सीआरपीएफ समाचार

वर्ष 64 अंक 5 मई-जून, 2018





49वीं बैच के सीधे नियुक्त राजपत्रित अधिकारियों के पासिंग आऊट परेड के दौरान
श्री आर.आर. भटनागर, महानिदेशक के.रि.पु.बल, 49वीं बैच के ''प्रयास 2018'' पुस्तक का विमोचन करते हुए साथ में हैं
श्री आर.पी. सिंह, अपर महानिदेशक, के.रि.पु.बल अकादमी एवं श्री रणदीप दत्ता, महानिरीक्षक (प्रशिक्षण), के.रि.पु.बल अकादमी



चतुर्थ अंतर्राष्ट्रीय योग दिवस के अवसर पर श्री आर.आर. भटनागर, महानिदेशक, के.रि.पु.बल
एस.डी.जी. ग्राउण्ड, आर.के.पुरम्, नई दिल्ली में योगाभ्यास करते हुए और साथ में बल के वरिष्ठ अधिकारीगण एवं कार्मिक

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संपादकीय सलाहकार मण्डल

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जन संपर्क फोटो सेल, महानिदेशालय और सीआरपीएफ यूनिट्स

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

कवर पेजः बस्तरिया बटालियन के दीक्षांत समारोह में प्रशिक्षु को सम्मानित करते हुए मुख्य अतिथि श्री राजनाथ सिंह, गृहमंत्री, भारत सरकार साथ में डॉ. रमन सिंह, माननीय मुख्यमंत्री, छत्तीसगढ़ एवं श्री आर.आर. भटनागर, महानिदेशक के.रि.पु.बल

इस अंक में

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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**

बस्तरिया बटालियन (241) का दीक्षांत समारोह

लम्बे इंतजार के बाद केन्द्रीय रिजर्व पुलिस बल के बस्तरिया बटालियन छत्तीसगढ़ में नक्सलरोधी अभियान के लिए तैयार हो गया। छत्तीसगढ़ के अम्बिकापुर में 21 मई, 2018 को के.रि.पु.बल के 241वीं बटालियन, जिसे बस्तरिया बटालियन के उपनाम से जाना जाता है, के दीक्षांत समारोह का आयोजन किया गया। इस समारोह के मुख्य अतिथि श्री राजनाथ सिंह, माननीय गृहमंत्री भारत सरकार ने समारोह में उपस्थित होकर समारोह की शोभा बढ़ाई और परेड की सलामी ली। समारोह में मुख्य अतिथि के साथ डॉ. रमन सिंह, माननीय मुख्यमंत्री, छत्तीसगढ़, श्री रामसेवक पैंकरा, माननीय गृह मंत्री, छत्तीसगढ़, श्री राम बेचार नेताम, सांसद, श्री कमल भान सिंह, सांसद, श्री राजीव राय भटनागर, महानिदेशक, के.रि.पु.बल, श्री ए.एन. उपाध्याय, महानिदेशक, छत्तीसगढ़ पुलिस एवं अन्य गणमान्य एवं वरिष्ठ अधिकारी उपस्थित थे।

श्री राजनाथ सिंह, माननीय गृहमंत्री भारत सरकार ने समारोह को संबोधित करते हुए कहा कि देश में



माओवाद एवं आतंकवाद की घटनाओं में तेजी से गिरावट आ रही है। रिपोर्ट के अनुसार जहाँ इसमें 55 प्रतिशत की गिरावट आई है, वहीं नक्सलवाद एवं आतंकवाद से प्रभावित क्षेत्रों में लगभग 45 प्रतिशत की गिरावट आई है। इस नये बटालियन की सलामी लेते हुए मुख्य अतिथि ने कहा कि आंतरिक सुरक्षा की उन्नत स्थिति का श्रेय





के॰रि॰पु॰बल और इसके साथ तालमेल बैठाने के लिए राज्य पुलिस को जाता है। के॰रि॰पु॰बल ने अपने शौर्य के लिए पूरे देश में अपनी जगह बना ली है। पुराने दिनों को याद करते हुए उन्होंने कहा कि के॰रि॰पु॰बल देश के केवल कुछ क्षेत्रों तक ही सीमित था, परन्तु बाद में इसका देश के बृहद ग्रामीण क्षेत्रों में प्रवेश हुआ है और इसकी प्रशंसा भी हुई। के॰रि॰पु॰बल पर अपने विश्वास जताते हुए उन्होंने कहा कि इसके कारण लोगों में शांति एवं सद्भाव पैदा हुआ है।

बस्तरिया बटालियन की सफलता की कामना करते हुए, श्री राजनाथ सिंह ने कहा कि छत्तीसगढ़ के बस्तरिया डिवीजन के ईमानदार युवाओं में चुनौतियाँ से लड़ने की अपार योग्यता एवं क्षमता है। बस्तर के जनजातीय भाईयों की सहज ईमानदारी और साहस के कारण ही इस संवेदनशील क्षेत्रों में बस्तरिया बटालियन का गठन किया गया है।

उन्होंने कहा कि दीक्षांत समारोह के उपरान्त बस्तरिया जवानों को नक्सलियों के गढ़ बस्तर डिवीजन में नक्सल विरोधी अभियान के लिए तैनात किया जायेगा। हालांकि यह के॰रि॰पु॰बल की 241 बटालियन है, जिसे बस्तरिया बटालियन के उपनाम सें जाना जाता है। वास्तव में इस बटालियन में जवानों का चयन छत्तीसगढ़ के गम्भीर रूप से नक्सल प्रभावित जिले बीजापुर, दंतेवाडा, नरायणपुर और सुकमा जिलों से किया गया है। इसकी दूसरी उल्लेखनीय विशेषता यह है कि इसमें महिलाओं का पर्याप्त प्रतिनिधित्व है, जो भारत सरकार के 33 प्रतिशत महिलाओं के लिए आरक्षण नीति के अनुरूप है।

यद्यपि इस नए बटालियन की नफरी 743 है, फिर भी पहले चरण में अक्तूबर 2016 के मध्य से जनवरी के अन्त तक के॰रि॰पु॰बल द्वारा बस्तर क्षेत्र में विशेष भर्ती अभियान चलाकर 739 अभ्यर्थियों का चयन किया गया था, जिसमें, अंततः 189 महिला सहित कुल 534 रिक्रूटों को ए॰टी॰सी॰ बिलासपुर और ए॰टी॰सी॰ अम्बिकापुर में 44 सप्ताह का विशेष प्रशिक्षण दिया गया, इस प्रशिक्षण में गुरिल्ला युद्ध, छद्म एवं स्वल्पहार रहकर लड़ना और जंगल युद्व की सभी तकनीक भी शामिल है। इसे छत्तीसगढ़ के नक्सली क्षेत्रों में केन्द्रीय रिजर्व पुलिस बल के समान्य ड्यूटी बटालियन एवं कोबरा बटालियन के साथ नक्सलियों से लड़ने के



लिए तैनात किया जाएगा। गत वर्ष अप्रैल के शुरूआत में बस्तरिया बटालियन अस्तित्व में आया, जिसको बस्तर क्षेत्र में के॰रि॰पु॰बल के लड़ाकों के साथ स्थानीय प्रतिनिधित्व को बढ़ाने के लिए बनाया गया है। इसके अलावा बस्तरिया युवाओं को रोजगार के लिए एक स्वर्णिम अवसर प्रदान किया गया है। इसकी भर्ती प्रक्रिया भी कुछ अनूठी विशेषताओं को प्रदर्शित करती है क्योंकि स्थानीय उम्मीदवारों को उचित मौका देते हुए इनके उंचाई और वजन के शारीरिक मानकों में छूट प्रदान की गई है। इसके अतिरिक्त स्थानीय युवाओं को इस भर्ती प्रक्रिया का पूर्ण लाभ उठाने के लिए भर्ती से पहले केन्द्रीय रिजर्व पुलिस बल द्वारा सिविक एक्शन प्रोग्राम के माध्यम से शैक्षणिक एवं शारीरिक प्रशिक्षण प्रदान किया गया था।

लगभग एक वर्ष के कठोर प्रशिक्षण और स्वयं के स्थानीय भौगोलिक स्थिति के अनुभव के साथ सी॰आर॰पी॰एफ॰ लड़ाकू जवान प्रशिक्षण पाकर बस्तर के युद्ध मैंदान में लड़ाई के लिए तैयार हैं।

30 नये अधिकारियों ने ली परेड के बाद शपथ



दिनांक 22 जून, 2018 को केन्द्रीय रिजर्व पुलिस बल में 30 नए अधिकारी शामिल हो गए। इन अधिकारियों को 52 सप्ताह का कठोर प्रशिक्षण दिया गया था तथा वे अपना प्रशिक्षण पूरा कर बल में अंगीकृत कर लिए गए। विदित हो कि के.रि.पु.बल के 49वें बैच के सीधे नियुक्त राजपत्रित अधिकारियों का दीक्षान्त परेड का आयोजन 22 जून, 2018 को के॰रि॰पु॰बल अकादमी, कादरपुर, गुरूग्राम में किया। बल के महानिदेशक श्री राजीव राय भटनागर, भा.पु.से. इस परेड के मुख्य अतिथि थे। महानिदेशक ने परेड की सलामी ली। इससे पूर्व महानिदेशक ने शहीद स्मारक पर माल्यार्पण कर शहीदों को श्रद्धांजलि अर्पित किया। इस अवसर पर के॰रि॰पु॰बल के सेवानिवृत्त अधिकारी एवं अन्य केन्द्रीय सशस्त्र पुलिस बलों के वरिष्ठ अधिकारी, जवान एवं उनके परिजन उपस्थि थे।

महानिदेशक ने प्रशिक्षण के दौरान बेहतर प्रदर्शन करने वाले अधिकारियों में, करण शर्मा को ऑल राउण्ड बेस्ट/स्वोर्ड ऑफ ऑनर, डायरेक्टर बैटन फोर परेड कमाण्डर, बेस्ट इन आउटडोर सबजेक्ट, बेस्ट इन ड्रील हेतु ट्रॉफी से सम्मानित किया गया। बेस्ट इन इनडोर सबजेक्ट हेतु







श्री राजेश कुमार सिंह को, बेस्ट इन फायरिंग हेतु श्री आशीष कुमार को, फिजिकल प्रशिक्षण में सर्वश्रेष्ठ प्रदर्शन हेतु श्री येदु कृष्णन वी. को, बेस्ट इन इन्डुरेंस हेतु श्री सजील कुमार तथा बेस्ट स्पोर्टसमैन हेतु श्री अमित कुमार को ट्रॉफी प्रदान किया गया।

समारोह में उपस्थित गणमान्य एवं मीडिया को सम्बोधित करते हुए, महानिदेशक ने कहा कि के॰रि॰पु॰बल पूरे देश में आन्तरिक सुरक्षा के कठिन कार्य को सफलतापूर्वक पूर्ण किया है। बल ने बहादुरी और बलिदान की समृद्ध परम्परा को कायम रखते हुए इस वर्ष 02 कीर्ति चक्र, 04 शौर्य चक्र एवं 105 पुलिस पदक प्राप्त किया है। महानिदेशक ने 30 नवनियुक्त अधिकारियों को उदाहरण देते हुए कहा कि वे 52 सप्ताह के कठोर प्रशिक्षण में जो भी सीखा है, उसको भावनात्मक बुद्धिमता एवं नई तकनीक के साथ चुनौतियों का सामना करने हेतु अपने आप को तैयार रखें। 20 जून 2018 को तराल (जम्मू एवं कश्मीर) में हुए मुठभेड़ का जिक्र करते हुए महानिदेशक ने बताया कि मुठभेड़ में 180 बटालियन के श्री संजय कुमार, द्वि॰क॰अधि॰ ने घायल होने के बावजूद 03 आतंकवादियों को पकड़ने में कामयाबी हासिल की, जो कि नवनियुक्त अधिकारियों के लिए अनुकरणीय उदाहरण है।

महानिदेशक ने नवनियुक्त अधिकारियों के अभिभावकों को इस महान बल में शामिल होने के लिए उनके बच्चों को प्रेरित करने हेतु प्रशंसा किया एवं आभार व्यक्त किया। मीडिया से बात करते हुए महानिदेशक ने कहा कि देश की आन्तरिक सुरक्षा की समस्याओं से निपटने में के॰रि॰पु॰बल सदैव अग्रणी रहा है और रहेगा। ये 30 प्रशिक्षु अधिकारी देश के 14 विभिन्न राज्यों से हैं। उल्लेखनीय है कि 52 सप्ताह के प्रशिक्षण के दौरान प्रशिक्षु अधिकारियों को विभिन्न प्रकार के प्रशिक्षण प्रदान किये गए, जैसे कि वैज्ञानिक दृष्टि से भौतिक प्रशिक्षण, रॉक क्लाइम्बिंग, घुड़सवारी, रिवर रैफ्टिंग इत्यादि।

श्री राजेश प्रताप सिंह, अपर महानिदेशक, के॰रि॰पु॰बल, कादरपुर अकादमी, गुरूग्राम ने महानिदेशक को स्मृति चिन्ह भेंट किया तथा श्री रणदीप दत्ता महानिरीक्षक ने धन्यवाद ज्ञापित किया।



ट्रॉफी वितरण की झलकियाँ



श्री करण शर्मा को ऑल राउण्ड बेस्ट/
स्वोर्ड ऑफ ऑनर एवं होम मिनिस्टर कप



श्री करण शर्मा को ऑल राउण्ड बेस्ट/
सोर्ड ऑफ ऑनर एवं होम मिनिस्टर कप



श्री करण शर्मा को
परेड कमाण्डर हेतु डायरेक्टर बैटन



श्री राजेश कुमार सिंह को
आंतरिक विषयों के सर्वश्रेष्ठ ट्रॉफी



श्री करण शर्मा – वेस्ट इन आउटडोर



श्री करण शर्मा – वेस्ट इन ड्रील



श्री आशीष कुमार – वेस्ट इन फायरिंग



श्री येदु कृष्णन वी. – वेस्ट इन फिजिकल ट्रेनिंग



श्री साजिल कुमार – वेस्ट इन इन्डुरेंस



श्री अमित कुमार – वेस्ट स्पोर्टसमैन

पद अलंकरण की झलकियाँ





The President Honours Bravehearts

Hon'ble President Shri Ram Nath Kovind honoured the matchless bravery of the CRPF officers/men. The President honoured Shaheed Commandant Pramod Kumar with Kirti Chakra and Shri Vikas Jakhar, Assistant Commandant and Sub Inspector Md. Riyaz Alam Ansari with Shaurya Chakra in the Defence investiture ceremony held in New Delhi on 23rd April, 2018. In a somber ceremony Mrs. Neha Tripathi, widow of Shaheed Commandant Pramod Kumar received Kirti Chakra – the country's 2nd highest peace time gallantry award from the president.



Shaheed Commandant Pramod Kumar



Smt. Neha Tripathi

Shaheed Pramod Kumar the then Commandant of the 49 Battalion deployed in Srinagar showed exemplary bravery and patriotism on 15th August 2016 and ultimately laid down his live fighting terrorist. He had just hoisted the tricolor at the Battalion Hqr. when he heard of the terrorist strike at Nowhatta Chowk, Srinagar. His intrinsic gallantry coupled with his proud patriotism led him instantly to the ground zero, where he not only laid a seize around the building where the militants were holed up but also safely evacuated his injured colleagues. Not only this, he went to the extent of braving the bullets of the militants by stepping out of his bullet proof vehicle, so as to take the hiding militants head on. In his valiant action of neutralizing one militant, he was fired at by another militant leaving him grievously injured. He succumbed to his injuries but not before he and his committed troops eliminating the militants.



Shri Vikash Jakhar,
Assistant Commandant



Sub Inspector
Riyaz Alam Ansari

In the same vein of patriotic fervour, Assistant Commandant Vikas Jhakhar and Sub Inspector Md. Riyaz Alam Ansari risked their lives in taking on the Maoists in the hilly and inhospitable terrains of Latehar in Jharkhand. It took more than two days i.e. 22nd & 23rd November 2016 for the special teams of 209 CoBRA Battalion and the State Police of which Shri Jhakar and Md. Ansari were a part, to achieve the mission of eliminating the Maoists in their own strong hold. Both these officers showed matchless bravery in rushing across the river, that too amidst the rain of bullets by the Maoists to take them on. This fierce strategic battle ultimately saw the elimination of six Maoists and the seizure of a huge cache of Arms & Ammunition.

Both Shri Jhakar and Shri Ansari were awarded prestigious Shaurya Chakra for their raw courage and bravery in this daunting shootout.



Management training for DAGO

MoU signed with IIM, Rohtak

In a bid to make its trainee officers future-ready, CRPF signed an MoU with the Indian Institute of Management, Rohtak for a certificate programme in Business Management on 24th May 2018. The MoU was signed between Sh. Rajeev Rai Bhatnagar, D.G, CRPF and Prof. Dheeraj Sharma, Director, IIM, Rohtak at the CRPF hqrs in New Delhi. Senior officers of the Force were present on this occasion.

Speaking at the event, Sh Bhatnagar said that a closed organization can never prosper in the modern era which is witnessing rapid changes in different sectors. CRPF being a Force which faces the toughest of challenges in maintaining the internal security of the country, needs to cope with the time by taking an outside view of things as well. He said that the MoU on the Certificate Programme in business management for the trainee officers will go a long way in equipping them with a whole gamut of managerial skills ranging from resource management, stress management, financial management to logistics and inventory management. Terming this novel endeavour a 'great start', Sh Bhatnagar expressed the hope that such managerial value-addition will help upkeep the motivational level of the officers in adverse circumstances. Sh. Sharma too dwelt on the need for managerial skill up-gradation of the officers of this massive and mobile Force. He said that the course has been designed keeping in mind the managerial need of the officers that includes emotional intelligence, coping mechanism et al.

The certificate programme in management designed by the IIM, Rohtak will be delivered to the trainee officers of the CRPF through a variety of well-conceptualised pedagogy package spanning over a period of six months. These training modules will focus on precepts and practices of management in core functional areas like operations, administration, and welfare as well as human and organizational behavior. The course is set to be conducted for the Directly Recruited Gazetted Officers (DAGOs) of CRPF presently undergoing basic training in the CRPF Academy at Kadarpur, Gurugram.



Sh. Rajeev Rai Bhatnagar, DG, CRPF shaking hands with Prof. Dheeraj Sharma, Director, IIM, Rohtak at the CRPF Hqrs in New Delhi

CRPF celebrates
4th International Day of Yoga

CRPF closed ranks with the rest of the country in celebrating the 4th International Yoga Day on 21st June 2018. Being fully alive to the utilitarian importance of Yoga for a disciplined Force like the CRPF, thousands of its cadres thronged various 'yoga' venues in over 320 locations in the country in the early hours on 21st June 2018.



Shri Rajeev Rai Bhatnagar, DG alongwith other senior officers of the Force joined the spirited Yoga practice session in the SDG Ground in Old JNU campus, New Delhi. The forty five minutes-long session co-ordinated the body, mind and the soul. Similarly, the Chhattisgarh sector of CRPF on 21st June 2018 created a record of sorts when the 1001 combined personnel of all CAPFs presented a human replica of the logo of the International Yoga Day in a special Yoga session. The unique programme was orchestrated in co-ordination with the Naya Raipur Development Authority in the Central Park of Naya Raipur in Chhattisgarh.

Apart from these, CRPF personnel also joined the Yoga sessions in Dehradun in Uttarakhand and in Lucknow, U.P. and other CRPF locations, where hon'ble Prime Minister Sh Narendra Modi and hon'ble Home Minister Sh. Rajnath Singh respectively took part.



Human replica of the logo of the International Yoga Day

International Day of Yoga







International Day of Yoga







International Day of Yoga







CRPF Sponsors Horse Race – Won by Shes Striking

CRPF Cup Race-2018 took place at Delhi Race Club on 24th May, 2018 in which 6 Horses participated. SHES STRIKING won the race. TOT OF WHISKEY and AL MAISHA secured second and third position respectively. Shri Rajeev Rai Bhatnagar, IPS, DG, CRPF, who was the Chief Guest, presented CRPF Cup to the trainer of SHES STRIKING, Shri Dhanu S. Deora. He also gave away winner's prize to the T.S. Jodha.

Earlier Shri J.S. Bedi, President, Delhi Race Club presented bouquet and memento to Shri



Rajeev Rai Bhatnagar, IPS, DG, CRPF. Dr. Manu Bhatnagar, wife of Shri Rajeev Rai Bhatnagar and senior officers of CRPF were present on this occasion.





ग्रुप केन्द्र नोएडा द्वारा निःशुल्क स्वास्थ्य जाँच शिविर

विश्व स्वास्थ्य दिवस के अवसर पर 7 अप्रैल, 2018 को के.रि.पु.बल, ग्रेटर नोएडा, परिसर में निःशुल्क स्वास्थ्य जाँच शिविर का आयोजन किया गया। मुख्य अतिथि डॉ. मनु भटनागर, अध्यक्षा कावा तथा बल के महानिदेशक श्री राजीव राय भटनागर ने निःशुल्क स्वास्थ्य जॉच शिविर का उद्घाटन किया। इस अवसर पर पुलिस महानिरीक्षक (मेडिकल), श्री विनय कुमार अग्रवाल तथा अति गणमान्य अतिथियों के अतिरिक्त 221/235/वी0आई0पी प्रशिक्षण व सुरक्षा/ग्रुप केन्द्र तथा रेंज कार्यालय के अधिकारी, कार्मिक तथा उनके परिवार के सदस्य उपस्थित थे। इससे पूर्व श्री सुनिल जुन, पुलिस उप महानिरीक्षक, ग्रेटर नोएडा तथा परिवार कल्याण केन्द्र की क्षेत्रीय अध्यक्षा श्रीमती बबिता जुन ने मुख्य अतिथि डॉ. मनु भटनागर अध्यक्षा केरिपुबल, परिवार कल्याण समिति एंव महानिदेशक, श्री राजीव राय भटनागर, को पुष्प गुच्छ देकर स्वागत किया था।



श्री राजीव राय भटनागर, महानिदेशक सीआरपीएफ एवं डॉ. मनु भटनागर अध्यक्षा सीआरपीएफ परिवार कल्याण समिति स्वास्थ मेले का उदघाटन करते हुए

इस अवसर पर जिला अस्पताल, ग्रेटर नोएडा के चिकित्सकों द्वारा टी0बी और कैंसर के मरिजों को निःशुल्क जाँच के अतिरिक्त कम्पोजिट अस्पताल, केरिपुबल, द्व ारा मुफ्त आँख की जाँच तथा प्राथमिक चिकित्सा केन्द्र विसरख द्वारा परिवार नियोजन तथा बच्चों का टीकाकरण किया गया। स्वास्थ्य शिविर के दौरान शारदा अस्पताल, के दन्त चिकित्सक द्वारा डेन्टल वैन मे दन्त रोग और मरीज के प्री कैन्सरस लीजियन्स का भी मुफ्त जाँच कि गई। इस दौरान शारदा अस्पताल के डॉक्टर द्वारा परिवार नियोजन, सरवाईकल कैंसर और अन्य बीमारियो के बारे मे लोगों को स्वास्थ्य के प्रति जागरूक किया गया। विश्वविद्यालय के विद्यार्थियों द्वारा एक नुकड नाटक का भी आयोजन किया गया जोकि कार्यक्रम का मुख्य आर्कषण केन्द्र था। कार्यक्रम के अन्त में मुख्य अतिथि द्वारा विभिन्न अस्पातल से आए चिकित्सा विशेषज्ञों तथा बल के श्रेष्ठ कार्मिकों को मेमेन्टो और प्रशंसा पत्र देकर सम्मानित किया गया। श्री सुनिल जुन, पुलिस उप महानिरीक्षक, ने मुख्य अतिथि और स्वास्थ्य शिविर मे उपस्थित सभी लोगो को धन्यवाद ज्ञापन किया।



"Ladakh and CRPF"



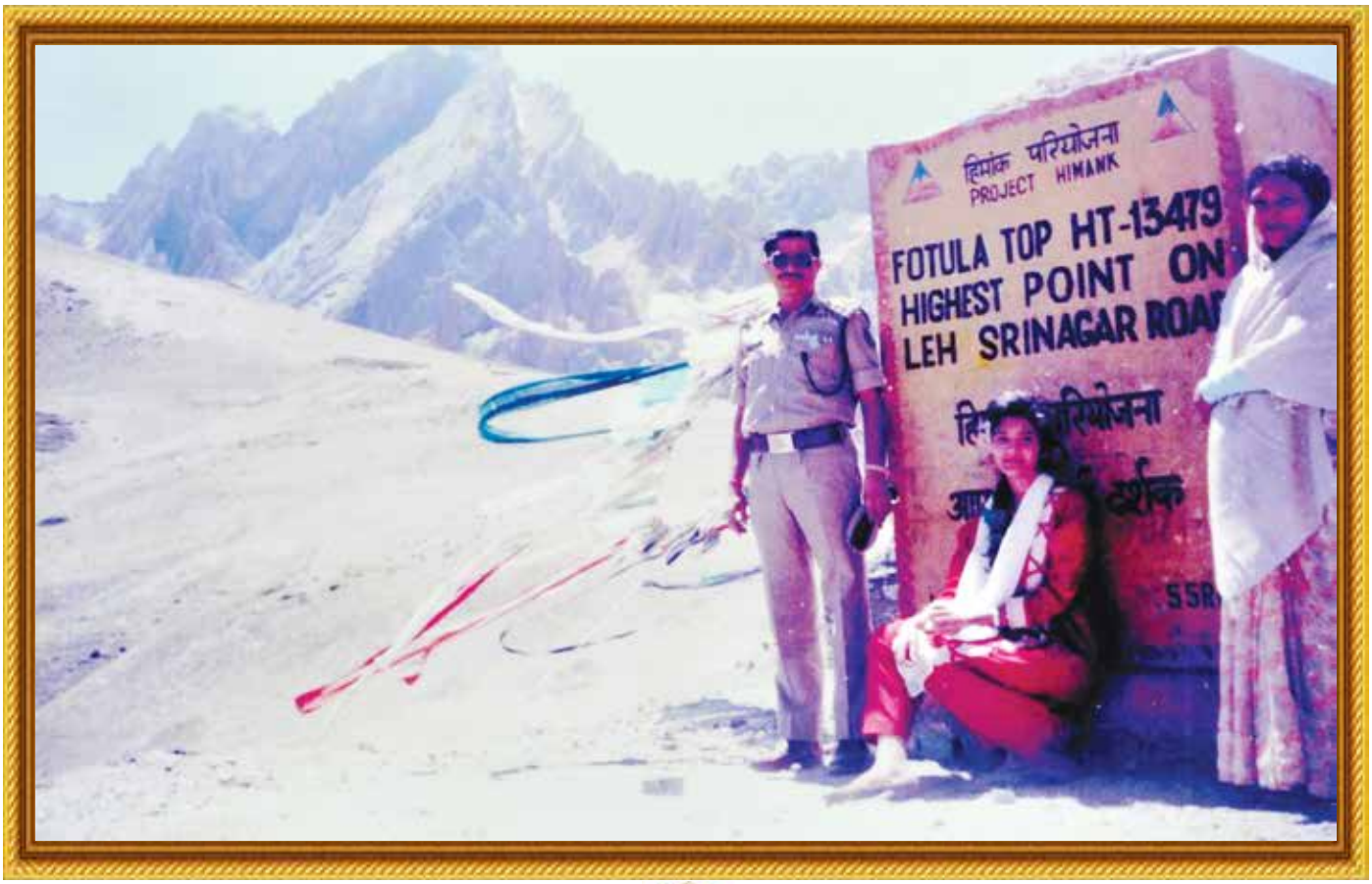
A.N. Srinivasan
IGP, CRPF (Retd.)

The news item with the caption "For all- years access to Ladakh, PM to flag off work on Zoli La tunnel" appearing at page 10 of the Times of India Newspaper dated 12th May 2018 (Coimbatore Edition) has prompted me to write this Article for the benefit of all ranks of CRPF.

The above mentioned news item speaks about the proposed tunnel of 14.2 Kms length at Zoji La pass on Srinagar –Leh road in Jammu and Kashmir. This tunnel will be 400 meters beneath the present road and once it is made operational by 2026 after spending Rs. 6,809 crore, the distance being covered now in three and half hours will be covered in 15 minutes in a speed of 80 Kms per hour. This tunnel will ensure road connectivity between Srinagar and Leh round the year providing all- weather access to the strategically important border region. The News item also states that another crucial 6.5 Kms tunnel at Z-Morh on Srinagar –Leh Highway in under construction and is likely to be completed by 2019.

After reading the above interesting News my thoughts crawled back to 1994-1995 during which I commanded 94 Bn, CRPF with Bn HQ near Dal Lake in Srinagar with deployment in Srinagar and Leh. One Coy was providing security cover to Leh Airport (The highest Airport in the country) and another Coy was assisting the Supt. of Police, Leh in Law and order duties.

The road journey from Srinagar to Leh via Sonamarg, Zoji La Pass, Drass, Kargil etc used to be quite arduous those days with lot of hair pin bends, ups and downs, landslides etc. At a particular hill



the curves were so many and at short distance with the name “Jalebi Morh” This one had to negotiate to climb the hill road and come down in the same manner to continue the journey further. On this road we also crossed the highest point of Srinagar-Leh road called “Fotula Top” which is at a height of 13479 ft. We also experience the pulling power of the magnetic mountain on the way in that the vehicle speed gets reduced. In case the vehicle is put on neutral gear, it moves back due to this magnetic power.

Though the scenic beauty is enjoyable throughout the journey, the total journey from Srinagar to Leh used to be very hectic and tiresome. From Sonamarg to Zoji La the road is very narrow that the officials of Border Roads Organisation used to regulate the traffic by allowing vehicles from one side only at a particular point of time. Crossing Zoji La pass really the scariest part of the journey. Once the jeep in which I was travelling broke down in Zoji La Pass area and thereafter it had to be towed with a 5 Tonner vehicle throughout the remaining part of the journey. The narrow and crumbing road made this stretch dangerous. At one point, while negotiating a curve, the jeep in which I was sitting after towing it with a 5 Tonner vehicle was about to fall in a deep ditch.



After crossing Zoji La Pass, one reaches Drass where one experiences extreme chillness as this place used to be the second coldest inhabitant in the world. Once I got struck in this place for six hours while returning from Leh to Srinagar due to land slide in Zoji La Pass area and had to face severe cold. However, an Army Major stationed there extended some help. The road alongside river Indus with high raising mountains in the back drop presents a picturesque view all through. Though the taxis cover the whole distance from Srinagar to Leh in one day, CRPF vehicles with regulated speed limit used to cover the distance in two days with a night halt in BSF Bn camp in Kargil. To get proper sleep in Kargil one had to take Aspirin tablets as per medical advice. The panoramic view of Kargil town can be seen after travelling a few kilometers from Kargil. The terrain offers different kinds of beauty such as rounded rocky hills, moon land etc.

Once we reach Leh, acclimatization takes a day or two in almost all cases though I did not face any such problem whenever I visited Leh. Once you enter the Ladakh Region where Leh is located the culture changes to Buddhist one. Lamayuru is a place which offers a breathtaking view on the way with its Monastery. The Leh town offers beautiful views of the distant snow capped mountains. Stupas and prayer wheels were adorning many places in Leh town. This is the most important town in Ladakh Region of J&K in the Indus Valley. On either side of the main roads I could see Hotels, Handicraft shops and vegetable shops handled by Ladakhi women. The Leh Palace built in the 16th Century in a hill overlooks the city. The view of the town from any high point is really panoramic.

Winter in Leh is so severe that the life of the local people in general and of CRPF personnel and other Force personnel in particular becomes extremely difficult. During winter the roads to Leh from Srinagar side as well as from Malali (H.P.) side get blocked due to heavy snowfall. During that period, the only way to reach Leh was by air from Srinagar or Jammu. The air service by Indian Airlines, those

days, from Srinagar to Leh used to be for 2 or 3 days only in a week and in case the weather became bad the Flights used to be cancelled. In the severe winter of December 1994, I had gone to Leh to inspect my Coys and got stranded there for a week due to cancellation of Srinagar – Leh Flight and non-availability of seat in Leh-Jammu Flight. Ultimately I got a seat in Leh- Jammu flight after a week due to cancellation of journey by someone in the last minute and reached Jammu for my onward journey to Srinagar. The air journey from Jammu to Srinagar could also be arranged with lot of difficulties by Shri R.K. Vats, Commandant, 51 Bn CRPF Jammu who happened to be my Batchmate (DAGO of 1968 Batch).

During the winter every year, even the Jawans of CRPF were permitted to travel by air from Leh to Jammu while proceeding on duty as well as on leave. The life in Leh during winter used to be dull as tourists do not venture to visit Leh. All the Hotels and Guest houses remain closed. Water in the pipelines get frozen, tomato, potato etc become hard like stone and hence one had to survive with tinned items of food. Though "Bukhari" is provided for keeping the living rooms, office etc warm during winter, performing sentry duty and night patrolling used to be challenging. Despite all such odds and hardship, the personnel of 94 Bn CRPF deployed there during 1994-1995 had been performing their duty with utmost honesty and sincerity.



It is well known that the first brunt was borne by CRPF in Ladakh due to the Chinese onslaught on CRPF patrolling party on 21st October 1959 at Hot Springs in Ladakh Region in which 10 valiant jawans of CRPF became Martyrs. This incident is remembered always and every year 21st October is observed as "Police Commemoration Day" by all Police Forces in the country at respective HQ besides a Police Team comprising of representatives from different Police Forces visiting Hot Springs in Ladakh to pay Homage on that particular day.

Kudos to the CRPF personnel performing duty in Leh round the clock in spite of the hardships to safeguard the sovereignty and integrity of our Motherland. Once the purposed tunnel in Zoji La is completed and made operational, the problem of movement of men and material between Srinagar and Leh will be solved to a great extent. As reported at page 14 of "The Hindu" Newspaper dated 20 May 2018 (Coimbatore Edition), the Honourable Prime Minister of India had inaugurated the Zoji La Tunnel project on 19 May 2018 which will provide all-weather connectivity to Srinagar, Kargil and Leh. This tunnel will be the longest bi-directional single tube road tunnel in Asia. This tunnel will have a transverse ventilation system, un-interrupted power supply, emergency lighting, CCTV monitoring, pedestrian cross passages at every 250 mtrs, emergency telephones and file-fighting equipments at every 125 mtrs.

The efforts of the Govt. to solve the major problem being faced by the people living and working in various organizations in Leh will be always remembered and cherished. The Agencies involved in the project should work hard with sincerity to complete the project within the proposed time schedule keeping in mind the humanitarian angle.

"One should not take direction from the light of a moving ship but take direction from the stars in the sky".



हृदयघात के लक्षण और बचाव के उपाय



डॉ. अनिल कुमार
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हृदय रोग –

हृदय शूल (Angina pectoris) और दिल का दौरा (Heart Attack) जैसे दिल के रोगों का फैलाव बड़ी तेजी के साथ हो रहा है, खास तौर से भारत जैसे विकासशील देशों में यह बीमारी हर साल लाखों लोगों की जान ले लेती है, क्योंकि ज्यादातर विकासशील देशो में या तो उन्नत मेडिकल सुविधाएं उपलब्ध ही नहीं हैं और अगर हैं भी तो महंगी होने के कारण आबादी के एक बड़े हिस्से ही पहुँच से बाहर है। दूसरा लोगों में जागरूकता का आभाव और भाग–दौड़ भरी जिन्दगी में सेहत का ख्याल न रख पाने की मुश्किलें इसको और तेजी से बढाती जा रही है। लगातार उच्च रक्तचाप बने रहने से हृदय में अतिरिक्त दबाव बना रहता है, जिससे हृदय रोग होने की सम्भावना ज्यादा रहती है। इसके अलावा डायबिटीज भी हृदय रोगों को बढ़ाने वाला तथा उसको और भी ज्यादा विकराल बना देता है। क्योंकि इसके कारण खून में शुगर की मात्रा बढ़ जाती है और लम्बे समय तक बराबर बनी रहती है, तो धीरे–धीरे यह धमनियों को और भी ज्यादा जाम कर देता है।

हृदय रोग क्या होता है ?

- हृदय रोग होने पर हृदय को रक्त पहुंचाने वाली धमनिया संकरी और सख्त हो जाती है, जिससे रक्त शरीर के अंगो में सही मात्रा में पंप नहीं हो पता है। (Narrowing and hardening of the arteries orathero sclerosis).
- रक्त में जब वसा (Cholesterol) की मात्रा अधिक हो जाती है तो अतिरिक्त कोलेस्ट्रोल हृदय की धमनियों की भीतरी दीवारों पर एकत्रित होने लगता है और धमनियों के भीतर निरंतर 'वसा' की परत जमने से धीरे–धीरे धमनियों संकरी और कड़ी हो जाती है, जिससे रक्त प्रवाह का मार्ग (Blood Circulation) अवरुद्ध हो जाता है।
- दरअसल हृदय का मुख्य कार्य ऑक्सीजन मिला शुद्ध रक्त को बाकि अंगों तक पंहुचाना होता है, जिसकी आपूर्ति हृदय की धमनियों 'कोरोनरी आर्टरीज" (coronary arteries) से मिलती है।
- अब यदि किन्हीं कारणवश इन धमनियों में रूकावट (विशेषकर रक्त की धमनियों के भीतर चिकनाई की परत–दर–परत जमते जाने और धमनी का भीतरी व्यास कम हो जाने के कारण) उत्पन्न हो जाता है, तो ऐसी अवस्था में हृदय को रक्त की आपूर्ति पूरी तरह से न होकर कम मात्रा में और बाधित ढंग से होती है।
- हृदय रोग की शुरुआत में आराम की अवस्था में रोगी का किसी प्रकार काम चलता रहता है और उसे ज्यादा कुछ अहसास नहीं होता है, पर भारी काम करने पर परेशानी होने लगती हैं।

हृदय रोग के लक्षण :–

- शुरू–शुरू में हृदय के रोग के कोई विशेष लक्षण अनुभव नहीं होते हैं, परंतु जब रोगी को कोई शारीरिक परिश्रम जैसे दूर तक पैदल चलना, सीढ़ियां, पहाड़ आदि चढ़ना, दौड़ना आदि) कार्य करने पड़ते हैं, तो शारीरिक श्रम के दौरान रोग के प्रारंभिक लक्षण– जैसे– साँस चढना, छाती में दर्द उठना, कंधों और पीठ में दर्द होना, भारीपन प्रतीत होना, दम घुटना, छाती में सिकुड़न आदि अनुभव होते हैं।
- Chest Pain Reasons – क्योंकि हृदय को ज्यादा काम करने के लिए अतिरिक्त (सामान्य से अधिक) रक्त की आवश्यकता होती है, जो रक्त की पूर्ति में कमी आ जाने के कारण उसे मिल नहीं पाता और परिणामस्वरूप हृदय की मांसपेशियां जोरों से सिकुड़ती हैं और छाती में दर्द (Chest pain) का अनुभव होता है।
- इसी दर्द को 'हृदय शूल' अंग्रेजी में (Angina Pectoris) कहा जाता है।
- इसके अतिरिक्त अधिक मानसिक परिश्रम और तनाव भी हृदय शूल के कारणों में सम्मिलित हैं।
- पूरी तरह से हृदय रोग हो जाने पर जब रक्त की धमनी के भीतर वसा की परतें जम जाने से वह पूर्ण रूप से

बंद हो जाती हैं अथवा खून का थक्का (ब्लड क्लोट) बन जाने से धमनी में रक्त प्रवाह का मार्ग एकाएक अवरुद्ध हो जाता है और हृदय को ऑक्सीजनयुक्त रक्त मिलना बिल्कुल बंद हो जाता है, तब छाती में अचानक असहनीय तेज दर्द उठता है, जिसे 'दिल का दौरा' (हार्ट अटैक) कहा जाता है।

दिल का दौरा या हार्ट अटैक के लक्षण :–

- ☞ घबराहट होना, सांस लेने में कष्ट होना, हृदय का अनियमित धड़कना, हृदय में तेज पीड़ायुक्त झटके अनुभव होना, पसीना छूटना, चक्कर आना, जी मिचलाना, तीव्र कमजोरी का अनुभव होना अथवा बेहोश हो जाना आदि।
- ☞ याद रखें दिल के दौरे का दर्द आराम करते हुए भी बना रहता है।
- ☞ एंजाइना का दर्द थकान के कारण होता है और विश्राम करने से दूर हो जाता है तथा उससे रक्तचाप और हृदय की धड़कन पर कुछ विशेष प्रभाव न पड़े तो ऐसी स्थिति में घबराने की कोई बात नहीं हैद्य
- ☞ यदि थकान से आरंभ हुआ दर्द विश्राम के बाद भी समाप्त नहीं होता और दर्द निवारक (एनालजैसिक्स) दवाइयों के सेवन से भी कोई लाभ न मिले तो समझना चाहिए कि 'दिल का दौरा' पड़ रहा है तो ऐसी स्थिति में जल्द से जल्द किसी (हृदय रोग विशेषज्ञ) चिकित्सक की सलाह लेनी चाहिए और गंभीरतापूर्वक रोगी का उपचार कराना चाहिए।

हृदय रोग में क्या खाना चाहिए :–

- ☞ हृदय रोग में बिना दाने वाला अनार, आंवला का मुरब्बा, सेब, सेब का मुरब्बा, नींबू का रस, अंगूर, थोडा–सा गुनगुना गाय का दूध, जौ (जई) का पानी (Barley Water), कच्चे नारियल का पानी, गाजर, पालक, लहसुन, कच्चा प्याज, छोटी हरडु, सौंफ, मैथीदाना, किशमिश, मुनक्का।
- ☞ इसके अलावा गाय के दूध की दही से बिलोकर तैयार किया गया शुद्ध घी (सीमित प्रयोग), गेहूँ का दलिया (पोषांकुर गेहूँ का दलिया), चोकरयुक्त मोटे गेहूं के आटे की रोटी, चना और जौ मिश्रित आटे की मिस्सी रोटी, भिगोए हुए चने (अल्प मात्रा में), भुने चनों का नियमित सेवन, बिना पालिश का चावल (ओखली–मूसल से कूटा गया फाइबर युक्त धान का अथवा धनकुट्टी से निकाला गया चावल)
- ☞ हरी सब्जियां, ताजे फल, कम चिकनाई युक्त बिना मलाई वाला दूध से निर्मित खाद्य पदार्थ इत्यादि भी हृदय रोग में नियमित रूप से लेने चाहिए।
- ☞ भोजन करने बाद दोनों समय (दोपहर व रात को) वज्रासन तथा थकान अनुभव करने पर 'शवासन' करना चाहिए।
- ☞ हृदय रोगियों या अन्य लोगो को भी जो दिल की बीमारियों को दूर रखना चाहते हैं, हमेशा शाकाहारी भोजन, योगाभ्यास करना चाहिए।
- ☞ अर्जुन की छाल, आंवला, हरड़ जैसी आयुर्वेदिक जड़ी–बूटियों के उचित प्रयोग से हृदय रोग उत्पन्न ही नहीं होते हैं।
- ☞ हृदय रोग से बचने के लिए नियमित व्यायाम की दिनचर्या के साथ ही तनावरहित गहरी नींद, यथोचित विश्राम और संयमित जीवनयापन निरोग रहने की सफल कुंजी है।
- ☞ हृदय रोग में आंवला– आंवले के मौसम में नित्यप्रति 2 नगहरे पके हुए पुष्ट आवंलों का प्रातः भ्रमण (मार्निग वाक) या व्यायामोपरांत चबाकर खाएं। यदि आवले को कच्चा चबाकर न खा सकें, तो आवले का रस और शहद 2–2 चम्मच मिलाकर सेवन करें तथा जब आंवलों का मौसम न रहे तो सूखे आंवलों को कूट–पीसकर विधिवत बनाया गया बारीक चूर्ण 1 चम्मच भर (3 ग्राम) रात्रि में सोते समय (अंतिम वस्तु के रूप में) पानी या शहद के अनुपान के साथ लें।
- ☞ आंवलों में रोग निरोधक गुण होने के कारण स्वतः ही रोगों से सुरक्षा प्राप्त होती है।
- ☞ "आंवला" एक उच्चकोटि का रसायन है। यह रक्त में उपस्थित हानिकारक व विषैले पदार्थों को निकालने में सक्षम है।
- ☞ इसके नियमित प्रयोग से रक्तवाहिनियां कोमल और लचीली बनी रहती हैं तथा रक्तवाहिनियों की दीवारों की कठोरता दूर होकर रक्त का प्रवाह (ब्लड सकुलेशन) भली–भांति होने लगता है।
- ☞ रक्तवाहिनियों में लचक बने रहने के कारण न तो हृदय फैल होता है, न उच्च रक्तचाप का रोग होता है और न ही रक्त का थक्का (क्लोट) बन सकने के कारण (रुकावट के कारण) मस्तिष्क की धमनियां फटने नहीं पाती हैं।

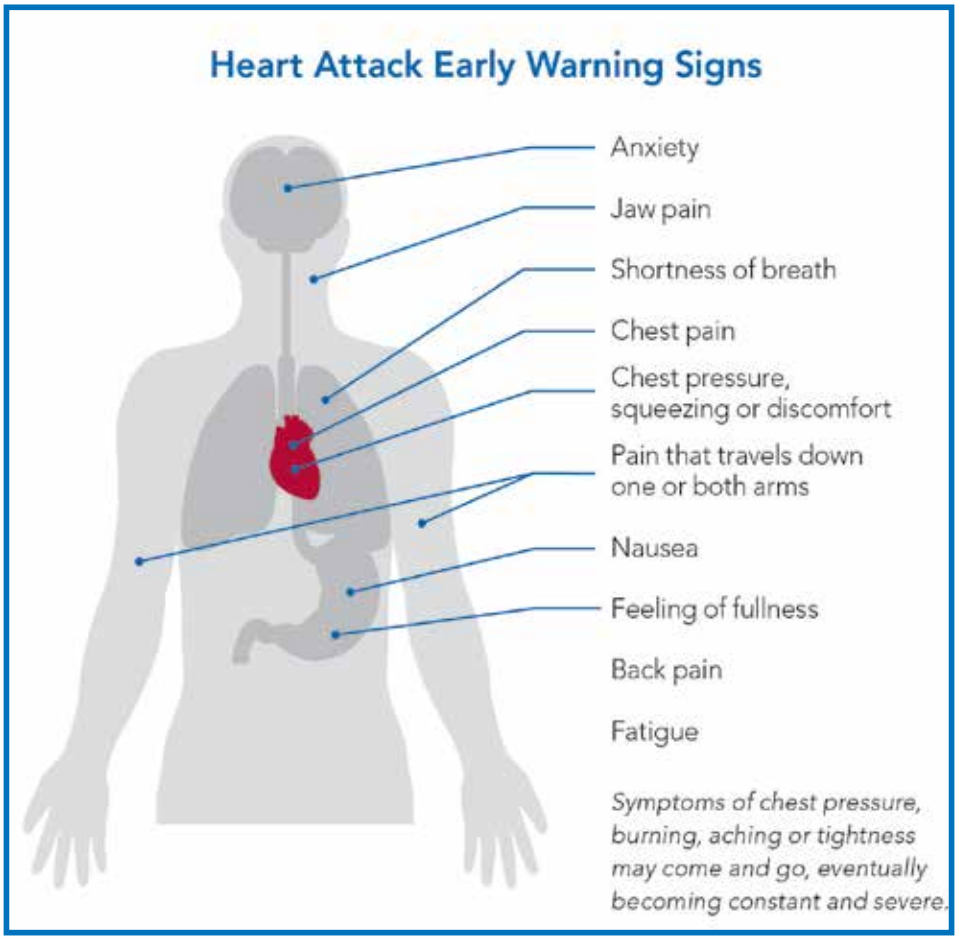
☞ सत्यता तो यही है कि हृदय रोग के बढ़ने का मूल कारण गलत खान–पान और गलत रहन–सहन यानि आधुनिक आरामदायक मशीनो से घिरा लाइफ स्टाइल ही है।

हृदय रोग में क्या ना खाएं :–

☞ हृदय रोग से बचने के लिए मांसाहार, मदिरापान, धूम्रपान, तम्बाकू, कॉफी, नशीले पदार्थों का सेवन, अधिक नमक, घी, तेल , तेज मसालेदार चटपटे तले–भुने गरिष्ठ भोज्य पदार्थ, आधुनिक फास्टफूड (नूडल्स , पिज्जा , बर्गर आदि) तथा जंक फूड–चाकलेट, केक, पेस्ट्री, आइसक्रीम आदि का सेवन ना करें या कम से कम करें।

☞ हृदय रोग होने सबसे बड़ा कारण कोलेस्ट्रॉल (Cholesterol) होता हैं। कोलेस्ट्रॉल बढ़ाने वाले वसायुक्त चर्बी वाले खाद्य पदार्थ जैसे– मक्खन, घी, मीट, अंडे की जर्दी , नारियल तेल, प्रोसेस्ड खाद्य पदार्थ आदि फूड प्रीजवेंटिव, दूध से बने पदार्थ जैसे खोया या मावा की मिठाइयां, रबड़ी, मलाई, श्रीखंड आदि नहीं लेने चाहिए। इनके सेवन से बचना चाहिए।

☞ कोलेस्ट्रॉल को लिवर इसलिए पैदा करता है, ताकि कोशिकाओं की दीवारों, हार्मोन और नर्वस सिस्टम (तंत्रिका तंत्र) के सुरक्षा घेरे का निर्माण हो सके। कोलेस्ट्रॉल खुद फैट से बना होता है और प्रोटीन से मेल करके लिपोप्रोटीन बनाता है। प्रोटीन से दोस्ती के बाद ही यह अच्छा और बुरा बन जाता है। अच्छा कोलेस्ट्रॉल (एचडीएल–हाई डेसिटी लिपोप्रोटीन) हल्का होता है और खून से मिलने वाली चर्बी को अपने साथ बहा ले जाता है। बुरा कोलेस्ट्रॉल (एलडीएल–लो डेसिटी लिपोप्रोटीन) चिपचिपा और गाढ़ा होता है और रक्त वाहिनियों और धमनियों में चिपककर बैठ जाता है। इससे खून के बहने में बाधा आती है और हमारे दिल को वाहिनियों में खून पहुंचाने में बहुत मेहनत करनी पड़ती है। नतीजा हाई ब्लड प्रेशर, ब्लोकेज और हार्ट अटेक के रूप में सामने आता है। इसलिए हृदय रोग को रोकने के लिए कोलेस्ट्रॉल से बचना बहुत जरुरी हैं।



हृदय रोगियों के लिए सोने से संबंधित कुछ टिप्सः–

☞ दक्षिण दिशा की ओर पैर करके सोने से हृदय तथा मस्तिष्क के रोग उत्पन्न होते हैं। अतः दक्षिण दिशा की ओर पैर करके न सोएं। सिर को दक्षिण दिशा में रखना चाहिए–

☞ इससे नींद अच्छी, गहरी और तरोताजा करने वाली आती है तथा स्वप्न कम आते हैं। (याद रखें कि गहरी निद्रा में स्वप्न नहीं आया करते हैं)

☞ यदि दक्षिण दिशा की ओर सिर रखकर सोना संभव न हो तो पूर्व (East) दिशा की ओर सिर करके सोना चाहिए। सिर पूर्व दिशा की ओर सिर करके सोने से सिरदर्द और आंख के रोगों से बचाव होता है। आंख की दृष्टि अच्छी होती है और सुखमय तथा शांत निद्रा आती है।

STRESS FREE LIFE



MANOJ VERMA
(Second in command)
Adm Dte CRPF

The greatest weapon against stress is our ability to choose one thought over another.

- William James

Despite the fact that stress has adverse effects on our lives, we still deny admitting that this could be a mental disorder. Leading a stressful life hinders our efficiency and lessens our ability to live a healthy and happy life. Being stressed, you may fall sick more often, can feel grumpy and even irritated too.

Our over burdoned schedules and a number of responsibilities have largely contributed to this condition and it is important to know the ways that could alleviate stressful conditions. While meditation could decrease the level of stress, indulging in physical activities is another way to get rid of it.

So, here are a few ways that should be followed for a stress-free life...



Follow a routine - organise your day

Always make a routine to follow a regime. A routine provides a structured and organised way of living. When our daily routine is well structured, we can utilize our day in a much better way. You will also realize that you are able to complete all your work on time and still can indulge in some entertainment activities, hobbies and sports. And you will naturally feel stress-free!

Wake up early

Wake up early in the morning. As the saying goes, "early to bed and early to rise, makes a person, healthy wealthy and wise". So, follow a daily routine and set a time to sleep and to wake up. Waking up early is not

just healthy for your body but is also beneficial in improving mental health. Entire day will be yours.

My Bucket List

Make a list of things that make you joyous and optimistic. This technique will help to ease your stress in a positive manner. Also, make a list of work that you need to do or could accomplish in a day. The best suggestion would be, to make a to-do list wherein you list all the activities, assignments or any other tasks that you need to complete. This is a good way of staying focused and organized and also completing all the tasks without worrying too much about them.

Accept and face your challenges

In case you find yourself in a bad situation or if some of your decisions have landed you in trouble, accept and find a solution for it instead of cribbing. When you accept your challenges, it has a positive impact on your mind and consciousness. This makes you stronger to face tougher situations in future as well.

Look after yourself

Never forget to take good care of youself. When we are in a stressful situation, we end up getting tensed and worried without giving a thought about ourselves. We ignore our own selves either by eating unhealthy meals or by not giving our body and mind enough rest. This ignorance can harm us more and could weaken our power to deal with stress.



Relax

Relax your mind and body. When feeling stressed, take a nap or breathe deep. Being continuously involved in work can be stressful. So, try to take a break and connect with 'yourself'. In this way, you will stay calm and make yourself feel better.

Meditate

Meditation is an excellent method of cleansing your mind from all negative and stressful thoughts. Refresh and think positive. Whenever you feel heavy or burdened, or even when you feel tired of doing work, or feel irritated by something or someone, take a deep breath to relax. Focus on your breathing, while you exhale and inhale. Focus on how your body acts when you breathe. Visualize that your mind is going blank and focus on emptying your mind. A simple, 15-20 minute meditation will make you rejuvinated and relaxed. Besides this, it also helps to reduce your anxiety, tension and stress.



Avoid Distractions

In order to fully relax your lifestyle and live stress-free life, remove all the distractions. These distractions are generally the type of equipments we find ourselves surrounded with such as mobile phones, laptops and televisions. While virtual presence is equally important as is the physical one, it becomes a little difficult to completely remove these distractions from our lives. But we can avoid using them when focusing or working on a particular job.

Stay Focused

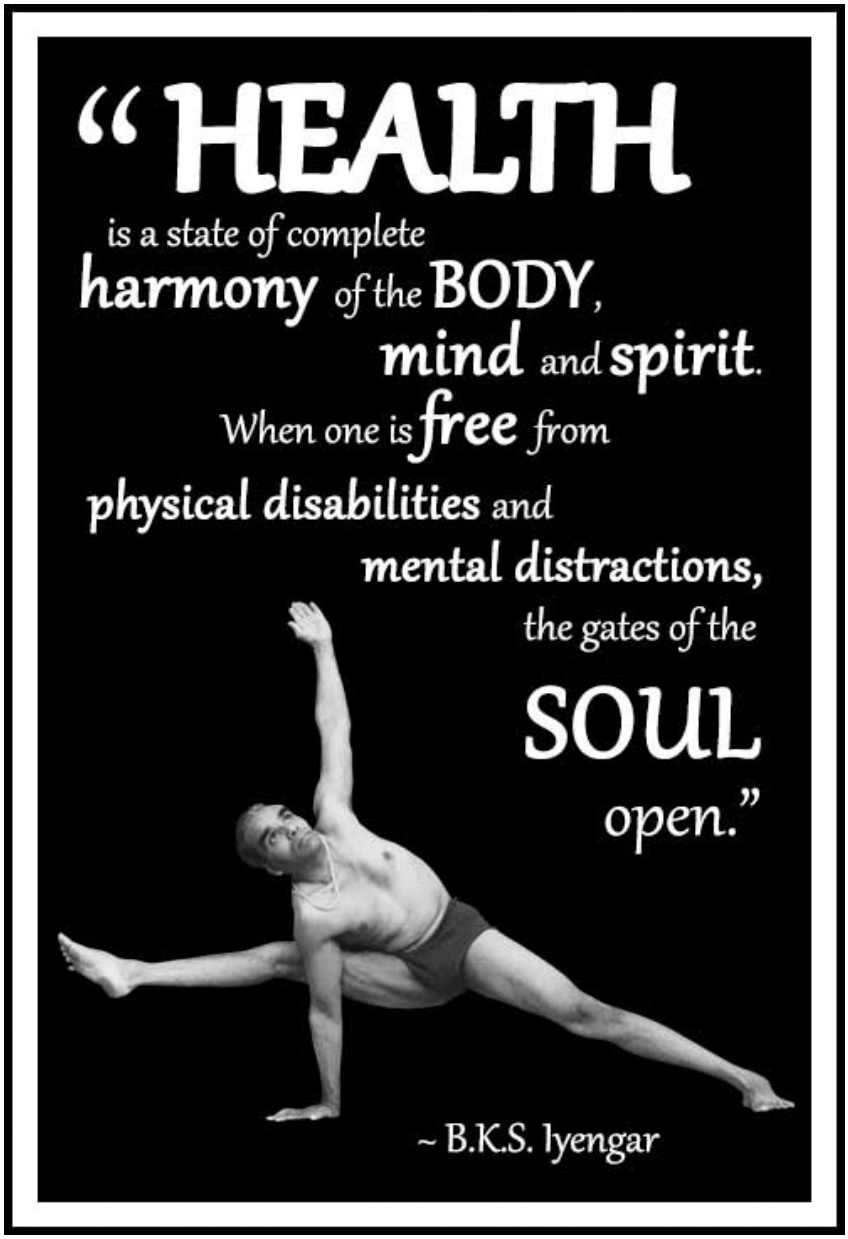
'Concentrate and stay focused' should be the motto of your life. When you are focused on your work, you are able to accomplish more and in an efficient manner. Concentrate on the work that you perform and give it your best. This helps to finish your task faster and in an efficient manner. Therefore, always remain focused on the goals you want to achieve.

Procrastination is bad!

As is said by the elders, "tomorrow never comes". Do not leave your work for the next day. Complete your job as soon as possible. Procrastination is bad and stressful and the thought to complete the work tomorrow, never gets accomplished.

The last but not the least, Be Happy! Staying happy would also mean making your body happy as well and that you can achieve by exercising. Regular exercise is a great booster for the body as it helps in decreasing the production of stress hormones, such as cortisol, and neurotransmitters that are secreted during the stress response. While one should follow certain other steps as well, like following correct breathing pattern, not pressurising yourself with strenuous work goals, eating a balanced diet etc., but it is the health and contentment of your mind that would lead to happier living.

So live a happy, healthy life and always be free of stress!



CRPF 'MADADGAAR':
genesis of a peaceful Kashmir.



Gul Junaid Khan
Assistant Commandant
110 Bn CRPF

The summer of 2016 in Kashmir was one of the most challenging period faced by security forces, CRPF in particular. Post the elimination of prominent militant commander, the valley reeled under law and order turmoil, affecting common public the most. The increased militant activities coupled with widespread turmoil created a scenario where the Civil Administrative machinery almost came to standstill. Public utilities, essential services, education, etc. were completely disrupted and attempts were being made by anti-social and anti-national elements to make use of all this in creating a disillusionment among the masses, thus widening the rift between people and the Government agencies.

It was thence the need to have some mechanism to let the masses vent their grievances was felt and thus, was born of the idea of starting a Helpline, which would let people voice their concerns and put forth their demands and grievances. It was a very novel concept and was aimed at using the extensive deployment of a highly professional force i.e. CRPF, in Kashmir. CRPF has deployments in even the remotest of villages in Kashmir and thus, along with its Pan-India presence, would play a pivotal role in rendering assistance to the locals, whenever and wherever needed and mitigate the problems of the common man in Kashmir, and thereby ameliorate the wounds suffered by them. Besides, this would also help CRPF have a closer and friendly interface with the public and thus address problems of militancy to a large extent.

CRPF Helpline 'MADADGAAR' was formally launched, when the Hon'ble Governor of J&K inaugurated it on 16th June 2017, at Tagore



Hon'ble Governor of J&K Shri N N Vohra inaugrating CRPF MADADGAAR on 16 June 2017 at Tagore Hall

Hall Srinagar. The Helpline operates **24x7** and can be contacted on toll free number **'14411'.** Grievances can also be emailed to CRPF MADADGAAR on crpfmadadgaar@gmail.com and on the twitter handle **@CRPFmadadgaar.**

CRPFMADADGAAR consists of a two tier set-up, a centrally located MADADGAAR Centre and multiple Battalion Centres.

- **Madadgaar Centre:** functioning at HQ KashmirOps Sector. CRPF MADADGAAR consists of well trained staff of Call Takers and Call Dispatchers, who work under the able guidance of Supervisors. The call takers are proficient in local languages (Urdu, Kashmiri, Pahari, Gojrietc), and trained to make the caller comfortable so as to properly communicate his/her grievance.

  The calls coming to CRPF MADADGAAR are properly documented and recorded, so as to provide a satisfactory response to the caller, along with timely reminders for quick redressal of the grievance. A well-established feedback system is also maintained so as to avoid any adhocism.

- **Battalion Centre:** The grievances received by Madadgaar Centre are passed on to CRPF Units located in the area of the caller. There is a Nodal Officer and an Assistant Nodal Officer in each Unit, for dealing with grievances that are forwarded to the Unit from Madadgaar centre. The Nodal Officer liaises with the local Civil Administration departments and looks after any action to be taken directly by CRPF for resolution of grievance.

The Helpline has received a massive response from the local public with over 2.25 lakh calls received in the past year on a variety of issues ranging from public utilities, fire emergency,medical emergency, ambulance service, eve-teasing of women, domestic violence, public safety and security, pilgrimage to shrines in Jammu and Kashmir and from those seeking updates on weather, traffic, flights and trains and the number of people approaching CRPF MADADGAAR has only been increasing. The proactive approach of CRPF MADADGAAR has played a vital role in dispelling the myths and misinformation being spread against the Government Agencies by Anti-national elements and has helped bring back the lost bond between people and CRPF.

The highlight of CRPF MADADAGAAR has been in the area of Medical assistance. The Helpline has provided complete assistance to help patients with financially poor backgrounds and belonging to remote areas undergo surgeries in Super Specialty Hospitals, 26 major surgeries have been performed till date. 46 units of blood, particularly of rare blood group have been donated by CRPF personnel to needy patients who have approached CRPF



Helpline centre at HQ Kashmir Ops Sector, J&K

MADADGAAR. The Helpline has been proactive in providing amputees with prosthetic implants thus helping them go back to a normal life. A lot of patients who approached CRPF MADADGAAR have been diagnosed by Medical Officers of CRPF Battalions and are being provided medicines too if needed. Besides, more than 100 public utility complaints (drinking water, roads, electricity), around 150 calls relating to eve-teasing, harassment, domestic violence etc. 100 calls relating to law & Order issues and more than 300 calls relating to assistance to poor (housing/ marriage/ wheel chairs etc.) have been successfully satisfied by CRPF MADADGAAR.

The Helpline is not a substitute for the Administrative machinery and functions in a way that augments the already existing set-up for addressing various issues faced by the people. The most important outcome of CRPF MADADGAAR has been the empowerment of people, particularly the most needy and downtrodden who have almost zero idea about what all they are entitled to and how to avail benefits of the various Government schemes aimed at their upliftment. The Battalion Centers send their liaison officers to these callers, who help them in applying for and getting an expedited response from the Civil Administration in cases where help is sought under various Government schemes like PMAY, SBA, state Marriage assistance scheme, ADIP, integrated social security scheme etc.

The helpline has thus been able to create awareness among the common people and this has had a very positive impact in generating goodwill among the people for CRPF. This will go a long way in addressing the disillusionment of the common public and will help dispel the misinformation being spread by Anti-social and Anti-national elements against the Government agencies, thus, proving pivotal in restoring Law & order in the Valley and allow people lead normal lives in a peaceful environment.

Pictures of some people helped by CRPF MADADGAAR:



Mohd Muneer from Poonch provided prosthetic leg by CRPF MADADGAAR



Iqbal from Poonch provided prosthetic implants by CRPF MADADGAAR after losing both his hands accidently white lifting an unexploded shedd near LOC



Mushtaq from Baramulla undergoing Dialysis with assistance from CRPF MADADGAAR



Zubaida Begum from a remote hamlet of Gurez underwent eye surgery with assistance from CRPF MADADGAAR



9 year old Khalid from Uri underwent 3 eye surgeries at AIIMS Delhi with assistance from CRPF MADADGAAR



Khadim Hussain from Rajouri an orphan with younger siblings to look after provided prosthetic leg by CRPF MADADGAAR



Pooja Kumari from Kishtawar suffering from Leukemia provided 4 Units of blood by CRPF MADADGAAR, donated by CRPF personnel



Snober Gull from Pulwama one of 5 daughter of a Widow, underwent Nasal surgery with assistance from CRPF MADADGAAR



Asgar Ali from Poonch, underwent surgery in both his eyes with assistance from CRPF MADADGAAR

RFID AND ANPR :
CRPF Tech-Initiative to Secure Yatra



AMIT KUMAR
Assistant Commandant
05 Signal Bn

The threat to the Amarnath yatra is high this year and convoys are usually the most vulnerable. Keeping this in mind, **Kashmir OPS Sector** took initiative as a pilot project to ensure that every vehicle carrying Amarnath Yatris should be equipped with a Radio Frequency Identification tag or RFID, which can verify the vehicles. Using RFID, the location of any yatra vehicles can be ascertained and helped to keep the vehicles in secured zone. In recent years, radio frequency identification technology has moved from obscurity into mainstream applications that help speed up the handling of manufactured goods and materials. RFID enables identification from a distance, and unlike earlier bar-code technology, it does so without requiring a line of sight.

Radio frequency identification (RFID) is a generic term that is used to describe a system that transmits the identity (in the form of a unique serial number) of an object or person wirelessly, using radio waves. It's grouped under the broad category of automatic identification technologies. Auto-ID technologies include bar codes, optical character readers and some biometric technologies, such as retinal scans.

RFID (Radio Frequency Identification) can be defined as follows: Automatic identification technology which uses radio-frequency electromagnetic fields to identify objects carrying tags when they come close to a reader. Data (identification number for instance) included in the electronic chip of the RFID label can be collected by the reader. This reader can also change the content of the label's memory. However, RFID cannot be reduced to one technology. RFID uses several radio frequencies and many types of tag exist with different communication methods and power supply sources.RFID tags generally feature an electronic chip with an antenna in order to pass information onto the interrogator (also known as a base station or more generally, reader). The assembly is called an inlay and is then packaged to be able to withstand the conditions in which it will operate. This finished product is known as a tag, label or transponder. The information contained within an RFID tag's electronic chip depends on its application. It may be a unique identifier (UII, Unique Item Identifier or EPC code, Electronic Product Code, etc.).



RFID RECEIVER at JAWAHAR TUNNEL

To retrieve the data stored on an RFID tag, you need a reader. A typical reader is a device that has one or more antennas that emit radio waves and receive signals back from the tag. The reader then passes the information in digital form to a computer system.



RFID TAG

During Shri Amarnathji Yatra 2018, a total of 19 receivers are being used at different location to





RFID TAGGING OF YATRI VEHICLE AT JAMMU



ANPR CAMERA PROCESSING AT JAWAHAR TUNNEL

ascertain the movement of Yatri vehicles. Vehicles going to Non-Mandated routes were checked and with the help of ground forces they were taken to safe places. Each vehicle was tracked until it reaches the pre-defined Yatri camps or secured place to minimize any possibility of attack on Yatri vehicle.

Apart from RFID, another technological advancement is **ANPR Camera (Automatic Number Plate Camera).** Automatic recognition of car license plate number becomes very important at Jawahar Tunnel: - Gateway to Kashmir because of the unlimited increase of cars and transportation systems during Amarnath Yatra which make it impossible to be fully managed and monitored by our personnel. To have a system to detect and maintain the records of different kind of vehicles crossing to Kashmir valley daily and to ease of the pressure on CRPF's On-Ground personnel, **Kashmir OPS Sector** implemented Automatic Number Plate Recognition System (ANPR) using Morphological operations, Histogram manipulation and Edge detection Techniques for plate localization and characters segmentation. Artificial Neural Networks are used for character classification and recognition.

The Automatic number plate recognition (ANPR) is a mass surveillance method that uses optical character recognition on images to read the license plates on vehicles. They can use existing closed-circuit television cameras, or ones specifically designed for the task. They are used by various police forces for monitoring traffic activity. ANPR can be used to store the images captured by the cameras as well as the text from the license plate, with some configurable to store a photograph of the driver. Systems commonly use infrared lighting to allow the camera to take the picture at any time of the day. The ANPR technology has been around for several decades and is being increasingly embraced by law enforcement agencies.

The technology consists of the following basic elements:

1. High-definition infrared digital camera(s) to illuminate and capture an image or a partial image of the number plate. These typically use pulsed, narrow wavelength retro-reflective techniques. A colour image and/ or video of the vehicle would also normally be taken. Some camera systems can take images at speeds of up to 240km/h.
2. Fixed or onboard ruggedized processors capable of handling multiple cameras use optical character recognition (OCR) software to convert the grabbed image(s) to a searchable text string.
3. Computer server with software to process the request.
4. Wi-Fi, 3G or some other form of high-speed data network to transmit the number of interest, or results from the onboard systems to a (typically central) computer for processing and receipt of information of interest.
5. It can also be used to identify stolen vehicles, identified vehicles having ANEs etc. with comparatively less human intervention.

These advancements and use of latest technology by CRPF is helping to ease the pressure of our jawans deployed for Shri Amarnathji Yatra 2018, complementing them to have a double security check and to conduct this religious yatra without any untoward incidents.

कविता

कलम की स्याही



अनुपम कुलश्रेष्ठ, भा.पु.से.
महानिरीक्षक, (संभरण)
महानिदेशालय

कलम की स्याही ये
लिखती है गहराई से

शब्दों का जाल बुनती
अर्थ का व्याख्यान करती

देती अभिव्यक्ति उद्‌गारों को
कराती अनुभूति विविध आभासों को

चेहरे का नक्शा बदल देती
पन्ने पर लिखे सतरंगे भावभरी

अद्‌भुत कला है लेखनी
लेखक के मन को दे भेदती

चुन चुन कर लिखती हर बार नई कहानी
न केवल, 'इक राजा और इक रानी'.....।

Kashmir



As we glide thru the sky
Up above the mighty Himalayas so high

Snow capped mountains Glistening in the sun
Chiselled surfaces although run

And here comes the tulip garden paradise
Making the heart sing with joy that has no price

The sun kissed hues of flowers
And the whispering leaves that bower

It's the core that feels uplifted
Soaking in nature's beauty so perfected

Proud to have such a fairy's land
Enshrined in hills & rivers grand

Life must thrive and peace prosper
Making this place truly India's Oscar



कविता

"एकता और वियोग का नाता"



सिपाही/जीडी क्षेत्रज्ञ मिश्रा
212 बटा. के.रि.पु.बल,
सुकमा (छत्तीसगढ़)

देश परिवार और स्वयं की खातिर
जीवन का खाकी सफर चुना

समय का हाथ थाम बढ़ता चला,
समय के छंदो को मंद–मंद पढ़ता चला,

फिर जीवन को तुम्हारा साथ मिला,
ज्यों धरती को आकाश मिला,

उधर मिलन छोर पर क्षितिज बना,
इधर समय का घड़ियाल मुंह बाये खड़ा,

पर समयबद्ध है ये नौकरी,
मेरी जिम्मेवारी की टोकरी,

जब से तेरा–मेरा प्रेम प्रवाण चढ़ा है
तब से तेरा ये हमसाया दूर बीहड़ में तैनात खड़ा है,

हां, मैं मानता हूँ कि ये दूरी
तेरे एहसासों की निंदा है।

पर तेरा ये सफर का परिन्दा भी तो उन्हीं
एहसासों के सहारे हर पल जिंदा है,

हां, मा भारती का अखण्डता के लिये,
हमें खण्ड–खण्ड जीना पड़ता है,
हर खुशी–गम–शरम–भरम–नरम–गरम को,
समय के घड़ियाल की घण्टे की सुई से,
सैकेण्डों में जीना, फिर वापिस
सीना पड़ता है।

जब घर आओ तो दिवाली,
जब मिलन हो तो समझो वही सावन का महिना पड़ता है,

देश की एकता की ऐसी खुशी,
औ तेरे वियोग की कसक लिए,
ये समयचक्र मुझे साथ घुमाये जाता है,

बस ये ही तो
"एकता और वियोग का बड़ा दु:साहस नाता है"

Prime Minister's Police Medal for Life Saving



Head Constable
Harvinder Singh

The Government of India has decided to honour the martyrdom of one CRPF jawan with the prestigious Prime Minister's Police Medal for Life Saving. The saheed jawan Harvinder Singh, working as a Head Constable with the 06 Bn of CRPF in Jammu and Kashmir had shown exemplary ideal of self-sacrifice in a life-threatening incident on the 24th of August 2016.

But for the timely intervention of the brave soldier Sh. Singh, many precious lives of fellow citizens would have been lost in a sudden landslide enroute to Mata Vaishno Devi Shrine. HC/GD Harvinder Singh , while on frisking duty , noticed some female pilgrims alongwith their kids having been trapped under a sudden landslide while simultaneously coming within the menacing range of the flying stones and pebbles. The soldierly spirit in Head Constable Sh. Singh could not resist the urge to help the pilgrims get out of the trap of the debris. Barely had he rushed to the spot to rescue the trapped pilgrims, when he could spot a huge bolder rolling down fast at them from the hill top. With instinctive swiftness that a CRPF soldier wears on his sleeve, HC Sh Singh did not blink even an eye lid before pushing the pilgrims to safety while himself coming under the errant bolder, never to rise up again!

HC/GD Harvinder Singh epitomizes the larger ideal of the CRPF which enjoins upon itself the responsibility of securing the safety of the fellow citizens in the overarching context of ensuring the security of the Nation. It is this shining example of supreme sacrifice for the fellow brethren that Sh. Singh is posthumously honoured with the Prime Minister's Police Medal for Life Saving- one of the country's highest recognition for self sacrifice.

श्री राजनाथ सिंह, माननीय गृहमंत्री भारत सरकार का दिनांक 8.6.2018 को 162 बटालियन के.रि.पु.बल कुपवाड़ा (जम्मू-कश्मीर) दौरा और साथ में हैं- श्रीमती महबूबा मुफ्ती सईद, मुख्यमंत्री जम्मू-कश्मीर, अन्य गणमान्य एवं श्री राजीव राय भटनागर, महानिदेशक के.रि.पु.बल













महानिदेशक के दौरे

162 बटालियन, कुपवाड़ा (जम्मू-कश्मीर), दिनांक 08.06.2018







102 आर.ए.एफ. मुम्बई (महाराष्ट्र), दिनांक 27.05.2018







महानिदेशालय के कार्यक्रम

आतंकवाद विरोधी दिवस पर शपथ समारोह, दिनांक 21.05.2018





पर्यावरण दिवस के उपलक्ष्य में इनविथन का आयोजन, दिनांक 03.06.2018





सी.आर.पी.एफ. रेसकोर्स का आयोजन, दिनांक 24.05.2018





विविध कार्यक्रम

संयुक्त अस्पताल, इलाहाबाद में सी.एम.ई. कार्यक्रम, दिनांक 09.05.2018





अंतर्राष्ट्रीय महिला स्वास्थ्य दिवस, ग्रुप केन्द्र श्रीनगर, दिनांक 15.05.2018





143 बटालियन द्वारा अंतर्राष्ट्रीय नशामुक्ति दिवस, दिनांक 26.06.2018



100 आर.ए.एफ. द्वारा अंतर्राष्ट्रीय नशामुक्ति दिवस, दिनांक 26.06.2018



विविध कार्यक्रम

सी.एस.जे.डब्ल्यू.टी., बेलगाम (कर्नाटक) में कोबरा प्रशिक्षण करते हुए बल के जवान





युवा एवं खेल मंत्रालय द्वारा प्रायोजित ''खेलो इंडिया'' कार्यक्रम का ग्रुप केन्द्र के.रि.पु.बल, हीरानगर में आयोजन





मुख्य चिकित्सा अधिकारी ग्रुप केन्द्र ग्वालियर के निर्माण कार्य के मजदूर के बच्चों का ईलाज करते हुए



आतंकवाद विरोधी दिवस, ग्रुप केन्द्र नोएडा, दिनांक 21.05.2018



Civic Action Programmes

Medical Camp and Medicine distribution to adopted village of 100 RAF, dated 07.05.2018



Dissemination of DDT/Fogging in village area by 100 RAF, dated 15.05.2018



स्थापना दिवस

ग्रु.के. हीरानगर के छठा स्थापना दिवस समारोह, दिनांक 19.04.2018





38 बटालियन के.रि.पु.बल साम्बा (जम्मू-कश्मीर) का स्वर्ण जयंती समारोह, दिनांक 01.06.2018





विश्व पर्यावरण दिवस के उपलक्ष्य में वृक्षारोपण कार्यक्रम

117 बटालियन, बजीरबाग, श्रीनगर (जम्मू-कश्मीर)





118 बटालियन, गुन्ड, गंडरवाल (जम्मू-कश्मीर)



ग्रुप केन्द्र के.रि.पु.बल, ग्रेटर नोएडा (उ.प्र.)



241 बटालियन (बस्तारिया बटालियन), छत्तीसगढ़



कावा कार्यक्रम

कावा अध्यक्षा, डॉ. मनु भटनागर द्वारा 102 आर.ए.एफ. बटालियन परिसर में कैंसर ब्लॉक का उद्घाटन, दिनांक 26.05.2018





कावा अध्यक्षा, डॉ. मनु भटनागर द्वारा महानिदेशालय में कावा कार्यालय का उद्घाटन, दिनांक 22.06.2018





कावा अध्यक्षा, डॉ. मनु भटनागर द्वारा द्वारका, नई दिल्ली में स्किल डेवलपमेंट सेंटर का उद्घाटन, दिनांक 26.06.2018





CRPF PUBLIC SCHOOL, ROHINI, DELHI

Students of CRPF Public School, Rohini has done exceedingly well in class XII CBSE Board Exam Results. Principal Mrs. Nidhi Chaudhary has congratulated students and entire school staff for this splendid success. Highlights of the result:-

School Topper



Sarthak Kapoor
Science – 98%

Various Stream Toppers



Digij Chhabra
Commerce – 95.25%



Aditi Sharma
Humanities – 94%



Sankalp Mahindru
Humanities – 93%

- Besides, there were 05 students who have scored **100 Marks** in one of their subjects : Mr. Sarthak Kapoor secured in Math; Mr. Aadarsh Kumar Tiwari in Biotechnology; Mr. Bharat Gupta, Mr. M. Nithish and Ms. Tanya in Music Hind. Inst. subject.
- While 04 Students of the School has got **99 Marks** in one of their subjects : Mr. Sarthak Kapoor secured in Chemistry; Ms. Nandini Sharma and Ms. Aditi Sharma in Music Hind. Inst. subject.

CRPF PUBLIC SCHOOL, ROHINI, DELHI

Students of CRPF Public School, Rohini has done exceedingly well in class X CBSE Board Exam Results. Principal Mrs. Nidhi Chaudhary has congratulated students and entire school staff for this splendid success. Highlights of the result:-

School Toppers



RANK : I
Charvi Rampuria – 96%



RANK : II
Pratik Ganguly–95.80%



RANK : III
Aayushi Aryam–95.60%

- 38 students secured 90% and above marks in aggregate.
- Highest marks in various subjects are

Hindi	99 marks	Mayank Maleta
Sanskrit	99 marks	Akshay S. Nair
Mathematics	99 marks	Mayank Maleta & Aayushi Aryam
Science	99 marks	Akshay S. Nair & Vansh Bilwal
Social Science	99 Marks	Charvi Rampuria
English	97 Marks	Aayushi Aryam & Reva Singh

Achievements

OPERATIONAL BRANCH

Jammu & Kashmir Theatre

05/05/2018

CRPF troops (23, 44, 49, 73 & 144 Bn) : An encounter broke out between troops and militants in Gasi Mohallah Chattabal, Distt. Srinagar (J&K). During post encounter search troops recovered 03 dead bodies of militants identifies as :- Fayaz Ahmad Hamal (r/o Srinagar), Showkat Ahmad Tak (r/o Anantnag), 01 foreign terrorist & troops also recovered following – AK- 47 Rifle - 03 along with 03 Nos mag. 7.62x39mm live rds - 50, UBGL launcher - 01 No, UBGL Grenade - 04 Nos, Hand grenade (China) - 03 Nos, Mag pouch - 03 Nos, Madrik sheet - 10 Nos, wire cutter - 01 No, Mobile – 03 Nos & Misc items. In this encounter, troops fired following – 7.62X39 mm Rds-766 Nos, UBGL-05 Rds, L/R Shell- 07 Nos, PAG carts-06 Nos. 03 CRPF personnel sustained injury namely- No. 115262425 CT/GD Devender Kumar of 44 Bn. (Major injury on his eye, No. 125251425 CT/GD Imde Dashrath Balaji-73 Bn (Injury of his Lt. arms), No. 145317396 CT/GD Chinmay Sarkar of 144 Bn. (Injury on his Lt. Thigh). CT/GD Devender kumar airlifted to AIIMS Delhi.

06/05/2018

CRPF troops (14, 18, 24, 110, 130, 163, 182 & 183 Bn) : Combined troops of CRPF under command of Sh. Erick Gilbert Jose, Comdt., alongwith 44 RR and State Police carried out cordon and search operation in Badigam, under PS Zainapore, Distt. Shopian (Jammu and Kashmir). During Operation an encounter broke out between troops and militants. While post encounter search, troops recovered 05 dead bodies of following militants: - Sadam Ahmed Paddar@Zaid (Cat-A++,HM, r/o Shopian, J&K), Bilal Mohand @ Waleed (Cat-B, HM, r/o Shopian, J&K), Adil Ahmed Malik @ SalahuDin (Cat-A++, Let, r/o Shopian, J&K), Tousif Ahmed Sheikh (Cat-A++, HM, r/o Shopian, J&K), Mohd. Rafi Bhat (Cat-C, HM, r/o Shopian, J&K). 04 Nos. AK-47 and a Pistol were recovered Exact recovery details will be mentioned after the receipt of seizure memo. During this encounter following 02 persl namely CT Anil Kumar, SOG and L/Naik of 44 RR sustained bullet injury. Troops of CTT B 14 Bn and F/14 Bn., CRPF which were in Inner cordon, fired following ammunitions-5.56 mm-61 Nos, 7.62x39 mm-206 Nos. When the encounter was going on, a huge crowd gathered at surrounding place and started stone pelting on the troops. Combined troops of CRPF which were maintaining L&O used following munitions in order to control the violent mob- T.S Shell soft nose L/R-94 Nos, T.S. Shell Normal L/R-47 Nos, T.S. Shell Soft nose PAVA L/R-225 Nos, T.S. Shell soft nose(IV) S/R-12 Nos, Stun Shell PAVA-51 Nos, Chilli Grenade -06 Nos, Single Way Grenade-15 Nos, Multi button round-25 Nos, PAG shot No.9- 527 Nos, T.S. Shell soft nose S/R-02 Nos. During stone pelting 27 CRPF persl. (Ac-01, SI-02, AS-01, HC-04, CT-19) sustained minor injury who were further administered first aid. Conditions of all injured persl are stable. During ops 05 Govt Vehicles, 01-AK-47 Rifle magazine, 01 Insas Rifle Magazine and 1 Gas gun barrel reported damaged.

19/06/2018

CRPF troops (130, 180 & 185 Bn) : Acting on specific input, CRPF troops under command of Pardeep Kumar, Comdt. alongwith 42 RR and State Police carried out cordon and search operation . During Operation, troops an exchange of fire occurred between troops and militant. During encounter search, troops recovered following : - 03 dead bodies of JeM, identified as ABU Baker (r/o Pakistan), Danish Khaliq Dar (r/o Pinglish tral) and Aadilah, Lone (r/o Midoora) and following items Arms/Ammn were recovered : - AK – 47 Rifle – 01 Nos, Pistol – 02 Nos, AK Mag – 02 Nos, AK live rounds – 12 Nos, Pistol live rounds – 07 Nos, Pistol Mag – 02 Nos and Wireless Set – 01 No (Damaged. Troops fired

following Ammn/munitions: - 7.62x39 mm Ammn – 951 rounds, INSAS Ammn – 35 rounds, TS Shell – 40 Nos, PAG Shot (No. 9) – 66 Nos. During This Operation 02 officer of CRPF (Sh. Rajesh Kumar, Comdt. 180, splinter injury & Sh. Sanjay Kumar 2I/C, bullet injury) and Jawans of 42 RR sustained injury. 07 Vehicles of CRPF got damaged. 12 Bore PAG barrel puncher got damaged.

24/06/2018

CRPF troops (18 Bn) under command of Sh. Hanzang, Comdt along with 9 RR, SOG and State Police carried out Cordon and Search Operation in Chadder, U/PS Kulgam (Jammu and Kashmir). During Operation, troops neutralized 02 Militants: Shakoor Ah. Dar (LeT Commander of District Kulgam r/o Kulgam, J&K) and Abu Maciyah (Foreign terrorist). 01 Militant namely Sala Ahmad Ganie surrendered before troops. During post encounter search following items were recovered : AK-47 Rifle-02 Nos, Insas Rifle- 01 No., AK-47 Magazine-04 Nos, AK-47 Round-62 Nos, Insas Magazine-02 Nos, Insas Rounds -20 Nos. Grenade-01 No. and other Misc items. During operation, troops were stone pelted upon by miscreants. In order to disperse the mob troops fired following munitions/ammn: 12 Bore Carts 09 No of PAG-21 Nos, L/R Shell-115 Nos, S/R Shell-52 Nos, Stun Shell-30 Nos, Stun Pawa-30 Nos and 7.62x39 mm-28 Nos. In this incident, following 04 CRPF personnel sustained minor injury: F/No. 135340652 SI/GD Selvapon Subbaiah P., F/No. 065341324 CT/GD Bashir Ahmad, F/No.155310454 CT/GD Amaresh Sahoo and F/No. 015230914 HC/GD Randhir Singh.

LWE affected Theatre

Jharkhand

05/06/2018

CRPF troops (134 Bn) under command of Sh. Rajender Harijan, AC, alongwith State Police carried out cordon and search operation. During Operation, an encounter broke out between troops and maoists. After post encounter troops apprehended following : - Vikas Paswan (21 yrs, TPC Dasta member), Sonu Kumar Yadav (16 yrs, TPC Dasta member) & lalu Singh (28 yrs, TPC Dasta Member, who sustained bullet injuries & were admitted to Distt. Hospital, Palamu). During post encounter search, troops recovered following: Dead body of Amarjeet @ Rajesh Manjhi, TPC area comdr, Dead body of Pawanji, TPC area commander & Dead body of Chandanji, TPC area Comdr., AKM Rifle – 01, 02 magazine & 110 live rounds, SLR – 02 alongwith 06 magazine and 450 live rounds, .303 – 02 (c11492 & j15926) alongwith 02 magazine and 22 live rounds and Misc items. Troops fired following items : - AK 47 Rifle (7.62x39 mm) – 398 rounds and INSAS Rifle (5.56x45mm) – 111 rounds.

WELFRE BRANCH

- On the occasion of “International Women’s Day” celebrated on 3rd April, 2018 by CWA at Shaurya Officers Institute, Vasant Kunj, New Delhi. The trust “AHSAAS” has extended financial assistance worth Rs. 75,50,000/- to 102 children of deceased CRPF Jawans to promote their primary education. Shri Rajeev Rai Bhatnagar, DG, CRPF, expressed his gratitude towards the founder of trust “AHSAAS” Mrs. Vijay Rahtee & Mr. K.S. Rathee for extending financial help to children of deceased Jawans.

- A Health Check-up with the assistance of Doctors of district Hospital Gautam Budh Nagar, PHC Bisrakh & Sharda Hospital Greater Noida (UP) were organized. The event was chaired by Dr. Manu Bhatnagar, President of CWA & Shri R.R. Bhatnagar, (IPS) Hon’ble DG CRPF. Total 179 patients & their families were examined on 7th April, 2018 in this health check up camp. Various presentation from the specialist doctors on Tobacco Consumption, Oral Cancer, Cervical Cancer & Breast Cancer etc have been made to increase awareness and to fulfill the motto of this year World Health Day i.e., “Universal Health Coverage : everyone everywhere”.

❖ Out of CRPF Education Fund, a sum of Rs. 42,79,200/- credited into account of the officers/personnel as Financial Assistance (General Scholarship 2017-18) for the wards of Force officers/personnel on 24th May, 2018.

RECRUITMENT BRANCH

❖ MHA had designated CRPF as Nodal Force to conduct recruitment for the vacancy of 461 post of Medical Officers (Asstt. Comdt.), 234 Specialist Medical Officers (Dy. Comdt.) and 01 Dental Surgeon in CAPFs through MOSB-2016, which was completed on 26/03/2018 and final merit list has been sent to MHA on 12/04/2018 for approval. Final outcome is awaited.

❖ MHA has designated CRPF as Nodal force to conduct PST/PET/DME/RME for the vacancy of 190 posts of Asstt Comdt (GD) 2017 in CAPFs, which was completed on 10 February 2018. Result of PST/PET/DME/RME of qualified candidates sent to UPSC for conduct of interview.

❖ DME for the vacancy of 46 posts of AC(GD) LDCE-2017 was completed on 30/05/2018 and RME of unfit candidates scheduled to be started w.e.f. 28/05/2018 to 30/05/2018.

❖ MHA has designated CRPF as Nodal Force to conduct recruitment of CT(GD) exam-2018 in CAPFs. 21,566 vacancies (Male-19972 & Female-1594) in CRPF for the recruitment of CT(GD) 2018 has been calculated. Notification for filling up of vacancies of CT/GD will be issued shortly by SSC.

❖ 70 Cases of compassionate appointment of NoKs of dependent family members of deceased/invalidated out Government servants have been finalized from January 2018 to April 2018.

❖ Chhattisgarh Sector has been detailed as Nodal Sector to carry out recruitment rally to fill up 139 vacant posts of CT(GD/Tradesmen) for Bastariya Bn, which will be started shortly.

PROVISIONING BRANCH

❖ Sanction for procurement of 50 Nos. Passive Night Vision (Monocular) issued on 2/4/18 and AT/Supply order placed accordingly.

❖ Sanction for procurement of 2500 Nos. Full Body Protector issued on 23/4/18 and AT/Supply order placed accordingly.

❖ Authorization of special uniform items for Mahila Battalion deployed in LWE area against surrender of uniform items has been receied from MHA on 15/5/18 as under :–

S I No.	Name of Items	Scale/life
1	T-shirt full sleeve (Disruptive Pattern)	02 Nos. for 2 years.
2	Water proof combat Jacket	1 No. for 3 years.
3	Floppy had combat disruptive CRPF pattern	1 No. for 6 years.
4	Rucksack (30 ltr.)	1 No. for 6 years.
5	Pouch Ammn. & Grenade of CoBRA pattern	1 set for 2 years.
6	Hydration Pack	1 No. for 2 years.
7	Light Weight sleeping bag	1 No. for 2 years.

Surrendered Uniform items :-

S I No.	Name of Items	Scale/life
1	T-Shirt half sleeve round neck disruptive pattern	2 for 2 years
2	Coat combat	1 for 7 years.
3	Pouch ammunition	1 for 6 years.
4	Pack-08	35 per Coy for 6 years
5	Kit bag	1 for 6 years

A Warm Salute to Martyrs



Shaheed Constable
Mandeep Kumar, 182 Bn
06.04.1991 to 12.05.2018



Shaheed Sub Inspector
Rajesh Kumar Bind, 206 CoBRA
04.09.1987 to 24.05.2018



Shaheed Constable
Utpal Rabha, 209 CoBRA
02.03.1991 to 07.06.2018

Appointment



Shri Vitul Kumar, IPS, IGP
Inducted into CRPF and posted
as IG Odisha Sector

Repatriation



Shri Dhoop Singh Maan
Reptriated from SPG and posted as
DIG Range, Srinagar South

DG's Disc & Commendation Letter Awardees

May - June 2018

S.No.	IRLA/F.No.	Rank	Name	Unit	Disc Awarded
1	10954	ADG	Md Jawed Akhtar, IPS	NEZ HQr	Bronze (Ops)
2	2518	IG	Ravideep Singh Sahi	IG, SNR Sector	Golden (Ops) 2 star
3	3392	DIG	Pukhraj Jaipal	DIG, SNR North Range	Golden (Ops)
4	3631	DIG	Arvind Rai	Training Dte	Silver (Adm)
5	3108	DIG	Smt Nitu	Range Jammu	Bronze (Ops)
6	70800531	DIG (BSF)	Mander C Padmanabhan	BSF Air Wing	Bronze (Ops)
7	4208	Comdt.	Erdan Ekka	98 Bn	Golden (Ops)
8	4217	Comdt.	Chhotan Thakur	3rd Sig Bn	Silver (Ops)
9	3688	Comdt.	Ajit Sangwan	12 Bn	Golden (Adm) 02 star
10	111107891	Comdt. (ITBP)	Vikash Yadav	BSF Air Wing	Bronze (Ops)
11	111107784	Comdt. (ITBP)	Deepak Aswal	BSF Air Wing	Bronze (Ops)
12	4993	2-I/C	Ratul Das	73 BN	Golden (Ops) 01 star
13	4980	2-I/C	Praveen Thapliyal	14 BN	Silver (Ops)
14	5195	2-I/C	Mohit Kapoor	162 Bn	Golden (Ops)
15	5639	2-I/C	Mool Chand	154 Bn	Golden (Adm) 01 star
16	5438	2-I/C	Mohinder Kumar	23 Bn	Silver (Adm)
17	5003	2-I/C	Sunit Varshney	98 Bn	Bronze (Adm)
18	5399	2-I/C	Harish Mehra	110 Bn	Bronze (Ops)
19	KPS-017306	SP Hqrs	Khalil Ahmad Poswal	J&K Police	Silver (Ops)
20	9666	AC	Naresh Kumar	79 BN	Commendation Roll
21	9739	AC	Ravi Sharma	44BN	Golden (Ops) 01 star
22	9789	AC	L. Ibomcha	29 BN	Commendation Roll
23	9534	AC	Rakesh Raman	61 BN	Silver (Ops)
24	10663	AC	Aby Thomas	118 BN	Bronze (Ops)
25	9279	SMO	Showkat Ahmad Zargar	49 BN	Bronze (Ops)
26	KPS-116204	Dy.SP	Ravinder Singh	J&K Police	Bronze (Ops)
27	KPS-155780	Dy.SP	Sahil Mahajan	J&K Police	Bronze (Ops)
28	KPS-155772	Dy.SP	Er. Sheikh Adil Mushtaq	J&K Police	Bronze (Ops)
29	KPS-135823	Dy.SP	Azhar Rashid	J&K Police	Bronze (Ops)
30	ARP-956020	ASI	Narinder Singh	J&K Police	Bronze (Ops)
31	ARP-099224	CT	Laxman Chand	J&K Police	Bronze (Ops)
32	041590739	SI/GD	Rajendra Kumar Mahala	144 BN	Bronze (Ops)
33	130210021	SI/GD	Nitish Kumar Dubey	21 BN	Golden (Ops)
34	135274544	CT/GD	Vijay Prakash Yadav	44 BN	Silver (Ops)
35	010048972	CT/GD	Anish Kumar Singh	144 BN	Golden (Ops) 1 star
36	911162613	HC/GD	Mahipal Singh	144 BN	Golden (Ops)
37	105201432	CT/GD	Ranjan Kumar	161 BN	Golden (Ops)
38	065346737	CT/GD	Younis ahmad Dar	73 BN	Bronze (Ops)
39	045232487	CT/GD	Budhi Singh	44 BN	Golden (Ops) 2 star
40	110044636	CT/GD	Devsant Kumar	82 BN	Golden (Ops) 3 star
41	015261534	CT/GD	Sant Ram	43 BN	Silver (Ops)
42	145160398	CT/DVR	Harish Kumar	75 BN	Bronze (Ops)
43	115160605	CT/GD	Pankaj Prashar	178 BN	Bronze (Ops)
44	105170457	CT/GD	Pankaj Kr. Choudhary	161 BN	Bronze (Ops)

45	135082788	CT/GD	Bhaskar Jyotinath	54 BN	Bronze (Ops)
46	061770408	CT/GD	Raju Sarkar	29 BN	Bronze (Ops)
47	115031994	CT/GD	S. Prakash	43 BN	Golden (Ops) 1 star
48	115342883	CT/GD	Fida Hussain	115 BN	Bronze (Ops)
49	110040906	CT/GD	Pintu Kumar	79 BN	Silver (Ops)
50	115262425	CT/GD	Devendra Kumar	44 BN	Bronze (Ops)
51	155111265	CT/GD	Mangal Chand Yadav	132 BN	Bronze (Ops)
52	031487562	CT/GD	Hari Singh	43 BN	Bronze (Ops)
53	110113218	CT/GD	Deepak Upadhyay	132 BN	Bronze (Ops)
54	7621	DC	Mukesh Kumar Meena	207 CoBRA	Golden (Ops)
55	7914	DC	Kunal Kumar	207 CoBRA	Silver (Ops)
56	31456087	CT/GD	Dharam Singh	14 BN	Bronze (Ops)0
57	10384909	DC (BSF)	Bhav Pandit	BSF Air Wing	Bronze (Ops)
58	121400336	ASI/AAM (BSF)	Lavkush Jaiswal	BSF Air Wing	Bronze (Ops)
59	57310022	SM/GD	Akhileshwar Singh	229 Bn	Bronze (Ops)
60	901120835	ASI/GD	Hawa Singh	229 Bn	Bronze (Ops)
61	65024392	HC/RO	Krishna G. Yadav	229 Bn	Bronze (Ops)
62	135310307	CT/GD	Kalector Horo	229 Bn	Bronze (Ops)
63	135311723	CT/GD	Ashish Kumar Pandey	229 Bn	Bronze (Ops)
64	6255	DC	Sanjay Kumar	180 Bn	Golden (ops) 3 star
65	110722072	CT/GD	Ashish	180 Bn	Bronze (Ops)
66	135322208	CT/GD	Emil Kumar Minj	180 Bn	Bronze (Ops)
67	145314012	CT/GD	Ranjeet Kumat	180 Bn	Bronze (Ops)
68	115097533	CT/GD	Topan Baruah	180 Bn	Bronze (Ops)
69	KPS 125830	Dy SP	Ajaz Ahmad	SDPO, Tral	Bronze (Ops)
70	ARP 095611	CT	Nissar Ali	832/IRP 11 Bn, JKP	Bronze (Ops)
71	9119	AC	Vikash Kumar	207 CoBRA	Bronze (Ops)
72	10183	AC	Shashi Bhushan Singh	207 CoBRA	Bronze (Ops)
73	120490013	SI/GD	Albert Sangapam	207 CoBRA	Bronze (Ops)
74	125002194	CT/GD	Sajid Qyreshi	207 CoBRA	Bronze (Ops)
75	9747	AC	Narpat	204 CoBRA	Golden (Ops)
76	10654	AC	Karthik K	204 CoBRA	Bronze (Ops)
77	85205132	SI/GD	Brijanand Kumar Singh	204 CoBRA	Bronze (Ops)
78	121260154	SI/GD	Siya Ram Yadav	204 CoBRA	Bronze (Ops)
79	55037617	HC/GD	T. Rajesh	204 CoBRA	Bronze (Ops)
80	115142545	CT/GD	N. Durgapati	204 CoBRA	Silver (Ops)
81	105071628	CT/GD	Sandeep Sharma	204 CoBRA	Bronze (Ops)
82	105211936	CT/GD	V.G. Dongre	204 CoBRA	Bronze (Ops)
83	110724654	CT/GD	Anwar	204 CoBRA	Bronze (Ops)
84	75174761	CT/GD	Munna Singh	204 CoBRA	Bronze (Ops)
85	115171177	CT/GD	Kundan Ojha	204 CoBRA	Bronze (Ops)
86	115141922	CT/GD	G. Naresh	204 CoBRA	Silver (Ops)
87	61775304	CT/GD	Binod Kumar Prasad	204 CoBRA	Bronze (Ops)
88	105193369	CT/GD	Roushan Kumar	204 CoBRA	Bronze (Ops)
89	110045553	CT/GD	Rakesh Kumar	204 CoBRA	Bronze (Ops)
90	9818	AC	Vivek Kumar Singh	206 CoBRA	Bronze (Ops)
91	97310101	Insp/GD	Sudhansu Shekhar	206 CoBRA	Bronze (Ops)
92	95100626	SI/GD	Santosh Kumar	206 CoBRA	Bronze (Ops)
93	105071334	SI/GD	Ajay Kumar Sahu	206 CoBRA	Bronze (Ops)
94	105330182	SI/GD	Anirudha Kumar	206 CoBRA	Bronze (Ops)

95	65110652	HC/GD	Chand Singh	206 CoBRA	Bronze (Ops)
96	41598249	CT/GD	Satish Kumar	206 CoBRA	Bronze (Ops)
97	60391789	CT/GD	Khageshwar Behara	206 CoBRA	Bronze (Ops)
98	115032322	CT/GD	M. Pandiyan	206 CoBRA	Bronze (Ops)
99	75051809	CT/GD	Sandeep Gojejkar	206 CoBRA	Bronze (Ops)
100	95350472	CT/GD	Ajay Das	206 CoBRA	Bronze (Ops)
101	85196312	CT/GD	Vijay Kumar Paswan	206 CoBRA	Bronze (Ops)
102	41669003	CT/GD	Mithlesh Kumar	206 CoBRA	Bronze (Ops)
103	75024875	CT/GD	Harvind Kumar Pandey	206 CoBRA	Bronze (Ops)
104	105202857	CT/GD	Harender Yadav	206 CoBRA	Bronze (Ops)
105	10237	AC	N.K. Jha	98 Bn	Bronze (Ops)
106	991420226	HC/GD	Vivekanand Jha	98 Bn	Bronze (Ops)
107	45073228	CT/GD	Lachman Singh	98 Bn	Bronze (Ops)
108	105021042	SI/GD	Chaman Giri	98 Bn	Bronze (Ops)
109	941177413	HC/GD	Nasir ahmad Malik	98 Bn	Bronze (Ops)
110	115241739	HC/RO	Suhas M	98 Bn	Bronze (Ops)
111	105341198	CT/GD	Javaid ahmad Gujjar	98 Bn	Bronze (Ops)
112	145102496	CT/GD	Raju Kumar	98 Bn	Bronze (Ops)
113	971121332	SM	Suresh Kumar Bijarniya	98 Bn	Silver (Ops)
114	15160685	HC/GD	Gagandeep	98 Bn	Bronze (Ops)
115	65161558	CT/GD	Sital Singh	98 Bn	Bronze (Ops)
116	7320	DC	Ravindra Singh	162 Bn	Golden (Ops) 2 star
117	105130143	CT/GD	Anil Kumar	162 Bn	Bronze (Ops)
118	--	Dy.SP	Fayaz Jeelani	OPS Kupwara, JKP	Bronze (Ops)
119	ARP No. 109274	SI	Harvinder Singh	JKP	Bronze (Ops)
120	No. 569/KP	Head Constable	Shahzad Ahmad Khan	JKP	Bronze (Ops)
121	10384886	DC (BSF)	Vikrant Tomar	BSF Air Wing	Bronze (Ops)
122	660761-K	Inspector /SFE	Surendra Singh	BSF Air Wing	Bronze (Ops)
123	657554-G	Inspector /SFG	Sankar Ram	BSF Air Wing	Bronze (Ops)
124	9777	AC	Pankaj Sharma	IT Wing, Dte	Bronze (Adm)
125	891010695	SI(T)	Bhoop Singh	IT Wing, Dte	Bronze (Adm)
126	911030066	SI(T)	S.N. Bajpai	IT Wing, Dte	Golden (Adm) 1 Star
127	941010062	SI(T)	Rohitash	IT Wing, Dte	Bronze (Adm)
128	127410234	ASI/T	Daljeet Yadav	IT Wing, Dte	Bronze (Adm)
129	15032687	HC/RO	K. Santosh Kumar	IT Wing, Dte	Bronze (Adm)
130	6632	DC	Sanjeev Singh	MT(Prov), Dte	Golden (Adm) 3 Star
131	75112764	ASI/M	Satbinder Singh	MT(Prov), Dte	Bronze (Adm)
132	7560	DC	Raj Shekhar Rout	RTC PGM	Golden (Adm)
133	9761	AC	Salil Dudi	175 Bn	Silver (Adm)
134	10256	AC	Gaurav Kumar	108 RAF	Bronze (Adm)
135	9534	AC	Rakesh Raman	61 Bn	Silver (Adm)
136	10320	AC	Miss Ujala Chandra	88 Bn	Bronze (Adm)
137	9444	AC	Smt sonia	108 RAF	Silver (Adm)
138	8064	AC	Pawan Kumar	106 RAF	Bronze (Adm)
139	10314	AC	Raj Aryan	206 CoBRA	Bronze (Adm)
140	10468	AC	A.K. Pandey	70 BN	Bronze (Adm)
141	8860	AC	Sachin Kumar	193 BN	Bronze (Adm)
142	8896	AC	Ravi Sharma	33 BN	Bronze (Adm)
143	10400	AC	Avadesh Kr.Singh	07 BN	Bronze (Adm)
144	9991	AC	Sudesh Kumar	10 BN	Bronze (Adm)

145	9743	AC	Subhash Yadav	01 BN	Bronze (Adm)
146	9441	AC	Jatinder Pal Singh	216 BN	Bronze (Adm)
147	921800218	SI(M)	Manoj Kumar Tikoo	Training Dte	Silver (Adm)
148	135220289	SI/GD(Ex-Army)	Raj Kumar Singh	CRPF Acdmy	Bronze (Adm)
149	135220246	SI/GD(Ex-Army)	Govind Ram	CRPF Acdmy	Bronze (Adm)
150	15022503	CT/GD	Jogesh Kumar	CRPF Acdmy	Bronze (Adm)
151	931320995	HC/GD	Dhan Singh	RTC Jodhpur	Bronze (Adm)
152	971121109	HC/GD	Hari Singh	RTC NMH	Bronze (Adm)
153	961272356	HC/GD	B.S. Kadam	CTC MKD	Bronze (Adm)
154	65003206	HC/GD	Ganga Ram Choudhary	CTC CBE	Bronze (Adm)
155	15281598	HC/GD	Raja Ram Ahirvar	CTC GWL	Bronze (Adm)
156	15103414	HC/GD	Ujjwal Sarkar	CRPF Acdmy	Bronze (Adm)
157	1382576	HC/GD	Ramappa Nirlagi	RTC RGR	Bronze (Adm)
158	941381159	HC/GD	Satlingappa	RTC LTR	Bronze (Adm)
159	951360252	HC/GD	Ram Iqbal Yadav	CTC NMH	Bronze (Adm)
160	15100503	HC/GD	Basuruddin Shiekh	RTC AVD	Bronze (Adm)
161	15232374	HC/GD	Puran Chand	RTC SNR	Bronze (Adm)
162	991400403	HC/GD	Harender Prasad Yadav	RTC PGM	Bronze (Adm)
163	10215	AC	Joseph Hrimai	33 BN	Bronze (Ops)
164	10021	AC	Jaydev Senapati	52 BN	Bronze (Ops)
165	10784	AC	G L Jat	38 BN	Bronze (Ops)
166	9257	AC	Rupendra SinghBhati	137 BN	Bronze (Ops)
167	850400142	SI/GD	Ashok Kumar	33 BN	Bronze (Ops)
168	951160039	HC/GD	Raju Singh	72 BN	Silver (Ops)
169	8047	DC	Sanjay Singh	75 Bn	Silver (Adm)
170	7810	DC	Smt Ashik Beevi P.H.	142 Bn	Golden (Adm) 01 star
171	015071941	CT/GD	Sanjay Kumar Kumawat	53 BN	Bronze (Ops)
172	065091836	CT/GD	B.A. Puria	53 BN	Bronze (Ops)
173	115241089	CT/GD	Vipin C	53 BN	Bronze (Ops)
174	KPS-125832	Dy SP	Irshad Ahmad Ahanger	SOG Baramulla, JKP	Bronze (Ops)
175	031200464	SI/GD	Ram Phool Meena	210 Bn	Bronze (Ops)
176	090250159	CT/GD	Aktar Hussain Choudhury	210 Bn	Bronze (Ops)
177	145101338	CT/GD	Sachin Kumar Singh	210 Bn	Bronze (Ops)
178	7167	DC	Raju Kumar Singh	128 BN (Attached with NEZ HQR)	Silver (Ops)
179	031513311	CT/GD	Prasanta Gogoi	NEZ HQr	Bronze (Ops)
180	115097088	CT/GD	Pinku Gupta	31 BN (Attached with NEZ HQR)	Bronze (Ops)
181	9681	A/C	Surender Singh	210 CoBRA	Silver (Ops)
182	105317976	CT/GD	Paritosh Rai	210 CoBRA	Bronze (Ops)
183	015264115	CT/GD	Mole Singh	180 Bn	Bronze (Ops)
184	405/Awt	CT	Mehrajuddin Mohd.	JKP	Bronze (Ops)
185	9521	A/C	Vipul Raj	110 Bn	Golden (Ops)
186	131490036	SI/GD	Tufail Ahmad Mugal	110 Bn	Golden (Ops)
187	085191247	HC/GD	Ramji Sah	110 Bn	Bronze (Ops)
188	983360504	HC/GD	Gulzar Ahmad Wani	110 Bn	Bronze (Ops)
189	015187406	CT/GD	Shyam Sunder Yadav	110 Bn	Bronze (Ops)
190	085196598	CT/GD	Lal Paswan	110 Bn	Bronze (Ops)
191	105174766	CT/GD	Mithlesh Kumar	110 Bn	Bronze (Ops)



श्री आर.आर. भटनागर, महानिदेशक के.रि.पु.बल, बल के जवान सिपाही/जीडी रमेश कुमार को
''बेसिक इंटेलीजेंस कोर्स'' का प्रमाण-पत्र जारी करते हुए और साथ में है श्री प्रदीप कुमार सिंह, महानिरीक्षक (आसूचना)



डॉ. मनु भटनागर, अध्यक्षा कावा द्वारका, नई दिल्ली में ''स्किल डवलपमेंट सेंटर'' का उद्घाटन करते हुए



के.रि.पु.बल के 49वीं बैच के सीधे नियुक्त राजपत्रित अधिकारियों के पासिंग आउट परेड में प्रशिक्षु अधिकारियों के साथ श्री राजीव राय भटनागर, महानिदेशक, के.रि.पु.बल एवं अन्य वरिष्ठ अधिकारीगण