INSPIRATION

प्रेरणा

July - December 2016



Volume - 8 Issue - 14

I.S.A. PUBLICATION

WINDS OF CHANGE



Setup of Lawrence Hall in the year 1991



Setup of Lawrence Hall in the year 2016



Sh. B.S. Chauhan, IG
Director, ISA, CRPF

From the Director's Desk

It gives me immense pleasure in presenting the second half yearly issue of Internal Security Academy magazine the "**Inspiration-प्रेरणा**" for the year 2016.

On the internal security front the second half was very crucial, Kashmir again came to unrest with the killing of Burhan wani , the Kashmir-based Hizbul Mujahideen commander by Indian security forces on July 8, 2016 . After his killing, anti-Indian protests started in all 10 districts of the Kashmir Valley. Protesters defied curfew with attacks on security forces and public property. More than 100 companies of CRPF and other CAPFs were deployed to control the situation.

On August 5, 2016, a group of militants opened fire at a market in Balajan Tiniali, near the town of Kokrajhar in Assam. Fourteen people were killed and sixteen injured as a result of the attack .The Honorable Chief Minister of Assam condemned the attack, calling it "cowardly and dastardly".

At around 5:30 a.m. on September 18,2016 four militants attacked an Indian Army Brigade Headquarters in Uri, Kashmir in which 19 army personnel were killed. In the wake of the attack, India cancelled its participation in the 19th SAARC summit scheduled to be held in Islamabad, Pakistan. in November 2016. On Sep 29, 2016 a surgical strike on the terrorists launch pads across the border was conducted by Indian army as a retaliatory measure .

In LWE theatre , On Nov 21, 2016 an operation was launched in the forests of Karamdih & Naurnagu village of Latehar district of Jharkhand by 209 CoBRA Bn. 6 Maoists were neutralized including a sub zonal commander and area commander which was a great morale boosting success for force personnel.

In the second half, Academy had conducted 19 courses in which 429 Officers participated. Academy started a new course on Emerging Trends in Space Technology for Real Time Operations . The course was conceptualized and designed for CRPF officers by faculty of ISRO and ADRIN with the aim to make the participants aware about the latest technological initiatives in the area of geospatial technologies, remote sensing, GIS, digital image processing, communication equipments.

I express my sincere thanks and gratitude to all the contributors,the editorial board and the Research and Development Cell of ISA for their excellent support and creativity in bringing out this half yearly issue of the "Inspiration-प्रेरणा" .I look forward to your contribution and valuable suggestions for marking this magazine more informative.

"Jai Hind"

COURSE CALENDAR - 2017

S.N.	NAME OF THE COURSE	Freq	S.N.	Duration (days)	Capacity (CRPF+ BPR&D)	Jan	Feb	Mar	Aprll	May	June	July	Aug	Sep	Oct	Nov
Basic Training																
1	DEGOs Basic Training.	2	14,15	235*	22 & 44	Up to 04/02 S. N. 14					Proposed w.e.f. Mid-June S.N.					
2	Medical Officer's Combatisation Course for Medical Officers of CRPF.	1	49	70*	44				03/04 to 14/06						30/10 to 1	
BPR&D Sponsored Vertical Interaction Courses																
1	VIC on LWE Appreciation for IPS officers having 4 yrs of service and CAPFs officers with minimum 10 yrs of service.	2	2, 3	5	0 + 25	09-13										BPRD slot 1-10
Professional Skill Development Courses																
1	Emerging Trends in Space Technology for Real Time Operations for ACs to IsG of CRPF.	2	2,3	6	28+0				17-22					5-11		
2	Cyber & Information Security Course for ACs to Comdts of CRPF.	2	5,6	6	25+0				5-11						4-10	
3	Geographical Information System Course for ACs to Comdts. of CRPF.	2	4,5	6	25+0			2-8						5-11		
4	Gender Sensitisation Course for ACs and DCs of CRPF.	2	3,4	6	30+0			2-8								
5	Special Basic Rock Climbing Course for CRPF Instructors organised with assistance of SVIM, Mt. Abu.	2	1, 2	10 & 12	50+0			15-24	6-19							
6	Understanding and Managing the Media Course for PROs, 2I/Cs to IsG of CRPF.	2	6,7	3	30+0			16-18							12-14	
7	Presentation Skills & Effective Communication Course for ACs/DCs of CRPF.	3	8,9,10	6	20+0	25/01-01/02						18-24	9-16			
8	ToT on Human Rights for ACs to Comdts of CRPF.	1	3	6	30+0											20-25
9	LWE Operational Appreciation Course for ACs to Comdts of CRPF	4	16-19	6	15+0		16-22			22-27	13-19		21-26			
10	Newly Promoted Asstt. Comdt. Course for ACs of CRPF	3	39-41	18	40+0				5-26			17/07 to 05/08 08/08 to 29/08				
11	Staff Officer's Course (JL) for DCs & 2-I/Cs of CRPF.	1	13	10	50+0		15-27									
12	Staff Officer's Course (SL) for Comdts & DIsG of CRPF.	2	8,9	6	30+0	18-24								14-20		
13	Pairvi of Court Cases Course for ACs and DCs of CRPF.	1	14	6	30+0		8-14									
Internal Security Courses																
5	Internal Security Seminar cum Strategy Mangment Course for Dy.SsP /SsP /Acs /DCs from State Police and CAPFs, equivalent rank officers from Armed Forces, Jurists, Media Persons, Academicians.	1	7	3	50 (35+15)							27-29				50
Reunion Seminar																
1	Re-Union Seminar of 23rd (1993) Batch DAGOs.	1	1	2	30				29/30							30
Pre Promotional Courses																
1	Junior Command Management Course.	1	34	18	50			15/05 to 03/06								50
2	Middle Command Management Course.	1	62	12	30				7-20							30
3	Senior Command Management Course.	1	40	12	30					3-15						30
	Grand Total	**44**														**1456**

* Including Sunday



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Design & Printed by: GRAPHICS KIRAN, Mount Abu,



ISA conducted 19 courses in the second half of 2016. The details of the courses are as under:

1. LWE Operational Apperception Course S. No -15.
2. Senior Command Management Course S. No -38.
3. Middle Command Management Course S. No 60.
4. Cyber & Information Security Course S. No 3 & 4.
5. Junior Command Management Course S. No -33.
6. Pairvi of Court Cases Course S. No-13.
7. Junior Level Internal Security Course S. No - 177.
8. VIC on Public Order and Use of Non Lethal Weapons Course S. No-3.
9. Medical Officers' Combtisation Course S. No - 48
10. Presentation Skills and Effective Communication Course S. No – 6 & 7.
11. Senior Level Internal Security Course S. No – 110.
12. Understanding and Managing the Media Course S. No – 5.
13. Emerging Trends in Space Technology for Real Time Operations S. No-1.
14. Training of Trainers Course on Human Rights S. No-2.
15. Geographical Information System Course S. No 3.
16. Gender Sensitisation Course S. No – 2.
17. Internal Security Seminar cum Strategy Management Course S. No – 5.

LWE Operational Appreciation Course S. No-15

The course was conducted from June 25 to July 1, 2016 in which 15 officers participated. The course is especially designed for officers serving in the LWE area. The main aim of the course is to provide latest inputs on operations, training, use of technology and legal framework under which security forces have to function in the LWE areas .

The course also aims at improving presentation skills, communication skills, man management and stress management skills. Besides the in-house faculty experts like Dr. Binny Sareen, Management Consultant, Dr. Prem Masand, Management Consultant took sessions on stress management and soft skills.



Dr. DJ Singh, DIG (Trg) ISA Mt. Abu in an indoor session.

Senior Command Management Course S. No-38

This is a pre-promotional course for Commandants of CRPF to become eligible for promotion to the rank of DIG. The course was conducted from June 8 to July 1, 2016. 16 Commandants attended the course. The objective of the course is to prepare the Commandants to take over the responsibilities of DIG. The course aims at giving latest inputs on administration, training, operations and soft skills to have better management at senior level. Eminent guest faculty shared their valuable knowledge and first hand practical experience with the participants to broaden their horizon. Sh Varun Kapoor, IPS, ADG (Narcotics) Indore, Sh A S Rathore IGP (Retd) CRPF, Prof P K Jain, Former Director, MJS University Udaipur, Sh



Sh. AS Rathore IGP (Retd) CRPF in Human Right sessions

B B Vaid, Comdt CRPF, Dr. Binny Sareen, Management Consultant, Dr Prem Masand,Management Consultant, Smt Manavi Sharma Legal and HR Consultant and Sh Mukhtyar Singh Dy Comdt deliberated on various issues.

Middle Command Management Course S. No-60

The course was conducted from July 7 to 20, 2016. This is pre promotional course for Second in Commands of CRPF to become eligible for promotion to the rank of Commandant. 18 officers participated in the course. The rank of unit Commandant is most important and responsible rank in any armed force. It requires proficiency in administrative, operational, training, legal and man management aspects to become an effective and efficient Commandant. Thus the main objective of the course is to make the participants update on these issues and hone up their skills to prepare them for taking over the duties of Commandant which are full of responsibility and challenges. Besides the in house faculty, experts from different fields were invited to deliberate on various subjects. Sh Rakshit Tandon, Cyber Security Expert, Sh Mukesh Chaudhary, Cyber Security Expert, Prof P K Jain, Former Director, MJS University Udaipur, Prof S R Sharma, Former Dean Ajmer Law College, Prof V V Singh, Management Consultant, Sh L N Mishra Comdt(Law), Dr Dinesh Mehta (CMO), Sh Mukhtyar Singh Dy Comdt, Sh Munish Sharma, ITO, Sh Latif Sahu, Dy Comdt and Sh Munish Dutt A C (Ops) were invited to give the latest inputs in their respective areas of expertise.



Prof P K Jain, Former Director, MJS University Udaipur taking a session on management

Cyber & Information Security Course S No-3 & 4

This is one of the recently introduced courses to increase awareness about cyber and information security among the CRPF officers. The increased dependence on internet and digital media has made everyone venerable to breech of cyber security. This is especially true for the police officers handling sensitive duties. Therefore, to educate officers of the rank of Asstt Comdt to Commandant, on these issues, two courses were organized in the year 2016. The first course was conducted from July 27 to August 2 and the second from Nov 7 to 11, 2016. The courses were attended by 18 and 24 officers respectively. Sh Varun Kapoor, IPS, ADG (Narcotics) Indore, Sh Rakshit Tandon, Cyber Security Expert, Sh Mukesh Chaudhary, Cyber Security Expert and Sh Manoj Kumar Dy Comdt discussed various issues related to the cyber security and how to ensure high degree of cyber security in our official and day to day working.



Sh. Varun Kapoor, IPS ,ADG (Narcotics) Indore in enlighting the course participants with cyber law

Junior Command Management Course S.No-33

This is the pre-promotional course for Dy Comdts of CRPF to become eligible for the post of Second in Command. The course was conducted from July 25 to August 13, 2016 in which 30 officers attended. The main objective of the course is to train the participants to enable them to assume duties of Second in Commands. The participants are given extensive inputs on administration, accounts, provisioning, training, operations, use of technology in operations and latest instructions on various subjects related to unit administration. Besides soft skills like communication and presentation skills, man management, time management and stress management are also included in the curriculum



Sh Mukhtyar Singh Dy Comdt DC (Rectt) interacting with course participants

thereby aiming at the overall development of the participants. The participants were also exposed to practical situations, exercises, case studies and they were encouraged to freely discuss their practical experiences and problems faced by them. Eminent guest faculty was invited to deliberate on various issues, prominent among them were, Prof S R Sharma, Former Dean Ajmer Law College, Prof V V Singh, Management Consultant, Sh L N Mishra Comdt(Law), Dr Dinesh Mehta (CMO), Sh Mukhtyar Singh Dy Comdt, Sh Munish Sharma, ITO, Sh Latif Sahu, Dy Comdt and Sh Munish Dutt A C (Ops). Besides the professional subjects, guest faculty including Sh Rakshit Tandon, Cyber Security Expert, Sh Mukesh Chaudhary, Cyber Security Expert, Prof P K Jain, Former Director, MJS University Udaipur, was invited to give them inputs on subjects like cyber security, use of social media, soft skills and stress management.

Pairvi of Court Cases Course S No-13

The course was conducted from August 8 to 13, 2016. The course is meant for officers of the rank of Asstt Comdt and Dy Comdts of CRPF who are performing duties of pairvi officers in GCs or Sector officers. With the increase in education profile of the force as well as the increased awareness of the force personnel, there is significant increase in the number of court cases. In order to make effective pairvi of court cases there is dire need to educate our officers in the procedure of pairvi and the functioning of various courts. With this aim, the course was conducted for 31 officers of CRPF coming from different corners of the country. Prof S R Sharma, Former Dean Ajmer Law College, Sh L N Mishra, Comdt (Law), Dr. D J Singh, DIG (Trg), ISA, Sh Bhupinder Jain, Advocate and Sh Pushkar Bharadwaj discussed threadbare, various issues related to the subject.



Dr. DJ Singh, DIG (Trg) ISA Mt. Abu taking a session on enquires .

Junior Level Internal Security Course S No-177

This course was conducted from August 23 to Sept 3, 2016. The course is meant for officers of the rank of Asstt Comdt and Dy Comdts of CAPFs, state police and armed forces. 26 officers from CRPF, BSF, SSB, IRB, Assam Rifles and Gujarat police attended the course. The aim of the course is to provide a common platform for officers coming from different organizations for discussing present internal security problems of the country and the strategies and tactics to deal with them. The participants are encouraged to share their practical experiences and problems and freely discuss their ideas, views and suggestions regarding various facets of internal security. This course also gives a very good opportunity to officers to know about the organization, functioning and capabilities of each other's organizations.



Sh M L Kumawat, IPS, Former DGP interacting on internal security matters

VIC Public Order and Use of Non Lethal Weapons S. No-3

This is one of the BPR&D sponsored vertical interaction courses conducted by ISA which is meant for IPS officers with at least 4 years service and state police/CAPF officers with at least 10 years service. The course was conducted from Sept 13 to 17, 2016. In order to make it a truly vertical interaction course, 22 officers including, 3 DIsG, 4 Comdts, 2 SPs, 2 Second in Commands, 7 Dy Comdts, 1 Major, 1DSC, 1 ASP and one Asstt Comdt were nominated for the course. The course provides a platform for free and frank discussions on the internal security challenges of the country and the possible response of the security forces and law enforcing agencies. The course also exposes the participants to the latest techniques and strategies for crowd control and for tackling the public order problems. A demonstration of use of less lethal weapons by a team of 100 Rapid Action Force is an added attraction of the course. Eminent jurists, media persons, academicians and police officers deliberated on various issues concerning the internal security of the country. Brain storming sessions were conducted to evolve possible strategies and tactics to deal with the internal security problems. Justice (Retd) M S Chauhan, Sh Chaman Lal, IPS, Former DGP, Sh M V Krishna Rao, IPS, Former DGP, Sh M L Kumawat, IPS, Former DGP, Prof Ranjith Thomas, Faculty of Law, NLU Jodhpur, Sh Sadanand Vasant Date, IPS, IGP, Sh Sitanshu Kar, DG News, AIR, Sh Raju Bhargava, IPS, IGP and Sh Rajesh Kumar Comdt 108 RAF enlightened the participants on various issues.

Medical Officers' Combatisation Course S. No-48

This is one of the two basic courses conducted by ISA. This 10 week course aims at imparting combatisation training to the newly appointed medical officers of CRPF. It also aims at honing up the professional skills of the medical officers. The course was conducted from July 11 to Sept 20, 2016. The course was attended by 17 medical officers including one lady medical officer. The doctors are taught drill, weapon handling, firing, field craft and tactics, map reading, navigation, jungle survival to turn them into a fighting solider who can participate shoulder to shoulder in combat situations with GD personnel. They are also provided with the latest inputs on medical aspects that may be required in combat situations like causality evacuation, field dressings, making improvised stretchers, wound management etc. Besides, administrative issues like office management, office procedure, CRPF Act and Rules, recruitment procedure, AME procedure and medical categorization are also taught to them. The course culminates with a 7 days jungle camp in which they are kept in combat like situation and are exposed to various combat operations and exercises.



MOCC S.No .48 getting exposure of firing at firing range

Presentation Skills and Effective Communication Course S.No-6 &7

These two courses were conducted from Sept 17 to 23 and Oct 17 to 22, 2016. The courses were attended by 22 and 29 officers respectively. The course is aimed at improving the public speaking, presentation, listening, drafting and communication skills of participants. This is a highly practical and participative course in which the participants have to make and deliver presentations on daily basis.



Dr. DJ Singh, DIG (Trg) ISA Mt. Abu giving tips to course participants for making of effective PPT .

Exercises on improving the listening, public speaking and drafting skills also form part of the courses. These exercises are conducted in micro-sessions by dividing the course into 3 or 4 small groups, which are put under one faculty officer. Individual attention to each participant is ensured and all participants are constantly watched. The strong points, weak points and areas of improvement are communicated to each participant after the end of every micro session. The course is entirely run by the in house faculty of ISA.

Senior Level Internal Security Course S. No-110

The course was conducted from Sept 27 to Oct 5, 2016 and 15 officers participated. The course is meant for officers of the rank of Comdt and Second in Command. The course provides platform for free and frank discussions on internal security problems of the country and the strategies and tactics to deal with them. Officers from all parts of the country, working in different operational theatres and scenarios share their experiences, problems and ideas in this course. Eminent faculty is invited to deliberate on various issues. Sh Chaman Lal, IPS, Former DG, Sh M L Kumawat, IPS, Former DG, Prof S R Sharma, Former Dean, Ajmer Law College, Dr Sarvesh Swaroop, ISS, Former Dy DG, Sh K S Sood, Former DIG, BSF, Sh Hariom Gandhi, Zonal Director, NCB, Ahmedabad, Smt Payali Sharma, Comdt CISF, Sh Devansh Trivedi, Comdt Coast Guard, Sh Mukesh Chaudhary, Cyber Security Expert, Sh Dhiraj Kumar DIG, CRPF and Sh Jamal Khan, Comdt, Principal IED School, CRPF discussed different subjects with the course participants.



Opening Ceremony of Senior Level Internal Security Course S. No-110

Understanding and Managing the Media Course S. No-5

The course was conducted from Oct 13 to 15, 2016. This course aims at the media handling skills of CRPF officers. In all, 28 officers attended the course which included 2 IsG, 8 DIsG, 12 Comdts and 6 Second in Commands. The course was conceptualized and especially designed by Prof B M Bakshi, Former ADG, Doordarshan. The mechanics of the print, electronic and social media are discussed in the course. The participants are told about the importance of proper media management in the present world of information and technology. The course also provides an insight into how we can use the media for better image building and for highlighting the work done by us. The course also has sessions on drafting press notes, organizing press conferences and presentation skills. Exercises on organizing and conducting press conferences make the course much interesting and helps in better understanding and assimilating of skills. Besides



Prof B M Bakshi, Former ADG, Doordarshan in an indoor session

Prof Bakshi, Smt Gouran Dhawan Lal, Eminent Commentator, Host and Anchor, Sh Gautam Chaterjee, Former Director TDSAT, Dr Ashok Panagariya, Prof Emeritus Neurology and Former VC Rajasthan University of Health Sciences, Jaipur, Sh Mukesh Chaudhary, Cyber Security Expert and Sh Sunil Arora, IAS, Former Secretary, I & B were the eminent faculty in the course.

Emerging Trends in Space Technology for Real Time Operations Course S. No-1.

The course was conceptualized and designed for CRPF officers under the able guidance of Smt Geeta Varadan, Former Director ADRIN Hyderabad. The course was conducted from Nov 7 to 11, 2016.



Scientist of ISRO Taking Lectures on Emerging Trends In Space Technology For Real Time Operations Course S. No-1

The course was attended by 33 officers including 1 IG, 2 DIsG, 5 Comdts, 6 Second in Commands, 10 Dy Comdts and 9 Asstt Comdts. The aim of the course is to make the participants aware about the latest technological initiatives in the area of geospatial technologies, remote sensing, GIS, digital image processing, communication equipments and to acquaint the participants with the latest technological gadgets developed by ISRO for their use in ground for effective operational results. The course was an eye opener to the participants. The credit goes to the senior scientists of ISRO, ADRIN, IIRS for explaining the highly technical subjects in user friendly language for making it easily comprehensible for the officers operating on the ground. The last day of the course included an area familiarization exercise with high resolution imagery, GPS/Navigation tool demonstration. The guest faculty included Smt Geeta Varadan, Former Director ADRIN, Smt Shefali Agarwal, Scientist SG, Sh Shashi Kumar Scientist SD, Indian Institute of Remote Sensing, Dehradun, Dr Sameer Saran, Scientist SF, IIRS, Sh Pravin Patidar, Scientist SE, SAC, Ahmedabad, Sh Nitant Dube, Scientist SG SAC, Ahmedabad, , Dr A K Bera, Scientist/Engineer SG and Sh Gaurav Kumar, Scientist SE, NSRC/ISRO, Jodhpur, Sh Vijender Busi Reddy Scientist SD, Dr Pramod Kumar, Scientist SG, Ms Sujata Ghosh, Scientist SF, ADRIN Hyderabad, Sh Shashikant Sharma Scientist SG, SAC, Ahmedabad and Sh Rakshit Tandon, Cyber Security Expert.

Training of Trainers Course on Human Rights S. No-2

The course was conducted from Nov 18 to 24, 2016. The aim of the course is to prepare the officers to assume instructional responsibilities and provide platform for understanding Human Rights and related issues, challenges before Security Forces/Law enforcing agencies and effective strategies to deal with them. The course is meant for officers of the rank of Asstt Comdt to Comdts of CRPF. It was attended by 21 officers including 1 Second in Command, 5 Dy Comdts and 15 Asstt Comdts. Sh M K Vyas, Former Dean, Faculty of Law, JNVU University Jodhpur, Prof S R Sharma, Former Dean, Ajmer Law College Sh M K Devarajan, Former DGP and member of RSHRC discussed the human rights related issues, limitations of security forces, use of force, role of commanders in law and order problems with the participants.



A course participant sharing her experiences

Geographical Information System Course S. No-3

The course is meant for the officers of the rank of Asstt Comdt to Commandants of CRPF and was conducted from Dec 2 to 8, 2016. 28 officers including 1 Comdt, 2 Second in Commands, 10 Dy Comdts and 14 Asstt Comdts attended the course. The aim of the course is to acquaint the officers on basic principles of remote sensing, image processing and feature extraction methods as used for GIS along with an appreciation of field-based data acquisition methods that can be used to build and update GIS spatial databases and impart training to officers on current technologies being used in GIS. Eminent scientists from ISRO and ADRIN, besides the in-house faculty, were invited to deliberate on various aspects of GIS. They included Ms Sujata Ghosh, Scientist SF, ADRIN Hyderabad, Smt D Sita, Scientist SE, ADRIN Hyderabad and Sh Happinder Singh, GIS Consultant.



Ms Sujata Ghosh, Scientist SF, ADRIN Hyderabad taking a session on GIS

Gender Sensitisation Course S. No-2

The course is conceptualized and designed in accordance to the spirit of Sexual Harassment of Women at Workplace (Prohibition, Prevention and Redressal) Act, 2013. It is meant for young officers of the rank of Asstt Comdt and Dy Comdts of CRPF, wherein at least 25 percent representation is of lady officers. It was conducted from Dec 14 to 20, 2016. Total 23 officers participated in the course including 5 Dy Comdts and 18 Asstt Comdts. The course aims at training the young officers about the forms of sexual harassment, decorum to be maintained, historical perspective, maintaining a respectful environment and the impact of sexual harassment at workplace. The course also provides an insight into the Sexual Harassment of Women at Workplace (Prohibition, Prevention and Redressal) Act, and Rules 2013 as well as departmental instructions on the subject.



Smt Manvi Sharma, Advocate explaining the vishaka guidelines

Internal Security Seminar Cum Strategy Management Course S. No-5

The seminar was conducted from Dec 22 to 24, 2016. It is meant for officers of the rank of DIsG and IsG of CAPFs and state police. The course was attended by 13 officers including 1 IG, 11 DIsG and one Asstt Comdt. The three days seminar offers a common platform to senior police officers to discuss the issues of internal security, national security, our parperadness to deal with internal security problems, concerns for human rights, the legal framework and the internal security problems concerning J&K, LWE areas and the north east. Senior guest faculty was invited to moderate various sessions which included Sh P P Srivastav, IAS (Retd), Sh Chaman Lal, Former DG, Sh M L Kumawat, Former DG and SS(IS) MHA, Sh Raju Bhargava, IPS, IGP, Sh Mohsin Shaheedi, DIGP and Sh Ghambir Singh Dy Comdt.



Sh M L Kumawat, Former DG and SS(IS) MHA in an indoor session



LWE Operational Apperception Course S. No -15



Senior Command Management Course S. No -38



Middle Command Management Course S. No 60.



Cyber & Information Security Course S. No 3



AFSPA-LEGAL PERSPECTIVE

AFSPA have always been looked like a special power available to the members of the armed forces deployed in disturbed areas whereas members of the armed forces look it as legal protection available to them for conducting effective operations. There has always been a debate over Armed Forces Special Powers Act both in the Northeast as well as Jammu & Kashmir; even though it's constitutional validity has been upheld by the Supreme Court. Public perception of AFSPA in these states is that the law is draconian, anti-people and gives armed forces the licence to act with impunity and commit human rights violations without any accountability. On the other hand undoubtedly in the hardcore insurgency and militancy affected areas, legal provisions must be made available for the protection of the armed forces during operations and as such many provisions of the Act are perfectly valid and essential. Therefore, there is dire need to examine whether this act needs to be reviewed or repealed. This can be done only after taking into account the legal aspects, security aspects, social and political mandate and public perception. The high powered Jeevan Reddy Commission (Headed by a former judge of the Supreme Court and four other members including one vice chancellor and jurist, one former special secretary, MHA, One former DGMO and one journalist) have unanimously made amendments to the Unlawful Activities (Prevention) Act, 1967 (UAPA). However, in view of a hostile environment prevailing in the north-eastern states and due to violence perpetrated by armed militant groups, the government had thought it fit to give legal and logistic protection to the Armed Forces personnel posted on duty so as to enable them to operate with required thrust and drive.

Needless to state that Armed Forces (Special Powers) Act, 1958, is operative in the north-eastern states of India, and yet another similar Act, called the armed Forces (Jammu & Kashmir) Special Powers Act, 1990, is operative only in the State of Jammu and Kashmir which has more or less similar provisions. In addition to these two acts, there was yet another similar Act called, the Armed Forces (Punjab and Chandigarh) Special Powers Act, 1983, which was applicable to the State of Punjab and the Union Territory of Chandigarh, during the days of terrorism which was withdrawn in 1997, roughly 14 years after it came to force. At present almost six states Assam, Nagaland, Manipur (except the Imphal municipal area), Arunachal Pradesh (only the Tirap, Changlang and Longding districts plus a 20-km belt bordering Assam), Meghalaya (confined to a 20-km belt bordering Assam) and Jammu and Kashmir come under the ambit of this law. Government of Tripura has recently lifted this controversial law which was in effect for last 18 years in the state.

AFSPA gives power to the Central Government as well as Governors of the State Governments (where it is applicable) to declare areas affected by militancy, which are in disturbed or dangerous condition, as “disturbed areas”. It must be noted that the AFSPA comes into effect only after the governor declares a state, or parts of it, as disturbed. This means that in the disturbed area, the normal functioning of the government has broken down. That is why the armed forces are deployed to restore normalcy in the region.



The word 'Disturbed Area' was though not significantly defined in the Act. Under the AFSPA, the authorities only need to be "of the opinion that whole or parts of the area are in a dangerous or disturbed condition such that the use of the Armed Forces in aid of civil powers is necessary". However it is not categorically stated as to what constitutes "dangerous or disturbed condition". It vests powers on the Central Government for the same. The vagueness of this definition was challenged in Indrajit Barua vs. State of Assam case (AIR 1983 Del 513). Hon'ble Delhi High Court in the case opined that the lack of precision in the definition of a 'disturbed area' was not an issue because the Government and people of India understand the meaning of it. However, since the declaration depends on the satisfaction of the Government officials, it is not subject to judicial review. The Disturbed Areas (Special Courts) Act, 1976, however provides a clear definition. Under the Disturbed Areas (Special Courts) Act of 1976, an area may be declared disturbed when "a State Government is satisfied that (i) there was, or (ii) there is, in any area within a State extensive disturbance of the public peace and tranquillity, by reason of differences or disputes between members of different religions, racial, language, or regional groups or castes or communities, it may declare such area to be a disturbed area".In the original Armed Forces Special Powers Act of 1958, only the State Governments had the power to declare an area as disturbed which was in consistent with Article 246 of the Constitution of India to be read with the 7th Schedule of the Constitution of India which places "law and order" under the State's list. The 1972 amendments to the AFSPA took away the power from the State government and its legislative Assembly and handed it over to an appointee of the Central Government.

The special powers of the armed forces are mentioned in Section 4 of AFSPA according to which any commissioned officer, warrant officer, non-commissioned officer or any other person of equivalent rank in the armed forces may, in a disturbed area –

(a) if he is of opinion that it is necessary so to do for the maintenance of public order, after giving such due warning as he may consider necessary, fire upon or otherwise use force, even to the causing of death, against any person who is acting in contravention of any law or order for the time being in force in the disturbed area prohibiting the assembly of five or more persons or the carrying of weapons or of things capable of being used as weapons or of fire-arms, ammunition or explosive substances;

(b) if he is of opinion that it is necessary so to do, destroy any arms dump, prepared or fortified position or shelter from which armed attacks are made or are likely to be made or are attempted to be made, or any structure used as a training camp for armed volunteers or utilises as a hide-out by armed hangs or absconders wanted for any offence;

(c) arrest, without warrant, any person who has committed a cognizable offence or against whom a reasonable suspicion exists that he has committed or is about to commit a cognizable offence and may use such force as may be necessary to effect the arrest;

(d) enter and search without warrant any premises to make any such arrest as aforesaid or to recover any person believed to be wrongfully restrained or confined or any property reasonably suspected to be stolen property or any arms, ammunition or explosive substances believed to be unlawfully kept in such premises, and may for that purpose use such force as may be necessary.

Further, Section 5 of AFSPA provides protection to the arrested person. According to this section any person arrested and taken into custody under this Act shall be made over to the officer in charge of the nearest police station with the least possible delay, together with a report of the circumstances occasioning the arrest. Therefore, once the arrested person is handed over to the police authorities, other legal protections available to such person under the ordinary criminal laws and the Constitution become automatically available to him.

It is generally alleged that these provisions are not fair, just or reasonable as it allows armed forces to use an excessive amount of force. Justice requires that the use of force should be justified by a need for self-defence and a minimum level of proportionality on the part of armed forces. Moreover the provisions of the AFSPA should be in consonance with the provisions of Article 14, 21 and 22 of our Constitution. The detailed procedure relating to arrests, detention and unlawful assembly and disturbances is also provided under CrPC. Therefore, the AFSPA covers the same area or field occupied by CrPC. The constitutional validity of AFSPA was challenged in the case of Naga People Movement vs. UOI ((SCC 109: AIR 1998 SC 4311998) 2,). The Hon'ble Supreme Court passed an instructive judgement pointing to certain dimensions that may help in forming a perspective on AFSPA. The salient features of the judgement are as follows-

(a)The Central Act (AFSPA) cannot be regarded as a colourable legislation or a fraud on the Constitution.

(b)The powers conferred under clauses (a) to (d) of Section 4 and Section 5 of the Central Act on the officers of the armed forces, including a non-Commissioned Officer are not arbitrary and unreasonable and are not vocative of the provisions of Articles 14, 19 or 21 of the Constitution.

(c)While exercising the powers conferred under Section 4(a) of the Central Act, the officer in the armed forces shall use minimal force required for effective action against the person/persons acting in contravention of the prohibitory order.

(d)A person arrested and taken into custody in exercise of the powers under Section 4(c) of the Central Act should be handed over to the officer-in-charge of the nearest police station with least possible delay so that he can be produced before nearest magistrate within 24 hours of such arrest excluding the time taken for journey from the place of arrest to the court of magistrate.

(e)The property or the arms, ammunitions, etc. seized during the course of search conducted under Section 4(d) of the Central Act must be handed over to officer-in –charge of the nearest police station together with a report of the circumstances occasioning such search and seizure.

(a)The provisions of Cr. P.C. Governing search and seizure have to be followed during the course of search and seizure conducted in exercise of the powers conferred under Section 4(d) of the Central Act.

(b)Section 6 of the Central Act in so far as it confers a discretion on the Central Government to grant or refuse sanction for instituting prosecution or a suit or proceeding against any person in respect of anything done or purported to be done in exercise of the powers conferred by the Act does not suffer from the vice of arbitrariness. Since the order of the Central Government refusing or granting the sanction under Section 6 is subject to judicial review, the Central Government shall pass an order giving reasons.

(c)While exercising the powers conferred under clauses (a) to (d) of Section 4 the officers of the armed forces shall strictly follow the instructions contained in the list of "Do's and Don'ts" issued by the army authorities which are binding and any disregard to the said instructions would entail suitable action under the Army Act, 1950. (20) The instructions contained in the list of "Do's and Don'ts" shall be suitably amended so as to bring them in conformity with the guidelines contained in the decisions of this Court and to incorporate the safeguards that are contained in clauses (a) to (d) of Section 4 and Section 5 of the Central Act.

(d)A complaint containing an allegation about misuse or abuse of the powers conferred under the Central Act shall be thoroughly inquired into and, if on enquiry it is found that the allegations are correct, the victim should be suitably compensated and the necessary sanction for institution of prosecution and/or a suit or other proceeding should be granted under Section 6 of the Central Act.

"Law is not law , if it violates the principles of eternal justice"

Lydia Maria Child



Section 6 of AFSPA provides protection to the members of the armed forces acting under this Act. No prosecution, suit or other legal proceeding shall be instituted, except with the previous sanction of the Central Government, against any person in respect of anything done or purported to be done in exercise of the powers conferred by this Act. Similar powers and protection (with some variations) are available to the members of the Armed Forces under Sections 45, 1321(1) and 197(2) CrPC. Section 45 CrPC provides limited protection against arrest and Section 197(2) CrPC only restricts the taking of cognizance by a court whereas protection under Section 6 of AFSPA is much wider and extends over institutions of any prosecution, suit or other legal proceedings. Therefore, if the umbrella of Section is withdrawn, adequate protection to the troops witnessing dangerous situation would stand diluted, making them vulnerable to legal and criminal harassment.

The issue of need for sanction to prosecute army officers under the Armed Forces Special Powers Act (AFSPA) was addressed in the case of General Officer Commanding (Army) vs. CBI (Criminal Appeal No. 257 of 2011). The case dealt with two instances of alleged fake encounters. Five people were killed by the Army in Assam in a counter insurgency operation in 1994. Another five people were killed in Jammu and Kashmir in March, 2000 in an encounter. In both instances, the CBI was directed to investigate the matter. CBI claimed that the people who were killed were indeed victims of fake encounters. The CBI moved the court to initiate prosecution against the accused Army officers. Hon'ble Supreme Court discussed and decided following issues:-

(a) Is prior sanction required to prosecute army officers for 'any' act committed in the line of duty? - On this issue Court held that sanction would not be required in 'all' cases to prosecute an official. The officer only enjoys immunity from prosecution in cases only when he has 'acted in exercise of powers conferred under the Act'. There should be 'reasonable nexus' between the action and the duties of the official. The Court cited an example to highlight this point: If in a raid, an officer is attacked and he retaliates, his actions can be linked to a 'lawful discharge of duty'. Even if there were some miscalculations in the retaliation, his actions cannot be labelled to have some personal motive. The Court held that the AFSPA, or the Armed Forces (J & K) Special Powers Act, empowers the Central government to ascertain if an action is 'reasonably connected with the discharge of official duty' and is not a misuse of authority. The courts have no jurisdiction in the matter. In making a decision, the government must make an objective assessment of the exigencies leading to the officer's actions.

(b) At what stage is sanction required? -The Court ruled that under AFSPA, or the Armed Forces (J & K) Special Powers Act, sanction is mandatory. But, the need to seek sanction would only arise at the time of cognizance of the offence. Cognizance is the stage when the prosecution begins. Sanction is therefore not required during investigation.

(c) Is sanction required for court-martial? - The Court ruled that there is no requirement of sanction under the Army Act, 1950. Hence, if the Army chooses, it can prosecute the accused through court-martial instead of going through the criminal court.

Thus the fact remains that if armed forces are deployed within a disturbed area to deal with the militants, it is necessary to provide them with adequate legal powers to act against them and also some protection to save them from malicious prosecution.

The AFSPA has always been at the heart of concern about human rights violations in the area of applicability, such as arbitrary killings, torture, cruel, inhuman and degrading treatment and enforced disappearances. These human rights obligations are analysed in terms of relevant provisions flowing from constitution of India, and international law sources, with particular emphasis on the

International Covenant on Civil and Political Rights ("ICCPR"), the Covenant, to which India acceded in 1979. It recognises a number of fundamental human rights, including the right to life, the right not to be tortured or ill-treated, the right to liberty and security, fair-trial rights, the right to privacy, and the right to freedom of assembly. Gender based inequality and violence is also one of the issues which cannot be justified in the name of national security. The Justice J.S. Verma Committee (JVC) set-up to recommend changes in laws related to violence against women has slammed the impunity granted to law-enforcement personnel guilty of sexual offences against women under the Armed Forces (Special Powers) Act 1958. It is observed that there has been systematic or isolated sexual violence, in the process of Internal Security duties and recommended review of the continuance of the Act in the context of extending legal protection to women in conflict areas. The alleged brutal rape and murder of Manipur's Manorama Devi has exposed the abuse of Armed Forces Special Powers Act in North-East India. A commission of inquiry was set up by the Manipur government in 2004, which submitted its report in Nov. 2004. However, the Guwahati High Court also looked into the matter and ruled that since the Assam Rifles had been deployed under the Armed Forces (Special Powers) Act, 1958, the state government did not have jurisdiction over them, and the case should be dealt with by the central government. Thus, the report was never released subject to this judgement. Recently, in December 2014, in a case filed in Supreme Court of India, the apex court told to government to pay a compensation of Rs. 10 lakhs to Manorama's family.

In Manipur an organisation of widows and mothers of those killed in 'encounters' with security forces, the Extra-judicial Execution Victim Families Association, Manipur (EEVFAM), had appealed to the Supreme Court of India for justice for the innocents killed by police commandos and security forces, under cover of the immunity provisions of AFSPA. The organisation has asked for an independent probe into 1,528 cases of extra-judicial execution by security forces in Manipur. It is alleged that 1,528 people including 31 women and 98 children have been killed in the name of 'encounters' with militants by security forces between 1979 and May 2012. Of these, 419 were killed by Assam Rifles and 481 by combined teams of Manipur police commandos and central armed police forces. Hon'ble Supreme Court recently, while passing judgement observed that that out of 1528 alleged cases of the 62 cases that the petitioners have documented, whether in each case a judicial enquiry or an inquiry by the NHRC or an inquiry under the Commissions of Inquiry Act, 1952 has been held and the result of the inquiry. Whether any First Information Report or complaint or petition has been filed by the next of kin of the deceased. The remaining cases (1528 minus 62) are revisited to carry out an identical exercise as above.

Hon'ble court further held that Court Martial proceedings can be initiated by the Army against an offender, after the outcome of above exercise.

Over a period of time, substantial efforts have been made to ensure greater accountability and responsibility in the conduct of armed forces while operating under the provisions of AFSPA. The Dos and Don'ts were formulated by the army as guidelines for operations, and upheld by the Supreme Court, thereby ensuring adherence to procedural guidelines by the armed forces. It needs to be emphasised that human rights compliance and operational effectiveness are not contrarian requirements. In fact, adherence to human rights norms and principles strengthens the counter insurgency capability of a force. Protection for the armed forces must be accompanied by provisions that ensure responsibility and accountability, within the parameters of law. It is for this reason that robust safeguards need to be incorporated in the existing or any new law. AFSPA should be made compliant with international and national norms of human rights and humanitarian law to achieve greater objective of ensuring security by armed forces in free and fair manner.

DR. VISHWANATH PARANJAPE 2IC,
208 BN (COBRA)



REVAMPING INTELLIGENCE AND RATIONAL APPROACH AGAINST RED TERROR

The fight against the red menace is not only an intense battle of nerves but also a psychological tussle where outsmarting the adversary is much more important rather than outnumbering them. Therefore it is essential that our approach towards this fight should be rational, dynamic and commensurate with latest naxal trends. This article is basically the accumulation of my experiences in LWE areas addressing various aspects of fight against naxalism.

Intelligence

Difficulties in Generating Intelligence----

1. Lack of initiative/ interest
2. Intricacies of intelligence not known to intelligence personnel
3. Present Intelligence set-up—No accountability—-Intelligence Fund/ performance wise
4. Lack of exposure
5. No serious efforts have been made to revamp Intelligence Cell
6. Working on zero-risk principle/ No covert operations.



Remedies—

1. Deputation is a great source of attaining knowledge from other agencies. For Ex-Addl. S.P (Ops) knows the complete intelligence dynamics of a district in which he has served. We should strengthen our Intelligence Cell by posting him in that particular area.
2. We should encourage deputations in State Police (Bihar, Jharkhand, Chhattisgarh) IB.
3. Training. of intelligence personnel in IB/ State special Cells.
4. A compact Intelligence Cell at Sector level—This Intelligence cell should feed COBRA and other units with actionable inputs.
5. Greater coordination with IB/SIB
6. More emphasis should be given on creating moles rather than feeding informers which is quite difficult & requires professionalism.
7. Intelligence Cell ...Special Incentives...differentiate between performers & non-performers --- annual assessment of Intelligence Cell personnel
8. Greater financial powers with accountability should be given to this Intelligence Cell upto Desk Leader as every information has got a price tag—only proper assessment is required.

Psychological Operations

1. Skill building programmes should be done in naxal strong zone.
2. Delegitimize the Red Movement with the help of media and intense public interaction.
3. Surrender & rehabilitation policy should be advertised strongly by the local troops in the remotest parts.
4. Promoting recruitment rallies and encouraging / training youths from the naxal infested areas for recruitment.

5. Promoting NGOs to restore people's faith & confidence in government machinery
6. Being the only frequently visible representative of the state in the core naxal areas we should strongly raise the development issues at the appropriate forum through Commandants and subsequently the commandaingofficer should be part of the mechanism which decides utilization of IAP (Integrated Action Plan) funds.
7. Empathize rather than sympathize.

Optimum Area of Responsibility / Mode Of Deployments

For CRPF Coys--- 10-15 kms radius (Dominance)
For CRPF--- Naxal Transit Routes & Core Areas (No specific limits)
Deployments---- securing the support line & then entering the woods

Age Profile

LWE AREAS- DC/ AC/SOs not more than 35 yrs. ; ASI/HC not more than 40 yrs. ; constables not more than 35 yrs. (preferably)

Civic Action Programme (CAP)

1.Intelligence purpose—Coy. Comdr. 40%
2.Psychological -OPS --- CO+OC—30%
3.Conventional --- CO---- 30%

Medical Support

1. Reluctance of combatized Medical Officers/ medical staff to accompany the troops to the operational bases should be dealt strictly.
2. For getting quality treatment even in difficult areas we should enter into contract with best available local doctors by remunerating them appropriately.
3. Memorandum of understanding for cashless treatment with major private hospitals at various state capitals/ cities for not only battlefield injuries but also for serious diseases.



District Agencies/IB/SIB/ Coordination between District Level Unified Command (DLUC)

1. Being better equipped technically & specialized agencies, definitely Intelligence Bureau/ State Intelligence Bureau has got some edge when it comes to intelligence Therefore, with greater co-ordination we can not only strengthen our intelligence part but also raise the level of execution which is our sole USP.
2. As mentioned earlier being the only frequently visible representative of the state in the core naxal areas, the DLUC provide us the appropriate forum where we can apprise the district authorities about the real scenario and the required remedial measures.
3. Effective and persistent psychological-operation requires contribution from various Distt. agencies and security forces.
4. With the DLUC catering for the needs of SFs becomes easier.
5. With the recent policy of combating naxalism and proceeding development works simultaneously --- the need of effective DLUC with appropriate representation from the District & SFs is undeniable.

Pre- Induction Training .

1. Night operations: Emphasis should be given to night exercises/ night navigation/ approach to training in darkness
2. Navigation: In addition to conventional map reading, use of Google Maps , calibrated SOI Maps , use of gadgets and advanced GPS should be taught to the lowest formation also.
3. Time Management: synchronized team-movements time bound mock exercises with special emphasis on synchronization of various participating teams
4. Emphasis on IED's / explosives.
5. Enhancing Firing Skills: Quota of practice ammunition should be raised so that each & every formation can fire with every weapon available without any hitch.
6. Signals Training.
7. Learning legal intricacies involved in a naxal operations.

Operations

1.Naxal Platoon formations: Small teams & intelligence based operation, surgical strikes, outsmart rather than outnumber them.

2. Naxal Coy. Formations: Targeting naxal transit routes / core areas, emphasis on intelligence, CoBRA teams executing sustained operation, where to fight & where to leave concept.

Utilization Of CoBRA OPS' Suggestions & Spl. Incentives

1. Utilization of CoBRA

Intelligence based, specific teams, specific training, if possible area specific teams.

2. Ops Suggestions

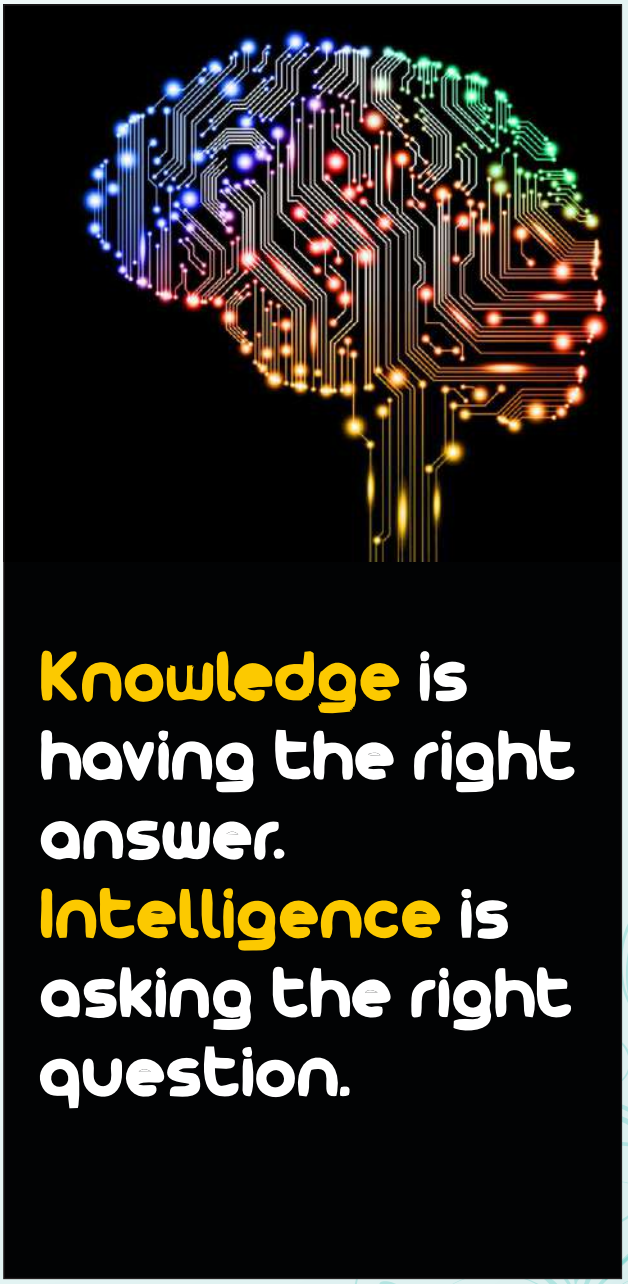
- Effective decision making authority to the field commanders.
- Overcautious approach and Zero Risk Policy adopted by higher officials ---- dampens the spirit of field commanders which consequently makes our troops defensive.

3. Special Incentives

- Out of turn promotions for non- gazetted rank
- Coy. Commanders / AC/DC should be given the authority to give monetary rewards to CT/ GD instantly so that the motivation level of the coy remains sky high.
- Priority in deputations / foreign courses / choice posting
- Medals for serving in LWE areas for a specified period
- Railways concessions alongwith family members every year while posted in LWE areas … Interest free advance on leave once every year
- Rewards for max. participation in operations / Best Scout / Best Firer / Best navigator / Endurance / other operations related matter at Bn / coy level …. Recognition for operations

Harshpal Singh
Dc , 207 Cobra Bn







Junior Command Management Course S. No -33



Pairvi of Court Cases Course S. No-13



Junior Level Internal Security Course S. No - 177



VIC on Public Order and Use of Non Lethal Weapons Course S. No-3



ROLE OF HELICOPTERS IN COUNTER INSURGENCY



The early twenty-first century has seen resurgence in insurgencies and in counter-insurgency warfare. Despite this, most western militaries are primarily structured to fight conventional wars. Modern offensive air power with its far-reaching and decisive strategic effects is well suited to conventional warfare, but there is a lack of understanding of its capabilities and limitations when applied to counter-insurgency warfare.

During Operation Iraqi Freedom, air power delivered devastating battlefield effects leading to the swift defeat of Iraq's conventional forces. When, however, the enemy transitioned to insurgent warfare, there was a limited understanding of how air power could best contribute. This was evident in the actions of the US 3rd Infantry Division who released their air liaison element soon after the capture of Baghdad, wrongly believing they had nothing more to offer. The application of offensive air power needs to be explored and developed so that it can contribute more effectively to the counter-insurgency campaign. We argue that it is crucial to understand thoroughly the fundamentals of counter-insurgency warfare before employing lethal force. In examining this notion, we will look to answer the question, 'How does the use of offensive air power best align with counter-insurgency theory?

The paper will provide a framework for understanding how offensive air power can best be applied in support of counter-insurgency operations. It will show that an appropriate offensive air power strategy can only be developed by thoroughly understanding counter-insurgency fundamentals. Further, it will examine the strengths, weaknesses and risks resident in the application of each of the roles of offensive air power. The capabilities required to undertake these roles will be also important.

Platforms, Sensors and Weapons in Counter-Insurgency Warfare Platforms: The framework for evaluating the effectiveness of offensive air power tools in counter-insurgency operations indicates that some platforms will be better suited to the counter-insurgency role than others. A caveat to this discussion is that each specific theatre will have its own unique terrain, weather and threats. Accordingly, some platforms will realise certain advantages or disadvantages due to these variables. This should be a consideration for air power planners, but a detailed breakdown for each potential theatre is beyond the scope of this paper. The following evaluation will instead consider generic strengths and weaknesses of various platform types. The considerations which are discussed below could then be tailored for specific theatres.

The platforms which are most suitable for counter-insurgency operations are those which are the most survivable, can be deployed as required within the theatre of operations, have good range and endurance to provide long-term coverage over a broad area, and have the capability to carry suitable weaponry, sensors and communications suited to accomplish the mission. There, in way so that should be platforms which can deliver weapons accurately the risk of fratricide and collateral damage is minimised.



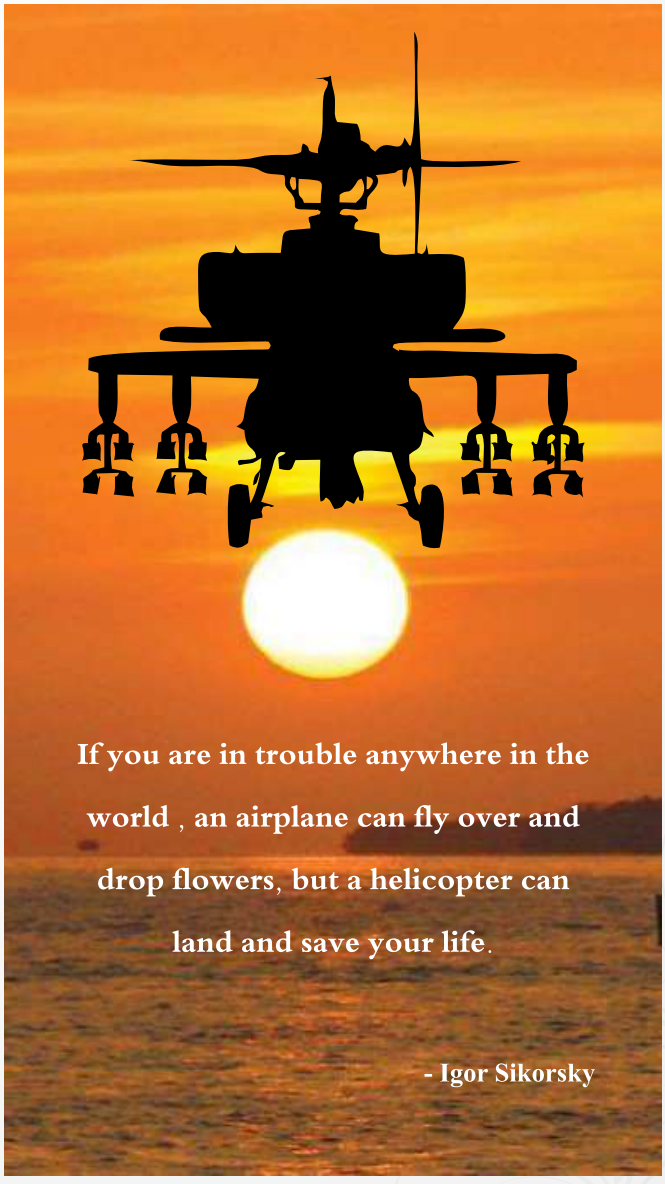
Helicopters in Insurgency: The main advantage of helicopters is their ability to operate at low speed near the ground. This allows them to operate close to both friendly troops and potential targets. This proximity enables helicopters to maintain sensors on a target or in a target area with minimal manoeuvre or loss of contact. With less chance of visual misidentification, correct targeting is more assured. Sensor capability is maximised due to closer ranges and the slow rate of movement of the platform. Helicopters normally carry direct fire low-yield weapons, which makes them well suited for operations in areas where collateral damage is a concern. By operating primarily at low level and slow speeds, helicopters can also operate more effectively with lower cloud cover and lower levels of visibility than fixed-wing platforms. The low-level and low-speed capabilities of helicopters are their source of strength and also their source of weakness. Operations at low-level and low-speed make helicopters vulnerable to attack from the ground. Insurgents are unlikely to have highly capable surface-to air missiles (SAMs), but will likely have access to some form of low-technology tactical anti-air capability. Infra-red (IR) SAMs, such as the US Stinger and the Soviet SA-07 series, are prevalent among many of the world's insurgent groups. Even when helicopters are equipped with the latest missile approach and warning systems (MAWS) and IR decoys, they are still susceptible to attack with low-technology weapons, such as heavy calibre machine guns and rocket-propelled grenades. For insurgent groups lacking any early warning technology, helicopters make attractive targets as they are easily detected visually and aurally. There have been many occurrences when helicopters have proved vulnerable to insurgent attacks. During counter-insurgency operations in Panama in the late 1980s both helicopters and fixed-wing aircraft were used for CAS, but it was only the helicopters which received battle damage.

In Context of India: Medium lift helicopters (MLH) MI-17 1V fleet was inducted in BSF in 2003 and ALH (Dhruv) in 2010. These helicopters were procured under J & K action plan. Earlier this fleet was mainly used for air logistics and communication tasks. However, in the last few years their employment and the scope of their utilization has extended to include disaster relief, special heliborne operations (SHBO) for the National Security Guards, anti-naxal operations, counter insurgency operations, air-maintenance of remote border out posts, casualty evacuations etc.

The government recognizes the increasing use of air dimension in addressing the internal security challenges in the country. Air assets provide the most effective assistance to the internal security challenges.

Jai Hind

Shree Niwas Sharma
DC (Pilot), 119 BN.CRPF





Medical Officers' Combtisation Course S. No - 48



Presentation Skills and Effective Communication Course S. No – 6



Medical Officers' Combtisation Course S. No - 48



Presentation Skills and Effective Communication Course S. No – 6

'PEER TO PEER ASSESSMENT: A VALUE ASSESSMENT'



"Peer assessment requires trainees to provide either feedback or grades (or both) to their peers on a performance, based on the criteria of excellence for that performance or event which trainees may have been involved in determining".

Nancy Falchikov
University of technology
Sydney, Australia

Introduction:

In the past years, quality assurance and quality improvement in basic training and other in-service courses have become increasingly important in CAPFs. Different procedures have been introduced for evaluating quality at the level of Training Institutions in which Peer to Peer assessment is the newly introduced method.

Aims:

The main aims of Peer to Peer assessment are to:

- Increase trainees responsibility and autonomy in assessing themselves in training curriculum.
- Strive for a more advanced and deeper understanding of the course matter, skills (their own capabilities) and processes (methodology of the instructors).
- Involve trainees in critical reflection (situation based tasks and exercises).
- Develop in trainees a better understanding of their own subjectivity (needs and requirement of CRPF) and judgement (selection criteria in specific tasks).

Advantages & Disadvantages:

Trainees individually assess each other's contribution using a predetermined list of criteria. Grading is based on a predetermined process, but most commonly it is an average of the marks awarded by the instructor.

Advantages	Disadvantages
● Agreed marking criteria means there can be little confusion about assignment outcomes and expectations. ● Encourages trainees' involvement and responsibility ● Encourages trainees to reflect on their role and contribution to the process of the task and ground work. ● Focuses on the development of trainee's judgment skills on given situation. ● Trainees are involved in the process and are encouraged to take part ownership of this process. ● Provides more relevant feedback to trainees as it is generated by their peers. ● It is considered fair by some trainees, because each trainee is judged on their own contribution. When operating successfully can reduce an instructor's marking load.	● Additional briefing time can increase an instructor's workload. ● The process has a degree of risk with respect to reliability of grades as peer pressure to apply elevated grades or friendships may influence the assessment, though this can be reduced if trainees can submit their assessments independent of the group. ● Trainees will have a tendency to award everyone the same marks. ● Trainees feel ill equipped to undertake the assessment. ● Trainees may be reluctant to make judgements regarding their peers. At the other extreme, trainees may be discriminated against if trainees 'gang up' against some other team member.

The Peer to Peer Assessment attempts to measure following qualities:

- Emotional maturity (Cognitive Skill)
- Sense of responsibility (Affective Skill)
- Team spirit (Affective Skill)
- Adaptability (Affective Skill)

Emotional Maturity: Emotional maturity refers to ability to understand, and manage, our emotions. Emotional maturity enables to create the life as we desire. A life filled with happiness and fulfilment. We define success in our own terms, not societies, and we strive to achieve it.

Relevance:

• A trainee is supposed to accept responsibility for mistakes.
• A trainee should share the credit for effective decisions.
• He should always be ready to help his teammates more and criticizes less.

Sense of Responsibility: Sense of responsibility is the sincerity of a trainee, with which responsibilities are discharged, particularly when not under supervision.
• In an operation, we may find a situation wherein after conduct of a raid, a trainee finds a treasury open with lots of cash & jewellery. A trainee is supposed to be responsible enough to inform his seniors and ensure handing over to the owner.
In a similar situation a trainee is expected to behave well with ladies and elderly persons in an emotionally charged operational environment so that force is not defamed.

Relevance:

• A trainee is supposed to behave responsibly particularly when not under supervision.
• In a challenging operational environment, a trainee should feel personally responsible for his task and duty and he should put in his best effort to complete the task to the best of his ability.
• CI operation based on small teams, i.e. buddy pairs, where all members are expected to be sincere and responsible.

Team Spirit: To observe the degree to which a trainee extends help and accepts help, for the achievement of Team Goals.
• All the activities of CI operation is a team event and trainee lacking team spirit will adversely affect the team performance.
• Buddy system has been enforced in the forces so that both the members can look after each other both in operations and routine activities.
• A trainee is injured due to heavy fire from the extremists and the team members decide to rescue him by risking their life is a perfect example of team spirit.

Relevance:

• While undertaking difficult and dangerous operations, trainee need to function as a team, in unison and with near perfect coordination.
• For such a high standard of team work, an individual trainee should be willing to unhesitating. He provides help to team members and have no reservations in accepting help from others.
• A trainee needs to function as a team with perfect coordination among each other.

Adaptability: To test or measure the speed with which a trainee adjusts to a new environment and becomes an effective participant.
• A team has moved from Sukma to Bheji & Gurkha for a mission in highly adverse and sensitive areas of Chhattisgarh. The trainees quickly acclimatiz themselves and immediately operate to deal with the crisis.
•A team is flown to deal with a crisis situation and do not get adequate support from the first responder but the situation demand to adjust and operate in national interest.

Relevance:

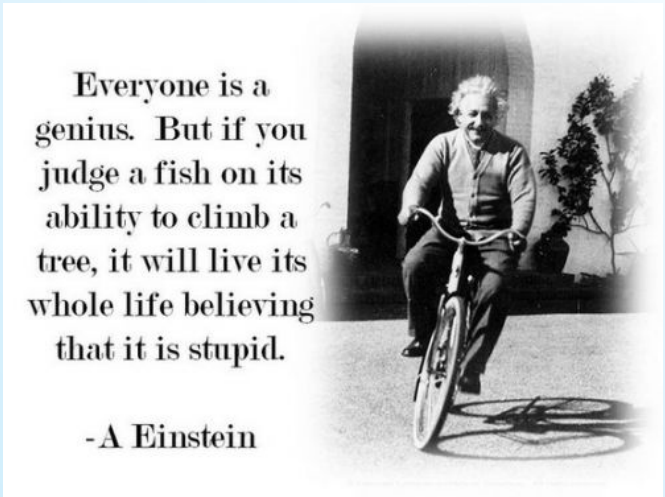
• A trainee needs to adjust to new operational environment and become effective participant learning from his past experience.
• An adaptable trainee can deliver in operation when he has to operate in coordination with the first responder.
• This attribute helps in cordial atmosphere in the group.

The process of mutual assessment also strengthens inter-personal relations, understanding other's perspectives and provides a realistic assessment of one's strengths and weaknesses.

Conclusion:

One particularly promising instrument of quality assurance and development is Peer to Peer Assessment. Peer to Peer Assessment can build a formative, development-oriented approach and aims at supporting CRPF in their efforts to offer high quality training. The focus lies on the promotion of a culture of continuing quality improvement in an atmosphere of openness and mutual trust between a Trainee and Instructor that contributes to enhancing in the requirements of CRPF. Good practice is valued and encouraged in a dynamic and motivating process, from which both the curriculum of training reviewed and the peers can benefit. Its focus is on a practical approach: it offers directly implementable guidelines for all instructors who want to introduce Peer Assessment in their quality assessment and development procedures.

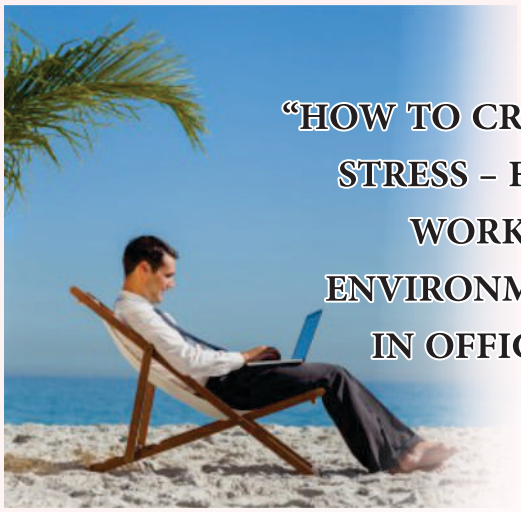
Rupesh Kumar, Dy. Comdt., 217 Bn



एकता का वरदान

हिंदी भावों की चंदन है ,
हर रिश्ते की बंधन है,
गाँधी की लाठी है,
गाँवों की महकती माटी है,
सूर्योदय की लाली है,
त्यौहारों की ईद और दीवाली है।
सीमाओं पर प्रहरी की थाती है,
घरों में उजाले की बाती है,
बिटिया की विदाई के आँसू हैं,
सरगम का जादू है,
दुल्हन के श्रृंगार की बिन्दी है,
स्वाद में वासुंदी है।
गलियों का चौराहा है,
झरनों की कल-कल करती धारा है,
ऋतुओं की बसंत है,
सावन की घटाओं की उमंग है,
कोयल की मिठास है,
हर उम्र के प्यार का अहसास है।
आजादी की ज्वाला है,
बहुरंगी फूलों की माला है,
गुरूवाणी, अजान और पूजा की भक्ति है,
जन-जन की शक्ति है,
हिन्दुस्तान की जुबान है,
हमारी एकता का वरदान है।

बल सं. : 125190702,
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179 वाहिनी



"HOW TO CREATE A STRESS – FREE WORK ENVIRONMENT IN OFFICE"

Does your work place stress you out? Maybe your desk is too messy or your colleagues are too loud. Perhaps your boss is always looking over your shoulder, the dated technology gives you anxiety or you can't stand the fluorescent lights.

Whatever the culprit, there is a good chance that it is affecting your attitude and performance.

So while there's a lot we can do about things like organization and our interactions with co-workers, we probably have very limited control over things like office décor and communication style among upper management.

However there are things we can do to minimize stress, no matter what is causing it.

Here are nine tips for creating a stress-free work environment.

1. Add personal touches: - If your work place stresses you out, it may help to add personal items to your desk, cubicle or office that have some special meaning to you. These could be photographs, art work, books, lamp etc.

2. Keep your workplace clean and organized: - It is very difficult to focus when our desk is filled with papers, files, note sheets etc. So try to clean & systematise the desk.

3. Learn to handle or ignore interruptions: - There may be interruptions by our colleagues or juniors who constantly stop by our desk to chat or discuss. It is necessary to handle them in a right way.

4. Adapt to changing: - There may be so many new changes occuring in our office work, like so many signals are of such nature that require immediate reply to higher offices. It may create an anxiety. To adapt to these things it is required to handle these situations smoothly.

5. Add plants to desk: - Integrating plants in the work environment not only beautify the environment but has been proven to reduce absenteeism and stress.

6. Be a good communicator: - Poor communication often causes confusion (and therefore stress) in office, especially in our CRPF culture. If you are stressed out by a co-worker who talks on the phone too loudly or a boss who is always looking over your shoulder, figure out a way to effectively communicate your frustration or concerns. If they know their actions are causing you stress, they might be willing to make changes.

7. Incorporate relaxation exercises in to our work day:- If you are allowed and it doesn't distract anyone around you, play soft music, stretch occasionally or go for a walk. You won't be able to get rid of everything that contributes to your stress in the workplace but you can implement relaxation exercises when you are feeling tense.

8. Change the layout of your office: Using the ancient Chinese art of placement, place your desk in the command position so that you can see all around.

9. Redecorate:- You might not realize that things like lighting, colours and décor are causing you stress but there is every possibility of same, so redecorate.

Sherry Burton Ways says-"Yellow promote intellectual activity, while, blues & greens are more restful. Earth tone colours encourage warmth".

Kill the fluorescent lighting in favour of softer, more ambient lighting. Invest in a decent chair, an ergonomically correct desk and glare screens.

"Protect your best asset which is you, while you work".

So, these are certain criteria to create a stress free office environment but the most important thing in of our forces i.e., "SELF-DISCIPLINE", which gives you more confidence and good confidence automatically reduce the stress.

ALOK SHARMA
DY. COMDT.
227 BN. CRPF
IRLA: - 6539



Senior Level Internal Security Course S. No – 110



Understanding and Managing the Media Course S.No – 5



Presentation Skills and Effective Communication Course S. No – 7



Cyber & Information Security Course S. No- 3



DEGO's 14 BATCH JUNGLE CAMP

A MEMOIRS

Jungle training is the most crucial part of any training, more so in the case of basic training of Departmental Entry Gazetted Officers of CRPF, who are selected from amongst the Subordinate Officers having put in at least four years of service. Some of them even join as constables and later elevate to the rank of Gazetted Officer after a grueling competition by clearing the Departmental Entry Subordinate Officers test and Departmental Entry Gazetted Officer test. In nutshell they are quite well trained and it is a challenge for ISA to impart them new knowledge and skills in addition to what they already know. Thus it is always an endeavour at ISA to find out what they don't know and what new can be taught to them to make the training more meaningful and interesting.



Cross country move in an exercise.

A few days before the commencement of jungle training of DEGO's 14 Batch, I held a brain storming session with them to find out how we should go about for their jungle training. In fact, such sessions are held before start of every specialized subject of DEGO's training like drill, weapons, field craft, tactics etc. This is done to ensure that we do not waste time on repeating the basics and concentrate on the aspects they do not know. So, in this particular session, I could sense that the trainee officers were quite skeptical as to what new we could teach them in the jungle training. All of them had done jungle training in the basic training, those joining in the rank of constable having done it twice. Thereafter most of them had done courses like CIAT, pre induction training of COBRA etc. There was one particular officer who said that he has done jungle training six times. That surprised me. He told that he has done it twice in basic training i.e. as CT/GD and DESO and he has conducted four training programmes as a trainer. So after this session I was pretty much clear that all of them knew the basics very well and we will have to do something different for them to make the jungle training more meaningful.

I discussed the matter with my superiors and my staff. After a lot of deliberations we planned a strategy for meaningful conduct of the jungle training. I decided that we will not go in for the conventional jungle camp, where a proper camp is established by pitching extendable tents. A lot of time is wasted in digging of morchas, snake

trenches and catering for other arrangements like messing, toilets, bathrooms etc for the trainers and trainees in such camps . Such arrangements require a lot of administrative arrangements and the trainers are primarily bogged down with it thereby loosing focus on the training part. Moreover, under such arrangements the flexibility in training is lost because after every exercise we have to return back to the camp. To overcome these constraints a dynamic jungle camp was planned. The main features of this jungle training are enumerated below.

1. Dynamic Camp

As discussed earlier, the concept of fixed camp was done away with and the camping site was changed on day to day basis. Light weight portable tents and sleeping bags proved to be a valuable asset for this. One tent was given to four trainees with the idea that three of them would rest in it while the fourth will be on sentry duty. The tent was carried by them in turn during all movements.

2. Dry Ration

Making arrangements for messing of trainees and staff was also done away with. Everyone was issued dry ration which had to be carried in the back pack. The jungle training was of 14 days duration so it was decided to issue ration for one week which was replenished after the end of the week. No readymade ration like tinned food, noodles, poha, upma, suji halwa etc. was provided. Instead chana, peanuts, dates, raw vegetables, rice and dal was given.

3. Self Cooking

The trainees as well as the trainers had to cook their own food by using firewood from the jungle. This was done to make them proficient in lighting fire without revealing their position and to teach them how to cook nutritious food like khichdi, rice and dal. They were not even provided stoves, camphor tablets etc. The luxury of eating cooked food was extended to them only once in a day. They had to manage with chana, peanuts and dates for the remaining part of the day. The time of meals was also staggered a great deal to break the routine.

4. Water discipline

Each trainee was given four liters of drinking water per day with which he had to cater for drinking, cooking, cleaning of utensils and doing his daily chores. The batch was lucky to have their jungle training in the cold month of December which ruled out chances of dehydration with this meager quantity of water.

5. Bathing and change of clothes

Bathing and change of clothes during the jungle training was prohibited. So the trainees were not allowed to shave, bath or change their clothes for fourteen days. Realizing the futility of such chores, many of them stopped even brushing their teeth after a few days. However they were extended the luxury of bath in a mountain nallah on the last day of the jungle training .

6. Breaking the myth of medication and food supplements

The trainees were not allowed to take any antifungal powder, mosquito repellant, moisturizers, hand wash, sun screen, glucose, rehydrating mixtures etc to make them realize that one can survive without them.

7. Navigation

Great stress was laid on improving the navigation skills. The advantages of integrated approach i.e. the use of map, GPS and astro-navigation was made clear to the trainees by exposing them to different situations. All exercises and movements during the jungle training were co-ordinate based. Names of locations were not used. Only coordinates were used and the trainees were made to navigate to the given location using various navigation techniques and equipment.

8. Night movement and navigation

Night movement and night navigation is always a big challenge for every field commander. Therefore stress was laid on this aspect and after a couple of days most of the movements and exercises were conducted during night.

9. Noise control

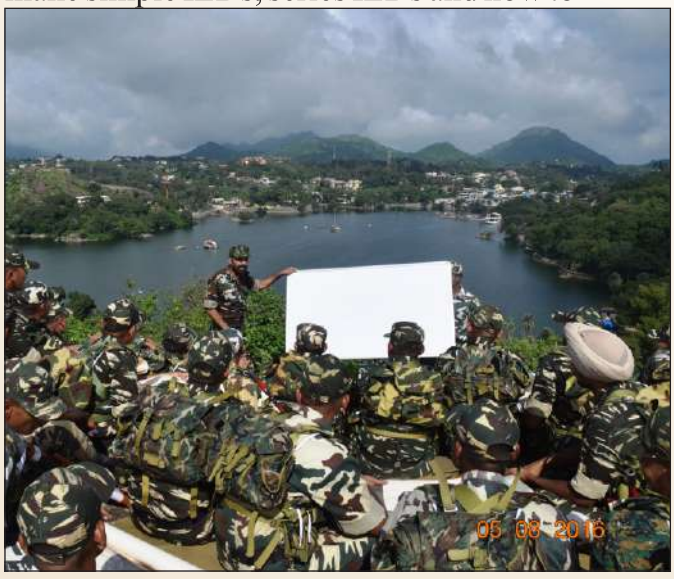
The importance and advantages of noise control was made clear to the trainees by stressing on this aspect throughout the jungle training. By the end of the training they were able to move and take LUP without making noise.

10. Briefing and debriefing skills

Detailed briefing and debriefing was done for each exercise wherein the issues were discussed threadbare to bring out the good work, flaws and lessons learnt. Each trainee had to do this in rotation so that everyone could gain proficiency in briefing skills.

11. Proficiency in use of explosives

Special sessions on handling and use of explosives were organized to remove fear of explosives and to inculcate the practice of handling and using the explosives safely and effectively. The trainees were taught how to make simple IEDs, series IEDs and how to diffuse them. The effects of different explosives in varied quantities were practically shown to them and they were also encouraged to use them. The jungle training of 14 days was organized with focus on the above aspects. The exercises and movements were designed keeping in mind that most of the DEGOs would be deployed in the LWE areas where they should be physically fit, mentally tough, proficient in field craft and tactics and master of their weapons and explosives. Efforts were made to instill confidence in them which is a must for every ground level commander to lead his men in difficult situations and areas.



Map reading class under progress.



Trainee officers cooking their meals.

Though the trainee officers were a little apprehensive in the beginning of the camp and they faced lot of hardship during the initial days, but as the camp progressed they slowly acclimatized and became fighting fit in combat like situations. The confidence gained by them was tremendous and they are now ready to lead the troops in any operational theatre, particularly the Special Operations Zone of LWE areas. All of them will soon be going to their units for service of the Motherland. I wish them best of luck for a bright and prosperous career ahead.

Dr. D J Singh
DIG (Trg)
ISA.

जीवन व प्रकृति



ऐ जीवन तुम प्रकृति समान
कभी धूप तो कभी छाँव है
कभी रात तो कभी है विहान
ऐ जीवन तुम प्रकृति समान

पर्वत पठार सा है पथरीला
पाशाणों सा है ये नुकीला
कर देता है लहू-लूहान
ऐ जीवन तुम प्रकृति समान

नदियों सी अविरल बहती तुम
सागर सी हलचल सहती तुम
धीरज धरती जैसे आसमान
ऐ जीवन तुम प्रकृति समान,,

बरिस दुख की सुख की बयार
मन पंछी बने उडे आर-पार
दे सुन्दर सपनों को परवान
ऐ जीवन तुम प्रकृति समान,,

विश्तों के हरियाली के बीच
बचपन के उपवन को स्नेह सींच
मिलता नवजीवन का वरदान
ऐ जीवन तुम प्रकृति समान।

संजीव रंजन
द्वितीय कमान अधिकारी रेंज पटना



Emerging Trends in Space Technology for Real Time Operations S. No-1



Training of Trainers Course on Human Rights S.No-2



Geographical Information System Course S. No 3



Gender Sensitisation Course S. No – 2

आखिर क्यूं

मृत्युंजय कुमार ईरला : 6528
उप. कमांडेंट
47 बटा.

ये शीर्षक भी स्वत: एक आकर्षण का विषय हो सकता है बरबस अपनी तरफ खींचता हुआ । परन्तु के.रि.पु.बल के संदर्भ में की जाने वाली कई चर्चाओं में ''आखिर क्यूं'' कई मुददों को समाहित करता है। ना जाने क्यूं मुझे और कुछ नहीं तो कमियों एंव विसंगतियों की तरफ ही ध्यान केद्रित करने को मजबूर होना पड़ा परंतु नकारात्मकता की ओर ना जाए एवं सुधार की सकारात्मक्ता को स्वीकार करें तो ''आखिर क्यूं'' का जवाब स्वत: करता मिलता चला जाएगा।

शुरूआत करता हूँ के.रि.पु.बल की स्थापना के समय की आधारभूत द्वारागत व्यवस्था से लेकर वर्तमान में उत्तरोंत्तर विकास के बावजूद भी संघर्षरत ''आम'' अधिकारियों व कार्मिकों की व्यथा एवं लचर मानसिकता के उपर टिकी कार्यप्रणाली-तक, के. रि.पु.बल मुख्यत: अस्थायित्वता (तात्कालिकता) की नीवं पर टिकी हुई है और शायद सबसे बडी कमजोरी भी यही है। कोई भी कार्य योजनाबद्ध क्रियान्वयन के अनुसार नही हो पाता है।और इसी के कारणो की खोज में ''आखिर क्यूं'' के जवाब के रूप में हमें मिल सकता है। हम अपने चारों ओर जब अपनी व्यवस्था को देखते हैं तो पाते है कि बावजूद इसके कि हर कार्य के लिए लिखित दिशानिर्देशो से परिपूर्ण होते हुए भी हम केवल ''आज'' में जीना चाहने लगे है। कोई भी काम केवल आज कर लेते है कल की कल देखेंगे के आधार पर के बाद यह महसूस होता है कि इसका कारण हम स्वयं हैं। इसके लिए जरूरत है तो केवल यह देखने की कि हमने अपनी व्यवसायिक क्षमता के विकास के लिए खुद के अंदर कितना सुधार या विकास कर पाए हैं साथ ही हमारी रचनात्मकता का स्तर कहां पर है एवं ऐसा क्यूं है। इसके पीछे हम यह पाते हैं कि हमारे अंदर की सृजनात्मकता का पतन हो चुका हैं इस बल में आने के बाद हर एक कार्मिक अपने-आप में एवं बल की सीमा में सिमट कर रह जाता है इसके कारण ज्ञानवर्धन एवं समाजिक उत्थान मानों रूक सा जाता है कुंद पड़ जाता है व्यक्तिगत स्वार्थ एवं अज्ञानता के साथ-साथ इच्छा शक्ति के अमान में हम एक अस्थायित्व माहौल में ढलते चले जा रहे है एवं मेहनत से जी चुरा रहे है। अगर हम सभी तथ्यों को एक ही धागे में पिरोना चाहे तो यह कह सकते है कि हमारे चयन प्रक्रिया से लेकर प्रशिक्षण,पदस्थापना,ड्यूटी निष्पादन, व्यवसायिक क्षमता के संबृद्धिकरण तथा व्यक्तिगत एवं कौशल विकास में अनगिनत कमियाँ है एवं इनमें सुधार हेतु स्थायी प्रयास नहीं किए जा रहे है ।मेरा यह मानना या प्रस्तुतिकरण नही है कि कार्य नही हो रहा या योगदान का अभाव है बल्कि मैं इस ओर ध्यानाकर्षण करना चाहता हूँ कि सार्थक प्रयासों के अभाव है एवं समय के अनुसार आयामों को दिशा देने में हमारी सहभागिता में कभी है जो हमें गलत मार्ग पर धकेल चुका है।

मुददे तो कई है एक-एक कर चर्चा करनी होगी पर मैं सबसे महत्वपूर्ण पहलू ''स्वास्थ्य'' पर चर्चा करते हुए इस कड़ी को आगे बढाउंगा कहते हैं ''स्वास्थ्य ही धन है'' सही है, क्यूं कि हमारे बल में भर्ती के समय स्वस्थ एवं शारीरिक तथा मानसिक रूप से पूर्णत: सक्षम व सुदृढ लोगो को ही चुना जाता है। फिर ऐसा क्या हो जाता है कि मानक मापदंडो पर खरे उतरे वही लोग ''कार्मिक'' के रूप में कमजोर होते चले जाते है एवं समय के साथ कई बीमारियों से ग्रस्त हो मानसिक रूप से तनावग्रस्त हो जाते हैं।

एक बार हम यह देखें कि हम किन पहलूओं को नजरअंदाज कर रहे है और कैसे प्राय: यह सुनने में आता है कि आज अमुक व्यक्ति को दिल का दौरा पड़ा और उसकी मृत्यु हो गई या वह लकवाग्रस्त हो गया या फिर हमेशा के लिए दिल की बीमारी के कारण बल में सेवारत रहने योग्य नहीं रहा। उच्च रक्तचाप ने लगभग सभी को प्रभावित कर रखा है। क्या अधिकारी क्या सिपाही हर वर्ग उच्च रक्त चाप से ग्रस्त है। कारण की खोज में जाने से एक अन्य पहलू सामने आया। आइए सभी सोचें कि हम कितनी देर सो पाते हैं और क्या हमारे लिए उतनी नींद काफी है? प्रशिक्षण के दौरान पी.टी. के बुनियादी उसूलों में ''सख्त काम व पूरा आराम'' को शायद हम भूल चुके हैं। हमारा एक सिपाही एक-तीन की गार्ड ड्यूटी में अधिकतम तीन घंटे की नींद एक बार में सोता है। इस ओर किसी का भी ध्यान नहीं जाता है और अधिकारी जिन्हें शायद अधिक घंटे मिलते हैं परंतु जिम्मेदारी के बोझ व चिंतनीय, तनावग्रस्त व कार्यभार से प्रभावित होने के कारण वे अधिक घंटे भी नाकाफी हैं साथ ही अनियमित दिनचर्या भी कहीं कम जिम्मेदार नहीं है इसके पीछे। जड़ में जाने के बाद मुख्यत: हम पाते हैं कि हमारी कोई भी तयशुदा कार्यावधि नहीं है। आकस्मिकता में हमें जीने की आदत पड़ चुकी हैं एवं हम हर काम को अंतिम समय में करने के आदी हो चुके हैं। इन सभी का परिणाम ही है कि आज लगभग बल का हर सदस्य, उच्च रक्त चाप, मधुमेह, मोटापा, जोड़ों के रोग, पेट की बीमारियों, माइग्रेन तथा अन्य गंभीर बीमारियों के घेरे में है। लगभग हर बटालियन की दस प्रतिशत नफरी शेप डाउन है अर्थात जिनकी मेडिकल कैटेगिरी डाउन है। परिणमस्वरूप कम नफरी में काम करने के कारण अन्य स्वस्थ लोगों को अधिक कार्यभार वहन करना पड़ रहा है। परंतु, क्या इसके पीछे के कारणों को भी हम जानते हैं या जानने की कोशिश करते हैं ? शायद नहीं। इसके पीछे मूल कारण है अज्ञानता , भेदभाव , झूठा अहम् , नजरअंदाज करने की मानसिकता आदि पर स्वयं चिंतनीय हो। चर्चा जारी रहेगी.....
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मानव जीवन में स्वास्थ्य एवं अनुशासन

हमारा भारत एक बहुत बड़ा देश है। हमारे इस देश में बहुत सारी विभिन्नताएँ मौजूद हैं जैसे धर्मिक, राजनैतिक, भौगोलिक , ऐतिहासिक इत्यादि। इतनी सारी विषमताओं के बीच रहकर अपने एवं अपने देश को सफलता के सर्वोच्च शिखर तक ले जाने की चुनौती हम भारतवासियों के ऊपर ही तो है। वास्तव में एक-एक भारतवासी के मिलने एवं कार्य करने से पूरे भारत देश की एक छवि बनती है। इसलिए यदि हम अपने देश को सफलता के सर्वोच्च शिखर पर देखना चाहते हैं तो शुरूआत हमें स्वयं से ही करनी होगी। क्योंकि देखने में आता है कि यदि कहीं दो या अधिक व्यक्तियों का समूह इकठ्ठा होकर वार्ता कर रहा होता है तो वह अपने या सामने वाले व्यक्ति के बारे में बात न करके किसी अन्य व्यक्ति के बारे में अनावश्यक वार्ता कर अपने जीवन के अनमोल समय को व्यर्थ ही बर्बाद कर देते हैं , जबकि आवश्यकता इस बात की होती है कि जब भी अवसर मिलें , तब हमें अपने कार्यों की समीक्षा , उपयोगिता एवं उनके मूल्यांकन के ऊपर वार्ता करनी चाहिए , जिससे हमारे दैनिक जीवन के कार्यों में गुणात्मक सुधार की गुंजाइश हमेशा बनी रहे। इस प्रकार एक व्यक्ति से एक परिवार बनता है , कई परिवार के मिलने से एक गांव, कई गांव के मिलने से एक क्षेत्र और इसी प्रकार जनपद, राज्य एवं कई राज्यों के मिलने से एक देश बनता है। यदि हम अपने देश को उन्नति के मार्ग पर अग्रसर होते देखना चाहते हैं तो सर्वप्रथम हमें अपने आप को उन्नति के मार्ग पर ले जाना होगा।

कोई भी बच्चा जब इस संसार में पदार्पण करता है तभी से उसके संस्कार शुरू हो जाते हैं जिनके माध्यम से उसके चरित्र निर्माण की क्रिया भी शुरू हो जाती है और जैसे-जैसे बच्चा बड़ा होता जाता है वैसे-वैसे ही उसका स्वास्थ्य और चरित्र भी बनता जाता है। एक स्वस्थ शरीर में ही स्वस्थ मन का वास होता है और इंसान की मन:स्थिति ही इस बात को निर्धारित करती है कि वह किस प्रकार की शिक्षा एवं दीक्षा ग्रहण करेगा और बड़ा होकर वह कैसा नागरिक बनेगा। इसलिए एक अभिभावक की बहुत बड़ी जिम्मेदारी होती है कि वह जिन गुणों का समावेश अपने बच्चे में करना चाहता है उन गुणों को सबसे पहले अभिभावक को अपने अन्दर समाहित करना होगा और अपने दैनिक जीवन में उन्हीं कार्यों को करना चाहिए जिस प्रकार के आचरण और कार्य की अपेक्षा हम अपने बच्चे से चाहते हैं। लेकिन इसके विपरीत देखने में यह आता है कि हम अपने बच्चे से यह उम्मीद करते हैं कि हमारा बच्चा हर प्रकार से उचित संस्कारों से परिपूर्ण हो, सदा सत्य वचन बोले, बड़ों का सम्मान करे, अपनी शिक्षा-दीक्षा औरों से हमेशा बेहतर ढंग से ग्रहण करें और बड़ा होकर एक अनुकरणीय नागरिक के रूप में प्रतिष्ठित हो। लेकिन अभिभावक के मात्र ऐसा सोच लेने से ही यह कभी संभव नहीं होगा।

इसके लिए अभिभावक को स्वयं के अंदर उन सभी गुणों को बड़ी सख्ती से स्थापित करना होगा। इस प्रकार छोटा बच्चा, जिसको हम एक अभिभावक के रूप में, यह सोचकर कि बच्चा अभी बहुत छोटा है वह हमारे अच्छे या बुरे कर्मों से प्रभावित नहीं होगा, गलत सोचते हैं क्योंकि विज्ञान ने भी यह साबित कर दिया है कि बच्चे के पैदा होने से लेकर पांच वर्षों के अन्तराल में ही बच्चे का 90 फीसदी मस्तिष्क का विकास हो जाता है। पांच वर्षों के बाद से लेकर अंत समय तक मात्र 10 फीसदी मस्तिष्क का विकास होता है। इसलिए हम सभी अभिभावकों या माता-पिता से सादर अनुरोध करते हैं कि बच्चे को छोटा समझकर उसके सामने कभी भी ऐसा कार्य न करें जिससे बच्चे की मनोस्थिति प्रभावित होने की संभावना हो। क्योंकि यही छोटे-छोटे क्रिया-कलाप बच्चों की मन:स्थिति को बहुत प्रभावित करते हैं।

मानव जीवन में एक अच्छा नागरिक बनने के लिए अच्छे स्वास्थ्य का होना बहुत जरूरी है क्योंकि बिना अच्छे स्वास्थ्य के किसी भी चुनौतीपूर्ण कार्य को सफलतापूर्वक सम्पन्न कर पता असंभव है। इसलिए एक अच्छा नागरिक बनने की पहली शर्त है अच्छा स्वास्थ्य और अच्छा स्वास्थ्य कोई ऐसी चीज नहीं है जिसे बाजार से खरीदा जा सके। इसके लिए स्वयं ही नियमित एवं संयमित दिनचर्या अपनाकर हासिल किया जा सकता है। इसलिए हमें अपने बच्चों के अन्दर ऐसे संस्कार विकसित करने का प्रयास करना चाहिए कि वही संस्कार बच्चों के दैनिक जीवन में एक नियमित दिनचर्या के रूपम में स्थापित हो जाएं, लेकिन पर उपदेश कुशक बहुतेरे , कहावत को चरितार्थ करने वाले अभिभावकों की संख्या बहुत ज्यादा हो गई है। बहुत कम ही ऐसे लोग हैं जो अपने बच्चों में स्वास्थ्य के प्रति जागरूकता का समावेश कर पाते हैं , और जो लोग अभिभावक के रूप में अपने बच्चों के अंदर स्वास्थ्य के प्रति जागरूकता को एक संस्कार के रूप में स्थापित करने में सफल हो जाते हैं तो बाद में आगे चलकर उन्हें अपने आप पर बड़ा गर्व होता है और गर्व होना भी चाहिए। क्योंकि किसी भी इंसान को अपने जीवन में सर्वांगिण विकास करने एवं निर्बाध गति से सफलता अर्जित करने के लिए स्वास्थ्य का अच्छा होना निहायत ही जरूरी है। स्वास्थ्य अच्छा है तो पढ़ाई-लिखाई में , खेलकूद में, एवं अन्य सभी कार्यों में मन लगता है और मन लगाकर नेक नियति से व्यक्ति जो भी कार्य करता है नि:संदेह परिणाम

लाभप्रद एवं संतोषाप्रद ही निकलता है। मर्यादाओं का अतिक्रमण आनन्द की अनुभूति नहीं करा सकता है। यह एक मानसिक बीमारी है और इसका निदान हमारी भारतीय संस्कृति एवं आध्यात्मिक में ही है। सुयोग्य नागरिक बनने हेतु अच्छे स्वास्थ्य एवं अनुशासित जीवन शैली की आवश्यकता है। सिर्फ स्वाद का ध्यान रखते हुए अधिक से अधिक खाने से हम स्वस्थ नहीं रह सकते। हमें सुपाच्य, पौष्टिक तथा आवश्यकता से थोड़ा कम ही भोजन को ग्रहण करना चाहिए।

अनुशासन के अभाव में एक ओर बीमारी ने समाज को अपना शिकार बनाया है और वह है नशाखोरी। आधुनिकता की अंधी दौड़ में मनुष्य नशे का शिकार होता जा रहा है। कोकीन, अफीम , भांग , मदिरापान तथा विभिन्न प्रकार के मादक पदार्थों का सेवन फैशन बनता जा रहा है। मद्यपान एवं मादक पदार्थों से अनिद्रा तथा मानसिक असंतुलन जैसी घातक बीमारी की संभावना बढ़ जाती है। साथ ही अपराधी प्रवृति की मानसिकता भी पनपने लगती है ।हम सबको नशे की प्रवृति का त्याग करके अपनी भावी युवा पीढ़ी को दिग्भ्रमित होने से बचाने का प्रयास करना चाहिए और इसके लिए हमें अपने अन्दर आत्मनुशान को सुदृढ़ करना होगा।

अनुशासन की आवश्यकता हमें प्रत्येक क्षेत्र में हर स्थान पर पड़ती है। व्यक्ति के निजी जीवन, सामाजिक जीवन तथा राष्ट्रीय जीवन, सभी में इसका महत्व है। व्यक्ति ही समाज एवं राष्ट्र की इकाई है। अनुशासनहीन व्यक्ति प्रगति में बाधक एवं समाज के लिए बोझ बन जाता है। धीरे-धीरे वह घृणा का पात्र भी बन जाता है। अनुशासन सभ्य समाज की एक विधा है। यह मात्र कानून या अंकुश से संबंधित नहीं है, बल्कि इसका अभिप्राय है व्यवस्था के अनुरूप आत्मनियंत्रण। यह बंधन नहीं है बल्कि अनंत स्वाधीनता की स्थिति है। सच्चा अनुशासन विवकेजन्य एवं स्वप्रेरित होता है। यह एक प्रकार की प्रबुद्व शैली है। इसे स्वाधीनता का विरोधी कहना गलत है, क्योंकि यह सबके अधिकारों की रक्षा करता है और साथ ही कर्तव्यों का बोध भी कराता है।

बिना अनुशासन के, चाहे व्यक्ति विशेष हो, परिवार हो, समाज हो, संस्था हो या कोई छोटा या बड़ा देश ही क्यों न हो- एक बड़े जलाशय में पतवार-विहीन नौका के समान डगमगाता रहता है। इसलिए किसी भी कार्य की सफलता इस बात पर निर्भर करती है कि हम उस कार्य को कितनी लगन एवं अनुशासित ढ़ंग से करते हैं।

जैसा कि सभी जानते हैं कि हमारे दैनिक जीवन में जो भी कार्य होता है वह या तो अच्छा कर्म होता है या बुरा कर्म। किसी भी व्यक्ति के द्वारा जो कार्य सम्पन्न किया जाता है, उसके हिसाब से वही अच्छा कर्म होता है, लेकिन मुझे लगता है कि यह पूर्ण सत्य नहीं है। अच्छा कर्म अर्थात सत्कर्म को हम संक्षेप में परिभाषित करें तो- ऐसे कर्म जो कि उस स्थान विशेष पर प्रचलित किसी भी नियम के खिलाफ न हो तथा किसी भी व्यक्ति के लिए नुकसानदायक न हो अर्थात् ऐसे कार्य जिसके करने से या तो स्वयं को या किसी अन्य को या गांव को, क्षेत्र को, राष्ट्र को या हमारी प्रकृति को लाभ होता हो लेकिन नुकसान किसी को नहीं पहुँचता हो तो ऐसे कार्य को निश्चित रूप से सत्कर्म कह सकते हैं। इसी प्रकार कुछ ऐसे कार्य भी होते हैं जिसमें लाभ एवं हानि दोनो की संभावना रहती है ऐसे में अनुभवी एवं वरिष्ठ की सलाह से उस कार्य को आगे बढ़ाया जाना चाहिए, जिसमें लाभ की संभावना ज्यादा रहें और नुकसान की संभावना कम से कम रहे। मन के संतुलन एवं विवेक की जड़ में अनुशासन ही तो होता है ।यह मानने में हमें संकोच नहीं करना चाहिए कि अनुशासन हमारे जीवन का सबसे महत्वपूर्ण अंग है जो कि जीवन में हर समय एवं हर रूप में हमेशा विद्यमान रहता है, जैसे सूर्य समय पर उगता एवं समय पर ही अस्त होता जाता है। सभी जीव-जन्तु इसी प्रकार के अनुशान का पालन करते हुए दिखाई देते हैं। घड़ी की सुई भी हमेशा अनुशासन का पालन करते हुए चलती है। ये सभी हमें अनुशासन की ही शिक्षा तो देते हैं। अनुशासन के बिना व्यक्ति की दशा एवं दिशा दोनों ही बिगड़ जाती है और यदि एक व्यक्ति की दशा बिगड़ेगी तो समाज, क्षेत्र और देश की दशा कैसे अच्छी हो सकती है। इंसान का मन शरारती एवं चंचल होता है और जब चंचल मन पर अनुशासन का अंकुश रहता है तभी चंचल मन स्थिर रहता है और मन की स्थिरता व्यक्गित जीवन के संघर्श में दृढ़तापूर्वक आगे बढ़ने में सहायक होती है। यह सब अनुशासन के कारण हो पाता है। वास्तव में अनुशासन एक स्वभाव है, एक विद्या है, अनुशासन जीवन का मूल्य है और अनुशासन ही मानव जीवन का आधार स्तंभ है।

अंत में यही कहा जा सकता है कि आज आवश्यकता इस बात की है कि हम अपने आप को पहचाने, क्या करना चाहिए , क्या नहीं, इस पर विवेकपूर्ण ढ़ंग से विचार करें। राग, द्वेष, ईर्श्या, निन्दा तथा आलस्य जैसे दुर्गुणों से बचकर आत्मोन्नति के मार्ग पर आगे बढ़ें। ऐसा करके हम अपने स्वास्थ्य की रक्षा करते हुए अपने को अनुशासन की परिधि की कक्षा में स्थापित करके, जीवन को सार्थक दिशा में गतिमान कर सकेंगे।

-जय हिंद-

जय प्रकाष सिंह(उप. कमा.)
इरला – 6029
92 वाहिनी, के.रि.पु.बल,

उत्कृष्टता एक सतत प्रक्रिया है कोई दुर्घटना नही

-ए.पी.जे.अब्दुल कलाम

मैं अमर शहीद प्रमोद कुमार – कमाण्डेंट सी.आर.पी.एफ. को अपनी स्वलिखित हृदय–व्यथा को समर्पित करता हूं ...

स्वतंत्रता दिवस की कल सुबह–सवेरे
श्रीनगर ड्यूटी पर, भी सख्त थे पहरे।
तभी गूंज उठी थी, वादी की गलियां
भारत मां की छाती पर, चली गोलियां
झपट पड़ा वो शेर, खुली सड़क पर,
कर ललकार उसने, किया वार आतंक पर,
दुश्मन को घेरा, उसके ही बिल में,
क्योंकि मातृभूमि की, रक्षा थी दिल में,
किन्तु काल ने भी, क्या दिन चुना था,
लगी गोली और मस्तक रक्त से सना था,
लड़ा वीर फिर सो गया, चिर निद्रा में,
खुद को लपेट, तिरंगे की चादर में,
वाह रे दिल्ली के लाल–किले, तेरी कितनी ऊँचाई।
क्या तुझको नहीं दिखती इक, फौजी की सच्चाई।
कब तलक चलेगी, बम–बारूद और गोली।
दहशतगर्दी के प्रतिदिन, बढ़ रहे हौसले।
और बढ़ते जा रहे, शहीदो के आंकड़े।
क्यूं प्रतिदिन, अपने शूरवीर मरवाते हो ?
क्यूं चुप रह कर ए दुर्बलता दिखलाते हो ?
वाह रे हिन्द देश के, बड़े रहनुमा।
अब आँख तेरी शायद भर आई।
वाह रे दिल्ली के लाल किले, तेरी कितनी ऊँचाई।



रवि मिश्रा, उप.कमा.,
ईकला सं. – 5699
107 वाहिनी, आर.ए.एफ.



Statue Inaugurations Ceremony of Late Shaheed Chatra Ram Meghwal



Medical camp organized at Jawai village on the occasion of CRPF Raising Day 2016.



Sh. B.S. Chauhan Director, ISA taking salute at Quater Guard on Independence Day 2016



Rakshabandhan celebration with teachers & students of st Joseph's School.



Sh. B.S. Chauhan Director, ISA paying homage to Shaheed Pramod Kumar Comdt, CRPF in a function organised at Bharat Mata Naman Sthal, Mount Abu.



Mount Abu Parikrama, by ISA cycle club as a part of awareness programme on 23-09-2016



Rashtriya Ekta Diwas oath at ISA Mount Abu on 31st Oct 2016



Curcit Training demo during a course



RAF equipment display at ISA, Mt. Abu during on VIC public order & use of non lethal weapon course, S No - 3



Diwali Celebrations at ISA, MT Abu

ISA FACULTY



B.S. Chauhan
Director/IG ISA



Dr. D.J. Singh
DIG (Training)



P.K. Singh
Commandant (Training)



Prashant Jambholkar
DIG (Adm.)



Kuldeep Singh
DC (R&D)



Manoj Kumar
DC (Training)



Pushkar Bharadwaj
DC (C&E)



Mool Chand
DC (QM/MTO)



T.M. Kargeti
DC (Adm.)



Vishal Patidar
DC (Building)



Babu Lal Pareek
AC (R&D)



Dr. Rajesh Nirwal
MO



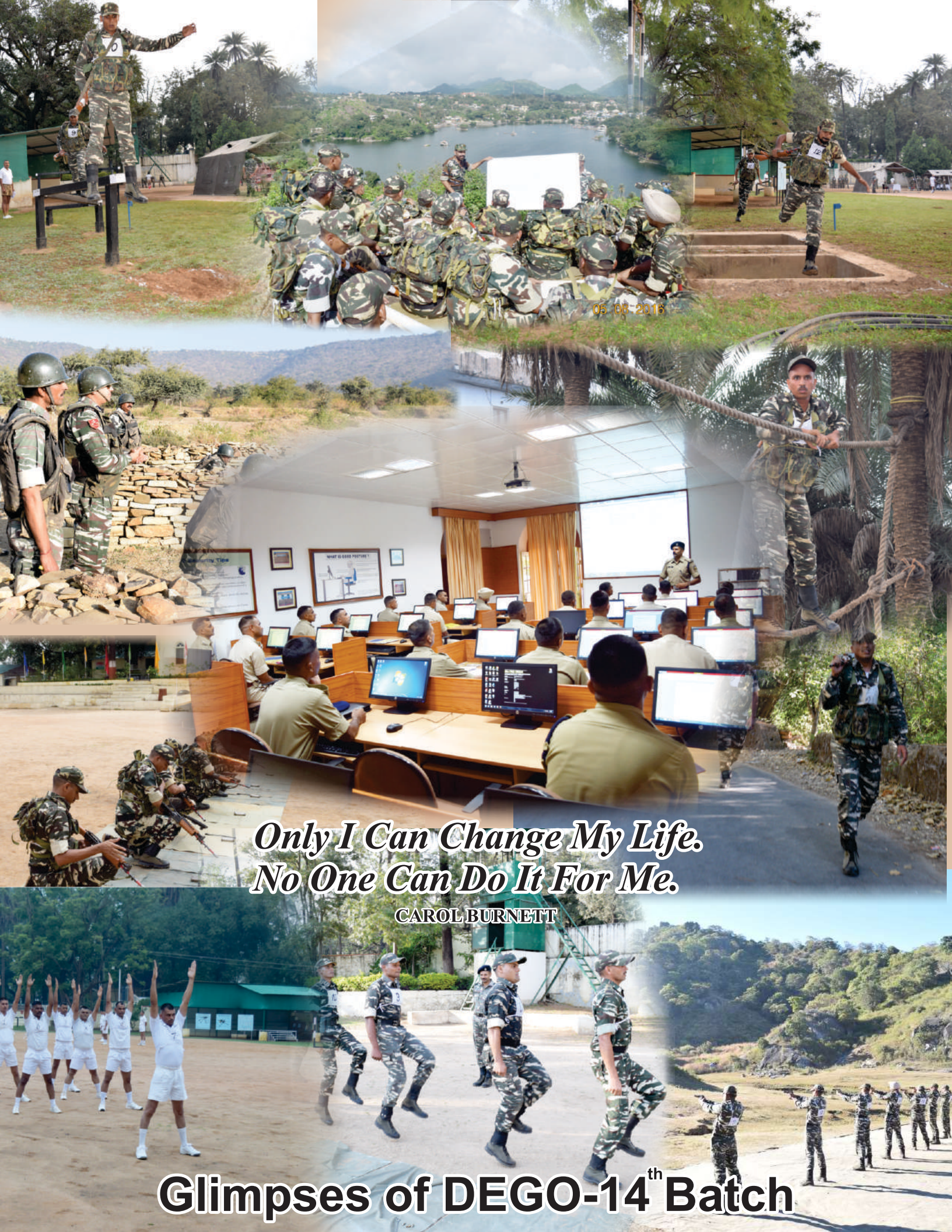
R.K. Raigar
AC (M)



Devendra Singh
AC (Hqr)



Vikas Pandey
AC (Building)



Only I Can Change My Life.
No One Can Do It For Me.

CAROL BURNETT

Glimpses of DEGO-14th Batch