

BIO-DATA

Sh.P.K.Uppal, PPS, is B.A.,L.L.B. He joined service in the year 1983 as Inspector of Police. By dint of hard work and devotion to duty, he was promoted as Dy. Supdt. Police in the year 1989. He worked as Dy. Supdt of Police, Jalandhar, Addl . Supdt. of Police, Headquater, Hoshiarpur, Supdt of Police, City, Jalandhar and Supdt of Police/Training, PAP Jalandhar Cantt. At present he is working as Supdt. of Police/Training, PAP Jalandhar Cantt. During his posted as Supdt. of Police/Training, he put in tremendously good work for the welfare of jawans. He spared no pains in creating training infastructure for the training requirements of the jawans. Large numbers of trainees have received training under his leadership. During his posting in Districts, the terrorism in punjab was at its peak. He performed his duties excellently. In recognition of his services to the police department, he was awarded Special Duty Medal in the year-1992, President's Police Medal for Meritorious Service on the occasion of Independence Day-2001, President's Police Medal fo Distinguished Service on the occasion of Republic Day-2010 and D.G.P. Disk in the year-2011.



He is also an officer in Punjab Police who introduced the concept of laughing and de-stressing sessions to motivate the jawans to reduce the feelings of depression among them and pay proper attention to the improvement of their health. He held laughing and de-stressing sessions in various Police Units/District of Punjab, Schools. Hospitals, Clubs etc. he held laughing sessions and emphasized the importance of laughter in keeping the mind alert & body healthy & fit. His ability to hold and organize laughing sessions has been appreciated by senior officers, doctors, educationists and other NGO's engaged in such like activities. This activity has played a significant role in bringing the public and police closer to each other and making their relations cordial.