

75
Azadi ka
Amrit Mahotsav



Sardar Vallabhbhai Patel National Police Academy

Hyderabad

Newsletter

April to June, 2023

VOL 32-2





Sardar Vallabhbhai Patel
National Police Academy
Hyderabad

Newsletter

April to June, 2023
VOL 32 - 2



Certificate of Accreditation



The training institute **Sardar Vallabh Bhai Patel National Police Academy, Hyderabad** is accredited as **अति उत्कृष्ट** under the Capacity Building Commission's National Standards as assessed by the National Accreditation Board of Education and Training (NABET).

The Accreditation shall remain in force subject to continued compliance with the National Standards. The accreditation needs to be renewed before the expiry date by the training institution following the due process of assessment.

Accreditation granted on **27-04-2023** is valid until **26-04-2025**

Secretary

Capacity Building Commission

Chairperson

Capacity Building Commission

Certificate No.
APP/22/N00021

Sardar Vallabhbhai Patel National Police Academy

got accredited as

“*Ati Utkrusht*”

under the Capacity Building Commission's
National Standards as assessed by the
National Accreditation Board of
Education and Training.



Shri Narendra Modi, Honorable Prime Minister of India, awarding “Certificate of Accreditation” to Sardar Vallabhbhai Patel National Police Academy on 11 June 2023 at ITPO Pragati maidan, New Delhi to Director Incharge Shri Amit Garg.

Contents

1. Visit of Union Home Secretary Shri Ajay Kumar Bhalla	1
2. Inauguration of New Residential Buildings (112 Qtrs)	2
3. International Yoga Day	3
4. Blood Donation by NPA Staff	3
5. LiFE (Lifestyle for Environment) Plantation by NPA Staff	4
6. Summer Camp	5
7. Shramdan at Site A	6
8. Faculty Development Programme	6
9. Visit to Shamirpet Police Station 75 RR	7
10. Moot Court 75 RR	7
11. CPR First Medical Responder Module 75 RR	8
12. Forensic Science Module 75 RR	8
13. Sand Model Module 75 RR	9
14. Explosive Module 75 RR	9
15. Police Tac Module 75 RR	10
16. Jungle Module 75 RR	10
17. Firing Module 75 RR	11
18. Urban Operation Module 75 RR	11
19. CSWT BSF Attachment 75 RR	12
20. ITBP Attachment 75 RR	12
21. WT & Firing Module 75 RR	13
22. Long Range Firing 75 RR	13
23. Night Firing 75 RR	14
24. Nukkad Natak by Law Society	14
25. 15 KM Route March 75 RR	15
26. 25 KM Route March on Road 75 RR	15
27. 25 KM Route March with Navigation 75 RR	16
28. 5 KM Run 75 RR	16
29. 10 KM Run 75 RR	17
30. 12 KM Run 75 RR	17
31. Horse Riding 75 RR	18
32. Cycling 75 RR	18
33. Zumba 75 RR	19
34. Rocking Climbing Module	19
35. Outdoor Activetis 75 RR	20
36. BOAC Module	23

37. Volleyball Match between 75 RR and IFS	24
38. Volleyball Match between 75 RR and Participants of Indian Statistical Service	24
39. Interaction With 75 RR	25
• Shri Sanjay Mathur, IPS JD CCTNS NCRB	25
• Dr. Aariz Aftab, IAS	25
• Shri Vikraman, IPS SP NIA	25
• Shri Arvind Kumar Addl. Director in Intelligence Bureau	25
• Shri Sriram Taranikanti, IAS	26
• Shri Abhay, IPS (Retd.)	26
• Shri Pankaj Thakur, IPS	26
• Dr. Srinivas A, IPS	26
40. In-Service Courses	27
• Mid-Career Training Programme - Phase III (21 st Program)	27
• Mid-Career Training Programme - Phase IV (15 th Program)	28
• 44 th IPS Induction Training Course	29
• Introduction to Ethical Hacking for LEAs	30
• Tactics - 62	30
• Cyber Security and Investigation	31
• Coordination among Police Department, Judiciary, Prisons and FSL and Speedy Trial & Efficient Prosecution	31
• Forest & Wildlife Crime Detection and Mob Management	32
• Economic Offences	32
• Cyber Security & Investigation	33
• Use of Technologies in Policing-Learning from each other	33
• OSINT & Social Media	34
41. Poems and Articles of 75 RR Probationers	35
• मुश्कलि है माँ	35
• Questions	36
• Greyhounds Experience	37
• The Injury Chapter	39
• ITBP Attachment	41
42. Farewell	42

Visit of Union Home Secretary Shri Ajay Kumar Bhalla



**Inauguration of New Residential Buildings (112 Qtrs)
by Shri G. Kishan Reddy
Hon'ble Minister of Tourism, Culture and Development of
North Eastern Region, Government of India on 05th April, 2023**



International Yoga Day



Blood Donation by NPA Staff



LiFE (Lifestyle for Environment) Plantation by NPA Staff



Summer Camp



Shramdan at Site A



Faculty Development Programme



Visit to Shamirpet Police Station 75 RR



Moot Court 75 RR



CPR First Medical Responder Module 75 RR



Forensic Science Module 75 RR



Sand Model Module 75 RR



Explosive Module 75 RR



Police Tac Module 75 RR



Jungle Module 75 RR



Firing Module 75 RR



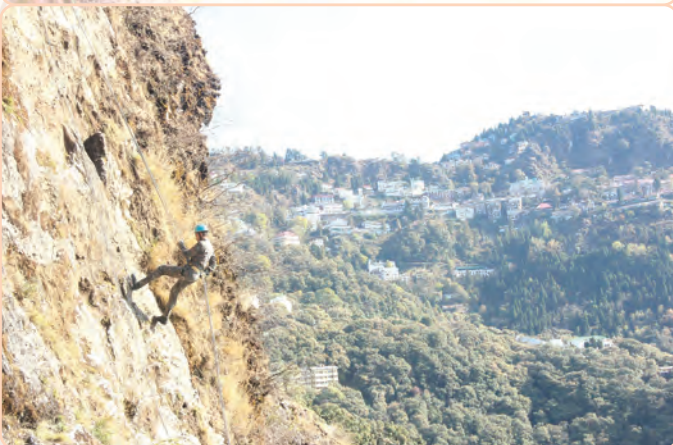
Urban Operation Module 75 RR



CSWT BSF Attachment 75 RR



ITBP Attachment 75 RR



WT & Firing Module 75 RR



Long Range Firing 75 RR



Night Firing 75 RR



Nukkad Natak by Law Society



15 KM Route March 75 RR



25 KM Route March on Road 75 RR



25 KM Route March with Navigation 75 RR



5 KM Run 75 RR



10 KM Run 75 RR



12 KM Run 75 RR



Horse Riding 75 RR



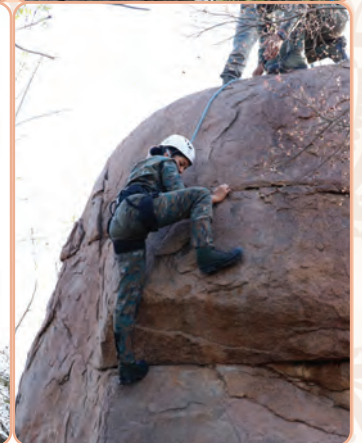
Cycling 75 RR



Zumba 75 RR



Rocking Climbing Module



Outdoor Activetis 75 RR



Outdoor Activities 75 RR



Outdoor Activetis 75 RR



Outdoor Activetis 75 RR



BOAC Module



Volleyball Match between 75 RR and Participants of Indian Statistical Service



Volleyball Match between 75 RR and IFS



Interaction With 75 RR Shri Sanjay Mathur, IPS JD CCTNS NCRB



Basic Course

Shri Arvind Kumar Addl. Director in Intelligence Bureau



Basic Course

Dr. Aariz Aftab, IAS



Basic Course

Shri Vikraman, IPS SP NIA



Basic Course

Shri Sriram Taranikanti, IAS



Basic Course

Shri Abhay, IPS (Retd.)



Basic Course

Shri Pankaj Thakur, IPS



Basic Course

Dr. Srinivas A, IPS



In-Service Courses

Mid-Career Training Programme - Phase III (21st Program)

10th April to 05th May, 2023

ABOUT THE COURSE:

The 21st Mid-Career Training Programme - Phase III 04-week program has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

a) The main objectives of the Course were:-

- To prepare the IPS Officers for the “Next level competency”
- To enable them to possess the necessary skills and attitudes to discharge their responsibilities effectively
- Impart a Global perspective.

b) Theme of the Course:

“Honing Up Skills with a Global Perspective”

c) Course Structure:

Different modules were conducted for the trainees

during the 4 weeks training.

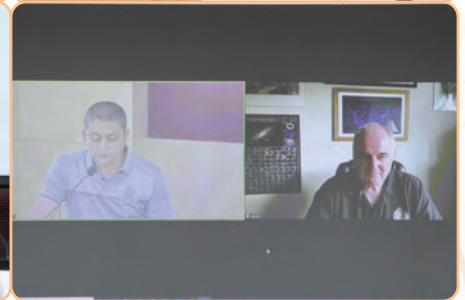
The details of modules conducted for the trainees are as given below:-

- i) Updating professional skills and knowledge
- ii) Responsive Policing Welfare and Leadership
- iv) Personal, Social and Professional attitudes, and
- v) Innovations & Contemporary issues.

95 members attended the course

Bhushan Gulabrao Borase

Course Director



In-Service Courses

Mid-Career Training Programme - Phase IV (15th Program)

15th May to 09th June, 2023

ABOUT THE COURSE:

The 15th Mid-Career Training Programme - Phase IV 03-week program has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

The overall goal of Phase-IV/15th program was to consolidate a culture of professional practice and to develop leadership and managerial skills among the Officers who are in the middle of their career. The phase provided a framework within which officers were able to integrate their practical experience with more formal understanding of police practices.

This Phase is intended to help them consolidate their experiences and help them analyze the current practices in developed countries in the light of the requirements of a modern police management. Emphasis would be on helping them with their skills in Human Resources management, strategic planning, directing and team building.

98 members attended the course

Bhushan Gulabrao Borase
Course Director



In-Service Courses

44th IPS Induction Training Course

27th February to 06th April, 2023

ABOUT THE COURSE:

The “44th IPS Induction Training Course” a 06-week training has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

- To acquire an all India perspective,
- To equip SPS officers with knowledge and skills required to manage a district charge, and
- To enable SPS officers to develop an understanding of modern Management Principles as applied to police working.
- Exposure to developments/advancements in policing at the International level.

Course Structure:

- Different modules were conducted/developed for the trainees during six (06) week training and they were also sent for Study-cum-Cultural Tour (SCCT) at Assam-Meghalaya, Gujarat, Kerala, Uttar Pradesh.

81 members attended the course

Bhushan Gulabrao Borase
Course Director



In-Service Courses

Introduction to Ethical Hacking for LEAs

10th to 13th April, 2023

ABOUT THE COURSE:

A 04 days Course on “Introduction to Ethical Hacking for LEAs” has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

- To form the foundation for understanding practical concepts in ethical hacking.
- To introduce participants to various tools and techniques involved in ethical hacking.
- To understand various modus operandi involved in hacking and perform basic vulnerability assessments on their computers/web servers, and explore the various attack techniques for the same.
- To understand the modus of attacks with logical and technical clarity.

35 members attended the course

C. Vamsi Krishna
Course Director



Tactics - 62

24th April to 04th May, 2023

ABOUT THE COURSE:

A 02-weeks Course on “Tactics - 62” has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

The objectives of the course were to make the participants conversant with

- The conduct of tactical operations in militancy/ extremist infested areas including urban, rural and jungle areas.
- The minor tactics and basic drills of CI Ops.
- Use of geographical area and weapons to their tactical advantage.
- Latest technologies in terms of weapons including non-lethal options, communication equipment Protective equipment & planning & conducting prolonged operations.
- Importance of engaging with the community in insurgency / extremism prone areas for success of CI Ops.

36 members attended the course

M. Sree Abhinav
Course Director



In-Service Courses

Cyber Security and Investigation

08th to 12th May, 2023

ABOUT THE COURSE:

A 05 days Course on “Cyber Security and Investigation” for LEAs conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

- To introduce the participants on latest developments in Cybercrime security
- To inculcate knowledge and make them understand about latest Cyber Laws
- To enhance their skills in investigation of cybercrime cases through Hands-on exercises
- To enable peer learning through group discussions on emerging cybercrime trends

33 members attended the course

Hari Prasath S
Course Director



Coordination among Police Department, Judiciary, Prisons and FSL and Speedy Trial & Efficient Prosecution

08th to 12th May, 2023

ABOUT THE COURSE:

A 05 Days Course on “Coordination among Police Department, Judiciary, Prisons and FSL and Speedy Trial & Efficient Prosecution” has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

- To strengthen the capacity of all stake holders of CJS by identifying gaps and issues in co-ordination.
- Discuss/Brainstorm on proactive and innovative measures/case studies to improve co-ordination.
- Awareness of problems and issues faced by each other (agencies)
- General expectations from each other.
- Discuss required amendments in Substantive and Procedural Criminal laws for effective coordination among agencies.
- To discuss the required amendments for making procedural and substantive laws more simpler and speedy justice oriented, especially in the light of suggestions sought by Ministry of Home Affairs, from all the States, regarding amendments in Criminal Statutes.

88 members attended the course

Aditya Goenka
Course Director



In-Service Courses

Forest & Wildlife Crime Detection and Mob Management

15th to 19th May, 2023

ABOUT THE COURSE:

A 05 days Course on “Forest & Wildlife Crime Detection and Mob Management” has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

- To give the requisite knowledge about wildlife crime, detection and investigations; its extent & magnitude; the need for interstate & transnational coordination that is
- connected to wildlife crimes; and the inputs relating to the mob management. The main objectives of the course are to acquaint the participants with the following:
- Understanding trends in Forest and Wildlife Crimes.
- Application of forensic techniques in investigation of Forest and Wildlife Crimes.

67 members attended the course



S. Sathyan
Course Director

Economic Offences

22nd to 26th May, 2023

ABOUT THE COURSE:

A 05 days Course on “Economic Offences” has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

- To have a better understanding about the genesis and magnitude of economic crimes
- Review the existing laws, policing procedures and other control mechanisms for tackling such crimes.
- Analyze the limitations and constraints in enforcement and to suggest ways and means for their resolution.
- Appreciate current and future trends in economic crimes with a view to explore new strategies and tactics for effective tackling of such crimes.

65 members attended the course



Chaitanya Siriprolu
Course Director

In-Service Courses

Cyber Security & Investigation

05th to 09th June, 2023

ABOUT THE COURSE:

A 05 days Course on “Cyber Security & Investigation for Judicial Officers (I4C, MHA)” has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

- Overview and major incidents of Cyber Crime and Threats.
- SoP of Handling Digital Evidences (PC, Laptop, CCTV, Disk, Storage Unit).
- Imaging/ Cloning, Hashing and importance of Write Blocker.
- Social Media and fake news investigation (Hands-on).
- Modus Operandi and current trends in digital payment frauds.
- Investigation of Crypto Currency related offences
- Introduction of Dark Web and Investigation (Hands-on)
- Introduction of OSINT (hands-on)
- Cyber Laws, Admissibility of electronic evidence and emerging challenges.

33 members attended the course

E. Sai Charan Tejaswi

Course Director



Use of Technologies in Policing-Learning from each other

12th to 13th June, 2023

ABOUT THE COURSE:

A 02 Days Course on “Use of Technologies in Policing-Learning from each other” has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

- ◇ To disseminate information and showcase various innovative practices in technology launched by Police officers in States/UTs/CPOs that have addressed the objectives desired and are widely appreciated.
- ◇ To provide a platform for Police officers in States /UTs/CPOs to analyze, discuss and understand on the following themes:
 - Stationhouse management
 - Citizen Centric Service
 - Cyber Crimes
 - Tactics/Operations/Intelligence
 - Law & Order/ General Crimes
 - Traffic Management
 - Immigration
- ◇ To enable the participants
 - The utility of such good practices
 - Challenges in implementation and ways and means to overcome them.

30 members attended the course

Aditya Goenka

Course Director



In-Service Courses

OSINT & Social Media

21st to 23rd June, 2023

ABOUT THE COURSE:

A 03 days Course on “OSINT & Social Media” has been conducted by the Academy.

OBJECTIVES OF THE TRAINING PROGRAMME:

- To train in skills, techniques, and tools to gather information from internet.
- Analyze the results from open source searches.
- Profile a person or an organization using OSINT.
- Social media platforms for gathering intelligence and information
- Long time analysis, sentiment analysis, trend analysis on social media.

45 members attended the course

(16 Foreign Officers)

S. Sathyan
Course Director



तेरे ऋण से उऋण होना मुश्किल है माँ,
जो तूने किया वो करना मुश्किल है माँ,
घर का बोझ अकेले ढोना,
कभी ना थकना, कभी ना रोना,
मुश्किल है माँ,
तेरे ऋण से उऋण होना मुश्किल है माँ,
जो तूने किया वो करना मुश्किल है माँ,

वरना ऐसे भला कौन किसी को नौ महीने ढो सकता है,
ये केवल तू माँ है जिससे ये सब हो सकता है,
उल्टी आना, जी मिचलाना, फिर भी न घबराना,
नौ महीने की पीर को अपने बच्चे की खातिर सह जाना,
मुश्किल है माँ,
तेरे ऋण से उऋण होना मुश्किल है माँ,
जो तूने किया वो करना मुश्किल है माँ,

ये कहना कि जो तूने मुझे दिया है वो ऋण मैं लौटाऊँगा,
ये ऐसा है मानो मकाँ नींव को बोले की मैं तेरा बोझ उठाऊँगा,
मुश्किल मगर है मूल तेरा लौटना, कोशिश मेरी ब्याज ज़रूर लौटाऊँगा,
ऐसा भी ग़र हुआ ना मुझसे, तो खुदको क्या खाक सफल कह पाऊँगा,
इतना आसान थोड़ी है ये सब कह देना और कर जाना,
मुझे पता है मुश्किल है माँ तेरे जैसा हो पाना,

अब तो बस यही कह सकता हूँ माँ,
जीवन भर तेरा ऋणी रह सकता हूँ माँ,
क्यूँकि पता मुझे भी है कि,
मुश्किल है माँ,
तेरे ऋण से उऋण होना मुश्किल है माँ,
जो तूने किया वो करना मुश्किल है माँ,
मुश्किल है माँ, मुश्किल है माँ.....



Alok Kumar, IPS
(75 RR)

Questions

1. When this scientist was asked about his feeling after his most famous 'discovery'. He said, "I remembered the line from the Hindu scripture, the Bhagavad-Gita... 'Now I am become Death, the destroyer of worlds.'" Who was this scientist at the center of discussions recently?
2. The English National Cricket team is considered to have adopted a new approach to test cricket which consists of aggressive run scoring and risk taking. This approach is credited to the new head coach Brendon Mccullum on whose nickname it is named too. What's the term for this new approach/style?
3. Which Chennai based organisation has in its logo the divine cow Kamdhenu on the left, Divine elephant Airawat on right and the map of India and a conch at the center?
4. This famous author wrote two books in the year 2008. The first book won him the Man Booker Prize for the year. The story of second, dealt with the time period between unfortunate killings of two Prime Ministers of India. Name the author and the second book?
5. This IPS officer from 32 RR was an ace swimmer who held national record for 100 m breaststroke event. He was also awarded the Asiad Jyoti for organising the swimming events at the Asian Games in New Delhi. Unfortunately, he was assassinated by militants in Punjab in 1987. Name the IPS officer.

- Answers.
1. Robert J. Oppenheimer
 2. Bazball; Brendon Mccullum has nickname Baz
 3. The Hindu Group/Kasturi and Sons Ltd
 4. Arvind Adiga, Between the Assassinations
 5. A S Brar, On whom the NPA Swimming Pool is named after.



**Dinesh Pratap Singh Rathore, IPS
(75 RR)**

Greyhounds Experience

NPA training was supposed to be a life-changing, personality-altering experience of our lives. Greyhounds, to me, was the ultimate test of whether the training changed me in my way from what I used to be. I, like most Indian women, was raised to be scared of things - of dark spaces, of walking in the night, of peeing in public washrooms, of looking and smelling bad. All these and worse were about to happen. This, right there, was a giant trigger for anticipatory anxiety. For one Sunday, after CSWT attachment, I worried incessantly- how would I survive without a toilet, about an impending UTI, about getting stomach aches, about carrying at least 15 kgs on my back, about living outside, and ad infinitum.

But then came Monday and I forgot to worry. Between PT and moot courts and myriad of other activities in the usual NPA schedule, I actually just let that go. That never happens. Worry used to be an integral part of who I am and I was not worrying about something that was touted to be the toughest part of an already tough training. So, here I was - preparing but not worried. This was the new me - that NPA shaped me invisibly but incessantly.

The first day, right before leaving for the jungle, after the already tiring stint in the Greyhounds academy, I called my mother and the moment I heard her voice, I teared up. I quickly concluded the call and shed a few tears. I don't even know why I cried - I was scared, yes, but I've been scared before route marches and before PT QBAs but didn't cry. It may be that there would be no sense of comfort of coming back to your comfort zone after a difficult day. It may also have been that I would be out of contact with people I love. If greyhounds allowed phones, the difficulty would have reduced significantly. At the end of the day, as cheesy as it might sound, people you love just pull you through a difficult situation. Little did I know that difficult situations can broaden your circle of loved ones.

The first night was the most difficult experience - we carried the whole weight (around 15 kgs for me) and walked and walked. I took a watch with me - seeing the time passing by was the only hope that I saw at the end of the darkness. I knew we had to stop sometime, somewhere. Contrary to expectations, I didn't cry, get annoyed or angry. I even found it in me to empathise with my platoon-mates. I helped some out, cracked a few jokes and walked. I didn't even get annoyed when I was woken up by a squad mate to perform sentry duty just half an hour before everyone was supposed to wake up.

But then days passed, we went further hundred miles away from the zone of comfort and just stayed there. The experience in hindsight was almost hysterical. I felt the highest highs and the lowest of lows. I saw how on a rainy night with no cover, I and two others made a makeshift tent on a tree. We huddled together to avoid the cold. I saw how one brave woman of our platoon, despite Asthma and despite the weight she carried, held her own - happily. She lit the fire like a pro and cooked for us. I saw how kindness can just percolate out of people - Dendup sir never rested at LUPs - he cooked enough food so no one went hungry at any time of the day. In those lowest of the low moments, in the scorching heat of the day or the rainy night, my squad-sister just pulled me through. She refused to let me be defeated - even by myself. She strictly forbade any kind of sulking. I remember one night when she had sentry duty at 1 am and I had to replace her at 1:45 am. She could have slept but she stood with me through those 45 minutes, and we talked and gazed at the stars.

That moment was worth the pain of the last day when after reaching LUP for the last operation, we were wet, muddy and tired from walking on hills and through rice fields. I didn't even take out my black sheet and just collapsed on, yet again, Dendup sir's mat. I remember four of us - Tarun, Lalit, Dendup Sir and me were just comatose on that mat, with Dendup sir's food and Lalit's words keeping us company. When time came to get up, I really couldn't. My legs were shaking, I was cold and every cell of my body wanted to keep lying that dirty, muddy mat. But then Tarun got up quickly, started packing everything. So did Lalit and Dendup sir with an excited urgency. They said it's the last of all operations. We are going home. Their energy somehow seeped into me and I moved. That morning, each step was measured. I just moved and moved until Lalit, the team leader made sure that my position in the cut off party was most comfortable and asked me to rest till further orders. I sat there and almost cried again - I can't say why but everyone's

love and kindness in the attachment just overwhelmed me. I was prepared to be made tough but not for the love I would feel for each one of my platoon mates.

At an individual level, I realised how much power preparedness has in any difficult situation. The better you plan and prepare, the easier it is to endure difficult situations. I made lists, I talked to people who already went in the first batch, I coordinated with Anushtha and Akansha. All that led to my bag being much lighter than what it could have been otherwise. I barely carried any food, some toiletries and almost the whole weight was of water. I also managed to keep myself hydrated and the thing I was most dreading - a UTI didn't happen. I even managed to poop in the forest - twice! I didn't get sick even once and I came back healthy too. Aside from general exhaustion, nothing happened.

But at a broader level, I realised that you don't really need to be tough commandos or super emotionally-intelligent robots to survive difficulty. You just need one Rishabh, one Kudiarasu, One Dendup Sir, a squad immigrant like Tarun, two great women, one Lalit, one gang of people you can joke with and philosophise at the same time ("Naam nai lungi"). This is all. You need friends



Vagisha Joshi, IPS
(75 RR)

The Injury Chapter

When I came to NPA, I heard many things about the training but the most common one was that 'the training in NPA is highly injury prone.' I was somewhat physically fit even before coming to NPA. So, I used to involve in every physical activity enthusiastically actually overenthusiastically. My Platoon mates and batchmates used to tell me be careful, you have to keep your training injury free etc. I never thought that I can be injured but on one fine day that is 29th March 2023 my left shoulder came off in Artificial Wall Climbing.

On 24th of March, first day of Artificial wall climbing module I successfully climbed the Right-side artificial wall. My next target was to climb the left side of the wall which is completely inclined after one point. I knew it is going to be very very tough. So, I went to the artificial wall on Sunday afternoon clicked the photograph of the wall and planned each and every step. I tried to visualise the event and gathered some information how to climb the difficult holds etc etc. I also write a diary before any important event mentioning why I need to do this, how I can do this and what is at the stake. "I know I can be hospitalised while climbing the wall but I will give my 100% efforts" this was the exact line I had written in my diary before the accident. On Wednesday i.e 29th March 2023, I started climbing the wall, everyone was cheering and I had completed almost 70-80% of the wall but at that point of time there was one awkward hold in which all the bodyweight came on my left shoulder and it came off. Durgaji and Jayvir took me to the Continental hospital. After the MRI doctor detected Bankart Lesion and suggested a surgery with recovery time of about 3 months.

Just after the doctor's diagnosis I got the call from Rijul, he asked what happened I said Career khatm ho gaya bhai. I was not able to move my left hand. While travelling with every bump of the vehicle I was getting pain in the shoulder. I could not sleep properly due to pain. I couldn't even able to wear my cloths or tie the lace of shoe. I was going to miss my ITBP module, firing module and the ongoing classes. I was thinking how I will do the chin ups, push ups, route marches etc. So many thoughts were running over mind and the future was looking dark. But after initial shock I tried to stabilise myself and focussed on how I can ensure my speedy recovery.

How did I overcome the injury?

Following three pillars played a pivotal role in coming over the injury just in a span of 20 days.

1. Support system- I consider myself so fortunate to get such an awesome platoon and great friend circle at NPA. I was never alone during the time of injury. All the friends used to come to my room and we had lunch and dinners together. When I was in hospital my platoon created the concept of HDO Hospital Duty Officer, one of the platoon members used to come to the hospital to give me company. Twinkle sent me a long text explaining how to handle the injury it helped me a lot to handle to injury positively. My DIs and ADIs told me you are very fit you will easily complete the training and you won't be requiring surgery. It is just because of such a great support system I could able to handle my injury comfortably.
2. Physiotherapy – I took regular sessions of the physiotherapy by Shafi sir, Kadar sir and Veda mam. They took lot of care of me. The physio helped me avoid the surgery and gave me relief from the pain.
3. Positive Mindset – Any injury will hurt you more emotionally than physically. Just a day before you are doing every physical activity very easily but suddenly you can't do even a basic thing without anyone's help. This gives negativity and naturally a depression. So, to save yourself from negativity becomes a challenge. The best thing in my case was that I never had a regret about the injury. I wanted to climb the wall, I wanted to take the risk, I knew it might lead to hospitalisation so it is okay. Time heals everything and this injury too going to be okay after some time. I considered it as a temporary pause from the regular schedule. When you get such a shock, best thing to absorb the shock is to

ensure the normal schedule for the day. I made a nice schedule at the Hospital, I used to go to the physio, I used to read good books, watched good movies, in evening had a round of stadium etc. The book by Bhismraj Bam sir Vijayache Manasshatra, the movie Baggio: The Divine Ponytail was very relatable they showed how to carry your mind in injury. During all the days of hospitalisation I never had a depressed face I just enjoyed the rest for 15-20 days. I never felt like a victim - why this has happened to me, I just accepted it as a part and parcel of the training and obviously my adventurism. This positive attitude ensured my early recovery.

The quote by Jeremy Lopez is very apt here, “What that doesn’t kill you makes you stronger.” Though I faced issues in initial days of my recovery but over a period of time my injury made me both physically and mentally tougher. Injury never decreased my determination and commitment towards the training rather it made me more resilient. I got the time to think over myself, the bond with my friends become stronger, I started to do single handed chin ups, I did peacock etc. The Injury certified the thing that whatever happens in life, happens for good. The injury was unfortunate but it surely helped me to become a better version of myself.



Ramteke Sumit Sudhakar, IPS
(75 RR)

ITBP Attachment

In April 2023, a group of IPS probationers was sent to an ITBP attachment, where we were tasked with rock climbing - a challenge that would test our physical and mental strength.

ITBP had planned four rock craft activities for us, which included seat rappelling and knot climbing. The latter, in particular, proved to be a formidable test for me. Before attempting the knotted rope climb, few female probationers had tried and failed, leaving an apprehensive air hanging in my mind over the activity. I remember before beginning of the activities our instructors had given us a demarcation based on the supposed difficulty of scaling a rock. As if human-made distinctions weren't innumerable, natural rocks were also differentiated as 'male' and 'female'.

With a fire burning in my heart, I made a silent vow to my four year old little one, that I would conquer this daunting task, no matter what, just as he imagines me to. As I began the climb on the 'knotted rope', my resolve was immediately put to the test. Slippery hands and aching muscles threatened to give in, and each breath was a battle in itself. Yet, I persevered, refusing to let go of my determination. I couldn't make out a single distinct voice, but I knew each batchmate of mine was screaming at the top of their voice to literally push me to the top.

After what felt like an eternity, I finally reached the top, and a sense of accomplishment washed over me like a warm embrace. But the story doesn't end there. As I stood victorious, I witnessed a remarkable transformation among my fellow female probationers. The sight of someone achieving the supposedly impossible task had shattered the barrier of doubt in their minds. One by one, they took on the challenge and succeeded, inspired by the newfound belief that they, too, could do it. That feeling of not letting go now has captured all of us.

This experience brought to mind a fascinating historical parallel - the US-Russia space competition. When the United States struggled to launch a satellite into orbit for years, the experts were left dumbfounded when Russia successfully launched Sputnik. Yet, within three months of that momentous event, the US also achieved their satellite launch. It illustrated how the success of one can fuel the confidence and determination of others to conquer seemingly insurmountable challenges.

With this newfound confidence, I didn't stop there. I sought out another climbing task, one originally designated for male officers. Initially even trying to scale it seemed more than enough. At worst, I would just come back from half-way. But once again, bit by bit, breath by breath, Undeterred, I tackled it with determination, proving that I was capable of much more than I had ever imagined.

Once you've scaled nature, artificial wall climbing seemed just like a child's play and I was elated that I went as high as any other male probationer. Looking down from the wall, both my hands occupied in sticking myself to it, I could just see the smile of me little one.

And so, this journey of rock climbing in the picturesque landscape not only taught me resilience, determination, and the joy of overcoming challenges but also inspired others around me. It was a reminder that the path to greatness is often paved with moments of uncertainty, but with the right attitude and the right people any altitude is possible.



**Usha Yadav, IPS
(75 RR)**

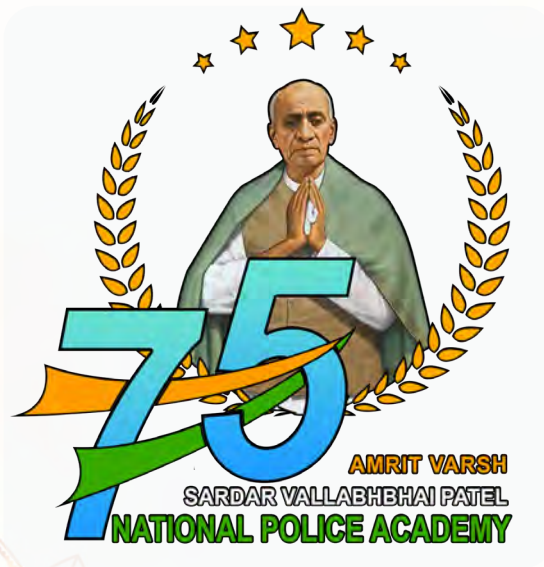
Farewell



C. Vamsi Krishna



Seju P Kuruvilla



Sardar Vallabhbhai Patel National Police Academy,
Shivaramapalli, Hyderabad - 500 052, INDIA.

Phone: 91-40-24015151 to 58(8 Lines), 91-40-24235999 (30 lines),
Fax Number: 91-40-24015179, E-mail: svpnpa.info@svpnpa.gov.in