

**GOVERNMENT OF INDIA
DEFENCE
LOK SABHA**

UNSTARRED QUESTION NO:556

ANSWERED ON:26.11.2012

STRESS LEVEL OF OFFICERS AND JAWANS

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Will the Minister of DEFENCE be pleased to state:

- (a) whether the Government has conducted any study regarding the increased stress level of the army officers and jawans;
- (b) if so, the details thereof;
- (c) the measures taken by the Government to tackle this problem; and
- (d) the progress made in this regard?

Answer

MINISTER OF DEFENCE (SHRI A.K. ANTONY)

(a) to (d): A statement is attached.

STATEMENT REFERRED TO IN REPLY TO PARTS (a) TO (d) OF LOK SABHA UNSTARRED QUESTION NO. 556 FOR ANSWER ON 26.11.2012

(a) & (b): A number of studies regarding stress related disorders of the personnel of the Armed Forces have been conducted under the aegis of Defence Institute of Psychological Research (DIPR), a laboratory of Defence Research and Development Organisation (DRDO) and Armed Forces Medical Research Committee.

(c) & (d): 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) Leave policy for jawans has been liberalized. 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.
- (iv) Projects, viz. MILAP and SAHYOG have been launched to reduce stress amongst troops.
- (v) The training capsules on relaxation techniques including Yoga and Pranayam have been introduced.
- (vi) Stress related issues are addressed by Commanders through group discussions / workshops / counselling sessions / stress management courses / group activities like sports, games etc.
- (vii) Grievance redressal mechanism for defence personnel has been established in the States.

The steps taken to reduce the stress level amongst troops have yielded positive results.