

CISF celebrates International Day of Yoga

New Delhi

The eighth International Day of Yoga with the theme "Yoga for humanity" was celebrated with energetic participation of CISF officers, personnel and their families in all the 356 Units and 75 Formations which includes 08 Training institutions, 12 Reserve Battalions, Zonal, Sector and Force HQrs.

The importance of International Day of Yoga is even greater this year as this Yoga Day is being celebrated under the aegis of Azadi Ka Amrit Mahotsav, an initiative

of the Government of India to celebrate 75 years of Independence and the glorious history of India's culture and achievements.

Country wide Yoga Day celebrations were organized at 75 iconic sites, wherein Prime Minister of India Narendra Modi, Union Home Ministers, Ministers of State graced the occasion. CISF personnel also participated in the Yoga Day celebrations at most of these iconic sites in large number.

A yoga session was conducted at CISF Headquarters

New Delhi, wherein Sheel Vardhan Singh, DG CISF, Nina Singh, ADG (HQrs), Senior Officers and other CISF personnel participated.

In his address, Sheel Vardhan Singh, DG CISF said that Yoga not only makes our mind and body healthy but also helps to maintain a balance and discipline in personal, social and professional life of the individual.

He also said that he is sure that the CISF personnel filled with yogic energy will serve the nation with renewed commitment and professionalism. Af-

ter the yoga session, DG CISF interacted with personnel and advised them to make Yoga an integral part of lifestyle to lead a happy and healthy life.

Similarly, International Day of Yoga-2022 was also celebrated by the CISF Wives Welfare Association "Sanrakshika" in all Units of CISF. A session for members of Sanrakshika was conducted at CISF Unit DMRC, Narela campus, wherein Apama Singh, President Sanrakshika and other members overwhelmingly participated in the celebrations.