

## PRESS RELEASE

On 25.7.2014 150 jawans of IRBn proceeded for Hazaribag Jharkhand, in the Meru training camp of BSF, and from 28.7.2014 the 18 weeks integrated training for 150 jawans commenced. During this training the jawans had to undergo:-

1. Physical Training:-

- a) That includes endurance training.
- b) Road march, running, cross training & cross country.

2. Route March/Night Patrolling:-

- a) During this part of training there was 2 km route on weekly basis and this all is to be done on foot, carrying a rifle and weight of 15 Kg at their back.

3. Unarmed Combat:-

- a) During this training jawans learnt falls, rolls, throws, counter throws, holds, locks, chocks, kicks, disarming and counter attacking.

4. Weapon Training:-

- a) During this part of training the jawans were given training, regarding the handling of different weapons, i.e, Insas, AK-47, Light Machine Gun, X-95 assault Rifle, CM 1 Beretta, and Grenade. Handling means, dismantling of weapon and then rejoining it accordingly.
- b) Grenade:- During this training the jawans were taught identification of grenade, lobbing of Grenade & firing of Grenade.
- c) 51MM Motrar:- During this training the jawans learnt dismantling/rejoining of Motrar, direct and indirect fire of Motrar.

5. Bayonet Training:- Attack-Defense and bayonet drill.

6. Field craft:- In this training the jawans were made to learn how to access to distance, camouflage and concealment, identification of target and symbols being used during the war.

7. Map Reading:- During this part of training the jawans were given training of grid reference, Scale, Compass reading, GPS and Day & Night navigation, Map to ground & ground to map.

8. **Field Engineering**:- The jawans were taught field defense, road blocks, explosive and characteristics, chance of detonation and detection of mines.
9. **IEDs**: - Classification of IEDs, likely spots of IEDs, Dos & Don't while handling of IEDs and precautions taken while moving in IED prone area.
10. **Assault course**: - In this training the jawans were made to run through smoke, explosive and firing of weapons.
11. **Rope Climbing and Rappelling**: - During this the jawans were made to climb the rocks and artificial wall, and scaling mountain with rope.

On 28.11.2015 out of 88 lady constables 84 lady constables have complete their training course successfully remaining 04 lady constables were already returned to unit in between the course on medical ground.

On the occasion of closing ceremony W/DIG STC BSF Bakuntpur presented memento to Inspector Parmjit Kaur for IRBn Commandant U.T Chandigarh.

1. L/C Balwinder Kaur 6015/IRB secured 1<sup>st</sup>,
2. L/C Gurpreet Kaur 6107/IRB 2<sup>nd</sup>
3. L/C Rinki 6057/IRB secured 3<sup>rd</sup> position in this training.

Note :- Photo of closing ceremony is enclosed herewith.

Issued by  
Chandigarh Police