



सीआरपीएफ

समाचार

वर्ष 66

अंक 5

मई – जून, 2020





के.रि.पु.बल के साथ लम्बे समय से भावनात्मक जुड़ाव होने पर 47 बटालियन, आरा बिहार के जवानों एवं उनके परिवारों के साथ मेल-मिलाप करने पर गौरवान्वित : नाना पाटेकर।



आने वाली पीढ़ियों को स्वस्थ एवं खुशहाल वातावरण देने के लिए - 147 बटालियन, के.रि.पु.बल के अधिकारियों एवं जवानों ने काशीपुर के ग्रामवासियों के साथ मिलकर ग्राम काशीपुर, सिलचर, जिला कछार, असम में दिनांक 13/6/20 को पौधा रोपण किया।



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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

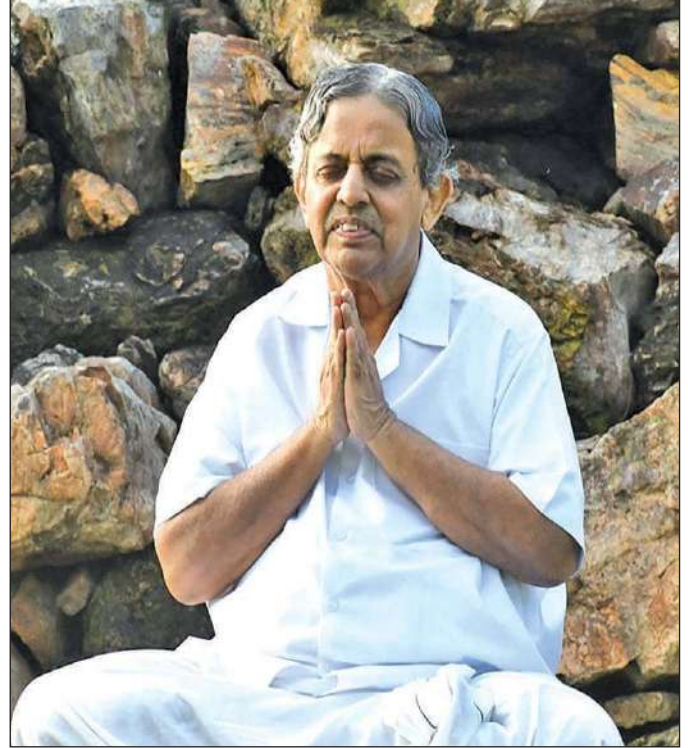
CRPF Celebrate International Yoga Day

Renowned Yoga Guru Dr. H.R. Nagendra enlightened the Force personnel on Yoga

CRPF in spirited manner celebrated the idea and ideals of Yoga. Besides participating in the International Yoga Day events of the AYUSH Ministry @<http://yoga.ayush.gov.in/yoga/> on 21st June 2020, internationally acclaimed Yoga expert Padmashree Dr. H.R. Nagendra shared his wisdom on Yoga for the benefit of 3.25 lakh Force personnel and their family members on 20th June at 11:00 hours through digital platforms. Finding a way out of the crippling constraints of COVID-19 in terms of physical distancing, the Force decided to go digital to further firm up its fraternity with Yoga. In a first of its kind endeavour, the rank and file of CRPF across the country were web-linked to benefit from the wide Yogic expertise and experience of yet another first of its kind educational and research institution, Swami Vivekanand Yoga Anusandhana Samsthana, S-VYASA, based in Bangaluru, Karnataka. The CRPF-S VYASA collaborative Yogic exercise included a key note address by Dr. Nagendra, Chancellor, S-VYASA on “Words of Wisdom on Yoga” and welcome address by Dr. A.P. Maheshwari, DG, CRPF besides the trademark Cyclic Meditation practice, innovated by S-VYASA. The entire session was live streamed on Facebook, Youtube and BISAG to widen its reach for the CRPF family members in particular and the people in general.

Dr. Nagendra, a mechanical engineer by choice and a Yoga expert by passion, enjoys a rich experience of working in reputed institutions which include Harvard University, USA, Imperial College of Science and Technology, London, and Indian Institute of Science, Bangaluru. Currently he is heading the Task Force on International Day of Yoga, Govt of India. Under his able stewardship, S-VYASA, a deemed University has been blending the spiritual essence of the East with the modern scientific research of the West to establish Yoga as a socially relevant science.

As for CRPF – the Force constantly navigated the choppy waters of internal security of the



country, it's natural to co-opt Yoga as an integral component into its professional toolkit. The Force has mandated one month long yoga training schedule in all identified CRPF locations having a strength of more than 500 personnel since 2016. It had also included as part of the daily routine physical exercise syllabus of basic training and all in-service courses as well. Due to its special emphasis on Yoga, CRPF has been arranging for yoga training for its personnel in tie up with prestigious institutions like the Morarji Desai National Institute of Yoga, New Delhi. During the last 4 years, the Force has produced 1100 master trainers in Yoga, who in turn have been imparting the skills to their colleagues, family members and also the civilians.

The umbilical attachment CRPF enjoys with Yoga was well gauged from the fact that the International Yoga Day celebration last year witnessed the active participation of a whopping 93,000 Force personnel thanks to the detoxifying and de-stressing dynamics of Yoga.

CRPF: Proactive Towards Environmental Protection

CRPF-country's lead force for maintenance of internal security had been immensely contributing to its environmental security. Against the backdrop of the ever rising call and clamour for ecological protection and preservation, the Force has taken upon itself the responsibility of adding various green initiatives to its professional profile, while frontloading the task of maintaining the internal security of the country, as always.

Toeing the governmental line of action on environmental protection, CRPF has of late decided to plant 22 lakh saplings across the country to augment the country's green canopy. It had successfully ensured all its campuses across the country remained plastic free, especially the single-use plastic. The Force had also paid desired attention to waste management by taking to vermi-composting in over 40 of its Group Centres besides setting up of in-house sewage treatment plants in many of its formations.

Energy conservation being an important environmental intervention, CRPF had been alive to the usage and utilitarian worth of solar energy. Accordingly, many of its residential complexes as well as administrative offices across the country have been harnessing solar energy to supplement their daily energy requirement in addition to in-campus street lighting.

On the water conservation front, the Force had been taking several measures for water harvesting for the benefit of the people within its area of operation. In fact, the 195 Bn deployed in Dantewada in the Bastar region in Chhattisgarh had earned the accolade of the Government of India when it was declared as the 'waterheroes' for January 2020 under the Jal Shakti Abhiyan. The unit had been helping the water-stressed people of this highly naxal-affected and one of the most backward regions of the country to address their water-woes through simple interventions such as rainwater harvesting, water conservation and usage of potable water. The Force had also taken active part in Clean Ganga Mission at multiple points such as at Prayagraj, Varanasi and Begusarai along the bank of the Ganga. Over and above, it had been launched beach-cleaning drives in Mumbai under a collaborative model.

Taking its environmental initiative a step closer to the ecological ambitions of the Government, CRPF has green-lighted the procurement of its new fleet of vehicles with ecologically compliant Bharat Stage VI specifications.

The ecological concerns of the Force is also well echoed in the overall eco-friendly architectural model of its upcoming new Headquarters building at Lodhi Road, New Delhi. The proposed structure factor in several green features which included solar energy, energy efficient architecture, eco-friendly construction materials and water conservation.

CRPF-the multi-spectrum Force in the internal security scenario of the country had also proved itself to be an environment friendly Force which had flagged many green initiatives.



Smt. Sonal Shah, Wife of Union Home Minister Calls for Self-Reliance

(Attends the Silver Jubilee Webinar of CWA-the Family Front of CRPF)



Smt. Sonal Shah, wife of Union Home Minister, Shri Amit Shah called upon CRPF Family to use 'Swadeshi' products and encourage others to do so. Reiterating the call of the hon'ble Prime Minister of India on self reliance by incremental usage of 'Swadeshi' products, Smt. Shah asked 'CRPF Family Welfare Association', CWA, the family front of CRPF, to encourage the Self-Help Groups under its aegis to seize the on-going pandemic as an opportunity. She was addressed the CRPF personnel and the members of CWA via video conferencing on the occasion of the 25th anniversary of the CWA. Smt. Shah said that around 50 lakh family members of 10 lakh personnel of CAPFs would stand to enjoy 'Swadeshi' products being sold through their respective canteens across the country.

Appreciating CRPF for its frontline role in the country's war against COVID-19, Chief Guest of the event, Smt. Shah said that the Government of India has taken a number of steps to ensure the safety and well being of the Force personnel. Offering her tribute to the 20 brave hearts, who recently laid down their lives on the borders and also to all those who have attained martyrdom in the line of duty, Smt. Shah said that the entire country stood with their families. She shared her deep appreciation for the commitment and patriotism of CRPF which is known for its professionalism and also for the CWA, which has been constantly working towards making CRPF families self-reliant and empowered.

Speaking on the occasion, Dr. A.P. Maheshwari, DG, CRPF welcomed the Chief Guest and congratulated the CWA for successful completion of

25 years of service. He appreciated CWA for joining hands with CRPF in carrying out the mission as propagated by Hon'ble Home Minister towards augmenting a deep sense of humane touch and community concerns that primarily included Tree Plantation drive, Divyang Care, Literacy Mission, among others.

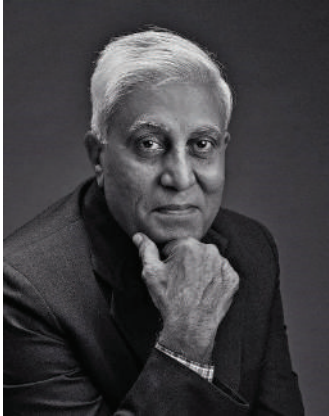
Welcoming the Chief Guest and others on the occasion, Smt. Nahid Sultana, Working President, CWA highlighted the motto behind the coming into being of CWA as a registered NGO way back in 1995. She said CWA always endeavours to bolster self-reliance of the families of CRPF personnel and also addressed the concerns of the families of the martyrs of the Force.

On the Silver Jubilee occasion of CWA, Chief Guest Smt. Shah released the annual activity calendar for the year 2020, which is a flow-chart of the social interventions that CWA and CRPF are committed to take forward. The calendar of activities factored in the desire of the Union Home Minister to observe the Year 2020 as the year of 'Arousing Human Sensibilities'. Accordingly, CRPF along with its family wing took up socially significant issues like plantation, care for the mentally challenged, adult education, welfare of the girl child, women empowerment, Swachh Bharat Abhiyan, among others. Each month was dedicated to a particular issue to be pushed for in a campaign mode, while still continuing with the efforts in all other areas. Smt. Shah also unveiled the Silver Jubilee mission statement of CWA which reads- "SASHAKT PARIVAR-SABAL RASHTRA KA ADHAR" (Empowered family is the basis of a powerful nation). Senior officers and personnel of the Force along with members and functionaries of CWA including Smt. Ritu Arora, Member, Smt. Tanuja Bhandari, Member and Smt. Monalika Kumar, Secy were present on the occasion.

Under the able guidance of Dr. A.P. Maheshwari, CRPF-CWA are all set to plant a whopping 22 lakh saplings with the synergetic participation of not just the 3.25 lakh personnel of the Force but also the family members of the entire Force, aggregating to more than 12 lakh members. The mammoth plantation drive, to be undertaken in a mission mode, had been mandated by Dr. Maheshwari to be completed by 20th July 2020.



A Glance at 1969 DAGOs 10th Batch CRPF Down the Memory Lane....!!!



Prakash V. Belgamkar
Ex DIG, CRPF

PART – I

Brief History

The Central Reserve Police Force has a colonial past. One Battalion called Crown Representative's Police (CR'sP) was sanctioned on 27th July, 1939 under the British India Act 1935. The purpose of this Federal Force was to help the Princely States under

British dominion in India to deal with prevailing Hur menace, Pindari bandits/raiders. Also to deal with Praja mandal agitation, a move by people in mid '30s to free from Princely control and to achieve freedom from British.

Training of this Bn started and the HQ was established in an abandoned cantonment at Nimach, a small town in erstwhile Gwalior court and presently state of Madhya Pradesh adjoining Rajasthan. NIMACH (now Neemuch) is possibly an abbreviation of North India Mechanised Artillery Cavalry Headquarters established a century ago under Major General Sir David Ochterlony, a British commander.

Major Peart was the Commandant of CRP's Bn, assisted by a Second-in-Command. The sanctioned strength was 1000. The Bn structure was of 4 companies, each having 4 platoons and each platoon with 3 sections.

Company was commanded by officers, Platoon by JCO, SOs and sections by NCOs/UOs. The strength was drawn mainly from disbanded Army units, ex-servicemen and partly local recruitment from the Punjab and Rajasthan/Marwar region. Selection was really tough. Platoon composition was based on community, religion and caste.

In the first two Companies each platoon consisted exclusively of Punjabi Muslims, Sikh, Kaimkhani, Dogra, Ahi and Gujar, Sikh, Maratha, Meena and

Mahzabi. Similar composition existed in the rest of the Coys. There were separate messes in each platoon/community. As learnt from the study of Shri J S Gill, Addl DG (Retd.) CRPF, at the end of December 1939, the strength of the Bn/Force was 5 Officers, 22 Subordinate Officers, 78 Head Constables, 765 Constables and 15 Followers. Training was on Infantry pattern. After training the Force remained stationed at Neemuch and contingents were dispatched to various places for duties.

After the Battalion became operational and pressed into service, later in 1946 additional two companies were raised for the second Bn. However, British Raj came to an end, Second Bn was sanctioned in 1948 in the post independence era.

Some of the salient features of the Force then were-

- The union Jack was unfurled at quarter Guard daily.
- No colour given to the Force. No insignia/monogram was noticed on any correspondence. However, Insignia/Emblem of the Crown Representative's Police was seen on a sports shield called "Lothian Trophy" which is like replica of Star of India placed in the centre of SUN prominently and inside "Heaven's Light, Our Guide" and below the star CROWN REPRESENTATIVE'S POLICE inscribed.
- Incidentally Sir Arther Lothain was a British Resident of Rajputana based at Mt. Abu residency.
- CR's Police constable emoluments were higher than that of Army, and Police equivalent. Comparative total emoluments of CR'sP constable, Army sepoy and constable in Central India Agency Police were - Rs 28 Anna 8 Paisa 0; 24-9-0; 27-8-0 respectively.
- Ration money too was being considered @ Rs 5 for men in CR'sP.
- The Uniform was a khaki shirt and khaki half pant with pugree as head gear. Boot patti and pith hat for officers.

Among many other rewards and achievements by this Force, a member of the Force Subedar Barkat



▲ 10th Batch Dago's Reunion 15-12-2019

Singh became the recipient of GEORGE CROSS, second highest gallantry medal in the Empire.

- During the partition muslims numbering about 200-250 left for Pakistan and were allowed to carry personal arms and accoutrement.

PART -II

CENTRAL RESERVE POLICE FORCE

Validity of India Act 1935 ceased when India achieved its freedom from the British on 15th August, 1947. Logically, the continuity of the Crown Representative's Police Force came into question.

It's the performance of the CR's Police contingents when riots, plunder and murders broke out following the partition in Delhi and surroundings that possibly brought them to the notice of the Home Minister. He placed the bill on table for discussion in the constituent assembly. Though some leaders were not in favour of continuation of this British

legacy, according to Sardar Vallabh Bhai Patel, the Home Minister, many states in the new republic were not equipped with a trained police machinery to handle the emerging law and order problems on their own. Hence there was a need to retain this trained Force as a federal Force to assist the states till such time they have their own police trained and prepared to take care of their problems. The bill was passed and the Crown Representative's Police was retained with the new title "Central Reserve Police" Force under Schedule-7, List 2, Concurrent list in the Constitution of India as Any Other Armed Force of the union.

The CRPF is the oldest amongst the Paramilitary Forces, (now CAPF). The total strength of the CRPF could be one Battalion and two coys (minus muslims who migrated to Pakistan) at the beginning as a new Force.

Little did perhaps the Great Sardar Patel realise that his short term goal of temporary need



of federal Force CRPF will become indispensable and permanent to make him prophetic, a visionary. Ever since, Sardar Patel's birthday on 30th October had been celebrated as the CRPF raising day every year until 1984. Prime Minister Indira Gandhi's assassination on this day in 1984 made to shift the date to 30th December for a few years and afterwards CRPF raising day became a matter of politico - bureaucratic convenience.

The coming years proved the consolidation of CRPF with exponential growth to deal with all sorts of problems that the states failed to handle. It would take volumes to describe the chronological growth, duties and related structural and functional changes of period over seven decades here, so only a sketchy brief is given below -

- Structure of a CRPF battalion was different from the pre-independent CRP's Bn.
- A Bn now got 6 service coys, each coy with 3 platoons and each platoon with 3 sections.
- Bn under commandant, assisted by a 2IC at HQ, company commanded by a coy commander an officer. Platoon commanded by a JCO or Sub Inspector and Section by NCO or under officer.
- Strength of a Coy was 125 executives and 9 followers. Battalion or unit total strength was about 1100 men.
- Unlike previous practice of community, caste, creed and religion based platoons, now there was no discrimination and the units, subunits had all India representation.
- The comdt used to be from Army ret'd Col./ Lt Col. and officers from the army initially and some state police officers absorbed in CRPF and a very few IPS.
- Force HQ had mainly IPS and a few ex army officers.
- The CRPF Act came into Force after Presidential notification in December 1949 and had retrospective effect to cover the period from Aug 1947 to validate existence of the Force in absence of India Act 1935. Then followed the CRPF rules in 1955.
- CRPF HQ shifted to Delhi and was placed under IGP Delhi in early 50s.
- The colour was presented to the Force in 1951 by

Sardar Vallabh Bhai Patel, the Home Minister.

- The growth in the first few years was slow, till 1964 only about 17 Bns were present. Thereafter some Battalions of India Reserve (IR) which were raised by states funded by the centre were amalgamated/merged with the CRPF raising the strength to form a Directorate under the DG in the Force in 1968. Group centers came up to meet the need for housekeeping and logistics and to create family station and Hospitals for the members in 1968.
- To overcome the problem of pay and allowances and GPF etc faced by the CRPF members which were under State Accountant General, an independent PAO came up for CRPF in 1968.
- Keeping up with the need and demand for the rapidly growing Force, necessary changes, additions and subsidiary institutes kept coming up. Initial one Central Training College at Neemuch was added with separate training institutes for GOs, SOs, UOs and Constable recruits. Signal Bns were added.
- Additions came in the form of regular Bns, auxiliary Bns and Peace Keeping Bns during the '80s. An exclusive Mahila Bn, first of its kind anywhere, in 1986-87. This was followed with a big addition of 30 service Bns in one go in 1989-90 including Rapid Action Force units.
- In 1969 we had 52 Bns when the 10th DAGO batch joined the CRPF. By the time the 10th batch made its exit from the Force there were approx. 170 duty Bns

At present, the CRPF has 248 Duty Bns, 43 Group Centres, 20 Training Institutes, 15 RAF Bns and 10 COBRA Bns. A massive formation to be proud of by any standard.

Duties

CRPF were being used on all types of duties right from border patrol duties of IB, counter insurgency in the North East, J&K, mob control, communal riots, important installations, prisons, VIPs and even local police duties in Arunachal (NEFA) till its own state police came in to being. Also anti-dacoity ops, guarding jails, refugee camps, Govt treasuries, elections etc.

In one such occasion a CRPF patrol party was



ambushed by the Chinese in Hot Spring in Ladakh on Oct 21, 1959 in which 10 members of the Force attained martyrdom. That day later became All India Police Commemoration Day observed by all police personnel in the country.

CRPF performed rear guard action in the war time to assist the Army in 1965 and 1971. In the 1965 war on the Rajasthan border one company of CRPF fought the battle against a brigade of Pak Army and held them at bay for several hours.

It's like you name the duty and CRPF have either performed or been performing it. The unique feature of this Force is its versatility, adaptability, efficacy, no bias, and no extra demands or requirements on the borrowing agency. It has therefore endeared one and all till today in its function.

The pressure of duties and multiple roles made it inevitable to create new Forces -

- After the 1962 war with Chinese to create ITBP to guard Indo -Tibet Border
- After the 1965 Indo-Pak war the BSF came up to guard the East-West Pak international borders effectively
- Then came SSB in 1966
- In 1968 CISF was created for industrial establishments

CRPF retained the prominent role of Internal Security. With the passage of time and changing requirements. The roles of these Forces kept up with redistribution of roles and responsibilities.

CRPF contingents have been serving with UN Missions abroad on a regular requirement basis. In 1987 the CRPF was a part of IPKF in Sri Lanka. Exclusive Mahila contingent had also gone out on UN peacekeeping missions.

With allocation of roles and duties of internal security, at present large part of the Force is engaged in counter insurgency ops in Chhattisgarh, Orissa, Bihar, Jharkhand, West Bengal, J&K and North East region.

Achievements

The Force is honoured with George Cross (in its previous form CR'sP) and several Army and Police gallantry medals to credit with in its journey

from its raising till date. Hundreds of its members have sacrificed their life at the altar of duty for the nation. In sports, the Force has produced legends in Gurbachan Singh Randhawa, Hari Chand, Khajan Singh besides many more.

Problem areas and dilemma

Biggest concern is the family life that Force members are deprived of, especially at the level of Other Ranks and Subordinate Officers. Nature of duties and semi-nomadic life keeps them apart for prolonged duration. Many solutions have been tried and tested but the problem continues. Constant engagement on duties of extremely difficult nature is resulting in fatigue and affects the performance and psyche of members at lower ranks. This also gives hardly any time for training and recoupment to men.

Nomadic life, running from pillar to post and measuring length and breadth of the country at very short notices, always on move that earned CRPF the nickname of Chalthe Raho Pyare Furtise.

Sufferings of family life due to prolonged separation and education of children have been addressed to an extent but have limitations due to the enormity of Force and inherent movements. The variables of operations, logistics and administration equilibrium remain a challenge.

Law and Order is a state subject. CRPF's role remains limited to assisting the State Police as a federal Force. Their actions are questioned when there is a conflict of interest with local police. At times complaints or FIRs have been lodged for their action, inaction or overaction and on legalities.

Easy access to the CRPF has resulted in excessive use of this Force sometimes on normal police duties and duties when found inconvenient by the local police. In sensitive areas of operations like naxal zones of Bastar etc, the local police whose primary duty is to provide intelligence input, sometimes failed to do it resulting in mishap for the security Forces. While performing duties under Operational control of the Army too it's a tightrope walk at times for the Force personnel.

In essence, CRPF is a kind of valley existing between two mountains, Army and Police. It supports both, complimentary in their existence. The civilization happens in the valley but the credit goes

to visible mountains. The valley carries essentials for life i.e. water in the form of the river. It washes away the dirt and soil of these high profile hills and continues on its course silently. River in the valley gives everything that it has in service of others on its way to meet the ocean (mission- maintain integrity and unity of the nation).

PART - III

DAGOs 1969 Batch 10

The Force is an inert entity. It's the members who put life and energy in it by their actions and synergy. CRPF is a vibrant Force on account of its members working incessantly in difficult, life threatening conditions at the risk of their life, spending their youth away from family, just to keep this nation as one sovereign and integrated, by fighting against the Forces of destruction and evil. Rightly therefore, it is called the strong arm of the centre.

CRPF is a need based organisation that falls under an unplanned budget. Therefore, growth has been fits and starts, haphazard. The career planning is missing and the prospective plan invisible. Officers cadre was recognised as Organised Group A Service in 1986 but benefits ignored. Making a career in the Force seemed a herculean task then.

Our first six batches of directly appointed officers were from IPS probationers list, who were just next to the IPS selection and offered to join CRPF. That was from 1961 to 1966. EC officers started coming to CRPF after release from 1967-1970. A few TA officers also joined the Force. Similarly SSCOs were taken in the force till 1972.

The first CRPF recruitment of officers from open market started in the Force as Seventh batch DAGO in 1967, followed by 8th DAGOs the same year. And 9th Batch a year later in 1968. The DAGOs who joined earlier to ECOs were given seniority which





was challenged by the ECOs in court. In the crossfire came the 10th batch.

28 youngsters in their prime youth landed in sleepish town of Nimach, Madhya Pradesh to begin training on their journey to become officers in the CRPF. They had come out successful in All India selection conducted by the MHA. They formed conglomerates, coming from different states, different upbringing. There were National, International players. Some of the candidates were distant runners, some with a scholarly background.

Training of Dy SPs/Coy Comdr started on 15th December and lasted for 10 months. Training was quite tough and more on infantry lines with maximum thrust on physical fitness, mental alertness and coordination. Initial fitness training was followed with weapons and field tactics, battle inoculation, jungle camps and various operations. The afternoon classes devoted to indoor training with Act and Rules, Provisioning, Manuals, Man management, Material management etc.

Halfway through the training, two of the trainees had to leave the training and the Force on medical ground. At the last leg of the training one more officer had quit the job on his own volition. Army Chief Gen. (Later Field Marshal) Sam Manekshaw took the salute at their passing out parade.

After passing out of training college these officers commenced their individual journey of tryst with destiny in the Force with companies to command. Major deployment then was in NES to combat insurgency, J&K to combat terrorists and West Bengal for anti extremist duties.

Once you come out of the college, comes the test of your map, compass and scriptures you have read. Many times you find that nothing works in the practical field of real life's journey. You have to devise our own method to make a way forward. Fortunately our instructors in the training prepared us to find our way and they did not prepare or show the way.

Initial years were smooth in the field postings and the batch continued its march gallantly getting promoted to the next higher rank of Asst comdt (now Dy.Comdt) within 7 years in January 1977. This was however short-lived. The storms

developed by internal organisation Forces due to court case outcome in favour of ECOs/SCOs in mid '80s and by way of special DPC rocked the main body of the 10th batch and put them on the backfoot on their journey. Their promotion was shifted to 1981 notionally and their five increments earned were ordered for stoppage with recovery. Lots of efforts by some officers in convincing the DG and MHA somehow managed to prevent stoppage and recovery of earned increments.

When they restarted their journey limping but with perseverance and strong will, a major eruption followed by a tsunami, again by Internal Forces in the form of DPC of June 1990, for the next promotion just blew many of them apart before they could comprehend the mystery. This time not only earlier ECOs,SSCOs and LPs but officers of their own pedigree (DAGOs) from two junior batches climbed on top of them. Those smart, tenacious and lucky from the batch survived these upheavals and continued to climb higher in their pursuit to reach the pinnacle of the edifice defined for DAGOs of the Force. Superseded unfortunates lost their career building hopes but continued with no alternatives. Some by providential coincidence, left on deputation to escape the humiliations at home. They found the new temporary shelter much better and cosy to work with.

Did these internal upheavals brighten the organisational firmament and took it to new heights of glory? Or it developed fissures in the regimented Force?

Story of 10 batch is of agony and ecstasy. Their so-called batch fell apart. Select few went on to adorn the dome of the organisational edifice as gems. Rest found the place as bricks in the wall or the pedestal.

One officer termed it as a massacred batch. Maybe he has in mind the fact that out of 28 officers, during training two left training due to medical reasons, one left on own volition. Two left during service, five left for heavenly abode. Out of the 18 left, the DPCs carried out the proverbial massacre.

Geologically speaking, a tectonic bed formation as 10th DAGOS in the CRPF's crust in 1969 was soon subjected to the dynamics of natural and successive forces within the organization resulting in, crushing and metamorphosis of a major section..

“हमारे टूटने की वजह उस जौहरी से पूछो,
जिसने हमें तराशा है।”

The history and folklore form the part of victorious and not vanquished. It's for posterity to judge them.

The brighter side was that 6 from the batch rose to the level of IGP and kept the flag flying high. They were - SS Rawat, DNS Bisht, VD Tokas, Sumer Singh, Gurcharan Singh, Pushkar Singh.

7 retired in the rank of DIsGP namely - PV Belgamkar, Devendra Kumar, PJ Singh, P N Sharma, Pooran Singh, Ajit Singh, BS Negi

5 retired in the rank of Commandant - MV Singh, SB Mehra, AK Chhibber, Umrao Singh, BS Narang.

It's only one side of the story. Other side was full of adventures and pleasure. CRPF is the only organisation that takes you on Bharat Darshan at its cost. Most of us were deployed in all nooks and corners as well as the big cities and small towns of this great country. We lived in tents and we lived in Palaces and shelters while on duty. Pilgrimage happened during service time free of cost. Adventures happened. Inaccessible places were toured, explored during duties that even a rich and powerful would just envy, as it's beyond the reach of money/influence. Campus life, semi-nomadic, scaffold-like existence in the CRPF is indeed tough, yet enjoyable with jawans, SOs and officers living like one family.

Time spent with people especially in the North East is unforgettable. It's impossible to find such simple, happy, beautiful and friendly but tough people elsewhere that we have come across in the North East. Similarly J&K, it is indeed a paradise, Ladakh is so picturesque beyond imagination with people friendly and meditative. South Indians have their own tranquility, beauty, culture and flavour. Magnificent countryside in these states, especially the sea shores, temples are great attractions for all. The west is amazingly different and enchanting. So are other parts.

This country of ours with so many different people of different religion, culture, look, food habits, cuisines, oriented to different climate conditions at the same time is so unique. It has no parallel in the world. Our Country, a heritage of culture, is a treasure of beautiful people, places. It puts one in awe.

Proudly we can say as CRPF members, we are “true Indian citizens” having lived in all parts of this great nation without demarcations of state and community. Every festival and occasion is celebrated with participation of all in our Force units. CRPF is “Mini India” in true sense with colours and flavours of different items (members from all regions, cast, communities, religions served on one platter (CRPF unit).

CRPF provided some of us a platform to do training courses even sending abroad. Encouraged





us to remain physically fit and mentally alert. Hill station may have been luxuries for some but they were routine for us in duties. We handled different weapons and moved like Robinhoods in the jungles. Facing bullets of insurgents in the NE, J&K, or in Naxal areas and escaping death in ambush made our resolve stronger in our fight for the nation and faith in Almighty. Living on edge in these difficult conditions enhanced faith in life.

Living with our men, leading them from the front gave us confidence in self, made us humane, WE had opportunities to protect VVIPs, VIPs, high risk criminals, sensitive jails, refugee camps and common people in difficult times viz communal riots, pandemic. Got the opportunity to provide relief and succour to victims of disasters. Innumerable occasions that gave us thrill and happiness, we rued on few ones too in this great Force. Officers' Mess gatherings made life heavenly even in the sensitive operational areas.

In batch V D Tokas, H S Negi and Pooran Singh were honoured with the Police Medal for Gallantry. Many of the batch were recipients of Police Meritorious service and President's Distinguished Service Medal. Achievements in various fields substantially outnumbered whatever the setback.

Our colleagues who left the Force during service are still in close touch. They achieved glory in their own field and well settled. Rajpal Singh Tomar returned to lectureship on leaving the Force and went on to become a principal of a reputed college in Meerut. He is also a Major with the NCC. Shiv Nandan Yadav too went back to teaching line as lecturer in college to become principal. M Dasarathi became a big management executive in an international company and moved out of the country. M P Singh, a bright star of the batch, took calculated risk to resign from the Force to complete his MBA from AIM, Manila that propelled his career making him youngest General Manager at OTIS Elevators - world's largest elevator company - based in the USA. He was the Director and Country manager (INDIA) for The JET Engine manufacturers Prett and Whitney (USA) and took early retirement as CEO of Europe's largest smelting company manufacturing Copper and Gold to settle down in Mumbai.

We lost some precious officers while serving in the Force, Rajender Singh Yadav and Harbans Singh Boparai both died in road accidents while on duty. J S Dawson, Kashi Nath Singhand, H S Negi succumbed to illness. After retirement B S Narang and S S Rawat left us for heavenly abode. These bright and loving officers will remain in our heart and memory till we are alive. We remember them and pay homage to them during our meetings annually. As mentioned earlier the officers of 10th batch contributed substantially in bringing honour to the force and keep the flag fly-high.

In sports M V Singh, best outdoor and no. one of the batch, played for India in basketball; J S Dawson, indoor best of batch, became national champion in triple jump and in All India Police Games, always getting gold in his event for the force.

Paramjeet Singh continues to win medals in long distance events at National / International Athletics Championships in veteran category.

Aside from sports, the contributors in other areas worth mentioning are-

DNS Bisht, the sword of honour of this batch, served as instructor to junior DAGOs batches. He did a Diploma in Training management from Thames Valley University, Slough and VIP protection at Preston UK, British Royal Police. He served on deputation with Min. of Commerce/industry, then elite NSG and SPG. Later became the director ISA CRPF Mt Abu. The "Mission Statement" of the CRPF is his contribution.

Devendra Kumar happened to be the youngest officer so far to have received the Police Meritorious Service Medal in 1972 following the 1971 Indo-Pak war. He was at eastern front then. He had a long stint with RAW on deputation, serving abroad on two Indian missions successfully.

Gurcharan Singh participated in the 1971 war on western front J & K sector and fought alongside the Indian Army with a company of CRPF. His other major contribution is CRPF Public School Delhi, of which he is the first officiating Principal. He raised the initial infrastructure including admissions, staff and started the school which is now a pride of the Force.



PV Belgamkar was selected to work in the Spl Selection Board of MHA on three occasions to select DAGOs in the CPOs. Later at IIPA, he obtained M.Phil and PG Dip with distinctions. He was selected to work as JAD Org in Dte Gen. During his tenure 2nd cadre review of the CRPF was cleared in record time. Also 30 Bns were added with new GCs to the Force in one go, the largest expansion till then. He too had a successful stint on deputation with NSG during which he received the President's Distinguished Service Medal. His photography skills won him appreciation not only from DG NSG, but from Israel and German counterparts when his photos were presented to them by DG NSG during his visit to these countries. He held photo exhibitions in NSG as well as in CRPF. Did his diploma in Russian language. He wrote study papers on various burning issues of the Force namely Voluntary Retirements, Family in Force, Welfare Housing. He commanded SDG, which is a part of elite SPG. He did Hostage Negotiation/Crisis Management conducted by Scotland Yard Police, as well as FBI,

PART -- IV

CONCLUSION

Journey in the Force taught us the meaning of what is called life. It is also a mirror for posterity. With passage of time the openings for a number of officers to rise to the level of IGP and above have brightened.

We were just waves in the ocean of CRPF. Roars of the ocean drown feeble voices of waves..

After retirement, the level playing field is one, no rank and file to count. Realisation has dawned that nothing matters but inner peace. अनासक्ति Sufi Baba Farid says

“जात सिर्फ खुदा दी उच्ची,
बाकी सब कुछ मिट्टी मिट्टी...”

I heard that a Zen mystic Chwang Tsu once had a dream. In the dream he became a butterfly meandering in a garden. Next day his disciple found him disturbed. On asking he narrated the dream. They laughed off and asked what's there to worry? It's only a dream, they are not real. Chwan Tsu said “My problem is whether Chwang Tsu in a dream

became a butterfly or the butterfly in the dream has become Chwang Tsu?” Very difficult to answer this, what we see with open eyes goes into oblivion when we close our eyes, we enter a different world. What is real then? At the end of the day, our so called achievements, honours, our insults and failures all become dreams. Nothing lasts. Saint Kabir said:

“नाम अनाम अनंत रहत है, दूजा तत्व न होइ,
कहे कबीर सुनो भाई साधो, भटक मरे न कोई”

CRPF, a vibrant, dynamic Force, remains etched in our life forever. We lived CRPF in our body and mind during service and even now. It provided us with our daily bread, our family, friends and izzat. Last but not the least, made us conscious of good health. The Force made us worth that we are today.

“मुझे कौन तुझसे अलग करे, मैं हूँ प्यास तू झील है;
न सबूत है ... न दलील है!”

Note: On 15 th December 2019, our batch gathered at group centre Gurugram Haryana and indulged happily in Golden Jubilee celebrations. Completion of 50 years of CRPF life as members and ex-members. Presence of all batchmates with their life partners and families of the next generation was ample proof of camaraderie and affection the batch carries as a 10th batch family.

We were delighted and felt honoured with the presence of Smt and Shri R.M. Sahai as our chief guest. Shri R.M. Sahai happened to be our vice-principal and course incharge during the basic training. Picturesque surroundings under the relaxed mild golden winter sun at the golf course club of CRPF and lavish arrangements were icing on the cake. Presence of the Director CRPF Academy and the GC DIG with some of their officers made us happy. It strengthened our belief that the senior citizens of this great Force are still loved, respected and cared for. That's the spirit of this Force and its members. Future of the Force is in safe hands.

Long Live the spirit of the Force

Long Live CRPF !

जय हिन्द!

Government e-Marketplace (GeM)

Preface

1. Public procurement forms a very important part of Government activity and reform in Public Procurement is one of the top priorities of the present Government. Government e-Marketplace (GeM) is a very bold step of the Government with the aim to transform the way in which procurement of goods and services is done by the Government Ministries/ Departments, PSUs, autonomous bodies etc.
2. GeM owes its genesis to the recommendations of two Groups of Secretaries made to the Hon'ble PM in January 2016. They recommended setting up of a dedicated e-market for different goods & services procured/sold by Government/PSUs besides reforming DGS&D. Subsequently, the Hon'ble FM in his Budget speech for FY 2016-17, announced setting up of a technology driven platform to facilitate procurement of goods and services by various Ministries and agencies of the Government.
3. DGS&D with technical support of NeGD (National E-Governance Division) and MeitY (Ministry of Electronics and Information Technology) has developed GeM portal for procurement of both Products & Services. The portal was launched on 9th August 2016 by the Hon'ble Commerce & Industry Minister. Procurement on GeM has been authorized by GFR by adding Rule 141A (DoE OM dated 3rd May 2016). Presently more than 7400 products of about 150 product categories and hiring of transport service are available on GeM POC portal.

What is GeM?

GeM is a short form of one stop Government e-Market Place hosted by DGS&D where common user goods and services can be procured. GeM is dynamic, self sustaining and user friendly portal for making procurement by Government offices. GeM is likely to be rolled out on pilot basis shortly but full-fledged GeM will start in about a year. The prices on GeM are dynamic. Aadhaar Number is a must for using GeM for primary and secondary users. All online documents in GeM are e-signed through an OTP received on mobile number linked with

Aadhaar. New features addition to GeM 2.0 has been put on hold since 17-Nov-2017 and will resume once GeM 3.0 is launched, that is, post 26 Jan, 2018.

Aim of GeM:-

The aim is to enhance transparency, efficiency and speed in public procurement of goods and services and eliminate corruption as the payment will be made directly to bank account by the paying authority of the buyer ideally within 10 days after receipt and acceptance of the Goods/ Services. It functions under Directorate General of Supplies and Disposals (DGS&D), Ministry of Commerce and Industries. It is completely paperless, cashless and system driven e-market place that enable procurement of common use goods and services with minimum human interface.



Vijay Kumar
DC Welfare,
(Spl. Cell), CRPF, Dte

GFR-2017 Rule No-149

The Procurement of Goods and Services by Ministries or Departments will be mandatory for Goods or Services available on GeM. The GeM portal shall be utilized by the Government buyers for direct on-line purchases as under:-

1. Up to Rs. 50,000/- through any of the available suppliers on the GeM, meeting.
2. the requisite quality, specification and delivery period.
3. Above Rs. 50,000/- and up to Rs. 30,00,000/- through the GeM Seller having lowest price amongst the available sellers, of at least three different manufacturers, on GeM, meeting the requisite quality, specification and delivery period. The tools for online bidding and online reverse auction available on GeM can be used by the Buyer if decided by the competent authority.
4. The Ministries/Departments shall work out their procurement requirements of Goods and Services on either "OPEX" (Operating Expenses)



model or “CAPEX” (Capital Expenditures) model as per their requirement/ suitability at the time of preparation of Budget Estimates (BE) and shall project their Annual Procurement Plan of goods and services on GeM portal within 30 days of Budget approval.

5. The Government Buyers may ascertain the reasonableness of prices before placement of order using the Business Analytics (BA) tools available on GeM including the Last Purchase Price on GeM, Department's own Last Purchase Price etc.
6. A demand for goods shall not be divided into small quantities to make piecemeal purchases to avoid procurement through L-1 Buying / bidding / reverse auction on GeM or the necessity of obtaining the sanction of higher authorities required with reference to the estimated value of the total demand.

Types of Users:-

- The GeM mandates primary user (HoD) to create subordinate secondary users in the system with specific role and responsibilities of Buyers, DDOs, Consignees and PAOs.
- HODs/ officers of the rank of Joint Secretary and equivalent for using the services of GeM. These officers can further authorize other officers of their Department to utilize the services of GeM.
- The secondary users in the system shall be person of responsibilities as approved by primary user, but not below the rank of a section officer/ equivalent.

How do I buy on GeM?

- Register yourself at GeM.
- Placing demand as Indenter.
- Search on GeM and choose the products
- Place order as Purchaser.
- Once order is placed, supplier to deliver the Goods/ Services to consignee within stipulated delivery date.
- Once the Goods/ Services are received, consignee to update the Provisional Receipt Certificate (PRC) with date in the GeM.
- Payment to be released by Buyer within 10 days of receipt of Goods/ Services against Consignee's Receipt and Acceptance Certificate (CRAC)

digitally signed for the accepting authority in the GeM.

- After verification including assessment of quality and quantity, the Consignee will Issue on-line digitally signed Consignee's Receipt & Acceptance Certificate (CRAC) for that stage within 10 days of date of issue of PRC.
- The CRAC would clearly indicate:
 - i) The Order quantity
 - ii) Rejected quantity (if any, with reasons for rejection including shortages/damaged/ unaccepted quality).
 - iii) Quantity accepted and cleared for payment.

Purchase Process

1. When the purchase amount is Less than Rs. 50, 000. There is no need of doing comparison.
 - i) Buyer can select any product as per their specifications.
2. When the purchase amount is more than Rs 50, 000:
 - i) It is mandatory to do comparison of the products first.
 - ii) Buyer need to select the L1 product.

Purchase Options

- i) Direct Purchase
- ii) Bidding
- iii) Reverse Auction

Direct Purchase

For the purchases in the above condition:

- Go on product of screen and select product at top of right for comparison of products maximum upto four products.
- Select the product(s).
- If the amount is less than 50, 000 then buyer can go for any product
- Add to cart.

Bidding & Reverse Auction

- **Bidding:-** Bidding is an offer (often competitive) to set a price by an individual or business for a product or service or a demand that something be done. Bidding is used to determine the cost or value of something.

- **Reverse Auction:-** A reverse auction is a type of auction in which the roles of buyer and seller are reversed. In a reverse auction, the sellers compete to obtain business from the buyer and prices will typically decrease as the sellers underbid each other.

Buying from Single OEM:

According to the provisions of GFR rule 141 A, GeM may be utilized by Government buyers for direct on-line purchases above Rs. 50,000/- also but such purchase has to be through the supplier having lowest price amongst the available suppliers on the GeM. In order to ensure that buyers select only L-1 available offer, the GeM portal requires that buyer first compares product. While comparing, care should be taken that comparison has to be done between products of at least two different Manufacturers / OEMs. For L-1 buying, comparison has to be made between products of at least two different OEMs. If a buyer wants to buy any specific OEM's product, then she/he can choose PAC buying in administrative filters after obtaining necessary approvals of competent authority and can buy without comparing products from two different OEMs.

Important Note :-

- All filters applied by the buyer at the selecting product always remain on GeM and it **may be seen by the HOD**, means the buyer has adequate justification as per requisite quality.
- The Buyer/consignee receives the Goods/ Services and issues an online PRC, within 48 hours, on 'said to contain basis' on the GeM portal with his/her digital signature, mentioning the date of Receipt (From this date of PRC the period of 10 days for consignee's/buyer's right of rejection and return policy would be applicable).
- The purchase officer has to take necessary approvals of competent authority of their department in accordance with GFR and other Government instructions applicable to them.
- Items selected for purchase will remain on hold and price will not change for 5 days during which the purchase officers can take necessary approval. If the prices fall, the purchase officer is at liberty to buy at lower rate.

जरा उनकी भी सोचिए

जरूरी है समय रहते; मंदिरों-मस्जिदों, पर्यटन स्थलों, बाजारों, रेलवे स्टेशनों, बस स्टैंडों, सार्वजनिक स्थलों के समीप भिक्षाटन से अपना गुजर-बसर करने वाले असहाय, लाचार, बेबस, बेघर भिक्षुओं के लिए भी सोचना, जिनका जीवनयापन श्रद्धालुओं के द्वारा दिए गए सप्रेम भेंट (भिक्षा) से चलता था जिनके पास न राशन कार्ड, न कोई खाता, न आधार कार्ड, न ही वृद्धापेंशन और न ही किसान रजिस्ट्रेशन; कुल मिलाकर जिसका कोई आधिकारिक पहचान ही न हो। आखिर कैसे कटेगी इस लॉकडाउन अवधि में उनकी जिन्दगी...



जितेन्द्र कुमार
सहा. कमा., बिहार सेक्टर
के.रि.पु. बल, पटना

ऐसे में कोई तो बने इन दीन-दुखियों का मसीहा। आवश्यकता है नोट- वोट की चिंता छोड़कर आगे आने की। चाहे कोई आएँ। कोई सामाजिक पुरोधा, कोई एनजीओ, किसी राजनीतिक दल के कार्यकर्ताओं अथवा समाजसेवियों; लेकिन आगे आने की जरूरत है, तब चलेगी उन बेचारों-बेसहारा की जिन्दगी; जिनका आशियाना होता है खुला आसमान।

आज इस वैश्विक महामारी (कोरोना/COVID-19) से अपने को सुरक्षित रखने व लॉक डाउन की कड़ाई से पालन करने को ले जहाँ सभी घर में हैं। ऐसे में बहुत कम लोग हैं, जिन्हें चिन्ता है उन असहाय और बेघर भिक्षुओं की, जिसने हमेशा से कल के बारे में सोचे बिना, अपना आज जीया है। जिसमें वर्षों से किसी प्रकार के संचय की प्रवृत्ति नहीं है। आखिर कैसे कटेगी उनकी यह लॉक डाउन अवधि? कैसे बीतेगा उनका कल ?

मन्दिरों में प्रतिदिन आयोजित होने वाले 'दरिद्र नारायण भोज/ लंगर' से अपनी जठराग्नि मिटाने वाले का क्या होगा ? अब कौन मिटाएगा इनकी जठराग्नि ?

और भी जरूरतमंद हैं समाज में जो, आज भी उपेक्षित हैं, सेवा से वंचित हैं। सरकार व उनके प्रतिनिधियों को भी चाहिए कि इस बेबस-बेघर भिखारियों के लिए कुछ सोचें और उनके लिए कोई उपाय निकालें।

साथ ही हम आम नागरिकों को भी चाहिए कि यदि हमारे आस-पास ऐसे लोग हैं तो उन्हें आवश्यक बुनियादी सुविधाएं मुहैया करावें। उनकी रक्षा करें और मनुष्यता को बचाएँ।

आप लोग यह मानिए कि आप जैसे कुछ ही हैं, जिनके कोई नहीं हैं, उनके अपने बने हुए हैं या बन सकते हैं। ...और आज के इस विषम परिस्थितियों में मानवीयता, आत्मीयता, सहृदयता, ममता, संवेदनशीलता, सेवा आदि विलुप्त होते शब्दों की व्यापकता और महत्ता का परिचय देकर सामाजिक आदर्श स्थापित करें। रामराज्य (जहाँ कोई भूखा न सोये) की परिकल्पना को सत्य साबित करें।

जय हिन्द...!! जय भारत...!!

योग और हमारा स्वास्थ्य

योग न सिर्फ लोगों को बीमार होने से बचाता है बल्कि वह नकारात्मक ऊर्जा को दूर कर उनमें सकारात्मक ऊर्जा भरने का कार्य भी करता है। आज के मशीनी युग में मानव का जीवन यंत्रवत हो गया है तथा उनके सारे कार्य मशीनों से सम्पन्न होने लगे हैं। इस तरह के माहौल में स्वयं को शारीरिक एवं मानसिक रूप से स्वस्थ रखना एक बड़ी चुनौती बन गया है। हमारे जीवन में तनाव, आलस व बीमारी का प्रभाव बढ़ता जा रहा है, भले ही विज्ञान की उन्नति ने हमें वो सभी सुख-सुविधा प्रदान कर दी है, जिससे हमारा जीवन आसानी से व्यतीत हो जाए।

मानव ने मलेरिया, कैंसर जैसे असाध्य बीमारियों के लिए दवाइयों की खोज कर ली मगर अभी तक मानसिक शांति के लिए उनके पास भी कोई जवाब नहीं है। मगर



कृष्णा कुमार

बल संख्या-037280156
उप निरीक्षक, महानिदेशालय

भारतीय सभ्यता एवं संस्कृति ने विश्व के लोगों को न सिर्फ शारीरिक व मानसिक स्वास्थ्य के संबंध में युक्तियाँ प्रदान की हैं, बल्कि मन की शांति के लिए भी एक ऐसी आशा की किरण प्रदान की है।

वह योग ही है जिसके माध्यम से तनाव, बीमारी, थकान व अन्य स्वास्थ्य समस्याओं से पूर्णतः छुटकारा पाया जा सकता है। योग मन की शांति प्राप्त करने का सबसे युक्तिसंगत तरीका है।

योग का इतिहास

1950 के आसपास योग भारतीय उपमहाद्वीप से निकल कर पश्चिम के देशों तक पहुँचा जहाँ उनके द्वारा कई बार इस पर वैज्ञानिक शोध व परीक्षण किए गए।





उन शोधों के नतीजों ने भारतीय योग शिक्षकों के दावे पर मुहर लगा दी। आज के युग में योग मानसिक व शारीरिक स्वास्थ्य को बनाए रखने में महत्वपूर्ण योगदान दे रहा है। इस कारण इसकी लोकप्रियता तेजी से बढ़ रही है।

योग का शाब्दिक अर्थ व परिभाषा

योग शब्द की उत्पत्ति संस्कृत की यज्ञ धातु से हुई है, जिसका शाब्दिक अर्थ होता है “जोड़ना या संबंधित करना”। यदि योग को परिभाषित किया जाए तो यह उस विधा का नाम है, जिससे शरीर व आत्मा का मिलन अर्थात् योग होता है।

भारत में आज से पाँच हजार वर्ष पूर्व से योग का जन्म माना जाता है। इसके बारे में पहला प्रामाणिक ग्रंथ पतंजलि द्वारा ‘योगसूत्र’ 200 ईसा पूर्व लिखा गया था।

प्राचीन भारत में रही गुरु शिष्य परंपरा के चलते यह पीढ़ी दर पीढ़ी आगे बढ़ता रहा और आज भी जीवित है। इस विधा से आज करोड़ों लोग लाभान्वित हो रहे हैं, जिसका श्रेय भारतीय योग गुरुओं को दिया जाना न्यायसंगत है।

योग के प्रकार

महर्षि पतंजलि द्वारा लिखे गये योगसूत्र में पाँच प्रकार के योग का वर्णन किया गया है, जिनमें हठ योग, कर्म योग, ध्यान योग, भक्ति योग व ज्ञान योग का उल्लेख किया गया है।

ज्ञान का मस्तिष्क से, भक्ति का आत्मा से, ध्यान का मन से

तथा कर्म योग का संबंध कार्यों से माना गया है। साथ ही योग में अंगों का विधान भी किया गया है, जो इस प्रकार है:-

1. **यम** : हिंसा न करना, सत्य बोलना, चोरी न करना, ब्रह्मचर्य व धन इकट्ठा न करने की शिक्षा।
2. **नियम** : स्वयं अध्ययन, संतोषी स्वभाव, तपस्या, शारीरिक व मानसिक पवित्र आचरण तथा आस्था को नियम में रखा गया है।
3. **आसन** : योगसूत्र में विभिन्न 84 शारीरिक क्रियाओं को आसन में शामिल किया जाता है।
4. **प्राणायाम** : श्वास को अंदर लेना, अंदर रोक कर रखना तथा छोड़ना प्राणायाम में आता है।
5. **प्रत्याहार** : लौकिक सुख और इच्छाओं को समाप्त कर अपना मन एकाग्रचित्त करना प्रत्याहार कहलाता है।
6. **धारणा** : किसी श्रेष्ठ कर्म को मन में धारण कर उसकी अभिप्राप्ति हेतु किया जाने वाला प्रयत्न धारणा कहलाता है।
7. **ध्यान** : अंतरात्मा के साथ अपने मन को इस तरह केन्द्रित कर देना जिससे संसार के किसी क्रियाकलाप का उसपर प्रभाव न पड़े।

योग का जीवन में महत्व

अब तक के विवरण से यह स्पष्ट है कि शरीर को स्वस्थ स्थिति में लाकर ही योग किया जा सकता है तथा किस तरह योग के विभिन्न अंग व्यक्ति के शारीरिक और मानसिक स्वास्थ्य के लिए लाभकारी है।

मन, आत्मा व शरीर इन तीनों अवयवों को एक कर देना, उनमें एक स्थापित कर देना ही योग है।

यदि शरीर व मन स्वस्थ नहीं है,
तो लक्ष्य को पाना असम्भव है,
योग करने से मन और शरीर
दोनों स्वस्थ होते हैं

हैप्पी योगा दिवस



“सी.आर.पी.एफ. महान है”

या तो इस बदन पे वर्दी हो,
या कफन तिरंगा हो प्यारा।
ये जान वतन के नाम है कि,
बस रुके न प्रगति की धारा।
जिस बल के सीने में रहता,
हर पल यही अरमान है।
इसलिए सब कहते हैं,
सी.आर.पी.एफ. महान है।



सिपाही/जी.डी.
जय प्रकाश दुबे
कार्यालय - 26 बटालियन

दुश्मन न आँख उठा पाए,
एक कदम न आगे बढ़ा पाए।
जो कोशिश करके देख भी ले,
तो अपनी जान से वो जाए।
इस देश पे आंच न आने पाए,
हो जाते हम कुर्बान हैं।
इसलिए सब कहते हैं,
सी.आर.पी.एफ. महान है।

चाहे वर्षा का हो मौसम,
चाहे गर्मी की मार हो।
या सर्द वादियों में फिर क्यों न,
बर्फीले ऊंचे पहाड़ हों।
इन सबको नित सहते हुए,
खड़े जो सीना तान है।
इसलिए सब कहते हैं,
सी.आर.पी.एफ. महान है।

विपदा की घड़ी हो या आपद भारी,
चाहे हो फिर कोविड महामारी।
मानव मूल्यों के साथ चले हम,
देशहित में सदा जीयें हम।
जब तक देश के हम हैं रक्षक,
सुरक्षित पूरा जहान है।
इसलिए सब कहते हैं,
सी.आर.पी.एफ. महान है।



प्रकृति और पर्यावरण

कितनी मनोरम है ये धरती,
प्रकृति और ये पर्यावरण।
कल-कल बहते पानी के झरने,
हरी भरी सी धरती और
इसके इंद्रधनुषीय नजारे।



हव./जी.डी. विक्रान्त
जनसंपर्क, महानिदेशालय

कलरव करते नभ में पक्षी,
जीवन के राग सुनाते हैं।
मस्त पवन के झोंकों में,
यूँही बहते जाते हैं।

फूलों से रस को चुनने,
कितने भौंरे आते हैं।
कली-कली पर घूम-घूम कर,
देखो कैसे इतराते हैं।

बारिश की बूंदें भी देखो,
सबके मन को भाती हैं।
हरा-भरा कर धरती को,
सबको जीवन दे जाती हैं।

कितनी मनोरम है ये धरती,
प्रकृति और ये पर्यावरण।
हमको जीवन देने वाली प्रकृति का,
मिलकर करना है हम सबको संरक्षण।



कोरोना जा जा कोरोना जा जा

जिंदगी चल रही थी, मौजें हो रही थी,
बागों में बहार थी, और होटलों में मीठी मीठी तकरार थी,
बड़ी-बड़ी लाईनें थी, महफिलें थी,
इंतेजार था तो कहीं इकरार था,
प्रोग्राम बनाते थे और दोस्तों के साथ पार्क में,
होटल में खूब धूम मचाते थे।
कि
सहसा कोरोना आ गया।
किसी ने कहा, इससे बचना पड़ेगा, घर के अंदर रहना पड़ेगा
मगर बाहर निकले तो मास्क पहनना पड़ेगा।
मैंने कहा ऐसा है क्या
घर से निकलो ही नहीं
तो,
फिर ऑफिस में काम कौन करेगा
ऑफिस भी लॉक डाउन में बंद रहेगा
कोरोना आया है और बंद ही उपाय बताया है।
मैंने कहा चलो अब सरकारी आदेश को बजाते हैं कुछ दिन?
घर में ही बोल बतियाते हैं।
थोड़े दिन में ही पकवान की खुशबू फेसबुक पर बिखरने लगी
कभी ससुराल से तो कभी दोस्त के घर से रेंसिपी निकलने लगी।
बीबी ने भी अपना हाथ आजमाया
पूरे परिवार को खूब पकवान खिलाया।
इसी दौरान रुक-रुक करके सरकार ने भी
लॉक डाउन को बार-बार बढ़ाया
पर,
सुनते हैं कोरोना भी काबू ना आया।
तभी एक दिन बीबी ने मुस्कुरा के फरमाया सुनो जी,
ई ससुरा कोरोना तो ना ठीक से आया न गया पर,

लगता इस बार गर्मियों की
छुट्टियों का मेरा मायके का फेरा
तो गया।

मेरे दिमाग में थोड़े डर के साथ
ही एक नया प्लान आया।

गाड़ी उठायी, बीबी-बच्चों को
बिठा कुछ दिन ससुराल भी घूम
आया।

जब वापस घर आया तो थोड़ा
परिवर्तन पाया।

दुकानें खुली, कुछ मास्क तो कुछ
बिन मास्क लोग आते-जाते
कुछ को बतियाते, कुछ को चुपचाप
काम करते पाया।

तो

सोचा कि

शायद कोरोना अब चला गया है,

और ये सोचकर एक दोस्त से हाथ मिलाने को अपना हाथ बढ़ाया
पर ये क्या

उसने तो झटके से अपना हाथ पीछे छुपाया

और आज फिर मुझे

उसने ये ही समझाया।

कोरोना है, बचकर रहो

बाजार खुला है, सुरक्षा जारी है

मास्क लगाना है, दूरी बनानी है

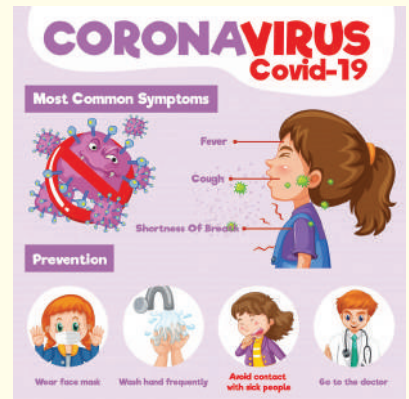
अपनी और सबकी जान बचानी है।

/// जय हिंद ///



नारायण बलाई

द्वितीय कमान अधिकारी
86 बटालियन
केंद्रीय रिजर्व पुलिस बल



महानिदेशालय के कार्यक्रम

वार्व बैठक - दिनांक 11 जून, 2020



महानिदेशक, के.रि.पु.बल भारतीय पुलिस सेवा के परिवीक्षाधीन अधिकारियों को संबोधित करते हुए



अंतर्राष्ट्रीय योग दिवस के अवसर पर महानिदेशक, के.रि.पु.बल योग कार्यक्रम वेबिनार में भाग लेते हुए



विविध कार्यक्रम

वृक्षारोपण अभियान



ग्रुप केन्द्र गुवाहाटी-अधिकारियों/कार्मिकों द्वारा वृक्षारोपण अभियान के तहत पौधा रोपण

विश्व योग दिवस



अन्तर्राष्ट्रीय योग दिवस के अवसर पर ग्रुप केन्द्र गुवाहाटी के अधिकारी व कार्मिक योग करते हुए

आतंकवाद विरोधी दिवस



आतंकवाद विरोधी दिवस - ग्रुप केन्द्र रामपुर (21 मई 2020)



Achievements

JAMMU & KASHMIR

02/05/2020

CRPF troops (92 Bn) under command of Sh. Uttam Banrjee, 2IC, along with 15/21/32 RR, 9 PARA and SOG Handwara/ Zachaldara carried out Cordon and Search Operation. During operation troops neutralized 02 un-identified terrorists and recovered AK Rifle: 02 nos, AK Mag: 06 nos, AK Ammo: 47 Rds, Ammn. Pouch: 02 nos, Trimmer: 01 no and Indian Currency: Rs 2000. During the encounter 03 Army and 01 State Police personnel attained martyrdom.

02/05/2020

CRPF troops (182&183 Bn) under command of Sh. Shashi Kant Rai, Dy. Comdt. along with 55 RR and State Police carried out Joint Cordon and Search Operation. During operation, an encounter broke out between troops and terrorists. Troops neutralized Two unidentified terrorist and also recovered INSAS Rifle- 01 and AK-56 Rifle – 01. No. 145045075 CT/GD Suman Pradhan of 183 Bn received splinter minor injuries in his left leg and right upper arm.

04-05-2020

CRPF troops (92 Bn) under command of Insp/GD Narendra Singh along with State Police carried out Law and Order duty. During operation, an encounter broke out between troops and Terrorists. During operation, 03 CRPF personnel as mentioned below got martyred 1. No. 060112863 CT/GD Santosh Kumar Mishra, 2. No. 145035132 CT/GD Chandra Sekhar C and 3. No. 075022382 CT/GD Ashwani Kumar Yadav. During Joint Search one more dead body of associate of militant namely Hazim Shafi Bhat, S/O Mohd. Shafi Bhat, R/O Khaipora, PS – Kralgund was also recovered from the incident place. During the incident the following Arms, Amns were lost. AK-47 (Butt No. S-9, body No. AC-58-7223 with 02 Mag

and & 48 Live Rounds, Insas Rifle But no. 17, Body No. 16551516 with 01 Mag and 20 Live rounds.

06/05/2020

CRPF troops (185 Bn) under command of Sh Umakant, 2-I/C along with 50 RR and SOG Pampore carried out Cordon and Search Operation. During Operation troops neutralised 02 terrorists identified as Rafiq Ahmad Dar, S/O Abdul Asis Dar, r/o Kanabal, Pampore and Adil Manzor Ali ini, S/O Md. Abdul ini, r/o Padgampura, Awantipora. Troops also recovered AK/47 Rifle-01 No and SLR Rifle-01 No.

06/05/2020

CRPF troops (185 Bn) under command of Sh B. S. Negi, DIGP SKOR, along with 55 RR and SOG Awantipora carried out Cordon and Search Operation. During Operation an encounter broke out between troops and terrorists. During retaliation 02 hardcore terrorists identified as Rayaz Ahmad Naikoo (A++ Category of HM), S/O Assadullah Naikoo, r/o- H. No. 263 Railway Track Colony Beighpora and Adil Ahmed Dar (HM terrorist) were neutralized by the troops. Troops recovered AK/56 Rifle- 02 Nos.

17/05/2020

During search, troops recovered 01 dead body of Killed terrorists namely Tahir Ahmad Bhatt (r/o Pulwama), along with 01 AK-47 Rifle and 02 Mag.

19/05/2020

CRPF troops (Valley QAT) under command of Sh. Narender Yadav, 2-I/C along with SOG team carried out Cordon and Search Operation. During Operation, terrorists lobbed 02 grenades followed by indiscriminate firing upon our troops. During encounter, 02 terrorists of HM identified as Junaid Ahmed Sehrai (Divisional Commander A++ category) and Tariq Ahmed Sheik (HM Cadre) were neutralized



and AK/56 Rifle- 01 No along with 01 Mag, Live round (AK/56)- 29 Nos, Chinese Grenade- 01 No, Chinese Pistol- 01 No along with 01 Mag, Live Round (9 mm)- 03 Nos.

25/05/2020

CRPF troops (18 Bn) under command of Sh. Gaurav Singh, Commandant along with 34 RR, SOG Nillow along with State Police carried out Cordon and Search Operation. During Operation, an encounter broke out between troops and terrorists. During encounter, 02 terrorists (ISJK group) identified as Adil Ahmad ini, S/O- Abdul Hamid ini, r/o- Shopian (J&K) and Shaheen Bashir Thokar, S/O- Bashir Ahmad Thokar, r/o- Shopian (J&K) were neutralized and recovered Pistol- 02 Nos with magazine. During encounter 02 Police officer of J&K Police received minor injury.

30/05/2020

CRPF troops (18 Bn) under command of Sh. Pravat Kumar Behera, Asst. Comdt. along with 1st RR and SOG Gufbal carried out Cordon and Search Operation. During Operation, an encounter broke out between troops and terrorists wherein troops neutralized 02 terrorists namely Shakir Ahmad Itoo and Parryaz Ahmad Pandit. During search troops recovered following:- Terrorist dead body-02, Pistol- 02 Nos, Chinese Grenade- 01 and Chilli Grenade- 03 Nos.

03/06/2020

CRPF troops (182&183 Bn) under command of Shri F A Bhagrawat, 2 I/C (Ops) along with 55 RR and SOG JKP carried out Cordon and Search operation. During Operation, troops neutralized 03 JeM terrorists namely Manzoor Ahmad Kar S/O Mohd Sultan Kar R/O Sirnoo PS Pulwama and Distt Pulwama, Javed Ahmad Zargar S/O Bashir Ahmad Zargar R/O Rangmulla PS Pulwama, Distt Pulwama and Fauji Bhai (Foreign resident) and recovered AK 56 Rifle 02 Nos and AK 47 Rifle-1 and UBGL-01 Nos.

07/06/2020

CRPF troops (178 Bn) under command of Sh Anil Kumar Briksh along with SOG State Police and 1st

RR carried out Cordon and Search Operation. During operation, troops neutralized 05 unidentified terrorists and recovered AK series rifle 02 Nos and Pistols 03 Nos (one in burnt condition).

08/06/2020

CRPF troops (14 Bn) under command of Sh Vishal Khandwal, Comdt along with SOG State Police and 44 RR carried out Cordon and Search Operation. During operation, troops neutralized 04 HM outfits namely Rayees Ahmed Khan @ Immad Khan S/O Ch Mohd Khan R/O Vehil, PS Shopian, Category "A", Umer Ahmad Dhobi S/o Gh Mohiuddin R/O Pinjora, PS Shopian, Category "B", Saqlain Amin S/O Md Amim Vagey R/o Reban PS Zainapora, Category "C" and ikeel Ahmed Naik S/O Md Yakub Naik R/O Rakhpora, Kapren, Category "C" and recovered – Rifle AK series- 02 Nos, SLR-01 No, Pistol-01 No.

10/06/2020

CRPF troops (178 Bn) under command of Sh. Master Vikash, AC along with 44 RR and SOG Imam sahib carried out a Cordon and Search Operation. During operation, an encounter broke out between troops and terrorists. During encounter, 05 un-identified terrorists were neutralized by the troops and recovered AK Series weapons – 02 nos, SLR – 01 No, Modified SLR – 01 and Pistol – 01 No.

13/06/2020

CRPF troops (Range QAT of DIG(Ops)ANG) under command of Sh P. K. Behera, Asst. Comdt. along with 19 RR and SOG Y.K. Pora (Kulgam) carried out Search Operation. During Operation, terrorists fired upon troops which were retaliated. During exchange of fire, troops neutralized 02 unidentified terrorists and recovered Pistol- 02 (along with 02 Mag), Live Amns-06, Hand Grenade- 03 and Amns Pouch-02.

16/06/2020

CRPF troops (178 Bn) under commad of Sh Anil Kumar Briksh, Comdt along with SOG State Police Zainapora, SOG Imam Sahib and 44 RR carried out Joint Cordon and Search Operation. During Operation, a fierce gun



fight took place between terrorists and the troops in which troops neutralized 03 unknown terrorists and recovered AK series weapons-02 nos and INSAS Rifle -01 no.

17/06/2020

CRPF troops (110 Bn) under command of Sh. Pankaj Kumar, Asst. Comdt. along with 50 RR and SOG Pampore c/out Cordon and Search Operation. During Operation, terrorists opened fire and lobbed grenade on the troops which was retaliated effectively. In this encounter, 03 terrorists (unidentified) were neutralized and recovered the following: - 03 dead bodies of terrorists, AK/47 Rifle- 01 and Pistol- 02 (along with Mag and rounds). Troops fired 128 Rds of 7.62x39 mm.

18/06/2020

CRPF troops (178 Bn) under command of Sh. Anil Kumar Briksh, Comdt. along with 44 RR and SOG Zainapora, SOG Imamsahib carried out Cordon and Search Operation. During Operation, terrorists opened fire on the security forces which was retaliated effectively. In this encounter, 05 terrorists (unidentified) were neutralized and recovered the following: - Dead bodies of terrorists-05 Nos, AK Series Weapons- 03 Nos and Pistol-02 Nos.

20/06/2020

CRPF troops (18 Bn) under command of Sh Gaurav Singh, Comdt. along with 34 RR and State Police c/ out Cordon and Search Operation. During Operation, a terrorist hiding in the house opened indiscriminate fire on the troops which was retaliated bravely. During encounter one foreign terrorist namely Tayab ileed @ Imran Bhai was neutralized and recovered the following- Dead body of terrorist- 01, AK/56 Rifle-01(a/w 04 Mag), Carbine M-4- 01(a/w 01 Mag), Pistol- 01(a/w 02 Mag), Hand Grenade-03, Live Round (5.56 mm)-50, Live Round (9 mm)-12 and other misc items.

21/06/2020\

CRPF troops (82 Bn) under command of Sh. Narender Yadav, 2-I/C along with 82 Bn CRPF and State Police c/

out Cordon and Search Operation. During Operation, the terrorists hiding in the house fired indiscriminately on the troops which was which was retaliated bravely. In a fierce exchange of fire, the valley QAT neutralized 03 terrorists. Post encounter search the following were recovered- 03 dead bodies of terrorists, AK/47 Rifle-01 and Pistol-02.

23/06/2020

CRPF troops (182 Bn) under command of Sh. Udaya Bhaskar D., Asst. Comdt. along with 55 RR and SOG Pulwama c/out Joint Operation. During Operation, the terrorists hiding in the house fired indiscriminately on the troops which was retaliated effectively. During exchange of fire, 02 terrorists of JeM outfit identified as Owais Ahmad Bhat, S/O-Md. Yousuf Bhat, r/o-Shopian (J&K) and Aijaz Ahmad Ganie, S/O- Nazir Ahmad Ganie, r/o- Shopian (J&K) were neutralized and recovered the following:- Dead bodies of 02 slain terrorists, AK/56 Rifle- 02 (a/w 05 mag), Live Rounds (AK/56)- 170, Hand Grenade-03. In this incident, No. 0013774779 HC/ GD Kale Sunil of 182 Bn CRPF received bullet injury on his head and succumbed to it. No. 001374779, HC/GD Kale Sunil attained martyrdom in the service of the Nation.

25/06/2020

CRPF troops (92, 177, 179 & Range NKOR) u/c Sh. Johan Beck, Asst. Comdt. along with 22 RR and SOG Sopore (JKP) c/out joint Cordon and Search Operation. During Operation, terrorists hiding on the house opened indiscriminate fire upon the troops. In retaliation troops of 22 RR opened fire. During encounter, 02 terrorists (LeT outfit) identified as Bilal Ahmad Parray (r/o-J&K) and ileed Ahmad Mir (r/o- J&K) were neutralized. Post encounter search troops recovered the following:- dead bodies of 02 terrorists, AK/56 Rifle-01, AK/47 Rifle-01, AK Mag- 04, AK Rounds-49 and other misc items.

25/06/2020

CRPF troops (180 Bn) under command of Sh. Ravinder Kumar, 2-I/C along with 42 RR, SOG and State Police c/out Cordon & Search Operation. During Operation,



an encounter broke out between troops and terrorists. In the exchange of fire, 03 terrorists were neutralized and following were recovered:-03 dead bodies (in charred condition) of unidentified terrorists, A/K Rifle- 02, Pistol- 01, A/K Mag- 06, AK Rds- 05 No.

26/06/2020

CRPF troops (90 Bn) under command of Insp/GD Rajiv Dimri along with State Police were deployed for L&O duty. Suddenly, unidentified terrorists, riding on a Scooty, open fire upon the troops. No. 150042712 Ct/GD Shyamal Kumar Dey of 90 Bn CRPF received severe bullet injuries. Meanwhile, other troops took position and retaliated promptly, but terrorists managed to escape taking advantage of the crowd. In retaliation, troops fired AK/47- 22 Rds and INSAS- 18 Rds. No. 150042712 Ct/GD Shyamal Kumar Dey was immediately evacuated to the hospital, but succumbed to his injuries and attained martyrdom.

29/06/2020

CRPF troops (96 Bn) under command of Sh. Dinesh Chandra, Asst. Comdt. along with 19 RR and SOG c/out Cordon and Search Operation. During Operation, an encounter broke out between troops of 19 RR, SOG team and terrorists. During encounter 03 terrorists identified as 1. Tariq Ahmad Khan (r/o- Anantnag, J&K), 2. Nasim Ahmad Dar (r/o-Kulgam, J&K), 3. Masood (r/o-Doda, J&K) were neutralized. Post encounter search troops recovered the following:- 03 dead bodies of slain terrorists, AK/47 Rifle- 01, Pistol- 02, Chinese Grenade-01 & Magazine Pouch-01.

30/06/2020

CRPF troops of 90 Bn, Range QAT ANG along with 03 RR and State Police c/out Cordon and Search Operation. During Operation, an encounter broke out between troops and terrorists wherein troops neutralized 02 terrorists. Post encounter search troops

recovered the following:- dead body of slain terrorists- 02, Insas Rifle- 01 & Pistol- 01.

LWE AREA

JHARKHAND

28/05/2020

CRPF troops (60 Bn) under command of Sh. Raju D. Naik, 2IC, along with State Police carried out Search and Destroy Operation. During operation, an encounter broke out between troops and Maoists. During operation troops neutralized 03 Maoists (02 Male and 01 Female) and apprehended 01 injured (Bullet) Naxal cadre Manoj Hessa (r/o- vill- Sabuli, U/PS: Tebo, Distt: West Singhbhum, Jharkhand) Post encounter troops recovered AK 47-01 no, 315 Rifle: 03 nos, Desi Pistol- 01 NO, Live Ammo- 31, HHMD-01 no and other misc items. During operation troops fired following ammo: 7.62×39 MM- 540 Rds and 5.56 mm- 40 Rds.

18/06/2020

CRPF troops (22 Bn) under command of Sh. Pramjeet Kumar, Asst. Comdt. along with State Police carried out Search & Destroy Operation. During operation, an encounter broke out between troops and Maoists. 01 Maoist (unidentified uniformed cadre) was neutralized by troops and recovered the following:- 01 dead body of Maoist, AKM- 01 (Body No. 8890), Live Round (7.62x39 mm)- 13, Empty Case (7.62x39 mm)- 02, AKM Mag- 01, Spring Field Rifle (US Made, Body No. 65282871HC B9)- 01, Mag Filler- 04, Round 30- 06SPRGPPU- 59, Round 30 06S & BSPRG BO- 46, Miss fire Case- 01, Mobile Phone- 04 and other misc items.



Welfare Branch

CONSOLIDATED DETAILS REGARDING STATE EX-GRATIA ON DEATH/DISABILITY

Name of State	State EX-GRATIA & GPAIS Admissible to Personnel belonging to the State		State Ex-Gratia Admissible to Personnel Killed In Action But Not Belonging To The State
	If Killed in action in State	If killed in action outside State	
Arunachal Pradesh	Rs. 50 Lac Rs. 10 Lac, permanent disability. Rs. 50,000/- grievous/serious injury.	Rs. 50 Lac Rs. 10 Lac, permanent disability. Rs. 50,000/- grievous/serious injury.	Rs. 50 Lac Rs. 10 Lac, permanent disability. Rs. 50,000/- grievous/serious injury.
Assam	Rs. 20 Lac on death Rs. 2 Lac on 50% and above disability Rs. 25,000/- on non-grievous injury.	Rs. 20 Lac on death Rs. 2 Lac on 50% and above disability Rs. 25,000/- on non-grievous injury.	Rs. 20 Lac on death Rs. 2 Lac on 50% and above disability Rs. 25,000/- on non-grievous injury
Andhra Pradesh	In case of death i) Rs. 30 Lac upto the rank of SI ii) Rs. 36 Lac for Insp. and above In case of permanent disablement Rs. 12 Lac In case of grievous hurt in extremist Rs. 3.6 Lac	Not specified	In case of death i) Rs. 30 Lac upto the rank of SI ii) Rs. 36 Lac for Insp. and above In case of permanent disablement Rs. 12 Lac In case of grievous hurt in extremist Rs. 3.6 Lac
Bihar	Ex- Gratia- Rs. 11 Lac	Ex- Gratia- Rs. 11 Lac	Ex- Gratia- Rs. 11 Lac
Chhattisgarh	GPAIS 1. To NOK in death case - Rs. 15 Lac To parents in death case - Rs. 10 Lac Loss of the both hand, leg, ears and eye. - Rs. 20 Lac Loss of one hand, leg, ears and eye. - Rs. 10 Lac For treatment upto one week - Rs. 20000/- For treatment more than a week - Rs. 40000/- For Education of Child - Rs. 40000/- Ex-Gratia - Rs. 3 Lac	Not specified	GPAIS 1) To NOK in death case - Rs. 15 Lac To parents in death case - Rs. 10 Lac Loss of the both hand, leg, ears and eye. - Rs. 20 Lac Loss of one hand, leg, ears and eye. - Rs. 10 Lac For treatment upto one week - Rs. 20000/- For treatment more than a week - Rs. 40000/- For Education of Child - Rs. 40000/- Ex-Gratia - Rs. 03 Lac
Chandigarh	Rs. 5 Lac	Not specified	Rs. 2 Lacs
Delhi	1) In case of death in jr/Operation or duties / action :- a) To parents, if martyrs is Married and they are alive; and - Rs.40,00,000/- To Widow, if parents of martyr is alive - Rs.60,00,000/- b) To widow, if martyr's parents are not alive - Rs.1 Crore c) To parents, if martyr is unmarried - Rs. 1 Crore d) To legal heir, if married/unmarried & wife / parents not alive - Rs.1 Crore 2) In case of Disability in performing duties / action :- Disability 60% and above- Rs.10,00,000/- Below 60 % disability - Rs.6,00,000/- 3) In case of prisoner of War/Missing in War/Operations/ Prisoner of War:- Missing in War/Operations/Prisoner of War (Division of amount would be in the same manner to Next of Kin. - Rs. 50,000/- per month 4) Employment to NOK in Group C or D post under Delhi Govt.	1) In case of death in jr/Operation or duties / action :- a) To parents, if martyr is married and they are alive - Rs.40,00,000/- and To Widow, if parents of martyr is alive - Rs.60,00,000/- b) To widow, if martyr's parents are not alive - Rs.1 Crore c) To parents, if martyr is unmarried - Rs. 1 Crore d) To legal heir, if married /unmarried & wife / parents not alive -Rs.1 Crore 2) In case of Disability in performing duties/ action :- Disability 60% and above -Rs. 10,00,000/- Below 60 % disability -Rs.6,00,000/- 3) In case of prisoner of War/Missing in War/ Operations / Prisoner of War :- Missing in War/Operations /Prisoner of War (Division of amount would be in the same manner to Next of Kin. - Rs. 50,000/- per month 4) Employment to NOK in Group C or D post under Delhi Govt.	Nil



Name of State	State EX-GRATIA & GPAIS Admissible to Personnel belonging to the State		State Ex-Gratia Admissible to Personnel Killed In Action But Not Belonging To The State
	If Killed in action in State	If killed in action outside State	
Gujarat	1. To Widow i) Rs. 1 Lac as ex-gratia ii) Financial assistance of Rs.1,000/- p.m. till death or re-marriage whichever is earlier. 2. To Wards :-Rs.500/- p.m. to each ward (maximum two children-till attaining the age of 25 years or completion of education whichever is earlier) 3. To parents :- Rs.500/- p.m.to each till death. 4. Disabled personnel:- Rs.50,000/- on 50% disability and 1000/- p.m. as financial assistance till death. 5. To parents, if Martyr is unmarried:- Rs. 50,000/- to mother and Rs.500/- p.m. to each till death.	Not specified	1. To Widow :- i) Rs. 1 Lac as ex-gratia ii) Financial assistance of or re-marriage whichever is earlier. Rs.1,000/- p.m. till death 2. To Wards :- Rs. 500/- p.m. to each ward (maximum two children-till attaining the age of 25 years or completion of education whichever is earlier) 3. To parents :- Rs. 500/- p.m.to each till death. 4. Disabled persl:- Rs.50,000/- on 50% disability and 1000/- p.m. as financial assistance till death. 5. To parents, if Martyr is unmarried:- Rs. 50,000/- to mother and Rs. 500/- p.m. to each till death.
Goa	Rs. 10 Lac in case of death Rs. 3 Lac in disability Rs. 8 Lac in case of death attributable to military service Rs. 2 Lac in case of disability attributable to military service Rs. 8 Lac in case of death attributable to acts of violence by terrorist, anti social elements etc. Rs. 2 Lac in case of disability attributable to acts of violence by terrorists, anti-social elements etc.		—
Haryana	Rs. 50 Lac on death (In action) Rs. 50 Lac on death (during Internal Security Duty, Ops , Election duty, Natural calamities and rescue operations etc.) Rs. 35 Lac on 75% & above disability Rs. 25 Lac on 50 to 74% Rs. 15 Lac on 25 to 49%	Rs. 50 Lac on death (In action) Rs. 50 Lac on death (during Internal Security Duty, Ops , Election duty, Natural calamities and rescue operations etc.) Rs. 35 Lac on 75% & above disability Rs. 25 Lac on 50 to 74% Rs. 15 Lac on 25 to 49%	Nil
Himachal Pradesh	1) Battle Casualty – Rs.20 lac 2) Physical Casualty – Rs.5 lac 3) 50% disability or above, and – Rs.2.5 lac 50% disability below – Rs.1 lac a) Employment to one eligible dependent of martyr's personnel. b) Travelling facility to widows, parents and children of para military forces.	1) Battle Casualty – Rs.20 lac 2) Physical Casualty – Rs.5 lac 3) 50% disability or above – Rs.2.5 lac and; 50% disability below – Rs.1 lac a) Employment to one eligible dependent of martyr's personnel. b) Travelling facility to widows, parents and children of para military forces.	1) Battle Casualty – Rs.20 lac 2) Physical Casualty – Rs.5 lac 3) 50% disability or above – Rs.2.5 lac and 50% disability below – Rs.1 lac a) Employment to one eligible dependent of martyr's personnel.
Jharkhand	i) Rs. 10 Lac Ex-gratia ii) Compassionate appointment to dependent, if Central Govt. did not provided the job to the dependent. iii) To the family of a security personnel killed:- – Rs. 20 lakh (SRE) Insurance benefits during the financial year 2019-20 :- i) Death case – Rs.35,00,000/- ii) Permanent total disability – Rs.35,00,000/- iii) Loss of two limbs, loss of sight of two eyes or loss of one limb & loss of sight of one eye. –Rs.35,00,000/- iv) Loss of one limb or loss of sight of one eye –Rs.17,50,000/- v) Permanent partial Disablement – According to IRDA vi) In case of Hospitalization in private or Govt. Hospital due to injury, all expenses of Hospitalization – Rs.15,00,000/- vii) Children's education compensation – Rs. 1 lac maximum for two children on death viii) Expenses of carriage of dead body –Rs.25,000/- ix) Road Accident and other accident during or as run up to a naxal operation- Rs.7,50,000/- for death & Rs.5,00,000/- for medical expenses. x) Death resulting from Snake bite during or in Run-up to an Anti Naxal operation –Rs.7,50,000/- (Subject to submission of Post-Mortem report)	i) Rs. 10 Lac Ex-gratia ii) Compassionate appointment to dependent, if Central Govt. did not provided the job to the dependent. iii) To the family of a security personnel killed:- –Rs.20 lakh (SRE) Insurance benefits during the financial year 2019-20 :- i) Death case – Rs.35,00,000/- ii) Permanent total disability – Rs.35,00,000/- iii) Loss of two limbs, loss of sight of two eyes or loss of one limb & loss of sight of one eye. –Rs.35,00,000/- iv) Loss of one limb or loss of sight of one eye –Rs.17,50,000/- v) Permanent partial Disablement – According to IRDA vi) In case of Hospitalization in private or Govt. Hospital due to injury, all expenses of Hospitalization – Rs.15,00,000/- vii) Children's education compensation – Rs. 1 lac maximum for two children on death viii) Expenses of carriage of dead body –Rs.25,000/- ix) Road Accident and other accident during or as run up to a naxal operation- Rs.7,50,000/- for death & Rs.5,00,000/- for medical expenses. x) Death resulting from Snake bite during or in Run-up to an Anti Naxal operation –Rs.7,50,000/- (Subject to submission of Post-Mortem report)	Nil



Name of State	State EX-GRATIA & GPAIS Admissible to Personnel belonging to the State		State Ex-Gratia Admissible to Personnel Killed In Action But Not Belonging To The State
	If Killed in action in State	If killed in action outside State	
J & K	Rs. 5 Lac Ex-gratia	Nil	Ex-gratia – 5 Lac
Karnataka	Rs. 5 Lac in case of death/100% injured in Ops Rs. 1 Lac on injury/disability upto 50%	Rs. 5 Lac in case of death/100% injured in Ops Rs. 1 Lac on injury/disability upto 50%	Rs. 5 Lac in case of death/100% injured in Ops Rs. 1 Lac on injury/disability upto 50%
Kerala	Rs. 5 Lac in case of death Rs. 3 Lac to seriously injured i) Employment assistance for one dependent.	Rs. 5 Lac in case of death Rs. 3 Lac to seriously injured i) Employment assistance for one dependent.	Rs. 5 Lac in case of death Rs. 3 Lac to seriously injured i) Employment assistance for one dependent.
Madhya Pradesh	Rs. 10 Lac in case of death and 100% disability Rs. 5 Lac on 50% disability Rs. 2.5 Lac on 25% disability Rs. 10000/- for daughter / sister marriage Compassionate appointment to one dependent	Rs. 10 Lac in case of death and 100% disability Rs. 5 Lac on 50% disability Rs. 2.5 Lac on 25% disability Rs.10000/- for daughter / sister marriage Compassionate appointment to one dependent.	N/A
Maharashtra	Rs. 1 Crore in case of death Rs. 20 lac on 01% to 25% disability Rs.34 lac on 26% to 50% disability Rs.60 lac on 51% to 100% disability	Rs. 1 Crore in case of death Rs. 20 lac on 01% to 25% disability Rs. 34 lac on 26% to 50% disability Rs. 60 lac on 51% to 100% disability	Nil
Meghalaya	Rs. 15 Lac in case of death Rs. 5 Lac on injury	Rs. 15 Lac in case of death Rs. 5 Lac on injury	----
Mizoram	i) Death occurring due to accidents in course of performance of duties. -Rs.17.5 Lac ii) Death in the course of performance of duties attributed to acts of violence by terrorists, anti-social elements etc. (This will cover only those duties detailed with specific order of competent authority) -Rs.20 Lac iii) Death occurring on border skirmishes and action against militants, terrorists, extremists, sea pirates. -Rs.35 Lac iv) Death occurring while on duty in the specified high altitude, unaccessible border posts, on account of natural disasters, extreme weather conditions. -Rs.35 Lac v) Death occurring during enemy action in war or such war like engagements, which are specifically notified by Ministry of Defence and death occurring during evacuation of India Nationals from a war-torn zone in foreign country. -Rs.45 Lac	--	--
Manipur	i) In case of death – Rs.2 Lac ii) In case of Injury – Rs.10,000/-	i) In case of death - Rs-2 Lac ii) In case of Injury- Rs.-10,000/-	i) In case of death - Rs-2 Lac ii) In case of Injury- Rs.-10,000/-
Nagaland	i) Fatal casualty – Rs.6 lac ii) Permanent disability – Rs.4 lac iii) Grievous Injury - Rs.1 lac	i) Fatal casualty – Rs.6 lac ii) Permanent disability – Rs.4 lac iii) Grievous Injury - Rs.1 lac	i) Fatal casualty – Rs.6 lac ii) Permanent disability – Rs.4 lac iii) Grievous Injury - Rs.1 lac
Odisha	i) Officer in the rank of Inspector Police and above - Rs. 20 lac a) Permanent incapacitation -Rs.8 lac b) Partial incapacitation -Rs.6 lac ii) Officer in the rank of Sub-Inspector of police and below -Rs.16 lac a) Permanent incapacitation -Rs.8 lac c) Partial incapacitation -Rs.6 lac	i) Officer in the rank of Inspector Police and above -Rs. 20 lac ii) Permanent incapacitation -Rs.8 lac ii) Partial incapacitation -Rs.6 lac iv) Officer in the rank of Sub-Insp of police and below -Rs.16 lac a) Permanent incapacitation -Rs.8 lac b) Partial incapacitation -Rs.6 lac	Not applicable



Name of State	State EX-GRATIA & GPAIS Admissible to Personnel belonging to the State		State Ex-Gratia Admissible to Personnel Killed In Action But Not Belonging To The State
	If Killed in action in State	If killed in action outside State	
Punjab	Rs. 5 Lac on death Rs.5 lac in lieu of house/plot Rs.2 lac Addl. relief to parents of married martyrs. Rs. 4 Lac on disability above 75% Rs. 2 Lac on disability above 50 to 75% Rs. 1 Lac on disability 25 to 50%	Rs. 5 Lac on death Rs. 5 lac in lieu of house/plot Rs. 2 lac Addl. relief to parents of married martyrs. Rs. 4 Lac on disability above 75% Rs. 2 Lac on disability above 50 to 75% Rs. 1 Lac on disability 25 to 50%	Rs. 5 Lac on death Rs. 5 lac in lieu of house/plot Rs. 2 lac Addl. relief to parents of married martyrs. Rs. 4 Lac on disability above 75% Rs. 2 Lac on disability above 50 to 75% Rs. 1 Lac on disability 25 to 50%
Rajasthan	i) To wife, 1 Lac + 25 Bigha land (or) 1 Lac + MIG Housing Board House (or) Rs.25 Lac ii) To Parent : Rs. 3 Lac deposited in Monthly Income Scheme under Small Saving Scheme iii) Employment : for wife (or) son (or) unmarried daughter iv) Education : (1) free education in state Govt. School /College/ Technical /Medical & Engineering (2) Rs.1800/- scholarship will be given to school going children and Rs.3600/- to College/Medical/ Engineering and Technical college students iv) Out of turn electric connection or irrigation. vi) RSRTC bus pass for wife and dependent child. For disabled personnel :- i) Rs. 25 thousand +25 Bigha land Or Rs. 25 lac cash ii) Employment for son / daughter	i) To wife, 1 Lac + 25 Bigha land (or) 1 Lac + MIG Housing Board House (or) Rs.25 Lac ii) To Parent : Rs. 3 Lac deposited in Monthly Income Scheme under Small Saving Scheme iii) Employment : for wife (or) son (or) unmarried daughter iv) Education : (1) free education in state Govt. School /College/ Technical /Medical & Engineering (2) Rs.1800/- scholarship will be given to school going children and Rs.3600/- to College/Medical/ Engineering and Technical college students v) Out of turn electric connection or irrigation. vi) RSRTC bus pass for wife and dependent child. For disabled personnel :- i) Rs.25 thousand +25 Bigha land Or Rs.25 lac cash ii) Employment for son / daughter	As per Director Sainik Welfare, Deptt. of Rajasthan, till date no circumstances have been occurred with regard to internal security in Rajasthan State nor any defence / para-military force personnel killed in action in Rajasthan State so far.
Tamil Nadu	Rs. 20 Lac - Killed in action Rs. 15 Lac - Totally disabled / double amputee / totally blind Rs. 10 Lac - Single amputee/one eye blind	Rs. 20 Lac - Killed in action Rs. 15 Lac- Totally disabled / double amputee / totally blind Rs.10 Lac-Single amputee/one eye blind.	Nil
Telangana	Ex- gratia – Rs. 40 Lac – CT Rs. 45 Lac – HC to SI Rs. 50 Lac - Insp and above Permanent incapacitation – Rs. 25 Lac- CT Rs. 25 Lac- HC to SI Rs. 30 Lac –Insp and above Grievous hurt- Rs. 5 Lac – all rank Insurance : Rs. 5 Lac , CT to ASI Rs.10 Lac, SI to Insp. Rs.15 lac, AC to above	Not specified	Ex- gratia – Rs. 40 Lac – CT Rs. 45 Lac – HC to SI Rs. 50 Lac - Insp and above Permanent incapacitation – Rs. 25 Lac- CT Rs. 25 Lac- HC to SI Rs. 30 Lac –Insp and above Grievous hurt- Rs. 5 Lac – all rank Insurance : Rs. 5 Lac , CT to ASI Rs. 10 Lac, SI to Insp. Rs. 15 lac, AC to above
Tripura	2 Lac	2 Lac	2 Lac



Name of State	State EX-GRATIA & GPAIS Admissible to Personnel belonging to the State		State Ex-Gratia Admissible to Personnel Killed In Action But Not Belonging To The State
	If Killed in action in State	If killed in action outside State	
Uttar Pradesh	1) <u>Ex-gratia from State Govt.</u> Rs. 50 Lac- [Rs. 35 Lac to Wife and Rs. 15 Lac to Parents], if martyr is married. 2) Rs. 50 Lac to Wife, if martyr's parents are not alive. 3) Rs. 50 Lac to Parents if martyr is not married. 4) Free education upto primary level and 15 mark weightage to admission of BED class. 5) Exemption of Stamp Fee upto Rs.20 Lac for selling/purchasing of land. 6) 5% quota in housingbenefit and allotment of plots. 2) <u>Ex-gratia / compensation assistance from UP Police & Armed Forces Sahayata Sansthan.</u> i) Rs. 10 Lac in case of Martyrdom [7 Lac (4 lac Cash+3 lac FD) wife & 3 Lac Parents] ii) Rs. 2 Lac for daughter marriage iii) Rs. 6 Lac on disability	1) <u>Ex-gratia from State Govt.</u> Rs. 50 Lac- [Rs. 35 Lac to Wife and Rs. 15 Lac to Parents], if martyr is married. 2) Rs. 50 Lac to Wife, if martyr's parents are not alive. 3) Rs. 50 Lac to Parents if martyr is not married. 4) Free education upto primary level and 15 mark weightage to admission of BED class. 5) Exemption of Stamp Fee upto Rs.20 Lac for selling/ purchasing of land. 6) 5% quota in housingbenefit and allotment of plots. 2) <u>Ex-gratia/compensation assistance from UP Police & Armed Forces Sahayata Sansthan.</u> i) Rs. 10 Lac in case of Martyrdom [7 Lac (4 lac Cash+3 lac FD) wife & 3 Lac Parents] ii) Rs. 2 Lac for daughter marriage iii) Rs. 6 Lac on disability	1) <u>Ex-gratia from State Govt.</u> Rs. 50 Lac- [Rs. 35 Lac to Wife and Rs. 15 Lac to Parents], if martyr is married. 2) Rs. 50 Lac to Wife, if martyr's parents are not alive. 3) Rs. 50 Lac to Parents if martyr is not married. 4) Free education upto primary level & 15 mark weightage to admission of BED class. 5) Exemption of Stamp Fee upto Rs. 20 Lac for selling/purchasing of land. 6) 5% quota in housing benefit and allotment of plots. 2) <u>Ex-gratia/compensation assistance from UP Police & Armed Forces Sahayata Sansthan.</u> i) Rs. 10 Lac in case of Martyrdom [7 Lac (4 lac Cash+3 lac FD) wife & 3 Lac Parents] ii) Rs. 2 Lac for daughter marriage iii) Rs. 6 Lac on disability
Uttarakhand	i) To parents, if martyrs is married and they are alive; and – Rs.4 Lac To Widow, if parents of martyr is alive – Rs.6 Lac ii) To widow, if martyr's parents are not alive – Rs.10 Lac iii) To parents, if martyr is unmarried – Rs. 10 Lac iv) To legal heir, if married/unmarried & wife/ parents not alive – Rs.10 Lac (Sharing) v) Rs.2 lac for housing assistance to the widow of martyrs & amputee for one time in entire life. vi) Employment to NOK of Martyrs (C&D Post)	i) To parents, if martyrs is married and they are alive; and – Rs.4 Lac To Widow, if parents of martyr is alive – Rs.6 Lac ii) To widow, if martyr's parents are not alive – Rs.10 Lac i) To parents, if martyr is unmarried – Rs. 10 Lac ii) To legal heir, if married/ unmarried & wife/parents not alive – Rs.10 Lac (Equal Sharing) iii) Rs. 2 lac for housing assistance to the widow of martyrs & amputee for one time in entire life. vi) Employment to NOK of Martyrs (C&D Post)	Not specified.
West Bengal (if killed in course of anti-left wing operations while discharging govt. duties in naxal affected districts – Bankura/ Purulia/ Paschim Midnapur)	i) State Ex-gratia – Rs. 2 Lac ii) Ex-gratia under SRE Scheme – 3 Lac (for LWE affected districts only) iii) GPAIS under SRE – 10 Lac on death and Rs. 5 Lac on injury (for LWE affected districts only)	i) State Ex-gratia – 2 Lac ii) Any other compensation as admissible in the State of place of occurrence of the incident	i) Ex-gratia under SRE Scheme – 3 Lac (for LWE affected districts only) ii) GPAIS under SRE – 10 Lac on death and Rs. 5 Lac on injury (for LWE affected districts only)



A WARM SALUTE TO MARTYRS



Constable
Santosh Kumar Mishra
92 BN
to 04-05-2020



Constable
Ashwani Kumar Yadav
92 BN
to 04-05-2020



Constable
Chandra Sekar C.
92 BN
to 04-05-2020



Constable
Munna Yadav
170 BN
to 11-05-2020



Head Constable
Kale Sunil
182 BN
to 23-06-2020



Constable
Shyamal Kumar Dey
90 BN
to 26-06-2020

SUPERANNUATION



Shri N.K. Bhardwaj, IG, Dehradun Sector
proceeding on superannuation on 30th June 2020



DG's Disc & Commendation Letter Awardees

(मई - जून 2020)

S.No.	IRLA/Bn No.	Designation	Name	Office	Award
1	10038	A/C	Praveen Kumar	53 Bn	Silver (Ops)
2	005021264	HC/GD	Pappu Singh	53 Bn	Bronze (Ops)
3	041702925	CT/GD	Pranab Kalita	53 Bn	Silver (Ops)
4	065346942	CT/GD	Ayjaz Ahmad Rather	53 Bn	Bronze (Ops)
5	041633416	CT/GD	Victor Banik	53 Bn	Bronze (Ops)
6	041644187	CT/GD	Bir Kumar Singha	53 Bn	Bronze (Ops)
7	903061982	ASI/GD	Mohd Yousuf Itoo	53 Bn	Golden (Ops) 1 star
8	115143631	CT/GD	Shaid Hussain	53 Bn	Silver (Ops)
9	041596166	SI/GD	Rajeevan M.V.	182 Bn	Silver (Ops)
10	005220426	HC/GD	Dinesh	182 Bn	Bronze (Ops)
11	025220751	CT/GD	Surendra Singh	182 Bn	Bronze (Ops)
12	135273342	CT/GD	K. Ramesh	182 Bn	Bronze (Ops)
13	I/C-73342W	Major	Vipul Narayan	55 RR	Bronze (Ops)
14	5276	2-I/C	Sunil Bhawar	183 Bn	Silver (Ops)
15	6691	2-I/C	Brusabha Mehar	183 Bn	Bronze (Ops)
16	145044898	CT/GD	Kuntal Saha	183 Bn	Bronze (Ops)
17	145045075	CT/GD	Suman Pradhan	183 Bn	Bronze (Ops)
18	015024533	CT/GD	Birbhadra Singh	GC, Bilashpur	Silver (Adm)
19	107190054	Insp/GD	Ajay Kumar	41 Bn	Bronze (Adm)
20	135213696	CT/FTR	Rahul S Kuthe	GC, Nagpur	Bronze (Adm)
21	095001183	CT/GD	Sunil Kumar	GC-I, Ajmer	Bronze (Adm)
22	025021214	CT/GD	Indrajeet Pandey	68 Bn	Bronze (Adm)
23	5977	2-I/C	Mukesh Taterway	01 Bn (attached with MHA)	Commendation Roll
24	8653	SMO	Dr. Benjanmin Lalrammuana	225 Bn	Commendation Roll
25	10151	A/C	Virendra Vikram Singh	247 Bn	Golden (Adm)
26	11583	AC/Min	Smt C. Padmini	Dte. Genl.	Bronze (Adm)
27	9676	A/C	Rohit Tiwari	209 CoBRA	Golden (Ops)
28	931232018	HC/GD	Ganesh Halder	209 CoBRA	Bronze (Ops)
29	115131507	CT/GD	Harihar K	209 CoBRA	Golden (Ops)
30	105340138	CT/GD	Muzzaffar Ahmed	209 CoBRA	Bronze (Ops)
31	041568956	CT/GD	Jayanta Sen	209 CoBRA	Golden (Ops)
32	6813	D/C	Pramod Kumar Yadav	240 Bn	Commendation Roll
33	901620029	Insp/Min	J.S. Negi	Fin Dte	Bronze (Adm)
34	951860183	SI/Min	Shashi Kant Bhatt	Fin Dte	Silver (Adm)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
35	007090058	SI/Min	Praveen Kumar Kundal	Fin Dte	Bronze (Adm)
36	035103846	SI/Min	Chandreshwar Prasad Saha	Fin Dte	Bronze (Adm)
37	060390783	ASI/Min	K. Kiran Kumar	Fin Dte	Bronze (Adm)
38	3557	Comdt	Surinder Kumar	68 Bn	Silver (Ops)
39	5581	2-I/C	Md.Tariq Chishti	68 Bn	Silver (Ops)
40	065026395	Insp/Gd	Ram Avtar	68 Bn	Bronze (Ops)
41	880951671	ASI/Gd	B.C Hazra	68 Bn	Bronze (Ops)
42	990660019	HC/Gd	B.C Nayak	68 Bn	Bronze (Ops)
43	005103448	HC/Gd	Sanwar Chowdhury	68 Bn	Bronze (Ops)
44	075090101	CT/GD	Raju Hussain	68 Bn	Bronze (Ops)
45	115052439	CT/GD	Srikant Biradar	68 Bn	Bronze (Ops)
46	115052448	CT/GD	Shankar Suresh Gaurav	68 Bn	Bronze (Ops)
47	105013299	CT/DVR	Anil Kumar	68 Bn	Bronze (Ops)
48	4925	Comdt	Dipak Kumar	92 Bn	Golden (Ops) 1 star
49	5182	2-I/C	Vijay Kumar	92 Bn	Silver (Ops)
50	7418	D/C	Om Prakash	92 Bn	Bronze (Ops)
51	11138	A/C	Virender Singh	92 Bn	Bronze (Ops)
52	11705	A/C	Hitesh Pathak	92 Bn	Bronze (Ops)
53	880892871	ASI/GD	Umesh Babu	92 Bn	Bronze (Ops)
54	105040634	CT/GD	B.S Sangram Das	92 Bn	Bronze (Ops)
55	61871481	CT/BUG	Mahendra Kumar	92 Bn	Bronze (Ops)
56	175132472	CT/GD	Dharmakanta Khataniar	92 Bn	Bronze (Ops)
57	175122128	CT/GD	Jadhav Narayan	92 Bn	Bronze (Ops)
58	4060	Comdt	Rakesh Kumar Singh	195 Bn	Golden (Ops) 2 star
59	6131	2-I/C	Sanjay Kumar Rout	195 Bn	Golden (Ops)
60	9938	AC	Rajiv Kumar Singh	195 Bn	Bronze (Ops)
61	10224	AC	Sujay Kumar Yadav	195 Bn	Silver (Ops)
62	10909	AC	Sanjay Kumar Chauhan	195 Bn	Silver (Ops)
63	25260548	Insp/GD	Vinod Kumar Sirohi	195 Bn	Bronze (Ops)
64	175253625	CT/GD	M. Machhindranath	195 Bn	Bronze (Ops)
65	41650168	CT/GD	Amit Kumar Gupta	195 Bn	Bronze (Ops)
66	65265372	CT/GD	Munendra Singh	195 Bn	Bronze (Ops)
67	--	SP	Abhishek Pallav, IPS	SP, Dantewada	Silver (Ops)
68	4694	Comdt	Dilip Kumar Srivastava	205 CoBRA	Bronze (Ops)
69	5489	2-IC	S.B.S. Bisht	205 CoBRA	Golden (Ops) 1 star
70	7114	DC	Mukesh Kumar Sevaria	205 CoBRA	Silver (Ops)
71	6935	DC	Dilip Malik	205 CoBRA	Commendation Roll
72	9701	AC	Shiv Pratap Singh	205 CoBRA	Golden (Ops)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
73	105022351	HC/GD	Ram Rakchha Patel	205 CoBRA	Bronze (Ops)
74	145319488	CT/GD	Simon Marandi	205 CoBRA	Bronze (Ops)
75	75091116	CT/GD	Bipul Saikia	205 CoBRA	Bronze (Ops)
76	145032685	CT/GD	R. Prasad	205 CoBRA	Bronze (Ops)
77	95251189	CT/GD	Jadhav Rajaram	205 CoBRA	Silver (Ops)
78	2678	DIG	K.M. Yadav	GC GNR	Commendation Roll
79	4486	Comdt	Smt Indrani Yadav	GC GNR	Bronze (Adm)
80	4447	Comdt	Pushpendra Kumar	100 RAF	Golden (Adm)
81	5639	2-I/C	Mool Chand	154 Bn	Golden (Adm) 3 star
82	6396	D/C	S.K. Khatri	GC GNR	Silver (Adm)
83	7560	D/C	Raj Shekhar Rout	RTC PGM	Golden (Adm) 1 star
84	11144	A/C	Hanuman Singh Yadav	140 Bn	Bronze (Adm)
85	9194	A/C	Smt. Sunitha V.M.	240 Bn	Silver (Adm)
86	10698	A/C	Miss Salve Monica Deepak	215 Bn	Bronze (Adm)
87	IC-62867A	Colonel	Samar Ragav, SM	50 RR	Bronze (Ops)
88	4248	Comdt	Vijay Kumar Singh	29 Bn	Golden (Ops)
89	IC-72229P	Major	Kartikaya Manral	50 RR	Bronze (Ops)
90	SS-46398Y	Major	Neeraj Kumar Sharma	50 RR	Bronze (Ops)
91	IC-71381W	Major	Udayan Thakur	50 RR	Bronze (Ops)
92	9666	A/C	Naresh Kumar	79 Bn	Commendation Roll
93	9789	A/C	L. Ibomcha Singh	29 Bn	Commendation Roll
94	10032	A/C	Uday Bagh	29 Bn	Bronze (Ops)
95	130210021	SI/GD	Nitish Kumar Dubey	21 Bn	Golden (Ops) 01 star
96	65223091	SI/GD	Anuj Pratap Singh	79 Bn	Bronze (Ops)
97	109256/ ARO	SI	Kushab Kumar	JKP	Silver (Ops)
98	61770408	CT/GD	Raju Sarkar	29 Bn	Silver (Ops)
99	5020641	HC/GD	S.K. Tripathi	75 Bn	Bronze (Ops)
100	135381081	CT/GD	Irshad Ahmad Hajam	29 Bn	Golden (Ops) 01 star
101	115322071	HC/GD	Ram Kumar Toppo	144 Bn	Silver (Ops)
102	145318598	CT/GD	Ibran Ansari	21 Bn	Silver (Ops)
103	65346595	CT/GD	Rana Zulffqar Ali	132 Bn	Golden (Ops) 01 star
104	155020803	CT/GD	Vikas Keshri	28 Bn	Bronze (Ops)
105	110722615	CT/GD	Santosh Kumar	44 Bn	Bronze (Ops)
106	135274544	CT/GD	V.P. Yadav	44 Bn	Golden (Ops) 01 star
107	145024193	CT/GD	Ramesh Kumar Paswan	49 Bn	Bronze (Ops)
108	162/IR 6 Bn	SG/CT	Ravinder Singh	JKP	Bronze (Ops)
109	2229	ADG	Pankaj Kumar Choudhary	CRPF ACDY	Bronze (Adm)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
110	2523	IG	Randeep Datta	CRPF ACDY	Golden (Adm)
111	3987	Comdt	Ashok Swamy	CRPF ACDY	Golden (Adm) 2 Star
112	4457	Comdt	R. Jaya Kumar	CRPF ACDY	Golden (Adm) 2 Star
113	5194	2-I/C	Vijay Kumar Verma	CRPF ACDY	Silver (Adm)
114	7153	DC	Thakur Diwakar Singh	CRPF ACDY	Bronze (Adm)
115	7874	DC	Kuldip Singh	CRPF ACDY	Silver (Adm)
116	8115	DC	Prakash Singh	CRPF ACDY	Golden (Adm)
117	8061	DC	Yogesh Kumar	CRPF ACDY	Bronze (Adm)
118	9821	AC	Abhishek Kumar	CRPF ACDY	Bronze (Adm)
119	9534	AC	Rakesh Raman	CRPF ACDY	Golden (Adm) 1 Star
120	10389	AC	Mitesh Jain	CRPF ACDY	Bronze (Adm)
121	901191727	Insp/GD	Hoshier Singh Khatana	CRPF ACDY	Golden (Adm)
122	991350291	HC/GD	Bablu KR Dewangan	CRPF ACDY	Bronze (Adm)
123	11384	IG	Rajesh Kumar, IPS	KOS	Bronze (Ops)
124	3573	DIG	B.S.Negi	SKOR, AWP	Silver (Ops)
125	3560	Comdt.	Des Raj	185 Bn	Golden (Ops) 2 star
126	11159	AC	Zile Singh	180 Bn	Golden (Ops)
127	8929	AC	Pradeep Kumar	130 Bn	Silver (Ops)
128	11647	AC	Akhand Pratap Singh	130 Bn	Bronze (Ops)
129	11625	AC	Ram Avtar Meena	185 Bn	Bronze (Ops)
130	105220338	Insp/GD	Md. Momtaz Alam	185 Bn	Bronze (Ops)
131	107090014	Insp/GD	Om Prakash	185 Bn	Silver (Ops)
132	135214318	SI/GD	Chungkham Bikramjit Singh	14 Bn	Bronze (Ops)
133	025131241	HC/GD	Swarna Goyary	130 Bn	Bronze (Ops)
134	050310073	HC/Dvr	Satyjeet Kumar Jha	185 Bn	Bronze (Ops)
135	065341476	HC/RO	Rafiq Ahmad Teli	05 signal BN	Bronze (Ops)
136	155110606	Ct/GD	Yadesh Kumar Yogi	130 Bn	Bronze (Ops)
137	105120236	Ct/GD	Chauhan Chandu Bhai	14 Bn	Golden (Ops)
138	035057196	Ct/GD	Rajesh Kumar	110 Bn	Silver (Ops)
139	145223007	Ct/GD	Cherenjiwee Pradhan	185 Bn	Bronze (Ops)
140	115068676	Ct/GD	Girraj Singh	185 Bn	Silver (Ops)
141	135083517	Ct/GD	Sunil Dhull	185 Bn	Bronze (Ops)
142	055164476	Ct/GD	Kewal Kumar	185 Bn	Bronze (Ops)
143	175134029	Ct/GD	Biplab Chetry	185 Bn	Bronze (Ops)
144	175203066	Ct/GD	Vivek Kumar	185 Bn	Bronze (Ops)
145	175251979	Ct/GD	Thakor Pravinji	130 Bn	Bronze (Ops)
146	175144373	Ct/GD	Gone Laxman Kumar	130 Bn	Bronze (Ops)
147	6130	2-I/C	Uma Kant	185 Bn	Silver (Ops)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
148	8590	AC	D.B.P. Chaurasia	185 Bn	Bronze (Ops)
149	115028139	HC/GD	Sahab Lal	185 Bn	Bronze (Ops)
150	041560543	CT/GD	Ajit Singh	185 Bn	Bronze (Ops)
151	065342615	CT/GD	Gulam Qadir Parray	185BN	Bronze (Ops)
152	145045413	CT/GD	Uttam Kumar Hembram	185 Bn	Bronze (Ops)
153	095070612	CT/GD	Romesh Lal	185 Bn	Bronze (Ops)
154	115134686	CT/GD	Ansuma Brahma	185 Bn	Bronze (Ops)
155	115269476	CT/GD	Sonu Kumar	185 Bn	Bronze (Ops)
156	041689165	CT/GD	Jitendra Rai	185 Bn	Bronze (Ops)
157	3990	Comdt	Anil Kumar Dhyan	118 Bn	Golden (Ops) 2 star
158	7807	D/C	S. Madhavan	118 Bn	Silver (Ops)
159	055148053	HC/RO	S. Tirupati Rao	118 Bn	Bronze (Ops)
160	035070734	CT/GD	Ravinder Singh	118 Bn	Bronze (Ops)
161	175373042	CT/GD	Satya Prakash Singh	118 Bn	Bronze (Ops)
162	105341518	CT/GD	Maqsood Ahmad Samon	118 Bn	Bronze (Ops)
163	005181672	HC/GD	Santosh Kumar Yadav	118 Bn	Bronze (Ops)
164	065206535	HC/RO	Ramesh Kumar Pal	118 Bn	Bronze (Ops)
165	11794	IG	M.R. Naik, IPS	IG SS	Bronze (Adm)
166	2572	DIG	Khajan Singh	Odisha Sec (Attached with Trg Dte)	Commendation Roll
167	3118	DIG	Rajesh Kumar Yadav	GC G/Noida	Bronze (Adm)
168	4521	Comdt	Jarandhan Upadhyay	GC G/Noida	Bronze (Adm)
169	7810	D/C	Smt Ashik Beevi P.H.	Range Nagpur (Attached with CAT at GC N/DLI)	Golden (Adm) 01 star
170	4654	CMO (SG)	Dr. Ganes Mahata	CH New Delhi	Bronze (Adm)
171	3568	Comdt	Manoj Kumar	CoBRA Sector HQr (Attached with GO's Entt Section)	Golden (Adm)
172	10841	AC/Min	K.K. Jha	GC NDA (Attached with GO's Entt Section)	Bronze (Adm)
173	11106	AC/Min	Anil Kumar Sharma	GC SNP (Attached with GO's Entt Section)	Bronze (Adm)
174	11502	AC/Min	Arun Kumar	GC SLR (Attached with GO's Entt Section)	Bronze (Adm)
175	901540044	Insp/Min	Dilwak Khan	Range HQr, HNR (Attached with GO's Entt Section)	Bronze (Adm)
176	921820041	Insp/Min	Raj Kumar Yadav	86 Bn (Attached with GO's Entt Section)	Bronze (Adm)
177	990550019	SI/Pharm	Sushil Kumar	20 Bedded DG Staff camp hospital, New Delhi	Bronze (Adm)
178	55072206	CT/GD	Mukesh Kumar	134 Bn (Attached with 20 bedded DG Staff camp hospital)	Bronze (Adm)
179	95160228	CT/GD	Devendra Singh	74 Bn (Attached with 20 bedded DG Staff camp hospital)	Bronze (Adm)
180	3626	DIG	D.S.Maam	DIG South Range	Golden (Ops) 1 star
181	6635	2 I/C	Narender Yadav	75 Bn	Bronze (Ops)
182	8347	DC	Rahul Mathur	117 Bn	Golden (Ops)
183	9789	AC	L. Ibomcha Singh	29 Bn	Commendation Roll



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
184	9470	AC	Anirudh Pratap Singh	54 Bn	Bronze (Ops)
185	121330018	SI/GD	Ujawal Kumar	118 Bn	Silver (Ops)
186	145318598	CT/GD	Ibran Ansari	21 Bn	Golden (Ops)
187	75122448	CT/GD	Khandare Roshan	28 Bn	Silver (Ops)
188	125112514	CT/GD	Sonu	29 Bn	Golden (Ops)
189	65340675	CT/GD	Qaisar Ahmad Sheikh	43 Bn	Silver (Ops)
190	110722615	CT/GD	Santosh Kumar	44 Bn	Silver (Ops)
191	115061251	CT/GD	Sushil Kumar Rawat	49 Bn	Golden (Ops)
192	115343247	CT/GD	Sajad Ahmad Bhat	79 Bn	Golden (Ops) 1 star
193	105200195	CT/GD	Saroj Kumar	82 Bn	Golden (Ops) 1 star
194	110044182	CT/GD	Surya Prakash	82 Bn	Golden (Ops) 3 star
195	115310259	CT/GD	Krishnendu Datta	161 Bn	Silver (Ops)
196	KPS-045839	SP	Tahir Ashraf	JKP	Bronze (Ops)
197	KPS-155777	Dy.SP	Rahul Nagar	JKP	Bronze (Ops)
198	KPS-116195	Dy.SP	Md Usman	JKP	Bronze (Ops)
199	KPS-155780	Dy.SP	Sahil Mahajan	JKP	Silver (Ops)
200	450/IR	ASI/GD	Feroz Ahmad	JKP	Bronze (Ops)
201	4064	SG/CT	Bharat Pandita	JKP	Bronze (Ops)
202	MR-06072A	Brig	Balachandran Nambiar	92 Base Hospital, Srinagar	Bronze (Ops)
203	MR-08102L	Lt Col	Macheria Bikashapathy	-do-	Bronze (Ops)
204	MR-09511L	Major	Ruchira Mukherji	-do-	Bronze (Ops)
205	MR-09573L	Major	Gaurav Datta	-do-	Bronze (Ops)
206	MS-16584A	Major	KP Dev Jaidev	-do-	Bronze (Ops)
207	MS-16116A	Major	Ajit Prakash Bhaskarwar	-do-	Bronze (Ops)
208	NR-21053M	Lt Col	Shreeja M	-do-	Bronze (Ops)
209	NR-21285L	Lt Col	Pooja Jha	-do-	Bronze (Ops)
210	JC-700931W	Sub (ORA)	Mokbul Hussain	-do-	Bronze (Ops)
211	15435502F	NK (ORA)	Kamal Kishor Choudhary	-do-	Bronze (Ops)
212	DR-10499F	Col	Oonit Nakra	-do-	Bronze (Ops)
213	DR -10622P	Lt Col	N Mohan Rangan	-do-	Bronze (Ops)
214	DR-10653P	Lt Col	Satyendra K Graded	-do-	Bronze (Ops)
215	JC-699591K	Sub Maj	Mahip Kumar	-do-	Bronze (Ops)
216	JC 698468Y	Sub	Sarfaraaz	-do-	Bronze (Ops)
217	13999778P	Hav	DS Mahar	-do-	Bronze (Ops)
218	4511	Comdt	Sh A K Jerai	60 Bn	Silver (Ops)
219	4956	2-I/C	Sh S S Yadav	60 Bn	Silver (Ops)
220	5967	2-I/C	Sh Raju D Naik	60 Bn	Silver (Ops)
221	9013	A/C	Sh Mijrab Hamid Siddiqui	60 Bn	Golden (Ops)
222	11140	A/C	Sh Birendra Kumar	60 Bn	Silver (Ops)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
223	25170513	Insp/GD	Raj Kumar	60 Bn	Bronze (Ops)
224	105180631	SI/GD	Awneesh Yadav	60 Bn	Bronze (Ops)
225	105262441	SI/GD	Sachin Kumar	60 Bn	Bronze (Ops)
226	903062827	ASI/GD	Pramod Kumar Jha	60 Bn	Bronze (Ops)
227	903041731	ASI/GD	Gopal Kumar Singh	60 Bn	Bronze (Ops)
228	105052517	Ct/GD	Prakash B Dani	60 Bn	Bronze (Ops)
229	175177521	Ct/GD	Aakash Prasad Roy	60 Bn	Bronze (Ops)
230	115321974	Ct/GD	Ishwar Singh Thakur	60 Bn	Bronze (Ops)
231	75173211	Ct/GD	Sunil Kandulna	60 Bn	Bronze (Ops)
232	175176569	Ct/GD	Lalu Bhawri	60 Bn	Bronze (Ops)
233	45140128	Ct/GD	M. Rama Krishna	60 Bn	Bronze (Ops)
234	175177129	Ct/GD	Rajendra Kumar Sethi	60 Bn	Bronze (Ops)
235	SHO	SI	Sohan Lal	JKD Police	Bronze (Ops)
236	3123	DIG	Vijay Kumar	IT Wing Dte	Commendation Roll
237	8378	DC	Vishal Verma	IT Wing Dte	Golden (Adm) 2 star
238	8392	DC	Vivek Kumar	IT Wing Dte	Golden (Adm)
239	9805	AC	Ashish Rawat	IT Wing Dte	Bronze (Adm)
240	97410613	Insp/T	Sushanta Barman	CRPF ACDY	Bronze (Adm)
241	107410356	ASI/T	Ashok Kumar	CRPF ACDY	Bronze (Adm)
242	107410828	ASI/T	Chandan Kumar Bhattu	CRPF ACDY	Bronze (Adm)
243	41694381	ASI/T	R. Rajesh	IT Wing Dte	Silver (Adm)
244	5671	2-I/C	Kanhaiya Singh	215 Bn	Golden (Ops) 2 star
245	10720	A/C	Prahlad Sahay Choudhary	94 Bn	Silver (Ops)
246	850802856	SI/GD	Naveen Chandra	94 Bn	Silver (Ops)
247	971390155	HC/GD	Ram Sawrup Yadav	94 Bn	Bronze (Ops)
248	175063667	CT/GD	Subash Ch. Hembram	94 Bn	Bronze (Ops)
249	025181097	CT/GD	Satendra Kumar	94 Bn	Bronze (Ops)
250	135145059	CT/GD	Shek Md. Rafi	94 Bn	Silver (Ops)
251	175105608	CT/GD	Duranta Mal	94 Bn	Bronze (Ops)
252	175177976	CT/GD	Chandra Putel (Adh)	94 Bn	Bronze (Ops)
253	850784707	ASI/GD	Bhawra Ekka	94 Bn	Bronze (Ops)
254	901190374	ASI/GD	Lal Babu Paswan	94 Bn	Silver (Ops)
255	841240324	SI/GD	Rajendra Singh	94 Bn	Bronze (Ops)
256	913252814	ASI/GD	Anil Kumar	94 Bn	Bronze (Ops)
257	911180398	ASI/GD	Hari Sharan Yadav	94 Bn	Silver (Ops)
258	110044146	CT/GD	Chandan Kumar Choubey	94 Bn	Bronze (Ops)
259	005020712	HC/GD	Pramod Kumar Yadav	94 Bn	Bronze (Ops)
260	055155299	HC/RO	T.N. Satapathy	94 Bn	Bronze (Ops)
261	7779	D/C	Akram Shah	239 Bn	Silver (Adm)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
262	8281	A/C	N. Gomti Chanu	183 Bn	Golden (Adm) 3 star
263	10146	A/C	L. Nirupama Devi	239 Bn	Commendation Roll
264	10127	A/C	Rajvir Singh	75 Bn	Golden (Adm) 2 star
265	7768	D/C	Chandu Koley	GC KKT	Bronze (Adm)
266	7775	D/C	M. Somorani Devi	GC SLR	Golden (Adm)
267	9178	A/C	Udaya Bhaskar D	182 Bn	Silver (Ops)
268	105342604	CT/GD	Manzoor Ahmad Khan	182 Bn	Bronze (Ops)
269	115260289	CT/GD	Amit Kumar	182 Bn	Bronze (Ops)
270	135273342	CT/GD	K Ramesh	182 Bn	Silver (Ops)
271	6691	2-I/C	Brusabha Meher	183 Bn	Silver (Ops)
272	015260403	HC/GD	Atul Kumar Singh	183 Bn	Bronze (Ops)
273	015190067	HC/GD	Rakesh Kumar	183 Bn	Bronze (Ops)
274	9470	A/C	Anirudh Pratap Singh	54 Bn	Silver (Ops)
275	9653	A/C	Amit Kumar	44 Bn	Golden (Ops)
276	145121678	CT/GD	Bhammer Vasur	21 Bn	Bronze (Ops)
277	85071064	CT/GD	Ajay Kumar	28 Bn	Bronze (Ops)
278	861181421	Insp/GD	Jitendra Kumar	58 Bn	Bronze (Ops)
279	880870626	ASI/GD	Narinder singh	58 Bn	Bronze (Ops)
280	913130388	ASI/GD	K. Brahmaiah	58 Bn	Bronze (Ops)
281	125085509	HC/GD	Sanjay Kumar	58 Bn	Bronze (Ops)
282	55215318	CT/GD	Jangle Sunil Narayan	58 Bn	Bronze (Ops)
283	95252266	CT/GD	Jadhav Santosh Namdev	58 Bn	Bronze (Ops)
284	145260642	CT/GD	Sahnmaj Khan	58 Bn	Bronze (Ops)
285	175422621	CT/GD	Biswanath Das	58 Bn	Bronze (Ops)
286	10499	Asstt. Comdt.	Paramjit Kumar	22 Bn	Bronze (Ops)
287	105176689	CT/GD	R.K.Barma	22 Bn	Bronze (Ops)
288	145362471	CT/GD	Alok Kumar	22 Bn	Bronze (Ops)
289	175105065	CT/GD	Sandeep Kumar Das	22 Bn	Bronze (Ops)
290	981280496	HC/RO	Ravinder Kumar	22 Bn	Bronze (Ops)
291	--	Sub. Insp.	Navin Horo	PS Satgawan	Bronze (Ops)
292	5101409	HC/GD	Bijender Paswan	22 Bn	Bronze (Ops)
293	135181795	CT/GD	Ashok Kumar Mishra	22 Bn	Bronze (Ops)
294	3560	Comdt	Des Raj	185 Bn	Golden (Ops) 3 star
295	6130	2-I/C	Uma Kant	185 Bn	Golden (Ops)
296	7156	DC	Vinod Kumar	185 Bn	Silver (Ops)
297	107090014	Insp/GD	Om Prakash Kumar	185 Bn	Golden (Ops)
298	155340175	SI/GD	Dillip Kumar Das	185 Bn	Bronze (Ops)
299	041689165	CT/GD	Jitender Rai	185 Bn	Silver (Ops)
300	075222915	CT/GD	Sandeep Singh	185 Bn	Bronze (Ops)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
301	115261606	CT/GD	Sohan Vir Singh	185 Bn	Bronze (Ops)
302	115134632	CT/GD	Mani Ram Baro	185 Bn	Bronze (Ops)
303	145220934	CT/GD	Neeraj Kumar	185 Bn	Bronze (Ops)
304	031450399	Insp/GD	Sanjeev Kumar Thapliyal	130 Bn	Golden (Ops) 2 star
305	145053594	CT/GD	Basavaraj	130 Bn	Bronze (Ops)
306	6635	2 IC	Narender Yadav	75 Bn	Silver (Ops)
307	9789	AC	L. Ibomcha Singh	29 Bn	Commendation Roll
308	9470	AC	Anirudh Pratap Singh	54 Bn	Golden (Ops)
309	9653	AC	Amit Kumar	44 Bn	Golden (Ops) 1 star
310	145340814	SI/GD	Rambol Kumar	181 Bn	Silver (Ops)
311	145183675	SI/GD	Sunil Kumar	82 Bn	Golden (Ops)
312	45267745	ASI/GD	Vivek Prakash	117 Bn	Silver (Ops)
313	951381188	HC/GD	Hargendra Kumar	73 Bn	Bronze (Ops)
314	991400484	HC/GD	Bashist Yadav	28 Bn	Bronze (Ops)
315	115063388	CT/GD	Kishan Pal Singh	23 Bn	Silver (Ops)
316	115340104	CT/GD	Rahul Singh	82 Bn	Golden (Ops) 2 star
317	115340274	CT/GD	Sajad Ahmad Lone	29 Bn	Bronze (Ops)
318	115061251	CT/GD	Sushil Kumar Rawat	49 Bn	Golden (Ops) 1 star
319	115134044	CT/GD	Kanmani Rabha	118 Bn	Silver (Ops)
320	125031737	CT/GD	V. Pugalendhi	35 Bn	Bronze (Ops)
321	175025436	CT/GD	Arun Kumar	132 Bn	Bronze (Ops)
322	065320487	CT/GD	Shiv Nandan Singh	82 Bn	Silver (Ops)
323	105170457	CT/GD	Pankaj Kumar Choudhary	161 Bn	Silver (Ops)
324	085071064	CT/GD	Ajay Kumar	28 Bn	Silver (Ops)
325	105030148	CT/GD	Gobi Raja M	117 Bn	Bronze (Ops)
326	145122167	CT/GD	Shingad Sanjay	54 Bn	Bronze (Ops)
327	105311013	CT/GD	Gopi Nath Bar	132 Bn	Bronze (Ops)
328	175370372	CT/Dvr	Ravi Kant Kumar	161 Bn	Bronze (Ops)
329	155020803	CT/GD	Vikas Kesari	28 Bn	Silver (Ops)
330	KPS-045839	SP	Tahir Ashraf	JKP	Silver (Ops)
331	KPS-127945	Dy SP	Surinder Singh	JKP	Bronze (Ops)
332	ARP-046130	Insp	Sahil Singh Charak	JKP	Bronze (Ops)
333	EXK-987572	Insp	Rashid Malik	JKP	Bronze (Ops)
334	EXK-973256	SI	Gulzar Hussain	JKP	Bronze (Ops)
335	EXJ-118729	SI	Jonesh Kumar	JKP	Bronze (Ops)
336	EXK-117741	Constable	Ajay Raina	JKP	Bronze (Ops)
337	3355	DIG	P C Jha	DIG (Ops) North Jammu	Golden (Ops) 1 star
338	4815	Comdt	B P Yadav	84 Bn	Golden (Ops)
339	9652	AC	Ajay Malik	84 Bn	Bronze (Ops)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
340	9961	AC	Tek Chand	84 Bn	Bronze (Ops)
341	41621667	SI/GD	Jagdish Chand	84 Bn	Bronze (Ops)
342	880060206	ASI/GD	Balkar Singh	84 Bn	Bronze (Ops)
343	971442084	HC/GD	Sunil Kumar	84 Bn	Bronze (Ops)
344	991171013	HC/GD	Rekal Singh	84 Bn	Silver (Ops)
345	991370996	HC/GD	Dhanender Singh	84 Bn	Bronze (Ops)
346	005160184	HC/GD	Joginder Pal	84 Bn	Silver (Ops)
347	025180385	CT/GD	Subhash Chandra	84 Bn	Silver (Ops)
348	041725106	CT/GD	Brijesh Kumar	84 Bn	Bronze (Ops)
349	045073629	CT/GD	Kartar Nath	84 Bn	Bronze (Ops)
350	055154952	CT/GD	Lalminlen Lhouvum	84 Bn	Bronze (Ops)
351	105205233	CT/GD	Krishana Murari Kumar	84 Bn	Bronze (Ops)
352	105205028	CT/GD	Vijay Kr Paswan	84 Bn	Bronze (Ops)
353	105205358	CT/GD	Sahilash Kr Pandey	84 Bn	Bronze (Ops)
354	115320513	CT/GD	Shakti Kumar Prasad	84 Bn	Golden (Ops)
355	125232742	CT/GD	Surender Singh	84 Bn	Bronze (Ops)
356	125262525	CT/GD	Paramjeet Dhama	84 Bn	Bronze (Ops)
357	135231025	CT/GD	Bilal Ahmad Lone	84 Bn	Bronze (Ops)
358	175300765	CT/GD	Rakesh Chandra Pandey	84 Bn	Bronze (Ops)
359	175301682	CT/GD	Parmoda Ram	84 Bn	Bronze (Ops)
360	131350119	CT/GD (Mahila)	Aarti Khakal	232 Bn	Bronze (Adm)
361	6700	DC	Santosh Kumar Pal	IT Wing Dte	Silver (Adm)
362	911590062	Insp/Min	Vinod Bhaskaran	166 Bn (Attached with IT Dte)	Bronze (Adm)
363	015263421	ASI/M	Surendra Singh	IT Wing Dte	Bronze (Adm)
364	850857572	Insp/RO	Roymon K.T.	1st Signal Bn (Attached with IT Dte)	Bronze (Adm)
365	9653	AC	Amit Kumar	44 Bn	Golden (Ops) 2 star
366	145183586	SI/GD	Pankaj	82 Bn	Silver (Ops)
367	991110744	HC/GD	Avilakh Singh	28 Bn	Bronze (Ops)
368	005020641	HC/GD	S. K. Triphati	75 Bn	Silver (Ops)
369	105170136	HC/RO	Pankaj Kumar Singh	5 Signal Bn	Bronze (Ops)
370	115063388	CT/GD	Kishan Pal Singh Jadon	23 Bn	Golden (Ops)
371	145121678	CT/GD	Bhammer Vasur	21 Bn	Silver (Ops)
372	115095904	CT/GD	Bhaskar Jyoti Deuri	35 Bn	Bronze (Ops)
373	041587327	CT/GD	Rajeev Kumar Poonia	54 Bn	Silver (Ops)
374	145313666	CT/GD	Vivek Kr Tiwari	61 Bn	Bronze (Ops)
375	145082326	CT/GD	Lalit Mohan Joshi	28 Bn	Silver (Ops)
376	065346595	CT/GD	Rana Zulffqar Ali	132 Bn	Golden (Ops) 02 star
377	105067944	CT/GD	Kiledar	23 Bn	Silver (Ops)
378	140681837	CT/GD	Santosh Kumar	75 Bn	Bronze (Ops)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
379	105201432	CT/GD	Ranjan Kumar	161 Bn	Golden (Ops) 02 star
380	145318598	CT/GD	Ibran Ansari	21 Bn	Golden (Ops) 01 star
381	175020861	CT/GD	Ritu Raj	29 Bn	Bronze (Ops)
382	055124839	CT/GD	Baranda Dilip Kumar D.B.	54 Bn	Golden (Ops)
383	115134044	CT/GD	Kanmani Rabha	118 Bn	Golden (Ops)
384	175300979	CT/GD	Sandeep	25 Bn	Bronze (Ops)
385	005221209	CT/DVR	Pramod Kumar	35 Bn	Bronze (Ops)
386	035151191	CT/DVR	Virender Singh	GC Srinagar	Bronze (Ops)
387	861182427	ASI/GD	Hare Krishna Das	171 Bn	Bronze (Ops)
388	041664464	CT/GD	Tiratha Nath Handique	171 Bn	Bronze (Ops)
389	PID NO. IPS-156627	SP City Hazratbal	Sudhanshu Verma	J&K Police	Bronze (Ops)
390		Commissioner of Police	V.C. Sajjinar, IPS	Cyberabad	Bronze (Adm)
391	7004	D/C	B. Venkat Reddy	Southern Sector HQr	Silver (Adm)
392	110710037	Insp/GD	M. Sridhar	Southern Sector HQr	Bronze (Adm)
393	025050214	HC/GD	Raghavendra H.D.	IIM Pune	Bronze (Adm)
394	015150347	HC/GD	Farooq Ahmed	02 Bn	Bronze (Ops)
395	4001	Comdt	Nadeem Ahmed Samdani	182 Bn	Golden (Ops) 3 star
396	8859	A/C	Varun Sharma	182 Bn	Commendation Roll
397	005042057	HC/GD	Bijaya Kumar Behera	182 Bn	Golden (Ops) 1 star
398	031414893	CT/GD	Prodip Das	182 Bn	Golden (Ops)
399	060650169	CT/GD	Abid Ali	182 Bn	Silver (Ops)
400	110726167	CT/GD	Amlesh Kumar	182 Bn	Silver (Ops)
401	135030493	CT/GD	K Mariappan	182 Bn	Bronze (Ops)
402	4013	Comdt.	Devendra Singh Negi	183 Bn	Golden (Ops) 3 star
403	8423	A/C	Abhay Kumar Singh	183 Bn	Silver (Ops)
404	9232	A/C	Akhilesh Kumar	183 Bn	Golden (Ops)
405	8958	A/C	Vinod Kumar Rav	183 Bn	Silver (Ops)
406	913286354	ASI/GD	Satya Prakash	183 Bn	Bronze (Ops)
407	5682	2-I/C	Aparna R S	241 Bn	Golden (Ops)
408	6569	2-I/C	Sandeep Singh Panwar	241 Bn	Golden (Ops)
409	11681	A/C	Santosh Shailly	241 Bn	Bronze (Ops)
410	041743532	SI/GD	Anjan Kumar	241 Bn	Bronze (Ops)
411	172415563	CT/GD(Mah)	Preity Shah	241 Bn	Bronze (Ops)
412	172410052	CT/GD	Kawasi Suresh	241 Bn	Bronze (Ops)
413	172412394	CT/GD	Ajay Kumar	241 Bn	Bronze (Ops)
414	4227	Comdt	Nisheet Kumar	159 Bn	Golden (Ops) 2 star
415	11273	A/C	Awadhesh Kumar	159 Bn	Bronze (Ops)



S.No.	IRLA/Bn No.	Designation	Name	Office	Award
416	11671	A/C	Binod Kumar	159 Bn	Bronze (Ops)
417	085197924	CT/GD	Manoj Kumar Singh	159 Bn	Silver (Ops)
418	060041529	CT/GD	Ramu Kumar	159 Bn	Bronze (Ops)
419	4253	Comdt	R. D. Jeany Anal	20 Bn	Bronze (Ops)
420	9946	A/C	Rajesh Kumar Pandey	20 Bn	Bronze (Ops)
421	11173	A/C	Sumit Sanjay Soren	20 Bn	Golden (Ops)
422	097190204	Insp/GD	Dhrubajit Konwar	20 Bn	Bronze (Ops)
423	095241522	Insp/GD	Kabram Herojit Singh	20 Bn	Silver (Ops)
424	015143808	HC/GD	Bhaskara Rao Surarapu	20 Bn	Bronze (Ops)
425	105317218	CT/GD	Kumud Ranjan Roy	20 Bn	Bronze (Ops)
426	4506	Comdt	Oreya Ravi Mandru Munda	156 Bn	Bronze (Ops)
427	10472	A/C	K. Jacob	156 Bn	Bronze (Ops)
428	971261374	HC/GD	Bhagawan Tripathy	156 Bn	Bronze (Ops)
429	041544789	CT/GD	Jadab Debnath	156 Bn	Bronze (Ops)
430	111691848	CT/GD	Guru Charan Baskey	156 Bn	Bronze (Ops)
431	4498	Comdt	Surender Kumar	209 Bn	Golden (Ops) 3 Star
432	10075	A/C	Arun Kumar Rana	209 Bn	Bronze (Ops)
433	107200076	Insp/GD	Bhupendra Kumar	209 Bn	Bronze (Ops)
434	110727903	SI/GD	Deepak Kumar Singh	209 Bn	Bronze (Ops)
435	065026849	HC/GD	Satya Dev Yadav	209 Bn	Bronze (Ops)
436	095320216	CT/GD	Jawahar Lal Sonwani	209 Bn	Bronze (Ops)
437	145043437	CT/GD	Pradip Kumar Yadav	209 Bn	Bronze (Ops)
438	7035	D/C	Pankaj Kumar	201 Bn	Bronze (Ops)
439	961170518	HC/GD	Abdul Hamid	201 Bn	Bronze (Ops)
440	105183248	HC/GD	Shailendra Kumar Singh	201 Bn	Bronze (Ops)
441	105040198	CT/GD	B.B. Bhoi	201 Bn	Bronze (Ops)
442	110112337	CT/GD	Ranjeet Kumar	201 Bn	Bronze (Ops)
443		Laparoscopic Surgeon	Dr. Nagulan S. (MBBS, MS, FMAS, FIAS)	DISTT Hospital, Bijapur (CG)	Bronze (Adm)
444	1393248	HC/GD	Raghunandan Singh	182 Bn	Silver (Ops)
445	115343942	CT/GD	Gulshan Singh	182 Bn	Silver (Ops)
446	427 PL	ASI/GD	Saha Faisal Khan	SOG, JKP Pulwama	Bronze (Ops)
447	519	SGCT	Ankush Sharma	1st IR Bn	Bronze (Ops)
448	172412747	CT/GD	Avlam Laxman	241 Bn	Bronze (Ops)
449	4233	Comdt	N. Kunjarani Devi	CSJWT, Belgam	Golden (Adm) 2 star
450	7801	D/C	Pratima Kumari	48 Bn	Silver (Adm)
451	8053	D/C	Sanamach Chanu	126 Bn	Bronze (Adm)



ग्रुप केन्द्र बनतालाब ने तालाब टिल्लो के 42 जरूरतमंद परिवारों व पौनी चक एवं शांति नगर के जरूरतमंद परिवारों को राशन वितरित किया



209 बटालियन, कोबरा ने कालामती गाँव के दूरदराज क्षेत्रों में 250 परिवारों को राशन और सैनियाइजेशन सामान का वितरण

