



BORDER SECURITY FORCE

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PRESS RELEASE

BSF JAWANS RECEIVED YOG LESSONS FROM YOG GURU BABA RAMDEV

New Delhi, Dated 16th Oct 2015 : Yog guru Ramdev arrived at New Delhi on 15th Oct 2015 and has conducted sessions of yog at Dronacharya stadium, BSF Chhawla Camp, New Delhi on 16th Oct 2015. Yog guru Ramdev started the 'asans' and exercises at 0500 Hrs morning for BSF personnel and their families and in the second session which was conducted at 1100 Hrs for students.

The Border Security Force (BSF) is completing its fifty glorious years in 2015, and a number of events are being organized in celebration of its 50th year as "Golden Jubilee Year". As a part of on-going Golden Jubilee Celebration of the force decided to invite yog guru Ramdev for the benefits of BSF Jawans. The event aims at addressing the stressful work conditions, under which the BSF Jawans work.

Yoga regular practice will help Jawans to develop self-discipline and self-control leading to heightened awareness, concentration and higher level of consciousness of responsibilities.

On 17th Oct 2015, the yog guru Ramdev will hold 'yog shivir' at 150 Bn BSF, Bhondsi, Gurgaon (Haryana). The BSF Campus 150 Bn is situated at Approx 13 Kms south-west from Huda City Metro Station.

Yog Guru Ramdev will also felicitate to gallantry medal holders in the presence of Shri D K Pathak, IPS, Director General Border Security Force, senior officer, members of BSF and their families on 17th Oct 2015 at 150 Bn BSF Bhondsi, Haryana. The details programme is as under:-

Date	Time	Event/Programme
17 Oct 2015	0500 - 0725 hrs	Yoga with Jawans of BSF
	0725 - 0745 hrs	Felicitation of gallantry medal holders, speech by DG BSF and presentation of Memento to Baba Ramdev
	1100 - 1230 hrs	Interaction with BWWA – To be received by BWWA President and other Sr. ladies.

The session will be open to common people of the vicinity along with the BSF personnel.

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