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Press Release

Workshop on Stress Management & Communication Skills for Police Personnel organised at AMU Kishanganj Centre on 24-25 April, 2017

AMU Kishanganj Centre organised a two day workshop for 22 police personnel of Kishanganj on Stress Management & Communication Skills for Police Personnel on 24-25 April, 2017. The workshop was inaugurated by **Shri Anil Kumar**, Assistant Superintendent of Police, Kishanganj on 24th April 2017 at Academic Block, AMU Kishanganj Centre. Speaking on the occasion, Professor Shah Alam, Department of Psychology, Aligarh Muslim University informed that it was the first time in the history of AMU that such a workshop specifically catering to police personnel had been organised at Kishanganj Centre. The workshop involved technical sessions on Managing Stress in Police Personnel and Mental Health Test & Relaxation Exercise by Professor Shah Alam, Department of Psychology, Aligarh Muslim University while Professor Raashid Nehal, Director, AMU Kishanganj Centre delivered session on Interpersonal Skills-Listening Skills. **Shri Rajeev Mishra (I.P.S.)**, Superintendent of Police, Kishanganj graced the valedictory function of the workshop on 25th April 2017 at Academic Block, AMU Kishanganj Centre and distributed the certificates of participation to all the participants. The major recommendations of the workshop are discussed below:

1. Police personnel will feel relaxed if trust, autonomy and support is extended to them in expressing their opinions. Sympathetic attitude of higher authority will raise their confidence level.
2. The Police personnel and the experts felt that they should be compensated for extra duties in the form of appreciation and positive appropriate reappraisal. Some relaxation in leave rules will help to spend quality time with their family members.
3. Politeness in dealing with the subordinates will improve the sense of belongingness and will minimize the communication gap among them, and will result in minimizing stress.
4. Police department should organise recreational activities every month as such activities will improve the environment not only at the department level but also at family level.
5. The suggestion came from the participants that AMU Kishanganj Centre may join hands with Police Administration to create healthy Police-Public interaction.
6. Games & Sports and physical exercise facilities should be provided to improve the mental and physical health of police personnel and relieves stress.
7. The suggestion of a separate workshop on “Understanding and Improving the Perception Level” was initiated.
8. Career counselling centres may be introduced for children of police personnel.
9. A research audit may be conducted by the faculty members of the Department of Business Administration and dept. of Education to study the stress level at different level in Police Department at Kishanganj district.