

CRPF Joins the Nation in Celebrating the International Yoga Day

Thousands of CRPF personnel today observed the 5th International Yoga Day in its formations across the country. Be it the trouble-torn Jammu and Kashmir, the LWE areas or the insurgency-hit North Eastern region, the CRPF officers, men and women came out spiritedly to participate in Yoga.

A large number of CRPF personnel also took active part in the main event at Ranchi where honorable Prime Minister led the nation on the 5th International Yoga Day. CRPF had been nominated as the Nodal Force by the Union Home Ministry for this event.

The headquarter-level function was held at the SDG ground in New Delhi. A large number of senior officers and personnel were led by Sh. Rajeev Rai Bhatnagar , DG, CRPF into a round of energized experience through Yoga. The rest of its formations down to the Batalion/Company level joined the IYD by following the Common Yoga Protocol.

Prior to this a month-long Yoga training beginning the 20th May 2019 was conducted at 283 locations of CRPF across the country. A large number of Force personnel participated in this exercise under the guidance of about 6000 Master Yoga Trainers of CRPF in the run up to the International Yoga Day today.

**PR Dte
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