

**Police Deptt.**

**HPA, Madhuban**

**Course on Stress Management for DSsP/Insprs.**

**Programme**

**Day 1<sup>st</sup>**

09.30 to 10.00 AM

Registration

10.00 to 11.00 AM

Inaugural address

11.00 to 11.30 AM

Tea

11.30 to 12.30 PM

Meaning, definition, elements and characteristics of Stress.

12.30 to 01.30 PM

Stages, Causes and effects of Stress.

01.30 to 03.00 PM

Lunch

03.00 to 04.30 PM

Stress among Police officers and strategy to Cooperate With stress.

**Day 2<sup>nd</sup>**

09.30 to 11.00 AM

Causes Stress among Police officers

11.00 to 11.30 AM

Tea

11.30 to 01.00 PM

Measures to cooperate with stress

01.00 to 01.30 PM

Feedback/ Valediction