

PRESS BRIEF – 21 JUN 16

YOGA DAY CELEBRATIONS



With an aim to introduce the benefits of yoga to the personnel of the service, the International Yoga day was celebrated by the Indian Coast Guard (ICG) across all formations in a befitting manner. All the 5 Regional Headquarters, 14 District Headquarters and 42 Stations of the ICG conducted yoga sessions simultaneously, at their respective locations on 21 Jun 16. The ships whilst on deployment also conducted yoga session for their Officers and personnel. Approximately 10,000 personnel including the Regional Commanders, Officers, men and their families participated in the event. In addition, the Yoga day was also organised at the Coast Guard Headquarters, New Delhi and at Sec 24 NOIDA. DG Rajendra Singh PTM, TM, DGICG alongwith the Officers, men and their families posted at New Delhi participated in the event and performed various yoga asanas.

The Yoga session commenced at 0600 hrs on 21 Jun simultaneously at all units. The session was performed under the supervision of teachers of Kaivalyadhama Yoga

Institution, at the Coast Guard Headquarters and the Western Seaboard. In the Eastern Seaboard, instructors from Vivekananda Vidhyalaya supervised the Yoga session. The program encompassed mainly two components viz practice of Pranayama and Dharana asanas. These asanas are performed for general health, well-being and self awareness. In addition to these asanas, simple pranayama and concentration of the mind was also practiced. The module was developed by the Ministry of AYUSH, in consultation with all the Yoga institutes in the country.

In addition to conduct of Yoga on 21 Jun, the ICG regularly conducts yoga sessions across all formations under supervision of qualified instructors.

