

No.CB/PHQ/Com-Day/19/24
GOVERNMENT OF MIZORAM
POLICE HEADQUARTERS: AIZAWL

Dated Aizawl, the 3 ~~May~~^{June}, 2019.

To,

1. Directors- ACB/F&ES.
2. DIGs- NR/SR/TRG/OSD.
3. SsP- Aizawl/Lunglei/Siaha/Lawngtlai/Mamit/Kolasib/Champhai/
Serchhip/Security/CID(SB)/CID(Crime)/Traffic/ACB/ F&ES /
Wireless.
4. COs- 1-MAP/2-MAP/3-MAP/1-IR/2-IR/3-IR/4-IR/5-IR/Principal PTS
Thenzawl.

Subj: *Annual visit of Police Party to Hot Springs in Ladakh (J&K) during
August/September, 2019 -regarding.*

Sir,

Please find enclosed herewith a copy of letter vide No.1/Police(L)/2019(5)-
1878 dt.20.05.2019 with its enclosures received from Joint Director, Intelligence Bureau,
MHA, Govt. of India, New Delhi on the subject mentioned above, it is requested to bring to
the notice of all Officers/men under your control and submit willingness, if any, alongwith
fitness certificate to the undersigned on or before **20.06.2019** positively

Yours faithfully,

Encl: As above.


(ZOSANGLIANA) AIG-I,
for Director General of Police,
Mizoram, Aizawl.

Dated Aizawl, the 3 ~~May~~^{June}, 2019.

No.CB/PHQ/Com-Day/19/24

Copy to:

1. PPS/SO to DGP, Mizoram.
2. PS to IGP(L&O)/PS to IGP(Hqrs.), Mizoram.
3. PA to DIG(Hqrs.), Mizoram.
4. AIGs-II/III/Legal/Trg./Modernisation.
5. i/c Mizoram Police Website for information and necessary action to upload in
Mizoram Police Website.

 03/06/19
(ZOSANGLIANA) AIG-I,
for Director General of Police,
Mizoram, Aizawl.
Tel No.0389-2334355.

No.1/Police(L)2019(5)- 1878
INTELLIGENCE BUREAU
(Ministry of Home Affairs)
Government of India

MOST IMMEDIATE

New Delhi, the 20 MAY 2019

Shri Balaji Srivastava
Director General of Police
Mizoram

Subject: Annual visit of Police Party to Hot Springs in Ladakh (J&K) during August / September, 2019

Sir,

In pursuance to the decision taken at the IGPs Conference held in 1960, a group of about 20 - 25 police officers/men representing various States and Central Police Forces visit the Hot Springs, Ladakh (J&K) every year to pay homage to the ten (10) valiant policemen, who laid down their lives in the service of motherland on October 21, 1959 in an unequal combat with heavily armed Chinese troops. This year also, a representative Police Party would visit the Hot Springs in August, 2019.


2. Hot Springs is situated in the Aksai Chin area of Ladakh, having an inhospitable terrain at an altitude ranging between approx. 15,000 - 18,000 ft. To & fro journey will be covered by road from Chandigarh to Leh via Kullu-Manali-Keylong. After acclimatisation at Leh for 2 to 3 days, the party would leave for Hot Springs and would take about a week to cover to & fro journey.

3. In view of the arduous nature of journey, it is necessary that the **nominated officers should be below 40 years of age and medically fit to undertake journey in high altitude area.** Police officials having problems of blood pressure (both high and low), blood sugar, hypertension, pulmonary problems, etc. may avoid such journey. To ensure fitness for high altitude journey, the officers so nominated may please be got examined by a competent medical authority and **must be asked to carry the fitness certificate with them, when they report at Chandigarh.**

4. A copy of the 'Joining Instructions' for members of the party incorporating, inter-alia, the programme of the visit is enclosed.

5. The name of the nominee may kindly be sent to us immediately, preferably by **June 28, 2019.** Names of the selected persons would be confirmed by the first week of July to enable them to join the Police Party in time.

Yours faithfully,


(O N Bhaskar)
Joint Director

Pilgrimage to Hot Springs in Ladakh (J&K)

Every year, during August / September a police party (20-25) visits Hot Springs, Ladakh (J&K) to pay homage to the under mentioned ten policemen who laid down their lives in an unequal combat with heavily armed Chinese troops.

- (i) Constable Puran Singh
- (ii) Constable Dharam Singh
- (iii) Constable Norbu Lama
- (iv) Constable Tshering Norbu
- (v) Constable Hangjeet Suba
- (vi) Constable Sarwan Dass
- (vii) Constable Shivrath Prasad
- (viii) Constable Beg Raj
- (ix) Constable Iman Singh
- (x) Constable Makhan Lal

2. Up to the autumn of 1959, the Indian Police had the duty of administering and policing the 2,500 miles of normally peaceful frontier of India with Tibet. This required living in extremely difficult conditions at the heights generally over 7,000 feet and often up to 16,000 feet and more than a hundred miles away from the nearest inhabited village. The most difficult part of this frontier is the north-eastern portion of Ladakh, a region devoid of any habitation or vegetation, with an average height ranging between 15,000 and 16,000 feet with passes over 18,000 feet negotiable only during a small part of the year. In this uninhabited frontier- region, it was not considered necessary to have any permanent post, and police parties from the bases in the interior used to go out and patrol every year these regions during summer and camp there for several months till the onset of winter. Though living in such severe condition was extremely difficult, there has never been any hesitation on the part of Indian Police to take on this responsibility.

3. Unfortunately, since the middle of 1959, this frontier suddenly became active because of transgressions by Chinese troops. On October 21st, 1959, in the course of their normal patrolling a police party, led by DCIO Karam Singh, was ambushed by an overwhelming number of Chinese troops equipped with automatic weapons and mortars. The Indian Policemen, who were armed only with rifles, held their ground till they were over-powered by superior hostile force, both in numbers and in armaments. In this ambush, ten Indian policemen lost their lives and nine were captured prisoners.

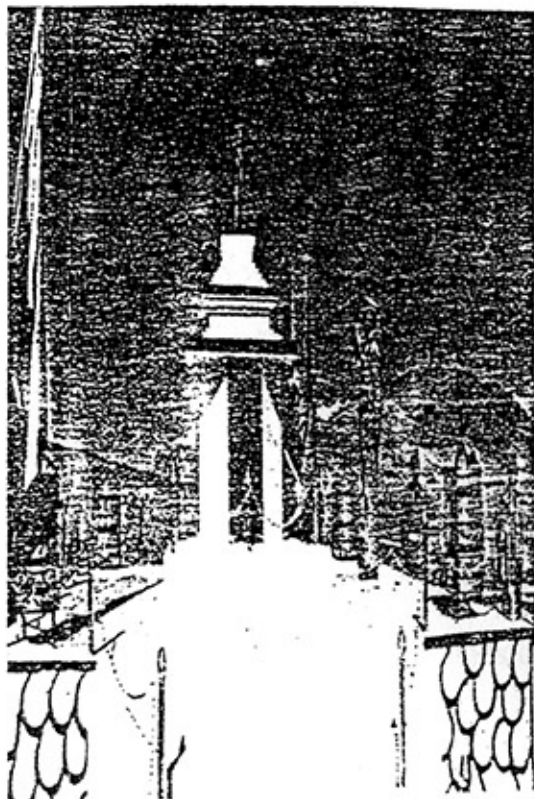
4. The entire Indian nation mourned at the death of these Indian policemen in an unequal encounter with the Chinese troops within Indian territory. Their gallantry and devotion to duty has been cause of pride to the entire people of India and inspiration to all members of the Police Forces of India.

5. These brave constables sacrificed their lives so that their country and their people might be safe. The dead bodies of these policemen were handed over by the Chinese on November 13th and were cremated at the Hot Springs (Ladakh) at 8 A.M. on November 14th. Police Forces assembled at every district head quarters in ceremonial parades to observe mourning on this occasion.

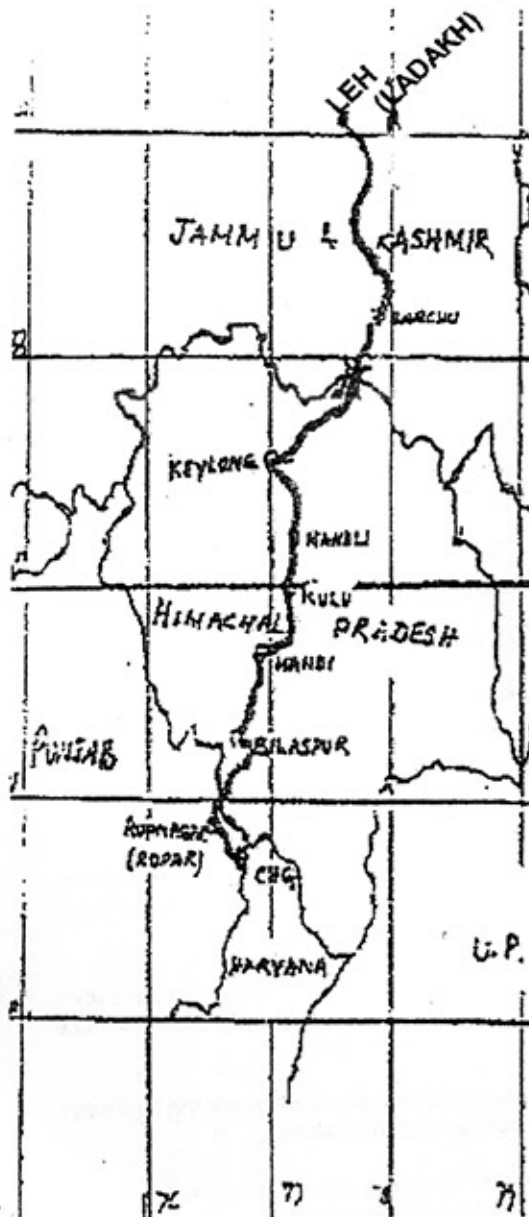
6. The Inspectors General of Police of all States of India, in the Conference held from January 6-9, 1960, decided that every year 21st of October would be observed as Police Commemoration Day in all Police Lines throughout India in commemoration of these people who were killed in Ladakh and of all other policemen killed on duty; a memorial be erected at Hot Springs by the police force; in memory of the ten policemen who died in Ladakh, and every summer, members of the police force should be selected and sent to Hot Springs on tour, so that they could acquaint themselves with that part of the country which otherwise they would not see.

7. Hot Springs is situated in the Aksai area of Ladakh with an inhospitable terrain at an altitude ranging between 15,000-16,000 feet and passes over 18000 feet high and is devoid of any inhabitation/vegetation. Every year, since 1961 a police party visits Hot Springs in Ladakh (J&K) to pay homage to the ten CRPF personnel who were killed by the Chinese in 1959. From 1961 to 1999 the visit was being organized by road from Jammu. Thereafter, following the Kargil war, the route was shifted to Chandigarh. The present route is Chandigarh – Manali – Keylong – Leh – Hot Springs. ITBF Leh provides vehicles to bring the police party from Chandigarh to Leh and on completion of the visit at Hot Springs, the police party is again dropped at Chandigarh through the same mode of transport.

**PILGRIMAGE
TO
HOTSPRINGS
LADAKH (J & K), 2019**



JOINING INSTRUCTIONS



LOCATION:

Hot Springs is situated in Aksai Chin area of Ladakh in J&K State. This region is devoid of any habitation and vegetation. It has heights ranging between 15,000 & 16,000 ft. with Passes over 18,000 ft negotiable only during certain period of the year.

CLIMATE:

2. The climate is very cold throughout the year. Therefore, extra heavy winter clothing are necessary.

CLOTHING:

3. As the climate is very cold, members of the Police Party should bring with them the following articles for the journey from Kullu to Hot Springs:-

- | | |
|--|----------|
| (a) Woolen Shirts | :2 Nos |
| (b) Woolen Jersy | :1 No |
| (c) Woolen Socks | :2 pairs |
| (d) Woolen Inners/big size scarf with them | :1 No |
| (e) Long Jones / Underpants | :1 No |
| (f) Woolen Cap/Cap Balcloves(Monkey Cap) | :1 No |
| (g) Dark Sun Glasses | :1 No |
| (h) Ceremonial Uniform | |

NOTE:

I. In addition to this, snow clothing like sleeping Bag, Jacket, Carry Mat (Sleeping Mat) and Haul Bag/Kit and Thick moisturizer/Lip guard/sunscreen with SPF> 60 etc. would be required for each member of the party and the same will be supplied by ADD/ITBF, on loan, at Leh.

II. At Chandigarh, Kullu and Keylong, bedding for GO's will be provided. However, NGOs will have to bring their own bedding for stay at these places.

III. Each member of the team is advised to bring with him atleast two pairs of night suits (Pyjama and Shirt), two civilian mufti shirts, trousers, one Pair of civilian black shoes. GOs are advised to bring one wollen suit and one tie for any formal function during the visit.

IV. Each member of the team is advised to make return journey to Chandigarh by road only keeping in mind the significance of Hot Spring visit. Return journey by air from Leh to Chandigarh is not allowed.

V. In Leh only post-paid BSNL Services would be functional, so individual should come prepared accordingly.

UNIFORM

4. The policemen deputed for the visit should bring with them their State Police Uniforms.

EXPENDITURE:

5. Estimated expenditure for journey from Chandigarh to Hot Springs and back would be about Rs 21,000/- for GOs. and Rs 15,000/- for NGOs. This amount is to be provided to the respective members of the party by the respective forces sponsoring them.

6. The expenditure indicated above does not include expenditure of journey from the place of posting of the nominee to Chandigarh and back. Each official should, therefore, have enough money to meet his expenses including as mentioned in para 5.

7. The members of the party will report at UT State Guest House Sector-6, Chandigarh (Tel No.0172-2740961, Fax No. 0172-2740965) website: www.chandigarh.gov.in.

8. On arrival at Chandigarh members may contact Shri Rajesh Choudhry, DCIO, SIB Chandigarh (Mobile no. - 9419183710).

Do's and Don'ts

Any place above 10,000 ft from sea level can be called a high altitude area and anyone going above it are susceptible to acute mountain sickness.

2. Sign and Svmpptoms

- a) Headache
- b) Disturbed sleep
- c) Loss of appetite
- d) Nausea
- e) Coughing
- f) Irregular breathing
- g) Breathlessness
- h) Lack of concentration
- i) Pinkish frothy sputum

3. Precautions

Take complete rest for first 24 hours after arrival.

Take as much water or liquids (like tea) as much you can. Hot or lukewarm water be preferred.

Avoid physical exertion or exercise. Avoid smoking and drinking.

Take as much rest as possible for first 36 hours. Symptoms of acute mountain sickness generally develops within 36 hours.

Your body get used to the lower oxygen level after 2-3 days(with individual variation if you take above mentioned rest).

Above mentioned precautions are the best ways for natural acclimatization.

Mountain sickness can be prevented by taking the drug Acetazolamide (Diamox) 250 mg twice daily for 2-3 days before coming to high altitude area and continued for 2-3 days later.

PROGRAMME

24.08.2019	Reporting at Chandigarh
25.08.2019	Leave Chandigarh by road and arrive at Kullu
26.08.2019	Leave Kullu and arrive at Keylong, stay at Keylong for one night
27.08.2019	Leave Keylong and arrive at Sarchu
28.08.2019	Leave Sarchu and arrive at Leh
29-31.08.2019	Stay at Leh for acclimatisation
01.09.2019	Leave Leh for Hot Springs, return to Leh latest by 04.09.2019 (with a halt at Phobrang during return journey)
04.09.2019	Halt at Leh
06.09.2019	Leave Leh and reach Keylong
07.09.2019	Leave Keylong and reach Kullu the same day
08.09.2019	Leave Kullu and reach Chandigarh the same day
09.09.2019	Dispersal of the party to their respective places of postings
