



Sardar Vallabhbhai Patel

Newsletter 2012

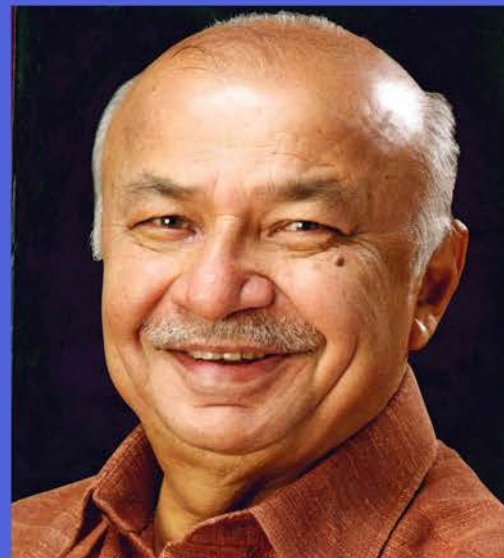
National Police Academy
News Letter
of the Alumni



Special Issue : Integrated Police Training



Shri P. Chidambaram
Hon'ble Union Minister of Home Affairs
Taking Salute at the 63 RR (2010 Batch), POP



Shri Sushil Kumar Shinde
Hon'ble Union Home Minister
Chief Guest at the 64 RR (2011 Batch), POP



Group Photo of 64 RR (2011 Batch)



Inauguration of 64 RR (2011 Batch) by
Shri Jitendra Singh
Hon'ble Union Minister of State for Home Affairs



FOREWORD

Training Response to Field Challenges: Integrated Police Training

A police officer must possess the fleetness of Mercury, the tenderness of Florence Nightingale, the medical knowledge of a doctor, and the legal knowledge of a judge-August Vollmer



The Indian Police is saddled with colonial heritage and bad image. It has managed to somehow keep the rule of law ticking but without winning the trust of the people. The stressful service conditions and supreme sacrifices are no guarantee to an average policeman of social recognition or creature comforts. The fact that Indian laws do not lead to speedy and affordable access to justice, puts enormous burden on their legitimacy. Worse is that neither the organizational culture nor the external environment lays much premium on their integrity and efficient service delivery.

Any consideration regarding the inadequacies of Indian Police System invariably brings focus on police training. The inadequacy areas are too well known – human resource competency, user friendly infrastructure, legal mistrust, long working hours, malfeasance, protection-detection ability, intelligence deficit, image-deficit, legitimacy-deficit, democracy-deficit, technology, forensics, interview skill, physical fitness, soft skill, communication skill, social-political-heritage-constitutional sensitization, community orientation/ outreach, resource management, change management, autonomy space, client satisfaction, trust-deficit, accountability-deficit, research-deficit, transparency-deficit, brutality, integrity, quality response, being the prominent ones. Most of these would easily fall in the training domain.

The Police Training in India has been shaped as a unique in-house protocol, consuming upto 2-3 years, to transform a casual individual into a rigid regimental set up that, ironically, is required to serve a democratic polity. Hardly any other government organization, apart from military, spends so much of time, energy and financial-administrative-human resources on such conditioning of their new entrants. Nor any other organization receives so many younger men and women in its fold year after year as police do. Yet, there exists enormous variance in the training objectives and the finished product, which is normally wished away by blaming the field conditions. However, that can only be one end of the explanation, and that too an amorphous and unaccountable one. The other end, the concrete and accountable one, would be the training profile itself. Clearly, the full potentials of police training are yet to be realized in the country.

The institutional police training can have no purpose but to prepare the cadets for the field challenges. But the police training institutions are at best churning out half baked *Abhimanyus* who are ill versed with the craft of mastering the complex *Chakravyuhas* awaiting them in the field. Even the rare breed of *Eklavyas* among them are prompted by field *gurus* to surrender their right (eous) thumbs at the altar of service compulsions. The committed *Arjunas* remain a distant dream, whose curiosities and misgivings have been fully met, whose thirst for knowledge and insight is fully drenched, and whose skills, in protecting the citizens and neutralizing the wicked, are fully harnessed.

Integrated Police Training is an alternative model that has evolved in the National Police Academy, Hyderabad during the calendar year 2012. At the psychomotor or physical level, the integrated lesson comprises the content, the context and the application along with the consequent impacts and the side-effects, moulded into one training process; at the cognitive level, it combines the social, the legal and the professional; and at the affective level the sensitization, the orientation and the competency, in order to transplant the matrix of attitude, knowledge and skill on to learners' DNA, in the context of field challenges, through appropriately identified methodologies. In other words, the training Integration happens at three planes:

1. Knowledge & Skill – integrating the content, the context, the technology, the application, the impact and the side effect.
2. Attitude & Skill – integrating the (Social & Personal) Sensitisation, (Legal & Moral) Orientation and (Domain & Inter-segmental) competency.
3. Pedagogy & Skill – integrating the lecture theme with various concentric aspects and operational stages, and relevant methodologies and training aids.

The dynamic intermix of field challenges and training responses have thus carried forward this model.

Vikash Narain Rai
Director
Sardar Vallabhbhai Patel
National Police Academy



NEWS LETTER

Theme: Integrated Police Training

64 RR 2012

1. About the Academy	1
2. Profile of 64 RR Batch of Officer Trainees	7
3. Background of Integrated Training	13
4. Integrated Training Regimen - 64 RR Batch	14
5. General Information	38
5.1 Photographs related to 64 RR Batch Training	38
5.2 Glimpses of Re-Union Seminar	54
5.3 Glimpses of Mid-Career Training Programme	56
5.4 Learning Infrastructure of NPA	60
5.5 Information about faculty	73



INTEGRATED TRAINING REGIMEN

1. About the Academy

Sardar Vallabhbhai Patel National Police Academy is the premier police training institution in the country for imparting basic training to new entrants to the Indian Police Service (I.P.S.) and also for conducting In-service Courses for I.P.S. Officers of various ranks as part of their career development. After Independence, Sardar Vallabhbhai Patel, the first Union Home Minister emphasized the importance of having a ring of services, which will keep the country intact under a Federal Constitution. He said, *'..... the Union will go, you will not have a united India, if you do not have a good All India Service, which has the independence to speak out its mind.....'*. Thus was born the Indian Police Service (I.P.S.) to replace the Indian Police (I.P.)



from Main Entrance of Academy

After the creation of the Indian Police Service as an All India Service, the Central Police Training College was established at Mount Abu in Rajasthan on 15th September, 1948. This institution was renamed as National Police Academy in May 1967. As a befitting token to the memory of Sardar Patel, who had the foresight and dynamism to think in terms of All-India level Police Service, the Academy was named after him in November 1974. The Academy which has become the pride of Indian Police, trains new entrants to the Indian Police Service who come all regions of the country and from different strata of society.

Vision of The Academy

To be a Global Centre of excellence in Police Training.

Mission of The Academy

The primary purpose of the Sardar Vallabhbhai Patel National Police Academy is to prepare leaders for the Indian Police, who will lead the force with courage, uprightness, dedication and a strong sense of service to the people.

The Academy will endeavour to inculcate values and norms in IPS officers which would help them serve the people. It will try to inculcate integrity of the highest order, sensitivity to aspirations of people, respect for human rights, broad liberal perspective of law and justice, high standard of professionalism, physical fitness and mental alertness.



Michelangelo was once asked, 'How do you produce statues that are so full of life?'

"The rough marble already contains the statues", Michelangelo said, "It is just a matter of extracting them".

There is already a fine officer in you, help us to chisel it.



The Academy will be a focal point for training of trainers of police training institutions all over the country, and will provide consultancy services to sister training institutions for improving their management of training function.

The Academy will be a centre for research studies and will encourage and support research on police subjects. It will expand its capacity for conduct of research through tie-ups with similar institutions in and outside the country.

Functions of NPA

The functions of NPA can be classified in 3 domains:

- Training
- Research
- Consultancy

Since these Functions overlap for functional effectiveness, interaction among those is presented in Figure-1:

AT NPA, 'Training is reinforced by 'Research' and 'consultancy' functions.

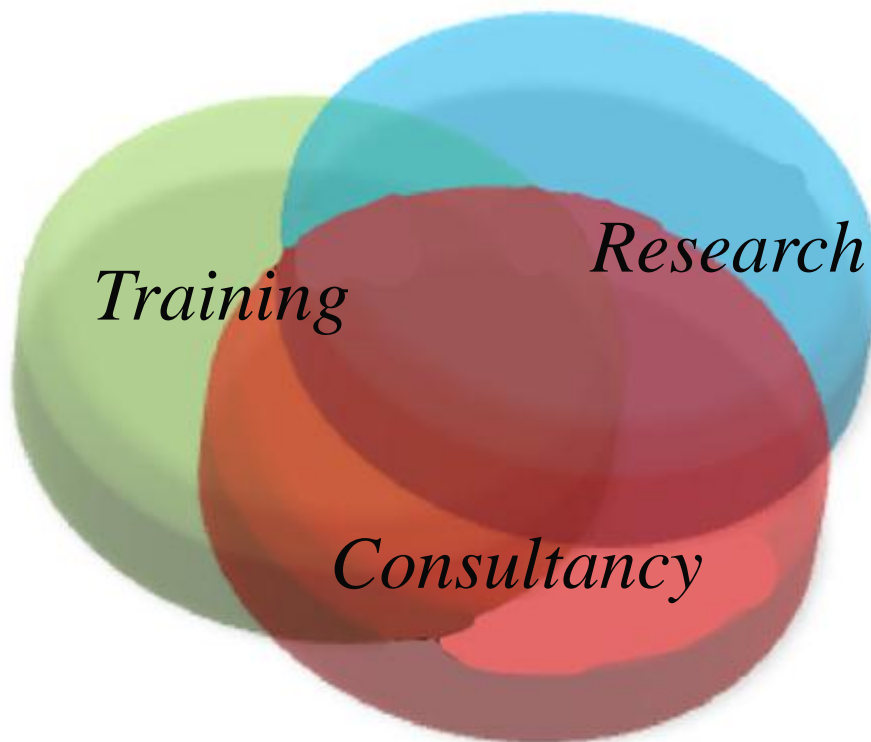


Figure 1: Functions of NPA



Organisational Structure of NPA is presented below in Figure 2:

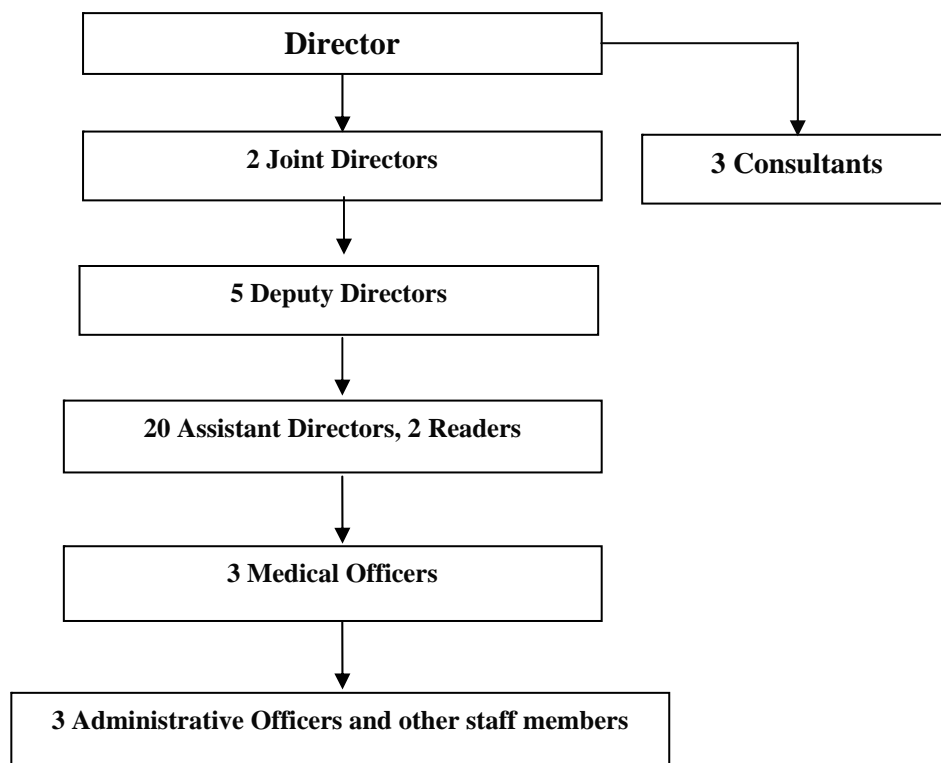


Figure 2 : Administrative Set up of NPA





Training Courses at NPA

Cited below is the broad classification of training courses conducted at the Academy in 2012.

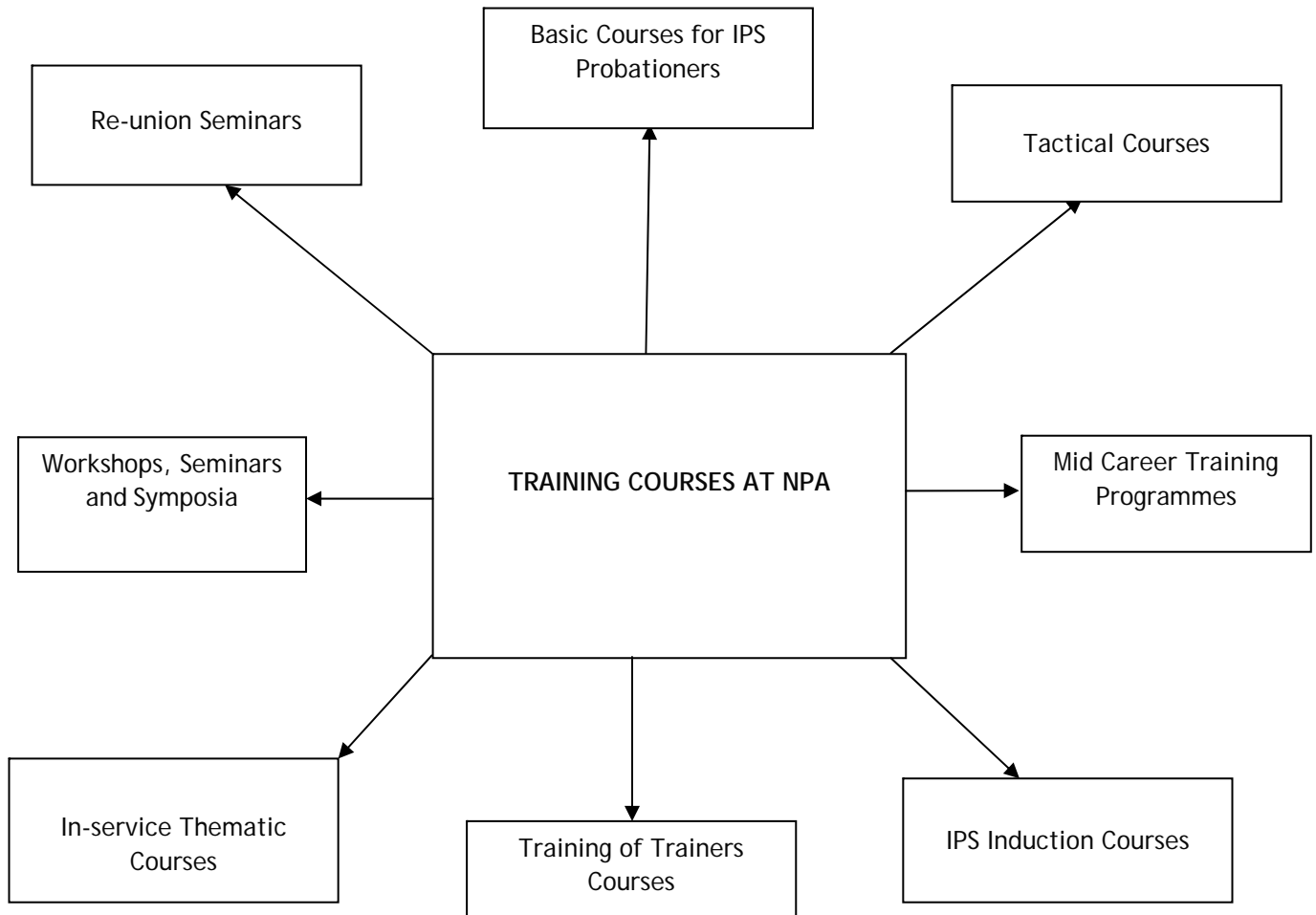


Figure 3: Training Courses at NPA

President's Colours

In recognition of the outstanding achievements of the Academy and its service to the Nation, the Academy received the President's Colours on its 40th Anniversary on September 15, 1988.

Research

Research is being given prominence in the Academy to reinforce the training function. Research fellowship scheme of NPA has been modified to promote collaborative research involving eminent academicians alongwith experienced police officers. 'Centre for Applied Police Research' in NPA will be instituted in the Academy as per the recommendation of the Parliamentary Committee. The objectives of the proposed centre are:-



President's Colours



- Obj 1.** To identify the areas of Police commitment for research in our country.
- Obj 2.** To identify the bottlenecks and snags that are bound to surface while enforcing order and applying legal and investigative processes, and suggest remedial response.
- Obj 3.** To undertake studies for facilitating proper technological and forensic response to crime in India.
- Obj 4.** To strengthen the IPS Probationers training function by periodically undertaking research projects on –
- Systematic training needs assessment.
 - Validation of course designs.
 - Post -training evaluation.
- Obj 5.** To up-date the course inputs in consonance with the needs of police organization through ‘Action Research Projects’ in the following subjects:
- Strategic Leadership
 - Legal and Trauma support
 - Investigation domain
 - Human Resources Management
 - Development of Case Studies & Simulated Exercises
 - Community Interface
- Obj 6.** To standardize the training methodology and develop ‘Integrated Training Regimen’.
- Obj 7.** To train IPS Officers attending various MCTP courses at the Academy in ‘Research Methodology’ so that they may organise research activities for improving the administrative, operational and leadership skills for better policing.
- Obj 8.** To document the current research in Police Sciences for dissemination to sister Police training institutions and IPS Officers in field.
- Obj 9.** To co-ordinate and provide the support to the research studies being undertaken in Police Sciences at the Academy.
- Obj 10.** To assist the researchers under the NPA’s Fellowship Scheme and University Scholars, Academicians, Police Officers etc. who undertake Police related research.
- Obj 11.** To establish organic linkages with institutions of eminence to undertake collaborative research studies in Police Sciences both within and outside the country.



Research at NPA in 2012

This year following research projects have been completed under the fellowship scheme of the Academy:-

1. 'Impact of Training on the performance of IPS Officers' by Shri H.J. Dora, IPS (Retd), former DGP of Andhra Pradesh.
2. 'Questioning an Accused – Prescriptions and Practice – Towards Greater Professionalism' by Dr. S. Krishnamurthy, IPS (Retd), former DGP of Karnataka.
3. 'Training Needs of Police personnel in Naxal prone Areas of Chattisgarh and Orissa' by Dr. B.N. Ramesh, IPS, IG (Ops) CRPF, Srinagar.
4. 'Performance Indicators for Police at Police Station, District and State Levels' by Shri J.S. Pandey, IPS (Retd), former DGP of Uttarakhand.
5. 'Quality Audit on the Activities of NPA' by Dr. Nirmala Bagchi, Centre for Innovation & Technology, The Administrative Staff College of India.

Sardar Patel Memorial Lecture

The annual Sardar Patel Memorial Lecture was delivered by Dr.E. Sreedharan, Ex-Managing Director, Delhi Metro on 21.09.2012

Dr. Sreedharan addressed Sardar Patel as the builder of the United India. His heroic role in the country's freedom struggle as well as strengthening the Administrative machinery post-independence is unparalleled. 'Let the life, sacrifice and the achievements of Sardar Vallabhbhai Patel be a beacon forever to the young probationers', he said.

He said that Delhi Metro's success was solely due to the unique work culture, ethics and values the organization is able to instill and nurture among its employees. The cardinal pillars of this work culture are (1) Integrity (2) punctuality (3) professional competence and (4) social responsibility. The key stone of the work culture of the police should be integrity. Integrity is not merely honesty or absence of corruption. It covers a wide area of police activities and can be summed up as "having good moral values".



Dr.E. Sreedharan, Ex-Managing Director,
Delhi Metro





2. Profile of 64 RR (2011 Batch) of Officer Trainees

To begin with the batch consisted of 159 Officer Trainees. Out of them 05 belonged to previous batches of Indian Police Service. The batch included 04 officers from Royal Bhutan Police, 05 Officers from Nepal Police and 04 officers from Maldivian Police and 24 female officers (21 IPS, 2 RBP, 01 Maldives). During training, 11 officers left the Indian Police Service and 01 officer will be leaving after POP, and 08 officers were granted extra ordinary leave. Therefore, at the end 140 Officer Trainees including 13 foreign officers remained in the batch.

Table – 1
Gender

Male	Female	Total
109 (86%)	18 (14%)	127

Figure - 4

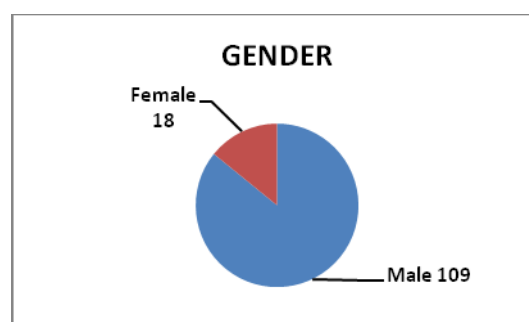
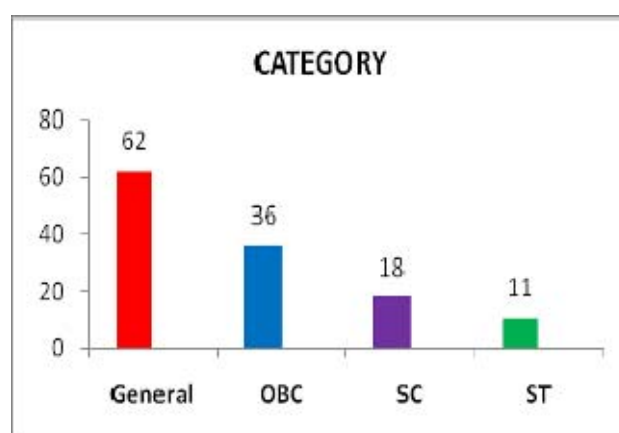


Table – 2
Category

	Gen	OBC	SC	ST
Female	08	4	5	1
Male	54	32	13	10
Total	62	36	18	11

Figure - 5





62 Officer Trainees belonged to General Category whereas 36, 18 and 11 belonged to OBC, SC and ST categories respectively.

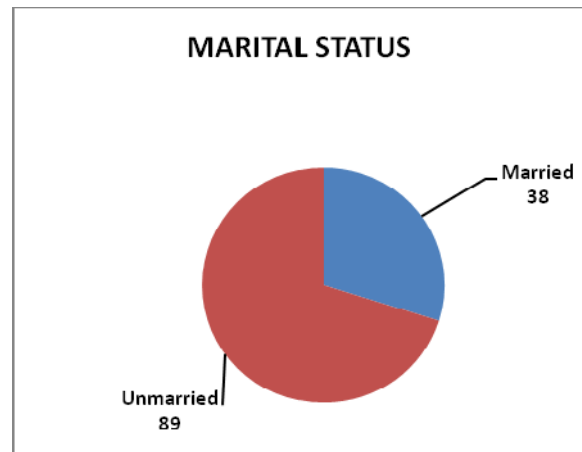
Marital Status

30% Officer Trainees were married and 70% were unmarried.

Table – 3
Marital Status

	Married	Unmarried
Female	3	15
Male	35	74
Total	38	89

Figure - 6



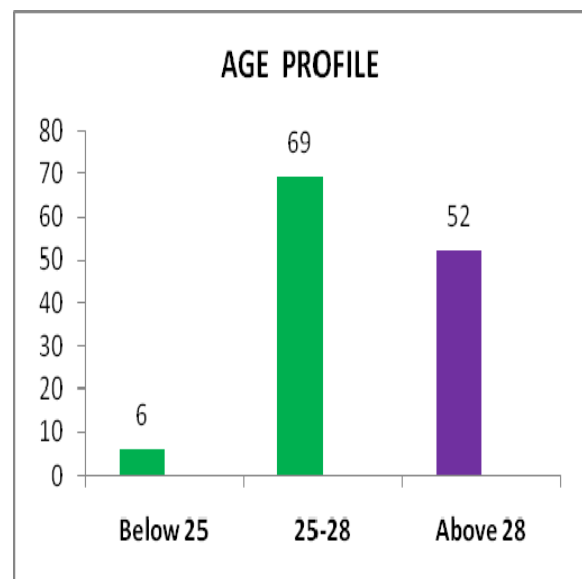
Age Profile

Average age of the batch was 28 years. 5%, 54% and 41% Officers trainees were found to be below 25 years, between 25 to 28 years and above 28 years respectively.

Table – 4
Age Profile

Age	Female	Male	Total
Below 25 Years	1	5	6
25 – 28 Years	12	57	69
Above 28 Years	5	47	52
Average Age – 28 Years			

Figure - 7

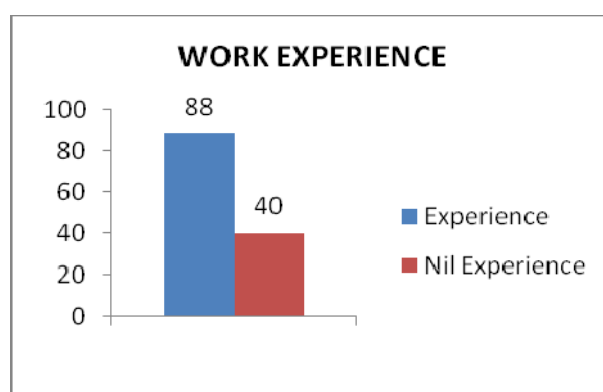


**Work Experience**

69 Officer Trainees were found to have previous work experience .

Table – 5
Work Experience

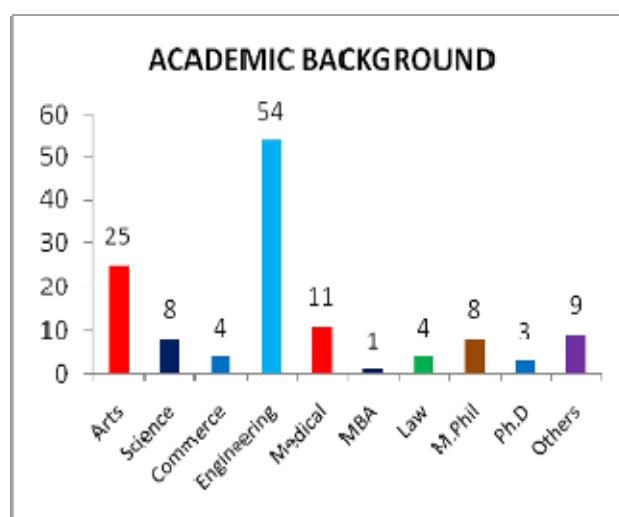
	Female	Male	Total
Having previous work experience	10	78	88
Having no previous work experience	8	31	40

Figure - 8**Academic Background**

54 out of 127 IPS Officer Trainees of 64 RR Batch are from Engineering background and 3 of them have Ph.D. Degrees.

Table – 6
Academic Background

Background	No. of Trainee Officers
Arts	25
Science	8
Commerce	4
Engineering	54
Medical	11
MBA	1
Law	4
M.Phil	8
Ph.D	3
Others	9

Figure - 9



64 RR

Table -7
Domicile

State	Female	Male	Total
Andhra Pradesh	1	16	17
Assam		1	1
Bihar		8	8
Delhi	2	5	7
Gujarat	1	1	2
Haryana		3	3
Himachal Pradesh		1	1
Jammu & Kashmir		1	1
Jharkhand		1	1
Karnataka		7	7
Kerala		4	4
Madhya Pradesh	2	2	4
Maharashtra	2	7	9
Manipur		1	1
Odisha		1	1
Punjab		4	4
Rajasthan	5	7	12
Tamil Nadu		11	11
Uttar Pradesh	4	23	27
Uttarkhand		2	2
West Bengal	1	3	4



Table – 8
Cadre Allotment

State	Female	Male	Total
AGMUT	4	7	11
Assam-Meghalaya	-	5	5
Andhra Pradesh	-	7	7
Bihar	-	6	6
Chhattisgarh	-	2	2
Gujarat	3	3	6
Haryana	1	3	4
Himachal Pradesh	1	2	3
Jammu & Kashmir	-	2	2
Jharkhand	1	2	3
Karnataka	-	6	6
Kerala	-	5	5
Maharashtra	1	8	9
Manipur	1	1	2
Madhya Pradesh	2	5	7
Nagaland	-	1	1
Orissa	-	4	4
Punjab	-	4	4
Rajasthan	-	2	2
Tamil Nadu	2	8	10
Uttar Pradesh	1	13	14
Uttarkhand	-	1	1
West Bengal	1	12	13



Table – 9

64 RR: Foreign Officers

Gender	Royal Bhutan Police Officers	Maldives Police Officers	Nepal Police Officers
Male	2	3	5
Female	2	1	-
Marital Status			
Married	-	4	3
Unmarried	4	-	2

Table – 10

Age Profile

	Royal Bhutan Police Officers	Maldives Police Officers	Nepal Police Officers
Below 25 years	02	--	--
25-28 years	02	02	03
Above 28 years	--	02	02



Initial Fitness Test

**Table – 11 Previous Service**

	Royal Bhutan Police Officers	Maldives Police Officers	Nepal Police Officers
Having Previous Work Experience	4	4	5

Table – 12 Educational Qualification

	Royal Bhutan Police Officers	Maldives Police Officers	Nepal Police Officers
Arts	2	2	-
Science	-	1	-
BBA	2	-	-
Post Graduation	-	1	5

3. Background of Integrated Training Regimen

M.S. Gore Committee was constituted by Government of India in 1971. The purpose was to study the basic short-comings in the arrangement for the training of Police Officers under the Centre and in the States. It was also to suggest the measures to be taken to bring about the desired improvement in the existing training regimen. The Committee gave a comprehensive report on Police Training in 1972.



Shri S.G. Gokhale, Director, National Police Academy, Mt. Abu presenting memento to Dr. M.S. Gore in 1972

Gore Committee, emphasizing the need for integrated training observed:

“During our visit to various police institutions, we found that different aspects of same topic were covered one by one and at different times, thus depriving the participants of a total understanding of various aspects relating to the totality of the situation. Integrated or concentric method of teaching should be adopted in all training programmes. This will involve close cooperation between the various staff members lecturing on different aspects of the same theme..”

Ironically, while covering the outdoor aspects such as Drill, Weapons, Crowd control, Field craft etc. the topics are being covered *more or less* in an integrated manner, even though the vital contextualisation is not fully there in terms of constitutional and operational dimensions. However, when it comes to covering the *aspects of core policing* like Police Station, Investigation, Application of Law, Community Interface, Scientific Orientation, Law and Order, Human Resource Management etc. *the integrated approach itself is mostly missing.*



Deliberation of Gore Committee at NPA, Mount Abu, 1972



The Police Academies are acting more as Teaching Academies rather than Training Academies. It was felt that the NPA provided an excellent platform for the IPS probationers to be taught by the best scholars from the police and other walks of life. However, the dichotomy was that a lot of IPS probationers are trained by the disoriented / compromised trainers during their field training. The applied policing was missing in the absence of integrated training platforms.

4. Integrated Training Regimen – 64 RR Batch

As an innovation for 64th batch of Officer Trainees, 'Integrated Training Regimen' has evolved, taking cue from the recommendations of Gore Committee on Police Training (1972) . In the Integrated Training Regimen the Indoor and Outdoor subjects are not taught in isolation. Focus has been more on contextualization and application of the subject matter. The integration of Attitude, Skill and Knowledge aspects ensured that the training was related to the field objectives. The gap between the Field and the Academy was bridged by:

- Applying core policing in the context of Indian Constitution, Human Rights, Community Objectives
- Forensic Interface and Scientific Orientation
- Shifting Focus from *authority* based policing to *rights* based policing
- Making the teaching at Academy skill oriented and hands on
- Conducting Field Visits
- Using real life simulations
- Using case studies
- Giving visible crime and visible intelligence field projects to the officer trainees
- Utilising democratic platforms
- Internalising 'Sesitised Police for Empowered Society'



The Figure cited below communicates the philosophy of Integrated Training by bridging the gap between the field and the Academy.

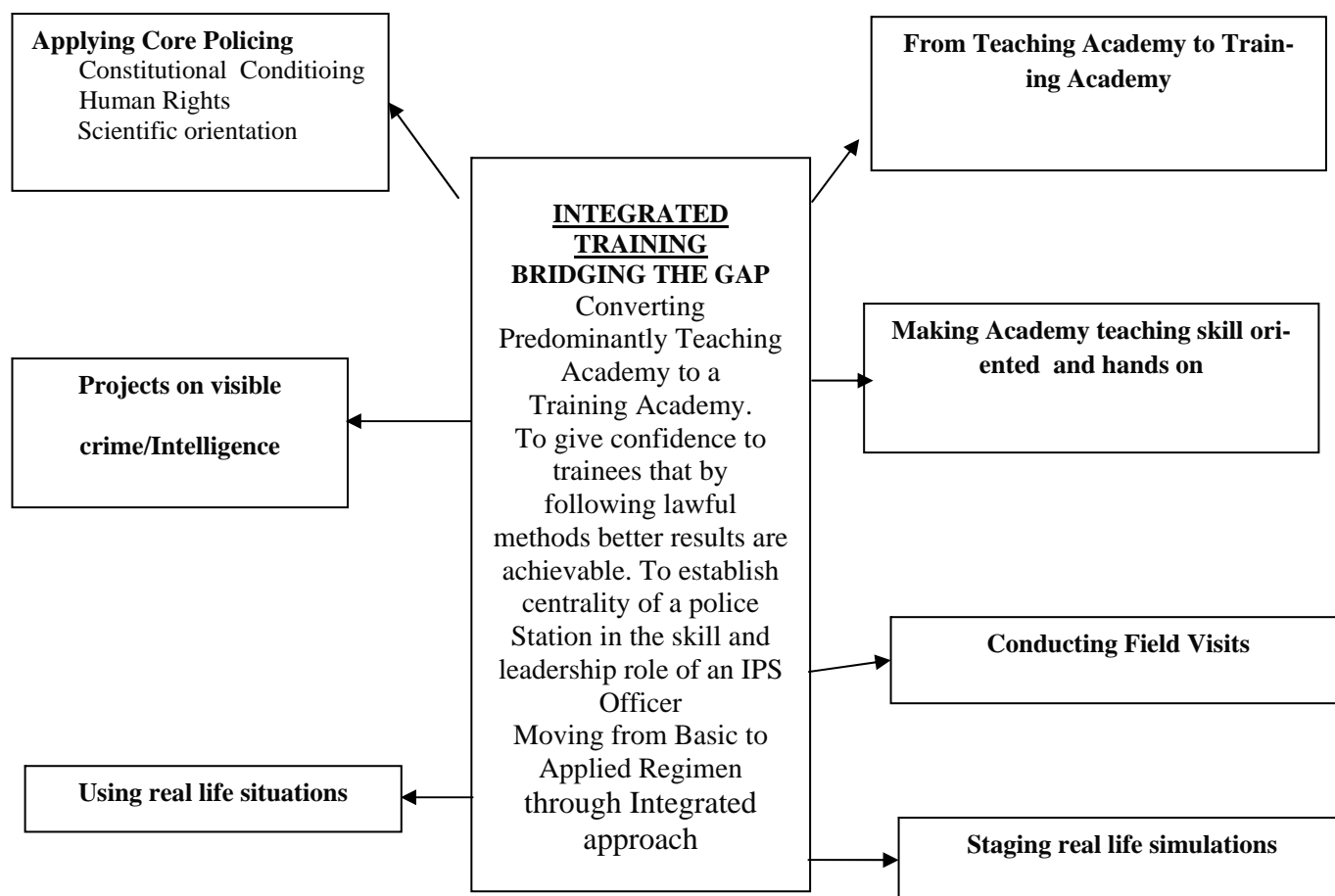


Figure 10 : Bridging the gap between the Field and the Academy

Three domains of Integrated Training Process

In order to develop appropriate mind-set through a process of de-conditioning & conditioning, the officer-trainees were addressed not just in the professional domain but also in the personal and social ones. They are exposed to three integrated learning processes, namely, Sensitization (personal & social), Orientation (legal and moral) and Competencies (domain & intersegmental), with focus on sensitivity towards environment.

The trainees were sensitized towards integrity, gender, communal harmony, national integration, juveniles, marginalized groups, soft skills etc to give proper perspective for meeting the challenges of policing in a Democratic Society. The social-purpose of policing was emphasised to give proper legal and moral orientation to the trainees through workshops, field visits, modules and projects. The competency aspects circumscribed the acquisition of application focus and professional skills through relentless hand on practices.

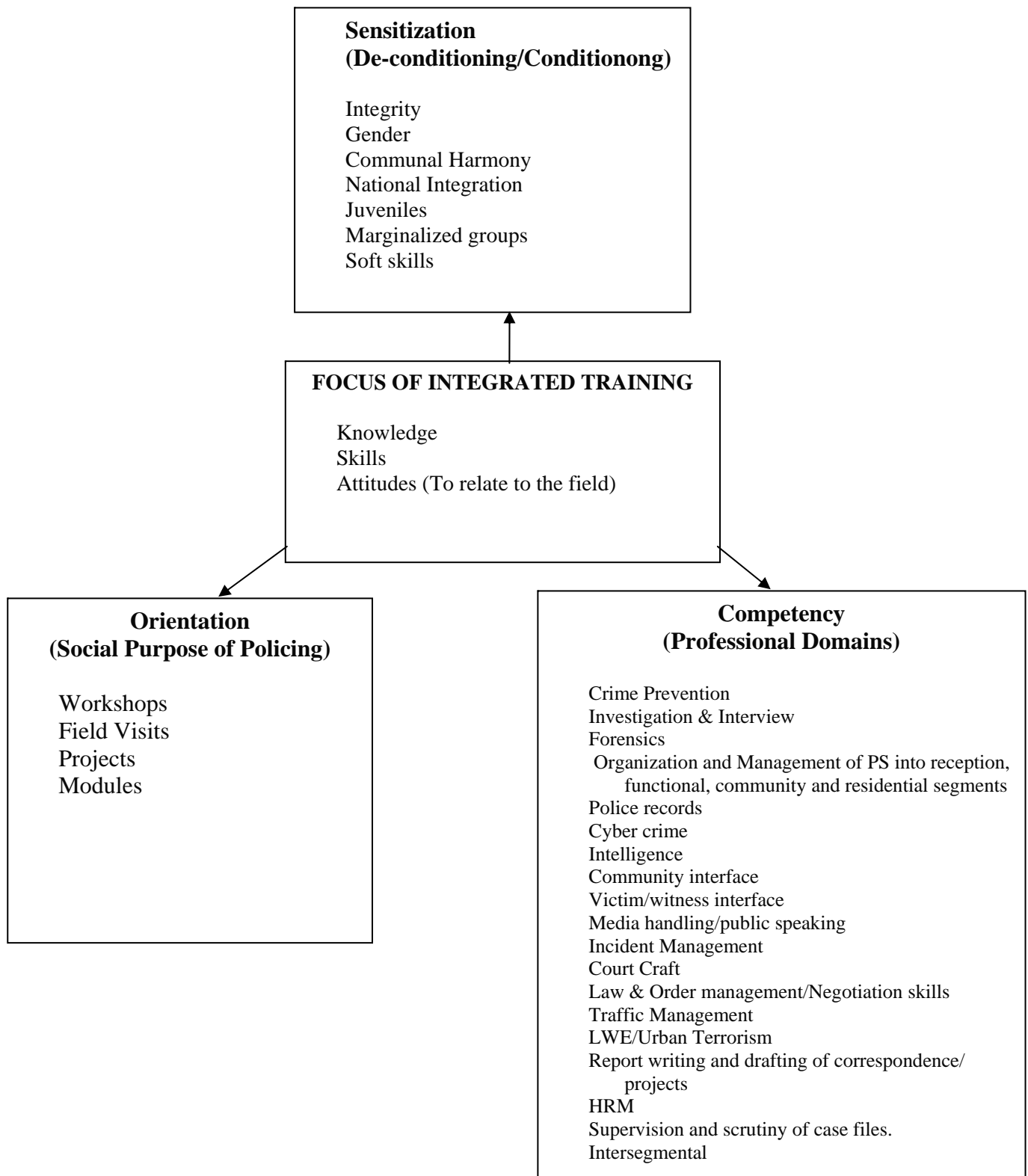


Figure 11: The SOC (Sensitization /Orientation/Competency) dimensions of Integrated Training



Following Integrated Formats for Indoor and Outdoor Training adopted

Table – 14
Integrated Format : outdoor subjects

Policy	Topic
Objective	Content (including case study/ case law etc.)
Environment	Convergence (Related aspects)
Laws	Context
Strategy	Application (Applied skills)
Tactics	Methodology
Manoeuvres	Suggested (Reading / viewing / visit etc.)
Standard Operating Procedures	Impact
Documentation	Side / Secondary effects
Impact / side effects	Way out strategies
Way out	

Table – 13

Integrated Format : Indoor subjects



Training Methodology in Integrated Training Regimen: Figure 12 reflects the various individual and group centered training methods used for imparting training. The Figure is self explanatory :

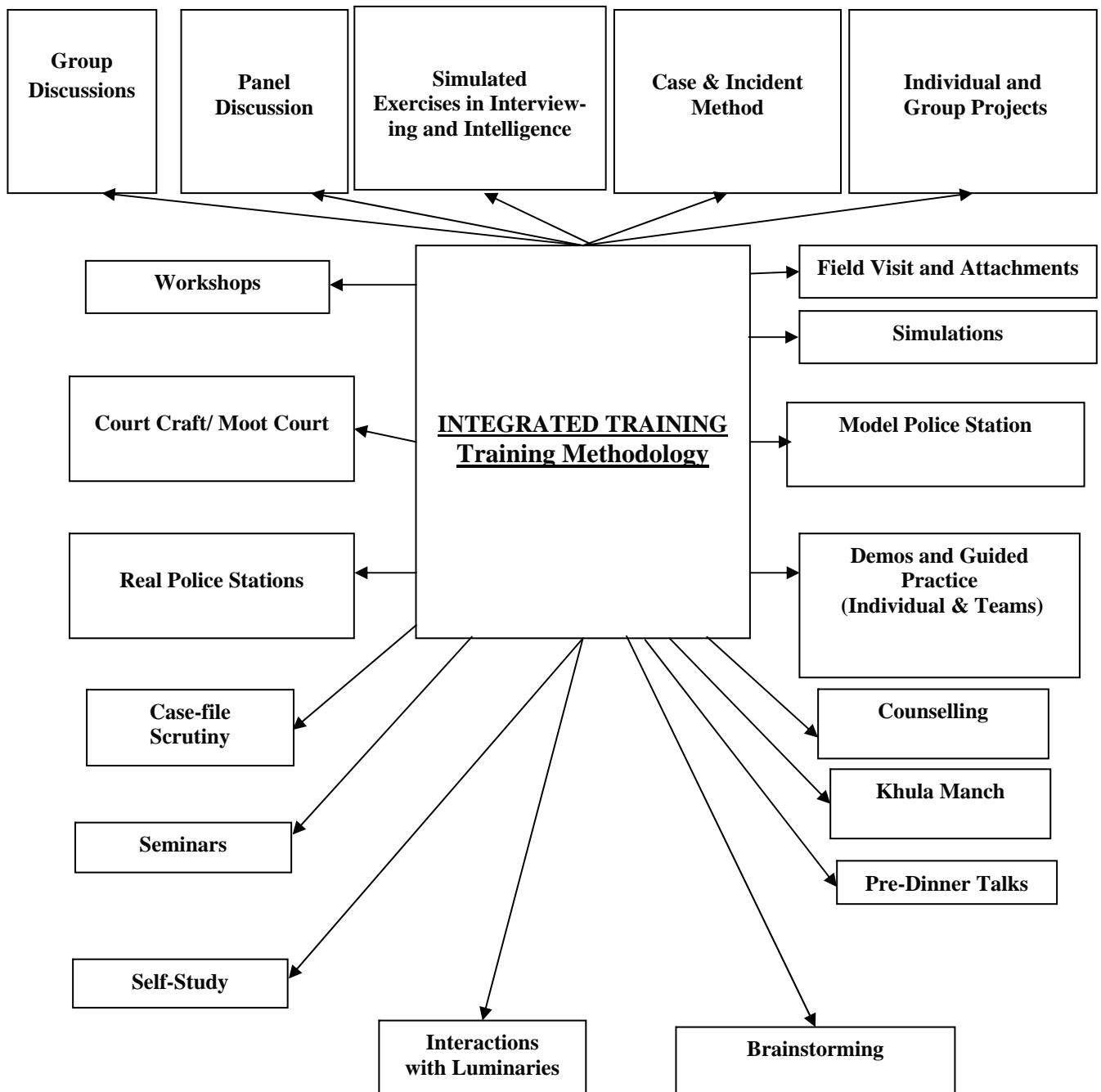


Figure 12: Integrated Training : Training Methodology



Sensitisation / Orientation Platforms

Sensitization and Orientation platforms were introduced in NPA to inculcate democratic and rights based learning dimensions with sensitive, technical, forensic and scientific emphasis. Various platforms are cited below in Figure 13 :

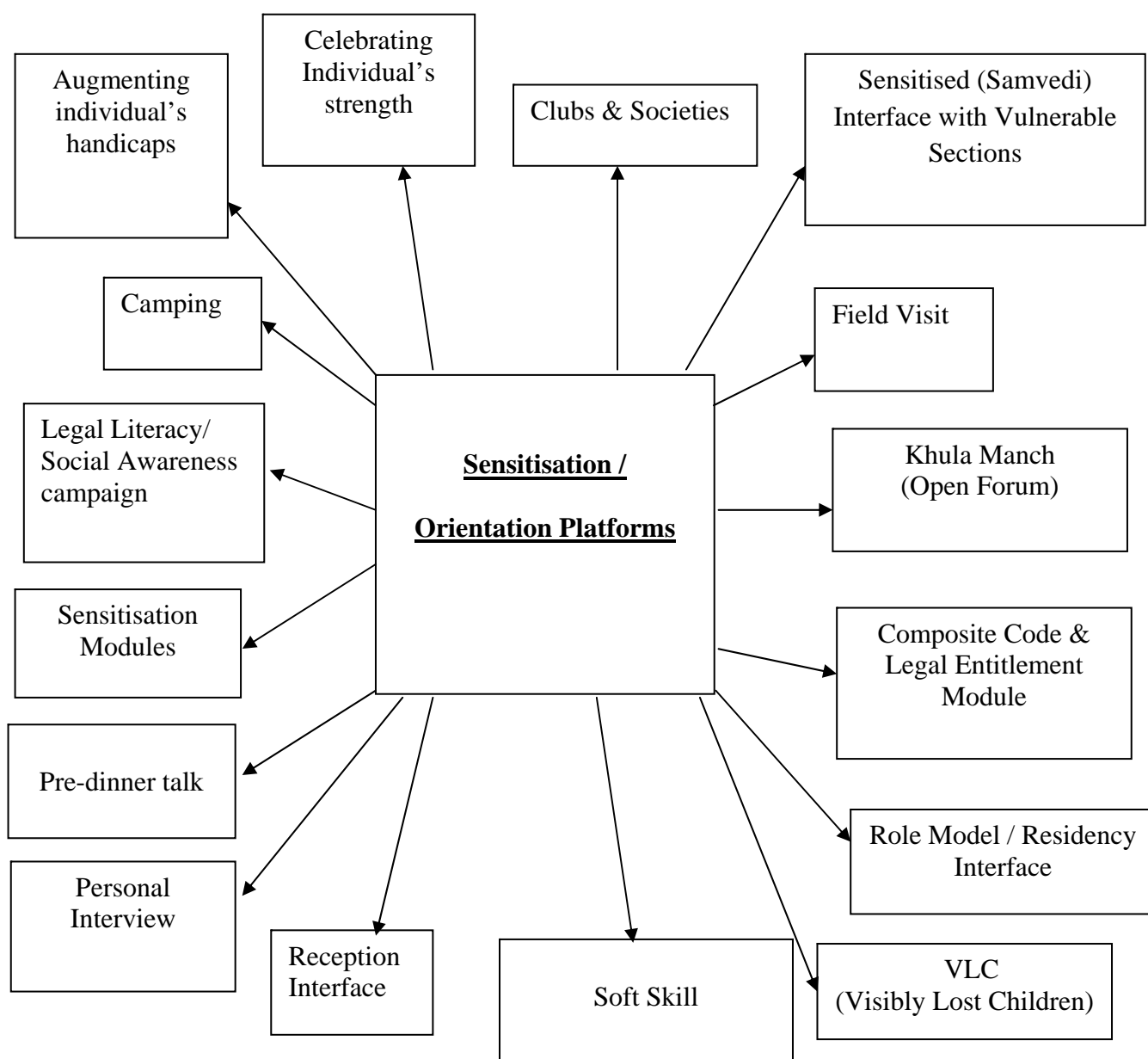


Figure 13: Sensitisation / Orientation Platforms

Competency Platforms

The competency platforms namely Model Police Station, Real Police Station, Tactics School, Jungle Site and Urban Intervention Centre were extensively used. Combat Range / Jungle lane, Covert / Overt Technology, Non-lethal Public Order, Control Room, Cyber Crime-lab, Forensic Lab, IED Model Room, Court Craft / Moot Court, Visible Crime, Visible Intelligence, Riding School were also used on regular basis

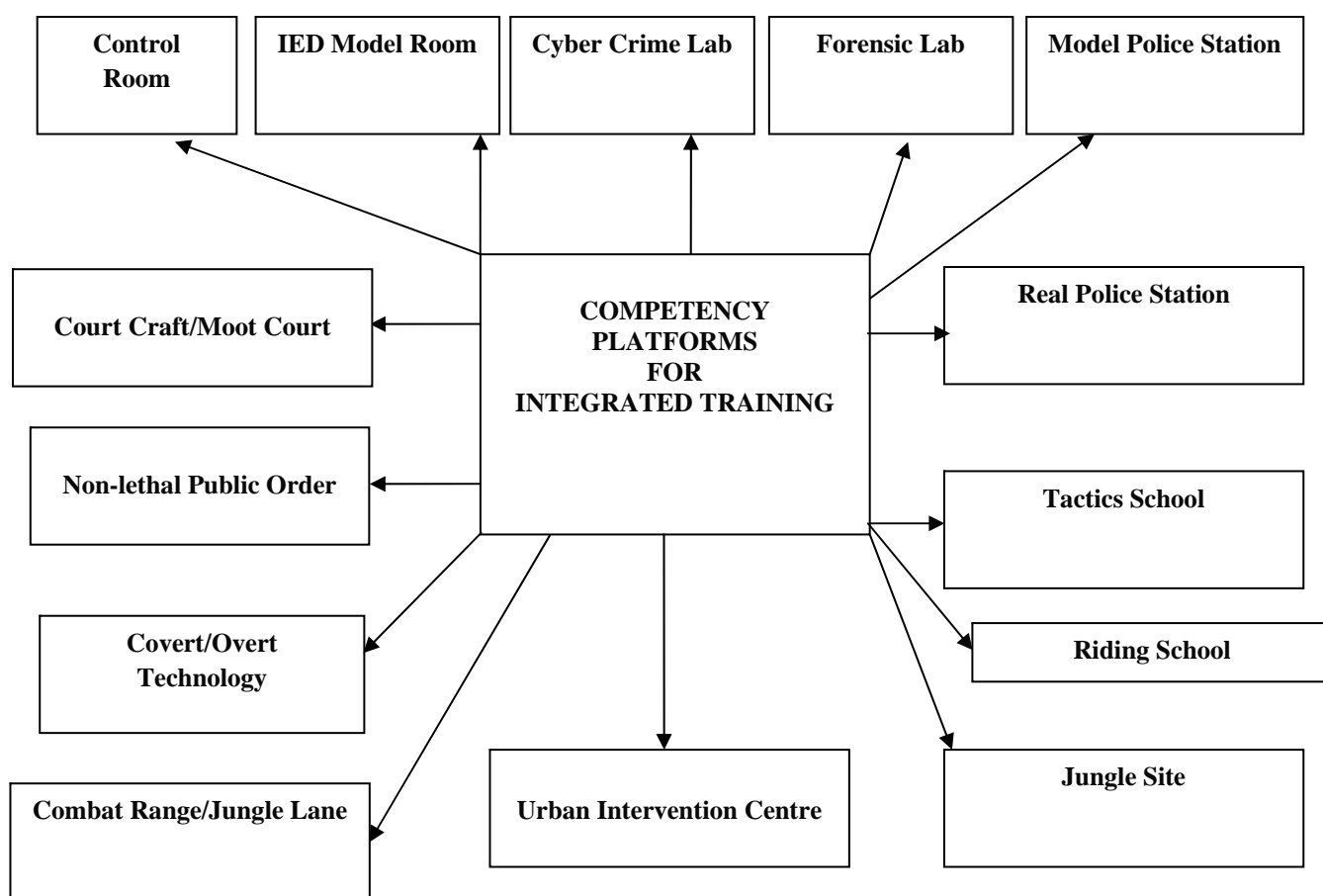


Figure 14 : Competency Platforms



Riot Drill



Tac Activity



Riding manoeuvres

Sensitized Police for Empowered Society was adopted in the Academy to showcase the democratic and legitimacy approach.

Democratization alongside Regimentation was one of the most important focal areas of OT's personality development. The traditional police training lays tremendous emphasis on Regimentation. Over emphasis on regimentation impacts creativity and working interface with the client segments.



Shri. R. K. Singh
Union Home Secretary
At pre-dinner talk

Therefore, Officer Trainees were exposed to the Democratic Platforms namely Khula Manch, Pre-dinner talks and Empowered Society Modules extensively.

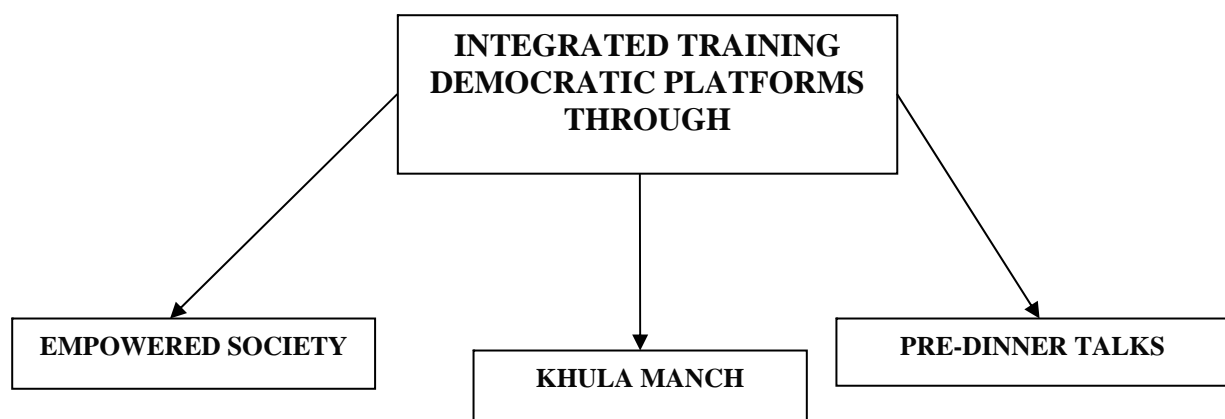


Figure 15: Integrated Training : Democratic Platforms

Khula Manch gives freedom to the Officer Trainees to express themselves candidly without any restrictions. This process inculcates Democratic values and facilitates their grooming into discerning



An officer trainee expressing at Khula Manch

individuals.

In pre-dinner talks, eminent persons from different walks of life interact with Officer-Trainees on various matters of significance. This activity develops a healthy and rational world view in Officer-Trainees on professional matters.

For the overall development of personality, the Officer Trainees were motivated to participate in various societies and clubs.

Samvedi Society undertook community outreach programmes like Distribution of clothes and food items to the fire victims, Blood Donation camp, Distribution of food packets at Aaramghar (Old age home) and Orphanage etc.



Field visit : Visibly Lost Children (VLC) programme

‘Aarambh’ school for differently

abled children and ‘Jagruiti’ school for under-privileged children has been started at the Academy and regular counselling sessions under ‘Alcoholic Anonymous’ for the identified employees of the Academy are held.

Law society promoted interface with citizens regarding Right to information Act, Domestic Violence Act, Dowry Prohibition Act and Gender Issues.



Various training modules were introduced which included modules on Sensitization, Empowered Society, Tac Module, Visible Crime, Visible Intelligence, Research, Simulation, Police Station, Traffic, Forensic and Soft Skills. Besides these, modules on Core intelligence, case file scrutiny, court-craft and non-lethal crowd management, cyber-crime, interrogation, drugs, media, budget-financial management, disaster management, strategic leadership and composite code etc. were also imparted.

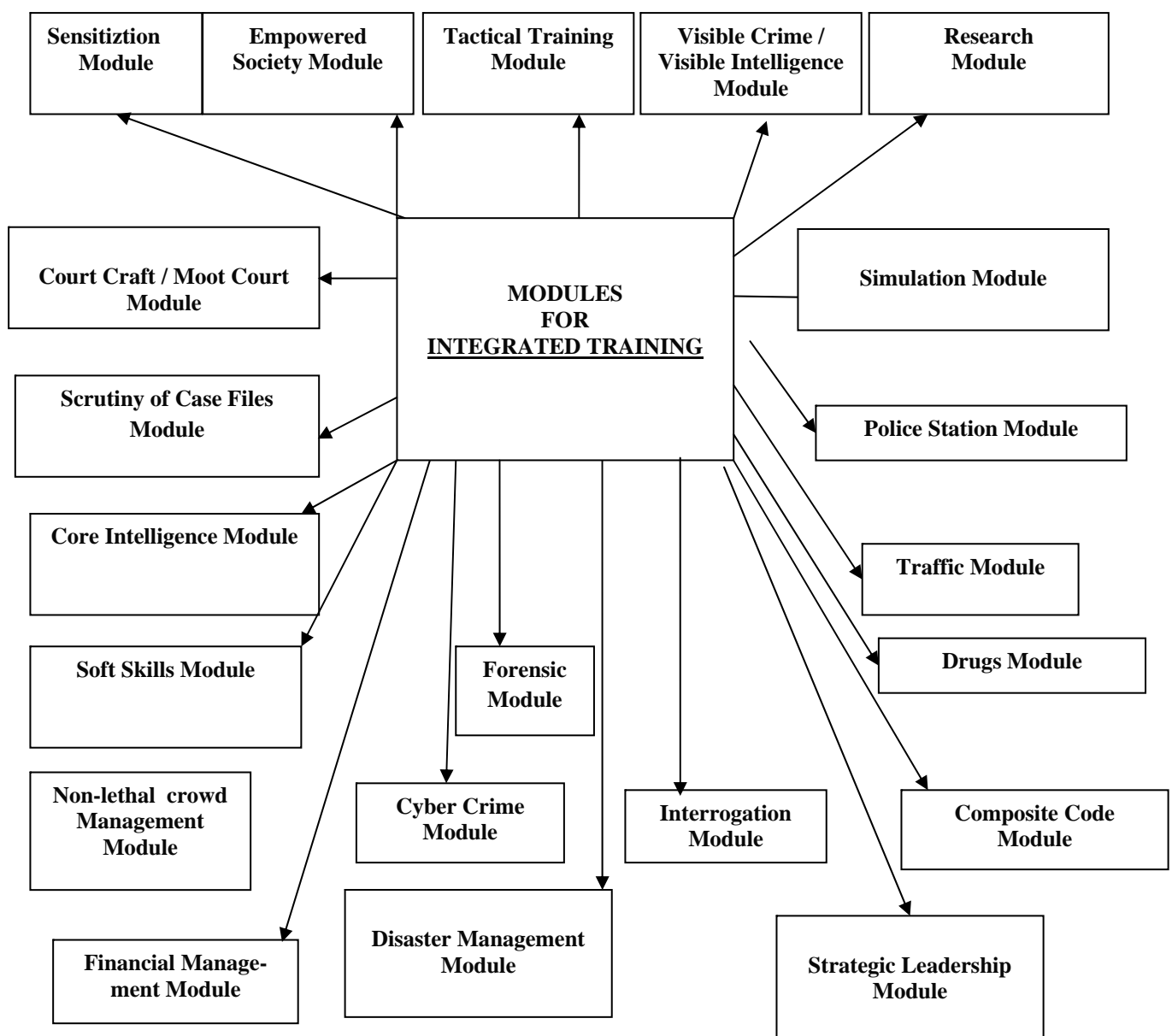


Figure 16: Modules for Integrated Training

The Academy continued with the existing field visits and attachments to reinforce learning through Election attachment; District Practical Training – Greyhounds Attachment; Rock Climbing and River Rafting Module; Visit to Prisons; Familiarization with Army / CAPFs / CPOs / BPST etc. In addition to CSWT Indore attachment, OTs also visited Tear Smoke Unit, National training Centre for Dogs, and Central School of Motor Transport (CSMT), BSF Tekanpur.

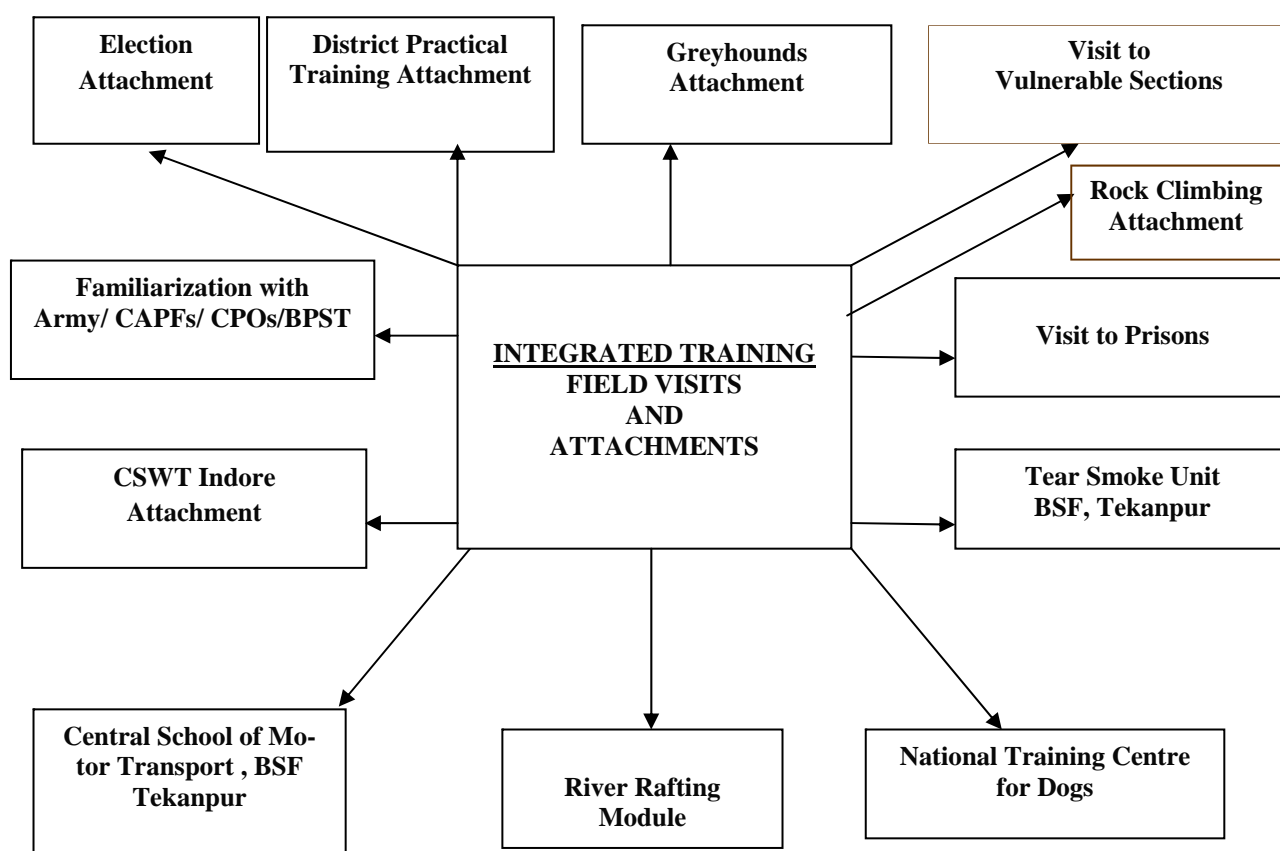


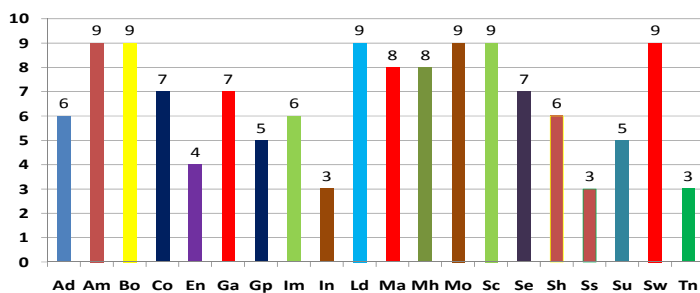
Figure17 : Integrated Training : Fields Visits and Attachments



Ice Breaking



Academy has further strengthened the counselling system for OTs by identifying their individual strengths and handicaps and taking necessary action to groom their strong points like music, Rock Band, dramatics, fine arts (cartooning, photography & painting), story writing and to address their handicaps like English communication, Public speaking, Image making etc.



Specimen Copy Of Psychological Profile

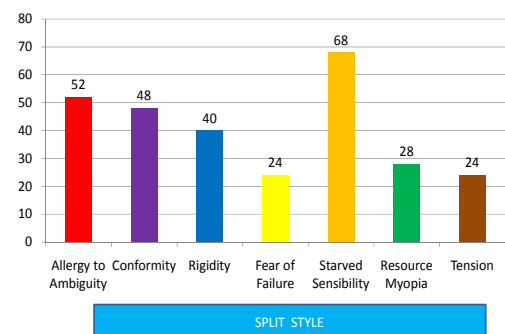


Figure 18 : Psychological Profiling of IPS Officer Trainee

Specimen Copy Of Clinical Profile

Chart 1 : Clinical Profiling of IPS Officer Trainee

NAME: Y
Height: 158 Cms.

Date of Birth: 02-07-1982
Blood Group: O Rh Factor: Negative
Assessment I: (Date) 21/12/2011
Assessment II: (Date)
Assessment III: (Date)

A. Physical Fitness Indicators

1. OBESITY DIAGNOSIS

S. No	Body composition	Your Assessment			Counseling Advice (if any)
		I	II	III	
1.	Body Mass Index	21.63Kg/m ²	22.03Kg/m ²		
2.	Percent Body Fat	35.76	22.03		



BODY MASS INDEX : NORMS

Range	kg/m ²
19.9 <	Underweight
20 – 24.9	Normal
25 – 29.9	Overweight
30 – 34.9	Obesity Class Gr-I
35 – 39.9	Obesity Class Gr-II
> 40	Obesity Class Gr-III

MEDICAL ADVICE : The specimen is Normal Weight

.M.I is used to assess weight relative to height and is calculated by dividing body weight in Kg. By height in Meters.

$$\text{B.M.I} = \frac{\text{Weight in Kilograms}}{(\text{Height in Meters})^2}$$

B.M.I < 18.5 (Or) > 30 Kg.m² are at the increased risk of health problems.

Percentage of Body Fat:- Skin fold measurements are used to predict percentages of body fat. The mount of subcutaneous fat is proportional to the total amount at body fat.

Intervention for B.M.I and % of Body Fat : Every individual should have a normal B.M.I and percentage of body fat. B.M.I & percentage of body fat can be kept under normal limits through regular physical exercise and Diet Control.

2. SPEED

	I	II	III
100 Meters	19:43 (Average)		
150 / 300 Meters	33 Sec (Average)		

(100 mts) Male	Grading	(100 mts) Female	Grading	(300 mts) Male	Grading	(150 mts yards Shut- tle) Female	Grading
< 13.99	Excellent	< 16.99	Excellent	<= 52	Excellent	<= 28	Excellent
14 – 14.99	Very Good	17 – 17.99	Very Good	<= 56	Very Good	<=30	Very Good
15 – 15.99	Good	18 – 18.99	Good	<= 60	Good	<=32	Good
16 - 16.99	Average	19 – 19.99	Average	<= 65	Average	<=36	Average
17>	Poor	20>	Poor	<= 67	Poor	<=39	Poor
				> 67	V.Poor	<= 42	V.Poor



3. STAMINA CARDIO VASCULAR FITNESS

	I	II	III
PET	37.74 (Average)	45.49 (Good)	

NORMS

Range	Gradings
< 35	Poor
35 – 39	Average
40 – 49	Good
50 – 59	Very Good
>=60	Excellent

MEDICAL ADVICE

VO2 max is the criterion measure of Cardio Respiratory Fitness. Low levels of Cardio respiratory fitness is associated with the increased risk of Cardion Vascular diseases.

Intervention: Cardio respiratory fitness can be improved based on “FIT” principles.

F = Frequency (i.e number of exercise days per week)

I = Intensity (i.e level of exercise)

T = Time (Duration at exercise per session)

Different Aerobic exercise such as jogging, running, swimming, static cycling, Treadmill running & Aerobics etc., will help to improve cardio respiratory fitness.

4. MUSCLE STRENGTH UPPER BODY

	I	II	III
Push –UPs			

NORMS

Category	Age Group (20 – 29)		Age Group (30 -39)	
	Male	Female	Male	Female
Very Good	35 -29	29 - 21	29 - 22	26 – 20
Good	28 - 22	20 - 15	21 - 17	19 – 13
Average	21 - 17	14 - 10	16 - 12	12 – 8
Poor	16	9	11	7



MEDICAL ADVICE

Muscle strength refers to the external force that can be generated by specific muscle and muscle group. Muscle strength can be expressed in Newtons / Pounds or Kilograms.

Intervention:-

Muscle strength can be improved by following “FIT” principle through various dynamic exercises with the help of free weights, pulley, Thera bands, etc.

5. MUSCLE STRENGTH

LOWER BODY

NORMS

	I	II	III
Partial Curl –UP	30 (Excellent)	42 (Excellent)	
Hand Grip	34 (Excellent)	46 (Excellent)	

Category	Age Group (20 – 29)		Age Group (30 -39)	
	Male	Female	Male	Female
Excellent	25	25	25	25
Very Good	24 -21	24 – 18	24 – 18	24 – 19
Good	20 – 16	17 – 14	17 – 15	18 – 10
Average	15 – 11	13 – 5	14 – 11	9 – 6
Poor	10	4	10	5

MEDICAL ADVICE

Muscle strength refers to external force that can be generated by specific muscle / muscle group. Muscle strength can be expressed in Newtons / Pounds or Kilograms.

Intervention:-

Muscle strength can be improved by following “FIT” principle through various dynamic exercises with the help of free weights, pulley, Thera bands, etc.

6. FLEXIBILITY

(Sit-And–Reach Box)

	I	II	III
Sit-And–Reach Box	35 (Average)	63 (Excellent)	-

NORMS

Category	Age Group (20 – 29)		Age Group (30 -39)	
	Male	Female	Male	Female
Excellent	47	51	38	41
Very Good	39 – 34	40 – 37	37 – 33	40 – 36
Good	33 – 30	36 - 33	32 – 28	35 – 32
Average	29 – 25	32 – 28	27 – 23	31 – 27
Poor	24	27	22	26

MEDICAL ADVICEFlexibility

Flexibility is the ability to move a joint through its complete range of motion. Flexibility can be measured through electronic goniometers, Leighton flexometer, inclinometers or sit & reach test with the help of a tape

Lack of flexibility leads to joint stiffness further leading to the injuries.

Interventions:

Stretching is the best exercise to maintain joint flexibility.

Flexibility exercises have to be continued before and after the game to minimize injuries.

B. Clinical Profile :

Indicators	Normal Range	Your Assessment		Medical Advice (if any)	Monitoring date
		I	II		
Fasting Plasma Glucose	70-100 	88mg/dl			
Post Prandial Plasma Glucose	70-140 	118mg/dl			
Blood Urea	0-50 	19mg/dl			
Blood Urea Nitrogen	6-20 	9mg/dl			
Serum Creatinine	0.7-1.2 	0.6mg/dl			
Total Bilirubin	0.0-1.2 	0.43mg/dl			
Total Protein	6.6-8.7 	6.7gm/dl			
Albumin	3.5-5.2 	4.3 gms/dl			

NORMS

Category	Age Group (20 – 29)		Age Group (30 -39)	
	Male	Female	Male	Female
Excellent	47	51	38	41
Very Good	39 – 34	40 – 37	37 – 33	40 – 36
Good	33 – 30	36 – 33	32 – 28	35 – 32
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Albumin	3.5-5.2 	4.3 gms/dl			



C. Lipid Profile:

Trait	Normal Range	Your Assessment		Counselling Advice (if any)
		I	II	
Serum Cholesterol	Desirable <200 Borderline 200-240 Undesirable >240	mg/dl		
Serum Triglyceride	0-200	mg/dl		
HDL Cholesterol	Female: No risk: >65 Moderate risk: 45-65 High risk: <45 Male: No risk: >55 Moderate risk: 35-55 High risk: <35	mg/dl		
VLDL Cholesterol	<30	12 mg/dl		
LDL Cholesterol	<100	122 mg/dl		
Chol: HDL Cholesterol	<4.5	3.91		

D. Complete Blood Picture:

Trait	Normal Range	Your Assessment			Counselling Advice (if any)
		I	II	III	
Haemoglobin	13-17 	14.3g/dL			
WBC Count	4000-11000 	6200 cells/ cumm			
RBC Count	4.5-5.5 	4.98Millions/ cumm			
Packed Cell Volume	40-54 	42.70%			
Eosinophils	1-6 	2%			



E. HIV Elisa Method:

Trait	Normal Range	Your Assessment	Counselling Advice (if any)
		I	
HIV1&2 Antibodies	Non-Reactive	Non-Reactive	
Hepatitis B Surface Antigen	Negative	Negative	

F. Complete Urine Examination:

Chemical	Normal Range	Your Assessment			Counselling Advice (if any)
		I	II	III	
Protein	Absent	Absent			
Ketones	Negative	Negative			
Blood	Absent	Absent			
Bilirubin	Absent	Absent			
Glucose	Absent	Absent			



G. Ophthalmology Report

Ocular Examination	Right Eye		Left Eye		Counselling Advice (if any)
	I	II	I	II	
Distant Vision	6/6		6/6		
Near Vision	N6		N6		
Color Vision	Normal				

H. Cardiac Evaluation

	Normal Range	Your Assessment	Counselling Advice (if any)
ECG	Normal	Normal	
Exercise Stress Test	Negative	Negative	
2D-Echo	Normal	Normal	
X-Ray Test	NORMAL CHEST RADIOGRAPH	NORMAL	
Ultra Sound of Abdomen	NO SONOGRAPHIC ABNORMALITY		



Specialized one to one psychological counselling sessions of OTs were arranged with trained counsellors followed by additional counselling sessions on need basis.

A customized Outdoor Training Regimen was introduced as trainees join at different levels of fitness. Heavy outdoor was shifted from morning session to afternoon session as per Gore Committee recommendations. It avoided fatigue and lapse of concentration in the class room. Weak areas of individual Officer Trainees were identified and customised outdoor training prescribed. Therefore, they had been on emphasis on 'Career Fitness' rather than 'Training Fitness'.

Integrated outdoor training focused on identifying and working on weak areas of individual OTs with respect to strength (upper / lower body), speed, stamina (Cardio-Respiratory) and flexibility. Initial testing and identification of weak areas in Body Composition Analysis (BCA), Physical Efficiency Test (PET), Medical Exam / Lipid Profiling, Life Style Questionnaire, Nutrition were done.

Diet Charting, Customized Training Program and Periodical Monitoring were done. Prevention and Management of Injury were done through rehabilitation exercises, special fitness equipments and physiotherapy.

Evaluation of Trainees in Integrated Training Regimen

Indoor Subjects

The Indoor subjects may have three stages of evaluation:

- 1st periodical - Online Integrated tests carrying a weightage of 20%.
- 2nd periodical - Integrated Projects carrying a weightage of 30%
- 3rd Finals - Scenario Based Integrated application format testing in various subject domains, carrying a weightage of 50%



Scenario Based Examinations

The following 2 Scenarios were created, integrating clusters of indoor subjects.

Crime Scenario

Police in Modern India
Indian Evidence Act, 1872
Indian Penal Code, 1860
Cr.PC, 1973
Special Law
Crime Prevention and Criminology
Investigation-I Practicals
Investigation-II
Forensic Medicine
Forensic Science Practicals

Public Order Scenario

MPPO
Internal Security
Police Leadership and Management
Ethics and Human Rights
Information and Communication Technology Practicals

Each scenario required close observation and examination of the scenario, collection of evidence, packaging and forwarding of physical evidence, tracing back the cyber origin of the episode, and answering the questions based on the scenario, posed in respect of the above subjects, by the officer trainees. The duration to tackle each scenario could be 6– 8 hours.



For outdoor Subjects Scenario Based Examination was conducted by staging 3 Scenarios.

Outdoor Examination Scenarios

Scenario	Description	Aspects
A	Conduct of a Tactical Operation	<ul style="list-style-type: none"> • Physical Training • Field Craft and Tactics • Weapon and Firing
B	Lines Parade, Mob Dispersal and Riot Control	<ul style="list-style-type: none"> • Drill including Riot Drill, • Equitation, • Tactical Maneuvering.
C	Hot Pursuit and Arrest	<ul style="list-style-type: none"> • Motor Mechanism and Driving • Swimming • First Aid and Ambulance Drill • Unarmed Combat • Yoga/Stress Management

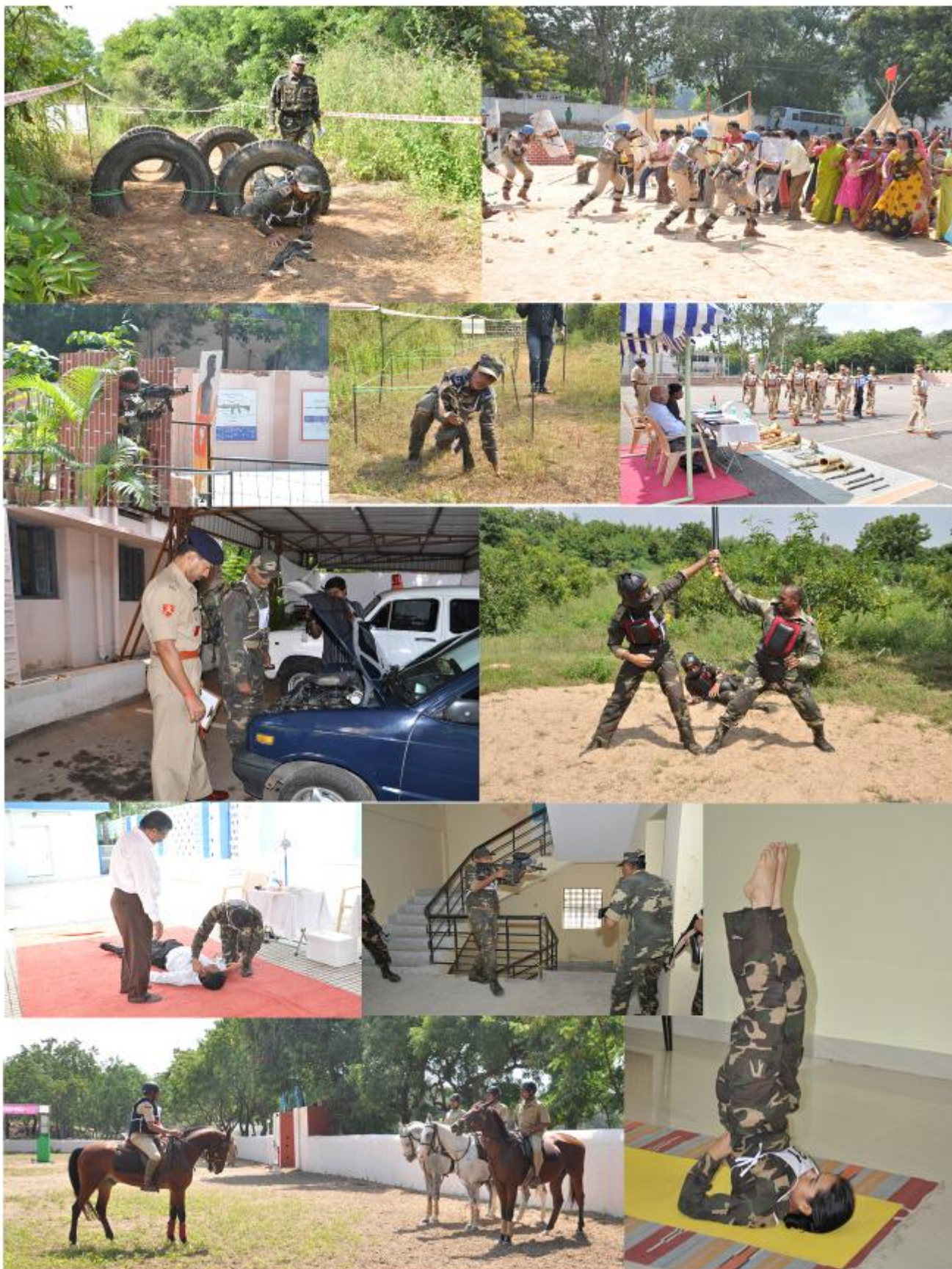
Scenario Based Examination (Indoor Scenario)





Scenario Based Examination (Outdoor Scenario)





5. General Information

5.1 Photographs related to 64 Batch Training

INAUGURATION OF BASIC COURSE OF 64 RR



INDOOR SESSIONS





MOOT COURT





Simulated Exercises





INTERACTION WITH EMINENT PERSONS





MODEL POLICE STATION



PRE - DINNER TALKS

**Mr Aabid Surti****Mr A. A. Ali, IPS (Retd)****Govenrnor Shri Nikhil Kumar****Ms Bharthi Arora****Ms Maja Daruwala****Ms Matreyi pushpa****Shri S C Dwivedi****Shri Ajay Kumar Singh**



KHULA MANCH





CULTURAL ACTIVITIES





Samvedi society



Drama- 'Ek Tha Gadha - Aladad Khan'





SENSITIZATION SEMINARS



Ms. Maja Daruwalla Interacting with OTs

Seminar on Marginalized Community



MODULE ON VISIBLY LOST CHILDREN



WEAPON TRAINING



TACTICAL TRAINING





TACTICAL TRAINING





Annual Aquatic Meet



Annual Athletic Meet





Annual Athletic Meet





5.2 GLIMPSES OF REUNION SEMINARS

35 Years Reunion Seminar of the 1977 Batch (9-10 January, 2012)

Theme: Across the Generation



25 Years Reunion-Seminar of the 1987 Batch (28-29 June, 2012)

Theme: Service Delivery and Not Statistics as Performance Indicators.



Mr. A A Ali, Former Director of NPA interacting with participants



**30 Years Re-union Seminar of the 1982 Batch
(16-17 July, 2012)**

Theme: Regimentation in Police must yield to Democratization



Director Presenting Memento to
Dr. S Subramanian, IPS (Retd)

**50 Years of Re-union Seminar of 1962 Batch
(8-9 October, 2012)**

Theme: Sharing Across Police Generations





Seminar Director Shri H K Kusumakar Presenting the Seminar Design

Re-Union Seminar Participants (1962 Batch) wrote to the Director Shri G.P.S. Sahi

... This is to thank you for a magnificent Golden Jubilee Get together. Apart from the warmth that permeated through every event and arrangement, we were impressed by the meticulous attention to detail. .. We salute you all, for generating the fragrance of nostalgia that will go along with us all the way.

Shri A.S. Malurkar

... We are indeed grateful to you for providing us the unique opportunity of meeting so many of our batchmate after many years. .. We carry cherished and pleasant memories of our visit to the alma mater. ... Our Special thanks are due to Shri H K Kusumakar, Dy Director of the Academy for the facilities extended to us.

5.3 GLIMPSES OF MID-CAREER TRAINING PROGRAMMES

Mid Career Training Programmes (MCTP) are conducted at the National Police Academy with the objectives to prepare the IPS Officers for the 'next level competency' and to enable them to possess the necessary skills and attitudes to discharge their responsibilities effectively. This year 4 such programmes were conducted.

**Mid Career Training Programmes Phase – III (3rd Course)
(For 7 to 9 years of Service)**

From 06.02.12 to 30.03.12 ; Participants-94

Chief Guest for Inauguration) – Shri Dinesh Reddy, IPS, DGP, Andhra Pradesh

Chief Guest (Valediction) – Shri Kamal Kumar, IPS (Retd), Ex-Director NPA

Conducted by : **Charles Sturt University, Australia**

Indian School of Business Hyderabad





**Mid Career Training Programmes Phase – IV (4th Course)
(For 14 to 16 years of Service)**

From 14.05.12 to 06.07.12 : Participants – 106

Chief Guest for Inauguration) – Shri Kuldip Sharma, IPS, DG BPR&D

Chief Guest (Valediction) – Shri Anjaneya Reddy, IPS (Retd)

Conducted by : **University of Cambridge, UK**





**Mid Career Training Programmes Phase- IV (5th Course)
(For 14 to 16 years of Service)**

From 27.08.12 to 19.10.12 : Participants – 73

Chief Guest for Inauguration) – Shri Subash Joshi, IPS, DG NSG

Chief Guest (Valediction) – Shri U K Bansal, IPS, DG BSF.

Conducted by : University of Cambridge, UK



Interaction with Prof. Lawrence Sherman



Archery



**Mid Career Training Programmes Phase - V (3rd Course)
(For 24 to 26 years of Service)**

From 09.04.12 to 05.05.12 : Participants – 101

Chief Guest for Inauguration) – Dr. Trinath Mishra, IPS (Retd)
Chief Guest (Valediction) – Shri S C Sinha, IPS, Director NIA
Conducted by : **Indian Institute of Management, Ahmedabad**
London Business School, London



Group Photo



**Programme Director presenting memento to
Prof. Dixit, IIM-A**



Yoga class



5.4 Learning Infrastructure of NPA



Well Equipped Gymnasium



Stadium with Synthetic Track



Olympicsize Swimming Pool



Horse Riding



Badminton & Table Tennis



Tennis Court



Squash Court



Computer Lab



Library



Dhyan Kendra for yoga & meditation



Diamond Jubilee Complex



Officers' Club
adjacent to Swimming Pool



Senior Officers Mess Lounge
(First Floor)



New / Renovated Infrastructure



S M Diaz SSM - 1



R D Singh SSM - 2



Charminar Lawns, Senior Officers' Mess



Site-A greening



Alumni Column



Assam Nursery School Play Area



Assam Nursery School Parking Area



Physiotherapy Centre



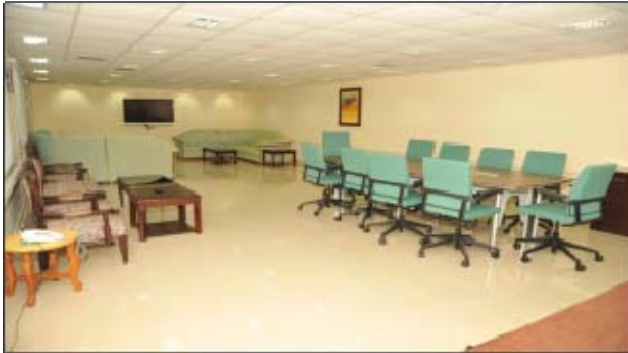
Model Police Station



Suraksha Plaza



Skating Rink



Faculty Lounge



Dhyani Kendra



DJC Murals



Board Room



Site A Community Parks



Site A Community Parks





Site B Community Parks



Central IPS Mess Facade



**Central IPS Mess
Reception & Lobby**



Central IPS Mess Dining Hall



NPA Photo Gallery (2nd Floor Library Block) (Sept., 2012)



New Cyber Forensic Lab



Upcoming Infrastructure



140 Rooms Sr. Officers Mess



IPS Mess



Library



New Administrative Block



Indoor Training Complex



Artifice



Indoor Sports Complex



Special Tactics Wing



Urban Shooting Range



Band Staff House



New Armoury Store



Quarter Master Stores



CISF Office Complex



CISF Barracks



Weapon Training Stores



5.5 Information about Faculty

Joined the Academy

1. Ms. Malini Agrawal, IPS (RAJ:94) joined NPA on 03.11.2011 as Deputy Director
2. Shri H.K. Kusumakar, IPS (WB:98) joined NPA on 06.07.2011 as Assistant Director
3. Shri Gopesh Agrawal, IPS (KL:98) joined NPA on 02.05.2012 as Assistant Director
4. Shri Amit Choudhary, DC of CRPF joined NPA on 04.04.2012 as Addl.SP/DC (Trg.)
5. Shri Amarvir Yadav, DC of BSF joined NPA on 05.05.2012 as Addl.SP/DC(Trg).
6. Shri Tejpal Daber, DC of BSF joined NPA on 12.07.2012 as Addl.SP/DC (Trg).
7. Shri Rajiv Panwar, AC of CISF joined NPA on 07.03.2012 as Dy.SP/AC(Trg).
8. Shri P.P. Pramod, AC of CRPF joined NPA on 13.04.2012 as Dy.SP/AC(Trg)
9. Md Khan Salim Ahmed, AC of CRPF joined NPA on 06.08.2012 as Dy.SP/AC(Trg).
10. Shri Arvind Yadav, AC of BSF joined NPA on 07.08.2012 as Dy.SP/SC(Trg).
11. Shri D.V. Krishnan, AC(Min) of BSF joined NPA on 20.04.2012 as AC(Min.).

Promoted

1. Shri H.K. Kusumakar, IPS (WB:98), Assistant Director, promoted to the post of Deputy Director on 06.09.2012.
2. Shri Gopesh Agrawal, IPS (KL:98), Assistant Director, promoted to the post of Deputy Director on 06.09.2012.
3. Dr. T K Vinod Kumar, IPS (KL:92), Deputy Director, promoted to the post of Joint Director on 19.10.2012.

Faculty appointed as Consultants

Professor Training Methodology

Dr. A.K. Saxena, Prof.(TM) (Retd.) w.e.f. 01.07.2012.

Professor Forensic Science

Dr. M.B. Rao, Director (Retd), SFSL, Haryana w.e.f. 20.07.2012.

Professor Law

Smt. Abha Singhal Joshi, Advocate High Court and Legal Activist w.e.f. 16.08.2012.



Faculty repatriated

1. Shri Shirish Jain, IPS (Mah:99), Assistant Director relieved from the Academy on 02.01.2012 to join Cabinet Secretariat.
2. Smt. Anupam Kulshreshtha, IPS (UP:95), Deputy Director relieved from the Academy on 31.01.2012 to join CRPF as DIG.
3. Shri Sanjay Kumar Agrawal, IPS (RJ:92), Deputy Director relieved from the Academy on 16.07.2012 to join CRPF as IG.
4. Shri C. Balasubramanian, IPS (MT;81), Joint Director relieved from the Academy on 21.09.2012 to join CRPF as Addl. DG.

Details of Officers retired from the Govt. Service

1. Dr. A.K. Saxena, Professor (TM) retired from the Service on 28.02.2012.
2. Shri N. Appa Rao, HC (GD) retired from the Service on 28.02.2012.
3. Shri P. Durga Rao, Telephone Operator retired from the service on 31.03.2012.
4. Shri Jagbir Singh, Sub Inspector(Riding) retired from service on 30.04.2012.
5. Shri A. Laxmi Narayana, UDC retired from the service on 30.06.2012

Obituary

1. Shri E. Raju, MTS (S.K) expired on 14.03.2012



C. Lipid Profile:

Trait	Normal Range	Your Assessment		Counselling Advice (if any)
		I	II	
Serum Cholesterol	Desirable <200 Borderline 200-240 Undesirable >240	mg/dl		
Serum Triglyceride	0-200	mg/dl		
HDL Cholesterol	Female: No risk: >65 Moderate risk: 45-65 High risk: <45 Male: No risk: >55 Moderate risk: 35-55 High risk: <35	mg/dl		
VLDL Cholesterol	<30	12 mg/dl		
LDL Cholesterol	<100	122 mg/dl		
Chol: HDL Cholesterol	<4.5	3.91		

D. Complete Blood Picture:

Trait	Normal Range	Your Assessment			Counselling Advice (if any)
		I	II	III	
Haemoglobin	13-17 	14.3g/dL			
WBC Count	4000-11000 	6200 cells/ cumm			
RBC Count	4.5-5.5 	4.98Millions/ cumm			
Packed Cell Volume	40-54 	42.70%			
Eosinophils	1-6 	2%			

CREDITABLE 64 RR

OVERALL

1	The Prime Minister's Baton and Home Ministry's Revolver for the Best all-round IPS Probationer	Ms. Isha Pant
2	NPA Trophy for the Second Best All-round Trainee Officer instituted in the memory of Shri Bhuvananda Misra	Sh. Aravindan P.
3	Martyr Vandana Malik Trophy for the Best All Round female IPS Probationer instituted by the 1973 Batch of IPS Officers	Ms. Isha Pant

INDOOR SUBJECTS

1	Martyr Gobind Ram Trophy for Proficiency in the subject of Police in Modern India instituted by the 1964 Batch of IPS Officers	Ms. Isha Pant
2	Shri Alakh Sinha Trophy for Investigation	Sh. Shankar Brata Raimedhi
3	Martyr V.K. Mehta Trophy for Proficiency in the subject of Maintenance of Public Peace and Order instituted by 1991 Batch of IPS Officers in the memory of Shri Bijay Shanker	Sh. Anand Sharma
4	Martyr R.P. Verma Trophy for Police Leadership and Management instituted by the 1957 batch of IPS Officers	Sh. Yatish Chandra. G.H.
5	Martyr K.R.S. Gill Trophy for Criminology instituted in memory of Late Sh. Teja Singh	Sh. Deepak Gauri
6	The Manipur Cup for Law	Sh. Abhishek Singh
7	Martyr Arun Kumar Trophy for Police Ethics	Sh. V. Sasimohan
8	Martyr Raman Prakash Trophy for Excellence in Scientific Aids to Investigation	Sh. Har Kishore Rai
9	The President of India Cup for Proficiency in Police Sciences	Sh. Karthik Reddy
10	Martyr Ajay Kumar Singh Trophy for Information Communication Technology instituted by M/S Mareech Advertising Pvt. Ltd. Bangalore	Sh. Abhishek Modi
11	The Mehta Cup for Studies	Sh. Mohd Imran
12	The Commandant P.L. Mehta's Cup for Best Performance in Periodic Evaluation	Ms. Isha Pant
13	NICFS Trophy for excellence in Forensic Science	Sh. Har Kishore Rai
14	Martyr A.S. Atwal Trophy for Special Laws	Sh. Pankaj Kumar Dwivedi
15	Martyr Ajit Singh Trophy for Criminal Procedure Code	Sh. Anand Mishra
16	Martyr K.S. Vyas Trophy for Internal Security	Sh. Karthik Reddy
17	Martyr G. Pardesi Naidu Trophy for Indian Penal Code	Sh. Rahul Pandey
18	Martyr Ravikant Singh Trophy for Indian Evidence Act	Sh. Pranav Tayal

OUTDOOR SUBJECTS

1	The Jaipur Cup for PT dedicated to Martyr K. Panchapagesan	Lt. Pema Wangdi
2	Martyr Sital Das Trophy for Unarmed Combat instituted by the 51 st Batch of Senior Course Officers	Sh. Anand Mishra
3	Martyr K.C. Surendra Babu Trophy for Yoga instituted by Gandhi Gyan Mandir Yoga Kendra, Hyderabad	Sh. Ingit Pratap Singh
4	Martyr A.S. Brar Cup for Musketry instituted in the memory of Smt. Vinodini Verma	Sh. Chaitanya S.
5	Martyr Ved Prakash Trophy for Drill instituted by the 3 rd Special Recruitment Batch	Lt. Pema Wangdi
6	The Tonk Cup for Equitation dedicated to Martyr T. Thangthuam	Sh. Venkata Appalanaidu Chintam

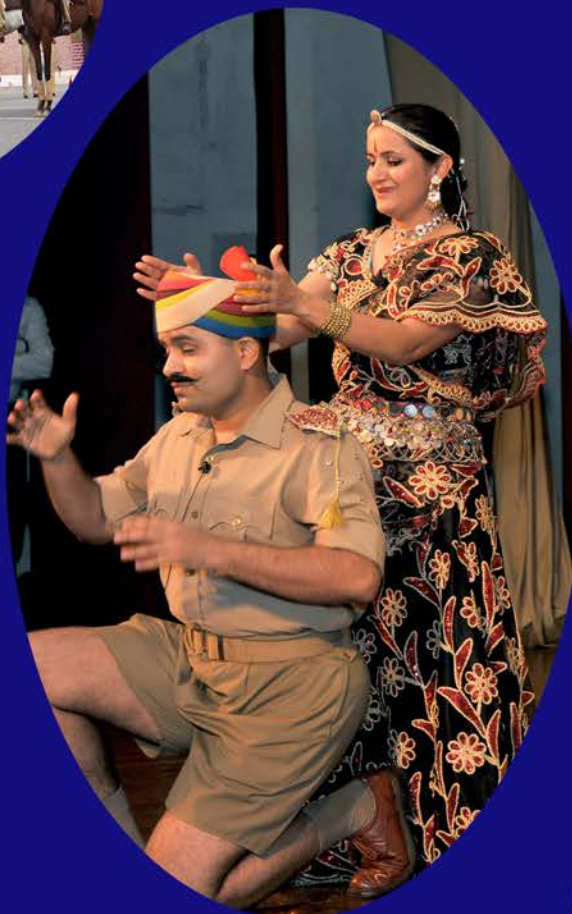
7	Shri R.D. Singh Cup for Swimming	Sh. Aravindan P.
8	Martyr Umesh Chandra Trophy for Field Combat	Sh. Parvinder Singh
9	Martyr Ashok Kamte Cup for Games and Sports instituted by Sir Raja Maharaj Singh	Sh. Aravindan P.
10	Dr.P.M. Das Memorial Trophy for Adventure Sports	Lt. Norbu Wangzom (Ms.)
11	ITBP Trophy for Rock Climbing	Lt. Norbu Wangzom (Ms.)
12	The BSF Trophy for Proficiency in Outdoor Subjects	Sh. Aravindan P.
13	The IPS Association's Sword of Honour for the best Outdoor Probationer	Sh. Aravindan P.
14	Martyr L.B. Sewa Trophy for the Best female Probationer in Outdoor Subjects instituted by the 1958 Batch of IPS Officers	Lt. Sampa Choden (Ms.)

GENERAL

1	Martyr G.S. Arya Trophy for the Best Trainee Officer in Co-curricular activities instituted by the 1958 Batch IPS Officers	Sh. Manjunath Singe
2	Martyr R.N. Hopingson Trophy for the Best Turn Out instituted by the 55 th Batch of Senior Course Officers	Sh. Ingit Pratap Singh
3	Martyr Daulat Singh Negi Trophy for the Best Squad instituted by Shri Surender Nath, IPS	Squad – 3
4	Martyr Narendra Kumar Trophy for Hindi Elocution	Sh. Dev Ranjan Verma
5	Home Ministry's Trophy for Best Essay on Communal Harmony & National Integration	Ms. Simala Prasad (1st) Sh. Vivek Sheel Soni (2nd) Sh. Dhananjay.P.G. (3rd)
6	Banerjee Cup for Hindi	Sh. Raja.P

REGIONAL LANGUAGE TROPHIES

7	Assam Govt. Trophy for Assamese	Sh. Anand Mishra
8	West Bengal Govt. Trophy for Bengali	Ms. Shivani Tiwari Sh. Ajeet Singh Yadav Sh. Bhola Nath Pandey
9	Kerala Govt. Trophy for Malayalam	Sh. Yatish Chandra. G.H.
10	Gujarat Govt. Trophy for Gujarati	Sh. Abhishek Kumar Singh
11	NPA Trophy for Kannada	Sh. Raja P.
12	Maharashtra Govt. Trophy for Marathi	Sh. Manjunath Singe
13	Tamilnadu Govt. Trophy for Tamil	Sh. Bandi Gangadhar
14	Union Home Ministry's Trophy for Telugu	Sh. Fakkeerappa Kagineelli
15	Orissa Govt. Trophy for Oriya	Sh. Joyanta Chakravarty



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