

Central Reserve Police Force

CRPF All Set to Celebrate International Yoga Day

Renowned Yoga Guru Dr. H R Nagendra to enlighten the Force Personnel on Yoga

CRPF is bracing itself in a big way to celebrate the idea and ideals of Yoga. Besides participating in the International Yoga Day events of the AYUSH Ministry @<http://yoga.ayush.gov.in/yoga/> on 21st June 2020, internationally acclaimed Yoga expert Padmashree Dr. H R Nagendra will share his wisdom on Yoga for the benefit of 3.25 lakh Force personnel and their family members on 20th June at 1100 hours through digital platforms. Finding a way out of the crippling constraints of COVID-19 in terms of physical distancing, the Force has decided to go digital to further firm up its fraternity with Yoga. In a first of its kind endeavour, the rank and file of CRPF across the country will be web-linked to benefit from the wide Yogic expertise and experience of yet another first of its kind educational and research institution, Swami Vivekanand Yoga Anusandhana Samsthana, S-VYASA, based in Bangaluru, Karnataka. The CRPF-S VYASA collaborative Yogic exercise will include a key note address by Dr. Nagendra, Chancellor, S-VYASA on “Words of Wisdom on Yoga” and welcome address by Dr. A.P.Maheshwari, DG, CRPF besides the trademark Cyclic Meditation practice, innovated by S-VYASA. The entire session will be live streamed on Facebook, Youtube and BISAG to widen its reach for the CRPF family members in particular and the people in general.

Dr. Nagendra, a mechanical engineer by choice and a Yoga expert by passion, enjoys a rich experience of working in reputed institutions which include Harvard University, USA, Imperial College of Science and Technology, London, and Indian Institute of Science, Bangaluru. Currently he is heading the Task Force on International Day of Yoga, Govt of India. Under his able stewardship, S-VYASA, a Deemed to be University has been blending the spiritual essence of the East with the modern scientific research of the West to establish Yoga as a socially relevant science.

As for CRPF- the Force which constantly navigates the choppy waters of internal security of the country, it's natural to co-opt Yoga as an integral component into its professional toolkit. The Force has mandated one month long yoga training schedule in all identified CRPF locations having a strength of more than 500 personnel since 2016. It has also been included as part of the daily routine physical exercise syllabus of basic training and all in-service courses as well. Due to its special emphasis on Yoga, CRPF has been arranging for yoga training for its personnel in tie up with prestigious institutions like the Morarji Desai National Institute of Yoga, New Delhi. During the last 4 years, the Force has produced 1100 master trainers in Yoga, who in turn have been imparting the skills to their colleagues, family members and also the civilians.

The umbilical attachment CRPF enjoys with Yoga can be well gauged from the fact that the International Yoga Day celebration last year witnessed the active participation of a whopping 93 thousand Force personnel-thanks to the detoxifying and de-stressing dynamics of Yoga .

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