

**GOVERNMENT OF INDIA
MINISTRY OF HOME AFFAIRS**

**LOK SABHA
UNSTARRED QUESTION NO.5162**

TO BE ANSWERED ON THE 24TH MARCH, 2026/ CHAITRA 3, 1948 (SAKA)

MENTAL HEALTH MANDATORY IN POLICE TRAINING

5162. PROF. SOUGATA RAY:

Will the Minister of HOME AFFAIRS be pleased to state:

(a) whether the Government is aware of increasing mental stress levels among police personnel due to the nature of their work;

(b) if so, the details thereof;

(c) whether the Government proposes to include mental health and stress management as a mandatory component in police training curricula; and

(d) if so, the details thereof?

ANSWER

**MINISTER OF STATE IN THE MINISTRY OF HOME AFFAIRS
(SHRI NITYANAND RAI)**

(a) to (d): "Police" is a State subject falling in List-II (State list) of the Seventh Schedule of the Constitution of India. It is primarily the responsibility of the State Governments/UT Administrations to provide adequate training to the police personnel.

The improvement of the physical and mental health of police personnel has been priority for the Government to ensure effective policing. The Ministry of Home Affairs has issued advisory to all the

States/Union Territories to improve the health and well-being of police personnel, based on their requirements. In the advisory, main emphasize were given on Website/portal for health, tele medicine, annual medical check up, age based diet plans, hiring of civilian health counsellors etc.

Apart from above, Sardar Vallabhbhai Patel National Police Academy (SVPNPA), which imparts basic as well as in service training to Indian Police Service (IPS) officers, has also included a session on Stress Management as a part of the subject “Attitude, Ethics and Human Rights” in Phase-I of Basic Course of IPS Probationers. The Academy has collaborated with the Defence Institute of Psychological Research (DIPR), which has developed a module on Self-Regulation. The Academy is also conducting sessions on stress management in Mid-Career Training Programme (MCTP) and Induction Training Course (ITC) Courses to strengthen the mental health of IPS officers.
