basic rights that go with the concept of the freedom and dignity of human being."

Addressing the officers in the concluding function on March 28, 2000, Shri D.R. Karthikeyan, Director General, National Human Rights Commission (NHRC) said that having undertaken to strictly abide by the constitution and having taken an oath to uphold the law of the land, it is the duty of every public servant and more so that of a member of the uniformed forces not only to observe human rights but also to respect and protect the human rights of others.

Highly appreciating the role of CRPF Shri Karthikeyan said that the para-military forces should respect and preserve the human rights under trying conditions. 40 officers of RAF and CRPF participated in this course.

Base Hospital Hyderabad Medical Team in Orissa Cyclone Duty



Base Hospital Doctor attending cyclone victims

The worst ever Supercyclone of Orissa which ravaged 12 districts on 29th October last brought a train of unprecedented disaster. The disaster also brought with it the unmitigated illness and suffering of lakhs of people. As part of elaborate rescue and relief plan of CRPF, a medical team of CRPF Base Hospital, Hyderabad led by Dr. P.K. Dash, CMO alongwith 4 paramedical staff, organised 20 medical camps in the cyclone ravaged Kendrapada district and treated about five thousand patients of cyclone related diseases between 5th and 25th November. The team crossed rivers with countryboat, walked miles on foot in most inaccessible Luna-Karandia and Luna-Chitrotpala island areas. They distributed medicines worth rupees one lakh to ailing people. This yeoman service was widely acclaimed by

local newspapers of Orissa and the local administration. Apart from treating patients, the team took the task of water purification and area hygiene on a war-footing, distributed 20,000 halogen tablets, 500 kg bleaching powder, and disinfected all the wells and tube wells in the villages visited. The team attended to ailing infants and children of Nivedeta Orphanage in Patalipanka village and also donated for the inmates.

CRPF Lifts the Trophy as Best Team in HR Debate

"Terrorism is not to be com bated with state terrorism," said National Human Rights Commission Chairman Justice J.S Verma.

Speaking at a debate competition on "The Concept of Human Rights in Combating Terrorism and Militancy," Justice Verma said there is no conflict that "the interest of the nation should out-weigh individual's interest."

Advocating that the security forces deployed in trouble areas should exercise restraint while handling volatile situations, the National Human Rights Commission Chief said the force is meant to perform duty in accordance with law.

Arguing that gun alone is not a solution for restoring peace, he said terrorists have local support and that base should be eliminated. Arbitrary actions on the part of security forces, in his view, results in increasing number of terrorists.

Central Reserve Police Force lifted the trophy for being the best team participating in the debate competition, which was organised by the Border Security Force on the behest of National Human Rights Commission.

Seven teams of central organisations took part in the competition.

In the Hindi category ASI Bijender Kumar of CRPF got the first prize. In the English Section AC Kumar Singh of the CRPF got the third prize.

CRPF: The 19 Times Champions in All India Police Aquatics

—D.G. Mohapatra, PRO, CRPF

The CRPF has been making sustained efforts to promote sports and encourage the sports persons. Its main nursery for sports has been the training centres and units from where young talents are selected and groomed. The struggle of sportsmen in the field inspire others to succeed and excel in their own careers despite setbacks. Sports is an authentic replica of struggle and success, victory and defeat, ups and downs, the ebb and flow, optimism and pessimism in life. One common point in both sports and CRPF functioning is the ultimate triumph of human spirit over all seemingly insurmountable barriers. Sports have, accordingly been adopted as an integral part of life in CRPF.

The CRPF aquatics squad participated in All India Police Aquatics for the first time in 1960. It performed fairly well with a tally of one gold (won by Constable Viswanathan in the 100 meters backstroke) three silver and three bronze medals. The same year, it lifted the championship trophy of the 12th Rajasthan Aquatics.

In the 1963 Police Aquatics, the CRPF team secured the second place in the overall rating. Though the fortunes fluctuated thereafter, it was only in August 1977 that the CRPF could wrest the All India Police Aquatics championship trophy for the first time. Since then, the CRPF swimmers have not looked back. They have held on to the championship trophy for consecutive last 15 years till 1991. They also garnered the championships in the years 1993, 1994 and 1997. During the year 1992, 1995, 1996, and 1998, it won the runners up. CRPF provides the bulk of swimmers for Police team to participate in the Nationals.

Khajan Singh, who joined the CRPF as a Sub Inspector in 1983 was selected for training under the expert guidance of Australian coach Eric Arnold. He underwent training in Australia and proceeded to Seoul in 1986 for Asian Games where he bagged the silver of 200 meters butterfly event. No mean achievement, considering the fact that an Asian Games aquatics medal had been bagged by an Indian after a span of 21 years. The 24 year old Deputy Superintendent of Police went on to represent the country in Seoul Olympics in 1988.

With this powerful strokes Khajan Singh emerged record-holder in many swimming events in Police aquatics. He also held national records for many times. It was only befitting when the Government of India honoured him

with the Arjuna Award in 1984.

S. Radhakrishnan, another breast stroke expert represented the country in the Asian Games at Seoul in 1986. He got one gold medal in World Police and Fire Games-1993 held at Colorado Springs. T.J. Jacob participated in the Asian Games in New Delhi in 1982.

Some of the other swimmers who have represented the country in international meets are K. Somasekharan, P.V. Pillai, R.K. Rojen, K. Aloysius, Mohinder Kumar, D. Clement and Shyam Lal.

In diving, Dhaka Singh, M.S. Shekhawat, B.S. Ravishekhar and Pavitro Sharma have been national champions for several years. B.S. Ravi Shekhar held the Police record in high board diving while N.S. Shekhawat held the police and the National records in spring card diving.

While Dy. Commandant Mohinder Singh won gold medal in SAF Games-1985, Inspector Raja Ram Tokas got one silver medal in SAF Games-1995, one sliver medal in 10th Asian Pacific Swimming Championship ‘96 held at Korea, 2 silver medals in World Police and Fire Games-1995 held in Australia, one silver and bronze medals in World Police and Fire Games-1997 held in Canada and 3 gold medals in World Police and Fire Games-1999 held in Sweden.

Inspector Kailash Nath got one bronze medal in Aisa Pacific Swimming Championship-1999 held at New Delhi, 3 gold and 2 bronze medals in World Police and Fire Games-1999 held in Sweden, 3 gold medals in SAF Games-1999 held at Kathmandu. While Inspector Elvis Ali Hazarika won 2 gold, 2 silver and 2 bronze medals, Inspector Senthil Kumar K garnered 3 gold medals in SAF Games-1999.

In 47th All India Police Aquatic Championship held last year, our water polo team secured gold medal and swimming team secured second place. Insp. Kailash Nath adjudged “Best Swimmer” of the championship by winning 5 gold, 5 silver and 1 bronze medal.

ALL INDIA POLICE AQUATIC MEET AND CROSS COUNTRY RACE CHAMPIONSHIP - 1999

The All India Police Aquatic Meet and Cross Country Race Championship - 1999 started at Thiruvananthpuram from January 27, 2000 concluded on Jan. 31, 2000 with Central Reserve Police Force (CRPF)

winning three out of four championships. While CRPF garnered championships in Aquatice. Cross Country Race (04 km) and Water Polo. BSF got the championship in Cross Country Race (12 Km).



Winning team with D.G. Shri M.N. Sabharwal

In aquatic while CRPF got 216 points BSF and CISF got 132 and 80 points respectively. In the acquatics while creating some new records the swimmers of the CRPF have garnered a tally of 28 medals including 18 gold, 7 silver and 3 bronze medals - Elvis Ali Hazarika of CRPF was declared as the best Swimmer of the Meet.

In the Cross Country Race (04 km) while CRPF secured the 1st position with 18 points and third in 12 km race with 40 points BSF got Ist position in 12 Km race and 24 points and 2nd in 04 km race with 26 points. CISF secured 2nd with 39 points and third position with 49 points in the 12 and 04 km race respectively.

In the Water Polo Final CRPF beat BSF by scoring 8-5 goals while CISF secured third position beating Punjab Police by 10-5.

In the concluding function. Shri T.K. Ramakrishnan, Minister for

Cultural Affairs of Kerala awarded the trophy and other Cash prizes. Shri M.N. Sabharwal. Director General, CRPF was also present on the occasion.

CRPF Doctor Honoured



Dr. G.C. Satpathy receiving award from Dr. Murali Manohar Joshi H.R.D. Minister for his work in Hindi

Dr. G.C. Satpathy, Medicine Specialist of CRPF Base Hospital, Guwahati has been awarded the certificate of merit by the Ministry of Human Resource Development for his literary work in Hindi entitled “Bhartiya Pulis Balon Mein Swasthya Seva” alongwith a prize of rupees twenty five thousand in recognition of his literary contribution to the Hindi language and literature. The award was given by Dr. Murali Manohar Joshi, Minister of Human Resource Development on March 31, 1999 in a glittering function held at Vigyan Bhavan, New Delhi.

Dr. G.C. Satpathy, educated in Burla (Orissa) and Ahmedabad in Medical Science/Speciality, is engaged in the police healthcare services since over 25 years. A popular science writer in Oriya, Hindi & English, Dr. Satpathy has published numerous articles in various journals/periodicals. His work has received recognition at national level.

His vast experience in the fieldwork in far-flung remote territories of Tripura, Assam, J & K, Gujarat and MP etc., analytical study of problems and perspective of various police formations has resulted the production of his first book “Health Care in Indian Police Forces”, widely accepted as first ever book on the subject in the country.

THEY ARE NO MORE

We offer our deep condolence to the grieved families of following CRPF personnel who lost their lives during the months of February and March, 2000.

HC Narsingh Singh (60 Bn), L/Nk Ram Gopal (75 Bn), HC Raje Singh (123 Bn), Ct Chote Lal (65 Bn), L/Nk Ramesh Bhai (37 Bn), HC Md. Mustaffa (5 Signal Bn), Ct M. Vengittu (11 Bn), HC Ram Kumar Singh (95 Bn), Ct Suklal Hasada (123 Bn), HC Ashok Kumar (3 Signal Bn), Ct S. Kumar Swamy (82 Bn), HC Rashpal Singh (82 Bn), HC P.C. Pullaih (85 Bn), Ct B.K. Shukla (82 Bn), Ct Dinesh Kumar (82 Bn), S/K K. Kondaiah (42 Bn), Ct. S.P. Rao (46 Bn), Ct D. Handique (5 Bn), Ct Yashwant Singh (49 Bn), Ct Bhajan Singh (112 Bn), Cook Kishan Lal (GC JDR), Ct Satbir Singh (108 Bn), Ct S.A. Karim (134 Bn), Ct Kartar Singh (136 Bn), Ct Prakash Sanap (69 Bn), Ct. Sanjay Saha (38 Bn), Ct Jadhav Ekanath Raghunath (101 Bn), SI Ramji Choubey (55 Bn), ASI Balger Singh (GC, SVP), Ct Bali Ram Yadav (55 Bn), HC Dharambir Singh (45 Bn), HC Jai Prakash (41 Bn), Shri B.P. Thapa, Comdt (51 Bn), HC R.P. Gupta (32 Bn), HC G.R.K. Nair (RTC-II), HC Ramanand Yadav (69 Bn), Ct Veera Swamy (69 Bn), HC Sohan Singh (1st Signal Bn), HC Prabhu Nath Singh (1 Bn).

Besides above as per late information received the following CRPF personnel who also lost their lives during the months of April, October, November, December 1999 and January 2000.

Ct Sukhan Bhai (86 Bn), Ct Kamal Baskey (11 Bn), Ct Mahesh Prasad Pandey (86 Bn), Ct Birender Singh (73 Bn), Ct Kanwar Pal Singh (74 Bn), HC Gandur Bhagat (74 Bn), L/Nk Madhuri Purty (91 Bn), Ct K.D. Bhapkar (72 Bn), L/Nk M. Rajan (97 Bn), Ct Arjun Prasad Awasthi (65 Bn), Ct Kishan Chand (20 Bn), HC T. Bhengra (65 Bn).



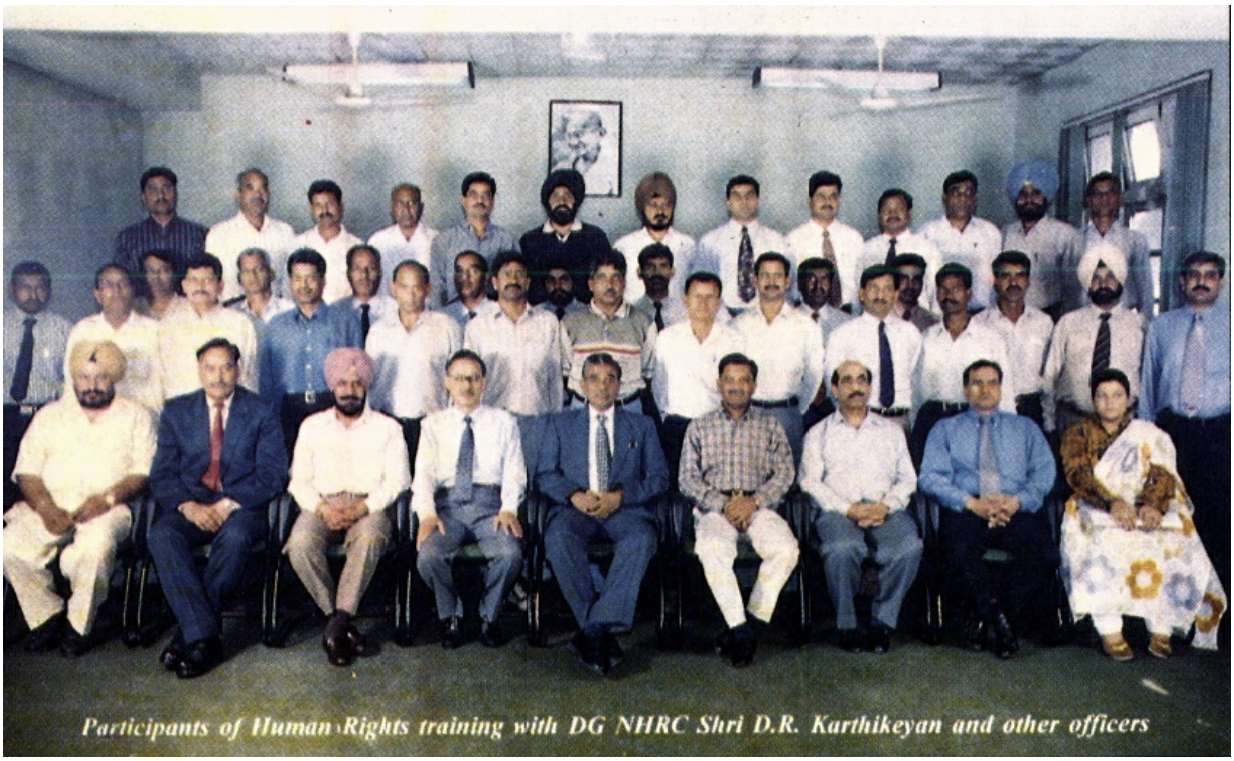
DG Shri M.N. Sabharwal Pinning Stars to DAGOs of 31st Batch



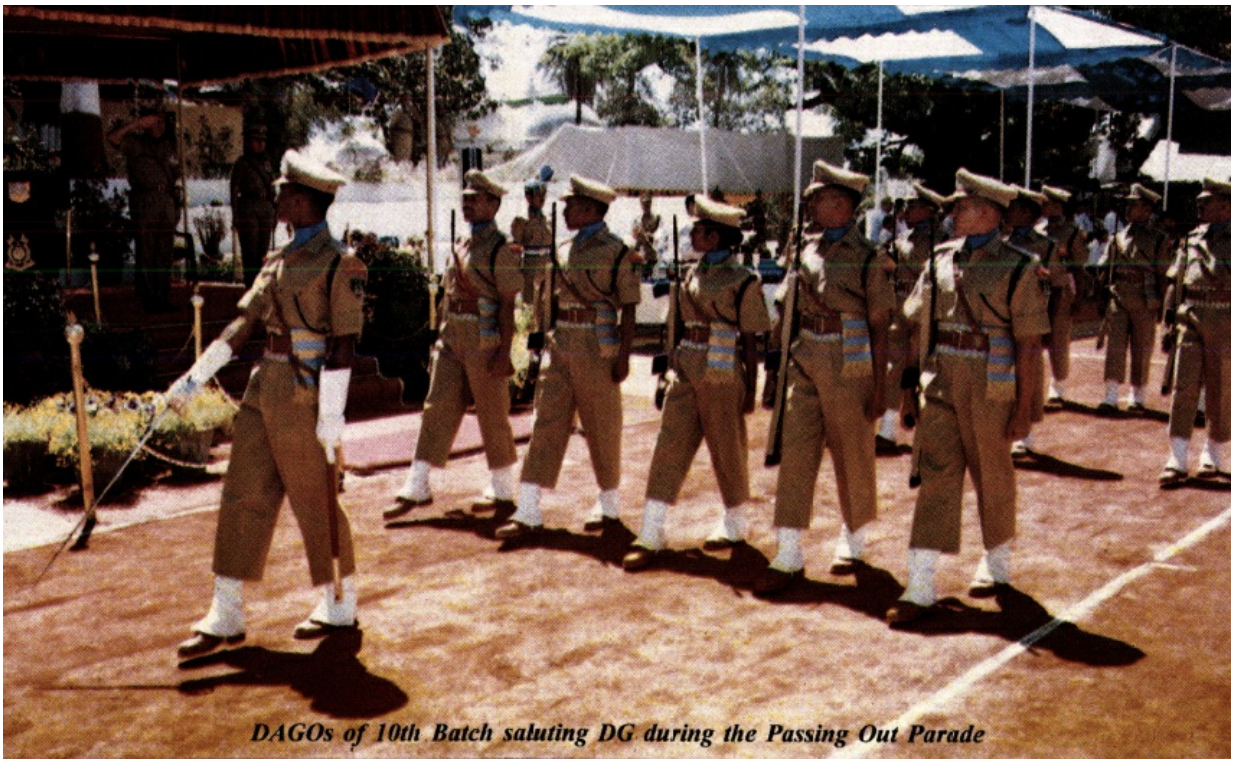
DG Inauguraging Re-union Seminar of 10th Batch of DAGOs



Members of Mountaineering team with Home Secretary Shri Kamal Pandey and D.G. CRPF Shri M.N. Subharwal



Participants of Human Rights training with DG NHRC Shri D.R. Karthikeyan and other officers



DAGOs of 10th Batch saluting DG during the Passing Out Parade



Weapons seized from terrorists by 16 Bn



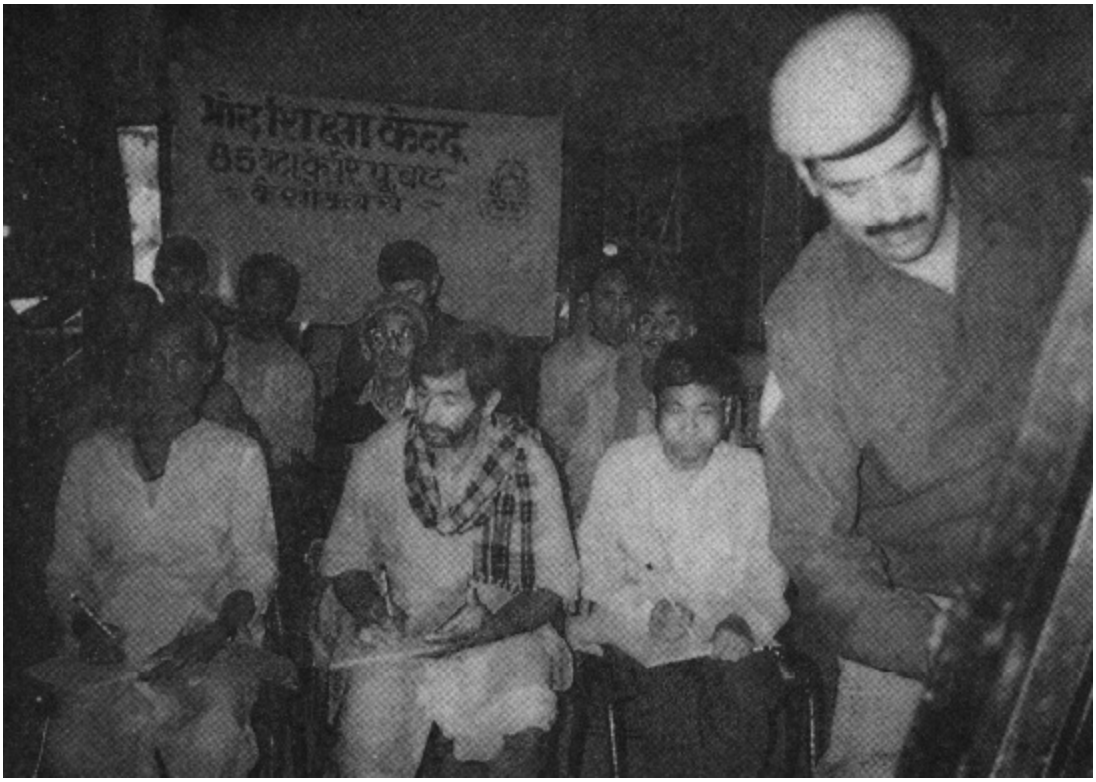
DIG Kohima Shri R.K. Sharma administering the first drop of Oral Polio Vaccine to child during pulse polio camp organised at Kohima

85 Bn CRPF in The Service of Humanity

85 Bn CRPF has conducted a series of civic action programmes at Bn HQ Bokajan and its coy locations in disputed As-sam-Nagaland border area from March 8-10, 2000. An amount of Rs. 1.35 lakh was spent for benefitting the poor and needy tribal population living in the area of responsibility of the unit. During the colourful function organised at Bokajan, study materials were distributed to the poor and needy students of Govt. Middle English School Gharialdubi near Bokajan on March 9, 2000. Shri M.P. Sinha, General Manager CCI Bokajan presided over the function. He louded the humane gesture of 85 Bn CRPF in helping the poor students. He mentioned that this is unfortunate that ever after more than 50 years of independence, a large number of students remain deprived of basic education due to lack of resources. He thanked the unit commandant Mr. H.R. Singh and officers and men present on the occasion. Some children of

widows studying in CCI School Bokajan were also provided study materials. In all 600 students were provided materials at Bokajan, Chetiagaon, Majgaon, Homeland, Rengmepani and Signboard locations.

Under this programme, the unit also helped local population by organising free medical camps at Bokajan and Nakhuti from March 8-10,2000 in which 570 male, 400 female and 237 child patients were provided free medicines.



85 Bn personnel conducting Adult Education Classes

Local youths belonging to Naga and non-Naga were also exhorted to participate in various sports meets organised by the unit. In a glittering eye-catching function, a large number of local youths participated in athletic meet. The programme culminated in a run on March 9, 2000 by 50 Naga and non-Naga youths. This was an extraordinary race “Run For Peace” carrying message of lasting peace of the nearby villagers by local youths. Shri A.S. Chahal, DIGP Khatkhati gave away the prizes to the participants. He called upon local youths to join the mainstream and keep away from the distorted path of violence.

Besides above, 3 adult education centres were established at Signboard, Nakhuti and Bokajan to impart working knowledge of Hindi to 50 adults at

each centre. Each centre has been equipped with educational materials charts, boards and writing materials. Rs. 10,000/- were spent for all 3 centres for 150 beneficiaries in all.

These programmes were effectively conducted to benefit the poor/needy persons to generate good will and image of the Force in the eyes of local population. Ever since the 85 Bn CRPF took over charge of Assam-Nagaland border area in May-June 1999, the unit has been maintaining excellent relations with the locals by organising a number of cultural programmes and friendly matches besides maintaining order and peace in the area. The unit has also assisted in polio immunisation drives in the area in past.

Pursuit of Excellence - Another Leaf forword by CTC (Telecom)

In its quest for excellence, Cen tral Training College (Telecom), Ranchi acquired new dimensions by installing Desk Top Video Conferencing (DTVC) system for imparting training on this state-of-the-art communication system.

Office of the Principal CTC (T), Vice-Principal CTC (T) and Faculty of Information Technology have been connected together initially using UTP cabling. These points are approximately 150 meters apart and trainees will be given exposure in the use of Video Conferencing system and installation procedure.

This system allows full motion Video Conferencing, wherein Audio, Video (images & graphics) along with data can be sent simultaneously. One can conduct a face to face interaction and share computer applications at different locations.

Video Conferencing - an Overview.

In the past, we could hardly imagine that a video phone could be as common as a telephone set. But now, if you have a desktop computer with audio/video capabilities and access to the Internet, you can video conference with another person (who has the similar facilities) located anywhere in the

world.

Video conferencing allows people to communicate face-to-face without the tremendous cost of travel (air fare, hotels, rental cars, food, etc.). Using vide oconferencing, people can assemble in their normal conference room with one or more cameras and microphones and get their work done without the time and expense of travel.

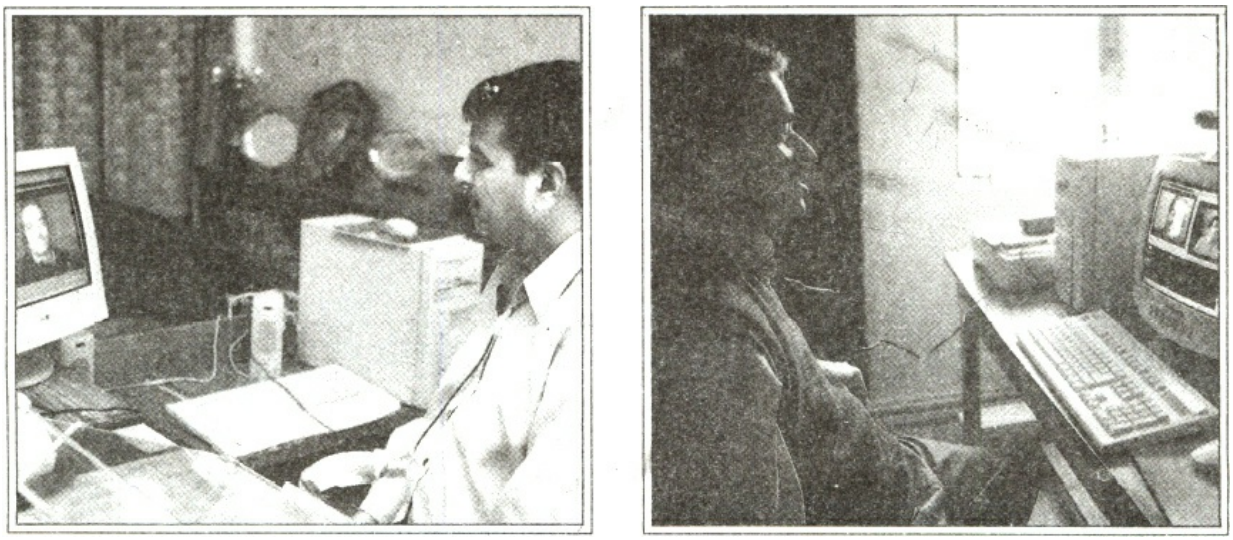
The System

The popularity of video conferencing has increased dramatically over the past few years. This is primarily due to the availability of desktop video conferencing (DTVC) which offers add-on products for most PCs. A typical DTVC consists of a board which digitizes and compresses a video signal. This signal is decompressed at the receiving station where it is reconstructed to resemble the original information.

Compressing and decompressing DTVC information is accomplished using a CODEC (Compression - Decompression) scheme. This is done with hardware or software. The more information that can be compressed, the larger and smoother the video images are on the receiving end.

The Medium

The compressed audio and video signals are then sent over a communication line to the other computer involved with DTVC. The most popular communication line to transmit and receive data is the Plain Old Telephone Services (POTS). It’s everywhere and that’s what makes it a logical choice to use. The problem with the conventional telephone line is its limited bandwidth. Bandwidth refers to how much information can be sent back and forth. With the POTS, that’s not much.



Principal, CTC (T) & ADIGP (Comns.) interacting on Video Conference installed at SGC/CTC (T)

Originally intended for voice only, the telephone line does not handle video signals very well. Because video contains much more information than audio, it requires a much larger bandwidth (a larger information carrying capability) to handle this complex signal. What helps this situation is the fact that the audio and video signals are compressed before they are sent. This limited bandwidth can cause several problems including:

• **Choppy video** - Jerky delays in the movement of an object.

• **Sync problems** - Voices are heard when the mouth isn't moving.

• **Poor image quality** - Low resolution images that are hard to see.

A more efficient option is to use a dedicated line for high-speed and wide-bandwidth communications known as an ISDN (Integrated Services Digital Technology) line. Many larger corporations elect to connect with these lines since they can handle a tremendous amount of information. There is typically a one-time connection fee which includes physically installing the ISDN cable and connections followed by a fee for actual line usage.

The Software

DTVC software typically offers more than just a means to see and hear someone else. Most DTVC software packages come with an “Electronic Whiteboard” feature. This allows notes to be taken on a blank “Whiteboard” next to the video image.

Notes in the form of text are entered using a standard computer

keyboard. These notes can be saved as an electronic file to be used later with most work processing programmes. File-transfers can also be supported with many DTVC software packages. Perhaps after a financial meeting ends, the accounting information which has just been reviewed needs to be sent to a regional office. This electronic file can be selected and transferred either after the videoconference meeting has ended or, if you're using an ISDN line, in the background while sight and sound information is still being exchanged.

Another software feature that may be included is a zoom capability to allow an image to be magnified (but with a loss of image resolution). Drawing tools are sometimes included for adding very basic sketches to the electronic whiteboard. Audio mute may be a useful feature when private group discussions must precede a formal answer or announcement.

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

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I, D.G. Mohapatra hereby declare that the particulars given above are true to the best of my knowledge & belief.

Sd/- D.G. Mohapatra
Signature of Publisher

Date : April 30, 2000

CRPF'S CIVIC ACTION PROGRAMME



Health Camp organised by 75 Bn

As a part of the civic action programme, 75 Bn of CRPF organised a health check-up and free medicine distribution camp at Thelamara High School on March 12, 2000 Mr J. Khosla, commissioner, NAD, Tezpur inaugurated the camp. Mr. VPS Panwar, commandant 75 Bn CRPF supervised the camp.

On this occasion Dr. Ms. J. Bogam, Dr. M. Chetri and Dr. N.K. Choughury examined the patients and prescribed medicines and CRPF staff helped in distribution of medicines.

Speaking in the public meeting organised on the occasion Mr. J. Khosla, praised the services rendered by 75 Bn CRPF for the needy and poor people of the rural area. He further expressed hopes that such programmes would

be organised at regular intervals and assured that the district administration will provide all possible helps in making them successful and asserted that such programme will definitely bring people closer to security forces.

Mr Panwar later laid the foundation of a urinal block for girls in the Thelamara High School campus. One hand pump was also installed near the urinal block.

In the camp nearly 700 people were examined and given free medicines. It may be mentioned that similar health camps were organised at Kalibari on March 8 and at Balijuri, Hattipatty on March 10. In all these camp 75 Bn distributed about 8000 books to the school children. Near about 3000 sick persons were examined in these free health camps and were provided free medicines.

Besides above programmes 75 Bn CRPF also repaired the school building at Gotiaong.

THE VALIANT MEN OF 16 BN CRPF IN JAMMU

The Coys of 16th Bn, CRPF are deployed in Jammu. Alert and audacious troops of D/16th Bn located in Chiri on the outskirts of Jammu city foiled an attack on their camp by a group of militants and recovered huge quantity of explosives on the intervening night of 2nd and 3rd March, 2000, when at about 2330 hrs a patrolling party comprising of No. 851110129 L/Nk KuldeepChand and 931221756 Ct/GD Danda Pani heard voices and foot steps of about 10-15 militants in camouflage battle dress. The alert patrolling party informed about the approaching militants towards D/16 camp to No. 851550122 Insp (GD) Karnail Singh, the Officer Commanding. Immediately the militants opened fire when dragon light was focusssed by patrolling party towards them. This fire was effectively retaliated by the sentries of two morchas as a result of which these militants fled away and they were chased by the troops of D/16 Bn and a massive search and Combing operation was conducted in wee hours of 3rd March, 2000 under the supervision of Shri Anil Duggal, Commandant 16th Bn and huge quantity of arms and other items were recovered from the fleeing militants.

The following personnel have done the commendable job in valiantly

defending the post against possible militant attack.

1. Insp/GD Karnail Singh
2. L/Nk Kuldeep Chand
3. Ct/GD Danda Pani
4. Ct/GD M. Muniappa
5. Ct/GD Namdev

Adventure Activities in CRPF

Adventure has been a normal instinct of human being and in the process, men and women have attempted to achieve most difficult, arduous and ambitious goals. CRPF, though, very actively involved in their operational role, have been giving opportunity to their officers, men and women to undertake various adventurous activities in the recent past. Some of the important expeditions in the last decade are given in succeeding paras.

Ganga Sagar Abhiyan - 1994

A boat expedition in the Holy Ganga was undertaken during October-December ‘94 when two officers and 23 other ranks in four boats under the leadership of Shri D. Clement, AC covered a distance of 2151 kms in 61 days. The expedition was flagged off on 16th October ‘94 from Haridwar and terminated at Calcutta on 15th December, 1994. This expedition was received at 8 major cities located on the bank of Ganges by serving/retired officers and men of the Force as also general public with great enthusiasm.

Mountaineering Expedition to Jogin-I & III-May-‘95

The first CRPF Mountaineering expedition was organised to scale Mt. JOGIN I (21211) and JOGIN-III (20066) to pioneer the new era of mountaineering in the Force. An expedition team of 10 mountaineers, led by Shri S.S. Sandhu, Dy. Director with a support team of five personnel, was flagged off on 02 May 1995. Having established a common summit camp at a height of 19000 ft, the team divided itself in two groups to summit both the peaks simultaneously on 17th May 1995. However, this attempt had to be called off due to adverse weather conditions. Undeterred, they again attempted together, first to climb Jogin-III which was summitted by 0700

hrs on 18th May and subsequently all members were on peak Jogin I by 1040 hrs to hoist the National tri-colour and CRPF Flag on top of the mountain.

Brave officers and men of CRPF, passing through avalanche prone areas, ducking falling rocks, crossing crevasses and braving chilly winds succeeded in their maiden attempt to climb Jogin I and III without any casualty or untoward incident. On successful completion of this expedition the team was honoured by Shri Rajesh Pilot, the then Minister of State (Internal Security) in a glittering function organised at Talkatora Indoor Stadium.



Ganga Sagar Abhiyan



Mountaineering expedition to Jogin-1 & Jogin-3

Himalayan Car Rally - 1995

Two CRPF teams participated in the Himalayan Car Rally organised by Indian Army from 26th October to 02 November 1995. Shri Vikram Sehgal and Shri Ravideep Singh Sahi, Both Dy. Commandants now 2 I/Cs along with one constable driver each participated in this expedition. Code named HIMEX - 95, this rally covered a distance of approximately 1500 kms over extremely rugged hilly terrain varying in altitude from 3000 to 10000 ft. Our team, though again their maiden attempt, did extremely well and secured 3rd and 10th position out of 18 teams participating in the event.

All Women White Water River Rafting Expedition - 1996

With two mahila battalions, and a platoon in each RAF unit, it was desired that sense of adventure be inculcated in our women personnel as well. Accordingly, the first all women white water, river rafting expedition was organised by CRPF from Srinagar (Garhwal) to Rishikesh in Alaknanda river from 30 November to 04 December ‘96. The expedition team was led by Smt. Annie Thomas, Dy. Comdt, 88 (M) Battalion and consisted of 16 Mahila personnel of the Force. They were flagged off in two rafts on 30th November and reached Rishikesh on 04 December ‘96 along the route

Bagwan - Dev Prayag - Kudiyala - Shivpuri -Rishikesh. The journey down the turbulent waters of Ganges were full of thrilling moments for these young adventurers.

All Women Mountain Biking Expedition - 1997

CRPF organised an All Women Biking Expedition from Sarhan (H.P.) to Chandigarh from 22 to 30 September 1997 covering a distance of 300 kms in very rough mountaineous terrain of Himalayas. Eight women members under the leadership of Mrs. Anita Sharma, Dy. Commandant 88 (M) Battalion participated. This expedition was organised as part of celebrations of 50th year of Independence of the Nation. Our cyclists not only communicated the message of “Unity and Fraternity” but also helped in attracting young men and women of Himachal Pradesh, Punjab and Chandigarh towards adventure sports.

All India Motor Biking Expedition - 1999

As part of Diamond Jubilee Celebrations of the Force, the first Motor Biking Expedition was organised during November-December, 1999.20 riders including three women were flagged off from Jammu on 25 November 1999 by Hon’ble Chief Minister of J & K. The expedition passed through the States of Punjab, Haryana, U.P., Bihar, West Bengal, Orissa, Andhra Pradesh, Tamil Nadu, Kerala, Karnataka, Goa, Maharashtra, Gujarat, M.P., Rajasthan, Haryana and terminated at Delhi coinciding the Diamond Jubilee Anniversary Parade on 26th December, 1999 where the Prime Minister took the salute. The expedition carried the message of :-



All Women White Water River Rafting



All Women Mountain Biking Expedition

"UNITY AND INTEGRITY OF THE NATION".

Mountaineering Expedition of Mt. Sri Kailash - May '2000

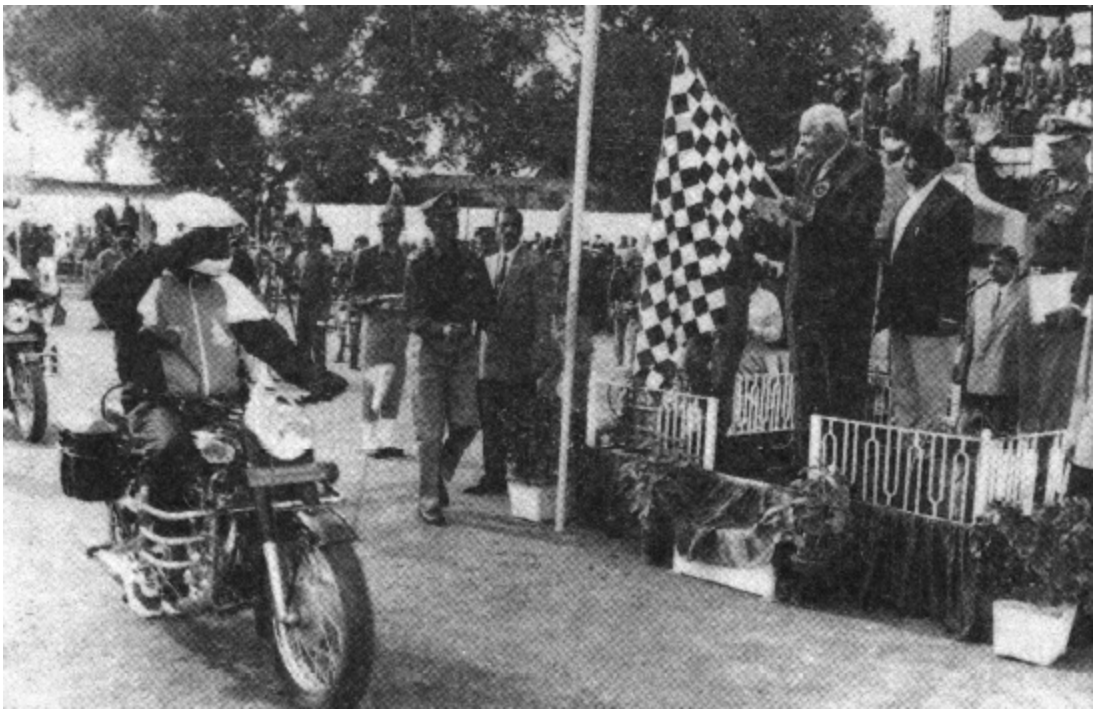
After successfully conducting a chain of adventure sports, CRPF is now

launching an Expedition to Peak “Sri Kailash” (6932 mtrs) in Garhwal Himalayas to mark the culmination of Diamond Jubilee Celebrations of the Force. Over a decade now, CRPF has been actively involved in fighting insurgents, militants and anti national elements in difficult and inhospitable terrain and climatic condition in J&K and North East. It is, therefore, befitting that a Mountaineering Expedition is undertaken by officers, men and women of the Force to mark the successful culmination of Diamond Jubilee Celebrations. 16 mountaineers including two lady officers and two lady constables formed part of the summit team assisted by a five member support team. The Mountaineering Expedition is carrying the motto of :-

“ADVENTURE AND PROFESSIONALISM”

The Peak

The Mount Sri Kailash (22736 ft) peak has unique pyramid shape which makes it totally different from other peaks in the region. It has also mythological background to it as it is believed to be the abode of Lord Shiva. The peak is situated in the Uttar Kashi district of Garhwal region. Approach to the peak is approximately 62 kms from Gangotri, road head. It is known for its long and adverse route. The first ascent to the peak was made by Austrian climbers E. Ellmauthaler, W. Fraunberger, R. Jonas and R. Schwarzgruber, on 16 October 1938. The first Indian expedition to the peak was led by D. Pandya in 1963. Ms. Hanna Przedpelska Preyzner was the first lady to climb the peak on 02 September, 1981.



Dr. Farooq Abdullah Flagging off All India Motor Biking Expedition

Team

The expedition team consists of 16 members including four women and is supported by a team of five members. They are Shri Sunand Kumar, Dy. Comdt., Shri B.C. Sharma, Dy. Comdt., Shri Randeep Sharma, Asstt. Comdt., Ms. Seema Tolia, Asstt. Comdt, Mrs. Indrani Yadav, Asstt. Comdt. Ct. Rakesh Singh, Ct. Padam Singh Thakur, Ct Ajan Singh, Ct Devender Singh, Ct Shiv Baran, Ct Basant Singh, Ct A. Surendran, Ct. Sanjeev Kumar, Ct/Mahila Sukla Dass, Ct/Mahila Sangeeta Singh and N/A Taiyub Khan.

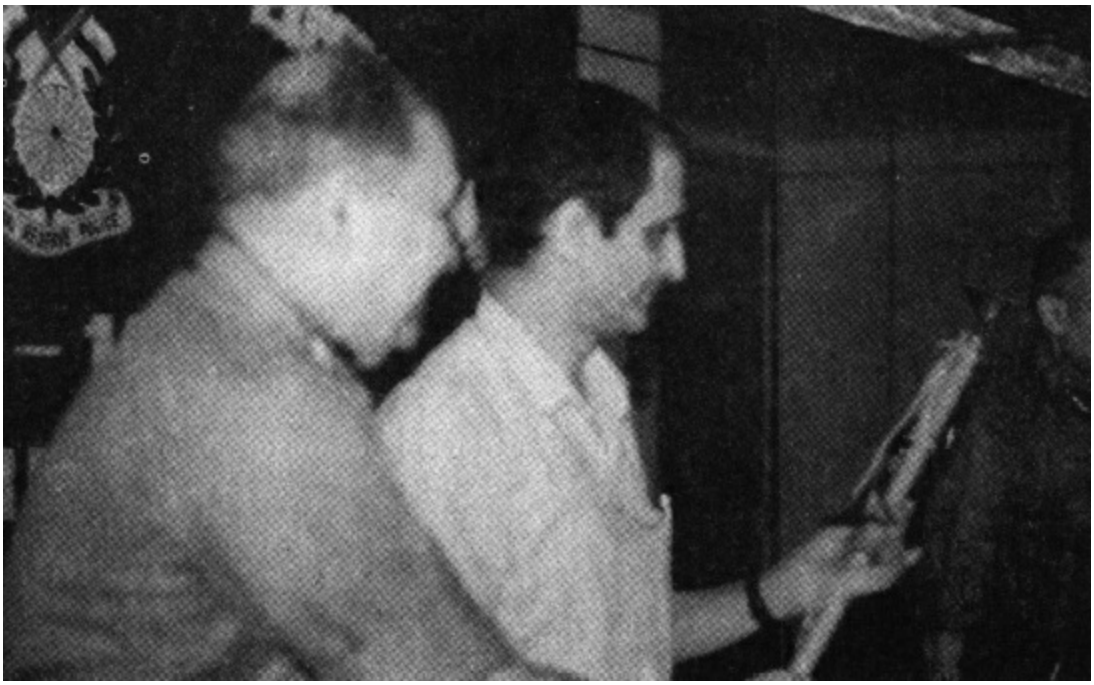
The supporting members are Dr. Rajesh Tripathi, ASI (Pharmacist) A.B.K. Singh, HC/RO Maneesh Nautiyal, HC/RO Madan Lai and Cook B. Dev Varma.

CRPF Diamonds Jubilee Mountaineering Expedition to Mt.

Sri Kailash

-From Leader's Pen

I was the member of first CRPF Mountaineering Expedition to Mt. Jogin I and III. This expedition was a great success when all the 10 members of this climbing team made successful ascent of Mt. Jogin I and Mt. Jogin III. The morale of CRPF mountaineers was very high after this expedition. There was a feeling in the heart of some members of the team that they should now plan some expedition to higher peak. During April, 1998 Sh. M.N. Sabharwal DGP, CRPF visited Guwahati. When I proposed the idea of organising second CRPF mountaineering expedition. The idea was well appriciated by him. The Diamond Jubilee Celebration was the right opportunity to organise this mega event. When I proposed this expedition I had never thought that I will be leading of this expedition. On February 11,2000 I was nominated as the leader of this expedition. Since I was given such assignment for the first time, I was not feeling confident and was also little worried. But then there was no option. So I started doing my homework. By the time I had prepared the Budget estimates I gained some confidence. Then came the planning of expedition. The expedition was planned in three phases. The first phase was the conditioning of team members. The whole team was concentrated at Group Centre CRPF. Rampur. The team was put under rigorous physical conditioning for a duration of 12 days. In the second phase the team was taken to Nehru Institute of mountaineering, Uttarkashi and was given a special Mountaineering course for a duration of 21 days. In this course the team was imparted training on Rock Climbing, Snow Craft and Ice Craft. The team was also acclimatised in this phase and they reached upto the altitude of 16000 ft. After the completion of this phase I felt that members were in good state of physical fitness, in better mental frame and fully confident. I also had gained full confidence and things were looking easier to me.



Home Secretary Shri Kamal Pandey inspecting the flags on the occasion of flagging off ceremony of expedition

The third phase started after the flagging off ceremony and since the planning has been done meticulously so I am hopeful and fully confident that this expedition will be a great success. However I leave it to the fate and destiny.

-Sunand Kumar, Dy. Comdt.

Medical problems at High Altitude

—Dr R.B. Das, CMO & Sports Medicine Specialist

It is befitting for CRPF to organise a mountaineering expedition in its Diamond Jubilee year of celebrations not only to mark the occasion but also to create an awareness among the force personnel most of whom work in the difficult terrain and mountainous regions of J&K and North East in keeping the peace. Let the beauty and grandeur of peak of Mount Sri Kailash to which the force have launched its expedition inspire the men to explore their adventurous spirits. At this auspicious occasion the author thought it proper to highlight the medical problems that a mountaineer face at the high altitude during the course of his/her expedition.

Physiological changes and adaptation to high altitude

The most important implication at the high altitude is the atmospheric hypoxia i.e. less Oxygen tension in the atmosphere. This is due to the decrease of partial pressure of Oxygen and reduction of the total atmospheric pressure at the increasing altitudes. This influences the aerobic system of6 the body with the reduction of physical work capacity. The physical activity becomes more tiring and the point of exhaustion reaches more quickly. After the muscle, the brain and central nervous system also get affected as a result the person becomes irritable, errorprone and uncooperative. There is disturbance in vision and sleep.

Obviously, if the physiological parameters like pulmonary ventilation, circulation, Oxygen transport etc. were to remain unaltered at high altitudes, it would require a compensatory mechanism which exactly occur on adaptation to high altitude in case of mountaineering expeditions. The hyperventilation (quick breathing) occurs in order to move large volume of Oxygen to working muscles. Heart rate increases pumping more blood to the system. Oxygen transport system is further maintained by the increased production of Red cells with decreased plasma volume. All these process starts after few days of the expedition and when the person gradually advances to the higher altitudes and the process can be normal as soon as the mountaineer descends down to the sea level.

Adverse Reactions to the Altitude

Above 5000 M. of height there may be some adverse reactions in the body and the mountaineer should aware of those reactions. They are described as under :-

(i) Acute Mountain Sickness (AMS) - The sign and symptoms of AMS include headache, drowsiness, nausea, vomitting, abdominal upset, sleeplessness, breathlessness, cyanosis etc. The treatment is to avoid more physical strain, rest, Oxygen inliailation. Aspirin may be taken for the headache and Acetazolamide (Diamox) may be helpful in stabilising breathing.

(ii) High Altitude Pulmonary Oedema (HAPE) - some may get the accumulation of fluid in the lung at high altitudes called HAPE. This is a life threatening condition and needs immediate attention. Evacuation of the invidivual to lower altitudes, supplimentation of Oxygen, administration of

Morphine, Aminophylline and Frusemide is advisable.

(iii) High Altitude Cerebral Oedema (HACE) :- The rarest but most lethal adverse effect of high altitude is the HACE where the fluid accumulates in the brain. With no delay the person should be evacuated to the lower altitudes with administration of Oxygen, Acetazolamide (Diamox) and Dexamethazone.

(iv) Cold Injury :- At high altitudes the high wind and sub-zero temperature my create problems like hypothermia, crack skin, frostbite etc. Proper precaution and use of proper protective devices can help overcoming such problems. In case of hypothermia (coldness of the body) the body can be slowly warmed and kept under proper insulation, hot drinks can be given.

(v) Radiation Sickness :- At high altitudes there may be ultra violet radiation from the direct sunlight or reflected radiations from the snow. Hence, the mountaineers are advised to use protective coverings on the body and to use snow goggles to protect their eyes.

Recollection of my Memories of then Unexplored Ladakh and subsequent events

—Raj Singh DIGP, CRPF (Retd)

Today very few people remember the exemplary courage and shivery exhibited by our soldiers in 1948 when they pushed back the intruders (Kawailies from Afganisthan) and chased them away from Srinagar Valley to the far flung area in the heights which became the Cease-fire line and subsequently the Line of Control.

It was not too late when the Ex-ruler of Kashmir Hari Singh signed agreement for the accession of state with India. Since the airfield of Srinagar was still under our control, it helped us to reinforce our troops to complete the task. Today our armoured tanks are stationed in the plains area and only few would believe that in 1948 operations our great General Thimaya had succeeded in taking some of the light tanks upto the heights of Zozila-Pass

near Kargil to give a complete surprise and severe demoralizing blow to the intruders and the Pak army. The moral of our troops was so high that they could easily push the enemy beyond the International border if the Cease-fire had not been declared.

After cease-fire, the situation in J&K remained normal for more than a decade till our relation with China were friendly. No one could imagine that a peaceful and isolated place like Kargil which is a District of Laddakh dominated by Shia Muslims would become a hot topic of the world news by the end of the century and would also be an unforgettable battle field between two warring nations.

The Dark Clouds of 1962 War

While serving as a Company Commander in the 4th Battalion, Central Reserve Police Force, in Jammu and Kashmir in September 1959, I was told that the Government of India needed CRPF volunteers for posting in interior Ladakh to man snow bound pickets in Aksai Chin. I was surprised, having heard the late Mr. Nehru say that the frontiers of Ladakh covering a long border were the easiest to hold since no major force was required. Our relations with China were cordial; we were then in the “Bhai Bhai” phase.

I had read articles about Ladakh and about the life led by our Jawans. I was determined to see the land which some described as “No credit to God and no use to Man” I volunteered.

The then DIG, CRPF, Mr. B.B. Mishra, asked me why I wanted to go to Ladakh, leaving my young children. The urge to explore was so great in me that I did not listen to my closest relatives; the dye was cast. A Company of volunteers from the 3rd Battalion CRPF joined me at Srinagar to be airlifted to Leh. At Srinagar, a senior Intelligence Officer of I.B. who was controlling their checkposts in Ladakh briefed me. My company of volunteers was to go into the interior of Aksai Chin to establish posts in places like Tsymalumpa and Tsing lung at heights of 17,000 feet and above. The force, which I was to command, was known as the Indo Tibetan Border Force (ITBF), including local recruited Ladakhis and men on deputation from CRPF, Punjab Police and other states. The job was to check traders coming to Leh from Tibet with items like carpets etc. during the summer.

There was no Army deployed in Ladakh; excepting a small garrison known as the 3rd Militia at Leh under a Lt. Col. The. garrison had a few out

posts in the Numbra valley and the Chang Thang area. Shyuk and Chushul were two such out posts; no regular forces were deployed. The ITB force “Waved the flag” in yearly expeditions to the interior, returned and submitted a report.

Shri Karam Singh, Intelligence Officer, mentioning a road built by the Chinese in the Aksai Chin area, concerned the Govt. of India over the last report. He had brought a piece of a milestone as proof. I was briefed on my task - obviously difficult and tricky, calling for caution and courage in the unexplored formidable terrain.

Since there was no road from Leh to Srinagar, my company was to be airlifted to Leh from where a long journey by foot would reach us into the interior. There was an officer known as O.C., ITB Leh, controlling the checkposts and other staff in consultation with Shri Karam Singh who was stationed at Leh. I was told that Shri Karam Singh and a Dy. S.P. Shri Tyagi, having been longer in the area would form the advance party to establish posts in the snowbound region to be permanently occupied by my volunteers. I was asked to maintain a distance of two to three day’s trek from the advance party. My HQ would be a place called Phobrang in Chang Thang I was airlifted with the first group comprising a JCO and 10 men; we landed at Leh in mid September 1959. I was thrilled by the spontaneous welcome by the colourful Ladakhis and their Lamas. We were confined to bed for two to three days to get acclimatized to the height. I stayed for nearly a week at Leh. Bad weather delayed the airlift of my remaining volunteers.



Homage to the martyrs at the memorial of Hot Springs

Shri Karam Singh, Shri Tyagi and their men made preparation to move forward. Instead of waiting for my men, I decided to go with them to Phobrang. A number of ponies and yaks were hired to carry our loads. After two days we reached a place called Shakti at the foot of Changla (18,000 feet). We had to cross the pass next day. Morale was high. Neverthless, I felt it would be better if Shri Karam Singh and Shri Tyagi were to brief men about field tactics.

Next morning we began the climb. Lack of oxygen slows movement. Moreover, the trekking should be steady. The peak had to be crossed before it became dark. We reached the other side of La (Pass) at a place called Sultak (over 17,000 feet) by evening. Our only accommodation was a black cell-like shelter from which an old woman emerged, recognized Shri Karm Singh and greeted him in Ladakhi. The luggage was unloaded and we spent the night at Sultak in the cell, sleeping on the ground. Insufficiency of Oxygen leaves one restless; some suffered from severe headache. We continued our journey halts at Durbak. Tangchi and Maghulong before reaching Phobrang. We saw a lake called Pangamsa, salty spreads of water over 140 miles of our territory and Tibet.

I began preparations to site my Company HQ at Phobrang. My men were yet to reach Leh due to bad weather. Shri Karam Singh and Shri Tyagi left for their destination across Marsmikla. I waited at Phobrang for a week. One night, a wireless operator who was evidently panickly woke me up. He said

he had monitored a message from Shri Karam Singh's party at hot spring about an encounter with the Chinese. SOS signals were being flashed repeatedly. I had no option but to rush with an available section, instructing my incoming men to join me at forward area. Messages were sent to Srinagar and Delhi about the situation.

Phobrang in October is mighty cold. The water in frozen and stormy winds cut one to the bone. We left Phobrang in the early hours of October 22, halting at the foot of Marsmikla a more difficult pass to cross than Changla. Yet, we managed, reaching Tsoksalu on the bank of the Changchinmo river next day. A part of the advance party, which encountered the Chinese at Hot Spring had reached Tsoksalu with the wounded. I learnt that 18 men, including Shri Karam ! Singh and Jemadar Rulia Ram of CRPF were either killed or believed | dead. Since an earlier message from Karam Singh at Hot Spring was about no presence of Chinese, I was unable to reconcile with the encounter report. ' I was puzzled. It appeared a party of Shri Tyagi's had killed a wild goat near Hot Spring and only the other day, two men of Shri Karam Singh's party had also gone in search of wild goat. These two, I was told, failed to return within 24 hours. Naturally, Shri Karam Singh went in search of them; Shri I Tyagi joined him to provide protection, more so since Shri Karam Singh had brought the milestone from the Aksai | Chin area, exposing Chinese construction activity.

According to eyewitness, our men saw some Chinese on a hillock, well defending a few miles from Hot Spring. They had detained the two men of Shri Karam Singh's party. The Chinese kept their horses below the hillock. Language difficulties might have added to the confusion. The Chinese were excited, waving and shouting at our men. A rifle shot rang out followed by rapid fire by Chinese from their defensive position. The mystery of the rifle shot may never be cleared, there were sharpshooters on both sides. Our men were in the open - and had to withdraw.

I asked the survivors about their conviction that all 18 missing including Shri Karam Singh were dead. The O.C. of the party Shri Tyagi is reported to have ascertained the facts from those who survived. I was asked to stay for sometime at Tsoksalu and Mr. Tyagi at Hot Spring to recover the dead. We did not quite expect the Chinese to hand over 10 bodies and eight alive, including Shri Karam Singh, they brought the bodies to a place near Hot

Spring in a vehicle, while our men had to trek 250 km to reach there.

The cremation near Hot Spring was pathetic. The climate at 16,000 feet was awful with stormy winds and blizzards. We did not have enough wood for the cremation, we gathered dried bushes from the bed of the Changchinmo River and cremated the bodies together. We lit the funeral pyre in the evening but it started snowing and it was a problem to complete the cremation. The bushes burnt in no time and the bodies were intact Kerosene had to be used precious, fuel needed for living. Our men were shivering and blue with cold, despite the heavy protective clothing like coat parkha and arctic boots, some were dangerously ill.

The party that encountered the Chinese looked shaken. Their commander, Shri Tyagi, was told to stay on at Hot Spring till a decision was taken by the higher formation. There was no question of reinforcements. The volunteers of my company joined me gradually in the Changchinmo area. Since Shri Tyagi had informed Delhi that his men were in no condition to stay on, at Hot Spring, they were ordered to return to Leh and Srinagar. I was asked about my intentions by wireless. I replied that a volunteer was always ready to carry out an assignment. And, so it came about that we were asked to stay at Hot Spring.

Living at Hot Spring was a problem, often unendurable because of the extreme cold. With great difficulty we built a shelter of mud taken from the Hot Spring. Everything was wrapped in the silence of desolation and snow. The passes, Changla and Marmikla are impassable in November. Our link with the world was the wireless. When stocks of foodstuffs ran out, we had to send frantic signals calling for airdrops. Eventually, we were told that an Air Force Dakota would come to drop food; we were to indicate the “Dropping Zone” (DZ). Since our men had never seen an airdrop, they hung around like passengers waiting for a train. The aircraft took three or four turns over the DZ, but did not drop foodstuffs since the pilot was afraid that some of our men would be hit in a free drop. Later, they did drop foodstuffs, and one of the rice bags did kill our Dhobi. Wiser counsels prevailed and we took to safer places. The Dhobi was buried at Hot Spring.

A Narrow Escape

After spending some time at Hot Spring and Tsoksalu I developed gum trouble, became depressed and had to come to Leh for a short rest and

check-up. My Ladakhi Jawan told me that to cross Marsmikla in peak winter was very risky. Life at Tsoksalu (15,000 feet) itself was agony. We lived in Bunkers heated by Kerosene bukharies. The men were given four ounces of “Rum” daily for “internal heating”. Water around was frozen; potatoes and tomatoes dropped by air became hard like stones. Some of the goats (meat on hoof) dropped by parachutes were dead on landing due to the alarming difference in temperature between takeoff and landing. Bed sheets washed and stretched for drying could be lifted like a thin tin sheet due to frozen water in it.

Pneumonia was generally fatal for want of oxygen. Nevertheless, I was keen to go, and Srinagar cleared my plan to cross Marsmikla and Changla in winter. I could get only a pony and three yaks for the party of seven which included my batman -sweeper and barber. These were men accompanying me to Leh on compassionate grounds. Stores and foodstuffs were loaded on the yaks, tended by Ladakhi. Leaving Tsoksalu, we were to halt at the foot of Marsmikla and cross the La next morning reaching Phobrang on the other side. We reached the foot of Marsmikla before dark but were surprised to find no yaks and their Ladakhi. It was probably the 8th day of the new moon. The yaks were the keys to our survival. But no yaks were to be seen, and it was 10 pm. We shivered in a small hole near a hill where the snow seemed less class and rank were forgotten; all of us, including the sweeper, huddled together to keep each other relatively warm. My feet were frozen and I feared the worst - frostbite. My jawans started rubbing my feet and limbs. It was hell that night. My men wanted to return to Tsoksalu. My batman and I - and the pony - started climbing. After going nearly 1,000 yards my pony refused to go further due to heavy snow.

Ponies are not sure - footed in snow yaks are. We had to leave the pony and trek. My batman had a pale look. I encouraged him. Halfway through, we saw some movement in the snow; it seemed to be coming towards us. I thought of the Abominal Snowman, could it be true ? We waited. The nearer it came the clearer the human shapes become. Lo and behold it was our yak keeper. He gestured that the yak carrying the stores had run away in the heights. The thought of the yak having run into Chinese territory with my documents was unnerving. I decided to return to Tsoksalu and search for the yak.

After nearly two hours we returned to the foot of the La and to our good

luck my party was still there. We left for Tsoksalu. My men were bone tried. At one stage my Ladakhi batman sat down near a rock and asked to be left alone. All that he worried about was that his mother should be informed of her son's heroic end. Some choice words and well-directed persuasion made him follows us. A pony ride took me to Tsoksalu by evening. The post commander at Tsoksalu was astonished to see me. He presumed that we had another encounter with the Chinese. Anxious inquiries followed. I had to be lifted bodily from my horse and placed near a fire. I told them that my men were a few miles behind; they would survive if picked up immediately. The entire post ran towards them and rounded them up. Some were frost bitten, but there were no deads. We did not know the fate of the yak keeper.

In the morning, I received a wireless message from the Phobrang that three yaks (obviously ours) had reached Phobrang in poor physical condition, but they had no back load. Hopes of recovering stores and confidential documents received a boost. I sent some volunteers towards the heights. Luck favored the brave party under Lance Naik Tek Chand. They saw a portion of my box Jutting out of the snow, dug up our belongings and returned. I spent a week regaining strength for a second attempt at the La.

Crossing the La

After two weeks, a Kashmiri Intelligence Officer, Shri K.N. Kaul, told me that he could help me cross the pass (he would take me across "like a flower in his hand") I understood his keenness but he was worried about his family in Srinagar. Wild rumours had spread in Srinagar about the Hot Spring encounter. The second attempt to cross Marsmikla was on. This time we did not make the mistake of keeping away from our yaks and ponies. By evening, we were at the foot of Marsmikla where we pitched our tents and fortified ourselves with rum and dinner. At midnight, I heard Shri Kaul scream - height and snow were taking a roll of his well being I gave him a medicine which I normally carry, he felt better. By helping each other we reached the summit by mid day. I decided to take a pony and go in advance to Phobrang.

I reached Phobrang before sunset. My Jawans and the Officer-in-charge of the Check-Post were overjoyed to see me. Dinner was a celebration - snow trout, pakoras and rum with warm water. But Shri Kaul and party were not to be seen. At 9 p.m.; I saw Shri Kaul outside my bunker and asked him to come in. But all that he did was to weep loudly. The men lifted him and

brought him in. On inquiry, it appeared his left side partially paralyzed. believing that he had been crippled, Shri Kaul prayed to be left alone in the snow to die. I promised him that I would stay at Phobrang till he had recovered. Our compounder at Phobrang was quite a medico. Shri Kaul responded to the treatment and was well in three days. We continued on our way; we were yet to cross Changla. The first night was spent at Maghulang skirting Pemgem Lake and the night after at Tanche. When we were about to leave in the morning, a wild dog bit Shri Kaul who appeared to be jinxed. It meant another day at Tanche.

After going with the party for some distance. I took a pony reaching Sultak at the foot of Changla. I looked out for the old woman, more so since I was stiff with riding. In fact, I could not get down from the horse. I shouted for the old woman but none responded. Ultimately, I just dropped from the horse like a sack of potatoes and managed some how to get into the dark cell. The old woman was there on the ground with the cell lit fitfully by a candle. She was obviously very very ill. She breathed her last in my presence. I was demoralized cursing myself roundly and asking God as to why I should be so afflicted. Why should the old woman that had served travellers for year's die when I needed her most ?

When my party reached Sultak, they too shouted for the old woman. I shouted back that she was dead and I was dying. On hearing me, my men rushed in and lit a fire, and helped me recover with a few tots of rum. Early next morning we left Sultak leaving the dead woman there. On my next visit to Sultak. I found the body of the old lady still there. There was no wood to cremate her nor could she be buried in the frozen ground. In the forward area. I have seen dead bodies of men at the turn of the century. In olden days Caravans were trapped in the snow storms and men were buried in snow. Their bodies were intact for years.

Changla (18,000 feet) is easier to cross than Marsmikla. In the evening we reached Sakti on the other side of Changla. From Sakti it was two days to Leh. I was happy to see that a senior officer of the intelligence Bureau had come to receive me, bringing with him choice eatables, hard drinks and some documents.

By now, we could see army activity in Leh; a brigade had been formed after the Hot Spring incident. I was thinking of plans to evacuate a sick member from Phobrang, when to my good luck, the then Air Commodore

Engineer and Wing Commander Grewal came to Leh in a helicopter for certain experiments. I requested the air commodore to help evacuate the patient from Phobrang. He agreed provided he was given a guide upto Phobrang - which I volunteered to do. In the process, I carried the private mail etc. of my Jawans. We landed in a riverbed near the post. On the return journey, however, I had to be dropped at Chushul because of the fuel tank of the helicopter developed a leakage. The boys at Chushul were happy to receive me. The following morning, I tried to catch an aircraft. Chushul, by now had an airfield on which Dakotas and even AN 12s could land from Srinagar, Ambala, Chandigarh and Adampur. The army officer at Chusul was not keen to help me, and I had to petition Sq. Leader (now retd. A.V.M.) Chandan Singh for a lift in one of his Dakotas.

(To be continued)

THE EXPERIENCE OF A MOTHER :

"Child : Oh my Child"

-Mrs. Lakshmi Srinivasan

Here I propose to discuss the unique problem in which even an intelligent child comes down in rank day by day.

A child goes to nursery school, shows intelligence in each and every action and secures first rank. This continues upto second standard. When the child goes to higher classes, the child is unable to get good marks and high rank. On that, the mothers become impatient and try their level best to help their children to by-heart the lessons. Alas; No use. As time passes the child becomes lethargic and reserved type. Due to fear he murmurs his lessons even during sleep.

Why is this situation ?

There are many children of this kind. Many parents with their over ambition spoil the children. The child who gets first rank in lower classes creates lot of imaginations and dreams in the mind of the parents. They expect that their child will get first rank always and I in all classes. In

addition they want that the child should participate in all co-curricular activities of the school and shine.

Here starts all mistakes. When the child sits down to do the home work the mother also sits with the child. She shoots number of questions. In some houses the children are not allowed to go out even to play. When two ladies meet, their discussion is confined to only to their children's education, homework etc.

Result ? As time passes the children always expect their mothers to assist them, to complete their homework. Such children always have tension in their mind especially at the time of examination and lose self-confidence. In the anxiety to satisfy the mother and to answer the questions to achieve that hastily the child leaves a few questions and time becomes insufficient. Result is less marks.

Leave the children to study themselves peacefully and independently. When they ask some doubts clarify it, otherwise do not interfere in the studies. If the child goes to school one day without completing the homework and gets the punishment from the teacher the child will automatically do the homework regularly from next day. This feeling of responsibility will come in them spontaneously. Though they may find it little difficult in the beginning they will get used to it as the time passes. Do not thrust on the children your too much of expectations, because in a long run it will affect the mental calibre of the child. Getting first rank in lower classes is not that important. In fact the taste of the child should be assessed and future studies planned so that the child can shine.

Show the right path to the children; but allow them to go alone in the path. Automatically they will get the efficiency and strength to face any problem and crisis. If possible create interest in your child in any of the arts also.

Schools are also in one way responsible for the tension in the minds of students. Due to competitive spirits in the school, the school authorities are very strict to the students.

Why do bother so much ? Leave the children to study independently in a happy atmosphere in the schools. They will certainly bring fame to the teachers and parents.

Kalil Gabran, the famous poet and Philospher writes of children:

“You may give them your love but not your thoughts,

For they have their own thoughts, You may house their bodies but not their souls,

For their souls dwell in the house of

tomorrow, which you cannot visit, not even in your dreams”.

C/o Sh AM Srinivasan

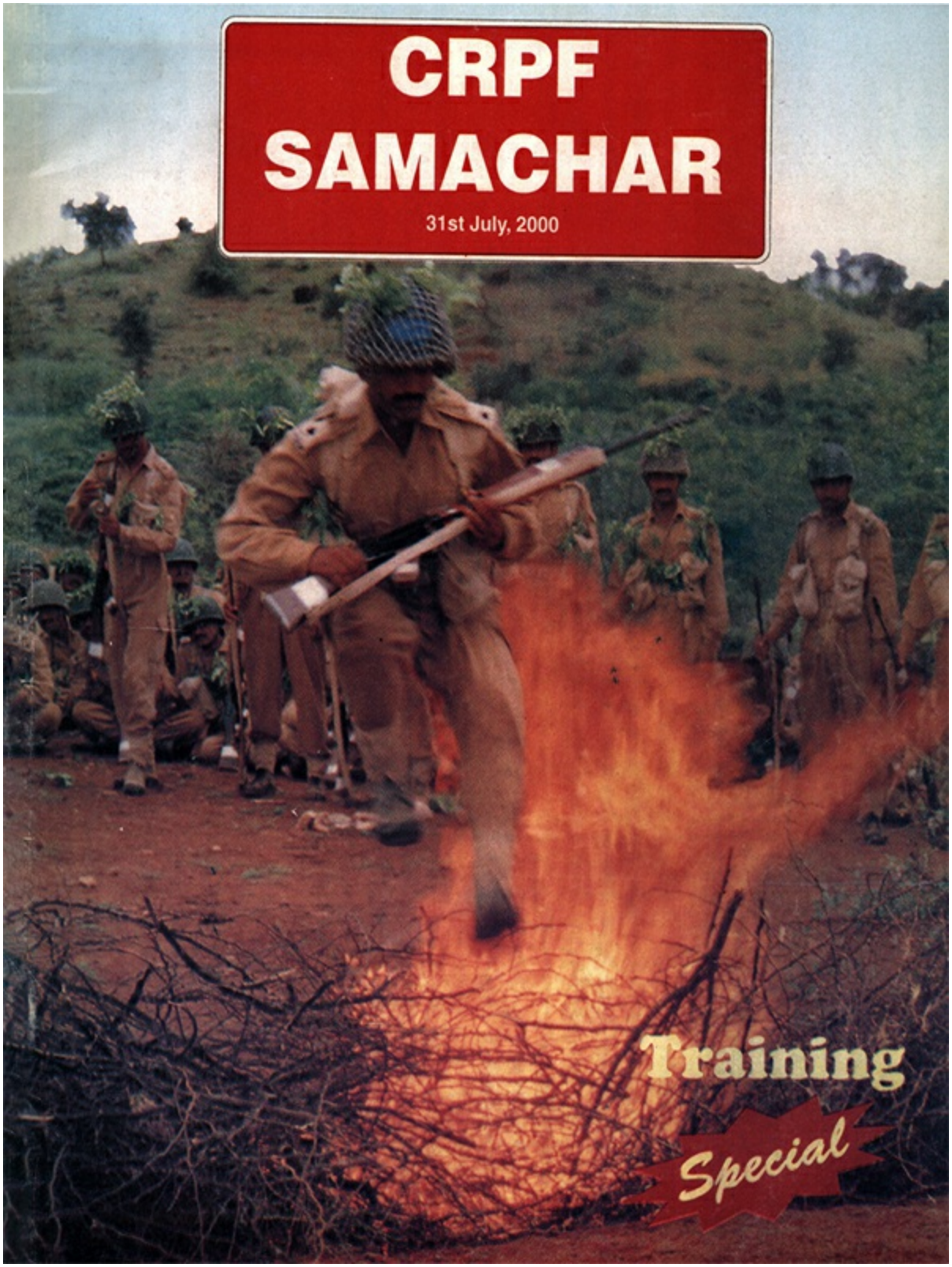
Addl DIG, GC, Yehlanka



The Union Minister Shri Sunder Lal Patwa honouring Mrs Giribala Singh, widow of Shri R.K. Singh, 2-IC, 35 Bn CRPF on Feb 5, *2000, Shri Patwa renamed one of the internal road of G.C. Bhopal as "Saheed R.K. Singh Marg". Shri Singh was killed in an encounter with militants in Manipur on October 3, 1999*

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CRPF
SAMACHAR
31st July, 2000
Training
Special



The Union Home Minister Shri L.K. Advani presenting a memento to the team leader of CRPF Diamond Jubilee Mountaineering Expedition in New Delhi



Mountaineers on the top of Mt. Sri Kailash

CRPF
SAMACHAR

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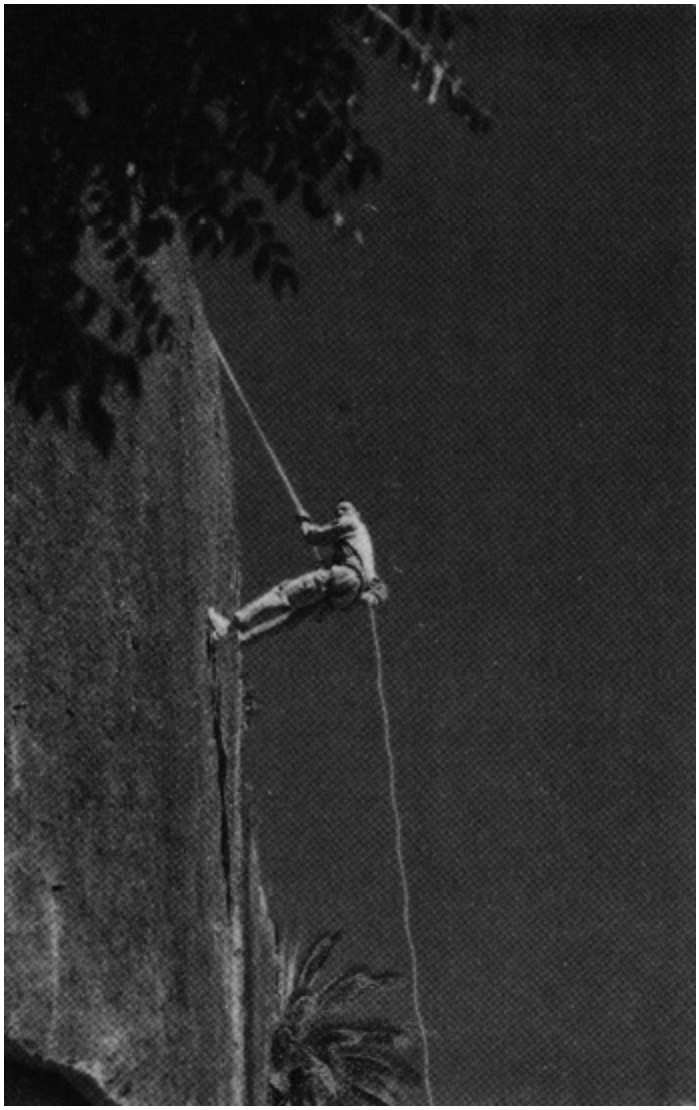
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From Director General's Desk

It is heartening to note that Training Seminar is being organised in Neemuch on July 27-28, 2000 as a part of the Foundation Day Celebrations of the Force. The main purpose of the Seminar is to create a dialogue between the trainers and users in the field, so that we know where we have gaps which need to be filled up, and also to ensure that the training imparted in the Training Institutions conforms to the needs and requirements in the field. It is expected that the participants will find out solutions of issues so as to make the training relevant, effective and meaningful to the changing requirements.

It is expected that this Seminar will make a study of the training carried out in the preceding years, analyse the problems and shortcomings, and to upgrade the training strategy for implementation in future. Training is a planned process to upgrade knowledge, skill and behaviour. It is a learning process in order to acquire effective performance in a range of activities. In the present internal security scenario, anti-insurgency duties form the major part of our pre-occupation and the training syllabus should, therefore, be attuned to this. The periodic rotational training of the force personnel would be useful to correct tactical errors. Various aspects of training of the force should be discussed in the Seminar and training plans be formulated with a positive, pragmatic and practical approach.

I congratulate the delegates and wish the Seminar all success.



(M.N. Sabharwal)
Director General

New Delhi
June 22, 2000

Training for Change

—A.R. Pawar, IGP (Ops & Trg)

It is interesting to note that prior to the advent of the British in India, there was no system of parade in the armies of Rajas and Kings. When they were not fighting, soldiers usually practiced individually or in small groups. Prior to impending battles, they were collected by the local chieftain to whom they bore allegiance, who in turn paid homage to the king. Thus when local armies of several chieftains/subedars were collected, they formed the army of the Raja. This was hardly an army in the true sense, and was more a collection of fighting men. These were no match for the well trained armies of the British, and for this reason mainly, very small contingents of British troops could defeat Indian armies more than 10 times their size.

We have come a long way since those dark days, and the Indian Security Forces are now very well organised. Inspite of many onslaughts on its sovereignty by hostile powers, the country has been able to withstand the security threat. However, with increasing sophistication of the enemies'/terrorists' methods and armaments, a similar upgradation is required on our part also, for which a modernisation of training curriculum and training aids is very necessary. For this purpose, several measures have been implemented and set in motion in CRPF.

Modernisation of Syllabus

The outdoor content of all the Basic courses has been substantially increased, and the duration of these courses has also been increased. 10% of the career of all the officers has been planned to be spent in training, and certain courses related to operational effectiveness, management etc. have

been made compulsory for promotion. The training profile is also to be maintained to ensure all round training for the personnel. For the first time in a decade, 100% coys have been released for rotational training in all the States, except J&K, where 13 coys are yet to be released, and efforts for which are on. As a result of this positive development, the Annual Change Over was completed within three months, before the onset of monsoon. With the regular supply of rotational training coys, all the Sectors have taken in hand the setting up of Common Training Centres for rotational training. 21 such centres have started functioning in various states including Assam, J&K, Bihar, Tamil Nadu and others are in the process of being set up. 15 coys were also trained with the army this year in J&K and the North East, and 2 coys underwent a special course on Police Commando Instructor with NSG. MHA have issued orders for training of substantive numbers in Intelligence with IB and BSF.



DAGOs negotiating Snake trenches during battle inoculation exercise



Demonstration troops ready with the infantry weapons effect simulators system

Modernisation of Training Equipments

Modern training equipments are required for effective and better assimilation by the trainees. They are also very handy for instructors while imparting training in both outdoor and indoor subjects. We have already acquired for each Training institution one Infantry Weapons Effects Simulator System (IWESS) and one Small Arms Training Simulator (SATS). With the IWESS, it is possible to simulate actual conflict situations and troops can shoot at each other without using live bullets. The SATS is a very versatile substitute for actual live range training for weapons like SLR and AK-47. For the M.T training wing of CTC-I, a Driving Simulator has been sanctioned. It allows the trainee driver to practice basic manoeuvres with a high degree of realism, without actually being in a vehicle. Also action is in hand for acquiring an Electronic Print Board for CTC-I. It is also planned to acquire Electronic Lane Shooting Systems. This will improve the reflex action skill of troops in combat. Besides these, all the Training institutions have been provided with digital duplicator/printer and multi media projector systems. Computer lab for ISA has already been sanctioned, and two computer labs are proposed for CTC-I and CTC-I 11 in the modernisation plan. Bomb disposal equipments for training in the three CTCs have also been included in the modernisation plan. Proposals are also under formulation for setting up a full fledged MT driving school and two CIAT schools, one each in North East and J&K.

Along with the modernisation of syllabi and training equipments, there has to be a change in perspective also. The age of unconventional war has given rise to the thinking soldier. The times when troops fought facing each other in large numbers in set-piece battle situations are almost gone. These kind of battles did not require much thinking or reflex action on the part of the soldier, who fought under direct command of his superiors. Today the scene of battle has shifted to the jungles and urban settings, where a soldier may find himself facing a situation alone or in very small groups. Here previous knowledge of the enemy and his methods, quick thinking on his own part, and immediate reflex action in response to a situation, is what will make the difference between success and failure. Therefore the trainers need to deal with trainees as individuals, rather than as a collection of men to be trained. Attention to individual shortcomings will have to be increased, and training sessions need to be very interactive. A comprehensive knowledge of the growth, sustenance and methods of insurgency will have to be imparted to the lowest rank, so that they are fully aware of the cause for which they have to fight for, in order to successfully bear the psychological stress of prolonged counter insurgency.

The trainees on their part need to realise that acquiring necessary skills can make a difference between life and death in such situations. Therefore concentration and attention to detail is essential, since the smallest mistake can extract the biggest cost. “For want of a nail, a horseshoe was lost, for want of a horseshoe, a horse was lost, for want of a horse, a commander was lost, for want of a commander, the battle was lost". Through attention to detail, let us ensure that the battle is always won.

THE YEAR GONE BY

—Brig. (Retd) Govindji Mishra, VSM, DIG (Trg)

The diamond jubilee year of the Force, was heralded with a training seminar held on 27-28 July, 1999 at Neemuch (MP), the birth place of CRPF, where a large number of participants from all Sectors representing different ranks deliberated on various issues relating to training of the Force. A special number of CRPF Samachar was also published on this occasion. In an article titled “Towards Excellence” an attempt was made to outline our

training priorities and efforts to improve the training culture in the Force. Now that another special issue is being published, along with Training Seminar 2000, it will be appropriate to reflect over our achievements and shortcomings during “The Year Gone By”.

Where as other Central Police Forces have their Specific role like border management, protecting important installations and railways, the CRPF is a Reserve Force to assist state administration in maintaining law and order. In many parts of the country, the activities of anti-social and anti-national elements supported by forces inimical to the integrity of the country, have changed the law and order scenario into active terrorism, insurgency and low intensity conflict. The internal security management has, therefore, become extremely complex and requires highly professional and effective Force to handle it. The expectation from CRPF, which is being considered as main instrument for internal security management, is very high. While more and more units are being added to the Force, it is expected that our units and sub-units are operationally effective and totally proficient in managing present and future internal security requirements.

The effectiveness of any force depends on five basic ingredients which includes sound organisational structure, modern weapons and equipment, good training, dedicated leadership and high morale. Where-as, efforts to streamline the organisation and modernise weapons and equipment available to the Force is always on, the other three factors have direct or indirect bearing on Training. A leader who is well trained and proficient, inspires confidence in his command. Training develops self confidence in men and provides them the necessary skills, to face any challenge with high morale and thereby succeed in their mission.

The importance of training is very well visualised in all quarters. But training is a practical process and mere lip service or theoretical inputs will never meet the requirements of the Force. The task of CRPF today and more so in foreseeable future will be to deal with hardcore militants and anti-national elements who are well trained, armed with automatic weapons and modern equipment and have high degree of motivation. The initiative, in most cases, also lies with them to choose time and place of any encounter. In such a scenario, success will only be achieved if our commanders and men are extremely fit both physically and mentally, are proficient in handling their weapons and equipment, can skilfully use the ground and

have necessary WILL to fight and win. All this demands rigorous training.



Road opening party (ROP) during training



Planting explosive charge

During the year 1999-2000, a very conscious effort has been made to improve quality of training in the Force. Under the modernisation plan, the duration of basic training of recruit Constable and Directly Appointed Gazetted Officer has been increased to 44 weeks and 55 weeks respectively. The syllabi of basic training of recruits, DASOs and DAGOs have also been revised bringing in more inputs on physical endurance, shooting skill and CI & AT operations. The courses which have joined training during year 2000 are undergoing training as per revised syllabus and are expected to take

there place in their sub units with greater confidence and skill. For the first time, a training policy giving clear direction to organise training in the Force has been laid down. All training institutions have got their revised PET with enhanced financial powers to procure modern training aids as per their requirement. The selection process of instructors for posting to training institution has been revised and they have been posted this year based on their course results. The training material of Recruit Training Centres (Recruit Guide and Lesson Plans) based on the current syllabus have been revised and are under print. Internal Security Academy and Central Training Colleges have been given modern simulators like Small Arms Training Simulators (SATs) and Infantry Weapons Effect Simulator System (IWESS).They have also acquired digital printers to produce training material in large numbers for issue to trainees. To ensure systematic training of Gazetted Officers, recently an order has been issued linking certain courses with promotion and there by ensuring that all officers attend these courses. As regards the training of the Force in field, for the first time it has been possible to relieve up to 105 companies from their operational deployment for rotational training at any one time. Considering the deployment pattern of the Force and non-availability of proper space at subunit location, common training centres for rotational training have been identified where training infrastructure is being developed by Sectors. A fixed allotment of seats are being given to every unit on instructional courses so that units could select and prepare suitable personnel to have pool of instructors in the unit. During the year 518 officers and other ranks have been trained in CI & AT courses and are available with units for training their sub units. All these efforts have had their positive effect and undoubtedly training consciousness is distinctly visible. As part of diamond jubilee celebrations, two major adventure activities, “All India Motor Biking Expedition” and “Diamond Jubilee Mountaineering Expedition to Mt. Sri Kailash” have also been organised with the motto “Adventure and Professionalism”.

While we have moved a step forward towards achieving excellence, a lot is yet to be done. Training institutions are engaged in training commanders and instructors in the form of promotional and inservice instructional courses. Where as every one has to undergo promotional courses as per their seniority and adequate interest on the part of trainees is visible, proper selection of personnel for instructional course is not being done by units.

Most of the trainees on course like Physical Training, Un-Armed Combact, Drill, CI & AT etc are being detailed at the last minute without having any consideration for their aptitude to become an instructor. No pre-course training is being given and they are not adequately motivated to do well on the course. Such individuals take no interest during the training and are dead loss to the Force as they will not be able to impart proper training to the men in the units.

Through this article I would like to appeal to all unit Commandants to select suitable personnel with aptitude for training for all instructional course for which a fixed yearly vacancy have been allotted to every unit in the training policy. You will do a great service to the unit and to the Force by building up a pool of good instructors in the unit in different disciplines who could impart training to men during rotational and on the job training.

Though most of the training companies are being relieved by the state administration, there have been too many interruptions for one reason or the other which has resulted in only 84 coys completing their rotational training in first six months of the year. The tendency to consider training companies as available reserve need to be curbed. They should be treated as “deployed on training”. Any additional requirement of Force for some unforeseen situation should be found by thinning out from the existing deployment within the state rather then following easy course to pick up training coys and deploy. There have been instances where sub-units have been pulled out after 10 days of training even from Army Corps Battle Schools where very limited capacity is being allotted to the Force. Formation Commanders should not allow such disruption unless very serious law and order problem develops in the state. It should also be ensured that complete homogeneous sub units under their own commanders carry out this training. Common training Centres which are being developed in each sector should be provided expeditiously with minimum infrastructure like basic and battle obstacle course, physical training equipment, short range (may be improvised in close vicinity) and other training aids. Proper supervision by respective unit commanders and operational DIsGP will be essential to make this training meaningful.

Another area where immediate attention needs to be paid, is availability of proper training material. This year Recruit Guide and Lessons Plans of

recruits training have been updated and they may be obtained from CRPF Press or respective RTCs. There is an urgent need to revise training material of instructional courses at Central Training Colleges. This should be taken up in the coming year by respective colleges and all trainees on instructional courses should be issued with precise/handouts which are up dated and common for the entire Force. This will allow access of standard training material in hands of unit instructors for conduct of training in the field.



Keeping vigil by CRPF Jawans

Training is a continuous process and operational drills have to be practiced time and time again till they become a second nature. Also, since all operational tasks have to be performed by a team or subunit; may be section, platoon or company, these drills have to be practiced together by the same team. Therefore the importance is laid on rotational training of companies. During the year gone by, positive steps have been initiated to improve the standards of training. The process has to be strengthened further. Training institutions will endeavour to train better instructors and provide adequate training material. However, integrated training at sub unit level have been carried out under direct supervision of operational Commanders to develop necessary skill in our men and improve their

reaction as a team to perform their tasks effectively. It is this joint effort which will bring qualitative improvement in professional and operational effectiveness of the Force**.**

The Changing Trends in Training

—D.G. Mohapatra, PRO, CRPF



A WT Instructor at a Captured Rocket Launcher

Training is an essential organi sational function which identifies the current as well as future learning needs of the personnel and provides them the knowledge, skilll and aptitude required for an efficient and effective performance of their jobs. To achieve this, the training has to be related to the aims and objectives of the organization. In order to be realistic and purposeful, a training programme has to be designed on actual training needs of various sections of personnel. Its effectiveness can be felt by the ultimate improvement in the personnel's performance and their behaviour.

With the fast growing unrest among various sections of the society often manifesting itself in outbreak of violence the focus of police action has shifted from crime work and maintenance of law and order to the counter insurgency. The training programme based largely on the job requirement, are found to be inadequate to equip the armed police personnel to deal with new challenges. There is a strong case to review the existing training

programmes of armed police to identify the new training needs and design and conduct appropriate training programme for them.

The armed police is now being called more frequently and for longer durations than ever before to assist the civil police in maintenance of law and order and its role has expanded considerably. Apart from performing earlier duties of escorting prisoners, guarding vital installations, protecting VIPs, carrying out anti-dacoity operations and dealing with communal disturbances, they are now actively involved in military like operations against terrorists, insurgents, extremists and other secessionist elements. Formidable fire power and high motivation of some of the well-organized anti-national outfits are every now and then, demonstrating the relative weakness of the armed police to take on these criminals. This deficiency can not be made up merely by providing better weapons without imparting them appropriate training to suit their new role and heavier responsibilities. This calls for a detailed job analysis which involves studying the job at every level and assess the type and extent of training input that needs to be injected.

The main aim of the training is to mould a raw material into a fine and finished product and convert a young and trained police personnel into a competent, confident and self-disciplined member of the force. The emphasis in basic training should be on physical fitness, shooting skills and inculcation of qualities of loyalty and discipline. The basic training should include UAC, weapon training, field craft, minor tactics, first aid and RT procedure. Subjects like observation, silent movement, patrolling, ambush, search and cordon, reaction capability and lEDs have maximum importance in the context of fight against terrorism and insurgency. The thrust of the basic training should be on producing officers and men who are physically fit to sustain rigours of the job.

Over the years the Force has acquired a multi-dimensional profile, Its duties ranging from purely police to near military. For an organisation like CRPF, training of officers and men is of paramount importance. In the early days, the responsibility for training of the men and the supervisory officers rested primarily with the Battalions. In addition, some seats in Army courses were also availed of. The wireless operators were trained by the Directorate of Co-ordination, Police Wireless. The Central Training College at Neemuch, the first training institution of the Force, came into being in 1960.

The first Recruits Training Centre was established at Barwaha (MP) in 1968 which was later shifted to Neemuch. The institutions multiplied over the years. We have now three Central Training Colleges at Neemuch (MP), Coimbatore (Tamil Nadu) and Nanded (Maharashtra) and four Recruits Training Centres located in different parts of the country. The Central Training Colleges organise basic, inservice and promotional courses for Sub-ordinate/ Under Officers and Constables. They also conduct training courses for officers and other ranks of State Police Forces, Customs & Excise and Cabinet Secretariat. The Recruits Training Centre located at Neemuch (MP), Avadi (Tamil Nadu), Pallipuram Kerala) and Srinagar (J&K) organise basic and follow up training.

The Internal Security Academy came into being in 1972 at Mount Abu. This Academy imparts basic training to the directly appointed gazetted officers, runs various in service courses, organises seminars on internal security for the officers of the Force as well as other Central and State Police Organisations. The Academy is constantly upgrading its training facilities and covering wider range of internal security issues.

Training is a planned process to modify attitude, knowledge, skill and behaviour etc. through learning to acquire effective performance in a activity or range of activities. The purpose of training is to develop the abilities of an individual, to satisfy current manpower needs or to train for taking up higher responsibilities. There is demand for modernisation of Force and one of the major thrust area for its modernisation is qualitative and quantitative improvement of training inputs. It would need introduction of modern training inputs. It would need introduction of modern training techniques and modern training aids in the force and also availability of manpower for training. In the present internal security scenario, importance of training for the CRPF can not be over emphasised. In the nineties there have been two significant developments relating to Force operations :-



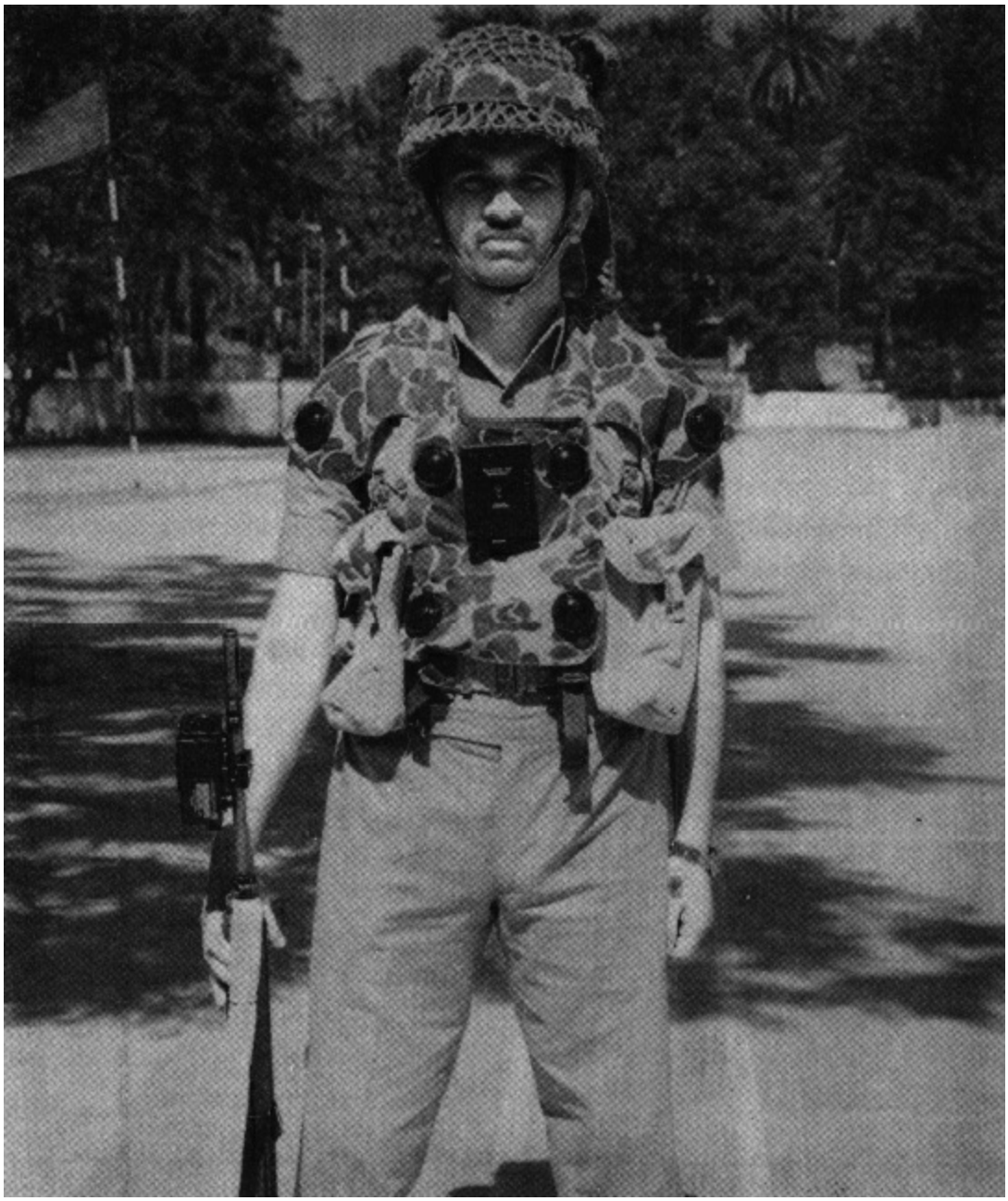
Jawans under counter insurgency training

The nature of duties of the CRPF is gradually changing from Law and order to Counter Insurgency (CI) Militancy operations. At present app. 84% of the Force is committed on CI operations. Never before the CRPF was involved at any point of time in such a variety of operational theatres such as J&K, Assam, Tripura, Manipur, Nagaland, Andhra Pradesh and now Bihar. Each of them has its own typical operational problems. However to improve operational efficiency the Force is to be trained for its changing role and also with operational tactics to be adopted in various operational theatres. The commitment of the Force has remained at a very high level almost in an unbroken spell. Coupled with high mobility it causes great stress and strain on force personnel due to which they have become physically and mentally brittle.

At present about 95% of the Force is deployed due to which the Force personnel are not getting adequate time for training, rest or recuperation. The force personnel need rest to recoup their physical and mental vibrance, so that they are in a fit state to be put through training. The rotational training, which is the collective company training is essential for maintaining ops efficiency of the Force.

To meet the training requirements of the Force, the force has chalked out both short term and long term strategies. In the short term the thrust area would be to impart tactical training and improve middle level leadership. To achieve the short term objective it has worked out a plan for on-the-spot training. A group of instructors are being sent to various operationally active

areas to train the nucleus instructors. The latter would fan out to posts and coys in the field and give professional on-the-spot training to rectify their tactical errors on the job. However it can not be a substitute of rotational training, but only complimentary to it, as only limited professional skills can be imparted in this type of training.



A WT Instructor ready with IWESS

In order to create a dialogue between the trainers and the users on various aspects of training the forces has been organising seminars from

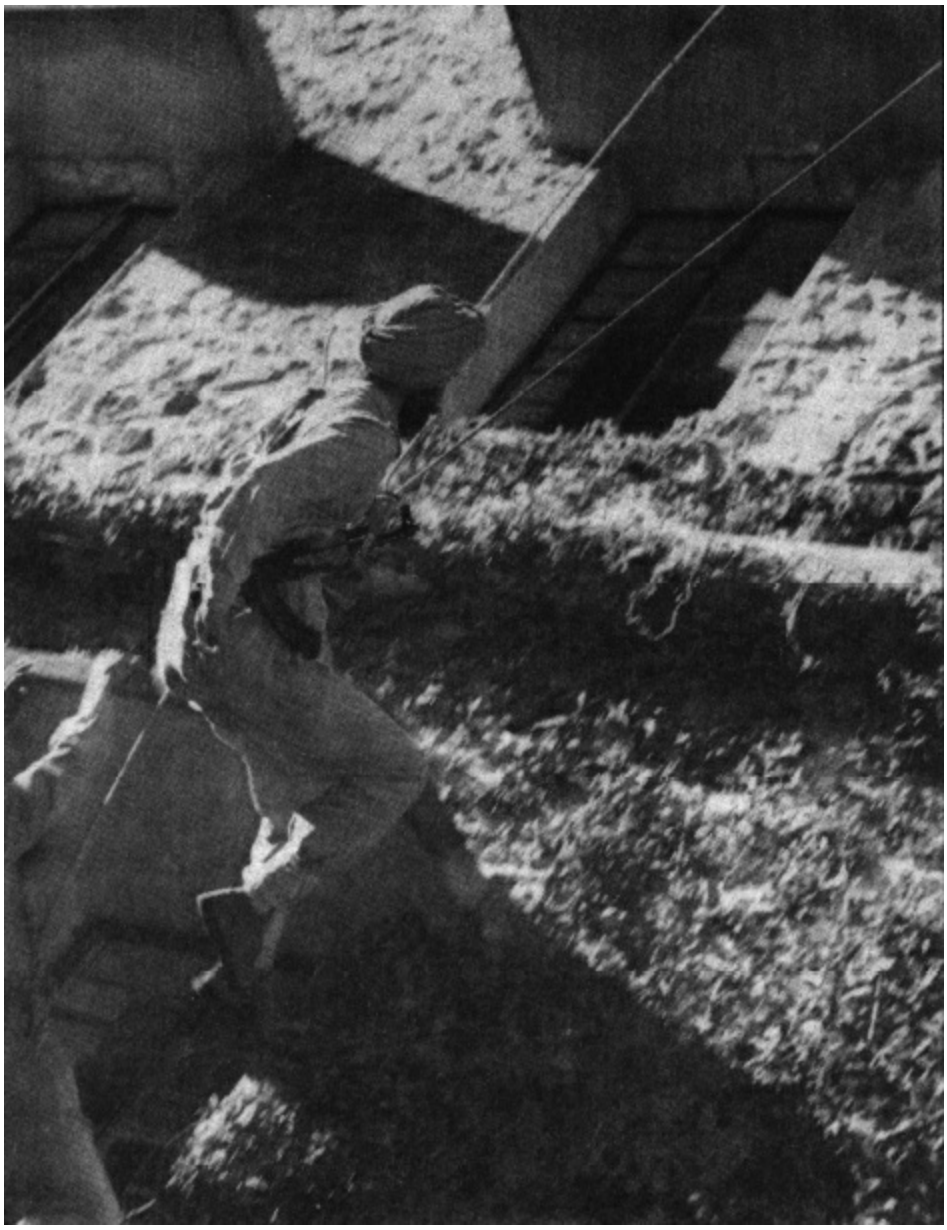
time to time. The first ever seminar was organised in July 1997 at New Delhi. The second seminar was organised at NeeMuch, the birth place of CRPF in July '99. The third seminar is now being organised at Neemuch in which the participants are expected to try to find out solutions of issues to make the training more relevant to the present requirement.

Training Management at ISA

—D.N.S. Bisht, Principal-ADIGP

"Gyanen SaDhyate Shakti", that is power through knowledge is the guiding motto of the Internal Security Academy since 1st February 1975, the day it was founded. The Internal Security Academy aims, primarily, to train and prepare officers to achieve high standards of professional knowledge and skills, right attitudinal orientation, values and norms and a strong commitment to the people. The ISA quests for inspiring excellence in Training and Research, Mount Abu, the holy mountain retreat, which has an aural divinity in its surroundings is an ideal place for pursuit of learning. The outdoor activities and indoor programmes are the two essential components of training at ISA which can be pursued here, throughout the year.

This is presently the reason why the Internal Security Academy, has been entrusted with the responsibilities such as : (a) to impart basic training to the Directly Appointed Gazetted Officers of CRPF, (b) to conduct in-service course modules for gazetted officers of CRPF, (c) To organize and conduct courses and seminars on issues related to Internal Security for State Police Officers, Executive magistrates and Officers of the Central Police Organization, (d) to carryout research activities on matters concerning Internal Security, (e) to provide expertise on maintenance of Internal Security of the country; and (f) to act as a centre of excellence for the study of issues relating to the Internal Security of the country.



A DAGO negotiating an urban climb

The Academy runs the courses such as :

Basic Courses : (i) Basic Course for DAGOs, (ii) Medical Officers Combatisation Course, (iii) SSCOs Familiarization Course and (iv) Newly promoted A/Cs Course.

Refresher Courses for CRPF Officers : (i) Senior Command Management Course, (ii) Middle Command Management Course, (iii) Junior Command Management Course, (iv) Re-orientation Course for Technical Officers and (v) Vertical Interaction Course on Human Rights.

Internal Security Courses : (i) IS. Course of Dy. S.P, (ii) I.S. Course for

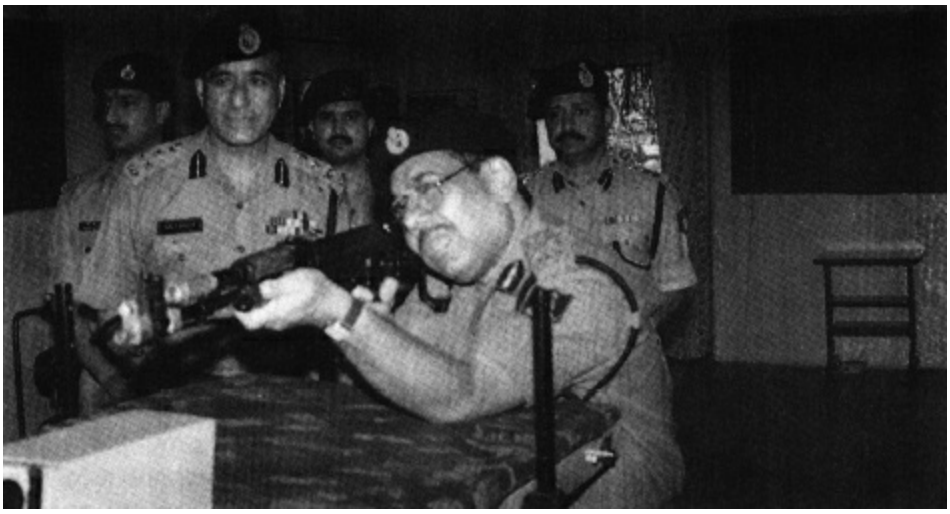
CPO A/Cs, (iii) I.S. Course for S.P/ D.M., (iv) I.S. DIGP Seminar and (v) I.S. Vertical Interaction course for IPS officers.

Training, is essentially, a process to develop in the members of an organization, the required knowledge, skills, attitudes and habits that have been identified as necessary for the effective performance of their work so that the organization's aim and objectives are attained efficiently and effectively. To achieve this, the Internal Security Academy emphasizes the crucial importance of the 'Systematic Approach' to training which can be summarized in the steps such as :

Identifying Training Needs Based on Job Requirements : At ISA, the following attributes are sought to be activated in the trainees : (a) the knowledge relating to law, constitution, police sciences, departmental rules and procedures etc., (b) the attitudinal change to fit into the police ethos of service before self, protection of the weakest, and upholding what is right and legal, (c) the skills in handling equipment, weapons and preference in field craft and tactics which are prerequisites for outdoor activities and operational efficiency, (d) Physical Training provides the fuel for police job. Long hours of duty, working in difficult and inhospitable areas, dealing with outlaws and crowds call for tremendous physical health and stamina. Physical Training, drills, games and exercises are essential for developing the required physical standard in the trainees and (e) habits of obedience and *espirit-de-corps* are vital inputs for police job. Parade ground routines and group activities provide opportunities for developing this trait in the trainees.

Set Training Objectives : The training objectives are defined clearly and separately for the trainees, and trainers and the training establishment.

Determine Training Strategies : While determining the training strategy, the emphasis is on two points: (a) training is a journey, not a destination; and (b) self acquired knowledge is likely to last longer than any other forms of learning.



Narayan Mishra, IGP, W/S & D.N.S. Bisht, Principal ISA at the Small Arms Training Simulator



Participants of Senior Command Management Course conducting a TEWT at the Sand Model

The trainers have to determine the best methods of transferring knowledge and skills to the trainees which can be through lectures, case-study, role play, exercise, participative methods etc. The strategies are so adopted that mid-course corrections are possible, if required.

Design and Planned Training : For effective implementation of training programmes, they are designed and planned in advance, taking into account the inputs to be provided, and by whom and how. Check sheets are made in advance based on detailed and block syllabus. The time-frame available for completing the training forms part of the planning of training programme.

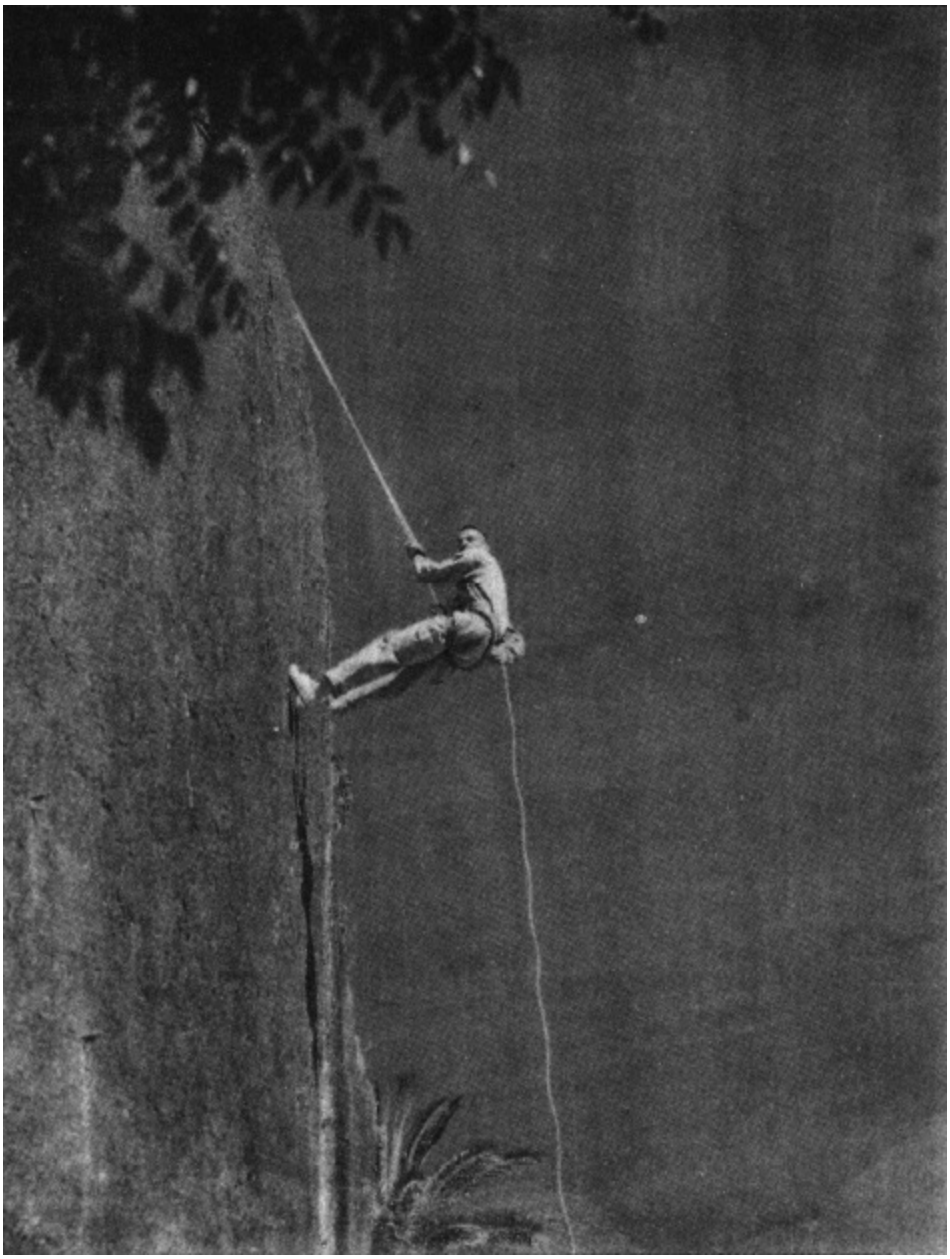
Implementing the Training : The day to day training programme is carried out under close supervision of the training branch and includes ongoing evaluation of the programme, mid-course corrections, and surprise and

periodical assessment of the performance of the trainees. One gazetted officer is invariably present with the trainees during the outdoor curriculum.

Evaluate Training : It is fundamental necessity for up-gradation of training input.Through the Principal, in weekly meetings, the “should know” and “could know” points for tranees are evaluated for both indoor and outdoor subjects.Through the daily briefings of both officers and staff, the training programme for the next day in tuned and lacunae removed. Feedback obtained from trainees as well as staff help streamline the training inputs.

Special Features of Training in ISA : With the fast growing unrest among various sections of the society often manifesting itself in outbreak of violence, the focus of police action is nowadays required on maintenance of Law and order. Considering this, the role of CRPF has expanded considerably and it is in great demand. Officers of CRPF are required to shoulder a wide spectrum of duties. Our officers and men are today, actively involved countering of our force is engaged in military like operation. The ISA is geared up to train the CRPF officers for meeting these challenges. It periodically carries out a review of the course profiles and syllabus of the various courses run by it to make training more job related. To maintain the interest of trainee officers, as well as trainers in the training efforts, innovations are resorted to.

After a detailed job analysis, the training of officers is decided broadly into two categories - basic and in-service.



A DAGO negotiating a wall during rock climbing course

The main aim of basic training of DAGOs is to convert a bright, young, untrained police officer into a professionally competent, morally sound and self-disciplined officer of the force. The emphasis is on physical fitness, weapon-training, field craft and tactics, battle obstacles and assault course, handling and use of explosives & lEDs, Jungle training, night training, shooting skills, fire control orders, rock climbing, swimming, unarmed combat, RT procedure and map reading. The idea is to prepare them for actual operational conditions by removing the fear of bullet for their minds through an improvised battle inoculation exercise under actual field firing

conditions. Professional inputs in various indoor subjects viz police sciences, law, man-management, computers, human-rights, values, teambuilding and time management are also imparted.

The In-service courses conducted at ISA aim at individual as well as collective training. The aim of individual training is to make each officer more proficient in his professional requirements so that he is able to carryout his allotted tasks more effectively. The refresher courses conducted at ISA, covering selected subjects, have proved to be useful in promoting professionalism among the officers to handle challenging situations. The senior, middle and junior command management course apprise the faculty of the field situation which help modify the training efforts.

Collective training is imparted through group activities especially outdoor training module which covers outdoor exercises like patrolling, ambush, raid, cordon and search, combing, operations in urban areas with special emphasis on house clearing drills and exercises in which tasks are allotted on section, platoon or coy levels. The aim of such collective training is that the process set into motion during the individual training is systematically carried out to its logical conclusion and the knowledge, techniques and skills learnt are practices by officers as a team.

At ISA, tactics are taught through lectures, followed by demonstrations. It is followed by sand model discussions (SMDs) which precedes tactical exercises without and with troops. It is followed by debriefing feedback. Moreover, the participants of senior level are involved in conceiving and preparing exercises instead of merely conducting the exercises prepared by the directing staff.

Inputs on Human Rights : The challenging internal security scenario often compels the use of force and circumstances often make it difficult for police to totally avoid use of harsh methods which causes complaints of human rights violations. Keeping this in mind the trainees at the academy are taught that regardless of his/her caste, creed, religion and status, the human rights and civil liberties should be honoured by them. They should be able to create a balance between the individual rights of the citizen and the overall interest of the community.

Shooting Gallery : Under the dynamic leadership of Mrs. Manjari Jaruhar, IPS.ex-principal, ISA a shooting gallery was established in ISA, which houses, apart from the small arms training simulator (SATS) and Infantry

weapons effect simulating system (IWESS), variety of arms captured by CRPF from militants of Jammu and Kashmir and the North East. Here, the trainees not only improve their shooting skills, but also get inspired by seeing the captured arms.

Use of SATS : The Small Arms Training simulator is a diagnostic tool to find out the errors in holding, aiming and trigger operation. It also gives valuable musketry and shooting practice to the trainees without using any ammunition but still simulating the recoil and sound akin to a live-fire. The use of SATS has been incorporated into the syllabus of the DAGOs and is being used for firing from Pistol, AK-47, LMG, Carbine and SLR.

Use of IWESS : The Infantry Weapons Effect Simulator system is a laser based system which simulates the effect of small arms live fire in two sided fired exercises. It gives the trainees the realism of being able to accurately use his personal weapon in mock exercises like ambush, raid, cordon and search, section battle drill etc. At the same time, it provides immediate feedback on the effectiveness of his own fire-position, weapon skills and appreciation of ground cover. ISA has developed various two sided exercises with the use of IWESS, especially for Jungle-Training of various courses.

Use of INSAS System : ISA has recently acquired rifles of INSAS system and the trainees are being familiarized with its use.

Use of Computers : ISA has a computer cell and the DAGOs are trained in the use of computers as part of their training. Efforts of office automation at ISA are also picking up.

The Precis Cell : Precis on various subjects and handbook are prepared in this cell, which has the latest computerized risograph machine in it, inter-alia, the conventional cyclostyl machines.

The R&D Cell : This cell is carrying out research in training management, Internal Security related subjects and matters of importance of the force. It also carries out the job analysis for the force which forms the basis of training design.

Guests Faculty : Seasoned officers of the force, eminent personalities and academicians from universities are invited to deliver expert talks to the trainees, thus broadening their outlook.

Bharat Darshan/Study-Tour : The DAGOs visit the various parts of the

country and the field deployments of CRPF as part of their training curriculum. This broadens the horizons of their training and outlook.

Scientific Assessment: Snap tests and periodical tests conducted during the course, are in addition to the regular tests. This gives a purpose to trainees and creates a better learning atmosphere. It serve as a means of feedback to the directing staff. Thus, at ISA, there is a formal system of internal validation of the performance of the trainees.

Also, the feedback from field formations help ISA assess the impact of training and the methodology if required is changed to meet the training objectives. This is a formal system of external validation to verify whether the training objectives are in line with the role of CRPF.

Through objectives, subjective and other tests, (interviews observation and actual performance of skills) the trainees are assessed both on and off the parade ground and required corrections are made. Frequent address by guide officers to their syndicates and doubt clearing sessions are arranged to make learning interactive. Due care is taken to break the monotony in training through a well planned checksheet.

Almost all the trainers at ISA have been trained as trainers and they keep themselves abreast with the latest developments in the management of training. To upgrade their skills, they are sent on courses to various institutions within and outside CRPF.

These efforts at training management at ISA is despite various handicaps but at ISA we feel that it is men who make institutions, not buildings.

Training in Rapid Action Force

— M.L. Sharma, DIGP, RAF

The main role of the Rapid Action Force (RAF) is to deal with communal riots and riots like situations and the force is fully trained for this purpose. The force is also trained for rescue and relief operations. In order to be effective in the performance of its role, the force has to be a champion to protect the human rights of the public. The organisational structure of RAF is different from that of a standard CRPF Battalion. The smallest functional unit is a riot control team comprising of riot control elements,

tear-smoke element and fire-fighting element. The team is commanded by an Inspector. 4 teams make a platoon which is commanded by an Assistant Commandant. 2 Platoons make a Coy Commanded by a Deputy Commandant. Thus, each RAF Bn has 32 riot control teams.

In order to familiarise the new entrants with the functioning of RAF and to keep the RAF personnel fully trained, capable and effective, the following types of training are organised in RAF Battalions :-

Conversion Training : Normal tenure of a person in RAF is 5 years and as such each year approximately 2,000 RAF personnel are posted out in CRPF Battalion/GCs and new induction of the same number of personnel is made in RAF from the CRPF Battalions/GCs. In order to familiarise these newly inducted personnel with the role and the functioning of the RAF, a 12 weeks conversion training is conducted of all such personnel immediately on their joining the RAF units. During conversion training the personnel are familiarised with the structure and the responsibilities of the RAF. Main emphasis of the training is laid on riot control training (indoor and out door), relief and rescue operations, fire-fighting, first-aid, signals, marshal arts and law, etc.

Two Week Tear-Smoke Refresher Course : Tear-smoke munition is the main munition which is used by the RAF in dispersal of crowd and during riots as tear-smoke munition does not cause any body hurt to the public. RAF is authorised and is equipped with special tear-smoke munition including stun grenades and riot control equipments in addition to the normal riot control munition and equipments authorised to CRPF Battalions. The most modernised and effective multi-barrel launcher vehicle or VAJRA are also authorised at the rate of 5 VAJRA vehicles in each RAF Battalion. In order to keep the personnel mentally and physically ready all the time, two week tear smoke refresher course is conducted continuously in each RAF Battalion. The main emphasis during this course is laid on use of tear-smoke grenades and shells, use of respirators, grenade throwing, riot gas gun drill, missile gun drill, crowd control on RAF pattern, riot drill on RAF pattern, laws relating to use of minimum force, constitutional rights, etc.

One Week Fire-Fighting, Rescue and Relief Course : The RAF personnel have to be deployed on very short notice for rescue and relief operations to deal with any eventuality like fire, earth-quake, flood, damage due to riots, etc. In order to keep the men fit physically and mentally, one week fire-

fighting rescue and relief course is conducted continuously through out the year for the RAF personnel. The main stress during the course is laid to apprise the personnel about various fire combustions, mode of fires, classification of fires, fire-fighting equipments, various types of chemicals used in fire extinguishers, different methods of extinguishing the fire, use of fire-fighting equipments, use of hose pipes and hose pipe drill, etc.



RAF personnel during a *demonstration*

One Week First-Aid Course : RAF is required to provide first-aid and medical care to the public quite frequently as and when it is used for controlling riots or when its services are utilised during rescue and relief operations. In order to ensure that all RAF personnel are able to provide preliminary first-aid to the needed persons to give healing touch, a one week first-aid course is run through out the year by the unit medical doctors and medical staff. Main emphasis during the course is laid in giving preliminary knowledge about different parts of human body. The men are taught about injuries/factors and haemerrage and their first-aid managements, dressing, bandaging, antiseptic disinfection and sterilisation shock and its first-aid management, burns and its first-aid managements, transportation of the injured and brief knowledge of various common medicines and surgical equipments.

Refresher Course for SOs : The authorisation of SOs in the RAF battalion

is quite high as compared to a standard CRPF Battalion. In RAF, the SOs are utilised as element commanders and team commanders also. It is therefore essential that the SOs of the RAF are given continuous training in their profession so that they are able to guide and lead the personnel functioning under them properly for effective fruitful results. In order to achieve this, a four week professional refresher course is conducted for SOs in batches throughout out the year. The emphasis during this course is laid on teaching the SOs about different characteristic of the RAF including its role, general knowledge and professional training its role, general knowledge and professional training in police-public relation, intelligence collection/surveillance, immediate action drill in the event of being fired upon, patrolling in riots effective areas, secularism, human rights, human values, etc.



RAF Personnel demonstrating their skill

Refresher Training on Rotational Basis : The RAF Coys mostly stay at their HQrs and they are moved out as and when they are deployed for duties. When the Coys are not deployed, one Coy at a time is put through refresher training of six weeks and during this training all aspects of the training are taken care of. During this training main subject dealt are physical training, marshal arts, riot control training, rescue and relief operations, weapon training, fire-fighting, explosives and lEDs, first-aid, field craft, law, signals, tear smoke, etc.

Familiarisation Exercises : Each unit is given its area of responsibility comprising of a number of districts in a particular State. In order to keep the RAF units/coys familiar with the tropography, general law and order problems, inter-community/inter-caste conflicts among members of various communities of all districts in their area of responsibility, Coys of the RAF units carry out familiarisation exercises in these statistical informations like population structure, caste structure, sensitive and riot prone pockets and the issues which can flare riots, etc. is collected from various offices. Men are taken around the city to familiar them about the terrain and routes. The officers and SOs liaise with various civil and police officials. They also meet important and influential political and religious personalities and interact about the problems of the city/area with them. During these exercise, the RAF personnel also conduct socially useful activities to win the confidence of the local population. Each exercise lasts for 7 to 10 days at a time. Such exercises have proved very useful in controlling the riots and riots like situations and other law and order problems as and when the coys are deployed in these areas.

CENTRAL TRAINING COLLEGE NEEMUCH : A Premier Police Training Institution

— G.G.A. Sharma, Principal/DIGP

The Central Training College Neemuch, a premier police training Institution in the country, was established on the Ist December 1960. It is the oldest training Institution of Central Reserve Police Force and the first to have been established among the Central Police Organisation and was only training institution for Central Reserve Police Force till 1968.

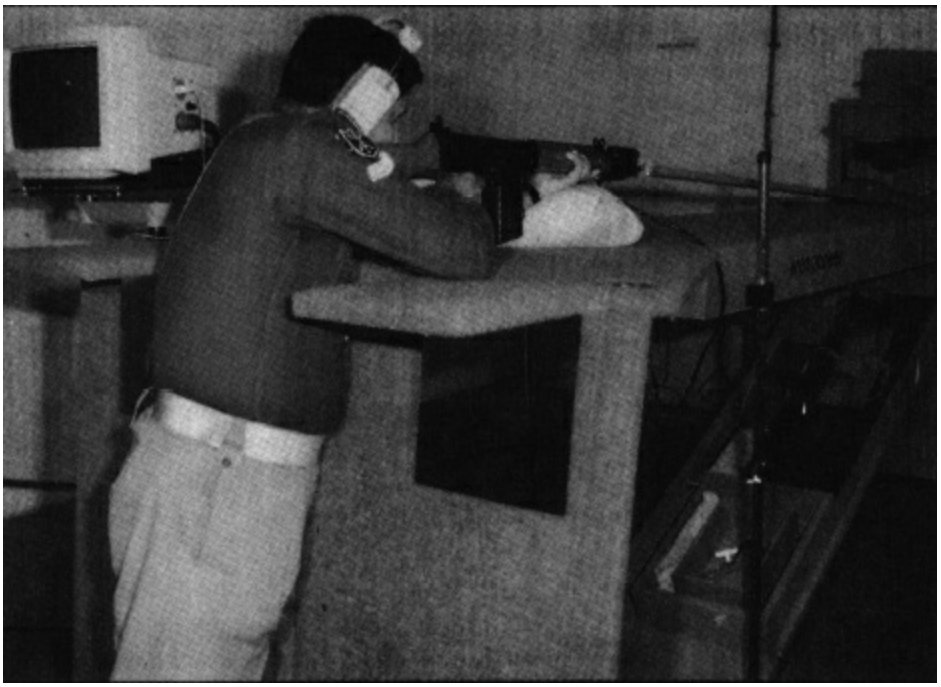
Initially, only Recruits Wing was created to train newly recruited constables and during 1961 the Cadre Wing was also added for conducting various in-service courses. With the passage of time, basic training for the directly appointed subordinate Officers and under Officers was also started.

Thereafter, during 1963, due to the induction of Directly Appointed Gazetted Officers in the Force, responsibility to impart training to them was also assigned to this college.

On creation of Recruits Training Centre at Barwaha during 1968, Central Training College-ll at Avadi in 1969 and Internal Security Academy at Mount Abu in 1975 the courses like recruits training and DASOs/UOs Course, DAGOs Course were shifted to these Institutions respectively. However, at this stage important technical courses like Driving & Maintenance of Motor Vehicles, Basic and Advanced Auto Fitters and MT Instructors courses were introduced and assigned to this college.

In addition to the regular courses, this College is also given the responsibility for conducting pre-course training for the Force personnel detailed for various Army courses and other outside Institutions.

Presently this college is conducting the following fifteen regular course for the Officers/men.



Firing practice in Computerised Small Arms Training Simulators of W&T wing

To impart physical training to Force personnel and make them proficient unit level physical training instructors, the physical training Instructors course has been started since 1965 with a capacity of 100 seats. The course is meant for Constables, Under Officers, Subordinate Officers, and also Gazetted Officers. So far 6423 personnel have been trained under the

course.

To teach the art of self defence by making the trainees conversant with unarmed combat techniques both in offence and defence, the training college has started the unarmed combat course from the year 1969 with a capacity of 100 seats. This course is also meant for Constables, Under Officers, Subordinate Officers and Gazetted Officers. So far 7501 Officers and personnel have undergone this training.

To enable trainees to become unit level instructors in Gymnastics, a Gymnastic course has been started in the college from the year 1968 with a capacity of 25 seats. The course is meant for Constables, Under Officers and Subordinate Officers. Since the start of this course 1402 personnel have been trained.

To train DAGOs/DASOs in efficient handling of platoon weapons and make them efficient in minor para military and Police practices with a greater emphasis on counter insurgency operations, a Weapon and Tactics (Officers) course has been started under this college from the year 1999. The main aim of this course is to prepare these officers to train and lead their Coy and Platoon in field effectively. The capacity of this course is 50 and so far 180 officers have been trained.

To train Under Officers in efficient handling of platoons weapons and make them proficient in minor para military and police tactics including counter insurgency operations, a Weapons and Tactics (instructors course) is running in this college since 1965. The present capacity of the course is 100 and so far 8498 Under Officers have been trained under this course. The main purpose of this course is to prepare the officers to train and lead a section/platoon in field.

To train and prepare force personnel to work as Junior Commanders at platoon level and functions as effective Under Officers and also to make them eligible for further promotions, the Senior Under Officers cadre course has been started under this college from the year 1997 with a capacity of 200 seats. So far this college has trained 571 force personnel. The course is meant for senior Head Constables.

To train Lance Naiks and senior Constables of the force those who have qualified to the rank of Head Constables with a view to make them efficient and effective section commander and platoon second-in-command both operationally and administratively, a senior cadre course is running under

this college since 1969. The present capacity of the course is 400 seats and so far 1200 Lance Naiks and Constables have undergone this training.

To train and prepare force personnel to work as Junior Commanders at the section level and function as effective Under Officers, a Junior Cadre Course has been started under this college since 1969 with a capacity of 200 seats. So far 1666 senior Constables have been trained under this course.

To train officers of this Force to effectively supervise the work of their subordinates and efficiently carry out their duties QM/MTO in the units/GCs, the QM/MTO officers course is running under this college since 1975 with a capacity of 30. So far 822 Asst. Comdts and Dy. Comdts have been trained under this course.



LMG Handling in W&T Course

To make the trainees effective and efficient, motor mechanics for various type of vehicles being used in the force, a Basic Auto Fitter Course has been started under this college with a capacity of 30 seats since 1987. So far 135 Constables (GD) have been trained under this course.

To impart refresher training to auto fitters and to acquaint them with the latest models of vehicles in the force, their maintenance and repairs, an Auto Fitter Upgradation Course has been started under this college since 1976. Sincte then 711 senior auto fitters have been imparted training under this course.

To train eligible GD Constables in driving and maintenance of various types of vehicles in varying conditions, different terrain and make them proficient motor transport drivers in the force, this college is conducting a Driving and Maintenance Course since the year 1976 with a capacity of 240 seats. Till date 3238 GD Constables have undergone this training.

To assess and improve the standard of drivers who have attended D & M Course at places other than CTC-I and orient them with vehicles and MT procedures in the force, this college is running a Driving and Maintenance Re-Orientation Course since 1984 with a capacity of 30 seats. So far 1030 directly recruited drivers have been trained under this course.

To train the force drivers as potential instructors for the unit/training institution, a Motor Transport Instructor Course has been started under this college since 1984 with a capacity of 24 seats. Till date 720 Head Constables (Driver) and SI(MT) have been trained under this course.

To assess and improve the standard of the drivers who have attended D & M Course and are qualified light vehicles drivers for upgrading them to become efficient drivers of medium and heavy vehicles in the force, a Driving and Maintenance Upgradation Course is running under this college with a capacity of 60 seats. So far 154 drivers have undergone this training.

CTC-I Neemuch has also been conducting Courses for other departments including Narcotics, Parliament Security, I.B., Indian Air Lines and J&K Police.



RFSF personnel tackling ladder Rope Castable during BOAC Training at RTC1



RPSF personnel crossing Burma Bridge during BOAC training at CTC-I



Rope Climbing of Physical Instructor Course of Physical Wing CTC-I



Fighting a Guerrilla like a Guerrilla



Grooming Personnel for Internal

Security Duties

—N.P. Shree Kumar, DIGP/Principal, CTC-II



Shri M.N. Sabharwal D.G. CRPF presenting trophy to the best cadet of 68th Batch of DASOs passed out on 13th May '99

Internal Security and maintenance of Law and Order are of great importance in the present context in India. The rapid increase in terrorism has thrown a great challenge to the law enforcement authorities. Hitherto, the police were mainly concerned with habitual criminals in the area of conventional crimes like murder, dacoity, theft etc, but in the last one decade or so the terrorism, insurgency and extremism have shown their ugly heads in various parts of the country. The weapons used in such operations are also extremely sophisticated and highly complicated. To tackle such problems our personnel have to be trained on the modern lines with matching weapons.

Central Training College-ll was established to cater for the training needs of this versatile Force for tackling multidimensional tasks on 1 st Sept. 1969 in Avade, Chennai (T.N.) In June, 1975, the institution was shifted from Avadi to Neemuch (M.P.) on administrative ground. During Feb., 1978 it was shifted to Deoli in Rajasthan and again returned to Avadi in May, 1980. Due to increased training responsibilities and lack of adequate training area and other administrative constrains the institution has now been finally shifted to Coimbatore (T.N.) and started functioning there from 1st May, 1997.

The present campus comprises of 100 acres of land in the foot hills of Sanjeevini Hills which fulfills all the prerequisites for an ideal and modern training institution. It is situated at 20 Kms from the Coimbatore-Mettupalayam Main Road. The semi-mountainous terrain is best suited for various outdoor exercises. An improvised Field Firing Range and natural Stop Butt at the end by the hill is a special feature of the campus.

Eloquent architectural designs, suiting the area have been prepared for various buildings in the campus. Construction of 139 family quarters has been completed. The Administrative Block has been inaugurated by Shri M.N. Sabharwal, IPS, Director general, CRPF, on 1st March, 2000. Construction of Quarter Guard Store Block, 180 Men Barrack, Sos' Dormitory and Officers' Mess is in progress.

The institution is headed by a DIGP/Principal. The authorised strength of officers include one Commandant, 3 Deputy Commandants and 2 Assistant Commandants. In order to streamline the functions of the institution the entire set up has been divided into 2 different Wings namely Adm Wing and Training Wing. Each Wing is headed by a Wing Commander of the rank of

Dy. Commandant who are also Course Directors of various courses conducted in the institution. Two Assistant Commandants are performing duties of the Wing 2 l/Cs besides the duties of Course Directors of specific courses. Training Teams specialised in Weapons & Tactics, Map Reading, Tear Smoke, Crowd Control, Physical Training, Counter Insurgency and Indoor Training have been provided in the Training Wing which has been given the responsibility of conducting various training courses under the direct supervision of the Commandant who is detailed as the Chief Training Officers.

The institution aims at inculcating a sense of duty and dedication in the minds of the participants to improve efficiency and competitiveness with professionalism and sensitivity towards the job through need base interactive and creative training which is the need of the hour and on the lines of National Training Policy 1996. The institution impart training connected with five stages, viz. Basic, In-service, Promotional, Instructional and Specialised training.

The following course are run by the institution for CRPF personnel of CPOs and State Police Organisations, at the rate of 3 each in a year:
Promotional Courses

Senior Inspector Cadre Course, Platoon Comdr Ref. Course and Section Comdr. course

Basic Courses - Directly Appointed Sub-Ordinate Officers Course

Inservice Courses - Intelligence Course, Map-Reading Course

Specialised Courses - Mob-Dispersal Course, Counter Insurgency & Anti-Terrorist Course, Human Rights & Sensitivity Course

Instrutional Course - Training of Trainers Course

In addition to above, Pre-Course training for Army Courses are also conducted in this institution. The Courses are (1) Commando Ghatak for Officers & NCOs, (2) Low Intensity Combat Course for Officers & JCOs, NCOs, (3) General Intelligence Course and (4) Map-Reading Instructor Course.

Based on a request received from Palestine National authority, a batch of ten officers of Palestine Police Security were trained in Mob-Dispersal from 1st Dec, 1997 to 28th Dec. 1997. Besides these officers, 72 trainees from various states and Central Police Organisations of India also participated in

the course. All the participants were immensely benefited during the course by mingling with each other, in sharing their experiences.

In addition to teaching police subjects to protect the Human Rights of people, an awareness to all trainees is given on Human Rights, ethics and Moral values. With a clearcut goal, the institution with its professional specialisation has been able to run the unabated cycle of training to groom the force personnel for Internal security duties as well as anti-Terrorist and Counter Insurgency duties, through latest case studies with a stress on proactive approach.

Training is the back bone of the Force. As it is rightly said “More you sweat in training,- less you bleed in war”. Efficiency of the Force can only be maintained through systematic training according to the need, as per the prevailing scenario of internal Security. Better trained Force personnel will always have an edge over the Anti-Social and Anti-National elements. Through training, morale and efficiency of the Force personnel can be raised to unprecedented heights.

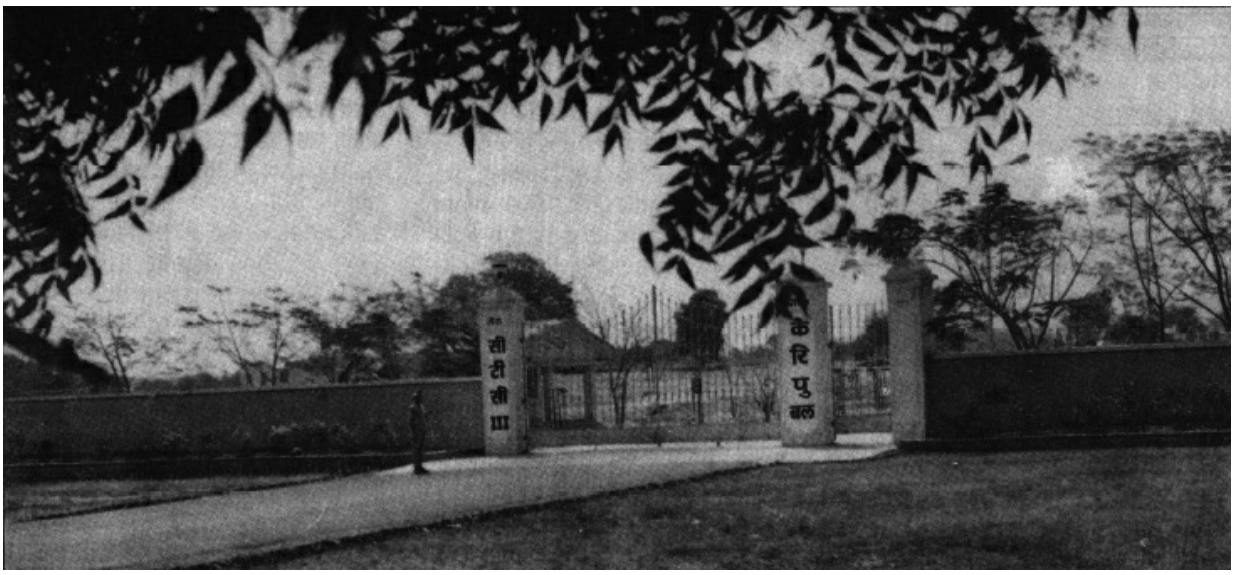
Our Aim to Develop Professionalism

—C.V. Mathew, Commandant, CTC-lll

In the multiethnic and pluralistic make up of our country there are groups who are not satisfied with their log. This is a fertile ground for exploitation by elements advocating armed revolution and secession though not in all cases such is the outcome, the fact remains that the country is fighting a relentless battle against insurgency for the last more than 4 decades in the North East and now terrorism in J&K. Besides these major woes there are problems of public order, naxalite movements etc which compels diversion of precious resources and focus of attention towards tackling these problems of internal security and public order to create an atmosphere of peace and tranquillity for growth and development. In this difficult task the Central Reserve Police Force has rendered yeomen service over the years and established a reputation for effectiveness, efficiency and commitment to service and loyalty. Despite onslaught of diverse challenges and its own problems of growth and development, the image and good name is held

aloft. The force is one lakh 70 thousand strong today with 140 Bns. and 93 static formation and training establishments. Perpetuation of the good name and image of the Force depends on sustained efficiency and effectiveness of the Force. Training performs a very significant role in this area.

The 3rd Central Training College was established in May ‘94 with the specific requirement of the Force in training directly appointed Subordinate officers of Ministerial Cadre, Group-C and D Hospital and Min. staff and organizing promotional cadres for personnel at the level of Under Officers and Subordinate Officers besides some inservice and specialist courses of training. In short period of its existence, the Institution has developed at a fast pace and raised essential infrastructure for effective administration to fulfill its mandate of running three types of basic courses, 4 categories of promotional courses and 2 types of inservice and 3 specialist courses. The Institution is functioning to full-capacity in conducting the allocated courses in consonance with the training policies of the Force. Its sprawling campus of 400 acres has completed 1 st phase of construction, which include five 120 man barracks and 105 family quarters of different types of besides development of road, electrical network & the water supply system. These infrastructures were formally inaugurated by the DG, CRPF on 21 -07-1999 and the foundation for 2nd phase of construction activities was laid by the DG himself on 07-04-2000.



The newly built campus area of CTC III

Impartation of training in this Institution is oriented towards modern methods and technological developments. Adoption of methodologies suited

to the curriculum and modern training aids have made training session more interesting and absorbing. Participation of the trainees in training sessions is emphasized & encouraged. Qualitative inputs to trainees are strived at through improved communication skills of the trainers. Case studies and discussions, group tasks and assignments, demos, sand model exercises & tactical exercises of various operations are some of the methods being used. Modern training aids like computer and multi media system projected training aids, video camera, like projector, action models etc. are increasingly being used to make the inputs interesting and qualitative. Good training films and indigenously produced multi media presentations are a special feature of training activities of this Institution.

The facilities of own firing range and area for outdoor tactical exercises have given the advantage of giving extensive practice to the participants of various courses in acquiring the ability of tactical appreciation and conduct of operations. The shooting skill to meet challenging situations in the field is honed through different types of combat shooting and counter insurgency marksmanship practices such as room intervention, vehicle mounted firing, head shooting, geometrical target shooting, lane shooting, counter ambush firing, fire on moving targets etc. These practices aim to sharpen the reflex of the participants to swiftly bring their weapons to bear upon the targets & shoot first. The night reflex shooting increases the ability to shoot sensing the silhouettes. The small Arms training simulator aids trainees in tuning up their reflexes before going to range for live firing practices.



A Jawan in action durina Junale Trainina

Extensive field firing practices instill confidence in the trainees for effective employment of 51 mm mortar, rifle grenades and hand grenades, highly effective in counter insurgency and anti-terrorist operations in braking the resolve of insurgents and terrorists. Battle inoculation exercises for CIAT course removes fear and embolden participants to face live situations.

The Institution has endeavoured to impart knowledge, skills and attitude to develop professionalism in the members of the Force. It has so far trained 1271 ASI[M] and Group ‘C’ and ‘D’ hospital staff, 5789 personnel for promotions at various levels, 202 drill instructors, 138 Quarter Master clerks, 385 personnel in explosive awareness and 979 personnel in CIAT courses. These features include Officers also who attend CIAT and Anti-Explosive course in this Institution.

The Institution is marching forward, in pursuit of excellence with focussed attention to achieve its motto of *Professionalism, Partiotism and Pride in Service.*

Training - An important means of

improving human potential

—Shri M.S. Sidhu, Principal, RTC-I

The need for adequate training of Force personnel is now universally recognised. It is undoubtedly an instrument in human resources, it is an important means of improving human potential and increasing the efficiency of personnel.

Prior to 1968, recruits in CRPF were being trained by respective Battalions and in CTC-I. With the increase in the size of Force and creation of Group Centres, requirement of a Recruits Training Centre exclusively for imparting training to recruits was found inevitable.

Accordingly Recruits Training Centre was established on the bank of 'Choral' river at Barwaha (M.P.) on the 1st August, 1968 and was housed in the famous 'Daryao Mahal Palace', the largest Palace in Asia of rulers of erstwhile Holker State. The entire land and building at Barwaha were handed over to CISF when Centre was shifted to Neemuch and established at its present location wef 7th July, 1984. The authorised training capacity of this Institution is 1215 recruits.

The administrative control of this Centre rests with the Inspector General of Police (Ops & Trg) and Dy. Inspector General (Trg), CRPF, New Delhi.

The main role of this Training Centre is to impart basic training to recruits of CRPF. The basic training of recruits have been increased to 44 weeks from 36 weeks wef January 2000 and presently 1181 recruits are undergoing 44 weeks basic training wef 19th June, 2000. Besides imparting basic training to recruits this Institution is also conducting Bugler Basic training of 22 weeks, Bugler Refresher Course of 12 weeks and Condensed Basic training of 12 weeks for Constable (Drivers) every year on on regular basis. During the year 1999, 72 Constable (Buglers) completed Bugler Basic Training, 57 Constable Buglers completed Bugler Refresher Course and 8 Constable (Drivers) completed Condensed Basic Training.

688 new Constables passed out in an impressive parade on 12th May, 2000. Shri R.R Singh, IGP, Eastern Sector took the salute and distributed trophies to the best Outdoor, Indoor, Firer and all round best trainees.

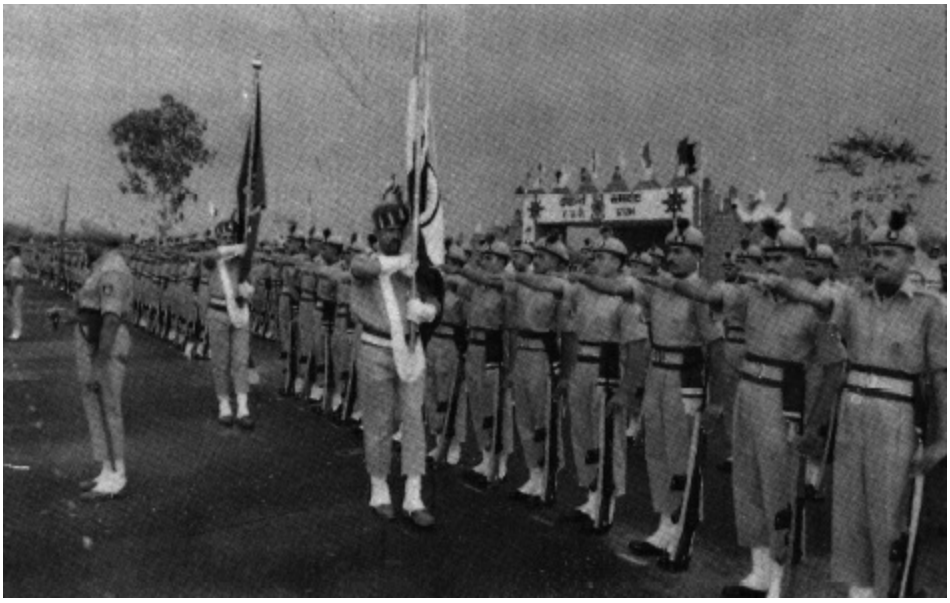
In addition to this, as per the direction of CRPF Training Directorate, 8

Coys consisting of 795 personnel of RPSF were also given 4 weeks advance training in handling and firing of modern semi auto and automatic weapons, IED,s explosives, counter insurgency operations etc wef 15th May, 2000 to 10th June, 2000.

This Institution since its inception in 1968 has trained 35536 recruits of CRPF till June, 2000. In addition to above, this Centre has also trained the 2550 personnel other than the CRPF till date, such as : (i) S.S.F. -1019, (ii) Customs - 208, (iii) Cabinet Sectt - 33 (DFO), (iv) NEPA - 9, (v) RPSF - 1139 and (vi) J&K Police -151.

A high level delegation of Nepal Police also visited this Training Centre on 16th March, 2000 to study the training methodology being followed in CRPF in order to implement the same in their Training Institutions.

A centrally located cell for Research and Development under an Assistant Commandant and comprising 2 Inspectors, 2 ASIs (M) and 1 Const is also placed at RTC-I, Neemuch under direct control of Training Directorate. Its role is to bring qualitative improvement in the training being imparted to the recruits. This cell is responsible for research, development, evaluation, preparation of audio-visual training materials/aids, preparation of precis, course materials, hand out etc.



Recruits taking oath during attestation-cum-passing out parade on 12th May, 2000 at RTC-I

Training : An effective tool

—J.P. Christodas, Principal-ADGIP, RTC-II

The basic goals of training are to make lasting improvement in jawan's role enactment capacities and to develop his capacity for assuring higher levels of responsibility. Thus training is an effort to fit men to take the rigours of life. Training ipso facto results in development of his total personality. Training not only aims at improving his existing enactment and capacity to adapt to changing situations but also prepares him for the future role in the fast changing social milieu. Training is an effective tool for bringing about requisite professional skills, competence and attitudes.

The Central Reserve Police Force rapidly expanded during late Nineteen Sixties. In order to meet the increased intake of Recruits and their training requirements, Recruits Training Centre-ll started functioning at Avadi, Chennai (TN) on Feb. 1, 1969.

RTC-II is located within the CRPF campus, Avadi, which is about 30 Kms away from Chennai City. This Institution is having its own Quarter Guard, Office Buildings, Barracks for staff and Recruits, Parade Ground, PT Ground, vast training areas, UAC Ground, Swimming Pool, Short Firing Range and Miniature Firing Range.

The main aims of this Institution are : (1) To impart basic training to Recruits, (2) To impart professional knowledge, skills, attitudes, values, norms, etc. and to make them good members of the Force, (3) To make them function as members of a team, and (4) To inculcate qualities of uprightness, dedication and strong commitment to the service of the people and the nation.

Since its inception, this Institution has trained 37,529 Recruits in 355 batches. Presently, 882 Recruits are undergoing basic training. This Institution also trained 489 Recruits of CISF and 49 Security Guards of Deptt. of Space. Again 127 officials of Customs Deptt. and 108 personnel of Bank Guards were also trained by this Institution in the use of SLRs during 1988-89. Besides the above, 281 RPSF personnel have undergone one month basic special weapons training from June 20, 1996 to July 23, 1996. Four Basic Bugler Courses and Two Basic Bugler Refresher Courses have been conducted in this Institution so far. Brass/Pipe Band promotional

Courses and Refresher Courses will be conducted in this Institution from this year, as decided by Dte. General.



Shri J.P. Christodas principal RTC-II, presenting all round best trainee trophy to Ct Ulhas Tilve

This Institution consists of a HQ Wing and three Training Wings. Each Wing is under the charge of an Assistant Commandant. Each Training Wing has 3 Coys under one Inspector each. Similarly, each Trg Coy has 3 Trg Platoons under a Platoon Comdr (SI) consisting of 3 squads of 15 Recruits each. Each Squad is under the charge of a Head Constable assisted by one HC Instructor. The HQ Wing consists of Adm. QM, MT and Edn. Platoons. This Wing is responsible for conducting Indoor training besides looking after the house keeping work of RTC-II.

When a sizeable number of recruits finish their basic training, an attestation-cum-passing out parade is arranged by this Institution. A prominent leader either from Central or State Govt, or a high ranking Police officials takes salute in all Passing Out Parades.

The Training Institution is capable of imparting training to as many as 1215 recruits at a time.

This Institution caters the recreational needs of personnel through well equipped recreation room and open air theatre with 35 MM projector. Dry and Wet Canteens to cater the day-to-day needs of recruits and staff are available.

Ration items to the messes of recruits, staff and families are being supplied through Central Ration Store of this Institution. We take particular care to look after the messing arrangements of recruits and staff of this Centre. All the messes are equipped with gas chullahas.

Religious Institutions, namely, Mandir, Masjid, Church and Gurudwara are available in the campus.

In order to relieve the recruits from the monotony of training, indoor games like Chess, Carrom board as well as outdoor games like Foot-ball, Hockey, Basket-ball, Volley-ball, Handball, etc. are played by recruits every day.

To create the spirit of competition and also to spot out talented recruits, who are good at various games and athletics, Inter-Coy and Inter-wing competitions are conducted every year. The winners, runners-up teams and the individuals, who secure first, second and third positions in various items of athletics events are awarded prizes and trophies. Rt. Dharmender Gurang and Rt. Pradeep Kumar, who were spotted out during Inter-Coy/Inter-Wing competitions, were included in the Central Hockey Team and Central Basket-ball Team respectively, on our nomination/recommendation.

In addition to the competitions conducted in various games and athletics, Inter-Coy competitions in PT, Foot-drill, Arms drill, Weapons handling, Shooting competition and BOAC are also conducted and the winning teams/individuals are encouraged by awarding prizes/trophies.

HC Sube Singh of this Institution was awarded President's Police Medal for gallantry in the year 1999 for his commendable action against militants during his attachment duty at 65 Bn, CRPF, Manipur.



The newly attested constables performing Naga Bamboo dance on the occasion of their Passing Out Parade



The newly attested constables of Batch no. 351 and 352 performing Assamese Dance

THEY ARE TRAINED TO MAKE THEM EFFICIENT JAWANS

—Y.V.K. Reddy ADIGP, Principal, RTC-III

Training is the process of con scious, deliberate and planned efforts aimed at developing a particular type of aptitude, attitude, traits, skills, expertise or orientation in the trainees. According to some, training is a deliberate and planned process of teaching and learning wherein knowledge, skills, techniques, attitudes, experiences are acquired by the trainees with the help and guidance of the trainers. Here the trainers of Recruits Training Centre-Ill are striving hard to make the trainees efficient jawans so that they can face any challenge in the field of security of nation.

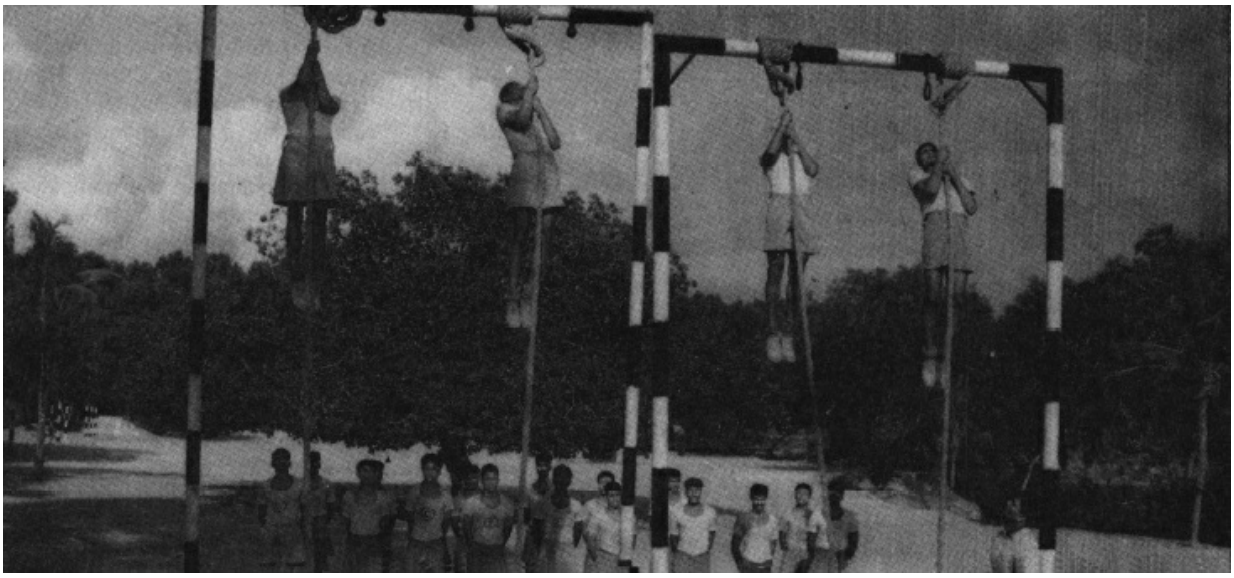
This Centre started functioning at Pallipuram (Kerala) under adhoc arrangements w.e.f. 9th June 1986 and was subsequently granted regular status w.e.f. 1st December 1986. This Institution is sharing accommodation and training area with Group Centre CRPF Pallipuram. It is located at a distance of about 25 Kms from Thiruvananthapuram railway station on either side of National Highway 47 towards Quilon. This institution is placed under the administrative control of Inspector General of Police (Ops & Trg) and Dy Inspector General of Police (Trg) from April 1, 1991.

It has been finally decided to locate RTC-III at Peringom, Kannur Dist (Kerala) on permanent basis for which the Kerala Govt, has earmarked 275.92 acres of land for establishing Centre and Firing Range. The process is in the final stages and the formal orders regarding transfer of land are expected shortly.

The role of this Centre is to impart basic training to 1215 Recruits of CRPF at a time. During 44 weeks basic training, recruits are given intensive training in PT, UAC, Foot Drill, Handling & firing from various types of weapons, Explosives, Counter Insurgency, Field Craft and Tactics etc. They are also taught basics of Law, Firstaid and subjects of general awareness, Rescue Relief, Central Police Organisation and Stage Police Organisation, Office procedure etc. including Human Rights in Indoor classes.

Objectives of the training are to develop knowledge, skill and aptitude of newly appointed recruit and train him suitably as per requirement of organisation so that he is able to discharge his organisational duties as well as responsibilities efficiently as per his rank and also as a member of the Force.

Since its raising 15446 recruits have been successfully trained by this Institution till date. At present 711 recruits are undergoing basic training in this Institution.



Recruits during Training at RTC-lll

Outdoor Training - The Need of Hour

—D.C. Dey, Principal-ADIGP, RTC-IV

This training institution was es tablished on April 1, 1990 at Humhama, Distt, Budgam (J&K). Due to non-availability of built up accommodation and the then prevailing insurgency situation in the Valley, This RTC could not be made functional for the initial two years. The staff posted in RTC-IV, therefore, were used for various operational duties in the valley as well as for special course run at various other training institutions. It was made functional at Awantipura, Distt, Pulwama (J&K) with effect from May 7, 1992 and subsequently shifted to Humhuma on March 29, 1994.

The role of this Centre is to impart basic training to the recruits of Central Reserve Police Force. During period of basic training, recruits are given intensive training PT, UAC, Foot Drill, Arms Drill, Handling & firing from various types of weapons, explosives, Counter-Insurgency, Field Craft and Tactics etc. They are also taught basics of law, first-aid and subjects of general awareness etc. including Human Rights in indoor classes. The present authorised training capacity of the Centre is 1215 at a time. This

RTC has four wings. The first three wings look after the outdoor training. The fourth wing deals with the administrative requirements of RTC as well as the Indoor training/classes of recruits.

The objectives of the training are to develop knowledge, skill and aptitude of newly appointed recruit and train him suitably as per requirement of organisation so that he is able to discharge his organisational duties as well as responsibilities efficiently as per his rank and also as a member of the Force. So far RTC-IV has trained 4627 recruits.

It is known fact that training is a process of learning and improving knowledge, skill and attitude so that an individual improves his own performance and increases the efficiency of organisation. In order to improve his knowledge the recruit is put through several phases of training which make him fully conversant with the job specification.

The job of a police personnel is such that it requires not only knowledge and the skill to meet the various situations but also physical fitness and stamina. All these traits are essential to bear the hazardous life of a policeman. The main objective of outdoor training is to make the man physically fit and tough so that he can easily face the challenges. It is, therefore, much importance is laid on the outdoor training.

It will be pertinent to mention that the present batch of recruits during the course of their basic training had also participated in Elections twice by relieving the trained regular constabulary normally engaged in administrative jobs from CRPF Group Centres and RAF Bns, so as to mobilise additional CRPF strength that was needed during the conduct of the General Parliamentary Elections Sept/Oct-1999 and the Assembly Elections in 4 States (Bihar, Manipur, Orissa and Haryana) in Jan/ Feb-2000. These recruits came out with flying colours in shouldering the responsibilities of regular constables and earned appreciations from the higher authorities.

Besides this, this Institutions has run 3 bugler refresher course and trained 201 buglers so far.



Recruits under Mob dispersal Training

My Experiences with Central Training College (Telecom)

—R.K. Sahay, Vice-Principal

How can one narrate the past related with oneself with same fervour, passion, feelings and vibrancy the limitless time has offered without underdoing or overdoing it. Nevertheless this is an effort on my part to relieve my experiences with CTC (T) which is dearest to my heart.

During May ‘97 an interview was conducted in Delhi and Guwahaty to select candidates for GO’S Technical course SI. No. 15 which was going to be conducted at Central Training College (telecommunication), Ranchi. As my unit 38 Bn was in Arunachal Pradesh, I appeared for the interview at Group Centre, Guwahaty. Out of the 10 officers selected for the course eight officers including myself were from the 24th batch of DAGo’s and remaining two officers were from the 23rd batch of DAGO's.

It was an occasion of double excitement for six of us in the course as an opportunity had come for us to be in our home state and in the summer capital of Bihar. At the same time I was also detailed to conduct training to the trainers in counter insurgency and anti-terrorism at GC Durgapur. Due

to this reason I reported at CTC(T) for the GOs technical Course just on morning of the date of its commencement. After dumping my luggages in the GOs mess I hurriedly changed into uniform and reported in the class. All remaining nine officers had already reported and were attending their screening test, I too joined the test. After completion of the test we all had a tale to tell regarding our adventure and heroics in the field.

I was highly impressed by the very ambience of the institute which has a completely different work culture than rest of the training institutes of CRPF. Every course irrespective of its grade and composition was deeply engaged in academic activities with a seraphic tranquility impossible to describe in words. The culture and environment of this institution also reminded me of my school days back in early eighty's at Vidya Vihar in Muzaffarpur.

In his opening address to our course Principal CTC(T) Shri M.S. Agarwal stressed upon the need of hard work and total indulgence in the course to be a signal officer and advised us to put in our best in the next five months.

Most of the subjects covered in the course like basic electronics, circuit design, wave propagation, antenna system, transmission line, digital communication, modern communication system, networking, computer fundamentals were quite revelation to us in the fascinating world of communication and information technology. Initially we thought that subject coverage in this course would not be more than refresher of our knowledge in electronics and radio theory as already acquired by us during our graduation. But our assumption proved so thoroughly wrong that it took all of us by surprise. The standard of training was so high that some times we really wondered whether we had enough memory bytes left to sustain the onslaught of our instructors who all were determined to make us a Communication Engineer within a span of 5 months. However very soon we tuned our self to the rigours of high profile training and felt at home once our practical classes started.



Group Discussion on technical fault amongst trainee technicians at CTC (I)

During this training a number of study tours were conducted for benefits of our course important among them were tour to BIT Mesra and its different departments where we got an opportunity to see the latest work and projects in the field of fibre optics, information technology and robotics. Also our study tour to DOT Ranchi was equally fruitful and we had adequate exposure in the field of Tele-Communication, exchanges and different type of switching systems. Also a number of guest faculty from BIT Mesra, DCPW and DOT delivered their valuable lectures on various topics and enriched our knowledge in the field of Tele-Communication, radio engineering and Police Communication system.

My coursemates will agree with me that period spent here during our GO'S Technical course was one of the finest in our life where we learnt a lot in a friendly and hospitable environment and got a direction in our career at a crucial juncture. Some of my coursemates like Sh. Kewal Singh, Sh. S.R Singh, Sh. S.D. Pandey and Sh. A.K. Singh were very hardworkers and such were their dedication that late night studies upto early hours of the day became the practice rather than an exception in the later half of our course. But luckily for me my roommate Ajay Kumar Singh was one of them and he helped me a lot as his approach was a systematic and test oriented whereas mine was a detailed, numerical based and probing one which is not conducive for examination purpose that is why his preparation and notes

were fully utilised by me as the last day reading just before all progressive tests successfully.

One aspect of this institute which has attracted my attention was the standard of instructors from the SOs rank and ORs. Some of them simply master of their field and their vast knowledge and ability to explain the difficult subjects in simple and lucid steps, surprised me more than once. The foremost in the list were SI(Tech) Murli Dadhy, ASI(Tech) N.R. Das and ASI(Tech) Anil Kamboj who all had taken great pain in explaining the subjects in simplest possible way for the advantage of the whose class.

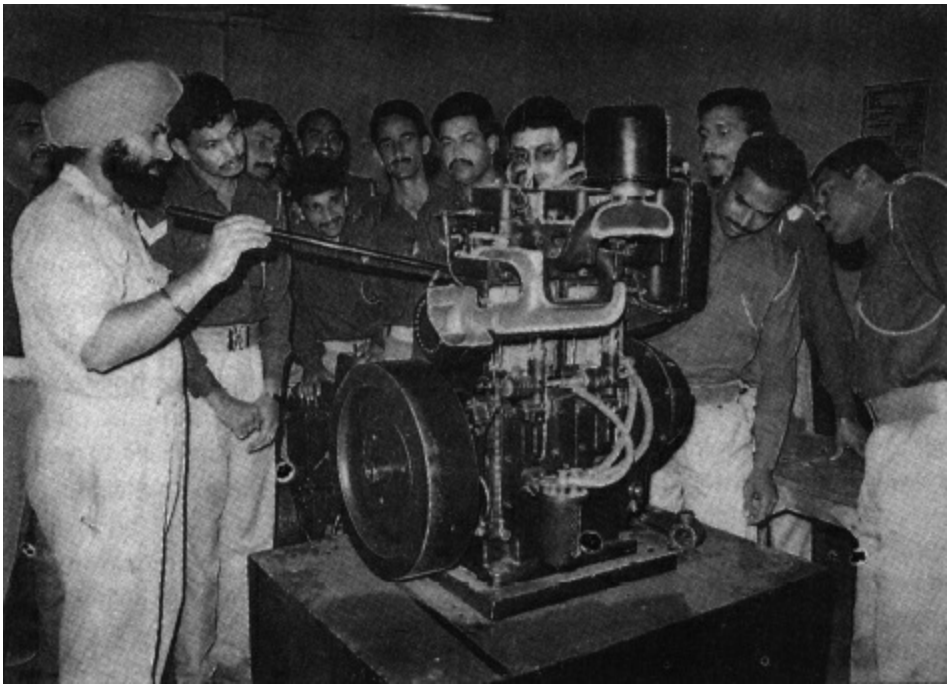
This institute was having sixteen numbers of technical labs were equipped with the state of art electronic and telecommunication equipments and training aids where we acquired our practical knowledge and learnt uses of these equipments and could literally feel the radiation of electromagnetic waves in the space by these equipments. The HF, VHF, Microprocessor and digital labs were the most frequented labs among all these sixteen labs and comparable with the very best available in any Govt, organisation or institutions. Even for a knowledgeable man visit into these labs will have an ever lasting impression in his mind.

Technical library of CTC(T) was the place where we used our leisure time in selecting and going through the various reference books to prepare notes on the topics covered in the classes. I had not come across such as well equipped and organized technical library prior to my visit in this institute. One of the most interesting thing about this library was the understanding between Principal and respective faculty incharge that they were at liberty to purchase the books on account of CTC(T) if they come across a good and useful one.

Nature has also placed this institute quite favourably as Ranchi is situated at height of around 2400 ft from mean sea level. It has a moderate climate and summer is not very hot like rest of Bihar and mercury in general not touches forty degree and most often then not afternoon shower brings it down to below thirty level. Besides CTC(T) camp is full of greenery and serenity. This helps one in all activities not only in training. In such a wonderful place after spending al-most five months in training we departed for our respective locations for undertaking new responsibilities and challenges with full of emotions and sweet memory of this institute.

After culmination of GO’S technical course my posting was made in 2

Signal CRPF and later on in the B/ 2 Signal Imphal as officer commanding. After serving there for about one and half year, my promotion alongwith the posting in SGC/CTC(T) came as a big surprise to me.



Practical Class over the cut model of Generator

I got an opportunity to be there in CTC(T) once again in a completely different role and responsibilities. At the time of my landing here on a number of occasions I was quite apprehensive particularly in taking classes for the officers in the different courses but by and by things settled down quite smoothly. The first opportunity for taking classes of officers came to me in the Communication Familiarisation Course for senior officers and it gave me immense pleasure to be there as instructor in the class where one of the senior Directing Staff of our Basic Training at ISA M/Abu Sh. P. Damodaran was there to attend the lecture. Gradually it became quite common practice for me to take classes of different courses on regular basis.

This institution is catering for the entire training need of ten thousand men strong Signal Range right from the basic courses to various up gradation courses in three different trades viz. Radio Operators, Technicians and Crypto Operators. Also in the year 1998 another faculty of information Technology came into being and established itself as a premier centre for creating IT awareness among Officers and men of this force.

Apart from our organizational requirements it also cater for the need of

sister organisation like CISF in the improvement of its signal setup and training of their signal staff. On an average almost 40 courses are being conducted in this institute annually and around 1200 personnel are being trained in the varied field like information technology, Trainers training and functioning/maintenance of best equipment. Three courses namely GOs Technical course, Communication Familiarisation course and Basic Computer course are also being conducted by this institute exclusively for the officers of this force. The courses offered by this institute is most sought after one among officers and their response is quite overwhelming for the faculty and institute. Technical Training is the continuous process of upgradation and modernization keeping pace with the time and this is fully provided in the CTC(T) environment under the dynamic leadership of DIG (Comns) Brig. J.S. Sawhney and Principal CTC(T) Shri M.S. Agarwal. This institute in its present shape has the potential to become pioneer in the field of Radio Engineering and information technology and a centre of Excellence for technical training among all CPOs and senior officers from CPOs as well as State Police would like to attend the course offered by this institution in future.

Technology is changing at a mind boggling rate and new system and training aids are being developed every day for better training and assimilation. In order to keep pace with these technological changes CTC(T) is constantly upgrading itself and some of the fields already taken up are as under :-

Establishment of state of art labs- a number of advance technology labs like fibre optics lab, microprocessor lab, PCB lab, second computer lab etc. are in various stages of establishment in the institute for the benefit of the trainees and faculty members alike.

Development of a Research and design centre : A lab for the design and development of our communication equipment and requirement is essential for improving the efficiency and affectivity of the complete signal range. It will serve the dual purpose of checking the suitability of various radio equipments to be utilised in the field area as well as fabricating a system which is best suited to cater for our needs, this will also give the required momentum to our technicians and officers to work in the area other than that of user only.

Establishment of state of art EPBX Exchange : A high configuration

EPBX Exchange is going to be installed in the CTC(T) for dual purpose of providing the line communication facilities inside the campus and for imparting training to various trainees in the field of C-DOT and EPBX exchange.

Local area Networking: The internet has changed our way of life in a very big way as it has got application in every walk of life. This vast ocean of information is available with us by a mere click of the mouse. CTC(T) has planned to install computer terminals in each suit of Officers and SOs mess and residence of all faculty officers and these terminal will be connected to a central server. This will enable all faculty members and trainees to have an access to data/information and to the internet during their off hours. This networking will be based on fibre optical cable for larger band width and faster data transmission.

Construction of a Cyber Cafe in the CTC(T): This will help in creating an awareness among all the members of the force residing in the campus and will provide a space for the personality development for all members including their family. This can run on the revenue generated by his cantre only without requiring any regular assistance from the institute.

Centre for Software Development: In the field of software development out organisation is in its infancy stage and a centre like this can bring wonder not only for this institute but for the entire department. This centre will also have viability to earn revenue for the department in future.

Video Conferencing System : CTC(T) has already acquired three numbers of Video conferencing terminals and training is being imparted to various trainees for its application. It will be further extended to all the class rooms in the near feature to conduct classes centrally on common topics and for other allied applications.

Importance of Basics in "Battle of WITS"

—Anil Dhoundiyal, Vice-Principal, CTC-III

Central Reserve Police Force, a premier paramilitary Force of the country has lent itself to maintenance of Law and Order and, of late, in internal security management since last six decades. The law and order is, though, a state subject the role of centre, particularly with dawn of contemporary form of terrorism in India during early eighties cannot be undermined. This has thrust a lot of responsibilities on centre and consequently -CRPF. The centre has, therefore, taken measures now and again to strengthen the manpower of the Force and ushered in futuristic weapons and gadgets apart from bequeathing legal powers. The imminent challenging role of CRPF is present day terrorism, insurgency and socio-ethnic clashes not only in the frontiers of the country but also abroad (Srilanka, Fizi, Mozambique etc) urges a member of the Force to ponder upon the approach, procedure and tactics being adopted to cope with requirements of the daunting task ahead. The contemplation becomes more vital taking into consideration operational losses being afflicted and instances of in-disci-pline being reported. The introspection is, thus crucial to perpetuate reputation of this celebrated Force.

The fight against terrorism and insurgency in this progressive era is a battle of wits. The first task consequently is to sharpen two basic wits of a soldier i.e. common sense and estimation. The operational losses suffered on the few occasions have unfortunately displayed lack of common sense at individual or group level. This is conspicuous in the incidents of ambushes where deserted roads were not taken note of by troops or the troops outside the killing zones did not open fire or for the matter LMG fire was opened in lying position on high altitude targets while it could have been more befitting to fire from hip position. The second wit that is estimation or to be more explicit anticipation is distinctive feature of any battle, as the saying goes-To be forewarned is to be forearned. The importance of these two wits can not be undermined but calls for honing with the intension of having clever, observant and alert soldiers. Common sense and anticipation can be sharpened a great deal by adhering to the basics.

Physical Fitness : A physically fit soldier led by equally fit commander will hardly ever suffer operational losses, if not accomplish success. The sharp reflexes and quick reactions unveiled by the troops contribute in maintaining elements of surprise and speed in operations. The physical training of the troops, correspondingly, should incorporate exercises on agility, flexibility, endurance, sharpening reflexes and control over muscles,

bones and joints. These exercises further assist in assimilation of weapons and tactics training to the maximum. A physically agile and flexible soldier with sharp reflexes and proficiency in use of weapons and tactics will undoubtedly react in a minimum possible time during raids and counter ambushes keeping alive the element of speed and surprise in his team's favour. Group games like volleyball, football, basketball and handball can also be of help in maintaining physical fitness of troops and sharpening reflexes individually as well as at group level. One solemnly organized compulsory period of PT in the morning and sincerely organized games for Jawans in the evening will comfortably take care of physical fitness of men under command. The commander at platoon and company level have a great deal of responsibility to guard this basic tenet of Force life.



Rigorous training makes a man perfect

Intelligence : Operations orchestrated on the basic of information/ intelligence usher in far more success than one without it apart from avoiding fatigue to troops. Intelligence can be extracted by analysing acquired knowledge of outfits operating in the area of responsibility, their strengths, weaknesses, strongholds, modus-operandi etc. vis-a-vis latest developments. Since derivation of intelligence is a continuous process, it calls for maintaining diary of events facts and figures, police-public relations and appropriate liaison with other governmental and non-governmental organizations. Actionable intelligence can be obtained by

commanders at company or platoon level by perpetuating informal relations with public and local administration instead of going for formal relations merely as a call of duty. The analysis of outcome of these informal relations vis-a-vis diary of facts, figures and events may lead to anticipation of terrorist hide outs, routes and course of action.

Basic Drills : The troops adhering to basic principles of tactics entail no operational loss or at the most minimum possible loss. The expertise in following two most important basic drills instinctively i.e. section battle drill and fire and move, instills a sense of confidence and camaraderie in the troops thereby saving precious lives and at the same time attains positive results. Similarly, fundamental procedures of minor tactics such as maintaining proper distance while moving on foot or vehicle, covering vantage grounds, maintaining eye contact, placement of scouts, mutual support of weapons etc are rewarding. Unfortunately, continuous deployment of the Force and long hours of duty coupled with various other facts are rendering members of the Force oblivious of these basic drills. It is prerequisite to insist upon the basics first than undertake innovations for half the campaign is won if basics are followed.

Motivation : Even the well trained group of soldiers operating on a authentic and pin-point information will, oddly, seldom succeed if they are a de-motivated lot. On the other hand towering morale and superlative motivation can spring miracles even with ill trained troops. The maintenance of high level of morale and motivation is again a continuous process and is primarily determined by welfare being meted out regularly, discipline being maintained constantly, personal examples set and troops being taken into confidence. The field commanders at platoon and company level should make all out genuine efforts to keep morale and motivation of men under command high or lest they find troops in quandary in the theatre of operation. Excellent messing arrangements, admirable management of leave and amicable human relations in a company are the three crucial factors in our context to care for high morale and motivation.

Legal Awareness : The law of the land, although, does not confer investigation powers on the members of the Force. Nevertheless, it does not impose restraint in taking initiative to operate in the area of responsibility. The Government of India has conferred certain powers on the members of CRPF vide notification No. J.II-9/74-Adm-Pers-ll GPA-I dated 27th July

1976. The Government also vests certain special powers in the Armed Forces from time to time to act in a “Disturbed Area”. Further, collaborative nature of functioning with state police also stems power. It is imperative not only to be aware of own powers but conscious of Rights of the citizens at the same time. The legal powers of public servants, the Rights of citizens and legal procedures to be adopted can be made abreast to the troops by briefing before going for duty, during darbars, roll calls or if the time and circumstances permit by organizing lectures of a hour of two frequently. Bearing in mind, the significance of legal awareness, the curriculum of most of the courses run in CRRF has incorporated topics on legal awareness which is encouraging.

Intelligence and legal awareness steers commanders at field level to foresee the operational requirements and its aftermath caring for one of the critical factors of “Battle of Wits” i.e. Anticipation. Physical fitness, motivation and deftness in use of basic drills instills sense of confidence and well being in a soldier, This steers soldier to apply powers of reasoning in the theatre of operation or in other words use Common sense - other crucial factor in “Battle of Wits”. The anticipation coupled with application of common sense is bound to accomplish positive results besides saving precious lives.

Tranining - An Inevitable Part of Force life

—G. Kumar, Asstt. Comdt, 19 Bn CRPF

The training imparted to any force like CRPF needs to be good one. It contains various steps and aspects at various levels. Broadly we can classify it into two levels, (a) Planning level (b) Conduct level.

Training - Need for a Modern One : Now let us go back to year 1939 (when our force was created) and to year 1964 when PET (peace eqpt. tables) was authorised for trg. centres. The force has increased manifolds. The crime also increased as well become techno-advanced. We should now vision for training based on year 2010 and the 21st century. Simply relying on black boards, chalkpieces, dusters, wooden pointers in the lecture hall

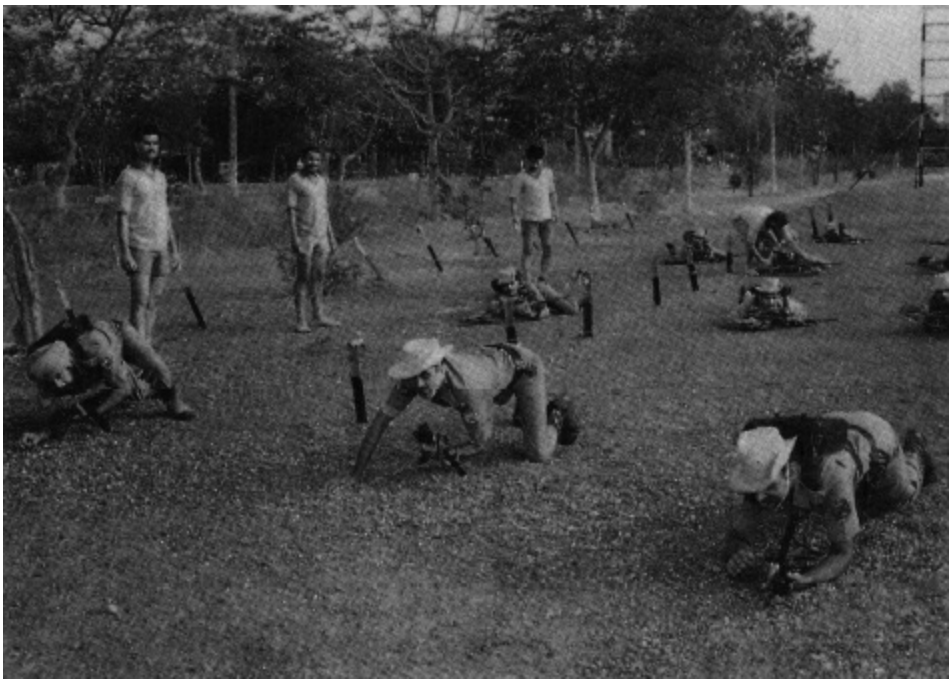
and verbal trg. by an instructor will not help in attracting the jawan any more. Conventional methods of trg. may be best suited for practicals and ground practices, whereas for lectures, demonstrations, etc a modern type of instructional faculty equipped with modern/Audio-visual aids is very much essential. Audio-visual aids needed in training can be defined as eqpts/aids used by instructors to create interest among the trainees in hearing and understanding the training process quickly. The latest Audio-visual aids at present are computer with multimedia facilities. VCD Player with Television, VCP with Television, white board, magnet board, opaque projector, overhead projector, etc.

Computer with multimedia facilities : A Computer with Monitor, key board, central processing unit, Speakers, VCD/Computer Cassettes, Computer floppies, mouse etc., can be used for multimedia training in which the trainees can be aroused with sight, hearing etc. This will create good interest among the trainees in learning process. A printer if connected can be used for making print-outs of various lesson-plans, precis etc.

VCD Player with Television : Good VCD Cassettes can be recorded from previous version of VCP/VCR cassettes and the same can be played with Television in VCD players. The clarity of picture and sound effect arouses the students for a good learning process.

VCP/VCR with Television : Although most of the trg. centre are using the above combination for showing trg. pictures, it can be further improved by issuing and arranging the VCP/VCR with television to Coy level trg. also. Most of the CRPF coys are already in possession of VCP/VCR as well televisions. Providing Trg. related cassettes to above level will do the requirement.

White Board : The old method Black board, duster, Chalkpiece, lost its charm as trg. aid. It is suitable for conventional mode/out door trg. However in classrooms and lecture halls, white board or marker board as it is called-will attract the senses of trainees in learning process.



Trainees crossing low wire entanglement obstacle at RTC-I

Magnet Board: The board is made of Iron/Steel and letters are provided with small magnets on their back. Various size of letters are available. Generally used for showing Data's, details regarding a particular matter. But pre-setting of letters over the magnet board is essential as it is somewhat, time consuming process in selection and placing the letters over the board.

Opaque Projector : This is also a Audio-visual aid in which the projector, projects the images of things/ models/miniatures over the screen. However clear picture is possible only if the miniatures which are to be reflected on the screen is transparent. When no other projector like mini cine projector/over head projector is available, this can be used for Trg. purposes.

Over Head Projector : This projector is old and still relevant for its mobility, light weight, low cost, easy to prepare slides, good coloured reflection over screen etc. The over head projector with fan and bulb reflects the matters of slides (prepared in thin sheets of transparent, cello-plastic sheets). The slide sheets can be prepared by hand/ drawing by using marker pens of various colours. For detailed sketches etc, the above sheet can be put in to xerox machine and photo copying can be done from original/printed sketches available in books, manuals, precis etc.

If the above audio-visual aids are employed in training, the learning

powers are found to be increasing among trainees of all ages. Also interest is created among the trainees in learning the things quickly unlike verbal trg. where the trainee losses interest if put into long time lectures/demonstrations.

Method of Training : The method of Trg. of force personnel differs in different subject. Let us take one example of weapon trg. Here the first need is to classify the trainees into categories such as : (a) Recruits (b) Young Soldiers and (c) Trained Soldiers.

Various Methods of Weapon Training : (1) Basic (old) Method, (2) Basic (New) Method, (3) Progressive weapon trg. (PWT), (4) Exercising Trained soldiers (ETS) and (5) Composite periods (old pattern & country fair method).

Let us study about these methods in detail to the possible extent

(1) Basic (old) method : This method is applied on (a) Recruits (b) Instructors (c) To study hard lessons like Rifle/LMG's Firing/Trigger mechanisms (d) To study about a New weapon.

Advantages : (1) Nothing is left untaught in this type of trg. (2) The lesson is taught in a sequential manner and (3) Easy to teach minute & important things.

(2) **Basic (new) Method** : Applicable to (1) Young Soldiers (2) Promotion cadres (3) Refreshers (4) Refresher for trained Instructors.

Advantages : (1) Interest is created among students (2) All students come to class after a good study (3) Practice is more than speech (both by Instructor and students)

(3) **Progressive Weapon Training (PWT)** : To train (1) Trained soldiers (2) Advance courses (3) Instructors Course/Refresh it.

Advantages of PWT Method: (1) More time available for practice (2) Competitive spirit is developed among students (3) Trainees gets more chances to take classes. Exercising trained soldiers (ETS): Generally applied on (i) Trained Soldiers (2) Advanced Courses.

Training on weapon and field craft is given at the same time.

Advantages of ETS Method : In addition to the advantages in PWT method, (1) Trg on weapon & Tactics is given at the same time. (2) This type of trg can be given in coy areas also.

Composite Periods: When shortages of time/weapon/instructor prevails during training of Trained soldiers, this method is applied. (Also known as country fair method)

Advantages: Good trg possible in less time with less No. of weapons and with least instructors.

Here we can conclude that, to create more and more interest among trainees in the trg it is suggested that, (1) Basic & PWT methods for Recruits (2) PWT Method for Young Soldiers and (3) ETS & Composite periods for Trained Soldiers.

Thus PT needs different method of trg. Drill needs different method of trg, likewise every subject needs different type of trg, which can be prepared by experienced instructors by their experience in training methods existing in the forces.

As you know the saying "Knowledge is a deep and lengthy Ocean" the subject "Training to force personnel" is also not less than Sea.

The Best Remembrance of my Serviec

—C.M. Pandey, IGP, CRPF (Retd.)



My joining CRPF was a accident. It all happened during the month of June/July 1963. By now I was reasonably settled in life as a University Lecturer in Varanasi. It was at this stage that my career took a sudden turn when I received a communication from the MHA, to appear for interview in Delhi in case I was interested to join CRP as Dy. Superintendent of Police. It was summer vacation and I was not doing anything, hence I decided to go

to Delhi for this interview. A few days later, I received an appointment letter to join CRP.

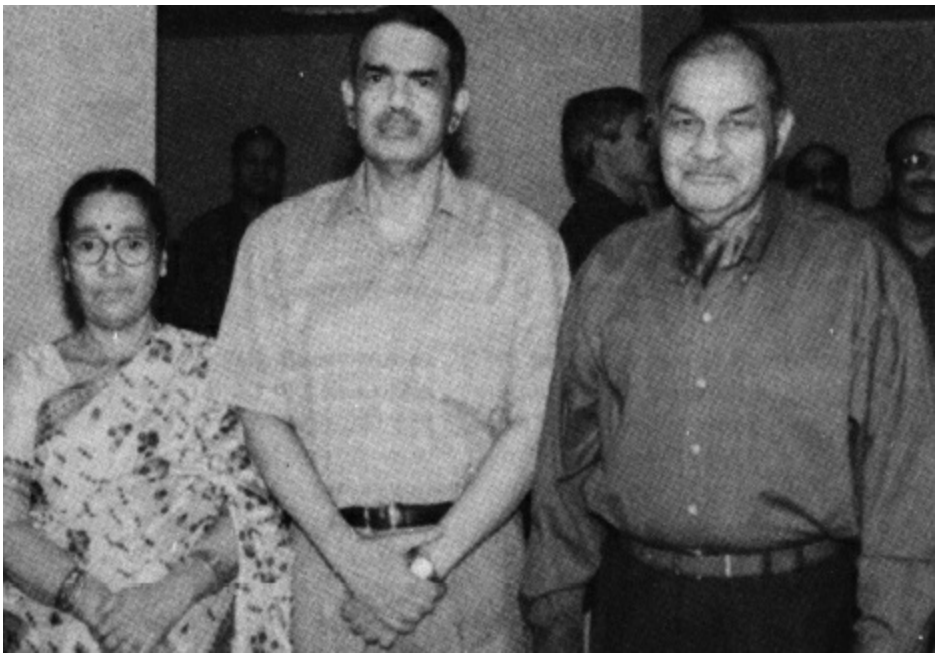
My service in CRPF started with the initial training at P.T.C. Hazaribagh and then at CPTC, Mount Abu. This was followed by a re-orientation training of three months at CTC, CRP Neemuch. After completion of training in April 1964, I joined as a Coy. Commander in 4th Bn. CRP which was then deployed in district Tamenglong, Manipur. Since then the exigency of service in CRPF has taken me to almost all the parts of the country. During my service of nearly 37 years in CRPF, I have many reminiscences and striking features of service of this Force.

One of the most discussed and talked out subject is the hard conditions of service in CRPF. Various things are associated with it, frequent movements, deprivation from family and social life, deployment in inhospitable terrain and adverse climatic conditions without proper accommodation and basic amenities. These are hard facts of CRPF service and cannot be avoided. I served in the North East for about 10 years but my most difficult assignment was a Commandant 51 Bn, then deployed in Tuensang district of Nagaland. I joined this Bn. In December 1972, at the time of my joining this unit, nearly 1/4th of the constabulary had submitted applications for discharge from service. The unit was inducted in this area during the month of July/August when monsoon remains at the peak in this part of country. The entire Bn. alongwith 12 outposts and HQrs at Shamtore was air maintained. The unit was deployed along the Indo-Burma border to check infiltration by Naga hostiles from across the Burmese Border where insurgents has established their sanctuary and training centres. After induction in this area during July 72, the men were virtually cut off from the outside world. Due to very heavy monsoon rains, till upto October, the Unit HQrs was not negotiable by road. Only a few Jonga and Nissan one tonner vehicles given by the Army could ply on the Kutcha narrow road, a stretch of about 65 km from Thensang to Shamatore. These vehicles together with a few other CRPF vehicles could be utilised for lifting essential stores and supplies with a few men as escorts. The remaining personnel had to travel on foot the entire stretch of 65 km to reach the Bn. HQrs. The deployment of coys was further towards the border in the interior. A visit to all the posts used to take me 300 km on foot to complete the circle. Gradually, things started improving after the monsoon. A regular bi-weekly dak delivery system was introduced with the help of Naga and Nepali boys recruited locally as C.N.

paid workers. During my visit to posts I used to take along unit cultural team with me. Their performance used to be a big attraction after the Barakhana in the evening. There was a young civilian Oriya doctor belonging to State Medical Health Services posted at the village dispensary where one of our post was also located. He was extremely nice and generous person. He loved to go with us to other CRPF posts even outside his jurisdiction and render medical assistance/treatment to jawans whenever needed. Since no regular medical officer was posted in the Bn, he filled up the void created due to absence of a CRPF doctor. Gradually, men became attuned to their surroundings and the duties. They adopted very well to the new situations and made use of local resources to make their living comfortable and life cheerful so much so that when orders for move of the Bn to Zubza was received in Oct. 1973, majority of them wanted to continue in the same area to complete their full tenure.

My posting to 51 Bn. brought me closer to the men. It gave me ample opportunity to march with them shoulder to shoulder, and to share their joys and sorrows. The amount of love and affection I received from officers and jawans during my so called hard tenure in 51 Bn. remains till date the best remembrance of my service. I therefore consider occasional postings in hard areas as blessings in disguise and should be accepted as a challenge.

Another striking feature of CRPF is its all india character. This is reflected in its composition right upto the lowest level of a Section. But I consider it only the half truth. The real All India character lies in a CRPF person’s outlook towards national integrity and his respect for its composite culture. As he travels, in the course of his duty from North to South and from West to East, he comes across the changing landscape of this country from mountains to lushgreen plains, from sea coast and sand to rich green forests, amazing variety of flora and fauna, rivers with perennial water, drybeds, sand dunes and all conceivable climatic conditions. People of different origins with their rich cultural traditions, colourful costumes and so on and on. Shuttling from one part of the country to the other, he imbibes the real spirit of India. The narrow vision of regionalism and parochialism which generally pervades an ordinary Indian gets obliterated in him. I consider this realisation in him as the complete truth about the All India character of this Force.



Shri CM. Pandey and Smt. Pandey with DG, CRPF during the Farewel party in New Delhi. Shri Pandey retired on June 30, 2000

The future of CRPF will continue to remain bright and growth oriented. Its versatility to adopt to any situation and perform any type of duty within the ambit of "in aid to civil administration for maintenance of law and order" is limitless. It is, irritating at times, as the authorities at whose disposal the Force is placed, tends to misuse it. But a good commander can always put his foot down and extricate the Force from such situations. Owing to limitless scope of its utility, CRPF unlike other similar organisations will continue to grow and undergo structural and other changes to suit to the future needs.

PHYSICAL FITNESS AND SPORTS

—Dr. R.B. Das, CMO & Sports Medicine Specialist

The physical fitness is the most essential factor for an individual to lead a happy and peaceful life free from diseases and disablities. A sedentary men may not enjoy his life as at times he finds himself an unfit to take part in different games and sports and even he may face difficulties to take up the load of exercise required to lead a normal day to day life. A gradual non-

participation in regular physical activities make his obese and other risk factors like hypertension, heart diseases, diabetes, spinal and locomotor disorders, psychological conditions like anxiety, tension, depression, etc. may come up alongwith the deterioration of the general health.The coast of ill health have been widely studied and it is found that the physical fitness programme is the only key to economise the financial condition.

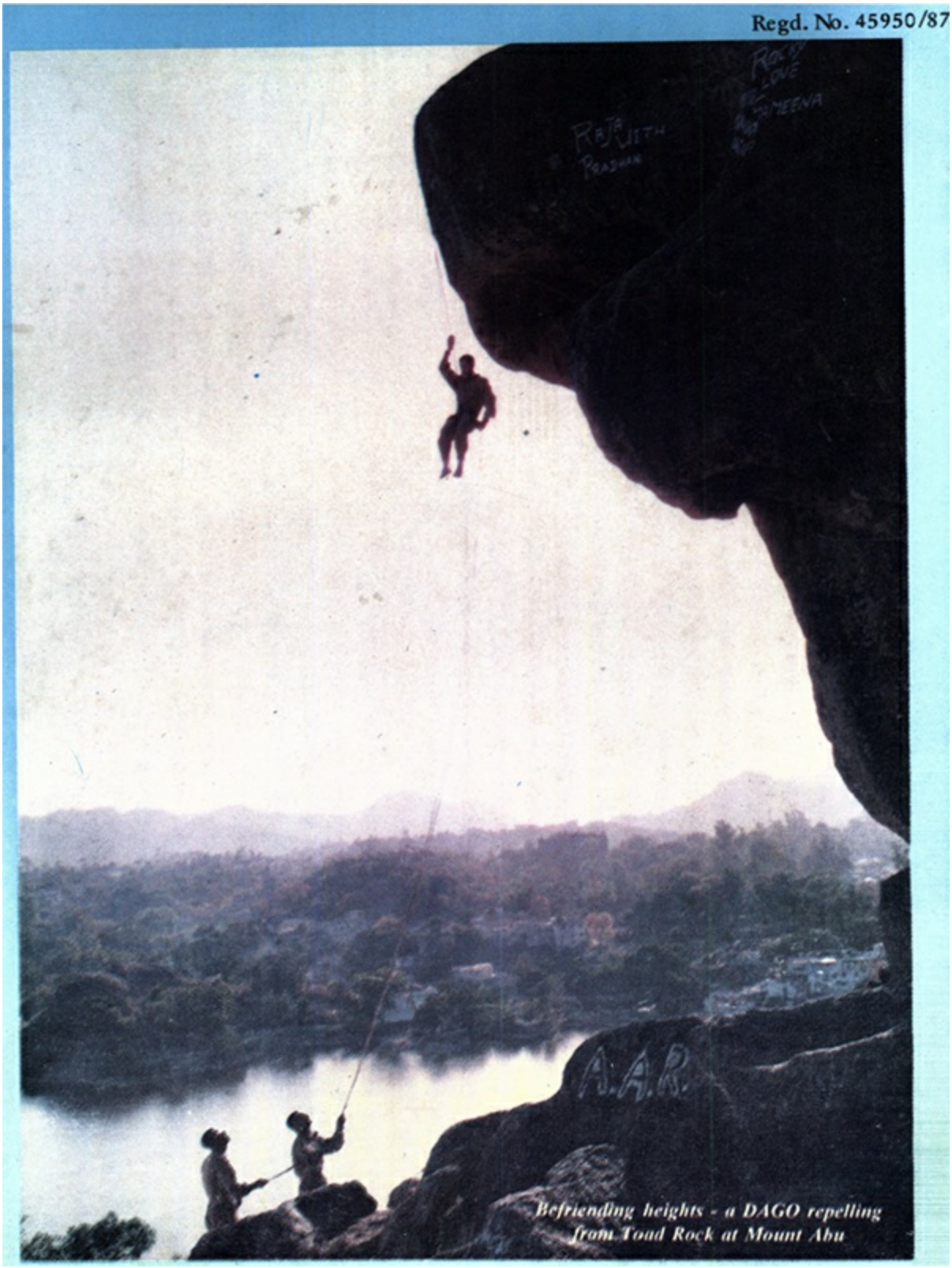
The relationship of sports and health, therefore, draws a big attention as the sports and related forms of physical activity can play an important role in prevention of ill-health. The sports and physical fitness not only stimulates the body organs to function well but also improves the body's strength, endurance, flexibility and ability to work for producing maximum.

In modern world the sports has become a highly specialised and competitive area of human performance. Every sports person is trying hard to perfrom to the level of excellence. The modern concept of “Fitness of Nation” means “Excellence in Games and Sports.” Without a physical fitness one can not embark on any sporting activity, let alone achieving excellence in it. In International level, our sports persons are not able to perform well due to the some abvious reasons which most of us know. But no doubt we require more things to do in the areas of physical fitness to achieve the excellence in games and sports.



Seema Tolliya, IG with other mountaineers forwarding towards Mount Sri Kailash during CRPF Diamond Jubilee Mountaineering Expedition

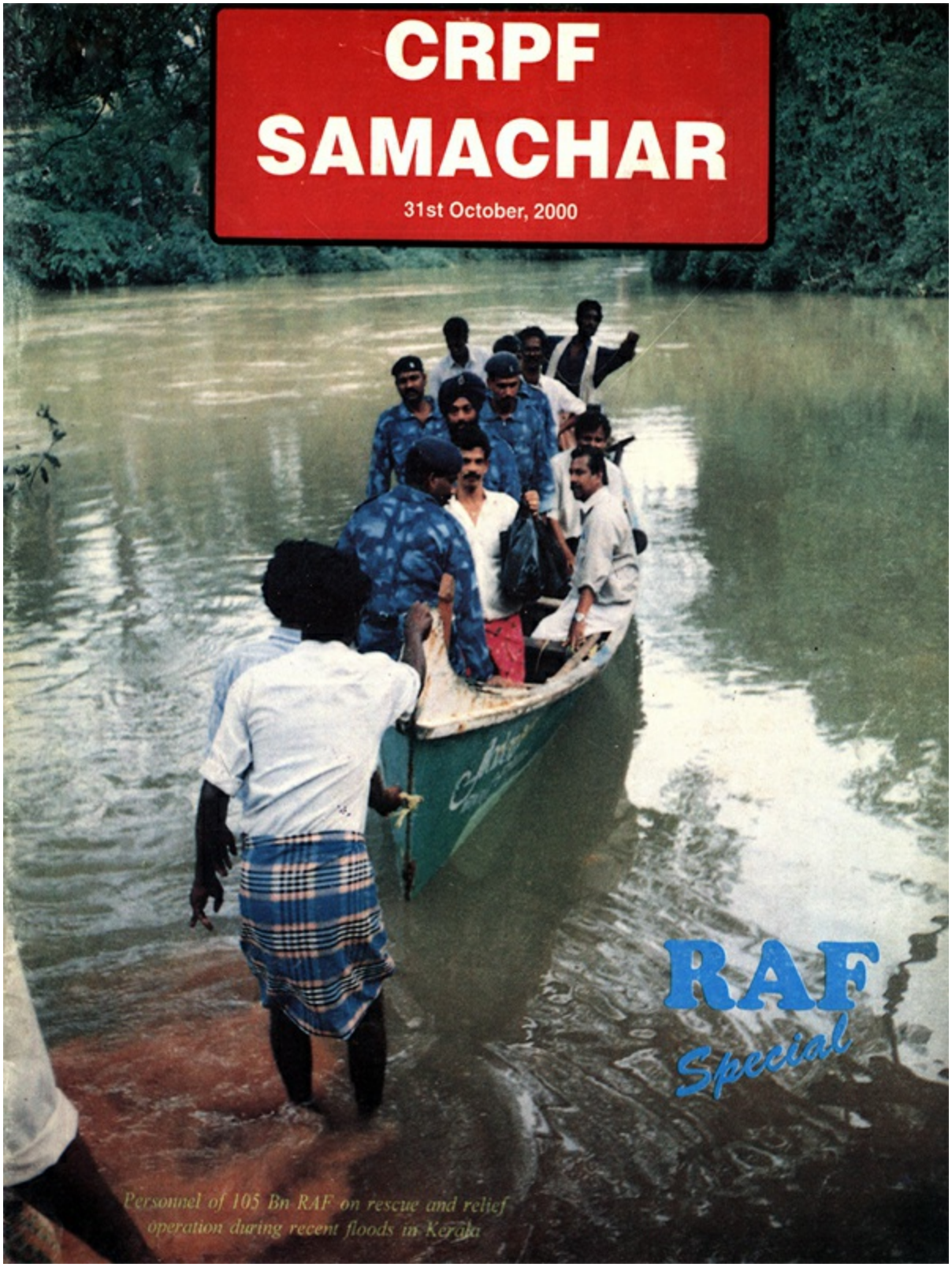
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Befriending heights - a DAGO repelling from Toad Rock at Mount Abu

CRPF SAMACHAR

31st October, 2000



RAF Special

Personnel of 105 Bn RAF on rescue and relief operation during recent floods in Kerala



The prize winners of various Hindi competitions with Dr. Trinath Mishra DG CRPF on the occasion of Hindi Day at the Headquarters of the Force



Personnel of 105 Bn RAF administring polio drops to a child during the pulse polio campaign

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D.G. Mohapatra

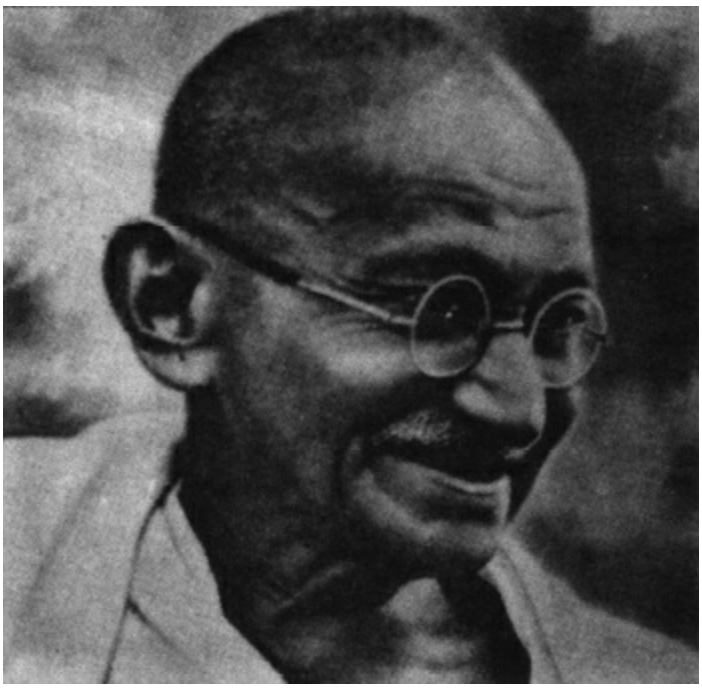
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MILLENNIUMS MAY COME,
MILLENNIUMS MAY GO.....
BUT OUR DEBT TO YOU WILL
REMAIN ETERNAL !
A GRATEFUL NATION REMEMBERS
THE FATHER OF THE NATION ON HIS
13 1ST BIRTH ANNIVERSARY
OCTOBER 2, 2000

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From the Desk of DG, CRPF

Rapid Action Force is celebrating the eighth Anniversary on 7th October, 2000. It is an occasion for introspection and re-dedication.

Eight years ago, RAF a specialised component of CRPF was raised in conformity with the promise of the Government of India to deal with communal riots and riot like situations. No doubt, the creation of RAF has given all sections of people, a sense of confidence in the Government's determination to maintain secular character of the Nation. It has also helped in reducing communal tension in the country. The sight of the blue dungaree of RAF helps in controlling the frayed tempers and restores the public faith in the efficacy of the Administration.

In true tradition of CRPF, this Force has also acquitted itself creditably in all its duties and obligations, wherever and whenever it is deployed.

During the current year RAF played a vital role in controlling the situation in various parts of the country on the occasion of Mahavir Jayanti, Moharram, Car festival and Ganesh Chaturthi Festivals.

RAF has gone international having participated in UN peace keeping mission in past. A contingent comprising 2 RAF Coys is now deployed in the strife-torn Kosovo on UN Peace Keeping Mission. This is indeed a matter of great pride and satisfaction for the entire force.

The socially useful works such as medical relief camps, adult literacy drive, mass tree plantation etc. organised by RAF have brought CRPF and RAF closer to general public.

It should give us immense sense of satisfaction that various State

Governments are raising their anti-riot Forces on the lines of RAF However, let us not rest on our laurels. RAF is still in the process of growing and let nothing hinder the growth of its professional competence and skills, its effectiveness and reputation.

RAF should keep learning from the past experiences through introspection, especially on such occasions as its Anniversary, so that not only the hard earned reputation of the Force but also people's faith in its excellence, is maintained and strengthened.

I wish all the officers and men of RAF and members of their families, a very happy, bright and professionally fulfilling future.

Jai Hind

New Delhi
1.10.2000



(Dr. Trinath Mishra)
Director General



RAPID ACTION FORCE A FORCE WITH A DIFFERENCE

—Tashi Dawa, IGP RAF

The primary role of police has been maintenance of Law and Order and prevention and detection of crime. Over a period of time this file has been

expanded by the demands of society due to changing socio-economic and political scenario. The multiplicity of roles blunted the sharpness and efficiency of the Police Forces and failed them in various specialist roles which they are required to perform. This gradually led to the creation of various specialist task forces. The maintenance of communal harmony in the present context is one such delicate and specialised area which needs sensitive handling. While sanctioning the Rapid Action Force for the purpose of handling communal riots and riot like situations, the Govt. of India laid down the objective and guidelines of the force. The force personnel should be well educated in Directive Principles of State Policy. They have to be specially trained in behavioural and attitudinal aspects of their duties to enable them to raise above caste and communal biases. Non-partisan behaviour as a sine-quo-non of their conduct must be assiduously inculcated in them. They should also be given sensitive training through specially designed training modules so that they could effectively deal with mob situation and with situations where they have prolonged contact with the people. When not deployed, the force personnel should be given intensive training to develop cohesion among themselves.

—Editor



RAF Mahilas in Republic Day Parade

Rapid Action Force celebrates its 8th Anniversary on 7th October, 2000. In a short span of 8 years the force has built for itself an enviable image of a secular, impartial and people friendly force and the demand for this

force has been increasing day by day. The performance has indeed been of a very high order. Raised on 7th October, 1992, this force has come a long way in such a short time.

Conception of RAF

The Increasing incidence of communal riots in the country after Independence neccessitated creation of a Force to deal primarily with communal riots and riot like situations. The CPMFs not being familiar with the terrain and people found it a mite difficult to tackle such riots. The local police due to some obvious reasons found itself incapable of handling such riots effectively. Under such circumstances, the Govt. of India decided to raise Rapid Action Force by converting 10 CRPF Battalions into RAF Bns.

Role of RAF

i) The Force is raised primarily to handle communal riots and riot like situation. (ii) The Govt. of India may, however, deploy it for any law and order duties in grave emergencies. (iii) Force also undertakes socially useful work by organising medical camps, cultural programmes, adult literacy programmes, etc. (iv) Once the situation in a riot is brought under control, the personnel of RAF immediately take up the work of providing relief and succour to the victims of the riot by providing first aid and arranging their evacuation to the hospital. This is the humane face of the Force which provides a healing touch.



RAF contingent for Kosovo being seen off at Dte. General.

Organisation

An integral part of CRPF, RAF is headed by an Inspector General who functions directly under the guidance and supervision of Director General, CRPF. He is assisted by a Dy. Inspector General. There are ten RAF Bns commanded by Commandants. The headquarters of these Bns have been selected carefully keeping in view their sensitivity from communal point of view. The area of responsibility of each Bn extends to the area falling roughly within the radius of 400 kms.

The organisational structure of an RAF Bn is different from that of a standard CRPF Battalion. The smallest functional unit of the Force is a Team comprising Riot Control Element, Tear Smoke Element and Firing Element. A Team is commanded by an Inspector. Four Teams constitute a Platoon commanded by an Asstt. Commandant. Two Platoons make a company commanded by a Dy. Commandant. One team of a Coy consists of

woman officers and other ranks. 4 companies constitute a Battalion which is commanded by a Commandant, who is assisted in his work by a second in command and 4 Dy. Commandants at the Bn headquarters.

Secular Image

A composite character is given to the Force by giving adequate and due representation to all sections of society including minorities, as well as all castes and regions. An RAF Bn, in effect, represents mini India where we come across people from all over India speaking different languages, practicing different religious beliefs but essentially Indian at heart. This indeed is the strength of the Force. A Force which is not secular in outlook cannot be expected to fairly and impartially handle a communal riot. It is this secular attitude and outlook that has brought this Force so close to the people and endeared itself to them.

Special Equipment

RAF is armed with sophisticated equipment like shock batons, rubber truncheons, rubber bullets and plastic pellets which though non-lethal, are effective deterrents. The purpose is not to maim or injure but to dissuade.

To maintain separate identity, RAF personnel have been provided with a distinct separate uniform. While on operational duty, they wear blue/ light blue striped overalls (Dungarees).

The Force is also equipped with special tear smoke munitions and stun grenades apart from normal riot control equipment. The stun grenade which produces a flash and a deafening sound blast helps disperse mobs without causing injury.

The dye marker stains the clothes of the rioters and helps identify the miscreants.

Zero Response Time

The goal of RAF is to achieve what is called Zero Response Time. The Govt. have authorised adequate transport to improve mobility of the Force in a bid to achieve the goal referred to above. How fast can a Force respond to a crisis depends to a great extent upon its mobility and frequent drill to achieve this concept of Zero Response Time. Vehicles have been provided right down to the team level.

‘VAJRA’ the state-of-art riot control vehicle has proved immensely effective in controlling riotous mob. The multi-barrel launcher atop the vehicle is used to fire tear gas shells and rubber bullets both electrically and manually in all directions. It is equipped with stretchers and generators.



Shri Tashi Dawa IGP RAF inspecting Riot drill of 103 Bn personnel

Training

Training is a regular feature in Rapid Action Force. All new entrants in the Force have to undergo a 12-week conversion training to familiarise themselves with the working of the Force. Besides, they have to undergo specialised courses like Human Rights, First Aid, Fire Fighting, Rescue and Relief, Disaster Management etc. About 4000 personnel undergo various courses in various locations in the country in a year. Efforts are also made to acquaint them with broad principles and practice of various religions to enable uninhibited interaction. They are also made aware of inter community misunderstanding and prejudices. Encouraged by the success story of the RAF, many state governments have been approaching Dte. General, CRPF to help train their Armed Force personnel on the pattern of RAF. So far the Force has trained some armed force personnel of the states of West Bengal, Karnataka, U.R, Rajasthan and Delhi. Presently Goa police is being trained.

Deployment

RAF companies are deployed by the express orders of the MHA. However, in cases of grave emergency the force can be detailed by the Commandant or senior most gazetted officer on the requisition by the Distt. Magistrate concerned for not more than 3 days. For such emergent deployment, the concurrence of the MHA may be obtained by the State Govt. simultaneously or at the earliest.

Achievements

Immediately after its raising, RAF did a great job in successfully handling communal riots in Sitamarhi, Bihar, in Oct., 1992. Times of India of 25th Oct., 1992, reported as under :

"Now that curfew has been lifted, people cutting across religious lines discuss only two things, the riot and RAF. The latter with a touch of sincerity and respect"

The CM., Gujarat, summed up the performance of RAF in tackling plague in Surat in Sept., 1994, as ***"an exemplary show".***

Kumbh Mela at Allahabad in Feb., 1997 and Haridwar during April, 1998 passed off peacefully under strict vigil of RAF.

Victims of earthquake at Jabalpur on 22nd May, '97 and devastating cyclone at Kandla Port in Gujarat on 11th June, 1998 are witnesses to commendable rescue and relief work undertaken by RAF.

The Force played a pivotal role when bomb blasts rocked the city of Coimbatore. The presence of RAF continues to instil confidence and a great sense of security amongst the people.

When the worst super cyclone hit Paradip Port of Orissa in Oct., 99, 6 coys of RAF were immediately sent to take up rescue and relief work. The work of RAF ranged from escorting relief material to disposing highly decomposed bodies. The Force personnel distributed relief material to 105 villages feeding approximately I 1,25,000 families. They organised I Medical camps and Milk Camps for the injured and ailing.

RAF organised a 3 day Medical camp at Nand Nagari and Sarai Kale Khan during '99 with the assistance of Delhi Homeopathy Association and Govt. of NCT of Delhi. 8577 patients were provided treatment free of cost.

During Bihar Assembly/By election in Feb., 2000, 9 regular and 18 adhoc coys gave a very good account of themselves in peaceful conduct of

elections.

RAF on UN Peacekeeping Mission in Kosovo added another feather to its cap when Mohsen Shahedi, Dy. Commandant and Constable Sunil Kumar of Indian Contingent won 100 km Dancon Death March beating all other international Forces including KFOR in this test of physical fitness and endurance. In the field of sports also they remained in the fore-front.

Although a young force, RAF has already rendered a commendable service to the nation and community at large. It has proved itself as a tool of service to the society. The Force is destined to grow in stature with the passage of time. It has taken long strides in such a short period of time. In short span of 8 years it has already carved a niche for itself. It has always lived upto the expectations of the people proving itself as a Force with a difference.



RAF - A Friend in Need

— M.L. Sharma, DIGP, RAF

The people friendly image has brought Rapid Action Force a reputation of symbol of faith in its area of responsibility as RAF undertakes the adopting of the underdeveloped villages and organises medical relief camps, literacy drive, mass tree plantation, besides imparting health education involving people from all walks of society. These socially useful activities have helped to create a peaceful and healthy environment.

— Editor



Rescue work by 100 Bn RAF in cyclone hit Kandla (Gujarat)

India as a nation is faced with a number of challenges. One of the major alarming challenge is the prevalence of communal violence. Ironically, the country which boasts of its cultural heritage from the great exponents of non-violence in human civilization - Gautam Buddha, Kabir, Nanak and Mahatma Gandhi - is stricken by the prestilence of communal violence.

The growing influence of fundamental organisations had been causing a severe strain on the social fabric of the society due to the spread of the communal virus propagated by these organisations. Due to the resultant tensions built up over a long period, even a petty or minor provocation can lead to a communal riot with its volcanic powers of destruction. The State Police with its normal function of detection and prevention of crime, prosecution of offenders and maintenance of order, often finds it extremely difficult to handle such communal viruses. They are also often inhibited from acting firmly and decisively due to various other social and political reasons.

Thus the relationship between the People and the Police has been a love-hate one more of the later. It must be conceded that efforts have been made over the years to refurbish the image of the police and to bridge the chasm that separates the police from the people but the hiatus persists. The common man feels inhibited in approaching the law enforcement agency of the State. Large scale use of CRPF to deal with given situations thus became

necessary in the context of inability of the local police to stem the riots.

The Central Forces were not adequately trained to deal with communal riots. Further on a number of occasions, the Central Forces from else-where had to be brought from far-away places. This involved loss of time and the police personnel on arrival at the scene found themselves totally unfamiliar with the terrain and situations.

Though traditionally CRPF is the prime instrument for assisting states in handling grave law and order situations including communal riots, considering the span and gravity of communal disorders the need for a special Force was felt and the Govt. of India decided to set up a Force exclusively to handle riots. Rapid Action Force was thus raised from the existing CRPF to meet this vital need. It is specially meant to deal with communal riots and riot like situations and to instill confidence amongst all sections of the society especially the minorities.

It was with this principle in mind that all care was taken while selecting the men for RAF. During selection process it was ensured that men who form a part of RAF are mature, well educated and free from any communal or caste bias. They were subjected to psychological screening to detect personality distortions. During training they were taught to view all people as equal and those inhabiting the communally disturbed areas as the victims of circumstances beyond their control and not all as criminals who had engineered the trouble. They were indoctrinated with ideals of secularism, principles of Human Rights and the need to treat all with sympathy and compassion.



Members of Lion's Club International, Khargar tying Rakhi to personnel of 102 Bn, RAF during the week long observation of National Harmony fortnight

In order to ensure that the women-folk and children are not emotionally and physically exploited during the riots and grave law and order, each RAF unit was authorised 97 Mahilas of all ranks. They play a very vital role in providing the humane touch to post riot suffering women, children and old personnel persons. Their presence instils a sense of confidence among the women fold and children.

In order to get it recognised as a part of common people irrespective of caste, creed and religion, the Force undertakes a number of welfare activities whenever they are not deployed on active duty. The Force engages itself in activities like welfare measures, literacy drive, medical aid, road construction, cleaning, rescue and relief operations, sports tournaments and other related activities in the areas of their responsibilities. These activities help the Force not only in improving the image of the Force but also reduces the ill-feelings among different sections of the society and infuses the feeling of communal harmony and national integration in the society.

To spread the message of friendship and to improve its efficiency the Force takes on familiarisation exercises continuously and on regular basis in the districts of the area of responsibility. During these exercises an effort is made to contact all influential leaders/personnel of all sections of the society and to know about basic problems which may lead to disturbances.

To contain any communal unrest, grave law and order situation, it is

essential that the Force reaches the trouble spot at the earliest. Therefore, the concept of zero response time is the hall mark of the Force. In order to maintain this, the Force has been structured and equipped accordingly. One coy of RAF in each unit remains on alert round the clock and immediately moves out on receipt of a call in their dedicated unit transport.

Since its inception RAF has played a leading role in controlling riots, managing very sensitive situations arising out of religious and political overtones. The force has done extremely well in undertaking relief and rescue operations on a number of occasions throughout the country. The excellent role played by this elite Force during Super Cyclone in Orissa has been profusely praised not only by the State officials and politicians but also by the general public who were badly affected by the Cyclone.

Due to the constant efforts made, the arrival of RAF on any trouble spot is welcomed with friendly smile by all sections because the people become confident that the situation will be brought under control and they will be safe. It is the high degree of professionalism indoctrinated with the ideals of secularism and humane touch while dealing with the public that they are considered as the true friends of the people at the time of need.



RAF Doves in Service to Humanity

—S.S. Sandhu, Addl. DIGP RAF

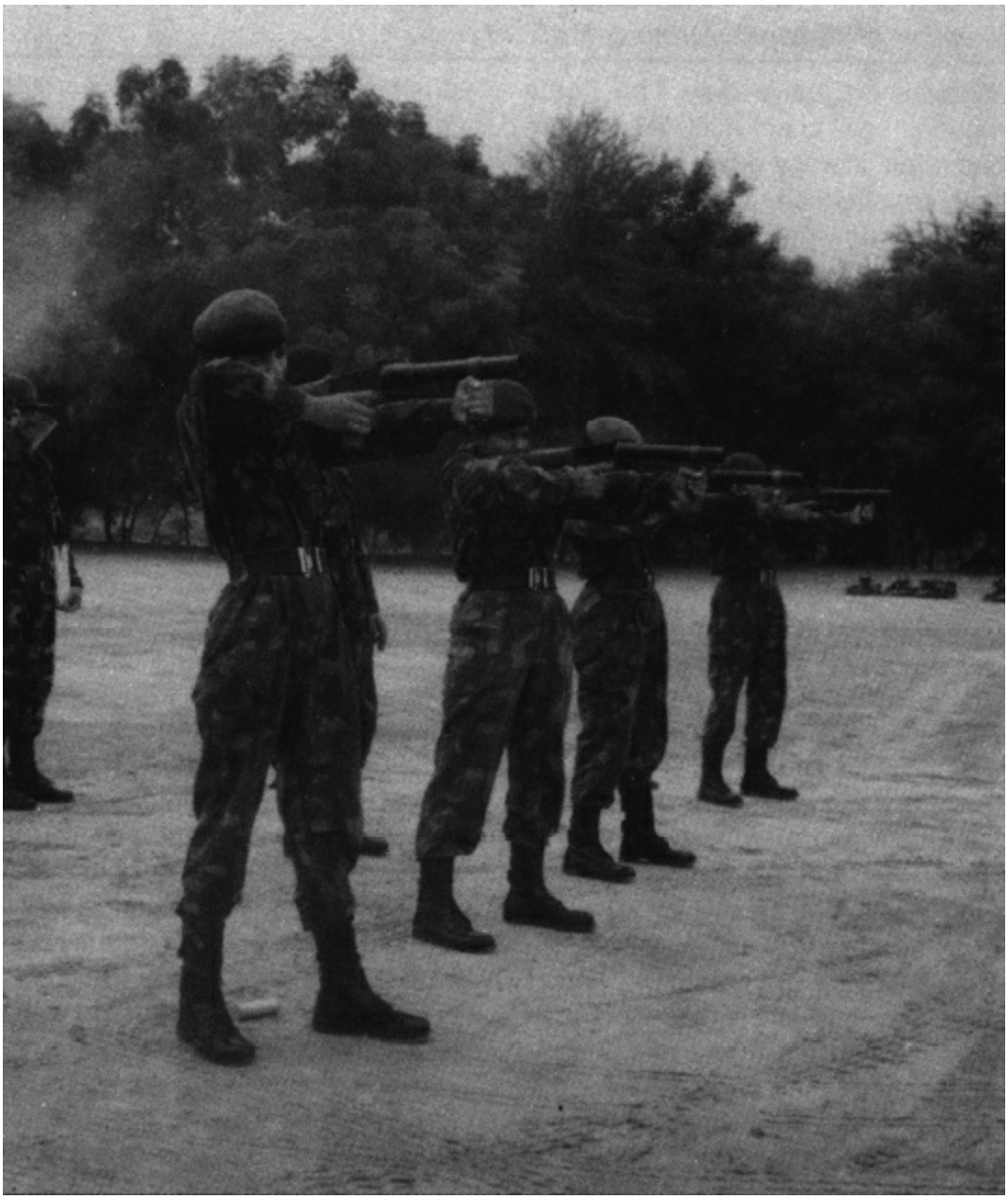
This Young and important wing of the Central Reserve Police Force has made its mark all over the country and the public. Especially, the oppressed groups in riots look up to it as an effective and impartial keeper of the peace. No wonder that the Rapid Action Force Units are being increasingly demanded in riot prone areas to present and quell the disturbances. The force has substantially fulfilled the expectations

raised during its formation and has proved as the true sentinels of peace. It has proved itself as a true friend of the people in need. — Editor

"I expect to pass through life but. Once if, therefore, there by any kindness I can show, or any good thing I can do to any fellow being, let me do it now, for I shall not pass this way again." William Penn.

Ever since India has attained Independence it has been rocked by most devastating communal riots shattering its peace and tranquility.Taking into consideration the democratic set up and delicate social fabric, a need was felt to have a Force exclusively for containing these ethnic and communal strifes but, with an identity conspicuously different from Police Force. In the last few years the police image has taken a beating due to certain inhumane actions during discharge of duties and a man in khaki has become an object of fear, suspicion and hate.

To have a Force with a people friendly image 10 units of CRPF were specially trained, equipped and converted into RAF on 7th Oct' 1992. This Force with a secular ideology was given a strikingly new identity in blue dungarees with Dove, a symbol of peace, as its insignia.The use of minimum Force as envisaged in law has always been abused not by a default but, due to arming pattern of our police Forces. Hence, this Force was equipped with non-lethal weapons like rubber bullets, plastic pellets, tear smoke shells, shock buttons, rubber truncheons etc. These weapons could deter the rioters but would not maim or kill them. Mahila troops were made an integral part of the Force to deal with women groups thus preventing charges of molestation often levelled against the police men.



Mahila troops of RAF giving demo of Tear Smoke Firing

Ever since its inception, the Force has performed on the national scene with dedication, determination and exemplary zeal, without a single instance of high handedness.The Force in this short span has achieved spectacular results keeping the national interest, social fabric and integrity of the society in the fore-front.

To-day as we celebrate its eighth Anniversary it is the most appropriate time to recall this saga of pride and glory.

Times of India dated 25th Oct’ 1992 reported the first assignment of the

RAF in communal riots of Seetamarhi, Bihar in Oct' 1992 as under :-

"Now that the curfew has been lifted people cutting across religious lines discuss only two things the riot and the RAF. The later with a touch of sincerity and respect".

In sept' 1994 plague of unheard magnanimity rocked Surat. When Doctors shied away and shirked responsibility, relatives abandoned the dying patients, the brave men of RAF with scant regard for their own health stood by hapless victims of deadly plague providing medicines, food and comfort besides disposing dead bodies. Chief Minister of Gujarat could not but help calling RAF work as ***"An Exemplary Show".***

Stampedes riots, disorder have always been associated with Kumbha Mela. It is creditable to mention that with deployment of RAF in Kumbha Mela during 1997 and 1998 not a single such instance was reported.

On 22nd May' 1997 earth quake rocked Jabalpur reducing few pockets to piles of concrete, flesh and rubble. Again, people witnessed the humanitarian face of RAF while carrying out rescue and relief work providing food, medicines and shifting people to safer places.



Pulse Polio Campaign by RAF

Similar yeoman service for 45 days was provided once again, when devastating landslide paralysed life in Gangtok in Sikkim, by recovering valuables and rescuing people buried under debris.

In its article “RAF changes Role to Help People in Distress” Hindustan Times dated 21st July ‘1997 published, “When the local residents marooned by unprecedented water logging in Patna town lost all hopes for any relief coming there way after being let down by District Administration the spirited personnel of RAF played the good Samaritans by reaching relief, wading through knee deep water distributing food, medicines and in some cases ferrying people on boats and shoulders to safer havens. It is no wonder that they have become the darlings of populace inTown.

In 1996 when series of bomb blasts rocked the city of Coimbatore unleashing, unprecendented panic the presence of RAF provided much needed solace, instilling confidence. The well-established credentials and reputation motivated the government of Tamilnadu to provide land for permanently establishing HQrs of RAF unit at Coimbatore.

Similarly in May ‘98 during the riots in Moradabad, the incredibly marvelous professionalism exhibited by RAF in pre and post riot periods had made it a permanent part of town to ensure peace and tranquility.

People saw RAF as messiah’s in distress when on 11th June, 1998, devastating cyclone hit Kandala port in Gujarat. Effective and deterrent handling of frequent student unrest in Aligarh speaks volumes of its professionalism, which is the most delicate but most volatile situation to be handled with finesse.



The Union Home Minister Shri L.K Advani inspecting the parade during RAF anniversary

The role of RAF in Super Cyclone of Orissa will be written in the history of Orissa in golden letters. This enviable image of Force in rescue and relief ranging from distribution of rations, medicines, clothing, disinfectants and milk to disposal of badly decomposed human bodies and carcasses will remain forever. This people friendly image of angel in distress has made RAF an icon of respect and national pride in the eyes of people.

"You will find as you look back upon your life that the moments when you have really lived are the moments when you have done things in the spirit of love" - Henry. D

Unlike the conventional Forces of Law and Order in addition to its law-enforcing role its post riot role of rescue and relief is very significant in order to apply healing touch to the wounded psyche of public during riots. It's ever increasing demand and emulation by various State Governments is a testimony to its praiseworthy existence.

In these eight years besides dominating the national security scenario, the Force has left an indelible international image. RAF went international in 1995 with its participation in UN Peace Keeping Mission in Haiti.

The international accolades won in 1995 added another feather in its cap

when this elite Force was selected to detail two Coys, for performing the duties of special police units of UN Peace Keeping Mission in Kosovo. High order of professionalism, discipline and state of art equipment has made our troop carve a niche in the international horizons too.

The words of saint Vivekananda aptly describe the men of RAF ***"The life is short, the vanities of the world are transient but they alone live who live for others, the rest are more dead than alive".***

These successes have behind them an immaculate selection process, vigorous training, self discipline, sense of devotion and dedication at the cost of their personal privations and the zeal to maintain its image of Zero Response. At many times the very presence of RAF has prevented tense situations from turning volatile what more can be said in praise of the Force which is only eight years old.

Besides having been pressed into service to render assistance to nation during natural calamities, organising regular preventive medical camps throughout the country has been a regular feature in RAF.

Ever since launch of Pulse Polio 2000 Campaign in India RAF has played an active role along with Rotary International and immensely contributed in its success through, manpower and vehicles, organising camps in remote areas. Governor of UP publicly recognised and felicitated praiseworthy service of RAF by presenting the Rotary Vocational Excellence Award to J.S. Gill commandant 108 and Vikram Sahgal second-in-command 104 at Meerut on 7.2.98.

The words of Navoho Night Chant the great poet aptly describes the accomplishments of RAF as under :-

"Happily may I walk
May it be beautiful before me
May it be beautiful behind me
May it be beautiful above me
May it be beautiful all around me
In beauty it is finished."

A Letter from RAF Contingent

Commander at Pristina

The letter written by Shri J.S. Gill, Contingent Commander Special Police Unit - India, UNMIK, Pristina addressed to Shri A.R. Pawar, IGP (Ops & Training) is reproduced below. It may be mentioned here that a contingent comprising 2 RAF Coys under the leadership of the Comdt. J.S. Gill is now deployed in the strife-torn Kosovo on UN Peace Keeping Mission.

—Editor

I am glad to take this opportunity to write to you from Pristina where the RAF Contingent is located on UN Mission. I wish to express my sincere thanks to you for taking keen interest in the selection, training and equipping of the Kosovo Contingent.

You will be immensely glad to know that the preparation work, which we undertook in New Delhi, has borne fruits in that the Arrival Inspection team after inspection on 2nd June, 2000 has given the concluding remarks in the inspection report as under :-

"The inspection team wishes to note the excellent preparation of the contingent for the inspection and the professional presentation of the equipment which was delivered in full compliance with the provisions of the MOU".

Our camp is the best amongst the SPU camps. We have established ourselves very well. The accommodation and dinning facilities are very good. The Police Commissioner UNMIK visited the Contingent on 8th June, 2000. He was highly impressed with the layout of campus, presentation, demonstration and cultural programmes organized during his visit. Further the following VIPs/ dignitaries also visited the SPU HQ and recorded their appreciations :-

(i) His Excellency Shri S.K. Mathur, Ambassador of India to FRY on 28th May, 2000 (ii) A delegation of Military and Civilian Police Advisers from New York headed by Lt. Genl. A Meleshkov of Russian Federation on 9th June, 2000. (iii) Delegation of UNDPKO from New York on 16th June, 2000.

(iv) The Financial Committee of UN (ACABQ) headed by delegation

consisting 23 members headed by Ambassador Connad S.M. Mselle, Chairman ACABQ, Tanzania UN on 19th June, 2000 and included Mr. Rajat Saha Joint Secretary from India.

But for the all out support and cooperation you extended for making the contingent fully equipped and trained for this Mission in Kosovo, we would not have been able to secure these appreciations from various dignitaries. I also wish to mention that these appreciations from Ambassadors, senior military officers and UN civil military delegates from New York have gone a long way in enhancing the reputation and prestige of our SPU and country not only in Kosovo but also in New York. Mr. Rajat Saha, Jt. Secretary had conveyed this to me during his recent visit to Pristina.

All the operational task entrusted to the Indian SPUs have been accomplished to the entire satisfaction of Police Commissioner and Regional Commander Pristina. They have highly commended the professionalism and dedication of Indian SPU personnel.

It is a matter of pride that 25 personnel of Indian SPU participated in the 25 KM March in combat dress with 10 kgs. Equipment organised by Danish Bn (KFOR) on 18th June, 2000 in Mitrovica. Our Team won the first three positions in 2 hours 30 minutes. All of them were awarded medals and ribbons.

On 15th July, 2000 a 100 Km Dancon Death March was organised by Danish Battalion-KFOR at Olaf Rye Camp, Mitrovica in which 180 KFOR, CIVPOL, and SPU personnel including many veteran marathoners participated from all over Kosovo. The route for the March was through tough undulating terrain and jungle area. It was worsened by the slush and mud caused by incessant rains and chilly wind blowing. throughout the duration of the run. The March was conducted primarily on secondary roads from Mitrovica to the Serbian border and back. The event, which is traditionally known as the Death March and had a maximum completion time of 24 hours, saw 52 participants dropping out due to injuries and other problems. Overcoming all the odds and displaying tremendous grit, determination and perseverance Shri Mohsen Shahedi, DC and Ct. Sunil Kumar jointly came first in 13 hours and 15 minutes followed by Ct. Mohinder Singh with a 29 to complete the March. All the personnel were presented medal, ribbon and certificates. This win and the earlier 25 Kms March win has enhanced the prestige of Indian SPU amongst KFOR,

CIVPOL and other SPUs. We also organized Cross Country Race on 6th August, 2000 and Tennis Tournament from 11th to 13 August. All the SPUs, CIVPOL and KFOR personnel took part in it.

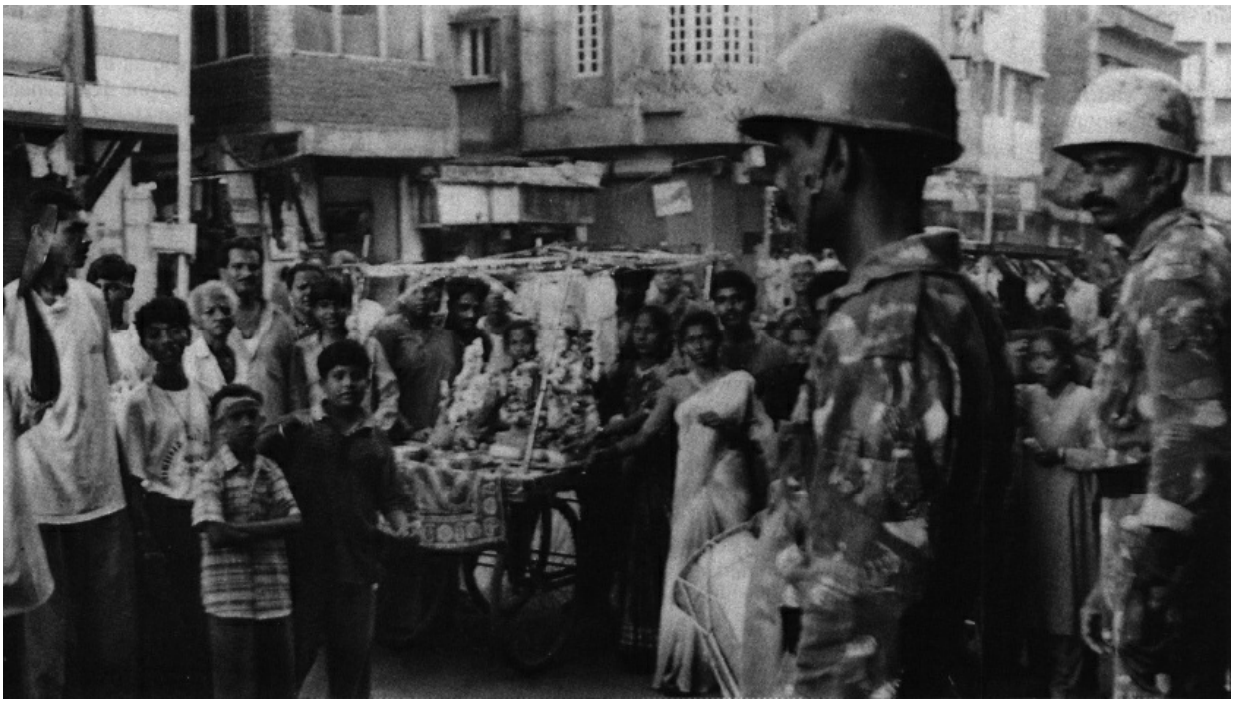
Thirty-two entries were received from KFOR, UNMIK, SPU and some top-seed players of Kosovo in four different categories of Men's Singles, Men's Doubles, Women's Singles and Mixed Doubles. The tournament saw intense competition and some very tough matches. The Men's singles title was won by Mr. J.S. Gill, Contingent Commander, Indian SPU . He beat Mr. Domi, the top ranked civilian player in the best of three tie break sets 7-6(7-3), 6-2. The Men's Doubles title was also won by Mr. J.S. Gill and his partner Mr. Sanjay Arora (CIVPOL, UNMIK) while Mr. R.K. Yadav (Dy. Comdt.) and his partner Mr. Mohsen Shahedi (Dy. Comdt.) were the Runner's Up. The Women's Singles title went to Miss Tringa, a local while Ms. Siggy Jannsen from Germany bagged the Runner's Up trophy. In the Mixed Doubles, Mr. Mohsen Shahedi (Dy. Comdt.) and his partner Miss Tringa.

It will be our endeavour to rise to the occasion in this challenging task and fulfill the responsibility vested on us by our great country and thereby to keep the flag of our nation flying high.

Hoping to receive the continued guidance and help from you in the days ahead.

LIVING UP TO ITS IMAGE ....

Achievements - 2000 At a Glance



RAF guarding the religious procession in Surat

Rapid Action Force was raised on October 7, 1992 to deal with communal riots and riot like situations by converting 10 Battalions of CRPF into an elite Riot Control Wing. The RAF has made its impact and won confidence of the people from very beginning. Its mere presence has had a deterrent effect on rioters and has prevented riot like situations from getting out of hand. Each Bn of RAF looks after the surrounding areas in its zone of responsibility. In normal times, RAF Bns carry out exercises to familiarise themselves with ground situations, so that they have full co-operation of the people of the area while tackling any situation and are well versed with the terrain, customs, social rites, language and socio-political scenario.

The RAF Bns have given a creditable performance to the entire satisfaction of the State Govts. and also earned high appreciation from the public, press and media due to their effective and firm handling of all situations. The Head Quarters of 10 RAF Bns are located at Hyderabad, Ahmedabad, Allahabad, Navi Mumbai, Delhi, Aligarh, Thiruvananthapuram (under move to Coimbatore), Jamshedpur, Bhopal and Meerut. The above locations have been selected based on the past history of riots to enable the Units Hqrs at these places to cover communally sensitive districts falling within a radius of 400 kms from their Hqrs.

The personnel of RAF are trained in first aid, fire fighting and other

rescue and relief operations to render succour and relief to the victims ravaged by communal riots, cyclone, earthquake and other natural calamities and accidents.

During the assembly election (AE) 2000, besides 9 regular Coys of RAF, 18 Adhoc Coys were mobilised for these phase elections in Bihar to function as adhoc coys of CRPF equipped with operational scale arms and ammunitions.

Deployment of these sub units as adhoc CRPF Bns during AE 2000, enabled the state authorities to conduct free and fair polls in Bihar, which otherwise had apprehensions of severe violence and disruption due to threat from naxalities and fundamentalists. The laudable work of these Coys has been applauded by media, public and local administration. Their role in Patna in providing security to the most sensitive counting centre of Bihar was lauded by civil police officials and press/media since not a single act of violence or vandalism was reported.

During the course of their deployment in Bihar prior to elections, these sub units performed exceedingly well leading to recovery of arms and ammunitions during deployment in sensitive districts of Jehanabad, Bihar Sharif, Nalanda and Patna. They recovered one .35 Bore country made pistol two .22 country made pistol one .315 country made bold action rifle one 12 bore country made pistol two 9 MM country made pistol and one .303 rifle.

On 15th Feb., 2000, Adhoc-1/ 104 under command of Shri B.D. Poddar, A/C during AE 2000 in Bihar at village Bhawan Chack, P.S. Barh Sub-Division, Patna apprehended 13 persons in an encounter and recovered the Arms/ Amn. and other items during raid/ search. The brave act put up by our men in dealing with and operating in a highly infested ops area with heavily armed criminals deserve special mention.They recovered one double barrel gun loaded with 2 Carts, one Semi automatic US made rifle loaded with 5 Carts one .315 Bore rifle loaded with 4 Carts, 101 rounds of .315 Bore Carts, 122 rounds of .315 Bore Carts, 46 rounds of 12 Bore L & G Carts, 127 rounds of Semi automatic rifle carts, one Maruti Car Regn. No. BR.IK-6179 and one Mobile/Celluler Phone Nokia.

This operation was given wide publicity by press and media and role of our troops commended by senior police officials who visited the spot.

On 29th October 1999 India’s most devastating cyclone with a speed of

290 kms/hr killer winds hit the coastal areas of Orissa and pitted man against nature. Hundreds of villages in the cyclone path were wiped off the map. An estimated 8 million people or one fourth of the population of Orissa spread across 11 districts had been affected. Conservativefigures put the number of houses demolished at around 3 lacs. Apart from 20,000 cattle dead, bumper standing crops spread across 3.23 lac hectares were instantly destroyed. 5,000 people were feared dead. Hungry, homeless and desperate mobs were roaming the streets way laying passing trucks and rioting for food and water. Once again in this hour of crisis, RAF men in blue ddungarees rushed from Bihar and Andhra Pradesh, spread in all directions of Orissa, carrying tons of food and distributing to poor and destitute with their own hands. Braving the nauseating stench and health hazards, our men and women Went around distributing clothes, utensils, tarpaulins, blankets, candles, milk and above all love and sympathy. Our doctors and para medical staff went around establishing medical camps at all places where we carried out rescue and relief. Our officers and men did not hesitate even in disposal of decomposed human bodies and carcasses thus preventing spread of epidemics and motivated other NGOs to come forward. This yeoman's service to the people of Orissa will be written in golden letters in the history of state.



Training on Rescue and Relief operation with improvised equipment in 102 RAF Bn



Social work performed by personnel of 99 Bn RAF

On 10th July, 2000 severe communal riots broke out in Malpura and Tordi towns of Tonk district in Rajasthan. Living up to its image of ‘Zero Response’ the RAF troops from Ahmedabad and Delhi were rushed without loss of time and deployed inJaipur, Tonk and Ajmer. Extensive patrolling, round the clock vigil and firm handling soon brought the situation under control attracting praises from public, local administration and media.

The effective and delicate handling of student unrest with finesse throughout the year without resulting in any casualties has been the hallmark of our RAF Unit deployed in Aligarh.

During the impending arrest of Shiv Sena Supremo Bal Thackerey, fear had gripped the entire city of Mumbai and tension was palpable in the hearts and minds of people. Llife in the city had been paralysed with everyone huddled inside their houses fearing loss to their life and property. At this juncture the very sight of our blue clad knights in every sensitive part of Mumbai restored confidence in law abiding citizens and prevented any unlawful incident. The very presence of our men restored normalcy in the city.

This year in May, two coys of RAF were specially trained, equipped and selected for performing duties of Special Police Units in UN Peace Keeping Mission in Kosovo. High order of professionalism, discipline and state of the art equipment has made our troops carve an enviable image in the

international horizons. To cite a few examples, on 18th June, 2000, a 25 km Dancon March was organised by KFOR-DAN BAT in Mitrovica. 25 personnel of our contingent participated in the march and achieved the best timings beating all other armies present their in the UN Mission.

Similarly, on 15th July, 2000 a 100 KM DANCON Death March was organised by Danish Battalion in Mitrovica in which 180 personnel participated from different armies along with veteran marathoners from all over Kosovo. Exhibiting tremendous grit, determination and preseverance and braving chilly winds and undulating terrain Sh. Mohsen Shahidi and Ct. Sunil Kumar Jointly stood first establishing the credentials of this elite force.

These were a few instances which have made RAF today a household name in the country and given the reputation of an effective force to counter any social unrest.

Famex: Brings people closer to the Force

—Z.F. Khan, Commandant

The Government, which raised the RAF in the year 1992 for tackling communal riots, riot like situations and providing assistance in the event of natural calamities moved in the right direction by acceding to the concept of familiarisation exercises (Famex) suggested by the senior RAF, CRPF officers.

The familiarisation exercise as the words suggest actually provides the RAF troops an opportunity to acquaint themselves with the area and people where they may have to operate in the event of necessity.

The familiarisation exercises undertaken by the RAF is discussed below step-wise :-

SELECTION OF AREA

The selction of area for famex is done by first identifying the hyper sensitive and sensitive areas falling in the area of jurisdiction of each RAF

Unit. The Unit are first required to undertake familiarisation in the hyper sensitive areas followed by the sensitive areas.

CONSULTATION WITH THE DISTT. AUTHORITIES

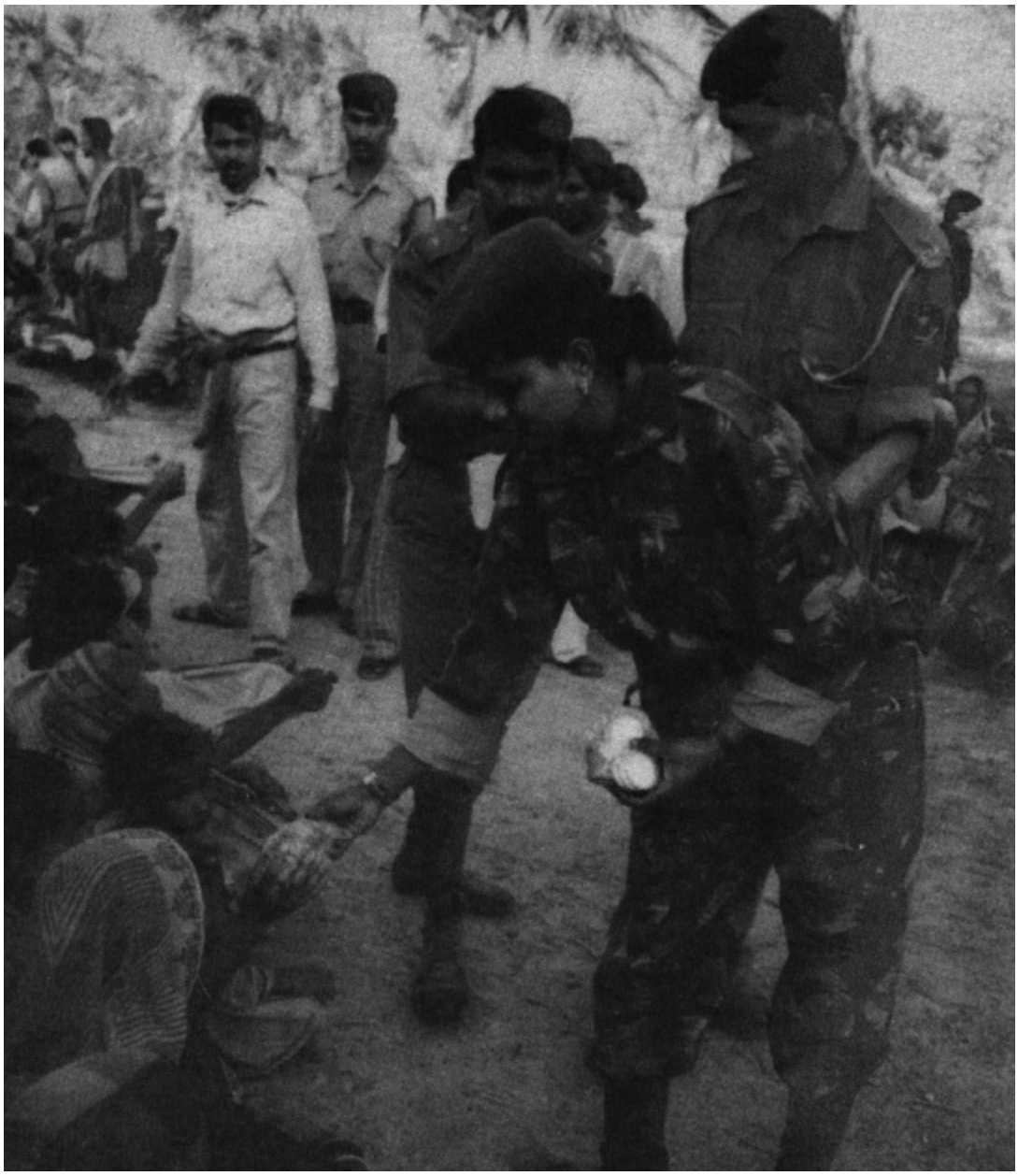
The Commandant RAF before despatching his men for familiarisation exercise ties up the programme with Distt. Collector and the S.P of the distt., so that the arrangements for their stay, detailment of liaison officers and alerting of Police Stations is taken care of.

DETAILMENT OF PARTY FOR FAMEX

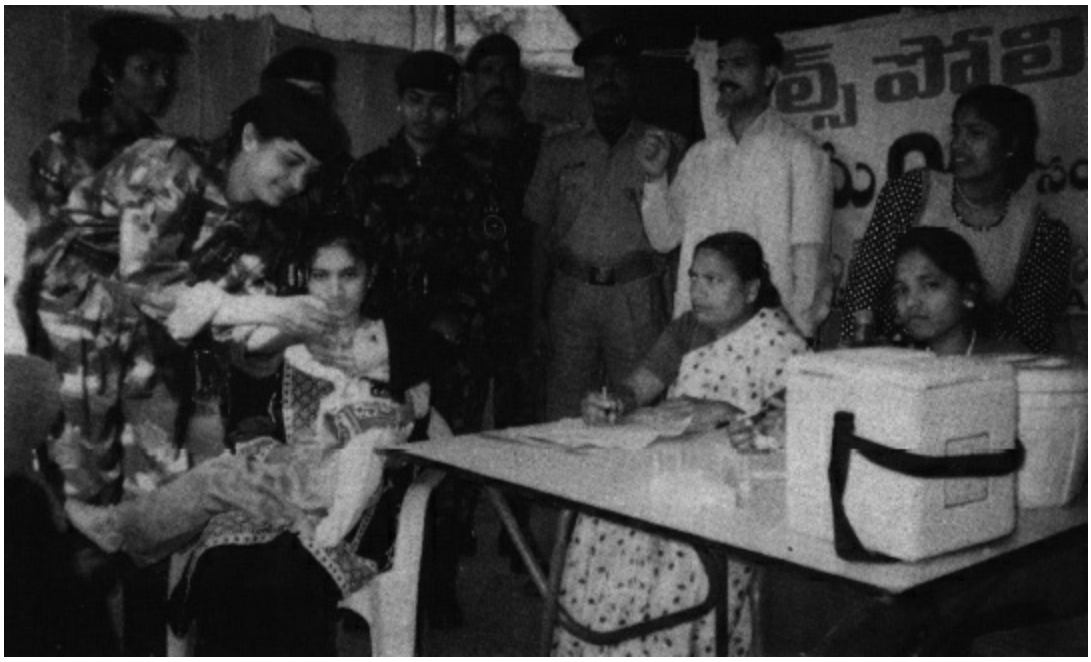
The programme for famex of RAF Unit is sent to the IGP, RAF once every quarter and thereafter on receipt of the IGP's approval, the Commandant details the parties for Famex provided the Coys are free from deployment.

The RAF in the initial stages after its raising had undertaken Famex with a full Coy strength but in the present day scenario the Famex is undertaken with a platoon strength (half Coy).

The Coy. Commanders and the troops proceeding for Famex are got briefed and then despatched with the full complement of transport team-wise (each team is provided one light vehicle and one medium vehicle). The Coy. is normally accompanied with another senior officer of the Unit apart from the Coy Commander. Besides the unit Medical Officer alongwith his medical team If available. The Commandant of the Unit also visits the troops under famex during which period a interaction with the local authorities and the local personalities is arranged in the distt. Kotwali.



Relief work in cyclone hit Orissa



Medical Camp organised by 99 Bn RAF

FAMEX

The Famex is normally undertaken team-wise. The Coy. Commander assigns different areas to different teams, after which the Team Commander proceeds to the respective areas with his team. The SHO of the area who has been informed of the programme by the S.R of the distt. is the main guide. The following data are collected during the course of Famex :- (1) Population of area community-wise. (2) Percentage of literacy in the area. (3) Languages spoken in area. (4) The nature of profession of the locals percentage wise. (5) The major political parties of the area. (6) The religious organisations of the area. (7) Distance of the area from RAF Bn. HQrs. (8) The time taken from district HQrs. to reach the area with distances. (9) Names of Police Stations/posts falling in area. (10) Names of localities with more than 10% minority population. , (11) Localities having business/ industrial establishments of minorities. (12) Location of important places of worship and vital installations (13) Location of slums. (14) History of communal riots in the area if any. (15) Sensitive issues of area which are likely to cause communal riots. (16) Names and addresses of establishments selling arms/ammunitions. (17) Names and addresses of liquor shops in area. (18) Telephone Nos. of the important distt. officials and other senior officers in the area. (19) Names of organisations active in fomenting communal troubles with names and addresses. (20) Names of anti social

elements of area. (21) Names of other important personalities of the area. (22) Location of Railway Station, Bus Stand, Airport, Hospitals and water points. (23) Locations of all Police Stations/Posts in areas with telephone Nos. (24) Location of possible places of stay/camping sites for CPMF. (25) Strength of Armed Police/Distt. Armed Reserve available in the distt. (26) Location of fire brigades with telephone Nos. alongwith other water points. (27) Names and addresses of local politicians of the area.

In addition to collection of the above data, the sketch maps of respective areas are drawn out indicating the important establishments alongwith the land routes and distances.

INTERACTION WITH LOCAL PERSONALITIES

Once the familiarisation exercise in the distt. is completed a interaction with the local personalities and officials is normally arranged with the help of the distt. S.R It is during this interaction that the RAF Commander is required to enlighten the assembled gathering on the RAF and the purpose of the visit to the area so that in the event of need to the distt. administration, the RAF can provide them prompt assistance of being deployed once they are armed with data collection during Famex. It is during this interaction that a acquaintance with different religious leaders and other important personalities of the area is developed by the RAF personnel which can be of use in the time of need.

The availability of the Unit Medical Officer, with his medical team during the course of Famex is an added advantage, as medical camps for the needy in far flung areas, where medical facilities are not readily available, can be arranged with the assistance of the distt. Medical Officers.

The penultimate day of the Famex is normally celebrated with sports events with local teams followed with a cultural programme followed by a Bam Khana, which is normally attended by the local distt. officials which paves the way for good relations of the RAF with the distt. officials.

Indomitable 100 Bn RAF Marches Ahead

— B.S. Chauhan, 2nd-in-command

Though the Rapid Action Force was launched on Oct. 7, 1992 at Delhi 100 Bn of CRPF was converted into RAF Bn on March 12, 1994. The unit is located at Vastral at a distance of 12 kms from the Railway Station Ahmedabad and 22 kms from the Airport.



RAF Mahilas in 7th RAF anniversary parade

Since its inception, the Battalion has never looked back and acted in right perspective and achieved high standard of performance.

OPS Achievements During the Last One Year

Kalupur, Dariapur and Vejalpur areas of Ahmedabad are known for violent communal clashes and turmoils. During July ‘99 when the situation became out of control, the local police deployed RAF to deal with the violent mob/crowd on 29-30 July, ‘99. The personnel of this unit, used minimum force and thereafter the situation was brought under control at Ahmedabad. Similar actions were taken on 13th Sep. ‘99 at Godhra and on 16th Sept. ‘99 at Surat. There also, our companies used minimum force effectively and thereafter no incident of communal clashes was reported.

In Limbayat area of Surat, there was considerable tension among two communities over the traditional route for Ganpati immersion, as it was Friday on 24th Sept. ‘99 and Muslims offer their Jumma Namaz. In order to avoid any communal clashes the local administration held discussion in advance with the leaders of both communities who agreed in principle to change the route of the procession. Accordingly, at 1130 hrs. on 24th Sept, 99 Ganpati immersion procession was directed by local police to pass through a new route to avoid Madina Mosque, situated on the main road. But the processionists did not agree and became aggressive without any provocation. They started pelting stones, shoes, soda water bottles, chairs etc. on police party and RAF platoon, deployed in that area. In the process, 26 police personnel sustained injuries. Seeing the situation going out of control of civil police the ACP Surat ordered our platoon to disperse the unruly mob. After giving warning to the crowd of about 20,000, our troops fired long range shells, plastic pellets, rubber bullets, three way grenades, single way grenades and electric shells but the mob was not in a mood to disperse. Ultimately our platoon and Civil Police opened fire which resulted some casualties. Shri C.P. Singh, DGP Gujarat, during his visit to the place of incident, congratulated the platoon Commander of 100 RAF and the Commandant for dealing the situation in a utmost restrained manner. Though, thereafter there was considerable tension in the area and the action of police was criticised by a group of the ruling party/media, the role of RAF was appreciated by one and all.



Mahila troops of 100 Bn

On 10th July 2000 communal riots broke out in Malpura and Tordi town in Tonk district of Rajasthan because of stabbing to death of one person, who is considered to be the one of the main accused in the riots sparked by the Babri Masjid Demolition in 1992, which left 10 people dead. The town was placed under curfew and three companies of RAF were deployed each at Jaipur, Tonk and Ajmer. Due to extensive patrolling and round the clock vigil performed by our troops, situation was brought under control. The role played by our troops at Malpura was highly appreciated by the Rajasthan Police. It is worth mentioning here that the move carried out by D/100 for deployment at Ajmer against extreme odd conditions when the complete city of Ahmedabad was engulfed in flood, was highly appreciated by CRPF Directorate General.

Communal clashes flared up in the towns of Limbariya and Modasa of Sabarkantha district and Surat city of Gujarat state after the killings of Amarnath pilgrims in the state of J&K. Assessing the situation at the respective places, assistance of RAF was saught by the state Govt. Accordingly C/100 and D/100 were deployed at Sabarkantha and at Surat city. The deteriorating situation at both the places were brought back to normal by extensive patrolling and vigil of 100 RAF Coys. The role played at this vulnerable juncture by the troops has been highly appreciated by the local administration.

State Level Award

The unit parade contingent participated in Republic Day parade at Gandhinagar on 26th Jan. 98 and was adjudged “Best Parade Contingent”. Hon’ble Governor of Gujarat awarded “Best Parade Contingent Trophy” to the unit. Similarly our mahila contingent, was declared the “Best Contingent” on Republic Day 1999 and the trophy was awarded by the Governor of Gujarat. Again our male contingent stood first in R.D. Parade of 2000.

BPCL gas agency of this unit has been adjudged first in the entire state of Gujarat for the year 1999-2000 out of 100 Gas godowns and accordingly it was issued with a certificate of excellence for the Best Godown.

An Insight to 102 Bn, RAF

—Jeevan Singh Thodingjam, Commandant

102 RAF, Bn. was raised at Bhubaneswar (Orissa) on 1st Dec. 1990 as an affiliated Battalion of Group Centre, CRPF Bhubaneswar. Subsequently, the unit was converted into a Rapid Action Force Battalion. After completion of a brief period of deployment in Uttar Pradesh and Delhi and conversion training, the sub-units were moved to Mumbai on 9th Jan. ‘95 in the aftermath of the 1992-93 Bombay Riots. Since its inception in 1992 as a CRPF Battalion, 102 Bn. has profoundly contributed towards the maintenance of peace and order at all the four corners of the nation. Men and women of all ranks and files have put in their earnest service towards the fulfillment of the objective of Rapid Action Force in the control of riots and riot like situation with communal overtone and have come out with laurels and acclaimed admiration of public in particular and appreciation of Civil administration and Police authorities in general.

102 Bn. is located in Mumbai, which has a history of communal riots and is constantly under the threat of eruption of communal riots. The 1992-93 Bombay Riots highlighted the sensitive chord between the Hindu and Muslim communities. This discord is not the only vulnerable issue of the Metropolic. Another major Law and Order problems which the city has to face are the underworld activities and the frequent group conflicts and clashes, particularly between the Shiv Sainiks and Dalits predominate the

Law and Order scenario. Both the groups enjoy huge following within the city. Shiv Sainiks fervour Chhatrapati Shivaji whereas the Dalits are passionate about Dr. Bhim Rao Ambedkar. They are both involved in a clash for supremacy and dominance. They resort to provocative actions like desecrating the statues of Shivaji and Dr. Ambedkar which often leads to riots and clashes disrupting normalcy, peace and tranquility. According to police records there were cases of desecration of 286 statues of Dr. Ambedkar and 38 statues of Shivaji between 1992-1999.

11th July '97 has been recorded in the history of Mumbai with Black ink. A bust of Dr. Ambedkar at P.S. Pant Vihar in Ghatkopar was found sacrileged with a garland of chappals. The Dalits responded with violent protest and a series of rampage. The ire of the violent mob was targeted at the Police Chowki situated at around 30 metres of the desecrated bust and started assaulting the jawans of a SRP platoon. Left with no alternative, SI M.Y. Kadam l/C of the platoon ordered to open fire in self defence in which 11 persons died and 22 sustained injuries.

Only 12th July '97, bandh was called by the Republican Party of India, largely dominated by Dalits, in protest against the police firing following the desecration of Dr. Ambedkar's statue. It was another day marked with violence and disturbances wherein protestors resorted to stone pelting, slogan shouting and torching the vehicles. Coys of 102 Bn. were called-in to assist the civil police in controlling the situation. The arrival of the RAF in their distinct blue dungaree equipped with riot control arms and ammunitions had an instant impact on the public. To prevent further deterioration of the situation, additional Commissioner of Police, Central Region, ordered RAF Coys to use Tear Smoke munitions against the protesting crowd which had by that time assumed the form of group clashes between the Shiv Sainiks and Dalits. Seven long Range Shells were fired upon the clashing groups by a Coy of 102 Bn. Within a short period after its deployment, the coys had helped the police in gaining control over the micreants and were successful in dispersing them. The situation would have further aggravated and taken an ugly shape, but for the timely and restrained action of RAF personnel.



Deployment of 102 Bn personnel in Mumbai

The services of 102 Bn. was again sought by the Maharashtra Govt. during the 12th Lok Sabha election. Polling for the 12th Lok Sabha was conducted under tight security on 28th Feb. '98 A day before the polling day i.e. on 27th Feb. '98, series of Bomb blasts took place at Santa Cruz (East), Kandivili Railway station and Virar in which four persons died and 24 persons were injured. The three blasts had virtually crippled the functioning of the city, spreading fear and terror in the minds of the citizens of Mumbai and Maharashtra as a whole.

Two Coys including one adhoc coy of 102 Bn. were deployed on the eve of Lok Sabha election i.e. 27th Feb. '98 at all the sensitive areas including the places where the blasts took place. The presence of RAF coupled with the physical checking/ visits of all RAF deployment by IGP, W/S and Commandant 102 Bn. ensured a smooth and peaceful democratic process on the polling day. The presence of the Force was as such that it dispelled the fear psychosis in the minds of the people and large number of people came out for casting their votes on 28th Feb. '98. The prompt and effective handling of the situation by RAF on the eve and on election day had an instant impact on the activities of the anti-social elements and helped in averting any further disruptive activities. The significant and timely role played by 102 Bn. personnel in ensuring smooth and peaceful conduct of the 12th Lok Sabha election in Mumbai on 28th Feb. '99 was highly appreciated by all concerned.



Tree Plantation by 102 Bn RAF in Navi Mumbai

102 Bn., once again discharged a commendable performance during the fortnight long episode of Shiv Sena Chief, Bal Thackery's prosecution. The State administration and internal Law and Order were gravely affected by the pronouncement of the Maharashtra Government to initiate criminal proceeding against and arrest Bal Thackeray. To counter the threats and probable Law and Order problems, the state Govt. called in SRPF, RAF and Special Police Force from Madhya Pradesh, Karnataka and Gujarat. Four Coys of 102 Bn. were deployed in hypersensitive pockets of Maharashtra. Two coys were stationed in Mumbai and one each at Thane and Aurangabad. After a week of uncertainty and apprehension, Bal Thackeray was technically arrested on 25th July 2000. Security was accordingly beefed up to prevent and minimise any unforseen Law and Order problem in Maharashtra and Mumbai in particular.

A/102 and D/102 were deployed in and around the Metropolitan Magistrate's Court at Bhoiwada, and between the roads from Matushree, Thackeray's residence, and the court. Thackeray presented himself at the Mayor's residence at Dadar at about 1045 am. At about 11.15 am, warrant was served to Thackeray by Shri Kadam, DCP, and was technically arrested. He was then produced before the Additional Chief Metropolitan Magistrate at the Metropolitan Magistrate's Court in Bhoiwada where he was subsequently released and the case dismissed.

There were incidents of stone pelting and vandalism in Sena dominted areas of Parel, Lalbaug, Mahim, Malad, Dadar, Goregaon in Mumbai and at Chandanwadi, Tembhinaka and Hariniwas in Thane. However the presence of RAF and the Flag march carried out by the coys at their respective areas of responsibilities restrained the activities of the Sainiks and prevented the situation from gaining larger magnitude.

Today RAF is known in Mumbai as a Striking Force trained and equipped to overcome any communal riot or Law and Order problems. The Battalion has harvested dividends of the time and energy, its members have invested in training.



The officers and jawans of 100 Bn, RAF at Rath Yatra Festival of Ahmedabad



Rescue and Relief operation in Orissa by 106 Bn RAF

RAF IN KOSOVO



Shri S.K. Mathur, Ambassador of India to Yugoslavia being introduced to the officers of RAF team on his visit to the camp in Kosovo



Commandant J.S. Gill presenting a memento to Shri S.K. Mathur



RAF personnel presenting guard of honour to Shri S.K. Mathur in Kosovo



RAF personnel performing Bhangra during the visit of Mr. S.K. Mathur



Commandant J.S. Gill in Kosovo



RAF personnel on rescue and relief operation in cyclone hit Orissa

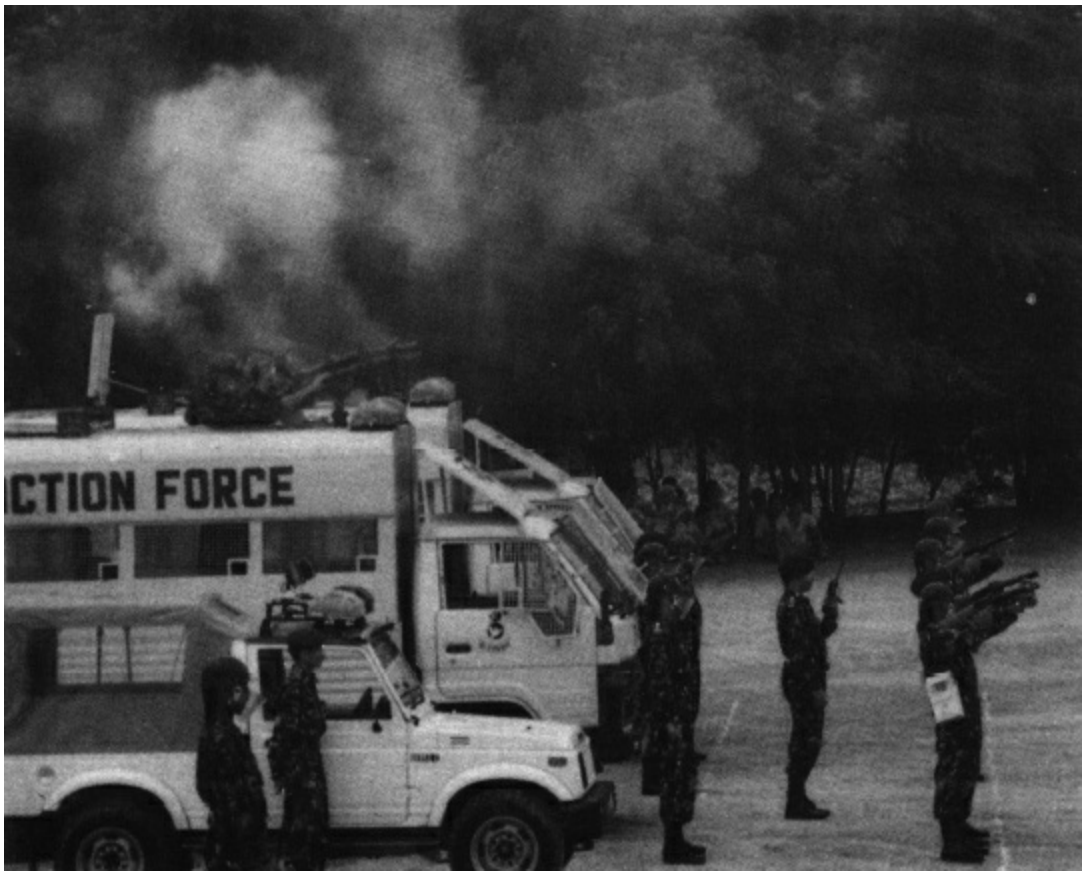


RAF personnel performing Tear Smoke Drill

Aman Ke Prahari – 105 Bn, RAJ

—A.M. Muhammed, Commandant

Since its inception/conversion in RAF Unit wef 27th Dec. 93, Sub Units of this Bn mainly remained deployed in sensitive pockets of South India covering three states i.e., Tamil Nadu, Karnataka and Kerala. Mere presence of the unit personnel in the sensitive pockets had given tremendous positive pressure on the anti-social elements and peace prevailed in surrounding area. Whether it was clashes between fishermen communities of Pondicherry during April '97 or it was communal riots in Bangalore City areas in Sept., '97' our Unit personnel acted in befitted manner on each occasion and took the situation under control as well as developed confidence among both communities soon after reaching at the place of deployment. During December '97 to Jan. '98 when Coimbatore city was burning due to communal riots, fruitful action of all four sub units of this Bn during that time is still in mind of local administration/public. Unit had gathered lot of appreciation from mass media and General Public during above occasion which is on record. Our physical presence was felt so much urgent at Coimbatore city that local administration now wants to make it permanent and accordingly two sub units of this Bn has been kept there since Feb. '98.



Demo on use of VAZRA

Apart from Ops activities this unit has been participating in social useful works in letter and spirit. On 25th Jan. '97 personnel of D/105 participated voluntarily in the construction of check dam at Kadalundi in Anakkayam Panchayat at Malappuram District to raise the water level in the river for solving problems of drinking water and irrigation of nearby villages. Similarly A, D/105 Bn RAF personnel participated in construction of one Km road in the remote village in Malappuram District. C/105 Bn. personnel had undertaken a Good Bye Mosquito programme during April '97 in Trivandrum city which was well appreciated by local administration, TV, Press and Media etc. During the Golden Jubilee Celebration of India's Independance, unit had undertaken social works such as environmental protection, sports and adult education etc. at Othukungal village, Venkatala, Venganoor village and Kadalundi village which are adopted by this unit.

105 Bn, RAF personnel have also been participating actively in rescue and relief works whenever time demanded. Close surveillance in the vast area of Kerala, Tamil Nadu and Karnataka has made its presence felt in each and every corner of the society. Officers and men of 105 Bn, RAF are proud

of the sincerity and affection they receive from the local public as well as the local administration.

Zero Response in Kanpur

—Z.F. Khan, Commandant

Kanpur, an industrial city considered to be the most hyper sensitive district of U.R, was in turmoil during 1994. Having witnessed looting and arson during the 1992 communal riots following the aftermaths of the demolition of the Ram Janam Bhumi-Babri Maszid, the distt. administration and the State went into action and sought immediate assistance of the Central Para-Military Forces the moment they visualised the eruption of fresh communal rioting after the killing of BJP leader Kala Bachha in Kanpur city.

Three Coys of RAF (2 of 104 and one of 108 Bn.) alongwith six columns of Army were inducted in Kanpur followed by another 10 Coys. of CRPF.The Commandant 104 RAF was designated as Sector Commander and all the 13 CPMF. Coys functioned under his control. The distt. administration, which had promulgated curfew in the disturbed areas of Kanpur gradually lifted the curfew once the CPMF and Army were inducted. It was here in Kanpur that the public witnessed the 104 RAF personnel donning blue Dangaries for the first time.The mobile coulums of the RAF in blue Dangaries also attracted the attention of the Army columns, which prompted the Army Commander Col. Shankar to visit the RAF Commandant to enquire about the RAF, especially on the training of the “RAF Commandos”.

The Army columns withdrew within a week’s time once the city was under the grip of the RAF and CRPF Coys. The three Coys of RAF and Coy of 72 Bn CRPF followed by subsequent withdrawal of 9 CRPF Coys. The three Coys of RAF and one Coy of 72 Bn CRPF housed at Naubasta Mandi Complex Kanpur under Commandant 104 was left to extend assistance to Kanpur district. The Muslim dominated Chaman Ganj area and its adjoining areas considered to be the most sensitive was covered by the 104 RAF Coys by patrolling and by manning of four pickets round the clock while the Coys of 108 RAF and 72 Bn CRPF were held as DGP-UP reserve at Naubasta.

It was during this period of lull that the Commandant 104 RAF received a frantic telephone call around 1500 hrs. from S.S.P. Kanpur for providing additional forces as communal rioting had erupted in Colonel Ganj area adjoining the Chaman Ganj area as a result of the stabbing a Hindu youth named Kallu Pandey to death in a Muslim locality. As per instructions the DGP (UP) reserve Coys. (1 of 108 and 1 of 720 CRPF) could not be touched without the approval of DGP-UP. The Commandant 104 being aware of the instructions gave a positive response and readied the Coys for being deployed and simultaneously sent crash messages informing that the Coys were being deployed in anticipation of approval of DGP-UP and our Ops authorities after telephonically apprising the IGP Central Sector office of the said situations.The Commandant 104 RAF in the meantime got in touch with the Coy Commander of 104 RAF Coy. deployed in Chaman Ganj area and directed the Coy. Commander to rush to the incident site with the mobile columns provided to each team manning the pickets. The Coy. Commander in turn alerted all the teams to be mounted with a convoy of 5 Gypsies and 4 DCM Toyotas and rushed to Colonel Ganj area within minutes. The scene at Colonel Ganj area was that of complete chaos with a crowd of about 4000 Hindus on one side and a crowd of 2500 Muslims on the other side hurling stones and whatever objects their hands could lay on at each other. The psychological impact created by the mobile columns of 9 RAF vehicles with their blue Dungari clad men were something unbelievable that both the groups ran helter-skelter within and dispersed without our men being required to make use of any force. The Commandant 104 RAF also reached the spot with reinforcements within 20 minutes after covering the distance of 15 kms. from Naubasta and found the area completely under the control of 4 teams of RAF troops with handful of civil officials with complete peace around.

The factors which enabled the 104 RAF meet with success in the said incidents were as follows :-

(a) Communications

The communication was prompt and firm orders were issued.

(b) Quick Response

The zero response training of the troops enabled quick response from the troops deployed in the adjoining Chaman Ganj area.

(c) Mobility

The fleet of 5 Gypsies with their hoods rolled up alongwith 4 DCM Toyotas with RAF embossings on vehicles with blue Dangari clad troops at the ready played a significant psychological role which did not necessitate the use of force.

(d) Psychological Impact

The entry of the alert and agile mobile troops of 104 RAF in blue Dangari in Colonal Ganj area (who had already earned the name in Kanpur) could create the required impact which prompted the culprits to take to their heels and ensure peace in the area.

Emerging Challenges Before RAF Leadership in the New Millennium

— P.P. Kunjoonju, Commandant

"The manager administers, the leader innovates. The manager maintains, the leader develops. The manager relies on systems, the leader relies on people. The manager counts on controls, the leader counts on trust. The manager does things right, the leader does the right thing."

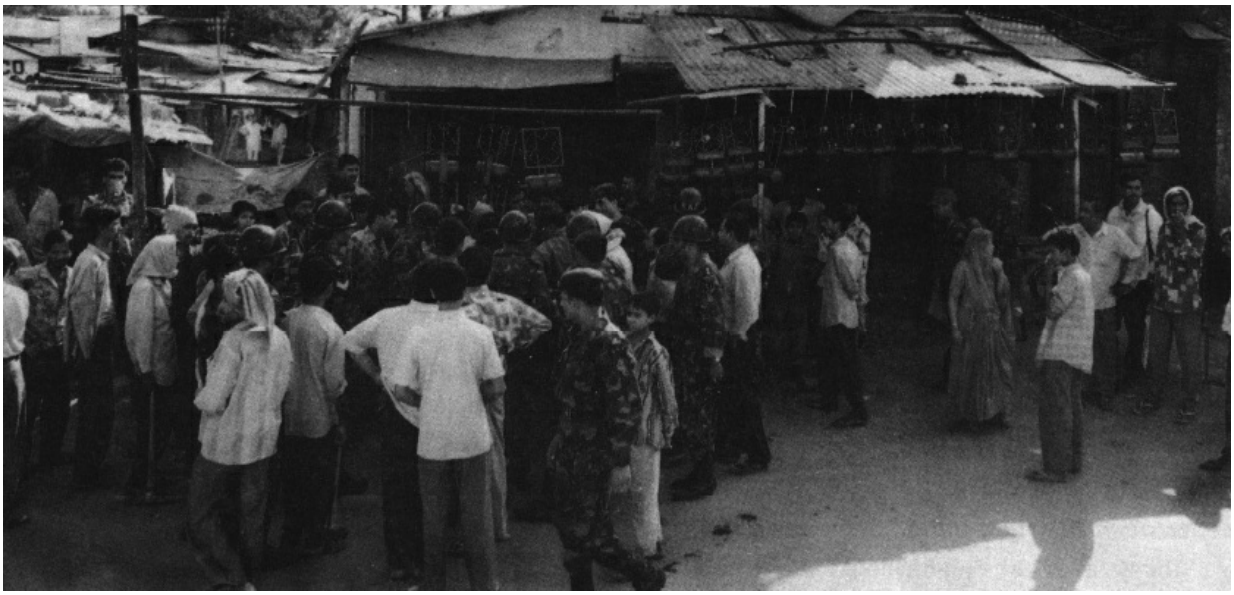
Today even after attaining more than 50 years of Independence India still stands on the cross roads, with a wide spectrum of colonial divide, social and economic inequilibrium, large scale unemployment and acute poverty. There is an acute crisis of values, morality and self-discipline, with the spirit of nationalism and patriotism at its nadir. Country is on the threshold of fragmentation. Simmering ray of hope in this scenario is the image of a unified India in each fragment. In this boiling cauldron of fragmentation, aided and abetted by external forces, the management of external security in a multi religious, multi caste, mini continent has become a challenging task. In this democratic situation where policing has always been a state subject, maintenance of law and order, in volatile situation has always fallen on the shoulders of Central Government. Hence, there was always a need for a central force comprising people from different religions, states speaking different languages. To assist the states in hour of crisis, to ensure unity and integrity of the country. At the same time keeping the secular fabric of our

society intact.

For years after independence CRPF remained the trustworthiest arm of the Centre, for containing every force threatening security of our Country with an iron-fist. However, in early 90's a need was felt to have a force to exclusively deal with problems relating to ethnic strifes, communal riots and social unrest. With the ever-increasing commitments of CRPF to deal with insurgency, terrorism and militancy, the concept of Rapid Action Force took shape. Thus on 6th Oct. '92 ten Bns of CRPF were converted into RAF. Today as RAF steps into its eighth year of success and glory, it is pertinent not to rest upon the laurels of the past but look ahead to prepare for the challenges of the new millenium.



RAF men and women in action during the bomb blast in Coimbatore



RAF men engaged in relief work during earthquake in Jabalpur

"People who are resting on their laurels are wearing them on the wrong end."

In a dynamic society with rapidly changing socio political scenario, rising aspirations of masses, power struggle of ethnic, religious and linguistic groups, the destablizing forces from across the border will continue to test the strength of nation and the metal of its security agencies, whether on the borders of Kargil or in the riots on the streets of Hyderabad.

The multifarious roles assigned to the police forces blunted their efficiency and sharpness and failed them in specialized roles, which they were required to perform. The maintenance of communal harmony in today's scenario is one such delicate and specialized area which needs sensitive policing and hence the motto of RAF, 'Service to the Humanity through Sensitive Policing'.

A careful study of the history of communal riots will reveal that before independence the riots were attributed to the divide and rule policy of the Britishers. In the post Independence India besides the legacy of partition, this had traumatized the psyche of the people. Socio economic changes coupled with dynamics of political, religious and economic changes have given new dimensions to chemistry of riots. Following facts need to be well understood.

(a) However, a powerful tool in the hands of vested interest religion is not the root cause of communal conflicts. Vice-versa, communalism is the off

shoot of efforts to seize power through exploitation of religious sentiments, since truly religious person belonging to any faith is incapable of being communal.

(b) Caste

If you go deeper the class ridden nature of the society on one hand and the under developed economy and paucity of resources on the other hand are exploited. These factors are also exploited for selfish motives.

(c) Socio-Economic Changes

In fact increasing socioeconomic changes and the divide between the have and have-nots catalyses the sense of insecurity, this enhances sense of insecurity leading to appeal of religion. This provides momentary relief easing psychological tensions. Thus in a society ridden with economy backwardness and communal divide it becomes impossible to achieve national solidarity across communal lines. Especially in case of general masses who are the largest victim of communal violence.

(d) Naked Truth

A study of past history will bare open the fact that every riot was caused by trifle incident, that will leave us wonder struck as to how such bizarre incident could have led to mass scale looting and murders.



RAF men engaged in social work

The root cause of all riots is the communal atmosphere prevailing

through the length breadth of the country. The tension between the two communities provides manure to the communally fertile hearts and minds of people. Seeds of communal hatred sown by personal stakes are nurtured to reap the harvest of communal riots.

Communal passions, consistently flamed from religious and communal platforms go a long way to poison the minds of uneducated, ignorant and poor masses of the Country, as a result every action of opposite community however inconspicuous or noble is viewed with distrust and suspicion.

Rumour mongering plays a vital role in flaming religious and communal feelings because it is extremely easy to start and multiply the rumors but impossible to check them. The ignorant masses do not weigh these rumors but swallow them raw and digest them fast.

Anti-social elements and hooligans mostly unemployed youth very eager to loot and plunder soon, take over and leave the city battered and bruised to heal its wounds.

It has been often seen that the maximum damage in any riot takes place in first few hours when, blinded by hate and the lust to kill and destroy, even the most decent citizen turn into beasts of violence.

Role of RAF in the Above Scenario

"Hold yourself responsible for *a* ***higher standard than anyone else expects of you. Never excuse yourself*** *H.W. Beeceher*

In view of above, upholding its motto f "Sensitive Policing with Humanity" the RAF will have to pledge to meet all challenges to unity and integrity of the Country and also to secure secular fabric of the Indian society, with professionalism, determination and dedication and live upto its reputation of being the Sentinels of peace. These can only be achieved by adhering to following principles:-

(a) Zero response to nip most of the riots effectively and timely with impunity and fairness keeping their eyes and ears open, (b) Taking effective preventive action and keeping in state of preparedness through continuous training, physical fitness and vigilance, (c) Regular communication with District Police, Civil Administration and religious leaders of all communities. (d) Show of self-discipline and sternness without the element of high handedness. RAF should be seen without an iota of partisan attitude towards any community. (e) Exercise restraint and patience even in an

highly charged atmosphere while carrying out searches, arrest etc. (f) Isolating of mischief mongers from law abiding citizens and utilising the mass sport for achieving the desired peace with public strength, (g) The force personnel should be well educated well informed and well trained in law, constitution, and directive principles of state policy, (h) Officers should educate men on latest political socio economic and religious atmosphere prevailing in the society to bring about an attitudinal change in their behaviour and thought process, (i) Respect for all religion, all community and caste has to be assiduously cultivated in their hearts and minds to make them rise above caste, communal and religious biases, (j) RAF should continue and strive hard to maintain "People Friendly Image" through following (i) Socially useful works (ii) Tree-Plantation (iii) Organize sports activities (iv) Education for down-trodden and illiterate (v) Motivating unemployed youth and providing training and guidance to join security forces, (vi) As already brought out the image of RAF shall rest on its Zero response in the hour of crisis with professionalism and dedication.

"Excellence is never an Accident"

RAF : The Helping Hand in Cyclone Hit Bhadrak (Orissa)

—Vikram Sahgal, 2nd-in-Command

"There is no experience better for the heart than reaching down and lifting people up."- J.A. Holmer

The seventh RAF Anniversary had just concluded at Bn HQrs. of 104 RAF at Allgarh on 1st Nov. '99, and after a hectic fortnight of fatigue, I was looking forward to an exciting holiday with my family at Nainital.

All preparations had been made for this trip. At about 1700 hrs, I was summoned by the Commandant to his office and informed, " IGP RAF had rung up directing me to report for emergency move to Orissa immediately."

Here I quote, Thomas La Mance- ***"Life is what happens to us while we are making plans."***

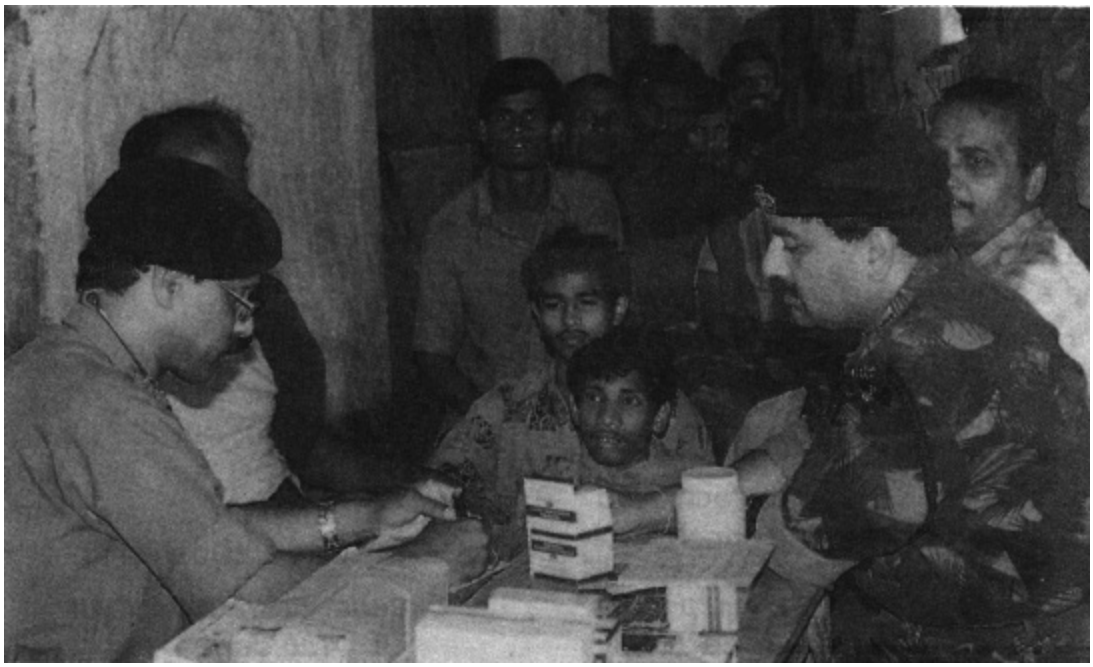
At 0400 hrs. on 4th Nov. '99, I got into the waiting gypsy. At 1000 hrs

on reaching RAF Hqrs. I found the control room officer eagerly waiting with my air ticket and I was soon standing before IGP for a briefing. It was then I learnt that I had been chosen to proceed to Orissa to provide relief to victims of Super Cyclone. Further I learnt that 6 coys of RAF were on their way to Orissa. Aircraft touched Bhubneshwar airport at 1400 hrs. We were welcomed into an extremely humid, dirty and hot lounge plunged into darkness. It was then we learnt that there was neither the staff nor the power. After an hour's ordeal we could manage to lay hands on our luggage and inched out of the airport. The first to hit my eyes were many years old fulgrown trees of massive possible girths lying uprooted all along the road side. Huge electricity poles of solid steel turned full circle into rings. Several houses whose roofs had blown away with no sight of debris. We entered one of the greenest group centers of CRPF; I found hundreds of trees lying uprooted, electric poles on ground with all wires strewed around tangled badly. Managing our way through water logged and blocked roads we reached the office of ADIGP, and found him sitting in a dingy room with an half charged emergency lamp. He treated us to a steaming cup of tea with a strict warning to avoid water. He gave us a heart rending briefing on our destinations.

On the evening of 29th Oct. '99 India's most devastating cyclone with ear splitting roar of 290 km/h killer winds made landfall at Paradip port in Orissa. Oct. 29 pitted man against nature in coastal areas. It was a walkover. 25 feet tidal surges; wind speeds of 290 kmph, when coconuts flew as fast as bullets, it had to be that way. To provide succour to the losing man The Men in Blue had been again deputed in Nation's hour of grief. At about 1800 hrs. we met Shri R.R Singh IGP. E/S who was camping there and supervising the relief operations. He had just returned after a day long visit from Paradip, the worst hit district, after distributing food and medicines. The introductory exchanges revealed the gory details as to how hundreds of bloated bodies were being stacked up across Orissa before being cremated or bulldozed by earthmovers into freshly dug graves. At Paradip the epicenter of the cyclone, administration had forewarned everyone of the storm; those who could not be evacuated to concrete buildings, perished out in the open. Having heard these hair-raising briefings, we left for our areas of responsibilities.

I was detailed to proceed to Bhadrak, the rich and prosperous rice bowl district of Orissa. As I drove out of the mud-slicked streets of devastated

capital of Bhubneshwar and down south along the NH.5, at 0200 hrs. on a balmy night, there were no signs of horror ahead. The tragedy began to unfold as the dawn broke scene by scene, in this theatre of death and destruction. The bodies kept coming twisted, bloated and broken lying in ponds, carcasses floating on water and lying on roadsides. Death, and its nauseating stench, were every where. As we moved ahead in the fetid air fireflies began to hit the windscreens. As we began to enter the district, we spotted the yellow and green tarpaulins in the soft light of the daybreak. These ubiquitous tatty shelters have been the last refuges of sufferers and never change in India: during floods, draughts and famines, there was hardly a space on the roadside without these hutments. Overnight the state seemed to have slipped into a stone-age apocalypse. A primitive survival instinct had surfaced as hungry, homeless and desperate mobs roamed the battered roads, waylaying passing trucks and rioting for food. I found men and animals huddling together under the same tarpaulin.



Cyclone victims being treated at RAF medical camp

People of Bhadrak who had witnessed Blue Dungarees only during riots were quite perplexed with our arrival. On reaching the SP’s office, I met Shri A. Pattanaik IGP, who had been camping there too. Then accompanied the IGP on an area familiarization tour. All offices and schools had been closed. Hundreds of villages in the path of cyclone had been wiped out, their fate and death toll unknown. Hundreds of houses were found demolished,

thousands of cattle dead and several hectares of standing crops instantly destroyed. Army personnel were seen carrying and distributing relief materials.

Having equipped myself with first hand information I began an onerous task of briefing my troops. Having warned them of the impending health hazards, I began motivating them for the daunting tasks ahead. The day we landed, army received orders to move back thus leading to temporary halt in rescue and relief. A young and dynamic district magistrate Sh. Suresh Mahapatra who had taken over the same day called me over to discuss the situation. I was informed that in the absence of food and water, people had started looting godowns and shops, trucks and food packets. More trouble was likely since the post disaster relief had been tardy, in the absence of disinfectants spread of epidemic was certain. I was requested to take over the challenging task of rescue and relief since district administration officials were hesitant to venture out fearing violence. Very seldom in life, one gets a Godsend opportunity to serve the oppressed and destitute and there was no going back, armed with this belief I proceeded ahead. I was reminded of Aesop, ***"No act of kindness, no matter how small is ever wasted."***

At 0500 hrs. the next day men in blue with pigeon as symbol of peace on their arms fanned out in all directions carrying not arms and lathies but tonnes of rations. Braving the nauseating stench and health hazards, RAF men were seen ferrying rations in all directions on tractors, on boats, on trucks and distributing to thousands of men, women and children with their own hands. Our team of doctors and paramedical staff equipped with medicines would set up medical camps at every village we visited. Our Mahila Troops went around setting milk camps for children and lactating mothers. This exercise which would begin at 0500 hrs. ended in the night continued for a month. While the people had gratitude in eyes our troops lit up with pride and glory. RAF soon began to be looked upon as messiahs of God and harbingers of peace distributing food, clothes, blankets, utensils, tarpaulins, and above all love and sympathy. When no one came ahead we were the first one to carry out disposal of carcasses, disinfection of wells and ponds. Our source of motivation was Sh. R.S.H.S. Sahota, Commandant 106 RAF who at Ersama initiated the disposal of badly decomposed and putrefied human corpses. Shri Chaman Lal DGP (Retd) raportier of NHRC remarked, ***"This selfless service of RAF men deserves special***

commendation on national levels”

As the days passed, we saw the yellow hutments dwindling in numbers. The numbers matter, for they bring home to us the sweeping scale of work to be done. Numbers and figures tell us nothing about sufferings; it is hard to give pain a statistic. It was an overwhelming sight to see children running towards our vehicles waving with a radiance of joy in their eyes. Millions of blessings received from old and destitute will continue to reward our men for years to come.

Healing is a slow process, a wretched one, none of the blankets, candles and milk powder sent can make up for a wife lost and a son washed away. Certain wounds no relief can suture, but a shoulder helps outstretched hand helps. As a family, I was remarkably indifferent, too caught up in my own life to find time to grieve. Adversity brings with it opportunity, the cyclone in Orissa offered us one. I did miss the joy of lighting candles on Deepawali but realized the joy of providing candles to sufferers of cyclone with pride of serving the humanity. The sad and wet eyes of the people, who eagerly awaited our next visit to their disheveled hamlets, were conveying to us

“Doubt thou the stars are fire
Doubt that the sun doth move
Doubt truth to be liar
But never doubt our blessings and
gratitude”



Clothes are being distributed to the affected people

REFLECTION OF TRAINING ON OUR PERFORMANCE

—Ms. Siam Hoiching, Asst. Comdt

Training plays a vital role in the performance and operational success of combatised force. The professional efficiency and eventual success are the quantum output of training and the force personnel receive both during their Basic training as well as at their respective units. The required standard of professionalism and performance can be achieved if sincere efforts are made towards the training aspect.

CRPF as a Para Military Force deals with Internal Security, which ranges from fighting insurgency and militancy to conducting elections at sensitive areas. RAF, an integral part of the CRPF, since its establishment has been dealing with riots and other sensitive situations with communal overtone. Unlike the CRPF, in RAF the men have to deal with violent situations by using ‘Minimum Force’. Thus to meet the required standard, men and women of RAF are imparted high standard of training. Through these

trainings, the undettered quantity of confidence and professional tolerance is inculcated in them. The types of duties they perform demand them to be mentally sound besides being physically fit.

Training for an RAF men begin from the day he is posted in the Bn. He initially undergoes a rigorous conversion training for three months. During this period he is imparted training in-mob control, riot control drill, rescue and relief operations and use of the equipments and TSM munitions available with RAF Bns. Besides these, he is given an exclusive appriasal to the contents of NHRC and UN Human Rights conventions. The training he receives makes him more responsible and tolerant individual and ultimately graduates him to a more efficient soldier in the field. The basic requirement of a ‘Riot Control Force’ that RAF has come to be known as is the qualities of responsibility and tolerance annointed with an invincible spirit of professionalism.

Sincere endeavours are made at Unit level to train the Unit personnel in the various fields related to its professional activities. A stupendous attempt made by 102 Bn. can be quoted in this context. The Unit is training its personnel in Flood Rescue and Relief Operations on the Pond it has set up in its camp by utilising improvised equipments. Similarly, Fire Fighting and rescue operations have become an integral part of the training programmes. Such type of training facilitates an avenue for the personnel to put in use their expertise and innovative skills. Moreover it provides a platform to officers and men to exhibit their potentials.



First aid training being imparted to RAF Jawans



RAF Trainees being instructed on use of equipment

RAF men and women are not only required to be at par with the men and women of other paramilitary forces, but are required to be mentally more alert and sound. In recent years, RAF has rendered praiseworthy services to the States of Gujarat when it was in the grip of flood and Orissa, when the entire state was practically crippled by the super cyclone. RAF personnel have efficiently dealt with Natural Calamaties like flood wherein they have demonstrated high degree of training and immense calibre to work under strenuous conditions. In another instance, RAF has exhibited sterling qualities of tolerance and secularism during its" deployment in Orissa and Gujarat during Rathyatra Festival. The secular outlook and approach of the Force has made it acceptable to the States which are in dire need of its services.

The professional calibre and efficiency of the Force have been recognised and well appreciated by civil administration, law enforcing agencies and largely by the public. In another context when the professional efficiency and training was put to test during the two weeks episode of Shiv Sena Chief, Bal Thackary's arrest. The Flag march and patrolling conducted by the Force at sensitive pockets of Mumbai had helped in creating a few psychosis among the populace had a positive impact on the public. Duties in metropolitan cities are not only strenuous but exposes the troops to close scrutiny of the social and political brigand as well as the media. Such types of duties demands the personnel to be professionally confident and sound,

apart from exhibiting the required standard of efficiency and alertness. Needless to say, professional confidence is attained by proper and rigorous training.

For a force so young, RAF has curved for itself a reputed status and a niche in the law and order mainstream of the nation. It would be too early to count our achievements. Nevertheless the RAF has attained an enviable position but much it left to be done to improve the overall performance of the Force and to attain this goal the cycle ends at the training aspect of the Force.

Its under the heat of the Sun And the verve of the sand-dunes, When the magic unleashes the moves That I feel most assured.

Our First Chief

Who was our first Chief ? While senior officers of the Force might be aware of, officers at the middle and lower rungs of the ladder may not be knowing as to who was our first Chief, who was instrumental in putting the Force on the firm and sound footings. He was a person who dedicated his last few years in the service of this Force.

Prior to June 1963, the CRPF was under the IG of Police, Delhi assisted by only one DIGP located at Ajmer. At the HQrs of Delhi Police, there was an officer of the rank of AIG who assisted the IGP, Delhi Police in the matters relating to the CRPF. To begin with, late Shri Surendra Nath, IPS (HP), (who later on became Governor of Punjab and died in a plane crash) was entrusted with the job. Subsequently, Shri R.T. Nagrani, IPS (AP) took over from him and he continued to look after the affairs of CRPF for a much longer period.

By the end of 1962, the strength of the CRPF had swollen from merely 2 Bns to 12 Bns which necessitated its reorganisation into two Ranges .. one at Ajmer and the other at New Delhi. As it was becoming day-by-day difficult for the IGP, Delhi Police to take care of the CRPF units and detachments in addition to his own heavy charge of Delhi Police, he recommended to Govt., creation of the post of an independent IGP exclusively for the CRPF with HQrs at Delhi. The proposal of IGP, Delhi was duly accepted by the Govt. in early 1963.



Shri V.G. Kanetkar, DG, CRPF (Retd.)

To fill up this newly created post of IGP, an officer of 1935 batch of IP belonging to the then erstwhile Bombay Province was selected as the IGP, CRPF. Accordingly, he took over as such with effect from 28th June, 1963. No sooner did he take over as the IGP, CRPF, the news spread in the entire Force to the lowest level as he was known to be very strict and a hard task-master. The new IGP was a smart, active and impartial officer with punctuality to the seconds. He was an officer of sedulous nature who did not spare himself in completing the task assiduously. Immediately, on taking over, he went through the CRPF Act, Rules, Manuals and various other circular/standing orders. Thereafter, he started visiting the Bn HQrs at various stations and detachment HQrs/out-posts located in Nagaland and J&K enabling him to understand the role and working conditions of the Force.

After a whirlwind tour of most of the Bn HQrs and Dett HQrs located in far flung areas in the country, he then settled down at the HQrs for a while. He constituted a small group of officers to go into all circular orders etc. and put up to him to see as to which of these had, by then, become obsolete. Important orders were redrafted by him, serially numbered as Standing Orders and issued in the form of a booklet to all the units/ offices in the Force in order to regulate its day-to-day functioning. No deviation from what was laid down was permitted at any level. Subsequently, after a great deal of thought, a long Standing Order on Riot Drill was also drafted by himself and issued to all units for compliance. Whenever the Chief went out on a visit to any Unit/Dett HQrs, he made it mandatory for himself to see the demonstration on Riot Drill exactly on the same lines as laid down. In case, he noticed any deviation, the Chief would not hesitate to take charge

of the Squad and give the Demo himself. He ensured his orders to be followed implicitly by all the sundry.

Thereafter, came the turn of dress regulations in peace as well as hard areas. On the recommendation of the Chief, shorts were replaced by trousers, woollen patties by anklets, pugri (excepting on ceremonial occasions) by beret caps and heavy leather shoes (excepting on ceremonial occasions and in office) by jungle boots. Whenever, the IGP set out on tour, he used to put on the same dress as was prescribed for that particular area.



Shri V.G. Kanetkar, the first DG CRPF inaugurating the lake park at Group Centre Pune

Whether it may be a training institution or Bn HQrs/Dett HQrs, he must see the men undergoing some training or course. He would invariably ask the Commandant or Coy Comdr or the In-charge supervising the training to take charge of the squad himself and deliver the same lesson whether it was a bren-gun or sten-gun, etc. He did carry an unfavourable impression if he found any officer lacking in training which he was supposed to supervise.

When at the HQrs, he always reached his chamber at 1000 hrs, have his lunch from 1300 hrs to 1340 hrs including a few minutes siesta and would return to his chair at 1340 hrs and leave the office at exact 1700 hrs. If any Complicated case file remained pending, he would carry it along to his residence to study, make his brief notes with pencil in the margin of the notesheet and dispose the same next morning in the first hour.

He was deeply committed to the task which he daily set before himself.

His notes/orders were very lucid, simple and transparent leaving no room for any ambiguity and could be understood even by a matriculate. He would take care of avoiding the use of bombastic language in office notes and communications going outside.

It was in 1967, that the Home Ministry took a decision that the IR Bns already raised by different States at the cost of Central Govt. should be merged in CRPF. Taking over of IR Bns with lock-stock and barrel, was a tremendous and onerous task indeed. Many complex problems had cropped by relating to different terms and conditions of service adopted by the States concerned which too had to be taken care of. The IGP did solve these problems with the required audacity. When this exercise was on, the post of Director General was sanctioned by the Govt. and the first IGP, CRPF had taken over as such with effect from 3rd August, 1968.%

Undoubtedly, the ex-Chief contributed a lot to the Force and meticulously maintained its traditions. He mustered and nurtured the Force from the scratch and the rank and file worked as a well-knit team like members of one family. He was methodical, systematic, impeccably honest and his orders/decisions were unambiguous. He did ensure that his actions should not only be just, fare and impartial but appeared to be as such. He was above board and never allowed his position to be compromised with time-tested principle wedded to service and duties.

Coming to the question as to who was our first Chief, he was Mr. V.G. Kanetkar, IP. He has settled down at Pune and now 88 years old. We, associated with the CRPF, pray and wish him good health and long life.

—Late S.C. Nirwal

RECOLLECTION OF MY MEMORIES OF THEN UNEXPLORED LADAKH AND SUBSEQUENT EVENTS-II

— Raj Singh, DIGP, CRPF (Retd.)

Leh had changed greatly since my first landing in September 1959. After

Hot Spring encounter, a mountain brigade was included into Ladakh, army jeeps plied on the Kaccha roads where previously two or three jeeps including mine were to be seen. The jeeps were dismantled and brought to Leh by Dakota. I still remember a terror stricken Yak butting a jeep and dying of the injuries. This was the time when Shri Sonam Narbu, the then Chief Engineer who was later our Ambassador to Mongolia and a minister in the Kashmir Cabinet, brought the first jeep by road from Shrinagar to Leh via Kargil.

The border roads Organisation was in full form under the Baken Project, they had begun constructing a road from Kargil to Leh and another from Leh to Chushul via Changla. South Indian workers in their blue uniforms Nissan jeeps of Baken Project and bulldozers blended with the Ladakhi landscape. Previously, only one Dakpta of IAF used to operate between Shrinagar and Leh. Now, in addition to the Dakotas, the big C-130 (with American pilots) was landing in the vast open spaces in the interior like Daulatbeg-Oldi, Chushul and Fukche. Later, the airfields at Leh and Chushul were further improved with PSP sheets and ANI2s used to land.

I spent the summer of 1960 at Leh. Life was happy and adventurous. The Ladakhis were simple people with no ill feelings towards outsiders. They were mostly Buddhists, some were Shia and some Sunni Muslims. Western impact was evident in the small colony of Christians with their well-stocked libraries. Christian Ladakhi women knew how to make the cakes. Their patriotism was second to none, after Hot Spring encounter they donated pullovers, stockings etc. for our jawans besides other help. There was a small hospital in Leh town and a vegetable farm at MURTSE close to the Indus River. There was a nice picnic spot there. Social life was limited to a few officials getting together in a small club most of the officers were without families. Some from Shrinagar were like the proverbial sailor with a wife in every port. Polygamy is common in Ladakh. But habits are changing - there are more individual marriages today. There was not much of entertainment. Now and then, we watched Polo in the main market of Leh, with legend and history.

Cremation of the dead may appear to be trifle strange to outsiders. When a man dies, he is made to sit in a corner with folded feet. The locals gather and drink. Chung and chant mantras such as ‘Om Mane Padmene Ho’. The rich keep the dead upto a month, the poor for a week. They build an oven

like the one used for making tandoor rotis and place the body in it. The fire is lit from below. In this manner, a man is cremated with only 10 to 20 kgs of wood. The system apparently is promoted by the shortage of wood in the area.

There were famous Buddhists monasteries with life-size statues of Buddha Some were gigantic - two stories high. The people were highly religious, a large number of Lamas and Chomos (nuns) could be seen outside the big monasteries. There were two sects - the Yellow Hat and the Red Hat. The most famous monasteries of the latter were Hemas and the former Rezong. Shri Kushak Bakula, the minister from Ladakh was from the Red Sect - from Sankar monastery in Leh. As per practice, each family dedicated a son or a daughter to a monastery. These Lamas and nuns were absorbed mainly in worship. Huge properties attached to the monasteries were their source of revenue and livelihood. The Red Hats are non-vegetarian whereas the Yellow Hats are strictly vegetarian. The head Lama (Kushuk) of Kemas was reported to be in Tibet detained by the Chinese on the plea that he was a Chinese national. He was not allowed to return to Hemas, because of China's strained relations with India. According to Buddhists, the Head Lama never dies, he takes rebirth immediately. When located the reincarnation is ceremoniously brought to the concerned monastery. The Kushuk's seat to Hemas Gumpha (monastery) is still vacant.

The eating habits of Ladakhis are simple. They are basically non-vegetarian. The local drink Chung mixed with sattu (flour made of roasted barley) is the Ladakhi equivalent of our beer, every house brews its Chung. Some distil a stronger drink called arakh. Summer in ladakh is even better than summer in Shrinagar. There is a lot of vegetable growth from May to August, which compensates the deficiency in Oxygen. Trees are two types - willow and poplar. Willows are thick yielding a lot of shade like our shisam; the poplars are similar to eucalyptus tree. Summer fruits surpass the fruits of the Shrinagar valley in quality. There are apples and apricots. The apples are pink in colour and pinkish inside - they smell good and serve as a decorative piece. Unfortunately, these apples cannot be preserved for long and the output is barely enough for Leh. The apricots called Rakshekarpu have no parallel in sweetness.

There was plenty of Shikar -Chakor and rabbit - on the outskirts and wild

Goats and wild Sheeps on heights. The Chakors are even better to eat than partridges; Ram Chakors are available at a height of 18000 feet, which look like big chicken. The wild horses remain in the fold of hundreds, but unfortunately they cannot be turned, the locals & neighbouring Chinese used to relish its meat. Fish is plentiful in the Indus but the Ladakhis do not eat fish. They have a superstition, that if they eat fish then there will be no snowfall on the peaks and the river would go dry. The best fish is the snow trout.

I recollect the year when Pt. Jawaharlal Nehru and other VIPs including Mr. B.N. Mullick, Director of IB visited Leh to take stock of the situation after Hot spring encounter. Nehru was given a great welcome. He visited the army brigade HQ, saw a polo match in Leh market and then toured the ITBP/ CRPF lines with Shri Mullick. When he met the wounded jawans and saw those gravely injured in the Hot Spring encounter, he became emotional.

There were hardly any families of outsiders in Leh. But I decided to bring my family. My wife and two children, the younger barely three months old (now Major in the Army), joined me. I left them at Leh and proceeded to phobrang to relieve Shri Dubey. The villagers relieve the monotony of the landscape, few and far between. A village is easily made out by “Mane” - big heaps of stones systematically arranged. Mane denotes the approach to a village. Each and every stone of the Mane, mostly Red is inscribed with a mantra (Om Mane Padmene Ho) in Tibetan. One can imagine the colossal labour of love in carving them.

A lot of army activities had developed. The late General Grewal (then a Brigadier) often visited my post at Phobrang. He used to take me on long marches while establishing army posts in the Chip Chap valley and urla across Pemgem Lake. I would ask the Brigadier about the need.to establish small posts in far-flung areas and he would reply in Punjabi; “Captain sahib tusi fikar na karo ethon goli kadho ni chalni” (do not bother, Captain there will never be any firing in this area). It is only a battle of occupation. The Brigadier’s appreciation seemed convicting “then”; hence my astonishment over the Prime Minister’s reported statement prior to his going to Ceylon ordering the Army to oust the Chinese from Indian territory.

Memorial at Hot spring

The Government sanctioned Rs. 30,000/- for a memorial to those who

fell at Hot Spring. It was declared to observe October 21 as a national day for the police martyrs. Despite the best efforts, no contractor would trek 250 kms to construct a memorial at Hot Spring. Once more I volunteered, carrying cement bags on yaks from Leh with an overseer and two Ladakhi masons. I studied the blue print for the memorial.

We crossed Marsmukha and reached Hot spring. The weather was rough but my men were in high spirits. The labour problem was sorted out - a number of Khampa families with hundreds of yaks and crossed into Ladakh fleeing from the Chinese in Tibet. These Khampas offered to carry stones from the river to the memorial site on their yaks. It was a reasonably good memorial in cement and stones. On August 15, 1962, a wreath was placed on the memorial. The mortal remains of the dead were placed in a center pillar on which was inscribed the words immoralized at Kohima during World War II :-

“When you go home tell them of us, for their tomorrow we gave up our today”

Also inscribed at the entrance was the famous script from the Gita.

“Action is thy Duty Reward is not thy concern”

I wonder whether the words etched in cement are still there ? Having built the memorial, we returned to Phobrang.

The Army was more in evidence with the 3rd Himalayan division at Leh, and a Brigade at Durbak across Changla. General T.N. Raina, who retired at Chief of Army staff, commanded the Brigade then and was awarded the Mahavir Chakra. The post of U-La that was established across Pemgem Lake close to my company headquarters where major Thapa of the Gorkhas won the Paramvir Chakra during the Chinese aggression.

While at Chushul, I came down with pneumonia and my condition was serious owing to lack of oxygen. The Director IB Shri B.N. Mullick, personally arranged for my evacuation from Chushul by an AN 12 air craft to Ambala where I spent a fortnight at the military hospital, I was declared fit, but before going to Ladakh, I met my eldest son and my brother at Khadakvasla (he was an instructor in the NDA). It was hardly a week when the Chinese attacked and I had to rush to Ladakh. Birg. Hoshiar Singh (Raj Rifles) who was Dy. Commandant at NDA left for NEFA where he was killed in action. The atmosphere at Srinagar was different. Everyone was helpful; Army officers even distributed sweets on behalf of the GOC, 19th

Div. We left for Ladakh with his blessings.

At Leh I was told that most check-posts have been withdrawn. Nothing was known about the men. I left at Zarsar after establishing a post near the Kailash Range. Fighting was reported in the area of Gungti and Domchuk. I commandeered horses and left of Hanle with the available force. Averting ourselves to the utmost along the Indus, we made it to Hanle. I could hear the Chinese shelling . At Hanle, I learnt that the veteran Brigadier Grewal had been promoted to command 19th Div. And was, leaving by the last flight from Chishul. I also learnt that my men at Zarsar were very much there but were trying to cross into Himachal Pradesh from the side of the Rohtang Pass under the mistaken notion that the Chinese had reached Leh. The only thing to do was to rush to Zarsar before by men took an unwise step. They were naturally (unfortunately) maintaining radio silence. When I reached Zarsar, they were about to fire on us, taking us to be Chinese. We identified ourselves and I stayed in the general area of Domchuk and Chushul till the ceasefire against Chinese. Later, we heard of the heroic stand by Major Shaitan Singh's company of Kumaonis at Rezangla and Major Thapa's Gorkhas at U-La. Both officers were awarded the Paramvir Chakra. We learnt of Brigdier Raina's Mahavir Chakra and of many other Gallantry awards like Major Ajit Singh's MVC. Major Ajit Singh was from 5 JAT.

The bodies of Major Shaitan Singh and 94 other soldiers of his company were recovered from Rezangla after many days. An aircraft from Chushul brought the body of the Major to Jodhpur. The Aircraft could take off because of the Chinese permitting it to overfly their post, we were told. Our rations worth lakhs stored at Chushul were destroyed, lest they fell into enemy hands.

We had built strong defensive positions in Burbok, the Brigade HQ under T.N. Raina. We were prepared to fight and bar the Chinese if they sought to cross the Changla on the way to Leh. The Chinese, however, withdrew to their old position abandoning checkposts and army positions captured by them.

Back to Harness

After the Chinese operations, I was asked to re-establish all checkposts over run by Chinese. This was another adventure; I set to as usual with my men and the compliment of the yaks and horses. We had to be indeed

cautious about mines left behind by the Chinese. I still remember an incident after the tiring march in snow when we reached at Khampa tent made of yak wool. I was very thirsty and on entering the tent, I could vaguely discern a woman in the smoke-filled interior. A pot was on the fire in which their customary gur-gur tea was being prepared. I was amazed to see children, lovely and naked, and in high spirits. The woman could see that I needed a cup of tea to revitalize the system. She took a small tumbler of Chinese Clay, possibly brought from Tibet, and poured the thick viscous brew. I requested to clean the tumbler forgetting the water around was frozen. She responded, spat into the tumbler and rubbed it with cloth. I admired the simplicity and downed the Gur-Gur tea.

After a rest, we left. A Sikh NCO, with whom I chatted to pass time, suddenly I felt that something was wrong - he was not replying. I was horrified to find his lips sealed by snow ! His breath had formed icicles on the beard preventing movement of the lips! We had a hearty laugh and cleared the icicles.

Ultimately, we crossed Marsmikla and re-established our own post of Tsoksalu. On visiting Hot Spring, I was very happy to see that the Chinese had not damaged the memorial built by us. Returning to Leh, I had happy get-togethers with friends and family. A few months later, I was back with the CRPF Ajmer having done a strenuous and adventurous four years in Ladakh. By now there was a road from Leh to Shrinagar carrying Army convoys via Kargil and I preferred to come by road spending a night at the Kargil rest house.

My children had become fullblown Ladakhis. They recognized our Dakotas, Packets, Russian AN-12s and American’s C-130s aircrafts which were capable of carrying a three ton vehicle, and of course they had no problem recognizing local horses and Yaks. But they however could not recognize a Tonga drawn by a horse. On seeing a tonga in Shrinagar, my elder son shouted that the horse was carrying away something. People wondered from which world these young Martians were ! The children hit the ceiling when they saw a train (Kashmir Mail) at Pathankot.

Beginning of 1965 War

I could hardly spend a year in peace at Ajmer, in Rajasthan when disturbances again started in J&K which is always made the first target by Pakistan. With the background of my earlier experience of J&K I was again

asked to rush there but this time in Jammu sector, on the Akhnoor bridge of the Chinab River, which enters the plains of Pakistan from there. This bridge was the lifetime for our troops serving in Poonch, Rajouri and Naushera sectors. I was given the task of defending this bridge along with company strength of CRPF under operational command of 191-infantry brigade of the army. Brigadier Master of this brigade was killed in operations and a new incumbent Brigadier Manmohan Singh head taken over.

In this war the first attack of Pakistan was on Akhnoor sector from across Mannavar Tavi River. With the full force of 90 Pattern tanks. The aim was to capture or destroy our bridge on Chinab and cut off the lifetime of our Poonch sector.

On the evening of 31st August I heard President Ayub Khan of Pakistan, on the radio broadcast blessing his troops for the success. But we were not sure that the said attack was planned on our sector. In the early morning 1st September, 1965, we could see the lighting of shelling from across border towards Mannavar Tavi I tried my intercom telephone to find out as to what was happening. To my surprise I heard the Comdr. of the 7th Sikh light infantry from the forward area that a big number of enemy tanks have crossed the river Munnavar Tavi and are now crushing our bunkers. To me, there appeared to be a complete confusion due to this sudden and unexpected advance of such a big fleet of Paten Tanks of Pakistan from across the border. I could hear no one responding to the SOS call of this officer. However this unit gave an excellent account of itself as they were awarded many gallantry awards after the war.

The advance of the enemy tanks continued as we had no armoured tanks against them due to the Chinab obstacle. In the evening five of our IAF Aircraft were seen doing few sorties to attack the advancing tanks. They might have damaged some of the tanks but their advance continued towards our bridge. Next morning the Pakistan Aircraft retaliated and the air fighting also started from both sides.

The situation on Akhnoor Bridge became alarming and uncontrollable as the local population from across the river started rushing towards Jammu for safety with their necessities. While the army wanted to use the bridge to re-inforce our troops to stop the enemy advance.

We did take some of our small AMX tanks which could roll across the

delicate bridge. But that was not sufficient and the enemy advance continued. By 5th September, they captured our forward post of Jaurian etc. and their shells started falling around our bridge and in the Chinab River but luckily none could hit the bridge. The gravity of the situation was such that the bridge could fall in a day or two, if enemy advance was not stopped and consequently a big threat to Jammu as well.

In view of such a delicate situation our government had no alternative but to give a green signal to our army to attack the enemy from across the international border facing Jammu & Punjab without further loss of time. This proved to be a boon for us. Our tanks of 26th div. roared in the Shakargadh area of the enemy from Jammu followed by our advance in Punjab sector.

On 6th September, nothing was visible in the sky due to sand clouds created by the advance of our armoured division and a full-fledged war broke out on the entire international border giving us an edge over the enemy.

My brother Brig, Raghuvir Singh (then Lt. Col.) while commanding the 18 Rajputana Rifles, in Amritsar sector, also faced the attack of the pattern tanks. His unit also gave a gallant account of itself and shot down 20 pattern tanks, thereby stopping the enemy advance towards Amritsar. He was awarded Mahavir Chakra and his unit was decorated with many other awards. Hav. Abdul Hamid of the Grenadiers had earned the highest ward (posthumous) of Paramvir Chakra in this sector.

To our surprise not only the advance of enemy tanks stopped towards our bridge but they started fleeing back and were pushed upto Jourian in no time. The Punjabi troops of Pakistan were puzzled and demoralized due to our advance towards Sialkot and Lahore which probably they never expected.

As usual, the war between India & Pakistan does not last long, and I remained in command of the vital bridge till cease-fire after which I was promoted as Dy. Comdt. and shifted to Rajouri in Poonch sector. In recognition of my services, the government of India, first awarded me the police Medal for meritorious services and subsequently the President’s police and fire services medal for distinguished services.

1971 Indo-Pak war and Insurgency in Easter Sector

I have nothing much to comment on this war as I was engaged in the

anti-insurgency operation in Manipur& Mizoram states of our eastern sector where the situation was getting from bad to worse as the Kukis and Mizo insurgents were inflicting heavy casualties by taking advantage of the difficult terrain.

As we all remember that 1971 war gave us great victory over Pakistan and we were having about 90,000 Pak Prisoners with us. My brother Brigadier Raghuvir Singh MVC was looking after these prisoners in various camps, as he was Provest Marshall then. In my opinion it was a big trump card with us which probably we did not play well otherwise we could settle all our outstanding problems for good with Pakistan in exchange of these prisoners, who were released after Shimla agreement which is still not being honoured by the unscrupulous enemy.

Coming back to the eastern sector, the insurgency in Mizoram took a worst turn when the IGP/DIG and SP were shot dead in the heart of the Aizwal city in IG office when the three IPS officers were holding conference on 13th Januarv 1975.

A cabinet meeting was held at Delhi in view of the alarming situation. A post of DIGP, CRPF was created at Aizwal and I was selected for the job, given out of turn promotion and flown to Aizwal to deal with the insurgents. Thus I got the privilege to become the first DIG of the CRP cadre. However we had a very tough time in Mizoram in eliminating the three self-styled captains Lallaiya, Ronula, and Tangrilova who shot down the three Senior Police Officers with the help of IGPs stenographer Miss Zari. She too was an underground self styled Lieutenant, it took us three years to normalize the situation in Mizoram with the help of BSF and local police and during the course of our assignment we had to suffer many casualties as well.

Thus my entire service was spent in trickling the Himalayan peaks of north to east in various operations and expeditions and I needed a last peaceful posting which was agreed upon by the higher formation and I was posted as DIG, CRPF Neemuch in Madhya Pradesh.

I enjoyed this posting but as my luck would have it I was asked to rush to Bombay with 10,000 strong troops of CRPF only two months before my retirement i.e. August 82, as the Government was apprehending some trouble from some misguided subordinate staff of Bombay Police. The task was unpleasant and tricky but I felt at home in Bombay because a seasoned police officer like Mr. J. Rebeiro was in command as Police Commissioner

to guide and help us. He had a long tenure in CRPF as DIGP and had full understanding with us. People suspected as to why such a big strength of CRPF had come to the state but we told them it was all for the arrangements of Ganpati Pooja which was fast approaching.

One fine morning we were asked to raid the local police stations and disarm the Bombay-constabulary. There was no resistance and they handed over the arms concurrently but thereafter the local; police changed into mufti and mingled with the rowdy elements in looting the shops and burning the BEST Buses. However the situation was controlled with the able guidance of Mr. Rebeiro.

Since I had to go *dn* retirement I was relieved from Bombay and Mr. Rebeiro and his staff officer O.R Bali (now Police Commissioner) were kind enough to give me a befitting farewell as per Police tradition.

The Present Kargil Conflict

The media and other experts have written a lot about the present Kargil operations and as such very little remains to elaborate. However I am of the opinion that it is nothing but a repetition of our lapses of 1962 war with the only difference that we were fooled by the Bhai-bhai phase of the Chinese at that time and this time we were forced by Delhi-Lahore bus which ultimately landed at Kargil. Our Prime Minister went to extent of declaring to the nation that the fall of the present government is a big setback to the Indo-Pak friendly relations and he assured Pakistan that the same party would return to power and the effort to maintain the friendly relations would continue. Let us hope for the best and wish our jawans and politicians good luck.

(The first-part was published in April, 2000 issue)

Uniform Instills Winning Qualities

—T.G.L Iyer

While in the police service many people told me “You are like a TONGA HORSE with a limited vision; only the Driver can show the way ahead.” I did not believe in the accusation but when it was repeated many times, I thought that the charges may prove correct. When I retired from

service I was wondering “What can a uniform man do except Chowkidari?” An opportunity came to market culture through education and publication of books and I discovered that discipline and commitment had an important part, to play. For example, when a parade is fixed at 0800 hours, it did not mean 0801 hours. The timings, preciseness of the drill, the crease of the trousers and shirt, the shine of the shoes, the way the living quarters are kept all screamed pride and precision.

Two of the missing ingredients in our society today are pride in personal appearance and pride in the performance of the job. Also pride in maintaining honour and integrity of service are all important parts of training in a uniformed service. Unfortunately, many readers of scriptures believe that pride is the cause of man’s downfall and view it as sinful. They are mistaking pride for vanity. Vanity is false pride and it is negative and destructive. For example, is it wrong to say to your colleague “I am proud of the work you are doing” or to the children “I am proud of the values you have in life.” In fact, healthy pride is an honest evaluation of what is good.

Another important quality the uniformed service teaches is obedience. When an individual’s life is at stake, obedience is vital. That is why Police and military personnel are taught through discipline that commands are to be obeyed and not questioned. This concept is ingrained in the personality from the beginning so that in the heart of battle, when there is no time for explanation the commander says “Move on” and the troops obey the orders with confidence and without hesitation. One of the enduring truths of disciplined life is that “huge doors of opportunity often swing open on tiny hinges of obedience.” In fact, one must learn to obey in order to learn how to command ? First, you ‘give it’ and then you ‘get it’ because you have earned it. When you obey orders, you expect others to do the same thing while you are leading.

One of the classic examples of generating trust and respect was demonstrated by General NORMAN SCHWARZKOPI in the campaign ‘Desert Storm’ in the Kuwat-lraq war. Before, the strategy was implemented, he discussed with his commanders, the basic inputs and the options available. He carefully explained why his plan would work and convinced the commanders before going ahead with its implementation. Rest is History.

As in civilian life, integrity is the main ingredient for success in

uniformed service. Without integrity and being a role model, nobody listens and nobody will follow. In the business world also, Trust is paramount. Virtually, any problem can be overcome over a period of time but once trust is betrayed succeeding in project is out of question. Trust is also the key to communication. When trust is high we communicate easily, effortlessly and instantaneously. We can make mistakes; still others will capture our intent and meaning. When General SCHWARZKOPI was interviewed by the famous Barbara Walters who asked him to define leadership, he replied “It is competence; it is character; it is action; it is doing the right thing”. She further asked him “What do you want inscribed on your Tombstone ?” He replied “I want it to say that he loved his family and loved his troops and they loved him.”

Obesity and Weight Control

—Dr. R.B. Das, CMO & Sports Medicine Specialist, CRPF

Over-weight and obesity now emerging as one of the most important health problems in the developed and developing world. These problems are either directly or indirectly associated with a wide variety of diseases that collectively accounts for about 15 to 70 percent of annual mortality. Over weight and obesity though closely associated problems but are different at time. Over weight refers to any weight that exceeds the range for a specific height, frame size and gender where an obesity refer to being over-fat, Therefore, a body composition assessment is essential to determine obesity or ideal body weight. The body weight is grossly fractionalised into two compartments, i.e. the lean body weight (muscles, bones, skin and viscrae) and the fat. The technique to determine the fat percentage and lean body mass is either through under water weighing methods or through measuring the skin fold thickness. It is essential then to determine the body density (DB) by applying a standard formula. Once that DB is known, the percentage of body fat can be estimated again applying the designed formula. The desired body weight can also be calculated from the measured weight and the fat percentage.

Etiology and Risk Factors

Although different researchers have put forward different etiological classifications of obesity, but the factors like genetic, nutritional, inactivity, endocrine, hypothalamic and bio-chemical (drugs) have some definitive role in the condition of obesity.

Patho-Physiology

The adipose (fat) tissue is a connective tissue composed up of adipocytes collagenous matrix and yellow elastic fibres. Fat accumulates in body both by hypertrophy and hyper-placia of the fat cells. The accumulation of fats are greatly influenced by the factors like diet, exercise and heredity.

Medical Problems assiciated with Obesity

In addition to aesthitic considerations and psychological repercussions, obesity leads to the conditions like mechanical disability, predisposes to metabolic and cardio-vascular disorders and so reduces the expectancy of life.

Social aspects of Obesity

The obase population is a prime target group of mass media which promotes the image of thinness and project the fatness as the undesirability. The cosmetics and clothing industries perpetuate this image. The society frequently looks on the obese individuals as lacking of self confidence. Obesity has got adverse effects on job-hiring and hetero-sexual relationships. There are more expenditure on the obese persons for space, food and clothing thus have some economic bearings.

Prevention & Treatment

Obesity can be prevented by balancing the caloric expenditure with caloric intakes. But the treatment of obesity involves much more complex plan of action. The forms of treatment generally used include low calorie diet, exercise, drugs, surgery, psychological and behavioural therapy, self-help and social-education either in a single way or with combination.



Free medical camp against Dengue Fever in New Delhi

“CRPF IS OUR FRIEND”

—Dy CM, Manipur



Dr. L Chandramani Singh, Dy. CM, Manipur distributing prizes while IGP M&N, CRPF Shri M. Mohan Raj looks on

"The CRPF is our friend and we should not harbour any hostility and view them with distrust", said Deputy Chief Minister L. Chandramani recently while speaking at a function at the premises of the Langjing Junior High School on which CRPF spend Rs. 52,400 for repairing.

Dr. Chandramani said besides safeguarding law and order of the state and carrying out counter insurgency operations the CRPF has been involved with various developmental works in the State.

Many works which the Government has failed to execute due to lack of funds have been made successful with the help of the CRPF under its Civic Action Programme (CAP) held from time to time, he added.

IGP, CRPF, Manipur and Nagaland sector Shri M. Mohan Raj who was present at the function said CRPF has so far spent Rs. 7 lakhs under the CAP 2000-01.

The money was spent on providing free study materials to needy students, treatment and medicines to poor patients and other develdpmental works. In the year 1999-2000 the CRPF spent Rs. 13 lakh and in 1998-99 a

sum of Rs. 7 lakh was spent under its civic programmes, he said.

Shri J.S. Bisht, DIG(Ops), Group Centre, Imphal, and other senior CRPF officials were also present at the inaugural function. Study materials and sports goods were distributed to the local people on the occasion.

CRPF PERSONNEL PRAISED FOR HONESTY

Dr. Vallabhbhai Kathiria, Minister of State for Heavy Industries and Public Enterprises, Government of India, has highly appreciated for showing exemplary honesty to Shri Dipak Kumar, a CRPF Jawan posted in the residence of the Minister.

In a letter Dr. Kathiria has said that “Shri Dipak Kumar”, a CRPF Jawan (B. No. 891181267-42/F-CRPF) is working at my residence as a security guard. On 3rd May, 2000 evening Shri Yashesh Dholakia who is my 1st PA lost his Rs. 4,990/-. This total amount matters to a person of such cadre. Shri Dholakia was very much upset about his hard earned money and could not sleep the whole night. Next morning Shri Dipak Kumar has returned the same cash amount to Shri Dholakia after all verifications.

After Independence of our country, one or the other reason, honesty and morality of Indians have gone down. Present newspapers are the witness of this reality. However, I am proud of Shri Dipak Kumar who has shown his honesty as well as devotion to duty and kept Indian cultural ethics at a glorious way.

I wish him good speed in his present service life.”

CRPF Official Bags Best Illustrator Award



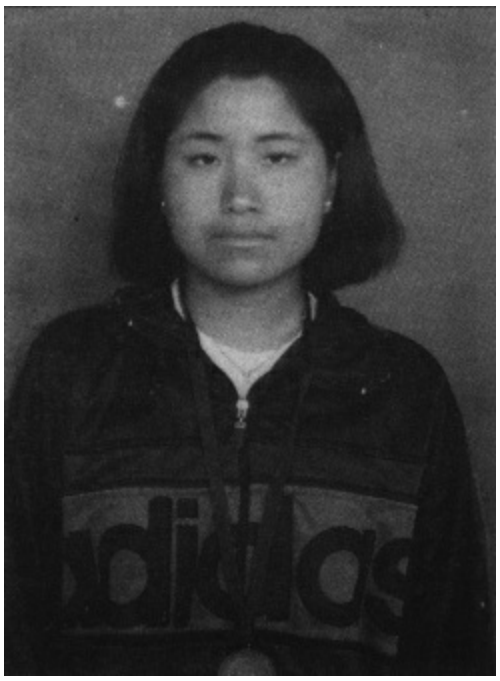
ASI(M) Chandra Sekhar receiving Illustrator Award from Shri Guljar

M.Chandra Sekhar, ASI (M) 34 Bn, CRPF, Assam bagged 'National Award for Children's Literature' twice as a 'Best Illustrator' for the year 1996-97 and 1998-99 which was organised at National level in 19 languages in the Country by the NCERT, New Delhi. He has very imaginatively and empathetically potrayed the illustrations in the Telugu Book entitled "Amma Yem Chappaledu" and "Karuna Prapancham" in the targeted age group 5-8 years, written by Shri M. Maheswar, Programme Executive, AIR and Smt Vasumati Devi, Programme Executive AIR respectively. The Award was presented by Shri Gulzar, a renowned writer/poet and Film maker on 9th August, 2000 at NCERT Campus, New Delhi alongwith a Draft of Rs. 5,000/-.

Shri M. Chandra Sekhar is a self made Artist doing his artistic skills keeping abreast of the latest techniques in the art world.Though working in a job alien to the artistic pursuits, it goes to his credit that despite difficult placements, he tenaciously continued with his artistic zeal. His Cartoons published in the book entitled 'Don't Laugh We Are Policemen' authored

by Shri B.L. Vohra. His art fetched him many prizes and his Cartoons appeared in Telugu Magazines. I

THE FEAT OF MAHILA CONSTABLE IN NATIONAL CHAMPIONSHIP



Ct/GD (Mahila) S. Sobhashini Devi, of Imphal Group Centre, who is a member of the Central Rowing Team, represented Manipur State in Xlth National Kayaking and Canoeing Championship held recently at Nainital (UP) and won Bronze Medal in K2(G)200 metres event. Her performance has brought laurels not only to the sports activities of the state of Manipur but also to the Force.



VAZRA - RAF's Riot Control Vehicle



Shri M. Shahedi and Sunil Kumar of the Indian SPU proudly display Indian National Flag after being declared joint winners of the 100 kms Dancon death March at Kosovo



Shri R.P. Singh IGP, E/S, CRPF, presenting ex-gratia payment cheque of Rs. 7.5 Lac to NOK of Late

LNk Jamaludin Sheikh of 2nd Bn, at E/S HQrs on 27th July, 2000

Regd. No. 45950787



Mahila personnel of 100 Bn RAF stand tall at Quarter Guard