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पुलिस अधीक्षक (सशस्त्र पुलिस) का कार्यालय

OFFICE OF THE SUPERINTENDENT OF POLICE (ARMED POLICE)

अण्डमान तथा निकोबार द्वीपसमूह

ANDAMAN & NICOBAR ISLANDS

Port Blair/ पोर्ट ब्लेयर Date/ दिनांक 15th December, 2020

PRESS RELEASE

**ANDAMAN & NICOBAR POLICE ORGANISED A RESIDENTIAL
VIPASSANA COURSE**

As a part of several initiatives under taken by Shri Dependra Pathak, IPS, DGP, A&N Islands, this was launched with sole objective to enhance the working capacity and abilities of the Police personnel, reduce the stress which they tend to get during course of their work and become a better, calmer person, a 10 Day Vipassana residential course was organised from 02nd – 13th December, 2020, in coordination with TSG Group of Hotels & Resorts under the leadership of Mrs. Rekha Bhasker, Co-owner of TSG Group. A total of 25 Police personnel from various units participated the course, participants were made to undergo strict compliance of maintaining silence during the meditation which took them to a self exploratory journey focusing on deep interconnection between mind and body through disciplined attention to the physical actions of body, such as awareness to breathing etc. Besides, emphasis was laid on the importance on stress managements maintaining good health, developing good habits, increasing efficiency and does away with ill habits.

On successful completion of the course, an interaction-cum-feedback session was held with the participants at Police Lines on 14.12.2020. Participants while appraising the course stated that they were made to undergo strict compliance of the maintaining silence during the meditation and during the their stay. They kept away from all means of communication and focused on their inner self. Shri Shivendra Kant Tewari, IPS, Superintendent of Police (AP/SAP) emphasized that, the main objective of the course was to reduce the stress, increase the patience, and transformation in life style of Police personnel. He further emphasized that in line of this series, similar courses will be organized for police personnel in future.

The entire programme was held under the supervision of Superintendent of Police (AP/SAP), Shri Shivendra Kant Tewari, IPS, assisted by Smt. Jyothi Chhatwal, In-charge PFWC, Police Lines.

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(Shivendra Kant Tewari, IPS)
Superintendent of Police (AP/SAP)



