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/ 1832, 06/07/2020

Webinar on “Stress Management & Self Awareness” scheduled to be organized in this Academy on 25th 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 latest by 31st July, 2020 in the following per-forma :-

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name and Designation of the Officer</th>
<th>Mob./WhatsApp No.</th>
<th>e-mail id</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td>Personal/Official</td>
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</tbody>
</table>

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

(Bipin Kumar)
Director (I/C)