

**MOST IMMEDIATE**

No.1/Police(L)/2023(5)-1595  
**INTELLIGENCE BUREAU**  
(Ministry of Home Affairs)  
Government of India

New Delhi, the

01 MAY 2023

AIGP(Hq.)

15/5/23

To  
Shri Devesh Chandra Srivastva  
Director General of Police  
Mizoram

**Sub: Annual visit of Police Party to Hot Springs in UT of Ladakh during August - September, 2023.**

Sir,

In pursuance of the decision taken in IGsP Conference 1960, a group of 30 police personnel from various States and Central Police Forces, visit Hot Springs (Ladakh) every year to pay homage to 10 valiant police personnel, who had laid down their lives in the service of the nation on October 21, 1959, in an unequal combat with heavily armed Chinese troops. A brief on the incident is enclosed. Keeping up with the tradition, a representative Police Party would visit the Hot Springs in August - September this year as well.

2. Hot Springs is situated at an altitude of 15,400 ft. near LAC in Ladakh. The journey between Chandigarh and Hot Springs, via Kullu, Keylong, Sarchu, Leh and Phobrang is covered by road, with a break/rest of 2 days at Leh for acclimatisation.

3. At such a high altitude, persons suffering from ailments like blood pressure, diabetes, hypertension, pulmonary diseases, etc. are at a risk of falling sick. Hence, Police officials **of and below the age of 40 years and medically fit to undertake the journey only**, are included in the Police Party. Such officers are required to get themselves medically examined by a competent authority and to **carry the fitness certificate compulsorily while reporting at Chandigarh**. Joining instructions for members of the Police Party and programme of the visit are enclosed.

4. It is, therefore, requested to kindly nominate an officer of your Police Force for the proposed visit. Those officers who had already undertaken the visit in the past need not be nominated again. The nomination may be communicated by **June 15, 2023** on e-mail **polconf.secy-mha@gov.in**, in the enclosed format. Names of officials included in this year's representative Police Party would be informed by the first week of July.

Yours faithfully,

(Ritu Misra)

Joint Director &  
Conference Secretary

IGP (Hqrs)

12/5/23

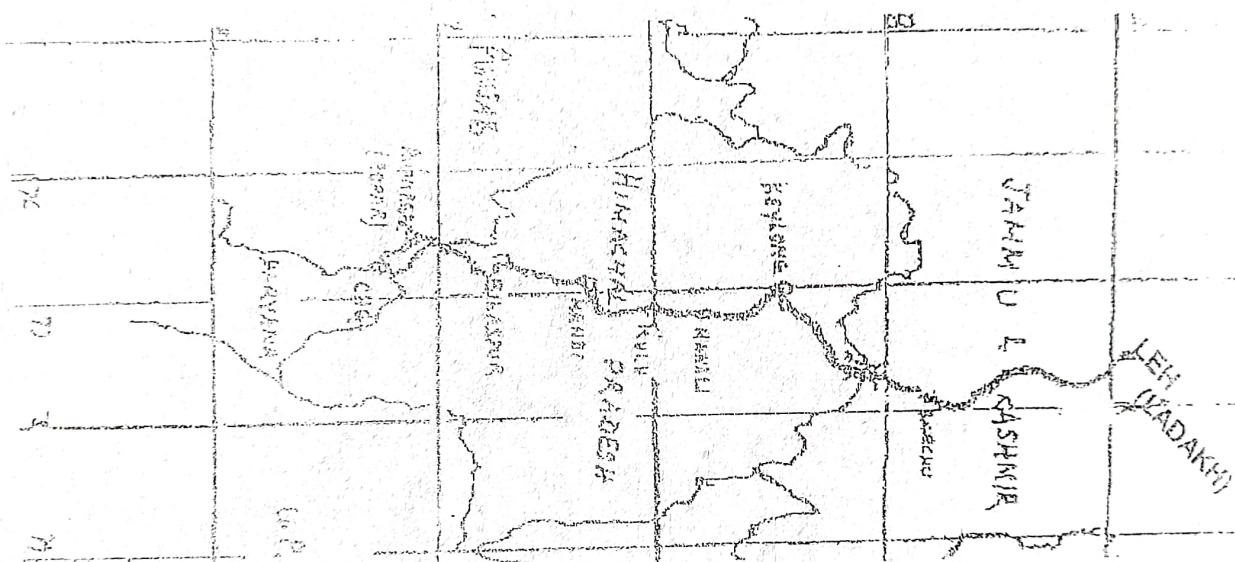
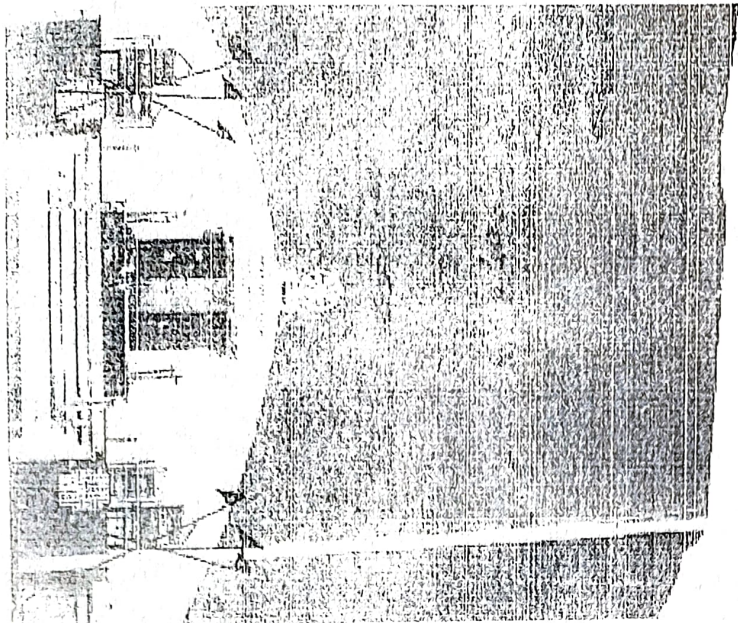
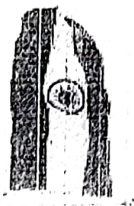
Encl: As above.

DIG (Hqrs.)

12/5/23



**PILGRIMAGE  
TO  
HOTSPRINGS  
UT OF LADAKH, 2023**



**LOCATION:**

Hot Springs is situated in Aksai Chin area of UT of Ladakh. This region is devoid of any habitation and vegetation. It is situated at the altitude of 15,400 ft. at a distance of 18 km. from Tsogtsalu.

**CLIMATE:**

2. The climate is very cold throughout the year. Therefore, extra heavy winter clothing is 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 Shifts                          | :2 Nos   |
| (b) Woolen Jersey                          | :1 No    |
| (c) Woolen Socks                           | :2 pairs |
| (d) Woolen Inners/big size scarf with them | :1 No    |
| (e) Long Jonesi / Underpants               | :1 No    |
| (f) Woolen Cap/Cap Balcloves(Monkey Cap)   | :1 No    |
| (g) Dark Sun Glasses                       | :1 No    |
| (h) Ceremonial Uniform                     |          |

**NOTE:**

I. 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 supplied by ITBF, on request at Leh.

II. At Chandigarh, Kullu and Keylong, bedding for GOs 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 atleast two pairs of night suit, two civilian multi shirts, trousers, one pair of civilian black shoes. GOs are advised to bring a woolen suit and a tie for formal function, if any, during the visit.

IV. Each member of the team would be required to undertake return journey to Chandigarh by road only keeping in mind the significance of the visit.

V. In Ladakh, only post-paid mobile connections are operational.

#### UNIFORM

4. The Police personnel deputed for the visit should bring their own Police Uniforms.

#### EXPENDITURE:

5. Estimated expenditure for journey from Chandigarh to Hot Springs and back would be about Rs 45,000/- for GOs. and Rs 30,000/- for NGOs. This amount is to be provided to the members of the party by the sponsoring police force.

6. The amount indicated above does not include expenditure of journey from the place of posting of the nominee to Chandigarh and back.

7. The members of the party will report at (i) UT State Guest House, Sector-6, Chandigarh (Near Haryana Raj Bhawan). The contact nos. of the Reception is 0172-2740961/63/64. All booking are to be done online on their website: <http://admsr.chd.nic.in>. (ii) SIB Guest House, Sector 29-C, Chandigarh. The contact number of the reception is 0172-2637590. All booking are to be done with the permission of PS to JD SIB, Chandigarh. Please intimate JD/NGO (Prior atleast two months) for reservation of SIB Guest House, Sector 29, Chandigarh.

8. On arrival at Chandigarh members may contact following officers:- (i) Shri Anil Kumar Jarower, AD, SIB Chandigarh (Mobile No. 9904293937) (ii) Shri Baljit, DClO, SIB Chandigarh (Mobile No. 9650550344). (iii) Shri Hussain Danish, ACIO-I, SIB Chandigarh (Mobile No. 7004882726)

#### Do's and Don'ts

Any place at a height above 10,000 ft from sea level can be called a high altitude area and the person visiting such area(s) are susceptible to acute mountain sickness.

#### Sign and Symptoms of mountain sickness

- Headache
- Disturbed sleep
- Loss of appetite
- Nausea
- Coughing
- Irregular breathing
- Breathlessness
- Lack of concentration
- Pinkish frothy sputum

#### General advice for members of Police Party

- ☛ Take complete rest for first 24 hours after arrival.
- ☛ Take as much water or liquids (like tea) as one can. Hot or lukewarm water may 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.
- ☛ One's body gets used to the lower oxygen level after 2-3 days. This varies from individual to individual and depends on above measures like rest etc.
- ☛ Above mentioned precautions are the best ways for natural acclimatization.

☛ Mountain sickness can be prevented by taking the drug Acetazolamide (Diamox) 250 mg twice a day, for 2-3 days, before travelling to high altitude area. The medicine may be continued for 2-3 days after arrival.

#### PROGRAMME

27.08.2023	Reporting at Chandigarh.
28.08.2023	Departure from Chandigarh. Arrival and stay at Kullu.
29.08.2023	Departure from Kullu. Arrival and stay at Sarchu.
30.08.2023	Departure from Sarchu. Arrival and stay at Leh.
31.08.2023	Acclimatization at Leh. Local sightseeing.
01.09.2023	Medical Checkup at ITBP Hospital and interaction cum presentation with ITBP.
02.09.2023	Departure from Leh. Arrival and stay at Phobrang.
03.09.2023	Departure from Phobrang for Homage Ceremony at Hot Springs. Return to Leh on the same day.
04.09.2023	Halt at Leh for debriefing and farewell dinner.
05.09.2023	Departure from Leh. Arrival and stay at Keylong.
06.09.2023	Departure from Keylong. Arrival and stay at Chandigarh.
07.09.2023	Dispersal of the party to their respective places of postings



## Pilgrimage to Hot Springs

Till the autumn of 1959, Indian Police had been administering and patrolling 2,500 miles of normally peaceful frontier of India with Tibet. This required living in extremely difficult conditions at heights generally over 7,000 ft., often up to 18,000 ft., and more than 100 miles away from the nearest inhabited village. In this frontier region, which was devoid of habitation and vegetation, it was not considered necessary to have any permanent Post. Hence, Police parties used to go out from bases in the interior, patrol these regions during every summer and camp there till onset of winter.

2. In September 1959, a team of police officials, which was on expedition to Lanak-La, had reached Hot Springs in third week of October 1959. On October 20, 1959, three reconnaissance parties of two constables each were sent to reconnoiter the nearby areas. While two reconnaissance parties returned to Hot Springs by 1600 hrs, the third party comprising Constables namely S/Sh. Mohd. Khalil & Sonam Dorje and a porter Sh. Chhetan did not return. Immediately, two search parties were sent to find out the whereabouts of aforesaid third party. However, both the parties returned around midnight without finding any trace of the lost men.

3. On the next morning (October 21, 1959), Sh. Karam Singh (DCIO) led a search party comprising about 20 personnel of ITBF & CRPF. At around 1300 hrs, they encountered some Chinese army personnel on a hillock, who opened fire and threw grenades. As there was no cover available, ten of them were martyred on the spot. Those who made the supreme sacrifice were identified as under:-

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

4. Seven personnel including Sh. Karam Singh were taken as hostages by the Chinese. Mortal remains of the 10 gallant CRPF men and the seven hostages were returned by the Chinese on November 13, 1959. The Martyrs were cremated with full police honours at Hot Springs itself.

5. In pursuance of the decision taken at IGsP Conference 1960, representatives from various State Police Forces in the country undertake the pilgrimage to Hot Springs in Ladakh every year from the year 1961 onwards to pay homage to the martyrs at the memorial at Hot Springs.

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**DETAILS OF NOMINATED OFFICER/OFFICIAL**

Name & Designation	Place/Unit of Posting	Date of Birth	Cadre & Batch (for IPS Officer Only)	Contact details of nominated officers
				Mobile No., E-mail ID (gov.in/nic.in) & Phone No. of office/place of posting

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