



DELHI POLICE ACADEMY

JHARODA KALAN, NEW DELHI

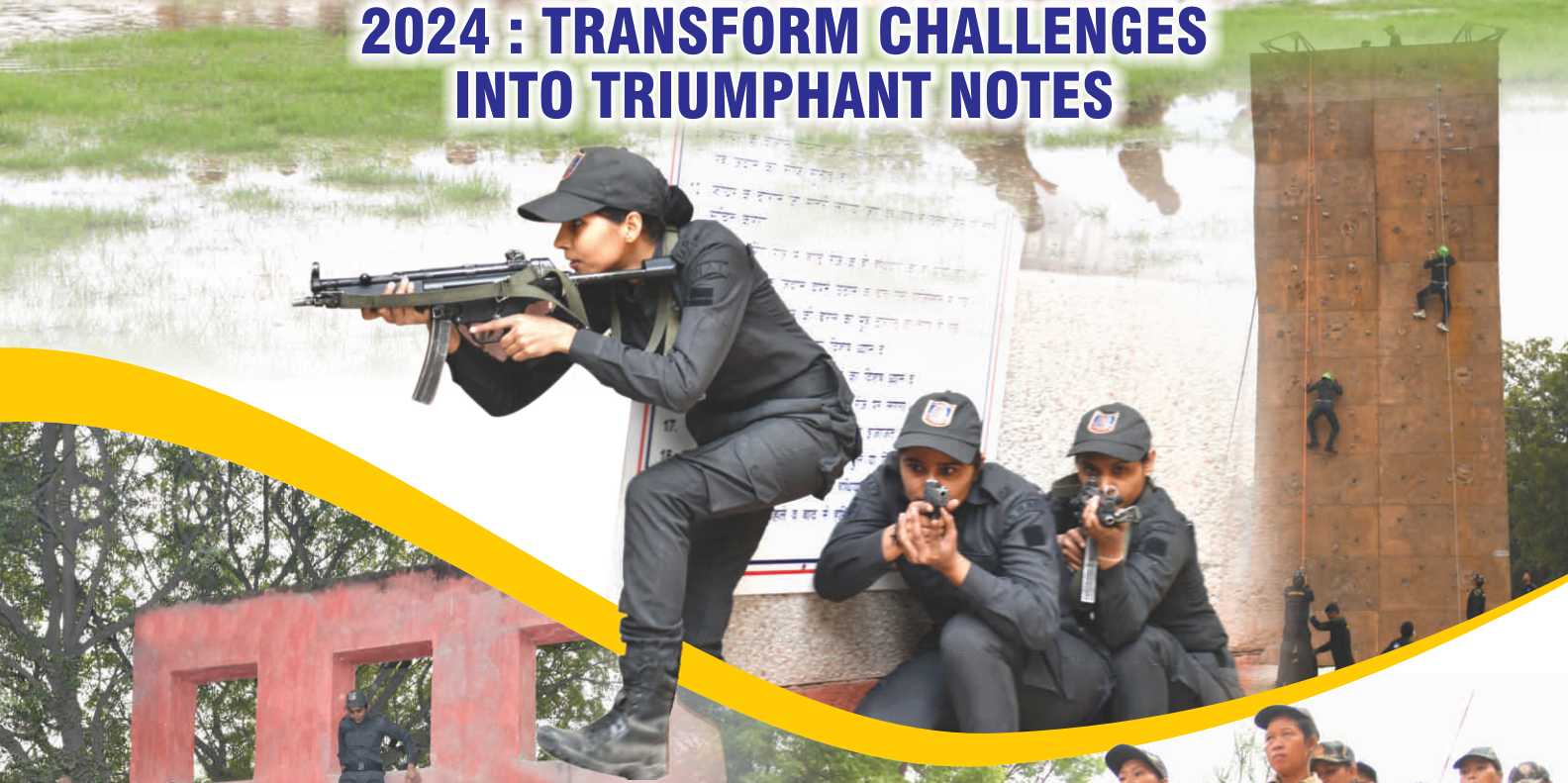
कदमताल

2nd Edition : January, 2024

Newsletter



**2024 : TRANSFORM CHALLENGES
INTO TRIUMPHANT NOTES**



DELHI POLICE ACADEMY

*We Create
Protectors!*





MESSAGE BY SPL. CP TRAINING



Dear Readers,

As we embark on the second edition of "Kadamtaal," our quarterly newsletter, I am honored to address you, particularly amidst the evolving landscape of law enforcement and the critical role it plays in safeguarding our society. As the Head of the Training Division and Delhi Police Academy, it is both my privilege and responsibility to cultivate a force that not only upholds the law but also embodies the values of integrity, empathy and professionalism.

In the wake of ever-changing challenges and advancements in technology, the need for well-trained and adaptable law enforcement officers has never been more apparent. Our commitment at Delhi Police Academy is to equip our recruits with the necessary skills, knowledge and ethical framework to navigate these complexities with confidence and competence.

One of the fundamental pillars of our training philosophy is continuous learning and innovation. We recognize that the dynamics of crime and societal needs are constantly evolving, necessitating a proactive approach to training. Through a blend of theoretical instruction, practical exercises and scenario-based simulations, we strive to ensure that our officers are not only prepared to address current challenges but also anticipate and adapt to future ones. Moreover, as guardians of the law, it is imperative that our officers possess not only technical proficiency but also a deep sense of empathy and respect for the communities they serve.

As we look to the future, we are committed to embracing innovation and leveraging cutting-edge technology to enhance our training methodologies and operational effectiveness. From the integration of Artificial Intelligence and predictive analytics to the use of virtual reality and augmented reality in scenario-based training, we are constantly exploring new avenues to stay ahead of the curve and ensure that our officers are equipped to meet the challenges of tomorrow.

In closing, I would like to express my gratitude to the dedicated officers and staff of Delhi Police Academy for their unwavering commitment to excellence. Thank you for your continued support and I look forward to sharing further insights and updates with you in the pages of "Kadamtaal" Newsletter.

Warm Regards,

Chhaya Sharma, IPS
Special CP (Training)
Delhi Police Academy
Delhi Police



Editorial Desk

Our journey with Kadamtaal has been remarkable and the success of our inaugural edition stands as a testament to the dedication and hard work of the entire team. The positive reception, expressed through WhatsApp messages and phone calls, has fueled our enthusiasm to continue striving for excellence.

As we bask in the glory of our achievements, it's crucial to recognize that this is merely the beginning. The path ahead is long and our aspirations extend far beyond the triumph of the first edition.

Building on the feedback received, we understand the expectations of our readers. They crave more than just a publication; they seek an immersive experience that captivates and enriches. Hence, our commitment for the forthcoming edition is clear – it must be more than just beautiful; it must be a literary and visual masterpiece.

We envision a newsletter that doesn't just meet but exceeds the expectations of our readers. This means curating content that is not only diverse but also thought-provoking, resonating with readers on various levels. Our team is dedicated to exploring new themes, uncovering compelling stories and presenting unique perspectives that will make the upcoming edition a standout success.

In addition to enriching content, we are keenly focused on enhancing the visual appeal of Kadamtaal. We understand the power of visual storytelling and are committed to delivering a magazine that is not only intellectually stimulating but also a feast for the eyes. This involves collaborating with talented artists, photographers and designers to ensure that each page is a work of art in itself.

Moreover, with each edition, we see an opportunity for self-refinement. Every piece of feedback, whether constructive or laudatory, serves as a guide for our journey towards excellence. We acknowledge that growth is a continuous process, and with each edition, we find ourselves evolving, learning, and adapting to the ever-changing landscape of reader expectations.

The forthcoming edition is an opportunity for us to prove our mettle and show that the excellence achieved in the first edition was not a fleeting success but a promise of what's to come. We are investing time, creativity and resources to ensure that each subsequent edition outshines its predecessor, creating a legacy of continuous improvement.

Uma Shankar

Deputy Director, Training, DPA
Editor, "Kadamtaal" Newsletter

Contents

2nd Edition (Nov. 2023 - Jan. 2024)

Initiatives / Inaugurations **1, 9, 10**

Proud Moments **13**

Passing Out Parades **2-6**

Spot Lights & Voices of DPA **14-23**

Celebrations **7, 8, 11**

Cultural Event **24**

Guests/Attachments @ DPA **8, 11**

Farewell / Heartfelt Tribute Our Retirees **25**

Bidding Adieu **12**

DPA in News **26**



Delhi Police Academy Initiates Comprehensive Training Program on New Criminal Laws



On 17th January, 2024 in a strategic move to equip Delhi Police officers with the latest legal knowledge, Delhi Police Academy (DPA) launched an intensive training program on the "New Criminal laws" i.e. Bharatiya Nyaya Sanhita (BNS) 2023, Bharatiya Nagarik Suraksha Sanhita (BNSS) 2023 & Bharatiya Sakshya Adhiniyam (BSA) 2023 notified on 25th December 2023.

Collaborating with the National Law University, Dwarka, DPA has meticulously crafted training modules spanning to the needs of Special Commissioners of Police to Constables. Sessions conducted by experts from National Law University ensured that officers at all levels are well-versed in application of the new laws.

The four-day training module (17 to 20 January 2024), was inaugurated by Shri Sanjay Arora, IPS, Commissioner of Police, Delhi giving insights of the New Laws and motivating participants to adopt the changing time & needs of Society took place at Adarsh Auditorium, PHQ, catering to the officers up to SHO level.

Shri Sanjay Arora, IPS, CP/Delhi in his inaugural address emphasized the transformative nature of these legal changes, urging participants to see them as both a challenge and an opportunity. The shift from Bhartiya "Dand" Sanhita to Bhartiya "Nyaya" Sanhita marks a significant move towards concurrently punishing the accused and delivering justice to the victim.

Sh. S.K. Gautam IPS, Spl. CP/HRD, Ms. Chhaya Sharma IPS, Spl. CP Training, Sh. Vijay Singh, IPS, Director, DPA, and Dr. Neeraj Tiwari, Faculty of National Law University graced the occasion.

Ms. Chhaya Sharma IPS, Special CP Training, highlighted the initiative's pioneering nature and announced the upcoming Phase I training starting wef 17 January, 2024. This phase I targets 8800 Investigating Officers & CCTNS operators, aiming to equip them with the necessary skills to navigate the new legal frameworks effectively.

Expressing gratitude, Sh. Vijay Singh, Director, Delhi Police Academy expressed gratitude for the meticulous efforts put in by CP, Delhi and even thanked Team DPA for designing, planning and executing the training modules professionally.

Active participation from Police officers in the rank of Inspector to Spl. CsP showcased the commitment of Delhi Police in staying ahead with the evolving legal landscape.





Passing Out Parade

Oath administered by Shri Uma Shankar, Dy. Director, Training

@ DPA, JK



Recruit Constables, Batch No. 1 of National Investigation Agency : 23rd November 2023



PSIs, Batch No. 49 & 50,
Head Constables (Min.), Batch No. 68,
Recruit Constables, Batch No. 120,
Recruit Constables (DVR.), Batch No. 26



Recruit Constables, Batch No. 01 Ladakh Police

@DPA, JK

Passing Out Parade



29th November, 2023





- Sh. Sanjay Arora, IPS, CP, Delhi was the Chief Guest
- Oath administered by Sh. Vijay Singh, IPS, Director, DPA

@ DPA, JK



Passing Out Parade





1st BATCH OF CONSTABLES/SEPOYS NARCOTICS CONTROL BUREAU



Sh. Vijay Singh, IPS, Director, DPA took the General Salute.



Sh. Sachin Jain, IRS, Dy. Director General (NR), NCB was the Chief Guest.

Passing Out Parade



@ DPA, Wazirabad

1ST December, 2023



ACHIEVERS OF THE PASSING OUT PARADE



ALL ROUND BEST



PSI Surbhi Upadhyay
Batch No.49
Also 1st in Indoor & Law



PSI Swati
Batch No.50



W/HC (Min) Neha
Batch No.68



W/CT. Rajnandani
Batch No.120



Ct. Padma Chhoskit
Ladakh Police Batch No.1
Also 1st in Law

FIRST IN OUTDOOR



PSI Rocky Panghal
Batch No. 49
Also 1st in Commando



PSI Deepak Gaur
Batch No.50



HC (Min) PRABHAT
Batch No.68
Also 1st in Computer



W/CT. Jyoti Yadav
Batch No.120



W/CT. Stanzin Dolma
Ladakh Police Batch No.1
Parade & Firing

FIRST IN INDOOR



PSI Shweta Yadav
Batch No. 50



W/HC (Min) Priya
Batch No.68



W/CT. Anjali Choudhary
Batch No.120

FIRST IN OTHER DISCIPLINES



Ct. Pradeep Khatana
Batch No.120
1st in Commando



Ct. Meenu
Batch No.120
1st in PT



PSI Sachin
Batch No. 50
1st in Commando



PSI Kuldeep
Batch No. 49
1st in Firing



PSI Navdeep Kumar
Batch No. 50
1st in Firing



Ct. Pankaj Kumar
Batch No.120
1st in Firing & Commando



Ct. Chander Sekhar
Batch No.120
1st in Commando



PSI Aayush
Batch No. 49
1st in Computer



PSI Kavita Bhardwaj
Batch No. 50
1st in Computer



W/CT. Anuvika
Batch No.120
1st in Police Behaviour
& Public Service



W/CT. Stanjin Yangdol
Ladakh Police Batch No.1
1st in Police Behaviour
& Procedure

Rising Stars of DPA



17 ASIs were recently promoted to the rank of Sub Inspectors. Pipping Ceremony by Sh. Vijay Singh, IPS, Director DPA & Sh. Uma Shankar, DANIPS, Deputy Director, Training.



SI YASHPAL SINGH



SI SACHITA NAND JAKHMOLA



SI GUMAN SINGH



SI BEGPAL SINGH



SI KRISHAN KUMAR



SI SATISH KUMAR



SI SAROOP SINGH



SI RAJENDER SINGH



SI SATBIR SINGH



SI UMED SINGH



SI PARVEEN KUMAR

**AFTER SUCCESSFULLY COMPLETING 2 MONTHS ATTACHMENT COURSE
15 Dy. SPs (PROBATIONERS) OF ARUNACHAL PRADESH AT DPA DWARKA**



Sh. Sanjay Arora, IPS, CP Delhi guided and extended good wishes for their promising careers on 29th December, 2023



Training Programme on Child Protection & Mission Vatsalya Scheme from 06.11.2023 to 08.11.2023 held at DPA, Rajendra Nagar

Sharing of Joy in DPA Family



SI MAHESH SINGH



SI SUNIL KUMAR



SI JAGJEET SINGH



SI SATISH KUMAR



SI DEEPAK KUMAR



SI SHIVRAJ SINGH

A Fitness Revolution

GYM INAUGURATED



Sh. S.K. Guatam, the then Special CP, Training unveiled state-of-the-art fitness facility on the 28th of November 2023.

This gym is equipped with cutting-edge modern machines meticulously designed to enhance exercise experience. From cardio to strength training, this new gym boasts a variety of equipment catering to diverse fitness needs.



Both the trainees & trainers together are utilizing the facilities, fostering a sense of unity and wellness within our academy.

The gym is not just a room with equipment – it provides environment where connections are strengthened, bonds are created and friendships are formed.



DANIPS (Probationers), Batch 24

PSIs Andaman Nicobar Police, Batch 54

Interaction with Director DPA on 28th December, 2023

Kadamtaal's Inaugural Edition Unveiled with Splendor



Inaugural Edition Unveiled with Splendor

DPA family is delighted to share a momentous occasion - unveiling inaugural edition of Kadamtaal, a journey initiated with collective efforts, passion and a vision for excellence.

A Symphony of Creativity

The collective effort of our esteemed faculty and dedicated trainees has given birth to a literary and artistic canvas. Nodes of Kadamtaal are adorned with poems, articles, and experiences, showcasing the diverse talents within the DPA family.



Behind the Lens: Special Efforts by Sub Insp. Krishan Singh

A special nod of appreciation goes to SI Krishan Singh, talented photographer of Delhi Police Academy, who even at the age of 58 years, devoted all his skills and dedication to capture and provided stunning visuals breathing life into the canvas of Kadamtaal.

Unveiling by Sh. Sanjay Arora, Commissioner of Police, Delhi

The crowning moment of the inaugural edition was gracious unveiling by none other than Sh. Sanjay Arora, CP, Delhi. His presence added prestige to the occasion and the appreciation from senior officers in attendance was a testament to the quality and significance of Kadamtaal.



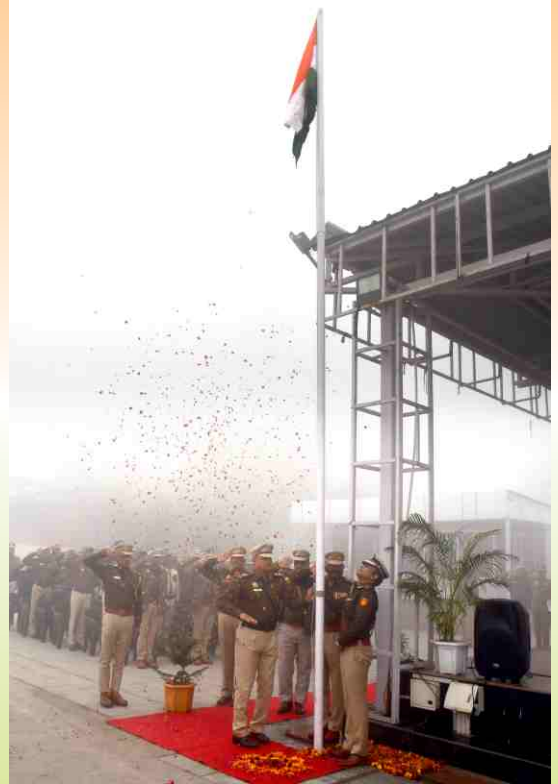
As we embark on this literary journey, we invite each of you to savor the words, embrace the visuals, and be a part of the rich tapestry that is Kadamtaal. Together, let us celebrate the spirit of creativity and camaraderie within the DPA community.



Interaction with Director, DPA on 29th December, 2023



@ DPA, JK



Essence of Patriotism: Director Sh. Vijay Singh, IPS Unfurling the National Flag

Students' Visit @ DPA, JK



125 girl students of Class IX and X of Govt. G.S.S. School, Jharoda Kalan,



Engaged in an interactive session led by IT lab experts, focusing on Cyber Fraud & Women Safety initiatives on 16th January, 2024,

"A Visionary Leader : Shri Sunil Kumar Gautam's Stint at Delhi Police Academy"



Delhi Police Academy recently organized a heartfelt farewell to bid adieu to its distinguished leader, Sh. Sunil Kumar Gautam IPS, who served as Special CP, Training. Having taken charge in June 2023, his visionary approach has left an indelible mark on the academy.

On 3rd January 2024, Sh. Sunil Kumar Gautam, IPS embarked on a new journey as Special CP, HRD, leaving behind a legacy of transformative initiatives during his tenure at Delhi Police Academy. Under his dynamic leadership, academy initiated several groundbreaking projects. Notably, the introduction of 'Kadantaal Newsletter', a platform that keeps police community informed and engaged. Additionally, the publication of the 'Homely Magazine of Delhi Police Academy' showcased a commitment to internal communication and camaraderie.

In a strategic move towards modernization, Delhi Police Academy, under Sh. Gautam's guidance, made a significant presence on social media platforms YouTube & X account. This shift enabled the academy to connect with a wider audience and foster transparency.

One of the many remarkable achievements was the establishment of a state-of-the-art gymnasium, equipped with modern machines, the facility caters not only to the physical well-being of trainees but also to staff of academy. The gymnasium stands as a testament to Sh. Gautam's commitment to the holistic development of the police force.

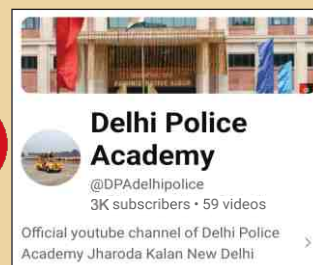
Recognizing importance of sports in maintaining a healthy work-life balance, Sh. Sunil Kumar Gautam facilitated the creation of Badminton court and a Basketball court for the trainees as well as faculties. These additions not only encouraged physical fitness but also provided recreational outlets for the personnel.

As Delhi Police Academy bids farewell to Sh. Sunil Kumar Gautam, IPS it is with gratitude for his transformative leadership and the positive changes he has ushered in. The legacy of innovation and progress instilled by him will undoubtedly continue to shape the future endeavors of the academy.



Connecting Beyond Boundaries: Introducing Youtube Channel & Account

Delhi Police Academy takes a digital leap with the launch of its X account and YouTube channel. Stay connected for real-time updates, training insights and exclusive content. Team DPA invites families, relatives & well wishers of Trainees and Trainers to follow the social media accounts of DPA. Connect, engage, and be a part of our journey towards excellence in training.



Marathon Maestro Shining Bright : HC Subhash Singh



In Tata Mumbai Marathon on 21st January, 2024, Courageous Runner/Steel man secured 1st position in his category(50+) covering 21 km in a remarkable 01:27:41 hours i.e. 01 Km in 04 minutes approx.. He remained on the podium in & around 10 Marathons in last year he participated & he may be running somewhere in Marathon at present also.

Let me introduce you the 54 year Marathon Maestro - Head Constable Subhash Singh who hails from a small Village in Jhunjhnu, Rajasthan. He joined Indian Army in the year 1989 & served 18 years in Rajputana Rifles and represented his Unit in Basketball. He took voluntarily retirement from Army as Hawaldar & started his Journey in Constabulary Rank in Delhi Police in the year 2007.

In the year of 2015, Delhi Police Cup was introduced for first time in Airtel Delhi Half Marathon. That was the time when Subhash was struck with some majestic blessings where he also registered himself and participated 1st time in long distance running & secured 1st position in his category while being posted in New Delhi District, Delhi Police.

Since then, the journey has never stopped and passionately started participated in nearly 55 Marathons across the country finishing on podium in 35 marathons. Subhash clinched Gold Medal in National Master Athletics' Championship in 2017 & 2022 in 3000(Steeple Chase), 5000 & 10,000 meters.

Subhash Singh joined Delhi Police Academy recently and is a certified physical teacher from Army Physical Training College, Pune & Laxmibai National Institute of Physical Education, Gwalior and presently serving as Marathon Coach in the Academy. Subhash is not just a runner; he even encourages others to embrace the challenges of marathon running and strive for excellence.

Impressive collection of medals stands testament to his commitment, excellence and efforts put in the running. In a recent triumph, he secured first position in his category at Surat Marathon, completing an astounding 21 km in a remarkable 01 hours 23 Minutes. This victory follows his earlier success in Vadodara, where he even clinched the top spot.

This man stands as a beacon of inspiration, showcasing that with determination, hard work, and mentorship, one can conquer new heights in the world of marathon running at any age. His accomplishments serve as a source of pride for Delhi Police Academy and a motivation for aspiring runners within the force.

SUBHASH SINGH - AGE - 54 YEARS					
SR. NO	YEAR	MARATHON	TIME	POSITION	RACE CATEGORY
1	2016	PINK CITY HALF MARATHON			
2	2017	VADODARA INTERNATIONAL MARATHON	1:18:16	1ST	21KM
3	2017	STANDARD CHATARED MUMBAI MARATHON	1:18:06	1ST	21KM
4	2018	TATA MUMBAI MARATHON	1:22:32	1ST	21KM
5	2019	TATA MUMBAI MARATHON	1:20:30	1ST	21KM
6	2020	TATA MUMBAI MARATHON	1:27:10	2ND	21KM
7	2023	ADANI AHMEDABAD	3:14:18	7TH	42KM
8	2023	GANGA ULTRA MARATHON	3:09:15	4TH	42KM
9	2023	ARMY HONOUR DELHI	1:26:25	1ST	21KM
10	2023	TATA MUMBAI MARATHON	2:36:59	1ST	21KM
11	2024	TATA MUMBAI MARATHON	1:26:38	2ND	35 KMS
12	2024	MG VADODARA	1:27:41	1ST	21KM
13	2024	PANKH MARATHON 2024	1:25:05	1ST	21KM
			1:21:11	3RD	21KM



“ My best wishes to Subhash Singh. May you keep winning Marathon runs and earn glory for Delhi Police. You have always been an inspiration for others ”

The Spiritual Police Officer

No, I'm not going to preach any sermon on meditation and prayers. And neither am I going to lecture you about corruption and moral education over here.

I start to pen down my thoughts, with this dialogue by famed actor Al Pacino from the Hollywood 2002 cult movie 'Insomnia', endlessly echoing within my mind, "A Good Cop can't sleep because he's missing a piece of the puzzle. And a Bad Cop can't sleep because his conscience won't let him." Al Pacino played a cop in the movie.

Good and Bad are opposing viewpoints of differing individuals. They are just a person's perspective. Two paradoxes, seldom found together. But the truth is that a police officer's life is bursting with paradoxes. A police officer during his career witnesses all the goods and bads of life, be it the lowest rung officer, or the top brass. All cops face them!

We should feel ourselves blessed to be a police officer, as within a short span of this career, we experience almost every emotion of life. And sometimes, we find ourselves tangled within this bottomless turmoil of emotions.....rage, frustration, agony, grief, loss of close ones, despair and so on. Many a times, you will not be able to solve the case. Sometimes you would be lauded and sometimes your actions might be condemned. Mistakes will happen too. And I promise....these all will give you sleepless nights. The infamous, dreaded insomnia, as said in the movie.

Some cops learn to cope up with this brunt. Some simply shy away from actual police work, and take refuge in some less demanding tasks for the entire career. But there are sad endings also, when a police officer fails himself and decides to take the heart-wrenching step of ending his life. Not good!

The big question then arises, 'How can a Police Officer save himself from this situation?'

So, try to understand this, 'Be a Spiritual Warrior.' I share a few words of wisdom given to me by one of my admired senior, "A police officer should be like a coconut....hard from outside, soft from inside. If he is inherently soft in the core, he should develop a hard demeanor outside. And if he is tough from outside, he should develop soft values within himself. Empathy and pain for others!"

Just like our police colours, Red and Blue. Power and Peace. It all depends upon you, whether you use this power with peace, or you become peaceful within this power. Choice is yours. But do make a choice. It's the quality of a strong personality. And yes, you are a Cop. You are tougher than others.

You can choose to wipe the tears of that helpless person. There is nobody standing for him. Nobody to listen to him. And you are no less than an Angel for him. People come to police officers in pain and agony. We are the only ray of hope for them. They have nowhere else to go.

God gave you this chance in this life. He chose this career for you to help the ones in suffering. Because, he had trust and faith in you. You simply treaded the path to reach this destiny. So don't break his trust, and also of the poor man. Perhaps, God won't give us any chance next life if we broke the trust.

But beyond that, as a cop, just help somebody out, and see the result. Trust me.....Everybody is still searching for a good cop.

We all love watching a good cop movie. People whistle and clap if the hero or the heroine in the movie is a cop. The police uniform does have that charm and attraction, nobody can deny that. There are endless privileges that a police officer can have. Recognition in the society and fame are one of those. Doesn't that motivate you enough?

We can carry on this discussion endlessly, but to end, let us come to the part where we began.....the dialogue from the movie 'Insomnia'.

As for the first part, "A Good Cop can't sleep because he's missing a piece of the puzzle." Yes, we have to agree upon that. If you are a Good Cop, you will never sleep over that missing piece of puzzle. Your conscience won't allow you to. And when you find that missing piece.....You will sleep like a baby. That's the Job Satisfaction. At the end of the day, you will be a Happy Cop.

As for the second part, "And a Bad Cop can't sleep because his conscience won't let him." as I have said earlier also. Choice is yours.

Ajay Karan Sharma
Inspector
ACC, DANIPS
DPA, JK



Whistle!..... Run! Run! Run!

Oh Lord! It's foggy again, Where is the Sun?
Dear mate! Nothing new to be stunned.
It is a regular deal, So forgive the Sun.
Huslte!....Come! Come! Come!
Fall-in down the stairs,
Because It's Ishwar ustaad there, growing gruesome.

Hey you! Chandigarh Police, again being late, is it fun?
Every head pointed down, seeking excuse in return.
Why so snippy? Why didn't you have your haircut done?
Pardon! Pardon!..... Pardon sir! The Salon was out of electricity, the clippers didn't run.
Dear trainee, my son, make a better excuse next time, a solid one!
Listen!....

The order you receive is like a bullet fired from a gun.
There's no coming back, just follow it, this is for what you have come.

Watch around! See them!
Heads fade, clean shaved
Aren't they looking handsome?
Diverging backgrounds, still they seem to have one.
Be it their marching feet or they shouting 1... 2... 1.... (one... two... one...)
Now!...This is being their new identity, a gentler one, which might not
they have inherited but DPA has given..... DPA has given.....



PASI Ankur
Batch - 54
Chandigarh Police

बहुत ही याद अयाँगे हमे वो दिन

बहुत ही याद आँगे हमें वो दिन ।
जब रहना होगा इन यारों के बिन ॥
आओ दिखाऊ तुम्हें डीपीए की झांकी ।
शायद ही कोई पशु पक्षी रहा हो बाक्री ॥
उठते थे रोज़ सुन कोए की काओं काओं ।
एक दो एक की ताल पर जब चलते थे पाँव ॥
फटींग के भी वो दिन वहाँ के,
जिन्हें देख नाच पड़ते थे मोर जहाँ के।
खाने की मेज़ पर बंदर मामा करते थे परेशान।
राती की बेला में कुत्तों का वह मधुर गान॥
वो डीपीए का माहोल, वो पक्षियों का चहचहाना।
ट्रेनिंग से थक कर चूर चूर हो सो जाना ॥
है नहीं सिर्फ़ PSI और PASI ही बस यहाँ।
यह तो है उन मूक दोस्तों का पूरा जहाँ।
बहुत ही याद आँगे हमें वो दिन ।
जब रहना होगा इन यारों के बिन ॥

P/ASI Nikki
Batch - 54
Chandigarh Police



सुबह की ओस

कभी सुबह की ओस सताती है
कभी रात की ठंड तड़पाती है
जेल जैसा ये सफ़र
अब लगने लगा है हमसफ़र
जब भी क्लास में नींद आती थी
कंधों में तारों की उम्मीद जगाती थी
मम्मी, पापा की जब भी आयी याद
इंस्ट्रक्टर ने बुझाई उनकी प्यास
पीटी, परेड थकाती थी तो
इंडोर क्लास सुलाती थी
मैस में आलू ने खूब पकाया तो
पंजाबी ढ़ाबा ने मुर्गा खूब खिलाया
अब तो ये सफ़र लगने लगे थे अच्छे
इंस्ट्रक्टर का हर वादा लगने लगा था सच्चा
डीपीए की एक बात लगती थी बड़ी ही खास
छुट्टीयां दिलाने में देते है पूरा साथ
10 रुपये की शेयरिंग ऑटो में पहुँच जाते थे
नजफगढ़ के पास

PSI Dinesh Jaiswal
Batch - 54
Andman & Nicobar Police



DURING CONFLICTS, TALK TO PEOPLE ... DON'T TALK ABOUT THEM

When there is a conflict in a relationship, our inner negative emotions often become a barrier in our communication with the other person. Something about the other person bothers us, Instead of addressing the issue with the person involved, we tend to discuss it with others. This indirect approach can escalate the problem, leading to a deterioration of the relationship. If two people do not mutually discuss their differences, their relationship can quickly get worse. When you put sincere efforts to resolve a conflict, the other person automatically feels your pure intentions. You not only win the relationship, but also win over your ego.

Direct Communication vs. Indirect Venting

When faced with differences, the choice between directly addressing the person involved or venting to others is pivotal. you either directly talk to that person or share the matter with others who weren't even a part of that issue. you have noticed how so many more negative emotions arise, when the two of you don't talk to each other, but talk about each other. The negative emotions that arise when conflicts are not directly addressed can be significantly mitigated through open dialogue.

Seeking External Support

Seeking advice from others during a conflict is a common tendency. We often find a need to go and talk about a relationship issue to other people, believing that it makes us feel better, or that they can help us and resolve the conflict. Although those people have the best intentions for us, their vibrations reflect their state of mind-which can be of anxiety, fear or anger. Their negative energy might unintentionally but surely deplete and worsen our relationship, which is going through a conflict.

Even if we want to take someone's help to resolve, the mediator must be unbiased and emotionally detached. Such individuals bless the conflicting parties, providing energy that can be harnessed to strengthen and resolve the conflict.

Harmony in Conflict: Embracing Spiritual Practices for Resolution

A profound approach to conflict resolution involves incorporating spiritual practices, such as meditation, to foster understanding and harmony. Meditation cultivates a calm and clear state of mind, providing individuals with the clarity needed to understand the root causes of conflicts. This introspective practice enables a more empathetic approach when addressing differences.

Overcoming Ego

Spiritual inputs emphasize the importance of recognizing and overcoming ego during conflicts. Meditation encourages you to detach from personal biases and ego-driven reactions. By observing thoughts without judgment and creating solution oriented positive thoughts, you can approach conflicts with a heightened sense of objectivity.

The Power of Positive Communication

If we created the energy blockage with another person, then only the two of us can resolve it amongst us. Maintain an open, honest and transparent communication with whoever you are not getting along well with. Your pure vibrations will allow both of you to move towards harmony. Remind yourself throughout the conflict - I talk only and only to the person I have differences with. I do not talk about them to others. My positive conversations with them dissolve the conflict and restores harmony amongst us.

Shared Spiritual Practices for Mutual Growth

Encouraging shared spiritual practices within a relationship can be a transformative step. Couples or groups practicing meditation together create a shared space for growth, understanding, and resolution. This shared journey towards spiritual development can strengthen the bonds between individuals.

Sanjeev Kumar
Inspector (PRO)
Cooridnator,
Kadamtaal Newsletter, DPA



NO QUITTERS!

There's no such thing

Like:

A picture perfect life;

There's more to it

with a new start,

And exit door to it.

Bruts and Britts all

together make it whole,

Livin' through each day

is itself a wholesome

goal.

One match won and other

match lost,

Victory keeps jumping

across both coasts.

Nothing to cry and

nothing to boast,

Let's focus on tomorrow

Coz' that's what matters

the most.

To all the new fishes,

Keep swimming" all

day;

"Don't give up Dory,

there's always a way!"



Kirti (B.Ed.)

D/O ASI **Amit Kumar**

Mini FSL/DPA, JK

An Ocean of Hope

Whether it be a war or a small fight,

Hope gets you out of every plight.

Even when we are in a crisis or a ruckus,

An ocean of hope saves every one of us.

I see the light of hope in broad daylight

And even in the darkness of midnight.

When you're falling into the valley of stress and load,

It's an ocean of hope that acts like a rope.

Hope is what makes flowers bloom,

Just like a candle in a dark room.

If you ever feel depressed, don't hold onto that stress

And let the ocean of hope take it all away and bring

success

So, always remember that there's hope everywhere

Which takes away all the despair.

Never feel useless and make a fuss,

Because there's an ocean of hope in each one of us.



Mahi Yadav (Class 8th)

D/o PSI **Sunil Yadav**

Batch - 53

THE FITNESS FEAST :

THE FITNESS FEAST: NOURISHING YOUR BODY FOR OPTIMAL PERFORMANCE

WHAT YOU THINK IS WHAT YOU GET

In fitness, mental prowess is as crucial as physical strength. Success requires understanding beyond basics, discovering what works uniquely for you, and developing instincts over time. Initially, training may not align with feelings, but experience helps in recognizing correct approaches. The key is getting accustomed to the sensations of your workout, enabling reliance on instincts as a guide.

TRAINING INTENSITY

Training intensity can be increased by following the given techniques

- Add weights to your exercises.
- Increasing the reps of exercises.
- Cutting down rest period between sets.
- Doing super sets or Drop sets.

The more advanced you become, the harder it is to continue developing and the harder you will have to train. This is known as the LAW OF DIMINISHING RETURNS.

TRAINING FOR WOMEN

Women's training differs due to physical distinctions. While women may have less upper body muscle and take longer to develop it, the differentiator is their focus on shaping and toning rather than building big muscles. This is reflected in workouts with fewer sets and more reps, promoting endurance. Despite these variances, the ultimate goal for both men and women remains achieving maximum physique development.

PROGRESSIVE RESISTANCE

Making your muscles contract against a level of resistance eventually causes them to adapt & grow Stronger! But once they have adapted sufficiently this progress will stop. When this happens, the only way to make your muscles continue to grow is by further increasing the amount of overload to which you subject them and the primary way of doing this is to add weight to your exercises.

TRAINING TO FAILURE

It means continuing a set until you can't do any more repetitions with that weight without stopping to rest. It is important because when you are doing reps with less weight, all the muscle fibres don't come into play. Continuing a set to failure is a way of demanding that all the muscle fibres are recruited.

THE BASIC NUTRIENTS MACRO NUTRIENTS

1 PROTEIN:

Composed of various amino acids, they provide the building blocks for muscle Tissues used by the body to build, repair & Maintain the muscles. Following table shows what percentage of protein makes up various foods; and on the right, what percentage of protein your body is actually able to use.

	by Utilization	by weight
EGGS	94%	12%
MILK	82%	4%
FISH	80%	18%-25%
CHEESE	70%	22%-36%

CARBOHYDRATES

- 1) Carbohydrates are the primary form of energy. These get stored in the muscle as glycogen. That is what you require to perform heavy & intense weight training.
- 2) Muscle size is increased when the body stores glycogen and water in the Individual muscle cells.

FATS

Fats In the body serve 3 Main functions.

- 1) They provide major source of stored energy
- 2) They Serve to cushion and protect the major organs
- 3) They act as an Insulator, preserving body heat & protecting against excessive cold. Fat is the most calorie-dense of all nutrients. A pound of fat contains about 4000 caloric as opposed to 1800 calorie stored in a pound of protein or Carbohydrates.

BALANCED DIET

The Body work best when you ingest foods in certain combinations. The combination that I usually follow and I feel is best for me is PROTEIN -40%, CARBOHYDRATES-40%, FATS-20%Diets too high in protein put an unhealthy strain on kidneys.

BURSTING GYM MYTHS

1) CAN HIGH INTENSITY TRAINING CAUSE A HEART ATTACK?

People fear heart attacks during gym workouts, but understanding heart basics is crucial. A healthy heart pumps blood smoothly. However, if arteries have blood clots, heart attack risks rise. Gym-related heart issues usually stem from pre-existing conditions, emphasizing the need for those with heart problems to consult before intense workouts.

2) SUPPLEMENTS ARE MAGIC

when we were in school and when we had exams, we used to ask for supplement sheet only after the Main sheet is finished . Same is the case with supplements. They are not meal replacements infact they are an add on only. They work best only after you have taken a healthy diet. They just give you a minor push.

3) DOES GYM STUNTS YOUR HEIGHT

"My son, Don't Go to the gym. It will stunt your Height", this is what we we have heard our parents say too often. But there is no research to back this up. It primarily depends on 2 factors:

- 1) GENETICS
- 2) LIFESTYLE which includes
 - 1)Diet, 2) exercise, 3) sleep

MYTHS RELATED TO VEGETARIAN BODYBUILDING

1) NOT ENOUGH PROTEIN

This is the most common myth prevailing amongst people .A little education and reconditioning is what we need here. One gets all the protein one needs from vegetarian diet Primary protein sources are

- 1) quinoa, 2) Broccoli, 3) beans

These all can be supplemented with whey protein and plant protein shakes etc

2) DEFICIENT IN ESSENTIAL NUTRIENTS

On a vegetarian diet you need to monitor your intake of vitamin B12,iron and zinc Because they are absorbed differently in the body than meat sourced nutrients. however, following vegetarian foods contains plenty of these nutrientsFoods rich in vitamin B12

- 1) spinach, 2) soy milk,
- 3) yogurt Foods rich in iron

- 1) Raisins & Prunes, 2) cereals,

- 3) dark green leafy vegetables Foods rich in zinc

- 1) legumes, 2) nuts, 3) tofu

3) CAN'T BUILD SIZABLE MUSCLE OR STRENGTH

No Credible scientific or Medical evidence exists to support the idea. There are various vegetarian body builders who are as strong as or even stronger than meat eating body builders for eg:- , K. V Iyer, Varinder Singh Ghuman,Hira Lal Dhillan, sangram singh and many more

ADVANTAGES OF VEGETARIAN BODYBUILDING DIET

- 1) Lower risk of developing heart disease
- 2) Can promote healthy body weight
- 3) May protect against certain cancers

CONCLUSION

The Academy of Nutrition and Dietetics found that a vegetarian diet is linked to a reduced risk of death from ischemic heart disease. Vegetarians exhibit lower cholesterol, blood pressure, rates of hypertension and type 2 diabetes compared to meat eaters. They also maintain a lower body mass index and experience reduced overall cancer rates, lowering the risk of chronic diseases.



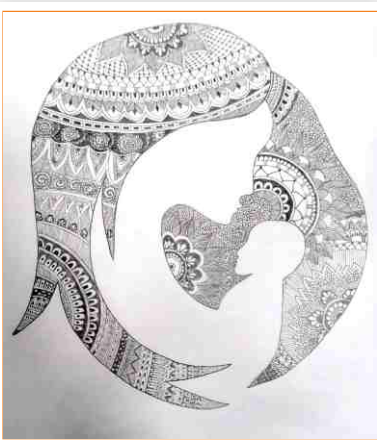
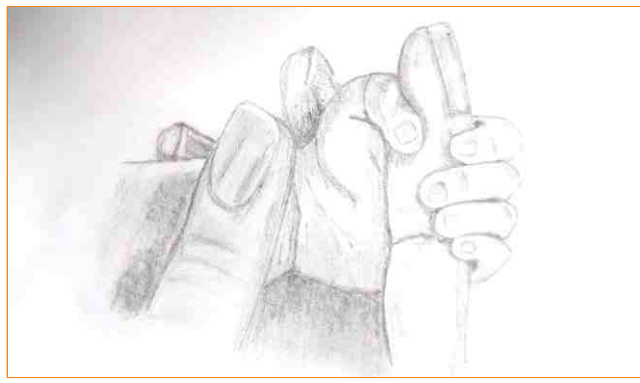
PSI Sonish Hinduja
Batch - 53

सोशल मीडिया की दुनिया

बैठें हैं इधर, सोशल मीडिया की दुनिया में।
यूट्यूब की चमक और ट्विटर की छाया में॥
वीडियो की मजेदार जादू से भरी बाते।
कहानियों का सफर, हर दिल को भाते॥

ट्विटर पर छाई हवा, हर कोने से आती आवाज़।
140 अक्षरों में रंगी बातें, बजाती मधुर साज़॥
हैशटैग्स की छाया में, हर रोज़ नई किताब,
रिट्वीट और लाइक से, मिलते नित नए खिताब।
सोशल मीडिया का मेला, रंगीन सपनों का खज़ाना।
यूट्यूब पे चमकता, हर रूप में ऑनलाइन जमाना॥
पर यह है चक्रव्यूह, इसमें से निकल पाना ।
वर्चुअल दुनिया में रहते, असली दुनिया भूल न जाना॥

HC Naveen Kumar Kajla
PRO Branch DPA, JK



PENCIL ART BY



P/ASI Abhishek
Batch - 54
Chandigarh Police

खाकी

कानून का वो रखवाला,
वो खाकी वाला ।
कोहरे सी ठंड, कड़कती सी धूप में खड़ा
बरसते पत्थर, बहता रक्त,
फिर भी अपने फर्ज पे है अड़ा ।
कर न पाओगे तुम इस देश के मासूमों से खिलवाड़,
जहाँ हर वक्त रहती है खाकी तैयार ।
अपनी रक्षा भूल ,
करता वो सबकी सुरक्षा सीना तान ,
यही है उस खाकी वाले की पहचान ।
ज़ालिमों के जुल्म के आगे
न माने वो किसी भी शर्त हार,
जिनका हर जवान है सिपहसालार,
करता वह सच्चाई आशकार ।
तुम्हारी सुरक्षा के लिए तो वो दिन रात गश्त लगाता है
पर इस दौर वो अपनों से कहाँ मिल पाता है।
तुम सोओ सुकून से,
इसलिए खुद सोता नहीं है,
किसने कहा उसको दर्द सीने में होता नहीं है ।
अनुशासन से ही बनी है जिसकी हस्ती,
अनुशासित वो कर सकता है हर एक बस्ती ।
हर मज़हब से मुख्तलिफ पहचान है जिसकी ,
यह खाकी तो शान है उसकी,
यह खाकी तो शान है उसकी ।

P/ASI Renu Bala
Batch - 54
Chandigarh Police



LAW OF LIFE

Swami Vivekananda preached that "All love is an expansion; all selfishness is a contraction. Love is, therefore, the only law of life. He who loves; lives, he who is selfish is dying. Therefore, love for love's sake, because it is the only law of life, just as you breathe to live".

What is love? Is it an infatuation towards a person or a way of distorting the minds of gullible people to accomplish one's ulterior motives; Is it real or just a hypothetical feeling being rooted since ages in the minds of people to keep their brain calm and their hopes up when they face the real and harsh realities of life.

Science defines love in terms of lust, attraction, and attachment, each distinguished with varied stimulations and chemical balances in our brain. Spirituality defines it as 'eternal' and considers it a way of living. But whether it be Science or Spirituality one thing which they both agree upon is that love is a positive vibration and a powerful healing tool.

What is so powerful in love that it converted ordinary men into great men. People devoting their whole lifespan just to make others aware of its supreme power. Gandhi understood it, Martin Luther understood it, even Bob Marley understood it and the list goes on. Inculcating love in their perspective of life made them special and extraordinary that even after giving up ghost they are alive in the hearts of people. The old man with just a bundle of sticks taught his sons that unity and love are stronger than isolation and individuality.

Unlike present pretentious influencers, the simple and minimalist Swami Vivekananda practiced and preached Love and termed it equivalent to breathing. Breathing; Literally? Just like breathing is essential to living, love too is. Love is unselfish care for others and when it happens an impulse of bliss fills your heart with positivity. With the fusillade of optimism, the mind keeps on becoming clearer. Whereas when a person keeps with himself and becomes egoist he is pacing towards the annihilation of his inner elixir provided by the divine in every being.

Isolation can be sussed as a virus that infects the system whereas Love is like Sun; it holds us in orbit not allowing us to fly off in the dark and provides with the warmth essential for living. Isolation gives birth to feelings of loneliness, fear of others and the worst consequence is negative self-esteem. Love is succeeded by happiness and creates harmony within a person himself and with his surroundings like a thread joining all the beads with a knot. It is very easy and just in a finger snap one can instill cynicism in one's perception of life, but choosing love, on the other hand, takes a persistent belief in oneness and mutual trust.

Phrasing the words of Gandhi "I remember all through the history the way of truth and love have always won. -Always".

The easy path taken at the stake of degrading our inner self in isolation or the less traveled path of love which can give way to the path of deliverance. The answer to the prolonged subconscious question of every man "Something is missing" is "LOVE". Let's not just talk but walk the talk and make this world not just a better place but the best place which the great men dreamed of.

PSI ASHISH GREWAL
Batch - 53



ज़िंदगी से दूर हो गया हूँ

खाकी रंग ओढ़ लिया है ।
और अपनी ज़िंदगी से दूर हो गया हूँ.....

सो ज़िंदगी से दूर हटकर.....
मैंने ज़िंदगी को गौर से देखा ।

अस्पताल के पास से गुज़रा...
तो एक नई ज़िंदगी को आते.....
और एक ज़िंदगी को नाकाम होते.....है देखा ।

इस दुनिया के पास से गुज़रा ।
तो नकली ज़िंदगी को....
असली का लिबास ओढ़े देखा ।

ज़िंदगी से दूर हटकर....
मैंने झूठ को हँसते,
और सच्चाई को सिसकते है देखा ।

मैंने ज़िंदगी को बेबस.....
और उसके अंत को मुस्कुराते है देखा ।

मैंने इंसान को जानवर बनते,
और जानवर को इंसान से बेहतर..... है देखा ।
कुछ लोगों को मयखाने में जाकर....होश में आते
और कुछ लोगों को बगैर पिए.....मदहोश है देखा ।

मैंने कई लोगों के झूठे प्यार में
छिपी हुई नफरत को धधकते है देखा ।
अपनी मुस्कराहट के पीछे.....
मैंने लोगों को दर्द छुपाते हुए, है देखा ।
मैंने इंसानियत को मिटटी में मिलते,
और हैवानियत को खुले आम नाचते है देखा ।

मैंने कई लोगों को अंधेरे से प्यार करते,
और बहुतों को रौशनी से परेशां.....है देखा ।

कई बार गिरकर भी,
उठकर भागते
कुछ ज़िंदगियों को है मैंने देखा ।

मैंने घुप अंधेरे में भी ,
रौशनी की आस लगाए,
हर शख्स को है देखा ।

काले घने बादलों में भी ,
एक रंगीन इंद्रधनुष को,
मैंने आते हुए है देखा ।

मैंने हार को जीत में भी,
बदलते हुए कुछ वीरों को है देखा ।

मैंने मुस्कुराते, खाकी में घर से जाते हुए,
और तिरंगे में लिपटे, वापिस आते हुए
.....कई अपने को है देखा !

और....

आइने के सामने खड़े.....
अनबूझे, अनगिनत सवाल पूछते.....
खुद के ही अक्स को,
.....मैंने खुद है देखा !

खाकी रंग ओढ़ लिया है ।
ज़िंदगी से दूर हो गया हूँ ,
सो ज़िंदगी से दूर हटकर....
मैंने ज़िंदगी को खुद है देखा ♥

Ajay Karan Sharma
Inspector
ACC, DANIPS
DPA, JK



Kalakaari

Baat naino se ho
Kanha ki yehi asha hai

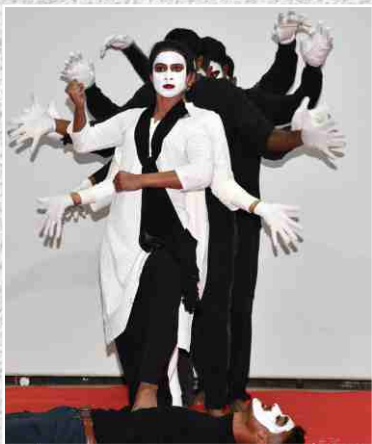


painting by

WPSI Sushma
Batch - 53



Trainees Day Out



Beginning of a New Chapter : Our Retirees

DECEMBER-2023



Inspr. Sunil Kumar
D-I/815



SI Naresh Kumar
D/3368



SI Virender Singh Yadav
D/1708



ASI Saroj Devi
2723/D



HC Rajender Singh
632/DPA



HC Joginder Singh
982/DPA



JANUARY-2024



W/Inspr. Uma Bhardwaj
D-I/1139



SI Rishipal Singh
3209/SW



SI Mahkar Singh
1036/D



HC Manbir Singh
796/DPA



MTS Harish Chand
341/C

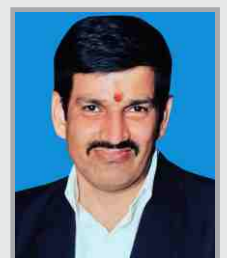
The Delhi Police Academy family wishes its all retired police personnel good health and longevity in their post-service life.



Forever Remembered: Paying Homage to Our Departed Team Member



In a tribute to one of our own, we remember ASI Rajbir Singh No 82/DPA, who began his career in Delhi Police as Constable on 11.10.1993. He served the force for almost three decades. Tragically, at the age of 52 years he bid farewell to this world on 01.11.2023.



नए कानूनों के लिए दिल्ली पुलिस ने शुरू किया प्रशिक्षण

दिल्ली पुलिस आयुक्त ने नए कानून प्रशिक्षण कार्यक्रम का किया उद्घाटन

संजय अरोड़ा, दिल्ली



दिल्ली पुलिस आयुक्त ने नए कानून प्रशिक्षण कार्यक्रम का उद्घाटन किया। उन्होंने कहा कि यह प्रशिक्षण कार्यक्रम पुलिस के अधिकारियों को नए कानूनों के बारे में जानकारी देगा और उन्हें इन कानूनों को लागू करने में मदद करेगा।

दिल्ली पुलिस का नए आपराधिक कानूनों पर प्रशिक्षण कार्यक्रम शुरू

जनसत्ता संवाददाता नई दिल्ली, 17 जनवरी।

दिल्ली पुलिस ने नए आपराधिक कानूनों पर व्यापक प्रशिक्षण कार्यक्रम शुरू किया। इस मौके पर दिल्ली पुलिस आयुक्त संजय अरोड़ा ने प्रशिक्षण के महत्व को रेखांकित किया। उन्होंने कहा कि नए कानूनों को लागू करने के लिए पुलिस को तैयार होना होगा।

Delhi Police begins training sessions to familiarise personnel with criminal laws; 8,800 in first batch

With the government intending to roll out the three criminal law bills in the Union Territory, Delhi Police has started an extensive training schedule for its personnel. The training sessions will be held from December 25, 2023, to January 10, 2024.



The first batch of 8,800 officers is currently undergoing training. The program will cover various aspects of the new laws, including their scope and application. The training is being conducted in a structured manner to ensure that all officers are well-versed in the new legal provisions.

नए आपराधिक कानूनों की पुलिस को देंगे जानकारी

दिल्ली पुलिस आयुक्त संजय अरोड़ा ने नए कानून प्रशिक्षण कार्यक्रम का उद्घाटन किया।



नए कानून को लागू करने के लिए पुलिस को तैयार होना होगा। प्रशिक्षण कार्यक्रम के माध्यम से पुलिस अधिकारियों को नए कानूनों के बारे में जानकारी दी जाएगी और उन्हें इन कानूनों को लागू करने में मदद करेगी।

दिल्ली पुलिस अकादमी में नए आपराधिक कानूनों पर चार दिवसीय प्रशिक्षण कार्यक्रम का समापन

परिवर्तनों को चुनौती व अवसर दोनों रूप में स्वीकारें : संजय अरोड़ा

दिल्ली पुलिस अकादमी में नए आपराधिक कानूनों पर चार दिवसीय प्रशिक्षण कार्यक्रम का समापन हुआ। दिल्ली पुलिस आयुक्त संजय अरोड़ा ने समापन समारोह में भाग लिया और कहा कि यह प्रशिक्षण कार्यक्रम पुलिस के अधिकारियों को नए कानूनों के बारे में जानकारी देगा और उन्हें इन कानूनों को लागू करने में मदद करेगा।



Delhi Police Academy Launches Comprehensive Training on New Criminal Laws: Officers Engage in Groundbreaking Sessions to Navigate Legal Paradigm Shift

Delhi Police Academy initiates comprehensive training program on new criminal laws

The Delhi Police Academy has initiated a comprehensive training program for its officers on the new criminal laws. The program is designed to help officers understand the scope and application of the new laws and to ensure that they are well-versed in their provisions. The training will be conducted in a structured manner and will cover various aspects of the new laws.



The training program is being conducted in a structured manner to ensure that all officers are well-versed in the new legal provisions. The training will cover various aspects of the new laws, including their scope and application.

599 पुलिस अकादमी में नए आपराधिक कानूनों पर प्रशिक्षण कार्यक्रम का उद्घाटन

दिल्ली पुलिस आयुक्त संजय अरोड़ा ने नए कानून प्रशिक्षण कार्यक्रम का उद्घाटन किया।



599 पुलिस अकादमी में नए आपराधिक कानूनों पर प्रशिक्षण कार्यक्रम का उद्घाटन

पुलिस अकादमी झाड़ा कला में डिल: कड़के की टंड में भी कमांडो का जोरा हाई

किसी भी आपात स्थिति से निपटने के लिए दिल्ली पुलिस कमांडो तैयार



दिल्ली पुलिस अकादमी में नए आपराधिक कानूनों पर प्रशिक्षण कार्यक्रम का उद्घाटन हुआ। दिल्ली पुलिस आयुक्त संजय अरोड़ा ने उद्घाटन समारोह में भाग लिया और कहा कि यह प्रशिक्षण कार्यक्रम पुलिस के अधिकारियों को नए कानूनों के बारे में जानकारी देगा और उन्हें इन कानूनों को लागू करने में मदद करेगा।

प्रशिक्षण के बाद दिल्ली व लद्दाख पुलिस आयुक्त ने ली पासिंग आउट परेड की सलामी

संसिद्धि सैन्य में ली पासिंग आउट परेड की सलामी



प्रशिक्षण के बाद दिल्ली व लद्दाख पुलिस आयुक्त ने ली पासिंग आउट परेड की सलामी

599 पुलिसकर्मियों दिल्ली व लद्दाख पुलिस के बने आ

दिल्ली पुलिस आयुक्त संजय अरोड़ा ने नए कानून प्रशिक्षण कार्यक्रम का उद्घाटन किया। उन्होंने कहा कि यह प्रशिक्षण कार्यक्रम पुलिस के अधिकारियों को नए कानूनों के बारे में जानकारी देगा और उन्हें इन कानूनों को लागू करने में मदद करेगा।

पुलिस आयुक्त ने ली प्रशिक्षण पुलिसकर्मियों की परेड की सलामी

दिल्ली पुलिस आयुक्त संजय अरोड़ा ने नए कानून प्रशिक्षण कार्यक्रम का उद्घाटन किया। उन्होंने कहा कि यह प्रशिक्षण कार्यक्रम पुलिस के अधिकारियों को नए कानूनों के बारे में जानकारी देगा और उन्हें इन कानूनों को लागू करने में मदद करेगा।



पुलिस आयुक्त ने ली प्रशिक्षण पुलिसकर्मियों की परेड की सलामी

इड़ा कला में पासिंग आउट परेड का आयोजन

दिल्ली पुलिस और लद्दाख पुलिस आयुक्तों ने नए कानून प्रशिक्षण कार्यक्रम के समापन परेड में भाग लिया। उन्होंने कहा कि यह प्रशिक्षण कार्यक्रम पुलिस के अधिकारियों को नए कानूनों के बारे में जानकारी देगा और उन्हें इन कानूनों को लागू करने में मदद करेगा।



इड़ा कला में पासिंग आउट परेड का आयोजन

599 में से 259 महिलाएं

आज 599 पुलिस कर्मियों ने पासिंग आउट परेड में हिस्सा लिया, जिसमें 259 महिला पुलिसकर्मियों शामिल हैं। पुलिस मुख्यालय से मिली जानकारी के अनुसार, 309 ट्रेनिंग सब इन्स्पेक्टर में से 56 परेड के लिए हैं और 7 एलएलबी कर चुके हैं। बाकी जो 13 मिनिस्ट्रियल हेड ऑफिसर हैं, उनमें से 7 परेड के लिए हैं।

सबसे ज्यादा पासिंग आउट परेड

दिल्ली पुलिस आयुक्त संजय अरोड़ा ने नए कानून प्रशिक्षण कार्यक्रम का उद्घाटन किया। उन्होंने कहा कि यह प्रशिक्षण कार्यक्रम पुलिस के अधिकारियों को नए कानूनों के बारे में जानकारी देगा और उन्हें इन कानूनों को लागू करने में मदद करेगा।



सबसे ज्यादा पासिंग आउट परेड



DELHI POLICE WOMEN CONTINGENT



Best Marching Contingent among
CAPF & other auxiliary forces
(Judges Choice Category)



Patron : Sh. Vijay Singh, IPS, Director, DPA
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