



उत्तरपूर्वीय पुलिस अकादमी / North Eastern Police Academy  
भारत सरकार / Govt. of India  
गृह मंत्रालय / Ministry of Home Affairs  
उमसाव / Umsaw, मेघालय / Meghalaya/ 793 123  
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To :: The Directors General of Police,  
Andhra Pradesh, Andaman & Nicobar Islands, Arunachal Pradesh,  
Assam, Bihar, Chhattisgarh, Chandigarh, Daman & Diu, Gujarat,  
Goa, Himachal Pradesh, Haryana, Jammu & Kashmir, Jharkhand,  
Kerala, Karnataka, Madhya Pradesh, Manipur, Maharashtra,  
Meghalaya, Mizoram, Nagaland, Odisha, Puducherry, Punjab,  
Rajasthan, Tamil Nadu, Telangana, Tripura, Sikkim, Uttar  
Pradesh, Uttarakhand & West Bengal.

From :: The Director (I/C)  
North Eastern Police Academy  
Umsaw, Meghalaya.

No. NEPA/Trg/Webinar-ISC/38/2020/ 1852,

.06.1.07/2020

Webinar on “Stress Management & Self Awareness” scheduled to be organized in this Academy on 25<sup>th</sup> August, 2020.

2. **Level of participants:** Sub-Inspector to Superintendent of Police.
3. **Time :** 2 hrs. (11:00 – 13:00 hrs)
4. **Joining Instructions:** Selected candidates needs to register online for which link will be share on their email address.
5. **Course Director :** Smt. Gehabati Chanambam, Deputy Director (Indoor),  
Contact No. : 0364-2572041.

It is requested to kindly nominate 2 (Two) officer between the level of **Sub Inspector to Superintendent of Police** from your state to attend the aforementioned. The nomination of such officer may kindly be sent to [training-nepa@gov.in](mailto:training-nepa@gov.in) latest by 31<sup>st</sup> July, 2020 in the following per-forma :-

Sl. No.	Name and Designation of the Officer	Mob./WhatsApp No.	e-mail id Personal/Official

The exact details of the webinar will be shared in the due course to the participant directly.



*BK*  
6/17/20  
(Bipin Kumar)  
Director (I/C)