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प्रधानाचार्य का कार्यालय

OFFICE OF THE PRINCIPAL

पुलिस प्रशिक्षण विद्यालय, प्रात्रापुर /Police Training School, Prothrapur

अण्डमान तथा निकोबार द्वीपसमूह/Andaman & Nicobar Islands

Port Blair, dated the 21st October, 2017

PRESS RELEASE

THREE DAYS TRAINING PROGRAMME ON
“STRESS MANAGEMENT & YOGA/MEDITATION”

The Police Training School, Prothrapur, A&N Islands organized a three days course on “**STRESS MANAGEMENT & YOGA/MEDITATION**” from 10th to 12th October, 2017 for in-service Police personnel from the rank of Constable to Inspector under the overall supervision of Smt. Amrutha Guguloth IPS, Principal, PTS, Prothrapur for awareness about the nature and causes of stress. During the training, Swamy Shudhananda Saraswati, Chinmaya Mission, Brahma Kumaris of Brahma Kumari Centre, Port Blair, Smti. Shanti Murgesan, In-charge One Stop Centre, Directorate of Social Welfare, Port Blair, Shri. K.Michal Raj, DANIPS, Vice Principal, PTS, Inspr. R.K Sharma, Sub-Inspr. D.K. Seal of PTS Prothrapur delivered impressive and informative lectures on the topics like - causes & effects of stress and how do you manage personal stress, managing self attitude and protecting yourselves from negativity, thinking error and stress, how to cope better and benefits of Yoga & meditation. Besides, Inspr. Abita Bachan and HC/851 J. Koteswar Rao of PTS Prothrapur have imparted practical classes on Meditation & Yogasana's, which were very effective and valued by the participants. Altogether, 25 in-service Police personnel from various Police Stations/Units participated in the training programme. The training programme was concluded by the Vice Principal, PTS by emphasizing the main objectives of the course and its implementation for healthy living during the valediction session. The course was coordinated by SI D.K. Seal, PTS Prothrapur under the supervision of Vice Principal, PTS, Prothrapur.