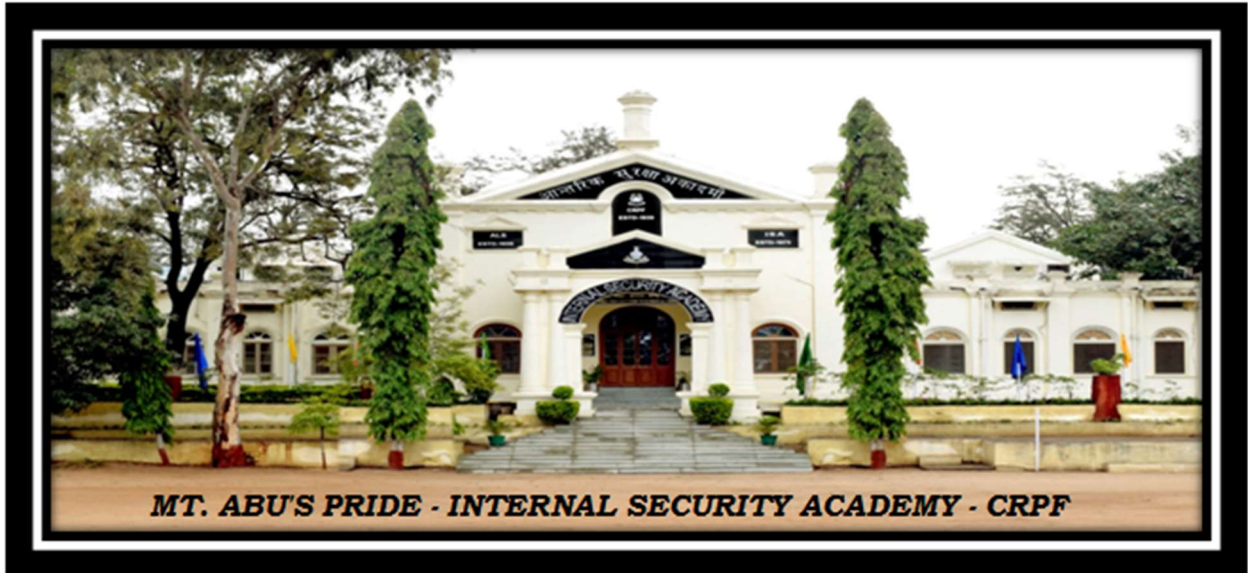




JOINING INSTRUCTIONS FOR COURSES TO BE CONDUCTED AT THE INTERNAL SECURITY ACADEMY, MOUNT ABU, RAJASTHAN



1. GENERAL

Internal Security Academy, Central Reserve Police Force, Mount Abu is a '**Centre of Excellence**' and a Premier Institution of the Country. ISA conducts various courses which include In-Service and Pre-Promotional Courses for CRPF officers and internal security courses for officers of CAPFs, Civil Administration, State Police and the Armed Forces. In addition, Basic Training of DEGOs, MOs and AC Engineers are also conducted.

2. LOCATION, TOPOGRAPHY AND DEMOGRAPHY

Mount Abu is located at a distance of 28 Km from Abu Road, which is the nearest rail head on Delhi -Ajmer-Ahmedabad railway route. It is a sub divisional HQ of district Sirohi of Rajasthan, it is the only hill station of Rajasthan located on Aravalli Range of Rajasthan, which is one of the oldest mountain ranges of the world at an average height of about 1220 meters above sea level. The mountain forms a distinct rocky plateau 22 km long by 9 km wide. The highest peak of Aravalli range is **Guru Shikhar**, at 1722 meters above sea level and is around 12 km from Mt. Abu. It is referred to as '**an oasis in the desert**', as this heights are home to rivers, lakes, waterfalls and evergreen forests. The ancient name of Mount Abu is "**Arbudaanchal**". It is also one of the major pilgrimage sites of India for both Hindu as well as Jain religions. Besides the temples and sites of historical importance, Mt. Abu is also rich in natural scenic beauty.



Panoramic view of Nakki

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

3. CLIMATE

Mount Abu has a healthy and salubrious climate throughout the year. The summer season lasts from April to June and the average maximum and minimum temperatures are 34°C and 23°C respectively. The rainy season lasts from July to September and the average annual rainfall is 70-180 cm. The average maximum and minimum temperatures during these months are 25°C and 15°C respectively. The winter season lasts from November to February and the average maximum and minimum temperatures ranges from 25°C and 10°C to -6°C (in Night). The peak **tourist seasons** at Mount Abu last from March to June and from September to December.

Mount Abu has a number of places of tourist importance- both from historical perspective and scenic beauty. It is also famous for ancient Jain temples of '**DELWARA**'; and '**ACHALGARH**', which attract large number of foreign and local tourists, every year.

4. ARRIVAL

Participants coming for course may directly report at the Officers' Mess, Participants' Hostel which is situated within the main ISA campus.

5. RECEPTION / CONTACT/TRANSPORT

The Participants are required to intimate their travel plan i.e., mode, date and time of their arrival at ISA, Mount Abu well in advance for arranging reception and transportation.

Transport will be provided by the Academy as per request at Abu Road Railway Station/Mount Abu bus stand/Udaipur Airport on receipt of advance intimation regarding the date and time of arrival. Moreover, Participants are at liberty to book their own transportation at their own cost which they can get it reimbursed from their units/establishments as per the Govt. rules. Similarly, the return journey on completion of course to aforesaid places will be arranged by the Academy.

Regular buses and taxis also play during the day from Abu Road to Mount Abu and back. The Rajasthan State Transport Corporation plies direct Buses from Ahmedabad, Delhi, Ajmer, Jaipur, Sirohi and Udaipur to Mount Abu. The nearest Airports are Udaipur (180 km) and Ahmedabad (225 km).

6. ACCOMODATION AND MESSING

The Participants will be accommodated in the Participant's Hostel/RHE, as the case may be. Participants are advised to strictly adhere to the appropriate dress code in the Officers' Mess. No Participant will be permitted to stay out of the camp, in hotels etc. without prior approval.



The trainee's abode – "Participants Officers' Hostel"

7. INSTRUCTIONS PERTAINING TO COVID-19

1. Officers to abide by latest instructions issued by Govt. of India and Govt. of Rajasthan on COVID-19. Since the Govt. has relaxed norms for COVID-19 masks are not mandatory, however, in public places Officers are encouraged to wear masks.
2. Officer reporting for course with any respiratory symptoms like fever, cough, cold, throat pain, etc should report to ISA Hospital for further management.

8. ABOUT COURSE

COURSE DIRECTOR

Sh. Sudhanshu Singh,

DIG Trg -02974-298258

Email - digtrgisa@crpf.gov.in

COURSE COORDINATOR-

Sh. Manish Kumar 8800373065

DC Trg

Email -

dctrgisa@crpf.gov.in

Sh. Krishna Kumar Dubey 9407906977

AC Trg



Administrative Block

	STD		
Phone No.	Code	(O)	
DIG Trg	02974	298258	
Control Room/WhatsApp	02974	298268	/7297937768

9. BOOKS AND READING MATERIALS

Officers are encouraged to bring with them case studies pertaining to operational incidents or any other material pertaining to it. Such literature can also be submitted to the ISA R&D Branch for compilation and necessary action. The ISA has a well stocked library containing more than 35,000 books and is subscribing to large number of periodicals and journals. The Participants can avail these facilities accordingly.



Knowledge Bank – “The library”

10. DRESS CODE

Forenoon session	Forenoon Sessions on remaining Days	Afternoon session in all days
Uniform: (i) Monday- Khaki/Angola uniform (ii) Friday – Combat uniform NB: Separate instructions for Officers of MOCC and DEGO are issued separately.	Gentlemen- Shirt with tie, Trousers/Suit and Oxford Shoes. Ladies-Saree/Suit Winters: Lounge Suit/ Coat with Tie, Oxford Shoes. Ladies-Saree/Suit	Sports Dress

Participant Officers of the course are required to be appropriately dressed while dining in dining hall and seated in Officers' Mess. They are advised to bring appropriate and sufficient clothing as per season. Winter clothing will be required during evenings and nights from October to March and even during daytime from November to February. Light warm clothing is recommended from July to September and summer clothing during April to June.

11. RECREATION AND SPORTS

Facilities for the following games are available in the Academy: -

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

Sports equipment will be provided by the Academy.



“Fitness Centre”

“Billiards Room”

12. BANKING FACILITIES

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

- State Bank of India
- Union bank of India
- Bank of Baroda
- Axis Bank
- Punjab National Bank

13. DISPERSAL

Participants will be permitted to leave after the Valedictory Address in the afternoon on the concluding day of each course. They can leave on the same day by the evening trains/buses departing Mount Abu/ Abu Road. For 6-day course, Officers may leave at 1400 hrs whereas for 2-4 days course they may leave at 1800 hrs. The officers should arrange the return journey reservation in advance. In case of any problem, they should contact the Course Director/ Course Coordinator on their arrival. All Officers should clear their dues (Mess/Library/Canteen/Lodging etc.) before their departure.

Officers may use debit/credit cards, UPI for clearing their dues. Payment by cheque is not accepted.

14. MISCELLANEOUS

The Academy will provide Room Boys to Course Participants on sharing basis to take care of their daily needs. Participants are not permitted to bring any type of pets and are advised not to bring arms/ammunition.

All officers are expected to maintain strict discipline during the course.

The Course Participants may bring their family during the course. However, prior information may be shared with the Academy for making requisite arrangements. On certain occasions due to multiplicity of courses at a time there may be accommodation crunch. Occasions may demand Officers to make their own arrangements of accommodations, in case they bring families. They may make prior telephonic calls for any clarifications.



“Achalgarh Temple”

“Delwara Temple”



Academy’s “Motto”