

*The Kolkata*

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# PROTECTOR

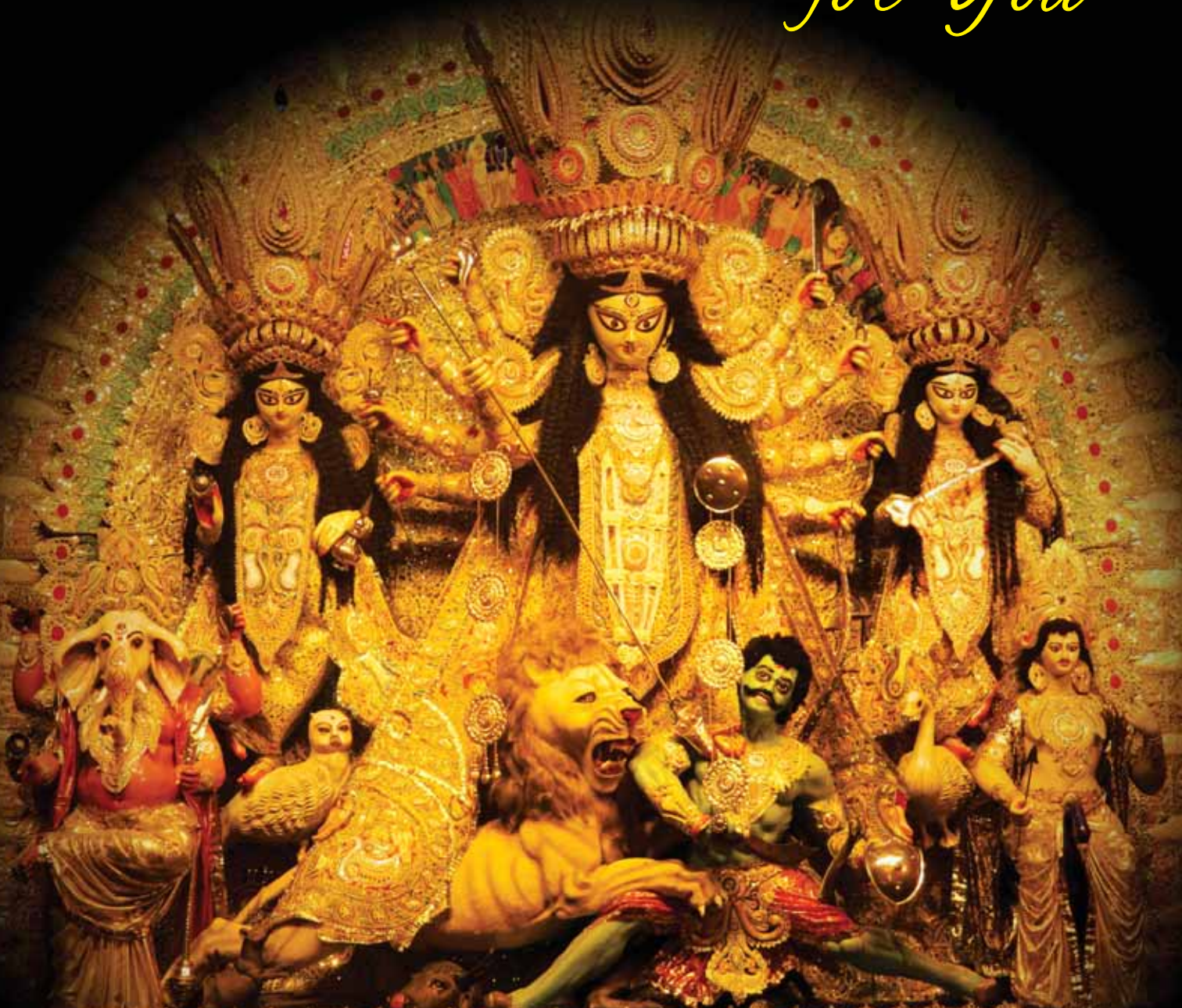
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প্রাকৃতিক সূত্র থেকে প্রাপ্ত ভিটামিনস, মিনারেলস, প্রোটিন এবং ওমেগা 3 ফ্যাটি অ্যাসিডের শ্রেষ্ঠতা

*Khul ke Khel*

"হেলথ ফিট হে এভেরিথিং ফিট"। তাই আমার স্বাস্থ্যের জন্যে আমাকে প্রতিদিন ভরপুর স্বাস্থ্যের, নিয়মিত ব্যায়াম এবং নিউট্রিলাইটের প্রোটিন, ভিটামিনস, মিনারেলস এবং ওমেগা 3 - সাহায্য করে। আমি নিউট্রিলাইট অল প্লান্ট প্রোটিন পাউডার খাই। প্রোটিন আমাকে সুস্থ আর জটিলতা রাখতে সাহায্য করে। নিউট্রিলাইট ডেলি প্রতিদিন আমাকে 13 টি ভিটামিনস আর 11 টি মিনারেলস প্রদান করে। নিজের অভিনয়, লেখা, গান আর নির্দেশনার মাধ্যমে আমি আপনাদের সবার জন্যে রাজ্যতা করি আর আমার সুস্থ চলতে প্রতিদিন রাজ্যতা করে নিউট্রিলাইট সালমন ওমেগার, ওমেগা 3 ফ্যাটি অ্যাসিডস্।

*Farhan Akhtar*  
(Farhan Akhtar)



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facts before making business decisions using the same.



*Dear Readers,*

Festive Greetings!

Come October and it is the festival time after grueling summer and nagging rainy season. People are now busy to enjoy moments along with their friends, relatives and neighbours. I greet every one and wish them well to participate in all the festivals with the spirit of goodwill and the best of tradition.

Kolkata has a remarkable tradition to celebrate occasions with people's participation. People are so friendly that they participate in most festivals with the spirit of oneness. No different feeling is evident when the city celebrates Eid, Durga Puja or Diwali. There are many Sarbajanin Durga Puja committees in which members from the minority communities undertake important roles. Same spirit is visible when Eid festival is celebrated. Friends from different communities enjoy the occasion making the spirit remarkably well for the society. People move places speeding up the process of economic activities, high voltage marketing throughout the city and suburbs keep police force in tenterhooks. It must be said in all fairness that in general, people are very appreciative about the overall situation and take guard to prevent any possible mischief by the swindlers.

Police force is always ready to extend support to make the festivals pass on smoothly ensuring normal flow of traffic and guard against any possible interruption as the people are keen to move places for meeting friends and relatives without caring whether its day or night. Steps would be taken to keep the road wide open for people movement. Kolkata gets several lakhs of people from the neighbouring districts besides steady flow of tourists from other states and abroad to enjoy the occasion, which is well compared with major festivals in the world.

Diwali is another important occasion when Lord Ganesha and Goddess Lakshmi are worshipped hoping for prosperity of the people. Dhanteras festival is associated with Diwali when people buy new materials, mostly valuable ornaments. Police is alert to make those important moments incident-free so that the people can move with their purchasing spree at ease without any problem.

Kolkata has a tradition to welcome guests and maintains the tradition in true spirit for which we are proud of. It will be our solemn duty to stand for the people, who love peace and tranquility and we assure you that entire police force will always be ready at the service of the people, irrespective of good time or in crisis.

I wish every Kolkatan a happy and pleasant festive season and assure that Kolkata Police is always there to serve the people to make Eid, Durga Puja, Diwali and Chhat Puja moments grand occasions.

Happy Reading!

**Satya Swaroop**  
**Managing Editor**

satya@newmediacomm.biz



*Dear Readers,*

As the festivity spirit pervades the air, Kolkata transforms into a magical land- the sound of Dhak, Conch shells, smell of 'Chatim', Shiuli, Kaash phool filling the air- the sentinels of Kolkata, Kolkata Police gears up to fulfill its commitment of ensuring that Kolkata enjoys a happy and safe puja.

As the saying goes "Safety does not happen by accident"; Kolkata Police has a commitment to make life easy through professional services, working 24x7 to create a congenial atmosphere to increase comfort during this festivity. Durga Puja is known round the globe and attracts globe trotters and locals alike, who throng this city to experience a slice of festivity. Thousands of people move on the road with a joyous feeling and a sense of security definitely enhance the joyous mood. This period is particularly challenging for Kolkata Police to ensure that people enjoy the moments in its true spirits. Proper crowd control and traffic management is of utmost importance and history tells that we are up to it. The 'Safe Drive Save Life' campaign for ensuring a better regime on the road has been launched by our Hon'ble Chief Minister and the puja organizers has come forward to sensitize this campaign.

This issue of Protector covers various articles on the preparation for the ensuing Durga Puja festival. Eating out has always been an important part of festivity and naturally this issue has an article how the pandal hoppers can satisfy their taste buds. There is an article on vulnerability of cyber crimes which focuses on juvenile victims in the cyber space. Besides, there are regular segments like Know Your Police Station, Know Your Traffic Guard, Police Panorama, Health Column and Legal column among other topics, which have contemporary relevance.

The duty of police is to provide an atmosphere, where the citizen can live happily and have good time every day and thereby to stand by their side to ensure that normalcy prevails. Kolkata Police force stands committed to serve the society to ensure that people live comfortably and move freely according to their wishes. The job is challenging and Kolkata Police with its full force will always stand guard against any unforeseen situation either during festival time or otherwise.

It is time to enjoy. Have a good time. We are there for you, always.

Happy reading!

**Rajeev Kumar**

**Commissioner of Police, Kolkata**

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# Enjoy gala be also our Eyes and Ears

Rajeev Kumar, IPS



*“The Police are the Public and the Public are the Police”- Robert Peel*

The azure blue of 'Ashwin' sky, the beats of Dhak, the fragrance of Dhuno and flowers pervading the air announce that the festival season is here again!

Hope you are ready with revitalized energy to enjoy the season up to the brim as we are ready to provide you with what it takes for a safe and sound celebration. The last minute shopping is in full swing for the Durga Puja, followed by Laxmi puja, Dhantaras, Diwali, and more. It's nice to feel the pulsating energy and the vibrant atmosphere. The festive season comes every year, but the feeling is always of a new one, every year!

Your safety and security is of utmost importance to us, and we do plan much prior to provide our best, but your involvement in safety and

security measures is as important. Our responsibilities as the protector can never be complete without your active involvement. Be our eyes and ears, not only during the festivity but always. Be vigilant, be alert.

Crowd control becomes very crucial particularly during the Durga Puja days when thousands hop around the city. We will be there, but your positive involvement is as important. Help us to help you. Society is changing very fast and emergence of Shopping Malls has put an additional responsibility on us prior to the festivities. Police has to keep a strict vigil over the situation when large numbers of people throng the city from one mall to another. Do maintain an atmosphere of peace, harmony and inform us

of anything, you feel is out of place. Be patient for your turn to enjoy the fabulous pandals and idols throughout Kolkata.

Your involvement can only give us the completeness we are thriving for. Parking of vehicles is another issue that needs your active co-operation. Do park your vehicle at places designated. It will save everybody's time and effort.

Make this festive period really eventful through mutual cooperation. Be assured, Kolkata Police is always there to stand for you, your extended hand of cooperation will culminate into completeness. We know that you are with us as we are with you.

Let's enjoy the festive spirit, hand in hand. ■

FESTIVITY



## Kolkata Police Portal for guiding Community Puja Organisers

By Our Correspondent

Kolkata Police has launched a portal 'ASAN' for the guidance of community puja organizers so that they can easily obtain all the necessary permissions from the appropriate authorities. Commissioner of Police Rajeev Kumar informed this during the co-ordination meeting with the puja organizers in the meeting held at Netaji Indoor Stadium. The meeting was chaired by Hon'ble Chief Minister Mamata Banerjee. She announced an elaborate plan to make Durga Puja festival this year more exciting in both urban and rural areas by extending support not just only to the renowned puja committees but also to the small-budget organizers, particularly to those organized by women members, to make the festival more broad based throughout the state.

While addressing the representatives of the puja organizing committees Chief Minister announced that the organizers need not have to pay corporation taxes for the advertisements and enhanced the usual exemption limit in the power bills to 18 per cent from 15 per cent. She requested big budget puja committees to vow available assistance to the smaller organizers so that they

might also remain in the reckoning of the festival spirit. Representatives from other religious communities, including Muslims, Sikhs, Jains and Buddhists were also present at the meeting.

The Chief Minister said, "Festivals are organized by people and the administration extends support with certain facilities for making festivals successful. Every community should respect others and uphold the cultural ethos and secular fabric of the country." Besides, city and town Durga Puja festivals are now being observed with great enthusiasm in rural areas. Chief Minister announced that prizes would also be awarded to the good organizers in the district. She also said the district authorities would sanction Rs 10,000 each to 25 low budget puja committees and to another 25 community puja organized by women.

She made the announcement that the process of getting permission from the appropriate authorities would be done through ON LINE application from 14 September and the permission letters would be sent through that specially launched portal named 'ASAN'. Similarly

she announced other simplified procedure for getting relevant permissions in the districts to ensure that the organizers need not run from pillar to post for filing applications and getting the permission straight away. Director General and Inspector General of Police Surjit Kar Purakayastha was also present at the meeting.

The Chief Minister had also announced the schedule of the immersion of the Durga Idols and said that there would be no immersion on Ekadoshi i.e 12 October because of Muharram to be observed on the same day. The people may witness gala procession of prize winning idols at Red Road, where temporary gallery would be set up during the immersion on Traodoshi i.e 14 October. Elaborate security arrangement would be made by the police to make sure this biggest gala glitch free and successful, she added. Two ambulances would be kept ready near big community puja pandals to meet any unforeseen situation during the festival days. Chief Minister instructed to keep all gates of park wide open for averting any untoward incident that might dampen the festive mood. ■

# CM walks for Safe Drive Save Life campaign

By Our Correspondent

It was an unprecedented event that Chief Minister Mamata Banerjee walked a stretch of four kilometers along with some of her cabinet colleagues under the scorching sun after mid-day on 18 August to popularize her dream project 'Safe Drive Save Life.'

She is deeply involved to make this project a success primarily to reduce number of road accidents and clear the roadways from perpetual congestion causing problems for all concerned. She took to walking in the busy hours in the noon along with her cabinet colleagues to draw awareness among all sections of the people including the drivers and the pedestrians so that they all follow the rules of the road and in the process ensure safety and security of the human life and improve the process of economic development.

Her padayatra drew huge crowd and the number of onlookers was much higher on the route that she had chosen to follow during her awareness drive. Several ministers including Arup Biswas, Sovande Chatterjee, Firhad Hakim walked along with the Chief Minister.

A team of police officials were present during her walk for creating awareness for the 'Safe Drive Save Life' project. Police has



decided to take appropriate measures to create awareness all over the state by involving students. Use of helmet has also been made mandatory for the two-wheeler riders. Petrol pumps have been directed not to allow refueling until the riders do not use helmets. Apart from continuing awareness programmes, the police department will impose strict rules to be followed for all concerned. Strict punishment and heavy penalty would be imposed against those who would violate the law. Strict action would also be taken against carrying over the permitted load on the roads. ■

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# Cops on Road, Pandal Hoppers Enjoy Gala

By Our Correspondent

Autumn with its wonderful beauty preludes about homecoming of Uma and what actually people of West Bengal wait for. Soothing climate makes people to move around in a light mood and go out in a shopping spree before Durga Puja. It is not just a religious festival of the Hindus and more specifically of Bengalis but a gala event which turns into a carnival with the participation of people from various communities and different walks of life. Kolkatans go wild during five days of Durga Puja but nowadays the celebration has been extended for another couple of days. Apart from Kolkatans, people from adjacent districts and many other places come to this city during these days. Everyone is keen to go free way and at times moves whimsically which often cause problem for traffic movement. It becomes a major concern for the protector of the people to manage flow of vehicular traffic and crowd during puja days when lakhs of revelers from the city and elsewhere go places hopping from one pandal to another.

Additional CP (1) Vineet Kumar Goyal said, 'Police has geared up its plan to ensure incident-free festival through meticulous planning at different phases when people in thousands



throng in almost every nook and corner of the city. Initially much before of commencement of puja people go all out for shopping, which starts from around middle of August, followed by actual puja days and finally for the immersion which marks the end of the celebration after huge preparation. These are really challenging times for Kolkata Police to maintain traffic flow as well as control the crowd.' Managing crowd and traffic is an uphill task not only in those five puja days but also such situation continues for some more days before commencement of festival particularly in certain areas like New Market, Gariahat, South City Mall, Acropolis Mall, Hatibagan and Hari Saha market, he added. Collapse of Vivekananda Flyover has also aggravated problem for the police to manage traffic.

"No police personnel will get

leave during the puja days as we have to make special arrangements for maintaining flow of crowd as well as huge traffic", informed Additional CP(1). He said that the community puja organizers would also utilize the opportunity to popularize 'Safe Drive Save Llife' campaign for traffic awareness. He said they would like to take the message to the people to obey the traffic rules for better traffic management for all time to come.

Meanwhile, DC (Traffic) V. Solomon Nesakumar said police would use Variable Message System for transmitting information to keep people informed about the latest traffic situations of important intersections of the city. This attempt has been made to help pandal hoppers and pedestrians make alternative





arrangements in their travel plan and save time. Nearly 13,000 signage will be installed at different locations in the city to help people get exact location of the puja pandals. Adequate measures have been taken to deal with the expected pressure during these days for both traffic and crowd management in the city. Kolkata Police had already meeting with the officials of Kolkata Municipal Corporation and Public Works Department for repairing of roads, proper illumination. During puja deployment of force would be carried out in three shifts and the police would strictly enforce use of helmet and prevent triple riding, drunken and rash driving during festival time for curbing any possible unforeseen situation. Last year the police

had seized 1,000 motorcycles, he added.

Control Room at Lalbazar would vigil on overall situation and surveillance would be made through CCTV cameras round the clock for monitoring traffic movement. The police will be quick in their response, if there is any sign of traffic congestion, explained DC (Traffic). He said, it has been an ever challenging task for the traffic police to keep a balance between the movements of vehicular traffic and crowd particularly during busy hours in the evening till midnight during puja. He pointed out that crowd actually came out two to three days before Sasthi, which marks the beginning of the five-day long puja festival. Signage would

guide the people about the location of different puja pandals in the city, which was finalized in consultation with the Tourism Department. Police would also utilize the modern information system to step up the process of information to keep people posted with the situation for smooth flow of traffic. Steps would be taken to inform people through Variable Message Systems including Facebook and FM channels so that concerned individual can take alternate routes and enjoy the situation without loss of time. Kolkata Police has published a guide map of important puja pandals in the city. Kolkata Police would rope in 1,000 volunteers from NCC, Scouts and NGOs for controlling crowd, informed DC (Traffic). Necessary arrangements for immersion of idols in the river Hooghly has been made, which is another important occasion for ensuring safety and security of a large number of people when most of them go wild as the immersion ceremony marks the end of the puja festival. He said, Babughat, Gwalior Ghat, Baje Kadamtala Ghat, Ahiritola, Bagbazar any few other river ghats would be kept ready for the immersion ceremony. Traffic will be regulated at Kingsway, Standard Road and Beadon Street, he added. ■

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# *It's Festival Time, Dine with Delicacies*

Anirban Saha



Kolkatans are fond of food and its restaurants are pretty well known for their mouth watering delicacies. Booking tables in the favourite hangouts for friends and family members well in advance become top priority during the five puja days when they want to have special Adda for renewing their old ties and setting a new relationship. Not everyone is lucky enough to get right type of reservation in those special days. No one is ready to be left out There is no dearth of enthusiasm. Everyone goes for

something special for the puja days. They go out for the exclusive type of food and proper ambience during the puja days. However there are different types of people whose interest varies as the days are very special when there is no pressure of work schedule when everybody is in a mood for celebration. Everyone are in a break free mode and will not settle for anything less.

Various types of restaurants, from average to exclusive types,

lined up their dishes to meet the taste of different types of people. They have different types of food – Chinese, Thai, Lebanese, Continental, Oriental and other popular varieties – to suit various types of taste buds. High end outlets for exclusive foods including authentic Bengali ones are special attraction for the puja days when some people are keen to enjoy traditional varieties including Shukto, Begun Bhaja, Mochar Ghanto, Alur Dam, Payesh in a special environment and in style. Apart



from traditional Bengali delicacies, there are people who like Moghlai dishes. While a section of the youngsters, mostly in the company with old friends, more particularly with girlfriends, want to get special treatment in the choicest restaurants with sumptuous dinner in style, others would prefer to opt for traditional type of food during the puja days and even go for vegetarian food specially after they get fed up with the regular official lunch and dinner with meat and kababs.

Restaurants have advertised their special menu for the occasion. Several leading film personalities are going to be special attraction in some well known food joints to make those moments very special. There are not only just special menu for the comparatively affluent sections, many are providing regular type of food to meet the needs of hundreds of people, who mostly come from the districts and spend long time in Kolkata, moving around places. Number of restaurants serving exclusive types of food also does sizeable business during the five-day Durga Puja festival.

Women members particularly feel liberated during these days and insist for eating out as they also want a break from their kitchen chores and prefer to have special types of food after a day of pandal hopping in their respective favourite areas. Pandal hopping and 'pet pujo' go hand in hand for them. No work inside home, everything is outside. Relishing outside food is great on the puja days and it always tastes better than in the home. Even as the Bengalis seek to get a special treatment for their very close persons during the puja days, large number of restaurants has announced their special dishes to attract enthusiastic people on this very special occasion.

As malls have become the special hangout zones in the city, reputed food outlets are doing good business much before the puja days as people are giving more time for purchasing their favourite brands.

Chinese food is perhaps the first choice among the young shoppers.

Pizza and pasta are one of the favourite fast food joints not only for the younger generation but are becoming so for almost all ages. Apart from up-scale restaurants, large number of other restaurants is offering all kinds of specialized foods at a much less price attracting huge clients, most of them do not have high degree of sophistication. These types of restaurants are offering services to a new group of clients, who mostly visit this city to enjoy the moments. They come with good amount of money in their pocket and do not hesitate to spend and make experiments.

Besides regular shops, catering to the special food during the Durga Puja days, large number of make shift shops suddenly come up in different areas to meet the needs of unspecified number of people who throng to the city during the festival days to enjoy the occasion. They move on from one place to another and try to have new types of food that are available from different shops. ■

# Goechala Trek: In the shadow of Mt. Kanchenjunga

Neelu Sherpa Chakraborty, IPS  
Deputy Commissioner (DD- II)



Some things are not planned. An evening out with close friends, on a sultry September of 2007, discussion on varied topics and then one thing led to the other and by the end of dinner we had all decided on the Goechala Trek. The Dzongri- Goechala Trek in Sikkim is the most demanding trek for the rugged players that takes them towards

Goecha La from Yuksom to Dzongri and brings the outstanding views of Kanchenjunga. A month later after frantic googling, exchange of several mails, hurried meetings after office hours, leave formalities etc, we four, myself my husband Raja, two of his office colleagues, Subroto and Tapas, were in Darjeeling, my

birthplace, to begin the trek.

It was an agency we approached for our trekking requirements and after much bargaining they agreed to provide us with all the necessary equipments like, tents, sleeping bags, waterproof jackets, trousers, rucksack, raincoats, one guide, two porters, one doubling as a cook and a yak for a trek of 8 days. With a month of preparation in hand we already had other equipments/gear like a sturdy trekking boot, feather jackets, thermal inner wears etc. Our friend Subroto, an experienced trekker, had also advised us to bring four pairs of woollen/ nylon socks soaked in salt water and dried, apparently this works wonders to ward off the leeches.

Our trek began on reaching Yuksom, a small village in Sikkim where we had an overnight halt in a huge elevated wooden building with bare





wooden beds. That night we took out our rented sleeping bag for the first time. Early morning around 5 am, armed with a backpack containing water, towel, sunblock, tissue papers, energy snacks etc we started our trek from Yuksom climbing gently out of the valley with the Ratong Chu River, thundering below us. We crossed four long bridges to climb steeply towards the small settlement of Bakhim where we got to see clouds hanging below the trekking trails. Most trekkers halt for the night at Bakhim, but we continued our uphill climb for another couple of hours, through forest of magnolia and rhododendron to reach Tshokha village with its breathtaking



view of the valley below. Also from here we were able to see the first snow peak: Mt. Pandim. Our guide had sent a porter ahead to book two rooms for us. After freshening up we explored

the village with its few inhabitants. As dusk was approaching and the temperature falling rapidly, we finally huddled around a wooden fire stove in one of the



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trekker hut with a tongba (fermented millet served with hot water on a bamboo jug) to keep us company. There we met several other trekkers, mostly foreigners from different parts of the world and exchanged our experiences. Rest of the evening was spent with all the trekkers singing songs and dancing by the fire stove. Our dinner was noodles with scrambled eggs prepared by the porter cum cook.

While others woke up early to see the sunrise, I slept awhile. As the trek to Phedang today would be a short one, around four

hours, we had decided to start after a late breakfast. I decided to utilize this time to visit the local Tibetan monastery, lighted the (kongbu) oil diya, tied a prayer flag (dhaja) and said a prayer to the almighty to keep us safe in this trek.

On way to Phedang, I came to know that Tapas, my co trekker aged 55 years, had a steel implant on his left shin some years back, and due to the cold and exertion it was giving him some trouble, but in spite of the nagging pain, he trudged along with us. I made several acquaintances on the way and by

the time we reached zongri I had become fast friends with one French lady named Elodie, a truck driver by profession. I was fascinated by her long matted hair (Jata) which she had started growing after seeing sadhus (Hindu saint) in Puskar Mela. Her zeal and love for all things Indian was amazing and we still keep in touch with each other to this day.

We were lucky to have favourable weather on our side at Phedang and got majestic view of the Singalila Range, on the left and Mt. Pandim, Mt. Tenzing Khang, Mt Jophnu, and Oklathang Range etc. on the right side.

From this point onwards there was no human habitation and of course no electricity, no telephones or the basic necessities of life. It was just the vast majestic mountains, and you, totally isolated from the outer world. Freezing nights would be spent in either tents or on the floor in trekker's hut having no beds or toilet or running water, which had to be physically booked by placing your sleeping bags on the floor. For this purpose one of the porters would hurry ahead of us and book the sleeping areas beforehand. Each day the trek too would begin quite early, around dawn, to catch the clear sky and great views of the mountains. Usually in the morning the sky would be totally clear with not a single cloud in sight, but as the day progressed the entire trekking path would be engulfed in mist making it risky for trekkers. Hence all trekkers would start



early and try to reach their next destination by 3 to 4 pm. We trekked along happily as we were getting some awesome views.

We reached Zongri on the third day of our trek. My first experience of mountain sickness occurred here at an altitude of 4000 meters. In the evening I started having this terrible headache, and a feeling of queasiness. It was then that the guide explained to us that at higher altitudes some trekkers can develop signs of altitude sickness which could also be fatal. The cook prepared a watery broth of garlic and made popcorns for me, apparently the chewing action and the garlic was supposed to be a local remedy for mountain sickness. If this remedy failed to decrease my uneasiness, I would be shifted to a lower altitude and probably had to abandon the hope of trekking further. However miraculously in the morning I felt better.

In the meantime, during my sickness another development had taken place. The pain in Tapas's leg had increased to such a level that he would not be able to continue further with the trek and had decided to go back. One of the porters would accompany him back to Yaksom.

The three of us decided to stay one day in Zongri, to acclimatize ourselves to the altitude before moving uphill. That day we got up at around 4 am to trek up till Dzongri Top, where one gets a 360 degree view of snow capped peaks including Mt. Kanchenjunga. The climb to the Dzongri top is around 40 mins, but it is pretty steep and slippery due to sleet and as it was still dark we had to use our headlights to find our way. The view from the Dzongri top is simply amazing. It is like a rice bowl surrounded by snow peaks in almost all the directions. There is Kumbakarna, Kabru South, Kabru North, Kabru Dome, Black Kabru, Kanchenjunga, Pandim, Jaipan and many other peaks. Towards the west, the Singalila Ridge, which separates Sikkim from Nepal, can also be

seen. It was still dark when we reached the top and then were witness to the rising sun light up the tip of the numerous peaks one by one in a golden glow. A truly majestic sight indeed....trekkers Nirvana. I could see that some trekkers were so overawed by the sight that tears rolled down their cheeks, some were clapping while others were hugging their loved ones in pure happiness. After spending considerable time and taking the customary pictures we returned back to the Dzongri trekking hut for a well deserved rest.

The next day we trekked from Dzongri to Thansing starting with a gradual ascend where the chortens (Buddhist prayer stupa) and the colourful prayer flags overtakes the views. I said a prayer and tied a prayer flag on the highest chorten. The astounding views of the Kanchenjunga and Pandim peaks kept us enchanted all through the way. On one such stretch, we found fresh batch of snowfall and as none of us were prepared for snow it was hilarious seeing our boots sink into the fresh snow and getting stuck. My husband lost his balance

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and slipped down some feet away. All our shoes had become wet, even though it said water proof. Finally our guide broke some tree branches and we used them as walking sticks to balance ourselves and walk ahead.

Thereafter, the path dropped sharply into the valley descending down towards Pandim and taking us through rhododendron forests and the Prek Chu River, crossing a small bridge made of bamboos. An hour's climb from the bridge led us to Thangsing located on the slopes of Mt. Pandim. However before reaching our nightly destination we came across this stretch of the mountain side where a landslide had occurred recently and no trace of any route could be found. A fall from here would certainly break a few bones and land you in the deep gorge below. The best thing I could do was get on my hands and knees and crawl the entire stretch to safety facing the mountain side to avoid looking at the steep end. Most of the trekkers followed suit.

The view at Thangsing was simply spectacular. That night one of the German trekker celebrated his birthday inside the Trekkers hut, by candlelight with pudding served inside a decorated watermelon shell. We all sang Happy Birthday and spent the evening singing and dancing. While trekking it is common for complete strangers to share a sense of belonging and comradeship throughout the journey. I of course, became the butt of all jokes, as news had spread about my altitude sickness and being a SHERPA,



(mountain people), I was the first and only trekker to have mountainsickness.

The next dawn, at an ungodly hour, we began for the final destination of our trek i.e the Samiti Lake from where superb view of the south face of Kanchenjunga can be seen. With chilly wind blowing at minus zero degree and all the clothes in the world failing to protect us from the chill, we trudged along meadows and uphill through the moraines, with our headlight on, finally descending to Samiti Lake. The sun had just started rising through when we reached this majestic place. It is the meeting place of man and mountain gods. The high and mighty Mountains, stares at you proudly, a sight enough to humble any man to the core and make him bow down to nature. Here you reminiscence about your life and all the worldly possession that we fight for, greed, anger, jealousy and realize nothing is worth anything.

After an hour we started retracing our step silently towards Thangsing. Each one

engrossed in his own thoughts after seeing nature in all its glory, with no words to describe the feeling, it was best to pay a silent homage.

After breakfast we started retracing our steps back to Yuksom, which took us further two days. The first thing I did on reaching Yuksom was take a long and luxurious hot bath. That night in the snug comfort of my bed I relieved my moments in Paradise.....what a sight we saw.....majestic mountains, covered in pristine white snow, bordered by virgin green of tall trees, rivulets finding their way down, deep gorges, silent and scary....nature at her very best it seemed.

This trek is usually called 'Walking in Paradise' and undeniable it will be right to say that this trekking destination is certainly a traveller's delight. And despite the chill, the cold, the arduous walking for hours, the ungodly waking hours, would I still continue trekking? Oh YES... Machapuchere, Annapurna, Everest Base Camp... here I come.... Ah !!! But that's another story.... ■



# Eagle's eyes for Foiling Black-Market, Adulteration

Abhijit Chatterjee

It is like Eagle's eyes. Enforcement Branch (EB) of Kolkata Police keeps eyes on the situation for foiling black-market, adulteration, hoarding and seizing counterfeited products. This branch has already initiated certain steps and raided at various markets to prevent unfair business. It keeps monitoring on businessmen so

that none of them cannot indulge, adopt or continue with more profiteering motive and create artificial scarcity in the market particularly in the supplies of the essential commodities. The enforcement branch has drawn up a strategy to make sure that market functions normally and prevent any possibility of black

marketing in any products or commodities during the current festival season which begun from early September.

Enforcement Branch has nine sections including Vigilance, Economic Offence Wing, Fuel section, Drug and Cement section, Press section and Headquarters to ensure that the people at large are not cheated



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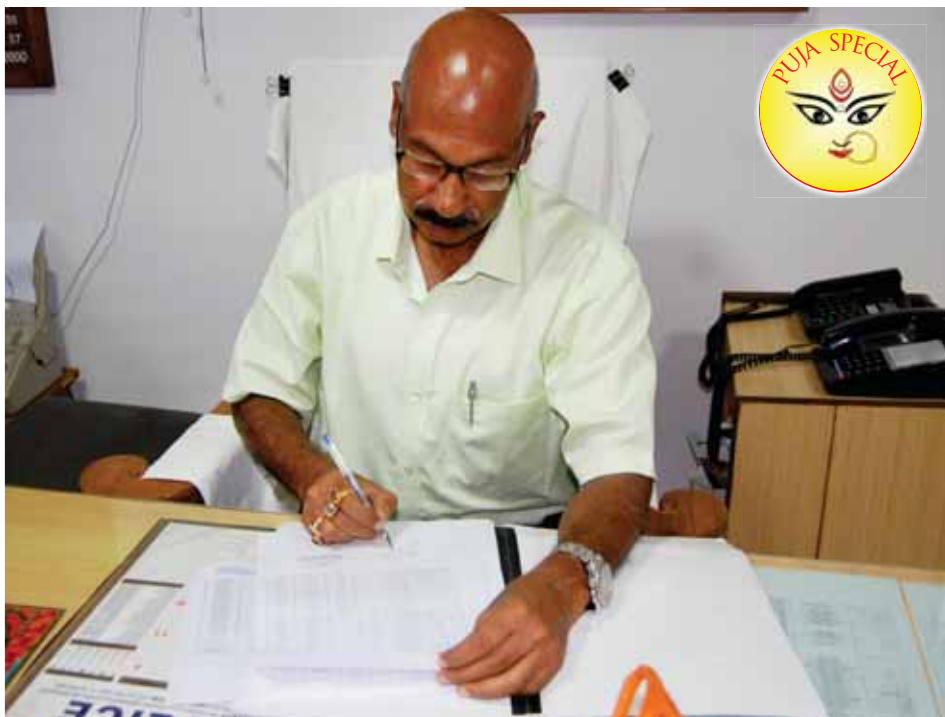


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by any businessmen or face shortages in supply in the market. This branch keeps track on crucial subjects like pricing situation, hoarding, and black marketing in the open market apart from ensuring regular supply scenario for the public distribution system, informed Deputy Commissioner of Enforcement Branch Rabindranath Sarkar. He said, "Cases of adulteration in the edible oil has been a major concern and expressed confidence that the matter would be tackled effectively for providing a fair deal to the consumers. There are 380 markets under the jurisdiction of Kolkata Police. Wholesale and retail rates are being regularly monitored by six Inspectors of Essential Commodities Section in 60 major markets. During the raid in markets and public distribution outlets, they check the stock of various essential commodities including kerosene and sugar to prevent possibility of hoarding and black marketing of those commodities."

A section of businessmen adopt unfair business practice with higher profit making motive and create artificial crisis in demand and supply in the market. A Task Force has already been set up by the state government for monitoring of such attempt. Hon'ble Chief Minister Mamata Banerjee who heads the Task Force, herself intervenes in a situation when attempt is being made to hike price for essential commodities.

Vigilance Section of this branch investigates complaints relating to counterfeited products, raids at various markets, shops and



seizes those. A case is been initiated against the wrong doers. The section has also to work to prevent video piracy in tune with the W.B Prohibition of Audio Video Piracy Act and the Copyright Act, added DC (EB). Fuel Section has the responsibility to prevent misuse of domestic and commercial gases. Krishna Chandra Saha, OC (Fuel) has recently nabbed one Sabir Molla of Kamalgachi in Sonarpur in South 24 Parganas from 30, Hindustan Park and seized 20 domestic and four commercial gas cylinders. Forty domestic gas cylinders, one auto, two refilling machines were also seized on 30 May this year from Uttar Kumrakhali village under Sonarpur police station in South 24 Parganas.

On the other hand, Economic Offence Wing has huge responsibility against those commercial establishments, those are indulging in unfair business by not depositing the VAT amount they collect from the customers while doing their regular business transactions. According to DC (EB), the section is also taking effective steps against the non-payment of dues in the regional provident

fund for the employees. Drug and Cement Section of Enforcement Branch has to take appropriate action against the counterfeited drug. Officers of this section inquire into the complaints about the spurious drugs in the market. They take up the issues with the Drug Controller after making necessary inspection. The adulteration in cement is also a matter of serious concern. The section officials look into such complaints to ensure that the customers get a fair deal and are not cheated by the unscrupulous businessmen.

Special Section of Enforcement Branch has great responsibility to keep track on the property transactions and pointed out that in such cases huge amount of ill gotten money change hands, which is very crucial in tackling the menace of the black money which is causing serious concern in the society. They try to ascertain the source of funds that change hands while transacting huge property dealings. DC (EB) Rabindranath Sarkar said, the function of this section is very crucial as corruption continues to cause major problems. Headquarters



section carries out seizure operations after assessing the situation and carrying out necessary inquiry. The officials take appropriate arrangements before taking up the seizure operation. The job is very challenging and has to be



undertaken in a well coordinated manner so that their efforts proved effective and the wrongdoers are punished for their misdeeds, he added. Statistics Section plays an effective role to coordinate the functioning of all other eight

sections in the Enforcement Branch. They compile reports from all other sections of EB and provide overall scenario on the activities of the enforcement branch, which helps the authorities to chalk out plans for the future. ■

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# Protecting Juveniles in the Virtual World

Siddhartha Chakraborty

OC, Cyber Police Station, Kolkata Police

Teenagers who are nearing adulthood are categorised as juveniles. This age group is very vulnerable as children at these ages are at the frontier of being addressed as an adult. In modern times, people are exposed to various forms of media and gather knowledge about the world and communicate through them. Internet is one form of media which is known as New Media since its inception. Internet has opened a vast array of possibilities and scope for the people of the world. The users stay connected with one another on the move. With the advent of smart phone technology, Internet can be accessed with the touch of a finger. Smart phones being a craze among the teenagers, some intentionally and others inadvertently fall prey to the dark fringe of the Internet.

Juveniles are bullied, abused mentally, without even meeting the perpetrator via social media platforms and chat rooms. These have a lasting effect on them and

might take a long time towards recovery.

Sexual harassment, bullying, or blackmailing on the Internet can occur in a variety of ways and through a variety of mediums - Chat rooms, Internet forums/message boards, social networking sites like Facebook, Twitter, etc., Instant messengers like Whatsapp, Gtalk, Hike, etc., E-mail, Internet Advertisements, Redirected/automatic links, Spam and Pop-ups.

Common forms of sexual harassment on the Internet occurs when a harasser sends unwanted, abusive, threatening, or obscene messages/photos/videos to a victim via e-mail or instant messaging. Another common form of Internet harassment occurs when a victim is subjected to unwanted, abusive, threatening or obscene messages and/or comments on internet forums and blogs.

The number of juvenile victims of cybercrime is on the rise. While on the Internet, juveniles

have the same capabilities as adults to engage in online chatting and search sexually explicit sites. Most sexually explicit sites link themselves to different types of viruses. Since juveniles are likely to spend more time on the Internet than adults, they have a higher chance of becoming a victim of identity fraud.

With the continual rise in the popularity of social networks the opportunity for victimization of juveniles increases. One major concern is that children portray and misrepresent their age on the Internet, putting them at greater risk to fall victim to cybercrime. By misrepresenting their age, juveniles are able to access auction websites, as well as chat rooms. In the physical world, these juveniles would be denied access to such venues. As a result of the opportunity to misrepresent their identity, juveniles are able to access additional channels of criminality that they would otherwise be restricted.

#### Related Acts:

##### (A) The Juvenile Justice (Care And Protection Of Children) Act, 2015

Sec-13. "Child in conflict with law" means a child who is alleged or found to have committed an offence and who has not completed eighteen years of age on the date of commission of such offence;

Sec-33. "Heinous offences" include the offences for which the minimum punishment under the Indian Penal Code or any other law for the time being in force is imprisonment for seven years or more;

Sec-45. "Petty offences" include the offences for which the maximum punishment under the Indian Penal Code or any other law for the time being in force is imprisonment up to three years;

Sec-54. "Serious offences" include the offences for which the punishment under the Indian Penal Code or any other law for the time being in force, is imprisonment between three to seven years;

##### (b) The Protection Of Children From Sexual Offences Act, 2012 (pocso)

Sec-11. Sexual harassment: A person is said to commit sexual harassment upon a child when such person has sexual intent.



Sec-12. Punishment for sexual harassment: Whoever commits sexual harassment upon a child shall be punished with imprisonment for a term which may extend to three years.

Sec-13. Use of child for pornographic purposes.

Sec-14. Punishment for using child for pornographic purposes.

##### (C) The Information Technology Act, 2000 (Amended in 2008)

Sec-66C. Punishment for identity theft.

Sec-66D. Punishment for cheating by personation by using computer resource (Inserted vide ITA 2008)

Sec-66E. Punishment for violation of privacy. (Inserted Vide ITA 2008)

Sec-67. Punishment for publishing or transmitting obscene material in electronic form (Amended vide ITA 2008)

Sec-67B. Punishment for publishing or transmitting of material depicting children in sexually explicit act, etc. in electronic form.

##### General Guidelines/Preventive measures

- (1) Pick a strong password: use a combination of at least 6 numbers, letters and special characters (like '!' and '#').
- (2) Log-out of Facebook when you use a computer shared with other people.
- (3) Enable "Two-step Verification" to secure your account.
- (4) Having a security question



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is a useful way to verify your own account if you ever lose access to it.

- (5) Tips for picking a good security question:

- (I) Pick a question and answer you know and you'll remember.

- (ii) Keep your security question secret.

- (iii) Make sure your answer is specific enough that it can't be guessed easily.

- (iv) Make sure that you change the security question regularly

- (6) When using a shared or cyber café computer, press "Ctrl+Shift+N" after opening the browser for safe browsing. This will erase your browsing data.

- (7) Enable secure browsing. Use "https" instead of "http".

- (8) Enable log-in notification. This will notify when your account is accessed from a computer or mobile device that you haven't used before to detect illegal access.

- (9) Use original anti-virus and anti-spyware software, as well as a firewall and update them regularly.

- (10) Be cautious of unsolicited emails/messages. They are often fraudulent/phishing attack to get your personal information.

- (11) Never enter your personal information in a pop-up screen.

- (12) Don't download files sent to you by strangers or open hyperlink from people you do not know.

- (13) Beware of fake lottery winning emails/messages.

- (14) Do not respond to any call/message which claims to be from your Bank seeking information regarding bank account or card details or mobile OTP. Please keep in mind that bank never ask any security information via call/message.

- (15) No reputed organization will ever ask for confidential information via email. Specifically, for doing any online

transaction. Make sure that the website used for online transaction starts with "https" instead of "http".

### How to Secure Social Networks (Facebook, Twitter etc.)

- 1) Always remember as it is a public platform, don't upload your personal information like phone no., home or workplace address, etc.
- 2) Don't accept any friend request from unknown people.
- 3) Don't meet your virtual friend without intimating your close ones.
- 4) Don't click any link, pop up menu sent from unknown persons.
- 5) Always type full web address in URL space.
- 6) Change your passwords regularly and make it complex.
- 7) Don't trust that a message is really from who it says it's from. Hackers can break into accounts and send messages that look like they're from your friends but they aren't. If you suspect that a message is fraudulent, use an alternate method to contact your friend to find out. This includes invitations to join new social networks.
- 8) When you join a new social network, you might receive an offer to enter your email address and password to find out if your contacts are on the network.
- 9) If you click a link to your site through email or another website, you might be entering your account name

and password into a fake site where your personal information could be stolen.

- 10) Be careful about installing extras on your site. Many social networking sites allow you to download third-party applications that let you do more with your personal page. Criminals sometimes use these applications to steal your personal information.
- 11) Set stronger security for your Google/Facebook Account. With 2-Step Verification, you'll protect your account with both your password and your phone.
- 12) Use your Mobile as a 2nd key for your account.
- 13) Avoid using WhatsApp on public Wi-Fi networks (airports, cafés, etc.).  
You never know who may be listening.
- 14) Use certain basic security measures with your own Wi-Fi network.
- 15) Do not share your IMEI no.
- 16) Be sure before joining any WhatsApp Group.
- 17) Be sure before sending your personal information i.e. photos, videos etc.
- 18) Keep your profile picture private.

19) Enable two step verification for e-mail security.

20) Be sure before clicking any received mail or link.

#### Guidelines for Parents:

Talk to your kids about the risks.

- Tell your children not to post any identifying information online. This includes their cell phone number, address, hometown, school's name, and anything else that a stranger could use to locate them.
- Remind your children never to give out their passwords to anyone but you – not even their friends. Explain that if someone has their password, they could post embarrassing and unsafe information about them on their personal pages and even pose as your children to talk to other people.
- Make sure that children understand that some people they meet online may not be who they say they are.

#### Protect them from dangers.

- Most social networking websites require that young people be at least 13-years old, and sometimes even 18, to create an account. Don't let younger children pretend to be older to use these websites.
- Go online with your children and have them show you all of

their personal profiles. Ask to see some of their friends' profiles too. If they have a blog or share photos online, ask to see them too.

- Treat your children's online activities like you do their offline ones. Ask questions about what they do, who their friends are, and if they have made any new friends.
- Set clear rules that you can all agree on regarding what your children are allowed to do online. Make sure you decide if your children are allowed to post photos of themselves and open accounts without your permission.

#### How you can help them

- Have your children tell you if they ever see anything online that makes them uncomfortable. Make sure they understand that you won't blame them.
- Ask them to come to you if anything happens online that hurts or scares them. Tell them that you won't punish them by banning them from the Internet – this is a big reason why many kids don't talk to their parents about their online problems.
- Report any cases of possible child sexual exploitation, no matter how small, to the concerned authority. ■



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# Kolkata Police's Watch Section: Relieving People of their Agony

By Our Correspondent

The world has become a global village now, and a mobile phone is an invaluable object in the modern age. Until a decade ago, we could only call and send text messages via this device. But with the advent of smart phone technology, almost every task can be done on the go. They are mini computers at the comfort of one's hands. Present day smart phones are as powerful as desktop computers of few years back, and they are becoming more advanced and cheaper to buy day by day. Many people have become addicted to phones, especially youngsters. It gives us a vision of the world on the palms of our hands. One can send instant messages through IMs like Whatsapp, Hike, FB Messenger, etc, and send emails as well. Browsing the Internet and uploading and downloading stuff has never been so convenient. Apart from these, nowadays, many monetary transactions are carried out via applications such as PayTM, PayUMoney, etc. and Mobile banking is encouraged from almost all the banks for convenience. But it is said that with every innovation, comes some side effects bundled with it.

A loss or theft of a mobile phone brings havoc in the life of the

owner. He or she loses all the data, contacts, and many other personal files stored in the device. As a phone becomes an integral part of the owner, loss of it brings in anxiety and sadness. Many people have an emotional attachment with their phones. To relieve the people of this agony, the Watch Section of Kolkata Police at Lal Bazaar works day and night to recover such lost articles. Around 150 mobile phones are recovered every year. Everyone whose mobile phones have been recovered appreciate the work of the Watch Section.

On a Sunday evening at around 6.40pm during March this year, a thief snatched a Samsung Galaxy phone from Dilkeshwar Tiwari, Head priest of



Pareshnath Mandir while he was crossing the railway track at Ahiritola. He tried to run after the thief but in vain. Though it

was a year old phone, but it was a huge loss for him. He registered a complaint at Jorabagan PS immediately. He lost all hope of getting it back, but to his amazement after one and half months he got a call from Lal Bazaar Watch Section that his phone has been recovered. Filled with joy, he rushed to the police headquarters and met Officer in Charge Bidhan Saha, who after verifying, handed over the phone to him.

TV presenter Amit Roy speaks highly of the Watch Section of Kolkata Police. He is grateful that police officials recovered his lost phone which he thought would never be found. OC Watch Section, Bidhan Saha said, "The habituated thieves



sell the phone after keeping it for a few days thinking police won't be able to trace it. The IMEI number which is unique to



every phone manufactured worldwide is a vital key in searching a lost device.” Though it took around 6 months for the phone to be recovered, Mr. Roy is thankful for the outcome.

Professor of Physiology at NRS Medical College, Dr. Surajit Kumar Mukhopadhyay lost his phone on 8th July, 2015 near Rajabazaar Crossing. It was a rainy afternoon and he was in



his car with his daughter driving through slow traffic. Front windows were lowered a bit when suddenly a youth in his 20s distracted him to ask for directions. In the meantime, another youth approached from the other side and in a split second snatched the phone kept on the dash board and fled. By the time he could stop and grasp the event that occurred, it was already late. Taking advantage of the heavy traffic, the snatchers took away his Vivo Iris smart phone, which he bought from

Flipkart few days back. Grief stricken and with little hope of getting back the phone, he lodged a complaint at Amherst Street PS. The officer there advised him to visit the Watch Section at Lal Bazaar with the copy of the complaint. Accordingly he forwarded it and was told he would be informed if the phone is recovered. To his amazement, one January night when Dr. Mukhopadhyay was having dinner, he was contacted by an officer from Lal Bazaar that his phone has been recovered from Maniktala area. Though 6 months had passed, he was filled with joy to hear the news. He went there the next day and got back the phone, sans the memory card. “I appreciate the officers of Kolkata Police who were able to recover my phone and thank them wholeheartedly” said Dr. Surajit Kumar Mukhopadhyay. ■



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# Snatchers in the Sleuth's Net

By Our Correspondent

A lot of grief, agony and anxiety swoop in after one loses his or her money or valuable items. The item lost is either due to the carelessness of the person or someone snatches it intentionally. He or she searches for it frantically but as time passes, hope of getting it back runs out gradually. The Anti Snatching Squad of Kolkata Police tries to get back the lost item and relieve people of their agony. Officer in Charge of Anti Snatching Squad of Detective Department of Kolkata Police said, a gang of snatchers committed a series of crimes mostly at Burrabazar and Posta area - the trading and business hub of Kolkata since May 2013. They even dared to commit such crime on busy and crowded roads in broad daylight. They mainly chose Burrabazaar, Posta, Hare Street and Shakespeare Sarani PS for their area of operation. Members of those gangs mostly hailed from Kalyan, Mahim, Kurla and some

areas of Maharashtra.

There were generally six to seven persons used to operate in a gang. Surprisingly, with their sixth sense they could at once identify person from whom they could snatch money or valuables. Identifying the target they used to start their act. The leader of the gang was called Captain and two members who used to divert attention of the victim were called Chhappars. The victim was when surrounded by Chhappars, another member of the gang hacked the bagful money or valuables of the victim who was called as Machine. He in fact followed the victim like a shadow and after the operation he used to communicate to other members with their sign or code language. There were two to three runners- Daurnewala who took and passed the snatched articles or money to other members of the gang while Captain used to observe and

direct accordingly during entire operation.

Their modus operandi started with the formation of a setup around the victim where two members of the gang diverted the attention of the victim while another snatched the bag in a split second, passing it to a runner. Two more members generally younger and soberly dressed mislead the victim to a completely different direction by saying the thief ran that way. Meanwhile the gang met up at a preplanned location to check the loot.

Due to the rampant cases of such snatching, the investigation was entrusted upon the Detective Department, and Anti Snatching Squad started looking into the facts and gathered more information in due course of time. Watching the operational behaviour of the gang, the officials verified their findings with local sources that helped to pinpoint their whereabouts. Subsequently raids were conducted and Kolkata Police were successful in nabbing ten snatchers viz. Akram Mohd. Khan, Ali Hussain Sheikh, Anil Uttam Londey, Ashoke Bhimappa, Ganesh Sindhe, Nasim Sardar Jafri, Nitin Shibaji Chotho, Ram Chandra Bugappa Pawrekar, Sajid Riyasat Khan and Shamim Nasim Jafri. Five cases were initiated against the accused persons under section 379 of Indian Penal Code (IPC).■



Akram Mohd. Khan Ali Hussain Sheikh Anil Uttam Londey Ashoke Bhimappa Ganesh Sindhe



Nasim Sardar Jafri Nitin Shibaji Chotho Ram Chandra Sajid Riyasat Khan Shamim Nasim Jafri



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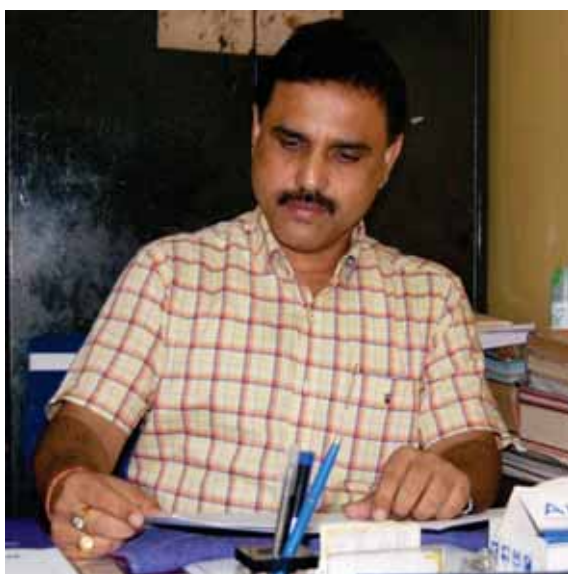
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# Cops Nab Cellphone Snatchers

By Our Correspondent



Nowadays criminals are also tech savvy and innovative who dupe people with the help of technology. People also fall prey in the hands of miscreants for their ignorance or careless attitude. Two cases of cheating by unknown miscreants came to light in January and February this year. Both the cases involved snatching of the buyer's phone without handing over the price agreed upon the advertisement on popular classified website OLX.

In spite of clear instructions on online classified advertising websites to cross check the authenticity of the person selling or buying, people hardly follow the instructions. They do not even bother to check the item whether it corresponds to the advertisement offer because they only consider how lucrative the offers are. As a result people do foolish things and get duped by the miscreants.

**Ref:** Maidan PS/DD Case no. 25 Dt. 02.02.16 U/S 120B/420 IPC

**Ref:** Maidan PS/DD Case no. 06 Dt. 10.01.16 U/S 120B/420 IPC

**Brief Facts:** After seeing an advertisement for a prospective buyer for his high end smart phone at a fairly good price, two people in two different occasions went to sell their handsets. The buyer

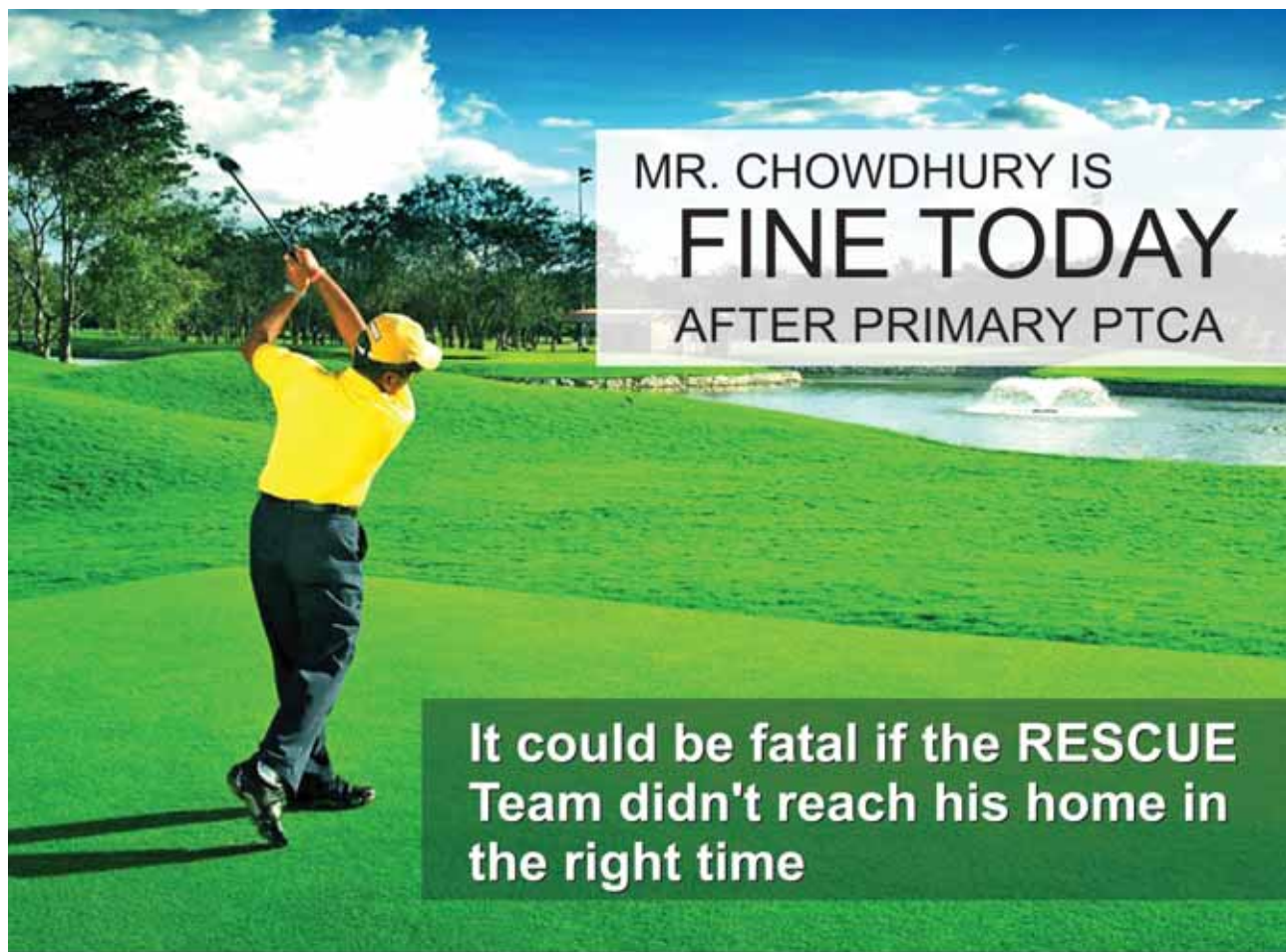
tactfully fixed the location of the meeting at a deserted place in the city. Without suspecting anything odd, the victims went to that location. Their phones were snatched and the buyer fled.

**Modus Operandi:** Two miscreants devised a technique of robbing people of their phones by posing as buyers after establishing contact through a leading online classified advertising website. A miscreant posted an advertisement stating that he wanted to buy a high end smart phone at a very attractive price. The people who responded to the advertisement are asked to meet at a lonely location on the pretext of finalizing the deal. When they arrived one of the miscreants checked the phone and in no time snatched it from the seller and ran towards a parked I-10 car in which another miscreant sat on the driver's seat. Both of them then fled without giving the price.



**Investigation:** After receiving such complaints of snatching, Anti-Snatching Squad of Detective Department, Kolkata Police started investigation. Local sources were engaged by the officers in a bid to acquire credible information. Based on intelligence input, the cops planned to trap the miscreants and subsequently conducted raids at Beniapukur and West Port Police Station area from where Mohd. Maroof Hussain (20) and Umar Faruque Khan (20) were arrested. The two mobile phones were seized from them.

Two separate cases were registered with Maidan Police Station and initiated legal proceedings against the alleged accused. ■



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# Fatty Liver - Cause for Concern?

Dr. Sujit Kar Purkayastha  
MD (Cal), FRCP (London),  
FRCP (Glasgow)

It is not uncommon for a doctor to see someone who comes with an ultrasound report which indicates that the individual has got a fatty liver. Some get unduly worried and think that the liver is badly damaged while others tend to ignore this. What does fatty liver mean and is this really a cause for concern? With the wide spread availability of ultrasound scan the term fatty liver has become rather a household term and there is confusion about the interpretation of this condition amongst the general public.

For simple understanding, accumulation of fat in liver cells is termed as fatty liver and this may occur in almost all complex liver diseases which include infection, excessive alcohol intake and many metabolic

conditions. When this is associated with complex liver diseases or a patient has some symptoms for which the test has been done, it is more than likely that the patient will have seen a specialist. But when this is found incidentally and the person has some unrelated or minor symptoms the alarm suddenly starts ringing.

As has been mentioned, fatty liver may run a benign course but sometimes it may herald onset of something more sinister. When all known causes for fatty liver are excluded, fatty liver is divided into two major varieties. One is called non-alcoholic fatty liver disease or NAFLD and the other is known as non-alcoholic steato hepatitis or NASH. While NAFLD usually is mostly innocent,

NASH is not and not uncommonly it can lead to chronic liver disease like cirrhosis and cancer. Fatty liver may be associated with metabolic syndrome where a person has high blood pressure, diabetes mellitus, raised triglyceride level and central obesity. Even though this condition is commoner in people with increased waist line it may also happen in individuals who are not fat. Up to 30% of individuals having fatty liver can progress to have NASH and this progression is more likely to occur in those with uncontrolled metabolic syndrome. In NASH, liver cells tend to get stiff and fibrosis sets in before eventually progressing to cirrhosis.

It is, therefore, essential, to take



right advice from a specialist and to exclude the above mentioned associations by doing appropriate tests. Fibro scan or Acoustic Radiation Force Impulse imaging (ARFI) can measure the stiffness or fibrosis of liver cells and is a useful test to do for initial assessment. Liver biopsy is more accurate but is not done very often because of its attendant risks.

Alcohol drinking, in excessive amount, is no longer confined to the west. Increased consumption of alcohol is fast spreading in India and has become part of our social behavior. Many do not even know what a safe limit of alcohol

drinking is and with celebrity endorsement of “making it large” alcohol menace is looming large in our society. In fact, this has now become an important public health issue all over the world. Like cigarette smoking, excess alcohol drinking also should have health warning attached to it. Even though the “fatty liver” being discussed in this article is not linked with alcohol intake, it remains a very significant cause of liver disease and enough publicity should be given to minimize alcohol drinking.

Metabolic syndrome, the commonest association of fatty liver can be largely controlled by

changes or modification in life style. Dietary control of salt, fat, sugar and regular exercise will help in good control of high blood pressure, diabetes, raised triglyceride and obesity. Appropriate medication will need to be used to control them, as necessary. There is no particular drug to cure fatty liver and liver tonic is of no use. In selected cases, bariatric surgery to reduce obesity may help.

Fatty liver should not be ignored and specialist advice should be sought to assess its extent. It may not cause any harm but any reassurance must come from an expert. ■



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# POCSO, a Pillar of Strength for Children

Pallabi Sonari Saikia

Advocate, Golaghat District and Session Court, Assam



Children are the future citizens of the world. They are the ones who would hold the baton for the ensuing days. So, the older generations, that are us, must take good care of our children. We should make sure they have a strong foundation to grow their skills in a safe environment. Children are very innocent as they learn the sights and sounds of the world gradually as they grow up. Taking advantage of it, there are many who prey upon them and do heinous activities. To check such crimes and safeguard the interests of the children, a bill was passed in the Parliament which ultimately became the Protection of Children from Sexual Offences Act, 2012.

A 2007 survey by the Ministry of Women and Child Development showed that 53% of children in India had been sexually abused. At its conclusion, a question popped whether there should be a specific law against this crime. Out of all the responses, it received 99.6% votes as 'yes'. This was only an indication of the increasing pressure for the law which was passed by both houses of Parliament on May 22,

2012. The Protection of Children against Sexual Offences Act came into effect on 14 November - Children's Day, 2012.

## Highlights of the Act:

The Act defines a child as any person below the age of 18 years and provides protection to all children under that age from the offences of sexual assault, sexual harassment and pornography. This is the first time that an act has listed aspects of touch as well as non touch behavior (e.g. - photographing a child in an obscene manner) under the ambit of sexual offences. The Act incorporates child friendly procedures for reporting, recording of evidence, investigation and trial of offences.

The attempt to commit an offence under the Act has also been made liable for punishment for up to half the punishment prescribed for the commission of the offence. The Act also provides for punishment for abetment of the offences, which is the same as for the commission of the offence. This would cover trafficking of children for sexual purposes.

For the more heinous offences of Penetrative Sexual Assault, Aggravated Penetrative Assault, Sexual Assault and Aggravated Sexual Assault, the burden of proof is shifted on the accused. The media is barred from disclosing the identity of the child without the permission of the special court.

## Features of POCSO:

It is gender neutral and makes the reporting of abuse mandatory. It also makes the recording of sexual abuse mandatory, lists all known types of sexual offences towards minors, and provides for the protection of minors during the judicial process.

Parents, teachers and other caring adults often convey guidelines to children on various forms of safety such as riding a bike, swimming and also dealing with total strangers. But very few guardians educate their children about sexual abuse, especially what is a 'good touch' and which is 'bad'. Teaching them the real name of their private parts, shall lead them to talk about things that might happen to their bodies in a

way others will understand. Parents must teach the child that their private parts are called 'private' because they are not for others to see. Explaining that, people outside of the home should only see them with their clothes. A child must also be informed that a doctor can see them without their clothes when their parents are present with them and the doctor is checking for signs of illness. Studies have shown that the vast majority of children who have been sexually abused never tell an adult themselves. There are lots of reasons why children don't tell. Most of them do not recognize what has happened is abuse. They may feel that it's their fault. Although most children who have been sexually abused do not have physical symptoms, but if a child complains of or has unexplained bruises, redness, bleeding, milky fluids in or around their anus or vagina, they must need special care and must be taken to the doctor for physical examination. Some signs are more subtle and can be caused by other factors or changes in a child's life. A child who is suffering from sleep problems, extreme fears, sudden or unexplained personality changes, unable to concentrate in daily activities, or hurting himself or herself intentionally then presumably he or she has been abused. Parents or guardians must look for these signs and immediately clarify.

Child sexual abuse is an under reported offence in India, which has reached epidemic proportions. A recent study on prevalence of sexual abuse among adolescents in Kerala, reported that 36% of boys and 35% of girls had experienced sexual abuse at some point of time in their lives. A similar study conducted by the Government of India in 17,220 children and adolescents to estimate the burden of sexual abuse revealed shocking results and showed that every second child in the country was sexually abused; among whom 52.94% were boys and 47.06% were girls. Highest sexual abuse was reported in Assam (57.27%), followed by Delhi (41%), Andhra Pradesh (33.87%) and Bihar (33.27%). Sexual abuse and sex trafficking remain highly prevalent and are among the serious problems in India. In the last two decades, an increase in the prevalence of sexually transmitted diseases has been seen in children. All schools in India must start sex education as a curriculum subject which should help minimize sexual crimes. Sex is still considered a taboo in India and is hardly discussed in open societal forums. Children who are victims of sexual abuse often know the perpetrator in some way. Hence, the problem of child sexual abuse needs to be addressed through less ambiguous and more stringent punishment. ■

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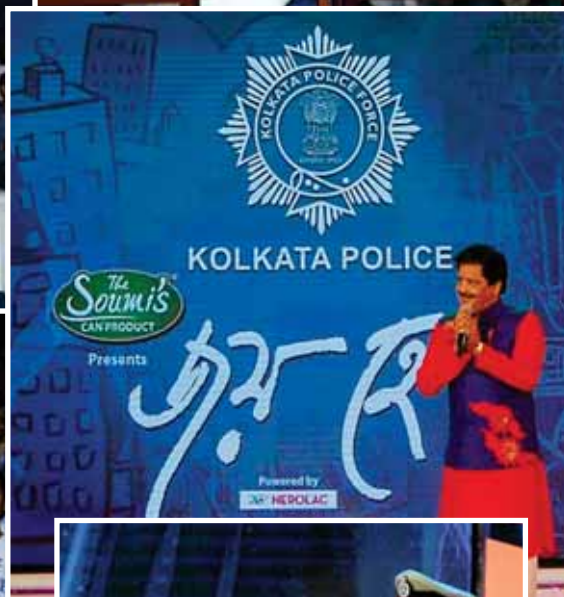
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# KP Makes Senior Citizens Happy

By Our Correspondent



Tuesday, 20th September, which was organised by North and North Suburban Division. The programme was inaugurated by Special CP Jayanta Basu. Minister of Consumer Affairs Department Sadhan Pandey, who was the chief guest in this cultural programme, promised his department's support to the Pronam initiative, which is serving the senior citizens in the city. He also lauded the role of the city police in carrying out such work.

members have crossed lakhs. Kolkata Police has set up this

initiative in 2009 to extend all round cooperation to the senior citizens even in emergency requirement in the dead of the night. Its popularity is growing steadily for the excellent services rendered to the senior citizens who are in need of different kinds of support. On the other hand, there is little scope of entertainment in their lives but Kolkata Police makes such arrangement. It was a very special day for a group of senior citizens when they were entertained at an impressive cultural programme on

Most of them are at the fag end of their life. Many of them either lead a single life due to demise of their life partner or their beloved kids are settled elsewhere in or outside of the country. Most of them are physically unfit, sick and helpless due to their age and redundancy. These older people are neglected by the fast growing society. However, Kolkata Police has extended their help to the senior citizens through its community policing initiative – *Pronam*. The project was launched a few years back but now the numbers of Pronam

It was quite an entertaining cultural programme where eminent artists performed for the senior citizens. Noted fashion designer Agnimitra Paul and actor Paran Bandyopadhyay, among others, were present to enthuse the audience at a time when festive spirit is sweeping the city for the ensuing Durga Puja festival. The programme was organised as part of the organisation's annual general meeting. Jt. Commissioner (Establishment) Sujoy Chanda and DC (North) Subhankar Sinha Sankar were present on the occasion to enthuse the senior citizens. ■



শক্তিং দেহী



ঘন তাজা দুধের রাজা

# Kasba Police Station Instilling Confidence Among the Locals

Abhijit Chatterjee



Kolkata is expanding in most areas in tune with the changing socio-economic situation. While early Kolkata consists mostly with north and central parts of this sprawling city, it has very little option to grow as those areas are already over congested. Southern parts of the city is growing very fast now in recent years. Kasba is one such area which is witnessing a huge change in recent years with many new developmental projects coming up following recent surge in the economic activities.

## **Jurisdiction:**

**North:** Tiljala (South East Division)

**North West:** Kareya PS

**South:** Garfa (South East Division)

**South West:** Lake PS

**East:** Anandapur (South East Division)

**West:** Gariahat (South East Division), Ballygunge GRP

**Area Profile:** Kasba was initially a terror-affected area during the 70s and 80s of the last century when a section of youth had adopted extremist path of annihilating common people. But the overall situation had taken a 360 degree turn since last decade and this area is growing faster than perhaps any other parts of the city. High rise buildings have been built in the area along with shifting of very important government and commercial offices; which has transformed this locality as one of the choicest destinations for modern people in different

walks of life. At least ten vital installations are located within Kasba police station's jurisdiction including Bosepukur Pumping Station, Bosepukur Water Reservoir with Overhead Park, city's second indoor stadium - Gitanjali Stadium, Kasba CSTC Bus Depot and Acropolis Mall and 18 floors commercial complex among other things. Passport office, Kendriya Utpadan Shulka Bhawan and the state government's Public Vehicles Department are also located in this area. A seven-star hotel - Gateway run by the Taj Group of Hotels has come up in Rajdanga area making Kasba a major happening place in this expansive city.

The Police Station has



undergone a massive change following improvement in the socio-economic and cultural profile in the area. Not only high rise buildings but also setting up of important government offices-both central and the state government's have brought new focal points in the area with increased activities from different government and private sources. Central government offices under the Kasba Police Station jurisdiction include Aaykar Bhawan, BSNL office, Kasba Telephone Exchange office and Jagdish Chandra Bose National Science Talent Search Institute. The busy police station is located in the most happening area in Bosepukur Road in Rajdanga area, which is becoming a major growth centre under its jurisdiction.

Three post offices—Kasba, Bosepukur and Bediadanga come under the jurisdiction of Kasba Police Station. About six

lakh people live within three wards of the Kolkata Municipal Corporation with an area of nearly 7.5 Square Kilometres. Hindus are nearly 90 per cent while Muslims constitute around seven per cent and three per cent belong to other communities. The area has assumed importance with more and more elite people, including Judges and senior government, public and private sector officials who opt this area for their residential purposes. Important schools including Delhi Public School, Garden High School and Dolna among 19 other high schools are located in this newly developing area. There are 50 primary schools in the area as well. New Ballygunge Mahavidyalaya is also located within the jurisdiction of Kasba Police Station.

Traditional slums and colonies still exist in the area though Kolkata Municipal Corporation

has ensured overall improvement in the civic amenities. Along with the socio-economic progress in the area, 19 banks have opened their branches within this police station's jurisdiction and more than 20 ATM kiosks are available in the area. Three private hospitals have also been set up within its jurisdiction. Ballygunge and Dhakuria ---two important railway stations under Sealdah - Diamond Harbour section of Eastern Railway come under its jurisdiction.

**Challenges:** Domestic Violence, crime under Sec 498A, teenager's love affairs, abduction and marriage are some frequently committed offences in this locality. Besides, tackling these offences, curbing sale of narcotic drug and hooch from the shanties along railway track are also challenges for the cop. Crowd management; maintain law and order during

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## Officerspeak

It is all about teamwork, dedication and sincerity which enable us to sort out any problem. I must appeal to the local people that they should not flare up small issues. My advice to younger generation is to lead a disciplined life and have feeling and attachment for neighborhood. Late night parties are frequent with the changing time in this fast expanding locality but party-goers including host must not make other people disturbed. Cooperation and amiability is the mantra for decent living and I am confident of getting positive results with the support from all concerned.

**Subhasis Bhattacharjee**  
Officer in Charge, Kasba PS

Durga Puja is another challenge for Kasba Police Station as most of the pandal hoppers hardly want to miss visiting Bosepukur Shitala Mandir and Bosepukur Talbagan puja.

**Policing:** Night Patrolling is daily done in shifts and sometimes even in unusual

ways, which act as a surprise for the anti-socials. The patrols help prevent burglary and other notorious activities. There is a Kiosk at Ruby crossing which is manned by police personnel 24x7. Criminal activities in the area, which used to cause concern for the authorities, have been brought down and virtually are on the wane. The area is now completely peaceful and witnessing positive change with the opening of the most modern outlets of popular shops and restaurants bringing people from other areas. There is no darkness in the streets and the area is busy throughout day and night. After curbing the criminal activities from the police station area its officials are now confident to “make this place of superb culture and a place of magnificence which is a dream of the elite.”

**Beyond Policing:** Several community policing initiatives have been implemented in the areas under the jurisdiction of Kasba PS. Sukanya project is being implemented in Kasba Balika Vidyalaya, Chittaranjan School for girls, Tiljala Balika vidyalaya. The blood donation camp- Probaho is organized as usual and Friendship Cup tournament is organized with the participation of local clubs.

**Trivia:** Subhasis Bhattacharjee - a 1989 batch Sub Inspector after training joined Kolkata Police. He worked in Ballygunge and Hastings Police Stations under South Division for six years and worked in Burrabazar and Muchipara Police Station under Central Division for five years. Then he worked in Homicide Section -Detective Department for seven years. During this period he got promotion as Inspector and continued to work there for another two years till 2009. In 2011 he became Additional OC of Chitpur PS and in the next year became OC of Rajabagan PS and served there for nearly three years. Since May, 2015 he is OC of Kasba PS.

**Present Strength:** Inspector - 2, Sub Inspector - 12, Lady Sub Inspector - 1, Sergeant - 1, Assistant Sub Inspector - 12, Lady Sub Inspector - 2, Constable - 54, Lady Constable 2, Police Driver - 2, Home Guard - 11, Lady Home Guard - 1, Civic Volunteer - 18, Lady Civic Volunteer - 3

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# Clears Congestion, Eases Traffic Movement

By Our Correspondent

Howrah Bridge is known throughout the country as it connects the Eastern India's most important city Kolkata with the country's major railhead Howrah to make the area very special for steady rail-road communication as well as function as a major source for enormous economic activity. Presence of large number of wholesale markets including perishable fish market on the western bank of the Hooghly River and the multi-crore business centres in the famous Burrabazar and Posta area on the eastern part made the Howrah Bridge Traffic Guard area one of the most important economic zone in the state.

Apart from huge vehicular traffic through the bridge, the area is highly sensitive and economically important as business is the buzz word in the area. Most of the people living in the area are businessmen and are immensely busy with the fast development in trade. Kolkata city's main business area came under its jurisdiction making it one of the most happening spots. Every moment is important in the area and everyone is keen to go ahead

where no one is ready to take rest.

## Boundary:

North: Kali Krishna Tagore Street

South: Upto Canning Street

East: Kalakar Street

West: Strand Road, Strand Bank Road along the river.

**Area Profile:** Entire area is actually a business zone. It is highly congested with the presence of wholesale market and related business centres.

There are residential complexes in the area but their numbers are less. Nearly 80 per cent areas are covered by the wholesale markets in the famous Burrabazar and Posta areas and the residential complexes are available in the remaining 20 percent areas. Mostly business communities like Marwari and Gujarati families live in the area, which is always crowded by the retail businessmen along with the porters and slow moving vehicles like cart rickshaws. Five educational institutions – two





## Officerspeak

Besides, huge floating population, Kolkatans have also perhaps forgotten to walk on the footpath. Very few pedestrian use pavement and most of the people flout road rules citing various reasons but actually they compromise with their safety. We have launched 'Safe Drive Save Life' campaign throughout the state. We will raise awareness during Durga Puja urging people to use footpath and not to compromise with the cost of their lives. Pedestrian's careful approach and positive driving attitude can change the traffic scenario in the city. A little bit of effort towards this goal will definitely make 'Safe Drive Save Life' a grand success.

**Raj Kumar Singh**, Officer-in-Charge, Howrah Bridge Traffic Guard

each for boys and girls-- and a co-education school is situated in the area. Innumerable vehicles move through the area during the whole business hours as the entire area is bustles with steady business activities. Steps have been taken to segregate the slow moving vehicles at Posta to make the situation reasonably better as the vehicles move in a snail's pace in the area. However the area remains one of the busiest centres in the city because of the presence of most important wholesale market.

**Achievement:** Seargent Somnath Roy of this traffic guard helped one Saikat Das of Belgram village in Murshidabad to recover his lost bag containing Rs. 10,000 and other valuable articles in mini bus on



M G Road. After being informed the Seargent immediately traced the bus and its conductor, recovered the bag and handed over that to the complainant.

**Challenges:** Slow moving vehicles, movement of ever increasing number of trucks and other vehicles are the main challenges. Encroachment in the busy Mahatma Gandhi Road is another major challenge in the area. Water logging



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during the monsoon was another challenge for us for smooth traffic movement. There was hardly any water logging in the area even after incessant rain during this monsoon but we were able to smoothen traffic movement within an hour.

**Policing:** There are 28 beats in the area. One outpost of Howrah Bridge Traffic Guard is also there under the flyover for providing better services. Howrah Bridge Traffic Guard did a remarkable job in the highly congested area by making separate channel for the slow moving vehicles, which were causing serious congestion on the road. Illegal parking in the Posta area has been banned paving the way for better movement of traffic in the busy

trading hub of the city. No pedestrian is allowed to walk on the road and Constables, Home Guards and Civic Volunteers are continuously insisting them to use pavement or separate pedestrian channel. Encroachment on footpaths along Mahatma Gandhi Road has been minimized. Hawking and movement of slow moving carts has been banned at Pageywapatty and the road there has been made one-way to ensure better traffic management.

**Beyond Policing:** Special steps have been taken for ensuring physical fitness of the force. A health check up camp for the personnel of this traffic guard was organised. It has been emphasised on forming of T10

cricket teams where personnel of this traffic guard will participate as part of the recreational activities. During winter, badminton will also be played by the personnel to get rid of their fatigue.

**Trivia:** Raj Kumar Singh, Officer-in-Charge of Howrah Bridge Traffic Guard is a 1993 batch Sergeant. He has an outstanding record as a commando and sportsman. His was recognized in 1993 when he was given CP's medal as the Best Sergeant. In 1994 he underwent Rock Climbing course at Himalayan Mountaineering Institute. In 1995, he had initially received Pre-Commando Training at Police Training School and finally completed Commando training. In 1997 he had attended the prestigious NSG course. He was posted in the Mounted Police in 1998 and had won prizes in All India Equestrian Meet at Gwalior and Tekrampur. He was also adjudged as the best equestrian in All India Equestrian Meet. He had worked in the Combat Force. In 2001, he worked for the newly set up Specialised Training Centre. He worked in Hare Street Police Station for four year since 2005, and since 2009 to August 2013 he served at Bhowanipore Police Station. In August 2013 he was again posted in Commando force and worked there before taking up his present assignment in July this year.

**Present Strength:** Inspector: 2, Sergeant: 24, ASI: 09, Constable: 79, Home Guards: 61, Civic Volunteer: 09





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# Police Panorama



## Independence Day

- 1 Members of the Lokprasar Prokolpo
- 2 Salute to Hon'ble Chief Minister Mamata Banerjee
- 3-4 Khukri Dance by Gorkha Regiment of Kolkata Police
- 5 Message to save our trees
- 6 Rapid Action Force contingent at the parade
- 7-8 Kolkata Traffic Sergeants at the parade





9

- 9 Saluting our National Flag
- 10 Hon'ble CM Mamata Banerjee, DG Surajit Kar Purkayastha, and CP Rajeev Kumar arriving at Independence Day parade ceremony
- 11 Girls of the Sukanya project
- 12 Showcasing the Biswa Bangla campaign



10



11



12

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2

- 1 Hon'ble CM responds to a little girl with warm wishes
- 2 A Namazi greeting a police personnel during Eid
- 3 Namazis arriving at Red Road for Eid prayers
- 4 Hon'ble CM addressing the crowd during Eid



3



4



## Launch of the 'Safe Drive Save Life' Campaign

1 Hon'ble CM, DG, CP and other dignitaries on the dais during the launch

2 DG and CP arriving at Nazrul Manch for the event

3 Taking the pledge of 'Safe Drive Save Life' campaign

4 Flagging off motorcycle rally during the campaign



## Meeting before Durga Puja, Eid and Muharram



Hon'ble CM addressing the audience, religious leaders along with other dignitaries on the dais

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1



2

## Rowing Competition

- 1-4 Rowers at the competition
- 5 At the entrance of Bengal Rowing Club
- 6 CP at the event
- 7 The dais at the event
- 8-9 CP gracing the occasion



3



4



5



6



7



8



9



## Safe Drive Save Life Rally



- 1 Hon'ble CM inaugurates Safe Drive Save Life campaign
- 2 Hon'ble CM with her cabinet colleagues and police officials at the rally.
- 3 Hon'ble CM lighting the lamp during the campaign
- 4 School students at Safe Drive Save Life campaign



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# Bullying and Anti-social Behaviour in Schoolchildren



Amrita Priya

Bullying and displaying anti-social behavior is one of the common phenomenons amongst school children. Children who have to go through the trauma of constantly being bullied by their classmates suffer from inferiority complex and loose interest in going to school. The feeling of getting victimized by the school mates has a very negative impact on their impressionable minds. For approximately 40 years, Dan Olweus a psychologist from Sweden has been involved in research and intervention work on bullying among school children and youth. Olweus is generally recognized as a pioneer and Founding Father of research on bullying problems and as a world leading expert in this area both by the research community and by society at large. His book *Bullying at School: What We Know and What We Can Do*, published in the year 1993 has been translated

into more than 25 different languages. According to him, "A student is being bullied or victimized when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other students. Negative actions can include physical contacts, rude words, making faces or dirty gestures and intentional

exclusion from a group. An additional criterion of bullying is an imbalance in strength (an asymmetric power relationship): The student who is exposed to the negative actions has difficulty defending himself or herself."

There are more boys than girls who experience the bully-victim





situation. Girls are more subtle in nature and hence they indulge in bullying but lesser than boys. Moreover girls use more indirect way of bullying. They generally do not display physical aggressiveness. Irrespective of gender, the victim is either of the same class or younger. Whether bullying involves physical hurt or not, it is very hurting to be a victim. In fact words cause more damage than physical abuse as it affects the psychological well-being of children which can prove to be a great hindrance in their overall personality growth. They become shy and start losing confidence because they think they are not as strong as their counterparts.

One major characteristic of the bullies are that they do not direct their rude and antisocial behavior only towards their


peers or children younger to them. Rather, they have the same attitude towards the adults as well. Since dominating becomes a part of their personality, they are aggressive and rigid while interacting with their teachers and parents. The bullies are generally physically stronger compared to children of their age. They have a strong need of power and dominance, they enjoy subduing other people. Basically, they are insecure individuals under a tough surface.

There are a significant number of individuals who get bullied everyday in their schools. There are also a significant number of individuals who indulge in victimizing their peers. According to psychologist, Farrington, the characteristics of both this category of children are

as follows – “The prevalence of bullying by and of school children is quite high; in some studies, about half of children were bullies, and over half were victims. Boys bully more than girls, but boys and girls are victimized about equally. Generally bullies are aggressive, tough, strong, confident and impulsive. Victims are unpopular, lonely, rejected, anxious, depressed, unwilling to retaliate and lacking in self-esteem.

Since children are young at age they indulge in bullying at the time when an adult or teacher is not around. If adult supervision becomes tighter in schools, the rate of bullying can come down reasonably. The schools should emphasize on improving the friendship and social skills of children and empathize not only with the victims but also work for the children who indulge in bullying as they need behavioral correction interventions because of the negative impact they might have on the society at large. There is some continuity over time between bullying and violent crime.

Due to environmental influences like a culture of bullying in school, or mingling with a group of children who always indulge in bullying, even a child who does not have such habits might get influenced to develop certain

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characteristics that might take him towards the path of being an anti-social individual as he grows up. According to psychologist T. Mooij, "The antisocial or aggressive behavior of a child may express itself from a very young age, first at home and later on at school. This behavior may gradually develop into disruptive behavior in class and serious behavioral problems such as bullying, anti-social behavior, playing truant and later on criminality. Research clearly shows that the anti-social behavior of a pupil can grow into much more aggressive and also criminal behavior in adult life." The environmental problems might build a sense of hostility in children, which they might satisfy by inflicting physical or even emotional hurt on other individuals.

The home environment has a strong impact on children. Those children who do not have a secure environment at home, have poor communication with parents, do not get attention from parents or have parents who display aggressive behavior all the time, are more likely to resort to bullying and anti-social activities in school and other social environments. Corrective

measures to stop generation of anti-social behavioral traits in children should not only be taken at schools but in homes as well. Parents should not always take their child's plays casually. From time to time they must carefully observe the pattern of their play to get hints whether any seeds of anti-socialism are getting sprouted in their personalities. Children have a habit of pretend playing. They take up many roles during pretend playing and try to enact what they would like to be in future. Researchers Dunn and Hughes concluded in their study that children insecurely attached to their mothers are more likely than securely attached children to engage in pretend play with aggressive unpleasant themes.

To prevent bullying and anti-social behavior teachers can encourage pro-social behavior in children who appear of being at risk. By taking preventive measures teachers do not just promote betterment in their pupils but also promote a better society. The growth of the social problems can be reduced, or compensated for, by specific educational improvements, e.g. an intake procedure, and the introduction of play and learn method in addition to free play. Regular school practice has to

change to support the pro-social behaviors right from the level of preschoolers.

All human beings are a bundle of emotions. Some children have more negative emotions in them whereas some children have more positive emotions. Children with negative emotions have a higher tendency of hurting others and displaying anti-social behaviors. Children act the way they are inside. They have not developed the quality of being diplomatic like adults. However, children who have been nurtured to be more prosocial have more emotional control even if they are triggered. Pro-social children are more likely to regulate their emotions and display lower levels of stress in addressing hypothetical provocation than the children who are not pro-social. Hence if children are groomed to be pro-social from a young age, they would display lower level of aggressive behavior. Deficit in early emotional self-regulation is greater cause of adult criminality than the impact of negative family or social circumstances.

Early identification of antisocial behavior is required to help the society from incurring large costs in behavioral correctional measures. The earlier the intervention is made, the cheaper it is for the society at large. Number of antisocial behavior in childhood is a major predictor of how much an individual will cost society. The cost is large and falls on many agencies, yet few agencies contribute to prevention, which could be cost effective.

Since the victims of bullying

form a large chunk of population of any school, the school authorities should not treat this problem as a normal growing-up issue. Rather, every school should strive to provide a safe and congenial atmosphere for students, irrespective of their personality traits. Every parent should be aware of not only the academic but also the social life of his / her child in school and bring to the notice of school authorities, if they have not yet paid attention to this important aspect of a child's well-being.

School based intervention programs should be initiated to end the bully-victim issues. Olweus, carried out a school based intervention program over a period of two and a half years. Children between grades 4 - 7 were a part of the intervention program. The data of the intervention program was drawn after studying 2500 students belonging to 112 classes. The main findings of the intervention program were as follows:

- Bully-victim problem after successful intervention program in each class that lasted between 8 - 20 months had gone down to half.
- Reductions were observed in general antisocial behaviors - truancy, fighting, vandalism, pilfering etc.
- There was improved order

and discipline in class

- Children learned to display more positive social relationships
- They had started viewing the idea of coming to school and performing their academic duties with more positivity.
- The satisfaction level of students with their school life in general had increased
- Apart from reducing the number of existing bully-victim problems, the school intervention program worked as a preventive measure to reduce the instances of bullying that used to occur prior to the initiative.
- The percentage of victims got reduced.

If a parent starts discovering the following symptoms in a child's behavior, he should at once try to investigate the problem by speaking to the child and also contact the school for carrying a professional intervention program:

- Sudden drop in grades or learning difficulty
- Frequent crying
- Not wanting to go to school
- Bruises in body
- Sudden change in self-image and start calling oneself a loser

There is no problem in a child's life that cannot be solved through efforts made by the



parents or teachers and if parents and teachers join hands to eradicate this sensitive issue, a child's life will be less complicated and he will grow up to be a prosocial individual. If we want to change the world, we will have to measure it first. The fact that it is likely that by the time bullies are twenty-four years old, sixty percent will commit a crime and that every bully and victim will cost the economy millions in extra health, justice and social care costs may prove to be a catalyst for parents and teachers to take bullying by and of children a lot more seriously. ■

*Amrita Priya is a freelance writer. She contributes articles in different magazines at regular intervals and provides contents on Psychology and Management to US- based academic portals. She has authored a few books like "Romance on Facebook", "Two Quality Ladies", "Cereals and Pulses" etc.*

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# Tales of Multi Talented Cops

Abhijit Chatterjee

Police is the product of human civilization. Although the police are primarily law enforcers still they have multi-dimensional qualities. A blooming bud is found in the progeny and they are born with some gifted qualities. Education and environment make them responsible citizens as the cops are. People are at home with the police in uniform but remain unaware about their other abilities, talents and creative minds. Some of Kolkata Police personnel who likewise discharge duties with the fullest conviction from the threshold level have such talents in various fields. It is our endeavour to unfurl their other facets of lives. Some of them are at the zenith in the arena of sports, culture, and literature and so on. A few of our men have already bagged medals in the international and national events. Their success has glorified us and the nation as well.

## Run, Run, Run..... the mantra of Rahamatullah

A cop by profession but athlete by heart Rahamatullah Molla has an illuminated career on



the track. Medalist in many international events, a sprinter of 29 years, Rahamatullah himself is now inspiration for the budding athletes, who has been struggling for a beautiful sports career despite all odds. Rahamatullah, who bagged Bronze medal in the XIXth Commonwealth Games in 2010, joined Kolkata Police in 2006. His journey to this success from the remotest village of Mathurapur in South 24 Parganas was not so easy. He was passionate about running since his boyhood and like many other village boys, used to run aimlessly. Kartick Chandra Nath, a coach of Sports Authority of India (SAI), noticed a promising athlete in Rahamatullah during National School Sports Meet in Kerala in 2000. He asked Rahamatullah whether he was willing to join at SAI camp and ready to undergo training from him. Rahamatullah was then a boy of 13 years. He did not hesitate to accept the offer but at the same time he did not feel shy to divulge true financial scenario of his family. He was, however, picked up and patronized by the SAI coach and he is still on the running track. He has set many records and has been still securing positions in 100 meters run in various national and international sports events. His drawing room is now flooded with number of gold, silver, bronze medals and trophies.

## Ray of Hope in Rugby Court

It is an interesting journey for Bikash Tamang, who initially played football before joining Kolkata Police but shifted to rugby thereafter. It was because of the influence of Arvind Mishra, an Assistant Commissioner of Police, who is not only Sports Officer of Kolkata Police but himself, is a rugby player. Bikash underwent coaching from him and started playing rugby since 2000. He represented Indian rugby team for World Cup Qualifier Tournament in 2004 which was held at Candy in Sri Lanka. He went to Hong Kong in 2005 for Asian Rugby Tournament but had to come back from the camp due to a severe injury. He again represented the country for Asian Sevens in 2011 in Mumbai. He also represented Bengal in 33<sup>rd</sup> National Games,



which was held at Guwahati in 2007 and Bengal team secured second position and won silver medal. Bikash became captain of Bengal rugby team in 34<sup>th</sup> National Games which was held at Jharkhand in 2011 but after semi-final the team was disqualified due to some technicalities. Bikash was born and brought up at Barrackpore although his domicile was Darjeeling. A true sports lover, Bikash played football during his early years.

**Sound of Music**

Binod Tamang is one of the singers of Kolkata Police Orchestra. Kolkata is his second home as his father used to work in Kolkata Police. He, however, hails from Darjeeling. He is fond of music from his boyhood. He was self taught and had no conventional training. However, he used to sing English numbers and popular Hindi songs with a



Guitar and was admired by his music lover friends. Music was his passion which drove him to choose such a career. He got the job of a cop and when he joined the force in 2003 he had the opportunity to be one of the members of Kolkata Police Band. Vocal music was introduced in the band a few years back. Initially he used to play Guitar in the orchestra but later turned to a vocalist. Now he has been undergoing vocal training from Shri Nirmalya Roy. During the grooming sessions he has also been learning Gazal, Tagore songs from his Guruji. Performance at Eden Gardens before thousands of spectators and celebrities from Bollywood and Tollywood was one of his memorable experiences. He along with one of his colleagues -Vinod Gurung performed during the prize distribution ceremony of IPL.

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## Dos

- Inform Kolkata Police immediately
- Avoid gathering near any suspicious item
- Avoid spreading rumours
- Be calm & cautious
- Evacuate people as soon as possible
- Share all information with police
- Maintain strict vigil until police arrives
- Follow the instructions of police

## DON'Ts

- Touch/pick-up/jar/tilt
- Accept the face value
- Open or puncture
- Submerge in water
- Remove it to another place
- Panic
- Use radio frequency
- Be a dead hero

## Cyber Security...

- Pick a strong password: use a combination of at least 8 letters, numbers and special characters (like '!' and '#')
- Enable "Two-step Verification" to secure your



account.

- Having an unpredictable security question is a useful way to verify your own account if you ever lose access to it.
- When using a shared or cyber café computer, press 'Ctrl+Shift+N' or 'Ctrl+Shift+P' after opening the browser for safe browsing. This will erase your browsing data after use.
- Enable login notification. This will notify to detect illegal access.
- In matrimonial sites, try to

remain completely anonymous until you fully trust that person.

- Never log in to online banking through a link sent over email. Either type the URL in the address bar of your browser or use your bookmarks from printed guidelines supplied by bank.
- Log-off and close your browser when you have finished using internet banking.
- Register your mobile and email for internet banking to get transaction alerts.

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- Do not accept friend request from an unknown person in Facebook or any other social networking sites.
- Think twice before uploading/sharing private pictures/information to the web or social messenger like WhatsApp.

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You may receive a phone call that seems to be from bank's customer service center. The caller was able to convince you that your bank account and ATM card has been locked or is in the process of getting upgraded and updated. He may ask, the following details:

(1) ATM cum Debit Card Number (2) CVV number (3) Expiry Date (4) Pin Number (5) OTP.

Later, you may come to know about several unauthorized transactions have been made using your bank account.

How can you protect yourself from such phone scams?

### **Don'ts**

- Banks or any of their



representatives never call over phone to ask for personal information, password or one time password (OTP). Any such phone call is an attempt to fraudulently withdraw money from the customer's bank account through Internet Banking. Do not respond to such phone call.

- Do not respond to phone calls asking you to update or verify User ID/Password/Debit Card Number/Pin/CVV etc. Inform your bank about such phone call. Immediately change your PIN if you have accidentally revealed that password.
- Do not write Pin on the Card or back of the Card.
- Do not provide identity details to anyone over phone.
- Do not tell OTP (one time password) received in your cell phone to anybody over phone.

### **DO'S**

- Memorize your PIN (Personal Identification Number) and destroy all physical evidence of the Pin sent by bank.
- Register your mobile number with the bank for getting SMS alerts for your ATM transactions.
- Save 'Customer Care' number of your bank printed back side of the card in your cell phone's phonebook. If you have disclosed card details to unknown caller by mistake, immediately call customer care of your bank and request to BLOCK your DEBIT/CREDIT card.
- Always change the Pin as soon as you receive it first time from Bank.
- Always remember that your debit card number, CVV number, Expiry Date, PIN number, OTP, etc., are strictly confidential and are not known even to employees of the bank. So, do not divulge such

information even if asked for.

## Drug Abuse & Illicit Trafficking

### Signs & Symptoms of Drug

- Sudden change of mood/temperament.
- Lack of appetite and bouts of drowsiness or sleeplessness.
- Nausea, body pain and restlessness.
- Spending long hours in toilets.
- Losing interest in studies, jobs or in extracurricular activities.
- Increasing demand for money and stealing.
- Keeping tablets, capsules, scorched tin foils, cigarettes, syringes etc.
- Not maintaining personal hygiene, being shabby & unkept.

### Harmful effects of Drug abuse

- Infectious diseases & impaired health, loss of jobs/ income.
- Possible death due to overdose, frustration or ill health.
- Committing crimes like theft, murder, rape suicide etc.
- Money laundering, peddling and Narcoterrorism.
- Sexual dysfunction and contracting HIV/ AIDS
- Doing drugs is a crime

### Role of Parents

- Spend time with your children and nurture with healthy habits.
- Keep a watch on your child's activities and their friends.
- Teach them to trust you and encourage them to share their problems and admit their wrong doings or their drug habits without fear.
- In case you observe change in your child's behavior, performance or

hygiene & sleeping habits, consult with your doctor or take help or counselor of a treatment centre.

- Share your suspicions/ doubts with your spouse.
- Set an example yourself by not indulging or abusing any intoxicant.

### Advice for Students & Youth

- Carefully choose your friends and resist peer pressure.
- Don't experiment with drugs. Learn to say NO TO DRUGS.
- Report drug abuse/ trafficking to parents, teachers or concerned authorities before it's too late.
- Girls should be cautious while going out for parties & taking drinks from strangers.
- Decide for yourself, choice is yours, learn to love yourself. ■

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# Ex-Police Officers Guild plans to set up Old Age Home

By Our Correspondent



Ex-Police Officers Guild, which has been serving for needy people ever since its establishment in 2000, has decided to set up an Old Age Home. There are as many as 100 members in the Guild who meet at regular intervals at its office at 14, Crooked Lane which is stone's throw distance from the headquarters of Kolkata Police. Such an idea came to their mind because they realized that there had been a growing need for Old Age Home in the modern society because of changes in the family set up. The Guild is founded by the joint effort of retired officers of Kolkata Police and its counterpart in the state- West Bengal Police and with a philanthropic motive it extends

help to the under privileged section of the society in various form.

Guild's vice-president Kamalesh Sen said, 'We hold health camps for our members and poor people as well. We also teach needy students and provide them text books. We are also planning to set up an Old Age Home where elderly people can stay irrespective of the caste, creed and community. We will urge our friends to come forward with their generosity to make the plan materialized.' The schedule of police officers in service is quite hectic and they always work for the people. They cannot withdraw themselves even after

retirement from providing service to the benefit of the society. That was actually the reason behind forming Ex-Police Officers Guild, he explained. The organisation last year donated West Bengal's Chief Minister's Relief Fund for the benefit of flood victims. It also contributed donation for the benefits of Uttarakhand flood victims in 2013. Meanwhile the Income Tax authorities have recognized Ex-Police Officers Guild as a charitable organisation to accept funds from the public under section 12AA of Income Tax Act for extending their community services. ■

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*The Protector asked a few Kolkatans what they had to say about the recently launched road safety campaign with the slogan 'Safe Drive Save Life' across Bengal. Also, they were asked to share their views with Kolkata police to help minimize road mishaps. Here's what they said-*

*As told to Anirban Saha*



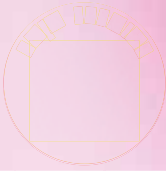
**Jerold Victor Jacob**  
*Post Graduate Student.*

Kolkata is counted among the busiest cities in India. One of the reasons includes increase in the number of vehicles every year, apart from influx of people from different parts of the country. The slogan 'Safe Drive Save Life' for the road safety campaign is a very rational appeal to the road users to follow the traffic rules keeping in mind everyone's life at stake. Though Kolkata Police keep a hawk eye on traffic rule violators but still some manage to escape their vigilant eyes. CCTV cameras are a boon for the cops as well as for the responsible drivers as they assist in slapping fines on the violators. Pedestrians also must follow rules of the road and the cops should impose strict fines on the foot violators as well.



**Abhisekh Saha**  
*R & D Test Engineer,  
Rane NSK Steering Systems Pvt. Ltd.*

Kolkata Traffic Police have started using CCTV cameras to a higher extent and it's a fantastic technology in keeping a watch on the traffic conditions and on violators of the rules of the road. But further advantage of technology should be utilized like in the city of Los Angeles where the police have come with a specific algorithm based on traffic conditions to predict traffic snarls and operate the signals accordingly. Such a technology may help reduce traffic congestion in Kolkata and would help minimize road mishaps. It would also reduce the response time of the police.



**Meena Jacob**  
*Home Maker*

'Safe Drive Save Life' is an apt slogan for the newly launched road safety campaign by the Government of West Bengal. It is a much needed public awareness campaign keeping in mind the huge number of accidents that occur every year on the roads. In such a busy city as Kolkata, drivers and pedestrians must have adequate patience while they are out on the road. Kolkata Police do a commendable job in managing the traffic and booking the violators.



**Abhik Chandra Choudhury**  
*Manager, Axis Bank*

The road safety campaign which was launched recently in the state is a much needed initiative undertaken by the Government of Bengal to minimize road mishaps by raising awareness and urging people to follow the traffic rules. The Kolkata Traffic Police is doing a stupendous job by reminding the people of their responsibility while on the road. I thank police personnel for making the roads safer and our lives better.



**Sudakshina Chakraborty**  
*B. Ed. Student*

Do we really want to spend our day dreadfully contemplating for the safety of our loved ones, while they are on road? The answer is no. I thank Kolkata Police for implementing the 'Safe Drive Save Life' road safety and awareness campaign so well. People must understand that everyone's life is at stake while on the road, be it pedestrians, riders, or drivers. In that case, if one section doesn't follow the rules then it is just a matter of time for a disaster to happen. I urge all the people to adhere to traffic discipline at all times, not just when a Sergeant is in the vicinity.





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Commissioner of Police	Sri Rajeev Kumar, IPS	2214-5060 2214-5424 (FAX)
Spl. C.P. (II)	Sri Jayanta Kr. Basu, IPS	2214-5476
Addl. C.P. (I)	Sri Vineet Kumar Goyal, IPS	2214-1696
Addl. C.P. (II)	Dr. R Sivakumar, IPS	2214-1515
Addl. C.P. (III) & Hqrs.	Sri Supratim Sarkar, IPS	2214-3970
Addl. C.P. (IV)	Sri Hari Kishore Kusumakar, IPS	2214-5799
Jt. C.P. (PRB)		2283-7671
Jt. C.P. (TP)		2214-5558
Jt. C.P. (Intelligence)		2282-5957
Spl. Addl. C.P. & Jt. C.P. (Admn.)	Sri Mehboob Rahman, IPS	2214-1836
Jt. C.P. (Crime)		2214-5737
Jt. C.P. (O)	Sri Champak Bhattacharyya, IPS	2214-5509
Jt. C.P. (STF)	Sri Vishal Garg, IPS	2214-5950
Jt. C.P. (AP)	Sri Satyajit Bandopadhyay, IPS	2479-3554
Jt. C.P. (Establishment)	Sri Sujay Kr. Chanda, IPS	2214-1354
OSD, SB	Sri Dilip Bandyopadhyay, IPS (Retd.)	2282-2090
D.C. Wireless Branch	Smt. Joyeeta Bose, IPS	2283-7656
D.C. S.D.	Sri Murli Dhar, IPS	2281-3467
D.C. C.D.	Sri Akhilesh Chaturvedi, IPS	2228-1403
D.C. P.D.	Sri Sudeep Sarkar, IPS	2439-7174
D.C. E.S.D.	Smt. Debasmita Das, IPS	2374-5645
D.C. N.D.	Sri Subhankar Sinha Sarkar, IPS	2360-5650
D.C. S.E.D.	Sri Gaurav Sharma, IPS	2290-4660
D.C. S.W.D. (Behala DIVN.)	Sri Meeraj Khalid, IPS	2499-4702
D.C. S.S.D. (JDV. DIVN.)	Sri Badana Varun Chandra Sekhar, IPS	2499-4711
D.C. D.D. (II)	Smt. Neeloo Sherpa (Chakraborty), IPS	2214-1516
D.C. D.D. (Spl.)	Sri Joy Biswas, IPS	2214-1057
D.C. S.T.F.	Sri Nilanjan Biswas, IPS	2214-1720
D.C. S.B. (Security)	Sri Dip Narayan Goswami, IPS	2282-0631
D.C. S.B. (II)	Sri Kamal Kr. Patra	2282-3602
D.C. S.B. (III)	Sri Pijush Kanti Chakraborty	2282-0031
D.C. S.C.O. (I)		2290-0549
D.C. S.C.O. (II)	Sri Tenzing Bhutia	2287-5881
D.C. T.P. (I)	Sri V. Solomon Nesakumar, IPS	2214-5403
D.C. T.P. (South)	Sri Kalyan Mukhopadhyay, IPS	2499-4703
D.C. T.P. (II)	Sri Goutam Gupta	2214-5803
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D.C. R.F.	Sri Ashesh Biswas, IPS	2214-3366 2214-1952 (NABANNA)
D.C. E.B.	Sri Rabindra Nath Sarkar, IPS	2283-7700
D.C. H.G.O.		2262-1671
D.C. Women Police		2214-1953
Sr. D.C. & D.C. 3 <sup>rd</sup> Bn. A.P.		2409-9054
D.C. 1 <sup>st</sup> Bn. A.P.	Sri Biswajit Ghosh, IPS	2409-9096
D.C. 2 <sup>nd</sup> Bn. A.P.	Sri Nimbalkar Santosh Uttamrao, IPS	2557-5050
D.C. 4 <sup>th</sup> Bn. A.P.	Sri Amitava Barma, IPS	2337-3320
D.C. 5 <sup>th</sup> Bn. A.P.	Sri Debasis Sarkar, IPS	2355-9007
D.C. 6 <sup>th</sup> Bn. A.P.	Sri Dipankar Chakraborty	2409-9055
D.C. 7 <sup>th</sup> Bn. A.P.		2409-9056
D.C. 8 <sup>th</sup> Bn. A.P.	Sri Debapriya Dasgupta	2530-0817
D.C. Combat Bn.	Lt. Col. Nevendera Singh Paul	2262-5222
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