CRPF SAMACHAR

CRPF Newsletter & Magazine

2004

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CRPF SAMACHAR

31 JANUARY, 2004



Shri J.K. Sinha, took over as DG, CRPF from Shri S.C. Chaube, who retired on superannuation



The Director General, CRPF Shri J.K. Sinha calls on the Deputy Prime Minister Shri L.K. Advani in New Delhi after taking over charge of DG, CRPF



The Director General Shri S.C. Chaube presenting the "Sword of Honour" to Kumari Anjana Yadav for emerging the best all-round trainee of 35th batch of DAGOs at ISA, Mt Abu on 21st Jan, 2004

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SAMACHAR



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CRPF Samachar is published every month. it is not necessarily an organ for expression of the policy of the Force. Signed articles represent the views of the writers.

-Chief Editor.

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CRPF PLAYS PROMINENT ROLE IN MAINTAINING INTERNAL SECURITY OF THE COUNTRY

– I.D. SWAMI

The Central Reserve Police Force (CRPF) is playing significant role in maintaining Internal Security, law and order in various parts of the country. Addressing the Officers and Jawans on the occasion of the 64th Anniversary Celebrations on 28th Dec, 2003 at its Group Centre,Jharoda Kalan, the Union Minister of State for Home Shri I.D.Swami said that in order to strengthen the police forces including Central Para Military Forces to take on effectively on the terrorists, insurgents, naxalites and other anti-social elements, innovative modernisation plans are in the pipeline for improving their weaponry, equipment, communication including the intelligence set up. Referring to how dangerous is terrorism now the World faces, Shri Swami said that India is confronting this challenge since last many years and in countering it CRPF has a big contribution.



Shri I.D. Swami the Union Minister of State For Home taking salute at the 64the CRPF Anniversary celebrated at GC J/Kalan on 28th Dec, 2003



A memento being presented to Union Minister by DG, CRPF

Congratulating the Jawans of CRPF who did commendable job while fighting in various theatres of operations in the country, he paid rich tributes to the 40 deceased jawans who sacrificed their lives on the call of duty during 2003.

In his welcome address the DG,CRPF Shri S.C.Chaube said that the Force has given supreme sacrifices to keep intact the integrity and unity of the nation. The current year was a very challenging year in which 194 militants were killed and 2096 apprehended in various parts of the country, he said.

On this occasion Shri Swami decorated 50 Officers and Jawans with Gallantry and Distinguished medals. He also presented the best Group Centre Trophy to GC Jallandhar, best battalion trophy to 22 Bn, best operational Bn in J&K to 114 Bn, best operational Bn in North East to 53 Battalion and the best cost effective and financial discipline trophy to 124 Bn.

Earlier Shri Swami took general salute of an impressive parade, commanded by Commandant Shri M.K.Dubey. There were 10 contingents including one Mahila contingent.

Shri Kamal Pande, the Cabinet Secretary and other Senior Officers and distinguished guests were also present on the occasion.

J.K. SINHA NEW CRPF CHIEF

Shri J.K. Sinha has taken over charge of Director General in Central Reserve Police Force (CRPF) on 31st January, 2004 on superannuation of Shri S.C. Chaube Prior to this, Shri Sinha was Addl. DG, ITBP from March, 2003.

Shri Jyoti Kumar Sinha is a 1969 Batch Bihar Cadre IPS Officer. He has an impressive personality and pleasing manners and has been very popular

amongst his colleagues and subordinates. He has held a series of important assignments in the Bihar Police, in the Field and at the Police HQrs. His performance and achievements in various fields have won him several accolades.

His dedication and zeal for the service was evident right from his probationary days itself. As ASP Probationer in Patna he was given the assignment to locate and catch a criminal who had falsely reported as a Home Guard and had run away with a police rifle. Shri Sinha worked on it, located the man and in a daring encounter injured and caught the criminal and recovered the weapon.

During the Railways strike in 1973, he was specially selected and air-lifted to Hazaribagh to take over as Superintendent of Police as Hazaribagh was important from the point of view of coal mining and supply throughout the country.

Any disruption in Supplies would have had an adverse effect on the whole country. Hazaribagh was also important because of the Diesel Engine Maintenance Workshop at Patratu. Shri Sinha was able to ensure that nothing got disrupted and he earned kudos from the then DG, BSF Shri Rustom Ji, who was then over all in-charge of tackling the Railway Strike all over India.

As Superintendent of Police, Shri Sinha’s performance in dealing with communal strife in Bihar has also been appreciable. Because of his balanced, correct and transparent attitude, he was constantly posted to different districts when-ever there was a communal disturbance. Handling the communal riots of 1979 in Jamshedpur was note worthy, which resulted in his continued posting as Supdt of Police there for almost five years.



Shri J.K. Sinha, the New DG, CRPF alongwith Shri S.C. Chaube, DG, CRPF who superannuated on 31st Jan, 2004



Shri K.J. Singh, ADG, NWZ presenting a bouquet to Shri J.K. Sinha, DG, CRPF

His expertise on left wing extremist groups of Bihar and intelligence

collection methods, resulted in his posting as DIG, OSD (Anti Naxalite). He caught/ liquidated a number of hard core naxalites and recovered a number of looted weapons, both private and police.

His success against the left wing extremists of Central Bihar and Chotanagpur area (now Jharkand State) resulted in his posting as the leader of Operation 'Black Panther' on Nepal borders. This operation was launched against numerous kidnapping gangs who were operating from inside Nepal and terrorising and extracting ransom from the people of Champaran area in Bihar. In a series of daring ambushes organised on the basis of field intelligence collected by him, a large number of criminals were liquidated, weapons recovered and kidnapped persons freed.

Shri Sinha has a tremendous capacity to organise his men and simultaneously gather public support for whatever assignment is given to him. He has been able to handle successfully a number of disaster situations, the latest being the Howrah - Delhi Rajdhani Express accident at Rafiganj in Aurangabad district of Bihar in September 2002. Hundreds of people were killed/injured in this accident. Shri Sinha as Addl Director General (Railways) Bihar, reached the site of accident along with officers and men and immediately organised relief and rescue operations. He was able to mobilise hundreds of people of Rafiganj; who not only helped the injured and gave first aid, but also supplied with food and water. It is to his credit that there was not even a single incident of looting or robbery, which is common on such occasions. Even the scattered belongings of the passengers were collected and kept under proper security for returning to their owners after proper identification. It enhanced the image of the Bihar Police to a great extent.

Through out his career Shri Sinha has exhibited conspicuous devotion to duty. In recognition of his outstanding record of service, unquestionable integrity, extraordinary devotion to duty, and professional knowledge, he was awarded the Indian Police Medal and President's Police Medal on Independence Day-1997 & 2003.

PASSING OUT PARADE OF

CRPF OFFICERS AT MT. ABU

– M.P. Nathanael, ADIG (Adm) ISA, Mt. Abu

The Officers of Central Reserve Police Force (CRPF) have a new role that of equipping themselves to combat technology driven organised violence whether it be biological, chemical and nuclear warfare or militancy, insurgency or naxalism. This was stated by Shri S.C.Chaube, DG,CRPF while addressing the Directly Appointed Assistant Commandants at their Passing Out Parade at the Internal Security Academy(ISA), Mt.Abu(Rajasthan) on 20th Jan, 2004.

He exhorted them to keep an eye on technological advancements in the realm of organised violence.

Shri Chaube took the salute and gave away the trophies and prizes to the officers who made outstanding performance. The Parade was commanded by Shri Brijesh Kumar Singh.

Shri Chaube presented the 'Sword of Honour' to Ms.Anjana Yadav, Assistant Commandant for emerging the best all-round trainee among the 89 Assistant Commandants who passed out of the portals of the Academy at the end of their 55-week long arduous training.

This is the second time that a lady officer has won the coveted 'Sword of Honour', the first being Ms.Mamta Singh in 1998. Four other lady officers, one of them being Ms.Suverna Rawat of the Special Service Bureau also passed out from the Academy.

Earlier in his welcome address, the Principal and Inspector General of Police of the ISA Shri P.Damodaran exhorted the young officers to exercise restraint while dealing with the public and to maintain high standards of honesty and integrity. He expressed the hope that the training imparted to them would stand with them in good stead when confronted with varied situations of law and order anywhere in Country.



DAGO's of 35th batch taking the Oath of allegiance at their Passing Out Parade at ISA, Mt. Abu



The Director General Shri S.C. Chaube giving away the trophies to those DAGOs who excelled in various fields in the course of their training. (From L to R - Sourav Bhatnagar, Rahul D. Seth, Brijesh Kumar Singh, Ajit Singh Negi and Alok Awasthy)

All the 89 Officers soon set out for their Units largely deployed in the North East and Jammu & Kashmir.

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 (a hill station at an altitude of appoximately 1200 metres in the Aravali ranges in Rajasthan).

The Primary mission of the Internal Security Academy is to pepare 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.

Academy also started conducting various Internal Security courses from the year 1975. Till date about 100 IPS Officers, 400 DIsG, 1000 SSP/SP/ DMs/ADMs and 1900 Dysp/Asstt. Commandants from State Police and Central Police Organisations have attended these in the Academy. Besides about 4500 officers have been trained in various In-Service courses..

The Directly Appointed Assistant Commandants in CRPF belong to the Group‘A’ service of Central Government which was started in 1961. Till date out of total of 35 batches, 21 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 about 1200 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.

CRPF KILLS 194 EXTREMISTS DURING 2003

The Central Reserve Police Force (CRPF) played a vital role in containing the terrorism and insurgency during the year 2003. During the year 2003, 194 extremists were killed and 2096 were apprehended in different encounters. The Force recovered 815 arms and as many as 21,207 rounds of ammunition including grenades/rockets/bombs and explosives. 40 CRPF personnel sacrificed their lives on the call of duty and 141 were injured in 350 encounters. 149 extremists surrendered before CRPF.



Huge cache of arms and ammn recovered by 30 Bn, CRPF in various operational encounters

While in Jammu & Kashmir, 86 terrorists were killed and 92 militants were apprehended, 54 insurgents were killed and 1145 were apprehended in the North-Eastern part of the country during the year 2003.

CRPF has already replaced 5 BSF Bns in Manipur and 8 Bns in Srinagar on Internal Security duty. Replacement of 3 ITBP Bns and 6 BSF Bns in Srinagar Valley are on the cards and expected to be accomplished soon.

10 CRPF Battalions were also deployed in Andhra Pradesh,

Bihar,Jharkhand, West Bengal, Chhatisgarh and Orissa to deal effectively with the Left Wing Extremism. In different encounters 54 extremists were killed and 838 apprehended by the Force in these states during the year 2003.

Meanwhile, as decided in the Central Co-ordination Committee Meeting at Bhubaneshwar on November 21,2003,11 more CRPF Battalions have been deployed in the naxalite affected States of Andhra Pradesh, Bihar, Jharkhand, Orissa, Chattisgarh and Uttar Pradesh raising the deployment in these states to 21 Bns. CRPF has also made a major contribution to the conduct of incident-free peaceful Amarnath Yatra 2003. And the Force played a vital role in conduct of free, fair and peaceful Assembly elections in the States of Tripura, Meghalaya, Mizoram, Nagaland, Delhi, Madhya Pradesh, Chattisgarh and Rajasthan during the year 2003.

CRPF has taken a major step towards total computerization of the Force and launched the first phase of a project 'Intranet Selo' at a cost of Rs.41 crores. Apart from enhancing quality of decision making, this will also release susbstantital amount of manpower from routine offie work which can gainfully be used in the field where a soldier is still not replaceable by a machine.

Besides in a bid to ameliorate the difficulties of local people, CRPF conducted a number of Civic Action Programmes in J&K and North East for which Govt.of India sanctioned a sum of Rs.1.75 crores during the year.

ANTI-SABOTAGE CHECKS

–A.P. Maheshwari DIG(ADM.)

The ABC of 'Anti-Sabotage (AS) Checks' is "assume nothing, believe no one & check everything. As checks are basically carried out to ward off against any possibility of confronting a damage, which cannot be seen or recognised. With the advent of technological advancements, the potentials of many devices to kill or destroy have increased manifold as they can be

easily planted or concealed by anti-groups. Such devices can be activated either by electric or mechanical modes or radio operated frequencies. Accordingly, security forces have to devise ways and means and appropriate counter-measures to defeat them. We must remember that a small laxity may be costly enough and put us to irreparable damage. It is, therefore, a professional challenge and a foremost requirement to gain expertise in “counter-measure” through anti-sabotage checks. We have come across many incidents where different devices have been used by terrorists or criminals to create scare or cause irretrievable harm to life and property. The use of high-powered explosive has been a global phenomenon. The vulnerability and insecurity have further been accentuated by lEDs (improvised explosive devices). IED can be conceived as a device placed or fabricated in a manner that is camouflage in the surrounding and is concealed in a manner that high degree of expertise is needed to detect it. Placement of such devices is done in an improvised manner incorporating destructive materials or chemicals designed to kill or cause damage. It can be designed to explode the way the perpetrator wants it to explode. With the availability of various type of initiating mechanisms and explosives, the saboteurs can take on the security forces by surprise any time, anywhere. It, therefore, calls for a well structured and sustained “checks” by security agencies or police. The bomb threat is the latest weapon and largely used by militants all over the world. The device mechanism for explosion range from “antihandling switches” to electronic delay mechanisms/ timers and sound activated switches. The saboteurs can plant the lEDs much in advance. It is reported that timers can be set with a delay of even a year(365 days or so).



A vigilant CRPF Jawan outside Pahalgam Club

The AS Checks start with the “search”. Search is a systematic operation with the commitment to observe and locate the presence of any contraband of whatever type in the area or the premises in question. Police should have the initiative to decide when, where & how the operation will take place. It requires a particular quality and dexterity in the person. They should be adept in the procedures of search and be equipped with necessary gadgets: Search is not a random procedure. lt is to be ensured that is nothing is missed. lt is either hundred percent or zero percent. Tendency to search only the likely places may be risk and prove costly.

The area or place or machinery or any items should be searched and examined systematically. The technical and structural knowledge of the objects or place is a must in order to appreciate the possible points of search. Places can be searched systematically clockwise or anti-clockwise and then in the centre. Procedure can be modified as per the preferences of the experts. Usually the system of overlapping search is preferable. Moreover, it should be done by pair of experts. Two pairs of eyes are better than one.The search procedure may be preventive or deterrent through surprise checks or random programmes of search. On the other hand we may evolve defensive procedure of constant checks in order to protect a place or sanitize the area . Then the area or the place is to be cordoned off. The systematic searches are

carried on and the place or object is secured by security men so that no unknown or unwanted person is able to intrude or disturb the same. We can take help of technical experts to know the configuration of an object or its operational dimensions. We also use the technical equipments to carry out audio-visual or sensory checks. A few important equipments are:- Metal Detector,Explosive Detector, Minesweepers/ electronic sweepers, X-ray machine/scanners, Commando torch etc.



An alert CRPF Jawan guarding the Yatri Camp of Shri Amarnath



CRPF Jawans checking vehicles at a J & K check-post

The area of technology is fast moving and situation may swing like a pendulum. The technical equipments may not be sufficient deterrent. Hence manual search is also required in order to be fully effective. This is again a risk prone operation as the imprudent modus operandi or negligence in search may result into the activating of the object placed by the perpetrator. Use of dogs before the searches should be properly documented.

Having seen the basics of the searches we may now look into various dimensions or angularities involved in various types of searches or AS Checks.

AS CHECKS IN BUILDING

Search procedure may vary from premises to premises in view of different surroundings or layouts. It is imperative, therefore, to start the search with the help of the marker points. The zones may be divided by marker point as pivot and then draw demarcations by taking ten places east and then five places north (or suitably done as per the surrounding) and then start digging. Proper sequencing should be decided so that no area is left out even inadvertently. Search of premises should be sequenced from outside to inside and then from floor to ceiling.

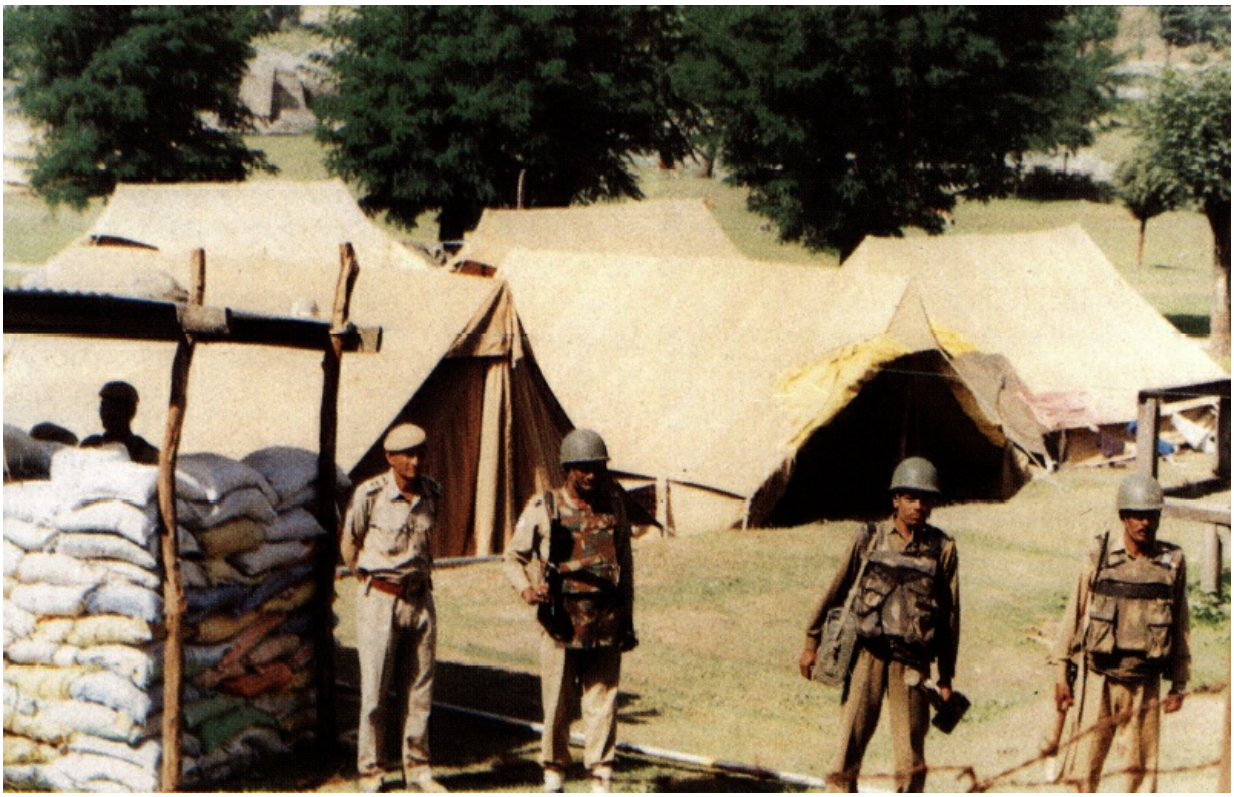
Exterior **Interior**

Perimeter barrier	Public Places
Garden/flower pots	Lower levels
Drainage/court yard	Rooms
Parked vehicle	Equipment & fixtures etc.

- Help of snifer dogs
- Audio checks
- Division of heights
- Technical equipments aided
- Search
- Manual Search

Care must be taken to detect any concealed device. Since the explosive can be placed with a long delay-timing device (say over a year), the need for building 'fabric-search' has gained importance. The perpetrator can hide the device during construction or repair of the building and which would be hidden for days/years before it is activated. A large number of workers are on the job during construction and it may not be cost effective to have then security-vetted on a constant basis. Escorting of unusual material may also prove to be costly and it is seldom done properly. The building may have lots of functional equipments for lighting, heating and air-conditioning. Occupied buildings are used everyday by lots of people. "To be effective, therefore, building search requires a sound knowledge of building methods and materials, a considerable understanding of the capabilities of technical equipments and advance individual skills as searches"

AS CHECKS ON PLACES OF FUNCTION : "AS checks" at function sites may involve search of:. Rostrum or dais meant for VIP, the venue or ground for public assemblage, specific facilities installed for the protactee, Arches, decorative fixtures along the route, all operational or functional equipments placed at the function site, electric gadgets/connection/source of power supply and any new construction erection etc. leftover material.



CRPF Jawans deployed in a far-flung area of North-East



CRPF personnel alongwith dog-squad checking civilians

Minesweepers, probing rods, non-linear junction detectors and other sophisticated equipments are available for an effective search. This should

be supplemented by visual-manual search. Technical experts can be availed for “snagging” checks. Search teams should be well trained. The area should be well demarketed and then searched in a fashion that no portion is left and searcher should usually return to the starting point or marker.

AS CHECK ON VEHICLE : Vehicle search should be conducted by trained staff, which should also be assisted by such person who knows the operational mechanism of the major parts of the type of vehicle being used. Like building, the search in case of vehicles too start from outside to inside and from floor to the top of the vehicle. The vehicle search may be done as per the following suggestive sequence:

Area around the vehicle,	Look for tell tale marks, wire/ strips/fuses etc.
Exterior portion	Audio/visual checks, petrol tank tempering, signs of forced entry on doors/windows.
Ground under the vehicle	Bumpers, wheel wells, exhaust system, loose knocked mud, tyres etc.,
Interior of the vehicle	All seats/cover, handles, lights, ashtray and other fittings.

AS CHECK ON AIRCRAFT

While the basic principles of search remain the same, the aircraft search involves detailed search plan and procedure. It involves:-Off loading and identification/securing of all baggages & cargo, checking cabin-servicing/catering equipment,cabin, galleries, toilets, access panel inspection, control cabin checks,visual inspection of each portion of Pax, cabin systematically, checking of power plant area, electrical and electronic compartment, cargo compartment etc.and exterior check.

The word of caution is that “DO NOT TOUCH ANY SUSPECTED OBJECT”.



CRPF men frisking Yatris enroute to Holy Cave of Shri Amarnath

Once any suspected material or object is detected the services of experts/trained staff should be used to defuse it, lift or carry it away and neutralise it. This is a very sensitive task and bears high degree of risk. Equipments including x-ray machines are available to see the internal configuration of the device in order to find suitable ways to neutralise the detected object. It would be worth while to mention here a few latest trends in the use of lEDs, Mercury switches are being used. The IED detonates when it is tilted by the unsuspecting handler. A tilt mechanism is devised in such a way that the circuit is completed with a 'break' provided by mercury. Sound, activated mechanisms have also been used with varying safety time. The first explosion is caused on the activation by initial occurrence of any sound, the subsequent explosion takes place by the sound of first explosion. It maybe timed with a delay factor too. Anti-burglary auto alarm systems are used to blast of the already parked vehicle fitted with the system and an explosive, which would get detonated on the activation of the auto alarm system. Such a designed vehicle can be anywhere. The terrorist just fires a bullet from a distance on the screen of the pre-parked vehicle. The explosion take place. The car bomb also be detonated along with the help of radio controlled transmitters. Projectile command lEDs have also been used on hoarding along the VIP routes. Explosives are planted along with a circuit

broken by two copper plates. The fire of the bullet from a distance on the copper plates completes the circuit. Based on the analysis of the type of mechanisms, it can be said that anti-handling switches are much in use. Militants adopt innovative methods of devising lEDs working on the principle of electronic timers and sound activation switches. The above details send enough signals for searchers conducting 'AS-Checks' on what to look for and where. We need structured and sustained training to keep pace with novel methods. Awareness programmes should also be conducted. We need continuous and deep research to develop better and more sophisticated equipments for AS-checks.

CRPF BAGS OVERALL CHAMPIONSHIOP ON HUMAN RIGHTS DEBATE COMPETITION

Central Reserve Police Force (CRPF) bagged the overall Championship jointly with National Security Guard (NSG) in the Inter CPOs Debate Competition on Human Rights Awareness organsied by CISF under the aegis of National Human Rights Commission on 18th Dec, 2003 at Scope Complex, Lodhi Road, New Delhi.



CRPF Team which won the overall championship trophy in the Inter CPOs debate Competition on Human Rights alongwith DG, CRPF

Besides, Constable D.C.Deshwal of CRPF who spoke on the subject topic "Special Legislation is necessary for effectively combating terrorism in the country" in Hindi was awarded the first prize in individual category.

Others who represented CRPF were Pharmacist B.Prabhakar, Inspector S.V.R.Prasad and Ct S.K.Tripathi.

Justice Shri Y.Bhaskar Rao, Member NHRC gave away the trophy and prizes.

CRPF DEPLOYS 130 COMPANIES FOR ASSEMBLY ELECTION

On the eve of the Assembly Elections

held in Chattisgarh, Madhya Pradesh and Delhi on 1st December, 2003,130 Companies of Central Reserve Police Force (CRPF) were deployed in various districts of the States.

While 65 Companies were deployed in various districts of Chattisgarh, 55 Companies were deployed in Madhya Pradesh and 10 Companies in Delhi.

Besides 5 companies each (total 10 Companies) were kept reserve for Chattishgarh and Delhi.

Shri K.T.D. Singh, IGP(Operations), CRPF was nominated by the Ministry of Home Affairs as Force Co-ordinator at Delhi for Central Para-Military Forces and State Armed Polices.

As the CRPF has the unblemished record of maintaining neutrality under such trying conditions, there has been heavy demand for deployment of CRPF personnel in Elections.

BEST WAY TO PREDICT IS TO CREATE

–TGL IYER Ex.-DG CRPF

Many of us, often unconsciously travel on tracks parallel to our genuine

creative spirit. For example, we may work as an art critic, but deep down we may have the capacity to sculpt or paint. We dream of film-making and work as an assistant; perhaps we could act well on the stage. We may like to become a writer but we don't even attempt to send a reply to our's friend's letter. We go on wondering how others do it but never attempt to do it ourselves. We may fail at first; but success comes through repeated attempts. Why not shift from the parallel track to the real track?

Emerson wrote: "The greatest gift we can give is a portion of ourselves." For example, a letter is not a scrap of paper; it is a part of yourself, your feelings, emotions, your love and your duplicate, spread in words. Why can't we be authentic? We can express our true self and illumine some of the dark areas of the World. There is the story of VICTOR HUGO who as a boy was walking along the road and saw pieces of a broken mirror lying scattered on the road. He picked up the biggest piece and started playing with it. He discovered that he could reflect light into corners, crevices and cracks by holding it towards the Sun. Later, when he grew up, he reflected abundant light illumining human minds through his writings!

There is again the unbelievable story of a PRIEST who was kept on solitary confinement for years with no clothes and bad food at AUSCHWITZ, the famous, cruel, inhuman 'prisoners camp' kept by Germany in Poland during the Second World War. Did the Priest wallow in self-pity and self-condemnation? No, Never! He etched on the walls and doors of the prison beautiful moving images of Jesils Christ, the Holy cross, the last supper, and so on with his mere finger-Nails! In the midst of horror, he could be creative, express beauty and give away part of himself.ln the midst of death, he had the spirit to live. His was a small light in the midst of total darkness!



Group dance by students of CRPF Public School, Rohini



CRPF Public School students presenting cultural programme

Similarly, you can bring something into being from your own heart to the hearts of others. Mahatma Gandhi could bring into the minds of others the beautiful idea and vision of freedom. Abraham Lincoln could give freedom and equal rights to the blacks and release them from slavery. Nelson Mandela could bring equality to the blacks and abolish APARTHEID in South Africa. These are not small achievements in the History of Nations.

There is an inner power in all of us greater than any other power, inside us. There is 'His Masters Voice' within each one of us. Some listen; some don't. Swami Vivekananda, Mother Teresa always listened to these voice to help them to fulfill their missions in life. We ordinary mortals get bogged down with routine mundane life and only hear the 'Masters Voice' outside and become victims of their whims and fancies.

The LAW OF THE FARM can be a model. According to this Law, you plough and prepare the ground, plant the seeds water them, add fertilizer, remove the weeds and in the end reap a bumper Harvest. It is slow, patient process. It is not a Quick-fix formula for instantaneous success. The real abundance lies in our heart, in our thinking and in right action to make life better, and the world a better place to live. The saying is "Your attitude and your aptitude determines your ALTITUDE!

ALDOUS HUXLEY, author of 'The Perennial Philosophy' wrote: "The artist, knowing that he can never create anything on his own out of the top layers of his personal consciousness submits obediently to the working of inspiration; and knowing that the medium in which he works has its own self-nature, which must not be ignored or overridden, he makes himself its patient servant and, in this way, achieves freedom of expression.

J.K. Rowling, author of the 'Harry Potter Series' describes how she always knew that there would be seven books in the series even before the first one was published. She seems to have written the last chapter of the last book which is safely lodged in Bank Vault, so that no one else could read it. PAUL MCCARTNEY describes how YESTERDAY, the most often recorded song of all time, came to him complete in a dream. GIACOMO PUCCINI said: "The Music of ' Madam Butterfly' was dictated to by God. I was merely instrumental on putting it on paper and communicating it to the public".

Our talents hardly wait to be expressed. They are itching to break out. To

go through life without releasing your talents leads to frustration, resentment and even depression. Your feel bottled up, imprisoned, discouraged and isolated. An intelligent awakened soul may question whether he should exist in this World at all? For example, Beethoven, Shakespeare or Picasso have accessed that place within themselves from which they could express which has been created by God. Their genius is actually an expression, and not creation. Such Genius lies within each one of us. The only difference is that we don't know it, we don't access it , we don't release it! Beauty is not the image you would see nor the song you would hear. You can see and hear even if the eyes and ears are closed. The best way to predict is to create it. Each one of us has that power!

THREE CRPF CONTINGENTS PARTICIPATE IN REPUBLIC DAY PARADE-2004

Central Reserve Police Force (CRPF) the Peace Keepers of the Nation was represented by three Contingents comprising of CRPF Contingent, Brass Band and RAF Contingent in the Republic Day Parade-2004.



RAF Parade contingent commanded by Ms. Tejender Kaus Marching before the dais of Rajpath

The first Contingent from CRPF was of 144 strong CRPF Male Continget with 3 Inspectors led by Shri Deepak Bhati, Assistant Commandant. Colourfully attired, the CRPF men were wearing dark blue turbans, Angola Shirts and

Khakhi trousers with white leather belt and blue scarf. The average height of this contingent was 6 ft.

The CRPF Male Contingent was followed by 101 strong men including 3 SOs of CRPF Brass Band under command of Inspector Raj Kumar. CRPF Brass Band was raised in 1961.

The Band Contingent was followed by 144 strong RAF Contingent (Male-96 & Female-48) with three Inspector/Sub Inspectors led by Ms.Tajender

Kaur, Assistant Commandant. They were attired in colourful regalia of RAF Dangree and Navy Blue beret with black belt. Officers/SOs wore black shoes and black cross belt. Average height of Male of this contingent was 6 ft and that of female was 154 cms.

All the contingents marched to the tune of CRPF theme song “SEVA BHAKTI KA YAH PRATEEK CRPF KAHATA HAI’. The other rank in

marching contingents were carrying SLRs whereas the Officers and SOs were carrying swords,



Shri L.K. Advani, Dy. Prime Minister taking salute at the Guard of honour presented by 10 Bn, CRPF at North Block, New Delhi



Shri I.D. Swami, Union Minister of State for Home giving away the Best Group Centre trophy to Shri S.S. Gill, ADIGP, GC, Jalandhar at 64th CRPF Anniversary

CRPF BAND DISPLAY

The CRPF Band displayed their performance at Qutub Minar on 21 st Dec, 2003 and Lawns of India Gate on 25th Dec, 2003 as a part of various programmes of 64th CRPF Anniversary Celebrations.

37 Brass Band and 37 Pipe Band played under the command of their Band Masters. While Brass Band was led by Inspector Raj Kumar, the Pipe Band was led by Head Constable Parasu Ram Rai.

These combined Bands played the tunes of popular Hindi and English songs. The Brass Band of CRPF was raised in 1961 and Pipe Band in 1952.



CRPF Pipe Band displaying at Lawns of India gate



Performance of CRPF Brass Band at grounds of Qutab Minar

EXPERIMENTING WITH NEW TRAINING IDEAS

–R.K. Singh Dy. Comdt.

With government effecting major expansion of CRPF to combat the menace of internal security threats from various quarters, the organisation is also supposed to dynamically empower and equip it with the best possible human resources.



Handling of 7.62 mm LMG at Rotational Training

Progressive training visions have been dreamt of with common sense, plain deliberation and simply by the clarity of the role which we are going to have in near future. A regular introspection are being done at the battalion and range level in search of excellence and focused direction to training for a mindset to fight with any situation instead managing a particular type of crisis thus efforts are on to be excellent in handling tasks likely to be assigned to this unit keeping in view likely new challenges; with a very simple paradigm as nothing succeeds like success.

The heart and soul of the training management has been agreed upon by the leadership here is “INNOVATION”. In innovation we have taken creativity, mastering change without loosing continuity and projecting our services as the best thing which people can dream to live in perpetual peace.

Since innovation is lifeblood of any organization as Francis Bacon has also said “...he that will not apply new remedies must accept new evils; for the time is the greatest innovator”. Creative thinking and having new idea is becoming more important to preempt the anti-socials who are marching in tandems with technology and tactics.

Winston churchill once said to his friend “...I don’t mind learning but I hate being taught”. It remains the biggest problem in any professional

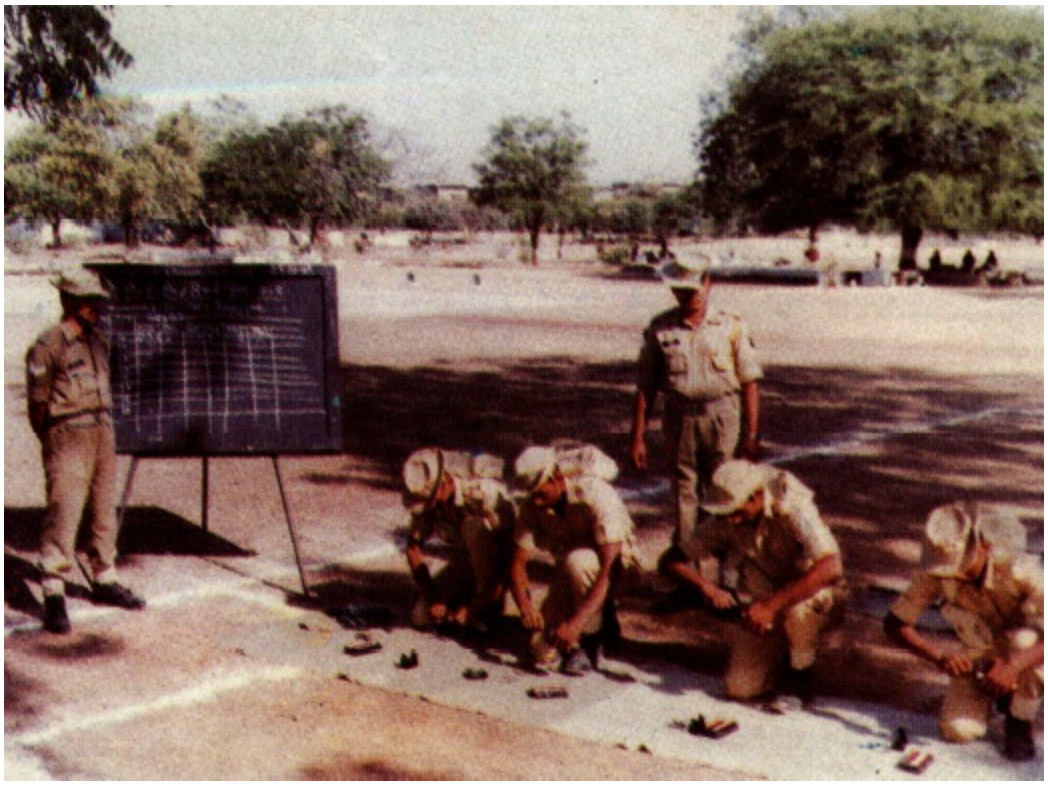
teaching as how to teach so the interests are alive, knowledge is gained, skills are mastered and aptitude is developed as per organizational goal. Especially basic training is more challenging since total reorientation need to be given to an individual who dons “khakee” with lots of presumption and perception regarding power and authority obviously a colonial hangover instead of a sense of optimism and feeling of sensibility to serve the people.

Training in Positive thinking:-

The recruits are being given orientation through lectures, briefings and during interaction to think positive to be helpful and do not become frustrated and sadistic even in event of adversities. This would help them in serving the community more effectively as well as living a better and healthy life themselves. This aspect is also suitable to ward of “stress” which may come during service because of various factors. The recruits are being given opportunity to write and speak on various subjects and their personality is analyzed. For example they are asked to write on the subject that what would be their feeling if even in emergency the leave is refused due to operational exigency. The counseling afterward helps in better understanding of each other’s requirements and assimilation of organizational goal and individual goal.

Comparative Grading Point System For Training :-

In each coy a squad has been formed of weak trainees in comparison to rest of the trainees and being given extra coaching and counseling to improve performance and aptitude to come up with rest of the coy for homogeneity in performance. This additional attention over such recruits not only help them to be equally competent but also reduces the frustration; pessimism, inferiority complex amongst such recruits who are otherwise full of raw talents.



Demo on loading/unloading of SLR

Attitude to Meet Unpleasant Situations :-

Uncertainties and unpredictability in the job profile as well as quality of life which a uniform personnal get are the causative factor for under performance, violation of human rights and stress. To develop competencies to cope up such critical eventualities is an essential and inevitable requirement. A mindset to adapt to such situations would be then virtuous for the organization like CRPF which has carried the nick name of “CHALTE RAHO PAYRE FORCE” They are also being taught that till this force is having high mobility to meet challenges like communal riots, election duties, counter insurgency, disaster management etc.

Training in Analytical Ability and Decision Making :-

The analytical ability simply on the basis of plain fact and common sense is backbone of success of any team effort. Everybody has to make numerous decisions daily in life for execution of multiple tasks. Therefore, the recruits are being developed to think, analyse and take decisions within the

parameters so that they can have more preparedness with less briefing and still lesser response time. To impart training in these skills, the recruits are given situations to react upon as well as role-play methodology is also being implemented. For such training suitable inputs are given during regular classes

Training in Emotional Intelligence and Interpersonal Skill :-

Emotional awareness and emotional maturity amongst police man is of paramount importance as they need to deal with public. The service to people is possible only if one has empathy and sensibility to feel other's pulse and sincerity enough to develop care and concern. In uniformed services, it is obvious that there is dearth of officers and men willing to work for national pride and their number is increasingly coming down and turnover rates are maintained only because of lack of job in the market. This leads to the famous conclusion of unwilling person being led by unwilling which is very fatal in current internal security scenario. The CRPF in particular requires more attention towards training its personnel in emotional intelligence in view of continuous deployment for operational tasks and its future expanded role of being trusted with complete internal security matters.

Orientation Programmes :-

The fresh and new talents of the society recruited for uniform service are to be transformed into being a human, sensitive and intelligent professional Police man having capability to provide assistance in whatsoever the people expect from them. For this role various orientation programme like general orientation, specific job orientation, departmental orientation etc. are the new trends in management which suitably modified and introduced in recruits training successesfully.

Self Awareness Regarding Health :-

Health is key to success for any organisation since healthy man's productivity and morale is bound to be very effective. To put across this ideology in our unit we make one recruit of each squad as 'health guide'

who is responsible for hygiene and sanitation of living accommodation and mess; monitors the “Health” of the recruits. Health guide are also suppose to take care of sick personnel and ensure necessary medical attendance.



Gymnastics - also part of Basic Training

Familiarization Exercises and Appreciation :-

Familiarization with different nature of job requirement and job environment instill confidence amongst new recruits. The CRPF is also working in locality having diversified culture, different terrain and dealing with distinctive nature of duties. Thus familiarization with mountains, hilly terrains, jungle lore; flora and fauna, rock climbing are being done.

Graded Performance Appraisal System :-

Monitoring and developing the instructors are as esential as the training of the recruits. Therefore, to aid and develop the potentiality and effectiveness of instructors graded performance appraisal system has been

introduced. The instructors are evaluated in various aspects of skill, attitude, ability and level of motivation to train the trainess. The weaker ones are counselled, taught and asked to develop. This has brought awareness amongst them about their performance.

Thus the experiments with new training ideas, thoughts and methodologies are being well planned and designed and then being introduced From the evaluation and feedback it has been noticed that it has a positive and successful impact and the trainees of this unit will meet the expectation of organization to meet new challenges.

POLICING IN ETHNIC CONFLICT RIDDEN SOCIETY: KOSOVO

– B. Veerraju, Dy. Comdt.

The most disturbing image of the last decade of the twentieth Century depicted horrific episodes of “ethnic cleansing” and protracted ethnic or communal conflicts. Kosovo question is one such humanitarian crisis, which attracted international attention and intervention. But the problem of Kosovo is different from many ethnic conflict ridden societies, which makes policing and State reconstruction, if any, difficult.



RAF contingent deployed on U.N. Peace Keeping Mission at Kosovo

The Kosovo Albanian nationality question is a product of disintegrated Yugoslav Republic so, any construction of narrative for the present Kosovo crisis must look into the historical roots of the problem.

The genesis of the present problem can be traced back to the famous “Battle of Kosovo Polje of 1389’ in which the Ottoman Turks defeated Serbian king Lazarus and expanded their empire into Balkans. Under the Ottoman rule there was large scale migration of Albanians into Kosovo. The migration continued till 1912 in which Serbians reacquired Kosovo from the Ottoman Turks as the empire disintegrated. During World War II Kosovo was briefly assigned to Albania by the Allied powers. Soon after the formation of Yugoslavian Republic the new Constitution of 1946 Kosovo was given autonomous status. In 1963 the status changed to autonomy within Serbian Republic. As the Yugoslavian Republic disintegrated, Slabodan Milosevic, and orthodox Serbian became President of Serbian Republic and revoked the autonomy of Kosovo in 1989 and he addressed a huge public gathering at war memorial, erected at Kosovo Polje to commemorate defeat of the Serbian king in 1389, and roused the passions of Serbians. This has sharpened the ethnic divide. There were large-scale confrontations between the ethnic Albanians and Serbian police. The Serbian Police and Para Military resorted to worst forms of crimes against ethnic Albanians with a grand design of driving them out from Kosovo,

which is also known as ‘Operation horse shoe’.

Meanwhile, the Albanian ethnic movement manifested into armed struggle. The Albanians looted arms from the armoury of the neighbouring Albania and in the spring of 1987 they have ambushed Serbian police patrol in Drenica Valley killing entire party. This invited large-scale retaliation by the Serbian Police forces that next day in which the troops armed with automatic weapons and rocket launchers attacked the village in Drenica Valley Killing Adam Jashari, a local Kosovo Liberation Army (KLA) leader, and his entire family including children (altogether 43). In the mourning procession organized the next day, the KLA came public in Army fatigue armed With A.K. 47 rifles.

Since then, the KLA could manage large-scale recruitment of Albanians and the ethnic Diaspora living in the Western Europe supported the struggle. The Milosevic regime came heavy on the movement and in January 99 the Serbian troops perpetrated worst massacre of Albanians at a village called Rack. The West hitherto maintained neutrality anticipating any support to the ethnic Albanian cause will flare up nationality question in Europe strongly reached to the incident and resorted to air strikes on Serbian military bases and Police headquarters in Kosovo.

On 8th June 99 at the instance of G-8 countries, the Serbian troops were withdrawn from Kosovo. The UN Security Council Resolution 1244 established United Nations Interim Administrative Mission in Kosovo (UNMIK).



U.N. officials overseeing the preparedness of RAF for UN. assignment in Kosovo

The UNMIK is headed by a Special Representative to the Secretary General (SRSG). The goals set for the mission is - a) to administer Kosovo, b) Institution building for Kosovo Self -Government, c) to facilitate a political process to determine Kosovo's final status once the time is ripe. In addition to that an International Criminal Tribunal for Former Yugoslavia (ICTY) was established to try the war criminals. After the establishment of the mission, normalcy was restored and many of the internally displaced people (IDPs') returned back to Kosovo, the UNMIK conducted general elections in 2000 in which a moderate political leader Ibrahim Rugova has become president of Kosovo Assembly. The new government with its 90% Albanian population demanded for complete independence for Kosovo. The minority Serbians with 8% of the population is under constant fear for their life. They are confined to isolated settlements with looming uncertainty about their future. The UN mission ever since its establishment has restored social life, law and order, set up democratic government with communal representation and set in motion the institution building process. In spite of the efforts by the international mission there are many issues left unanswered and demands solutions for a viable Kosovo as an entity.

Challenges :

1) Paris Contact Group comprising of Western powers including Russia met in February 1999 at Rambouillet suggested division of Kosovo on the basis of national communities. Yugoslavia delegation boycotted the meeting and Albanians conditionally accepted the proposal. As a result the talks failed without reaching any agreement on status related issues. So, the armed groups are uncertain about Kosovo's independence, intention of western powers on ultimate status of Kosovo and intention, sustainability of UN Mission. Given this fluid situation both NATO forces and UNMIK Police find it difficult to pursue demilitarization with vigour.

2) Under the economic reconstruction Programme of UNMIK many Albanians could find resettlement and employment but the minority Serbs and Romas are living in squalor, misery and despair. They are confined to isolated clusters of settlements with little freedom of movement to eke out their earnings. Many Serbian houses were subjected to arson and looting. So, the enormous task of bridging the ethnic divide rests with UNMIK Police. As it is suggested that the UNMIK Police be kept in vacant Serbian houses to facilitate return of Internally Displaced People (IDPs). This will install confidence amony minority communities.

3) The benchmark set by the SRSG for transition of authority to the locals is establishment of multiethnic society, but minorities have little civil liberties. The international police presence must initiate social intercourse to facilitate congenial atmosphere for a future democratic Kosovo. This again is a very tough challenge for the International Police given the fresh memories of ethnic violence; but possible only through international institutions operating in Kosovo.



RAF men deployed on duty at Pristina Airport (Kosovo)

4) The major impediment in the peace building process is the operation of criminal gangs who are involved in intimidation and killing people of minority community. The weapon holding of these criminal gangs and lack of intelligence inputs make the task more difficult for the International Police.

5) The major cause for concern is the drug smuggling and drug abuse in Kosovo. Organized crime syndicates root the drug trafficking in Europe through Kosovo.

6) Though the Mission will bring positive and congenial envioronment, the ultimate responsibility of state building rests with the local population. So, the Kosovo Police Service recruited and trained by the UN Mission from all ethnic groups should be trained in multi-ethnic policing and with great regard for minority rights.

7) Last but not the least, Protection of human rights, securing symbols of minority identity especially the Orthodox monastries from intimidation will

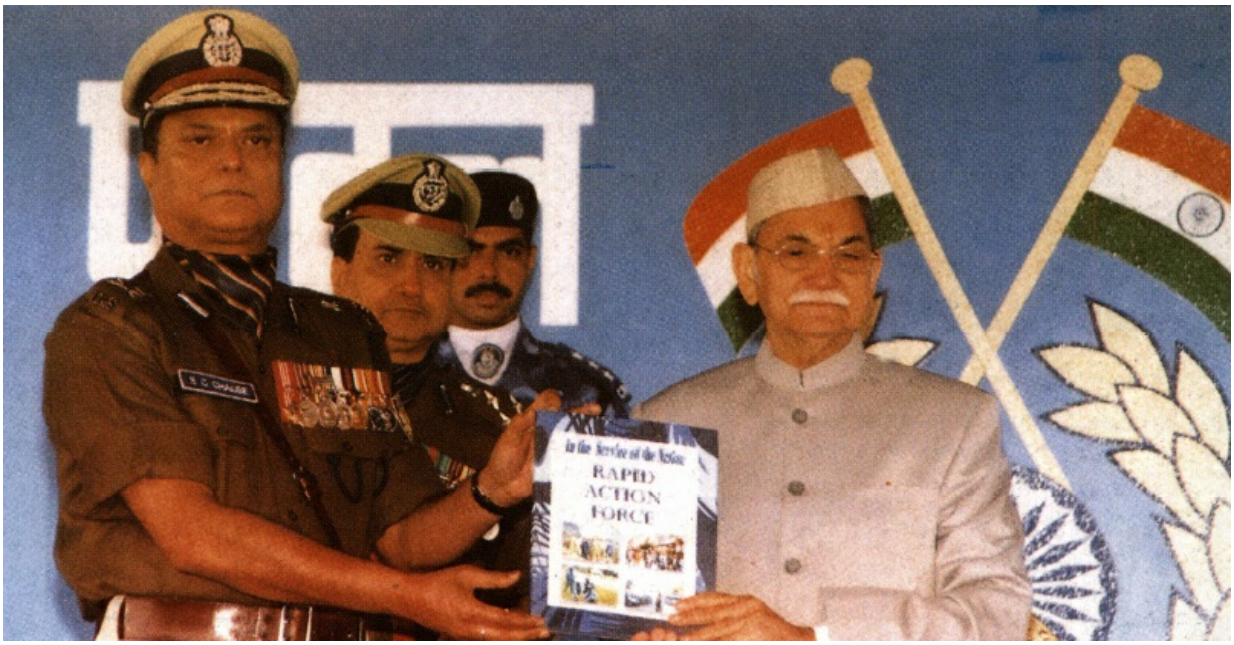
enable a democratic form of dialogue for peaceful settlement of many problems.

Given the situation as described above and the challenges ahead there appear to be no immediate solution to the problem. So, the complexities make it imperative for the international community to sustain the mission for quite some time. Any withdrawal of UN from this constructive engagement will amount to throwing the baby with the bathing tub.

64TH CRPF ANNIVERSARY CELEBRATION



Shri I.D. Swami, Union Minister of State for Home Affairs Inspecting Parade at the 64th CRPF Anniversary held at GC J/Kalan, New Delhi on 28th Dec, 2003



The Union Minister releasing a Coffee Tabee Book on Rapid Action Force at 64th CRPF Anniversary



Shri S.C. Chaube, DG, CRPF addressing the Press Conference on the eve of 64th CRPF Anny. at Dte. Genl. on 24th Dec, 2003



Shri S.C. Chaube, DG, CRPF releasing an "Interactive CD" comprising of various manuals produced by Digitization Centre of Dte. Genl. on 30th Jan, 2004



Shri S.C. Chaube, DG, CRPF inaugurating "VISHRANTHI" the Transit-Officers Hostel at Nehru Nagar on 24 Dec, 2003



DG, CRPF Shri S.C. Chaube inaugurating the "Hot Springs" Golf Club at CRPF Campus, Kadarpur (Gurgaon) on 29th Jan, 2004

FAREWELL PARADE OF DG, CRPF



Shri S.C. Chaube, DG, CRPF inspecting his Farewell Parade presented at J/Kalan on 31st Jan, 2004



Shri S.C. Chaube, DG, CRPF was bid a warm send-off by senior officers of the Force at Dte. Genl. on 31st Jan, 2004

CRPF LAUNCHES 'INTRANET

SELO'

The Central Reserve Police Force (CRPF), one of the largest and oldest CPMFs undertook a major step towards total computerisation of the Force and launched a novel and enterprisewide project 'Intranet Selo' at a cost of Rs.40.46 crores. Inaugurating the projet on 3rd Nov, 2003 at the Force Headquarters, Shri N.Gopalaswami, the Union Home Secretary said that CRPF has a very comprehensive view of computerisation, has kept pace with the technology and taken its full advantage. " I compliment CRPF that it has developed a substantial computer culture in the Force at various levels and hope other para military forces will soon follow suit.



Shri N. Gopalaswamy, the Union Home Secretary, launching the "Intranet Selo" - an enterprise wide project for computerisation of the entire Force

At the outset DG,CRPF Shri S.C.Chaube in his welcome address said that the Project Intranet is truly a revolutionary event in the history of the Force and it will release substantial amount of man power from routine office work which can gainfully be used in the field where a soldier is still not replaceable by a machine.

Brig(Retd) J.S.Sawhney, DIG(Communication) and Shri Arvind Thakur, President, NIIT Technologies made computerised presentations about the project. Shri Himanshu Kumar, Addl.DG,CRPF proposed a vote of thanks.

SATELLITE COMMUNICATION, TECHNOLOGY AND ITS UTILITIES



The satellite has revolutionized the means of communication in the recent time. Because of the expansion of terrestrial communication infrastructure, satellite technology is used in remote or under developed areas of the world. Satellite is like a radio relay station in space, which receives signals from earth station, amplify them, translate into new frequency and retransmit them to the receiving station.

The first satellite SPUTNIK-I was launched in 1957 saw the start of space race. Although this satellite had no ability to facilitate communication.

In 1960, the USA launched ECHO-I which successfully demonsatrated the first live two way voice communication by satellite. In 1962, TELSTAR initial communication satellite was launched into the medium earth orbit and successfully demonstrated the first transoceanic television broad cast with limitation that it could only relay information for 2 hours a day. For getting information round the clock, the solution was to be the geo stationary satellite. In April'1965, when the first geostationary satellite INTELSAT - I was launched, which allowed communication to be available all the time. This showed the world that satellite could be useful for communication purposes.

Categorisation of Satellite :-

Based upon the type of orbit and area of coverage, satellite can broadly be categorized into:-

Asynchronous (LEO & MEO) and Synchronous or geostationary

Low Earth Orbit (LEO) Satellites Orbit the earth at only 600 miles above sea level, requiring as many as 200 satellites to provide global coverage where as

Middle Earth Orbit (MEO) Satellite orbit the earth at 6100 miles, requiring approximately 12 satellites to cover the earth's surface.

Geostationary Earth orbit (GEO) Satellites orbits the equator at 22,000 miles above the earth and are the farthest away. The GEOs can cover the entire earth's surface.

How does Satellite Communication Works. The satellite uses a radio frequency repeater, providing a relay station between a sender and a receiver. The satellite "Transmit" the down link by "responding" to the up link. It is also called the "Transponder". The transponder basically comprises of the receiving antenna, receiver, converter, power amplifier and transmitting antenna. Communication satellite systems are made up of, the earth segment, the consisting of equipment at the hub and at the remote locations, and the space segment, the link to and from the satellite. To communicate via satellites the sender first converts Signal (voice, data, video) into electronic form. This is transmitted or "up linked" to the satellite using high powered amplifiers and antennas designed to direct the signal towards the satellite.

As a large number of earth station simultaneously send voice, data, facsimile through satellite in order to respond/relay all signals simultaneously and due to limited capacity of satellite/ transponder multiplexing of signals is required. The multiplexing technique based on frequency division and time division is commonly used in satellite communication.

After travelling a long distance to satellite, the transmitted signals get weak and need to be amplified by a “Transponder” located on the satellite. Once the signal has been amplified and the frequency changed from the up link frequency, the down link sends back to the earth. Minimum 2 GHz difference is required between up link and down link frequency to avoid interference. Once the signal reaches the ground it is received by another antenna and amplified before being demultiplexed and sent on to its many destinations.

Applications

In present day, modern system of communication services satellites can offer number of communication nerworking solutions where the existing telecommunication networks are struggling to provide a reliable and efficient solution. Satellite communication can overcome terrestrial bottlenecks, provide backbone capacity to the terrestrial networks, reach remote locations, augment existing facilities fairly, quickly and provide last mile access. Some examples of satellite communication includes.

Broadcasting

Planned global broadcast of world events, eg World Cup, Occasional use broadcasting of major news stories, Distribution of TV channels to head ends of Cable network providers, Business TV, Direct to home TV distribution, CD quality radio broadcast, Multicasting of Internet Information to many sites

Telecommunications

International Public switched services to distant country gateways., Provision of domestic tele communications where terrestrial infrastructure does not exist, Private leased line service, Rapid remote site data

distribution, Extending a LAN over satellite to remote LANs, International backbone links carrying Internet traffic.

Mobile and Personal Communications

Voice, fax, data services to the maritime, aeronautical and land mobility community, Aeronautical and Maritime distress and safety services, Vehicle tracking and cargo management, Wide area paging, Wide area extension of terrestrial cellular radio, Differential correction of global positioning satellite navigation transmissions

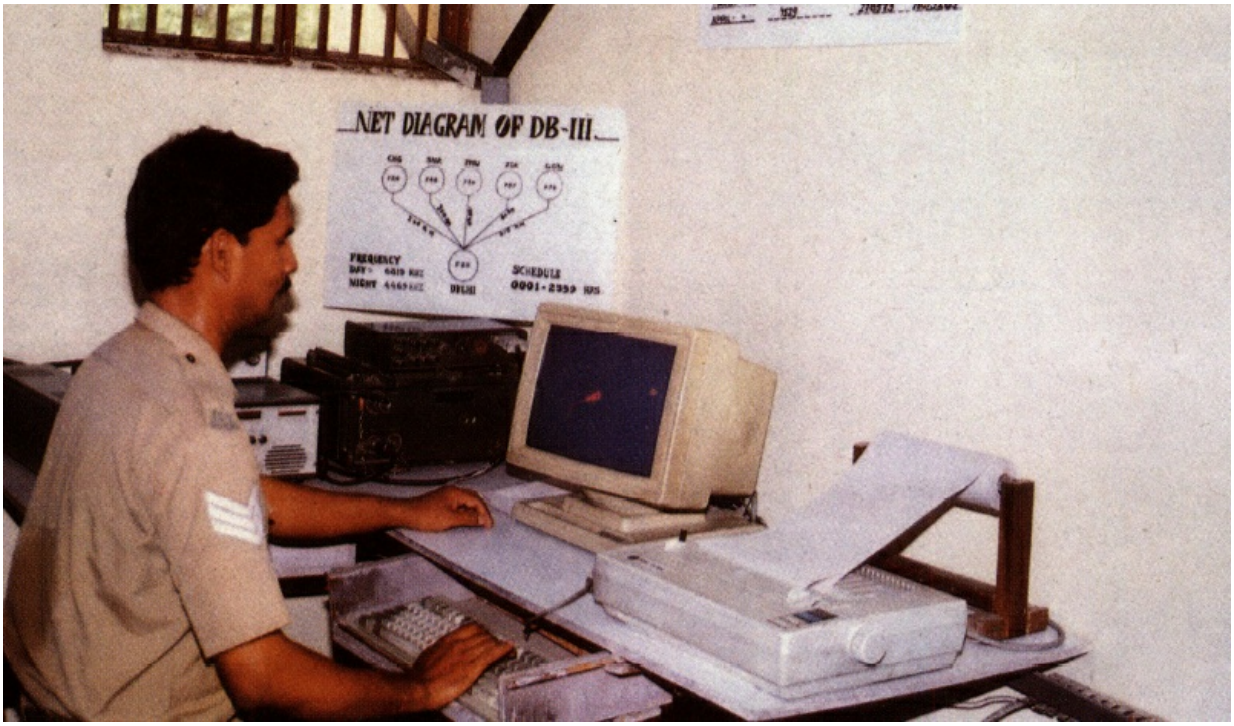
Rapid Deployment Services

Early provision prior to terrestrial deployment of infrastructure, Restoration of Transoceanic cables, Communications for temporary events, Emergency services for remote locations, Due to high speed wireless multimedia services can be attained i.e transmission of digital photographiy, large e-mail and file transfer and 64 KBPS full motion video phone application. Cellular phone, PCS(Personal Communication Services), Internet access -CDMA phone acts like a small computer, Shared Calenders To setup appointments remotely and update recipients “Smart, calendar”, Messaging and automated bill paying, Voice recognition-To let users dictate command to download applets or services

CDMA offers superior air interface characteristics for wireless in local loop, PCS,Cellular communication and wireless multimedia. It can also offer the choice of simultaneous voice, async and packet data, fax and short messaging services. More over enhanced version of CDMA being standardized which will support high speed wireless application for higher data rates. In the coming years, CDMA will expand to new markets, gain market share and with advanced version, will continue to lead in delivering the most advanced 3 G services around the world.

CDMA TECHNOLOGY AND ITS USES

CDMA (Code Division Multiple Access) is the fastest growing wireless technology and dominates 3G(Third generation of wireless networks) market today. CDMA has made phenomenal progress in the past and it is well positioned for the future. According to CDG (CDMA development group) there were nearly 135 million CDMA subscribers and 24 million CDMA 2000 users world wide at the end of 3rd quarter of 2002.



Signals are transmitted through codes

CDMA is a Direct Sequence Spread Spectrum System. CDMA system works directly on 64 kbps digital signals. These signals can be digitized voice, ISDN channels, Modem data etc. In this technique each user employs a patricular code address so that all users can transmit simultaneously without frequency or time separation and with low interference.

HOW CDMA WORKS

Signal transmission consists of the following steps:

1.) A pseudo-random code is generated, different for each channel and each successive connection.

2.) The Information data modulates the pseudo-random code. 3.) The

resulting signal modulates a carrier. 4.) The modulated carrier is amplified and broadcast.

Signal reception consists of the following steps:

1.) The carrier is received and amplified. 2.) The received signal is mixed with a local carrier to recover the spread-digital signal. 3.) A pseudo-random code is generated, matching the anticipated signal. 4.) T h e receiver acquires the received code and phase locks its own code to it. 5.) The received signal is conclated with the generated code, extracting the Information data.

Advantages of CDMA

The voice qualities : CDMA reduces background noise and cross talk, ensuring better voice quality, which is further enhanced by the microprocessors inside the phones.

Call Security : By design, CDMA is more secure against eavesdropping.

Talk Time : A CDMA phone consumes very little power, and has a longer talk time.

Bandwidth : CDMA 2000 1x offers 144Kbps, which makes it capable for multimedia tasks

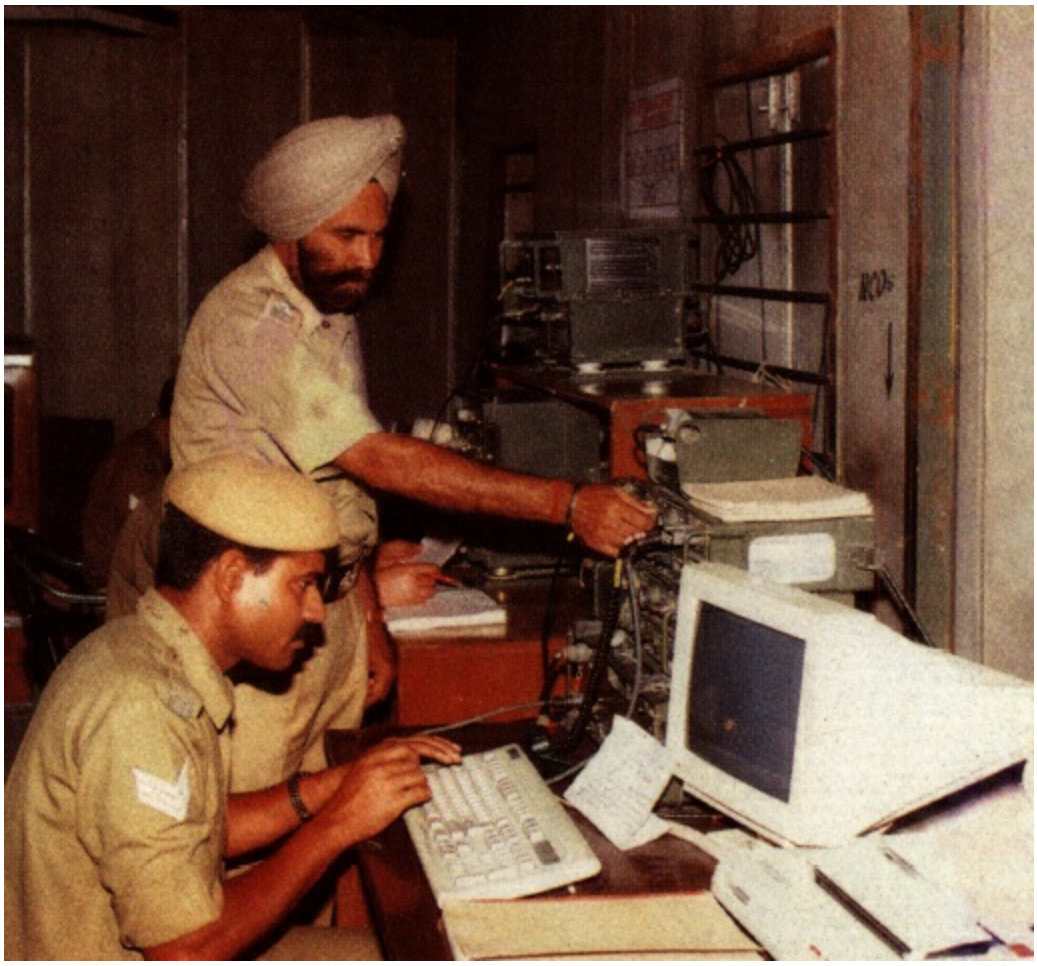
Weight : CDMA phones due to their low-power requirements can do with smallersized batteries, which decrease the overall weight of a CDMA phone.

CDMA technology mhas been thoroughly tested in harsh operating conditions.

CDMA is a premium digital wireless service.

USE OF CDMA TECHNOLOGY

CDMA due to advantages of voice quality, soft capacity (no limitation of physical channels), high capacity (maximum traffic channels), flexibility (can serve fixed, low mobility and wide area codeless user on same infrastructure), sectorisation (increases system capacity, call quality and reduces interference simultaneously) is the best option for use in WLL (wireless in local loop).



Signal transmission

Due to high speed wireless multimedia services can be attained i.e transmission of digital photography, large e-mail and file transfer and 64 KBPS full motion video phone application.

Cellular phone

PCS (Personal Communication Services)

Internet Access - CDMA phone acts like a small computer

Shared Calenders - To setup appointments remotely and update recipients "Smart calendar"

Messaging and automated bill paying

Voice recognition - To let users dictate command to download applets or services

CDMA offers superior air interface characteristics for wireless in local

loop, PCS, Cellular communicatian and wireless multimedia. It can also offer the choice of simultaneous voice, async and packet data, fax and short messaging services. More over enhanced version of CDMA being standardized which will support high speed wireless application for higher data rates. In the coming years, CDMA will expands to new markets, gain market share and with advanced version, will continue to lead in delivering the most advanced 3 G services around the world. □

E.MAIL ON INTERNET AND HOW IT WORKS

– Shri S.P. Singh, Commandant, 5 signal Bn., CRP

In the era of **information technology, Electronic mail** popularly known as E.Mail has revolutionised the field of communication. It is faster, economical and can reach from one suburb of a continent to another within seconds with minimal cost.



Launch of "Intranet SELO" - another milestone in the field of communication in CRPF

In its simplest form E.Mail is an electronic message sent from one computer to another over the internet. The messages files are delivered to specific recipients. It is just like a post card which allows people to write text messages. With E.mail a person can attach documents, picture and send multi addressee message at a time.

PREREQUISITE FOR E.MAIL

a) INTERNET CONNECTION.

b) PSTN (PUBLIC SWITCHED TELEPHONE NETWORK) CONNECTION.

c) PC.

HOW E.MAIL WORKS.

First, the user types a text message into their email program, and tells the email program who should receive the message. Then the user tells the program to sends the message, and it travels from the user's computer through their modem, local network, or DSL (Data Service Line) connection

to the computer that provides their Internet service. The ISP's (Internet Service Providers) computer then sends the message into cyberspace, and the message hops from computer to computer until it reaches the recipient's email server. When the server is found, the server stores the email message and informs the recipient that s/he has email.

The recipient's email address is used to determine where the email goes. Email addrssses are made up of a domain name, such as "domain name.com" and an account name, such as "my name 123", making the email address: my_name_123_@domin_name.com.. The domain name is usually the name of the company where the person works or the name of their Internet service provider. The account name is often the name of the person, and tells the company of organization's email server whom exactly the message belongs to.

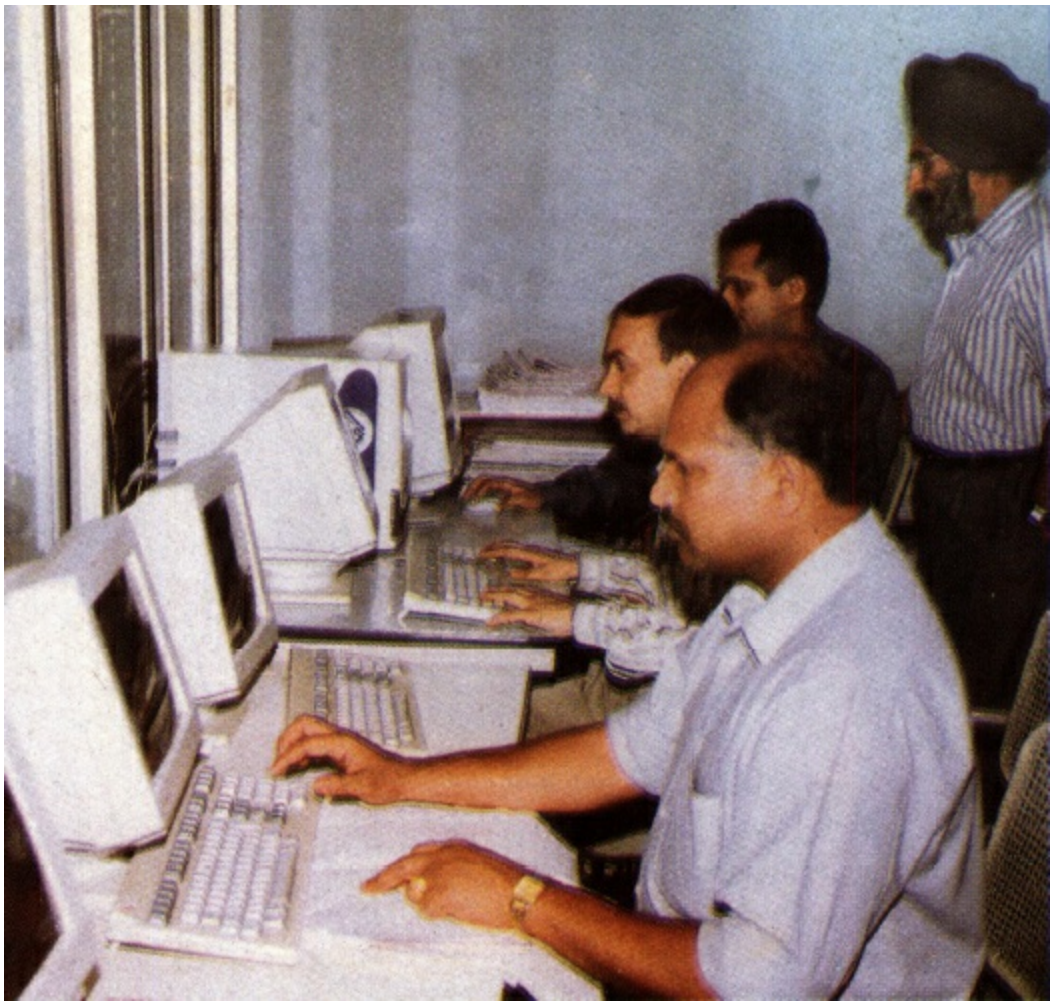
COMPONENTS OF AN E.MAIL MESSAGE

To create a basic email mesage, the user must enter the name of the person he/she is sending message to, and the message he/she wants to give them. These two parts are called the "receipient", and the "message body"/The "recipient(s)" is one or more email address(es) of people who should get the message. The message body is the text message for those recipients. The message body can be blank, but that would make a boring email message.

There are other optional parts in an email message; these parts are labeled the "subject", "attachments", "CC", and "BCC". The "subject" is a short line of text to explain to the recipient what the email message is about. The subject can be blank, but most people like to receive email with a meaningful, short, subject line, "Attachments" are files that user want to include with message to give to the recipients. Attachments can be music files, documents, pictures, or anything else. Users can include more that one attachment with an email message; however, large attachments or multiple attachments take a long time to send and receive, so users should be courteous about sending them.

"CC" and "BCC" stand for "carbon copy" and "blank carbon copy". The "carbon copy" field tells user email software that other people should receive copies of users email message. To send other people copies of the email, simply, their email addresses be put in the "carbon copy" field,

separated by commas. “Blank carbon copy” means that someone will receive a “secret” copy of the email message. When user enters someone’s email address in the “BCC” field, they will get a copy of the message, but their address will be hidden, and no one else will know that they got that message. (The term “carbon copy” comes from a technique to make copies of physical documents, similar to a copier machine).



E.mail facilities ensures faster and quick communication



A step towards achieving e-Governance in CRPF

In addition, users email program will always stamp his message with his name and email address as the “sender”, to tell the other person from whom the message is from. Also, user email server will put the current date and time on the message, to indicate when the message was sent.

MAIL BOXES

Many email programs provide “mailboxes” to help the user organize their messages. Mailboxes are places to store email, and can be named anything the user wants. By default, many email programs have three mailboxes - an “In” box for messages the user has received, and “out” box for messages the user has sent, and a “trash” box for messages to be deleted. The user can add additional mailboxes such as “work” for email about work, “jokes” for humorous messages, and “friends” for personal messages.

E.MAIL ADDRESSES AND IDENTITY

Email addresses often provide a great deal of information about their user. The domain name, the section of the email address after the "@" symbol, has two parts, both of which provide valuable information. The first part indicates where the person works, goes to school, or what company they are using to get Internet access. This is followed by a three of two letter code. The code, which can be .com, .edu, .gov, .org, .net, or a country code like **.ca** for Canada, is called a "top level domain". The top level domain can indicate what country the person is from or what type of organization the person works at or gets Internet service from. For example, a top level domain of .za could indicate that the person is writing from South Africa, and a top level domain of ".org" could indicate that the person works for or gets Internet service from a non-profit organization.

PASSWORDS

The password of an user to email account is very important. If user forgets it, he won't be able to check his email. If someone else knows his password, then they can read his email and send bogus email in his name.

E.MAIL PRIVACY

In terms of privacy, e.mail is more like an electronic postcard, than electronic mail. Like a postcard, any one between user sending the message and its destination could, theoretically, read the message. Others could keep a copy of users message and read it (or use it against you) in the future.

The electronic mail has changed the complete scenario. Today a world without e.mail is unthinkable, even though the privacy of messages sent as mail is not maintained, there are technologies which makes e.mail more private and diffcult for others to read.

CRPF WELFARE SHOP INAUGURATED

Smt Kanchan Chaube, President, CRPF Wives' Welfare Association (CWWA) inaugurated the 'CWWA WELFARE SHOP- SUKRITI' at Staff camp of Directorate General,CRPF, Sector-I, R.K.Puram, New Delhi on 24th Dec, 2003.



Smt. Kanchan Chaube, President, CWWA inaugurating "SUKURTI"

Speaking on the occasion, Smt.Chaube said that the objective of this Shop is to arrange procurement of various items like specific handicraft and famous items of different states through Family

Welfare Centres of various Group Centres of CRPF and arrange sales of these items through SUKRITI on cheaper rates to the CRPF personnnel as well as to civilians. The profits generated would be utilised by CWWA for various activities for the welfare of female family members of the Force personnel, widows & disabled personnel, handicapped and mentally retarded children of force personnnel especially girl child, she added. Smt.Chaube also said that widows, disabled and retired CRPF personnel will be given employment in this shop.

At the outset, Smt.Anjana Kumar, Vice-President, CWWA CRPF gave the welcome address. Smt C.M.Sharma, Honarary Secretary,CWWA

proposed the vote of thanks.

Shri S.C.Chaube, DG,CRPF, Shri Himanshu Kumar, Addl.DG,CRPF and the members of CWWA were present on the occasion.

LEPROSY-NO MORE UNCTJRABLE

– Dr. Nimain C. Mohanty, MD CMO, BH-I, CRPF

Gone are those days when Tuberculosis was being given the honour as “Raj yakshma”, - the king of the diseases with regard to its killing potential, like the HIV/ AIDS today. A cure being nowhere in sight, TB patients were left at the mercy of the Almighty; or at best admitted in the Sanatoria between despair and hope. But with advent of modern medicine, TB is fully curable now with simple medications, to be taken at best for 4 to 6 months, depending on the regimen.



A Blood doner is being checked in a camp

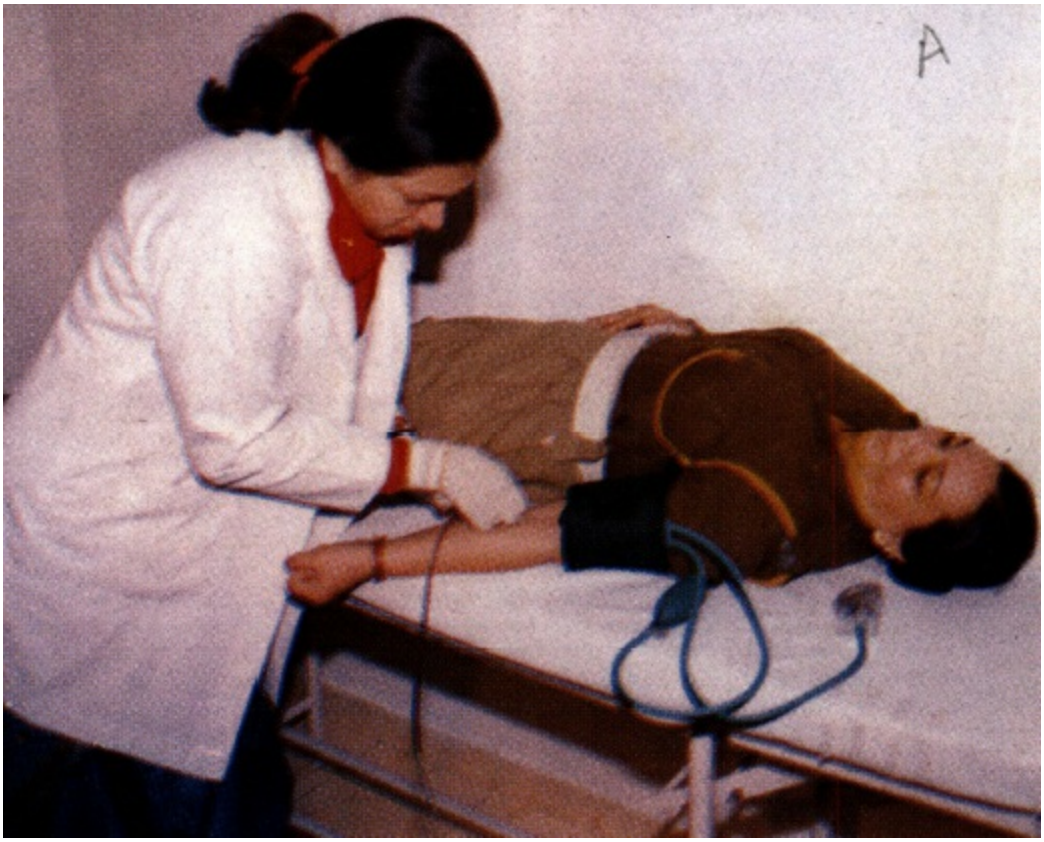
Similarly Leprosy, a disease to which lot of myth had been attached, is totally curable now; with a short course of treatment. People had some idea of it being contagious but always over exaggerated it as a ‘Curse’, having found no easy treatment although the disease was recognized quite early. The Sushruta Samhita gave a fair account of temporal events of the disease, its mode of propagation and treatment around 600 BC.

The premises of the Sun temple at Konark, Orissa were being used to provide ultra-violet ray therapy to the leprosy patients enmasse. Leprosy asylums were established at Calcutta and Varanasi during 19th century, besides a "Missions to the Lepers" at Chama in 1875 and the Indian Council of British Empire Leprosy Relief Association in 1925. The government of India started its “National Leprosy Control Program” in 1955 with an assumed figure of 1.4 million cases through out the country. Many NGOs came forward to work in the field and by 1987, their number rose to 285 in the country. However, the treatment/control strategy remained confined to single drug Dapsone for varied duration, from three years to lifetime!

In 1980, 4 million cases were estimated in our country (Out of/ 12.6 million world wide in 60 endemic countries, 16 rated as most endemic). A working group was set up by the GOI, which laid down the revised strategy from mere control to aiming for eradication of Leprosy by reducing the infection pool. It was designed to check the source of infection while breaking the chain of transmission. Treatment strategy was changed from Dapsone mono-therapy to multi-drug therapy (MDT) in 1983 and the program was renamed as National Leprosy eradication Program (NLEP), aiming at eliminating the disease by the year 2000 as a public health problem i.e.-to reduce the case load to < 1/10,000 population. Drugs were made available free of cost to patients in a phased manner through the district MDT societies. The entire country was covered by 1995 with World Bank assistance made available in 1993 besides technical support from WHO. 8 million cases were cured by 1995. Further success will of course depend on Public cooperation and involvement of one and all, particularly the seriousness of the NGOs working in the field on whom the GOI banks upon a lot. Community based rehabilitation services also planned for former Leprosy patients, cured from the disease left with physical disabilities.

While the patients lived in forced isolation earlier due to superstitions

and were disowned by their kith and kins, now people know that only prolonged and frequent physical contact with a particular kind of Leprosy patient not taking treatment might transmit the disease, not otherwise.



CRPF Mahila donating blood

The bacteria called Mycobacterium Leprae that multiplies vey slowly, mainly affecting the slin, mucous membrane and the nerve tissue, cause the disease. Only left untreated, it can be progressive and cause permanent disabilities in limbs and eyes. Visible symptoms may not manifest for as long as 10 to 15 years! While pauce-bacillary cases might have less than one million bacteria per gram skin in the body of the patient, multi-bacillary cases harbour as many as 7000 million bacilli per gram of skin.

In 1981 the WHO study group recommended treatment with a combination of 3 drugs - Dapsone 100 mg, clofazimine 50 mg/day and Rifampicine 600 mg once a month for an adult, to be continued only 6 months in pauci-bacillary and 24 months in multi-bacillary cases, the regimen is called MDT, designed for ‘Sure to cure’ Leprosy. It also prevented the bacillus from developing resistance to either of these drugs. Not only cheap, it proved absolutely effective and highly acceptable to

patients. This had reduced the global case load from 5.4 million in 1991 to 1.3 million in 1996 with MDT coverage at > 8% worldwide. Through the support of Nippon foundation, the WHO supplies MDT drugs in blister packs to treat 8,00,000 patients in 25 countries now per year.

Surely we can hope now to stamp out leprosy altogether from the globe like what we have done to Small pox in the past, provided we do not relax guard and remain vigilant for case detection and prompt treatment. India is pioneering in research to develop the Leprosy vaccine and the end to t he menace is visible sooner than later.

COMMON ORTHOPAEDIC PROBLEMS IN FORCE AND STEROID INJECTION TREATMENT

– Dr. Dipak Mohapatra, MS (Ortho) CMO, BH-3, CRPF

In day to day practice and in general out patients departments, some very common orthopaedic including sports injuries are encountered, and there problems are not prevalent in CRPF but also found in all para military Force & in Army



Coristone injection may help planter fasciitis

Anterior knee pain :

There are two main problems encountered in patients who complain of anterior knee pain.

(a) Patello-femoral syndrome

The patello-femoral syndrome is the modern terminology for what used to be called chondromalacia patellae. It consists of a gradual onset of dull non-specific pain in the anterior knee, and felt either medially, laterally or superiorly to the patella or in the tetropatellar region. It gets worse with climbing or descending stairs, and can be troublesome at night. There is often clicking and crepitus of the knee, and occasionally a feeling that the knee is going to give away, especially on descending stairs.

The condition is caused by inflammation of the peri-patellar soft tissues and drying out of the patello-femoral cartilage. This can then break up as there is no time for it to rehydrate after respective stressing in high flexion activities such as sking, jumping and squatting.

Precepitating factors include previous patella dislocation, weak muscle balance (quadriceps, hamstrings and calf muscles), over-use, altered biomechanics (large Q angle, genu valgus, pronated feet), or general hyperlaxity of joints. Examination usually reveals a mild effusion, with

medial or lateral patellar tenderness and wasting of the medial quadriceps muscle that allows lateral tracking of the patella.

Management involves closed chain exercises - strengthening exercises that are performed with foot in contact with a surface that does not move. The idea is to build up the medial quadriceps and hamstrings.

Correcting muscle imbalance and foot posture entails input from physiotherapists and podiatrists. Stretching muscle and using proprioceptive taping as feedback for correcting the poor posture are useful.

KEY POINTS

Patello-femoral syndrome patients have a gradual onset of dull, non specific pain in the anterior knee.

Surgery is rerely required.

It is worth spending time to find the precipitating cause.

Appropriate treatment results in 90 percent of patients of getting better in 12 weeks.

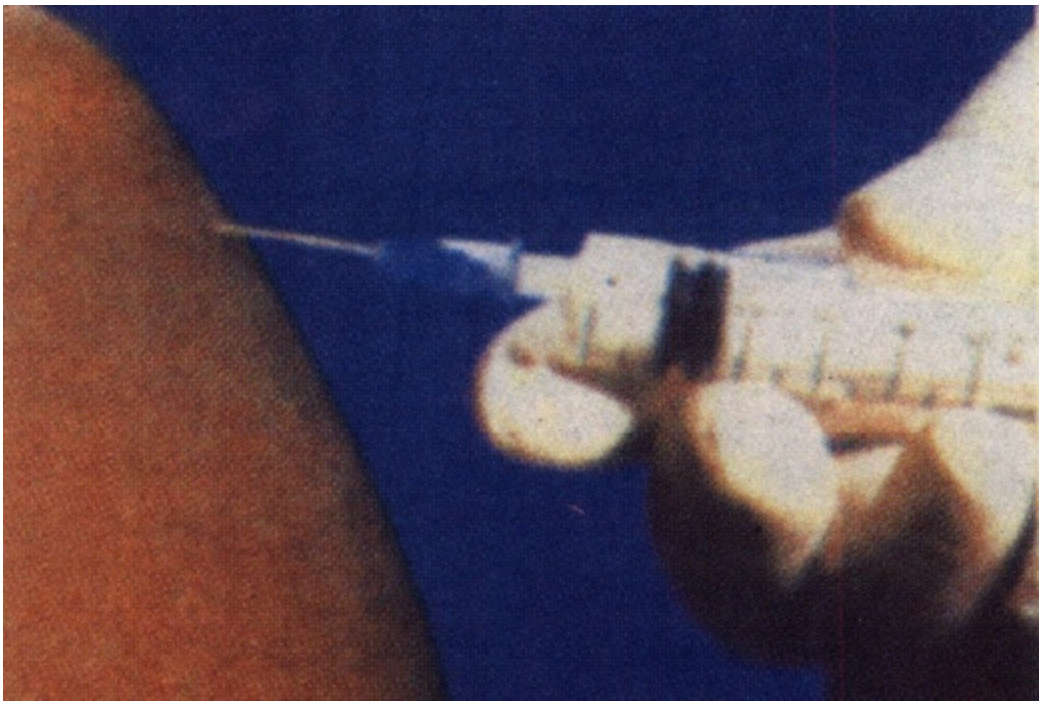
There is no place for early arthroscopy. There is no correlation between arthroscopy appearance and the symptoms or prognosis. Persistent lateral tracking of the patella may be the problem in some of the 10 percent who do not improve after 12 weeks. These may benefit fro orthopaedic referral with a view to tribial tuberosity realignment.

(b) Patella tendonitis

Patella tendonitis-sometimes called jumper's knee-differs from patella-femoral syndrome in that it presents with more sudden onset of sharper pain in the inferior patellar pole. The pain starts at the onset of activity, especially first thing in the morning, and is eased by more activity. It is aggravated by jumping or bounding.

The condition is caused by excessive loading on the patella tendon inferior to the patella. This results in oedema and possibly inflammation or tendon degeneration. Pain, weakness and medial quadriceps wasting follow and can cause a secondary patellofemoral syndrome.

Treatment involves activity modification with relative rest from sport, NSAIDs, physiotherapy, stretching of the hamstrings and quadriceps, and eccentric patella tendon strengthening.



Steroid injections can help injuries in the short term

2. HEEL PAIN:

Heel pain is commonly seen both in routine general practice and in sports injury clinics. The histroy is crucial to determining the cause and once correctly diagnosed, most conditions can be successfully treated in the community.

(a) Planter fasciities

Plantar fasciities is an acute inflammation of the plantar fascia, which extends from its proximal attachment at the clacaneus to the metatarsal heads. This fascia is often a continuation of fibres.

KEY POINTS

Most causes of planter fascitis can be treated in the community but podiatric advice is essential.

Surgery is rarely required.

It is worth spending time to find the precipitating cause from the Achilles complex.

Pain is worst on putting the heel to the floor first thing in the morning and eases after walking. It is usually precipitated by a change in posture,

footwear or the amount of walking. Tenderness is elicited along any part of the plantar fascia, especially medially at the calcaneal insertion. It is easiest to locate when the fascia is under tension by dorsi-flexing the big toe. The presence of a heel spur plays no role in cause or treatment.

Treatment includes antiinflammatory techniques, such as applying the PRICED rules and ultrasound. Podiatry advice about footwear and raising the arch with insoles to reduce strain on the fascia can be helpful, as can calf stretches, friction therapy and cortisone injection.

(b) Heel pad pain

Heel pad pain is different from plantar fasciitis. There is often a more rapid onset of a dull bruiselike pain over the heel fat pad, which is not altered by fascia stretching. It may be precipitated by a fall or mild trauma to the heel. There are no features of plantar fasciitis and the condition settles with rest and padding.

(c) Calcaneal stress fracture

With a calcaneal stress fracture, there is a gradual onset of crescendo pain globally over the cancaneus. This type of fracture is caused by overloading the heel bone at a rate faster than the body can adapt to, as with road runners who increase their workload by more than 10 percent each weak. The patients are often female, thin and amenorrhoeic and therefore also at risk of osteoporosis. Pain is elicited by squeezing the lateral aspect of the calcaneus with the palms of your hands.

The diagnosis is made from the history and confimed with a radioactive isotope bone scan. Treatment is relative rest, with dietary and podiatric advice followed by a gradual graded rehabilitation when the patient is pain free.

(d) Planter Calcaneal spur

It is otherwise known as police men's Heel; though to occur due to over use of ammunition boots. Pain occurs on the under surface of heel occurs in standing and walking and in relieved by roat. On the planter aspect of the calcaneus at the attachment of planter aponeurosis; there in a bone growth because continuous traction over it.

(e) March fracture

The slender shaft of a Metatansal bone usually 2nd May field to unusual stresses & strains contributes to this condition. The individual complains of pain in the Metafaral area on weight bearing.

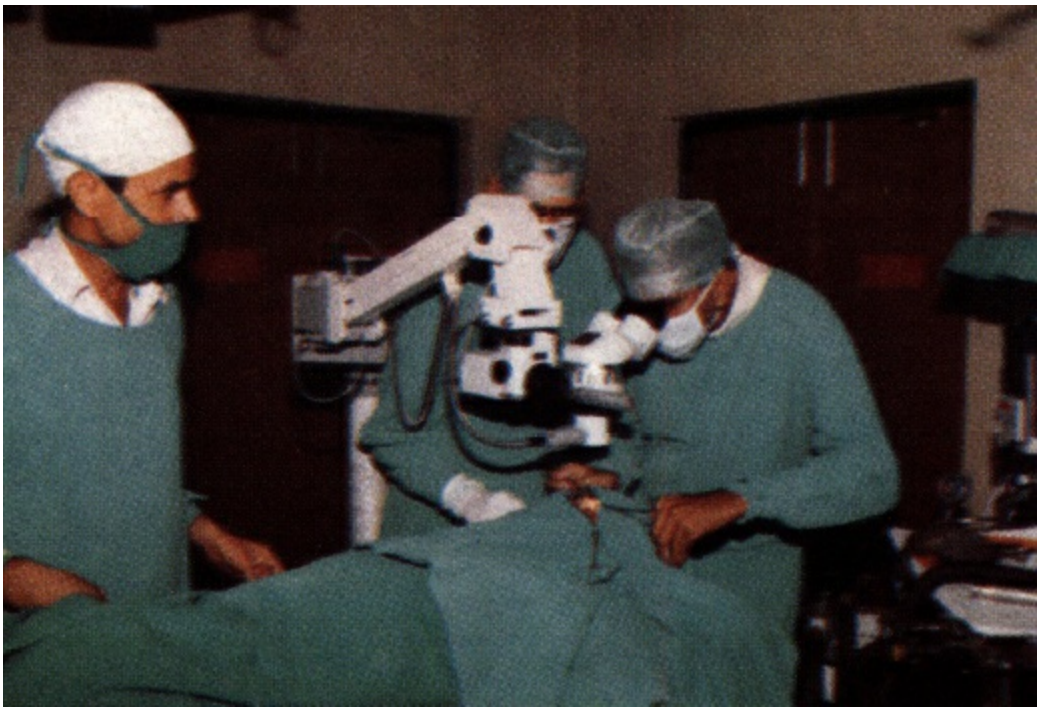
(f) Warts

Planter warts occur on the ball of the foot but are situated independent of paints of pressure. Electro coagulation and surgical excision advocated.

(g) In Growing Toe Nail

The margines of a toe nail or upper corners of the nail may dig in to the surrounding skin and cause paronydial infection. The nail cause in due to tightly compressing shoes or trimming the nail too short so that corners in growing outwards penetrate the skin. An infections granulous may from.

Surgical treatment in best option as the nail must be removed down to the bony surface.



Surgery under progress at a CRPF Hospital

STEROID INJECTIONS

Despite the fact that steroid injections have been around for years and are still commonly given in hospital outpatients and surgeries, there are few studies comparing steroid injections for sports injuries with other forms of treatment.

A recent study comparing steroid injection with physiotherapy and with placebo in shoulder injuries showed that, after 12 weeks, the steroid patients felt most improved. But after 12 months, the physiotherapy patients did better.

In sports medicine, steroids are given for a number of reasons. They can be used for breaking down the chronic low-grade inflammatory cycle that seems to inhibit healing in long-standing injury-although there is little evidence for this. Other indications are to suppress inflammation in conditions involving rheumatoid or psoriatic arthritis, or to suppress inflammatory flares in degenerative joint disease such as osteoarthritis of the knee.

KEY POINTS

Steriod injection gives better short term relief than physiotherapy, but in the long term physiotherapy is best.

Side-effects do occur but are often

over-emphasised.

Make a firm diagnosis before injecting steroids.

Before repeating an injection, consider the reasons.

Side-effects from steroid injections are often widely feared by the patient, but are few in number, they may be systemic, such as facial flushing for one or tow days, abnormal uterine bleeding, disturbance of diabetic control and anaphylaxis. Local effects include a post-injection flare, skin depigmentation or atrophy, bleeding or bruising, tendon rupture, and injection.

Most local side-effects occur when too large a dose in too small a volume is injected too often. A clear diagnosis must be before injection, and a clear indication for parrying it out must be present. Subcutaneous injections of steroids or bolus injections into a tendon should not be performed.

If a previous injection had no effect on the patient’s symptoms, consider the reasons. The injection dose may have been inadequate or not in the right place, or the diagnosis wrong.

PHYSIOTHERAPY

What is it? Many of us don't know and many of us don't want to understand, what exactly it means. Most of the persons are unaware of the meaning of the term physiotherapy and those who knows something about it they think of it simply as massage or exercise. But this is totally a wrong concept about physiotherapy. Physiotherapy is a vast term and it is very difficult to define it in few words. According to "VJOTA" the term physio - means physical (related to body) and therapy - means the treatment, thus, the word physiotherapy means the treatment given to the body physically without the use of medicines as such.



Shri S.C. Chaube, DG, CRPF interacting with CRPF Jawan after inaugurating Occupational Therapy Unit (OTU) at Base Hospital-I, New Delhi

Physiotherapy is the science through which the treatment and cure of the diseases like cerebral palsy, motor neuron diseases, muscular dystrophy, atrophy, osteoarthritis, rheumatoid arthritis, back ache, postural deformities like scoliosis, etc can be done. Physiotherapy has been found to be very beneficial in diseases like hemiplegia, parapledgia and post operative stiffness etc. Even in some cases it it more effective than allopathic

treatment. In BACK ACHE, one of the most common problems being faced by CRPF of drugs. But physiotherapy has been found to be very effective in such conditions to a large extent.

CAUSES OF BACK ACHE:

1. Improper posture is the commonest cause of back ache.
2. Unhealthy lifestyle
3. Sports injuries
4. Hereditary causes
5. Post partum back ache
6. Spinal anesthesia
7. Injuries due to accidents
8. Prolapsed disc
9. Spondylitis
10 Arthritis

TREATMENT consists'of Bed rest immediately following injury, Immediate pain relief by analgesics and anti-inflammatory drugs, Posture correction, Yoga, Manipulation and Physiotherapy

Only physiotherapy is beneficial for prolonged relief.

For actual physiotherapy, first of all assessment of the root cause of the problem is to be made through Clinical history, Examination, Reflexes assessment, Muscle power grading and Any postural abnormality

After proper assessment, keeping in mind the lifestyle and job requirement of the patient, proper treatment plan consisting of one or more of following steps is made.

1. Short wave diathermy
2. Manipulation
3. Spinal extension exercises
4. Posture correction clinics and guidelines
5. Do's and Don'ts guidelines
6. Relaxation techniques.
7. Lumbar traction.

Physiotherapy is such a wonderful science that patient steps in with great distress and walks out with a bit smile.

NUTRITION

Food is the basic need of all human beings. The most important fact in our life generally goes unnoticed. What we like we eat. But we do not think of the quality, quantity and type of food we eat. We also do not know which foods will keep us healthy. Knowledge of foods, nutrients, their local availability and how they are utilized in body is called NUTRITION.

NUTRITION is the knowledge regarding the role of food in the maintenance of good health.

Role of nutrition is to keep a person healthy and in case of diseases it becomes far more important. Most of us do not know what to eat, how to eat and when to eat in case of normal of diseased conditions. So knowledge about nutrition is a must. Components of foods we require in adequate amounts in order to grow, reproduce and lead a normal, healthy life are of 6 main classes -carbohydrates, protein, fat, vitamins, minberals, water. Each nutrient has its own function in body and they act in unison for effective action.

A diet that has all these above nutrients in adequate and appropriate amout is called BALANCED DIET. Requirements of a daily diet can be classified as under

Energy yielding foods:-

Cereals - rice, wheat, maize etc., Starchy vegetables - potato, sweet potato etc., Fats and oils, butter, ghee, Sugar and jaggery., Body building foods - milk and milk products., pulses, grams, beans, ground nuts, meat, eggs, mutton, chicken, fish., Protective foods - green leafy vegetables and fruits.

Balanced diet is based on the 7 basic food groups:-

Cereals and cereal products Milk and milk products Meat and meat products Legumes and grams Green leafy vegetables Fats and oils Fruits

Calorie and protein requirements for Indians according to ICMR are

MALE

	Calorie	protein
Sedentary worker	2425	60 gm
Moderate worker	2875	60gm
Heavy worker	3800	60 gm

FEMALE

	Calorie	protein
Sedentary worker	1875	55 gm
Moderate worker	2275	55gm
Heavy worker	2975	55 gm

Quality protein can be obtained from soybeans, pulses, egg, milk, nuts, fish, and chicken. But most of the people do not know why to eat dal with rice. Rason is to provide complete protein to body. Rice lacks some protein components and dal lack some, so by mixing both, it becomes complete protein.

Fat intake should be 20 gms of visible fat and should contain more of unsaturated fat rather than saturated fat to avoid unnecessary depositon in body. Heavy workers can take up to 40 gms of visible fat. Food should contain more of fibers, which one can get from whole grains, cereals, pulses fruits, green leafy vegetables and other raw salad vegetables. Vitamins and minerals are required in less quantity but are of more importance in our body, as they are used in metabolism. Even in case of minor deficiency, health system gets disturbed. So our daily diet should contain all the food groups to give all the nutrients required for body maintenance.

A BALANCED DIET

A BALANCED DIET keeps the mind and body healthy.

Eating all thing in your line of sight because you just quit smoking? Drinking more coffee to try and slow down your overeating? Biting off people's heads in the morning because you've quit drinking coffee? When kicking bad habits, sometimes we "bite off more than we can chew." Whether you are trying to quit smoking, drinking, gambling or trying to eat better, kicking bad habits is a difficult and emotional process.

Resolutions are a great motivator to shed unwanted weight, quit smoking or start spending more time with your family...But often, we see people take the 'cold turkey' approach to kicking a bad habit, which is not the most effective or healthy way of changing unwanted behaviors. Defining goals and setting realistic time-lines for kicking habits is the key to changing unwanted behaviors like smoking, overeating and caffeine addiction. Consistent with the results of scientific studies, the following tips are recommended to help identify, plan and eventually kick bad habits for a healthier, happier New Year:

Define your goals and then commit yourself to achieving them. People who acknowledge that they need to make a change in their life are more likely to achieve that change than those individuals, who think that they may, or may not, have a problem. Taking active steps towards making that change (i.e. joining a self-help group) will move you closer to success in kicking the habit. Change is not easy and requires commitment.

Don't do it alone. Get help. It you choose to discuss your goals with others, choose people who want you to succeed. Find someone with the same goals, who want to kick the same habit. Find support from friends, family, colleagues, or professional support groups.

Establish clear and realistic sub-goals and timelines.

Rome was not built-in a day - if it was that easy to kick a bad habit, we simply wouldn't have bad habits. Chart your progress in a diary or calendar that outlines a realistic amount of time to eliminate the bad habit. It you are drinking 5 cups of coffee in the morning and have a goal of cutting down to one, give yourself a few weeks to achieve this (i.e. one-up less a week). The first big hurdle is to achieve 90-days of the target behavior.

Add, don't just subtract. Add competing desirable behaviors to compensate for the elimination of bad habits. We often need something to take the place of habit to help us maintain focus to successfully kick a habit. By replacing bad habits with positive ones, like exercise, meditation, time with family, healthier foods and activities, you are less likely to replace old bad habits with new bad habits.

Allow for some slippage -but not constant slippage. If you have decided to give up sweets to lost a few pounds or protect against cavities, but decide to have a bit of your aunt's famous cheesecake, this is not an excuse to give up your goals and keep going. Plan ahead and set limits for yourself.

Reward yourself! Continue to acknowledge and reward yourself for the "baby-steps" you take in kicking a bad habit. Let the people around you reward yuor success and cheer you on the next step.

CRPF DOCTOR HONOURED

Dr. R.B Das, CMO (Sports), CRPF have been honoured with the Fellowship Award of the Indian Association of Sports Medicine for the year 2004-2005 during the Silver Jubilee Congress of the Sports Medicine Association on 5th December 2003 at Amritsar in recognition of his significant contribution for the advancement of the Sports Medicine vis-a-vis Sports. He had received this prestigious award from Dr. K.M Chan, President of International Federation of Sports Medicine, Hongkong in presense of Hon'ble Health/Sports Minister of Punjab.



Dr. R.B. Das

CARDIAC HEALTH MONITOR

– DR. R.K. SHARMA S.M.O. 69 BN C.R.P.F



CRPF Medical team providing treatment to Yatris who climb high altitudes for Darshan of Holy Cave of Shri Amarnath

Now a days heart illness is increasing at an alarming rate in the young population in India. Heart attack is one of the most common cause of sudden death. Though we cannot prevent the mortality & morbidity altogether attributable to heart disease, we can certainly reduce risk factor causing heart ailment by doing certain modification in our day to day life.

We should maintain four hour gap between two meals and avoide hurry worry & curry. We should keep out cool & manage to balance emotion, tension & anxieties even in difficult citcumstance.

We have to avoide sedentery life style & adopt a healthy way of life. I am giving few tips for keeping your heart fit to enjoy the spice of life.

The fat found in beef, pork, butter, cream & whole milk is saturated.

Among the vegetable we consume, Coconut oil, cocoa butter (chocolate) & palm oil are the principle source of saturated fats & are bad for the Heart & blood vessels.

POLY UNSATURATED FATTY ACID (PUFA) comes mainly from vegetable sources namely Safflower, Sunflower, Corn, Soyabeen & Cotton Seed Oil and are very useful for the healthy heart.

Avoid saturated fats (Cream, Butter, Gnee, Animal Fat, Vanspati, Coconut Oil etc).

Organ meats for eg. Brain, Liver, Heart and Kidney have an ever -higher concentration of saturated fat and cholesterol should be avoided all together.

Fat in eggs is found in the yolk.

Dietary therapy is the primary cholestrol lowering treatment and should be the first line of attack. The Goal is to eat food that is good for you as well good to yout heart.

Remember saturated fatty acid and cholestrol are not essential ingredients and are not there for requirment for a healthy human diet.

Instead of red meat use source of protien that are not as high in saturated fat Fish, Skinned chicken, dried peas and bean. Soya bean product (TOFU is the most notable) are all excellent alternative sources of protien.

Restrict your intake of dairy product especially Egg Yolk when consuming milk yoghurt or cheese use low fat varieties. Avoid ice cream.

Eat lot of fresh fruits and vegetable every day. (Eat Green and stay in teens)

Take plenty of Grapes, Tomato, Apricots, Water Melon and Papaya since they contain lycopenes which increase quantity and quality of semen /sperms in the body.

Aerobic exercise should be practiced by every one who is orthopaedically able at least thrice a week for 30 Minutes continuously. The Goal is to push your heart rate up to approximately 70 to 75 pet cent of the maximum heart rate for your age. The maximum heart rate predicted for age is obtained by subtracting your age from 220.

REMEMBER : Low fat. High fibre, regular aerobic exercise are pro-life.

If you are not eating regulary, drinking can produce hypoglycemia because alcohol taken while fasting enhances the blood sugar action of insulin and interferes with your body's ability to produce glucose.

Alcohol is an energy yielding substract :- 7Kcal /Gms but these cannot be stored.

Alcohol is reputed as an **"APHRODISIAC"** aggressive sexual behaviour is due to loss of restraint and inhibition. However performance of the sexual act is often impaired. Chronic alcoholism can produce impotence.

Alcohol provides calories, but has little nutritional value. Alcohol should contribute no more than 6 percent of your total calories each day.

HOW DO YOU RECOGNISE A HEART ATTACK:

Severe crushing sensation in the chest.



Cardiac Surgery under progress



Patient treated at CRPF Composite Hospital, Jammu

Pain in the left shoulder, arm & neck, occasionally on the right shoulder.

Pain in the abdomen or sensation of fullness gas in the chest.

Fall in the blood pressure & weak pulse rate.

Nausea & vomiting, sweating, weakness, palpitation breathlessness etc.when in doubt have an ECG taken.

MEDITATE : Practice sitting in a chair in a room with a straight back and crossed feet. Gaze at an imagiary spot on the wall opposite to you and concentrate all your energies on it. After 10-15 minutes you will feel much better.

BREATH DEEPLY: Sit with hands on your stomach inhale deeply, filling your lungs with air. Now exhale slowly through the pursed lips till you feel the lungs are completely empty. Repeat this 3-4times.

Involving your family member : One of the best ways to ensure that you do not drift away from your routine.

Few Do's and Don'ts to be followed to keep your blood pressure under control.

Do check your BP Regularly.

Do maintain the correct Height -weight ratio.

Do not add salt to your food.

Do consume a diet low in fat.

Do exercise regularly for 20-30 minutes.

Do not smoke.

Restrict alcohol intake.

LEARN TO RELAX :- This is the best way to keep away from all worries and tensions. I nvolve yourself in your hobbies whenever you find time. This will give you a back from the routine. Spend more time with your family. Try and create a clear demarcation in your office life and your personal life.

WE SHOULD NOT DIG OUR GRAVE WITH OUR OWN TONGUE AND TEETH.

Meal for break fast :-

Sprouted soyabean Sprouted black gram Sprouted moong

Drinking lot of plain water in morning on empty stomach.

WELFARE ACTIVITIES IN GC BHUBANESWAR



IGP, E/S with officer and men watching 'Home Theatre' after inauguation at GC BBSR, DIGP BBSR

A lot of welfare activities have been undertaken at G.C. Bhubaneswar recently. According to Sh. G.S. Mastana, Addl. DIG of Group Centre, 2 STD booths in GC BBSR, one for GC personnel and their families and another exclusively for the Recruits of 149 Bn. have been installed. Installation of milk booth of OMFED is another mile stone, Daily around 250 litres of milk are sold through this booth besides sale of various products i.e., Curd, Lassi, Ghee, Panneer, Achar, Tomato Sauce etc. on much less rate than the market price Starting of a beauty parlour in Family Welfare Centre where professional course with diploma of 1 year and self make up course for month duration are being run has received positive response from the residents of GC, Establishing a centre for fabrication of Applique/ Garden Umbrellas of various size has added another feather in the cap of G.C. The products were exhibited during Welfare Exhibition at Delhi and received demands all over the Force. Starting of Dance teaching course, i.e. various type of dances like, break dance, western dance, oddissi dance etc has enhanced the cultural image of the Group Centre. More than 30 children are undergoing this training., Organising of Central Workers Education through Ministry of Labour, Govt, of India, has assumed importance now-a-days as it brings a sizeable change in one's life. Short courses are being run for the entire Group Centre personnel regarding

Communication, Motivation, stress management and various other subjects related to Force Personnel. A good number of GC personnel are undergoing the said courses. Establishing of independent Library with computer game facilities and E-mail facilities, would definitely improve the quality of life in the campus of G.C. Various types of books on all subjects are available in Library. Establishing of Home Theatre in Mens Club for Jawans which was inaugurated by Shri.Vageesh Mishra, IGP E/S is another success story which boosts the creativity and morale. Q



Establishment of OMFED Milk Booth at GC, BBSR

47TH ALL INDIA POLICE SHOOTING COMPETITION AND CRPF

– D.G. Mohapatra, PRO, CRPF



CRPF Shooting team which won laurels at the 47th All India Police Shooting Competition held at Bairi (Orissa)

I n the early 50s, a need was felt to bring together police officers and men from various states, so that they could discuss professional problems and put their heads together to find solutions. Thus the idea of organising a Police Duty Meet was conceived. It was envisioned that this meet would provide a forum to Policemen from various parts of the Country to learn from each other's experience, which in turn would generate efficiency and improvement in the professional standards of the entire police in the country.

The first meet was organised in the year 1953 under the auspices of an adhoc committee of the All India Police Athletic Sports Organisation in the form of Rifle & Revolver Shooting Competition. In 1954, a Central Coordinating Committee was formed for organising the All India Police Duty Meet. The Committee formulated Rules and procedures for various competitions of the Meet.

The First Aid and Ambulance Drill competition was included in the Meet in 1954and followed subsequently with the inclusion of competition in Transmission and Receiving messages (1955), Scientific Aids to

Investigations, Police Photography (1959), Motor Transport (1963), Cryptography (1972), Police Dogs (1973), Computer Awareness (1992) and Band (1999).

The venues of All India Police Duty Meet from the year 1953 has been like this: 1953 - Nagpur, 1954-Chennai, 1955- Patiala, 1956-Kirakund, 1957- Hyderabad, 1958 - Jaipur, 1959 - Patna, 1960 -Sitapur, 1962-bangalore, 1963-Delhi, 1964-Bhopal, 1966-Ahmedabad, 1968 - Pune, 1969-Srinagar, 1970-Shimla, 1972-Trivandrum,1973-Cuttack, 1974-Chennai, 1975 - Guwahati, 1976 -Hyderabad, 1977-Jallandhar, 1978 - Madhubhan, 1980(Apr) - Nasik, 1980(Dec)-Bhopal, 1981-Bangalore, 1982-Barrackpore, 1983-Lucknow, 1984-Jaipur/ Jodhpur, 1985 - Paptna, 1986-Hyderabad, 1987- Bhopal, 1988-Srinagar, 1990(Mar)-Ahemdabad, 1990(Oct)-Pune, 1991-Madras, 1992-Shimla, 1993-Bangalore, 1995(Jan)-Madhubhan, 1996(Mar)-Bhanu, 1996(Dec)-Hyderabad, 1997-Bhopal,1998-Chandigarh, 1999-Lucknow, 2000-lndore, 2001 -Dehradum and 2003-Neemuch(MP),2003-Bairi (Orissa).

The State and Central Police Organisations are the agencies which uphold the rule of law and guarantee peace and tranquility in the land. The present scenario where terrorism has raised its ugly head to shatter peace, the task of policing becomes more daunting. Our policemen need professional skills of a very high order. There can be no two opinions that shooting skills assume place of importance amongst variety of skills of policemen, says Shri T.S.Dhillon,DIG,CRPF who is a veteran shooter of national & international repute.



HC (Mahila) Kanak Lata of CRPF aiming at target

According to Shri Dhillon, the All India Police Shooting Competition conducted under the aegis of All India Police Sports Control Board every year is a recognized forum to promote this skill amongs The Police and Para military Forces through healthy competition. This meet is also significant as it a ffords an opportunity to the police forces to exchange experience, techniques and know-how in improving professional skills.

The All India Police Duty Meet form an integral part of Police and Para-Military Forces curriculum as they provide an opportunity to the participants to get together, engage in keen and friendly competition and also mutual exchange of ideas outside the field, says another expert shooter of the Force.

Shooting is an important functional input for the police forces and proficiency in shooting enhances their efficiency and efficacy in discharge of duties. The Duty meet of this type provides ample opportunity to the police personnel of the country to generate effectiveness and raise the standard of shooting skill, he further adds.

CENTRAL RESERVE POLICE FORCE

In the 46th All India Police Shooting Competition, CRPF team remained

runners-up and HC(Mahila)Kanaka Lata of CRPF secured gold medal in Rifle practice (Prone snap - 300 yards). Also in the Pistol Practice (Squatting-15 yards) CT Vag Singh of CRPF secured silver medal while Dy.Comdt S.S.Ghuman of CRPF earned silver medal in the Pistol Practice (Prone snap - 50 yards).



CRPF shooters at Medal Podium of 46th All India Police shooting competition held at Neemuch

The following members took part in this year 47th All India Police Shooting Competition at Bairi (Orissa).

In **RIFLE** : Head Constable Ram Babu,Constable R.Suresh in 100 yards, CT S.D.Sapkale, CT Keshwanand in 200 yards, HC Lal Singh, CT Surender Singh in 300 yards, HC(Mahila) Kanakalata,CT Ujjwal Mondal in 300 yards snap, HC Atul Pratap Singh, HC Z.Bhupender Singh in 300 yards(3 position).

In **Rivolver/Pistol**: HC Bhag Singh,HC Arjun Singh,CT

Mahender Singh (Both hand), CT Dwarika Prasad, CT Rameshwar Ram

in Centre Dulling and CT Suplab Shah, CT Uttam Mandal in Carbine.

Results :–

Shooters of CRPF once again exhibited this Mettle and secured team championship trophy in Revolver/Pistol shooting and remained over-all runners-up besides garnering 3 individual silver medals in Pistol Shooting in the 4th Shooting Competition of the 47th All India Police Duty Meet. Individual Medal Winners are HC Bag Singh who won silver medal and CT Mahinder Singh who earned two Silver Medals in the Pistol Shooting.

10K RUN AT HYDERABAD - BRONZE FOR CRPF



Smt. Shetty W/o Shri P.J. Shetty giving away the prize to Rt. Sunil Kumar Singh

First 10K run was recently conducted in Hyderabad with a goal to put Hyderabad on Global Map. An agreement to this effect was entered into by Dr. B. Ramesh Babu, Medwin Hospitals and Chief Coordinator of the run

with Sh. RJ. Shetty, IGP, S/S for participation of CRPF personnel in the run.

This is first time in India that a run of 10K was organized. The Chief Minister of Andhra Pradesh Sh. N. Chandrababu Naidu flagged off the run. About 14,000 people and around 1000 CRPF personnel including ladies and children from station also participated in the run. Recruit Sunil Kumar Singh of 141 Bn secured third place and won Bronze medal and six other CRPF personnel also finished the event among the first fifteen.

Rt Sunil Kumar Singh was enlisted in CRPF on 15/02/2003 in 141 Bn and was undergoing basic training. He originally hailed from UP but settled in Vizayanagaram at Andhra Pradesh. His father is an electrician in a private mill.

Sh. Amar Soni who stood first in the 10K run is an international athlete and our Rt. Sunil Competed with him and finished third. It is no mean achievement which helped to build up moral among other recruits and CRPF personnel. National Badminton Champion Sh. P. Gopichand honoured Rt. Sunil with Bronze medal.

A Felicitation to participants and winner was organised at GC, CRPF, Hyderabad. Sh. P.J. Shetty, IGP, S/S, Dr. Ramesh Babu, Medwin Hospitals and Chief coordinator of 10K run attended it. On this occasion Dr. Ramesh Babu announced free medical cover to Rt. Sunil Kumar Singh and his family members for one year. He also appreciated CRPF for their active participation in the run.

Sh. P.J. Shetty, IGP, in his speech appreciated active participation of CRPF in 10K run and announced Rs.1000/- cash reward to Rt. Sunil Kumar Singh. Mrs. Shetty gave away the prizes to the winners and participants including ladies.

THE NEW PRIMARY WING OF CRPF PUBLIC SCHOOL



Shri S.C. Chaube, DG, CRPF inaugurating the primary wing of CRPF Public School at Pappan Kalan on 27th Jan, 2004



The cultural programme is being put up by the students



Smt. Rashmi Sinha who assumed the charge of President, CRPF Wives' Welfare Association (CWWA) being greeted by Smt. Swatantra Kaur, wife of Sh. K.J. Singh, Addl. DG (NWZ)



Smt. Kanchan Chaube the then CWWA President inaugurating CRPF Welfare Shop - 'SUKRITT' at Dte. Genl. Staff camp on 24th Dec, 2003

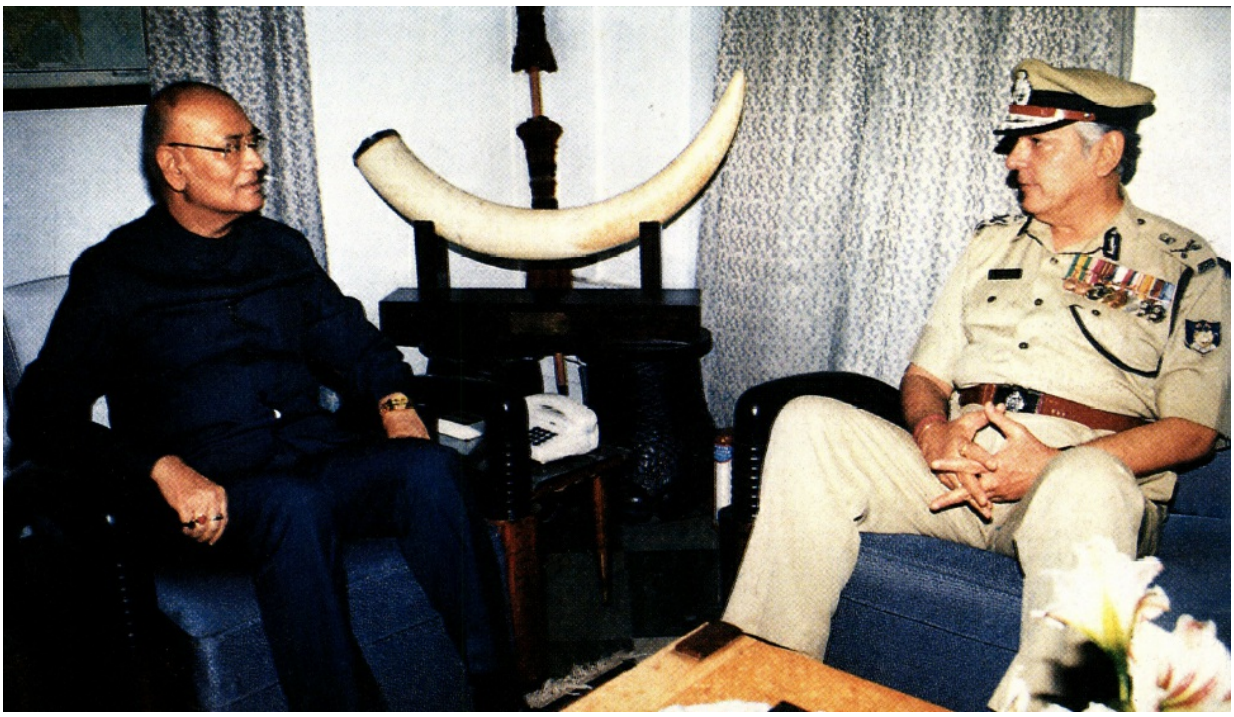

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CRPF SAMACHAR

APRIL-MAY, 2004



Shri Anil Baijal, the Union Home Secretary garlanding the "Kalash" containing sacred soil collected from the Battle of Sardar Post on the occasion of "Valour Day" at CRPF HQs on 9th April, 2004



Shri J.K. Sinha, DG CRPF made a courtesy call on Shri D.N. Sahay, the Governor of Tripura during his recent visit to the State.



DG, CRPF giving away memento to Shri Rajender Singh, IGP, Northern Sector who superannuated on 31st March, 2004.

CRPF SAMACHAR



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-Chief Editor.

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PREVAILING INTERNAL SECURITY SCENARIO



CRPF men on foot-patrol in North-East.

The internal security scenario in the country during the year 2002-03 continued a cause of concern, calling for carefully measured responses and strategy to meet increasingly complex challenges to internal security, including closer coordination among intelligence and law enforcing agencies, optimal use of manpower and material resources, technology upgradation, modernisation of Police Forces, better management of borders and coast line and, above all, good governance. A clearly discemable feature of the emerging security situation was the blurring of the line of distinction between external and internal security due, mainly, to Pakistan's continuing hostilities through proxy war, and its brazen attempt to exploit the fault-lines whereever it could find them throughtout the country. Another feature

that had a profound impact on the internal security situation in the country was the use of some of the neighbouring countries by terrorists and militants as sanctuaries and springboards for launching espionage and subversive activities against India.

The major internal security concerns in the country centred around Pak-sponsored terrorism in Jammu and Kashmir, inter-linked and externally supported subversive activities of militant groups in the North-East and the violence perpetrated by the Left-Wing extremist groups in some States. The internal dynamics of castes and communities was also a factor that has become security significant from time to time.

The situation triggered off in the neighbourhood of the country as a consequence of the terrorist attacks were pointers to the huge potential and insidious reach of present-day terrorism. Trends in terrorism also pointed to incremental use of suicide bombers, while targeting has witnessed a changeover from primarily civilian to military-sensitive targets, religious places and symbols of national power. The attacks on the Raghunath Temple and Kaluchak in J & K and various other places were manifestations of this macabre strategy. Suicide attacks in quick succession in different parts of the world highlighted the strong linkages between different terrorist groups operating from Pakistan-Afghanistan region. The spectre of bio-terrorism is already sweeping the world. Use of other weapons of mass destruction cannot be ruled out from the realm of possibility, if they have found their way into irresponsible hands. Attacks on economic nerve centres can also deliver a crippling impact.

Keeping in mind the above scenario, the State Governments/ Union territory Administrations were advised to strengthen "security around vital installations. Review of VVIP security was also undertaken. Security of airports, aircrafts, religious places, etc. was strengthened. The State Governments were requested to gear up collection of intelligence in regard to sabotage, subversive activities and attempts to disturb communal harmony. The State Government/UT Administrations were also requested to keep contingency plans in readiness to deal with any eventuality.

JAMMU AND KASHMIR

Jammu & Kashmir has been caught in the vortex of cross border terrorism for nearly fifteen years. Terrorism in Jammu & Kashmir has taken

a toll of more than 32500 lives, including over 11000 civilians, since 1990. It has also caused enormous damage to the Kashmiri people and the economy of the State.

The fifteen years of terrorism in Jammu & Kashmir can be divided into three phases. The first phase (1988-90) witnessed the rise of Azadi groups the second phase (1991-95) was dominated by pro-Pak groups and in the current phase (1996-97 onwards) foreign mercenaries have gradually taken over the mantle of terrorism. The local militants have been either marginalized or inveigled into supporting foreign elements that dominate the scene under the direct control of the Pak-ISI. It is estimated that about 60-70% of the terrorists operating in the State today are from outside, with locals mainly playing the role of porters and guides, etc. Since local support has considerabley dwindled, terrorists depend almost entirely on support from across the border, Foreign mercenaries are more ruthless in killing innocent civilians without a thought, Talibanisation of Afghanistan had also encouraged die-hard fundamentalist elements amongst the terrorist groups.

The second characteristic of the present phase is increased activities of terrorists in the Jammu region of J&K and extension of terrorism beyond the State to other parts of India. The third characteristic is better coordination among the main pro-Pak militants who are making efforts to increase their respective areas of operation. They are increasingly using unconventional weapons including lEDs, grenades and RDX and state of the art weaponry and equipments (especially communication equipments) with greater efficiency to inflict the maximum damage. The security force personnel, political leaders including grass-root political functionaries, minorities and the volunteer members of Village Defence Committees are the main targets. Repeated attempts at infiltration from across the border continue. Continued shelling by Pak army facilitates infiltratiion and exfiltration of the militants. Recoveries of weapons inside J&K by security forces indicate the unending flow of arms ammunition, etc. from across the border/Loc.

Despite yearning of peace by the people of J&K, Pakistan has continued with abetting cross-border terrorism and has maintained the tempo of terrorist activities during 2002 To boost their sagging morale and inflict severe damage on tne security froces by inducing a sense of vulnerability, Pak ISI-backed Jehadi outfits comprising mainly foreign mercenaries of LeT and JeM have resorted to suicide attacks. Indoctrinated terrorists with a

desire to find a place in the Islamic myths have propelled such brazen acts as a tactical weapon in guerilla warfare.

Yet another tactics that is being adopted by terrosists is their taking shelter in religious places, aimed atputting the security forces in tight position, for any collateral damage to religious places attracts adverse publicity causing alienation of people from the security forces. Right from Hazrat Bal and Cherar-e-Sharif to subsequent incidents, terrorists acts of this kind have been directed to achieve this very objective including consolidation of Pan-Islamic fundamentalist thinking. Security forces have the latitude to deal with emerging situations based on the ground level exigencies of each particular case and to plan their operations in such a way that minimum possible damage to religious structures takes place without compromising the objectives of the operation.

A lot of hope has been generated following the successful Assembly Election for return of normalcy in J&K. People's faith in democratic process and its institutions has been reinforced after the conduct of free, fair and credible election in the State. Large voter turnout has demonstrated in categorical terms that the people of J&K are clearly tired of violence and they yearn for peace, socioeconomic developments and integration with the national mainstream. Pakistan, on the other hand, is not at all inclined to any let up in its support for cross border terrorism and apparently would continue to keep the terrorist pot boiling. Of late, disturbing signals, like the fundamentalists gaining a significant foothold in Pakistan (as demonstrated in the recent elections) have been causing concern world over. Pan-Islamic groups motivated by fundamentalist indoctrination and pro-secessionist elements interplay within the State add another dimension to terrorism in J&K. Thus, a number of crosscurrents are at work which, at the moment, influence the nature of the terrorism in J&K.

The Security Force, therefore, continue to maintain a high state of alert and are fully prepared to take on the terrorists. Meanwhile, the multi-pronged strategy adopted by the Central Government conjointly with the government of Jammu & Kashmir continues to be in place and followed consistently. The strategy includes :

• Proactive tackling of cross border terrorism with the help of security forces whose tactics and deployement are kept dynamic to match changing ground realities;

• Measures to facilitate accelerated economic development; and

• Willingness to talk to all such people or groups of J&K who eschew the path of violence.

The main planks of the Government's security strategy to counter terrorism and curb militancy in the State include :

• curbing infiltration

• countering militancy in the hinterland;

• protection of minorities;

• tackling alientation of the border population;

• enhancing intelligence capabilities;

• Demolishing the over ground support base of the terrorists;

• greater functional integration through an institutional framework of Operations and Intelligence Groups at UHQ and field levels;

• improved technology, weapons and equipment of security forces;

• strengthening and modernisation of Jammu & Kashmir Police; and

• launching of greater number of pinpointed counter-terrorist operations.

As part of the integrated approach to combat terrorism in the State of J&K, the Central Government has been taking various measures to offset the adverse impact of terrorism on the general public in J&K with emphasis on planned and balanced regional development for building up physical and social infrastructure and improving a productive potential of J&K State. A Standing Committe headed by Cabinet Secretary/ Home Secretary has been constituted to monitor the development programmes of the Central Ministries in the State of J&K. There are six Sub-Groups working under the Standing Committee to provide focussed attention to the implementation of various Central schemes and projects in J&K. In order to give a further impetus to the development efforts in J&K, the Prime Minister, during his visit to the State of J&K, announced a comprehensive package on May 23, 2002 covering various aspects of development and security, with thrust on generation of new employment opportunities for the youth of J&K and relief for migrants affected by militancy and cross-border shelling. The package includes construction of roads and railways, development of cottage

industries like wool, pashmina, handicrafts, etc., development of agri-export zones for apples and walnuts, eco-restoration of degraded catchments of Chenab, Jhelum and Shivaliks, Technology Mission for development of horticulture, border area development, incentives for Police personnel, etc.

Apart from the devolopment programmes in J&K, relief and rehabilitation for people affected by militancy and cross-border shelling is also being given focussed attention by the Central Government. Adequate relief is being provided to those who migrated from the Valley due to terrorism and those who migrated from the border areas due to Pak shelling. The entire expenditure on the relief is reimbursed to the State Government. Besides, the Central Government is reimbursing the expenditure on payment of ex-gratia relief to the next of kins (NOKs) of the civilians, Security Force personnel and J&K Police personnel. In addition, Government of India is making direct payment of Rs. 3 lakh to the next of kin of the JKP personnel killed in terrorism related incidents as ex-gratia relief. Other relief measures include rehabilitation of widows and orphans, debt relief to borrowers in J&K, reconstruction of damaged infrastructure, relief to farmers, etc.

NORTH-EAST

North East India comprises the States of Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland and Tripura. The region accounts for 8.06% of the total land surface of India and has a population of 385 lakh, which is 3.75% of the total population of the country (as per 2001 provisional census).

Militancy in the North East is one of the oldest in India and surfaced right at the time of the Independence in 1947. It continues to plague Assam, Nagaland, Manipur and Tripura in varying degrees. Militancy of moderate intensity is raging in Meghalaya. On account of its geographical contiguity with Assam and Nagaland, some parts of Arunachal Pradesh are also disturbed. The demands of various militant groups in the North East vary from creation of separate State within North East in the Indian Union to total secession from India. The region is geo-politically highly sensitive and has a tenuous surface link through the Siliguri corridor with the Indian landmass. The armed hostilities have been consistently fuelled from the trans-border bases across the long and porous international border. the propaganda of the militants has been largely drawing its sustenance from influx of illegal immigrants mainly Bangladeshis, perceived or actual

demographic distortion of tribal communities in their homelands, disruption of natural trade routes following partition in 1947, poor social and physical infrastructure, relative economic deprivation and weak emotional and cultural links with the Indian mainstream.



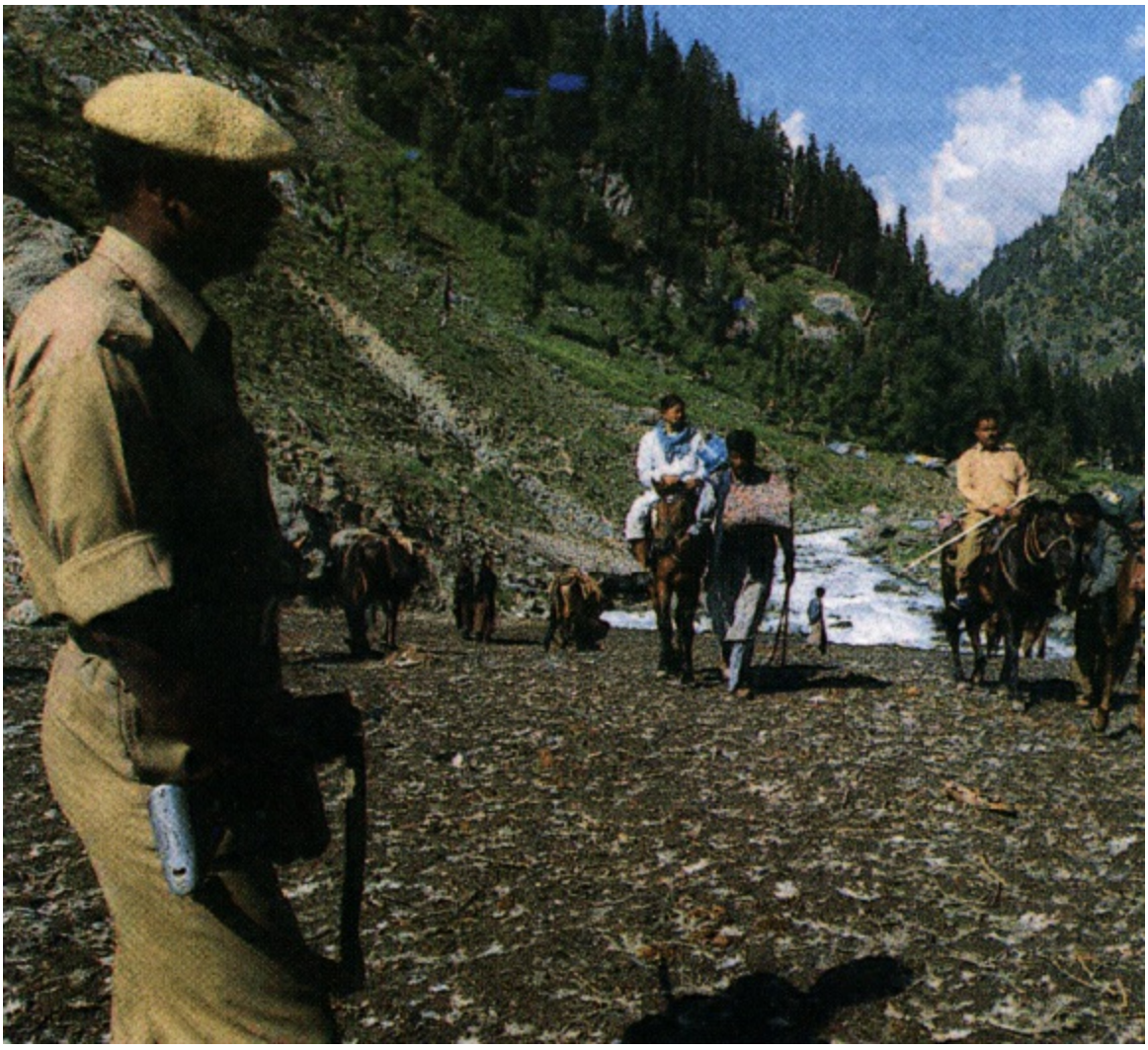
Insurgents surrendering before CRPF authorities in Tripura.

Militancy in the North East is a complex phenomenon. The modern forces of social and economic change have been contributing to unrest in certain segments of tribal communities. The Pakistan-backed ISI has also been pursuing its evil designs by misguiding people and, also, by providing training and arms to militant outfits in the region. Due to agricultural, industrial and infrastructural backwardness of the North Eastern region, the level of unemployment remains very high. The frustrated and unemployed youth becomes victim of the militant outfits waging an armed struggle against the national unity and social harmony.

The Government has categorically rejected violence as an instrument for resolving differences. The cult of violence negates peace, prosperity and human freedom. The Government has, therefore, extended an invitation to all those who have strayed from the path of peace and togetherness to give up violence and come forward for talks within the framework of our C6onstitution. Some militant outfits of the North East Region have, indeed,

come forward for peace talks by abjuring the path of violence.

The Government is committed to render all necessary assistance for restoration of peace and accelerating the pace of development in the North Eastern States. The peace loving people of the North East Region have been passionately reaffirming their faith in the democratic processes. Enthusiastic participation of the electorates in the periodic elections to the Lok Sabha, State Legislative Assemblies, Local Bodies and Panchayati Raj institutions is a rich tribute to our democratic polity.



CRPF men keeping vigil at Chandanwari-enroute to Holy cave of Lord Amarnath.

LEFT WING EXTREMISM

The left wing extremist movement remained a cause for concern with increased country wide naxalite violence. Countrywide naxalite violence increased by about 13.8% during the period under review despite a decline

of 30.4% in naxalite violence recorded in Andhra Pradesh, which has accounted for an average of about 47.5% of countrywide naxalite violence over the last 5 years. Deaths due to violent depredations of left wing extremists declined by 21.4% primarily due to fall in deaths by 58.2% in Andhra Pradesh and 30.4% in Jharkhand. Among the States afflicted with the menace, Bihar and Jharkhand wintnessed an increase in naxalite violence.

A group-wise analysis of the activities of left wing extremist groups in the country during the period under review reveals an increase in the violent activities of all the major groups. The MCC and the CPML-PW continued to spearhead the naxalite movement and accounted for around 85.9% of countrywide naxalite violence and resultant deaths despite their inclusion in the Schedule u/s 18 of POTA, 2002 as Terrorist Organizations.

The restructuring of relations between naxalite outfits, extensive militarisation, particularly by the CPML-PW, formations of new organisational structures for military as well as organisational tasks by the CPML-PW, possibilities of cooperation between naxalite outfits and other terrorist organisations in India and abroad are all matters of concern. Efforts were made by left wing extremist outfits towards actualization of the Compact Revolutionary Zone (CRZ) envisaged by the MCC, CPML-PW and CPN (Maoist) of Nepal for linking up the strongholds of the CPML-PW in Telengana and Dandakaranaya and of the MCC in Bihar and Jharkhand with those of the CPN (Maoist) in Nepal.

RESPONSE OF THE GOVERNMENT

The challenges posed to internal security, maintenance of law and order, peace, tranquility and harmony by secessionist, terrorist and militant groups, outlawed organizations, organized crime syndicates, divisive and communal forces, anti-social elements, etc., are quite formidable. The Centre and the State have to respond to these challenges aggressively. Under the Constitution, ‘public order’ and ‘police’ are subjects in the State List, while the Centre has an obligation to protect every State from internal disturbances. The Ministry of Home Affairs has taken several steps/initiatives to meet the challenges squarely in close coordination with State Government. The Ministry has evolved, and is continuously fine tuning, region and problem specific strategies to meet various challenges keeping in view their genesis, doctrine, strength, support-base, foreign links,

etc. The Ministry is providing extensive manpower support to State Government by making available the services of para-military forces to them. Apart from augmenting the strength of para-military forces and providing them with modern weaponry, communication system, etc., it is also assisting the States in modernising their Police forces. The annual allocation for modernisation of State Police forces has been raised from Rs. 200 crore to Rs. 1000 crore for a period of ten years. Reimbursement of security related expenditure incurred by State afflicted with militancy/terrorism, left-wing extremism, etc., is another mode of assistance devised by the Centre to help the States fight effectively the threats of militancy and violence. Diplomatic initiatives to enlist support of neighbouring countries to counter terrorism/militancy, legislative back up and statutory action (such as passing of the Prevention of Terrorism Act and banning of unlawful organizations), setting up a Coordination Centre (which has been expanded to include more States) to deal with left wing extremism, sharing of intelligence inputs, training and assistance to State Police personnel in scientific investigation of crime, etc., are some of the other important steps taken by the Centre.

ADG SHYAM RATAN MEHRA JOINS CRPF HQRS



Shri Shyam Ratan Mehra has taken over the charge of Additional Director General of Police at the Force Headquarters of Central Reserve Police

Force ((CRPF) on 5th April, 2004.

An IPS Officer of 1970 batch (Assam & Meghalaya Cadre) was the Joint Secretary in the National Security Council prior to joining CRPF.

Shri Mehra is also the recipient of President's Police Medal for Distinguished Service and Police Medal for Meritorious Service.

On the recommendation of the Group of Ministers on Internal Security, comprehensive revamping of intelligence apparatus, management of borders and intenal security management has been undertaken by the Ministry. A new Division viz. Border Management Division has been created in the Ministry

The Government of India is determined, more than ever, to root out the scourge of terrorism and militancy and to restore peace and normalcy in the disturbed areas. A loud and clear message has been given to the terrorists and their patrons in our neighbourhood that their nefarious designs will not be allowed to succeed. This has been followed by both pro-active and retaliatory action on ground. This stance of the Government has received positive support from the international community also. Already, India's lone fight against the forces of terrorism is becoming global.

Source : Excerpts from the Annual Report of MHA-2002-03

FUTURE CHALLENGES AND TRAINING OF THE FORCE - A PERSPECTIVE 2010

- **C.V. Mathew** Addl. DIG (Trg)



DASOs taking oath of allegiance at their POP held at CTC-II, Coimbatore on 7th April 2004.

In their recommendations, the Group of Ministers has mentioned that CRPF will be entrusted with the responsibility of internal security in all its dimensions with specific reference to tackling insurgency. The future challenges before the Force, lies in the internal security scenario and the turn it is likely to take in the coming years. This vast multiethnic, multi-religious and multi-linguistic country with diverse geographic and demographic differences has people with unrealized ambitions and unfulfilled aspirations, contentious politics based on ethnic, communal and linguistic differences have given birth to many secessionist movements in the country. The secessionist elements found money, arms and sanctuaries in neighbouring countries. These movements have grown and become serious threat to the integrity and sovereignty of the nation.

The fundamentalists -separatist - insurgency cum terrorism in Jammu &

Kashmir will continue to be a serious internal security problem in the years to come. Islamic fundamentalist's organizations like Al-Qaeda avowed to liberate Kashmir may pitch in to wage a holy war with all sorts of sophisticated weapons and equipments. This possibility calls for high state of preparedness in terms of modern weapons and equipments.

The North East is still under the grip of insurgency. The dialogue between NSCN (IM) in Nagaland may take a long time before any lasting solution is reached. With the demand of NSCN (IM) to merge all Naga inhabited areas with Nagaland, the road to lasting peace in this area seem to be long winding. Should the talks fail; a very tough insurgency situation will present itself in Nagaland. The unending internecine feud between NSCN (IM) and NSCN (K) has spilled over to Myanmar.

The situation in Assam is not very bright, although militant activities have subsided, the ULFA & other militant groups have taken recourse to large scale extortion which indicates their intention to regroup and strengthen themselves. The ethnic strife between Mizos and Chakmas & Mizos and Reangs may pave the way for the genesis of another insurgency movement. Large number of Reangs are staying in refugee camps in Tripura and the dialogue between the representatives of Reangs and the Govt. have made no head way.

The Maitie and Kuki insurgent groups have hide outs in Chin Hills of Myanmar from where they make marauding forays into Manipur. Abiding peace in this region seems to be a distant dream. Meantime the insurgents may regroup/reorganize and strengthen themselves and strategically emerge as a serious problem for the security forces to tackle. All these insurgent groups have access to modern weaponry and other military equipment, which compounds the problem.

The Jammu & Kashmir, where sizeable number of CRPF Battalions are committed, has all the potentialities of developing into a long drawn war of attrition. Although conciliatory efforts are on between India & Pakistan, the long nurtured attitude of Pak regime on Kashmir may not undergo any perceivable change. The Jehadi groups who have nothing in common with the peace initiatives will still pursue their jihad with the help of organizations like Al Qaeda and Jaish-e-Mohammad. In fact, jehadi cells the likes of which mounted the attack on Parliament House on 13.12.2001 may be hiding at several places in the country having their targets in focus. With

the support of regimes inimical to India, they will have more access to sophisticated weaponry, more accurate intelligence and support.

Andhra Pradesh, parts of Maharashtra, Chatisgarh, Orissa, parts of Bihar and Jharkhand are in grip of Left Wing Extremism. The PWG (Peoples War Group) and Maoist Communist Center (MCC) are coming together and likely to merge forging a new identity: The All India Maoist Communist Centre in its new incarnation would be a more militant and violent outfit. There are reports that the MCC is holding parleys with PWG and other like minded parties in India and also with Nepal's Maoist insurgents. The leaders of Revolutionary Internationalist Movement (RIM) are believed to be acting as mediators in these negotiations. The merger of these militant Left Wing outfit will have a force multiplier effect for Left Wing Extremism affecting a vast landscape. The current philosophy of Naxalites is that armed struggle must go on primarily for seizure of power. All their attention is firmly focused on revolutionary activities to undermine the authority of the state and seize power. The MCC operates in Jharkhand and Bihar and PWG dominates Andhra Pradesh, Orissa, Chatisgarh and parts of Maharashtra. Jharkhand is the worst affected state with 18 out of 22 districts in the grip of Naxalites. They are running a parallel government in the affected areas. The administration and police are extremely hard pressed to contain the situation. Naxalites are collecting huge amounts from mining concerns and other business ventures, the huge sum so collected would make it possible for them to acquire most modern weapons, communication systems and newer methods of sabotage, subversion and bombing. This problem is likely to grow and acquire a serious dimension. It will take some years of concerted political and military effort to stabilize these areas.



Shri O.P Singh DIG (Trg) inspecting Weapon Training.



Officers supervising the Training being imparted to jawans at RTC-I, Neemuch.

Jehadi Cells which have sneaked into the country and lurking in sensitive areas would indulge in creating communal divide and tension, bomb blasts, mass killings and other acts of subversion to destabilize the country.

These are some of the challenges of internal Security, which are also the challenges before the Force. Since Internal Security is being entrusted to CRPF, the Force would be faced with increasingly well equipped, well trained and tactically intelligent adversaries. The training, equipment and weaponry of the Force needs qualitative upgradation to squarely meet the dimensions of a full fledged IS role with insurgency and terrorism as main thrust areas.

The effect of modern technology.

The internal security scenario is dictated by the advancement of

technology in the sense that the insurgents and terrorists adapt to new technologies faster than the security forces. They plan and effect their missions flawlessly using high tech IT equipments, modern weapons & gadgetry. A computer savvy terrorist will virtually vanish from the scene and create a catastrophe sitting securely in some other country. The Force has to match this sophistication to be able to beat them in their designs. To illustrate this the attempts of Al-Qaeda to assassinate President Parvez Musharaf of Pakistan can be cited which is a case in point.

Two attempts were made to assassinate President Musharaf by using explosives. In the first attempt, the bridge which the President's motorcade was to cross was fitted with explosive device to be detonated through a wireless remote when the President's car crosses the bridge. However, the President escaped because his car was armed with jamming device that stops the timer of the bomb for about 1 minute and also jam the remote control in the hands of assassins which allowed the President a chance to cross the bridge unscathed. The second attempt which was far more ingenious failed because in addition to the jamming device, the President's car was armed with a second device designed by Israel for prematurely detonating the explosives carried by suicide bombers. This device obviously saved the life of President Musharaf.

When the first attempt failed, the terrorists used two pick up trucks packed with explosives and driven by two suicide bombers with explosives striped to their body to make sure that the plan did not fail. They used two vehicles working in tandem to beat the jamming device, but this time they were beaten by the Israeli device that detonated the explosives prematurely.

This incident sufficiently brings out the determination and capabilities of the terrorists but matching counter measure saved the life of a President. The terrorists have money and channels to obtain most sophisticated weapons, devices, communication equipments, day & night vision devices as per their need to plan and execute their missions. The insurgents and terrorists always keep assessing and evaluating their success and failures and learn lessons from it to plan future missions and operations. Besides this they also study the movements, tactics and pattern of operation of security forces with focused attention to pick holes to take advantage. The modern technology is aiding them in their attempt to be one up on the security forces. High tech gadgets are used in bombing incidents and mass killings

for effect. As science and technology advances, the modus operandi and methodology of terrorist will become increasingly complicated and difficult for the security forces to discern and crack.

This scenario is likely to continue engaging the Government and security agencies which include the CRPF. The force is alive to needs dictated by the challenges before it. The training, weaponry and equipments are in the process of upgradation to be equal to the dimensions of the internal security problems that it has to contend with. The modernization process would see the Force wielding INSAS system of weapons and AKs with day & night vision devices & telescopic sights to shoot at distant targets. There would be an array of support weapons at Coy level in insurgency affected areas like Automatic Grenade Launchers, CGRL, MMGs, 81 mm mortars, sniper rifles, etc.

The transport component of Unit fleet would have customized factory made bullet proof vehicles, high chassis armoured personnel carriers to operate in areas where the militants resort to mining of roads with lEDs. Each operational Sector would have three well equipped BDD squads with sniffer dogs.



Pistol Training under progress.

The Force would be organized in :-

- CI Battalions,
- RAF Battalions,
- Law and Order Battalions
- Disaster Management (NBC & non NBC) Battalions.

and equipped as such. The intranet SELO will link the Unit with all higher formations and the Directorate General. Decision making in crisis situation would be very swift. The function of administration would be e-based and fast paced.

TRAINING

The training of the Force would become high tech for quality and professionalism. The Training Institutions would use scientific fitness equipments to keep trainees in fine form and trim. Simulators would be the medium to teach shooting skills by galvanizing the physical and mental reflexes for greater accuracy. These simulators would graduate the trainees from basic to complex combat scenarios to fully tune their reflexes for live shooting on the range. The ranges would be presenting combat shooting practices which would give them the feeling of firing live in a combat condition in the field. The infantry weapon effect simulator system would test each individual as to his capability of applying tactics combined with fire power to neutralize the adversary. Heliborn capabilities would be inescapable for cutting off and interdicting the fleeing insurgents. Heliborn capability would enable operations in intractable regions. Training for heliborn operations would be a prerequisite of counter insurgency training. Helicopters would also be pressed into rescue relief operations. By the year 2010, the Force will have its own helicopter squadrons for operations strategically located in NE, J&K and Left Wing Extremism affected areas.

The class rooms and lecture halls would bring realism into it with the use of audio visual aids like films, multimedia presentations, smart board, video camera, etc. The topics on training would be dealt interactively interspersed with multimedia, film and exercises which would be video filmed and reproduced before the trainees to show them their reactions for self analysis. Participants would be put in situations & scenarios to find solutions. Simulated exercises would the norm for practical training of all aspects be it

tactics, operations, public order disturbance or disaster management. The sand models would be electronically operated to bring clarity by highlighting the intended area. It would be equipped to project the 3D relief map of the area through projector using software containing 3D relief map of the country. Each RAF unit would be a veritable training institution equipped with modern aids to hone the skills and awareness of RAF for effective public order management and proactive action.

Each Arms Workshop and CWS would similarly equipped and function as Training Centres to train technicians in care, maintenance and repair of modern weapon systems and equipments.

The Central Telecommunication College at Ranchi would be a Centre of Excellence in IT and communication.

The Force would have one Academy, 4 CTCs and 1 CIAT school functioning as “Centres of Excellence”. A National Police Band School would train bands of the Force, other CPMF and State Police Forces to inspire and motivate the rank and file by arousing martial music. The Central Training College would be a state of the art nodal training centre for disaster management for both non NBC & NBC disasters.

There would be Common Training Centres or “Training Nodes” with requisite adm & training infrastructure which will include residential accommodation for troops and Officers with basic amenities, training ground, class rooms, lecture halls, sand model, Battle Obstacle & Assault Course (BOAC) and firing ranges. These modes would be shared between States and CPMF. This would also facilitate joint training of State Police Forces with CPMFs.

Plans and processes to achieve the aforementioned State of preparedness are in place. The trust reposed by the Govt. in the Force as the custodian of internal security is an onerous responsibility and to meet this role along with attendant challenges, the Force must gear up in terms of quality and professionalism. With ongoing efforts, the year 2010 would see CRPF as a most modern and high-tech Force tackling the challenges before it with professional finesse and contributing to the development & growth of the country.

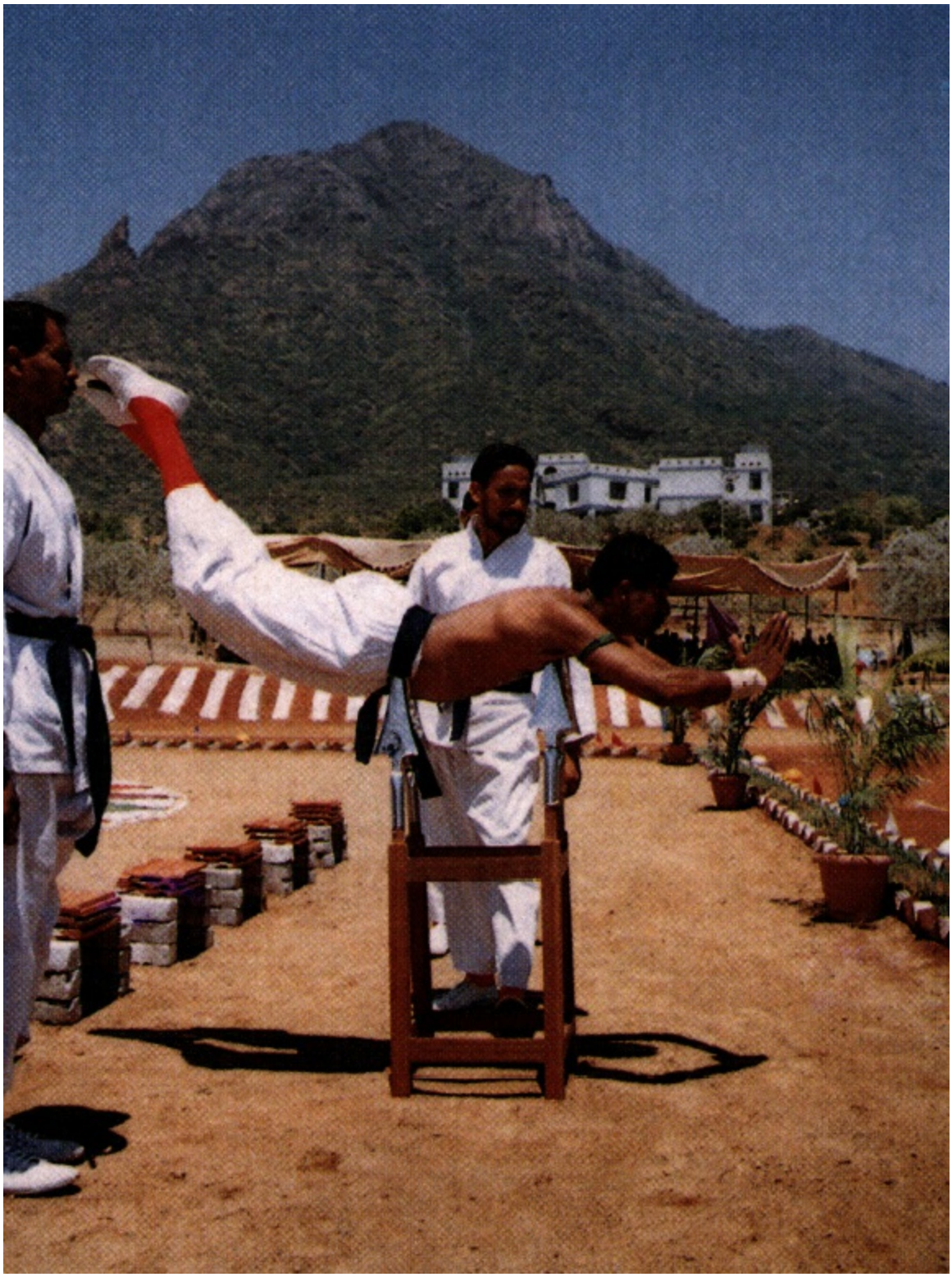
STRESS IN THE SERVICES

- A.P. Maheswari DIG (Adm), Dte. Genl.

More often than not, majority of the people in public services can be seen airing their negative feelings about the job environment or conditions. Positive appreciation or the feeling of pride in work has occupied a back seat. The situations of stress and the prevalent conflicts make a good study in itself. To what extent the conflicts are real or imaginary, to what extent they are self created or forced from outside or what can be done to sort out the "Mess" at the individual level, calls for a systematic diagnosis.

The situation of political instability coupled with other environmental factors has led to the erosion of the bureaucratic system or the public administration. As such the public servants had not attained the true spirit or commitment levels of "public service", the factors like political manoeuvring, partisan approach, frequent transfers, opportunism, lack of role models or proper leadership etc. led them towards a situation of severe goal displacement. Fluid systems of power brokers and middlemen oriented functioning found inroads onto the public administration. Various political & democratic processes lacking healthy growth, could not give a right direction to the bureaucracy or establish proper control. The efficiency of the public servant has become a casualty in the course of time. The job commitment levels have gone down. Many have stopped growing. Their knowledge and effectiveness levels have staggered. Goals are displaced, values are distorted. The government organizations are growing larger and larger. Substantial portions of the budgets are spent on salaries alone. System is nearly working on the efficiency level of roughly twenty percent of the work force. Dry promotion avenues are being created to upgrade the discontented officer grade. Paper work has increased. Job content factors are being sought after to attain a false balance where as the job content is often low. Many of the workers are blind towards themselves as well as others. The multiplicity of vicious circles, one after the other, thus dominates the environment. Criterion of performance valuation have become ineffective or often personalized. False sense of inequity is growing very fast. Goal or role

conflicts are often highlighted or even politicised by the bureaucracy. Resistance to change, poor interpersonal relations or lack of effective communication within or outside the organization further makes the system in-effective. Officers are influenced by undesired demonstration effects. Less emphasis is placed on self growth. Strains of feudal work culture or negative approach to create nuisance value or importance are also seen at times. All these observations have been made at various quarters. They may not be absolutely correct all the time and in all the cases, yet it shall be incorrect to disregard them altogether. Nevertheless, they are important in eliciting certain conclusions :-



Demonstration on UAC by PTIs.

They are the causative factors for the stress with varying linking effects. These factors have genesis in the external environment, the organization

as well as the individual concerned.

The remedial measures have to be multi-pronged.

Before we proceed with “what to do” & “how to do” it shall be helpful to have a glance at the classification of the causative factors of stress.

Political factors determining the external environment, type of leadership and control, policy matters etc.

Socio-economic factors determining the levels of social support, life styles and crisis, financial flows, adjustments between work and family demands etc.

Departmental or organizational factors like internal work environment & structure, boss-subordinate & colleague relationships, lack of support systems, leadership, communication, situation of overwork, delay in promotion, lack of career development, lack of job contents, role-goal conflicts, poor external interface etc.



CRPF Jawans displaying Kung-Fu art.



Shri J.K. Sinha, DG, CRPF giving Fruits to Jamais under treatment at BH-3 CRPF Guwahati.

Individual factors like lack of skill, resistance to change, displaced goals & values, poor time management, procrastinating tendencies, low-risk bearing attitudes, lack of priorities, lack of convictions, greed, lack of efforts towards self-growth or self-realisation, poor self-esteem, lack of purpose and courage, bad habits, lack of character etc.

Other factors like uncertainty, urgency, confusion, feeling of helplessness, lack of conflict resolution etc.

It is now pertinent to understand the impact of the stress before we enlist the adverse consequences and the remedies.

All stress is not harmful. Let us realize that well managed stress leads to success. A tolerable stress is a gateway to healthy competition and creativity. Too much stress is however fatal. It would lead to physiological and psychological problems in the people in the administration. Having done the basic damage, the behavioural distortions or fallouts would In turn hamper the work performance, vitiate the work culture and thwart the organizational effectiveness. Highly stressed officers or employees would make the administrative machinery redundant in terms of the level of the delivery of public services. At the departmental or individual level the effect would be felt in terms of displaced work style, shortcut nodus operandi,

compensating through leisure or undue favours, blocking the work output or flow through negative attitude (Problem solving approach would take a back seat) statistical windows dressing on paper rather than the real work performance on ground etc. The heads of the departments or the people in key position in the government or the organization should devise ways to *filter the* stress signals end manage it to yield creativity to the point of tolerance and healthy competition Beyond this criticality systems need to be devised to take care of the impending damage. Necessary counselling and guidance/assistance need also be. provided to the aggrieved officers or employees to save them from the negative effects The various. negative fallouts at the individual level could be Diagnosis of the problem leads us to the possible remedial measures also. Artificial or imaginary stress situations need different handling in the form of counselling, direct intervention or reorientation. The real stress situations shall call for concerted and stable actions.

The Political party in power or the government should give professional freedom or autonomy to the concerned departments. All the key posts should be filled in by well selected officers on merit and no extraneous considerations should find their way. Having done the proper placements and merit rating, stability of term should be provided. System of proper feed back and control coupled with immediate reward and punishment be evolved and principle of natural justice be followed. The departmental goals be set on participative basis. Government should emphasise on work transparency. Real and quantifiable criterion or work performance needs to be effectively implemented.

At the departmental level, the proper career planning of the officers and men can case out the situation. Officers who have proved their professional mettle should be posted on key posts to act as the role models. The branch jobs should be made to function like “growth centers” where the individual can widen his conceptual horizon and refresh himself. Job contents in such posts should be increased. Informal meetings and interaction in the department tends to release much tension and resolve many a conflicts or incongruencies. Recognition or sensing of change, emphasis on adaptive-coping strategies or work styles and constant reorientation is a must in the fast changing environment so that the employee doesn’t become redundant. Promotions at each level should be based on the index of skill

enhancement/suitability examined on objective basis on each stage of promotion or else it should lead to compulsory retirement. Inefficiency should not be permitted to breed. Departmental climate or work environment should be moulded in a fashion that work in itself becomes a motivation. This can't come through rules. The only answer is the postings to capable leaders in the service at the "key-posts". No job should be made as a dumping ground and no one should be made to feel that he is being dumped. If you kill an individual's zeal he is of no good. Linkage-effect would slowly then vitiate the internal environment.

External environment remaining what it is, the most crucial role in managing stress is to be played by the individual concerned. He is the worst affected. Every individual forms a small link of the total administrative chain. Any weak link shall block the success rate. There is no single way of dealing with stress. It all depends on the person and the situation. Yet all the basics can be discussed for an appropriate application. The golden rule is "play it cool".

It should be remembered that difficulties make us grow and become strong. Hammer shatters the glass but forges steel. The handicaps should be turned into strength by consistent compensation and improvement. We should not develop energy sappers. Conditioning of thoughts and behavioural discipline can help us avoid such situations. We should not forget that an ounce of work is better than tons of wishful thinking. One should do daily monitoring of the self and move out of emotional conflicts. Frustration may still take over. It is natural and inevitable . But there are positive ways to deal with it. Please don't quit . What all one has to do is to generate rational thoughts. Let us see what choices are available with us to manage our stress.

A. Effective self management:

Improve inter-personal relations & communication, narrow the gaps between dream and reality, don't get provoked and don't explode, Increase your skill & efficiency on constant basis enhance adaptability with changes, associate with successful people, don't look for something or without anything reason, evaluate your strength and build on them, never compromise your integrity, keep large and long term picture in mind while making decisions, organise yoursef and use your time properly, learn from others mistakes, play to win and not to lose.

B. Watch your habits & life styles:

Your nutritional habits and diet.

Self-awareness. Physical exercise level. Relaxation habits eg. Meditation, proper leisure &sports etc. Personal planning, life and career aspects.

Creation of healthy work culture and art of reliance /delegation. Avoidance of traditional therapies or adaptations like smoking/ drinking etc.

C. Other important clues :

• Remeber that everyone makes some orginal contribution besides contributing to group results. Avoid trade-offs.

• Merge the joy of achievement with the joy of what your own “self is and develop the art of peaceful dissatisfaction.



CRPF men guarding a polling booth in J&K.

• Reconstruct the situation, analyse and learn for future. Also learn from other's mistake in advance.

• Learn to share. Arouse the child within you. Learn to laugh and tell jokes even amidst a serious situation.

• Learn from champions of life. Choose your company selectively. Develop the art of avoiding unwanted people.

• Plan a goal in life, think creatively. Be a good decision maker. Take active steps to refine yourself and be optimistic.

• Avoid isolation.

• Avoid self-praise.

We live our life in an environment of change and dynamism. Daily we learn to cope and adopt. Various aspects as enumerated above make a module in themselves with volumes of finer and finer applications. Let us sweep the levels of creativity and avoid crossing the point beyond which stress becomes fatal. Even if we can't avoid frustration at times, let us minimize it. Beyond an individual, the efforts are also required at the level of the organizational/Departmental heads and the authorities in the government who control the environment to a great extent. The guiding spirit still remains, "act in crisis with calm and act in calm ahead of crisis".

MORALE AND MOTIVATION

- S.S. Rawat, DIG, CTC-I



Shri J.K. Sinha, DG, CRPF inspecting the passing out parade of 153 Bn, CRPF at Gurgaon.

Morale and motivation are two very important essentials.for the progress & success of any organization. Need of these two aspects is all the more greater in CPOs as CPOs operate day in and day out in adverse conditions. Morale and motivation are said to be battle winning factors. The size of weapon does not matter in the field but it is the man behind the weapon that matters and efficiency of that very man totally depends on the state of his morale under such circumstances in which he is operating. The term morale is derived from Latin word “Mora” which means “The expression of inner state of mind”. In a simple term morale can be defined as individual’s state of mind and his attitude towards everything that affects basic needs. In uniformed services it is commonly known & understood as men’s feelings towards their jobs, their associates in general and their officers in particular. If men’s feelings and attitudes are favourable and if they like their jobs, their associates, their officers and their organization, then their morale can be classified as high. If these things are found either missing or inadequate then their morale will be classified as low.

It is always not possible to know specific problems of the men but there

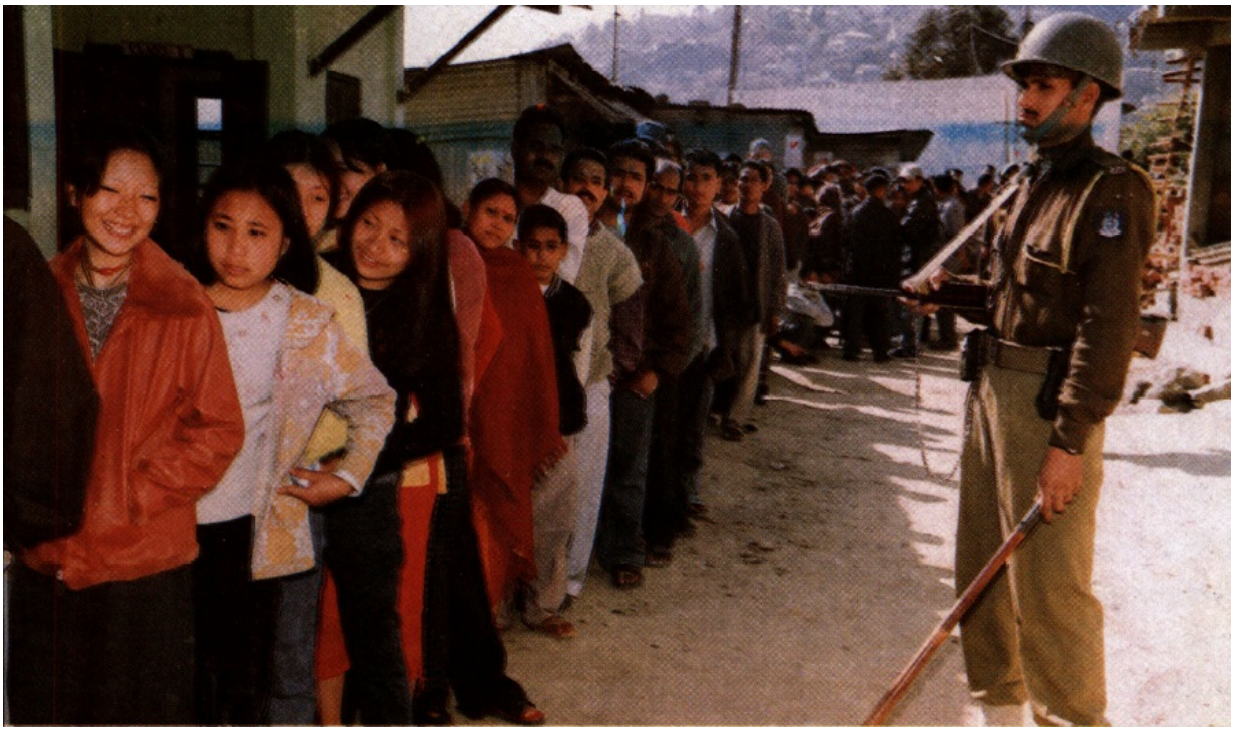
are certain symptoms of good and bad morale which can be seen or appreciated/understood by officers and middle level supervisors if they keep their eyes and ears open. This would help them to take corrective steps well in time.

INDICATIONS OF GOOD MORALE :

• Sound physical and mental health of each & every member of the organization, good turn-out & regimentation, voluntary response to order/willing attitude to work, cheerfulness and enthusiasm, espirit-de-corps, good discipline, loyalty to self, colleagues, organization & leadership, stamina to withstand stress and strain, taking initiative, pride in organization, appreciable operational & allied achievements, willingness to accept extra work load, sense of satisfaction, readiness to sacrifice personal comforts for the pride & reputation of organization, self & organizational growth.

INDICATIONS OF BAD MORALE

• Large Nos. of cases of insubordination, bad turn-out, fequent quarrels & use of anonymous letter, misuse of human resources, Poor maintenance of material and misuse of material resources, cases of embezzlement, suicide, accidental fire & inter-personal shooting, misuse of authority & privileges, distrust among rank & file, spreading of rumours, large Nos. of cases of sick report, desertion, hospitalization & over stayal, cases of Groupism, Casteism and Religionism, large Nos. of cases of voluntary retirement & request of transfers, inactivity & laziness among rank & file.



CRPF men providing security to voters in Nagaland during election.

The high morale of employees/men is clear indication of organizational progress & willingness to work, but if the morale of men for any reason is low then the need of motivation would arise. Motivation is an incentive, an incitement of the will, a force that influences the behaviour of a person to do a thing in a better manner. It is a motivating force of stimulus or motive which precedes behaviour or an act. In simple words, motivation means to induce or inspire a person to do or act in a manner in which one wants him to do or act. The term motivation is also derived from Latin word “Movere” which means to move, thus motivation can be called a driving spirit. The motivation generally results in :-

[a] Satisfactory and good performance of individuals, attachment of individuals to organization, cheerful behaviour in a work environment, innovative designing in jobs, setting of goals and ultimate achievements of mastery in performance.

FACTORS ESSENTIAL FOR MAINTAINING GOOD MORALE

Proper Enrollment of Human Resource

In Para-military forces which are pre-dominantly human resource oriented organizations, enrollment is a very important activity. The enrollment should be fair, just & in consonance to the need of the organization. In case enrollment is faulty, substandard & corrupt the force is going to suffer greater damage from its own employees/ men. To achieve organizational objectives & maintain high level of morale, enrollment of physically & mentally sound individuals is very essential. Such people always remain willing to work & thus help organization constantly.

Conversion and Proper Training

Training again is also one of the most important essentials of an organization. It promotes knowledge, skills and attitude which ultimately result into success at work place. The training is basically of two types :-

[a] Foundation training, post foundation training.

The foundation training is a basic training or can be called conversion training and post foundation training is the training which is related to the job and assumes greater importance than foundation training. If men are trained properly, they operate in a manner which ultimately converts action into win and winning always helps in keeping the morale high. We should clearly understand that training is a process of assisting a person for enhancing his efficiency at work by improving and updating his professional knowledge, by developing skills relevant to his work and by cultivating appropriate behaviour and attitude towards work and people. Therefore, it is essential that a training programme lays down its objectives in clear and unambiguous terms, befitting the role a trainee has at work place.

Identification of core skills

Identfication of core skills is again a very important activity of management. Every individual is a creative unit. In case management is able to identify core skills of its workers then it becomes easy to utilize right person for right activity. In an organization, if right man is employed on a right job/activity, he feels contented & happy and the morale of a happy man always remains high.

Proper Structural and Material Support

The Good material management is again a positive activity as it

promotes efficiency of men in the organization. In case structural support & material management systems are of poor standard, men will always feel handicapped in achieving desired results. The teeth & tail ratio in an organization has to be proper so that men at work place do not experience in-adequacies of material & structural supports.

Proper Utilisation of Human and Material Resources

Utilization of all available resources by the management is a great art. The management should understand that it can not afford to play number game all the time rather than utilizing human & material resources appropriately. Any ill utilization of human as well as material resources is injurious to the working mechanism of organization. Thus efforts should be made to utilize each individual and material to its optimum capacity & capability. This would help in achieving effectiveness at all levels.

Assistance, Cooperation and Coordination

It is impossible to operate in an organization like CPOs without the assistance, cooperation & coordination of colleagues & supervisors/leaders. In CPOs, rather than individual performance, team performance yields better results. Therefore the importance of these values should be clearly understood by one & all.

Healthy Work Culture

Organiazation basically moves foward and builds its reputation with the help of systems, rules, regulations & proper discipline at all levels. Morale & motivation are two basic ingredients which are needed at all time to organization. The heritage and track record also plays very important role in controlling work behaviour of men in the organization. It also works as motivating factor.



CRPF men patrolling somewhere in North-East.

Workaudit

Each individual in an organization has a set role to play for which he should be made accountable. If he does well he should be rewarded, his work should be recognized and in case his activities become injurious to organization, he should be punished and if required, removed from the position he is holding to set standards of discipline for guidance of others. Work audits and correct accountability systems are very important tools to check the status of organization whenever there is a need to do so.

Physiological/Socio-Economic & Growth Needs

It is primary responsibility of management to take care of physiological, socio-economic & growth needs of its employees. This requirement asumes greater importance in an organization like CRPF which all the time remains on move & made to operate in adverse conditions. We must clearly understand that de-privation factors cause stress/discomfort and demotivate employees. The organization must make arrangements for proper living basic amenities, fixed duty hours, opportunities for self building, adequate & fair opportunities for promotion and help in time of need besides various welfare activities like hospital, family welfare center, schooling for children

& vocational training.

Utility Audit

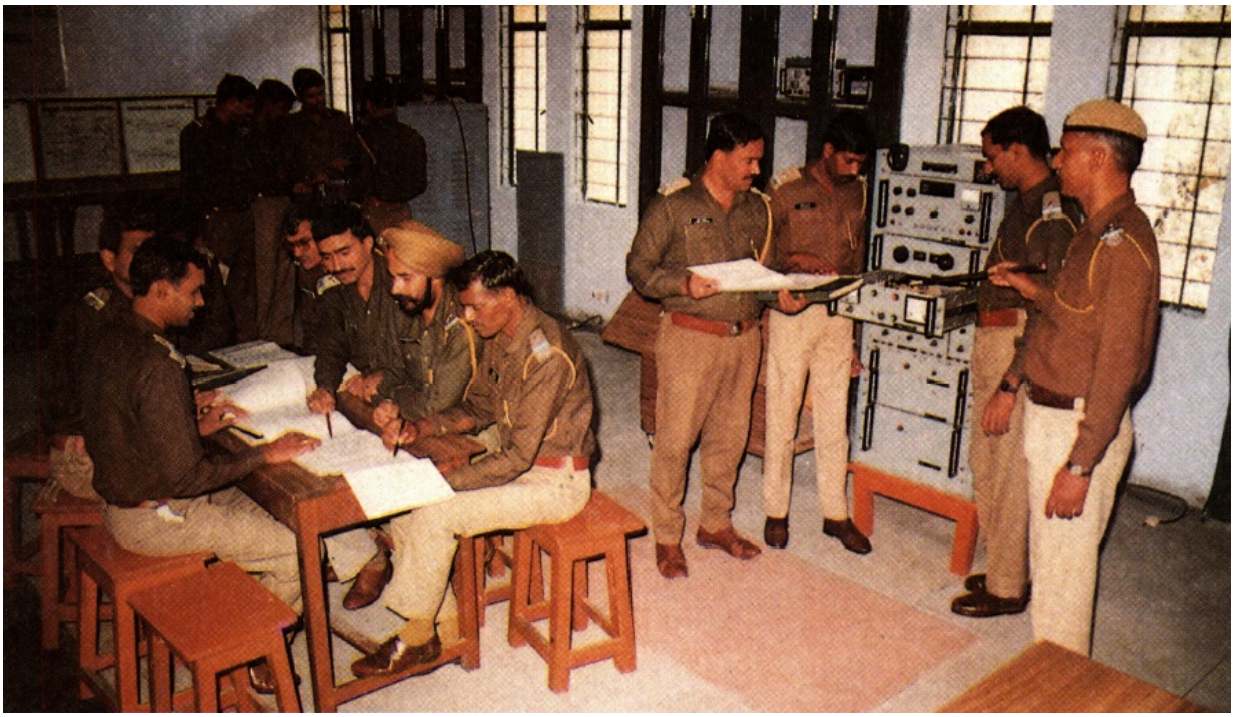
These activities if taken care of in time, the health of the organization remains sound. It is very essential to have utility audit of each & every individual & equipemnt in the organization. Outdated equipements should be replaced with new one and up-to-date version of the equipment. It is always better to keep classifying the status and capability of men and material in the organization to assess working potentiality as and when need arises.

Contingency Plan

Men in uniformed organizations always look for contingency help from the management as they are exposed to various hazards at work place and also used extensively for the reputation & pride of the organization. Timely help in accidental cases & sudden catastrophe like flood, cyclone & riots goes long way in motivating employees & generating loyalty among them for the organization. Post retirement help should also be taken care of for keeping men loyal to organization. This would also help in building public image of organization.

Amenability to Change/ Modernisation

Change is although a law of nature but normally as we grow old, we resist the change. It is not correct thing. Organizations which do not change their structure, method of working, training, and equipments according to the need of time and working scenario they perish & go out of demand. Modernization and new concepts of information technology should always be accepted willingly to bring about desired improvement in the performance of men on a regular basis.



Group discussion on technical fault amongst trainee technicians at CTC (T).

Self Motivation

"Kites rise not with the wind but rise high against "the wind". In the same manner men become more efficient & mature when they are made to work under challenging and trying circumstances. To achieve this progess, self motivation plays a prominent role. Factors like upgrading personal knowledge, fix priorities, set goals, monitor performace, cooperate & assist fellow workers, develop sense of humour & solidify will power are few steps to promote self motivation and thus motivate others too. Self motivation also teaches art of taking initiatives, seeking out greater responsibilities & shoulder them smilingly and cheerfully. There could be great provocations that might compel a lesser mind to throw away all responsibilities in a huff & take to a life of ease, but those who are self motivated and are made of sterner stuff, convert provocations into challenges & become all the more confident to battle through life. Such people with the help of their self motivation succeed in taking the others along with them & instill confidence in each member of the team. It also develps spirit of BONHOMIE.

Morale & Motivation are two important factors which play prominent role in building human resources & maintaining level of performance of any

organization. Both these factors should be given due importance by the managers, supervisor in uniformed organization. Low morale can prove disastrous and if it is not addressed at appropriate time, cases of depression, suicide, distrust & interpersonal shooting may become rampant in the organization.

WORKING IN A GROUP CENTRE

- Bhudeb Chakrabarti DIG (Retd.) CRPF



Administrative Block of GC, CRPF, Bangalore.

When I had joined CRPF in 1963, there were no Group Centres. The Battalion

Headquarters were stationed in fixed locations and the Service

Companies were deployed on active duties in the detachment. In 1968 Sh. V.G. Kanetkar who took over as DG made a major structural change in CRPF, Group Centres were formed for the house-keeping jobs leaving the Battalions free for going to the operational areas with the entire team of officers and men under the Commanding Officer. After that for long fifteen years the command of Group Centres was held by officers of the rank of Commandant. However, the senior Commandants were generally placed in charge of Group Centres. In October 1983, there was a Cadre Review and the post of Commandant of GC was upgraded to that of Additional DIG. At that time I was posted as the Assistant

Director in the IGP Sector III Headquarters in New Delhi. Consequent on Cadre Review, I was lucky to be promoted as Additional DIG and on promotion I was posted to Group Centre Rampur. Therefore, I incidentally earned the distinction of becoming the first Additional DIG of GC Rampur.

Rampur happened to be an old CRPF station. In the beginning it was the Headquarters of 7 and 8 Battalions. When I joined GC Rampur in November 1983, four Duty Battalions were attached to it. They were 7, 8 46 and 62 Battalions. Rampur was a big CRPF station. Besides the GC, which was the biggest establishment and the host unit, there were some more CRPF units and offices. DIG Rampur Range had his Range Headquarters at Rampur. 3 Signal Battalion which was raised in 1969 was also stationed at Rampur. And as if it was not enough Central Weapons Store (CWS) which was created in 1968 was also accommodated at Rampur. Last but not the least, the Arms Work Shop II (AWS II) which was under the administrative control of Additional DIG GC

Rampur functioned from Rampur. Therefore it could be well imagined that there were plenty of action in the station and there were hardly any dull moments.

Rampur town was the District Headquarter of Rampur District. Rampur District in the north western part of Uttar Pradesh was wedged between Moradabad, Nainital, Bareilly and Budaun Districts. Incidentally Rampur District corresponded with the former princely state of Rampur in the Rohilkhand region which was fully absorbed in Uttar Pradesh in 1950.

The CRPF campus which was adjacent to the civil lines of Rampur Town was spread over a sprawling area with plenty of open spaces. The officers

stayed mostly in Old-style bungalows of the bygone Nawab times. The bungalows were quite comfortable and we lived there very happily. The Officers Mess Building, in particular, was strikingly beautiful and was of great heritage value with lush green lawns in front of it.



Shri O.P. Verma, Governor of Punjab taking salute at the POP of 152 Bn, CRPF at GC Pinjore.

The Rampur campus had all the ingredients required of a regimental centre. It had a Central Quarter Guard Building, an imposing Administrative Block containing the DIG and GC Office, the massive GC Store Building storing the provisions of clothings, and equipments for the attached Battalions and GC personnel, Signal Battalion Complex, and Central Weapons Store including its administrative wing. The single SOs, Head Constables and the Other Ranks were housed in their respective Clubs, Messes and Barracks. Those with families had comfortable family accommodation in the family lines. Rampur had the advantage of a well-equipped 30 bedded hospital. There were as many as three schools in the campus itself. First it had a Kendriya Vidyalaya upto Class Ten. Secondly there was CRPF Montessori School where very nominal fees were charged from the members of the Force and which was run out of the financial grant from CRPF Education Fund. And over and above, a Basic Junior Girls School with Hindi medium of instruction was run by the State Education

Department. Therefore CRPF personnel had nothing to worry at all about the schooling of their wards. Further there were station cooperative shop and station canteens to cater to the day to requirements of the CRPF personnel. And finally to meet the cultural and spiritual needs of the CRPF personnel and their families there were a well equipped Auditorium and Mandir, Masjid and Gurdwara in the campus itself.

The CRPF campus laid out over a large area had quite a vast parade ground which was used for Ceremonial Parade on occasions. However it was mainly used for day-to-day training and sports activities. There were several other grounds in the campus for the same purpose. There was also an indoor Badminton and Squash Court. Rampur Group Centre also boasted of a fully developed Long Firing Range of its own for ARCF practices. The Firing Range was a little away from the main CRPF campus. There were quite a lot of vacant spaces in the Firing Range Area. The vacant land was properly utilized for making an Agricultural Farm and also for tree plantation and forestation.

When I joined the GC, S.B. Narayana Rao was the DIG. But soon he was transferred out to Patna. In his place K.L. Dubey who was the senior most CRPF Officer at that time came to Rampur as DIG Rampur Range. I had the opportunity of serving with him at Rampur till I was posted out.

The main work of the Group Centre comprised of the housekeeping of the four attached battalions. The utility of the Group Centre and the success of its efforts was by and large judged by how it performed its basic functions like timely payment of pay and allowances, TA/DA and provisioning of clothings, stores and equipments efficiently. All this was more than a full time job for the staff posted in the GC. I would like to mention that we did our best to see that the attached battalions and their men were well provided for so that they could be operationally more effective in the field.

Besides that, the Rampur GC was given quite a handful of other work. For example, in 1983 and 1984 two companies of recruits were trained at Rampur as possibly the RTCS were more than overburdened and had no capacity at all to take any more recruits. Then in 1984 and 1985 Rampur GC took up the responsibilities to conduct two each. Special JCC and Special D & M courses for obvious reasons.

In 1984 and 1985 two Auxiliary Battalions were raised in Rampur and as usual the Group Centre had a major role in accommodating and equipping these Auxiliary Battalions.

The CRPF Station Hospital at Rampur was a great boon to not only the CRPF personnel and their families residing in the campus but also by and large to CRPF personnel of attached Battalions in particular and Force personnel in general. Besides the general medical cover the Hospital provided specialized cover in TB and psychiatric cases. The facilities of Cardiac Treatment were also initiated in the Hospital. In 1985 a cardiological camp was also organized by the Indian Medical Association in the CRPF Hospital. Not only that several Blood Donation camps were organized in the Hospital in which CRPF, Indian Red Cross Society and Rotary Club of Rampur were involved. A large number of CRPF personnel and their family members and civilians donated blood on these occasions. A Vishal Family Planning Camp was also successfully organized in the Station Hospital.



Uniform Stitching under progress at Family Welfare Centre, GC Lucknow.

The GC Family Welfare Centre was of great help to the CRPF families. It trained the wives and daughters of CRPF personnel in tailoring, knitting and embroidery etc. The jobs of stitching of bulk of uniform items were entrusted to the Family Welfare Centre where they were passed over to the

ladies. The ladies by doing these jobs in their free times could augment the income of their families.

At Rampur we were not only confined to our campus. We had close contact with the local authorities and the public. After the assassination of Prime Minister Indira Gandhi there were apprehensions of disturbances. When the DM contacted us for help we immediately formed an ad hoc company from GC and assisted the local authorities in the maintenance of law and order. It was a matter of great satisfaction that no untoward incident occurred in the district for which CRPF could also take some credit.

We associated with the public in many cultural and sports activities and thereby promoted excellent CRPF - Public relations. I would like to mention in this connection that there was great amity among the people which comprised of various communities. I particularly remember of having attended the Holi Milan Programmes organised by Rampur Welfare League, Urdu Cultural Forum and Tanzeeme-Ahbad-e-Rampur.

The Annual All India Shadab Invitation Hockey Tournament was the most important sports event of Rampur in which many reputed Hockey teams of the country and the CRPF Central Hockey Team participated. We developed lot of camaraderie and friendship on such occasions which helped to enhance the image of CRPF.

I was posted out to Group Centre Avadi in June 1985. I would like to mention that I found lot of job satisfaction while working in Rampur Group Centre. At least I would like to state that whatever we could do in this brief period was possible due to the team work of the CRPF Officers and men of all the station units at Rampur.

EFFECTIVE COMMUNICATION AND POSITIVE THINKING

- Rakesh Kumar Singh Dy. Comdt, 152 Bn., CRPF

Development practices that address the job needs are the most important element for the effectiveness of the organization. In our organization the need of the hour is to understand such requirement and create on the job development plans to augment our operational power. On assessment of the current competencies needs the role of communication and positive thinking comes out to be the area which requires series of systematic corrective steps to achieve the goal.

The ambiguity of role, continuous deployment for anti-insurgency and terrorist operations, too many operational exercises without any achievement or apparent gain have had an adverse effect on thinking of our men whenever they march for duty. Theses duties in routine manner have made them vulnerable to communication problems and negative thinking in them putting them under stress and unnecessary mental agony.

In Para-military human resource development vision there is inevitable need of personal development plan initially at officer level for command and leadership and subsequently at SO's and NCO's level for foolproof execution. Such vision could be broad lined as to develop attitude and still through stimulus generation of options for developing competencies based on job requirement and one's potentiality and experience-to aid in selection and facilitation of individual job development plan. It would not be out of context that in spite of emphasis on training our organization can not be termed as "learning organization".

Our organization is facing new challenges everyday as world socio-security as well as politico-security scenario is changing. To sustain and make pace vis-a-vis changes, organization must develop a culture of learning and introducing changes. What we generally do is that we learn by experience and then introduce changes whereas we must be proactive in learning and introducing innovative working atmosphere. A target may be fixed for adopting this view point by declaring a Year as "Year of learning and training".

Owing to lesser emphasis on HRD vision and learning culture, the Force personnel are heavily negative minded and losing their initiative and creativity which is detrimental in long term. Already, time and again it has been observed by many old veterans of the Force that traditional values and culture of this Force is on decline. Therefore developing competencies in

positive thinking is necessary in achieving worthwhile success.

Lots of success and self help books talk about benefits of positive thinking and considering human nature to be impressed by example these are really very helpful. The people are needed to be told to uderstand and apply such dedication and determination in achieving the tasks. Assimilation of organizational goal with individual goals are in “thinking” of an employee. For developing positive thinking one should be considerate and sensitive to the reactions to the situation, organization and others.

One needs to be sensitive to one’s reactions by showing emotional maturity. A man ought to strive for the positive elements of any situation or person no matter how odd it may seem. The harder one look towards postive aspect the lighter one finds one self in crisis. All of us must have faith in believing and achieving.

The negative thinking habits we have acquired must be deliberately unlearned. Every other person in our organization wails about multifarious problems of ours, forgetting the things which we could get or could have got because of the avenues and potentiality this job and organization offers to us.

The negative attitude has totally eliminated the initiative amongst us. It is well known that personal initiatives are the driving force that transforms goals and ideas into reality. This lack of initiative also affects ability of appreciation of ground realities as well as the acceptability of others ideas or viewpoint. This seriously hampers communication which is the major factor as well in our organization which creates obstacles in the path of developing competencies.



Shri C. Balasubramanian, IGP (Ops) Jammu felicitating students of J&K whose Educational tour to various historic places was sponsored by Ops Jammu Sector, CRPF under Civic Action Programme.

Communication skills are essential in leading, managing and working with others. Communicating usually implies both intention and means. In a focused interpretation we can say that communication is essentially the ability of one person to make contact with another and to make him or herself understood.

Effective communication is essential in higher hierarchy to express ideas effectively in individual group situation and adjusting message, expression to characteristics and need of the audience.

If competency is not evident in communication one can confuse people through actions and words conveying different messages. One will then ramble or forceful with own view at the expense of focus and listening to others therefore the crisis is that generally our commander’s thoughts are not organized or they are unable to express clearly at the same time they are not assertive and articulate. This also results in instructions and orders poorly drafted leading to lots of confusion resulting in numerous clarification and corrigendum.

The adverse effects of communication gap or its ineffectiveness is poor execution of plans and especially the operational tasks resulting in our reduced efficiency and effectiveness. Our men going on duty are not fully

aware of task, less familiar with the ground realities and leastbothered about contingencies.

For effective operational preparedness and execution the positive thinking and effective communication is essential to make the force achievement oriented. The positive thinking which promotes loyalty to the organization and patriotism to the nation must be recognized as core value and embedded in our belief system. Alongwith it another core value should be effective communication and these be demonstrated in our entire ledership across the organization. To great extent organizational policy to recognize values like respect for the individual, integrity, credibility excellence, motivation and being inspirational will do wonders in developing competencies for operational preparedness and execution.

USING YOUR POWER TO OVERCOME OBSTACLES

- T.G.L. IYER Ex-DG, CRPF

Learning from mistakes can only start with positive thinking. Look at the carrots that are more effective motivators than the sticks which can only beat and cause pain. For example, a good happy marriage is a ‘Carrot Situation’, where there is space for give and take, steering life together in the same direction. Human beings are imperfect and if this is understood, any relationship between leader and follower, husband and wife, parents and children, Mangement and workers could work beautifully for a long time and forever.

But, one of the biggest management stricks is the ‘culprit technique’. For want of a better scapegoat, Parents blame teachers, leaders blame followers, Government blame intelligence Agencies, and husbands blame wives and vice versa. There was a much married couple and one day the husband said: “To-day is our marriage Anniversary. Why not observe one-minute

silence?". There was another couple who were 'over familiar' with each other. The wife had gone to her parents home for a few days and the husband was alone at Home. At night, he was awakened by a loud thud and looking at the darkness he shouted "who is there" Reply came "I am the Ghost". The husband murmured "I thought my wife has come back" and went back to sound sleep again.

Another 'long married' story narrates the husband going to the Druggist's shop and purchasing medicines for his wife and his pet Dog. He tells the Pharmacist packing the drugs: "Be careful about the labels you put on the bottles. I don't want anything to happen to my faithful dog". In a real sense, we are all blind. We cannot see one day, one hour, even one minute shead of us down life's pathway. We have a clear view of the road behind but not one inch ahead.

One of the main differences between a Leader and a follower is that the Leader has to look beyond his nose far ahead and the follower meets only narrow short-term targets, the cumulative effect of which should deliver the needed result to the leader. There was an army General who preferred lucky officers to unlucky ones. He even went to the extent of looking at their horoscopes. But the reality is something different. There is a bit of forward planning and problem analysis involved while attracting luck.

It seems to be a common occurance in relationship that topposites attract. For example, made for each other i.e. the ideal girl and boy combining to produce the best in life is a myth. A good looking lady suggested to George Bernard Shaw that if they marry and produce an offspring, her beauty and his brains could shake the World". Shaw replied that if the reverse happens i.e. his beauty and her branis combine, the world would become topsy turvy.

When our mind is calm, we access our wisdom, which is full of new thoughts, insights and ideas about new ways of living. To evolve in a relationship, we must access this inner strength or we will just replace one bad habit with an equally bad habit. Imagine a man giving up alcohol and taking to drugs or giving up smoking and taking to tobacco-chewing. Wisodm should tell us that a bad habit needs replacement only by a good habit.



Shri K. Vijaya Kumar, Commissioner of Police, Chennai giving away trophies to outstanding trainees during POP of 143 Bn, CRPF at GC Avadi.

So many of us are in the habit of enjoying delayed gratification. We wait till eternity to enjoy the fruits and rewards of our action. Many postpone enjoyment to old age when they are in no condition to enjoy them. What is the point in saying that "I will go on a pilgrimage after retirement." Or "I will read all the good books after I cease to work". Well, to do things, the time is now.

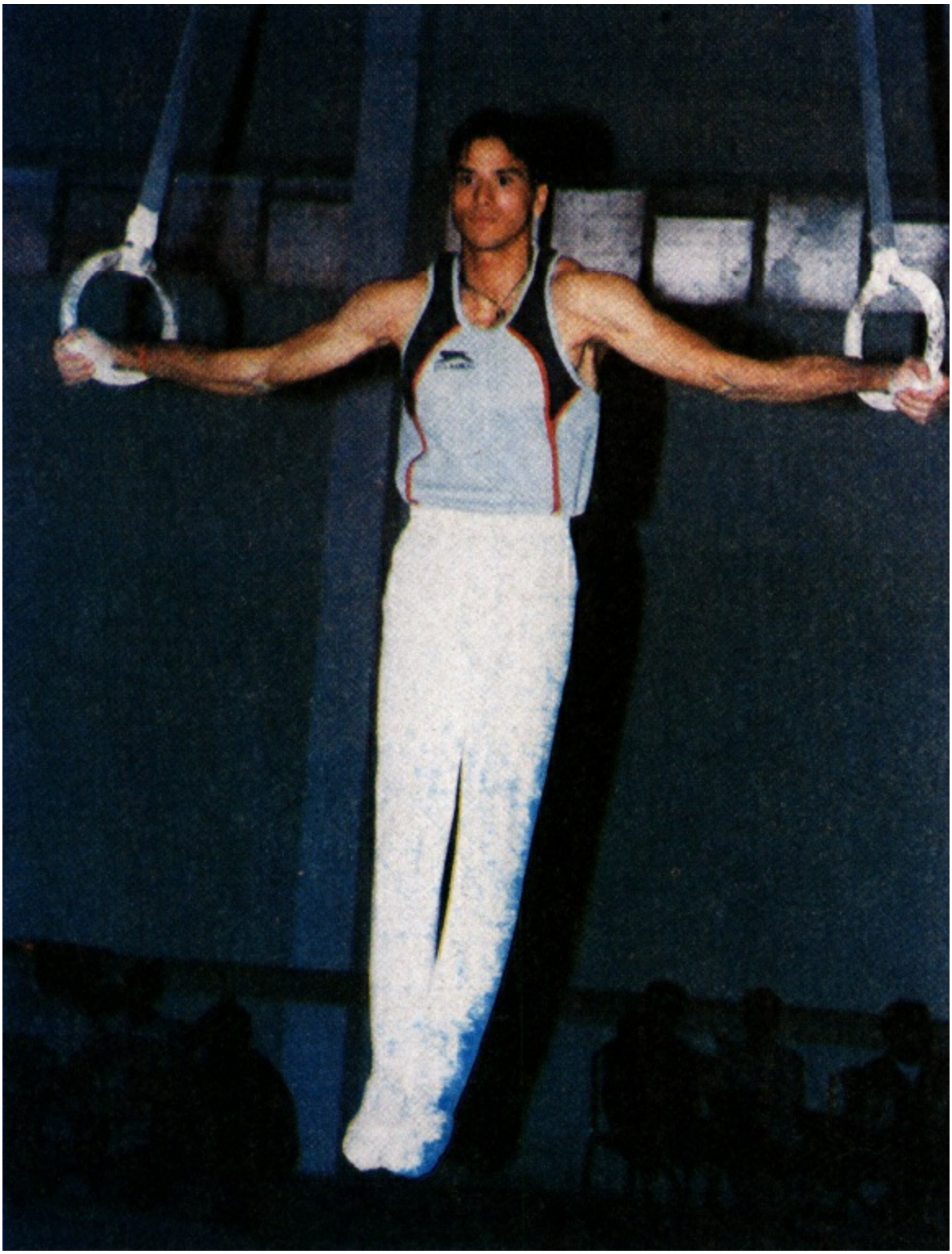
Consider what you do when you use a 'walkie-talkie'. You either listen or you press the button and talk. When you press the button, you no longer can hear the person at the other end. The same principle applies while listening in daily life. You are either listening or you mentally press the button and you are somewhere else. But, when we are with our children, partner, co-worker or subordinate, both of us are fully present, with minds free from distractions.

All it takes to be in the present is simply recognising the fact that the mind does not wander and if it wanders bring it back on track. To attain this, a special effort is required to restrain the mind. The strongest oak-tree is the one which stands in the open resisting storms, rain and fire. It struggles for its existence and that develops its strength. Why some people are alert and others are confused? The men who is vigilant uses his faculties; the other

does not use it. It is that simple.

WEIGHT MANAGEMENT TIPS

- **Dr. Vinay Kumar Agarwal** Chief Medical Officer Composite Hospital, CRPF



There are a lot of dieting books which discuss all kinds of weight loss tips, many of these tips conflict with each other so it’s hard for people to know which weight loss tips are among the best and which are not.

However there are few new ones and some of these is a breath of fresh air!

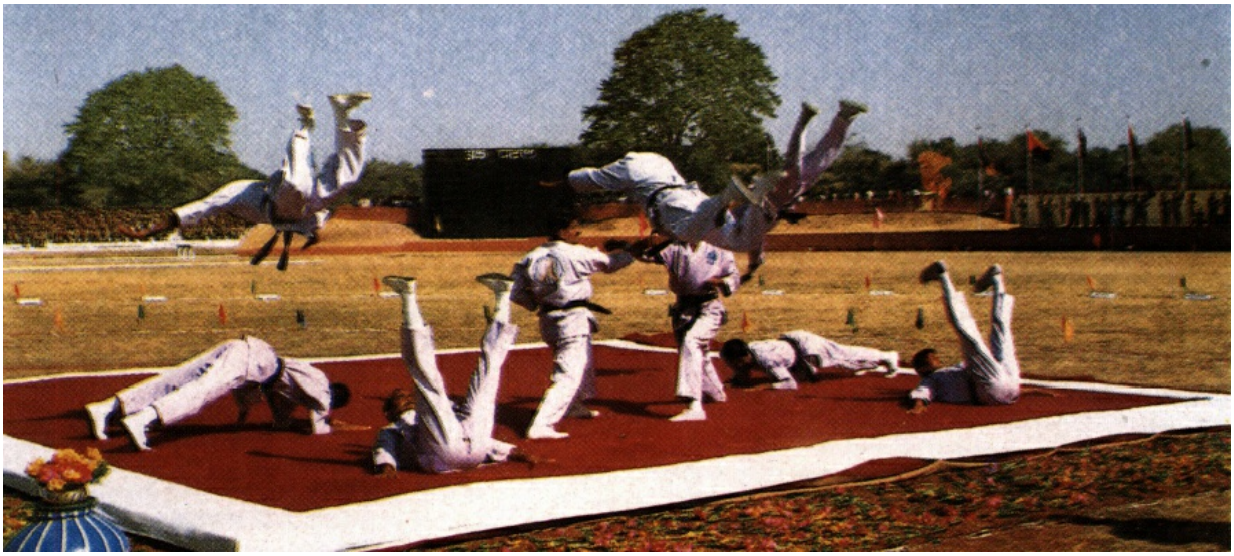
Starvation dieting does NOT work and will prevent real fat loss from happening (you should never starve yourself).

You cannot lose weight by taking pills; most fat loss pills are little more than a form of “placebo”, created to take your hard earned money. Think about it, if these fat loss pills actually worked then everybody in society would be thin and nobody would have a need for dieting ever again.

Instead of “going on a diet”, try changing the proportions of the foods you eat-both at home and at holiday parties. Divide your plate into three sections and fill half of it with fresh fruit and/or steamed vegetables, one-fourth with starch and one-fourth with protein.

Do a “trade-off”. Eating more during the holiday can be-in part- offset by a moderate and daily increase in physical exercise. Don’t have an hour to spare? Try 10-15 minute brisk walks at intervals throughout the day.

Doing aerobic exercises is NOT the way to give yourself a thinner stomach; aerobic exercises cannot give you a flat stomach because ONLY a good dieting plan can give you a flat stomach.



Before going to a party, try eating a small portion of something healthy at home first. For example, you could munch on some vegetable sticks or wedges of fruit. This will help curb your appetite and you’ll be less tempted to overindulge on calorie rich foods at the party.

At parties and other social events, gravitate toward the veggies and fresh

fruit.

Head for the non-alcoholic drinks table. Alcohol can stimulate your appetite and also contains a high number of “empty” calories.

Skip high calorie beverages such as sodas, juices and blended coffee drinks. There are nearly 150 calories in one 12 oz. can of soda or juice. Coffee drinks are often 250-500 calories, *excluding* the whipped cream.

Avoid skipping meals. Starving yourself before a party or get-together increases the odds that you’ll overeat once you get there.

Nibble. Eating more slowly helps you eat less and still feel satisfied.

During the holidays. make your goal to maintain your weight-not to lose weight.

Be positive. Remember that you control your weight; it doesn’t control you.

The ONLY way to get slimmer is to begin a good dieting program. I truly hope that you use these weight reduction tips to build yourself a better and healthier body for life.

LETTER TO THE EDITOR

I am very much grateful to you for the January and February, 2004 issues of CRPF Samachar which I received recently. These editions of CRPF Samachar will help me to keep abreast with the latest developments in CRPF. They will also enable all readers of CRPF like me get enlightened on many aspects of our life. Kindly accept my congratulations for bringing out such rich publications. I wish CRPF Samachar more and more readership and steady progress in future.

- Bhudeb Chakrabarti DIG (Retd), CRPF

GOLF - ONE LIKE TO KNOW

- C.J.S. Heera, Commandant

Golf "A game in which you claim the privilege of age, and retain the playthings of childhood"

- Samuel Johnson

Dating back to 14th Century, the pass time fun started by the grazing boys in Italy developed with passage of time as 'GOLF' at St. Andrews Scotland. Today we find large number of golf courses all over the world, 9-18 holes courses and hot selling of golf equipments through out the world. The game has also made its effect in India and has been graded as fast developing game amongst all groups of different ages/sex.

It is also believed that the Golf dated back to 14th century said to be originated in Netherland named after 'KOLF' a Dutch word means 'club'. The Romans use to play with a bent stick and feathers packed ball. It is also believed that the present game of Golf was deviced by the Scots during 14th Century, which is today known as GOLF. In 16th Century James IV, King of Scotland and his grand daughter Queen Mary of Scots also played the game. The attendant to the Golf Players were initially known as Cadets but later the technical name to the attendant to the Golfer was given as Caddie or Caddy by the Scots and Britishers. The first Association of the Golf was founded in 1744 by Edinburgh's Golfers and the St. Andrews society of Golfer came into existence in 1754. They changed its name in 1834 and presently it is known as the Royal and Ancient Golf Club of St. Andrews. The first club outside Britain was established in 1829 in India known as Golf Club of Easf India at Calcutta and the second was established in Bombay named Royal Bombay Club in 1842. The Royal and Ancient Golf club of St. Andrews is recognized as an Organisation that establishes Golf Rules and decisions since play of Golf involved numerous complexes. The United State Golf Association founded in USA in 1894 is second such

institution. The professional Golfer's Association of America (PGA) came into existence in 1916 and now conduct number of PGA Tours. Similarly the ladies professional Golf Association is also established at Florida (USA).

GOLF COURSE

Golf is an outdoor game divided into 18 holes (sections) with standard course approximately 7000 yards. The individual section may vary in length from 90 meters to 550 meters. At one end to start game is Tee and other end a flat well dressed patch with fine cutting of grass having a cylindrical cup 10.8 Cms. in diameter and 10 Cms. deep marked by flag is called green. The ball after Tee off passes through beautifully levelled turf of grass called fairways having natural or man-made obstructions like mounds, bunkers filled with sand, water pond, lakes, embankments, ditches etc. The ball is made of resilient material not less than 1.68 inches in diameter and not more than 1.62 ounce in weight. On either side of the fairway is rough area covered with grass bushes, trees, marshy area or the natural growth. The fairways may be 100 yards wide.

GOLF EQUIPMENTS

Standard set of 14 golf club is permitted for each golfer while in play. These 14 club are mainly divided into woods and irons. Earlier the woods were made from real wood but today they are also made of metal. The irons are of steel or forged steel with shaft made of steel or cast graphite. Initially each club was given specific name where as with changing time they have retained their numbers instead of name. The irons, are also containing number 1 to beside wedges and putter. A, player uses different type of club to achieve accurate placing of ball with various distances and height. Since angle of each club determine trajectory of the ball, normally from long distance Tee, the woods are most popular having No. 1,3 and 5 or the long irons No. 1,2 and 3. The ball is placed on a small wooden or plastic peg known as 'Tee' and for longer distance the stroke is played with wood. For other short approach, irons are used. The putter normally used on the green, or sinking the ball into hole. The feathers packed balls have been replaced with material from crude rubber called Gatta-Pachha having pitted or dimpled surface to establish flight of ball.

Golf has also been included in games among Police fraternity. CRPF is maintaining well knitted 9 hole course with reverse 9 hole (Total 18) and two practice greens at Rampur (UP). The longest green is par 5 with 533 yards and the shortest 110 yards with par 3. The 9 hole course with 36 par and reverse 36 Total 72 par is armed with 3 dry hazards, 21 sand bunkers, one pond (natural), one water hazard, 8 flower beds and various other obstructions, total 5900 yards posing various challenges to the Golfers. The pleasure of magnificent stroke is being drawn by Golfers while watching flight of ball with sky line over tall trees at Tee No. 5 (par 4) and 7 (par 5). Annual Inter-Sector Golf tournament is being held at this course and next 7th Inter Sector Golf tournament is being conducted during 2004. At All India level, 7th All India Police Golf tournament has just concluded at Calcutta. As per decision taken by the All India Police Sports control board during 1995, this tournament amongst all India police fraternity to be held annually and the first tournament was conducted at Shillong during 1996. Golf suffered a set back when it was decided in 1998 to hold this tournament once in two years but again during 2001 it was decided to resume holding tournament annually. I would like to close with saying of Arnold Daly :



Shri Daljit Singh, DIG Rampur and Shri C.J.S. Heera, Commandant alongwith the accolades won in the All India Police Golf Tournament at Kolkata.

“Golf is like a love affair :

if you don’t take it seriously,

it is not fun :

If you do take it seriously,

it breaks your heart"

The author Shri C.J.S. Heera picked up Golf during 1999. His first participation was in 5th Inter Sector C.R.P.F Golf tournament in 2002 and declared 2nd best Golfer and won individual championship in Maximum Birdies at Rampur. In 2003 he was declared best Golfer during 6th Inter Sector CRPF Golf tournament at Royal Golf club of Calcutta and also won tournament Championship beside individual championship in Longest Drive. He also secured individual championship of Maximum Birdies during 7th All India Police Golf Tournament held at Tollygunge Club, Kolkata during 2003. He is record holder of Ace (hole-in-one) at CRPF Golf course Rampur.

BE YOURSELF

Let your deeds be the reflection of your life,

Let your words be the voice of your mind,

Let your thoughts depict the reality, as you find,

In such heaven of our own dreams,

Oh my LORD! let us open our eyes.

Live your life, the way you want,

Be yourself, the way you are,

For you are not him, nor is he you,

Just be the one you deserve to.

Show the world that you are not just a star,

which shines among a million others, though so bright,

But you are the one, the only one,

who provides the whole world with his own light.

Be the bird who flies on his own, if life demands,

And deny the world on its wrong commands,

For created you not for others,

But to spread his light & love to the world beyond.

Set your soul free to wander,

Set your foot down & be firm,

You will find the truth & discover,

That its worse to compromise with others,

Than to fail on your own terms.

- Swarna L. Mahapatra XII B, CRPF Public School Rohini, Delhi



Shri J.K. Sinha, DG, CRPF addressing Press Conference at Tripura during his recent visit to the State



Shri A.S. Gill, ADG (Crime) Rajasthan Police presenting "Sword of Honour" to over-all best trainee Sh. Sanjay Tripathi at the POP of 4th batch of DEGOs held at ISA, Mt Abu on 27th March, 2004.

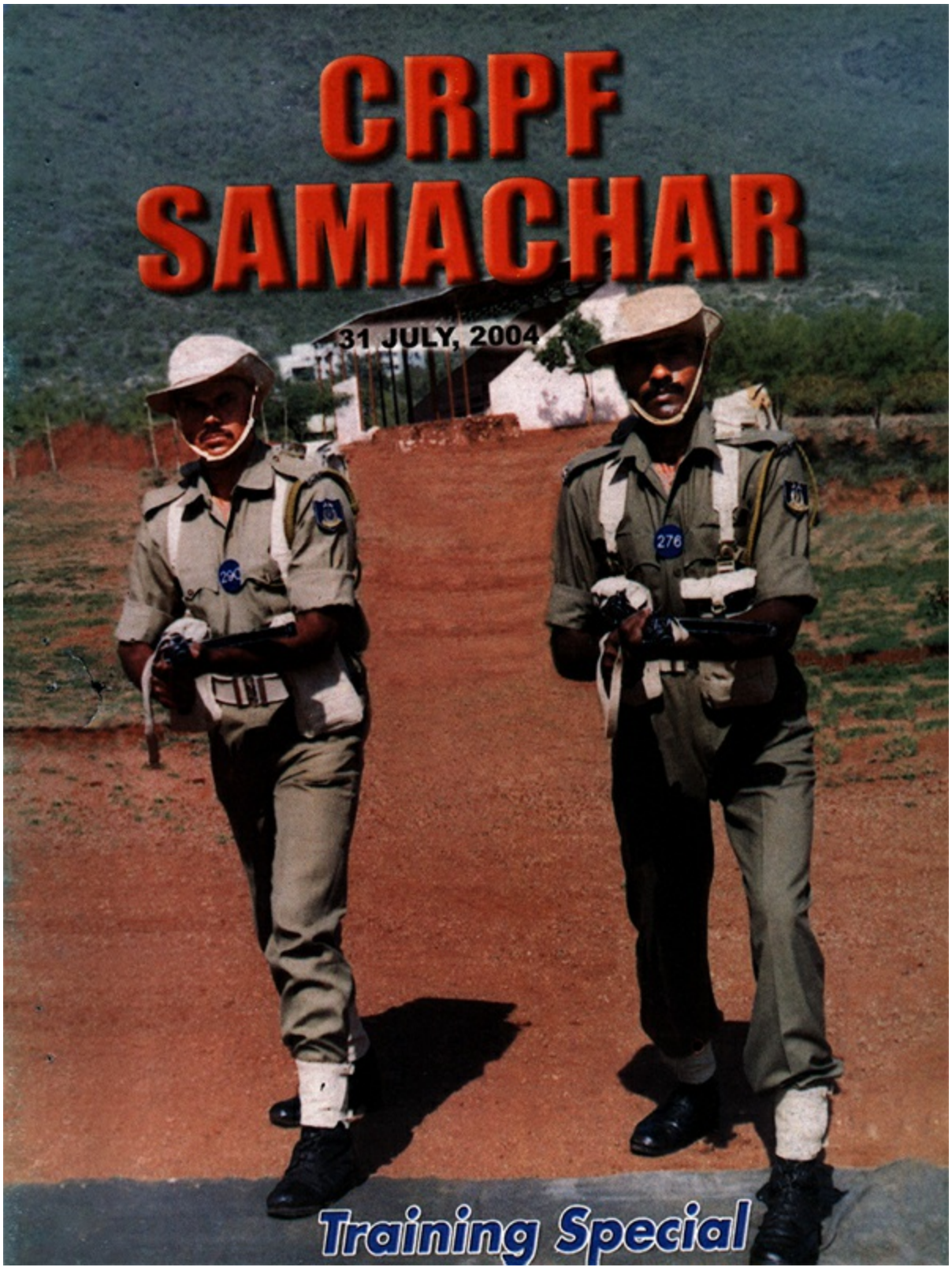
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Shri P. Damodaran, Director, ISA Mt. Abu giving away memento to Shri M.M. Rajendran the Governor of Orissa during his visit to the Academy.



Shri A.K. Jain, JS (P) MHA holding discussion with DG, CRPF and other senior officers of the Force during the Works meeting held at Dte. Genl. on 22nd & 23rd April, 2004.


CRPF
SAMACHAR
31 JULY, 2004
Training Special



Shri J.K. Sinha, DG, CRPF made a courtesy call on Shri Sriprakash J aiswal, the Union Minister of State for Home at North Block, New Delhi.



The DG, CRPF Shri J.K. Sinha called on Shri S. Raghupathy, the Union Minister of State for Home in New Delhi.

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—Chief Editor

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TRAINING-A PRIORITY

- A.N. SRINIVASAN, IGP, M&N, CRPF



CRPF Jawans taking Oath of allegiance at their passing out parade.

The training is a systematically planned exercise to impart knowledge, skill and technique and to improve the perception of any individual in a desired direction. It is also a process of developing a person's effectiveness through various standards as well as innovative methods by a competent and qualified trainer in a congenial atmosphere for learning. No doubt, the objectives of training are very closely connected to Human Resource Development in any Organization. Training as a system is a continuous and organized process.

The Law and Order scenario in the Country has undergone many changes in the recent past. The tactical concepts evolved in the past for the Forces in maintaining internal peace are no more relevant. Wherever things

were earlier done manually or by the way of permutations and combinations are now carried out in much lesser time through Computers with speed and accuracy. The active assistance of some foreign powers to Antinational Elements in terms of training, weaponry, finance and infiltrating of highly trained/ motivated mercenaries, makes it mandatory to the Para Military Forces to effect chage in their training policies, weapons, equipments and adopt latest techniques and gadgets which would help in combing the menace of Terrorism/Insurgency very effectively.

Training is an unending process and so is modernization. Rapidly changing tactical concepts are pointers for additional in-service and specialized courses in Training Institutions specifically designed and equipped for the same. Only then one can expect the Forces to perform the assigned tasks with precision and effect. Effectiveness of training in any Training Institution is largely dependent upon the total environment existing in the set up. The environs of training include a complex set of variables such as the Trainees, the Trainers, Campus enviornment, the physical facilities, Training techniques etc. Necessary balance and consistency among these factors is a pre-requisite in building conducive learning atmosphere in any Training Institution.

There is also an imperative need to ensure personality development and attitude formation of the Trainees in all Training Institutions in general and in the Institutions imparting Basic Training in particular. With the creation of National Human Rights Commission and many State Human Rights Commissions, the issue of Human Rights has come to the center stage. Therefore, the new entrants are required to be given some exposure to ethics and moral values for shaping their personality and attitudes.

The Trainer in any Training Institution has a key role to play. The Training Institution cannot contribute significantly unless it has a very well trained and professionally competent trainers. Therefore, Faculty Development Programme is also an essential requirement. The aim of Faculty Development Programme is to impart knowledge, skill and attitude to the Instructors so that they can discharge their responsibility of training effectively. This programme must be a continuous one so that the instructors can maintain the required standards throughout their tenure in the Training Institution. Skill development is also a continuous process and this can be achieved by technique sharing, feed back from the Trainees and its

evaluation.

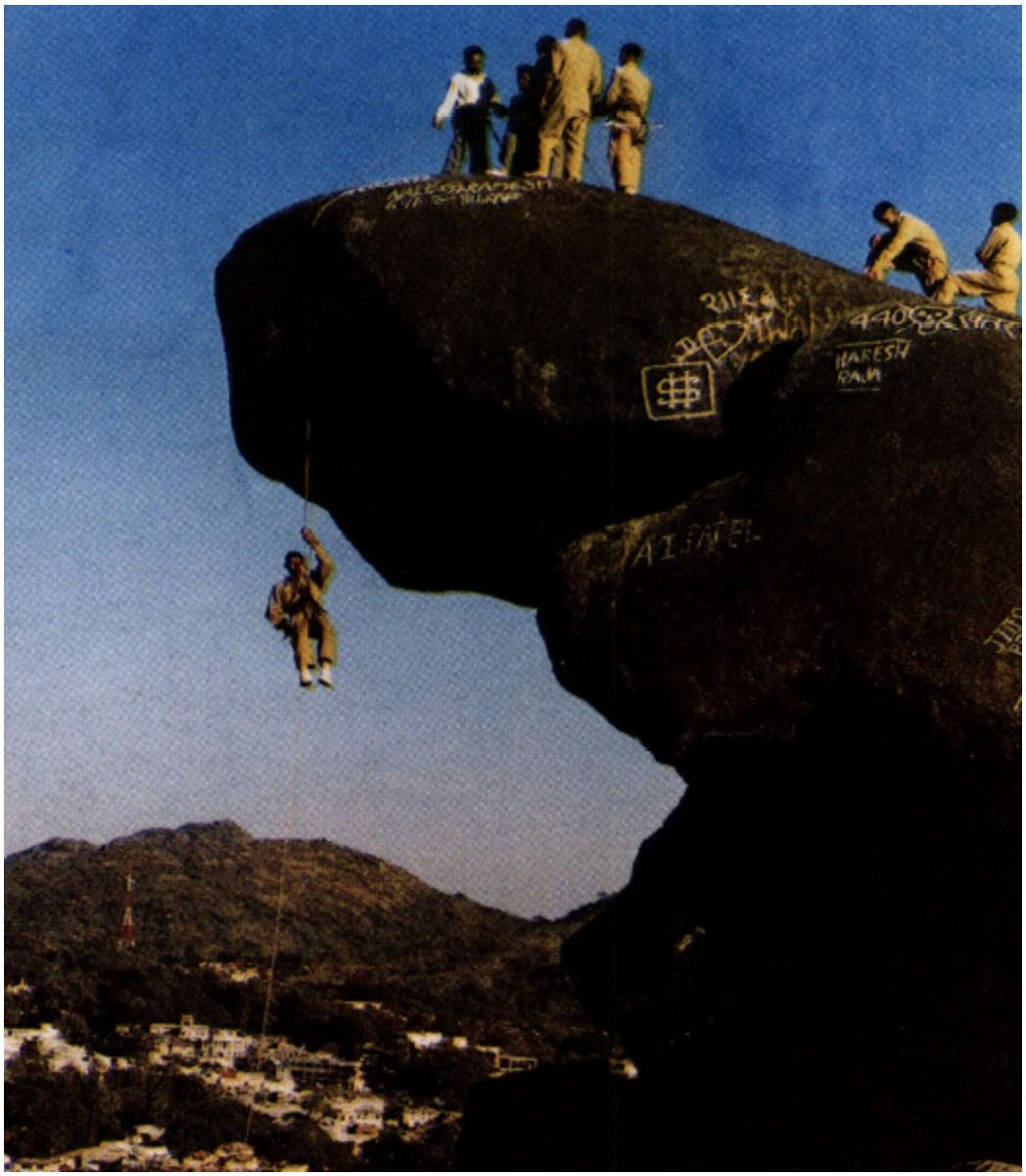
The Training Policy issued by the Directorate General CRPF is quite exhaustive and if implemented by all concerned in letter and spirit will yield desired results in the field of training. This in turn will enhance the Ops efficiency of the Force to scale still higher peaks of success.



Mahilas undergoing training on weapon handling.

SITUATIONAL TRAINING

- A.S. Rathore, DIGP, ISA, Mt. Abu



Rock climbing also part of DAGOs Training curriculum at ISA, Mt. Abu.

The CRPF is a versatile and dominant force in aid of the civil power to tackle the Internal Security problems in the country. It has the experience of dealing with Naxalite problems in Andhra Pradesh, West Bengal, Terrorism in Punjab, J&K and Insurgency in North East. Lack of infrastructure to support operations of this large Force, entailed adhocism, improvisation and make shift administrative arrangements affecting the quality of the operations and life of the men. Counter insurgency operations are characterized by their protracted nature, lack of well defined objectives and

uncertainty of operational activities. The main concern of the Force is to first discern the militant movements, pre-empt their actions to ensure self preservation and secondly to plan offensive operations towards their systematic annihilation. The counter insurgency operations are complex, time consuming and full of uncertainties. Lack of flow of actionable intelligence and changing strategies of the insurgent outfits have added to the confusion and ambiguity in the operational role. These uncertainties can be obviated to a large extent by meticulously managing the operational inputs, providing clear and unambiguous picture of the operational scene to the men and officers and psychologically preparing them to meet the challenges ahead.

Varied modules of training courses and the group training programmes like rotational training, induction training, counter insurgency operations training, have been introduced in the CRPF Yet, a wide gap exists between the training imparted and performance exhibited in the field. Training is imparted on varied subjects to deal with hostilities in insurgency prone areas of North East, J&K and elsewhere without focusing on insurgencies in any specific area. Because of the continuous deployment for the officers and men, insurgency is identical, be it in J&K or North East or even in naxalite affected areas of Bihar, Orissa, Chattisgarh and Andhra Pradesh. This has turned them insensitive to the ground realities of the specific area in the performance of their duties. The training curriculum is generally repetitive, monotonous and lack in generating requisite interest. Thus, the performance level is not enhanced. It is, therefore, imperative to impart focused training on the insurgency prevailing in a particular area of deployment, in addition to the current system of training. A studied approach is required in information evaluation and dissemination to the unit personnel. This would familiarize them with all the latest activities in their area of deployment, enhance their confidence and it would prepare them psychologically which would inspire them to perform better. The tactics and modus operandi of various insurgent groups would differ from place to place even in one State and the force need to adopt strategy accordingly. CRPF is deployed in aid of the civil power on the requisition of the State, but without entirely depending upon State machinery, we may collect various data so that men are fully prepared and we can work out our own strategies with a view to maximize operational output. The complete dependency on the State Police for intelligence and day-to-day operational input has not yielded the desired

results. Hence arises the need for situational training. The situational training is a process of preparing the men psychologically to combat the insurgency/terrorism in the area of deployment. This may be organized for 3 / 4 days at the Bn HQrs, so that the unit is in position to maintain its operational strength in the area of responsibility. The physical or weapons training may not be included in the situational training.

The situational training should be aimed to familiarize the men and officers on following aspects of area of deployment:-

Structure of Insurgent Groups:

Number of insurgent groups, factions with their identification, general area of hide-outs, pattern of movement, weapons held by them, flow of arms and ammunition and money should be explained to the men. The origin of these insurgent groups and their affiliations with neighbouring countries, the nature of support extended by civilians and insurgents, their modus operandi should be studied carefully and explained to the men. The photographs of most wanted insurgents, their leaders if available be shown and their hierarchical set up needs to be explained. Their strong and weak points with extent of local support be ascertained. These aspects should be brought to the notice of all concerned in detail, so that the men are aware about the groups operating in the area of their deployment.



Shri A.S. Gill, ADG (Crime), Rajasthan Police presenting "Sword of Honour" to all round best trainee Shri Sanjay Tripathi at the POP of 4th batch of DEGOs at ISA.

Evaluation of Past Cases of Confrontation:

Case studies should be prepared for all events pertaining to exchange of fire between security forces and insurgent groups, cases of abduction of civilians, killing of civilians, intimidation of civilians and ambushes on security forces in the area of deployment. All such places of occurrence should be identified, visited and deliberations be carried out alongwith the men. Demonstrations could also be organized so as to leave an impression on the minds of the men. Successful operations carried out against the insurgent groups will provide focused insight of their activities and prove to be a valuable guidance to our men.

Area Familiarization:

Area familiarization is key to success for any kind of operation. The men and officers should be made to familiarize with the area of responsibility immediately after their deployment, preferably on foot, unless long

distances need to be covered, which may be undertaken by vehicles. Men should be habitual to fearlessly visit the area during the night also without the assistance of any one. Familiarity with area of responsibility will generate confidence in men and officers. It would help them to dominate the area and reach any spot of incident quickly.

Grouping of Villages/Urban Localities:

For the sake of operational convenience, villages or the urban areas in the towns should be grouped and divided as the area of responsibility between Coys, Platoons, etc. It would extend closer surveillance on the movement of insurgent outfits particularly in case of any shelter taken by the insurgent groups. Frequent patrolling resulting into dominance can check any kind of violence, tax collection, free movement of insurgent groups. It would enhance confidence of local population in security forces and would afford easy accessibility, which in turn would be a very useful tool in the collection of intelligence.

Small Team Operations:

Small team operations might be successful in counter insurgency/terrorist operations. Participation of large force sometimes becomes bulky and unmanageable unless the situation demands. It may be an operation consisting of Platoon strength or even less than that depending upon the situation. A small team of highly motivated and well trained men will definitely achieve better results. The management of the operation becomes convenient, as also the execution. Whenever small teams are undertaking the operations, a close monitoring has to be ensured in case they require re-enforcements or stops have to be provided at strategic places or casualties have to be evacuated. The system of constant monitoring should be evolved which add to the capability of the team.

Countering the Fidayeen Attacks:

There have been number of Fidayeen attacks in the past in J&K. This is causing concern as well as it is a source of grave stress to everybody. The remedy lies in checking the ingress of insurgents in camp and effective safety management within the camp by carefully locating the kote, cook house and the lines and carefully planning the preparation to deal with the situation. The drill to be adopted in various situations depending upon the location, should be well rehearsed, so that in any kind of eventualities, men are in position to react swiftly. The insurgents are intelligent and innovative lot with the surprise element is in their favour. Therefore, for the camp security measures, all possible ways in which terrorists may attack the camp, may be discussed with the men with counter measures.

Fraternization:

Without the public support, no successful anti-terrorist or anti-insurgency operation may be possible. It is, therefore, necessary that fraternization should be kept by personal liaison. Civic action programmes, visiting the religious places, participating in local festivals, participating in school functions, etc, are the means to develop fraternization. The following aspects may be kept in view:-



DAGOs during the course of Jungle training.

• Initially meet every important person in the area of responsibility. No direct questions be asked to them as it would not yield any results.

• If invited, join them in their social functions, festivals, religious ceremonies, etc.

• Do not go out of the way to please them. Our men should behave properly with civilians, but all should not be permitted to visit the local houses. Contact should be maintained at the level of officers, SOs and few selected persons.

• Conduct meetings of the selected few men including village headman etc.

Operational Intelligence:

No intelligence agency can furnish the pin-point information of insurgents/terrorist upon which the security forces can react. It is, therefore, desirable that necessary functional intelligence be collected at Coy level. The intelligence flow has great importance in the success of counter insurgency/ terrorist operations. The liaison with various units may be maintained at Bn/Coy level. One does not have to completely depend on the intelligence from the State Police Organizations or Subsidiary Intelligence Bureau. Upon induction in a new area, the priority should be given to analyze the insurgent groups, identifying sources and procurement of maps. One should be familiar with the procedure of procurement of the maps, so that time is not wasted in demanding the maps from the higher authorities. Till the receipt of the maps, sketches of the areas of responsibility can be of great help. The briefing on maps/ sketches will give confidence and encourage the men to take active participation in the operations. Such briefings would generate seriousness in the operations. Needless to emphasize, there can be no better way of briefing the men than on sand models.

The training on the above points may be organized at the Bn HQrs in batches on a regular basis. Lectures should necessarily be taken by the Gazetted Officers so as to inspire confidence amongst the men. It is suggested that two men per Platoon may be pooled at Bn HQrs which will not disturb the operational strength of the Coys, and the cycle of the training may be maintained till everybody has undergone the situational training.

TREAD CAREFULLY TO LEAD CHEERFULLY

(From the hat of a Force Commander)

- A.P. Maheshwari, DIG (Adm), Dte. Genl.



Jawans of 143 Bn, CRPF on flag march at Palghat on 7th May, 2004, on the eve of General Parliamentry Elections-2004.

To lead efficiently as well as wield the rod effectively is a monumental task though often not so perceived by the layman, the onlooker. To successfully direct and monitor both the professional and to some extent the personal facets of one's subordinate's life is a dream privately nurtured by the hierarchy. However, it is a dream not easily realized as it requires sustained efforts to develop a healthy, mutually trusting environment with a meaningful relationship that auguments achievement orientation towards the aforesaid goals.

Those in command predetermine the objective with a visionary approach to it and accordingly enforce the code of conduct and the direction to be adopted, simultaneously setting a precedence for their subordinate through exemplary, modular and supportive behaviour. The culture of the organisation is, thus, considerably dependent on the projected role model which necessitates the natural activation of the intervention procedure to be successfully conducted by those in authority.

Management and leadership, though having distinctive characteristics, are still the two flip sides of the same coin. Despite having clear cut distinctions, yet functionally they are integrative in nature in an optimally moulded organisation. They have certain common reference points which cannot and should not be ignored before we venture into their complex concepts such as the gravity of common functional goals i.e. to say that the organizational goals should carry with them a common converting factor between the individual requirements and the individual's aspirations, though it is generally observed that the former manages to take precedence over the latter.

However, in the public service organisations especially the 'security forces', values are distinctly different. Here the organizational objectives alongwith the personal needs, desires and aspirations hold little relevance, infact no relevance, over and above the national/social cause. Leadership influences monitoring the nobler values may, thus, successfully generate a demonstration effect inducing in the subordinate the right momentum and inspiration to perform for a greater wider cause. Leadership, thus, eulogises self sacrifice, self denial and abstinence, thereby inspiring a similar trend in those that look upto the hierarchy for guidance and ideal manifestation. This is what we call the internalized approach. In contrast is the externalist approach where the higher command sets non-flexible goals, seeks absolute compliance and ruthlessly hauls up the juniors for substandard performance. An over ambitious manager who directs all his actions and energies towards career upliftment alone will sooner or later be identified and pushed at the receiving end of hostility.

Ability and professional efficiency minus integrity has become unacceptable today. The days of colonial legacy are history. On the other hand, in today's world a healthy mix of appropriate values may well see successful implementation of life/organizational objectives and leave the

individual in more blissful, satisfied and peaceful state. Public service officers are, in fact, blessed with an enviable state of pursuing a meaningfully enriched life style alongwith ensuring the upliftment of those working below him. i.e. being a role model in the real sense. Despite the unfair comparisions often made between the private and publice services, the public servant wins hands down being exposed to the opportunity to serve selflesly, to become an ideal role model and to bear the satisfaction that they have made the correct difference to those below them at hand and society at large. It is here that they can claim to perceive themselves as true and befitting leaders.

Deserving rather than extracting respect and obedience from one's subordinates is the true hallmark of an ideal commander of our security forces. This is what forms the crux of a true and able leadership. Leadership based on total acceptance knows no subordinates, no power and no arm-twisting techniques. Authority alone cannot compare with the humane and behavioural excellence of a leadership based on the dogmas of professional and personal uniqueness. In today's complex scenario, the 'know-how' and 'do-how' paradigms must include a keenly developed 'think-how' as well in order to ideally meet the surrounding human sensitivities. Taking a wider and long term perspective, with the subsequent rise in the hierarchy, technical abilities are to a great extent replaced by managerial acumen and these gradually give way to behavioural expertise in a true and a model commander.

It is the art of the client-relationships which helps realize the degree of acceptance rather than the 'master-servant' relationship. It is the 'pursued process' rather than the sole concentration on the task at hand that eventually enables rich dividends. As a responsible public servant we owe it i.e. we are under a moral obligation to provide due satisfaction to our 'client' which is the society at large. That for the deserving is the eventual litmus test for all our actions geared towards the society we have taken up cudgels to serve.

However, the most efficient and dynamic commander cannot give the befitting results unless supported by appropriate tools in congruence with the mission at hand. Let us delve into features of the desired tools a commander must use for success. The ability to define and predict the course of growth and development is one of the true characteristics of

strategic management. This accompanied with a professional focus further strengthens the cause of interpretation i.e. maintaining professional ethics, genuine care and concern for the public, welfare, ensuring upliftment and required development of the masses, professional ability and integrity, technological adaptability and keeping pace with the advancement in the system and, of course, making valuable contribution to the given cause.

The ability to maintain ruthless objectivity i.e. to rise above one's subjective attitudes, likes and dislikes regarding caste, creed and religion, with no communal bias is another basic characteristic of true leadership. To rise above the self to the selfless is highly desirable, but equally difficult to achieve, as some where, midway, one may either come under the influence of the opportunists or may surrender to one's personal jealousies, hatred, anger, fury and prejudices thereby compromising on the very intrinsics on which effective leadership balances and succeeds.



Shri J.K. Sinha, DG, CRPF interacting with children undergoing vocational training organised at GC, Avadi during his recent visit to Chennai.

The ability to decipher, perceive and innovate in real time is another key tool to success. Tactical intuitions, monitoring an action without putting it through mundane reasoning and analysis is the key 'Success Mantra'. It is

the ability to perceive the battle times either through the experience gained during insurgency, realistic war games or even through case studies, simulated exercises, reading material etc.

The moral ability to defer and the moral courage to decline in case of a trade-off or deviance gives equal impetus to one's commander status. The non-feasible and non-ethical should not be succumbed to. We may develop optimally the ability to counsel in a balanced and a motivated manner, seriously imbibed with detailed inroads into the issue at hand, through an enlightened and proper understanding of the human mind and psyche. This is possible through experience along with being an active member of the job at hand that may lead to a high level of orientation. This would properly enable us to guide, share, ensure healthy habits and induce professional power amongst our subordinates.

The most vital, yet unfortunately, the most neglected aspect is the habit of simple living. The critical importance of this leadership tool can be evidently eulogized viz the realm of history. 'Spartans' at the height of their military success sent a deputation to the Oracle at Dolphin and demanded arrogantly, "Can anything threaten Aparta ? 'Yes luxury', came the humble reply. There lies the major secret of a public servant's success. To follow a frugal and austere lifestyle sets an ideal for the force to ape and follow, thereby helping to mitigate so many related vices namely-greed, corruption, disharmony, dissatisfaction, disorderliness, discipline and the like. An ostentatious lifestyle, thus, can be declared not an option for the public servant. However, this need not be confused with shabbiness and unkept appearance and sub-standard life style. Dignity of appearance is an essentiality and must under no given circumstances be ignored.



CRPF men guarding the polling booth at Poonch area of jammu during GPE-2004.

Similary, over-familiarity with one's subordinates may actually result in insubordination and indiscipline. A correct balance is imperative and has to be maintained to ensure a wholesome personality. Here, the Indian Culture and ethos meet the job requirements best. because the Indian culture is a correct balance of wisdom, resilience, experience and richness of heritage.

Finally, to summarize the above, we can safely say that an able commander is one who while gradually fading away into the background raises the efficiency level of his juniors to take on the complex tasks/responsibilities, develop clarity of thoughts and objective, a clear focus on the path to traverse and become spiritually elevated to the extent that work itself becomes homage, and the ultimate goal. Command management calls for ability of foresight vision, pro-action, analysis to manage change and optimize copability. An intense belief in humanity results in providing positive, encouraging strokes to achieve and progress rather than create negative vibes through persistent acrimonious behaviour. The idea is to 'win hearts' and not immobilize them with raw terror. He moulds their fate, leads them, yet he is one of them. He needs to rise above the status of a 'paper tiger' and achieve/motivate through 'smart efforts', not

just sweat and toil. If the juniors repose their blind trust in him, his work is already more than half done as compliance of his directions and acceptance of his ability to direct and guide is never challenged but enthusiastically aped and complied with. It is the aura of his personality that ensures and determines the compliance of his desire and viewpoint rather than the orders issued on paper. To ensure the all round positive results, the focus needs to be on prompting them to do right in a win-win situation rather than attempting to catch them doing wrong in a no-win situation.

VALUE BASED EDUCATION FOR POLICE TRAINEES

- Harbhajan Singh, Principal, RTC-I CRPF NMH



Rope climbing-one of the means of obstacle crossing is part of Recruits Basic Training at RTC-I, Neemuch.

Police is an important branch of Public Administration. The image of police in the eyes of public is an important parameter for judging the efficiency of successful governance in a democracy. It is fact that image of the police in the eye of public is not favourable. To some extent the legacy of the British continues even in the post- independent era. Time has come for concerted efforts to improve the image of the police. Hence value based education is required to be incorporated in Police Training. Value based education is the complete development of the individual so that he makes an important contribution to society according to the best of his capacity.

Positive Attitude : The foundation of success regardless of your chosen field is Attitude. If attitude is such a critical factor in success should we not examine attitude of our trainees towards life and ask how their attitude will affect their goals. It is not a secret that they are successful because they think and act effectively. They do so by investing more valuable assets. Most of our attitudes were shaped during our formative years. There are three factors that largely determine our attitude formation. These are 3Es of Attitude: Environment, Experience and Education.



Recruits undergoing weapon training on IWESS at RTC-I, Neemuch.

For better environment factors such as are important:

Home - positive or negative influence, School - peer pressure, Work-supportive or over critical supervisor, Media -TV. Newspaper, Magazine, Movies etc, Cultural background, Religious background, Tradition and beliefs, Social environment and Political environment.

All these environment create a culture. Every place, be it home, organization or a country has a culture i.e., at a store where one generally finds Managers to Sale Clerks alike to be polite, helpful, friendly and cheerful.

From positive attitude benefits such as can be derived : It makes pleasant personality, It is energizing, Increases enjoyment of life, Inspires others around you and Helps you become contribution members of society and an asset to country and the organization. It is helpful in achieving such as :

Team work, Solving problem for improvement of the quality, For creating congenial atmosphere, It breeds loyalty, It increases returns. It reduces stress.

To achieve the desired results for retaining values, best education in RTC-I, Swami Ramdevji Maharaj was invited during 2003 for organizing 7 days Yoga/ Meditation classes and Acharya Mahapragyaji was invited for lecture/ Prekshadhayan on 8th & 9th May'2004. In addition to it, during Sainik Sammelan a special emphasis is being given for enhancement of moral values among the trainees and the results achieved in this field are quite encouraging.

Education for knowledge : Knowledge is power by which things are done. Education means enabling mind to find out truth which emancipates us from an bondage of the dust and gives us the wealth not of thing but of the love, making the truth and giving expression to it as a natural choice.

Pride in Service : Trainees should feel pride in their service. Role Model exercise and training film can be very useful to inculcate sense of pride for service. It is not only essential ingredient for basic training but it is a continuing motivation till superannuation.

Character building : It is aggregate of many qualities, which reflects

values. It is above all integrity, honesty, moral ethical bearing, conscience, loyalty, mental fortitude, courage and consistency. It is composite of qualities not a commodity.

Ethics : Ethics is a commitment to a highest order of moral values and an ability to distinguish right from wrong. They never compromise their ethitical standards for material gains.

Conscience : Consciences is a direction prior to an action. Conscience is the guiding lamp that makes us to do right things simply because it is the right thing to do irrespective of personal ends.

Loyalty : Loyalty is the hallmark of strong character. Loyalty calls for readiness to sacrifice. Loyalty is the attitude as well an action. It survives inconvenience and temptations. Individuals and institution are perishable where as value-based codes of conducts are everlasting.

Mental Fortitude : Mental strength lies in the ability to consciously place ourselves in vulnerable position taking risk and getting out comfort zone. Mental toughness helps you make right decisions, even though they may not be quite pleasant.

Courage : “Heaven never helps a man who will not act”.

- Sophocles

It is a tremendous tool when used constructively. Courage gives us the ability to the assertive and resists being paralyzed. Lack of courage destroys our ability to act. Courageous behaviour inspires people and helps generate trust.



CRPF Jawans undergoing basic training.



Shri Harbhajan Singh, the Principal, RTC-I, overseeing training session of Recruits at Neemuch.

"Courage may be the most important virtue because without it you won't have the strength to sustain any other value."

Character Building : It is not a gift, it is an accomplishment. Character is built bit by bit through hard work. It is a combination of many qualities. The quality of an organization or a country depends on the moral character of its people. Character is not something we are born with. It is learnt behaviour our values come to our aid when we face the world.

Commitment : An integral part of a good value system is commitment. Commitment implies Dependability, Reliability, Predicability, Consistency, Caring, Empathy, Sense of duty, Sincerity, Character, Integrity and Loyalty.

Values such as responsibility, integrity, commitment and patriotism are considered old fashion by few. These may be old values but they are certainly not obsolete. They have stood the test of time and will be here for ever. These values have the same meaning in New York as in New Delhi or New Zealand. They are universal.

We would like to reiterate, however if one trainer is to play his right role in the promotion of value oriented education the teacher himself should be value oriented. It is only when he himself is value oriented that he will be able to give the necessary inspiration, help and guidance to his trainees. Professional training is equally important for achieving excellence in maintaining Law & Order.

In conclusion it may be mentioned that curriculum is not static. It is dynamic. Hence Value Based Education for Police Trainees can bring revolutionary changes in our Society.

TRAINING FOR ANTI-INSURGENCY DUTIES

- Nadeem Samdani, Dy. Comdt. RTC-I



Jawans with SLR during Jungle Camp.

Training is a deliberate and planned process of teaching and learning wherein knowledge, skills, techniques are acquired by the trainees with the guidance of trainers . Training is a tactical and vital necessity because it increases the morale of men, discipline and help in reducing dissatisfaction among men. Training generally aims at improved individual performance, improved job satisfaction and improved organizational effectiveness.

As we know, our 70% organizational strength is deployed for counter insurgency duties in North Eastern States and J&K. For preparing a police force for counter insurgency duties, proper planning, detailed preparation and effective training are very much required. Counter Insurgency is normally an exhausting affair which demands patience, proper planning and specialized training. Counter Insurgency duties are very different in nature from internal security duties. In internal security duties we use minimum force. Passive attitude while Counter Insurgency duties demands mobility, flexibility and physical toughness.

PRE-REQUISITES OF SUCCESSFUL INSURGENCY:-

Following are the pre-requisites of successful insurgency:- **(i) Cause:-**The best cause is one that can attract the largest numbers of supporters, Cause must be lasting and counter insurgent cannot meet it without fear of being thrown out of power.

(ii) Weakness of counter insurgency :-

• A leader who is not strong both as an individual and as an organizational man, will find it difficult to take bold and unpopular steps against the insurgent • Leader must not only be resolute and firm but also be aware of strategy and tactics required to fight insurgency.

• If political structure, administrative bureaucracy, the police are sympathetic to the cause, it will be very difficult to crush the movement

• Border areas are permanent source of weakness. This fact is usually exploited by insurgent by moving from one side to the other.

iii) Popular support :-Insurgent must rely on support of the people for getting food, shelter, recruits, money, intelligence of counter insurgent, without which they can't operate .

iv) Leadership and organization :- Effective leadership is basic requirement to organise, co-ordinate and control all insurgent activities. The insurgent leader should be capable of recognising a popular cause and then presenting a programme of the people which will satisfy their aspiration.

v) Favourable geographical condition and outside support which includes political as well as financial support.

Requirements and needs of training:-

In order to prepare troops for counter insurgency duties, following are the requirements:-

a) Training programme should ensure the development of basic military skills among the troops and they should be aware of the effectiveness of their weapons.

b) Training should be based on local geographical consideration and emphasise on those tactics and techniques which is most applicable for a particular mission.

c) Training should provide the battalion personnel with the knowledge of mission, organization, concept of various CI operations and the

fundamental, of psychological warfare.

d) Training should familiarise the unit personnel to know the need of intelligence and counter intelligence, security of men, material and equipment.

e) Training should prepare the troops through practical exercises for CI operation in the special context of environment and to provide proper appreciation of background of insurgents.

f) Training should provide the due emphasis on teaching of various lessons learnt during last two decades from various incidents.

g) Training programme should emphasize instructions for positive political behaviour, protection of population, and rendering civic action.

h) The training objective is to produce individual and sub units, capable of participating in CI operations independently and capable of completing the mission in a given time.

REAPPRAISAL :-

The counter insurgency forces should carry light arms and equipments, light and easy to handle communication system.They should be quick on their feet and have great endurance. Tough field training and exercises can make a unit fit for Counter insurgency duties.

Command in Counter insurgency duties must be decentralized and commander must be allowed and given much initiative and wide authority. A unit should prepare a platoon and a sub-unit commander for aggressive initiative through effective training based on well planned field requirement.

Local detachment commander must know the terrain of operation. Unit personnel should be given through briefing about terrain and types of operation before sending them for operation. The troops should be familiarized with the area and modus operandi of the insurgent should be known to the troops.

A high moral has to be built up in the unit personnel and it requires constant vigilance and nurturing to maintain it. Adequate training ensuring strict fairness, suitable incentives, impartiality by seniors, recreation facilities, good food, excellent medical services and canteen facility are

some of important factors which can build up and maintain high level of morale in the force.

Anti insurgency warfare is a psychological warfare and unit has to be thoroughly trained and indoctrinated for psychological warfare. No one can ever won the hearts and minds of the people with bullets and bayonets , nor can it be done by deeds and give away programme. It is done by combination of words and deeds.



Smoke Bomb explained in a chart.

It is very important for us to use the past experiences and avoid doing the mistakes done by other units. Case studies, reports of field survey and appreciation of previous CI unit should be made available for training to CI

forces by drawing lesson from each incident. Based on our past experiences we should be able to prepare our unit effectively and result oriented in counter insurgency duties.

TRAINING FOR INTERNAL SECURITY

- GULAB SINGH, Asst. Comdt, RTC-I, CRPF



Jawans negotiating obstacles as a part of Training.

Training is a planned, continuous effort to improve trainees competence levels and the organization work environment. Training is a systematic process of altering the behaviour and / or attitude of trainees leading to enhanced knowledge, changed attitude and improved skills and techniques. Training for internal security on scientific lines demands a system approach. It has to provide required skills and techniques, enhance knowledge and bring out required attitudinal change in the trainees.

TRAINING FOR INTERNAL SECURITY HAS TO COMPREHEND THE FOLLOWING :

• Identification of training needs for each category of trainees - policy formulators, senior administrators, middle level leaders and field level officers and men • Formulation of trainee objectives for each category of trainees • Designing of training programmes • Implementation and execution of training programmes in a conducive environment with the utilization of latest training aids and techniques / equipment • Scientific evaluation of all aspects of training and feed back from trainees • Internal security training for trainees as to cover very broad areas • Conceptual analysis of the basic problems of internal security has to be the main thrust in the training • legal prospective, political perception, socioeconomic constraints, operational handicaps of internal security force have to be some of the main subjects for training • The available operational techniques and procedures have to be incorporated in field training for internal security.

MAIN OBJECTS OF TRAINING.

Confrontation management techniques, Internal security operations. Counter insurgency and anti terrorist operations, Crisis management, Crowd and mob control, Control room management and Management of mass media.

Psychological operations for internal security manage- ment and

coordination of man power and other resources deserve special attention during internal security training, Role of CRPF in and to civil power and art of decision making are some of the most important subjects for training.

THE OBJECTIVES OF INTERNAL SECURITY TRAINING BROADLY AS UNDER

To equip internal security staff to efficiently perform their assigned role in internal security duties.

To develop right attitude and behaviour towards the public and sustain the human touch even in most adverse confront situations.

To identify and analyze the nature of internal security problems, The patterns of public conformation and its management, and capability to participate in various internal security operation even in the face of various hazards.

Plan for and conduct civil disturbance management operations using conformation management technique and principles.

To develop capabilities for effective applications and utilization of modern management technique and control devices for accomplishment of internal security operations, Civil defence operation and crisis management operations both peace and war time.

To provide knowledge about how other democratic countries resolve the conflict between the constitutional rights of the citizens and the maintenance of public place, law and order and internal security ; What methods are utilized for enforcing public order, What method technique and equipment actually utilized for quelling disturbance and what is the general out look of the public authorities on such matters.

These objectives can be achieved only when internal security training is imparted by highly motivated, trained and qualified trainers. Proper training environment correct trainer - training ratio and availabilities of required training aids and techniques are also essential for effective training. Earlier the CRPF was mainly performing the duties of escorting prisoners, providing static guard to vital installations, protecting VIPs, carrying out anti docity operations, dealing with communal disturbances, youth / students unrest, agrarian tensions, tribal unrest labour unrest and industrial conflicts

and general law and order problems, but now actively involved in military like operations against terrorists, insurgents, extremists and other secessionists. It is therefore while imparting training to the trainees either basic or advance at various training institutions should be given more emphasis on the following suggestions on various counter insurgency and anti terrorist operations :-



Jawans handling LMG during refresher course.

While troops conduct mobile patrol:

A minimum of two or three vehicles on mobile patrolling and each should maintain proper distance • Men should dismount from the vehicle when crossing ambush, prone area i.e bridges and culverts where explosive can be planted • The route and the time should be decided by the commander and invariably changed every time • Men sitting in the vehicle should face out towards and be ready to jump out and fire immediately in case of need • Freshly dug earth on a track and freshly repaired road should immediately invite suspicion and should be checked before moving further • A combination of foot cum mobile patrolling should be adopted • The driver of vehicle should be well conversant with action to be taken in case of an ambush • The mobile patrols should be well rehearsed in dismounting,

taking defensive positions, rapid firing and counter ambush drills.

While troops conduct cordon and search:

It is necessary to have advance planning based on accurate intelligences about the area of operations, topography of areas, number of terrorists and the weapons, number of civilians living in the area, approach to the place, likely escape routes , name of houses of relatives or sympathizers, if any • The personnel should be briefed about target, their role and task of each group in the Ops and action to be taken in the case of encounter • The search party should preferably include the local police along with CRPF troops as they have knowledge of local area and people • The personnel should be properly trained and rehearsed in the manner of approaching and entering any building and also in sequence of carrying out search • The house hold items should be thoroughly searched in the presence of the male member of the house to avoid complaint of pilferage or loss • The troops should be directed not to misbehave with public • It is advisable to make women police along in cordon and search ops to search female suspects • Before starting search it would be advisable to secure a vantage point from where it would be possible to give cover / protection fire to search parties if terrorist open fire • Haystacks, heap of firewood even dung should be checked and also cattle shed, drains, vegetable gardens for concealed weapons • While a cordon and search is in progress no person should be permitted to go out of the cordon as terrorist use every technique to escape • Avoid haphazard movement of troops inside a village during cordon and search as they will provide easy targets to the terrorists • All search parties should preferably be commanded by So’s with an officers as overall in charge of the search parties • Search should be done with courtesy avoiding any damage or hurting the religious or personal sentiments of any one.

While troops conduct foot patrolling:

Maintain secrecy of move of night patrols as far as possible even from the guides • Select route out, route in , time out, time in, place of halt for temporary and composition of patrol party for the task • Route in and route out should always be different except in some cases by random and surprise • Provide proper communication between the post and the patrol • The strength of patrol should be adequate to deal with a full scale terrorist ambush and carry adequate number of LMGs , rifles, 51mm mortar, grenades and hand held torches • Equip scouts with bullet proof jackets

where ever available • Patrol during nights should keep away from the center of road . Use of forces and hand held torches should be restricted unless contact with terrorist has been established • Patrol should maintain silence on move • While moving on canal road, patrol should move on both sides of the canal to avoid sudden attack from one side, all likely places of ambush should be crossed tactically • Suspected vehicles , tractors with trolley, two wheelers and bicycle should be stopped at a distance put with in effective range for forthright firing • To maintain secrecy avoid moving close to village in route if the particular village is not to be covered • Be aware of divisionary any tactics used by terrorist enroute to invite and ambush the troops • Avoid the tendency to keep the feet dry during move at night and use cross routes • Make proper use of automatic weapons, grenades, mortar etc. For firing during night in chance encounter with terrorist by taking available and suitable cover. Don't allow police representative or any other guide accompanying the patrol party to go in to the village at night • Patrol party should not clutter and maintain proper distance between various persons on the move. Move should be in tactical formation, covering each other • Don't permit any member of the patrol party to take or buy any thing while on move • While moving the patrol party should be alert about any booby traps and explosive planted on the route. Particular attention should be paid to the condition of road/track and any thing unusual should immediately be looked into with suspicion and dealt with cautiously • Patrol party should be properly briefed by the post and patrol commander, who should also check the arms, ammunition and equipment of the patrol party • All the personnel of patrol party must remain fully alert to avoid getting trapped in an ambush • Night foot patrol should preferably stay in the area and return only in the morning • Good knowledge of topography is essential for successful operations.

Precautions by the troops should be taken against bomb blasts and mines:-

• Each security post should be checked for its vulnerability from grenade/ rocket attack or likelihood of bomb being placed in the premises. Depending on the local conditions the area should be properly covered by patrolling illumination parameter, checking all incoming person and by covering its ambushes/patrols the area from where rocket attacks are likely to be made • Public utility places usually visited by the troops, such as water point should

be usually checked for bombs, mines or booby traps and also sanitized too for enroute ambushes • Vehicle s should be parked away from the direct fire of rocket / grenades • Vehicle should not be left unattended at any time as explosive can be attached or thrown into it • Vehicles should be covered with camouflage net of wire mesh to prevent any lobing of explosives by the terrorists in side the vehicle • Patrol party some time use the same halting places for taking rest or even as naka point thus enabling the terrorists to mine/ booby trap such places. This should be avoided by not sticking to any single spot, in routine • All mobile groups whether proceeding for patrolling or on naka duty should keep on changing the route and time both in and out to maintain surprise , foot patrols may move cross country to avoid booby traps. Any unusual condition on the route should be looked with suspicion and party should move ahead only after clearing the area by a diversion or on foot if traveling in a vehicle • Avoid approaching or handling any item lying unattended at any place. It may be bomb/explosive device which can be exploded through a variety of a remote control or detonation devices • Read inter sections, only canal banks are some of the places where terrorist plant booby traps/ explosive as the force personnel tend to collect in groups and cross such places, and provide a big target. Such area should be cleared in a dispersed manner. Terrorist planning to lob explosive or having planted a mine advised civilian to clear the area. Any unusual absence of civilian activity in normally busy area should arouse suspicion of the party commander. Similarly absence of vehicular traffic on a normally busy road should arouse suspicion • Naka party should check the surrounding area for booby traps before taking position • Force vehicles should not be parked amongst other vehicles but parked away separately • Men at posts should be alert as any one approaching the post even women and children have been used for planting or throwing explosives • No outsider should be permitted to enter a post or camp with out his search at a distance, to prevent a human bomb/suicide squad causing damage.



New recruits marching off after the Oath-taking ceremony.

While conducting ambush and counter ambush:

The approach route of reinforcement group to the place of incident should not be predictable, otherwise the reinforcement group are liable to be ambushed or encounter mines en route • The reaction party should move on route likely to be used by the terrorists to intercept them. The party should move cross country after covering some distance by vehicle, to search at the place of incident as normally ambushes or mines are laid at a short distance from the site of the ambush to intercept reinforcements. The reaction of the reinforcement parties need to be thought fully and carefully planned anticipating that the action by the terrorist may take against the moving parties • When a post is under attack by terrorist the reinforcement should not to be sent inside immediately. The reinforcement parties should move towards the road junctions and crossing on the likely escape routes of the terrorists • Normally terrorist lay ambush one side and therefore when foot patrol comes under ambush, they should rush towards the opposite direction and take position. At right the patrol party should keep grenade with them for use • Opening of fire by the ambushed force personnel make the terrorist run. Therefore when a foot patrol is ambushed at night it should fire towards the location from where the terrorist fired • The rear elements of the patrol

should try to intercept that terrorist are bringing them under heavy fire. 51 mm mortar to be kept with the rear of the party and para illuminated bomb should be used to light the area and spot of the terrorists • As far as possible movement of vehicle on adm duty at night should be restricted and not along any routine route. Incase of terrorists firing immediate fire should be opened towards the direction of fire before dismounting from vehicle As far as possible, each vehicle should also carry dragon light to search the area in emergency • Once a vehicle comes under fire efforts should be made by the driver to drive with speed through the ambush. The man should immediately dismount after the vehicle has moved out front line of fire and react effectively • Men in the vehicle should be fully alert at the first indication of fire and should be ready to fire back and lob grenades in the direction of fire • The man moving at night should be provided bullet proof jackets and also helmets • Mobile patrol should not move in a routine. They should stop enroute and likely places of ambush cleared on foot • Contingency plan should be drawn for move of reaction party or reinforcement both incase of attack on security posts and ambush of vehicle / foot patrols • Regular rehearsals are essential for keeping the men in a constant state of mental and physical preparedness. The reactions plans and drills should be regularly explained to the troops so that all members of reactions groups are familiar with the routs and drills • It is essential that all adm move should planed properly and kept secret • It is essential for avoiding ambushes that all routine move should be avoid and all moves kept secret without discussion even on wireless communication which are liable to interception • The man going for shopping should go only with adequate escort. Whenever the purchases party doing shopping the escort party should provide cover • Men should not be permitted to loiter around in towns, shops, hotels as they are liable to be kidnapped or attacked • The adm vehicles should not be left unprotected and should be provided with a separate guard • While moving out, it should be ensured that all men are caring their weapons and ammunition to retaliate to any unforeseen incident/fire.



Demo on pistol handling.

Troops should take general precautions in counter insurgency and anti terrorist operations :

Take maximum precautions against bomb blast of buildings and vehicles • Don't allow men to move alone and un armed • Keep vulnerable sides of security posts well illuminated • Use night vision devices , torches, road stopper, illumination bomb, smoke candles tears smoke / stun grenades • Beware of planted source and information • Maintain close control at night and never react in a huff • Give a cool thought to information received before taking action • Check security force personnel encountered on move at night to avoid falling in to a trap but default with insurgent in uniform • Don't use the same route for return journey • Don't use fixed timing routes and positions for night patrols and nakas • Often stop and check suspicious looking places and recommends of route/ track while moving with a mobile party • Evolve methods and rehearsal of party to jump out of the vehicles without loss of time while moving by road • Ensure security of vehicles parked inside the security posts/ out side of any building and in the town • Men to select proper firing position in close in counter • Ensure use of hand grenades and LMG fire immediately to force terrorist to go to the ground • Complete the outer cordon within minutes • Take care of stray bullets • No mobile patrol to be totally mobile • Don't choose set routes for move •

Move to be tactical at night with scouts in front. It should after stop to check suspicious looking places/objects • Train our men to be able to observe closely the impact of their movement on the people coming across and reach in case of the unusual behaviour • Resort to aggressive action once contact is established • Observe persons changing direction of move, speed of movement and persons of any weapon or such persons • Ensure that armed special police squads operating in civil dress against terrorists are not mistaken for terrorists • During house search. ensure that sufficient warning is given to inmates after surrounding of house to open all doors and windows and come out so that innocent civilian are not killed • Deal firmly with suspects • During move ensure appropriate distance between vehicles • Use code signal during move at night which should be changed frequently • The quick reaction team (QRT) should be formed at company level and placed at their head quarter to meet the emergency situation, to reinforce the road opening party , convoy protection and to provide protection of VIP during move.



Recruits taking notes during training lecture.

RELEVANCE OF CONVENTIONAL TACTICS IN C.I. OPS

- Rajesh Yadav, Dy. Comdt, RTC-III



Rope climbing-also part of Training.

Central Reserve Police Force has a long history of performing different types of duties. Since long we have been serving in the North-East which is sometimes turned as second home of the force personnel. Our role was mainly confined to area domination through long range patrolling/Road opening, counter ambush and cordon/search operations. But with the passage of time the situation in other parts of India deteriorated and hence our sphere of duty increased and it is still increasing day by day but so is our man power.

We are going to be the largest Para Military of the nation with a versatile role. Whether its counter insurgency or anti extremist operations, area

domination, road opening cordon/ search/road or providing guards to places of administrative/religious importance or performing law and order duties during elections or in case of any natural disaster, C.R.P.F. is always there with its motto of ‘SERVICE AND LOYALTY’.

To perform so many types of duties in different parts of the nation or abroad we have increased our man power. To keep pace with the modernization we have acquired modern weaponry and equipment. The challenges which we face today are very different from those faced thirty-forty years ago. The tasks have increased manifolds. The strength, weapons and modus-operandi of the extremists/ insurgents and other anti social elements have chaged.



CRPF Jawans on ROP duty.

To meet these challenges and keep the force in mode of readiness we are training our troops at different stages whether its basic training or various other courses, where we impart training of all types of weapons including the latest arms and equipments. But when it comes to the tactics, it has been observed that the same old practices are being followed rigidly. We are still sticking to conventional tactics whereas the nature of duty, weapons and man power has changed/increased a lot.

Our conventional tactics were, no doubt, very useful when we were

performing duties in the North-East or in other parts in hilly and jungle terrains but now the force is being deployed in many thickly populated urban areas. The modus operandi of the anti socials has also chaged. More automatic weapons are being used and that too at close quarters. More and more explosives are being used which has many a times compelled the troops to be defensive.

Modification in tactics be brought and taught to the troops and it should be incorporated in the security/contingency plans of the field formations.

Once the men are deployed, there is no time left to rehearse, modify and amend the tactics. Requirement of innovative ideas and their utilisation by the field commanders with full participation of the troops in different situatiions as per requirement is felt. Such practices can be carried out when the S/units are undergoing rotational training.

No doubt we have to keep our troops fit for conventional operations of area dominations, cordon/search, convoy protection etc but also at the same time alert, effective and fearless against the suicide and close quarter attacks.

When it comes to normal law and order duties, change in weapons and equipment be ensured. The very look should not be like C.I. Operation troops but instead it should be humane, helpful and always ready to assist. So that we can change as per the changes in our role.

MODERNISING TRAINING CURRICULUM

- Inspector P. P. Pramod, CTC-II, CRPF.

Effective policing is necessary condition for sustaining economic growth and social progress. The Indian police still suffer from a poor image. It is perceived as authoritarian and an agent of state rather than an agent of law. Various police commissions have been set up from time to time at the national and state level to bring about reforms. But the poor image still remains. We have to think of the emerging threats and challenges that lie

ahead in the new millennium and shape the police according to changing requirements. There should be an attitudinal change in the police in their response to the people. There is an equal requirement from improvement of professional standards and training methods to match the new developments in the political, social and economical environment. Let us visualize the minimum challenges that the police will need to confront in the next few decades.

TERRORISM/ORGANIZED CRIME

Terrorism is a weapon of the weak, but also those who wish to kill large numbers of “infidels”. Terrorism is also the method by which “Armageddon” is launched for the “chosen”. Terrorists of the twenty-first century will be crusaders motivated by religious doctrines or deranged groups motivated by delusions. Both groups of terrorists seek weapons of mass destruction (WMD’s) and the expertise to deploy them. According to some authors (Combs 2003), conventional terrorism (bombings, hijackings, assassinations) will exist side by side with the “new weapons” of mass destruction. The future terrorists will be well financed, educated, and/or perhaps trained by former Soviet and governmental scientists, engaging in unconventional terrorism either acting for their own religious extremism or paranoid agendas, or as proxies for states who use terrorism as an alternative to wage war on more technologically advanced and militarily powerful states, like the United States.



Trainees crossing low-wire entanglement obstacle.



Jawans practising shooting skills on computerised target.

Who are the terrorists? The future terrorists will be motivated by either

religious devotion or delusions. The terrorists will be either the “crusaders” or the “crazies” (Combs 2003). The “Crusaders” are religiously radical groups. According to Jessica Stern (1999) terrorist groups motivated by religious extremism are becoming more common in recent years than in 1968. Laqueur (1999) believes that the terrorists of the future will not only be organized religious, jehadi organizations, but also the “crazies”, deranged individuals and apocalyptic groups that want to draw attention to themselves and their personal agendas. While the concern is that a religious jehadi group like Al-Quida might get a WMD, Laqueur (1999) is concerned that a mentally deranged group or person operating under delusional belief systems will likewise obtain WMD’s. Lesser, et al. (1999) states that terrorist acts prompted by religious extremism are more intense and produce higher levels of deaths that those acts motivated by political and secular organizations. Terrorism motivated by religious fervour is more lethal than political terrorism and has been on the increase in the recent years, while political terrorism has been on the decline.

Terrorist methods are becoming more available to anyone or any group with a grudge, agenda, apocalyptic delusions, or a combination of all of the above. Weapons of mass destruction technology and the means to carry out terrorism are becoming more open in books, CD-ROM’s and the Internet (Lesser, et al. 1999). Some radical sects in the United States and terror groups without state sponsors may be able to hire government trained scientists. The concern is with unemployed scientists from the former Soviet Russia who may “sell their services to the highest bidder” (Stern 1999). Government trained and university graduates in nuclear, chemical and biological fields could train less educated terrorists and governments willing to pay the price for “asymmetrical warriors”.

CYBER TERRORISM

Cyber crime refers to ‘any crime with the help of computer and telecommunication technology for the purpose of influencing the functioning of computer or computer system’. Password sniffing, message flooding, signal grounding, spoofing, software piracy, e-mail bombing, code attack, viruses, logic bombs, credit card frauding, cyber money laundering are some of the important ones.

Cyber terrorism and netwar are considerations in future tactics of terrorists. In a short definition, netwar, as described by Lesser, et al. (1999) is an emerging mode of conflict in which widely dispersed groups of people, without a central command, used strategies and technologies that are part of the information age. The term points out that future strategy of terrorist will be conflict and acts related to targeting information networks.

"Netwar" encompasses wide ranges of activities from the dispersing information on bomb building and WMD's to Internet sites that espouse terrorist propaganda, to "hackers" who have offered their "services" to rogue regimes, such as Iraq, to break into American computer networks for sabotage and extract sensitive information.

WHITE-COLLAR CRIMES

This genre of crime ranges from large-scale illegal business practices and bank fraud, to money-laundering and 'grand' corruption. Emerging crimes in this area are offences linked to environment, intellectual property and cyber space. As India moves towards a modern economy, this will be a major challenge for future policing since political instability, corruption and underdevelopment are mutually reinforcing. The globalization and digitalization of international finance will make it even easier to dispose and move illegal funds. Intellectual property theft will become a-major issue not just for the entertainment industry and pharmaceuticals but particularly the software sector that is expected to cross the $100 billion mark well before 2025.



Jawans undergoing battle inoculation exercise.

SOCIAL TENSIONS

The exacerbation of religious communal tensions in Indian politics since the early 1990s has been evidenced, among other spheres, in the area of legislation and policy with regard to and curriculum changes in school education. Such tensions primarily pertain to relations between the two main religious communities in India, the dominant Hindus (82% of the population) and the largest minority Muslims (12.1 % which is over 110 million) - but have recently also extended to Christians (2.3%). Such tensions are also further complicated by considerations of caste and class divides. In the course of the 1990s, and especially since the terrorist attacks in the Unites States on 11 September 2001, different aspects of school education in India has been and continues to be hotly debated.

Caste conflicts are highest in states like Bihar and UP where the hold of traditionally dominant cases are being challenged by upwardly mobile castes. Ethnic clashes have been most intense where newer migrant groups in states like Tripura and Assam have displaced indigenous communities. Considerable resources in these states are tied down to maintaining order

and as a consequence governance priorities have got distorted.

THE GROWTH OF INFORMATION TECHNOLOGY.

This has given rise to what is known as cyber crime. Cyber crime is expected to affect almost every individual; in the 21st century. In fact, many of today's conventional crimes will be committed through the Internet by transgressing international boundaries. Cyber terrorism will make inroads making it easier for terrorists to achieve their purpose of destruction through the electronic medium.

CROSS BORDER TERRORISM

Growth of cross border terrorism and increasing use of explosives will be a challenge in the years ahead. It is essential for Pakistan to stop supporting cross-border terrorism in Kashmir and for India to offer a mechanism for resumption of bilateral dialogue. We know that the police department is one of the most important departments of government to maintain law and order and to protect interests of the people in a democratic country.

Let us have an eye view upon some of the training methods and programmes followed by the Central Reserve Police Force.

EVALUATION METHOD

There are evaluation tests during the training period and at the end of the training by using various methods such as questionnaire, exams, daily rating methods, viva-voce etc. the physical as well as mental capacity of the trainee is evaluated through out the training period.

PROFESSIONAL LEADERSHIP

A profession is an organized association in which a special knowledge and learning is used for the welfare of population in accordance with the

standards of technical performance, ethics and expertise. But we can see that our force must stress on the need of professional leadership by planning and implementing from the organisational level.

FIELD TRIPS AND STUDY TOURS

These are included in the training curriculum in order to reduce the monotony of the class lectures and physical exhaustion. The participant trainee will be getting an opportunity to have direct contact with different socio-cultural environments of human life.

REFRESHER AND ORIENTATION COURSES

The basic training helps an individual to perform well in his job for the first five years. But the environment under which he is working is always under transformation from time to time. This calls for the refresher courses, The new scientific and technological advancement in the modern age can be competed only with proper refresher and orientation courses.

SEMINARS AND CONFERENCES

These are very essential organs of training progress. The problems faced in a particular field can be discussed and sorted out through mutual experiences and discussion. This helps the trainees to have an in-depth knowledge in the subject matter. The problems presented can be critically evaluated through this process.

TRAINING AIDS

Training aid is meant any device which by appealing to the sense, singly or combination facilitates the training or learning process. Training aids may be in the form of audio-visual aids like films, videos, audios and simple aids like black board, charts, maps, etc. Modern facilities like Internet, videoconference, etc should be given more importance in the curriculum.

TEACHING STAFF

Central Reserve Police Force has given a lot of attention in selecting the teaching staff in the training centers. The trainers are also given training and they are well versed in their concerned subjects like law, forensic science, physical education, computer learning, managements, arms and ammunition, etc.

TRAINING RESEARCH CELL

Research should be considered as one of the basic function by which one can realize whether the training goes on in the right direction and in the right manner. It is a vehicle through which trainers take note of the administrative reality and attempt to provide answers to real life problems.

So during the training procedure the authorities should bear in mind that the curriculum should be constructed in such a way that it should be covering all the subjects, which is necessary to maintain the law and order of the nation. Some of these issues, which have given above, are just an overview of the some aspects of challenges. It doesn’t mean that India is having very little amount of problems to face in the new age of technological advancement. Measures need to be taken to improve the crime investigation work and to achieve a higher rate of conviction. The police should be equipped with better arms and ammunition in view of the sophistication that the organized gangs and terrorists have come to acquire.



On the eve of country's independence Jawaharlal Nehru said of the 'great triumphs and achievement that await us'. However triumphs and achievements will continue to wait unless the quality and standard of law enforcement improves and a new professional and people-friendly police is built up.

SELECTION OF TRAINERS

- Insp. A.K. VERMA, CTC-II,CRPF

Training is a process of developing a person's efficiency through carefully selected methods by competent trainers in a suitable learning climate. It is not only meant for preparing him for the efficient and effective performance of his duties in the assigned job, but also towards developing his capability for greater responsibilities. Thus a trainer play a pivotal role in a training Institute. A very well equipped training institute can never contribute significantly unless it has highly trained and professionally skilled trainers.

Since the trainees in a police training institution are at the very first stage of their service, it is of paramount importance as to how they perceive and analyse various things in the training campus. Here starts the sacred task of a trainer, which concludes only when the trained personnel achieve the optimum results in the operational areas.

Effectiveness of training in any Institution is largely dependent upon the environment existing in the setup, which includes a complex set of variable like the trainers, the trainees, campus environment, the physical facilities, training methodology and the inter-relationship between various environment factors. Among these factors, balance and consistency is a pre-requisite in building conducive learning atmosphere in the training institution and it is trainers of any institution who establish this balance and maintain consistency among all those factors which affect the quality of training.



Mahilas being imparted weapon training.



Demo on handling of weapon by a trainer.

If the quality and content of training are important in building up of an efficient police organization, **selection of trainers** for a training institution

is much more important. However, we are not as much serious as we should have been while selecting personnel for training institution. Now a days poor quality of training is much talked upon. But we never endeavour to unearth the facts which is to a large extent responsible for this.

In fact the present procedure for selection of trainers is not adequate to differentiate between a good trainer and a knowledgeable person. Everyone knows that every knowledgeable person may not be a good trainer where as the need of the time is to either explore the good trainers or inculcate the qualities of good trainer in the personnel by training them. Of course this is time taking process but if we talk about the quality of training, we will have to spend our time on this subject.

Now, when our organization is expanding rapidly, it is the time to review the selection procedure of **Trainers.** It should not be merely through the papers but all personnel nominated must have an exposure of a board by which they can be separated in category of trainers and scholar. Apart from this trainer must also know the responsibilities and their contribution in building up an efficient organization.

If we don’t pay attention towards this subject days are not far when pride and glory earned in years will be lost in days.



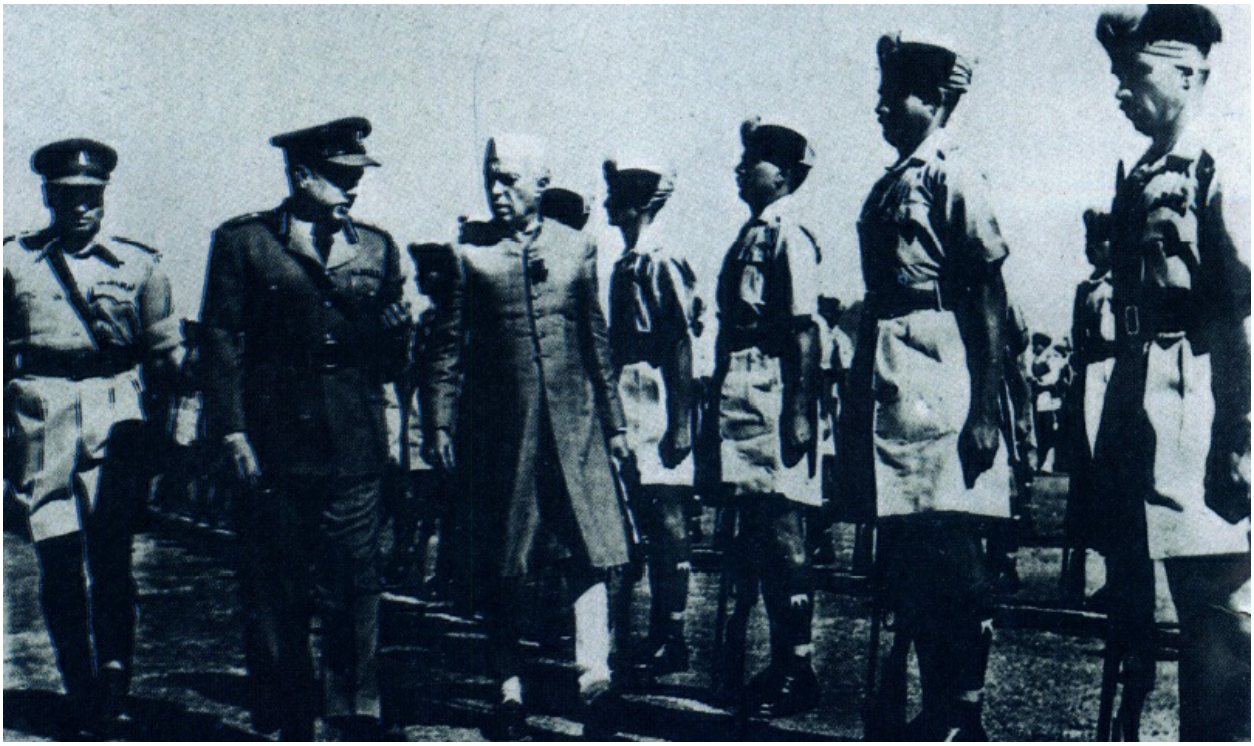
Shri Khazan Singh, Commandant, Central Sports Officer, CRPF holding 2004-Olympic torch in a relay at CGO complex, New Delhi on 10th June, 2004.



CRPF Inspector Richa Mishra set the pool ablaze, collecting seven gold medals in the Women's Swimming event at the 9th SAF Games, held at Islamabad this year.

NEEMUCH-REMINISCENCES OF A BYGONE ERA

- J.S. GILL, Addl. DIGP, GC, CRPF, NMH



Pandit Jawaharlal Nehru inspecting the CRPF Parade at Neemuch on March 8, 1954.

The birth of Crown Representative's Police at Neemuch and the circumstances leading to it are well chronicled in CRPF Coffee Table Book 'Peace Keepers of the Nation, & 'History of CRPF'. Though, I had undergone basic training as DAGO at Neemuch in 1972-1973, but my posting as Addl. DIGP gave me an opportunity to dig deep into the history of CRPF and the evolution of the Force since the days of Crown Representative's Police.

An important link with the past history of CRPF at Neemuch is a dynamic person named Mr. Haider Ali. His father Mr. Yusuf Ali was an outstanding mechanic dealing with the repair of watches, bicycles, lamps

and many other things. During my inter-action with him he gave me some very old recommendation letters of British officers who remained posted at Neemuch during their tenure with British army. These letters are not only a reflection on the quality of the work of Mr. Yusuf Ali, but also give a glimpse of the rich heritage of Neemuch with the insignias of different British and Indian Army units which remained stationed at Neemuch before 1939. The oldest letter is dated 4-12-1898 written by Capt. H. Cleveland of 3rd Bombay Cav. Similarly, there are letters from the Officers belonging to Royal Artillery Neemuch, 20 Deccan Horse, 1/3rd Sikh Pioneers and Malwa Political Agency.

Mr. Haider Ali has another distinction to his credit in that all the historical photographs of the Crown Representative Police and CRPF were developed by him. The most notable ones include the visit of Dr. Rajendra Prasad, President of India and Pandit Jawahar Lal Nehru, Prime Minister to Neemuch in 1954-55. He also has a fine sense of history and has meticulously preserved the documents/ Photographs relating to the glorious history of CRPF. He narrated to me numerous anecdotes dating back to our first Director General the venerable Shri V.G. Kanetkar.

While on a visit to Mhow to see the Infantry School Officers' Mess alongwith CPWD officials in connection with renovation of Station Officers Mess at Neemuch, I came to know about some little known facts about the historical importance of our Station Officers Mess ('Ochtorlony House') which was once the official residence of British Resident. NIMACH (Acronym for 'North Indian Military Artillary and Cavalry Headquarters') cantonment was established by the British Resident Major General Sir David Ochtorlony in 1817 and the Fort was built in 1819. Sir David Ochtorlony had also built Nasirabad Cantt.

Major General Sir David Ochtorlony was a famous figure during the British days in the early part of 19th century. There are extensive references about his exploits in the famous book 'History of the Sikhs' by Joseph Davey Cunningham. He led a body of troops across Jamuna in January 1809 and remained stationed at Ludhiana during negotiations with Maharaja Ranjit Singh regarding the administration of cis-sutlej States. A glowing tribute has been paid to Sir David Ochtorlony in the following words in the book.

"In the Sikh states on either side of the Sutlej, the British Government

was long fortunate in being represented by such men as Capt Murray and Mr. Clerk, Sir David Ochtorlony and Leiut Colonel Wade-so different from one another, and yet so useful to one common purpose of good for the English power. These men, by their personal character or influence, added to the general reputation of their countrymen, and they gave adaptation and flexibility to the rigid unsympathising nature of a foreign and civilized supremacy. Sir David Ochtorlony will long live in the memory of the people of Northern India as one of the greatest of the conquering English chiefs; and he was among the very last of the British leaders who endeared himself, both to the army which followed him and to the princess who bowed before the colossal power of his race."



Sardar Vallabhbhai Patel, the then Union Home Minister presenting Colours to CRPF.

As per letter No. B.I. Simla, the 5th August 1939 from the Under Secretary to the Government of India, to the Engineer in Chief, Army Headquarters. 'Ochtorlony House' Neemuch a civil building in the charge of MES was declared a 'Historical monument.' Major JF Peart was appointed as the first Commandant of 1st Battalion of the Crown Representative's Police in 1939. His parent Unit 1/3rd Sikh Pioneers was the first Indian Unit to use British barracks in Neemuch. The Unit was stationed at Neemuch from 1924 to 1929. Before his appointment as

Commandant, Major JF Peart was Officer on Special Duty in Political Department at Simla.

Fortunately, we have files pertaining to 1939 containing original drafts of Major Peart, which are a part of our rich heritage. Some of the letters pertain to recruitment of Crown Representative Police, letter to ex-service men and composition of the First Bn Crown Representive's Police.

The history of Neemuch will never be complete without mention of Mr. H. Osborne. He joined CP as a Sergeant and later on rose to the rank of Commandant 2nd Bn Crown Representative's Police. After his retirement in 1949 he settled down at Neemuch and was part of CRPF Folk-lore till his death on 6th July 1982. He figured prominently in despatches of General Wavell for his role in Anti-Hur operations in upper Sind. Mr. Osborne with his famous FORD car MPE-3941 was a legendry figure and was the life of the parties in 'Ochtorlony House'. With his passing away CRPF's last link with the Crown Representative's Police has been broken.

The history of CRPF at Neemuch is inter-twined, with our freedom struggle. The Neemuch Fort and 'Ochtorlony House' are important landmarks in the First War of Independence i.e. 1857. The history of Neemuch is replete with saga of supreme sacrifice by the members of this great Force to motivate us to rededicate ourselves in the service of the nation to restore this Force to its pristine glory.

DECISION IS A CALCULATED RISK

-T.G.L. IYER, Ex-DG, CRPF



Shri J.K. Sinha, DG, CRPF enquiring about the condition of injured jawans under treatment at GC Hospital, Avadi (Chennai).

William James, the Harvard Professor and Psychologist wrote : “There is no more miserable human being than one in whom nothing is habitual but indecision”. It is one thing to make decision and another to commit yourself to carrying it out and doing your best to make it work. Making major decisions confronts you with isolation, because you are the prosecutor, judge and defence Lawyer to make it work.

A decision carries with it your core and key values. Secondly, to make a decision, you have to generate and gather information about the particular problem to choose option. Thirdly, a decision presupposes that you have a goal to reach. Fourthly, the decision should contain options to handle setbacks and negative reactions. Fifthly, a decision gives a flexibility how to implement it. Flexibility is not weakness but tactics to carry it out successfully. Sixthly, a decision may lead to a reward if executed properly. In sum, a decision gives more perspective, experience and rational thinking to the person.

Once a person has taken a decision, the following steps will help in implementing it. First, state clearly the goals and subgoals. Subgoals are steps you need to take to achieve the overall goal. For example, you decide

to purchase a flat for which ‘money collection’. market rate, construction quality, and ability to repay loan or borrowing become subgoals.

Second, break tasks down, so that it become easier to do them in an incremental fashion. For example, there was a man who said “I don’t depend on one route to reach the goal. I devise alternative routes to reach there”. In cricket, for example, it is not the batting or bowling strength alone that will determine a victory. It includes fielding, commitment, team work and an aggressive approach in play. All these componments combined may result in victroy but always there is a chance and element of luck.



CRPF Jawans patrolling the roads of Palghat Town of Kerala on the eve of G.P.E-2004.

Third, anticipate difficulties and setbacks. In elections, politicians take calculated risks. Their arithmetic can go wrong but they have to correct them along mid-course. There is nothing called a fool-proof plan. While compaigning, the politicians health may break down or there could be a financial crunch or, the followers may switch sides for monetary gain, or there could be a wave tilting the ‘Voting Pattern’ on the election day. All these setbacks have to be expected. A stalwart politician once said : “I work hard for victory. I take all steps to ensure it, but I accept what ultimately comes”.

Fourth, identify sources of support in decision making. For example, a man wants to give up drinking. Since he cannot do it alone, he joins ‘Alcoholic Anonymous’ and succeeds in giving it up. A smoker who is addicted to smoking joins an Ashram to divert his interest into spirituality in order to give up the habit.

Fifth, imagine that the problem will go away on its own without making a decision. In fact, 90 percent of the problems get solved on their own. Here the decision is just to relax and watch the happenings. I had a friend who practiced this formula of ‘no action’ and discovered that most of the problems were getting solved, without his interference and people were happy about it, including himself.

Sixth, write out a plan for execution. A written plan is a framework and a reminder to yourself how and when to act. The plan becomes an outline or map to get to the target. Seventh, implement the decision when everything is ready. You don’t have to consult an astrologer, soothsayer or Guru how to time it. You become your own destiny-maker.

Lastly, believe in positive luck. When you strive hard to achieve something, only good things will happen. The Bible says : “You are the light of the world. A city set on a Hill can not be hidden nor can you light a lamp and put it under a Bushel. Put it on a stand and it gives light to all in the House. Let Your light so shine before man that they may set your good works and give glory to your father who is in Heaven” (Matthew S. 14-16).

Nature is a wonderful book, full of profound meaning, which is open to all of us and which all of us can read, but it is also a dark mine which conceals immense treasures in its depths. So, work hard after making a decision, lay a firm foundation with bricks and the edific will get built automatically. As one passes through life, resting a little, what one needs in order to survive, is not possess the world but touch all those things that comes in your way lightly and then let it go. That will be a decision without risk.

EFFECTS OF NUCLEAR

WEAPONS

- Ashish Kumar Jha, Dy. Comdt, RTC-III, CRPF



Mahilas handling Light Machine Gun (LMG) during the course of training.

Like any other fact of the Modern Technology, Nuclear energy is a double edge tool. In one hand mankind is benefiting enormously from the different applications of nuclear energy power, Industry etc. On the other hand nuclear weapons can cause harmful effects to human beings, animals and plants.

A nuclear weapon or device is a weapon of mass destruction, if compared with Conventional Chemical Bomb consisting of 100 kg of high explosive with a nuclear bomb of same size, the destruction will be thousand of times more than the Conventional bomb in case of a nuclear device. Generally in the case of chemical bomb it does not emit any nuclear radiation, most of the chemical energy is converted in to air blast and heat.

A nuclear device can be exploded or detonated in any of the following ways depending on the purpose:-

1. SURFACE BURST

2. AIR BURST (low air or high altitude)

3. UNDERGROUND

4. UNDER WATER

When a nuclear weapon explodes, an immense amount of energy is released almost instantaneously and the contents are transformed in to a repeatedly expanding white hot ball of gas at a temperature as high as that of the sun. From this fire ball a pulse of intense light and heat is radiated in all directions. The materials in the fire ball also a source of radioactivity in various forms. As the fire ball expands and cools, a powerful blast wave develops. As it cool still further, it shoots upwards to a height of many thousand of feet, billowing out at the top to give the appearance of a huge mushroom or cauliflower on its stalk.

The three manifestations of the energy released in explosion namely **Light and Heat (heat radiation or thermal radiation), Nuclear Radiation (Immediate nuclear radiation and residual nuclear radiation) and Blast,** all produced effects in different ways and in different proportion according to the type of explosion. Damage caused by nuclear explosions can vary greatly depending on the following factors

- Yield of the weapon (measured in kilotons or megatons).
- Type of nuclear fuel used and design of device.
- Distance from the point of burst.



Demo on raid/search operation.

• Height of burst.

• Degree or protection of the target.

• Weather/ Geography surrounding the target (whether it is winter or summer, hazy or clear, night or day, windy or calm etc.)

Whatever the factors, though, the explosion will release several distinct forms of energy. One form is explosive blast, other forms are direct nuclear radiation and thermal radiation and then there is radioactive fall out. Blast and thermal radiation are produced and cause significant destructions within seconds or minutes of a nuclear detonation. The delayed effects (radioactive fallout) inflict damage over an extended period ranging from hours to centuries, and can cause adverse effects in locations.

The distribution of energy in explosion and energy and casualty distribution following nuclear explosion are depicted in figure below.

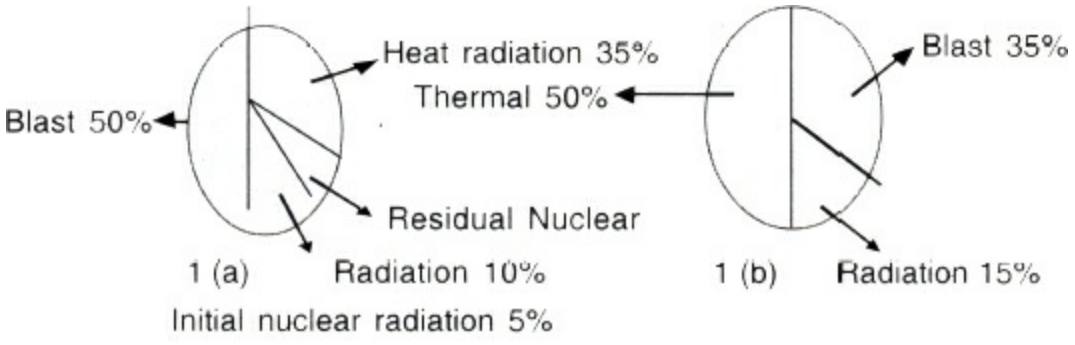


Fig I (a) Distribution of Energy in explosion

Fig I(b) Energy and Casualty distribution following nuclear explosion

EFFECTS IN BRIEF

i) THERMAL RADIATION (LIGHT & HEAT):-

The flash released from bomb has been viewed from hundreds of miles away, apart from intensely bright this radiation is intensely hot. If a man seven miles away from a one megaton explosion the heat emanating will cause a first degree burn to any exposed skin facing the light. If a man six miles away will cause second degree burn. And if a man five miles away it will cause third degree burns (a much more serious injury require prompt medical attention).

ii) NUCLEAR RADIATION (DIRECT OR INITIAL NUCLEAR RADIATION)

A nuclear explosion creates several forms of nuclear, or ionizing radiation. The explosion release gamma rays, neutrons, beta particles and alpha particles. Out of these, neutrons are heavy particles that are released from atoms nuclei. These tiny “missiles” can easily penetrate solid objects. Another penetrating form of radiation is gamma rays, which are energetic photons. Both of these type of radiation can be deadly. Beta and Alpha particles are less dangerous having of several meters and several centimeters.

iii) EXPLOSIVE BLAST:-

Much of the damage inflicted by a nuclear explosion is the result of its shock wave. There are two components to a blast’s shock wave. First, there’s the wall of pressure that expands outwards from the explosion. It is

this pressure measured in pound per square inch that blows away the walls from buildings. A typical two-story house subjected to 5 psi would feel the force of 180 tons on the side facing the blast. Additionally, the blast creates a 160 mile-an-hour wind. And that’s only at 5pse. The wind speed following a 20 psi blast would be 500 mph.

The “ Radioactive fallout” and “Electromagnetic effects” are the other significant effects of nuclear explosion.

Following Datas which show how destructive is “ Nuclear Weapons”:

A) YIELD VS FIREBALL

Yield (KT)	Max. fireball radius (mtrs)	Time max (seconds)
1	67	0.0417
20	222	0.156
1000	1062	0.871

B) YIELD VS BLAST RANGE (km) FOR VARIOUS PEAK OVER PRESSURE

Yield	Blast range (km) for various eak over pressure			
	12psi	5 psi	2 psi	1psi
1 kt	0.38	0.67	1.2	1.9
10Kt	0.81	1.40	2.7	4.6
100Kt	1.70	3.07	5.9	9.9
1000Kt	3.80	6.6	12.7	21.2

Note:- (40 pse and above affect lungs, 14psi and above affect ears)

C) DAMAGE CHARACTERISTICS FOR SPECIFIC OVERPRESSURES

DAMAGE	OVER PRESSURE (IN PSE)
Light Housing destroyed	5
Brick Housing/Commercial buildings destroyed	10
Reinforced concrete structures destroyed	20
Severe Lung damage/ear drum rupture in humans	20-30
Death of humans	40-50
Shallow buried structures destroyed	45-280

D) YIELD VS THERMAL EFFECT RANGE (KM) FOR VARIOUS THERMAL FLUX DENSITIES

Thermal effect range(km) for thermal flux density

Yield	10cal/cm2	4 cal/cm2	2 cal/cm2
1 KT	0.5	0.8	1.1
10KT	1.55	2.40	3.5
100KT	4.8	7.7	10.8
1000KT	11.8	13.8	16.5

Note:-(Skin can tolerate 4 cal/cm2 after that started burning)

E) APPROXIMATE THERMAL ENERGIES FOR IGNITION

Material	IGNITION ENERGY (KJ/M3) Yield 1 KT	Yield I MT
Khaki drill fabric	210	460
Dark wool flannel	250	550
Combat suit	630	1260
Canvas truck canopy	630	1260
Dry grass & under growth	80-120	200-300
Dry card board	250	550
Plastics	160-250	370-550

F) EARLY SOMATIC EFFECTS OF RADIATION

DOSE(RADS)	EFFECTS
UP TO 150	No short term effects
150-250	Nausea and vomiting within 3-6 hours, lasting up to 24 hours. Symptoms reappear 10-14 days after irradiation and last for 4 weeks
250-350	Nausea and vomiting within 1-6 hours, lasting for 1-2 days. Symptoms reappear 1-2 weeks and last up to 8 weeks. 30 percent deaths.
350-600	Nausea and vomiting within 1-6 hours, lasting for 1-2 days. Symptoms reappear after 1-4 weeks and last up to 8 weeks. 30 percent to 90 percent deaths in 2-12 weeks
600-1000	Nausea and vomiting in ¼-1/2 hour, lasting for 2 days. 90 percent deaths in 1-6 weeks
1000-2500	Nausea and vomiting in 5-30 minutes, no latent period at the higher doses. 100 percent deaths in 4-14 days
5000	Nausea and vomiting almost immediately 100 percent deaths in a day or two.

G) YIELD VS CASUALTIES

Yields	Total Deaths	Injuries (Blast)	Injuries (Thermal)
1 KT	21,000	49,000	12,000
10 KT	88,000	2,62,000	1,20,000
100 KT	7,00,000	8,50,000	5,40,000

Population Density = persons/ sq km of a hypothetical city

The aforesaid self explanatory data clearly shows how dangerous is this. We all are very much aware about the bombing at Hiroshima Bomb nick named ‘ Little Boy” and at Nagasaki Bomb nick named “ Fat Man” on August 6 and 9, 1945 respectively. More than four square miles of the city were instantly and completely devasted. 66,000 people were killed and 69,000 injured in Hiroshima whereas in Nagasaki 1/ 3 of the city was destroyed and 1,50,000 people killed or injured and it was said at the time that this area would be devoid of vegetation for 75 years. Now the hypocenter at Nagasak remains an ***“International Peace Park and a symbol of the aspiration for World Harmony”.***

CRPF SI CLINCH GOLD IN 47™ ALL INDIA POLICE DUTY MEET 2003



Sub-Inspector (M) J. Balachandran of CRPF has secured gold medal in the individual event in Computer Awareness conducted by NCRB in the 47th All India Police Duty Meet 2003 concluded recently at Secunderabad.

Teams from 29 State Polices and 7 Para Military Forces took part in this 5 day event of 47th All India Police Duty Meet 2003 conducted by Andhra Pradesh Police from 11th to 15th June,2004 at Secunderabad.

Sub-Inspector J. Balachandran who hails from Chennai has won 2 gold medals earlier in the team as well as individual events in 43rd All India Police Duty Meet in the same discipline -Computer Awareness during the year 1999.

Senior Officers of the Force have hailed this feat and sanctioned

him cash reward for the same.

DISASTER RESPONSE MECHANISM

- B.L.K. Pillai, Asstt. Comdt, CTC-II

An occurrence arising with little or no warning, which causes or threatens serious disruption of life, death or injury to large number of people and requires the immediate financial, material or emotional resources of the Community.

Generally disasters are of two types:- Natural Disaster and Man made Disaster

NATURAL DISASTER

Earth Quake, Floods, Famine, Drought, Rock fall/Avalanche etc., eg :- Gujarat Earth Quake, Super Cyclone of Orissa, Recent Earth Quake of Morocco are natural disasters.

MAN MADE DISASTER

Air, Rail, Sea Disaster, Fires, Explosions, Building Collapse, Industrial Accident etc.

eg :- Bhopal Gas Tragedy, Turkish Airlines DC-10 crashed due to the failure of an Airport attendant to close the baggage door properly, Recent SHAR Centre Fire incident and Iran Rail Explosion are man made disasters.

The modern technologies are capable to predict up to a certain level about the natural disasters like Earth Quake, Volcanoes, Hurricanes and Tornadoes. However the warnings issued by the competent authority before such an event are often ignored by the people. Therefore the loss of life can range from a few individuals to several hundreds of thousands of people only due to failure to heed the signals.



REASONS FOR INCREASING DISASTER

• Rapid growth of population

• Increased technological development

• Increased Industrialization.

• Excessive use of the internal combustion engine and other noxious fume emitters.

• Bad technological practice in Construction.

• Excessive emphasis on commercial development.

• Increased Scientific tinkering with nature without concern for possible long term effects or disasters.

PHASES OF DISASTER

Disasters can be viewed as a series of phases on a time continium. Identifying and understanding these phases helps to describe disaster related needs and conceptualise appropriate disaster Management activities.

RELIEF PHASE

The period immediately following the occurrence of a sudden disaster and measures have to be taken for search and find the survivors as well as meet their basic needs for shelter, water, food and medical care etc.

REHABILITATION PHASE

The operations and decisions taken after a disaster with a view to restoring a stricken community to its former living condition with adjustments to the changes caused by the disaster.

RECONSTRUCTION PHASE

The actions taken to re-establish a community after a period of rehabilitation subsequent to Disaster. Actions would include construction of permanent Housing, full restoration of all services and complete resumption of the pre-disaster State.

DISASTER RESPONSE MECHANISM AT DISTRICT LEVEL

The initial response to a Disaster is usually provided by the emergency services supported by the local authority. The emergency services have to maintain a State of readiness so that they can provide rapid response and alert local authorities and other services as soon as possible.

For the smooth, effective and rapid response on a disaster occurrence, a Disaster response mechanism should be made available at District Level.

FORMATION OF CO-ORDINATION COMMITTEES

Formation of a District Committee under the chairmanship of District Collector and other heads of depts as its members such as Police, Health, Civil Defence, PWD, Fire Services, Local Bodies, NGO and other services etc, should be made. District Revenue Officer will be the convenor of the committee, A Disaster Cell/Control Room should be formed and be stationed at District Collectorate, Disaster Cell/ Control Room should work round the clock. Areas of functioning by local agencies, NGOs, village voluntary organisations should be demarked. They should conduct rehearsals.



PREPARATION OF ACTION PLAN

Hazard Mapping/ Vulnerable Areas, Planning evacuation route, Availability of Medical staff and Ambulances, Establish Warning system, Arrange HAM Radio Set, Prevention of epidemics, Removal of Debris, Promotion of health of Victims/Affected persons, Curative -Treatment to injured, chlorination of water- disinfection of area etc., Measures for Anti-fly, Anti-Malaria, Inoculation against Cholera, Enteric (Typhoid), Hepatitis-B etc., Treatment for minor ailments, Health Education, Public Information and Documentation.

OPERATIONS

Rescue Operations:-

Provide adequate Vehicles for evacuation of persons., Confirm damaged zone and Inform to public through Media about the Disaster and the action taken.

Relief operation:-

Provide treatment to affected persons., Provide adequate -temporary shelter, Ensure distribution of Food and Clothes.

Rehabilitation:-

Identify the priorities of the affected people., Identity the policies of the Govt. with regard to post Disaster Assistance., Monitor the outcome and effectiveness of continuing relief and Provide some employment and work.

Reconstruction:-

Construction of Houses, Construction of Health Centre, Construction of Educational Institutions, Construction of Roads, Ensure safe water supply, Ensure Hygiene and Sanitation.

Disasters cannot be prevented but we can minimize the loss of life of human being, property if we take a well co-ordinated effort/action well in time.

Down the Memory Lane :

A SHORT BREAK FROM THE MONOTONOUS BUSY TRAINING SCHEDULE

- Bhudeb Chakrabarti, Ex-DIG, CRPF



Field lecture on "Coy-Attack" on a black-board diagram.

I belonged to the 3rd Batch of the Directly Appointed Gazetted Officers of CRPF and joined the Force as early as 1963. We had reported first to Central Training College, Neemuch, for our basic training. Neemuch was a nice and quiet place. In May it was a little warm during the day. However nights were very pleasant. Neemuch was on the Malwa plateau and the nightlong cool breeze thoroughly refreshed us. After about six months of training at Neemuch we were asked to report to Central Police Training College, (CPTC) Mount Abu, for the second part of our basic training. Before we reached Mount Abu, the basic training of the regular batch of IPS Officers had already finished. Our batch had officers from Special Police Establishment, Delhi and Himachal Pradesh Police Service, Manipur and Tripura Police Service and of course CRPF. Mount Abu was an enchanting hill station. Its life was very placid away from the hustle and bustle of the city life.

We had an uninterrupted training so far since we joined the service. We pined for some sort of respite to break the monotony of our life. At last God listened to our prayers. After a few months of hectic training at Mount Abu, we got the welcome break.

The holiday given to us was just for a week. At that time the trains had

mostly steam engines and railway journeys took quite a long time. I saw that if I wanted to visit my hometown in Bengal, I would spend almost the entire period of the holiday in train journey itself. I discussed with my friends in CPTC and decided that it would be a good proposition if I visited Bombay during the holiday. Incidentally Bombay was the nearest metropolis to Mount Abu. Further I had never been to Bombay and wanted to see it very much.

I did not have any idea about how I should reach Bombay and on reaching there where I should put up. Fortunately some of my batch mates came to my rescue. Pulla Venkata Subba Rao and Ranendra Chandra Roy were themselves proceeding to Bombay. Subba Rao wanted to visit his home town Hyderabad and for that he would have go to Bombay first to catch the train for Hyderabad. Roy was to receive his brother scheduled to arrive Bombay by ship from U.K. Ramanathan Santhanam, another batch mate of mine, was also quite helpful to me in my predicament. He recommended the name of a hotel at Bombay where I could possibly put up. He mentioned that the boarding and lodging charges of the hotel were very reasonable which I could afford with my shoestring budget. Santhanam himself planned to cool his heels at Mount Abu.

Subba Rao , Roy and myself ceremoniously left Mount Abu for Abu Road, the railhead, by a private bus. We had left early in the morning. We were hopeful to reach Abu Road in time for catching Delhi Ahmedabad Mail. The bus on its part, took unduly long time to cover the short downhill journey. To our bad luck we missed the Mail. We came to know that there was passenger train which was expected to arrive soon. The passenger arrived in time but halted for more than an hour at Abu Road to add our mental agony. To compound to our trouble, it halted at each and every station on this Metre Gauge rail route. By the time we reached Mehsana Junction it was already dark. After that it look another two to three hours to reach Ahmedabad. The bad luck awaited us for the second time. We came to learn that Gujarat Mail which we had planned to catch for our onward journey to Bombay had already left Ahmedabad.

We were completely nonpulssed to think as to what to do next under the circumstances. We sent Subba Rao to the Railway Enquiry to get information about any train going to Bombay.

Subba Rao returned quickly. He seemed to be very happy.

‘There is another train for Bombay which is to arrive Ahmedabad after some time’, Subba Rao said.

I asked Subba Rao, ‘What is the name of the train’. Subba Rao replied ‘It is Saurashtra Mail’. He further clarified, ‘It is not originating from Ahmedabad. The train is actually coming from some village’. We were again very much confused. This time all of us went to the Enquiry Office and came to learn to our great relief that Saurashtra Mail would arrive very soon from Viramgam Junction, a short distance from Ahmedabad.



Jawans handling Mounted LMGs.

Saurashtra Mail arrived Ahmedabad exactly on time. We had no reservation. However we were quite lucky that we got some place to sit in the crowded compartment. From Ahmedabad the railway line was of broad gauge. Saurashtra Mail had a very good run during the night and did not want to give up its hot chase after Gujarat Mail.

We hardly slept in the train. We passed the whole night talking among ourselves. When after day break we saw the ubiquitous electric suburban trains of Bombay running up and down the tracks, we knew that we were not far off from our final destination.

At last we arrived at the Bombay Central railway station, the terminus for the long distance trains of Western Railway.

From Bombay Central we went to Victoria Terminus railway station which was the terminus for long distance trains of Central Railway. Subba Rao purchased his ticket for Hyderabad. When his train finally started, he waved to us. 'Look after yourselves. See you at Mount Abu after a week', Subba Rao said standing on the door of the running train.

Roy and myself went to the Ballard Pier of Bombay Harbour in the afternoon to receive his brother. The ship anchored more or less in time.

'Bhudeb, I would have spent the holiday with you. But my brother wants me to go with him to Calcutta. I will join you at Abu in a week's time', Roy said.

Roy with his brother departed in the evening by Calcutta Mail.

Now I was left all alone in the vast Bombay city.

First thing I was required to do was to find out the hotel recommended by my friend Santhanam. It was not an easy task for a stranger like me to the city of Bombay. However with great difficulty and some luck I could locate the hotel at last. It was situated in the Fort area and in fact was not very far off from Victoria Terminus railway station.

I was further lucky to get a two bedded room overlooking the busy through fare with myself as the sole occupant. Although I was very tired I could not go to sleep immediately. I heard the noise of the passing vehicles and the voice of the people walking on the road well past midnight. It was so different from the quiet nights of Neemuch and Mount Abu. I found that the city of Bombay slept. I did not know when I had gone to sleep. I woke

up again from my sleep much before the day break when it was still dark. By that time the daily life of the city had already started with the vehicles and the people already on the road.

The hotel where I had already put up was a South Indian hotel. My room was on the second floor. There was no provision for room service in the hotel. The boarders were required to go to the Dining Hall on the first floor for the two main meals. The menu for the two regular meals was very simple. It comprised of rice, sambhar, curd and rasam. The dining hall was very neat and tidy. Tamil Brahmin boys after bath with sandal pasted forehead and bare feet served food on washed banana leaves. It was rather difficult for me to manage the solid and liquid elements which required lot of expertise. But nonetheless, I enjoyed the wholesome food though somewhat different from my fixed food habit.

I was totally unfamiliar with the city of Bombay. Further I had no companion who could guide me in my excursion. Therefore I thought it best to go wherever I would feel like going and to which direction both my legs would take me. I already knew the names of the sight seeing places of Bombay. Only I had to ask people frequently. I must say the Bombayites were quite helpful to a stranger like me. In this process I saw the Gateway of India, Flora Fountain, Prince of Wales Museum, Jahangir Art Gallery, Malabar hill, Mahalaxmi Temple and many other places. I particularly enjoyed the long walk on Marine Drive along the Arabian Sea from Nariman Point to Chowpatty. Chowpatty was the sea beach of proper Bombay.

One day I planned to go Juhu Beach. I went to Churchagate station which was the starting point of suburban trains of Western Railway. From Churchgate I went to Santa Cruz by a local train. From there I took a bus and reached Juhu Beach. Juhu Beach was the most popular sea beach of greater Bombay. Here one could walk on the long beach and enjoy the beauty of the sea touching the horizon. There were not many bathers on Juhu Beach at that time. Among the bathers I found two young couple. From their talks I gathered that they were Bengalis.



CRPF Jawans providing security to voters in Kalahari Polling Booth in Mendhar segment of Jammu during GPE-2004.

The wives stood in ankle deep water and were afraid to venture further. Their young husbands forced them to go further to have a good bath. I was hesitant whether I should have a sea bath or not. The young men invited me to join them in the bath. I accepted their kind invitation. We had a good sea bath. They were very cordial and in no time we became quite friendly as if we knew each other from ages.

I was very fond of Victoria Terminus. I would go there almost every day. On such day I went to the station, purchased platform ticket and entered the platform. I saw the constant flow of people arriving and departing by the trains. I felt very much a part of this life. A train had just arrived. Suddenly I saw Prem Pandit getting down and walking down the platform. He also saw me. He was very excited, 'Bhudeb, how are you here'. Prem Pandit happened to be an old pal of mine. After I joined CRPF and left Calcutta, I lost touch with him. Prem Pandit told me that he had also left Calcutta immediately after my departure and moved over to Bombay to join an advertising firm. Prem Pandit did not allow me to continue in the hotel. He took me to his place and for the remaining days of my stay at Bombay he looked after me like a long lost brother.

My holiday was coming to an end like all good things in life. Prem Pandit came to see me off at Bombay Central railway station. I was surprised to see that the two Bengali couples whom I had met in Juhu Beach were seated in the same compartment where I got up. The compartment was not crowded at all. We all got very comfortable seats. The Bengali couples had come to spend the holiday in Bombay from Bharuch where the husbands worked as Engineers with ONGC. It is needless to say that they looked after me very well during my return journey. Next morning they got down at Bharuch. They showered me with enough sweets and savouries to last life time and also left fond memories.

I reached Ahmedabad in the evening. From there I took a night train and reached Abu Road next morning.

At Abu Road, I was happy to see again my friends who had already reached there after spending the holiday at their respective places. We all looked fresh and appeared to be cheerful after our brief holiday. We now looked forward to the final term at CPTC.

EYE CARE

- Dr. Jagdish S. Joshi, Medical Officer, Eye Surgeon, Composite Hospital, CRPF Bantalab, Jammu



Doctor examining eyes of a CRPF personnel at Composite Hospital, Jammu.

The following suggestions are for information purposes only and meant for healthy and normal eyes which do not have any complications. Those with specific eye related problems should consult their ophthalmologist or health care providers before doing any particular exercise.

• Adequate rest and relaxation are very important for the proper care of your eyes. Stress and strain result in building up of pressure on the optic nerve, the eye muscles and the retina as well as cause changes in the flow of blood in the veins that supply blood to the eyes. So keep yourself and your eyes well relaxed most of the time. If you feel tired and stressed take rest, so that you will feel charged and ready to face the world again.

• During the day, especially when you have no work to do, give rest to your eyes intermittently. You can do this even amidst busy schedule taking a moment off. The best way to rest your eyes is to temporarily close them. Do this whenever possible for a few minutes each time. By doing this you will be helping your eyes to work more efficiently and providing the nerve cells the much needed temporary relief. (Well, you won't practice this when you are driving a car or walking down a road or climbing up or down a stair

case, etc.!)

• Do not practice self-medication when there is any problem in your eyes. Consult always a qualified ophthalmologist. Do not use any eye drops or ointments or medicines, unless prescribed and recommended by your ophthalmologist. This may not save your purse and your time, but definitely your eyes!

• We do not like people staring at us. Do we? (Unless of course by a person whom you are attracted to!) Blink your eyes frequently and help your eyes relax and remain moistened. People with increased eye sight have a tendency not to blink for longer durations. See whether you too have developed this habit unconsciously.

• Do some eye exercises if possible every day. There are many and your ophthalmologist can suggest you some specific ones. One good exercise I found useful is the palming exercise. In this exercise you sit comfortably, close both your eyes, cover your eyes lightly (no pressure whatsoever) with your palms and keep looking into the darkness in front of your eyes, in a complete state of relaxation, without forcing your mind to think and particular line of thoughts or subjecting yourselves to any strain. If you practice this exercise sincerely you will soon see the results for yourself.

• If you have vision related problems, and if you are a middle aged person, keep your eyes examined by a qualified ophthalmologist at least once in a year.

• Avoid looking at the sun directly even for a moment at any time of the day. The glaring light of the sun is said to be very harmful to your eves, especially to the cells in our retina. It is also advisable to use sunglasses whatever you feel that the light is causing irritation in your eyes.

• You must have read this a hundred times and even got tired of it. But I must state it here again. Eat plenty of vegetables and food items that contain Vitamin A : eggs, fish, milk, leafy vegetables, carrot, to suggest a few.

• Keep sharp objects, harmful toys (like toy pistols that throw objects, dark boards, arrows and bows etc.) and similar devices away from your children, if you want to protect their eyes as well as yours. They have a tendency to play with them with great enthusiasm, without bothering about the consequences!

• Eye exams are recommended at several points in life, even when there seems to be no eye problems. Give children eye screenings at birth, and age 6 months, 3 and 5 years. Until age 40, adults need only be examined if eye problems occur. After 40, all adults need eye exams every two to four years until age 65. At this age, conduct exams every one to two years.

• Some people believe poor eyesight can be corrected by following certain diets or taking vitamin supplements. This is true only if your problem is caused by a vitamin deficiency. Vitamin A, for instance, is needed for night vision. People who lack this vitamin-which is found in dark green leafy and yellow vegetables and fruits-can't see well in dim light because of night blindness. This is a common problem in developing countries like the India.

But gorging on carrots and other sources of vitamin A won't spare you the trouble of wearing eyeglasses if you need them later. Rather than help you, too much vitamin A can cause blurred vision, itchy skin, loss of appetite, hair loss, joint pains and irregular menstruation.

• Cross-eyes or strabismus is usually congenital (present at birth) or may be due to eye injuries. Either way, the tiny muscles that control eye movement are affected and one of the eyes becomes misaligned.

Contrary to popular belief, children won't outgrow cross-eyes. The problem has to be corrected by prescription glasses or contact lenses. Eye exercises may help in simple cases but more severe forms require surgery.

If the condition is ignored, the affected eye becomes blind, this is because the nerve connections in that eye won't develop normally and the brain will ignore images from that eye. To save the child's sight, something must be done before he or she is four to six year old.

"If. truly crossed and left unattended, one eye will become blind. The images from two normally positioned eyes merge and form in the brain to give you one stereoscopic picture. When the brain is presented with images in different fields, the result is double vision, and one of the images is suppressed. Unless the condition is corrected by special exercises or surgery, that portion of the brain that constantly suppresses an image will in time never be able to represent one properly,"

Nutrition Factors

Some health experts believe that vision problems-including cataracts and

age-related macular degeneration-occur because of a build up of free radicals (unstable molecules formed when your body burns oxygen). Foods feed your eyes with important nutrients. To help keep your eyes healthy and your vision clear:

Eat liberally :

• Anti-oxidants : black currents, berries, green tea, pink grapefruit, tomatoes, watermelon, orange and yellow vegetables, broccoli, purple grape juice, red wine

• Beta carotene : carrots, carrot juice, sweet potatoes, dark green vegetables, winter squash, fruits like cantaloupe, papaya, and mango

• Vitamin B complex : whole grains, seeds (especially sunflower), nuts, green vegetables, avocados, potatoes, bananas, fish, poultry, lean meat

• Vitamin C : Citrus fruits, tomatoes, dark green vegetables, melons

• Vitamin E : Wheat germ, legumes, dried fruits, fresh green leafy vegetables, vegetable oils, fish, liver

• Zinc and Selenium: whole grains, eggs, seafood, poultry, lean meat

Avoid or limit:

• Caffeine

• Saturated fats

• Smoking and exposure to secondhand smoke

• Sugar

Eye Care Facts and Myths

Myth

• Reading in dim light is harmful to your eyes.

• It is not harmful to watch a welder or look at the sun if you squint, or look through narrowed eyelids.

• using a computer, or video display terminal (VDT), is harmful to the eyes.

• If you use your eyes too much, you wear them out.

• Wearing poorly-fit glasses damages your eyes.

• Wearing poorly-fit contacts does not harm your eyes.

• You do not need to have your eyes checked until you are in your 40s or 50s.

• Safety goggles are more trouble than they’re worth.

• It’s okay to swim while wearing soft contact lenses.

• Children outgrow crossed eyes.

• A cataract must be ripe before it can be removed.

• Cataracts can be removed with lasers.

• Eyes can be transplanted.

Fact

• Although reading in dim light can make your eyes feel tired, it is not harmful.

• Even if you squint, ultra-violet light still gets to your eyes, damaging the cornea, lens and retina. Never watch welding without wearing the proper protection. Never look directly at an eclipse.

• Althoug using a VDT is associated with eyestrain or fatigue, it is not harmful to the eyes.

• You can use your eyes as much as you wish-they do not wear out.

• Although a good glasses fit is required for good vision, a poor fit does not damage your eyes.

• Poorly fit contact lenses can be harmful to your cornea (the window at the front of your eye). Make certain your eyes are checked regularly by your ophthalmologist if you wear contact lenses.



Free Eye check-up camp organised by 88(M) Bn in collaboration with Rotary club of Delhi.

• There are several asymptomatic, yet treatable, eye diseases (most notably glaucoma) that can begin prior to your 40s.

• Safety goggles prevent many potentially blinding injuries every year. Keep goggles handy and use them!

• Potentially blinding eye infections can result from swimming or using a hot tub while wearing contact lenses.

• Children do not outgrow truly crossed eyes. A child whose eyes are misaligned has strabismus and can develop poor vision in one eye (a condition known as amblyopia) because the brain turns off the misaligned of "lazy" eye. The sooner crossed or misaligned eyes are treated, the less likely the child will have permanently impaired vision.

• With modern cataract surgery, a cataract does not have to ripen before it is removed. When a cataract keeps you from doing the things you like or need to do, consider having it removed.

• Cataracts cannot be removed with a laser. The cloudy lens must be removed through a surgical incision. However, after cataract surgery, a membrane within the eye may become cloudy. This membrane can be opened with laser surgery.

• The eye cannot be transplanted. It is connected to the brain by the optic nerve, which cannot be reconnected once it has been severed. The cornea-the clear front part of the eye-can be transplanted. Surgeons often use plastic intraocular lens implants (lOL's) to replace natural lenses removed during cataract surgery

Regular exercise, moderation in your habits, positive state of mind, loving and caring nature, contentment in life, cleanlines, harmony in your environment and in your actions, a certain degree of interest in leading a meaningful and useful life, etc., also contribute greatly to your over all health and there by to the general welfare of your eyes also.

PRECAUTIONARY MEASURES IN AN EARTHQUAKE

- Achyuta Nand, Dy. Commandant, CTC-2

A large number of disasters -natural as well as man made - take place throughout the world every year. The ecological imbalance and global warming issues along with unplanned development make the entire world risky as never before. Indian subcontinent is most vulnerable to earth-quake, one of the natural disasters. During the last eighty years India has lost about 70,000 lives due to earthquakes or an average of about 900 lives per year. The corresponding average for the whole world is about 18,000 lives per year. The problem is further aggravated due to the fact that it strikes with little warning, creates havoc in the shortest possible times and throws people in panic. Indeed as on date we are unable to predict about the occurence of earthquake but losses can be minimized by taking precautionary measures and by following safety rules in case of earthquake: -

(1) **Pre-cautions by Public :**

There is little danger in open country from the results of a quake, if there is no falling debris in the area. It is probably safer to stay inside a modern building, which has been constructed to resist earthquakes damage.

Frightened people tend to rush outside during an earthquake, and this probable is the worst thing they can do because they are vulnerable to collapsing walls as well as falling masonry and glass. Inside a building, debris and fixtures will be falling and glass panes breaking. Individuals should follow the under mentioned simple precautions: -

a) Switch off the lights and power supply.

b) Move away from glassed windows and doors.

c) Stand behind an inside doorway.

d) Crouch under a desk, table or bench.

e) Do not stay inside buildings with a large roof span unsupported by walls.

f) Put off all stoves and gas ovens.

Individuals who are outside should move away from the possible range of falling debris, chimneys and overhead water tower/ tanks. If they cannot move away from buildings they should get into the doorways where they can take advantage of overhead protection.

(2) **Safety Rules :-**

The following points should be looked into in order to minimize damage to life and property due to an earthquake in earthquake prone areas : -

a) **<u>Before Earthquake</u>**

• Check for earthquake hazards. Bolt down or provide other strong support to gas and power appliances, as much fire damage has resulted from toppled appliances and broken gas lines.

• Place large and heavy objects on ground/ lower shelves of storage almirahs etc.

• Do not stack glass or crystal ware as slight shaking will topple it.

• Overhead lighting fixtures should be properly anchored.

• While constructing new buildings, follow buildings modes and other sound practice to eliminate earthquake hazards. Build on solid ground or dig down to bedrock when laying foundations. Avoid filled and sediment areas as much as possible.

• Know your local ER/CD set-up.

(b) **During an Earthquake**

DO's :-

• Remain calm, think through the consequences of any action you plan to take, try to calm and reassure others.

• If indoors watch for falling plaster bricks/stones, light fixtures and other objects.

• Watch for high book cases, shelves and other cabinets which might slide or topple.

• Stay away from glass windows, mirrors and chimneys.

• If in danger get under a table, desk or bed in a corner away from the window.

• Encourage others to follow your example and do not run outside.

• If outside avoid high building walls, power poles and other objects that could fall. Do not run through streets. If surrounded by buildings take shelter in the nearest strong one.

• If possible move to an open area away from hazards.

• If in an automobile, stop in a safe place available, preferably an open area.

• If you are in bed cover yourself from pillow of mattress.

Don'ts : -

• Do not get panic.

• Do not stand outside of the main wall or main door.

• Do not run towards outside unless you are secure about the safety of the route.

• Do not light gas stove, candle etc. unless you are sure that no explosive gas present there.

• Do not use lift. Come down through stairs.

(c) **After an Earthquake : -**

• Check for injuries, do not attempt to move seriously injured persons unless they are in immediate danger of further injury.

• Check for fire.

• Wear shoes in all areas near debris and broken glass.

• Check utility lines and appliances for damage. Do not use matches or lighters until it has been established that there are no gas leaks.

• Check and see that sewage lines are intact before using / flushing of toilets.

• Draw moderate quantity of water in case service is disrupted. Do not draw large quantity as this would interfere with fire-fighting.

• Do not eat/drink anything from open containers, especially near shattered glass.

• Do not turn light switches on and off. This creates sparks which may ignite gas from broken lines.

• Do not spread rumours, they often do great harm following disasters.

• Respond to requests for help.

• Do not crowd into damaged areas unless help has been requested. Be co-operative with the public safety officials.

• Always think about after shock in that case minor damaged building may fall.

• Inspect your house thoroughly after earthquake.

• Whenever you call emergency services give them your correct name and address.

• Try to inform the administration about the incident as soon as possible.

• For administrative information keep in contact with available communication mean.



RAF men extricating dead bodies from debris when earth-quake devastated Gujarat.

Indeed, it is not possible to prevent earthquakes from occurring with the application of science and technology, we can evolve mitigation measures to reduce the impact and minimize the loss of lives and properties. It is, therefore, imperative that a cost effective and people oriented education and training system be formulated to handle the adverse situation either created by earthquake or by other natural disasters.

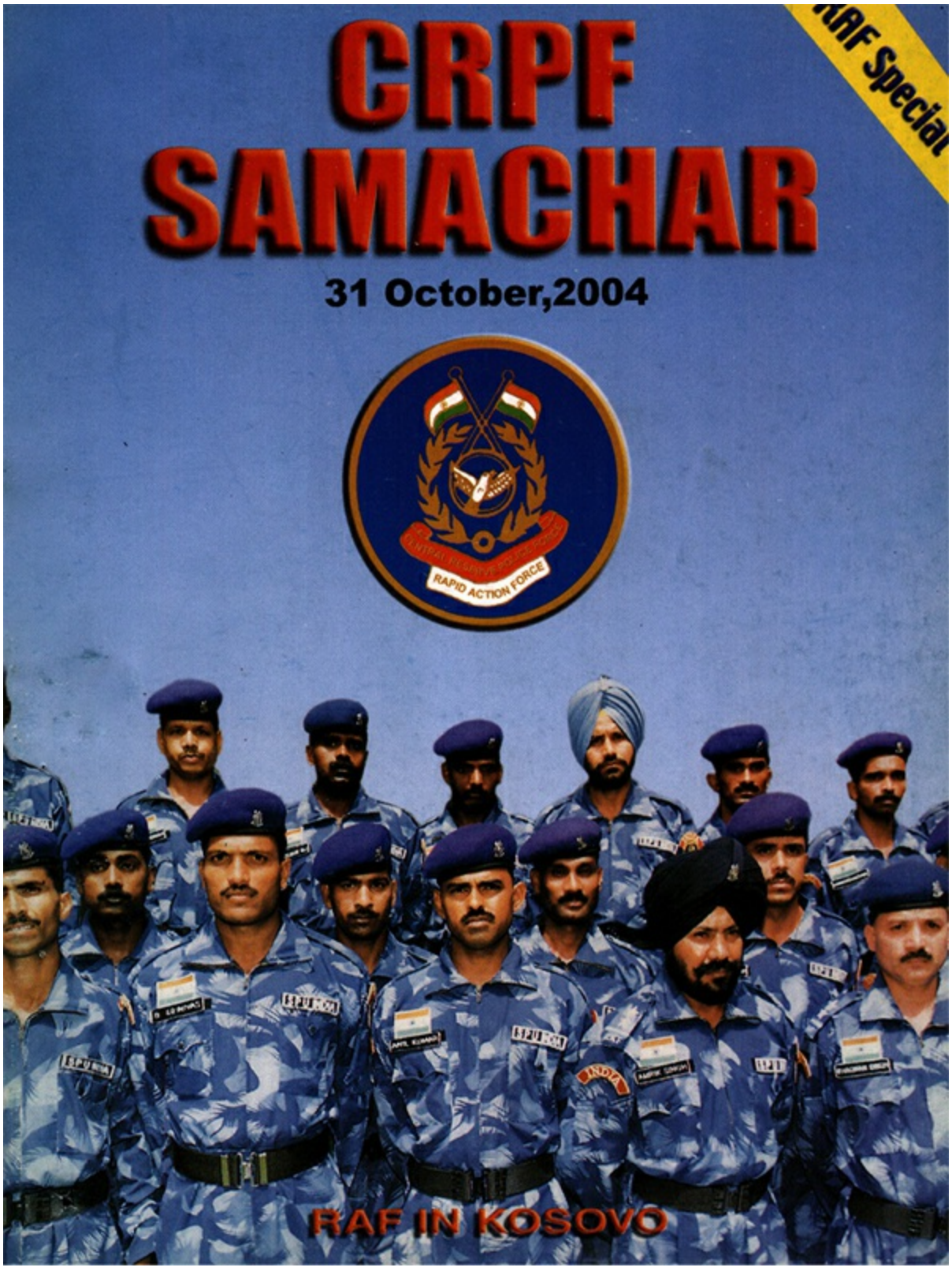


Smt. Rashmi Sinha, President CWWA presenting bouquet to Smt. Amanullah Khan W/o

Shri Amanullah Khan, Dy. Comdt, 2nd Bn, CRPF who retired on 31st May, 2004.



CRPF Jawans negotiating obstacles during the course of training.


RAF Special
CRPF
SAMACHAR
31 October,2004
RAPID ACTION FORCE
RAF IN KOSOVO



Shri Shivraj Patil, the Union Home Minister giving away the overall Championship Trophy to CRPF Team in the closing day of 53rd All India Police Aquatics & Cross Country Championship held at Talkatora Stadium, New Delhi on 10th Sep' 2004.



Shri J.K. Sinha, DG CRPF presenting memento to SRSG UNMIK Shri Soren Jessen Petersen during his recent visit to Kosovo.

CRPF SAMACHAR



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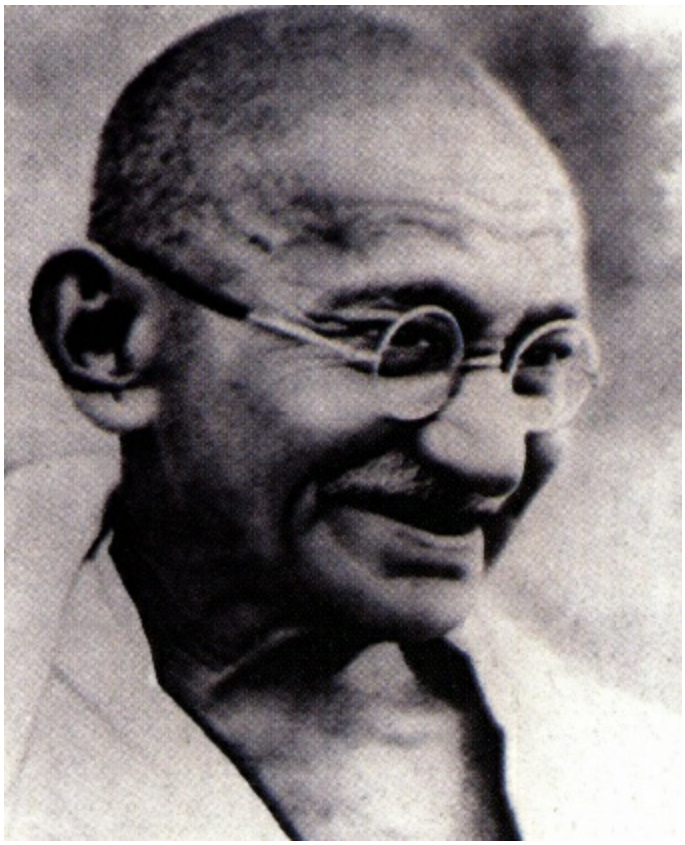
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The Rank and File of CRPF salute the Father of the Nation on his 135th Birth Anniversary on October 2, 2004

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inside



COVER STORY : RAF IN KOSOVO

RAF had its first exposure in UN Peace Keeping duties when one coy consisting of 123 personnel was deployed in HAITI as a part of Military Police during 1995. The Force did very well there. Again RAF was called upon to send a contingent for UN Peace Keeping duties in strife-torn KOSOVO. The personnel deployed there since May, 2000 are doing exceedingly well. As goodwill ambassadors of the country, they have risen to the occasion with full devotion, dedication and sincerity and emulating the example of their colleagues who have won universal acclaim for their professional excellence, selfless service and personal conduct in various peace keeping mission in the past.

RAF : A FRIEND IN NEED



RAF unit are being increasingly deployed in riot-prone areas to prevent and quell disturbances. The Force has largely fulfilled the expectations of the people. They have proved themselves as true instruments of service to the community.

SPECIAL FEATURE : RAF-NEW DIMENSION



The quantum and complexities of inter-state crimes opens new dimensions for RAF. In many cases, criminals flee to another state after committing the crime in one state. RAF having its jurisdiction in more than one state and readiness to swiftly react in such situations, can provide invaluable assistance to the State Police in handling these crimes more effectively and efficiently. RAF can also play a very significant role in emergencies like hijacking and hostage crisis.

- International Peacekeeping-Tasks & Challenges
- Disaster Management & Role of Security Forces
- CWWA Samachar
- News In Brief
- The Art Of Dying

- Stretching Yourself To The Full Capacity
- What Is AIDS?
- Sports News

CRPF Samachar is published every month. It is not necessarily an organ for expression of the policy of the Force. Signed articles represent the views of the writers.

- Chief Editor

FROM THE DIRECTOR GENERAL'S DESK



It is a matter of immense pride that RAF is celebrating its 12th Anniversary on 7th October, 2004. This is an occasion for all of us to rejoice. Since the time of its raising in 1992 this Force has rendered yeoman's service to the Nation. It is an elite component of the CRPF raised to deal sternly with communal riots and riot like situation and give a sense of confidence to the public in general and minority communities in particular. The RAF has strived hard during these years to maintain the secular character of our Country. With appropriate handling of communal tensions, it has been able to curb and reduce communal disharmony in the Country. The sight of its blue apparel helps regain public confidence and reduces tempers.

The RAF has also won laurels in the International arena for its services in Haiti during 1995 and now in Pristina since 2000 as the Indian Special Unit in the United Nation Missions in Kosovo.

The RAF should keep learning from past experiences. Introspection and improved training will lead to its evolution. Its impartiality and

dedication should continue to be maintained to earn it a higher reputation in times to come. This well deserved reputation for dealing with communal riots prompted the President to bestow his colour to the Force on its 11th Anniversary on 7th October, 2003. The officers and men of the RAF must live up to the responsibility this honour casts on.

I wish them a fulfilling future,

New Delhi

1st October, 2004



(J. K. Sinha) DIRECTOR GENERAL, CRPF

Special Feature :

RAF- NEW DIMENSIONS

- V.P.S. Panwar, DIG, RAF

In all these years of glory, RAF has given excellent performance for whatever job the Force was deputed. Time now appears to be ripe for RAF to come up from the deterrent role and get ready to play a wider role, not only in riotous situations, but also in the new dimensions. Let it not remain only as a Rapid Action Force, but if need be, let it also turn into equally Rapid Reaction Force.

The beginning of 90's brought a flare up in the communal tension in the country and a series of riots broke down in different parts of the country. This vitiated climate mounted unprecedented pressure and an urgent need was felt for a separate force to deal the communal violence. It was decided

to create a separate, dedicated force with the ability to respond with lightning speed to handle riots and riots- like situations. This idea gave birth to RAF. Ten CRPF battalions were earmarked and specially trained, equipped and five of them were converted into RAF on 7th October 1992. Five more battalions were added soon thereafter.

After inception in1992, RAF has travelled many a miles in fulfilling its desired goals and added laurels in maintaining the peace all around the country. The ideals of secularism and impartiality woven in the preamble of RAF have been tested many times during adverse situations and proved true to its purpose.

The very first action RAF conducted after its raising was to control the communal riots in Sitamarhi district of Bihar in October 1992. The impartial and swift handling of explosive situation brought thundering applauds and created an aura of awe among general masses. This was just a beginning of a special relationship with the people, grossly affected by the communal violence. The laurels RAF earned in its very first action traversed many a miles since then. There after RAF has proved its mettle in every crisis, like handling of communal riots in Bangalore in 1994, in Moradabad and Kerala in 1995 and the latest in series, in Gujrat after Godhra carnage in 2002. The appreciation for its fair and equitable performance has flowed over the boundaries of India. Its deployment in Haiti in 1995 and Kosovo since 2000 as part of UN peacekeeping mission is vivid testimony of its great achievements in the short span of its existence.



RAF men patrolling the curfew imposed Dariapur.

Now in the 12th year of its birth, RAF is all set to scale the new dimensions. The most important role , which RAF can envisage to perform, is the role of crisis management. From the role of peacekeepers and troubleshooters of the nation, it is time to transform into the crisis manager of the nation

The recent experience of the deployment of the Force necessitates expanding its pre-decided role, and thereby rethinking on its preparedness for the new dimension, which the Force may have to adopt and achieve.

The management of all sort of crisis is the key word. Crisis, whether it is

natural calamities, like earthquake, flood, drought etc. or manmade disasters like bomb blast, fire, train accident or riots etc, require a dedicated task force to act on zero response and have effective equipment and trained manpower. On these accounts, RAF has proved its utility and opts to don these new assumed responsibilities. The strategic locations of RAF and its wide coverage of area of responsibility, along with sound knowledge of topography of area make it a tough contender to shoulder the anticipated responsibilities.



The disaster management policy of Govt. of India has clearly defined the scope of a dedicated task force, which may work in cohesion with the national disaster committee and swiftly act in all types of disasters to provide relief to the people of the country. Rescue and relief has always been part of RAF duties and it has proved its worth in past during different

natural calamities starting from Plague in Surat in way back in early 90s.

In September 1995 when some cases of plague were reported in Surat a general chaos was created and edifice of administrative structure was broken. The patients had been abandoned by their relatives and even doctors were shying away from going to treat them due to contagious nature of killer disease. At this juncture, when everything was in limbo and people were escaping from the killer disease the dedicated RAF men without caring for their own safety reached there to help people with medicines, food and shelter.

Their caring and selfless attitude brought the words of admiration in this form, " An Exemplary Show" in the words of the then Gujrat Chief Minister. Thereafter, this exemplary performance was repeated many a times and on each occasion RAF proved that they are not only the peacekeeper but also the savior of people from the sufferings unleashed by the Mother Nature.

The role of RAF is not only to react when the riots have erupted but its presence through familiarization exercises in sensitive and hyper sensitive district checks the communal flare ups and helps in reducing the tensions and provides a sense of relief in the communities. On the same lines, the RAF can act as a deterrent to the man made disasters through its preparatory role. The community contact program of RAF during its Familiarisation Exercises can further act as a platform for imparting education regarding disaster management and the measures to be taken during the times of crisis. The proactive role of RAF through familiarization exercises can provide an opportunity to even rehearse the disaster management schemes.



CRPF colours being carried during RAF anniversary.

The quantum and complexities of inter state crimes opens new dimensions for RAF. In many cases, criminal flee to another state after committing crime in one state. The state police, although can conduct raid and search in other states, but finds it difficult owing to the administrative formalities which they have to observe before entering into the domain of other states. RAF having its jurisdiction in more than one state, and readiness to swiftly react in such situations, can provide invaluable assistance to the State Police(s) in handling these crimes more effectively and efficiently. Highways robberies, hold-ups, kidnappings and vehicles stolen from one state and sold in another state etc. are the areas where RAF with its backdrop of knowledge of topography of various states and free access of movement from one state to another can play a very active role in preventing these crimes.

Besides, helping the State Police in maintenance of normal Law & Order during communal disturbances, RAF can also play a very significant role in emergencies like hijacking and hostage crisis. RAF can develop desired expertise in handling of such situations.

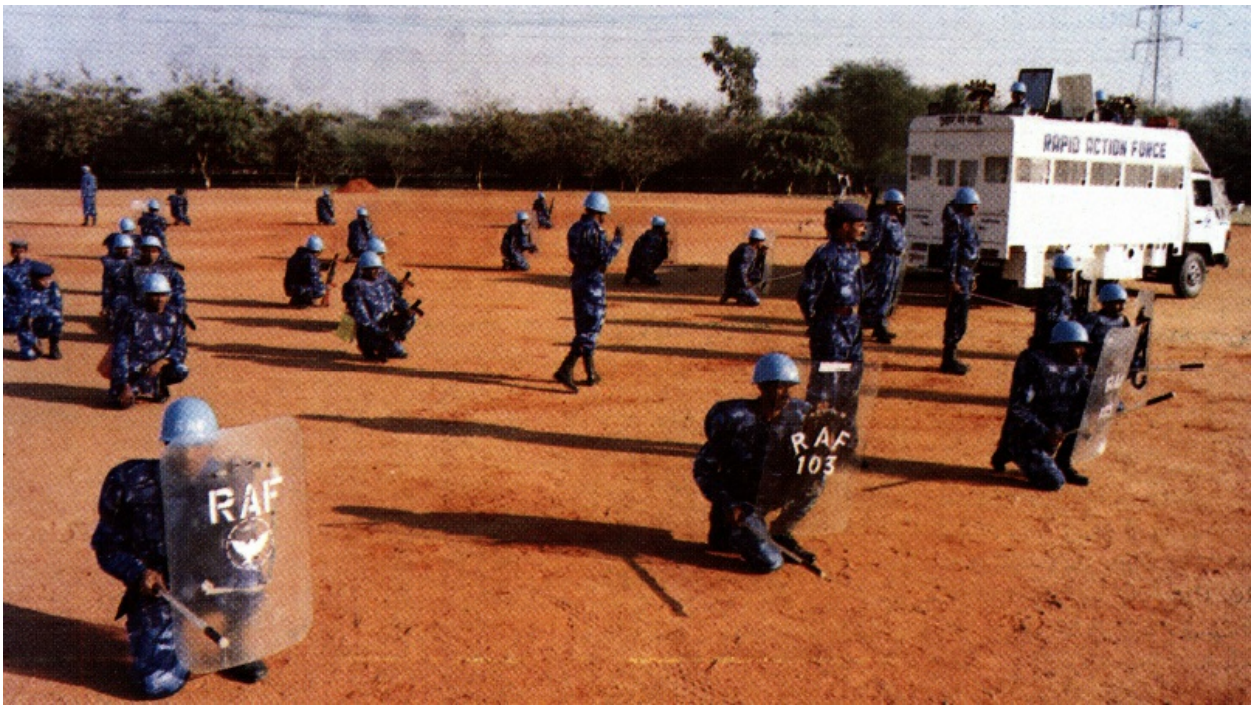
During Akshardham attack, RAF was also used along with NSG to flush out the terrorists and its role was highly acclaimed by all concerned. Organizations like NSG are normally stationed at far distant locations and require some reaction time to reach the place of incident in the time of crisis. On the other hand, RAF has its presence in almost all corners of the country and with the zero response readiness, can act swiftly, may be as an inter mediatory role, thus reducing the reaction time, which is a very crucial factor in dealing with hijacking and hostage related situations.

The world has been experiencing a paradigm shift in the strategies being developed by terrorists. Of late, they have started targeting those areas, which are not affected by the insurgency and terrorism, and not having any presence of specialized security forces. The non-presence of specialized forces in these places gives them easy access and they can easily select their targets and inflict colossal damage to people and property. RAF, due to its presence in most of the sensitive places, which are otherwise not directly

affected by the insurgency, can play a very vital role in dealing with such situations.

With proper training and specialized equipments, a small wing can be created in each RAF Bn, which can handle the crisis management situations like hijacking or hostage crisis or even terrorist related dilemmas in their area of responsibility in addition to their normal charter of duties.

The advancement of technology in the field of mass-destruction-weaponry has brought a new challenge for the disaster managers. Till now, we have faced man made disasters in the form of bomb blasts, train accidents, fire and building collapse etc. But with the direct involvement of nations in the support of terrorist activities, the danger of terrorist strikes with mass destructive weapons, including the nuclear, biological and chemical weapons is looming large. In this background, it is very imperative for RAF to prepare itself to deal with this NBC threat. It now appears mandatory that the personnel of a Force like RAF along with their normal training of riot handling should be trained to counter the NBC attack. They should be provided with special equipment, to handle the NBC crisis, as in the events of any sort of attack, it would be RAF readily available at least at 10 most sensitive places with its zero response readiness to counter these threats.



Demo on riot-control by RAF men.



Free Medical Camp organised by RAF in Mangolpuri (Delhi).

The recent deployment of RAF in Manipur has also opened a new arena for RAF activity. Although, SOP of RAF categorically denies the deployment of RAF in insurgency prone areas, but civil movements

especially when they convert into a mass agitation require a sensitive dealing even in insurgency prone areas. The use of RAF in insurgency prone areas can give a healing touch to the bleeding population of these areas. RAF due to its character uses minimum force and provides a sense of relief to the civilian population in insurgency prone areas, which are otherwise habitual of facing heavy handedness from the security forces and the insurgents. This sensitive dealing can help in building bonds with the people and removing the alienation.

To cope up with its earlier role, and the role that the Force may have to adopt in its new dimensions, certain rethinking therefore seems imperative for policy planners in assessing the latest weaponry, munitions and equipments for RAF.

The most important equipments, which require to be replaced, are the protective body gears. The present protective body gears are very cumbersome and do not provide protection from the fire of small arms. In present scenario, the riotous mob not only use conventional weapons like sword, stone but they also use illegal small arms. Besides, petrol bombs are widely used against the security Forces during crowd control situations. RAF personnel need to be equipped with body gears of the latest standards, which can provide protection to them against fire, including the lightweight bullet proof jackets and helmets to protect them against small arms. A small personal fire extinguisher can also be provided to RAF personnel along with AFTs available in the fire tenders and other vehicles. There is also requirement of issuing a duty- belt in addition to normal belt, having multi pouches to fix ancillary equipments in it, like small fire extinguisher, irritant dispenser, electric shock baton etc. Equipments, such as pepper spray (irritant spray) are very effective in crowd control and widely used by the security forces of various countries. These are extremely handy and useful in overpowering violent members of crowd when needed to be singled out for interrogation or otherwise.



RAF Jawans patrolling in one of the communally tense areas.

RAPID ACTION FORCE : A FRIEND IN NEED

- D.G. MOHAPATRA PRO,CRPF

The primary role of police has been maintenance of law and order and prevention and detection of crime. Over a period of time this has been expanded by the demands of society due to changing socio-economic and political scenario. The multiplicity of roles affected 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 increasing incidence of communal riots in the country necessitated the creation of a Force to deal primarily with communal riots and similar situations. This necessitated the setting up of the Rapid Action Force (RAF) on 7th October 1992 by converting 10 CRPF battalions into RAF battalions.

RAF Bns are located at Hyderabad, Ahmedabad, Allahabad, Mumbai, Delhi, Aligarh, Coimbatore, Jamshedpur, Bhopal and Meerut. In a short span of 12 years the force has built for itself an enviable image of a secular, impartial and a people friendly force.

Though the Force was raised primarily to handle communal riots and riot- like situations, the Government may, however, deploy it for any law and order duties in grave emergencies. The Force also undertakes socially useful work by organising medical camps, cultural programmes and adult literacy programmes. Once the situation in a riot prone area is brought under control, the personnel of RAF immediately take up the work of providing relief and succour to the riot victims by administering first aid and arranging their evacuation to the hospital. This is the humane face of the Force, which gives a healing touch.

A composite character is given to the Force by giving adequate and due

representation to all sections of the society irrespective of caste and religion. A RAF battalion, in effect, represents a mini-India where one comes across people from all over the country speaking different languages, practising 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.

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



RAF men in action in cyclone-hit Andhra-Pradesh.

To maintain a separate identity, RAF personnel have been provided with a distinct separate uniform. While on operational duty, they wear blue/light blue stripped 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 deafening sound blast helps disperse mobs without causing injury. The dye marker stains the clothes of the rioters and helps identify the miscreants.

The goal of RAF is to achieve what is called Zero Response Time. The Government has authorised adequate transport to improve mobility of the Force in a bid to achieve this goal. Vehicles have been provided right down to the team level. VAJRA, the state-of-the-art riot control vehicle has proved immensely effective in controlling riotous mobs. The multibarrel 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.



RAF men maintaining peace and tranquility in Gulbarga (Karnataka).



RAF Mahilas extending assistance in Pulse Polio Campaign.

Training

Training is a regular feature in the 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 on Human Rights, First Aid, Fire Fighting, Rescue and Relief and Disaster Management. About 4,000 personnel undertake various courses annually. Efforts are also made to acquaint them with broad principles and practices of various religions to enable uninhibited interaction. They are also made aware of inter community misunderstandings and prejudices.

Encouraged by the success story of RAF, many State governments have approached the Directorate General , CRPF to help train their Armed Force personnel on the RAF pattern. So far the Force has trained some armed force personnel of West Bengal, Karnataka, Goa, Uttar Pradesh, Rajasthan and Delhi Presently, the Goa Police is being trained.

MAJOR ACHIEVEMENTS

During the last 12 years of its existence the force has performed exceedingly well by generating a feeling of security amongst minorities thus leading to decline in communal violence and tensions. Besides having performed in every theatre of ethnic strifes, there is hardly an incident of natural calamity where RAF has not played a vital role. Major achievements of the Force are briefly enumerated below:-

RAF immediately after its inception performed exceedingly well in the communal riots of Sitamarhi (Bihar) in 1992, its first assignment and established its credentials. *When doctors shied away and shirked and relatives abandoned, RAF personnel stood by hapless victims of deadly plague providing medicines, food and comfort in Surat during September 1994. The Chief Minister of Gujarat termed this work as 'an exemplary show'. *Kumbh Melas held at Allahabad during Feb'97 and at Haridwar during April 1998 went off peacefully under strict vigil of RAF. *People affected by the earthquake of Jabalpur on 22nd May'97 witnessed the humanitarian face of RAF while it carried out rescue and relief work by providing medicine and rescuing people from debris and shifting them to safer places. *106 Bn RAF carried out rescue and relief operation for 43 days during 1997 in the area of Gangtok, Sikkim affected by major landslides rescuing people and recovering valuables.

***RAF played a pivotal role when communal riots broke out in the textile city of Coimbatore during Nov'97 and serial bomb blasts rocked the city in Feb'98. The presence of RAF instilled a great sense of security. Though not equipped for Anti Terrorist operations RAF feat was lauded.**

*On 11th June 98 a devastating cyclone hit Kandla Port in Gujarat. RAF reached affected areas the same day and carried out rescue and relief work preventing impending disaster.*On 15th June 1999 in Lucknow the Muharram procession taken out by Shias was disrupted by Sunnis resulting in major clashes. The highly explosive situation was controlled and peace and normalcy restored by 9 Coys of RAF.*The super cyclone of the

millenimum which hit Orissa in Oct'99 witnessed death and destruction of an unprecedented mangitude. Coys of RAF did commendable work providing succour to suffering humanity and in escorting and distributing relief materials. The RAF personnel distributed relief material to 105 villages feeding approximately 1,25,000 families. They organised medical camps, milk camps for the injured and ailing. The RAF personnel were the first to dispose off 413 highly decomposed human dead bodies while members of the public/NGOs shied away. Exemplary role of RAF in disposal of carcasses and spraying of insecticides checked spread of serious epidemics. During devastating earth quake in Gujarat on 26/1/2001, 10 Coys of RAF worked round the clock for a month at Adhoi, Bhuj, Bachau, Anjar and Gandhidham and did an excellent job by doing the rescue and relief work. The Jawans of RAF were main instrumental in quelling the Communal tension here for which the state authorities have praised their role.



Vajra-an anti-riot vehicle of RAF.



Humane Face of RAF.



RAF men in relief action in super-cyclone affected Orissa.

During the year 2004, RAF has done excellent work in Haridwar during Ardh Kumb Mela in Jan/Feb months, Sinhasth Mela in Ujjain during March/April, Puri Rath Yatra in Orissa as well as Rath Yatra in Ahmedabad (Gujarat) during June 2004.

UN Mission

During the last twelve years the Force had to go beyond its frontiers carrying the message of peace. In 1995, a 123 men strong contingent of RAF was sent to Haiti as a part of the UN Mission to assist in the Haitian election process. The contingent won praises from all quarters for its professionalism and steadfastness to duty.



RAF distributing study materials to children in their adopted village Chandapur.

Now specially selected, trained and well equipped personnel of RAF as a part of the Indian Contingent on UN Mission are deployed in the strife-torn-Kosovo from May 2000. This Special Police Unit provides protection and security to UN officials, assists the local police in controlling crowd during violent demonstrations and civil unrest and renders necessary assistance to the humanitarian agencies.



RAF men/women attending a pre-induction training.

RAF units are being increasingly deployed in riot-prone areas to prevent and quell disturbance. The force has largely fulfilled the expectations of the people. They have proved themselves as true instruments of service to the community.

In recognition of its services the President of India has been pleased to honour the Force with Colour, which was presented by the then Dy.Prime Minister Shri L.K.Advani on its 11th Anniversary on 7th October, 2003.

COVER STORY:-

RAF IN KOSOVO

Kosovo, an autonomous province of Federal Republic of Yugoslavia, remained a source of historical dispute since long and experienced varied constitutional status at different times. Kosovo witnessed intense ethnic

rivalry between the Serbs and Albanians who inhabited the region during the 1990s. Although the major fighting ended with the June 1999 agreement between the Serbs and NATO - an agreement to permit a peacekeeping force and allow humanitarian assistance to enter the region -sporadic violence continued to occur. Even more seriously, ethnic hostility throughout the Balkans also rose to a new intensity, and the shattered economy and infrastructure of the region have made any prospect of a return to normalcy fade into a distant and hard-to-imagine future.

Hence on 10th June, 1999, the Security Council authorised the Secretary General to establish in Kosovo an interim international civilian administration under which the people of the war ravaged province could enjoy substantial autonomy. The Council took this action by adopting resolution 1244 after NATO suspended its air operations following the withdrawal of security forces of the Federal Republic of Yugoslavia from Kosovo. The days later, Secretary General Kofi Annan presented to the Council an operational concept of what since has come to be known as the United Nations Interim Administration Mission in Kosovo (UNMIK).

As desired by UNO the Govt. of India ordered deployment of two Companies of Rapid Action Force (RAF) for Peace Keeping Operations in Kosovo with specific tasks.



Shri H.K. Sarin, IGP, RAF interacting with 6th batch of 1st RAF contingent who were given warm send-off to Kosovo on August 30, 2004.

Accordingly, two companies of RAF consisting of 240 personnel were inducted to Kosovo in May, 2000 after being fully equipped as per Troop Contributing Nations guidelines.

As per the Memorandum of Understanding with the UN the Indian Contingent is being rotated after ever 12 months in two phases.

RAF which has been performing exceedingly well on the national security scenario ever since its inception has carved out an enviable image on the international horizons too. The following achievements of the RAF contingent in Kosovo have taken the Force to highest pedestals of glory on international horizon :

ROLE OF SPECIAL POLICE UNITS IN U.N PEACEKEEPING MISSION.

The Role of Special Police Units generally cover the following :

(i) Providing of protection and security to the UN officials, UN civilian police, UN Border Police and judges in the discharge of their duties.

(ii) Static Guard duty at sensitive localities having mixed population

including guarding of Airport, High Security Prison.

(iii) Providing of Operational support and backup to the UNIP

(iv) Security of the region by way of extensive patrolling and familiarization exercise.

(v) Guarding of vehicle Registration Office-both for mobile registration unit & building at Film City.

(vi) Providing of assistance to Humanitarian agency like ICRC, UNHRC and other agencies recognized by UN if required.

(vii) Assist the activities of the ICTY.

(viii) In addition to above, in view of the present Law & Order scenario in Kosovo and the changeover of the Deutsche Mark currency to Euro the SPU's are now also being utilized to escort cash & provide close protection security duties.

NATURE OF DUTIES BEING PERFORMED BY THE RAF CONTINGENT IN KOSOVO

The Indian SPUs are performing mobile/foot-patrolling duties at Obilic town in one shift. Two teams are performing security of Pristina Airport wef 15th Sept 2001 in two shifts. One team is deployed in Pristina Detention Centre round the clock for static duty wef 16th Oct 2001 where 'A' category dangerous prisoners are housed. One Team is performing Mobile patrolling in Pristina City from 1 March, 2002. The left over force is kept standby for duties in nearby regions where they are deployed as and when directions received from Special Advisor to Police Commissioner. In addition to the above the Indian SPU is being fruitfully utilized in crowd control duties, which are on the increase day by day.

OTHER HUMANITARIAN/SOCIALLY USEFUL WORKS

(i) On 13 August, 2000 and 3 September, 2000 a volleyball ground was prepared in Ulpjiana, Pristina and volley ball net was also provided to minority Serbian community in Pristina.



Shri J.K. Sinha, DG CRPF with Chief of Police and Justice Department of UNMIK Shri Jean Christean Cady and Smt. Cady.

(ii) On 14 September, 2000, a football tournament was conducted in Plementina in which the teams such as Babin, Plementina, NADA, Buducnost from minority community participated.

The team from Plementina won the tournament and later on an exhibition match was organized between the winner team and Indian SPU team. A cultural programme (Bhangra Dance) was also presented which was highly appreciated by local community.

(iii) A Volleyball court has been prepared by SPU personnel from 22 September, 2000 in Mahila Gramino School (Albanian) at Fushe Kosovo/ Kosovo Polje. The students of school also helped in this project. A set of volleyball net, poles and a ball were presented to the school by Dr. T.N. Mishra, DG, CRPF during his visit to the mission.

(iv) As part of humanitarian work, the RAF Contingent conducted Football Tournaments in two phases in OBILIC and PLEMENETINA stadiums on 20 June, 2001 and 1 July, 2001 respectively. In the 1st phase of the tournament at Obilic, children of 12 Albanian Primary School participated, and in the 2nd phase on 1st July children of 8 Serbian schools took part.

OPERATIONAL ACHIEVEMENTS

The area of deployment of the contingent is primarily Pristina Region. However, presently teams from both SPUs are performing duties at Trepca Lead Smelter Factory, Mitrovica (Vital installation) and Patrolling duties/Vehicle Check Point (VCP) at Oblic, Stimlje. In addition Prisoner escort duty is also being performed. The Contingent has the following operational achievements.

a) **Operation Black Hole :** It was conducted by one platoon of SPU for 3 days from 16 June, 2000 to 19 June, 2000 on shift basis. The purpose of operation was to provide security to Customs and Border Police Officers for checking of vehicles at General Jankovie border (Maccdonia). Contingent Commander along with officers carried out the detailed recce, area recce of border crossing and the operation was a great success.

Mr. Gordon Mc. Rae, Director Operations, UNMIK Police MHQ presented a commendation letter applauding the over all professionalism of Indian - SPU.

b) On 1 September, 2000 one Mr. Jahulla Prenqi was apprehended along with one 7.62 caliber pistol, 2 magazines and 14 rounds in Obilic area during the VCP/Foot Patrolling duty.

c) On 2 September, 2000 one Mr. Naim Hasmi was apprehended with 14 rounds of different caliber in Obilic area.

d) On 6 September, 2000 Mr. Jeton Selmani (Driver) was apprehended along with 1 Revolver of make “Zastava-357 Magnum” with 9 live rounds and Mr. Safet Hasani (Co-passenger) with “9 mm sound pistol PAK”, 1 magazine and 3 rounds in station #3 area during the VCP duty.

e) On 16 May, 2001, one Team of SPU-I under the command of Shri R.M. Sampar, Dy. Commandant deployed for Vehicle Check Point duty near village Veternin Breg, Pristina recovered 2 lakh Yugoslavian Dinars from Mr. Dejac Soyevic of Caglanica, Pristina.

f) On 3 June, 2001, one Team of SPU-I under the command of Shri R.M. Sampar, Dy. Commandant deployed for Vehicle Check Point duty near

village Laplje Selo recovered one M-48 Rifle, 350 rounds of 7.9 mm, one ammunition pouch etc. from Mr. Mikic Ljubinko a resident of Laplje Selo village.

g) On 6 June, 2001, one Team of Indian SPU under the command of Shri Subhash Chand Sharma, Asstt. Commandant deployed for patrolling duty at Obilic town recovered one AK Rifle with folding butt, another AK Rifle with bipod, 1009 rounds of 7.62 mm, 11 AK Rifle Magzines, 2 Grenade Launching Tube, 2 CP-6 Grenades, 78 Charger Clips and one unidentified grenade like object from a cemented manhole.

h) One Team under the command of Shri Habib Asghar Asstt. Commandant was on Vehicle Check Point duty on 4th/5th July, 2001. In the course of VCP duty on Beaver Road, two suspected vehicles were stopped and searched. Search and interrogation of three suspected Albanian males in the vehicle resulted in recovery of one American Winchester Single Barrel Shot Gun, one Turkish over/under Shot Gun 12 GA, one Russian Single Barrel Shot Gun 16mm, one C. Zastawa, YU Bolt Action Rifle 8x57mm and 9 rounds of 8x57mm ammunition which were kept concealed beneath seat and dickey of vehicle wrapped in a cloth.



DG, CRPF laying wreath at the Memorial stone of Late Major Satish Menon, Indian Civpol Officer near Laposavic in Kosovo.



RAF men deployed at Pristina Airport (Kosovo).

i) One team of Contingent guarding prisioners/under trials admitted in Pristina Hospital round the clock in 3 shifts. One 30th July, 2001 four prisoners/under trials were admitted in Hospital; of which 2 were 'A' category dangerous prisoners while one was a hardened criminal from Albania involved in armed robbery and the 4th was involved in a case of murder. On 30th July, 2001, hardened criminal apprehended while he was trying to escape from the custody.

j) On 8 January, 2002 about 50 madly passengers occupied the administrative office of the Pristina Airport and declared they wouldn't leave it before they were granted a flight. These people were removed by use of force and with the professional help of Indian SPU.

k) The Indian contingent personnel are performing Court Security duty from time to time in Pristina Court whenever dangerous 'A' category prisoner involved in war crime/mass murders are being tried. Duties become sensitive when the supporters/opponents of both Serb & Albanian communities assemble awaiting the final order. Till date the Indian SPU

contingent has been successful in thwarting the escape of Prisoners and avoiding law and order break downs. Officer in Charge of Court Security for the Pristina District and Municipal Court has appreciated the RAF officers/ personnel as always on time, very courteous, professional and alert.

On 8 Febuary, 2002, a procession of 5000 protestors were held in Pristina demanding the release of 3 UCK members (formely KLA officials) on war crime, who were arrested on 18 January, 2002. The supporters from various regions subsequently concentrated in Pristina and took out processions seeking their release. 2 Platoons of the Indian SPU were deployed and one platoon each of Jordan SPU & Ukraine SPU called as reserve when the processionist some of whom were armed with sticks & iron rod attempted to indulge in arson and assaulted few UNMIK Civpol Officers on duty with the procession and also damaged few UNMIK vehicles. It was at this juncture the Indian SPU platoons were rushed up at the affected spots. The arrival of the Indian SPU platoon had the desired effect and stone pelting and arson stopped. The presence of Indian SPU prevented damage of UNMIK Main Hqr, Regional Hqr and Detention Centre and the procession thereafter went off peacefully. The Director Ops of UNMIK appreciated the action of Indian SPUs.

During the past, the Force had to go beyond its frontiers carrying the message of peace. In 1995, a 123 men strong contingent of RAF was sent to Haiti as a part of the UN Mission to assist in the Haitian election process. The Contingent won praises from all quarters for its professionalism and stead fastness to duty.



RAF Mahila Marching column in the Anniversary Parade at Aligarh.

INTERNATIONAL PEACEKEEPING-TASKS & CHALLENGES

- Mohsen Shahedi DC (Legal), Dte. Genl.

In the third world countries like India, Pakistan and Bangladesh, UN Missions are symbolic of the hefty remuneration they offer to the peacekeepers. However, the pecuniary benefits apart, it is the imposing challenges that the mission offers which is most relevant to an officer entering the International arena. As Ambassadors of the country that we represent, it is of utmost significance that we are fully aware of the complexities and intricacies of the mission as any slight deviation from its norms could spell doom for the individual, bring catastrophe to the mission and lots of embarrassment for the Troop contributing Nation.



Peacekeeping operations, which are authorized by the UN Security Council, are a crucial instrument at the disposal of the international community to advance international peace and security. The role of peacekeeping was recognized by the world in 1988 when the United Nation's Peacekeeping Forces received

the Nobel Peace Prize.

Peacekeeping operations are authorized to be deployed by the Security Council with the consent of the host government and usually of other parties involved. They may include military and police personnel together with civilian staff. Operations may involve military observer missions, peacekeeping forces or a combination of both. Military observer missions are made up of unarmed officers, typical to monitor an agreement or a ceasefire. The soldiers of the peacekeeping forces have weapons but in most situations can use them only in self-defence. The military personnel in United Nations peacekeeping operations are voluntarily provided by Member states and are financed by the international community. Participating states are compensated at a standard rate from a special peacekeeping budget.

In recent years, certain pre-requisites for the success of peacekeeping operations have become increasingly clear. These include a genuine desire on the part of the combatants to resolve their differences peacefully; a clear mandate; strong political support by the international community and the provision of the resources necessary to achieve the operation's objectives. At the same time the unacceptability of inaction has also become obvious.

From Rwanda to Yugoslavia, the international community has seen the horrifying destructive effects of contemporary conflicts. In addition, conflicts have major implications beyond the borders of a particular country and can generate instability through the entire regions if they are unchecked.

Even conflicts that are remote from the focus of major powers can foster problems which have global implications such as illegal arms flow, terrorism, drug trafficking, refugee flows and environmental degradation.

United Nations operations because of their universality, offer unique advantages as a means to address conflicts. Their universality adds to their legitimacy and limits the implications for the host country's sovereignty. Peacekeepers from outside a conflict can foster discussion among warring parties while focusing global attention upon local concerns, opening doors

that would otherwise remain closed for collective efforts in peacekeeping and in building a lasting peace.

Operations can take many forms and are constantly evolving in the light of changing circumstances. Among the tasks discharged by the peacekeeping operations over the years are:

• Maintenance of ceasefires and separation of forces - By providing breathing space and operation based on a limited agreement between parties can foster an atmosphere conducive to negotiations;



RAF contingent deployed on U.N. Peace Keeping Mission at Kosovo.



DG, CRPF, IGP (Ops) and Commander Indian SPU with the NATO Forces Commander (KFOR) Lt. Gen. Kammer Hoff.

• Preventive deployment — Deployed before the conflict breaks out, an operation can provide a reassuring presence and a degree of transparency which favour political progress;

• Implementation of a comprehensive settlement — Complex, multi-dimensional operations, deployed on the basis of comprehensive peace agreements can assist in such diverse tasks as monitoring human rights, providing electoral assistance, observing elections, furnishing humanitarian assistance and coordinating support for economic reconstruction;



Shri J.K. Sinha, DG, CRPF presenting memento to the Chief of SPU Co-ordinator's office Shri Frank Mueller.

• Protection of humanitarian operations during conflicts — In many conflicts, civilian populations have been deliberately targeted as a means to gain political ends. In such situations, peacekeepers have been asked to provide protection and support for the delivery of humanitarian aid. However, such tasks can place peacekeepers in difficult political positions and can lead to threats to their own security.

The international community has drawn lessons from recent peacekeeping experience and is continuously working to strengthen the United Nations capacity in a number of areas. The foremost is enhancing capacity for rapid deployment. After an operation has been created, its credibility and effectiveness are affected by the promptness with which it is deployed.

Rapid deployment can prevent enormous suffering and can spare a

country from a legacy of bitterness that can make political reconciliation impossible for years. This capacity for deployment would be enhanced by common procedures and standards for equipment.

To enhance the influence of the peacekeepers with the warring parties, it may be necessary to strengthen not only an operation's capacity to dissuade but also its capacity to persuade. This can be achieved through civic action programmes in which peacekeepers perform helpful tasks to gain people's goodwill and co-operation, or by reinforcing an operation's ability to provide benefits to those who co-operate and make political advances possible. The experience of the Rapid Action Force personnel in conducting civic action programmes in their AOR payed rich dividends in the Kosovo theatre where their efforts in organizing mega games and sports and other cultural activities endeared them to the locals within no time.



Shri K.T.D. Singh, IGP (Ops & Trg) with Lt. Gen Kammer Hoff (KFOR Commander).

In assisting states in the aftermath of conflict, peacekeepers often confront problems of economic collapse, traditions of abusive use of the instruments of state to advance political power and adherence to a system where the winner takes all. If restoring peace is to have any durability or meaning, it must pave the way to a comprehensive response to such

problems. The institution-building role of peacekeeping operations has thus increased in importance, with mandates including such tasks as ensuring human rights observance, promoting the means to end impunity of human rights violators and creating the institutions through which legitimate political differences can be expressed.

One response that offers considerable potential is the deployment of operations that are built around a core of civilian police, rather than military peacekeepers. These operations can help reshape the dynamics of the society after a conflict while strengthening the foundations for lasting peace. The UN Administration Mission in Kosovo is a classic example.

Ultimately, the success of peacekeeping operations depends on the political will of the warring parties to resolve their differences as also the will of the member states to support such operations and ensure that they are provided with the human, material and financial resources necessary for carrying out their mandates. Future conflicts are likely to continue to present complex challenges to the international community. An effective response will require courageous and imaginative use of the tools of peace.

(The author was Staff Officer to Mr. Sven Fredrikson, Police Commissioner, Kosovo in the year 2000).



The Union Home Minister Shri Shivraj Patil at the inauguration Function of the New Premises of the National Institute of Disaster Management in New Delhi on August 11, 2004.

DISASTER MANAGEMENT & ROLE OF SECURITY FORCES

- Y. K Mathur
Commandant, RAF HQ

India, on account of its geographical, climatic and geological position, faces disaster of various magnitude since ages. Heavy rainfall in some areas during monsoon season cause heavy run - off, leading to high floods. Non-availability of water in arid and semi-arid zones, cause severe droughts. Such droughts are further aggravated due to often failing monsoon in these areas. The tectonic plates of Indian sub continent make it vulnerable to frequent seismic disturbances. There is regular occurrence of small intensity seismic disturbances with one or two causing minor to major damages in a year. The fragility of Himalayan mountain ranges are quite prone to earthquake, landslides and avalanches. Similarly floods are regular feature of eastern India. Orissa and Andhra Pradesh are frequently experiencing

cyclones.

At the global level, there has been considerable concern over natural disasters. There has been substantial loss of life and property despite scientific and material progress. It was in this background that United Nation General Assembly decided to declare the decade 1990-2000, as decade for Natural Disaster Reduction.

Over the past couple of years, the Govt. of India have brought about a paradigm shift in approach to disaster management. There is need felt for mitigating disasters for sustainable development. The new policy also emanates from the belief that investments in mitigation are much more cost effective than expenditure on relief and rehabilitation.

Policy framework

At the national level, the Ministry of Home Affairs is the nodal ministry for all matters concerning disaster management. Earlier this subject was looked after by Ministry of Agriculture, but in order to have better co-ordination, it is now brought under the purview of MHA. The Central Relief Commissioner (CRC) in the MHA is the nodal officer to Co-ordinate relief operations for natural disaster. Various ministries/ departments concerned with disaster management are: India Meteorological department, Central Water Commission, Ministry of Home Affairs, Ministry of Finance, Ministry of Defence, Ministry of Railways, Ministry of Rural Development, Ministry of Health, Ministry of Urban Development, Department of Civil Supplies, Planning Commission, Cabinet Secretariat etc. Each Ministry/ Department nominate their nodal officers to Crisis Management group, chaired by Central Relief Commissioner. Each nodal officer is responsible for preparing Action plan/Emergency support function plan for managing disaster by their organisation.

National Crisis Management Committee (NCMC) - is headed by Cabinet Secretary with Secretaries of all the concerned Ministries/ Department as the members of the

committee. The NCMC gives directions of Crisis Management group as deemed necessary.

Crisis management group (CMG) in MHA is headed by Central Relief Commissioner with nodal officers of various Ministries/ Department as members of CMG. Its functions are to review every year contingency plans formulated by various Ministries/Department in their respective sectors and their preparedness. The CMG, in the event of disaster, meets frequently to review the relief operations and extend all possible assistance required by the affected states. The Resident Commissioner of affected state is also associated with such meetings.



RAF men alongwith Swiss team in rescue & relief action in quake-hit Gujarat.



Helping blues of RAF.

Control Room:-

An emergency operation centre exists in the Ministry of Home Affairs, which functions round the clock. Control Room collects and transmits information concerning disasters and relief, Keeps close contact with the affected state and assists Central Relief Commissioner in keeping close watch over the situation.

State Relief Manuals:-

Each state Govt. has relief manual/codes, which identify the role of each officer in the state for managing the disaster. These are reviewed and updated periodically based on the experience of managing the disasters and the need of the state.

Funding Mechanism:-

A Calamity Relief Fund (CRF) has been set up in each state as per recommendations of Finance Commission. The size of the CRF has been fixed by Finance Commission after taking into account the expenditure on relief and rehabilitation in past 10 years. The Govt. of India contributes 75% of the corpus of the CRF, whereas the states contribute 25% of it. Overall norms of relief assistance are laid down by a national committee with representatives of states as members. Where the calamity is of such proportion that CRF is not sufficient, the state seeks assistance from National Calamity Contingency Fund (NCCF), created at the central government level. Such requests by states are assessed by High Level Committee.

Types of Disaster:-

All the disaster can be broadly divided into two categories -natural and man made disasters. Natural disasters are not controllable but can only be predicted to some extent in certain cases. Such events are often termed as Act of God. The man made disasters on other hand are rapidly increasing these days and occur as a result of human failure / error or, malfunction, like Bhopal Gas Tragedy.

Different types of disasters are :

• Natural Disasters

Famine, Floods, Earthquake, Cyclones, Droughts, Epidemics, Land

slides/Avalanches, Volcano eruptions, Wild fire and Mine explosions

• Man made Disasters:-

Large scale riots, Terrorist Activities, National level bandhs, Air Crash/Railway accidents/Road accident , War, Chemical and Industrial disasters, Nuclear disasters, Bomb blasts, Boat capsizing and Major Building collapse

Role of Police and Security Forces

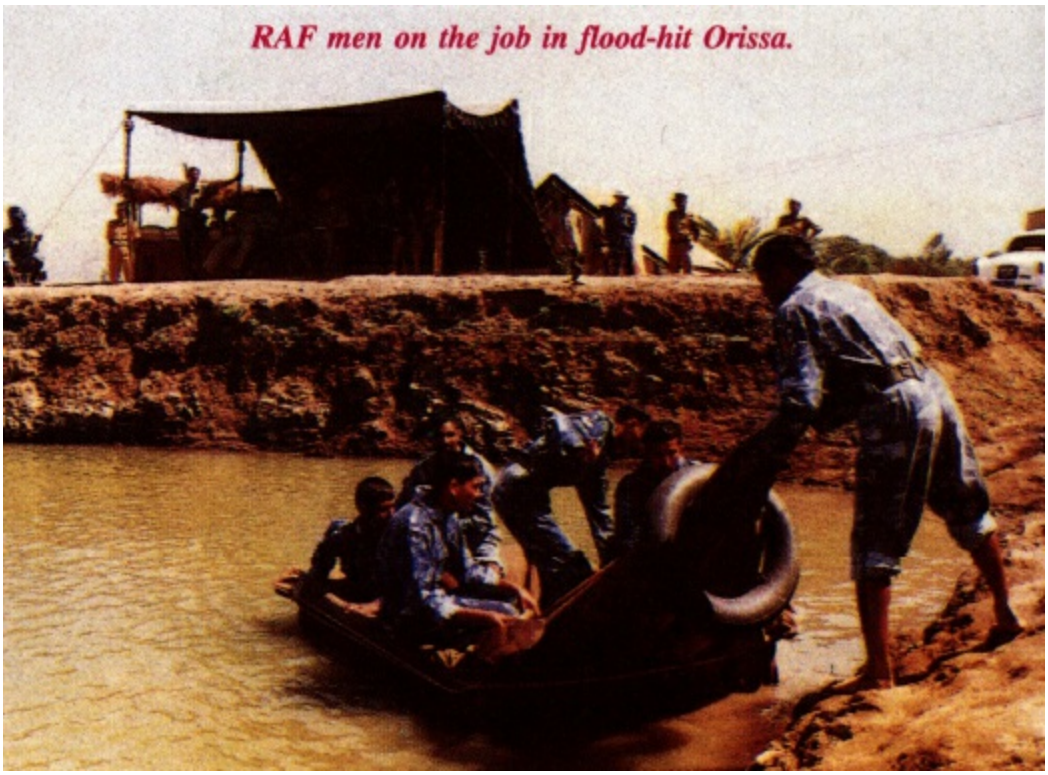
When we look at the vulnerability map of India, we notice that most high vulnerable areas have the presence of Para Military Forces like Central Reserve Police Force, Border Security Force, Indo-Tibetan Police Force, Central Industrial Security Force, Assam Rifles and SSB.

They are the first agency to reach disaster-affected site voluntarily irrespective of any requisition from state authorities. Disasters strike in varying intensity.Civil administration can tackle low and moderate intensity emergencies depending on the resources available with them. Though civil police are first agency to get information, being small in number, have limited capacity to meet the demand of man power and resources.



RAF men clearing debris in earth quake devastated Gujarat

The security forces which include Armed Forces and Para Military Forces are the biggest rescue and succour providing organisations, capable of moving to any part of the country in shortest possible time. These forces are being imparted training in various rescue and relief works. Now the Govt. of India have identified Central Industrial Security Force and Indo-Tibetan Border Police Force as nodal forces to deal with disaster management. Rapid Action Force a special wing of Central Reserve Police Force has lately been equipped to deal post riot disasters. Therefore, these forces are now being imparted proper training in disaster management.



RAF men on the job in flood-hit Orissa.

Suitability of Security Forces

The security forces are ideally suited for Disaster Management because of their following attributes: -

• Tough and organised training, make them suitable for undertaking such ardous activities.

• They are physically tough to work for long hours and carry out physical labour.

• Invariably all units of security forces are self contained and well equipped, thus their resources can be of immense utility in rescue and relief operation.

• Security forces are well organised and have professional approach towards tasks assigned to them.

• Inculcation of espirit-de-corps make them do or die for the challenging tasks.

Task for Security Forces

• Assist local administration to Co-ordinate activities • Evacuation of local population from disaster affected area to safer areas • Clearance of debris

from affected area to save life and property • Carry out search for affected person through aerial or mobile survey • Restore communication system to establish contact with outside world which is necessary to demand external help and inform administration as well as media about ground situation to prevent rumor mongering • Supply food and water to affected population • Provide shelter by using available tents or create adhoc shelters • Establish medical camp by unit medical officer and take care of injured & sick persons • Ensure proper sanitation and pollution control • Protection of life and property of affected population against anti social elements who usually take advantage of such situations • Restore road communication and repair bridges within available resources • Provide transport from rescue work • Organise traffic control • Restoration of utilities like power supply, water supply etc • Provide emergency power supply from portable and other available generator sets for emergencies • Disposal of explosives • Undertake emergency demolition to prevent further damage • Disposal of dead bodies • Conduct damage assessment and Prevention of Art Treasure

Problem Areas

• Due to involvement of many agencies, there arises the problem of clarity of roles • Local administrative authorities find it difficult to Co-ordinate the rescue and relief activities and causes utter confusion in organisations involved in disaster management • Due to mismanagement there is lot of corruption and misutilisation of resources • Lack of training and preparedness among various organisations

• Administration do not have knowledge of volunteer organisations available to assist them • Spreading of epidemics due to delay in rescue operation and unhygienic conditions caused due to disaster • Disposal of dead bodies • Maintenance of security of area and law & order preservation • Visit of VIPs and Politicians to show their presence and make political gain, is a big problem faced by police and security forces since resources are diverted to provide security to VIPs and look after them • Slow response from concerned agencies is also experienced • No lessons are learnt from past experiences and Assessment of damages and settlement of insurance claims.

The success of disaster management depends on the vision and perception of the planners. They are required to anticipate likely

activities. There can be no doubt that significant progress has been made in the country in the field of disaster management. Equally explicit is the fact that much remains to be achieved. This is possible through intensive efforts and collaborative action on the part of government, voluntary agencies, security forces and most importantly the community. Security forces are very potent force, which if trained properly can produce excellent results.

THE ACHIEVEMENTS OF RAF AT A GLANCE

- RAF was instrumental in effectively quelling the riots of Oct 1992, which rocked Sitamarhi in Bihar.
- During the demolition of Babri Masjid and the Nationwide communal violence in its aftermath, the RAF was extensively deployed to bring the situation uder control.
- In September, 1994 when a plague eqidemic broke out in Surat (Gujarat), RAF personnel stood by the hapless victims and provided medicines, food and comfort.
- On 22nd May, 1997 people saw the humane face of RAF when it carried out rescue and relief work after an earthquake rocked Jabalpur, MP.
- RAF carried out rescue and relief operation continuously for 43 days in 1997 in Gangtok (Sikkim) when it was affected by major landslides.
- This Force played a pivotal role when communal riots broke out in Coimbatore during November, 1997 and when serial bomb blasts rocked the city in February 1998.
- In July 1997, areas around Patna were submerged in water for several days. RAF troops ferried people to safer places and provided food and medicine. They regularly sprayed disinfectants to check eqidemics.
- In 1997-98 RAF extensively deployed in Allahabad during the Kumba Mela. The Force earned a very good name with the pilgrims.
- On 15th June, 1999 when a Muharram procession, taken out by Shias was disrupted by Sunnis in Lucknow, the explosive situation was controlled and peace and normalcy restored with the intervention of the RAF.
- In 1999 during the cyclone in Orissa the Force carved out an enviable

image in rescue and relief operation. It distributed ration, medicines, clothing etc and disposed off decomposed human bodies and animal carcasses.

- Communal riots in Tonk, Rajasthan during July 2000, were effectively dealt with by the RAF.
- Extensive rescue and Relief works were carried out by RAF Units in Gujarat when the state was devastated with a killer earthquake on 26th Jan, 2001.
- Effective rescue and relief operations were conducted by RAF Units in the Kadalundi (Kerala) train accident of 2001.
- RAF Units played a vital role in containing communal violence in the aftermath of the Godhra Carnage in Gujarat on 27 Feb., 2002.
- The presence of RAF in Ayodhya and Faizabad ensured that the situation remained under control during Shiladhan by V.H.P. on 15 March, 2002.
- In July, 2002, RAF Units were deployed for maintaining communal harmony during Lord Jagannath's Rath Yatra in Puri.
- RAF was deployed on 24th Sept' 2002 along with N.S.G. at Akshardham when the temple was seized by terrorists.
- On 25th Aug, 2003 two powerful bombs were exploded at gate Way of India and Jaweri Bazar in Mumbai, Deployment of RAF gave a dousing effect and no untoward incident reported there after.
- On 28th Aug, 2003, bridge on the river Damanganga had collapsed at Daman, due to which vehicles with passengers were drowned in the river. Local public became violent and annoyed with the administration and tried to take law in their hands. Three Coys of 100 Bn RAF immediately moved to Daman and brought the situation under control.
- The President of India bestowed colours to RAF, which was presented by Shri L.K. Advani, the then Deputy Prime Minister during the 11th RAF Anniversary celebrations on 7th October, 2003 at Group Centre, CRPF, New Delhi.
- In the month of October, 2003 Coys of RAF Units were deployed during the rallies and programmes organised by VHP in Lucknow, Ayodhya and other nearby places. The presence of RAF itself gave a deterrent effect to any untoward incident.
- During the month of January and Fabruary, 2004 Coys of RAF Units deployed at Haridwar in connection with Ardh Kumbh Mela, which was

carried out by our troops efficiently.

- During the month of March & April, 2004 all four Coys of 107 Bn RAF were deployed at Ujjain (MP) in connection with Sinhasth Mela, in which million of devotees reached for Shahi Snan, RAF troops controlled the mob in an effective manner, due to which no untoward incident reported.
- One Coy of RAF was deployed into Haiti during 1995 as part of the UN Peace Keeping Mission. It played an active role in maintaining peace in the strife torn island.
- 2 Contingents of RAF were inducted into Kosovo in May, 2000 as part of the UN Peace Keeping Mission. These contingents continue to play a vital role in containing the ethnic violence and maintaining law and order in this troubled country.



A Public Welfare Programme organised by 101 RAF Bn at Kasturba Girls Inter College, Deoria, as a part of Familiarisation Exercise.

FAMILIARISATION EXERCISE PROGRAMME

- R.P. Singh,

Comdt. 101 Bn.

Familiarisation Exercise is essential and regular process of RAF which is being carried out by one platoon of each RAF coys in every quarter of the year. During such exercises the platoon goes to the district which comes under the primary area of responsibility of the unit.

A Ten days date wise pre schedule working programme is given to the platoon prior to move for Familiarisation Exercise. Accordingly platoon personnel visit every police stations of the district and study the Geographical/Cultural conditions as well as law and order scenario of the sensitive/Hyper sensitive districts, any incident/ communal riot/natural calamities in the near past etc. Keeping in view of security measures, a strategic policy/plan being prepared which is known as "DANGA NIYANTRAN YOJNA" with the assistance of local administration for deployment in case of emergent law and order situation and rescue and relief work during natural calamities.

Accordingly one platoon of G/101 Bn RAF led by Shri R.K. Pathak, Dy. Comdt. conducted Fam/Exercise for a period of 10 days in district Deoria w.e.f. 18 May, 2004 to 6 June, 2004. During the exercise a public welfare programme was also organised by the RAF personnel at Kasturba Girls Inter Collage Deoria. Dy. Comdt. explained the college girls about the responsibility and contribution of RAF in tackling of law and order problems in various parts of the country. He also laid emphasis upon the importance of women education. Adult education programme was also organised. A friendly volley ball match was played between the age group of 16 to 20 years. The Fam./Exercise and public welfare programme were highly appreciated by the local authorities and media.

CWWA SAMACHAR

A meeting of CWWA Office bearers and CRPF Officers was held with Shri Arun Baroka, Project Director, Delhi State AIDS Control Society (DSACS) on 26th August,2004. Shri. Baroka, alongwith his colleague Dr. Piyush Jain, made a presentation and highlighted the extent to which DSACS can help CRPF in combating the menace of HIV/AIDS. An understanding has been reached with DSACS regarding sensitisation/training of CRPF personnel/family members in AIDS control and prevention.



Office bearers of CWWA - Smt. Rashmi Sinha, President, Smt. Aruna Mehra, Vice President and Smt. Soni Srivastava, Member,Organising Committee alongwith IGP(Pers), FA, DIG(ADM), Secretary/Jt.Secretary CWWA & CMO attended the interactive session with DSACS in New Delhi.

DSACS is conducting workshop for Delhi Police personnel on AIDS awareness and it organised a special session for some CWWA office hearers/ CRPF officers. The 4-hour training session proved to be very informative.



Delhi State AIDS Control Society, at the behest of CWWA members, is organising a workshop for AIDS awareness, prevention/control at GC, Jharoda Kalan. It will be a one day workshop with 2 sessions of 4 hrs each, in which 40 members will participate. The workshop intends to sensitise CRPF personnel and their families on HIV/AIDS.



CWWA/CRPF members met Dr S.B.Singh, Scientist, Central Ground Water Board (CGWB) regarding the Rain Water Harvesting project being undertaken at GC, Gurgaon. Officers from Ministry of Water Resources visited Kadarpur/Gurgaon on 28th August,2004 and finalised the technical parameters. Smt. Kuldip Kaur, Regional CWWA head, GC, Gurgaon is the leader

of this project, which is likely to be commissioned shortly.



SEWA (Self Employed Women's Association), an NGO working for the empowerment of women in Lucknow and known for 'Chikan Work', has agreed to organise a workshop for CWWA members in Lucknow and impart them training in 'Chikan embroidery'. SEWA proposes to employ the women in their project and use their services on jobwork basis. Smt. Kusma Lata, regional CWWA head, GC Lucknow is pioneering this project. This project will help in skill and income generation for the wives of CRPF personnnel.



Smt. Gursharan Kaur (center) wife of Shri Manmohan Singh, Hon'ble Prime Minister, meeting CWWA team at her residence on 11th Sep,2004. Picture also shows (from left) Smt Soni Srivastava, Smt Rashmi Sinha, Smt Aruna Mehra and Smt Upjit Dullet.

Smt. Gursharan Kaur magnanimously agreed to spare a few moments for an interaction with representatives of CWWA led by Smt. Rashmi Sinha, President of the association. Smt. Kaur took an account of the problems being faced by CRPF jawans and their families which included lack of permanent BNs/housing, health care, education etc. She showed a deep concern for the welfare of the Force.



CWWA President Smt. Rashmi Sinha and Smt Aruna Mehra visited 88(M) Bn, CRPF, Pappan Kalan, New Delhi on 3 September, 2004. They also visited the proposed site for the primary wing of CRPF Public School, Rohini. A cultural programme was put up by the battalion.



CWWA Vice President, Smt. Aruna Mehra visited the Family Welfare Centre at GC Neemuch on the occasion of the 65th CRPF Raising Day, on 27 July, 2004. During her visit ,she

inspected various training programmes and activities being conducted by the centre.

FEEDBACK FROM THE WELFARE BRANCH

- **Admission of CRPF wards in medical course aganist quota reserved for CPFs :**
  i) **Master John Joseph** S/o Mr M.P.Joseph,lnspector(PA) 831550125, RTC.II,CRPF- Bachelor of Medicine & Bachelor of Surgery
  ii) **Ms. Aiswarya Lakshmi,** D/o SI(M) K.Rajan, 831550125,Dte.Genl- Bachelor of Dental Science

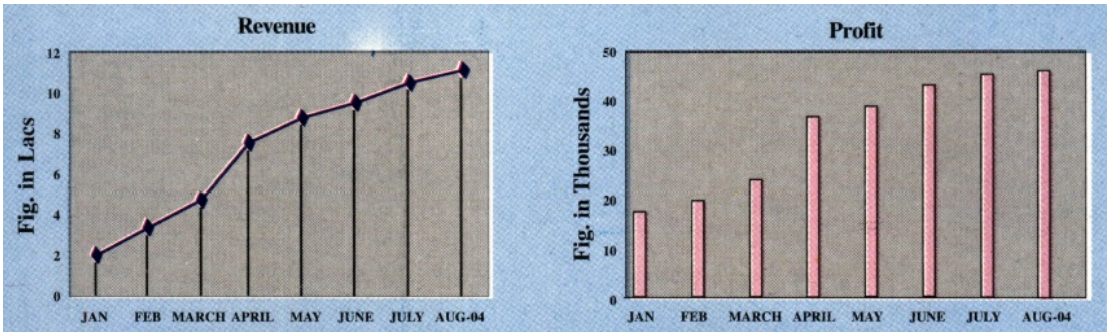
C O N G R A T U L A T I O N S !

- 30 grievances cases of ex-CRPF personnel/NOKs and family members of CRPF personnel taken up for appropriate settlement.
- 4 cases regarding allotment of petrol pump/retail outlets under Para-Military/Police (PMP) category recommended to Petroleum Ministry/IOC.
- 22 cases paid Rs. 1,47,50,000 towards ex-gratia to widows/NOKs.

ANNUAL WELFARE EXHIBITION-2004:HIGHLIGHTS

- Stalls to be done up professionally.
- Focus on fast moving items.
- 'Sukriti', the CRPF Co-operative canteen in Delhi to put a stall with sponsorship from private companies.
- Creativity to be awarded.
- AIDS awareness to be a part of the exhibition.

PERFORMANCE OF CWWA WELFARE CANTEEN R.K. PURAM, NEW DELHI



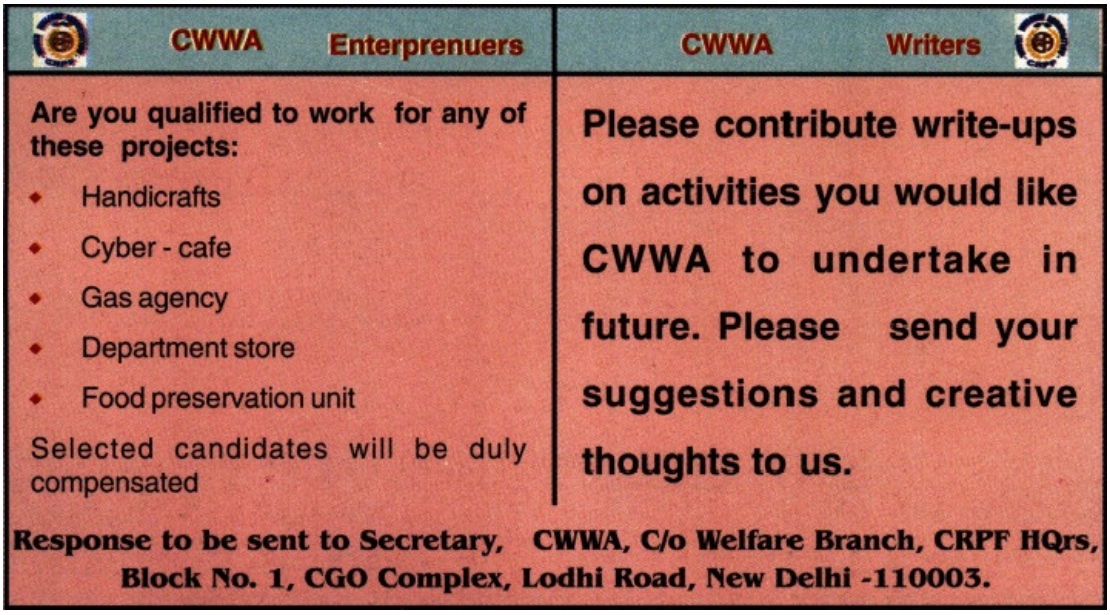
***CWWA WELFARE CANTEEN CONSISTS OF • SUKRITI - THE DRY CANTEEN • TRIPTI - THE WET CANTEEN • STD/PCO**

A journey of thousand miles begins with a small step.

NEW INITIATIVES BY CWWA

- **1175 cases of chronic alcoholism detected in the force. De-addiction camps to be organised.**
- **'Eco-club' to impart training on waste re-cycling, to be formed soon.**
- **To start counselling on career and stress management.**
- **To start a play school for personnel's tiny-tots.**
- **Selectively take over PCOs/gas agencies run by CRPF.**

ATTENTION !



News in brief

65th CRPF DAY BY GC BHOPAL

Group Centre, Bhopal (MP) Celbrated the 65th CRPF Raising Day in its Group Centre on 27 July, 2004 in a befitting manner.

Sh. Rajendra Shukla, Minister for Housing & Environment, Govt. of M.P. attended as the Chief Guest and participated in the plantation Programme. A Glittering Cultural function was also put up by the children.

36th FOUNDATION DAY BY GC-I, AJMER

The GC-I, CRPF, Ajmer Celebrated its 36th Foundation Day on Aug 1 st, 2004 with various programmes like Goodwill Motor Cycle Rally, Plantation etc.

Shri B.D.S. Chauhan, Addl. DIGP, flagged off the Rally in which 17 motor cycles & participated. He also planted trees in the GC Campus. **(Photo below)**



Shri Rajendra Shukla, Minister for Housing & Environment, Govt. of M.P. planting a sapling at GC, Bhopal.



Shri B.D.S. Chauhan, ADIGP, flagging off Motor-cycle Rally at GC-I, Ajmer.

THE ART OF DYING

- A.P. Maheshwari,
DIG (Adm), Dte. Genl.

I, not very long ago, happened to attend a Rotary club meeting at Gaziabad. Rotarians follow a practice of inviting an eminent person as chief guest and arrange for an address by him on some relevant topic followed by discussions. The chief guest for the evening had to speak on 'The Art of living' which has been a fashionable topic for quite some time. Somehow, the chief guest, an IRS officer could not make it. The host readily declared that we have an IPS officer with us who is working with Central Para Military Force 'CRPF' and we request him to assume the role of the chief guest. I was in a fix, not having foreseen this twist of circumstance, I had come unprepared. Jokingly, I said-sorry, I am a propounder of the 'art of dying'. I cannot speak on 'the art of living'. Many of those present in the audience assumed that I would be speaking on my experience in the police

encounters or some such related issues.

But that was not my intention at all. I had various piecemeal thoughts screening through my mind. I had read Kabir, I had read Swamy Chinmayanand's discourses, I had read books of various faiths. I had evolved my own thoughts of 'spirituality' distinctly different from 'religosity'. Some how I started speaking - "Change is a constant phenomenon". The air we breathe in is, at a given point of time, a part of our system. The moment we exhale it, it goes out into the atmosphere where someone else inhales it. It remains no longer ours, it belongs now to someone else. The water in a wave of the ocean remixes in the sea, once the wave encounters the shore or some rock enroute. And soon after some other wave envelopes it and carries it away.

This change is taking place everywhere. The river you see right now is not the same which you see the next moment. The river may flow within the same banks but the waters have changed. So does our body. The cells are dying every moment and the new ones originating. The process of change is constant.

When we want to live we hold desperately to the present, wanting to retain the inevitable. The emotional attachment with the status quo thus becomes the source of our misery. The real art of living is learning 'to let go'. How beautifully we can imbibe the change to the higher echelons and let the remaining die out as they have to, would decide how blissful can we be. "I went on adding similar examples", when a person is ageing, lower energy inputs through stomach or other sensory organs become ineffective. Those who draw energy from 'Pranik' or spiritual inputs, survive well. In fact, the dependence on lower form of inputs has to be waived off. Same way emotional attachments have to be diluted. When a person is in process of fading away / dying, people surround him. Because of these emotional attachments, he finds it difficult to die. Here also the art of 'letting go' becomes desirable."

I found people trying hard to digest what I had said. May be they were nonplussed, confused and yet not wanting to rebuff me, stayed glued to their

seats. I continued my delivery as the thoughts forming a pattern raced through my mind.

I took help of behavioural thoughts and went on to delve into the concepts of self. “The physical self, the social self and the spiritual self. Physical self is what we physically and mentally constitute of and think of ourselves as, social self is the image that people have of us, we are often worried about that.



Doctor examining a patient in RAF Medical camp.

The physical self may die as we perish, the social self may have a longer span of existence but our spiritual self is what lives on and on forever.

When a person dies, he, infact, traverses from the physical self to the spiritual self along with his faith and impressions of ‘Karmas’ (his deeds). Since this is the ultimate truth and the final destiny, those who learn the art of migrating to the spiritual self while in the living state, find the change over not only easy but also stimulating. Hence learning the ‘art of dying’ is important from this angle too.”

I could see the appreciative smiles surfacing on the faces of the audience, that audience on whom I had almost been imposed upon. “The ‘art of dying’

or ‘letting things go’ can be understood further on different footings.

We may be totally materialistic in our approach, others may be working for social recognition and not just money, still others may choose to work in order to earn the love and respect of their fellow being or may be inspired by the aura of the place or the reflections of the intimacy existing amidst those he has all along identified with.

Yet, some people may be further self actualised and want to add deeper meaning to their life. Even beyond all this, the rarest of the rare people may toil on the basis of ‘faith’ they evolve within themselves and enjoy a state of absolute bliss. These are the various gradations of the human mind and here one has to evolve from lower to the higher echelon.



RAF Cycle Expedition at Ahmedabad.

Thus dying out at the lower levels and resurrecting at the higher level is the only secret of maximising the level of

satisfaction till one ascends to a state of 'eternal bliss'.

So ascend to the higher levels of the mind and kill the attachments at lower level, in order to reach the levels of sublimity (your eternal self).

It was only after crucification that 'Christ' evolved in the purest form, the 'Tandav' of Shiva is nothing but the destruction of your 'Shristi', the lower level world, which you have evolved and which is unfortunately bounded by bodily limitations. The sacrifice of his 'dearest' as offered by Hazarat Ibrahim was nothing but the suppression of all his lower level bindings.

Religosity might have evolved in different ways, but spirituality remains the same Death is nothing but an evolution from the physical realm to the spiritual realm and that is the only forward looking positive-step in our life."

There followed pin drop silence in the hall. I had said all that I had set out to say, unable to bear the suspense any further I broke the silence-"l have completed my address".

"I cannot fathom how a Cop is philosophising on life", said an elderly gentleman with an appreciative glance directed at me. "Our cops are now turning philosophers", I jokingly added. I could see some one trying to pose a serious question. I prompted him to speak louder. He said, "you come in constant conflict with people, then how can you allow things to go past if they tread on your feet, it must be difficult not to react in such a circumstance."

To me it appeared to be a corollary to what I had spoken earlier. The topic was bound to invoke discussions and that is why Mr. Ghoshal posed the first serious question. "Yes", I started replying "you may choose how to counter this move. Many options are available. But to me it appears more relevant that we' forgive & forget "and come out of the loop fast."

"But what, where is the guarantee that we stand to gain by going into spiritual realm or ascending towards 'God' who is after all only an imaginary entity", asked another gentleman. It was gradually becoming clear that we were entering a zone of deciphering what came first 'the hen or

the egg'. But I was confident of my evolving thoughts. I tired to convey them across", there is no separate entity like God. You are yourself a part of the "absolute power" but that is in its dormant state. Through your inner evolution you activate the higher levels of your mind and try to invoke the power which can descent from there. One has to traverse from the 'sub-conscious' to the fully conscious state. This can only happen on the basis of our 'faith'. 'Faith' can move mountains. So everyone can evolve as 'God' if we truly strive for that state. It is, infact, a flight of freedom from negativity to positivity. What you want and strive for yourself shall be achieved when you have deciphered your own level. Your sufferings & happiness would depend on the definitions you draw out within yourself."



RAF mahila briefing local women of Mandoli Village about maintenance of Kitchen and utensils, as a part of cleanliness campaign.



To maintain Green Environment, RAF planting saplings in Karnal district of Andhra Pradesh.

It was nearly ten in the night. Meeting ended with a vote of thanks in a rich and a positive mode. What impact it had left on the audience, I cannot say. But to me, as I know for certain, it helped to reformat my thoughts. It helped me to re-discover myself. My final understanding of the 'art of dying' remains alive:

The art of 'letting things go' is basic to attain internal bliss, It is always preferable to 'forgive and forget' rather than falling in an unending loop of misery, it is wise to change the level of mind and enhance your satisfaction level through a range of higher 'level value-additions'.

You may or may not agree, but at least spare it some thought. It would not be far fetched to say "learning the Art Of Dying is actually the crux of the real "Art Of Living."

STRETCHING YOURSELF TO THE FULL CAPACITY

-T. G. L. Iyer
Ex-DG, CRPF

When I was in the Police, I would make all the preparations to handle a law and order situation, brief my colleagues and subordinates, remain personally present on the spot and then relax. Thereafter, I picture in my mind the worst scenario that could happen and formulate a plan to tackle that situation. The worry used to disappear, because I have done my best and was mentally prepared to face the worst. A guru told me once : "When you brainstorm ideas, you often find solutions which is really a positive thinker's habit".

There is the story of a person who borrowed a thousand Rupees from his good neighbour agreeing to pay back within 3 months. Well, time passed and he did not have the money to fulfil his promise. He started to worry and could not sleep. He paced up and down the bedroom, disturbing his wife's sleep. She could not stand it anylonger and she said : "For goodness sake, do something about that loan." That remark gave him a clue.

He went across the bedroom window, drew back the curtains, opened the window and called for his neighbour. There was no response. He tried several times and finally shouted : "John, you remember that loan of thousand rupees ? I can't pay you".

He then shut the window, jumped into his bed and had a marvellous nights' sleep. Poor John stayed awake all night and several nights thereafter. Psychologists call this "Worry Transfer".



March past by RAF Mahila Contingent in R.D. Parade.

Peter Drucker, the management Guru said : "Every time a Sales person gets a 'No', he is one step closer to 'Yes'. The most effective way to deal with the word No is to understand that No is only a No at that point of time and not permanently". There was an Insurance Agent who wanted to insure me and he chased me in not less than twelve places of postings, after hearing a No everytime. He succeeded the thirteenth time and grateful to him because his persistence taught me a lesson.

One of the most ingredients of success is persistence. A Sales Manager once told me that the greatest quality he looked for his salesman was the ability to persist. A person who can persist will eventually prevail. It does not matter what the challenge is or how many doors are closed?

If you are prepared to keep knocking at it, you will succeed in the end. Could you knock a six-inch nail into a seasoned piece of wood with one hit? Ofcourse, not : But a child could drive that nail, perhaps, even with a wooden hammer, with sufficient number of taps, over a sufficient period of

time.

Another way of dealing with the problem is to shift the responsibility to God. I remember an incident when a bus carrying pilgrims left the road and plunged into a river. All Hell broke loose. There were shouts for help, succour and rescue. One person who was drowning was calm and whispered to himself “God’s mercy is my inheritance”. A man came from nowhere and caught hold of him, guiding him to the shore. When he opened his eyes, the man was no longer there and he did not know his rescuer since he wanted to thank him. Then he whispered to himself “God’s presence cannot be seen but only experienced”.



RAF contingent patrolling the roads of Ayodhya.

In the year 1987 during a boat-race a number of boats were caught in storms and many people lost their lives. it was

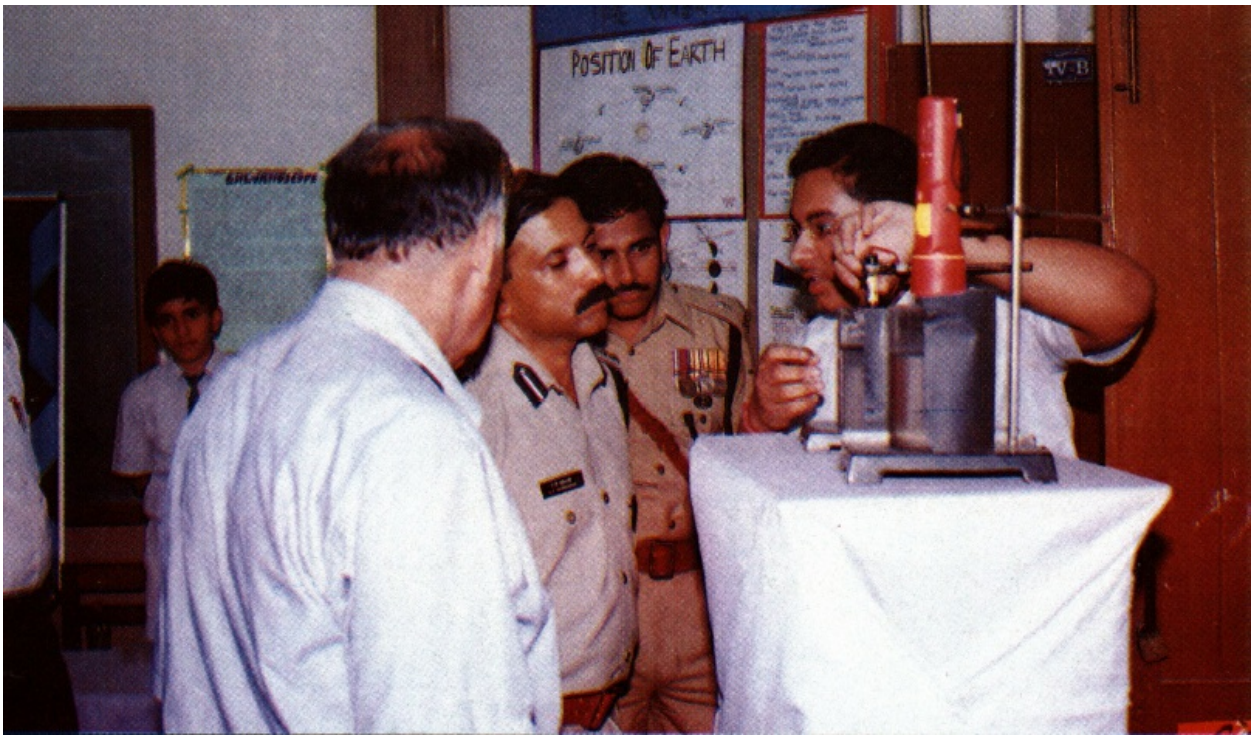
subsequently discovered that those who left their boats early and took to lifeboats were the ones who died. It they had only stayed on with their boats, they would Have survived. The lesson is "to leave the ship only when it Is really sinking. Be persistent and avoid giving up, and know when to quit".

Following wise words are attributed to Calvin Coolidge Ex-President of America : "Nothing in the World can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded Genius is almost a proverb. Education will not; The World is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'press on' has solved and always will solve the problems of the human race".

Once you see that life becomes a game, you realise that winning the game means enjoying your life. You win the game by maximising utilisation of your resources so that nothing remains or is left behind. You win the game when you realise that your attention is the only glue holding your thinking in place. You win the game when you understand that every moment in your life is a choice point. You win the game when you see life as a pendulum and swing it back and forth with a rhythm.



Smt. Rashmi Sinha, CWWA President glancing through the Life Science Projects of Biology put up by students of CRPF Public School, Rohini in the Annual Exhibition-2004.



Shri A.P. Maheshwari, Manager, CRPF Public School being briefed about physics project in

School Annual Exhibition.



Geography projects on display in the Exhibition.



Children staging a play on History project



Chemistry projects displayed in Exhibition.



HIV/AIDS Patients are treated in all the 3 Base-Hospitals, as well as camposite Hospital, Jammu of CRPF.

YOUR HEALTH IS OUR CONCERN :

What Is AIDS ?

It is estimated that about 4 million Indians are living with HIV/AIDS. The first case of HIV infection in India was reported in Chennai in 1986. Since then, HIV has spread to all the states in India. India is a low prevalence country with the HIV prevalence of about 0.8 percent in the age group 15-49 years. HIV is known to be concentrated amongst the poor, marginalised sections of society, including sex workers, injecting drug users, men who have sex with men, and migrant labourers. Significantly, the epidemic is moving from "high risk" groups to the number of women infected is steadily rising-one in every four cases reported is a woman. Maharastra, Tamil Nadu, Manipur have been reporting the highest rates of HIV prevalence in the country. Recently, the states of Andhra Pradesh, Karnataka and Nagaland have also registered a rapid rise in HIV infections. These six states fall into high prevalence category because the HIV prevalence rates exceed 5 percent among high-risk groups and exceed 1 percent among the general population. However, even the low prevalence states are equally vulnerable to HIV/AIDS, leaving no space for complacency.

AIDS stands for Acquired Immuno-Deficiency Syndrome, a pattern of devastating infections caused by the Human Immunodeficiency Virus (HIV), which attacks and destroys certain white blood cells that are essential to the body's immune system.

AIDS can take around 7-10 years to develop after infection with HIV.

HIV is transmitted through semen and vaginal fluids, infected blood and blood products, infected mother to her baby-before birth, during birth or through breast milk A person who is HIV positive has HIV, the virus that causes AIDS.

HIV damages the immune system, the part of the body that fights infection. over time, the immune system becomes very weak. This stage of HIV is called AIDS.

No one knows for sure when a person with HIV will get AIDS. HIV is different in different people.

It can take a long time for HIV to make the person sick. Many people with HIV stay healthy for years. Understanding what it means to be HIV positive helps everyone. It helps people with HIV take the best care of themselves. It helps others give people with HIV the support they need and deserve.

How is HIV transmitted?

There are four primary method of transmission of HIV :

Sexual lntercourse(anal and vaginal) :- Men and women who engage in unprotected intercourse with HIV-infected partners of different or same sex.

Contaminated blood:- and blood products, tissues and organs

Contaminated needles, syringes and other piercing instruments:- Sharing needles by drug abusers and non medical procedures like ear or body piercing, tattooing or acupuncture also carry the risk of transmission.

Mother to child transmission:- is an overwhelming source of HIV infection.

How is HIV not transmitted?

The following activities do not transmit the virus:

• Shaking hands, hugging, kissing(however there is a theoretical risk of HIV transmission during tongue kissing if blood from the gum or mouth sores is present in the saliva).

• Coughing or sneezing

• Using a public phone

• Visiting a hospital

• Opening a door

• Sharing food, eating or drinking utensils

• Using drinking fountains or taps

• Using public swimming pools

• Getting mosquito or insect bite

What are the symptoms of HIV/ AIDS?

The common symptoms of HIV/ AIDS infection are:

• Prolonged, unexplained fatigue, • Swollen glands(lymp nodes), • Joint stiffness, joint pains, fever lasting more than 10 days, chills, • Excessive sweating especially night sweats, • Mouth lesions including yeast lesions and painful, swollen gums, Sore throat, • Cough, shortness of breath, • Genital sores, • Changes in bowel habits including constipation, adominal pain, • Frequent diarrhoea, • Symptoms of a specific opportunistic infections(such as Candida, Pneumocystis, and so on), • Tumour(Kaposi sarcoma), • Skin rashes or lesions of various types, Unintentional weight loss, General discomfort or uneasiness (malaise) and • Headache.

Initial infection may produce no symptoms. Some people with HIV infection remain without symptoms for years between the time of exposure and development of AIDS.

Many other symptoms may develop in addition to those listed above.

Prevention from HIV/AIDS

How is HIV/AIDS diagnosed and treated? Diagnosis

HIV infection is diagnosed on the basis of blood tests using three different ELISA/Rapid simple tests.

AIDS cases are diagnosed on the basis of two different ELISA/ Rapid tests on different antigens and presence of AIDS related opportunistic infections.

Western Blot test is used for confirmation of diagnosis of indeterminate ELISA tests.

Govt has formed VCCTC(Voluntary Counselling and Confidential and Testing Centres). A helpline (1097) on counselling have also been set up.

Preventing HIV/AIDS transmission

How to avoid AIDS?

HIV/AIDS can be avoided by:-

Preventing sexual transmission by-

• Knowing your sexual partner

• Avoiding Multiple Partners

• Understanding which sex acts put you at most risk

• Proper treatment of sexually transmitted diseases

• Using a condom

Preventing transmission via blood and blood products by-

• Using of disposable Syringes & needles

• Using reliable sources (screened blood) for acquiring blood and other blood products

Preventing transmission via contaminated needles by -

• Not sharing needles or syringes

• Avoiding invasive, skin piercing procedures like ear and body piercing, acupuncture etc. In case it is essential to do these, one must ensure that all the equipments are properly sterilized.

How are women vulnerable

• Gender norms may have an impact on HIV transmission. For example, in many places, gender norms allow men to have more sexual partners than women, and encourage older men to have sexual relations with much younger women.

• Women may want their partners to use condoms (or to abstain from sex altogether), but often lack the power to make them do so.

• Forces sex, at some point in their lives, can make HIV transmission even more likely, since it may result in more trauma and tissue tearing.

In settings of civil disorder and war, women and girls are often systematically targeted for abuse (including sexual abuse). This dramatically increases their odds of acquiring HIV and other sexually transmitted infections, and of experiencing unwanted pregnancies.

• Women (who are often more socially, economically and physically vulnerable than men) may be unwilling to learn and/so share their HIV status for fear of violence and/or abandonment if the results turn out positive.

How Are Men Vulnerable

• A combination of physical abuse, drug use and depression could make men practice risky behavior and make them more vulnerable to HIV infection.

• Men who migrate for work, travel professionally(such as truck and bus drivers), or live apart from their families may pay for sex, have multiple partners or use alcohol or other substances that contribute to risky behavior. Their mobility contributes to spreading HIV/AIDS from region to region and group to group.

• Men in prisons or other all-male environments may be coerced into sex, usually without condoms which can be the source of HIV infections.

• Sex between men accounts for about 10 percent of HIV infections worldwide.

• Myths and misconceptions that HIV does not spread by male to male sex.

How to cope with Confirmed HIV infection?

Learning that a person or someone close to him has been infected with HIV will change their lives dramatically. Generally a wide range of emotions is experienced by the individuals, like, fear, loss, grief, depression, denial, anger, and anxiety. No matter how reassuring the doctor, how effective the drug therapies are, how minimal the physical impact of the infection or how intellectually prepared the individual is, he needs counselling and support.

If an individual is infected with HIV it is important to take care of ones physical health to decrease the risk of progression towards a symptomatic form of AIDS:

• Provide Care and support

• Adopt a healthy diet

• Exercise daily

• Avoid alcohol and tobacco

• Avoid stress

• Avoid all forms of infection if possible they could compromise your health

• Do not use illicit drugs

• Check up with doctor regularly

Treatment Available

The treatment available is anti-retroviral therapy

There are many benefits of anti-retroviral(ARV) therapy, Firstly, ARV reduces the HIV viral load in the body. This means that

• The patient's immune system gets a chance to recover.

• They are then less susceptible to dangerous opportunistic infections (Ol).

• They are less likely to transmit HIV and various possible Ol like TB to others.

• Their life span is extended and they can take better care of their family.

• They have more energy,better health, and can therefore remain productive citizens.

• They can become peer-educators, making others aware of the dangers or risky behavior.

Second, there also are many societal benefits.

• Providing ARV therapy is the surest sign of the governments commitment to eradicating HIV/ AIDS,i.e. a demonstration of political will.

• It will engage the medical community (doctors, nurse, hospitals).

• It will remove the stigma associated with it (only immoral people get HIV).

• More people will get tested because they know there is help (and better health) available in case they are infected. By knowing their status they can change their behavior and thus reduce further spread.

Due to various service related factors and exposure to the local population at the place of deployment the CRPF personnel are most vulnerable to this dreaded disease. A number of HIV/AIDS patients have reported to the CRPF Hospitals at various locations which shows the gravity of situation and hence it is the responsibility of all concerned to rise to the occasion and take suitable measures to stop its further spread.

CRPF WILL PROVIDE SECURITY TO RAILWAY CONSTRUCTION TEAMS IN J&K

- DG, CRPF

The 143 Battalion of Central Reserve Police Force (CRPF) is to provide security to survey/ construction teams of Indian Railways in Jammu and Kashmir. Addressing the Foundation stone laying ceremony of a Battalion Camping site at Gehrauli, Mayur Vihar phase III, New Delhi on 20 August, 2004 Shri J.K.Sinha, Director General, CRPF said that to take on the effective management of internal security, more than 86 percent of the Force has been deployed in J&K, North Eastern States and Left Wing Extremism affected states.

Elaborating the details of two recent successive fidayeen attacks on CRPF camps in Srinagar in which all the three fidayeens were eliminated, the DG Shri Sinha said that the units deployed there for Counter Insurgency operations have been asked to remain more vigilant and alert and ensure that tasks assigned to them are carried out efficiently.

Shri V.B.Singh, IGP,Northern Sector,CRPF in his welcome address said that construction work at the cost of Rs.17 crores would be started soon in this 10.61 acres of land acquired from DDA. Smt.Seema Dhundia, Commandant, 82 Bn,CRPF proposed the vote of thanks.



Shri J.K. Sinha, DG, CRPF laying Foundation stone for Battalion Camping site at Gehrauli, Mayur Vihar Phase-III, New Delhi on August 20, 2004.

SPORTS NEWS



Shri K. Jena Reddy, Minister for Home, Govt. of Andhra Pradesh taking salute of March-Past at the inauguration of CRPF Inter Sector Athletics Competition.



CRPF INTER SECTOR HOCKEY TOURNAMENT-2004

The CRPF Inter Sector Hockey Tournament-2004 was conducted by GC, CRPF, Jalandhar from 2 August to 7 August, 2004. In this six day tournament, North West Zone emerged as the Champion for the 4th time in a row whereas Southern Sector remained happy with the runners up.

Dr. A.S. Ajnla, Addl. DG-Cum-Director, Punjab Police Academy, Phillour attended the closing function as the Chief Guest and awarded the trophy and prizes. Shri T.S. Dhillon, DIGP, CRPF Jalandhar and Shri S.S. Gill, Addl. DIGP, GC, Jalandhar were present.



Dr. A.S. Ajnla, ADG-Cum-Director, PPA, Phillour giving away the best scorer trophy to Rajesh Kumar.



The jubilious team of NWZ receiving the Championship Trophy of CRPF Inter Sector Hockey Tournament from the Chief Guest.



Shri V.B. Singh, IGP N/S, CRPF giving away shield to Band commander in the closing function.

6th CRPF INTER SECTOR BAND COMPETITION

The 6th CRPF Inter Sector Band Competition was organised at Group Centre, Jharoda Kalan from 23 Aug to 25 Aug, 2004. Shri V.B. Singh, IGP,Northern Sector,CRPF gave away the trophies to winning teams. Earlier Shri Ajay Kashyap, DIGP, New Delhi inaugurated the competition on 23 August, 2004.

In Brass Band, Central Sector won the 1st place while Northern Sector and North West Zone bagged 2nd and 3rd places respectively. In Pipe Band, Northern Sector stood first while Western and Southern Sector remained in 2nd and 3rd place. In the Bugle discipline, Northern Sector secured 1st place whereas the 2nd and 3rd prizes were earned by Southern and Special sectors.

12 teams representing various sectors participated in this 3-day event.



CRPF Brass Band team.

LETTER TO THE EDITOR

I am grateful to you for publishing my article ‘Down the Memory Lane’ in the Training Special of CRPF Samachar (31 July, 2004). I am very thankful to you for giving an appropriate title for my article.

I would like to congratulate you for bringing out this excellent issue exclusively devoted to Training. The articles on various aspects of training will provide significant inputs for upgradation and modernisation of training in the context of bigger challenges to Internal Security Duties. The colourful photographs regarding training activities in CRPF and excellent editing and get-up of this special issue further enhances its worth. This issue should be deserving for special preservation as a great and invaluable publication.

Bhudeb Chakrabarti DIGP (Retd.), CRPF



Shri Sriprakash Jaiswal the Union Minister of State for Home alongwith CRPF Swimmers who won the overall championship in 53rd All India Police Aquatics & Cross Championship held at New Delhi.



Shri Sriprakash Jaiswal, the Union Minister of State for Home congratulating Asstt. Comdt. Deepak Kumar Singh who won gold medal in the 50 Mtrs Breast Stroke event in 53rd All

India Police Aquatics and Cross Country Championship - 2004.

