

OFFICE OF THE SPECIAL COMMISSIONER OF POLICE  
WELFARE & ESTATE OVERSIGHT,  
OLD POLICE LINES COMPLEX, 5 RAJPUR ROAD  
DELHI-110054.

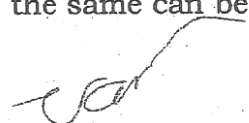
No. /P.Sec. Spl CP/Welfare & E.O.S. Dated Delhi 14/07/2016  
3354-3393

To  
All Dy. Commissioners of Police,  
District/Units, Delhi.

Subject: Meditation -cum-Yoga room.

Police personnel during the course of discharge of their arduous duty come under some kind of stress or other. As part of mitigation of the same, we have been conducting Yoga programmes in the recent days.

You may identify suitable space for Yoga and meditation purpose in police station/offices. Wherever possible, you may take action for earmarking such space for the aforesaid purpose and conduct for activities related to Yoga. When not in use for Yoga, the same can be used for meditation by the personnel.

  
(S. Vasudeva Rao) IPS  
Spl Commissioner of Police,  
Welfare & Estate Oversight,  
Delhi.

3394-3433  
No. /P.Sec. Spl CP/Welfare & E.O.S. Dated Delhi 14/07/16

Copy to:

- 1) All the Special Commissioners of Police, Delhi
- 2) All the Joint Commissioners of Police, Delhi.
- 3) All the Addl Commissioners of Police, Delhi.
- 4) S.O. to C.P, Delhi.