

**SH K K SHARMA, DG BSF INAUGURATED A WORKSHOP CUM TRAINING OF TRAINERS PROGRAMME FOR DOCTORS AND PARA MEDICAL STAFF OF CAPFs ON MENTAL HEALTH AND WELL-BEING OF CAPF**



Today on 21st March 2017, a two day workshop on "Mental health and well-being of CAPF personnel through Global Health Assessment Tools (GMHAT)" has been inaugurated at BSF camp Chhawla by DG BSF Sh K K Sharma. This workshop cum training of trainers is for doctors and paramedics of BSF and other CAPF.

2. Prof Vimal Kumar Sharma, MD, FRCPsych, PhD, Professor of International Health Development, University of Chester along with his 3 colleagues biz Prof Prakash Behre, Vice Chancellor, Patil University Kolhapur, Prof Lokendra Sharma, SMS medical college, Jaipur and Sh Chandrashekhar, Computer Programmer along with Ms Charu Sinha, IPS, IG(Trg), office of DGP Telangana as an expert faculty are conducting the workshop.

3. In his inaugural address, Sh K K Sharma DG BSF said that "recent studies, within the force, has indicated that number of deaths of force personnel is more due to illness (both physical & mental) than to operational casualties. Our studies through the medical directorate of BSF, have listed out many indicators of lifestyle diseases. Force has taken the remedial measures to control life style diseases by Including YOG in daily routine, change in dietary habits and through regular medical examination of troops. While the care of physical health was given due emphasis, the practices of caring for mental health of personnel has remained neglected".

4. DG BSF further said that issues of Suicide and fratricide can be addressed once our medical staff become able enough to diagnose the symptoms and can elicit the signs of such illness.

5. Professor Vimal Kumar Sharma, addressing the gathering, said that in today's world "Mental health" issues are a matter of concern. The diagnosis of the problem is of paramount importance. Since personnel of CAPF are working in most challenging situations for safeguarding the Nation, it is not only our task, but it is our duty to look after them. Caring for mental health is everybody's business, Prof Sharma added. He and his team have developed a software for the purpose and they are going to train the medical teams of CAPF about the use of the software too.

6. Today's workshop for Doctors and paramedics is the first step in this field. The session is also being attended by representatives of medical set up of CRPF, ITBP, SSB and CISF.