



सीआरपीएफ समाचार

वर्ष 60

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श्री राजनाथ सिंह, माननीय केन्द्रीय गृहमंत्री द्वारा 26 जून, 2014 को केरिपुबल मुख्यालय में सलामी गारद का निरीक्षण



माननीय गृहमंत्री श्री राजनाथ सिंह को केरिपुबल मुख्यालय में स्मृतिचिन्ह भेंट करते श्री दिलीप त्रिवेदी, महानिदेशक

मुख्य संरक्षक: श्री दिलीप त्रिवेदी, महानिदेशक

संपादकीय सलाहकार मण्डल

अध्यक्ष: आर.के. पचनन्दा, अपर महानिदेशक (परिचालन एवं निर्माण)

सदस्य: पंकज कुमार सिंह, महानिरीक्षक (संभरण), डॉ. बी.एन. रमेश, निदेशक, सीआरपीएफ अकादमी, जुल्फिकार हसन, महानिरीक्षक (परिचालन), संजय अग्रवाल, महानिरीक्षक (कार्मिक), अनुपम कुलश्रेष्ठ, उप महानिरीक्षक, (प्रशासन), ऐनी एब्राहम, उप महानिरीक्षक, (आसूचना), बिग्रेडियर अरूण बाली, उप महानिरीक्षक, (प्रशिक्षण)

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

—मुख्य संपादक

मुख्य संपादक: भुवन चन्द्र खंडूरी

संपादकीय सहायता व रूपरेखा: तमाल सान्याल
चित्र : जनसंपर्क फोटो सेल, महानिदेशालय और सीआरपीएफ यूनिट्स

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कवर फोटो कैप्शन :

राष्ट्रपति भवन में आयोजित समारोह में स्वर्गीय सिपाही भृगुनन्दन चौधरी की माताजी को “कीर्ति चक्र” प्रदान करते हुए भारत के राष्ट्रपति श्री प्रणव मुखर्जी

इस अंक में

Bravehearts of CRPF honoured by Hon'ble President of India	—	2
Union Home Minister visits CRPF HQrs	—	3
Stress Management in CRPF	—	4
Crown Representative Police to Central Reserve Police	—	8
An invaluable Police Journal	—	14
Green Forces	—	16
Anatomy of an IED blast in Gadchiroli (Maharashtra)	—	19
Untold Now Unfold	—	23
Cholesterol—The Fat Connection	—	25
Eating with your Heart in Mind	—	28
Tosha Maidan: A Memoir	—	31
जंग की पाठशाला	—	33
हमारा महान बल केरिपुबल	—	35
कोशिश	—	37
घर एवं परिवार की चाहत	—	40
युनिटों के समाचार	—	42
कविताएं	—	43
महानिदेशालय समाचार	—	44

BRAVEHEARTS OF CRPF HONoured BY HON'BLE PRESIDENT OF INDIA

Two bravehearts of CRPF, Late Shri Bhrigunandan Chaudhary, Constable of 205 CoBRA and Shri P.R.Mishra, Dy. Commandant of 203 CoBRA were awarded the prestigious 'KIRTI CHAKRA' and 'SHAURYA CHAKRA' respectively, by Sh Pranab Mukherjee, Hon'ble President of India, in a ceremony organized at the Rashtrapati Bhawan on 2nd May, 2014. Smt. Susheela Chaudhary, mother of Late Shri Bhrigunandan Chaudhary received the medal on his behalf.

Later in the day, the duo were felicitated by Sh. Dilip Trivedi, DG CRPF in a ceremony organized at CRPF HQ, New Delhi.

Constable Bhrigu Nandan Chaudhary exhibited nerves of steel during fierce gun battle against naxals in Chakarbandha forest area of district Gaya (Bihar) on 8th September, 2012. Regardless of severe wound and both his legs being completely mutilated in an IED blast, he, undeterred crawled ahead under excruciating pain, took position near a pit and continued

shooting at the naxals. He fearlessly kept on firing on the advancing naxals and killed at least six of them and injured many others. Finally this braveheart succeeded in his mission before achieving martyrdom.

Sh. P.R. Mishra won Shaurya Chakra for liquidating the dreaded naxal Jeetendra @ Jeetu. A joint operation was launched by CRPF from 6th to 12th September, 2012 to liquidate naxal groups congregated at Chatra & Gaya-Palamu trijunction. Sh P.R.Mishra, Dy.Comdt. of 203 CoBRA, formed a core strike group and traversed through the hostile terrain in a pitch dark night under continuous rainfall. Despite being seriously injured he continued with the assault and as a result the heavily injured naxals had to flee leaving behind dead body of one dreaded naxal, Jeetendra @ Jeetu. Sh P.R. Mishra is the most decorated officer of the Force. Besides winning Shaurya Chakra, he has been awarded PPMG in 2012, four PMsG in 2008, 2011 (twice) and 2013, Zee Ananya Award in 2011, Bhagirath Shaurya Samman in 2012 and six DG's Disc.



Sh Dilip Trivedi, DG CRPF felicitating the mother of Shaheed Constable Bhrigunandan Chaudhary, winner of "KIRTI CHAKRA" at CRPF HQrs.



Sh Dilip Trivedi, DG CRPF felicitating Sh P.R. Mishra, Deputy Commandant, winner of "SHAURYA CHAKRA" at CRPF HQrs.

Union Home Minister visits CRPF HQrs



Sh Rajnath Singh, Hon'ble Home Minister meeting jawans of CoBRA while visiting the CRPF HQrs

Shri Rajnath Singh, Hon'ble Union Home Minister visited the Headquarters of the country's largest Central Armed Police Force, CRPF on 26th June, 2014. He was received by Shri Dilip Trivedi, DG, CRPF and other senior officers of the Force. The Home Minister was accorded Guard of Honour.

The Home Minister reviewed the preparedness of CRPF to tackle the Left Wing Extremism, militancy and insurgency in the country. In a presentation given to the Home Minister, the DG CRPF apprised the Home Minister about the existing deployment and the initiatives taken by the Force to combat the law and order and insurgency in various theatres with special focus on the efforts made by the force in the Left Wing Extremism affected states. DG, CRPF was emphatic about the impact of the deployment of CRPF in LWE effected states where the Force was also using other means apart from launching offensives to wean the Maoists and the

probable recruits from the ideology of Left Wing Extremism. This was amply reflected by the steadily declining violence profile over the years. While briefing the Minister about the immediate and long term requirements of the Force, the DG also impressed upon the existing anomalies in allowances existing across the theaters and appealed to the Minister

to review and rationalize the same so that the jawans do not feel deprived and would be motivated and volunteer to undertake difficult assignments though fraught with other hardships as well.

Shri Rajnath Singh while describing the security forces as sentinels of the democracy said that CRPF has played a stellar role in elections. The Home Minister emphasized that for the safe democracy the morale of the security forces should be high. He assured the Force that all the problems and difficulties faced by them will be solved as soon as possible. He exhorted the officers to empathize with jawans who are deployed in the field. Saluting the valour and courage of CRPF personnel, the Home Minister wished them every success in future.

Later, Shri Rajnath Singh interacted with the jawans of CRPF and enquired about their families and the welfare measures.

Stress Management in CRPF Requirement of the Day

—A.N. Srinivasan
IG (Retd.)

The new millennium is supposed to be age of stress as rapid changes have been happening at a faster rate during the past one hundred years on the Earth than ever before. This is because of the advancement of science and technology due to which fast changes are taking place in various spheres of human endeavour like health, education, work, environment, family, entertainment, travel etc. These changes place a very high demand on the coping capabilities of people on Earth in general. The stress is more for certain occupational categories such as Defence personnel, Central Armed Police Forces, State Police, Surgeons, Physicians, Teachers, Scientists, Managers, and Supervisors etc. Among the above categories, in my opinion, the personnel of Central Armed Police Forces in general and of CRPF in particular are undergoing the utmost stress in view of the heavy responsibility of tackling militancy, insurgency, terrorism, Maoist menace, communal disturbances etc. throughout the length and breadth of India as assigned by Government of India. In fact, the officers and men of CRPF are serving, unmindful of their personal

comforts, in various Low Intensity Conflict areas with high risk for their lives. The challenges before CRPF tax the psycho-physiological energy of the Force personnel. Therefore, there is an imperative need to have proper stress management in CRPF.

Stress is a state of affair involving demand on physical and mental energy, a condition of circumstance which can disturb the normal physiological and psychological function of an individual. As per Oxford Dictionary “Stress” is pressure or tension on any object. Stress is an experience which always arises when an individual finds it difficult to cope up with changes or challenges which arise out of his or her environmental events. Stress and performance have a curvilinear relationship. At the initial stage, as the stress increases; the performance increases and later, after reaching a “peak performance level”, stress can debilitate the performance and bring it down even to a stand still.

The role of hierarchy on the stress has been well established by researches. The higher, one moves up in the hierarchy, higher will be the stress experienced. This is called



“Executive Stress”. It is also said that the lower level functionaries experience more state anxiety, trait anxiety and state anger as compared to that of higher levels of hierarchy. However, the stress resistance of senior officials is significantly higher as compared to junior functionaries.

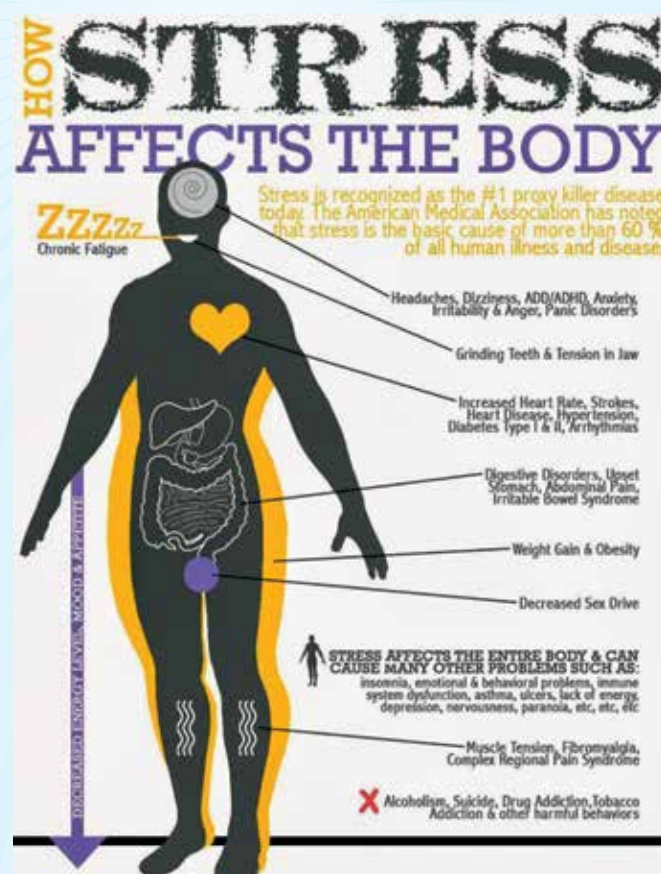
Behavioural changes such as isolation, reserve attitude; abrupt irrational response etc. can be considered by the Commanders as some of the symptoms of stress. Lack of interest in tasks assigned, repeatedly dropping of weapon and equipments, occasional improper conduct etc are also some of the visible indicators of stress. Delayed physical response to orders, lack of interest in daily routine work, tired and exhausted appearance etc are also some of the physical symptoms to show that one is under stress.

Operational stress, Organisational stress and local environmental stress are the likely factors generating stress in the individuals. Involving men in operations very frequently without adequate rest, poor living conditions in certain places, under expectations from the Unit personnel whenever there is change in command etc create lot of pressure on the personnel resulting in stress.

At the time of initial deployment in any area the men are very cordial with the local population but as and when the men are committed in operations they become irritable and develop faithlessness due to non-cooperative attitude of local population and due to presence of anti-national elements amongst locals. Whenever some local people are affected in cross firing or due to collateral damage to properties, the Force personnel involved in the operations are dragged into

Human Rights violation whereas these laws do not permit the Force personnel to take action against the criminal actions of militants, insurgents, terrorists, Naxals etc. This ambiguity in the areas of operations cause undue stress on the Force personnel who are already facing hardships due to inhospitable terrain, inclement weather, hostile attitude of locals, accommodation problems etc.

Involvement of women in insurgency, militancy, terrorism, naxal movement etc pose complicated problems causing tremendous stress as any little mishandling of such women even by mistake will be branded as outraging the modesty of those women. Killing of hardcore woman insurgent Manorama Devi in Imphal (Manipur) on 11 July 2004 by the personnel of Assam Rifles sparked violence not only in Imphal but also at many places in the





country alleging that she was gang raped and shot dead by Assam Rifles personnel under the cover of Armed Forces Special Powers Act-1958. Three days later, nearly fifteen women activists assembled in front of the western gate of Kangla Fort, the Head Quarters of Assam Rifles in Imphal, disrobed themselves and screamed at the Assam Rifles personnel. Ultimately the Assam Rifles personnel had to face Inquiry Commission. Such is the plight of the personnel of Central Armed Police Forces of which CRPF is a Wing. We may just imagine the quantum of stress experienced by those Assam Rifles personnel.

Sometimes, political nexus of the underground elements having over ground sympathizers / supporters also causes stress as any small incident is blown out of proportion by the over ground supporters who organize bandhs, economic blockades etc to paralyse normal life placing all the blame on the Force personnel. In such situation the stress affecting the Force personnel is un-imaginable. In

the Manorama Devi incident which I have quoted in the preceding paragraph, though CRPF was not involved, the quantum of stress experienced by me as IGP Manipur and Nagaland Sector of CRPF and the officers and men of CRPF and RAF and Mahila personnel to maintain peace containing antisocial activities of the over ground supporters in the name of NGOs was extremely high as blockade, bandh, destruction of Government properties etc continued for fifty one days.

The term "Management of Stress" refers broadly to the efforts to manage environmental and internal demands. There are individual coping strategies as well as organizational coping strategies. Mind and body relaxation techniques are often recommended by stress management consultants for managing the stress. As regards organizational coping strategies, these are designed by the Management to eliminate and control organization oriented stress in order to reduce job stress. This type of



coping strategy is generally use for includes creating a supportive organizational climate enriching the design of tasks, minimizing conflict, clarifying organizational role and facilitating periodical performance appraisal and grievance redressal and finally providing appropriate training opportunity to the employees.

Proper orientation training about the area of operation, periodical change over of personnel from field area to peace area, having humane approach while dealing with the men, ensuring appropriate living humane approach while dealing with the men, ensuring appropriate living condition, better administrative support to Units deployed in Ops areas, better man management including leave management, home problem analysis, transparent working culture, suitable rewarding. Deserving personnel etc. are some of the aspects which will help in reducing the stress level in CRPF personnel. Always there should be support from the Organisation to the officers and men who may, by default, commit some mistake while carrying out the lawful duty in the field or in the office rather than trapping them quoting violation of certain provisions of CRPF Act and Rules and Manuals to punish them. Allowing Coys of Bns to undergo Rotational Training in time in order to provide rest and recuperation to the Coy personnel will relieve the stress in them to a great extent. Regular interaction by the officers with the men they command and sympathetic approach to the problems of the subordinates by the Commandant/DIGP of Bn/Group Centre/Training Institutions will have tremendous effect in Stress Management.

Frequent counselling, stress relieving and self development programmes etc should

be organized and the work atmosphere should become meaningful, democratic and participative. The men need to be given time for their family affairs. Leave regulation and compensatory mechanisms have to be strengthened for providing adequate relief to the men. Support in terms of housing, children's education, incentives for work, family health benefits, timely leave, recreational facilities, compassionate postings, adequate rest and sleep etc will keep the morale of the Force Personnel high and reduce the likely stress in them. Periodical checking of the Force personnel in high risk group for physical and psychological stress can be a remedial measure. Regular programme on Yoga and Meditation as part of the routine will help the personnel to be more immune to the stress.

There is a need for every Gazetted Officer and Subordinate Officer of the Force to appreciate the adverse effect of the stress factor in the day-to-day administration and operations in order to ensure better man management. They should also understand that severe stress results in primary hypertension. Therefore, Commanders at all levels must frequently interact with their juniors even if it requires visits to farthest posts of deployment, organize rest and refit and watch behavioural changes, if any, carefully. If the Commander is available with his men every time and everywhere, there will be stress free environment all the time which in turn will help to enhance the efficiency of the Force both in administration and operations as the human system has unlimited potential for stress resilience.

“Breath is Life. One who regulates the Breath, Regulates one's thought, feelings, Body and life”



CROWN REPRESENTATIVE POLICE to Central Reserve Police

- Kuldeep Singh,
AIG (Retd)

Advent of Crown Representative Police was necessitated by multiple factors. Dacoity menace (beyond control), tumultuous riots of serious magnitude, anti British unrest, uprising revolt, lawlessness, simmering discontentment amongst Princely States and other multifarious designs were contributory factors. Thus the essence of requirement to have an efficient effective Federal Police at the disposal of Crown, which was envisaged to be role model police of the Country.

During 1930's there was school of thought, a floating albeit at nascent stage, to raise federal police analogous to American pattern. The conceived police could be deployed without depending upon and consulting States at the speed of alacrity.

After careful deliberations and a sheer coincidence that 4/2nd Punjab Regiment was disbanded in 1939 at Nowshera (now in Pakistan), it was a sequel that Crown Representative Police was raised in Neemuch in Malwa (Central India) on 27th July 1939.



Major J.F. Peart (later on Colonel in British Army) was picked up to raise the new set up. He was the founder Commandant, who had distinguished military career, excellent traits of leadership and posted at Army HQRs.

Major chunk of 4/2nd Punjab Regiment



comprising Sikhs and Dogras was amalgamated and inducted into Crown Representative Police. Some troops from 'Sikh Pioneer', parent Unit of Major J.F. Peart were also selected and brought to CRP.

The Britishers were so much concerned about the welfare of troops, that even before raising Crown Representative Police, they analyzed all factors, i.e. pay and allowances, free leave travel concession, accommodation, leave, detachment allowance, medical facilities, welfare and other benefits, which were to be higher and better than State Police. They could foresee the difficult, delicate and challenging role of new setup in future.

There were 4 service Coys with supporting staff of HQR. Coy. Each Coy comprised of 4 Platoons with 50 men in each Platoon. Composition of the Force was GOs -7, JCO's 30, ORs-970 (Total - 1007).

The Britishers could foresee that CRP

would be a model Police Force to assist, augment and overcome plethora of problems faced by the States with resolute authority. Thus training, command structure, discipline of CRP was on quasi-military pattern. It paid dividends.

The major achievements of Crown Representative Police could be succinctly summed up as under:-

- (i) CRP operated at number of places like Mount. Abu, Khairpur (Sindh Province - now in Pakistan), Balasinor (Baroda), Kishangarh (Rajasthan), Data (M.P.), PEPSU, Delhi, Rampur (U.P.), Junagarh, Hyderabad, Gadra Road, Kutch, Jaisalmer etc.
- (ii) **KHAIRPUR** - It was an acid test and a milestone in the gallant and glorious history of CRP.

Hur menace in Khairpur State of Sindh, now in Pakistan, was of delirious fury during 1942-43. CRP was deployed to tackle this unprecedented and alarming agitation. Extensive patrolling, day in and day out, on camel backs, was distinctive feature of excellence, to curb, control and crush the insurrection. Jemadar Banta Singh was spear-heading the operation on came, back for days together on dry ration (packed) showing utter disregard for his life and limb. Those were the fiercest of operations of that time.



Pir Pagaru, head of Hur religious sect declared himself as self styled ruler of the Hurs. He defied the British Empire. He amassed enormous wealth through coercive collection. He had factories to manufacture illicit weaponry. The then IGP Khairpur State who launched offensive operation against Pir Pagaru was assassinated by fanatic Hurs. Thus martial law was imposed in Sindh Province. IGP's mutilated body was retrieved by dare devil action of CRP. During search and combing operations CRP recovered large amount of weaponry, currency gold and other priceless valueless.

- (iii) **BALASINOR** - Sardar Chanan Singh displayed traits of awesome and dynamic leadership during crises with exemplary courage and fortitude to tackle Balasinor operation in 1944. In a royal recognition, he was crowned with British Emblem on his turban, a rarest of rare distinction of honour. He was conferred the Official title of **"SARDAR SAHIB"**. It was result of his gutsy valour and audacious leadership that he was appointed Distt.

Superintendent of Police from the rank of Subedar Major in CRP.

- (iv) **JUNAGADH** - In 1947 Shri Banta Singh was deployed in Junagarh (Gujrat), which was a turbulent State. He accomplished the assigned task with zeal and mission. The troops performed the duties of audacious and sagacious nature, effortlessly and situation was brought under control.

There was rapid expansion of the Force which was not commensurate with the Force's requirement of accommodation, training grounds, instructors, infrastructure, input apparatus etc. Still the training was completed on war footing. Units were deployed in J&K under these impelling circumstances, it goes to the credit of CRPF to maintain high standards of discipline, training and operational acumen.

CRP has national character and composition, it is known as Miniature India. Even at section level persons from all parts of the Country are mixed up. They are peace custodians and sentinels of India's integrity.

GROWTH OF FORCE - During 1946 two more Coys were raised at Neemuch in 1st Bn.

- (i) 1948, 2nd Bn was raised at Neemuch. Shri H. Osbourne, grand old man of CRP, was its founder Commandant. He was emotionally deeply attached with CRP. After partition, he opted to stay back at Neemuch, which he treated as his home and hearth. He breathed his last there.



- (ii) 1956, 3rd Bn was raised at Neemuch under Lt. Col Rattan Singh. Shri Banta Singh was the first Sub. Major of the Bn. Unit was later shifted to Ajmer due to paucity of accommodation. Bn was deployed in J&K and played a pivotal role there.

“Hot Spring (Leh, J&K)” - Contingent of 3rd By CRPF was deployed at “Hot Spring - Leh, J&K” to guard Indo-Tibetan border. The Chinese launched unprovoked military offensive attack on large scale in guile manner on 21st Oct, 1959. CRPF under the command of Jem Rulia Ram stood to the occasion. We lost our 10 gallant men. Others including Jem Rulia Ram were taken prisoners by Chinese. As a mark of respect, Police Commemoration Parade is held on 21st Oct every year, throughout the Country.

- (iii) 1957, 4th, 5th and 6th Bns were raised. Initially these Bns were designated as J&K Bns.

Training instructors and inputs were of very high standard. They were trained at Army institutions at Mhow, Poona etc. HC (Later Subedar Major) Kesar Singh was adjudged best shooter at Mhow and

awarded silver spoon. HC (later Dy. S.P) Dyal Singh was declared best Physical Instructor trainee at Poona. He was popularly known as **“Loha-Kut”** means iron beater. His grip, biceps, physical robustness was of perfect muscle man. 6 more Bns were sanctioned during 1959-1961. Another 5 Bns were added in 1962 after Chinese aggression. 7 India Reserve Bns were amalgamated into CRPF during 1966 and 19 more during 1968-69. 88 Mahila Bn was raised during 1986. 10 Bns of CRPF were converted into Rapid Action Force.

Shri B.B. Mishra IP, EX-DG CRPF God father of this Force enunciated golden traditions. He imbued sense of discipline, training, duty, integrity and brotherhood. During early period SOs were the backbone of the Force, they had sense of belonging and pride for the Force. Thus task assigned to them was flawlessly accomplished even at the risk of their lives.

Operational acumen - The excellent work done by CRPF in J&K under inclement conditions will go in the annals of Indian history. In North East to curb and control insurgency is a splendid and creditable achievement. In Punjab anti-terrorist operations launched by CRPF is a guess work and achievements were altruism. To launch anti-naxal operations in red corridor belt is in itself culmination.

1954 Pepsu - Dacoity menace had created panic in Bathinda Distt. (erstwhile Pepsu State). CRPF Coys were deployed to tackle it. Subedar Ganpat Ram, exhibited



rare exemplary courage. He lobbed a grenade through a pigeon hole resultantly dacoits were killed on this post during Sept, CRPF repulsed Pakistan intruders.

1965 (Yusmarg, Kashmir) - Subedar (later Dy. S.P) Bur Singh Commanded Coy of 13 Bn, CRPF deployed at Yusmarg (Kashmir) Pakistanis launched full fledged attack on this post during Sept, 1965. Coy fought the battle tactically with resolute valour. Thus CRPF repulsed Pakistan intruders.



1971-Chicken Neck Post (Samba Sector. Jammu) - During 1971 one Coy of 20 Bn, CRPF was deployed in this area. Pakistanis launched fierce attack, which was gallantly repulsed by CRPF. Tactically it was a vantage feature. Shri Ranbir Singh Rana was the hero of this gun battle success.

To sum up, the operational achievements cannot be summarized. The enormous amount of weaponry recovered in J&K, North East, Punjab, Naxal red corridor speaks volumes of CRPF contribution. The high success rate of Force is attributed to its pinnacle performance.

GROUP CENTRE SCHEME - Concept and creation of Group Centre Scheme was contemplated by Shri V.G. Kandetkar, who was the first independent IGP and DGP of

CRPF. He was strict disciplinarian, his integrity beyond reproach and a leader of tall order. He used to wear anklets, jungle hat in uniform, akin to the troops dress. It became functional in 1968.

MANUALS

- With the vast expansion of Force, the instructions, circulars and standing orders were cumbersome and excruciatingly difficult to trace. Shri N.S. Saksena, I.P, Ex- DG CRPF, Ex Member, UPSC, Ex Member National

Police Commission had the foresight to publish revised compendiums in the form of Manuals. It was under his dynamic and intellect leadership that the stupendous task of Manuals was accomplished. Shri Raghu Nath Singh, Ex DGP Rajasthan was Dy. Director (Adm) CRPF, he played a pivotal role for this assignment. I was requirement, these manuals were revised again during 2006.

CRPF ROLE - CRPF as such has no independent role, it has ancillary role to augment the State Police for maintenance and restoration of law and order. It has wide spectrum of duties, to combat-separatist movement, lawlessness in J&K, insurgency in North Eastern States, terrorism in Punjab, naxalism in red corridor. The list is unending like extremism, communal riots, labour unrest,



Student agitation, elections, ethnic violence, relief and rescue operations, security of VIPs, vital installations, general election and bye-election etc. Force is airlifted at break neck speed to face exacerbated challenges.

INTERNAL SECURITY - Primarily CRPF is meant for internal security, which is very complex, critically complicated role. Implicitly, internal conflicts get the vicarious external support like finances, arms, training and sanctuaries. Any public disorder of serious magnitude is attributed to Internal Security.

COMMUNICATION - Shri Karam Singh was the first P.R.O (Police Radio Officer) of CRPF. He revolutionized the wireless system. He was known as Sardar Sahib. His younger brother Shri Kundan Singh also served CRPF, who was a devout, classic gentleman, loyal conscientious with probity. His son Shri Gurcharan Singh retired as IGP. Thus this family's contribution should not be undermined.

SPORTS - Shri Gurbachan Singh Randhawa Ex-Commandant represented the Country in Olympics. He was the second Olympian after Shri Milkha Singh. Shri Hari

Ram was declared the best athlete in All India Police meet for seven years in a row. Smt. Kunja Rani Devi is also sports person of international fame.

JALANDHAR GROUP CENTRE

-has a special significance for CRPF. JCOs and ORs (Sikhs and Dogras) from this region contributed about 30% of the nucleolus Force at Neemuch. Naik (late Subedar) Barkat Singh from this region was awarded George Cross.

Recruitment and representation from this region in 2nd, 3rd, 6th Bn was fairly high. Shri Sunil Thorpe, present incumbent, has shown tremendous improvement of this Group Centre.

Shri J.S. Gill, IGP (Retd.) has historian bend of mind. His innovative and orientation resulted in extensive research work of history of CRPF past.

The present strength of the Force is 41 Group Centres, 16 Training Institutions and 231 Bns (including 5 Signal and 3 Mahila Bns). Numerically it is the largest para military Force in the world. Its budget allocation is more than 13 thousand Crore.

CRPF is a glorious, gallant, vibrant and resilient police Force. Public in general and Govt. in particular have lot of faith for its judicious, impartial performance. On the whole, success rate have been significantly high barring microscopic incidents. Thus the myth of CRPF duties conjured an image of doing dangerous duties successfully. Since no system is fool proof in the world there is always lot of scope for leeway. Our endeavor through joint venture should be single mindedly to keep the flag of CRPF fly high in the sky.



An Invaluable Police Journal

M.P. Nathanael
Former IG, CRPF

Years back in the late 80s when I was serving as the Public Relations Officer of the Central Reserve Police Force in the CRPF headquarters in New Delhi, the CRPF Samachar often carried



articles about the Hot Springs incident of October 21, 1959 in which ten CRPF personnel lost their lives fighting the Chinese hordes in the inhospitable terrain of Ladhak. One of the most informative and authentic articles on the incident was that of Shri Raj Singh, DIGP (Retd) which was carried in tow of the issues as a serial story. Way back in 1959, he was the Company Commander of the CRPF Company seconded to the Indo Tibetan Border Force for surveillance on the Indo China Border. It may not be out of place to mention here that the present day Indo – Tibetan Border Police had not come into existence till then.

Write ups on the annual trips undertaken by the combined police parties to pay homage at the Hot Springs on the Indo China Border by officers of the Force were published along with photographs of the spot. The photographs of the pillar at the Hot Springs where the police personnel paid homage, carried the names of those ten brave personnel who lost their lives in the skirmish. But what was sad was the fact that the photographs of these ten brave personnel

were not available anywhere that could be carried along with articles.

It was finally sometimes in 1989, that I could get hold of the photographs of these personnel though not of all

the ten personnel.

Walking on the berm towards the New Delhi Railway Station from Connaught Place one evening, I came across a book seller long a the road selling old novels and books and even magazines. I have to confess that I find it hard to walk ahead without having a look at the books and magazines displayed by the road-side sellers and usually end up buying a few books or magazines that appeal to me.

While rummaging through the books and magazines, my eyes fell on a blue coloured old





issue of the Indian Police Journal. It was the Indian Police Centenary issue (1861-1961).

Glancing through the journal, I found it not merely interesting but very educative too. As I flipped through the pages, I came across an interesting article "Police through the Ages" written by the eminent Police Officer Shri BN Mullik, the then Director of the Intelligence Bureau in the very beginning followed by articles written by such eminent police officers of the days of yore as Shri S. Venugopal Rao, the then Deputy Director of CBI, Shri P.L. Mehta, Ex-IGP of Delhi, Shri M.K. Singh, Ex-IGP, Bihar and Shri A.K. Sinha, Ex-IGP, Bihar among others.

One very interesting article on police uniforms and decorations illustrated with coloured photographs drew my attention. It was written by Shri Ashwini Kumar and below the first page of the article, he was mentioned to be an IG in the Border Security Force which gave out the fact that the journal must have been published after 1965 as the BSF was raised in December 1965. Shri Ashwini Kumar

went to head the country's border force as DG. He came into national limelight when as the Superintendent of Police in Punjab, he solved the murder mystery of the then Chief Minister of Punjab Shri Pratap Singh Kairon. The assailant was apprehended in Nepal.

Towards the end of the journal, I was amazed to see the photographs of nine of the CRPF personnel who laid down their lives at the altar of duty at Hot Springs. This exactly was what I had been looking for during the few years that I had spent in the Public Relations branch. The only photographs missing was that of constable Makhan Lal. For some unknown reason, his photograph was not available with the Intelligence Bureau and hence could not be published. Incidentally, the Indian Police Journal was being published by the Intelligence Bureau those days until the task was entrusted to the Bureau of Police Research and Development.

Thrilled at getting hold of a rare copy of the journal which had such interesting



information, I instantly bought the copy. To this day I treasure it as a rare copy and go through its contents occasionally.

In the Public Relations branch, I got copies of the photographs prepared using micro lens and since then they have been available with us for use with articles and write-ups on the martyrs of CRPF.

As the Editor of the Golden Jubilee magazine brought out on the occasion of CRPF's Golden Jubilee celebration in 1990, I published all the nine photographs of all these brave martyrs for the first time in any CRPF

magazine.

To this day it gives me immense satisfaction that I could retrieve the photographs of nine of our brave soldiers from an old journal and let the my CRPF colleagues see who these brave soldiers were, in whose memory the entire nation observes the Police Commemoration Day on October 21st ever year. On this day, we salute not just these ten martyrs who laid down their lives fighting the external aggressors but even those policemen and para-military personnel who year after year lay down their lives at the altar of duty to the nation.

Green Forces

Dr A P Maheshwari
IG, CRPF

Northern Sector CRPF celebrated World Environment Day on the 5th June 2014. But this time there was something special. It was not an annual ritual, rather some experts had been invited from Indian Institute of Delhi.

It was a well attended session by officers of

CRPF. Dr Manju Mohan, an authority on the subject of pollution control from IIT, presented facts and figures in an effective manner that facilitated the security experts in developing further insights into the need for maintaining a 'secured environment'. And this was a shift from 'Secured Social Environment' to the 'Secured Natural Environment'. Before we look into how security apparatus needs to converge towards 'Green' in the context of natural environment, let us briefly recapitulate what Dr Manju Mohan had to share with the cops.

Environmentalists are concerned about the 'Natural Capital', the quantity of air, water, climate and all such elements which affect the total surrounding. The developmental processes are essential but they may cut on either side. Improvement in physical condition of life may at times deplete the quality of organic



life. Hence, we speak of green economy now. What economic activities we are promoting and what technologies are being used? Are they depleting the natural capital base and if that is so what are the counter measures? Are we creating urban centers which may lead to Urban Heat Islands (UHIs)? Are we using such designs and material which can minimise formation of UHIs? Heat Islands may bring in climate change and affect the global cycling. Pollution has no boundaries. Is our economic growth following the pattern which promotes pollution? There may be trade offs of development? GDP at what cost? The national capital town itself has been highly affected on count of pollution emission. Taking the audience on a well guided tour across the pollution matrix, Dr Manju Mohan swiftly shifted from macro to micro perspectives indicating how thermal stress caused human health hazards, right from cardiac problems to the rise of cancer; The comfort zones have been vastly reduced and quality of life has been intrinsically diminishing.

The solution, have been evolving across the globe in terms of global mission on energy conservation, selective use of technologies and enhanced green belts. It is a matter of common knowledge that the 'game of big brother eluding the younger' is not uncommon in this field too. Small countries can see through the game plan of rich and powerful in term of shifting certain pollution prone industries outside their own and putting restraint on the activities of growing nation. Without drawing a value judgment, it is enough to know that there is a lack of global sincerity in the matter in terms of operationalisation of policies. Having said that, discussion took a turn as to how such issues are relevant for security forces besides

the fact that they already did their bid by undertaking the plantation of 5000 saplings on the environment day and expecting a further target of 1lac saplings in coming Monsoon.

An organization like CRPF, with a force size of nearly 3 lacs and a family size of about 15 lacs, has its bases across the country. Office as well as residential accommodation at Group Centres, training centres and sector nodes are coming up on a huge scale. The concept of 'green architecture' is important. It is also being otherwise adopted in the name of environmental clearance. Green belt, water bodies, rain water harvesting, waste management systems are being emphatically impressed upon before clearing the construction designs. However, it is equally important to see what type of designs and use of cogent material would bring down the heat effect. How wind circulation and sun light could be well managed through proper orientation. This would have direct impact not only on health, but also the usage of electricity. Use of energy efficient devices, pollution and heat control measures are important. How we can recycle the waste safely and timely would keep diseases away and also provide organic base for sustenance of human habitat and green belts. Making use of wind and solar energy options is another dimension which needs due consideration.

CRPF has got a Pan-India presence and through 'green policing' we can be partners in social change and development. Awareness campaigns to generation of right demonstration effect by exhibiting conducive environmental options could mean a great community contribution. Thermal stress situation could be prevented to an extent by timely interventions. A simple example, leaves



of the tree need not be burnt but converted into green manure. Resource efficiency levels could be upwardly induced by generating good living habits. What matters are the form, place and time utilities. A national force has the capability to make this value added contribution by its mere size and spread. So can the other police forces across the country.

When the forces move through forests and water bodies for various operations in hinterland, the “green” inputs flowing by mere observation or general contacts could be

passed on to the concerned district authorities- a great contribution in green policing, though indirect. CRPF integrates with local police on internal security grid. Hence, not out of the way to share information for a greater cause- a secured national environment for the society and the future generations. A typical conservative response to this thought process could be – “Nonsense! Do your core job”. Yet someone may see value added contribution to society. What is security? Could someone be flexible enough to foresee what a terrible killer the era of unmanageable heat islands could be!



Anatomy of an IED blast in Gadchiroli (Maharashtra)

Shivnandan Singh
Asst. Commandant
Institute of IED Mgmt, Pune

It has been observed that consistent IED awareness programme and C-IED training to CRPF personnel enhance their capability to deal with IED menace tactically. An example of safe handling of an IED by troops of D/191 Bn, CRPF on 20th May, 2013 is reproduced as under:

At about 1600hrs on dated 19th May, 2013 an encounter between C-60(Maharashtra Police) and Naxalites took place in the jungle area of village Ghansaitola. In this encounter C-60 recovered dead body of a lady Naxal. After encounter and recovery of the dead body of the Naxal, civil police requested D/191 Bn, CRPF located at Malewada to sanitise and secure the 8 km metalled road stretch between Khamtala to Malewada as they planned that encounter party of C-60 along with the dead body of the Naxal will walk down from site of encounter to Khamtala and from Khamtala they will board the vehicles as from Khamtala to Malewada road is metalled one. The stretch of 10 km between Ghansaitola(encounter site) to Khamtala is kutcha road. When the party of C-60 was walking from Ghansaitola to Khamtala, they were fired upon by Naxals at many places. In turn, team of C-60 also retaliated the fire.

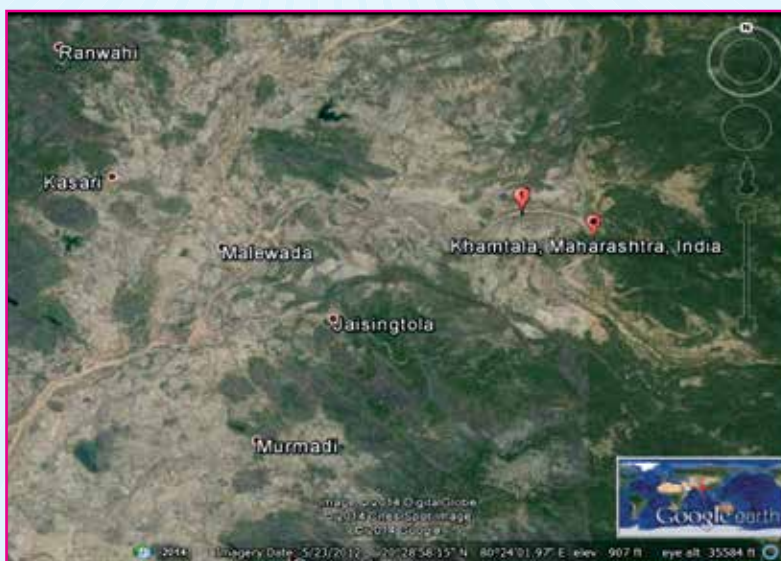
At about 2100 hrs when 40 personnel of D/191 Bn, CRPF and 12 personnel of civil police under

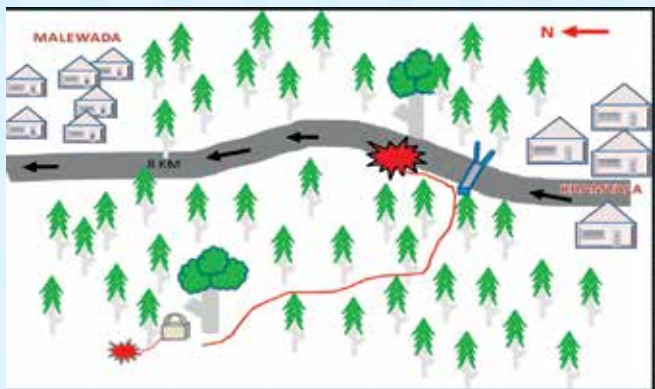
command of Sh Rakesh Kumar Tripathi, Asst. Comdt(OC D/191 Bn, CRPF) were securing the road and C-60 party was moving in the vehicle, an IED blast(2 km away from Khamtala towards Malewada) took place. Fortunately, party of C-60 escaped unhurt and the triggerman, taking cover of darkness,



escaped from the scene. After safe move of C-60, team of CRPF also returned back to camp at Malewada.

Next day (20 May ,2013) Sh.Rakesh Kumar Tripathi,AC(OC D/191 Bn, CRPF) along with 31 CRPF personnel and 14 personnel of civil





police, were planning to move to previous night blast site to assess the situation, he received an intelligence input about the placement IED by the Naxals in the same area where previous night blast had taken place. OC D/191 Bn along with his party moved tactically to the blast site and searched the area thoroughly. It was observed that a crater created by IED blast in previous night was about 2 km away from Khamtala village. It was found that about 100 mtrs electric wire (used as command wire) buried under the soil at the depth of about 1.5 ft up to a distance of 2-3 mtr from the exploded IED along the road and then bent towards the jungle side where the wire was buried 4-6 inches under soil and the wire ended nearby a tree. At about 1300 hrs, 2 mtr away from this tree where command wire ended, the party noticed a suspicious bag lying on the ground.

Eye Sketch of the Blast Site

Troops cordoned off the area and searched the nearby area with DSMD but no tell tale signs noticed in the nearby area of bag. Company commander observed an electric wire protruding out from bag, thus warned troops to keep themselves away from the bag. Troops managed a 7-10 mtr

long bamboo and improvised wooden hook and took shelter at safe distance from bag. Ct/GD Vijay took shelter of BP plate of the BP jacket and a tree while lying on ground and displaced bag remotely with bamboo. When bag was displaced with bamboo, a mild blast occurred about 2 meters away from the bag which was activated by pressure release mechanism placed underneath the bag. As troops had already kept themselves at safe distance, no harm to anybody was caused by blast. After careful examination of the bag following items were found –

Electronic detonator-01, 1.5 Volt cell-34 nos, Anti handling (pressure release) mechanism—01, Flexible electric wire buried under ground –about 100 mtr

On careful examination of the evidences of the blast site, it was noticed that Naxals had used steel container of about 1 – 2kg capacity as a container.





IED container and bag placed at a distance of about 2mtr

complete the circuit and thus triggered IED. However, troops were very cautious and tactically, with all the safety precautions, displaced the bag remotely. When circuit of IED got completed, triggering the blast, the troops were at safer distance.

On careful examination of the whole incident, it can be deduced that it was a deliberate attempt by the Naxals to place IED near the triggering point of the blast carried out in the night of 19th May, 2013. Naxalites were sure that in the next day morning security forces will visit the blast site and nearby areas to assess the situation and to find clues of the night blast. Looking at the bag at the triggering point, security forces will presume that Naxals have left the bag in a hurry while escaping after triggering the blast. Out of curiosity, the moment they lift/displace the bag, the buried

Analysis & Assessment

This incident is an example of innovative ways Naxalites are devising to harm security forces by victim operated IED. It is an example of anti handling/victim operated/booby trap mechanism in which Naxalites used a fibre bangle that was wound around with metallic wire on its one

half periphery and a twisted rubber band tied at the centre of bangle in such a way that the inserted bamboo stick with spiral of metallic wire in rubber band should come in contact with the metallic wire on the bangle, thereby completing the circuit. Bag with power source is placed over the fibre bangle in such a way that the bamboo stick is kept away from the metallic wire spiral over the bangle.

As shown in the schematic diagram, one electric wire (black) from power source in bag was connected to detonator inserted in container with the main charge and other wire (red) from power source connected to metallic wire spiral over the half periphery of bangle and other part of the red wire was connected to bamboo stick inserted in twisted rubber band to detonator, so, there was a break up of circuit and it will only be completed when bamboo

stick touches the metallic wire over bangle periphery. When someone displaces the bag, the highly strained bamboo stick will come in contact with metallic wire on fibre bangle which tends to



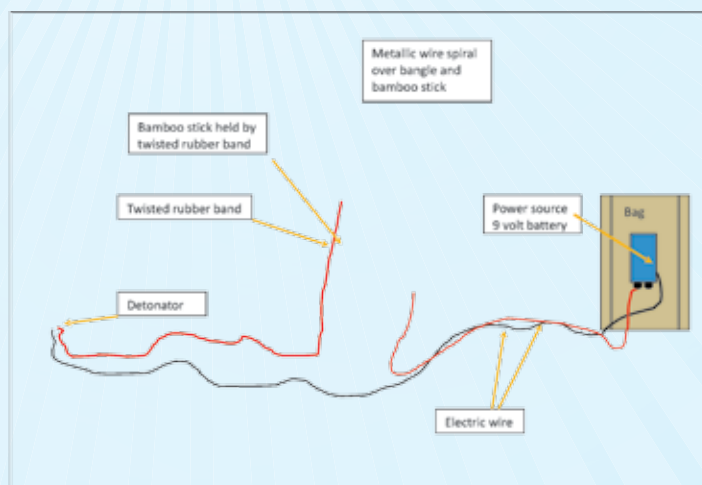
Fibre bangle, rubber band, bamboo stick used in anti handling mechanism



Fig-1: Bag placed on bangle which separated bamboo stick and metallic wire over bangle. Fig-2: Displaced bag which brought bamboo stick in contact with metallic wire over the bangle

IED in the shape of booby trap will blast, thereby inflicting casualty on the security forces. It is also worth noticing that power source was kept in the bag, mechanism was kept outside beneath the bag while main charge with detonator was kept in 1 – 2kg capacity steel container which was buried in the ground about 02 mtr away from the bag. This IED which was successfully handled on 20th May, 2013 by D/191 Bn, CRPF consisted of the following components:

- (1) One 9 volt battery as power source
- (2) Anti handling/ Victim operated mechanism/ Booby trap
- (3) One electric detonator
- (4) Most probably 1 or 2 kg of commercial explosive like ANFO or gelatin as main charge
- (5) Metallic/Steel container of 1- 2kg capacity



Schematic diagram showing IED with "Anti handling mechanism"

Untold - Now Unfold

Neeraj Singh Rathore, DC
CRPF Academy

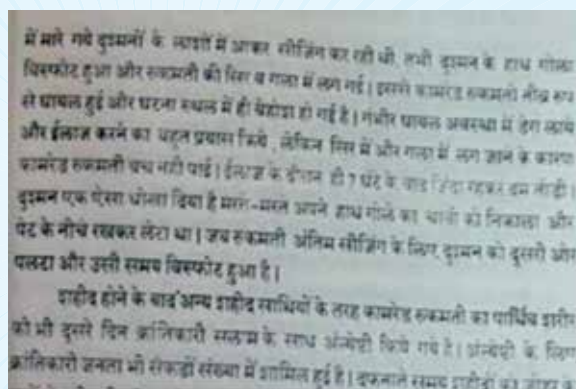
On the eve of new year I was fortunate enough to go through some of the naxal documents / literature recovered from a naxal dump between village Tetam and Bedma under PS Mardapal distt Kondagaon , Chhattisgarh on 18th December, 2013 by CRPF troops .

When we think about naxals, many things come into our mind , that before reaching this upper hand stage in LWE theater, we have gone through some of the toughest fights with them especially at Tadmetla.

In one of the **booklet recovered from naxals** contained lot of praise of cadre killed during Tadmetla ambush on 6th April, 2010, their actions were also glorified and it was mentioned **that despite a well planned and 3 days' preparation before ambush, that too from dominated site with all support of local people ,naxals have seen unexpected fight and retaliation from CRPF troops** resulting

life of following naxal cadre including their actions **who were killed (Rukmati ,Waga, Vijja, Inga, Raju, Mangu, Rama & Rattan) by CRPF** beside many wounded during Tadmetla incidents

It is mentioned in their documents that during that incident the fight posed by CRPF was as good as **THUNDERSTORM** and they have never seen such a fight in their life and **naxals were made to re-think before going ahead.**

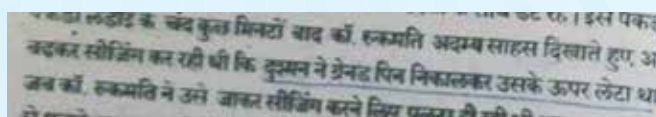


killing of many hardcore naxals and injury to other cadre.

It also contains the biography and military

One of them has stated that naxals died and injured because of an unexpected daring act of a CRPF jawan. A grenade, the pin of which was removed by a jawan, was kept under his belly. He blew himself up, resulting in death of several naxals, a rare act of daredevilry, seen only in movies. This was a great example of Patriotism by a CRPF jawan.

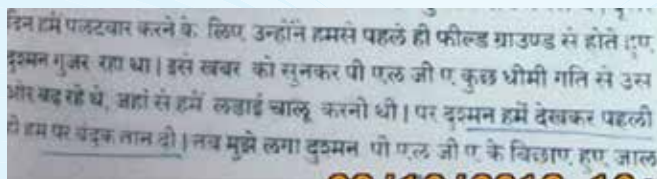
The document captured also contains the story /depiction of the sad incident by some of the naxals-



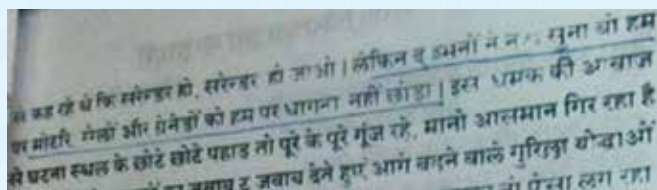


Before the incident naxals conducted reece and planted IEDs on Chintagufa and Chintalnar Road to counter the expected reinforcement by Forces as it was known to them that **this is the force which will definitely and willingly come to support each other, risking their lives even though threat of IED and ambush around the site of incident looms large, same happened and reinforcement came to help counterpart.** Naxals thought lot many times how to stop such dedicated force. naxals did whatever they could do.

Naxals mentioned that despite having the knowledge and local support in the area their cadre had chosen a fortified/upper ground being frightened and sure of the fact that CRPF will retaliate.



When the naxals were approaching towards the CRPF troop firing from safe ground, the CRPF Jawans also noticed the presence of naxals and act accordingly after some time it **surprised naxals and they were afraid of CRPF** and thought that naxal party themselves were being trapped and they also started contemplating.



The **naxals repeatedly announced to the forces to surrender but CRPF troops continued till the end**, by using mortars /grenades etc .

Despite looting weapon ammunition from

CRPF the naxals could not rejoice on their so called achievement, **as they suffered heavy and un expected losses**, with this incident. They could understand that **CRPF is a great threat** for them in their so called liberated Zones and **their cadres got de motivated** as they had gone through the **tough fight despite naxals' advantages.** They learned that in long run, naxals are going to have tough time and lesson for them was that--



The Battle Was Not One Sided

We salute those CRPF martyrs who laid down their lives and made a permanent impression on naxals that they have to think twice before acting against force especially when - ***the Force in front is CRPF***

JAI HIND

Cholesterol – The Fat Connection

Heart of the Problem

IG/Director Medical

What is cholesterol?

- Cholesterol is a fatty substance found only in foods of animal origin such as:
- Red meat
- Skin of poultry
- Shell fish – (Oysters, shrimps, crabs, lobsters, prawns etc.)
- Organ meats such as liver, heart, kidney, brain.
- Egg yolk
- Whole milk and milk products (butter, ghee, paneer etc.)
- Vegetable oils do not have cholesterol.
- Cholesterol is also manufactured by your liver and hence it is not a dietary essential.

- Cholesterol in the right quantity is not harmful to the body, in fact it has many vital functions.
- High intakes of cholesterol increases blood cholesterol which increases the incidence of heart attacks. Therefore, it is best to keep the cholesterol intake as low as possible.

When does cholesterol become your enemy?

The cholesterol in our body is in many forms. HDL-cholesterol is the friendly cholesterol and protects your heart.

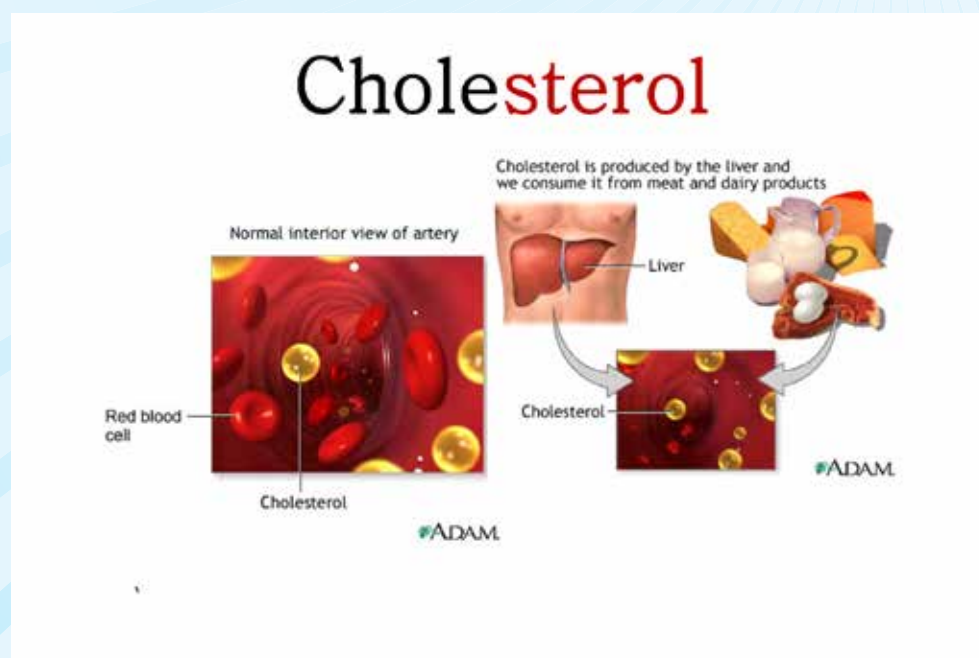
LDL-cholesterol is the bad cholesterol as it narrows blood vessels and damages your heart.

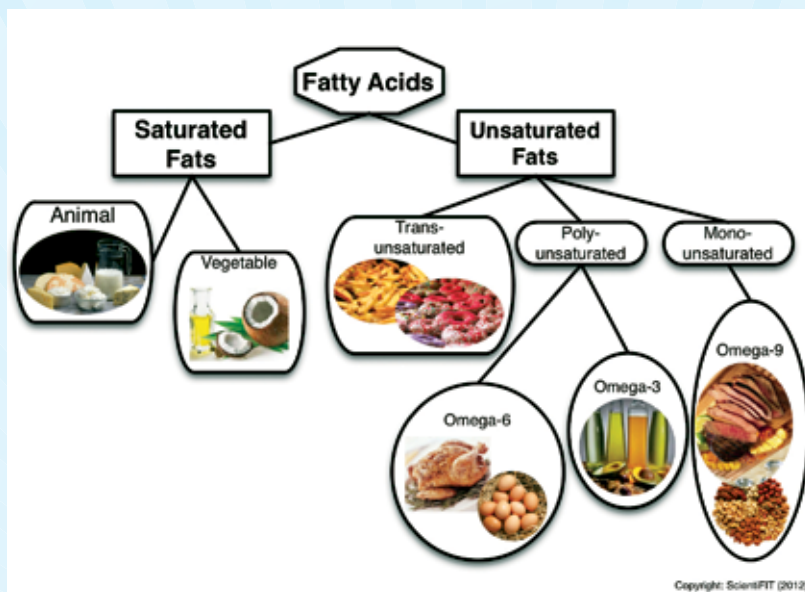
For a healthy heart it is desirable to have LDL and HDL in a certain ratio.

Classification of fats

While you need some fat in the body, the problem arises from too much of the wrong kind of fat.

All fats in the diet are a mixture of three types of fatty acids. Depending on the predominant fatty acid present, fats are





- Olive oil
- Mustard oil
- Groundnut oil
- Sesame oil
- Nuts like almonds, walnuts

‘Polyunsaturated’ Fats

There are two classes of polyunsaturated fatty acids – Omega – 6 and omega – 3 and their relative balance is useful for maintaining a healthy heart.

Fats rich in Omega – 6 fatty acids include vegetable oils like safflower oil, sunflower oil, corn oil.

Foods rich in Omega – 3 include wheat, Bajra, blackgram, cowpea, rajmah, soybean, fenugreek and mustard seeds, mustard oil, soyabean oil, fish such as salmon, mackerel, seer, purava and hilsa.

Monounsaturated fats and polyunsaturated fats taken in moderate amounts lower the body cholesterol.

If vegetable oils do not have cholesterol can they be consumed in excess and is it good for the heart?

No! Moderation in their use must be exercised.

Vegetable oils are high in calories and excessive intake will increase the total calories and lead to obesity and for every extra kilogram of fat, one tends to produce 20 mg more cholesterol per day.

Therefore, consumption of papads, bhajja's, pakodas, puris, chips, vadas, etc. fried

grouped is saturated, monounsaturated and polyunsaturated.

‘Saturated’ Fats

Foods rich in saturated fats include:

- Dairy products (whole milk and its products like ghee, butter, cheese, mava or khoa, cottage cheese-paneer, ice cream)
- Hydrogenated fats (dalda, vanaspathi)
- Coconut
- Coconut oil and palm oil
- Baked products (cakes, pastries, puffs)
- Chocolates
- Meat

High intakes of saturated fats raise the blood levels of LDL – cholesterol.

Diet modification should therefore aim at reducing foods rich in saturated fats and cholesterol.

‘Monounsaturated’ Fats

- Foods high in monounsaturated fats are:

in vegetable oils is not advisable.

- In individuals with risk of coronary heart disease, it is necessary to keep the visible fat intake to a lower level of 15-20 grams (3-4 teaspoons).
- This amounts to about half kg per person per month.
- Also avoid / limit foods high in invisible fat.



What oil/fat should be used?

Choice of cooking oil should be as follows:

- 1) Groundnut oil or sesame oil (til oil) OR
- 2) Sunflower oil / safflower oil / corn oil with mustard or soybean oil.

The quality of fat in the total diet can be further improved by consumption of foods which are good sources of omega – 3 fatty acid or by eating about 100-200 grams of fish twice a week.

How to keep your heart healthy?

1. Decrease the 'bad' cholesterol-LDL.
 - Restrict all animal and hydrogenated fats.
 - Use moderate amounts of vegetable oil.
 - Eat more unrefined foods.
 - Have fruits, vegetables and legumes.
2. Increase the 'good' cholesterol-HDL
 - Increase your level of physical activity to 30 minutes or more every day.
 - Loose weight and maintain your ideal body weight.
 - Refrain from smoking.
 - Replace saturated fats with polyunsaturated/monounsaturated fats.



FAT FROM A VARIED SOURCE IS BETTER THAN ANY SINGLE KIND BUT MODERATE THE TOTAL INTAKE AND MAKE SELECTIONS LOW IN SATURATED FATS AND CHOLESTEROL



Eating With Your Heart In Mind

*From the Desk of IG/Director
Medical CRPF*

Secret of a healthy heart ultimately boils down to controlling the whims and fancies of one's taste buds.

Dietary control is the first step and perhaps the simplest approach towards a healthy heart. Controlling your weight and cholesterol is easiest when it is part of a lifestyle that emphasizes nutrition and exercise.

To start, eat a balanced variety from each

of the basic food groups. Limit serving sizes of rich foods and save treats for occasions. Moderation, careful meal planning and healthful cooking technique will help in keeping to a realistic nutritious diet.

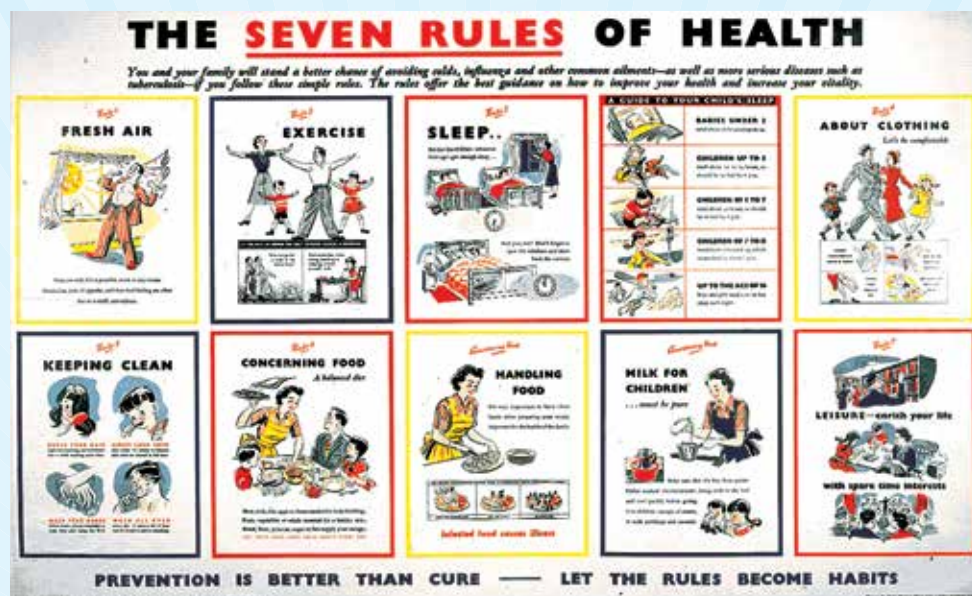
Dietary Prescription

“Oh God, give me food which does not cause any disease and also gives me strength.”

Yajur Veda

FOOD GROUP	PREFER	RESTRICT
Cereals consists of foods which provide a large quantity of starch.	Whole grain cereals and their products like rice, wheat, ragi, jowar, bajra, brown bread, etc.,	Refined grain products (maida, white bread, noodles, macaroni, semolina / rava, vermicelli, sago, arrowroot)
Pulses and dhals	Whole pulses and dhals like Bengal gram, green gram, red gram, black gram, rajmah, field dean, etc., must be included as they contain large amounts of protein. Sprouted pulses are beneficial because they are rich in fibre and vitamins.	
Vegetables Contain a lot of fibre and also vitamins and minerals	Most vegetables have little influence on weight and thus can be consumed freely in the form of boiled vegetables, soups and salads. Vegetables that can be consumed in unlimited amounts: Cabbage, spinach, white radish, ash gourd, bottle gourd, ridge gourd, tomato, brinjal, snake gourd, green leafy vegetables, cauliflower, cucumber, drumstick, ladies finger, capsicum, tindle, etc.	Potato, sweet potato, yam and colocasia should be restricted in overweight individuals due to their high caloric value. Fried vegetable, banana chips, etc. Vegetables cooked in a lot of oil or rich gravies.

FOOD GROUP	PREFER	RESTRICT
Fruits- Provide vitamins and minerals.	Use freely fresh fruits. Eat more whole fruits instead of fruit juices. Eat fruits with their edible skin and seeds as it contains more fibre.	Canned fruits.
Sugar	Keep to minimum as they are a source of empty calories (providing only calories without any nutrients)	Chocolates, puddings, desserts, sweets, etc.
Dairy Products Contain protein as well as fat.	Skimmed milk may be used to prepare curds, paneer, buttermilk, etc. Butter milk may be used freely Milk allowance: ½ liter of cow's milk or ¼ litre of buffalo's milk or up to ½ litre of skimmed milk per day.	Whole milk and milk products like cream, butter, cheese, paneer, mava / khoa, ice cream and condensed milk.
Nuts and oilseeds- rich in protein but in addition they contain a high level of fat.	Groundnuts and Coconut (dry and fresh) need not be avoided completely but restricted quantity may be used in cooking	Almonds, cashew-nuts, pistachios, walnuts.
Fats and oils	Unsaturated vegetable oils like sunflower oil, safflower oil, groundnut oil, til oil, etc. Choose more than 1 type of vegetable oil for cooking. Limit total fat intake to 3-4 teaspoons per day. This amounts to ½ kilogram of oil / fat per person per month.	Saturated fats like dalda, vanaspati, ghee, butter, coconut oil. Fried foods – samosa, bhajiya, pakoda, puri, chips, vada, mixture, chakli, etc.,
Egg	Egg white (1-2 per day)	Egg yolk
Flesh foods contain a lot of protein as well as fat	100 grams of white meat (chicken without skin and fish) may be consumed thrice a week, provided they are cooked without fat, that is, boiled, steamed, baked or roasted.	Red meat –pork, beef, lamb, goat. Organ meat – liver, heart, brain, kidney. Processed meat – salami, sausage. Shell fish – crabs, prawns, shrimps, oysters, lobsters.
Beverages		Avoid fizzy or soft drinks and alcoholic beverages. Coffee/tea should be limited to 3 cups per day. (150 ml per cup)



“Eat a variety of ‘foods as grown’ simply prepared with sparing use of fats and oils, salt and avoid sugars. Use sparingly refined products and animal products.

Free foods

If still hungry after eating the permissible quota of food, one may take foods that are low in calories and fat. They are called “Free Foods” and help to provide a feeling of satisfaction and fullness.

Examples:

- Salads: cucumber, tomato, cabbage, lettuce, onion, capsicum, radish, etc.,
- Unsweetened lime juice, tomato juice, thin buttermilk.
- Clear soups
- Boiled vegetables.

Eating out

- When eating out, one should follow the dictum ‘keep it plain and simple’. Eat foods that are familiar rather than venture

into unknown territory.

- Refrain from eating very oily or rich foods. If there is a choice, reach out for boiled, grilled or baked food instead of foods deep-fried or with rich gravy.
- Clear soups are preferable to thick soups or cream soups. Plain lemon juice in water or soda is better than sweetened drinks or

shakes.

- Boiled rice, plain roti or iddli should be preferred to biryani, pulao, puri, paratha, etc.
- Salads without rich dressings may be taken generously. Prefer fresh fruit or plain coffee after the meal to a bowl of dessert or ice cream.

General instructions

- Maintain body weight appropriate for your height. Weight reduction should be gradual, not more than 0.5 – 1 kg per week.
- Dietary restriction should combine with exercise.
- Exercise regularly as it helps keep fit and attain desirable weight.
- Do not exercise for two hours after meals.
- Stop smoking and avoid alcohol.
- It is not work but worry that kills. Reduce stress and try to lead a more relaxed life.

**EAT FOR HEALTHY HEART
DON'T EAT YOUR HEART**

Tosha Maidan : A Memoir

–Manoranjan Kumar,
Dy.Comdt, 104 RAF

As an Assistant Commandant I took my first breath in 162 Bn CRPF on 8th March 2006. Subsequently I was given the charge of B/162 located in Khudwani, Qaimoh, Kulgam, J&K, one of the most challenging areas from militancy point of view in South Kashmir. Our unit did a commendable job in the area and we lost Best Ops battalion trophy to 16 BN by mere 2 points in 2007.

In 2007, one fine day, I was told by my DC (Ops) that I had to take unit QRT for field firing to Tosha Maidan located in Baramula district. I took the help of map to locate the area and talk to some of my batch mates who earlier went to Tosha maidan for field firing. After making the move plans and briefing the QRT of 162 we rushed at 200 hrs from Anantnag to our destination.

At around 600 hrs we reached the foothills of Tosha Maidan. After reaching the foothill, we came to know that 93 Bn CRPF has also come for the field firing. We joined 93 bn and started climbing the hill. Around 2-3 days back a fierce encounter between 32 RR and militants took place in Tanmarg in the same area in which two army officers attained martyrdom and 7 militants were killed.

Tosha Maidan had a post of two platoons of 32 RR. Ration and other logistic support to the post were provided through Chopper. We were climbing up and as we reached half of the distance we found a patrol party of 32 RR coming down the hill. Before climbing up, I and commander of 93 Bn sent two vehicles laden with bombs and grenade with full protection

as it was cumbersome task to carry bombs and grenades manually.

At half the way we found a table top on the hill. We had our breakfast there. Then we started our voyage to Tosha. After walking almost 7-8 km we found two Army vehicles passing by us and as we inched towards Tosha we found the same patrol party of 32RR coming back from foothill. Seeing them it could be concluded that they had rigorous practice of climbing up and down the hill.

Before we reached, vehicles of 162 Bn and 93 Bn reached with ammo along with Army vehicles. The hilly track was very beautiful and the spruce and pine trees were adding serenity to the hill. The range was very beautiful and we came to know even air bombing practice was done in this range. We did our field firing and after clearing range we had to move back as darkness was taking over. It was the dusk when we started moving back. I came to know that two of my jawans are not in position to climb down. I discussed the same with the commander of party of 93 Bn. He told me to bring them in vehicle and send my second in Command along with QRT with their party. I marched them off and sat in my vehicle along with the ailing jawans. Our vehicle and vehicle of 93 Bn moved from Tosha Maidan.

The darkness was falling and we took the route taken by army to reach the foothill, i.e. through river bed. The way had lots of bends and sharp turns. At one point of time We lost the touch of other vehicle, we were moving alone. The mobile and radio set was not working as



the forest we were passing through was very dense. At one place we found a vehicle moving in front of us. We thought we are heading towards right way. The vehicle stopped and the driver came down. He asked us if we have lost our way. Then hiding this fact from him I told him that I have not lost the way but wanted to check whether he was carrying anything illegal in his truck. I allowed him to move and we were in state of utter confusion.

I asked the driver as to which way we had to move as it was bifurcated. I was really scared as two of my men were seriously ill and only driver could support me if we have a chance encounter. I was praying the Almighty to guide me to come out of this situation. I took the chance and didn't follow the civilian truck and took the other route from bifurcation and started moving. After almost 3 km of movement we found a hamlet and asked my driver whether this was the same village he saw in the morning while moving on. He was not able to answer. We kept moving and

in between we saw a group of 8-9 youths in Feran (woolen cloth worn as cloak in Kashmir) moving on the road. I told my ailing jawans to be ready to face the challenge if posed. We were ready for the challenge. I told the driver not to stop the vehicle. He accelerated the vehicle. Fortunately we crossed the youth group and contrary to my imagination nothing happened. I saw a tree in the village having roots dangling from the branches. Showing that peculiar tree I asked the driver whether he saw the same tree in the morning on the way. He nodded positively. I had a sigh of relief. Then we moved for almost 10 minutes and reached our base camp. It took us more than 3 hours to reach the base camp. They were also worried. After we reached the base camp, we did the re-org and moved for our unit location. That night around 100 hrs we reached our location safely. Still today when I think about the Tosha Maidan the fear of death appears in my eyes. I will never forget this and probably my ailing jawans and driver of the vehicle also will remember the experience.



जंग की पाठशाला

बृजनन्दन सिंह
कमांडेंट
गुप केन्द्र नागपुर

सुनो सैनिकों, भगवान ब्रह्ममाजी ने सैनिक को जंग की पाठशाला में भेजा है। वह आपको खुश देखना चाहता है, आपके परिवार को भी खुश देखना चाहता है। मेरा अंश ही बचपन से आपके दिमाग में है। सैनिक का कर्तव्य है



स्वर्ग लोक में रखेगा? क्या देव आपको सम्मान देंगे? जबकि भगवान ब्रह्ममाजी ने कहा है कि सैनिकों, अपने दिमाग से सोचो, समझों और करो, बचपन से लेकर बुढ़ापे तक सैनिक-शिक्षा को सीखते रहो, यही तुम्हारा धर्म है, तभी

कि प्रत्येक जंग को जीतने के लिए अपने शरीर को शारीरिक और मानसिक तौर से चुस्त बनाए। यह तभी हो सकता है जब इस बल का प्रत्येक सैनिक अपने दिमाग में प्रत्येक क्षेत्र की जानकारी-आतंकियों का इलाका, लड़ने के तरीके, छुपने के स्थान, जंगल की बनावट, खाने-पीने के साधन, आतंकियों का सूचना-तंत्र और हथियार इत्यादि बिन्दु हैं, जो प्रत्येक सैनिक को अपने दिमाग में जानकारी रखनी चाहिए, तभी आतंकियों से लड़ने में सफलता मिलेगी।

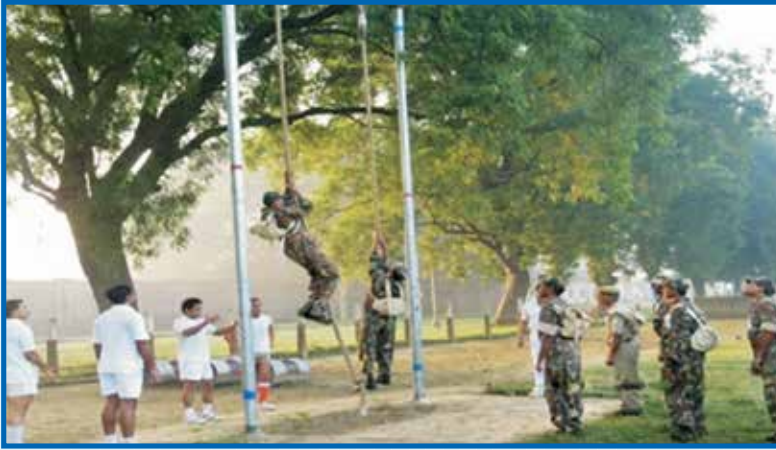
तुम्हारा राष्ट्र बच सकता है, अन्यथा आतंकी इस देश के टुकड़े-टुकड़े कर देंगे और तुम फिर गुलाम हो जाओगे, तुम्हारा राष्ट्र फिर गुलाम हो जाएगा।

सैनिक के सबसे अच्छे मित्रों में गिनती उसके दिमाग, राइफल और दस अंगुलियों की होती है, एक पढ़ा-लिखा और सही समय पर काम करने वाला सैनिक, दस आतंकियों के बराबर होता है।

ईश्वर ने हमें जंग के लिए पैदा किया है, जंग के मुताबिक सही तरीका सोचें और हमेशा ही दिमाग, अंगुली व राइफल का तालमेल रखें, तभी हम आतंकियों के इलाके में सफल हो सकते हैं।

भगवान ब्रह्ममाजी को क्या जवाब देंगे, कि भारत देश का सैनिक 70 साल तक पढ़ने के लिए भेजा गया और केवल 20 साल तक ही पढ़कर वापिस स्वर्ग लोक में आ गया। क्या ईश्वर बिना पढ़े-लिखे सैनिक को

आप सभी को मालूम होना चाहिए कि नक्सली, सैनिक को मारने के लिए 24 घंटे सोचता रहता है, लूटो सरकार को लूटो, सैनिकों को मारो, नक्सली प्रत्येक क्षण सैनिक को मारने की योजना बनाता रहता है। लेकिन सैनिकों, आप नक्सलियों के बारे में अपने दिमाग से कितना सोचते हो। कभी आपने विचार किया। कभी नहीं सोचा। अपने दिमाग को तेज करने का एक ही हथियार है, युद्ध-कला की पुस्तकें पढ़ो और प्रत्येक सैनिक हर तरकीब को जाने, तभी नक्सलियों का अंत होगा।



चुस्त नहीं बना सकते ? सोचो अपने दिमाग से, समझो अपने दिमाग से और करो अपने दिमाग से। तभी इस जंगल के चक्रव्युह में तुम्हारी जीत हो सकती है।

प्रत्येक सैनिक को एक योजना बना लेनी चाहिए कि कोई भी कार्य आपको करना है, तो पहले सोच लें कि क्या करना है, कैसे करना है, तरीका क्या है, उद्देश्य क्या है और उसका लाभ क्या होगा ?

ईश्वर ने हमें आतंकवादियों को मारने के लिए पैदा किया है। जाओ सैनिकों, अपनी-अपनी पोज़िशन लो। याद रहे, एक गोली-एक दुश्मन, अब बता देंगे कि लड़ाई कैसे जीती जाती है।

आज ईश्वर-अल्लाह भी चिल्ला-चिल्लाकर कह रहे हैं कि भारत का सैनिक इतना कमजोर हो गया है कि बुढ़ापे तक पुस्तकें नहीं पढ़ सकता है, क्या मैंने कमजोर सैनिक पैदा किए, जो अपने नक्सली इलाके की जानकारी नहीं रख सकते, क्या मैंने बिना दिमाग के सैनिक पैदा किए, क्या तुम्हें अपने दिमाग पर विश्वास नहीं ? क्या तुम्हें अपने भगवान ब्रह्ममाजी पर विश्वास नहीं ? क्या तुम जंग जीतने के लिए पुस्तकें पढ़कर और हथियारों का अभ्यास करके दिमाग को

यह सत्य है कि सैनिक जब भी जंग के मैदान में जाता है, तो केवल सेक्शन कमांडर या प्लाटून कमांडर ही इलाके की जानकारी रखता है। जबकि ईश्वर ने कहा है कि सेक्शन के प्रत्येक सैनिक को हर कदम पर इलाके के मुताबिक सोचना चाहिए। कहने का अर्थ यह है कि प्रत्येक सैनिक द्वारा जंग के मैदान में अपने दिमाग से शक्की जगह, पुलिया, टीला, कच्चे रास्ते, झाड़ियाँ इत्यादि जगहों की छानबीन करते रहना चाहिए। जब सभी सैनिक एक साथ अपने दिमाग का इस्तेमाल जंग के मैदान में करेंगे, तो ईश्वर भी उसी सैनिक की मदद करता है।

ईश्वर ने कहा है कि सैनिक की युद्ध-कला का संबंध उम्र से नहीं, दिमाग से होता है, जब तक सैनिक में इलाके के मुताबिक सोचने की क्षमता, कड़ा अभ्यास करने की इच्छा और जंग के लिए दिमाग में जोश, उत्साह, साहस और आत्मविश्वास है, तो सैनिक कभी नहीं हार सकता, उसका राष्ट्र कभी नहीं हार सकता।



पुस्तक ही माँ है
मस्तिष्क ही पिता है

जयहिंद

हमारा महान बल केरिपुबल

दीपक मेहरा,
उप कमांडेण्ट

आज हमारे देश में जितने सशस्त्र पुलिस बल हैं, उनमें केन्द्रीय रिजर्व पुलिस बल सबसे अनूठा एवं अनुपम है, क्योंकि इसके जांबाज अधिकारी, अधीनस्थ अधिकारी एवं जवान दिन-रात मेहनत करके सौंपी गई ड्यूटियों के निर्वहन में कोई कसर नहीं छोड़ रहे हैं। आज केरिपुबल की केवल यह पहचान नहीं है कि यह भारत का सबसे बड़ा केन्द्रीय सशस्त्र पुलिस बल है। बल्कि राज्यों व केन्द्र शासित प्रदेशों की



पुलिस द्वारा कानून-व्यवस्था बनाए रखने के संबंध में चलाए जाने वाले पुलिस ऑपरेशनों में सहायता, संसद की सुरक्षा, वीआईपी सुरक्षा, चुनाव ड्यूटी, आर.ओ. पी. ड्यूटी, वामपंथी उग्रवाद प्रभावित राज्यों के प्रमुख संवेदनशील क्षेत्रों में ड्यूटी आदि में केरिपुबल का कोई सानी नहीं है। जम्मू-कश्मीर एवं पूर्वोत्तर की कठिन भौगोलिक स्थिति हो या वामपंथी उग्रवाद प्रभावित अन्य कोई परिस्थिति सबमें हमारे जवान एवं अधिकारी अपनी काबिलियत का लोहा मनवा रहे हैं। हमारे बल के जवान व अधिकारी संयुक्त राष्ट्र के विभिन्न अभियानों में भी मुस्तैदी से अपनी सेवाएं दे रहे हैं। वर्ष 1959 में चीनी सैनिक द्वारा हॉट स्प्रिंग, लद्दाख पर हमले की घटना हो या वर्ष 2001 में भारतीय संसद पर हुए हमले की घटना; सबमें हमारे जांबाज अधिकारियों व जवानों ने अपनी काबिलियत का लोहा मनवाया है।

केरिपुबल को इसकी चुस्ती-फुर्ती और फौरी

कार्रवाई के लिए भी जाना जाता है। यदि हमारे अधिकारियों व जवानों को शॉर्ट नोटिस पर मूवमेंट करना हो या किसी अभियान या महत्वपूर्ण काम को अंजाम देना हो तो भी हम अपने सफर पर निकल पड़ते हैं। हमारी राणनीति एवं काबिलियत असाधारण है और समय समय पर न केवल हमारे राष्ट्र की अपितु विदेशों की बड़ी-बड़ी हस्तियों ने भी हमारे कौशल एवं पराक्रम को सलाम किया है। हमारे लिए हमारा फर्ज हर चीज से बढ़ कर है।

हमारे अधिकारी और कार्मिक उपलब्ध संसाधनों को बेहतर से बेहतर उपयोग करना जानते हैं। यदि उन्हें लगता है कि उन्हें उपलब्ध संसाधनों से ही सौंपे गए कार्य को संपादित करना है, तो वे कोई डिमांड (मांग) किए बिना अपने मिशन के लिए चल पड़ते हैं। हमारे अधिकारियों एवं जवानों को आंधी, बारिश, आग, अमाल या किसी विकट से विकट परिस्थिति में भी काम करना पड़ता है तो वह उफ तक नहीं



तो अधीनस्थ अधिकारी एवं एन.सी.ओ. ओहदेदारों ने सेक्शन लेवल से लेकर ऊपर के लेवल तक अपनी बहुमूल्य सेवाएं दी हैं। ये अपने कर्तव्यों का निर्वहन कर पा रहे हैं, चूंकि मंत्रालयिक स्टाफ दिन-रात मेहनत करके उनके सेवा संबंधी सभी रिकॉर्ड आदि का बेहतरी से रखरखाव कर रहे हैं।

मुझे यह गर्व है कि मैं इस महान बल का सदस्य हूं और बल के सदस्यों से मेरी यही अपेक्षा है कि वे भी इस महान बल पर गर्व का अनुभव करें। आइए, हम यह संकल्प लें कि हमारे बल की गरिमा एवं प्रसिद्धि में और अधिक

चार चांद लगाने में कोई कसर न छोड़ें एवं ऐसा कोई कार्य न करें, जिससे हमारे बल की गौरवमयी छवि धूमिल हो, क्योंकि मेरा मानना है कि—

सशस्त्र पुलिस बलों में हम हैं अग्रणी—सर्वप्रथम

हमारा केरिपुबल है सबसे अनूठा एवं अनुपम।

जयहिन्द।

करते हैं। वे खुले आसमान के नीचे बिना अपने आराम की परवाह किए चौबिसों घंटे अपनी ड्यूटी करने में विश्वास करते हैं। हमारे महान बल के सदस्यों ने पर कठिन से कठिन परिस्थितियों के आगे झुकना या सरेंडर करना नहीं सीखा। हमारे जवानों की ग्रैस्पिंग पॉवर (Grasping Power) गजब की है। वे उन्हें सौंपे गए काम को शब्दशः अंजाम देते हैं। यही कारण है कि हमारे बल के अधिकारियों एवं जवानों को विभिन्न प्रकार ड्यूटियां दी जाती हैं।

किसी भी पुलिस संगठन की सफलता के पीछे उसके अधिकारियों, ओहदेदारों व जवानों का हाथ होता है। केरिपुबल की सफलता के लिए हमारे अधिकारियों, विभिन्न केडरों के अधिकारियों ने एक कंपनी से लेकर बल के मुख्यालय स्तर तक अपने अनुभव के बल पर ऑपरेशनल व प्रशासनिक रणनीति बनाने व उनके सफल कार्यान्वयन तक काबिले तारीफ कार्य किया है



कोशिश

Mistake Should be made, But should not be Repeated

उ.नि./टी.अनिल कु. शर्मा
आई.टी.विंग महानिदेशाल
के.रि.पु.बल

उस दिन घर में लोग बहुत खुश थे क्योंकि घर में दो नन्हे मुन्ने जुडवाँ बच्चों ने जन्म लिया था बच्चों के पापा उस समय उपस्थित नहीं थे क्योंकि वह केन्द्रीय बल में कार्यरत थे। उस समय उनकी पोस्टिंग श्रीनगर में थी। लेकिन वह भी इस सुखद समाचार को सुनकर बहुत खुश थे। बच्चे धीरे-2 जब बड़े



हुये तो दादा जी ने उनका नामकरण किया लड़के का नाम शुभम तथा लड़की का नाम शिवानी रखा।

कुछ समय के बाद बच्चों के पापा का तबादला हैदराबाद हो गया तथा बच्चों को लेकर हैदराबाद आ गये बच्चों का नामंकन एक छोटे से स्कूल में करवा दिया गया, दो सप्ताह के बाद स्कूल की प्रधानचार्य महोदय ने बच्चों के पापा को स्कूल में बुलाया और कहा कि आपकी बेटी शिवानी तो पढ़ने में बहुत अच्छी है परन्तु आपका बेटा शुभम तो एकदम नहीं पढ़ता है। यह इतने दिनों के बाद भी उल्टा लिखता है। आप इसे ले जाओ, बच्चों के पापा ने दोनों बच्चों को साईकल पर बैठाया और घर लेकर चले आये। रास्ते में उन्होंने दो चाकेलट खरीदे और बच्चों को घर आकर बोले बेटा

जो भी पहले A से 2 तक लिखकर दिखाएगा मैं यह चाकेलट उसे दूँगा। शिवानी ने पाँच मिनट में लिखकर A से z लिखकर दिखा दिया लेकिन शुभम सिर नीचा करके डर से लिखता रहा जब पापा ने कहा कि बेटा यदि लिख लिया हो तो दिखाओ। शुभम धीरे-2 पापा के पास आकर कॉपी को हाथ में लेकर सिर नीचे करके खड़ा हो गया। उसके पापा ने उसके हाथ से कॉपी लेकर देखने के बाद कहा। बेटा बहुत बढ़िया देखो उसने 'A' उल्टा लिखा है अगर मैं इस कॉपी को उल्टा करता हूँ तो यह 'A' हो गया बहुत बढ़िया आपने बहुत अच्छा लिखा है लो यह चाकेलट। आज शुभम बहुत खुश था। उसे यह अनुभव हुआ कि मैं भी लिख सकता हूँ। फिर बच्चे के पापा ने दोनों बच्चों



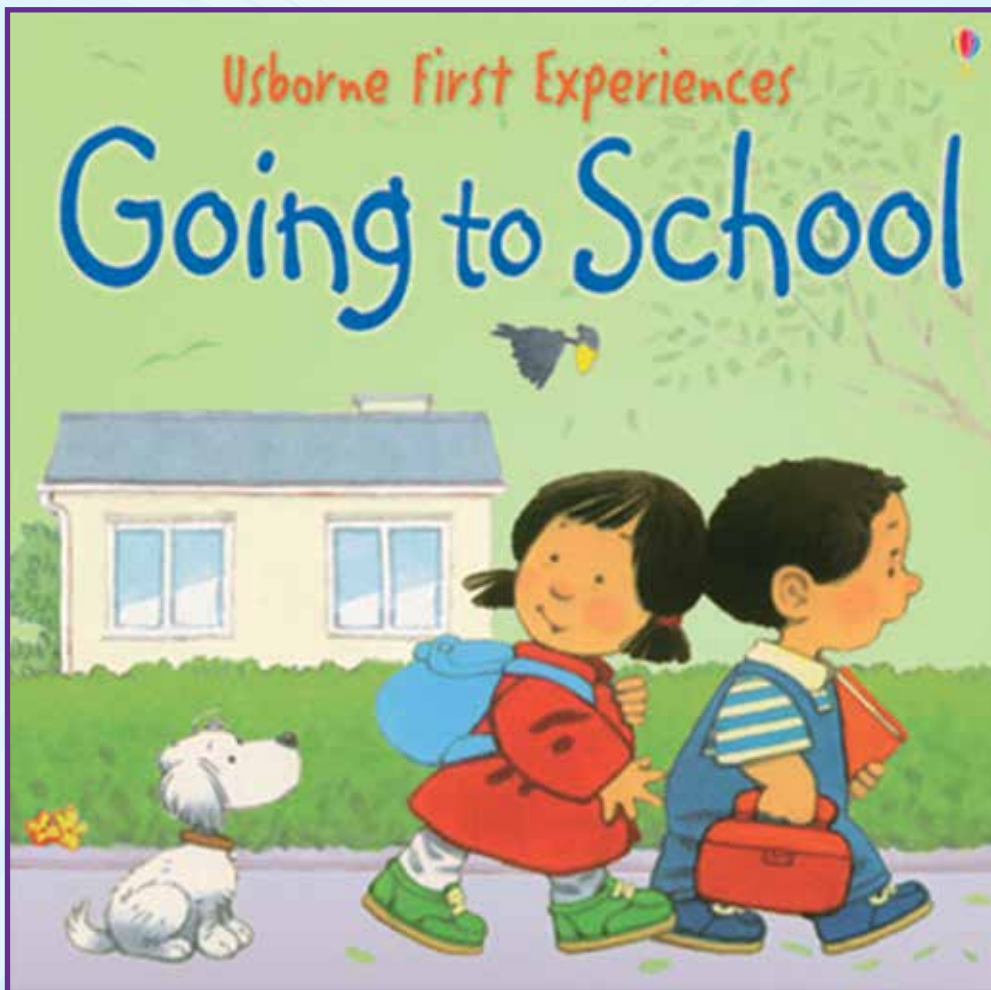
को कहा कि अब आप अपनी-2 (Home Work) किताब लेकर आओ। शिवानी दौड़कर किताब लेकर आई और A से z तक तथा 1 से 100 तक गिनती सुना दीं लेकिन शुभम सिर नीचा करके खड़ा हो गया उसी समय शिवानी ने कहा कि पापा जी इसने अपनी किताब फाड़ दी है और गत्ते पर चिपका दिया है। जब उसके पापा ने उससे प्यार से पूछा तो उसने पलंग के नीचे से उस गत्ते को पापा जी को दे दिया!

उस गत्ते को देखकर उसके पापा के चेहरे पर चमक आ गई। क्योंकि उसने सुन्दर तरीके से A से z तक काटकर गत्ते पर चिपका दिया था। और A से 26 तक क्रमशः नम्बर लिख दिया था। पापा ने शुभम से पूछा ! क्या आपने लिखा हैं, बेटे ने हाँ में उत्तर

दिया। दूसरे दिन उसके पापा ने शुभम तथा शिवानी को साईकल पर बैठाया और दोनों बच्चों को लेकर स्कूल चले गये। वहाँ पहुँचकर प्रधानाचार्य महोदय को उस चिपकाये हुऐ अक्षरों वाले गत्ते को दिखाया और कहा महोदय जो बच्चा A से z तक अक्षरों को गत्ते को इतने अच्छे ढंग से गत्ते पर चिपका सकता है, इसका मतलब उसे सब कुछ समझ है। आप खुद देख लीजिए । लेकिन प्रधानाचार्य महोदय इस चिपकाये हुऐ अक्षरों को देखने के लिए तैयार ही नहीं थी। काफी समय तक शुभम के पापा महोदय का इन्तजार करते रहें कि महोदय एक बार तो चिपकाये गये अक्षरों को देखें शुभम के पापा को गुस्सा आ गया उन्होंने कहा महोदय शायद आपने Albert Einstein का नाम सुना होगा वे चार साल की उम्र तक बोलना नहीं

सीखे और 7 साल की उम्र तक उन्हें पढ़ना नहीं आया था उनके शिक्षक ने उन्हें "Slow" और दिमागी तौर पर कमजोर बताया पर आइंस्टीन का सोचने का तारीका थोड़ा अलग था। उन्होंने बाद में नोबेल पुरस्कार जीता और पूरी दुनियाँ में एक genius कहे जाते है। आपने शायद पढ़ा होगा कि की Edition की माँ को उनके teacher ने कहा था कि यह बिल्कुल नासमझ है। बाद में Edision ने बल्ब को जला दिया और बहुत बड़े Scientist बने ऐसे बहुत सारे उदाहरण हैं।

इन सभी बातों को





सुनने के बाद प्रधानाचार्य महोदय ने कहा ठीक है आप अपनी ड्यूटी पर चले जाओ मैं इसके चिपकाये हुये गत्ते को स्वयं देख लूँगी। शुभम धीरे-2 स्कूल में सब कुछ समझने लगा और गणित में सबसे अधिक नम्बर लाने लगा। शिवानी तो पूरी कक्षा में प्रथम आती थी। उसे अक्सर पढता देखकर शुभम भी पढने लगा। कुछ वर्षों के बाद इनके पापा का तबादला राँची हो गया दोनों बच्चों का नामांकन केन्द्रीय विद्यालय के.रि.पु.बल राँची में पाँचवीं कक्षा में करवाया गया सबसे बड़ा बदलाव शुभम का उस समय हुआ जब वह क्लास सातवीं में पढ़ रहा था और गर्मी की छुट्टियों के दौरान केन्द्रीय प्रशिक्षण महाविद्यालय (सु.प्रौध.) के प्रधानाचार्य श्री एस.एम. हसनैन के द्वारा एक कम्प्यूटर प्रतियोगिता लिया गया। उसमें शुभम ने प्रथम स्थान प्राप्त किया और उसे प्रधानाचार्य के द्वारा 500/-रु नकद पुरस्कार दिया गया शुभम इतना खुश हुआ कि वह 500 रु का लिफाफा लेकर सीधा घर पर आया और अपने पापा के गले लग गया। यही से उसकी जिदंगी में बदलाव आया उसे

यह समझ आ गया कि पढ़ने से पैसा, मान सम्मान मिलता है। उसने जी-जान से कड़ी मेहनत की और 10वीं बर्से में 95% अंक लेकर पास किया। कुछ वर्षों के बाद उनके पापा का तबादला दिल्ली हो गया यहाँ पर बच्चों कड़ी मेहनत की और 2013 में 12वीं में 95% अंक प्राप्त किये लेकिन उस वर्ष 2013 में शुभम का (IIT) में तथा बेटा का MBBS में नहीं हो सका उन्होंने हार नहीं मानी और एक वर्ष फिर कठिन परिश्रम किया और दोनों बच्चों ने अपने लक्ष्य को प्राप्त किया, पढ़ाई के दौरान बच्चों ने अपने पापा से केवल किताबों के आलावा कुछ नहीं माँगा।

मेरा ऐसा मानना है कि जब हम सपने लेकर चलते हैं तो वह पूरे भी होते हैं लेकिन जब कोई असफल होता है। तो वह उस असफलता से कुछ न कुछ सीखता है परन्तु ध्यान रहे कि जो गलती उसने पहली बार की है। वह दोबारा नहीं हो।

"Mistake Should be made but should not be repeated" अगर ऐसा सोचकर अपने लक्ष्य की तरफ लगातार कोशिश करता रहे तो सफलता एक दिन जरूर मिलती है जो मेरे बच्चों के केश (Case) में देखने की मिला। आज शुभम (IIT, कानपुर में पढ़ रहा है और शिवानी MBBS Lady Harding Medical College Delhi में पढ़ रही है।

मेरा ऐसा विचार है कि कोई भी बच्चा बचपन से तेज या कमजोर नहीं होता बस माता पिता को अपने बच्चों को यह अवगत करवाना है कि जितने भी लोग सफल हुये हैं वे साधारण लोग ही होते हैं। पर ऐसे लोग होते हैं जिन्हें अपने आप पर विश्वास होता है अपनी क्षमताओं पर विश्वास है। उनकी कोशिश एक दिन जरूर रंग लायेगी और वह एक दिन जरूर सफल होंगे।

“जय हिन्द”

घर एवं परिवार की चाहत

सत्येन्द्र सिंह,
निरी./हिं.अनु.,

ज.स.शा., महानिदेशालय, केरिपुबल,

नौकरी पेशा वाले लोग हमेशा परिवार से दूर रहते हैं । वे यह सोच कर नौकरी करते रहते हैं कि एक दिन सेवानिवृत्ति के बाद परिवार के साथ रहेंगे। ऐसा ही मन में चाहत लिए केरिपुबल



मे सिपाही के पद पर भर्ती राम लखन सिंह, नौकरी करते हुए हवलदार बन गए थे एवं इस आशा के साथ नौकरी किए जा रहे थे कि एक दिन वह अपने परिवार एवं बच्चों के साथ अवश्य ही रहेंगे । बहुत ही सुन्दर था उनका सपना। उनके दो औलादों में एक लड़का था एवं एक लड़की। लड़के का नाम श्याम एवं लड़की का नाम लक्ष्मी था । उन्होंने अपने मेहनत के बल पर लड़के एवं लड़की को पढ़ा-लिखाकर शादी कर दी एवं पाई-पाई जोड़कर सीवान में उन्होंने एक सुन्दर सा घर का निर्माण यह सोच कर करवाया कि वह यही आकर एक दिन अपने परिवार एवं बच्चों के साथ रहेंगे। कितना अच्छा होगा वह दिन, यह सोच कर रामलखन सिंह, खुशी के मारे झुमें जा रहे थे। पूरे देश में जहाँ-तहाँ नौकरी करने के बाद राम लखन सिंह, निरीक्षक बन गए थे और अब उनके सेवानिवृत्ति यानि सपना साकार होने का समय नजदीक आ रहा था। राम लखन सिंह की पत्नी का नाम गुलाबो था। वह रोज गुलाबो एवं अपनी बहू संध्या से बात करते कि मैं आऊँगा तो यह करेंगे वह करेंगे । लड़का श्याम पेशे से इंजिनियर था । रात में देर से घर आता एवं सुबह

देर तक सोया रहता । इधर राम लखन सिंह का आज सेवानिवृत्ति का दिन था । बहुत खुश थे कि आज 38 वर्ष केरिपुबल में नौकरी करने के बाद अपने सपनों के घर में जा रहे थे ।

इधर घर में सभी लोग इस बात से परेशान थे कि बाबू जी घर वापस आ रहे हैं एवं आते ही घर में पीटी- परेड शुरू हो जाएगी । धर्म पत्नी इस बात से परेशान थी कि अब आते ही आदेश देना शुरू कर देंगे। बेटा इस बात से परेशान था कि अब रोज नसीहत सुनने को मिलेगी एवं सुबह ही पूरे घर के लोगों को उठना पड़ेगा। बहू इस बात से परेशान थी कि अब साड़ी पहननी पड़ेगी एवं काम भी ज्यादा बढ़ जायेगा। सब लोग सोच रहे थे कि बाबू जी की चारपाई कहाँ लगाई जाए । सबने यह निर्णय लिया कि बाबू जी की चारपाई डाईनिंग हॉल में लगा दी जाए । राम लखन सिंह की चारपाई लग गयी । राम लखन सिंह के पोता एवं पोती बहुत खुश थे कि आज दादा जी घर आ रहे हैं । राम लखन सिंह घर पहुँचते हैं । उनका जोरदार स्वागत होता है क्योंकि सेवानिवृत्ति पर उन्हें बहुत पैसे मिले थे । गुलाबों आरती उतारती

है। बहू पाव पखारती है। बहुत धुम-धाम से स्वागत हुआ राम लखन सिंह का। पोता-पोती आकर गोद में बैठ जाते हैं एवं और बोलते हैं कि दादा जी अब आप कभी वापस मत जाना। दादा जी बहुत खुश है कि आज उनका 38 वर्षों का सपना पूरा हो गया। अगले दिन सुबह उठते ही गुलाबों को आवाज लगाते हैं। “गुलाबो-गुलाबो कहाँ हो उठो एवं बेटा, बहू



सबको उठाओ सुबह हो गई है”। क्या बात है जी सुबह-सुबह क्यों चिल्ला रहे हैं। “सो जाईए सब अपने आप उठ जाएंगे”। “अरे क्या बात करती हो भाग्यवान! इतनी देर तक कोई सोता है उठो एवं सबको उठाओ। सुबह उठना अच्छी बात है”। “देखिए जी चिल्लाईए मत। आप अपना काम कीजिए और हमें अपना काम करने दीजिए”। धर्म पत्नी की बात को सुनकर राम लखन सिंह को हैरानी होती है। कुछ तक सब ठीक चला। उसके बाद धीरे-धीरे उनकी घर एवं परिवार की चाहत कम होने लगी। बहू की आवाज आती है। “ऐ जी सुनते हो, मैं ससुर जी से परेशान हूँ सुबह ही उठकर चाय मांगने लगते हैं एवं दिन भर खांसते रहते हैं। इससे घर में बहुत परेशानी होती है। दूसरे ही दिन बाबू जी की चारपाई बरामदे में डाल दी जाती है। उधर उनकी धर्म पत्नी गुलाबों को मोहल्ले वालों से गप्प लड़ाने से फुरसत नहीं थी। इधर राम लखन सिंह के सपने चूर होते जा रहे थे। उनका 38 वर्षों का सपना विखर रहा था। उनसे घर

में बात करने के लिए किसी के पास समय नहीं था। बहू पोता-पोती को ससुर के पास नहीं आने देती थी कि बाबूजी को खासी है, इन्हें भी हो जाएगी। बेटे को नौकरी से फुरसत नहीं एवं बेटी जब भी घर आती केवल पैसे की मांग करती। राम लखन सिंह उम्र के पड़ाव में धर्म पत्नी के रहते भी अजनबी से बन गए थे। बहुत ही दुःख होता था उन्हें, यह सोचकर कि मैंने क्या सोचा था एवं क्या हो रहा है मेरे साथ। क्या इन्हीं दिनों के लिए मैंने अपना पूरा जीवन केरिपुबल में व्यतीत कर दिया कि एक दिन अपने परिवार एवं बच्चों के साथ रहूँगा। मेरी सोच बहुत गलत थी। अब राम लखन सिंह को परिवार एवं घर की चाहत से ज्यादा केरिपुबल की पीटी-परेड याद आने लगी। उन्होंने बहुत ही कठोर कदम उठाया एवं घर परिवार को छोड़कर नदी किनारे जाकर एक साधु के सानिध्य में अपना जीवन व्यतीत करने लगे एवं तब उन्हें यह भान हुआ कि वास्तविक घर परिवार तो ईश्वर भजन, मानव सेवा एवं प्रकृति प्रेम में है।



191 बटालियन की 8वीं वर्षगाँठ

191 बटालियन, जिसका मुख्यालय देसाईगंज में स्थित है, ने अपनी 8वीं वर्षगाँठ 3 मई 2014 को मनाई। इस वर्षगाँठ के अवसर का मुख्य आकर्षण रक्तदान शिविर तथा श्वॉन दस्ता (Dog Squad) ने उनके ट्रेकिंग और सूंघने के कौशल से छिपाए गए विस्फोटक पदार्थ एवं संदिग्ध

व्यक्ति को पकड़ना तथा रुकावटें पार करने का प्रदर्शन रहा, । इसके साथ ही बटा. के कमाण्डेन्ट श्री सुरेश एस. ने न केवल शहीद जवानों को श्रद्धांजली अर्पित की व बटालियन के 06 वीरता पदक विजताओं का शुक्रिया अदा किया। उन्होंने अपने विशेष सैनिक सम्मेलन में जोर देते हुये कहा कि हमारे जाबाज जवानों ने उत्तरी गढ़चिरोली में नक्सल गतिविधियों को नाकाम कर क्षेत्र को घटना मुक्त रखा है। इसके लिए जवानों की भूरि-भूरि



सराहना की गयी। इस अवसर पर अलग-अलग अंतर समवाय प्रतियोगिताएँ आयोजित कराई गयी जिनमें वॉलीबॉल प्रतियोगिता, फायरिंग प्रतियोगिता, शारीरिक सौष्ठव दक्षता प्रतियोगिता तथा भीत. री खेल जैसे कैरम, क्विज प्रतियोगिता

आयोजित कर उनमें पुरस्कार वितरित किए गए। र. दिया जिसकी जनता द्वारा काफी सराहना की गई। 191 बटा. उत्तरी गढ़चिरोली में नक्सल विरोधी अभियानों में कार्यरत है तथा प्रभावी रूप से अपने कार्यक्षेत्र को सुरक्षित रखा हुआ है। 191 बटा. को खोब्रामेंढा दलम की रीढ़ की हड्डी तोंडने का श्रेय अप्रैल, 2011 के मुठभेड़ से प्राप्त हुआ।

148 बटालियन द्वारा घातक बम की बरामदगी

कमाण्डेन्ट 148 बटालियन, श्री सुरेन्द्र चौधरी के निर्देशन में तथा आउट पोस्ट पोखरिया से विश्वसनीय सूचना के आधार पर जिला पुलिस के साथ एक विशेष संयुक्त परिचालिक अभियान चलाया



गया। आउट पोस्ट पोखरिया, पुलिस स्टेशन-कोन, जिला-सोनभद्र में उत्तर प्रदेश -बिहार सीमा पर स्थित गांव में है । अभियान के दौरान बिहार स्थित गांव-डुमरखोहा जिला-रोहतास से करीब 01 किलोमीटर पहले घने जंगल के बीच गुजराती पगडंडी के किनारे पत्थरों के बीच जिंदा 51 एम.एम मोर्टार का 01 नग एच.ई.बॉम्ब (लांट सं. 38 पंजीकृत संख्या-एम. आई. 10/94) जवान द्वारा देखा गया। उत्तर में ऊँची पहाड़ियाँ तथा चारों ओर घने जंगल में नक्सलियों द्वारा रखे गए इस बम से सुरक्षा बलों को भारी नुकसान पहुँच सकता था ।

कृष्ण से पुकार

—दुर्गा प्रसाद
कमाण्डेन्ट, 5 बटालियन

यदुवंशी, तुम भी तो श्रापित थे.....
फिर तुम कृष्ण कैसे हुए ।
यदुवंशी, तुम भी तो निःसंतान थे,
फिर तुम कृष्ण कैसे हुए ।
फिर तुम्हारा राधे संग, आडंबर या झूठ,
वात्सल्य का सागर या फिर प्रेम अटूट ।
विरह में तड़पती राधे,
क्या तुमने, कुछ किए उपाय ।
लोक-लाज का आवरण लिये,
तुम रहे, संग रूक्मणी लिये ।
क्यों नहीं तोड़ा, बंधनों का आडंबर,
क्यों नहीं किया, सपनों को सरोकार ।
चाहते तो सशरीर स्वीकारते राधे की प्रीत,
होने देते, युग परिवर्तन में एक नई रीत ।
अतः— हे राधे तुम पूजनीय हो ।।
बताओ मीरा का अपराध,
जिसके तुम आराध्य, बने अपराध ।

सही, हर क्षण कटाक्ष के व्यंग्य,
रही सहती, शरीर, आत्मा, अतरंग ।
मीरा तो थी बेसुध,
दूर पर तुम तो नहीं थे बेसुध, मजबूर ।
अश्रुबिन्दु पर टिकी वीणा,
किसने जानी मीरा की पीड़ा ।
आरम्भ से अन्त, तक.....
शरीर की यात्रा के पथ पर ।
मीरा सशरीर कृष्णमयी हुई,
अन्तगोत्वा.....
मीरा तुम तो श्रद्धेय हो,
मीरा तुम तो केवल श्रद्धेय हो..... ।।।
इस होली पर कृष्ण से यही पुकार—
दे दो मुझको यह उपहार...
वैमन्सय, अनन्य विकारों, से करा दो पार,
मीरा की भांति भवसागर से कर दो उस पार ।
मीरा की भांति भवसागर से कर दो उस पार ।।

दंश

अपने ही जीवन को सह पाना कष्टकर लगने लगा ।
मित्रों की दोस्ती का भरोसा एक भूल से, दंश सा लगने लगा ।
न दुख का प्रतिकार हो सका, न विद्रोह की अभिव्यक्ति,
केवल स्वरहीन विद्रोह की घोषणा ।
मानो मृत्यु भी परिभाषाहीन हो गई ।



महानिदेशालय समाचार



श्री राजनाथ सिंह, माननीय केन्द्रीय गृहमंत्री, को केरिपुबल मुख्यालय, आगमन पर पुष्पगुच्छ भेंट कर स्वागत करते श्री दिलीप त्रिवेदी, महानिदेशक (बांए) व माननीय केन्द्रीय गृहमंत्री, द्वारा केरिपुबल, मुख्यालय में बैठक के दौरान अधिकारियों को सम्बोधित करते हुए (दांए)



श्री दिलीप त्रिवेदी, महानिदेशक, केरिपुबल द्वारा ग्रुप केन्द्र केरिपुबल सोनीपत में प्रशासनिक भवन का उद्घाटन किया गया (बांए) उद्घाटन के उपरान्त श्री दिलीप त्रिवेदी महानिदेशक महोदय को स्मृति चिह्न भेंट करते हुए श्री सूरजभान काजल, महानिरीक्षक (दांए)

महानिदेशक स्टाफ कैम्प में सैनिक सम्मेलन का आयोजन



महानिदेशालय स्टाफ कैम्प में सैनिक सम्मेलन में केरिपुबल गीत के दौरान उपमहानिरीक्षक (प्रशासन) एवं जवानगण



श्रीमती अनुपम कुलश्रेष्ठ पुलिस उपमहानिरीक्षक (प्रशा.) द्वारा सैनिक सम्मेलन के दौरान अधिकारियों एवं जवानों को सम्बोधित करते हुए



श्री दिलीप त्रिवेदी, महानिदेशक 108 आर.ए.एफ मेरठ में 7 मई, 2014 को राजपत्रित अधिकारी मैस का उद्घाटन करते हुए



श्रीमती सुनीता त्रिवेदी, अध्यक्षा कावा 108 आर.ए.एफ मेरठ में 7 मई, 2014 को चिकित्सालय का उद्घाटन करते हुए

राष्ट्रपति भवन में आयोजित समारोह में श्री पी.आर. मिश्रा,
उप कमाण्डेन्ट को ‘शौर्य चक्र’ प्रदान करते हुए भारत के राष्ट्रपति
श्री प्रणव मुखर्जी

