



## **BORDER SECURITY FORCE**

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

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### **PRESS RELEASE**

## **BORDER SECURITY FORCE CELEBRATED 3<sup>RD</sup> INTERNATIONAL YOGA DAY**

Today, the 3<sup>rd</sup> International Yoga Day has been celebrated with fervor all across the BSF. Approximately 40,000 personnel of force alongwith their families participated in Yog kriya during the given time of 7 AM to 8 AM today. Respective establishment on Frontiers have conducted Yoga sessions for the Prahari Pariwar and also for the population living along BSF establishments. In addition to all field formations, BSF organized Yoga demonstrations in 4 States Capital/prominent cities i.e. Kolkata, Agartala, Ahmedabad and Bangalore for CAPF Yoga contingents.

2. To mark the occasion, force headquarter conducted a special session at Nizamuddin BSF facility where a group of experts from '**Isha Foundation**' of Sadhguru Shri Jaggi Vasudev Ji exhibited their Yoga routine for the attendees. In this special session, force's leadership participated with the representatives of all Ranks of the Force. Besides this, today a team of BSF personnel had the privilege to practice Yoga at Isha Yoga Centre in revered presence of Sadhguru Ji.

3. Border Security Force has already adopted Yoga kriya in its physical training session, as it is a proven the best ancient practice to meet mental and physical challenges with equanimity. It is now on its way to become a way of life for majority of force personnel. Till date Border Security Force has trained 3630 Yoga instructors from reputed institution of Moraji 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 exercise.

4. Today BSF Yoga team of 200 personnel led by Shri Arvind Sharma, Deputy Commandant won the “**Best Yoga Performer Trophy**” of Ministry of Home Affairs, Govt. of India in a function at Rajiv Chowk, New Delhi. The BSF contingent has been adjudged first for the consecutive 2<sup>nd</sup> time this year, where Yoga teams of all CAPF participated to celebrate International Yoga Day. The Nodal officer of the event, IG CISF, Northern Sector Shri Venu Gopal, IPS presented the trophy. Commending the performance of BSF Yoga team, DG BSF Sh K K Sharma said that “It has been scientifically proven that Yoga is a better system of exercise as it induces internal vital organs in exercise in addition to other muscles of the body during practice session of Yoga. Shri Sharma reiterated that today’s achievement of is because BSF has adopted Yoga as a way of life.

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