

प्रधानाचार्य का कार्यालय
OFFICE OF THE PRINCIPAL
पुलिस प्रशिक्षण विद्यालय / Police training School
अण्डमान तथा निकोबार द्वीपसमूह
Andaman & Nicobar Islands

Port Blair, Dated the 08th September, 2017

One day short course on “Nutrition & Health Benefits”



The Police Training School, A&N Islands has organized a one day course on “**Nutrition & Health Benefits**” on 06.09.2017 for in-service Police personnel from the rank of PC to Sub-Inspector under the overall supervision of Smt. Usha Rangnani, IPS, Principal, PTS so as to promote healthy life style among the Police personnel and reduce the risk of various diseases, ailments and ill-habits. The main objective of the course was to inculcate awareness regarding nutrition & health so as to promote a healthy life style, to encourage physical activity, improvement in the quality of diet and to reduce stress. During the course, Dr. Bhanu Pratap, Assistant Professor, Community Medicine, Dr. Jahnavi, HOD, Community Medicine, Dr. Katpalia, Professor in Dept. of Obstetrics and Gynecology, Dr. Mangtosh, Assistant Professor Biochemistry & Dr. Dharmendra Kumar, Associate Professor Dept. of Physical medicine of ANIIMS delivered informative lecture. Altogether, 16 Police personnel of various Police Stations/Units participated in the training programme. The course was coordinated by Inspector S.K. Sarkar, PTS under the supervision of Shri. K. Michal Raj, DANIPS, Vice Principal, PTS.