



भारत सरकार

GOVERNMENT OF INDIA

कार्मिक, लोक शिकायत तथा पेंशन मंत्रालय

MINISTRY OF PERSONNEL, PUBLIC GRIEVANCES & PENSIONS

पेंशन एवं पेंशनभोगी कल्याण विभाग

DEPARTMENT OF PENSION & PENSIONERS' WELFARE



34
AWARDED
ANUBHAV

WRITE-UPS



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Anubhav Awards - 2019

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Delhi

2019



PREFACE

As a part of the celebrations under Bharat ka Amrut Mahotsav (India@75), Department of Pension & Pensioners' Welfare has decided to bring out a digital Coffee Table Book for digital publication of 34 award-winning write-ups of the retiring employees uploaded by the Ministries/Departments on the Anubhav Portal of the Department.

The Anubhav Portal was launched by the Department at the behest of our visionary Prime Minister in March, 2015 to provide an online system to the retiring employees for showcasing their commendable work during service. Besides giving satisfaction to the retiring employee, their experiences of working in the Government and their suggestions in these write ups provide an opportunity for improvement in governance and to garner the resource of retiring employees for voluntary contribution to nation building post retirement.

The Department started an Annual Award Scheme to encourage and motivate the employees to share their experience on this Portal. These awards were conferred on deserving write-ups in the years 2016, 2017, 2018 and 2019. The 34 award-winning Anubhav write-ups have been compiled in the digital Coffee Table Book.

This endeavour of the Department will go a long way in promoting the objectives for which the Anubhav Portal was launched.

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ANUBHAV



AWARDS

ANUBHAV



AWARDS

2016 ANUBHAV AWARDEE

**1.MR. NATRAJAN A.,
IRSSE, MINISTRY OF RAILWAYS**



During my tenure as Instructor/Model Room at ZRTI/TPJ, carried out new model stations work (18 No.,) by designing with simplified circuits with cost effective which was appreciated by one and all from Railway Board officials and was awarded by GM/Southern Railway.

While working at HQ/Southern Railway, in punctuality control, signal failures were brought down at all divisions by critically analyzing with suitable remedial solutions along with HQ Officers, thereby reducing the Train loss punctuality in Southern Railway on S&T failures.



**2. MR. M. BALARAM,
DEPTT. OF DEFENCE RESEARCH
& DEVELOPMENT.**

I joined Electronics and Radar Development Establishment (L.R.D.E.), Bangalore in 1977. I completed around 38½ years of Government service and retired on 30th September 2015 on superannuation. Out of 38½ years' service, I worked in Controllerate of Inspection Electronics (C.I.L), Bangalore for 10 years and the remaining 28 ½ service in L.R.D.E.

I had initiated and processed some 45 Nos. of purchase files for WLR project for its upgraded version Swathi. I would like to highlight one of my purchase activities. The PDC of Swathi project is just 18 months. I achieved a challenging task of processing 30 files in just 12 months for this project. WLR is a successful Project undergoing production by Bharat Electronics.

**3. MR. ALOK RAWAT, SECRETARY,
DEPTT. OF PENSION & PENSIONERS'
WELFARE AND DARPG**



Presently serving as Secretary, Department of Administrative Reforms & Public Grievances and Department of Pensions & Pensioners' Welfare in the Ministry of Personnel, Public Grievances and Pensions. Joined the Indian Administrative Service in July 1977, and was allocated Sikkim cadre.

During innings as Secretary, UPSC, from March 2008 to June 2011, proactively created Ministry/Department-wise proposal relating to holding of DPC, recruitment, deputation and same was updated dynamically. The system of single window receipt of proposal by UPSC, came during my tenure. Since joining the Department in October 2014, continuous efforts have been made to sensitize central ministries/departments to respond to public grievances in an effective manner. The numbers of public grievances particularly those which are pension related, have shown a downward trend.



4.SHRI JAI NARAIN, POSTMAN, DEPARTMENT OF POSTS

I was working as a postman in Naraina Industrial Estate HO since 1982 and I have served in many beats of the area. I am very satisfied that this Department has given me an opportunity, where I am the most known face and people can relate post office with my services.

In the year 2005, it was a life time experience for me to meet the then President of India i.e. Dr. APJ Abdul Kalam along with 300 other postmen from all over India. He shared his experience of childhood days when he used to wait for money order which his father used to send to Kerala. In my entire career of 35 years as postman there has not been any complaint against me. I have always tried to be punctual all the time and maintained very healthy relations with residents of the area. I know many of them.

**5. MR. RAVINDER KUMAR SHARMA,
CENTRAL INDUSTRIAL SECURITY
FORCE (CISF)**



During about 39 years of service in Central Industrial Security Force, an elite and premier multi-skilled security agency of the country providing effective security to major critical infrastructure installations of the country in diverse areas, I rendered services in various capacities in the following three sectors;

i. HUMAN RESOURCE DEVELOPMENT/TRAINING: I had been instrumental in implementation of new training programmes to enhance operational capabilities as per the need of the force, besides a faculty member.

ii. AVIATION SECURITY: I was able to ensure incident free, smooth and trouble-free security operations at all these airports through effective implementation of security standards, regulations and Aviation security Quality.

iii. INDUSTRIAL SECURITY: As a Company Commander and In-charge Crime section, I had contributed for protection of very important and sensitive undertakings such as; Alloy Steel Plant (West Bengal), Vikram Sarabhai Space Centre, Thumba (Kerala), Cochin Port Trust (Kerala) and Maruti Udyog Ltd. (Haryana).



2017 ANUBHAV AWARDEE

**1. DR.(MR.) MANAS KUMAR MANDAL,
DRDS, DG LIFE SCIENCE
DEPARTMENT OF DEFENSE RESEARCH &
DEVELOPMENT**



I have made contribution to armed forces as well as to other security agencies, in the fields of selection of officers and troops, strategic behaviour analysis (like mass counselling following disaster, control of mob hysteria, motivation and morale of security forces), and psychological adaptation of troops to extreme terrains like high altitude. Being an experimental neuropsychologist, I served the armed forces in critical areas like (a) test development for special forces,

- (b) military motivation in low intensity-conflict,
- (c) social engineering in proxy war,
- (d) trade allocation system for military hardware,
- (e) pilot selection system for fighter aircraft,
- (f) psychological adaptation in extreme environment (like high altitude),
- (g) suicide/fratricide prevention program in the armed forces, to name a few.

My contribution on selection system in military science benefitted organizations like UPSC, Staff Selection Commission, National Security Guards, CRPF and other para-military forces. In recognition of my contribution to military psychology, I received the 'Scientist-of-the-year' and the 'Agni Award of Excellence in Self-reliance' (2005) awards, both awarded by the then Prime Minister of India for my contribution to Military Psychology.

**2.SHRI DEVI DASS SHARMA,
CAPF, DEPUTY COMMANDANT, INDO-
TIBETAN BORDER POLICE(ITBP)**



Frequently visited BOPs and made all out efforts to improve the living and working conditions of Jawan's, SO's and GO's at BOPs and BN Headquarters. I remained posted in extreme hard area Leh-Ladakh for more than eight years and militancy infested area at Srinagar for more than three years and executed my work in a very diligent manner. During my stay in Ladakh, I observed that there was no proper supply of drinking water at most of the BOPs and raw water was being brought in jarricans from rivers or nallas. I explored the possibilities of underground water and prepared the proposals for various BOPS of Southern Sub-Sector of Ladakh. With the grace of almighty, I succeeded in getting the desired result and at present underground water is being supplied at most of the BOPs. During my posting at Mahidanda of Uttarkash Distt. Uttarakhand, I also observed that many problems of the unit were non-availability of drinking water, By putting my best efforts, underground drinking water was successfully provided.

**3. MR. MANJIT KUMAR,
CENTRAL SECRETARIAT SERVICE,
DIRECTOR, DEPARTMENT OF HEAVY
INDUSTRIES**



I joined the Central Government service as Assistant of CSS Cadre in Union Public Service Commission on 20 January 1979. At present, I am holding the post of Director in Department of Heavy Industry.

During my tenure in R(C&P) Section, I initiated a project in 1981-82 to compile the letters and proforma used in Recruitment Branch for communication/documentation under the direct guidance of Sh. B.S.Kapur, then my Under Secretary. At that time, different Sections (RA to RH, Adviser Cell, Data Bank etc) were using different format of letters/proforma and there was no uniformity. In order to bring uniformity, the letters/proforma for communicating with Ministries/Departments/Candidates/Experts/Interview Boards, it was considered to standardize all the documents in the Recruitment Branch.

**4. MR. M. PRAKASH,
DRTC TECHNICAL OFFICER,
DEPARTMENT OF DEFENCE
RESEARCH & DEVELOPMENT**



Made immense contribution in the Design and Development of Airborne Qualified Avionic Computer Chassis for various Avionics Systems and the Packaging of Electronic Modules, Power Supply Modules, PCBs with Thermal Plates and the Precision Electronic Units along with the Mother Board for their elegant compact mounting, alignment, and electrical connectivity and effective heat transfer inside the Chassis.

Made meticulous effort for the Design of Mission Computer and Display Processor Chassis and the Mounting Tray which is a mechanical interface for the LRU and aircraft. It is first of its kind that the chassis has been provided with ARINC four shell rear mountable connector Packaging the Electronic Modules and PCBs within the available space of % ATR standard size which is very precise and compact The selection of fork latch assembly on front panel of the chassis is very effectively used for engaging and disengaging the rear mountable connectors. Successfully carried out the installation of Mission Computer and Display Processor on SU-30MKI Aircraft. I have got best performance award in 2010 from Hon'ble President Dr. APJ Abdul Kalam and DRDO Award for performance Excellence in 2009.

Contributed effectively in the detailed Design and Development of various types of Chassis for different LRUS like Core Avionic Computer (CAC), Data Transfer Unit (DTU), Air Data Computer (ADC), DC-DC Converter Mechanical Interface, Chassis for Flight Test Controller (FTC) etc, Played a major role in the Successful Production and Integration of the said Units on the MiG-27 Aircraft.

Innovatively designed and developed the Jaguar Mission Computer chassis where all the electronic modules have been upgraded to VPX standards, made to fit inside the chassis with proper alignment to the mother board connectors. The Electronic Packaging were made within the stipulated size of the $\frac{3}{4}$ the ATR standards and has given good results of meeting the Thermal Requirements.

DIGITAL LIFE CERTIFICATE



75 Points for Family Pensioners to know

आजादी का
अमृत महोत्सव



How is the income of parents calculated for deciding eligibility for family pension?

Parent shall be deemed to be dependent on the Government servant if their combined income is less than the minimum family pension and the dearness relief admissible thereon.



**5. MR. C. NANJAPPA,
DRDO SCIENTIST-D DFRL MYSORE,
DEPARTMENT OF DEFENCE
RESEARCH & DEVELOPMENT**



I was assigned the following Projects which I handled successfully.

- i. Development of value-added products from non-conventional fruits and vegetables grown in north-eastern, central Himalaya and Ladakh region.
- ii. Standardization of process for making Soy Paneer and enhancement of their shelf life.
- iii. Development of infrastructure facility for the evaluation of the antimicrobials from microbes and plant source for biomedical application. (DEBEL-DP-16/2005)
- iv. Studies on interpenetrating Network formulation in Biopolymer
- v. Development of specific processed food technologies for Armed forces in combat environment. Development of integrated post-harvest technologists for fresh and processed fruits and vegetables with micro and macro climatic modulation, biodegradable packaging and non-invasive quality measures.

**6. MR. PRABHAKER KUMAR VERMA,
CAS, CHIEF ARCHITECT, CPWD (NR-I)**



I had been working as a Associate Professor (Head of Department), Department of Architecture at I.C.E., Motihari (East Champaran, Bihar), since 1981.

Guest House at Cinque Island was immemorable, not only because of its time schedule, but also due to its challenging location, which is a non-habitable very small island located in the mid of open sea, approachable only through motor boat of 3 hours journey. This challenging work was the outcome of team work displayed amongst all the three disciplines i.e. Architecture, Civil and Electrical, which was a great success.

Few of the works are as under-
O/o AG, Lucknow, O/o CE&C, Residential complex for CE&C, Lucknow, O/o AG & Residential complex at Dehradun Noteworthy projects are various office buildings of Income Tax at different places of Uttarakhand, large CPOs Complex etc, in all over zone, which are sited on very difficult hilly terrain Most importantly the two buildings at Lucknow, namely O/o AG Buildings and IGNOU Building, got prestigious recognition for innovative architectural planning and design.

**7. MR UMED SINGH,
CAPE, INSP/RADIO OPERATOR,
CENTRAL RESERVE POLICE FORCE
(CRPF)**



I started my service as Radio operator in May 2002. I was deployed under Army in Rajouri/Punch area for smooth passing of Army troops. I have played main roll of communication between Army and our troops. After three month my unit deployed in highly sensitive area of LOLAB (Kupwara) Just 3 KM back from L.O.C. Our signal centre provides up to date election news to news channel of BBC CNN and other local Indian channel. Most of the representatives of electronic media were present in our signal centre, because most of the system of communication had been blocked by terrorists. During the stay with army my- self contacted with one surrendered militant of Laskers-e-Taiba(let) who worked as a wireless operator in this Tanzim. The above person asked about working frequencies of terrorist group of Laskers-e-Taiba and jesh-A-mohmand, Hizabul Muzahideen. After about one-year experience. I knew about the modus-operandi of main terrorists groups active in J&K. and important conversation tapped by me and shared with Army other forces deployed in J/K through unit Comdt. as well IG OPS SNR which was very helpful to conduct special operation. Meanwhile in Sept-2006 I intercepted conversation between two terrorists of LASKER from their base camp at POK.

Regarding fidayeen attack on security forces on next day. Conversation indicated that four fidayeen were staying in a mosque in SNR city and they promised to their AKKA that good work will be done between 2 pm to 4 pm. I shared the vital information with IG OPS SNR through our unit commandants. All forces deployed in SNR city put on high alert. A fidayeen attack took place on D/96 CRPF located at Firdos cinema hall at 02.15 pm. All four fidayeen were neutralised by D/96 jawans within 15 minutes, because of prior information circulated to all force personnel deployed in SNR. Army officers visited the incident place and shocked that how can CRPF jawans took a bog action within short time IG OPS SNR appreciated my work through our unit commandant.



**8. MR BAPU PANDU CHOUDHARI
DRTC TECHNICAL OFFICER,
DEPARTMENT OF DEFENCE RESEARCH
& DEVELOPMENT**



An Air Deployable Device for Rescue of Survivors at Sea' requirement was projected by Indian Navy in 1989. I was involved in the task and Designed and developed the prototype, participated in qualification testing and static, adaptation, carriage, release trials from IL-38 aircraft. Users recommended for induction into services. A production lot of qty 20 nos., was completed under my supervision. The design is ab-initio and innovative. A Patent was filed at the Patent Office and Patent for 'An Air Deployable Device for Rescue of Survivors at Sea' has been granted to me in 2013.

Design & Development of AVU-ETM LEFA Cable for Jaguar Aircraft

To carry the Russian air delivered bombs from Jaguar aircraft an interface cable was required to take the electrical input. Air Force projected a requirement design and development of AVU-ETM/ETMA LEFA Cable.

ii. Involved in TOT during product ionisation of the bomb at of Khamaria.

**9. DR (MR.) SATPUTE RAVINDRA
SHAMKANT,
DRDS, SCIENTIST-F,
DEPARTMENT OF DEFENCE RESEARCH &
DEVELOPMENT**



As system manager I was responsible for the development of RDX based High Energy formulation and low modulus propellant suitable for case bonding. RDX based aluminised composite propellant has been introduced for the first time in an application-oriented mode. I was also responsible for preparation of Project documents like QA documents for all batches.

**10. MR. R SAGAYARAJ,
DRTC TECHNICAL OFFICER,
DEPARTMENT OF DEFENCE RESEARCH &
DEVELOPMENT**



During my vast 3.0 decades and resourceful tenure in DEBEL, I have been associated with various key projects/activities. My Major contribution in DEBEL is towards the Development of Integrated life support System. It has been developing in two phases i.e., phase (Science and technology mode) and phase-2(technology demonstration mode). It has 10 Subsystem Viz., On board Oxygen Generating System, Backup Oxygen System, Emergency oxygen system, Oxygen Sensor, Electronic Control Unit, Demand Oxygen

Regulator, Personal equipment Connector, Anti-G Valve, Quick Disconnect Coupling.

- i. Developed the various Signal conditioning circuit for sensors viz., Oxygen Sensor, Temperature Sensor, Pressure Sensor and cold junction compensation circuit Tested for its functionality.
- ii. Driver circuits for the loads and circuit for open load detection.

The next foremost important work I was involved was towards development of ‘Pressure Swing Timing Controller’ for Three Bed Oxygen Generation System (TBOGS). The TBOGS is required to deliver oxygen on board to the pilot similar to OBOGS but with the following advantages: Higher yield, Elimination of pressure transient characteristics of Two bed system and post mixing concept. I had been involved in the project for life saving jacket in which I contributed by designing the “Silicon controlled circuit” to inflate the life jacket automatically when the jacket hits the water surface.

CENTRIFUGE SYSTEM: I had contributed towards the centrifuge system, centrifuge system was installed, I have designed the slip ring assembly and the signal was interfaced with the add-on card on the personal computer to test the AGV, thus to study the gravitational behaviour using this system.

OXYGEN SENSOR : My major contribution was in the oxygen sensor. I have designed the Bench model for oxygen sensor and fabricated it by using the galvanized iron (GI) pipe.

**11. DR.(MR.) S. C. PANT,
DRDS SCIENTIST,
DEPARTMENT OF DEFENCE RESEARCH &
DEVELOPMENT**



a. Leading a group of scientists studying the histopathology caused by Chemical warfare agents and toxicants at the cellular and sub-cellular level which is essential to the prevention, early detection, diagnosis and treatment of the leading causes of disease/ toxicity.

b. Development of antidotes for chemical warfare agents (Sulphur mustard, cyanide Arsenic & wound healing formulation) particularly generation of essential preclinical data and establish the NOAEL level.



**12. MS. PREETI RAMESH MUDHOL,
CSCS, POSTAL ASSISTANT,
DEPARTMENT OF POSTS**



1. I have worked in both administrative and operative offices. I have played my role in the Government of India's most people friendly project i.e. providing of AADHAR cards. I was working in Shahapur sub post office Belagavi, when we had to handle receipt and distribution of more than 15,000 AADHAR cards through speed post. While attending to the customers at the counter I used to simultaneously attend to the scanning of the speed post articles pertaining to AADHAR cards. The post men of the Shahapur sub post office also shouldered responsibility, worked overtime and ensured timely delivery of all the AADHAR cards. In 2008 I was working in accounts department of Belagavi Head post office and was looking after pension Arrears Branch, servicing more than 1000 pensioners.

2. Belagavi HPO was one of the very few offices which paid 6th CPC arrears of pensioners on the same day on which Payment was made to the employees of the department.

**13. MR. CHHOTELAL RAM CRPF,
SI/GD, CENTRAL RESERVE POLICE
FORCE**



On the basis of specific information about the presence of terrorist, on 10 July 2003 at about 1000 hours, a section of platoon of CRPF went to Khayarabari village in Assam to search the area. One of the constables noticed two bicycles covered with mud parked near huts. He followed by me moved hiding in the huts started firing at them. The constable following me received bullet injury in the right hand. Immediately I took the injured constable to a safe place and started firing at the terrorists from my carbine. A terrorist got injured and took out a hand grenade to throw at the troops. Noticing this, immediately rushed and caught hold of the hand of the terrorist and a scuffle ensued by me. The terrorist fell down on the ground. Just then the hand-grenade exploded in the hand of the terrorist killing him instantaneously while I received severe injuries to my hand and leg. The terrorist was later identified as an area commander of ULFA. Hence gallantry medal was awarded by Government to me.

**14. DR.(Mr.) RAMANUJACHARI V
DRDS, SCIENTIST-H,
DEPARTMENT OF DEFENCE RESEARCH &
DEVELOPMENT**



I. 35 year of experience in Mechanical / Aerospace domain (R&D Training Institution) contributing towards design and development of propulsion system for air- breathing supersonic and hypersonic vehicles, teaching-learning process modules of aerospace propulsion and development of laboratory facilities for imparting curriculum in aerospace propulsion. Conducted training/ orientation programmes for engineers/ service officers on special weapon systems.

II. Responsible for the growth of propulsion technology in this country in the capacity of the co-coordinator of propulsion panel under Aeronautical Research and Development Board, New Delhi.

III. Contributed to the growth of combustion Science and Technology as a Chairman/executive Committee member of combustion Institute (Indian section).

**15. DR.(MR.) SURENDRA KUMAR JAIN,
DRDS,SCIENTIST G.
DEPARTMENT OF DEFENCE RESEARCH
& DEVELOPMENT**



I have made significant contributions in the execution of a major societal Programme “SUJALAM” under the national drinking water mission for providing safe drinking water in the remote problem village of western Rajasthan by installing 30 desalination plants, which were in operations for six years. Further, I have contributed in leading the DLJ team to provide safe drinking water during disaster & to the affected population during several calamities including super cyclone-hit areas of Orissa and the Tsunami relief operation have been appreciated by all concerned.

My contribution also resulted into various products like water testing field kit, Desert Desalting kit, On-line Fluoride removal water purifier, selective Nitrate removal resin, life saver water bottle CBRN water purification system, Military Survival pack (Field water Purifier), High altitude water purifier, Turbidity removal system and different nano materials and other polymeric materials for water purification applications.



COMPENDIUM ON PENSION RELATED ORDER

COMMISSION OF PENSION RELATED ORDER

Department of Pension & Pensioners' Welfare

Government Of India
DEPARTMENT OF PENSION AND PENSIONERS' WELFARE

Inauguration
All India Pension Adalat - 2019

by
Dr. Jitendra Singh
Hon'ble Minister of State,
Personnel, Public Grievances & Pensions

at
Dr. Ambedkar International Centre
Jangpeth, New Delhi

August 30, 2019

www.pensionportal.gov.in @DOPPW_India www.facebook.com/sankalp.DOPPW Toll free No.-1800-11-13

**16. MR. PROVAT RANJAN MAJUMDER,
IRTS, DRM EASTERN RAILWAYS SEALDAH,
MINISTRY OF RAILWAYS**



My experience as Ex-Station Manager of Eastern Railways, Ministry of Railway. My experience is handling train traffic during flood in Shantipukhur. The infinite rain caused flood in area. On the other hand Maithan DVC has been forced to release water from various reservoir. The importance of the details of the extent of panic not realized by them. As the station manager in charge of Shantipukhur station on 21st September 2000, I was conducting my own work. The train was moving even through it was not regular. All of a sudden water overflowed everywhere and swept everything. I came out of my room and saw people were shouting and pleading for life safety. No one was able to listen me in hue and cry. Water was close to Level crossing gate and cabin next to National Highway 34. The cabin men informed that the water flowing over the highway meant it would be about 4” inch above the Rail level. The train needs to leave right now otherwise it cannot go anymore. At the same time, I decided to leave the train immediately and decided to send necessary documents memo caution order etc. later to Sealdah on emergency basis. I took decision to leave the train and got the news later that the riverbank in the northern part of the station building etc. was damaged by flood water.

2018 ANUBHAV AWARDEE

1. MR. SURENDRA KUMAR MISHRA,
RMS, DEPARTMENT OF POSTS



कानपुर मेल एजेन्सी में स्टाफ की भारी कमी है। एक ठेले को सुरंग में चढ़ाने के लिए 3-4 लोगों की जरूरत पड़ती है। ऐसे में नियमित भर्ती करके स्थाई एम०टी०एस० कर्मचारियों की नियुक्ति की जाये। 50 वर्ष से अधिक आयु के एम०टी०एस० कर्मचारियों को हल्के काम की जगह पर लगाया जाये, क्योंकि 50 वर्ष से अधिक आयु के व्यक्ति से तेजी से काम लेना, सेक्शन में बैगों का अदान-प्रदान, सुरंग में ठेला चढ़ाना तथा अचानक प्लेटफार्म बदलने पर डाक को एक प्लेटफार्म से दूसरे प्लेटफार्म पर ले जाना कठिन होता है। पार्सल के बैग कई बार बहुत बड़े होते हैं। जिस कारण इनको चढ़ाने और उतारने दोनों में कठिनाई आती है। पार्सल बैग यथा संभव ऐसे बनाये जाये, जिससे इन बैगों के लेन-देन में कठिनाई न आए।

**2. MR. DAYAL ARYA,
IRSSE, CMM,
MINISTRY OF RAILWAYS**



1. It was seen that S and T cables, batteries and other items in large quantities were procured through works contract at double the rate at which stores department was procuring at the same time in standard line. He brought it to the notice of the GM/Const/A/F. Railway and requested him to get these items procured through store at half the price. His suggestion was accepted by the authorities and procurement was made of these items through stores tenders at half the price. Principal Director of Audit and came to know about this and made a draft practicing the loss of Rs 7 Crore during the last three years and this para was included in Auditor General Report and was discussed by parliamentarian and a decision was taken by Railway Board that all the cables and other S & T items like batteries etc. will be procured by all Zonal Railways through stores only the above action is saving at least Rs 100 Crores a year on Indian Railway Basic.

2. During 2010-11 as COS/NER, Scrap worth Rs 193 Crore was sold against the scrap sold of Rs 110 Crore in 2009-10. For such unparalleled excellent achievement, NER was awarded Railway Board Scrap Shield by Minister of Railway during Railway week function at NDLS for the first time in history of NER.

3. MR. BHOLU RAM, CENTRAL RESERVE POLICE FORCE



1. In the year 1989, while posted at Taran Taran (Punjab) diffused the ambush laid out by terrorists.
2. While posted in J&K in the year 2007 to 2016 ambushed against the terrorists and diffused the ambush laid by terrorists and saved fellows from Stone-Pelter.
3. In the year 1987 while posted 72 Battalion in Delhi, saved civilians and goods from fire that broke out in a factory.
4. In 2007 while posted in the 185 Battalion in Srinagar, J&K while performing duties as Kot NCO prevented spread of fire.
5. I won 11 Prize and 3 appreciation letters during 34 years 7 months of service in CR.

4. DR.(MR.) APREN T. J., DEPARTMENT OF SPACE



ASLV project was the embodiment of team work and knowledge. Knowing the importance of documentation and root cause analysis, the team followed meticulously all these procedures.

The paradigm shift from project to designer responsibility fueled my technical thirst and quest for knowledge. I have taken several initiatives in RF system design. I started inducting state of the art design concepts in RF design. The flexibility and the programmability of the state of art design technique from the backbone of RF system. Inducted and operationalized number of complex systems into launch vehicles and satellites. Satellite C Band Transponder for SHAR Radar Calibration is one among several systems. India became the second nation among space faring nations in this facility. The saga continues with development of solid-state system and indigenization of RF modules and components as part of self-reliance. I was always a fore runner in proposing state of the art technology development programme to get competitive edge in the onboard system.

SANKALP



**5. MS. NALINI JOSHI,
DEPTT. OF DEFENCE RESEARCH &
DEVELOPMENT**



1. Studies on the storage life of vegetables change in chemical composition during storage and finding out a suitable stage of supply of vegetables to the troops in Uttarakhand region.
2. Effect of trace P1 (micro) elements on the yield and quality of vegetables under different hilly locations of Uttarakhand.
3. Exploration of medicinal and aromatic plants of Himalayan region for use in emergency.
4. Preservation of surplus vegetables, fruits, meat and eggs by dehydration, canning and bottling.
5. Studies on medicinal flora of Himalayan regions.
6. Studies on health profile of DRDO employees with special emphasis on coronary risk factor.

**6. MR. A.M. ISHACK,
DEPT. OF DEFENCE RESEARCH &
DEVELOPMENT**



Atmospheric pollution at Naval base, Cochin: The task given to NCML was to study the air pollution in and around Naval bases at Visakhapatnam & Cochin and give suitable recommendations to industries to mitigate problem arising out of air pollution.

A pollutant monitoring laboratory was set up at Station Health Organisation (SHO) the site selected was (NARO) as it was in close proximity to Cochin Port Trust. Air pollutants monitored on the basis of 'diurnal pattern'. For full three years I carried out the work and sent the experimental data on air pollutants to NCML on weekly basis for interpretation & data analysis. I frequently made use of NPOL test facility for experimental work and other work like preparation of absorbents for SO₂, Ozone, Lead Peroxide candles for Sulphur determination and Suspended Particulate Matter (SPM) etc. I periodically briefed Surg. Lt Cdr A.C. Kulkarni, OIC, SHO, in turn he briefed Chief Medical Officer, Southern Naval Command.

This study has become necessary, as Naval base was in very close proximity of Cochin Port Trust, where chemicals like Sulphur powder, Muriate of Potash, liquid ammonia are handled regularly. Sulphur is transported to FACT a state-owned company (Fertilizers & Chemicals of Travancore Ltd) godowns by conveyor belts openly and later by trucks to FACT factory premises at Always. It was a common sight that Sulphur powder was spilled all over the roads in and around Naval base due to poor handling of these chemicals during transportation and some particles which became airborne, causing skin allergy, eye irritation and redness of eyes etc. The atmosphere was filled with pungent odor due to handling of ammonia & Sulphur powder during this operation. Cochin Shipyard Ltd., where ship building activities are taking place also contributed to metallic particles becoming airborne.

2019 ANUBHAV AWARDEE

1.MR. SITA RAM HIMRAL, HEAD POSTMEN, DEPARTMENT OF POSTS



सेवाकाल के दौरान किए गए कार्य के अनुभव में सीताराम हिमराल दिनांक 06 मार्च 1978 को अतिरिक्त विभागीय डाकवितरक के पद पर शाखा डाकघर भराडाबावा बसन्तपुर में नियुक्त हुआ था व दूर-दराज के दुर्गम क्षेत्रों में रजिस्ट्री पार्सल व मनीआर्डर आदि सभी प्रकार के पत्रों की सेवाएं दिया करता था। उस समय इन क्षेत्रों में यातायात के कोई भी साधन नहीं थे। मुझे सतलुज नदी को झूले पर बैठ कर पार करना पड़ता था जो कि अत्यन्त जोखिम कार्य था। मैं 02 जिलो मण्डी व शिमला के लगभग 25-26 गाँव में डाकवितरण का कार्य करता था। जिनमें की अक्सर 6 व 7 घण्टे लग जाते थे व दो छोटे- छोटे नालों को पार कर एक गांव से दूसरे गांव में जाना पड़ता था। बरसातों में इन नालों में बहुत अधिक पानी होता था। जूते व पेंट को उतारकर इन नालों को पार करना पड़ता था। इन नालो पर पुल नहीं हुआ करते थे। सन् 1984 से मार्च 1990 तक शाखा डाकपाल के पद पर कार्य किया व इस क्षेत्र के लोगों के बचतखाते आवर्तीखाते इन्दिरा विकास पत्र व रजिस्ट्रीदृपासलों की बुकिंग की उमत्तम कृतं गई। 13 अक्तूबर 1990 को मुख्य डाकघर शिमला में पैकर के पद पर नियुक्त हुआ। कार्यालय में सभी ब्रांचों में कई जंती ाम ांउवद ाव करने का मौका मिला व मुख्य डाकघर के अन्तर्गत आने वाली सभी पत्र-पेटियों से मुख्य डाकघर को पत्रों के बैग भर-भरकर लाए गए। 25 मार्च, 1993 को उप-डाकघर छोटा शिमला में पत्रवाहक के पद पर नियुक्त हुआ। सर्दी-गर्मी बरसात व बरफबारी में घर-घर जाकर लोगों को उचितदृसमय पर डाक वितरण का कार्य किया गया। सितम्बर 2012 में मुख्य पत्रवाहक के पद पर नियुक्त हुआ पत्रों की छंटाई व हिमाचल प्रदेश सचिवायल छोटा शिमला और उपडाकघर कसुम्पटी शिमला-9 को कैश काआदान-प्रदान किया गया

12 वर्ष कीअनियमित व 27 वर्ष की नियमित सेवा पूर्ण लगन व निष्ठा के साथ करने के पश्चात 31 मार्च 2017 को अपनी 39 वर्ष की नौकरी के पश्चात सेवानिवृत्त हो रहा हूँ। इस आशय के साथ सेवाकाल का अनुभव पत्र सेवा में प्रेषित है।



**2. MR. J.N MOGAL,
DEPTT. OF DEFENCE RESEARCH AND
DEVELOPMENT**



I used to do driving duty for all the directors. I have performed all types of driving duty such as Explosive Vans, staff car, Ambulance, Tatra etc. In the SRI when the slab was dropped, many people were killed in it. During that accident, saved two people lives by taking them to the hospital. There was a fire in the MT Divisions petrol tank. I saved the vehicles from burning. During the earthquakes in Latur, I made my contribution in rescue relief work.

**3. MS.KSHIPRA MISRA,
DEPTT. OF DEFENCE RESEARCH &
DEVELOPMENT**



Since my inception as scientist in DRDO, apart from successfully completing various research projects and tasks, performing several managerial responsibilities and publishing over 100 research articles.

Major achievements:

Patents:

- i. A process for producing potable water Patent no. 221708
- ii. 2 Modified activated carbon and a process for preparation thereof. Patent no 233760.

- iii. Filtering device for the removal of arsenic from water. USA 0308, 484.-
- iv. Filtering device for the removal of arsenic from water. UK 12065148.
- v. Filtering device for the removal of arsenic from water. Vietnam 1-2008-00790.
- vi. A process for obtaining an extract of Ganoderma lucidum, an extract and composition thereof. Application no. 2508/DEL/2013.
- vii. A herbal vaccine adjuvant and a process of extraction thereof Application no. 2073/DEL/2014.
- viii A phytochemical rich herbal extract and process of extraction thereof. Application no. 1625/DEL/2014.

**4. MR. SURESH N. ,
DEPARTMENT OF SPACE**



I was involved for the realization of filament wound products from ASLV. Structural back up and compliance ring seating build up was done for HPS3 Nozzle divergent.

I have made a device to locate the aluminum retainer ring for the compliance ring seating build up over the HPS3 nozzle structural backup taking reference from the aluminum nozzle hardware flange. The same device was used since then and now its modified version is used with slight modification.

**5. MR. S. KANAGARAJ,
CENTRAL RESERVE POLICE FORCE**



I got enlisted as CT/GD on 21/08/1989 at GC Avadi (T.N) and completed basic training in GC Avadi. After successful completion of basic training, self was transferred to 91 Bn CRPF at Bangalore on 04/10/1991. At that time, we got an intelligence report that the suspected executioners in murder of Sh. Rajiv Gandhi namely Sivarajan, Subha and 03 others are hiding out in Bangalore outer area and they are the prominent leaders of L.T.T.E. At about 1200 hrs., troops of our unit are deployed for cordon duty on the area where they stayed. We vigorously cordoned the area for 24 hrs.

Then Sh. Karthikeyan (investigating officer in murder of Rajiv Gandhi case) along with a team of NSG commandoes reached the location by midnight. But due to the non-availability of specialized doctor in medical antidotes for cyanide poisoning the mission was delayed. The medical team reached on the spot after 02 hrs from Delhi.

At about 0330 hrs., Sivarajan, Subha and their parties started firing on our troops. NSG team retaliated by firing on them for a approximate 30 to 45 min. After that, no firing occurred from the opponent side. Then, NSG commandoes got into action by entering into the building by blasting the door. But the whole LTTE parties committed suicide by taking cyanides. All their personal and wireless equipment are destroyed by burning. This is my first Anubhav in CRPF Sh. Karthikeyan, Addl. DGP rewarded Rs. 500/- to all our troops deployed in said operation.

During the year 1994, when Sh. M.L.Guberia, DIGP (OPS) returned to his residence after attending an OPS meeting at Rambagh, militants opened burst fire upon our escort vehicle. The escort party suddenly taken position and retaliated back by firing upon the militant groups. The firing took place for few minutes. Se lf suddenly informed STF party through wireless set for re-enforcement. The STF party rushed to the spot and cordoned the building where the militants hid out. Heavy fire of exchange taken place between our troops and militants approximate 10 to 15 minutes, 04 militants are gunned down on this action and 01 person of our party got martyrdom and another one seriously injured. The injured person was suddenly evacuated to Military hospital, Badami Bagh, SNR. This is my second time that I got the opportunity to take part in OPS.

6.MR. BASHEER AHAMMAD KAJI, CENTRAL RESERVE POLICE FORCE



Self was enlisted on 06/01/1981 in the Great and elite force under 51bn CRPF, which was located at Yellanka, Bangalore (Karnataka). Performed several types of duties by foot at outpost. After 4 years unit again moved out to Moga (Firozpur) Punjab by special Train in 1986 and was deployed at various places of Punjab. At that time militancy was in its peak value and many incidents occurred in which several thousand personnel killed by militants. During my above duty on 09/5/88 self along with DIGP (OPS) and protection party was rushed to golden temple Amritsar to look after the situation where as militants/anti-social elements constructing morchas on main gate/Prasad point of golden temple along with arms/amns.(AK 47 rifle), when construction was blocked by our party a/with DIGP Ops Sh. S.S VIRK. Then the militants started firing on our troops in which one round hit on chin of DIGP OPS after ricochet. Our troops also fired several rounds. After getting hit, self a/w HC/GD Fedlis Baing (Body Guard) of DIGP OPS was taken/shifted by auto rickshaw a/with DIGP at Guru Teg Bahadur Hospital Amritsar, where doctors operated, that time our senior officers i.e. then the DGP Sh. Halarankar, Sh. K.P.S. Gil DGP Punjab Police, Sh. MP Singh then the DIGP Ops Dte. Along with other delegations visited incident place/ hospital to look after and control the situation and meet ailing officers. In this connection, self was also inquired/asked by our officers. In this about above incident. After two weeks of continuing firing golden temple and surrounding area was occupied by our troops. During above incident several militants were killed by our troops and several surrendered in entire incident name was given black thunder by Govt of India and also recovered huge quantity of arms/ammunitions.

**7. MR. MADAN GOPAL,
INSP/EXE,
CENTRAL INDUSTRIAL SECURITY FORCE**



मैं मदन गोपाल CISF/ Inspector / Exe. एक गरीब परिवार से संबंध रखता हूँ। मुझे समाचार पत्र से CISF में HSG/Driver के पद पर रिक्त स्थान की सूचना मिलने पर मैंने 1982 में चयन में पहुँचा और मैं चयनित हुआ। मैंने कई यूनिट में काम किया। CISF यूनिट ONGC नजिरा, आसाम में जब मैं तैनात था तो गंडारुन पार्टी सलफा/SALFA के हमला का डट कर मुकाबला किया और ONGC की सम्पत्ति को चोरी और तोड़-फोड़ से बचाया तथा तत्काल Unit कमांडर को सूचित किया। आधे घण्टे के अंदर Inspector भट्‌चार्य का 10 जवानों का Re-Enforcement पहुँची और हमें मदद मिली जो अविस्मरणीय है। सेवा काल के दौरान में उच्च अधिकारी द्वारा इन्स्पेक्शन में Vehicle मैनेटेनेंस तथा Kit Maintenance तथा ONGC Assam में चोरों द्वारा Crude Pipeline काटने की सूचना देकर पाइप लाईन को बंद करवाया जिससे Crude आयल की क्षति को रोका। सेवा काल के दौरान पूरे भारत वर्ष में अनेकता में एकता का उदाहरण देखा। CISF ने हमें बहुत कुछ दिया CISF ने हमें जीवन जीने का नया अंदाज दिया। CISF में हमने अनुशासन, मेहनत-लगन, चौकसी, व्यवहारिक ज्ञान मिला और मैंने उसका भरसक प्रदर्शन किया। हमने चुनाव में भी डियूटी की और निष्पक्ष चुनाव में मदद की।

ANUBHAV YOGA AND AWARD DAY





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