

**Words of Wisdom  
on Yoga**




A PRELUDE TO INTERNATIONAL YOGA DAY

by **PADMASHREE DR. H.R. NAGENDRA JI**

ON  
*20 June 2020*

ORGANIZED BY

**KARNATAKA & KERALA SECTOR | CENTRAL RESERVE POLICE FORCE**



### Press Release

K K Sector is organising 6<sup>th</sup> International Yoga Day on 20<sup>th</sup> June, 2020 in co-ordination with Swami Vivekananda Yoga Anusandhana Samsthana (Deemed to be University), Bengaluru, Karnataka. The Guruji Padmashree Dr. H.R. Nagendraji, Chancellor of S-VYASA will deliver keynote address on “words of wisdom on Yoga” followed by cyclic meditation practice / Yoga demonstration by S-VYASA therapists to de-stress & rejuvenate the mind and body of CRPF personnel. Dr. A.P Maheshwari, Director General, CRPF will deliver the welcome address from Delhi.

Due to the COVID-19 protocol the first of its kind in CRPF, the webinar programme will be organised on the occasion of International Yoga Day for the benefit of all the ranks of CRPF & the family members across India and will be telecasted/relayed through Facebook & You Tube.