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INDO-TIBETAN BORDER POLICE

HIMVEER

दर्पण



SHRI RAHUL RASGOTRA I.P.S.
DIRECTOR GENERAL
ITBP FORCE



ITB POLICE FORCE
HOME MINISTRY OF INDIA
BLOCK-II CGO COMPLEX
LODHI RAOD NEW DELHI



DG'S MESSAGE FOR HIMVEER DARPAN

It gives me immense pleasure to present the third edition of “Himveer Darpan”, the training related E-magazine of the Indo-Tibetan Border Police Force. This publication continues to serve as a vibrant platform for sharing the thoughts, experiences, and creative expressions of our faculty members, trainee officers and personnel from various formations. The focus on training and professional development reflects the core values and ethos of our Force.

I commend the efforts of all contributors and the editorial team for their dedication in bringing out this edition. As we progress in our journey of excellence and service to the nation, such initiatives play a crucial role in strengthening the spirit of camaraderie and learning within the ITBP. I am confident that “Himveer Darpan” will continue to inspire, inform, and connect all members of the Himveer family. Jai Hind !

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जिन्दगी जियो

जिन्दगी को जियो जी भर कर।
उसे समझने की कोशिश न कर।

सुन्दर सपनों के, ताने बाने बुन।

उसमें उलझने की कोशिश न कर।

चलते वक्त के साथ तू भी चल।

उसमें सिमटने की कोशिश न कर।

अपने हाथों को फैला, खुल कर साँस ले।

अन्दर ही अन्दर घुटने की कोशिश ना कर।

मन में चल रहे युद्ध को विराम दे।

खामखाह खुद से लड़ने की कोशिश ना कर।

कुछ बाते भगवान पर छोड़ दे।

सब कुछ खुद सुलझाने की कोशिश ना कर।

रास्ते की सुन्दरता का लुत्फ उठा।

मंजिल पर जल्दी पहुँचने की कोशिश ना कर।



शत्रुधन यादव
सि०(जी०डी०)
सी०आई०टी०आई०
(शिवपुरी)

सैनिक की आत्मकथा

अपने देश के लिए खड़ा हूँ मैं,
वीरता की राहों पर चलता हूँ मैं।

जीवन की धूप में वर्फ की ठण्डी में,

देश के लिए अपनी जान देता हूँ मैं।

बॉर्डर पर खड़ा, रातों की चादर में,

दुश्मन से देश की रक्षा करता हूँ मैं।

गोलियों के बीच जीवन के खेल में,

वीरता के साथ अपनी जान देता हूँ मैं।

वीरता की राहों पर चलता हूँ मैं,

सैनिक की आत्मकथा गाता हूँ मैं।



सत्यवंत कुमार
स.उ.नि./दूर.
सी०आई०टी०आई०
(शिवपुरी)

FROM BATTLEFIELD TO BYTES: THE MODERN HIMVEER

The world is undergoing a rapid technological transformation, making digital and technical skills indispensable. From navigating online platforms to operating complex softwares, these abilities have become essential for both personal and professional success for each personnel in the Force. These skills empower individuals to adapt to the latest changes happening in the way we work in our offices and the way we handle official files today.



RAJANIKANT TIWARI
HC/TELE
CITI SHIVPURI

That is where a centralized institution like CITI (Communication and Information Technology Institute) comes into play. The CITI is playing a very crucial role in upskilling individuals of the Force to enable them perform official tasks very easily and effectively. Be it working inside eOffice, installing and maintaining Local Networks, or achieving complete self-reliance on performing complex tasks such as developing applications and managing ITBP Portals such as HRMS, Grievance portal, etc on the Headquarter level, everywhere it is providing itself useful.

Day by day, CITI is upgrading itself by launching various new in-trend courses. Starting from basic courses like computer fundamentals to advanced courses like Dot Net Framework, Advance Cyber Security Course, Windows Server, Hardware & Networking, CITI is expanding its horizon in every possible direction and only sky's the limit. A day will come, when it will produce 100s of highly programmers, Cyber security experts and Advance Communication experts.

“आतंकवाद”

माँ को रोता देख कर दिल में उठती हुक,
कब तक हर मासूम पर गरजेगी बन्दूक।

अपने-अपने स्वार्थ के बीज बो रहे हैं आज,
चिंता किसको राष्ट्र की सब प्यारा ताज।

हर दिन-रात काश्मीर में मचना हा-हाकार,
नेता सारे कर रहे लाशों का व्यापार।

बिना किसी भय लुट रही अबलाओं की
लाज,
धन्य-धन्य है आपका भय मुक्त समाज।

जनता का क्या हाल है, थरती पुलिस,
जाने कब हो सामने ए.के. सैतालीस।

कब तलक सोती रहेगी ये काहील सरकार,
निर्दोषों पर कब तलक होंगे अत्याचार।

उग्रवाद के नाम पर फूंक दिए घर बार,
लुटती असमत बहिन की, भाई हैं लाचार।

जिसके पीछे भीड़ है, उसके सर पर है ताज,
देश भक्त को देश में, कौन पूछता आज।

यह कविता 1990 के दशक के हाल व्यान करती है जब कश्मीर में आतंकवाद जोरों पर था। इस कविता में माँ का आशय धरती माता से है।



दिनेश चन्द्र
स.उ.नि.(जी0डी0)
प्रथम वाहिनी

जिन्दगी

मैंने सोचा बड़ी आसान सी पहेली है जिन्दगी।
पर हर वक्त लगा, उलझी सी पहेली है जिन्दगी।

वक्त के थपेड़ों से आज मैं अधमरा सा खड़ा,
बस यूँ ही सोच रहा हूँ, कि आखिर क्या है जिन्दगी।

वक्त के आगोश में पल पल सिमटती सी है जिन्दगी।
डलिया के फूलों की सिमटती महक सी है जिन्दगी।

कौन समझ पाया है चेहरों के पीछे छिपे चेहरे,
जितना समझ पाया उतनी सी है जिन्दगी।

मिलकर कभी मुस्कुरा कर हाल पूँछना,
और कभी मुस्कराहट को गिले शिकवों से दबा देना।
कभी बुरे अल्फाजों में लिपटी सी जिन्दगी।
ये तेरा ये मेरा, तू मेरा मैं तेरा, अपना या दुश्मन में सिमटती सी
जिन्दगी।

कभी खौफ, कभी प्यार, कभी तकरार, कभी इज्जत के इर्द-गिर्द सिमटी सी जिन्दगी।
कभी मौत के खौफ से घरों में बंद सी जिन्दगी।

कभी बीमारी, लाचारी, भूखमरी के दर्द से कराहती जिन्दगी।
कभी पैसों और रूतबों के लिए दूसरों को मारती सी जिन्दगी।

है इल्म मुझे सब बातों का फिर भी,
इसी उलझी पहेली में उलझती सी जिन्दगी,
तूने जो प्यार व इज्जत बख्सी, बदले में जो सुकून मिले वही है जिन्दगी।

आज जीवन के चौराहे पर खड़ा मैं जीवन का अर्थ शायद समझ रहा हूँ।
विकास हॉ विकास ही तो है जीवन है यह जान रहा हूँ।

वक्त, परिवर्तन व विकास के नियम को तुमने जान लिया,
तो समझो जीवन का अर्थ भी तुम्हे मिल गया।

विकास कर संभावनाओं को यथार्थ में बदलना है जिन्दगी।
कठिनाईयों में भी धैर्य के साथ उबर जाना ही है जिन्दगी।

सुख दुख में भी संयमशील विनम्र बन जाना ही है जिन्दगी।

अपनो से तो हर कोई करता है मोहब्बत,
किसी गैर को भी अपना बना लेना है जिन्दगी।

दौलत, शोहरत, ऐशो आराम, महलों में कहाँ,
दिलों से दिल मिलें, सुकून के पल हो जहाँ,
ऐसी इक कुटिया में ही बसर है जिन्दगी।

हर पल को जिंदादिली से जीना ही है जिन्दगी।।



सतेन्द्र कुमार
द्वितीय कमान
चतुर्थ वाहिनी

TURKIYE EARTHQUAKE RESPONSE & WAY FORWARDS

A massive earthquake in Turkiye on 6th Feruary, 2023 led the swift specialized response by 8th Battalion NDRF with three teams comprising 152 rescuers, 6 canines with 9 medium & light vehicles. 6th Bn ITBP was a disaster management battalion & it was converted to 8th NDRF after formation of NDRF in 2008. It was first time when Indian rescue teams carried their own vehicles to abroad for transportation. Indian Air force was instrumental behind this rapid response. They provided 02 Glob-Masters to NDRF within no times. Immigration & passport officials arrived at Hindon airport & all important formalities of Customs, Passports & Visa were completed in the night only. India sent its team on bilateral agreements. However, almost 90 teams with approximately 5000 rescuers worked intensely to save hundreds of lives under the UN umbrella of International Search & Rescue Advisory Group (INSARAG). INSARAG is an organization under UN umbrella which is responsible for Earthquake response & to lay down guidelines for International Earthquake Response. I was the Deputy Contingent Commander of that team. Contingent was led by Sh Gurminder Singh, Commandant, 2nd Battalion NDRF, Kolkata. One battalion from 2nd Bn NDRF, Kolkata & one battalion for 11 Bn NDRF, Varanasi were also sent to Turkiye. However, we were the first to arrive at Turkiye.



Aditya Pratap Singh,
Second-In-Command
NW Ftr. H.Q.

It was a coordinated effort of various ministries & departments of Government of India who extended help for the swift response of NDRF. Embassy at Turkiye informed that it's a winter season there & temperature in the night goes below Zero. NDRF was asked to liaise with ITBP & Winter clothing was provided by ITBP immediately. Indian embassy at Ankara extended support by sending Defence Attaché at Adana airport to facilitate the incoming NDRF teams. Regional Response Centre (RRC), MEA sent its representatives to extend logistic help during operations.

After reaching at Adana airport at 0830 hours on 7th February, I registered my teams at Reception departure centre (RDC) at the airport. RDC is a mechanism of UN, which is meant to facilitate the incoming International Search & Rescue (SAR) teams for response. I informed to local (AFAD-Similar to our Ministry of Home Affairs) & UN authorities regarding arrival, strength & capabilities of India-NDRF SAR teams. AFAD was the local emergency management Authority that was managing the situation but situation was out of control, however AFAD was working in close coordination with UN. AFAD referred the first NDRF team to a place named Noordagi in Gaziantep province. Second team arrived at GAP (a place) airport from there they were diverted to Noordagi. They were collocated to us and we arranged & prepared their accommodation. Third NDRF Team arrived at Gaziantep province which was directed at a place named Antakya in Hatay province which was in further south, bordering Syria.

Continue on next page

NDRF teams worked on approximately 35 worksites in two different provinces and were able to save 02 precious lives. 85 dead bodies were also retrieved by the NDRF teams. It was litmus test for the dogs when they were utilized with full capacity in harsh winter conditions in one of the deadliest disaster of the world.

I was having user ID over VO and it was being used to communicate with INSARAG Secretariat representatives at Turkiye. Virtual OSOCC (VO) (on-site operation coordination centre) & INSARAG Coordination management System (ICMS) were widely being used by the Indian teams which kept the NDRF teams well informed and a better coordination was also established with the other agencies working there.

Frequent aftershocks were the biggest challenge we faced there. Since, we were operating at the place, which was very near to the fault line, own safety became a major challenge there. Next biggest challenge was the extreme cold weather. Language was also a barrier, which was somehow managed with the help of interpreter. Mr Anil Barkay, our interpreter was a tour guide from Istanbul who helped us a lot. NDRF team got a first-hand experience of an international response based on INSARAG guidelines, which are internationally accepted.

In addition, a team of NDRF headed by Sh. Manoj Kumar Yadav DIG was deputed to supervise the SAR ops and coordinate with AFAD authorities for learnings, strength, grey areas and best practices. Team visited all the worksites, met with senior officials of AFAD at Antakya and at ADANA. Team also visited AFAD training centre and AFAD Depot at Saricam, Adana to study the techniques & procedures, best practices in order to incorporate in NDRF (Training, Eqpt and stores).

TALE OF POSSIBLE IMPOSSIBLE

I was getting ready for the office as the clock was reminding me of getting late. And in armed forces nothing worse can happen to you if you reach late! Amid a call from unknown no. came with salutation 'Jai Hind Sir!' I'm..... from XXXXX! I couldn't hear who was speaking and phone abruptly disconnected but the words I could listen were 'from XXXXX'! These word made me slipped into memory of few years back when I was posted there!

Situated at more than 10000 feet coupled with sub-zero temperature in winters, with bone smashing bone freezing chilly wind checking your morale, where upslope, smirking on you, with endless height gain, testing your patience, kissed by leaches, dim dim (local blood sucking fly), bichhu ghas (nettle grass) were only your true companions throughout! If you cross through these moving continuous seven plus hours upslope on foot you reach there 'XXXXX' – The farthest post of 'AAAAA' which if you ascend once will give you a feel of capturing tiger hill with handful of men!

But there was much more waiting than this alone! Unlike other forward posts there were rare chances of any ration drops by heli.

As throughout the year 'the Sun being the eid ka chand' and 'rain being the only Sun' to this place. Wearing dry clothes used to be a luxury there. With little source of power supply, the only thing which keeps the men stand square to the difficulties was the pledge that we undertook on the day of joining under the tricolor to protect the motherland even putting our own life at stake!

The very next question pestering my head was at such a place how could supplies be reaching? I called the SO sahib and asked him how you maintain supplies! Before I could complete my words, he replied in a loud and clear voice 'Jai Hind Sir! Humare jawan daily half link jate hai aur har jaruri saman peeth par la ate hai'. His straightforward and simple looking answer made my eyes wet, filled in immense proud of being officer of such sturdy warrior clan who are as tall as Himalayas and they do this half link daily! Incredible! Unimaginable!

Amid these glimpses of my past tenure my buddy murmured with me 'Sahab aap late ho rehe hai!'. I quickly realized that I was going late. I quickly rushed to my waiting vehicle and again gorged into memories where I left. It was 1600 hrs then and dark began to encompass the whole post! Buddy came and lighted the chimney in my room and replied when I saw him in suspicion- 'Sahab yaha dhoop nahi ati to solar charge nahi hota isliye ye diya jala deta hu'. After serving with hot suji halwa and tea, within one hour or so dinner was done. My eyelids became heavy and don't know when I fell asleep!

I woke up with the sound of Jayakara- Bharat mata ki jai, ITBP ki jai, Bemisaal Bees ki jai, xxxxx baba ki jai. Came out from the sleeping bag, it was morning and saw a half link party which was about to move to bring supplies on their back by going 14 km on same track again! Men -going were looking all normal and Jayakara spoke volume of their strength. The line I read once was turned into reality by these men- "Difficult is a routine here, impossible may take time!"

When these men do half link daily, they cross YYYYY River wading into almost waist deep in turbulent cold water pushing soul out of their body. Hurray! Every day it used to be a successful cross! Himveer jumps with joy and Jayakara- Bharat mata ki jai, ITBP ki jai, AAAAA ki jai, XXXXX Baba ki jai echos in the ZZZZZ valley after each cross! Each day the saying used to get validated 'Fortune also favors the brave'!

Whatever came in the way couldn't stand the courage of mighty snow warriors. The half link party daily overcame the known unknown and 'impossible was accomplished in a routine!'

Driver stopped the vehicle with sharp breaks and again I came back to myself. Reached office before time! Such are memories which are still so fresh as these would just happened few days back. I was at XXXXX when this impossible was chased and was defeated every day!



Vinay Singh Yadav,
DC/GD 6th BN

मुमकिन है कि तुम हार जाओगे

मुमकिन है कि तुम हार जाओगे, टूट तुम सैकड़ों पर जाओगे
एक बार फिर से सोच लो, सहार-ए-पतवार जाओगे,
उठ कर पुनः तू युद्ध कर, अपना वजूद सिद्ध कर,
एक हठ है जो अब है ठान लिया, एक लक्ष्य तूने मान लिया,
जीत तुम अबकी बार पाओगे ॥
मुमकिन है कि तुम हार जाओगे ॥

बुलाएंगी हरदम रुकावटे तुझे, शहर की हजार जगमगाहटें तुझे,
मशाल को तुम थामना, अँधेरे को कुछ मत मानना,
लक्ष्य जब इतना बड़ा, सामने विशाल सा खड़ा,
हिम्मत तुम कैसे हार जाओगे ।
मुमकिन है कि तुम हार जाओगे ॥

संभव है तुझे कुछ भी न मिले, ये सफर तुझे व्यर्थ लगे,
तुम हौसला न हारना, एक बार फिर से ललकारना,
पीड़ा बहुत ही खास है, पाने की जब कुछ आस है,
तुम हो पथिक ये याद रखो, साहस अपने साथ रखो,
ये अभी शुरूआत है, रास्ते तुम आगे हजार पाओगे ॥
मुमकिन है कि तुम हार जाओगे ॥

कमियों को तू स्वीकार कर, कोशिश हजार बार कर,
ना होगा पार दरिया, सिर्फ एक ही प्रयास में,
रूँ बैठने से क्या मिला, बैठा है क्यूँ आस में,
खुद पर अब तू विश्वास कर, एक बार तो प्रयास कर,
दरिया का वजूद ही क्या, सागर को तुम कर पार जाओगे ॥
मुमकिन है कि तुम हार जाओगे ॥

बन पार्थ तू, अब युद्ध कर । दुश्मन को अपने क्षुब्ध कर,
दिखा अब पराक्रम, काल को भी मंत्रमुग्ध कर,
कुछ कर अलग विशेष कर, सांस आखिरी जब तक शेष कर,
वक्त कर बर्बाद रूँ ही, आखिर फलक पर कैसे छाओगे ।
मुमकिन है कि तुम हार जाओगे ॥



विकाश कुमार
स.उ.नि.(ई0एस0सी0)
54वीं वाहिनी

कविता शीर्षक: थोड़ा कम कर दो

अगर जीवन में प्रसन्न रहना है तो,
दूसरों से अपेक्षा रखना, थोड़ा कम कर दो,
हर किसी की अपेक्षा पर खरा उतरना, थोड़ा
कम कर दो।

बहुत कृतघ्न होते हैं आज कल कुछ लोग,
किसी पर उपकार करोगे तो अहसान मानेंगे,
ये आशा रखना, थोड़ा कम कर दो।

दुनिया में कुछ हैं धनी तुमसे, तो कुछ हैं
निर्धन,
दुनिया को अपना पैसा दिखाना, थोड़ा कम
कर दो,

समय भर देगा, तुम्हारे हर घाव को,
रोज पुरानी बातें याद कर जखमों को ताजा करना, थोड़ा कम
कर दो।

शारीरिक, मानसिक, आर्थिक और भावनात्मक रूप से हम सब हैं
सक्षम अलग-2

हर बात पर अपनी तुलना दूसरों से करना, थोड़ा कम कर दो,
जितना करोगे परिश्रम, उतना ही मिलेगा,
मनचाहा ना मिलने पर भगवान से शिकायत करना, थोड़ा कम कर
दो।

बुरे कर्मों का परिणाम अन्तोगत्वा बुरा ही होना है,
चलो आज से पाप करना, थोड़ा कम कर दो।
अगर चाहते हो बुढ़ापे में सुखमय-शांतिपूर्ण-सम्मान का
जीवन,
तो जवानी में माता-पिता को दुःखी-अपमानित करना, थोड़ा
कम कर दो।

इस संसार में कभी कुछ भी स्थायी नहीं रहा हैं,
अपनी धन-संपदा, शक्ति, रूप पर घमण्ड करना, थोड़ा कम कर दो।
सुनता हैं भगवान सबकी प्रार्थना एक दिन,
पर अपने मन की मलीनता को, थोड़ा कम कर दो।



स्नेहदीप
उप सेनानी/जी०डी०
17वीं वाहिनी

राहगीर मंजिल का



सुभाष चन्द्र
सि०/जी०डी०(रिक्रूट)
36वीं वाहिनी

मैं राहगीर हूँ अपनी मंजिल का, इन रास्तों का नहीं,
मैं हर वो कृत कर सकता हूँ,
हर दरिया पार कर सकता हूँ,
जो मुझे रोके मेरी मंजिल तक पहुंचने में,

मैं राहगीर हूँ अपनी मंजिल का इन रास्तों का नहीं,

मैंने काटे हैं कई दिन बिन सूर्य के उजयारे के,
मैंने काटी कई राते बिन चांद की चांदनी के,
परन्तु मन मेरा अडिग रहा मेरी मंजिल पर,

मैं राहगीर हूँ अपनी मंजिल का इन रास्तों का नहीं,

समुद्र की गहराई से न डरा, पर्वतों की ऊँचाई से न डरा,
आग सा जलता रहा, नीर-सा बहता रहा,
मैं चलता रहा, चलता रहा पहुँचा अपनी मंजिल पे हस्ता
रहा मुस्कुराता रहा

मैं था राहगीर अपनी मंजिल का, इन रास्तों का नहीं।

A DAY IN ITBP ACADEMY

Starting with ITBP force, it has been a great privilege and honors for me to be the member of this elite central armed police force. I had many questions and doubts before the training especially the intensive part in November and December.



Dr. Goka Ram Kumar
AC/MO

I am the senior most officer trainee as far as my age (36) is concerned. Because of this training, I lost almost 20 kgs weight and became mentally and physically stronger than I could ever achieve this in my past civil life.

Crisis management and combat fitness are the key attributes in the training which I could successfully attain through consistent dedication and Ustad's motivation.

High alertness, immediate response and logical decision-making during crisis are some of the remarkable qualities that an assistant commandant is expected to achieve through this training, which I believe I have everything now to serve our nation Bharat.

Thanks to ITBP for giving me such a great opportunity for the memorable 6 months basic training.

LIFE

This is your life do what you love, and do it often. If you don't like something, change it, if you don't like your job, quit, if you don't have enough time, stop watching it, if you are looking for the love of your life, stop, they will be waiting for you when you start doing things you love, stop over analyzing, all the emotions are beautiful when you eat, appreciate life is simple.



Dr. Bhawna,
AC/MO

Every last bites open your mind, arms, and heart to new things and people, we are united in our differences ask the next person you see what their passion is, and share your inspiring dream with the travel often; getting lost will help you find yourself.

Some opportunities only come once, seize them. Life is about the people you meet, and the things you create with them, so go out and start creating, life is short. Live your dream and share your passion.

POEM

The past won't help you in beginning new,
If you have left it all behind at last
Why, that's enough, you're done with it, you're
through;
This is another chapter in the book,
This is another race that you have planned,
Don't give the vanished days a backward
look,
Start where you stand.
The world won't care about your old defeat
If you can start anew and win success;
The future is your time, and time is fleeting and there is much of work
and strain and
stress; forget the buried woes and dead despair,
Here is a brand-new trial right at hand,
The future is for him, who does and dares,
Start where you stand.



Dr. Virender,
AC/MO

JI USTAD JI

In the realm of training, where
challenges abide,
We journeyed forth with strength by our
side.
Though the path was steep, and the
journey long,
With every step, we grew brave and
strong.
Even when it seemed we couldn't take
flight,
Ustad's guidance illuminated our sight.
With wisdom and patience, he showed the way,
Turning darkness to the brightness of day.
Together we forged through the toughest of times,
With dedication and perseverance as our rhymes.
Through the stormy seas and the darkest night,
We emerged victorious, bathed in the light.
So, here's to the journey, with its twists and turns,
And to the lessons learned as the fire burns.
For even though it was tough, we made it through,
With Ustad's guidance, the dreams came true



Dr Himansul,
AC/MO

GUARDIANS OF THE HIMALAYAN PEAKS

Amidst snow-capped peaks, where winds howl,
Stands a silent force, resolute and proud.

Indo-Tibet Border Police, their duty clear,
Defending our borders, year after year.

In rugged terrains, where yaks roam free,
They tread with purpose, eyes on the boundary.

Their khaki uniforms blend with the earth,
A symbol of courage, resilience, and worth.

They patrol icy ridges, where eagles soar,
Their footsteps echoing tales of valor.

Against biting cold and treacherous trails,
They stand unwavering, as duty prevails.

Their eyes scan the horizon, vigilant and keen,
Guardians of sovereignty, in this mystical scene.

With frost-kissed breath, they whisper a prayer,
For peace to reign in the thin mountain air.

Indo- Tibet Border Police, silent sentinels,
Their sacrifice etched in the Himalayan swells.

Salute to these heroes, steadfast and true,
For safeguarding our nation, under skies so blue.



Dr. Deepika Dixit,
AC/MO

CHALEY CHALO

कुछ करना है तो डट कर चल
थोड़ा दुनिया से हट कर चल

लीक पर तो सभी चलते हैं।
कभी इतिहास को पलट कर चल।

बिना काम के मुकाम कैसा ?
बिना मेहनत के दाम कैसा ?

जब तक ना हो हासिल मंजिल।
तो राह में आराम कैसा।

अर्जुन सा निशाना रख।
मन में ना कोई बहाना रख।

लक्ष्य है सामने, बस उस पर अपना ठिकाना रख।
सोच मत साकार कर।

अपने कर्मों से प्यार कर।
मिलेगा तेरी मेहनत का फाल।

किस्सी और का इंतजार ना कर।
जो चले थे अकेले, उनके पीछे आज मिले हैं।

जो करते रहे इंतजार।
उनकी जिंदगी में आज भी झमेले हैं।



Dr. Priya,
AC/MO

THE BEST VIEW COMES AFTER THE HARDEST CLIMB

I still remember the day I received my appointment letter which stated that I had been appointed as the Assistant Commandant (Medical Officer). The excitement the emotions were all on one side and on the other was a strange feeling, a mixture of emotions as to how my life was going to take a 360 degree turn from now on. Will I be able to stay away from my family? How am I going to get through the rigorous training? I was very skeptical at the beginning as I was preparing for my post graduate entrance Examination so leaving that in between and joining ITBP was a very big decision for me.

But today I feel that this is what I was meant to do. I can proudly say that yes I have taken the correct decision.

The day I came to Mussoorie and reached the ITBP Academy I got chills; the excitement was at another level and as the training started it was just so TIRING, I would say-Jokes apart. It all started with us getting a haircut.

I have always been someone who takes really good care of my hair but when we were supposed to cut our hair and shave. That's when I realized that everything is going to change now. We all had to dress in clean white tracksuits, clean white shoes; all our uniforms properly ironed that too in such a limited time.

It was quite overwhelming at the beginning that we had to follow so many rules- be it waking up at 4-4.30 in the morning and getting started for the day or just going to the mess for our lunch or dinner, moving in lines, doing whatever we were asked to do in a stipulated amount of time, getting ready for our dinner time, following table etiquettes and then getting right back for the lectures, we never realized that these small things were all just directed towards one common point.

DISCIPLINE- that's the greatest gift I am taking away with me from here. I still remember that my knees and ankles would swell up due to the intense running and exercise during the initial days but the training officer would say that you got that in the field and the field itself is going to take care of it and it is where its going to heal and I would like to say that yes he was right.



Dr. Shokat Khan,
AC/MO

From running for less than 1 km a day before joining ITBP to the amount of physical activity I can do now because of the stamina now it's just incomparable. BPET and PPT days would just scare us but the satisfaction you get when you get through the day is surreal.

In a span of just 6 months, we got the opportunity to learn so much. It changes every aspect of your life. As a civilian 5 minutes used to be equal to 15 minutes but after coming here you realize that 15 minutes = 5 minutes.

Time management, punctuality, and discipline you got to have it all. You never realize what going to come next. You feel that it was the most difficult day of your life. Just to wake up to another day which would be twice more difficult than the previous one. But the drive to keep learning and the passion with which the officers teach you, encouraged us to do better and better every day is what keeps you going.

This training period has completely molded me into a different person and that I would say, is much superior to what I would have been otherwise. 6 months never seemed so much but these 6 months of my training period has become such an integral part of my life. It just changes you as a person and makes you stronger not only physically but also mentally.

I consider myself lucky to be amongst the very few of us who got the opportunity to learn from such great officers who selflessly work day and night to turn us into a better version of ourselves, preparing us for whatever the future holds for us.

And now I can proudly say that I have taken the best decision and I am proud of the person I have become and will continue to strive for a better version of me every day. This training program has changed my perspective of life and has given me a sense of responsibility and I would give my best to fulfill all my duties with discipline, dignity and utmost respect to my profession.

WHETHER WOMEN FIT IN COMBAT ROLE IN FORCES

Since time memorial Indian culture is driven by the ethos of Shiv Shakti where Shiva is masculine whereas Shakti is feminine; Shiva symbolizes consciousness, Shakti is symbolic of activation of power and energy. Both compliment & co-exist.

I am brought up in the society learning the nine incarnations of Maa where on invocation Maa embodied the avatar of Chandika, Kali & Durga to win over evil.

I, Tavishi Koyarh, a 27 Yr old doctor in uniform amongst the elite group of brave hearts, is only reinforcing our faith that women are undoubtedly fit in combat role.



Dr. Tavishi
Koyarh,
AC/MO

Have you ever wondered why people always compare the physical strength of men and women, but never really talk about the power of mind that actually drives this strength? Combat role not only requires physical power but it demands mental strength too. Presence of mind, resilience and perseverance in combat role determines the decisions. These are the traits which decides superiority, not the gender.

The mental conditioning and channelized muscle memory can bring the yodha of a man and woman alike, rather our multitasking and encountering various challenges on daily basis prepares us to face and conquer any kind of adversities impeccably from early childhood.

Women are strong and resilient; it is by nature that they have the ability to endure and overcome any pain or difficulty that comes their way. This inner strength is a gift from God, and it enables women to face life's challenges with courage and determination.

Women are much more than we think. For instance, when we first came into the Academy, we were raw, tender and sensitive but with training and hard work we pushed ourselves beyond our limits to achieve things we never thought were possible. This has become proven in other countries too like Russia, US, Germany and recently in Israel, battling Hamas, group of young women have "The first female armored crew in Israel and perhaps in the world to participate in active battle." If they can do it then why can't we?

If a woman is medically, mentally and physically fit, her morale is high, have ethos and values that encouraged her to join the forces that she can most definitely and bravely participate in combat role too.

START WHERE YOU STAND

The past won't help you in beginning new,
If you have left it all behind at last

Why, that's enough, you're done with it, you're through;
This is another chapter in the book,

This is another race that you have planned,
Don't give the vanished days a backward look,

Start where you stand.

The world won't care about your old defeat
If you can start anew and win success;

The future is your time, and time is fleeting and there is much of work and strain and stress;
Forget the buried woes and dead despair,

Here is a brand-new trial right at hand,
The future is for him, who does and dares,

Start where you stand.



Dr. Kamal Kumar
AC/MO

SEMINAR OF 4TH COY COMMANDER'S BASIC COURSE AT ITBP ACADEMY ON 12.09.2024



GROUP PHOTOGRAPH



GROUP PHOTOGRAPH WITH LADY WIVES

ON SITE ASSESSMENT OF ITBP ACADEMY BY CBC



RECEIVING THE "THREE STARS" CERTIFICATE AND PRESENTATION OF MEMENTO TO THE CBC TEAM ON 20.09.24



भा०ति०सी०पु० अकादमी में आयोजित 54TH GO's COMBATISATION COURSE का सांस्कृतिक समारोह



CULTURAL PROGRAM ORGANIZED BY 54TH GO's COMBATISATION COURSE ON 20.04.2024



भा०ति०सी०पु० अकादमी में आयोजित दीक्षांत समारोह परेड- दिनांक- 26.04.2024



SHRI RAHUL RASGOTRA, IPS, DIRECTOR GENERAL, ITBP INSPECTED 54TH GO'S COMBATISATION COURSE PASSING OUT PARADE



SHRI RAHUL RASGOTRA, IPS, DIRECTOR GENERAL, ITBP HONORING THE BEST TRAINEE OF 54TH GO'S COMBATIZATION COURSE



OATH CEREMONY OF 54TH GO'S COMBATISATION COURSE



RANK CEREMONY OF 54TH GO'S COMBATISATION COURSE

भा०ति०सी०पु० अकादमी में आयोजित 12TH AC/GD (LDCE) दीक्षांत समारोह परेड



12th AC/GD (LDCE) PASSING OUT PARADE ON 14.10.2024