



HEADQUARTERS SOUTH BENGAL FRONTIER BSF KOLKATA



// PRESS RELEASE //

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**BORDER SECURITY FORCE ORGANISED INTERNATIONAL YOGA DAY ON
21ST JUNE 2017 AT CRPF GROUND SALT LAKE KOLKATA**

1. International Yoga Day is celebrated annually on June 21st since its inception in 2015. On the occasion of International Yoga Day on 21st June 2017, Border Security Force, Frontier HQ South Bengal organized Yoga from 0630 hrs to 0730 hrs at CRPF ground Saltlake, Kolkata under the overall guidance and supervision of Sh P S R Anjaneyulu, IPS, IG BSF South Bengal Frontier besides Sh H K Lohia, IPS IG (HR), Sh D K Thakur, IPS, IG (OPS) Headquarters Special DG (Eastern command), Sh S Raveendran, IPS, IG, CRPF and 1000 Officers/personnel of CAPFs (Central Armed Police Forces) comprising BSF, NDRF, CRPF, CISF, SSB, NSG & CBI attended Yoga session with great enthusiasm and spirit. Yoga is very helpful for our men deployed in far flung areas of the country in adverse weather conditions. So they are carrying out Yoga activities at their places of deployment on regular basis. They are not only benefited from Yoga to undertake their strenuous work regime but it also helps them overcoming mental stress.

2. All the participants from different Forces enthusiastically participated in this grand event held on the occasion of International Yoga Day. All CAPF personnel were motivated to perform yoga regularly for a healthy body and mind. The BSF contingent was declared first, CRPF contingent stood second and that of CISF was declared third in this event.

Note: - BSF Press Release can also be accessed on www.sb.bsf.gov.in

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