

CONFLUENCE



51st BASIC COURSE NORTH EASTERN POLICE ACADEMY



Content

| Sl.no | Page |
|--|-------|
| 1. Director Message | 1 |
| 2. Editorial | 2 |
| 3. About Us | 3 |
| 5. Back Towards Light | 4 |
| 6. Climate Change | 5 |
| 7. Embracing my life decisions | 6-7 |
| 8. Hain a Day | 8 |
| 9. Introductory Firing, an excerpt from Course Diary | 9-11 |
| 10. Investment | 12 |
| 11. Misconception about Policing | 13 |
| 12. Losar | 14 |
| 13. Memories | 15 |
| 14. Some Question I Often Ask Myself | 16 |
| 15. One More Try | 17 |
| 16. About Life | 18 |
| 17. Resolution | 19 |
| 18. NEPA | 20 |
| 19. SAPOLO | 21 |
| 20. Self-Motivation | 22-24 |
| 21. She waits me, “My Mother” | 25 |
| 22. Success | 26 |
| 23. The Boot will Shine | 27 |
| 24. Training | 28 |
| 25. Women are like water | 29 |
| 26. Just like the shooting stars | 30 |

Content

| Sl.no | Page |
|---|-------|
| 27. Clubs | 31-36 |
| 28. Book Reviews | 37-43 |
| 29. Reports | 44-53 |
| 30. Glimpse of the Basic Training & Extra Curricular Activities | 54- |

DIRECTOR'S MESSAGE



It gives me great pleasure to see that the Literary Society of the 51st Basic Course has come up with the 14th edition of the “CONFLUENCE” Magazine reflecting on their experiences over the past 50 weeks at NEPA. “Confluence” provides a medium for the trainees to express their ideas creatively on various co-curricular and extra-curricular activities of the training that they have undergone in the Academy. I am immensely happy to see that they have made the best use of the opportunity to share some of their memorable experiences.

I congratulate all the trainees of the 51st Basic Course for completing the basic training successfully at this Academy and extend my warm wishes as they embark on the great adventure of discovering the wide world outside and the depth of the world within. May you all be enriched with a sense of high morality and social responsibility to make a virtuous society as you live in the service of the nation.

A handwritten signature in blue ink, consisting of stylized, flowing letters.

(Deepak Kumar, IPS)

Director, NEPA

EDITORIAL

With great pride, the Literary Society of 51st Basic Course 2022 presents this edition of “CONFLUENCE” . The Magazine reflects the journey of 195 trainees going through multiple phases of physical training, tactics, counter insurgency operations, brainstorming sessions on law, police science etc. During this training, NEPA has groomed us to be responsible citizens and efficient police officers. The primary purpose of the training in this academy is to prepare leaders for the Indian Police who will lead the force from the front and command with courage, uprightness, dedication and strong sense of service to the people. Now on the verge of passing out of this prestigious academy, we proudly claim that we are going back to serve our people with confidence and knowledge that was instilled to us by the academy. The quality of training at NEPA is second to none, it has helped us in understanding the changing aspirations of people, respect for human rights, broad liberal perspectives of law and justice, high standard of professionalism, physical fitness and mental robustness. We would like to thank Shri Deepak Kumar, IPS, Director, Shri Sanjib Gogoi, Head of Office, and Dr PR Dimchuilu, AD (Lect), Literary Club In-charge, NEPA and other officers for their constant support and guidance. A heartfelt gratitude to the Training Section, Computer Section, supporting staff and the trainees of 50th Basic Course for their enthusiastic contribution in bringing out this magazine.

Editorial Board

About Us

I said I wouldn't go with you.
Why should I have to go where you should go?
I've got a lot of things to do
And I don't think I've done enough to show.
I don't know why I still do this anymore,
Maybe it's because I'm sick of thinking of you thinking of me.

I know it's time and (I know) that time is due,
So I don't get what all the fuss is for?
I go ahead and scream at you,
I know you've seen me do it many times before.
This anger incapacitates my very soul
And the hollowness I feel is often very cruel
And if you can say you're sorry even though you're not at fault
Maybe I could say it too.

Submitted by,
Ajati Mimi
Roll No - 60
Cadet SI
51st Basic Course

Back Towards Light

When circumstances take a toll on you,

Its ok to cry and feel grief.

It doesn't mean you are weak.

How will you ever heal something, if you never acknowledge it?

Never suppress your emotions because of what other people will think.

Feel it, accept it, learn from it, release it.

It may be difficult at first;

But it will get better.

You will feel lighter, more positive.

It will make you more at peace with yourself.

And stronger for having had the courage;

To walk into dark space and fill it with your own light.

Submitted by,
Tage Ami
Roll No. 75
CSI, 51st Basic course

Climate Change

The weather pattern in India has been extreme, large part of India is under severe heat waves, while situation is opposite in other regions.

The heavy rainfall in some regions of our country is new phenomenon. It seems like the writing on the wall is very clear, the scorching heat wave currently sweeping large swathes of India is a reminder of the danger of climate change.

Such intense heat waves, with many areas recording hottest temperature in last century are clear indicator that climate change impacts the entire world. This comes as a vindication of the warning issued by the United Nations Intergovernmental Panel on climate change in its report on March 2022 about India's vulnerabilities to extreme heat.

Many parts of the country are in grip of a severe heat wave that is impacting lives as well as livelihood. A nationwide surge in electricity demand has triggered a power crisis, putting coal supplies under considerable strain. Agriculture, the most resilient sector during Covid 19 pandemic, is struggling to withstand tough conditions. There is a general consensus among experts that extreme temperature is directly linked to climate change.

It became a great concern not only for India but for entire planet. We need to reduce dependence on fossil fuel and emphasis more on use of clean and renewable energy.

By Tanu Padung
Roll. No. 114
CSI, 51st Basic course
Squad: 05


Embracing my life decisions

Human wants are unlimited and the possibility of reaching that limit will never ever happen
Mahindra Patel

The fact that our wants and desires are insatiable and the unceasing race to attain each coveted desire is unrealistic, is a reality that most people are heedless of. Recounting from my own personal experiences, in the fullness of time, I had gained an understanding that tracking each euphoric desires at each course of our years would only dim the little joys of our life. We should be contented with gratitude for all the feats we have encountered in our lives.

Growing up, I always wished to be in the medical profession, little known to me the rigorous struggle of becoming one. Under no circumstances i had the zeal to crack the exam, and by investing the lion's share of my time into studying, finally i excelled with flying colours and acknowledged into one of the finest top medical institute. As stated in the beginning of this brief memoir that human desires has no limit, during the final course of my academic period, I decided to sit for UPSC exams. Leaving behind all the pleasures of life, pursuing that euphoric aim became the sole purpose of my life. The road I chose was once again a rough ride and every time I fall short in the second tier of the exam, I was overshadowed by guilt's and regrets. I thought, achieving this desired dream would eventually make me feel contented and happy, which I believe is just an illusional belief. Barely did I realise that i had sacrificed the more of my health in the pursuit of that desire.

In the course of time, I prepared for the State Civil Service Examination and secured the post as a DySP which was quite a rewarding career too, but the inner voice in my mind was dissatisfied with my conscious decision. But as circumstances prevailed i joined the forces and went ahead. The rigorous trainings that i have encountered (still in the process) has really made me detest the decision I had taken once again, although deep down i know that i am being chiseled to become the best version of myself, fancying the life of being in the medical profession which of course is a challenging career as well.



I believe, we as human, are quite greedy as our wants and desires are never satiated and the process of the cycle of desiring for more seem never ending, unless we learn how to carry them tactically. We must create a room for maneuver for each of our decisions for better outcome. The fact that I am also endeavouring to adapt and embrace my current state of affairs, although grueling to some extent and by suppressing the fancy whims and desires of mine i am in the process of enlightenment to accept every decision and feat through self reconciliation and acclimatizing in every possible way I could, which I mean, like nodding in tranquility during Hindi classes when in reality, my inner subconscious voice keep detesting, apprising me to protest out of the class at instant. I have started to warmly welcome the early morning rigorous five km runs (when those wee hours are usually my sweet time for me and my bed back then), the celebrated exercises and drills shouting from top of our lungs "ek do ek", keeping in mind all sort of dexterous robe climb, beam works, gigantic leaps, back/front rolls, which were quite foreign to me once upon a time. Also, merrily acknowledging the fact that we are always under the sharp scrutiny of our every minute errors, of which the so called 'frog jump, khutna chal (walking on our knees)' are awarded for each minute mistakes we make. Little did I realise that, the process of becoming a DySP requires such herculean task.

But, above all, eventually I have come to a sagacious realization that our desires are infinite and insatiable and to achieve the most important desire of our life, which I suppose is happiness, one must embrace each one's decisions and feats with content, no matter what it may be.

Submitted by,
Dr, L Nongothung Yanthan Roll. No.
DySP (P), 51st Basic Course

“HAIN A DAY”

A day

Monday sunrise, the rushing foots
O yes! They are in rhythm, the boots
The clock governs the day
Leave your leisure in the bay.

Monday noon, the racing breath
O yes! The heart swells beneath
The scorching sun burns above
There is no flying Dove.

Monday evening, I lie in luxury
Bed is surely a bride to marry
I wonder do I belong here
O yes! service is what pulls my gear.

Submitted by,
Manthan Chitan
Roll. No. 62
CSI, 51st Basic Course

Introductory Firing, an excerpt from Course Diary.

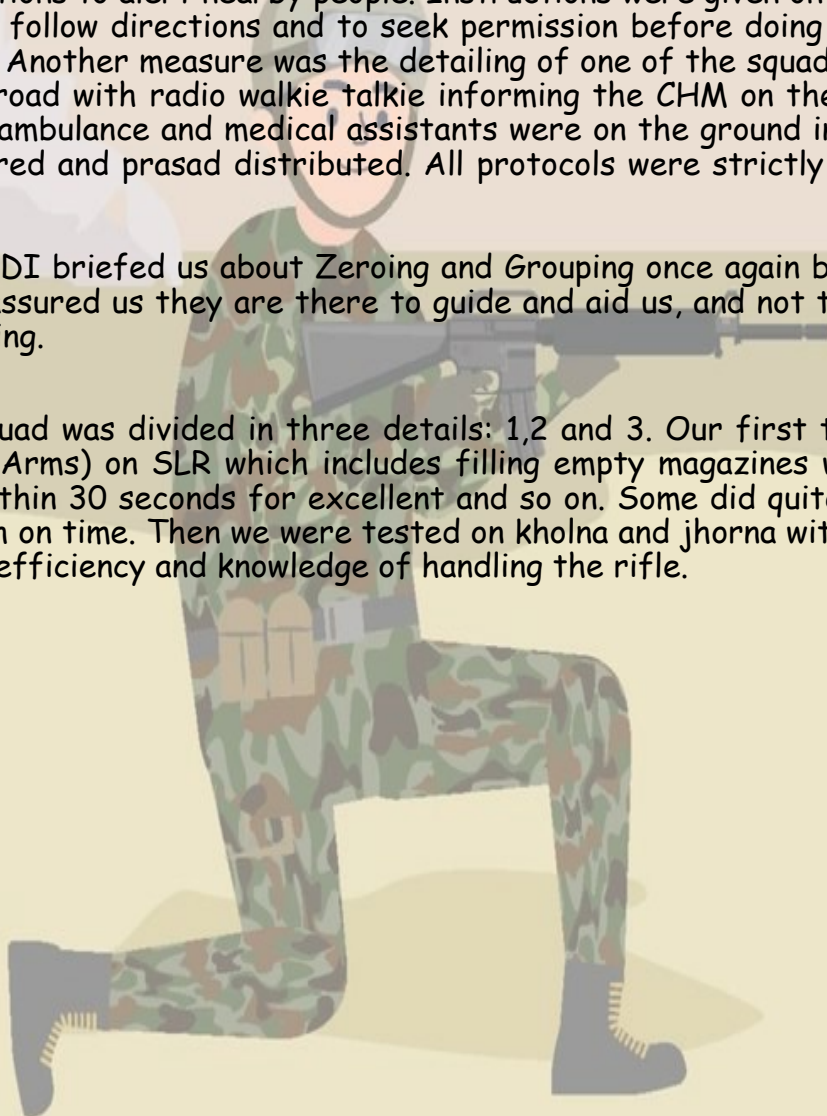
19th May, 2022: It was the D-day for the introductory firing session for the entire batch of 51st Basic Course. For the first timers it was exciting yet unnerving and the challenges had to be faced.

We woke up at 3:30 am, got ready and moved to Quarter Guard by 4:05 to collect service Self Loading Rifles. It was drizzling, a typical summer morning. We marched to the firing range wearing our brown raincoats, rifles on our shoulders, walking in threes and dragging our new ammunition boots which are heavy and biting on our feet. As we reached the firing range, our instructors were already there along with CDI. Necessary arrangements were made before the session started like fixing targets along with numbers, spreading sheets on the ground, placing signal flags, installation of tents etc.

The most important rule in the firing range was maintenance of safety measures. Before the start of fire, all trainees stand and shout "fire aa raha hain, fire aa raha hain" at all four directions to alert nearby people. Instructions were given on how to hold and handle the rifles, to follow directions and to seek permission before doing any harkat, even going to washroom. Another measure was the detailing of one of the squad members to be sentry down at the road with radio walkie talkie informing the CHM on the entry of vehicles and people. Also, ambulance and medical assistants were on the ground in case of any emergency. Puja offered and prasad distributed. All protocols were strictly followed before firing started.

Then CDI briefed us about Zeroing and Grouping once again before the actual firing started. He assured us they are there to guide and aid us, and not to be scared or anxious about the firing.

Our squad was divided in three details: 1,2 and 3. Our first test was TOSAA(Test Of Skills At Arms) on SLR which includes filling empty magazines with 20 rounds of drill cartridges within 30 seconds for excellent and so on. Some did quite well while some of us couldn't finish on time. Then we were tested on kholna and jhorna without any time limit but to check our efficiency and knowledge of handling the rifle.

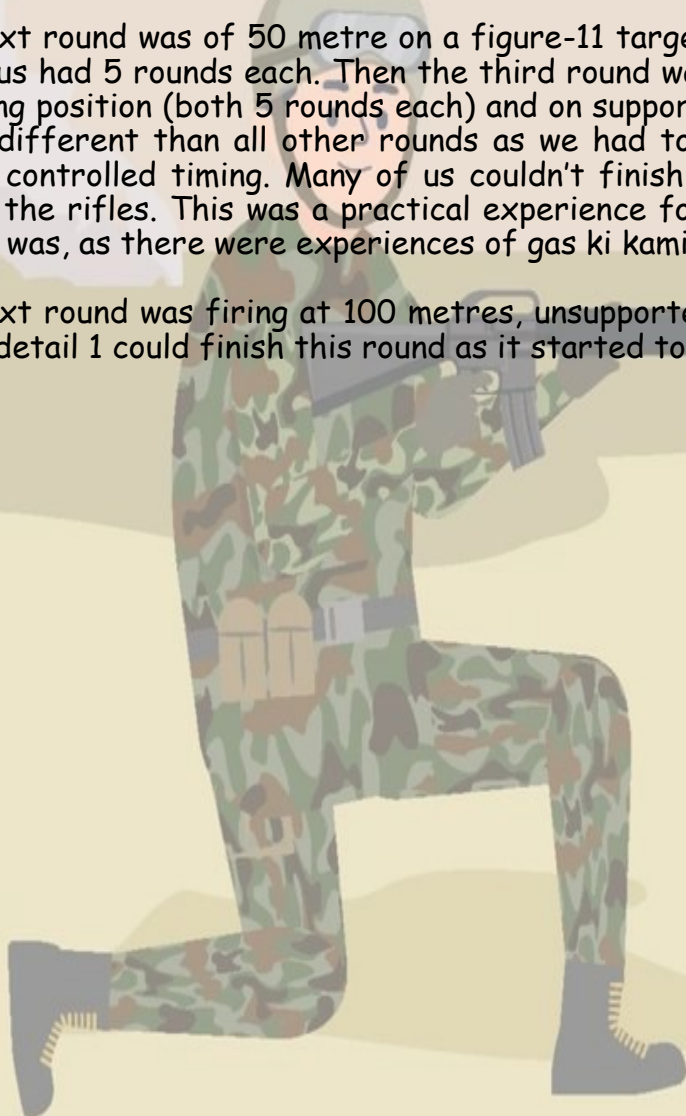


Then came our firing, the first shots being for zeroing and grouping of our respective rifles with 5 rounds. It was for 25 metre on laying position supported by sand bags at 1/1 target. Detail 1 was to do the firing first and detail 2 to be the helpers of detail 1 by handing over magazines, collecting empty cases and then depositing them back at ammunition point. Detail 3 was given the task of patching the targets after the firing then informing if the range is clear for the next firing. Those on patching duty, after the patching is done have to run back shouting 'range clear, range clear' with the flag bearer behind others which is a signal that no one is left behind at the target range which is another safety measures. Thus, our tasks get rotated amongst the details. When the first firing commenced, we in detail two were helpers. On our knees, holding our hats at the ejection slots to prevent the empty cases from flying off, for the first time near a firing weapon, some of us waited, anxious, nervous, scared but also excited. When the shots started our ears were full and for the ladies in the squad, this moment was a crucial moment in facing the challenge and somehow become stronger inspite of the fear and vulnerability. Then came our turn, holding the rifle and aiming with live rounds was absolutely unnerving. For first timers like us, even to pull the trigger there was certain reluctance. But then, the shots have to be fired and with those shots, we gained confidence and motivation.

It is summer and as expected of Shillong weather, rain came on and off. We had to take shelter when it rains then start after it stopped raining. Our breakfast and lunch were also served at the firing range.

The next round was of 50 metre on a figure-11 target, supported and on laying position. All of us had 5 rounds each. Then the third round was at 75 metre on kneeling position, standing position (both 5 rounds each) and on supported laying position. This laying position was different than all other rounds as we had to fire 10 live rounds within 15 seconds at a controlled timing. Many of us couldn't finish at the given time because of stoppages of the rifles. This was a practical experience for us to truly understand what stoppage/rok was, as there were experiences of gas ki kami, body ka rok etc.

The next round was firing at 100 metres, unsupported and laying position of 5 live rounds. Only detail 1 could finish this round as it started to get dark.



The final round for the day was the anticipated night firing which was done with the help of illuminating bomb fired in the sky. This illuminating bomb after being shot, goes up to certain distance and illuminates, lighting itself in equivalence to lakhs of candles like a tiny sun, and descends slowly with the help of a parachute with full brightness right before it burns out. This is supposed to last for 30-40 seconds and we are supposed to fire at that moment with the help of the illuminating light. It was difficult to make sight alignment in the dark and in limited span of time so we were taught to make alignment at the top of the foresight tip and backsight tip and shoot at the targets. This was another level of different experience for all of us. It was exhilarating though some of us couldn't even get one shot at the target. Squad 2 helped as helpers and in cleaning the weapons after the firing was done.

It was late and we were all spent, like zombies, looking pale and expressionless. Energetic, hungry, and in a daze with our ears full by the noise of the shots fired, our body aching by the bites of the new boots and the frequent warm ups we were made to do in between the firing rounds and not forgetting the punishments which follow us like a tail (some of us were even punished for drinking nimbu pani on water break).

Around 9:30, the day ended, our roll call was taken. All of our outdoor faculties led by CDI were present there at the range. They had been with us the entire day from dawn till the end of the session. They guided us, instructed us and taught us during the whole firing session. Every trainee was helped by one instructor each. Their presence and guidance calmed our worries and anxiety and we really appreciated it. They must have been exhausted as well.

We made our way back to Quarter Guard to deposit our rifles, and half way it rained heavily. We kept the barrel of the rifles down for protection and marched back as the rain didn't seem to cease anytime soon. We reached our Mess around 10 p.m, and had our dinner. At the dinner table there was tiredness yet excitement glimmering in the eyes of many of us, narrating tales of the day and the shots to one another. Many did well and even those who didn't do well achieved certain milestone by even pressing the trigger.

The day was a success. Like fingers, all of us are different but good in our own ways and beauty lies in that.

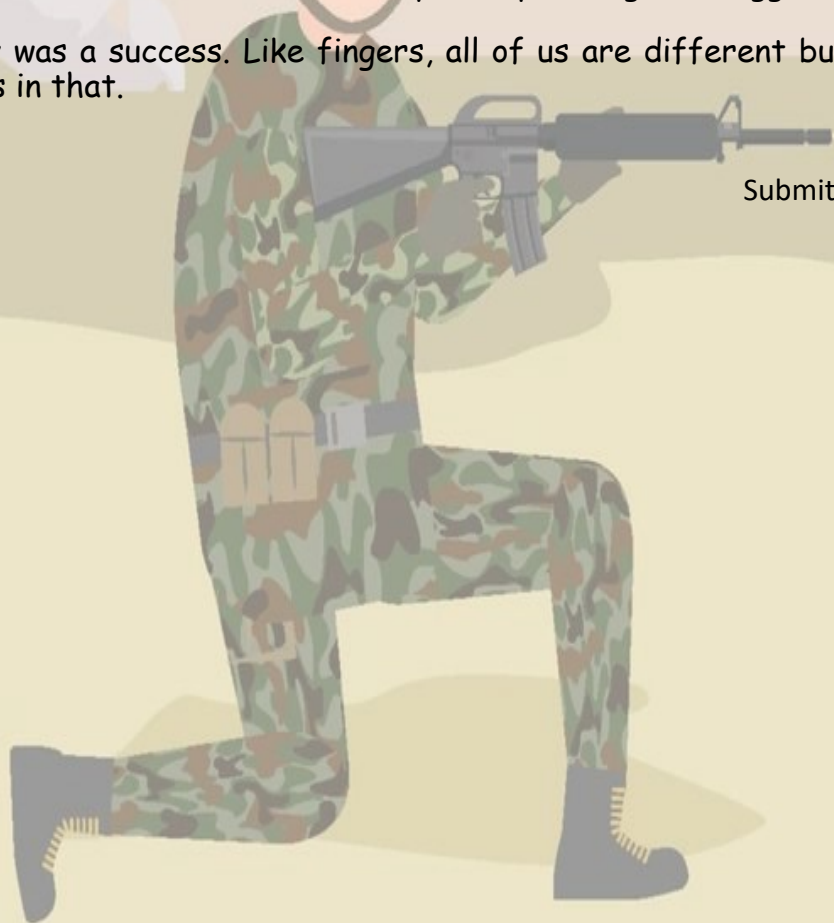
Submitted by:

H. Pongloi

Roll No. 14

DySP(P)

51st Basic Course



Investment

“The act of putting money, efforts, time, etc. into something to make a profit or get an advantage in the future”. – Cambridge University

In the simplest meaning “you are doing or sowing something (may be money, business, etc.) today with a view to earn or gain profit in the future”.



Therefore, investment can be defined as the judicious or skillful act of allocating resources or assets with the expectation of generating an income or profit in the future. In a larger sense, investing can also be about utilizing time and money to improve our own life as well as the lives of the whole society.

Different instances of INVESTMENTS can be seen in the various sectors, such as, in an economic outlook an investment is an act of using capital and purchase of goods like machines which may manufacture or produce more goods in a shorter period of time, which can be used to generate wealth for longer time in the future. In finance, purchase of financial assets like equities, bonds, real estate, securities etc. that increase or appreciate in value over time and may provide better returns in the form of income payments or capital gains in the future. In scientific, investment in “Research and Development” may results in the progress of technological advancement in the country (China, Japan, USA, etc.). Government invests huge amounts of resources in the health and education sectors in order to generate human capital in the country (western countries).

Investing is an effective way to put our money, time, energy, etc. to work and potentially build wealth. It requires putting capital to work, in the form of time, money, efforts, etc., in hopes of a greater pay off in the future than what was originally put in. It can also refer to any mechanism used for generating better future income or results. In general, any action adopted or taken in the hopes of better future like better education, increase knowledge, improve skills, better standard of life etc., can also be called as investment.

Therefore, investment is oriented towards the potential for better future growth or gain.

Submitted by.

Denim Boje

DySP (P)

Roll No. 11

51st Basic Course

MISCONCEPTION ABOUT POLICING

Indian Police, which traces its origin back to 1843 and is still largely run on the British-era Indian Police Act, 1861, is a creation of British, which employed the police as an instrument of operations to perpetuate their rule in India. The dominant view in Indian society is that due to fear of police, peace and order prevails in the country. The fear restrains criminals from act of commission. These misconceptions had wider implication on the police function in India. The behaviour of the police towards criminal as well as the common man is based on the above misconceptions. The primary role of the police is prevention and detection of crime besides the maintenance of law and order.

People's perception of police work is influenced by everyday norms that they face. Whether it being actual interaction with the police, through news, social media; people are knowingly or unknowingly forming an idea as to what the police work is like. Torture is forbidden in Indian constitution, still people are detained in by the police illegally and tortured for days together. Even though illegal detention is not permissible, it is continuing in Indian society. Police-public relations, which is an important concern in the effective policing is suffering from the great trust deficit, it is in an unsatisfactory state because people view the police as corrupt, inefficient, politically partisan and unresponsive. Registering of First Information Report is an obligation of the police, but lots of effort have to be made for registration of crime. It takes lot of time for investigation and apprehension of accused. Policing is not lock-up, bail, warrant and all that it is perceived to be. It is the right and duty of every responsible citizen of the country to have proper information about the police.

SUBMITTED BY:-

NAME- **TAGE KAPA,**

CSI, 51st Basic Course

ROLL NO. **126,**

Date- 09-09-2022

LOSAR

The Tibetan New Year is referred to as *Losar*. The Tibetan Calendar is based on the lunar calendar and consists of twelve (or thirteen) months. Losar starts on the first day of the first month of the Tibetan Calendar when the new moon is sighted.

Preparation for the festivities begin a month before the end of the year. Houses are cleaned thoroughly, new clothes are made for the family to wear during the festival, and different food offerings are made on the family altar. The eight auspicious symbols and other signs are drawn on the house walls using white powder or are hung as wall hangings. The monasteries are also decorated and the protector deities are respected with devotional rituals.

To mark the Losar, it is celebrated worldwide with prayers, hanging prayer flags, ceremonies, folk dances, passing fire torches among gatherings, and friends and family reunions. As one of the most widely celebrated festivals, Losar is a time when the cultural values are greatly exhibited. Warm greetings are exchanged with everyone from family members to neighbours. Delicious food such as Dresi (Pulao), Kabsay(Cookies), Guthuk (Kind of Thukpa), different varieties of meat, bread, butter tea and other dishes are served to guests who are invited into homes. Families visit monastery to offer prayers and give gifts to monks after that they visit each other houses and celebrate it in grand manner which may last till 15th day which is consider to be the last day.


Submitted by
NIMA TSERING
ROLL NO-131
CSI, 51st Basic Course

MEMORIES

Our times passes through various phases,
With no actual meaning behind it,
We turn thirty in a blink of eye,
As if it feels like it was just yesterday.

We all have seen them pass away,
Our families, friends and even some stranger's
And all we could ever wish for
Are those days' that went with them so unknowingly,

While the only remorse left is,
Not having enough clear memories,
Of the sad and the happy meetings with them,
That we want to cherish all day long.



NAME- RIYA KAHIK
ROLL NO-66
CSI, 51st Basic Course
SQUAD-3

Some Question I Often Ask Myself

Laying on the bed I often ask this
Is it fatigue or a goodnight kiss
That makes you go to sleep
That's an art I don't keep
The world is dreaming and I am awake
Sleep is like a dream and I am awake
Will a sweet song relax my mind
And if so, of what kind
Or is it the pillow that makes you
Like he has a story to tell you
And he won't stop until its dawn
Listening to him like a father to his son
Everyone says just go to sleep
Well it's hard to climb a slope very steep

This is definitely not the best start
This is putting horses behind the cart
But I have lived like this forever now
No manners no respect not a single bow
Pushing people away from me
Trying to be like others as i see
Random thoughts and random words
The same music but different chords
My mind is wandering and is lost
I can't make it right at any cost.

The cold wind that touched me
Left a message from the sea
Not to yield to bad thoughts
And to fight like I always fought
With the mighty sea by my side
He will hold my hand as I stride.

Submitted by.
Nong Jongkey,
Roll No. 123
CSI, 51st Basic Course

“One More Try”

To know that you can't do what you wanna do
To know that you can't be what you wanna be
To be labelled as “a failure”.
When all of it is said and done
And all of your friends have gone
You can give it one more try.
Yes, you can give it one more try

When it seems like everyone has a plan for you
And it seems they all know what you should do
And with every step you feel unsure.
When life has had its fun
And all of your friends have run
Well, you can give it one more try.
Yes, you can give it one more try.

By, Ajati Mimi
Roll No. 60
CSI
51st Basic Course

ABOUT LIFE

Life is but a stopping place,
A pause is what's to be,
A resting place along the road,
To sweet eternity.
We all have different journeys,
Different paths along the way,
We all were meant to learn some things,
But never meant to stay.
Our destination is a place,
Far greater than we know,
For some the journey's quicker,
For some the journey's slow.

Submitted by
Techi Sumnya
Roll. No. 78
CSI, 51st Basic Course

Resolution

Oh God! I don't know why
But in my head it feels right,
So I'm gonna do it tonight.
They say, "You gotta do what you gotta do".

Oh God! I don't know why
But in my head it feels right,
So I'm gonna do it tonight.
Temptations getting the better of you.

Oh God! I don't know why
But in my head it feels right,
So I'm gonna do it tonight.
These things you can never undo.

Oh God! I don't know why
But in my head it feels right,
So I'm gonna do it tonight.
I'm gonna do it tonight.

Submitted by,
Ajati Mimi
Roll no. 60
CSI,51st Basic course



NEPA

Never had I ever been warned about the rigorosity
Everyone was only glad that I got into this
Prior to the selection, I hardly knew about the duty
After joining NEPA, I started to learn how much worth it is.

Never had I ever been pushed to my limits
Even the long lasted physique of mine has changed
Preparing everyday for the worse without any profits
Acknowledging every possible outcome, to which we are engaged.

Now that I'm finally going through the rigorosity
Each day of mine is filled with curiosity
Proven is the fact that these will be the best days
All I'll say is, "This is life's best phase".

KODAK DAGIUM
CSI. 51st Basic Course
ROLL NO. 111

SAPOLO

Music and dance are two important aspects when it comes to culture. Cultures can stay in touch with their origins through music and dance as the allegories within tell the stories of the ancestors and tales of the very beginning of everything. Sapolo folk dance is the most popular dance form of the Tangsa community of Arunachal Pradesh. The Sapolo dance is performed during various festive occasions like “Moh-mol”, a pre-harvest festival, “Cham-phang mol”, a festival which marks the beginning of sowing season and “Nyamtiim mol”, a mol celebrated to welcome autumn season and to keep our faith alive that peace and serenity will prevail in our lives just how the season autumn feels like. Sapolo, per se, is the most prominent folk dance which represents the rich cultural heritage of Tangsa communities.

In fine words, Sapolo dance is a group dance wherein a chain of people makes a circle around the bonfire. The dance continues as the participants keep doing round around the fire. The dance form has an excellent choreography as it consists of complex knitted footwork. The individuals dancing are divided into two sub-groups, the first sub-group sings the first verse and the second sub-group responds to the first by singing the second verse. The song depicts the ongoing conversation between two groups. The Sapolo dance is often accompanied by playing a traditional musical instrument called as “Nyam (in Mossang dialect, a sub-tribe under Tangsa)” which is made up of bronze and the sound of which is very impactful and can travel and be heard from a very long distance. In a nutshell, Sapolo is a very peculiar folk dance form which can be sensed as the amalgamation of fire and spirit to keep the dance form alive.

Submitted by
Toikhul Mossang
Roll No. 109
CSI, 51st Basic Course

SELF-MOTIVATION

NO ONE CAN MOTIVATE UNTIL YOU MOTIVATE YOURSELF

Motivation is the process of STIMULATING PEOPLE TO ACTIONS to accomplish the goals. It's the "WHY" behind everything we do and everything we do is motivated by some combination of conscious and unconscious NEED OR DESIRE which could be money, success, recognition etc.

When we talk about self-motivation, it requires you to believe in yourself, stay inspired, and keep going despite setbacks without giving up. Self-Motivation is the ability to drive oneself to take initiative and action to pursue goals and complete tasks. It's an inner drive to take action - to create and to achieve. It's what pushes you to keep going on tasks, especially those you're pursuing BECAUSE YOU WANT TO, NOT BECAUSE SOMEONE TOLD YOU TO. But making a change in your life requires persistence, and many of us find it difficult to stay motivated over time. It takes hard work, persistence, and discipline to change your life. It's natural to feel frustrated and have difficulty staying motivated as many of our most precious goals don't happen quickly.

BE STRONGER THAN YOUR EXCUSES

REMEMBER YOUR WHY?

Why is this goal important to you?

Why is that reason important to you?

Why is that important to you?

Keep digging until you get to your ultimate "why" - the core value that's driving your goal.

To further reinforce your "why," set an alarm every morning to remind yourself to spend one- or two-minutes visualizing what success would look like.

What would it feel like to achieve your goal?

For example, you might say, "I am going for a run right now because I want to become fitter".

PUT YOUR GOAL ON THE CALENDAR

Having a target date not only helps you stay motivated; it also helps you track your progress-you always know how much further you have to go. This can have a big impact on your performance.

SET SMALL GOALS TO BUILD MOMENTUM

“If you want to change the world, start off by making your bed. If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task, and another, and another.”

Naval Admiral William H. McRaven gave this advice during his commencement speech at the University of Texas at Austin in 2014.

CHANGE YOUR ENVIRONMENT

Sometimes a change of scenery can help you approach your task with fresh eyes (and a new sense of motivation). This is called the novelty effect- a short-term boost that comes from altering your environment.

BE CAREFUL WITH SMALL PROBLEMS

Be aware of what makes you angry, or frustrated, or sad, or withdrawn. There is nothing wrong with any of these feelings. What counts is how you handle it. Try to think about what triggers these feelings.

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

We must have people around us who help us stay in touch with our desired outcomes. People who have a significant support system or even one supportive person in their corner, fare better than those going it alone. Find someone who will motivate you when you're feeling lazy.

TRACK YOUR PROGRESS

Seeing progress can be highly motivating. You'll find many tools out there to help you track your goals. This could be as simple as a to-do list or calendar where you can cross off tasks or days as you complete them. Categorize your big goal into daily, weekly, monthly, or even yearly sub goals.

WHEN YOU FEEL LIKE QUITTING THINK ABOUT WHY YOU STARTED?

Submitted by

Taba Biroy
Dy.Sp(P)
Roll No: 02 ,
51st Basic Course

SHE WAITS ME, 'MY MOTHER'

To my home back was I on wheeled room,
Through moon and noon I was soon,
For she waits me on the hill 'my Mother'.
Cruel was the summer sun that baked her back,
She murmur not a gloomy word to him,
Because he graciously ripen the juicy fruit to the core.

Dark was the day of thundering and lightning,
It was smashing rain terrifying the plant.
But she embraces it with smiles,
For she knew it helps the seed tender sproutest.
She bends whole day to keep crops and kills weeds,
All unkind weather comfort to her harden vein.

Rest in unrest day she slept a waking sleep,
Under the shady small hut.
Breeze was the wind from the forest dense,
That weakens the proudly burning king.
Sweet was the song of birds and insects,
That lulled her to drowse.

That life of her, I saw and feel in air,
In hope and despair she guides me,
In darkness and dazzle she shines me,
In sleeping and waking she is with me,
In pain and pleasure I breathe the word 'Mother',
She waits me on the hill - 'My Mother'.

Theme; How to maintain peace, calm and patience even in odd times from 'mother'.

Submitted by,
Name : Kennya Hira
Roll No : 122
CSI, 51st Basic Course

SUCCESS

Success in life depends largely on good health. Keep your body fit by cleanliness, fresh air, regular habits and suitable recreation. Make yourself strong to play the game, and to do so in every sense of the world. Avoid everything that will sap your strength. Smoking in your youths stunts the body and clouds the brain. Be temperate in all things and beware of drinks. It is a deadly enemy of health and efficiency.

Above all, remember that your character is a priceless possession. Therefore, keep it untarnished. Do not be afraid to have the courage to and for what is good, pure and noble. Avoid gambling in any form. It is a mean game, trying to get something for nothing at other people's expense. Make provisions for hard times. In your leisure hour avoid idling. As adages goes, "Idle mind is devil's workshop". Fill such hours with interesting hobbies, good book and with companionship and associations calculated to exercise over you to influence for good. To a large extent you will be known by the company you keep.

Submitted by
Remsem Langching
Roll-91
CSI, 51st Basic Course
Squad-4

The Boot Will Shine

Wrapped around the index
Cloth with a bit of wax
On the toe, circular rub
Seems easy, right? It's tough.

Thousand times still no shine
Finger pains, a little whine
A drop of water
An hour and a quarter

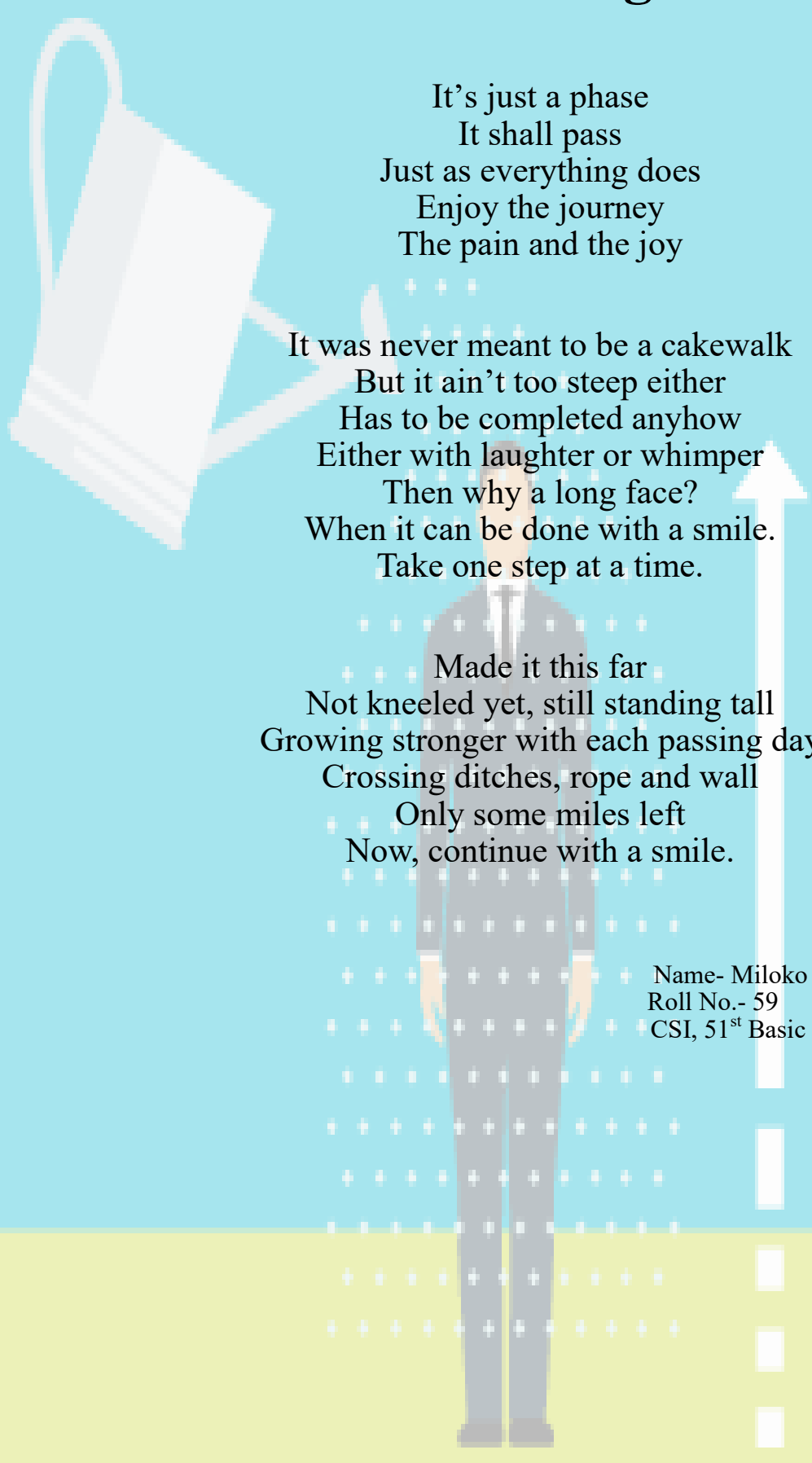
Bit of shine brings a smile
Harder than running a mile
Going stronger now
At last there's the shine. Wow!

There will be pain,
It will take time
Long time no gain
Takes time to dime

Keep on going, continue the grind
Peel the skin, remove the rind
Keep on digging deepen the mine
Like the boot you'll shine

Submitted by
Rubu Richo
Roll. No. 74
Squad No. 03
CSI, 51st Basic Course

Training



It's just a phase
It shall pass
Just as everything does
Enjoy the journey
The pain and the joy

It was never meant to be a cakewalk
But it ain't too steep either
Has to be completed anyhow
Either with laughter or whimper
Then why a long face?
When it can be done with a smile.
Take one step at a time.

Made it this far
Not kneeled yet, still standing tall
Growing stronger with each passing day
Crossing ditches, rope and wall
Only some miles left
Now, continue with a smile.

Name- Miloko Nobeng
Roll No.- 59
CSI, 51st Basic Course

WOMEN ARE LIKE WATER

Women are like water
They are the source of life
Adaptable to any environment
They can nurture their surroundings
Or tear them apart.

Women are like water
They can be calm, soft and warm,
An eternal comfort
Quench your thirst

Women are like water
They can be solid and as hard as ice.
They can create a storm
Ripping worlds apart.

Submitted by
Chera Akup
Roll No. 80
CSI, 51st Basic Course

"Just like the Shooting Stars"

*It lights up your mood as you are staring at the gazing star,
Up above the sky with your head held high;
Holding a guitar.*

*Playing your most favorite song in the cold evening,
Leaving us think the things which are heartwarming!!!*

*Feelings we carry just overflows just like the tiny specks of dust fa"s off the space,
Towards the Earth; just like my emotions plunges out my heart gives me solace.*

*With the birds chirping amidst the forests & a blue horizon far below the mountains;
No expectations, cause it's a" Us we know we can trust without any restraints.*

*People walk into our lives creating memories,
Some bitter sweet relationships we make; breaking a" the impossibilities.*

*Friendships that last, remain intact throughout our lives;
Causing no pain just moments that remains in our archives.*

*The path we walk take us places we believe we never saw,
In reality it's a" destiny we end up figuring out the jigsaw.*

*Colors of life is best experienced when you own a giving heart,
Just like my favorite song playing in the background is enough to make my mind divert.*

*Signing off for the night with fu" of hopes for tomorrow's sunrise,
That's a part of my heart I just wanted to summarize.*

Dipa Debbarma, DySP(P)



CLUBS

The 51st Basic Course trainees have been divided into eight clubs. The name of the clubs are given below:

- ◆ Cultural Club
- ◆ Debate and Extempore Club
- ◆ IT club
- ◆ Literary club
- ◆ Photography club
- ◆ Quiz Club
- ◆ Social Service club
- ◆ Sports Club

Clubs are formed for the Basic Course Trainees undergoing training in the Academy to enhance their acumen. Facilitate their feats in analytical skills, problem-solving, conflict resolution, collaboration and pursuit of excellence. Besides, abreast them with the know-how of the social milieu.

Cultural Club

An entire spectrum of activities is organized by Cultural club to unleash the talent that exudes from the budding Trainees officers. The Cultural club present a musical show, dance, art etc., which is enjoyed by the guests,, faculty, staff and trainees with the jam-packed audience.

The cultural activities results in enhancement of the personal skills and experiences like confidence; self-presentation; teamwork and collaboration; time management and organizational skills; self-awareness; self-discipline; open mindedness to move beyond boundaries and experiment with different ideas; communication skills; the ability to cope with criticism and learn from them resulting in a whole new developed, changed and an improved person.

Debate & Extempore club

Debate Club aims to empower Basic Course Trainees with the skills of expressing their beliefs clearly and concisely, public speaking and effective communication in a formal setting, and staying aware of current events in the world. Despite the seemingly serious nature of debates, the trainees never forget to have fun along the way.

Sports Club

The importance of sports and fitness in one's life is vital. Playing sports inculcates team spirit, develops strategic & analytical thinking, leadership skills, goal setting and risk-taking. Thus, to inculcate a strong spirit of participation and to demonstrate their true potential, the Basic Course Trainees were allowed to partake in the sports club.

Quiz Club

The primary aim of the Quiz club is to nurture and propagate a culture of quizzing in the Academy. It offers a unique and exciting way to motivate, inspire, encourage and reward Basic Course Trainees in their quest for knowledge and provide them with the opportunity to celebrate their achievement with a high profile. Further, it evokes and sharpens innate logical reasoning skills employed in quizzing to contribute to the overall intellectual and cognitive development.

Literary Club

The Literary Club is where trainees can meet to read and write. The Literary Club has been an ongoing and active club for more than a decade in the Academy. It is based upon using the creativity skills . The Literary club is committed to tap the effective communication talent among the trainees; club is poised to enable the talents with cutting edge. The Literary Club aims to develop analytical and creative thinking skills. It is a club made for people who love literature, and want to share their experiences, readings and thoughts with others who have the same interest and talent.

Book Review:

To inculcate the healthy habit of reading, the incumbent Director, NEPA, Sh. Deepak Kumar, IPS has introduced the book review. Reading skills can take a person a step ahead and help them achieve their objectives by customizing the way of reading. Moreover, reading skills will also enable an individual to be analytical, exercises the mind, improves communication skills, and become well-read.

*** The Trainees have reviewed a total number of 8351 Books**

Social Service Club

The Social service club aims to inculcate prosocial behaviour among our Basic Course Trainees. The activities of the Club help members to learn to respect people and to fulfil their responsibilities to serve the community. It focuses its concern on the development of trainees through active participation in thoughtfully organized service that meets the needs of the communities. Moreover, it provides them with opportunities to get in touch with the community and to realize the role they play and core values in society so that they become active and responsible officers of tomorrow.

Photography Club

The photography club is a platform to bring together the like minded people and share knowledge about the art and science of Photography. The club organizes activities that give a chance to learn photography, utilize their camera to the fullest and become sensitized to the world around and build an environment to capture memories forever.

On various occasions and events organized in the Academy the Photography club captured many high standard photographs which can also be seen being displayed in Flex/banner, calendar, magazines, etc. Besides, Photographs of Jungle Camp, Route March etc. were also captured for photo exhibition.

Book Reviews

THE FALL OF TOWANG

By

Major General NIRANJAN PRASAD (retd.)

The Fall of Towang, a book by Major General Niranjan Prasad (retd.) is a personal account about the Indo-China War of 1962 focusing on the erstwhile NEFA front. It gives us a very personal and detailed account of one of the most disastrous defeats of the Indian Army in the battles of Nam ka Chu and the Towang sector.

As a Divisional Commander of the Fourth Infantry Division, tasked with the defense of the Himalayan Frontiers of Bengal and the Northeastern Frontier Agency (NEFA) against Chinese aggression. The author describes briefly the major events that unfolded in the course of the battles at Nam ka Chu and Bum La regions. He holds no bar to blaming himself wherever he fall short, but also undeniably questions the decision making at the higher levels of the Army headquarters and the Ministry.

The lack of logistical support provided to his units, and the utter dismay at the operational decision making has been emphasized along with the lackadaisical attitude of the Eastern region Army commander as probable causes for the events that unfolded has been mentioned in the book. The author also lays on a great account of the mentality and the fortitude of the soldiers of the Indian army fighting on such heights and unfriendly terrain, truly upholding the highest values of the Indian military.

The book in itself is a journal that informs us readers about the day-to-day events that unfolded preceding the start of the war and the day-by-day accounts of the events that unfolded after the start of Chinese aggression on 10th October 1962. It is a very personal narrative about the war fought at the Towang salient, consisting of various details about the military positions, strategies, weapon deployments explained in easy language to make the readers understand where all the debacle in decision making took place.

It is a very interesting read that keeps the readers engaged and puts us in the situation the author wants to portray. It instills in the reader a sense of respect for all the soldiers that freely gave up their lives defending the motherland despite all odds being against them. The book also makes us question the system and the bureaucratic hurdles in place even during such trying times of war, the price of which the soldiers fighting on the ground must pay.

Overall, the book is a great read, and a major page turner that demands not to be put down.

Submitted By:
C/SI Sang Lida
Roll No. - 112

“The Ministry of Utmost happiness” by Arundhati Roy.

The novel begins with its main character, who is a hermaphrodite. The author uses multiple perspectives to tell a layered, multidimensional story that spans the Indian Subcontinent and multiple decades. The novel opens with Aftab, a hermaphrodite born in Old Delhi. When Aftab reaches puberty, he elects for gender reassignment surgery and becomes Anjum, a glamorous, affectionate woman. The 18-year-old Anjum then falls in with the residents of the so-called “Khwabgah,” meaning “House of Dreams.” Many of the residents of the Khwabgah are either hermaphrodites or transsexuals. Anjum remains with the Khwabgah for 30 years, during which time she raises a little girl named Zainab.

Anjum survives a massacre at the age of 46 years old in Ahmedabad and leaves the Khabgah in order to move into a cemetery ten minutes away. There, Anjum transforms the cemetery into a guest house, called “Jannat” (or “Paradise”) Guest House, and creates Jannat Funeral Services. Jannat Guest House becomes home to other marginalized and persecuted characters like herself. One day, a baby is found at an old observatory in Delhi where various activists gather. Anjum falls in love with the child, and when she disappears, tracks the baby to the house of the woman who has taken her.

The narrative then shifts towards focusing on this woman, whose name is S. Tilottama—or “Tilo,” for short. Like Anjum’s story, Tilo’s story is told in the third-person. However, two of the men who loved her during their college days—an old bureaucrat nicknamed “Garson Hobart” and a mainstream journalist named Naga who becomes her husband—also provide their first-person account of the impression she made. Tilo is dark-skinned and intelligent; at university, she is close to an architecture student from Kashmir, named Musa Yeswi.

The theme of the novel is political and deeply rooted in Indian culture and customs. The book is full of moving imagery and visuals ranging from the chaotic streets of old Delhi to the peaceful and calm valleys of Kashmir.

The novel is a result of Roy’s Research into the Kashmir Conflict over the years. It is a book worth reading to understand the history of India and the religious conflict in a more profound sense.

Denim Boje
DySP (P)
Rollno. 11
51st Basic Course

“21 lessons for the 21st Century”

By Yuval Noah Harari

21 lessons for the 21st Century is, as the title suggests, a loose collection of themed essays. The book untangles political, technological, social and existential questions and highlight how they impact the everyday lives of humans worldwide. By presenting contemporary challenges clearly and accessibly, the book invites the reader to consider voice, meanings and personal engagement in the world full of noise and uncertainty.

The book covers the most pressing issues we face today. Work, equality, nationalism, politics and justice, post-truth, education etc to name a few and many of his distinctive concerns. The rise of AI; the functionality of institutions; shaping our social structures, the demise of democracy.

In this book the author grounds his analysis in the present. He succeeds in giving us a steady, rational perspective on the consequences of what we are seeing around us today. It can be terrifying, but his first advice is not to give in to fear.

Harari also points out how democracy-a decentralized system- was far superior to centralized structures when the complexity of social, economic and political issues increased exponentially in the last century. But today we are witnessing the reverse; centralized. AI processing structures are more efficient in governing complex systems such as nations, giving rise to new forms of government which he calls digital dictatorships.

The last part of the book however lifts up from what could be otherwise a worrying scenario. Education is described as a pillar for humans to remain above the slope, rather than be shaped by technology. The final chapter is a little gift to remind us that meditation and our capacity to observe are guiding lights in turbulent times.

The concluding part becomes suddenly very personal, and Harari exposes his own way of thinking and coping with all the issues which are so rationally discussed. We may follow his method or not, but methods are certainly, we are still responsible for our future.

L Nongothung Yanthan
DySP (P), Rollno. 08

Reports

GROUP – 7

AMRITSAR-CHANDIGARH

This is an account of our travels during the ‘Bharat Darshan’ Tour 2022 51st Basic Course. A record of multiple police organizations and administrations visited by us with a motive to understand the latest policing styles adapted by the police departments serving and looking after such diverse cities.

Like a pilgrim, packing his worldly goods, who journeys to connect with his God, we too, with devotion, begin our journey to meet with the policing family of which we have chosen to be part of.

Our first meeting was with the Commissioner of Police, Amritsar City, the city of the Golden Temple. The building of the commissioner of police itself was very proud of its heritage and history. It was a relatively new building, but it boasted an elegant Sikh architectural style with a brick finished façade and Islamic arches. Almost built to resemble a fort belonging to the time of the great Sikh empire.

The Commissioner of Police, Mr. Arun Pal Singh, IPS, was very eager to meet us and had planned all the activities that we would be doing during our stay at Amritsar. We were given a short tour of the entire building and we interacted with various branches situated within the Commissionerate building itself.

The next rendezvous was the municipal corporate building which housed the Integrated Command and Control Centre (ICCC). The technology of using surveillance systems to monitor public spaces was demonstrated which is a relatively new concept in policing and its potential use especially in day-to-day policing was briefly explained.

Next, we visited the Mobile Forensic Unit working under Amritsar police. A brief demonstration was shown to us and we also learnt about the importance of evidence collection as well as conducting preliminary examinations of evidence to verify the veracity of the same before sending it to the Forensic Science Laboratories (FSL). Further, we visited the Model Police Station, Police Lines in Amritsar City. We were briefed on the overall layout of the police station – the Planning, Layout of Lock-Up and the Makhana. We were also introduced to the CCTNS system.

We then proceeded further on our tour towards Chandigarh. On the way, our stop was at the Maharaja Ranjit Singh Punjab Police Academy (PPA), Phillaur, situated at the very fort of Maharaja Ranjit Singh. Here we were given a brief introduction about the academy and a handful practical learning at the Fingerprint Bureau situated within the academy campus, considered to be one of the oldest in the country. We were informed about the Automatic Fingerprint Identification System (AFIS) portal here and its significance in crime investigation.

Once at Chandigarh we visited the Integrated Command and Control Centre (ICCC) and the Emergency Response and Support System (ERSS) unit. We were left awe-stricken seeing firsthand the level of technology being used and utilized at these centers. From real-time traffic monitoring to vehicle number plate recognition, issuing of direct e-challans to 2- minute emergency response time made possible by the ERSS catering to all kinds of emergency services, from disaster management to ambulance services. It was a great learning experience of how technology is being implemented in real time in undertaking the policing and helping in maintaining law & order. All of these have actually made Chandigarh one of the safest cities in India.

With all these wonderful learning and experiences, our journey had come to an end. We are thankful to NEPA for giving us this opportunity and exposure. Such experiences and interaction we had with different police officers occupying high level offices have definitely broadened our horizon and perspectives. We are now more than eager to work for the betterment of our state and implement some of these learnings in the policing system of our own state.

A Brief Report on the visit to the Court of District and Sessions Judge, Nongpoh, Ribhoi

On 19/10/2022, just after our return from the mid-term break, we had the opportunity to visit the Court of District and Sessions Judge, Nongpoh Ribhoi. Our team, which comprised of 25 DySP Probationers and 27 SI Cadets from the 51st Basic Course was led by Sh. Debaditya Roy, Assistant Director (Law), NEPA and, Outdoor Instructor, Sh. Anuj Kumar Yadav. We headed out from NEPA at 0700 hours and reached our destination by 0800 hours.

Once we reached there we gathered outside the Court Building and waited for the next instructions. We were soon greeted by the then District and Sessions Judge, Ribhoi, Mr. Balaram Joshi, HJS, Meghalaya and, after a brief introduction, we followed Sir into the Court Room of the District and Sessions Judge. Sir briefed us about the various departments of the Court, the cases handled by it and emphasised the importance of the Criminal Major Acts- the Code of Criminal Procedure, the Indian Penal Code and the Indian Evidence Act and how important it is to go through them again and again, as every revision gives a fresh perspective. He advised us, as young police officers, to stick by the provisions of law and make sure that the chain of custody is not broken anywhere during an investigation, as that results in a criminal getting acquitted by virtue of the benefit of doubt.

He also advised us to go through the guidelines for important judgements, like Arnesh Kumar Vs. State of Bihar, D. K. Basu Vs. State of West Bengal and Lalita Kumari Vs. State of Uttar Pradesh. We visited various courts within the same precincts, such as the Court of Chief Judicial Magistrate, Court of Judicial Magistrate, First Class, Special Court under the POCSO Act.

We also got the exposure to direct interaction with some practising Advocates and members of the Bar Association within the same building.

Apart from this, we were taken to the office of Court Inspector, where we had very good experience of going through various documentation such as the Magistrate's General Register, Malkhana Register, Register for Non-FIR Cases- Part I, II, III, IV, etc. We have also seen the lock-up cell where the arrested persons are kept in production before the court.

We were delighted to be treated with sumptuous snacks post our visit to various departments of the court. After the vote of thanks by Sh. Jayanta Dubey, DySP (P), 51st Basic Course and presentation of the NEPA memento to Balaram Joshi Sir, we bid adeau to the Court of District and Sessions Judge, Nongpoh and headed back to the North Eastern Police Academy.

BHARAT DARSHAN

Group 1 (Mumbai & Goa)

Constituting 25 DySP(P)s, all of us left NEPA on 5th of November at 0630 hours and reached Mumbai at 2130 hrs after long hours of halt at Bangalore Airport. All of us were welcomed by Mumbai Police at the Airport and accommodation was arranged at Maharashtra Police Officers Mess, Worli, Mumbai.

6th of November was reserved for sight-seeing. We started our journey by visiting Maha Laxmi Temple first. Then we headed towards Jehangir Art Gallery, then to Chhatrapati Shivaji Maharaj Museum. Also, after a short break for lunch we visited the Nehru Planetarium, the Gateway of India and, last but not, the beautiful Marine Drive.

On 7th of November, we went ahead for our official visits starting with Police Head Quarters Mumbai, Martyrs Gallery. After that we visited the Commissioner's Office Mumbai & Control Room, Mumbai Police. The last place we visited for the day was Azad Maidan Police Station.

Finally, 8th of November was the last day in Mumbai, and we visited the best place here in Mumbai which is Force ONE HQ. It was a thrilling experience. And then, after having a delicious meal there, we headed back to Worli Traffic Control Room, Mumbai.

On 9th of November, we visited the Cyber Police Station/ BKC Police Station (DCP Zone VIII). After that we checked out from our Officers Mess and left Mumbai for Goa at 1600 hours via train.

On 10th of November, we reached Goa at around 0430 hours and were received by the Liaisoning Officer at Madgaon Railway Station, Goa. Also, our accommodation was arranged at VITS Shanti Solitaire Resort.

The next day, which was on 11th of November we had our official visits. Firstly, we visited the Panaji Police Station where we also learned about the insights of the Pink Force-which is a Goa Police initiative for ensuring the safety and security of women in the state. Then we visited to Goa Forensic Science Laboratory.

Following the next day, i.e. On 12th November, it was reserved only for sight-seeing, whereby we started our day by visiting Querim Beach, Arambol Beach and Dona Paula Beach.

On the 13th of November we visited a few places like the Naval Aviation Museum, Goa, where we got to interact with the Naval Aviation Commander. Following this visit, we went to Agonda Beach, and then to Old Goa Church.

The last day was reserved for visiting the Police Head Quarters, Goa, where we interacted with the IGP(Inspector General of Police). Finally, we left Goa at around 1300 hours via flight and reached NEPA Campus at 0100 hours the next day.

It was a beautiful and knowledgeable trip of course as we not only enjoyed ourselves but also, we did learn many new things and the exposure we got was worth asking for.

Dipa Debbarma, DySP(P)

Roll-13

Few pictures of our visits for better reference.

Commissioner Office Mumbai



Shri Shiddhi Vinayak Temple, Mumbai





Infront of Marine Drive, Mumbai



Forensic Science Laboratory, Goa



With Goa Pink Force



In Naval Aviation Museum, Goa



At Mumbai Police HQ Conference hall



At Worli Police Officers Mess

Glimpse
of the
Basic Training
&
Extra Curricular Activities

Inauguration of 51st Basic Course



Inauguration of APRO



Azadi Ka Amrit Mahotsav



Cultural Programme



Club Activities



Independence Day



Events



Outdoor Activities





Riot Drill





Map Reading



Indoor Class



Yoga









“Success is no accident.

It is hard work, perseverance,
learning, studying, sacrifice and
most of all, love of what you are
doing or learning to do.”

— Pele