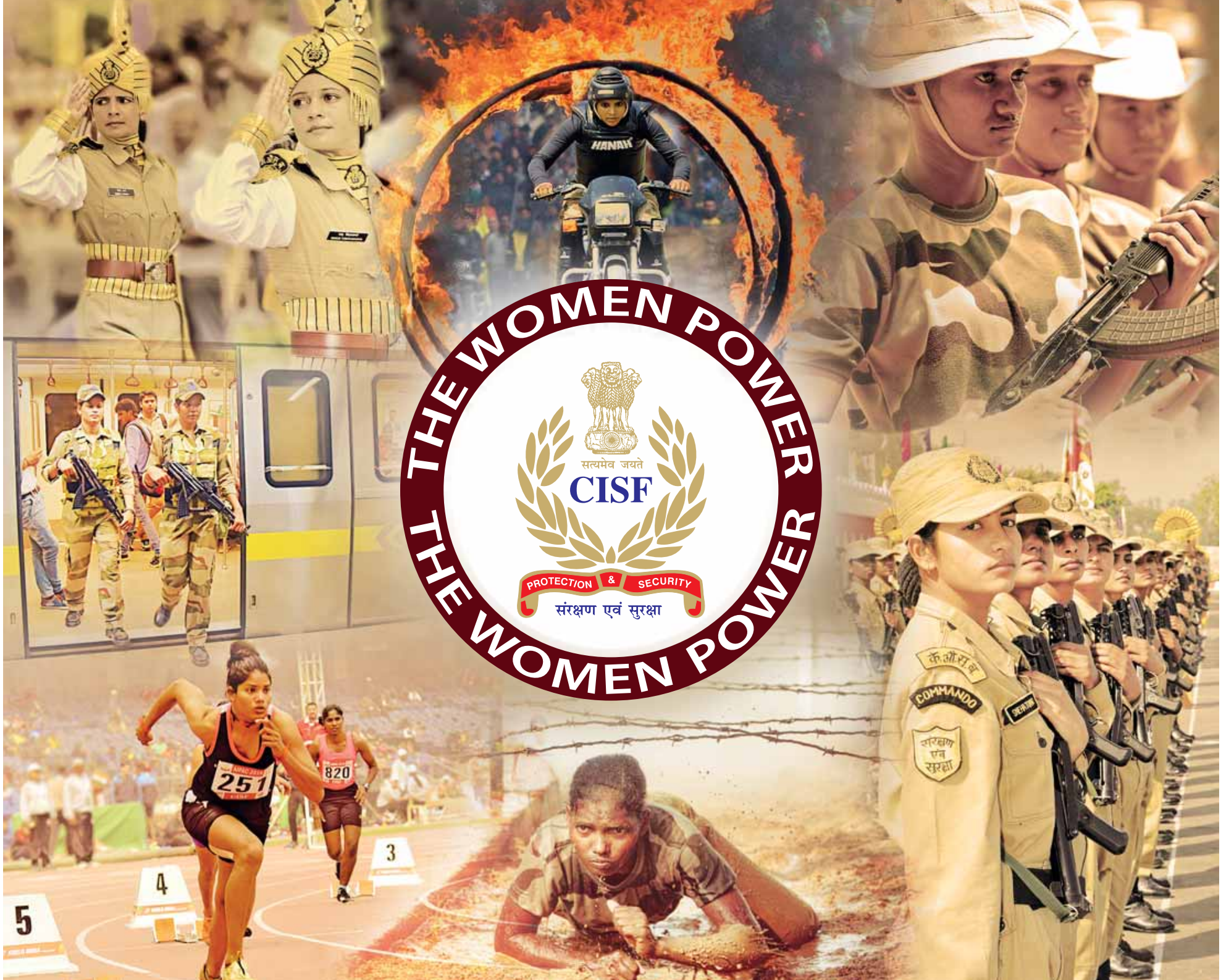




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CISF Directorate General, New Delhi, Year-2020

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Postage Stamp in Honour of CISF Women

09th March 2018



“There is no force equal to a woman determined to rise.”

– W.E.B. Du Bois







कन्द्रीय जाचवागडु
माउंट सतोपंथ फतेह



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Shri Rajesh Ranjan, IPS
Director General

From the Desk of Director General

In his widely acclaimed work titled ‘The Subjection of Women’, John Stuart Mill brilliantly debunked the myth of women being the ‘weaker sex’. He says:

“...no one can safely pronounce that if women’s nature were left to choose its direction as freely as men’s, and if no artificial bent were attempted to be given to it except that required by the conditions of human society, and given to both sexes alike, there would be any material difference, or perhaps any difference at all, in the character and capacities which would unfold themselves.”

It would in fact be self-defeating to constrain or leave untapped, the mammoth potential that about half of the nation’s population holds. Realizing this inviolable truth, the Central Armed Police Forces (CAPFs) of India, started recruiting women in the early 1980s. Central Industrial Security Force (CISF) inducted its first woman member in the year 1981. After nearly four decades since, CISF today boasts of having about six percent of its workforce consisting of women, the highest among all CAPFs.

The deployment of the force at Airports, Delhi Metro, Government Buildings and other such locations which are characterized by movement of large number of female employees/commuters, has necessitated an ever greater induction of women personnel. I can say with conviction and pride that it is in large measure on account of the contribution of women personnel in CISF to its core competencies that makes us a dynamic, multifaceted, one stop solution to the security needs of Nation’s critical assets.

In the remarkable journey of the Force spanning over 50 years, I extend my compliments to the women personnel of CISF for their outstanding service to the Nation and exhort all of them to resolve and strive to take CISF to greater heights in future.


(Rajesh Ranjan)

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Shri Rajesh Ranjan, IPS
Director General

Patron

Shri Sudhir Kumar Saxena, IPS
Addl. DG (FHQrs)

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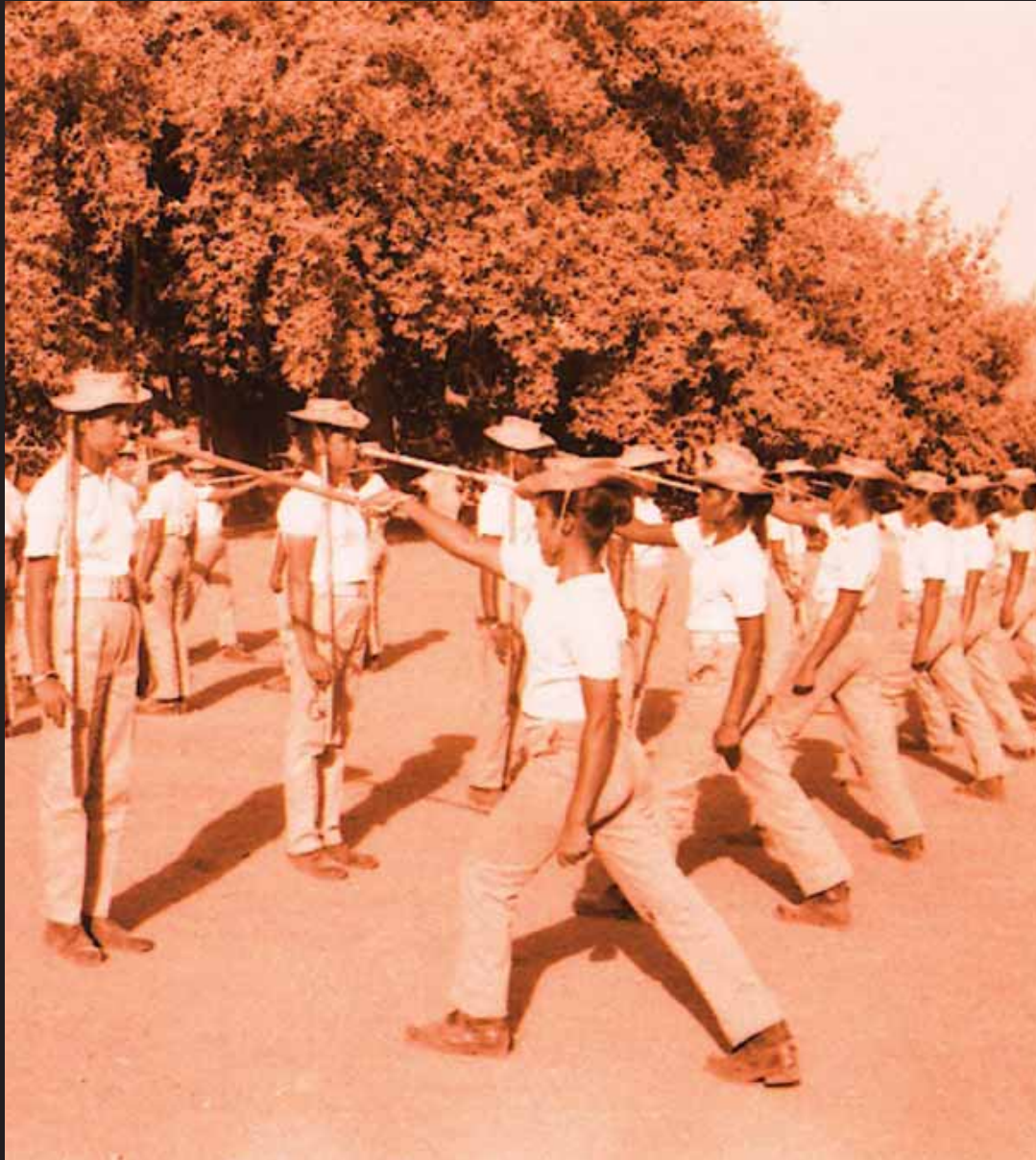
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Induction





Women were first inducted in CISF in the rank of Constables in the year 1987, Sub-Inspectors in the year 1990 and Assistant Sub-Inspectors in the year 2010.



Mrs. Alka Nanda Dash was the First Wwoman Assistant Commandant who joined CISF in 1989



First Batch of Lady SI









Standing Tall to Face any Challenge





Recruitment

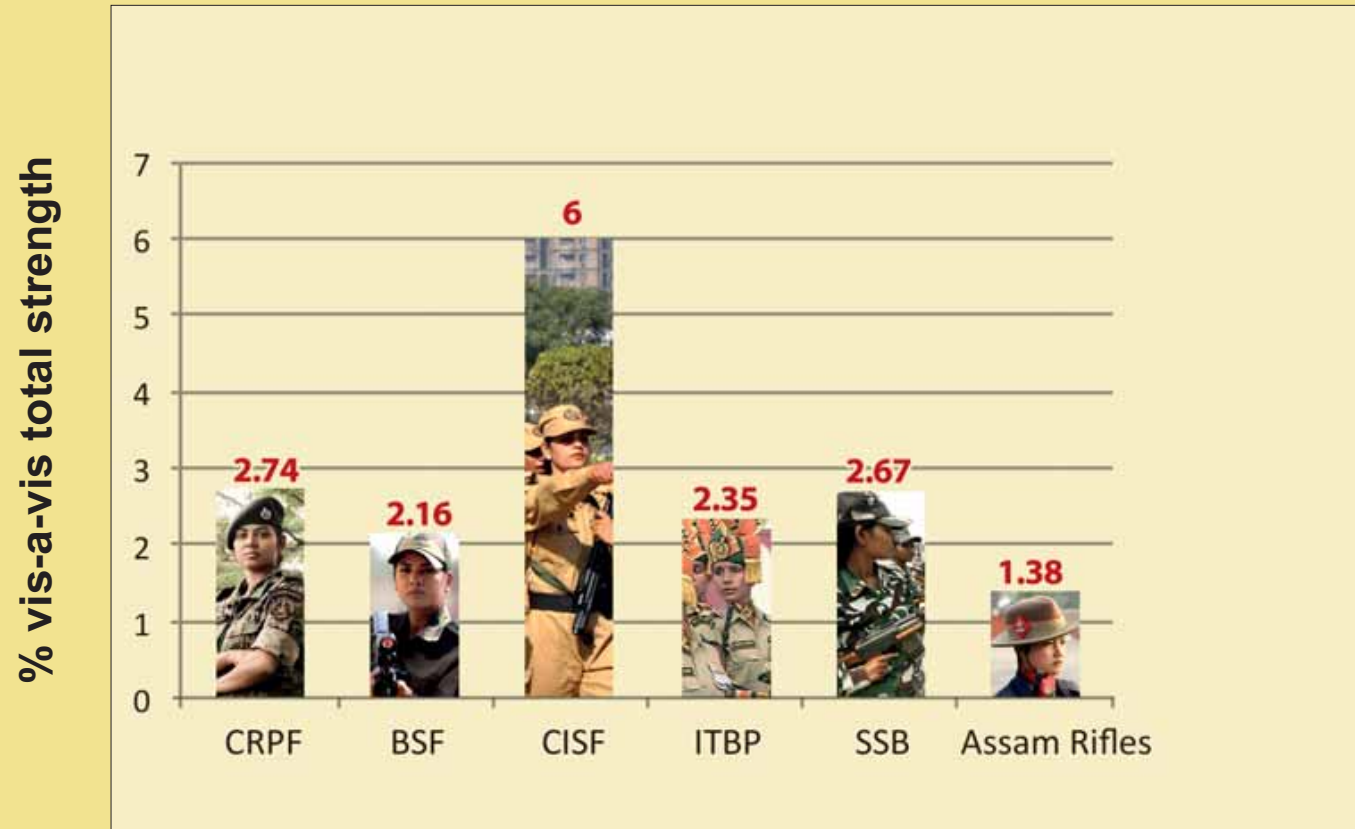








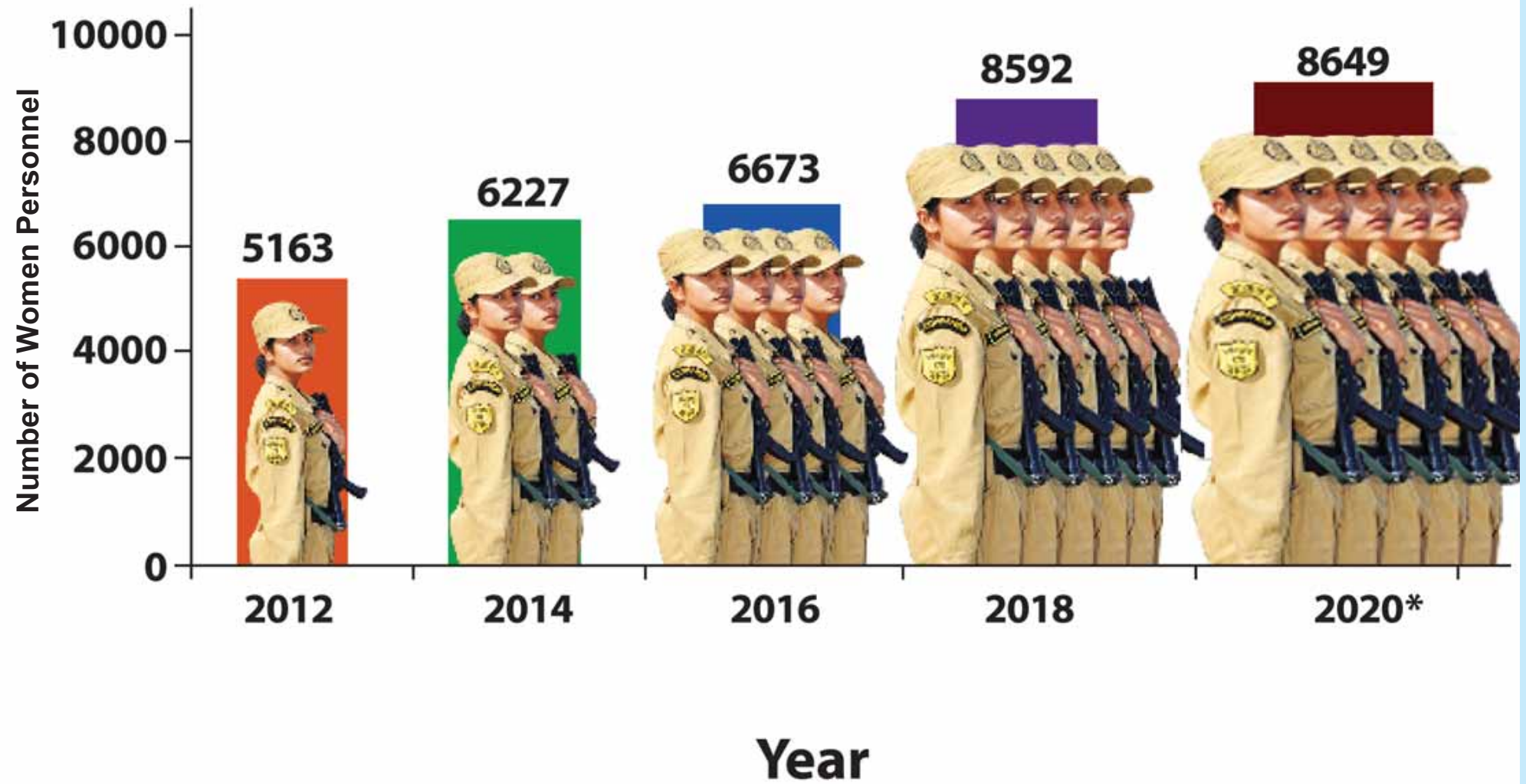
Representation of Women in CAPFs* (% wise)



CAPFs

* As on 01.01.2019
Source: BPR&D Website

Women in CISF (Year-wise Growth)



* As on 01.01.2020



Training





Training : At Par

“There is no tool for development more effective than the empowerment of women”

– Kofi Annan, Former UN Secretary General

2017 which was declared as the “Year of Training”, brought immense challenges to the gates of RTC Arakkonam. More than 20,000 constables were recruited in CISF including 1600 lady constables. RTC Arakkonam was entrusted with the responsibility of imparting quality training to these 1600 lady constables at par with male trainees, which was a great challenge, particularly in view of availability of limited time and resources.

The main task at hand was to take on three-fold training capacity, to ensure safety and security of female trainees and to develop additional infrastructure to ensure quality training, so as to prepare them effectively face the challenges of serving the Force. The infrastructural issues/requirements were solved on a fast track basis. There were serious bottlenecks in accommodating such a large number of trainees, but these issues were dealt with successfully. Adequate attention was accorded to the subject of ‘sexual harassment of women at workplace’ in order to enable them perform their duties without fear, once they are out of the training institute.

Features like competency-based training, monitoring system and third party evaluation by Sector IG, were included to ensure quality training. It was ensured that trainees meet all parameters of a disciplined member of the Force. Special emphasis was laid in developing following five (05) main attributes:-

1. Physical Fitness
2. Mental toughness
3. Integrity
4. Working knowledge about the Job
5. Mastery in Weapon Handling

Through physical training imparted by both male and female instructors, we improved their strength, stamina and agility to the extent that during final tests, they could perform even better than the standards of men in many events. They were trained in handling latest advanced weapons and were also imparted with knowledge and practical training of Field Craft and Tactics. In the Pre-Commando Course, they were given intense specialized training in Urban Warfare Tactics, Post Protection and handling of IEDs. Besides, they were also trained in different kinds of drills including Mob and Riot Control Drill, Lathi and Arms Drill. In indoor sessions, they were taught different laws of the land viz. IPC, CrPC, Arms Act, Evidence Act besides core subjects like Industrial/Aviation/VIP Security and Gender Sensitization. They were also made part of various social activities like Swatchh Bharat Abhiyan, Tree Plantation, Environment Conservation, Vigilance Awareness, Human Rights and Anti-Drug Abuse drives. Equal training was imparted to men and women trainees to bring in gender neutrality, particularly in outdoor exercises.

The main objective was to enable them attain professional excellence that would automatically challenge gender stereotypes making them equal partners. They exhibited joy and commitment throughout the training. As part of extra-curricular activities, they took pride in participating in cultural events as well as in sports activities. There was absolutely no relaxation in training for lady trainees, which they completed with flying colours at par with their male colleagues. Successful completion of the strenuous training programme by them, has exploded the myth that women are incapable of matching physical and mental toughness of their male counterparts in uniform. This has also established that women are in no way lesser mortals in handling a critical situation/problem, rather could deal with those in a much better, tactful and efficient manner without any use of undue force/confrontation.

Thus RTC Arakkonam created history by emerging as a Centre of Women Empowerment by training a record number of 1600 lady constables in the year 2017. It all culminated in a proud moment for CISF when they passed out displaying amazing COURAGE, STYLE, STRENGTH and GRACE

with a spectacular Passing Out Parade and stunning demos in the form of bike stunts, aerial yoga, silent drill and rappelling.



V. Khamo,
Dy. Inspector General,
CISF, EZ-2 HQrs,
Prayagraj.



Each Step Counts



















I don't stop when I am tired. I stop when I am done.



Elite women commandos of CISF are trained in Pekiti-Tirsia-Kali, a Filipino martial art which is a form of an unarmed combat. This originates from offensive and counter offensive principles against attacks from different ranges, angles and threats. It effectively neutralises enemies within moments. These specially trained CISF women commandos are currently deployed at various Airports and Delhi Metro.



Rescue Operation





Inculcating team spirit through sports



River crossing in jungle survival camp











To be a Champion – Believe in yourself













*Smt. Sumitra Mahajan, Hon'ble Ex-Speaker Lok Sabha, presenting
All Round Best Trainee Trophy at RTC Barwaha*



Oath taking at RTC Arakkonam







Securing Nation's Assets





Recipients of President Police Medal for Meritorious Service

Rank	Name of Officer
DIG	Shikha Gupta
DIG	Jyoti Sinha
DIG	Nilima Rani Singh
DIG	Pratibha Agarwal
DIG	Jayati Ghosh
DIG	A Yamini Priya
DIG	Neeta Singh
DIG	Dinavahi Shyamala
DIG	V Khamo
SR. CO	Harpreet Kaur
SR. CO	Divya Shukla
SR. CO	Piyali Sharma
SR. CO	Aparajita Mohapatra
SR. CO	Anuradha
INSP/Exe	G J Rosamma
L/SI/MIN	Sipra Acherjee
L/ASI/E	Shiny Dominic





Women Empowerment in CISF

Since the mid-1980s, Governments at the Centre and the States took initiatives to induct women in police service to deal with female populace participating in protests and agitations. Presently, there are more than 8000 women in CISF, the largest amongst the CAPFs, in terms of percentage. In CISF, the first batch of women constables was recruited in 1987, SIs in 1990, and ASIs in 2010. In the year 2013, which was observed as the 'Year of Women Safety', a unique recruitment rally was held to induct more than thousand women constables due to our immediate requirements at Airports and for the Delhi Metro which has huge public interface and a large women footfall. Besides these units, women are deployed at Sea Ports, Space Centres, Nuclear installations and other conventional units. As the number of Airports under CISF security began to grow and with the induction of CISF at Delhi Metro, the number of women personnel also grew exponentially .

CISF in its endeavour of empowering women and instilling a sense of security, has trained its women personnel in Filipino Martial Art – "Pekiti-Tirsia-Kali" to ensure security/safety of lady commuters in Delhi Metro and also for self defence. These women personnel are being deployed both in plain clothes as well as in uniform. In a special drive named "Operation-Kali", they deal sternly with those who undermine or offend dignity of women in the public transport system in any manner. These commandos are equipped with close quarter combat skills without using weapons and if situation so warrants, they are capable to respond and control the situation with weapons as well.

CISF has a diverse workforce, with its commitment to positive action promoting equality & diversity, delivers a range of benefits – all of these contribute towards improving the organization's performance. Hazardous working conditions, difficult isolated places of posting in far flung areas, better job opportunities elsewhere are the challenges for women who join this elite Force.

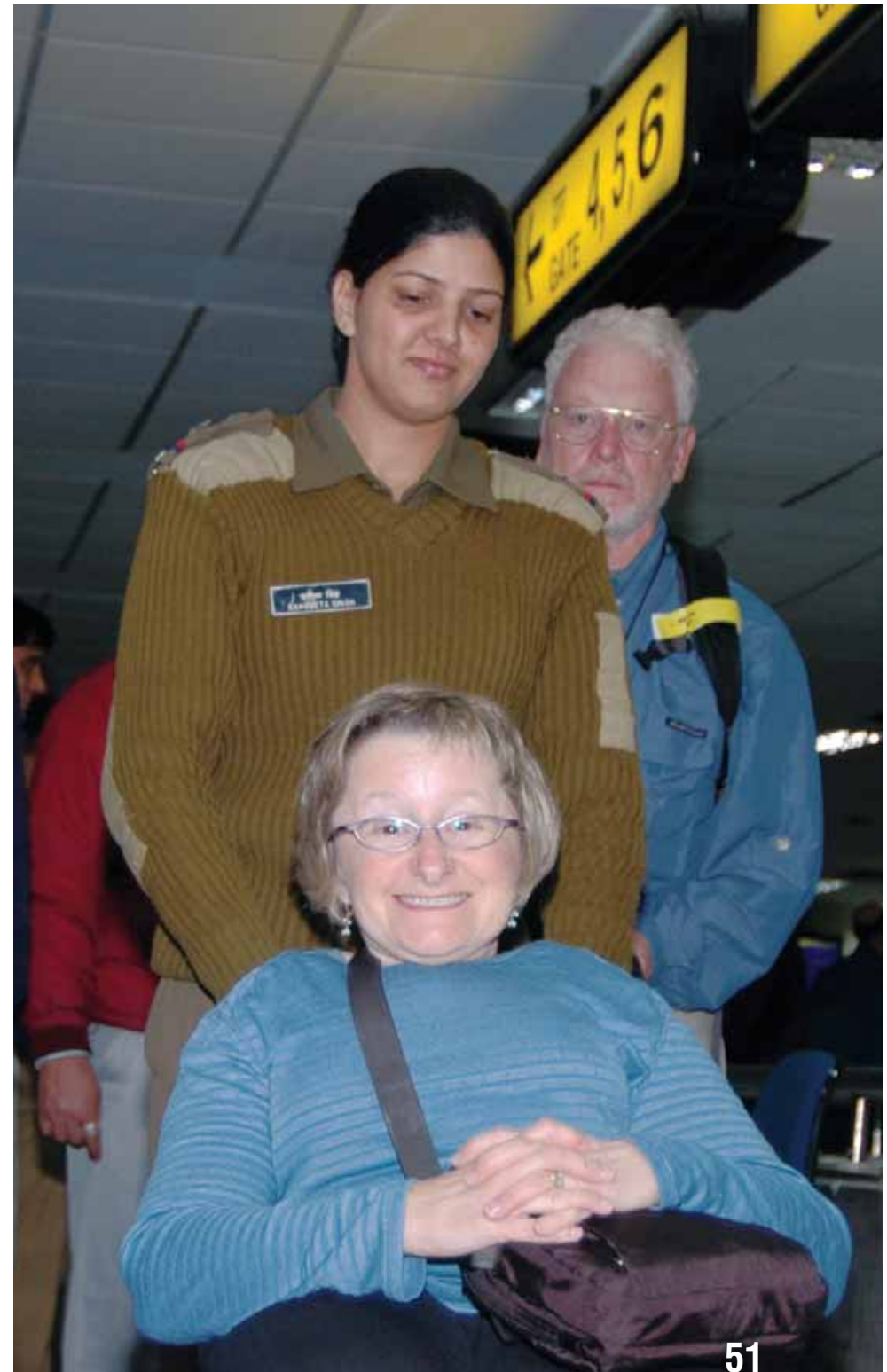
Women in CISF possess enormous potential to defuse and de-escalate any crisis situation. In their non-combative role requiring restraint, patience and endurance, they are being effectively contributing as pro-active agents of change. Women personnel of CISF are taking part in UN Peace Keeping operations in many difficult strife-torn regions and they act as role models in the local environment, inspiring women & girls in male dominated societies to push for their rights and in becoming agents of change in peace processes.



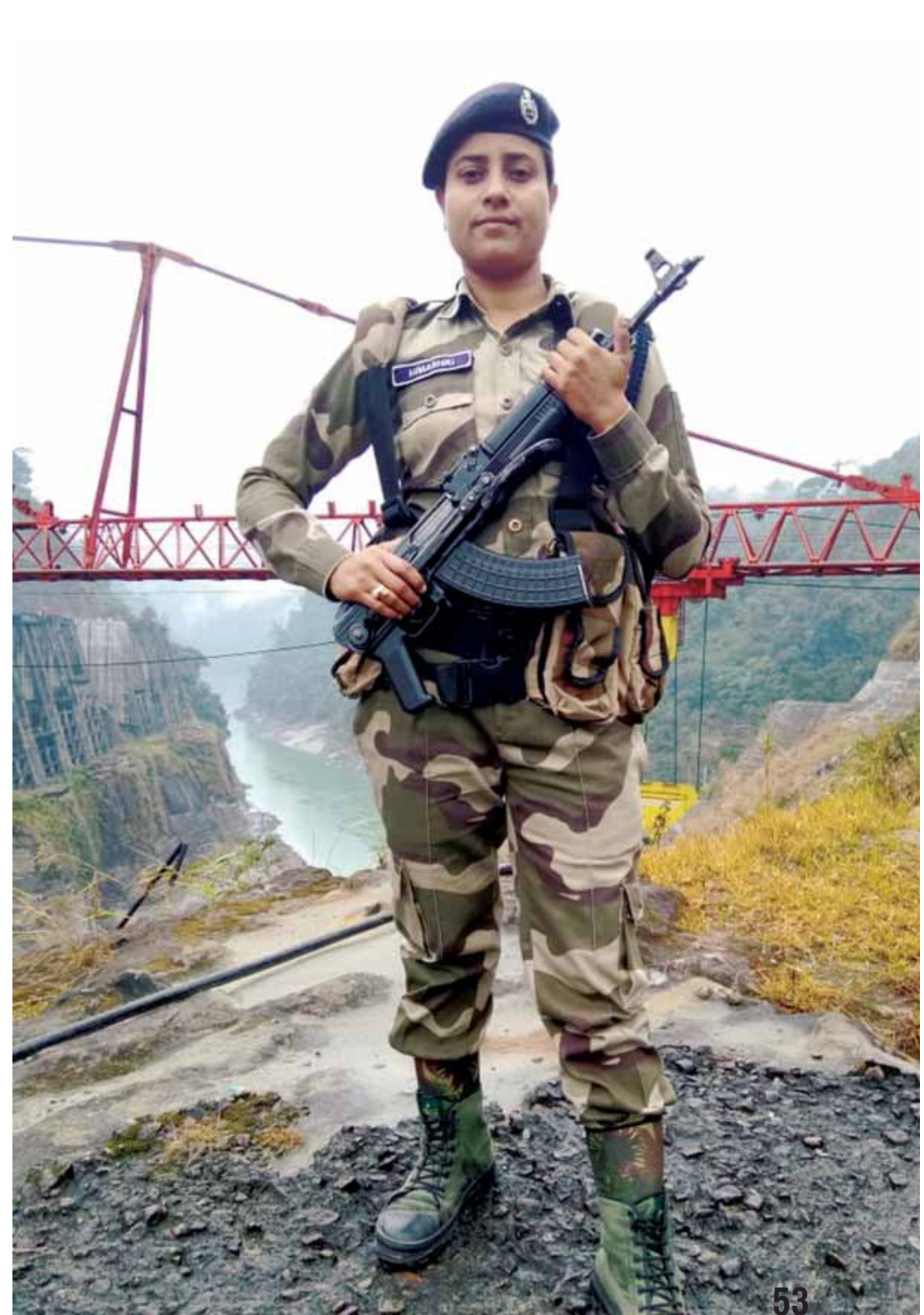
Shrikant Kishore
DIG, IGI Airport



Watchful Eyes









Securing Cruise passengers







Guarding Oil Installation











In Sports Arena





Achievers

CISF Women personnel have exhibited tremendous effort in the sports arena and have brought laurels to the Force, winning many coveted medals and championships. To name each one of them will be a little difficult here. However, some of the outstanding achievements are flagged below:-

1. Chhaya Adak, Asstt. Comdt. – An ‘Arjuna Awardee’ Weight-lifter, who has won Best Weight-lifter of India title for the year 1991, 1992 and 1993. She has won 03 Silver Medals each in Asian Championship, in 1991 – Manado (Indonesia) and in 1993 – Shilong (China). She also won a Bronze Medal in Asian Games 1990 in Beijing (China).



2. Bharti Singh, Asstt. Comdt. – An ‘Arjuna Awardee’ Weight-lifter, who is a 08 time senior national champion, she won Silver Medal in Asian Games at Beijing in 1990 and Bronze Medal in Asian Games at Hiroshima in 1994. She has won a Bronze Medal in the World Championship, Melbourne in 1993.



3. L/Insp/Exe Poonam Chopra – Conferred with ‘Arjuna Award’ in year 1996, she won 01 Gold and 01 Bronze Medal in International Judo Championship, Indonesia in 1997. She has further won Gold Medal in Bangkok International Championship in 2000 in Thailand and Bronze Medal in Asian Kurash Championship in 2001.



4. L/SI/Exe Shilpi Singh – An Ace Shooter, who was conferred with ‘Arjuna Award’ in the year 1997. She won Gold Medal in Commonwealth Championship in Melbourne, Australia in 1999 with five Commonwealth records. She has also won 01 Gold & 01 Silver Medal in 8th SAF Games Kathmandu in 1999 & 01 Bronze Medal in 3rd Commonwealth Shooting Championship in New Zealand in 1999. She is also a winner of Silver Medal in 2nd Commonwealth Shooting Championship in Malaysia and 01 Bronze Medal in Baltic Cup, Denmark in the year 2002.



5. L/Insp/Exe Kuheli Ganguly – An outstanding shooter, she has won 01 Bronze Medal in Commonwealth Games-1994, 01 Silver & 01 Bronze Medal in Commonwealth Shooting Championship in New Zealand in 1999, 01 Gold Medal in Asian Shooting Championship at Malasiya in 2000, 02 Gold Medals in SAF Games at Bangladesh in 2010, 03 Gold & 03 Silver Medals in World Police & Fire Games in 2015, 02 Gold Medals in SAF Games at Guwahati in 2016, 03 Gold & 01 Silver Medal in World Police & Fire Games in 2017 and 01 Gold & 01 Bronze Medal in World Police & Fire Games-2019.



6. L/Insp/Exe Bhagwati – A talented Marathon and Cross Country runner. She represented India in World Cross Country Championship at Belgium in 2001. She has won 16 International Medals including 08 Gold Medals in various competitions.



7. L/Insp/Exe Arti Rao – An outstanding 400 mtr sprinter and 400 mtr Hurdler, she has represented Indian Police Team and won 04 Gold Medals in World Police Games at Canada in 1997. By winning 02 Gold Medals in All India Police Games at Patana in 1996, she won the individual championship in Women’s Section. She is also the recipient of ‘Vikram Award’ for outstanding sports persons by Madhya Pradesh Govt.



8. L/HC/GD Anuradha Singh – She represented Indian Police in World Police Games at Belfast (Northern Ireland) in August 2013 and won 03 Gold and 01 Silver Medals. She has also won 03 Silver and 02 Bronze Medals in All India Police Athletic Meets.



9. L/ASI/Exe Neha Singh – An outstanding discus thrower, who has also represented India in World Police Games at Belfast in August, 2013 and won 02 Gold and 01 Bronze Medals. She has also won 02 Gold and 03 Silver Medals in All India Police Athletic Meets.



13. L/HC/GD E Memthoi Devi – An outstanding Boxer, she has won Silver Medal in 65th All India Police Championship held at Patana in 2017 and Gold Medal in 66th All India Police Championship held at Pune. In 2018, she has won 01 Bronze Medal in 2nd Elite National Championship held at Rohtak and 01 Bronze Medal in Montana Belts International Boxing Tournament held in Paris, France 2018.



10. L/ASI/Exe Ch. Jina Devi – An outstanding Judoka, she has won 01 Gold Medal in South Asian Judo Championship held in Nepal in 2014 and 01 Gold Medal in Sr. National Judo Championship held in Uttarakhand in Dec., 2014. In 2018, she has won Gold Medal in 8th South Asian Judo Championship held in Nepal and 01 Silver Medal in World Police & Fire Games-2019.



14. L/Insp/Exe Tikina Dey – An outstanding Weightlifter, who has won 01 Bronze Medal in Jr. World Championship-2000, 01 Gold & 02 Silver Medals in Commonwealth Championship-2004, 03 Gold Medals in SAF Championship-2012, 03 Gold Medals in Jr. Asian Championship-2000 & 01 Silver Medal in Commonwealth Championship-2012.



11. L/HC/GD M Meena Kumari Devi – An outstanding boxer, she has won Bronze Medal in 68th International Boxing Tournament held at Sofia, Bulgaria in 2017 and Gold Medal in World Police & Fire Games held in Los Angeles, USA in 2017. In 2018, she has won 01 Bronze Medal in 69th International Boxing Tournament “Strandja” Sofia, Bulgaria and 01 Silver Medal in XXXII International “Ahmet Comert” Boxing tournament held in Istanbul, Turkey. She has also won 01 Gold Medal in World Police & Fire Games-2019 and won Gold Medal in World Cup Germany-2019.



15. L/HC/GD Suchika Tariyal – An outstanding Judoka, who has won 01 Gold Medal in Commonwealth Championship-2019, 01 Silver Medal in Commonwealth Championship-2018, 02 Gold Medals in SAF Games-2019 & represented Indian Judo Team in Asian Championship-2017, 2018 & 2019, she has also won 01 Gold & 02 Bronze Medals in National Championship-2017, 2018 & 2019 respectively.



12. L/HC/GD Himani – Himani is an outstanding ‘Discus’ thrower and has won 01 Gold & 01 Bronze Medals in World Police & Fire Games held in Los Angeles, USA in 2017. She has also won 01 Bronze Medal in 21st Federation Cup National Senior Athletics Championship held at Patiala and 01 Gold Medal in 57th National Inter State Athletics Championship held at Guntur. She has also won 01 Silver and 01 Bronze Medals in World Police & Fire Games-2019.



16. L/HC/GD Kumari Sangita - An outstanding Pole Vault athlete, who has won 01 Gold & 01 Silver Medals in World Police & Fire Games-2019 held at Chengdu China. She has also represented Indian Athletics Team in Asian Championship-2017 in Pole Vault event. She has won 02 Gold, 01 Silver & 01 Bronze Medals in National Championships-2015, 2016, 2017 & 2019 in Pole Vault event. She has also won Gold Medal in Pole Vault event with ‘New Meet Record’ in All India Police Athletics Championship-2018.













Sh. Rajesh Ranjan, DG CISF with Medal Winners







Himalayan Cycle Expedition



Sh. Rajesh Ranjan, Director General at flagging off Ceremony





Mt. Satopanth Expedition team including 3 women members



Shri Rajesh Ranjan, DG CISF with members of Mt. Satopanth Expedition team at base camp on 03-09-2019





CISF Women Bikers Team at Khardungla Top, Leh, the highest Motorable Road in the World









**In Service of Humanity-
United Nations**

CISF WOMEN IN UNITED NATIONS



Chandana Tiwari
Kosovo, 2001



D. Shyamala
Kosovo, 2002



Santhi G. Jaidev
Ivory Coast, 2005



Sahima H. Dutta
Kosovo, 2005



V. Khamo
Kosovo, 2007



Surekha
South Sudan, 2017



Kalpana
South Sudan, 2019

D. Shyamala, DIG joined CISF through Civil Services Examination in 1993. She has the distinction of serving in United Nations Mission in UNMIK (**Kosovo**) in 2002-03 at UN Mission Head Quarters Kosovo. As a member of Sub group – I, she visited USA East and West seaports on Indo – US Homeland Security Programme & Attended UN Global Training of Trainer on Protection of Civilian (POC), Child Protection (CP) Course at Stadtschlaining at Vienna, **Austria** in 2014 & secured first position in the test conducted by the UN. She also visited AU – UN Hybrid Operation in Darfur (UNAMID) in Nov., 2014 to review UN Core Pre-deployment Training Materials (CPTMs). She attended a workshop at UNLB Brindisi Italy in 2015. Attended UN Pilot Course for validation of Core Pre-deployment Training Materials (CPTMs) – at Dusseldorf-Bruehl, **Germany** Police Peacekeeping Institute in 2016.



In Kosovo



V. Khamo, DIG served the UN Mission, from June, 2007 to June 2008 as Civ-Pol at Kosovo. Served as Leader of the Zone Area and had overseen declaration of Independence in the year 2008. For her exemplary performance, she was awarded UN Medal and also received certificate of appreciation from head of UN CIV-POL.

My Experience in UN Mission

On March 4th, 2017 I started my journey as civilian Police Officer at UNMISS (United Nations Mission in South Sudan). After landing at Entebbe (Uganda) for Induction Training we were briefed about volatile political situation of South Sudan, UNMISS mandate, protection of civilians and role of Military and UNPOL etc.

At Juba, capital of South Sudan, I joined the Team of Protection of Civilians and served as Community Police Officer in

a challenging environment where inter-ethnic and communal violence, were at their peak. For my services I was bestowed with – UN Medal, Certificates of appreciation by Police Commissioner UNPOL.

I take pride in saying that I not only worked with UNMISS, but also served with other International agencies in war ravaged country of South Sudan and contributed a bit in restoring peace.

Surekha
Inspector/Exe
NLC Neyveli







Work-Life Balance







Balancing work-life: What she says...

Juggling between the obligations towards the families and expectations of the organization and constant struggle to maintain a balance can have serious implications on the life of an individual. Therefore, it is important for women to maintain a healthy balance between work and their private lives. This will help them to achieve their personal and professional goals in a harmonious manner. From individual career ambitions to pressures of coping up with family responsibilities, the reasons can be situation and individual specific.

The speed of advancement of information technology and increasing

competition in the talent supply market has led to a “Performance-Driven” culture, creating additional pressures and expectations to perform better every time. Also, many a times people find it difficult to say “No” to others, especially their superiors. They usually end up over-burdening themselves with too much work.

Increasing responsibilities on the personal front with age can also create stress on both personal and professional fronts. Many women admit that their jobs are affecting the quality of life and creating stress in their personal lives. The pressures of work-life imbalance can lead to stress. Needless to say, such situations

take toll on the person’s health, both physiologically and psychologically. Heart ailments, sleep disorders, depression, irritability, insecurity, poor concentration and even nervous break-downs are becoming common amongst the victims of such imbalance.

Quality of work and life situations have emerged as a common problem to most of the working women. Women in CISF therefore, need to prepare themselves to effectively cope up with these challenges.

D. Shyamala
DIG/SZ-II
Hyderabad





Different Strokes



CENTRAL INDUSTRIAL SECURITY FORCE

Celebrating 50th year of Excellence in securing the Nation's Assets

OFFICIAL ATTEMPT

START GATE







Contributing to the Swachh Bharat Abhiyan







CISF Wwomen Performing Silent Drill with Arms















Release of Sanrakshika Magazine during Sanrakshika Day-2019 by Smt. Sonal Shah w/o Shri Amit Shah Hon'ble Union Home Minister





विद-विवाद प्रतियोगिता-2015 Inter-Central Armed Police Forces Debate Competition (Final)-2015

Topic

*"Human Rights act as a hindrance to the
security forces perform their duties"*

"सुरक्षा के कर्तव्य निर्वहन में मानव अधिकार बाधक"

Organised by

For









Hon'ble HM sharing a meal with trainees of 31st AC(Prob), 43rd SI/Exe & 8th ASI/Exe batch @RTC, Arakkonam #bonding



CISF@India @CISFHQrs
Congratulations #CISF women boxer, Head Constable M. Meena kumari on winning Gold Medal at 70th International Boxing Tournament "Strandja" held at Sofia (Bulgaria). So proud of you!



12:49 · 20 Feb 19 · Twitter Web Client

Brave Women Soldiers
March 2, 2017 ·
CISF Women Soldier Showing their Hand to Hand Combat Skills



All India Radio News
2 Dec 2018 at 17:35 ·

Pekiti-Tirsia Kali (a Filipino Martial Art) trained #CISF women commandos can neutralise any attack in just 3 seconds. They are currently ensuring women safety in #DelhiMetro.

#Groundreport:Deeksha

Inputs:SI Arti Sharma Central Industrial Security Force - CISF

Ministry of Home Affairs, Government of India



News24
21 Jun 2018 at 13:44 ·

CISF women commandos trained in "Pekiti-Tirsia Kali", a Filipino martial art showcased the self-defence techniques to generate awareness among masses specially women in self-defence at Rajpath in New Delhi on #InternationalYogaDay2018



Like Comment Share

PIB India Retweeted
Kiren Rijju @KirenRijju · 10 Mar 2017
I'm very proud to see the emerging women power. Women team in CISF are very professional & capable of accomplishing any challenges.



13 262 622

PIB India Retweeted



गृहमंत्री कार्यालय, HMO India @HMOIndia · 9 Oct 2017
CISF has largest number of women among the CAPFs. I'm confident CISF will be the first Force to achieve 33 % reservation target to women: HM

5 53 230

DDNewsLive
21 Jun 2018 at 12:05 ·

CISF women commandos trained in "Pekiti-Tirsia Kali", a Filipino martial art showcased the self-defence techniques to generate awareness among masses specially women in self-defence at Rajpath in New Delhi on #InternationalYogaDay2018 #IDY2018



How Delhi Metro's CISF women combat team deal with men in the ladies' coach
<http://m.tbnn.it/MB4C1p>



Like Comment Share

Central Industrial Security Force - CISF added 5 new photos.
28 Jan 2018 at 13:34 ·

Giving an impetus to women empowerment, Chief Guest Hon'ble MoS @KirenRijju congratulated all trainees for impeccable performance @ Passing Out ceremony held at CISF RTC, Arakkonam.



Sowmiya Ashok @sowmiyashok · 17 Jan 2015

Ten CISF women constables on the same Metro as me at 11 PM. The ladies



INDIATIMES
Highly Trained Female CISF Officers Will Travel In Delhi Metro To Nab Molesters & Thieves



The Financial Express
28 Jan 2018 at 21:34
Kiren Rijiju asks CISF women to prepare for emergency challenges

THE FINANCIAL EXPRESS
Prepare for new forms of terrorism, insurgency, says Kiren Rijiju

Like Comment Share



CISF@India @CISFHQs · 16 Dec 2018
#CISF #Boxing Team won 14 Medals at Shaheed LT. Gautam Invitational Boxing Tournament- 11th to 15th Dec' 2018 held at Dehradun. Women Team won Championship Trophy with 6 Medals (5 🏆 1 🥉) Men Team won 08 Medals (3 🏆 1 🥉 4 🥈) Congratulations!!



Esha Pandey, IPS @PandeyEsha · 25 Mar 2017
Welldone #CISF Need 2 build a society where women can work as "women" with their strengths and not be ridiculed for their so called weaknesses!

Esha Pandey, IPS @PandeyEsha
CISF has a strength of 6666 women personnel in various ranks who constitute 5.32% of the force. #Women #empowerment #WomeninPolice
twitter.com/PandeyEsha/sta...

suhasini raj @suhasiniraj · 9 Jan 2013
"@RealRediffCom: CISF deploys special women teams in night metro trains - Rediff.com India News fb.me/29KZgPC1G"

Zee News @ZeeNews · 18 Sep 2014
CISF begins "Operation Kali" to protect women in Delhi Metro
zeenews.india.com/news/delhi/cisf...

CISF@India @CISFHQs · 11 Oct 2017
AC/Prob. Parul Bohara, first lady officer of #CISF to receive the Sword of Honour.Proud of you! #empowerment #InternationalDayoftheGirlChild



CISF Protect the Nation
21 Nov 2014 at 12:00
CISF women commandos Respect & Salute



पारुल सीआईएसएफ में स्वोर्ड ऑफ ऑनर वाली पहली महिला

इनसे सीखें

कैलाश | रवि राठोड़ी

कैलाश की बेटी पारुल बोहरा साहू सेंट्रल इंडस्ट्रियल विस्कॉल्टी फोर्स (सीआईएसएफ) में स्मार्ट ऑफिसर नियुक्त करने वाली देश की पहली महिला स्मार्ट ऑफिसर हैं। पारुल ने 2013 में एग्जिटिंग कमांडेंट पद पर काम किया था।

कैलाश का प्रेमदास

- पारुल: पारुल बोहरा (सीआईएसएफ) में स्मार्ट ऑफिसर नियुक्त करने वाली देश की पहली महिला स्मार्ट ऑफिसर हैं। पारुल ने 2013 में एग्जिटिंग कमांडेंट पद पर काम किया था।
- पारुल: पारुल बोहरा (सीआईएसएफ) में स्मार्ट ऑफिसर नियुक्त करने वाली देश की पहली महिला स्मार्ट ऑफिसर हैं। पारुल ने 2013 में एग्जिटिंग कमांडेंट पद पर काम किया था।

पारुल सीआईएसएफ में स्वोर्ड ऑफ ऑनर वाली पहली महिला

पारुल सीआईएसएफ में स्वोर्ड ऑफ ऑनर वाली पहली महिला हैं। पारुल ने 2013 में एग्जिटिंग कमांडेंट पद पर काम किया था।

हमलावरों और अभद्र यात्रियों से निपटेंगी महिला कमांडो

आइजीआई एयरपोर्ट के लिए सीआईएसएफ तैयार कर रहा महिला कमांडो का दल

आइजीआई एयरपोर्ट के लिए सीआईएसएफ तैयार कर रहा महिला कमांडो का दल।

हमलावरों और अभद्र यात्रियों से निपटेंगी महिला कमांडो

हमलावरों और अभद्र यात्रियों से निपटेंगी महिला कमांडो।

A CISF constable who helps the lost and separated find their loved ones

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सीआईएसएफ महिला कर्मियों की तत्परता से धरी गई आरोपी महिलाएं

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