

C • O • P • S



Coping Of Pressure & Stress

A HEALTH MOVEMENT FOR THE POLICE

POLICE

is a vital part of any secure society
and
it functions best when the community
acknowledges, helps and
respects their efforts.



Sundeep Sharma

Director - COPS

Concept - Thought Leadership Programme

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Project Cops

In a Nutshell

Sr. No.	Programme	Duration	Partners in Service for Project Teamlead	Date	Venue	No. of Beneficiaries
1.	COPS Navi Mumbai Ayurved	60 Days	Dr. Sharad K. Deogire - Ayurved Consultant & Panchakarma Specialist	In the Pipeline	Kaushalya Ayurveda and Panchakarma clinic Koperkhairane, Navi Mumbai 400 709.	-----
2.	COPS Navi Mumbai Eyecare	365 Days	Dr. Atul Seth - Eye surgeon	1st May 2016 to 1st May 2017	Eye Max Eyecare Centre Seawood Navi Mumbai	251
3.	COPS Navi Mumbai Eyecare	10 Days	Dr. Atul Seth - Eye surgeon	23rd July to 2nd Aug. 2014	Eye Max Eyecare Centre Seawood Navi Mumbai	100
4.	COPS Navi Mumbai	30 Days	Dr. Vijay Surasse - Interventional Cardiologist & Project Lead Fortis Network Hospital,	In the Pipeline	Hiranandani Hospital, Vashi, Navi Mumbai Vashi Navi Mumbai	-----
5.	COPS Aurangabad	35 Days	Dr. Ajit Bhagwat - Interventional Cardiologist Kamalnayan Bajaj Hospital Pradnyan Foundation	26th January 2011	Alankar Sabhagruh Wellness camp at Kamalnayan Bajaj Hospital	154
6.	COPS Nashik	13 Days	Dr. Manoj Chopda, Magnum Heart Institute & Research Centre	16th-28th November 2010	Magnum Heart Inst.	350
7.	COPS Thane	2 Days	Dr. Vijay Surase - Interventional Cardiologist Jupiter Hospital	4th & 5th February 2010	Joshi Bedekar College Thane	187
8.	COPS Pune	4 Days	Dr. Jagdish Hiremath & Dr. Shireesh Sathe Interventional Cardiologists	3rd-5th-17th Dec. 2009	Dept. of Management Education (PUMBA), Pune University	866
9.	COPS - The Sequel Crime Branch, Mumbai	5 Days	Wellspring Pathlab & Diagnositcs, a Nicholas Piramal Venture	17th-21st April 2007	Wellspring Hospital	250
10.	COPS Inaugural	75 Days	Wockhardt Hospitals Ltd.	15th June 2003	Mahakavi Kalidas Auditorium, Mulund Wockhardt Hospitals Ltd.	1458
11.	Health Seminar (Diet Seminar)	1 Day	Dr. Ashwini Dhawale Dietician	27th July 2002	Sahar Police Station	200 including family members
12.	Health Seminar	1 Day	Dr. Ashwini Dhawale Dietician	26th July 2002	DCP Office - Zone VI	160
13.	Stress Management & ECG Checkup Camp	2 Days	Dr. Rahul Bhate - Interventional Cardiologist	21st July 2001	SIES College Auditorium, Nerul	108
14.	A Unique Seminar on Stress Management & an ECG Checkup Camp	1 Day	Dr. Suresh G. Vijan - Interventional Cardiologist	4th June 2001	Ahobila Mutt	300
15.	General Medical & Diabetes Detection Camp	2 Days	Merind Division of Johnson & Johnson	29th May 1999	Chembur Police Stn	300
16.	General Medical Checkup Camp	3 Days	Dr. S. C. Thakur - Surgeon & Chief Medical Officer, Rashtriya Chemicals & Fertilizer Ltd.	5th March 1995	R.C.F. Police Station	155

Sundeep believes that only if our police force is healthy will it be able to succeed in keeping our citizens safe. Crime prevention, detection, adjudication, counselling, maintaining law & order and policing a huge metropolis are extremely taxing job functions; they can only be performed by able men and women with healthy minds in healthy bodies. This project involves conducting medical check-up and screening for stress related and lifestyle diseases for the members of the Police Force.



Ophthalmic surgeon Dr. Atul Seth examining a cop

Project COPS - Coping of Pressure and Stress - The Sequel, Navi Mumbai, Eye care

Pilot Project 23th July 2014 to 2nd August 2014 Time: 14 hrs to 17 hrs exclusively for Police Personnel Partner in Service EYE MAX super speciality eye centre Capacity : 25 participants x 10 days = 250 Utilized Capacity : 100 participants in 10 days, staff examined : 100 (MT Unit). Staff detected with subnormal vision : 57, other eye anomalies : 5 were detected with cataract, 2 with Squint, 2 with Glaucoma, 2 with early diabetic retinopathy. The staff detected with subnormal vision were prescribed with appropriate spectacle prescription & those diagnosed with other eye anomalies were advised to undergo necessary ophthalmic treatment.



On the dias (L-R) DCP Somnath Gharge and Comm. of Police Shrikant Savarkar, Sundeep Sharma and Dr. Ajit Bhagwat - Interventional cardiologist

Project COPS - Coping of Pressure and Stress - The Sequel, Aurangabad

300 Officers and men of Aurangabad Police above 35 years actively participated in the inaugural programme of Project COPS. Shri. Shrikant Savarkar a person of simplicity launched this campaign for the wellness of the police force. The Republic Days was an apt occasion to launch this initiative. The programme was organised at the Alankar Sabhagruh at 12 noon. Medical Check up was performed on 154 Officers & Men during the 30 day period of the wellness camp



Honouring of Dr. Manoj Chopda by V. D. Mishra, CP - Nashik

Project COPS - Coping of Pressure and Stress - The Sequel, Nashik

Commissioner of Police, Nashik - Shri. V. D. Mishra launched Project COPS - The Sequel, Nashik. It is a 13 day medical check-up camp from 16th to 28th November 2010, for Nashik Police Personnel of 35 years & above. The camp had 350 beneficiaries on whom E.C.G., Ankiio-Branchial Index (ABI) & Pathology tests were performed .

Magnum Heart Institute are our partners in service in this project.



On the dias (L-R) Sanjay Kumar Verma - Addl. CP Admin. Vinod Lokhande - Jt. CP. Sundeep Sharma. Dr. Vijay Surase - Interventional Cardiologist. Prashant Borde - Addl. CP Crime

Cardiac Care & Stress Management Seminar E.C.G. & Ankiio-brachial Index [ABI] For Thane police personnel of 50 years & above on 4th and 5th February 2010 at Department of Management, Joshi Bedekar College, Thane. Beneficiaries of this camp including officers and men are 187.

Shri Vinod Lokhande, Joint Commissioner of Police Thane inaugurated the camp.

Dr. Vijay Surase an eminent interventional cardiologist made an A V Presentation and was present on both the days to offer his expert advice.



Dr. Satya Pal Singh, CP, Pune launching Project COPS, The Sequel - Pune

CARDIAC CARE & STRESS MANAGEMENT SEMINAR - E.C.G. & ANKIO-BRACHIAL INDEX [ABI] PUNE

For police personnel of 50 years & above of the Pune Police was organised on 3rd to 5th and 7th December 2009 at Department of Management Education [PUMBA] Pune University, for 866 beneficiary of the Pune Police.

This movement was launched by Dr. Satya Pal Singh, Commissioner of Police, Pune, in the presence of approximately 200 participants.

An infotaining AV presentation was made by Dr. Jagdish Hiremath, & Dr. Shires Sathe Interventional Cardiologist, who also evaluated each report of all 866 participants.



Sundeep Sharma - Director Project COPS, delivering his speech at the launch of Project COPS - the sequel.

Project COPS - Coping of Pressure and Stress - The Sequel CRIME BRANCH MUMBAI

Joint Commissioner of Police - Crime Branch Meera Borvankar launched Project COPS - The Sequel. It is was a 5 day medical check-up camp from 17th to 21st April 2007, for officers and men of Mumbai Police - Crime Branch (Detection). Wellspring - Pathlab & Diagnostics, an Nicholas Piramal Venture are our partners in service. 250 officers and men, above the age of 40 underwent health check-up, consisting of Fasting Blood sugar, Electrocardiogram (ECG), S.G.P.T. (Serum Glutamic Pyruvic Transaminase), Cholesterol, Body Mass Index and total Physical Examination. The medical examination was followed by a detailed Psychological, Dietary and Physiotherapical evaluation. The sequel to Project COPS has gained significance after fresh impetus has been laid on the health of the cops.



Meera Borvankar - Jt. Commissioner of Police speaking on the occasion said "Project COPS is delivering more than expected".



On the dias (L-R) Dhananjay Kamalakar, Ahmed Javed, Sundeep Sharma, Satish Mathur, Habil Khorakiwala-Chairman Wockhardt Group, Archana Tyagi



Launching of Project COPS - Coping of Pressure and Stress for mens and officers of Police, by the hands of Mr. Ahmed Javed, Jt. Comm. Of Police, Law and Order, Mumbai. publication is targeted at the police, it depicts mediums through which an individuals or a group of individuals can relieve stress.



Men of Zone VII reading medical charts on Blood Sugar.



Men and officers of Mumbai Police watching the film Project COPS.

Project COPS - Coping of Pressure and Stress - MUMBAI ZONE - VII

In all his long intense years of association with the Police Force, Sundeep has witnessed as well as contributed towards many medical camps organized for Police Personnel (Stress Management & ECG, Diabetes check up etc. amongst others).

However, none have been as holistic and methodical as PROJECT COPS (Coping with Pressure and Stress) which involves extensive psycho-physical evaluation 15th June 2003, a unique two - month long medical checkup camp was launched with a inaugural ceremony at Kalidas Auditorium, Mulund with Chief Guest Ahmed Javed - Jt. Commissioner of Police (Law and Order), Mumbai, Guest of honour - Satish Mathur, Jt Commissioner of Police, Traffic.

The ceremony included a talk on maintaining wellness, a presentation of 12 minute documentary/movie to act as an ice breaker and initiate involvement of Police Personnel in Project COPS and a commemorative booklet. In this all 1456 men and officers underwent a complete physical check up and specially designed tool-based psychological screening. Visits of police officials Suryapratap Gupta, Addl. Commissioner of Police - East Region and Dilip Bhujbal, DCP Zone VII were important in making the project a success. Immensely positive feedback received from all the men and women underscored the benefits of this mega-exercise.

Starting with a pilot study of 30 men and officers the Wockhardt team followed through for two grueling months, to screening and delivering customized, effective, easy to implement solutions for the Police officials to combat stress and pressure. During this time, to reinforce the message of lifestyle changes, a set of 4 posters on Dietary Guidelines and Stress Management Tips in daily life for Police were released. These posters were displayed in all the 83 police stations of Mumbai. For 75 days, 26 personnel of the Mumbai Police, Zone VII, reported empty stomach at the Wochardt Hospital, Mulund, Mumbai. Their registration was completed by 7.30 a.m and the average turn-around time of the entire check up, with reports and medical/psychological counseling was under 4 hours. A one day paid leave was sanctioned for the participants on the day of their medical examination.



Dr. Ashwini Dhawale (Dietician) Being honoured after a diet seminar organised for the men and officers of Sahar police station, Mumbai.



Seminar on Stress Management and ECG Checkup Camp for Officers of Navi Mumbai Police, on 21st July 2001. In the middle Ajit Parasnis, Comm. Of Police, Navi Mumbai.



More than 300 Officers attended, Stress Management Seminar for North East Region, Mumbai Police.



Release of Stress Management Booklet, by Mr. D. N. Jadhav, Jt. Comm. of Police, Admin, Mumbai.

On 27th July 2002, Health Seminar was held for the Staff of Sahar Airport Police Station, the Chief Guest for the function was Mr. Uday Pole, Asst. Comm. Of Police, Airport Zone. The police officers as well as their family members attended the seminar. This project was extended to cover almost all police stations.

Conducted a Health Seminar on 26th July 2002 for the Officers of Mumbai Police, Zone VI in the office of the Deputy Commissioner of Police, Archana Tyagi. All the Senior Police Inspectors of the 6 Police Stations and all the 3 Assistant Commissioners of Police were present.

Stress Management & ECG Check up Camp on 21st July 2001, Commissioner of Police, Navi Mumbai - Mr. A V Parasnis and his 108 Officers participated in this Seminar. This 2-fold programme had an audio-visual presentation by Dr. Rahul Bhat and detailed cardiac evaluation and ECG reports were given to all participants. This event was organised at the SIES College Auditorium, Nerul.

A unique Seminar on Stress Management and an ECG Checkup Camp organized on 4th June 2001 at Ahobila Mutt, Mumbai. This was the first time such seminar was organised for Zone V, VI and Airport Zone. An eye opening audio-visual presentation was made by Dr. Suresh G. Vijan, an authority on this subject. A special handy booklet was released on this occasion mentioning in detail the calories count and the dietary guidelines. Approximately 300 ECG checkup and personal interaction with the police officers were conducted. The Joint Commissioner of Police, Admin - D. N. Jadhav, commented on poor working conditions such as: irregular and long working hours, no fixed times for meals, etc. as being primary reasons for the high levels of stress in the officers. Sudesh Padvi, DCP Zone V, played a key role in organising this event.

Stress Management Booklet - This booklet was released on Monday, 9th June 2001, this book gave detailed dietary information with detailed calories and fat counts of many foods. This was targeted for Police Personnel.



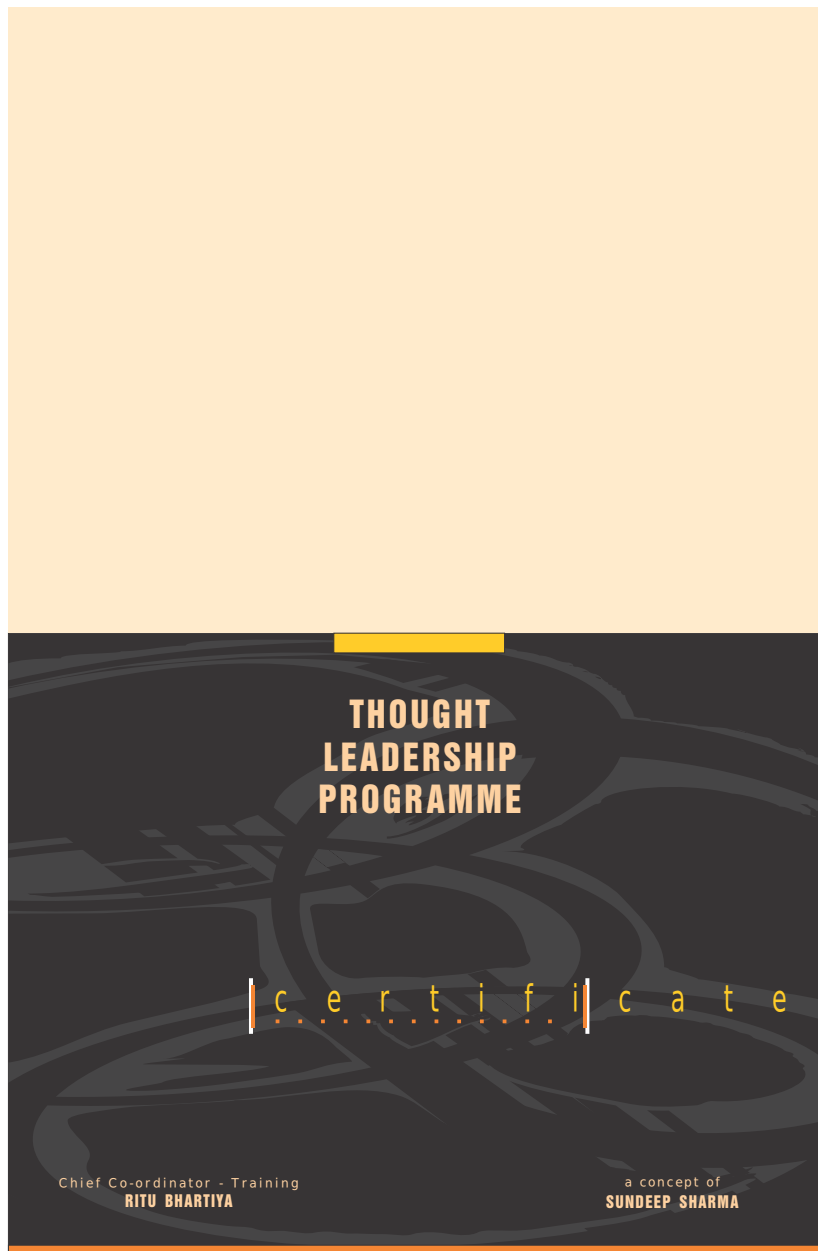
Manish Sharma, analyzing the data of the Diabetes Detection Camp.
The results were alarming, hence, Sundeep
planned medical camps for the police.

General Medical & Diabetes Detection Camp was held on 29th May 1999, at the Chembur Police Station.



General Medical Checkup Camp in RCF Police Station on 5th March 1995

A medical camp was conducted on 5th, March 1995 for 155 police officers and constables of the R.C.F. police station. Our efforts were highly appreciated by the Dy. Commissioner of Police (Zone V) Gulabrao Pol, Sr. Inspector Kadam & Sr. Inspector Kurlekar.



Certificate jacket awarded to the participants



Certificate awarded to the participants

In the Pipeline Behavioural Training program
for Police

People First Learning & Training services Pvt. Ltd. (India)

Areas Identified for training

1. Ice Breaking Activity
2. Body Language - Different aspects & what they signify
3. Communication Skills - Verbal & written
4. Coping with Stress
5. Self Motivation
6. Improving Self Esteem
7. Mindset Change
8. Inculcating "Pride of place " for the police force towards the department

Thought leadership Programme -

Increasing expectations but limited resources with the police motivated Sundeeep to device and derive special 2 day training programme for Officers and Men of Traffic Police. The Cop on the road is also a public relation officer hence he or she needs to have certain scales. He aptly named it Thought Leadership Programme.

The course contains included :

- Confidence Building, Communication Skills, Leadership Qualities, Team Player, Stability, Attitude, Work Pressure, etc.
- 8 such Thought Leadership Schedules have been completed in 2004-05.
- On 28th & 29th July 2007, the first batch of 20 participants successfully completed training programme.
- Thought Leadership Programme was conducted for the Crime Branch Detection in March 2007, at the Police Gymkhana Conference Hall, this was the pilot project for the Mumbai Police Crime Branch.

Sundeep Sharma

Socio-Political Entrepreneur
Co-operate Strategist
Conversationalist

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