

PRESS RELEASE
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To mark International Yoga Day celebrations which is being organized in by more than 190 countries, Chandigarh Police also celebrated the Yoga Day. In spite of pre-occupation in law and order and other duties in the city, a Yoga program was organized in Police Lines Sector 26, Chandigarh and also at Sukhna Lake in which total about 1000 police personnel along with their family members & civilians participated.

Sh. R.P. Upadhyay, IPS Inspector General of Police, Sh. Sukhchain Singh, IPS, SSP, Chandigarh, Sh Parvinder Singh, IPS, SP/City , DSPs, Inspectors and other ranks of Chandigarh Police participated in this event. The officers and Jawans of Chandigarh Police did Yoga under the guidance of Mr. Umesh Kumar, Instructor for Yoga. The duration of this event was 33 minutes in which different "Yoga Asana" were done by following protocol by Ministry of Ayush.



Speaking on this occasion, IGP said that, Yoga is a science and in the present stressful life specially in the force where the police personnel are performing duty for long hours should adopt Yoga in their daily activities. He also informed the gathering that Chandigarh Police has already running Yoga Centre In the Police Lines and police personnel should avail the benefit of this facility. He lauded the arrangements made by Sh. Krishan Kumar DSP/Lines and RI Lines. IGP said that such Yoga Camps will be organized in future to motivate the police personnel and their families.

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