

NATIONAL INDUSTRIAL SECURITY ACADEMY

CENTRAL INDUSTRIAL SECURITY FORCE

NISA



NEWS

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The National Industrial Security Academy is a Centre of Excellence in industrial security and fire safety management. It is the premier training institution of the Central Industrial Security Force, engaged in organizing basic induction training and other professional and specialized courses for officers and men of CISF, police officers and corporate executives. The Mission of the Academy is to produce professionals in the field of industrial security management.

NEW DIRECTOR TAKES OVER



Shri Anurag Sharma taking over the charge of NISA

Shri Anurag Sharma, IPS, Inspector General, assumed the charge of Director NISA with effect from 14.03.2006. His earlier assignment being IG South Sector, CISF.

Shri Anurag Sharma is an IPS officer of AP cadre 1982 batch. He has held many important and



Shri Anurag Sharma inspecting the Guard of Honour on his arrival at NISA on 14.03.2006

sensitive assignments such as that of SP Ranga

Reddy District, Mahaboob Nagar District, Group Commander (Operations), Greyhounds; DCP, Old City Hyderabad; DIG, Warangal Range; DIG & Special IG Intelligence including Counter Intelligence. He also headed 'Grey Hounds' a specialized anti left wing extremist unit of AP.

He is a Post Graduate in Botany from the University of Rajasthan and has a Diploma in Forestry from Indian Forest College, Dehradun. He has attended many courses including the Overseas Command Course at Bramshill in United Kingdom in 1995, Hostage Negotiation and Crisis Management Course held in collaboration with Israel, at National Police Academy, Hyderabad in 2003 and Crisis Management Course in collaboration with FBI at CBI Academy, Ghaziabad in 2003. He is a recipient of Police Medal for Meritorious Services in the year 1998. He also holds the additional charge of Inspector General, CISF South Sector HQRs, Chennai.



New Director, NISA inspecting the DM Cell

Character is like a tree and reputation like its shadow. The shadow is what we think of it; tree is the real thing – Abraham Lincoln



Shri PVK Reddy taking Salute at the Farewell Parade

FAREWELL PARADE FOR SHRI PVK REDDY

A farewell parade was organised at the Ceremonial Ground of this Academy as a mark of respect to Shri PVK Reddy, IPS, Director, NISA on repatriation to his parent organisation. Later he was given a warm send off by the officers, staff and trainees of NISA.

Shri PVK Reddy is an IPS officer of Manipur-Tripura cadre 1982 batch. He held many sensitive assignments including that of SDPO Khowai, SP South, North and West Tripura, Director Fire Services, DIG (Range) and DIG (CID). For a period of 05 years, he was on deputation as Director, Narcotics Control Bureau, Chennai. In 1999, he came on deputation to CISF and took over the charge as Director, National Industrial Security Academy at Hyderabad.



Shri PVK Reddy being garlanded by NISA Staff

DID YOU KNOW ??

- The total strength of armed forces in India is more than 24 lakhs and this is 2nd in the world.
- The total strength of paramilitary forces in India is more than 10 lakhs and this is 2nd in the world
- The total defence expenditure of India is nearly 2.5 % of her GDP
- The initial strength of CISF as on March 10, 1969 was 2,800
- CISF became an Armed Force of the Union on June 15, 1983
- CRPF was formed in 1939 with the initial name - Crown Representative Police which was subsequently changed to Central Reserve Police Force
- The area of responsibility of each Rapid Action Force (RAF) battalion of CRPF is 400 km radial distance from battalion Hqrs
- Pakistan attacked Sardar post, Chhar Bet and Beria Bet in Kutch in Gujarat in 1965 after which BSF was formed.
- World famous perfume Eau de cologne was originally developed as medicine against plague
- Operation *Parakram* launched in Dec 2003 after attack on parliament of India was the largest military exercise ever carried out by an Asian country.
- During last 5 years CISF attended 13,360 fire calls and saved property worth hundreds of crores.
- CBI acts as the ‘ National Central Bureau’ of Interpol in India
- The conviction rate of CBI is more than 65 %
- With the present strength of Delhi police being more than 57,000, it is the largest metropolitan police in the world even larger than that of London, Paris, New York and Tokyo

5th VERTICAL INTERACTION COURSE ON DISASTER MANAGEMENT FOR IPS OFFICERS



**Dr AVS Reddy, IAS (Retd) State Election
Commissioner, Govt. of AP, at the inaugural of
5th VIC on Disaster Management**

A Vertical Interaction course on Disaster Management was organised for IPS officers at this Academy from 30.01.2006 to 04.02.2006. 31 Officers attended the course from various part of the country. Dr. Shri AVS Reddy, IAS (Retd.), State Election Commissioner, Govt. Of AP inaugurated the course. Director NISA in his welcome note exhorted the participants to take full benefit from the course so as to make a more effective contribution in disaster management at their respective places of work.



**Dr AVS Reddy, IAS (Retd), interacting with the
course participants**

SOME QUOTABLE QUOTES

- ✦ True happiness is not attained through self gratification, but through fidelity to a worthy purpose – Helen Keller
- ✦ The true meaning of life is to plant tree, under whose shade you do not expect to sit – Nelson Henderson
- ✦ We are what we repeatedly do. Excellence, then, is not an act, but a habit – Aristotle
- ✦ The quality of a person's life is in direct proportion to his commitment to excellence, regardless of the chosen field of endeavour – Vincent Lombardi
- ✦ It took me fifteen years to discover I had no talent for writing, but I couldn't give it up, because by that time I was too famous – Robert Benchley
- ✦ And so, my fellow Americans, ask not what your country can do for you; ask what you can do for your country - John F. Kennedy
- ✦ The butterfly counts not months but moments, and has time enough. -Rabindranath Tagore
- ✦ All our dreams can come true, if we have the courage to pursue them - Walt Disney
- ✦ The weak can never forgive. Forgiveness is the attribute of the strong -Mohandas Gandhi
- ✦ Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment- Buddha



Republic Day parade contingent at NISA

REPUBLIC DAY PARADE AT NISA

A ceremonial parade was held on 26th January 2006 at the Academy parade ground on the occasion of Republic Day. The parade was commanded by Shri Z Zuo, DC. The Parade consisted of 10 platoons comprising Staff and Trainees. Director NISA addressed the gathering on the occasion. He dwelt upon the importance of the Republic day in India's emergence as a democratic republic nation.

He congratulated Insp/F Khurshid Md. of FSTI for being awarded the President's Fire Service Medal for Distinguished Service & HC/GD NKN Unnithan of NISA Hyderabad for being awarded the Police Medal for Meritorious Services. The function ended by the parade commander paying the parting sword salute and the parade dispersing in the traditional style.



Director, NISA addressing the gathering on Republic Day

IN LIGHTER VEIN

Prison or Work ??

IN PRISON ...you spend the majority of your time in an 8x10 cell.

AT WORK... you spend most of your time in a 6x8 cubicle.

IN PRISON...you get three meals a day.

AT WORK... you only get a break for 1 meal and you have to pay for it.

IN PRISON...you get time off for good behavior.

AT WORK... you get rewarded for good behavior with more work.

IN PRISON...a guard locks and unlocks all the doors for you.

AT WORK...you must carry around a security card and unlock and open all the doors yourself.

IN PRISON...you can watch TV and play games.

AT WORK... you get fired for watching TV and playing games.

IN PRISON...you get your own toilet.

AT WORK...you have to share.

IN PRISON...they allow your family and friends to visit.

AT WORK...you cannot even speak to your family and friends.

IN PRISON...all expenses are paid by taxpayers with no work required.

AT WORK... you get to pay all the expenses to go to work and then they deduct taxes from your salary to pay for prisoners.

IN PRISON...you spend most of your life looking through bars from the inside wanting to get out.

AT WORK... you spend most of your time wanting to get out and go inside bars.

IN PRISON... there are wardens who are often sadistic.

AT WORK... they are called managers.



Oath Taking Ceremony of 29th Batch SI/E & 5th Batch SI/E (LDCE)

OATH TAKING CEREMONY OF 29th BATCH SI/EXE & 5th BATCH SI/E (LDCE)

An oath taking ceremony was organised at the Quarter Guard of the Academy for 29th Batch SI/Exe and 5th Batch SI/E (LDCE) on successful completion of their basic training of 53 weeks & 24 weeks respectively. Director, NISA congratulated all the Officers for successful completion of their training. He expressed confidence that the training received at the Academy would prepare them to meet the challenges ahead. He further complimented the Course Coordinator and other staff associated with this course for successfully organizing the same. Director, NISA complimented the role of participant and NISA staff and officers for successful completion of training. He hoped that with the inputs imparted to them at NISA, the officers would successfully discharge their duties in future.



Trophy being given to Lady SI/Exe Surekha for exemplary performance

POINTS TO PONDER.....

- ↪ 70 % of German Highways have no speed limit. So thinking about buying a sports car when you go to Germany ?
- ↪ It is said that Germany's tax system is so complex that 60% of worldwide literature on taxes is in German

PROMOTION COURSES

11th Batch Pre Promotion Course for Commandant to Sr. Commandant was held at this Academy from 09.01.2006 to 21.01.2006. 01 officer attended the course.

10th Batch Pre Promotion Course for DC to Commandant was held at this Academy from 09.01.2006 to 28.01.2006.

11th Batch Pre Promotion Course for Asstt. Commandant to Dy. Commandant was also held at this Academy from 13.02.2006 to 10.03.2006. 35 Officers attended the course.



Inauguration of DC to Commandant Promotion Courses

What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose.

Margaret Thatcher

9th NATURAL DISASTER MANAGEMENT COURSE



**Shri DP Parihar, Commandant/Trg
delivering the welcome address**

A course on Natural Disaster Management for District Level Officers was organised at NISA from 13.02.2006 to 18.02.2006. Twenty nine Officers attended the course from various parts of the country. Shri PSV Prasad, IPS (Retd.) inaugurated the course. He also interacted with the participants on the topic "Disaster Management in India-An Over view". The main objective of the course was to work for Natural Disaster Management in an integrated manner and to enable the participants to develop strategy for coping with natural disaster at district level.

See if you can figure this out...

It's more powerful than God.
It's more evil than the devil.
The poor have it.
The rich need it.
If you eat it, you will die.

The answer is.

NOTHING
NOTHING is more powerful than God.
NOTHING is more evil than the devil.
The poor have NOTHING.
The rich need NOTHING.
If you eat NOTHING you will die.

HUMOUR IN UNIFORM

Rules for the Air force Pilots

1. Every takeoff is optional. Every landing is mandatory
2. If you push the stick forward, the houses get bigger. If you pull the stick back, they get smaller. That is, unless you keep pulling the stick all the way back, then they get bigger again.
3. Flying isn't dangerous. Crashing is what's dangerous.
4. It's always better to be down here wishing you were up there than up there wishing you were down here.
5. The ONLY time you have too much fuel is when you're on fire.
6. The propeller is just a big fan in front of the plane used to keep the pilot cool. When it stops, you can actually watch the pilot start sweating.
7. When in doubt, hold on to your altitude. No one has ever collided with the sky.
8. A 'good' landing is one from which you can walk away. A 'great' landing is one after which they can use the plane again.
9. Learn from the mistakes of others. You won't live long enough to make all of them yourself.
10. You know you've landed with the wheels up if it takes full power to taxi to the ramp.
11. The probability of survival is inversely proportional to the angle of arrival. Large angle of arrival, small probability of survival and vice versa.
12. Never let an aircraft take you somewhere your brain didn't get to five minutes earlier.
13. Stay out of clouds. The silver lining everyone keeps talking about might be another airplane going in the opposite direction. Reliable sources also report that mountains have been known to hide out in clouds.
14. Always try to keep the number of landing you make equal to the number of take-offs you've made.
15. There are three simple rules for making a smooth landing. Unfortunately no one knows what they are.

The greatest discovery of our generation is that human beings can alter their lives by altering their attitudes of mind. As you think, so you shall be – William James

UNDAC – ASIA PACIFIC REFRESHER COURSE

UNDAC – Asia Pacific Refresher Course was organised at this Academy from 8th to 10th of March 2006. Thirty Nine participants from various countries participated in the course. The course was inaugurated by, Director, NISA.

UNDAC works in the area of disaster Management, mitigation, rescue and rehabilitation both at regional and global level. It has a dedicated work force consisting of 180 members from 50 countries. The members are taken from different fields such as Civil engineering, Mapping, Design, Meteorology, Computer Software, Medical, Fire fighting and rehabilitation. The course was of 3 days duration and during this period the entire batch of 39 participants were divided into 5 groups for role play, simulation studies, brain storming and discussion. In addition there were regular lectures cum demonstration aided by power point presentations on salient features related to important experience gained during major disasters such as recent earthquake in Pakistan, Tsunami in South East Asia , hurricane in USA and flood in Mumbai and Chennai.

The entire course was very fruitful. Two officers of the rank of Dy Commandant also participated from NISA.



Shri DP Parihar, Commandant/Trg delivering the welcome speech for UNDAC – ASIA Pacific Refresher Course

There never was a good knife made of bad steel – Benjamin Franklin

FOREIGN ASSIGNMENTS FOR INSTRUCTORS FROM NISA

SI/E A Md Haneef, who is a Master Instructor in Disaster Management Wing, of this Academy, went to Indonesia to conduct training of trainers Course in MFR (Medical First Responder) and CSSR (Collapsed Structure Search and Rescue). These courses were held at Bogor, West Java and Jakarta, Indonesia from 11th January to 4th February, 2006. Insp/E Manish Sharma, who is also a Master Instructor in Disaster Management, went to Philippines to conduct the master Instructor Workshop held at Manila, Philippines.



SI/E A Md Haneef taking a class on MFR at Jakarta, Indonesia

ANNUAL SPORTS MEET AND GAMES

Annual Sports Meet and Games was organised at this Academy from 23.01.2006. On the occasion of closing ceremony on 27.1.06, Director NISA addressed the gathering. Shri Nagarkar, DIG/FSTI, Shri Parihar, Commandant/Trg, Shri Shrikant Kishore, Commandant/Adm, were also present. The Director congratulated all the winners and participants and gave away prizes.



Dr. DP Parihar, Commandant, giving away medals to the winners of Sport Meet

SECURITY WEEK



Blood Donation Camp at NISA Hospital held during the Security Week

Security Week was observed at this Academy from 3rd to 9th of March 2006. Various programmes like Blood Donation and Quiz Competition were held during this week. A total of 103 CISF personnel including Staff and Trainees donated blood. 12 NISA personnel and 35 Trainees participated in the Quiz competition.

POLICE MEDAL RECIPIENTS



HC/GD, Shri NKN Unnithan, NISA Hyderabad was awarded Police Medal for Meritorious Services on the occasion of Republic Day 2006. Having joined CISF in 1977 in the rank of Constable, Shri Unnithan contributed immensely to

nurturing the Force, wherever he worked.

Insp/Fire Shri Khurshid Md.

was awarded President's Fire Service Medal for Distinguished Services in the year 2006 on the occasion of Republic Day. Having joined CISF as a Constable in the year 1970 he has contributed relentlessly to train Fire wing staff since inception of the Fire Wing in CISF in 1987. He is also a recipient of DG's Commendation Disc and President's meritorious services medal.



CHARGE ASSUMPTION

Shri Shrikant Kishore assumed the charge of Commandant/Adm. of this Academy with effect from 26th Jan 2006.



OTHER EVENTS

- ↪ On 09.01.2006 Shri BK Dey, IPS, DG Meghalaya & Shri RK Hajela, Addl. DIG, BSF Academy Takanpur visited this Academy. They were briefed through presentation on training activities of FSTI and also shown different equipments on MFR, CSSR, Fire fighting and Rescue equipments.
- ↪ On 11.01.2006, a delegation from Royal Bhutan Govt. consisting of Capt. Karma Tsherim, SP, Fire Service Division, Thimphu; Lt. Chador Namryel, Royal Bhutan Police, HQRs Camp Adjutant Thimphu; Major Dorji Rincher, 2IC to Personal Officer, Royal Bhutan Army HQRs Thimphu; Dr. Gosar Pencha, Anesthesiologist, JPW National. Referral Hospital, Thimphu and Ms. Chima P. Wangdi, DG, Tarayana Foundation, Thimpu visited this institute to study preparations on DM in order to strengthen their capacity for disaster management. They were briefed about training activities of FSTI and also shown various state of the art equipments on MFR, CSSR, firefighting and rescue equipments, besides a live demonstration on MFR and CSSR were also presented to them.
- ↪ From 15.01.2006 to 17.01.2006 a PEER Team from CISF HQRs visited this Academy for making documentary film on the activities related to MFR, CSSR, NBC and Rope Rescue for CISF Raising Day parade 2006. The entire infrastructures available were shown to the team with a live demonstration.



Shri SL Nagarkar, DIG, FSTI along with the Bhutanese Delegation



Explaining a point by CSSR instructor to the visiting PEER Team members

- ✈ On 17.01.2006, 23 Officers while attending PPC from Commandant to Sr. Commandant and DC to Commandant visited FSTI on 17.01.06. A lecture cum demonstration on MFR, CSSR, Rescue and NBC equipments was presented before them.
- ✈ On 19.01.2006 Shri SIS Ahmed, IPS, DG/CISF visited this Academy and interacted



Shri SIS Ahmed, IPS, DG, CISF interacting with 21st Batch AC (Prob)

- ✈ with 21st Batch AC (Prob) Basic Course.
- ✈ On 19-01-2006, 35 Police Officers of Sri Lanka attending 2nd Course on "Training of Officers-in-charge of Police Stations" at CDTS Ramanthapur, visited this Academy.
- ✈ On 06.02.2006, 14 IAF Officers and 02 Officers of Friendly Foreign Air Force undergoing 36 P&S Course accompanied by Directing Staff of Air Force Intelligence School, Pune visited NISA.
- ✈ On 14.02.2006, 29 District level officers i.e. District Magistrate, SP, Heads of Works Department, Fire Department and Medical Department, equivalent rank of Officers from Home Guard while undergoing NDMC at

NISA visited FSTI They were briefed through presentation on training activities of FSTI and were also shown various state of Art equipments on MFR, CSSR, Fire fighting and Rescue equipments.

- ✈ On 21.02.2006 Shri KM Singh, IPS (Retd.), Member, NDMA, Shri SIS Ahmed, IPS, DG/CISF & Shri PN Sarma, Head & Dy. Director, IICT, Hyderabad visited this Academy.
- ✈ On 03.03.2006 a team consisting of Shri Radha Krishna, Director, Andhra Jyothi News paper visited FSTI on 03.03.2006. They were shown various state of the Art equipments on MFR, CSSR, fire fighting and Rescue equipments and also shown the existing and on going infrastructure of FSTI.
- ✈ On 07.03.2006 Maj. Gen. JK Bansal, VSM, MBBS, MD Defence Research and Development Establishment Gwalior, visited NISA and FSTI on 07.03.06. The officer was briefed on training activities of FSTI and also shown various state of Art equipments on MFR, CSSR, Fire fighting and Rescue
- ✈ On 24.02.2006 11 participants attending 20th Management of Training Course at SVP NPA Hyderabad visited NISA.
- ✈ On 10.03.2006 & 17.03.2006 "Shramdaan" was conducted at Shingapalli Village. A total of 171 personnel including NISA Staff & Trainees attended the "Shramdaan".



Observing Security Week in a different manner by cleaning the roadside adjacent to NISA Gate No.II

- ✈ On 29.03.2006 Dr Suhel Akhtar, Relief Commissioner, Disaster Management, Manipur visited FSTI on 29.03.2006. He was briefed through presentation on training activities of FSTI and also shown various state of the Art equipments on MFR, CSSR, Fire

fighting and Rescue equipments and the existing and ongoing infrastructure of FSTI.

**DISTINGUISHED VISITORS/
GUEST FACULTY**

**For 11th PPC for Commandant to Sr.
Commandant.**

- ➔ Shri P Krishna Sastry, Assistant Govt. Examiner of Questioned Documents.
- ➔ Prof. Sayed Abdul Sayeed, Central University.

For 10th PPC for AC to DC

- ➔ Shri H Srinivasa Rao, Manager, HRD, NFC Hyderabad.
- ➔ Shri Sai Reddy, AGM, IS Division, ECIL Hyderabad.
- ➔ Shri NVS Srinivas Rao, Dy. Assault Commander Greyhounds.
- ➔ Prof. Sayed Abdul Sayeed, Central University.

For 5th VIC on DM for IPS Officers.

- ➔ Dr. Mohan Kanda, IAS (Retd.), Member NDMA
- ➔ Shri SM Rao, Dy. Chief Executive, NFC (DAE), Hyderabad.
- ➔ Dr. Gautam Pingle, CC Desai Chair Professor, Dean of Resaerch & Consultancy, ASCI, Hyderabad.
- ➔ Shri N Hari Krishna, Program Coordinator, OXFAM, Chennai Region, Chennai.
- ➔ Shri AK Singh, IPS, DIG, SPG, New Delhi.
- ➔ Shri G Sudhakar Rao, Director, Indian Metrological Department, Begumpet, Hyderabad
- ➔ Shri D Amar, Chairman, Press Academy, Andhra Pradesh.
- ➔ Sh RC Sharma, Chief Fire Officer, Delhi Fire Service, New Delhi.
- ➔ Dr DP Rao Former Director, NRSA Hyderabad.
- ➔ Shri K Nityanandam, IPS Commissioner, Rajkot, Gujarat.
- ➔ Dr RK Chadha, Sr. Scientist, NGRI, Hyderabad.
- ➔ Shri PSV Prasad, IPS (Retd.) Former DG (Communication), UP Police.
- ➔ Prof. PL Vishweshwar Rao, Director, Educational Multi-Media Mgmt Research Centre, OU, Hyderabad.

**For 9th & 10th Basic AVSEC Course for Sub
– Officers**

- ➔ Maj. Annesudhan, COE, Chennai, BCAS.
- ➔ Maj. S Srinivas, DCOS, BDDS, BCAS, Chennai
- ➔ Shri P Ramesh Kumar, Asstt. Manager, Smith Hiemann

For 9th NDMC for Dist. Level officers

- ➔ Shri PSV Prasad, IPS (Retd), Former DG (Communication), UP Police.
- ➔ Dr. DP Rao, Former Director, NRSA, Hyderabad.
- ➔ Shri P Shankar Rao, Director, Centre for Disaster Mgmt through HAM Radio, Hyderabad.
- ➔ Ms Mumtaz Arif, Program Incharge, Centre for Disaster Mgmt through HAM Radio.
- ➔ Ms Surekha Dravid, Indian Red Cross Society, Hyderabad.
- ➔ Shri PG Sarpotdar, National Communication Advisor, UNDP, New Delhi.
- ➔ Dr RK Chadha, Sr Scientist, NGRI, Hyderabad
- ➔ Shri S Vasudeva Rao, IPS DIG (Int), Andaman & Nicobar Islands
- ➔ Shri Vivek Shrivastav, IPS, DIG, SPG, New Delhi.
- ➔ Shri D Amar, Chairman, Press Academy, AP.
- ➔ Ms Uma Sudhir, Senior Editor , NDTV
- ➔ Shri N Hari Krishna, Program Coordinator, OXFAM, Chennai Region.
- ➔ Shri N Venugopal, IPS Asstt. Director, SVP, NPA Hyderabad

**For 5th Capsule Course on ISIDS & IEDs for
IAF Officers.**

- ➔ Shri C Narayan Rao, Asstt. Director (Ballistic), SFSL, Hyderabad
- ➔ Shri SK Kundu, Dy. GM (Security Systems), ECIL Hyderabad
- ➔ Shri GHP Raju IPS, AD, SVP, NPA
- ➔ Air Commander PB Patel, Air Force Staton , Hakimpet

WHAT IS STRESS? HOW TO BUST IT?

K. Mahabub Ali, SI/Stn

In the recent past, stress seems to have taken epidemic proportions, touching almost all levels of society. In today's world, it is not only the workaholic professionals who feel the pressure – but parents, children, clerks and secretaries, politicians, parking lot attendants – all lead hectic, stress filled lives. Stressful situations are a constant feature in today's life, whether it is created by traffic jams, deadlines at work or coping with examinations. According to one survey, stress has outstripped the common cold as the main reason for taking time off!

Stress is a term which is often heard than understood. While certain amount of stress is necessary to get galvanized into action, increased/heightened stress may disturb the equilibrium leading to physical and psychological disorders. It is therefore necessary to understand what stress is all about and how to cope with it effectively.

Stress can be defined as a sense of heightened concentration one feels when faced with a new and challenging situation or it may be a continual sense of being geared up and unable to relax. It is the way you react both physically and emotionally to change. Dr. Robert Schapira, consultant psychiatrist at the Florence Nightingale Hospital, London, says that there is a fine balance between our internal resources and the external demands on them. "To beat stress you can either reduce the demands on yourself or increase your resources", he says.

The following are some suggestions to manage the negative effect of stress:-

- ✓ Learn how to relax through deep breathing exercises and muscle-tension reduction exercises. Throughout the day take "mini-breaks." Sit down and get comfortable, slowly, take a deep breath in, hold it and then exhale very slowly.

- ✓ Ask yourself what real impact the stressful situation will have on you in a day, a week, a month, and see if you can minimize the negative thoughts. Think whether the situation is of your own making or someone else's making.
- ✓ Develop a realistic schedule of daily activities that includes time for work, sleep, and recreation. Use a daily "things to do" list. Use your time and energy as efficiently as possible.
- ✓ Try to keep physically healthy by doing some physical activity. Physical activity has always provided relief from stress. Doing regular exercise reduces tension, drains excess aggression, improves sleep, aids concentration and enhances a sense of well being.
- ✓ One of the best ways to manage stress is to develop a positive attitude. Looking on the brighter side of life will give you the mental strength and determination to take stress as part of life and manage it effectively. Maintain a daily diary that helps you affirm the positive things in your life. Do it everyday. As hope is a rope that swings through out your life, always look for a silver lining even in black clouds.

As stress is an attitude, it can be dealt with effectively only when you understand/evaluate yourself honestly and identify the stressors. As a lot of research is underway to find out the ways and means to deal with the devastating stress more effectively, the points/suggestions enumerated above are limited in nature. However, even if they are implemented in their truest spirit, it will certainly go a long way in reducing the stress levels.

I look forward confidently to the day when all who work for a living will be one with no thought to their separateness as Negroes, Jews, Italians or any other distinctions. This will be the day when we bring into full realization the American dream -- a dream yet unfulfilled. A dream of equality of opportunity, of privilege and property widely distributed; a dream of a land where men will not take necessities from the many to give luxuries to the few; a dream of a land where men will not argue that the color of a man's skin determines the content of his character; a dream of a nation where all our gifts and resources are held not for ourselves alone, but as instruments of service for the rest of humanity; the dream of a country where every man will respect the dignity and worth of the human personality.

Martin Luther King Jr

SPECIALIZED COURSES CONDUCTED: JANUARY – MARCH, 2006

S.No	COURSE	LEVEL	FROM	TO
1.	4 th PPC for ASI/Exe to SI/Exe	SOs	12.12.2005	04.02.2006
2.	6 th PPC for Insp/Min to AC/JAO { "A" Section}	SOs	26.12.2005	15.04.2006
3.	9 th Basic AVSEC Course	SOs	26.12.2005	05.01.2006
4.	5 th PPC for ASI/Exe to SI/Exe	SOs	02.01.2006	25.02.2006
5.	11 th Batch PPC for Commandant to Sr. Commanant	GOs	09.01.2006	21.01.2006
6.	10 th Batch PPC for DC to Commandant	GOs	09.01.2006	21.01.2006
7.	24 th Batch Introductory Level Computer Course (Min & Civilian Staff of FHQs)	SOS	09.01.2006	21.01.2006
8.	10 th Basic AVSEC Course	SOs	09.01.2006	20.01.2006
9.	3 rd Operational & Maintenance of DCP Tenders *	SOs & DCPOs	16.01.2006	21.01.2006
10.	11 th Basic AVSEC Course	SOs	23.01.2006	03.02.2006
11.	18 th HC/(Fire/DCPO) to ASI/Fire *	ORs	23.01.2006	01.04.2006
12.	2 nd Fire Safety in Petrochemical Industry for Personnel posted in Oil Sectors *	ORs	23.01.2006	28.01.2006
13.	5 th VIC on Disaster Management	IPS Officers	31.01.2006	04.02.2006
14.	7 th Rotational Course for NISA Staff	SOs & ORs	30.01.2006	10.02.2006
15.	1 st Fire Fighting Course *	ONGC Employees	30.01.2006	29.04.2006
16.	26 th Batch Introductory Level Computer Course	GOs	06.02.2006	18.02.2006
17.	24 th Departmental Enquiry Course	SOs	06.02.2006	18.02.2006
18.	9 th Natural Disaster Management Course	Distt Level Officers	13.02.2006	18.02.2006
19.	11 th PPC for AC to DC	GOs	13.02.2006	10.02.2006
20.	9 th Refresher Course *	SOs	13.02.2006	25.02.2006
21.	6 th PPC for Insp/M to AC/JAO { "B" Section}	SOs	20.02.2006	10.02.2006
22.	13 th Human Rights & Humanitarian Laws Course	SOs	20.02.2006	25.02.2006
23.	3 rd Road Traffic & Confined Rescue *	SOs	20.02.2006	25.02.2006
24.	4 th ROG III	ORs	20.02.2006	16.09.2006
25.	2 nd Fire Fighting Course *	SOs	23.02.2006	22.03.2006
26.	50 th PPC for SI/Exe to Insp/Exe	SOs	27.02.2006	22.04.2006
27.	24 th PPC for ASI/Clk to SI/Min	SOs	27.02.2006	01.04.2006
28.	17 th Rescue Course *	SOs	27.02.2006	18.02.2006
29.	15 th DM Course *	CISF Personnel	27.02.2006	05.04.2006
30.	12 th PPC for Insp/Exe to AC/Exe	SOs	06.03.2006	01.04.2006
31.	16 th PPC for ASI/Fire to SI/Fire *	SOs	06.03.2006	13.05.2006
32.	UNDAC – Asia Pacific Refresher Course	---	08.03.2006	10.03.2006
33.	5 th Cpsule Course on IS, IDs & IEDs	IAF Officers	20.03.2006	25.03.2006
34.	8 th Breathing Appratus Course *	SOs	20.03.2006	25.03.2006
35.	12 th Basic AVSEC Course	SOs	27.03.2006	07.04.2006
36.	Capsule Course on Post Protection (04 days)	SOs & ORs	29.03.2006	01.04.2006

BASIC COURSES CONDUCTED: JANUARY – MARCH, 2006

1.	29 th Batch SI/Exe Basic Course	SI/Exe	07.02.2005	10.02.2006
2.	5 th Batch SI/Exe (LDCE) Basic Course	SI/Exe	29.08.2005	10.02.2006
3.	21 st Batch AC (Prob) Basic Course	AC (Prob)	26.09.2005	30.09.2006
4.	6 th Batch SI/Exe (LDCE) Basic Course	SI/Exe	14.11.2005	29.04.2006
5.	30 th Batch SI/Exe Basic Course	SI/Exe	19.12.2005	23.12.2006
6.	3 rd Batch SI/Exe Basic Course (Ex-Servicemen)	SI/Exe	19.12.2005	15.04.2006
7.	2 nd Batch ASI/Stn & HC/Clk Basic Course	ASI/Stn & HC/Clk	16.01.2006	20.05.2006
8.	3 rd Batch Constable/Fire Basic Course	Constable	13.02.2006	03.06.2006
9.	3 rd Batch ASI/Stn & HC/Clk Basic Course	ASI/Stn & HC/Clk	20.03.2006	22.07.2006

*Courses conducted at FSTI

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