



JOINING INSTRUCTIONS FOR MEDICAL OFFICER'S COMBATISATION COURSE



ज्ञानेन साध्यते शक्ति –The ISA

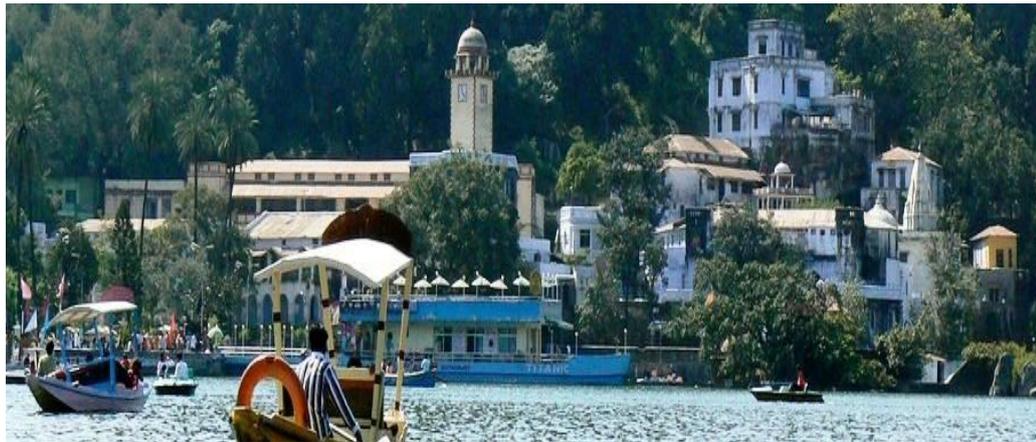
1. GENERAL

Internal Security Academy, Central Reserve Police Force, Mount Abu is a premier institution of the country and has been assigned the responsibility of conducting various courses which include in-service and pre-promotional courses for officers from CRPF and internal security courses for officers from CAPFs, Civil Administration, State Police and the Armed Forces. The Academy also conducts basic training of DEGO's and Medical Officer's Combatisation Course.

2. LOCATION, TOPOGRAPHY AND DEMOGRAPHY

Mount Abu is located at a distance of 28 Kms from Abu Road, which is the nearest railhead on Delhi-Ajmer-Ahmadabad railway route. It is a sub divisional HQ of district Sirohi of Rajasthan. Mount Abu is the only hill station of Rajasthan located on Aravalli Range of Rajasthan, which is one of the world's oldest mountain ranges, at an average height of about 1220 meters above sea level. The mountain forms a distinct rocky plateau 22 km long by 9 km wide. The highest peak of Aravalli range is **Guru Shikhar**, at 1722 meters above sea level which is around 12 Kms from Mt Abu. It is referred to as '**an oasis in the desert**', as its heights are home to rivers, lakes, waterfalls and evergreen forests. The ancient name of Mount Abu is "**Arbudaanchal**". It is

also one of the major pilgrimage sites of India for both Hindu as well as Jain religions. Besides the temples and sites of historical importance, Mt. Abu is also rich in natural scenic beauty.



Panoramic view of Nakki lake

The town is located in approx 25 Sq Kms. As per 2011 India census, Mount Abu had a population of 24,982. Males constitute 58% of the population and females 42%. Mount Abu has an average literacy rate of 67%.

3. CLIMATE

Mount Abu has a healthy and salubrious climate throughout the year.

The summer season lasts from April to June and the average maximum and minimum temperatures are 34°C and 23°C respectively.

The rainy season lasts from July to September and the average annual rainfall is 70-180 cm. The average maximum and minimum temperatures during these months are 25°C and 15°C respectively.

The winter season lasts from November to February and the average maximum and minimum temperatures ranges from 25°C to -8°C (in Night). The peak **tourist seasons** at Mount Abu last from March to June and from to September to December.

4. ARRIVAL

Participants coming for training will directly report at the Rajputana Hotel Estate (RHE).

5. RECEPTION / CONTACT

The trainee officers are required to report one day before the scheduled commencement of the course.

Contact Information

| Phone No. | <u>STD Code</u> | |
|---|-----------------|--------|
| DIG (Trg) | 02974 | 238170 |
| Commandant (Trg.) | | 237168 |
| Control Room/Fax | | 235241 |
| Email: dirisa@crpf.gov.in | | |

COURSE DIRECTOR –

Dr. D. J. Singh, DIG (Training) - 09414003417

Email – digtrgisa@crpf.gov.in

COURSE COORDINATOR–

Sh.Manoj Kumar, DC (Training) - 09460681478

Email – dctrgisa@crpf.gov.in

6. TRANSPORT

The trainee officers must report at Abu Road railway station / Mount Abu bus stand. Transport will be provided by the Academy at Abu Road railway station / Mount Abu bus stand on receipt of advance intimation regarding the date and time of arrival. Regular buses and taxies also ply during the day from Abu Road to Mount Abu and back. The Rajasthan State Transport Corporation plies direct Buses from Ahmedabad, Delhi, Ajmer, Jaipur, Sirohi and Udaipur to Mount Abu. The nearest Airports are Udaipur (180Kms) and Ahmedabad (225 Kms). However, for those traveling by air, Ahmedabad would be more convenient due to availability of more number of flights connecting various destinations. Ahmedabad is also well connected with Mt. Abu by road and rail and the journey takes around 4 to 5 hours. Rail connectivity from Udaipur is not proper and public transport services are also limited.

7. ACCOMMODATION AND MESSING



The RHE – Trainee's Hostel

The trainee officers will be accommodated in the Rajputana Hotel Estate on twin sharing basis and they will dine in the RHE Mess. Each trainee officer is required to deposit **Rs.5,000/-** as Mess Advance on arrival.

Trainee officers are not permitted to bring their family during training.

8. CLOTHING AND EQUIPMENT

Trainee officers are advised to bring the following clothing and bedding items with them:-

Private Clothing

- | | | |
|---|---|----------|
| 1. Shirt plain full sleeves formal (white/cream/light blue) | - | 04 Nos |
| 2. Trousers formal (black and other dark shades) | - | 04 Nos |
| 3. Neck Tie | - | 04 Nos |
| 4. Night Suit | - | 02 Nos |
| 5. Towel white (large) | - | 02 Nos |
| 6. Towel white (small) | - | 02 Nos |
| 7. Oxford pattern black shoes | - | 01 pair |
| 8. Black socks | - | 02 pairs |
| 9. Lounge suit | - | 01 No |
| 10. Handkerchief cotton white | - | 06 Nos |
| 11. Appropriate dress like suit/saree/lounge suit for lady officers | - | 04 sets. |

Bedding

- | | | |
|-----------------------------------|---|--------|
| 1. Bed – sheet white | - | 02 Nos |
| 2. Pillow cover (white) | - | 02 Nos |
| 3. Blanket/quilt with white cover | - | 01 No |
| 4. Mosquito net (white) | - | 01 No |

Sports/Physical Training Kits

- | | | |
|--|---|----------|
| 1. Half pants (Terri cotton) plain white | - | 02 Nos |
| 2. Full pants (Terri cotton) plain white for lady officers | - | 02 Nos |
| 3. T-shirts plain white with collar | - | 02 Nos |
| 4. White PT shoes | - | 02 Pairs |
| 5. White socks | - | 04 Pairs |

Note: Only pure white half pants, pants, T-shirts, shoes and socks will be permitted in PT. Coloured costumes and shoes or those with coloured patterns will NOT be allowed in PT.

Uniform Articles

- | | | |
|----------------------------------|---|--------|
| 1. Uniform khakhi (Terri Cotton) | - | 01 Set |
| 2. Combat dress | - | 01 set |

3. Shirt Angola (15 November to 15 March) - 01 No.
4. Boot ankle – red/sam brown - 01 Pair
5. Shoe oxford – red/sam brown - 01 Pair
6. Jungle Shoe - 01 Pair
7. Other uniform articles i.e. Barret Cap, Peak Cap
Belt Lather (sam brown), Rank sets, anklets etc. - 01 Set
8. Cloth applets (combat & khakhi) - 01 each

Uniform articles should be of prescribed CRPF pattern as per below –

| | | |
|-----------|---|---|
| 01 |  | PT Dress (Pure white & shorts pleat inside fold) |
| 02 |  | Pure white shoes (Preferably Reebok/Adidas) |
| 03 |  | Peak Cap with Medical Officer Badge |
| 04 |  | Khaki uniform & pant pleat inside fold |
| 05 |  | Name Plate |
| 06 |  | Single Belt |

| | | |
|----|---|--------------------|
| 07 |  | MO Insignia |
| 08 |  | CRPF Insignia |
| 09 |  | Oxford Brown Shoes |
| 10 |  | Barret Cap |
| 11 |  | Ankle Boot |
| 12 |  | Combat Dress |
| 13 |  | Monkey Cap |
| 14 |  | Web Belt |
| 15 |  | Black Anklet |

| | | |
|----|--|--|
| 16 |  | Jungle Shoes (Preferably Liberty) |
|----|--|--|

Note- Academy is not going to provide above items by any means. Hence officers reporting for the course should bring all prescribed pattern items accordingly as shown above.

9. RECREATION AND SPORTS

Following games and physical fitness facilities are available in the Academy:-

- a) Basket Ball b) Lawn Tennis c) Volley Ball d) Gym
e) Table Tennis f) Billiards g) Badminton (outdoor)

Sports equipment will be provided by the Academy. However, officers interested in playing Tennis / Badminton should bring their own racquets.



Fitness Centre



Kanetkar Hall

10. BANKING FACILITIES

Branches and ATM facility of following Banks are available at Mount Abu:-

1. State Bank of India.
2. State Bank of Bikaner and Jaipur.
3. Union Bank of India.
4. Bank of Baroda.

11. MISCELLANEOUS

1. **Sports Gear**-Trainee officers are advised to bring sports gear of their own i.e. track suit, shorts, shoes etc.
2. **Laptops/Camera/Pen drive**- It is desirable that trainee officers have their own laptop/camera and pen drive.
3. **Books/Study Material** – Medical Manual, Standing Order No 4/2008.
4. **Pre Joining Acclimatization**-The trainee officers will be required to undergo strenuous physical training. They are advised to practice

running up to 5 Kms and 25 to 30 push-ups daily. This will facilitate to avoid extra fatigue and injuries during initial training.

5. **Inoculation and Vaccination-** Trainee officers are advised to get inoculated for TB, Cholera, Tetanus and Hepatitis A & B. They are required to bring their latest Annual Medical Examination report as well as Medical Fitness Certificate from AMA certifying that he is fit to undergo rigorous physical training.
6. **Medical Facilities-** Medical facilities are available in the Academy.
7. **Visitors-**Visitors are allowed only on Sundays and Holidays with prior permission of the course Director.
8. **Private transport and pets are not permitted.**
9. **Trainee officers should not bring private arms, ammunitions and valuables like jewelry, etc.**
10. **Leave of any nature is not permitted during training.**

The joining instructions are also available on the Academy's website:www.isacrfp.gov.in

OUR MOTTO



ज्ञानेन साध्यते शक्ति