



# JAMMU & KASHMIR POLICE

## NEWSLETTER

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#### 4<sup>TH</sup> AMAR KAPOOR MEMORIAL LECTURE

Shri Shyamal Dutta, H.E. the Governor, Nagaland, delivered the 4<sup>th</sup> Amar Kapoor Memorial Lecture on "From Afghanistan to Kashmir" at an impressive function held at Abhinav theatre, Jammu, on March 07, 2002. The function, organized by J&K Police, in memory of Late Shri Amar Kapoor, ADGP, was presided over by the Chief Minister, Dr. Farooq Abdullah.



*A view of the cross section of the participants at the venue of the 4th Amar Kapoor Memorial lecture*

In his keynote address, Shri Shyamal Dutta, elaborated at length the developments in Afghanistan during the last three decades. He maintained that the basic genesis of militancy in J&K lay in Afghanistan. Emboldened by the withdrawal of troops from Afghanistan by Russia. Pak I.S.I., which, over the years, had been coordinating the activities of the Mujahideen, both from Pakistan and Afghanistan as also the other warlord groups in Afghanistan, extended its activities to J&K to engineer insurrection, he added. Shri Dutta, who is also the former chief of IB, spoke about the various facets of radical Islamic groups, operating both in Kashmir and Afghanistan.

In his presidential address, Dr. Farooq Abdullah, Chief Minister, said that the dangerous consequences of the menace of terrorism, which has engulfed almost all the countries in the world, in one form or the other, have to be understood by the

world community. He said, "we, as a country, have been trying to project our case for the last several decades but the big powers like U.S.A and other European countries never bothered to hear us and understand the dangerous consequences of terrorism. It was only September 11, incident of hitting World Trade Centre by terrorists which made all the big powers to come out of the deep slumber and understand the gravity of the situation." Appreciating the campaign launched by US for a global war against terrorism, the chief Minister said that the intentions of all the allies should be clear and they have to be firm in their resolve otherwise it shall be a futile exercise.

He paid rich tributes to late Shri Amar Kapoor and described him as a brilliant and professional Police Officer, whose memory will never fade away.



*Shri Shyamal Dutta, H.E. the Governor, Nagaland (Left), Dr. Farooq Abdullah, C.M. (Centre) and Shri. A.K. Suri, DGP (Right) at the venue.*

In his welcome address, Shri A.K. Suri, DGP, J&K said that the historical linkages in the recent times, between India and Afghanistan, have been only of views of terror, which have swept from Afghanistan to India, mutilating the beauty of the whole region. Referring to the over hostile role of the Pakistan, the DGP said that Pakistan embarked on a vicious plan to destroy Kashmir because it failed to reconcile the ground realities that the people of the state had rejected the Two Nation theory and sided with a secular and democratic India.

"Terrorism continues and the perpetrators of terror continue to live in our neighbourhood. We have known this fact for long though the world has come to open its eyes only when the monster of terrorism afflicted them", said Shri. A.K. Suri.

Paying tributes to late Shri Amar Kapoor, the DGP said that he was a hard task master and longed to achieve excellence in any thing he took up.

The lecture was attended by cabinet ministers, legislators, senior civil, army and Police Officers besides, a galaxy of academicians, media men and prominent citizens of the state were present.

### POP AT POLICE TRAINING SCHOOL KATHUA

An attestation-cum-passing out Parade of 561 recruit constables was held at S. Prithi Nandan Singh Police Training School, Kathua, on March, 2002.



**C.M., J&K, taking salute at the POP**

Dr. Farooq Abdullah, Chief Minister, who was the chief guest, inspected the parade and took salute.

The function was attended by senior Police Officers including Shri Gopal Sharma, ADGP, Armed, Shri P.S. Gill, ADGP, Law and order, Shri Madan Lal, M.D, J&K Police Housing corporation, Shri Masud. A. Choudhary, IGP Crime and Railways, Shri Rathinder Koul, Joint Director, SKPA, Udhampur, Shri Dilbagh Singh, DIG, Jammu-Kathua Range, besides, civil and police officers of district administration and prominent citizens of Kathua town were present.



**Pinning of ranks to recruit constable Mohd. Jhangir.**

Speaking on the occasion the chief Minister, commended the valour displayed by J&K Police in fighting militancy. He cautioned the Police force against the machinations of the enemy, who is hell bent on keeping the pot boiling in J&K. "ultimately, we will overcome all our problems by fighting the enemy to finish" he added. He exhorted the *Jawans* to be people-friendly,

disciplined and dedicated.

Speaking on the occasion, the DGP called upon the *Jawans* to always uphold the rule of the law and never succumb to any pressure or fall prey to any temptation in the discharge of their duties.

Welcoming the new recruits in Police force, the DGP impressed upon the *Jawans* that henceforth uniform should be their sole religion and service of people their guiding principle.

The DGP lauded the fine turnout and parade of the pass-outs and commended the instructors for their hard work.

In his welcome address, Shri. K.L. Bhagat, Principal, PTS, Kathua gave the performance appraisal of the training institute.

Recruit constable Mohmad Jhangir Khan, who was declared all-round-best, received one rank promotion on-the-spot at the hands of the Chief Minister.

Cash rewards of Rs. 5000 each were given to constable Sajad Hussain and constable Abrar Ahmed who had stood 1st in Indoor and Outdoor activities respectively during the training. Constable Abdul Hameed bagged a cash reward of Rs 3000 for his standing 1st in Range Classification.

### S P O R T S

- ❶ J&K Police clinched Sehdev Memorial Hockey Trophy by beating Pathankote club (3-1) in the final match which was played at Sports Stadium, Hiranagar, on March, 09. Shri S.S. Slathia, Minister for power, J&K, was the chief guest at the concluding function of the tournament.
- ❷ A Cricket Match was played between the DGP's XI and J&K Forest XI, at M.A.M Stadium, Jammu on March, 24. Forest XI emerged Winners. Mrs. Neeru Suri, wife of Shri A.K. Suri, DGP, gave away the Trophies.



**Above: Mrs. Neeru Suri presenting the Winners Trophy  
Below: DGP, J&K receiving the Runners-up Trophy**



- ❸ J&K Police Band clinched bronze medal in 3<sup>rd</sup> All India Police Band Competition - 2002, held at Pinjore, Haryana.

The pipe band contingent of J&K Police was headed by S.I, Mohd Saleem.

The Gold Medal went to B.S.F, while the hosts CRPF claimed the Silver Medal.

This was the first time that J&K Police participated in the national level band competition.

❶ A special coaching camp of J&K Police team, for their participation in the forth coming aquatic competition in the All India Police Games, started at water sports centre, Nehru Park, Srinagar on March ,17.

## SPORTS MEDICINE

-Dr. Narinder Singh Bhatial

*J&K Police has established a Sports Medicine Centre at Gulshan Ground, Jammu, in 2001, which is first of its kind in J&K. Dr. Narinder Singh Bhatial, Sports Medicine Specialist, is the Incharge of the Centre.*

**S**ports Medicine is a phrase-denoting vast network of Medical and Para- medical management of the body for maintaining Physical fitness and agility. It encompasses various Phases of medical concerns including psychological, nutritional, environmental, pathological, physiological and biomechanical, related to athletic activity or exercise. Sports medicine is neither less nor more than medicine in motion, which is applied across the entire spectrum of any disease, and is the most natural intervention. **The Sports medicine is not only for elite athlete or a sports person but for a common man also, who too undertakes body exercise, in performing the activities of day to day life.** Sports Medicine Specialist's work areas include:-



Dr. N.S. Bhatial

- ❶ Prevention;
- ❷ Assessment;
- ❸ Treatment, management and disposition;
- ❹ Rehabilitation;
- ❺ Education & Counseling; and
- ❻ Organisation & administration.

**Prevention:** Prevention of athletic injury can be done by:

- ❶ Thorough pre-participation evaluation;
- ❷ Selection, fitting and maintenance of protective equipment;
- ❸ Checking of the safety of facilities and apparatus;
- ❹ Application of protective devices;
- ❺ Constant observation of athlete during activity;
- ❻ Counseling in the areas of diet, rest and sanitation etc and
- ❼ Focusing on Physical and mental fitness.

**Assessment:** Assessment process is based on scientific methods, involving:-

- ❶ Recognition and statement of problem;
- ❷ Collection of data about the problem; and
- ❸ Creation and testing of hypotheses.

**Management and Treatment:** Following steps are to be taken:-

- ❶ Administrating immediate First-Aid;
- ❷ Providing therapy to promote healing and recovery;
- ❸ Applying protective techniques; and
- ❹ Referring the athlete for further management, if need be.

The treatment of an athletic injury is a three step process including examination of signs and symptoms, application of treatment routines and assessment of the affects of these techniques on signs and symptoms of the injury.

**Rehabilitation:-** Depending upon the nature and the conditions surrounding the injury, rehabilitation requires a progressive systematic programme that develops range of motion, muscular strenght and endurance, coordinated movements, function activities and cardiorespiratory endurance.

**Education and counselling:-** This is the most important aspect, as every body should know "education is a Progressive discovery of our ignorance". The athlete should be educated about all aspects of athletic training with wide open pros and cons about every step of training. Counselling make a rapport between the trainer and the trainee, forming strong bonds which break mythes of training aspects, makes social and personal relations, ultimately imporving the performance, self concept and self esteem.

**Organization and Administration:-** effective health care, during and athletic training programme, which is often over looked, must be planned, organised and evaluated. Policies and procedures should be spelled out in this regard so as to ensure that effective health care is made available to athletes.

**Sports Medicine is for one and for all. It is the very essence of personal health and, if practised, it has the scope to add new dimensions to maintain physical fitness and agility.**

Lastly I conclued wiht- "where we can not invent, we must improve"

## SUCCESSES IN ANTI-MILITANCY OPERATIONS

**Jammu zone:** During the first quarter of 2002 (Jan. - March), 183 militants were eliminated in Jammu zone of which 149 were killed in joint operations with other S.Fs by J&K Police. 20 militants were arrested during the period. 149 A.K. rifles, 4 Pika guns, 21 Pistols/revolvers, 2 UMGs, 264 grenades/Bombs, 34 rifle grenades, 282 Kgs RDX/Explosive material and a huge quantity of ammunition including 15329 rounds of A.K. type were recovered.



DGP, J&K, inspecting a consignment of weapons recovered by Jammu Police

**Kashmir zone:** During the first quarter of 2002 (Jan. - March), 21 top ranking militants were eliminated in Kashmir zone. The killed militants were: Master Gh. Hassan @ Haji Junaid, Div. Comdr., TUM (Jan., 02), Rafiq Ahmed Mughal @ Jehangir, Div.Comdr., TUM, (Jan., 02), Irfan Bn. Comdr., (Jan., 02), Urabi, a Pak national, Div. Comdr., LET (Jan., 02), Mohd. Safi @ Bud Shah Khan Distt. Comdr. HM (Jan., 02), Akhtar Hussain Bhat @ Zubair, Bn. Comdr. HM (Jan.,02), Jhangir Parray @ Sajad, Coy Comdr. HM (Jan.,02), Tariq Ahmad Indrabi Code Irfan, Distt. Comdr. HM (Jan.,02), Gul Mohd @ Drangay, Bn. Comdr. (Jan., 02), Gh. Mohd Ganie @ Chota Gul, Bn. Comdr. HM (Jan., 02), Saifullah, HM Distt Comdr., Al.Badr (Jan., 02), Nasir, Bn. Comdr., HM (Feb., 02), Mohd Jamal Bhat @ Dawood, Coy Comdr., HM (Feb., 02), Bashir Ahmed Sheikh @ Gazi, Supreme Comdr., Al-Fatah (Feb., 02), Ahad Jan, coy. Comdr., Al-Fata (Feb., 02), Aftab Malik, Distt. Comdr., HM (Feb., 02), Sajad, Distt Comdr., HM (Feb., 02), Ab. Majeed Dar @ Majeed Guffa, Distt. Comdr., HM (Feb., 02), Mohd Maqbool Rather @ Jehangir, Distt. Comdr., HM (Feb., 02), Lateef Ahmed Reshi @ Azad, Logistic Comdr., HM (Feb., 02), Mirah Gujjar @ Shaheen, Bn. Comdr., Al-Badr (Feb., 02).



ان سے ملئے!

آپ ہیں کاشمیل گارورام نمبر 781، پانچویں ہٹالین آئی۔ آر کے انہیں امتیاز حاصل ہے، ہٹالین کے سب سے دراز قد ہونے کا، سات فٹ سے کچھ ہی انچ کم (۶ فٹ - ۷ انچ)۔

PATRON: A.K. Suri, IPS, DGP, J&K, EDITOR: Gopal Sharma, IPS, ADGP, Armed Police. MEMBERS: Dr. S.P. Vaid, IPS, DIG, Srinagar-Budgam Range, Farooq Ahmed, IPS, SSP, HR, CID, R.R. Swain, IPS, SSP, Srinagar, Johnny William, SP, Security, Rajbhawan, J&K & Israr Khan, SP, CID, Hqrs., J&K. EXECUTIVE EDITOR: P. N. Pandita, Dy. SP, PHQ.



پولیس ٹریننگ سکول کشوہ میں ۲۳ مارچ ۲۰۰۲ء کو منعقدہ پابنگ آؤٹ پریڈ کے موقع پر وزیر اعلیٰ ڈاکٹر فاروق عبداللہ اور ڈائریکٹر جنرل پولیس جناب اے۔ کے۔ صوری۔



۹ مارچ ۲۰۰۲ء "کوہلہ بانی عملی پروگرام" کے تحت ریاستی پولیس کی جانب سے تیم ٹرسٹ سرینگر کے بچوں کو امداد فراہم کرنے کی خاطر پولیس کنٹرول روم سرینگر میں منعقدہ تقریب کا منظر۔



۱۶ مارچ ۲۰۰۲ء کو ضلع پولیس لائن جموں میں نو تعمیر شدہ "انتظامیہ بلاک" کی رسم افتتاح کے موقع پر جناب اشوک کمار صوری، ڈائریکٹر جنرل پولیس۔