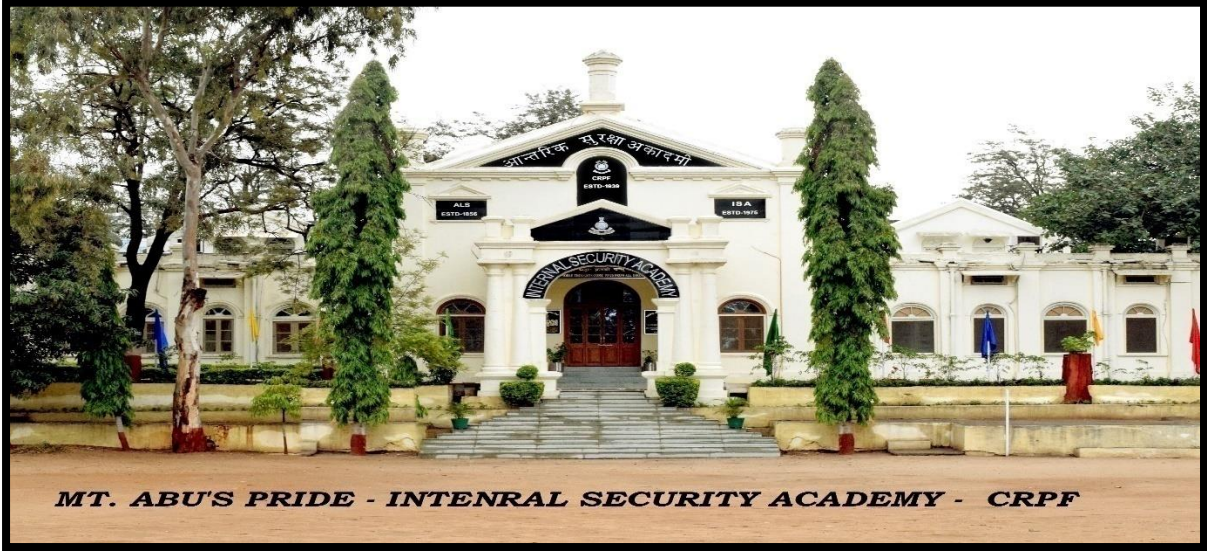




JOINING INSTRUCTIONS FOR
“Junior Level Internal Security course Sl. No. 186”
TO BE CONDUCTED AT ISA.



ज्ञानेन साधयते शक्तिः –The ISA

2. GENERAL

Internal Security Academy, Central Reserve Police Force, Mount Abu is a premier institution of the country. It has been assigned the responsibility of conducting various courses which include in-service and pre-promotional courses for CRPF officers and internal security courses for CAPFs, Civil Administration, State Police and the Armed Forces officers.

3. LOCATION, TOPOGRAPHY AND DEMOGRAPHY

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



Panoramic view of Nakki-lake

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

3. CLIMATE

Mount Abu has a healthy and salubrious climate throughout the year. The summer season lasts from April to June and the average maximum and minimum temperatures are 34°C and 23°C respectively. The rainy season lasts from July to September and the average annual rainfall is 70-180 cm. The average maximum and minimum temperatures during these months are 25°C and 15°C respectively. The winter season lasts from November to February and the average maximum and minimum temperatures ranges from 25°C and 10°C to -8°C (in Night). The peak **tourist seasons** at Mount Abu last from March to June and from September to December.

Mount Abu has a number of places of interest, historic value and scenic beauty. It is also famous for ancient Jain temples of '**DELWARA**' and '**ACHALGARH**', which attract a large number of foreign and local tourists every year. Besides, above general instructions relating to the courses and the Academy are also available on the Academy's website: www.isacrfp.gov.in.

4. ARRIVAL

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

5. RECEPTION / CONTACT/TRANSPORT

Transport will be provided by the Academy as per request at Abu Road Railway Station / Mount Abu bus stand on receipt of advance intimation regarding the date and time of arrival. Regular buses and taxis also ply during the day from Abu Road to Mount Abu and back. The Rajasthan State Transport Corporation plies direct Buses from Ahmedabad, Delhi, Ajmer, Jaipur, Sirohi and Udaipur to Mount Abu. The nearest Airports are Udaipur (180Kms) and Ahmedabad (225 Km).

The Participants are required to intimate their travel plan i.e., mode, date and time of their arrival at ISA, CRPF Mount Abu well in advance for arranging reception. The Academy will arrange reception and will provide shared transportation at Udaipur airport as per the following schedule only:-

| Sl. No. | Name of Course | Duration | Date & Time of arrival of shared transportation at Udaipur airport. | | Time of departure of shared transportation from Udaipur airport to ISA. |
|---------|--|----------------------------|---|-----------|---|
| 01 | Junior Level Internal Security Course Sl. No.186 | 03/03/21 To 13/03/21 | 02/03/21 | 1300 Hrs. | 1500 Hrs. |

However, participants are at liberty to book their own transportation at their own cost which can be reimbursed as per the Govt. rules. Similarly, for the return journey the following arrangements will be made in shared transportation.

| Sl. No. | Course Name | Date of Departure | Time of Departure of shared transportation from ISA to Udaipur airport. |
|---------|--|-------------------|---|
| 01 | Junior Level Internal Security Course Sl. No.186 | 14/03/21 | 0900 Hrs. |

6. Instructions Pertaining to COVID-19

1. Officers to strictly adhere to all COVID-19 precautions while travelling. Mask is mandatory for all Officers at all times at the Academy.
2. **All Officers must get themselves tested for COVID-19 (RT PCR Test) within 72 hrs prior to undertaking travel to Internal Security Academy. W/o which participants in the course will not be considered.**
3. The Officer must be COVID Negative. A copy of the result will be required to be produced at reception or shared online at dctrghisa@crpf.gov.in. If candidate tests positive, the same should be intimated to Trg. Dte. And ISA, Mt. Abu.
4. All Officers must download "Aarogya Setu" App.
5. All Officers must intimate their scheduled arrival details to ISA, at least one week in advance should Mail on dctrghisa@crpf.gov.in.

For your safety:

1. Thoroughly wash & clean the hands at regular intervals with soap or hand sanitizers.
2. Practice social distancing. Keep distance of 2 meters from the other individuals.

COURSE DIRECTOR –

Sh. K. Thomas Job,
DIG (Trg) -02974-238986

Email - digtrgisa@crpf.gov.in

COURSE COORDINATOR–

Sh. T.P. Singh
DC(Training) 9119157732

Email – dctrgisa@crpf.gov.in

| Phone No. | STD Code | (0) |
|-------------------|----------|--------|
| Commandant (Trg.) | 02974 | 237168 |
| Control Room/Fax | | 298268 |



Administrative Block

ACCOMMODATION AND MESSING



Officer's Mess – "The Retreat"

The participants will be accommodated in the Participant's Hostel only. Participants are advised to strictly adhere to the proper dress code in the Officer's Mess. No Participant will be permitted to stay out of the camp, in hotel etc.



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

7. BOOKS AND READING MATERIALS

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

Officers should bring presentations on following subjects for sharing the same with other participants:

- Presentation on their respective organization highlighting their role and duties.
- Short presentation about best practices followed in their respective Force/unit/institution.
- A PPT on case study for discussion and sharing lessons learnt with other participants.

Knowledge Bank – “The library”



8. DRESS CODE

The dress in the forenoon sessions would be **Angola uniform on Monday and Friday** for all participants and for remaining days formal dress (Shirt/trousers/Lounge/Combination Suits with Tie and formal shoes) for gentleman and for ladies, it would be Saree/Suits. Sports dress/Track suits/informal dresses with shoes can be worn during afternoon sessions on all days.

Participant Officers of the course are required to be appropriately dressed during mess functions and are advised to bring appropriate and sufficient clothing as per season. Winter clothings 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.

Note:-Officers belonging to uniform forces are requested to bring complete set of uniform to attend function like 26th January - Republic Day, 15th August- Independence Day and 21st October- Police Commemoration Day. Participation in such functions in proper uniform is mandatory for all participants.

9. RECREATION AND SPORTS

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

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

Sports equipment will be provided by the Academy.



“Fitness Centre”

“Billiards Room”

10. 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.

11. DISPERSAL

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

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

MISCELLANEOUS

The Academy will provide room boys to course participants from other services for assistance. Participants are not permitted to bring any type of pets and are advised not to bring arms/ammunition and valuables i.e. jewellery etc. All participants will be honorary members of the Academy Offices' Mess for the duration of their stay at the Academy.

All officers are expected to maintain discipline of highest order and follow the above instructions in true spirit. Non compliance may lead to matter being reported to their respective controlling authority.



“Achalgarh Temple”

“Delwara Temple”



Academy's “Motto”

**SELF DECLARATION (COVID-19) FORM TO BE FILLED BY ALL OFFICERS
JOINING FOR COURSE AT ISA, Mt. Abu**

1. IRLA: _____

2. Name: _____

3. Age/ Sex: _____

4. Posted at: _____

5. Current Address: _____

6. Permanent Address: _____

7. DETAILS OF TRAVEL: _____

SYMPTOMS:

Are you suffering from?

(a) Fever: Yes/ No

(b) Cough: Yes/ No

(c) Difficulty in breathing: Yes/ No

Date:

(Signature of individual)