Foreword

Dear readers,

We welcome you to the first online edition of our police journal, now renamed Police e-news. Besides, it has been reorganized into four corners - News, Our People, Education and Training and has a new look altogether.

Nearly three years after the first issue of the Police Journal, it was high time to bring change and innovation for the better.

And this is what the Editorial Team has successfully achieved under the good advice and guidance of the Commissioner of Police. Whilst pursuing our main objectives of informing on current news and events, educating, sharing and providing a reading platform to members of the Force, this revamped version will expectedly be more appealing to the reader.

That said, we will keep relying on your continued support, contributions, and views to maintain the well earned standard and quality of the in-house quarterly publication.

So enjoy reading the very first edition of the Police e-News.

C. Bhojoo, DCP
Chairman

Message from the Commissioner of Police

I wish to extend my gratitude to the Editorial Team of the Police Journal now renamed Police e-news for putting up such an important publication. I should underscore their unwavering sense of commitment and relentless efforts that they have mustered in compiling newsworthy articles that will surely evince the interest of readers. As you are aware, the world around us is fully immersed in the digital era and the Mauritius Police Force has already adopted an e-Police posture through our Police website, e-procurement and facebook account. Hence, it was high time to progress more and take advantage of Information Technology by giving way to an electronic version of the journal. In revamping this publication, we have taken into consideration views and feedback from our contributors and readers. This electronic version will no doubt have a wider readership and in the same breath it will significantly reduce the cost of production.

The articles have been regrouped under four corners namely: News, Our People, Education and Training and they cover a wide range of events and activities which is of educational, informative as well as recreational value that will undoubtedly arouse the reading appetite of readers.

I wish plenty of success to the Police e-news.

K. M. Nobin, PMSM
Commissioner of Police

Disclaimer

All views and opinions expressed or statements made in this e-news are entirely those of the authors and should not be considered as an endorsement of editorial, official or Force policy. They therefore, do not commit the Police Force, any officer or any other person or authority and render them liable in whatsoever manner.

Editorial Committee

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PC 4992 Mungur

Co-opted Member : Mr J.C.C.A. Frichot, ASP
Mauritius Police goes on Social Media

During the second fortnight of September this year, the Mauritius Police Force joined the social media through an account on Facebook at www.facebook.com/mauritiuspoliceforce.

This service innovation represents a quantum leap in Police/community relations. It provides a forum for online interactions and swift feedback from citizens of all nooks and corners of the country.

It has gratifyingly set the stage for the animation of virtual community forums as well as a growing involvement of the population in the fight against crime and other illicit activities.

Editorial Committee

Oath Taking Ceremony

On Saturday 26.09.2015, 644 Police recruits took the Oath of Allegiance during a solemn ceremony at Police Headquarters, Line Barracks. They pledged before the Commissioner of Police and their families that they will always perform their duties without fear or favour, affection or ill-will.

The Commissioner of Police appealed to their sense of patriotism, urging them to live up to the trust and expectations of the nation and work for the public interest and general good.

Family members were encouraged to become party to the pledge and act as a guide to their offsprings.

Editorial Committee

Family Entertainment and Sports Day 2015

The Commissioner of Police renewed with tradition by reviving the Family Entertainment and Sports Day on Saturday 19 Sept 2015 on the Line Barracks sports ground.

Events of such nature epitomise a vision to strengthen the sense of belonging to the big ‘Police’ family. On that occasion, the Commissioner of Police made it a point to meet as many of the family members to show his gratitude to them for their continued support to Police Officers. Those attending were elated with the various sports events and activities held in a relaxed and congenial atmosphere. It was an enjoyable day where Police Officers, their spouses and children shared good and unforgettable moments.

Editorial Committee
Inauguration Ceremonies of La Gaulette, Poudre d’Or and Trou Fanfaron Police Stations

The brand new La Gaulette Police Station was inaugurated in a grand Commissioning Ceremony on Saturday 2 May 2015. It is a modern building affording all the amenities and facilities required in a modern policing era, in line with one of the five Strategic Objectives of the MPF ‘to enhance service delivery’. This new Police asset located mid way between Black River Police Station and Bel Ombre Police Station alleviates the plight of inhabitants who formerly had to travel a long way before reaching a Police Service delivery point.

On the other hand, a new building housing Poudre d’Or Police Station was inaugurated on 30 July 2015 while Trou Fanfaron Police Station was relocated in the more spacious and customer-friendly IKS building on 12 June this year. With modern and adequately equipped premises as enumerated above, the Police can safely look towards a major improvement in service delivery, access and response to public requests.

Insp Narain
Western Division

Launching of the New Traffic Enforcement Squad

Against the backdrop of an ever growing vehicle fleet on our roads, a limited road network, and an often questionable standard of driving, the Police has always looked for innovative avenues to make our roads safer. July 27, 2015, saw the creation of the Traffic Enforcement Squad (TES) within the framework of the National Road Safety Strategy 2015 - 2025. This unit has no doubt given a cutting edge to the challenging road traffic management of the country by streaming every nook and corner of the country, rigorously enforcing traffic laws and regulations. In his address at the Launching Ceremony of the Traffic Enforcement Squad at Line Barracks Port Louis Hon. N. Bodha, Minister of Public Infrastructure & Land Transport has emphatically stated that road safety has become a national urgency and priority. The TES has been particularly designed to act as a strong Action Team and a watchdog to counter all the daily difficulties facing road users on our roads. Imbued with high morale, motivation and a sense of mission accomplishment, this highly trained and visible bunch of Traffic Officers is already leaving its mark on road users’ behaviour, much to our satisfaction while espousing the Force Objective of ‘Improving Quality of Life’.

Insp Audit
Eastern Division
Rencontre entre l’IPA (Maurice) et le Commissaire de Police


PS 3819 Purhooa
Brigade pour la protection des Mineurs

Courtesy Visit of US Secretary of the Navy

The US Secretary of the Navy (SECNAY), Ray Mabus paid a courtesy visit to Mr K. M. Nobin, PMSM, Commissioner of Police on Tuesday 14 July 2015 at the Line Barracks, Port-Louis. With a view to cementing the excellent relations between Mauritius and the United States, Mr Mabus raised some salient issues related to our Exclusive Economic Zone and the security of Mauritius. The dignitary’s was honoured with a Quarter Guard in front of the Police Headquarters.

Deployment of CGS Barracuda to Outer Islands & Surveillance Patrols

Coast Guard Ship (CGS) Barracuda was deployed to Agalega and St Brandon outer islands from 01 Sep 15 to 08 Sep 15 for Outer Islands Support, Exclusive Economic Zone (EEZ) Surveillance and Illegal, Unreported and Unregulated (IUU) fishing patrols in the Northern Sectors of Mauritius, Agalega and St Brandon. This was the longest deployment ever by CGS Barracuda, covering a total distance of more than 2,500 Kms, as the ship sailed from Port Louis harbour at 15.15 hrs on 01 Sep 15 and returned at 17.30 hrs on 08 Sep 2015.

The deployment proved to be a lifeline for the outer islands, where stores such as cooking gas, food, rations etc.. were transported for inhabitants of Agalega and St Brandon Islands. The deployment also enabled turnaround of ‘Outer Island Tour of Duty’ personnel from regular Police, SMF, NCG and other specialised branches as well as maintenance of critical equipment such as the Coastal Surveillance Radar System by technicians from India.

Needless to say that induction of CGS Barracuda has proved to be a major force multiplier for the Mauritius Police Force, as has been proved in recent months with our responses to various situations at sea as well as our support to the Outer Islands.

28th Anniversary of the National Coast Guard

The National Coast Guard (NCG) celebrated the 28th Anniversary of its creation on the 24 July 2015. The celebrations culminated in a parade at the National Coast Guard Headquarters, where the Commissioner of Police took the salute.
Among other events held were: a blood donation camp at the NCG Headquarters and Mahebourg Waterfront as well as awareness campaigns with a view to sensitize sea users on the basic safety and security at sea and on beaches in line with the vision of the Force: “Quality Service with Pride and Care.” NCG also organised activities for the protection of the Environment including cleaning of beaches and lagoon as well as voluntary community work.

PS 6639 Latchumanen
NCG

Silver Jubilee Celebrations of MAS

The Maritime Air Squadron (MAS) celebrated its Silver Jubilee Anniversary on the 17 July 2015. The Commissioner of Police was the chief guest amid senior officers of the Force, officials from the agencies at the airport and other important dignitaries.

To mark that event on 10 July 2015, the Squadron also undertook a charitable activity at Mother Augustine Home, Rose Belle where a lunch was offered to the residents. A formation fly-past was also carried out over the Home on that day. Finally, a Family Day was organised for the personnel of the squadron and their families.

Cpl 3980 Baboram
NCG

Firing Range at Midlands

On Friday 28 Aug 2015, the Ag. Commanding Officer, SMF, in presence of his officers and men inaugurated the Midlands Gallery Range. This new firing range will enable firing practices for short and long range weapons.

The planning, designing and construction were carried out by officials of the Indian Army with the assistance of the SMF, under the Indian Technology and Economic Co-operation programme.

The range which has been proclaimed a Protected Area by the Commissioner of Police is under the management of the SMF. It is ideally located far away from inhabited regions.

Editorial Committee

Police Hotline ‘148’

Immediately after taking office as new Commissioner of Police, Mr K. M. Nobin, PMSM reactivated Hotline 148, a toll free and round the clock service to the population.

Concurrently, Police launched an intensive campaign to sensitize communities across the country over the justifications for this important decision. Staff from Police Stations distributed flyers to inhabitants and reassured them that the Police value their contributions to fight crime. They were convincingly explained that ‘148’ can either be called through landline or mobile to pass on information, in total anonymity concerning any nuisance, wanted persons, suspicious or illicit activities.
Ever since, the public response has been on the rise. A larger number of calls is now being received at the Police Information and Operations Room.

The life-line of Hotline 148 rests in the hands of the Police; public confidence in such a service will largely depend on the promptness and effectiveness of our responses.

Editorial Committee

41st Anniversary of Police Helicopter Squadron

Founded on 16 Sept 1974, the Police Helicopter Squadron (PHS) celebrated its 41st Anniversary on Wednesday 16 Sept 2015. To mark this occasion, a ‘High Tea’ and two philanthropic functions were organised.

On the D-Day, the Commissioner of Police, Mr K. M. Nobin, PMSM attended a function at the headquarters of the PHS, SSRIA and addressed all officers and guests present.

On the next day, a Blood Donation camp was organised, where volunteers from all agencies at SSRI Airport together with personnel of PHS participated in the noble cause of donating blood to save life. 83 pints of blood were collected.

“No matter how immobile a person may be, the human spirit can light up a room,” quoted Mrs Bhuruth, President of the Muscular Dystrophy Association of Mauritius on Tuesday 15 Sept 2015, where the Muscular Dystrophy Association was invited to spend a day at the PHS. Members were graciously offered a full recreational day with musical animation and games followed by a lunch.

Mr. Naraynassamy, ASP
Police Helicopter Squadron

Confirmation of Appointment

581 Trainee Police Constables (TPC) and 13 Trainee Women Police Constables (TWPC) were appointed Police Constable/Women Police Constable in a substantive capacity on Saturday 03 Oct 2015.

A ceremony was held at Line Barracks which assumed a special significance in as much as it was the first time that family members of trainees were proudly watching their respective near and dear ones paraded on the sports ground. In a strong speech to the new appointees, the Commissioner of Police impressed upon the values of service to people, based upon professionalism, loyalty, integrity and commitment to uphold the organisation’s vision: “Quality Service with Pride and Care”.

He wished all those who crossed that major threshold in their burgeoning career plenty of success and achievements. He also lauded the moral support provided by spouses, children and other family members to Police Officers who have a complex job to carry out.

Editorial Team
Music for All

Music stimulates all areas of child’s development: intellectual, social, emotional, language and overall literacy. Band Inspector Sewraz and Band Constable 2848 Goolamsing have benevolently put their talents of musician to the service of two groups of 20 children aged from 5 to 18 years for 2 hours every Saturday at l’Agrément St Pierre in April 2015 and Riche Lieu Community Centres in May 2015 respectively. During these sessions, the children learnt to play musical instruments like the violin, guitar, etc. and interpret musical notations from our dedicated musicians. It was also a sure way through which these potential young musicians could spend time developing their skills. Musical training is a more potent instrument than any other, because rhythm and harmony find their way into the inward places of the soul. Congratulation to our Band Officers for this laudable initiative.

Insp Furno
Special Mobile Force

Un bel exemple d’une Police de Proximité

Quel est le rôle de la Police? A maintenir l’ordre et la paix, certes; mais elle n’y parviendra que si elle inspire confiance à la population qu’elle a pour mission de protéger.

Les relations entre la Société et la Police sont au cœur de ‘l’Objectif du Metropolitan Division (North)’. Ainsi une grande réunion a eu lieu le samedi 1er Août 2015 à Kaylasson, Ste Croix, réunissant les membres de la Communauté de Port Louis, notamment les représentants de la région d’Abercrombie, Plaine Verte, Roche Bois, Trou Fanfaron, Vallée Pitôt et Baie du Tombeau. La réunion fut présidée par le Commandant Divisionnaire, assisté de ses proches collaborateurs et les représentants des unités spécialisées telles que l’ADSU, la BDM, la PFPU, entre autres. L’importance d’une relation saine et solide entre la Police et la Société Civile alimente régulièrement les chroniques des médias et des réseaux sociaux.

Contrairement à l’idée répandue selon laquelle le rôle principal de la Force Policière serait de poursuivre les délinquants et les criminels en veillant à une application rigoureuse des lois, la vie au quotidien démontre qu’une police efficace repose sur ce lien de confiance qui existe entre elle et toutes les composantes de la Communauté. Ce service n’est pas seulement de faire de la course poursuite mais plutôt une mission à dimension sociale - atteindre les foyers, calmer les tensions intrafamiliales, adresser ces jeunes ados complètement perdus à trouver leurs voies etc... Les différentes réunions Communauté/Police organisées dans de nombreux quartiers de la Division ont consolidé la confiance et le dialogue entre le public et la Police. Ainsi les représentants de la Communauté présents lors de cette réunion ont eu un aperçu des solutions apportées par la police par rapport aux doléances soulevées lors des réunions précédentes. Ils ont par ailleurs eu l’occasion de s’exprimer sur leurs griefs, tels les fléaux de la drogue, la délinquance juvénile, la prostitution, la sécurité routière, etc... Finalement, ils ont tenu a remercier la Police pour leur soutien et collaboration pour cette mission sociale.

WPC 306 Emilien-Martial
Metropolitan Division ‘North’
Confirmation of Woman Police Officers

After two years of continuous training both at the Police Training School and on-the-job on police duties, street duties, drill, officer’s safety and least on laws and evidence, 70 Woman Police Constables, Batch of February 2012 received their letters of confirmation on 31 July 2015 at the Police Headquarters, Line Barracks. In a sharp and short address, the Commissioner of Police emphasized on their primary roles as guardian of peace and security and the need to serve the community with passion, integrity and courtesy. Hearty congratulations to the newly appointed Women Police Constables.

WPS 290 Ramkissoon
PTS

Community Week

The Police Training School, Beau Bassin opened a new Chapter by including social work for recruits as part of their training curriculum.

In fact, during one week trainees along with their instructors left the coziness of their classrooms to clean up the Rehabilitation Youth Centre, Correctional Youth Centre, Orphanages and Elderly Homes. In the same token, they were able to interact with the inmates offering some care and comfort in particular to the elderly ones. In addition, they were also involved in other clean-up campaigns and door to door community policing.

This unique human experience developed empathy and instilled caring attitudes in the new trainees. They gained in maturity after such exposure are now better prepared to deal with people of all walks of life. This programme has in practical terms enabled our trainees to realise that at the core of Police work lies Service to the community.

Editorial Committee

The Lucky 11

On 12 September 2015, a cohort of 11 officers was promoted to the rank of Cadet Inspector of Police. They are: PS 7666 Cassy, PS 649 Derochoonee, PS 907 Hoosra, PS 5911 Jhingoory, PS 2923 Juttun, PS 6688 Khunnoo, PS 1763 Pudaruth, PS 2230 Seelochun, PC 3371 Amasay, PC 6217 Pierre and WPS 338 Bhugobaun.

This is the second batch of degree holders in the MPF to benefit from the cadet inspector’s scheme. Whereas in the first batch the eleven officers selected were from the rank of Police Sergeant, this years’ selection saw the nomination of two Police Constables namely PCs Amasay and Pierre who made a grand leap to the rank of Inspector.

It was with pride and in presence of their families that the new Cadet Inspectors received their letter of appointment from the Commissioner of Police at the Police Headquarters.

Editorial Committee
**our people**

**Rejoicing Moment in Life**

PC 6895 Marday posted to the Special Support Unit and his wife were blessed with a cute baby boy named Kaaviyen born on 28 Feb 2015.

PC 724 Bekha posted to the Police IT Unit and his wife Mrs Shrotih made their first step into parenthood with the birth of their lovely daughter Arohi on 15 May 2015.

**Choosing a Life Partner**

PC 5385 Issack posted to the Special Support Unit, married Miss Bibi Anisha CAUDEER on 29 Mar 2015. The couple was honoured with a Police ‘Haie d’Honneur’ on that auspicious day.

WPC 632 Ramnarain, posted to the Police IT Unit and PS 9619 Dhotah, posted to Plaine des Payayes Police Station tied the knot on 07.08.2015. The couple was honoured with a Police ‘Haie d’Honneur’.

**Scrabble Competition - PC 4888 Momus the Champion**

This year again PC Momus posted to Ops Room Metropolitan Division ‘South’ was declared champion of the scrabble competition organised by the Public Officers’ Welfare Council. Held on Saturday 26 Sept 2015 at Sir Abdool Razack Mohammed SSS, Port Louis, over 60 participants from various departments of the Civil Service took part. The function was graced by Hon M. R. Alain Wong Yen Cheong, MSK, Minister of Civil Service Affairs and Administrative Reforms.

**WPC 586 Speville – Judoka Champion**

WPC 586 Speville posted to Rodrigues Police Division, was among the few Police Officers who participated in the last Indian Ocean Islands Games hosted by Reunion Island. She proudly came out with flying colours in the Judo competition. She won Gold and Silver medals in the team and individual categories respectively. Well done! Keep it up!

**Editorial Committee**
Conferment of the Presidents’ Long Service & Good Conduct Medal

On 12th March 2015, on the occasion of the 47th Independence anniversary of the Republic of Mauritius and upon the recommendation of the Prime Minister, the President of the Republic granted the Presidents’ Long Service and Good Conduct Medal to 2 Superintendents, 1 Assistant Superintendent, 2 Chief Inspectors, 8 Inspectors, 49 Sergeants, 4 Corporals, 287 Constables and 2 Women Police Constables.

A ceremonial parade was organised on Saturday 12 Sept 2015 at Line Barracks where Mr K. M. Nobin, PMSM, awarded medals to the 355 awardees.

During an impressive speech on institutional recognition given to members for their exemplary conduct, the Commissioner of Police exhorted the recipients to mentor the juniors and groom them to become role models, too.

Obituary

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Enhancing Service Delivery

In line with the strategic objective of the Mauritius Police, particularly, ‘Enhancing service delivery’, the MPF in collaboration with Constance Hospitality Academy and Association des Hôteliers et Restaurateurs de l’Ile Maurice (AHRIM) organised a training course on Customer Care for 150 Police Officers at the frontline. This joint initiative was aimed at improving service delivery and customer satisfaction.

In designing this course, all were alive that the tracking of criminals and detection of crime, per se, is not the only yardstick for measuring the efficiency and effectiveness of Police Service. It also depends, to a large extent, on the public perception as well as the impression of their first contact with Police mainly at the counter service.

To that end, the training was largely focused on enriching attendees’ soft skills such as communication and interpersonal skills.

Course on Photo-montage for Press & SOCO Officers

Relations between the MPF and Police organisations in African countries have been increasingly growing over the years. Following the visit of a delegation from the East Africa Community Secretariat in June 2014, a course on ‘Photomontage’ was organised by SOCO from 11 May 2015 to 5 June 2015. Ten Police Officers, eight from the Mauritius Police and two from Uganda Police attended the course. The programme covered Photography and Photomontage meant to enrich the law enforcement officers ability to read and compare digital photo composition and to check the veracity of photos when the originality is challenged in case of contamination and manipulation. The course culminated with a certificate award ceremony graced by the Commissioner of Police.

Insp Ramma
Crime Prevention Unit
Knowledge – *sine qua non* for Competence

In a bid to ensure that a learning culture permeates the organisation and that every officer enjoys equal chances at the promotional examinations scheduled for November 2015, the MPF in collaboration with the Office of the DPP held a series of workshops for Police Officers across the island. The aim was to enlighten officers on legal issues particularly in relation to technical offences.

Besides, this workshop, the Mauritius Police issued revised editions of the Police Standing Orders and Instructions Manual to all Police Officers of the Force in order to help them better prepare for the competitive promotional examination to be held by the Disciplined Forces Service Commission (DFSC).

Improving the Performance of Administrative Staff

A training programme was conducted in July/August 2015 at the Police Headquarters for the administrative staff of the Police Headquarters, Divisional and Branch Headquarters in collaboration with the Training Unit of the Ministry of Civil Service and Administrative Reforms. The aim of the programme was to boost up the performance of these Officers with a view to raising their level of efficiency in administrative duties.

They were trained on customer care, communication skills, team building, motivation, leadership, values of work and stress management amongst other topics. For the attendees, it was a fascinating learning experience.
THE ROAD TRAFFIC (AMENDMENT)
ACT 2015 Act No. 7 of 2015

Government Gazette of Mauritius No. 45 of 7 May 2015

2. Interpretation
In this Act —
“principal Act” means the Road Traffic Act.

20. Third Schedule to principal Act repealed and replaced
The Third Schedule to the principal Act is repealed and replaced by the Third Schedule set out in the First Schedule to this Act.

FIRST SCHEDULE
[Section 20]
THIRD SCHEDULE
[Section 123AG]

Using a motor vehicle as a bus, contract bus, taxi or contract car without a public service vehicle licence (section 76(1))

Failing to wear securely a prescribed protective helmet while riding a motorcycle or an autocycle (section 123N(3)(a) and (4)).

Carrying a load insecurely fastened and falling, or liable to fall, from a vehicle, or projecting from the vehicle (section 123V and regulations 4(2) and 125 of the Road Traffic (Construction and Use of Vehicles) Regulations 2010)

Failing to comply with traffic sign whilst driving by crossing a continuous white line on a road (sections 123AD(2), 163, 184 and 185 and the Traffic Signs Regulations 1990)

Failing to comply with traffic sign whilst driving by not conforming to the requirements of a traffic light (sections 123AD(2), 163, 184 and 185 and the Traffic Signs Regulations 1990)

Using a hand-held microphone or telephone handset whilst driving (section 123AE)

Exceeding speed limit by more than 15 but not more than 25 kilometres per hour (section 124 and the Road Traffic (Speed) Regulations 2011)

Exceeding speed limit by more than 25 kilometres per hour (section 124 and the Road Traffic (Speed) Regulations 2011)

Failing to allow free and uninterrupted passage to a pedestrian using a crossing (regulations 3(b) and 10 of the Road Traffic (Pedestrian Crossings) Regulations 2002)

Overtaking or passing a vehicle which has stopped at a pedestrian crossing (regulations 4 and 10 of the Road Traffic (Pedestrian Crossings) Regulations 2002)

Failing to wear a seat belt whilst driving a motor vehicle (regulations 87(l)(a)(i), (b) and 125 of the Road Traffic (Construction and Use of Vehicles) Regulations 2010)
Civil Service Football Tournament

Again this year, the Public Officer’s Welfare Council organised its Annual Civil Service Football Tournament. In the category for Disciplined Forces (Police, Prison Service and Fire & Rescue Services), the Special Mobile Force and the National Coast Guard reached the final which took place on Wednesday the 17 June 2015 at 14.30 hrs at the New George V Stadium, Forest Side. The Hon. Minister for Civil Service Affairs and Administrative Reforms, the Commissioner of Police and other dignitaries watched this breath-taking match amid a huge enthusiastic crowd. It was a great game of football which ended with the victory of the NCG in a penalty shootout. Hats off to the prowess of the Mauritius Police to have fielded two teams in the final and to NCG the winner.

Insp Jaggernath
Central Division

Football and Volleyball Tournament in Eastern Division

The third edition of Football and second edition of Volleyball inter station/unit tournaments were successfully held in Eastern Division in Apr & Jul 2015 respectively. The success of the tournaments was beyond expectations both in the number of spectators and the healthy competitive atmosphere that prevailed.

These sports events gave officers of the Division the opportunity to strengthen the bond of friendship and spirit of camaraderie which united all under the umbrella of Eastern Division. Through these tournaments, the workplace became an effective platform which integrated sports and other physical activities with the commitment of Managers at all levels for the well-being of their personnel.

Such activities in the workplace promoted the following benefits among others:

- Better fitness and health;
- Burst of happiness and relaxation;
- Allowing officers to connect with team mates and foster team spirit;
- Effective concentration including thinking, learning and using good judgment;
- Reducing stress; and,
- Boosting up self confidence.

The CID team won the football final after beating the ERS team by 5 to 4 in a penalty shootout. On the other end, the DSU team won the volleyball tournament by beating the Eastern DHQ by 2 sets to 1.

Mr Babajee, ASP
Eastern Division
Le Tonfa

Introduit en 1993, le ‘Tonfa’ est un équipement de défense contre les attaques de l’officier en service. Sa manipulation demande une certaine maitrise tout en gardant en vue la loi sur les droits humains.

Voici quelques techniques de base de son utilisation:

- **Garde normale**: Appliquer en mode de défense contre plusieurs attaques.
- **Garde passive le Tonfa dans une main**: Le Tonfa est tenu par la main droite le long du corps, en position d’attente.
- **Garde passive avec les bras croisés**: Le Tonfa est tenu par la main droite avec les bras croisés. Le bras gauche recouvre le Tonfa afin de le masquer.
- **Garde active à deux mains**: Le Tonfa est tenue par la main droite sur la poignée, par la main gauche qui vient saisir la pointe et c’est une position de garde prête à la défense. Le Tonfa est pointé vers l’avant.
- **Garde en défense contre une attaque au couteau**: La poignée du Tonfa est tenue par la main droite. La main gauche vient saisir le talon du Tonfa, de manière à maintenir une distance de sécurité. On se sert de la pointe la main armée du couteau. Gardez une très grande mobilité et une intense concentration. Ne pas prendre de vue la main armée.
- **Garde < en épée >**: A la manière d’une épée le talon du Tonfa est tenu de la main droite. La poignée sert à bloquer un coup de bâton ou un coup de pied. La main gauche est une protection du visage.
- **Garde < en crochet >**: La pointe du Tonfa est tenue de la main droite. De cette manière on peut crocheter, bloquer un coup de poing ou un coup de pied, on dévie la frappe d’un bâton. La main gauche est en protection du visage.

Ne ratez pas la deuxième partie dans notre prochaine édition.