

CRPF joins the nation in celebrating the Yoga Day

Brief	<p>Across all the places of its deployment, the Central Reserve Police force celebrated the 7th International Day of Yoga with befitting zeal. The largest Central Armed Police Force with its deployment across the length and breadth of the country, participated in Yoga Day adhering to all the COVID protocols. At several locations, the Yoga sessions were streamed online to benefit a larger audience and families. From the Minapa Forward Operating base in the remote region of Sukma, Chhattisgarh, to the picturesque Dal lake in Kashmir and the serene scenic beauty of Assam, CRPF personnel performed asanas at all places of their deployment to mark the Yoga Day. The force has inculcated the practice of Yoga for physical and mental well being of its personnel who are usually deployed in stressful duties. Over the years, the force conducted course curriculums to skill its personnel as trainers and master trainers. With a huge pool of these experts who can be found in all institutions and units of the force, CRPF has integrated Yoga in its fitness routine. In addition to the Bravehearts of the Force, their families and children also participated in the Yoga Sessions.</p>
Photos	<p>https://drive.google.com/drive/folders/1Dursq2NNIfwjVpobsGLu0AknS_cFaZeb?usp=sharing</p>