



## **BORDER SECURITY FORCE**

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Dated, the 23<sup>rd</sup> July 2016

### **PRESS RELEASE**

#### **"YOGA AS A WAY OF LIFE"**

#### **BSF AT PATANJALI YOG PEETH**

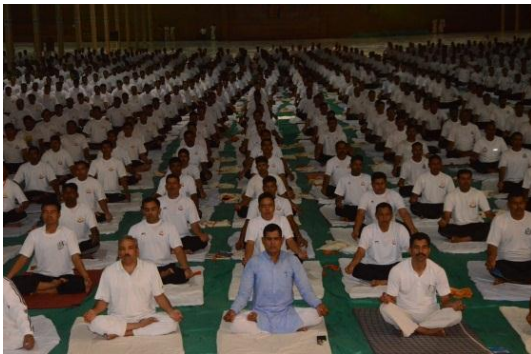
"Yoga as a way of life", that is the mantra being imbibed by Border Security Force. As per our commitment, BSF has sent its 1900 personnel for advance Yoga training to Patanjali Yog peeth of 10 days, which started today on 23<sup>rd</sup> July 2016 in August presence of Yog Guru Baba Ramdev.

The BSF contingent led by Dr A P Maheshwari IPS, ADG, Sh A K Sharma IG and Sh Sumer Singh DIG has attended the initiation session at Patanjali Yog Peeth today.

Reiterating the commitment for having own Yoga trainers up to the smallest unit, Sh K K Sharma, IPS, Director General, BSF said that Yoga leads to physical, mental as well as spiritual health of soldiers who are dedicated to serve the nation with higher synergy levels. It also enhance quality of thinking, concentration and value oriented commitment. Sh Sharma added that Yoga led routine will help to have all round refinement for **AACHAR, VICHAR, AAHAR** and **VYAVHAR** .

BSF soldiers works in all arduous terrain and in challenging circumstances as **FIRST LINE OF DEFENCE** as a border guarding force and also contribute in internal security domain. This initiative will enable **BORDERMEN** to cope up the stress.

Yog guru Ramdev, in his address to the BSF contingent initiation session, extended a warm welcome with an appreciation to this step. He said that BSF YODDHA will get all powers of YOGI within himself, which will enable him to meet challenges of pious job of Border Guarding. Yog Guru also expressed his appreciation to BSF men for being 24X7 throughout the year on the borders for giving peaceful nights to countrymen.



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