150 YEARS OF CELEBRATING THE MAHATMA

सीआरपीएफ समाचार

वर्ष 65 अंक 4 मार्च-अप्रैल, 2019





के.रि.पु.बल की 80वीं वर्षगाँठ परेड पर श्री अजीत डोभाल, राष्ट्रीय सुरक्षा सलाहकार को
श्री राजीव राय भटनागर, महानिदेशक, के.रि.पु.बल स्मृति चिन्ह भेंट करते हुए।



शौर्य दिवस पर अलंकरण समारोह के दौरान श्री राजीव गौबा, केन्द्रीय गृह सचिव का श्री राजीव राय भटनागर, महानिदेशक, के.रि.पु.बल द्वारा स्वागत।

मुख्य संरक्षक :
श्री राजीव राय भटनागर, महानिदेशक

संपादकीय सलाहकार मण्डल

अध्यक्ष :
श्री प्रदीप कुमार सिंह,
पुलिस महानिरीक्षिक (आसूचना)

सदस्य : श्री धीरज कुमार, उप महानिरीक्षक (परिचालन–2), श्री एम. धिनाकरण, उप महानिरीक्षक (आसूचना), श्री निखिल रस्तोगी, कमाण्डेन्ट (परिचालन), श्री समीर कुमार श्रीवास्तव, कमाण्डेन्ट (कल्याण) एवं श्री राजकुमार, कमाण्डेन्ट (आसूचना)

मुख्य संपादक :
डॉ. जी.सी. दाश
(जन संपर्क अधिकारी)

संपादक :
सत्येन्द्र सिंह (सूबेदार मेजर/हिन्दी अनुवादक)

संपादकीय सहायता :
राम कुमार (स.उ.नि./मं.)

चित्र :
जन संपर्क फोटो सेल, महानिदेशालय और सीआरपीएफ यूनिट्स

संपादकीय कार्यालय :
महानिदेशालय, केन्द्रीय रिजर्व पुलिस बल, ब्लाक–1, केन्द्रीय कार्यालय परिसर, लोधी रोड, नई दिल्ली–110003
दूरभाषः 24360649

महानिदेशक सीआरपीएफ की ओर से मुद्रित और प्रकाशित :
मित्तल इण्टरप्राइजेज, 2076, गोकुलशाह गली, सीताराम बाजार, दिल्ली–06

आवरण चित्र : माननीय श्री राम नाथ कोविन्द, राष्ट्रपति के द्वारा शौर्य दिवस के अवसर पर परेड की सलामी लेते हुए और साथ में श्री राजीव गौबा, केन्द्रीय गृह सचिव, श्री राजीव जैन, निदेशक, आसूचना ब्यूरो एवं श्री राजीव राय भटनागर, महानिदेशक, के.रि.पु.बल।

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सीआरपीएफ समाचार एक द्विमासिक पत्रिका है। इसमें प्रकाशित किये जाने वाले विचार लेखकों के व्यक्तिगत विचार हैं। विभाग की नीति से इसका कोई सम्बन्ध नहीं है।
– मुख्य संपादक

CRPF celebrates 80th Anniversary Parade

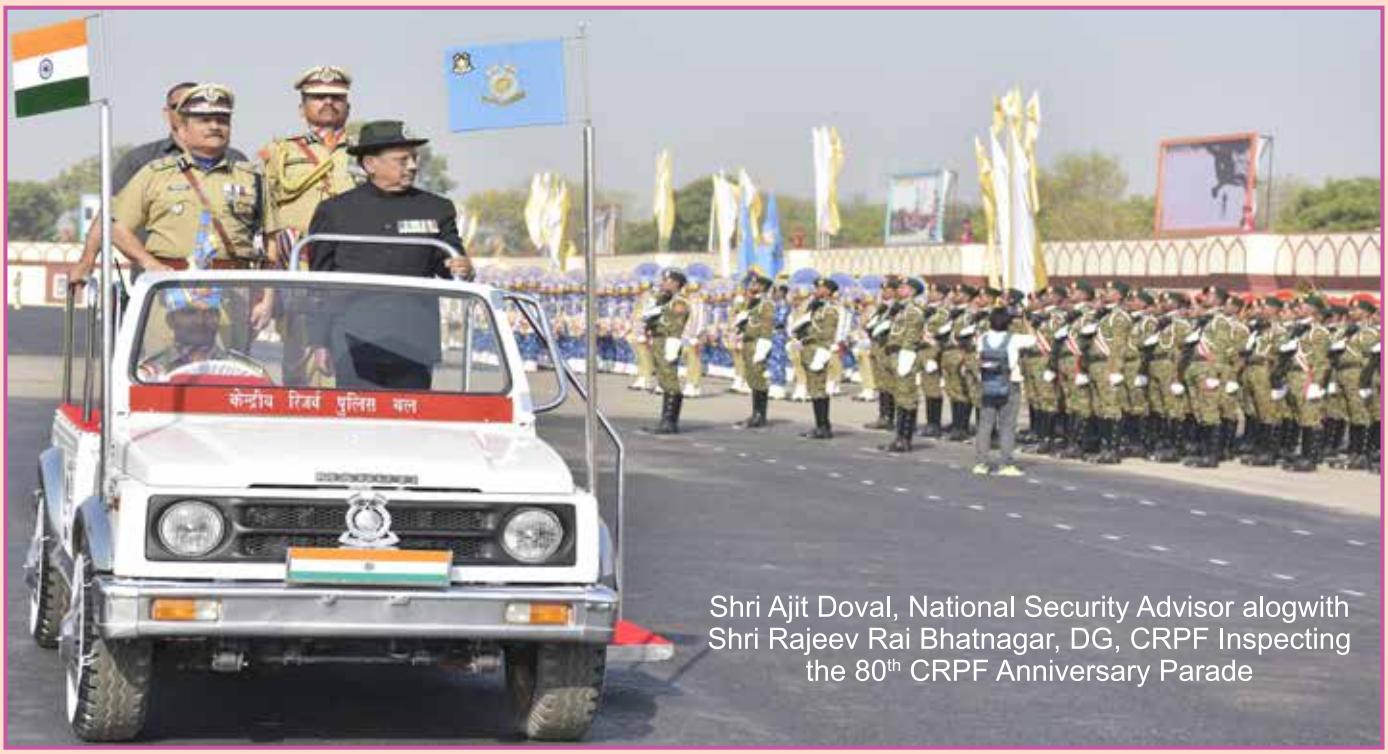
The country is capable enough to frustrate the evil designs of the terrorists and their supporters. This was stated by the Chief Guest Shri Ajit Kumar Doval, National Security Advisor while addressing the Force personnel at Group Centre, CRPF, Gurugram (Haryana) on the occasion of 80th anniversary of CRPF on 19th March, 2019. Shri Rajeev Rai Bhatnagar, DG CRPF and Directors General of other Armed Police Forces, Senior Officers, Kirti Chakra Awardees, Shaurya Chakra Awardees, Arjun Awardees, other dignitaries', Jawans and their families were present on the occasion.



Shri Ajit Doval, National Security Advisor giving Salute to the Parade Contingent

Describing CRPF as a versatile Force, the NSA said it is the only Force having a pan India presence for the upkeep of internal security. He said that CRPF has earned many a laurel in the field of bravery, sacrifice and sheer dedication to duty. He highlighted the fact that the Force had also played a commendable role in containing the riotous situation that arose in the country during and after the partition.

Emphasizing the importance of maintenance of internal security for the existence of a nation,



Shri Ajit Doval, National Security Advisor alogwith Shri Rajeev Rai Bhatnagar, DG, CRPF Inspecting the 80th CRPF Anniversary Parade



A salute by Mahila Contigent



A salute by RAF Contigent



A salute by CoBRA Contigent



A salute by CRPF Contigent

Shri Doval said CRPF is unparalled as a force in maintaining the internal security of India. He extolled CRPF for having set very standards in this regard and called upon the force personnel to keep up those standards of valour and sacrifice.

On the occasion Shri Doval paid rich tribute to the 40 Jawans who attained martyrdom in the suicide attack on the CRPF convoy in Jammu and Kashmir on 14th February, 2019.



Shri Ajit Doval, National Security Advisor paying homage at the Martyrs memorial

Shri Doval, NSA presented medals and citations to the officers and personnel of the force for their commendable performance. As many as 29 Officers and personnel were awarded Police Medal for Gallantry and 09 were awarded President's Police Medal for Distinguished Service, besides 06 Trophies that went to the Best Battalion of different theatres, Best Group Centre and Best Training Trophy.

Earlier the National Security Advisor, Shri Doval inspected the parade of CRPF contingents and took salute in the March Past. Parade Commander Shri Surendra Singh Rana, Commandant, 78 Bn gave salute to the Chief Guest. 10 contingents participated in the Anniversary Parade including a Mahila Contingent.

Speaking on the occasion, Shri Rajeev Rai Bhatnagar, DG CRPF threw light on various valiant deeds performed by the force personnel since it began its eventful journey from 1939. Reminiscing the supreme sacrifices made by 2184 personnel of the Force including those who attained martyrdom in the recent terrorist attack in Pulwama, the Director General said that the nation will never forget these ultimate sacrifices made by the CRPF brave hearts. He said that CRPF, now actively engaged against the maoists and the militants have been continuously scoring success over them. As a result, while more than 200 terrorists in J&K have been neutralized during last year alone, the Left Wing Extremism is now confined to only some pockets as in Chhattisgarh. On the occasion, he highlighted various measures being taken for the modernization of the Force and also for the welfare of the Force personnel and their families. He said that the Force, whose bravehearts have already won 1825 gallantry medals thus far, is ever ready to rise up to the challenges of internal security.

Shri Rajeev Rai Bhatnagar, DG CRPF presented memento to Shri Ajit Doval, National Security Advisor and Shri Sachchidanand Shrivastav, ADG(Training) proposed vote of thanks.



Shri Rajeev Rai Bhatnagar, DG, CRPF presenting memento to Shri Ajit Doval, National Security Advisor

Display/Demo during 80th Anniversary Parade







"Badakhana" on 80th Anniversary Parade





Distribution of Police Medal for Gallantry



Shri Naresh Kumar, Asstt. Comdt. (1ST BAR to PMG)



Inspector Ram Kumar



Shri Gufran Ahmad, Asstt. Comdt.



Sub Inspector Awadhesh Kumar Suman



Head Constable Nagendra Prasad



Head Constable Chemail Singh



Constable Maniranjan Singh



Constable Patil Pravin Dinkar



Constable Romen Lambal Mayum

Distribution of Police Medal for Gallantry



Shri Ashok Kumar, 2-I/C
(2ND BAR TO PMG)



Shri Narpat, Asstt. Comdt.



Sub Inspector Saurabh Verma



Constable Balbinder Pathania



Constable Jkharias Lakra



Shri Rajesh Kumar, Comdt.
(1ST BAR to PMG)



Shri Sanjay Kumar, 2-I/C
(3RD BAR to PMG)



Shri Rajesh Kumar Barnela,
Asstt. Comdt.



Constable Sandeep Singh



Constable Nazir Ahamed

Distribution of Police Medal for Gallantry



Shri Rajendra Nath Mallick, Asstt. Comdt.
(1ST BAR to PMG)



Head Constable Bishnoo Singh
(1ST BAR to PMG)



Constable Ajaz Ahmad Bhat
(1ST BAR to PMG)



Shri Naresh Kumar, Asstt. Comdt.
(2ND BAR to PMG)



Shri Loukrakpam Ibomcha Singh,
Asstt. Comdt.



Asstt. Sub Inspector Uttam Raj



Constable S. Prakash



Constable Jitendra Kumar



Constable Budhi Singh



Constable Zulfqar Ahmed

Distribution of President's Police Medal for Distinguished Service



Shri Kamal Kant Sharma, Inspector General, CoBRA Sector



Shri Vikram Sahgal, Inspector General, Establishment Dte



Shri G.V.H. Giri Prasad, Inspector General, Kerala-Karnataka Sector



Shri Vivek Vaid, Inspector General, Dte Genl. (Attached with CZ Hqr)



Shri Mool Chand Panwar, Inspector General, CIAT School, CRPF, Shivpuri



Shri Sudhakar Upadhyay, Inspector General, Ops Jorhat (Assam)



Shri Satpal Rawat, Dy. Inspector General, North Sector Hqr.



Ms. Geethamma S, Asstt. Comdt., 141 Bn



Sub Inspector Salahuddin, 54 Bn

Distribution of Trophy



Shri Erick Gilbert Jose, Commandant, 14 Bn
receiving Best Ops Bn trophy in J&K Region



Shri Vinay Kumar Choudhary, Commandant, 168 Bn
receiving Best Ops Bn trophy in LWE affected area



Shri Tapan Kumar, Commandant, 147 Bn
receiving Best Ops Bn trophy in N.E Region



Shri Rakesh Rao, Commandant, 201 CoBRA Bn
receiving Best CoBRA Bn trophy



Shri V.K. Singh, DIG, GC, Durgapur
receiving Best Group Centre trophy



Shri R. P Pandey, IG , CTC Gwalior
receiving Best Training Institution trophy

CRPF Celebrates Valour Day



Hon'ble President of India Shri Ram Nath Kovind paying homage at National Police Memorial, New Delhi

Citing the Pulwama terror attack Hon'ble President of India Shri Ram Nath Kovind praised the valour and sacrifice of security forces in protecting the country and its citizens in a Valour Day function held at the National Police Memorial, Chankyapuri, New Delhi. The event was organised by the Intelligence Bureau on 9th April, 2019. Shri Rajiv Gauba, Union Home Secretary, Shri Rajiv Jain, Director, Intelligence Bureau and Shri Rajeev Rai Bhatnagar, DG CRPF and other dignitaries were also present on this occasion.

Addressing the gathering Shri Ram Nath Kovind said that the valour and bravery with which



Hon'ble President of India Shri Ram Nath Kovind addressing the gathering at National Police Memorial



The Contingent Parade giving salute to the Hon'ble President of India on the occassion of 54th Valour Day



Hon'ble President of India Shri Ram Nath Kovind garlanding wreath at the urn of sacred soil of Sardar Post

CRPF personnel faced the terrorists, who attacked Parliament in 2001, have become part of the legend of the country's security forces.

CRPF personnel have played an appreciable role in checking separatism and terrorism in J&K, he said during remembrance service at the National Police Memorial in the National capital. The service marks the annual "Valour Day" of the CRPF remembering the valourous fight back by its personnel at the Sardar Post in Gujarat's Rann of Kutch against Pakistani troops on this day in 1965.

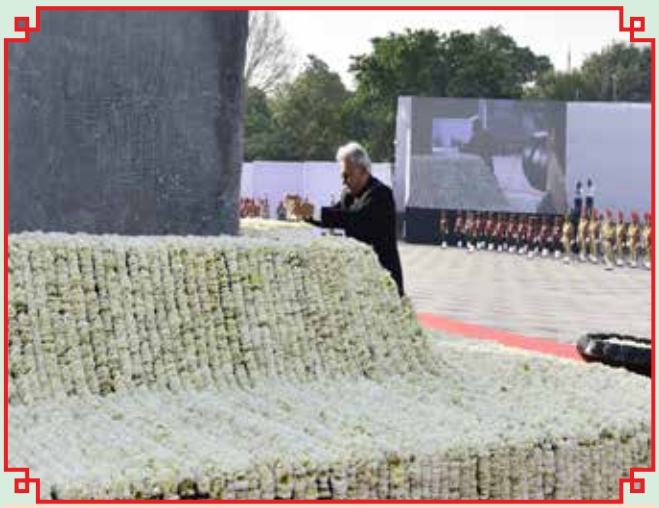
Earlier Hon'ble President of India laid wreath at the National Police Memorial and took salute from

National Police Memorial

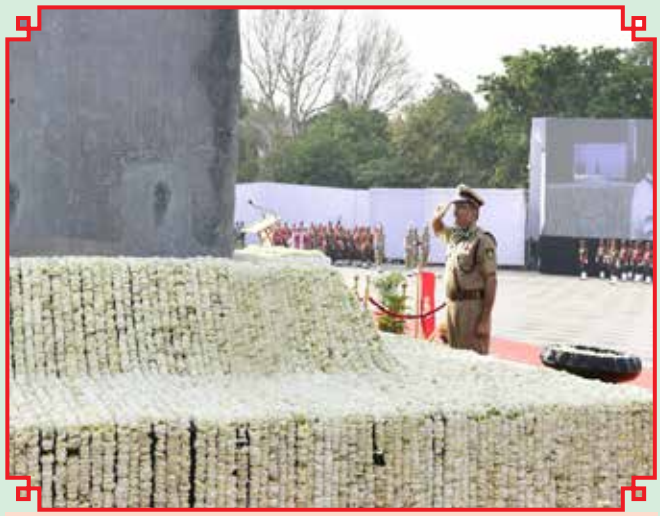
The National Police Memorial (NPM), Chanakyapuri, New Delhi represents all CAPFs, CPOs, State & UT Police forces of the country. It was built in recognition of the sacrifices made by Police personnel since independence and their paramount role in preserving national security and integrity.

The NPM comprised a Central Sculpture, a Museum and Walls of Valour.

- The Central Sculpture is a vertical 30 feet tall single block of black granite cenotaph, which characterises strength and durability, mirrored in the life of a Policemen.
- The Walls of Valour engraved with names of Police personnel laid down their lives in the line of duty. Since independence upto August 31, 2018, a total of 34842 Police personnel have laid down their lives in the line of duty.
- Musuem in the basement is conceptualised as an evolving permanent level exhibition on policing subjects and is dedicated to the memory of the martyred Police personnel.



Shri Rajiv Jain, Director IB laying wreath at the Central Sculpture of National Police Memorial



Shri Rajeev Rai Bhatnagar, DG CRPF giving salute at the Central Sculpture of National Police Memorial

the Parade. Colours of all Central Armed Police Forces, CPOs and State Polices were represented during the Parade. The President presented 06 posthumous Gallantry Medals to the next of kin of Martyrs of Central Armed Police Forces including NOK of 03 CRPF Martyrs.

Earlier the President launched the App "Veer Parivar" for assistance of next of kin of Martyrs of CRPF. Now the Next of Kin of Martyrs can directly access and get all benefits details through this App.

The President visited the National Police Museum before garlanding the urn containing sacred soil of Sardar Post and also honoured veterans of Sardar Post Battle by presenting them shawls near the 'Walls of Valour' where the names of Martyrs of Hot Springs are inscribed.

Earlier Shri Rajeev Rai Bhatnagar, DG CRPF threw light on various valiant deeds performed by the force personnel and the history of CRPF with many an instance of gallantry and supreme sacrifice of CRPF officers and personnel.

CRPF Veer Parivar App

- **'Veer Parivar App" is a Mobile Application launched by the President of India on Valour Day for families of CRPF Personnel killed in the line of duty.**
- **The Application has been developed as an interface between the the next of kin of the martyrs and CRPF.**
- **NOKs can see all financial benefits received and due for them on their App account.**
- **NOKs can share their grievances- personal, financial, social or any other with Nodal officers and Group Centres of CRPF.**
- **Grievances will be resolved promptly by CRPF officers monitoring them through the App.**
- **The App will be a boon for prompt redressal of grievances and welfare of NOKs**
- **The Android-based app wil be installed by the force's official securely on the phone of the families and will not be available in App Store.**



Shri Rajeev Rai Bhatnagar, DG CRPF addressing the gathering at National Police Memorial, New Delhi



Hon'ble President of India Shri Ram Nath Kovind alongwith Shri Rajiv Gauba, Union Home Secretary, Shri Rajiv Jain, Director IB and Shri Rajeev Rai Bhatnagar, DG CRPF visiting National Police Museum

Valour Day at a Glance

The saga of valour of SARDAR POST stands out prominently. Pakistan, in the years after partition, had laid claims on a large chunk of Indian territory in the Rann of Kutch and made incursions into the Indian side. In the early part of 1965, Pakistani Rangers also established standing posts at KANJARKOT and DING.

2 Bn, CRPF with a strength of 2 coys was tasked to establish posts in the vicinity of KANJARKOT and DING to stop further illegal advances of Pakistanis into the Indian Territory. As such Sardar and TAK posts were set up and these posts became a hindrance in the intrusive designs of Pakistan. To remove this hurdle, Pak Army planned operation DESERT HAWK and under this plan a full-fledged Pakistani Brigade launched an attack on Sardar Post at about 0330 Hrs on 9 April, 1965

Two Coys of CRPF were pitted against the might of a full-fledged brigade. The brave CRPF men tactfully and tenaciously fought back the offensive and repulsed the attack, killing 34 Pakistani soldiers and capturing 4 alive. Repeated attempts of the Pakistani army could not succeed against the grit and determination of the valiant CRPF men. The CRPF successfully defended the post till the arrival of Indian Army. In the fierce fight, seven valiant men of CRPF laid down their lives for the cause of the Nation.

The battle of SARDAR POST is a unique example in the history of military battles where a handful of policemen fought back a full-fledged infantry brigade. It is the finest example of leadership, 'esprit-de-corps' and valour. The saga of valour of Sardar Post is a rich source of inspiration to the officers and men not only of CRPF but also of other Police Forces, and befittingly 9 April is observed as the "Valour Day" every year by the Police Forces of the country.

Posthumous Gallantry Medals to NOK of Martyrs



Shri Gulam Ahamed father of Shaheed Constable Sarifuddin, 18 Bn. CRPF



Smt. T. Begum mother of Shaheed Constable Md. Yashin, 115 Bn. CRPF



Smt. Shine Akhtar wife of Shaheed Constable Md. Taufel, 185 Bn. CRPF



Smt. Vimla Devi wife of Shaheed Head Constable Jitender Kumar Singh, 127 Bn. BSF



Smt. Sunita Rani wife of Shaheed Head Constable Sushil Kumar, 127 Bn. BSF



Smt. Jaswant Kaur mother of Shaheed Constable Gurnam Singh, 173 Bn. BSF

CRPF Celebrates Valour Day at Shaurya



Shri Rajiv Gauba, Union Home Secretary addressing the gathering on the occasion of Valour Day at Shaurya

Given the intensity and extensiveness of valour and sacrifice, CRPF is by far one of the best police forces in the entire world. This was stated by Union Home Secretary Shri Rajiv Gauba in the Valour Day function held in New Delhi on 9th April, 2019. Shri Rajeev Rai Bhatnagar, DG, CRPF, Directors General of other Armed Police Forces, retired DsG, many senior officers, personnel of the force and the family members of gallantry medal awardees were also present on this occasion.



Shri Rajiv Gauba, Union Home Secretary garlanding the urn of "Sacred Soil of Sardar Post"

Addressing senior officers of CRPF and other forces, Shri Gauba said that CRPF has always carried out its duty with utmost dedication and commitment. He said the saga of bravery of CRPF is clearly written through events like Sardar Post in which mere two companies of CRPF could repulse the attack of a full-fledged Pakistani Brigade on this day in 1965. He said CRPF

has also played a very crucial role in the integration of the princely states, elimination of terrorism in Punjab and scaling down of secessionist activities in the north east. Even now it has been fighting terrorism in J&K and the maoists in the LWE areas. He added that the brave personnel of CRPF have also made a mark in their overseas assignments such as in Sri Lanka, Haiti and Kosovo.

Addressing the gathering Shri Rajeev Rai Bhatnagar, DG, CRPF said that the history of CRPF is replete with many instances of gallantry and supreme sacrifice. He said in J&K CRPF in co-ordination with other forces have been able to eliminate as many as 185 terrorists last year alone. Touching upon similar success in the LWE and North East areas scored by CRPF Shri Bhatnagar said that the Force has always been at the forefront of maintaining internal security of the country.



Shri Rajiv Rai Bhatnagar, DG CRPF addressing the gathering on 54th Valour Day

On the occasion, Police Medals for Gallantry were awarded to 56 bravehearts of the Force by the Chief Guest Shri Rajiv Gauba.



Shri Rajiv Gauba, Union Home Secretary, Shri Rajeev Rai Bhatnagar, DG, CRPF and other senior officers of Force with gallantry medal awardees

Citations of Veergatha Books

- **On 10th July, 2003 during search operation in village Honpora under Barpeta Road Police Station in Assam, one ULFA militant was neutralized by one platoon of D/93 Bn. Head Constable Chhote Lal played a pivotal role in neutralization of the militant in a courageous act getting into scuffle with the militant holding a live grenade. He was awarded "Shaurya Chakra" for conspicuous act of bravery.**
- **On 31st October, 1988, DSP(Now retired IGP) Shri Khubi Ram of 48 Bn alongwith 24 Officers/ men had an encounter with 3 terrorists near Dargapur Village in Punjab. These militants were neutralized in exchange of fire in which Shri Khubi Ram displayed conspicuous act of gallantry and was awarded "Police Medal for Gallantry".**

Shri Gauba also released two books on the heroic deeds of two of CRPF bravehearts namely Head Constable Chhote Lal and DSP Shri Khubi Ram. The Veergatha books titled **"Adamya Chhote Lal"** and **"Sahsi Khubi Ram"** are pictorial representations of valour & bravery of these officers.



Head Constable Chhote Lal



DSP Shri Khubi Ram



Shri Rajiv Gauba, Union Home Secretary, Shri Rajeev Rai Bhatnagar, DG, CRPF and other senior officers of the force releasing Veergatha Books "Adamya Chhote Lal" and "Sahsi Khubi Ram"

Distribution of Police Medal for Gallantry



Shri Gaurav Kumar Balyan, Asstt. Comdt.



Shri Pawan Kumar Trigunayat, Asstt. Comdt.



Constable Vikram Paul



Constable A. Bairavan



Sub Inspector Jay Dave



Head Constable/Driver Avtar Singh



Constable/Bugler Mukesh Kumar



Constable Gawai Shekhar Dadarao



Head Constable Dalbir Singh



Constable Rajesh Kumar



Sub Inspector Gajanand Yadav



Constable Mukesh Kumar Pandey

Distribution of Police Medal for Gallantry


Constable Sanjeev Kumar


Shri Devendra Kumar, 2-I/C


Shri Vijay Singh, Asstt. Comdt.


Head Constable Bishnoo Singh


Constable Ajaz Ahmad Bhat


Shri Raj Kamal Bardhan, Asstt. Comdt.


Constable Gayakwad Ashish Bhaskar


Shri Ajay Rathee, Asstt. Comdt.


Constable/Bugler Anil Singh Rana


Constable F.Kanta Singha


Constable Sanjay Kumar Ray


Constable Ruwngshel Bungsong

Distribution of Police Medal for Gallantry



Shri Pushpendra Kumar, Comdt.



Constable Appamoni Roy



Shri Anil Kumar Chaurasia, Asstt. Comdt.



Constable Kousik Mondal



Constable Ingale Lakhan Prakash



Sub Inspector Jatinder Kumar



Constable/Bugler Satwinder Pal Bhumbla



Constable Abhay Kant



Constable Pawan Kumar



Sub Inspector Ashok Jakhar



Constable Bhoi Shailesh Kumar



Constable Manish Verma

Distribution of Police Medal for Gallantry



Shri Sikander Yadav, Asstt. Comdt.



Head Constable Surendra Kumar Sharma



Constable Naveen Kumar



Constable/Bugler Pradeep Kumar Pathak



Shri Prateek Gulia, Asstt. Comdt.



Constable Shivpal Uikey



Constable Tapas Ghosh



Constable Milan Singh Netam



Constable K. Bireswor Singha



Sub Inspector Sumit Kumar



Head Constable Surender



Constable Shyamapada Ray

Distribution of Police Medal for Gallantry



Constable Saroj Kumar Mohapatra



Constable Santosh Kumar Uikey



Constable Neelu Babu



Shri Mithilesh Kumar, Asstt. Comdt. (Now DC)



Shri Vishwadeep Kapil, Asstt. Comdt.



Constable Kannan. K



Constable Mrityunjoy Debnath



Constable Jayanta Sen

President honours CRPF brave-hearts



Head Constable (now Asstt. Sub Inspector) A.S. Krishna



Constable (now Head Constable) Prafulla Kumar



Constable (now Head Constable) K. Dinesh Raja

Hon'ble President Shri Ram Nath Kovind honoured five bravehearts of CRPF with the prestigious Kirti Chakra and Shaurya Chakra medals on 14th March, 2019. In a solemn investiture function at the Rastrapati Bhawan, the President of India presented these gallantry decorations to three bravehearts in person and to the Next of Kin of two other bravehearts posthumously. Shri Rajeev Rai Bhatnagar, D.G, CRPF was present on the occasion alongwith other dignitaries.

While Smt Priyanka Devi, wife of Shaheed Constable Rajendra Kumar Nain received the Kirti Chakra-the second highest peacetime gallantry award, Smt. Vaishali R. Dhanawade, wife of Shaheed Head Constable Dhanawade Ravindra Baban received the Shaurya Chakra gallantry medal- the third highest peacetime gallantry award of



Shaheed Constable Rajendra Kumar Nain Kirti Chakra



Shaheed Head Constable Dhanawade Ravindra Baban Shaurya Chakra



Head Constable (now ASI) A.S.Krishna Shaurya Chakra



Constable (Now HC) Prafulla Kumar Shaurya Chakra



Constable (Now HC) K. Dinesh Raja Shaurya Chakra

the country. Head Constable A.S. Krishna, Constable Prafulla Kumar and Constable Dinesh Raja were also decorated with Shaurya Chakra gallantry medals.

Shaheed Constable Rajendra Kumar Nain of 130 Bn is one of the two Kirti Chakra awardees out of 47 gallantry medal winners of CRPF announced on the occasion of the 70th Republic Day. Similarly, the four Shaurya Chakra awardees are among the 96 gallantry medal winners of the Force, declared on the eve of the 72nd Independence Day.

Kirti Chakra awardee Shaheed Constable Rajendra Kumar Nain, alongwith two other CRPF bravehearts had shown exemplary bravery in the deadly fidayeen attack on the CRPF camp at Lethpora in the Awantipura district of south Kashmir on the 30th December 2017. Together they had been successful in neutralizing all the three terrorists in a well planned operation that had lasted for over 36 hours. In the operation, he fought bravely and laid down his life for the cause of the Nation.

Shaurya Chakra awardees Head Constable A.S. Krishna, Constable Prafulla Kumar and Constable Dinesh Raja- all belonging to 45 Bn together had shown remarkable agility and bravery in a sudden fidayeen attack that took place in the early hours of 5th June 2017 in the Industrial Area of Sumbal in the Bandipora district of J & K. These three bravehearts alongwith their buddies had successfully eliminated all the four heavily armed terrorists in a fierce operation that had lasted for just 45 minutes.

The other Shaurya Chakra awardee Shaheed Head Constable Dhanawade Ravindra Baban of the 182 Bn, alongwith one of his mates was instrumental not only in frustrating a similar fidayeen bid in the District Police Line in the Pulwama district of Jammu and Kashmir on 26th August last year but also in eliminating all the three terrorists who had planned the fidayeen attack. One could well imagine the level of resolve and retaliatory spirit of the Jawans of the Force who could achieve the rare feat in 'room intervention' excercise in an ordeal that lasted for over 20 hours! Head Constable Ravindra Baban had made supreme sacrifice for the country in the treacherous gun-fire.

Three other CRPF bravehearts namely Constable Shaheed Pradip Kumar Panda, 132 Bn (Kirti Chakra awardee), Shri Kuldeep Singh Chahar, Deputy Commandant and Shri Zile Singh, Asstt. Commandant (Both Shaurya Chakra awardees) were honoured on the 19th of March, 2019.



Shaheed Constable
Pradeep Kumar Panda
Kirti Chakra



Shri Kuldeep Singh Chahar
Dy. Commandant
Shaurya Chakra



Shri Zile Singh
Asstt. Commandant
Shaurya Chakra

CRPF–FOGSI JOINT WELLNESS INITIATIVE-2019

CRPF Family Welfare Association under leadership of President CWA Dr. Manu Bhatnagar becomes the first police welfare association to launch a comprehensive Sexual and Reproductive Health Programme in collaboration with the Federation of Obstetrics and Gynecologists of India (FOGSI). The purpose of the CRPF- FOGSI Joint Wellness Initiative-2019 is to conduct SRH awareness lectures, health camps, orientation training of Doctors of 20 Composite Hospitals across the country.

The CRPF–FOGSI Joint Wellness initiative-2019 was launched in the presence of Dr. Manu Bhatnagar, senior CWA members, Dr. Naveen Ram, Director (Medical) CRPF, Dr. Sudha Prasad, Vice President North Zone FOGSI, Dr. Archana Verma, National Convener FOGSI, Dr. Ashok Kumar, Dr. Vatsala Dadhwal, Dr. Rakhi Singh, Dr. Shehla Jamal, Dr. Anita Sabarwal.

It was followed by extremely informative awareness sessions on good antenatal care, safe delivery, post natal care, care of the new born and Bone health. Routine checkup, investigations,



cervical cancer and breast cancer screening done for 300 wives of CRPF personnel. On the second day, a refresher training was conducted by FOGSI experts for Doctors and Para Medical Staff of CRPF. It was supported by CRPF Medical Directorate and Officers of the Northern Sector of CRPF.

CRPF-FOGSI Joint Wellness Initiative-2019 is aligned with CWA objective of ***Sarthak Sahyog Sarvada*** and Dr. Nandita Palshetkar, President FOGSI's vision of ***We for Stree***, striving to make the women of India safer, stronger and smarter.



पुलवामा के शहीदों को एक श्रद्धांजलि ऐसी भी

मैं जला हुआ राख नहीं, अमर दीप हूँ, जो मिट गया वतन पर, मैं वो शहीद हूँ।

- 31 केन्द्रीय रिजर्व पुलिस बल के कार्मिक न सिर्फ रणभूमि में देश की एकता एवं अखण्डता को बनाये रखने के लिये अपने लहू से देश की मिट्टी को सिंचित करते हैं बल्कि समय–समय पर रक्तदान जैसा महादान करके भी मानवता की सेवा करते रहते हैं।
- देवदार के 40 वृक्षों को प्रत्येक शहीद को समर्पित करते हुए उनके नाम के साथ एक चिंहित भूमि, जिसे शहीद वन का नाम दिया गया, में लगाया गया।

आर.टी.सी., केन्द्रीय रिजर्व पुलिस बल, श्रीनगर ने अपने स्थापना के 29 वर्ष दिनांक 01 अप्रैल, 2019 को पूर्ण कर लिया। इस अवसर पर अनेक कार्यक्रमों का आयोजन किया गया, जिसमें खेल–कूद प्रतियोगिताएँ, क्विज कम्पीटिशन, विशेष सैनिक सम्मेलन, बड़ा खाना इत्यादि। सैनिक सम्मेलन के दौरान संस्थान में उत्कृष्ट प्रदर्शन करने वाले जवानों को पुरस्कृत किया गया। संस्थान के 29वें वार्षिकोत्सव समारोह की विशेषता यह रही कि उसे 14 फरवरी 2019 को पुलवामा में केन्द्रीय रिजर्व पुलिस बल की कॉनवाई पर हुए आत्मघाती हमलें में शहीद हुए 40 कार्मिकों के परिवारों को समर्पित करते हुए बड़ी शालीनता के साथ मनाया गया। तड़क–भड़क वाले सभी प्रकार के सांस्कृतिक कार्यक्रमों को रद्द करते हुए आर.टी.सी. श्रीनगर ने विशेष तौर पर दो ऐसें कार्यक्रमों का आयोजन किया जो पुलवामा की घटना में शहीद हुए कार्मिकों को समर्पित थे। पहला कार्यक्रम रक्तदान



के.रि.पु.बल कार्मिकों द्वारा आर.टी.सी. श्रीनगर में स्वेच्छा से रक्तदान

शिविर था, जिसमें संस्थान के कार्मिकों एवं उनकें परिजनों ने बढ़–चढ़कर हिस्सा लिया एवं 75 इकाई रक्तदान कर यह संदेश दिया कि केन्द्रीय रिजर्व पुलिस बल के कार्मिक न सिर्फ रणभूमि में देश की एकता एवं अखण्डता को बनाये रखने के लिए अपने लहू से देश की मिट्टी को सिंचित करते है, बल्कि समय–समय पर रक्तदान जैसा महादान करके भी मानवता की सेवा करते रहते है। यह कार्यक्रम इण्डियन रेड क्रास सोसाइटी के सहयोग से आयोजित की गई एवं इसमें स्थानीय बोन एवं ज्वाइंट अस्पताल एवं लाल डेड अस्पताल ने प्रमुख भूमिका निभाई।

दूसरा कार्यक्रम अत्यन्त अनूठा था। इसमें आर.टी.सी. परिसर में 500 से अधिक स्थानीय वृक्षों को रोपित कर



श्री अनिल कुमार सिंह, उप महानिरीक्षक/प्राचार्य के नेतृत्व में वृक्षारोपण करते आर.टी.सी. श्रीनगर के कार्मिक

पर्यावरण की सुरक्षा हेतु विशेष योगदान दिया गया। इस कार्यक्रम की खास बात यह थी कि इनमें से देवदार के 40 वृक्षों को प्रत्येक शहीद को समर्पित करते हुए उनके नाम के साथ एक चिन्हित भूमि, जिसे 'शहीद वन' का नाम दिया गया, में लगाया गया। संस्थान के कार्मिकों ने यह संकल्प लिया कि वे इन पौधें की उचित देख–भाल कर उन्हें हमेंशा जिंदा रखने की कोशिश करेंगे और इसी के साथ शहीद हुए उन सभी वीर सपूतों की याद को हमेशा–हमेशा के लिए अमर कर देगें। इस प्रकार आर.टी.सी. श्रीनगर ने पुलवामा के शहीदों को श्रद्धांजलि इस अंदाज में भी दी, जो अद्वितीय है। ज्ञात हो कि पुलवामा घटना के बाद दिनांक 15 फरवरी 2019 को आर.टी.सी. श्रीनगर के प्रांगण से ही इन सभी शहीदों को कश्मीर घाटी से अंतिम विदाई दी गई थी, जिसमें भारत के माननीय गृह मंत्री श्री राजनाथ सिंह एवं जम्मू व कश्मीर के राज्यपाल श्री सत्य पाल मलिक ने स्वयं शहीदों के पार्थिव शरीर को कंधा दिया था।

लोकतंत्र में मतदान का महत्व



प्रदीप कुमार सिंह
महानिरीक्षक(आसूचना) महानिदेशालय

प्रस्तावना :–

दुनिया का कोई भी लोकतांत्रिक देश हो सभी में एक समानता है और वो ये की वहाँ जनता ही सब कुछ होती है। वही सही मायने में राजा होती है। लोकतंत्र में राजशाही का कोई स्थान नहीं। एक लोकतंत्र से चलने वाले देश के लिए मतदान उसकी सबसे बड़ी शक्ति होती है। मतदान ही लोकतांत्रिक देश की दशा और दिशा तय करता है, अतः हमें मतदान का महत्व समझने की आवश्यकता है।

लोकतंत्र में मतदाता है सर्वोपरि :–



लोकतंत्र से चलने वाले देश के लिए मतदाता ही भगवान होता है। वही तय करता है कि देश का प्रतिनिधित्व कौन करेगा और कौन इस देश का भविष्य बनाएगा। मतदाता यानि आम लोग, जो अपने कीमती मत (वोट) से देश में प्रतिनिधि को चुनते हैं। उस देश में लोकतंत्र नहीं होता जहां जनता को सेवक समझा जाता है, वहाँ तानाशाही का राज होता है।

मतदान का महत्व :–

लोकतंत्र में मतदाता ही सर्वोपरि है। अतः मतदान करने वाला यदि अपना मत ना दे, तो इसमें देश का ही अहित है। लोकतंत्र से चलने वाले किसी भी देश के लिए मतदान बहुत जरूरी होता है। हमारे भारत देश में हर पाँच साल बाद लोकसभा चुनाव आयोजित किए जाते हैं जिसमें यह तय किया जाता है कि देश का प्रधानमंत्री कौन होगा। वहीं दूसरी तरफ हर पाँच साल में राज्यों में भी चुनाव किए जाते हैं, जिसमें यह तय किया जाता है कि राज्य सरकार किसकी बनेगी। केन्द्र सरकार और राज्य सरकारों का गठन कौन करता है, जी हाँ मतदाता अपने कीमती मत का दान करके ही इन सरकारों का गठन करता है, जो इस देश की बागडोर को संभालते हैं। मतदान जैसे हथियार का इस्तेमाल कर हम किसी भी सरकार को गिरा भी सकते हैं और बना भी सकते हैं। मतदान करने से ही देश का भविष्य तय होता है और वही तय करता है की देश में हम कैसी सरकार चाहते हैं। यदि मतों की प्रतिशत संख्या अच्छी होती है और सभी मतदान करते हैं, तो देश को एक अच्छा प्रतिनिधि मिलता है और यदि मत कम पड़ते हैं, तो गलत प्रतिनिधि ही देश को मिलता है मतदान देश की आम जनता को अवसर देता है कि वो एक सही प्रतिनिधि को चुनकर लाएं जो उनका और देश का विकास कर सके, देश का भविष्य सुधार सके।

सभी करें मतदान :–

जी हाँ, देश के हर नागरिक का यह परम कर्तव्य है कि वो अपना कीमती मत का दान करें, अर्थात् मतदान के महापर्व में भाग लेकर देश को सही प्रतिनिधि देने में अपना सहयोग करें। लोकतंत्र में सभी को मत देने का अधिकार है और यह अधिकार हमें इसीलिए दिया गया है ताकि हम तय कर सकें कि इस देश की शासन–व्यवस्था कौन चलाएगा, कौन इस देश को चलाने योग्य है। हमारे भारत देश में 18 साल से ऊपर के हर नागरिक को मत देने का कानूनी अधिकार प्राप्त है। अतः सभी नागरिकों का देश के प्रति यह कर्तव्य है कि वो मतदान के समय मत अवश्य डालें।



मतदान ना करने से देश का अहित :–

आज भी हमारे देश में मतदान के समय बहुत ही कम मतदान होता है और मतदान प्रतिशत कम होने के कारण उसका प्रभाव सीधे हमारे देश के विकास और भविष्य पर पड़ता है। देश की आम जनता में ऐसे बहुत से लोग हैं, जिन्हें मतदान करने का महत्व ही नहीं पता और इसी वजह से वो चुनाव के समय अपना कीमती मत नहीं डालते। लेकिन जो मतदान नहीं करते वो ये नहीं जानते कि उनके मतदान नहीं करने से देश का कितना बड़ा अहित होता है। जब सही मतदान नहीं होता, तो ऐसे प्रतिनिधि चुनकर आते हैं, जो भ्रष्ट होते हैं, अपराधी प्रवृत्ति के होते हैं, कम पढे–लिखे होते हैं और जिन्हें देश को चलाने का कोई अनुभव नहीं होता। जब ऐसे प्रतिनिधि चुनकर आते हैं, तब देश में भ्रष्टाचार बढ़ता है, सरकार अपना ईमानदारी से काम नहीं करती और देश की आम जनता को महंगाई, बेरोजगारी, भ्रष्टाचार, गरीबी आदि का सामना करना पड़ता है। मतदान जब तक सभी लोग नहीं करेंगे, तब तक ऐसे ही भ्रष्ट लोग चुनकर आते रहेंगे, जो देश को दीमक की तरह खोखला करते रहेंगे। यदि सभी आम लोग अपनी जिम्मेदारी समझकर मतदान में भाग लें, तो ऐसे भ्रष्ट लोगों के चुनकर आने की संभावना खत्म हो जाएगी।

मतदान है लोकतंत्र में सबसे बड़ा दान :–

मंदिरों में किया गया दान हमें पुण्य देता है, तो वहीं लोकतंत्र में मत का दान हमें एक अच्छा प्रतिनिधि देता है। लोकतंत्र में मत को सबसे बड़ा दान कहा जाता है और यह दान देने से हमारा कोई नुकसान नहीं होता, बल्कि सिर्फ देश का कल्याण ही होता है। लोकतंत्र तभी तक सुरक्षित है जब तक यह दान सभी लोग करते रहें।

उपसंहार :–

लोकतांत्रिक देश में मतदाता को जागरूक होने की आवश्यकता है और लोकतंत्र में मतदान के महत्व को अच्छी तरह से समझने की जरूरत है। हम सभी यही चाहते हैं कि हमारा देश खूब विकास करे, समृद्धशाली राष्ट्र बने और यह तभी संभव है, जब देश में अच्छी सरकार हो जिसे देश के सभी मतदाताओं ने चुनकर बनाया हो। इसलिए सभी मतदान करें और देश को एक सच्चा, ईमानदार, कर्मठ और अच्छे चरित्र वाला प्रतिनिधि दें, जो वास्तव में जनता का सेवक बनें।



स्वस्थ जीवन शैली



डॉ. अनिल कुमार
मुख्य चिकित्सा अधिकारी



बुरी आदतों को ग्रहण करना आसान है लेकिन उन्हें खत्म करके एक स्वस्थ जीवन शैली की तरफ बढ़ने में बहुत मेहनत लगती है। स्वस्थ जीवनशैली के महत्व पर अक्सर जोर दिया जाता है, लेकिन कई लोग इसे गंभीरता से नहीं लेते हैं। यहां तक कि जो लोग इसे अपने जीवन शैली में सुधार करने के लिए पालन करने की योजना बनाते हैं उनकी संख्या अक्सर कम ही होती है, क्योंकि ऐसा करने में दृढ़ संकल्प की आवश्यकता होती है। कोशिश करें एक समय में एक काम करने की बजाए एक साथ कई कदम उठाये जाए। इससे आपको अपनी निश्चित समय की अवधि में अपना लक्ष्य प्राप्त करने में मदद मिलेगी। आगे, अच्छी आदतों को विकसित करने और स्वस्थ जीवन शैली का पालन कैसे किया जाता है, के बारे में बताया गया है।

आदतें जिनसे बचा जाए :–

धूम्रपान :– एक स्वस्थ जीवन शैली की ओर पहला कदम धूम्रपान छोड़ना और उन तम्बाकू उत्पादों का सेवन बंद करना है, जिसके आप आदी हो जाते हैं। ऐसा स्पष्ट रूप से एक दिन में हासिल नहीं किया जा सकता है और ना ही यह आसान होगा। कोशिश कीजिए कोई पेशेवर व्यक्ति से सहायता प्राप्त करने की ताकि इसे एक निश्चित समय की अवधि में समाप्त किया जा सके।

शराब पीना :– कभी–कभी शराब पीना ठीक है लेकिन अगर आप इसके आदी हो जाते हैं, तो आपको मुश्किल हो सकती है। अत्यधिक शराब पीने से कई स्वास्थ्य संबंधी समस्याएं हो सकती हैं। यदि आप इसके आदी हैं, तो कोशिश कीजिए किसी पेशेवर व्यक्ति की सलाह लेने की और इस आदत से छुटकारा पाने के लिए अपने दोस्तों तथा पारिवारिक मित्रों की मदद लेने की।

जंक फूड :– अधिकांश समय जंक फूड खाना इन दिनों एक तरह से फैशन बन गया है। यह समय है जब आपको अपने जंक फूड के अपने सेवन को कम करना होगा और स्वस्थ भोजन पर विचार विमर्श करना होगा। यह न केवल आपको स्वस्थ रखेगा बल्कि आपको अच्छा शारीरिक आकार प्राप्त करने में भी मददगार साबित होगा।





यंत्रों की तरफ झुकाव :– ज्यादातर लोग इन दिनों अपने मोबाईल स्क्रीन से चिपके रहते हैं। यह एक और अस्वास्थ्यकर आदत है, जिसे आपको तुरंत दूर करना चाहिए। बहुत ज्यादा टीवी देखना या लैपटॉप पर बहुत अधिक समय खर्च करना भी ऐसी चीज है, जिससे आपको बचना चाहिए।

भोजन छोड़ना :– बहुत से लोग इन दिनों अपने कार्यों में इतने तल्लीन हो जाते हैं कि वे अपने भोजन तक को छोड़ देते हैं। सुबह के समय आमतौर पर सबसे लोग अधिक व्यस्त होते हैं और उस समय के दौरान ज्यादातर लोगों की अन्य कार्यों को समायोजित करने के लिए नाश्ता छोड़ने की प्रवृत्ति होती है। यह सबसे खराब सजा है, जो आप अपने शरीर को दे रहे हैं।

ज्यादा गोलियाँ खाना :– बहुत से लोग अपने मानसिक और शारीरिक दर्द से छुटकारा पाने के लिए एक आसान तरीका खोजते हैं और वह है दर्द निवारक गोलियाँ खाना। दर्द निवारक गोलियाँ ऐसे लोगों के लिए सबसे अच्छा काम करती हैं लेकिन यह समझने की जरूरत है कि ये केवल अस्थायी राहत प्रदान करके गंभीर दुष्प्रभाव क्यों पैदा करती हैं।

स्वस्थ आदतों का पालन करने का समय :– अब जब आप उन आदतों को जानते हैं, जिनसे आपको बचना चाहिए तो आपको एक स्वस्थ जीवन शैली के तरीके से जीने के लिए काम करना चाहिए। यहां कुछ ऐसी चीजें हैं जो आपके लिए इस दिशा में काम कर सकते हैं:–



परिवार और दोस्तों से समर्थन प्राप्त करें। धूम्रपान और पीने जैसी अस्वास्थ्यकर आदतों में शामिल लोगों के साथ अपने संपर्क को सीमित करें। स्वस्थ जीवन शैली के सकारात्मक तथ्यों के बारे में खुद को याद दिलाएं। उन लोगों के साथ घुले–मिले जो आप की तरह स्वस्थ जीवनशैली का पालन कर रहे हैं। अपने खाली समय के दौरान अपने शौक और हितों का पालन करें ताकि आपके पास अस्वास्थ्यकर आदतों में शामिल होने का समय न हो। एंडोर्फिन के विकास को बढ़ावा देने के लिए शारीरिक व्यायाम करें, यह तनाव और उसके नकारात्मक नतीजों को कम करने का एक बढ़िया तरीका है।

निष्कर्ष :– एक स्वस्थ जीवन शैली विकसित करने में कुछ समय लगता है खासकर यदि आप ऊपर साझा की गई अस्वास्थ्यकर आदतों से ग्रस्त हैं तो। काम आसान तो नहीं है, लेकिन निश्चित रूप से करने लायक जरूर है। यदि आप चीजों को ठीक करने की योजना बना रहे हैं तो यह समय उस योजना पर काम करने का है।

Tuberculosis?





डॉ. विपिन कुमार सिंह
चिकित्सा अधिकारी

What is tuberculosis?

Tuberculosis (TB) is a multisystemic infectious disease caused by *Mycobacterium tuberculosis.* About 10 million people worldwide were sick with TB in 2017, and about 1.3 million people died from TB worldwide in 2017 according to the World Health Organization [WHO] and the CDC). HIV-associated TB infections are a leading cause of death in HIV patients. The most common site (about 85%) for TB to develop is in the pulmonary tract although it may infect other parts of the body. Robert Koch discovered TB's cause, *Mycobacterium tuberculosis,* in 1882.

Diagnosis of tuberculosis

People with positive symptoms, positive blood tests, sputum smear, or culture positive are considered infected with TB and contagious (active TB).

What are risk factors for tuberculosis?

Although TB is not easily spread, it is usually spread between people who are in close contact (working together or living together).

There are many risk factors for developing tuberculosis. Certain groups of people have a high risk, such as people who work in hospitals and other areas where TB-infected people may reside (jails, nursing homes, group homes for HIV patients, homeless shelters). Close association with drug users, or people with known TB infections are also at higher risk. Other people at high risk include the following :–

- Visitors and immigrants from areas known to have high incidence of TB
- Children and the elderly with weakened immune systems (especially those with a positive TB skin test, see below)
- Patients with HIV infection
- Drug abusers, especially IV drug abuse
- Head and neck cancer patients
- Transplant patients
- Diabetics
- Kidney disease patients
- People undergoing immunosuppressive therapy
- Silicosis



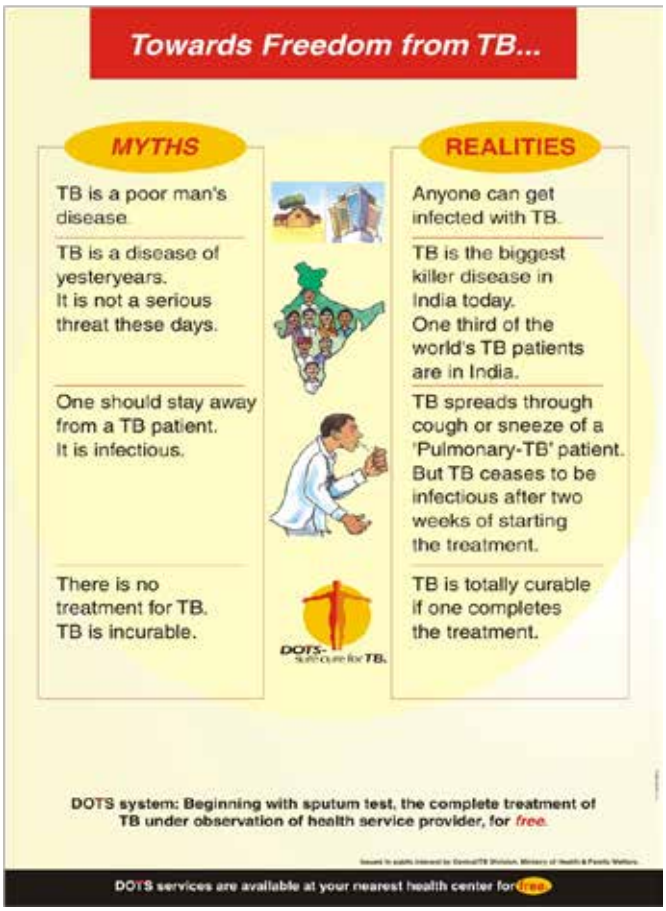
What are tuberculosis symptoms and signs?

Although there are a number of TB types, pulmonary tuberculosis is responsible for the majority (about 85%) of TB infections. Consequently, pulmonary TB symptoms and signs may occur with or even before other types of TB are diagnosed. The classical clinical symptoms and signs of pulmonary TB may include the following :–

- Fever
- Night sweats
- Cough (often chronic)
- Hemoptysis (coughing up bloody sputum)
- Decrease or loss of appetite
- Weight loss and/or or muscle loss (unintentional)
- Fatigue and/or malaise
- Chest pain (pain while breathing)
- Shortness of breath
- Swollen lymph nodes
- Pneumonitis (may be the only symptom in the elderly).

Other types are loosely classified as extra pulmonary and often have symptoms that are nonspecific but frequently localized to the involved site. The following includes the signs and symptoms of additional types of TB :–

- Skeletal TB (also termed Pott's disease): spinal pain, back stiffness, paralysis is possible
- TB meningitis: headaches (variable in length but persistent), mental changes, coma
- TB arthritis: usually pain in a single joint (hips and knees most common)
- Genitourinary TB: dysuria, flank pain, increased frequency, masses or lumps (granulomas)
- Gastrointestinal TB: difficulty swallowing, nonhealing ulcers, abdominal pain, malabsorption, diarrhea (may be bloody)
- Miliary TB: many small nodules widespread in organs that resemble millet seeds (hence its name)
- Pleural TB: empyema and pleural effusions
- Multidrug-resistant tuberculosis (MDR TB): patients infected with TB bacteria that are resistant to multiple drugs



- XDR TB: patients infected with TB bacteria that are resistant to some of the most effective anti-TB medications; XDR stands for extensively drug resistant
- Caseous TB: Necrotic (dead and dying) tissue that is infected with TB organisms has a soft, dry and cheesy appearance.
- End-stage TB: Patients may suffer fever, constant coughing, shortness of breath, weight loss, mental changes, and blood in their sputum before death.

Is TB contagious, and how long is the incubation period and contagious period?

TB is contagious and can be spread to others by airborne droplets during sneezing, coughing and contact with sputum, so you can get the disease by close contact with infected people; outbreaks occur in crowded conditions. The incubation period may vary from about two to 12 weeks. A person may remain contagious for a long time (as long as viable TB bacteria are present in sputum) and can remain contagious until they have been on appropriate therapy for several weeks. However, some people may be infected but suppress the infection and develop symptoms years later; some never develop symptoms or become contagious.

Some side effects of treatment may include the following :–

- Loss of appetite
- Nausea and/or vomiting
- Jaundice
- Paresthesia
- Bruise formation, bleeding
- Vision changes

Patients are urged to see their doctor if any side effects occur.

In some patients, the lung destruction may be severe and the only treatment left may be surgical resection of the diseased lung tissue.

Medications are needed for TB treatment. Home remedies will not treat TB, but at best may help reduce symptoms. Home remedies may include milk, pineapple, Indian gooseberry, bananas, and many others. Patients should discuss these remedies with their doctors before use.

What are complications of tuberculosis?

Although some people may develop no complications, others range from mild to severe complications, including death. Some of the more severe complications include lung function damage, bone pain (spine, ribs and joints), meningitis, kidney and/or liver malfunction, cardiac tamponade, and visual disturbances.

What is the prognosis of tuberculosis?

For most people who live in areas where diagnosis and treatment is available, the prognosis of TB is good if they complete the treatment protocols. The recurrence rate of TB is low (0%-14%) and some may be due to reinfection. Drug-resistant tuberculosis is more difficult to treat, and the prognosis is not as good. The same poor prognosis occurs for those patients who are immunocompromised (for example, HIV-positive individuals), elderly and in patients with previous infection and treatment for TB.

How can people prevent tuberculosis?

A vaccine against TB is commercially available; it is termed BCG, or Bacille Calmette-Guerin vaccine.

People who have active TB are suggested to be treated using isolation techniques along with anti-TB drugs to prevent spread.

Staff taking care of them must wear high-efficiency disposable masks sufficient to filter out any airborne mycobacteria. Continued isolation is suggested until sputum smears are negative for three consecutive determinations (usually after approximately two to four weeks of treatment). Sanatoriums (also spelled sanitorium or sanitarium) are where people with long-term illness, especially those with TB, used to be treated before good antibiotic therapy was available.

Revised National Tuberculosis Control Programme (RNTCP) – Guidelines for TB Control in India

RNTCP India was implemented in 1997 based on the WHO recommended strategy of Directly Observed Treatment, Short Course (DOTS). The diagnosis is made primarily by sputum microscopy, which is made available free of cost to patients at designated microscopy centers. Treatment is provided under direct observation by a DOT Provider at the DOTS center near patients' home. Enhanced supervision



is ensured through a 'Tuberculosis Unit', a sub-district level unit comprising of specialized staff. The programme has detailed guidelines for Programme Management, Programmatic Management of Drug Resistant Tuberculosis (PMDT), TB-HIV, Pediatric TB, Supervision and Monitoring, Public Private Mix (PPM), Airborne Infection Control.

TB Treatment in India - New patients, previously treated, daily treatment

It is very important that patients receive the correct TB treatment. This usually means that they must receive the correct TB drugs, as surgery is not very often used for TB treatment.

By the time that a person has been diagnosed as having TB disease they should know whether they have pulmonary or extra pulmonary TB. Most people will have pulmonary TB. Pulmonary TB is TB in the lungs. Extra pulmonary TB is TB involving any organ apart from the lungs.

It is also very important that a patient, or someone close to them, is able to say whether they have ever had any TB treatment before. If you have had TB treatment before, you will probably need to take different TB drugs to those people who have never had TB treatment before. It is also important to know if there is any possibility that you have drug resistant TB.

History of TB treatment

Patient will be in one of three groups based on their history of TB treatment. These groups are:

a) New TB patients - these are TB patients who have never had treatment for TB or they have taken anti TB drugs for less than one month.

b) Previously treated patients - these are patients who have received one month or more of anti TB drugs in the past.

Recurrent TB patients are patients who have previously been considered as successfully treated (cured/treatment completed) and they have subsequently been micro biologically confirmed as still having TB.

Treatment after failure patients are those who have previously been treated for TB and their treatment failed at the end of their most recent course of treatment.

Treatment after lost to follow-up is a TB patient who has previously received TB treatment for a month or more and they were declared lost to follow up in their most recent course of treatment. They have also subsequently been found to be a microbiologically confirmed TB case.

Other previously treated patients are patients who have previously been treated but whose outcome after their most recent course of treatment is unknown or undocumented.

c) Transferred in - is a TB patient who is received for treatment in a TB unit, after being registered for treatment in another TB unit.

A micro biologically confirmed TB case refers to a patient who is presumed to have TB and who has a biological specimen positive for acid fast bacilli. It is also a patient positive for TB through a quality assured Rapid Diagnostic Molecular test, such as CBNAAT.

Patient wise boxes



RNTCP patient wise child boxes for TB treatment of children in India

The TB drugs for RNTCP patients are supplied in an individual patient wise box which contains the entire course of treatment for the patient. In each patient wise box there are two pouches. One is for the intensive phase and the other is for the continuation phase.

The patient wise boxes are colour coded. Red boxes are for new patients, sometimes to as category 1.

Blue boxes are for previously treated patients and are referred to as category 2.

For paediatric TB patients separate patient wise boxes have been developed.

Thinking Ape or Aping to Think!





ABHINAV ANAND
Second-in-Command
220 Battalion, CRPF

Has it occurred to you that the cursor is on Google, but fingers are not letting you type anything? Let alone key words. Network @ 4G, greatest search engine, powerful battery backup and much to intrigue, yet you cease thinking anything to search. You must have visited these moments time and again. If we ponder over it, we realize that what we are missing to search is the 'search from within'. The whirling and churning of ideas from our inner consciousness is what no search engine would artificially create. I go a little further to elucidate my point of view.

Not long ago, in the era when colonial and expansionist forces ruled, many crusaders and reformists were brutally suppressed, exiled and put behind the bars. Could the four walls and tormenting struggle stop their passion for ideas? NO. Many notable and path breaking writings had evolved during course of such horrific, dark and gloomy phases. What more poetic justice could be than to name Nelson Mandela's jail diary as 'Conversation with Myself'. Martin Luther King during his jail days wrote, "Injustice anywhere is a threat to justice everywhere". Sixty seven years later in Lahore Central Jail, another great revolutionary was writing similar lines, "I am a man and all that affects mankind concerns me."(Why I am an atheist: Bhagat Singh).These great minds were not slave to any search engines but they had explored the world deep within themselves. The vast sea of ignited literature that they left behind are the one we search through engine of modern technology. It is not regressive to stop, isolate, ponder and cultivate one's own thought process. It would only enable a person to assimilate his tributary of ideas into the gulf of information that technology have driven us into.



'Aatmano Mokshartham, Jagadhitaya cha'. Our ancient wisdom has dwelt upon purification hunt within ourselves as a path to contribute to the well being of universe. Sadly in this era of fast communication, flash news dominates over content and research based story. Consumption age has given short lived materialistic pleasure but not the eternal joy of calmness and serenity. Artificial Intelligence catches your consumption habits and prioritizes your day to day decision making through market driven forces. One may be fooled to think that he is in driver's seat while resting on a toilet seat and picking a commodity online at throwaway price. In the process he is being groomed to bloom as a compulsive obsessive buyer for the things he never actually needed.

When dreaded Angulimal as know Divine Buddha to stop, he replied calmly, "I have stopped, when will you?" Our restive mind requires jagrat vivek i.e. rationality and justness to distinguish right or wrong. Once reasoning prevails, outer search will stop and inner search engine 2.0 @ inner conscience will begin driving us ahead. There will be no hatred, fear, animosity or cruelty and the world will be a better place to live in and discuss about.

सेवा है मानव जीवन का सौंदर्य





कृष्णा कुमार सिंह
उप निरीक्षक(मंत्रा0) महानिदेशालय

सेवा शब्द आकार–प्रकार में जितना छोटा है, व्यवहार एवं प्रभाव में उतना ही विशाल और व्यापक है। इसके माध्यम से नर–नारायण की प्राप्ति होती है। सेवा के मूल में दैहिक, दैविक, भौतिक सभी प्रकार की उन्नति निहित है। इससे संतोष, असीम शांति, आध्यात्मिक उन्नति की प्राप्ति होती है। यह भगवान की सच्ची पूजा है। यक्ष ने युधिष्ठिर से पूछा–''लोक में श्रेष्ठ धर्म क्या है?'' इसके उत्तर में युधिष्ठिर ने कहा ''दया समान धर्म नहीं दूजा'' अर्थात समाज और संसार में दया ही श्रेष्ठ धर्म है''। अगर म दीन–हीन, असहाय, आश्रित, वृद्ध, विकलांग, जरूरतमंद व्यक्ति पर दया दिखाते हुए, उस की सेवा और सहायता नहीं की तो समाज भला कैसे उन्नति करेगा। भूखे को भोजन देना, प्यासे को पानी पिलाना, विद्यारहितों को विद्या देना ही सच्ची मानवता है। प्रकृति भी मनुष्य को कदम–कदम पर परोपकार की शिक्षा देती है। हमें प्रसन्न रखने और सुख देने के लिए फलों के लदे पेड़ अपनी समृद्धि लुटा देते हैं। उनके व्यवहार से ऐसा लगता है कि इनका अस्तित्व ही दूसरों के लिए सुख साधन जुटाने के लिए हुआ है। रहीम ने ठीक ही कहा है ''तरूवर फल नहीं खात है, सरवर पिए न पानी। कह रहीम पर काज हित, संपत्ति सचहि बोल सुजानि''।

सूर्य धूप का अपना कोप लुटा देता है। चन्द्रमा अपनी शीतल चांदनी से रात्रि को सुशोभित करता है। प्रकृति बिना किसी अपेक्षा के अपने कार्य में लगी है और इससे संसार चल रहा है। ऋषियों–मुनियों ने बार–बार कहा है कि धरती पर जन्म लेना उसी का सार्थक है जो प्रकृति की भाँति दूसरों की भलाई करने में प्रसन्नता का अनुभव करे। सर्वजनहिताय, सर्वजनसुखाय के भाव को अपनाकर ही समाज और देश का भला हो सकता है। गीता में लिखा है कि ''जो सब प्राणियों का हित करने में लगे हैं, वे ही मुझे प्राप्त करते हैं''। चाणक्य ने कहा था–''परोपकार ही जीवन है, परोपकार से ईश्वर प्राप्ति का मार्ग प्रशस्त होता है''। भगवान व्यास ने लिखा है–''परोपकारः पुण्याय परपीडनम–अर्थात परोपकार पुण्य है, दूसरों को दुख देना पाप है''। मैथिली शरण गुप्त ने मनुष्य के सन्दर्भ में कहा है कि ''वही मनुष्य है जो मनुष्य के लिए मरे''। मानव सामाजिक बने, कृतज्ञ बने, अनुकरणीय बने–इसके लिए जरूरी है कि वह सेवाभावी बने। स्वामी विवेकानन्द की दृष्टि में–''सेवा हृदय एवं आत्मा को पवित्र करती है''। अच्छा आदमी बनने के लिए व्यक्ति को सेवाभावी होना चाहिए। सेवा ही वह पूजा है जिसके बल पर गाँधी जी महात्मा बने, विनोबा संत बने, बुद्ध करूणाशील कहलाए और वर्धमान महावीर बने। हनुमान जी की भाँति हम स्वयं अपने हृदय में सेवा भावना को जगाए।

प्रकृति और प्राणियों की सेवा करते हुए स्वयं को उपकृत करें। इसी दिशा में अत्यन्त भावुक हृदय से अपनी भागीदारी का निर्वाह तन–मन–धन से कर रहे हैं और असहाय, पीड़ित, अभावग्रस्तों का स्नेह, सौहार्द, सहानुभूति एवं आत्मीयतापूर्ण उपकरण देकर उनके जीवन को जीवन्त बनाने का प्रयास कर रहे हैं। नर सेवा, नारायण सेवा का मूलमन्त्र बनाकर मन्दिर के संसाधनों का समाज सेवा में सदुपयोग कर रहे हैं। अपने लिए तो सभी जीते हैं, पर दूसरों की खातिर कुछ करने में जो आत्म–संतुष्टि और सच्चा सुख मिलता है, वह अनमोल है। इसी अनुभूति की आत्मसात करते हैं। मेरा मानना है कि दीन–दुखियों की सेवा करने वाला दीननाथ कहलाता है। इसलिए जनसेवा बढ़–चढ़ कर करनी चाहिए। वेदों में ऋषि स्पष्ट कहते हैं, कि साधक तू, सब प्राणियों के कल्याण के लिए उठ, तू स्वार्थ को त्यागने के लिए उठ, तू विश्व को प्रकाशवान करने के लिए उठ। सेवा के क्षेत्र में आत्म त्याग की भावना को जागृत करने के लिए उठ। भारतीय संस्कृति, सेवा और परोपकार को आत्मसात करके सतकार्य करने की प्रेरणा प्रदान करती है। गौतम हों या गाँधी, दधीचि हों या रंती देव–इन सबकी जीवन सरिताएं त्याग और सेवा के समृद्ध में ही जाकर विलीन हुई हैं तथा उनका जीवन धन्य हुआ है और लोग उन्हें भगवान की तरह मानने लगे हैं। ''हमारा अच्छा कर्म ही हमारी पूजा है।''

कविता

मातृभूमि के वीर सपूत



भूप किशोर शर्मा, द्वि.कमा.अधि.
रेंज, के.रि.पु.बल, गांधीनगर, गुजरात

"हॉट स्प्रींग" के वीर तुम्ही हो, "सरदार पोस्ट" के धीर तुम्ही हो।
घुटने टेके थे दुश्मन ने, उस रणक्षेत्र के पीर तुम्ही हो।।

भारत की पावन धरती को, तुमने लहू से सिंचा है।
दुश्मन के सीने पर चढ़कर, लक्ष्मण रेखा खिंचा है।।

फिर से संकट आन पड़ी है, भारत माँ के आँचल पर।
छत्तीसगढ़ में नक्सली, चीन की नज़र अरूणाचल पर।।

छद्मयुद्ध का खेल खेल रहा, पश्चिम से पाकिस्तान।
घर में रावण पल रहा, छलनी होता हिन्दुस्तान।।

लुका–छिपी के खेल में, तुम गोल बदल सकते हो।
युद्ध की नौबत आई तो, भूगोल बदल सकते हो।।

मातृभूमि के वीर सपूतों, संकट में मोल चुकाना है।
दुश्मन जब–जब आँख दिखाएं, नाको चने चबवाना है।।

कश्मीर की भूमि पर, गद्दरो का पलड़ा भारी है।
बहुत समझाकर देख लिया, अब संहार की बारी है।।

अद्भूत शक्तिपुंज तुम्ही हो, इस बल के तुंज तुम्ही हो।
शत्रु की जो रूह कँपा दे, उस ललकार की गूंज तुम्ही हो।।

आतंकवादी के मनसूबे, कुंद तुम्ही कर सकते हो।
राष्ट्रद्रोही की कुबानी, मुंद तुम्ही तो सकते हो।।

मातृभूमि के वीर सपूतो, आओ अमिट तस्वीर बनाएं।
सदियों तक हो जिक्र हमारा, ऐसे कुछ रंग भर जाएं।।

महानिदेशालय के कार्यक्रम

महानिदेशक के.रि.पु.बल शहीद आश्रिता को सम्मानित करते हुए, दिनांक 14.03.2019





पुलवामा शहीदों को कलात्मक बंधुता द्वारा श्रद्धांजलि, दिनांक 17.03.2019





महानिदेशालय में परिचालनिक सम्मेलन, दिनांक 18.03.2019





महानिदेशालय के कार्यक्रम

महानिदेशालय में सर्विस वोटरों द्वारा मतदान, दिनांक 04.04.2019





महानिदेशालय में एम.ओ.सी.सी कार्यक्रम, दिनांक 10.04.2019





के.रि.पु.बल हॉर्स रेस कप-2019, दिनांक 13.04.2019





कावा कार्यक्रम

कावा अध्यक्षा द्वारा माननीय गृहमंत्री को 'भारत के वीर' कोष के लिए 40 करोड़ रूपये का चैक प्रदान करते हुए





अन्तर्राष्ट्रीय महिला दिवस, दिनांक 12.03.2019





लैंगिक एवं प्रजनन स्वास्थ्य जागरूकता कार्यक्रम, दिनांक 14.03.2019





Civic Action Programmes

Distribution of Utensils by 188 Bn CRPF



Distribution of Steel pitchers by 188 Bn CRPF



Distribution of Dustbin by 188 Bn CRPF



Distribution of Medicines by 231 Bn CRPF



Distribution of Shawl by 231 Bn CRPF



Distribution of Tin Shade by 231 Bn CRPF



Achievements

OPERATIONAL BRANCH

Jammu & Kashmir Theatre

04/03/2019

On specific intelligence, CRPF troops (110, 130, 180 & 185 Bn, CRPF) under command of Shri Sanjay Kumar, 2-I/C alongwith State Police carried out Special Operationin Reshi Mohalla Tral, under PS Tral, Distt. Pulwama (J&K) during which an encounter broke out between militants and security forces. During encounter, troops neutralized 02 HM militants namely: - Irfan Ahmead Rather @ Abu Talib (r/o-Tral, J&K) and Adfar fayaz @ Abu Zarar (r/o-Tral, J&K). During post encounter search, troops recovered dead bodies of 02 militants, 02 damaged AK Rifle, 03 damaged AK magazine, 14 round AK Live ammunition and 01 Grenade (destroyed on the spot by BDDS of 180 Bn).

06/03/2019

CRPF Troops (53, 92, 162, 137 & 243 Bn, CRPF) under command of Sh. Md. Shahnawaj, 2-I/C, alongwith State Police carried out Cordon and Search Operation in village Badra Payeen, under PS Karalgund, Distt. Kupwara (J&K). During operation, an encounter broke out between militants and security forces. The troops neutralized 01 JeM militants namely Anwar Bhai (r/o-Pak). During post encounter search, troops recovered dead body of 01 militant, 01 Pistol and 01 Grenade Pin.

10/03/2019

CRPF troops (130 & 180 Bn, CRPF) under command of Sh. Rajesh Kumar, Commandant, alongwith 42 RR & SOG Tral carried out Cordon and Search Operation in Pinglish, under PS Tral, Distt. Pulwama (J&K). During operation, an encounter broke out between joint troops and militants. During post encounter search, troops recovered 02 dead body namely Muddasir Ahmed Khan (25 yrs, r/o- Awantipora, J&K, JeM) & other chared body parts of militants (confirmation of body parts awaited either it is 01 or 02 militants dead bodies). Further, troops recovered following items: AK Rifle- 02 nos (alongwith- 01 mag), Glock-17 Pistol-01 no (alongwith 01 mag).

20/03/2019

Troops of 176 Bn, CRPF under command of Sh. Radhe Shyam Singh, Commandant alongwith 29 RR, 52 RR, 3rd Para Commando and State Police carried out Special Operation in Nambalnar, under PS Tangmarg, Distt. Baramulla (J&K). During operation, an encounter broke out between joint troops & militants, wherein 02 JeM militants were neutralized and 02 personnel of Para Commando sustained bullet injury. During post encounter, troops recovered dead bodies of 02 militants alongwith following items: AK-47 Rifle- 03 nos (Alongwith 05 Mag), 7.62 mm Ammunition- 62 nos, 1 communication wireless set with antenna-01 no, GPS-01 no and misc items.

The troops were stone pelted by the violent mob, which were dispersed by the troops.

21/03/2019

Troops of 45 Bn, CRPF under command of Sh. Iqbal Ahmed, Commandant alongwith 13 RR & SOG Hajin carried out Cordon and Search operation in Mir Mohalla Hajin, under PS Hajin, Distt. Bandipora (J&K). During operation, an encounter broke out between troops and militants. During post encounter search, troops recovered dead bodies of 02 LeT militants (Ali Bhai & Hubab), 02 AK Rifle, 18 Nos AK series

magazine (08 were damaged), 2012 rounds of 7.62 X39 mm Ammunition, 01 Radio set Motorola, 01 Mobile and a Grenade pin.

During encounter Constable Upender Kumar yadav and Constable Ashiq Hussain Naik sustained injuries. During the encounter 01 civilian namely Atif Ahmad Mir was killed by the militants.

21/03/2019

CRPF Troops (92, 98, 162, 177 & 179 Bn, CRPF) under command of Sh. Ram Niwas Shekho, Commandant alongwith 22 RR & SOG Sopore carried out Cordon and Search operation in Warpora, under PS Sopore, Distt. Baramulla (J&K). During operation, an encounter broke out between troops and militants, wherein 02 militants got neutralized & 03 JKP personnel sustained injuries. During post encounter, troops recovered dead bodies of 02 militants of which 01 identified as (Tahir Ahmed war @ Molvi, JeM, Category C r/o- Baramulla, J&K). 01 AK-56, 01 AK-47, 156 rounds Ammuntions, 03 Hand Grenade and 06 Mag.

22/03/2019

CRPF Troops (14 & 178 Bn, CRPF) under command of Sh. Praveen Thapaliyal, 2-IC, alongwith 34 RR, SOG Shopian and Imamsahib carried out Cordon and Search Operation in Gadapora, under PS Shopian, Distt. Shopian (J&K). During operation, an encounter broke out between troops and militants. During post encounter search, troops recovered dead bodies of 02 HM Militants identified as Mohd. Maqbool Sheikh (r/o- Shopian) and Yasir Ahmed Shah (r/o-Shopian). During the operation, following items were recovered: AK Series rifle-01 no and Pistol-02 nos. In this operation HC Tariq Ahmed of JKP sustained injury. During operation, following weapons got damage: Gas Gun-01 no, AKM-01 no, Insas-02, PAG-01. During the incident, 01 MPV vehicle got damaged and 17 personnel sustained minor injury (01 GOs and 16 ORs).

28/03/2019

Troops of 14 Bn, CRPF under command of Sh. Erick Gilbert Jose, Commandant, alongwith 23 PARA & SOG Shopian carried out Special Operation in Yarwan Forest area, Uunder PS Keller, Distt. Shopian (J&K). During Operation, an encounter broke out between joint troops & militants, wherein troops neutralised 03 militants namely: Sajad Ahmad Khandey (LeT, r/o- Pulwama, J&K), Aqib Ahmad Dar (LeT, r/o-Pulwama, J&K) and Basharat Ahmad Mir (HM, r/o-Pulwama, J&K). During post encounter, troops recovered dead bodies of 03 militants alongwith 03 AK series rifle.

Troops were also stone pelted upon by violent mob which wer dispersed by the troops.

28/03/2019

CRPF Troops (92 & 162 Bn, CRPF) under command of Sh. P Singh, 2-I/C, alongwith 21 RR, 30 RR, 9 PARA, SOG Kralgund & SOG Handwara carried out Cordon and Search Operation in Yarro, under PS Handwara, Distt. Kupwara (J&K). During operation, an encounter broke out between joint troops & militant, wherein troops neutralized 01 JeM militant namely Danish Ahma Dar (JeM, category B, r/o-Baramulla, J&K). During post encounter, troops recovered dead body of 01 militant alongwith following items: AK-56: 01 no (along with 02 mag), AK-56 Ammu: 31 nos, Chinese Grenade-01 no, Knife: 01 no.

29/03/2019

Troops of 29 Bn, CRPF under command of Sh. Suresh Kumar, 2-IC, alongwith State Police deployed for Counter Insurgency Operation in Suthsoo Kalan, under PS Nowgam, Distt. Srinagar (J&K) after receipt of information of encounter which took place between troops of 50 RR, SOG Budgam and militants. During post encounter search, troops recovered following:

dead bodies of 02 militants (1 FT & 01 Local), MP4/MP 16 Rifle-01 no, AK-47-Series Rifle- 01 no and Hand Grenade-04 nos.

31/03/2019

CRPF Troops of (182 & 183 Bn, CRPF) under command of Sh. Nadeem Ahmed Samdani, Commandant alongwith 44 RR, SOG Lasipora carried out Cordon and Search Operation in Village Lassipora, under PS Litter, Distt. Pulwama (J&K). During operation, an encounter broke out between troops and militants. Post encounter search troops recovered dead bodies of 04 militants identified as Towseef Ahmed Itoo (LeT, r/o- Pulwama), Aqib Ahmed Kumar (LeT, r/o- Pulwama), Zaffarulah Paul (LeT, r/o- Sophian) and Mohd. Shafi Bhat (LeT, r/o- Sophian) and AK series Rifle:02 nos, SLR:01 no and 9 mm Pistol-01 no. During the operation 03 personnel of 44 RR and 02 personnel of SOG sustained injuries.

06/04/2019

CRPF Troops (14 & 178 Bn, CRPF) under command of Sh. Erick Gilbert Jose, Commandant, alongwith State Police rushed to the spot and carried out Cordon and Search Operation in Pargochi Apple Garden, under PS Imam Sahib, Distt. Shopian (J&K). During post encounter search, troops recovered dead bodies of 02 militants identified as Rahil Rashid Sheikh (HM, r/o- Ganderbal, J&K) and Bilai Ahmad Bhat (HM, r/o- Shopian, J&K). The troops also recovered following weapons: AK Series rifle: 01 no, INSAS rifle: 01 no and Pistol- 01 no.

During the operation troops were stone pelted upon by violent mob and the troops disperse the mob. In course of dispersing the Mob 02 CRPF personnel No 135060365 Constable Mukesh Kumar Saket and No 145313541 Constable Badesh Mandel of 14 Bn sustained minor injuries and 01 MPV vehicle got minor damage.

13/04/2019

CRPF Troops (14 & 178 Bn, CRPF) under command of Sh. Anil Kumar Briksh, Commandant, alongwith 34 RR and state police carried out Cordon and Search Operation in Gaahaind, under PS Shopian, Distt. Shopian (J&K). During operation, troops an encounter broke out between troops and militants. During post encounter search, troops recovered dead bodies of 02 JeM outfit militants identified as Shahahan Ahmad Mir @Setha @ umer Khitab (r/o-Sopian, J&K) and Abid Hussain Wagay (r/o- shopian, J&K). The troops also recovered 02 AK series Rifles. During operation, the troops were pelted stone by violent mob. In order to disperse the mob IRLA No. 9624 Sh. Ab. Kaipou, Asstt. Comdt., 125023423 Constable Sonu Gautam and No. 095080092 Constable/Driver Yashpal of 14 Bn sustained minor injury and 01 MPV vehicle got damaged.

19/04/2019

An encounter broke out between troops of 32 RR and militants in Malpora, under PS Sopore, Distt. Baramulla (J&K). On receipt of information, troops of 92 Bn CRPF and SOG Chijama rushed to the spot and joined the Ops. During post encounter search, troops recovered dead body of 01 FT militants, 01 Pistol and 03 Grenade.

25/04/2019

Troops of 90 Bn, CRPF, under command of Ah. Ajay Kumar, Commandant alongwith 3rd RR & State Police carried out Cordon and Search Operation in village Bhagander Mohalla, under PS Bijbehara, Distt. Anantnag (J&K). During operation, an encounter broke out with militants. The troops neutralised 02 militants : Sabdar Amin Bhat (25 Yrs, “C” Category, r/o- nantnag, J&K), Dr. Burhan Ahmed Ghanai (25 yrs, “C” Category, r/o- Anantnag, J&K). During post encounter search, troops recovered 01 AK 47 Rifle, 01 SLR Rifle and Magazine/rounds/grenade etc.

LWE Theatre

Jharkhand

07/03/2019

Troops of 190 Bn, CRPF under command of Inspector Sanjit Kumar alongwith State Police carried out Search and Destroy Operation in Bundu, under PS Keredari, Distt. Hazaribagh (Jharkhand). During Operation, an encounter broke out between troops and maoists. During Post encounter search, troops recovered dead bodies of 03 maoists identified as Jaeshwar Ganjhu (SZM, TSPC, r/o- Hazaribagh, JKD), Prakash Mahto (r/o- Chatra, JKD) and Ram Sunder Ganjhu (r/o- Ranchi, JKD) and 01 AK-47 Rifle (alongwith 04 Mag), 02 INSAS Rifle(alongwith 14 Mag), 01 No 9 mm Pistol (alongwith 01 Mag), 01 Desi Katta, 03 Nos. X-95 Mag., 188 rounds 7.62X39 mm Ammunition, 1007 rounds 5.56 mm Amnn, 10 rounds 09 mm Amnn, 22 rounds 08 mm Amnn, 7.62X39 mm and 5.56 mm empty case-14 rounds, 08 Nos Pithu bag, 27 Nos Mobile, 05 Nos Amnn Pouch, Cash amount Rs. 4,920/- and Misc items.

15/04/2019

Troops 07 Bn, CRPF under command of Sh. Ajay Kumar, Asstt. Commandant alongwith state police carried out election related Area Domination in village Bhatukura, under PS Bhelwaghati, Distt. Giridih (Jharkhand). During Operation, an encounter broke out between troops and Maoists, in which troops neutralized 03 maoists and recovered followings :- Dead Body of 03 Maoists, 01 AK-47 rifle along with 03 mag. filled with 56 live ammunitions, 04 pipe bomb, 02 Motor cycles and maoist literature. In course of this action, No. 155133447 CT/GD Biswajit Chowhan (26 Yrs, unmarried, r/o–Udalguri, Assam) attained martyrdom.

Andhra Pradesh

16/03/2019

Troops of 198 Bn, CRPF alongwith State Police (Grey Hound) carried out Anti Naxal operation in village Peddakodapalle, under PS Peddabayalu, Distt. VSPK (Andhra Pradesh). During Operation, an encounter broke out with maoists. During the post encounter search, troops recovered dead bodies of 02 unidentified CPI (M) cadres along with 02 country made weapons. In this encounter No 105045495 Constable Himanchal Manjhi sustained bullet injury on his left foot. He was evacuated to Seven Hills Hospital. VSKP.

Bihar

18/03/2019

Troops of 205 CoBRA under command of Sh. M.K. Sevaria, Dy. Commandant alongwith State Police carried out Special Operation in forest area Chordiha, under PS Rajauli, Distt. Nawada (Bihar). During operation, an encounter took place between troops & Maoists wherein 01 Maoist was neutralized. During post encounter, troops recovered dead body of 01 Maoist alongwith 01 No. 303 rifle, 01 Mag, 02 Live rounds, 02 Empty case, 01 Bag, 01 Bindoli, Levy collection receipts and Misc. items.

Chhattisgarh

26/03/2019

CRPF troops (201 & 241 Bn, CRPF) under command of Sh. Gautam Kumar, 2-IC, alongwith State Police carried out Search and Destroy Operation in Near Village Karkanguda, under PS Jagargunda, Distt. Sukma (Chhattisgarh). During operation, an encounter broke out between troops and maoist wherein troops neutralized 04 maoists. During post encounter search, troops recovered dead bodies of 04 maoists in black uniform, 01 INSAS Rifle, 02 Nos 303 Rifle, 01 No. 315 Bore Rifle, 02 INSAS Mag., 02 Nos 303

Rifle magzine., 12 Nos 5.56 INSAS ammn and other misc items i.e: empty cases, wrist watch, transistor and cling etc.

05/04/2019

Troops of 211 Bn, CRPF under command of Sh. Rajender Prasad Raiger, Dy. Commandant, alongwith State Police carried out Area Domination in Shalebhat area, under PS Khallari, Distt. Dhamatri (Chhattisgarh). During the operation, troops were fired upon by maoists, which was retaliated promptly by the troops. In this incident, No 951400627 Head Constable Harish Chandra Pal attained martyrdom and No 175321193 Constable Sudhir Kumar sustained injuries and was evacuated.

In continuation to DSI no INCN015204 dated 05.04.2019. CRPF troops under command of Sh. Rajender Prasad Raiger, Dy. Commandant, alongwith State Police carried out Search operation at the encounter site. During the operation troops recovered 02 unknown dead bodies, 02 Bharmar Gun and other misc items like Pithu Bag, maoist literature, slippers, empty cases of AK, INSAS and SLR etc.

WELFARE BRANCH

1. CRPF has installed a 24 X 7 Toll free helpline No. 1800-11-2019 to expedite the redressal of gievances and carrying out the welfare activities to support families of martyrs as well as effective monitoring of Pension, terminal dues & other issues related to martyrs at the Force level.
2. Mobile App namel "CRPF Veer Parivar" has been launched on 09/04/2019 to facilitate the spread awareness about the benefits admissible to them. Besides, software for database of martyrs has been developed to keep the complete records of martyrs available readily

भर्ती शाखा

1. के.रि.पु.बल के विभिन्न कम्पोजिट अस्पतालों में 73 Specialist डाक्टरों को संविदा पर नियुक्त करने के लिए 21 सेंटरों पर दिनांक 01/03/2019 से 07/03/2019 तक Walk-in-Interview कराया गया। 34 Specialist डाक्टरों की नियुक्ति के लिए अनुशंसा की गई तथा 21 को प्रतीक्षा सूची में रखा गया। इसके अलावा 02 सैंटरों पर दिनांक 07/03/19 से 15/03/19 तक Walk-in-Interview कराया गया तथा 9 GDMO की नियुक्ति के लिए अनुशंसा की गई तथा 04 को प्रतीक्षा सूची में रखा गया।
2. गृह मंत्रालय द्वारा केन्द्रीय सशस्त्र पुलिस बलों (CAPFs) में सिपाही/जीडी परीक्षा–2018 कराने हेतु के.रि.पु.बल को नोडल फोर्स नियुक्त किया गया है। केन्द्रीय सशस्त्र पुलिस बलों (CAPFs) में सिपाही पद के लिए 54,953 कर्मचारी चयन आयोग के माध्यम से दिनांक 30/09/2018 तक आवेदन माँगे गये थे। इनमें से 21,566 रिक्तियाँ के.रि.पु.बल की है। परीक्षा के तहत जिन सिपाहियों की भर्ती की जाएगी, उन्हें ITBP, BSF, CISF, CRPF, SSB, Assam Rifles, NIA & SSF में नियुक्त किया जाएगा। कर्मचारी चयन आयोग द्वारा उक्त भर्ती की लिखित परीक्षा (Computer Based Examination) दिनांक 11/02/2019 से 11/03/2019 तक करायी जा चुकी है। 52,20,335 रजिस्टर्ड अभ्यर्थियों में से 30,41,284 अभ्यर्थियों ने Computer Based Examination दी। Computer Based Examination का परिणाम सम्भवतः दिनांक 31/05/2019 को घोषित किया जाएगा। शारीरिक दक्षता/मापदण्ड, चिकित्सा परीक्षण के.रि.पु.बल के निर्देशन में अन्य सशस्त्र पुलिस बलों की मदद लेकर करायी जायेगी।
3. बेसिक ट्रैनिंग पूर्ण होने के बाद माह मार्च 2019 में 44 सिपाही/जीडी सिपाही/चालक में शिल्प परिवर्तन किया। सी.टी.सी. नीमच में दिनांक 07/01/2019 से 30/03/2019 तक D&M कोर्स क्र.सं. 43 चलाया गया। D&M कोर्स पूर्ण होने के बाद, 44 कार्मिक सिपाही/चालक में शिल्प परिवर्तन होगें तथा D&M उत्तीर्ण 84 सिपाही/ट्रैडसमैंन आर.टी.सी. जोधपुर में दिनांक 10/04/19 से चलने वाले 44 सप्ताह के बेसिक प्रशिक्षण के लिए जायेगें।
4. माह मार्च–अप्रैल, 2019 में कुल 33 करूणामूलक आधार पर भर्ती के मामले निर्णित हुए। जिनमें से 22 मामले पुरूषों से एवं 11 मामले महिलाओं से संबंधित है।

Promotion



Shri Sachchidanand Shrivastava, IPS
Promoted and Posted as SDG(Training)

Commandant to Deputy Inspectors General

S.No.	IRLA No.	Name of officer	Present Posting
1.	3587	Shri Dalip Singh Ambesh	O/O IG (Ops) Kashmir
2.	3607	Shri D.S. Grewal	181 Bn CRPF
3.	3633	Shri P.P. Pauly	73 Bn CRPF

Transfers

S.No.	IRLA No.	Rank	Name	From	To
1.	3392	DIG	Pukhraj Jaipal	GC SNR	GC-II AJM
2.	3118	DIG	Rajesh Kumar Yadav	DIG(Ops) N/KMR, Baramulla	GC NDA
3.	4042	DIG	Mohsen Shahedi	Dte Genl [placed at DIG(Ops) Anantnag]	Ops Dte
4.	2674	DIG	Sunil Joon	GC Rampur	Dte Genl (against the overall strength of the Force)

Repatriation



Shri B. Srinivasan, IPS,
IG Rajasthan Sector
Repatriated to his parent cadre

Appointments



Shri M. R. Naik, IPS, IG
Inducted into CRPF & Posted to .....



Brig Gurgopal Singh
Inducted into CRPF & Posted as DIG(Engr)

Retirements



Inspector (DM) Prem Singh
Superannuated on 31st March 2019



Inspector (GD) Subhash Kumar
Superannuated on 31st March 2019



Inspector (GD) Naresh Kumar
Superannuated on 30th April 2019



Head Constable (GD) Amle Sunil P.
Voluntary Retired on 30th April 2019

A WARM SALUTE TO MARTYRS



Shaheed Head Constable
Harish Chandra Pal
13.09.1974 to 05.04.2019



Shaheed Constable
Biswajit Chowhan
27.11.1993 to 15.04.2019

DG's Disc & Commendation Letter Awardees

March - April 2019

S.No.	IRLA/F.No.	Rank	Name	Unit	Disc Awarded
1	830765254	HC/GD	Liyaquat Ali Khan	Dte. Genl.	Bronze (Adm)
2	041590772	CT/GD	Dinesh	04 Bn	Bronze(Ops)
3			Dog Micky Labrador (Sniffer)	04 Bn	Bronze(Ops)
4	4237	Comdt	Tapan Kumar	147 Bn	Golden (Ops) 2 star
5	4972	Comdt	Vinay Kumar Choudhary	168 Bn	Silver (Ops)
6	4925	Comdt	Dipak Kumar	92 Bn	Golden (Ops)
7	6757	D/C	Prem Thapa	107 RAF	Bronze (Adm)
8	913285134	ASI/GD	Mahidhar Sarnia	92 Bn	Bronze(Ops)
9	105043982	CT/GD	Bijoy Kumar Swain	92 Bn	Bronze(Ops)
10	061810204	CT/GD	Farooq ahmad Pandit	92 Bn	Bronze(Ops)
11	7064	D/C	Vivek Kumar	Dte. Genl.	Bronze(Adm)
12	005041407	HC/RO	Niranjan Jayashingh	1st Sig Bn	Bronze(Adm)
13	911650215	SM/HT	Satyendra Singh	PRO	Silver (Adm)
14	145201699	CT/GD	Chandan Kumar Sharma	205 CoBRA	Bronze (Ops)
15	6652	D/C	Vivek Kumar Singh	NS HQR	Golden (Adm)
16	981840081	SI/Min	Naresh Kumar	GC NDA (Attached with NS HQR)	Bronze (Adm)
17	913242506	ASI/GD	R.N. Parik	164 Bn (Attached with NS HQR)	Bronze (Adm)
18	5446	2-I/C	Abhinav Bhushan	25 Bn	Silver (Ops)
19	9653	A/C	Amit Kumar	44 Bn	Silver (Ops)
20	145340814	SI/GD	Rambol Kumar	181 Bn	Bronze (Ops)
21	105261899	HC/GD	Raj Kumar Singh	144 Bn	Bronze (Ops)
22	145318598	CT/GD	Ibran Ansari	21 Bn	Bronze (Ops)
23	115063388	CT/GD	Kishan Pal Singh	23 Bn	Bronze (Ops)
24	135002196	CT/GD	Dinesh Kumar	23 Bn	Silver (Ops)
25	145082478	CT/GD	Khushiram Choudhary	28 Bn	Bronze (Ops)
26	145082326	CT/GD	Lalit Mohan Joshi	28 Bn	Bronze (Ops)
27	31470025	CT/GD	Vijay Singh	29 Bn	Silver (Ops)
28	135381081	CT/GD	Irshad Ahmad Hajam	29 Bn	Golden (Ops)
29	125112514	CT/GD	Sonu	29 Bn	Silver (Ops)
30	115061251	CT/GD	Sushil Kumar Rawat	49 Bn	Bronze (Ops)
31	41587327	CT/GD	Rajeev Kumar Punia	54 Bn	Bronze (Ops)
32	65346737	CT/GD	Younis Ahmad Dar	73 Bn	Golden (Ops) 1 star
33	145316603	CT/GD	Sanjeev Sangam	73 Bn	Bronze (Ops)
34	115343247	CT/GD	Sajad Ahmad Bhat	79 Bn	Silver (Ops)
35	105200195	CT/GD	Saroj Kumar	82 Bn	Golden (Ops)
36	110044182	CT/GD	Surya Prakash	82 Bn	Golden (Ops) 1 star
37	115111328	CT/GD	Satyapal	115 Bn	Bronze (Ops)
38	145252578	CT/GD	Amit Ghawde	181 Bn	Bronze (Ops)
39	145223462	CT/GD	Lovkesh Kumar	181 Bn	Bronze (Ops)
40	135120206	CT/GD	Bharvad Mehul	181 Bn	Bronze (Ops)
41	5451	2-I/C	Anand Kumar	29 Bn	Golden (Ops)
42	900994774	ASI/GD	Manjit Singh	29 Bn	Silver (Ops)
43	125114303	CT/GD	Rakesh Jakhar	29 Bn	Bronze (Ops)

44	IPS-136012	SP	Gurinderpal Singh	J&K Police	Bronze (Ops)
45	KPS 155686	DY. SP	Shaid Nahiem	J&K Police	Bronze (Ops)
46	NO EXK 109318	INSP	Mohamad Irfan	J&K Police	Bronze (Ops)
47	PID NO. 109256/ARP	INSP	Kushab Kumar	J&K Police	Bronze (Ops)
48	IC 62867A	Colonel	Samar Rahgav, SM	50 RR	Bronze (Ops)
49	IC 78579X	Major	Ankit Pathk	50 RR	Bronze (Ops)
50	MS 18172X	Captain	Vivek Pawah	50 RR	Bronze (Ops)
51	5470	2-I/C	Amit Kumar	KOS	Golden (Ops)
52	31530526	Insp/GD	Attaur Rehman	179 Bn	Bronze (Ops)
53	85340367	CT/GD	Naseer Ahmad Ganie	03 Bn	Golden (Ops)
54	105340388	CT/GD	Naseer Ahmad Sheikh	18 Bn	Bronze (Ops)
55	8064	D/C	Pawan Kumar	100 RAF	Silver (Ops)
56	913245257	HC/GD	Ray Singh Parihar	100 RAF	Bronze (Ops)
57	4991	2-I/C	Kewal Kishan	194 Bn	Bronze (Adm)
58	5580	2-I/C	Mamraj Singh	27 Bn	Bronze (Adm)
59	6307	2-I/C	Sanjay Kumar Yadav	SDG	Bronze (Adm)
60	7902	D/C	Amit Sharma	27 Bn	Bronze (Adm)
61	8263	A/C	Manoj Kumar	55 Bn	Bronze (Adm)
62	8196	A/C	Rajeev Kumar Dhaka	70 Bn	Bronze (Adm)
63	9898	AC/Min	M. Rahman	NS HQR	Bronze (Adm)
64	097090085	Insp/GD	Himanshu Mallik	122 Bn	Bronze (Adm)
65	871650012	Insp/Min	K.B. Chetry	NS HQR (Now in 187 Bn)	Silver (Adm)
66	840400024	SI/GD	Raj Kumar	GC GGM	Bronze (Adm)
67	075140099	ASI/Min	Praveen Kumar Dixit	NS HQR	Bronze (Adm)
68	901322011	ASI/GD	Charan Singh	238 Bn	Bronze (Adm)
69	075226155	ASI/Min	Digambar Singh	GC GGM	Bronze (Adm)
70	971280244	HC/GD	Sanjay thakur	SDG	Bronze (Adm)
71	913281378	HC/GD	Kamlesh Kumar Singh	SDG	Bronze (Adm)
72	941193016	HC/GD	Asharaf Ali	164 Bn	Bronze (Adm)
73	941124353	HC/GD	A.K. Pawar	GC N/DLI	Bronze (Adm)
74	990710061	CT/GD	Ravi Baria	GC N/DLI	Bronze (Adm)
75	055148089	CT/GD	Trinadh Rao	GC N/DLI	Bronze (Adm)
76	050890079	CT/DVR	Sandeep Kumar	NS HQR	Bronze (Adm)
77	005070889	CT/DVR	Jaipal	88(M) Bn	Bronze (Adm)
78	040580042	CT/SK	Ishwar Singh	SDG	Bronze (Adm)
79	025022728	CT/SK	Naresh Singh	SDG	Bronze (Adm)
80	3118	DIG	Rajesh Kumar Yadav	DIG (Ops) NKOR	Golden (Ops)
81	001401142	HC/GD	P Rajesh	53 Bn	Bronze (Ops)
82	085342753	CT/GD	Firoj Ahmad Mir	Range QAT BLA (92 Bn)	Bronze (Ops)
83	11139	AC	Shiv Singh	53 Bn	Silver (Ops)
84	135321577	CT/GD	Albyiush Charmako	53 Bn	Silver (Ops)
85	135250172	CT/GD	Kakde Nishant	Range QAT BLA(176 Bn)	Bronze (Ops)
86	115191332	CT/GD	Shashikant Kumar	Range QAT BLA(176 Bn)	Bronze (Ops)
87	4692	Comdt	R.S Singh	176 Bn	Silver (Ops)
88	920980125	HC/GD	Shaukat Ali	176 Bn	Silver (Ops)
89	115071595	CT/GD	Ajay Kumar	176 Bn	Bronze (Ops)
90	65343826	CT/GD	Tariq Ahmad Seikh	176 Bn	Bronze (Ops)
91	135115561	SI/GD	Mukesh Kumar	53 Bn	Golden (Ops)
92	105261961	CT/GD	Bipin Kumar	53 Bn	Bronze (Ops)

93	105260438	SI/GD	Vikash Dhyani	53 Bn	Bronze (Ops)
94	85071082	CT/GD	Mubeshir Hussain	53 Bn	Bronze (Ops)
95	4709	Comdt	Erick Gilbert Jose	14 Bn	Commendation Roll
96	57360029	Insp/GD	Rajesh Chouhan	14 Bn	Golden (Ops)
97	973363565	HC/GD	Nazir Ahmad	14 Bn	Bronze (Ops)
98	45240631	Ct/GD	Shiju Y	14 Bn	Bronze (Ops)
99	5521	2-I/C	Mani G. Nair	14 Bn	Golden (Ops)
100	941321575	HC/GD	Hari Mohan Sharma	14 Bn	Bronze (Ops)
101	15240189	HC/GD	Anandan K.	14 Bn	Bronze (Ops)
102	115180482	Ct/GD	Amit Singh Yadav	14 Bn	Silver (Ops)
103	65112405	Ct/GD	Sanjay Kumar	14 Bn	Bronze (Ops)
104	115162662	Ct/GD	Baljinder Singh	14 Bn	Bronze (Ops)
105	145310782	Ct/GD	Umesh Munda	14 Bn	Silver (Ops)
106	115262318	Ct/GD	Randeep Kumar	14 Bn	Silver (Ops)
107	880926597	ASI/GD	Mallayya H.S.	14 Bn	Bronze (Ops)
108	110723595	Ct/GD	Durgesh Paswan	14 Bn	Bronze (Ops)
109	8898	AC	Munna Prasad	178 Bn	Bronze (Ops)
110	35054944	Ct/GD	Rajbir Singh	178 Bn	Bronze (Ops)
111	115021917	Ct/GD	Anil Kumar Yadav	178 Bn	Bronze (Ops)
112	KPS 045843	ASP	Arif Amin Shah	JKP	Bronze (Ops)
113	9624	A/C	A.B. Kaipou	14 Bn	Golden (Ops) 2 star
114	135060365	CT/GD	Mukesh Kumar Saket	14 Bn	Silver (Ops)
115	75220725	CT/GD	Hemant Singh	14 Bn	Silver (Ops)
116	115133626	CT/GD	Kanak Ramchiary	14 Bn	Silver (Ops)
117	115139092	CT/GD	Ranjan Das	14 Bn	Bronze (Ops)
118	145312758	CT/GD	Ram Dayal Singh Munda	14 Bn	Bronze (Ops)
119	75136512	CT/GD	Kishor Moni Das	14 Bn	Bronze (Ops)
120	KPS 155776	Dy SP	Majad Ali	JKP	Bronze (Ops)
121	PID No. 115628	SI	Imtiyaz	JKP	Bronze (Ops)
122	4043	Comdt	Anil Kumar Bhardwaj	7 Bn	Golden (Ops) 3 stars
123	5350	2-I/C	Anil Sharma	7 Bn	Bronze (Ops)
124	115080023	HC/GD	Yograj	7 Bn	Bronze (Ops)
125	31170227	CT/GD	Jitendra Kumar Singh	7 Bn	Bronze (Ops)
126	41660502	CT/GD	Jaswant Singh	7 Bn	Bronze (Ops)
127	135100188	CT/GD	Baski Singh	7 Bn	Bronze (Ops)
128	4933	Comdt	Amit Kumar	208 CoBRA	Silver (Ops)
129	6596	Dy. Comdt	Amit Sangwan	208 CoBRA	Bronze (Ops)
130	9526	Asstt. Comdt.	Aneesh A.S	208 CoBRA	Silver (Ops)
131	105021826	SI/GD	Dhirendra Kumar Singh	208 CoBRA	Bronze (Ops)
132	115020876	CT/GD	Kanhaiya Lal Yadav	208 CoBRA	Bronze (Ops)
133	115200589	CT/GD	Somvir Kumar singh	208 CoBRA	Bronze (Ops)
134	9666	A/C	Naresh Kumar	79 Bn (V/QAT)	Commendation Roll
135	9789	A/C	L.Ibomcha	29 Bn (V/QAT)	Commendation Roll
136	121330018	SI/GD	Ujawal Kumar	118 Bn (V/QAT)	Bronze (Ops)
137	005000257	ASI/GD	Ramakant Bansiya	181 Bn (V/QAT)	Silver (Ops)
138	911162613	HC/GD	Mahipal Singh	144 Bn (V/QAT)	Golden (Ops) 1 star
139	115322071	HC/GD	Ram Kumar Toppo	144 Bn (V/QAT)	Bronze (Ops)
140	991272656	HC/GD	Patole Santosh Mahadev	117 Bn (V/QAT)	Bronze (Ops)
141	125300808	HC/GD	Subhash Chandra	144 Bn (V/QAT)	Bronze (Ops)

142	125085082	CT/GD	Babu Lal	178 Bn (V/QAT)	Silver (Ops)
143	110044182	CT/GD	Surya Prakash	82 Bn (V/QAT)	Golden (Ops) 2 star
144	115160605	CT/GD	Pankaj Prashar	178 Bn (V/QAT)	Silver (Ops)
145	55072144	CT/GD	Md. Bashir Khan	181 Bn (V/QAT)	Silver (Ops)
146	60045785	CT/GD	Jagat Prakash	82 Bn (V/QAT)	Silver (Ops)
147	110042678	CT/GD	Deepak Kr Ray	79 Bn (V/QAT)	Silver (Ops)
148	135274544	CT/GD	V. P Yadav	44 Bn (V/QAT)	Golden (Ops)
149	110048972	CT/GD	Anish Kr Singh	144 Bn (V/QAT)	Golden (Ops) 2 star
150	115343247	CT/GD	Sajad Ahmad Bhat	79 Bn (V/QAT)	Golden (Ops)
151	110044636	CT/GD	Devsant Kumar	82 Bn (V/QAT)	Commendation Roll
152	115340104	CT/GD	Rahul Singh	82 Bn (V/QAT)	Golden (Ops) 1 star
153	115061251	CT/GD	Sushil Kumar Rawat	49 Bn (V/QAT)	Silver (Ops)
154	75131893	CT/GD	Pranab Jyoti Das	43 Bn (V/QAT)	Golden (Ops)
155	115132674	CT/GD	Rajib Rabha	54 Bn (V/QAT)	Bronze (Ops)
156	135120206	CT/GD	B. Mehul Kumar	181 Bn (V/QAT)	Silver (Ops)
157	115134044	CT/GD	Kanmani Rabha	118 Bn (V/QAT)	Bronze (Ops)
158	115310259	CT/GD	Krishnendu Dutta	161 Bn (V/QAT)	Bronze (Ops)
159	110040906	CT/GD	Pintu Kumar	79 Bn (V/QAT)	Golden (Ops) 1 star
160	5804	2-I/C	Y.Nanda Kishore Singh	44 Bn	Bronze (Ops)
161	125114909	SI/GD	Vijay Kumar	44 Bn	Bronze (Ops)
162	135231203	CT/GD	Mandip Kumar	44 Bn	Bronze (Ops)
163	-	DIG	Vidhi Kumar Birdi, IPS	J&K Police	Bronze (Ops)
164	IPS-145796	SP	Dr. G.V.Sundeep Chakravarthy, IPS	J&K Police	Bronze (Ops)
165	KPS-135824	DY SP	Imtiyaz Ahmad Mir	J&K Police	Golden (Ops)
166	109311/ARP	INSP	Iftkhar Hussain Shah	J&K Police	Bronze (Ops)
167	007104/ARP	HC	Kulwant Singh	J&K Police	Bronze (Ops)
168	971430147	HC/GD	Karan Singh	183 Bn	Bronze (Ops)
169	111693798	CT/GD	Uttam Mandal	183 Bn	Bronze (Ops)
170	4732	Comdt.	Vinay Kumar Tiwari	53Bn	Golden (Ops) 1 star
171	5202	2-I/C	Kaping Gil	53 Bn	Silver (Ops)
172	135115561	SI/GD	Mukesh Kumar	53 Bn	Golden (Ops) 1 star
173	903061982	ASI/GD	Md. Yousuf Itoo	53 Bn	Golden (Ops)
174	135060614	CT/GD	Lal Singh Vishwakarma	53 Bn	Bronze (Ops)
175	105261444	CT/GD	Neeraj Kumar	53 Bn	Bronze (Ops)
176	115143631	CT/GD	Shaid Hussain	53 Bn	Bronze (Ops)
177	145041924	CT/GD	Sourav Saha	53 Bn	Bronze (Ops)
178	145061694	CT/GD	Ambrish Singh	53 Bn	Bronze (Ops)
179	105021906	HC/RO	Md. Imran Khan	53 Bn	Bronze (Ops)
180	PID No. KPS 017324	Addl SP	Mohd Yousif	JKP Baramulla	Silver (Ops)
181	No. JC-405465X	Sub	Azad Ali Shaikh	46 RR	Bronze (Ops)
182	4707	Comdt.	Anil Kumar Briksh	178 Bn	Bronze (Ops)
183	6694	2-I/C	Sanjeev Kumar Singh	178 Bn	Silver (Ops)
184	9824	AC	Anuruddha Pratap	178 Bn	Bronze (Ops)
185	961440747	HC/GD	Ranjeet Singh	178 Bn	Bronze (Ops)
186	31520673	CT/GD	Dulu Mani Kakoti	178 Bn	Bronze (Ops)
187	115000812	CT/GD	Satpal Singh	178 Bn	Bronze (Ops)
188	115072814	CT/GD	Ajay Kumar	178 Bn	Bronze (Ops)
189	115160597	CT/GD	Amit Kumar	178 Bn	Bronze (Ops)
190	PID No-KPS- 116051	Dy.SP OPS Zainapora	Wajahat Hussain	JKP	Silver (Ops)

191	IC-72222L	Major	Vijesh Kumar	1st RR	Bronze (Ops)
192	BLT No. 7165-NGO	Insp	Sajad Ahmad	SHO Zainapora JKP	Bronze (Ops)
193	6321	2-I/C	Suresh Kumar	29 Bn	Golden (Ops) 1 star
194	9018	AC	Yogesh Kumar	16 Bn	Silver (Ops)
195	881164481	ASI/GD	Filomi Nathan	181 Bn	Bronze (Ops)
196	913213284	ASI/GD	Dharmbir Singh	16 Bn	Bronze (Ops)
197	900997025	HC/GD	Sher Singh	181 Bn	Bronze (Ops)
198	55160033	CT/GD	Parnam Singh	16 Bn	Bronze (Ops)
199	41642522	CT/GD	Sandeep Singh	181 Bn	Bronze (Ops)
200	45121516	CT/GD	Rijwan Khan	16 Bn	Bronze (Ops)
201	41711608	CT/GD	Manash Kalita	29 Bn	Bronze (Ops)
202	65140649	CT/GD	Kameswara Rao	29 Bn	Bronze (Ops)
203	55072001	CT/GD	Abdul Hamid	181 Bn	Bronze (Ops)
204	145222385	CT/GD	Suryakant Lahry	181 Bn	Bronze (Ops)
205	961441102	CT/GD	Hardeep Singh	181 Bn	Bronze (Ops)
206	51300093	CT/Bug	Sandeep Singh	181 Bn	Bronze (Ops)
207	145252498	CT/GD	Kashid Pankaj	181 Bn	Bronze (Ops)
208	7069	DC	Shri Ranjit Kumar	177 Bn	Bronze (Ops)
209	41657806	CT/GD	Daulat Singh	177 Bn	Bronze (Ops)
210	105370082	CT/FTR	Arvind Kumar	92 Bn	Bronze (Ops)
211	115045047	CT/GD	Sushant Besra	179 Bn	Bronze (Ops)
212	9945	A/C	Shri Rahul Chauhan	149 Bn	Bronze (Ops)
213	850831651	SI/GD	S. C. Giri	149 Bn	Bronze (Ops)
214	161490015	SI/GD	Sandeep Kumar	149 Bn	Bronze (Ops)
215	981230783	HC/GD	Uttam Oraw	149 Bn	Bronze (Ops)
216	41713446	CT/GD	Suprojit Ray	149 Bn	Bronze (Ops)
217	61801633	CT/Bug	Uday Singh	149 Bn	Bronze (Ops)
218	135091796	CT/GD	Lakhya Jyoti Saikia	149 Bn	Bronze (Ops)
219	5000257	ASI/GD	Ramakanth	181 Bn	Golden (Ops)
220	105067944	CT/GD	Kileder	23 Bn	Bronze (Ops)
221	115340087	CT/GD	Umar Farooq Lone	35 Bn	Bronze (Ops)
222	135023292	CT/GD	Samit Kumar	43 Bn	Bronze (Ops)
223	135210693	CT/GD	More Prashant	73 Bn	Bronze (Ops)
224	2642	DIG	Sandeep Datta	O/o IG CHTG	Bronze (Ops)
225	3397	DIG	Ajay Mishra	O/o IG CHTG	Silver (Ops)
226	3630	DIG	Ajay Kumar Singh	O/o IG CHTG	Golden (Ops)
227	3625	Comdt (Now DIG)	Praveen Kumar Singh	O/o IG CHTG (Now O/o IG M&N)	C/Roll
228	4061	Comdt	Bidhan Chandra Patra	O/o IG CHTG	Bronze (Ops)
229	4879	Comdt	Vidhyadhar	O/o IG CHTG	Bronze (Ops)
230	6573	D/C	Arun Kumar	211 Bn	Golden (Ops) 1 star
231	6674	D/C	Prashant Kumar	O/o IG CHTG	Bronze (Ops)
232	7629	D/C	Devesh Kumar Tiwari	4th Signal Bn	Bronze (Ops)
233	8622	A/C	Rajeeva Kumar	O/o IG CHTG	Golden (Ops)
234	10415	M/O	Dr. N. John Reddy	65 Bn	Bronze (Ops)
235	105241764	Insp/GD	Indradeep Minj	241 Bn	Bronze (Ops)
236	933242617	HC/GD	Nand Kumar Sahu	SST CG Sector HQ	Bronze (Ops)
237	031431074	CT/GD	Abhilash Kumar	85 Bn	Bronze (Ops)
238	041615285	CT/GD	Vagesh I Masamaddi	195 Bn	Silver (Ops)
239	060041467	CT/GD	Rajeev Ranjan Singh	SST, CG Sector HQ	Bronze (Ops)

240	095320225	CT/GD	Chandresh Kumar Sahu	74 Bn	Bronze (Ops)
241	035061405	CT/GD	Laxman Prasad Thakur	188 Bn	Bronze (Ops)
242	041748357	CT/GD	Ashu Tyagi	CG Sector HQ	Bronze (Ops)
243	041733278	CT/GD	Khilanand Sahu	65 Bn	Bronze (Ops)
244	075121353	CT/GD	Choudhary Mukesh Bhai	111 Bn	Silver (Ops)
245	107200085	Insp/GD	Brijesh Kumar Singh	195 Bn	Bronze (Ops)
246	065001471	SI/GD	Subhash Chandra	CG Sector HQ	Bronze (Ops)
247	045224075	HC/GD	Manoj Kumar Palke	CG Sector HQ	Bronze (Ops)
248	005261006	HC/GD	Mahilal Singh	65 Bn	Bronze (Ops)
249	035206093	CT/GD	Shashi Bhushan Yadav	188 Bn	Bronze (Ops)
250	034030132	Insp/RO	Jitendra Kumar	03 Signal (87 Bn)	Silver (Ops)
251	107410908	ASI/T	Sandeep Siwach	D/4 Signal	Bronze (Ops)
252	115360471	HC/GD	Kamlesh Chandra	CG Sector HQ	Bronze (Ops)
253	061870867	HC/RO	Kapoor Singh	204 CoBRA	Bronze (Ops)
254	065005432	HC/RO	Chandra Prakash	201 CoBRA	Bronze (Ops)
255	015241498	CT/GD	Haridashan M.	230 Bn	Bronze (Ops)
256	037100219	SI/Min	Sudesh Kumar	CG Sector HQ	Bronze (Ops)
257	055240455	HC/GD	Jaya Prakash K	168 Bn	Bronze (Ops)
258	075061369	CT/GD	Anup Kumar Patel	CG Sector HQ	Silver (Ops)
259	031230915	CT/GD	Akram Ali	188 Bn	Bronze (Ops)
260	041563739	CT/GD	Kamla Kumar Pahari	188 Bn	Bronze (Ops)
261	821330792	Insp/GD	Vidhyadhar Ram	CG Sector HQ	Bronze (Ops)
262	920480774	HC/GD	Ramavtar Singh	CG Sector HQ	Bronze (Ops)
263	015061865	CT/GD	Rajkumar Orkera	62 Bn	Bronze (Ops)
264	115324279	CT/GD	Nitesh Singh Parihar	CG Sector HQ	Bronze (Ops)
265	075267207	ASI/M	Amit Kumar	CG Sector HQ	Bronze (Ops)
266	055061766	CT/GD	Dinesh Kumar Sahu	CG Sector HQ	Bronze (Ops)
267	075101762	CT/GD	Brajendra Kumar Pathak	165 Bn	Bronze (Ops)
268	4498	Comdt	Surender Kumar	209 CoBRA	Golden (Ops) 2 Star
269	5643	2-I/C	Sudhir Kumar Chauhan	209 CoBRA	Bronze (Ops)
270	7929	D/C	Vikki Kumar Pandey	209 CoBRA	Silver (Ops)
271	10723	A/C	Jitendra Singh	209 CoBRA	Bronze (Ops)
272	131280014	SI/GD	D. R. Anal	209 CoBRA	Bronze (Ops)
273	095180211	SI/GD	Parmindra Singh	209 CoBRA	Bronze (Ops)
274	127200017	SI/GD	Sunil Jaiswal	209 CoBRA	Bronze (Ops)
275	135380511	SI/GD	Jugal Kishore	209 CoBRA	Bronze (Ops)
276	110041583	HC/GD	Ranjeet Kumar	209 CoBRA	Bronze (Ops)
277	105240428	HC/GD	Arun S V	209 CoBRA	Bronze (Ops)
278	095000141	HC/GD	Ajay Yadav	209 CoBRA	Bronze (Ops)
279	061440105	HC/GD	Mahindar Singh	209 CoBRA	Bronze (Ops)
280	041550868	HC/GD	Rajesh Kumar	209 CoBRA	Bronze (Ops)
281	105180934	HC/RO	Mukesh Singh Yadav	209 CoBRA	Bronze (Ops)
282	065200045	HC/RO	Samrat Kumar	209 CoBRA	Bronze (Ops)
283	125032636	CT/GD	P Vijay Kumar	209 CoBRA	Bronze (Ops)
284	145318954	CT/GD	Gautam Kumar	209 CoBRA	Bronze (Ops)
285	135313441	CT/GD	Alok Kumar Parui	209 CoBRA	Bronze (Ops)
286	145183309	CT/GD	Jaiveer Singh	209 CoBRA	Bronze (Ops)
287	135210562	CT/GD	Chavan Prithviraj	209 CoBRA	Bronze (Ops)
288	145100902	CT/GD	Mukesh Kumar Mishra	209 CoBRA	Bronze (Ops)

289	105203907	CT/GD	G C Pandey	209 CoBRA	Bronze (Ops)
290	105065888	CT/GD	Avdhesh Singh	209 CoBRA	Bronze (Ops)
291	115041874	CT/GD	Manoj Mahar	209 CoBRA	Bronze (Ops)
292	115210816	CT/GD	Atul P Kamble	209 CoBRA	Bronze (Ops)
293	105120085	CT/GD	Chauhan Ranjit	209 CoBRA	Silver (Ops)
294	115200286	CT/GD	Bhim Singh	209 CoBRA	Silver (Ops)
295	115042568	CT/GD	Nandan Kumar Rout	209 CoBRA	Bronze (Ops)
296	115133199	CT/GD	Rubul Boro	209 CoBRA	Bronze (Ops)
297	115131507	CT/GD	Harihar Kherkhetary	209 CoBRA	Silver (Ops)
298	8098	D/C	Gaurav Sharma	193 Bn	Golden (Ops)
299		SP Khunti	Alok	Jharkhand Police	Bronze (Ops)
300	6986	ASP	Anurag Raj	Ops Khunti, Jharkhand Police	Silver (Ops)
301		Dy SP	Kuldeep Kumar	Jharkhand Police	Bronze (Ops)
302	439	Constable	Dhananjay Kumar	Jharkhand Police	Bronze (Ops)
303	5521	2-I/C	Mani G Nair	14 Bn	Golden (Ops) 1 star
304	9624	A/C	A. B.Kaipou	14 Bn	Golden (Ops) 3 star
305	11131	A/C	Hari Shankar Shukla	14 Bn	Golden (Ops) 1 star
306	880926597	ASI/GD	Mallayya H.S.	14 Bn	Silver (Ops)
307	045240631	CT/GD	Shiju.Y	14 Bn	Silver (Ops)
308	115162662	CT/GD	Baljinder Singh	14 Bn	Silver (Ops)
309	145311939	CT/GD	Rakesh Singh	14 Bn	Bronze (Ops)
310	145312713	CT/GD	Prameshwar Tirkey	14 Bn	Bronze (Ops)
311	145313559	CT/GD	Prakash Paswan	14 Bn	Silver (Ops)
312	5686	2-I/C	G. Suresh Babu	147 Bn	Bronze (Ops)
313	5523	2-I/C	Pawan Kumar Singh	147 Bn	Golden (Ops) with 3 star
314	091300043	Insp/GD	Anil Kumar	147 Bn	Bronze (Ops)
315	131470035	SI/GD	Narendra Kumar	147 Bn	Silver (Ops)
316	981242915	HC/GD	Santosh Kumar Das	147 Bn	Bronze (Ops)
317	055132369	CT/GD	Dhananjay Rabha	147 Bn	Silver (Ops)
318	075134848	CT/GD	Biju Moni Bordholoi	147 Bn	Bronze (Ops)
319	095143272	CT/GD	S.T. Rao	147 Bn	Bronze (Ops)
320	913287217	CT/Cook	Isthe Hasan	147 Bn	Bronze (Ops)
321	6296	2-I/C	Shailendra Kumar	168 Bn	Silver (Ops)
322	7598	D/C	T. M. Kargeti	168 Bn	Bronze (Ops)
323	10694	A/C	L. Charan Tej Kr Reddy	168 Bn	Silver (Ops)
324	10699	A/C	Srinivasan J	168 Bn	Bronze (Ops)
325	10796	A/C	Saikat Haldar (Now at 184 Bn)	168 Bn	Bronze (Ops)
326	125341932	SI/GD	S. K. Upadhayay	168 Bn	Silver (Ops)
327	65228557	CT/GD	Ved Prakash Shukla	168 Bn	Bronze (Ops)
328	145211801	CT/GD	Thorat Rohit	168 Bn	Bronze (Ops)
329	175271989	CT/GD	Anil Kumar R.	168 Bn	Bronze (Ops)
330	10375	A/C	C. Kannan	201 CoBRA	Bronze (Ops)
331	075001134	SI/GD	Oma Ram	201 CoBRA	Bronze (Ops)
332	105190895	HC/GD	Jitendra Kumar Puri	201 CoBRA	Bronze (Ops)
333	065029466	HC/GD	Rajeev Yadav	201 CoBRA	Bronze (Ops)
334	035021706	HC/GD	Brijesh Kumar Singh	201 CoBRA	Bronze (Ops)
335	041731141	HC/GD	Kapil Kumar	201 CoBRA	Bronze (Ops)
336	115137623	CT/GD	Balit Machary	201 CoBRA	Bronze (Ops)
337	145130071	CT/GD	Bulbul Morang	201 CoBRA	Bronze (Ops)
338	145310648	CT/GD	Fransis Tigga	201 CoBRA	Bronze (Ops)



ग्रुप केन्द्र, चन्दौली के शिलान्यास समारोह के उपरान्त माननीय गृहमंत्री श्री राजनाथ सिंह को स्मृति चिन्ह भेंट करते हुए श्री राजीव राय भटनागर, महानिदेशक, के.रि.पु.बल।



अन्तर्राष्ट्रीय महिला दिवस के अवसर पर द्वीप प्रज्जवलित कर समारोह का उद्घाटन करते हुए डॉ. मनु भटनागर, अध्यक्षा कावा एवं साथ में हैं अन्य कावा सदस्य।



80वीं वार्षिक परेड के अवसर पर मुख्य अतिथि श्री अजीत डोभाल, राष्ट्रीय सुरक्षा सलाहकार के साथ
श्री राजीव राय भटनागर, महानिदेशक, के.रि.पु.बल एवं वरिष्ठ अधिकारीगण के साथ ग्रुप फोटोग्राफस।