

Central Reserve Police Force Celebrates the 10th International Day of Yoga 2024 with Passion and Zeal

The Central Reserve Police Force (CRPF) observed the 10th International Day of Yoga on June 21 with great enthusiasm and commitment, focusing on the theme "Yoga for Self and Society." This significant event was marked by a yoga session led by Sh. Anish Dayal Singh, DG CRPF along with senior officers, and around 600 CoBRA commandos of the 206 CoBRA Battalion of CRPF at Jagdalpur, Chhattisgarh, the stronghold of Naxal activities in the Bastar region. The message of peace and wellbeing was sought to be disseminated through the practice of yoga.

Speaking on the occasion, DG CRPF emphasized that Yoga is not only a remedy for various diseases but also plays a crucial role in reducing the stress faced by our personnel who perform challenging duties in difficult situations.

Additionally, grand yoga sessions were organized at SDG Camp, Old JNU Campus, Delhi, and in various remote locations across the country by CRPF.

The CRPF recognizes the immense benefits of yoga in achieving harmony and balance in life and is committed to integrating yoga at every level of the organization. The force encourages its brave members to incorporate yoga into their daily routines and those of their families so as to improve their health and well-being.

