



FMR Along the India-Myanmar Border

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The revised [Free Movement Regime \(FMR\)](#) has led to the activation of 22 border gates out of the 43 planned crossing points along the [India-Myanmar border](#), aimed at regulating movement while maintaining border security.

- India's **1,643-km border with Myanmar** runs through Arunachal Pradesh (520 km), Nagaland (215 km), Manipur (398 km), and Mizoram (510 km). **1,472 km** of the border has been **demarcated**.
- **FMR:** Introduced in 1968 to facilitate **movement due to ethnic and familial ties** across the largely unfenced northeastern border.
 - The **free movement limit** was **reduced from 40 km to 16 km in 2004** and is now **10 km**.
 - **Border residents can travel** without a **visa or passport** but require a **QR code-enabled border pass. Biometric data is recorded** and uploaded to a centralized portal to check against a **negative list**.
 - **Assam Rifles** responsible for issuing border passes and conducting initial security verification. Border pass validity is up to 7 days.
- **Assam Rifles: Oldest paramilitary force** in India, established in **1835**. Evolved from protecting **British Tea estates** to maintaining **internal security in the Northeast** and **guarding the Indo-Myanmar Border**.
 - Assam Rifles played key roles in the [Sino-India War \(1962\)](#), and were known as '**Sentinel of the North East**' and '**Friend of the Hill People**'.
 - **Headquarters: Directorate General of Assam Rifles** in **Shillong**.

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Read more: [Free Movement Regime](#)

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