



BORDER SECURITY FORCE

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PRESS RELEASE

BSF WINS THE TROPHY FOR BEST YOGA PERFORMANCE AT 2ND INTERNATIONAL DAY FOR YOGA CELEBRATIONS AT JANPATH, NEW DELHI

Today on 21st June 2016, in a function at Janpath, New Delhi, all teams of Central Armed Police Forces participated in a Yoga session to celebrate International Yoga Day. 1000 participants from all the forces took part in the event.

The BSF contingent of 200 men won the “Best Yoga Performer Trophy” of Ministry of Home Affairs, Govt of India. The Nodal Officer for the event, IG CISF Delhi Sector, Ms Sikha Goyal, IPS presented the trophy. The Director General, BSF felicitated the winners at a ceremony in the CGO Complex. Addressing the gathering and congratulating the winners, DG BSF, Shri K K Sharma stated that, *“yoga can be specially useful for our jawans and officers who work under stress and are faced with enormous challenges. The enthusiasm exhibited by our men and women across the country today on yoga day is remarkable. Our sincere gratitude to the Prime minister for infusing a contagious excitement across the globe, on this momentous celebration of mind and body. Other than creating incredible awareness on yoga, this day has brought together, the whole country to collectively believe in a single philosophy of spiritual and physical wellbeing as well as un-parallel awakening”*.

Shri K K Sharma, IPS, DG BSF led a yoga session of 500 BSF officers at BSF Camp, Chhawla, Najafgarh in New Delhi. They performed various asanas, helpful to improve concentration and increase will power. While addressing BSF officers after the yoga session he said, *“I pray a healthy and happy life for you all”*.

The BSF team of 500 has also won the best team trophy in West Bengal.

It is informed that BSF has undertaken a special mission to train 2000 BSF men as yoga instructors. Primarily our yoga instructors are being trained by Morarji Desai Institute of Gujarat and Patanjali Yoga Peeth, Kankhal, Haridwar.

BSF believes that yoga is a scientific and age old practice that gives tranquility, inner strength and provides spiritually exalted bonding between mind, body and soul.

To draw the maximum advantage from yoga, BSF is sending its contingent of 1900 men to Patanjali Yog Peeth for a 10 day course. This course will be conducted by yog guru Shri Ramdev. There will be two such batches.

BSF is making a core group at every level of command. There will be 4 instructors on frontier HQ level, 4 at sector HQ level, 18 at Bn HQ level and 2 at Company level. These trained yoga instructors will be facilitating their colleagues at respective locations.

This mission will be an ongoing process till the time, BSF has got at least one trained yoga instructor on platoon level.





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