

Subject: Community Policing initiatives by Lower Dibang Valley District (Roing)

The following programmes have been conducted during the month of July 2015 in Lower Dibang Valley District:

Art of Living

In continuation of Community Policing initiatives by Lower Dibang Valley District (Roing), 3 (Three) Art of Living 'Happiness course' had been conducted in Roing. in the month of July 2015. The 1st course was of 6 days from 16.07.15 to 21.07.15. It was of 2 and a half hour from 5 am to 7:30 am everyday. The faculty of Art Of Living Sh Suchandan from Itanagar center had come to Roing take these courses. In this course, the participants were mainly from Police and few are from ITBP and general public from Roing. A total of 101 participants (more than 100) attended the course which is a record for the whole Arunachal Pradesh as observed by the Art of Living Teacher.

The 2nd course was for the 32 students (students of Vivekanand Kendriya Vidyalaya (VKV) Roing) from 12:30 pm to 2:30 pm. Seeing the response from people of Roing, a 3rd course from 22.07.15 to 27.07.15 was also conducted.

Number of such courses have been organized by Lower Dibang Valley District police since last 1 year. These courses aims to bring happiness amongst the people of Roing so that they can contribute positively in the overall development of whole of Arunachal Pradesh. These courses are an attempt to bring police closer to the public and is part of his Community Policing efforts.

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|---|--|---|
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| Art of Living teacher giving a talk on meditation to public | 1st course of Police & public | 2nd course of children at Vivekanand Kendriya Vidyalaya Roing |
|  |  |  |
| | | |
| Art of Living Courses at Roing | | |

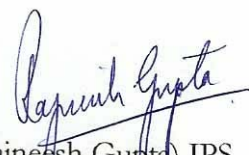
The Way To Happiness

A workshop on "The Way To Happiness" was conducted on 29/07/2015 at Higher Secondary School Anini during my visit in the Dibang Valley District. More than 300 children attended the workshop. The workshop included a video show on moral values which had been prepared by an NGO namely "The Way To Happiness". The booklet titled *The Way to Happiness* having 21 chapters was also distributed during these programs. The feedback was tremendously positive taken from the children in the school. It has been found highly relevant and important in teaching youth the **values that strengthen character and enable a young person to make the right choices** which would enable them to survive well and avoid the drugs and other criminal

activities that can potentially destroy their lives and the lives of their loved ones. Some of the sample feedbacks are scanned and attached at Annexure-A



Submitted please


(Rajneesh Gupta) IPS
Superintendent of Police
L/Dibang Valley District
Roing.

Dated 05.08.2015

Copy to DIG Eastern Range/Namsai

DIG/Crime



Annexure 'A'

FEEDBACK

Q) How according to you this Arunachal Pradesh Police initiative about "The Way to Happiness" can help the students and the society? How was this workshop helpful to you? Kindly share your wins or realizations.

Reply:

Date..29/3/15

~~We are clean ourselves~~

हमें अपने आप को साफ सुतरा रखना चाहिए और दूसरों को भी इस के लिए प्रेरित करना चाहिए, एवं हमें अपने माता-पिता की आदर करना चाहिए और हमें कुछ दिक्कत हैं तो हमें अपने माता - पिता से बात करनी चाहिए, अपने शुभ वित्तों को हमें दूखी नहीं करनी चाहिए और उन्हें आहार करना चाहिए, और बच्चों को हमें अच्छे से पालन पोषण करना चाहिए, और उनकी अच्छी अच्छी संस्कार देना चाहिए, एवं हमें शराब और तम्बाकू का सेवन नहीं करनी चाहिए, क्योंकि इससे हमें और दूसरों के जीवन का ख़तरा हो सकता है।

Signature_____

Q) Would you like to have your own copy of The Way to Happiness Booklet? Yes_____ NO_____

Name: ASHIK UPADHAYAY School: Govt. Hr. Sec. School, Anini
Govt. Hr. Sec. School, Anini



FEEDBACK

Q) How according to you this Arunachal Pradesh Police initiative about "The Way to Happiness" can help the students and the society? How was this workshop helpful to you? Kindly share your wins or realizations.

Reply:

Date.....

we should be help our ~~paree~~ parent
because parent are ~~not~~ like a god.
we should not do any evil.

we should not ~~to~~ drink any alcohol
and any one harm our body also
we should bruse our ~~the~~ teeth. ~~not~~
befote and ~~after~~ after eat food.

Signature

Q) Would you like to have your own copy of *The Way to Happiness Booklet*? Yes _____ NO _____

Name: Salba mihu School: Govt Hr. sec School Anini

Name = Laxmi Daryee

class = VI

Roll No = 20

School = Govt Hr. secondary school

Address = ANINI

- ① we should always keep our body clean
- ② we should always work on a right path
- ③ when others will be happy we will be happy
- ④ we should always respect our parents
- ⑤ we should love and help children
- ⑥ we should respect other religion like we respect our own religion.
- ⑦ we should not do the wrong things.
- ⑧ we should not steal.