

# Rajasthan Police Training Centre, Jodhpur (Raj.)

## Training Programme on "Improvement in Police Behaviour and Stress management"

<b>Day- First</b>	
<b>Time</b>	<b>Session</b>
10:00 - 10.30 AM	Registration and briefing
10:30 - 12:00 PM	Anger Management
12:00 - 12:15 PM	<b>Tea Break</b>
12:15 - 01:45 PM	Anger Management
01:45 - 03:15 PM	<b>Lunch Break</b>
03:15 - 04:00 PM	Police Behaviour- Public perception V/S Reality
04:00 - 04:15 PM	<b>Tea Break</b>
04:15 - 05:00 PM	Police Behaviour in extreme situations, Communication skill in police working
<b>Day- Second</b>	
10:30 - 11:15 AM	Positive Attitude
11:15 - 12:00 PM	Stress management
12:00 - 12:15 PM	<b>Tea Break</b>
12:15 - 01:45 PM	Police-Public relation
01:45 - 03:15 PM	<b>Lunch Break</b>
03:15 - 04:00 PM	Police Behaviour and Human Rights
04:00 - 04:15 PM	<b>Tea Break</b>
04:15 - 05:00 PM	Self Management/effectiveness
<b>Day- Third</b>	
10:30 - 12:00 PM	Effective Communication
12:00 - 12:15 PM	<b>Tea Break</b>
12:15 - 01:45 PM	Police- Ethics and values
01:45 - 03:15 PM	<b>Lunch Break</b>
03:15 - 05:00 PM	Feedback /Valediction