

AIIA's PHI Project on Stress Management for Police Personnel Creates Significant Impact, Reaches 35,704 Individuals

Mental Health Forms the Foundation of Individual Well-being and Effective Functioning of Society: Director, AIIA

Posted On: 01 APR 2026 4:45PM by PIB Delhi

The All India Institute of Ayurveda (AIIA), New Delhi, initiated a Public Health Initiative (PHI) project titled "Stress Management by Ayurveda Intervention for Police Personnel" during the pandemic, which has created a remarkable impact. To date, the project has generated awareness among 35,704 police personnel and is considered a significant success for the institute.

Prof. (Vd.) Pradeep Kumar Prajapati, Director, AIIA, stated that mental health is equally important as physical health. He referred to the World Health Organization's definition of mental health as a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can work productively, and is able to contribute to the community. In this positive sense, mental health forms the foundation for individual well-being and the effective functioning of society.

The project is led by Prof. (Dr.) Medha Kulkarni, Principal Investigator (PI), and Prof. (Dr.) Meena Deogade, Co-Principal Investigator (Co-PI). The team has also developed a dedicated stress management mobile application as part of this initiative. Mr. Atul Katiyar, IPS, Special Commissioner of Police (Welfare Division), Delhi Police, appreciated the role and importance of Ayurveda, highlighting its timeless wisdom and holistic healing power. He also thanked the institute for the PHI project.

Speaking about the project, Prof. (Dr.) Meena Deogade stated that police personnel often operate under intense physical and psychological pressure, making them particularly vulnerable to stress-related disorders. She added that the project aimed to provide a holistic, preventive, and therapeutic approach rooted in Ayurveda to address their mental and emotional well-being, and that the encouraging response and measurable outcomes reflect the effectiveness of Ayurvedic interventions.

The project team organized 206 camps, where 7,752 police personnel were screened for stress, hypertension, and related conditions. Out of these, 1,843 personnel were provided Ayurvedic treatments, including internal medications and therapies such as Shirodhara. The Welfare Department of the Delhi Police facilitated the initiative by providing venues at two units.

The All India Institute of Ayurveda, New Delhi, also organized a one-day dissemination workshop of the PHI project on March 24, 2026. The programme was graced by the Chief Guest, Mr. Atul Katiyar, IPS, Special Commissioner of Police (Welfare Division), Delhi Police. Dr. Koustubha Upadhyaya, Advisor,

Ministry of AYUSH, Government of India, attended as the Guest of Honour. The session was presided over by Prof. (Vd.) Pradeep Kumar Prajapati, Director, AIIA. Also present was Dr. Suneela Garg, Public Health Consultant, PHI Project, Ministry of AYUSH.

The workshop featured expert lectures. Dr. Sajeena A., Assistant Professor at the North Eastern Institute of Ayurveda & Folk Medicine Research (NEIAFMR), Pasighat, Arunachal Pradesh, delivered a session on “Stress Management through Smriti Meditation.” Dr. Anupama Krishnan from VPSV Ayurveda College, Kottakkal, Kerala, spoke on “When Work Disturbs the Mind: Occupational Stress and its Ayurvedic Management,” emphasizing holistic and preventive strategies rooted in Ayurveda.

The workshop served as an important platform to disseminate research findings and reinforce the role of Ayurveda in addressing occupational stress, particularly among high-risk professions such as police personnel.





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