

**DIRECTORATE GENERAL NATIONAL SECURITY GUARD**  
**(INTELLIGENCE BRANCH)**

**(PRESS RELEASE)**

On the occasion of International Yoga Day on 21 June, 2017, National Security Guard (NSG) organised 'Yoga Sessions' at NSG Campus Manesar (Gurugram), its Headquarters at Palam, New Delhi and also at 05 Regional Hubs located at Mumbai, Chennai, Hyderabad, Kolkata and Gujarat from 7.00 A.M. to 8.00 A.M.

2. Shri Sudhir Pratap Singh, IPS, DG, NSG, while attending the Yoga Session at NSG's Campus, Manesar (Gurugram) also addressed officers/troops and their family members and encouraged them to adopt Yoga in their daily life which would help them to remain physically and mentally fit.

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