

Central Reserve Police Force **CRPF Observes International Yoga Day**

In a first, CRPF today went to digital to give a further push to its continuous engagement with Yoga. The webinar organized to amplify the message of the honourable Prime Minister of India on Yoga as a ‘Surakhya Kabach’ or protective shield, especially in the light of the on-going pandemic, was attended by all formations of CRPF across the country. About 1.5 lakh Force personnel and their family members watched and practiced Yoga through digital platforms like Facebook, Youtube and BISAG.

Welcoming the chief guest of the occasion renowned Yoga Guru Padmashree Dr. H R Nagendra, Chancellor of Bengaluru-based Swami Vivekanand Yoga Anusandhana Samsthana, S-VYASA, Dr. B R Ramakrishna, Vice-Chancellor of the Yoga institute and the participants, Dr. A. P. Maheshwari, DG, CRPF urged everybody to practice ‘Yoga At Home’ and ‘Yoga With Family’ while sticking to the guidelines of the AYUSH Ministry. In a throwback to the momentous occasion on 27th September 2014 in the United Nations General Assembly, Dr Maheshwari said that the profound words shared by our Prime Minister there on Yoga still are and will continue to be relevant for all times to come. Quoting the Prime Minister, the Director General of the largest paramilitary Force in the country said that Yoga is the invaluable gift of our ancient tradition, capable of massive impact on our life style leading to complete synergy with nature and also capable of resolution of global problems like climate change.

Sharing his words of wisdom on Yoga, the internationally acclaimed Yoga Guru Dr Nagendra dwelt at length on the stress-busting capabilities of Yoga. Echoing the Prime Minister, he said that Yoga is not just limited to the regimen of physical exercises, ‘pranayama’ and meditation but an art of living. He said ‘Stress’ enters the human body and mind as an ‘Adhi’(mental anxiety) and soon coverts itself into multiple ‘Vyadhi’ (body ailments). Appreciating the role of CRPF in dealing with so many challenges of internal security which entail perpetual stress for the Force personnel, Dr. Nagendra said that it is extremely important for them to de-stress themselves by Yogic practices. He said that Yooga has been scientifically proved to be effective in reducing the metabolic rate of the body, which is far higher than rate achieved by sleep. On the occasion, a demonstration on the Cyclic Meditation Technique (Avartan Dhyam), a Yoga module developed by S-VYASA was made for the practical benefit of the Force personnel.

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