

PRESS RELEASE

23.04.2015

Today, i.e. 23.4.2015, Chandigarh Police started "Yog and Chikitsa Shivir" by Param Shradhey Yogacharya Harpal Ji Shastri, (Vedic Yog Vigian Sansthan, Surat Ke Sanidhya Mein Vishal Yog Prashikshan Shivir) in Parade Ground, Police Lines, Sector-26, Chandigarh. Sh. R.P. Upadhyaya, IPS, Inspector General of Police, UT inaugurated the Yog Shivir by lightening the lamp and also welcomed Param Shradhey Yogacharya Harpal Ji Shastri. W/IGP delivered a speech regarding benefits of Yoga in human life and also shared his personal experience to reduce stress by using Yoga exercises in our daily life. Sh. Suman Kumar, DSP/Lines and other police officials were present at this occasion. The families of police personnel were also participated in Yoga Shivir. Total 300 persons (approx.) including Police personnel and their families were attended the Yog Shivir.



The timing of "Yog and Chikitsa Shivir" has been changed from tomorrow i.e. 6-00 AM to 7.30 AM instead of 6-15 AM to 8-00 AM.

Issued by
Chandigarh Police