

**GOVERNMENT OF INDIA
HOME AFFAIRS
LOK SABHA**

UNSTARRED QUESTION NO:2318
ANSWERED ON:12.03.2013
DEPRESSION AMONG CRPF PERSONNEL
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Will the Minister of HOME AFFAIRS be pleased to state:

- (a) whether the Government has conducted any study regarding personnel of the Central Reserve Police Force (CRPF) suffering from depression and hypertension;
- (b) if so, the details thereof and the recommendations/ suggestions made in the said study along with the major reasons identified for this tendency in CRPF jawans; and
- (c) the effective steps being taken by the Government to address such problems among CRPF jawans?

Answer

MINISTER OF STATE IN THE MINISTRY OF HOME AFFAIRS (SHRI R. P. N. SINGH)

(a) to (b) No specific study on depression/hypertension has been conducted in CRPF. However, "An Epidemiological Study to assess the Psychiatric Morbidity in CRPF personnel" has been conducted with effect from 2008 to 2011 by Psychiatrists of CRPF and Dr. Rajesh Sagar, Additional Professor, Department of Psychiatric, All India Institute of Medical Science (AIIMS), New Delhi. Besides, a study/investigation was got conducted through Bureau of Police Research & Development (BPR&D) into the factors causing stress in Central Reserve Police Force and to suggest the remedial measures for the same. The team, in its report submitted in June, 2004, made recommendations which were broadly classified under three heads, viz organizational (37 recommendations), Individual (8 recommendations) and Governmental (3 recommendations). Government has already considered these recommendations to address the stress related problems. In addition a study on occupational stress in CRPF & BSF was also conducted by Indian Institute of Management, Ahmedabad.

The major reasons behind the depression/stress in most of the cases were found to be generally the personal and domestic problems like marital discords, personal enmity, mental illness, etc. In few cases the same could be owing to the work related stress. Based on the reasons behind the depression/stress among the personnel identified in these study reports, the main recommendations/suggestions are as follows:-

- i) Spreading awareness about handling the psychological and psychiatric problems among the personnel.
 - ii) Mental health promotion by Yoga, Meditation, Recreational activities and Stress management sessions.
 - iii) Liberally granting leave to the personnel during the time of need, especially the family needs.
 - iv) Posting in static institutions for some years during their service career.
 - v) Transparency in transfer policy.
 - vi) Ensuring proper medical facilities for the Force personnel at sub-unit level.
 - vii) Liberal permission for withdrawing money from General Provident Fund to address financial difficulties of the force personnel.
 - viii) Regular interaction between command level and the jawans.
 - ix) An effective Grievance Redressal Mechanism.
- (c). Following measures have been taken by the Government to minimize such cases, including easing of job related stress and improve the working conditions, behaviour of senior officers and mental health of the personnel of CRPF:-
- (i) Implementing a transparent, rational and fair leave policy;
 - (ii) Grant of leave to the Force personnel to attend to their urgent domestic problems/issues /needs;
 - (iii) Regular interaction, both formal and informal, among Commanders, officers and troops to find out and address their problems;

- (iv) Revamping of grievances redressal machinery;
- (v) Regulating duty hours to ensure adequate rest and relief;
- (vi) Improving living conditions through provision of basic amenities/ facilities for troops and their families;
- (vii) Motivating the Forces through increased risk, hardship and other allowances;
- (viii) Provision of STD telephone facilities to the troops to facilitate being in touch with their family members and to reduce tension in the remote locations;
- (ix) Better medical facilities for troops and their families including introduction of Composite Hospitals with specialized facilities;
- (x) Organising talks by doctors and other specialists to address their personal and psychological concerns;
- (xi) Yoga and meditation classes for better stress management;
- (xii) Recreational and sports facilities and provision of team games and sports etc;
- (xiii) Providing welfare measures like Central Police canteen facility to the troops and their families, scholarships to their wards, etc;
- (xiv) Giving status of ex-CAPF personnel to the retired personnel of CAPF, which is expected to boost the morale of the existing CAPFs personnel and also expected to provide better identity, community recognition and thus higher esteem and pride in the society to the Ex-CAPF personnel.