

MIZORAM POLICE PRESS STATEMENT

NO.F.14018/1/19-SMC/PART FILE/372

Dated Aizawl, the 5th September, 2022

The 45-days 'National Fund for Control of Drug Abuse (NFCDA) sponsored Detoxification & Rehabilitation Camping' for total 346 Mizoram Police personnel got concluded today at 9(nine) camping Centres which had been set up in 8(eight) Battalion Headquarters and at Police Training School, Thenzawl. The following Senior Officers of Mizoram Police attended the valedictory function of the camping held on 12:30PM today at various venues:-

- 1) 3rd Bn MAP Headquarters, Mualpui - Pu Devesh Chandra Srivastva IPS, DGP(M)
- 2) 1st Bn MAP Headquarters, Armed Veng - Pu John Neihlaia IPS, IGP(Hqrs)
- 3) Police Training School, Thenzawl - Pu Parwaiz Ahmed IPS, IGP(Trg)
- 4) 5th IR Bn Headquarters, Lungverh - Pu Lalbiakthanga Khiangte IPS, DIG(Hqrs)
- 5) 1st IR Bn Headquarters, Mualvum - Pu Neichungnunga IPS, DIG(NR)
- 6) 4th IR Bn Headquarters, Luangpawl - Pu LR Dingliana IPS, DIG(Trg)
- 7) 2nd IR Bn Headquarters, Khawzawl - Pu Thomas Zodingliana IPS, DIG(ER)
- 8) 2nd Bn MAP Headquarters, Lunglei - Pu Lallianmawia IPS, DIG(SR)

During the 45 days long camping, a systematic daily routine which included physical exercise, drill, indoor classes including mental, religious and spiritual guidance, etc. was incorporated with help of several distinguished Resource Persons. It has been observed that all the campers not only improved their physical and mental wellbeing. They also gained the strength and ability physically and mentally to overcome substance/alcohol dependence.

Pertinently, the occupational hazards and regular exposure to the public in dealing with law & order, confronting criminals and preventing/detecting crimes by Police, can in return become major cause of stress. Regular absence from the family environment due to the performance of 24x7 duties and posting to hard places also are major factors for creating stress. It has been observed that these issues lead to an increased risk for problem drinking, either as a result of social pressure or as an unhealthy way of trying to control anxiety or stress. Without professional intervention, it could adversely affect leading to reduction in productivity at work, increase mental/physical health concerns, as well as dysfunctional family and/or social environment for the drug/alcohol dependent police personnel.

We are very grateful to all officers and men, Resource Persons and to all the campers and their family members who joined the entire process courageously and patiently with determination to win and overcome the challenges. It is earnestly hoped that this 45-days camping will pay rich dividends as far as substance/alcohol abuse among police personnel is concerned.

ISSUED BY MIZORAM POLICE MEDIA CELL, PHQ

Copy to:

- 1) Director, I&PR for kind information and to take necessary action for wide publicity to Electronics and Print Media please.
- 2) Director / News Editor - LPS Vision/Zonet Vision/Doordarshan Kendra/All India Radio (AIR), Aizawl.
- 3) President, MJA for kind information and necessary action please.
- 4) SO to DGP(M) for kind information of DGP(M)


(JOHN NEIHLAIA) IPS

Inspector General of Police (Hqrs)

&

Chief Public Relation Officer (CPRO)
Mizoram Police Media Cell

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Ni 45 awh, mi 346 luhna, Mizoram Police mi leh sa, ruihhlo vanga buaite tana “Detoxification & Rehabilitation Camping”, National Fund for Control of Drug Abuse (NFCDA) *fund* atanga hmun kua (9), Battalion Headquarters 8 leh PTS Thenzawl-a neih chu vawiin khan a kharna hun hman a ni a, Mizoram Police Senior Officers-te’n hmun hrang hrangah a hnuai tarlan dan ang hian kharna hun an hmanpui.

- 1) 3rd Bn MAP Headquarters, Mualpui - Pu Devesh Chandra Srivastva IPS, DGP(M)
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Ni 45 chung hian awmze nei takin taksa insawizawi, *drill, indoor class* (rilru hriselna chungchang telin) leh thlarau nun lama inkaihhraina *Resource Person* hrang hrang ruaiin neih a ni. *Camping* neih chung hian *campers* ten hmuh theihin taksa leh rilru lamah nasa takin an hlawkpui a, an zu leh ruihhlo tih thinte thlah thei turin rilru leh taksaah an chak phahin hma an sawn phah hle nia hriat a ni.

Police te hi kan hnathawhin a zir avangin hna harsa leh hautak hmachhawn a ngaih chang a awm thin a, hmun harsa leh hrehawm tak taka awm te a ngaih chang a awm a, chungte leh nupui fanaute hmuh phak lohva rei tak tak kal chhuah te a tam avangin leh sual hmachhawanna leh dan leh hrai kenkawh thilah te chhum lo chat lova rilru leh taksa a hah thin avang tein rilru hriselna kawngah nasa takin nghawng a nei thei a. Chutiang rilru lama harsatna (*anxiety/stress*) chhawk leh up bet turin kan mi leh sa ten zu leh ruihhlo an tih phah nasa nia hriat a ni a. Hetiang hi *professional* tak leh uluk taka kan inngaihven loh chuan nasa takin hna, chungkua, khawtlang leh a ram pum ang pawhin nghawng tha lo tak a nei thei a ni.

Camping kan neihna tura tha thawhtu *Officer* leh *Staff* zawng zawng te leh kan *Resource Person* te chungah lawmthu kan sawi a, *campers* te leh an chungte zawng zawng, ruihhlo leh a zun hneh tura huai leh tumruh taka beitate chungah Mizoram Police chuan lawmthu a sawi tak zet bawk a ni. He “*Ni 45 Camping*” hian Police mi leh sa engemaw zat ruihhlovin a tihbuaina lakah a tha zawngin kawngro thui tak a sut a, rah tha a chhuah ngei kan beisei a ni.

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