Counseling system to reduce mental tension of Cops

Kerala Police has devised special programs to reduce the mental stress of the Police personnel and thereby improve polite behavior towards public. Arrangements have been made to provide counseling to the police personnel under stress, at the SAP Camp in Thiruvananthapuram. The centre is named as HATS (Help and Assistance to Tackle Stress) Center. State Police Chief Loknath Behra has instructed to consider the counseling period as official duty and provide eligible travel and DA allowance to the officials who attend counseling session at HATS. Action has been initiated to start HATS model counseling centers in all District Headquarters and these centers will start functioning by next month. Services of expert Psychologists and Counselors will be provided in these centers.

Yoga, meditation and breathing exercises will be arranged at all Police units to avoid mental tension. District Police Chief and Sub-Divisional Police Officers will attend such events and inspire the fellow officers to follow the same. All District Police Chiefs should spend at least one hour in a month to interact with their subordinate officers, making efforts to mitigate their problems. It is also suggested that such a duty system should be adopted where two officials can be deployed together for same duty, similar to the existing 'buddy system' in foreign countries. This
will create a sense of co-existence among police officers and thereby reduce stress.

All unit heads should take care to ensure that healthy body and healthy mind of the Police personnel is essential for proper and better policing. This is to be achieved through a variety of training. Unit officers will take special measures to honor mentally and physically active personnel. Health inspections should be conducted for police officers throughout the year. It is also decided to organise sports and entertainment events with the participation of officials and public.

The State Police Chief has also directed to find out the police officials who use offensive language and having bad behavior and to keep them away from work that requires frequent involvement with the public. The State Police Chief has also directed the ADGP, Zonal IGs and Range DIGs in charge of law and order to ensure the implementation of these recommendations.