

Press Release

31.07.2019

Today, Chandigarh Police organized a mega demonstration on 'Yoga Protocol' in Convocation Hall at Punjab University, Chandigarh. Honorable Governor of Punjab and Administrator UT Chandigarh Sh. V.P. Singh Badnore was the Chief Guest at the function. World renowned yoga expert Padamshree Dr. H.R. Nagendra (Chancellor of SVYASA University, Bangalore) was the keynote speaker on Science of Yoga in Stress Management. This programme was also attended by Director of PGI Prof. Jagat Ram, Vice Chancellor of Panjab University Dr. Raj Kumar, Director of Research and Development at SVYASA, Dr. NK Manjunath and Sh. Prem Bhandari. The program was organized under the guidance of Sh. Sanjay Baniwal, IPS, Director General of Police, UT, Chandigarh who contributed at the function with his presence as well as other senior officers Sh. Omvir Singh Bishnoi, IPS, DIG/UT/Chandigarh, Sh. Shashank Anand, IPS, SSP Sec & Traffic & Smt. Nilambari Jagadale, IPS, SSP/UT, Chandigarh along with other officers of Police Department. About 1200 persons including policemen, new recruits, students of "URJA" initiative (drug free mohalla program) of Chandigarh also witnessed the programme.

Introduction

The programme was organized for introduction to the joint research on Yoga and common yoga protocol for de-

addiction. The scientific benefits of Yoga were enlightened at the function and a live demonstration of Yoga protocol by two qualified trainers was given by showing some important steps of Yoga protocol for de-addiction.

An inspiring speech was given by none other than Padamshree Dr. H.R. Nagendra, founder of SVYASA world's largest Yoga University and an architect of Yoga program in the Country. He is advising Govt. of India on various innovative and transformational evidence based Yoga programs (like Niyantriti Madhumeh Bharat) ranging from UN's International Day of Yoga Adoption and accreditation to its incorporation in Schools, Colleges, academic Institutes. SVYASA is the recognized centre for Inter University Yoga Research with NAC A++ certification.

Today, Memorandum of Undertaking was signed between Chandigarh Police & Panjab University for the advancement of Yoga protocol and better Yoga research and a letter of intent between Chandigarh Police and SVYASA (University of Bangalore).

MOU between Chandigarh Police and Panjab University

This MOU will enable exchange of knowledge, expertise in areas of cyber security, forensics and psychology application in order to configure new recruitment procedures as per fast changing requirements. It will also open new avenues for police personnel to undertake short courses or

enrol into degree programs of Panjab University besides sharing resources of two organizations.

During the speech, DGP/Chandigarh emphasized that "Today's program not only provides an opportunity to understand the science behind Yoga but to also witness a Yoga protocol of de-addiction. We also plan to examine the effect of common Yoga protocol, plasticized on International Day of Yoga, each year on various biomarkers of personality development of our recruits before they are ready for their duties in Chandigarh Police. I hope the joint research provides the necessary substrate for more projects to follow beneficial for Chandigarh as well as for training regime of new recruit in advancing as culture of collaboration between academic institutes and Police Organizations.

**Issued by
Chandigarh Police**