

**GOVERNMENT OF INDIA
DEFENCE
LOK SABHA**

UNSTARRED QUESTION NO:5007
ANSWERED ON:07.05.2012
STRESS LEVEL OF JAWANS
Choudhary Shri Harish;Singh Shri Ratan

Will the Minister of DEFENCE be pleased to state:

- (a) whether most of the Jawans of the Army are performing their duties in depression and tense environment;
- (b) if so, the reaction of the Government thereto; and
- (c) the corrective steps taken by the Government in this regard?

Answer

MINISTER OF DEFENCE (SHRI A.K. ANTONY)

(a) to (c): The Army personnel are performing their duties in a very congenial and tension free environment. However, the Government has been continuously taking a number of measures/steps for reducing stress amongst the soldiers. Some of the steps taken are:-

- (i) Counselling on stress management by trained and qualified Psychiatrists and Psychiatric Nursing Assistants.
- (ii) Counselling of susceptible individuals by Religious Teachers, Psychological Counsellors/Psychiatrists.
- (iii) Projects, viz., MILAP and SAHYOG have been launched to reduce stress amongst troops, which have yielded positive results.
- (iv) Group activities like sports, games and recreational activities are being encouraged at unit/formation level.
- (v) The training capsules on relaxation techniques including Yoga and Pranayam have been introduced.
- (vi) All personnel returning to unit after leave are interviewed and medically examined by the Regimental Medical Officer. Any stress marker is looked for and motivational talk is rendered.
- (vii) Stress related issues are addressed by Commanders through group discussions/workshops/counseling sessions/stress management courses.
- (viii) State Governments have been requested to make the civil administration more responsive to the problem of serving soldiers and their families.
- (ix) Leave policy has been liberalized.