

Capacity Building
Programme on
Human Rights
for NHRIs



National Human Rights Commission India

सर्वे भवन्तु सुखिनः 'May all be prosperous and happy' (Brihadaranyaka Upanishad (1.4.14)

May all be prosperous and happy' is one of the deep rooted principles in the Indian tradition and philosophy and has been the ideal for governance in India. One of the embodiments to achieve this ideal is "National Human Rights Commission of India". Constituted by the act of Parliament of India — The Protection of Human Rights Act 1993, NHRC is mandated to protect and promote the human rights of each and every individual of the country. The Commission is responsible for awareness generation of human rights issues amongst the masses and encouraging the efforts of all stakeholders. The Commission also studies treaties and international instruments on human rights and make recommendations for their effective implementation to the Government. The world looks at NHRC India as a role model in promoting and monitoring effective implementation of promotion and protection of human rights.

Programme Schedule

Time	Monday, 3 March, 2025 (Day 01) Speakers	
09:30 - 10:00 hrs	Registration of p	participants
10:00 - 10:55 hrs	Inaugural S	ession
11:00 - 11:45 hrs	Enforcement of Human Rights: New Age Challenges	Mr. Justice V. Ramasubramanian, Chairperson, NHRC, India
11:45 - 12:00 hrs	Tea Break	
12:00 - 13:00 hrs	Universal Access to affordable and quality healthcare	Dr. V.K. Paul, Member, NITI Aayog
13:00 - 14:00 hrs	Lunch	
14:00 - 15:00 hrs	Democracy and Fair Elections - A Pre- requisite for Human Rights Mr. Rajeev Kumar, Former Chi Election Commissioner of Indi	
15:00 - 15:15 hrs	Tea Break	
15:15 - 16:00 hrs	Convergence of Human Rights Framework and Sustainable Development Goals (SDGs)	Mr. Christopher Garroway, Economist, O/o UN Resident Coordinator, India
16:00 - 17:00 hrs	Presentation by participants	

Time	Tuesday, 4 March, 2024 (Day 02)	Speakers
10:00 - 11:00 hrs	Institutional framework for Protection of Human Rights in India	Mr. Bharat Lal, Secretary General, NHRC, India
11:00 - 11:30 hrs	Tea Break	
11:30 - 12:30 hrs	Complaints Management and Redressal of Human Rights violations	Mr. Surajit Dey, Former Registrar (Law), NHRC, India
12:30 - 13:30 hrs	Lunch	
13:30 - 14:40 hrs	Promotion of socio-economic and cultural rights: quality of life and dignity	Mr. Bharat Lal, Secretary General, NHRC, India
14:40 - 15:00 hrs	Tea Break	
15:00 - 16:00 hrs	NHRC's approach to Research, Training, Outreach and Advocacy	Mr. Devendra Kumar Nim, Former Joint Secretary, NHRC, India
16:00 - 17:00 hrs	Presentation by participants	

Time	Wednesday, 5 March, 2025 (Day 03)	Speakers
10:00 - 11:00 hrs	Protection of Vulnerable and Marginalized Groups -A Special Focus	Mr. Rajiv Jain, Former Member, NHRC, India
11:00 - 11:30 hrs	Tea Break	
11:30 - 12:30 hrs	Cyber Space and Human Rights: Ensuring Cyber Security	Dr. Muktesh Chander, Special Monitor, NHRC, India
12:30 - 13:30 hrs	Lunch	
13:30 - 14:30 hrs	Collaboration with HRDs, NGOs and CSOs for protection and promotion of Human Rights	Mr. Sandeep Chachra, Executive Director, Action Aid Association
14:30 - 15:00 hrs	Tea Break	
15:00 - 17:00 hrs	Visit to Prime Minister Museum	

Time	Thursday, 6 March, 2025 (Day 04)	Speakers
10:00 - 11:00 hrs	NHRC and International Outreach, Collaborations & Partnerships	Ms. Anita Sinha, Former Joint Secretary, NHRC, India
11:00 - 11:30 hrs	Tea Break	
11:30 - 12:30 hrs	Mission LiFE: Sustainability and Human Rights	Mr. Yugal Kishore Joshi, Mission Director, NITI Aayog
12:30 - 13:30 hrs	Lunch	
13:30 - 14:30 hrs	Evolution of Human Rights in Indian Jurisprudence	Dr. Justice Bidyut Ranjan Sarangi, Member, NHRC, India
14:30 - 15:00 hrs	Tea Break	
15:00 - 16:00 hrs	UN and Human Rights framework: Mechanisms and Processes	Mr. Asoke Kumar Mukerji, Former India's Ambassador to UN, New York
16:00 - 17:00 hrs	Presentation by participants	

Time	Friday, 7 March, 2025 (Day 05)	Speakers
10:00 - 11:00 hrs	India and Global South: Developmental Cooperation and Partnership	Mr. P. Kumaran, Special Secretary, Ministry of External Affairs
11:00 - 11:30 hrs	Tea Break	
11:30 - 12:30 hrs	Human Rights Violations: Investigation, Spot enquiry and Analysis of Reports	Mr. Manoj Yadav, Former DG(I), NHRC, India
12:30 - 13:30 hrs	Lunch	ı
13:30 - 14:30 hrs	Emerging Issues in Human Rights and sharing of best practices	Participants
14:30 - 15:00 hrs	Tea Bre	ak
15:00 - 16:00 hrs	Valedictory Session	

Time	Saturday, 8 March, 2025 (Day 06)	
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07:00 - 18:00 hrs Visit to Taj Mahal, Agra

Inaugural - 10:00 am -10:45 am

10:03 - 10:06	Lighting of lamp	
10:06 - 10:11	Glimpse of the last ITEC programme	
10:11 - 10:16	Opening remarks by	Mr. Bharat Lal Secretary General, NHRC, India
10:16 - 10:21	Address by	Mr. Priyank Kanoongo Member, NHRC, India
10:21 - 10:26	Address by	Ms. Vijaya Bharathi Sayani Member, NHRC, India
10:26 - 10:31	Address by	Dr. Justice Bidyut Ranjan Sarangi Member, NHRC, India
10:31 - 10:38	Inaugural Address	Hon'ble Justice V. Ramasubramanian Chairperson, NHRC
10:38 - 10:40	Vote of thanks	Lt. Col. Virendra Singh Director, NHRC, India
10:40 - 10:45	Group Photograph	

Valedictory

15:00-15:03	Short report on the programme	Lt. Col. Virendra Singh Director, NHRC, India
15:03-15:18	Remarks from participants	
15:18-15:25	Concluding remarks by	Mr. Bharat Lal Secretary General, NHRC, India
15:25-15:35	Valedictory address by the Chief Guest	Mr. Vikram Misri Foreign Secretary, Ministry of External Affairs, Government of India
15:35-15:45	Distribution of certificates	
15:45-15:50	Vote of thanks	Mr. Vikram Harimohan Meena SSP, NHRC, India

Details about the speakers



Mr. Justice V. Ramasubramanian Chairperson, NHRC, India

Born on June 30, 1958, Justice V. Ramasubramanian is a distinguished former judge of the Supreme Court of India. He graduated in Chemistry from Ramakrishna Mission Vivekananda College, Chennai, and later pursued law at the Madras Law College. Enrolling as a member of the Bar on February 16, 1983, he practiced for 23 years in the High Court of Madras, including a notable tenure with Senior Advocates K. Sarvabhauman and T.R. Mani from 1983 to 1987.

Justice Ramasubramanian was appointed as an Additional Judge of the Madras High Court on July 31, 2006, and became a permanent judge on November 9, 2009. In 2016, he transferred to the High Court of Judicature at Hyderabad for the States of Telangana and Andhra Pradesh, and after the bifurcation, he served in the Telangana High Court. On June 22, 2019, he was sworn in as the Chief Justice of the Himachal Pradesh High Court, and later, on September 23, 2019, he ascended to the Supreme Court of India.

During his Supreme Court tenure, which ended upon his retirement on June 29, 2023, Justice Ramasubramanian authored 102 judgments. His judicial contributions include participation in significant cases such as the 2016 Demonetization policy and the validity of circumstantial evidence in bribery cases. His career reflects a commitment to upholding justice across various levels of the judiciary.



Mr. Bharat Lal Secretary General, NHRC

Mr. Bharat Lal is the Secretary General of the National Human Rights Commission (NHRC) of India, with a distinguished career in civil service since 1988. Before joining NHRC, he served as Director General of the National Centre for Good Governance and as Secretary to the Lokpal of India. As the founding Mission Director of the National Jal Jeevan Mission, he played a pivotal role in expanding access to clean tap water nationwide. With extensive experience in policy-making, water and sanitation, and investment promotion, he is known for his innovative, solution-driven approach to governance.



Mr. Rajeev Kumar

Former Chief Election Commissioner of India

Rajiv Kumar is an Indian Administrative Service officer of the Bihar/Jharkhand cadre of the 1984 batch. As the director and joint secretary in the Tribal Affairs Ministry between 2001 and 2007, Kumar drafted the Scheduled Tribes (Reorganisation of Forests Rights) Bill, 2005. It was under his supervision that the Special Central Assistance to States and Grants under Art. 275(1) of the Constitution was granted for the development of scheduled and tribal areas.

Rajiv Kumar has also held other positions such as director for the Central Board of Reserve Bank of India (RBI), SBI, and NABARD. He has also been a member of the Economic Intelligence Council (EIC), Financial Stability and Development Council (FSDC), Bank Board Bureau (BBB) and Financial Sector Regulatory Appointments Search Committee (FSRASC). He held the post of finance secretary between September 2017 and February 2020. He superannuated from service in February 2020 and later he held the post of chairman of the Public Enterprises Selection Board since April 2020 before being appointed as the Election Commissioner of India on 1 September 2020.



Mr. Christopher Garroway

Economist, O/o UN Resident Coordinator, India

Mr. Christopher Garroway is the Country Economist for India in the Office of the UN Resident Coordinator. Mr. Garroway works closely with multiple Government of India ministries and departments, providing policy and data analysis on India's development priorities.

During India's G20 Presidency in 2023, he was attached to the G20 Secretariat, supporting the Government of India in advancing global and national economic development agendas. With expertise in economic policy, sustainable development, and data analysis, his work focuses on aligning India's development priorities with the Sustainable Development Goals (SDGs) and fostering collaborative partnerships between the UN system and national stakeholders.



Dr. V.K. PaulMember, NITI Aayog

Dr. Vinod Paul served on the faculty of the Department of Paediatrics, All India Institute of Medical Sciences, New Delhi, from 1985 to 2020, and was Head of the Department for nearly a decade. He is a globally recognised medical scientist and a public health exponent. Government of India appointed Dr. Paul as a Member of the National Institution for Transforming India, the NITI Aayog, in August 2017 where he leads the Health, Nutrition and Education verticals. He has played a pivotal role in formulating the Ayushman Bharat-PMJAY, the Ayushman Arogya Mandir scheme and POSHAN Abhiyaan. Prof. Paul also served as the Chairman of the Board of Governors in supersession of the Medical Council of India in 2018-20. This tenure was recognised for a record increase in undergraduate and postgraduate medical seats and introduction of telemedicine guidelines, district residency scheme and a plethora of other reforms. Dr. Paul has been a part of the core team of the Union Government for Covid-19 pandemic response. He chaired the National Task Force on COVID-19, the Empowered Group on Emergency Management Plan and Strategy, Empowered Group on Vaccination as well as the National Expert Group on Vaccine Administration for COVID-19 (NEGVAC). Prof. Paul has over 400 scientific publications and an h-index of 62 to his credit. He featured among the world's top 2% scientists in the field of paediatrics according to a study conducted at Stanford University in 2020. He is a Fellow of all the three Science Academies of the country, and a recipient of the pre-eminent Dr. B. R. Ambedkar Centenary

Award for Excellence in Biomedical Research by the Indian Council of Medical Research (ICMR). Dr. Paul was conferred with the prestigious Ihsan Dogramaci Family Health Foundation Prize by WHO at the 2018 World Health Assembly for his globally recognized service in the field of family health.



Mr. Surajit Dey

Former Registrar (Law), NHRC

Mr. Surajit Dey is a 1999 batch Judicial Officer of West Bengal Judicial Service. He worked in West Bengal Judiciary and was promoted to District Judge Cadre in 2013. He was posted in the Supreme Court of India as Registrar (Judicial) from 2014 to 2015. Mr. Dey has served in the judiciary in various capacities in West Bengal. He has also served as of Registrar (Law), NHRC, and is now serving as a Judicial Officer in the West Bengal Judiciary.



Mr. Devendra Kumar Nim

Former Joint Secretary, NHRC, India

Mr. Devendra Kumar Nim was serving as the Joint Secretary at the National Human Rights Commission, India where he handled various responsibilities including the Research and Training divisions. He is an officer of the 1993 batch of the Indian P&T Accounts and Finance, Indian Civil Services. He has also served as Joint Controller General of Communication, Accounts and Deputy Director General at the Department of Telecommunication. He has also worked as Chief General Manager at BharatNet Project BBNL.



Mr. Rajiv Jain
Former Member, NHRC

Mr. Rajiv Jain joined as a Member of National Human Rights Commission in June 2021. In NHRC, he handled an array of subjects related to Human Rights like Right to Food, Water, etc., Rights of Senior Citizens, Women, Children, LGBTQ, etc. Prior to NHRC, he had been an Advocate and Arbitrator for about a year. Before that, he served as Director, Intelligence Bureau. His international experience includes posting as Consul in the Consulate General of India, Toronto, Canada, and Chairman of Asia-Pacific Chapter of the International Association of Chiefs of Police and attending conferences like SAARC and ASEAN, etc.He has been honoured with numerous awards for his distinguished service including the Prime Minister's Revolver and Baton for being the Best Probationer and the Sword of Honour, the Indian Police Medal for Meritorious Service, the President's Police Medal for Distinguished Service and most recently, the Ati Utikrisht Seva Padak by the Hon'ble Minister for his outstanding services.



Dr. Muktesh Chander

Special Monitor, NHRC, India

Dr. Muktesh Chander is a senior Indian Police Service (IPS) officer with extensive experience in cybersecurity, law enforcement, and information security management. With a distinguished career spanning over three decades, he has served in key positions such as DIG Goa, Additional Commissioner of Police (Crime and Traffic) Delhi, IG Daman and Diu, and Centre Director of Cyber Division at the National Technical Research Organization under the Prime Minister's Office. He was specially selected as a United Nations Police Observer in Bosnia and Herzegovina, where he monitored, trained, and advised police forces. Dr. Chander has undergone specialized training in Hostage Negotiation at Louisiana State Police Academy, USA, and Law Enforcement Executive Development with the FBI in Los Angeles, USA. His exceptional service has earned him several prestigious awards, including the President's Police Medal for Distinguished Service, President's Police Medal for Meritorious Service, and the UN Service Medal.

A recognized expert in cybercrime, cyber terrorism, digital forensics, e-governance, and information security, Dr. Chander has authored numerous articles on cybersecurity and related topics published in various reputed journals and newspapers. He was a key contributor to formulating the "Guidelines for Protection of National Critical Information Infrastructure in India" as a member secretary of the Joint Working Group. He regularly serves as a resource person for premier institutions such as the National Crime Records Bureau, Bureau of Police Research and Development, and National Institute of Criminology and Forensic Science. A Fellow of the Institute of Electronics and Telecommunications Engineers (IETE), Dr. Chander has received the Hari Ram Toshniwal Award (2013) from IETE for his contributions. He is also a life member of several professional bodies, including the Computer Society of India, Indian Society of Criminology, and Indian Society of Victimology.



Mr. Sandeep Chachra

Executive Director, Action Aid Association

A social anthropologist by training and a development activist who has lived and worked with indigenous people and Dalit communities in India, Mr. Sandeep Chachra is currently the Executive Director of Action Aid Association. He also acts as Secretary and ex-officio member of the Governing Board, with no voting powers. Prior to this, Mr. Chachra was the International lead for ActionAid International's, just and democratic governance and economic justice theme. He currently also serves as a member of the Human Rights Defenders (HRD) Core Group at the National Human Rights Commission (NHRC)



Ms. Anita Sinha
Former Joint Secretary, NHRC, India

An officer of the Indian Revenue Service, as Joint Secretary at the National Human Rights Commission, Ms. Anita Sinha used to lead NHRC's international cooperation efforts, particularly with GANHRI, APF, and the UN Human Rights Council. In addition to coordinating ambassadorial and diplomatic visits, she handled the Research Division, advancing human rights advocacy and organizing seminars, conferences, and core group meetings on critical issues related to women, children, vulnerable groups, health, education, climate change, and more. Her prior roles include Director in the Ministry of Culture, Additional Director General at Doordarshan, and faculty at the National Academy of Direct Taxes, with experience of training new officers. She holds a law degree, a diploma in Public Policy and Administration, and a history graduate with a deep interest in travel, creative problem solving, and the arts.



Mr. Yugal Kishore Joshi Mission Director, NITI Aayog

Yugal Joshi served as Director, National Jal Jeevan Mission in the Department of Drinking Water and Sanitation, Ministry of Jal Shakti. He was Director, IEC, Swachh Bharat Mission for 5 years since 2016. Yugal Joshi has been instrumental in bringing impactful information, education and communication (IEC) interventions for behavior change among rural Indians for toilet usage. He is a recipient of Prime Minister's Award for Excellence in Public Administration for his IEC works in SBM (in 2018), Indian Police Medal (2020) and National Award for Outstanding Performance by Ministry of Railways (2014).



Dr. Justice Bidyut Ranjan Sarangi

Member, NHRC, India

Dr. Justice Bidyut Ranjan Sarangi is a distinguished jurist known for his remarkable contributions to the Indian legal system. He began his legal career in 1985, practicing in civil, criminal, constitutional, and administrative law for 27 years, representing private parties, corporations, and government bodies. His exemplary performance earned him the Haricharan Mukherjee Memorial Award with a Gold Medal in 2002.

Elevated as a Permanent Judge of the Orissa High Court in 2013, Dr. Justice Sarangi disposed of over 152,000 cases and authored nearly 1,500 reported judgments, significantly enhancing public trust in the judiciary. He served on various legal and administrative committees, including the Odisha State Legal Services Authority, Juvenile Justice Committee, and multiple recruitment and promotion panels for judicial officers and staff. In July 2024, he was appointed Chief Justice of the Jharkhand High Court, furthering his legacy of judicial excellence. He is associated with prominent legal organizations such as the Indian Law Institute and Indian Society for International Law and has actively contributed to legal education and social causes.



Mr. Asoke Kumar Mukerji

Former Indian Ambassador to UN, New York

Ambassador Asoke Mukerji (b. 11 December 1955) joined the Indian Foreign Service in July 1978. He retired as India's Ambassador and Permanent Representative to the United Nations in New York in December 2015, after spearheading the successful implementation of Prime Minister Narendra Modi's proposal for the UN to declare 21 June every year as the International Yoga Day with a record 177 co-sponsoring countries in 75 days. In 2015, he led India's negotiations on the unanimously adopted UN Agenda 2030 for Sustainable Development, aligned with India's national priorities. Between 1995-1998, he served as India's Delegate to the WTO, where he represented India in 11 trade disputes before the Dispute Settlement Body. In the Ministry of External Affairs, he led India's international dialogues on countering terrorism, cyber issues, and participation in international organizations.



Mr. P. Kumaran, Special Secretary

Ministry of External Affairs

Mr. P. Kumaran is the Special Secretary (Economic Relations and Development Partnership Administration) at the Ministry of External Affairs, Government of India. A 1992 batch officer of the Indian Foreign Service, he has held several key diplomatic assignments across the globe. He served at the Indian Embassies in Cairo, Tripoli, Brussels, Washington D.C., and as Deputy High Commissioner at the High Commission of India in Colombo. He also held the position of Counsellor at the High Commission of India in Islamabad. At the Ministry of External Affairs, he has served as Deputy Secretary (Europe West/Europe-I), Joint Secretary of the Consular, Passport & Visa Division, and was on deputation as Regional Passport Officer in Bangalore. From 2016 to 2020, Mr. Kumaran served as India's Ambassador to Qatar. In his current role, he oversees India's economic relations and development partnerships.



Mr. Manoj Yadava

Former DG (Investigation), NHRC

Manoj Yadava (born 30 July 1965) is an Indian Police Service (IPS) officer who is Director General of Railway Protection Force and former Director General of Police of Haryana Police. He had previously held the post of Joint Director of the Intelligence Bureau at the Union Home Ministry (MHA). He also served as Director General (Investigation), NHRC from 2022 to 2023. He has received numerous awards for his distinguished service like President's Police Medal for Distinguished Service, Police Medal for Meritorious Service, United Nation Peace Keeping Medal, United Nation Foreign Service Medal (Kosovo).

Places of Interest in **Delhi**



Swaminarayan Akshardham Temple

Swaminarayan Akshardham in New Delhi epitomize 10,000 years of Indian culture. It is the largest Hindu temple in the world.

Distance from The Ashok: 13 km



Lotus Temple

The lotus temple is a Bahai House of worship that was dedicated to the nation in December 1986. It has Lotus-like shape.

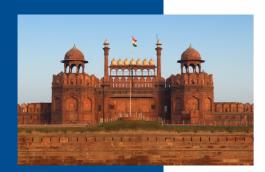
Distance from The Ashok: 11 km



Gurudwara Bangla Sahib

Gurudwara Bangla Sahib is one of the most prominent Sikh Gurudwaras in Delhi and has its association with the eighth Sikh Guru, Guru Har Kishan.

Distance from The Ashok: 5.1 km



Red Fort (Lal Qila)

Red Fort in old Delhi was built in the mid-17th century. The Fort has been designated as a UNESCO World Heritage site in 2007.

Distance from The Ashok: 10 km

Places of Interest in **Delhi**



Humayun's Tomb

Humayun Tomb, the garden tomb in the Indian subcontinent. It is a UNESCO World Heritage site.

Distance from The Ashok: 6.1 km



Jantar Mantar

Jantar Mantar means 'instruments for measuring harmony of heavens'. It was built in the year 1724.

Distance from The Ashok: 5.3 km



Sunder Nursery

Sunder Nursery, the finest Heritage Park, is located in the heart of the city of Delhi.

Distance from The Ashok: 6.3 km



Pradhanmatri Sangrahalaya

The Pradhanmatri Sangrahalaya dedicated to the nation on April 14, 2022, is a tribute to all Prime Ministers of India since Independence.

Distance from The Ashok: 1.2 km

Places of interest in **Delhi**



India Gate

The India Gate is a war memorial constructed to memorialize the brave soldiers who laid down their lives in World War I, Afghan War, 1919 and Indo-Pakistan War, 1971.

Distance from The Ashok: 6.3 km



Birla Mandir

Laxmi Narayan Temple, also known as Birla Mandir, is located in the west of Connaught Place. The temple is one of Delhi's major temples and a major tourist attraction.

Distance from The Ashok: 5.9 km



Raj Ghat

The Raj Ghat memorial is dedicated to the Father of the Nation, Mahatma Gandhi, where he was cremated in 1948.

Distance from The Ashok: 10.5 km



Qutub Minar

The Qutub Minar is a UNESCO World Heritage Site. It is the world's largest brick minaret built during the year 1193.

Distance from The Ashok: 10.8 km

Leisure **Tour**



Dilli Haat, INA

The Dilli Haat provides the ambience of a traditional Rural Haat or village market. It is a magical world of India's art and heritage presented through a fascinating panorama of craft and cultural activities.

Distance from The Ashok: 4.7 km



Khan Market

Classy and posh, Khan Market is a favorite of the expat and diplomatic community. Today, it is a popular shopping destination in Delhi. It is a large U-shaped market with two parallel 'U's and some extensions.

Distance from The Ashok: 4.7 km



Connaught Place

Connaught Place, the heart of the capital city of India - Delhi, provides an impressive array of modern facilities for various activities. The place is famous for its Georgian-style architecture.

Distance from The Ashok: 6.6 km

Culinary **Delights**



RAJ KACHORI

Raj Kachori is crispy fried shells filled with potatoes, yogurt, boiled lentils, spices, chutney & more! It's the ultimate Indian chaat!



BUTTER CHICKEN

Butter Chicken is an Indian curry made with a base of a spiced tomato gravy with plenty of butter and marinated chicken that's typically cooked in a tandoor.



IDLI DOSA

Idli and Dosa are traditional South Indian foods, which are also popular all over the world. Idli rice is parboiled rice and used specifically for making idli and dosa.



KEBAB

Kebabs consist of cut up or ground meat, sometimes with vegetables and various other accompaniments according to the specific recipe.



CHOLE BHATURE

Chole stands for a spiced tangy chickpea curry and Bhatura is a soft and fluffy fried leavened bread. Chola Bhatura always makes for a delicious and filling meal.



MUTTON ROGAN JOSH

This signature Kashmiri nonvegetarian recipe makes your meal even more special with exceptional flavors to relish.



AMRITSARI KULCHA

Amritsari Kulcha is crisp as well as soft leavened bread which is stuffed with boiled and mashed potatoes and spices.



MASALA FISH FRY

Fish masala fry made with fish coated with spicy marinade and fried on a tawa or pan. It is also known as fish tawa fry or Anjal masala fry



DHOKLA

Dhokla is a savoury sponge dish that is native to the Indian state of Gujarat. It is made with a fermented batter that is steamed to a cake-like consistency.



BIRYANI

The name does full justice to the flood of flavors that it brings to the mouth of each and everyone who tries this mixed rice dish and that's why it's a favorite of many and the number adds up every day.

Telephone Numbers

Helpline Numbers

Delhi Police	100
Fire & Rescue	101
Ambulance	102
Emergency	112
Women Helpline	1091
Indira Gandhi International Airport	+91-124-479 7300

NHRC Contact Numbers

Sh. Mathew Kurien Assistant	+ 91-7317109792
Sh. Sanjay Kumar Deputy Secretary	+91-98713 03656
Sh. Bimaljit Uppal Deputy Superintendent of Police	+91-88267 05906

Nearby Hospitals

Primus Super Speciality Hospital Chanakyapuri	+91 - 11662 06636	4.0 kilometers (2.48 miles)
Max Super Speciality Hospital Saket Institutional Area	+91 - 11265 15050 +91 - 92688 80303	8.5 kilometers (5.28 miles)
Vardhman Mahavir Medical College & Safdarjung Hospital Mahatma Gandhi Road	+91 - 11267 30000	3.0 kilometers (1.86 miles)
All India Institute of Medical Sciences (AIIMS) Sri Aurobindo marg	+91 - 11265 88500	4.0 kilometers (2.48 miles)
AIIMS Jai Prakash Narayan Apex Trauma Center Ring Road	+91 - 11267 31237	1.9 kilometers (1.180 miles)

Medical Emergency Contact Persons

Shri Isam Singh Deputy Superintendent of Police, NHRC	+91 - 98681 72755
Shri Kulbir Singh Deputy Superintendent of Police, NHRC	+91 - 97173 34602



National Human Rights Commission

Manav Adhikar Bhawan
C - Block, GPO Complex, INA, New Delhi - 110 0023, India
Tel. No.: +91-11-2466 3296, Fax No.: +91-11-2465 1329

