



## **BORDER SECURITY FORCE**

Block No. 10, CGO Complex,  
Lodhi Road, New Delhi-110003

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### **PRESS RELEASE**

#### **BORDER SECURITY FORCE PREPARATIONS FOR INTERNATIONAL YOGA DAY**

Border Security Force, the world's largest border guarding force was raised in 1965. Making humble beginning with 25 Battalions, drawn from different states, the legend that was born in 1965 has today become a formidable epic. The Border Security Force has since then has etched its history in golden letters as country's 'First Line of Defence'. The crucial role played by BSF in the liberation of Bangladesh during 1971 Indo-Pak war is unforgettable. BSF is also credited with having played a vital role for the eradication of militancy in Punjab, Jammu & Kashmir and tackling insurgency in the North-East. Border Security Force has an unrelenting chronicle of unmatched achievements and acts of valour that make us stand tall in the eyes of our country men.

2. The ever presented challenges of Border Security need all personnel to be mentally and physically fit and capable to meet the mandate head on. The Hon'ble Prime Minister of the Country has reignited the zeal for Yoga, the best ancient practice to meet mental and physical challenges with equanimity. The BSF has since then adopted Yoga as an integral part of their training. It is now on its way to become a way of life for majority of our personnel.

3. Every year on 21<sup>st</sup> June, the world Yoga Day is celebrated with fervour all across the BSF areas of responsibility. The Force Head Quarter at Delhi also organises the function to mark the occasion where not only does the force leadership participated with full enthusiasm but the air is filled with exuberance of representatives of the force from all ranks. To add to the occasion this year, a group of experts from Isha foundation of Sadhguru Shri Jaggi Vasudev Ji will also be exhibiting their yoga routine on the occasion.

4. Including the attendance of 350 in New Delhi, on international yoga day, approximately 40,000 men and women of BSF will be practicing yoga kriya during the given time of 7 AM to 8 AM, on the frontiers and training institutions of BSF.

5. Till date Border Security Force has trained 3630 Yoga instructors from reputed institutions of Morarji Desai National Institute of Yoga and

Patanjali Yog Peeth picking the best from every establishment, to impart training and holding daily sessions of Yoga kriya as physical training exercises. Demonstrations and directions by these dedicated well trained instructors enable BSF personnel of the establishment to practice Yoga in correct postures and rhythm.

6. In addition to all field formations, BSF will be also organizing Yoga demonstrations in 04 State Capital/Prominent City i.e. Kolkata, Agartala, Ahmedabad and Bangalore where maximum personnel of CAPFs deployed in nearby locations will participate.

7. BSF will encourage Local population residing near the campuses and bordering areas for participation in the programme and to spread awareness about the Yoga's importance in our life.

8. In different establishments of border security force, personnel are already in practice to mark **International Yoga Day**, glimpses of which are shared here.

**(SHUBHENDU BHARDWAJ)**  
**PUBLIC RELATIONS OFFICER**

