

**Press release**  
**14.03.2019**

A special session for Police personnel of Chandigarh Police on Art of Living will be conducted by H.H. Sri Ravi Shankar at Multi-purpose Hall, Police Lines, Sector-26, Chandigarh from 5:00 PM to 7:00 PM on 15.03.2019. From this special session of stress free policing, Police personnel of Chandigarh Police will benefit on how to get rid of their work related stress and also help to improve their life style, which will also accelerate the performance of their duties. MoU between Chandigarh police and Guruji's Art of Living foundation shall be signed. 2500 police personnel shall be trained in stress free policing over a period of next one year. All media friends are cordially invited to cover this unique initiative.

**Issued by**  
**Chandigarh Police**