

Mauritius Police Force

Care

POLICE Magazine



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WPI Bhugobaun added: "If you want to be happy, just be kind. And if you want to be the richest person you have to be kind. We should know thyself. The 10 sessions are spectacular for me. It's only after going through the 10 sessions that we understand who we truly are. I am very happy to have attended these sessions."

The experience of the Officers mirrors that of other PEP participants across the globe. The course has been offered in more than 80 countries and has benefited a diverse range of groups, from other law enforcement officials to business leaders, scholars and inmates.

Corporal Iqbal Hossen, posted to the NSS, expressed, "Peace is within us. Nothing can bring us happiness, except ourselves. We must live in the present and be in peace with ourselves. We must live with our similarities. The search for peace is innate. We are stressed because we live either in the past or in the future and not in the present. Attending the course was a fruitful experience. The course has revived the word "Peace" and helped me to become more humane."

The program has been authorized at all correctional facilities in South Africa and Ghana, as well as to more than 100 Prison Officers of the Mauritius Prison Service. The course is also being facilitated to Inmates of the Mauritius Prison Service, RYCs and CYCs.

During the COVID-19 pandemic, the PEP Course was facilitated virtually.

Police Officers unanimously expressed that these workshops would benefit all Police Officers as it will help them understand themselves and overcome the challenges they come across on the job and in daily life.

More information about the program is available on:
www.tprf.org; www.timelesstoday.tv

by PS 3222 ISSORY
Metropolitan Division (South)

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Build a Culture of Peace through

PEACE EDUCATION PROGRAMS

Fulfilling the mission of the Mauritius Police Force (MPF) to protect the public often requires officers to stay calm and focused amid the most stressful of circumstances.

PS 3222 Issory and PC Pullwan together with a team of volunteers of Peace and Well-being, facilitated sessions of The Prem Rawat Foundation (TPRF) Peace Education Program (PEP) for Police Officers. The program's innovative multimedia workshops which are based on the international talks of renowned peace advocate and International Peace Ambassador, Prem Rawat, is designed to help participants develop a sense of inner strength, clarity and peace. Its purpose is to help each participant explore the possibility of personal peace and to discover their own inner resources – tools for living such as inner strength, choice, appreciation and hope.

WPC Anaelle Collet, posted to Metropolitan Division (South) reported that, "Through this course, I have discovered more about myself as a mother, woman and sister. This has also helped me to improve my relationship with my colleagues and my perspective on conflict has changed. Listening to Prem Rawat has helped me control my anger, to think and act well. We should always seek for the positive even when the negative is around."

Over the course of the 10 interactive sessions, Police Officers discovered that cultivating a sense of personal peace helped greatly with their efforts to preserve the public peace.

"Everybody in this life wants to feel content within ourselves. The feeling of being content is to be peaceful with our inner feelings. I am proud to attend the session on peace. We rush in so many things that we forget "What Hurreeram posted to the CCID. We have to change our mindset and help people to bring peace and deliver peace outside," said Insp