KERALA POLICE TO IMPART YOGA AND PHYSICAL TRAINING FOR ITS PERSONNEL

Loknath Behera, State Police Chief, has issued guidelines to impart training for the police officials with a view to reduce the mental stress they are experiencing. This will help the officials to equip themselves mentally and physically to provide their best of service to the society.

All the Station House Officers will try to organize physical activity for at least 30 minutes in a day, which may include yoga also. A local yoga teacher or a physical trainer can be requested to assist to impart yoga or physical training initially for few days. The SHO should also encourage physical activities like brisk walk during the job hours, arranging games and sports on holidays/weekends etc. The SHO as a leader of the staff in the Police Station may also identify persons with problems, both domestic as well as professional, and give extra care to those officials by arranging physical activities and counseling etc. These types of officials should not be given duties, where they have to interact constantly with the public.

The most time tested method in personnel management is the system of mentoring. The SHOs may select some of the outstanding officials in the police stations to become the Mentors, to others, said the State Police Chief. Mentoring will include giving advices to the mentee to live better and to work better. The mentor also clarifies doubts of mentees on professional matters. The Senior Civil Police Officers in the police stations having good personality and good experience should mentor at least 4 or 5 Civil Police Officers. Similarly, Officers of the rank of SIs, Inspectors and DySSP must also be brought under the mentoring system by the DPC/Unit Heads concerned. The State Police Chief has instructed that the system should be instituted by the DPC in every police station.

The DPCs concerned will select mentors in an intelligent manner. The selected officers should be capable, calm, have good communication skill and should be suitable to be a mentor, added the State Police Chief.

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