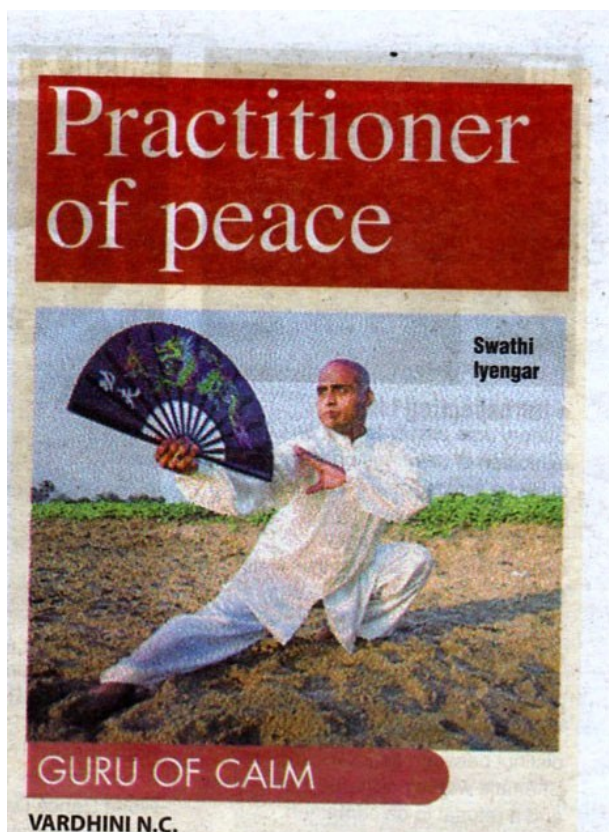
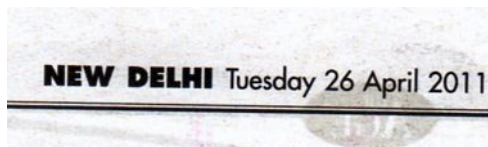


## Politiet i Delhi lære tai-chi

Her er en artikel om at politiet i Delhi bliver trænet i Tai-Chi. For at beskytte både borgerne og politiet. Det er interessant at et land "vi" danskere betragter som et U land land. Er så langt foran os!



THE ASIAN AGE

**W**hen Swathi Iyengar says, "It's payback time!" he doesn't have revenge on his mind. It is the well-being expert's way of saying that he will do all he can to 'pay back' to the society by training the police force in the 3000-year-old noble art of Tai Chi.

Having researched and designed a module of wellness targeted at the Indian police force, Swathi feels that the levels of stress across the hierarchies of the police force vary.

"Every segment of the police force undergoes a different level of stress and there is no support system for them to turn to," he says.

Commenting on the need for policemen to be trained in this art, Swathi believes that the lack of flexibility and good physique can be a reason for the public to develop an aversion for them. But he is quick to add that this should not be a reason for the police to become the butt of ridicule. "We must understand that the police are the safety net for citizens. Without the police, a democratic society cannot survive. The public should have empathy and sympathy for them," he says

Swathi highlights the gross mismatch in the ratio of the number of policemen to the number of people. "There are only about 600-700 policemen for every one lakh of people. This burdens the police personnel with a lot of stress," he says.

That Swathi has the highest regard for the police force is evident when he says, "They are the first line of defence in the country. Even educated people aren't going to be civil to each other at an intersection without traffic lights when a constable is not in place. Policemen do enjoy the sense of power that comes with their job; but deprived of an unhurried lifestyle, they have the heavy baggage of health problems to handle."

Sharing the success story of his wellness module for policemen, Swathi says with a hint of pride, "I got almost 1000 voluntary feedbacks from policemen. Many of them call me from time-to-time. I want to give back something to the society and laurels will not stop me from doing so. Even if I have brought about one percent of change, I believe it is a good start," he signs off with flourish.

**'WE MUST KNOW THAT THE POLICE ARE THE SAFETY NET FOR CITIZENS'**