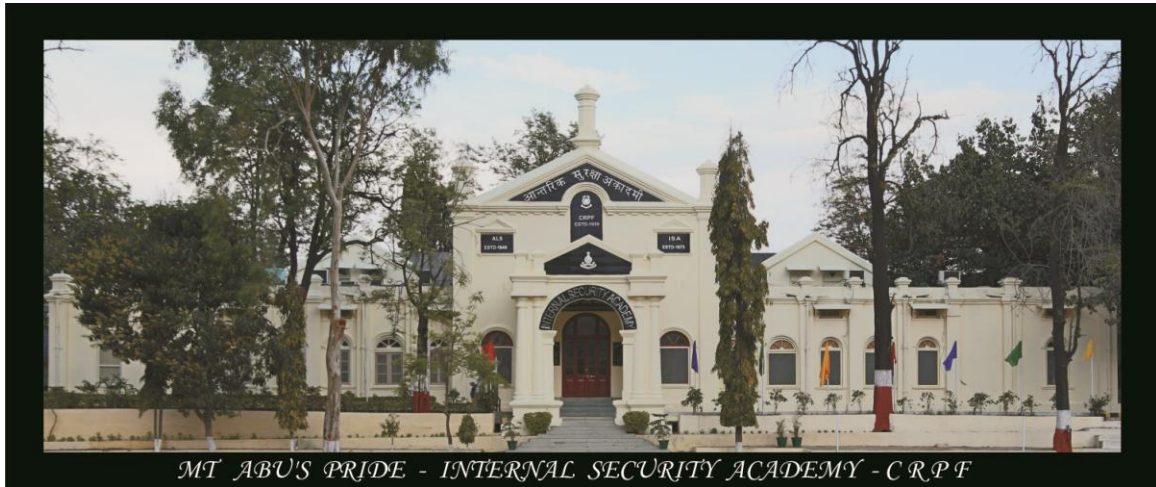


# JOINING INSTRUCTIONS

## VERTICAL INTERACTION COURSE ON PUBLIC ORDER AND USE OF NON LETHAL WEAPONS



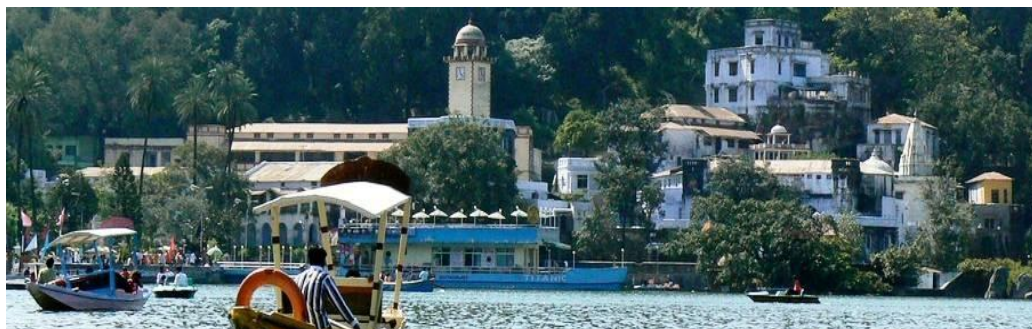
ज्ञानेन साध्यते शक्ति —The ISA

### 1. GENERAL

**Internal Security Academy, Central Reserve Police Force, Mount Abu** - a premier institution of this country 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 CAPF'S, Civil Administration, State Police and Armed Forces.

### 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-Ahmedabad 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 ranges of Rajasthan, which are 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, 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 of 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 and 10°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 / DEPARTURE

#### ARRIVAL:-

Participants coming for course will directly report at the Academy / Participants' Hostel within the Academy's main campus.

#### DEPARTURE :-

The valediction ceremony will be held on 1700 Hrs on 17/09/2016. Participants can leave after the valediction ceremony. They are requested to give their departure plan on their arrival to training branch so that transportation and other logistics can be arranged well in time.

### 5. RECEPTION / CONTACT

*The Participants are required to intimate their travel plan i.e. mode, date and time of their arrival at ISA, CRPF Mount Abu well in advance* for arranging reception at Abu Road Railway Station or at Mt Abu Bus Stand, as the case may be. This Academy will not **repeat not** arrange any reception at Ahmedabad or Udaipur Airports.

Phone No.	STD Code	(O)
DIG (Trg)	02974	238170
Commandant (Trg.)	02974	237168
Control Room/Fax	02974	235241
Email:	<a href="mailto:dirisa@crpf.gov.in">dirisa@crpf.gov.in</a>	



*Administrative Block*

#### COURSE DIRECTOR –

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

Email – [digtrgisa@crpf.gov.in](mailto:digtrgisa@crpf.gov.in)

#### COURSE COORDINATOR–

Shri Praveen Kumar Singh, Comdt. (Training)- 09461214680

Email – [cotrgisa@crpf.gov.in](mailto:cotrgisa@crpf.gov.in)

### 6. TRANSPORT

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 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 4½ hours in light vehicle. Rail connectivity from Udaipur is not available and public transport services are also limited. However, the road connecting Udaipur and Mount Abu is excellent.

## 7. ACCOMMODATION AND MESSING



*Officer's Mess- "The Retreat"*

The participants will be accommodated in the Participant's Hostel. The Officers are not permitted to bring their family. However, they may bring their family at their own arrangement with prior approval of the Director ISA and with the condition that it will not hamper the training and its schedule. It will also not be possible to provide any type of services to those staying out of the campus. Participants are advised to strictly adhere to the proper dress code in the Officer's Mess. In case, any participant wants to stay, out of the camp, in hotel, they can do so at their own risk and arrangements.

***Participating officers will be provided free boarding and lodging during the course and Academy will not be charging anything from them.***



*The trainee's abode – "Participant's Hostel"*

## 8. BOOKS AND READING MATERIALS

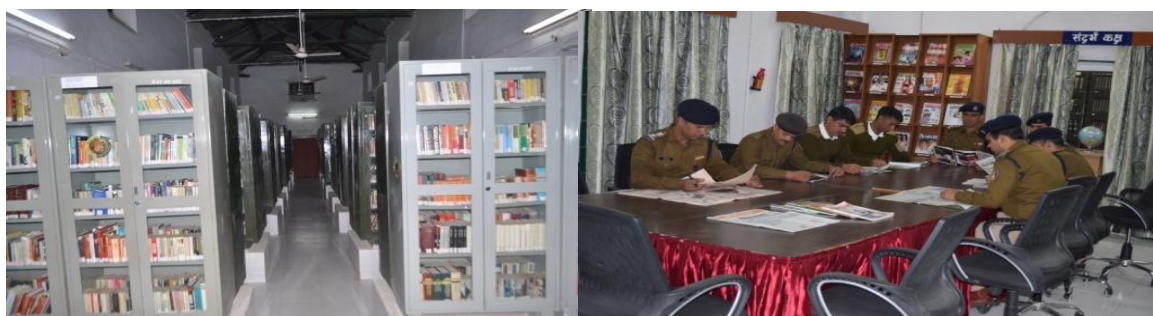
Though the officers will be provided with reading material for the course, they are however, advised to bring with them the case studies pertaining to operational situations in their area of responsibility or any other materials pertaining to Internal Security and public order maintenance which they think will be of interest to other participants for discussion. Such literature can also be submitted to the ISA R&D cell for further necessary action. The ISA has a well stocked library of more than 55,000 books and subscribing to large number of periodicals and journals. The participants can avail these facilities accordingly.





*“Lawrence Hall”*

*“Sardar Hall”*



*Knowledge Bank – “The Library”*

## **9. CLOTHING AND EQUIPMENT**

The dress in the forenoon sessions would be formal dress (Lounge/combination suit or formal shirt, trousers with tie) on all days. Game dress/Track suits/informal dresses can be worn during afternoon sessions on all days.

Participant officers of the course are required to be appropriately dressed during mess functions and are advised to bring appropriate and sufficient clothing as per season. Winter clothing will be required during evenings and nights from October to March and even during daytime from November to February. Light warm clothing is recommended from July to September and summer clothing during April to June.

## **10. RECREATION AND SPORTS**

Facilities for the following games 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 etc should bring their own racquets.



*Fitness Centre*



*Billiards Room*

## **11. BANKING FACILITIES**

Branches of following banks are available at Mount Abu:-

- i) State Bank of India.
- ii) State Bank of Bikaner and Jaipur.
- iii) Union Bank of India.
- iv) Bank of Baroda.
- v) PNB.
- vi) AXIS Bank.

ATM facilities of above banks are also available.

## **12. DISPERSAL**

Participants will be permitted to leave after the Valedictory Address in the afternoon of the concluding day of the course. They can leave on the same day by the evening trains/buses departing Mount Abu/ Abu Road at 2000 hrs onwards. The officers should arrange the return journey reservation in advance. In case of any problem, they should contact the Course Director on their arrival.

## **13. MISCELLANEOUS**

The Academy will provide room boys to participants for assistance. However CRPF officers should bring their buddies for assistance during various exercises. Participants are not permitted to bring any type of pets and are advised not to bring arms/ammunition and valuables i.e. jewelry etc. All participants will be honorary members of the Academy Offices' Mess for the duration of their stay at the Academy.

Mount Abu has a number of places of interest, historic value and scenic beauty. It is also famous for ancient Jain temples of 'DILWARA' and 'ACHALGARHA', which attracts a large number of foreign and local tourists every year. Besides, above general instructions relating to the course and the Academy are also available on the academy's website: [www.isacrfp.gov.in](http://www.isacrfp.gov.in).



*Achalgarh*



*Delwara Temple*



*The Guiding Principle of Academy*

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